



**Morses Pond**  
The beach within reach!

## Morses Pond Beach

- Beach Tags go on sale for Residents May 17th
- Beach Tags go on sale for Non-Residents May 24th
- Beach Tags will be sold at the Recreation Office  
Mon - Fri, 8:30 am - 4 pm starting May 17th
- Beach Tags will be sold at Morses Pond during  
pre-season and throughout the summer from 10 am - 6 pm

*Beach is located at the end of Turner Road, off Weston Road*

### BEACH HOURS

#### Pre-Season Days & Hours:

May 28, 29, 30 & June 4 & 5

(Sat-Mon, Memorial Day Weekend)

10 am - 6 pm

#### Open Daily:

7 Days A Week ~ June 8 - August 21

10 am - 7 pm

#### Please Note:

Daily closing time determined by the beach personnel. The beach may close early or remain open later depending upon the weather.

### BEACH TAGS

- Tags are not transferable.
- All TAGS must be picked up at Morses Pond.
- Please bring I.D. or receipt when picking up tags purchased online or by phone.
- Tags purchased online, please search by Activity #852000

#### Guest Fees: •\$5 a day per guest.

The picnic shelters and grills are available on a first come, first serve basis.

We **DO NOT** reserve picnic shelters & grills.

### \*\*\* SPRING SALE BEACH TAG PRICES \*\*\*

#### Wellesley Residents

Senior Tag (age 60+)	\$25
Adult Tag	\$30
Child Tag (1-16 yrs.)	\$25
Family	\$140

#### Residents

Proof of residency REQUIRED!
Activity # 852000

#### Non Residents

Senior Tag (age 60+)	\$25
Adult Tag	\$45
Child Tag (1-16 yrs.)	\$40

### \*\*\* BEACH TAG PRICES AS OF JUNE 8, 2011 \*\*\*

BEACH TAG PRICES GO UP IN JUNE...UNLESS YOU PURCHASE THEM ONLINE!

#### Wellesley Residents

Senior Tag (age 60+)	\$25
Adult Tag	\$35
Child Tag (1-16 yrs.)	\$30
Family	\$160

#### Residents

Proof of residency REQUIRED!
Activity # 852000

#### Non Residents

Senior Tag (age 60+)	\$30
Adult Tag	\$55
Child Tag (1-16 yrs.)	\$50



**SWIM LESSONS**

Your child will be tested during the first class and placed in an appropriate group with others who have similar skills. The instructor to student ratio is 1:5. Each time slot is limited to 10 children.

**ALL INSTRUCTORS ARE RED CROSS CERTIFIED, WATER SAFETY INSTRUCTORS (WSI).**

**SWIM LESSON REGISTRATION:**

- Residents may register for swim lessons starting May 17th
- Non-Residents may register for swim lessons starting May 24th
- Everyone must have a beach tag to register for swim lessons (This includes the accompanying adult or they may pay the daily guest fee)
- ***Swim lessons purchased online, please search Activity # 822000***

**Ages 3+: Choose Session & Time Ex: 1B = June 21 - July 1, 10:30 - 11:00**

<p><b>Session 1:</b> June 21 - July 1 8 lessons - \$40</p> <p><b>Session 2:</b> July 12 - July 29 12 lessons - \$60</p> <p><b>Session 3:</b> Aug 2 - Aug 19 12 lessons - \$60</p>	<p><b>Tuesday - Friday</b></p> <p><b>A:</b> 9:45 - 10:15 (3 - 6 yrs)      <b>D:</b> 3:00 - 3:30 (3 - 6 yrs)</p> <p><b>B:</b> 10:30 - 11:00 (3 - 6 yrs)      <b>E:</b> 3:45 - 4:15 (3 - 6 yrs)</p> <p><b>C:</b> 11:15 - 11:45 (7+ yrs)      <b>F:</b> 4:30 - 5:00 (7+ yrs)</p>	<p><b>Saturday Session:</b> July 9 - Aug 13 6 lessons - \$30</p> <p>10:00 - 10:30 (3 - 6 yrs)</p> <p>10:45 - 11:15 (3 - 6 yrs)</p> <p>11:30 - 12:00 (7+ yrs)</p>
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**PRIVATE LESSONS**

