

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, stability, and lowers stress with an exhilarating aerobic total body weight loss workout. No prior hooping experience is required - wear exercise clothes, bring a water bottle and an open mind, and watch as you laugh your way to a "new" you. Visit us at www.wildkathoops.com.

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

8 weeks

Day	Time	Date	Price
Mon	10 - 11 am	Jan 26 - Mar 23 (No class 2/16)	\$95



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**

10 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:05 - 6:55 am	Jan 6 - Mar 20 (No class Feb 10 -13)

\$180 for three days per week

\$125 for two days per week

Fusion Fit

Instructor: Bitsy Graham

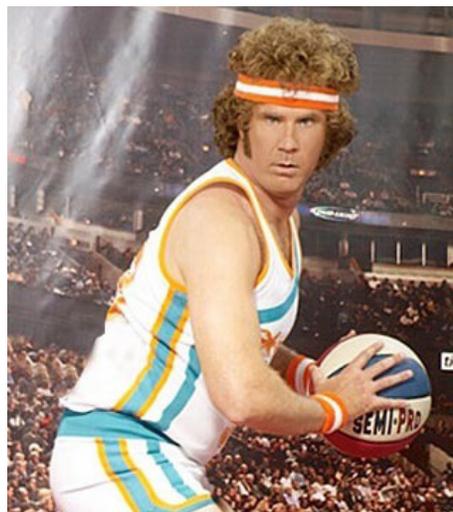
140402-01

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**

10 weeks, 2 - 5 days per week

S#	Day	Time	Date	Price
01	M-F	8:45 - 9:45 am	Jan 5 - Mar 20 (No class 1/19 & Feb 10 -16)	\$200/2x/week \$250/3x/week \$285/4x/week \$375/5x/week



Adult Drop-In Sports

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

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

Location: Warren Building Gym

Sport:

Women's Basketball:	#141233
Tues. 7 - 9 pm	Jan 6 - Mar 17 (No drop-in 2/17)
Co-Ed Volleyball:	#141133
Thurs. 7:30 - 9 pm	Jan 8 - Mar 19 (No drop-in 2/19)

Archery for Adults

140210-01
(Ages 15+)



Instructor: On the Mark Archery Staff

Wellesley Recreation & Natick Recreation and Parks Department has partnered with "On the Mark Archery" to provide a wonderful introduction to archery. Participants will learn the fundamentals of archery; including safety, skill technique, range procedures and scoring. On the Mark Archery will provide all equipment.

Location: East School, 90 Oak Street, Natick **Min: 10/Max: 15**
4 classes

Day	Times	Date	Price
Mon	7:30 - 8:30pm	Jan 5 - Feb 2 (No class 1/19)	\$94

Fitness Through Boxing

140452



Instructor: Flor Kausel

In this class you will experience a full body workout by learning traditional boxing techniques. The art of boxing is demanding and engages all the muscles in the body making it a great tool to achieve your fitness goals. You will perform foot work, punching combinations, defensive moves and cardio exercises that will prepare you for your boxing experience or just get you in the greatest shape of your life. Wraps and boxing gloves will be provided.

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

Act #	Day	Time	Date	Price
01	Thu	7- 8 pm	Jan 15 - Feb 12	\$65
02	Thu	7- 8 pm	Feb 26 - Mar 26	\$65



Futsal

142988-01

Instructor: James Bede

Join us Wednesday nights from 8- 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. Teams will be organized at the start of each evening. You can also pay a drop in fee of \$15 per night.

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

Day	Time	Date	Price
Wed	8 - 9:30 pm	Jan 14 - Mar 18 (No class 2/18)	\$55

Dynamic Running

140488-01

Instructor: Kathy Fleming

Don't let the winter months be an excuse for failing to get in shape. Running can be the easiest and most efficient way to stay in shape and youthful. The first step to a good running program is learning the do's and do nots of a successful training regime? This class is 50% running drills and 50% dynamic running. The drills we do train the body to use the appropriate muscles for running faster and more efficiently. 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.

