



WELLESLEY RECREATION FALL 2022

WELLESLEY RESIDENTS MAY REGISTER ON AUGUST 29TH
NON-RESIDENTS MAY REGISTER ON SEPTEMBER 6TH

...if you dare!

Something for Everyone!



Something for Everyone @ Wellesley Recreation

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



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

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

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



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org

IMPORTANT TOWN NUMBERS

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

RECREATION DEPARTMENT STAFF

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

RECREATION COMMISSION

Paul Cramer	Chair
Mark Wolfson	Vice-Chair
John Lanza	Member
Laurence Stuntz	Member
Anthony Munchak	Member

WHO TO CONTACT

For field use, Summertime Concerts and any comments or concerns:

Email: [Matt Chin](mailto:mchin@wellesleyma.gov) [mchin@wellesleyma.gov]

All programs, Morses Pond and summer jobs at the beach:

Email: [Jennifer Lawlor](mailto:jlawlor@wellesleyma.gov) [jlawlor@wellesleyma.gov]

All programs, summer camp and summer camp counselor positions:

Email: [Chad Norton](mailto:cnorton@wellesleyma.gov) [cnorton@wellesleyma.gov]

For Afterschool Programs, Teen Ctr., Middle School programs and beach:

Email: [Heidi Stapleton](mailto:hstapleton@wellesleyma.gov) [hstapleton@wellesleyma.gov]

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.



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



General Information

Very important details!

GENERAL INFORMATION

Register for members of your immediate family only.

AGE POLICY

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

PAYMENT

Non Residents add \$10 per course. Payments can be made by cash, VISA, MasterCard or by check payable to Town of Wellesley,

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

COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

COURSE CONFIRMATION

If you provide your email address you will receive an email confirmation/receipt. If a class has reached its maximum enrollment, you can place your name on the waiting list by using the online registration system. If a class does not meet the minimum participant requirements, it will be cancelled and you will be notified. Otherwise, please plan on attending the course.

MAKE UP CLASSES

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

SWITCHING/CHANGING CLASSES

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



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents.
Register online @ wellesleyrec.org

REFUND POLICY

If a program meets more than 4 times, you will receive a refund minus a \$20 admin fee if you notify the Rec. Dept. prior to the second class. No refunds or credits anytime after the second class.

If a program meets 4 or fewer times, or meets for five consecutive days (ie. camps, vacation programs, skiing), you will receive a refund minus \$20 admin fee if you notify the Rec. Dept. five business days before the start of the class. (Please note, camp refund minus a \$25 admin fee for KinderCamp, Camps Joey, Q, 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



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.

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:

Warren Building, 90 Washington Street, Wellesley, MA 02481 • 781.235.2370

Wellesley's Guided 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. Our first two walks cover about 2-1/4 miles and last a little over one hour. Participants are encouraged to wear sturdy footwear. Our third walk covers 11 miles and is for seasoned hikers.

Saturday, September 24 | 9 - 10:15am | Beard Trail & Ridge Hill Reservation

September 24, Saturday (9:00-10:15 a.m.) – Beard Trail and Ridge Hill Reservation

Walk the trail along Beard Way to discover Ridge Hill Reservation in Needham. The reservation was part of the old Baker Estate, an extravagant amusement park created by William Baker in 1868. Ridge Hill has miles of hiking trails including a long boardwalk through wetlands that feed Fuller Brook. Meet at the map house located at Grove Street and Beard Way near the Needham town line. Please park on the left-hand side of Beard Way.

Sunday, October 2 | 9 - 10:15am | Lower Falls

Take a walk through an historic part of Wellesley and enjoy scenic views along the river on the Charles River Path. Walk along the brick Waterway, the remnants of a proposed development in the 1890's at Indian Springs Park. Follow the Crosstown Trail on the Cochituate Aqueduct that was built in 1848 to supply water to Boston. Cross over the Charles River footbridge at the Cordingly Dam. Meet at the River Street parking lot off Washington Street (free on weekends).

Sunday, October 30 | 8am - 12:30pm | Wellesley Grand Tour Hike

Take a spectacular 11-mile loop hike along the trails network in Wellesley. We will start along the Brook Path, then take the Crosstown Trail, Charles River Path, Sudbury Path and Guernsey Path, and return on the Brook Path. Most of our hike will be on trails through woods, parks or along aqueducts, with less than 3 miles along roads. Meet at the State Street parking lot adjacent to the High School stadium.

Note: This is a strenuous hike and participants should plan to walk at a moderate pace to stay with the group. Bring sturdy footwear, water and a snack. One restroom stop included. No dogs please.

KIDS' TRAILS DAY | Sunday, October 23 | 1:30-3pm | 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.

We look forward to seeing you!

- Activities take place unless it pours rain or there are high winds.
- For more info: www.wellesleytrails.org, or call Denny Nackoney at 781-237-5174.
- Participants will be required to follow Town guidelines for COVID-19 for outdoors group events.
- If a walk or Kids' Trails Day is cancelled because of COVID, a notice will be posted on our website at wellesleytrails.org.

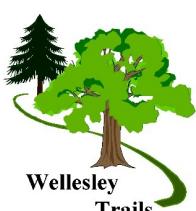
PLEASE LIKE 'WELLESLEYTRAILSCOMMITTEE' ON FACEBOOK.



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents.
Register online @ wellesleyrec.org



Don't miss our updates!
Sign up for emails @ wellesleyrec.org
Facebook: facebook.com/recwellesley
Instagram: instagram.com/recwellesley



Town Sports Information

Wellesley Town Band



WELLESLEY YOUTH BASEBALL & SOFTBALL / wellesleyybs.org



WELLESLEY YOUTH FOOTBALL
wellesleyyouthfootball.com



WELLESLEY YOUTH FIELD HOCKEY
wellesleyyouthfieldhockey.com



WELLESLEY YOUTH HOCKEY
wellesleyyouthhockey.org



WELLESLEY UNITED SOCCER
wellesleysoccer.org



WELLESLEY BOYS LACROSSE
wellesleyboyslacrosse.com



WELLESLEY GIRLS LACROSSE
wellesleygirlslacrosse.com



WELLESLEY SWIM ASSOCIATION
wellesleyswim.org



WELLESLEY YOUTH BASKETBALL
wellesleybasketball.org



MEN'S SLOPITCH SOFTBALL
jrussell@ddjcap.com

WELLESLEY TOWN BAND

The Wellesley Town Band is BACK! After an extended, forced, lay-off, we are thrilled to be able to resume what we enjoy most, making music together! If you have ever played a brass, woodwind, or percussion instrument, there's a chair, music stand, music, and a warm welcome waiting for you in the Wellesley Town Band! Players of all ages (Grade 8 upwards) are welcome, no auditions are required. The Band has a real family feel, with spouses, siblings, and parents and students, all playing together.

In our ninth playing season, the Band will once again be 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 May. It has also performed outdoors for MassHort's Gardeners' Fair at Elm Bank in May, and the Wellesley Summertime Concert series at Town Hall in June.

Cost is \$175 for thirty-three 90-minute rehearsals (Sept. 12 – June 12) and three concert performances. 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 info@wellesleytownband.org.

- Mondays 7:00 - 8:30 pm in the WHS Band Room
- Sept. 12 - June 12
(No rehearsals 9/26, 10/10, 1/16, 2/20, 4/17, 5/29)
- 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



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org

Wellesley Tennis/Pickleball Court Information

Only Wellesley residents may reserve courts and acquire a membership. Memberships are on sale now.

Visit wellesleyrec.org to purchase a membership and/or reserve a court. Use activity #555200

TWO RESIDENT MEMBERSHIP PRICING OPTIONS:

- **Reservations for day play:** FREE Activity # 555200-02
Day reservations began: April 25, 2022
- **Reservations for day & night play:** \$40 tennis night tag
Activity# 555200-04
Night play & reservations begin August 29, 2022

After registering for a membership, please allow up to 24 hours for **PlayLocal** to update their system (weekend registrations allow until end of business on Mondays)

Courts that may be reserved are:

Hunnewell (tennis) • Sprague (mix use) • Schofield (mix use) • Perrin (pickleball)

Residents who reserve courts and wish to be taught private lessons:

Provide instructor contact information and ensure that instructor has been approved to offer private lessons on Wellesley courts.

Non members can still walk in and play on courts, but **MUST** vacate courts for **PlayLocal** reservations

COURT USAGE ETIQUETTE & HONOR SYSTEM

- PLAYERS MUST VACATE COURTS FOR MEMBERS THAT HAVE A PLAYLOCAL RESERVATION:
<https://www.playlocal.com/>
- SINGLES PLAY & DOUBLES PLAY limited to 2 hours per group (reserve in 1 hour increments)
- Groups larger than four (4) players may not monopolize multiple courts at a given time.
- When using the courts, please be respectful of those players who are waiting to use courts.
- Whenever there are players waiting, all players must vacate courts after playing for 2 hours
- Winners shall have no prior rights to remain on the courts.
- You may reserve times to play tennis and pickleball at Hunnewell or Sprague courts here:
<https://www.playlocal.com/>
- PLEASE REMEMBER: Monopolizing courts and time, which limits playing opportunities for others, is not in the spirit of this sport and facilities.

