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# Recreation RECession Buster!

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## GET A FREE PROGRAM!!!



Register for one of our programs that has the RECession Buster logo and as long as the program meets the minimum number of students, we will randomly select 1 student from the program to receive that program for FREE! Participants may register for multiple RECession Buster programs, but may only receive one (1) free program per season. You must attend the entire program. At the conclusion of the program, Recreation Recession Buster Refunds will be issued.

### Beginner Bridge



**144155-01**

**Instructor: Anand Lele, ACBL Accredited**

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

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

Day	Time	Date	Price
Wed	10 am - 12 pm	Jan 23 - Mar 20 (No class 2/20)	\$100

### Bridge: "Play of the Hand"

**144110-01**

**Instructor: Anand Lele, ACBL Accredited**

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

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

Day	Time	Date	Price
Thu	10 am - 12 pm	Jan 24 - Mar 21 (No class 2/21)	\$100

### Intermediate Bridge

**144103**

**Instructor: Dee Roberts**

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

**Location: Warren Building**    **Min: 12/Max: 16**  
8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Jan 8 - Feb 26	\$95
05	Tue	12:30 - 2:15 pm	Jan 8 - Feb 26	\$95



## Relaxing with Tea, Cookies and Art Expression

141488

**Instructor: H. Burdetta Juliani**

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

Price include supplies

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

Act. #	Day	Time	Date	Price
01	Tue	7 - 9 pm	Jan 8 - 29	\$180
02	Tue	7 - 9 pm	March 5 - 26	\$180



## Online Digital Photo Album

143403-01

**Instructor: Sherri Skillman**

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

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

Day	Time	Date	Price
Mon	9:30 - 11:30 am	Jan 28	\$40



## Painting with Acrylics for Adults



141455-01

**Instructor: D'Ann Hansen**

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

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

5 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Jan 30 - Mar 6 (No class 2/20)	\$195

## Let's Get Organized!

143188-01

**Instructor: Lauren Zalkind**

Getting organized is easy when you have the right tools. Learn time-tested strategies that will take your home or office from crazy and cluttered to calm and collected. Taught by Lauren Zalkind, a Professional Organizer with 20 years of real-life experience.

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

2 weeks

Day	Time	Date	Price
Tue	10:30 - 11:30 am	Jan 29	FREE



## Pottery for Adults

143406

**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

Act. #	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Jan 31 - Mar 14 (No class 2/21)	\$195
02	Thu	12:30 - 2:30 pm	Jan 31 - Mar 14 (No class 2/21)	\$195



## Boogie Into Shape with Bitsy

140401-01

**Instructor: Bitsy Graham**

Come and experience a complete and comprehensive workout featuring creative choreographed routines done to upbeat and popular tunes. Aerobics, muscle toning, weight training (using light hand and ankle weights), and stretching, all in one very dynamic hour. Getting in shape can and should be fun! Please bring an exercise mat to class.

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

Day	Time	Date	Price
Tu & Th	9 - 10 am	Jan 8 - Mar 21	\$190

## Heartbeat for Adults



140403-01

**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**  
11 weeks, 2 or 3 days per week

Day	Time	Date
Tu/Th/F	6:15 - 7:15 am	Jan 8 - Mar 22

\$165 for three days per week  
\$115 for two days per week

## Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball. Please check the website [:wellesleyma.gov/recreation](http://wellesleyma.gov/recreation); click on "Open Gym." Times are subject to change. *Please note that there maybe be a fee charged for the Winter 2013 (Jan-Mar) season.*

**Location: Warren Building**

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

## Men's Basketball League



141288-01

Get your hoop squad together and sign up for this new Men's Basketball League! You must sign up by team, have one person register and then submit your roster at a later date. We will only be accepting 6 teams, each team will receive t-shirts. Games will be played with 2 20 minute halves and one 4-minute half time, referees & scorekeeper will be provided.

