

Boot Camp Express

440404

Instructor: Ashley Ranaldi

For those busy individuals who just want to get it done and run, come to the 45 minute interval training class. All you will need is a mat and your own body weight! Join us for high intensity, functional training to include Tabata training, hi and low impact body weight moves as well as core and balance training. All levels are welcome.

Location: Warren Building
Min: 10/Max: 20
12 weeks

| S# | Day | Time | Date | Price |
|----|-----------|-------------|---|-------|
| 01 | Wed | 8 - 8:45 am | Sep 16 - Dec 12 (No class 9/23, 11/11, 11/25) | \$190 |
| 02 | Sat | 8 - 8:45 am | Sep 16 - Dec 12 (No class 9/26, 10/10, 11/28) | \$180 |
| 03 | Wed & Sat | 8 - 8:45 am | Sep 16 - Dec 12 (No class 9/23, 9/26, 10/10, 11/11, 11/28) | \$345 |



Adult Drop-In Sports

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

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

\$50 for the Fall season.

Location: Warren Building Gym

Sport:

| | | | |
|--------|--------------------|-------------|-------------------------------|
| Tues. | Women's Basketball | 7 - 9 pm | Sep 15 - Dec 15 |
| Thurs. | Co-Ed Volleyball | 7:30 - 9 pm | Sep 17 - Dec 17 (No 11/26) |

Fusion Fit

Instructor: Bitsy Graham
440400

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: 20
7 weeks, 2 - 5 days per week

| S# | Day | Time | Date | Price |
|----|-----|----------------|---|--|
| 01 | M-F | 8:45 - 9:45 am | Sep 14 - Oct 30 (No class 10/12) | \$140/2x/week \$190/3x/week \$205/4x/week \$225/5x/week |
| 02 | M-F | 8:45 - 9:45 am | Nov 2 - Dec 23 (No class 11/11 & 26) | \$140/2x/week \$190/3x/week \$205/4x/week \$225/5x/week |



Heartbeat for Adults

440403-01

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
14 weeks, 2 or 3 days per week

| Day | Time | Date |
|------------|----------------|-------------------------------------|
| Tu, Th, Fr | 6:05 - 6:55 am | Sep 15 - Dec 22 (No class 11/26) |

\$210 for three days per week

\$150 for two days per week

Join the Band!

Dust off the old clarinet, trumpet, tuba or bass drum and join the fun!

Information on page 6

Tennis: Drill & Play

Instructors: Mike Sabin & Staff

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.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts., Rt. 16

| S# | Day | Times | Date | Price |
|--------|-----|--------------|-----------------------------------|-------------------------|
| 445225 | Wed | 9:30 - 11 am | Sep 9 - Oct 14 (No class 9/23) | Min: 6/Max: 16 \$171 |



Self Defense: COMBAT SAMBO

Adults & Families

Practical Defensive System

441855

(Adults & 12+ yrs)

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. For more information regarding the program details please visit www.combat-sambo.com or call 617-413-0660

| S# | Day | Times | Date | Price |
|----|--------------------|-------------|---|-------|
| 01 | Mon (13 classes) | 7:30 - 9 pm | Sep 21 - Dec 21 (No class 10/12) | \$208 |
| 02 | Wed (10 classes) | 7:30 - 9 pm | Sep 30 - Dec 16 (No class 11/11, 11/25) | \$160 |
| 03 | M & W (23 classes) | 7:30 - 9 pm | Sep 21 - Dec 21 (No class 10/12, 11/11, 11/25) | \$299 |



Tennis

Intermediate/Advanced

Instructors: Mike Sabin & Staff

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 canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts, Rt. 16

| S# | Day | Times | Date | Price |
|--------|-----|-------------|----------------|---|
| 445201 | Thu | 6:30 - 8 pm | Sep 10 - Oct 8 | Min: 6/Max: 8 \$186 (incl. tag) \$171 (own tag) |

| S# | Day | Times | Date | Price |
|--------|-----|------------------|----------------|-------------------------|
| 445208 | Fri | 10:30 am - 12 pm | Sep 11 - Oct 9 | Min: 6/Max: 12 \$171 |

| S# | Day | Times | Date | Price |
|--------|-----|------------------|---------------|-------------------------|
| 445204 | Tue | 10:30 am - 12 pm | Sep 8 - Oct 6 | Min: 3/Max: 12 \$171 |



Tennis

Beginner/Adv. Beginner

Instructors: Mike Sabin & Staff

This is an introduction to the sport covering the most basic aspects: forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Cts., Rt. 16

| S# | Day | Times | Date | Price |
|--------|-----|-------------|-----------------------------------|---|
| 445205 | Wed | 6:30 - 8 pm | Sep 9 - Oct 14 (No class 9/23) | Min: 6/Max: 8 \$186 (incl. tag) \$166 (own tag) |

| S# | Day | Times | Date | Price |
|--------|-----|--------------|----------------|-------------------------|
| 445207 | Fri | 9 - 10:30 am | Sep 11 - Oct 9 | Min: 6/Max: 12 \$171 |

| S# | Day | Times | Date | Price |
|--------|-----|--------------|---------------|-------------------------|
| 445203 | Tue | 9 - 10:30 am | Sep 8 - Oct 6 | Min: 3/Max: 12 \$171 |

