



Something for Everyone

WELLESLEY RECREATION

2019 Fall Programs



**WARREN RECREATION BUILDING
90 WASHINGTON STREET, WELLESLEY, MA 02481
781.235.2370 • WWW.WELLESLEYREC.ORG**

WELLESLEY RECREATION...Never a dull moment!!

The Wellesley Recreation Department offers programs year round and publishes seasonal brochures for fall, winter, spring/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, 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.

RECREATION DEPARTMENT STAFF

Matt Chin, CPRP Director
Brandon Fitts, CTRS, CPRP Deputy Director
Chad Norton, CPRP Associate Director
Jennifer Lawlor Program Coordinator
Kris Bemis Secretary
Mary Ward Secretary

WHO TO CONTACT...

For field use, Summertime Concerts and any comments or concerns: **Matt Chin** [mchin@wellesleyma.gov]

All programs, Morses Pond and summer jobs at the beach: **Brandon Fitts** [bfitts@wellesleyma.gov]

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

For Afterschool Programs, Teen Ctr. & Middle School programs: **Jennifer Lawlor** [jlawlor@wellesleyma.gov]

IMPORTANT TOWN NUMBERS

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

RECREATION COMMISSION

Paul Cramer Chair
Mark Wolfson Vice Chair
Jim Rodrigue Member
Laurence Stuntz Member
Nichole Bernier Member

Refund Policy

IF A PROGRAM MEETS MORE THAN 4 TIMES

Refund minus a \$20 admin fee if you notify the Rec. Dept. prior to the second class. No refunds or 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 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, Adventure and CIT Program.) 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.

A FULL REFUND WILL BE GIVEN FOR A CANCELLED CLASS

REGISTRATION INFORMATION

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.

Wellesley Recreation is located at:
90 Washington Street, Wellesley, MA 02481
781-235-2370 | wellesleyrec.org
Monday - Friday, 8:30am - 4:30pm



General Registration Information

PAYMENT

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 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 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.

wellesleyrec.org

GENERAL INFORMATION

LOCAL SPORTS ORGANIZATIONS



**WELLESLEY YOUTH
BASEBALL & SOFTBALL**
WELLESLEYLITTLELEAGUE.ORG



WELLESLEY YOUTH FOOTBALL
WELLESLEYOUTHFOOTBALL.COM



**WELLESLEY SCOOPS
FIELD HOCKEY CLUB**
WELLESLEYSCOOPSFIELDHOCKEYCLUB.COM



WELLESLEY YOUTH HOCKEY
WELLESLEYOUTHHOCKEY.ORG



WELLESLEY UNITED SOCCER
WELLESLEYSOCCER.ORG



WELLESLEY YOUTH LACROSSE
WELLESLEYLACROSSE.ORG



MEN'S SLOPITCH SOFTBALL
JRUSSELL@DDJCAP.COM



WELLESLEY SWIM ASSN.
WELLESLEYSWIM.ORG



**WELLESLEY YOUTH
BASKETBALL**
WELLESLEYBASKETBALL.ORG

Birthday Parties at the Warren Building

**2 hours
2:30 - 4:30 pm
\$135**

Selected Saturdays:

Some of these dates may be already booked for parties.

Sept: 7, 14, 21 • Oct: 5, 19, 26
Nov: 2, 16, 23 • Dec: 7, 14
Jan: 11, 25 • Feb: 1, 8, 29
Mar: 7, 14, 21
Apr: 4 • May: 2, 9, 16

Available Rooms

Ages 2 - 6: Children's Room
Ages 6+: Gym & Kitchen

Please Read:

Families are responsible for providing the proper supervision at all times and are responsible for clean-up.

No need to wait until open registration.
Parties may be booked any time.





2019 • 2020 TEEN CENTER ...MORE THAN JUST A DANCE!

FLAG FOOTBALL • YOGA • DODGEBALL • VOLLEYBALL
BASKETBALL • COOKING AND SO MUCH MORE!

30+ POPULAR AFTERSCHOOL ACTIVITIES @ WMS

3 WEEKEND DANCES: SEPT '19, JAN & MARCH '20

SPECIAL 5TH GRADE EVENT IN MAY '20

TEEN CENTER DETAILS:

Who Can Come: The Wellesley Teen Center is open to any Wellesley resident enrolled in grades 6 - 8 whether at WMS or any private or alternative school. 5th graders can register in the spring for their Teen Center event and that will cover them for 6th grade.

Membership Fees: *Starting in September 2019, there will be a registration fee of \$100**, (roughly \$3/activity), which covers your child's membership for the Wellesley Recreation's newly expanded Teen Center **for one school year**. This yearly membership includes three weekend dances during the school year 2019/2020 & over 30+ afterschool (2:30-3:30) activities, including cooking, volleyball, yoga, basketball, dodgeball & more! **No additional fees will be collected at any of the activities or events.**

Membership fees are collected online via the Wellesley Recreation Department's website: wellesleyrec.org (Activity #533390)
Financial assistance may be available. Please contact jlawlor@wellesleyma.gov for more information.

All Teen Center activities are managed by the Wellesley Recreation Department and directed by leading local resources.

***Current 7th & 8th graders are still able to attend any dance at no charge.**

To participate in any other Teen Center programs, you will have to pay an additional \$50 per school year.

END OF SUMMER LUAU DANCE IS ON SEPTEMBER 20
REGISTER: WELLESLEYREC.ORG • INFO: WELLESLEYTEENCENTER.ORG

3rd Annual Family Campout



The Wellesley Recreation Department in collaboration with the Natural Resources Commission are hosting the third annual Family Campout!

Bring your whole family out for a night of fun, learning, and camping, right in your own backyard. There will be family activities, provided by Knucklebones, food, and education on camping related skills. Additionally, the campout is committed to being green and waste-free. No tent or camping gear? No problem! Please let us know so we can help you.

**Sat, Sept. 7/4pm - Sun, Sept 8/8am
Kelly Field (Bates) Cost: \$10/person**

(rain or shine - within reason)

Call Wellesley Recreation for more information
781-235-2370



SPECIAL PROGRAMS

WELLESLEY TOWN BAND

If you have ever played a brass, woodwind, or percussion instrument, there's a chair, music, a music stand, and a warm welcome waiting for you in the Wellesley Town Band! Players of all ages (Grade 8 upwards) and musical abilities are welcome, no auditions are required. The Band has a real family feel, with spouses, and parents and students, all playing together.

Now starting its seventh season, the Band is led by legendary Wellesley schools band director Henry Platt. Rehearsals are held in the 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, and stirring marches.

Each year the band presents its popular winter concert in December and a spring concert in April. It also performs outdoors for MassHort's Gardeners' Fair at Elm Bank in May and the Summer-time Concert Series at Town Hall in June.

Please Note: Anyone interested in joining the band is encouraged, and welcome, to come along to any rehearsal to try it out. Mid-year registrations are welcome with a reduced price. For more information, contact 781-237-5203 or info@wellesleytownband.org

- **Mondays from 7:00 - 8:30 pm in the WHS Band Room**
- **September 9 - June 15 (31 - 90 minute rehearsals)**
(No class 9/30, 10/14, 11/11, 1/20, 2/17, 4/20, 5/25)
- **Cost is \$175 per person: Fall, Winter & Spring**
- **Wellesley Public School students (Gr. 8-12) can join for free!**

TO REGISTER ONLINE, USE ACTIVITY #545899



PICKLEBALL DROP-IN

WHAT IS PICKLEBALL?: Pickleball is the fastest growing sport on two feet here in New England! It's a fast-paced game that people of all ages and ability levels can enjoy.

MONDAYS & FRIDAYS: You **must reserve your spot** on the court for this day. These two days are open to all ages and both residents & non-residents

12 - 1pm: Beginners

1 - 2pm: Intermediate

2 - 3pm: Advanced

3 - 4pm: All Levels - Drop In (Friday only)

Reservations are made by calling or visiting the Rec Office. 6 people will be allowed per week, per time slot. The winning pair of each match will stay on the court and the other pair will switch out with the pair on the bench.

\$5 for Wellesley Residents

\$10 for non-residents

THURSDAYS: Drop-in only. This day is for Wellesley residents only who are age 55+. There will be instruction provided on a variety of dates and free play for everyone to understand and learn the game better.

Location: Warren Building

Day	Time	Dates
Mon	12 - 4 pm	Sep 9 - Dec 16
Fri	12 - 3 pm	Sep 13 - Dec 20 (No class 10/14, 11/11, 12/2)
Thu	11am - 2pm	Sep 12 - Dec 12 (No class 11/28)

An outdoor Pickleball net is available for use at the Schofield School tennis courts.



SPECIAL EVENTS

Please join us to either sell or buy (or both!) slightly used items!

- There is no fee to browse the items on sale!
- You must be a Wellesley resident to sell.
- Please fill out the form below, register online or call the Rec. office to register.
- \$25/SPACE. You may reserve a max. of 2 spaces.
- The Rec. Dept. reserves the right to limit the amount of spaces.

Please complete all information on this application.

There will be no refunds once this application is received, unless there are no available spaces. No rain date scheduled. If the Yard Sale must be cancelled due to weather, we will post the info on our website: wellesleyrec.org



Name: _____

Address: _____

Cell: _____

Email: _____

No set up before 7:30am • Must be set up by 9:30am

I agree to the rules, regulations and procedures set forth by the Wellesley Recreation Department which are listed above. I agree not to hold the Wellesley Recreation Department, its' employees or sponsors of this event, nor location where event is held, liable for any loss due to damage, theft, inclement weather or personal injury.

Number of spaces: _____ x \$25 per space

Total amount due: \$ _____

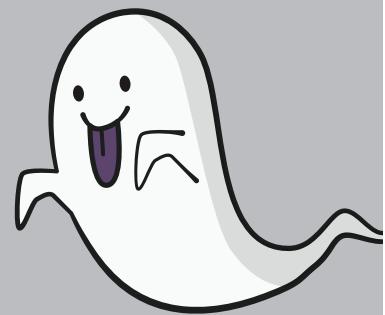
Make checks payable to:
Town of Wellesley

Signature: _____

Date: _____

Wellesley Hills Merchants

Wellesley Recreation



A Haunting We Will Go...

Halloween Stroll

Saturday, October 26 🎃 11am 🎃 Ages 0-8

Starts & Ends at the Clock Tower

Wear Your Costume & Trick or Treat
Games & Fun Ghoul-ore!!!



Don't Miss This Annual Spookfest!
Bigger & Better Than Ever for 2019!

Fall 2019 - Wellesley Trail Walks

Come along to enjoy some of Wellesley's beautiful open spaces and discover trails that will expand your recreational options! The walks are free, and no registration is required. Most walks cover 1.5 to 2 miles and last about one hour. Participants are encouraged to wear sturdy footwear.



SATURDAY, SEPTEMBER 28 | 10 - 11AM | NORTH FORTY

Join us to explore the trails in the North 40 near Morses Pond, land that was purchased by the Town from Wellesley College. This easy and enjoyable walk will take trails adjacent to the Crosstown Trail along the Cochituate Aqueduct, through woodlands and a pine forest, to a vernal pool and the community gardens. Meet at the gate to the town beach, located at the end of Turner Road, 0.3 mile west of Weston Road. Please park on the wooded side of Turner Road.



SATURDAY, OCTOBER 5 | 10 - 11AM | CARISBROOKE WALK

Walk trails through Carisbrooke Reservation, a surprising wooded area with rocky outcrops on the Weston town line and a pond fed by Cold Stream Brook. Also explore trails in the adjacent Weston conservation land. Meet at the trailhead on White Oak Road. Take Cliff Road north from Washington Street for 1.0 mile (almost to the Weston town line) and turn right on White Oak Road. Follow White Oak Road for 0.25 mile and look for a brown reservation sign on the left. Please park on the opposite side of White Oak Road from the reservation sign.



