

Running: Adult Beginner

240207

(Ages 18+)

Instructor: **Kathy Fleming**

This version of Dynamic Running is 50 percent drills and 50 percent running dynamically. It is geared to the beginner runner or one that would like to improve running form and/ or efficiency in his/ her stride. The venue for action will be the grassy field, trails and hills. This class will help build the mental and physical foundation for runners to have the courage to start a regular running program or if already a veteran runner, it will provide the physical skills to get to the next level.

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

5 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	May 3 - 31	\$175

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" court. Pickleball is the fastest growing paddle sport in the US. The paddle is about 15" long and 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**

8 weeks

Day	Times	Date	Price
Mon	1 - 3pm	Apr 4 - Jun 6 (No class Apr 18 & May 30)	\$1/day drop in fee



Heartbeat for Adults

240403

(Ages 18+)

Instructor: **Bitsy Graham**

This is a comprehensive fitness program featuring aerobics, toning and flexibility. The routines are choreographed, easy to learn, and they emphasize cardiovascular efficiency. There is nothing tedious or boring about this class!

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

11 weeks

S#	Day	Times	Date	Price
01	Tue/Thu/Fri	6:05 - 6:55 am	Apr 5 - Jun 17	\$120/2 Day \$180/3 Day

Fusion Fit

240488

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: 35

10 weeks

Day	Times	Date	Price
M - F	8:45 - 9:45 am	Apr 4 - Jun 17 (No class 4/18, 5/30)	\$240/2x/week \$315/3x/week \$325/4x/week \$340/5x/week

Archery for Adults

240273

Instructor: **On the Mark Archery**

Wellesley Recreation & Natick Recreation and Parks Department have partnered with "On the Mark Archery" to provide a wonderful introduction to archery. Try out traditional recurve archery this spring and see for yourself why one of the world's oldest sports is making a comeback! This introductory course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and tournaments. Classes led by two certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided.

Location: **Community Sr. Center, Natick** Min: 1/Max: 4

4 weeks

S#	Day	Times	Date	Price
01	Mon	7:30 - 8:30 pm	May 2 - 23	\$98



Join the Band!



Dust off the old clarinet, trumpet, tuba or bass drum and join the fun!

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Yoga

240501

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

8 weeks

Day	Times	Date	Price
M/W/F	9 - 10:15 am	Apr 11 - Jun 10	\$120/1 day
		(No class 4/18, 4/20, 4/22, 5/30)	\$210/2 days
			\$250/3 days

Yoga for Living Well

240516

Instructor: Leslie Worris

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

Location: Warren Building Min: 8/Max: 15

11 weeks

S#	Day	Times	Date	Price
01	Tue	1:45 - 3 pm	Apr 5 - Jun 21 (No class 4/26)	\$120
02	Thu	1:45 - 3 pm	Apr 7 - Jun 23 (No class 4/28)	\$120

Absolute Beginner Yoga

240524

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: 15/Max: 25

9 weeks

Day	Times	Date	Price
Mon/Wed	10:30 - 11:30 am	Apr 11 - Jun 8	\$120/1 day
		(No class 4/18, 4/20, 5/30)	\$210/2 Days



Register online @
www.wellesleyma.gov/recreation

Beginner Yoga

240555

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 more supple body. No previous yoga experience is necessary. All levels are welcome.

Location: Warren Building Min: 8/Max: 20

8 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8 pm	Apr 12 - Jun 7 (No class 4/19)	\$180

Yoga: Vinyasa Flow Foundations

240564

Instructor: Peter Kelly

This class is designed for a slow paced Vinyasa flow, combining movement, breadth, 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! Drop in options will be available once the class begins. Please bring a yoga mat and water.

