

Something for Everyone

WELLESLEY RECREATION

2017 Winter Youth & Adult Programs



Warren Recreation Building
90 Washington Street, Wellesley, MA 02481
781-235-2370 • wellesleyma.gov/recreation



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



Wellesley Recreation...never a dull moment!

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

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

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

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

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

Recreation Department Staff

Matt Chin, CPRPDirector
Brandon Fitts, CTRSDeputy Director
Chad NortonAssociate Director
Jennifer Lawlor Program Coordinator
Kris Bemis..... Secretary
Mary Ward Secretary

Recreation Commission

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

Who to contact...

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

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

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

For Afterschool Programs, Teen Ctr. & Middle School programs: **Jennifer Lawlor** [jlawlor@wellesleyma.gov]

Important Town Numbers

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



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

Winter 2017

Inside this book...

Wellesley Recreation & Registration Information	2-5
Ed2Go	5
Special Events & Programs	6-13
Spring Thaw.....	6
Town Band.....	6
Birthday Parties @Warren	7
Sweetheart Dance	7
Summer Camps.....	8-11
Holiday House Decorating Contest.....	11
Adaptive Programs.....	12
Town of Wellesley Programs (partnered with Well Rec).....	13
Winter Youth Programs	14-33
Archery.....	24
Art & Pottery.....	15, 17, 29
Badminton	22
Chess.....	24
Computers/JrCode	20-21
Cooking.....	16
Dance & Drama.....	17
Enrichment Programs	26, 31
February Vacation Programs	29
First Aid/Safety/Babysitting	26
Gardengate Academy Programs	14, 16
Gymnastics.....	14, 22
Ice Skating	23
Knucklebones Sports.....	22
Lego.....	18
Martial Arts.....	24
Movement & Song.....	14
Music.....	18
Puddlestompers	14, 29
Science.....	18
Sewing	15
Skiing.....	27
Skyhawks Sports	25
Soccer.....	19, 28, 30
Sports/Fitness	19, 22-27, 26
Tennis.....	24
Terriers Sports.....	22, 29
Thundercat Sports.....	25
Volleyball.....	25
Winter Adult Programs	32
Archery.....	42
Art & Pottery.....	34-35
Badminton	32
Bridge	42
Dance	42
Dog Obedience.....	38
Enrichment Programs	37-41
Exercise & Fitness.....	32
Language	36
Martial Arts.....	37
Music.....	39
Sewing	35
Tai Chi.....	32
Yoga.....	33
Zumba.....	34

Town Sports Org.



Wellesley Little League
wellesleylittleleague.org



Wellesley Youth Football
wellesleyyouthfootball.com



Wellesley Scoops Field Hockey Club
wellesleyscoopsfieldhockeyclub.com



Wellesley Youth Hockey
wellesleyyouthhockey.org



Wellesley Tennis Assn.
781-237-0084



Wellesley United Soccer
wellesleysoccer.org



Wellesley Youth Lacrosse
wellesleylacrosse.org



Men's SloPitch Softball
jrussell@ddjcap.com



Wellesley Swim Assn.
wellesleyswim.org



Wellesley Youth Basketball
wellesleybasketball.org

ONLINE REGISTRATION

www.wellesleyma.gov

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



Registration Dates & Start Times

ONLINE

Resident - Tuesday, November 29 @ 7 am

Non-Resident - December 13 @ 7 am

TRADITIONAL

Resident - November 29 @ 8:30 am

Non-Resident - December 13 @ 8:30 am

**Summer Camp Registration begins
January 5th, 2017**

All registrations must be entered directly into our registration system.

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

Wellesley Recreation
90 Washington Street
Wellesley, MA 02481

781-235-2370

REFUND POLICY

FULL REFUND WILL BE GIVEN FOR A CANCELLED CLASS.

IF A PROGRAM MEETS MORE THAN 4 TIMES

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

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

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

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

COOKING CLASSES

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

CLASS SPECIFIC REFUND POLICY

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



facebook.com/recwellesley
Instagram: @recwellesley



REGISTRATION INFORMATION

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
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:

Jan 18 #143888-01 **Feb 15** #143888-02 **Mar 15** #143888-03

Requirements:

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



13th Annual Spring Show

Join us at Warren Park for an egg hunt! Bring your Camera to take pictures of your children with our Spring Bunny! Please bring your own baskets or bags to collect the eggs.

Ages Walking to 3 years

10 am Start

Ages 4 - 6 years:

10:20 am Start

Saturday, April 8th @ Warren Recreation Bldg.

Wellesley Town Band

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

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

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

Please Note: Anyone interested in joining the band is encouraged, and welcome, to come along to any rehearsal to try it out prior to registering.

For more information, contact 781-237-5203 or info@wellesleytownband.org.

- Mondays from 7:00 - 8:30 pm
- Jan. 9 - June 19
(No rehearsals 1/16, 2/20, 4/17, 5/29)
- Wellesley High School Band Room
- To register online, use activity #445899-01.
- Cost is \$100 per person: Winter/Spring
Wellesley Public School students (Gr. 8-12) can join for free!





Celebrate Your Birthday at Warren!

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

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

Some of these dates may already be booked for parties.

Jan 7 • Jan 21 Jan 28 • Feb 4
Feb 25 • Mar 4 • Mar 11 • Mar 18
Mar 25 • Apr 1 Apr 8 • May 6
May 13 • May 20

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

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

Online search Activity #122401



Vendor Parties!

We work with many vendors who offer a variety of fun activities for birthday parties. For more information, please contact the Recreation Office at 781-235-2370



Sweet Heart Dance

144085-01

Kids, take your "sweetheart" to the Warren Building for a night of dancing. You can bring that special adult in your life! There will be a DJ, light refreshments and photo opportunities.

Pre-Registration is REQUIRED.

DEADLINE TO REGISTER is January 31.

**Location: Warren Building
1 night only**

Saturday, February 11, 2017

6:30 - 8:00 pm

\$25 per couple



2017

Summer Camp



Introducing our 2017 **RE-IMAGINED** Summer Camps!

Don't be fooled! Some of these camps may look familiar, but we have re-designed them to be even more fun & exciting than before! Camps will now include more field trips, swim lessons, bigger & better special events, super creative activities and much more!

For additional information on all the exciting changes and additions, please visit wellesleyma.gov/recreation.



Activity #631600

All Kinder Campers MUST be potty trained if they wish to attend camp.

KinderCamp: Ages 4-5

@ Warren Recreation Building

Session 1: June 26 - June 30	\$120
Session 2: July 3 - July 7 (Closed July 4th)	\$100
Session 3: July 10 - July 14	\$120
Session 4: July 17 - July 21	\$120
Session 5: July 24 - July 28	\$120
Session 6: July 31 - August 4	\$120
Session 7: August 7 - August 11	\$120

INFORMATION FOR KINDERCAMP: KinderCamp is an introduction to the Camp experience. Perfect for little ones to get a taste of what summer camp is like. Detailed information can be found at wellesleyma.gov/recreation.

CAMP HOURS: M-F: 8:30 am - 12:30 pm Drop off & pick up begins/ends promptly at the time listed.



Activity #621600

Camp Joey: Grades K-2

@ Warren Recreation Building

Session 1: June 26 - June 30	\$320
Session 2: July 3 - July 7 (Closed July 4th)	\$285
Session 3: July 10 - July 14	\$320
Session 4: July 17 - July 21	\$320
Session 5: July 24 - July 28	\$320
Session 6: July 31 - August 4	\$320
Session 7: August 7 - August 11	\$320
Session 8: August 14 - August 18	\$320



Activity #741700

Camp Q: Grades 3-8

@ Wellesley High School

Session 1: June 26 - June 30	\$350
Session 2: July 3 - July 7 (Closed July 4th)	\$315
Session 3: July 10 - July 14	\$350
Session 4: July 17 - July 21	\$350
Session 5: July 24 - July 28	\$350
Session 6: July 31 - August 4	\$350
Session 7: August 7 - August 11	\$350
Session 8: August 14 - August 18*	\$350

* Camp will be held Warren Bldg for Session 8

WELCOME TO CAMP Q!

Camps previous known as Quest and Odyssey have become Q! This re-designed Camp will have a bunch of new elements included. The Camp will be divided into 3 grade groups: 3-4, 5-6, 7-8. Go to wellesleyma.gov/recreation for more info.

Camp Adventure: Grades 6-8

@ Warren Recreation Building



Activity #741800

Session 1: June 26 - June 30	\$450
Session 2: July 3 - July 7 (Closed July 4th)	\$415
Session 3: July 10 - July 14	\$450
Session 4: July 17 - July 21	\$450
Session 5: July 24 - July 28	\$450
Session 6: July 31 - August 4	\$450
Session 7: August 7 - August 11	\$450
Session 8: August 14 - August 18	\$450

CAMP ADVENTURE! Our Newest Camp! This FIELD TRIP-BASED CAMP is perfect for those who love Adventure! This camp is based out of the Warren Recreation Building but will go offsite each day. Detailed information can be found at wellesleyma.gov/recreation.

SAMPLE FIELD TRIPS MAY INCLUDE: Hiking, Beach Trips, Theme Parks, Boston Adventures, Extreme Sports, Exploration Around New England and more.

NEW THIS YEAR:

Camp Joey: Swim Lessons for are included with your camp fee! Lessons will take place at Morses Pond regularly throughout the camp week and will follow the American Red Cross swim lesson guidelines.

Camp Q: Campers will be going to Babson College each week to swim throughout the summer.

CAMP HOURS FOR JOEY, Q, & ADVENTURE

M-F: 9 am - 4 pm

Drop off begins at 8:15 am & Pick up ends at 4:45 pm

EXTENDED MORNING/AFTERNOON

Extended Mornings are from 7:45 am - 8:15 am. Extended afternoons are from 4:45 - 6:15 pm. The cost for extended mornings are \$5 per day. Afternoons are \$10 per day. You must register for extended mornings/afternoons separately from you main camp registration.

Camp Joey: Ext. AM: #621601 / Ext. PM: #621602
Camp Q: Ext. AM: #731703 / Ext. PM: #731704



CIT Program

THE CIT PROGRAM is designed for teenagers aged 14 & 15. The CIT program is a work-oriented experience, which gives our participants the opportunity to learn and understand the demands and responsibility of a counselor's job.

In addition, CIT's will have a series of training workshops where they will have the opportunity to learn more about the different aspects of being a camp counselor, become First Aid and CPR certified and learn first hand how to work with children.

Although CIT participants will have priority to interview for the Summer Camp Jr. Counselor positions, enrollment in the CIT program does not guarantee a position as a Jr. Counselor.

Each session is a two week commitment. The program is designed to give the CIT's enough time for training, work & fun.

SESSION ONE

July 3 - July 14 (no 7/4)
\$315

SESSION TWO

July 17 - July 28
\$350

SESSION THREE

July 31 - August 11
\$350

DETAILS

- Age: 14-15
- Days: Mon - Fri
- Hours: 9 am - 4 pm
- Maximum: 15 CIT's per session.
- CIT's will get 2 T-shirts. They must wear one everyday.

LOCATION @ THE WARREN BUILDING: The CIT's will have their own space in the Warren Building close to Camp Joey. There they can have CIT meetings, training sessions and time to do activities as a CIT group. Occasionally the CIT's will go on their own field trips to promote team building and to just have fun.

PAYMENT (all programs)

DEPOSIT: A \$50/per week deposit is due with registration.

FULL PAYMENT: Full payment for all sessions is due by June 1, 2017 (*except installment billing*). All registrations after June 1, 2017 are paid in full at time of registration.

PAYMENT PLAN: We have NEW payment plans to choose from. Please read carefully as there are now 3 ways to pay for Camp.

- 1. PAY IN FULL** at time of registration
- 2. INSTALLMENT BILLING** (auto-debit payment plan): You must put down a \$50 deposit per week with registration. The remaining amount will be divided into 4 equal payments which will be auto-debited from your card on the 1st of each month until payment is complete. *April 13th is the final day to sign up for installment billing*.
- 3. SCHOLARSHIP:** Contact us to reserve your spot. You must then contact our scholarship agency, Wellesley Friendly Aid, to begin the application process.

