

# 2014 Fall Brochure

## WELLESLEY RECREATION



*Something for Everyone*



Photograph courtesy of Wellesley Trails Committee

**781-235-2370**

**WARREN BUILDING • 90 WASHINGTON STREET  
WELLESLEY, MA 02481**

**[WWW.WELLESLEYMA.GOV/RECREATION](http://WWW.WELLESLEYMA.GOV/RECREATION)**



# Never A Dull Moment

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

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

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

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

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

## Important Phone Numbers

### TOWN DEPARTMENTS

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

### SPORT LEAGUES

|                            |   |
|----------------------------|---|
| Little League              | wellesleylittleleague.org<br>508-655-3064 (NEW #) |
| Men's SloPitch Softball    | jrussell@ddjcap.com                               |
| Wellesley Youth Football   | wellesleyyouthfootball.com                        |
| Swim Association           | wellesleyswim.org                                 |
| United Soccer Club         | wellesleysoccer.org                               |
| Wellesley Youth Basketball | wellesleybasketball.org                           |
| Wellesley Youth Hockey     | wellesleyyouthhockey.org                          |
| Wellesley Youth Lacrosse   | wellesleylacrosse.org                             |

## RECREATION DEPARTMENT STAFF

|   |  |
|---|--|
| <b>Director</b><br>Jan Kasetta              | <b>Assistant Director</b><br>Matt Chin   |
| <b>Program Administrator</b><br>Kevin Ryder | <b>PR &amp; Marketing</b><br>Melissa Roy |
| <b>Secretary</b><br>Kris Bemis              | <b>Secretary</b><br>Mary Ward            |
| <b>Custodian</b><br>Ron Colleton            | <b>Custodian</b><br>Glen LaPage          |
| <b>Custodian</b><br>Dot Gagne               |  |

## RECREATION COMMISSION

**Chairperson,** Steve Burt  
**Vice Chairperson,** Tripp Sheehan  
 James Conlin  
 Matthew Mckay  
 Andy Wrobel



## Wellesley Recreation Office 781-235-2370

**Jan Kasetta for:** Field use, SUMMERTIME concerts and any comments or concerns. [jkasetta@wellesleyma.gov](mailto:jkasetta@wellesleyma.gov)  
**Matt Chin for:** All adult programs and Morses Pond including summer jobs at the beach. [mchin@wellesleyma.gov](mailto:mchin@wellesleyma.gov)  
**Kevin Ryder for:** All youth programs including summer camp counselor positions. [kryder@wellesleyma.gov](mailto:kryder@wellesleyma.gov)



# Fall 2014

## Wellesley Recreation Scholarship Program

Recreation scholarships are for  
Wellesley Residents ONLY.

### RECREATION DEPARTMENT CAMPS:

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

**Download Application Forms**

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



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| Animal Fun .....                 | 28+29         |
| Archery .....                    | 23            |
| Art & Pottery .....              | 14, 18, 21    |
| Basketball .....                 | 15, 27        |
| Chess .....                      | 26            |
| Dance & Movement .....           | 12, 14, 19    |
| December Vacation Programs ..... | 31            |
| Drama .....                      | 17            |
| Enrichment Classes .....         | 26            |
| Family Game Night .....          | 35            |
| Fencing .....                    | 26            |
| Fitness .....                    | 16, 23, 26+27 |
| Football .....                   | 16            |
| Guitar .....                     | 19            |
| Horseback Riding .....           | 28+29         |
| Ice Skating .....                | 30            |
| Karate .....                     | 23            |
| Knuckbones Sports Programs ..... | 15, 26+27     |
| Music .....                      | 13, 18        |
| Piano .....                      | 13, 18        |
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| Safety Couses/Babysitting .....  | 21, 26        |
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# ONLINE REGISTRATION

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

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

## Registration Days & Start Times

|                    |                     |  |  |
|--------------------|---------------------|--|--|
| <b>Online</b>      | <b>Resident</b>     | Upon receipt of this brochure                        | <br> |
|                    | <b>Non-Resident</b> | Tuesday, September 2 @ 7 am                          |  |
| <b>Traditional</b> | <b>Resident</b>     | Upon receipt of this brochure, during business hours |  |
|                    | <b>Non-Resident</b> | Tuesday, September 2 @ 8:30 am - 4:30 pm             |  |



**WALK IN**  
 Recreation Office  
 90 Washington St  
 Monday - Friday  
 8:30 am - 4:30 pm



**BY PHONE**  
 (781) 235 - 2370  
 8:30 am - 4:30 pm  
 Use VISA or MasterCard



**BY MAIL\***  
 To Recreation Dept.  
 90 Washington St.  
 Wellesley, MA 02481

*\*Faxes and mail received prior to 8:30 am on the advertised registration days will be processed at 3:45 pm on that day.*

## REGISTRATION POLICY

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

## REFUND POLICY

### **FULL REFUND FOR A CANCELLED CLASS. IF A PROGRAM MEETS MORE THAN 4 TIMES**

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

### **IF A PROGRAM MEETS 4 OR FEWER or MEETS FOR FIVE CONSECUTIVE DAYS** (i.e. CAMPS, VACATION PROGRAMS & SKIING)

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

### **COOKING CLASSES**

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

### **CLASS SPECIFIC REFUND POLICY**

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

### **GENERAL INFORMATION**

Register for members of your immediate family only.

### **PAYMENT**

Non Residents add \$10 per course.

By check payable to Town of Wellesley, Cash, VISA or MasterCard

NOTE: There will be a \$25 additional fee for checks returned by the bank.

### **COURSE CANCELLATION**

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

### **COURSE CONFIRMATION**

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by using the online registration system. If a class does not meet the minimum participant requirements, it will be cancelled 48 hours in advance and you will be notified. Otherwise, please plan on attending the course.

### **MAKE UP CLASSES**

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants' inability to attend.

### **SWITCHING/CHANGING CLASSES**

Switching sessions/dates/classes constitutes a withdrawal from a class and the cancellation fee applies.

### **INCLEMENT WEATHER**

All classes (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all Recreation Department programs will start when school starts, unless you are informed otherwise. In the event that we need to cancel evening or weekend events it will be listed on our website and a message will be left on our voice mail (781-235-2370). We will also attempt to call and/or email participants who have registered for these classes.

### **FILLED CLASSES**

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list. We will try to offer additional classes whenever possible.

### **PARTICIPANT PHOTOGRAPH POLICY**

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

### **TOILET TRAINED**

Children must be toilet trained in order to attend any class unaccompanied by an adult.

**WE DO NOT PRORATE COURSES – FULL PAYMENT IS DUE WITH REGISTRATION**

# TRY-A-CLASS

**NEW**

**WEEK!**

**September 8 th - 14th**

Many of our instructors are kindly offering a complimentary class. We hope that this one class will help you decide to register for the entire session! When you read through our brochure look for the participating classes. You must pre-register for TRY-A-CLASS. Space may be limited.

## Wellesley Community Band

The town's new (founded 9/13) wind band offers players at all levels to join it's relaxed Monday evening gatherings of brass, woodwind and percussion players. There are no auditions; everyone is welcome to join.



We play a mix of concert band favorites, light classics, show tunes and marches. Dust off that old horn and extend or recapture the joy of youthful music making. We pretty much follow the school year with three eleven week sessions September through June. This program is being run in collaboration with the Council on Aging, Recreation & School Departments. The band is conducted by Henry Platt.

You can register online at [www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation) or call the Recreation Department. For players who just show up with horn in hand, registration forms will be available at start-up time. Ages 14+.

Band will meet Mondays from 7-8:30pm, September 22 - December 15 (No class 10/13 & 12/1). Activity # 445899-01 \$50

**If you'd like more information, call 781-235-2370.**

**To register online, use activity #445899-01. Cost is \$50/person.**

# Tennis at the Hunnewell Courts

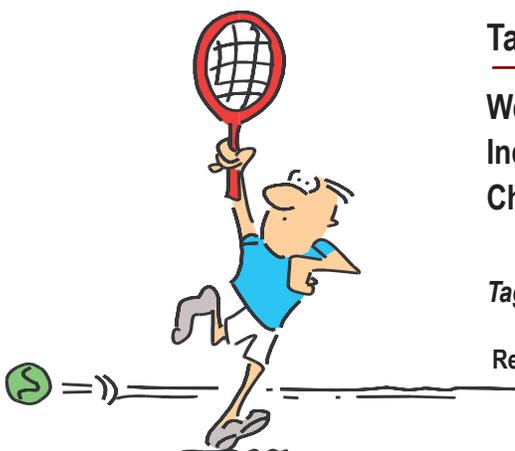
Tennis court lights are in operation 7 nights a week from May 1st through October 19th, from 6 - 9 pm. Use of the Hunnewell Tennis courts anytime after 6 pm, requires the purchase of a seasonal tennis tag. Revenue from tag sales offsets the cost of the lights. Please follow and abide by the Hunnewell Tennis Court Rules.

## IMPORTANT INFORMATION:

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

Due to special events or circumstances, the Town of Wellesley reserves the right to postpone activities in or around the Hunnewell Field Complex including the Hunnewell Tennis Courts.

## Night time tennis will require a tag.



| Tag Fees               | Resident | Non-Resident |
|------------------------|----------|--------------|
| Weekly Tag             | \$5      | \$10         |
| Individual Tag         | \$20     | \$35         |
| Child Tag (16 & under) | \$15     | n/a          |

*Tags are NOT transferable from one person to another*

Reduced Pricing as of September 1, 2014

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

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

The daytime hours at the Hunnewell courts will be available for reservation at no charge. There is reservation fee of \$5 during the evening hours for residents; \$10 for non-residents at the Hunnewell Courts, which will guarantee your court time. The reservation is in addition to required town tennis tag that is required for play after 6pm. The revenues generated from the reservations will be used to off-set the cost of court lights as well as other operational court costs.

**For more information, please go to: [www.reserveagame.com](http://www.reserveagame.com), sign up, and start reserving.**

**Reserving a court is NOT REQUIRED.**

Reserve  
Tennis Courts  
Online



## Town Wide Yard Sale @ Morses Pond

Please join us and either sell or buy (or both!) slightly used items! There is no fee to browse the items on sale! You **MUST** be a Wellesley resident to sell. Please fill out the form below, register online or call the Rec. office to register. **SPACES ARE \$15.** You may reserve a maximum of 2 spaces.

PLEASE PRINT OR TYPE CLEARLY AND COMPLETE ALL INFORMATION ON THIS APPLICATION. THERE WILL BE NO REFUNDS ONCE THIS APPLICATION IS RECEIVED, UNLESS THE SPACES ARE FULL. THERE IS NO RAIN DATE SCHEDULED. *In case of inclement weather, a cancellation notice will be posted at [www.wellesleyma.gov/recreation](http://www.wellesleyma.gov/recreation), then click "Recreation News." Activity # 443888*

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_ **NO SET UP BEFORE 7:30 AM • MUST BE SET UP BY 9:30 AM**

Spots are approximately 10 x 25/30. We suggest bringing a dolly of some sort to bring your items from the parking lot to the selling area. No concession type sales allowed (food or drink). You are responsible for your space, money, items, etc. Please leave the park as clean as you found it. Please do not leave any unwanted items at your space. No box trucks, No Pods

I agree to the rules, regulations and procedures set forth by the Wellesley Recreation Department which are listed above. I agree not to hold the Wellesley Recreation Department, its' employees or sponsors of this event, nor location where event is held, liable for any loss due to damage, theft, inclement weather or personal injury.

NUMBER OF SPACES \_\_\_\_\_ x \$15 = TOTAL AMOUNT PAID:\$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO: **TOWN OF WELLESLEY**

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

# FALL 2014 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.**

**Saturday, September 27 from 9-10 a.m.**

## **Boulder Brook Reservation Trail**

Explore this open-space jewel and walk the woodland and meadow trails adjacent to Bates School in Kelly Memorial Park, Boulder Brook Reservation and Rocky Ledges. At the top of Rocky Ledges, see the Wellesley College chime tower. Wear sturdy footwear for steep trail sections. Meet at the Kelly Memorial Park parking lot, located on the left side of Elmwood Road 0.3 mi. east of Weston Road.



**Saturday, October 25, from 9-10 a.m.**

## **Centennial Reservation Trail**

Take a picturesque walk through rolling meadows to the top of Maugus Hill, one of the highest points in Wellesley. Explore the conservation land purchased by the town for Wellesley's 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 St. Entrance to the parking lot is on the right, 0.5 miles south from Rt. 9.

**Saturday, November 1, from 9-10 a.m. – Lower Falls Walk**

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

## **KIDS' TRAILS DAY**

**Sunday, October 19, from 1-3 p.m. – Morses Pond**

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 required. Children must be accompanied by an adult. Meet at 1 p.m. at Morses Pond parking lot, which will be open for this event. From Weston Rd, follow Turner Rd to the entrance to Morses Pond, follow access road for 0.3 mi, and parking lot is on your right

**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.**

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

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

**October 25**  
**Saturday**  
**11:00 AM**  
**Ages 0-8**

WEAR YOUR COSTUME AND  
TRICK OR TREAT AT  
LOCAL BUSINESSES

**WELLESLEY RECREATION**



*Something for Everyone*

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



**11:00AM**  
Parade to Start  
@ Dorset Tea  
325 Washington St



# House Decorating Contests

Help us build a strong sense of community and holiday spirit by nominating your house or your neighbors house. Winners will receive a trophy and neighborhood bragging rights. Our “Boo Crew” judges will be knocking on doors, trophies in hand, the evening of October 23rd and our “Holly Jolly Crew” judges will do the same on December 21st.

## To Nominate A House

1. Email a picture of the house to [recreation@wellesleyma.gov](mailto:recreation@wellesleyma.gov)
2. Don't forget to include the address of the decorated house
3. If the house has lights, please take a day and night picture.
4. Nominations must be received by the deadlines found below.

### Howlin' Haunted Halloween



#### CATEGORIES

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

### Wellesley's Winter Wonderland



#### CATEGORIES

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

## Tot Time

410800

(Ages 0 - 4)

Instructor: Hillie Forsythe

This is an unstructured playgroup for youngsters and their adult companions. A variety of toys are available and a simple craft project is offered each day. Tuesday, Wednesday & Thursday. Parent/Guardian Required. If you choose you may drop in for a \$5 each day on a first come, first serve basis.

Location: Warren Building  
11 weeks

Min: 1/Max: 25

| S# | Day     | Times         | Date  | Price |
|----|---------|---------------|---|-------|
| 01 | Tue-Thu | 10 - 11:30 am | Sept. 16 - Dec 11<br>(No class 9/25, 11/11, 11/12, 11/13, 11/18, 11/19, 11/20, 11/25, 11/26, 11/27) | \$119 |

## Toddler Movement & Song

411300

(Ages 1.5 - 2)

Instructor: Stephanie Gager

This is a great "first class" for young children and their caretakers offering a combination of music and movement in a relaxed setting that allows children to socialize and be part of a group. Children will sing, dance and play while integrating instruments, puppets, parachutes and more. This program provides a fun and easy way to introduce activities which nurture your child's motor, creative and social skills. In addition, it is a fun place to meet other families with young children and make new friends. Adult participation is necessary for the success of this program.

