

WELLESLEY RECREATION DEPARTMENT

FALL PROGRAMS 2025



Temporary Offices located at: 888 Worcester St, Wellesley
Programs held at Upham School, 35 Wynnewood Rd, Wellesley
781-235-2370 • wellesleyrec.org

Resident registration opens on August 12 @ 10am
Non-resident registration opens on August 19 @ 10am

Something for Everyone @ WELLESLEY RECREATION

The Wellesley Recreation Department offers programs year round and publishes seasonal brochures for fall, winter & spring/summer programs. Registration is held three times a year.

All Recreation Department programs are self-supporting. Fees charged for programs cover the cost of materials, pay instructor salaries and help defray other costs.

The Wellesley Recreation Commission consists of five elected members, who meet regularly to review policy and procedures. The Commission welcomes community input.

A Director, Deputy Director, Associate Director, Program Coordinator, two secretaries and custodians, staff the Warren Building, home of the Recreation Department. Program instructors and part time employees are hired on a seasonal basis. We are always interested in speaking to potential instructors.

All park facilities are maintained by the Park & Tree of the Wellesley Department of Public Works.

PLEASE NOTE

Our Temporary Offices are located at
888 Worcester Street, Wellesley

Office Hours

Monday - Friday: 8:30am - 4:30pm
781-235-2370

wellesleyrec.org

Classes are temporarily being held at
Upham School, 35 Wynnewood Rd

Registration for Fall Programs begins
August 12 for residents @ 10am
August 19 for non-residents @ 10am



RECREATION DEPARTMENT STAFF

Matt Chin, CPRP	Director
Chad Norton, CPRP	Deputy Director
Jennifer Lawlor	Deputy Director
Heidi Stapleton	Program Coordinator
Matt Glick	Secretary

RECREATION COMMISSION

Paul Cramer	Chair
Ansley Martin	Member
Garfield Martin	Member
Laurence Stuntz	Member
Mark Wolfson	Member

WHO TO CONTACT

Matt Chin [mchin@wellesleyma.gov] Field use, Summertime Concerts & any comments or concerns

Chad Norton [cnorton@wellesleyma.gov]
All programs, summer camp & summer camp counselor positions

Jennifer Lawlor [jlawlor@wellesleyma.gov]
All programs, Morses Pond & summer jobs at the beach

Heidi Stapleton [hstapleton@wellesleyma.gov]
For Afterschool Programs, Teen Ctr., Middle School programs & beach

IMPORTANT TOWN NUMBERS

Recreation Dept.....	781-235-2370
DPW.....	781-235-7600
Health Dept.....	781-235-0135
High School.....	781-446-6290
Middle School.....	781-446-6235
Natural Resources Comm.	781-431-1019 ext 2290
Parks Dept.	781-235-7600 ext 2335
School Administration	781-446-6200

GENERAL INFORMATION

Very important details! ☺

GENERAL INFORMATION

Register for members of your immediate family only.

AGE POLICY

Children must be the proper age on the FIRST DAY of class.

PAYMENT

Non Residents add \$10 per course.

Payments can be made by cash, VISA, MasterCard or by check payable to Town of Wellesley,

NOTE: There will be a \$25 additional fee for checks returned by the bank.

COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes.

You will be called if

your class is cancelled, otherwise, plan on attending.

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by using the online registration system. If

a class does not meet the minimum participant requirements, it will be cancelled and you will be notified.

Otherwise, please plan on attending the course.

MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants' inability to attend.

SWITCHING/CHANGING CLASSES

Switching sessions, dates, or classes constitutes a withdrawal from a class and a cancellation fee may apply.

REFUND POLICY

If a program meets more than 4 times, you will receive a refund minus a \$20 admin fee if you notify the Rec. Dept. 5 days before the start of the 2nd class. No refunds or credits anytime after the second class.

If a program meets 4 or fewer times, or meets for five consecutive days (ie. camps, vacation programs, skiing), you will receive a refund minus \$20 admin fee if you notify the Rec. Dept. five business days before the start of the class. (Please note, camp refund minus a \$25 admin fee for KinderCamp, Camps Joey, Q) No refunds/credits anytime after five business days before the start of the class.

COOKING CLASSES

No refunds for cooking classes if you withdraw 5 business days or less before the first class. Withdrawal from a cooking class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

CLASS SPECIFIC REFUND POLICY

Please note that there maybe a specific refund policy for a particular class. The specific policy information will be noted in the class description or in a text box near the class description.

A FULL REFUND WILL BE GIVEN FOR A CANCELLED CLASS



Online Registration @ wellesleyrec.org

The Wellesley Recreation Department encourages everyone to register for programs online if possible. However, online registration spaces will be limited, which will allow those who do not have easy access to a computer to register using other methods. You will be required to have a username and password in order to utilize the online registration. If you need assistance, please call the Recreation office during regular hours (M-F, 8:30am - 4:30pm). We HIGHLY recommend that you sign in to the online system a few days before registration to make sure that your account is working properly.

All registrations, both online, by phone and walk-in, will be entered directly into our registration system. Should you choose to walk in or phone in, it may take a little longer and your patience would be appreciated.



AS WE HEAD INTO COLDER WEATHER, PLEASE NOTE THAT IF THE WELLESLEY PUBLIC SCHOOLS ARE CLOSED, WE ARE TOO

Town Sports Scouting



WELLESLEY YOUTH BASEBALL & SOFTBALL / wellesleyybs.org



WELLESLEY YOUTH FOOTBALL
wellesleyyouthfootball.com



WELLESLEY YOUTH FIELD HOCKEY
wellesleyfieldhockey.com



WELLESLEY YOUTH HOCKEY
wellesleyyouthhockey.org



WELLESLEY UNITED SOCCER
wellesleysoccer.org



WELLESLEY BOYS LACROSSE
wellesleyboylacrosse.com



WELLESLEY GIRLS LACROSSE
wellesleygirlslacrosse.com



WELLESLEY SWIM ASSOCIATION
wellesleyswim.org



WELLESLEY YOUTH BASKETBALL
wellesleybasketball.org



MEN'S SLOPITCH SOFTBALL
wellesleyslopitch@gmail.com



CUB SCOUT PACK 185
wellesleypack185.org

Boys & Girls in grades K - 5 serving the Wellesley Community. Outdoor activities several weekends per month



SCOUTS BSA TROOP 185
mytroop185.com

Boys & Girls in grades 5 - 12 meet Monday evenings at St. Paul's Church. Boy led adventures, service & leadership to earn Eagle Scout



Prepared. For Life.™

SCOUTS BSA TROOP 182 / troop182.org

Boys & Girls in grades 5-12 meet Sunday evenings at Wellesley Congregational Church. Youth led outdoor adventures, fun, life skills, teamwork, and service.



VENTURING® BSA

VENTURE CREW 42

scoutmaster@mytroop185.com

Boys & Girls age 14-21 or completed the 8th grade. Youth led program meet monthly for social events, outdoor adventures and leadership development.



WELLESLEY GIRL SCOUTS

wellesleygs@gmail.com

facebook.com/wellesleygirlscouts

Girls in grades K-12. Builds girls of courage, confidence and character, who make the world a better place.



PARTICIPANT PHOTOGRAPH POLICY

Periodically the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

THE WELLESLEY BOO CREW'S 11TH ANNUAL

HOWLIN' HAUNTED HALLOWEEN HOUSE DECORATING CONTEST

NOMINATIONS MUST BE IN BY OCTOBER 25

TAKE A PICTURE OF THE NOMINATED HOUSE
& SEND IT TO: RECREATION@WELLESLEYMA.GOV

CATEGORIES: SCARIEST & JUDGES CHOICE



LET YOUR HOUSE STAND OUT IN THE CROWD!



A HAUNTING WE WILL GO...

HALLOWEEN STROLL



CLOCK TOWER PARK

WELLESLEY HILLS MERCHANTS

WELLESLEY RECREATION

STROLL AT YOUR OWN PACE

WEAR YOUR COSTUME AND TRICK OR TREAT

GAMES AND FUN GHOUL-ORE!!!

AGES 0-8

DON'T MISS THIS ANNUAL SPOOKFEST!



WELLESLEYREC.ORG

WELLESLEY'S

Winter Wonderland

HOUSE DECORATING CONTEST

SEND A PICTURE AND THE ADDRESS OF THE NOMINATED
HOUSE TO RECREATION@WELLESLEYMA.GOV

ALL NOMINATIONS MUST BE RECEIVED BY
DECEMBER 18TH

JUDGING BY THE HOLLY JOLLY CREW WILL JUDGE
WILL TAKE PLACE ON DECEMBER 19TH





TOWN WIDE YARD SALE

October 4 & 5 • 8am - 5pm*

*SUGGESTED HOURS
EACH HOUSE CAN SET THEIR OWN HOURS

HOLD THE YARD SALE AT YOUR OWN HOME
WELL. REC. WILL ADVERTISE & DISTRIBUTE A TOWN WIDE MAP

COST TO HOST A YARD SALE: \$20 PER DAY
DEADLINE TO REGISTER: THURS., SEPT. 20, 2025

REGISTER @WELLESLEYREC.ORG • USE ACTIVITY #444388
WHEN REGISTERING, PROVIDE THE FOLLOWING INFORMATION:

ADDRESS • HOURS OF YARD SALE

TYPE OF ITEMS SOLD: EX. HOUSEHOLD GOODS, CHILDREN'S ITEMS ,
TOYS, SPORTING GOODS ETC.

PLEASE NOTE: THERE IS NO COST TO BE A SHOPPER!
NO EARLY BIRDS ALLOWED!
ALL SALE CASH ONLY!