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

Day	Times	Date	Price
Tue	9:30 - 10:30 am	Jan 20 - Feb 24 (No class 2/17)	\$165



Discount Ski Lift Tickets

140288

Get discounted direct to lift tickets for Attitash Mountain Resort or Wildcat Mountain! You pay the same price for mid-week or weekends. Great opportunity to take the whole family skiing while saving some money! 5 years old and under are free with each paid adult. All tickets must be picked up at the Recreation office M-F, between 9 am - 4 pm. Tickets will NOT be mailed.

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

Section	Category	Price
01	Adult	\$60
02	Young Adult (13-18)	\$50
03	Senior (65+) & Junior (6-12)	\$40



Ashtanga Yoga: Beginner

140517-02

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	10 classes
Day	Time	Date
Wed	10:30 - 11:30 am	Jan 14 - Mar 25
		(No class 2/18)
		Price
		\$150

Zumba: Tuesday

144043

Instructor: Meghan Collins

Working out and getting in shape has never been so much fun! Zumba is a Latin-inspired, dance fitness class that incorporates a variety of music with a focus on Latin and International music and dance. The dance routines feature easy-to-follow moves that tone your body while burning calories. Zumba welcomes everyone - from any fitness level or any age. Ditch the workout and join the party! Please wear sneakers or dance shoes, fitness attire, and bring a water bottle to class.

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

7 weeks

Day	Time	Date	Price
Tu	9:30 - 10:30 am	Jan 13 - Mar 3	\$80
		(No class 2/17)	

Zumba: Wednesday

144088-01

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

5 weeks

Act #	Day	Time	Date	Price
01	Wed	7 - 8 pm	Jan 14 - Feb 11	\$35
02	Wed	7 - 8 pm	Feb 25 - Mar 25	\$35

Tai Chi

140519-01

Instructor: Leslie Worris

This is a Tai Chi class that also incorporates gentle yoga, chi gong and meditation. Increase flexibility and strength, improve, balance, posture, agility, endurance, mobility, circulation, prevent falls, and decrease stress. Breath work and relaxation techniques included. Please bring water. Chairs are available.

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

8 weeks

Day	Time	Date	Price
Tu	11 am - 12 pm	Jan 13 - Mar 24	\$115
		(No class 2/3)	

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

10 weeks

140545-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Jan 12 - Mar 27	\$150/1 day
		(No class 1/19, 2/16, 2/18, 2/20)	\$190/2 days
			\$260/3 days

10 classes

140555-01

Day	Time	Date	Price
Tue	7 - 8 pm	Jan 13 - Mar 24	\$150
		(No class 2/17)	

All yoga classes require a yoga mat.



Register Online
wellesley.ma.gov/recreation

Yoga for Living Well

140513

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

10 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Jan 13 - Mar 24	\$115
			(No class 2/3)	
02	Thu	1:45 - 3 pm	Jan 15 - Mar 26	\$115
			(No class 2/5)	

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 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.

8 weeks

Day	Times	Date	Price
Mon	7 - 8 pm	Jan 26 - Mar 23 (No class 2/16)	\$180/cpl

Ballroom: Intermediate

144007-02
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.

8 weeks

Day	Times	Date	Price
Mon	8 - 9 pm	Jan 26 - Mar 23 (No class 2/16)	\$180/cpl

Sweet Heart Dance

144085-01
 Kids, take your "sweetheart" to the Warren Building for a night of dancing. You can bring that special adult in your life! There will be a DJ, light refreshments and photo opportunities. **Pre-Registration is REQUIRED.** DEADLINE TO REGISTER is January 30.