Location: Warren Building  
10 weeks

Min: 4/Max: 12

| S# | Day | Times        | Date  | Price |
|----|-----|--------------|---|-------|
| 01 | Mon | 9:15 - 10 am | Sept. 22 - Dec. 8<br>(No class 10/13, 12/1) | \$135 |

## Kids Movement, Art & Song

411301

(Ages 2 - 3)

Instructor: Stephanie Gager

Come join us for a fun-filled hour of music, movement and art! Along with their adult companion, children will sing, dance and use a variety of rhythm instruments, motor props and art materials to express themselves while having fun socializing with new friends. The class will consist of songs, rhymes and musical games before heading into the mat room for some climbing, building, free play and parachute fun. We will then share a snack with friends and finish off the hour creating a different artistic masterpiece to bring home each week. What could be more fun than parachutes, puppets, paint, glue, feathers and glitter! Snack will be provided. (There is an additional \$15 materials fee payable to the instructor at the first class)

Location: Warren Building  
10 weeks

Min: 4/Max: 12

| S# | Day | Times            | Date  | Price |
|----|-----|------------------|---|-------|
| 01 | Mon | 10:15 - 11:15 am | Sept. 22 - Dec. 8<br>(No class 10/13, 12/1) | \$145 |



## Puddlestompers

415700

(Ages 2 - 5)

Instructor: Puddlestomper Staff

Come explore the wonders of Mother Nature this fall with your young naturalist! Catch falling leaves and learn why they are red, orange and yellow! Call out to birds getting ready for their southerly migration! Search for insects hiding on the forest floor! Collect acorns for a squirrel feast! Explore the various amazing open spaces Wellesley has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack and a story. Younger siblings, up to age 10 months and in a backpack, are welcome. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together.

Location: Various Wellesley Parks  
8 weeks

Min: 4/Max: 9

| S# | Age   | Day | Times            | Date                                   | Price |
|----|-------|-----|------------------|--|-------|
| 01 | 2 - 3 | Tue | 9:30 - 10:25 am  | Sept. 30 - Nov. 25<br>(No class 11/11) | \$160 |
| 02 | 3 - 5 | Tue | 10:30 - 11:25 am | Sept. 30 - Nov. 25<br>(No class 11/11) | \$160 |
| 03 | 2 - 3 | Fri | 9:30 - 10:25 am  | Oct. 3 - Nov. 21                       | \$160 |
| 04 | 3 - 5 | Fri | 10:30 - 11:25 am | Oct. 3 - Nov. 21                       | \$160 |

## Intro to Spanish

423507

(Ages 2 - 5.5)

Instructor: Gardengate Academy Staff

This class is specifically designed for curious minds ready to explore the Spanish language. Children are exposed to different playful scenarios to learn the language through play, imagination and musical stories as well as art and playful setups. Children will be exposed to a variety of vocabulary, sounds, songs and basic concepts each week in a fun and engaging environment.



Location: Warren Building  
5/6/7 weeks

Min: 5/Max: 12

| S# | Day  | Ages       | Times           | Date                                  | Price      |
|----|------|------------|-----------------|---------------------------------------|------------|
| 01 | Mon  | 3.75 - 5.5 | 2:30 - 3:15 pm  | Sept. 8                               | FREE TRIAL |
| 02 | Tue  | 2 - 4      | 9:30 - 10:15 am | Sept. 9                               | FREE TRIAL |
| 03 | Mon  | 3.75 - 5.5 | 2:30 - 3:15 pm  | Sept. 15 - Nov. 3<br>(No class 10/13) | \$110      |
| 04 | Tues | 2 - 4      | 9:30 - 10:15 am | Sept. 16 - Oct. 28                    | \$110      |
| 05 | Mon  | 3.75 - 5.5 | 2:30 - 3:15 pm  | Nov. 10 - Dec. 15<br>(No class 12/1)  | \$95       |
| 06 | Tues | 2 - 4      | 9:30 - 10:15 am | Nov. 4 - Dec. 16<br>(No class 11/11)  | \$95       |

## Rockin' Tots

425803

(Ages 2.9 - 4.5)

Instructor: Sarah Gardner

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

Location: Warren Building

Min: 6/Max: 16

8 weeks

| S# | Day | Times           | Date               | Price      |
|----|-----|-----------------|--------------------|------------|
| 01 | Fri | 9:30 - 10:15 am | Sept. 12           | FREE TRIAL |
| 02 | Fri | 9:30 - 10:15 am | Sept. 19 - Nov. 14 | \$105      |

(No class 9/26)

## Tot Music

425802

(Ages 18 months - 4)

Instructor: Sarah Gardner

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

Location: Warren Building

Min: 6/Max: 16

8 weeks

| S# | Day | Times            | Date               | Price      |
|----|-----|------------------|--------------------|------------|
| 01 | Fri | 10:30 - 11:15 am | Sept. 12           | FREE TRIAL |
| 02 | Fri | 10:30 - 11:15 am | Sept. 19 - Nov. 14 | \$105      |

(No class 9/26)

## Holiday Music!

425811

(Ages 1 - 4.5)

Instructor: Sarah Gardner

This is a mixed-age class to add a little music into the three weeks before the school winter break. The format will follow both the Tot Music and Rockin' Tots classes, but we'll do all winter holiday-type songs. Requests taken! Wild dancing and singing along is strongly encouraged! Parent/Guardian required. (Drop in fee is \$10 per child, per class)

Location: Warren Building

Min: 6/Max: 16

3 weeks

| S# | Day | Times            | Date             | Price |
|----|-----|------------------|------------------|-------|
| 01 | Fri | 10:30 - 11:15 am | Dec. 5 - Dec. 19 | \$20  |

## Kids on Keys!

425805

(Ages 6 - 10)

Instructor: Sarah Gardner

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

Location: Warren Building

Min: 6/Max: 10

8 weeks

| S# | Day | Times         | Date               | Price      |
|----|-----|---------------|--------------------|------------|
| 01 | Sat | 10 - 10:45 am | Sept. 13           | FREE TRIAL |
| 01 | Sat | 10 - 10:45 am | Sept. 20 - Nov. 22 | \$155      |

(No class 10/4, 10/11)

## Music with Babies

425801

(Ages 4 - 17 months)

Instructor: Sarah Gardner

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

Location: Warren Building

Min: 6/Max: 16

8 weeks

| S# | Day | Times            | Date               | Price      |
|----|-----|------------------|--------------------|------------|
| 01 | Fri | 11:30 am - 12 pm | Sept. 12           | FREE TRIAL |
| 02 | Fri | 11:30 am - 12 pm | Sept. 19 - Nov. 14 | \$90       |

(No class 9/26)

## Pre-K Keys

425809

(Ages 4 - 6)

Instructor: Sarah Gardner

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

Location: Warren Building

Min: 4/Max: 8

8 weeks

| S# | Day | Times        | Date               | Price      |
|----|-----|--------------|--------------------|------------|
| 01 | Sat | 9:30 - 10 am | Sept. 13           | FREE TRIAL |
| 02 | Sat | 9:30 - 10 am | Sept. 20 - Nov. 22 | \$125      |

(No class 10/4, 10/11)



## Semi-Private Piano Lessons

425812

(Ages 9 - 15)

Instructor: Sarah Gardner

Staggered private piano lessons for kids who want to learn more about their favorite music. Ear training, note reading, time signatures, technique and composition are taught in reference to what they enjoy about songs and how they play them best. Lessons will consist of 20 minutes of private instruction and 25 minutes of group time. (Kids should bring their own ear buds or headphones for comfort.)

Location: Warren Building

Min: 2/Max: 5

8 weeks

| S# | Day | Times              | Date               | Price      |
|----|-----|--------------------|--------------------|------------|
| 01 | Sat | 10:45 am - 1:45 pm | Sept. 13           | FREE TRIAL |
| 01 | Sat | 10:45 am - 1:45 pm | Sept. 20 - Nov. 22 | \$155      |

(No class 10/4, 10/11)

## Budding Artist and a Buddy

421401

(Ages 1.5 - 4)

Instructor: Beth Meditz

Your child and buddy will both enjoy creative fun together! Perceptual, social and emotional skills are enhanced while each child engages in unique "hands-on" and "hands-in" experiences through unique activities. Budding Artists will create individual masterpieces that expand thinking and learning skills and they will explore a wide array of inspiring and unusual materials. This class is very age appropriate, so dress for a mess! Bring a bag to carry home the art work.

Location: Warren Building

Min: 5/Max: 12

6 weeks

| S# | Day | Times            | Date                                      | Price      |
|----|-----|------------------|---|------------|
| 01 | Thu | 9:30 - 10:15 am  | Sept. 11                                  | FREE TRIAL |
| 02 | Fri | 10:30 - 11:15 am | Sept. 12                                  | FREE TRIAL |
| 03 | Thu | 9:30 - 10:15 am  | Sept. 18 - Oct. 30<br>(No class Sept. 25) | \$90       |
| 04 | Fri | 10:30 - 11:15 am | Sept. 19 - Oct. 31<br>(No class Sept. 26) | \$90       |
| 05 | Thu | 9:30 - 10:15 am  | Nov. 6 - Dec. 18<br>(No class 11/27)      | \$90       |
| 06 | Fri | 10:30 - 11:15 am | Nov. 7 - Dec. 19<br>(No class 11/28)      | \$90       |

## Young Artist

421402

(Ages 3 - 6)

Instructor: Beth Meditz

Your child will enjoy 75 minutes of creative fun! Perceptual, social and emotional skills are enhanced while each child engages in unique "hands-on" and "hands-in" experiences through unique activities. Young Artists will create individual masterpieces that expand thinking and learning skills and they will explore a wide array of inspiring and unusual materials. This class is very age appropriate, so dress for a mess!



Location: Warren Building

Min: 6/Max: 12

6 weeks

| S# | Day | Times        | Date                                   | Price      |
|----|-----|--------------|--|------------|
| 01 | Mon | 12:45 - 2 pm | Sept. 8                                | FREE TRIAL |
| 02 | Mon | 12:45 - 2 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$110      |
| 03 | Mon | 12:45 - 2 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$110      |

## Parent & Child Pottery

421411

(Ages 4 - 5)

Instructor: Ramune Jauniskis

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

Location: Warren Building

Min: 5/Max: 8

8 weeks

| S# | Day | Times    | Date             | Price |
|----|-----|----------|------------------|-------|
| 01 | Thu | 3 - 4 pm | Oct. 2 - Nov. 20 | \$145 |

## Intro to Dance Level 1

424010

(Ages 3 - 4)

Instructor: Cindy Wright

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

Location: Warren Building

Min: 6/Max: 12

12 weeks

| S# | Day | Times           | Date                                  | Price      |
|----|-----|-----------------|---------------------------------------|------------|
| 01 | Tue | 12:45 - 1:20 pm | Sept. 9                               | FREE TRIAL |
| 02 | Tue | 12:45 - 1:20 pm | Sept. 16 - Dec. 9<br>(No class 11/11) | \$165      |

## Intro to Dance Level 2

424011

(Ages 4 - 5)

Instructor: Cindy Wright

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

Location: Warren Building

Min: 6/Max: 12

12 weeks

| S# | Day | Times           | Date                                   | Price      |
|----|-----|-----------------|--|------------|
| 01 | Thu | 12:30 - 1:15 pm | Sept. 11                               | FREE TRIAL |
| 02 | Thu | 12:30 - 1:15 pm | Sept. 18 - Dec. 11<br>(No class 11/27) | \$165      |

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## Knucklebones Gymnastics

423104

(Ages 2 - 5)

Instructor: Knucklebones Staff

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

Location: Warren Building

Min: 8/Max: 12

6 weeks

| S# | Age   | Day | Times          | Date                                   | Price      |
|----|-------|-----|----------------|--|------------|
| 01 | 2 - 3 | Mon | 2:45 - 3:30 pm | Sept. 8                                | FREE TRIAL |
| 02 | 4 - 5 | Mon | 3:45 - 4:45 pm | Sept. 8                                | FREE TRIAL |
| 03 | 2 - 3 | Mon | 2:45 - 3:30 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$85       |
| 04 | 4 - 5 | Mon | 3:45 - 4:45 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$85       |
| 05 | 2 - 3 | Mon | 2:45 - 3:30 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$85       |
| 06 | 4 - 5 | Mon | 3:45 - 4:45 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$85       |



## Knucklebones Athletic Games

423100

(Ages 2 - 3)

Instructor: Knucklebones Staff

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

Location: Warren Building

Min: 8/Max: 12

6 weeks

| S# | Day | Times            | Date                                  | Price      |
|----|-----|------------------|---------------------------------------|------------|
| 01 | Fri | 10:30 - 11:30 am | Sept. 12                              | FREE TRIAL |
| 02 | Fri | 10:30 - 11:30 am | Sept. 19 - Oct. 31<br>(No class 9/26) | \$85       |
| 03 | Fri | 10:30 - 11:30 am | Nov 7 - Dec. 19<br>(No class 11/28)   | \$85       |



## Knucklebones Soccer

423101

(Ages 2 - 3)

Instructor: Knucklebones Staff

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

Location: Warren Building

Min: 8/Max: 12

6 weeks

| S# | Day | Times         | Date                                   | Price      |
|----|-----|---------------|--|------------|
| 01 | Mon | 11 am - 12 pm | Sept. 8                                | FREE TRIAL |
| 02 | Mon | 11 am - 12 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$85       |
| 03 | Mon | 11 am - 12 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$85       |



## Knucklebones T-Ball

423102

(Ages 3 - 5)

Instructor: Knucklebones Staff

Through a variety of stations, participants will get an introduction to basic skills like hitting, catching, throwing, rules and game play . . . all while learning the essence of the game and having fun! Please bring a baseball glove and water bottle to each class. Get ready for some baseball fun!. Classes will be held on Warren Field. During inclement weather classes will be canceled and rescheduled to the next day, Sunday, at the original class time.

Location: Warren Building

Min: 12/Max: 24

5 weeks

| S# | Age   | Day | Times          | Date   | Price      |
|----|-------|-----|----------------|--|------------|
| 01 | 3 - 4 | Sat | 1:30 - 2:30 pm | Sept. 6                                      | FREE TRIAL |
| 02 | 4 - 5 | Sat | 2:30 - 3:30 pm | Sept. 6                                      | FREE TRIAL |
| 03 | 3 - 4 | Sat | 1:30 - 2:30 pm | Sept. 13 - Oct. 25<br>(No class 10/4, 10/11) | \$72       |
| 04 | 4 - 5 | Sat | 2:30 - 3:30 pm | Sept. 13 - Oct. 25<br>(No class 10/4, 10/11) | \$72       |

## Thundercat Flag Football

420905

(Ages 6 - 8)

Instructor: Thundercat Sports Staff

Throw it, catch it, punt it...pigskins beware! Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! Program is co-ed, and participants should bring water and comfortable clothes to play in. Class will meet on the field in front of the Warren Building.



Location: Warren Building

Min: 8/Max: 18

6 weeks

| S# | Day | Times          | Date                                   | Price      |
|----|-----|----------------|--|------------|
| 01 | Mon | 4:20 - 5:20 pm | Sept. 8                                | FREE TRIAL |
| 02 | Mon | 4:20 - 5:20 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$95       |

## Thundercat Sports Jam

420904

(Ages 6 - 7)

Instructor: Thundercat Sports Staff

Play, play, and play some more...the ultimate multi-sport program! Basketball, T ball and soccer will be core sports in which some skills will be emphasized, but that's not all. Other sports mixed in may include Volleyball, dodge ball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played. Program is co-ed and participants should bring water and wear comfortable clothes to run around in.

Location: Warren Building

Min: 7/Max: 12

6 weeks

| S# | Day | Times          | Date                                | Price |
|----|-----|----------------|-------------------------------------|-------|
| 01 | Mon | 4:20 - 5:20 pm | Nov. 3 - Dec. 15<br>(No class 12/1) | \$95  |

## CrossFit for Kids

420206

(Ages 5 - 8)

Instructor: Luis Alvarez, Certified CrossFit Kids Instructor

CrossFit Kids is a strength and conditioning program that is specifically designed for kids to help them develop a lifelong love of fitness. In a group setting, children participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded individuals. For more information on this program and CrossFit, visit [www.reebokcrossfitmedfield.com](http://www.reebokcrossfitmedfield.com).