Location: Warren Building Min: 6/Max: 18

10 weeks

S#	Day	Times	Date	Price
01	Sat	9 - 10:15 am	Apr 2 - Jun 18 (No class 4/16, 5/28)	\$140

**ALL YOGA CLASSES REQUIRE
A YOGA MAT.**

Yoga: Return to Your Natural State

240565

Instructor: Peter Kelly

When we are feeling dis-comfort, whether it be from the workplace, home or personal relationships, there is a dis-connect within ourselves. Yoga, literally means to "Yoke". That is, to join, unite, and come together. It is through our yoga practice that we begin to CONNECT with ourselves once again. Come join us as we return to our "Natural State" in this class by reducing stress and anxiety, thereby improving our mood swings, focus, and physical being through yoga. We will dedicate the last 15-20 minutes of class to a relaxing meditation practice. All levels are welcome!

Location: Warren Building Min: 6/Max: 18

10 weeks

S#	Day	Times	Date	Price
01	Fri	5 - 6:15 pm	Apr 1 - Jun 17 (No class 4/22, 5/27)	\$140



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Tai Chi

240701

Instructor: Leslie Worris

Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina, and agility, sharpens their reflexes, and gives a sense of overall well-being. This class is being run in conjunction with the Council On Aging.

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

11 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:30 pm	Apr 7 - Jun 23 (No class 4/28)	\$130

Jazz Dance

244016

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: 8/Max: 15**

10 weeks

S#	Day	Times	Date	Price
01	Thu	7:30 - 8:30 pm	Mar 31 - Jun 16 (No class 4/14, 4/21)	\$130

Tap Dance

244010

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: 10/Max: 15**

10 weeks

S#	Day	Times	Date	Price
01	Thu	6:30 - 7:30 pm	Mar 31 - Jun 16 (No class 4/14, 4/21)	\$130



Morses Pond
The beach within reach!

Zumba Tuesdays

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: 16**

6 weeks

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Mar 15 - Apr 26 (No class 4/19)	\$60
02	Tue	9:30 - 10:30 am	May 10 - Jun 14	\$60

Zumba: Wednesdays

244077

Instructor: Tatiana 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. Wear sneakers, bring a bottle of water, comfortable work-out clothes and a smile

Location: Warren Building **Min: 6/Max: 20**

5/4 weeks

S#	Day	Times	Date	Price
01	Wed	7:15 - 8:15 pm	Apr 13 - May 18 (No class 4/20)	\$60
02	Wed	7:15 - 8:15 pm	May 25 - Jun 22	\$60

12th Annual Spring Thaw! Saturday, March 26

Join us at Warren Park for an egg hunt!
Bring your camera! Bring your own baskets! Spring Bunny will be there!

Ages Walking to 3: 10 am
Ages 4 - 6: 10:20 am



Still Life & Observational Drawing

241425

Instructor: Alfred De Angelo

Intro to Still Life and Observational Drawing is the right course for those who have no drawing experience or a refresher course 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. In the course 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 in the 8-week course. 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. He has been an exhibiting member of the Copley Society of Art, Boston, since 2004. Required supplies: Pad of drawing paper (14x17 or larger), A range of drawing pencils (HB – 4B), pencil sharpener, kneaded eraser, rubber eraser, a masonite clipboard (aprox. 20 x 24) or a stiff backing cardboard for use on an easel. (Recommended: pencil sets are available that include drawing and charcoal pencils, erasers & sharpeners).

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

8 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	Apr 12 - Jun 7 (No class 4/19)	\$120



Program Registration

Residents: On receipt of brochure

Non Residents: March 15

Acrylic Painting 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 or 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, 90 Washington St. Price includes supplies. Class size limited to 8. www.dannhansen.com

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

5 weeks

S#	Day	Times	Date	Price
01	Tue	10 am - 12 pm	Apr 12 - May 17 (No class 4/19)	\$195
02	Wed	10 am - 12 pm	Apr 13 - May 18 (No class 4/20)	\$195

Pottery for Adults

243409

Instructor: Ramune Jaunikis

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	Times	Date	Price
01	Thu	12 - 2 pm	Apr 28 - Jun 16	\$195

Photography & Videography

243910

(Ages 16+)