POSTPONED ACTIVITIES:

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 TENNIS & TENNIS LIGHT TAG HOLDERS:

Tennis court lights are in operation 7 nights a week from end of April 29 - November 27 from 6:00 p.m. - 9:30 p.m. To use the Hunnewell Tennis courts anytime after 6 pm you must purchase a seasonal tennis tag. Revenue from tag sales offsets the cost of the lights. Please follow and abide by the Hunnewell Tennis Court Rules.

TURNING COURT LIGHTS ON:

Each set of 4 tennis courts have a silver push button with a strobe light at the top, by each entrance. When players arrive, they need to push that button and then the lights stay on for 1 hour, with 5 minutes left in the first hour, the strobe light will flash, indicating 5 minutes left in the hour. Players will then need to go back and push the silver button for another hour. This system was installed to conserve energy, during inclement weather days. There is signage at each button with directions.

IMPORTANT INFORMATION:

Tennis Night Tags are available by calling the Recreation Office, Monday - Friday from 8:30 to 4:00 pm. If you are an online user of Wellesley Recreation, tennis tags may be purchased online. You may use a copy of your online receipt until you receive your tags. Tags will NOT be mailed. You must schedule a time to pick up your tag from the Recreation Office.

Tennis tags go on sale via the web and phone in early April each year.

For online registration, look for activity #555200

TAG FEES: Weekly: \$10 / Resident: \$30

Tag Holders:

In an attempt to make sure paying tag holders are able to use tennis courts at night, every tag holder will receive a "neon yellow" colored lanyard along with their tennis tag. When you arrive to the Hunnewell Tennis courts and find an open court, please take your lanyard/tag and loop the lanyard/tag around the Washington Street side fence closest to your desired court. This will show that you are a paying Tennis Tag holder and that you are using that respective court.

We hope this procedure will show who the paying Tennis Tag holders are without having to be confrontational to someone who is not. A Recreation Department employee will periodically check to ensure night time players have purchased a Night Time Tennis Tag. Please limit the number of balls used on your court. Please be respectful and refrain from using a ball hopper during peak times.

Private Lessons:

No private lessons are to be taught (without the authorization of the Recreation Department.). Contact the Rec Dept. for more info.

The Official Pickleball Page

Pickleball is the fastest growing sport on two feet

PICKLEBALL IS A FAST PACED GAME THAT PEOPLE OF ALL AGES AND ABILITY LEVELS CAN ENJOY.

Currently, there are no dedicated pickleball courts in the Town of Wellesley. Pickleball court lines have been added to select tennis and basketball courts in town. Pickleball players may need to bring their own nets to the various locations (some courts have portable nets).

PICKLEBALL COURT LOCATIONS:

Sprague School Courts • Schofield School Courts • Perrin Park

PICKLEBALL @ WARREN BUILDING

MONDAYS & TUESDAYS: *These two days are for Wellesley residents ONLY (all ages) and you must reserve your court time.* You can only reserve a week ahead and proof of residency will be required.

Mondays: Oct 3 - Dec 12

(SKIP DAY: Mon 10/10 & 11/28)

- 11am - 12:30pm: Beginners
- 12:30 - 2pm: Intermediate
- 2 - 3:30pm: Advanced

Tuesdays: Sept 27 - Dec 13

(SKIP DAY: Tue 10/4, 11/8, 12/6)

- 12:30 - 1:30pm: Beginners
- 1:30 - 2:30pm: Intermediate
- 2:30 - 3:30pm: Advanced

Reservations are made by calling or visiting the Rec. Office. Twelve people will be allowed per week, per time slot. We have two courts per time slot. The above time are for Wellesley residents only. **\$5/TIME SLOT**

PICKLEBALL: DROP-IN

Thursdays: Sep 29 - Dec 15 (SKIP DAY: THU 11/24)

All levels can play from 11am - 2:30pm. Drop-in Pickleball is for residents & non-residents. **\$5/DROP-IN FEE**



COMING SOON! Haunted & Holiday House Decorating Contest for Halloween & Christmas

Sign up for our weekly emails so you don't miss a thing @ wellesleyrec.org

COMING SOON! Our Annual Garage Sale. Stay tuned for information on how to reserve a spot or shop til you drop! Sign up for our weekly emails @ wellesleyrec.org

COMING SOON! Halloween Stroll. Get your little goblin ready for an afternoon of tricks & treats. Sign up for our weekly emails so you don't miss a thing. wellesleyrec.org

PICKLEBALL: Beginner

Act. #440225 | @ Sprague or Schofield Elementary School*

Instructor: Doug Steinberg | Two Day Class | Min: 6/Max: 8
Learn the fundamentals of the game of Pickleball. Recommended for ALL NEW players and players getting back in the game. Includes grip, ready position, safety, basic overview of shots and footwork drills. Please provide your own paddle. Demos will be available to try at clinic as well

Classes canceled due to inclement weather, will be rescheduled by instructor.

*More info on location to follow. If playing at Schofield...Please do not park in the school parking lot. You may access the courts from Cedar St.

S#	Day	Times	Date	Price
01	Sat & Sun	9:10:30am	Oct 1 - Oct 2	\$72
02	Wed & Sat	10:30am-12pm	Oct 26 - Oct 29	\$72

PICKLEBALL:

Dinks & Thirds Clinic (Adv. Beg.)

Act. #440226 | @ Sprague or Schofield Elementary School*

Instructor: Doug Steinberg | One Day Class | Min: 4/Max: 6
In a small group setting, learn technique on how to hit the two hardest shots in pickleball. We will go over when and where the paddle should contact the ball, footwork, grip and paddle position. We will also go over the correct flight of the ball. This class is for advanced beginners.

* More info on location to follow. If playing at Schofield...Please do not park in the school parking lot. You may access the courts from Cedar St.

S#	Day	Times	Date	Price
01	Wed	10:30am - 12pm	Sep 14	\$54

PICKLEBALL:

Dinks & Thirds (Int./Adv.)

Act. #440227 | @ Sprague or Schofield Elementary School*

Instructor: Doug Steinberg | One Day Class | Min: 4/Max: 6
For the intermediate to advanced player. In a small group setting, learn advanced technique combined with strategy on when and where to place shots. Combining correct footwork, paddle position and body position with choosing the right shot at the right time, you will leave this clinic seeking dink rally's and third shot drops in your next game.

* More info on location to follow. If playing at Schofield...Please do not park in the school parking lot. You may access the courts from Cedar St.

S#	Day	Times	Date	Price
01	Wed	9:10:30am	Sep 14	\$54



MUSIC TOGETHER

Act. #411306 | Ages 0-5 | @ Warren Building* | Instructor: Music Together Staff | 7 weeks | Min: 4/Max: 12

Discover the joy of family music making! Music Together is about connecting with music, with your child, and with other families in your community. Playful and enriching, it's 45 minutes of fun (for everyone!) with benefits that extend far beyond the classroom. Parents and caregivers, regardless of musical ability, create a stimulating and rich environment that supports overall development. We provide you with the tools and resources you need (songbooks, guides and a handy app for parents) to continue the music-making at home, so you can nurture your child's musical growth and realize the amazing benefits of music all the time, anytime. Please note: there is a \$40 materials fee due on or before the first day of class for our exclusive materials (illustrated songbook, a CD, and an access code to sync your music with our "Hello Everybody" app). This class will meet outside when the weather works and inside when it doesn't. **(SKIP DAY: Mon 9/26, 10/10)**

S#	Age	Day	Times	Date	Price
01	0-5	Mon	9:30-10:15am	Sep 12 - Nov 7	\$220
02	0-5	Mon	10:30-11:15am	Sep 12 - Nov 7	\$220
03	0-5	Tue	9:30-10:15am	Sep 13 - Oct 25	\$220
04	0-5	Tue	10:30-11:15am	Sep 13 - Oct 25	\$220

RHYTHM KIDS

Act. #411307 | Ages 4-9 | @ Warren Building* | Instructor: Music Together Staff | 7 Weeks | Min: 4/Max: 12

Sing, drum, play games and have fun in our unique drumming program for children ages 4-9. Children integrate and assimilate rhythm by learning multicultural drumming patterns, developing new repertoire on various percussion instruments, learning music-reading readiness, exploring movement and dance while singing songs and, by playing fun, music-based games. Families receive a songbook, a CD, access to online materials, drumming tutorials and video play-alongs. Featuring the African djembe, all activities are designed to increase their musical knowledge and abilities. Please note: there is a \$40 materials fee due on or before the first day of class for our exclusive materials (songbook, CD and access code to sync your music with our "Hello Everybody" app along with access to online tutorials). **(*This class will meet outside when the weather works and inside when it doesn't.)**

