

WELLESLEY RECREATION DEPARTMENT

2024 Winter Programs

Something For Everyone!

Registration opens on
Nov. 28 for residents
& Dec. 12 for non-residents

Visit: wellesleyrec.org



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 @ 10am on Dec. 6
for residents & Dec. 13 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	Member
John Lanza	Member
Laurence Stuntz	Member
Ansley Martin	Member

WHO TO CONTACT

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

Email: Matt Chin [mchin@wellesleyma.gov]

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

Email: Jennifer Lawlor [jlawlor@wellesleyma.gov]

All programs, summer camp and summer camp counselor positions:

Email: Chad Norton [cnorton@wellesleyma.gov]

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

Email: Heidi Stapleton [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.

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 may be 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.



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Sign Up For Weekly Emails:
wellesleyrec.org

Town Sports Information

Scouting Information



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
wellesleyslopitch@gmail.com



CUB SCOUT PACK 140 / wellesleypack140.org
Boys & Girls in grades K - 5 from Hardy and the Wellesley community. Outdoor activities several weekends per month



CUB SCOUT PACK 185 / pack185wellesley.org
Boys & Girls in grades K - 5 from Bates and the Wellesley community. Outdoor activities several weekends per month



SCOUTS BSA TROOP 185 / mytroop185.com
Boys in grades 5-12 from meet Monday evenings @ St. Paul's Church. Boy led adventures, service, & leadership to earn Eagle Scout.



SCOUTS BSA TROOP 182 / troop182.org
Boys & Girls in grades 5 - 12 meet Sunday evenings @ Wellesley Hills Congregational Church. Youth led outdoor activities, fun, life skills, teamwork, and service.



WELLESLEY GIRL SCOUTS
wellesleygs@gmail.com
facebook.com/wellesleygirlscouts
Girls in grades K-12. Builds girls of courage, confidence and character, who make the world a better place.

REGISTER ONLINE @ wellesleyrec.org

REGISTER IN THE OFFICE:

**Warren Building
90 Washington Street
Wellesley, MA - 781-235-2370**

WINTER

Pickleball

@ The Warren Building

Wellesley Town Band

Act. #: 545899

Pickleball is a fast paced game that all ages & ability levels can enjoy.

You MUST reserve your sport on the court for these days. You can only reserve a week ahead. Reservations are made by calling or visiting the Rec. Office (781-235-2370). Twelve people will be allowed per week, per time slot. We have two courts per time slot. There is a **\$5 fee**.

PICKLEBALL DETAILS

MONDAYS & TUESDAYS:

You can only reserve a week ahead

MONDAYS: Jan. 8 - Apr. 8
(No Jan 15, Feb 19)

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

TUESDAYS: Jan. 9- Apr. 9
(No Feb 20, Mar 5)

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

PICKLEBALL: Drop-In

THURSDAYS: Jan 4 - Apr 11
(No Feb 22)

All levels can play from 10:30am - 2pm

Drop-in Pickleball is for residents & non-residents.

\$5/DROP-IN FEE

PICKLEBALL CLINICS

INFORMATION ON CLINICS FOR ALL SKILL LEVELS ON PAGE 27



SUMMER CAMP 2024! Check back in January 2024
for a lot more info on our summer camp programs
and registration. Visit: wellesleyrec.org

CELEBRATING OUR 10th ANNIVERSARY SEASON! If you have ever played a brass, woodwind, or percussion instrument in a concert band, there's a warm welcome waiting for you in the Wellesley Town Band! Players of all ages (Grade 8 upwards) are welcome, no auditions are required. Rehearsals are held in the Wellesley High School Band Room on Monday evenings from 7 pm until 8:30 pm beginning in September through mid-June (excluding school holidays). The band is conducted by retired Wellesley Public Schools band director Henry Platt.

The band performs music at high school level including traditional concert band literature, plus light classics, show tunes, movie music, and stirring marches. There is always a friendly, supportive, and enjoyable atmosphere of making music together. Each year the band performs a Winter Concert in December, a Spring Concert in April and an outdoor concert at Wellesley Town Hall in June.

The fee is the remainder of the band year is \$115 for twenty-two 90-minute rehearsals (Jan. 8 – June 17) and two concert performances. Please note: Anyone interested in joining the band is encouraged, and welcome, to

DETAILS FOR WINTER 2024:

When: Mon. 7:00 - 8:30pm | Jan 8 - June 17
No rehearsals: 1/15, 2/19, 4/15, 5/27

Where: WHS Band Room

Cost: \$115 per person for the Winter/Spring

Act. #: 545899

Note: WPS Students Grades 8-12 can join for free!





