

Puddlestompers Winter Vacation

415701

(Ages 3 - 6)

Instructor: Puddlestomper Staff

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

Please send your child with a nut-free lunch.

Location: Warren Building Min: 5/Max: 15

3 days

S#	Day	Times	Date	Price
01	Wed	9 am - 1 pm	Dec 26	\$60
02	Thu	9 am - 1 pm	Dec 27	\$60
03	Fri	9 am - 1 pm	Dec 28	\$60



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Program Registration

Tuesday, Sept. 4 - Residents/7am
 Tuesday, Sept. 11 - Non-Residents/7am

Online • Walk-in • Mail • Fax • Phone

Sweet Meadow Winter Break Riding

432208

(Ages 4 - 13)

Instructor: Sweet Meadow Farm Staff

A one-on-one riding lesson for beginner to advance riders! Each student will be properly paired with both an instructor and a horse based on their individual riding ability. They will learn how to groom, clean and tack up (put the saddle and bridle on) their horse. From there, they will lead the horse to our indoor arena and learn to ride and master the cues for walk, trot, and canter. All this is in our brand new insulated and heated barn!

Location: Sweet Meadow Farm Min: 1/Max: 5

3 days

S#	Day	Times	Date	Price
01	Wed-Fri	11 am - 1 pm	Dec 26 - 28	\$270

Chess/Science Vacation

424803

(Ages 6 - 12)

Instructor: Jim Della Selva, Bill Richards

Science teacher, Bill Richard will ensure that you have a fun-filled week observing, hypothesising, and testing your own ideas as we delve into magnetism, sound, design technology, and flight. Hands on projects use of scientific method and learning by doing will be emphasized. Chess teacher and player, Jim Della Selva will teach your child the fundamentals of chess from beginner to the more advanced aspects of the game. Expand your knowledge base and learn techniques designed to improve all phases of your game.

Location: Warren Building Min: 8/Max: 16

3 days

S#	Day	Times	Date	Price
01	Wed-Fri	1 - 3 pm	Dec 26 - 28	\$100

Better Than Take Out

423731

(Ages 7 - 12)

Instructor: Betsy Arnold

Give your parents a break tonight and come prepare an Italian meal for you to bring home and share. We might make Ravioli e Pomodoro, a multi-cheese ravioli made with home-made pasta and a tomato-basil sauce. How about cannoli or biscotti for dessert? Come and discover what's for dinner.

Location: Warren Building Min: 5/Max: 8

2 days

S#	Day	Times	Date	Price
01	Thu	10 am - 1 pm	Dec 27 (No class 11/23)	\$45
02	Fri	10 am - 1 pm	Dec 28 (No class 11/24)	\$45

Animal Science Winter Break

432207

(Ages 4 - 12)

Instructor: Sweet Meadow Farm Staff

Spend three days at Sweet Meadow Farm riding, feeding, playing and learning how to take care of our horses, and our friendly exotic and barnyard animals such as deer kangaroo, emu, miniature cows, goats, chickens and baby chicks, guinea pigs, bunnies, hamsters, ferret and so much more. Friday is showcase for the parents. They are welcome to join to see what they children have learned from 12:30 to 1pm. Pizza party every day! All this is in our brand new insulated and heated barn!

Location: Sweet Meadow Farm Min: 1/Max: 5

3 days

S#	Day	Times	Date	Price
01	Wed-Fri	9 am - 3 pm	Dec 26 - 28	\$330

Boogie Into Shape with Bitsy

440401-01

Instructor: Bitsy Graham

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class. **Residents and non-residents may register for this program, before the registration start dates.**



Location: Warren Building Min: 10/Max: 20

14 weeks

Day	Time	Date	Price
Tu & Th	9 - 10 am	Sep 11 - Dec 20 (No class 11/22)	\$190

Town Wide Yard Sale!
Saturday, September 22

Dynamic Running for Adults

440407-01

Instructor: Kathy Fleming

There is a runner in all of us. This class teaches you how to go about a running program properly. Have you ever wanted to run but didn't have much success? Or are you a veteran runner that wants to improve form, speed and/or endurance? Coach Fleming, with 11 years of coaching experience, is a former professional athlete, who can teach you the basics of one of the most invigorating forms of exercise. This is not a high mileage program. It is a program that employs the dynamic system of running which focuses on proper form, relevant speed and quality running for any level of runner. this program is



run in a controlled environment utilizing the trails, grassy field and hills. A proper running program can have very rewarding results, like stronger bones, hormonal balance, lower blood pressure and increased metabolism which leads to better overall health and well being. Running, while seemingly an easy thing to do, is often done the wrong way and can lead to injuries and poor results. Learn the right way of doing one of the most rewarding and euphoric forms of exercise. Each runner will be evaluated and given training according to their respective level. Whether your challenge is to get faster for the local road race or perhaps just to start from scratch, Coach Fleming's training program can help you achieve your goals.

Location: Warren Building Min: 6/Max: 12

7 weeks

Day	Times	Date	Price
Tue	9:30 - 10:30 am	Sep 18 - Oct 30	\$125 (7 weeks) \$90 (4 weeks)

Jazz Aerobics

440402-01

Instructor: Bitsy Graham

Strong heart, Strong muscles, Strong bones! That's what you get from Jazz Aerobics: 25 - 30 minutes of choreographed, energetic routines to your favorite music from the 60's all the way to Broadway, abdominal and core strengthening, muscle toning, strengthening of legs & arms, balance work, and, of course, stretching and flexibility. Bring hand and ankle weights, and a "can do" attitude! **Residents and non residents may register for this program, before the registration start dates.**



Location: Warren Building

Min: 12/Max: 20

14 weeks, 2 or 3 days per week

Day	Times	Date
M/W/F	8:45 - 9:45 am	Sep 10 - Dec 21 (No class 10/8 & 11/12)

\$245 for three days per week

\$180 for two days per week



Heartbeat for Adults

440403-01

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger Every Day" is our motto. **Residents and non-residents may register for this program before registration start dates.**

Location: Warren Building

Min: 15/Max: 20

14 weeks, 2 or 3 days per week

Day	Time	Date
Tu/Th/F	6:15 - 7:15 am	Sep 11 - Dec 21 (No class 11/22, 11/23)

\$215 for three days per week

\$150 for two days per week

Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball. Please check the website : www.wellesleyma.gov/recreation; click on "Open Gym." Times are subject to change.

