

## 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

11 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:05 - 6:55 am	Jan 5 - Mar 25 (No class Feb 25-Mar 2)

\$180 for three days per week

\$125 for two days per week



## Self Defense: COMBAT SAMBO Adults and Families

### Practical Defensive System

141855

(Adults & 12+ yrs)

Family Classes: Children over 6 years of age, accompanied by Adult Instructor: Grandmaster Michael Galperin & Staff

"SAMBO"- Russian acronym for "Self Defense without Weapons". This SYSTEM designed to prepare individuals to survive in any real world life threatening situation. It provides effective defense against attacks by both armed and unarmed assailants, physically superior opponents and multiple attackers. Combat SAMBO incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate, Aikido, Kung Fu, Krav Maga and others. It is one of the most comprehensive self defense and survival systems in the world. You will learn practical application of self defense techniques in a variety of situations. Learning this unique Martial Art style will boost your confidence, health and fitness along with self-esteem. The practical hands-on techniques will enable you to protect yourself against kidnapping, rape, carjacking, street attack, and home invasion. Your goal is to become untouchable. **Note:** Participants may join classes at any time; your full term payment will extend into the next term. For more information regarding the program details please visit [combatsambo.com](http://combatsambo.com) or call 617-413-0660

Location: Warren Building

Min: 8/Max: 20

S#	Day	Times	Date	Price
01	Mon	7:30 - 9 pm	Jan 4 - Mar 28 (No class 1/18, 2/15)	\$208
02	Wed	7:30 - 9 pm	Jan 6 - Mar 30 (No class 2/17)	\$160
03	Mon & Wed	7:30 - 9 pm	Jan 4 - Mar 30 (No class 1/18, 2/15, 2/17)	\$299

## 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

11 weeks, 2 - 5 days per week

Day	Time	Date	Price
M-F	8:45 - 9:45 am	Jan 4- Mar 25 (No class 1/18 & 2/15, Feb 25-Mar 2)	\$240/2x/week \$315/3x/week \$325/4x/week



## Pickleball for Seniors: Drop - In

Co-Sponsored by the Wellesley Council on Aging

What is Pickleball?

It is a combination of tennis, racquetball and ping-pong. Played on a 20 x 44 ft court. Pickleball is the fastest growing paddle sport in the U.S. The paddle is about 15" long typically made of wood, aluminum or composite and the ball is similar to a plastic whiffle ball. The great thing about Pickleball is that it takes very little time to learn how to play! Pickleball is a great activity for ALL ages! All equipment is provided for this drop-in program.

Location: Warren Building

6 weeks

Day	Times	Date	Price
Mon	1 - 3 pm	Jan 25 - March 7 (No class 2/15)	\$1/day drop in fee

## 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. 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 12 - Mar 22 (No drop-in 2/16)
Co-Ed Volleyball:	#141100
Thurs. 7:45 - 9:30 pm	Jan 14 - Mar 24 (No drop-in 2/18)

## CrossFit for Adults

140244

Instructor: CrossFit ONE Nation Staff

Try a FREE CrossFit class!!!

CrossFit ONE Nation & Wellesley Recreation have partnered to offer great kids and adult programs with an incredible discount!

Come down to CrossFit ONE Nation, a newly renovated 10,000 square foot warehouse and have an awesome CrossFit experience taught by an unparalleled coaching team! We have state-of-the-art equipment, indoor turf, lounge, kids area, yoga, baby sitting, locker rooms, showers, filtered water bottle filling station, and coffee in the morning before you head off to work! Once you love this free class, get the Wellesley Recreation ONE Nation discount at \$185/month unlimited visits! PRE-REGISTRATION REQUIRED!!!