SUNDAY, NOVEMBER 3 | 1 - 2PM | GUERNSEY PATH

Walk along the Charles River to the historic Waban Arches built in 1876 to carry water to Boston and see the picturesque view of the Charles River from the top of the 50 foot arches. Take an optional short walk through the Guernsey Sanctuary to Sabrina Lake, the 1870's site of an amusement park. Meet at the Guernsey parking area. Take Dover Road from Washington Street and follow for 0.7 mile. Turn right onto Livingston Road, which becomes Winding River Road, and follow for 0.9 mile. Small parking area is on your left at the trail map house. For other cars, please park on the opposite side of Winding River Road from the parking area.

KID'S WALK!



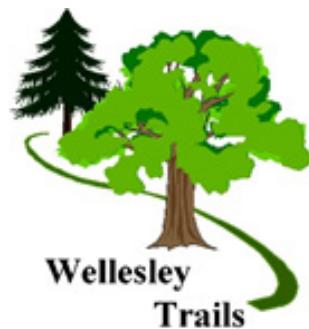
SUNDAY, OCTOBER 20 | 1:30 - 3:00PM | TOWN FOREST

Join us in celebrating fall and get your kids out into the woods to have fun and explore nature. Children will look for treasure boxes using letterboxing (written clues). Refreshments served at the end of the activities. No registration is required and no fee is charged. Children must be accompanied by an adult. Meet at the Longfellow Pond parking lot, located on the left side of Oakland Street 0.9 mile south of Route 9. For additional parking, use Jackson Road across from the parking lot.

Activities take place unless it pours rain or there are high winds.

For more info: www.wellesleytrails.org, or call Miguel Lessing at 781-431-2411 or Denny Nackoney at 781-237-5174.

Please like us too on Facebook at: www.facebook.com/WellesleyTrailsCommittee



SPECIAL EVENTS

TENNIS UNDER THE LIGHTS AT THE HUNNEWELL COURTS

Tennis court lights are in operation 7 nights a week from April 14th through October 31st, from 6 - 9 pm. Use of the Hunnewell Tennis courts anytime after 6 pm, requires the purchase of a seasonal tennis tag. Revenue from tag sales offsets the cost of the lights. Please follow and abide by the Hunnewell Tennis Court Rules. When playing under the lights, tag holders must hang tennis tags on the Washington St. side fence, near your corresponding court.

Important Information

Tags will be sold at the Recreation Office starting Tuesday, April 2nd, 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. For online registration, look for **Activity #555200**.

The Town of Wellesley will also be continuing its relationship with **PLAYLOCAL**, where tennis players will be able to reserve a court during the daytime for FREE or at night for \$5 (residents). The daytime hours at the Hunnewell courts will be available for reservation at no charge. There is an hourly reservation fee of \$5 per/hour during the evening hours for residents at the Hunnewell Courts, which will guarantee your court time. The reservation is in addition to the town tennis tag that is required for play after 6 pm. The hourly reservation fee for non-residents is \$10 per hour. The revenues generated from the reservations will be used to off-set the cost of court lights as well as other operational court costs.

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

TAG FEES	Resident	Non-Resident
Weekly	\$10	\$15
<u>Sept. 1 - Oct. 31</u>		
Individual	\$25	\$45
Child (16 & under)	\$20	n/a

Tags are *NOT* transferable from one person to another

ANNUAL HOUSE DECORATING CONTESTS

Help us build a strong sense of community and holiday spirit by nominating your house or your neighbors house. Winners will receive a trophy and neighborhood bragging rights. Our "Boo Crew" judges will be knocking on doors, trophies in hand, in October and our "Holly Jolly Crew" judges will do the same in December.

TO NOMINATE A HOUSE:

1. Email a picture of the house to recreation@wellesleyma.gov
2. Include the address of the decorated house in the email.
3. If the house has lights, take a day and night picture.
4. Nominations must be received by the deadlines below.

Haunted Howlin' Halloween



Deadline: October 28

Wellesley's Winter Wonderland



Deadline: December 16



**Spruce up your house!
Win the trophy! Be famous!**



Wellesley
Teen Center

Say Goodbye To Summer Luau

Friday, Sept 20
7 - 9pm **WMS**

Become a Teen Center member!
More info wellesleyteencenter@gmail.com

Register @
wellesleyrec.org

COLOR THE PICTURE & BRING IN TO THE REC CTR.

WELLESLEY RECREATION



FALL YOUTH PROGRAMS

PUDDLESTOMPERS

Act. #415700 | Ages 2 - 5 | Instructor: Puddlestompers Staff

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 leaf's 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: Warren Building | 8 weeks | Min: 4/Max: 9

S#	Age	Day	Times	Date	Price
01	2 - 3	Tue	9:30 - 10:25 am	Oct 15 - Dec 3	\$200
02	3 - 5	Tue	10:30 - 11:25 am	Oct 15 - Dec 3	\$200

GINGERBREAD HOUSE / SATURDAY with Gardengate

Act. #410899 | Ages 2 - 16 | Instructor: Gardengate Academy Staff

Join us for this fun event where children and families decorate a wintery Gingerbread house! We will work with frosting and fondant practicing piping techniques while adding a wide variety of colorful candy. This is a nice bonding activity for parents and children. Children under the age of 5 years must be accompanied by an adult. Children 5+ can be dropped off. All proceeds will be donated to Boston Children's Hospital.

Location: Warren Building | 1 Week | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Sat	10 - 11 am	Dec 7	\$25
02	Sat	11:15 am - 12:15 pm	Dec 7	\$25

BUDDING ARTIST & A BUDDY

Act. #421401 | Ages 1.5 - 3 | Instructor: Beth Meditz, M.Ed

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 art work that expand thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag!

Location: Warren Building | 7 weeks | Min: 6/Max: 12

S#	Age	Day	Times	Date	Price
01	1.5 - 3	Wed	9:30 - 10:15 am	Sep 11 - Oct 30 (No class 10/9)	\$135
02	1.5 - 3	Thu	9:30 - 10:15 am	Sep 12 - Oct 24	\$135
03	1.5 - 3	Wed	9:30 - 10:15 am	Nov 6 - Dec 18	\$135
04	1.5 - 3	Thu	9:30 - 10:15 am	Oct 31 - Dec 19 (No class 11/28)	\$135

PROGRAMS ON
PAGE 24



DANCE! Dance! Dance! DANCE! Dance!

INTRO TO DANCE

Act. #424011 | Ages 2.9 - 4 | Instructor: Cindy Wright

A fun introduction to the wonderful world of dance; this is a creative movement and pre-ballet class. Students will develop gross motor skills, coordination, group skills and self-confidence. Dance games and props will be included and dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dance wear or comparable attire.

Location: Warren Building | 13 weeks | Min: 6/Max: 10

S#	Day	Times	Date	Price
01	Thu	11:45 am - 12:20 pm	Sep 12 - Dec 12 (No class 11/28)	\$205
02	Fri	11:45 am - 12:20 pm	Sep 13 - Dec 13 (No class 11/29)	\$205

DANCE: PRE-K

Act. #424010 | Ages 3.5 - 5 | Instructor: Cindy Wright

This is a combination pre-ballet and tap class with a little age appropriate hip-hop. Students will develop gross motor skills, coordination, group skills and self-confidence. Dance games costume pieces and props will be included and dancers will be encouraged to use their imaginations to explore/create their own individual styles. Students should wear ballet slippers or non-skid socks and any style/color dance wear or comparable attire. For tap: tap shoes or hard sole "party" shoes.

Location: Warren Building | 13 weeks | Min: 6/Max: 10

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:20 pm	Sep 12 - Dec 12 (No class 11/28)	\$220
02	Fri	12:30 - 1:20 pm	Sep 13 - Dec 13 (No class 11/29)	\$220

FALL YOUTH PROGRAMS

LITTLE CHEFS

Act. #423798 | Ages 3 - 10 | Instructor: Kelly Barry



Healthy Cooking Classes for Kids is interactive, energetic, collaborative cooking classes for our youngest chefs. We teach age appropriate cooking skills and we teach the importance of making healthy food choices. The children have a blast getting into the cooking experience and trying new foods. We even make a fun art project to take home!

Location: Warren Building | 5 weeks | Min: 6/Max: 10

S#	Age	Day	Times	Date	Price
01	3 - 5	Wed	1:30 - 3 pm	Sep 25 - Oct 30 (No class 10/9)	\$175
02	5 - 10	Wed	3:30 - 5 pm	Sep 25 - Oct 30 (No class 10/9)	\$175
03	3 - 5	Wed	1:30 - 3 pm	Nov 6 - Dec 4	\$175
04	5 - 10	Wed	3:30 - 5 pm	Nov 6 - Dec 4	\$175
05	3 - 5	Thu	1:30 - 3 pm	Sep 26 - Oct 24	\$175
06	5 - 10	Thu	3:30 - 5 pm	Sep 26 - Oct 24	\$175
07	3 - 5	Thu	1:30 - 3 pm	Nov 7 - Dec 12 (No class 11/28)	\$175
08	5 - 10	Thu	3:30 - 5 pm	Nov 7 - Dec 12 (No class 11/28)	\$175



MINI MUSICIANS

Act. #425801 | Ages 3 - 5 | Instructor: Go Go Allegro Staff

Join us with your little ones for an introduction to music exploring rhythm and pitch in a fun setting! We believe children can be introduced to the joy of music and in the process develop valuable skills. A comprehensive music program will aid in the educational, physical and social development of the child. Our primary objective is to encourage and develop children's natural creativity and interest in music. We use musical concepts and movement to help young children engage with one another and gain skills they can use throughout their school years and beyond. Our programs teach active listening, vocabulary, phonological awareness, and print awareness all through developmentally appropriate musical activities including exploration of rhythm, pitch, keeping time, and making music together. Attendance of one adult per child is required for this class.

Location: Warren Building | 8 weeks | Min: 8/Max: 16

S#	Day	Times	Date	Price
01	Fri	11:15 am - 12 pm	Sep 27 - Nov 15	\$180



MAKE IT, BAKE IT, TAKE IT

Act. #423738 | Grades K - 4 | Instructor: Diane Benson, M.Ed

Using cooperation, math skills and following simple directions, "young bakers" will create their own special tasty treats. Join this class and experience the delicious reward for exploring the creative possibilities of baking! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods. Register for one or both sessions! Don't worry if you have taken this class before, recipes are NEVER repeated!!! PLEASE NOTE: Eggs and dairy will be used in this class. Some possible baking activities include: pizza, cookies, muffins, & more. Please notify instructor if your child has any food allergies.

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

S#	Day	Times	Date	Price
01	Fri	3:30 - 5 pm	Sep 13 - Oct 18	\$216
02	Fri	3:30 - 5 pm	Oct 25 - Dec 6 (No class 11/29)	\$216



CHESS

Act. #424800 | Grades K - 5 | Instructor: Jim Della Selva

Chess is a mindful game that is both fun and challenging. This class will give participants the opportunity to both play and learn strategy. Instruction will be given so that the advanced player as well as the beginner will benefit. Don't miss this exhilarating class.

Location: Warren Building | 8 weeks | Min: 4/Max: 12

S#	Grade	Day	Times	Date	Price
01	K - 1	Mon	4:35 - 5:35 pm	Sep 16 - Nov 25 (No class 9/30, 10/14, 11/11)	\$145
02	2 - 5	Thu	4:35 - 5:35 pm	Sep 19 - Nov 7	\$145

FALL YOUTH PROGRAMS



KNUCKLEBONES GYMNASTICS

Act. #423157 | Ages 2 - 5 | Instructor: Knucklebones Staff

Knucklebones' Gymnastics curriculum focuses on fundamental language, movement, flexibility and skills of gymnastic levels 1-4. Children will acquire and develop the proper progression of skills through various apparatus including: beam and balancing stones, mini-high bar, mat shapes, spring board, mini trampolines, and numerous other components emphasizing gross motor and skill development. KB prides itself on consistently engaging children through a designed circuit of gymnastics activities.

