

Hula Hoop Fitness

240462-01

Instructor: Wild Kat Hoops

Hooping is so much fun! With adult hoops, anyone can learn this nostalgic exercise craze. Learn to unleash your inner child with cardio-based hula hooping! It is an exciting way to broaden your workout while creating a healthy body and mind while burning up to 600 calories an hour. The class is a fun, exhilarating workout that will condition your body while the time flies by. Hooping strengthens your core, works on proper body alignment, boosts flexibility, stability, and lowers stress with an exhilarating aerobic total body weight loss workout. No prior hooping experience is required - wear exercise clothes, bring a water bottle and an open mind, and watch as you laugh your way to a "new" you. Visit us at www.wildkathoops.com.

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

8 weeks

Day	Time	Date	Price
Mon	10 - 11 am	Apr 7 - June 9 (No class 4/21 & 5/26)	\$90



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](http://www.wellesleyma.gov/recreation); click on "Open Gym." Times are subject to change. There is a \$5 drop in fee per night or \$50 for the Spring season.

Location: Warren Building Gym

Women's Basketball

Tues. 7 - 9 pm Apr 1 - June 16
(No drop-in 4/22)

Co-Ed Volleyball

Thurs. 7:30 - 9 pm Apr 3 - June 19
(No drop-in 4/24)

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**

11 weeks, 2 - 5 days per week

240488

S#	Day	Time	Date	Price
01	M-F	8:45 - 9:50 am	Apr 7 - Jun 13 (No class 4/21 & 5/26)	\$175/2x/week \$225/3x/week \$265/4x/week \$280/5x/week

7 weeks, 2 days per week

340488

S#	Day	Time	Date	Price
01	Tu & Th	8 - 9 am	June 17 - July 31	\$100/7 classes \$180/14 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 1 - June 13

\$180 for three days per week

\$125 for two days per week

Dynamic Running

240207-01

Instructor: Kathy Fleming

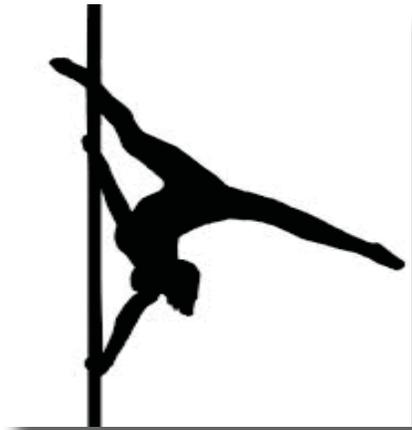
This class is 50% drills and 50% dynamic running. The drills we do train the body to use the appropriate muscles for running faster and more efficiently. Often joggers don't utilize muscles that enable a runner to have a better more efficient and powerful stride. This class teaches a type of running 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 29 - May 27	\$140



Old School Gym Class for Adults(18+)

240487-01

Instructor: KnuckleBones

Remember your old school favorite games - Kickball, Capture the Flag, Stickball, Dodgeball. It's time to dust off your sneakers and get your game on! Playing your old favorites and some new games, we'll get after it, in a fun, semi-competitive way. New games will include Kinball (google it). It'll be a fun, unique way to get exercise while playing games you've been missing.

Location: Warren Building

Min: 10/Max: 15

4 weeks

Day	Times	Date	Price
Wed	7 - 8 pm	May 28 - Jun 18	\$55

Boot Camp Fitness

Instructor: Robin Cotoia

Fun-filled, motivating workouts for all fitness levels. Beginners and Intermediates. Classes focus on building muscle tone and endurance. We will incorporate a total body muscle workout and cardio with every session. You will need to bring a jump rope, mat/towel and water!!

Location: Warren Building

Min: 6/Max: 8

8 weeks

#240477-01

Day	Times	Date	Price
Thu	6:30 - 7:30 pm	Apr 10- Jun 5 (No class 4/24)	\$170

#340477-01

Day	Times	Date	Price
Thu	6:30 - 7:30 pm	Jun 19 - Aug 14 (No class 7/3)	\$170

6 weeks/2x @ Morses Pond

#340477-02

Day	Times	Date	Price
Tu & Fr	9:15 - 10 am	Jun 24- Aug 1 (No class 7/4)	\$230

Pole Fitness



Instructor: Tobin Edmunds, Love Pole Fitness

In this introductory class you will learn all components of pole fitness. Starting with a cardio warm up followed by fluidity, floor work, spins, transitions, and ending with flexibility. Total body workout with a fun and flirty flair.