FALL 2025 WELLESLEY TRAILS GUIDED WALKS

Join your Wellesley neighbors and members of the Wellesley Trails Committee on guided trail walks. The walks are free and no registration required. Walks take place unless it pours rain or there are high winds.



Lower Falls Trail | Saturday, September 20 | 10:00-11:15am

This walk is steeped with history along its beautiful setting. While enjoying the scenery, you will learn of President George Washington's visit, a waterfall dam with a fish ladder, Alexander Graham Bell's homesite, a Native American camping ground, the aqueduct, and more! Meet at the Lower Falls Parking on River Street behind Papa Razzi's restaurant. (If River st. lot is full, there is also parking behind 16 Walnut Street.) **(2.4 mi)**



Morses Pond Kids Trails Day | Saturday, September 27 | 10:00-11:30am

Join us for this annual highlight when kids delight in exploring nature in the beautiful woods at Morse's Pond. Every year, the children tell us how much they enjoy looking for treasure boxes using letterboxing (written clues). Refreshments served at the end of the activities. Children must be accompanied by an adult. Meet at the Morses Pond beach parking lot. From Weston Road, follow Turner Road to the entrance to Morses Pond.



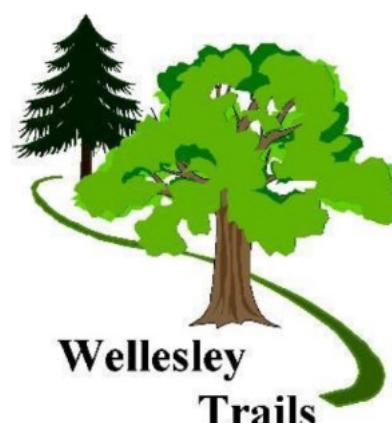
Boulder Brook Reservation | Saturday, October 18 | 10:00-11:00am

Boulder Brook Reservation, Rocky Ledges, and Kelly Memorial Park combine to create a beautiful 64-acre preserve that includes open fields of flowers and butterflies, babbling brooks, wooded trails, and 550-million-year-old glacial rock that forms the 140 foot high Rocky Ledges. At the top of the ledges, you will see a rolling forest canopy. Meet at the Kelly Memorial Park parking lot on Elmwood Road. Use this address for GPS: 61 Elmwood Road, Wellesley **(1.8 mi)**



Town Forest | Saturday, October 26 | 10:00-11:00am

There is so much more than the loop around Longfellow Pond! The Town Forest is the largest reservation in Wellesley and supports a wide variety of wildlife and birds in a natural environment. Walk along the Longfellow Pond shoreline and climb to the top of a spectacular high esker deposited by glaciers and then back at the pond, view the summer residence of Chief Maugus and his Algonquin tribe. Meet at Longfellow Pond parking lot. Use this address for GPS: 204 Oakland St., Wellesley. **(1.6 mi)**



QUESTIONS? VISIT: WELLESLEYTRAILS.ORG

WELLESLEY TENNIS/PICKLEBALL INFORMATION



At the time of this publication, the Hunnewell tennis courts will be under renovation and resurfacing. We anticipate the courts re-opening in mid to late September.

For updates, visit: <https://www.wellesleyma.gov/354/Tennis-Pickleball-Memberships-Information>

Wellesley Recreation has a number of public courts available for use by individuals who would like to play tennis or pickleball. Wellesley residents wanting to play tennis & pickleball may purchase court pass memberships online through the Recreation Department. These memberships allow players to reserve courts in advance for both day and night play.

TENNIS/PICKLEBALL MEMBERSHIPS:

There are two resident membership pricing options:

- **Day Play Reservations:** FREE (Act. #555200-02) Day reservations began on April 2, 2025 (If you signed up as a day member in 2024, you DO NOT need to renew as these memberships roll over to 2025)
- **Night Play Reservations:** Will resume when Hunnewell Tennis Court project is completed

After registering for a membership, please allow up to 24 hours for PlayLocal to update its system. If you register for membership over the weekend, please allow until the end of business on Mondays. Please note: All membership emails must be the same email address on both the Recreation Department and PlayLocal websites.

COURT RESERVATIONS:

Wellesley residents may reserve tennis & pickleball courts in advance with a Recreation membership. Court reservations are made online via the PlayLocal court reservation system. Please refer to the list below for available courts, the type of use, and specific hours of play. Indoor pickleballs are recommended for play. Courts that may be reserved are:

- **Hunnewell:** CLOSED until resurfacing project is completed
- **Sprague:** Tennis only
- **Schofield:** (mixed use) 9am - 7pm | Private lessons may be booked at these courts, but a specific process must be followed. Contact Rec. Dept. with instructor contact information to ensure that instructor is approved to instruct on Wellesley courts
- **Perrin:** (pickleball only) 9am - 7pm | Sundays only
- **NOTE:** Non-members may walk in and play on open courts, but MUST vacate courts for individuals with PlayLocal reservations.

The Teen Center is for Middle School aged children (grades 6-8) who attend Wellesley Public schools and/or are residents.

As of the school year 2025-2026, there is a registration fee of \$100, which covers your child's membership in the Wellesley Recreation newly expanded Teen Center Activities for one school year on Fridays from 2:30-3:30pm, offsite activities/locations (dates & times may vary) and all of the half day Wednesday events.

As of Jan 1, 2026 the registration fee will be \$50 for the remainder of the school year's Teen Center activities. Visit wellesleyrec.org and click on the Teen Center link and see the really great schedule of events for 2025-26!



TEENCENTER



WELLESLEY TOWN BAND

FALL 2025-26

 Come and join in the fun as we begin our second year under the baton of our new conductor and music director, Pam Choinski. If you have ever played a brass, woodwind, or percussion instrument, there's a chair, music stand, music, and a warm welcome waiting for you in the Wellesley Town Band! Players of all ages (Grade 8 upwards) comfortable playing at a high school level are welcome, no auditions are required. The Band has a real family feel, with spouses, siblings, and parents and students, all playing together. We would especially love to be joined by some more horn, trombone, tuba, and percussion players, but all instruments are welcome.

 Rehearsals are held in the Wellesley High School band room on Mondays 7-8:30 pm from September through mid-June (excluding school holidays). There is always a friendly, supportive, and enjoyable atmosphere of making music together. The repertoire is traditional concert band fare: light classics, favorite show tunes, movie music, and stirring marches. Each year the Band presents its popular Winter Concert in December and a Spring Concert in April, and plays for the Wellesley Rec. Dept. Summer Concert series at Town Hall Green in June.

 **Annual fee is \$175 for thirty-two 90-minute rehearsals (Sept. 8 – June 22) and three concert performances.** Mid-year registrations are welcome, with a pro-rated fee. **Please note:** Anyone interested in joining the band is encouraged, and welcome, to come along to any rehearsal to try it out.

 For more information visit wellesleytownband.org or contact info@wellesleytownband.org.

 **Mondays 7:00 - 8:30 pm in the WHS Band Room**

Sept. 8 - June 22 (No rehearsals 10/13, 12/15, 12/22, 12/29, 1/19, 2/16, 4/20, 5/25)

Cost is \$175 per person: Fall/Winter/Spring

****Wellesley Public School students (Gr. 8-12) can join for free!**



Youth Programs



PINT-SIZED CRAFTS

Act. #421400 | Ages 4.5 - 10 | @ Upham School | Inst. Diane Benson | One Day | Min 6/Max 15

Bring a favorite doll, stuffed animal, or stuffed super hero to this workshop for several hours you will both enjoy!

What you make and take home will lead to several hours of continued play and enjoyment at home!

Crafts include small clay foods and MUCH MORE! Please Note: All items made to scale for an 18" toy. Please send your child with a nut-free snack and drink.

S#	Age	Day	Times	Date	Price	Themes
01	4.5-10	Fri	3:30-6pm	Sep 12	\$78	Back To School
02	4.5-10	Fri	3:30-6pm	Sep 19	\$78	Camp Out

BUDDING ARTIST AND A BUDDY

Act. #421401 | Ages 1.5-4 | @ Upham School | Inst. Beth Meditz | 10 Weeks | Min 4/Max 10

Your child and Buddy will both enjoy creative fun together. Perceptual and social skills are enhanced while each child engages in unique hands on and hands in experiences. Budding Artists will create their own artwork that expands thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag! Wear mess around clothes. It's amazing what your young one can do!

S#	Age	Day	Times	Date	Price	Skip Days
01	1.5-4	Tue	11-11:45am	Sep 9 - Nov 25	\$300	9/23, 11/11
02	1.5-4	Thu	11-11:45am	Sep 11 - Nov 13	\$300	10/2

POTTERY & WHEEL THROWING

Act. #421412 | Ages 7-16 | @ Upham School | Inst. Ramune Jauniskis | 5 Weeks | Min 3/Max 8

In a relaxed and creative environment kids will learn hand building and wheel throwing techniques while having fun and sharpening their motor skills. Creative ideas will be presented for inspiration and kids will work on the suggested projects or projects of their own choosing. All pieces will be kiln fired. Please bring a box to class on the last day to bring work home in as well as a smock for the famous "surprise project". Price includes all materials and firing. To learn more about Ramune, author of Tiny Worlds in Fabric please visit: addictedtomermaids.blogspot.com.

No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee.

S#	Age	Day	Times	Date	Price	Skip Days
01	7-16	Thu	4-6pm	Sep 11 - Oct 16	\$246	10/2
02	7-16	Thu	4-6pm	Oct 23 - Nov 20	\$246	

AWESOME ART

Act# 421423 | Grades K-3 | @ Upham School | Inst. Beth Meditz | 10 Weeks | Min 5/Max 12

Get "unplugged" with "Hands on" and "Hands in" ART activities! Sometimes messy, sometimes not, but always fun and creative! At each class, Artists will be presented with a starter base and develop their own vision of their creations by choosing from a wide array of inspiring and unusual materials. Abstract and Realistic works are created in a relaxed, yet exciting atmosphere. Wear mess around cloths and show up with your creative mind! New projects!

