

## Hula Hoop Fitness

140462-01

**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](http://www.wildkathoops.com).

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

Day	Time	Date	Price
Mon	10 - 11 am	Jan 27 - Mar 17 (No class 2/17)	\$75



### Program Registration

Residents: Upon receipt of brochure  
Non Residents: December 17

## Dynamic Running

140488-01

**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 never even 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 recreation gymnasium!

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

Day	Times	Date	Price
Fri	10 - 11 am	Jan 17 - Mar 14 (No class 2/21)	\$225



## Fusion Fit

**Instructor: Bitsy Graham**

140402-01

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

**Location: Warren Building**      **Min: 10/Max: 20**  
11 weeks, 2 - 5 days per week

S#	Day	Time	Date	Price
01	M-F	8:45 - 9:45 am	Jan 6- Mar 24 (No class 1/20 & 2/17)	\$180/2x/week \$235/3x/week \$270/4x/week \$300/5x/week



## Heartbeat for Adults

140403-01

**Instructor: Bitsy Graham**

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger every day" is our motto.

**Location: Warren Building**      **Min: 15/Max: 20**  
11 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:15 - 7:15 am	Jan 7 - Mar 21

\$180 for three days per week

\$125 for two days per week

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

**Location: Warren Building Gym**

### Sport:

**Women's Basketball**

Tues. 7 - 9 pm Jan 7 - Mar 18 (No drop-in 2/18)

**Co-Ed Volleyball**

Thurs. 7:30 - 9 pm Jan 9 - Mar 20 (No drop-in 2/20)

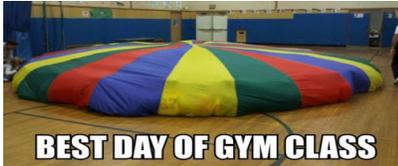
## Old School Gym Class for Adults



140487-01

**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**  
8 weeks

Day	Times	Date	Price
Wed	6:45 - 7:45 pm	Jan 15 - Mar 12 (No class 2/19)	\$105

## Boot Camp Fitness



140477

**Instructor: Robin Cotoia**

Fun-filled, motivating workouts for all fitness levels. Beginners can expect to lose weight, tone muscle and slim down. Intermediates can expect a big boost in performance and endurance. Join us and have some fun with some good music and exercise. You will need to bring a jumprope and a mat to stretch on.....and don't forget the WATER!!!

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

Section	Day	Times	Date	Price
01	Thu	8:30 - 9:30 am	Jan 9 - Mar 6 (No class 2/20)	\$170
02	Thu	6:30 - 7:30 pm	Jan 9 - Mar 6 (No class 2/20)	\$170

## Futsal

142988-01

**Instructor: James Bede**

Join us Wednesday nights from 8- 9:30 pm for organized pick-up Futsal! Futsal is played between two teams each with five players, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor soccer, the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller ball with less bounce than a regular soccer ball. Teams will be organized at the start of each evening. You can also pay a drop in fee of \$15 per night.

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

Day	Time	Date	Price
Wed	8 - 9:30 pm	Jan 15 - Mar 12 (No class 2/19)	\$45

## Friday Family Game Night



140487

**Instructor: KnuckleBones**

Knucklesbones knows how important it is for a family to play together! That is why our Family Night Out is the perfect opportunity to get families, friends & neighbors out for an evening of games, exercise & fun! The Knucklebones staff will provide a plethora of games & activities for all ages, from giant Kinballs to Baggo, Double-sided Basketball to LadderBall, we have it all! There will also be an abundance of equipment such as climbers, ball pits, scooters and more that allow people to play with a friend or easily make new ones! Throughout the hour, play all of our games and come together for 1 large group game with the entire group playing together; just imagine 50 people using an enormous Parachute or competing in a 4-way Tug-Of-War! This program is for all ages, so come and join us - for the love of play!



