

## 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, 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](http://www.wildkathoops.com).

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

Day	Time	Date	Price
Mon	10 - 11 am	Oct 28 - Dec 16 (No class 11/11)	\$75



## 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](http://www.wellesleyma.gov/recreation); click on "Open Gym." Times are subject to change.

There is a \$5 drop in fee per night or \$50 for the Fall season.

Location: Warren Building Gym

### Sport:

Tues.	7 - 9 pm	Women's Basketball
Thurs.	7:30 - 9 pm	Co-Ed Volleyball
Fri.	6:30 - 8:30 pm	Men's Basketball

## Fusion Fit

Instructor: Bitsy Graham  
440400

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

Strong body, strong bones, strong mind!!!!

Location: Warren Building      Min: 10/Max: 20  
8 weeks, 2 - 5 days per week

S#	Day	Time	Date	Price
01	M-F	8:45 - 9:45 am	Sep 9 - Oct 31 (No class 10/14)	\$130/2x/week \$170/3x/week \$195/4x/week \$210/5x/week

7 weeks, 2 - 5 days per week

02	M-F	8:45 - 9:45 am	Nov 1 - Dec 20 (No class 11/11 & 28)	\$115/2x/week \$150/3x/week \$170/4x/week \$200/5x/week
----	-----	----------------	---	--



## Heartbeat for Adults

440403-01

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger every day" is our motto.

Location: Warren Building      Min: 15/Max: 20  
14 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:05 - 7:55 am	Sep 10 - Dec 20 (No class 11/28 & 29)

\$225 for three days per week  
\$180 for two days per week



## Dynamic Running

440407-01

Instructor: Kathy Fleming

This version of Dynamic Running is 50 percent drills and 50 percent running dynamically. It is geared to the beginner runner or one that would like to improve running form and/ or efficiency in his/ her stride. The venue for action will be the grassy field, trails and hills. This class will help build the mental and physical foundation for you to have the courage to start a regular running program. If you're already a veteran runner, it will provide the physical skills to get to the next level.

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

Day	Times	Date	Price
Tue	9:15 - 10:15 am	Oct 1 - 29	\$135

## Fitness for Women

Instructor: Suzanne Horgan

Geared toward women of all ages and abilities; We will combine cardiovascular training with muscular conditioning and flexibility/stretching; by keeping our heart rates elevated, we will burn fat while strengthening our muscles. Particular focus on core, arms, butt, and legs.



Location: Warren Building Min: 7/Max: 15  
6/7 weeks

440404

Section	Day	Times	Date	Price
01	Mon	9 - 10 am	Sep 9 - Oct 21 (No class 10/14)	\$245
02	Mon	9 - 10 am	Oct 28 - Dec 16 (No class 11/11)	\$225
03	Wed	9 - 10 am	Sep 11 - Oct 23	\$245
04	Wed	9 - 10 am	Oct 30 - Dec 18 (No class 11/27)	\$245
05	Thu	6 - 7 pm	Sep 12 - Oct 24	\$245
06	Thu	6 - 7 pm	Nov 7 - Dec 19 (No class 11/28)	\$225

## 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 Courts., Rt. 16

5 weeks

445225 Min: 6/Max: 12

Day	Times	Date	Price
Wed	9:30 - 11 am	Sep 11 - Oct 9	\$150

## Divine Sleep Yoga Nidra

440566

Instructor: Leslie Worris

DE-STRESS BEFORE THE HOLIDAYS!!!

Yoga Nidra is a DEEPLY restorative and meditation yoga practice. In this workshop, give yourself permission to rest, balance, restore, and tap into new sources of energy. Alleviate not only muscular tension but also mental and emotional stress. Participate in gentle movement and breath work to relax the body. Then just lie down, close your eyes, and listen. Prepare to de-stress and pamper yourself like never before! Allow this guided meditation to soothe you into deep relaxation. No prior yoga experience is necessary. Handout included.