Location: Warren Building

1 night

Day	Times	Date	Price
Sat	6:30- 8 pm	Feb 7	\$10 per couple

generously sponsored by



Irish Step Dancing for Adults

144013-01
Instructor: Bonnie 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	Jan 24 -Mar 28 (No class 2/14 & 2/21)	\$120

Tap Dance

144012-01
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 & www.downtowndancewear.com

Location: Warren Building Min: 5/Max: 10

5 weeks

Act #	Day	Time	Date	Price
01	Thur	6:30 - 7:30 pm	Jan 8	FREE
02	Thur	6:30 - 7:30 pm	Jan 15 - Feb 12	\$90
01	Thur	6:30 - 7:30 pm	Feb 26 - Mar 26	\$90



We will do our best to make up any classes that are cancelled due to snow or inclement weather.

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 26 - Mar 23 (No class 2/16)	\$125



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 26 - Mar 23 (No class 2/16)	\$125

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 song book.

Location: Warren Building Min: 6/Max: 10

1 class

Day	Time	Date	Price
Mon	6:30 - 9:30 pm	Feb 9	\$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 26 - Mar 23 (No class 2/16)	\$125



Play Piano By Ear

145811 -01

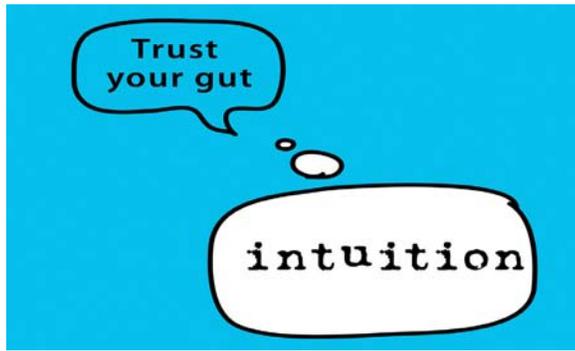
Instructor: Valerie Lyons

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
Mon	6:30 - 9:30 pm	Mar 9	\$75



Take A Walk On The Intuitive Side

143850-01

Instructor: Mary Daisley

Everyone has one, but not everyone knows how to listen to that "little voice", that "gut feeling" much less what to do with it or how to turn it on at will. This two hour class will allow participants to explore ways of getting in touch with their own energy and the energy around them. Participants are asked to bring a wire coat hanger to class.

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

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	Mar 12	\$25



Voice-Overs: You're On the Air Webinar

143502

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	Jan 20	\$45
02	Wed	8 - 10 pm	Feb 11	\$45
03	Thu	8 - 10 pm	Mar 5	\$45
04	Mon	8 - 10 pm	Mar 23	\$45

Buffer Zones for Sensitives

143849-01

Instructor: Mary Daisley

Do you feel other people's aches, pains and bad moods? Do you feel exhausted after being around large groups? Well as they say in Star Trek, "Shields UP!" This psychic shielding class is a two hour experiential class that explores grounding, centering, aura play, and guided meditations to create a crystal fortress. This class is ideal for the slightly sensitive to the gifted psychic, with helpful information for all.

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

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	Feb 26	\$25



REGISTRATION

RESIDENTS:

Upon receipt of this brochure via mail or email

NON RESIDENTS:

Tuesday, December 16 @ 7am

Online • Walk-in • Phone
Mastercard & Visa accepted

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
Wed	7:30 - 9 pm	Jan 21 & 28	\$45

Conflict Resolution

143846

Instructor: Jennifer Bancroft DaSilva

Are you finding that there is more conflict than you want in your life? This lively, interactive workshop by Jennifer DaSilva and Carolyn Ringel of Stonegate Mediation Group, LLC will give you tips and tools for resolving disputes that may arise in your daily life - whether in the workplace or in your neighborhood.

Location: Warren Building

Min: 4/Max: 8

1 day

S#	Day	Times	Date	Price
01	Tue	7 - 9 pm	Jan 20	\$45
02	Thu	7 - 9 pm	Mar 5	\$45



"A Taste of India" Intro to Indian Dishes

143716-01

Instructor: Vanessa LaBranche

Come enjoy a fun night learning how to make delicious Indian food full of flavor and warm spices. In this class, you will learn how to make Chicken Tikka Masala, a chicken dish with a combination of spices in a flavorful sauce. To accommodate this meal, you will also learn the technique on how to make "Roti" bread. This is a flat bread used frequently in Indian meals. Another tasty vegetable to go with our meal will be Fried Okra with spices dusted with fine chickpea flour, accompanied with Tamarind Chutney Sauce that we will make in class. To end on a sweet note, we will make a dessert with Carrot & Raisins. A handout with recipes will be provided. Food fee included in price.