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

Sec	Day	Times	Date	Price
02	Fri	6:30 - 7:30 pm	Jan 10	\$25/family
03	Fri	6:30 - 7:30 pm	Jan 24	\$25/family
04	Fri	6:30 - 7:30 pm	Feb 7	\$25/family
05	Fri	6:30 - 7:30 pm	Feb 28	\$25/family
06	Fri	6:30 - 7:30 pm	Mar 7	\$25/family
07	Fri	6:30 - 7:30 pm	Mar 14	\$25/family

## Discount Ski Lift Tickets



140288

Get discounted direct to lift tickets for Attitash Mountain Resort or Wildcat Mountain! You pay the same price for midweek or week-ends. Great opportunity to take the whole family skiing while saving some money! 5 years old and under are free with each paid adult. All tickets must be picked up at the Recreation office M-F, between 9 am - 4 pm. Tickets will NOT be mailed.

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

Sec	Category	Price
01	Adult	\$56
02	Young Adult (13-18)	\$40
03	Senior (65+) & Junior (6-12)	\$34



## Yoga: Vinyassa Flow

140566

**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 \$15 "drop-ins" without pre-registration.



**Location: Warren Building**      **Min: 7/Max: 15**  
5/4 weeks

S#	Day	Times	Date	Price
01	Tue	9 - 10 am	Jan 14 - Feb 11	\$60
02	Tue	9 - 10 am	Feb 25 - Mar 18	\$48

## Divine Sleep Yoga Nidra

140599

**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.

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

S#	Day	Time	Date	Price
01	Thu	6 - 7:15 pm	Jan 16	\$25
02	Fri	1 - 2:15 pm	Feb 7	\$25

## Tai Chi/ Chi Gong

140519-01

**Instructor: Leslie Worris**

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



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

Day	Time	Date	Price
Thu	11 am - 12 pm	Jan 9 - Mar 6 (No class 2/20)	\$96

## 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**  
9 weeks

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Jan 6 - Mar 14	\$120/1 day
(No class 1/20, 2/17, 2/19, 2/21)			\$180/2 days
			\$220/3 days

9 weeks  
140555-01

Day	Time	Date	Price
Tue	7 - 8 pm	Jan 7 - Mar 11 (No class 2/18)	\$135

All yoga classes require a yoga mat.



Register Online  
[wellesleyma.gov/recreation](http://wellesleyma.gov/recreation)

## Yoga for Living Well

140513

**Instructor: Leslie Worris**

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

**Location: Warren Building**      **Min: 8/Max: 15**  
10 & 11 weeks

S#	Day	Time	Date	Price
01	Tue	1:45 - 3 pm	Jan 7 - Mar 18 (No class 2/18)	\$120
02	Thu	1:45 - 3 pm	Jan 2 - Mar 20 (No class 2/20)	\$132

## Ballroom: Introduction

144007-01  
**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. We will Cha Cha, Rumba & Hustle! Add passion and excitement to your life today! Please bring leather-soled shoes.

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

5 weeks

Day	Times	Date	Price
Mon	7 - 8 pm	Jan 27 - Mar 3 (No class 2/17)	\$160/cpl



## Sweet Heart Dance

144085-01

Kids, take your "sweetheart" to the Warren Building for a night of dancing. You can bring that special adult in your life! There will be a DJ, light refreshments and photo opportunities. Pre-Registration is REQUIRED. DEADLINE TO REGISTER is January 31.

**Location:** Warren Building    **1 night**

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

## Irish Step Dancing for Adults

144013-01  
**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	Jan 4 -Mar 15 (No class 1/18, 2/15 & 2/22)	\$120

## Ballroom: Intermediate

144007-02  
**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 throughout the weeks.

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

5 weeks

Day	Times	Date	Price
Mon	8 - 9 pm	Jan 27 - Mar 3 (No class 2/17)	\$160/cpl

## Lunch Time Tap Dance

144012-01  
**Instructor:** Valery Marcantonio

Experience the joy and discipline of Tap Dance! Valery shares her love of tap and focuses on the fundamentals of tap, technique, combinations, listening to music, all set to jazz, latin, blues and swing music. Tap Shoes are required. Tap shoes can be purchased at: dancerswarehouse.com & www.downtowndancewear.com

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

8 weeks

Day	Times	Date	Price
Wed	12 - 1 pm	Jan 22 - Mar 19 (No class 2/19)	\$130

## Zumba

144088-01  
**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 work-out clothes and a smile:)

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

10 weeks

Act #	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Jan 8 - Mar 19 (No class 2/19)	\$60



We will do our best to make up any classes that are cancelled due to snow or inclement weather.