LES PETITS LOULOUS

Act. #111301 | Ages 1-4 | @ Warren Building | Instructor: French 1,2,3 Voilà | 10 Weeks | Min 4 / Max 8

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

"Les Petits Loulous" (aged 3-4 years old) along with a parent or caregiver will step into the world of French through weekly themes, discoveries, play, creativity, songs, movements, stories, and crafts. These classes focus on multisensory approach where the little ones will learn oral comprehension, basic vocabulary and social skills in a fun and stimulating environment. Young children have a natural ability to learn a second language effortlessly. They will have the advantage of the gift of languages in our ever-changing world. **SKIP DAY: 2/20**

S#	Age	Day	Times	Date	Price
01	1-2	Tue	9:30-10:15am	Jan 9 - Mar 19	\$240
02	3-4	Tue	10:30-11:30am	Jan 9 - Mar 19	\$300

PUDDLESTOMPERS: Weekly Child/Adult

Act. #115700 | Ages 2-5 | @ Warren Building | Instructor: Puddlestompers Staff | 6 Weeks | Min 4 / Max 10

Winter is a magical time to explore nature! This class is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. Look for animal tracks and other signs of winter activity. Search the skies for winter birds and listen for their songs. Observe changes in light through shadows and rainbows. In each class, we will focus on a specific theme using hands-on activities, crafts, games and creative movement. Each class will end with a snack and story. Come enjoy the beauty of winter with your energetic child at the Warren Recreation Department in Wellesley! **SKIP DAY: 2/20**

S#	Age	Day	Times	Date	Price
01	2-5	Tue	9:30-10:30am	Jan 23 - Mar 5	\$180

PUDDLESTOMPERS: Outdoor Explorers

Act. #115703 | Ages 5-8 | @ Warren Building | Instructor: Puddlestompers Staff | 8 Weeks | Min 4 / Max 10

Come explore nature after school this fall! Discover animals building homes, collecting seeds for a food cache, and preparing for migration. Use nature's resources to build an animal home for winter. Investigate the different colors of leaves. 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! **SKIP DAY: 2/21**

S#	Age	Day	Times	Date	Price
01	5-8	Wed	2:45-4:15pm	Jan 10 - Mar 6	\$360

MUSIC TOGETHER

Act. #121303 | Ages 0-5 | @ Warren Building | Instructor: Music Together Staff | 7 Weeks | Min 6 / 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 which change with each session (illustrated songbook, a CD and an access code that syncs with our "Music Together" app).

SKIP DAY: 1/15, 2/19

S#	Age	Day	Times	Date	Price
01	0-5	Mon	9-9:45am	Jan 8 - Mar 4	\$220
02	0-5	Mon	10-10:45am	Jan 8 - Mar 4	\$220

RHYTHM KIDS

Act. #121304 | Ages 4-7 | @ Warren Building | Instructor: Music Together Staff | 7 Weeks | Min 6 / 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 which change with each session (Illustrated songbooks, CD, access code to download your music using our "Music Together" app along with access to online drumming tutorials)

SKIP DAY: 2/21

S#	Age	Day	Times	Date	Price
01	4-7	Wed	2-2:45pm	Jan 10 - Feb 28	\$220

REGISTRATION
BEGINS @10am

Residents:
11/28/23

Non-Residents
12/12/23



BUDDING ARTIST & A BUDDY

Act. #121401 | Ages 1.4-4 | @ Warren Building | Instructor: Beth Meditz | 10 Weeks | Min 5 / Max 10

Your child and Buddy will both enjoy creative fun together. Perceptual and social skills are enhanced while each child engages in unique hands on and hands in experiences. Budding Artists will create their own artwork that expands thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag! Wear mess around clothes. It's amazing what your young one can do! **SKIP DAY - 2/22, 2/23**

S#	Age	Day	Times	Date	Price
01	1.4-4	Thu	12:30-1:15pm	Jan 11 - Mar 21	\$96
02	1.4-4	Fri	10:45-11:30am	Jan 12 - Mar 22	\$96

CREATIVE KIDS

Act. #121403 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | One Day Program | Min 5 / Max 15

Come on a fun learning journey! All activities are hands-on, engaging and FUN! Everything you make you will take home to share/show what you did with friends and family!

S#	Age	Day	Times	Date	Price	
01	5-10	Tue	3:30-5:30pm	Mar 12	\$60	Project: Melting Snowman Putty
02	5-10	Tue	3:30-5:30pm	Mar 19	\$60	Project: Extended Arm Grabber

AWESOME ART

Act. #121432 | Ages K-3 | @ Warren Building | Instructor: Beth Meditz | 10 Weeks | Min 5 / Max 10

Get "unplugged" with "Hands on" and "Hands in" ART activities! Sometimes messy, sometimes not, but always fun and creative! At each class, Artists will be presented with a starter base and develop their own vision of their creations by choosing from a wide array of inspiring and unusual materials. Abstract and Realistic works are created in a relaxed, yet exciting atmosphere. Wear mess around cloths and show up with your creative mind! New projects! **SKIP DAY: 1/15, 2/19, 2/20, 2/21**