Location: Warren Building | 8 weeks | Min: 8/Max: 12

S#	Day	Times	Date	Price
01	Fri	10:15 - 11:15 am	Sep 13 - Nov 1	\$125

KNUCKLEBONES T-BALL

Act. #423156 | Ages 2 - 6 | Instructor: Knucklebones Staff

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, we'll 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.

Location: Warren Building | 6 weeks | Min: 8/Max: 15

S#	Age	Day	Times	Date	Price
01	2 - 3	Sat	12:30 - 1:25 pm	Sep 14 - Oct 26 (No class 10/12)	\$95
02	4 - 6	Sat	1:30 - 2:25 pm	Sep 14 - Oct 26 (No class 10/12)	\$95

Rec. Office: 781.235.2370

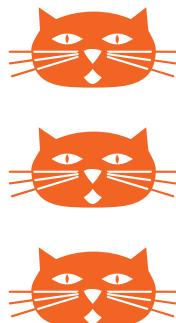
FYI

Program Registration

Residents: 8/13/19

Non Residents: 8/27/19

Register Online!
wellesleyrec.org



super soccerstars

SUPER SOCCER STARS PARENT & ME

Act. #422925 | Ages 1 - 3 | Instructor: Super Soccer Stars Staff

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.

Location: Warren Building | 10 weeks | Min: 4/Max: 12

S#	Age	Day	Times	Date	Price
01	1 - 2	Tue	10:05 - 10:45 am	Sep 10 - Nov 12	\$265
02	2 - 3	Tue	10:50 - 11:30 am	Sep 10 - Nov 12	\$265

SUPER SOCCER STARS SATURDAYS

Act. #422902 | Ages 1 - 5 | Instructor: Super Soccer Stars Staff

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.

Location: Warren Building | 8 weeks | Min: 3/Max: 12

S#	Age	Day	Times	Date	Price
01	2 - 3	Sat	8 - 8:40 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
02	1 - 2	Sat	8 - 8:40 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
03	3 - 4	Sat	8:45 - 9:30 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
04	2 - 3	Sat	8:45 - 9:25 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
05	3 - 4	Sat	9:35 - 10:20 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
06	4 - 5	Sat	9:30 - 10:20 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
09	4.6 - 5	Sat	10:25 - 11:15 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
10	3 - 4	Sat	10:25 - 11:10 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
11	3 - 4	Sat	11:20 am - 12:05 pm	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245
12	2 - 3	Sat	11:15 - 11:55 am	Sep 14 - Nov 16 (No class 10/12, 11/9)	\$245

FALL YOUTH PROGRAMS

JAMES BEDE SOCCER JR. ACADEMY

Act. #422956 | Ages 6 - 7 | Instructor: James Bede



Our Academy has three levels which gives your player ample time to develop and learn Smart Soccer to enable them to excel. Jr Academy I: Introduction of skills and lots of games. Jr Academy II: Skills, Introduction of drills and lots of games. Jr Academy III: Skills, drills and game understanding. Most of the learning happens during game time so your player is not even aware of the learning! Saturday games included.

Location: Warren Building | 11 weeks | Min: 10/Max: 30

S#	Age	Day	Times	Date	Price
01	5 - 6	Wed Sat	5:20 - 6:20 pm 10:30 - 11:30am	Sep 11 - Dec 14 (No class 10/9, 10/12, 11/27, 11/30)	\$462
02	6 - 7	Tue Sat	5 - 6 pm 11:30 am - 12:30 pm	Sep 10 - Dec 14 (No class 10/9, 10/12, 11/27, 11/30)	\$462
03	7 - 8	Tue Sat	6 - 7 pm 12:30 - 1:30 pm	Sep 10 - Dec 14 (No class 10/9, 10/12, 11/27, 11/30)	\$462

JAMES BEDE SOCCER FUN

Act. #422900 | Ages 4 - 6 | Instructor: James Bede Staff

Fun Soccer is an excellent way to expose your young player to the game of soccer. The program is an 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/cleats. Remember to bring water. In case of inclement weather practice in the gym

Location: Warren Building | 12 weeks | Min: 10/Max: 20

S#	Age	Day	Times	Date	Price
01	5	Wed	2:50 - 3:35 pm	Sep 11 - Dec 11 (No class 10/9, 11/27)	\$258
02	4	Wed	3:45 - 4:25 pm	Sep 11 - Dec 11 (No class 10/9, 11/27)	\$258
03	5 - 6	Wed	4:30 - 5:15 pm	Sep 11 - Dec 11 (No class 10/9, 11/27)	\$258

JAMES BEDE SOCCER GIRL EMPOWERMENT

Act. #422999 | Ages 6 - 7 | Instructor: James Bede Staff

We are excited to offer this girls ONLY class. We will be working on the fundamental skills of soccer as well as game intelligence. Do not miss this great opportunity to progress your game to the next level! It will be intense but FUN. Saturday games included.

Location: Warren Building | 7 weeks | Min: 10/Max: 15

S#	Day	Times	Date	Price
01	Wed	2 - 2:50 pm	Sep 11 - Nov 2	\$258
		10:30 - 11:30 am	(No class 10/9, 10/12)	



SPECIAL OLYMPICS

Act. #422990 | All Ages

This is a generic registration for Special Olympics. Once we have a core group enrolled, we will coordinate a day/time/location. This program will always be FREE but will require some group fundraising.

JUNIOR BADMINTON

Act. #420208 | Ages 5 - 18 | Instructor: Maugus Badminton



The Maugus Junior Badminton Team has been running in Wellesley for more than fifteen years and we are excited for your kids to join our training. Come learn badminton skills for all levels, improve coordination, play fun games, and be in a great environment with other kids. Run by two USA Badminton high performance certified coaches, the Maugus Junior Program coaches kids from the most beginner level to the highest level of national and international competition. We are experienced in providing strong skills training along with a fun and enjoyable experience for all ages. Our mission is to teach kids not just how to play badminton but how to be team players and grow as individuals.

Location: Maugus Club | 6/7/8 weeks | Min: 8/Max: 3

S#	Day	Times	Date	Price
02	Mon	4 - 6 pm	Sep 9 - Oct 21 (No class 10/14)	\$175
			Sep 4 - Oct 23 (No class 10/9)	\$175
04	Fri	4 - 5:30 pm	Sep 6 - Oct 25	\$175
			Sep 7 - Oct 26 (No class 10/12, 11/9)	\$175
06	Sat	9 - 10:30 am	Sep 7 - Oct 26 (No class 10/12, 11/9)	\$175
			Sep 7 - Oct 26 (No class 10/12, 11/9)	\$175
07	Sat	12:30 - 2 pm	Sep 7 - Oct 26 (No class 10/12, 11/9)	\$175
			Sep 7 - Oct 26 (No class 10/12, 11/9)	\$175

LACROSSE

Act. #422155 | Ages 4 - 7 | Instructor: PrimeTime Lacrosse

Learn2Lax is an opportunity for players from beginners to those with a year of experience ages 4-7 to try lacrosse in a fun, supportive, confidence-building environment. No equipment is necessary, as we provide sticks. Just come ready to have a blast learning how to play the great sport of lacrosse! Our specially designed curriculum uses positive reinforcement and a low child-to-coach ratio to make sure each child gets the proper attention while having endless fun.

Location: Warren Building | 5 weeks | Min: 20/Max: 48

S#	Age	Day	Times	Date	Price
01	4 - 5	Sat	9 - 9:45 am	Sep 14 - Oct 19	\$198
				(No class 10/12)	
02	5.6 - 7	Sat	10 - 10:45 am	Sep 14 - Oct 19	\$198
				(No class 10/12)	

FALL YOUTH PROGRAMS

AWESOME ART

Act. #421423 | K - 4 | Instructor: Beth Meditz, M.Ed

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.

Location: Warren Building | 6/8/5/7 weeks | Min: 5/Max: 15

S#	Grade	Day	Times	Date	Price
01	K - 4	Mon	4:30 - 5:30 pm	Sep 9 - Oct 28 (No class 9/30, 10/14)	\$125
02	K - 4	Tue	4:30 - 5:30 pm	Sep 10 - Oct 29	\$165
03	K - 4	Mon	4:30 - 5:30 pm	Nov 4 - Dec 16 (No class 11/11, 12/2)	\$105
04	K - 4	Tue	4:30 - 5:30 pm	Nov 5 - Dec 17	\$145



PAINTING & DRAWING MODERN MASTERPIECES

Act. #421488 | Ages 6.5 - 14 | Instructor: D'Ann Hansen

In this class students will produce timeless work that will be cherished for years. These large 16" x 20" pieces of art painted on archival paper are sure to find a home on your walls! Young students use professional tools and nontoxic acrylic paints. Students gain an appreciation for different artists while learning various techniques through step-by-step visual demonstrations. The sunny Art Studio at the Rec. Center provides a perfect creative oasis! Add \$35 materials fee payable to teacher 1st day of class. More information on D'Ann can be found at her website at dannhansen.com

Location: Warren Building | 6/5 weeks | Min: 6/Max: 8

S#	Age	Day	Times	Date	Price
01	6.5 - 14	Tue	4 - 6 pm	Sep 10 - Oct 15	\$230
02	6.5 - 12	Tue	4 - 6 pm	Oct 29 - Dec 10 (No class 11/26)	\$230
03	6.5 - 14	Thu	4 - 6 pm	Sep 12 - Oct 17	\$230
04	6.5 - 14	Thu	4 - 6 pm	Nov 7 - Dec 12 (No class 10/31, 11/28)	\$195
05	6.5 - 14	Wed	4 - 6 pm	Oct 30 - Dec 11 (No class 11/27)	\$230

GET OUR
WEEKLY EMAILS!
SIGN UP @
WELLESLEYREC.ORG



POTTERY & WHEEL THROWING

Act. #421412 | Ages 6 - 18 | Instructor: Ramune Jauniskis

In a relaxed and creative environment kids will learn hand building and wheel throwing techniques while having fun and sharpening their motor skills. Each week new 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 please visit: addictedtomermaids.blogspot.com

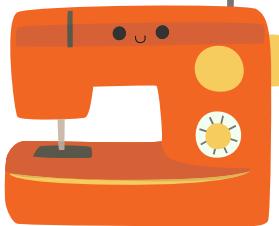
Location: Warren Building | 5/3 weeks | Min: 4/Max: 12

S#	Day	Times	Date	Price
01	Thu	4:15 - 6:15 pm	Sep 12 - Oct 10	\$205
02	Thu	4:15 - 6:15 pm	Oct 17 - Nov 14	\$205
03	Thu	4:15 - 6:15 pm	Nov 21 - Dec 19 (No class 11/28, 12/5)	\$133

CREATIVE SEWING

Act. #421452 | Ages 6 - 18 | Instructor: Ramune Jauniskis

Ramune Jauniskis brings her popular sewing class to the Wellesley Recreation Department. Students will learn both hand and supervised machine sewing while having fun and developing concentration. Sewing basics will be reviewed including threading a needle, tying a knot and basic stitching. Exciting, creative ideas will be presented for kids to work on at their own pace. Sewing is a useful practical skill that students will take pride in mastering and completed projects bring a feeling of satisfaction. Price includes all materials. To learn more about Ramune please visit: addictedtomermaids.blogspot.com. New project ideas are presented each session (projects are not repeated).