Location: Warren Building

Min: 8/Max: 15

6 weeks

| S# | Day | Times          | Date                                   | Price      |
|----|-----|----------------|--|------------|
| 01 | Mon | 5:30 - 6:20 pm | Sept. 8                                | FREE TRIAL |
| 02 | Mon | 5:30 - 6:20 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$90       |
| 03 | Mon | 5:30 - 6:20 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$90       |

## Thundercat Mini Sports

420901

(Ages 4 - 5)

Instructor: Thundercat Sports Staff

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

Location: Warren Building

Min: 7/Max: 12

6 weeks

| S# | Day | Times          | Date                                   | Price      |
|----|-----|----------------|--|------------|
| 01 | Mon | 3:30 - 4:15 pm | Sept. 8                                | FREE TRIAL |
| 02 | Mon | 3:30 - 4:15 pm | Sept. 15 - Oct. 27<br>(No class 10/13) | \$95       |
| 03 | Mon | 3:30 - 4:15 pm | Nov. 3 - Dec. 15<br>(No class 12/1)    | \$95       |

## Thundercat Basketball

420903

(Ages 4 - 9)

Instructor: Thundercat Sports Staff



Skills, drills, and fun! Instruction includes basic skills like shooting, passing, dribbling, positions, defense and rules of the game. There will be a game each week so skills can be put into action. Sneakers, water bottle and appropriate dress are required.

Get ready for some basketball fun with the experienced coaches from the Thundercats!

Location: Warren Building

Min: 8/Max: 24

5/6 weeks

| S# | Age   | Day | Times           | Date   | Price      |
|----|-------|-----|-----------------|--|------------|
| 01 | 4 - 6 | Sat | 8:15 - 9:05 am  | Sept. 6                                      | FREE TRIAL |
| 02 | 7 - 9 | Sat | 9:10 - 10:00 am | Sept. 6                                      | FREE TRIAL |
| 03 | 4 - 6 | Sat | 8:15 - 9:05 am  | Sept. 13 - Oct. 25<br>(No class 10/4, 10/11) | \$95       |
| 04 | 7 - 9 | Sat | 9:10 - 10 am    | Sept. 13 - Oct. 25<br>(No class 10/4, 10/11) | \$95       |
| 05 | 4 - 6 | Sat | 8:15 - 9:05 am  | Nov. 1 - Dec. 13<br>(No class 11/29)         | \$110      |
| 06 | 7 - 9 | Sat | 9:10 - 10 am    | Nov. 1 - Dec. 13<br>(No class 11/29)         | \$110      |



### Program Registration

Residents: Upon receipt of the brochure  
via email or mail

Non Residents: Sept 2 - 7 am

# DRAMA KIDS



## Lower Primary Drama

422355

(Ages 5 - 8)

Instructor: Drama Kids of Metrowest

The developmental drama program provides unique opportunities to develop clear speech, fluent delivery and pleasing social skills. Our program helps to give them the confidence to be participants in all aspects of their lives, able to ask questions, seek answers and share information with others. Children who mix well with others find it easier to make friends and adjust to new situations. They find school an enjoyable adventure! Drama Kids highly trained teachers motivate and inspire the students to become articulate communicators through enthusiastic participation in a wide range of creative activities including speech, creative movement and improvisation.

Location: Warren Building Min: 6/Max: 16

12 weeks

| S#               | Age   | Day | Times    | Date               | Price      |
|------------------|-------|-----|----------|--------------------|------------|
| 01               | 5 - 8 | Wed | 4 - 5 pm | Sept. 10           | FREE TRIAL |
| 03               | 5 - 8 | Wed | 4 - 5 pm | Sept. 17 - Dec. 10 | \$210      |
| (No class 11/26) |       |     |          |                    |            |

## Upper Primary Drama

422355

(Ages 9 - 11)

Instructor: Drama Kids of Metrowest

The confident, articulate child finds it easier to make friends, accept new challenges and explore new directions. This is designed to help each child achieve these invaluable life skills. Students in the program participate in a wide range of creative activities including speech, dramatic movement, improvisation, snippets and scene starters. In a fun-filled atmosphere, our classes aim to give young people ongoing confidence, self-esteem and skill in verbal communication.

Location: Warren Building

Min: 6/Max: 16

12 weeks

| S#               | Age    | Day | Times    | Date               | Price      |
|------------------|--------|-----|----------|--------------------|------------|
| 02               | 9 - 11 | Wed | 5 - 6 pm | Sept. 10           | FREE TRIAL |
| 04               | 9 - 11 | Wed | 5 - 6 pm | Sept. 17 - Dec. 10 | \$210      |
| (No class 11/26) |        |     |          |                    |            |



Drama Kids Programs

## Indoor Walking at the Warren Building!

**For All Ages!** The weather is always fine for walking inside the Warren Building! Any time during our business hours (Monday - Friday, 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 or [recreation@wellesleyma.gov](mailto:recreation@wellesleyma.gov) for more information.

## Mixed Media Adventures

421413

(Ages 7 - 10) Instructor: Liz Archer

Mixed-Media Adventures will take students on an exciting Safari of drawing, painting, and collage. Young artists will use references of well known artists, wildlife magazines, and still-life arrangements to weave their ideas into an inspired artist series. Each student will receive his or her own sketchbook for continued discovery and bring home a complete collection of artwork by the end of the program! (There is an additional \$38 materials fee (by cash or check) paid to the instructor at the first class which includes a sketchbook, pre-cut mat-frame and a wide-variety of non-toxic watercolor/collage materials)

Location: Warren Building

Min: 5/Max: 9

5 weeks

| S# | Day | Times          | Date             | Price      |
|----|-----|----------------|------------------|------------|
| 01 | Wed | 3:45 - 5:15 pm | Sept 17          | FREE TRIAL |
| 02 | Wed | 3:45 - 5:15 pm | Sept 24 - Oct 22 | \$140      |

## Sketching & Beyond

421414

(Ages 6 - 9) Instructor: Liz Archer

Turn those doodles and dabs into an Artist Series! With fun focus games, experimental paint palettes, and their most expressive drawings yet, young artists will draw, paint and collage their ideas into an exciting collection of artwork. From sketch to finish, students will be encouraged to explore their creativity with pencil, pen, charcoal, and watercolor. Sketchbooks for continued discovery and Mat Frames will be provided! (There is an additional \$35 materials fee (by cash or check) paid to the instructor at the first class which includes a sketchbook, pre-cut mat frame and a wide-variety of non-toxic watercolor/collage papers.)

Location: Warren Building

Min: 5/Max: 8

5 weeks

| S# | Day | Times       | Date                                 | Price      |
|----|-----|-------------|--------------------------------------|------------|
| 01 | Mon | 3:45 - 5 pm | Sept 15                              | FREE TRIAL |
| 02 | Mon | 3:45 - 5 pm | Sept 22 - Oct 27<br>(No class 10/13) | \$125      |

## Pottery & Wheel Throwing

421412

(Ages 5 - 18)

Instructor: Ramune Jauniskis

In this class kids will learn the basics of hand building and wheel throwing while having fun and sharpening their motor skills. All projects will be kiln fired. All materials included.

Location: Warren Building

Min: 5/Max: 8

8 weeks

| S# | Age    | Day | Times          | Date           | Price |
|----|--------|-----|----------------|----------------|-------|
| 01 | 5 - 7  | Thu | 4:15 - 5:15 pm | Oct 2 - Nov 20 | \$125 |
| 02 | 8 - 18 | Thu | 5:20 - 6:20 pm | Oct 2 - Nov 20 | \$125 |



## Drawing & Painting Modern Masterpieces



421488

(Ages 6.5 - 12) Instructor: D'Ann Hansen

In this class students will produce timeless work that will be cherished for years. These large 16" x 22" pieces of art painted on archival paper are sure to find a home on your walls! Young students use professional tools and non-toxic acrylic paints. Students gain an appreciation for different artists while learning various techniques through step-by-step visual demonstrations. The sunny Art Studio at the Warren Building provides a perfect creative oasis! All supplies included.

Location: Warren Building

Min: 6/Max: 8

5 weeks

| S# | Day | Times    | Date                                      | Price |
|----|-----|----------|---|-------|
| 01 | Tue | 4 - 6 pm | Sept 16 - Oct 14                          | \$195 |
| 02 | Thu | 4 - 6 pm | Sept 18 - Oct 23<br>(No class 9/25)       | \$195 |
| 03 | Tue | 4 - 6 pm | Oct 28 - Dec 9<br>(No Class 11/11, 11/25) | \$195 |
| 04 | Thu | 4 - 6 pm | Nov 6 - Dec 11<br>(No class 11/27)        | \$195 |

## Absolutely ART

421404

(Grades K - 4) Instructor: Beth Meditz

Choosing from a wide array of inspiring and unusual materials, your young artists will create unique, individual masterpieces that also expand thinking and learning skills. They will be encouraged to experiment and explore materials and create expressive art or unusual useable objects of art. Imagination grows in an atmosphere where no one can be wrong. Creative energies flow! Children will expand their artistic sides and see the world through the eye of an artist! Unique projects are fun, inspiring and designed for success by Beth.

Location: Warren Building

Min: 6/Max: 12

7/6 weeks

| S# | Day | Times          | Date                               | Price      |
|----|-----|----------------|------------------------------------|------------|
| 01 | Tue | 4:30 - 5:30 pm | Sept 9                             | FREE TRIAL |
| 02 | Tue | 4:30 - 5:30 pm | Sept 16 - Oct 28                   | \$110      |
| 03 | Tue | 4:30 - 5:30 pm | Nov 4 - Dec 16<br>(No class 11/11) | \$98       |

## Piano and Keyboard

425807

(Ages 8 - 15) Instructor: Dave Medeiros

Have fun exploring the potential of electronic keyboards while focusing on the foundations of the most universally enjoyed musical instrument the piano! Beginner lessons will cover fundamentals of music theory, hand movement, and independent coordination as it applies to note reading of easy melodies. Must bring a keyboard to class.

Location: Warren Building

Min: 5/Max: 10

8 weeks

| S# | Day | Times    | Date                                    | Price |
|----|-----|----------|---|-------|
| 01 | Mon | 5 - 6 pm | Oct 6 - Dec 8<br>(No class 10/13, 12/1) | \$125 |

## Guitar

425808  
(Ages 8 - 15)

**Instructor: Dave Medeiros**

You can stop playing "air guitar" and learn how to play the real thing! Beginner lessons introduce the challenge of musicianship while concentrating on basic music fundamentals in a relaxed atmosphere. Students will learn popular songs while focusing on note reading, chord accompaniment, and simple tuning techniques. Guitar rentals are available for an additional charge of \$50 per session payable to Dave at first class. Please contact the Recreation Department if you are interested in reserving a guitar for the class.



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

| S# | Day | Times    | Date                                    | Price |
|----|-----|----------|---|-------|
| 01 | Mon | 4 - 5 pm | Oct 6 - Dec 8<br>(No class 10/13, 12/1) | \$125 |

## Irish Step Dancing

424008  
(Ages 6 - 12)

**Instructor: Bonnie Pierce**

Students will develop an understanding of traditional Irish step dancing through lessons aimed at teaching each student in a supportive and progressive fashion. This is a non-competitive class geared for fun and exercise. Students will keep journals of dance steps taught to practice at home. Skills to improve will be emphasized each week as new steps are added. Each class will include beginner soft shoe steps (reels and jigs), as well as ceili (group/team) dancing. It is hoped that lessons will instill a love and appreciation for Irish dance not only as an art form, but as an important part of Irish culture and history. If you are Irish this is a great way to connect with your heritage! Students should wear T-shirt and shorts, or leotard. Beginner girls may start out in black ballet slippers, beginner boys in a simple black jazz shoe, if you do not have traditional Irish dancing shoes. Please bring a notebook and water bottle to class.



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

| S# | Age    | Day | Times         | Date                                       | Price |
|----|--------|-----|---------------|--|-------|
| 01 | 6 - 8  | Sat | 11 am - 12 pm | Sept 20 - Nov 22<br>(No class 10/4, 10/11) | \$120 |
| 02 | 9 - 12 | Sat | 12 - 1 pm     | Sept 20 - Nov 22<br>(No class 10/4, 10/11) | \$120 |

## Kids Hop and Bop

424000  
(Ages 3.75 - 5.5)

**Instructor: Gardengate Academy staff**

Our class introduces children to the world of Hip Hop through creative dance promoting imagery while building physical ability. Children will explore the world of dance using exercises that involve imagination and creativity. Your little bopper will be introduced to a wide variety of gross motor skills, balancing skills and rhythmic patterning, while also focusing on performance skills and dance terminology. Most important is that we'll always have fun!

**Location: Warren Building** **Min: 4/Max: 12**  
**7/6 weeks**

| S# | Day | Times          | Date                               | Price      |
|----|-----|----------------|------------------------------------|------------|
| 01 | Wed | 2:30 - 3:15 pm | Sept 10                            | FREE TRIAL |
| 02 | Wed | 2:30 - 3:15 pm | Sept 17 - Oct 29                   | \$130      |
| 03 | Wed | 2:30 - 3:15 pm | Nov 5 - Dec 17<br>(No class 11/26) | \$115      |

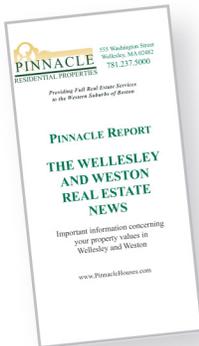


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Wellesley Square

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



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

**Who:** Toys For Tots

**What:** Frozen

**When:** Friday, Nov. 21

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

**Where:** Warren Building, Gym

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



## Celebrate Your Birthday at Warren!

**Selected Saturdays  
2:30 pm - 4:30 pm**

Other dates may be available (except Sundays).  
Please check with the office.

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

Birthdays may be booked in person, by phone, or online!  
(Online search Activity #422401)

## 2 Hours \$135

When booking a party, the family is responsible for providing proper supervision at all times and for all clean up.

### 2014-15 Available Dates

- Sept 13 • Sept 20 • Sept 27 • Oct 18
- Oct 25 • Nov 1 • Nov 8
- Nov 15 • Nov 22 • Dec 6
- Dec 13 • Jan 10 • Jan 24
- Jan 31 • Feb 7 • Feb 28
- Mar 7 • Mar 14 • Mar 21
- Mar 28 • Apr 11
- May 2 • May 9 • May 16



## Shadowbox Keepsake Workshop



421426

(Ages 6 + up, with parent)

**Instructor: Jennifer Cira, Little French Hen Custom Keepsakes**

Consider this workshop "Scrapbooking for Kids"! Grab your little one for a few hours of crafty fun as we combine your favorite mementos with scrapbook embellishments to create a personalized 12" x 12" keepsake frame. In this class, you'll be making either a Halloween or Holiday-themed shadowbox. This is a great opportunity to immortalize that picture of the kids in their costumes, or create an unforgettable holiday gift! Please plan to bring your favorite 5" x 7" photo or even your holiday card, and any other keepsakes you hope to include. **You must register by 11/6 and indicate the theme you've chosen.** One parent with one child only. Price includes all supplies.