**Location: Warren Building**      **Max: 6 teams**  
10 weeks

Day	Time	Date	Price
Fri	6:30 - 8:30 pm	Jan 11- Mar 22 (No games 2/22)	\$750/team

## Fusion Fit



140402-01

**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: 12/Max: 20**  
11 weeks, 2 or 3 days per week

Day	Times	Date
M/W/F	8:45 - 9:45 am	Jan 7 - Mar 22 (No class 1/21 & 2/18)

\$190 for three days per week  
\$145 for two days per week

## Mixed Martial Arts

121805-01

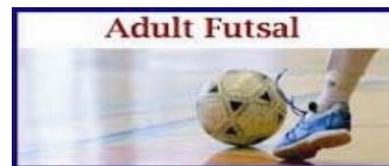
**(Ages 16+)**

**Instructor: Steve Nugent & Staff**

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

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

Day	Times	Date	Price
Wed	7:15 - 8:15 pm	Jan 9 - Mar 20 (No class 2/20)	\$260



## Mens' Indoor Drop - In Futsal

141288-01

Join us Wednesday nights from 7- 9:30 pm for organized pick-up Futsal! Futsal is played between two teams each with five players, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor soccer, the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller ball with less bounce than a regular soccer ball. We will be using this season as a test to gauge interest and hopefully start a league this Spring. Teams will be organized at the start of each evening. **Please join us for a free drop in night on Wednesday, January 9. NO pre-registration required.**

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

Day	Time	Date	Price
Wed	7 - 9:30 pm	Jan 16- Mar 20 (No games 2/20)	\$50

## Bonnie's Boot Camp

140406-01

**Instructor: Suzann Horgan**

A fast-paced 45 minute indoor and outdoor (weather permitting) workout using your own body weight that will really blast calories and transform your body. Includes running, jumping, squats, lunges, pushups, core exercises, abs and so many other fun total body exercises. You will get stronger, more toned, and greatly improve your cardiovascular performance. Excellent cross training to anyone's current exercise routine and a great full-body workout for new exercisers. Program also includes Boot Camp approved recipes, nutrition tips, and motivational emails. All levels of fitness welcome, exercises can be modified. Please bring a jump rope, yoga mat, sweat towel, and water. Babysitting available! Please contact Bonnie Morrissey directly at [bonnie@bonniesbootcamp.com](mailto:bonnie@bonniesbootcamp.com) for more info and to reserve your child's spot.

**Location: Warren Building**      **Min: 8/Max: 16**

17 classes/2 days per week

Day	Times	Date	Price
M & W	10 - 10:45 am	Jan 7 - Mar 13 (No class 1/21, 2/18, 2/20)	\$255



Resident program registration  
begins on  
Tuesday, December 11, 2012  
@ 8:30 am



## Hula Hoop Fitness

140462-01

**Instructor: Wild Kat Hoops**

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

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

8 weeks

Day	Time	Date	Price
Tue	10:15 - 11:15 am	Jan 15 - Mar 12 (no class 2/19)	\$65



## Dynamic Running for Adults

140488-01

**Instructor: Kathy Fleming**

There is a runner in all of us. This class teaches you how to go about a running program properly. Coach Fleming, with 11 years of coaching experience, is a former professional athlete, who can teach you the basics of one of the most invigorating forms of exercise. This is not a high mileage program. It is a program that employs the dynamic system of running which focuses on proper form, relevant speed and quality running for any level of runner. This program is run in a controlled environment utilizing the trails, grassy field and hills. Running, while seemingly an easy thing to do, is often done the wrong way and can lead to injuries and poor results. Learn the right way of doing one of the most rewarding and euphoric forms of exercise. Each runner will be evaluated and given training according to their respective level. Whether your challenge is to get faster for the local road race or perhaps just to start from scratch, Coach Fleming's training program can help you achieve your goals.

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

5 weeks

Day	Times	Date	Price
Tue	9:45 - 10:45 am	Jan 15 - Feb 12	\$120



## Kettle Bell AB-Solution

140410-01

**Instructor: Bonnie Morrissey**

Break out of the old, ordinary way of exercise and try a training philosophy and implement that has been around since 1700's with I.K.F.F certified kettle bell instructor Gregg Smith. Kettle bell training has proven to be very effective for fat loss and muscle gain. These are the two most important factors for defining our mid-section. Unlike the exercises with dumbbells or barbells, kettle bell exercises often involve large numbers of repetitions. Kettle bell exercises are by nature, holistic; therefore they work several muscles simultaneous; and may be repeated continuously for several minutes or with short breaks. This combination makes the exercise partially aerobic and more similar to High-intensity interval training rather than to traditional weight lifting.