Location: Warren Building

Min: 1/Max: 6

1 day

Day	Time	Date	Price
Thur	6:30 - 9:30 pm	March 5	\$95



Secrets from a Professional Organizer

143177-01

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
Tue	7 - 8:30 pm	Jan 27	FREE



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Register your child for one of our great summer camps!
Don't miss out on the sessions you want!



RECREATION OFFICE HOURS
Monday - Friday 8:30 - 4:30 pm
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www.wellesleyma.gov/recreation

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Online • Walk-in • Mail • Fax • Phone
Mastercard & Visa accepted

INTERESTED IN TEACHING A CLASS?
Contact Matt Chin for adult classes at:
mchin@wellesleyma.gov
Contact Kevin Ryder for youth classes at:
kryder@wellesleyma.gov



Party Planning 101

143857

Instructor: Lisa Collins

Does the idea of hosting a holiday or gathering at your home make you want to run for the hills? We'll take the anxiety away with a step-by-step guide and helpful tips for hosting everything from a small dinner party to a cocktail party for 50 at your home. You'll walk away with all the confidence you need to be the perfect party host!

Location: Warren Building

Min: 4/Max: 8

1 class

S#	Day	Times	Date	Price
01	Tue	7-9 pm	Jan 27	\$50
02	Tue	7-9 pm	March 10	\$50



Puppy Kindergarten (3-6 months)

144602

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	Jan 26 - Mar 2 (No class 2/16)	\$125



Dog Obedience (6 months and up)

144601

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	Jan 26 - Mar 2 (No class 2/16)	\$125



Intermediate Bridge

144103-01

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	Jan 13 - Mar 3	\$105

Bridge: Beginner

144102 -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
Fri	2:30 - 4:30 pm	Jan 16- Mar 6	\$105

Bridge Clinic

144188 -01

Instructor: Anand Lele, ACBL Accredited

Designed for beginning and advanced beginning players, this Clinic class is a great opportunity to play bridge with others at your level and receive useful instruction and tips along the way.

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

Day	Time	Date	Price
Thu	10 am - 12 pm	Jan 15 - Mar 12 (No class 2/19)	\$145



Register Online
wellesleyma.gov/recreation

Pottery for Adults

143403

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**

8 weeks

S#	Day	Time	Date	Price
02	Thu	12 - 2 pm	Jan 15 - Mar 12 (No class 2/19)	\$205



Painting with Acrylics for Adults

141455

Instructor: D'Ann Hansen

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

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

3/5 weeks

Act	Day	Time	Date	Price
01	Tue	10 am - 12 pm	Jan 20 - Feb 24 (No class 2/17)	\$195
02	Wed	10 am - 12 pm	Jan 21 - Feb 25 (No class 2/18)	\$195
03	Thu	12 - 2 pm	Feb 5 - Mar 12 (No class 2/19)	\$195
04	Tue	10 am - 12 pm	Mar 10 - 24	\$120
05	Wed	10 am - 12 pm	Mar 11 - 25	\$120



Pottery, Pizza & Family

121411-01

(Parent & child Ages 6+)

Instructor: Ramune Jauniskis

Have some pizza, do some pottery and spend some time with your family! Learn basic hand building (and wheel throwing) techniques while creating beautiful, functional and decorative pieces. Participants will be encouraged to explore their own ideas as well as work on suggested projects that will be demonstrated at the beginning of class. All work will be kiln fired. This class provides a relaxed environment for participants to unwind and use their creativity and imagination. Sign up alone or with family members all are welcome. All materials & pizza included.