**You may contact the Morses Pond office for availability of private lessons (781) 431-7724**

**Private lessons are \$20 for 30 minutes.**



**Kayaks, Canoes,  
Paddle Boats &  
Stand-up Paddle Boards**

***For rental info., Inquire @ beach***

**Swim Lessons**

Child and accompanying adult **MUST** either purchase a Beach Tag or pay the Daily Guest Fee

## Introduction to Kayaking for Kids

**Ages: (10 - 16)**

#822088-03

**Instructor: Still River Outfitters**

This youth specific kayaking class teaches the same skills and safety considerations as our adult program but in a kid friendly format. Kayak games and activities will be used to give kids the needed practice while keeping them active and engaged.

Location:	Dug Pond, Natick	Min: 1/Max: 4	
Day	Time	Dates	Price
Tu	3:30 - 5:30 pm	Aug 30 - Sep 13	\$90

## Mommy or Daddy & Me Kayaking (Parent & child 1 - 5 years old)

#822088-01

**Instructor: Still River Outfitters**

In addition to basic paddling and safety skills, we help parents adapt our proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parent's legs in the kayak's cockpit. This class is appropriate for parents and their child between 1 and 5.

Location:	Dug Pond, Natick	Min: 1pairs/Max: 4 pairs	
Day	Time	Dates	Price
Tu	2 - 3:30 pm	Aug 30 - Sep 13	\$100

## Introduction to Kayaking For Adults Adults (16+)

#822088-02

**Instructor: Still River Outfitters**

This course is designed for beginners interested in recreational kayaking on calm waters, ponds and lakes. We will cover equipment, safety, strokes, maneuvers, and demonstrate wet exits and self-rescue techniques. The class is hands-on and with a lot of time spent on the water demonstrating and practicing the skills discussed during the class. All equipment is provided.

Location:	Dug Pond, Natick	Min: 1/Max: 4	
Day	Time	Dates	Price
Tu	5:30 - 7:30 pm	Aug 30 - Sep 13	\$90

## Junior Lifeguarding (12 - 15 years old)

#822088-05

**Instructor: Andrew Ellsworth & John Goodridge**

Learn how to keep yourself safe, improve your swimming skills and your general physical fitness. This class will provide a solid base for taking the American Red Cross Lifeguarding program when you are older. You will learn basic rescue techniques and first aid skills. This program will develop leadership, communication and customer skills. There's so much more to lifeguarding than spending a day in the sun! Please bring towels, sweatshirts and sun scree. Must be able to swim a 50 yard crawl stroke, swim underwater for 15 yards and tread water for 1 minute.

Location:	Morses Pond	Min: 6/Max: 16	6 Classes	
Day	Time	Dates	Price	
M,W,F	10:30 am - 1:30 pm	July 11 - July 22	\$100	

## Bonnie's Boot Camp

#340211-01

**Instructor: Robin Cotoia**

An intense 45 minute OUTDOOR total body workout using your own body weight and a jump rope that will blast calories, burn fat, boost your metabolism, and really change your body. YOU WILL GET RESULTS! Working out at the beach beats going to the gym any day! Bonnie's Boot camp is so much more than just a workout class. It is a lifestyle program that includes motivational emails, as well as Boot camp approved recipes, nutrition tips, Boot camp "rules," and Bonnie's Secrets to Success. All fitness levels welcome, exercises can be modified. Please bring a jump rope and yoga mat. Please note that class is OUTDOORS only, and may be cancelled and rescheduled due to inclement weather. Email [bonnie@bonniesbootcamp.com](mailto:bonnie@bonniesbootcamp.com) with any questions or for more information..

