A photograph of a pumpkin patch with many orange pumpkins scattered across a field of green leaves and brown straw. The background is a clear blue sky.

# Wellesley Recreation 2015 Fall Programs

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, 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

**DIRECTOR** Jan Kaseta  
**DEPUTY DIRECTOR** Matt Chin

**ASSOCIATE DIRECTOR**  
 Brandon Fitts

**SECRETARY** Mary Ward  
**SECRETARY** Kris Bemis

## RECREATION COMMISSION

Chairperson, Steve Burt  
 Vice Chairperson, Tripp Sheehan  
 Matthew McKay • Mark Wolfson • Andy Wrobel

## WELLESLEY RECREATION OFFICE

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

## Important Phone Numbers

### TOWN DEPARTMENTS

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
Recreation Department	781-235-2370
School Administration	781-446-6200

### SPORT LEAGUES

Wellesley Little League	<a href="http://wellesleylitttleleague.org">wellesleylitttleleague.org</a>
Men's SloPitch Softball	<a href="mailto:jrussell@djcap.com">jrussell@djcap.com</a>
Wellesley Youth Football	<a href="http://wellesleyyouthfootball.com">wellesleyyouthfootball.com</a>
Swim Association	<a href="http://wellesleyswim.org">wellesleyswim.org</a>
United Soccer Club	<a href="http://wellesleysoccer.org">wellesleysoccer.org</a>
Wellesley Tennis Association	781-237-0084
Wellesley Youth Basketball	<a href="http://wellesleybasketball.org">wellesleybasketball.org</a>
Wellesley Youth Hockey	<a href="http://wellesleyyouthhockey.org">wellesleyyouthhockey.org</a>
Wellesley Youth Lacrosse	<a href="http://wellesleylacrosse.org">wellesleylacrosse.org</a>



**JAN KASETA** for: Field use, SUMMERTIME concerts and any comments or concerns. [jkaseta@wellesleyma.gov](mailto:jkaseta@wellesleyma.gov)

**MATT CHIN** for: All adult programs and Morses Pond including summer jobs at the beach. [mchin@wellesleyma.gov](mailto:mchin@wellesleyma.gov)

**BRANDON FITTS** for: All youth programs including summer camp counselor positions. [bfitts@wellesleyma.gov](mailto:bfitts@wellesleyma.gov)

## Fall 2015

# Wellesley Recreation Scholarship Program

Recreation scholarships are for Wellesley Residents ONLY.

### RECREATION DEPARTMENT CAMPS:

Camp Scholarship requests must be made through the Wellesley Friendly Aid Association: 219 Washington Street; 781-235-3960. Friendly Aid procedures must be followed in order to be considered for Friendly Aid & Recreation scholarship money. You are urged to contact Friendly Aid in early December if you are interested in Camp Joey, Camp Quest, Camp Odyssey or Project Extreme. You must register for camp at the Recreation office. Please do this at the beginning of the registration period as we will not hold spots. There is no guarantee that your child will have a spot for the entire summer. They may be placed on a waiting list. Camp registration dates will be in the winter Recreation brochure. You will be required to pay the camp deposit fee at the time of registration. The deposit fee is not covered by Friendly Aid or other scholarship funds. The Recreation Department will match the number of weeks that are covered by Friendly Aid. For example, if Friendly Aid is covering the cost of two weeks of camp, Recreation will also cover two weeks of camp. There is no guarantee that your child will receive funds for an entire summer of day camp.

Download Application Forms

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



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

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## ONLINE REGISTRATION

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

The Wellesley Recreation Department now provides online 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** - Upon receipt of this brochure via email/mail  
**Non-Resident** - September 8 @ 7am

#### TRADITIONAL

**Resident** - Upon receipt of this brochure via email/mail  
**Non-Resident** - September 8 @ 8:30am - 4:00pm

#### REGISTRATION POLICY

- Resident Registration begins on the designated "Resident Registration Date."
- Non residents may register for programs on the "Non-Residents Registration Date"
- Any registrations received before 8:30 am on the advertised date of registration will be processed at the end of the business day, 3:45 pm.
- Non-resident fee is \$10 per class.

All registrations must now be entered directly into our system. Should you choose to walk in or phone in, your patience would be appreciated.

### 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 may be 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.

## 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:

<b>Sept 16</b>	#443800-01	<b>Oct 14</b>	#443800-02
<b>Nov 11</b>	#443800-03	<b>Dec 9</b>	#443800-04

#### Requirements:

Students can take this program from either a Mac or PC. It's compatible with Windows XP and later operating systems, including Windows 8. There are no specific computer requirements other than an Internet connection and an email account. We recommend that you use the latest version of Internet Explorer to access this program.

**Hundreds of courses to choose from!**

**Visit: [www.ed2go.com/wellrec](http://www.ed2go.com/wellrec)**



Help us support those in need during the holiday season. Come watch the smash hit POLAR EXPRESS! Your admission to the movie will be a new, unwrapped present.

Who: **Toys For Tots**

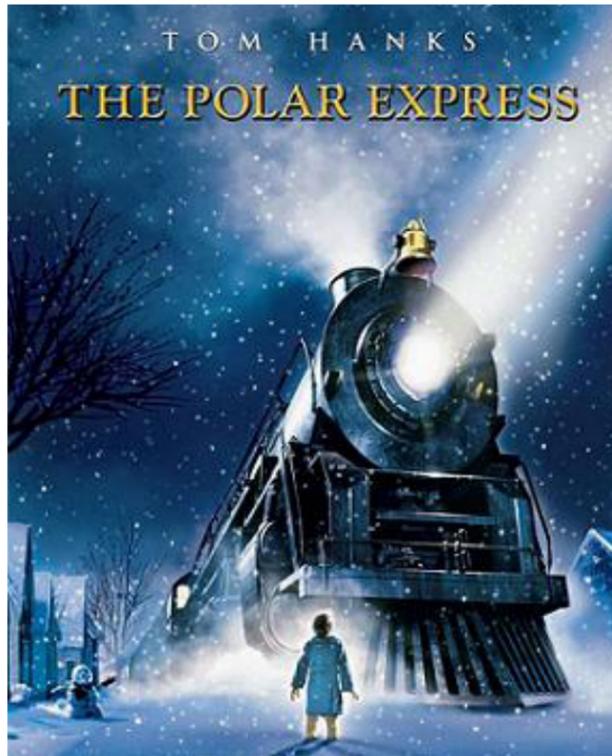
What: **Polar Express**

When: **Friday, Nov. 20**

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

Where: **Warren Building, Gym**

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



*A Christmas Classic*

## Wellesley Town Band

The town's (founded 9/13) wind band invites players at all levels to join it's relaxed Monday evening gatherings of brass, woodwind and percussion players. There are no auditions; all are welcome. We play a mix of concert band favorites, light classics, show tunes and marches.

Dust off that old horn and recapture the joy of youthful music making. We pretty much follow the school year with three eleven week sessions September through June. The band is conducted by Henry Platt.

Register online at [www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation) or call the Recreation Department. For players who just show up with horn in hand, registration forms will be available at start-up time.

- Mondays from 7 - 8:30 pm
- Sept. 21 - Dec. 14 (No class 10/12)
- Wellesley Middle School Band Rm.
- If you'd like more information, call 781-235-2370.
- To register online, use activity #445899-01.
- Cost is \$50/person.



## TENNIS UNDER THE LIGHTS at the Hunnewell Courts

Tennis court lights are in operation 7 nights a week from May 1st through October 18th, 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:

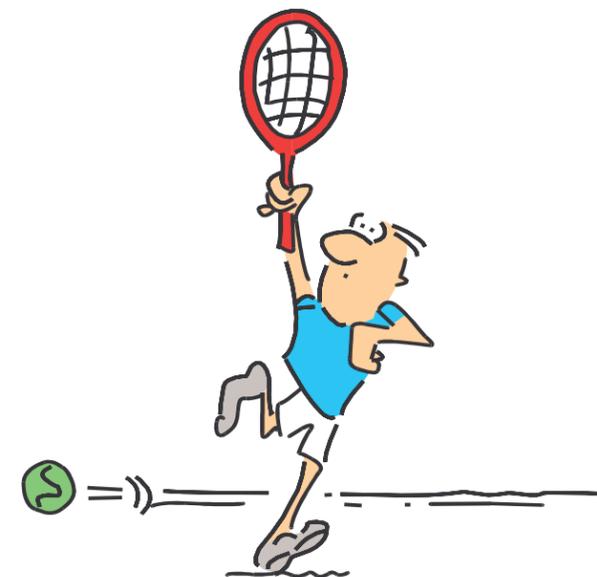
Tags are sold at the Recreation Office Monday - Friday from 8:30 to 4:00 pm. If you are an online user of Wellesley Recreation, tennis tags may be purchased online. If you purchase tags online, you must pick up your tag(s) at the Recreation Office. You may use a copy of your online receipt until you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

The Town of Wellesley's Recreation Department is excited to announce a partnership with [playlocal.com](http://playlocal.com), a first of its kind platform that partners with towns and cities to allow tennis players to easily reserve tennis courts online.

