

CrossFit for Adults

240288

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!

PRE- REGISTRATION REQUIRED!!!

Location: CrossFit ONE Nation - 10 Charles St, Needham

1 class

S#	Day	Times	Date	Price
01	Fri	8:30 to 9:30 am	Apr 3	FREE
02	Fri	9:30 to 10:30 am	Apr 3	FREE
03	Fri	5:30 to 6:30 pm	Apr 3	FREE
04	Fri	8:30 to 9:30 am	May 8	FREE
05	Fri	9:30 to 10:30 am	May 8	FREE
06	Fri	5:30 to 6:30 pm	May 8	FREE
07	Fri	8:30 to 9:30 am	Jun 5	FREE
08	Fri	9:30 to 10:30 am	Jun 5	FREE
09	Fri	5:30 to 6:30 pm	Jun 5	FREE
10	Fri	8:30 to 9:30 am	Jul 3	FREE
11	Fri	9:30 to 10:30 am	Jul 3	FREE
12	Fri	5:30 to 6:30 pm	Jul 3	FREE



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 each season.

Location: Warren Building Gym

Women's Basketball

#241288-03

Tues. 7 - 9 pm Apr 28 - June 16 (No drop-in 4/21)

#341288-03

Tues. 7 - 9 pm Jun 23 - Aug 18

Co-Ed Volleyball

#241100-03

Thurs. 7:30 - 9 pm Apr 30 - June 18 (No drop-in 4/23)

#341100-03

Thurs. 7:30 - 9 pm Jun 25 - Aug 20

Fusion Fit

Instructor: Bitsy Graham

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

Location: Warren Building

Min: 10/Max: 20

10 weeks, 2 - 5 days per week

240488

S#	Day	Time	Date	Price
01	M-F	8:45 - 9:50 am	Apr 6 - Jun 19 (No class 4/20, 4/22, 5/25)	\$175/2x/week \$225/3x/week \$265/4x/week \$280/5x/week

4 weeks, 2 days per week

340488

S#	Day	Time	Date	Price
01	Tu & Th	8 - 9 am	June 23 - July 17	\$85/6 classes \$155/12 classes

Heartbeat for Adults

240403-01

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, Fr	6:05 - 6:55 am	Apr 7 - Jun 19

\$175 for three days per week

\$120 for two days per week

Dynamic Running

240207-01

Instructor: Kathy Fleming

This class is 50% drills and 50% dynamic running. The drills we do train the body to use the appropriate muscles for running faster and more efficiently. Often joggers don't utilize muscles that enable a runner to have a better more efficient and powerful stride. This class teaches a type of running that is a far better workout for the metabolism and overall fitness. The drills are followed by form/ speed endurance running which taps into fast switch fibers in the muscles that have been lying dormant in many middle aged people.



By the conclusion of this class, you will not only be faster and more efficient, but you will have the mental and physical tools to enable you continue to elevate your fitness level through running. Although this class is geared toward the beginner, veteran runners who would like to get faster and improve form will benefit from the class as well. This class is held at the Warren Building and outdoor trails.

Location: Warren Building

Min: 6/Max: 12

5 weeks

Day	Times	Date	Price
Tue	9:30 - 10:30 am	Apr 28 - May 26	\$175

Tennis Intermediate/Advanced

Instructors: Mike Sabin & Staff

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

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

#245205-01		Min:6/Max: 10	
Day	Times	Date	Price
Thu	7 - 8:30 pm	Apr 30 - May 28	\$186 (incl. tag) \$171 (own tag)

#245203-01		Min:6/Max: 12	
Day	Times	Date	Price
Fri	10:30 am - 12 pm	May 1 - 29	\$170

#245266-01		Min:6/Max: 10	
Day	Times	Date	Price
Mon	10:30 am - 12 pm	Apr 27 - Jun 1 (No class 5/25)	\$170

#345202-01		Min: 6/Max: 8	
Day	Times	Date	Price
Thu	6:30 - 8 pm	Jun 25 - Jul 23	\$186 (incl. tag) \$171 (own tag)

Tennis Beginner/Adv. Beginner

Instructors: Mike Sabin & staff

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

Evening lessons REQUIRE a tennis tag.