Instructor: Dan McMahon

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: 6/Max: 10**

9 weeks

S#	Day	Times	Date	Price
03	Tue	6:30 - 7:45 pm	Apr 5 - Jun 7 (No class 4/19)	\$225



Yoga Book Club

243854

Instructor: Cory Halaby

Here's a chance to let inspired wisdom from your bookshelf transform your daily life. In Yoga Book Club, new concepts and habits sink deep into your mind, body and spirit, creating profound, positive change. Certified Martha Beck Life Coach and Yoga Instructor, Cory Halaby, will lead discussion and an all-levels yoga practice designed to integrate each idea. This spring we'll revisit our most popular title, THE JOY DIET: 10 Daily Practices for a Happier Life by Martha Beck. While not about food, THE JOY DIET is a practical guide for anyone hungry for wholehearted happiness. Yoga Book Club participants have gotten so much out of this series, we can't help but offer it again. Don't hesitate to sign up for more joy.

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

8 weeks

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:45 am	Apr 14 - Jun 9 (No class 4/21)	\$150

Send Cravings Away

241442

Instructor: Holli Bassin

We all have food cravings which can affect our lives in many ways ranging from relationships to health issues. These issues, common in our American culture, can cause allergies, autoimmune and chronic diseases. Food cravings can be avoided by simply and mindfully eating a diet rich in nutritionally balanced foods. In this interactive workshop, we will touch on mindful eating, help you understand why you crave foods, and teach you how to avoid cravings by adding healthy foods to your diet. We will also suggest foods you can eat more of to reduce cravings and why these foods can improve your health. You can learn how to enjoy the food you love, and as a result live a happier, healthier life!

Location: Warren Building Min: 6/Max: 20

1 class

S#	Day	Times	Date	Price
01	Thu	7:30 - 9 pm	Apr 7	\$35



Professional Organizer

243177

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: 5/Max: 20

1 class

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	May 4	\$90

Business Writing

243505

(Ages 20+)

Instructor: Charlene Smith

"The difference between the right word and the almost right word is the difference between lightning and the lightning bug."— Mark Twain

Social media has changed the way we communicate. We no longer talk at colleagues or clients; we have a conversation. Hard sell is unsophisticated, authenticity is in. And story-telling is found in everything from advertising to real estate. Part of effective communication is in understanding the messages your audience hopes for and not being blinded by the pitch you want to make. This four-week course will give you the tools to write simply, directly, and engagingly whether it is a company white paper, a press release, a letter to staff, or a brochure. This course will incorporate writing skills with the latest in business strategizing.

Location: Warren Building Min: 5/Max: 12

4 weeks

S#	Day	Times	Date	Price
01	Sat	10 am - 12 pm	Apr 9 - May 7 (No class 4/23)	\$250



Puppy Kindergarten

244601

Instructor: Vera Wilkinson

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

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:20 pm	Apr 25 - May 23	\$125

Dog Obedience

244602

Instructor: Vera Wilkinson

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

S#	Day	Times	Date	Price
01	Mon	7:30 - 8:20 pm	Apr 25 - May 23	\$125

Dog: Fun and Games

244603

Instructor: Vera Wilkinson

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 face paced and exciting environment. All dogs must be accompanied by an adult who must be the same person each week.

Location: Warren Building Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Mon	8:30 - 9:20 pm	Apr 25 - May 23	\$125

Indoor Walking @ Warren Bldg!

For All Ages! The weather is always fine for walking inside the Warren Building! Any time during our business hours (8:30 - 4:30), you can walk up, down, and all around. Check out our Open Gym schedule if walking laps is your thing. Contact the Recreation Department @ 781-235-2370 for more information.

Long Term Care - Risk Management

243602

Instructor: Rocco Bombardieri

The good news is that people are living longer. But living a long life doesn't guarantee that it will be a perfectly healthy one; and as baby boomers age, the long term care crisis in America will only worsen. At least 70% of people over age 65 will require long term care services at some point in their lives. (see www.longtermcare.gov) A well thought out plan for addressing the need for care is essential to the physical, emotional, and financial needs of you and your family. Topics to be covered: What are the long term care risks and consequences? Can you afford long term care? What are the options?