S#	Age	Day	Times	Date	Price
01	K-3	Mon	4:30-5:30pm	Jan 8 - Mar 5	\$238
02	K-3	Tue	4:30-5:30pm	Jan 9 - Mar 19	\$238
03	K-3	Wed	4:30-5:30pm	Jan 20 - Mar 20	\$238

PAINTING & DRAWING MODERN MASTERPIECES

Act. #121424 | Ages 7-13 | @ Warren Building | Instructor: D'Ann Hansen | 5 Weeks | Min 4 / 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: 2/6, 2/7**

S#	Age	Day	Times	Date	Price
01	7-13	Tue	4-6pm	Jan 9 - Feb 13	\$295
02	7-13	Wed	4-6pm	Jan 10 - Feb 14	\$295
04	7-13	Tue	4-6pm	Mar 5 - Apr 2	\$295
05	7-13	Wed	4-6pm	Mar 6 - Apr 3	\$295

POTTERY & WHEEL THROWING

Act. #121409 | Ages 7-16 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min 3 / Max 8

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

To learn more about Ramune, author of Tiny Worlds in Fabric please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee. **SKIP DAY: 2/21, 2/22**

S#	Age	Day	Times	Date	Price
01	7-16	Wed	2:30-4:30pm	Jan 10 - Feb 7	\$222
02	7-16	Wed	2:30-4:30pm	Feb 14 - Mar 20	\$222
03	7-16	Thu	4-6pm	Jan 11 - Feb 8	\$222
04	7-16	Thu	4-6pm	Feb 15 - Mar 21	\$222

REGISTRATION
BEGINS @10am

Residents:
11/28/23

Non-Residents
12/12/23



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wellesleyrec.org



GLASS FUSING SESSION: After School

Act. #121436 | Ages 10-16 | @ The Glass Bar, Needham | Instructor: The Glass Bar Staff | 4 Weeks | Min 1 / Max 4

We're going to cover a lot during this session. Our first session will cover basic skills such as cutting, grinding, and designing. Each week, we will learn and incorporate new techniques into our designs. Students be challenged to create amazing fused glass projects such as suncatchers, coasters, plates bowls, nightlights, picture frames, and more! Great for beginners. **SKIP DAY: 2/23, 3/29**

S#	Age	Day	Times	Date	Price
01	10-16	Fri	3:30-5pm	Jan 5 - Jan 26	\$300
02	10-16	Fri	3:30-5pm	Feb 2 - Mar 1	\$300
03	10-16	Fri	3:30-5pm	Mar 8 - Apr 5	\$300

GLASS FUSING CLASS: Half Day

Act. #121437 | Ages 10-16 | @ The Glass Bar, Needham | Instructor: The Glass Bar Staff | One Day Program | Min 3 / Max 4

Each session will begin with a thorough glass safety lesson. Then, students will learn basic glass fusing techniques such as cutting and grinding of glass and working with frit. Students will each receive a 4x4 glass base tile that they will design to their liking. The final result can be used as a functional coaster, or a decorative suncatcher. Great for beginners.

S#	Age	Day	Times	Date	Price
01	10-16	Wed	1:30-3pm	Jan 10	\$55
02	10-16	Wed	1:30-3pm	Feb 7	\$55
03	10-16	Wed	1:30-3pm	Mar 6	\$55

NO SCHOOL GLASS PLATE FUSING CLASS

Act. #121438 | Ages 10-16 | @ The Glass Bar, Needham | Instructor: The Glass Bar Staff | One Day Program | Min 3 / Max 4

Each session will begin with a thorough glass safety lesson. Then, students will learn basic glass fusing techniques such as cutting and shaping of glass and working with frit. Students will each receive a 6x6 glass base tile that they will design to their liking. The final result can be used as a functional or decorative plate.

S#	Age	Day	Times	Date	Price
01	10-16	Mon	1:30-3:30pm	Jan 15	\$90

FANTASY FAIRY HOUSES

Act. #121450 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 5 Weeks | Min 3 / Max 6

In a relaxed environment kids will sharpen their creative skills while working on a fairy house of their own. We will be using many different materials like moss, wooden shapes, paints, fabric and more to build a stunning finished house that can be used as a decoration, and of course as a home for the neighborhood fairies. Price includes all materials.

To learn more about Ramune, author of *Tiny Worlds in Fabric* please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee.