We have a highly engaged and active tennis playing community in Wellesley and by adding this reservation platform, we can help take the guessing game of court availability out of the equation for our residents!

**PLAY LOCAL**, enables tennis players 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.



**Night tennis requires purchasing a tag. Reservations are NOT required.**

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*

Reduced Pricing as of September 1, 2015



### 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.

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 [www.wellesleyma.gov/recreation](http://www.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**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## FALL 2015 Wellesley Trails Guided Walks

Come along to enjoy some of Wellesley's beautiful open spaces and discover new 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 26, Saturday (9-10 a.m.) - Lower Falls Walk

Take a walk through an historic part of Wellesley and enjoy scenic views along the river on the Charles River Path. Walk along the brick Waterway, the remnants of proposed development in the 1890's at Indian Springs Park. Follow the Crosstown Trail on the Cochituate Aqueduct that was built in 1848 to supply water to Boston. Take an optional short walk to the footbridge over the Charles at the Cordingly Dam. Meet at 9 a.m. at the parking lot (free on Saturdays) on River Street off Washington Street.

### October 24, Saturday (9-10 a.m.) - Guernsey Path Walk

Walk along the Charles River to the historic Waban Arches built in 1876 to carry water to Boston and see the picturesque view of the Charles River from the top of the 50 ft. arches. Take an optional short walk thru the Guernsey Sanctuary to Sabrina Lake, the 1870's site of an amusement park. Meet at 9 a.m. at the Guernsey parking area. Take Dover Road from Washington Street and follow for 0.7 mi. Turn right onto Livingston Road, which becomes Winding River Road, and follow for 0.9 mi. Parking area is on your left at the trail map house.

### November 7, Saturday (8 a.m.-12 p.m.) - Wellesley Grand Tour

Take a spectacular 10-mile loop hike along the trail system in Wellesley. We will start along the Brook Path, then take the Crosstown Trail, Charles River Path, Sudbury Path and Guernsey Path, and return on the Brook Path. Most of our hike will be on trails through woods or along aqueducts, with only 2 miles along roads. Bring sturdy footwear, water and a snack. No dogs please. Meet at the State Street parking lot adjacent to the High School stadium.

### KIDS' TRAILS DAY

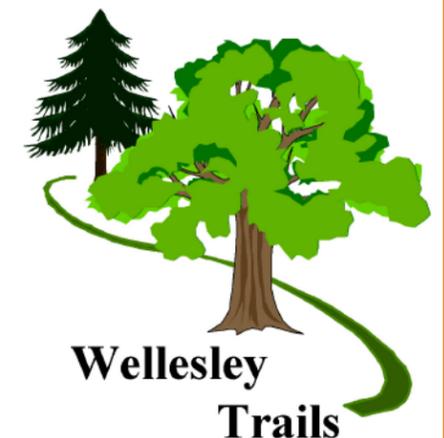
#### October 18, Sunday (1:00-2:30 p.m.) - Town Forest

Join us in celebrating fall and have 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 St 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/WellesleyTrailsCommittee](http://www.facebook.com/WellesleyTrailsCommittee)



**Wellesley Hills Merchants**  
**Washington Street - Rt. 16**

**HALLOWEEN**  
**Trick or Treat**  
**PARADE**

**October 31**  
**Saturday**  
**11:00 AM**  
**Ages 0-8**

WEAR YOUR COSTUME AND  
 TRICK OR TREAT AT  
 LOCAL BUSINESSES



781-235-2370 ~ [www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation)



**11:00AM**  
 Parade to Start  
 @ Fine Artz  
 339 Washington St



**11:30AM - 12:30 PM**  
 Clock Tower Park  
 Games  
 &  
 Fire Truck!



**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 20th and our "Holly Jolly Crew" judges will do the same on December 22nd.

**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*



**Deadline: Monday October 19th**

*CATEGORIES*

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

*Wellesley's Winter  
 Wonderland*



**Deadline: Monday, December 21st**

*Categories*

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

## Gardengate Academy TODDLER WORKSHOP

415788  
(Ages 20 months - 3.9 yrs)

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  
11 weeks

S#	Day	Times	Date	Price
01	Mon	9 - 11:30 am	Sept. 21 - Dec 14 (No class 10/12 & 11/30)	\$350



## Character-Building Fun & Life Skills for Preschoolers

411309  
(Ages 3.5 - 6, with adult)

Instructor: Diane Root

Join us for a whole lot of laughter and fun as we use "larger than life" storytelling, songs, games and puppets to help your preschooler learn important life skills such as telling the truth, doing your best, being kind, standing up for yourself against bullying, encouraging self-control, and believing in yourself. Each week, an adorable mouse character named Solomon Sire helps lead a highly interactive and memorable session of activities and age-appropriate discussion on a different theme. Developed with early education and child development specialists, this program engages every type of learner and provides busy parents with easy tools to reinforce concepts at home. More information is available at [www.solomonsire.com](http://www.solomonsire.com).

Location: Warren Building  
Min: 5/Max: 12 couples  
6 weeks

S#	Day	Times	Date	Price
01	Fri	9:30 - 10:15 am	Sept 18 - Oct 23	\$110



## Rockin' Tots

425803  
(Ages 2.9 - 4.5)

Instructor: Sarah Gardner

Preschool aged kids get to explore rhythm, tonal patterns, and harmony in a variety of musical styles. Drumming like an animal, wild dancing, and singing along is encouraged. Geared to ages 3-5, but younger siblings in tow are welcome to sign up with older ones.

Location: Warren Building  
Min: 6/Max: 16  
8 weeks

S#	Day	Times	Date	Price
01	Fri	9:30 - 10:15 am	Sept 18 - Nov 6	\$105

## Guitar

425808  
(Ages 8 - 15)

Instructor: Dave 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 19 - Dec 14 (No class 11/30)	\$130



## Piano & Keyboard

425807  
(Ages 8 - 15)

Instructor: Dave 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 19 - Dec 14 (No class 11/30)	\$130

## Tot Music

425802  
(Ages 18 months - 4)

Instructor: Sarah Gardner

Toddlers learn basic music skills through a variety of age appropriate songs and exploration of musical instruments, jumping, singing and parachute games. Parent/Guardian required.

Location: Warren Building  
Min: 6/Max: 16  
8 weeks

S#	Day	Times	Date	Price
02	Fri	10:30 - 11:15 am	Sept 18 - Nov 6	\$105

## Music with Babies

425801  
(Ages 4 - 17 months)

Instructor: Sarah Gardner

Come on baby do the locomotion! Newborns often recognize parents voices at birth because they've already started learning through sound. Continue their journey with this delightful class where babies and caretakers get to play, bounce and sing along, with instruments and songs just for them! Parent/Guardian required.

Location: Warren Building  
Min: 6/Max: 16  
8 weeks

S#	Day	Times	Date	Price
01	Fri	11:30 am - 12 pm	Sept 18 - Nov 6	\$90

## Pre-K Keys

425809  
(Ages 4 - 6)

Instructor: Sarah Gardner

Introductory keyboard lessons where children learn simple songs and play music games to connect imagination with the keyboard fostering a musical foundation for future learning. This is the "next level" from Rockin' Tots and still includes some active play. Kids should bring their own ear buds or headphones for comfort.

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

S#	Day	Times	Date	Price
01	Sat	9:30 - 10 am	Sept 19 - Nov 14 (No class 10/10)	\$125



## Kids on Keys!

425805  
(Ages 6 - 10)

Instructor: Sarah Gardner

Group piano lessons are fun! Introductory lessons are taught on electronic keyboards through musical games, animal notes, coloring pages and songs that kids enjoy. Initial focus is on learning to play music and repeat melodies, rather than practice and memorization. Kids should bring their own ear buds or headphones for comfort.

Location: Warren Building  
Min: 6/Max: 10  
8 weeks

S#	Day	Times	Date	Price
01	Sat	10 - 10:45 am	Sept 19 - Nov 14 (No class 10/10)	\$155

## Puddlestompers

415700  
(Ages 2 - 5)

Instructor: Puddlestopper 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: Various Wellesley Parks  
Min: 4/Max: 9  
8 weeks

S#	Age	Day	Times	Date	Price
01	2 - 3	Tue	9:30 - 10:25 am	Sept 29 - Nov 17	\$176
02	3 - 5	Tue	10:30 - 11:25 am	Sept 29 - Nov 17	\$176
03	3 - 5	Fri	9:30 - 10:25 am	Oct 2 - Nov 20	\$176
04	3 - 5	Fri	10:30 - 11:25 am	Oct 2 - Nov 20	\$176



For Specific Questions, Please Call Puddlestompers  
781.235.6677 or [puddlestompers.com](http://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.