Location: Love Pole Fitness, Bellingham

Min: 4/Max: 7

8 weeks

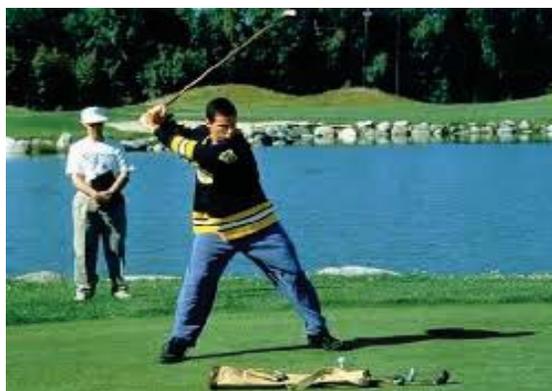
240463

Section	Day	Times	Date	Price
01	Sun	10 - 11 am	Apr 13 - Jun 15 (No class 4/20, 5/25)	\$150
02	Mon	10 - 11 am	Apr 14 - Jun 16 (No class 4/21, 5/26)	\$150

6 weeks

340463

Section	Day	Times	Date	Price
01	Mon	10 - 11 am	July 14 - Aug 18	\$90



Adult Golf Lessons



345600

Instructor: Michael Flemming, Ponkapoag Golf

Each week you will be introduced to a new topic and phase of learning to play golf. Week one will focus on the putting green. Learn proper set-up, stance, stroke, and technique. Practice routine will be discussed and the lesson will finish on the first tee with a discussion on how to start your round and proper etiquette. Week two will be on the range. Proper posture, setup, and swing will be taught. Week three we will further discuss proper swing technique and end the night with a discussion of basic rules. Week four proper chipping and pitching technique will be taught. Week five we will get you ready to golf with on course instruction.

5 weeks

Location: Leo J Martin Glf Course

Min: 4/Max:8

Section	Day	Times	Date	Price
01	Tue	6 - 7 pm	Jun 3 - July 1	\$175
02	Wed	6 - 7 pm	Jun 4 - July 2	\$175
03	Thu	6 - 7 pm	Jun 5 - July 10 (No 7/3)	\$175
04	Tu	6 - 7 pm	July 8 - Aug 5	\$175
05	Wed	6 - 7 pm	July 9 - Aug 6	\$175
06	Thu	6 - 7 pm	July 17 - Aug 14	\$175
07	Tu	6 - 7 pm	Aug 12 - Sep 9	\$175
08	Wed	6 - 7 pm	Aug 13 - Sep 10	\$175
09	Thu	6 - 7 pm	Aug 21 - Sep 18	\$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 Cts., Rt. 16

5 weeks

Day	Times	Date	Min:6/Max: 10	Price
Thu	7 - 8:30 pm	May 1 - Jun 5 (No class 5/15)		\$181 (incl. tag) \$166 (own tag)

Day	Times	Date	Min:6/Max: 12	Price
Fri	10:30 am - 12 pm	May 2 - 30		\$166

Day	Times	Date	Min:6/Max: 10	Price
Mon	10:30 am - 12 pm	Apr 28 - Jun 2 (No class 5/26)		\$166

Day	Times	Date	Min: 6/Max: 8	Price
Thu	6:30 - 8 pm	Jun 26 - Jul 31 (No class 7/3)		\$181 (incl. tag) \$166 (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 Cts., Rt. 16

5 weeks

Day	Times	Date	Min:6/Max: 10	Price
Mon	9 - 10:30 am	Apr 28 - Jun 2 (No class 5/26)		\$166

Day	Times	Date	Min:6/Max: 12	Price
Fri	9 - 10:30 am	May 2 - 30		\$166

Day	Times	Date	Min:6/Max: 10	Price
Tu	7 - 8:30 pm	May 6 - Jun 3		\$181 (incl. tag) \$166 (own tag)

Day	Times	Date	Min:6/Max: 10	Price
Mon	6:30 - 8 pm	Jun 23 - Jul 21		\$181 (incl. tag) \$166 (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 Cts., Rt. 16

5 weeks

Day	Times	Date	Min: 6/Max: 12	Price
Wed	9:30 - 11 am	Apr 30 - May 28		\$166

Day	Times	Date	Min: 6/Max: 8	Price
Wed	6:30 - 8 pm	Jun 25 - Jul 23		\$181 (incl. tag) \$166 (own tag)

The Joy Diet: 10 Daily Practices for a Happier Life

#243814-01

Instructor: Cory Halaby

Ever read a great self-help book, felt briefly inspired, and 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. We'll explore The Joy Diet: 10 Daily Practices for a Happier Life and discuss each chapter with Martha Beck-trained life coach and certified yoga instructor, Cory Halaby. We'll stretch, strengthen and breathe through a yoga practice specifically designed to integrate each idea. While not about food, The Joy Diet is a practical guide for anyone hungry for whole-hearted happiness. With a supportive community to keep you on track, you'll be certain to fill up on joy. Some yoga experience recommended. BYO copy of The Joy Diet by Martha Beck.