Can the government help? How do both the traditional long term care and the new insurance alternatives work, and which might be appropriate for your situation? How to develop a plan of action?

Location: Warren Building Min: 6/Max: 24

1 week

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	May 10	\$15

Investment Strategies

243642

Instructor: Rocco Bombardieri

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 week

S#	Day	Times	Date	Price
01	Wed	6:30 - 9 pm	May 11	\$10

Estate Planning

243677

Instructor: Rocco Bombardieri

Estate planning is about how you can control what you have during and after your life. 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. See the common mistakes that people make which cost them or their families unnecessary hardship and sometimes major financial losses. You will 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

S#	Day	Times	Date	Price
01	Wed	6:30 - 9 pm	Apr 20	\$10

Retirement Income Strategies

243641

Instructor: Rocco Bombardieri

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 week

S#	Day	Times	Date	Price
01	Mon	6:30 - 9 pm	Apr 25	\$10

Maximizing Social Security

243643

Instructor: Rocco Bombardieri

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 week

S#	Day	Times	Date	Price
01	Thu	6:30 - 8:30 pm	May 5	\$10

Sewing for Adults

241421

(Ages 14+)

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

8 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 9 pm	Apr 26 - Jun 14	\$300

Tennis: Beginner

245201

Instructor: 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.

Location: Hunnewell Tennis Courts **Min: 6/Max: 12**

5 weeks

S#	Day	Times	Date	Price
01	Fri	9 - 10:30 am	Apr 29 - May 27	\$170

Tennis: Intermediate/Advanced

245203

Instructor: Mike Sabin & Staff

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

Location: Hunnewell Tennis Courts **Min: 6/Max: 12**

5 weeks

S#	Day	Times	Date	Price
01	Fri	10:30 am - 12 pm	Apr 29 - May 27	\$170

Tennis: Intermediate/Advanced Under the lights!

245205

Instructor: Mike Sabin & Staff

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session. Evening lessons REQUIRE a tennis tag. (\$15)

Location: Hunnewell Tennis Courts **Min: 6/Max: 9**

4 weeks

S#	Day	Times	Date	Price
01	Thu	7 - 8:30 pm	May 5 - Jun 2	\$186

Tennis Drill & Play

245207

Instructor: 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 **Min: 10/Max: 16**

5 weeks

S#	Day	Times	Date	Price
01	Wed	9:30 - 11 am	Apr 27 - May 25	\$170



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Tennis: Beginner/Adv. Beginner

245213

Instructor: 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.

Location: Hunnewell Tennis Courts **Min: 6/Max: 12**

4 weeks

S#	Day	Times	Date	Price
01	Mon	9 - 10:30 am	Apr 25 - May 23 (No class 5/25)	\$170

Tennis: Beginner/Adv. Beginner Under the lights!

245265

Instructor: 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. (\$15)

Location: Hunnewell Tennis Courts **Min: 6/Max: 8**

5 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 8:30 pm	May 3 - 31	\$186

Tennis: Intermediate

245266

Instructor: Mike Sabin & Staff

These tennis lessons are designed to help new players learn and more experienced players improve. Lessons will focus on serving, back/forehand, volleying & footwork.

Location: Hunnewell Tennis Courts **Min: 6/Max: 12**

4 weeks

S#	Day	Times	Date	Price
01	Mon	10:30 am - 12 pm	Apr 25 - May 23	\$170

Core & Balance with Sharon

240218

(Ages 18+)

Instructor: Sharon Fillyaw

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 enjoy the fun! Co-sponsored by Wellesley Council on Aging.

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

10 weeks

S#	Day	Times	Date	Price
01	Fri	2 - 3 pm	Apr 1 - Jun 10 (No class 4/22)	\$50

Bridge Popular Conventions

244105

Instructor: Anand Lele

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 notes and handouts will be distributed during the session.

