

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: wellesleyma.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)



facebook.com/recwellesley
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



facebook.com/recwellesley
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)

I

Y

F

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

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 Lapides

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 Lapides

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 Lapides

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)

Thank You to our 2016 sponsors for their generous support!

Concerts

Roche Bros • Edward Jones
 Wellesley Firefighters Local 1795
 Dr. Fantasia • Game Time Training
 The Cottage • Machen & Ciambelli
 Corcoran & Havlin • Jessie & David Wallace
 Wellesley Hills Junior Women's Club
 Burke & Sons Funeral Home
 Anonymous

Sweetheart Dance

Wellesley Bank

Skating Rink

Needham Bank
 Wellesley Youth Hockey
 Benoit, Mizner & Simon

Spring Thaw Egg Hunt Holiday House Decorating Contests

The Local

Halloween Parade

Berkshire Hathaway
 Town & Country



Dance Studio



Kitchen



Art Room



Gym



Computer Lab



Playground



Children's Room

Wellesley Recreation Department
90 Washington Street
Wellesley, MA 02481

PreSort Standard
US Postage
PAID
Boston, MA
No 54607

ECRWSS

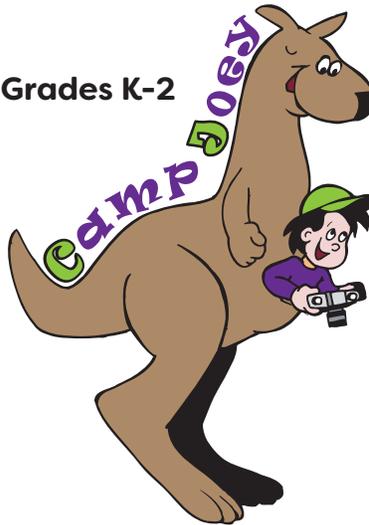
Residential Customer
Wellesley, MA

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