

Something for Everyone

# WELLESLEY RECREATION

## 2016 Fall Programs



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



Warren Building • 90 Washington Street, Wellesley, MA 02481  
781-235-2370 • [wellesleyma.gov/recreation](http://wellesleyma.gov/recreation)

# Wellesley Recreation...never a dull moment!

The Wellesley Recreation Department offers programs year round and publishes seasonal brochures for fall, winter, spring/summer programs. Registration is held four times a year.

All Recreation Department programs are self-supporting. Fees charged for programs cover the cost of materials, pay instructor salaries and help defray other costs. Non-residents may register for classes and are charged a \$10 non-resident fee.

The Wellesley Recreation Commission consists of five elected members, who meet regularly to review policy and procedures. The Commission welcomes community input.

A Director, Deputy Director, Associate Director, Program Coordinator, two secretaries and custodians staff the Warren Building, home of the Recreation Department. Program instructors and part time employees are hired on a seasonal basis. We are always interested in speaking to potential instructors.

All recreation facilities are maintained by the Park & Tree Division of the Wellesley Department of Public Works.

## Recreation Department Staff

Matt Chin.....Director  
Brandon Fitts.....Deputy Director  
Chad Norton.....Associate Director  
TBA.....Program Coordinator  
Kris Bemis.....Secretary  
Mary Ward.....Secretary

## Recreation Commission

Andy Wrobel.....Chair  
Matthew McKay.....Vice Chair  
Tripp Sheehan.....Member  
Mark Wolfson.....Member  
Bettina Eikeboom.....Member

## Who to contact...

For field use, Summertime Concerts and any comments or concerns: **Matt Chin [mchin@wellesleyma.gov]**

All programs, Morses Pond and summer jobs at the beach: **Brandon Fitts [bfitts@wellesleyma.gov]**

All programs, summer camp and summer camp counsel- or positions: **Chad Norton [cnorton@wellesleyma.gov]**

## Important Town Numbers

Recreation Department	781-235-2370
DPW	781-235-7600
Health Department	781-235-0135
High School	781-446-6290
Middle School	781-446-6235
Natural Resources Comm.	781-431-1019 ext 2290
Parks Department	781-235-7600 ext 2335
School Administration	781-446-6200



Wellesley Recreation • Warren Building • 90 Washington Street • Wellesley, MA 02481  
Office hours: Monday - Friday 8:30 - 4:30 • 781-235-2370 • [wellesleyma.gov/recreation](http://wellesleyma.gov/recreation)

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**Wellesley Little League**  
[wellesleylittleleague.org](http://wellesleylittleleague.org)



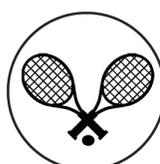
**Wellesley Youth Football**  
[wellesleyyouthfootball.com](http://wellesleyyouthfootball.com)



**Wellesley Scoops Field Hockey Club**  
[wellesleyscoopsfieldhockeyclub.com](http://wellesleyscoopsfieldhockeyclub.com)



**Wellesley Youth Hockey**  
[wellesleyyouthhockey.org](http://wellesleyyouthhockey.org)



**Wellesley Tennis Assn.**  
 781-237-0084



**Wellesley United Soccer**  
[wellesleysoccer.org](http://wellesleysoccer.org)



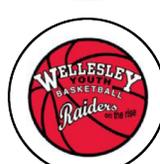
**Wellesley Youth Lacrosse**  
[wellesleylacrosse.org](http://wellesleylacrosse.org)



**Men's SloPitch Softball**  
[jrussell@ddjcap.com](mailto:jrussell@ddjcap.com)



**Wellesley Swim Assn.**  
[wellesleyswim.org](http://wellesleyswim.org)



**Wellesley Youth Basketball**  
[wellesleybasketball.org](http://wellesleybasketball.org)

# ONLINE REGISTRATION

[www.wellesleyma.gov](http://www.wellesleyma.gov)

The Wellesley Recreation Department now provides on-line program registration. Online registration spaces will be limited, which will allow those who do not have access to the system to register using other methods. **We HIGHLY recommend that you sign in to the online system a few days before registration to make sure that your account is working properly.** You will need a username and password in order to utilize the online program registration system. Call the Recreation Office during regular office hours (M - F, 8:30 am - 4:30 pm) to receive your username and password.



## Registration Dates & Start Times

### ONLINE

**Resident** - Tuesday, August 16

**Non-Resident** - Tuesday, August 30

### TRADITIONAL

**Resident** - August 16 @ 8:30 am

**Non-Resident** - August 30 @ 8:30 am

### REGISTRATION POLICY

Non residents may register for programs on the “Non-Residents Registration Date”

All registrations must be entered directly into our registration system.

Should you choose to walk in or phone in, your patience would be appreciated.

Wellesley Recreation  
90 Washington Street  
Wellesley, MA 02481  
781-235-2370

# REFUND POLICY

## FULL REFUND WILL BE GIVEN FOR A CANCELLED CLASS.

### IF A PROGRAM MEETS MORE THAN 4 TIMES

Refund minus a \$20 administrative fee if you notify the Recreation Department prior to the second class. No refunds or credits anytime after the second class.

### IF A PROGRAM MEETS 4 OR FEWER or MEETS FOR FIVE CONSECUTIVE DAYS

(i.e. CAMPS, VACATION PROGRAMS & SKIING)

Refund minus \$20 administrative fee if you notify the Recreation Department five business days before the start of the class. (Please note, camp refund minus a \$25 administrative fee for Camps Joey, Quest, Odyssey and Extreme.) No refunds/credits anytime after five business days before the start of the class.

### COOKING CLASSES

No refunds for cooking classes if you withdraw 3 business days or less before the first class. Withdrawal from a cooking class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

### CLASS SPECIFIC REFUND POLICY

Please note that there maybe a specific refund policy for a particular class. The specific policy information will be noted in the class description or in a text box near the class description.



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



# REGISTRATION INFORMATION

[www.wellesleyma.gov](http://www.wellesleyma.gov)

## GENERAL INFORMATION

Register for members of your immediate family only.

## PAYMENT

By check payable to Town of Wellesley, Cash, VISA or MasterCard

NOTE: There will be a \$25 additional fee for checks returned by the bank.

## COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

## AGE POLICY

Children must be the proper age on the FIRST DAY of class.

## COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by using the online registration system. If a class does not meet the minimum participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending the course.

## MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants' inability to attend.

## SWITCHING/CHANGING CLASSES

Switching sessions, dates, or classes constitutes a withdrawal from a class and the cancellation fee applies.

## INCLEMENT WEATHER

All classes (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all Recreation Department programs WILL STILL START at their regularly scheduled time, unless you are informed otherwise. In the event that we need to cancel evening or weekend events it will be listed on our website and a message will be left on our voice mail (781-235-2370). We will also attempt to call and/or email participants who have registered for these classes.

## FILLED CLASSES

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list. We will try to offer additional classes whenever possible.

## PARTICIPANT PHOTOGRAPH POLICY

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

## TOILET TRAINED

Children must be toilet trained in order to attend any class unaccompanied by an adult.

**WE DO NOT PRORATE COURSES FULL PAYMENT IS DUE WITH REGISTRATION**

## Learn Online with Ed2Go

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas. All courses run for 6 weeks. You can complete any of these courses entirely from your home or office at any time of the day or night.

### How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center: [ed2go.com/wellrec](http://ed2go.com/wellrec)
3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

**Start Dates:** A new section for every online course will begin on:

**Sep 14** #443800-01      **Oct 12** #443800-02      **Nov 9** #443800-03

### Requirements:

Students can take this program from either a Mac or PC. It's compatible with Windows. There are no specific computer requirements other than an Internet connection and an email account.





# ...IS BACK & BETTER THAN EVER!!

## 4 EXCITING EVENTS!

SEPT 24: WELCOME BACK BEACH PARTY • NOV 19: NEON NIGHT  
 MAR 4: A FUN SURPRISE • MAY TBA: THE 5TH GRADE ONLY EVENT  
 7PM-9PM

All events include DJ, Dodgeball, Photobooth, Giveaways, and more!!

**In order to attend your child needs to pay a one time \$50 fee.** That fee is good for all 3 years of Middle School. See payment details below. Community Investors, that brings you **Straight Outta School Sports**, will be managing the Teen Center this year.

**PURPOSE:** The Teen Center is a self-funded organization, which provides Wellesley youth that are currently enrolled in grades 6-8 with a safe, recreational environment.

**PARTICIPANTS:** The Wellesley Teen Center is for Wellesley Middle School students and Wellesley residents enrolled in grades 6-8 in public or private schools.

### MEMBERSHIP FEE:

- A one time, tax deductible, \$50 membership fee is collected (tax id 04-6001343). Membership is good through Middle School for as long as the Wellesley Teen Center continues to run events
  - Membership fees are collected online via the Town of Wellesley Recreation Department's Webtrac system.
  - Financial assistance may be available, please contact us at [wellesleyteencenter@gmail.com](mailto:wellesleyteencenter@gmail.com)
  - Upon receipt of your membership fee, you are considered a Teen Center Member
- ➔ **Activity #433390 Go online to register or call Wellesley Recreation (781-235-2370) with any questions**

**DON'T MISS OUT...THE FUN WILL ONLY GET BETTER THIS YEAR!**



## Wellesley Town Band

If you have ever played a brass, woodwind, or percussion instrument, there's a chair, music, a music stand, and a warm welcome waiting for you in the Wellesley Town Band! Players of all ages (Grade 8 upwards) and musical abilities are welcome, no auditions are required. The Band has a real family feel with spouses, and parents and students, all playing together.

Now starting its 4th season, the Band is led by legendary Wellesley schools band director Henry Platt. Rehearsals are held in the High School band room on Mondays 7-8:30 pm from September through mid-June (excluding school holidays). There is always a friendly, supportive, and enjoyable atmosphere of making music together. The repertoire is traditional concert band fare: light classics, favorite show tunes, and stirring marches.

Besides the ever popular Winter Concert in December, the Band performs outdoors for MassHort's Gardeners' Fair at Elm Bank, Wellesley's Wonderful Weekend concert and fireworks, and the Summertime Concert series at Town Hall.

Please Note: Anyone interested in joining the band is encouraged, and welcome, to come along to any rehearsal to try it out. For more information, contact 781-235-2370 or [info@wellesleytownband.org](mailto:info@wellesleytownband.org)

- **Mondays from 7:30 - 8:30 pm**
- **Sept. 19 - June 19**  
(No class 10/3, 10/10, 12/26, 1/16, 2/20, 4/17, 5/29)
- **Wellesley High School Band Room**
- **To register online, use activity #445899-01.**  
**If you'd like more information, call 781-235-2370.**
- **Cost is \$50 per person, per season: Fall/Winter/Spring**  
**Wellesley Public School students (Gr. 8-12) can join for free!**





# Celebrate Your Birthday at Warren!

Selected Saturdays | 2 Hours  
2:30 - 4:30 pm | \$135

Age 6+: Gym + Kitchen  
Age 2-6: Children's Room

Some of these dates may already be booked for parties.

Sept 17 • Sept 24 • Oct 1 • Oct 15 • Oct 22  
Oct 29 • Nov 12 • Nov 19 • Dec 3 • Dec 10  
Jan 7 • Jan 21 • Jan 28 • Feb 4 • Feb 25  
Mar 4 • Mar 11 • Mar 18 • Mar 25 • Apr 1  
Apr 8 • May 6 • May 13 • May 20

Families are responsible for providing proper supervision at all times and responsible for all clean up.

**Birthdays may be booked in person, by phone, or online! Birthdays may be booked prior to regular registration dates**

**Online search Activity #422401**



## Themed Parties!

Gardengate Academy offers themed birthday parties for children! For more information, please contact the Recreation Office at 781-237-2730



Help us support those in need during the holiday season. Come watch the Christmas Classic: **HOW THE GRINCH STOLE CHRISTMAS!** Your admission to the movie will be a new, unwrapped present.