Location: Warren Building Min: 10/Max: 20

8 weeks

S#	Day	Times	Date	Price
01	Thu	10 am - 12 pm	Mar 31 - May 26 (No class 4/21)	\$150

Bridge Clinic

244112

Instructor: Anand Lele

Join us to hone your bridge playing skills in a relaxed setting! Designed for beginning and advanced beginning bridge players, this "clinic" class is a great opportunity to play bridge with others at your level, and receive tips and instruction along the way. Prerequisite: a beginning bridge class or some basic knowledge of how to play the game.

Location: Warren Building Min: 10/Max: 20

8 weeks

S#	Day	Times	Date	Price
01	Thu	12:30 - 2:30 pm	Mar 31 - May 26 (No class 4/21)	\$150

Golf Performance: Adults

245600

Instructor: Train Boston Staff

Learn the secrets to unleashing your golf power and avoid golf injuries. Program will consist of an initial golf assessment followed by golf specific athletic exercises, mobility drills, and shoulder/back injury prevention based on your assessment. Changing your golf clubs will only get you so far... Golf professionals and Elite Golfers are investing in physical health and exercise as part their game and so should you! Come be the best, with the best. Train Boston: Training Partners of the Wellesley Athletic Community for over 10 years.

Location: Train Boston Min: 6/Max: 10

9/7 weeks

S#	Day	Times	Date	Price
01	Wed	7 - 8 am	Apr 13 - Jun 15 (No class 4/20)	\$379
02	Wed	7 - 8 pm	Apr 13 - Jun 15 (No class 4/20)	\$379



Overcome Anxiety Clinic

340516

Instructor: Leslie Worris, MPH, RYT-500, TIYT

An Evidence Informed Protocol for Defeating Chronic Anxiety. Explore self-healing modalities, which are profoundly liberating when combating the debilitating effects of anxiety. Learn techniques that help to break the psychological, biochemical and physiological cycles of chronic anxiety. Symptoms of anxiety addressed: panic attacks, difficulty concentrating, difficulty controlling worry, excess anxiety and worry out of proportion to situation, fatigue, irritability, muscle tension, restlessness, sleep disturbance, gastrointestinal Issues, headaches, stress.

Location: Warren Building Min: 8/Max: 15

4 weeks (every other week)

S#	Day	Times	Date	Price
01	Fri	10:30 am - 12:30 pm	Apr 8 - May 20	\$250



Spanish for the Road Too!

234565

Instructor: Sherry Ruff

Want more Spanish practice while learning further about traveling in Spanish – speaking countries? More practice and information for the future traveler with the same fun, relaxed atmosphere, as Spanish For The Road (part 1). 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

S#	Day	Times	Date	Price
02	Tue	7:30 - 9 pm	Apr 12 - May 24 (No class 4/19)	\$110



Spanish for the Road

234565

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

S#	Day	Times	Date	Price
01	Wed	7:30 - 9 pm	May 11 - Jun 15	\$110



Register Online: wellesleyma.gov/recreation

Have a new and exciting idea for a class?
Give us a call! 781-235-2370



Piano Lessons: Adult

245801

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

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Apr 11 - Jun 13 (No class 4/18 & 5/30)	\$135

Guitar Beginner: Adult

245802

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. Please reserve your guitar when you register.