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

#245213-01		Min:6/Max: 12	
Day	Times	Date	Price
Mon	9 - 10:30 am	Apr 27 - Jun 1 (No class 5/25)	\$170

#245201-01		Min:6/Max: 12	
Day	Times	Date	Price
Fri	9 - 10:30 am	May 1 - 29	\$170

#245265-01		Min:6/Max: 12	
Day	Times	Date	Price
Tu	7 - 8:30 pm	May 5 - Jun 3	\$186 (incl. tag) \$171 (own tag)

#345201-01		Min:6/Max: 10	
Day	Times	Date	Price
Mon	6:30 - 8 pm	Jun 22 - Jul 20	\$186 (incl. tag) \$171 (own tag)

Tennis: Drill & Play

Instructors: Mike Sabin & staff

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

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

#245207-01		Min: 6/Max: 12	
Day	Times	Date	Price
Wed	9:30 - 11 am	Apr 29 - May 27	\$170

#345209-01		Min: 6/Max: 8	
Day	Times	Date	Price
Wed	6:30 - 8 pm	Jun 24 - Jul 23	\$186 (incl. tag) \$171 (own tag)



Badminton for Adults



Instructor: Sasha Boyarin

The Maugus Club Badminton Club has partnered with the Wellesley Recreation Department to offer an Adult Badminton program. There are many days and times that are offered. Please contact the Maugus Club directly: Sasha Boyarin / bton89@yahoo.com

Yoga Book Club

#243854-01

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. This spring we'll dive into Happiness Is an Inside Job: Practicing for a Joyful Life, by Sylvia Boorstein, Ph.D. This illuminating and deeply relatable book offers stories from the intersection of Buddhist wisdom and daily life to show us all how to choose happiness. Certified Martha Beck Life Coach and yoga instructor, Cory Halaby, will lead discussion and a practice designed to integrate each idea.

Location: Warren Building Min: 5/Max: 12

7 classes

Day	Times	Date	Price
Thu	9:30 - 10:45 am	Apr 9 - Jun 4 (No class 4/23, 5/21)	\$140

Ashtanga Yoga: Beginner

240569-01

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**

9 classes

240503-01

Day	Time	Date	Price
Wed	10:30 - 11:30 am	Apr 8 - Jun 17 (No class 4/22)	\$150



Archery for Adults

#240273-01

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: Comm. Sr. Center 117 East Central St. Natick

Max: 4

4 weeks

Day	Time	Date	Price
Mon	7:30 - 8:30 pm	May 11 - Jun 8 (No class 5/25)	\$94

Tai Chi/ Chi Gong

#240519-01

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

S#	Day	Time	Date	Price
01	Thu	11 am - 12 pm	Apr 9 - Jun 11	\$115

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

240501-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Apr 6 - Jun 19 (No class 4/20, 4/22, 4/24, 5/25)	\$145/1 day \$205/2 days \$290/3 days

9 weeks

#240504-01

Day	Time	Date	Price
Tue	7 - 8 pm	Apr 14 - Jun 16 (No class 4/21)	\$135

All yoga classes require a yoga mat.



Register Online
wellesleyma.gov/recreation

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**

#240516

10 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Apr 7 - Jun 9	\$115
02	Thu	1:45 - 3 pm	Apr 9 - Jun 11	\$115

#340519

8 weeks

S#	Day	Time	Date	Price
01	Tue	1:30 - 2:45 pm	Jun 23 - Aug 18 (No class 6/30)	\$95
02	Thu	1:30 - 2:45 pm	Jun 25 - Aug 20 (No class 7/2)	\$95

Guitar: Beginning (Age 16 – Adult)

#245802-01

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	Apr 27 - Jun 22 (No class 5/25)	\$135

Piano Lessons (Age 16 – Adult)

#245801-01

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	Apr 27 - Jun 22 (No class 5/25)	\$135

Zumba

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**

10 weeks

#244077-01

Day	Time	Date	Price
Wed	7:15 – 8:15 pm	Apr 8 - Jun 17 (No class 4/22)	\$60

5 weeks

#344077-01

Day	Time	Date	Price
Wed	7:15 – 8:15 pm	Jun 24 - Jul 22	\$40

Guitar: Continuing (Age 16 – Adult)

#245803-01

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	Apr 27 - Jun 22 (No class 5/25)	\$135



Tap Dance

244010-01

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**

8 weeks

Day	Time	Date	Price	
01	Thur	6:30 - 7:30 pm	Apr 30 - Jun 18	\$145

Zumba: Tuesday

244043

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**

6 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Mar 31 - May 12 (No class 4/21)	\$50
02	Tue	9:30 - 10:30 am	May 19 - Jun 23	\$50

Take A Walk On The Intuitive Side

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

243850-01

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

343850-01

Day	Time	Date	Price
Thu	7 - 9 pm	Jul 22	\$25



Italian for the Traveler

243504-01

Instructor: Elisa Tragni Maloney

Designed to make your trip to Italy safer and more enjoyable, this course will prepare you with basic conversational skills, useful vocabulary and key phrases. In addition you will receive useful travel information as well as highlights and insights of Italian traditions and customs that will familiarize you with today's Italy.