(SKIP DAY: MON 9/26, 10/10)

S#	Age	Day	Times	Date	Price
01	4-9	Mon	4:15-5pm	Sep 12 - Nov 7	\$220

PUDDLESTOMPERS

Act. #415701 | Ages 2-5 | Location: See below | Instructor: Puddlestompers Staff | 8 weeks | Min: 4/Max: 10

Come explore the wonders of Mother Nature this fall with your young naturalist! Call out to birds getting ready for their southerly migration! Search for insects hiding on the forest floor! Collect acorns for a squirrel feast! Twist and turn as you act out a 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. This is not a drop off program. LOCATION: Longfellow Pond / Kelly Park / Warren Building

S#	Age	Day	Times	Date	Price
01	2-5	Tue	9:30-10:25am	Oct 04 - Nov 22	\$240
02	2-5	Tue	10:30-11:25am	Oct 04 - Nov 22	\$240

PUDDLESTOMPERS DROP OFF

Act. #425700 | Ages 5-8 | @ Warren Building | Instructor: Puddlestompers Staff | 9 Weeks | Min: 5/Max: 10

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

S#	Age	Day	Times	Date	Price
01	5-8	Tue	2-3:30pm	Oct 4 - Nov 29	\$240

LITTLE BAKERS

Act. #423701 | Ages 3.5-5 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min: 4/Max: 8

Kids in this class will learn the basic steps to baking! With fun-to-make recipes from pizza to tasty treats, kids will satisfy their taste buds while learning math skills, science and teamwork! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods! Eggs and dairy will be used in this class. Please note on the registration form if your child has any food allergies. **(SKIP DAY: Fri 11/11, 11/25)**

S#	Age	Day	Times	Date	Price
01	3.5-5	Fri	1:30-2:30pm	Sep 16 - Oct 14	\$270
02	3.5-5	Fri	1:30-2:30pm	Oct 21 - Dec 2	\$270



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org



Don't miss our updates! Sign up for emails @ wellesleyrec.org
Facebook: facebook.com/recwellesley
Instagram: instagram.com/recwellesley



READY, SET, BAKE

Act. #423737 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 3 Weeks | Min: 6/Max: 10

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. If you have taken a class with Diane before, don't worry, recipes are not repeated!!! Eggs and dairy will be used in this class. Please note on the registration form if your child has any food allergies. Class is limited to 10 participants.

S#	Age	Day	Times	Date	Price
01	5-10	Wed	1:15-2:45pm	Sep 7 - Sep 21	\$150
02	5-10	Wed	3:30-5pm	Sep 7 - Sep 21	\$150

MAKE IT, BAKE IT, TAKE IT

Act. #423738 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min: 6/Max: 8

Baking IS science! 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. If you have taken a class with Diane before, don't worry, recipes are NEVER repeated!!! Eggs and dairy will be used in this class. Some possible baking activities include: pizza, cookies, muffins, & pasta. Please note on the registration form if your child has any food allergies. (SKIP DAY: Fri 11/11, 11/25)

S#	Age	Day	Times	Date	Price
01	5-10	Fri	3:30-5pm	Sep 16 - Oct 14	\$270
02	5-10	Fri	3:30-5pm	Oct 21 - Dec 2	\$270

COOKIES FOR SANTA

Act. #423741 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Program | Min: 6/Max: 8

Lets 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.

S#	Age	Day	Times	Date	Price
01	5-10	Thu	3:30-5:30pm	Dec 22	\$66
02	5-10	Fri	3:30-5:30pm	Dec 23	\$66

CUTE AS A CUPCAKE

Act. #423742 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min: 6/Max: 8

Spend the afternoon decorating some delicious cupcakes for you, your friends and your family! Using frosting, candies and other fun treats you will learn some tricks and creative ways to decorate each cupcake in a fun and creative way - no two cupcakes will be the same! Please note on the registration form if your child has any food allergies. Some candies used in this class may be made in a factory that also uses nuts.

S#	Age	Day	Times	Date	Price
02	5-10	Tue	3:30-5:30pm	Dec 6	\$78

AWESOME ART

Act. #421423 | Ages K-4 | @ Warren Building | Instructor: Beth Meditz | 6/5 Weeks | Min: 5/Max: 12

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

(SKIP DAY: Mon 9/26, 10/10 Tues 10/4, Wed 10/5, 11/23)

S#	Age	Day	Times	Date	Price	S#	Age	Day	Times	Date	Price
01	K-4	Mon	4:30-5:30pm	Sep 12 - Oct 31	\$160	04	K-4	Tue	4:30-5:30pm	Oct 25 - Nov 22	\$132
02	K-4	Mon	4:30-5:30pm	Nov 7 - Dec 12	\$132	05	K-4	Wed	4:30-5:30pm	Sep 14 - Oct 19	\$132
03	K-4	Tue	4:30-5:30pm	Sep 13 - Oct 18	\$132	06	K-4	Wed	4:30-5:30pm	Oct 26 - Nov 30	\$132



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org



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BUDDING ARTIST & A BUDDY

Act. #421401 | Ages 1.5-4 | @ Warren Building | Instructor: Beth Meditz | 5 Weeks | Min: 6/Max: 10

Your child and Buddy will both enjoy creative fun together. Perceptual and social skills are enhanced while each child engages in unique “hands on” and “hands in” age appropriate experiences. Budding Artists will create their own artwork that expands thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag! Wear mess around cloths.

It's amazing what your toddlers can do!! (SKIP DAY: Tue 10/4, Fri 11/11)

S#	Age	Day	Times	Date	Price
01	1.5 - 4	Tue	11:30am-12:15pm	Sep 13 - Oct 18	\$126
02	1.5-4	Tue	11:30am-12:15pm	Oct 25 - Nov 22	\$126
03	1.5-4	Thu	12:30-1:15pm	Sep 15 - Oct 13	\$126
04	1.5-4	Thu	12:30-1:15pm	Oct 20 - Nov 17	\$126
05	1.5-4	Fri	1:15-2pm	Sep 16 - Oct 14	\$126
06	1.5-4	Fri	1:15-2pm	Oct 21 - Dec 2	\$126



PAINTING & DRAWING MODERN MASTERPIECES

Act. #421488 | Ages 7-12 | @ Warren Building | Instructor: D'Ann Hansen | 5 Weeks | Min: 6/Max: 8

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! More information on D'Ann can be found at her website at dannhansen.com Please note that D'Ann's dog, Mason the Corgi, will be in the classroom. (SKIP DAY: Tue 10/4, Thu 11/24)

S#	Age	Day	Times	Date	Price
01	7-12	Tue	4-6pm	Sep 13 - Oct 18	\$295
02	7-12	Tue	4-6pm	Nov 1 - Nov 29	\$295
03	7-12	Wed	4-6pm	Oct 12 - Nov 9	\$295
04	7-12	Thu	4-6pm	Sep 15 - Oct 13	\$295
05	7-12	Thu	4-6pm	Oct 27 - Dec 1	\$295

POTTERY & WHEEL THROWING

Act. #421412 | Age 12 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min: 4/Max: 8

In a relaxed and creative environment kids will learn hand building and wheel throwing techniques while having fun and sharpening their motor skills. 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, author of *Tiny Worlds In Fabric*, please visit: addictedtomermaids.blogspot.com

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

(SKIP DAY: Tue 10/4, Wed 10/5, 11/23)

S#	Age	Day	Times	Date	Price
01	12	Tue	4-6pm	Sep 13 - Oct 18	\$222
02	12	Tue	4-6pm	Oct 25 - Nov 22	\$222
03	12	Wed	2:30-4:30pm	Sep 14 - Oct 19	\$222
04	12	Wed	4-6pm	Oct 26 - Nov 30	\$222
05	12	Thu	4-6pm	Sep 15 - Oct 13	\$222
06	12	Thu	4-6pm	Oct 20 - Nov 17	\$222

KID'S PHOTOGRAPHY WORKSHOP

Act. #423902 | Ages 9-14 | @ Warren Building | Instructor: Lisa Neighbors | 8 Weeks | Min: 4/Max: 8

Learn how to take better photos while in a fun, outdoor setting! We give personalized attention to kids of all levels, and each week create exciting outings to help kids notice and capture their surrounds in new ways. We expose kids to some key photography techniques, including composition, perspective and lighting. Advance students will learn how to photograph on Manual Mode on their DSLR camera. Extra Cameras are available to use. Bring your fully charged Smartphone or DSLR camera. (SKIP DAY: Wed 10/5)

S#	Age	Day	Times	Date	Price
01	9-12	Wed	1:30-2:30pm	Sep 14 - Nov 9	\$295
02	11-14	Wed	3-4pm	Sep 14 - Nov 9	\$295



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Instagram: instagram.com/recwellesley



CREATIVE SEWING

Act. #421452 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks : Min: 3/Max: 6

Ramune Jauniskis, author of *Tiny Worlds in Fabric*, 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. Completed projects bring a feeling of satisfaction. Price includes all materials. To learn more about Ramune please visit: addictedtomermaids.blogspot.com.