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

S#	Day	Times	Date	Price
01	Sat	1 - 3 pm	Sep 21 - Nov 2 (No class 10/12)	\$245

Office Hrs: M-F 8:30-4:30

ARCHERY FOR KIDS

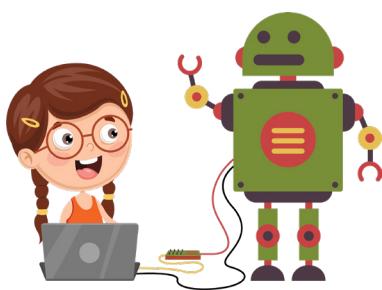
Act. #435300 | Ages 8 - 14 | Instructor: On the Mark Archery Staff

Ready to shoot a real bow?! Recurve archery is a fun sport for kids of all ages to enjoy and experience, regardless of athletic ability or skill. This Olympic sport teaches students the importance of patience, focus and ‘process versus outcome’ thinking, enabling them to concentrate on the steps that lead to success while building confidence and boosting self-esteem. If your child is ready to try something new, archery will be the perfect activity to include in their schedule! All equipment is provided. Classes taught by certified instructors from On the Mark Archery.

Location: Warren Building | 5/4 weeks | Min: 10/Max: 16

S#	Age	Day	Times	Date	Price
01	9 - 14	Wed	7 - 8 pm	Sep 18 - Oct 23 (No class 10/9)	\$150
02	8 - 11	Tue	4 - 5 pm	Nov 26 - Dec 17	\$120

FALL YOUTH PROGRAMS



HANDS ON ELECTRONICS

Act. #424950 | Ages 8 - 11 | Instructor: Circuit Lab Staff

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Location: Warren Building | 6 weeks | Min: 7/Max: 14

S#	Day	Times	Date	Price
01	Tue	3:30 - 5 pm	Nov 12 - Dec 17	\$180



LEGO MAKE & TAKE ENGINEERING CHALLENGE

Act. #421485 | All Ages | Instructor: Diane Benson, M.Ed

Join in on the fun, take part AND take home the LEGO creation you designed!

Register for 1 or all 3! Each afternoon will consist of both self-guided and teacher-led projects to ensure that your child is learning while having FUN!

Location: Warren Building | 1 week | Min: 5/Max: 12

S#	Day	Times	Date	Price
Amazing Mazes				
01	Thu	3:30 - 5 pm	Sep 5	\$55
Extreme Shelter Challenge				
01	Thu	3:30 - 5 pm	Sep 12	\$55
Minifigure Underwater Rescue Challenge				
01	Thu	3:30 - 5 pm	Sep 19	\$55

iCODE PRESENTS: COMPUTATIONAL THINKING

Act. #424989 | Ages 5+ | Instructor: iCode Staff

Come and explore the wonderful land of computational thinking with scratch programming where you will learn programming basics and advanced skills with a ball that is, believe it or not, an app-controlled robot. Understand the fundamentals of gyroscopes and accelerometers while experiencing the fun of controlling the bots using crazy facial expressions. You will use the learned concepts to guide the robot through a maze or roll through an obstacle course. By using Scratch blocks, or writing JavaScript text programs, you will learn to use actions, controls, operators to give your little bot buddy instructions and see it bring your imagination to life. Work with your team to build unique solutions from the best ideas and compete with your fellow program buddies to roll your bot over the finish line! Bottom Line: Fun and Learning in a powerful package!

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

S#	Day	Times	Date	Price
01	Thu	4 - 5 pm	Sep 19 - Nov 14 (No class 10/31)	\$275



If Wellesley Schools are cancelled due to bad weather, then the Rec. Center is closed too!

KARATE

Act. #421800 | Ages 3 - 16 | Instructor: Steve Nugent

Now celebrating 18 years in Wellesley!

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!



Location: Warren Building | 11 weeks | Min: 10/Max: 30

S#	Age	Day	Times	Date	Price
01	3 - 4	Wed	3:45 - 4:15 pm	Sep 11 - Dec 4 (No class 10/9, 11/27)	\$305
02	5 - 7	Wed	4:15 - 5 pm	Sep 11 - Dec 4 (No class 10/9, 11/27)	\$305
03	8 - 16	Wed	5 - 5:45 pm	Sep 11 - Dec 4 (No class 10/9, 11/27)	\$305

FALL YOUTH PROGRAMS

HAVE SOME HOLIDAY FUN!

COOKIES FOR SANTA

Act. #423741 | Ages 5 - 10 | Instructor: Diane Benson, M.Ed

Let's get baking and make Santa something special this year with some kid-made cookies! He is sure to appreciate the snack break as he travels around the world! PLEASE NOTE: Eggs & dairy will be used in this class

Location: Warren Building | 1 week | Min: 6/Max: 8

S#	Day	Times	Date	Price
01	Mon	3:30 - 5:30 pm	Dec 23	\$48
01	Sat	10:00am - 12:00pm	Dec 21	\$48

DESIGN A GINGERBREAD HOUSE

Act. #423716 | Ages 5 - 10 | Instructor: Diane Benson, M.Ed

Design an edible house that will enhance your home décor and impress your friends and family. Using frosting, candies and other fun treats, you will be shown creative ways to decorate and landscape your edible home. Houses are pre-assembled and will be ready to decorate using frosting, candies and other fun treats! Participants will have over 50 different edible decorations to use!!! Please notify instructor if your child has any food allergies. PLEASE NOTE: Some candies used in this class may be made in a factory that also uses nuts. Child only drop off class!

Location: Warren Building | 1 week | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Thu	3:30 - 5 pm	Dec 19	\$72

LEGO ORNAMENTS

Act. #421430 | Grades K - 4 | Instructor: Diane Benson, M.Ed

Create one-of-a-kind LEGO Ornaments designed by YOU! Maybe a penguin, a rainbow, a present, a gingerbread man?...the choice is YOURS and the possibilities are endless. All of the ornaments you design and create you will take home to enjoy for years to come! Terrific memories from 2019!

Location: Warren Building | 1 week | Min: 6/Max: 15

S#	Age	Day	Times	Date	Price
01	5 - 9	Fri	3:30 - 5:30 pm	Dec 13	\$72
02	5 - 10	Sat	10 am - 12 pm	Dec 14	\$72

F Y I

Program Registration

Residents: 8/13/19

Non Residents: 8/27/19

Register Online!
wellesleyrec.org



PIANO LESSONS

Act. #425807 | Ages 8 - 15 | Instructor: Dave Medeiros

Have fun exploring the potential of electronic keyboards while focusing on the foundations of the most universally enjoyed musical instrument the piano! Beginner lessons will cover fundamentals of music theory, hand movement, and independent coordination as it applies to note reading of easy melodies. Must bring a keyboard to class.

Location: Warren Building | 7 weeks | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Mon	5 - 6 pm	Oct 21 - Dec 16 (No class 11/11, 12/2)	\$135

GUITAR LESSONS

Act. #425808 | Ages 8 - 15 | Instructor: Dave Medeiros

You can stop playing "air guitar" and learn how to play the real thing! Beginner lessons introduce the challenge of musicianship while concentrating on basic music fundamentals in a relaxed atmosphere. Students will learn popular songs while focusing on note reading, chord accompaniment, and simple tuning techniques. Guitar rentals are available for an additional charge of \$50 per session payable to Dave at first class. Please contact the Recreation Department if you are interested in reserving a guitar for the class.

Location: Warren Building | 7 weeks | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Mon	4 - 5 pm	Oct 21 - Dec 16 (No class 11/11, 12/2)	\$135







We know camp just ended...
but our 2020 Summer Camp
registration opens in
January. Stay tuned!



FALL YOUTH PROGRAMS



AUTUMN @ MOPO

FYI

Program Registration

Residents: 8/13/19

Non Residents: 8/27/19

Register Online!
wellesleyrec.org



DON'T
FORGET!

TENNIS FOR KIDS!

EARLY RELEASE TENNIS

Act. #425200 | Ages 8 - 11 | Instructor: Mike Sabin

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.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 6/Max: 16

S#	Age	Day	Times	Date	Price
01	8 - 9	Wed	12:30 - 1:30 pm	Sep 4 - Oct 2	\$125
02	10 - 11	Wed	1:30 - 2:30 pm	Sep 4 - Oct 2	\$125

Location: Warren Gym Min 6/Max10

03	8 - 9	Wed	12:30 - 1:30 pm	Nov 6 - Dec 4	\$125
04	10 - 11	Wed	1:30 - 2:30 pm	Nov 6 - Dec 4	\$125

TEEN TENNIS

Act. #425202 | Ages 12 - 16 | Instructor: Mike Sabin

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.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 4/Max: 15

S#	Day	Times	Date	Price
01	Tue	5 - 6:30 pm	Sep 3 - Oct 1	\$160

SATURDAY MORNING TENNIS

Act. #425203 | Ages 5 - 14 | Instructor: Mike Sabin

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.

Location: Schofield School | 5 weeks | Min: 6/Max: 15

S#	Age	Day	Times	Date	Price
01	5 - 7	Sat	9 - 10 am	Sep 7 - Oct 5	\$125
02	8 - 9	Sat	10 - 11 am	Sep 7 - Oct 5	\$125
03	10 - 14	Sat	11 am - 12 pm	Sep 7 - Oct 5	\$125

THURSDAY TENNIS

Act. #425201 | Ages 5 - 11 | Instructor: Mike Sabin

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 bring a water bottle.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 4/Max: 16

S#	Age	Day	Times	Date	Price
01	5 - 7	Thu	3:30 - 4:30 pm	Sep 5 - Oct 3	\$125
02	5 - 7	Thu	4:30 - 5:30 pm	Sep 5 - Oct 3	\$125
03	8 - 11	Thu	5:30 - 6:30 pm	Sep 5 - Oct 3	\$125

Location: Warren Gym | 5 weeks | Min: 4/Max: 12

04	5 - 7	Thu	3:30 - 4:30 pm	Nov 7 - Dec 12	\$125
05	5 - 7	Thu	4:30 - 5:30 pm	Nov 7 - Dec 12	\$125

(No class 11/28)

06	8 - 11	Thu	5:30 - 6:30 pm	Nov 7 - Dec 12	\$125
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(No class 11/28)



If Wellesley Schools are
cancelled due to bad weather,
then the Rec. Center
is closed too!

FALL YOUTH PROGRAMS

BABYSITTER'S TRAINING

Act. #431504 | Ages 11 - 15 | Instructor: Alice Wadley

Babysitter's Training with American Heart Association Family and Friends CPR is a 5-hour course that teaches students in grades 5-8 the fundamental skills necessary to provide safe and responsible care for infants and children.



Course Content

- Injury & accident prevention • Choking rescue • Basic First Aid skills
- Adult and pediatric CPR & AED use • Positive behavior management
- Child care routines (including bottle feeding and diapering practice)
- Problem solving techniques • Safe and age-appropriate toys and games
- Business basics (including resume writing, setting fees, & professionalism)

Materials

- Pocket First Aid Kit • Babysitter's Drawstring Bag
- Folder with course reference materials
- American Heart Association Family & Friends student manual

Certificates

- American Heart Association Family and Friends CPR e-Certificate
- Babysitter's Training e-Certificate

****Participants should bring a snack and lunch**

Location: Warren Building | 1 week | Min: 8/Max: 16

S#	Day	Times	Date	Price
01	Sat	10 am - 3 pm	Sep 14	\$120
02	Sat	10 am - 3 pm	Nov 2	\$120

HOME ALONE SAFETY

Act. #431503 | Ages 8 - 11 | Instructor: Juanita Allen Kingsley

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.

Location: Warren Building | 1 week | Min: 6/Max: 18

S#	Day	Times	Date	Price
01	Mon	3:45 - 5:30 pm	Sep 23	\$45

FIRST AID/CPR/AED

Act. #431578 | Ages 16 + | Instructor: Juanita Allen Kingsley

ASHI Pediatric CPR, AED and First Aid training program 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.