Yoga

440503-01

Instructor: Julie Pernokas

This class offers a combination of Ashtanga and Iyengar styles which is a sequence of poses or postures coordinated to a specialized breathing technique (Ujjayi breath). The powerful sequence which often flows is designed to align the body, build strength, tone muscles, improve flexibility, and concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind, and spirit. Some previous yoga experience is recommended for this level of class.

Location: Warren Building Min: 12/Max: 20

12 weeks

440503-01

| Day | Time | Date | Price |
|---------------------------------------|--------------|-----------------|--------------|
| M/W/F | 9 - 10:15 am | Sep 16 - Dec 18 | \$150/1 day |
| (No class 9/23, 10/12, 11/11 & 11/27) | | | \$285/2 days |
| | | | \$350/3 days |

Beginner Yoga

440519-01

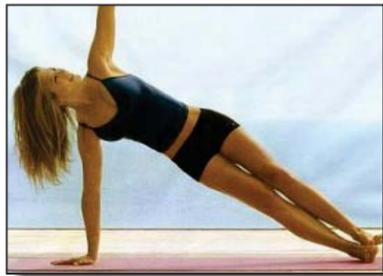
Instructor: Julie Pernokas

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 a more supple body. No previous yoga experience is necessary. All levels are welcome.

13 weeks

440519-01

| Day | Time | Date | Price |
|-----------------|----------|-----------------|-------|
| Tue | 7 - 8 pm | Sep 15 - Dec 15 | \$165 |
| (No class 9/22) | | | |



Tai Chi for Beginners

440543

Instructor: Leslie Worris

This course is designed to get you started. This class provides the basic principles and movements of Tai Chi. An emphasis is placed on learning the proper body alignment, sequence of movements and breath work. These techniques have many benefits for health and well-being including flexibility, stress reduction, improved balance and fall prevention.

Location: Warren Building Min: 8/Max: 15

12 weeks

| S# | Day | Time | Date | Price |
|-------------------------|-----|-----------------|-----------------|-------|
| 01 | Thu | 12:30 - 1:30 pm | Sep 17 - Dec 17 | \$145 |
| (No class 10/15, 11/26) | | | | |

Absolute Beginner Yoga

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.

Location: Warren Building Min: 12/Max: 20

12 weeks

| S# | Day | Times | Date | Price |
|------------------|-----|------------------|-----------------|-------|
| 01 | Mon | 10:30 - 11:30 am | Sep 21 - Dec 14 | \$150 |
| (No class 10/12) | | | | |

12 weeks

| S# | Day | Times | Date | Price |
|------------------------|-----|------------------|-----------------|-------|
| 02 | Wed | 10:30 - 11:30 am | Sep 16 - Dec 16 | \$150 |
| (No class 9/23, 11/11) | | | | |

ALL YOGA CLASSES REQUIRE A YOGA MAT.



Register Online
wellesleyma.gov/recreation

Have a new and exciting idea for a class?

Give us a call!
781-235-2370



Yoga for Living Well

440530

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for boomers, 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. Please bring water and a towel.

Location: Warren Building Min: 8/Max: 15

13 & 12 weeks

| S# | Day | Time | Date | Price |
|-------------------------|-----|-------------|-----------------|-------|
| 01 | Tue | 1:45 - 3 pm | Sep 15 - Dec 22 | \$155 |
| (No class 10/13) | | | | |
| 02 | Thu | 1:45 - 3 pm | Sep 17 - Dec 17 | \$145 |
| (No class 10/15, 11/26) | | | | |

Wellesley Board of Health

Visit the Wellesley Health Department's websites for information on upcoming programs, Flu clinic updates in Oct/Nov and emergency preparedness information:

www.wellesleyma.gov/health

www.HealthyWellesley.org

Nursing staff is available for health care screenings and home visits.

Call for information and scheduling
781.235.0135



Public Health
Prevent. Promote. Protect.
Wellesley Health Department



Archery for Adults

440210-01

Instructor: On the Mark Archery Staff

You 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.

Location: East School Gym, 90 Oak Street, Natick.

Min: 1/Max: 6

4 classes

| Day | Times | Date | Price |
|-----|----------------|------------|-------|
| Mon | 7:30 - 8:30 pm | Nov 2 - 23 | \$98 |

Dynamic Running

440407-01

Instructor: Kathy Fleming

This version of Dynamic Running is 50 percent drills and 50 percent running on trails, grassy field and track. 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 grassy field, 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

| Day | Times | Date | Price |
|-----|-----------------|-----------------|-------|
| Tue | 9:30 - 10:30 am | Oct 13 - Nov 10 | \$155 |



Join us on Friday, November 20th @ 6:30 for a Night at the Movies! "POLAR EXPRESS" Admission: An unwrapped toy

CrossFit for Adults

440288

Instructor: CrossFit ONE Nation Staff

Try a FREE CrossFit class!!!