Location: CrossFit ONE Nation - 10 Charles St, Needham  
1 class

S#	Day	Times	Date	Price
01	Fri	6:30 - 7:30 am	Jan 8	FREE
02	Fri	8:30 - 9:30 pm	Jan 8	FREE
03	Fri	5:30 - 6:30 pm	Jan 8	FREE
04	Fri	6:30 - 7:30 am	Feb 5	FREE
05	Fri	8:30 - 9:30 am	Feb 5	FREE
06	Fri	5:30 - 6:30 pm	Feb 5	FREE
07	Fri	6:30 - 7:30 am	Mar 4	FREE
08	Fri	8:30 - 9:30 am	Mar 4	FREE
09	Fri	5:30 - 6:30 pm	Mar 4	FREE



## Senior Core & Balance with Sharon

140218-01

Instructor: Sharon Fillyaw

Co-Sponsored by the Wellesley Council on Aging

Core and Balance with Sharon is a new and exciting approach to fall prevention and recovery. The class focuses on leg, shoulder and core strength along with balance. Sharon is a national level bodybuilder who enjoys working with the senior population to assist them in becoming more self reliant. You will learn how to react before, during and after a fall and how to do so if injured.. Sharon's Full Body and Fitness workout airs on the Wellesley Community Access channel. It is a demanding but fun class designed to get you more fit. This class is for all fitness levels so come on out and and enjoy the fun!

Location: Warren Building Min: 15/Max: 20  
10 weeks

Day	Times	Date	Price
Fri	2 - 3 pm	Jan 15 - Mar 25 (No class 2/19)	\$35

## 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 not's 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
Mon	11 am - 12 pm	Jan 25- Feb 29 (No class 2/15)	\$165



### Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk-in • Mail • Fax • Phone



**Attitash**  
Mountain Resort

## Discount Ski Lift Tickets

140288

Get discounted direct to lift tickets for Attitash Mountain Resort or Wildcat Mountain! You pay the same price for midweek 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	\$65
02	Young Adult (13-18)	\$50
03	Senior (65+) & Junior (6-12)	\$40



**WILDCAT**  
MOUNTAIN

## Yoga

140559 -01

**Instructor: Julie Pernokas**

This class offers a combination of Ashtanga and Iyengar styles which is a sequence of poses or postures coordinated to a specialized breathing technique (Ujjayi breath). The powerful sequence which often flows is designed to align the body, build strength, tone muscles, improve flexibility, and concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind, and spirit. Some previous yoga experience is recommended for this level of class.

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

10 weeks

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Jan 11 - Mar 25	\$180/1 day
		(No class 1/18, 1/29, 2/15, 2/17, 2/19)	\$250/2 days
			\$275/3 days

## Beginner Yoga

140555-01

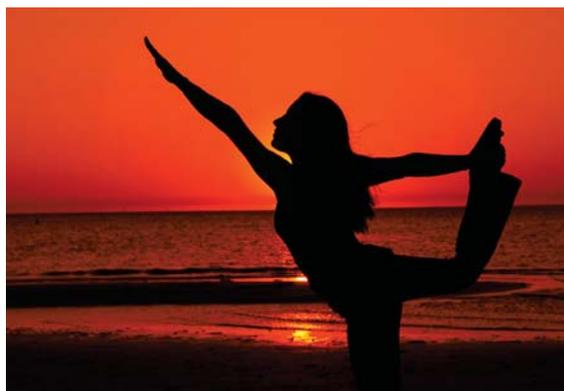
**Instructor: Julie Pernokas**

This class offers a slow to moderately- paced approach to learning yoga. Instruction focuses on alignment, stretching, and strengthening. When practiced regularly, students often experience an inner calm and a more supple body. No previous yoga experience is necessary. All levels are welcome

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

10 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8 pm	Jan 12 - Mar 22	\$180
			(No class 2/16)	



## 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

10 weeks

Day	Time	Date	Price
Thu	12:30- 1:30 pm	Jan 14 - Mar 24	\$120
		(No class 2/4)	

## Absolute Beginner Yoga

140517

**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: 10/Max: 20

9/10 weeks

S#	Day	Times	Date	Price
01	Mon	10:30 - 11:30 am	Jan 11 - Mar 21	\$170
			(No class 1/18, 2/15)	
02	Wed	10:30 - 11:30 am	Jan 13 - Mar 23	\$180
			(No class 2/17)	

ALL YOGA CLASSES REQUIRE  
A YOGA MAT.