More information can be found at
wellesleyma.gov/recreation

REFUND POLICY

CANCELLATION: There is a \$25 fee for a withdrawal from a single week. You must withdraw at least 5 business days before your camp session. Less than 5 days equals no refund.

SWITCHING SESSIONS: Switching weeks constitutes a withdrawal and the Cancellation Policy applies.

DISMISSAL FROM PROGRAM: Removal of a camper by the administrative staff due to behavioral issues will result in no refund.

ATTENTION!

CAMP REGISTRATION BEGINS ON THURSDAY, JANUARY 5, 2017 AT 9AM FOR WELLESLEY RESIDENTS.

CAMP REGISTRATION BEGINS ON THURSDAY, JANUARY 19TH AT 9AM FOR NON-RESIDENTS

Read on.... 

CAMP FORMS TO BE FILLED OUT

CAMPDOCS

CampDocs is a safe and efficient way to collect all the forms required for summer camp. All Health forms, permission slips, authorization to administer medications, and immunization records, must be filed electronically at www.CampDocs.com. Shortly after registration with the Recreation Department, you will receive an email from CampDocs asking you to log in and access your account. If you have any trouble uploading or scanning any documents you may bring them to the Recreation Office for assistance. Please contact us with any questions regarding CampDocs.

DAILY CAMP INFORMATION

STAFF: All Sr. Counselors are 18 or older and all Jr. Counselors are 16 or older and both attend an orientation session that includes First Aid & CPR training. Each counselor is CORI/SORI checked each year.

RATIOS: A maximum of 15 Campers for KinderCamp and 70 campers for Camp Joey. Camp Q has a maximum of 80 campers and Adventure has a maximum of 10 campers. Camp staff ratios meet state regulations of 1 staff for every 5 campers under the age of 7 and 1 staff for every 10 campers over the age of 7.

FIELD TRIPS: Field trips are typically within an hour drive from camp. If you do not want your child to attend a field trip, you must arrange to keep your child out of camp that day.

LUNCH: Each camper should bring two snacks, lunch and reusable water bottle daily. Refrigeration is provided except for field trips.

MORSES POND: Campers will be bused to Morses Pond to swim and play Two to Three days per week, weather permitting.

CLOTHING: Campers will receive a camp T-shirt to wear on field trips. Campers should bring a swim suit, towel, change of clothes, and sunscreen everyday.



PROGRAM REGISTRATION

Online • Walk- in • Phone

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

Mastercard • Visa accepted

Holiday House Decorating Contest

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 "Holly Jolly" judges will be knocking on doors, trophies in hand, the evening of December 20th.



To Nominate a House:

1. Email a picture of the holiday house to recreation@wellesleyma.gov
2. Don't forget to include the address of the decorated house
3. If the house has lights, please take a day and night picture.
4. Nominations must be received by the deadline: Monday, December 19th

Categories

The Griswold Award: Funniest House

Best Theme • Judge's Choice

Traditional New England Theme

Most Creative

Special Olympics Track Training for Teens & Adults

Looking for a great way to get out of the house this Winter? Come join us for a social walk or jog around Dana Hall's beautiful indoor track in the Shipley Center! This is a drop-in program, which is sponsored by Wellesley STARS and is designed for individuals with intellectual disabilities. Chaperones preferred, although volunteers are available. If interested, contact Karen Mariscal at kmariscal@comcast.net.



LOCATION: Shipley Center, Dana Hall School
DAY: Wednesdays from October 5th - June 14th
TIME: 7:00-7:45 pm
AGES: 16+
COST: Free

Soon it'll be a nice time for some ICE TIME!

Thanks to **NB NeedhamBank** for sponsoring our winter 2017 outdoor rinks.

Stay tuned to the Rec. website for information on when the rink is open and ready for fun!
wellesleyma.gov/recreation



ADAPTIVE RECREATION OPPORTUNITIES COMING THIS WINTER!



Boston Ballet
 December 3rd • Brookline



Sled Hockey!
 February 23rd • Brookline



Power Soccer!
 Multiple dates in many locations.

For detailed information on Adaptive Recreation Opportunities please contact Brandon Fitts, CTRS at bfitts@wellesleyma.gov
 Programs are offered by the newly formed, **MetroWest Adaptive Recreation Collaborative** which is a partnership between almost all of the MetroWest Town Recreation Departments.

WELLESLEY FREE
LIBRARY



a HOLE LOT OF FUN!
MINI-GOLF AT THE LIBRARY!

SATURDAY, JANUARY 28TH 5 - 8PM

SUNDAY, JANUARY 29TH 9am - 12:30PM

19TH HOLE WITH FOOD, RAFFLE, FUN ACTIVITIES AND HOLE-IN-ONE CHALLENGE

ROUND OF GOLF - \$7 : GROUP OF 5 - \$30

CHILDREN UNDER 10 MUST PLAY WITH AN ADULT * TICKETS AT THE DOOR

PRESENTING SPONSOR

WELLESLEY BANK
CHARITABLE FOUNDATION

CALLING ALL AVID READERS AND GOLFERS!

GET READY TO TEE - OFF IN THE TEEN SPACE, BOGEY IN THE BIOGRAPHIES OR
EAGLE IN THE EASY READERS!

IT'S A "HOLE LOT OF FUN" AS THE WELLESLEY FREE LIBRARY IS ONCE AGAIN
MAGICALLY TRANSFORMED INTO AN 18 HOLE MINIATURE GOLF COURSE.

PROCEEDS BENEFIT THE WFL FOUNDATION

Wellesley Health Department

Visit the Wellesley Health Department website
www.wellesleyma.gov/health for the following:

- Flu and Keep Well Clinic schedules
- Mental health resources
- Seasonal and emerging health issues
- Regulatory concerns

Wellesleyma.gov/Health



Public Health
Prevent. Promote. Protect.

Wellesley Health Department

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

Call for info &
scheduling

781.235.0135

Pickleball for Seniors: Drop-In

Co-Sponsored by the Wellesley Council on Aging

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

Location: Warren Building

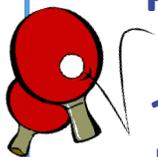
8 weeks

Day	Times	Date	Price
Mon	1 - 3pm	Jan 23 - Mar 20	\$1/day drop in fee
		(No class 2/20)	



Ping Pong: Drop-In

First Friday of the month
1/6, 2/3, 3/3, 4/7
Drop-in cost is \$1/session
Room 008 1-3 pm



Puddlestompers

115700

(Ages 2 - 5)

Instructor: Puddlestompers Staff

Winter is a magical time to explore nature!

This class is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. Look for animal tracks and other signs of winter activity. Search the skies for winter birds and listen for their songs. Observe changes in light through shadows and rainbows. In each class, we will focus on a specific theme using hands-on activities, crafts, games and creative movement. Each class will end with a snack and story. Come enjoy the beauty of winter with your energetic child at the Warren Recreation Center in Wellesley!



Location: Warren Building **Min: 4/Max: 9**

6 weeks

S#	Age	Day	Times	Date	Price
01	2 - 3	Fri	9:30 - 10:25 am	Feb 3 - Mar 17 (No class 2/24)	\$144
02	3 - 5	Fri	10:30 - 11:25 am	Feb 3 - Mar 17 (No class 2/24)	\$144

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

To Register, Call Wellesley Recreation - 781.235.2370

Puddlestompers Refund Policy

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

East Coast Gymnastics

125000

(Ages 2.9 - 7)

Instructor: East Coast Gymnastics Staff

East Coast Mobile Gymnastics offers your child the finest specialized gymnastics training available. The Olympic Gymnastics events that are taught are: vaulting, bars, balance beam, and tumbling. Pre-school classes also learn locomotor skills for the development and improvement of general coordination. While learning these physical skills, children are developing self confidence and independence.



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

10 weeks

S#	Age	Day	Times	Date	Price
01	2.9 - 3	Mon	1:45 - 2:30 pm	Jan 9 - Mar 27 (No class 1/16, 2/20)	\$216
01	3.6 - 5	Mon	2:30 - 3:15 pm	Jan 9 - Mar 27 (No class 1/16, 2/20)	\$216
01	5 - 7	Mon	3:30 - 4:15 pm	Jan 9 - Mar 27 (No class 1/16, 2/20)	\$216

REGISTRATION INFORMATION
Residents: November 29th
Non-Residents: December 13th

Toddler Movement & Song

111307

(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**

9 weeks

S#	Day	Times	Date	Price
01	Mon	9:15 - 10 am	Jan 9 - Mar 27	\$140

(No class 1/16, 2/20, 3/20)

Kid's Movement, Art & Song

111308

(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**

9 weeks

S#	Day	Times	Date	Price
01	Mon	10:15 - 11:15 am	Jan 9 - Mar 27	\$130

(No class 1/16, 2/20, 3/20)

Gardengate Academy: Children's Drop Off

110888

(Ages 2 - 4)

Instructor: Gabi Maza

Whether it is the first time dropping off or your child needs some extra hours of fun and socialization! This drop off is the perfect combination of tumbling, art, hands on activities, music and science. This is a drop-off program, no potty training is required.

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

11 weeks

S#	Day	Times	Date	Price
01	Fri	9:30 - 11:30 am	Jan 13 - Mar 31	\$192

(No class 2/24)



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Instagram: @recwellesley



Budding Artist and a Buddy

121401

(Ages 1.5 - 4)

Instructor: Beth Meditz

Share the joy of creating art together! Unique art activities are specially designed to enhance your child's learning skills and self expression. Each artist will get to take home a wonderful experience, be totally engaged in age appropriate exploration of materials and take home an individual masterpiece from each class. You'll be amazed at what your toddlers can do! Hands on experiences last forever! We all learn best, by "doing". Wear mess around clothes or bring a smock.

Location: Warren Building Min: 5/Max: 12

10 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:15 am	Jan 10 - Mar 21 (No class 2/21)	\$162
02	Thu	9:30 - 10:15 am	Jan 12 - Mar 23 (No class 2/23)	\$162

Pottery & Wheel Throwing

121409

(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 - 5:05 pm	Jan 12 - Mar 9 (No class 2/23)	\$145
02	8 - 18	Thu	5:25 - 6:25 pm	Jan 12 - Mar 9 (No class 2/23)	\$145



Awesome Art

121432

(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

Location: Warren Building Min: 6/Max: 12

10 weeks

S#	Day	Times	Date	Price
01	Tue	4:30 - 5:30 pm	Jan 10 - Mar 21 (No class 2/21)	\$174
02	Wed	4:30 - 5:30 pm	Jan 11 - Mar 22 (No class 2/22)	\$174
03	Thu	4:30 - 5:30 pm	Jan 12 - Mar 23 (No class 2/23)	\$174

Parent & Child Pottery

121408

(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#	Age	Day	Times	Date	Price
01	4 - 5	Thu	3 - 4 pm	Jan 12 - Mar 9 (No class 2/23)	\$145

Drawing & Painting Modern Masterpieces

121424

(Ages 6.5 - 13)

Instructor: D'Ann Hansen

In this class students will produce timeless work that will be cherished for years. These large 16" x 22" 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 Warren Building provides a perfect creative oasis! All supplies included. More information on D'Ann can be found at her website at www.dannhansen.com

Location: Warren Building Min: 6/Max: 8

5 weeks

S#	Day	Times	Date	Price
01	Tue	4 - 6 pm	Jan 10 - Feb 7	\$195
02	Tue	4 - 6 pm	Feb 28 - Mar 28	\$195
03	Thu	4 - 6 pm	Jan 12 - Feb 9	\$195
04	Thu	4 - 6 pm	Mar 2 - Mar 30	\$195

Sewing For Kids

121427

(Grades 3 - 8)

Instructor: Dorothy Theodore

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

Location: Warren Building Min: 6/Max: 12

6 weeks

S#	Day	Times	Date	Price
01	Tue	5:30 - 6:45 pm	Jan 10 - Feb 14	\$300

Valentine's Cookies



110899

(Grades 1 - 6)

Instructor: Gardengate Staff

Join us for a fun Valentine's Cookie Decoration! Our class is based on creativity and inspiration, each student will bring home their creations to share! This class is all about cutting, chopping, stirring, mixing, measuring and teamwork! All skill levels are welcome. In each 1-1/2 hour drop off class, the students will learn about kitchen safety, measurements, following directions, healthy habits and of course they will have over 10 different materials to choose from for cookie decorations. All materials included. Peanut / nut free recipe.