**Who:** Toys For Tots

**What:** How the Grinch Stole Christmas

**When:** Friday, Nov. 18

**Time:** 6:30 pm movie starts

**Where:** Warren Building, Gym

**What to bring:** Unwrapped present, a blanket to sit on & a non-messy snack



# FALL 2016 Wellesley Trails Guided Walks

Come along to enjoy some of Wellesley's beautiful open spaces and discover trails that will expand your recreational options! The walks are free, and no registration is required. Most walks cover 1.5 to 2 miles and last about one hour. Participants are encouraged to wear sturdy footwear.

## September 25, Sunday (10-11 a.m.) – Boulder Brook Reservation

Explore this open-space jewel and walk the woodland and meadow trails adjacent to the Bates School in Kelly Memorial Park and Boulder Brook Reservation. See large glacial erratics, landscape carved by the glaciers and a scenic view from the top of Rocky Ledges. Meet at 10 a.m. at the Kelly Memorial Park parking lot, located on the left side of Elmwood Road 0.3 mi. east of Weston Road.

## October 15, Saturday (9-10 a.m.) – North 40

Join us to explore the trails in the North 40 near Morses Pond that was recently purchased by the Town from Wellesley College. This easy and enjoyable walk will take trails adjacent to the Crosstown Trail along the Cochituate Aqueduct, through woodlands and a pine forest, to a vernal pool and the community gardens. Meet at 9 a.m. at the gate to the town beach, located at the end of Turner Road., 0.3 mi. west of Weston Road.

## November 5, Saturday (9-10 a.m.) – Town Forest

Come walk the woodland trail of our Town Forest and enjoy picturesque views of Longfellow Pond. Ponder Chief Maugus's summer residence many moons ago and see the remains of a once vital ice house. Our walk will also climb eskers deposited by glaciers and walk through the tree tunnel. Meet at 9 a.m. at the Longfellow Pond parking lot, located on the left side of Oakland Street 0.9 mi. south of Rt. 9.

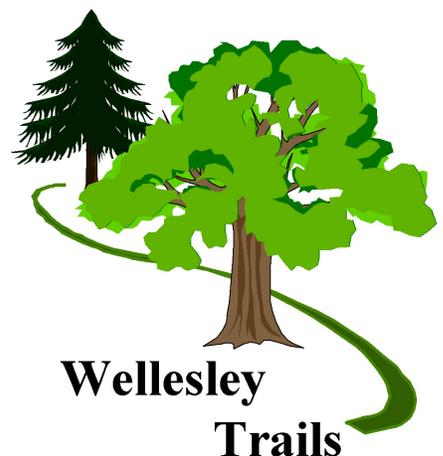
## KIDS' TRAILS DAY

### October 23, Sunday (1-2:30 p.m.) – Town Forest

Join us in celebrating fall and get your kids out into the woods to have fun and explore nature. Children will look for treasure boxes using letterboxing (written clues). Refreshments served at the end of the activities. No registration is required and no fee is charged. Children must be accompanied by an adult. Meet at 1:00 p.m. at the Longfellow Pond parking lot, located on the left side of Oakland Street 0.9 mi. south of Rt. 9.

**We look forward to seeing you!  
All activities take place in rain,  
unless it pours!**

**For more info: [www.wellesleytrails.org](http://www.wellesleytrails.org),  
or call Miguel Lessing at 781-431-2411  
or Denny Nackoney at 781-237-5174.  
Please like us too on Facebook at:  
[www.facebook.com/WellesleyTrailsCom-  
mittee](https://www.facebook.com/WellesleyTrailsCommittee)**





## Town Wide Yard Sale @ Morses Pond

Please join us and either sell or buy (or both!) slightly used items! There is no fee to browse the items on sale! You **MUST** be a Wellesley resident to sell. Please fill out the form below, register online or call the Rec. office to register. **SPACES ARE \$20.** You may reserve a maximum of 2 spaces. The Rec. Dept. reserves the right to limit the amount of spaces.

PLEASE PRINT OR TYPE CLEARLY AND COMPLETE ALL INFORMATION ON THIS APPLICATION. THERE WILL BE NO REFUNDS ONCE THIS APPLICATION IS RECEIVED, UNLESS THE SPACES ARE FULL. THERE IS NO RAIN DATE SCHEDULED. **In case of inclement weather, a cancellation notice will be posted at [wellesleyma.gov/recreation](http://wellesleyma.gov/recreation), then click "Recreation News."**

**Activity # 443888**

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ **NO SET UP BEFORE 7:30 AM • MUST BE SET UP BY 9:30 AM**

Spots are approximately 10 x 25/30. We suggest bringing a dolly of some sort to bring your items from the parking lot to the selling area. No concession type sales allowed (food or drink). You are responsible for your space, money, items, etc. Please leave the park as clean as you found it. Please do not leave any unwanted items at your space. No box trucks, No Pods

I agree to the rules, regulations and procedures set forth by the Wellesley Recreation Department which are listed above. I agree not to hold the Wellesley Recreation Department, its' employees or sponsors of this event, nor location where event is held, liable for any loss due to damage, theft, inclement weather or personal injury.

NUMBER OF SPACES \_\_\_\_\_ x \$20 = TOTAL AMOUNT PAID:\$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO: **TOWN OF WELLESLEY**

# Wellesley Hills Merchants

## HALLOWEEN Trick or Treat PARADE

**October 29  
Saturday  
11:00 AM  
Ages 0-8**

**WEAR YOUR COSTUME!  
Trick & Treat at  
local businesses**

*Proudly sponsored by  
Berkshire Hathaway Town & Country*

### WELLESLEY RECREATION



*Something for Everyone*

781-235-2370 • WELLESLEYMA.GOV/RECREATION



**PARADE  
STARTS @ 11am**



**PARADE END  
CLOCK TOWER PARK**

**11:30am • 12:30 pm  
Games! Fun!**



- 358 Maewall Dental
- 356 The Windsor Press Inc
- 352 Dorset European Bakery & Cafe
- 348 Edward Jones Investments
- 342 Bank of America
- 339\* Jaylin Cleaners
- 330 Capezio
- 330B Rockland Trust
- 326A Custom Clothiers
- 326B Art of Stone Tile & Stone
- 312 Singh's Cafe
- 310A Wellesley Public Media
- 310B Architectural Kitchen
- 308 Green's Hardware
- 300 Maugus Restaurant
- 298 iCopy Services
- 290 Holly's Cleaners
- 288 Comellas
- 284 First Republic Bank
- 278 Middlesex Bank
- 276 Dayton Home
- 272 Quebrada Bakery
- 268 Subway
- 265 Sarapaan Jewlery
- 259 Get In Shape For Women
- 255 Marathon Sports
- 251 Skin Health Center
- 245 Fitness Together
- 241 id.Salon
- 239 Berkshire Hathaway
- 449 Anthony's Barber Shop
- 445 Clementine
- 431 Larry Ng's Auto Repair



### PROGRAM REGISTRATION

Residents: August 16  
Non Residents: August 30th



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



# House Decorating Contests

Help us build a strong sense of community and holiday spirit by nominating your house or your neighbors house. Winners will receive a trophy and neighborhood bragging rights. Our "Boo Crew" judges will be knocking on doors, trophies in hand, the evening of October 27th and our "Holly Jolly Crew" judges will do the same on December 20th.

## To Nominate a House

1. Email a picture of the house to [recreation@wellesleyma.gov](mailto:recreation@wellesleyma.gov)
2. Include the address of the decorated house in your email.
3. If the house has lights, please take a day and night picture.
4. Nominations must be received by the deadlines found below.



## Howlin' Haunted Halloween

## Wellesley's Winter Wonderland



**Deadline: Monday October 24th**

**Deadline: Monday, December 19th**

### CATEGORIES

- Ghost and Goblins - Scariest House
- Judge's Choice
- Best Theme
- Most Creative
- Hocus Pocus - Funniest House

### Categories

- The Griswold Award - Funniest House
- Best Theme
- Judge's Choice
- Traditional New England Theme
- Most Creative

## TENNIS UNDER THE LIGHTS at the Hunnewell Courts

Tennis court lights are in operation 7 nights a week from April 27 through October 16th, from 6 - 9 pm. Use of the Hunnewell Tennis courts anytime after 6 pm, requires the purchase of a seasonal tennis tag. Revenue from tag sales offsets the cost of the lights. Please follow and abide by the Hunnewell Tennis Court Rules.

### IMPORTANT INFORMATION:

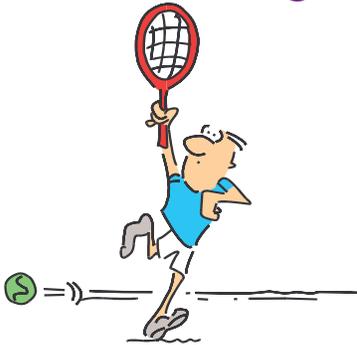
Tags will be sold at the Recreation Office starting Tuesday, April 12th, Monday - Friday from 8:30 to 4:00 pm. If you are an online user of Wellesley Recreation, tennis tags may be purchased online. If you purchase tags online, you must pick up your tag(s) at the Recreation Office. You may use a copy of your online receipt until you have an opportunity to pick up your tags. For online registration, look for **Activity #555200**

The Town of Wellesley will also be continuing its relationship with **PLAYLOCAL**, where tennis players will be able to reserve a court during the daytime for FREE or at night for \$5 (residents). The daytime hours at the Hunnewell courts will be available for reservation at no charge. There is an hourly reservation fee of \$5 per/hour during the evening hours for residents at the Hunnewell Courts, which will guarantee your court time. The reservation is in addition to required town tennis tag that is required for play after 6 pm. The hourly reservation fee for non-residents is \$10 per hour. The revenues generated from the reservations will be used to off-set the cost of court lights as well as other operational court costs.

Due to special events or circumstances, the Town of Wellesley reserves the right to postpone activities in or around the Hunnewell Field Complex including the Hunnewell Tennis Courts.

We are currently looking to hire an evening court supervisor. Contact Matt at 781-235-2370

### Night time tennis will require a tag.



**\*\*Reduced price as of September 1\*\***

TAG FEES	Resident	Non-Resident
Weekly Tag	\$10	\$15
Individual Tag	\$20	\$35
Child Tag (16 & under)	\$15	n/a

Tags are NOT transferable from one person to another

## 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.**

# Fall Back to the 50s Senior Prom

**Friday, October 21, 7:00-9:30 p.m.**

**Wellesley Recreation Gymnasium, 90 Washington Street**

Come dressed in your best 50's style costumes and enjoy a few hours of music from the era. This evening will feature music, dances, and pop hits of the fabulous fifties. The Wellesley Council on Aging, Wellesley Recreation Department, and the Wellesley High School Key Club

are excited to be teaming up to co-sponsor this fun evening out! Show off your dance moves and teach high school students some moves from your time. Key Club members will serve refreshments and lead contests with prizes! Registration opens on Tuesday, August 30 (Wellesley residents) and on Wednesday, August 31 (non Wellesley residents) so call the Wellesley Council on Aging at 781-235-3961 to purchase your ticket today!

**Cost: \$5.00.**

If you need a ride, call Council on Aging Transportation at 781-235-3046.



## Pickleball for Seniors: Drop-In

Co-Sponsored by the Wellesley Council on Aging

**What is Pickleball?** It is a combination of tennis, racquetball and ping-pong. Played on a 20 x 44" court. Pickleball is the fastest growing paddle sport in the US. The paddle is about 15" long and typically made of wood, aluminum or composite and the ball is similar to plastic whiffle ball. The great thing about Pickleball is that it takes very little time to learn how to play! Pickleball is a great activity for all ages! All equipment is provided for this drop-in program.