**Location: Warren Building**  
1 day workshop

Min: 4/Max: 10

| S# | Day | Times          | Date   | Price |
|----|-----|----------------|--------|-------|
| 01 | Sat | 2:30 - 4:30 pm | Nov 15 | \$48  |

## Heartsaver First Aid

431501

(Ages 16+)

**Instructor: Juanita Allen**

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

**Location: Warren Building**  
1 week

Min: 6/Max: 12

| S# | Day | Times    | Date    | Price |
|----|-----|----------|---------|-------|
| 01 | Thu | 6 - 9 pm | Sept 18 | \$85  |

## Babysitter's Training

431504

(Ages 11 - 15)

**Instructor: Alice and Grace Wadley**

Designed for 11 to 15 year olds, participants will learn the knowledge and skills necessary to provide care for children and infants. In addition, students will learn the critical skills needed to respond to and manage



adult or pediatric first aid, choking or sudden cardiac arrest emergency. The course combines video, activities, hands-on skills training and discussion for a complete learning experience.

Participants will learn how to:

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

Materials include

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

### Certifications Issued

Students who successfully complete this course will receive:

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

(Participants should bring a snack)

**Location: Warren Building**

Min: 8/Max: 16

1/2 classes

| S# | Day | Times           | Date             | Price |
|----|-----|-----------------|------------------|-------|
| 01 | Mon | 3:30 - 7 pm     | Sept 22, Sept 29 | \$110 |
| 02 | Mon | 3:30 - 7 pm     | Oct 20, Oct 27   | \$110 |
| 03 | Sat | 10 am - 4:30 pm | Nov 15           | \$110 |
| 04 | Sat | 10 am - 4:30 pm | Dec 13           | \$110 |



### Program Registration

Residents: Upon receipt of brochure via email or mail

Non Residents: September 2 - 7 am

## Mad Science: NASA Academy of Future Space Explorers

424902

(Ages 5 - 8)

**Instructor: Mad Science Staff**

Explore the Earth, Moon, Mars... and beyond! Mad Science brings you the excitement and wonder of space in the Academy of Future Space Explorers After-School Program, featuring exciting student activities from the NASA Langley Center for Distance Learning. The Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.



Location: Warren Building  
8 weeks

Min: 8/Max: 20

| S# | Day | Times          | Date             | Price |
|----|-----|----------------|------------------|-------|
| 01 | Thu | 3:30 - 4:30 pm | Sept 25 - Nov 13 | \$160 |



Save the Date!

CHAMBER  
SILENT AUCTION

Saturday, November 22  
@ North Hill  
All Welcome

**Haven't Joined Yet?**

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- Marketing opportunities in Chamber e-newsletter
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- First-year dues \$299 for most business with 5 or fewer employees

[www.WellesleyChamber.org](http://www.WellesleyChamber.org)

781-235-2446

## STEM is Fun for Tots

424900

(Ages 3 - 5)

**Instructor: STEM Beginnings Staff**

It's never too early to spark our little children's interest in the fields of Science, Technology, Engineering, and Math. It is during the early years that children start to wonder, ask, think, explore and discover things around them. With each STEM for Tots class, the children will learn STEM concepts through hands-on activities, engaging stories, music and movement, challenges and even simple experiments ideal for little hands. Each day will be a fun, learning experience for your little ones!

Location: Warren Building  
6 weeks

Min: 6/Max: 10

| S# | Day | Times           | Date                                | Price |
|----|-----|-----------------|-------------------------------------|-------|
| 01 | Fri | 9:30 - 10:30 am | Sept 19 - Oct 31<br>(No class 9/26) | \$95  |
| 02 | Fri | 9:30 - 10:30 am | Nov 7 - Dec 19<br>(No class 11/28)  | \$95  |



## STEM is Fun for Kids

424900

(Ages 5 - 8)

**Instructor: STEM Beginnings Staff**

"STEM is FUN!" That's what we want to hear from our students. Through hands-on activities and STEM challenges, children will think, construct, experiment, discover, and develop the desire to learn more. The children will explore the use of different learning tools - from Lego bricks, K'Nex education sets, Snap Circuits, and other STEM toys to doing experiments using the simplest everyday materials. Every class, we learn something new and experience a different kind of fun. After all, learning is BEST when kids are having FUN!

Location: Warren Building  
6 weeks

Min: 7/Max: 12

| S# | Day | Times    | Date                                 | Price |
|----|-----|----------|--------------------------------------|-------|
| 03 | Mon | 4 - 5 pm | Sept 15 - Oct 27<br>(No class 10/13) | \$95  |
| 04 | Mon | 4 - 5 pm | Nov 3 - Dec 15<br>(No class 12/1)    | \$95  |



## Dynamic Speed & Endurance Running

420203  
(Ages 6 - 12)

**Instructor: Kathy Fleming**

This class will help your child reach new levels in his/ her athletic endeavors. Your student-athlete will not only be faster and stronger, but he/she will be empowered and confident with his/ her new awareness of pacing, sprinting, stamina, hurdle and drill technique. Kathy Fleming, the former Boston College Track & Field and Cross Country Coach at Boston College, Olympic Trials 1500m finalist and a member of the still standing world record Distance Medley Relay team, will share her knowledge about the key ways to better technique, and build speed and endurance in young athletes. This class will introduce the other Track and Field events like the shot put, hurdles and long jump. Proper hydration, nutrition, stretching and drills are a part of the class instruction as well. Each class ends with a fun relay event.

Location: Warren Building  
5 weeks

Min: 4/Max: 12

| S# | Day | Times    | Date            | Price |
|----|-----|----------|-----------------|-------|
| 01 | Mon | 4 - 5 pm | Oct 20 - Nov 17 | \$120 |

## Karate

421800  
(Ages 5 - 16)

**Instructor: Steve Nugent & Staff**

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



Location: Warren Building  
7/6 weeks

Min: 10/Max: 30

| S# | Age     | Day | Times          | Date                               | Price      |
|----|---------|-----|----------------|------------------------------------|------------|
| 01 | 3 - 5   | Wed | 4 - 4:45 pm    | Sept 10                            | FREE TRIAL |
| 02 | 6 - 8   | Wed | 4:45 - 5:30 pm | Sept 10                            | FREE TRIAL |
| 03 | 9 - 12  | Wed | 5:30 - 6:15 pm | Sept 10                            | FREE TRIAL |
| 04 | 13 - 16 | Wed | 6:15 - 7 pm    | Sept 10                            | FREE TRIAL |
| 05 | 3 - 5   | Wed | 4 - 4:45 pm    | Sept 17 - Oct 29                   | \$170      |
| 06 | 6 - 8   | Wed | 4:45 - 5:30 pm | Sept 17 - Oct 29                   | \$170      |
| 07 | 9 - 12  | Wed | 5:30 - 6:15 pm | Sept 17 - Oct 29                   | \$170      |
| 08 | 13 - 16 | Wed | 6:15 - 7 pm    | Sept 17 - Oct 29                   | \$170      |
| 09 | 3 - 5   | Wed | 4 - 4:45 pm    | Nov 5 - Dec 17<br>(No class 11/26) | \$145      |
| 10 | 6 - 8   | Wed | 4:45 - 5:30 pm | Nov 5 - Dec 17<br>(No class 11/26) | \$145      |
| 11 | 9 - 12  | Wed | 5:30 - 6:15 pm | Nov 5 - Dec 17<br>(No class 11/26) | \$145      |
| 12 | 13 - 16 | Wed | 6:15 - 7 pm    | Nov 5 - Dec 17<br>(No class 11/26) | \$145      |

## Archery

435300  
(Ages 8 - 15)

**Instructor: On The Mark Archery, LLC**

Your archer will learn the fundamentals of archery, including safety, proper form, range procedures, shooting technique and scoring. On The Mark Archery is committed to bringing target archery to youths by providing a safe and fun environment to learn this



Olympic sport. All necessary equipment from protective devices to targets, bows and arrows are provided. Sign up early as the "Hunger Games" movies have made the sport of archery very popular.

Location: Warren Building  
5 weeks

Min: 10/Max: 20

| S# | Age     | Day | Times    | Date            | Price |
|----|---------|-----|----------|-----------------|-------|
| 01 | 11 - 15 | Wed | 7 - 8 pm | Oct 22 - Nov 19 | \$135 |
| 02 | 8 - 12  | Tue | 4 - 5 pm | Nov 18 - Dec 16 | \$135 |

## Intro to Skateboarding

423106  
(Ages 8 - 12)

**Instructor: Knucklebones Staff**

Designed for beginner skateboarders with little to no experience, this class teaches fundamental skateboarding tricks and skills. Concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and a variety of other skills, we not only teach tricks but help participants develop confidence to apply them on their own. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, they will be provided, but you must let us know upon registration. Participants must keep all safety gear on at all times and wear athletic shoes.



Location: Warren Building  
6 weeks

| S# | Day | Times    | Date                               | Price      |
|----|-----|----------|------------------------------------|------------|
| 01 | Thu | 4 - 5 pm | Sept 11                            | FREE TRIAL |
| 02 | Thu | 4 - 5 pm | Sep 18 - Oct 30<br>(No class 9/25) | \$85       |
| 03 | Thu | 4 - 5 pm | Nov 6 - Dec 11<br>(No class 11/27) | \$85       |



## Thursday Tennis

425201

(Ages 5 - 11)

Instructor: Mike Sabin & Staff

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

Location: Hunnewell Tennis Cts & Warren  
5 weeks

Outdoor Classes (Hunnewell Courts)

| S# | Age    | Day | Times          | Date                                | Price |
|----|--------|-----|----------------|-------------------------------------|-------|
| 01 | 5 - 7  | Thu | 3:30 - 4:30 pm | Sept 11 - Oct 16<br>(No class 9/25) | \$115 |
| 02 | 5 - 7  | Thu | 4:30 - 5:30 pm | Sept 11 - Oct 16<br>(No class 9/25) | \$115 |
| 03 | 8 - 11 | Thu | 5:30 - 6:30 pm | Sept 11 - Oct 16<br>(No class 9/25) | \$115 |

Indoor Classes (Warren Building)

| S# | Age    | Day | Times          | Date                               | Price |
|----|--------|-----|----------------|------------------------------------|-------|
| 04 | 5 - 7  | Thu | 3:30 - 4:30 pm | Nov 6 - Dec 11<br>(No class 11/27) | \$115 |
| 05 | 5 - 7  | Thu | 4:30 - 5:30 pm | Nov 6 - Dec 11<br>(No class 11/27) | \$115 |
| 06 | 8 - 11 | Thu | 5:30 - 6:30 pm | Nov 6 - Dec 11                     | \$115 |

## Teen Tennis

425202

(Ages 12 - 16)

Instructor: Mike Sabin & Staff

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

Location: Hunnewell Tennis Ct  
5 weeks

| S# | Day | Times       | Date           | Price |
|----|-----|-------------|----------------|-------|
| 01 | Wed | 3 - 4:30 pm | Sep 10 - Oct 8 | \$155 |

### FOR ALL WEEKEND TENNIS CLASSES

Wellesley Recreation will not have classes if Wellesley Public Schools are closed due to stormy weather.

If we need to cancel an evening or weekend class, please check the website and/or we will try to call/email participants.

## Early Release Tennis

425200

(Ages 8 - 11)

Instructor: Mike Sabin & Staff

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

Location: Hunnewell Tennis Cts & Warren  
5 weeks

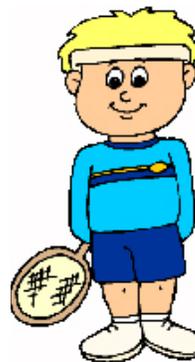
Outdoor Classes (Hunnewell Courts)

| S# | Age     | Day | Times           | Date            | Price |
|----|---------|-----|-----------------|-----------------|-------|
| 01 | 8 - 9   | Wed | 12:30 - 1:30 pm | Sept 10 - Oct 8 | \$115 |
| 02 | 10 - 11 | Wed | 1:30 - 2:30 pm  | Sept 10 - Oct 8 | \$115 |

Indoor Classes (Warren Building)

| S# | Age     | Day | Times           | Date                               | Price |
|----|---------|-----|-----------------|------------------------------------|-------|
| 03 | 8 - 9   | Wed | 12:30 - 1:30 pm | Nov 5 - Dec 10<br>(No class 11/26) | \$115 |
| 04 | 10 - 11 | Wed | 1:30 - 2:30 pm  | Nov 5 - Dec 10<br>(No class 11/26) | \$115 |

### FREE TRIAL TENNIS CLASS



Wellesley Recreation will offer one day of free trial tennis classes, led by head instructor Mike Sabin.

These classes will be held on Saturday, Sept. 6, starting at 9am, 10am and 11am at the Hunnewell Courts.

Pre-registration is required.

Please register at

[www.wellesley.ma.gov/recreation](http://www.wellesley.ma.gov/recreation)  
and search Activity #425204

## Tennis Saturday AM

425203

(Ages 5 - 12)

Instructor: Mike Sabin & Staff

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

Location: Schofield School

5 weeks

| S# | Age     | Day | Times         | Date                                 | Price |
|----|---------|-----|---------------|--------------------------------------|-------|
| 01 | 5 - 7   | Sat | 9 - 10 am     | Sept 13 - Oct 18<br>(No class 10/11) | \$115 |
| 02 | 8 - 9   | Sat | 10 - 11 am    | Sept 13 - Oct 18<br>(No class 10/11) | \$115 |
| 03 | 10 - 14 | Sat | 11 am - 12 pm | Sept 13 - Oct 18<br>(No class 10/11) | \$115 |



## James Bede Soccer Fun

422900

(Ages 4 - 6)

Instructor: James Bede & Staff

Get your young player ready to play soccer by learning proper ball skills. All teaching is done through a lot of fun games in a non-threatening environment. We want your child to wear proper soccer equipment; shin guards & cleats plus they need to bring a water bottle as well. Program is held outdoors, weather permitting, or in the gym.

Location: Warren Field & Building  
8 weeks

Min: 10/Max: 20

| S# | Age   | Day | Times          | Date            | Price      |
|----|-------|-----|----------------|-----------------|------------|
| 01 | 4     | Wed | 2 - 2:45 pm    | Sept 10         | FREE TRIAL |
| 02 | 5     | Wed | 2:50 - 3:35 pm | Sept 10         | FREE TRIAL |
| 03 | 4     | Wed | 3:45 - 4:25 pm | Sept 10         | FREE TRIAL |
| 04 | 5 - 6 | Wed | 4:30 - 5:15 pm | Sept 10         | FREE TRIAL |
| 05 | 4     | Wed | 2 - 2:45 pm    | Sept 17 - Nov 5 | \$150      |
| 06 | 5     | Wed | 2:50 - 3:35 pm | Sept 17 - Nov 5 | \$150      |
| 07 | 4     | Wed | 3:45 - 4:25 pm | Sept 17 - Nov 5 | \$150      |
| 08 | 5 - 6 | Wed | 4:30 - 5:15 pm | Sept 17 - Nov 5 | \$150      |

## James Bede Soccer League

422901

(Ages 6 - 8)

Instructor: James Bede & Staff

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

Location: Warren Building & Field  
8 weeks / 2 sessions per week [14 sessions total]

Min: 10/Max: 30

| S#                     | Day | Times           | Date            | Price |
|------------------------|-----|-----------------|-----------------|-------|
| 01                     | Wed | 5:20 - 6:20 pm  | Sept 17 - Nov 5 | \$265 |
|                        | Sat | 12:15 - 1:15 pm | Sept 20 - Nov 8 |       |
| (No class 11/04, 0/11) |     |                 |                 |       |



## Super Soccer Stars

422902

(Ages 2 - 4)

Instructor: Super Soccer Stars Staff

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

Location: Warren Building  
12/13 weeks

Min: 10/Max: 20

| S#                     | Age   | Day | Times             | Date             | Price      |
|------------------------|-------|-----|-------------------|------------------|------------|
| 01                     | 2 - 3 | Tue | 10:55 - 11:35 am  | Sept 9           | FREE TRIAL |
| 02                     | 3 - 4 | Tue | 11:45am - 12:30pm | Sept 9           | FREE TRIAL |
| 03                     | 2 - 3 | Sat | 10:15 - 10:55 am  | Sept 13          | FREE TRIAL |
| 04                     | 3 - 4 | Sat | 11 - 11:45 am     | Sept 13          | FREE TRIAL |
| 05                     | 2 - 3 | Tue | 10:55 - 11:35 am  | Sept 16 - Dec 16 | \$325      |
| (No class 11/11)       |       |     |                   |                  |            |
| 06                     | 3 - 4 | Tue | 11:45am-12:30pm   | Sept 16 - Dec 16 | \$325      |
| (No class 11/11)       |       |     |                   |                  |            |
| 07                     | 2 - 3 | Sat | 10:15 - 10:55 am  | Sept 20 - Dec 20 | \$300      |
| (No class 10/4, 11/29) |       |     |                   |                  |            |
| 08                     | 3 - 4 | Sat | 11 - 11:45 am     | Sept 20 - Dec 20 | \$300      |
| (No class 10/4, 11/29) |       |     |                   |                  |            |

## Super Soccer Stars: Kick & Play

422904

(Ages 12 - 24 months)

Instructor: Super Soccer Stars Staff

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play!