Day	Times	Date	Min: 5/Max: 12	Price
Thu	9:30 - 10:45 am	Apr 10 - Jun 5 (No class 4/24, 5/22)		\$140

Divine Sleep Yoga Nidra

240599

Instructor: Leslie Worris

Yoga Nidra is a DEEPLY restorative and meditation yoga practice. In this workshop, give yourself permission to rest, balance, restore, and tap into new sources of energy. Alleviate not only muscular tension but also mental and emotional stress. Participate in gentle movement and breath work to relax the body. Then just lie down, close your eyes, and listen. Prepare to de-stress and pamper yourself like never before! Allow this guided meditation to soothe you into deep relaxation. No prior yoga experience is necessary. Handout included.

#	Day	Time	Date	Price
01	Thu	6 - 7:15 pm	Mar 20 - Apr 10	\$110

Yoga: Vinyassa Flow

Instructor: Zina Roberts

We welcome you to enjoy learning about the many physical and mental benefits in Yoga. Flow to music while learning body alignment, building core strength and connecting to breath. Sessions will support all levels of experience, so that each student can practice at their own level and also be challenged to develop their strength and flexibility. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat. This class allows for \$17 "drop-ins" without pre-registration.

Location: Warren Building

Min: 7/Max: 15

5 weeks

240566

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Apr 1 - May 6 (No 4/22)	\$60
02	Tue	9:30 - 10:30 am	May 13- June 10	\$60

8 weeks

Location: Morses Pond

Min: 7/Max: 15

340522

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	June 17 - Aug 12 (No 7/1)	\$96



Tai Chi/ Chi Gong

Instructor: Leslie Worris

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

Location: Warren Building

Min: 8/Max: 15

8 weeks

240543

12 weeks

S#	Day	Time	Date	Price
01	Thu	11 am - 12 pm	Apr 3 - Jun 26 (No class 4/24, 5/8)	\$135

340543

7 weeks

S#	Day	Time	Date	Price
01	Thu	11 am - 12 pm	Jul 10 - Aug 21	\$80

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	Mar 31 - Jun 13	\$155/1 day
		(No class 4/21, 4/23, 4/25, 5/26)	\$205/2 days
			\$245/3 days

10 weeks

240504-01

Day	Time	Date	Price
Tue	7 - 8 pm	Apr 1 - Jun 10 (No class 4/22)	\$150

**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

11 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Apr 1 - Jun 24 (No class 4/22, 5/6)	\$135
02	Thu	1:45 - 3 pm	Apr 3 - Jun 26 (No class 4/24, 5/8)	\$135

340519

7 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Jul 8 - Aug 19	\$80
02	Thu	1:45 - 3 pm	Jul 10 - Aug 21	\$80

Ballroom: Introduction

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio
of Natick



We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. You will learn some smooth and some rythm style of dancesAdd passion and excitement to your life today! Please bring leather-soled shoes.

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

6 weeks

244007-01

Day	Times	Date	Price
Mon	7 - 8 pm	Apr 28 - June 9 (No class 5/26)	\$160/cpl

344007-01

Day	Times	Date	Price
Mon	7 - 8 pm	July 14 - Aug 18	\$160/cpl

Jujitsu for Self-Protection

241834-01

Instructor: Harry Curtis



Jujitsu means the "Yielding Art." Jujitsu uses an opponent's weight against them . It is a soft and practical approach to self protection . You will learn behavioral habits that will keep you safe and how to diffuse a stressful situation. We will include some principals of other arts such as Wing Chun , karate ,judo and wrestling.

Class is taught by Harold Curtis a 6th degree black belt with 34 years experience This not a grappling class, the purpose and focus of our class is to deal with defense against attack with or without weapons

Location: Warren Building **Min:** 10/**Max:** 15

8 weeks

Day	Times	Date	Price
Thur	7:30 - 8:30 pm	Apr 10 - Jun 5 (No class 4/24)	\$150



Irish Step Dancing for Adults

244009-01

Instructor: Bonnie Severance

You know you've always wanted to try it! Come and celebrate Irish culture through the art of irish step dance. This is a non-competitive class geared for fun and exercise. Students will develop skills in solo step dancing, as well as ceili (team) dancing. Designer ladies may start out in black ballet slippers. Men may wear a basic black jazz shoe or sneaker. Please wear T-shirt and shorts or leggings.

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

8 weeks

Day	Time	Date	Price
Sat	1 - 2 pm	Apr 12 - Jun 14 (No class 4/19, 4/26, 5/24)	\$120

Ballroom: Intermediate

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

This class is for any student that has had prior ballroom dance training or taken the Introduction course that is offered through Wellesley Recreation. This intermediate class is designed to help you advance with your dancing and skill level by teaching you more difficult steps and technical components. Please bring leather-soled shoes. Various types of dances and patterns will be introduced throughtout the weeks.