S#	Grade	Day	Times	Date	Price	Skip Days
01	K-3	Mon	4:30-5:30pm	Sep 8 - Nov 17	\$300	10/13
02	K-3	Tue	4:30-5:30pm	Sep 9 - Nov 25	\$300	9/23, 11/11
03	K-3	Wed	4:30-5:30pm	Sep 10 - Nov 12	\$300	

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





DIGITAL ART WITH IPAD

Act# 433096 | Ages 6-11 | @ Upham School | Inst. Dennis Zhang | 10 Weeks | Min 3/Max 6

The program introduces kids to digital arts using iPad with easy steps of tutorial to achieve great drawing results. Examples of drawings completed in class include cute animals, popular cartoon characters, creative graffiti letters, holiday themes and artistic landscape drawing. Art Portfolio: <https://www.instagram.com/dennisz.art/>

Prep: Students need to bring an iPad installed with App Procreate [\$12.99 from Apple Store] and a Stylus Pen or Apple Pencil, which is about \$10-20 available from Amazon. [example: <https://www.amazon.com/s?k=apple+stylus+pen+for+ipad+oem&crid=25GX16UG5TDAL&sprefix=oem+stylus+pen+for+ipad>] Please double check the compatibility with your iPad version]

S#	Age	Day	Times	Date	Price	Skip Days
01	6-11	Tue	4-5pm	Sep 9 - Nov 25	\$300	11/11
02	6-11	Thu	4-5pm	Sep 11 - Nov 20	\$300	9/23, 10/2



SLIME TIME

Act# 421453 | Ages 4.5-10 | @ Upham School | Inst. Diane Benson | 2 Weeks | Min 6/Max 15

An interactive 3-week lab class where children will learn about the three states of matter! They will experience mixing solids and liquids to make several different types of slime! Each week will be a different slime that kids will take home to enjoy for hours to come.

S#	Age	Day	Times	Date	Price	Skip Day
01	4.5-10	Mon	3:30-5:30pm	Sep 8 - Sep 15	\$120	10/2

LES PITCHOUNETS

Act. #411301 | Ages 1-2 | @ Upham School | Inst: French 1,2,3 Voilá | 10 Weeks | Min 4/Max 6

“Les Pitchounets” (aged 1-2 years old) along with a parent or a caregiver will step into the world of French through weekly themes, discoveries, play, songs, movements, and stories. These classes focus on multisensory approach where the little ones will learn oral comprehension, basic vocabulary, and social skills in a supportive environment. Little ones have a natural ability to learn a second language effortlessly. They will have an advantage in life, the gift of languages in our ever-changing world.

S#	Age	Day	Times	Date	Price	Skip Day
01	1-2	Thu	10-11am	Sep 11 - Nov 20	\$330	10/2

MUSIC TOGETHER

Act. #411306 | Ages 0-5 | @ Upham School | Inst: Music Together Staff | 7 Weeks | Min 4/Max 12

Discover the joy of family music making! Music Together is about connecting-with music, with your child, and with other families in your community. Playful and enriching, it's 45 minutes of fun (for everyone!) with benefits that extend far beyond the classroom. In this special pre-crawling babies class, your teacher will guide you through movement and music activities that support your babies physical, musical, socio-emotional, language and early brain development. We provide you with the tools and resources you need to continue the music-making at home, so you can nurture your child's musical growth and realize the amazing benefits of music all the time, anytime. This includes a beautifully illustrated songbook with a download code that syncs your music with our handy "Music Together" app as well as a CD and a guide for enriching your child's overall development.

S#	Age	Day	Times	Date	Price	Skip Days
01	0-5	Tue	9:30-10:15am	Sep 9 - Nov 18	\$266	9/23, 10/14, 10/21
02	0-5	Mon	9-9:45am	Sep 29 - Nov 17	\$266	10/13
03	0-5	Mon	10-10:45am	Sep 29 - Nov 17	\$266	10/13
04	0-5	Tue	10:30-11:15am	Sep 9 - Nov 18	\$266	11/11

RHYTHM KIDS

Act. #411307 | Ages 4-8 | @ Upham School | Inst. Music Together Staff | 7 Weeks | Min 4/Max 12

Sing, drum, play games and have fun in our unique drumming program for children ages 4-9. Children integrate and assimilate rhythm by learning multicultural drumming patterns, developing new repertoire on various percussion instruments, learning music-reading readiness, exploring movement and dance while singing songs and, by playing fun, music-based games. Families receive a songbook, a CD, access to online materials, drumming tutorials and video play-alongs. Featuring the African djembe, all activities are designed to increase their musical knowledge and abilities.

S#	Age	Day	Times	Date	Price
01	4-8	Wed	3-3:45pm	Sep 24 - Nov 5	\$266



JUNIOR ENGINEERS

Act# 424912 | Ages 4.5-10 | @ Upham School | Inst. Diane Benson | 2 Weeks | Min 6/Max 15

Age appropriate engineering activities empower young children to see themselves as creators and problem solvers and more importantly that it is okay to fail and try again! Activities include designing and building a wind-powered car and MORE!

S#	Age	Day	Times	Date	Price
01	4.5-10	Thu	3:30-5:30pm	Sep 11 - Sep 18	\$162

SCIENCE EXPLORERS

Act. #424986 | Ages 4.5-10 | @ Upham School | Inst. Diane Benson | 3 Weeks | Min 6/Max 15

Science is a way for kids to gain knowledge about how and why things happen. In this weekly class, kids will use their senses as they observe hands-on experiments and investigate the how and why things happen. Experiments include: Gases, Light & Lava Lamp, Solar Oven S'Mores, Ice Cream Sundae Slime and MORE!

S#	Age	Day	Times	Date	Price
01	4.5-10	Wed	2-4:30pm	Sep 10 - Sep 24	\$198

SCRATCH PROGRAMMING

Act. #423001 | Grades K-6 | @ Upham School | Inst. iCode Staff | 8 Weeks | Min 5/Max 12

During this class, we will introduce children to one of the most popular introductory 4th generation computer programming languages out there. Scratch was developed at the MIT Media Lab known for its groundbreaking work in many fields including educational applications. By using a visual interface, children can be taught all of the basic concepts of programming and computational thinking, etc.

S#	Grade	Day	Times	Date	Price
01	K-6	Wed	3-4pm	Sep 10 - Oct 29	\$390

PUDDLESTOMPERS WEEKLY: Child/Adult Classes

Act. #415701 | Ages 2-5 | Inst. Puddlestompers Staff | 8 Weeks | Min 4/Max 10

Come explore the wonders of Mother Nature this fall with your young naturalist! Call out to birds getting ready for their southerly migration! Search for insects hiding on the forest floor! Collect acorns for a squirrel feast! Twist and turn as you act out a leaves path and learn why they turn beautiful colors. Explore the various amazing open spaces Wellesley has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack and a story. Younger siblings, up to age 10 months and in a backpack, are welcome. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together.

Location: Longfellow Pond/Upham School

S#	Age	Day	Times	Date	Price	Skip Days
01	2-5	Tue	9:30-10:30am	Sep 30 - Nov 25	\$256	11/11



PUDDLESTOMPERS OUTDOOR EXPLORE

Act. #415702 | Ages 5-8 | @ Upham School | Inst. Puddlestompers Staff | 8 Weeks | Min 4/Max 10

Outdoor Explorers program offered by PUDDLESTOMPERS! Come explore nature after school this fall! Discover migrating bird flocks, explore animals caching food for winter, and discover why certain leaves turn orange, yellow, and red!. Discover the wonders of seed dispersal. We will use hands-on exploration activities, active movement, STEM – based experiments, crafts, and stories to investigate the natural world around us. Each lesson has been created to meet Massachusetts STEM standards and is specially crafted to be fun and engaging. We will be outside and moving as we explore. Come discover the wonders of winter with us!

S#	Age	Day	Times	Date	Price	Skip Days
01	5-8	Tue	3:30-4:30pm	Sep 30 - Nov 25	\$256	11/11

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





CHESS: Beginner

Act. #424800 | Grades K-2 | @ Upham School | Inst. Jim Della Selva | 6 Weeks | Min 4/Max 14

Chess is a game based on scientific principles that can be approached as a sport, science, and art form. This is an introductory class for children with little or no previous experience. The focus of this class will be on lecture, play, and hands-on experience with chess problems and instructive games. All students who give their best effort will receive a chess medal.

S#	Grades	Day	Times	Date	Price	Skip Day
01	K-2	Mon	4:35-5:35pm	Sep 8 - Oct 20	\$180	10/13

CHESS: Intermediate

Act. #424803 | Grades 1-5 | @ Upham School | Inst. Jim Della Selva | 6 Weeks | Min 6/Max 10

Chess is a game based on scientific principles that are as precise as the laws of mathematics. In this class, students will learn the more advanced aspects of chess. If they wish, they will have the option and opportunity to play in a tournament based on the rules of the United States Chess Federation. Tournament play is completely optional and not required. All students who give their best effort will receive a chess medal

S#	Grades	Day	Times	Date	Price	Skip Day
01	1-5	Tue	4:35-5:35pm	Sep 9 - Oct 21	\$180	10/14

KARATE

Act. #421800 | Ages 3-16 | @ Upham School | Inst. Steve Nugent | 11 Weeks | Min 10/Max 25

10th Degree Grand Master and 4 Time World Champion Steve Nugent and his Staff bring a traditional Karate program that emphasizes listening, focus, integrity and perseverance. Children learn self-defense in a structured but fun method. Strength, speed and flexibility are all improved while the children stretch, punch and kick their way to fitness. Goal setting and the achieving of belts is all incorporated into the program. They are also taught the importance of proper nutrition, stranger awareness and academic achievement. A uniform and belt are provided free of charge!