Location: Warren Building  
13 weeks

Min: 10/Max: 20

| S#               | Day | Times           | Date             | Price      |
|------------------|-----|-----------------|------------------|------------|
| 01               | Tue | 12:45 - 1:25 pm | Sept 9           | FREE TRIAL |
| 02               | Tue | 12:45 - 1:25 pm | Sept 16 - Dec 16 | \$325      |
| (No class 11/11) |     |                 |                  |            |



### PROGRAM REGISTRATION

Residents: Upon receipt of brochure  
via email or mail

Non Residents: Sept. 2 - 7 am

Online • Walk-in • Mail • Phone

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

## Learn How To Do Magic

422356

(Ages 8 - 12)

Instructor: Joe Carota



You will not believe what you will be able to do after just one magic lesson! Surprise your family and friends. Entertain at parties! Magic is an art that can develop self-confidence, self-esteem, poise, creativity, and give youngsters a hobby that can last a lifetime. All equipment is included. At the end of each lesson, the tricks that were taught are written in easy to follow book-

lets to take home. All hands-on instruction is from a professional magician!

Location: Warren Building

Min: 5/Max: 15

5 weeks

| S# | Day | Times    | Date             | Price      |
|----|-----|----------|------------------|------------|
| 01 | Wed | 4 - 5 pm | Sept 10          | FREE TRIAL |
| 02 | Wed | 4 - 5 pm | Sept 17 - Oct 15 | \$125      |
| 03 | Wed | 4 - 5 pm | Oct 22 - Nov 19  | \$125      |



## Beginner Fencing

421801

(Ages 9 - 16)

Instructor: Jim Mullarkey, 3MB Fencing

It's fast; It's fun! Not into team or group sports? Want to win or lose on just your skills? Fencing is the sport for you! Begin your journey into modern swordplay. Nicknamed "Physical Chess," you will train your body and mind to act or react to rapidly changing scenes. You will train: peripheral vision, speed and agility, as well as, hand-eye-foot coordination. All gear is provided for you at each class. All you need to supply is a good learning attitude and your own water bottle, sneakers and loose pants or shorts.

Location: Warren Building

Min: 6/Max: 20

8 weeks

| S# | Day | Times    | Date                                       | Price |
|----|-----|----------|--|-------|
| 01 | Fri | 6 - 7 pm | Oct 17 - Dec 19<br>(No class 10/31, 11/28) | \$99  |



## Chess Lessons

424800

(Ages 5 - 14)

Instructor: Jim Della Selva

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

Location: Warren Building

Min: 4/Max: 12

8/7 weeks

Beginner Level

| S# | Day | Times          | Date                                       | Price |
|----|-----|----------------|--|-------|
| 01 | Mon | 4:30 - 5:30 pm | Sept 22 - Nov 17<br>(No class 10/13)       | \$140 |
| 02 | Fri | 3:50 - 4:50 pm | Sept 26 - Nov 21<br>(No class 10/3, 10/31) | \$120 |

Intermediate Level

| S# | Day | Times          | Date                                       | Price |
|----|-----|----------------|--|-------|
| 03 | Fri | 4:50 - 5:50 pm | Sept 26 - Nov 21<br>(No class 10/3, 10/31) | \$120 |



## Home Alone Safety

431503

(Ages 8 - 11)

Instructor: Juanita Allen

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack.

Location: Warren Building

Min: 6/Max: 12

1 day

| S# | Day   | Times          | Date    | Price |
|----|-------|----------------|---------|-------|
| 01 | Thurs | 3:30 - 5:30 pm | Sept 18 | \$45  |

## Fitness, Food & FUN!

423108

(Ages 7 - 12)

Instructor: Knucklebones Staff

Knucklebones is thrilled to offer a combination of healthy eating, living and fitness all in one class. Each week your instructor will lead a mixture of athletic games and activities to get their bodies moving, work together to create healthy snacks and food (from smoothies to Kale chips - YUM) and fun nutritional games to gain knowledge in a unique way. Participants should come prepared to play and enjoy!

\* Please also note any food allergies when registering.

Location: Warren Building/Field

Min: 8/Max: 12

8/5 weeks

| S# | Day | Times       | Date            | Price |
|----|-----|-------------|-----------------|-------|
| 01 | Tue | 3:30 - 5 pm | Sept 16 - Nov 4 | \$155 |
| 02 | Tue | 3:30 - 5 pm | Nov 18 - Dec 16 | \$99  |



### Recreation Department Hours

Monday - Friday 8:30 - 4:30

781-235-2370

## Early Release Sports Class

423107

(Grades K - 3)

Instructor: Knucklebones Staff

This is not your average sports class! Knucklebones Multi-Sports classes focus on strategy, fitness and fun, allowing everyone to get involved and have a good time. Bringing all our own unique equipment, we'll play traditional games such as hockey, soccer and basketball and add some outside the box games like Poison, Gaga, and Castle ball. Ever tried to score points using a four foot tall ball on a 10 foot high inflatable tube? Welcome to Powerball! Everyone will be challenged, learn new skills and have a blast! Proper clothing and sneakers are required.



Location: Warren Building

Min: 8/Max: 12

6 weeks

| S# | Day | Times           | Date             | Price      |
|----|-----|-----------------|------------------|------------|
| 01 | Wed | 12:30 - 1:30 pm | Sept 10          | FREE TRIAL |
| 02 | Wed | 12:30 - 1:30 pm | Sept 17 - Oct 22 | \$85       |

### EARLY RELEASE DAY!



## Prep for Basketball Tryouts

421210

(Grades 4 - 8)

Instructor: Isaiah Davis

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



Location: Warren Building

Min: 8/Max: 20

8 weeks

| S# | Day              | Times    | Date                                 | Price |
|----|------------------|----------|--------------------------------------|-------|
| 01 | Tue (Boys only)  | 6 - 7 pm | Sept 23 - Nov 18<br>(No class 11/11) | \$160 |
| 02 | Thu (Girls only) | 6 - 7 pm | Oct 2 - Nov 20                       | \$160 |



## Terriers Dodgeball League

420603

(Grades 2 - 5)

Instructor: Joe Roberts & Terriers Staff

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

Location: Warren Building

Min: 25/Max: 50

5/4 weeks

| S# | Day | Times       | Date                                      | Price |
|----|-----|-------------|---|-------|
| 01 | Fri | 4 - 5:15 pm | Sept 26 - Nov 7<br>(No class 10/3, 10/31) | \$110 |
| 02 | Fri | 4 - 5:15 pm | Nov 14 - Dec 12<br>(No class 11/28)       | \$90  |

## Munchkin Multi-Sports

422102

(Ages 2 - 5)

Instructor: John Smith Sports Staff

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



Location: Warren Field & Building

Min: 7/Max: 12

6 weeks

| S# | Age   | Day | Times         | Date                               | Price      |
|----|-------|-----|---------------|------------------------------------|------------|
| 01 | 2 - 3 | Tue | 10 - 10:45 am | Sept 9                             | FREE TRIAL |
| 02 | 4 - 5 | Thu | 10 - 10:45 am | Sept 11                            | FREE TRIAL |
| 03 | 2 - 3 | Tue | 10 - 10:45 am | Sept 16 - Oct 21                   | \$90       |
| 04 | 4 - 5 | Thu | 10 - 10:45 am | Sept 18 - Oct 23                   | \$90       |
| 05 | 2 - 3 | Tue | 10 - 10:45 am | Nov 4 - Dec 16<br>(No class 11/11) | \$90       |
| 06 | 4 - 5 | Thu | 10 - 10:45 am | Nov 6 - Dec 18<br>(No class 11/27) | \$90       |

## Horsepower

432200

(Ages 6 - 12)

**Instructor: Century Mills Stable**

Have a horse crazy child? Horse Power is designed to give both children and their parents a broad-based introduction to horses in a fun, interactive class. Start each session by learning to handle, groom and tack up a horse. End each week with a group riding lesson where kids get to learn the basics in the saddle and parents can learn how to safely help them. Our licensed, upbeat instructors and happy, well-trained horses will make sure you and your child have a positive first horse experience.

**Location: Century Mill Stables**

**Min: 3/Max: 6**

4 weeks

| S# | Day | Times       | Date       | Price |
|----|-----|-------------|------------|-------|
| 01 | Sat | 3 - 3:50 pm | Sep 6 - 27 | \$180 |
| 02 | Sat | 3 - 3:50 pm | Oct 4 - 25 | \$180 |
| 03 | Sat | 3 - 3:50 pm | Nov 1 - 22 | \$180 |

### Directions to Century Mills Stable

185 Century Mill Road, Bolton, MA

Route 495 from Wellesley via Route 9 or via Route 128 to the Mass Pike West. North on Route 495. Take exit 27 (Bolton/Stow exit) and at the end of the ramp take a left onto Route 117 toward Stow and then an IMMEDIATE right onto Route 85. Go one mile on Route 85 and take a right onto Century Mill Road. Century Mill Stables (#185) is one mile down on the right. Please call (978-779-2934) if you have trouble finding the stable.

## Hoof Beats

432203

(Ages 6 - 13)

**Instructor: Century Mills Stable**

This 50 minute group riding lesson will focus on improving basic riding skills. This class is designed for both beginning riders and those with some experience. Work on control and position at the walk and trot, learn your jumping position, and develop confidence in the saddle. You will also learn to groom and tack up a horse safely. Our licensed, upbeat instructors and happy, well-trained horses will make sure you have a positive riding experience.

**Location: Century Mill Stables**

**Min: 3/Max: 6**

4 weeks

| S# | Day | Times       | Date           | Price |
|----|-----|-------------|----------------|-------|
| 01 | Sat | 4 - 4:50 pm | Sep 6 - 27     | \$180 |
| 02 | Sat | 4 - 4:50 pm | Oct 4 - 25     | \$180 |
| 03 | Sat | 4 - 4:50 pm | Nov 1 - Nov 22 | \$180 |

***Century Mill Stables is conveniently located just 3 minutes from Rt 495 and has an indoor ring for classes to run in all weather.***

## All About Ponies

432210

(Ages 4 - 8)

**Instructor: Sweet Meadow Farm Staff**

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

**Location: Sweet Meadow Farm**

**Min: 1/Max: 4**

4 weeks

| S# | Day | Times       | Date       | Price |
|----|-----|-------------|------------|-------|
| 01 | Tue | 3:30 - 6 pm | Sep 9 - 30 | \$200 |
| 02 | Tue | 3:30 - 6 pm | Oct 7 - 28 | \$200 |
| 03 | Tue | 3:30 - 6 pm | Nov 4 - 25 | \$200 |



## Mini Riders

432212

(Ages 1 - 5)

**Instructor: Sweet Meadow Farm Staff**

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

**Location: Sweet Meadow Farm**

**Min: 1/Max: 5**

3/5 weeks

| S# | Day | Times         | Date        | Price |
|----|-----|---------------|-------------|-------|
| 01 | Thu | 10 - 10:45 am | Sep 11 - 25 | \$75  |
| 02 | Thu | 1 - 1:45 pm   | Sep 11 - 25 | \$75  |
| 03 | Thu | 10 - 10:45 am | Oct 2 - 30  | \$125 |
| 04 | Thu | 1 - 1:45 pm   | Oct 2 - 30  | \$125 |
| 05 | Thu | 10 - 10:45 am | Nov 6 - 20  | \$75  |
| 06 | Thu | 1 - 1:45 pm   | Nov 6 - 20  | \$75  |
| 07 | Thu | 10 - 10:45 am | Dec 4 - 18  | \$75  |
| 08 | Thu | 1 - 1:45 pm   | Dec 4 - 18  | \$75  |

## Barn Buddies

432206

(Ages 4 - 12)

Instructor: Sweet Meadow Farm Staff

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

Location: Sweet Meadow Farm

Min: 1/Max: 5

3/4/5 weeks

| S# | Day | Times         | Date        | Price |
|----|-----|---------------|-------------|-------|
| 01 | Sat | 10 am - 12 pm | Sep 13 - 27 | \$150 |
| 02 | Sat | 10 am - 12 pm | Oct 4 - 25  | \$200 |
| 03 | Sat | 10 am - 12 pm | Nov 1 - 29  | \$250 |

## Early Release Riding

432211

(Ages 4 - 12)

Instructor: Sweet Meadow Farm Staff

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

Location: Sweet Meadow Farm

Min: 1/Max: 5

1 day

| S# | Day | Times    | Date   | Price |
|----|-----|----------|--------|-------|
| 01 | Wed | 1 - 3 pm | Oct 1  | \$85  |
| 02 | Wed | 1 - 3 pm | Oct 15 | \$85  |
| 03 | Wed | 1 - 3 pm | Nov 5  | \$85  |
| 04 | Wed | 1 - 3 pm | Nov 26 | \$85  |
| 05 | Wed | 1 - 3 pm | Dec 10 | \$85  |

## Exotic Animal Adventure

432209

(Ages 3 - 6)

Instructor: Sweet Meadow Farm Staff

A great hands-on animal science experience for children who love animals! Just-your-size friendly and well trained animals like miniature cows, miniature horses, miniature goats, and miniature donkeys are perfect for them! Children will learn to feed, groom, care for, train, and hold our friendly barnyard and exotic animals including a kangaroo, baby deer, small animals (rabbits, guinea pigs, gerbils and ferrets). They will also have access to our bird room where they can hold and feed our friendly birds in a safe environment. All this is in our brand new insulated and heated barn!

Location: Sweet Meadow Farm

Min: 1/Max: 5

4 weeks

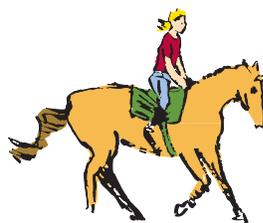
| S# | Day | Times    | Date        | Price |
|----|-----|----------|-------------|-------|
| 01 | Mon | 1 - 3 pm | Sept 8 - 29 | \$100 |
| 02 | Mon | 1 - 3 pm | Oct 6 - 27  | \$100 |
| 03 | Mon | 1 - 3 pm | Nov 3 - 24  | \$100 |
| 04 | Mon | 1 - 3 pm | Dec 1 - 22  | \$100 |

## Saddle Club

432204

(Ages 5 - 10)

Instructor: Sweet Meadow Farm Staff



This program is perfect for children with little or no horseback riding experience. Each week students kick off the class with an educational horse activity. Next they will get hands on experience with our wide variety of animals, learning proper handling diet and care for guinea pigs, bunnies, ferrets, hedgehog,

miniature horses, mini cows, alpaca, emu, wallaby, goats, chickens and kittens. After the one-on-one riding lesson, students walk their horses back to the stable along with their instructor, to untack the horse and put them into their stall. Then the group feeds all the animals and learns regiments and proper medicinal care.