## Yoga: Vinyasa Flow Foundations

140564-01

**Instructor: Peter Kelly**

This class is designed for a slow paced Vinyasa flow, combining movement, breath, alignment and meditation in a setting for both beginner and intermediate levels alike. The goal will be to achieve greater strength, balance and flexibility in ones everyday life, while having fun while we're at it! Please bring a yoga mat and water.

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

7 weeks

Day	Time	Date	Price
Sat	9 - 10:15 am	Jan 23 - Mar 19	\$100
		(No class 2/13, 2/20)	

## 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

9/10 weeks

S#	Day	Times	Date	Price
01	Tue	1:45 - 3 pm	Jan 12 - Mar 22	\$110
			(No class 2/2, 2/9)	
02	Thu	1:45 - 3 pm	Jan 14 - Mar 24	\$120
			(No class 2/4)	

## 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.

This event is sponsored by Wellesley Bank.

**Pre-Registration is REQUIRED. DEADLINE TO REGISTER is January 29.**

Location: Warren Building Max: 50 couples

1 night

Day	Times	Date	Price
Sat	6:30- 8 pm	Feb 6	\$20/couple



## Ballroom: Introduction

144007-01

Instructor: Carol Lanzillo

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 25 - Mar 21 (No class 2/15)	\$180/cpl

## 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
Tue	9:30 - 10:30 am	Jan 12 - Mar 1 (No class 2/16)	\$60

## Tap Dance

144020 - 01

Instructor: Valery Marcantonio

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

Location: Warren Building Min: 5/Max: 10

10 weeks

Day	Times	Date	Price
Thu	6:30 - 7:30 pm	Jan 14 - Mar 24 (No class 2/18)	\$130

## Ballroom: Intermediate

144007-02

Instructor: Carol Lanzillo

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 25 - Mar 21 (No class 2/15)	\$180/cpl

## Zumba: Wednesday

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 have fun exercising to the tunes of Salsa, Merengue, Cumbia and Reggaeton among others. Bring a bottle of water, comfortable workout clothes and a smile.)

Location: Warren Building Min: 8/Max: 20

5 weeks

Act #	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Jan 13 - Feb 10	\$35
02	Wed	7:15 - 8:15 pm	Feb 24 - Mar 23	\$35

## Jazz Dance

144016 - 01

Instructor: Valery Marcantonio

This exciting hour of Jazz Dance will consist of stretching, strengthening, isolation exercises, along with across-the-floor work, including a cardio workout. Choreographed combinations will be danced to a variety of music...Latin, Funk, Jazz. Please wear comfortable clothes and bring your smiles and energy. All levels invited. No prior dance experience is required.

Location: Warren Building

Min: 5/Max: 10

10 weeks

Day	Times	Date	Price
Thu	7:30 - 8:30 pm	Jan 14 - Mar 24 (No class 2/18)	\$130

**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 25 - Mar 21	\$130
(No class 2/15)			



**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 25 - Mar 21	\$130
(No class 2/15)			



**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 25 - Mar 21	\$130
(No class 2/15)			

**Bollywood: Bhangra Routine**



144017-03

**Instructor: Rhea Chawla**

Bollywood dance is the exciting and upbeat dance-form used in the Indian films. It is a mixture of numerous styles and techniques. In this class, facilitated by talented Wellesley High School Sophomore Rhea Chawla, you learn and explore a Bhangra routine. Bhangra: is an internationally recognized form of Folk Punjabi dance that has evolved into an energetic and peppy way of expressing happiness. Join the fun!

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

Day	Time	Date	Price
Mon	5 - 6:45 pm	Mar 7 - 21	\$50



**Bollywood: Hip Hop Fusion**



144017-02

**Instructor: Rhea Chawla**

Bollywood dance is the exciting and upbeat dance-form used in the Indian films. It is a mixture of numerous styles and techniques. In this class, facilitated by talented Wellesley High School Sophomore Rhea Chawla, you learn and explore a Hip-Hop/Fusion routine. Hip-Hop Fusion is the latest and most popular form of Bollywood Dance in India right now, incorporating Western styles into Hindi music. Join the fun!