## Guitar: Beginning (Age 16 – Adult)



145802-01

**Instructor: Dave Medeiros**

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class.

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

Day	Time	Date	Price
Mon	6 - 7 pm	Jan 13 - Mar 17 (No class 1/20, 2/17)	\$115

## Instant Piano (For Hopelessly Busy People)

145810-01

**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
Mon	6:30 - 9:30 pm	Feb 10	\$75

## Piano Lessons (Age 16 – Adult)



145801-01

**Instructor: Dave Medeiros**

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

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

Day	Time	Date	Price
Mon	7 - 8 pm	Jan 13 - Mar 17 (No class 1/20, 2/17)	\$115

## Guitar: Continuing (Age 16 – Adult)

145803-01

**Instructor: Dave Medeiros**

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

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

Day	Time	Date	Price
Mon	8 - 9 pm	Jan 13 - Mar 17 (No class 1/20, 2/17)	\$115

## Play Piano By Ear



145811 -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
Mon	6:30 - 9:30 pm	Mar 10	\$75

## Whole Body Vibration: Introduction

142676-01

**Instructor: Becky Chambers**

Ten minutes of WBV gives you the benefits of 1 hour of conventional weight training. Learn how you can lose weight, increase bone density, muscle strength, balance, coordination, and flexibility. WBV is also used for physical therapy, enhances neurological and brain function, is a powerful detox and balances energy meridians. In this class people will be able to experience WBV themselves and explore how this breakthrough technology might help them. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781-860-0680 to discuss before enrolling.

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

Day	Time	Date	Price
Mon	7 - 9 pm	Jan 13	\$35



## Voice-Overs: You're On the Air Webinar

143502

**Instructor: Such a Voice**

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

**Location: online**      **Max: 40**  
1 day

S#	Day	Times	Date	Price
01	Tue	8 - 10 pm	Jan 21	\$45
02	Tue	8 - 10 pm	Feb 4	\$45
03	Wed	8 - 10 pm	Mar 19	\$45
04	Wed	8 - 10 pm	Apr 2	\$45

## Whole Body Vibration: 6-Week Weight Loss

142677-01

**Instructor: Becky Chambers**

Jump start your weight loss with the breakthrough new technology of Whole Body Vibration (WBV). Used at exclusive health spas and weight loss clinics around the world, WBV machines provides an hour's worth of conventional exercise in just 10 minutes, increasing metabolism, bone density and muscle strength, while also providing many other benefits, and it feels great too – like a massage! In this class you will have the opportunity to use WBV each week, while also learning about the latest and most effective natural health diets and approaches. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781-860-0680 to discuss before enrolling.

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

Day	Time	Date	Price
Mon	7 - 8:30 pm	Jan 27 - Mar 10	\$135
(No class 2/17)			

## College Search

143601-01

**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	Jan 16	\$35

## Alexander Technique

142602-01

**Instructor: Jill Geiger**

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

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

Day	Time	Date	Price
Wed	7:30 - 9 pm	Feb 5 & 12	\$45

## Home Energy Efficiency



143880-01

Instructor: Scott Bender

We are surrounded with opportunities to lower our impact on our environment, while saving money. Scott Bender, member of the Town of Wellesley's Sustainable Energy Committee as well as Sustainable Wellesley, will share a variety of easy to accomplish activities that individual households can do to achieve 10% to 50% reduction in energy usage. Hitting on vampire energy issues, electricity efficiency tips and conservation, Bender offers a plan as well as resources. **Pre-registration required.**

Location: Warren Building Min: 6/Max: 12

1 class

Day	Times	Date	Price
Wed	7 - 8:30 pm	Jan 22	FREE

## Is Solar Right For Me?



143880-02

Instructor: Alex Keally

Is solar right for me? Have you wondered if solar is right for your home? Join an expert for an introduction and guide to solar energy. Presenter Alex Keally will explain the technology, economics, and criteria for folks considering solar. He will share questions and tips homeowners should ask installers, and have Wellesley residents there to share their experiences. This is a great overview for homeowners and businesses. **Pre-registration required.**