Location: Sweet Meadow Farm

Min: 1/Max: 3

3/4 weeks

| S# | Day | Times       | Date       | Price |
|----|-----|-------------|------------|-------|
| 01 | Mon | 3:30 - 6 pm | Sep 8 - 29 | \$350 |
| 02 | Tue | 3:30 - 6 pm | Sep 9 - 30 | \$350 |
| 03 | Mon | 3:30 - 6 pm | Oct 6 - 27 | \$350 |
| 04 | Tue | 3:30 - 6 pm | Oct 7 - 28 | \$350 |
| 05 | Mon | 3:30 - 6 pm | Nov 3 - 24 | \$350 |
| 06 | Tue | 3:30 - 6 pm | Nov 4 - 25 | \$350 |
| 07 | Mon | 3:30 - 6 pm | Dec 1 - 15 | \$270 |
| 08 | Tue | 3:30 - 6 pm | Dec 2 - 16 | \$270 |

## Mother Goose Story Time

432213

(Ages 1 - 5)

Instructor: Sweet Meadow Farm Staff

During this 45 minute Mommy & Me class, your child will learn while interacting with our small animals. They will listen to their favorite mother goose stories while holding a wide variety of cuddly and friendly small animals. Then they will enjoy feeding the miniature ponies their hay for lunch!

Location: Sweet Meadow Farm

Min: 1/Max: 5

3/4/5 weeks

| S# | Day | Times         | Date         | Price |
|----|-----|---------------|--------------|-------|
| 01 | Wed | 11 - 11:45 am | Sept 10 - 24 | \$45  |
| 02 | Wed | 11 - 11:45 am | Oct 1 - 29   | \$75  |
| 03 | Wed | 11 - 11:45 am | Nov 5 - 26   | \$60  |
| 04 | Wed | 11 - 11:45 am | Dec 3 - 17   | \$45  |

### Directions to Sweet Meadow Farm

111 Coolidge Street, Sherborn, MA 01770

Sweet Meadow Farm is a short 10 minute drive from downtown Wellesley. Head towards Natick on Central St/ MA-135 W for a little over 4 miles. Take a left turn onto Speen St and follow for 1 mile. Then take a left onto Coolidge St. Sweet Meadow Farm will be located on the right. For any questions/troubles please contact Sweet Meadow Farm 508-308-9194

# FALL SKATING IN NATICK!



## Tot Learn to Skate (Ages 3-6)

Instructors use songs, games, toys and other fun methods to cater to the learning styles and development of young skaters. 3 to 4 year olds are separated from 5 to 6 year olds initially, but are grouped together in Tot levels 1 - 3. 6 year olds have the option to begin in Youth 1. Classes include 25-30 minutes of group instruction and 10-15 minutes of supervised play time.

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

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

## Pre-Tot Learn to Skate

423202

(Ages 3 - 4)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena, Natick

Min: 3/Max: 20

6/8 weeks

| S# | Age | Day  | Times            | Date             | Price |
|----|-----|------|------------------|------------------|-------|
| 01 | 3-4 | Tues | 3:40 - 4:05 pm   | Sept 9 - Oct 28  | \$109 |
| 02 | 3-4 | Thu  | 1 - 1:25 pm      | Sept 11 - Oct 30 | \$109 |
| 03 | 3-4 | Tues | 3:40 - 4:05 pm * | Nov 4 - Dec 23   | \$109 |
| 04 | 3-4 | Thu  | 1 - 1:25 pm      | Nov 6 - Dec 18   | \$79  |

(No class 11/27)

\* Time of Session #3 will change to 4:40 - 5:05 pm starting Dec. 1

## Tot Learn to Skate

423203

(Ages 3 - 6)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena, Natick

Min: 3/Max: 20

6/8 weeks

| S# | Age | Day  | Times            | Date             | Price |
|----|-----|------|------------------|------------------|-------|
| 01 | 3-6 | Tues | 3:40 - 4:05 pm   | Sept 9 - Oct 28  | \$109 |
| 02 | 3-6 | Thu  | 1 - 1:25 pm      | Sept 11 - Oct 30 | \$109 |
| 03 | 3-6 | Tues | 3:40 - 4:05 pm * | Nov 4 - Dec 23   | \$109 |
| 04 | 3-6 | Thu  | 1 - 1:25 pm      | Nov 6 - Dec 18   | \$79  |

(No class 11/27)

\* Time of Session #3 will change to 4:40 - 5:05 pm starting Dec. 1

## Youth Learn to Skate (Ages 6-12)

Youth Learn to Skate levels are designed to teach basic motion, balance and coordination that prepare skaters for hockey, figure skating or the occasional rink visit. Classes consist of at least 30 minutes or more of group instruction and 5-10 minutes of supervised practice.

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

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

## BE PREPARED FOR CLASS

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

## Youth Learn to Skate

423201

(Ages 6 - 12)

Instructor: FMC Ice Sports Staff

Location: Wm. Chase Arena, Natick

Min: 3/Max: 20

8 weeks

| S# | Day  | Times            | Date            | Price |
|----|------|------------------|-----------------|-------|
| 01 | Mon  | 5:40 - 6:30 pm   | Sept 8 - Oct 27 | \$129 |
| 02 | Tues | 3:40 - 4:30 pm   | Sept 9 - Oct 28 | \$129 |
| 03 | Mon  | 5:40 - 6:30 pm   | Nov 3 - Dec 22  | \$129 |
| 04 | Tues | 3:40 - 4:30 pm * | Nov 4 - Dec 23  | \$129 |

\* Time of Session #4 will change to 4:40 - 5:30 pm starting Dec. 1



### Directions to the Natick Skating Rink

(35 Windsor Ave, Natick MA 01760)

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

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

# December Vacation Week Programs



## CoCo Key Water Park Winter Field Trip

Activity #: 432208  
(Ages 7 - 12)

Instructor: Recreation Department Staff

Join us as we spend the day at the area's premier indoor water park in Danvers, MA! Kids will have the opportunity to go down the slides, play water basketball or glide along in the lazy river. Lunch will be provided as part of this trip (pizza and soft drink). Please bring money for any snacks.

Location: Warren Building

Min: 25/Max: 35

| S# | Day  | Times        | Date   | Price |
|----|------|--------------|--------|-------|
| 01 | Tues | 10 am - 4 pm | Dec 30 | \$85  |

## Thundercat Winter Sports Jam

Activity #: 420906  
(Ages 6-12)

Instructor: Thundercat Sports Staff

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

Location: Warren Building

1 day

Min: 8/Max: 20

| S# | Day  | Times        | Date   | Price |
|----|------|--------------|--------|-------|
| 01 | Mon  | 9 am - 12 pm | Dec 29 | \$49  |
| 02 | Tues | 9 am - 12 pm | Dec 30 | \$49  |
| 03 | Wed  | 9 am - 12 pm | Dec 31 | \$49  |
| 04 | Fri  | 9 am - 12 pm | Jan 2  | \$49  |

## Mad Science Winter Fun

Activity #: 424902  
(Ages 7 - 12)

Instructor: Mad Science Staff

We'll have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. The children will get a chance to play with our "cool" equipment and participate in some "hot" demonstrations. Each day we'll have a different science theme with exciting activities, experiments and related games. We'll learn how science helps us protect our planet, and we'll explore the animal kingdom, life cycles and habitats. We'll discover how to send secret messages and how to talk with numbers. Young astronauts will explore the mysteries of space, and junior engineers will check out shapes, investigate arches and learn about structures. And the science doesn't stop when the Mad Scientist goes back to the laboratory...we'll have take-home creations so the fun and learning can continue!

Location: Warren Building

3 days

Min: 9/Max: 20

| S# | Day       | Times        | Date            | Price |
|----|-----------|--------------|-----------------|-------|
| 02 | Mon - Wed | 9 am - 12 pm | Dec 29 - Dec 31 | \$130 |

## Puddlestompers Winter Exploration

Activity #: 415701  
(Ages 3 - 6)

Instructor: Puddlestompers Staff

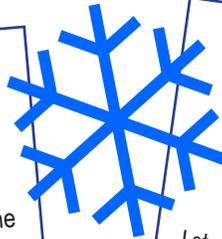
Let us lead your children in discovering the mystery of winter during PUDDLESTOMPERS' December Vacation drop-off program. Winter is a magical time to explore! Come see how animals and plants are surviving the cold. Look for animal tracks and investigate other signs of winter activity. Discover who is 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

1 day

Min: 4/Max: 15

| S# | Day  | Times       | Date   | Price |
|----|------|-------------|--------|-------|
| 01 | Fri  | 9 am - 1 pm | Dec 26 | \$60  |
| 02 | Mon  | 9 am - 1 pm | Dec 29 | \$60  |
| 03 | Tues | 9 am - 1 pm | Dec 30 | \$60  |
| 04 | Wed  | 9 am - 1 pm | Dec 31 | \$60  |





## Nashoba Friday Ski Program

123301

(Ages 11 - 14)

**Instructor: Nashoba Valley Ski Resort**

Just imagine blazing down the slopes of Nashoba Valley under the lights instead of staying home on Friday night. Join your friends and enjoy four weeks of skiing or snowboarding. Participants should bring a bag lunch/supper or they may purchase something at Nashoba. No lessons on Friday nights. Children must be enrolled in grades 6-8. If you need rental equipment you MUST attend the prefit, Thursday, Dec 11th @ 7pm. If you miss the prefit you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program.

Location: Nashoba Valley  
4 weeks

Min: 20/Max: 40

| S# | Day | Times          | Date       | Price |
|----|-----|----------------|------------|-------|
| 01 | Fri | 3:45 - 9:30 pm | Jan 9 - 30 | \$270 |

## Nashoba Snow Tubing

123306

(Ages 8 - 11)

**Instructor: Nashoba Valley Ski Resort**

What could be better than spending the afternoon at New England's largest tubing park? Well, nothing! Join Wellesley Recreation as we experience the newest winter recreational activity when we head to Nashoba Valley in Westford, MA for an afternoon filled of snow tubing. The trip will include three hours on the tubing trail and bus transportation to and from Nashoba Valley. All participants must be enrolled in grades 3 - 5.

Location: Nashoba Valley  
1 day

Min: 20/Max: 40

| S# | Day | Times           | Date   | Price |
|----|-----|-----------------|--------|-------|
| 01 | Wed | 12:45 - 5:30 pm | Feb 25 | \$75  |

## Nashoba Wednesday Ski Program

123300

(Ages 8 - 11)

**Instructor: Nashoba Valley Ski Resort**

Now is the best time to learn to ski or snowboard. If you already ski or snowboard, you can polish your skills. This program includes transportation to Nashoba Valley, lessons and lift tickets. Please indicate if your child is a first time skier and if they will snowboard or ski. All participants must be enrolled in grades 3 - 5. If you need rental equipment you MUST attend the prefit, Thursday, Dec 11th @ 7pm. If you miss the prefit you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program.

Location: Nashoba Valley  
4 weeks

Min: 20/Max: 40

| S# | Day | Times           | Date       | Price |
|----|-----|-----------------|------------|-------|
| 04 | Wed | 12:45 - 5:30 pm | Jan 7 - 28 | \$280 |

### A NOTE TO PARENTS FOR NASHOBA SKI

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

**Rentals are an additional \$85 to be paid at prefit.**

**Prefit for rentals will be held at the Warren Building on Thursday, Dec. 11 from 7-8pm.**



Saturday, Sept. 20  
10 am - 2 pm

**Yard Sale!**

**Morses Pond**  
Sponsored by  
The Wellesley Recreation Dept.

**FREE Shredding Services**  
available from  
10 am - 1 pm  
**Shred-it**



11/21/14 @ 6:30/Warren Bldg.  
Admission: Toys for Tots

## Howlin' Haunted Halloween



## Wellesley's Winter Wonderland



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

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

11:00AM  
Parade to Start  
@ Dorset Tea  
325 Washington St

**October 25**  
**Saturday**  
**11:00 AM**  
**Ages 0-8**

WEAR YOUR COSTUME AND  
TRICK OR TREAT AT  
LOCAL BUSINESSES

WELLESLEY RECREATION

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

**Birthday Parties at Warren!**

**Special Events**

# Join Us! Wellesley's New Community Band

Saturday, Sept. 20  
10 am - 2 pm

**Yard Sale!**

**Morses Pond**  
Sponsored by  
The Wellesley Recreation Dept.

**FREE Shredding Services**  
available from  
10 am - 1 pm  
**Shred-it**



11/21/14 @ 6:30/Warren Bldg.  
Admission: Toys for Tots

## Howlin' Haunted Halloween



## Wellesley's Winter Wonderland



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

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

11:00AM  
Parade to Start  
@ Dorset Tea  
325 Washington St

**October 25**  
**Saturday**  
**11:00 AM**  
**Ages 0-8**

WEAR YOUR COSTUME AND  
TRICK OR TREAT AT  
LOCAL BUSINESSES

WELLESLEY RECREATION

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

**Birthday Parties at Warren!**

**Special Events**

Join Us!  
**Wellesley's New Community Band**

## Hula Hoop Fitness

440462-01

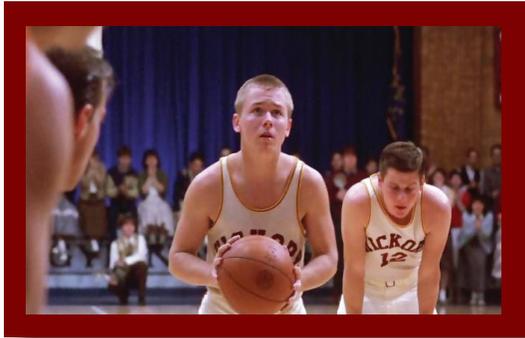
**Instructor:** Wild Kat Hoops

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: wildkathoops.com

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

5/6 weeks

| S# | Day | Times      | Date                                       | Price |
|----|-----|------------|--|-------|
| 01 | Mon | 10 - 11 am | Sep 15 - Oct 27<br>(No class 9/29 & 10/13) | \$60  |
| 02 | Mon | 10 - 11 am | Nov 3 - Dec 8                              | \$70  |



## Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball.

Please check the website :[www.wellesley.ma.gov/recreation](http://www.wellesley.ma.gov/recreation); click on "Open Gym." Times are subject to change.