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

Day	Time	Date	Price
Mon	5 - 6:45 pm	Feb 8 - 29	\$50
(No class 2/15)			

**Bollywood: Semi - Classical Routine**



144017-01

**Instructor: Rhea Chawla**

Bollywood dance is the exciting and upbeat dance-form used in the Indian films. It is a mixture of numerous styles and techniques. In this class, facilitated by talented Wellesley High School Sophomore Rhea Chawla, you learn and explore a Semi-Classical routine. Semi-Classical is based on the traditional dances of India, Kathak and Bharatnatyam, with an interesting twist of the Facebook generation of Bollywood. Join the fun!

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

Day	Time	Date	Price
Mon	5 - 6:45 pm	Jan 11 - Feb 1	\$50
(No class 1/18)			

## Race: The Power of an Illusion



143877

**Instructors:** Izumi Ludgate & Michelle Chalmers

This 2 hour class for any High School Student, will involve participation in a viewing of the powerful PBS Documentary, "Race: The Power of an Illusion, part 1." The film examines how scientific discoveries have toppled the concept of biological race. The program follows a dozen diverse students who sequence and compare their own DNA. They discover, to their surprise, that their closest genetic matches are as likely to be with people from other "races" as their own. The episode helps us understand why it doesn't make scientific or genetic sense to sort people into biological races, as it dismantles our most basic myths about race, including natural superiority and inferiority. Following the film, the class will engage in small and large group discussions to unpack what was learned and have questions answered.

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

S#	Day	Times	Date	Price
01	Wed	6 - 8 pm	Feb 3	\$17
02	Sat	3 - 5 pm	Mar 5	\$17



### REGISTRATION

**Residents:**

Upon receipt of this brochure via mail or email

**Non Residents:**

Tuesday, December 15 @ 7am

Online • Walk-in • Phone

## 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	Thu	7 - 9 pm	Feb 11	\$45
02	Tue	8 - 10 pm	Mar 15	\$45

## Yoga Book Club

143814

**Instructor:** Cory Halaby

Ever read a great self-help book, felt briefly inspired, then gone right back to your same old regular life? Here's a chance to let positive changes sink deep into your mind, body and spirit. Certified Martha Beck Life Coach and yoga instructor, Cory Halaby, will lead discussion and a yoga practice designed to integrate each idea. This winter we'll explore FINDING YOUR OWN NORTH STAR: claiming the life you were meant to live, by New York Times bestselling author, Dr. Martha Beck. FINDING YOUR OWN NORTH STAR is an entertaining, illuminating and profoundly effective workbook for creating a satisfying life that suits your unique, authentic self. Learn tools that will shift your perspective and keep you wisely on course for a lifetime. Yoga Book Club members are some of the most insightful, supportive women you'll ever meet. Come "claim the life you were meant to live" in good company.

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

Day	Times	Date	Price
Thu	9:30 - 10:45 am	Jan 14 - Mar 10	\$150
(No class 2/18)			



## 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  
1 class

Day	Time	Date	Price
Wed	7:30 - 9 pm	Feb 24	\$45



facebook.com/recwellesley  
@recwellesley



## 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**

5 weeks

Day	Time	Date	Price
Mon	6:30 - 7:20 pm	Jan 11 - Feb 22 (No class 1/18, 2/15)	\$125



## 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**

5 weeks

Day	Time	Date	Price
Mon	7:30 - 8:20 pm	Jan 11 - Feb 22 (No class 1/18, 2/15)	\$125

## 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**

5 weeks

Day	Time	Date	Price
Mon	8:30 - 9:20 pm	Jan 11 - Feb 22 (No class 1/18, 2/15)	\$125

## 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 26	FREE

## Whole Foods: Engine 2 Challenge

143728-01

**Instructor: Kate Blaski, Whole Foods Healthy Eating Specialist**

Why not make one of your 2016 resolutions a commitment to nourishing and wholesome food? Make a change in your life and join the Engine 2 Challenge. Eat the best nature has to offer for 28 days. The challenge includes weekly classes, cooking demonstrations, shopping instruction, label-reading and lots of opportunities to get to know like-minded people. Whole Foods Market Wellesley Healthy Eating Specialist Kate Blaski will guide you the entire way with recipes, tips and tricks and one-on-one support. The Challenge starts on January 9 and ends on February 6. Weekly meetups take place each Saturday starting January 9 at 4 pm at Whole Foods Market Community Room. For more information about the Engine 2 Diet go to [www.engine2diet.com](http://www.engine2diet.com).