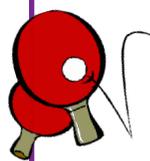
**Location: Warren Building**

**8 weeks**

Day	Times	Date	Price
Mon	1 - 3pm	Sep 12 - Dec 19	\$1/day drop in fee (No class 10/3, 10/10, 11/28)



## Ping Pong: Drop-In



**First Friday of the month**

**9/2, 10/7, 11/4, 12/2**

**Drop-in cost is \$1/session**

**Room 008 1-3 pm**

## 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	\$50 (No class 11/11, 11/25)



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



## Puddlestompers

415700

(Ages 2 - 5)

**Instructor: Puddlestompers Staff**

Come explore the wonders of Mother Nature this fall with your young naturalist!

Catch falling leaves and learn why they are red, orange and yellow! Call out to birds getting ready for their southerly migration! Search for insects hiding on the forest floor! Collect acorns for a squirrel feast! Explore the various amazing open spaces Wellesley has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack and a story. Younger siblings, up to age 10 months and in a backpack, are welcome. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together.



**Location: Warren Building**

**Min: 4/Max: 9**

**8 weeks**

S#	Age	Day	Times	Date	Price
01	2 - 3	Tue	9:30 - 10:25 am	Sep 27 - Nov 22 (No Class 10/4)	\$176
02	3 - 5	Tue	10:30 - 11:25 am	Sep 27 - Nov 22 (No Class 10/4)	\$176
03	2 - 3	Fri	9:30 - 10:25 am	Sep 30 - Dec 2 (No class 11/11, 11/25)	\$176
04	3 - 5	Fri	10:30 - 11:25 am	Sep 30 - Dec 2 (No class 11/11, 11/25)	\$176

**For Specific Questions, Please Call Puddlestompers  
781.235.6677 or puddlestompers.com**

**To Register, Call Wellesley Recreation - 781.235.2370**

### Puddlestompers Refund Policy

No refund unless you cancel 30 days in advance  
Then it is a 50% credit towards another class.

## Toddler Movement & Song

411300

(Ages 1.5 - 2)

**Instructor: Stephanie Gager**

This is a great first class for young children and their caretakers offering a combination of music and movement in a relaxed setting that allows children to socialize and be part of a group. Children will sing, dance and play while integrating instruments, puppets, parachutes and more. This program provides a fun and easy way to introduce activities which nurture your child's motor, creative and social skills. In addition, it is a fun place to meet other families with young children and make new friends. Adult participation is necessary for the success of this program.

**Location: Warren Building**

**Min: 4/Max: 12**

**11 weeks**

S#	Day	Times	Date	Price
01	Mon	9:15 - 10 am	Sep 19 - Dec 12 (No class 10/3, 10/10)	\$145



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## Kid's Movement, Art & Song

411301

(Ages 2 - 3)

**Instructor: Stephanie Gager**

Come join us for a fun-filled hour of music, movement and art! Along with their adult companion, children will sing, dance and use a variety of rhythm instruments, motor props and art materials to express themselves while having fun socializing with new friends. The class will consist of songs, rhymes and musical games before heading into the mat room for some climbing, building, free play and parachute fun. We will then share a snack with friends and finish off the hour creating a different artistic masterpiece to bring home each week. What could be more fun than parachutes, puppets, paint, glue, feathers and glitter! Snack will be provided. (There is an additional \$15 materials fee payable to the instructor at the first class)

**Location: Warren Building**

**Min: 4/Max: 12**

**11 weeks**

S#	Day	Times	Date	Price
01	Mon	10:15 - 11:15 am	Sep 19 - Dec 12 (No class 10/3, 10/10)	\$160

## Gardengate Academy

415788

(Ages 1.75 - 4)

**Instructor: Gardengate Academy Staff**

Our popular Toddler Workshop from Natick is coming now to your town! This workshop is the perfect transition between home and preschool. All little ones between the ages of 20 months to 3.9 years are welcome for a fun morning which includes music, art project, snack, play time and tumbling. We provide a warm setting where children can gradually separate from parents at their own step. Our workshop focuses on guiding children to master their social skills based on respect, love and team work. Over the course of the session children will develop friendship, self worth and love for music and art. We believe that love, friendship and fun activities are the perfect environment for your little ones to have a beautiful start in their education. Children do not have to be potty trained to join our program. Parents must provide snack for their children.

**Location: Warren Building**

**Min: 4/Max: 15**

**13 Weeks**

S#	Day	Times	Date	Price
01	Tue	9 - 11:30 am	Sep 13 - Dec 6	\$377
02	Thu	9 - 11:30 am	Sep 15 - Dec 8 (No class 11/24)	\$377
03	Tue & Thu	9 - 11:30 am	Sep 13 - Dec 8 (No class 11/24)	\$650

## A.B.C. Tot Time (Art, Baking & Cool Science)

423717

(Ages 2.5 - 5)

**Instructor: Diane Benson, M.Ed.**

Accompany your child on a fun, hands-on learning journey! Each child will explore all kinds of activities from Art to Baking to Science! Please note on the registration form if your child has any allergies

**Location: Warren Building**

**Min: 5/Max: 8**

**8 weeks**

S#	Day	Times	Date	Price
01	Tue	12:50 - 1:50 pm	Sep 13 - Nov 1 (No class 10/11)	\$175 (per couple)



## Budding Artist and a Buddy

421401

(Ages 1.5 - 4)

Instructor: Beth Meditz

Each Child and their Buddy will both enjoy Creative Fun together! Perceptual, and social skills are enhanced while each child engages in unique "hands-on" and "hands-in" experiences through unique and age appropriate activities! Budding Artists will create individual masterpieces that expand thinking and learning skills. They will explore a wide array of inspiring materials. Bring a bag to carry home art work. Find out more about Beth Meditz M.Ed. at [www.event-full.net](http://www.event-full.net)

Location: Warren Building Min: 6/Max: 12

6/8 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:15 am	Sep 13 - Oct 25 (No Class 10/11)	\$100
02	Tue	9:30 - 10:15 am	Nov 1 - Dec 20 (No class 11/8, 12/13)	\$100
03	Thu	9:30 - 10:15 am	Sep 15 - Nov 3	\$135
04	Thu	9:30 - 10:15 am	Nov 10 - Dec 22 (No class 11/24)	\$100

## Pottery & Wheel Throwing

421412

(Ages 5 - 18)

Instructor: Ramune Jauniskis

In this class kids will learn the basics of hand building and wheel throwing while having fun and sharpening their motor skills. All projects will be kiln fired. All materials included.

Location: Warren Building Min: 5/Max: 8

8 weeks

S#	Age	Day	Times	Date	Price
01	5 - 7	Thu	4:05 - 5:20 pm	Sep 22 - Nov 10	\$145
02	8 - 18	Thu	5:25 - 6:40 pm	Sep 22 - Nov 10	\$145



## Awesome Art

421423

(Ages 5 - 9)

Instructor: Beth Meditz

Come to an exciting and relaxed atmosphere to let your creativity flow! Artists will be presented with a base idea and choose from a wide array of inspiring and unusual materials to create their individual works of Art. Abstract and Realistic works are created while each participant is encouraged to experiment with materials and to express themselves. Find out more about Beth Meditz, M.Ed. at [www.event-full.net](http://www.event-full.net)

Location: Warren Building Min: 6/Max: 12

8/7/6/5 weeks

S#	Day	Times	Date	Price
01	Tue	4:30 - 5:30 pm	Sep 13 - Nov 1 (No Class 10/11)	\$122
02	Tue	4:30 - 5:30 pm	Nov 8 - Dec 13	\$105
03	Wed	4:30 - 5:30 pm	Sep 14 - Nov 9 (No class 10/12)	\$140
04	Wed	4:30 - 5:30 pm	Nov 16 - Dec 21 (No class 11/23)	\$90

## Pottery Pizza Family

421467

(All Ages)

Instructor: Ramune Jauniskis

Have some pizza, do some pottery and spend some time with your family! Learn basic hand building (and wheel throwing) techniques while creating beautiful, functional and decorative pieces. Participants will be encouraged to explore their own ideas as well as work on suggested projects that will be demonstrated at the beginning of class. All work will be kiln fired. This class provides a relaxed environment for participants to unwind and use their creativity and imagination. Sign up alone or with family members all are welcome. All materials & pizza included.

Location: Warren Building Min: 5/Max: 8

3 weeks

S#	Day	Times	Date	Price
02	Mon	5:30 - 7:30 pm	Oct 17 - Nov 7 (No class Oct 31)	\$165

## Drawing & Painting Modern Masterpieces

421488

(Ages 6.5 - 12)

Instructor: D'Ann Hansen

In this class students will produce timeless work that will be cherished for years. These large 16" x 20" pieces of art painted on archival paper are sure to find a home on your walls! Young students use professional tools and non-toxic acrylic paints. Students gain an appreciation for different artists while learning various techniques through step-by-step visual demonstrations. The sunny Art Studio at the Rec. Center provides a perfect creative oasis! All supplies included. [www.dannhansen.com](http://www.dannhansen.com)

Location: Warren Building Min: 6/Max: 8

5weeks

S#	Day	Times	Date	Price
01	Tue	4 - 6 pm	Sep 13 - Oct 18 (No Class 10/11)	\$195
02	Thu	4 - 6 pm	Sep 15 - Oct 13	\$195
03	Tue	4 - 6 pm	Nov 1 - Dec 6 (No class 11/22)	\$195
04	Thu	4 - 6 pm	Nov 3 - Dec 8 (No class 11/24)	\$195

## Parent & Child Pottery

421411

(Ages 4 - 5)

Instructor: Ramune Jauniskis

Spend time working with your child while enjoying working with clay. Use your imagination to invent fantastic clay sculptures with guided instruction. Projects will be suggested but students are encouraged to work on their own ideas if they wish. All projects will be kiln fired. All materials included. Parent/Guardian required.

Location: Warren Building Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Thu	3 - 4 pm	Sep 22 - Nov 10	\$145

## Make it! Bake it! Take it!

421438

(Grades 1 - 3)

Instructor: Diane Benson, M.Ed.

Using cooperation, math skills and following simple directions, "young bakers" will create their own special tasty treats. Join this class and experience the delicious reward for exploring the creative possibilities of baking! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods. Eggs will be used in this class. Some possible baking activities include: pizza, cookies, muffins, pasta, and much, more! Please note on the registration form if your child has any food allergies. Don't worry if you have taken this class before, recipes are NEVER repeated!

Location: Warren Building      Min: 6/Max: 8  
6/5 weeks

S#	Day	Times	Date	Price
01	Fri	3:30 - 5 pm	Sep 16 - Oct 21	\$210
02	Fri	3:30 - 5 pm	Nov 4 - Dec 16	\$175

(No class 11/11, 11/25)



### Program Registration

Residents: Upon Receipt of Brochure  
Non Residents: August 30th

## Sewing for Kids

421444

(Grades 3 - 8)

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#	Age	Day	Times	Date	Price
01	8 - 13	Tue	5:30 - 6:45 pm	Sep 13 - Oct 25	\$300
(No class 10/11)					
02	8 - 13	Tue	5:30 - 6:45 pm	Nov 1 - Dec 6	\$300
03	8 - 13	Thu	5:30 - 6:45 pm	Sep 15 - Oct 20	\$300
04	8 - 13	Thu	5:30 - 6:45 pm	Oct 27 - Dec 8	\$300
(No class 11/24)					



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## Cookies for Santa

421441

(Ages 5 - 9)

Instructor: Diane Benson, M.Ed.

