



Wellesley Recreation



Registration Information

Resident Registration

May 17

Non-Resident Registration

May 24

Check back cover for specific dates & times

2011 Summer Brochure

90 Washington Street ★ Wellesley, MA ★ 781.235.2370

wellesleyma.gov/recreation

Never A Dull Moment...

The Wellesley Recreation Department offers programs year round and publishes seasonal brochures for fall, winter, spring and summer programs. Registration is held four 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. Non-residents may register for classes and are charged a \$10 non-resident fee.

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

A Director, Assistant Director, Program Administrator, two secretaries and two 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 recreation facilities are maintained by the Park & Tree Division of the Wellesley Department of Public Works.

RECREATION DEPARTMENT STAFF

Jan Kaseta, *Director*

Matt Chin, *Assistant Director*

Tim Kennedy, *Program Administrator*

Kris Bemis, *Secretary*

Mary Mahoney, *Secretary*

Ron Colleton, *Custodian*

Glen LePage, *Custodian*



HAVE A QUESTION? CALL: (781) 235-2370

Jan Kaseta for: Field use, SUMMERTIME concerts and any comments or concerns. jkaseta@wellesleyma.gov

Matt Chin for: All adult programs and Morses Pond including summer jobs at the beach. mchin@wellesleyma.gov

Tim Kennedy for: All youth programs including summer camp counselor positions. tkennedy@wellesleyma.gov

RECREATION COMMISSION

Andy Wrobel, *Chairperson*

Mark Antonelli, *Vice Chairperson*

James Conlin

Tom Harrington

Pam McCormick

Important Phone Numbers

TOWN DEPARTMENTS

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

SPORT LEAGUES

Little League	781-235-5411 www.wellesleylittleleague.org
Men's SloPitch Softball	jrussell@ddjcap.com
Wellesley Jr. Raiders Football	www.wellesleyyouthfootball.com
Swim Association	www.wellesleyswim.org
United Soccer Club	781-239-0955 www.wellesleysoccer.org
Wellesley Tennis Association	781-237-0084
Wellesley Youth Basketball	www.wellesleybasketball.org
Wellesley Youth Hockey	www.wellesleyyouthhockey.org
Wellesley Youth Lacrosse	781-431-7869 www.wellesleylacrosse.org
Adult Co-Ed Softball	jalden@hertz.com

Summer 2011

Wellesley Recreation Scholarship Program

*Recreation scholarships are for
Wellesley Residents ONLY.*

The sole intent of the Scholarship fund is providing recreational opportunities for Wellesley families who are in need.

Recreation Department Camps:

Camp Scholarship requests must be made through the Wellesley Friendly Aid Association, 219 Washington Street, (781) 235-3960. Friendly Aid procedures must be followed in order to be considered for Friendly Aid & Recreation scholarship money. You are urged to contact Friendly Aid in early December if you are interested in Camp Joey, Camp Quest or Odyssey. You must register for camp at the Recreation office. Please do this at the beginning of the registration period, as we will not hold spots. Registration dates will be in the Winter Recreation brochure. Also, you are required to pay the camp deposit fee (not covered by Friendly Aid or other scholarship funds). The Recreation Department is willing to work out payment plans for the deposit.

Other Recreation Programs:

Scholarship requests for non-camp programs must be made through the Recreation Department. Program scholarships are given based on the following:

Monies available: The greatest need for scholarship money is during the summer months. There is no guarantee that there will still be funds left for programs that run during the other seasons.

Demonstrated need: Those residents requesting scholarship funds must fill out the form on our website. Applicants may be asked for additional proof of need such as tax forms or letters of reference. Examples of demonstrated need: single parent families with limited income or sudden death or abandonment of the primary provider.

Limited Programs: Applicants may apply for assistance for 1 program per season per child (not including camp).

Good Faith Payment: Applicants must pay 20% toward the cost of the program. This amount will not be covered by scholarship funds.