**Location: Whole Foods, Wellesley**

**Max: 20**

5 weeks

Day	Times	Date	Price
Sat	4 - 5 pm	Jan 9 - Feb 6	FREE



**Downsizing**

## Thinking About Downsizing?

143662-01

**Instructor: Diamond Hayes & Dawn Link**

Downsizing can mean moving from a 10,000-square-foot mansion to a 2,000-square-foot house or from a 1,500-square foot condo to a 200-square-foot "tiny home." Either way, it's a big change. If you've been thinking about downsizing but don't know where to start, this workshop is a good way to gather information so you can make better decisions. Topics will include whether to buy or sell first, how to time the market and how to prepare your home for sale. You'll also receive tips on how to organize your home and your personal items as you downsize. Diamond Hayes of William Raveis Real Estate and Dawn Link of Resolutions Organizing lead this workshop.

**Location: Warren Building**

**Min: 6/Max: 15**

1 class

Day	Time	Date	Price
Tue	10 - 11:30 am	Mar 8	\$FREE

## Spanish for the Health Professional

143565-01

Instructor: Sherry Ruff

Would you like to learn how to communicate more effectively with your Spanish-speaking patients, families, & co-workers in a health setting? Then this course is for you! We will learn specific vocabulary related to your everyday work experiences such as health status, anatomy, medical history & examination. The class format will include role playing, presentation & reading/writing. No previous knowledge of Spanish required.

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

Day	Time	Date	Price
Tue	7:30 - 9 pm	Jan 12 - Feb 9	\$100



## Spanish for the Road

143564-01

Instructor: Sherry Ruff

Boarding an airplane, dining out, staying at hotels, conducting a friendly conversation – you'll learn to do it all in Spanish! Conversation, vocabulary & role-playing will be stressed. We will celebrate at a Spanish restaurant the last class. No previous knowledge of Spanish required.

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

Day	Time	Date	Price
Tue	7:30 - 9 pm	Feb 23 - Mar 29	\$110



### REGISTRATION

**Residents:**

Upon receipt of this brochure via mail or email

**Non Residents:**

Tuesday, December 15 @ 7am

Online • Walk- in • Phone

## Bridge: Beginners

144102-01

Instructor: Anand Lele, ACBL Accredited

Bridge is a very popular and challenging card game. The emphasis in this class will be on learning the logic associated with "The Standard American 5 card Majors" bidding system. Every class session will include instruction followed by supervised bidding and play in a very friendly setting. You will receive comprehensive and easy to understand handouts to assist you in learning this fascinating game. This class is appropriate for both students who are totally new to the game, as well as for those who have played before but need a review of the basics.

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

Day	Time	Date	Price
Tue	1 pm - 3 pm	Jan 12 - Mar 8 (No class 2/16)	\$145

## Bridge: Popular Conventions

144105-01

Instructor: Anand Lele, ACBL Accredited

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

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

Day	Time	Date	Price
Tue	10 am - 12 pm	Jan 12 - Mar 8 (No class 2/16)	\$145

## Bridge Play of the Hand

144110 -01

Instructor: Parul Jain

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." There will comprehensive and easy to understand handouts will be distributed.

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

Day	Time	Date	Price
Mon	2:30 - 4:30 pm	Jan 11 - Mar 14 (No class 1/18, 2/15)	\$145



### Interested In Teaching A Program? Let us know!

Contact Brandon Fitts  
bfitts@wellesley.ma.gov

## Still Life & Observational Drawing

141425-01

**Instructor:** Alfred De Angelo

This is the right course for those who have no drawing experience or for those who feel they have an unexplored artistic talent. Before you can create beautiful art you need to learn the basics of drawing and our goal is to help you awaken that hidden ability to express yourself artistically. You will start by learning how to analyze what you see. You will progress from drawing simple geometric objects to more complex shapes and still life setups, while gaining an understanding of perspective, line, shading and texture. Each individual artist will be able to progress as far as their skills will take them! Alfred De Angelo has a BFA from the Massachusetts College of Art and a Master of Fine Arts degree from the Rhode Island School of Design. A list of supplies will be provided upon registration.