Instructor Elisa Tragni Maloney is a native of Bologna, Italy and she will guide you to the discovery of the “Bel Paese”.

Material provided by the instructor.

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

8 weeks

Day	Time	Date	Price
Tue	10 am - 12 pm	Apr 28 - Jun 16	\$200



Buffer Zones for Sensitives

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

243849-01

Day	Time	Date	Price
Thu	7 - 9 pm	May 21	\$25

343849-01

Day	Time	Date	Price
Thu	7 - 9 pm	Aug 13	\$25

Psychic Guidance & Messages from Heaven



243803-01

Instructor: Gayle Kirk

Gayle Kirk of Belmont, MA is an amazing and compassionate Psychic, Medium, and Channel. She appears on TV, radio, and in newspapers. Join Gayle as she provides psychic guidance regarding 1 specific, personal question about your life and/or a brief message from Heaven, depending on what Spirit gives her, FOR EVERYONE, for the majority of this intimate program! She will provide a brief explanation of how she works and a short conversation about psychic abilities, intuition, Spirit Guides, and the afterlife. Learn how your loved ones and Spirit Guides communicate with you from the Other Side. Enjoy a short guided meditation to speak with one of your loved ones in Heaven or Spirit Guides to receive personal guidance. Ask sincere questions about this amazing field. Must be 18 years. No more than 2 people per family may participate at the same time. Please wait at least 6 months after your loved one has passed before seeking to connect with them in a program. Please refrain from wearing strong perfume. See: www.GayleKirk.com or call Gayle at 617-489-7717.

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

1 class

Day	Times	Date	Price
Wed	7 - 9 pm	Apr 22	\$89

Secrets from a Professional Organizer

243177-01

Instructor: Lauren Zalkind

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

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

1 class

Day	Time	Date	Price
Wed	7 - 8:30 pm	May 6	FREE

Puppy Kindergarten (3-6 months)

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

244601

S#	Day	Time	Date	Price
01	Mon	6:30 - 7:20 pm	Apr 6 - May 11 (No class 4/21)	\$125

344601

S#	Day	Time	Date	Price
01	Mon	6:30 - 7:20 pm	Jun 1 - 29	\$125
02	Mon	6:30 - 7:20 pm	Jul 13 - Aug 10	\$125

Dog Obedience (6 months & up)

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

244602

S#	Day	Time	Date	Price
01	Mon	7:30 - 8:20 pm	Apr 6 - May 11 (No class 4/21)	\$125

344602

S#	Day	Time	Date	Price
01	Mon	7:30 - 8:20 pm	Jun 1 - 29	\$125
02	Mon	7:30 - 8:20 pm	Jul 13 - Aug 10	\$125



Bridge: Conventions

244110 -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. Comprehensive and easy to understand handouts will be distributed.

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

8 weeks

Day	Time	Date	Price
Thu	10 am - 12 pm	May 7 - Jun 25	\$150

Dog: Fun & Games

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

244603

S#	Day	Time	Date	Price
01	Mon	8:30 - 9:20 pm	Apr 6 - May 11 (No class 4/21)	\$125

344603

S#	Day	Time	Date	Price
01	Mon	8:30 - 9:20 pm	Jun 1 - 29	\$125
02	Mon	8:30 - 9:20 pm	Jul 13 - Aug 10	\$125



REGISTRATION

Residents:

Upon receipt of this brochure
by email or mail

Non Residents:

Tuesday, March 31 @ 7am

Online • Walk-in • Mail • Fax • Phone

Intermediate Bridge

244103

Instructor: Dee Roberts

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

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

8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Mar 31 - May 19	\$105

Acrylic Painting- Summer Open Studios



341444

Instructor: D'Ann Hansen

Summer is a great time to let your creativity flow. 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. Step-by-step visual demonstrations as well as right brain drawing strategies will be given. You can chose to come for 3, 4 or 5 weeks according to your schedule. Bring your own idea to paint or there will be several options for you to chose from based on the work of Modern Masters or Contemporary Painters. Price includes supplies

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

4-6 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Jul 8 - Aug 5	\$120/3 days \$160/4 days \$195/5 days