S#	Age	Day	Times	Date	Price
01	3-4	Wed	3:30-4pm	Sep 10 - Nov 19	\$363
02	5-7	Wed	4-4:45pm	Sep 10 - Nov 19	\$363
03	8-16	Wed	4:45-5:30pm	Sep 10 - Nov 19	\$363

KNUCKLEBONES MICRO ATHLETICS

Act. #423165 | Ages 2-5 | @ Upham School | Inst. Knuckle Bones Staff | 8 Weeks | Min 8/Max 12

This is not your average sports class! Combining gross motor skills, physical activity, and fun, with a plethora of unique equipment, children will engage in funky, outside the box athletic activities and games. From Messy Backyard to Save the Animals, volcano walk on inflatable tubes to real life Mario Kart, our games ensure movement and fun while developing a passion for play...for the love of play!

S#	Age	Day	Times	Date	Price
01	2-5	Fri	10-10:50am	Sep 12 - Oct 31	\$201

KNUCKLEBONES T-BALL

Act. #423156 | Ages 2-6 | @ Upham School | Inst. Knuckle Bones Staff | 6 Weeks | Min 8/Max 12

Knucklebones Micro T-ball engages participants in learning to play like the big leaguers. Each class brings a steady progression of skills and game play; starting with tees, well progress to underhand pitching, practice fielding, understanding rules, batting technique & base running. Children will gain the essence of the game and have fun! The last day will be the most fun as the children will take on the parents/guardians in a game for bragging rights! Comfortable clothing and sneakers are required.

S#	Age	Day	Times	Date	Price	Skip Days
01	2-4	Sat	2-2:50pm	Sep 13 - Oct 25	\$152	10/11
02	4-6	Sat	1-1:50pm	Sep 13 - Oct 25	\$152	10/11

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





JAMES BEDE SOCCER FUN

Act. #422999 | Ages 4-9 | @ Upham School | Inst. James Bede Staff | 9 Weeks | Min 6/Max 12

Fun Soccer is an excellent way to expose your young player to the game of soccer. This program is an excellent introduction of soccer through fun games. We use lots of soccer balls to ensure no player feels left out. Our goal is to foster enthusiasm and love for movement and soccer. Your young player will develop a sense of what it means to be part of a team through positive interactions with coach and players while having fun and learning. Wear shin guards and sneakers. Remember to bring water

S#	Age	Day	Times	Date	Price
01	4-5	Wed	3-3:45pm	Sep 10 - Nov 5	\$207
02	5-6	Wed	4-4:45pm	Sep 10 - Nov 5	\$207
03	6-8	Wed	5-5:45pm	Sep 10 - Nov 5	\$207
04	7-9	Wed	6-6:45pm	Sep 10 - Nov 5	\$207

SUPER SOCCER STARS: Tuesdays

Act. #422925 | Ages 1-4 | @ Upham School | Inst. Super Soccer Stars Staff | 8 Weeks | Min 4/Max 15

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

S#	Age	Day	Times	Date	Price	Skip Days
01	1-2	Tue	9:15-9:55am	Sep 9 - Nov 4	\$256	9/23
02	2-3	Tue	10-10:40am	Sep 9 - Nov 4	\$256	9/23
03	3-4	Tue	10:45-11:30am	Sep 9 - Nov 4	\$256	9/23

SUPER SOCCER STARS: Saturdays

Act. #422902 | Ages 2-5 | @ Upham School | Inst. Super Soccer Stars Staff | 8 Weeks | Min 4/Max 15

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

S#	Age	Day	Times	Date	Price	Skip Days
01	2-3	Sat	8-8:40am	Sep 13 - Nov 8	\$256	10/11
02	3-4	Sat	8:15-9am	Sep 13 - Nov 8	\$256	10/11
03	3-4	Sat	8:45-9:30am	Sep 13 - Nov 8	\$256	10/11
04	2-3	Sat	9:05-9:45am	Sep 13 - Nov 8	\$256	10/11
05	4-5	Sat	9:35-10:25am	Sep 13 - Nov 8	\$256	10/11
06	3-4	Sat	9:50-10:35am	Sep 13 - Nov 8	\$256	10/11
07	2-3	Sat	10:30-11:10am	Sep 13 - Nov 8	\$256	10/11
08	4-5	Sat	10:40-11:30am	Sep 13 - Nov 8	\$256	10/11
09	3-4	Sat	11:15am-12pm	Sep 13 - Nov 8	\$256	10/11



WE HOPE TO BE BACK AT THE WARREN BUILDING IN DECEMBER!
DECEMBER VACATION PROGRAMS & CLASSES WILL BE
ANNOUNCED THIS FALL IN A SEPARATE BROCHURE

KEEP YOUR EYES ON YOUR EMAIL FOR MORE INFO

ALL YOUR DECEMBER VACATION FAVORITES
WILL BE BACK!

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





YOGA FOR CHILDREN

Act. #411303 | Ages 5+ | @ Upham School | Inst. Aura Sehdev | 5 Weeks | Min 5 / Max 20

Come experience authentic yoga for children by Aura Sehdev, a 16 year old, certified yoga instructor trained in Rishikesh, India (the yoga capital of the world). Each session will include Asanas - to build strength and flexibility, Meditation - to calm your mind, and Pranayama practices - to cleanse your energy channels. Learn the foundation of each posture through the correct techniques and breathing movements. No experience in yoga is required:) Also an adult instructor will be present.

All proceeds from the classes will be donated to an e-learning organization to support free education of poor children in developing nations.

S#	Age	Day	Times	Date	Price	Skip Days
01	5+	Sat	3-4pm	Sep 13 - Oct 18	\$190	10/11
02	5+	Sat	3-4pm	Oct 25 - Nov 22	\$190	

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





GIRLS ON THE RUN

Act. #420200 | Grades 3-5 | @ Upham School | Inst. GOTR Staff | 8 Weeks | Min 8/Max 15

Girls on the Run (GOTR) is an 8-week after-school program for girls in grades 3–5 that builds confidence, connection, and healthy habits through fun, active lessons. Teams meet twice a week (Tu/Th 4:30-6:00 PM) with trained volunteer coaches to explore topics like self-esteem, friendship, and goal-setting; all while moving and having fun! The season ends with a non-competitive celebratory 5K, celebrating each girl's growth and achievement, on the Boston Common November 16th. Each girl will receive a journal, water bottle, t-shirt, drawstring bag, and 5K medal.

No running experience needed, just a willingness to try!

S#	Grade	Day	Times	Date	Price	Skip Days
01	3-5	Tue & Thu	4:30-6pm	Sep 25 - Nov 20	\$270	9/23, 11/11

LIONHEART VOLLEYBALL CUB CLUB

Act. #420202 | Grades 5-8 | @ Upham School | Inst. Lionheart Volleyball Staff | 8 Weeks | Min 10/Max 30

Cub Club welcomes players of all skill levels and introduces them to the fundamentals of volleyball in a fun, supportive, and active environment. Led by experienced Lionheart coaches, the program focuses on building coordination, teamwork, and essential game skills. Whether your child is just starting out or looking to improve their volleyball skills, Cub Club offers a great opportunity to stay active and engaged in the sport!

S#	Grade	Day	Times	Date	Price	Skip Days
01	5-8	Tue	6:30-8pm	Sep 9 - Nov 4	\$432	9/23

CINEMAKIDZ: Cinematic Wizardry

Act. #424911 | Grades K-5 | @ Upham School | Inst. Cinema Kidz Staff | 10 Weeks | Min 6/Max 15

Step into a world of enchantment with our immersive film production class inspired by the great Harry Potter series! Kids explore the art of storytelling through the lens of magic and adventure. This course will dive into character development, magical world-building using special effects and unique cinematography, and the power of visual storytelling. You'll analyze the techniques used in beloved films, learning how to create your own spellbinding characters and on screen magical effects. Participants gain practical skills in story creation, cinematography, and editing. Let your imagination soar as we conjure up the unforgettable magic that films can bring to life!

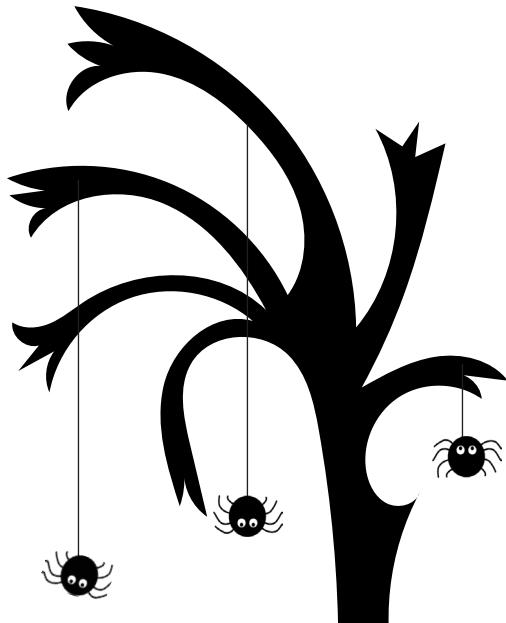
S#	Grade	Day	Times	Date	Price
01	K-2	Wed	12:30-1:30pm	Sep 10 - Nov 12	\$360
02	3-5	Wed	1:30-2:30pm	Sep 10 - Nov 12	\$360



INCLEMENT WEATHER

Wellesley Recreation will not have classes if Wellesley Public Schools are closed due to stormy weather.