Location: Warren Building Min: 6/Max: 12

1 class

Day	Times	Date	Price
Wed	6:30 - 8 pm	Feb 5	FREE

## Climate Reality



143881

Instructor: Quentin Prideaux

Join us for a thought-provoking presentation on the impacts and causes of climate changes, the actions we need to take, and what it all means for Wellesley, Massachusetts and the Northeast. The presenter, Quentin Prideaux, joined the Climate Reality Project in 2012, and was trained as a Climate Leader by former Vice President and Nobel Laureate Al Gore. He will discuss why some have been confused about the science, share the latest information on the climate crisis and provide specific ideas that you can do right now to reduce your carbon footprint. Although the subject is serious, the tone will be easy to follow, positive, and lighthearted where possible. A question and answer period will be included. So whether you just want to know more, want to join a good discussion, or want to get serious about taking action, this session is a great next step. **Pre-registration required.**

Location: Warren Building Min: 12/Max: 16

1 class

S#	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Jan 30	FREE
02	Thu	6:30 - 8:30 pm	Feb 27	FREE
03	Thu	6:30 - 8:30 pm	Mar 20	FREE

## White People Challenging Racism: Moving from Talk to Action

143877-01

Instructors: Debby Irving & Stephen Pereira

People of all heritages/identities are welcome to join us as we focus on the role of white people in dismantling racism and building a just society. We'll examine the impact of white privilege and how being unaware of that advantage helps perpetuate racism. We'll discuss short readings and share everyday situations in which we did not speak up effectively against racial bias. Using role-playing, we'll work out effective ways to respond. <http://www.wpcr-boston.org>

Location: Warren Building Min: 12/Max: 24

5 classes

Day	Time	Date	Price
Mon	6 - 8 pm	Jan 27 - Mar 3 (No class 2/17)	\$35

## Sweet Masterpieces Cake Decorating



143737

Instructor: Alfie Selnick, The Sweet Life by Alfie

Week One: Buttercream and Piping

Week Two: How to make and use Fondant

Week Three: Advanced Fondant, Gumpaste and Figurines

Week Four: Sweets for you Sweetie

Location: Warren Building Min: 4/Max: 8

4 separate weeks

S#	Day	Times	Date	Price
01	Tue	6-9 pm	Jan 21	\$90
02	Tue	6-9 pm	Jan 28	\$90
03	Tue	6-9 pm	Feb 4	\$90
04	Tue	6-9 pm	Feb 11	\$90



## Sweet Heart Dance

144085-01

Kids, take your "sweetheart" to the Warren Building for a night of dancing. You can bring that special adult in your life! There will be a DJ, light refreshments and photo opportunities. Pre-Registration is REQUIRED. DEADLINE TO REGISTER is January 31.

Location: Warren Building 1 night

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

## Puppy Kindergarten (3-6 months)

144602

**Instructor: Vera Wilkinson CDBC, CPDT-KA**

This covers basic obedience and socializes the puppy to other dogs and people. Getting your pup off to the right start means fewer training problems later. Please bring a certificate or veterinarian bill confirming that the puppy is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building Min: 6/Max: 10

5 weeks

Day	Time	Date	Price
Mon	6:30 - 7:20 pm	Jan 6 - Feb 10 (No class 1/20)	\$115

## Dog Obedience (6 months and up)

144601

**Instructor: Vera Wilkinson CDBC, CPDT-KA**

This course covers basic obedience including sit, stay, come, and heel. Training is gentle and motivational, and specific attention is given to individual problems. Teaching tricks and general care will also be covered. Please bring a certificate or veterinarian bill confirming that the dog is up to date on all shots, i.e. rabies and distemper.

At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building Min: 6/Max: 12

5 weeks

Day	Time	Date	Price
Mon	7:30 - 8:20 pm	Jan 6 - Feb 10 (No class 1/20)	\$115



## Dog: Fun and Games

144603

**Instructor: Vera Wilkinson CDBC, CPDT-KA**

A class designed for dogs and owners who are looking for a bit more than basic obedience. Using games and fun activities to enhance the practical use of those cues learned in good manners and puppy classes. New cues will be added to the dogs repertoire while learning in a fast paced and exciting environment. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend. No age requirement but a knowledge of basic obedience is highly recommended.