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

(SKIP DAY: Wed 10/5, 11/23)

S#	Age	Day	Times	Date	Price
01	7-10	Wed	4:45-6:15pm	Sep 14 - Oct 19	\$180
02	7-10	Wed	4:45-6:15pm	Oct 26 - Nov 30	\$180

LEGO MAKE & TAKE ENGINEERING CHALLENGE

Act. #421485 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min: 5/Max: 15

Join in on the fun, take part AND take home the LEGO creation you designed! Register for 1 or ALL! Each afternoon will consist of both self-guided and teacher-led projects to ensure that your child is learning while having FUN!

S#	Age	Day	Times	Date	Price
01	5-10	Thu	3:30-5:30pm	Sep 8	\$84
02	5-10	Thu	3:30-5:30pm	Sep 15	\$84
03	5-10	Thu	3:30-5:30pm	Sep 22	\$84
04	5-10	Thu	3:30-5:30pm	Dec 1	\$84
05	5-10	Thu	3:30-5:30pm	Dec 8	\$84
06	5-10	Thu	3:30-5:30pm	Dec 15	\$84

LEGO ORNAMENTS

Act. #421430 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min: 6/Max: 15

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 2022!

S#	Age	Day	Times	Date	Price
01	5-10	Wed	1:15-2:45pm	Dec 7	\$84
02	5-10	Wed	3:30-5pm	Dec 7	\$84
03	5-10	Mon	3:30-5pm	Dec 12	\$84

CHESS

Act. #424800 | Ages 5-14 | @ Warren Building | Instructor: Jim Della Selva | 10 Weeks | Min: 4/Max: 10

Chess is a game based on scientific principles that are as precise as the laws of mathematics. Students will learn the fundamentals and more advanced aspects of chess in a atmosphere that is instructive, creative, supportive and fun. The class will consist of lectures, chess problems and play with other students. (SKIP DAY: Mon 9/26, 10/10, 11/28 & Tue 10/4)

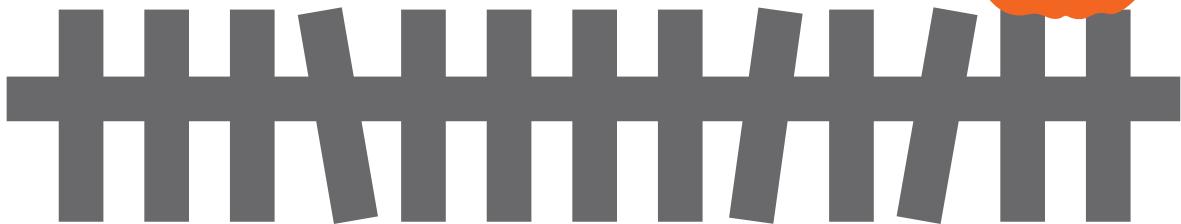
S#	Age	Day	Times	Date	Price
01	5-14	Mon	4:35-5:35pm	Sep 12 - Dec 5	\$192
02	5-14	Tue	4:35-5:35pm	Sep 13 - Nov 22	\$192

FUTURE SCIENTISTS

Act. #424949 | Ages 3.5-5 | @ Warren Building | Instructor: Diane Benson | 6 Weeks | Min: 6/Max: 8

Science fun for your little one! This class will introduce young children to science in a fun and creative way! All experiments will spark their interest which will lead to future science curiosity. All experiments will be hands-on and will be taken home for kids to show family and friends what was done in class! Register for one or both sections...all new experiments will be introduced in each (SKIP DAY: Tue 10/4)

S#	Age	Day	Times	Date	Price
01	3.5-5	Tue	12:45-1:45pm	Sep 20 - Nov 1	\$180
02	3.5-5	Tue	12:45-1:45pm	Nov 8 - Dec 13	\$180





FROZEN SCIENCE

Act. #424963 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min: 5/Max: 10

LET IT GO and channel your inner snow queen! Join in on some magical fun and make Frozen Slime and MORE! Everything you create you will take home to share with your friends and family!

S#	Age	Day	Times	Date	Price
01	5-10	Tue	3:30-5:30pm	Dec 13	\$60

SCIENCE KIDS

Act. #424986 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Class | Min: 5/Max: 14

Come on a science journey! All experiments are hands-on, engaging and FUN! Register for 1 or all 3. Different experiments will be introduced at each class. Everything you make you will take home to share/show what you did with friends and family! Some activities may include (but not limited to)... Soft Serve Ice Cream Putty, Ocean in a Bottle and MORE!

S#	Age	Day	Times	Date	Price
01	5-10	Tue	3:30-5:30pm	Sep 20	\$60
02	5-10	Fri	3:30-5:30pm	Dec 9	\$60
03	5-10	Fri	3:30-5:30pm	Dec 16	\$60

KNUCKLE BONES MICRO ATHLETICS

Act. 423104 | Ages 2-4 | @ Warren Building | Instructor: Knucklebones Staff | 8 Weeks | Min: 5/Max: 12

Are you ready to get your child moving, engaging and having fun? Knucklebones Micro Athletics combines gross motor activity and fun using an array of unique equipment. Each class participant engages in different, outside the box activities. From learning soccer to playing Messy Backyard, Saving the Animals to basketball, it's always a good time...for the love of play!

S#	Age	Day	Times	Date	Price
01	2-4	Fri	10-10:50am	Sep 16 - Nov 4	\$144

KNUCKLE BONES T-BALL

Act. #423156 | Ages 4-6 | @ Warren Building | Instructor: Knucklebones Staff | 8 Weeks | Min: 8/Max: 10

Knucklebones Micro T-ball engages participants in learning to play like the big leaguers. Each class brings a steady progression of skills and game play; starting with tees, well progress to underhand pitching, practice fielding, understanding rules, batting technique & base running. Children will gain the essence of the game and have fun! The last day will be the most fun as the children will take on the parents/guardians in a game for bragging rights! Comfortable clothing and sneakers are required. (SKIP DAY: Sat 10/8, 11/12)

S#	Age	Day	Times	Date	Price
01	4-6	Sat	1-1:50pm	Sep 17 - Nov 19	\$144
02	2-3	Sat	2-2:50pm	Sep 17 - Nov 19	\$144

PREMIER HOOPS

Act. #421288 | Ages 4-5 | @ Warren Building | Instructor: Premier Hoops Staff | 5 Weeks | Min: 8/Max: 15

Have fun and learn the game of basketball in this incredible 5-week program. Every week 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! (SKIP DAY: Fri 11/11, 11/25)

S#	Age	Day	Times	Date	Price
01	4-5	Fri	2:40-3:20pm	Sep 16 - Oct 14	\$219
02	6-9	Fri	3:30-4:20pm	Sep 16 - Oct 14	\$219
03	6-9	Fri	4:30-5:20pm	Sep 16 - Oct 14	\$219
04	9-13	Fri	5:30-6:20pm	Sep 16 - Oct 14	\$219
05	4-5	Fri	2:40-3:20pm	Oct 21 - Dec 2	\$219
06	6-9	Fri	3:30-4:20pm	Oct 21 - Dec 2	\$219
07	6-9	Fri	4:30-5:20pm	Oct 21 - Dec 2	\$219
08	9-13	Fri	5:30-6:20pm	Oct 21 - Dec 2	\$219



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PROVE THEM WRONG - BASKETBALL

Act. #421202 | Grade 2-3 | @ Warren Building | Instructor: Prove Them Wrong Staff | 9 Weeks | Min: 10/Max: 16

9 week Curriculum Base program for teaching kids the basics of basketball. Our focus will be on fun and culture building. Getting kids ready to play organized basketball through Terminology, Ball-Handling, Shooting, Defense, and live play. (One year of experience) (SKIP DAY: Wed 10/5)

S#	Grade	Day	Times	Date	Price
01	2-3	Wed	12:45-1:45pm	Sep 14 - Nov 16	\$324
02	2-3	Wed	1:45-2:45pm	Sep 14 - Nov 16	\$324

INCLYOUSION SPORTS

Act. #422700 | Ages 3-10 | @ Warren Building | Instructor: Inclyousion Sports Staff | 7 Weeks | Min: 4/Max: 8

Inclyousion Sports can provide additional programming (different sports, age ranges, etc.) Inclyousion Sports can provide training, consulting, or educational materials for best practices for providing inclusive sports programming. Our classes are fun and non-competitive, so that children can be successfully introduced to new sports and have opportunities to build friendships. Skill building can be modified for each child, so that children of all abilities can participate and be successful. (SKIP DAY: Sun 10/9)

Sport 1: Soccer | Sport 2: Football

S#	Age	Day	Times	Date	Price
01	2-5	Sun	9-9:50am	Sep 18 - Nov 6	\$240
02	5-7	Sun	10-10:50am	Sep 18 - Nov 6	\$240

SUPER SOCCER STARS: Tuesday

Act. #422925 | Ages 2-4 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min: 4/Max: 15