Location: Warren Building Min: 8/Max: 15

5/8 weeks

S#	Day	Time	Date	Price
01	Thu	6 - 7:15 pm	Dec 12	\$25
02	Fri	1 - 2 pm	Dec 13	\$25
02	Sat	10:30 - 11:45 am	Dec 14	\$25

## 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

445201 Min: 6/Max: 8

Day	Times	Date	Price
Thu	6 - 7:30 pm	Sep 12 - Oct 10	\$165 (incl. tag) \$150 (own tag)

445208 Min:6/Max:12

Day	Times	Date	Price
Fri	10:30 am - 12 pm	Sep 13 - Oct 11	\$150

445204 Min:3/Max: 5

Day	Times	Date	Price
Mon	10:30 am - 12 pm	Sep 9 - Oct 7	\$150

Non Residents may register EARLY for this program, before the registration start dates.



Buy your tags to play tennis under the lights!

## 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

445205 Min: 6/Max: 8

Day	Times	Date	Price
Wed	6 - 7:30 pm	Sep 11 - Oct 9	\$165 \$150 (own tag)

445207 Min:6/Max: 12

Day	Times	Date	Price
Fri	9 - 10:30 am	Sep 13 - Oct 11	\$150

445203 Min:3/Max: 5

Day	Times	Date	Price
Mon	9 - 10:30 am	Sep 9 - Oct 7	\$150

Non Residents may register EARLY for this program, before the registration start dates.

## Yoga: Vinyassa Flow

440577

Instructor: Zina Roberts

We welcome you to enjoy learning to experience the many physical and mental benefits in Yoga. Flow to music while learning body alignment, building core strength and connecting to breath. Sessions will support all levels of experience, so that each student can practice at their own level and also be challenged to develop their strength and flexibility. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat. This class allows for \$15 "drop-ins" without pre-registration.

Location: Warren Building Min: 7/Max: 15  
6/5 weeks

S#	Day	Times	Date	Price
01	Tue	9 - 10 am	Sep 17 - Oct 22	\$60
02	Tue	9 - 10 am	Oct 29 - Nov 26	\$60



## Mindful Movement

440716

Instructor: Leslie Worriss

TAI CHI PLUS..... This is a Tai Chi class that 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

5/8 weeks

S#	Day	Time	Date	Price
01	Thu	11 am - 12 pm	Sep 12 - Oct 31	\$95
02	Thu	11 am - 12 pm	Nov 14 - Dec 19	\$60

(No class 11/28)



## 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.

Location: Warren Building Min: 12/Max: 20

13 weeks

440503-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Sep 9 - Dec 18	\$160/1 day
		(No class 10/11, 10/14, 11/11, & 11/29)	\$230/2 days
			\$265/3 days

15 weeks

440519-01

Day	Time	Date	Price
Tue	7 - 8 pm	Sep 10 - Dec 17	\$190

All yoga classes require a yoga mat.



Register Online  
wellesleyma.gov/recreation

## Yoga for Living Well

440530

Instructor: Leslie Worriss

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

Location: Warren Building Min: 8/Max: 15

5/6/8 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Sep 10 - Oct 29	\$95
02	Tue	1:45 - 3 pm	Nov 12 - Dec 17	\$85
03	Thu	1:45 - 3 pm	Sep 12 - Oct 31	\$95
04	Thu	1:45 - 3 pm	Nov 14 - Dec 19	\$75

(No class 11/28)

## Ballroom: Introduction

444002

Instructor: Carol Lanzillo,  
Arthur Murray Dance Studio  
of Natick

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

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

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Sep 16 - Oct 28 (No class 10/14)	\$160/cpl
02	Mon	7 - 8 pm	Nov 4 - Dec 16 (No class 11/11)	\$160/cpl