Location: Warren Building Min: 6/Max: 15

1 Day

S#	Day	Times	Date	Price
01	Sat	10:30 am - 12 pm	Feb 11	\$15

Wednesday Early Release Care

110801

(Grade K - 3)

Instructor: Gardengate Academy

Let your child enjoy this time of the week in a fun environment with various classes to choose from! Gardengate Academy™ will be offering after care program on every Wednesday 12:00 to 3:00 pm at the Wellesley Recreation for the rest of the school year. Transportation is available for Sprague Families. Children can also be dropped off at the Recreation Center (Children's Room) Small snack will be provided. We dedicate our curriculum in building a supportive environment for kids! This program is all about creating opportunities for our students to practice certain competencies including Hip Hop dance or art/science in addition to outdoor play and homework lab. All classes included! For more information about pick availability, classes and program call (508)720-0033 or email at info@gardengateacademy.com Transportation is available for Sprague school families for an additional fee of \$55.

Location: Warren Building Min: 4/Max: 15

11 weeks

S#	Day	Times	Date	Price
01	Wed	12 - 3 pm	Jan 11 - Mar 29 (No class 2/22)	\$240

SPRING 2017: 210801

11 weeks

S#	Day	Times	Date	Price
02	Wed	12 - 3 pm	Apr 5 - June 21 (No class 4/19)	\$240

Tie Dye Cookies



123701

(Grade K - 3)

Instructor: Diane Benson

Spend your afternoon baking some delicious, one-of-a-kind cookies for your friends and your family! Please note on the registration form if your child has any food allergies. Eggs will be used in this class.

Location: Warren Building Min: 5/Max: 8

1 Day

S#	Day	Times	Date	Price
01	Mon	3:30 - 5:30 pm	Mar 27	\$45

Make It! Bake It! Take It!

123711

(Grade K - 3)

Instructor: Diane Benson

Kids in this class will learn the basic steps to cooking and baking! With fun-to-make recipes from tasty deserts to pizza, kids will satisfy their taste buds while practicing math skills 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. Don't worry if you have taken this class before, recipes are NEVER repeated!!! Please note on registration form if your child has any food allergies. Price includes food fee

Location: Warren Building

Min: 6/Max: 8

8 weeks

S#	Day	Times	Date	Price
01	Fri	3:30 - 5 pm	Jan 13 - Mar 17 (No class 2/10, 2/24)	\$280



Little Chefs

123798

(Ages 3 - 14)

Instructor: Kelly Barry

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

Location: Warren Building

Min: 6/Max: 10

5 weeks

S#	Age	Day	Times	Date	Price
01	3 - 5	Wed	1:30 - 3 pm	Jan 18 - Feb 15	\$150
02	6 - 8	Wed	3:30 - 5 pm	Jan 18 - Feb 15	\$150
03	9 - 14	Wed	5:30 - 7 pm	Jan 18 - Feb 15	\$150
04	3 - 5	Wed	1:30 - 3 pm	Mar 1 - 29	\$150
05	6 - 8	Wed	3:30 - 5 pm	Mar 1 - 29	\$150
06	9 - 14	Wed	5:30 - 7 pm	Mar 1 - 29	\$150
07	3 - 5	Thu	1:30 - 3 pm	Jan 19 - Feb 16	\$150
08	6 - 8	Thu	3:30 - 5 pm	Jan 19 - Feb 16	\$150
09	9 - 14	Thu	5:30 - 7 pm	Jan 19 - Feb 16	\$150
10	3 - 5	Thu	1:30 - 3 pm	Mar 2 - 30	\$150
11	6 - 8	Thu	3:30 - 5 pm	Mar 2 - 30	\$150
12	9 - 14	Thu	5:30 - 7 pm	Mar 2 - 30	\$150

Intro to Dance: Level 1

124003

(Ages 2.9 - 4)

Instructor: Cindy Wright

A fun introduction to the wonderful world of dance; this is a creative movement and pre-ballet class. Students will develop gross motor skills, coordination, group skills and self-confidence. Dance games and props will be included and dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dance wear or comparable attire. There will be a small recital on June 3. Participation is optional. Complete information will be given at class.

Location: Warren Building Min: 6/Max: 10
9/8 weeks

S#	Day	Times	Date	Price
01	Fri	11:45 am - 12:30 pm	Jan 13 - Mar 17 (No class 2/24)	\$140

SPRING: #224000

S#	Day	Times	Date	Price
01	Fri	11:45 am - 12:30 pm	Mar 24 - May 26 (No class 4/14, 4/21)	\$125



Intro to Dance: Level 2

124004

(Ages 3.5 - 5)

Instructor: Cindy Wright

A fun introduction to the wonderful world of dance; this is a creative movement and pre-ballet class. Students will develop gross motor skills, coordination, group skills and self-confidence. Dance games and props will be included and dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dance wear or comparable attire. **There will be a small recital on June 3. Participation is optional. Complete information will be given at class.**

Location: Warren Building Min: 6/Max: 10
9/8 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:15 pm	Jan 12 - Mar 16 (No class 2/23)	\$140
04	Fri	10:45 - 11:30 am	Jan 13 - Mar 17 (No class 2/24)	\$140

SPRING: #224005

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:15 pm	Mar 23 - May 25 (No class 4/20)	\$140
02	Fri	10:45 - 11:30 am	Mar 24 - May 26 (No class 4/14, 4/21)	\$125

Dance/Theater

124097

(Ages 4 - 5)

Instructor: Cindy Wright

It starts with a story. Through dance, dialogue and drama (and comedy!), the children will tell the story. We'll add some costumes and props and present an informal performance at the final class. This is a dance class focusing on basic ballet and jazz/hip-hop (age appropriate moves and music). It is also a class that will introduce young children to acting and how acting, music and dance create musical theater. Children should wear any style dance wear or comparable clothes and ballet slippers or non-skid socks. **There will be a small recital on June 3. Participation is optional. Complete information will be given at class.**

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

S#	Day	Times	Date	Price
01	Tue	12:30 - 1:30 pm	Jan 17 - Mar 21 (No class 2/21)	\$152

SPRING: #224097

S#	Day	Times	Date	Price
01	Tue	12:30 - 1:30 pm	Mar 28 - May 30 (No class 4/18)	\$152

Intro to Musical Theater

122303

(Grades 2 - 4)

Instructor: Cindy Wright

The show must go on! Children will develop acting, singing and dancing skills as they prepare for a performance (to be held at the last class). They will be assigned equitable roles and will have costumes and props to help bring their characters to life. Children should wear comfortable clothes and shoes and bring a water bottle to class.

Location: Warren Building Min: 7/Max: 14
10 weeks

S#	Day	Times	Date	Price
01	Tue	3:45 - 5 pm	Jan 10 - Mar 21 (No class 2/21)	\$180

Valentine's Day Family Art Workshop

121488

(Ages 6+)

Instructor: D'Ann Hansen

In this fun workshop students will interpret a heart painting by the famous contemporary painter Jim Dine. These large 16" x 22" works will be made with professional acrylic paints on archival paper. A second project will be painting and collaging in miniature using Artist Trading Cards. These tiny pieces of art will be in the official 2 1/2 x 3 1/2 size and are being traded around the world. All materials and delicious snacks included. Children may come without an adult and an adult may come without a child! More information on D'Ann can be found at her website at www.dannhansen.com

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

S#	Day	Times	Date	Price
01	Sat	12:30 - 4 pm	Feb 11	\$65



Future Scientists

121440

(Ages 2.9 - 5)

Instructor: Diane Benson

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: Making a Rainstick, Beach in a Bottle, Building & Erupting a Volcano, Kid-Made Silly Putty and MORE!!!

Location: Warren Building Min: 6/Max: 8

8 weeks

S#	Day	Times	Date	Price
01	Tue	12:50 - 1:50 pm	Jan 10 - Mar 14	\$200

(No class 1/17, 2/21)

Star Wars Science

121456

(Grade K - 3)

Instructor: Diane Benson

Is THE FORCE with YOU?! Spend the afternoon getting in touch with your inner Jedi and enjoy some Star Wars inspired science experiments! Kids will make Dark Side Slime and more!

Location: Warren Building Min: 6/Max: 20

1 Day

S#	Day	Times	Date	Price
01	Tue	3:30 - 5:30 pm	Mar 21	\$55



Guitar Lessons: Youth

125807

(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	Jan 23 - Mar 20	\$135

(No class 2/20)

Girl's Science Club

124904

(Grade 1 - 5)

Instructor: Wicked Cool For Kids

Engaging hands-on chemistry and geology projects will encourage girls to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lip balms, and lotions. Explore how chemists create formulas and make your own cool products to take home. New projects include creating brilliant salt crystals and investigating gems and geodes.

Location: Warren Building Min: 8/Max: 14

6 weeks

S#	Day	Times	Date	Price
01	Mon	3:30 - 4:30 pm	Jan 23 - Mar 6	\$125

(No class 2/20)



Lego Engineering

124920

(Grade 1 - 5)

Instructor: Wicked Cool For Kids

Lego Engineering teaches basic engineering concepts, problem solving, & teamwork - all by playing and building with Legos. In this set of all-new activities, we look at gears, levers, pulleys, and wheels & axles. These are the basic mechanisms that underpin all the mechanical equipment in our lives.

Location: Warren Building Min: 8/Max: 14

6 weeks

S#	Day	Times	Date	Price
01	Wed	3:30 - 4:30 pm	Jan 25 - Mar 8	\$125

(No class 2/22)

Piano Lessons: Youth

125806

(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	Jan 23 - Mar 20	\$135

(No class 2/20)



Wellesley Rec. Office Hours
Monday - Friday 8:30 - 4:30
781-235-2370

James Bede Soccer Fundamentals



122900

(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 & sneakers, plus they need to bring a water bottle as well. Program is held in the gym.

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

8 weeks

S#	Age	Day	Times	Date	Price
01	4	Wed	2 - 2:45 pm	Jan 11 - Mar 8 (No class 2/22)	\$175
02	5	Wed	2:50 - 3:35 pm	Jan 11 - Mar 8 (No class 2/22)	\$175
03	4	Wed	3:45 - 4:25 pm	Jan 11 - Mar 8 (No class 2/22)	\$175
04	5 - 6	Wed	4:30 - 5:15 pm	Jan 11 - Mar 8 (No class 2/22)	\$175

James Bede Advanced Footskills



122901

(Ages 7 - 10)

Instructor: James Bede & Staff

Join James Bede to learn and advance your foot skills. This session will focus on individual skills; dribbling, moves, shielding and passing. You will bring your game to the next level by participating in this session.

Location: Warren Building **Min: 10/Max: 16**

8 weeks

S#	Day	Times	Date	Price
01	Tue	6 - 7 pm	Jan 10 - Mar 7 (No class 2/21)	\$255
02	Sat	10:15 - 11:10 am	Jan 14 - Mar 11 (No class 2/18)	\$255



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Parents Night Out

122801

(Ages 7 - 11)

Instructor: Wellesley Recreation Staff

Parents go out and kids stay in! Take an evening out while your children enjoy sports, dinner, crafts, games, movie and a snack - all with a fun theme. Don't forget to bring a sleeping bag and pillow for movie time! Please advise us at the time of registration of any food allergies.