CrossFit ONE Nation & Wellesley Recreation have partnered to offer great kids and adult programs with an incredible discount! Come down to CrossFit ONE Nation, a newly renovated 10,000 square foot warehouse and have an awesome CrossFit experience taught by an unparalleled coaching team! We have state-of-the-art equipment, indoor turf, lounge, kids area, yoga, baby sitting, locker rooms, showers, filtered water bottle filling station, and coffee in the morning before you head off to work! Once you love this free class, get the Wellesley Recreation ONE Nation discount at \$185/month unlimited visits! PRE-REGISTRATION REQUIRED!!!

Location: CrossFit ONE Nation - 10 Charles St, Needham

1 class

| S# | Day | Times | Date | Price |
|----|-----|----------------|-------|--------|
| 01 | Fri | 6:30 - 7:30 am | Sep 4 | \$FREE |
| 02 | Fri | 8:30 - 9:30 am | Sep 4 | \$FREE |
| 03 | Fri | 5:30 - 6:30 pm | Sep 4 | \$FREE |
| 04 | Fri | 6:30 - 7:30 am | Oct 2 | \$FREE |
| 05 | Fri | 8:30 - 9:30 am | Oct 2 | \$FREE |
| 06 | Fri | 5:30 - 6:30 pm | Oct 2 | \$FREE |
| 07 | Fri | 6:30 - 7:30 am | Nov 6 | \$FREE |
| 08 | Fri | 8:30 - 9:30 am | Nov 6 | \$FREE |
| 09 | Fri | 5:30 - 6:30 pm | Nov 6 | \$FREE |
| 10 | Fri | 6:30 - 7:30 am | Dec 4 | \$FREE |
| 11 | Fri | 8:30 - 9:30 am | Dec 4 | \$FREE |
| 12 | Fri | 5:30 - 6:30 pm | Dec 4 | \$FREE |



Ballroom: Introduction

444002

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

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. We will Cha Cha, Rumba & Hustle! Add passion and excitement to your life today! Please bring leather-soled shoes.

Location: Warren Building Min: 10/Max: 20 cpl.
6 weeks

| S# | Day | Times | Date | Price |
|----|-----|----------|------------------------------------|-----------|
| 01 | Mon | 7 - 8 pm | Sep 21 - Nov 2 (No class 10/12) | \$160/cpl |
| 02 | Mon | 7 - 8 pm | Nov 9 - Dec 14 | \$160/cpl |



Tap Dance

444020 - 01

Instructor: Valery Marcantonio

Some tap experience necessary. Experience the joy and discipline of Tap Dance! Valery shares her love of tap and focuses on the fundamentals of tap, technique, combinations, listening to music, all set to jazz, latin, blues and swing music. Tap Shoes are Required. Tap shoes can be purchased at: dancerswarehouse.com & www.downtowndancewear.com

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

| Day | Times | Date | Price |
|-----|----------------|-----------------|-------|
| Thu | 6:30 - 7:30 pm | Sep 17 - Oct 15 | \$65 |

Zumba: Tuesday

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: 8/Max: 15
7 weeks

| S# | Day | Times | Date | Price |
|----|-----|-----------------|-----------------|-------|
| 01 | Tue | 9:30 - 10:30 am | Sep 15 - Oct 27 | \$85 |
| 02 | Tue | 9:30 - 10:30 am | Nov 3 - Dec 15 | \$85 |

Ballroom: Intermediate

444003

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

This class is for any student that has had prior ballroom dance training or taken the Introduction course that is offered through Wellesley Recreation. This intermediate class is designed to help you advance with your dancing and skill level by teaching you more difficult steps and technical components. Please bring leather-soled shoes. Various types of dances and patterns will be introduced throughout the weeks.

Location: Warren Building Min: 10/Max: 20 cpl.
6 weeks

| S# | Day | Times | Date | Price |
|----|-----|----------|------------------------------------|-----------|
| 01 | Mon | 8 - 9 pm | Sep 21 - Nov 2 (No class 10/12) | \$160/cpl |
| 02 | Mon | 8 - 9 pm | Nov 9 - Dec 14 | \$160/cpl |

Jazz Dance

444016 - 01

Instructor: Valery Marcantonio

Instructor:

This exciting hour of Jazz Dance will consist of stretching, strengthening, isolation exercises, along with across-the-floor work, including a cardio workout. Choreographed combinations will be danced to a variety of music...Latin, Funk, Jazz. Please wear comfortable clothes and bring your smiles and energy. All levels invited. No prior dance experience is required.