## Ballroom: Intermediate

444003

Instructor: Carol Lanzillo,  
Arthur Murray Dance Studio of Natick

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

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

S#	Day	Times	Date	Price
03	Mon	8 - 9 pm	Sep 16 - Oct 28 (No class 10/14)	\$160/cpl
04	Mon	8 - 9 pm	Nov 4 - Dec 16 (No class 11/11)	\$160/cpl

## Tap Dance

444020

Instructor: Valery Marcantonio

Experience the joy and discipline of Tap Dance! Valery shares her love of tap and focuses on the fundamentals of tap, technique, combinations, listening to music, all set to jazz, latin, blues and swing music. Tap Shoes are required. Tap shoes can be purchased at: [dancerswarehouse.com](http://dancerswarehouse.com) & [www.downtowndancewear.com](http://www.downtowndancewear.com)

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

S#	Day	Times	Date	Price
01	Mon	12 - 1 pm	Sep 9 - Oct 21 (No class 10/14)	\$95
02	Mon	12 - 1 pm	Oct 28 - Dec 9 (No class 11/11)	\$95



## Zumba

444006

Instructor: Tanya Novobrantseva

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

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

Act #	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Sep 11 - Oct 23	\$42
02	Wed	7:15 - 8:15 pm	Oct 30 - Dec 18 (No class 11/27)	\$42

## 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 Irish 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. Designer 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 21 - Dec 14 (No class Oct 12, 26, 11/9, 30 & 12/7)	\$120



When an outdoor Saturday class is cancelled due to bad weather, make-up classes will be scheduled

## FALL 2013 GUIDED WALKS

Come along to enjoy some of Wellesley's beautiful open spaces and discover new trails that will expand your recreational options! The walks are free, and no registration is required. Most walks cover 1.5 to 2 miles and last about one hour. Participants are encouraged to wear sturdy footwear.

### Sept. 21, Sat.(9-10 a.m.) – Beard Trail Walk

This reservation is the source of Fuller Brook, covers 350 acres from the Wellesley town line to the Charles River, and has miles of hiking trails. Meet at 9 a.m. at the map house located at Grove Street and Beard Way near the Needham town line. Parking is available on Beard Way.

### Oct. 5, Sat.(9-10 a.m.) – Waban Arches Walk

This scenic walk will take you along three of our interconnecting trails. We will take the Brook Path through Fuller Brook Park, the Guernsey Path to the Sudbury Aqueduct, and return on the Sudbury Path. Meet at 9 a.m. on the Brook Path at Cameron Street next to the Hunnewell School playground.

### Nov. 2, Sat. (9-10 a.m.) – Charles River Walk

Walk from Lower Falls and behind the new Waterstone at Wellesley building complex and along the Charles River. See the new foot-bridge over the Charles to Newton and the scenic trail along the river to Weston. Meet at 9 a.m. at the parking lot (free on Saturdays) on River Street off Washington Street.

### KIDS' TRAILS DAY: Oct. 20, Sun. (1-3 p.m.) – Town Forest

Join us in celebrating fall and have your kids search for treasure boxes using letterboxing (written clues). Refreshments served at the end of the activities. No registration 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 St 0.9 mi. south of Rt. 9.

### VOLUNTEER TRAILS DAY: Sept. 28, Sat. (9–11 a.m.) – Centennial Reservation

Come help us work on maintaining the trails in Centennial Reservation. We will instruct you on basic trail maintenance and then work on clearing trails of brush and limbs. We will provide tools, but if you have loppers (long-handle clippers), please bring them. Wear sturdy footwear and bring leather gloves and water. Meet at 9:00 at the trailhead at the end of Maugus Ave.

We look forward to seeing you! All activities take place in rain, unless it pours! No registration required.  
For more info: [www.wellesleytrails.org](http://www.wellesleytrails.org), or call Miguel Lessing at 781-431-2411 or Denny Nackoney at 781-237-5174.