Location: Warren Building Min: 6/Max: 10

5 weeks

Day	Time	Date	Price
Mon	8:30 - 9:20 pm	Jan 6 - Feb 10 (No class 1/20)	\$115



## Intermediate Bridge

144103

**Instructor: Dee Roberts**

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

Location: Warren Building Min: 12/Max: 16

8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Jan 7 - Feb 25	\$95
05	Tue	12:30 - 2:15 pm	Jan 7 - Feb 25	\$95



## Bridge Clinic

144188 -01

**Instructor: Anand Lele, ACBL Accredited**

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: 12/Max: 20

8 weeks

Day	Time	Date	Price
Thu	10 am - 12 pm	Jan 9 - Mar 6 (No class 2/20)	\$115





## Pottery for Adults

143403

**Instructor:** Ramune Jauniskis

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

Price include supplies

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

8 weeks

S#	Day	Time	Date	Price
01	Thu	12 - 2 pm	Jan 16 - Mar 13 (No class 2/20)	\$195
02	Thu	6:30 - 8:30 pm	Jan 16 - Mar 13 (No class 2/20)	\$195

## Parent & Child Pottery

121411-01

(Parent & child Ages 4 - 5)

**Instructor:** Ramune Jauniskis

Spend time working with your child while enjoying working with clay. Use your imagination to invent fantastic clay sculptures with guided instruction. Projects will be suggested but students are encouraged to work on their own ideas if they wish. All projects will be kiln fired. All materials included. Parent/Guardian required.

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

6 weeks

Day	Time	Date	Price
Thu	3 - 4 pm	Jan 16 - Mar 13 (No class 2/20)	\$125



### Recreation Office Hours

Monday - Friday 8:30 - 4:30 pm

Online • Walk- in • Mail • Fax • Phone

## Painting with Acrylics for Adults

141455

**Instructor:**

**D'Ann Hansen**

Come and give your creative mind some time to play! By using right brain drawing strategies and step-

by-step visual demonstrations, students will successfully draw and paint pieces inspired by modern masters and contemporary painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. Price includes supplies.

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

5 weeks



Act	Day	Time	Date	Price
01	Tue	9:30 - 11:30 am	Jan 21 - Mar 25 (No class 2/18)	\$195
02	Wed	10 am - 12 pm	Jan 22 - Feb 26 (No class 2/19)	\$195
03	Thu	12 - 2 pm	Jan 30 - Mar 6 (No class 2/20)	\$195



## Get the Most Out of Your Digital Camera

143901-01

**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	Feb 26- Mar 19	\$155

## Welcome!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center:

**[www.ed2go.com/wellrec](http://www.ed2go.com/wellrec)**

3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

### Start Dates:

A new section for every online course in this catalog will begin on:

**Nov 13: #443800-01**

**Dec 11: #443800-02**

**Jan 15 #443800-03**

### Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

## Business Courses

### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. **\$95.**

### Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. **\$95.**

### Customer Service Fundamentals

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$95.**

### Professional Sales Skills

Discover how to begin a successful and rewarding career in sales. **\$95.**

### Building an Ethical Business

Give your business an advantage by building a strong and just foundation. **\$95.**

### Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$95.**

### Successful Construction Business Management

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

### Fundamentals of Supervision and Management

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

### Distribution and Logistics Management

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

### Mastery of Business Fundamentals

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

### Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management. **\$95.**

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Give yourself a strong foundation in total quality management. **\$95.**

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Master powerful techniques to improve your decision-making skills at work. **\$95.**

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Develop recruiting techniques that will help you hire the best people. **\$95.**

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

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Learn the basics of employment law so you can legally hire, evaluate, and manage employees. **\$95.**

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#### Learn to Buy and Sell on eBay

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

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Wellesley, MA

*Warren Building*  
*Activity # 144085-01*

*\$20 Per Pair*



*Sweet Heart  
Dance*

*February 8*

*6:30 - 8 pm*

*Kids bring that special adult in your life!*

*DJ ~ Light Refreshments ~ Photo Opportunities ~ Semi-Formal*