Location:	Morses Pond	Min: 8/Max: 16	
Day	Time	Date	Price
M & W	10 - 10:45 am	June 27 - Aug 3	\$165
(No class 7/4)			

## Yoga on the Beach

#340522-01

**Instructor: Carol O'Neil**

Enjoy a morning gentle yoga class amidst the natural setting of Morses Pond. Kripalu yoga is a compassionate, non-judgmental type of hatha yoga that develops witness consciousness, body awareness, and attunement to the flow of prana (energy/life force). Integrated with breathing techniques, each session begins with a brief centering, followed by spinal warm-ups, posture sequences, and relaxation. Bring your own yoga mat and beach towel. Must have prior yoga experience.

Location:	Morses Pond	Min: 6/Max: 15	
Day	Time	Date	Price
Wed	9:15 - 10:30 am	June 15- July 27	\$50
(No class 7/6)			

## Adventure Kids

#822088-04

**Instructor: Still River Outfitters**

This program runs for 9 hours over 3 days and combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through our fun challenge games. Our staff members are ACA Certified Instructors and Trained Adventure Facilitators. Appropriate for kids 8 - 14 years old.

Location:	Morses Pond	Min: 1/Max: 4	
Day	Time	Dates	Price
M,T,W	12:30 - 3:30 pm	Aug 15-17	\$115

## Beach Tales

Bring your lunch to story time at Morses Pond! Each week we will read a summer story so that your child can take a break from the water, eat their lunch and relax! Meet us at the picnic shelter at Morses Pond.

Location:	Morses Pond		
Day	Time	Dates	Price
Wed	12 - 12:30 pm	July 6 - Aug 10	Free

### Stand Up Paddle Boarding: SUP

(16 years - Adult)

**Instructor: Everactive**

Stand up paddle boarding (SUP) is the ultimate vehicle to spread health and fitness, not only is it one of the fastest growing water sports in the world, it is also one of the most enjoyable sports in world. During this 45 minute class, learn the SUP basics on how to pick up, walk with, and put down your board and paddle without injuring yourself or others. We will show you proper water safety and etiquette. Finally, we will focus on the proper standing & paddling techniques and board turning & maneuvering. Learn a sport, you can do for a lifetime!

**Location: Morses Pnd**

**Min: 1/Max: 2**

1 class

Section	Day	Time	Date
#833333-01	Fri	10 am	July 1
#833333-02	Fri	11 am	July 1
#833333-03	Fri	12 pm	July 1
#833333-04	Fri	1 pm	July 1
#833333-05	Fri	2 pm	July 1
#833333-06	Fri	10 am	July 15
#833333-07	Fri	11 am	July 15
#833333-08	Fri	12 pm	July 15
#833333-09	Fri	1 pm	July 15
#833333-10	Fri	2 pm	July 15

For each class above:

\$35 per class

## The MOPO Miler

### Open Water Swim

### June 25, 2011

### 9:30 am Start

### Event is FREE!

**Purchase of a t-shirt is optional (\$20)**

**Registration deadline: June 10, 2011**

**Please see page 29  
for more information  
and registration form.**

### Learn to Surf

#833333-55

(10 -18 years old)

**Instructor: Carlos Hernandez**

Nothing will give you a better work out then learning how to surf. In addition, with this unique functional fitness class you will not only gain the confidence to surf but also all the tools required to surf, such as strength, balance, and endurance. Surfing is not an easy thing to do, it usually takes an average beginner two or three times out before they acquire some balance and are able to catch and even stand up in a shore break wave. That's where we come in, we have developed a course intended to better prepare you not only physically but also mentally for your surf experience!

**Location: Morses Pond**

**Min: 6/Max: 10**

3 classes

Day	Time	Date	Price
M/W/F	10 am - 11:30	July 18- July 22	\$150



**Who: 16 to Adult**

Under 18 must have a parent/guardian sign a waiver

**What: 1/2 mile or 1 mile course  
non sanctioned event**

**When: June 25, 2011  
Check in 9 am/Start 9:30 am**

**Where: Morses Pond, 99 Turner Road,  
Day of event phone: 781.431.7724**

**Why: The Glenna Kohl Fund for Hope  
Melanoma awareness & prevention**

*Donations are accepted but not required  
on day of event.*