SKIP DAY: 2/20

S#	Age	Day	Times	Date	Price
01	7-10	Tue	4-5:30pm	Jan 9 - Feb 6	\$180
02	7-10	Tue	4-5:30pm	Feb 13 - Mar 19	\$180

CREATIVE SEWING

Act. #121452 | 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, author of *Tiny Worlds in Fabric* please visit: addictedtomermaids.blogspot.com. No refunds for pottery, sewing and fantasy fairy houses classes if you withdraw 3 business days or less before the first class. Withdrawal from a pottery, sewing or fantasy fairy house class 4 business days or more before the 1st class, there will be a \$20 admin fee. **SKIP DAY: 2/21**

S#	Age	Day	Times	Date	Price
01	7-10	Wed	4:45-6:15pm	Jan 10 - Feb 7	\$180
02	7-10	Wed	4:45-6:15pm	Feb 14 - Mar 20	\$180

**REGISTRATION
BEGINS @10am**

**Residents:
11/28/23**

**Non-Residents
12/12/23**



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Sign Up For Weekly Emails:
wellesleyrec.org



LITTLE BAKERS

Act. #123700 | Ages 3.9-5 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min 4 / Max 10

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: 2/23, 3/8

S#	Age	Day	Times	Date	Price
01	3.9-5	Fri	1:30-2:45pm	Jan 5 - Feb 2	\$186
02	3.9-5	Fri	1:30-2:45pm	Feb 9 - Mar 22	\$186

MAKE IT, BAKE IT, TAKE IT!

Act. #123711 | Grades K-4 | @ Warren Building | Instructor: Diane Benson | 5 Weeks | Min 6 / Max 10

Using science, 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. Some possible baking activities include: pizza, cookies, muffins, & pasta. Please note on the registration form if your child has any food allergies.

SKIP DAY: 2/23, 3/8

S#	Grade	Day	Times	Date	Price
01	K-4	Fri	3:30-5pm	Jan 5 - Feb 2	\$300
02	K-4	Fri	3:30-5pm	Feb 9 - Mar 22	\$300

READY, SET, BAKE

Act. #123747 | Grades K-4 | @ Warren Building | Instructor: Diane Benson | 2 Day Program | Min 6 / Max 10

Science, reading, math, cooperation and trying new things is all a part of the fun of baking! Kids will learn the basics of baking and find out how every ingredient has a "job"! Eggs and dairy will be used in this class. Please note on the registration form if your child has any food allergies.

S#	Grade	Day	Times	Date	Price
01	K-4	Wed	1:15-2:45pm	Mar 13 - Mar 20	\$120
02	K-4	Wed	3:30-5pm	Mar 13 - Mar 20	\$120

LITTLE CHEFS

Act. #123798 | Ages 5-10 | @ Warren Building | Instructor: Kelly Barry | One Day Program | Min 4 / Max 10

Little Chefs is the perfect opportunity to get your budding chefs into the kitchen, creating healthful masterpieces and learning skills and techniques! We focus on making delicious food with attention to making healthy choices and indulging in some treats. We provide the food, and the supplies and the experience. The finished product goes home with your chef to share with the family. Safety is our top priority at Little Chefs.

S#	Age	Day	Times	Date	Price
01	5-10	Sat	10-11am	Jan 6	\$60
02	5-10	Sat	10-11am	Jan 20	\$60
03	5-10	Sat	10-11am	Jan 27	\$60
04	5-10	Sat	10-11am	Feb 3	\$60
05	5-10	Sat	10-11am	Feb 10	\$60
06	5-10	Sat	10-11am	Mar 2	\$60
07	5-10	Sat	10-11am	Mar 9	\$60
08	5-10	Sat	10-11am	Mar 16	\$60
09	5-10	Sat	10-11am	Mar 23	\$60

LITTLE CHEFS: Tuesday

Act. #123799 | Ages 3-5 | @ Warren Building | Instructor: Kelly Barry | 10 Weeks | Min 6 / Max 10

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!

SKIP DAY: 2/ 20

S#	Age	Day	Times	Date	Price
01	3-5	Tue	9:30-10:30am	Jan 9 - Mar 26	\$600

**REGISTRATION
BEGINS @10am**

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CHESS

Act. #124800 | Ages 5-6 | @ Warren Building | Instructor: Jim Della Selva | 10 Weeks | Min 4 / Max 14

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 beginner and experienced player will benefit. Don't miss this exhilarating class.

SKIP DAY: 1/5, 2/19

S#	Age	Day	Times	Date	Price
01	5-6	Mon	4:35-5:35pm	Jan 8 - Mar 25	\$240

INTERMEDIATE & TOURNAMENT CHESS

Act. #124801 | Ages 6-9 | @ Warren Building | Instructor: Jim Della Selva | 10 Weeks | Min 5 / 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 an atmosphere that is instructive, creative, supportive and fun. The class will consist of lectures, chess problems and play with other students. **SKIP DAY: 2/23**

S#	Age	Day	Times	Date	Price
01	6-9	Fri	5-6pm	Jan 12 - Mar 22	\$240

LEGO ADVENTURES

Act. #124903 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 2 Week Program | Min 5 / Max 15

Join in on some LEGO FUN!! This class will help foster individual creativity, imagination, teamwork, negotiation, and pure childhood enjoyment! Each class participants will go home with a framed photo of you and your LEGO creation to show friends and family what you designed and built! Class is limited to 15 participants. Please send your child with a nut-free snack and drink.