Location: Warren Building

Sport	Day	Time
Women's Basketball	Tue	7 - 9 pm
Co-Ed Volleyball	Thu	7:45 - 9:45 pm
Men's Basketball	Fri	7 - 9 pm

Bonnie's Boot Camp

440405

Instructor: Bonnie Morrissey

An intense 45 minute outdoor (weather permitting) and indoor total body workout using your own body weight and a jump rope that will blast calories, burn fat, boost your metabolism, and really change your body. YOU WILL GET RESULTS! Beats going to the gym any day! Bonnie's Bootcamp is so much more than just a workout class. It is a lifestyle program that includes motivational emails, as well as Bootcamp approved recipes, nutrition tips, Bootcamp "rules," and Bonnie's Secrets to Success. All fitness levels welcome, exercises can be modified. Please bring a jump rope and yoga mat. Babysitting available! Please contact Bonnie Morrissey directly at bonnie@bonniesbootcamp.com for more info and to reserve your child's spot. **Residents and non-residents may register for this program, before the registration start dates.**

Location: Warren Building Min: 8/Max: 16

#	Day	Times	Date	Price
01	M & W	10 - 10:45 am	Sep 10 - Oct 31 (No class 9/26, 10/8)	\$210
14 classes/2 days per week				
02	M & W	10 - 10:45 am	Nov 5 - Dec 19 (No class 11/12)	\$195
13 classes/2 days per week				



Program Registration

Residents: September 4 - 7 am
Non Residents: September 11 - 7 am

Online • Walk-in • Mail • Fax • Phone

Total TRX

440488

Instructor: Mia Pye

TRX is the current leader in fitness trends, dominating the industry globally. It's pure functional training; meaning whole body, not using a gym but simply using body weight, gravity and balance to perform hundreds of effective full body exercises that make the participant stronger, build muscle, increase stamina, strengthen bones, improves balance and unite body and mind. The TRX workouts are unique as each session builds on the previous one. Every workout takes into account where the group is headed so over the course of 6 weeks the exercises change. The exercises progress in difficulty, assortment and arrangement so every work out is fresh; and is appropriately harder than the session before **Residents and non-residents may register for this program before registration start dates.**

Location: Warren Building Min: 8/Max: 16

6 weeks/2 days per week

#	Day	Times	Date	Price
01	Tu & Th	10:15 - 11 am	Sep 11 - Oct 25 (No class 9/25)	\$230
02	Tu & Th	10:15 - 11 am	Oct 30 - Dec 13 (No class 11/22)	\$230



Aikido

441888

Instructor: David Halprin, Framingham Aikikai

Aikido is the traditional Japanese martial art of movement and power. Its characters translate as "the way of unity with the fundamental energy of the universe". Aikido is a highly effective form of self-defense that teaches how to subdue even a much larger aggressor using minimum effort. It improves physical conditioning - strength, balance flexibility, and coordination - and mental conditioning - self-confidence, concentration, alertness, intuitiveness and concern for others. Aikido teaches how to blend with an attack, and neutralize it without relying on brute strength. Aikido practice is non-competitive, and students work together to master its techniques.

Location: Warren Building Min: 6/Max: 15

5 weeks/section

Section	Day	Time	Date	Price
01	Wed	7 - 8 pm	Sep 19 - Oct 24 (No class 9/26)	\$150
02	Wed	7 - 8 pm	Nov 7 - Dec 12 (No class 11/21)	\$150

Mixed Martial Arts

421802-01

(Ages 16+)

Instructor: Steve Nugent & Staff

Try the hottest trend in Martial Arts! Mixed Martial Arts combines traditional Karate with Brazilian Ju-Jitsu, Muay Thai Kick Boxing, Boxing and wrestling. Train like a UFC fighter and get in the best shape of your life! Wear shorts and a T-shirt and be prepared to sweat!

Location: Warren Building Min: 10/Max: 20

12 weeks

Day	Times	Date	Price
Wed	7:15 - 8:15 pm	Sep 12 - Dec 12 (No class 9/26, 11/21)	\$316



Golf Lessons for Women

445688-01

Instructor: Kevin Burns

Classes will include, grip stance, swing, chipping, ball position, putting, golf rules, golf etiquette and on course instruction. Golf clubs are available for use during class if needed. Classes begin each week at the putting green. (If in doubt about the weather, call the golf club at 891-1119)

Location: Leo J. Martin Golf Club, Weston

Min: 6/Max: 10

5 weeks per series

Day	Times	Date	Price
Wed	5:15 - 6:30 pm	Sep 19 - Oct 17	\$160



Power Yoga Basics

440516-01

Instructor: Nathan Schechter

Find out why so many people are hooked on power yoga to keep their bodies fit and mind calm. This fun, challenging strength building class is available TO ALL LEVELS. You will be taught a series of strengthening poses that are linked by the relaxing power of the breath. This WARM flowing sequence will have you sweating your stress away... then it's time to hold deep stretches and you dissolve into a state of meditation. This class is geared for folks just starting out or those who wish to MAINTAIN A CONSISTENT LEVEL OF PRACTICE. PLEASE BE SURE TO BRING YOUR MAT.

Location: Warren Building Min: 10/Max: 15

13 weeks

Day	Time	Date	Price
Thu	9 - 10 am	Sep 13 - Dec 13 (No class 11/22)	\$185



PranaVayu Yoga

440511-01

Instructor: Lorin Seidman

This Vinyasa yoga class puts an emphasis on building strength, increasing range of motion and flowing gracefully through movement. Based on the PranaVayu style of yoga, this class will use the principles of skeletal alignment to create a workout that strengthens without straining the body, and enables students to reach new heights in their practice that they never thought possible.

Location: Warren Building Min: 8/Max: 12

8 weeks

Day	Times	Date	Price
Th	7:15 - 8:15 pm	Sep 27 - Nov 15	\$95

Chair/Gentle Yoga

440525-01

Instructor: Leslie Worris

A can-do class for first-timers, seniors, those with injuries, or anyone living with special challenges, such as limited mobility or recent surgery. For students who find it difficult to transition to and from the floor. We will explore a variety of Yoga poses, both sitting and standing with a chair assist. Increase flexibility and strength, improve balance, endurance, mobility, circulation and decrease stress. Chair yoga encourages proper breathing and better posture. Meditation, breath work and relaxation techniques included.

Location: Warren Building Min: 8/Max: 15

11 weeks

Day	Times	Date	Price
Th	11 am - 12 pm	Sep 20 - Dec 13 (No class 11/8 & 11/22)	\$145



Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap. **Residents and non-residents may register for this class before normal registration dates.**

Location: Warren Building Min: 12/Max: 20

36 classes/14 weeks

440503-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Sep 10 - Dec 14 (No class 9/17, 9/26, 10/8, 11/9, 11/12, 11/23)	\$210/1 day \$280/2 days \$300/3 days

12 weeks

Min: 10/Max: 20

440519-01

Day	Time	Date	Price
Tue	7 - 8 pm	Sep 11 - Dec 11	\$180

Yoga: Vinyasa Flow

440577

Instructor: Zina Roberts

A fun and challenging blend of yoga poses enjoyed by both beginner and experienced yogi's. Flow to music while learning body alignment, building core strength and connecting to breath. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat.

You may also pay \$15/day to "Drop-In" to class.