**Location: Warren Building**      **Min: 8/Max: 16**

8 weeks

Day	Times	Date	Price
Sat	9:30 - 10:30 am	Jan 12 - Mar 16 (No class 1/19, 2/16)	\$255



## Power Yoga Basics



140505-01

**Instructor: Nathan Schechter**

Open to all types and levels, this class encourages students to feel at ease so they create a practice that most helps and pleases them on the day they come in to visit. Borrowing from modern vinyasa and power yoga templates, a series of yoga poses are linked together in an athletic flow to help tone, strengthen, stretch and create a sense of relaxation and ease. Participants are encouraged to both pace themselves and challenge themselves. Practicing since 1997, the teacher weaves in understandings from a range of yoga styles, and over ten years of research in anatomy, kinesiology and physiology.

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

Day	Time	Date	Price
Thu	9 - 10 am	Jan 3 - Mar 21 (No class 2/21)	\$165

## Chair/Gentle Yoga

140514-01

**Instructor: Leslie Worris**

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

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

Day	Times	Date	Price
Th	11 am - 12 pm	Jan 3- Mar 21 (No class 2/21)	\$125

## Yoga for Living Well



**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**

Act. #	Time	Day	Date	Price
140513-01	1:45- 3 pm	Tue	Jan 8 - Mar 19 (No class 2/19)	\$115
140513-02	1:45- 3 pm	Thu	Jan 3- Mar 21 (No class 2/21)	\$125

## 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: 15/Max: 20**  
29 classes/10 weeks

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Jan 7 - Mar 22	\$150/1 day
(No class 1/21, 2/18, 2/20, 2/22)			\$200/2 days
			\$245/3 days

10 classes    **Min: 10/Max: 20**  
#140555-01

Day	Time	Date	Price
Tue	7 - 8 pm	Jan 8 - Mar 19 (No class 2/19)	\$150

## Yoga: Introductory Workshop

140566 -03

**Instructor: Zina Roberts**

If you are interested in an introduction to Yoga, this will be a great opportunity to learn in a relaxed "workshop" setting. The instructor will introduce basic yoga poses, answer questions and provide individual instruction. Recommendations on appropriate class selections will also be made to help participants select the right course to enjoy the great physical and mental benefits of Yoga. Please pre-register for this workshop.



**Location: Warren Building**    **Min: 7/Max: 15**  
1 class

Day	Times	Date	Price
Tue	9:15 - 10:15 am	Jan 8	FREE

## Yoga: Vinyassa Flow



140566

**Instructor: Zina Roberts**

Flow to music while learning body alignment, building core strength and connecting to breath. Sessions offer a well-rounded practice and 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 - 10 am	Jan 15 - Feb 12	\$60
02	Tue	9 - 10 am	Feb 26 - Mar 26	\$60

## Lifeguard Training



(Ages 15+)

**Instructor: Lynn YMCA**

Candidates must be 15 years old by the end of the class. Candidates must attend all classes, participate and pass all written tests with 80% or better. A swim test will be administered the first day of the class. Candidates must be able to swim 300 yards (12 lengths of the pool) using the front crawl (Freestyle) and the breaststroke. Candidates must tread water without using arms. Swim 20 yards and retrieve a 10 lb. object in 1 min 40 seconds.

**Please contact the Lynn YMCA @ 781-581-3105 to register.**

Location: YMCA of Metro North- Lynn Branch

Day	Times	Date	Price
Sat	12:30 - 5:30 pm	Apr 6 -27	\$300
M-F	12 - 6 pm	Apr 15 - 19	\$300

## Lifeguard Review



(Ages 15+)

**Instructor: Lynn YMCA**

The purpose of this course is to help participants achieve recertification in Lifeguard Training without having to take the full content course. This review course includes First Aid and CPR for the Professional Rescuer. Prerequisites: Current American Red Cross Lifeguard Training, First Aid, & CPR/AED for the Professional Rescuer certification.