## “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.brooklinetour.com](http://www.brooklinetour.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	3 - 6 pm	Oct 12	\$45
02	Sat	3 - 6 pm	Nov 23	\$45

Recreation Office Hours: Monday - Friday 8:30 - 4:30 pm

Program Registration Begins:

Residents: Upon Receipt of this brochure via email or mail

Tuesday, September 10th - Non-Residents @ 7am

Online • Walk- in • Mail • Fax • Phone



## Tuscan Appetizers, Starters & Party Food

443766-01

Instructor: Mark Frank

Having a dinner party or family event and want to knock the socks off your company? Nothing is tougher than satisfying the wide array of tastes that arrive at a family, work, or social event. This evening we will discuss platters, trays, and bowls of food that are sure to make any event you are hosting a huge hit! We will be using fresh ingredients, and catering to vegetarians, carnivores, everything in between. Class will run for about 2 ½ hours, and then stick around to enjoy the fruits of our labor! Tonight's Menu: Pesto, Mozzarella, and Tomato Eggplant Stacks Roasted Red Pepper Mini Crab Cakes with Spicy Aioli Sun Dried Tomato, Chevre and Endive Salad with Balsamic Drizzle Parmesan Crusted, Olive and Scallion Stuffed Mushrooms Crostini Bites in Two Varieties: White Bean Salad, and Tuscan Beef Tender, Tomato Simmered Turkey Meatballs. Food fee included in price.

Location: Warren Building Min: 4/Max: 6 pairs  
1 class

Day	Time	Date	Price
Fri	6:30 - 9:30 pm	Oct 4	\$75 \$120/pair



## Dining Out At Home... Cooking For One, Or Two, In Three Delicious Courses

443767-01

Instructor: Mark Frank

Come join Chef Mark on a culinary adventure that is sure to wow your significant other, your friend, or yourself! We will use only fresh ingredients, nothing packaged, pre-mixed or processed. Our discussion will go beyond the recipe, and will include shopping tips, timing and planning strategies in the kitchen, and how to create an atmosphere and look that compliments your meal. Come by yourself, or with a companion, and enjoy the process as much as you will enjoy the meal! Class will run for about 90 minutes and then feel free to stay and enjoy the fruits of your labor. Cheese plate: Manchego with Sliced Fig, Spicy Cheddar with Cherry Pepper Slivers, and Stilton Blue with walnuts and Honey, Butter Crackers Entree: Pan Roasted Cilantro Crusted Swordfish with Avocado Salsa over Chili-Infused Rice Dessert: Strawberry, Watermelon, Basil and Mint Salad with Sweet Mascarpone Cream. Food fee included in price.

Location: Warren Building Min: 4/Max: 6 pairs  
1 class

Day	Time	Date	Price
Fri	6:30 - 9:30 pm	Sep 20	\$75 \$120/pair



## Chinatown Tour

443705

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
01	Sun	10 am - 2 pm	Oct 6	\$55
02	Sun	10 am - 2 pm	Oct 20	\$55



Registrar Online

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

## 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	Times	Date	Price
01	Sat	10 am - 2pm	Oct 12	\$55
01	Sat	10 am - 2pm	Oct 26	\$55

## Guitar: Beginning

(Age 16 – Adult)

445802-01

Instructor: Dave Medeiros

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



Location: Warren Building Min: 5/Max: 10

8 weeks

Day	Time	Date	Price
Mon	6 - 7 pm	Oct 7 - Dec 16	\$115

(No class 10/14, 11/11 & 12/2)

## Instant Piano

(For Hopelessly Busy People)

445809 -01

Instructor: Valerie Lyons

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

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Date	Price
Mon	6:30 - 9:30 pm	Nov 25	\$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 7 - Dec 16	\$130

(No class 10/14, 11/11 & 12/2)



## Guitar: Continuing

(Age 16 – Adult)

445803-01

Instructor: Dave Medeiros

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

Location: Warren Building Min: 5/Max: 10

8 weeks

Day	Time	Date	Price
Mon	8 - 9 pm	Oct 7 - Dec 16	\$115

(No class 10/14, 11/11 & 12/2)

## 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
Mon	6:30 - 9:30 pm	Dec 9	\$75

## Whole Body Vibration: Introduction

442676-01

Instructor: Becky Chambers

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. WBV is also used for physical therapy, enhances neurological and brain function, is a powerful detox and balances energy meridians. In this class people will be able to experience WBV themselves and explore how this breakthrough technology might help them. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781-860-0680 to discuss before enrolling.