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

| Day | Times | Date | Price |
|-----|----------------|-----------------|-------|
| Thu | 7:30 - 8:30 pm | Sep 17 - Oct 15 | \$65 |

Zumba

444006

Instructor: Tanya Novobrantseva

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving people toward joy and health. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Come join the party and you will have fun exercising to the tunes of Salsa, Merengue, Cumbia and Reggaeton among others. Bring a bottle of water, comfortable workout clothes and a smile.)

Location: Warren Building Min: 8/Max: 20
6/5 weeks

| S# | Day | Times | Date | Price |
|----|-----|----------------|---|-------|
| 01 | Wed | 7:15 - 8:15 pm | Sep 16 - Oct 28 (No class 9/23) | \$49 |
| 02 | Wed | 7:15 - 8:15 pm | Nov 4 - Dec 16 (No class 11/11, 11/25) | \$39 |



Guitar: Beginning

(Age 16 - Adult)

445802-01

Instructor: Dave 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.

Location: Warren Building Min: 5/Max: 10
8 weeks

| Day | Time | Date | Price |
|-----|----------|-------------------------------------|-------|
| Mon | 6 - 7 pm | Oct 19 - Dec 14 (No class 11/30) | \$130 |

Instant Piano

(For Hopelessly Busy People)

445809 -01

Instructor: Valerie Lyons

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive CD specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. After this one session you can go home and play any song from any piece of sheet music or song book.

Location: Warren Building Min: 6/Max: 10
1 class

| Day | Time | Date | Price |
|-----|----------|--------|-------|
| Tue | 6 - 9 pm | Sep 29 | \$100 |



Piano Lessons

(Age 16 - Adult)

445801-01

Instructor: Dave 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

| Day | Time | Date | Price |
|-----|----------|-------------------------------------|-------|
| Mon | 7 - 8 pm | Oct 19 - Dec 14 (No class 11/30) | \$130 |

Guitar: Continuing

(Age 16 - Adult)

445803-01

Instructor: Dave 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

| Day | Time | Date | Price |
|-----|----------|-------------------------------------|-------|
| Mon | 8 - 9 pm | Oct 19 - Dec 14 (No class 11/30) | \$130 |

Play Piano By Ear

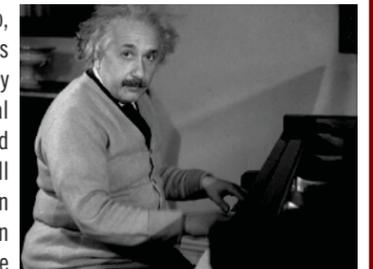
445888 -01

Instructor: Valerie Lyons

After taking Instant Piano, return for this follow-up class if you want to learn to play piano by ear. Professional piano players don't need sheet music, and neither will you after this session. Learn how to pick out melodies on the piano--and then add the correct chords to make the music complete. You'll get an extensive book plus a CD that has 15 sample songs for you to learn to play by ear. You won't get this information from music teachers. It's all the music theory you need to succeed, gently explained and simplified for the non-musician. You'll be amazed at what you can do. Whether you want to be able to jam with other musicians or just save money on sheet music, you'll learn it all in this one class. It is recommended students take Instant Piano (or prior chord knowledge) before taking this course. Required course book and CD will be provided by instructor for additional \$30 fee.

Location: Warren Building Min: 6/Max: 10
1 class

| Day | Time | Date | Price |
|-----|----------|--------|-------|
| Tue | 6 - 9 pm | Oct 27 | \$110 |



Yoga Book Club

443814

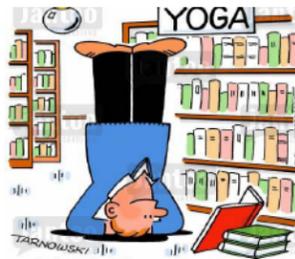
Instructor: Cory Halaby

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 Martha Beck Life Coach and yoga instructor, Cory Halaby, will lead discussion and a yoga practice designed to integrate each idea. This fall we'll dive into *A Thousand Names for Joy: Living in Harmony with the Way Things Are*, by Byron Katie and Stephen Mitchell. If you're curious about how profound spiritual enlightenment can translate to fearlessness and ease in your daily life, this book is a gift. Many find that Byron Katie's work is best read and processed in good company, so don't miss this chance to join the Yoga Book Club!

Location: Warren Building Min: 5/Max: 12

6 classes

| S# | Day | Times | Date | Price |
|----|-----|-----------------|-------------------------------------|-------|
| 01 | Thu | 9:30 - 10:45 am | Sep 17 - Oct 22 | \$150 |
| 02 | Thu | 9:30 - 10:45 am | Oct 29 - Dec 10 (No class 11/26) | \$150 |



Love What You Do All Day: Finding Time For A Joyful Life

443815

Instructor: Cory Halaby

This unique 4 week workshop series led by Certified Martha Beck Life Coach, Cory Halaby, offers tools and inspiration to ditch procrastination and find what lights your fire. You can track your to-do list, meet obligations and still feel like your life is part adventure, part celebration and part spiritual retreat. If you and your family would like to see you calm, efficient and fully yourself, sign up and learn how to love what you do all day.