Course content:

- First Aid Basics • Medical Emergencies • Injury Emergencies
- Environmental Emergencies • Adult CPR • Pediatric CPR

Location: Warren Building | 1 week | Min: 4/Max: 12

S#	Day	Times	Date	Price
01	Mon	6 - 9 pm	Sep 23	\$85



PREMIER HOOPS

Act. #421288 | Grades K - 12 | Instructor: Premier Hoops Staff

Have fun and learn the game of basketball in this incredible 7-week program. Every Monday our professional and D1 trainers will teach all players fun and unique fundamentals of ball-handling, passing, shooting, footwork, and more. This program will improve their confidence and skill set for scrimmage games at the end of each session. This program is also geared to help improve player IQ and in-game performance in other leagues they play in!

Location: Warren Building | 8 weeks | Min: 8/Max: 25

S#	Grade	Day	Times	Date	Price
01	K - 3	Mon	3:30 - 4:15 pm	Sep 16 - Nov 25 (No class 9/30, 10/14, 11/11)	\$209
02	3 - 7	Mon	4:15 - 5:15 pm	Sep 16 - Nov 25 (No class 9/30, 10/14, 11/11)	\$209
03	7 - 12	Mon	4:15 - 5:15 pm	Sep 16 - Nov 25 (No class 9/30, 10/14, 11/11)	\$209



INFO ON
PAGE 8



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KIDS: SELF DEFENSE-COMBAT SAMBO

Act. #421806 | Ages 4 - 11

Children over 6 years of age, accompanied by Adult, may come to Family Class. See Adult/Family Program.

Instructor: Grandmaster Michael Galperin & Staff

"SAMBO"- Russian acronym for "Self Defense without Weapons". This SYSTEM incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate, Aikido, Kung Fu, Krav Maga and others. Boys and girls will be presented with practical self defense applications for a variety of situations. This unique style of Martial Arts will boost their confidence, discipline, health and fitness along with self-esteem. In a safe and friendly atmosphere participants will enhance their ability to cooperate, focus and follow directions. Under the supervision of experienced certified instructors, children will be taught skills to protect themselves against bullying, kidnapping, molestation, random attackers and enable them to be safe in dangerous real world situation. Note: Participants may join classes at any time; your full term payment will extend into the next term. Uniforms and equipment are available for purchase in class. For more information regarding the program details please visit www.combatsambo.com



Location: Warren Building | 9/11/12 weeks | Min: 8/Max: 20

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:30 pm	Sep 23 - Dec 16 (No class 9/30, 10/14, 11/11, 12/2)	\$144
02	Wed	6:30 - 7:30 pm	Sep 25 - Dec 18 (No class 10/9, 11/27)	\$176
03	Mon & Wed	6:30 - 7:30 pm	Sep 23 - Dec 18 (No class 9/30, 10/9, 10/14, 11/11, 11/27, 12/2)	\$260

Visit: wellesleyrec.org

Get info on all kinds of cool programs!

DYNAMIC RUNNING: YOUTH

Act. #420209 | Ages 7 - 12 | Instructor: Kathy Fleming

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 his 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 the hurdles, shot put, javelin, discus and the long jump. 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.

Location: Warren Building | 4 weeks | Min: 6/Max: 15

S#	Day	Times	Date	Price
01	Mon	4:15 - 5:15 pm	Oct 21 - Nov 18 (No class 11/11)	\$150

TERRIERS NFL FLAG FOOTBALL

Act. #420633 | Grades 2 - 8 | Instructor: Terriers Sports Staff

"Under The Lights" at the Hunnewell playing fields, our NFL Flag Football program is directed by Terriers Sports, whose popular programs are designed and managed to offer enjoyable inclusive experiences to participants of all experience levels. Kids love the fast paced action flag offers and get a great overall workout. Teams are structured by school affiliation, balanced by grade, and provided with official NFL replica game jerseys. Teams are coached by local high school students and supervised by adult refs focused on relaxed and balanced fun. Mixed with Terriers "arena tunes" they enjoy high-octane fun. At the conclusion of the program teams enjoy a Terriers Bucket Tournament. This is a very popular program and due to space limitations suggest early registration.

Location: Multipurpose Field | 6 weeks | Min: 20/Max: 72

S#	Grade	Day	Times	Date	Price
01	2 - 3	Mon	5:45 - 6:45 pm	Sep 9 - Oct 21 (No class 9/30)	\$216
02	4 - 5	Mon	7 - 8 pm	Sep 9 - Oct 21 (No class 9/30)	\$216
03	6 - 8	Mon	7 - 8 pm	Sep 9 - Oct 21 (No class 9/30)	\$216



TERRIERS POWERPLAY DODGEBALL

Act. #420603 | Ages 6 - 11 | Instructor: Terriers Sports Staff

Join us for one of our most popular programs! Kids love the fast paced action, throwing, catching and of course, dodging balls in this great game. They also get a great overall workout and develop throwing, catching and agility skills, while having fun playing one of their favorite games. Teams are organized by grade, styled with team shirts and mixed with Terriers tunes! Kids will enjoy high-octane fun and at the conclusion of the program, teams will also enjoy a tournament for the coveted Terriers Dodgeball Bucket.

Cushioned foam balls are use for safety.

Location: Warren Building | 5 weeks | Min: 25/Max: 50

S#	Day	Times	Date	Price
01	Tue	3:30 - 4:30 pm	Oct 15 - Nov 12	\$125

FALL YOUTH PROGRAMS

DINING ETIQUETTE & TABLE MANNERS

Act. #431562 | Ages 7 - 18 | Instructor: Nikki Sawhney

Present your child with the opportunity to feel self-reliant and confident in any dining and social situation by taking interactive lessons taught by a certified etiquette consultant. Our 90 minute workshops are designed to teach children how to conduct themselves on the dining table in a restaurant, at home and when meeting new people. Teaching children proper dining skills and table manners helps them succeed at school, socially, and later, professionally. Topics include: How to sit at the table, understanding place settings, how to correctly hold and use silverware, different dining styles including American and Continental, appropriate table conversation, what to do with unwanted food, interacting with servers and much more. These skills will help your child to be confident, polished and polite. Some food items will be served during class so that the children can practice what they learn. Dietary restrictions can be accommodated.

www.newenglandschoolofprotocol.com

Location: Warren Building | 1 week | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Sat	11 am - 12:30 pm	Sep 14	\$65
02	Sat	11 am - 12:30 pm	Oct 5	\$65
03	Sat	9:30 - 11 am	Nov 9	\$65
04	Sat	9:30 - 11 am	Dec 14	\$65
05	Mon	4 - 5:30 pm	Sep 23	\$65
06	Mon	4 - 5:30 pm	Oct 21	\$65
07	Mon	4 - 5:30 pm	Nov 18	\$65
08	Thu	4 - 5:30 pm	Dec 19	\$65

DINING ETIQUETTE: Prep for the Holidays

Act. #431563 | Grades 2 - 7 | Instructor: Nikki Sawhney

Holidays are a stressful time of the year and we can all use a little help to brush up on our etiquette, especially children. During this 3 week/1.5 hour a week program students will learn the following: The importance of greetings others, proper introductions, respecting dress codes, behaving appropriately at other people's homes, making appropriate conversation and using "please" and "thank you". We will also cover proper dining etiquette and table manners including understanding place settings, how to correctly hold and use silverware, different dining styles including American and Continental, dealing with problem foods, passing food at the table, proper way to eat bread & soup, excusing yourself and much more. Some food items will be served during class so that the children can practice what they learn. Dietary restrictions can be accommodated.

www.newenglandschoolofprotocol.com

Location: Warren Building | 3 weeks | Min: 5/Max: 10

S#	Grade	Day	Times	Date	Price
01	2 - 12	Wed	4 - 5:30 pm	Nov 6 - 20	\$138
02	2 - 12	Mon	4 - 5:30 pm	Nov 25 - Dec 16 (No class 12/2)	\$138

SOCIAL SKLZ - ESSENTIAL TWEENZ

Act. #431589 | Ages 7 - 13 | Instructor: Juanita Allen Kingsley

This valuable new program focuses on how to "Make a Good First Impression" and "Eat In, Dine Out". It teaches lessons including greetings and introductions, making a good first impression, starting conversation, patience and thoughtfulness, self-control, respect and consideration, as well as dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem. This program has been widely touted and featured extensively in the media, with a segment on The Today Show.

Location: Warren Building | 1 week | Min: 4/Max: 8

S#	Day	Times	Date	Price
01	Thu	3:45 - 5:30 pm	Dec 5	\$80



STAY-CATION
WITH US!

PUDDLESTOMPERS DECEMBER VACATION

Act. #415701 | Ages 3 - 6 | Instructor: Puddlestompers

Let us lead your children in discovering the mystery of winter during PUDDLESTOMPERS' December Vacation drop-off program. Winter is a magical time to explore! Come see how animals and plants are surviving the cold. Look for animal tracks and investigate other signs of winter activity. Discover who is taking a rest during the cold months and who is still out and about! Children will learn about the day's topic through hands-on investigation, active movement and play, crafts, stories, and songs. A snack will be provided each day, as well as a take-home craft and handout with additional activities and information to extend learning and exploration into your home.

Location: Warren Building | 1 week | Min: 4/Max: 20

S#	Day	Times	Date	Price
01	Mon	9 am - 1 pm	Dec 16	\$70
02	Tue	9 am - 1 pm	Dec 17	\$70
03	Wed	9 am - 1 pm	Dec 18	\$70
04	Thu	9 am - 1 pm	Dec 19	\$70
05	Fri	9 am - 1 pm	Dec 20	\$70
10	Mon	9 am - 1 pm	Dec 23	\$70
07	Thu	9 am - 1 pm	Dec 26	\$70
08	Fri	9 am - 1 pm	Dec 27	\$70
09	Mon	9 am - 1 pm	Dec 30	\$70

TERRIERS POWERPLAY DECEMBER VACATION

Act. #420607 | Ages 1 - 5 | Instructor: Terriers Staff

We are pleased to offer a December vacation version of our popular Terriers Sports program. Each day will begin with an open gym, with supervised but self-structured fun and activity. Kids will shoot hoops, play knockout, pick-up basketball, wall ball, practice skills or just relax and have fun with friends. There will be dodgeball games, basketball games and more...all played each day in "Terriers Style" with action, energy and a focus on sportsmanship and fun! Register for a single day or register for all 3 days and get a discount. Teams will be divided by grade as appropriate. Kids should bring their own lunch.