Let's get baking and make Santa something special this year! He is sure to love your kid-made cookies! He will appreciate the snack break as he travels around the world! Eggs will be used in this class.

Location: Warren Building      Min: 6/Max: 8  
1 week

S#	Day	Times	Date	Price
01	Wed	3:30 - 5:30 pm	Dec 21	\$45



## LEGO Ornaments

421430

(All Ages)

Instructor: Diane Benson, M.Ed.

Learn how to make some holiday ornaments to hang in your room, on a tree or give to a family member or a friend! You will create winter ornaments out of LEGOs!!! The ornaments you make you will get to take home and enjoy for the many years to come! A terrific memory for 2016!

Location: Warren Building      Min: 6/Max: 12  
1 week

S#	Day	Times	Date	Price
01	Wed	3:30 - 5:30 pm	Dec 14	\$48



Come for a fun & festive evening at the Warren Bldg to see a Christmas classic "How the Grinch Stole Christmas" on Friday, Nov. 18 @ 6:30pm. An unwrapped present for Toys for Tots is the price of admission!

## Chess Lessons

424800

(Ages 5 - 14)

Instructor: Jim Della Selva

Chess is a mindful game that is both fun and challenging. This class will give participants the opportunity to both play and learn strategy. Instruction will be given so that the advanced player as well as the beginner will benefit. Don't miss this exhilarating class.

Location: Warren Building      Min: 4/Max: 12  
7 weeks

S#	Day	Times	Date	Price
01	Mon	4:35 - 5:35 pm	Sep 12 - Nov 7	\$125
(No class 10/3, 10/10)				
02	Mon	5:35 - 6:35 pm	Sep 12 - Nov 7	\$125
(No class 10/3, 10/10)				

## DRAMA KIDS

422355

(Ages 5 - 8)

**Instructor: Drama Kids Staff**

The Drama Kids developmental drama program is open to all levels of acting; from the beginner to the more experienced student. Goals for this session include: Improvisation basics, development of clear speech and purposeful movement, learning the steps to build scenes and learning acting skills (blocking, stage directions, etc.).

Visit [dramakids.com/ma4/](http://dramakids.com/ma4/) for more info on Drama Kids.

**Location: Warren Building** **Min: 6/Max: 16**

12 weeks

S#	Day	Times	Date	Price
01	Tue	5 - 6 pm	Sep 20 - Dec 6	\$172



## Dance/Theater

424097

(Ages 4 - 5)

**Instructor: Cindy Wright**

It starts with a story. Through dance, dialogue and drama (and comedy!), the children will tell the story. We'll add some costumes and props and present an informal performance at the final class. This is a dance class focusing on basic ballet and jazz/hip-hop (age appropriate moves and music). It is also a class that will introduce young children to acting and how acting, music and dance create musical theater. Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks.

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

12 weeks

S#	Day	Times	Date	Price
01	Tue	12:30 - 1:30 pm	Sep 20 - Dec 6	\$192



## Piano Lessons

425807

(Ages 8 - 15)

**Instructor: David Medeiros**

Have fun exploring the potential of electronic keyboards while focusing on the foundations of the most universally enjoyed musical instrument the piano! Beginner lessons will cover fundamentals of music theory, hand movement, and independent coordination as it applies to note reading of easy melodies. Must bring a keyboard to class.

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

8 weeks

S#	Day	Times	Date	Price
01	Mon	5 - 6 pm	Oct 17 - Dec 12	\$135
(No class 11/28)				

## Dance Party

424098

(Ages 4 - 5)

**Instructor: Cindy Wright**

A basic ballet and jazz/hip-hop class (age appropriate moves and music) with a different theme each class. Children will learn dance moves, make and/or use a prop and have costume pieces to wear as it becomes a dance party! Some of the celebrations include a garden party, a hoedown, a royal gala, a pirate party, a Halloween party (ghosts, witches, etc) and more. Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks.

**Location: Warren Building**

**Min: 6/Max: 10**

11 weeks

S#	Day	Times	Date	Price
01	Fri	11:30 am - 12:30 pm	Sep 16 - Dec 9	\$176
(No class 11/11, 11/25)				



## Intro to Dance

424010

(Ages 2.9 - 4)

**Instructor: Cindy Wright**

A fun introduction to the wonderful world of dance; this is a creative movement and pre-ballet class. Students will develop gross motor skills, coordination, group skills and self-confidence. Dance games and props will be included and dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dance wear or comparable attire.

**Location: Warren Building**

**Min: 6/Max: 10**

12/11 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:15 pm	Sep 15 - Dec 8	\$180
(No class 11/24)				
02	Fri	10:30 - 11:15 am	Sep 16 - Dec 9	\$165
(No class 11/11, 11/25)				



## Guitar Lessons

425808

(Ages 8 - 15)

**Instructor: David Medeiros**

You can stop playing "air guitar" and learn how to play the real thing! Beginner lessons introduce the challenge of musicianship while concentrating on basic music fundamentals in a relaxed atmosphere. Students will learn popular songs while focusing on note reading, chord accompaniment, and simple tuning techniques. Guitar rentals are available for an additional charge of \$50 per session payable to Dave at first class. Please contact the Recreation Department if you are interested in reserving a guitar for the class.

**Location: Warren Building**

**Min: 5/Max: 10**

8 weeks

S#	Day	Times	Date	Price
01	Mon	4 - 5 pm	Oct 17 - Dec 12	\$135
(No class 11/28)				



## Science Discovery Club

421465

(Ages 5 - 9)

Instructor: Diane Benson, M.Ed.

Enjoy mixing things together? Do you find it fun to experiment with things you can find in your own home!? Activities are all hands-on and most experiments you will be able to take home to show your family and friends! Kid-made experiments in each section are different and FUN. Register for 1 or all 3!!!

Location: Warren Building Min: 5/Max: 20

1 week

Icky, Sticky, GOO! (Silly Putty & Slippery Slime)

S#	Grade	Day	Times	Date	Price
01	K - 3	Tue	3:30 - 5:30 pm	Nov 29	\$45

Explore & Explode (Balloon Blow-up & Volcano)

S#	Grade	Day	Times	Date	Price
02	K - 3	Tue	3:30 - 5:30 pm	Dec 6	\$45

Cool & Crazy Science (Rainbow in a Jar, Ocean in a Bottle, Tornado in a Jar)

S#	Grade	Day	Times	Date	Price
03	K - 3	Tue	3:30 - 5:30 pm	Dec 13	\$45



## Star Wars: Galaxy Training Academy

421415

(Ages 5 - 10)

Instructor: Diane Benson, Beth Meditz

Join the team from Event-FULL!, LLC (www.event-full.net) and take part in a monthly program to channel your inner Jedi! Please send your child with a nut-free snack and drink

Location: Warren Building

Min: 15/Max: 30

1 week

EPISODE I: Jedi Training - Make and take home a Recycled Droid, take part in a light saber training session and learn what it is to be a Jedi Knight. Each child will also go home with a framed photo of them selves with R2D2.

S#	Day	Times	Date	Price
01	Sat	9:30 am - 12:30 pm	Sep 24	\$55

EPISODE II: LEGO Star Wars - Maybe you will build a Star Wars Space Craft, a Droid Factory, a Jedi Training Arena...the possibilities are endless! The LEGOs stay with us but the memory is yours forever. Every participant will do home with a photo of themselves with their LEGO creation.

S#	Day	Times	Date	Price
02	Sat	9:30 am - 12:30 pm	Oct 22	\$55

EPISODE III: Art Attack - Make your own Jedi Journal to draw or write your Star Wars thoughts down on paper. Make and take home a fun and creative Star Wars decoration to hang in your room to enjoy everyday!

S#	Day	Times	Date	Price
03	Sat	9:30 am - 12:30 pm	Nov 19	\$55



## LEGO Minecraft

421499

(Ages 5 - 10)

Instructor: Diane Benson, Beth Meditz

This 3-hour program will be centered around everything LEGO Minecraft!! Join the team from Event-FULL!,LLC (www.event-full.net) and use your imagination to build your very own 3-D Minecraft World! You can then place minifigure blocks and go on adventures in the Minecraft World that you created! The LEGOs stay with us but the memory is yours forever!! Each participant will go home with a framed photo of themselves taken with their LEGO creation to show friends and family! Please send your child with a nut-free snack and drink

Location: Warren Building Min: 6/Max: 15

1 week

S#	Day	Times	Date	Price
01	Sat	9:30 am - 12:30 pm	Sep 17	\$55



## Future Scientists

421436

(Ages 3 - 5)

Instructor: Diane Benson, M.Ed.

Exploration, discovery and wonder await your imagination in this interactive science class. Get ready to have a unique, fun and engaging Fall! Activities are all hands-on and most experiments you will be able to take home to show your family and friends! Experiments may include: Rainbow in a Jar, Beach in a Bottle, Building & Erupting a Volcano, Kid-Made Silly Putty and MORE!!!

Location: Warren Building

Min: 5/Max: 8

6 weeks

S#	Day	Times	Date	Price
01	Tue	12:50 - 1:50 pm	Nov 8 - Dec 13	\$150



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## Wellesley Rec. Office Hours

Monday - Friday 8:30 - 4:30

781-235-2370

## James Bede Soccer Fundamentals



422954

**Instructor: James Bede Soccer Staff**

Get your young player ready to play soccer by learning proper ball skills. All teaching is done through a lot of fun games in a non-threatening environment. We want your child to wear proper soccer equipment; shin guards & sneakers, plus they need to bring a water bottle as well. Program is held in the gym during inclement weather.

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

7 weeks

S#	Age	Day	Times	Date	Price
01	4	Wed	2 - 2:45 pm	Sep 14 - Nov 2 (No class 10/12)	\$150
02	5	Wed	2:50 - 3:35 pm	Sep 14 - Nov 2 (No class 10/12)	\$150
03	4	Wed	3:45 - 4:25 pm	Sep 14 - Nov 2 (No class 10/12)	\$150
04	5-6	Wed	4:30 - 5:15 pm	Sep 14 - Nov 2 (No class 10/12)	\$150

6 weeks

S#	Age	Day	Times	Date	Price
05	4	Wed	2 - 2:45 pm	Nov 9 - Dec 21 (No class 11/23)	\$128
06	5	Wed	2:50 - 3:35 pm	Nov 9 - Dec 21 (No class 11/23)	\$128
07	4	Wed	3:45 - 4:25 pm	Nov 9 - Dec 21 (No class 11/23)	\$128
08	5-6	Wed	4:30 - 5:15 pm	Nov 9 - Dec 21 (No class 11/23)	\$128



## Little Chefs

423798

(Ages 4 - 5)

**Instructor: Kelly Barry**

Healthy Cooking Classes for Kids is interactive, energetic, collaborative cooking classes for our youngest chefs. We teach age appropriate cooking skills and we teach the importance of making healthy food choices. The children have a blast getting into the cooking experience and trying new foods. We even make a fun art project to take home!

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

5 weeks

S#	Age	Day	Times	Date	Price
01	4 - 5	Thu	1:30 - 3 pm	Sep 15 - Oct 13	\$150
02	6 - 8	Thu	3:30 - 5 pm	Sep 15 - Oct 13	\$150
04	4 - 5	Thu	1:30 - 3 pm	Oct 20 - Nov 17	\$150
05	6 - 8	Thu	3:30 - 5 pm	Oct 20 - Nov 17	\$150

## James Bede Soccer League

422901

**Instructor: James Bede Soccer Staff**

In this newly organized soccer class/league you will be taught the fundamentals of soccer in a fun non-threatening environment. Tuesday OR Wednesday is practice and Saturday is game day. During practice on Wednesday the players will begin to learn the soccer fundamentals: passing, dribbling, shooting. On Saturday game days they will play an instructional game and implement the skills that they learned at practice on Wednesday. (Price includes a game day jersey). Program will be held indoors during inclement weather.