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

6 weeks

244007-02

Day	Times	Date	Price
Mon	8 - 9 pm	Apr 28 - June 9 (No class 5/26)	\$160/cpl

344007-02

Day	Times	Date	Price
Mon	8 - 9 pm	July 14 - Aug 18	\$160/cpl

Lunch Time 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: dancerwarehouse.com & www.downtowndancewear.com

Location: Warren Building

Min: 5/**Max:** 10

8 weeks

Day	Times	Date	Price
Wed	12 - 1 pm	Apr 23 - June 11	\$130

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 2 - Jun 11 (No class 4/23)	\$60

5 weeks

344077-01

Day	Time	Date	Price
Wed	7 - 8 pm	Jun 18 - Jul 16	\$30

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 7 - June 9 (No class 4/21 & 5/26)	\$115

Instant Piano (For Hopelessly Busy People)

245804-01

Instructor: Valerie Lyons

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive CD specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. After this one session you can go home and play any song from any piece of sheet music or song book.

Location: Warren Building		Min: 6/Max: 10	
1 class			
Day	Time	Date	Price
Tue	6:30 - 9:30 pm	Apr 22	\$75

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 7 - June 9 (No class 4/21 & 5/26)	\$115

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 7 - June 9 (No class 4/21 & 5/26)	\$115

Play Piano By Ear



245812 -01

Instructor: Valerie Lyons

After taking Instant Piano, return for this follow-up class if you want to learn to play piano by ear. Professional piano players don't need sheet music, and neither will you after this session. Learn how to pick out melodies on the piano--and then add the correct chords to make the music complete. You'll get an extensive book plus a CD that has 15 sample songs for you to learn to play by ear. You won't get this information from music teachers. It's all the music theory you need to succeed, gently explained and simplified for the non-musician. You'll be amazed at what you can do. Whether you want to be able to jam with other musicians or just save money on sheet music, you'll learn it all in this one class. It is recommended students take Instant Piano (or prior chord knowledge) before taking this course. Required course book and CD will be provided by instructor for additional \$30 fee.

Location: Warren Building		Min: 6/Max: 10	
1 class			
Day	Time	Date	Price
Wed	6:30 - 9:30 pm	Apr 30	\$75

Tame Your To-Do List

#243813-01

Instructor: Cory Halaby

Set aside two Tuesday mornings in May because this is going to be big! An untamed to-do list, one that endlessly cycles around in your head and floats on scraps of paper, can make you feel scattered, tired and slightly panicked, all the time. In this two-part workshop, we'll do more than write it all down. We'll create an elegant, reliable system that fits your lifestyle and lets you breathe easy. We'll get to the bottom of procrastination and over-scheduling issues and find time to do the things you truly enjoy. We'll also learn mind/body tools to help you make confident decisions about what to do when. You can love what you do all day. Come learn how

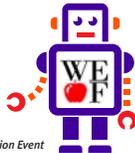


Location: Warren Building **Min: 7/Max: 15**
2 classes

Day	Times	Date	Price
Tue	10 - 11:30 am	May 6 - 13	\$50

WELLESLEY SCIENCE & TECHNOLOGY EXPO

April 5, 2014 at Wellesley High School
10-2 PM.....Interactive Exhibits, Workshops & Speaker Series
2-3 PM.....Keynote Address:
NASA Astronaut - Jeff Hoffman
3-4 PM.....Meet the STEM Professionals
FREE & open to the public



A Wellesley Education Foundation Event
INSPIRING THE NEXT GENERATION

Voice-Overs: You're On the Air Webinar

Instructor: Such a Voice

Voice-overs are hot today! There are more opportunities to use your voice on commercials, films, and videos than ever before. If you have thought about doing this ...THIS COULD BE A GAME CHANGER! Full-time, part-time, or just sometimes, you can be having the time of your life, potentially making more money than you ever imagined possible, and record voice-overs for paying clients right on your computer! Lots of people "think" about getting into voice-overs. Now, finally, this could be your opportunity to MAKE IT HAPPEN!! We encourage you to join us for our online, interactive classes which includes a live Q&A session. As the class gets closer, you will receive a link to log on to the class. All you need is a computer with internet connection and phone line to call in and read a script!

Location: online **Max: 40**

1 day

#243501

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Apr 2	\$45
02	Thu	7 - 9 pm	May 1	\$45

#343509

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Jun 4	\$45
02	Thur	7 - 9 pm	July 17	\$45

What's Next For You?