Location: Warren Building | 3 days | Min: 20/Max: 40

S#	Day	Times	Date	Price
01	Mon	10:30 am - 2:30 pm	Dec 23	\$40
02	Thu	10:30 am - 2:30 pm	Dec 26	\$40
03	Fri	10:30 am - 2:30 pm	Dec 27	\$40
04	Mon, Thu, Fri	10:30 am - 2:30 pm	Dec 23, 26, 27	\$100

SKIING AT NASHOBA VALLEY



SKIING @ NASHOBA: Wednesdays

Act. #123300 | Ages 8 - 11 | Instructor: Nashoba Valley Ski Resort

Now is the best time to learn to ski or snowboard. If you already ski or snowboard, you can polish your skills. This program includes transportation to Nashoba Valley, lessons and lift tickets. Please indicate if your child is a first time skier and if they will snowboard or ski. All participants must be enrolled in grades 3-5. If you need rental equipment you MUST attend the prefit date (Thurs. Dec 5th). If you miss the prefit, you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. **Rental Equipment: \$90, Helmet Rental: \$12, Helmet Purchase: \$60**

Location: Nashoba Valley | 5 weeks | Min: 20/Max: 45

S#	Day	Times	Date	Price
04	Wed	12:45 - 5:30 pm	Jan 8 - Feb 5	\$340



SKIING @ NASHOBA: Fridays

Act. #123301 | Ages 11 - 15 | Instructor: Nashoba Valley Ski Resort

Just imagine blazing down the slopes of Nashoba Valley under the lights instead of staying home on a Friday night! Join your friends and enjoy four weeks of skiing or snowboarding. Participants should bring a bag lunch/supper or they may purchase something at Nashoba. No lessons on Friday nights. Children must be enrolled in graded 6 - 8. If you need rental equipment you MUST attend the prefit date (Thurs. Dec 5th). If you miss the prefit, you will have to drive to Nashoba Valley and have your child measured because they CAN NOT be fitted on the first day of the program. **Rental Equipment: \$90, Helmet Rental: \$12, Helmet Purchase: \$60**

Location: Nashoba Valley | 5 weeks | Min: 20/Max: 40

S#	Day	Times	Date	Price
01	Fri	3:45 - 9:30 pm	Jan 3 - 31	\$340



A NOTE TO PARENTS FOR NASHOBA SKI

The Recreation Department has been offering ski lessons at Nashoba Valley for a number of years. There are a few things that you can do to help us. We do ask that your child wear the helmet cover provided by us, so that we can identify those in our group. **WE ARE NOT RESPONSIBLE FOR ARTICLES LEFT BEHIND. YOUR CHILD MUST MAKE SURE THEY HAVE EVERYTHING BEFORE WE LEAVE NASHOBA.** Children are not allowed to wear ski boots on the bus. Every child who goes to Nashoba on the bus will return to the Warren Building parking lot on the bus. If you must pick your child up at Nashoba, then you will also be responsible for getting them to Nashoba that day. Last, but not least, we ask that you **BE ON TIME TO PICK UP YOUR CHILD.** The bus is usually back at the Warren Building parking lot by 5:15 pm at the latest for the Wednesday program, and for the Friday night program by 9:30 pm.

RENTALS ARE AN ADDITIONAL \$90 TO BE PAID AT PREFIT.

**DON'T MISS THE
PREFIT!**

**DECEMBER 5TH
6 - 8PM**

**WELLESLEY REC
WARREN BLDG.**

FALL ADULT PROGRAMS



FUSION FIT - FIRST CALL

Act. #440450 | Instructor: Bitsy Graham

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

Location: Warren Building | 8/6 weeks | Min: 16/Max: 50

S#	Day	Times	Date	Price
01	Tue, Thu, Fri	6 - 7 am	Sep 9 - Nov 1 (No class 10/14)	2 days - \$175 3 days - \$200
02	Tue, Thu, Fri	6 - 7 am	Nov 4 - Dec 20 (No class 11/11, 11/28)	2 days - \$168 3 days - \$199

FUSION FIT

Act. #440400 | Instructor: Bitsy Graham

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

Location: Warren Building | 8/6 weeks | Min: 16/Max: 50

S#	Day	Times	Date	Price
01	Mon-Fri	8:45 - 9:45 am	Sep 9 - Nov 1 (No class 10/14)	2 days - \$175 3 days - \$200 4 days - \$225 5 days - \$250
02	Mon-Fri	8:45 - 9:45 am	Nov 4 - Dec 20 (No class 11/11, 11/28)	2 days - \$168 3 days - \$199 4 days - \$212 5 days - \$224



BADMINTON

Act. #440208 | Instructor: Maugus Staff

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.

Location: Warren Building | 14 weeks | Min: 8/Max: 20

S#	Day	Times	Date	Price
01	Fri	6 - 8:30 pm	Sep 13 - Dec 20 (No class 11/29)	\$50

FALL PREVENTION FITNESS

Act. #440218 | Instructor: Sharon Fillyaw

Core and Balance with Sharon is a new and exciting approach to fall prevention and recovery. The class focuses on leg, shoulder and core strength along with balance. Sharon is a national level bodybuilder who enjoys working with the senior population to assist them in becoming more self reliant. You will learn how to react before, during and after a fall and how to do so if injured.. Sharon's Full Body and Fitness workout airs on the Wellesley Community Access channel. It is a demanding but fun class designed to get you more fit. This class is for all fitness levels so come on out and enjoy the fun! Co-sponsored by Wellesley Council on Aging.

Location: Warren Building | 10 weeks | Min: 15/Max: 20

S#	Day	Times	Date	Price
01	Fri	2 - 3 pm	Sep 13 - Nov 15	\$100

RECIPE TO FEELING BETTER

Act. #440581 | Instructor: Brooke Snyder

Do you experience pressure, fear, stress and lack of focus? Expectations are high. You want to keep up. You want the best for your health and the health of your family. What if you could learn a framework to help you manage how you feel and live day to day, so that you can start to enjoy and be present for your work and home life? And, what if you learned a new skill set that showed you no matter whatever comes your way, or stress you experience, you can respond from a confident, compassionate and calm place? Part education, part experience. Engage in a thoughtful and collaborative discussion. Learn new techniques to help you feel better than you ever thought possible. I'm a Certified Life & Weight Coach and Meditation Teacher and former Sales & Business Development Rep. (13 years in high-stress, high pressure roles) and I can help you. Bring a journal (if you like to take notes) and an open-mind. Leave feeling educated, empowered and uplifted. Brooke@BrookeSnyderWellness.com



Location: Warren Building | 1 week | Min: 10/Max: 25

S#	Day	Times	Date	Price
01	Mon	6:30 - 8 pm	Sep 23	\$150
02	Mon	6:30 - 8 pm	Oct 21	\$150

WHITE PEOPLE CHALLENGING RACISM, MOVING FROM TALK TO ACTION

Act. #443877 | Instructor: Steve Pereira & Michelle Chalmers

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

Location: Warren Building | 5 weeks | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Wed	6 - 8 pm	Sep 11 - Oct 16 (No class 10/9)	\$85

FALL ADULT PROGRAMS

YOGA FOR LIVING WELL

Act. #440530 | Instructor: Leslie Worris

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

Location: Warren Building | 14/12 weeks | Min: 8/Max: 22

S#	Day	Times	Date	Price
01	Tue	1:30 - 2:45 pm	Sep 10 - Dec 17 (No class 10/29)	\$168
02	Thu	1:45 - 3 pm	Sep 12 - Dec 19 (No class 10/10, 10/31, 11/28)	\$144



YOGA: ABSOLUTE BEGINNER

Act. #440504 | Instructor: Julie Pernokas

This class is for someone who has always wanted to try yoga but didn't know where to start, or for someone who wants to be sure they are learning yoga correctly. This class offers a great introduction to yoga technique in a safe, gentle, and slower-paced setting. All levels are welcome.

Location: Warren Building | 15 weeks | Min: 15/Max: 25

S#	Day	Times	Date	Price
01	Mon & Wed	10:30 - 11:30 am	Sep 9 - Dec 18 (No class 9/30, 10/9, 10/14, 11/11, 12/2)	1 day - \$210 2 day - \$350

YOGA: VINYASA FLOW FOUNDATIONS

Act. #440565 | Instructor: Peter Kelley

This class is designed for a slow paced Vinyasa flow, combining movement, breadth, alignment and meditation in a setting for both beginner and intermediate levels alike. The goal will be to achieve greater strength, balance and flexibility in ones everyday life, while having fun while we're at it!

Location: Warren Building | 12 weeks | Min: 6/Max: 18

S#	Day	Times	Date	Price
01	Sat	9 - 10 am	Sep 14 - Dec 21 (No class 10/12, 11/9, 11/30)	\$195

BALANCE, BARRE & BONES

Act. #440539 | Instructor: Leslie Worris

Improve balance and prevent falls. This class includes barre, standing and floor work. Barre uses a combination of movements inspired by ballet, pilates and yoga. Will also use weights, resistance bands and balls. Increase bone strength, flexibility, improve posture, stamina, core, dynamic stability and mobility. Students need to bring 2 sets of weights. Chairs are available.

Location: Warren Building | 14 weeks | Min: 8/Max: 20

S#	Day	Times	Date	Price
01	Tue	3 - 4 pm	Sep 10 - Dec 17 (No class 10/29)	\$168

TAI CHI

Act. #440543 | Instructor: Leslie Worris

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

Location: Warren Building | 12 weeks | Min: 8/Max: 21

S#	Day	Times	Date	Price
01	Thu	12:30 - 1:30 pm	Sep 12 - Dec 19 (No class 10/10, 10/31, 11/28)	\$144

YOGA: BEGINNER

Act. #440598 | Instructor: Julie Pernokas

This class offers a slow to moderately paced approach to learning yoga. Instruction focuses on alignment, stretching, and strengthening. When practiced regularly, students often experience an inner calm and more supple body. No previous yoga experience is necessary. All levels are welcome.

Location: Warren Building | 14 weeks | Min: 8/Max: 22

S#	Day	Times	Date	Price
01	Tue	7 - 8 pm	Sep 10 - Dec 17 (No class 10/8)	\$210

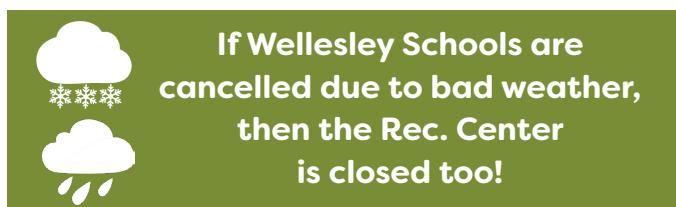
YOGA: M/W/F

Act. #440599 | Instructor: Julie Pernokas

This class combines primarily the styles of Ashtanga and Iyengar yoga focusing on alignment, movement, breathing techniques, stretching, and strengthening. When practiced regularly, students experience improved concentration, and the inner calm of the body, mind, and spirit. Students will also learn meditation. Some yoga experience is recommended. All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building | 15 weeks | Min: 12/Max: 20

S#	Day	Times	Date	Price
01	Mon,Wed,Fri	9 - 10:15 am	Sep 9 - Dec 20 (No class 9/30, 10/9, 10/14, 11/11, 11/29, 12/2)	1 day - \$210 2 day - \$350 3 day - \$410



FALL ADULT PROGRAMS

STILL LIFE & OBSERVATIONAL DRAWING

Act. #441425 | Alfred De Angelo

Intro to Still Life 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 this course you will start by learning how to analyze what you see. You will progress from drawing simple geometric objects to more complex still life setups, while gaining an understanding of line, shading, perspective 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. He has been an exhibiting member of the Copley Society of Art, Boston, since 2004. A list of required materials will be provided by the instructor.



Location: Warren Building | 8 weeks | Min: 5/Max: 12

S#	Day	Times	Date	Price
01	Wed	7 - 8:30 pm	Sep 25 - Nov 27 (No class 10/9, 11/20)	\$120

ACRYLIC PAINTING

Act. #441455 | Instructor: D'Ann Hansen

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by Modern Masters or 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. All classes held in the sunny art studio in the Warren Building. More information on D'Ann can be found on her website at dannhansen.com. \$35 materials fee payable to teacher first day of class.

Location: Warren Building | 6/5 weeks | Min: 6/Max: 8

S#	Day	Times	Date	Price
01	Tue	10 am - 12 pm	Sep 10 - Oct 15	\$230
02	Tue	10 am - 12 pm	Oct 29 - Dec 10 (No class 11/26)	\$230
03	Wed	10 am - 12 pm	Sep 11 - Oct 16 (No class 10/9)	\$195
04	Wed	10 am - 12 pm	Oct 30 - Dec 11 (No class 11/27)	\$230

POTTERY FOR ADULTS

Act. #444414 | Instructor: Ramune Jauniskis

Learn hand building and wheel throwing techniques in a relaxed and encouraging environment. Each week new ideas and techniques will be presented for inspiration. Students are free to work on their own ideas or on suggested projects. No experience is necessary all are welcome. All work will be kiln fired. Price includes materials and firing. To learn more about Ramune please visit: addictedtomermaids.blogspot.com.