S#	Age	Day	Times	Date	Price
01	5-10	Thu	3:30-5:30pm	Mar 14 - Mar 21	\$120

JUNIOR ENGINEERS

Act. #124919 | Ages 3.10-5 | @ Warren Building | Instructor: Diane Benson | 7 Weeks | Min 5 / Max 10

Age appropriate engineering activities empower young children to see themselves as creators and problem solvers and more importantly that it is okay to fail and try again! Activities include building a back scratcher, a wind-powered car and MORE! **SKIP DAY: 2/20**

S#	Age	Day	Times	Date	Price
01	3.10-5	Tue	1-2pm	Jan 9 - Feb 27	\$210

2D VIDEO GAME DESIGN

Act. #124925 | Grade 2-6 | @ Warren Building | Instructor: EMPOWER Staff | 10 Weeks | Min 10 / Max 12

Does your child love video games? In this class, we will channel that passion by having them learn to build their own! Together with like-minded students, they will build simple video games step-by-step, experimenting with specific tasks and movements, and sharing gameplay with their peers, while learning introductory coding concepts. They will learn to use game design program Flowlab, a platform used by professional game designers to prototype their creations using accessible drag-and-drop coding. All games will be stored online, so students can gain access after class ends, and, if their game is approved, upload it to Google Play or the Apple Store! **SKIP DAY: 2/22**

S#	Grade	Day	Times	Date	Price
01	2-6	Thu	3:30-5pm	Jan 11 - Mar 21	\$450

MINECRAFT: Art & Architecture

Act. #124926 | Grade 2-6 | @ Warren Building | Instructor: EMPOWER Staff | 10 Weeks | Min 5 / Max 10

One of our most popular programs! Minecraft isn't just for video gamers – it's for designers, artists, and engineers! Students can explore the basics of art and architecture as they master planning and executing large designs. They will build their own Minecraft world or collaborate with a group on a shared world. Learn to play and play to learn with our exciting Minecraft classes. **SKIP DAY: 2/22**

S#	Grade	Day	Times	Date	Price
01	2-6	Thu	5-6:15pm	Jan 11 - Mar 21	\$375

REGISTRATION
BEGINS @10am

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KNUCKLEBONES MICRO SPORTS

Act. #123100 | Ages 2-5 | @ Warren Building | Instructor: KnuckleBones Staff | 8 Weeks | Min 8 / Max 12

This is not your average sports class! Combining gross motor skills, physical activity, and fun, with a plethora of unique equipment, children will engage in funky, outside the box athletic activities and games. From Messy Backyard to Save the Animals, volcano walk on inflatable tubes to real life Mario Kart, our games ensure movement and fun while developing a passion for play...for the love of play! **SKIP DAY: 2/23**

S#	Age	Day	Times	Date	Price
01	2-5	Fri	10-10:50am	Jan 12 - Mar 8	\$183

THUNDERCAT MULTI SPORT: Soccer, Dodgeball, Floor Hockey

Act. #120905 | Ages 7-12 | @ Warren Building | Instructor: Thundercat Sports Staff | 6 Weeks | Min 10 / Max 20

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is coed, please bring an appropriate athletic clothing, sneakers, and a water bottle. For more information please visit www.thundercatsports.com.

S#	Age	Day	Times	Date	Price
01	7-12	Tue	4-4:50pm	Jan 9 - Feb 13	\$175

YOGA FOR CHILDREN

Act. #111304 | Ages 6-18 | @ Warren Building | Instructor: Aura Sehdev | 8 Weeks | Min 5 / Max 20

Come experience authentic yoga for children by Aura Sehdev, a 15 year old, certified yoga instructor trained in Rishikesh, India (the yoga capital of the world). Each session will include Asanas - to build strength and flexibility, Meditation - to calm your mind, and Pranayama practices - to cleanse your energy channels. Learn the foundation of each posture through the correct techniques and breathing movements. No experience in yoga is required:) Also an adult instructor will be present. **SKIP DAY: 1/13, 2/17**

S#	Age	Day	Times	Date	Price
01	6-18	Sat	11am-12pm	Jan 6 - Mar 9	\$190

KARATE

Act. #121800 | Ages 3-16 | @ Warren Building | Instructor: Steve Nugent & Staff | 12 Weeks | Min 4 / Max 12

Join 4 Time World Champion and 10th Degree Grand Master Steve Nugent and his staff in this Traditional Karate program that teaches Focus, Discipline, Patience, Sportsmanship and Fun! In addition to the Karate, the classes stress Academic achievement, Honesty, Proper nutrition and stranger awareness. A free uniform is included for all new students. Join us as we celebrate 23 years in Wellesley! **SKIP DAY: 2/21**

S#	Age	Day	Times	Date	Price
01	3-4	Wed	3:30-4pm	Jan 10 - Apr 3	\$305
02	5-7	Wed	4-4:45pm	Jan 10 - Apr 3	\$305
03	8-16	Wed	4:45-5:30pm	Jan 10 - Apr 3	\$305