Location: Warren Building Min: 5/Max: 12

4 classes

| Day | Times | Date | Price |
|-----|-----------------|------------|-------|
| Fri | 9:30 - 11:30 am | Oct 2 - 23 | \$55 |



If Wellesley Public Schools are cancelled due to inclement weather, than Wellesley Recreation is closed.

Messages from Heaven

443802-01

Instructor: Gayle Kirk

Gayle Kirk of Belmont, MA is an amazing and compassionate Psychic, Medium, and Channel. She appears on TV, radio, and in newspapers. Join Gayle as she provides loving, uplifting, and healing messages from Heaven and psychic guidance from Spirit for the majority of the program and for as many people as possible. Please realize your attendance does not guarantee you will receive a message. Learn how your loved ones may communicate with you from the Other Side. Enjoy a short guided meditation to speak with one of your loved ones in Heaven. Come with a loving heart and an open mind. Recorders and cameras are not allowed. Pre-registration is highly encouraged as Gayle's programs often sell-out. Must be 18 years. See: www.GayleKirk.com or call Gayle at 617-489-7717.

Location: Warren Building Min: 12/Max: 32

1 class

| Day | Time | Date | Price |
|-----|----------|-------|-------|
| Wed | 7 - 9 pm | Oct 7 | \$55 |



PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 8 @ 7 am

Online • Walk-in

If you have never registered online,
call our office: 781-235-2370 to obtain a
username & password

Alexander Technique:

Principles for Improving Posture & Relieving Pain

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 "misuse." 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. 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: 6/Max: 12

2 classes

| S# | Day | Times | Date | Price |
|----|-----|----------|-------------|-------|
| 01 | Wed | 7 - 8 pm | Sep 23 - 30 | \$50 |

Explore your Psychic Potential

443867-01

Instructor: Mary Daisley

Everyone has one, but not everyone knows how to listen to that "little voice", that "gut feeling" much less what to do with it or how to turn it on at will. This two hour class will allow participants to explore ways of getting in touch with their own energy and the energy around them. Participants are asked to bring a wire coat hanger to class.

Location: Warren Building Min: 6/Max: 12

1 class

| Day | Time | Date | Price |
|-----|----------|--------|-------|
| Thu | 7 - 9 pm | Oct 22 | \$25 |

Buffer Zones for Sensitives

443866 -01

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!" This psychic shielding class 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 gifted psychic, with helpful information for all.

Location: Warren Building Min: 6/Max: 12

1 class

| Day | Time | Date | Price |
|-----|----------|--------|-------|
| Thu | 7 - 9 pm | Nov 12 | \$25 |



Professional Organizer

443177-01

Instructor: Lauren Zalkind

Getting organized doesn't need to be overwhelming when you have the right tools. Learn time-tested strategies that will take your home or office from crazy and cluttered to calm and collected. Taught by Lauren Zalkind, a Professional Organizer with 20 years of real-life experience.

Location: Warren Building Min: 6/Max: 12

1 class

| Day | Time | Date | Price |
|-----|----------|-------|-------|
| Thu | 7 - 8 pm | Oct 1 | \$40 |

White People Challenging Racism: Moving from Talk to Action

443877-01

Instructors: Stephen Pereira & Michelle Chalmers

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: 12/Max: 24

5 classes

| Day | Time | Date | Price |
|-----|----------|-----------------|-------|
| Wed | 6 - 8 pm | Sep 30 - Oct 28 | \$40 |

My Life, My Health...

Chronic Condition Self Management

443816 -01

Instructor: Springwell

If you are living with heart disease, asthma, arthritis, back pain, or any chronic health condition this workshop is for you! This workshop was developed by researchers at Stanford University Medical Center and is evidence based. It is designed for adults who are living with the challenges of one or more chronic health condition, and/or a caregiver. Participants learn techniques to help take control of their health, including healthy eating and exercise, how to deal with difficult emotions, stress, depression, and pain, relaxation techniques, better communication and much more. Each participant receives a copy of the book, "Living a Healthy Life with Chronic Conditions." This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation and the Massachusetts Executive Office of Elder Affairs. ***This program is sponsored by The Wellesley Recreation and Public Health Departments as well as the Wellesley Council on Aging.**

Location: Warren Building Min: 7/Max: 15

6 weeks

| Day | Time | Date | Price |
|-----|-------------|----------------|--------|
| Wed | 6:30 - 9 pm | Sep 30 - Nov 4 | \$FREE |



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm



Bocado of Wellesley Tapas Workshop & Tasting



443752-01
Instructor: Steve Champagne, Executive Chef Bocado Tapas Wine Bar & Niche Hospitality Group

Please join Steve Champagne, Executive Chef of Bocado Tapas Wine Bar of Wellesley for an evening of tapas tasting and preparation. Watch Chef Steve prepare classic paella, sample serrano jamon & manchego cheese, as well as tapas of garlic shrimp and serrano wrapped asparagus. A great evening that will allow you to sample one of Wellesley's local favorite restaurants!