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

2 Days

S#	Day	Times	Date	Price
01	Fri	6 - 9 pm	Dec 16	\$30
02	Fri	6 - 9 pm	Jan 27	\$30



James Bede Soccer League

122905

(Ages 5 - 8)

Instructor: James Bede & Staff

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

Location: Warren Building

Min: 10/Max: 30

8 weeks

S#	Age	Day	Times	Date	Price
01	7 - 8	Tue	5 - 6 pm	Jan 10 - Mar 7 (No class 2/21)	\$320
		Sat	11 - 12:10 pm	Jan 14 - Mar 11 (No class 2/18)	
02	5 - 6	Wed	5:20 - 6:20 pm	Jan 11 - Mar 8 (No class 2/22)	\$320
		Sat	12:15 - 1:15 pm	Jan 14 - Mar 11 (No class 2/18)	

Dynamic Running - Kids

120204

(Ages 7 - 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. Keep your child moving in the winter with this indoor class that introduces track and field to the young athlete.

Location: Warren Building

Min: 6/Max: 15

5 weeks

S#	Day	Times	Date	Price
01	Mon	4:30 - 5:30 pm	Jan 30 - Mar 6 (No class 2/20)	\$145



PROGRAM REGISTRATION

Online • Walk-in • Phone

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

Mastercard • Visa accepted

About jrCode

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



Foundations

123089

(Grades 2 - 5)

Instructor: JrCode Staff

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

Prerequisites: None

Coding language/platform used: Scratch (block language)

Recommended Next Class: any Level 1 class

Location: Warren Building

Min: 5/Max: 14

8 Weeks

S#	Day	Times	Date	Price
01	Mon	4 - 5 pm	Jan 23 - Mar 20 (No class 2/20)	\$275
02	Wed	4 - 5 pm	Jan 25 - Mar 22 (No class 2/22)	\$275

Pre-Gaming

123089

(Grades K - 2)

Instructor: JrCode Staff

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

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

Prerequisites: None

Coding language/platform used: ScratchJr (block language)

Recommended Next Class: Foundations

Location: Warren Building

Min: 5/Max: 14

8 Weeks

S#	Day	Times	Date	Price
03	Tue	4 - 5 pm	Jan 24 - Mar 21 (No Class 2/21)	\$275

Gaming - Level I

123089

(Grades 2 - 5)

Instructor: JrCode Staff

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

Prerequisites: Foundations or Accelerated Foundations

Coding language/platform used: Scratch (block language)

Recommended Next Class: any Level 1 class or Gaming Level

Location: Warren Building

Min: 5/Max: 12

8 Weeks

S#	Day	Times	Date	Price
04	Thu	4 - 5 pm	Jan 26 - Mar 23 (No Class 2/23)	\$275

Spring Show 2017!

Details on page 6



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Instagram: @recwellesley



Gaming - Level II

123089

(Grades 4 - 8)

Instructor: JrCode Staff

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

Prerequisites: Foundations/Accelerated Foundations and Gaming Level 1

Coding Language/Platform Used: Scratch (block language)

Recommended Next Class: any Level 2 class or JavaScript Foundations

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

S#	Day	Times	Date	Price
05	Thu	5:15 - 6:45 pm	Jan 26 - Mar 23	\$350
(No Class 2/23)				

Animations - Level II

123089

(Grades 4 - 8)

Instructor: JrCode Staff

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

Prerequisites: Foundations/Accelerated Foundations and Gaming Level 1

Coding Language/Platform Used: Scratch (block language)

Recommended Next Class: any Level 2 class or JavaScript Foundations

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

S#	Day	Times	Date	Price
06	Tue	5:15 - 6:45 pm	Jan 24 - Mar 21	\$350
(No Class 2/21)				

Puddlestompers

415701

(Ages 3 - 6)

Instructor: Puddlestomper Staff

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

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

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



Python Foundations

123089

(Grades 5 - 8)

Instructor: JrCode Staff

Leaving the world of block programming behind, student will begin transitioning over to text programming in this Python Foundations class. This course introduces student to not only the fundamentals of programming but also problem solving and computational thinking. Through developing exciting programs with fun libraries such as the "turtle," student will gain the knowledge need to build their own programs and eventually, games!

Prerequisites: Foundations or upon the discretion of the teacher, proficient typing skills are recommended

Coding language/platform used: Python (text language)

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

S#	Day	Times	Date	Price
07	Wed	5:15 - 6:45 pm	Jan 25 - Mar 22	\$350
(No class 2/22)				
08	Mon	5:15 - 6:45 pm	Jan 23 - Mar 20	\$350
(No class 2/20)				



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

Terriers December Vacation

420607

(Grades 2 - 7)

Instructor: Terriers Staff

We are pleased to offer a December Vacation version of our popular Terriers Sports program. Each day will begin with an open gym, with supervised but self-structured fun and activity. Kids will shoot hoops, play knockout, pickup basketball, wall ball, practice skills, or just relax and have fun with friends. Basketball games will also be played each day - "Terriers style" with action, energy and a focus on fun and sportsmanship. Sessions will also offer our popular Dodgeball games. Kids love the fast paced action, throwing, catching and, of course dodging balls in this great game. Our playground and sledding hill will also be available for outdoor fun. We hope to see you there! Teams and games will be divided and structured by grade as appropriate in each session. Participants bring their own lunch.

Location: Warren Building **Min: 20/Max: 40**
1 week

S#	Day	Times	Date	Price
01	Tue	10:30 am - 2:30 pm	Dec 27	\$45
02	Wed	10:30 am - 2:30 pm	Dec 28	\$45
03	Thu	10:30 am - 2:30 pm	Dec 29	\$45

\$120 if you register for the whole week.





Knucklebones Gym Heroes

123106

(Ages 2 - 5)

Instructor: Knucklebones Staff

Incorporating old school favorites as well as our own outside the box games - your child will enjoy a class filled with physical activity, game play, sportsmanship and fun! From scooter boards to parachute, Plasma Car races to Tube creation, this class ensures laughter, fun and gross motor development!

Location: Warren Building

Min: 10/Max: 15

8 weeks

S#	Day	Times	Date	Price
01	Mon	10:15 - 11:15 am	Jan 9 - Mar 13	\$108
(No class 1/16, 2/20)				

Knucklebones Gymnastics

123155

(Ages 2 - 5)

Instructor: Knucklebones Staff

Knucklebones' Gymnastics offers a unique twist for your beginning gymnast. Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastics and gross motor skills. Exploring various apparatus including beam, high bar, rings, mats, mat shapes (cylinder, wedges, humps, etc), spring board, and trampolines along with unique products such as Gonge balance sets, polyspots, and Action, your child will progress with introductory skills while having fun! Knucklebones prides itself on engaging children through cooperative play in a carefully designed circuit of gymnastic activities.

Location: Warren Building

Min: 5/Max: 12

8 weeks

S#	Day	Times	Date	Price
01	Wed	10:15 - 11:15 am	Jan 11 - Mar 8	\$108
(No class 2/22)				

Knucklebones Micro Athletics

123100

(Ages 2 - 5)

Instructor: Knucklebones Staff

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

Location: Warren Building

Min: 6/Max: 12

8 weeks

S#	Day	Times	Date	Price
01	Fri	10:15 - 11:15 am	Jan 13 - Mar 10	\$108
(No class 2/24)				

Badminton: Juniors

120207

(Ages 5 - 12)

Instructor: Maugus Staff

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 be team players and grow as individuals.

Location: Maugus Club

Min: 8/Max: 15

8 weeks

S#	Day	Times	Date	Price
01	Mon	4 - 6 pm	Jan 2 - Feb 20	\$160
02	Wed	4 - 6 pm	Jan 4 - Feb 22	\$160
03	Fri	4 - 6 pm	Jan 6 - Feb 24	\$160
04	Sat	9 - 11 am	Jan 7 - Feb 25	\$160
05	Sat	1:30 - 3:30 pm	Jan 7 - Feb 25	\$160

Terriers Dodgeball League

120601

(Grades 2 - 6)

Instructor: Terriers Staff

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

Location: Warren Building

Min: 25/Max: 60

5 weeks

S#	Day	Times	Date	Price
01	Fri	4:15 - 5:15 pm	Jan 13 - Feb 10	\$125
02	Fri	4:15 - 5:15 pm	Mar 3 - Mar 31	\$125



Tot Learn to Skate Classes (Ages 3-6)

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

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

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

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

Pre-Tot Learn To Skate

123202

(Ages 3 - 4)

Instructor: FMC Ice Sports Staff

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

7 weeks

S#	Day	Times	Date	Price
01	Tue	4:40 - 5:05 pm	Jan 3 - Feb 14	\$119
02	Tue	4:40 - 5:05 pm	Feb 28 - Apr 11	\$119

Tot Learn To Skate

123200

(Ages 3 - 6)

Instructor: FMC Ice Sports Staff

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

7 weeks

S#	Day	Times	Date	Price
01	Tue	4:40 - 5:05 pm	Jan 3 - Feb 14	\$119
02	Tue	4:40 - 5:05 pm	Feb 28 - Apr 11	\$119

BE PREPARED FOR CLASS

Deadline to register for January session - DECEMBER 29

Deadline to register for February session - FEBRUARY 23

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



Youth Learn to Skate Classes (Ages 6-12)

Youth Learn to Skate levels are designed to teach basic motion, balance and coordination that prepare skaters for hockey, figure skating or the occasional rink visit. Classes consist of at least 40 minutes of group instruction and 10 minutes of supervised practice.

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

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

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

Youth Learn To Skate

123290

(Ages 6 - 12)

Instructor: FMC Ice Sports Staff

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

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

7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Jan 2 - Feb 13	\$139
02	Tue	4:40 - 5:30 pm	Jan 3 - Feb 14	\$139
03	Mon	5:40 - 6:30 pm	Feb 27 - Apr 10	\$139
04	Tue	4:40 - 5:30 pm	Feb 28 - Apr 11	\$139

Teen & Adult Learn To Skate

123921

(Ages 13 & Up)

Instructor: FMC Ice Sports Staff

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

7 weeks

S#	Day	Times	Date	Price
01	Mon	5:40 - 6:30 pm	Jan 2 - Feb 13	\$139
03	Mon	5:40 - 6:30 pm	Feb 27 - Apr 10	\$139

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

For general questions:

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

For registrations or refunds:

781-235-2370

Visit FMC Web site @ fmcicesports.com

Indoor Tennis

125200

(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. All classes will be held inside.

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

7 weeks

S#	Age	Day	Times	Date	Price
01	5 - 7	Thu	3:30 - 4:30 pm	Jan 12 - Mar 2 (No class 2/23)	\$160
02	5 - 7	Thu	4:30 - 5:30 pm	Jan 12 - Mar 2 (No class 2/23)	\$160
03	8 - 11	Thu	5:30 - 6:30 pm	Jan 12 - Mar 2 (No class 2/23)	\$160

Archery

135300

(Ages 8 - 15)

Instructor: On the Mark Archery Staff

Try out traditional recurve archery this winter and see for yourself why one of the world's oldest sports is making a comeback! This introductory course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and tournaments. Classes led by two certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided.