## Kids 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  
10 weeks

S#	Day	Times	Date	Price
01	Wed	10:15 - 11:15 am	Sept. 30 - Dec. 16 (No class 11/11 & 11/25)	\$145

## Toddler Movement and 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  
10 weeks

S#	Day	Times	Date	Price
01	Wed	9:15 - 10 am	Sept. 30 - Dec. 16 (No class 11/11 & 11/25)	\$135

## Pottery, Pizza & Family

421467

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  
1 class

S#	Day	Time	Date	Price
01	Thu	6:45 - 8:45 pm	Oct 8	\$175/family
02	Thu	6:45 - 8:45 pm	Nov 5	\$175/family



## 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 24 - Nov 12	\$145
02	8 - 18	Thu	5:25 - 6:40 pm	Sep 24 - Nov 12	\$145

## 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: 8  
8 weeks

S#	Day	Times	Date	Price
01	Thu	3 - 4 pm	Sep 24 - Nov 12	\$145

## 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.

Location: Warren Building Min: 6/Max: 8

S#	Day	Times	Date	Price
01	Tue	4 - 6 pm	Sept 15 - Oct 20 (No class 9/22)	\$195
02	Tue	4 - 6 pm	Nov 3 - Dec 1	\$195
03	Thurs	4 - 6 pm	Sep 17 - Oct 22 (No Class 10/1)	\$195
04	Thurs	4 - 6 pm	Nov 5 - Dec 10 (No class 11/26)	\$195



## 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: 5/Max: 12  
6/5 weeks

S#	Day	Times	Date	Price
01	Wed	9:15 - 10 am	Sep 16 - Oct 28 (No class 9/23)	\$88
02	Wed	9:15 - 10 am	Nov 4 - Dec 16 (No class 11/11 & 11/25)	\$88
03	Thu	10:30 - 11:15 am	Sep 17 - Oct 29 (No class 9/24)	\$88
04	Thu	10:30 - 11:15 am	Nov 5 - Dec 17 (No class 11/26)	\$88
05	Fri	10:30 - 11:15 am	Sep 18 - Oct 23	\$88
06	Fri	10:30 - 11:15 am	Oct 30 - Dec 11 (No class 11/27)	\$88

## Young Art Experience

421402

(Ages 3 - 5)

Instructor: Beth Meditz

Your child will enjoy an hour of Creative Fun! Learning skills are enhanced while each child engages in unique "hands-on" and "hands-in" experiences through unique activities! Young Artists will be involved in creating individual projects that expand and combine academic skills. They will explore a wide array of inspiring and unusual materials and see how things come together and become something else! 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 weeks

S#	Day	Times	Date	Price
01	Tue	1 - 2 pm	Sep 15 - Oct 27 (No class 9/22)	\$101
02	Tue	1 - 2 pm	Nov 3 - Dec 8	\$101

## Awesome ART

421423

(Grades K - 4)

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  
6 weeks

S#	Day	Times	Date	Price
01	Tue	4:30 - 5:30 pm	Sep 15 - Oct 27 (No class 9/22)	\$95
02	Tue	4:30 - 5:30 pm	Nov 3 - Dec 8	\$95
03	Wed	4:30 - 5:30 pm	Sep 16 - Oct 28 (No class 9/23)	\$95

S#	Day	Times	Date	Price
04	Wed	4:30 - 5:30 pm	Nov 4 - Dec 16 (No class 11/11 & 11/25)	\$85



Register Online  
[wellesley.ma.gov/recreation](http://wellesley.ma.gov/recreation)

Have a new and exciting idea  
for a class?

Give us a call!  
781-235-2370



## Intro to Dance Level 1

424010

(Ages 3 - 4)

Instructor: Cindy Wright

An introduction to the joy of dance, this class includes basic ballet and creative movement. Children should wear any style/color dance wear and ballet slippers (or a comparable lightweight shoe).

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

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:05 pm	Sep 17 - Dec 10 (No class 11/26)	\$145

## Intro to Dance Level 2

424011

(Ages 4 - 5)

Instructor: Cindy Wright

An introduction to the joy of dance, this is a beginning ballet and jazz class which also includes some creative movement. Children should wear any style/color dance wear and ballet slippers.

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

S#	Day	Times	Date	Price
01	Tue	12:45 - 1:30 pm	Sep 15 - Dec 1	\$165



## Dancing Debut

424010

(Ages 2.6 - 4)

Instructor: Cindy Wright

When little ones hear music, they instinctively want to move. They may not know it yet, but they are dancing! In this class, children will learn new movement from the instructor and from each other. They will also be encouraged to use their own imagination to create their own, individual styles. Each child must be accompanied by an adult who may, at first, need to participate. The goal, however, will be to have each child comfortable enough to separate. Children should wear comfortable clothing or dance wear and lightweight, non-slippery shoes.

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

S#	Day	Times	Date	Price
01	Tue	11 - 11:30 am	Sep 15 - Nov 3	\$105



## LEGO Ornaments

421430  
(Grades K - 4)  
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 2015!

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

S#	Day	Times	Date	Price
01	Thu	3:30 am - 5:30 pm	Dec 10	\$48



**F Y I**

### Program Registration

Residents: On receipt of brochure  
Non Residents: September 8 - 7 am

## Sweet & Spooky Halloween Cupcakes

421431  
(Grades K - 4)  
Instructor: Diane Benson M.Ed.

Spend the afternoon decorating some delicious cupcakes for you, your friends and your family! Using frosting, candies and other fun decorations you will learn how to decorate each cupcake in a fun and creative way - no two cupcakes will be the same! Please note on the registration form if your child has any food allergies. Some candies used in this class may be made in a factory that also uses nuts.

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

S#	Day	Times	Date	Price
01	Fri	3:30 am - 5:30 pm	Oct 23	\$42



## Kid Made Dog Treats

421432  
(Grades K - 4)  
Instructor: Diane Benson M.Ed.

Who's your best friend? Who is loyal and loves you everyday? YOUR DOG!!! Don't you think it's time to make him/her something special? Join this class and you will bake your four-legged friend a delicious treat and give it to him/her in a new dog dish!

Location: Warren Building  
Min: 4/Max: 6  
1 day

S#	Day	Times	Date	Price
01	Wed	3:30 am - 5:30 pm	Dec 16	\$42



## Candy Sushi

421433  
(Grades K - 4)  
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! Experiments include: Building & Erupting a Volcano, Ocean in a Bottle, Tornado in a Jar and MORE!!

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

S#	Day	Times	Date	Price
01	Fri	3:30 am - 5 pm	Sep 25	\$42



## Kitchen Science

421434  
(Grades K - 4)  
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! Experiments include: Building & Erupting a Volcano, Ocean in a Bottle, Tornado in a Jar and MORE!!

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

S#	Day	Times	Date	Price
01	Thu	3:30 am - 6 pm	Sep 24	\$48



## Snowman Bread

421435  
(Grades K - 4)  
Instructor: Diane Benson M.Ed.

Baking, Art, Math and Science all rolled into one class! Spend the afternoon baking some fresh home-made bread! You will learn how to make, knead and create a one-of-a-kind bread loaf from scratch that you will shape into a Snowman! Eggs will be used in this class.

Location: Warren Building  
Min: 4/Max: 8  
1 day

S#	Day	Times	Date	Price
01	Thu	3:30 am - 5:30 pm	Dec 17	\$42



## Future Scientists

421436  
(3 - 5 yrs)  
Instructor: Diane Benson M.Ed.

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

Location: Warren Building  
Min: 4/Max: 6  
6 weeks

S#	Day	Times	Date	Price
01	Mon	2 - 2:45 pm	Sep 21 - Nov 2 (No class 10/12)	\$215



## Kid-Made Soft Pretzels

421437  
(Grades K - 4)  
Instructor: Diane Benson M.Ed.

Come to this class and mix together just the right amount of dry and wet ingredients to make your very own soft pretzels! Learn how to twist to make a soft pretzel shape and also create your own pretzel designs too! Eggs will be used in this class.

Location: Warren Building  
Min: 4/Max: 6  
1 day

S#	Day	Times	Date	Price
01	Fri	3:30 am - 5:30 pm	Nov 20	\$42



## Make it, Bake it, Take it

421438  
(Grades 1 - 3)  
Instructor: Diane Benson M.Ed.

Using cooperation, math skills and following simple directions, "little 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.

Location: Warren Building  
Min: 4/Max: 8  
5 weeks

S#	Day	Times	Date	Price
01	Mon	3:30 - 4:45 pm	Sep 21 - Oct 26 (No class 10/12)	\$155
02	Mon	3:30 - 4:45 pm	Nov 2 - Dec 7 (No class 11/30)	\$155



## Baking Buds

421439  
(3 - 5 yrs)  
Instructor: Diane Benson M.Ed.

Kids in this class will learn the basic steps to baking! With fun-to-make recipes from pizza to tasty treats, kids will satisfy their taste buds while learning math skills, science and teamwork! 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. Please note on the registration form if your child has any food allergies.

Location: Warren Building  
Min: 4/Max: 6  
4 weeks

S#	Day	Times	Date	Price
01	Mon	2 - 3 pm	Nov 9 - Dec 7	\$195



## Cute-as-a-Cupcake (cupcake decorating class)

421440  
(Grades K - 3)  
Instructor: Diane Benson M.Ed.

Spend the afternoon decorating some delicious cupcakes for you, your friends and your family! Using frosting, candies and other fun decorations you will learn how to decorate each cupcake in a fun and creative way - no two cupcakes will be the same! Please note on the registration form if your child has any food allergies, PLEASE NOTE: some candies used in this class may be made in factory that also uses nuts.