Location: Warren Building Min: 6/Max: 12
8 weeks

| Day | Time | Date | Price |
|-----|-------------|--------|-------|
| Mon | 6:30 - 8 pm | Sep 21 | \$10 |



Cooking with Whole Foods Market



443727
Instructor: Kate Blaski, Whole Foods Market Healthy Eating Specialist

Let Whole Foods Market Healthy Eating Specialist Kate Blaski show you simple ways to make healthy meals exciting and fun. It is time to play with your food. In this three-part series Kate will feature vegan, nutrient-dense options where flavor meets surprise. The recipes are based on four pillars of Whole Foods Market Healthy Eating Program and incorporates whole foods, nutrient-dense and plant strong ingredients as well as healthy fats.

Location: Whole Foods, 442 Washington St, Wellesley
Min: 6/Max: 30

| S# | Day | Times | Date | Price |
|----|-----|----------|--------|--------|
| 01 | Sat | 4 - 5 pm | Sep 26 | \$FREE |

Healthy Kitchen Hacks

Discover the ways to create rich and decadent meals without extra calories or extra guilt. On the menu - Mushroom Bisque, Tomato and Zucchini Casserole, Vegan Macarons.

| | | | | |
|----|-----|----------|--------|--------|
| 02 | Sat | 4 - 5 pm | Oct 24 | \$FREE |
|----|-----|----------|--------|--------|

Fall Favorites

Learn how to turn everyday ingredients into fabulous yet light and healthy dishes. Fall produce takes center stage in this class. On the menu - Eggplant Caponata, Butternut Squash Risotto, Pumpkin Mousse.

| | | | | |
|----|-----|----------|--------|--------|
| 03 | Sat | 4 - 5 pm | Nov 14 | \$FREE |
|----|-----|----------|--------|--------|

Entertaining

Enjoy the holiday season and Indulge while still nourishing your body with nutrient-dense options. On the menu - 'Calamari' Rings, Light Green Bean Casserole, Portabella Mousse, Buche de Noel.



Voice-Overs: You're On the Air Webinar

443502
Instructor: Such a Voice

Voice-overs are hot today! There are more opportunities to use your voice on commercials, films, and videos than ever before. If you have thought about doing this ...THIS COULD BE A GAME CHANGER! Full-time, part-time, or just sometimes, you can be having the time of your life, potentially making more money than you ever imagined possible, and record voice-overs for paying clients right on your computer! Lots of people "think" about getting into voice-overs. Now, finally, this could be your opportunity to MAKE IT HAPPEN!! We encourage you to join us for our online, interactive classes which includes a live Q&A session. As the class gets closer, you will receive a link to log on to the class. All you need is a computer with internet connection and phone line to call in and read a script!

Location: online Max: 40

| S# | Day | Times | Date | Price |
|----|-----|---------|--------|-------|
| 01 | Tue | 7- 9 pm | Oct 13 | \$45 |
| 02 | Tue | 7- 9 pm | Nov 10 | \$45 |

Pottery for Adults

443403-01
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

| Act | Day | Time | Date | Price |
|-----|-----|-----------------|-----------------|-------|
| 01 | Thu | 12:30 - 2:30 pm | Sep 24 - Nov 12 | \$205 |

Painting with Acrylics for Adults

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 and contemporary painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and butter consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. Price includes all supplies.

Location: Warren Building Min: 6/Max: 8

| Act | Day | Time | Date | Price |
|-----|-----|--------------|---|-------|
| 01 | Wed | 10 am - 12pm | Sep 16 - Oct 21 (No class 9/23) | \$195 |
| 02 | Wed | 10 am - 12pm | Nov 4 - Dec 16 (No class 11/11, 11/25) | \$195 |
| 03 | Tue | 10 am - 12pm | Sep 22 - Oct 20 | \$195 |
| 04 | Tue | 10 am - 12pm | Nov 3 - Dec 1 | \$195 |
| 05 | Thu | 12 - 2 pm | Oct 15 - Nov 12 | \$195 |

Italian for the Traveler

443563-01
Instructor: Elisa Tragni Maloney



Designed to make your trip to Italy safer and more enjoyable, this course will prepare you with basic conversational skills, useful vocabulary and key phrases. In addition you will receive useful travel information as well as highlights and insights of Italian traditions and customs that will familiarize you with today's Italy.

Instructor Elisa Tragni Maloney is a native of Bologna, Italy and she will guide you to the discovery of the "Bel Paese".

Material provided by the instructor.