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

7/6 weeks

S#	Age	Day	Times	Date	Price
01	5 - 6	Wed	5:20 - 6:20 pm	Sep 14 - Nov 2 (No class 10/12)	\$280
		Sat	12:15 - 1:15 pm	Sep 17 - Nov 5 (No class 10/8)	
02	5 - 6	Wed	5:20 - 6:20 pm	Nov 9 - Dec 21 (No class 11/23)	\$200
		Sat	12:15 - 1:15 pm	Nov 12 - Dec 17 (No class 11/26)	
03	6 - 7	Tue	5 - 6 pm	Sep 13 - Nov 1 (No class 10/11)	\$280
		Sat	11 - 12 pm	Sep 17 - Nov 5 (No class 10/8)	
04	6 - 7	Tue	5 - 6 pm	Nov 8 - Dec 13 (No class 11/22)	\$200
		Sat	11 - 12 pm	Nov 12 - Dec 17 (No class 11/26)	

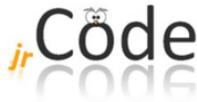
**HALLOWEEN PARADE!**

**October 29 @ 11am**

More information on page 10

## About jrCode

At jrCode we believe that creative critical thinking is one of the fundamental building blocks for success. In each of our classes, students will develop these skills through a variety of programming challenges. We believe that this all starts with a foundational coding knowledge that exposes kids to the basics: Foundations (Grades 2-5) and Accelerated Foundations (Grades 4-8). After those basics have been mastered we invite our students to explore specialty tracks of their choosing, including interactive gaming and animation classes. Most of our classes utilize the Scratch platform, which was developed at MIT to introduce children to programming languages. Unless indicated, jrCode provides the computers and technical support needed to complete each class.



## Foundations

424989

(Grades 2 - 5)

Instructor: JrCode Staff

Every young learner needs a foundation in coding and the skills to discover the creative programming world! This Foundations class uses the Scratch platform to introduce your child to the basics of computer coding and improve their critical thinking skills. Your child will be challenged to learn introductory coding concepts, including algorithms and analytical problem solving, while completing games and projects that are fun and creative.

**Prerequisites:** None

**Coding language/platform used:** Scratch (block language)

**Recommended Next Class:** any Level 1 class

**Location:** Warren Building **Min: 5/Max: 12**

8 Weeks

S#	Day	Times	Date	Price
01	Mon	4 - 5 pm	Sep 19 - Nov 21 (No class 10/3, 10/10)	\$275
02	Wed	4 - 5 pm	Sep 21 - Nov 9	\$275

## Accelerated Foundations

424989

(Grades 4 - 8)

Instructor: JrCode Staff

Accelerated Foundations is the perfect introduction to the basics of computer coding and critical thinking for your older child. This class is a faster-paced coding Foundations class that utilizes the Scratch platform. Students will be challenged to learn the basics of coding, including algorithms and analytical problem solving, while completing games and projects aligned to their developmental needs.

**Prerequisites:** None

**Coding language/platform used:** Scratch (block language)

**Recommended Next Class:** any Level 2 class

**Location:** Warren Building **Min: 5/Max: 12**

8 Weeks

S#	Day	Times	Date	Price
03	Mon	4 - 5:30 pm	Sep 19 - Nov 21 (No class 10/3, 10/10)	\$350
04	Tue	5:15 - 6:45 pm	Sep 20 - Nov 15 (No Class 10/11)	\$350

## Pre-Gaming

424989

(Grades K - 2)

Instructor: JrCode Staff

This introductory class provides your young child with their first game creation experience using the fun and interactive ScratchJr app. This app allows your child to discover coding frameworks based on familiar play-ground games in a "touch and drag" setting, easily experienced on their own iPad or Android\*. The hands-on class uses online visuals, puzzles and memorable characters to engage your child in critical thinking skills and gaming concepts. After the completion of this class, children who can read independently will be ready for jrCode's Foundations class.

**Prerequisites:** None

**Coding language/platform used:** ScratchJr (block language)

**Recommended Next Class:** Foundations

\*Students must bring their own iPad or Android device to this class

**Location:** Warren Building **Min: 5/Max: 12**

8 Weeks

S#	Day	Times	Date	Price
05	Tue	4 - 5 pm	Sep 20 - Nov 15 (No Class 10/11)	\$275

## Gaming - Level I

424989

(Grades 2 - 5)

Instructor: JrCode Staff

This class builds on topics there were covered in the Foundations or the Accelerated Foundations level and is perfect for students who have completed that class and want to explore the options of creating their own games. Your child will apply their coding skills from Foundations or Accelerated Foundations and expand their skills to develop games that will test their understanding and reinforce their critical thinking skills.

**Prerequisites:** Foundations or Accelerated Foundations

**Coding language/platform used:** Scratch (block language)

**Recommended Next Class:** any Level 1 class or Gaming Level 2

**Location:** Warren Building **Min: 5/Max: 12**

8 Weeks

S#	Day	Times	Date	Price
06	Tue	4 - 5 pm	Sep 20 - Nov 15 (No Class 10/11)	\$275

## Gaming - Level II

424989

(Grades 4 - 8)

Instructor: JrCode Staff

It's time to level up! This class takes gaming to the next level as your child builds upon their knowledge acquired in previous classes to construct more complex and challenging games. Your child will continue to hone their skills by creating a variety of different games, including mazes, trivia and Mad Libs.

**Prerequisites:** Foundations/Accelerated Foundations and Gaming Level 1

**Coding Language/Platform Used:** Scratch (block language)

**Recommended Next Class:** any Level 2 class or JavaScript Foundations

**Location:** Warren Building **Min: 5/Max: 12**

8 Weeks

S#	Day	Times	Date	Price
07	Tue	5:15 - 6:45 pm	Sep 20 - Nov 15 (No Class 10/11)	\$350



## Pre-Animation

424989

(Grades K - 2)

Instructor: JrCode Staff

This introductory class provides your young child with their first experience creating their own animated projects using the fun and interactive ScratchJr app. This app allows your child to discover coding frameworks based on familiar playground games in a "touch and drag" setting, easily experienced on their own iPad or Android\*. The hands-on class uses online visuals, puzzles and memorable characters to engage your child in critical thinking skills and gaming concepts. After the completion of this class, children who can read independently will be ready for JrCode's Foundations class.

\*Students must bring their own iPad or Android device to this class, and pre-download the free ScratchJr app.

**Prerequisites:** None

**Coding language/platform used:** ScratchJr (block language)

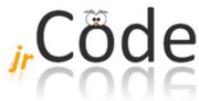
**Recommended Next Class:** Foundations

**Location:** Warren Building

**Min: 5/Max: 12**

**8 Weeks**

S#	Day	Times	Date	Price
09	Thu	4 - 5 pm	Sep 22 - Nov 10	\$275



## Animation - Level I

424989

(Grades 2 - 5)

Instructor: JrCode Staff

This class builds on topics there were covered in the Foundations or the Accelerated Foundations level and is perfect for students who have completed that class and want to explore the options of creating their animations. Your child will apply their coding skills from Foundations or Accelerated Foundations and expand their skills to develop animations and stories that will test their understanding and reinforce their critical thinking skills.

**Prerequisites:** Foundations or Accelerated Foundations

**Coding language/platform used:** Scratch (block language)

**Recommended Next Class:** any Level 1 class or Animation Level 2

**Location:** Warren Building

**Min: 5/Max: 12**

**8 Weeks**

S#	Day	Times	Date	Price
10	Thu	4:30 - 6 pm	Sep 22 - Nov 10	\$275



## Java Script Foundations

424989

(Grades 5 - 8)

Instructor: JrCode Staff

This is an introductory class using the dynamic programming language of JavaScript, your child's first taste of a text-based language. Any student interested in diving into this programming language and taking on more complex coding skills will find this class to be exciting and challenging. Students will be introduced to more advanced algorithms, using For-loops and While-loops and begin to develop their own functions.

**Prerequisites:** Accelerated Foundations or upon the discretion of the teacher

**Coding language/platform used:** JavaScript (text language)

**Location:** Warren Building

**Min: 5/Max: 12**

**8 Weeks**

S#	Day	Times	Date	Price
08	Mon	5:45 - 7:15 pm	Sep 19 - Nov 21	\$350
(No Class 10/3, 10/10)				

## Animation - Level II

424989

(Grades 4 - 8)

Instructor: JrCode Staff

This class takes animation to the next level as your child builds upon their knowledge acquired in previous classes to create more complex and challenging animations. Your child will continue to hone their skills by developing creative stories and using their animations to teach others a new skill through various projects.

**Prerequisites:** Foundations/Accelerated Foundations and Animations Level 1

**Coding language/platform used:** Scratch (block language)

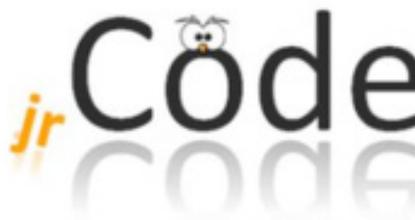
**Recommended Next Class:** any Level 2 class or JavaScript Foundations

**Location:** Warren Building

**Min: 5/Max: 12**

**8 Weeks**

S#	Day	Times	Date	Price
11	Thu	5:15 - 6:45 pm	Sep 22 - Nov 10	\$350



## Mindfulness & Meditation for Kids and Families

421403

(Ages 7 - 10)

Instructor: Ramune Jauniskis

There is no denying it, it has been proven scientifically that meditation has many benefits. It increases focus and attention, improves memory and the ability to be creative, increases focus and attention to name just a few. Why not take advantage of this resource that all of us have readily at hand. Ramune Jauniskis, Reiki Master/Teacher (also known as the pottery teacher) will start the class with a few very easy yoga stretches followed by short meditation and discussion.

**Location:** Warren Building

**Min: 4/Max: 15**

**6 weeks**

S#	Day	Times	Date	Price
01	Fri	6 - 7 pm	Sep 23 - Oct 28	\$110



## Knucklebones Micro Wheels

423103

(Ages 2 - 3)

Instructor: KnuckleBones Staff



Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.

Location: Warren Building Min: 8/Max: 12

8 weeks

S#	Day	Times	Date	Price
01	Mon	11 am - 12 pm	Sep 12 - Nov 14 (No class 10/3, 10/10)	\$108

## Knucklebones T-Ball

423102

(Ages 2 - 5)

Instructor: KnuckleBones Staff

Through a variety of stations, participants will get an introduction to basic skills like hitting, catching, throwing, rules and game play... all while learning the essence of the game and having fun! Please bring a baseball glove and water bottle to each class. Get ready for some baseball fun!. Classes will be held on Warren Field. During inclement weather classes will be canceled and rescheduled to the next day, Sunday, at the original class time.

Location: Warren Building Min: 8/Max: 12

7 weeks

S#	Age	Day	Times	Date	Price
01	2 - 3	Sat	1:30 - 2:25 pm	Sep 17 - Nov 5 (No class 10/8)	\$95
02	4 - 5	Sat	2:30 - 3:25 pm	Sep 17 - Nov 5 (No class 10/8)	\$95

## Dynamic Speed & Endurance

420203

(Ages 6 - 12)

Instructor: Kathy Fleming

This class will help your child reach new levels in his/ her athletic abilities. Your child will not only be faster and stronger, but he/she will be empowered and confident with his new awareness of pacing, sprinting and stamina. Kathy Fleming, the former Boston College track and field coach, Olympic Trials finalist in the 1500m and a member of the world record Distance Medley Relay team who held the record for 27 years, will share her knowledge about the key ways to build speed and endurance in young athletes. The class will also introduce some of the other track and field events like the shot put, javelin and the long jump. The class also teaches proper hydration, stretching and drills. We end each session with a fun relay event.