Location: Warren Building Min: 5/Max: 10

8 weeks

S#	Day	Times	Date	Price
01	Mon	6 - 7 pm	Apr 11 - Jun 13 (No class 4/18 & 5/30)	\$135

Guitar Continuing

245803

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

S#	Day	Times	Date	Price
01	Mon	8 - 9 pm	Apr 11 - Jun 13 (No class 4/18 & 5/30)	\$135



REGISTRATION

Residents: Upon receipt of this brochure

Non Residents: March 15

Online ■ Walk-in ■ Phone

COMMUNITY BAND

245899

(Ages 14+)

Instructor: Henry Platt

Wellesley has a band, a great big band, a concert band! And you are going to be in it. A town-wide collaboration of Council on Aging, the Recreation Department and other town entities, along with a musical group of local folks sure hope you want to take part. Beginning in the winter, brass, reed and percussion players, former and present, young and old will be led by Middle School Band director Henry Platt who is taking on the post of Director of the Wellesley Community Band (WCB). There are no auditions; so anyone who has played in the past, no matter how rusty, will feel welcome. Current players may also relish playing in a multi-generational band near home. The band's tentative schedule is to meet Mondays between 7 and 9 pm. Last year, the Needham community band boasted more than 60 members ranging in age from 8th grade to 88. We would love to see the same age range! Like the bands in Needham, Wayland, and Brookline, the repertoire will consist of show tunes, marches, pop and light classical pieces that make wind band music such a joy to play and hear. The Recreation Department is taking names of interested townspeople and will be sending out registration materials soon. For players who just show up with horn in hand, registration forms will be available at start-up time. If you'd like more information, call 781-235-2370.

Location: Wellesley Middle School

9 weeks

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Apr 4 - Jun 13 (No class 4/18 & 5/30)	\$50

*You're invited to
a Summertime Children's Concert with...*

Sarah Gardner

Friday, July 29th from 10-11am @ Morses Pond Beach

The concert is **free** if you have already purchased your MOPO beach tags.

\$5/residents and \$10/non-residents if you do not have tags.

Playing along makes a concert more fun! Sarah brings instruments so kids can get a taste of jamming and the audience becomes part of the band. Sarah wants every child to have the experience of having a musical instrument in their hands and having the opportunity to make music. Even if you are not a kid, you can come play along!

**Bring your friends and family to this
Great Summer Event!**

SAMBO Adults: Self Defense

241855

(Ages 12+)

Instructor: Grandmaster Michael Halperin

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.

Location: Warren Building

Min: 10/Max: 30

9/10/8 weeks

S#	Day	Times	Date	Price
01	Mon	7:30 - 9 pm	Apr 4 - Jun 13 (No class 4/18, 5/30)	\$144
02	Wed	7:30 - 9 pm	Apr 6 - Jun 15 (No class 4/20)	\$160
03	Mon & Wed	7:30 - 9 pm	Apr 4 - Jun 15 (No class 4/18, 4/20, 5/30)	\$247

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.

\$50 for the Fall season.

Location: Warren Building Gym

Sport:

Tues. Women's Basketball 7 - 9 pm Jun 28 - Aug 16

Thurs. Co-Ed Volleyball 7:30 - 9 pm Jun 30 - Aug 18
(No 4/19 & 4/21)



facebook.com/recwellesley
[@recwellesley](https://twitter.com/recwellesley)



Needham BankSM

Thank You for sponsoring our 2016 Outdoor Skating Rink



Zumba Tuesdays

344043

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:** 16

7 weeks

S#	Day	Times	Date	Price
01	Tue	9-10 am	Jul 12 - Aug 30 (No class 8/16)	\$50

Zumba: Wednesdays

344077

Instructor: Tatiana Novobrantsseva

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. Wear sneakers, bring a bottle of water, comfortable work-out clothes and a smile

Location: Warren Building **Min:** 8/**Max:** 35

5 weeks

S#	Day	Times	Date	Price
01	Wed	7:15 - 8:15 pm	Jun 29 - Jul 27	\$60

Family Fishing

325400

Instructor: MassWildlife Staff

Have you ever wanted to learn how to fish? Now's your chance, let the MassWildlife Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics, from casting out, to baiting up. And the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun!