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

3 weeks

S#	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Jan 15 - 29	\$100/family
02	Thu	6:30 - 8:30 pm	Feb 5 - 26 (no class 2/19)	\$100/family



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**

5 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Feb 25- Mar 25	\$155

Welcome!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

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

How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center:

www.ed2go.com/wellrec

3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates:

A new section for every online course in this catalog will begin on:

Jan 14: #143800-01

Feb 18: #143800-02

March 18 #143800-03

Requirements:

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

Business Courses

Accounting Fundamentals

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

Administrative Assistant Fundamentals

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

Customer Service Fundamentals

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

Professional Sales Skills

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

Building an Ethical Business

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

Principles of Sales Management

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

Successful Construction Business Management

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

Fundamentals of Supervision and Management

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

Distribution and Logistics Management

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

Mastery of Business Fundamentals

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

Project Management Fundamentals

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

Total Quality Fundamentals

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

Introduction to Business Analysis

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

Managing Technology

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

Managing Technical Professionals

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

Hire Smart

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

Understanding the Human Resources Function

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

Employment Law Fundamentals

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

Start A Business

Learn to Buy and Sell on eBay

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

Secrets of the Caterer

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

**Many more classes
online!**

ed2go.com/wellrec

**Visit our website for many
class options. Education,
Business, Computers,
Teaching, and more!**

**Register and pay with the
Wellesley Rec. Department.**

**Then visit
www.ed2go.com/wellrec
for orientation.**

Career Development

High Powered Communication

Master the five critical factors of highly effective communication used by all skilled communicators. **\$95.**

Merrill Ream Speed Reading

Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension. **\$95.**

Personal Enrichment

Get Assertive!

Find out how you can stop others from intimidating you or treating you poorly. **\$95.**

Goodbye to Shy

Become more confident in social, professional, and romantic situations. **\$95.**

Get Funny!

Use humor to disarm, befriend, motivate, inspire, and inform others. **\$95.**

Conquer Your Stress

Learn a variety of fun exercises to shift your mind and body from stress and anxiety to joy and peace. **\$95.**

Achieving Success with Difficult People

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

The Magic of Hypnosis

Learn to use hypnotic suggestion on yourself and others with amazing results. **\$95**

Handling Medical Emergencies

Every second counts during a medical emergency. Learn how to respond if someone needs your help. **\$95.**

Outdoor Survival Techniques

Learn the essential skills you will need to survive in a remote or stranded condition. **\$95.**

Digital Photography

Photoshop Elements for the Digital Photographer

Learn to edit digital images to correct or repair deficiencies and bring out the best in all your photographs. **\$95.**

Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all situations. **\$95.**

Mastering Digital Photography: Photographing People

Expert shows you how to take beautiful pictures of adults, children, and babies. **\$95.**

Entertainment

Marketing Tools for Actors

A working casting director teaches effective strategies to secure film and television work. **\$95.**

Your Screenwriting Career

Learn how to write and sell professional-quality screenplays from a Hollywood veteran. **\$95.**

Songwriting Success

A professional songwriter and recording artist teaches you how to generate extra income by selling the songs you write. **\$95.**

Music Made Easy

Learn the fundamentals of music theory. Be able to read, write, and play simple music. **\$95.**

Languages

Speed Spanish

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

Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business. **\$95.**

Beginning Braille

Prepare for a rewarding career as a transcriber by learning to write and read the language of the blind. **\$95.**

Grammar for ESL

If English is your second language, this course will teach you the principles you'll need to succeed. **\$95.**

Art, History, Math, & More

Enjoying European Art Online

An introduction to the most important works of European art, with a wealth of commentary and interesting historical information. **\$95.**

History of Women Writers

Discuss the influences of history on women writers and their works. **\$95.**

Jungian Psychology

Thought-provoking exploration of human nature, symbolism, dreams, and artistic expression. **\$95.**

Introduction to Algebra

Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems. **\$95.**

Great Themes in Philosophy

Follow in the footsteps of the great philosophers in this lively discussion of human thought and conduct. **\$95.**