Location: Warren Building Min: 4/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Mon	4:15 - 5:15 pm	Oct 17 - Nov 14	\$160

## Knucklebones Micro Athletics

423165

(Ages 2 - 3)

Instructor: KnuckleBones Staff

Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique and age appropriate equipment. Sneakers are required.

Location: Warren Building Min: 8/Max: 12

8 weeks

S#	Day	Times	Date	Price
02	Fri	10 - 11 am	Sep 16 - Nov 4	\$108

## Knucklebones Skateboarding

423182

(Ages 7 - 13)

Instructor: KnuckleBones Staff

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, they will be provided but you must let us know upon registration. Participants must keep all safety gear on at all times and wear athletic shoes.

Location: Warren Building Min: 8/Max: 12

7 weeks

S#	Day	Times	Date	Price
01	Sat	2:30 - 3:30 pm	Sep 17 - Nov 5 (No class 10/8)	\$95



## Mental Training For Athletes

420291

(Ages 10 - 18)

Instructor: Ann Wehr

Basics of Mental Training for Athletes is a 7 hour program that teaches goal setting, focus, self-talk, relaxation, and visualization. Athletes learn a 10 minute daily mental routine at the end of the session.

Location: Warren Building Min: 7/Max: 10

7 weeks

S#	Day	Times	Date	Price
01	Mon	5:30 - 6:30 pm	Sep 19 - Nov 21 (No class 10/3, 10/10, 10/31)	\$50



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## Tot Learn to Skate Classes (Ages 3-6)

Instructors use songs, games, toys and other fun methods to cater to the learning styles and development of young skaters. 3 to 4 year olds are separated from 5 to 6 year olds initially, but are grouped together in Tot levels 1 - 3. 6 year olds have the option to begin in Youth 1. Classes include 25-30 minutes of group instruction and 10-15 minutes of supervised play time.

Rental skates are available on a first come, first serve basis and are included in the class fee. You are welcome to bring your own skates although double blade skates are not permitted

- Pre Tot (Beginners ages 3-4)
- Tot 1 (Beginners, ages 5-6; and 3-4 year olds who have passed Pre Tot)

**PREREQUISITE:** Skaters must be at least 3 years of age and potty trained. A helmet, such as a bike helmet or HECC helmet is required.

## Pre-Tot Learn To Skate

423289

(Ages 3 - 4)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena Min: 3/Max: 20

7/6 weeks

S#	Day	Times	Date	Price
01	Tue	4:40 - 5:05 pm	Sep 13 - Oct 25	\$119
02	Thu	1 - 1:25 pm	Sep 15 - Oct 27	\$119
03	Tue	4:40 - 5:05 pm	Nov 8 - Dec 20	\$119
04	Thu	1 - 1:25 pm	Nov 10 - Dec 22	\$85

(No class 11/24)

## Tot Learn To Skate

423287

(Ages 5 - 9)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena Min: 3/Max: 20

7/6 weeks

S#	Day	Times	Date	Price
01	Tue	4:40 - 5:05 pm	Sep 13 - Oct 25	\$119
02	Thu	1 - 1:25 pm	Sep 15 - Oct 27	\$119
03	Tue	4:40 - 5:05 pm	Nov 8 - Dec 20	\$119
04	Thu	1 - 1:25 pm	Nov 10 - Dec 22	\$85

(No class 11/24)

### BE PREPARED FOR CLASS

**Deadline to register for September session - AUGUST 31**

**Deadline to register for November session -OCTOBER 26**

- Arrive 15-20 minutes prior to the class start time
- Helmet, such as a bike helmet or HECC helmet is required
- Wear warm, comfortable layers that allow for movement, long sleeves & pants, gloves or mittens
- Rental skates are available on a first come, first serve basis and are included in the class fee
- You are welcome to bring your own skates although double blade skates are not permitted

## Youth Learn to Skate Classes (Ages 6-12)

Youth Learn to Skate levels are designed to teach basic motion, balance and coordination that prepare skaters for hockey, figure skating or the occasional rink visit. Classes consist of at least 30 minutes or more of group instruction and 5-10 minutes of supervised practice.

Rental skates are available on a first come, first serve basis and are included in the class fee. You are welcome to bring your own skates although double blade skates are not permitted

- Youth 1 (Beginners or those with minimal skating experience, ages 6-12)
- Youth 2 (Skaters ages 6-12 who have passed Youth 1)

**PREREQUISITE:** Skaters must be at least 6 years of age and a helmet, such as a bike helmet or HECC helmet is required.

## Youth Learn To Skate

423201

(Ages 6 - 12)

Instructor: FMC Ice Sports Staff

Instructors use games and a fun, challenging environment to teach beginning skating elements. Youth classes include 30-40 minutes of group instruction. Skaters must meet the age requirements for each level and be potty-trained. A helmet, such as a bike helmet or HECC helmet is required.

Location: Wm. Chase Arena Min: 3/Max: 20

7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Sep 12 - Oct 24	\$139
02	Tue	4:40 - 5:30 pm	Sep 13 - Oct 25	\$139
03	Mon	5:40 - 6:30 pm	Nov 7 - Dec 19	\$139
04	Tue	4:40 - 5:30 pm	Nov 8 - Dec 20	\$139



## Teen & Adult Learn To Skate

423205

(Ages 13 & Up)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena Min: 3/Max: 20

7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Sep 12 - Oct 24	\$139
02	Mon	5:40 - 6:30 pm	Nov 7 - Dec 19	\$139

**WM. CHASE ARENA**  
35 WINSOR AVE, NATICK MA 01760

For general questions:

1-888-74-SKATE or 508-655-1013

For registrations or refunds:

781-235-2370

Visit FMC Web site @ [fmcicesports.com](http://fmcicesports.com)

## Archery

435300

(Grades 3 - 12)

**Instructor: On The Mark Archery Staff**

Your archer will learn the fundamentals of archery, including safety, proper form, range procedures, shooting technique and scoring. On The Mark Archery is committed to bringing target archery to youths by providing a safe and fun environment to learn this Olympic sport. All necessary equipment from protective devices to targets, bows and arrows are provided. Sign up early as the "Hunger Games" movies have made the sport of archery very popular.

**Location: Warren Building** **Min: 10/Max: 16**  
4/5 weeks

S#	Age	Day	Times	Date	Price
01	3 - 12	Wed	6:30 - 7:30 pm	Sep 14 - Oct 5	\$105
02	4 - 12	Tue	4 - 5 pm	Nov 15 - Dec 13	\$135

## Badminton: Juniors

420208

(Ages 5 - 12)

**Instructor: Sasha Boyarin**

The Maugus Junior Badminton Team has been running in Wellesley for more than fifteen years and we are excited for your kids to join our training. Come learn badminton skills for all levels, improve coordination, play fun games, and be in a great environment with other kids. Run by two USA Badminton high performance certified coaches, the Maugus Junior Program coaches kids from the most beginner level to the highest level of national and international competition. We are experienced in providing strong skills training along with a fun and enjoyable experience for all ages. Our mission is to teach kids not just how to play badminton but how to be team players and grow as individuals.

**Location: Maugus Club** **Min: 8/Max: 15**  
8 weeks

S#	Day	Times	Date	Price
01	Mon	4 - 6 pm	Sep 5 - Oct 24	\$135
02	Wed	4 - 6 pm	Sep 7 - Oct 26	\$135
03	Fri	4 - 6 pm	Sep 9 - Oct 28	\$135
04	Sat	9 - 11 am	Sep 10 - Oct 29	\$135
05	Sat	1:30 - 3:30 pm	Sep 10 - Oct 29	\$135



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## Prep for Basketball Season

421210

(Grades 5-8)

(Girls Only!)

**Instructor: Game Time Training Staff**

Join GTT weekly as they simulate a typical town/travel practice to prepare the kids for their upcoming season. Their staff of USA Youth Basketball Certified Coaches will split these hour sessions between breaking down fundamental team concepts and reinforcing fundamental skill development. The goal of this program is to build confidence and comfort with players leading up to their perspective hoops season.

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

S#	Day	Times	Date	Price
01	Fri	6 - 7 pm	Sep 23 - Oct 28	\$160
(No class 11/11)				

## Kids: Self Defense-Combat SAMBO

421806

(Ages 4 - 11)

**Instructor: Grandmaster Michael Galperin & Staff**

"SAMBO"- Russian acronym for "Self Defense without Weapons". This SYSTEM incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate, Aikido, Kung Fu, Krav Maga and others. Boys and girls will be pre-



sented with practical self defense applications for a variety of situations. This unique style of Martial Arts will boost their confidence, discipline, health and fitness along with self-esteem. In a safe and friendly atmosphere participants will enhance their ability to cooperate, focus and follow directions. Under the supervision of experienced certified instructors, children will be taught skills to protect themselves against bullying, kidnapping, molestation, random attackers and enable them to be safe in dangerous real world situation. 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. Note: For more information regarding the program details please visit [www.combatsambo.com](http://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	6:30 - 7:30 pm	Sep 19 - Dec 19	\$192
(No class 10/3, 10/10)				
02	Wed	6:30 - 7:30 pm	Sep 21 - Dec 21	\$192
(No class 10/12, 11/23)				
03	Mon & Wed	6:30 - 7:30 pm	Sep 19 - Dec 21	\$312
(No class 10/3, 10/10, 10/12, 11/23)				



## Karate

421800

(Ages 3 - 16)

**Instructor: Steve Nugent**

A Martial Arts program taught by 4 Time World Champion Steve Nugent and staff. Classes teach self-defense, punching, kicking, stretching, proper breathing, focus, discipline and respect. In addition to the martial arts, the classes stress the importance of nutrition and academic achievement. Classes also cover fire safety and stranger awareness. Classes are structured and fun!!

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

S#	Age	Day	Times	Date	Price
01	3 - 5	Wed	3:45 - 4:30 pm	Sep 14 - Dec 14	\$305
(No class 10/12, 11/23)					
02	6 - 8	Wed	4:30 - 5:15 pm	Sep 14 - Dec 14	\$305
(No class 10/12, 11/23)					
03	9 - 16	Wed	5:15 - 6 pm	Sep 14 - Dec 14	\$305
(No class 10/12, 11/23)					

## Skyhawks Volleyball

421901

(Ages 7 - 14)

**Instructor:** Skyhawks Sports Staff

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginner to intermediate player and will incorporate essential life-lessons such as teamwork and sportsmanship. Our volleyball staff will assist each athlete in developing the fundamental skills of the game through game-based drills and daily scrimmages aimed at developing the whole player. Participants should wear loose fitting cloths, sneakers, and bring a water



**Location:** Warren Building **Min:** 8/**Max:** 14

6 weeks

S#	Day	Times	Date	Price
01	Thu	5 - 6 pm	Sep 22 - Oct 27	\$95

## Skyhawks SNAG Golf

421902

(Ages 5 - 10)

**Instructor:** Skyhawks Sports Staff

One of our most popular programs, Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. As we know, golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. To assist in this training, Skyhawks has adopted the SNAG (Starting New At Golf) system which uses modified equipment to its curriculum developed by PGA professionals, SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy & effective transition onto the golf course. No need to bring your own clubs, all equipment is provided. For safety reasons we keep the instructor to camper ratio for this program very low, resulting in limited availability. As a result these programs fill up quickly. Participants should wear loose fitting cloths, sneakers, and bring a water bottle.

**Location:** Warren Building **Min:** 8/**Max:** 14

6 weeks

S#	Day	Times	Date	Price
01	Tue	3:45 - 4:45 pm	Sep 20 - Oct 25	\$95

## Skyhawks Multi-Sport

421903

(Ages 6 - 12)

**Instructor:** Skyhawks Sports Staff

Multi-sport camps are designed to introduce young athletes to a number of sports and allow them to learn and have fun in a variety of arenas. These programs are designed to motivate children to be active and healthy while giving them the fundamental skill sets needed to succeed and grow in whichever sport they choose. Sports offered are playground games, T-ball, soccer and basketball. Participants should bring appropriate clothing a water bottle, and gym shoes.