242619-01

Instructor: Deb Elbaum

Are you figuring out what's next in your professional or personal life? Do you have a project you've wanted to start? If so, this life and career coaching group with Co-Active Coach Deb Elbaum is for you! Through discussions and exercises, you will get clear about your values and purpose. You will start to map out your vision and take steps toward achieving it. Join us for this fun, supportive, and interactive adventure! Questions? Email: deb@debelbaum.com

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

2 classes

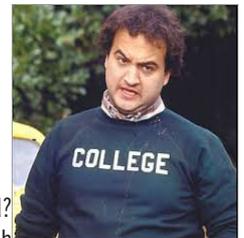
Day	Time	Date	Price
Thu	7 - 8:30 pm	Apr 3 - 10	\$90

Find the Right College

243601-01

Instructor: Larry Dannenburg

Looking to find the right school for your child? Are you looking to pay? If you have a high school student you can't afford to miss this seminar. We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. See how starting the process early can offer significant advantages, especially for business owners, divorced parents, or home schooled children.



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

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	May 1	\$45

Alexander Technique

242601-01

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

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

2 weeks

Day	Time	Date	Price
Wed	7:30 - 9 pm	Apr 9 & 16	\$45

Grillin' & Chillin'... The Ultimate Backyard BBQ



243774-01

Instructor: Mark Frank

It's BBQ season! This year make sure your backyard BBQ is the one all your friends rave about. Be the master of your grill with these simple recipes both classic, and unusual. We will discuss specific recipes and go over general grilling tips. Class will be held outdoors, will run for about two hours, and then we will stick around and enjoy the fruits of our labor! Tonights Menu: Grilled Pork Gyros (best you've ever had) Melt-in-your-mouth Skirt Steak Peel-N-Eat Grilled Garlic Shrimp Sausages from three worlds: Chinese, Italian, Polish Asparagus with Parmesan and Soy. Food fee included in price.

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

Day	Time	Date	Price
Fri	6 - 9 pm	Jun 13	\$65

Indian Restaurant Favorites at Home

243869-05

Instructor: Vinita Shah

The instructor will demonstrate how to cook four or five Indian restaurant favorites. We will use simple ingredients and straight forward methods to master some techniques of classic Indian cuisine. We will discuss spices, where to buy them and other ingredients, cost of making these dishes and lower calorie alternatives. Dishes to be demonstrated include the ever popular butter chicken and saag paneer.

Location: Warren Building **Min: 13/Max: 25**
1 class

Day	Times	Date	Price
Tue	6:30 - 8:30 pm	May 27	\$15

North End Market Tour

243710-01

Instructor: Rose Lee & Associates

Join us for an exciting tour of Boston's Little Italy, the North End. During this tour you will taste your way through the North End and meet the merchants who define this great community. Visit the finest Italian Salumeria (the characteristic Italian deli) for best tasting olives, best quality olive oil, true balsamic vinegar, and sample them; taste the imported sausages, prosciutto, and outstanding cheeses; discover the best pastry shops that make authentic Italian biscotti, amaretti, cassata, sfogliatelle, cannoli, and other confections. Visit a wine shop specializing in smaller vineyards from around the world. Enjoy a wine tasting and learn about wines from a wine expert. We will also visit historical sites in the North End and learn about their history. This is a walking tour. Wear comfortable shoes and bring shopping bags. Directions and meeting place will be sent by the registrar upon registration.

Tour is held Rain or Shine.

Location: North End **Min: 6/Max: 10**

1 day

#	Day	Times	Date	Price
01	Sat	0 am - 2 pm	May 3	\$55
02	Sat	10 am - 2 pm	May 17	\$55

Dining Out...At Home: Romantic Dinner for 2



243726-01

Instructor: Mark Frank

Come join chef Mark on a culinary adventure that is sure to wow your significant other, your friend, or yourself! We will use only fresh ingredients, nothing packaged, pre-mixed or processed. Our discussion will go beyond the recipe, and will include shopping tips, timing and planning strategies in the kitchen, and how to create an atmosphere and look that compliments your meal. Come by yourself, or with a companion, and enjoy the process as much as you will enjoy the meal! Class will run for about 2 hours and then feel free to stay and enjoy the fruits of your labor. Cheese plate: Manchego with Sliced Fig, Spicy Cheddar with Cherry Pepper Slivers, and Stilton Blue with walnuts and Honey, Butter Crackers. Entrée: Pan Roasted Pesto Crusted Swordfish, Whipped Potatoes, Pancetta Crisped Broccolini. Dessert: Strawberry, Watermelon, Basil and Mint Salad with Sweet Mascarpone Cream. Food fee included in price.