Location: Morses Pond Parking **Min:** 15/**Max:** 25

1 class

S#	Age	Day	Times	Date	Price
01	All	Wed	5 - 7 pm	Jun 1	\$0

Beginner Fishing for Adults

325400

(Ages 18+)

Instructor: MassWildlife Staff

Have you ever wanted to learn how to fish, but didn't know where to start? Here's your chance; let the MassWildlife Angler Education Program be your guide. This is a two session (4 to 5 hour) "adult only" fishing course for beginners, designed to give you the confidence to fish on your own. We'll show you the basic equipment, and how to use it. We'll teach you how to rig up, and cast out. We'll teach you what, where, and when to fish. And the best part—we'll take you fishing. So come try your hand at this great pastime, you'll be guaranteed to catch some fun! Please note: This program is for BEGINNERS only.

Location: Warren Bldg/Morses Pond **Min:** 15/**Max:** 25 **2 weeks**

S#	Age	Day	Times	Date	Price
02	18+	Tue	6 - 8 pm	May 17 & 24	\$15

Fusion Fit

340488

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

6 weeks

Day	Times	Date	Price
Tue/Thu	8 - 9 am	Jun 21 - Jul 28	\$65/6 classes \$140/12 classes

Yoga for Living Well: Summer

340519

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for 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.

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

8 weeks

S#	Day	Times	Date	Price
01	Tue	1:30 - 2:45 pm	Jun 28 - Aug 23 (No class 7/5)	\$95
02	Thu	1:30 - 2:45 pm	Jun 30 - Aug 25 (No class 7/7)	\$95

Adult Acrylic Painting: Open Studio

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

5 weeks

S#	Day	Times	Date	Price
01	Wed	10 am - 12 pm	Jul 13 - Aug 17 (No class 7/27)	3 weeks: \$120 4 weeks: \$160 5 weeks: \$195



Puppy Kindergarten

344601

Instructor: Vera Wilkinson

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

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:20 pm	Jun 6 - Jul 11 (No class 7/4)	\$125
02	Mon	6:30 - 7:20 pm	Jul 18 - Aug 15	\$125

Dog Obedience

344602

Instructor: Vera Wilkinson

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

S#	Day	Times	Date	Price
01	Mon	7:30 - 8:20 pm	Jun 6 - Jul 11 (No class 7/4)	\$125
02	Mon	7:30 - 8:20 pm	Jul 18 - Aug 15	\$125

Dog: Fun and Games

344603

Instructor: Vera Wilkinson

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 face paced and exciting environment. All dogs must be accompanied by an adult who must be the same person each week.

Location: Warren Building Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Mon	8:30 - 9:20 pm	Jun 6 - Jul 11 (No class 7/4)	\$125
02	Mon	8:30 - 9:20 pm	Jul 18 - Aug 15	\$125

Tennis: Beginner

345201

Instructor: 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 Min: 6/Max: 8

5 weeks

S#	Day	Times	Date	Price
01	Mon	6:30 - 8 pm	Jun 27 - Aug 1 (No class 7/4)	\$186

Tennis: Intermediate/Advanced

345202

Instructor: Mike Sabin & Staff

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

Location: Hunnewell Tennis Courts Min: 6/Max: 12

5 weeks

S#	Day	Times	Date	Price
01	Thu	6:30 - 8 pm	Jun 30 - Jul 28	\$186

Tennis Drill & Play

345209

Instructor: 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 Min: 10/Max: 16

4 weeks

S#	Day	Times	Date	Price
01	Wed	6:30 - 8 pm	Jun 29 - Jul 27	\$186

Spanish: Conversations

334565

Instructor: Sherry Ruff

Current events, Spanish culture, travel, food/restaurants & topics of your choice – come join in our fun, relaxed Spanish conversation class. Each week students will participate in discussions, role-playing & much more! Emphasis will be on conversation & vocabulary. We will celebrate the last class at a Spanish restaurant. Some previous Spanish needed - beginner to intermediate level.