Location: Warren Building Min: 7/Max: 15

6 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Sep 25 - Oct 30	\$85
02	Tue	9:30 - 10:30 am	Nov 6 - Dec 11	\$85

Senior & Healing Yoga

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: 15

11 weeks

Act. #	Time	Day	Date	Price
440530-01	1:45- 3 pm	Tu	Sep 18 - Dec 11 (No class 11/6)	\$145

440531-02	1:45- 3 pm	Th	Sep 20 - Dec 13 (No class 11/8 & 11/22)	\$145
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Tennis Intermediate/Advanced

Instructors: Mike Sabin & John Gautschi

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts., Rt. 16

5 weeks

Day	Times	Date	Price
Thu	6:30 - 8 pm	Sep 13 - Oct 11	\$165 (incl. tag) \$150 (own tag)

Day	Times	Date	Price
Fri	10:30 am - 12 pm	Sep 14 - Oct 12	\$150

Day	Times	Date	Price
Mon	10:30 am - 12 pm	Sep 10 - Oct 15 (No class 10/8)	\$150



Residents and non-residents may register prior to the scheduled registration start date for any Tennis program that begins on Monday, September 10th

Tennis: Drill & Play

Instructors: Mike Sabin & John Gautschi

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

Day	Times	Date	Price
Wed	9:30 - 11 am	Sep 12 - Oct 17 (No class 9/26)	\$150



Heartsaver First Aid

431501-01

(Ages 16+)

Instructor: Juanita Allen

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

Max: 20

1 class

Day	Times	Date	Price
Thu	6 - 9 pm	Nov 8	\$85

Tennis Beginner/Adv. Beginner

Instructors: Mike Sabin & John Gautschi

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

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

Day	Times	Date	Price
Wed	6:30 - 8 pm	Sep 12 - Oct 17 (No class 9/26)	\$165 (incl. tag) \$150 (own tag)

Day	Times	Date	Price
Fri	9 - 10:30 am	Sep 14 - Oct 12	\$150

Day	Times	Date	Price
Mon	9 - 10:30 am	Sep 10 - Oct 15 (No class 10/8)	\$150

Indoor Walking @ Warren Bldg!

For All Ages! The weather is always fine for walking inside the Warren Building! Any time during our business hours (8:30 - 4:30), you can walk up, down, and all around. Check out our Open Gym schedule if walking laps is your thing. Contact the Recreation Department @ 781-235-2370 for more information.

Ballroom: Introduction

444002-01

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Swing, Tango, Foxtrot & Rumba the weeks away. Add passion and excitement to your life today! Please bring leather-soled shoes.



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

Day	Time	Date	Price
Mon	7 - 8 pm	Sep 24 - Dec 3 (No class 10/8, 11/12 & 11/26))	\$160/cpl

Zumba: Wednesdays

444006

Instructor: Tanya Novobrantseva

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



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

Act. #	Day	Time	Date	Price
01	Wed	7 - 8 pm	Sept 19 – Oct 24 (No class 9/26)	\$30
02	Wed	7 - 8 pm	Nov 7 – Dec 12 (No class 11/21)	\$30

Irish Step Dancing for Adults

444069-01

Instructor: Bonnie Severance

You know you've always wanted to try it! Come and celebrate Irish culture through the art of step dance. This is a non-competitive class geared for fun and exercise. Students will develop skills in solo step dancing, as well as ceili (team) dancing. Ladies may start out in black ballet slippers. Men may wear a basic black jazz shoe or sneaker. Please wear T-shirt and shorts or leggings.

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

Day	Time	Date	Price
Sat	1 - 2 pm	Sep 22 - Dec 1 (No class 10/6, 11/10, 11/24)	\$120

Ballroom: Intermediate

444003-01

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

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

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

Day	Time	Date	Price
Mon	8 - 9 pm	Sep 24 - Dec 3 (No class 10/8, 11/12 & 11/26))	\$160/cpl

Hula Hoop Fitness



440462-01

Instructor: Wild Kat Hoops

Hooping is so much fun! With adult hoops, anyone can learn this nostalgic exercise craze. Learn to unleash your inner child with cardio- based hula hooping! It is an exciting way to broaden your workout while creating a healthy body and mind while burning up to 600 calories an hour. The class is a fun, exhilarating workout that will condition your body while the time flies by. Hooping strengthens your core, works on proper body alignment, boosts flexibility and stability, and lowers stress with an exhilarating aerobic total body weight loss workout. No prior hooping experience is required - wear exercise clothes, bring a water bottle and an open mind, and watch as you laugh your way to a "new" you. Visit us at www.wildkathoops.com.

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

Day	Time	Date	Price
Thu	8:30 - 9:30 pm	Sep 27- Nov 15	\$65

Belly Dance

444001-01

Instructor: Nepenthe Ahlam

Learn snake arms, shimmies, and sassy hip accents in this multi-level bellydance class with Nepenthe Ahlam. Dance posture, proper technique and a choreography to a classic Arabic love song will be taught. From snake arms to hip bumps, this is a whole-body dance that strengthens the body and feeds the soul. This class is appropriate for all fitness and experience levels. Beginners will receive detailed instruction, while more advanced students will receive challenging modifications. Please wear comfortable stretchy clothing such as yoga pants and a top; hip wraps optional.

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

Day	Time	Date	Price
Wed	8 - 9 pm	Sep 12- Dec 12 (No class 10/31 & 11/21)	\$65

Guitar: Beginning (Age 16 – Adult)

245802-01

Instructor: Dave Medeiros

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class.

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

Day	Time	Date	Price
Mon	6 - 7 pm	Oct 15 - Dec 17 (No class 11/12, 11/26)	\$125



Guitar: Continuing (Age 16 – Adult)

245803-01

Instructor: Dave Medeiros

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

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

Day	Time	Date	Price
Mon	8 - 9 pm	Oct 15 - Dec 17 (No class 11/12, 11/26)	\$125

Instant Piano (For Hopelessly Busy People)

445809-01

Instructor: Valerie Lyons

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

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

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Sep 13	\$75

Play Piano By Ear

445888-01

Instructor: Valerie Lyons

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

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

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Sep 20	\$75



Piano Lessons (Age 16 – Adult)

445801-01

Instructor: Dave Medeiros

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

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

Day	Time	Date	Price
Mon	7 - 8 pm	Oct 15 - Dec 17 (No class 11/12, 11/26)	\$130



Walking Tour of Brookline's Jewish Cuisine

443707-01

Instructor: Ahla Food Tours

What is Jewish cuisine? Find out under expert guidance while tasting authentic Jewish food: matzo ball soup, latkes, falafel, kosher wines, noodle kugel ice cream, and a dozen more items from the best Brookline purveyors. Visit many of the town's treasured Jewish food stores and restaurants, including Zaftig's, Kupel's Bagels, Rami's, Rubin's, and the Butcherie. Discover traditions, kosher rules, and the influence of the various cultures that lie behind the food. Hear unique personal anecdotes about the Brookline establishments' owners, and savor the rich history of Jewish Brookline and its famous residents. Tour is held Rain or Shine. For details visit www.brooklinetour.com

Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street. GPS coordinates (42.348876,-71.129934).