Download Application Forms
@ www.wellesleyma.gov/recreation

Table of Contents

Department Information	2-5
Department & Staff Information	2
Important Phone Numbers	2
Scholarship Information	3
Registration Information & Policies	4-5
Summer Camp 2011	6
Summer CIT Extreme.....	7
Summer Concerts	8
Tennis & Birthdays.....	9
Morses Pond.....	10-13
Britt B's Family Day	14
Summer Family Flicks	12
Youth Programs	16-28
Late Spring Programs.....	16-17
Club Invention.....	18
Puddlestompers/Kids' Wkshps/Theater.....	19
Chess/Science/Fashion/Art	20
Cooking & Art.....	21
Broadcasting & Science.....	22
Sweet Meadow Farms.....	23
Horseback Riding	24-25
America's Champs Sports	25
Tennis/Karate/Field Hockey.....	26
Thundercats Sports	27
Skyhawks Sports	28
MOPO Miler	29
Adult Programs	31
Adult Fitness Classes	31
Yoga/Tennis/Blissful Babies.....	32
Art/Piano/Enrichment Classes	33
Cooking & Walking Tours.....	34
Social Media Classes/Dog Obedience	35
Enrichment Classes.....	36-37
Bridge	37
Ed2Go - Online Learning.....	57-59

ONLINE REGISTRATION

www.wellesleyma.gov

The Wellesley Recreation Department now provides online program registration. Online registration spaces will be limited, which will allow those who do not have access to the system to register using other methods. 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. **You will need a username and password in order to utilize the online program registration system. Call the Recreation Office during regular office hours (M - F, 8:30 am - 4:30 pm) to receive your username and password.**

TRADITIONAL REGISTRATION*: Walk-in, Fax-in, Phone-in and Mail-in

*Faxes and mail received prior to 8:30 am on the advertised registration days will be processed at 3:45 pm on that day.

REGISTRATION DAYS & START TIMES			
ONLINE - Resident	May 17	7:00 am	
Non - Resident	May 24	7:00 am	
TRADITIONAL - Resident	May 17	8:30 am*	
Non - Resident	May 24	8:30 am*	



Traditional Registration

BY FAX*
(781) 237 - 3558
Use your VISA or
MasterCard



BY MAIL*
To Recreation Dept.
90 Washington St.
Wellesley, MA
02481



WALK IN
Recreation Office
90 Washington St
Monday - Friday
8:30 am - 4:30 pm



BY PHONE
(781) 235 - 2370
8:30 am - 4:30 pm
Use your VISA or
MasterCard

*Faxes and mail received prior to 8:30 am on the advertised registration days will be processed at 3:45 pm on that day.

All registrations must now be entered directly into our system.
Should you choose to walk in or phone in, your patience would be appreciated.

	<u>Date</u>	<u>Starting Time</u>	<u>Ending Time</u>
Residents:	May 17	8:30 am	4 pm
Non - Residents:	May 24	8:30 am	4 pm

REGISTRATION POLICY

- Resident Registration begins on the designated “Resident Registration Date.”
- Non residents may register for programs on the “Non-Residents Registration Date”
- Any registrations received before 8:30 am on the advertised date of registration will be processed at the end of the business day, 3:45 pm.
- Non-resident fee is \$10 per class.

Summer Registration 2011

REFUND POLICY

FULL REFUND FOR A CANCELLED CLASS.

IF A PROGRAM MEETS MORE THAN 4 TIMES

Refund minus a \$20 administrative fee if you notify the Recreation Department prior to the second class. No refunds/credits anytime after the second class.

IF A PROGRAM MEETS 4 OR FEWER or MEETS FOR FIVE CONSECUTIVE DAYS (i.e. CAMPS, VACATION PROGRAMS & SKIING)

Refund minus \$20 administrative fee if you notify the Recreation Department five business days before the start of the class. No refunds/credits anytime after five business days before the start of the class.

COOKING CLASSES

No refunds for cooking classes if you withdraw 3 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.

GENERAL INFORMATION

Register for members of your immediate family only.

PAYMENT

Non Residents add \$10 per course.

By check payable to Town of Wellesley, Cash, VISA or MasterCard

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.

AGE POLICY

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

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 sytem. 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 constitutes a withdrawal from a class and the cancellation fee applies.

INCLEMENT WEATHER

All classes (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all Recreation Department programs WILL STILL START at their regularly scheduled time, unless you are informed otherwise. In the event that we need to cancel evening or weekend events it will be listed on our website and a message will be left on our voice mail (781-235-2370). We will also attempt to call and/or email participants who have registered for these classes.

FILLED CLASSES

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list. We will try to offer additional classes whenever possible.