If we need to cancel an evening or weekend class, please check the website and we will try to call and/or email participants



Don't miss our updates! Sign up for emails @ wellesleyrec.org

Follow us on Facebook: facebook.com/recwellesley & Instagram: instagram.com/recwellesley



Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.



DYNAMIC RUNNING

Act. #420209 | Ages 6-11 | @ Upham School | Inst. Kathy Fleming | 5 Weeks | Min 6/Max 15

This class will help your child reach new levels in his/ her athletic abilities. Your child will not only be faster and stronger but he/she will be empowered and confident with their new awareness of pacing, sprinting, and stamina. Kathy Fleming, the former Boston College track and field coach, Olympic Trials finalist in the 1500m, and a member of the world record Distance Medley Relay team who held the record for 27 years, will share her knowledge about the key ways to build speed and endurance in young athletes. The class will also introduce some of the other track and field events like hurdles, shot put, javelin, and starting techniques. The class also teaches proper hydration, stretching, and drills. We end each session with a fun relay event. This class will be a fun introduction to the sport of track and field and he/ she will have fun and become a better athlete overall. Get your athlete running, jumping and throwing after the long winter. Running for speed and endurance is the basis of most team sports so get them ready! Learn some track techniques and empower them to reach for the stars.

S#	Age	Day	Times	Date	Price	Skip Day
01	6-11	Mon	5-6pm	Sep 22 - Oct 27	\$175	10/13

TENNIS: Early Release

Act. #425200 | Ages 8-11 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 5/Max 12

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy. Please bring a racquet and water bottle.

S#	Age	Day	Times	Date	Price
01	8-9	Wed	12:30-1:30pm	Sep 10 - Oct 1	\$100
02	10-11	Wed	1:30-2:30pm	Sep 10 - Oct 1	\$100

TEEN TENNIS

Act. #425202 | Grades 6-10 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 4/Max 12

Lessons focus on different aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead, and strategy. You must provide your own racquet and bring a water bottle.

S#	Grade	Day	Times	Date	Price
01	6-10	Fri	3-4:30pm	Sep 12 - Oct 3	\$140

TENNIS: Saturday Morning

Act. #425203 | Ages 5-11 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 4/Max 12

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead, and strategy. Please bring a racquet and water bottle.

S#	Age	Day	Times	Date	Price
01	5-7	Sat	9-10am	Sep 13 - Oct 4	\$100
02	7-9	Sat	10-11am	Sep 13 - Oct 4	\$100
03	10-11	Sat	11am-12pm	Sep 13 - Oct 4	\$100

TENNIS: Junior

Act. #435200 | Ages 5-12 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 6/Max 16

This is a fun approach to learning tennis. Emphasis will be placed on developing hand eye coordination skills while providing an introduction to the game of tennis. You must provide your own racquet and please bring a water bottle.

S#	Age	Day	Times	Date	Price	Skip Days
01	5-7	Thu	3:30-4:30pm	Sep 11 - Oct 9	\$100	10/2
02	5-7	Thu	4:30-5:30pm	Sep 11 - Oct 9	\$100	10/2
03	8-11	Thu	5:30-6:30pm	Sep 11 - Oct 9	\$100	10/2

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





ARCHERY: For All

Act. #445373 | Ages 10+ | Inst. On The Mark Archery | 6 Weeks | Min 10/Max 10

Join On the Mark Archery outdoors and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

Location: Field School, 99 School St, Weston

S#	Age	Day	Times	Date	Price
01	10+	Tue	4:15-5:15pm	Sep 30 - Nov 4	\$228

FAMILY FISHING CLINIC

Act. #425400 | All Ages | @ Morses Pond | Inst. MassWildlife | One Day Program | Min 10/Max 25

Have you ever wanted to learn how to fish? Now's your chance, let the MassWildlife Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle, and live bait. You'll learn the basics, from casting out, to baiting up, and the best part - you'll be able to fish! Come try your hand at this great pastime, guaranteed to catch some fun! Pre-registration is required. Please note: This is not a kids only program, but an all-inclusive fishing clinic for anyone of any age that wants to learn how to fish.

S#	Age	Day	Times	Date	Price
01	All	Thu	5-7pm	Sep 18	\$10

BABYSITTER'S TRAINING

Act. #431504 | Grade 5-8 | @ Upham School | Inst. Alice Wadley | One Day | Min 4/Max 12

Babysitter's Training is a blended learning class that teaches students in grades 5-8 the fundamental skills necessary to provide safe and responsible care for infants and children. **Course Content:** Injury and accident prevention, choking rescue, adult and pediatric CPR & AED use, basic first aid skills, childcare routines (including bottle feeding and diapering practice), positive behavior management, problem-solving techniques, and business basics (including resume writing, setting fees, and professionalism). **Course Length:** The course is broken into two components. The first component is online and takes approximately 4 hours to complete. The second component is a 1 hour in-person skills session.

Certification: Upon successful completion of both the online and skills components of the class, students will receive an American Red Cross Babysitter's Training e-certificate and an American Red Cross Hands Only CPR e-certificate.

S#	Grade	Day	Times	Date	Price
01	5-8	Mon	6-7pm	Oct 20	\$120

HOME ALONE

Act. #431503 | Ages: 9-11 | @ Upham School | Inst: Juanita Allen | One Day | Min 6 / Max 10

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack.

S#	Age	Day	Times	Date	Price
01	9-11	Mon	4:30-5:45pm	Oct 23	\$60

FIRST AID/CPR/AED

Act. #431579 | Ages 16+ | @ Warren Bldg. | Instructor: Juanita Allen | One Day | Min: 4/Max: 10

ASHI Pediatric CPR, AED and First Aid training program that provides an ideal training solution for schools, Scout Leaders, child care providers, youth sports coaches and others required to learn how to respond to medical emergencies involving children and infants. Upon successful completion of the course, participants receive 2 year certification in Pediatric First Aid and in CPR/AED for all ages.

S#	Age	Day	Times	Date	Price
01	16+	Tue	6-8:15pm	Oct 23	\$96

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





SPECIAL OLYMPICS: Young Athletes

Act. #422988 | Ages 2-7 | @ Upham School | Inst. Special Olympics Staff | 10 Weeks | Min 6/Max 12

Develop foundational motor and athletic skills while having fun! This program is geared toward children with intellectual disabilities or autism but in the spirit of inclusivity, a sibling or friend who is also ages 2-7 is welcome to sign up to participate with a special athlete. **NO FEES**

S#	Age	Day	Times	Date
01	2-7	Fri	4-5pm	Sep 12 - Nov 14

SPECIAL OLYMPICS: Early Basketball

Act. #422990 | Ages 6-12 | @ Upham School | Inst. Special Olympics Staff | 10 Weeks | Min 6/Max 12

Learn foundational basketball skills with other special young athletes. Program uses the Special Olympics framework and is geared toward children with intellectual disabilities or autism. **NO FEES**

S#	Age	Day	Times	Date
01	6-12	Fri	5-6pm	Sep 12 - Nov 14

CHILDREN'S "PREP FOR THE THANKSGIVING" DINING ETIQUETTE

Act. #424368 | Grades 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

Bring some holiday sparkle to your child's Thanksgiving! Our Children's Thanksgiving Dining Etiquette Workshop is an engaging and interactive program where children learn the art of gracious dining. From handling cutlery with confidence to making merry conversation, we ensure your little ones shine at every Thanksgiving gathering, showcasing confidence, courtesy, and self-reliance in any social or dining situation.

Topics include: The significance of greeting others • appropriate behavior at others' homes • respecting dress codes • approaching and seating at the table • passing food at the table • engaging in appropriate table conversation • proper use of "please" and "thank you" • understanding place settings • the napkin and its uses • how to correctly hold silverware • navigating the bread & butter plate • mastering the soup course • utilizing silverware properly • American and Continental styles of dining • handling unwanted food gracefully and a variety of other essential table manners and much more! Join us for a session that combines learning with Thanksgiving cheer, ensuring your child is poised and polite this holiday season!

S#	Grade	Day	Times	Date	Price
01	2-7	Wed	4-5:30pm	Nov 5	\$78

TEEN COLLEGE & JOB INTERVIEW PREP WORKSHOP

Act. #431567 | Grades 8-12 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

Do you have a high school student getting ready to interview for a job? Are you a teen looking for a summer internship? Interviewing can be challenging for students especially when they haven't interviewed before. However, putting one's best foot forward during an interview is a critical step towards landing a great job during high school, and a valuable skill to develop for the future. Parents, think back to your first job interview. Did you know what to expect or say? Interviewing can be a stressful experience for teens whether they are looking for their first job or going to their first college interview. Learn self-presentation skills and important talking points to help succeed at an interview.

Topics Include: What to do before the interview • Dressing for success • How to make a good first impression • Elevator pitch • Know your resume • Common interview questions • Questions you can ask the employer • What to do after the interview • Interview do's and don'ts and more.

S#	Grade	Day	Times	Date	Price
01	8-12	Thur	7-8:30pm	Oct 23	\$72
02	8-12	Mon	7-8:30pm	Nov 17	\$72



Don't miss our updates! Sign up for emails @ wellesleyrec.org



Follow us on Facebook: facebook.com/recwellesley & Instagram: instagram.com/recwellesley



Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





PRE-TEEN TEXTING, EMAIL & SOCIAL MEDIA WORKSHOP

Act. #431568 | Grades 5-8 | @ Upham School | Nikki Sawhney | One Day | Min 5/Max 10

Is technology making your child rude? Social media platforms are great places to communicate and learn. However, if you do not use technology responsibly, it can negatively affect your reputation and your relationships, both personally and professionally. Pre-teens and teens need to keep in mind that colleges and employers are seeking people with not just good technical and academic skills, but also with social graces, self-awareness, and a positive presence on the internet. In this workshop children and teens will learn how to be more aware and digitally responsible and ensure that their image is well-reflected on the internet.