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

5 weeks

S#	Day	Times	Date	Price
01	Wed	6:30 - 7:30 pm	Jan 4 - Feb 1	\$135

Chess Lessons

124800

(Ages 5 - 14)

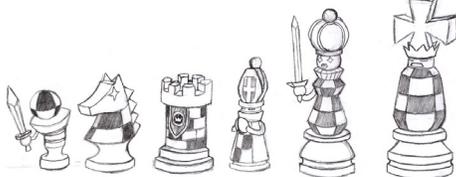
Instructor: Jim Della Selva

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

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

8 weeks

S#	Day	Times	Date	Price
01	Mon	4:30 - 5:30 pm	Jan 23 - Mar 20 (No class 2/20)	\$125
02	Mon	5:30 - 6:30 pm	Jan 23 - Mar 20 (No class 2/20)	\$125



Kids: Self Defense-Combat SAMBO

121806

(Ages 4 - 11) - Children over 6 years of age, accompanied by Adult, may come to Family Class. See Adult Program on PAGE 37

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. Uniforms and equipment are available for purchase in class. Note: For more information regarding the program details please visit www.combat-sambo.com or call 617-413-0660

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

10/12 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:30 pm	Jan 9 - Mar 27 (No class 1/16, 2/20)	\$160
02	Wed	6:30 - 7:30 pm	Jan 4 - Mar 29 (No class 2/22)	\$192
03	Mon & Wed	6:30 - 7:30 pm	Jan 4 - Mar 29 (No class 1/16, 2/20, 2/22)	\$286

Karate

121800

(Ages 3 - 12)

Instructor: Steve Nugent & Staff

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

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

13 weeks

S#	Age	Day	Times	Date	Price
01	3 - 5	Wed	3:45 - 4:30 pm	Jan 4 - Apr 5 (No class 2/22)	\$305
02	6 - 8	Wed	4:30 - 5:15 pm	Jan 4 - Apr 5 (No class 2/22)	\$305
03	9 - 12	Wed	5:15 - 6 pm	Jan 4 - Apr 5 (No class 2/22)	\$305



Skyhawks SNAG Golf

121904

(Ages 5 - 10)

Instructor: Skyhawks Staff

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



Location: Warren Building Min: 5/Max: 10

6/5 weeks

S#	Day	Times	Date	Price
01	Tue	3:45 - 4:45 pm	Jan 10 - Feb 14	\$95
02	Tue	3:45 - 4:45 pm	Feb 28 - Mar 28	\$85

Skyhawks Volleyball

121902

(Ages 7 - 15)

Instructor: Skyhawks Staff

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

Location: Warren Building Min: 8/Max: 14

6/5 weeks

S#	Day	Times	Date	Price
01	Tue	5 - 6 pm	Jan 10 - Feb 14	\$95
02	Tue	5 - 6 pm	Feb 28 - Mar 28	\$85



PROGRAM REGISTRATION

Online • Walk-in • Phone

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

Thundercat Mini Sports Jam

120903

(Ages 4 - 6)

Instructor: Thundercat Sports Staff

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



Location: Warren Building

Min: 8/Max: 12

6 weeks

S#	Day	Times	Date	Price
01	Mon	3:30 - 4:15 pm	Jan 30 - Mar 13	\$210

(No class 2/20)

Thundercat Basketball

120902

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

6 weeks

S#	Age	Day	Times	Date	Price
01	4 - 6	Sat	8:15 - 9 am	Jan 28 - Mar 11	\$210
(No class 2/18)					
02	7 - 9	Sat	9:05 - 10 am	Jan 28 - Mar 11	\$210
(No class 2/18)					

Thundercat Sports Jam

120904

(Ages 7 - 10)

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: 8/Max: 12

6 weeks

S#	Day	Times	Date	Price
01	Mon	4:30 - 5:30 pm	Jan 30 - Mar 13	\$210

(No class 2/20)



Online Program Registration

Residents: November 29

Non Residents: December 13

Pediatric First Aid & CPR

131579

(Ages 16+)

Instructor: Juanita Allen

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

There are six modules covered in this course which include:

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

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

Certification is good for 2 years.

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

1 Class

S#	Day	Times	Date	Price
01	Mon	6 - 9 pm	Jan 30	\$85



facebook.com/recwellesley
Instagram: @recwellesley



Social Sklz

131589

(Ages 8 - 12)

Instructor: Juanita Allen

In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. socialsklz:-) equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media. Essential tweenz: In this two hour workshop, tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.

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

1 Days

S#	Day	Times	Date	Price
01	Mon	3:45 - 5:45 pm	Jan 30	\$80

Home Alone Safety

131501

(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: 15**

1 Class

S#	Day	Times	Date	Price
01	Thu	3:30 - 5:30 pm	Feb 2	\$45

Babysitter's Training

131500

(Ages 11 - 15)

Instructor: Alice Wadley

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

(Participants should bring a snack)

Participants will learn how to:

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

Materials include

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

Certifications will be issued

Students who successfully complete this course will receive:

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

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

3 Classes

S#	Day	Times	Date	Price
01	Sat	10 am - 4 pm	Jan 14	\$120
02	Sat	10 am - 4 pm	Feb 4	\$120
03	Sat	10 am - 4 pm	Mar 25	\$120

Nashoba Ski Program Wednesdays

123300

(Ages 7 - 11)

Instructor: Ski Resort Nashoba Valley

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, date on Dec 8. If you miss the prefit you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. RENTAL EQUIPMENT: \$90, HELMET RENTAL: \$12, HELMET PURCHASE: \$60.

Location: Nashoba Valley **Min: 20/Max: 40**

4 weeks

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

Nashoba Ski Program Fridays

123301

(Ages 11 - 15)

Instructor: Ski Resort Nashoba Valley

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 Dec 8. If you miss the prefit you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. RENTAL EQUIPMENT: \$90, HELMET RENTAL: \$12, HELMET PURCHASE: \$60.

Location: Nashoba Valley **Min: 20/Max: 40**

4 weeks

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

SKI PRE-FIT

Thursday, December, 8th from 7-8pm

A NOTE TO PARENTS FOR NASHOBA SKI

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

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



Registration for Nashoba Ski
Programs began in Fall 2016.
Limited Spots are still available.

Cross Country Skiing

123302

(Ages 6 - 10) Children under 6 CANNOT participate in ski lessons

Instructor: Weston Ski Track

A series of 5 one-hour classes introduces children to beginner and intermediate skiing skills. Instruction combined with game playing, having fun, and five weeks of unlimited practice time allows kids to develop their ski skills and an appreciation of the sport. The cost for rentals is an additional \$40 (+tax) that the parents will pay on the day of the first class. The reason we do it this way is because several folks have their own equipment! There also is an additional charge for a trail pass which costs \$8 per day and will need to be purchased before each lesson.

What To Wear & Bring: Cross-country ski clothes should offer protection from the cold, wind, and snow. The challenge in cross-country skiing is to stay warm without over-dressing.

- Base & Insulating Layers: Wear several thin layers of wool or synthetic clothing (fleece, running tops and/or tights, polypro outdoor apparel, etc.) that can be easily added or removed.
- Top Layer: Wind- and water-resistant jackets and pants are highly recommended.
- Hat & Gloves are required. • Feet: Wool/Smartwool socks are best.
- Avoid cotton clothing (jeans, most T-shirts) they won't keep you dry or warm.
- Don't overdress - sweating doesn't help you stay warm.

WEATHER CANCELLATIONS: Because we make our own snow, we are capable of holding classes in almost any weather. Rarely are classes cancelled due to a lack of snow. No classes in steady rain. Call the Weston Ski Track at 781-891-6575 if you have any question as to whether classes will be held. No refunds will be granted for missed classes. Weston Ski Track reserves the right to cancel classes due to unsafe weather conditions and will make final decisions two hours before the start time of the event. IMPORTANT NOTE: For cancellations received fewer than 48 hours before your scheduled activity, we are unable to offer any refunds.

Location: Leo J. Martin Golf Course **Min: 3/Max: 6**

5 weeks

S#	Day	Times	Date	Price
01	Wed	1:15 - 2:15 pm	Jan 11 - Feb 8	\$60

Super Soccer Stars

122904

(Ages 1 - 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

Min: 4/Max: 15

11 weeks

S#	Age	Day	Times	Date	Price
01	3 - 4	Tue	10 - 10:45 am	Jan 10 - Mar 28 (No class 2/21)	\$330
02	2 - 3	Tue	10:50 - 11:30 am	Jan 10 - Mar 28 (No class 2/21)	\$330
03	1 - 2	Tue	11:35 am - 12:15 pm	Jan 10 - Mar 28 (No class 2/21)	\$330



Super Soccer SHINE

122702

(Ages 5 - 12)

Instructor: Super Soccer Stars Staff

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

Location: Tenacre Country Day School

Min: 2/Max: 8

9 weeks

S#	Age	Day	Times	Date	Price
01	5 - 8	Sun	12:25 - 1:10 pm	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270
02	8 - 12	Sun	12:25 - 1:10 pm	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270



Super Soccer Stars

122904

(Ages 1 - 7)

Instructor: Super Soccer Stars Staff

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

Location: Tenacre Country Day School

Min: 4/Max: 15

9 weeks

S#	Age	Day	Times	Date	Price
04	2 - 2.5	Sun	9 - 9:40 am	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270
05	1 - 2	Sun	9 - 9:40 am	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270
06	3 - 4	Sun	9:45 - 10:30 am	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270
07	2.5 - 3	Sun	9:45 - 10:25 am	Jan 8 - Mar 1 (No class 1/15, 2/19)	\$270
08	3 - 4	Sun	10:30 - 11:15 am	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270
09	4.5 - 5	Sun	10:35 - 11:25 am	Jan 8 - Mar 9 (No class 1/15, 2/19)	\$270
10	5 - 7	Sun	11:20 am - 12:20 pm	Jan 8 - Mar 19 (No class 1/15, 2/19)	\$270





NEWS FLASH!!

DON'T BE FOOLED!
Programs for Adults abound at
Wellesley Recreation!

Fitness! Finance! Yoga! Art and more!
Don't miss out!
Grown-ups can have fun too!

Wellesley Health Department

Visit the Wellesley Health Department website www.wellesleyma.gov/health for the following:

- Flu and Keep Well Clinic schedules**
- Mental health resources**
- Seasonal and emerging health issues**
- Regulatory concerns**

Wellesleyma.gov/Health



Public Health
Prevent. Promote. Protect.

Wellesley Health Department

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



Online Program Registration
Residents: November 29
Non Residents: December 13

Puddlestompers February Vacation

115702

(Ages 3 - 6)

Instructor: Puddlestompers Staff

Let us lead your children in discovering the beauty and wonder of late winter and early spring during PUDDLESTOMPERS February Vacation Week Drop-Off Program. Activity will be based at Warren Building where we will venture outside along the adjacent trail as much as temperature and weather allow. Learn about how animals survive the winter and why evergreens keep their leaves. Look for animal tracks and other signs of winter activity. Investigate the reappearance of animals and the new growth of plants as Mother Nature promises warmer weather in the months ahead. We will learn about the day's topic through hands-on exploration, active movement and play, crafts, stories, and songs with our integrated curriculum. 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 nature discovery into your home. Bring a nut-free lunch.

Location: Warren Building Min: 4/Max: 15

1 week

S#	Day	Times	Date	Price
01	Tue	9 am - 1 pm	Feb 21	\$67
02	Wed	9 am - 1 pm	Feb 22	\$67
03	Thu	9 am - 1 pm	Feb 23	\$67
04	Fri	9 am - 1 pm	Feb 24	\$67

Pottery February Vacation

121417

(Ages 7 - 13)

Instructor: Ramune Jauniskis

In this four day course kids, will learn the basics of hand building and wheel throwing while working on suggested projects as well as projects of their own choosing. All work will be kiln fired and must be picked up the following week. Please bring a snack. Price includes materials fee.

Location: Warren Building Min: 6/Max: 8

1 week

S#	Day	Times	Date	Price
01	Tue-Fri	9 am - 12 pm	Feb 21 - 24	\$195

Terriers February Vacation

120605

Instructor: Terriers Staff

Our February vacation program will begin with an open gym, with supervised but self-structured fun and activity. Kids will shoot hoops, play knockout, pick up basketball, wall ball, practice skills, or just relax and have fun with friends. Sessions will include basketball skill development sessions with instruction provided by members of the Wellesley High School Basketball team. Basketball games will also be played each day - "Terriers style" with action, energy and a focus on fun and sportsmanship. Sessions will also offer our popular Dodgeball games. Kids love the fast paced action, throwing, catching and, of course - dodging balls in this great game. Weather permitting; our sledding hill will also be available for outdoor fun! Teams and games will be divided and structured by grade as appropriate in each session. Participants bring their own lunch.