Location: Warren Building Min: 6/Max: 12
8 weeks

| Day | Time | Date | Price |
|-----|---------------|------------------------------------|-------|
| Tue | 10 am - 12 pm | Sep 15 - Nov 10 (No class 9/22) | \$200 |

ESL For Beginners English As A Second Language



443566-01

Instructor: Sherry Ruff

Do you want to learn English? Then this is the class for you! In this fun and relaxed class you will learn English to help you in your every day life. Each class you will learn and practice grammar, reading, writing and conversation. You will also learn about U.S. culture and holidays. Role-playing, presentations and discussions are just some of the exciting learning activities planned. We will celebrate at the last class. No previous knowledge of English required. Textbook information will be sent at time of registration.

Location: Warren Building Min: 6/Max: 12

| Day | Time | Date | Price |
|-------|----------------|---|-------|
| M & W | 7:30 - 9:30 pm | Sep 28 - Dec 16 (No class 10/12, 11/11, 11/25) | \$275 |

ESL For Advanced Beginners & Intermediate



443567-01

Instructor: Sherry Ruff

Do you know some English but want to learn more? Then this is the class for you! You will build on the basics of English grammar, reading, writing and conversation while practicing with fun learning activities. You will learn more about how to use English to have better communication in your job, school, with family, neighbors ...and more! You will also learn more about U.S. culture, history and current events. Students will participate in role-playing, presentations and discussions along with other exciting learning activities. We will celebrate at the last class. Some basic knowledge of English needed. Textbook information will be sent at time of registration.

Location: Warren Building Min: 6/Max: 12

| Day | Time | Date | Price |
|-----|---------------|---|-------|
| Sat | 10 - 11:30 am | Sep 19 - Dec 19 (No class 10/10 & 11/28) | \$215 |

Spanish for the Health Professional



443565-01
Instructor: Sherry Ruff

Would you like to learn how to communicate more effectively with your Spanish-speaking patients, families, & co-workers in a health setting? Then this course is for you! We will learn specific vocabulary related to your everyday work experiences such as health status, anatomy, medical history & examination. The class format will include role playing, presentation & reading/writing. No previous knowledge of Spanish required. Textbook information will be sent at time of registration.

Location: Warren Building Min: 6/Max: 12

| Day | Time | Date | Price |
|-----|-------------|-----------------|-------|
| Tue | 7:30 - 9 pm | Nov 10 - Dec 15 | \$110 |



Spanish for the Road



443564-01

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

| Day | Time | Date | Price |
|-----|-------------|----------------|-------|
| Tue | 7:30 - 9 pm | Sep 29 - Nov 3 | \$110 |



Dog Obedience (6 months and up)

444601

Instructor: Vera Wilkinson CDBC, CPDT-KA

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: 12

5 weeks

| S# | Day | Time | Date | Price |
|----|-----|----------------|-------------------------------------|-------|
| 01 | Mon | 7:30 - 8:20 pm | Sep 21 - Oct 26 (No class 10/12) | \$125 |
| 02 | Mon | 7:30 - 8:20 pm | Nov 2 - Dec 7 (No class 11/30) | \$125 |

Puppy Kindergarten (3-6 months)

444602

Instructor: Vera Wilkinson CDBC, CPDT-KA

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: 10

5 weeks

| S# | Day | Time | Date | Price |
|----|-----|----------------|-------------------------------------|-------|
| 01 | Mon | 6:30 - 7:20 pm | Sep 21 - Oct 26 (No class 10/12) | \$125 |
| 02 | Mon | 6:30 - 7:20 pm | Nov 2 - Dec 7 (No class 11/30) | \$125 |

Dog: Fun & Games

444603

Instructor: Vera Wilkinson, CDBC, CPDT-KA

A class designed for dogs and owners who are looking for a bit more than basic obedience. Using games and fun activities to enhance the practical use of those cues learned in good manners and puppy classes. New cues will be added to the dogs repertoire while learning in a fast paced and exciting environment. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend. No age requirement but a knowledge of basic obedience is highly recommended.

Location: Warren Building Min: 6/Max: 10

5 weeks

| S# | Day | Time | Date | Price |
|----|-----|----------------|-------------------------------------|-------|
| 01 | Mon | 8:30 - 9:20 pm | Sep 21 - Oct 26 (No class 10/12) | \$125 |
| 02 | Mon | 8:30 - 9:20 pm | Nov 2 - Dec 7 (No class 11/30) | \$125 |

Bridge: "Play of the Hand"

444101 -01

Instructor: Anand Lele, ACBL Accredited

This class is for those who have acquired the basic knowledge of the game, and now want to learn about the various techniques associated with the "Play of Hands." Each session will include instruction followed by supervised play with emphasis on improving your "Thinking at the Table." There will be comprehensive and easy to understand handouts will be distributed.