Max: 10

1 day

S#	Day	Times	Date	Price
01	Sun	2 - 5 pm	Oct 7	\$45
02	Sun	2 - 5 pm	Nov 4	\$45
03	Sun	2 - 5 pm	Dec 2	\$45

North End Market Tour

443701-01

Instructor: Rose Lee & Associates

Join us for an exciting tour of Boston's Little Italy, the North End. During this tour you will taste your way through the North End and meet the merchants who define this great community. Visit the finest Italian Salumeria (the characteristic Italian deli) for best tasting olives, best quality olive oil, true balsamic vinegar, and sample them; taste the imported sausages, prosciutto, and outstanding cheeses; discover the best pastry shops that make authentic Italian biscotti, amoretti, cassata, sfogliatelle, cannoli, and other confections. Visit a wine shop specializing in smaller vineyards from around the world. Enjoy a wine tasting and learn about wines from a wine expert. We will also visit historical sites in the North End and learn about their history. This is a walking tour. Wear comfortable shoes and bring shopping bags. Directions and meeting place will be sent by the registrar upon registration.

Tour is held Rain or Shine.

Location: North End Min: 6/Max: 10

1 day

Day	Time	Date	Price
Sat	10 am - 2pm	Oct 6	\$55



"From Russia with Love: A Walking Tour of Russian Cuisine

443702

Instructor: Ahla Food Tours

Where can you find the best Russian borsch, pirozhki, and caviar? What is the Russian way to drink tea and vodka? Discover the answers at our three-hour culinary adventure while tasting delicious authentic Russian specialties: light, fluffy blintzes, delicate Siberian dumplings, imported caviar, mouth-watering desserts, and a half-dozen more. Take a shopping tour at Whole Foods Market; learn how to make traditional Russian dishes and find the unique Russian ingredients that can spark up your everyday meals. Visit the treasured

Russian food store Babushka Deli and Vernissage restaurant, discover "hidden" Russian food at The Fireplace and Athan's; and enjoy interesting personal stories about their owners. Find the best spots in Washington Square for entertainment, live music, and amazing food. Have fun stepping into the culture of Russia! Limited to 12. Tour is held Rain or Shine. For details visit www.brookline-tour.com

Participants meet at 1:55 PM near Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street.

Max: 10

1 day

S#	Day	Times	Date	Price
01	Sat	2 - 5 pm	Oct 27	\$45
02	Sat	2 - 5 pm	Nov 17	\$45
03	Sat	2 - 5 pm	Sep 29	\$45
04	Sat	2 - 5 pm	Dec 15	\$45

Chinatown Tour

443705-01

Instructor: Rose Lee & Associates

Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, Art and Gift shops and Jade Jewelers. Learn about Traditional Chinese Medicine. Visit an authentic herbal shop, meet the herbalists and learn about some of their herbal products. Also learn about Chinatown's exotic fruits and vegetables, wholesale suppliers and Asian cookware. This is a walking tour. Wear comfortable shoes, and bring shopping bags. Chinatown is near South Station and Orange/Green Line T stops. Public transportation is recommended but parking garages are available. Directions and meeting place will be sent by registrar upon registration. Meal cost is not included in your registration fee. Participants share the costs, payable at the restaurants.

Tour is held Rain or Shine.

Location: Chinatown

Min: 6/Max: 10

1 day

Day	Times	Date	Price
Sun	10 am - 2 pm	Nov 4	\$55



The College Search: Admission, Merit Money & Financial Aid

443604-01

Instructor: Larry Dannenburg

Looking to find the right school for your child or minimize what you pay? If you have a high school student you can't afford to miss this seminar. We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit money works and what you can do to better your position even if you are not a top student. See how the financial aid process works and how you can improve your position. This seminar is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. See how starting the process early can offer significant advantages, especially for business owners, divorced parents, or home schooled children.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	Sep 27	\$30

Buy & Manage Rental Properties

443663-01

Instructor: Marie Presti

Are you interested in investing but unsure of the stock market? Learn about how to invest in rental real estate properties instead. We'll teach you what to look for, how to analyze and compare properties, and whether you need to consider hiring a property manager. We'll give you an overview of a landlord's rights and responsibilities, and discuss the differences between renting out part of your owner-occupied property (e.g., a two-family house) and renting out property you don't live in. With today's low interest rates and falling home prices, now may be the perfect time to start investing in rental properties.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Thu	6 - 9 pm	Nov 8	\$25

Estate Planning: Everything You've Always Wanted to Know, But Were Afraid to Ask.



443656-01

Instructor: Shani Rea Collymore, Esq.

Join Shani Rea Collymore, Lexington estate planning attorney for a discussion of the benefits and drawbacks of Wills, revocable and irrevocable trusts, probate court, costs of estate planning, achieving your last wishes, execution process, estate taxes and how to avoid them. Plus much more!

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Oct 3	FREE

Downsizing

443662-01

Instructor: Marie Presti

Thinking of downsizing but don't know all the options? When you're at the point where you're all alone in a house, or the costs and effort to maintain your home are more than you can handle, you may want to consider downsizing. But how to do you do it? Where should you go? A condo, smaller home, or retirement community? Do you sell first and then buy a smaller home? Or vice versa? Stay in town, or move south? Listen to experts talk about the options, the process, and the financial considerations to downsizing, so when you're ready, you can make a more informed decision.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Tue	6-9 pm	Nov 13	\$25



Town Wide Yard Sale!
Saturday, September 22

First Time Home Buyers or Empty Nesters



443649-01

Instructor: Marie Presti

Now's the time to get an overview of the entire home-buying process, from selecting a real estate agent and obtaining favorable financing to hiring an attorney to protect your investment. This course's unbiased, comprehensive approach might very well help you avoid disastrous situations involving the loss of hard-earned deposits, or homes with latent defects such as termites, lead paint, or water damage.

Location: Warren Building Min: 6/Max: 12

2 classes

Day	Time	Date	Price
Tue	6 - 9 pm	Oct 30 & Nov 6	\$25

Weight Loss with Whole Body Vibration



442677-01

Instructor: Becca Chambers

Jump start your weight loss with the breakthrough new therapy Whole Body Vibration. Used at exclusive health spas and weight loss clinics around the world, WBV provides an hour's worth of conventional exercise in just 10 minutes, increasing metabolism, bone density and muscle strength, while also providing many other benefits, and it feels great too – like a massage! In this class you will have the opportunity to use WBV each week, while also learning about the latest and most effective natural health diets and approaches.