Location: Warren Building | 5/3 weeks | Min: 6/Max: 8

S#	Day	Times	Date	Price
01	Thu	12 - 2 pm	Sep 12 - Oct 10	\$205
02	Thu	12 - 2 pm	Oct 17 - Nov 14	\$205
03	Thu	12 - 2 pm	Nov 21 - Dec 19 (No class 11/28, 12/5)	\$133

BEADED JEWELRY

Act. #443489 | Ages 18+ | Instructor: Andrea Alyse

Learn to create stunning jewelry using an exciting variety of fun and easy beading techniques! In this relaxing but highly-addictive class, you will create beautiful necklaces, bracelets and earrings - even you have never strung a bead before! We use pearls, glass, gemstones, wire and other creative supplies to make gorgeous jewelry that looks complicated, yet is constructed using simple, straightforward techniques. Taught by a nationally-known instructor, a new project is introduced every week but you may work at your own pace or on projects of your own preference. This class is suitable for all levels of experience as the instructor has been teaching beaded jewelry for almost twenty years. All materials are provided for the first class at which time a syllabus with a list of supplies and sources will be provided. After the first class, you may purchase your own supplies from outside sources or from the instructor for a small fee. Come join us for some beading fun!

Location: Warren Building | 8 weeks | Min: 4/Max: 12

S#	Day	Times	Date	Price
01	Fri	9:30 am - 12:30 pm	Sep 13 - Nov 1	\$255

TAKING BETTER PHOTOS WITH YOUR DIGITAL CAMERA

Act. #443900 | Instructor: Mark Maiden



If you have recently acquired a new camera (or dusted off an old one from the closet), and want to find out how to take great photos of your children, grandchildren, birds, flowers, landscapes, or indeed anything else that takes you fancy, this introductory class is for you! We will cover the capabilities, strengths and limitations of the different types of camera available, and discuss the basic workings of a digital camera. The fundamental controls of all cameras, affecting the depiction of motion, the amount of the picture that is in focus, and the amount of light needed to take a picture, will each be carefully explained and demonstrated, including the effects that they each have on your images, and how they interact. The thought process that photographers should follow to ensure that each photo comes out exactly as intended, including both technical and artistic considerations, will be covered. Many tips and tricks for taking better photos will be offered along the way, and any photographic questions you may have will be answered. Sessions will be every other week to allow time for participants to practice with photographic assignments exploring each topic covered. Assignment images will be reviewed and discussed at the following meeting. Participants should bring their digital camera and its user manual to each class.

Location: Warren Building | 3 weeks | Min: 6/Max: 12

S#	Day	Times	Date	Price
01	Sat	10 am - 1 pm	Sep 28 - Oct 26 (No class 10/5, 10/19)	\$135

FALL ADULT PROGRAMS

DEMYSTIFYING SOCIAL SECURITY

Act. #443651 | Instructor: Dan Williams

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 and 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.

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.

Location: Warren Building | 1 week | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Sep 16	\$30

BRICK BY BRICK: Building Your House of Financial Success

Act. #443644 | Instructor: Joel Roberts

This informal, conversational workshop is designed for those interested in learning basic financial planning concepts critical to financial stability, independence, and success. Topics discussed will include budgeting, investing, estate planning, tax strategy, risk management, and life-cycle planning. Attendees are asked to provide their input and ask questions throughout to help the instructor gauge topic interest and allocate discussion time accordingly. The session will close with the opportunity to ask the instructor general financial planning questions. The workshop will be led by Joel Roberts, a Certified Financial Planner™. Attendees are strongly encouraged to bring their own Jenga® game or set of wood building blocks in order to fully participate in this highly interactive workshop. Appropriate for adults of all ages.

Location: Warren Building | 1 week | Min: 6/Max: 15

S#	Day	Times	Date	Price
01	Thu	7 - 8:30 pm	Nov 7	\$10



PERSONAL COMPASS FOR PURPOSEFUL WORK

Act. #443865 | Instructor: Cory Halaby

There are many ways to do meaningful work. This workshop will introduce a series of "compass systems" that connect you to your best thinking so that you can navigate choices wisely and determine the best use of your time and energy. Led by Master Certified Life Coach, Cory Halaby, this process dissolves common fears, obstacles, and excuses, and gets you moving in the right direction. Dive into this 7 week workshop series for a powerful perspective shift. You'll get individual coaching, group support, a fresh sense of possibility, and clear action steps you'll be eager to take. Do work you love and stay on course for a joyful life.

Location: Warren Building | 7 weeks | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Wed	10 - 11 am	Sep 18 - Nov 6 (No class 10/9)	\$190



UNDERSTANDING MEDICARE

Act. #443699 | Instructor: Dan Williams

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 HMO's, PPO's, 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.

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.

Location: Warren Building | 1 week | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Mon	7 - 9 pm	Sep 9	\$30

WELLESLEY TOWN BAND

Dust off that
old instrument
and come on
down to give
us a try!

INFO ON PAGE 7



FALL ADULT PROGRAMS

SELF DEFENSE: COMBAT SAMBO ADULTS & FAMILIES PRACTICAL DEFENSIVE SYSTEM

Act. #441856 | Adults & 12+ yrs

Instructor: Grandmaster Michael Galperin & Staff

Family Classes: Children over 6 years of age, accompanied by Adult

"SAMBO"- Russian acronym for "Self Defense without Weapons". This SYSTEM designed to prepare individuals to survive in any real world life threatening situation. It provides effective defense against attacks by both armed and unarmed assailants, physically superior opponents and multiple attackers. Combat SAMBO incorporates the most effective survival techniques from Judo, Jiu-jitsu, Karate, Aikido, Kung Fu, Krav Maga and others. It is one of the most comprehensive self defense and survival systems in the world. You will learn practical application of self defense techniques in a variety of situations. Learning this unique Martial Art style will boost your confidence, health and fitness along with self-esteem. The practical hands-on techniques will enable you to protect yourself against kidnapping, rape, carjacking, street attack, and home invasion. Your goal is to become untouchable. Note: Participants may join classes at any time; your full term payment will extend into the next term. Uniforms and equipment are available for purchase in class. For more information regarding the program details please visit www.combatsambo.com



Location: Warren Building | 9/11/12 weeks | Min: 8/Max: 20

S#	Day	Times	Date	Price
01	Mon	7:30 - 9 pm	Sep 23 - Dec 16 (No class 9/30, 10/14, 11/11, 12/2)	\$144
02	Wed	7:30 - 9 pm	Sep 25 - Dec 18 (No class 10/9, 11/27)	\$176
03	Mon & Wed	7:30 - 9 pm	Sep 23 - Dec 18 (No class 9/30, 10/9, 10/14, 11/11, 11/27, 12/2)	\$260

ARCHERY FOR ADULTS

Act. #445399 | Instructor: On the Mark Archery Staff

Archery is back for the fall 2018 season! Improve focus, patience and discipline as we learn the fundamentals of this mental sport that can be enjoyed by people of all ages. Challenge yourself to try something new and discover your new favorite leisure activity that is considered by many to be a hybrid between yoga, golf and Tai chi! All equipment is provided. Program led by certified instructors from On the Mark Archery. 179 Boden Lane, Natick, MA 01760

Location: Natick Recreation Center | 4 weeks | Min: 4/Max: 4

S#	Day	Times	Date	Price
01	Mon	7:45 - 8:45 pm	Sep 16 - Oct 21 (No class 9/30, 10/14)	\$120
02	Mon	7:45 - 8:45 pm	Oct 21 - Nov 18 (No class 11/11)	\$120



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ZUMBA: TUESDAYS

Act. #444007 | Instructor: Meghan Collins

Working out and getting in shape has never been so much fun! Zumba is a Latin-inspired, dance fitness class that incorporates a variety of music with a focus on Latin and International music and dance. The dance routines feature easy-to-follow moves that tone your body while burning calories. Zumba welcomes everyone - from any fitness level or any age. Ditch the workout and join the party! Please wear sneakers or dance shoes, fitness attire, and bring a water bottle to class.

Location: Warren Building | 8/7 weeks | Min: 6/Max: 20

S#	Day	Times	Date	Price
01	Tue	9:30 - 10:30 am	Sep 10 - Oct 29	\$70
02	Tue	9:30 - 10:30 am	Nov 5 - Dec 17	\$62

ZUMBA: WEDNESDAYS

Act. #444006 | Instructor: Tanya Novobrantseva

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!

Location: Warren Building | 6 weeks | Min: 8/Max: 25

S#	Day	Times	Date	Price
01	Wed	7:15 - 8:15 pm	Sep 11 - Oct 23 (No class 10/9)	\$50
02	Wed	7:15 - 8:15 pm	Oct 30 - Dec 11 (No class 11/27)	\$50



ALEXANDER TECHNIQUE: For improving posture & relieving pain

Act. #442602 | Instructor: Jill Geiger

Interested in improving your posture, moving with ease, and relieving stiffness, pain, and tension? Poor posture, stress, and neck/back/shoulder pains are often caused by unrecognized habits of muscular tension. By teaching how to recognize and unlearn these common habits, the Alexander Technique provides the means to restore innate good posture, balance and poise, enabling you to look and feel better and move with ease. For over 120 years, performers, athletes, and individuals of all ages have used this educational method to improve performance of all activities and reduce tension and stress. Its effectiveness in enabling long-term relief from chronic pain is supported by research. This class will introduce the technique: its history, principles and application to everyday activities. Class includes one private lesson in instructor's Newton office.

Location: Warren Building | 1 week | Min: 3/Max: 12

S#	Day	Times	Date	Price
01	Wed	7 - 9 pm	Sep 25	\$45

FALL ADULT PROGRAMS

OUR BEST FRIENDS!



DOG OBEDIENCE 1

Act. #444600 | Instructor: Vera Wilkinson

Love your dog but not all of his behavior? In this five 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, dog food and treats and proof of vaccinations to the first class.

Location: Warren Building | 5 weeks | Min: 6/Max: 10

S#	Day	Times	Date	Price
03	Mon	7:30 - 8:20 pm	Sep 9 - Oct 21 (No class 9/30, 10/14)	\$155
04	Mon	7:30 - 8:20 pm	Oct 28 - Dec 9 (No class 11/11, 12/2)	\$155

DOG OBEDIENCE 2

Act. #444601 | Instructor: Vera Wilkinson

Do you have goals for your dog? Canine Good Citizen or Therapy Dog? This fun yet challenging five week class is for dogs that have already attended Dog Obedience 1 or an equivalent foundation class beyond Puppy Kindergarten. Take your training to a new level of reliability while working on leave it, heel, recalls and stays under heavy distractions for use in real life applications. Specific skills will be added to the curriculum to help you reach your goals. Please bring your dog, dog food and treats and proof of vaccinations to the first class.

Location: Warren Building | 5 weeks | Min: 6/Max: 12

S#	Day	Times	Date	Price
01	Mon	8:30 - 9:20 pm	Sep 9 - Oct 21 (No class 9/30, 10/14)	\$155
02	Mon	8:30 - 9:20 pm	Oct 28 - Dec 9 (No class 11/11, 12/2)	\$155

PUPPY KINDERGARTEN

Act. #444602 | Instructor: Vera Wilkinson

Create the dog of your dreams! This five 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 so 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. If you have any questions, please visit www.cooperatedog.com members are encouraged to attend.