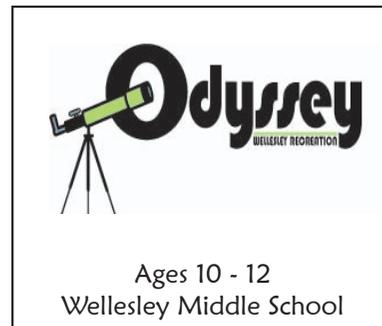
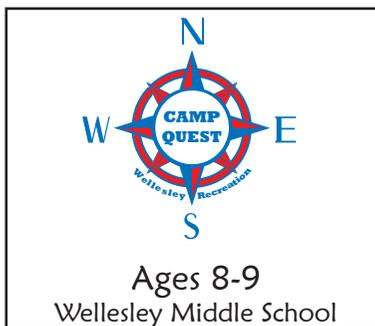
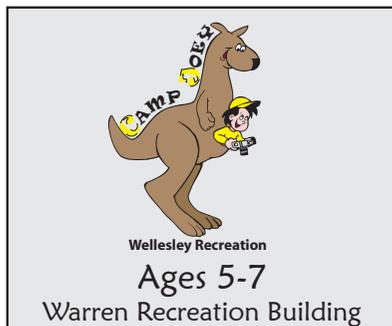
PARTICIPANT PHOTOGRAPH POLICY

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.

TOILET TRAINED

Children must be toilet trained in order to attend any class unaccompanied by an adult.

WE DO NOT PRORATE COURSES – FULL PAYMENT IS DUE WITH REGISTRATION



Please call for availability!

CAMP HOURS:

Monday - Friday; 9 am - 4 pm
Drop off begins at 8:15 am and Pick up ends at 4:45 pm

DAILY CAMP INFORMATION

STAFF: All Sr. Counselors are 18 or older and all Jr. Counselors are 16 or older and both attend an orientation session that includes First Aid & CPR training. Each counselor is CORI/SORI checked each year.

RATIOS: A maximum of 60 campers for Camp Joey. Camp Quest has a maximum of 40 campers and Odyssey has a maximum of 30 campers. Camp Joey ratio is no more than one staff person to six campers; Camp Quest and Odyssey ratios are no more than one staff person to 10 campers.

FIELD TRIPS: Field trips are mostly within an hours drive from camp. If you do not want your child to attend a field trip, you must arrange to keep the child out of camp that day. Field trips are a part of the camp experience. Field trips are not booked until May or June.

LUNCH: Each camper should bring a snack, lunch and beverage daily. Refrigeration is provided except for field trips.

MORSES POND: Campers will be bused to Morses Pond to swim and play.

CLOTHING: Each camper will receive a camp T-shirt to wear on field trips. Campers should bring a swim suit & towel and sunscreen everyday.

PAYMENT

Deposit

A \$50/per week deposit is due with registration.

Full payment:

Full payment for all sessions is due June 3, 2011. All registrations after May 13, 2011 are paid in full at time of registration.

How can I pay:

Master Card, VISA, Check (to Town of Wellesley) or Cash

REFUND POLICY

Cancellation: There is a \$25 fee for a withdrawal from a single week.

Switching Sessions:

Switching weeks constitutes a withdrawal and the Cancellation Policy applies.

Dismissal from Program:

Removal of a camper by the administrative staff is considered a cancellation and the Cancellation Policy applies.

CAMP SCHEDULE 2011

Session 1	June 27 - July 1	\$230
Session 2	July 5 - July 8 (No 7/4)	\$200
Session 3	July 11 - July 15	\$230
Session 4	July 18 - July 22	\$230
Session 5	July 25 - July 29	\$230
Session 6	August 1 - August 5	\$230
Session 7	August 8 - August 12	\$230
Session 8	August 15 - August 19	\$230

EXTENDED DAY: Extended afternoon are from 4:45 pm - 6:15 pm. The cost for extended day is \$10 per day or \$50 a week. There is a separate registration form for extended day that can be filled out on the first morning of camp. You may sign up for extended day with the Camp Director.

FORMS TO BE FILLED OUT

1. Health Form
 - a. The health form is due immediately for all weeks of camp. If we do not receive your child's health form by May 14th at 4:30pm your spot for camp will be given away. Each health form must be filled out completely and must have an attached a copy of the child's immunizations with dates, and signed by a physician.
2. Authorization to Administer Medication to a Camper Form
 - a. Due the Monday before your child is to begin camp (by 4:30 pm)
3. Parent Packet
 - a. Due the first morning of camp.
(Would prefer them be sent into the office earlier)
 - b. The Parent Packet must be filled out completely, signed and given to the Recreation Office or Camp Director before the child can be left at camp. The Parent Packet includes information about camp as well as a field trip permission slip, pick up policy and sunscreen policy. The child CAN NOT be left at camp without this packet signed and turned in. This packet will not be available until May 2011. All of these forms can be found on our website: www.wellesleyma.gov



PROJECT
CIT **EXTREME**
LEADERSHIP RESPONSIBILITY FRIENDSHIP

Each session is a three week commitment. The program is designed to give the CIT's enough time for training, work & fun.