Location: Warren Building Min: 6/Max: 12

6 Weeks

Day	Time	Date	Price
Tue	7 - 8:30 pm	Oct 9 - Nov 13	\$35



Whole Body Vibration Workshop: A Breakthrough in Natural Health



442676-01

Instructor: Becca Chambers

Whole Body Vibration is exploding in popularity around the world because of its awesome ability to enhance health and wellbeing. Originally developed for Olympic athletes, ten minutes of WBV gives you the benefits of 1 hour of conventional weight training. Learn how you can lose weight, increase bone density, muscle strength, balance, coordination, and flexibility in just a few short minutes per day. WBV is also an antidepressant, has powerful anti-aging effects, is used for physical therapy, enhances neurological and brain function, functions as a powerful detoxification system, improves sex, and works like an acupuncture treatment balancing and unblocking energy meridians and chakras. In this class people will be able to experience WBV themselves and explore how this new breakthrough technology might help them.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Sep 19	\$130

Meditation for Teenagers



442672-01

Instructor: Cara Gallucci

There is no better time to experience the comfort and joy of meditation than during high school years. Cara Gallucci learned to meditate at 15, and that early seed blossomed into a lifelong practice. She knows firsthand what regular meditation practice can do to calm the mind, soothe the body, lift the spirits, cultivate clarity, and more. We'll work with two easy but powerful techniques tonight, one drawn from Yoga and the other from Dr. Irving Oyle for meeting inner guides. With sufficient interest, we can develop an ongoing class.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	Sep 20	\$25



Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Program Registration

Tuesday, Sept. 4 - Residents/7am

Tuesday, Sept. 11 - Non-Residents/7am

Online • Walk-in • Mail • Fax • Phone

Adult Meditation for Beginners: Hearing the Inner Voice



442673-01

Instructor: Cara Gallucci

Perhaps you have had a spontaneous experience of inner sensing—an image flashing through your mind with important information, hearing a voice warn you at a critical moment, feeling a presence when you needed comfort, and soon. Our inner senses mirror the physical senses, meaning that with practice, we can see, hear, and generally sense what is happening in the inner dimensions of our being. This is what is meant by visualization techniques, but some people perceive through sound or other inner perceptions as well. During this introductory workshop, we'll practice some simple techniques that combine visualization with inner listening. Even if you are an experienced meditator, you are welcome. The combined energy of the group can facilitate each person's experience.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Oct 10	\$25

Messages from Heaven

443802-01

Instructor: Gayle Kirk

Gayle Kirk is an amazing and compassionate Psychic and Medium. She appears on TV, radio, and in newspapers. Join Gayle as she offers the uplifting, healing, and informative program, "Messages from Heaven". This program is similar to John Edward's hit TV show, "Crossing Over". Your loved ones in Heaven want to talk with you as much as you want to talk with them. Send your love to those in Heaven. Ask them to come through with a message for you. Gayle provides loving, healing messages from your family, friends, and pets in Heaven and positive, wise psychic guidance from Spirit Guides and the Angels for as many people as possible; however, your attendance does not guarantee you will receive a message. Learn about the different ways your loved ones in Heaven may try to communicate with you. Enjoy a beautiful guided group meditation to help you to connect with your loved ones in Heaven. Bring paper and pen to write down messages. Recorders and cameras are not allowed. Pre-registration is definitely encouraged as programs often sell-out. For more information, please see www.GayleKirk.com

Location: Warren Building **Min: 12/Max: 24**
1 class

Day	Time	Date	Price
Fri	7 - 9 pm	Nov 2	\$45

Stop Sugar

442688

Instructor: Sue McCombs

Stop the sugar habit...what if you had no desire to put anything with sugar in your mouth? What if looking at a product with sugar left you with a feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all that expertise, the thinking and obtaining and consuming of sweets, got transformed into some positive habit, like exercise or another desired outlet. Focus can be placed on eating moderate well balanced meals featuring fresh fruits and vegetables and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It can and will happen when you take this one and a half hour class using the hypnosis techniques of guided imagery to help you make this change at your powerful subconscious level, the part of you that guides your choices every day. Please do not consume alcohol prior to class. Audio CD will be available for \$30.00 for those who wish to take the program home for reinforcement.

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

Section	Day	Time	Date	Price
01	Mon	7 - 8:30 pm	Sep 24	\$45
02	Tue	7 - 8:30 pm	Oct 16	\$45
03	Wed	7 - 8:30 pm	Nov 14	\$45



Secret Success Skills

Instructor: Randa Sununu

442622

You will learn the secret skills to being successful, regardless of what area of your life you apply them. You will learn to build new habits and break old ones, which will only contribute to your success. Do you want to learn how to make the best use of your time and not waste it on unimportant things, thereby becoming much more efficient? Do you want your self-esteem and self-confidence to increase exponentially? Do you want your income to really improve? Do you want to accomplish much more in a day or a week or a month than you ever dreamed was possible? You will get useful handouts, and one free 30 minute private consultation.

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

Section	Day	Time	Date	Price
01	Thu	10 am - 12 pm	Oct 25	\$50
02	Thu	10 am - 12 pm	Dec 6	\$50

Clutter Control

442620

Instructor: Randa Sununu

In this class you will learn 3 basic principles, which can guide you to manage the clutter in your life. You will be given many more useful tips about how to de-clutter any space, make decisions about your clutter, let go of the attachments that fuel your tendency to clutter in the first place, and develop new no-cluttering habits that last. Participants are entitled to a free 30 minute private consultation.

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

Section	Day	Time	Date	Price
01	Thu	10 am - 12 pm	Oct 18	\$35
02	Thu	10 am - 12 pm	Nov 29	\$35

Alexander Technique

442602-01

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

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

Day	Time	Date	Price
Mon	7:30 - 9 pm	Sep 24 - Oct 1	\$45

Puppy Kindergarten

(3-6 months)
444602-01

Instructor: Vera Wilkinson CDBC, CPDT-KA

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



Location: Warren Building Min: 6/Max: 10

6 weeks

Day	Time	Date	Price
Mon	6:30 - 7:20 pm	Sep 24 - Nov 5 (No class 10/8)	\$115

Dog Obedience

(6 months and up)
444601-01

Instructor: Vera Wilkinson CDBC, CPDT-KA

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



Location: Warren Building Min: 6/Max: 12

6 weeks

Day	Time	Date	Price
Mon	7:30 - 8:20 pm	Sep 24 - Nov 5 (No class 10/8)	\$115

Dog: Fun and Games

444603-01

Instructor: Vera Wilkinson CDBC, CPDT-KA

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

Location: Warren Building Min: 6/Max: 10

6 weeks

Day	Time	Date	Price
Mon	8:30 - 9:20 pm	Sep 24 - Nov 5 (No class 10/8)	\$115

Novel Writing



443588-01

Instructor: Kip Langelo

Do you have a story in your head that you are dying to put on paper? Get some guidance from a writer with five published novels, and learn how to develop plots, create characters, build suspense, write dialog, and more. This class will teach you everything you need to write a novel. If you've already begun writing a story, bring it, and use this class to develop it into a book. If you don't have an idea yet, use this class as motivation. The only requirement is that you want to write and have fun doing it!