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

Day	Time	Date	Price
Tue	7 - 8:30 pm	Jan 12 - Mar 8 (No class 2/16)	\$120



## Zen Drawing

141424-01

**Instructor:** D'Ann Hansen

This class is for all levels of drawing experience. As long as you can hold a pencil and write, you can learn to draw in this way. We will be using fruits, vegetables, leaves and other still life objects for our drawing inspiration. We will observe their lines, shapes, and the shadows which define them. The method we will be using will train our eyes to really see what we are looking at. Since our focus will be on the process, rather than producing a "perfect" product, drawing in this way can be very relaxing. Once you learn to draw like this, you will enjoy capturing the world around you on paper.

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

Day	Time	Date	Price
Fri	12 - 2 pm	Jan 29 - Mar 18 (No class 2/19, 2/26)	\$195



## 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  
5 weeks/3 weeks

Act	Day	Time	Date	Price
01	Wed	10 am - 12 pm	Jan 20 - Feb 24 (No class 2/17)	\$195
02	Wed	10 am - 12 pm	Mar 9 - 23	\$120
03	Tue	12 - 2 pm	Jan 19 - Feb 23 (No class 2/16)	\$195
04	Tue	10 am - 12 pm	Mar 8 - 22	\$120

## Introduction to Photography & Videography

143900-03

**(Ages:** 14 - Adult)

**Instructor:** Dan McNahon

Join nationally acclaimed photographer and videographer Dan McMahon on a 9 week journey into the artistry and technicality of capturing light. Dan McMahon has been one of New England's top rated wedding photographer/videographers for years and has recently stepped into the national spotlight photographing Hollywood films featured in theaters across the country. Dan will lead the class in discovering the basic concepts of photography and videography. He will demonstrate how to elevate your iPhone photos to that of a professional quality in addition DSLR. Dan's class will leave you inspired and ready to create your own compositions!

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

Day	Times	Date	Price
Wed	6:30 - 7:45 pm	Jan 13 - Mar 16 (No class 2/17)	\$225



## 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 14 - Mar 10 (No class 2/18)	\$145

## The Art of Seeing: The Secret to Painting with Impact

141468

**Instructor:** Janet Schwartz

This 90-minute workshop helps people overcome the stumbling block of perception and focuses on seeing what is really there. I share an age-old approach that professional artists use to capture the essence of their subjects. The hands-on program engages participants in an exercise and guided demonstration that encourages them to see their subjects in darks, lights and mid-tones rather than focusing on what objects should look like. Through a series of images that are more and more in-focus (see below), participants create what initially looks like an abstraction but gradually evolves into something very familiar. They will be delighted with the result! The second part of the program is a discussion of my work demonstrating the same steps of seeing in dark, light and mid-tones to increased amounts of detail. Some of my work will be exhibited in the meeting space for attendees to view.

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

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Jan 13	\$70
02	Wed	7 - 8:30 pm	Mar 16	\$70



## Sewing for Adults

141427-01

**Instructor: Dorothy Theodore**

Interested in the world of Fashion? Even if you're not, an aspiring fashion student you'll enjoy this class. This class is a beginners guide to the world of fashion design, led by an industry professional. If you want to learn how to sew a button and more, this sewing and dress-making class is for you! It can help you learn a variety of sewing techniques from basic to advanced. This course is an excellent opportunity to combine your creativity with your technical skills that could turn into a rewarding new career. A list of necessary supplies will be handed out at the first class for you to purchase and bring to future classes. You may bring your own sewing machine otherwise, sewing machines will be provided by the instructor.

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

6 weeks

Day	Times	Date	Price
Tue	7 - 9 pm	Jan 19 - Mar 1	\$300
(No class 2/16)			



## Maximizing Social Security for a Confident Retirement

143643 - 01

**Instructor: Rocco Bombardieri, Ph.D., CFP®**

This class will teach how social security works in the context of a structured approach to retirement planning. It will help demystify issues such as when to take social security, how wages and other earnings affect your social security and what are the tax implications of your social security payment. We will explain specific strategies to maximize your social security income for the rest of your life. We will look at all these issues through the lens of a structured approach to retirement planning.