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

Day	Time	Date	Price
Fri	6:30 - 9:30 pm	May 2	\$116/pair

Chinatown Tour

243709

Instructor: Rose Lee & Associates

Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, Art and Gift shops and Jade Jewelers. Learn about Traditional Chinese Medicine. Visit an authentic herbal shop, meet the herbalists and learn about some of their herbal products. Also learn about Chinatown's exotic fruits and vegetables, wholesale suppliers and Asian cookware. This is a walking tour. Wear comfortable shoes, and bring shopping bags. Chinatown is near South Station and Orange/Green Line T stops. Public transportation is recommended but parking garages are available. Directions and meeting place will be sent by registrar upon registration. Meal cost is not included in your registration fee. Participants share the costs, payable at the restaurants.

Tour is held Rain or Shine.

Location: Chinatown **Min: 6/Max: 10**

1 day

#	Day	Times	Date	Price
01	Sun	10 am - 2 pm	Apr 13	\$55
02	Sun	10 am - 2 pm	Apr 27	\$55
03	Sun	10 am - 2 pm	May 11	\$55

Vedic Math



243869-01

Instructor: Swati Dave

Vedic Math, re-discovered from the pages of history, is an ancient system that teaches strategies for solving a wide range of mathematical problems. In this Vedic Math workshop, we will focus on the history of Vedic math, understanding the advantages of Vedic Math, and learning ways to perform basic calculations. Vedic math allows for performing complex math calculations in your head using methods that will surprise you. The techniques are simple, direct, and easy to remember. This workshop is for all who like math, and for those who don't, you may change your mind after attending this workshop!

Location: Warren Building **Min:** 13/**Max:** 25

1 class

Day	Times	Date	Price
Tue	6:30 - 8:30 pm	Apr 29	\$15

India in the News



243869-03

Instructor: Swati Dave & Vinita Shah

Modern India is a mind boggling mixture of complexities that include issues of poverty, religion, caste, gender, language, nationalism, colonialism, environmentalism, democracy, industrialization and secularism. In the words of scholar Ramchandra Guha, "These issues have a resonance in our own times, not just in India but everywhere in the world where violence is opposed to non-violence, where people of different faiths have to learn to live with each other, where the marginalized struggle for their rights, and where states have to choose between privileging a single 'national' culture or permitting a hundred flowers to bloom." In this workshop, we will read recent articles about India from leading newspapers and journals and discuss some of the issues in India currently in the news. The goal will be to engage participants in discussion about these issues, the impact on the lives of the people in India, and the implications of these issues in the present day global world. Participants will be invited to reflect on the impact and relevance of these happenings in our own lives.

Location: Warren Building **Min:** 13/**Max:** 25

1 class

Day	Times	Date	Price
Tue	6:30 - 8:30 pm	May 13	\$15

Boston Baseball History



Instructor: Scott Bender

This course tells the story of professional baseball in Boston from the first game of the Boston Red Stockings, who were the predecessors of the Boston Braves, through the Boston Red Sox of today. Our discussions during the four weekly sessions will center on the players who played in Boston and the significance of baseball on the culture of Boston and New England. This course is being run in conjunction with the Council On Aging and the Recreation Department. Please call the COA to register for this class (781) 235-3961

Location: Warren Building **Min:** 13/**Max:** 25

4 classes

Day	Times	Date	Price
Thu	10 - 11:15 am	Apr 17 - May 15 (No class 4/24)	\$20

Mahabharata: An Epic of the Great War



243869-04

Instructor: Swati Dave

The Mahabharata is an Indian epic set in myth and pre-history. We will present a summary of the Mahabharata as narrative, and include both written and video excerpts from television and movies. This will be followed by a discussion of the Mahabharata as a literary tour-de-force, pre-empting literary techniques we consider modern such as self-referential composition, flashbacks and flash-forwards, magical realism, embedding of story-telling within story-telling, wrapping metaphors both known and yet-to-be-discovered. We will also discuss how the Mahabharata functions in modern India as a source of living advice, providing both long-range perspective and motivation for short-term action.

Location: Warren Building **Min:** 13/**Max:** 25

1 class

Day	Times	Date	Price
Tue	6:30 - 8:30 pm	May 20	\$15

Four Classic American Playwrights



243878-01

Instructor: Gerry Weisenberg

20th Century American Theatre is famously rich in dramatic form, stylistic originality, and distinctive characterization. Through close reading and vigorous discussion of Eugene O'Neill's DESIRE UNDER THE ELMS, Arthur Miller's DEATH OF A SALESMAN, Tennessee Williams' A STREETCAR NAMED DESIRE, and Edward Albee' A DELICATE BALANCE. Texts will be available at 20% discount at the New England Mobile Book Fair.