Location: Warren Building Min: 10/Max: 20

8 weeks

Day	Time	Date	Price
Thu	10 am - 12 pm	Sep 27 - Nov 15	\$45

On-Camera Delivery & Public Speaking

443955-01

Instructor: ALB Production House

Ever wonder what it's like to go live on television and deliver the news? Now's your chance! Develop your on air presence with direction from an industry veteran. Learn how to deliver news stories to camera, build your confidence, and perfect your public speaking ability. This is a great class for future journalists, people looking to add video content of themselves to their blog, and anyone interested in capturing an audience. Special attention will focus on dynamic delivery and focused storytelling.

Location: Warren Building Min: 5/Max: 18

2 Classes

Day	Time	Date	Price
Thu	6:30 - 8 pm	Sep 20 & 27	\$65

An Introduction to Short Film

443956-01

Instructor: ALB Production House

What do Madonna, Kirsten Dunst, and Gerald Butler have in common? Not much but they've all been in short films. Short films are on the rise; they are celebrated at film festivals and award ceremonies around the world, most notably the Oscars, Cannes, and Sundance. Learn from an award winning short filmmaker what it takes to make a fun, short, story driven film! The instructor will give an overview of how a short film is made and by the end of this class you will have a logline and a synopsis to start you out on the path to writing your first original script. Please bring laptop or iPad, or tablet to take notes.

Location: Warren Building Min: 5/Max: 18

2 Classes

Day	Time	Date	Price
Tue	6:30 - 8 pm	Oct 23 & 30	\$65

Indoor Walking @ Warren Bldg!

For All Ages! The weather is always fine for walking inside the Warren Building! Any time during our business hours (8:30 - 4:30), you can walk up, down, and all around. Check out our Open Gym schedule if walking laps is your thing. Contact the Recreation Department @ 781-235-2370 for more information.

30 Minute Meals-Pasta



443790-01

Instructor: Vanessa Labranche

Pasta dishes have always been speedy to prepare. In the time it takes to boil water for the pasta, you'll crank out a garlicky and flavorful Cilantro Pesto, make a tasty cream sauce for Penne with Smoked Salmon and ending the evening with a dish of Pappardelle with Chicken & Mushrooms in a White Wine sauce. This is a hands on class. (A \$10 food fee is due to instructor at time of class.)

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Date	Price
Thu	6 - 9:30 pm	Dec 6	\$100

Artisan Baking with Whole Grains



443791-01

Instructor: Vanessa Labranche



Throw on your apron and join us for a fun night of whole grain artisan baking. We'll create novel baked items, such as Oat Raisin Scones with Orange Glaze, Morning Glory Muffins, Multi Seed Cracker Bread & Whole Wheat Pizza with Fresh Mozzarella & Basil. Discover the remarkably rich texture, vivid colors, and incomparable flavors that come from all natural, whole grain baked goods.

(demo/hands-on) (A \$10 food fee is due to instructor at time of class.)

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Date	Price
Thu	6 - 9:30 pm	Nov 15	\$100

Beginner Bridge

444111-01

Instructor: Anand Lele, ACBL Accredited

The emphasis in this class will be on learning the logic associated with "The Standard American 5 Card Majors" bidding system. Every session will include instruction followed by supervised bidding and play. Comprehensive and easy to understand handouts will be distributed.

Location: Warren Building Min: 10/Max: 20

8 weeks

Day	Time	Date	Price
Fri	10 am - 12 pm	Sep 14 - Nov 2	\$100

Advanced Beginner Bridge

444103-01

Instructor: Dee Roberts

Prerequisite: A minimum of one year of beginner bridge with the instructor. This course will review the rules learned last year. It will move at a bit swifter pace.

Location: Warren Building Min: 12/Max: 20

8 weeks

Day	Time	Date	Price
Tue	10 - 11:45 am	Sep 25 - Nov 13	\$95



Bridge: "Play of the Hand"

444104-01

Instructor: A Anand Lele, ACBL Accredited

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

Location: Warren Building Min: 10/Max: 20

8 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Sep 12 - Nov 7 (No class 9/26)	\$100

Intermediate Bridge

444108-01

Instructor: Dee Roberts

This class is designed for students who have already completed both beginner and advanced beginner bridge.

Location: Warren Building Min: 12/Max: 20

8 weeks

Day	Time	Date	Price
Tue	12:30 - 2:15 pm	Sep 25 - Nov 13	\$95

Relaxing with Tea, Cookies and Art Expression



441477

Instructor: H. Burdetta Juliani

Look forward to an evening of relaxation, tea and cookies, while expressing yourself with art. No hassles or pressure -everything is included in this stress free relaxing evening out. Arrive with or in an old shirt/smock and paint your canvas while sipping tea, munching cookies and chatting. Everyone will be gently encouraged to discover his or her own individual technique through self-expression. Demonstrations of different techniques, brushes, palate knives, sponges and colors will all lead to an expression of your individual creativity and style. Learn how to create a canvas from start to finish. Final results will be for fun and relaxing evenings, and a 18" x 24" canvas masterpiece to hang on your wall with pride!

Price include supplies

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

4 weeks

S #	Day	Time	Date	Price
01	Thu	7 - 9 pm	Sep 13 - Oct 4	\$180
02	Thu	7 - 9 pm	Oct 11 - Nov 1	\$180



Online Digital Photo Album

443407-01

Instructor: Sherri Skillman

Do you have loads of digital photos stored in your computer? Do you want to organize them, or better yet, create an online photo album using state-of-the-art software? Then come take a class and learn how to manage and easily organize all of your digital photos, and also how to "click and drag" your photos into online templates in order to create beautiful digital photo albums. Once you up-load the templates, then you simply order the album online and it gets mailed right to your home! These albums are so quick and easy to make, especially for family reunions, weddings and other family events when you want to order multiple copies. Please bring your laptop (PC or MAC if available)

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

1 class

Day	Time	Date	Price
Mon	9:30 - 11:30 am	Oct 22	\$40

Painting with Acrylics for Adults



441455-01

Instructor: D'Ann Hansen

Come explore your creative side! By using right brain drawing strategies and step-by-step visual demonstration, 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, buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. Price includes supplies. **Location: Warren Building** **Min: 6/Max: 8**
5 weeks



Day	Time	Date	Price
Wed	10 am - 12 pm	Oct 3 - 31	\$195

Town Wide Yard Sale!
Saturday, September 22

Pottery for Adults

#443403

Instructor: Ramune Jauniskis

Students will have the opportunity to learn the basics of hand building and wheel throwing. You will be encouraged to explore your own interests and work on your own individual project. All pieces will be kiln fired.