Location: Warren Building Min: 12/Max: 20

8 weeks

| Day | Time | Date | Price |
|-----|---------------|-----------------|-------|
| Tue | 10 am - 12 pm | Sep 22 - Nov 10 | \$135 |



Register Online
wellesleyma.gov/recreation

Bridge Clinic

444112 -01

Instructor: Anand Lele, ACBL Accredited

Join us to hone your bridge playing skills in a relaxed setting! Designed for beginning and advanced beginning bridge players, this "clinic" class is a great opportunity to play bridge with others at your level, and receive tips and instruction along the way. Prerequisite: a beginning bridge class or some basic knowledge of how to play the game

Location: Warren Building Min: 12/Max: 20

8 weeks

| Day | Time | Date | Price |
|-----|---------------|-----------------|-------|
| Thu | 10 am - 12 pm | Sep 24 - Nov 12 | \$135 |

Bridge Defense

Instructor: Parul Jain

This class will cover both the mechanics of defense as well as defensive strategies. We will discuss opening leads, 2nd hand and 3rd hand play, etc. as well as overall defensive strategies, defensive signals, communication, giving and getting ruffs, when to hold up, basic defensive inference. It will assume some knowledge of basic declarer play technique, but should be accessible to anyone who plays bridge regularly or who has taken a couple of bridge classes. You will play lots of hands and each hand will be turned up after the play for a review of bidding, play and defense. You will take home handouts with clear explanations and quizzes to reinforce what you just learned. You will also receive copies of every hand played in class with written analysis of the suggested bid, play and defense. **To register for this program contact Parul Jain at 201-739-6649 or ParulJain589@gmail.com**

Location: Temple Reyim 1860 Washington St, Auburndale, MA

Min: 12/Max: 20

7 weeks

| Day | Time | Date | Price |
|-----|----------------|----------------|-------|
| Wed | 2:15 - 4:15 pm | Sep 23 - Nov 4 | \$140 |

Thinking About Downsizing?

443662-01

Instructor: Diamond Hayes & Dawn Link

Downsizing can mean moving from a 10,000-square-foot mansion to a 2,000-square-foot house or from a 1,500-square foot condo to a 200-square-foot "tiny home." Either way, it's a big change. If you've been thinking about downsizing but don't know where to start, this workshop is a good way to gather information so you can make better decisions. Topics will include whether to buy or sell first, how to time the market and how to prepare your home for sale. You'll also receive tips on how to organize your home and your personal items as you downsize. Diamond Hayes of William Raveis Real Estate and Dawn Link of Resolutions Organizing lead this workshop.

Location: Warren Building Min: 6/Max: 15

1 class

| Day | Time | Date | Price |
|-----|-------------|--------|-------|
| Tue | 7 - 8:30 pm | Sep 29 | FREE |

Critical Topics in Estate Planning

443640-01

Instructor: Rocco Bombardieri, Ph.D., CFP®

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 class

| Day | Time | Date | Price |
|-----|-------------|--------|-------|
| Mon | 6:30 - 9 pm | Sep 28 | FREE |

Maximizing Social Security for a Confident Retirement:

443643 - 01

Instructor: Rocco Bombardieri, Ph.D., CFP®

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 class

| Day | Time | Date | Price |
|-----|-------------|--------|-------|
| Thu | 6:30 - 9 pm | Nov 19 | FREE |

Retirement Income Strategies:

Don't Outlive Your Money

443641-01

Instructor: Rocco Bombardieri, Ph.D., CFP®

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 class

| Day | Time | Date | Price |
|-----|-------------|-------|-------|
| Thu | 6:30 - 9 pm | Oct 1 | FREE |

An Investment Strategy: For the 21st Century

443642 - 01

Instructor: Rocco Bombardieri, Ph.D., CFP®

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 class

| Day | Time | Date | Price |
|-----|-------------|-------|--------|
| Mon | 6:30 - 9 pm | Nov 9 | \$FREE |

Kids Protection Planning Workshop

443816 -01

Instructor: David Feakes

Do you know who will care for your children if something unexpected happens to you? Learn how easy it is to make sure your kids will always be taken care of by the people you want in the way you want. During this free, informative workshop, you'll discover the 9 Steps to Protect Your Children, in the event the unthinkable happens to you. You will learn how to: Be sure your children never spend even one moment in the care of strangers (or anyone you wouldn't want) if anything happens to you. Avoid the expenses and delays of a long, drawn-out court process that would make life difficult for your loved ones if you were in an accident. Protect your children's inheritance from creditors, lawsuits and failed marriages. - Make sure your hard-earned money is immediately and privately available to your chosen guardians. Leave behind more than just your money. And much more.

Location: Warren Building Min: 7/Max: 15

1 class

| Day | Time | Date | Price |
|-----|-------------|-------|-------|
| Wed | 7 - 8:30 pm | Nov 4 | FREE |

Wellesley Recreation Department
90 Washington Street
Wellesley, MA 02481

PreSort Standard
U.S. Postage
PAID
Boston, MA
Permit No. 54607

ECR WSS

Residential Customer
Wellesley, MA

Annual Morses Pond Yard Sale! INFO ON PG 8