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

Day	Time	Date	Price
Mon	7 - 9 pm	Sep 30	\$35



## Whole Body Vibration: 6-Week Weight Loss

442677-01

Instructor: Becky Chambers

Jump start your weight loss with the breakthrough new technology of Whole Body Vibration (WBV). Used at exclusive health spas and weight loss clinics around the world, WBV machines 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. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781-860-0680 to discuss before enrolling.

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

Day	Time	Date	Price
Mon	7 - 9 pm	Oct 7 - Nov 25 (No class 10/14, 11/11)	\$135



## Haven't We Met Before? An Evening of Past Life Regression

442629-01

Instructor: Cara Gallucci

As the veil between the world of spirit and the world of earth is said to be at its thinnest on Halloween, we may be able to hear the voices of the past more clearly at this time of year. Reincarnation is a belief maintained by millions around the globe. Besides spontaneous past-life recall, memories of past lives may be accessed through hypnotic regression. No prior experience is necessary, nor does one have to be a "believer" to gain insight from the regression experience. The session is comparable to a relaxing guided meditation, and the images accessed may offer metaphors for your lessons in this life as well as actual past life memories. Exploration of possible past lives can illuminate aspects of present-day experience and point to new directions and meanings in the future.

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

Day	Time	Date	Price
Wed	7 - 9 pm	Oct 30	\$40



### PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 10 - 7 am

Online • Walk- in • Mail • Fax • Phone

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

## 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
Wed	7:30 - 9 pm	Oct 2 & 9	\$45

## 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". Gayle will provide loving, healing connections with family, friends, and pets in Heaven and psychic guidance from Spirit for the majority of the program for as many people as possible. However, please realize your attendance does not guarantee you will receive a message. Learn how your loved ones may communicate with you from the Other Side. Gayle will also answer your general questions about this amazing field. Recorders and cameras are not allowed. Pre-registration is encouraged as programs often sell-out. For more information or a Private or Family Reading, please see [www.GayleKirk.com](http://www.GayleKirk.com) or call 617-489-7717.

Location: Warren Building Min: 12/Max: 24

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Nov 13	\$45



## Tame Your To - Do List

443813-01

Instructor: Cory Halaby

Learn practical skills to make your to-do list efficient, and mini/body techniques to fill your schedule with purpose and fun. From the biggest goals to the smallest details, we'll map out plans you'll be excited to follow. This workshop will leave you organized, informed and inspired.

Location: Warren Building Min: 7/Max: 15

1 class

Day	Times	Date	Price
Sat	1 - 3 pm	Sep 21	\$35



## White People Challenging Racism: Moving from Talk to Action

443877-01

Instructors: Debby Irving & Stephen Pereira

People of all heritages/identities are welcome to join us as we focus on the role of white people in dismantling racism and building a just society. We'll examine the impact of white privilege and how being unaware of that advantage helps perpetuate racism. We'll discuss short readings and share everyday situations in which we did not speak up effectively against racial bias. Using role-playing, we'll work out effective ways to respond. <http://www.wpcr-boston.org>

Location: Warren Building Min: 12/Max: 24

5 classes

Day	Time	Date	Price
Mon	6 - 8 pm	Sep 16 - Oct 21 (No class 10/14)	\$35

## Stress Reduction Using Proven Techniques of Hypnosis

442606-01

Instructor: Sue McCombs

Everyone has experienced stress. It has been called the "Health Epidemic of the 21st Century." According to a Harvard Medical Journal, 80% of disease is stress related. A study by the American Academy of Family Physicians reports that 43 % of all adults suffer adverse health effects related to stress.