Location: Warren Building | 5 weeks | Min: 6/Max: 12

S#	Day	Times	Date	Price
01	Mon	6:30 - 7:20 pm	Sep 9 - Oct 21 (No class 9/30, 10/14)	\$155
02	Mon	6:30 - 7:20 pm	Oct 28 - Dec 9 (No class 11/11, 12/2)	\$155

SEE IT, SAY IT, & SIGN IT

Act. #424503 | Instructor: Robert McGuane

Listen to the ads for world language instruction. French is back in vogue as the language to learn. Rosetta Stone and Babel, step aside. :>) There is a new, scientific method to speed up and retain bilingualism & multilingualism. This audiovisual approach draws on the old, the new, and an innovative twist all based on established, proven research. French through pictures will become French through pictures and American Sign Language (ASL) Word Signs! (The partnership is really ideal, since ASL actually originates from France and French Sign Language.) French is a great starting point, but the method will work with any language. Instruction by an experienced teacher will help self-study. The instructor, RJM, will use logical rules and conventions for manually coding language while speaking it, i.e. Sign & Speak Mode. A handout will be based on two, affordable, self-instructional manuals: See It And Say It in French by M. Madrigal; and Webster's A. S. L. Dictionary by E. Costello. With these teaching and study references, the participants will See It, Say It, & Sign It in (English &) French. One stand alone workshop will get the participant going on self-study. Taking a series of stand alone workshops will help the student make accurate progress. Take one workshop, then sign up for another. MON DIEU! JE PARLE FRANCAIS! And I am signing in ASL Word Sign Manually Coded Language! Families using ASL Word Sign, Baby Sign Language, who want their children to become bilingual or multilingual, will want to learn this practical method for language acquisition and retention.

Location: Warren Building

Min: 4/Max: 10 | 13 weeks

S#	Day	Times	Date	Price
01	Tue	7 - 9 pm	Sep 24 - Dec 17	\$15



F Y I

Program Registration

Residents: 8/13/19

Non Residents 8/27/19

Register Online!

wellesleyrec.org



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FALL ADULT PROGRAMS

CHINATOWN BAKERY BUNS

Act. #443799 | Ages 16+ | Instructor: Roberta Hing

The bakeries in Chinatown are filled with the mouthwatering aromas of freshly baked buns and pastries. Join chef instructor Roberta Hing in this hands-on class as we recreate three Chinatown bakery favorites. We'll start by making Coconut Buns, addictively tender yeasty buns filled with sweet coconut paste. Next, we'll make fluffy Pineapple Buns with a special crispy topping. We'll also recreate a star of dim sum tables, airy Steamed Barbecue Pork Buns and Chicken Buns,. At the end of class, students will enjoy eating their creations together.

Location: Warren Building | 1 week | Min: 5/Max: 12

S#	Day	Times	Date	Price
01	Thu	10:30am - 12:30pm	Oct 10	\$45



VIETNAMESE COOKING 101

Act. #443797 | Ages 16+ | Instructor: Roberta Hing

Learn how to make authentic, delicious Vietnamese food with chef Roberta Hing! Vietnamese food is known for its bright clean flavors. In this hands-on cooking class, Roberta will introduce students to a variety of ingredients that deliver and enhance distinctive Vietnamese flavors. Participants will begin the class by making two types of popular Vietnamese rolls - crispy spring rolls with chicken or pork and fresh summer rolls, accompanied by traditional dipping sauces. We'll also learn about lemongrass, another important Vietnamese ingredient, as we make Lemongrass Chicken. At the end of the class, students will share their creations with each other.

Location: Warren Building | 1 week | Min: 5/Max: 12

S#	Day	Times	Date	Price
01	Thu	6:30 - 8:30 pm	Nov 7	\$45



GUITAR FOR ADULTS

Act. #445802 | Instructor: Dave Medeiros

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

Location: Warren Building | 7 weeks | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Mon	6 - 7 pm	Oct 21 - Dec 16 (No class 11/11, 12/2)	\$135

CONTINUING GUITAR

Act. #445803 | Instructor: Dave Medeiros

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

Location: Warren Building | 7 weeks | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Mon	8 - 9 pm	Oct 21 - Dec 16 (No class 11/11, 12/2)	\$135

CHINESE STREET FOOD

Act. #443798 | Ages 16+ | Instructor: Roberta Hing

Street food is an important feature of the food scene in China. Along hidden alleyways and even major streets, you'll find food stalls lined up with enticing aromas. Join chef, Roberta Hing, as she takes you on a culinary adventure as we recreate a few classic Chinese street food favorites. We'll start with Crispy Scallion Pancakes with multiple flaky layers. Next we'll make Curry Chicken Puffs with melt in your mouth buttery crust. We'll also make Xian Bing, the savory meat-stuffed pancake that can be found in the city of the famed Terra Cotta Warriors. At the end of class we'll eat our creations and choose our favorites.

Location: Warren Building | 1 week | Min: 5/Max: 12

S#	Day	Times	Date	Price
01	Wed	6:30 - 8:30 pm	Dec 4	\$45



CHINATOWN FOOD TOUR

Act. #443796 | Ages 16+ | Instructor: Roberta Hing

Chinatown is filled with so many little shops and restaurants-- it's easy to get lost amid the colorful window displays and enticing aromas. This tour will take you on a culinary and cultural adventure. We will begin our journey in the heart of Chinatown, learning about its history, while stopping at a few shops and bakeries for samples. Then, we will walk into a Chinese herbal shop to examine traditional Chinese medicine remedies. We will follow with a traditional dim sum lunch at a restaurant popular among locals-- an experience not to be missed. Finally, we will visit a Chinese market to explore the unique offerings including exotic produce and unusual ingredients. Meet under the Chinatown Gate at the corner of Beach and Hudson Street, Boston.

Location: Chinatown | 1 week | Min: 5/Max: 11

S#	Day	Times	Date	Price
01	Sun	11 am - 1:30 pm	Sep 29	\$69



PIANO LESSONS

Act. #445801 | Instructor: Dave Medeiros

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

Location: Warren Building | 7 weeks | Min: 5/Max: 10

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Oct 21 - Dec 16 (No class 11/11, 12/2)	\$135

FALL ADULT PROGRAMS

BALLROOM DANCING

Act. #444002 | Instructor: Carol Lanzillo

Did you love watching Dancing with the Stars? Did you see *Take the Lead* or *Shall We Dance*? Have you always wanted to learn how to dance? Now is your chance! Across the country people are learning the joys of ballroom dancing, become one of them! We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Swing, Hustle, Foxtrot & Rumba the weeks away. Add passion and excitement to your life today! Please bring leather soled shoes.

Location: Warren Building

Min: 10/Max: 20

5 weeks

S#	Day	Times	Date	Price
01	Mon	7 - 8 pm	Oct 21 - Nov 25 (No class 11/11)	\$133

BRIDGE FOR BEGINNERS

Act. #444122 | Instructor: Anand Lele

Bridge is a very popular and challenging card game. It is very enjoyable, social and it helps players stay mentally sharp. If this appeals to you, join us to learn the basics of this wonderful game. The emphasis in this class will be on learning the logic associated with "The Standard American" Bidding system. Every class session will include instruction, followed by supervised Bidding and Play of some prearranged hands in a very friendly setting. You will receive comprehensive and easy to understand handouts to assist you in learning this fascinating game. This class is appropriate for both, students who are totally new to the game, as well as to those who have played before but need a review of the basics.

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

S#	Day	Times	Date	Price
01	Thu	10 am - 12 pm	Sep 12 - Oct 31	\$200



If Wellesley Schools are cancelled due to bad weather, then the Rec. Center is closed too!



We know camp just ended... but our 2020 Summer Camp registration opens in January. Stay tuned!



The Friendship Circle is a social group for senior women in Wellesley that meets on Mondays from October through May. Hosted by Wellesley Friendly Aid and the Wellesley Service League, members enjoy a wide variety of activities including crafts, holiday parties, various guest speakers and musical performances. Transportation and lunch are provided.

Location: Warren Building | **Min: 10 / Max: 30**

Mondays from 12 - 2 pm

October 21, 2019 - May 11, 2020

FREE!

Contact Recreation Office to register

FALL ADULT PROGRAMS

TENNIS: Beginner/Adv. Beginner

Act. #445205 | Ages 15+ | Instructor: Mike Sabin

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. Reduced price for players who have purchased tags.

Location: Hunnewell Tennis Courts | 4/5 weeks | Min: 6/Max: 12

S#	Day	Times	Date	Price
01	Wed	6:30 - 8 pm	Sep 4 - Oct 2	\$186
02	Fri	9 - 10:30 am	Sep 6 - Oct 4	\$171
03	Tue	9 - 10:30 am	Sep 3 - Oct 1	\$171

TENNIS: Intermediate/Advanced

Act. #445201 | Ages 15+ | Instructor: Mike Sabin

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. Reduced price for players who have purchased tags.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 6/Max: 16

S#	Day	Times	Date	Price
01	Thu	6:30 - 8 pm	Sep 5 - Oct 3	\$186
02	Fri	10:30 am - 12 pm	Sep 6 - Oct 4	\$171
03	Tue	10:30 am - 12 pm	Sep 3 - Oct 1	\$171

TENNIS DRILL & PLAY

Act. #445225 | Instructor: Mike Sabin

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session

Location: Hunnewell Tennis Courts | 5 weeks | Min: 6/Max: 20

S#	Day	Times	Date	Price
01	Wed	9:30 - 11 am	Sep 4 - Oct 2	\$171

F Y I

Program Registration

Residents: 8/13/19

Non Resident: 8/27/19

Register Online!
wellesleyrec.org



ROUND ROBIN TENNIS



Act. #245288 | Instructor: Mike Sabin

A chance to meet new players and work on your game in a fun, social atmosphere. One of our tennis coaches will be there to provide balls and coordinate groupings that will produce even matches. After a period of time, you'll get to play with a new group. Open to many levels of players, you need to know basics of strategy and scoring.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 10/Max: 20

S#	Day	Times	Date	Price
01	Mon	7 - 8:30 pm	Sep 9 - Oct 21 (No class 9/30, 10/14)	\$75 (with tag: \$90)

CARDIO TENNIS



Act. #445289 | Instructor: Mike Sabin

A fast paced, fun way to get your heart pumping and hit a lot of balls. Instructors will construct drills designed to get your 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 beginner on up.

Location: Hunnewell Tennis Courts | 5 weeks | Min: 10/Max: 20

S#	Day	Times	Date	Price
01	Wed	8:30 - 9:30 am	Sep 4 - Oct 2	\$75
02	Fri	8 - 9 am	Sep 6 - Oct 4	\$75



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YOGA BOOK CLUB

Act. #443814 | Instructor: Cory Halaby

Here's a chance to let inspired wisdom from your bookshelf transform your daily life. In Yoga Book Club, new concepts and habits sink deep into your mind, body and spirit, creating profound, positive change. Led by certified Master Certified Life Coach and yoga instructor, Cory Halaby, classes include book discussion, coaching, self-reflection, yoga and meditation. Each season of Yoga Book Club offers a new layer of learning. Each class is centering, relaxing and fun, like a mini-retreat. This fall we'll revisit the book that has launched countless creative careers and enriched lives for decades: THE ARTIST'S WAY, A Spiritual Path to Higher Creativity, by Julia Cameron. An enduring bestseller, THE ARTIST'S WAY is a 12 week program that ingrains the habits that successful artists, entrepreneurs, actors, authors, musicians and generally engaged, happy people everywhere swear by. We'll pair the book with BIG MAGIC by Elizabeth Gilbert, for an extra boost of entertaining inspiration.

Location: Warren Building | 12 weeks | Min: 5/Max: 15

S#	Day	Times	Date	Price
01	Thu	9:30 - 10:45 am	Sep 12 - Dec 5 (No class 11/28)	\$200

WE ARE NOT JUST ANOTHER PRETTY FACE...WE HAVE COOL STUFF INSIDE!



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October 26 @ 11 am
Clock Tower Park

More info to come!