Topics Include:

Texting Protocol: When is texting appropriate • What to keep in mind when sending texts

Email Etiquette: Tips to keep in mind when using email • Professional email etiquette- Formality, timing, salutations, subject line, reply all, privacy etc. • Things to avoid when sending an email

Social Media Etiquette: Questions to ask yourself before you post on social media • The do's and don'ts of social networking • Being professional on social media • Is technology damaging your relationship and your impression?

S#	Grade	Day	Times	Date	Price
01	5-8	Wed	7-8:15pm	Nov 5	\$72

CHILDREN'S CONVERSATION SKILLS WORKSHOP

Act. #434361 | Grades 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

For many children it is easy to strike up a conversation or join one already in progress but for others engaging in small talk or starting a conversation can be challenging. Developing a child's conversational skills and etiquette is important as it helps them build confidence, cultivate friendships, and understand social expectations. A child who is good at communicating verbally will often produce better written communication and interpret what they read more accurately, helping them in all areas of academics. Our 90-minute conversation skills workshop will cover some of the following topics: **Topics include:** How to start a conversation • Icebreakers to start a conversation • How to keep a conversation going • How to end a conversation • Topics to avoid • Active listening and not interrupting • Being respectful and non-judgmental • Rude and disrespectful body language and behavior • Giving and receiving compliments

S#	Grade	Day	Times	Date	Price
01	2-7	Thu	4-5:30pm	Oct 23	\$78

CHILDREN'S DINING ETIQUETTE WORKSHOP

Act. #434362 | Grades 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

Like to take your school aged children out to eat with you at a fine dining or a large social event but you're a little afraid how they might behave? Present your child with the opportunity to feel self-reliant and confident in any social or dining situation by taking interactive lessons taught by a certified etiquette consultant. Our workshop is designed to teach them how to conduct themselves on the dining table at home, in a restaurant or when meeting new people. Teaching children proper dining skills and table manners helps them to succeed at school, socially, and later, professionally. **Topics include:** Invitations & RSVPs • Approaching & seating at the table • Understanding place settings • The napkin & its uses • How to correctly hold silverware • The bread & butter plate • The soup course • Appropriate table conversation • Passing food at the table • How to handle food allergies • American & Continental styles of dining • What to do with unwanted food • Excusing yourself from the table • Other table manners & much more. Introduce your child to proper table manners and dining etiquette today and help build their confidence for any social situation tomorrow!

For more information visit www.newenglandschoolofprotocol.com.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	4-5:30pm	Oct 6	\$78



Our Temporary Offices are located at 888 Worcester Street, Wellesley

Office Hours: Mon - Fri: 8:30am - 4:30pm • 781-235-2370 • wellesleyrec.org

Classes are temporarily being held at Upham School, 35 Wynnewood Rd



CHILDREN'S "PREP FOR THE HOLIDAYS" DINING ETIQUETTE WORKSHOP

Act. #434363 | Grades 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

Make this holiday season extra special by enrolling your child in our Children's Holiday Dining Etiquette Workshop. This fun and interactive program is designed to teach children the essentials of polite dining and social etiquette, ensuring they shine at every holiday gathering., showcasing confidence, courtesy, and self-reliance in any social or dining situation. **Topics include:** The significance of greeting others • Appropriate behavior at others' homes • Respecting dress codes • Approaching & seating at the table • Passing food at the table • Engaging in appropriate table conversation • Proper use of "please" & "thank you" • Understanding place settings • The napkin and its uses • How to correctly hold silverware • Navigating the bread & butter plate • Mastering the soup course • Utilizing silverware properly • American & Continental styles of dining • Handling unwanted food gracefully, a variety of other essential table manners and much more!

Join us for a session filled with holiday cheer, where learning manners is as delightful as the season itself. Your child will leave the workshop poised, polite, and ready to impress at any holiday gathering!

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	4-5:30pm	Nov 17	\$78

CHILDREN'S SOCIAL SKILLS WORKSHOP

Act. #434364 | Grades 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

In today's fast-paced, high-tech society, teaching children manners is more crucial than ever. One of the most important jobs we have as parents and teachers is to help children develop social skills, show them how to interact with others in a polite manner, and teach them to treat everyone with respect. Whether the occasion is a family gathering, a meal at a restaurant, or a quick trip to the grocery store, children can apply our lessons in any social situations and practice good manners so that they become a habitual part of their lives and set them apart. **Topics Include:** The Importance of Greeting Others • Rules of Introduction • The Handshake • Eye Contact, and the Power of a Smile • Sportsmanship Etiquette • Hygiene & Appearance • Self-Respect & Respect for others • Behaving Appropriately at Other People's Homes • Making Appropriate Conversation • Proper Telephone Etiquette • Writing Thank You Notes • and Other Modern Manners.

For more information visit www.newenglandschoolofprotocol.com

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	5:30-7pm	Oct 6	\$78
02	2-7	Wed	5:30-7pm	Nov 5	\$78
03	2-7	Mon	5:30-7pm	Nov 17	\$78

CHILDREN'S RESTAURANT READY WORKSHOP

Act. #434365 | Grade 2-7 | @ Upham School | Inst. Nikki Sawhney | One Day | Min 5/Max 10

In this class students will learn how to use good manners at the table when dining out at a restaurant or a special event. Table manners are not just about how to hold your silverware or how to place your napkin. Good table manners also show self-awareness, respect, and courtesy to others. They are important tools for social interactions that will benefit children personally and professionally for the rest of their lives.

Topics Include: Invitations and how to RSVP • Waiting for a table • How to be seated • Speaking to servers • Menu & ordering food • Understanding the place setting and silverware • Trying new foods • Sharing food • Eating difficult foods • How to handle food allergies • Proper conversations at the table • Using please and thank you • Complimenting the chef and waitstaff • Other restaurant manners: Staying seated, cell phones • belching • playing with utensils or tablecloth • handling spills, and more.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	7-8:15pm	Oct 6	\$72
02	2-7	Thu	5:30-6:45pm	Oct 23	\$72



NASHOBA SKIING!

We are working on the details of our winter Wednesday/Friday ski program at Nashoba Valley. Stay tuned for more info, or better yet, sign up for emails on all the fun that happens at Wellesley Recreation: wellesleyrec.org



WELLESLEY HEALTH DEPARTMENT



Public Health
Prevent. Promote. Protect.

Wellesley Health Department

Office hours: Mon-Fri 9am-4:30pm • 888 Worcester Rd, Wellesley (temp. office) • 781-235-0135

Visit the Wellesley Health Department website:
wellesleyma.gov/health for the following information on:

FLU & KEEP WELL CLINIC SCHEDULES • MENTAL HEALTH RESOURCES
SEASONAL & EMERGING HEALTH ISSUES • REGULATORY CONCERNS
HEALTHY LIVING EVENTS, CLASSES & WORKSHOPS

The nursing staff is available for health care screenings & home visits.

2025 HALLOWEEN STROLL
OCTOBER 25 • 11AM – 1PM
FUN FOR AGES 0-8

CLOCK TOWER PARK



WE HOPE TO BE BACK AT THE WARREN BUILDING IN DECEMBER!
DECEMBER VACATION PROGRAMS & CLASSES WILL BE
ANNOUNCED THIS FALL IN A SEPARATE BROCHURE
KEEP YOUR EYES ON YOUR EMAIL FOR MORE INFO
ALL YOUR DECEMBER FAVORITES WILL BE BACK!

Adult Programs



INTRO TO PICKLEBALL

Act. #440225 | @ Schofield School | Inst. Doug Steinberg | One Day | Min 3/Max 4

Learn the fundamentals of the game of Pickleball. Recommended for ALL NEW players and players getting back in the game. Includes Grip, ready position, safety, basic overview of shots and footwork drills. Paddle Not Required, but court shoes highly recommended.

S#	Day	Times	Date	Price
01	Tue	10am-12pm	Sep 16	\$84
02	Tue	11am-1pm	Oct 21	\$84
03	Tue	11am-1pm	Nov 18	\$84

BADMINTON

Act. #440299 | @ Upham School | Inst. Willy Wu & Steve Yang | 10 Weeks | Min 8/Max 26

Whether you are an amateur or an expert badminton player, this program allows badminton players an opportunity to play friendly “pick-up” games! Participants are required to bring their own racquets. Indoor sport shoes are recommended. Participants to bring their own shuttles.

S#	Day	Times	Date	Price	Skip Day
01	Thu & Fri	6:45-9:15pm	Sep 11 - Nov 20	\$50	10/2

FUSION FIT

Act. #440400 | @ Upham School | Inst. Bitsy Graham | 9 Weeks | Min 6/Max 38

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!!!!

S#	Day	Times	Date	Price	Skip Days
01	Mon-Fri	8:30-9:30am	Sep 15 - Nov 26	2 Days/\$265 3 Days/\$303 4 Days/\$341 5 Days/\$379	10/13, 11/11

YOGA BOOK CLUB

Act. #440506 | @ Upham School | Inst. Cory Hallaby | 5 Weeks | Min 5/Max 15

Let inspired wisdom from your bookshelf transform your daily life. In Yoga Book Club, powerful ideas don't just stay on the page—they sink into your mind, body, and spirit, creating profound, positive change. Led by certified life coach, yoga instructor, and meditation teacher Cory Halaby, each class weaves together meaningful book discussion, self-reflection, and seated or moving meditation. Each season offers a new layer of learning. This early fall, we'll journey with Suleika Jaouad through her two remarkable works: BETWEEN TWO KINGDOMS: A Memoir of a Life Interrupted, and THE BOOK OF ALCHEMY: A Creative Practice for an Inspired Life. What does it mean to live well in the face of uncertainty? How do we transmute our most difficult seasons into meaning, insight, and art? Grab a journal and join us to explore our own inner terrain as inspired by Jaouad's deeply moving work.