Location: Warren Building  
Min: 4/Max: 10  
1 day

S#	Day	Times	Date	Price
01	Mon	3:30 am - 5:30 pm	Dec 14	\$42



## Cookies for Santa

421441  
(Grades K - 3)  
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: 4/Max: 8  
1 day

S#	Day	Times	Date	Price
01	Mon	3:30 am - 5:30 pm	Dec 21	\$42



## Heartsaver First Aid

431501  
(Ages 16+)  
Instructor: Juanita Allen  
This course teaches rescuers to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical service personnel arrive. The course also provides training in First Aid and in CPR. Upon completion you will receive certification in both First Aid and CPR. Taught under the guidelines of the American Heart Association.

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

S#	Day	Times	Date	Price
01	Mon	6 - 9 pm	Sep 21	\$85
02	Mon	6 - 9 pm	Nov 2	\$85



## Understanding Human Diversity

423877-01  
(12 - 16 yrs.)  
Instructors: Michelle Chalmers & Izumi Ludgate  
This six week (90 minute class x 6) academic class for students, ages 12 to 16 years old (7th to 10th grade), will prepare students to better understand human diversity from a personal and interpersonal perspective. Essential skills discussed will include, skin color awareness, biology of race, understanding identity and individuality, learning appropriate language around how to be inclusive with one another, looking at differences and similarities through the lens of the many areas of human diversity, history of race in America, understanding cultural patterns vs. stereotypes, discussing fairness, peace, injustice and the term "changemakers", in the context of Civil Rights and American history. Students will explore these many important topics utilizing conversation, articles, media, poetry and other engaging activities.

Location: Warren Building Min: 12/Max: 24  
6 classes

Day	Time	Date	Price
Wed	4:30 - 6 pm	Sep 30 - Nov 4	\$55

## Home Alone Safety

431503  
(Ages 8 - 11)  
Instructor: Juanita Allen  
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 day

S#	Day	Times	Date	Price
01	Mon	3:30 - 5:30 pm	Sep 21	\$45
03	Mon	3:30 - 5:30 pm	Nov 2	\$45



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



## Babysitter's Training

431504  
(Ages 11 - 15)  
Instructor: Alice & Grace 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 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 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 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

(Participants should bring a snack)  
Location: Warren Building Min: 8/Max: 16  
1/2 classes

S#	Day	Times	Date	Price
01	Sat	10 am - 5 pm	Sep 26	\$120
02	Sat	10 am - 5 pm	Oct 24	\$120
03	Sat	10 am - 5 pm	Dec 5	\$120

## DRAMA KIDS

### Lower Primary Drama: Improvisation & Acting Skills

422355  
(Grades K - 2)  
Instructor: Drama Kids of Metrowest  
Welcome to Drama Kids Introductory Session. It 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.). Drama Kids students are active participants in every class! Our mission is to help people reveal their abundant inner self-worth, and we focus on building these life skills through dramatic play like no one else!

Location: Warren Building Min: 6/Max: 16  
8 weeks

S#	Day	Times	Date	Price
01	Tue	5 - 6 pm	Sep 15	FREE TRIAL
03	Tue	5 - 6 pm	Sep 29 - Nov 17	\$152

### Upper Primary Drama: Improvisation & Acting Skills

422355  
(Grades 3 - 6)  
Instructor: Drama Kids of Metrowest  
Welcome to Drama Kids Introductory Session It 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.). Drama Kids students are active participants in every class! Our mission is to help people reveal their abundant inner self-worth, and we focus on building these life skills through dramatic play like no one else!

Location: Warren Building Min: 6/Max: 16  
8 weeks

S#	Day	Times	Date	Price
02	Thu	5 - 6 pm	Sep 17	FREE TRIAL
04	Thu	5 - 6 pm	Oct 1 - Nov 19	\$152



### Mad Science: Sense-ational Science!

424902  
(Ages 5 - 8)  
Instructor: Mad Science Staff  
Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we'll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll learn about electricity; investigate the powers of magnets; learn about optics, reflection and sight; and uncover the hidden components in ordinary light. We'll also explore the healthy and exciting world of nutrition; discover sound and sound waves; experiment with our taste sensations; learn about the properties of heat.

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

S#	Day	Times	Date	Price
01	Thu	3:30 - 4:30 pm	Oct 1 - Nov 19	\$160

### 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: 14  
8 weeks

S#	Day	Times	Date	Price
01	Mon	4:30 - 5:30 pm	Sep 21 - Nov 16 (No class 10/12)	\$140
<b>Beginner Level</b>				
02	Mon	5:35 - 6:35 pm	Sep 21 - Nov 16 (No class 10/12)	\$140



**Program Registration**  
Residents: On receipt of brochure  
Non Residents: September 8 @ 7 am

Questions about a program?  
Call our office:  
781-235-2370

**Scratch Intermediate**

424989

(Grades 4 - 5)

Instructor: JrCode Staff

Scratch Intermediate really puts children's "Scratch" skills to the test. The course will be offered in "Scratch", an online platform and programming language where children build upon the fundamental skills from their previous experiences to develop more advanced projects and games. Scratch Intermediate is ideal for students in grades 4 or 5, or students in grade 3 that have previous experience with the Scratch platform. This course will introduce students to more advanced coding concepts and procedural thinking methodologies to prepare students to make the switch over to the JavaScript Intro Course. This course is not recommended to new students with no Scratch or coding experience as they will be missing some of the fundamental building blocks (and fun!) taught in the Scratch Intro Classes. Very advanced students in 3rd grade are encouraged to enroll in this course, and students in the 6th grade that have previously taken the Scratch Intro classes are also welcome. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building  
8 Weeks

Min: 5/Max: 12

S#	Day	Times	Date	Price
07	Tue	4 - 5:30 pm	Sep 22 - Nov 10	\$350
08	Thu	4 - 5:30 pm	Sep 24 - Nov 12	\$350

**JavaScript Intro Lab**

424989

(Grades 5 - 9)

Instructor: JrCode Staff

JavaScript Intro is an introductory course in the dynamic programming language of "JavaScript." This course is open to any student interested in diving into more complex programming and coding skills. It is highly recommended that students have previous Scratch programming experience, but we will work with new students to make sure they all get the most out of this course, even without previous coding experience. Upon successful completion of this course, students will have a developed understanding of the internet and the importance of JavaScript in our world today. Students will be introduced to more advanced algorithms, using For-loops and While-loops and begin to develop their own functions in this fun and exciting yet challenging course. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
11	Mon	6:30 - 8 pm	Sep 21 - Nov 16 (No class 10/12)	\$350
12	Wed	6:15 - 7:45 pm	Sep 16 - Nov 18 (No class 9/23, 11/11)	\$350



Registration for all JrCode programs  
has already begun.  
There may be limited spaces for  
programs listed.

**Scratch Intermediate Lab**

424989

(Grades 4 - 5)

Instructor: JrCode Staff

Scratch Intermediate Labs are the final step in mastering "Scratch". Upon completion of these labs, students will be Scratch Masters. Scratch Intermediate Lab is ideal for any returning students that had previously successfully completed Scratch Intermediate, or another Scratch Intermediate Lab. This course will encourage students to take all of the skills mastered in Scratch Intermediate and put them to use to develop more advanced games, stories and animation. Upon completion of the Scratch Intermediate Lab series, students will be fully prepared to move on to JavaScript Intro. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building  
8 Weeks

Min: 5/Max: 12

S#	Day	Times	Date	Price
09	Tue	6 - 7:30 pm	Sep 22 - Nov 10	\$350
10	Wed	4:30 - 6 pm	Sep 16 - Nov 18 (No class 9/23, 11/11)	\$350

**JavaScript Intro Lab**

424989

(Grades 6-8)

Instructor: JrCode Staff

JavaScript Intro Labs are a more advanced look at JavaScript for students ranging from the 5th to 9th grades that have previously taken the JavaScript Intro Course and are interested in mastering the principles of the introductory course by applying their knowledge to projects and critical thinking problems solving challenges. Students will expand their understanding of the importance of JavaScript as they develop and build their own website, using more advanced algorithms and expanding on their foundational skills. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
13	Thu	6 - 7:30 pm	Sep 24 - Nov 12	\$350

**Early Coders**

424989

(Grades K - 1)

Instructor: JrCode Staff

Early Coders - is the first step to coding literacy at JrCode Academy. Early Coders, was developed with a simplified interface and programming language to make the application developmentally appropriate for younger children (K-2), carefully designing features to match young children's cognitive, personal, social, and emotional development. As children progress through this course, they will learn the fundamentals of computer programming while having fun and thinking creatively. No prior experience is necessary; however this course does require students to have an iPad or iPad Mini, or Android tablet to use during the class.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
01	Wed	2 - 3 pm	Sep 16 - Nov 18 (No class 9/23, 11/11)	\$275

**Scratch Intro**

424989

(Grades 2-3)

Instructor: JrCode Staff

Scratch Intro is the ideal course for students in the 2nd or 3rd grade who are excited to learn the basic principles of computer programming and coding in a fun yet challenging environment. This Introductory course will be offered in "Scratch", an online platform and programming language where children can dive in to the fundamentals of computer science. Students will be challenged to learn the basics of coding, including algorithms and analytical problem solving, while completing games and projects that are so creatively fun, they will be shocked how much they are learning week after week. No previous experience or class requirements are necessary. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
03	Mon	4 - 5 pm	Sep 21 - Nov 16 (No class 10/12)	\$275
04	Fri	4 - 5 pm	Sep 25 - Nov 13	\$275
05	Sat	9 - 10 am	Sep 26 - Nov 14	\$275

Registration for all JrCode programs  
has already begun.  
There may be limited spaces for  
programs listed.