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 Activity #441200-02 |
| Thurs. 7:30 - 9 pm | Co-Ed Volleyball Activity #441100-01   |

## Fusion Fit

440400

**Instructor:** Bitsy Graham

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

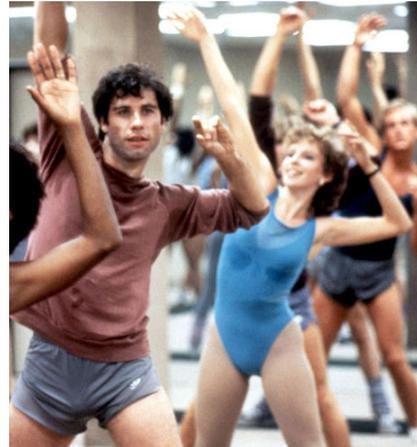
**Location:** Warren Building      **Min:** 10/**Max:** 20

8 weeks, 2 - 5 days per week

| S# | Day | Time           | Date                               | Price  |
|----|-----|----------------|------------------------------------|--|
| 01 | M   | 8:45 - 9:45 am | Sep 8                              | FREE   |
| 02 | M-F | 8:45 - 9:45 am | Sep 9 - Oct 31<br>(No class 10/13) | \$145/2x/week<br>\$200/3x/week<br>\$225/4x/week<br>\$245/5x/week |

7 weeks, 2 - 5 days per week

|    |     |                |  |  |
|----|-----|----------------|--|--|
| 03 | M-F | 8:45 - 9:45 am | Nov 3 - Dec 19<br>(No class 11/11, 11/27, 11/28) | \$125/2x/week<br>\$175/3x/week<br>\$195/4x/week<br>\$225/5x/week |
|----|-----|----------------|--|--|



## Heartbeat for Adults



440403-01

**Instructor:** Bitsy Graham

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

**Location:** Warren Building      **Min:** 15/**Max:** 20

14 weeks, 2 or 3 days per week

| Day        | Time           | Date                                      |
|------------|----------------|---|
| Tu, Th, Fr | 6:05 - 6:55 am | Sep 9 - Dec 19<br>(No class 11/11, 11/27) |

\$225 for three days per week  
\$170 for two days per week

## Tennis Intermediate/Advanced

**Instructors: Mike Sabin & Staff**

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

**Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

| 445201-01 | Min: 6/Max: 8 |                                    |                                      |
|-----------|---------------|------------------------------------|--------------------------------------|
| Day       | Times         | Date                               | Price                                |
| Thu       | 6:30 - 8 pm   | Sep 11 - Oct 16<br>(No class 9/25) | \$181 (incl. tag)<br>\$166 (own tag) |

| 445208-01 | Min:6/Max:10     |                 |       |
|-----------|------------------|-----------------|-------|
| Day       | Times            | Date            | Price |
| Fri       | 10:30 am - 12 pm | Sep 12 - Oct 10 | \$166 |

| 445204-01 | Min:3/Max: 10    |               |       |
|-----------|------------------|---------------|-------|
| Day       | Times            | Date          | Price |
| Mon       | 10:30 am - 12 pm | Sep 8 - Oct 6 | \$166 |



## Family Game Night

440487

**Instructor: Knuckle Bones**

Knucklebones knows how important it is for a family to play together! That is why our Family Night Out is the perfect opportunity to get families, friends & neighbors out for an evening of games, exercise & fun! The Knucklebones staff will provide a plethora of games & activities for all ages, from giant Kinballs to Baggo, Double-sided Basketball to LadderBall, we have it all! There will also be an abundance of equipment such as climbers, ball pits, scooters and more that allow people to play with a friend or easily make new ones! Throughout the hour, play all of our games and come together for 1 large group game with the entire community playing together; just imagine 100 people using an enormous Parachute or competing in a 4-way Tug-Of-War! This program is for all ages, so come and join us - for the love of play!

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

5/8 weeks

| S# | Day | Time           | Date   | Price       |
|----|-----|----------------|--------|-------------|
| 01 | Fri | 6:30 - 7:30 pm | Sep 19 | \$22/family |
| 02 | Fri | 6:30 - 7:30 pm | Oct 24 | \$22/family |

## Tennis: Drill & Play

**Instructors: Mike Sabin & Staff**

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

**Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Courts., Rt. 16

5 weeks

| 445225-01 | Min: 6/Max: 16 |                |       |
|-----------|----------------|----------------|-------|
| Day       | Times          | Date           | Price |
| Wed       | 9:30 - 11 am   | Sep 10 - Oct 8 | \$166 |



### PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 2 - 7 am

Online • Walk-in • Mail • Phone

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

## Tennis Beginner/Adv. Beginner

**Instructors: Mike Sabin & Staff**

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

**Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Cts., Rt. 16

5 weeks

| 445205-01 | Min: 6/Max: 8 |                                    |                                     |
|-----------|---------------|------------------------------------|-------------------------------------|
| Day       | Times         | Date                               | Price                               |
| Wed       | 6:30 - 8 pm   | Sep 10 - Oct 15<br>(No class 9/24) | \$181 (inc. tag)<br>\$166 (own tag) |

| 445207-01 | Min:6/Max: 10 |                 |       |
|-----------|---------------|-----------------|-------|
| Day       | Times         | Date            | Price |
| Fri       | 9 - 10:30 am  | Sep 12 - Oct 10 | \$166 |

| 445203-01 | Min:3/Max: 10 |               |       |
|-----------|---------------|---------------|-------|
| Day       | Times         | Date          | Price |
| Mon       | 9 - 10:30 am  | Sep 8 - Oct 6 | \$166 |



Buy your tags to play  
tennis under the lights!

## 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 15 - Dec 19 | \$170/1 day  |
| (No class 10/13, 11/26, 11/28) |              |                 | \$240/2 days |
|                                |              |                 | \$320/3 days |

13 weeks

440519-01

| Day              | Time     | Date            | Price |
|------------------|----------|-----------------|-------|
| Tue              | 7 - 8 pm | Sep 16 - Dec 16 | \$195 |
| (No class 11/11) |          |                 |       |



## 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**

5 weeks

| S#               | Day | Times           | Date            | Price |
|------------------|-----|-----------------|-----------------|-------|
| 01               | Tue | 9:30 - 10:30 am | Sep 16 - Oct 14 | \$85  |
| 02               | Tue | 9:30 - 10:30 am | Oct 21 - Nov 25 | \$85  |
| (No class 11/11) |     |                 |                 |       |

## Ashtanga Yoga: Beginner



440503-02

**Instructor: Julie Pernokas**

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

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

13 weeks

| Day              | Time             | Date            | Price |
|------------------|------------------|-----------------|-------|
| Wed              | 10:30 - 11:30 am | Sep 17 - Dec 17 | \$155 |
| (No class 11/26) |                  |                 |       |



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

## Yoga for Living Well

**TRY  
-A-  
CLASS**

440530

**Instructor: Leslie Worris**

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

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

11 & 13 weeks

| S#                            | Day | Time        | Date            | Price |
|-------------------------------|-----|-------------|-----------------|-------|
| 02                            | Thu | 1:45 - 3 pm | Sep 11          | FREE  |
| 01                            | Tue | 1:45 - 3 pm | Sep 16 - Dec 16 | \$156 |
| (No class 11/11)              |     |             |                 |       |
| 03                            | Thu | 1:45 - 3 pm | Sep 18 - Dec 18 | \$132 |
| (No class 9/25, 10/30, 11/27) |     |             |                 |       |

## Adult Golf Lessons

445611

**Instructor:** Tom Wessner: PGA Head Golf Professional

Each week you will be introduced to a new topic and phase of learning to play golf. These lessons are designed to help new players learn and more experienced players improve. Special attention is given to developing your golf swing through specific exercises. You may bring your own favorite clubs, or use ours.

**Location:** Natick Golf Learning Center, 218 Speen St

**Min:** 4/**Max:**8

5 weeks

| S# | Day | Times    | Date           | Price |
|----|-----|----------|----------------|-------|
| 01 | Tue | 6 - 7 pm | Sep 9 - Oct 7  | \$185 |
| 02 | Wed | 6 - 7 pm | Sep 10 - Oct 8 | \$185 |

## Tai Chi for Beginners

440543

**Instructor:** Leslie Worris

This course is designed to get you started. This class provides the basic principles and movements of Tai Chi. An emphasis is placed on learning the proper body alignment, sequence of movements and breath work. These techniques have many benefits for health and well-being including flexibility, stress reduction, improved balance and fall prevention.

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

11 weeks

| S# | Day | Time          | Date            | Price |
|----|-----|---------------|-----------------|-------|
| 01 | Thu | 11 am - 12 pm | Sep 11          | FREE  |
| 02 | Thu | 11 am - 12 pm | Sep 18 - Dec 18 | \$132 |

(No class 9/25, 10/30, 11/27)

TRY  
-A-  
CLASS



## Archery for Adults

440210-01

**Instructor:** On the Mark Archery Staff

You will learn the fundamentals of archery, including safety, proper form, range procedures, shooting technique and scoring. On The Mark Archery is committed to bringing target archery to adults by providing a safe and fun environment to learn this Olympic sport. All necessary equipment from protective devices to targets, bows and arrows are provided.

**Location:** Warren Building **Min:** 10/**Max:** 15

5 classes

| Day | Times    | Date            | Price |
|-----|----------|-----------------|-------|
| Wed | 8 - 9 pm | Oct 22 - Nov 19 | \$135 |

## Dynamic Running

440407-01

**Instructor:** Kathy Fleming

This class is 50% drills and 50% dynamic running. The drills we do train the body to use the appropriate muscles for running faster and more efficiently. Often joggers don't utilize muscles that enable a runner to have a better more efficient and powerful stride. This class teaches a type of running that is a far better workout for the metabolism and overall fitness. The drills are followed by form/ speed endurance running which taps into fast switch fibers in the muscles that have been lying dormant in many middle aged people. By the conclusion of this class, you will not only be faster and more efficient, but you will have the mental and physical tools to enable you continue to elevate your fitness level through running. Although this class is geared toward the beginner, veteran runners who would like to get faster and improve form will benefit from the class as well. This class is held at the Warren Building and outdoor trails.

**Location:** Warren Building

**Min:** 6/**Max:** 12

5 weeks

| Day | Times           | Date          | Price |
|-----|-----------------|---------------|-------|
| Tue | 9:30 - 10:30 am | Oct 7 - Nov 4 | \$155 |



## Pole Dance Level 1

440415

**Instructor:** Paulina Ramirez Williams,

Diosa Dance Yoga Health

This class introduces pole dance to the student using the Diosa style of pole dance which combines disciplines from bellydance, ballet, yoga, and Chinese acrobatics with props (pole, stiletos, costumes) to form a fun, choreographed routine that will build strength and flexibility for the novice dancer. The level 1 class works on a stationary pole to develop upper body strength through spins and floorwork while focusing on grips, transitions, and fluidity. Each 90-minute class is limited to 5 or 6 students per instructor to offer a personal training experience in which each person gets individual attention and learns as much by watching as by doing. *(stiletos not required, students must not apply any lotion on the day of class)*

**Location:** Diosa Dance Yoga Health, 9 Pleasant St Framingham

**Min:** 1/**Max:** 6

3/10 weeks

| S# | Day | Times       | Date            | Price |
|----|-----|-------------|-----------------|-------|
| 01 | Sun | 2:30 - 4 pm | Sep 14 - 28     | \$106 |
| 02 | Sun | 2:30 - 4 pm | Sep 14 - Nov 23 | \$156 |

(No class 10/12)



## 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 15 - Oct 27<br>(No class 10/13) | \$160/cpl |
| 02 | Mon | 7 - 8 pm | Nov 3 - Dec 8                       | \$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 | Thu | 6:30 - 7:30 pm | Sep 11                             | FREE  |
| 02 | Thu | 6:30 - 7:30 pm | Sep 18 - Oct 30<br>(No class 9/25) | \$105 |
| 03 | Thu | 6:30 - 7:30 pm | Nov 6 - Dec 18<br>(No class 11/27) | \$105 |

TRY  
-A-  
CLASS

## Irish Step Dancing for Adults

444069-01

Instructor: Bonnie Severance-Pierce

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 20 -Nov 22<br>(No class 10/4 & 10/11) | \$120 |

## Ballroom: Intermediate

444003

Instructor: Carol Lanzillo,  
Arthur Murray Dance Studio of Natick

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

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

| S# | Day | Times    | Date                                | Price     |
|----|-----|----------|-------------------------------------|-----------|
| 01 | Mon | 8 - 9 pm | Sep 15 - Oct 27<br>(No class 10/13) | \$160/cpl |
| 02 | Mon | 8 - 9 pm | Nov 3 - Dec 8                       | \$160/cpl |



## 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  
6 weeks

| S# | Day | Time           | Date                               | Price |
|----|-----|----------------|------------------------------------|-------|
| 01 | Wed | 7:15 - 8:15 pm | Sep 17 - Oct 29<br>(No class 9/24) | \$36  |
| 02 | Wed | 7:15 - 8:15 pm | Nov 5 - Dec 17<br>(No class 11/26) | \$36  |

## 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 6 - Dec 8<br>(No class 10/13, 12/1) | \$115 |

## 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 - 9 pm | Oct 20 | \$80  |

## 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 6 - Dec 8<br>(No class 10/13, 12/1) | \$125 |

## 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

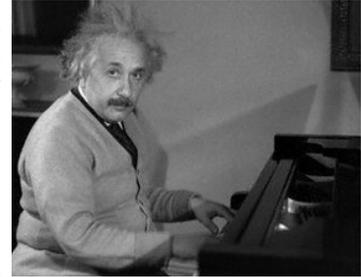
| Day | Time     | Date                                    | Price |
|-----|----------|---|-------|
| Mon | 8 - 9 pm | Oct 6 - Dec 8<br>(No class 10/13, 12/1) | \$115 |

## 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 - 9 pm | Nov 3 | \$80  |

## Yoga Book Club

443814

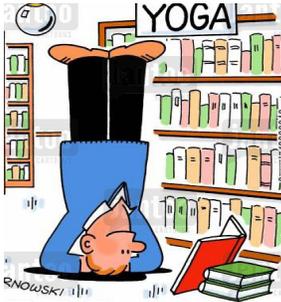
**Instructor:** Cory Halaby

Ever read a great self-help book, felt briefly inspired, and then gone right back to your same old regular life? Here's a chance to let positive changes sink deep into your mind, body and spirit with a return of the popular Yoga Book Club series. We'll be The Daring Yoga Book Club reading Daring Greatly by Brené Brown for the first session. We'll follow with The Enlightening Yoga Book Club, reading Breakfast with Buddha by Roland Merullo. Both series to be led by certified yoga instructor and life coach, Cory Halaby. We'll stretch, strengthen and breathe through a yoga practice designed to integrate each idea. Be daring and wise in good company this fall with Yoga Book Club. Some yoga experience suggested.

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

6 classes

| S# | Day | Times           | Date                          | Price |
|----|-----|-----------------|-------------------------------|-------|
| 01 | Thu | 9:30 - 10:45 am | Sep 11 - Oct 16<br>(No 9/25)  | \$140 |
| 02 | Thu | 9:30 - 10:45 am | Oct 23 - Dec 11<br>(No 11/27) | \$140 |



## Messages from Heaven

443802-01

**Instructor:** Gayle Kirk

Gayle Kirk of Belmont, MA is an amazing and compassionate Psychic, Medium, and Channel. She appears on TV, radio, and in newspapers. Join Gayle as she provides loving, uplifting, and healing messages from Heaven and psychic guidance from Spirit for the majority of the program and for as many people as possible. Please realize your attendance does not guarantee you will receive a message. Learn how your loved ones may communicate with you from the Other Side. Enjoy a short guided meditation to speak with one of your loved ones in Heaven. Come with a loving heart and an open mind. Recorders and cameras are not allowed. Pre-registration is highly encouraged as Gayle's programs often sell-out. Must be 18 years. See: [www.GayleKirk.com](http://www.GayleKirk.com) or call Gayle at 617-489-7717.

**Location:** Warren Building    **Min:** 12/**Max:** 32

1 class

| Day | Time     | Date   | Price |
|-----|----------|--------|-------|
| Wed | 7 - 9 pm | Nov 12 | \$55  |



### Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk-in • Mail • Phone

## Whole Body Vibration: Weight Loss

442677

**Instructor:** Becky Chambers

Whole Body Vibration (WBV) is a breakthrough new technology 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 (so you lose weight easier), bone density and muscle strength, while also providing many other benefits and it feels great too – like a massage! Experience and learn about the benefits of WBV. 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. 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

| #                             | Day | Times       | Date           | Price |
|-------------------------------|-----|-------------|----------------|-------|
| <b>Introduction - 1 class</b> |     |             |                |       |
| 01                            | Tue | 7 - 8:30 pm | Oct 14         | \$35  |
| <b>Workshop - 3 weeks</b>     |     |             |                |       |
| 02                            | Tue | 7 - 8:30 pm | Oct 21 - Nov 4 | \$145 |



## Alexander Technique: Principles for Improving Posture and Relieving Pain

442602

**Instructor:** Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." By teaching how to recognize and unlearn such habits, the Alexander Technique enables people of all ages to improve posture and balance, reduce tension and stress and experience lasting relief from chronic pain. This class will introduce the history and principles of this practical, educational method and how they can be applied to your everyday activities to help you feel, move and look better. Class includes one private lesson.