AIKIDO: For Kids

Act. #121806 | Ages 6-12 | @ See Below | Instructor: Framingham Aikikai | 8 Weeks | Min 2 / Max 10

Aikido is a traditional Japanese martial art practiced in a fun and safe environment. Classes are highly structured, and typically include stretching, drills, technical instruction, and games. Aikido is essentially non-competitive, and thus there is no sparring. Instead, students work in partnership to support each other in performing techniques with increasing accuracy, finesse and power. This approach allows all students to challenge themselves and reach their potential free of pressure to compete with one another. Aikido is a great martial art for children of all genders, sizes and abilities, and offers profound physical, social and emotional benefits. Over time, the dedicated practice of Aikido improves attention, concentration, emotional regulation, self awareness, self confidence, communication and collaboration - all while getting fit, making friends, and having fun!

SKIP DAY: 2/20

Location: Framingham Aikikai, 26 Summer Street, Natick

S#	Age	Day	Times	Date	Price
01	6-12	Tue	5-6pm	Jan 9 - Mar 5	\$120

BADMINTON: Juniors

Act. #120207 | Ages 8-17 | @ Warren Building | Instructor: Weesaing Huang | 10 Weeks | Min 4 / Max 8

Focus on badminton fundamentals for holding a racket, swing and footwork technique, as well as basic shots. Proper warm-up and drills will be introduced as well. Fundamental skills as a foundation for badminton skills and movements as follow.

• Proper forehand and backhand grips • Forehand lift • Backhand lift • Clear (high/long) • Serves • Intro to footwork • Half court practice
Students will need to bring their own rackets and non-marking, indoor court shoes. **SKIP DAY: 2/2, 2/23**

S#	Age	Day	Times	Date	Price
01	8-17	Fri	5:45-7:15pm	Jan 12 - Mar 29	\$610

REGISTRATION
BEGINS @10am

Residents:
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PTW BASKETBALL

Act. #121202 | Ages 6-12 | @ Warren Building | Instructor: Prove Them Wrong (PTW) Staff | 6 Weeks | Min 8 / Max 30

PTW is aged-based and personalized to skill level. Programs are customized to the clients. Our coaching approach is different from others. We like to think of our training sessions like building a house. We have to have a solid and strong foundation in order to build up. We not only strive to coach, but educate the players as we teach. This class will focus on helping kids fall in love with the sport through learning the basic steps of the game. Terminology, Passing, Footwork, and the ability to have fun with learning. Our goal is to spark their interest and hopefully develop a long relationship of learning the game of basketball.

S#	Age	Day	Times	Date	Price
01	6-9	Fri	3:30-4:30pm	Jan 12 - Feb 16	\$250
02	9-12	Fri	4:30-5:30pm	Jan 12 - Feb 16	\$250

JAMES BEDE SOCCER FUN

Act. #122900 | Ages 4-9 | @ Warren Building | Instructor: James Bede Staff | 10 Weeks | Min 10 / Max 10

Fun Soccer is an excellent way to expose your young player to the game of soccer. This program is an excellent introduction of soccer through fun games. We use lots of soccer balls to ensure no player feels left out. Our goal is to foster enthusiasm and love for movement and soccer. Your young player will develop a sense of what it means to be part of a team through positive interactions with coach and players while having fun and learning. Wear shin guards and sneakers. Remember to bring water **SKIP DAY: 2/21**

S#	Age	Day	Times	Date	Price
01	4-5	Wed	3-3:45pm	Jan 10 - Mar 20	\$256
02	5-6	Wed	4-4:45pm	Jan 10 - Mar 20	\$256
03	7-9	Wed	5-5:45pm	Jan 10 - Mar 20	\$256

JAMES BEDE SOCCER

Act. #122906 | Ages 8-11 | @ Warren Building | Instructor: James Bede Staff | 10 Weeks | Min 5 / Max 15

Best time to learn the basics if the game is in the winter; NO pressure to perform in a game and NO pressure to be the best. In the winter we have time to focus on mastering the game and all that entails. Not too late to become a player.

S#	Age	Day	Times	Date	Price
01	8-9	Tue	5-6pm	Jan 9 - Mar 26	\$256
02	10-11	Tue	6-7pm	Jan 9 - Mar 26	\$396
		Sat	11:30am-12:30pm		
03	10-11	Wed	6-7pm	Jan 10 - Mar 27	\$396
		Sat	11:30-12:30pm		

SUPER SOCCER STARS: Tuesdays

Act. #122904 | Ages 1-3 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min 3 / Max 12

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: 2/20, 3/5**

S#	Age	Day	Times	Date	Price
01	2-3	Tue	10-10:40am	Jan 9 - Mar 12	\$256
02	1-2	Tue	10:45-11:30am	Jan 9 - Mar 12	\$256

SUPER SOCCER STARS: Saturday

Act. #122950 | Ages 2-5 | @ Warren Building | Instructor: Super Soccer Stars Staff | 8 Weeks | Min 3 / Max 12