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

S#	Age	Day	Times	Date	Price
01	2-3	Tue	10-10:40am	Sep 13 - Nov 1	\$256
02	3-4	Tue	10:45-11:30am	Sep 13 - Nov 1	\$256

SUPER SOCCER STARS: Saturday

Act. #422902 | Ages 2-5 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min: 4/Max: 15

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. (SKIP DAY: Sat 10/8, 11/2)

S#	Age	Day	Times	Date	Price
01	2-3	Sat	8-8:40am	Sep 17 - Nov 19	\$256
02	3-4.6	Sat	8:45-9:30am	Sep 17 - Nov 19	\$256
03	4.6-5	Sat	9:35-10:25am	Sep 17 - Nov 19	\$256
04	2-3	Sat	10:30-11:10am	Sep 17 - Nov 19	\$256
05	3-4.6	Sat	11:15am-12pm	Sep 17 - Nov 19	\$256
06	3-4	Sat	8:15-9am	Sep 17 - Nov 19	\$256
07	2-3	Sat	9:05-9:45am	Sep 17 - Nov 19	\$256
08	3-4	Sat	9:50-10:35am	Sep 17 - Nov 19	\$256
09	4-5	Sat	10:40-11:30am	Sep 17 - Nov 19	\$256

KARATE

Act. #421800 | Ages 3-16 | @ Warren Building | Instructor: Steve Nugent & Staff

12 Weeks | Min: 10/Max: 15

Now celebrating 22 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! (SKIP DAY: Wed 10/5, 11/23)

S#	Age	Day	Times	Date	Price
01	3-4	Wed	3:30-4pm	Sep 14 - Dec 14	\$302
02	5-7	Wed	4:15-5pm	Sep 14 - Dec 14	\$302
03	8-16	Wed	5:15-6pm	Sep 14 - Dec 14	\$302





JAMES BEDE PRE-ACADEMY

Act. #422956 | Ages 6-7 | @ Warren Building | Instructor: James Bede Staff | 10 Weeks | Min: 10/Max: 12

An introduction to more formal training. We will have an introduction to formal skill building; using all parts of the foot when we move the ball. The majority of the session will be spent learning soccer through games. We will use plenty of soccer balls and make sure all games are inclusive of everyone. Our weekly games are instructional. They are not all about scoring but how to learn how to play the game. Our Pre-Academy will give your player an understanding of the game and the beginning foundation. Wear soccer appropriate clothing.

(SKIP DAY: Tue 10/4, Wed 10/5, Sat 10/8, 11/12, Wed 11/23)

S#	Age	Day	Times	Date	Price
01	6-7	Tue & Sat	5-6pm & 11:15am-12:15pm	Sep 13 - Nov 22	\$396
02	7-8	Tue & Sat	6-7pm & 12:30-1:30pm	Sep 13 - Nov 22	\$396
03	6-7	Wed & Sat	6-7pm & 10-11am	Sep 14 - Nov 23	\$396

JAMES BEDE SOCCER FUN

Act. #422999 | Ages 3-7 | @ Warren Building | Instructor: James Bede Staff | 10 Weeks | Min: 10/Max: 15

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. *outdoors: cleats. Remember to bring water. (SKIP DAY: Wed 10/5 & 11/23)

S#	Age	Day	Times	Date	Price
01	3-4	Wed	2-2:45pm	Sep 14 - Nov 30	\$234
02	4-5	Wed	3-3:45pm	Sep 14 - Nov 30	\$234
03	5-6	Wed	4-4:45pm	Sep 14 - Nov 30	\$234
04	6-7	Wed	5-5:45pm	Sep 14 - Nov 30	\$234

DYNAMIC RUNNING

Act. #420209 | Ages 6-12 | @ Warren Building | Instructor: Kathy Fleming | 3/5 Weeks | Min: 6/Max: 15

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

(SKIP DAY: Mon 9/26)

S#	Age	Day	Times	Date	Price
01	6-12	Mon	5:15-6:15pm	Sep 12 - Oct 3	\$120
02	6-12	Mon	5:15-6:15pm	Oct 17 - Nov 14	\$175

DYNAMIC YOUNG RUNNERS

Act. #420210 | Ages 5-6 | @ Warren Building | Kathy Fleming | 4/5 Weeks | Min: 6/Max: 15

Run, Jump, Throw! This new class will bring out the inner Olympian in your pre-schooler/kindergartner. He/She will learn all about the events in the Olympic sport of Track all while getting the exercise. Each week will be a team theme and participants will choose their team based on Countries, States, Schools, etc, Keep them moving during the winter months. We will meet in side the gym at the Warren Recreation center gym. Kathy Fleming, a Olympic Trials Finalist in the 1500m race and Nine time NCAA All-American and Champion, a former World record holder and Boston College coach will inspire your young athlete to reach the stars while most importantly having fun! (SKIP DAY: Tue 10/4)

S#	Age	Day	Times	Date	Price
01	5-6	Tue	5:15-6pm	Sep 13 - Oct 11	\$160
02	5-6	Tue	5:15-6pm	Oct 18 - Nov 15	\$185

GIRLS ON THE RUN

Act. #420200 | Grades 3-5 | Location: See Below | Instructor: GOTR | 9 Weeks | Min: 8/Max: 15

Girls on the Run (GOTR) is much more than a running program - we inspire girls to be joyful, healthy and confident through the implementation of our evidence-based curriculum. Girls will meet with trained coaches twice-weekly for 90 minutes. The season concludes with a celebratory 5K with hundreds of girls from local towns coming together. **Classes will be located either at WHS Track & Field, Sprague Fields, or the Warren Building**

****You must be able to attend both classes **** (SKIP DAY: Wed 10/5)

S#	Grades	Day	Times	Date	Price
01	3-5	Wed	1-2:30pm	Sep 18 - Nov 20	\$270



THUNDERCAT DODGEBALL

Act. #420901 | Ages 7-12 | @ Warren Building | Instructor: Thundercat Sports Staff | 6 Weeks | Min: 10/Max: 20

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break and more. Focus will be to get participants active, exercising, and having fun through our unique dodgeball games/activities. Clinic is coed, please bring sneakers, appropriate clothing, and a water bottle. For more information please visit thundercatsports.com

S#	Age	Day	Times	Date	Price
01	7-12	Thu	4-5pm	Sep 15 - Oct 20	\$175

TENNIS: Early Release

Act. #425200 | Ages 8-9 | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 6/Max: 12

Instruction will cover the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy. Please bring a racquet and water bottle. (SKIP DAY: Wed 10/5)

S#	Age	Day	Times	Date	Price
01	8-9	Wed	12:30-1:30pm	Sep 7 - Oct 12	\$100
02	10-11	Wed	1:30-2:30pm	Sep 7 - Oct 12	\$100

TENNIS: Saturday Morning

Act. #425203 | Ages 5-13 | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 4 Weeks | Min: 4/Max: 12

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

S#	Age	Day	Times	Date	Price
01	5-7	Sat	9-10am	Sep 10 - Oct 1	\$100
02	8-10	Sat	10-11am	Sep 10 - Oct 1	\$100
03	11-13	Sat	11am-12pm	Sep 10 - Oct 1	\$100

TENNIS JUNIOR

Act. #435200 | Ages 5-11 | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 6/Max: 16

This is a fun approach to learning tennis. Emphasis will be placed on developing hand eye coordination skills while providing an introduction to the game of tennis. You must provide your own racquet and please bring a water bottle. (SKIP DAY: Thu 11/24)

S#	Age	Day	Times	Date	Price	
01	5-7	Thu	3:30-4:30pm	Sep 8 - Oct 6	\$100	@ Hunnewell Courts
02	5-7	Thu	4:30-5:30pm	Sep 8 - Oct 6	\$100	@ Hunnewell Courts
03	8-11	Thu	5:30-6:30pm	Sep 8 - Oct 6	\$100	@ Hunnewell Courts
04	5-7	Thu	3:30-4:30pm	Nov 3 - Dec 8	\$100	@ Warren Building
05	5-7	Thu	4:30-5:30pm	Nov 3 - Dec 8	\$100	@ Warren Building
06	8-11	Thu	5:30-6:30pm	Nov 3 - Dec 8	\$100	@ Warren Building

TEEN TENNIS

Act. #425202 | Ages 12-16 | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 4/Max: 12

Lessons focus on different aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead, and strategy. You must provide your own racquet and bring a water bottle. (SKIP DAY: Tue 10/4)

S#	Age	Day	Times	Date	Price
01	12-16	Tue	5:30-7pm	Sep 6 - Oct 11	\$140

HOME ALONE SAFETY

Act. #431503 | Ages 9-11 | @ Warren Building | Instructor: Juanita Allen | One Day Program | Min: 6/Max: 10

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

S#	Age	Day	Times	Date	Price
01	9-11	Tue	4-5:30pm	Oct 4	\$54



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online [@ wellesleyrec.org](http://wellesleyrec.org)



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FIRST AID/CPR/AED

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

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

S#	Age	Day	Times	Date	Price
01	16+	Tue	6-8:30pm	Oct 4	\$84

BABYSITTER'S TRAINING

Act. #431504 | Ages 11-15 | @ Warren Building | Instructor: Alice Wadley | One Day Program | Min: 8/Max: 10

Babysitter's Training is a blended learning class that teaches students in grades 5-8 the fundamental skills necessary to provide safe and responsible care for infants and children.