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

1 class

| #              | Day | Times       | Date                              | Price |
|----------------|-----|-------------|-----------------------------------|-------|
| 01             | Wed | 7 - 8 pm    | Sept 10                           | Free  |
| <b>2 weeks</b> |     |             |                                   |       |
| 02             | Wed | 7:30 - 9 pm | Sept 17 - 10/1<br>(No class 9/24) | \$50  |



## Chinatown Tour

443705-01

**Instructor:** Rose Lee & Associates

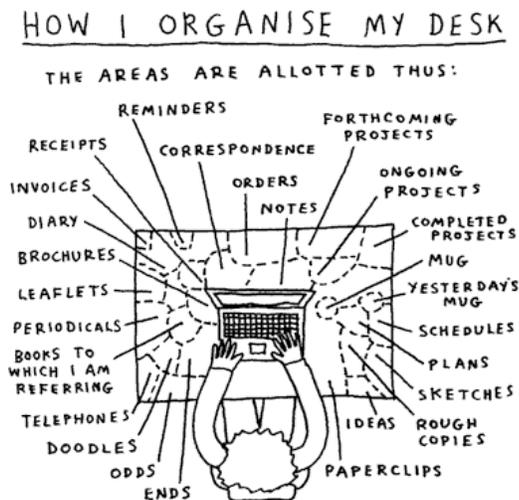
Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, 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 | Time         | Date   | Price |
|-----|--------------|--------|-------|
| Sun | 10 am - 2 pm | Oct 19 | \$55  |



## Professional Organizer

443177-01

**Instructor:** Lauren Zalkind

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

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

1 class

| Day | Time     | Date  | Price |
|-----|----------|-------|-------|
| Wed | 7 - 8 pm | Oct 1 | \$40  |

## 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. [www.wpcr-boston.org](http://www.wpcr-boston.org)

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

5 classes

| Day | Time     | Date            | Price |
|-----|----------|-----------------|-------|
| Mon | 6 - 8 pm | Oct 20 - Nov 17 | \$35  |



## 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 17 | \$35  |

## Crafting Creations

441488

Instructor: Julie Connelly, Carol Lash & Beth Smith

Get in touch with your creative side through the guided use of a variety of mediums and techniques. Come explore your inner crafter and take home a beautiful finished project- no experience needed! Price includes supplies.

Location: Warren Building Min: 6/Max: 8

1 - 5 classes

### GLASS ETCHING: INTRODUCTION

| S# | Day | Time      | Date   | Price |
|----|-----|-----------|--------|-------|
| 01 | Thu | 9 - 11 am | Sep 18 | \$65  |

### DECOUPAGE HOLIDAY TRAY

| S# | Day | Time      | Date  | Price |
|----|-----|-----------|-------|-------|
| 02 | Thu | 9 - 11 am | Oct 2 | \$65  |

### HOLIDAY THEMED WREATH OR SWAG

| S# | Day | Time      | Date   | Price |
|----|-----|-----------|--------|-------|
| 03 | Thu | 9 - 11 am | Oct 16 | \$65  |

### GLASS ETCHING: HOLIDAYS

| S# | Day | Time      | Date   | Price |
|----|-----|-----------|--------|-------|
| 04 | Thu | 9 - 11 am | Nov 20 | \$65  |

### HOLIDAY CARD DISPLAY HOLDER

| S# | Day | Time      | Date  | Price |
|----|-----|-----------|-------|-------|
| 05 | Thu | 9 - 11 am | Dec 4 | \$65  |

## 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

| S# | Day | Time           | Date          | Price |
|----|-----|----------------|---------------|-------|
| 01 | Thu | 6:30 - 8:30 pm | Oct 2 - Nov 6 | \$205 |
| 02 | Thu | 12 - 2 pm      | Oct 2 - Nov 6 | \$205 |



### PROGRAM REGISTRATION

Residents: Upon receipt of brochure

Non Residents: Sept. 2 - 7 am

Online • Walk- in • Mail • Phone

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

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



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

443502

Instructor: Such a Voice

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

Location: online

Max: 40

1 day

| S# | Day | Times     | Date   | Price |
|----|-----|-----------|--------|-------|
| 01 | Tue | 8 - 10 pm | Sep 16 | \$45  |
| 02 | Thu | 8 - 10 pm | Oct 9  | \$45  |
| 03 | Wed | 8 - 10 pm | Oct 29 | \$45  |
| 04 | Mon | 8 - 10 pm | Nov 17 | \$45  |
| 05 | Tue | 8 - 10 pm | Dec 9  | \$45  |



## Tame Your To - Do List

443813-01

Instructor: Cory Halaby

September is the perfect time to get your list in order! An untamed to-do list, one that endlessly cycles around in your head and floats on scraps of paper, can make you feel scattered, tired and slightly panicked, all the time. In this two-part workshop, we'll do more than write it all down. We'll create an elegant, reliable system that fits your lifestyle and lets you breathe easy. We'll get to the bottom of procrastination and over-scheduling issues and find time to do the things you truly enjoy. We'll also learn mind/body tools to help you make confident decisions about what to do when. You can love what you do all day. Come learn how.

Location: Warren Building

Min: 7/Max: 15

2 classes

| Day | Times         | Date        | Price |
|-----|---------------|-------------|-------|
| Tue | 10 - 11:30 am | Sep 23 - 30 | \$55  |

## Relaxing with Tea, Cookies & 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. 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

| S# | Day | Times       | Date          | Price |
|----|-----|-------------|---------------|-------|
| 01 | Tue | 7 - 8:30 pm | Oct 7 - 28    | \$120 |
| 02 | Tue | 7 - 9 pm    | Nov 4 - Dec 2 | \$120 |

(No class 11/11)



## Shadowbox Keepsake Workshop

441402-01

Instructor: Jennifer Cira, Little French Hen

If you have a special photo, treasured invitation, or cherished announcement, then you have the centerpiece for your own one-of-a-kind shadowbox keepsake! Combine your favorite mementos with scrapbook embellishments to create a personalized 12" x 12" keepsake frame, under the guidance of Jennifer Cira from Little French Hen Custom Keepsakes. Whether you are a seasoned scrapbooker or have never picked up a glue stick, this workshop is for you. In this class, you'll be making either a baby, wedding, or birthday shadowbox. Please plan to bring the keepsakes you would like to include (e.g. a birth announcement, wedding invitation, 5" x 7" photograph, ticket stub, sonogram photo, etc...) These also make terrific gifts! You must register by 10/8 and indicate the theme you've chosen. Include your e-mail address and the instructor will contact you with questions to customize your keepsake. **Price includes supplies.**

**Price includes supplies.**

Location: Warren Building Min: 6/Max: 8

1 class

| Day | Time     | Date   | Price |
|-----|----------|--------|-------|
| Wed | 7 - 9 pm | Oct 15 | \$57  |



## Getting To Know Your Digital Camera

443901-01

Instructor: Phyllis Mays

Are all those buttons and dials on your new digital camera puzzling? Or maybe you've had the camera for a while but have taken all your photos on the Auto setting. Come to this class to master the full ability of your camera. Learn about camera resolution. Find out when and how to use white balance, ISO settings, F-stops, exposure controls, the flash, shutter speed and aperture settings. This is a hands-on class. You must bring your camera, manual and (optionally) the cord that came with it. The third meeting will be a field trip to a mutually agreeable location.

Location: Warren Building Min: 4/Max: 6

4 weeks

| Day | Time          | Date       | Price |
|-----|---------------|------------|-------|
| Wed | 10 am - 12 pm | Oct 1 - 22 | \$155 |



REGISTER ONLINE

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

Call office for username & password

## Painting with Acrylics for Adults

441455

Instructor: D'Ann Hansen

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by modern masters and contemporary painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and butter consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. **Price includes all supplies.**



Location: Warren Building Min: 6/Max: 8

5 weeks

| S# | Day | Time            | Date             | Price |
|----|-----|-----------------|------------------|-------|
| 01 | Tue | 9:30 - 11:30 am | Sep 23 - Oct 21  | \$200 |
| 02 | Tue | 9:30 - 11:30 am | Nov 4 - Dec 9    | \$200 |
|    |     |                 | (No class 11/11) |       |
| 03 | Wed | 12 - 2 pm       | Sep 24 - Oct 22  | \$200 |
| 04 | Wed | 10 am - 12 pm   | Nov 5 - Dec 10   | \$200 |
|    |     |                 | (No class 11/26) |       |
| 05 | Thu | 12 - 2 pm       | Oct 9 - Nov 6    | \$200 |

## Puppy Kindergarten (3-6 months)

444602

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

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

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

5 weeks

| Day | Time           | Date                                | Price |
|-----|----------------|-------------------------------------|-------|
| Mon | 7:15 - 8:05 pm | Sep 22 - Oct 27<br>(No class 10/13) | \$125 |



## Dog Obedience (6 months and up)

444601

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

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

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

5 weeks

| Day | Time           | Date                                | Price |
|-----|----------------|-------------------------------------|-------|
| Mon | 8:15 - 9:05 pm | Sep 22 - Oct 27<br>(No class 10/13) | \$125 |

## 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

| Day | Time          | Date                                | Price |
|-----|---------------|-------------------------------------|-------|
| Tue | 10 - 11:45 am | Sep 23 - Nov 18<br>(No class 11/11) | \$95  |

## Bridge Conventions

444101 -01

**Instructor: Anand Lele, ACBL Accredited**

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

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

8 weeks

| Day   | Time          | Date                               | Price |
|-------|---------------|------------------------------------|-------|
| Thurs | 10 am - 12 pm | Sep 18 - Nov 13<br>(No class 9/25) | \$145 |



### RECREATION OFFICE HOURS

Monday - Friday 8:30 - 4:30 pm

Tel: 781-235-2370

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

### INTERESTED IN TEACHING A CLASS?

Contact Matt Chin for adult classes at:

[mchin@wellesley.ma.gov](mailto:mchin@wellesley.ma.gov)

Contact Kevin Ryder for youth classes at:

[kryder@wellesley.ma.gov](mailto:kryder@wellesley.ma.gov)

## Bridge for Beginners



444102 -01

**Instructor: Parul Jain**

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.

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

8 weeks

| Day | Time           | Date           | Price |
|-----|----------------|----------------|-------|
| Wed | 2:30 - 4:30 pm | Sep 17 - Nov 5 | \$105 |

## 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 |
|-----|-----------------|--------|-------|
| Sun | 9:55 - 11:25 am | Oct 19 | \$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. Directions will be emailed prior to event.

Meet @ Duxbury Alden School

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

|   |                                     |
|---|-------------------------------------|
| - | Program Registration                |
| Y | Residents: Upon Receipt of Brochure |
| F | Non Residents: Sept 2               |

## 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 @ Osborn's Country Store - 632 Summer St, Duxbury

| Day | Time            | Dates | Price |
|-----|-----------------|-------|-------|
| Sun | 9:55 - 11:25 am | Oct 5 | \$25  |

## Easy Latin Dishes

443735-01

Instructor: Vanessa LaBranche

Do you love Spanish style food, like Paella? If so, you will enjoy this class learning how to make a one pot meal called "Arroz Con Pollo" (Chicken & Rice) which is a popular Spanish dish. In this class, you will learn step by step on how to create Arroz Con Pollo, starting with the proper seasonings. We will make a "sofrito" (combination of fresh cilantro, garlic & red peppers) In addition, you will learn how to properly make Anatto oil which will be the oil used to flavor and color this tasty dish. The class will end on a sweet note with another traditional dessert of "Arroz Con Leche" (Rum Raisin Pudding) with warm spices of cinnamon and nutmeg. Handouts with recipes will be provided. **Food fee included in price.**

| Day | Time           | Date  | Price |
|-----|----------------|-------|-------|
| Tue | 6:30 - 9:30 pm | Sep 9 | FREE  |

TRY  
-A-  
CLASS



## Make It A Meal Soup & Salad

443716-01

Instructor: Vanessa LaBranche

Having soup and salad for a meal, can be delicious and interesting depending on use of fresh ingredients. If you are a new cook, or just someone who wants to explore different flavors on these two basic concepts, you will enjoy the variations in this class. We will make an Asian Style Peanut Soup (which will be made with a foundation base that can be used for other dishes.) We'll also explore "flavorprints" (using spices that distinguish national cuisines) such as "Middle Eastern Salad with Seared Chicken with Lemon Mint Dressing & a French Spinach Salad with a Tarragon Mustard Dressing" The class will end with making Poached Pears with a Reduction sauce. Handouts with recipes will be provided. **Food fee included in price.**

| Day | Time           | Date  | Price |
|-----|----------------|-------|-------|
| Mon | 6:30 - 9:30 pm | Nov 3 | \$75  |

NEW

## 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 17 #443800-01**

**Oct 15 #443800-02**

**Nov 12 #443800-03**

**Dec 10 #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.

**Enjoy one of the courses listed or go online to see the complete catalog!**

### 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.**

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

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Master important concepts by completing enjoyable writing exercises and assignments. Discover strategies and techniques the pros use. **\$95.**

### **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. **\$95.**

### **Medical Terminology**

Prepare for career in the health services industry by learning medical terminology in a memorable and enjoyable fashion. **\$95.**

### **Discover Digital Photography**

An informative introduction to the fascinating world of digital photography. **\$95.**

### **Computer Skills for the Workplace**

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. **\$95.**

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Learn proven step by step strategies to achieve higher positions with search engines. **\$95.**

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Practicing veterinarian prepares you to work in a veterinary office or hospital. **\$95.**

### **Everyday Math**

Gain confidence in your basic math skills and start using math to your advantage. **\$95.**

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web. **\$95.**

### **Introduction to PC Troubleshooting**

Learn to decipher and solve almost any problem with your PC. **\$95.**

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What are the secrets to managing successful teams in the workplace? Explore communication techniques and problem solving skills that will help you get your team on track in no time.. **\$95.**

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Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives. **\$95.**

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Learn how to use the XPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure **\$95.**

### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals. **\$95.**

### **Grammar Refresher**

Gain confidence in your ability to produce clean, grammatically correct documents and speeches. **\$95.**

### **Human Anatomy & Physiology**

Gain a greater appreciation and understanding of the marvelous complexity of the human body.. **\$95.**

### **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language. **\$95.**

### **Introduction to Microsoft Excel 2013**

Become proficient in using Microsoft Excel 2013 and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently. **\$95.**

### **Creating WordPress Websites**

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites. **\$95.**

### **Mastering Your Digital SLR Camera**

Take your photography to the next level with your digital SLR camera by learning how to master lenses apertures, shutter speed, exposure settings, and more. **\$95.**

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

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**Start Dates:**

**Sept 17 #443800-01**

**Oct 15 #443800-02**

**Nov 12 #443800-03**

**Dec 10 #443800-04**

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# NEW THIS YEAR TRY-A-CLASS WEEK!

## September 8th - 14th



### TRY-A-CLASS WEEK

Many of our instructors are offering a complimentary class. We hope that this one class will help you decide to register for the entire session! When you read through our brochure look for the participating classes. You must pre-register for TRY-A-CLASS. Space may be limited.

WELLESLEY RECREATION



Something for Everyone