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: 1/13, 2/17**

S#	Age	Day	Times	Date	Price
01	2-3	Sat	8:15-8:55am	Jan 6 - Mar 9	\$256
02	3-4	Sat	9-9:45am	Jan 6 - Mar 9	\$256
03	2-3	Sat	9:50-10:30am	Jan 6 - Mar 9	\$256
04	4-5	Sat	10:35-11:25am	Jan 6 - Mar 9	\$256

REGISTRATION
BEGINS @10am

Residents:
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DYNAMIC RUNNING

Act. #120204 | Ages 6-11 | @ Warren Building | Instructor: Kathy Fleming | 4/5 Weeks | Min 6 / Max 12

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 inside the Warren Recreation Center gym. Don't let your child slow down in the winter months. Keep them moving faster than ever. Learn some track techniques and empower them to reach for the stars. **SKIP DAY: 1/15, 3/4**

S#	Age	Day	Times	Date	Price
01	6-11	Mon	4:45-5:45pm	Jan 8 - Feb 12	\$175
02	6-11	Mon	4:45-5:45pm	Feb 26 - Mar 25	\$140

SCRATCH PROGRAMMING: iCODE

Act. #111303 | Grades 1-3 | @ Warren Building | Instructor: iCode Staff | 10 Weeks | Min 7 / Max 15

Using MIT's Scratch programming Integrated Development Environment (IDE) students learn the problem-solving process that includes a number of characteristics and dispositions. Learn the fundamentals of writing code through fun yet challenging tasks, and apply your creativity through inventive game designs. You'll create thematic animations, interactive stories, and short video games, while mastering different skills and concepts daily. You'll finish the class with the tools you need to continue making Scratch projects on your own, and knowledge that will apply to your future programming endeavors. This is a beginner class; no experience necessary. **SKIP DAY: 2/21**

S#	Grade	Day	Times	Date	Price
01	1-3	Wed	1-2pm	Jan 10 - Mar 20	\$366
02	1-3	Wed	4-5pm	Jan 10 - Mar 20	\$366

ROBLOX GAME DESIGN & PROGRAMMING

Act. #123041 | Grades 2-5 | @ Warren Building | Instructor: iCode Staff | 10 Weeks | Min 7 / Max 15

Create projects using block coding with the capability to publish and monetize. Learn how to design, develop and test popular themes to build Video games filled with characters, object interaction, physics, and goals are a great way to spark creativity and learning. Whether it is building a spaceship and racing it to Aliens destinations or something closer to earth, the combination of fun and learning is unparalleled. This class is about the Roblox Editor! The Roblox editor is a special coding environment used to create a complete project in Roblox. . Your child(ren) will learn how to be safe online through our digital citizenship practices while collaborating with many children across the state. They will also be introduced to Game design and will be introduced to LUA programming. **SKIP DAY: 2/21**

S#	Grade	Day	Times	Date	Price
01	2-5	Wed	3-4pm	Jan 10 - Mar 20	\$366

MINECRAFT ADVENTURES: iCODE

Act. #123055 | Grades 1-5 | @ Warren Building | Instructor: iCode Staff | 10 Weeks | Min 7 / Max 15

Calling all Artists, Engineers, Creators, Gamers and Coders! In this course, the students get introduced to Minecraft (an extremely popular creative world-building platform) by Microsoft. This is a platform where engineers and artists can show their creativity. Students explore art and architecture and plan to create basic and complex designs. Students will learn to explore the world by walking, swimming and flying! They will build the world, starting with basic structures, all the way to the most complex designs. They will also learn about materials starting with simple to compound metals. Students will build different types of worlds and work as a team in a shared world. **SKIP DAY : 2/21**

S#	Grades	Day	Times	Date	Price
01	1-5	Wed	2-3pm	Jan 10 - Mar 20	\$366

ARCHERY: Indoors

Act. #135300 | Grade 4+ | @ Warren Building | Instructor: On The Mark Staff | 5 Weeks | Min 10 / Max 10

Learn archery indoors this winter and enjoy a fun and engaging introduction to one of the world's oldest sports! On the Mark Archery and our team of instructors will teach this unique martial art to students using beautiful wooden recurve bows and encourage participants to make proper form the measuring point of success. Improved hand eye coordination, attention span and discipline are only a few of the many benefits that come with practicing on the range. Coaches develop lesson plans that integrate skill building drills with creative games and challenges that include prizes to keep students excited about coming to class each week! All equipment provided and session is led by certified USA Archery instructors. Grades 4 through adult & up. Parents can join, too! **SKIP DAY: 1/13**

S#	Grade	Day	Times	Date	Price
01	4+	Sat	2-3pm	Jan 6 - Feb 10	\$228
02	4+	Sat	2-3pm	Mar 2 - Mar 30	\$228

REGISTRATION
BEGINS @10am

Residents:
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Non-Residents
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INDOOR TENNIS