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

1 class

Day	Time	Date	Price
Wed	6:30 - 8:30 pm	Jan 27	FREE

## Kids Protection Planning Workshop

143816 -01

**Instructor: David Feakes**

Do you know who will care for your children if something unexpected happens to you? Learn how easy it is to make sure your kids will always be taken care of by the people you want in the way you want. During this free, informative workshop, you'll discover the 9 Steps to Protect Your Children, in the event the unthinkable happens to you. You will learn how to: Be sure your children never spend even one moment in the care of strangers (or anyone you wouldn't want) if anything happens to you. Avoid the expenses and delays of a long, drawn-out court process that would make life difficult for your loved ones if you were in an accident. Protect your children's inheritance from creditors, lawsuits and failed marriages. - Make sure your hard-earned money is immediately and privately available to your chosen guardians. Leave behind more than just your money. And much more.

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

1 class

Day	Time	Date	Price
Tue	7 - 8:30 pm	Feb 2	FREE

## Retirement Income Strategies:

### Don't Outlive Your Money

143641-01

**Instructor: Rocco Bombardieri, Ph.D., CFP®**

After a lifetime of saving for your retirement, the last thing you want to worry about is the chance that you'll outlive your money. The right decisions will maximize your income; the wrong ones might deplete your assets. Learn how best to plan for and manage your retirement income. Discover principles and strategies that can turn your retirement years into a new opportunity. Whether you're newly retired, about to retire, or even 20 years from retirement, now's the time to learn about the surprising challenges you'll face managing your money in the years ahead.

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

1 class

Day	Time	Date	Price
Wed	6:30 - 9 pm	Jan 20	FREE

## An Investment Strategy:

### For the 21st century

143642 - 01

**Instructor: Rocco Bombardieri, Ph.D., CFP®**

The securities markets have taught some hard lesson of late. For instance, aggressive investing can lead to big losses. And today's hot item can be tomorrow's bad dream. In this class the instructor will show you a seven step process for clarifying investment goals and implementing those goals using mutual funds in an asset-class diversification program. Learn how to target respectable returns in a bull market combined with protection against a bear market. Learn precisely how to identify and manage risks. Understand the principles that can lead to greater predictability of returns and enhanced peace-of-mind. And learn how to evaluate your portfolio independent of its current returns.

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

1 class

Day	Time	Date	Price
Mon	6:30 - 9 pm	Feb 8	FREE

## Critical Topics in Estate Planning

143688-01

**Instructor: Rocco Bombardieri, Ph.D., CFP®**

Estate planning is about how you can control what you have during and after your life. In this course we will explain the various elements that go into estate planning. Using simple-to-understand language and examples, you will learn about wills, probate, taxes, powers-of-attorney,, health-care proxies, living wills, and trusts. Learn how your retirement assets can become a burden for your heirs. See the common mistakes that people make which cost them or their families unnecessary hardship and sometimes major financial losses. It is not unusual for people to expose themselves to thousands and even hundreds of thousands of dollars of needless taxes and expenses. And most importantly learn what you need to know to work successfully with your legal and financial professionals to ensure that you keep the control which is rightfully yours and pay no unnecessary taxes.

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

1 class

Day	Time	Date	Price
Mon	6:30 - 9 pm	Jan 11	FREE

## 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
2. Visit our Online Instruction Center:

**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:

### 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.

**Dec 9 #143800-01**

**Jan 13 #143800-02**

**Feb 10 #143800-03**

**Mar 16 #143800-04**

## 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.

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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.

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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.

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

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

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

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

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

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

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

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Looking for a fun new career coordinating special events? Learn proven techniques from a master event planner. \$95.

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## 12th Annual Spring Thaw • Saturday, March 26th

Sponsored by: The Local

Join us at Warren Park for an egg hunt! Bring your camera to take pictures of your children with our Spring Bunny!

Please bring your own baskets or bags to collect the eggs.

Ages Walking to 3 years: 10 am Start

Ages 4 - 6 years: 10:20 am Start