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

8 weeks

Day	Time	Date	Price
Wed	7 - 8:15 pm	Apr 30 - Jun 18	\$50

Folk Life & Folk Art: Heart of Cultural Traditions



243869-02

Instructor: Sunanda Sahay

Even though India is developing and changing rapidly, it still lives largely in its villages. The key to understanding India lies in its deep traditions that sustain the unique Indian ethos and affect its current world views. Folk and tribal art forms provide an unadulterated view into the soul of India's most sustaining values. Experience "Madhubani" art with a practicing artist who is passionate about promoting a deeper understanding of India through her art.

Location: Warren Building **Min:** 13/**Max:** 25

1 class

Day	Times	Date	Price
Tue	6:30 - 8:30 pm	May 6	\$15

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 7 - May 12 (No class 4/21)	\$115

344601

S#	Day	Time	Date	Price
01	Mon	6:30 - 7:20 pm	Jun 2 - 30	\$115
02	Mon	6:30 - 7:20 pm	Jul 14 - Aug 11	\$115



Dog Obedience (6 months and 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 7 - May 12 (No class 4/21)	\$115

344602

S#	Day	Time	Date	Price
01	Mon	7:30 - 8:20 pm	Jun 2 - 30	\$115
02	Mon	7:30 - 8:20 pm	Jul 14 - Aug 11	\$115

Dog: Fun and 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 7 - May 12 (No class 4/21)	\$115

344603

S#	Day	Time	Date	Price
01	Mon	8:30 - 9:20 pm	Jun 2 - 30	\$115
02	Mon	8:30 - 9:20 pm	Jul 14 - Aug 11	\$115

Play of the Hand

244110 -01

Instructor: Anand Lele, ACBL Accredited

This class is for those who have acquired the basic knowledge of the game, and now want to learn about the various techniques associated with the "Play of Hands." Each session will include instruction followed by supervised play with emphasis on improving your "Thinking at the Table." 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	Apr 3 - May 22	\$115

Intermediate Bridge

144103

Instructor: Dee Roberts

These are lessons for advanced beginner to intermediate players who have taken lessons with instructor Dee Roberts. Current winter students will be able to enroll early.

Location: Warren Building Min: 12/Max: 16

8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Apr 1 - May 20	\$95
05	Tue	12:30 - 2:15 pm	Apr 1 - May 20	\$95

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**

5 weeks

Act	Day	Time	Date	Price
01	Tue	9:30 - 11:30 am	Apr 1 - May 6 (No class 4/22)	\$195
02	Wed	10 am - 12 pm	Apr 2 - May 7 (No class 4/23)	\$195
03	Thu	12 - 2 pm	Apr 3 - May 8 (No class 4/24)	\$195



Ed2Go Classes being on 4/16, 5/21, 6/18, 7/16, 8/20. Visit ed2go.com/wellrec

Mindfulness Based Stress Reduction

#242633

Instructor: Katherine McHugh, MA, Mth

Mindfulness has become a buzz word these days and is being implemented worldwide: in hospitals settings, schools, professional sports teams, health and fitness centers, even corporations. And there is good reasons for this. This course, modeled after the internationally recognized stress reduction program created by Jon Kabat-Zinn, is recognized as an effective, scientifically tested method for reducing physical and psychological symptoms while building resilience, balance, and peace of mind. Some of the proven benefits of mindfulness meditation include: improved physical health, greater energy and enthusiasm for life, increased mental focus, better memory, less anxiety, an ability to cope more effectively with stressful situations, enhanced relationships, heightened creativity, and an overall sense of well-being. In this program, you will be introduced and engage in guided mindfulness meditations, relaxation techniques, gentle yoga stretches, and self-inquiry exercises, while discovering ways to integrate these practices into your daily life. Price includes MBSR workbook and CD to enhance your practice.

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

6 weeks

S#	Day	Times	Date	Price
01	Tue	10:30 am - 12 pm	April 1 - May 13 (No 4/15)	\$160
02	Tue	7 - 8:30 pm	April 1 - May 13 (No 4/15)	\$160

Pottery for Adults

243409

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

S#	Day	Time	Date	Price
01	Thu	12 - 2 pm	May 1 - Jun 5	\$195
02	Thu	6:30 - 8:30 pm	May 1 - Jun 5	\$195



Crafting Creations



241488

Instructor: Julie Connelly, Carol Lash & Beth Smith

Get in touch with your creative side through the guided use of a variety of mediums and techniques. Come explore your inner crafter and take home a beautiful finished project- no experience needed! Price includes supplies.