Location: Warren Building Min: 20/Max: 40

1 week

S#	Age	Day	Times	Date	Price
01	7 - 12	Tue	10:30 am - 2:30 pm	Feb 21	\$45
02	7 - 12	Wed	10:30 am - 2:30 pm	Feb 22	\$45
03	7 - 12	Thu	10:30 am - 2:30 pm	Feb 23	\$45
04	7 - 12	Tue-Thu	10:30 am - 2:30 pm	Feb 21 - 23	\$120

Painting & Drawing February Vacation

121491

(Ages 6.5 - 13)

Instructor: D'Ann Hansen

Step-by-step visual demonstration on how to draw and paint two artworks by modern or contemporary masters. Subject may include an animal, a still life or a figure. Students will learn about composition, color theory, shading and handling the paint brush to create different textural effects. Painted with professional quality acrylics on the finest papers, these 16" x 22" paintings will fit into standard size frames. You'll want to make room on your walls for these! All supplies included. More information on D'Ann can be found at her website at www.dannhansen.com

Location: Warren Building Min: 6/Max: 8

1 week

S#	Day	Times	Date	Price
01	Tue-Thu	1 - 4 pm	Feb 21 - 23	\$195



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Online Program Registration

Residents: November 29

Non Residents: December 13

HIRE-A-TEEN!

Activity#: 531500 • This is purely a referral service.

Hire-A-Teen is a referral service that connects teens with residents in Wellesley to complete a pre-determined job or service. ***It is up to the resident and teen to discuss/coordinate payment and scheduling.*** You may sign up as a RESIDENT looking to hire a teen or enroll as a TEEN looking to work.

Shovel My Snow

The Shovel My Snow program is intended for residents to **Hire-A-Teen** to shovel their driveway/walkway after a snowstorm. A roster of teens willing to work will be emailed to the list of residents seeking help around the time of a predicted snowstorm. The residents are in charge of contacting the teens to coordinate shoveling.

S#	Grade	Day	Times	Date	Price
01	9 - 12	Mon-Sun	12 am - 12 pm	Nov 1 - Apr 1	\$0 - TEEN (interested in working)
02	All	Mon-Sun	12 am - 12 pm	Nov 1 - Apr 1	\$0 - RESIDENT (interested in hiring)



Babysitting

The Babysitting program is intended for residents to **Hire-A-Teen** to babysit their children on a per diem basis. A roster of teens willing to work will be emailed to the list of residents periodically throughout the year. The residents are in charge of contacting the teens to coordinate babysitting services.

S#	Grade	Day	Times	Date	Price
03	9 - 12	Mon-Sun	12 am - 12 pm	Nov 1 - Apr 1	\$0 - TEEN (interested in working)
04	All	Mon-Sun	12 am - 12 pm	Nov 1 - Apr 1	\$0 - RESIDENT (interested in hiring)

WE'RE ON THE LOOKOUT...

**...for folks to sponsor our special events & programs!
SUMMER CONCERTS • MOVIE NIGHTS • SPECIAL PROGRAMS
and much more!**

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

SUNDAY GYM RENTALS For Sports Groups!

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

How To Be A Voice Over Talent

133898

(Ages 12 - 18)

Instructor: Lau Lapidès



Do people say you have a great voice for radio or animation? Do you love the voices of your favorite cartoon characters, commercials and television shows? Would you ever think of doing those voices professionally? If you're curious about the world of voice over come join our fun, interactive, fast-paced workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm-up your voice and speech, breathe properly, articulate, learn different accents, and interpret a script (copy) with ease! Learn how to create credible characters, and make a voice over demo! Have fun building your confidence as a voice actor while learning about scripts (copy) from commercials, audio books, animations, video game characters, e-learning and more! Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior experience necessary!

Location: Warren Building **Min: 6/Max: 25**

1 Day

S#	Day	Times	Date	Price
01	Sat	9 - 11 am	Feb 11	\$60

Does Race Affect Your Life?

133878

(Ages 11 - 17)

Instructor: Michelle Chalmers and Izumi Ludgate



This 2 hour class for all Middle School students (grades 6 to 8) will participate in a viewing of the powerful PBS Documentary, "Race: The Power of an Illusion, part 3." The film focuses not on individual behaviors and attitudes, but on how our institutions shape and create race, giving different groups vastly unequal life chances. It concludes by looking at why we can't just get rid of race. Following the film, the class will engage in small and large group discussions to unpack what was learned and have questions answered.

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

1 Day

S#	Day	Times	Date	Price
02	Mon	6 - 8 pm	Mar 27	\$12



Online Program Registration

Residents: November 29

Non Residents: December 13

Race: The Power Of An Illusion

143877 • (Ages 13+) • Instructor: Michelle Chalmers & Izumi Ludgate



This 2 hour class for any High School Student, will involve participation in a viewing of the powerful PBS Documentary, "Race: The Power of an Illusion, part 1." The film examines how scientific discoveries have toppled the concept of biological race. The program follows a dozen diverse students who sequence and compare their own DNA. They discover, to their surprise, that their closest genetic matches are as likely to be with people from other "races" as their own. The episode helps us understand why it doesn't make scientific or genetic sense to sort people into biological races, as it dismantles our most basic myths about race, including natural superiority and inferiority. Following the film, the class will engage in small and large group discussions to unpack what was learned and have questions answered.

Location: Warren Building • **Min: 6/Max: 25** • **1 week**

S#	Day	Times	Date	Price
01	Mon	6 - 8 pm	Feb 27	\$12

Acting Fundamentals for Life

133897

(Ages 12 - 18)

Instructor: Lau Lapidès



Do you love acting in plays, musicals and improvisational scenes? Would you like to perform like your favorite television and film actors in Hollywood? Are you preparing for a big community theatre, school or college audition? If you're curious about the world of acting come join our fast-paced fun, interactive workshop designed to offer you an introduction to the world of auditioning and a foundation in actor craft! Our exciting fun fast-moving workshop will teach you how the pros warm-up voice and speech, breathe properly, articulate and interpret scripts from television and film and create credible multi-dimensional characters. Build your confidence, eliminate stage-fright, and make new friends all while thinking fast on your feet using improvisation technique to work with others on scenes and exercises. Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior experience necessary!

Location: Warren Building **Min: 6/Max: 25**

1 Day

S#	Day	Times	Date	Price
01	Sat	9 - 11 am	Mar 4	\$60

Public Speaking With Confidence

133899

(Ages 12 - 18)

Instructor: Lau Lapidès



Need to polish your speaking skills for debate team? School presentations? College interviews? Want to eliminate fears and anxieties of speaking? From the moment you enter a room, in literally seconds, you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact--all of these ingredients create the successful chemistry to "command presence!" In this fun and fast-paced workshop you will learn hands-on techniques to strengthen your speaking skills. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Have fun developing storytelling techniques through improvisation. Come dressed in comfortable clothing, and bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior speaking experience necessary!

Location: Warren Building **Min: 6/Max: 25**

1 Day

S#	Day	Times	Date	Price
01	Sat	1 - 3 pm	Jan 7	\$60

Core & Fitness With Sharon

140218

(All Ages)

Instructor: Sharon Fillyaw

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

Location: Warren Building

Min: 15/Max: 20

10 weeks

S#	Day	Times	Date	Price
01	Fri	2 - 3 pm	Jan 13 - Mar 24	\$50

(No class 2/24)

Heartbeat For Adults

140499

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

10 weeks

S#	Day	Times	Date	Price
01	Tue,Thu,Fri	6:10 - 7 am	Jan 10 - Mar 24	\$110/2x/Week \$165/3x/Week

(No class 1/16, 1/30, 1/31, 2/1, 2/2, 2/3, 2/20)

Badminton: Adults

140208

(Ages 16+)

Instructor: Willy Wu & Steve Yang

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



Location: Warren Building

Min: 12/Max: 24

8 weeks

S#	Day	Times	Date	Price
01	Sat	5 - 7:30 pm	Jan 14 - Mar 11	\$50

(No class 2/18)

Fusion Fit

140402

Instructor: Bitsy Graham

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

Location: Warren Building

Min: 10/Max: 30

10 weeks

S#	Day	Times	Date	Price
01	Mon-Fri	8:45 - 9:45 am	Jan 9 - Mar 24	\$240/2x/Week \$285/3x/Week \$302/2x/Week \$320/2x/Week

(No class 1/16, 1/30, 1/31, 2/1, 2/2, 2/3, 2/20)

Dynamic Running For Adults

140290

(Ages 18+)

Instructor: Kathy Fleming

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

Location: Warren Building

Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Thu	10:15 - 11:15 am	Jan 19 - Feb 16	\$155

Tai Chi

140571

Instructor: Leslie Worris

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

Location: Warren Building

Min: 8/Max: 15

11 weeks

S#	Day	Times	Date	Price
04	Thu	12:30 - 1:30 pm	Jan 12 - Mar 30	\$132

(No class 2/9)



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



facebook.com/recwellesley
Instagram: @recwellesley



Yoga: Vinyasa Flow

140566

Instructor: Peter Kelly

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

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

S#	Day	Times	Date	Price
01	Sat	9 - 10:15 am	Jan 14 - Mar 25	\$130 (No class 2/18)

Yoga for Living Well

140513

Instructor: Leslie Worris

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

Location: Warren Building **Min: 8/Max: 18**
10/11 weeks

S#	Day	Times	Date	Price
01	Tue	1:45 - 3 pm	Jan 10 - Mar 28	\$120 (No class 2/7, 2/14)
02	Thu	1:45 - 3 pm	Jan 12 - Mar 30	\$132 (No class 2/9)

Yoga: M/W/F

140598

Instructor: Julie Pernokas

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

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

S#	Day	Times	Date	Price
01	Mon, Wed, Fri	9 - 10:15 am	Jan 4 - Apr 14	\$210/1 Day \$364/2 Days \$420/3 Days (No class 1/16, 2/20, 2/22, 2/24)



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

Yoga: Beginner

140597

Instructor: Julie Pernokas

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

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

S#	Day	Times	Date	Price
01	Tue	7 - 8 pm	Jan 3 - Apr 11	\$210 (No class 2/21)

Yoga: Absolute Beginner

140590

Instructor: Julie Pernokas

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

Location: Warren Building **Min: 15/Max: 25**
14 weeks

S#	Day	Times	Date	Price
01	Mon & Wed	10:30 - 11:30 am	Jan 4 - Apr 12	\$210/1 Day \$364/2 Days (No class 1/6, 2/20, 2/22)

Yoga Book Club

143814

Instructor: Cory Hallaby

Here's a chance to let inspired wisdom from your bookshelf transform your daily life. In Yoga Book Club, new concepts and habits sink deep into your mind, body and spirit, creating profound, positive change. Led by certified life coach and yoga instructor, Cory Halaby, classes include book discussion, life coaching, self-reflection, yoga and meditation. Each season of Yoga Book Club offers a new layer of learning. Each class is centering, relaxing and fun, like a mini-retreat. This winter we'll read the bestselling memoir that Elizabeth Gilbert, Brené Brown, and Oprah are all raving about: LOVE WARRIOR by Glennon Doyle Melton. In it, Melton shares her story of addiction and recovery, her happy family life with three kids, and what she learns about love when her marriage implodes. With uncompromising honesty she tells us how she came to understand that we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. "A woman who has recovered her true identity as a Love Warrior is the most powerful force on earth." --Glennon Doyle Melton. Find out more about Yoga Book Club at withinlifecoaching.com.

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

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:45 am	Jan 12 - Mar 9	\$150 (No class 2/23)

Zumba Tuesdays

144099

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: 12**

6 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Jan 10 - Feb 14	\$60
02	Tue	9:30 - 10:30 am	Feb 28 - Apr 11	\$60

(No class 4/4)

Zumba Wednesdays

144006

Instructor: Tanya Novobrantseva

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

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

6/5 weeks

S#	Day	Times	Date	Price
01	Wed	7:15 - 8:15 pm	Jan 11 - Feb 15	\$42
02	Wed	7:15 - 8:15 pm	Mar 1 - 29	\$35

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: wellesley.ma.gov/recreation; click on "Open Gym." Times are subject to change.