**Please contact the LynnYMCA @ 781-581-3105 to register.**

Location: YMCA of Metro North- Lynn Branch

Day	Times	Date	Price
Sat	12:30 - 6 pm	Jan 19	\$200
Sat	12:30 - 6 pm	Feb 16	\$200
Sat	12:30 - 6 pm	Mar 16	\$200

## Whole Body Vibration Workshop: A Breakthrough in Natural Health

142676-01

**Instructor: Becca Chambers**

Originally developed for Olympic athletes, ten minutes of Whole Body Vibration (WBV) gives you the benefits of 1 hour of conventional weight training. Learn how you can lose weight, increase bone density, muscle strength, balance, coordination, and flexibility in just a few short minutes per day. WBV is also an antidepressant, has powerful anti-aging effects, is used for physical therapy, enhances neurological and brain function. In this class people will be able to experience WBV themselves and explore how this new breakthrough technology might help them.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Mon	7 - 9 pm	Jan 14	\$35

## Waterfront Certification



(Ages 15+)

**Instructor: Lynn YMCA**

This bridge course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The bridge course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries. Prerequisites : Current certification in American Red Cross Lifeguard Training and CPR/AED for the Pro-Rescuer. Minimum age of 15 and pass a precourse.

**Please contact the Lynn YMCA @ 781-581-3105 to register.**

Location: YMCA of Metro North- Lynn Branch

Day	Times	Date	Price
Sun	12:45 - 6 pm	May 5	\$200
Sat	12:45 - 6 pm	May 18	\$200

## Water Safety Instructor



(Ages 15+)

**Instructor: Lynn YMCA**



Newly revised Water Safety Instructor Training. Through video and hands-on skill building, the course includes all the water safety and drowning prevention tools and information needed to plan and conduct courses in American Red Cross Swimming and Water Safety program, including Parent and Child Aquatics, Preschool Aquatics, Learn-To-Swim, Longfellow's WHALE Tales, Safety for Swim Coaches, six water safety presentations and two water safety courses.

Prerequisites : Minimum of age 16 by end of course. Fundamentals of Instructor Training (FIT) course. Successful completion of precourse session, consisting of tests of water safety and swimming skills and knowledge. **Please contact the Lynn YMCA @ 781-581-3105 to register.**

Location: YMCA of Metro North- Lynn Branch

Day	Times	Date	Price
Sun	12 - 6 pm	Feb 3 - 24	\$300

## Jump Start Your Weight Loss with Whole Body Vibration

142677-01

**Instructor: Becca Chambers**

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

Location: Warren Building Min: 6/Max: 12

6 Weeks

Day	Time	Date	Price
Mon	7 - 8:30 pm	Jan 28 - Mar 11 (No class 2/18)	\$130

## Messages from Heaven

**143803-01**

**Instructor: Gayle Kirk**

Please join professional Psychic and Medium Gayle Kirk, who is offering an uplifting, healing, and informative program, "Messages from Heaven". This program is similar to John Edward's hit TV show, "Crossing Over". Your loved ones in Heaven want to talk with you as much as you want to talk with them. Send your love to those in Heaven. Ask them to come through with a message for you. Gayle provides loving, healing messages from your family, friends, and pets in Heaven and positive, wise psychic guidance from Spirit Guides and the Angels for as many people as possible; however, your attendance does not guarantee you will receive a message. Learn about the different ways your loved ones in Heaven may try to communicate with you. Enjoy a beautiful guided group meditation to help you to connect with your loved ones in Heaven. Bring paper and pen to write down messages. Recorders and cameras are not allowed. Pre-register early! Seating is limited. Gayle's programs often fill to capacity.

For more information, please see: [www.GayleKirk.com](http://www.GayleKirk.com)

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

**1 class**

Day	Time	Date	Price
Fri	7 - 9 pm	Mar 22	\$45



## Expand Your Intuition with Tarot

**143844-01**

**Instructor: Jeanne Mayell**

One of the most powerful and ancient intuition tools is the Tarot. A set of beautiful illustrations, it stimulates your imagination and your intuition. In this class, students will learn the Tarot basics, and give and receive readings from each other and the instructor, while enjoying an intuition immersion experience in a supportive and fun group atmosphere. We'll also practice meditation, pure inner visioning and potent ways to expand our intuition. Bring a Thoth deck (or your favorite deck if you prefer) or buy one from the instructor. For more information, see the instructor's website at [www.jeannemayell.com](http://www.jeannemayell.com).