Location: Warren Building Min: 6/Max: 12

6 weeks

S#	Day	Times	Date	Price
01	Wed	7:30 - 9 pm	Jul 13 - Aug 17	\$110



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Register online @
wellesleyma.gov/recreation



[@recwellesley](https://facebook.com/recwellesley)



Celebrating 40 years

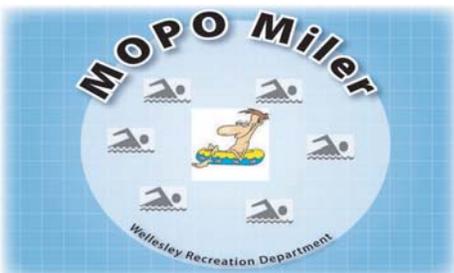
SUMMERTIME CONCERTS

<p>June 29: DEADBEAT "Grateful Dead Tribute Band"</p> <p>July 6: TOM NUTILE BIG BAND "Basie, Sinatra, Goodman"</p> <p>July 13: THE REMINISANTS "Boston's Favorite Oldies Band"</p> <p>July 20: GROUNDS FOR DIVORCE "The Bad Boys of Suburban Dad Rock"</p> <p>July 27: BAHA BROTHERS "Beach Party Band"</p> <p>Aug 3: GLAMOUR GIRLS "Wellesley's Favorite Dance Band"</p> <p style="text-align: center;">Wednesday Evenings @ 7 pm on the Town Hall Green!</p> <p style="text-align: center;">Hot Dogs, Drinks & Snacks sold by the Rotary Club</p>	<p>THANK YOU TO OUR SPONSORS!</p> <p>Roche Bros Wellesley Hills Junior Women's Club Anonymous The Cottage Anonymous Game Time Training Burke & Sons Funeral Home Wellesley Firefighters Local 1795 Corcoran & Havlin Ins. Anonymous Dr. Fantasia Machen & Ciambelli</p>
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Wednesday Evenings on the Town Hall Green

The MOPO Miler

Open Water Swim
July 16, 2016
9:30 am Start



THANK YOU!

THELOCAL

KITCHEN & DRINKS

for sponsoring our
Spring Thaw, Halloween
Parade & Our Holiday
House Decorating Contests

Sponsored by Wellesley Bank



SUMMER MOVIE NIGHT @ MORSES POND

Grab a blanket, some popcorn and come to Morses Pond for a FREE showing of the blockbuster "INSIDE OUT"

Enjoy a summer night with the family at MOPO!

When: Thursday, August 4, 2016
Time: Approximately 8pm (Dusk) **Cost:** FREE

THANK YOU!

WELLESLEY BANK

PREMIER BANKING & WEALTH MANAGEMENT

for sponsoring our
Sweetheart Dance, Movie Night
@ Morses Pond,
Dad's Day @ Morses Pond
& Summer Concerts



Dance Studio



Kitchen



Art Room



Gym



Computer Lab



Playground



Children's Room

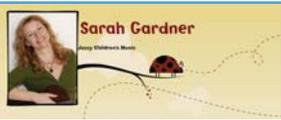
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ECR WSS

2016 Spring & Summer Special Events

SPECIAL EVENT	WHEN	WHERE
 40th Anniversary Summertime Concerts	Beginning Wednesday, June 29 @ 7 pm	Wellesley Town Hall Green
 Spring Thaw Egg Hunt	Saturday, March 26	Warren Park
 Morses Pond Resident Super Tag Sale	Tuesday, May 17 - Thursday, May 26	Morses Pond
 Morses Pond Opening Weekend	Saturday, June 11 - Sunday June 12	Morses Pond
 Show Your WellesleySports Shirt Day	Saturday, June 18	Morses Pond
 Dad's Day @ Morses Pond	Sunday, June 19	Morses Pond
 The MOP0 Miler	Saturday, July 30	Morses Pond
 Sarah Gardner <small>Wellesley Music</small>	Beach Concert with Sarah Gardner	Friday, July 29
 Summer Movie Night @ Morses Pond	 SPONSORED BY WELLESLEY BANK	Thursday, August 4th @ 8pm (Dusk) Grab some popcorn and a blanket and come on down to Morses Pond for this FREE movie event