Course content: Injury and accident prevention, choking rescue, adult and pediatric CPR and AED use, basic first aid skills, childcare routines (including bottle feeding and diapering practice), positive behavior management, problem solving techniques, and business basics (including resume writing, setting fees, and professionalism). Course length: The course is broken into two sections. The first section is online and takes approximately 4 hours to complete. The second section is an in-person skills session, which is approximately 2 hours in length.

Course materials: Pocket first aid kit, drawstring bag, folder with course reference materials, and American Heart Association Family and Friends student manual.

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

S#	Age	Day	Times	Date	Price
01	11-15	Mon	6-7:30pm	Oct 3	\$120
02	11-15	Mon	6-7:30pm	Dec 5	\$120

CHILDREN'S CONVERSATION SKILLS WORKSHOP

Act. #434361 | Grades 2 - 7 | @ Warren Building | Instructor: Nikki Sawhney | One Day Program | Min: 5/Max: 10

In today's fast-paced, high tech society, teaching children manners is more crucial than ever. One of the most important jobs we have as parents and teachers is to help children develop social skills, show them how to interact with others in a polite manner, and teach them to treat everyone with respect. Whether the occasion is a family gathering, a meal at a restaurant, or a quick trip to the grocery store, children can apply our lessons in any social situations and practice good manners so that they become a habitual part of their lives and set them apart.

Topics Include: The Importance of Greeting Others • Rules of Introduction • The Handshake • Eye Contact & the Power of a Smile • Self-Respect & Respect for others • Proper Telephone Etiquette • Writing Thank You, and other modern manners.

For more information visit newenglandschoolofprotocol.com

S#	Grade	Day	Times	Date	Price
01	2-7	Tue	5:45-6:45pm	Oct 18	\$54

DINING ETIQUETTE & TABLE MANNERS

Act. #434362 | Grades 2 - 7 | @ Warren Building | Instructor: Nikki Sawhney | One Day Program | Min: 5/Max: 10

Like to take your school aged children out to eat with you at a fine dining or a large social event but you're a little afraid how they might behave? Present your child with the opportunity to feel self-reliant and confident in any social or dining situation by taking interactive lessons taught by a certified etiquette consultant. Our workshop is designed to teach them how to conduct themselves on the dining table at home, in a restaurant or when meeting new people. Teaching children proper dining skills and table manners helps them to succeed at school, socially, and later, professionally. So, introduce your child to proper table manners and dining etiquette today and help build their confidence for any social situation tomorrow!

Topics Include: Approaching & seating at the table • The napkin & its uses • Understanding place setting • How to correctly hold silverware • The bread & butter plate • The soup course • Proper use of silverware • American & Continental styles of dining • Passing food at the table • What to do with unwanted food • Appropriate table conversation • Excusing yourself from the table, and much more.

For more information visit newenglandschoolofprotocol.com

S#	Grades	Day	Times	Date	Price
04	2 - 7	Tue	4-5:30pm	Oct 18	\$66



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online [@ wellesleyrec.org](http://wellesleyrec.org)



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DINING ETIQUETTE: PREP FOR THE HOLIDAYS

Act. #434363 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawhney | One Day Program | Min: 5/Max: 10

Holidays are a stressful time of the year and we can all use a little help to brush up on our etiquette, especially children. The aim of this 90-minute workshop is to teach children how to convey confidence, courtesy and be self-reliant in any social or dining situation. During this workshop the students will learn the following: The importance of greetings others • Passing food at the table • Behaving appropriately at other people's homes • Appropriate table conversation • Respecting dress code Approaching & seating at the table • Using please & thank you • The napkin & its use • Understanding place setting • How to correctly hold silverware • The bread & butter plate • The soup course • Proper use of silverware • American & & Continental styles of dining • What to do with unwanted food • Other table manners & much more.

For more information visit newenglandschoolofprotocol.com

S#	Grade	Day	Times	Date	Price
01	2-7	Fri	4-5:30pm	Nov 18	\$66
03	2-7	Mon	5:45-7:15pm	Nov 18	\$66

CHILDREN'S SOCIAL SKILLS WORKSHOP

Act. #434364 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawhney | One Day Program | Min: 5/Max: 10

Children are the leaders of tomorrow. Present them with the opportunity to feel self-reliant and confident in any social situation by taking interactive lessons taught by a certified etiquette consultant. Our workshop is designed to empower them with life skills that propel them towards personal and professional success. These skills will help them succeed at school, socially, and later, professionally and can create an appealing differentiator that sets them apart. Our lessons aim to instill social consideration and mutual respect as we believe that when children are taught these basic social skills in their early years, they tend to become more socially responsible as they grow up. To survive the rising social pressure, children must be trained in a way to feel confident and comfortable around people and to find their place in the world. **Topics Include:** The Importance of Greeting Others • Rules of Introduction • The Handshake • Eye Contact, & the Power of a Smile • Sportsmanship Etiquette • Hygiene and Appearance • Self-Respect & Respect for others • Behaving Appropriately at Other People's Homes • Making Appropriate Conversation • Proper Telephone Etiquette, Writing Thank You Notes, & Other Modern Manners. For more information visit newenglandschoolofprotocol.com

S#	Grade	Day	Times	Date	Price
01	2-7	Sat	10:45am-12:15pm	Nov 12	\$66
02	2-7	Mon	5:45-7:15pm	Dec 12	\$66

RESTAURANT READY! Children's Restaurant Etiquette Workshop

Act: #434365 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawhney | One Day Program | Min: 3/Max: 15

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

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

S#	Grade	Day	Times	Date	Price
01	2-7	Tue	7-8pm	Oct 18	\$54





PUDDLESTOMPERS

Act. #415703 | Ages 4-7 | @ Warren Building | Instructor: Puddlestompers Staff | One Day Sessions | Min: 3/Max: 15

Let us lead your children in discovering the mystery of winter during PUDDLESTOMPERS' December 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.

S#	Age	Day	Times	Date	Price	S#	Age	Day	Time	Date	Price
01	4-7	Mon	9am-1pm	Dec 19	\$99	06	4-7	Tue	9am-1pm	Dec 27	\$99
02	4-7	Tue	9am-1pm	Dec 20	\$99	07	4-7	Wed	9am-1pm	Dec 28	\$99
03	4-7	Wed	9am-1pm	Dec 21	\$99	08	4-7	Thu	9am-1pm	Dec 29	\$99
04	4-7	Thu	9am-1pm	Dec 22	\$99	09	4-7	Fri	9am-1pm	Dec 30	\$99
05	4-7	Fri	9am-1pm	Dec 23	\$99						

AWESOME ART

Act. #421425 | Grades K-4 | @ Warren Building | Instructor: Beth Meditz | One Day Session | Min: 5/Max: 12

Join a great group of creative kids and enjoy 2 hours of inspired fun !! Get "unplugged" with "Hands on" and "Hands in" ART activities! At each workshop, Artists will be presented with a starter base and develop their own vision of their creations by choosing from a wide array of cool and unusual materials. Abstract and Realistic works are created in a relaxed, yet exciting atmosphere. Bring your creative minds and a peanut free snack and drink. Wear mess around cloths. Different projects at each morning and afternoon, so sign up for one or as many as you want.. Bring lunch if you are staying for both am and pm workshops.

S#	Grade	Day	Times	Date	Price
01	K-4	Tue	9:30-11:30am	Dec 27	\$66
02	K-4	Tue	12-2pm	Dec 27	\$66
03	K-4	Wed	9:30-11:30am	Dec 28	\$66
04	K-4	Wed	12-2pm	Dec 28	\$66

NASHOBA SKIING!

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

wellesleyrec.org



HALLOWEEN STROLL • SATURDAY, OCTOBER 29 • 11-1



MORE INFO TO COME!

TOWN WIDE YARD SALE



Hold the Garage Sale at your own home... but Wellesley Recreation will advertise and distribute a town wide map!

September date TBD
Sign up for emails @ wellesleyrec.org

EVERYTHING YOU WANTED TO KNOW ABOUT SEWING... but were afraid to ask.

Act. #441401 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min: 3/Max: 6

Do you have a desire to sew but don't know where to start? Do you have a sewing machine that you don't know how to use? Do you like to sew? If you answer yes to any of these questions then this class is for you. In a relaxed, encouraging environment, students will learn basic sewing skills and sewing machine operation. Students may choose from the following options:

- Bring a project that you already started or want to start but don't know how to start, including all supplies (see list below).
- OR
- Come without an idea and bring sewing supplies (see list below) and at least 2 yards of fabric, and a project will be suggested for you.