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

**6 classes**

Day	Time	Date	Price
Sat	9:30 am - 12:30 pm	Feb 2 - Mar 16 (No class 2/16)	\$220



## Secret Success Skills

**142630-01**

**Instructor: Randa Sununu**

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

**Location: Warren Building**

**Min: 8/Max: 15**

**1 class**

Day	Time	Date	Price
Thu	10 am - 12 pm	Jan 31	\$55

## Clutter Control

**142622-01**

**Instructor: Randa Sununu**

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

**Location: Warren Building**

**Min: 8/Max: 15**

**1 class**

Day	Time	Date	Price
Thu	10 am - 12 pm	Feb 14	\$35

## Alexander Technique

**142602-01**

**Instructor: Jill Geiger**

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

**Location: Warren Building**

**Min: 6/Max: 12**

**2 weeks**

Day	Time	Date	Price
Mon	7:30 - 9 pm	Feb 4 - 11	\$45

## Puppy Kindergarten

(3-6 months)  
144602-01



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

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

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

Day	Time	Date	Price
Mon	6:30 - 7:20 pm	Jan 28 - March 11 (No class 2/18)	\$115

## Dog Obedience

(6 months and up)  
144601-01

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

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

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

Day	Time	Date	Price
Mon	7:30 - 8:20 pm	Jan 28 - March 11 (No class 2/18)	\$115

## Dog: Fun and Games

144603-01

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

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

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

Day	Time	Date	Price
Mon	8:30 - 9:20 pm	Jan 28 - March 11 (No class 2/18)	\$115

**Additional Finance  
Class on page 41**

## Downsizing

143662-01

**Instructor: Marie Presti**

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

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

Day	Time	Date	Price
Tue	6-9 pm	Jan 29	\$25

## Buy & Manage Rental Properties

143604-01

**Instructor: Marie Presti**

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

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

Day	Time	Date	Price
Tue	6 - 9 pm	Mar 5	\$25

## First Time Home Buyers or Empty Nesters



143649-01

**Instructor: Marie Presti**

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

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

Day	Time	Date	Price
Tue	6 - 9 pm	Jan 8 & 15	\$25

## Ballroom: Introduction

144007-01

Instructor: Carol Lanzillo,

Arthur Murray Dance Studio of Natick

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

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

5 weeks

Day	Time	Date	Price
Mon	7 - 8 pm	Jan 7 - Feb 11 (No class on 1/21)	\$160/cpl



## Zumba

144088

Instructor: Tanya Novobrantseva

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

Location: Warren Building Min: 8/Max: 20

5 weeks

S #	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Jan 9 - Feb 6	\$30
02	Wed	7:15 - 8:15 pm	Feb 13 - Mar 20 (No class 2/20)	\$30



## Walking Tour of Brookline's Jewish Cuisine

143704-01

Instructor: Ahla Food Tours

What is Jewish cuisine? Find out under expert guidance while tasting authentic Jewish food: matzo ball soup, latkes, falafel, kosher wines, noodle kugel ice cream, and a dozen more items from the best Brookline purveyors. Visit many of the town's treasured Jewish food stores and restaurants. Discover traditions, kosher rules, and the influence of the various cultures that lie behind the food. Tour is held Rain or Shine. For details visit [www.brooklinetour.com](http://www.brooklinetour.com) Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street. GPS coordinates (42.348876,-71.129934).

Max: 10

1 day

Day	Times	Date	Price
Sun	2 - 5 pm	Jan 20	\$45

## Ballroom: Intermediate

144007-01

Instructor: Carol Lanzillo,

Arthur Murray Dance Studio of Natick

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

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

5 weeks

Day	Time	Date	Price
Mon	8 - 9 pm	Jan 7 - Feb 11 (No class 1/21)	\$160/cpl

## Irish Step Dancing for Adults

144013-01

Instructor: Bonnie Severance

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

Location: Warren Building Min: 5/Max: 10

7 weeks

Day	Time	Date	Price
Sat	1 - 2 pm	Jan 12 - Mar 16 (No class 1/19, 2/16 & 23)	\$120

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

143705-01

Instructor: Ahla Food Tours

Where can you find the best Russian borsch, pirozhki, and caviar? What is the Russian way to drink tea and vodka? Discover the answers at our three-hour culinary adventure while tasting authentic Russian specialties, go shopping and learn how to make traditional Russian dishes. Visit the treasured Russian food stores Babushka Deli and Vernissage restaurant, discover "hidden" Russian food at The Fireplace and Athan's; Find the best spots in Washington Square for entertainment, live music, and amazing food. Have fun stepping into the culture of Russia! Limited to 12. Tour is held Rain or Shine. For details visit [www.brooklinetour.com](http://www.brooklinetour.com)