Family & Friends

Luscious, Low-Fat, Lightning-Quick Meals

Discover how easy it can be to prepare meals that are both delicious and nutritious! **\$95.**

Film Literacy

Gain an appreciation of the filmmaker's art. Find deeper meaning in any filmed story. **\$95.**

Genealogy Basics

Begin an exciting and fascinating exploration of your roots. **\$95.**

Computer Programming

C++ for the Absolute Beginner

Learn to program in C++, even if you have no prior programming experience! **\$95.**

C# Programming for the Absolute Beginner

Learn the fundamentals of computer programming with the new C# programming language. **\$95.**

Introduction to Visual Basic .NET

Experienced programmer and teacher shows you how to create Windows applications using Visual Basic .NET. **\$95.**

Introduction to Active Server Pages

Active Server Pages (ASP) technology makes it easy for you to build a Web site that can interact with its users. Learn how to request information from your visitors, respond to their requests, and create an online database. **\$95**

Introduction to SQL

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

Introduction to Database Development

An experienced professional guides you through a structured approach to database design and development. **\$95.**

Introduction to Perl Programming

Learn a programming skill that will make you a more valuable Web developer or system administrator. **\$95.**

Introduction to the Game Industry

Leading game designer prepares you for a career in game development, design, and production. **\$95.**

Computer Graphics Programming with OpenGL

Prepare for a career creating special effects for games, movies, television, print publications, and the Web. **\$95.**

Introduction to VBA

Learn to use VBA and Microsoft Word to create your own document automation solutions. **\$95.**

Networking/ Troubleshooting

Introduction to PC Troubleshooting

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

Creating a Home or Small Office Network

Slash expenses and improve efficiency by learning how to share printers, Internet connections, drives, and documents with Windows. **\$95.**

Introduction to Networking

Learn the fundamentals of networking and prepare for a career in a new and fast-growing field. **\$95.**

Intermediate Networking

Gain practical experience in a hot new career field. Topics include VPNs, security, and Internet connectivity. **\$95.**

Wireless Networking

Industry expert shows you how to plan, deploy, and connect to wireless networks. **\$95.**

Introduction to PC Security

What you don't know can really hurt you. Learn what you can do to protect yourself. **\$95**

New Courses!

Human Anatomy and Physiology

Learn how our organ systems work together to allow us to process sensations, think, communicate, grow, move, and reproduce.

Instant Italian

Be prepared to speak Italian in a wide variety of settings and situations. Hear and practice Italiano with a simple click of your mouse! Cultural tips are included in each lesson to help you better understand the Italian people and their way of life.

Writing For Children

Find out how to write picture books, contemporary fiction, historical fiction, and modern fantasy for children. Complete weekly writing assignments and find out which children's books and reference materials are essential for you to read before you begin.

Medical Coding and Billing

Learn medical coding and billing from a professor and physician with years of hands-on experience in the field.

Building Wealth

Discover how most wealthy people really accumulated their fortunes, and develops the discipline you'll need to create and build wealth for yourself.

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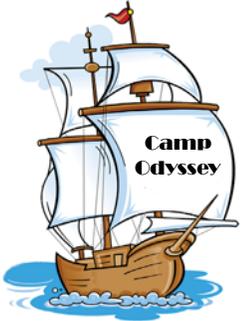


Wellesley Recreation

Ages 5-7
@ Warren Recreation Building



Ages 8-10
@ Wellesley Middle School



Ages 11-13
@ Wellesley Middle School

SUMMER CAMP REGISTRATION!

REGISTER EARLY!....SUMMER'S COMING! 😊

ONLINE PROGRAM REGISTRATION

Please go to our website for more information about using the online registration system. If you haven't ever participated in a Recreation program, please call the office during regular business hours to get your username and password.

Traditional Registration is Available.

WELLESLEY RECREATION

See page 4 for more information



Something for Everyone

www.wellesleyma.gov • 781-235-2370 •