The following supplies will be available: sewing machine, sewing needles, pins, and scissors.

What you should bring: fabric, pattern, thread, notions (that are suggested for your project, examples are : zipper, buttons, elastic, stuffing etc). To learn more about Ramune Jauniskis author of *Tiny Worlds in Fabric*, please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy houses class 4 business days or more before the 1st class, there will be a \$20 administrative fee.

(SKIP DAY: Wed 10/5, 11/23)

S#	Day	Times	Date	Price
01	Wed	10am-12pm	Sep 14 - Oct 19	\$240
02	Wed	10am-12pm	Oct 26 - Nov 30	\$240

POTTERY & WHEEL THROWING

Act: #441413 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min: 3/Max: 8

In a relaxed and creative environment students will learn basic hand building and wheel throwing techniques while creating projects of their own choosing. Ideas will be presented each week for inspiration. All pieces will be kiln fired. Price includes all materials and firing. To learn more about Ramune, author of *Tiny Worlds in Fabric* please visit: addictedtomermaids.blogspot.com (SKIP DAY: Wed 10/5, 11/23).

S#	Day	Times	Date	Price
01	Wed	12:15-2:15pm	Sep 14 - Oct 19	\$222
02	Wed	12:15-2:15pm	Oct 26 - Nov 30	\$222

ACRYLIC PAINTING

Act. #441455 | @ Warren Building | Instructor: D'Ann Hansen | 5 Weeks | Min: 6/Max: 8

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by Modern Masters 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. More information on D'Ann can be found on her website: dannhansen.com. All materials included. Please note that D'Ann's dog Mason will be in the classroom. (SKIP DAY: Tue 10/4, Thu 11/24)

S#	Day	Times	Date	Price
01	Tue	10am-12pm	Sep 13 - Oct 18	\$295
02	Tue	10am-12pm	Nov 1 - Nov 29	\$295
03	Thu	10am-12pm	Sep 15 - Oct 13	\$295
04	Thu	10am-12pm	Oct 27 - Dec 1	\$295

ALEXANDER TECHNIQUE: For improving posture & relieving pain

Act. #442602 | ONLINE | Instructor: Jill Geiger | 2 Weeks | Min: 3/Max: 24

Interested in improving your posture, moving with ease, and reducing stiffness, pain, and tension? The Alexander Technique provides the means to restore innate good posture, balance, and poise by teaching how to recognize and unlearn habitual patterns of tension that interfere. Since 1900 this practical, educational method has been used worldwide by individuals of all ages to reduce tension and stress, improve the performance of all of life's activities, and offer lasting relief from chronic pain. Its effectiveness in enabling long-term relief of back pain is supported by research. This online class will introduce you to the basics of the AT and you'll experience how it can be applied to your everyday activities to help you feel, move, and look better.

S#	Day	Times	Date	Price
01	Thu	7:30-8:30pm	Nov 3 - Nov 10	\$50



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online [@ wellesleyrec.org](http://wellesleyrec.org)



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The instructor for the following one day, ONLINE programs is Daniel Williams, CLU, CHFC, CFP. 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.

UNDERSTANDING MEDICARE

Act. #443699 | ONLINE | Instructor: Daniel Williams | One Day Class | Min: 5/Max: 15

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

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMOs, PPOs, and Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Sep 14	\$30
02	Wed	7-9pm	Oct 19	\$30
03	Wed	7-9pm	Nov 16	\$30

DEMYSTIFYING SOCIAL SECURITY

Act. #443651 | ONLINE | Daniel Williams | One Day Class | Min: 5/Max: 15

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table.

- When should I file for benefits?
- What are the advantages 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.

S#	Day	Times	Date	Price
01	Wed	7-9pm	Sep 28	\$30
02	Wed	7-9pm	Nov 30	\$30

LONG TERM CARE

Act. #443603 | Online | Instructor: Daniel Williams | One Day Class | Min: 5/Max: 15

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques:

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

All of these questions and more will be clearly answered in this very important class.

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.

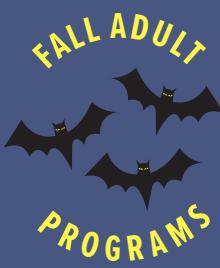
S#	Day	Times	Date	Price
01	Wed	7-9pm	Nov 2	\$30
02	Wed	7-9pm	Dec 7	\$30



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BADMINTON

Act. #440299 | Ages 18+ | @ Warren Building | Instructor: Willy Wu & Steve Yang | 10 Weeks | Min: 8/Max: 35

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.

(SKIP DAY: Fri 11/11)

S#	Age	Day	Times	Date	Price
01	18+	Thu & Fri	6:45-9pm	Sep 15 - Nov 18	\$70

FUSION FIT - FIRST CALL

Act. #440450 | @ Warren Building | Instructor: Bitsy Graham | 7 Weeks | Min: 4/Max: 20

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!!!!

(SKIP DAY: Wed 10/5, Fri 11/11, Thu 11/24, 11/25)

S#	Day	Times	Date	Price
01	Tue, Thu, Fri	6-7am	Sep 13 - Oct 28	\$158/2 days
				\$188/3 days
02	Tue, Thu, Fri	6-7am	Nov 1 - Dec 20	\$158/2 days
				\$188/3 days

FUSION FIT

Act. #440400 | @ Warren Building | Instructor: Bitsy Graham | 7 Weeks | Min: 6/Max: 25

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!!!!

(SKIP DAY: Mon 9/26, Wed 10/5, Mon 10/10, Fri 11/11, Thu 11/24)

S#	Day	Times	Date	Price
01	Mon-Fri	8:45-9:45am	Sep 12 - Oct 28	\$158/2 days
				\$188/3 days
				\$200/4 days
				\$211/5 days
				\$185/2 days
02	Mon-Fri	8:45-9:45am	Oct 31 - Dec 16	\$220/3 days
				\$233/4 days
				\$246/5 days

ZUMBA: Tuesdays

Act. #444007 | @ Warren Building | Instructor: Meghan Collins | 7 Weeks | Min: 6/Max: 20

Ditch the workout and join the party! If you like to dance, this is the class for you! Zumba is a super fun, high-energy, dance fitness cardio class that will have you smiling, sweating, and burning loads of calories. Each class features a variety of music including Latin rhythms such as Salsa, Cha Cha and Merengue, mixed in with other types of music, including pop, electro-swing, hip-hop, and a bit of country too! The steps and routines are easy-to-follow and become even easier the more you do them. All are welcome - including those with little to no dance experience. Please wear sneakers, workout attire, and bring a water bottle to class. See you on the dance floor!

S#	Day	Times	Date	Price
01	Tue	9:30-10:30am	Sep 13 - Oct 25	\$80
02	Tue	9:30-10:30am	Nov 1 - Dec 20	\$80

ZUMBA: Wednesdays

Act. #444006 | @ Dance Studio/Warren Bldg. or via Zoom | Instructor: Tatiana Novobrantseva | 9 Weeks | Min: 8/Max: 15

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! (SKIP DAY: Wed 10/5)

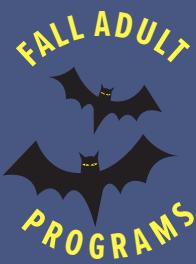
S#	Day	Times	Date	Price
01	Wed	7:15-8:15pm	Sep 14 - Nov 16	\$60



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org



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Instagram: instagram.com/recwellesley



TAI CHI

Act. #440550 | @ Warren Building | Instructor: Paul DiCrescenzo | 5 Weeks | Min: 4/Max: 15

A introductory course teaching basic techniques from the fluid, powerful, and elegant style of Tai Chi from one of the major centers of Daoism in China, Wudang Mountain. Utilizing ancient and modern techniques of Internal Alchemy and physical development, Wudang Tai Chi balances body, breath, energy, movement, mind and spirit. It develops and enhances physical strength, balance and stability, graceful and fluid movement. We will focus on stances, weight shifting, basic movements, and short practice forms in this introductory course. A taste of practices that were once carefully guarded secrets known only to the Daoist monks that are now openly shared with all! Suitable for all ages. (SKIP DAY: Mon 9/26, 10/10, 11/28)

S#	Day	Times	Date	Price
01	Mon	12:30-1:30pm	Sep 12 - Oct 24	\$120
02	Mon	12:30-1:30pm	Oct 31 - Dec 05	\$120

YOGA BOOK CLUB

Act. #440506 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min: 5/Max: 15

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 life coach, yoga instructor, and meditation teacher, Cory Halaby, classes include book discussion, life coaching, self-reflection, yoga and meditation. Each season offers a new layer of learning. This fall we'll read *WHAT MY BONES KNOW: A Memoir of Healing from Complex Trauma*, by acclaimed journalist, Stephanie Foo. An intimate exploration of how people recover from the worst things that happen to them, this book delivers invaluable insight on human thriving. Empower yourself with knowledge about what drives hurtful behavior, and how to heal, at Yoga Book Club.