**Location:** Warren Building **Min:** 8/**Max:** 14

6 weeks

S#	Day	Times	Date	Price
01	Thu	3:45 - 4:45 pm	Sep 22 - Oct 27	\$95

## Thundercat Mini Sports Jam

420906

(Ages 4 - 6)

**Instructor:** Thundercat Sports Staff

Play, play, and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be core sports in which some skills will be emphasized. But that's not all. Other sports mixed in may include - flag football, floor hockey, volleyball, badminton, dodgeball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played.



**Location:** Warren Building

**Min:** 8/**Max:** 12

6 weeks

S#	Day	Times	Date	Price
01	Mon	3:30 - 4:15 pm	Sep 19 - Nov 14	\$100

(No class 10/3, 10/10,10/31)

## Thundercat Basketball

420903

(Ages 4 - 9)

**Instructor:** Thundercat Sports Staff

Skills, drills, and fun! Instruction includes basic skills like shooting, passing, dribbling, positions, defense and rules of the game. There will be a game each week so skills can be put into action. Sneakers, water bottle and appropriate dress are required. Get ready for some basketball fun with the experienced coaches from the Thundercats!

**Location:** Warren Building

**Min:** 10/**Max:** 16

6 weeks

S#	Age	Day	Times	Date	Price
01	4 - 6	Sat	8:15 - 9 am	Oct 15 - Nov 19	\$100
02	7 - 9	Sat	9:05 - 10 am	Oct 15 - Nov 19	\$100

## Thundercat Sports Jam

420904

(Ages 7 - 9)

**Instructor:** Thundercat Sports Staff

Play, play, and play some more...the ultimate multi-sport program! Basketball, T ball and soccer will be core sports in which some skills will be emphasized, but that's not all. Other sports mixed in may include Volleyball, dodge ball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played. Program is co-ed and participants should bring water and wear comfortable clothes to run around in.

**Location:** Warren Building

**Min:** 7/**Max:** 12

6 weeks

S#	Day	Times	Date	Price
01	Mon	4:20 - 5:20 pm	Sep 19 - Nov 14	\$100

(No class 10/3, 10/10, 10/31)



### Program Registration

Residents: August 16th

Non Residents: August 30th



## Super Soccer Stars

422902

(Ages 1 - 7)

**Instructor: Super Soccer Stars Staff**

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

**Location: Warren Building**

**Min: 4/Max: 15**

**13/12 weeks**

S#	Age	Day	Times	Date	Price
01	3 - 4	Tue	10 - 10:45 am	Sep 20 - Dec 13	\$390
02	2	Tue	10:50 - 11:30 am	Sep 20 - Dec 13	\$390
03	1 - 2	Tue	11:35 am - 12:15 pm	Sep 20 - Dec 13	\$390

**Location: Tenacre**

**Min: 4/Max: 15**

08	2	Sat	9 - 9:40 am	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
09	1 - 2	Sat	9 - 9:40 am	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
10	2.6 - 3	Sat	9:45 - 10:25 am	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
11	3.6 - 4	Sat	9:45 - 10:30 am	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
12	5 - 7	Sat	10:30 - 11:30 am	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
13	3 - 4	Sat	11:35 am - 12:20 pm	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
14	3 - 4.5	Sat	10:30 am - 11:15 pm	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)



## Super Soccer SHINE

422702

(Ages 5 - 12)

**Instructor: Super Soccer Stars Staff**

Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. We work with a developmentally appropriate curriculum designed by licensed educators and therapists that promotes the complete growth of each individual and encourages players to improve at his or her own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential.

**Location: Tenacre**

**Min: 4/Max: 8**

**11 weeks**

S#	Age	Day	Times	Date	Price	
01	5 - 8	Sat	12:30 - 1:15 pm	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)
02	9 - 12	Sat	12:30 - 1:15 pm	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)



## Super Soccer PREMIER

422988

(Ages 6 - 8)

**Instructor: Super Soccer Stars Staff**

Stars Premier player development program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches work closely with players through a curriculum that gradually introduces new technical skills, tactical elements and team concepts as players reach program milestones.

**Location: Tenacre**

**Min: 4/Max: 20**

**11 weeks**

S#	Day	Times	Date	Price	
04	Sat	11:30 am-12:30pm	Sep 17 - Dec 17	\$360	(No class 10/8, 11/12, 11/26)



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## CrossFit Middle School & Teen classes



ONE Nation Middle School and Teen classes are designed for athletes who are looking to try something new, or simply looking to workout with their friends in a fun and energetic atmosphere. Classes are designed with our young athletes in mind. Our programs are based on traditional CrossFit programming, but are scaled to meet the abilities of our younger athletes. Each athlete will receive personalized instruction during this class-based training program. The goal is for the kids to develop camaraderie in their own age appropriate program. Our athletes find that after a few months of attending class regularly they have increased strength, speed, and coordination. Our program is a great way to help prepare youth for the rigorous training of team sports. Our class is safe and effective

for athletes of all levels and fitness backgrounds.

Participants can purchase a punch card and attend any class when their age group meets. The cards have a 1 year expiration.

**ONE NATION TEENS (13+ years)**

**Tue & Thu @3:30pm & Sat @11am**

**\$125/10 class punch card**

\* No prior fitness experience is required.

\* [Wellesley Recreation code: wellesley2016](#)

\* Because space is limited, we can not hold a spot until the registration form is complete.

\* SIGN UP at [crossfit-one-nation.tribe.com/signup/package/11069/](https://crossfit-one-nation.tribe.com/signup/package/11069/)

**ONE NATION MIDDLE SCHOOL (Ages 9 - 13)**

**Mon & Wed @ 3:30 pm & Sat @ 11 am**

**\$125/10 class punch card**



# Thank You to our sponsors

## CONCERTS

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Edward Jones • Game Time Training • Burke & Sons Funeral Home  
Wellesley Firefighters Local 1795 • Corcoran & Havlin Insurance  
Anonymous • Dr. Fantasia • Machen & Ciambelli

## SKATING RINK

Needham Bank • Wellesley Youth Hockey • Benoit, Mizner & Simon

## SWEETHEART DANCE

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## HALLOWEEN PARADE

Berkshire Hathaway Town & Country

## SPRING THAW EGG HUNT & HOLIDAY HOUSE DECORATING CONTESTS

The Local

## WE'RE ON THE LOOKOUT...

...for folks to sponsor our special events & programs!  
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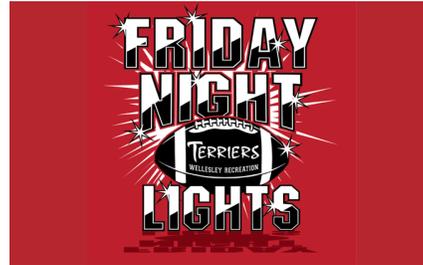
If you are an individual or business who is interested in sponsoring a  
Wellesley Recreation program or event or just making a donation,  
please contact Matt Chin at [mchin@wellesleyma.gov](mailto:mchin@wellesleyma.gov)

# SUNDAY GYM RENTALS!

**SEPTEMBER - JUNE**

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

# TERRIERS



## Terriers Dodgeball League

420603

(Grades 2 - 5)

Instructor: Terriers Staff

Kids love the fast paced action, throwing, catching and of course dodging balls in this great game. They also get a great overall workout and develop throwing, catching and agility skills, while enjoying a great time playing one of their favorite games. Teams will be organized by grade into teams and provided with team shirts. Teams play games and cheer on other team's games to create a fun and energetic environment. Mixed with Terriers tunes, they enjoy high-octane fun. At the conclusion of the program teams also enjoy a tournament to sign the coveted Terriers Dodgeball Bucket. Cushioned foam balls are used for safety.

Location: Warren Building

Min: 25/Max: 50

4/5 weeks

S#	Day	Times	Date	Price
01	Fri	4:15 - 5:15 pm	Oct 14 - Nov 4	\$100
02	Fri	4:15 - 5:15 pm	Nov 18 - Dec 23	\$125

(No class 11/25)



## Terriers Friday Night Lights NFL Flag Football

420633

(Grades 3 - 5 & 6 - 8)

After a successful first season last fall we are pleased to expand our program to offer leagues for both grades 3-5 and 6-8, and partner with NFL Flag Football! Offered under the lights at the Hunnewell playing fields, our Friday Night Lights NFL Flag Football program will be directed by Terriers Sports, whose popular programs are designed and managed to offer enjoyable and exciting experiences to participants of all experience levels. Kids love the fast paced action flag football offers and get a great overall workout, while flags and "no tackling/contact" rules help keep them safe. Teams are balanced by grade and provided with reversible NFL Flag shirts. Mixed with Terriers "Game Presentation", including arena tunes and play-by-play announcers, they enjoy high-octane fun. At the conclusion of the program teams will also enjoy a tournament for the Friday Night Lights NFL Flag Football Bucket. We expect this to be a very popular program & due to space limitations suggest early registration.

Location: Hunnewell Playing Fields

Min: 20 / Max: 60

5 weeks

S#	Day	Times	Dates	Price
01	Fri	7 - 8:15pm	Sep 23 - Oct 21	\$145



### FREE INTRODUCTION TO NFL FLAG FOOTBALL CLINIC & GAME

Grades 3-5 & 6-8 - Hunnewell Playing Fields - Saturday, September, 17 @ 7:00 - 8:15pm

Terriers Sports & NFL Flag Football will host a free clinic to introduce kids to the great game of Flag Football. The clinic will teach kids the basic fundamentals of Flag Football; passing, catching, how to run pass routes and defensive techniques. A fun filled game will conclude the session. The clinic is free, but if you plan to attend, please complete a brief RSVP for planning purposes at [terrierssports.com](http://terrierssports.com).



## Pediatric First Aid & CPR

431578

(Ages 16+)

**Instructor: Juanita Allen Kingsley**

The credentialed Heartsaver Pediatric First Aid course is designed for laypersons who because of their occupation may need to respond to a first-aid emergency. This course teaches participants on how to handle injuries and manage illness in the first few minutes until help arrives

There are six modules covered in this course which include:

- First Aid Basics
- Medical Emergencies
- Injury Emergencies
- Environmental Emergencies
- Adult CPR
- Pediatric CPR

This course meets the requirements of child care providers, teachers, foster care workers, camp counselors, Scout leaders, youth organizations, coaches, children's sports organizations, babysitters and parents. Certification is good for 2 years.

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

**1 Class**

S#	Day	Times	Date	Price
01	Tue	6 - 9 pm	Sep 13	\$85



**Have a Question?**  
**Call us! 781-237-2370**

## Social Sklz - Essential Tweenz

431589

(Ages 7 - 13)

**Instructor: Juanita Allen Kingsley**



In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. socialsklz:-) equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media.

**Essential tweenz:**

In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

**Location: Warren Building**                      **Min: 4/Max: 8**

**1 Class**

S#	Day	Times	Date	Price
01	Thu	3:30 - 5:30 pm	Oct 6	\$80

## Home Alone Safety

431503

(Ages 8 - 11)

**Instructor: Juanita Allen Kingsley**

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack.

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

**1 Class**

S#	Day	Times	Date	Price
01	Tue	3:30 - 5:30 pm	Sep 13	\$45

## Babysitter's Training

431504

(Ages 11 - 15)

**Instructor: Alice Wadley**

Designed for 11 to 15 year olds, participants will learn the knowledge and skills necessary to provide care for children and infants. In addition, students will learn the critical skills needed to respond to and manage an adult or pediatric first aid, choking or sudden cardiac arrest emergency. The course combines video, activities, hands-on skills training and discussion for a complete learning experience.