S#	Day	Times	Date	Price	Skip Days
01	Thu	9:30-10:45am	Sep 11 - Oct 16	\$100	10/2
02	Thu	9:30-10:45am	Oct 23 - Nov 20	\$100	

GENTLE YOGA & MINDFUL MOVEMENT FLOW

Act. #440507 | @ Upham School | Inst. Cory Hallaby | 8 Weeks | Min 5/Max 20

This feel-good moving meditation is suitable for beginners as well as experienced practitioners who prefer a slower pace. Cultivate clarity, flexibility, and grace while taking good care of your body and mind.

S#	Day	Times	Date	Price
01	Wed	10:30-11:30am	Sep 10 - Oct 29	\$140



YOGA & MINDFUL MOVEMENT FLOW

Act. #440508 | @ Upham School | Inst. Cory Hallaby | 8 Weeks | Min 5/Max 20

Cultivate strength, flexibility, balance, and focus, while moving with vitality and grace. Calm a busy mind, and increase your capacity for joy, by connecting with body and breath. E-RYT 200 Yoga Instructor and Certified Mindful Meditation Instructor, Cory Halaby, designs classes to help you feel relaxed, energized, and inspired, on and off the mat. (Some yoga experience recommended)

S#	Day	Times	Date	Price
02	Wed	9:15-10:15am	Sep 10 - Oct 29	\$140

ZUMBA

Act. #444006 | @ Upham School | Inst. Tantiana Novobrantseva | 8 Weeks | Min 3/Max 30

It is a dance fitness class perfect for everybody and every body! We take the work out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It is a total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy - set to Latin and World rhythms. Do not forget your comfortable workout clothes, sneakers, a bottle of water and your beautiful smile!

S#	Day	Times	Date	Price
01	Wed	7:15-8:15pm	Sep 10 - Nov 5	\$96

POP DANCE FIT!

Act. #444007 | @ Upham School | Inst. Meghan Collins | 7 Weeks | Min 6/Max 18

If you like to dance, this is the class for you! Zumba meets pop music in this super-fun, high-energy, DANCE FITNESS cardio class. This class will have you smiling, sweating, and burning loads of calories! Each class features a variety of pop music from artists like Pitbull, Lizzo, Taylor Swift, Jennifer Lopez, Lady Gaga, and more! Also in the mix, is a splash of Latin music - including salsa, cha cha, and merengue. The dance steps and routines are easy to follow and become even easier the more you do them. All are welcome - including those with little to no dance experience. Please wear workout attire, sneakers, and bring a water bottle to class. See you on the dance floor!

S#	Day	Times	Date	Price	Skip Days
01	Tue	9:30-10:30am	Sep 9 - Oct 28	\$80	9/23

ZUMBA GOLD

Act. #444069 | @ Upham School | Inst. Andria DeSimone | 6 weeks | Min 5/Max 15

Zumba® Gold is a modified version of the popular Zumba® fitness class, which is a dynamic, dance-based fitness program that combines Latin and international music with energetic dance moves to create an engaging aerobic workout. Zumba® Gold is specifically designed for active older adults and beginners. It incorporates modified moves, focusing on balance, range of motion, and coordination, all while enjoying the fun and energetic atmosphere!

S#	Day	Times	Date	Price	Skip Days
01	Mon	6-7pm	Oct 6 - Nov 24	\$90	10/13, 11/10

RELAX & STRETCH WITH ANDRIA

Act. #444099 | @ Upham School | Inst. Andria DeSimone | 6 Weeks | Min 5/Max 15

Do you need an hour just so you can relax? Join Andria in a class that focuses on improving flexibility, mobility, and reducing muscle tension while simultaneously promoting mental relaxation and stress reduction.

S#	Day	Times	Date	Price	Skip Days
01	Wed	5-6pm	Oct 8 - Nov 19	\$90	11/12

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TENNIS: Beginner / Advanced Beginner

Act. #445205 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 4/Max 15

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

S#	Day	Times	Date	Price	Skip Days
01	Mon	9-10:30am	Sep 8 - Sep 29	\$140	
02	Fri	9-10:30am	Sep 12 - Oct 3	\$140	
03	Tue	6:30-8pm	Sep 9 - Oct 7	\$140	9/23

TENNIS: Intermediate / Advanced

Act. #445201 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 4/Max 15

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

S#	Day	Times	Date	Price	Skip Days
01	Mon	10:45am-12:15pm	Sep 8 - Sep 29	\$140	
02	Thu	6:30-8pm	Sep 11 - Oct 9	\$140	10/2
03	Fri	10:45am-12:15pm	Sep 12 - Oct 3	\$140	

TENNIS: WOMEN'S DOUBLE LADDER

Act. #445213 | Location TBA | Inst. Mike Sabin & Staff | 5 Weeks | Min 6/Max 40

This program is open to lower intermediate to advanced level players. Night tennis tag is included in the fee. Match times will be set up by staff via email. Players will need to be available for some of the following times: Mondays (7-8:30pm), Tuesdays (7-8:30pm) and Saturdays (12-1:30pm) along with some occasional other possible times. Players should expect to play about 2-3 matches a week.

S#	Day	Times	Date	Price	Skip Days
01	Mon,Tue,Sat	7-9pm	Sep 8 - Oct 18	\$125	9/22, 9/23

TENNIS DRILL & PLAY

Act. #445225 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 8/Max 15

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

S#	Day	Times	Date	Price
01	Wed	9:30-11am	Sep 10 - Oct 1	\$140

CARDIO TENNIS

Act. #445289 | Location TBA | Inst. Mike Sabin & Staff | 4 Weeks | Min 4/Max 16

A fast paced, fun way to get your heart pumping and hit a lot of balls. Instructors will construct drills designed to get you moving around the court, and hitting a variety of shots. Emphasis on the movement, less instructional, and is open to all who have played tennis before, from advanced beginners on up.

S#	Day	Times	Date	Price	Skip Days
01	Mon	6:30-7:30pm	Sep 8 - Oct 6	\$92	9/22

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BEGINNER PICKLEBALL CLINIC

Act. #440229 | @ Schofield School | Inst. Brad Singer | 3 Weeks | Min 4/Max 4

Join the fun. New players seeking introduction to pickleball. Players can expect to learn the rules of the game and begin to learn basic ground strokes, serving, returning, dinking, and volleys. By the end of the session, you should have the skills and knowledge to attend and enjoy open play sessions. Paddles provided if needed.

S#	Day	Times	Date	Price
01	Wed	10-11am	Sep 24 - Oct 8	\$198
02	Thu	10-11am	Oct 9 - Oct 23	\$198

BEYOND BEGINNER PICKLEBALL CLINIC

Act. #440289 | @ Schofield School | Inst. Brad Singer | 3 Weeks | Min 4/Max 4

Go beyond beginner. 2.5-3.0 players looking to continue to improve their game, shot variety, court positioning and consistency. Attendees should have a basic understanding of the rules of pickleball including the scoring.

S#	Day	Times	Date	Price
01	Wed	12-1pm	Sep 24 - Oct 8	\$198
02	Thu	12-1pm	Oct 9 - Oct 23	\$198

BEGINNER GOLF CLINIC FOR WOMEN

Act. #445687 | @ Nehoiden Golf Course | Inst. Nehoiden Staff | 3 Days | Min 3/Max 6

Even if you have never swung a club, this clinic will provide you with the skills and confidence to play golf. The program will include instruction in the development of a full swing, plus short game fundamentals: putting, chipping and pitching. On the 3rd day, if the course is not in heavy use, participants will have the opportunity to play some holes. All equipment is provided. Program takes place, rain or shine.

Meet at Wellesley College overflow parking lot @ 3 Service Drive

S#	Day	Times	Date	Price
01	Tue, Wed, Thu	9:30-11:30am	Sep 16, 17,18	\$390

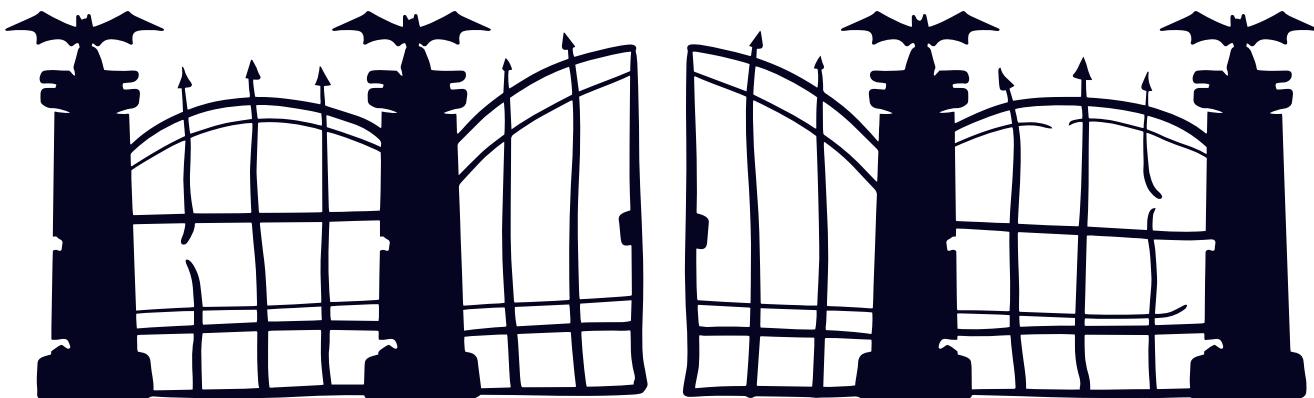
ARCHERY FOR ALL

Act. #445373 | Ages 10+ | Inst. On The Mark Archery | 6 Weeks | Min 10/Max10

Join On the Mark Archery OUTDOORS and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

Location: Field School, 99 School St, Weston

S#	Age	Day	Times	Date	Price
01	10+	Tue	4:15-5:15pm	Sep 30 - Nov 4	\$228



Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





PUPPY KINDERGARTEN

Act. #444602 | @ Upham School | Inst. Vera Wilkinson | 6 Weeks | Min 4/Max 10

Get your puppy off to a great start! This six week class for puppies under five months of age on the first day of class is a life preparation class designed to teach puppy guardians how to address everyday situations now to prevent behavior problems later. Learn exactly how to respond to puppy nipping, jumping, inability to be left alone, fearfulness, etc. Please bring your puppy, puppy food and treats and proof of vaccinations to the first class.