S#	Day	Times	Date	Price
01	Thu	9:30-10:45am	Sep 15 - Nov 3	\$150

FIERCE WOMENS BOOTCAMP

Act. #440206 | @ Warren Building | Instructor: Dierith Cass | 6 Weeks | Min:10/Max: 20

Come join the FIERCE tribe and workout with other amazing women, who want to get stronger both physically and mentally! The positive support and encouragement of Coach D will have you push yourself to reach new goals, all while laughing and connecting with other women! Coach D is much more than a fitness coach and is a cheerleader for every woman at every skill level. Sign up with a friend or come meet new ones at this 6 week training program outdoors at Warren Park. It is a workout that will leave you feeling connected, empowered and FIERCE!

S#	Day	Times	Date	Price
01	Wed	9:30-10:15am	Oct 26 - Nov 30	\$160

TENNIS: Intermediate & Advanced

Act. #445201 | Ages 15+ | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 6/Max: 12

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

S#	Age	Day	Times	Date	Price
01	15+	Tue	10:45am-12:15pm	Sep 6 - Oct 4	\$140
02	15+	Thu	6:30-8pm	Sep 8 - Oct 6	\$140
03	15+	Fri	10:45am-12:15pm	Sep 9 - Oct 7	\$140

TENNIS: Beginner

Act. #445205 | Ages 15+ | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 6/Max: 12

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. (SKIP DAY: Wed 10/5)

S#	Age	Day	Times	Date	Price
01	15+	Tue	9-10:30am	Sep 6 - Oct 4	\$140
02	15+	Fri	9-10:30am	Sep 9 - Oct 7	\$140
03	15+	Wed	6:30-8pm	Sep 7 - Oct 12	\$140

TENNIS DRILL & PLAY

Act. #445225 | Ages 15+ | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 5 Weeks | Min: 6/Max: 12

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. (SKIP DAY: Wed 10/5)

S#	Age	Day	Times	Date	Price
01	15+	Wed	9:30-11am	Sep 7 - Oct 12	\$140

CARDIO TENNIS

Act. #445289 | @ Hunnewell Tennis Courts | Instructor: Mike Sabin & Staff | 4 Weeks | Min: 4/Max: 8

A fast paced, fun way to get your heart pumping and hit a lot of balls. Instructors will construct drills designed to get you moving around the court, and hitting a variety of shots. Emphasis on the movement, less instructional, and is open to all who have played tennis before, from advanced beginners on up. (SKIP DAY: Mon 9/26, 10/10)

S#	Day	Times	Date	Price
01	Mon	6-7pm	Sep 12 - Oct 17	\$92

PUPPY KINDERGARTEN

Act. #444602 | @ Warren Building | Instructor: Vera Wilkinson of The Cooperative Dog | 7 Weeks | Min: 6/Max: 10

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 cooperativedog.com. (SKIP DAY: Mon 9/26, 10/10)

S#	Day	Times	Date	Price
01	Mon	6:30-7:20pm	Sep 12 - Oct 31	\$260

DOG OBEDIENCE 1

Act. #444600 | @ Warren Building | Instructor: Vera Wilkinson of The Cooperative Dog | 6 Weeks | Min: 6/Max: 10

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, treats and proof of vaccinations to the first class. If you have any questions, please visit cooperativedog.com. (SKIP DAY: Mon 9/26, 10/10)

S#	Day	Times	Date	Price
01	Mon	7:30-8:20pm	Sep 12 - Oct 31	\$260

INSTANT PIANO for Hopelessly Busy People

Act. #445801 | Ages: 16+ | ONLINE | Instructor: Craig Coffman | One Day Session | Min: 5/Max: 10

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid “counting”
- How to simplify over 12,000 complex chords

S#	Age	Day	Times	Date	Price
01	16+	Mon	6:30-7:30pm	Nov 14	\$59

INSTANT GUITAR for Hopelessly Busy People

Act. #445802 | Ages: 16+ | ONLINE | Instructor: Craig Coffman | One Day Session | Min: 5/Max: 15

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students.

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

S#	Age	Day	Times	Date	Price
01	16+	Tue	6:30-9pm	Nov 15	\$59



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online wellesleyrec.org



Don't miss our updates! Sign up for emails [@wellesleyrec.org](mailto:wellesleyrec.org)
 Facebook: facebook.com/recwellesley
 Instagram: instagram.com/recwellesley

PERSONAL COMPASS FOR PURPOSEFUL WORK

Act. #443818 | @ Warren Building | Instructor: Cory Halaby | 4 Weeks | Min: 5/Max: 15

There are many ways to do meaningful work in the world. Led by life coach, Cory Halaby, this workshop will introduce a series of compass points that connect you to your best thinking so that you can navigate choices wisely, especially during periods of change. It's common to be very busy, and still feel like something's missing. Learn tools to align your time, energy, skills, and enthusiasm with work that really matters to you. You'll come away inspired with a fresh sense of possibility and a set of clear action-steps you'll be eager to take. Do what you love and stay on course for a joyful life.

S#	Day	Times	Date	Price
01	Tue	9:30-10:45am	Sep 13 - Oct 4	\$120

TAME YOUR TO-DO LIST WORKSHOP

Act. #443813 | @ Warren Building | Instructor: Cory Halaby | 4 Weeks | Min: 5/Max: 15

Nobody wants to be ruled by an endless to-do list. Ideally, our lists offer just enough structure and organization for us to feel fully present and free to enjoy our wild and precious lives, without the stress of forgetting obligations and commitments. Cory Halaby's to-do list workshop series is for passionate, creative, dreamers who want to keep track of things without feeling confined. It's also for over-scheduled, super-achievers who crave more rest and enjoyment. It's for everyone who wants to feel great about what they do all day.

S#	Day	Times	Date	Price
01	Tue	9:30-10:45am	Oct 11 - Nov 1	\$120

A TASTE OF THAI COOKING

Act. #443704 | @ Warren Building | Instructor: Roberta Hing | One Day Class | Min: 4/Max: 8

Join us as we explore delicious Thai dishes that are popular at restaurants but also simple to replicate at home. We'll begin with chicken massaman curry, a mild coconut curry dish that can be made in one pot. Next we'll make one of the most popular Thai street foods, Thai larb, a flavorful, tangy Thai ground meat salad with fresh herbs and toasted sticky rice. We will finish with crunchy, addictive Thai crispy spring rolls.

S#	Day	Times	Date	Price
01	Thu	5:30-8pm	Dec 8	\$70

CHINESE STREET FOOD

Act. #443797 | @ Warren Building | Instructor: Roberta Hing | One Day Class | Min: 4/Max: 8

Street food is a popular feature of the food scene in China. Along hidden alleyways and even major streets, one can find food stalls lined up with enticing aromas. Join a culinary adventure as we recreate a few classic Chinese street food favorites. In this hands-on cooking class participants will make Crispy Scallion Pancakes with multiple flaky layers, Curry Chicken Puffs with a melt in your mouth buttery crust and Xian Bing, the savory stuffed pancake that can be found in the city of the famed Terra Cotta Warriors. At the end of class, participants eat all the creations and debate their favorites.

S#	Day	Times	Date	Price
01	Thu	6-8pm	Oct 27	\$65

FRESH PASTA MAKING

Act. #443799 | @ Warren Building | Instructor: Roberta Hing | One Day Class | Min: 4/Max: 8

Fall flavors abound in this hands-on fresh pasta making class. We will start with Beet Gnocchi topped with a Brown Butter Sage sauce. Next, participants will learn how to make Pumpkin Ravioli. Finally, finish off making fresh fettuccine tossed with Cilantro Pistou. At the end of class, everyone will enjoy eating the pasta dishes they created.

S#	Day	Times	Date	Price
01	Thu	11am-1pm	Dec 1	\$65

MOM & BABY BARRE

Act. #440214 | @ Warren Building | Instructor: Amanda Hanofee | 6 Weeks | Min: 10/Max: 15

Come and join a fabulous group of moms & babies for a total body Barre fusion workout! This class is Pre and Post Natal friendly, appropriate for all levels, and focuses on safe core activation, strengthening and stabilizing exercises, and energizing low impact cardio. Not only is this a great opportunity to get moving safely with your little one, it's a wonderful chance to connect with other moms. Amanda is a certified Barre and Pilates Instructor and a Postpartum Exercise Specialist, and as a mom of two, she will happily provide an extra set of hands and any support needed for your little ones during class so you can keep moving! Please bring a yoga mat and a safe spot for your baby to hang out while we move (car seat, blanket, boppy, etc.). Class will be held either in the Dance Studio or outside, weather permitting.

Note: While there is no age limit, it is suggested that your baby be pre-walking in order for class to be as worthwhile as possible for all.

S#	Day	Times	Date	Price
01	Tue	12:30-1:15pm	Sep 27 - Nov 1	\$180



Registration begins on Aug. 29 for residents & Sept. 6 for non-residents. Register online @ wellesleyrec.org



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