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

1 - 4 classes

Glass Etching

Act	Day	Time	Date	Price
01	Wed	9 - 11 am	Apr 23	\$65

Ribbon & Fabric Note/Memo Board

Act	Day	Time	Date	Price
02	Wed	9 - 11 am	Apr 30	\$65

Decorated Basket of Handmade Soaps & Spa Treatments

Act	Day	Time	Date	Price
03	Wed	9 - 11 am	May 7	\$65

Decoupage - wood tray, tissue holder, or Jewelry Box

Act	Day	Time	Date	Price
04	Wed	9 - 11 am	May 14	\$65

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**

3 - 5 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Jul 9 - Aug 7	\$120/3 days \$156/4 days \$195/5 days

SPRING 2014 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 3, Saturday (9-10 a.m.) – Brook Path and Crosstown Trail Walk

Explore the northern section of Fuller Brook Park and trails that parallel Washington Street from the Wellesley High School to Clock Tower Park. We will start the walk on the Brook Path, walk along the Caroline Brook to Phillips Park, and from Maugus Ave, we will return on the Crosstown Trail along the Cochituate Aqueduct through the Hunnewell Fields. Meet at 9 a.m. at the State Street parking lot adjacent to the High School stadium.

May 4, Sunday (9–11 a.m.) –Volunteer Trails Work

Well maintained trails provide enjoyable walks through our conservation land. Come help us work on maintaining the trails at Morses Pond. We will instruct you on basic trail maintenance and tool usage, and then work on clearing trails of brush, limbs and invasives. We will provide tools, but if you have loppers (long-handle clippers), please bring them. Wear sturdy footwear and bring leather gloves and water. Meet at 9am at Morses Pond parking lot, which will be open for this event. From Weston Rd, follow Turner Rd to the entrance to Morses Pond, follow access road for 0.3 mi, and parking lot is on your right.

May 17, Saturday (9-10 a.m.) – Morses Pond Walk

Walk the trails along Morses Pond, a 102 acre pond and a source for our town water wells. View the pond, islands and wildlife. The walk will take you through a pine forest along the Cochituate Aqueduct. 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 31, Saturday (9-10 a.m.) – Guernsey Path Walk

Walk along the Charles River to the historic Waban Arches built in 1876 to carry water to Boston and see the picturesque view of the Charles River from the top of the 50 ft. arches. Take an optional short walk thru the Guernsey Sanctuary to Sabrina Lake, the 1870's site of an amusement park. Meet at 9 a.m. at the Guernsey parking area. Take Dover Road from Washington Street and follow for 0.7 mi. Turn right onto Livingston Road, which becomes Winding River Road, and follow for 0.9 mi. Parking area is on your left at the trail map house.

June 7, Saturday (8 a.m.–12 p.m.) – Wellesley Grand Tour

Celebrate National Trails Day! Take a spectacular 10-mile loop hike along the trail system in Wellesley. We will start along the Brook Path, then take the Crosstown Trail, Charles River Path, Sudbury Path and Guernsey Path, and return on the Brook Path. Most of our hike will be on trails through woods or along aqueducts, with only 2 miles along roads. Bring sturdy footwear, water and a snack. Meet at the State Street parking adjacent to the High School stadium.

We look forward to seeing you! All activities take place in rain, unless it pours! No registration required.
For more info: www.wellesleytrails.org, or call Miguel Lessing at 781-431-2411 or Denny Nackoney at 781-237-5174.

Messages From Heaven

243803-01

Instructor: **Gayle Kirk**

Gayle Kirk is an amazing and compassionate Psychic and Medium. She appears on TV, radio, and in newspapers. Join Gayle as she offers the uplifting, healing, and informative program, "Messages from Heaven". Gayle will provide loving, healing connections with family, friends, and pets in Heaven and psychic guidance from Spirit for the majority of the program for as many people as possible. However, please realize your attendance does not guarantee you will receive a message. Learn how your loved ones may communicate with you from the Other Side. Gayle will also answer your general questions about this amazing field. Recorders and cameras are not allowed. Pre-registration is encouraged as programs often sell-out. For more information or a Private or Family Reading, please see www.GayleKirk.com or call 617-489-7717.

Location: Warren Building		Min: 12/Max: 24	
1 class			
Day	Times	Date	Price
Wed	7 - 9 pm	April 2	\$45

Get the Most Out of Your Digital Camera

243901-01

Instructor: **Phyllis Mays**

Whether you just bought your digital camera or you have been using it as a point and shoot for a year or two, you can expand your digital photography skills in this class. Learn what's inside the camera, how to maximize its options, and how to adjust settings for the best results. One meeting will focus on editing techniques, another on getting good prints. Explore various ways to move photos to your PC. Finally, we will create online photo albums to share with family and friends. Students should be familiar with computer basics. Please bring your camera, cable and manual to class. Please be sure batteries are freshly charged.

Location: Warren Building		Min: 4/Max: 6	
4 weeks			
Day	Time	Date	Price
Wed	10 am - 12 pm	May 7 - 28	\$155