Painting with Acrylics for Adults

241444

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**

3/5 weeks

Act	Day	Time	Date	Price
01	Tue	10 am - 12 pm	Apr 14 - May 19 (No class 4/21)	\$195
02	Wed	10 am - 12 pm	Apr 8 - May 13 (No class 4/22)	\$195
03	Thu	12 - 2 pm	Apr 30 - Jun 4 (No class 5/21)	\$195
04	Tue	10 am - 12 pm	May 26 - Jun 9	\$120
05	Wed	10 am - 12 pm	May 27 - Jun 10	\$120

Pottery for Adults

243409-01

Instructor: Ramune Jauniskis

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

Price include supplies

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

6 weeks

Day	Time	Date	Price
Thu	12 - 2 pm	Apr 30 - Jun 11	\$195



Get the Most Out of Your Digital Camera

243901-01

Instructor: Phyllis Mays

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

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

5 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Apr 8 - May 6	\$160

Spring 2015 GUIDED WALKS

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

May 2, Saturday (9-10 a.m.) – Cheever House & Sudbury Path Walk

Follow the Sudbury Path from Wellesley College's Cheever House, an historic mansion in the Hunnewell Estates Historic District, to the Sudbury Aqueduct. Explore the trails along the Charles River, and cross over the Waban Arches, a 500-ft long stone bridge constructed in 1876 to carry water to Boston. Loop back through Nehoiden Golf Course, the oldest 9-hole course in the country. Meet at 9 a.m. at the Wellesley Centers for Women - Cheever House parking lot at 828 Washington St. Directions: Take Rt-16 from the center of town toward Natick for 1.0 mile. Sign and driveway to the parking lot is on your left at top of the hill.

May 16, Saturday (9-10 a.m.) – North 40 and Morses Pond Walk

On Wellesley's Wonderful Weekend, walk on the North 40 land the Town is in the process of acquiring and continue to Morses Pond, a 102 acre pond and a source for our town water wells. View the pond, islands and wildlife, through woodlands and a pine forest. Meet at 9 a.m. at the gate to the town beach, located at the end of Turner Rd., 0.3 mi. west of Weston Rd.

May 30, Saturday (9-10 a.m.) – Town Forest Walk

Come walk the woodland trail of our Town Forest and enjoy picturesque views of Longfellow Pond. Ponder Chief Maugus's summer residence many moons ago and see the remains of a once vital ice house. Our walk will also climb eskers deposited by glaciers where we will hopefully sight some native wildflowers. Meet at 9 a.m. at the Longfellow Pond parking lot, located on the left side of Oakland Street 0.9 miles south of Rt. 9.

June 6, Saturday (9-10 a.m.) – Lower Falls Walk

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

We look forward to seeing you! All activities take place in rain, unless it pours!

For more info: www.wellesleytrails.org, or call Miguel Lessing at 781-431-2411 or Denny Nackoney at 781-237-5174. Please like us too on Facebook at: www.facebook.com/WellesleyTrailsCommittee

Wellesley Science & Technology Expo

- Free event to be held on March 28, 2015 and open to the entire town and surrounding areas
- A hands on science, technology, engineering and math (STEM) exposition including a speaker series, hands on exhibits, workshops and a student workshowcase converting Wellesley High School into an interactive science center
- Expected audience- K-12 students, adults/parents and seniors
- Faculty and students from Wellesley College, Babson College, Olin College of Engineering, Tufts University, Brown University, Worcester Polytechnic Institute and the Museum of Science have agreed to participate

Have ideas? Interested? Contact us at:
wellesleysciencetechexpo@gmail.com

WELLESLEY STEM EXPO
 MARCH 28, 2015 • WELLESLEY HIGH SCHOOL

Hands-on fun for all ages.

10am - 2pm... Exhibits & Workshops
 2 - 3pm... Keynote Address
 3 - 4pm... Meet the STEM Professionals
FREE & open to the public!

For more information visit:
www.wellesleytrails.org/wellesley-stem-expo
 or call 781-237-5174

Participating organizations:
 MIT, Tufts, Babson, Worcester Polytechnic Institute, Wellesley College, Olin College of Engineering, Museum of Science, Wellesley High School, Wellesley Middle School, Wellesley Elementary School, Wellesley Junior High School, Wellesley Senior High School, Wellesley Middle School, Wellesley Elementary School, Wellesley Junior High School, Wellesley Senior High School.

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.

Please visit our Online Instruction Center:

www.ed2go.com/wellrec

- **Call Wellesley Recreation to register and pay for your desired course(s)**
- **Visit our Online Instruction Center: www.ed2go.com/wellrec**
- **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.**
- **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:

April 15: #243800-01
May 13: #243800-02
June 18: #243800-03
July 15: #343800-01
Aug 12: #343800-02

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.