Session One

July 11 - 29
\$450

Session Two

August 1 - 19
\$450

Project Extreme is designed for teenagers aged 13-15. The CIT program is a work-oriented experience, which gives our participants the opportunity to work under qualified counselors to begin to learn and understand the demands and responsibility of a counselor's job.

In addition, CIT's will have a series of training workshops where they will have the opportunity to learn more about the different aspects of being a camp counselor, become first aid and CPR certified and learn first hand how to work with children.

Although CIT participants will have priority into the Summer Camp Jr. Counselor program, enrollment in the CIT program does not guarantee a position as a Jr. Counselor or Counselor position.

DETAILS

- Age: 13-15
- Days: Mon - Fri
- Hours: 9 am - 4 pm
- Maximum: 20 CIT's per session.
- CIT's will get 2 tee shirts. They must wear one everyday.
- After full completion of the session CIT's will receive a Red Cross Cert. for: Infant CPR, Child CPR and First Aid training.

For the leaders of tomorrow...

Please call for availability

APPLICATIONS

How to apply:
Fill out the CIT application form which is available at the Recreation Office or on the Recreation website. We began accepting applications January 3rd 2011. Acceptance is on a first come first served basis. A non-redundable deposit of \$150 is due with the application. (\$150 will be returned in the event your child is not accepted in the program)

LOCATION

Warren Building

The CIT's will have their own space in the Warren Building close to Camp Joey. There they can have CIT meetings, training sessions and time to do activities as a CIT group. Occasionally the CIT's will go on their own field trips to promote team building and to just have fun.

PAYMENT

Deposit

A deposit of \$150 is due with the application.

Full payment:

Full payment is due May 31st 2011.

How can I pay:

Master Card, VISA, Check or Cash.

REFUND POLICY

Cancellation: If you cancel before May 27th you will be refunded everything except your \$150. If you cancel after May 31st there is no refund.

Switching Sessions:

There is a \$50 fee to switch sessions once you have been accepted.

Dismissal from Program:

If a participant is dismissed from the program there is no refund.

Wellesley Recreation

Summer Concerts



Join us
 Wednesday evenings
 7-8:30 pm
 at the
 Town Hall Green

All Concerts are FREE thanks to our sponsors!
 Call Jan if you'd like to donate to Summertime.

2011 Concert Schedule

June 22	Reminisants "Your Favorite Oldies Band"
June 23	Cam Meekins ~ Teen Concert Rain Date: June 30th
June 29	Tom Nutile Big Band Swing & Blues
July 6	The John Penny Band Country & Western
July 13	Rico Barr Jump'N Jive Review: Classic Swing
July 20	60's Invasion A Decade of Memorable Music
July 27	BaHa Brothers Summertime Party Band
August 3	The Glamour Girls Retro Pop & Rock

Don't Miss Out on this Wellesley Tradition!
 Hot dog, drinks & snacks sold by the
 Wellesley Rotary Club.



Glamour Girls

2011 Summertime Concert Sponsors

GOLD SPONSORS (\$2,500 and up)

Roche Brothers, Inc.

SILVER SPONSORS (\$1,000 - \$2,499)

Wellesley Hills Junior Women's Club

BRONZE SPONSORS (\$500 - \$999)

The Cottage

Jessie & David Wallace

Wellesley Fire Fighters, Local 1795

PATRON (\$200 - \$499)

Jan Gleysteen Architects, Inc.

Jarvis Appliance

Terriers Sports

Wellesley Police Patrolmen Association

FRIEND (\$50 - \$199)

Anonymous

Burke & Sons Funeral Home

Ida Ciambelli & Patricia Machen

The Cat's Hospital

Corcoran & Havlin Insurance

Green's Hardware & Paint, Inc.

Lux Bond & Green

Noxon Orthodontics

Rockland Trust

Dr. Kevin Toomey & Dr. Matthew Fantasia

Tennis Under the Lights at the Hunnewell Courts

Tennis court lights are in operation seven nights a week from May 1st through October 31st. Use of the Hunnewell Tennis courts anytime after 6 pm, requires the purchase of a seasonal tennis tag.

Important Information:

Tags will be sold at the Recreation Office starting Tuesday, April 19th, Monday - Friday from 8:30 to 4:00 pm. If you are an online user of Wellesley Recreation, tennis tags may be purchased online. If you purchase tags online, you must pick up your tag(s) at the Recreation Office. You may use a copy of your online receipt until you have an opportunity to pick up your tags.