**Early Coders Lab**

424989

(Grades K - 2)

Instructor: JrCode Staff

Early Coders Labs are the perfect courses for young students (K-1) looking to expand their Scratch Jr skills and master the principles they learned in the early Coders Introductory Course. The students will be applying their knowledge to advance their skills and think more critically to solve problems and develop beginner algorithms. This course does require students to have an iPad or iPad Mini or Android tablet.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
02	Wed	3:15 - 4:15 pm	Sep 16 - Nov 18 (No class 9/23, 11/11)	\$275

**Scratch Intro Lab**

424989

(Grades 2-3)

Instructor: JrCode Staff

Scratch Intro Labs are the next step for students in 2nd or 3rd grade, who have successfully completed the Scratch Introductory course, or have previous experience in a Scratch Lab course but are not quite ready to move onto the Scratch Intermediate program. Students will apply their coding skills from Scratch Intro and expand their skills to develop projects and challenges that will test their understanding and reinforce their procedural thinking principals. This course does require students to have a laptop (PC, Mac, or Chrome) but if your child will not have access to a laptop during this course, please let us know in advance.

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
06	Mon	5:15 - 6:15 pm	Sep 21 - Nov 16 (No class 10/12)	\$275



## Knucklebones Athletic Games



423100  
(Ages 2 - 3)  
Instructor: Knucklebones Staff

Knucklebones not only wants to teach children the fundamentals of sports, we want to help build confidence and develop a passion for athletics and fitness that will stay with them for life! Bringing a plethora of unique equipment, we will provide a diverse and fulfilling athletic program that focuses on fundamentals, gross motor development, physical fitness & fun! Proper sneakers are required.

Location: Warren Building Min: 8/Max: 12

S#	Day	Times	Date	Price
01	Fri	10 - 11 am	Sep 18 - Oct 23	\$90
02	Fri	10:30 - 11:30 am	Oct 30 - Dec 18	\$90

(No class 11/27 & 12/11)

## Knucklebones Soccer

423101  
(Ages 2 - 3)  
Instructor: Knucklebones Staff



This proven clinic will help children learn the beginning skills, technique and etiquette of soccer. Starting with soft Rhino Skin balls, slowly moving up to size 3 soccer balls, children actively engage in learning everything from passing and kicking, to heading and dribbling skills. Each class has a short discussion of the game of soccer, stretching and calisthenics, skill lesson, and end with soccer activities and a soccer game. You will be amazed and your child will feel empowered as they improve throughout this session. Parents are highly encouraged to participate with their child in this program. All must wear appropriate athletic attire and sneakers.

Location: Warren Building Min: 8/Max: 12

S#	Day	Times	Date	Price
01	Mon	11 am - 12 pm	Sep 14 - Oct 26	\$90
			(No class 10/12)	
02	Mon	11 am - 12 pm	Nov 2 - Dec 14	\$90
			(No class 11/30)	

## Knucklebones T-Ball

423102  
(Ages 3 - 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: 12/Max: 24

S#	Age	Day	Times	Date	Price
01	3 - 4	Sat	1:30 - 2:30 pm	Sep 19 - Oct 24	\$75
				(No class 10/10)	
02	4 - 5	Sat	2:30 - 3:30 pm	Sep 19 - Oct 24	\$75
				(No class 10/10)	

## Thundercat Mini Sports

420901  
(Ages 4 - 5)  
Instructor: Thundercat Sports Staff



Thundercat Sports Mini version of our popular sports Jam! Soccer, Basketball, and T ball will be core sports in which some introductory skills will be emphasized. The focus will be on FUN and learning teamwork, and sportsmanship through popular sports and fun camp style games. Program is co-ed and participants should bring water and wear comfortable clothes to run around in.

Location: Warren Building Min: 7/Max: 12

S#	Day	Times	Date	Price
01	Mon	3:30 - 4:15 pm	Sep 21 - Nov 9	\$95
			(No class 10/12 & 11/2)	

## 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: 8/Max: 24

S#	Age	Day	Times	Date	Price
01	4 - 6	Sat	8:15 - 9:05 am	Oct 17 - Nov 21	\$95
02	7 - 9	Sat	9:05 - 10 am	Oct 17 - Nov 21	\$95



**Program Registration**  
Residents: On receipt of brochure  
Non Residents: September 8 @ 7 am

## Thundercat Sports Jam

420904  
(Ages 6 - 7)  
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

S#	Day	Times	Date	Price
01	Mon	4:20 - 5:20 pm	Sep 21 - Nov 9	\$95
			(No class 10/12 & 11/2)	

## TERRIERS

### Terriers Friday Night Lights Flag Football

(Grades 6 - 8)  
Instructor: Joe Roberts & Terriers Staff



Middle School students! Friday Night Lights 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. Teams are balanced by grade and provided with game 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 Flag Football Bucket. Registrations will be managed by Terriers Sports at [www.terriersports.com](http://www.terriersports.com). We expect this to be a popular program and suggest you register early!

Location: Hunnewell Multi Purpose Field Min: 20/Max: 60

Day	Times	Date	Price
Fri	7 - 8:15 pm	Sep 25 - Oct 23	\$135
		(Raindates: 10/30 & 11/6)	

## CrossFit Kids & Teens

420288  
(Ages 5 - 17)  
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!

PRE- REGISTRATION REQUIRED!!!  
Location: CrossFit ONE Nation - 10 Charles St, Needham

S#	Age	Day	Times	Date	Price
01	9 - 13	Wed	3:30 - 4:30 pm	Sep 2	\$FREE
02	5 - 9	Thu	3:30 - 4:30 pm	Sep 3	\$FREE
03	14 - 19	Fri	4:30 - 5:30 pm	Sep 4	\$FREE
04	9 - 13	Wed	3:30 - 4:30 pm	Sep 30	\$FREE
05	5 - 9	Thu	3:30 - 4:30 pm	Oct 1	\$FREE
06	14 - 19	Fri	4:30 - 5:30 pm	Oct 2	\$FREE
07	9 - 13	Wed	3:30 - 4:30 pm	Nov 4	\$FREE
08	5 - 9	Thu	3:30 - 4:30 pm	Nov 5	\$FREE
09	14 - 19	Fri	4:30 - 5:30 pm	Nov 6	\$FREE
10	9 - 13	Wed	3:30 - 4:30 pm	Dec 2	\$FREE
11	5 - 9	Thu	3:30 - 4:30 pm	Dec 3	\$FREE
12	14 - 19	Fri	4:30 - 5:30 pm	Dec 4	\$FREE

## Terriers Dodgeball

420603  
(Grades 2 - 5)  
Instructor: Joe Roberts & 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 having fun playing one of their favorite games. Teams are organized by grade and provided with team shirts. Teams play games and cheer on other team's games. Mixed with Terriers tunes, they enjoy high-octane fun. At the conclusion of the program teams also enjoy a tournament for the coveted Terriers Dodgeball Bucket. Cushioned foam balls are used for safety. This is a very popular program that often reaches its registration limit so if interested suggest early registration.

Location: Warren Building Min: 25/Max: 60

S#	Day	Times	Date	Price
01	Fri	4:15 - 5:25 pm	Oct 2 - 30	\$120
02	Fri	4:15 - 5:25 pm	Nov 6 - Dec 11	\$120
			(No class 11/27)	

## John Smith Soccer Academy

422103  
(Ages 6 - 9)  
Instructor: John Smith Sports Staff

This program focuses on footskills and 4v4 tactical awareness. We nurture each player through positive reinforcement, fun programs, and superior professional coaching. Classes are 60 mins. in length. Soccer Academy meets twice per week for 6 weeks at Olin College in Needham. All Olin clinics will be held OUTDOORS on the Olin College soccer fields. Please dress your child appropriately. In case of rain, an email will be sent if class is cancelled. Classes may be extended at the end of the session to make up for any cancelled classes, if the staff person's schedule allows.

Location: Olin College Min: 12/Max: 18

S#	Day	Times	Date	Price
01	Mon	4 - 5 pm	Sep 14 - Oct 19	\$100
02	Thu	4 - 5 pm	Sep 17 - Oct 22	\$100
03	Mon & Thu	4 - 5 pm	Sep 14 - Oct 22	\$150

## Munchkin Multi-Sports

422102  
(Ages 2 - 5)  
Instructor: John Smith Sports Staff

Led by the skilled and experienced coaches from John Smith Sports, your child will get an introduction to a wide variety of sports, including soccer, T-Ball, turf hockey, lacrosse, football, hoola hoops, parachute games and much more! This class also will focus on listening skills and cooperation. But the main focus is to have FUN!