Price include supplies

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

5 weeks

S #	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Oct 4 - Nov 1	\$195
02	Thu	12:30 - 2:30 pm	Oct 4 - Nov 1	\$195



Secrets of A Professional Organizer



443177-01

Instructor: Lauren Zalkind

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

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

2 weeks

Day	Time	Date	Price
Tue	10:30 - 11:30 am	Oct 16	FREE

A Fossil, Crystal, Petrified Wood & Dinosaur Bone Hunt

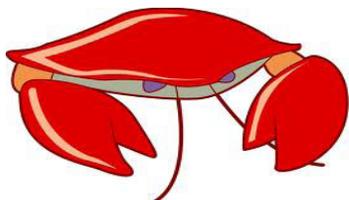
455412-01

Instructor: Paul Bruce

You'll join us on Duxbury Bay for a successful fossil hunt! That's right, you'll be finding fossils, crystals and petrified wood! Your instructor will bring samples of the fossils that he has found here as well. **BRING 5 ROCKS TO REPLACE THE 5 YOU TAKE!!!!**

Meet @ Duxbury High School

One class – 1 ½ hours		Min: 1/Max:6	
Day	Time	Date	Price
Sat	9:55 - 11:25 am	Oct 6	\$25



Crab Catching

455402-01

Instructor: Paul Bruce

Your perfect family outing! Or you may come singly! You'll be baiting several traps and then hauling them in, You never know what is going to come up in a crab trap! Bring your camera for migrating wild life! Maybe you'll see "Chumly" the seal! Bring a container for your catch as you probably won't want to use your pockets. Wear waterproof boots.

Meet @ Duxbury High School

One class – 1 ½ hours		Min: 1/Max:6	
Day	Time	Date	Price
Sat	9:55 - 11:25 am	Oct 13	\$30

Directions to locations will be mailed/emailed

Gourmet Mushrooms

455401-01

Instructor: Paul Bruce

This class will help you to identify mushrooms common to this area. You'll learn tree identification, locations, field preparation, harvesting, recipes, and you will receive written information as well. Bring a paper bag and paring knife. Wear waterproof boots.

Meet @ Duxbury High School

One class – 2 1/2 hours		Min: 1/Max:6	
Day	Time	Date	Price
Sun	9:55 am - 12:25 pm	Oct 14	\$40

Fishing for Striped Bass & Blues

455404-01

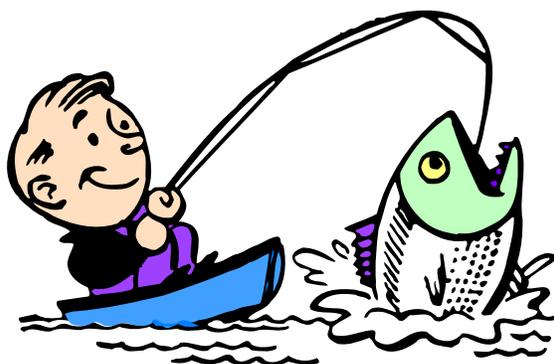
Instructor: Paul Bruce

Fish for bass and blues on Duxbury Beach. You'll learn about tackle, techniques and bait, and you'll gain the skills necessary to fish with confidence using the Ted Williams method!

Meet @ Duxbury High School

One night – 2 hours		Min: 1/Max:6	
Day	Time	Date	Price
Fri	6:55 - 8:55 pm	Oct 12	\$60

(all equipment provided)



Cranberry Bog

455405-01

Instructor: Paul Bruce

You'll take a short nature walk over easy terrain through an eastern white pine highland forest. You'll enter the lowland forest and walk the water course next to the bog just like the raccoons, foxes and other wildlife. You'll want to bring a camera as we frequently see wildlife. You may pick as many organic, wild grown cranberries as you wish. There is something here for everyone on this 1942 cranberry bog-turning-to meadow. Wear waterproof boots.

Meet @ #50 Birch St.

1 class -1 ½ hours

Day	Time	Dates	Price
Sun	9:55 - 11:25 am	Oct 7	\$25

Smelt Fishing

455410-01

Instructor: Paul Bruce

You'll fish for sleek, silver sided smelt just the way the "old timers" do! All your bait, tackle, rods and reels and instruction are provided and we will fish on the Quincy town pier structure. Rain or shine, wear waterproof boots and dress for the weather!

Meet @ Quincy Town Pier (directions to be sent)

One class – 2 hours		Min: 1/Max:6	
Day	Time	Date	Price
Sat	12:55 - 2:55 pm	Nov 17	\$25

(all equipment provided)

Hello iPad!

443957-01

Instructor: ALB Production House

Apple is launching new software this summer/fall don't be left in the digital dust!!! This course is great introduction to your iPad. Customize your apps (applications), get set up on your email, and enter a world of online books and music. Great for beginners, seniors, and all tech enthusiasts of ages.

Location: Warren Building **Min:** 5/**Max:** 18

2 Classes

Day	Time	Date	Price
Tue	6:30 - 8 pm	Oct 9 & 16	\$65



Publisher: Introduction

443004-01

Instructor: French Brandon

In this class you will use Publisher to create a newsletter complete with graphics and text. You will format the text and modify the graphics and use design tools to make a professional looking document. You will use templates and make documents from scratch. Publisher is an excellent tool to make flyers, brochures and, of course, newsletters.

Location: Warren Building

Min: 4/**Max:** 6

2 classes

Day	Time	Date	Price
M & Tu	6:30 - 8:30 pm	Oct 29 - 30	\$120



Get the Most Out of Your Digital Camera

443901-01

Instructor: Phyllis Mays

Whether you just bought your digital camera or you have been using it as a point and shoot for a year or two, you can expand your digital photography skills in this class. Learn what's inside the camera, how to maximize its options, and how to adjust settings for the best results. One meeting will focus on editing techniques, another on getting good prints. Explore various ways to move photos to your PC. Finally, we will create online photo albums to share with family and friends. Students should be familiar with computer basics. Please bring your camera, cable and manual to class. Please be sure batteries are freshly charged.

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

Day	Time	Date	Price
Mon	10 am - 12 pm	Oct 15 - Nov 5	\$150

Explore Wellesley's Trails

The Natural Resources Commission's Trails Committee will be welcoming the fall with a series of free, guided trail walks between September and November. Come along to enjoy some of Wellesley's beautiful open spaces and discover trails that will expand your recreational options. Walk schedules are also published in the Townsman and on our website (www.wellesleytrails.org) and on Facebook.

For more information call Miguel Lessing at 781 799-4555 or Denny Nackoney at 781 237-5174.

September 26, Saturday (9-10 a.m.) Centennial Reservation Walk

Take a picturesque walk to the top of Maugus Hill, one of the highest points in Wellesley. Explore the conservation land purchased by Wellesley for the 1981 Centennial Celebration, view the Great Blue Hills in Canton, and take our trail through MassBay Community College open space. Meet at Centennial Reservation parking lot off of Oakland Street. Entrance to the parking lot is on the right, 0.5 miles South from Rt. 9.

October 13, Saturday (9 -10 a.m.) – Guernsey Path Walk

Walk along the Charles River to the historic Waban Arches built in 1876 to carry water to Boston and see the colorful fall foliage from the top of the 50 ft. arches. Take an optional short walk through the Guernsey Sanctuary to Savrina Lake. Meet at 9 a.m. at the Guernsey parking area. Take Dover Road from Washington Street and follow for 0.7 miles. Turn right onto Livingston Road, which becomes Winding River Road, and follow for 0.9 miles. Parking area is on your left at the trail map house.