(Participants should bring a snack)

Participants will learn how to:

- Prevent, recognize and respond to safety issues
- Problem solve and make decisions under pressure
- Choose safe and age-appropriate toys and games
- Feed, diaper and care for infants and children
- Manage discipline issues
- Launch a babysitting business
- Resume writing
- Interviewing skills
- Recognize and respond to adult and pediatric breathing, cardiac, and first aid emergencies, including the use of the Automated External Defibrillator

Materials include

- Pocket First Aid Kit
- CPR Breathing Barrier Keychain
- Babysitter's Drawstring Bag
- Folder with course reference materials and Emergency Reference Cards

Certifications will be issued

Students who successfully complete this course will receive:

- Heartsaver Adult and Pediatric CPR/AED and First Aid certification valid for two years
- Babysitter's Training certification with no expiration

**Location: Warren Building**                      **Min: 8/Max: 16**

**1 Class**

S#	Day	Times	Date	Price
01	Sat	10 am - 4 pm	Sep 17	\$120
02	Sat	10 am - 4 pm	Oct 15	\$120
03	Sat	10 am - 4 pm	Nov 19	\$120
04	Sat	10 am - 4 pm	Dec 17	\$120



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## 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 Class

S#	Day	Times	Date	Price
<b>Beginner</b>				
01	Wed	7 - 9 pm	Sep 21	\$20
<b>Intermediate</b>				
02	Wed	7 - 9 pm	Oct 19	\$20
<b>Advanced</b>				
03	Wed	7 - 9 pm	Nov 16	\$20



## Race: The Power Of Illusion

431586

(Ages 13 - 17)

Instructor: Michelle Chalmers & Izumi Ludgate

This 2 hour class is for any Middle School Student (grades 6 to 8), and will involve participation in a viewing of the powerful PBS Documentary, "Race: The Power of an Illusion, Part 1." The episode helps us understand why it doesn't make scientific or genetic sense to sort people into biological races, as it dismantles our most basic myths about race, including natural superiority and inferiority. Following the film, the class will engage in group discussions to unpack what was learned.

Location: Warren Building

Min: 6/Max: 25

1 Class

S#	Day	Times	Date	Price
02	Mon	6 - 8 pm	Sep 26	\$12



## Does Race Affect Your Life?

431577

(Ages 13 - 17)

Instructor: Michelle Chalmers & Izumi Ludgate

This 2 hour class for all Middle School students will participate in a viewing of the powerful PBS Documentary, "Race: The Power of an Illusion, Part 3." The film focuses not on individual behaviors and attitudes, but on how our institutions shape and create race, giving different groups vastly unequal life chances. It concludes by looking at why we can't just get rid of race. Following the film, the class will engage in small and large group discussions to unpack what was learned and have questions answered.

Location: Warren Building

Min: 6/Max: 15

1 Class

S#	Day	Times	Date	Price
02	Mon	6:30 - 8:30 pm	Oct 24	\$12



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## Wellesley Health Department

Visit the Wellesley Health Department website [www.wellesleyma.gov/health](http://www.wellesleyma.gov/health) for the following:

Flu and Keep Well Clinic schedules

Mental health resources

Seasonal and emerging health issues

Regulatory concerns

## Wellesleyma.gov/Health



Public Health  
Prevent. Promote. Protect.

Wellesley Health Department

Nursing staff is available for health care screenings and home visits. Call for info & scheduling 781.235.0135



## Register Online

[wellesleyma.gov/recreation](http://wellesleyma.gov/recreation)

...

Office Hours: M-F 8:30-4:30  
781-235-2370

Have a new and exciting idea for a class?

Give us a call!  
781-235-2370





**Just some of the programs offered for Fall 2016**

- Saddle Club**
- Mini Riders**
- Pets & Ponies**
- Early Release Riding**
- Barn Buddies**
- All About Ponies**

For information on any of the programs listed above or for additional Riding & Animal Programs for children 4-14, please visit [sweetmeadowfarm.com](http://sweetmeadowfarm.com). We also offer birthday parties and riding programs for children and adults. To register for Sweet Meadow Farm programs please contact the Wellesley Recreation Department.

**Directions to Sweet Meadow Farm**

111 Coolidge Street, Sherborn, MA 01770  
Sweet Meadow Farm is a short 10 minute drive from downtown Wellesley. Head towards Natick on Central St/ MA-135 W for a little over 4 miles. Take a left turn onto Speen St and follow for 1 mile. Then take a left onto Coolidge St. Sweet Meadow Farm will be located on the right. For any questions/troubles please contact Sweet Meadow Farm 508-308-9194



**Horsepower**

432200

(Ages 6 - 12)

**Instructor: Century Mills Stable**

Have a horse crazy child between the ages of 6 and 12? Horse Power is designed to give both children and their parents a broad-based introduction to horses in a fun, interactive class. Start each session by learning to handle, groom and tack up a horse. End each week with a group riding lesson where kids get to learn the basics in the saddle and parents can learn how to safely help them. Our licensed, upbeat instructors and happy, well-trained horses will make sure you and your child have a positive first horse experience. Century Mill Stables is conveniently located just 3 minutes from 495 and has an indoor ring for classes to run in all weather.

**Location: Century Mill Stables** **Min: 3/Max: 6**

4 weeks

S#	Day	Times	Date	Price
01	Sat	3 - 3:50 pm	Sep 3 - 24	\$180
02	Sat	3 - 3:50 pm	Oct 1 - 29	\$180

(No class 10/22)

**Pony Power**

432202

(Ages 2 - 6)

**Instructor: Century Mills Stable**

Our wonderfully patient small ponies are ready to teach your 2-5 yr old child the basics of horsemanship. Children will learn how to handle, groom, and tack up the pony, and will spend time in the saddle as well, working on basic control and position. Parents are encouraged to actively participate in the learning experience, and will be taught how to work safely around the animals and how to help their child have a safe and positive experience with the ponies.

**Location: Century Mill Stables** **Min: 3/Max: 6**

4 weeks

S#	Day	Times	Date	Price
01	Sat	2 - 2:50 pm	Sep 3 - 24	\$145
02	Sat	2 - 2:50 pm	Oct 1 - 29	\$145

(No class 10/22)

**Directions to Century Mills Stable, 185 Century Mill Road, Bolton, MA**

Route 495 from Wellesley via Route 9 or via Route 128 to the Mass Pike West. North on Route 495. Take exit 27 (Bolton/Stow exit) and at the end of the ramp take a left onto Route 117 toward Stow and then an IMMEDIATE right onto Route 85. Go one mile on Route 85 and take a right onto Century Mill Road. Century Mill Stables (#185) is one mile down on the right. Please call (978-779-2934) if you have trouble finding the stable.



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## Skiing @ Nashoba: Wednesday

123300

(Grades 3 - 5)

Now is the best time to learn to ski or snowboard. If you already ski or snowboard, you can polish your skills. This program includes transportation to Nashoba Valley, lessons and lift tickets. Please indicate if your child is a first time skier and if they will be skiing or snowboarding. All participants must be enrolled in grades 3-5. **If you need rental equipment you MUST attend the prefit: Thursday, 12/8 from 7-8pm.** If you miss the prefit, you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. RENTAL EQUIPMENT: \$90, HELMET RENTAL: \$12, HELMET PURCHASE: \$60.

Location: Nashoba Valley Min: 20/Max: 40

4 weeks

S#	Day	Times	Date	Price
04	Wed	12:45 - 5:30 pm	Jan 4 - 25	\$290

## Skiing @ Nashoba: Fridays

123301

(Grades 6 - 8)

Just imagine blazing down the slopes of Nashoba Valley under the lights instead of staying home on Friday night. Join your friends and enjoy four weeks of skiing or snowboarding. Participants should bring a bag lunch/supper or they may purchase something at Nashoba. No lessons on Friday nights. Children must be enrolled in grades 6-8. **If you need rental equipment you MUST attend the prefit; Thursday, 12/8 from 7-8pm.** If you miss the prefit you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. RENTAL EQUIPMENT: \$90, HELMET RENTAL: \$12, HELMET PURCHASE: \$60.

Location: Nashoba Valley Min: 20/Max: 40

4 weeks

S#	Day	Times	Date	Price
01	Fri	3:45 9:30 pm	Jan 6 - 27	\$290

## A NOTE TO PARENTS FOR NASHOBA SKI

The Recreation Department has been offering ski lessons at Nashoba Valley for a number of years. There are a few things that you can do to help us. We do ask that your child wear the ski band provided by us, so that we can identify those in our group. WE ARE NOT RESPONSIBLE FOR ARTICLES LEFT BEHIND. YOUR CHILD MUST MAKE SURE THEY HAVE EVERYTHING BEFORE WE LEAVE NASHOBA. Children are not allowed to wear ski boots on the bus. Every child who goes to Nashoba on the bus will return to the Warren Building parking lot on the bus. If you must pick your child up at Nashoba, then you will also be responsible for getting them to Nashoba that day. Last, but not least, we ask that you BE ON TIME TO PICK UP YOUR CHILD. The bus is usually back at the Warren Building parking lot by 5:15 pm at the latest for the Wednesday program, and for the Friday night program by 9:30 pm.

Rentals are an additional \$90 to be paid at prefit.

## SKI Pre-Fit Thursday December 8th from 7-8pm

### Puddlestompers - December Vacation

415701

(Ages 3 - 6)

Instructor: Puddlestomper Staff

Let us lead your children in discovering the mystery of winter during PUDDLESTOMPERS' December Vacation drop-off program. Winter is a magical time to explore! Come see how animals and plants are surviving the cold. Look for animal tracks and investigate other signs of winter activity. Discover who is taking a rest during the cold months and who is still out and about! Children will learn about the day's topic through hands-on investigation, active movement and play, crafts, stories, and songs. A snack will be provided each day, as well as a take-home craft and handout with additional activities and information to extend learning and exploration into your home. Please send your child with a nut-free lunch.

Location: Warren Building

Min: 4/Max: 15

1 week

S#	Day	Times	Date	Price	S#	Day	Times	Date	Price
01	Tue	9 am - 1 pm	Dec 27	\$64	03	Thu	9 am - 1 pm	Dec 29	\$64
02	Wed	9 am - 1 pm	Dec 28	\$64	04	Fri	9 am - 1 pm	Dec 30	\$64

## 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	\$50
(No class 11/11, 11/25)				

## 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	\$132/3x/Week \$88/2x/Week
02	Tue,Thu,Fri	6:15 - 7 am	Nov 8 - Dec 16	\$94/3x/Week \$66/2x/Week
(No class 11/24, 11/25)				

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

## 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	\$145
(No class 10/20, 11/24)				

## 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.wellesleyma.gov/recreation](http://www.wellesleyma.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](http://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



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## 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](http://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



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## 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



### 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/](http://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
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6 WEEKS

BEGINNER

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

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

BEGINNER

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

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

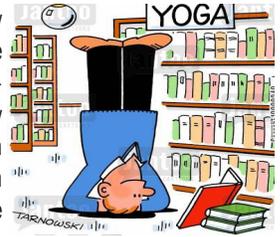
This fall we'll read Martha Beck's most recent title, DIANA HERSELF, An Allegory of Awakening. Elizabeth Gilbert calls it "A perfect book... story telling at its very best, and also at its most important." This unique page-turner delivers profound, transformative wisdom. Whether you're a long time member, 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](http://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](http://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



## 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

## 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



## 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



Register online @  
[www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation)



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## 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



## 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



## 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



## 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



## 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

## 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


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## 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@wellesleyma.gov](mailto:mchin@wellesleyma.gov)



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# 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

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