Location: Warren Field & Building Min: 7/Max: 12

S#	Age	Day	Times	Date	Price
01	2 - 3	Tue	10 - 10:45 am	Sep 15 - Oct 20	\$100
02	4 - 5	Thu	10 - 10:45 am	Sep 17 - Oct 22	\$100
03	2 - 3	Tue	10 - 10:45 am	Nov 3 - Dec 15	\$110
04	4 - 5	Thu	10 - 10:45 am	Nov 5 - Dec 17	\$100
				(No class 11/26)	

## Thursday Tennis

425201

(Ages 5 - 11)

Instructor: Mike Sabin & Staff

This is a fun approach to learning tennis. Emphasis will be placed on developing hand eye coordination skills while providing an introduction to the game of tennis. You must provide your own racquet and bring a water bottle.

Location: Hunnewell Tennis Cts & Warren Min: 4/Max: 12

5 weeks

Outdoor Classes (Hunnewell Courts)

S#	Age	Day	Times	Date	Price
01	5 - 7	Thu	3:30 - 4:30 pm	Sep 10 - Oct 8	\$125
02	5 - 7	Thu	4:30 - 5:30 pm	Sep 10 - Oct 8	\$125
03	8 - 11	Thu	5:30 - 6:30 pm	Sep 10 - Oct 8	\$125

Indoor Classes (Warren Building)

S#	Age	Day	Times	Date	Price
04	5 - 7	Thu	3:30 - 4:30 pm	Nov 5 - Dec 10 (No class 11/26)	\$125
05	5 - 7	Thu	4:30 - 5:30 pm	Nov 5 - Dec 10 (No class 11/26)	\$125
06	8 - 11	Thu	5:30 - 6:30 pm	Nov 5 - Dec 10 (No class 11/26)	\$125



## Teen Tennis

425202

(Ages 12 - 16)

Instructor: Mike Sabin & Staff

Lessons focus on different aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead, and strategy. You must provide your own racquet and bring a water bottle.

Location: Hunnewell Courts Min: 4/Max: 15

5 weeks

S#	Day	Times	Date	Price
01	Wed	3 - 4:30 pm	Sep 9 - Oct 14 (No class 9/23)	\$160

## Badminton: Juniors

420207

(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 40 Abbott Rd. Min: 8/Max: 15

8 weeks

S#	Day	Times	Date	Price
01	Mon	4 - 6 pm	Aug 31 - Oct 19	\$125
02	Wed	4 - 6 pm	Sep 2 - Oct 21	\$125
03	Fri	4 - 6 pm	Sep 4 - Oct 23	\$125
04	Sat	9 - 11 am	Sep 5 - Oct 24	\$125

## Early Release Tennis

425200

(Ages 8 - 11)

Instructor: Mike Sabin & Staff

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy. Please bring a racquet and water bottle.

Location: Hunnewell Tennis Cts & Warren Min: 6/Max: 16

5 weeks

Outdoor Classes (Hunnewell Courts)

S#	Age	Day	Times	Date	Price
01	8 - 9	Wed	12:30 - 1:30 pm	Sep 9 - Oct 14 (No class 9/23)	\$125
02	10 - 11	Wed	1:30 - 2:30 pm	Sep 9 - Oct 14 (No class 9/23)	\$125

Indoor Classes (Warren Building)

S#	Age	Day	Times	Date	Price
03	8 - 9	Wed	12:30 - 1:30 pm	Nov 4 - Dec 16 (No class 11/11 & 11/25)	\$125
04	10 - 11	Wed	1:30 - 2:30 pm	Nov 4 - Dec 16 (No class 11/11 & 11/25)	\$125

### FOR ALL WEEKEND TENNIS CLASSES

Wellesley Recreation will not have classes if Wellesley Public Schools are closed due to stormy weather. If we need to cancel an evening or weekend class, please check the website and/or we will try to call/email participants.

## Tennis Saturday AM

425203

(Ages 5 - 12)

Instructor: Mike Sabin & Staff

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead, and strategy. Please bring a racquet and water bottle.

Location: Schofield School Min: 6/Max: 12

5 weeks

S#	Age	Day	Times	Date	Price
01	5 - 7	Sat	9 - 10 am	Sep 12 - Oct 17 (No class 10/10)	\$125
02	8 - 9	Sat	10 - 11 am	Sep 12 - Oct 17 (No class 10/10)	\$125
03	10 - 14	Sat	11 am - 12 pm	Sep 12 - Oct 17 (No class 10/10)	\$125

## Dynamic Speed & Endurance Running

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 5 - Nov 9 (No class 10/12)	\$135

## Archery

435300

(Ages 8 - 15)

Instructor: On The Mark Archery, LLC

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: 20

5 weeks

S#	Age	Day	Times	Date	Price
01	11 - 15	Wed	6:45 - 7:45 pm	Oct 21 - Dec 2 (No class 11/11 & 25)	\$135
02	8 - 12	Tue	4 - 5 pm	Nov 17 - Dec 15	\$135

## Karate

421800

(Ages 3 - 16)

Instructor: Steve Nugent & Staff

Voted one of the best Martial Arts programs in America! These classes teach self-defense, proper breathing, stretching, kicking and punching, as well as the importance of academic achievement, discipline, respect, honesty and integrity. The material is presented in a disciplined, structured yet fun format for kids! Uniform and belt are included at no additional cost!!

Location: Warren Building Min: 10/Max: 30

11 weeks

S#	Age	Day	Times	Date	Price
01	3 - 5	Wed	3:45 - 4:30 pm	Sep 16 - Dec 16 (No class 9/23, 11/11, 11/25)	\$295
02	6 - 8	Wed	4:30 - 5:15 pm	Sep 16 - Dec 16 (No class 9/23, 11/11, 11/25)	\$295
03	9 - 16	Wed	5:15 - 6 pm	Sep 16 - Dec 16 (No class 9/23, 11/11, 11/25)	\$295

## Fencing

421801

(Grades 3 - 6)

Instructor: Zeta Fencing

The modern sport of fencing provides a great physical and mental workout for students of all athletic abilities. As one of the safest sports, fencing improves endurance, coordination and speed as well as mental focus and concentration. At the same, it is so much fun that our students don't even think of it as a workout! During the 8-week program, participants will master the basic skills of footwork, blade moves, and tactics of modern fencing. They will also learn about the history and traditions of one of the oldest sports in the world and experience the values of true sportsmanship. On the last day, students will fence a tournament. All fencing equipment will be provided. Students need to wear loose-fitting sweat pants (no jeans, tights, or cargo pants), a T-shirt, and athletic shoes that are closed on top (no velcro). INSURANCE REQUIREMENT: In order to comply with insurance requirements, all participants need to sign up for a non-competitive membership with USA Fencing prior to the first day of the program. The non-competitive membership costs \$10 and is included in class fees. Instructions for signing up online will be provided upon registration and must be completed online before the first Fencing class.

Location: Warren Building Min: 4/Max: 12

8 weeks

S#	Day	Times	Date	Price
01	Wed	4 - 5 pm	Sep 16 - Nov 18 (No class 9/23, 11/11)	\$199

## Self Defense:

### Combat SAMBO Kids Classes

421804

(Ages 4 - 11)

Children over 6 years of age, accompanied by Adult, may come to Family/Adult Class. See Adult Program.

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 presented 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. 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

S#	Day	Times	Date	Price
01	Mon (13 classes)	6:30 - 7:30 pm	Sep 21 - Dec 21 (No class 10/12)	\$208
02	Wed (10 classes)	6:30 - 7:30 pm	Sep 30 - Dec 16 (No class 11/11, 11/25)	\$160
03	M & W (23 classes)	6:30 - 7:30 pm	Sep 21 - Dec 21 (No class 10/12, 11/11, 11/25)	\$299



### James Bede Soccer Fun

422900  
(Ages 4 - 6)



Instructor: James Bede & 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 & cleets plus they need to bring a water bottle. Program is held outdoors, weather permitting. In case of inclement weather we will be in the gym.

Location: Warren Field & Building  
7/4 weeks Min: 10/Max: 20

S#	Age	Day	Times	Date	Price
05	4	Wed	2 - 2:45 pm	Sep 16 - Nov 4 (No class 9/23)	\$150
06	5	Wed	2:50 - 3:35 pm	Sep 16 - Nov 4 (No class 9/23)	\$150
07	4	Wed	3:45 - 4:25 pm	Sep 16 - Nov 4 (No class 9/23)	\$150
08	5 - 6	Wed	4:30 - 5:15 pm	Sep 16 - Nov 4 (No class 9/23)	\$150
09	4	Wed	2 - 2:45 pm	Nov 18 - Dec 16 (No class 11/25)	\$95
10	5	Wed	2:50 - 3:35 pm	Nov 18 - Dec 16 (No class 11/25)	\$95
11	4	Wed	3:45 - 4:25 pm	Nov 18 - Dec 16 (No class 11/25)	\$95
12	5 - 6	Wed	4:30 - 5:15 pm	Nov 18 - Dec 16 (No class 11/25)	\$95

### James Bede Advanced Footskills

422905  
(Ages 8- 10)

Instructor: James Bede & Staff

Join JBSC for this program to bring your game to the next level. We will focus on getting you game ready by working on your dribbling, passing and shooting.

Learn to play Smart Soccer!