--It causes strokes, heart attacks, ulcers, hypertension and other diseases.

--People often report they stop caring about their family and job. Some people try to reduce stress on their own but the results are usually temporary. Using proven hypnotic techniques can reduce your stress level. Through the use of hypnosis, suggestions are given that will cancel out negative habits we learn over the years in response to stress. Once the negative habit has been removed, suggestions are given that will start a new, positive way to respond when faced with a stressful situation.

Location: Warren Building Min: 12/Max: 24

1 class

Day	Time	Date	Price
Thu	6:30-8:30 pm	Oct 24	\$45



## The Creative Genius of Jane Austen

443878-01

Instructor: Gerry Weisenberg

Jane Austen has long been critically distinguished for her slim but influential set of major and minor masterpieces. Austen's hallmark comic irony, incisive characterizations, and keen observation of her class society, inform her six completed novels. Through close reading and vigorous discussion of her *Pride and Prejudice*, *Northanger Abbey*, and *Emma*, we will engage Austen's creative achievement. The texts will be available at the New England Mobile Book Fair's 20% discount.

Location: Warren Building Min: 8/Max: 15

9 classes

Day	Time	Date	Price
Tue	7 - 8:30 pm	Sep 17 - Nov 12	\$50



## Puppy Kindergarten (3-6 months)

444602

**Instructor:** Vera Wilkinson CDBC, CPDT-KA

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

Location: Warren Building Min: 6/Max: 10

6 weeks

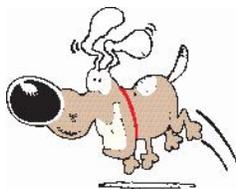
Day	Time	Date	Price
Mon	6:30 - 7:20 pm	Sep 23 - Nov 4 (No class 10/14)	\$115

## Dog Obedience (6 months and up)

444601

**Instructor:** Vera Wilkinson CDBC, CPDT-KA

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



Location: Warren Building Min: 6/Max: 12

6 weeks

Day	Time	Date	Price
Mon	7:30 - 8:20 pm	Sep 23 - Nov 4 (No class 10/14)	\$115

## Dog: Fun and Games

444603

**Instructor:** Vera Wilkinson CDBC, CPDT-KA

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

Location: Warren Building Min: 6/Max: 10

6 weeks

Day	Time	Date	Price
Mon	8:30 - 9:20 pm	Sep 23 - Nov 4 (No class 10/14)	\$115



## Intermediate Bridge

444108

**Instructor:** Dee Roberts

These are lessons for advanced beginner to intermediate players who have taken lessons with instructor Dee Roberts.

Location: Warren Building Min: 12/Max: 16

8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Oct 1 - Nov 19	\$95
05	Tue	12:30 - 2:15 pm	Oct 1 - Nov 19	\$95



## Bridge Clinic

444112 -01

**Instructor:** Anand Lele, ACBL Accredited

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

Location: Warren Building Min: 12/Max: 20

8 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Sep 18 - Nov 6	\$115

## Bridge: Defense

444102 -01

**Instructor:** Parul Jain

This course is a first course on defense for the beginning player. Here we will learn the rudiments of defense: opening leads, 2nd hand and 3rd hand play, later leads, and attitude and count signals. We will learn that there is more to defending a bridge hand than there is to playing one! You will play lots of hands and each hand will be turned up after the play for a review of bidding, play and defense. You will take home hand-outs with clear explanations and quizzes to reinforce what you just learned. You will also receive copies of every hand played in class with written analysis of the suggested bid, play and defense. Prerequisite: You should have some basic knowledge of declarer play and modern bidding.