Due to special events or circumstances, the Town of Wellesley reserves the right to postpone activities in or around the Hunnewell Field Complex including the Hunnewell Tennis Courts.



Night time tennis will require a tag.

<u>Tag Fees</u>	<u>Resident</u>	<u>Non-Resident</u>
Weekly Tag	\$10	\$10
Individual Tag	\$50	\$65
Family Tag	\$120	\$135

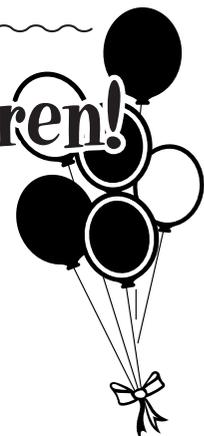
Celebrate Your Birthday at Warren!

Selected Saturdays
2:30 pm - 4:30 pm

2 Hours \$125

Booking selected Saturdays
throughout June.

Call Rec. Office for details
781-235-2370





August 4th, 2011

3 - 7 pm

at Warren Park

Raindate: August 11th

*Bring a picnic,
enjoy our 5th Annual
Family Fun Day.*



**FAMILY FLICKS
SPRING & SUMMER
SCHEDULE**

**BRING A BLANKET OR
CHAIR, SNACKS, BUG SPRAY,
AND A FLASHLIGHT**

May 13th
Despicable Me
@ Warren Park 8pm

June 10th
Harry Potter & the
Deathly Hallows Part 1
@ Warren Park 8:25pm

July 14th
How to Train a Dragon
@ Warren Park 8:15pm

July 28th
The Blind Side
@ the Town Hall Green 8:10pm

August 11th
Finding Nemo
@ Morses Pond Beach 7:50pm

Want to offer a program?
Give our office a call!
781-235-2370



Morses Pond
The beach within reach!

Morses Pond Beach

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

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

BEACH HOURS

Pre-Season Days & Hours:

May 28, 29, 30 & June 4 & 5

(Sat-Mon, Memorial Day Weekend)

10 am - 6 pm

Open Daily:

7 Days A Week ~ June 8 - August 21

10 am - 7 pm

Please Note:

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

BEACH TAGS

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

Guest Fees: •\$5 a day per guest.

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

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

*** SPRING SALE BEACH TAG PRICES ***

Wellesley Residents

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

Residents

Proof of residency REQUIRED!
Activity # 852000

Non Residents

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

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

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

Wellesley Residents

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

Residents

Proof of residency REQUIRED!
Activity # 852000

Non Residents

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



SWIM LESSONS

Your child will be tested during the first class and placed in an appropriate group with others who have similar skills.

The instructor to student ratio is 1:5. Each time slot is limited to 10 children.

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

SWIM LESSON REGISTRATION:

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

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

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

PRIVATE LESSONS

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

Private lessons are \$20 for 30 minutes.



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

For rental info., Inquire @ beach

Swim Lessons

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

Introduction to Kayaking for Kids

Ages: (10 - 16)

#822088-03

Instructor: Still River Outfitters

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

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

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

#822088-01

Instructor: Still River Outfitters

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

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

Introduction to Kayaking For Adults Adults (16+)

#822088-02

Instructor: Still River Outfitters

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

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

Junior Lifeguarding (12 - 15 years old)

#822088-05

Instructor: Andrew Ellsworth & John Goodridge

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

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

Bonnie's Boot Camp

#340211-01

Instructor: Robin Cotoia

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

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

Yoga on the Beach

#340522-01

Instructor: Carol O'Neil

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

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

Adventure Kids

#822088-04

Instructor: Still River Outfitters

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

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

Beach Tales

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

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

Stand Up Paddle Boarding: SUP

(16 years - Adult)

Instructor: Everactive

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

Location: Morses Pnd

Min: 1/Max: 2

1 class

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

For each class above:

\$35 per class

The MOPO Miler

Open Water Swim

June 25, 2011

9:30 am Start

Event is FREE!

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

Registration deadline: June 10, 2011

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

Learn to Surf

#833333-55

(10 -18 years old)

Instructor: Carlos Hernandez

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

Location: Morses Pond

Min: 6/Max: 10

3 classes

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



Who: 16 to Adult

Under 18 must have a parent/guardian sign a waiver

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

When: June 25, 2011

Check in 9 am/Start 9:30 am

Where: Morses Pond, 99 Turner Road,

Day of event phone: 781.431.7724

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

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