Location: Warren Field & Building  
8 weeks Min: 10/Max: 20

S#	Day	Times	Date	Price
01	Tue	6-7 pm	Sep 15 - Nov 10 (No class 9/22)	\$190

### Prep for Basketball Tryouts

421210  
(Grades 4 - 8)

Instructor: Isaiah Davis

Join Coach Isaiah Davis and his Game Time training staff and prepare for your upcoming basketball tryouts. We will simulate an hour tryout each session, providing a mix of team play, ball handling drills, shooting drills and defensive techniques. We will be offering separate sessions for both boys and girls.

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

S#	Day	Times	Date	Price
01	Tues (Boys only)	6 - 7 pm	Sept 29 - Nov 17	\$160
02	Thurs (Girls only)	6 - 7 pm	Sep 24 - Nov 12	\$160

### Super Soccer Stars

422902  
(Ages 2 - 4)

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  
13/12 weeks Min: 10/Max: 20

S#	Age	Day	Times	Date	Price
01	2 - 3	Tue	10:55 - 11:35 am	Sept 15	FREE TRIAL
02	3 - 4	Tue	11:45am - 12:30pm	Sept 15	FREE TRIAL
06	2 - 3	Tue	10:55 - 11:35 am	Sept 22 - Dec 22 (No class 11/10)	\$350
07	3 - 4	Tue	3:30 - 4:15 pm	Sept 22 - Dec 22 (No class 11/10)	\$350
08	2 - 3	Thu	3:30 - 4:15 pm	Sept 17 - Dec 17 (No class 11/12 & No 11/26)	\$330
Location: Ten Acre Academy 11 weeks Min: 10/Max: 20					
03	2 - 3	Sat	9:30 - 10:10 am	Sept 12	FREE TRIAL
04	3 - 4	Sat	10:15 - 10:55 am	Sept 12	FREE TRIAL
05	3 - 4	Sat	11 - 11:45 am	Sept 12	FREE TRIAL
09	1 - 2	Sat	9:30 - 10:10 am	Sept 19 - Dec 19 (No class 10/10, 11/14 & 11/28)	\$300
10	2 - 3	Sat	10:15 - 10:55 am	Sept 19 - Dec 19 (No class 10/10, 11/14 & 11/28)	\$300
11	3 - 4	Sat	11 - 11:45 am	Sept 19 - Dec 19 (No class 10/10, 11/14 & 11/28)	\$300
12	3 - 4	Sat	12 - 12:45 am	Sept 19 - Dec 19 (No class 10/10, 11/14 & 11/28)	\$300

### James Bede Soccer League

422901

Instructor: James Bede & Staff

In this soccer class/league you will be taught the fundamentals of soccer in a fun non-threatening environment. Tuesday/Wednesday is practice and Saturday is game day. During practice on Tuesday/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 Tuesday/Wednesday. (Price includes a game day jersey). Program will be held indoors during inclement weather.

Location: Warren Building & Field  
6/4 weeks Min: 10/Max: 30

S#	Day	Times	Date	Price
01	Wed	5:20 - 6:20 pm	Sep 16 - Nov 7	\$255
	Sat	12:15 - 1:15 pm	(No class 9/23, 10/10, 31)	
	W	5:20 - 6:20 pm	Nov 18 - Dec 19	
02	Sat	12:15 - 1:15 pm	(No class 11/25, 11/28)	\$190
7/4 weeks (Ages 7 - 8)				
03	Tue	5 - 6 pm	Sept 15 - Nov 7	\$265
	Sat	11 am - 12 pm	(No class 9/22, 10/10, 10/31)	
04	Tue	5 - 6 pm	Nov 17 - Dec 19	\$190
	Sat	11 am - 12 pm	(No class 11/28)	

### Discover My World

423055  
(Grades 2 - 4)

Instructor: The Chyten Center staff

"Student Beware! Google Earth is Here!" Put away those old fold-up maps and aging school atlases. Technology has revolutionized how students learn about geography and world cultures. In Chyten's Discover My World program, students use Google Earth and online encyclopedias to find answers to ten key questions about a country of their choosing. They then design an intricate informational poster to display this information as well as the national flag and map. In the final part of the class, each pair of students creates a Lego pavillion that represents their country. That pavillion becomes part of a class-wide World's Fair that represents the collective knowledge gained by our aspiring world explorers.

Location: Warren Building  
10 weeks Min: 9/Max: 14

S#	Day	Times	Date	Price
03	Wed	3:45 - 5:15 pm	Sep 16 - Dec 9 (No class 9/23, 11/11, 11/25)	\$295



### Team Titans

423055  
(Grades 2 - 4)

Instructor: The Chyten Center staff

"Batter Up!" In Chyten's Team Titans Math Program, math becomes a fun exercise in managing a baseball team! But don't be fooled; while this program is rooted in fun, real lessons in math, problem solving, geography, and public speaking abound! Students pair up to serve as general managers of a new, fictional baseball franchise. As managers of the team's balance sheet, students must budget for player salaries, ballpark costs, maintenance, ticket sales, concessions and much more. The managers are responsible for responding to player and fan concerns — and of course, simulating the games themselves. All the while, students are called on to solve word problems and mathematical dilemmas by applying mathematical and statistical concepts such as probability, mean, mode, perimeter, area, graphing, money sense, multiplication and more.

Location: Warren Building  
10 weeks Min: 9/Max: 14

S#	Day	Times	Date	Price
05	Fri	3:45 - 5:15 pm	Sep 18 - Nov 20	\$295



### Kids Career Time

423055  
(Grades 2 - 4)

Instructor: The Chyten Center staff

"What do you want to be when you grow up?" In Kid's Career Time, Chyten students don't just learn about professions—they actually live them! As lawyers and jurists, students engage in a series of court cases that challenge them to think about the law and society. As architects, they design structures to solve a town's transportation problem. As doctors, they learn to diagnose and treat diseases. As politicians, they run a campaign to become mayor of a fictional city. In the end, students get a great feel for what it means to be a professional, to think like a professional and to face and conquer the types of challenges they may face later in life.

Location: Warren Building  
10 weeks Min: 9/Max: 14

S#	Day	Times	Date	Price
04	Thu	3:45 - 5:15 pm	Sep 17 - Nov 19	\$295



### Shark Tank Jr.

423055  
(Grades 2 - 4)

Instructor: The Chyten Center staff

In Shark Tank Jr., students play the role of young entrepreneurs as they start with the germ of an idea for a product and business and take it through the entire entrepreneurial process. Loosely based on the TV show Shark Tank, our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons on concepts such as wages, profits and branding while designing print ads, acting out "TV commercials," researching real estate locations and creating replicas of their storefronts. The class concludes with our young executives pitching their ideas to a celebrity panel of parent "sharks." These young executives will really be taking care of business!

Location: Warren Building  
10 weeks Min: 9/Max: 14

S#	Day	Times	Date	Price
01	Tue	3:45 - 5:15 pm	Sep 15 - Nov 17	\$295



### Imagination Authors

423055  
(Grades 2 - 4)

Instructor: The Chyten Center staff

In Imagination Authors, Chyten teachers foster a love of writing by helping students write and publish their own real book! Using novels like Harry Potter and The Chronicles of Narnia as inspiration, each class designs a fantasy world that includes major and minor characters, settings and locales, an extended backstory and a world of wonder. The authors use artwork and brainstorming to design plot twists and dynamic characters. Teachers continually guide the students, providing contextual lessons on writing techniques that include the use of appropriate dialogue, detailed descriptions, sensory-rich word choice, as well as character, plot and theme development. Chyten instructors then synthesize the collective works into one class-wide novel representing those amazing imaginations. At the end of the course, students receive their first real novel—published, bound and signed by our Imagination Authors. (Extra copies are made available as gifts to friends and family members).

Location: Warren Building  
10 weeks Min: 9/Max: 14

S#	Day	Times	Date	Price
02	Mon	3:45 - 5:15 pm	Sep 21 - Dec 7 (No class 10/12, 11/30)	\$295



# FALL SKATING IN NATICK!

## Tot Learn to Skate (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.

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

## Pre-Tot Learn to Skate

423202  
(Ages 3 - 4)  
Instructor: FMC Ice Sports Staff  
Location: Wm. Chase Arena, Natick  
Min: 3/Max: 20  
7/5 weeks

S#	Age	Day	Times	Date	Price
01	3 - 4	Tues	4:40 - 5:05 pm	Sept 15 - Oct 27	\$109
02	3 - 4	Thu	1 - 1:25 pm	Sept 17 - Oct 29	\$109
03	3 - 4	Tues	4:40 - 5:05 pm	Nov 10 - Dec 22	\$109
04	3 - 4	Thu	1 - 1:25 pm	Nov 12 - Dec 17 (No class 11/26)	\$75

## Tot Learn to Skate

423203  
(Ages 3 - 6)  
Instructor: FMC Ice Sports Staff  
Location: Wm. Chase Arena, Natick  
Min: 3/Max: 20  
6/8 weeks