Basketball

141233

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

13 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 9 pm	Jan 10 - Apr 11	\$50

(No class 2/21)

Volleyball

141100

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

13 weeks

S#	Day	Times	Date	Price
01	Thu	7 - 9 pm	Jan 12 - Apr 13	\$50

(No class 2/23)

Coach K's Best Fitness Class

140289

Instructor: Kathryn Quirk

While any kind of exercise is better than nothing, I focus on functional fitness exercises with an emphasis on core stability. So much of the equipment in gyms is designed for you to push weight or pull weight or move in one direction -- on a singular plane. Yet everyday life, whether it involves picking up children, putting away groceries, yard work, walking the dog and even the occasional golf or tennis game, requires dynamic movement. Even if you spend the majority of your day sitting, keeping your spine stable and linear while you sit at your desk, is critical. You will torch calories, reduce fat and build lean muscle. With a killer play list and an energetic and motivational instructor, who will demonstrate and provide guidance, your BEST class will go by in a flash!

Location: Warren Building **Min: 4/Max: 14**

8 weeks

S#	Day	Times	Date	Price
01	Tue	6:15 - 7 am	Jan 10 - Mar 7	\$120
(No class 2/21)				
02	Thu	6:15 - 7 am	Jan 12 - Mar 9	\$120
(No class 2/23)				

Acrylic Painting for Adults

141455

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 buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. All classes held in the sunny art studio in the Warren Building. Price includes supplies. www.dannhansen.com

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

5 weeks

S#	Day	Times	Date	Price
01	Tue	10 am - 12 pm	Jan 17 - Feb 14	\$195
02	Tue	10 am - 12 pm	Feb 28 - Mar 28	\$195
03	Wed	10 am - 12 pm	Jan 11 - Feb 8	\$195
04	Wed	10 am - 12 pm	Mar 1 - Mar 29	\$195

Beaded Jewelry - All Levels

141489

Instructor: Andrea Alyse

Create beautiful necklaces, bracelets and earrings! Learn a variety of beading techniques such as stringing, beads and wire, weaving, and more while working with nationally known bead artist Andrea Alyse. The syllabus will include a list of supplies you will need throughout the classes. A \$10 materials fee will include beads and supplies for the first class. This is an excellent class for students both with or without previous beading experience.

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

8 weeks

S#	Day	Times	Date	Price
01	Fri	9:30 am - 12:30 pm	Jan 13 - Mar 10	\$240

(No class 2/24)

Still Life & Observational Drawing

141425

Instructor: Alfred D'Angelo

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

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

8 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Jan 10 - Mar 7	\$120
(No class 2/21)				

Simple Techniques to Release Your Inner Artist

141432

Instructor: Janet Schwartz

"Simple Techniques to Release Your Inner Artist" is a hands-on, 3-session workshop that gives aspiring artists a practical strategy for getting started on painting and creating an impactful work of art in each session! In session 1, after a short slide show presenting the concepts and a demonstration of the process, you will create your own paintings of a projected image using pastels. The instructor will guide everyone to apply the techniques and paint the subject in darks, lights and mid-tones, focusing on details toward the end. In sessions 2 and 3, you are encouraged to bring your own photos to work from (photos provided, if needed). Concepts and methods will be reviewed at each session. Although geared toward non-artists interested in getting a jumpstart into painting, the program is also beneficial for experienced artists. All materials provided

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

3 weeks

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Mar 15 - 29	\$110



Walk-In Registration

Residents: November 29 @ 8:30 am
Non Residents: December 13 @ 8:30 am

Drawing With Color

141426

(Ages 18+)

Instructor: Alfred D'Angelo

Drawing with Color is the right course for the artist who has not had any color instruction, or for those who want to brush up on their color expertise. Being able to handle color is a great artistic pursuit and very satisfying when successful. Our goal is to guide you in the use of color while creating still life drawings. During the course, you will gain an understanding of how to see color and practice the use of color. You will begin with basic color exercises and move on to creating more complex and richer color drawings. Each artist will be able to progress as far as their skills will take them in the eight week course. For a list of required supplies, email Alfred De Angelo at alfred.deangelo@gmail.com

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

8 weeks

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Jan 11 - Mar 8	\$120
(No class 2/22)				



Pottery For Adults

141406

(Ages 18+)

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**

6 weeks

S#	Day	Times	Date	Price
01	Thu	12 - 2 pm	Jan 12 - Feb 16	\$216

Sewing for Adults

141427

(Ages 14+)

Instructor: Dorothy Theodore

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

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

6 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Jan 10 - Feb 14	\$360

ESL For Beginners

143568

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 daily 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****20/10/11 Classes**

S#	Day	Times	Date	Price
01	Tue & Thu	9:30 - 11 am	Jan 17 - Mar 30 (No class 2/21, 2/23)	\$360
02	Mon & Wed	7:30 - 9 pm	Jan 18 - Feb 27 (No class 2/20, 2/22)	\$180
03	Sat	9 - 11 am	Jan 14 - Mar 25 (No class 2/18)	\$265



ESL For Intermediates

143570

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: 15****20/9/11 Classes**

S#	Day	Times	Date	Price
01	Tue & Thu	11 am - 12:30 pm	Jan 17 - Mar 30 (No class 2/21, 2/23)	\$360
02	Mon & Wed	7:30 - 9 pm	Mar 1 - Mar 29 (No class 2/21, 2/23)	\$165
03	Sat	11 am - 1 pm	Jan 14 - Mar 25 (No class 2/18)	\$265



Spanish: Conversations

143583

Instructor: Sherry Ruff

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

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

S#	Day	Times	Date	Price
01	Thu	7:30 - 9 pm	Feb 16 - Mar 30 (No class 2/23)	\$129

Spanish For The Road

143564

Instructor: Sherry Ruff

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

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

S#	Day	Times	Date	Price
01	Tue	7:30 - 9 pm	Jan 10 - Feb 14	\$129

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

Spanish Travels

143599

Instructor: Sherry Ruff

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

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

S#	Day	Times	Date	Price
01	Tue	7:30 - 9 pm	Feb 28 - Mar 31	\$129

NOTE: Last class is Friday March 31 & meets at a restaurant

Healthcare Spanish

143565

Instructor: Sherry Ruff

Would you like to learn how to communicate more effectively with your Spanish-speaking patients, clients, families, & co-workers in a healthcare setting? In this class you will learn Spanish healthcare vocabulary, medical history & examination plus more! The class format will include role playing, presentations & reading/writing. No previous knowledge of Spanish required.

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

S#	Day	Times	Date	Price
01	Thu	7:30 - 9 pm	Jan 12 - Feb 9	\$108

Español At The Movies

143584

Instructor: Sherry Ruff

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

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

S#	Day	Times	Date	Price
01	Fri	7 - 9 pm	Jan 20 - Feb 17	\$120

The Seductive Art Of Chocolate

143764

Instructor: Holli Bassin

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

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

1 Day

S#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Jan 25	\$30

Organic, Conventional vs Local

143798

Instructor: Holli Bassin

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

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

1 Day

S#	Day	Times	Date	Price
01	Wed	7 - 8 pm	Mar 15	\$30

Changing Your Brain (To A Happier You)

143890

Instructor: Jeanne Mayell

The Dalai Lama said, "Happiness is not something ready made. It comes from your own actions." The secret to happiness, according to ancient wisdom and modern science, doesn't depend on good fortune, but upon an internal satisfaction that everyone can cultivate with a few daily practices that shape up the brain the way exercise shapes up the body. In this meaningful and life-changing class, you will learn tried and researched ways to become a happier person that will make you feel more joyful and alive everyday. These exercises will also act progressively to actually change your brain and to brighten your outlook, even filling your life with meaning regardless of your life circumstances. With just a minimum of daily practice, these new skills will improve your relationships, your professional life, your health, even your intelligence and well being. Come and give yourself a chance to be finally happy.

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

1 Day

S#	Day	Times	Date	Price
01	Mon	6:30 - 9:30 pm	Mar 13	\$50



Send Cravings Away

143743

Instructor: Holli Bassin

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

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

1 Day

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

Self Defense: Combat SAMBO Adults and Families

141855

(Adults & 12+)

Family Classes: Children over 6 years of age, accompanied by Adult

Instructor: Grandmaster Michael Galperin & Staff

"SAMBO"- Russian acronym for "Self Defense without Weapons". This SYSTEM designed to prepare individuals to survive in any real world life threatening situation. It provides effective defense against attacks by both armed and unarmed assailants, physically superior opponents and multiple attackers. Combat SAMBO incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate, Aikido, Kung Fu, Krav Maga and others. It is one of the most comprehensive self defense and survival systems in the world. You will learn practical application of self defense techniques in a variety of situations. Learning this unique Martial Art style will boost your confidence, health and fitness along with self-esteem. The practical hands-on techniques will enable you to protect yourself against kidnapping, rape, carjacking, street attack, and home invasion. Your goal is to become untouchable. Note: Participants may join classes at any time; your full term payment will extend into the next term. Uniforms and equipment are available for purchase in class. For more information regarding the program details please visit www.combatsambo.com or call 617-413-0660



10/12 weeks **Min: 10/Max: 30**

S#	Day	Times	Date	Price
01	Mon	7:30 - 9 pm	Jan 9 - Mar 27	\$160 (No class 1/16, 2/20)
02	Wed	7:30 - 9 pm	Jan 4 - Mar 29	\$192 (No class 2/22)
03	Mon & Wed	7:30 - 9 pm	Jan 4 - Mar 29	\$286 (No class 1/16, 2/20, 2/22)



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Instagram: @recwellesley



Alexander Technique

142602

Instructor: Jill Geiger

Interested in improving your posture, moving with ease, and relieving stiffness, pain, and tension? Poor posture, stress, and neck/back/shoulder pains are often caused by unrecognized habits of muscular tension. By teaching how to recognize and unlearn these common habits, the Alexander Technique provides the means to restore innate good posture, balance and poise, enabling you to look and feel better and move with ease. For over 120 years, performers, athletes, and individuals of all ages have used this educational method to improve performance of all activities and reduce tension and stress. Its effectiveness in enabling long-term relief from chronic pain is supported by research. This class will introduce the technique: its history, principles and application to everyday activities. Class includes one private lesson in instructor's Newton office.

Location: Warren Building **Min: 4/Max: 10**

1 Day

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Jan 25	\$40



College Admissions Workshop

143605

Instructor: Top Tier Admissions Staff

We hope you'll join us for the 'Top Ten Myths About College Admissions' workshop! Parents and students can learn how to:

- Conquer the admissions frenzy as Dr. Michele Hernandez and Mimi Doe systematically demystify each admissions myth.
- Understand how to develop an application strategy to increase college acceptance possibilities.
- Spend your precious time doing the right things for admissions rather than what you think you should be doing.

This workshop is for you if:

- You are a middle or high school student who wants to get into a top college
- You are the parent of a middle or high school student
- You are busy and not sure if you are taking the right action in the admissions process
- You are getting good grades, but know you should be doing more
- You've been told conflicting information about college admissions.

Learn from the country's leading admissions experts, Dr. Michele Hernandez and Mimi Doe M. Ed. With three Ivy League degrees between them, four years at Dartmouth's College's admissions office, and multiple bestselling books including their coauthored Don't Worry You'll Get In!, this dynamic duo has been featured everywhere from The New York Times to The Oprah Winfrey Show.