October 24, Sunday (1-3 p.m.) – Kids' Trails Day

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

November 3, Saturday (9-10 a.m.) – Charles River Walk

Be among the first to explore this new Wellesley trail! Walk from Lower Falls and behind the new Waterstone at Wellesley building complex and along the Charles River. See the new footbridge over the Charles to Newton and the newly improved trail along the river to Weston. Meet at 9 a.m. at the parking lot (free on Saturdays) on River Street off Washington Street

All Walks are FREE. Registration IS NOT required.



Computer Basics for Beginners



443081-01

Instructor: Swati Dave

In this class, students will cover true computer basics from turning the computer on, to learning to use the mouse, and cut, copy & paste. We will also cover opening/closing windows, learning the start up menu, changing the desktop, and much more. This class is for the true beginner!

Location: Warren Building Min: 4/Max: 6
2 classes

Day	Time	Date	Price
Wed	10 am - 12 pm	Oct 3 - 10	\$120



Word: Introduction

443082-01

Instructor: Swati Dave

If you have no experience with Microsoft Word 2007 and want to start from the beginning, or if you have some experience with it but want to become more proficient, then this class is for you. This class covers all of the features you need to get started using Microsoft Word 2007 such as text entry, text editing, formatting, spell check, bulleting, numbering, and much more. Although knowledge of how to navigate in a Windows environment is helpful, this class cater to the computer beginner.

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

Day	Time	Date	Price
Wed	10 am - 12 pm	Oct 17 - Nov 7	\$120



EXCEL: Introduction

443001-01

Instructor: French Brandon

Learn the basics of Microsoft Excel*. Students will be taught how to navigate in Excel by opening, closing, saving and saving workbooks. You will learn to work with cells, columns and rows by in-putting basic data. This course will also cover basic formatting, formulas for addition, subtraction, multiplication and division, and functions. This class is a MUST for anyone looking to work with spreadsheets.

Location: Warren Building Min: 4/Max: 6
2 classes

Day	Time	Date	Price
M & Tue	6:30 - 8:30 pm	Sep 17 - 18	\$120

PowerPoint: Introduction



443080-01

Instructor: Swati Dave

If you have no experience with Microsoft PowerPoint 2007 and want to start from the beginning, or if you have some experience with it but want to become more proficient, then this class is for you. This class covers all of the features you need to get started using Microsoft PowerPoint 2007 such as creating slides, applying templates, inserting ClipArt, tables, charts etc., running your slide show, printing, and much more. Although knowledge of how to navigate in a Windows environment is helpful, this class caters to the computer beginner.

Location: Warren Building Min: 4/Max: 6
3 classes

Day	Time	Date	Price
Thu	6:30 - 8:30 pm	Oct 11 - 25	\$140

Photoshop: Introduction

443003-01

Instructor: French Brandon

For those people who have a digital camera and are looking to have some fun with their pictures, this is the class for you. In this class, students will learn the Photoshop environment, sizing images, and creating layers. You will also be introduced to blending/opacity, color/painting, text/layers, adjusting images and saving the images for the web, and printing.

Location: Warren Building Min: 4/Max: 6
2 classes

Day	Time	Date	Price
M & Tue	6:30 - 9 pm	Oct 15 - 16	\$210

EXCEL: Advanced

443002-01

Instructor: French Brandon

This class will focus on advanced formulas (Financial and Scenarios), charts and graphs, linking of spreadsheets and workbooks, controlling the print environment and advanced formatting. The students MUST have basic understanding of Excel and standard formulas. They are encouraged to take the Excel Intro class prior to enrolling in this class.

Location: Warren Building Min: 3/Max: 4
1 class

Day	Time	Date	Price
M & Tue	6:30 - 8:30 pm	Oct 1 & 2	\$120

Welcome!

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 six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and 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:

www.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 in this catalog will begin on:

Sept 19: #443800-01

Oct 17: #443800-02

Nov 14: #443800-03

Dec 12: #443800-04

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Business Courses

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. **\$95.**

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. **\$95.**

Customer Service Fundamentals

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$95.**

Professional Sales Skills

Discover how to begin a successful and rewarding career in sales. **\$95.**

Building an Ethical Business

Give your business an advantage by building a strong and just foundation. **\$95.**

Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$95.**

Successful Construction Business Management

Gain a powerful and permanent advantage over the competition by practicing expert management. **\$95.**

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts. **\$95.**

Distribution and Logistics Management

Improve your company's ability to deliver on time and on budget, while increasing customer satisfaction. **\$95.**

Mastery of Business Fundamentals

Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program. **\$95.**

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management. **\$95.**

Total Quality Fundamentals

Give yourself a strong foundation in total quality management. **\$95.**

Introduction to Business Analysis

Master powerful techniques to improve your decision-making skills at work. **\$95.**

Managing Technology

Deliver results on time and on budget by monitoring and controlling technology projects. **\$95.**

Managing Technical Professionals

Build vital leadership skills to attract, retain, and inspire top-notch technical professionals. **\$95.**

Hire Smart

Develop recruiting techniques that will help you hire the best people. **\$95.**

Understanding the Human Resources Function

Learn to handle human resource functions to ensure the best possible results. **\$95.**

Employment Law Fundamentals

Learn the basics of employment law so you can legally hire, evaluate, and manage employees. **\$95.**

Start A Business

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online. **\$95.**

Secrets of the Caterer

Learn cooking and business secrets from a professional caterer. **\$95.**

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Teaching, and more!
Register and pay with the
Wellesley Rec. Department.
Then visit
www.ed2go.com/wellrec
for orientation.**

Trunk or Treat



Who:

Everyone!!!

When:

Saturday October 27th (Raindate Sunday October 28th)

Setup: 12pm Trick or Treat: 1pm Awards: 2pm Clean-up by: 2:30pm

Where:

Morses Pond Parking lot

What:

A Trunk or Treat (aka Halloween Tailgating) is a NEW Halloween event sponsored by the Wellesley Recreation Department. Meet at the Morses Pond parking lot, open your trunks, or the backs of your SUV, and decorate them! Maybe you'll pick a theme like a movie or a popular book. Maybe you'll be traditional with a scary (but not too scary) Halloween theme. We can't wait to see what you do! Then you'll pass out candy from your trunks (please bring plenty of candy and make sure it's nut free). The event provides a safe family environment for trick or treaters.



Even if you do not decorate a car, bring your kids down at 1pm to Trick or Treat and see all the fantastic decorations!

Prizes for decorated cars will be awarded for:

Best Theme 🎃 Scariest

Funniest 🐱 Most Artistic

\$5 registration fee per car

Register by Friday Sept. 19th

You can register online, over the phone, or in person. Activity #422403

Tips:

Don't forget about a costume for yourself. The best and most interesting trunks have their owners dressed to match the theme.

Bring lots of candy to pass out. We want to make this event a great big new tradition for Wellesley!