S#	Age	Day	Times	Date	Price
01	3 - 6	Tues	4:40 - 5:05 pm	Sept 15 - Oct 27	\$109
02	3 - 6	Thu	1 - 1:25 pm	Sept 17 - Oct 29	\$109
03	3 - 6	Tues	4:40 - 5:05 pm	Nov 10 - Dec 22	\$109
04	3 - 6	Thu	1 - 1:25 pm	Nov 12 - Dec 17 (No class 11/26)	\$75

### Directions to the Natick Skating Rink

(35 Winsor Ave, Natick MA 01760)

- Rt 9 West to For General Questions Call:
- Rt 27 South 1-888-74-SKATE or 508-655-1013
- Right onto West Street For Registration or Refund
- Left onto Windsor Ave Questions Call : 781-235-2370

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

## Youth Learn to Skate (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.

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

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



## 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

423201  
(Ages 6 - 12)  
Instructor: FMC Ice Sports Staff  
Location: Wm. Chase Arena, Natick  
Min: 3/Max: 20  
7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Sept 14- Oct 26	\$129
02	Tues	4:40 - 5:30 pm	Sept 15 - Oct 27	\$129
03	Mon	5:40 - 6:30 pm	Nov 9 - Dec 21	\$129
04	Tues	4:40 - 4:30 pm	Nov 10 - Dec 22	\$129

## Teen & Adult Learn to Skate

423205  
(Ages 13+)  
Instructor: FMC Ice Sports Staff  
Location: Wm. Chase Arena, Natick  
Min: 3/Max: 20  
7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Sept 14- Oct 26	\$129

# Celebrate Your Birthday at Warren!

Selected Saturdays 2:30 - 4:30 pm

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

Some of these dates may already be booked for parties.  
Please check with the office for any available dates!

Sept 19 • Sept 26 • Oct 3 • Oct 17 • Oct 24 • Oct 31  
Nov 14 • Nov 21 • Dec 5 • Dec 12 • Jan 9 • Jan 23  
Jan 30 • Feb 6 • Feb 27 • Mar 5 • Mar 12 • Mar 19  
Apr 2 • Apr 9 • Apr 30 • May 7 • May 14 • May 21

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)

2 Hours  
\$135



## Puddlestompers Winter Exploration

Activity #: 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 day

S#	Day	Times	Date	Price
01	Mon	9 am - 1 pm	Dec 28	\$62
02	Tue	9 am - 1 pm	Dec 29	\$62
03	Wed	9 am - 1 pm	Dec 30	\$62

## 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.govhealth](http://www.wellesleyma.govhealth)

[www.HealthyWellesley.org](http://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



## Nashoba Friday Ski Program

123301  
(Ages 11 - 14)  
Instructor: Nashoba Valley Ski Resort

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, Dec 10th @ 7pm. 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.



Location: Nashoba Valley Min: 20/Max: 40  
4 weeks

S#	Day	Times	Date	Price
01	Fri	3:45 - 9:30 pm	Jan 8 - 29	\$280

## Middle School Night AT Recreation

422401  
(Grades 6 - 8)  
Instructor: Recreation Department Staff

Get out of the house on a Friday night. We'll have an open gym for pick up sports, use of our computer lab, board games, video games, and other organized activities. We have vending machines available or please feel free to bring your own snack.

Location: Warren Building Min: 15/Max: 40  
2 nights

S#	Day	Time	Date	Price
01	Fri	5:30 - 7:30 pm	Sep 25	\$10
02	Fri	5:30 - 7:30 pm	Nov 13	\$10
03	Fri	5:30 - 7:30 pm	Dec 11	\$10

## Nashoba Wednesday Ski Program

123300  
(Ages 8 - 11)  
Instructor: Nashoba Valley Ski Resort

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 snowboard or ski. All participants must be enrolled in grades 3 - 5. If you need rental equipment you MUST attend the prefit, Thursday, Dec 10th @ 7pm. 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.

Location: Nashoba Valley Min: 20/Max: 40  
4 weeks

S#	Day	Times	Date	Price
04	Wed	12:45 - 5:30 pm	Jan 6 - 27	\$280

### 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.

**Prefit for rentals will be held  
at the Warren Building  
on Thursday, Dec. 10 from 7-8pm.**



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

## Barn Buddies

Instructor: Sweet Meadow Farm Staff  
Children will start their day feeding breakfast to our friendly barnyard animals. Then will groom and learn how to walk miniature horses on a leadline, feed new babies their bottle, and play with the baby miniature animals. Head over to the small animal room to learn to hold, feed, and care for a variety of small animals in our brand new insulated and heated barn! This is a drop off class.

Days offered Saturday 10 - 12 pm

To register for information and/or  
availability of any of the Sweet Meadow  
Farm programs, please contact the  
Wellesley Recreation Department.

781- 235 - 2370



*For additional Riding  
& Animal Programs  
for children 4-14,  
please visit [www.sweetmeadowfarm.com](http://www.sweetmeadowfarm.com). We also offer  
birthday parties and  
riding programs for  
children and adults.*

## No-School Day Riding Program

Instructor: Sweet Meadow Farm Staff  
On all school holidays (school closing days) or vacations (December, February, March and April), Sweet Meadow Farm offers a day program for your children. They will feed, play and learn how to take care of friendly farm and exotic animals. Each child will have a one-on-one horseback riding lesson. This is a drop off class.

Classes offered on all school holidays.

## Mini Riders

Instructor: Sweet Meadow Farm Staff  
Our patient, well-trained and gentle miniature horses are ready to introduce your child to a lifelong love. He/she will learn how to handle, and groom and tack up the miniature horse. They will then spend time in the saddle riding the hand-led pony. Parents are welcome and encouraged to participate in their child's one-on-one learning experience. Our focus is teaching how to work safely around the animals, while having a fun positive experience with the pony. After feeding and putting the ponies away, your child will have a chance to come into our brand new insulated and heated barn and play with our trained and friendly small animals (rabbits, guinea pigs, gerbils, chinchilla, birds and ferrets) for an all-around wonderful experience.

Days offered M-W-F 10-10:45 am

## Saddle Club

Instructor: Sweet Meadow Farm Staff  
This program is perfect for children with little or no horseback riding experience. Each week students kick off the class with an educational horse activity. Next they will get hands on experience with our wide variety of animals, learning proper handling diet and care for guinea pigs, bunnies, ferrets, hedgehog, miniature horses, mini cows, alpaca, emu, wallaby, goats, chickens and kittens. After the one-on-one riding lesson, students walk their horses back to the stable along with their instructor, to untack the horse and put them into their stall. Then the group feeds all the animals and learns regiments and proper medicinal care.



Days offered M-Tu-W 3:30-6 pm

## Early Release Riding

Instructor: Sweet Meadow Farm Staff  
Your child will enjoy a one on one riding lesson as well as a unique and exciting hands-on animal science experience. They will feed, groom, and care for our friendly barnyard and exotic animals (including a kangaroo and Mini Cows), and our small animals (rabbits, guinea pigs, gerbils and ferrets). They will also have access to our bird room where they can hold and feed our birds, all this in a safe environment.

## All About Ponies

Instructor: Sweet Meadow Farm Staff  
Beginning horsemanship for the animal lovers! In this drop-off class, children will learn to handle, care for, groom, tack up and ride our gentle and well-trained ponies. The focus of the class will be on ponies, however, they will spend time interacting with our friendly barnyard and exotic animals including a kangaroo, baby deer and small animals (rabbits, guinea pigs, gerbils and ferrets). As a group, we will have a chance to enjoy our bird room where they can hold and feed our friendly birds in a safe environment. At the end, they will have the opportunity to feed the ponies and put them to bed. All this is in our brand new insulated and heated barn! This is a drop off class.

Days offered M-Tu-W 3:30-6 pm

### 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

### 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](http://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](http://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)	Min: 8/Max: 20 \$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 (No class 9/23, 11/11, 11/25)	Min: 6/Max: 8 \$186 (incl. tag) \$171 (own tag)
445208	Fri	10:30 am - 12 pm	Sep 11 - Oct 9	Min: 6/Max: 12 \$171
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)
445207	Fri	9 - 10:30 am	Sep 11 - Oct 9	Min: 6/Max: 12 \$171
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

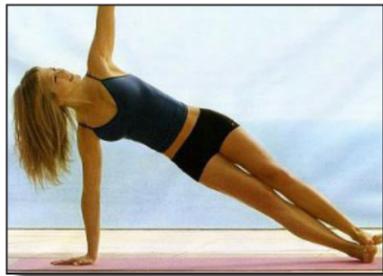
Instructor: Julie Pernokas

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

[www.HealthyWellesley.org](http://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

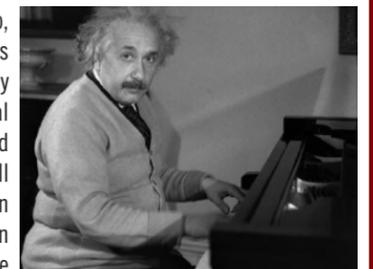
445888 -01

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](http://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
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### 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
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### 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

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# Annual Morses Pond Yard Sale! INFO ON PG 8



Saturday, Sept. 26

10 am - 2 pm

Yard  
Sale!

Morses Pond

Sponsored by

The Wellesley Recreation Dept.

FREE Shredding  
Services

available from  
10 am - 1 pm

Shred-it