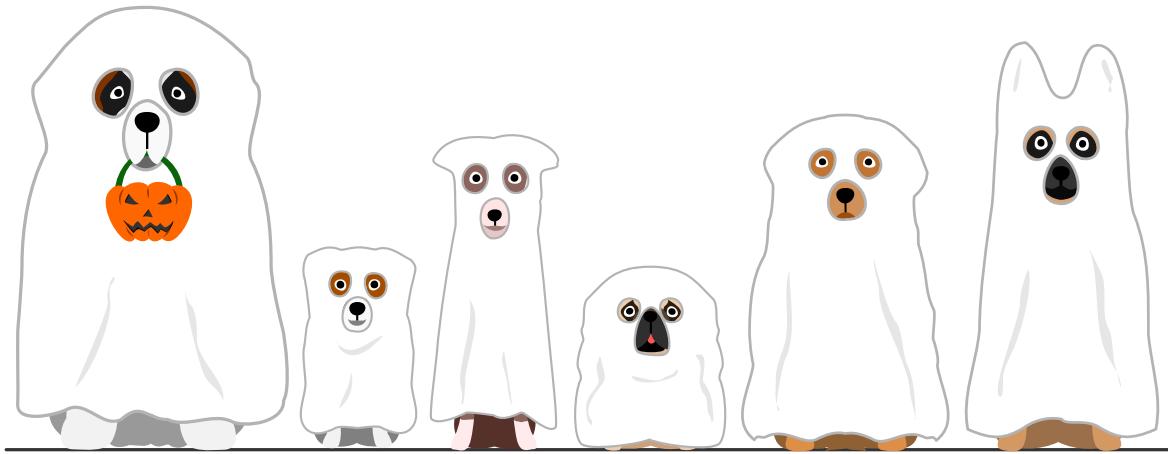
S#	Day	Times	Date	Price	Skip Days
01	Mon	6:30-7:20pm	Sep 15 - Oct 27	\$300	10/13

DOG OBEDIENCE

Act. #444600 | @ Upham School | Inst. Vera Wilkinson | 6 Weeks | Min 4/Max 8

Improve your dog's manners and more! In this six week class for dogs over five months of age, you will learn how to solve the challenges you have at home and out and about. Your dog will learn to respond to your direction rather than jump on your visitors; walk at your side; come when called and more. You will learn to read dog body language to better advocate for your dog, other dogs and people in social settings. This is not a class for reactive or aggressive dogs. Please bring your dog, treats and proof of vaccinations to the first class.

S#	Day	Times	Date	Price	Skip Days
01	Mon	7:30-8:20pm	Sep 15 - Oct 27	\$300	10/13



ACRYLIC PAINTING

Act. #441455 | @ Upham School | Inst. D'Ann Hansen | 5 Weeks | Min 6/Max 8

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. Please note that D'Ann's Corgi Mason will be in the classroom.

S#	Day	Times	Date	Price	Skip Days
01	Tue	10am-12pm	Sep 9 - Oct 7	\$295	9/23
02	Tue	10am-12pm	Oct 21 - Nov 25	\$295	11/11
03	Thu	10am-12pm	Sep 11 - Oct 9	\$295	
04	Thu	10am-12pm	Oct 23 - Nov 20	\$295	



Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org.





STILL LIFE & BASIC DRAWING

Act. #441425 | @ Upham School | Inst. Alfred DeAngelo | 8 Weeks | Min 5/Max 12

Intro to Still Life and Observational Drawing is the right course for those who have no drawing experience or a refresher course for those who feel they have an unexplored artistic talent. Before you can create beautiful art you need to learn the basics of drawing and our goal is to help you awaken that hidden ability to express yourself artistically. In the course you will start by learning how to analyze what you see. You will progress from drawing simple geometric objects to more complex shapes and still life setups, while gaining an understanding of perspective, line, shading, texture and color. Each individual artist will be able to progress as far as their skills will take them in the 8-week course. Alfred De Angelo has a BFA from the Massachusetts College of Art and a Master of Fine Arts degree from the Rhode Island School of Design. Alfred is a member of the Wellesley Society of Artists and has been an exhibiting member of the Copley Society of Art, Boston, since 2004. Required supplies: Pad of drawing paper (14 x17 or larger), A range of drawing pencils (HB-4B), pencil sharpener, kneaded eraser, rubber eraser, a masonite clipboard (approx. 20 x 24) or a stiff backing cardboard for use on an easel.(Recommended: pencil sets are available that include drawing and charcoal pencils, erasers & sharpeners).

S#	Day	Times	Date	Price	Skip Days
01	Tue	7:30-9pm	Sep 9 - Nov 4	\$270	9/23



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INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Act. #445801 | **ONLINE** | Inst. Craig Coffman | One Day | Min 1/Max 25

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. **Topics include:** How chords work in a song • How to get more out of sheet music by reading less of it • How to form the three main types of chords • How to handle different keys and time signatures • How to avoid “counting” • How to simplify over 12,000 complex chords

S#	Day	Times	Date	Price
01	Sat	9am-12pm	Oct 25	\$59

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Act. #445802 | Ages 16+ | **ONLINE** | Inst. Craig Coffman | One Day | Min 1/Max 15

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. Since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. **Topics include:** How chords work in a song • How to form the three main types of chords • How to tune your guitar • Basic strumming patterns • How to buy a good guitar (things to avoid) • How to play along with simple tunes

S#	Age	Day	Times	Date	Price
01	16+	Sat	1-3:30pm	Oct 25	\$59

LONG TERM CARE ASSET PROTECTION

Act. 3443603 | **ONLINE** | Inst. Dan Williams | One Day | Min 5/Max 15

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? • What is the penalty for giving assets away? • Are my assets protected if I put them in a trust? • When is long-term care insurance worthwhile to consider? • What if my loved one is already in a nursing home, can they still protect their assets? All of these questions and more will be clearly answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Oct 8	\$30
02	Wed	7-9pm	Nov 19	\$30

DEMYSTIFYING SOCIAL SECURITY

Act. #443651 | **ONLINE** | Inst. Dan Williams | One Day | Min 5/Max 15

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. When should I file for benefits? • What are the advantages & disadvantages of filing at age 62 or deferring to age 70? • How does the November 2015 rule change affect me? • How can I make sure I am taking advantage of available spousal, survivor or divorced benefits? • How much of my Social Security will be subject to income tax? • What potential changes are in store for Social Security and how might they affect my claiming decision? These questions and many more will be answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Oct 1	\$30
02	Wed	7-9pm	Nov 5	\$30
03	Wed	7-9pm	Dec 3	\$30

Registration begins on Aug. 12 for residents & Aug. 19 for non-residents
Register online @ wellesleyrec.org





UNDERSTANDING MEDICARE

Act. #443699 | **ONLINE** | Inst. Dan Williams | One Day | Min 5/Max 15

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+.

How are parts A, B, C and D integrated? • What is Medicare Advantage? • What are the pros and cons of HMOs, PPOs, and Medigap plans? • Should I take Medicare if I am still employed? • How do I avoid late sign up penalties? • Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Sep 17	\$30
02	Wed	7-9pm	Oct 22	\$30
03	Wed	7-9pm	Nov 12	\$30

About the instructor: Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.

WHITE PEOPLE CHALLENGING RACISM - Moving from talk to action

Act. #443877 | Ages 16+ | **ONLINE** | Inst. Michelle Chalmers | 5 Weeks | Min 6/Max 12

Our country has yet to address and repair the destruction of centuries of enslavement and segregation. Now, white nationalism and anti-DEI backlash are in resurgence. We all have a role to play in responding to that—and it's not "saviorism." For 25 years, this intensive workshop has gathered small groups to build our antiracist analysis of ourselves and our society, practice speaking up about it, and take concrete actions to challenge its impacts within our workplaces, neighborhoods, and wherever we have influence. You'll leave with new skills, a new support system, and a clearer vision for bringing justice to your world.

This five-session workshop welcomes participants of all identities. **Please note:** Attendance at the five sessions and completion of all assignments are expected. Each participant will receive a phone call from one of the facilitators prior to the start of this program to review these expectations.

S#	Age	Day	Times	Date	Price
01	16+	Thu	6:30-8:30pm	Oct 9 - Nov 6	\$145



Our Temporary Offices are located at 888 Worcester Street, Wellesley

Office Hours: Mon - Fri: 8:30am - 4:30pm • 781-235-2370 • wellesleyrec.org

Classes are temporarily being held at Upham School, 35 Wynnewood Rd