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

Max: 10

1 day

Day	Times	Date	Price
Sat	2 - 5 pm	Feb 16	\$45

## Guitar: Beginning (Age 16 – Adult)



145802-01

**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	Jan 14 - Mar 18	\$125
(No class 1/21 & 2/18)			

## Instant Piano (For Hopelessly Busy People)

145810-01

**Instructor: Valerie Lyons**

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

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

1 class

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Mar 14	\$75

## Piano Lessons (Age 16 – Adult)



145801-01

**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	Jan 14 - Mar 18	\$130
(No class 1/21 & 2/18)			

## Guitar: Continuing (Age 16 – Adult)



145803-01

**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	Jan 14 - Mar 18	\$125
(No class 1/21 & 2/18)			

## Play Piano By Ear

145811-01

**Instructor: Valerie Lyons**

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

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

1 class

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Mar 21	\$75

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

143688-01

**Instructor: Shani Rea Collymore, Esq.**

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

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

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Feb 13	FREE

## Excel for Project Managers

143080-01

**Instructor: Swati Dave**

Organizing multiple work projects can become a major hassle. There are many good software applications that are designed to help manage projects. But they can be expensive and complicated to use. This class explores how to use the readily available Microsoft Excel's chart and graphic capabilities, data presentation and organizational structure to plan your projects. With few simple tips, you'll learn how to use Microsoft Excel to turn your simple spreadsheets into customized project management charts and forms to help you manage your projects. Pre-requisite: You should know the basics of Project Management and have a working knowledge of MS Excel



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

3 classes

Day	Time	Date	Price
Wed	6:30 - 8:30 pm	Jan 30 - Feb 13	\$140

## Intro: To Project Management

143081-01

**Instructor: Swati Dave**

Project management can be a profession, a job, a role, or an activity. It is a proven process that helps to break down complex projects into simple work elements and efficiently manage time, money and resources.



This project management course is designed to introduce the concepts of project management to individuals who work alone or work together in a team. Using a holistic approach, the course introduces the participants to the five project management process groups: Initiating, Planning, Executing, Monitoring & Controlling and Closing. The understanding of these project management processes will help participants gain better understanding of activities required for successful completion of a project. The course is crafted into step-by-step approach with easy-to-follow examples that can be applied to projects of any size.

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

3 classes

Day	Time	Date	Price
Wed	10 am - 12 pm	Jan 9 - 23	\$140

## On-Camera Delivery & Public Speaking

143912-01

**Instructor: ALB Production House**

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

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

2 Classes

Day	Time	Date	Price
Tu & Th	6:30 - 8 pm	Jan 29 & 31	\$65



## An Introduction to Short Film

143911

**Instructor: ALB Production House**

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

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

2 Classes

S #	Day	Time	Date	Price
01	Tu & Th	6:30 - 8 pm	Jan 15 & 17	\$65
02	Tu & Th	6:30 - 8 pm	Feb 5 & 7	\$65

## Get the Most Out of Your Digital Camera

143901-01

**Instructor: Phyllis Mays**

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

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

4 weeks

Day	Time	Date	Price
Mon	10 am - 12 pm	Feb 25 - Mar 18	\$150

## 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:

**Jan 18: #443800-01**

**Feb 15: #443800-02**

**Mar 21: #443800-03**

### Requirements:

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

## Business Courses

### Accounting Fundamentals

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

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

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

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Kettle Bell AB-Solution  
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Men's Indoor Drop-In Futsal  
Men's Basketball League  
Painting w/Acrylics  
Excel for Project Managers  
Into: To Project Management  
First Time Home Buyers  
or Empty Nester  
Expand Your Intuition w/ Tarot  
Lifeguard Training  
Waterfront Certification  
Lifeguard Review  
Water Safety Instructor

## **New Youth Classes**

Art of Optical Illusion  
Terriers Holiday Ball  
CIT Program  
Mixed Martial Arts  
Mother Goose Story Time  
Angry Birds Art & Science  
LEGO Avengers Workshop  
Ninjago LEGO Workshop  
Cupcake Kid:  
A Decorative Work  
  
**ALSO:**  
Cross Country & Downhill Skiing  
Skating Lessons  
December & February  
Vacation Programs for kids



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