Location: Warren Building **Min: 10/Max: 40**

1 Day

S#	Day	Times	Date	Price
01	Sat	2 - 3 pm	Apr 1	FREE



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Instagram: @recwellesley



Dog Obedience 1

144601

(Dog age 6 mos+)

Instructor: Vera Wilkinson

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

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

5 weeks

S#	Day	Times	Date	Price
01	Mon	7:30 - 8:20 pm	Jan 23 - Feb 27 (No class 2/20)	\$125
02	Mon	7:30 - 8:20 pm	Mar 6 - Apr 3	\$125

Dog Obedience 2

144600

(Dog age 6 mos +)

Instructor: Vera Wilkinson

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

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

5 weeks

S#	Day	Times	Date	Price
01	Mon	8:30 - 9:20 pm	Jan 23 - Feb 27 (No class 2/20)	\$125
02	Mon	8:30 - 9:20 pm	Mar 6 - Apr 3	\$125



Puppy Kindergarten

144602

(Dog age 3-6 mos)

Instructor: Vera Wilkinson

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

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

5 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:20 pm	Jan 23 - Feb 27 (No class 2/20)	\$125
02	Mon	6:30 - 7:20 pm	Mar 6 - Apr 3	\$125

Piano Lessons For Adults

145801

(Ages 16+)

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

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Jan 23 - Mar 20	\$135 (No class 2/20)

Long Term Care

143648

Instructor: Len May

Baby Boomers are reaching retirement age. In this seminar, you will learn what long term care is, what it costs and who really pays for it. Learn why financial professionals are telling their clients that people who fail to plan for long term care costs are actually planning to fail! Learn the history of long term care insurance, future trends and the difference between policy features of substance and marketing hype! Finally, learn how to design an affordable long term care insurance policy that will fit your budget. In case of weather cancellations, the makeup date is scheduled for the February 3.

Location: Warren Building

Min: 6/Max: 12

1 Day

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Jan 25	\$25

Understanding Medicare

143650

Instructor: Dan Williams

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

Location: Warren Building

Min: 5/Max: 15

1 Day

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Jan 23	\$30

Guitar For Adults: Beginner

145802

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. Please reserve your guitar when you register.

Location: Warren Building

Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Mon	6 - 7 pm	Jan 23 - Mar 20	\$135 (No class 2/20)

Guitar: Continuing

145803

(Ages 16+)

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

S#	Day	Times	Date	Price
01	Mon	8 - 9 pm	Jan 23 - Mar 20	\$135 (No class 2/20)

Wellesley Writers

143556

Instructor: Charlene Smith

You've always wanted to write, perhaps you have drawers of incomplete writing; this is your chance to learn the techniques and skills that will help you finish your short story, novel, work of non-fiction, essay or article. All writing has essential techniques that if you know them increases your enjoyment of this craft and gets you closer to getting published. You'll find this class a great deal of fun. You'll learn more than you imagined and enjoy it. This class is hands-on so make time in your calendar for regular writing - now is the time to start taking yourself and your work seriously. You'll meet fabulous people and will learn why you should never start three sentences in a row with the same word as I have just done. Come to class with a project in mind, pen and paper, laptop if you have one and prepare to have a great experience.

Location: Warren Building

Min: 8/Max: 15

8 weeks

S#	Day	Times	Date	Price
01	Wed	6 - 8 pm	Jan 11 - Mar 8	\$260 (No class 2/22)

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

Develop Your Intuition with The Tarot

143844

Instructor: Jeanne Mayell

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

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

5 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 9:30 pm	Jan 30 - Mar 6	\$199

(No class 2/20)

LZ Organizing

Straightening up since 2008



Motivation For Peak Performance

143894

Instructor: Christine Duvivier

How do we inspire high levels of performance and well-being in ourselves, our colleagues, and our kids? Join positive change master and author, Christine Duvivier, as she helps us apply, to our own lives, leading-edge practices in motivation and inspiration. Explore what the science of positive psychology has to say about motivation and how that relates to ancient wisdom, spirituality and human potential. Discover why asking, "How do we motivate ourselves, our colleagues, or our kids?" is not the best question – and what to ask instead to elicit peak performance. Understand external and internal motivators, when to use each, and why they matter. Experience ways to turn on this powerful force for our own success and happiness. This interactive workshop offers you an opportunity to tap into the highest motivation for you, your kids, and/or your employees.

Location: Warren Building **Min: 6/Max: 25**

1 Day

S#	Day	Times	Date	Price
01	Thu	10 - 11:30 am	Jan 12	\$30



Energy Medicine Demonstration

143865

Instructor: Rachel Rice, MBA, EEM-CP

Learn the basics of Eden Energy Medicine in this fun, interactive and enormously useful class. We will demonstrate, through muscle testing, whether energies are harmonized and then use exercises to bring the energies into balance. The class will cover the exercises that are part of Donna Eden's 5-minute Daily Energy Routine. Potential benefits include increased energy and vitality, better sleep, improved memory, less stress and pain, enhanced inner peace, greater confidence and a strengthened immune system.

Location: Warren Building **Min: 5/Max: 25**

1 Day

S#	Day	Times	Date	Price
01	Thu	7 - 9 pm	Jan 19	\$25



Secrets of a Pro Organizer 2.0

143878

(All Ages)

Instructor: Lauren Zalkind

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

Location: Warren Building

Min: 5/Max: 20

1 Day

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Jan 10	\$36

LZ Organizing

Straightening up since 2008

Start Setting Those Boundaries

143866

Instructors:

Rachel Rice, MBA, EEM-CP, Deb Elbaum, MD, CPCC, & Amy Gay, PhD

At this workshop, we'll have an opportunity to get to know ourselves and each other better as we dive into the sometimes muddy realm of boundaries. We'll look at what, when and why we have difficulty saying 'No' in some situations. We'll leverage neuroscience to strengthen our ability to say 'No' when needed and tune in to the benefits we would receive if we were clearer when setting boundaries. We'll also do some exercises to attune to our own guidance and inner voice and strengthen our intentions to communicate our 'No's. We invite you to join us! You will have a better understanding of yourself, your boundaries, and some ways to get clearer about them. This workshop will be helpful for anyone who sometimes has trouble saying No or has trouble sorting out conflicting feelings about meeting their own needs versus those of others. This includes setting boundaries at work (with managers, peers, subordinates, clients, contractors and vendors) at home (with children, partners, in-laws, parents, child-care, vendors), or in any other venue.

Location: Warren Building

Min: 6/Max: 25

1 Day

S#	Day	Times	Date	Price
01	Thu	7 - 9 pm	Jan 26	\$50



Identify Hidden Gifts

143895

Instructor: Christine Duvivier

Stress in life often results from holding yourself to standards that don't fit you. Christine Duvivier offers you a new frame of reference that unleashes your confident, successful, unique self and allows you to enjoy life more. What do you want in your life? Where would you like to be a year from now? How could you unleash your gifts to live into the life you want? In this program:

- Apply Christine Duvivier's Gifts that Conflict with School™ Assessment that uncovers hidden talents
- Identify your unique gifts that are key to happiness, confidence and success
- Remove barriers to peak performance
- Reduce stress that arises from holding ourselves to external standards that don't suit us
- Reconnect with the clarity, ease, and knowing within you

Location: Warren Building

Min: 6/Max: 25

1 Day

S#	Day	Times	Date	Price
01	Wed	9:30 - 11 am	Jan 11	\$30

How To Be A Voice Over Talent

143897

(Ages 18+)

Instructor: Lau Lapidès

Do people say you have a great voice for radio or animation? Do you love the voices of your favorite cartoon characters, commercials and television shows? Would you ever think of doing those voices professionally? If you're curious about the world of voice over come join our fun, interactive, fast-paced workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm-up your voice and speech, breathe properly, articulate, learn different accents, and interpret a script (copy) with ease! Learn how to create credible characters, and make a voice over demo! Have fun building your confidence as a voice actor while learning about scripts (copy) from commercials, audio books, animations, video game characters, e-learning and more! Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior experience necessary!

Location: Warren Building

Min: 6/Max: 25

1 Day

S#	Day	Times	Date	Price
01	Sat	11 am - 1 pm	Feb 11	\$60

Join the Band!



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

Acting Skills For Business

143896

(Ages 18+)

Instructor: Lau Lapidès

Business professionals want to learn the trade secrets that stage actors and industry pros know in the media & broadcasting industry! Come learn the actors bag of tricks geared specifically for corporate presenters, sales professionals, customer service personnel know to get a leg up on the competition and get that promotion. As analytical thinkers working in quantitative ways, your goal is to train and develop the highest level of soft skills available to you and apply these skills to your work. Discover tools and techniques to build confidence while strengthening physical and vocal presence whether you are presenting live, online, or by phone. Engage and ignite your audience with storytelling techniques that work and build rapport while commanding presence! Learn how to think fast on your feet through improvisation and role-playing, manage your physical and vocal message by incorporating breathing and speech technique and have fun discovering new approaches to communicating in your work. Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior experience necessary!

Location: Warren Building

Min: 6/Max: 25

1 Day

S#	Day	Times	Date	Price
01	Sat	11 am - 1 pm	Mar 4	\$60

Public Speaking With Confidence

143898

(Ages 18+)

Instructor: Lau Lapidès

Are you making the impression you want to be making? Need to polish your speaking skills for work? Want to eliminate fears and anxieties of speaking? From the moment you enter a room in literally seconds you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact--all of these ingredients create the successful chemistry to "command presence!" In this dynamic, fast-paced exciting workshop you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accent/dialect, and work on breathing techniques. Develop storytelling techniques that work and engage your audience! Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied by a complimentary consultation and assessment at lau lapides company studio* No prior speaking experience necessary!

Location: Warren Building

Min: 6/Max: 25

1 Day

S#	Day	Times	Date	Price
01	Sat	3 - 5 pm	Jan 7	\$60



Register online @
www.wellesleyma.gov/recreation

BollyX

144017

Instructor: Shamila Khetarpal

Unleash your inner rockstar at this weekly Bollywood dance party! Experience the Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from India and around the world. Learn fun and culturally authentic dance moves in easy to follow routines that work your entire body. All fitness levels are welcome, and no prior dance experience is necessary. Please wear comfortable workout clothes and sneakers, and bring a water bottle and your desire to have fun and let loose in a positive and supportive environment!

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

6/5 weeks

S#	Day	Times	Date	Price
01	Thu	7 - 7:50 pm	Jan 12 - Feb 16	\$60
02	Thu	7 - 7:50 pm	Mar 2 - 30	\$50



Bridge: Play Of The Hand

144112

Instructor: Anand Lele

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 the emphasis on improving your "Thinking at the Table." Comprehensive and easy to understand handouts will be distributed.

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

9 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 2:30 pm	Jan 12 - Mar 16	\$169

(No class 2/23)

Archery for Adults

140210

Instructor: On The Mark Archery Staff

Wellesley Recreation & Natick Recreation & Parks Department has partnered with "On the Mark Archery" to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. On the Mark Archery will provide all equipment.

Location: Natick Recreation - Cole Center **Min: 2/Max: 6**

4 weeks

S#	Day	Times	Date	Price
01	Mon	7:30 - 8:30 pm	Jan 9 - Feb 6	\$108

(No class 1/16)

Bridge Conventions

144122

Instructor: Anand Lele

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

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

9 weeks

S#	Day	Times	Date	Price
01	Thu	10 am - 12 pm	Jan 12 - Mar 16	\$169

(No class 2/23)

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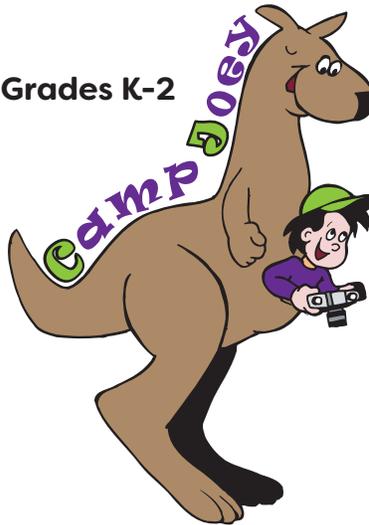
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Summer Camp Registration Begins January 5th Re-Imagined & Ready for Summer!



Ages 4-5

Grades K-2



Grades 3-8

Grades 6-8



See pages 8-11 for
all the details!!!



Ages 14-15