Location: Warren Building Min: 12/Max: 20

8 weeks

Day	Time	Date	Price
Fri	10 am - 12 pm	Sep 20 - Nov 8	\$105



## College Search

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. 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: 7/Max: 15

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Sep 25	\$35

## 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 22 - 29	\$25



## Understanding the New Tax Laws & How to Benefit

443688-01

Instructor: Yon K. Corkum, CFP, CMFC

This year Americans are faced with one of the most significant changes of tax law in US history. Unlike previous changes, many of these changes are permanent and will impact everyone regardless of tax bracket. If no action is taken, you may find the impact of The American Taxpayer Relief Act of 2012 to be contrary to its name. Fortunately, the new tax law also created several significant loopholes which allow taxpayers to minimize or even eliminate taxes. This course will help you clearly understand the new law and identify the important strategies you can implement now to minimize or eliminate tax liability this year and beyond

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Thur	7 - 8:30 pm	Sep 26	\$25

## Voice-Overs: You're On the Air Webinar

443502-01

Instructor: Such a Voice

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



Location: online Max: 40

1 day

S#	Day	Times	Date	Price
01	Thu	8 - 10 pm	Oct 10	\$45
02	Tue	8 - 10 pm	Dec 3	\$45

## Relaxing with Tea, Cookies and Art Expression

441477-01

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 four 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

Day	Time	Date	Price
Thu	7 - 9 pm	Oct 3 - 24	\$180
Thu	7 - 9 pm	Nov 7 - Dec 5	\$180

(No class 11/28)

## Easy Hat Projects

441415-01

Instructor: Marilyn Feldman

If you love hats and would like to learn how to make them, there's no better way to begin than by working with some Millinery specific materials. You will learn the tips and techniques required to be able to create finishing touches for some of your old, out-dated hats and see how you can turn them into contemporary creations with a real "WOW" factor as well as learn how to make new ones. By the time you have finished, you'll almost certainly be even more hooked on hats and you'll be inspired as you see new creations emerge from your hands. This course does not require specialist equipment or previous experience. Instructor will send students a Supplies List prior to the beginning of class.

Location: Warren Building Min: 6/Max: 8

4 classes

Day	Time	Date	Price
Tue	7 - 9 pm	Sep 17 - Oct 8	\$75



## Parent & Child Pottery

421411-01

(Parent & child Ages 4 - 5)

Instructor: Ramune Jauniskis

Spend time working with your child while enjoying working with clay. Use your imagination to invent fantastic clay sculptures with guided instruction. Projects will be suggested but students are encouraged to work on their own ideas if they wish. All projects will be kiln fired. All materials included. Parent/Guardian required.

Location: Warren Building Min: 5/Max: 8

6 weeks

Day	Time	Date	Price
Thu	3 - 4 pm	Sep 26 - Nov 7 (No class 10/31)	\$125

## 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
Wed	10 am - 12 pm	Oct 9 - 30	\$155



## QuickBooks

443082-01

Instructor: Myrna Stacey

QuickBooks is the most popular small business accounting package. Right on the box it says how easy it is to use. But it doesn't tell you how to set it up properly and how best to use it. Come learn how to set it up, customize it and produce financial information crucial to grow and manage your business. Come learn how QuickBooks works for your industry and how you can get most out of this powerful package. Turn a good tool into a great one. Maximize your QuickBooks.

Location: Warren Building

Min: 4/Max: 6

2 classes

Day	Time	Date	Price
Tue & Wed	6 - 9 pm	Oct 1 - 2	\$175



## Pottery for Adults

443403-01

Instructor: Ramune Jauniskis

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

Price include supplies

Location: Warren Building

Min: 6/Max: 8

6 weeks

Day	Time	Date	Price
Thu	6:30 - 8:30 pm	Sep 26 - Nov 7 (No class 10/31)	\$195

## Painting with Acrylics for Adults

441455

Instructor: D'Ann Hansen



Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by modern masters and contemporary painters.

Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and 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

Act	Day	Time	Date	Price
01	Tue	9:30 - 11:30 am	Sep 24 - Oct 22	\$195
02	Wed	10 am - 12 pm	Sep 18 - Oct 16	\$195
03	Thu	12 - 2 pm	Oct 24 - Nov 21	\$195

## 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

Day	Time	Date	Price
Sat	9:55 - 11:25 am	Oct 5	\$30



## 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

Day	Time	Date	Price
Fri	6:55 - 8:55 pm	Oct 4	\$60

(all equipment provided)

Directions to locations will be mailed/emailed.

## Gourmet Mushrooms

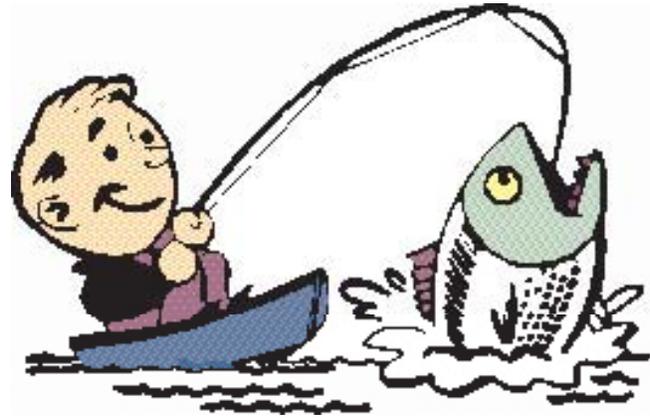
455401-01

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

Day	Time	Date	Price
Sun	9:55 am - 12:25 pm	Oct 6	\$40



## 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 1/2 hours

Day	Time	Dates	Price
Sun	9:55 - 11:25 am	Oct 13	\$25



Register for programs ONLINE!  
[www.wellesleyma.gov](http://www.wellesleyma.gov)  
 If you have never registered online before, call the Rec. Dept. office  
 781-235-2370  
 for a username and password



Info on page 10

## 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](http://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 18: #443800-01

Oct 16: #443800-02

Nov: 13 #443800-03

### 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.**

Many more classes  
online!

[ed2go.com/wellrec](http://ed2go.com/wellrec)  
Visit our website for many  
class options. Education,  
Business, Computers,  
Teaching, and more!

Register and pay with the  
Wellesley Rec. Department.

Then visit

[www.ed2go.com/wellrec](http://www.ed2go.com/wellrec)  
for orientation.

Wellesley Recreation Department  
90 Washington Street  
Wellesley, MA 02481

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

ECR WSS

Residential Customer  
Wellesley, MA

## CHECK OUT THESE NEW PROGRAMS!

Youth

- Puddlestompers: Budding Naturalist
- Tea Party Manners
- Everyday Manners: Social Skills for Life
- Perfectly Mannered: Communication Skills
- Super Soccer Stars: SHINE

Adult

- Fitness for Women
- Divine Sleep Yoga Nidra
- Mindful Movement
- Tuscan Appetizers, Starters & Party Food
- Dining Out at Home: Cooking for One, or Two in Three Delicious Courses
- Whole Body Vibration: Introduction
- Haven't We Met Before? An Evening of Past Life Regression
- Whole Body Vibration: 6-Week Weight Loss
- Tame Your To-Do List
- Stress Reduction Using Proven Techniques of Hypnosis
- White People Challenging Racism: Moving from Talk to Action
- The Creative Genius of Jane Austen
- Bridge Defense
- Understanding the New Tax Laws & How to Benefit
- Easy Hat Projects
- QuickBooks

## ONLINE PROGRAM REGISTRATION

Please go to our website for more information about using the online registration system. If you haven't ever participated in a Recreation program, please call the office during regular business hours to get your user name and password. Traditional Registration is available. See page 4 for more information