Act. #125200 | Ages 5-11 | @ Warren Building | Instructor: Mike Sabin & Staff | 4 Weeks | Min 4 / Max 12

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. All classes will be held inside. **SKIP DAY: 2/22**

S#	Age	Day	Times	Date	Price
01	5-7	Thu	3:30-4:30pm	Jan 4 - Jan 25	\$100
02	6-8	Thu	4:30-5:30pm	Jan 4 - Jan 25	\$100
03	9-11	Thu	5:30-6:30pm	Jan 4 - Jan 25	\$100
04	5-7	Thu	3:30-4:30pm	Feb 8 - Mar 7	\$100
05	6-8	Thu	4:30-5:30pm	Feb 8 - Mar 7	\$100
06	9-11	Thu	5:30-6:30pm	Feb 8 - Mar 7	\$100

INDOOR TENNIS: EARLY RELEASE

Act. #125201 | Grades 2-5 | @ Warren Building | Instructor: Mike Sabin & Staff | 4 Weeks | Min 4 / Max 12

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. **SKIP DAY: 2/21**

S#	Grade	Day	Times	Date	Price
01	2-3	Wed	12:30-1:30pm	Jan 3 - Jan 24	\$100
02	4-5	Wed	1:30-2:30pm	Jan 3 - Jan 24	\$100
03	2-3	Wed	12:30-1:30pm	Feb 7 - Mar 6	\$100
04	4-5	Wed	1:30-2:30pm	Feb 7 - Mar 6	\$100

BABYSITTER'S TRAINING

Act. #131500 | Ages 11-15 | @ Warren Center | Instructor: Alice Wadley | One Day Class | Min 4/Max 12

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

Course content: Injury and accident prevention, choking rescue, adult and pediatric CPR 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 components. The first section is online and takes approximately 4 hours to complete. The second component is a 1 hour in-person skills session.

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

S#	Age	Day	Times	Date	Price
01	11-15	Mon	6-7pm	Jan 29	\$120
02	11-15	Mon	6-7pm	Mar 25	\$120

CHILDREN'S DINING ETIQUETTE WORKSHOP

Act. #131562 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 5 / Max 10

Imagine your child not only mastering impeccable table manners but also radiating confidence in any social setting. Our Children's Dining Etiquette Program isn't just about polished behavior; it's about empowering them with the tools they need to stand out, succeed, and make a lasting impression. This unique experience will boost their self-assurance, help them exude poise, so that they can excel not only at the table but in school, friendships, and future professional endeavors. **TOPICS INCLUDE:** Invitations & RSVP's • Approaching and seating at the table • Understanding the place setting • The napkin and its uses • How to correctly hold silverware • The bread & butter plate • Appropriate table conversation • The soup course • Passing food at the table • How to handle food allergies • American & Continental styles of dining • What to do with unwanted food • Excusing yourself from the table • and much more!

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	4-5:30pm	Jan 8	\$72
02	2-7	Mon	4-5:30pm	Feb 12	\$72
03	2-7	Sat	9-10:30am	Mar 9	\$72

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CHILDREN'S CONVERSATION SKILLS WORKSHOP

Act. #131561 | Grades 2-7 | 2 Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 4 / Max 10

Equip your child with the invaluable skill of effective communication through our Children's Conversation Skills Program. In today's dynamic world, the ability to articulate thoughts and connect with others is the cornerstone of success. Our program empowers children with the confidence to express themselves, articulate thoughts, listen actively, and engage meaningfully fostering better relationships and academic achievements. **TOPICS INCLUDE:** How to start a conversation, icebreakers to start a conversation, how to keep a conversation going, how to end a conversation, topics to avoid, active listening and not interrupting, being respectful and non-judgmental, rude, and disrespectful body language and behavior, giving and receiving compliments and more.

S#	Grade	Day	Times	Date	Price
02	2-7	Thu	4-5pm	Mar 16	\$54

CHILDREN'S SOCIAL SKILLS WORKSHOP

Act. #131564 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 6 / Max 10

Empower your child with essential life skills through our dynamic program! Picture them confidently navigating friendships, school, and future endeavors with grace and ease. This isn't just about socializing; it's about building their self-esteem, communication abilities, and emotional intelligence. Our engaging and interactive workshop makes learning fun and effective. Invest in your child's future success today. **TOPICS INCLUDE:** The importance of greeting others • Rules of introduction • The handshake • Eye contact, and the Power of a Smile • Sportsmanship etiquette • Hygiene & Appearance • Self-Respect & Respect for others • Behaving appropriately at other people's homes • Making appropriate conversation • Proper telephone etiquette • Writing Thank You notes, and other modern manners.

S#	Grade	Day	Times	Date	Price
01	2-7	Mon	5:45-7:15pm	Jan 8	\$72
02	2-7	Sat	9-10:30am	Feb 3	\$72
03	2-7	Mon	5:45-7:15pm	Feb 12	\$72
04	2-7	Sat	10:45am-12pm	Mar 9	\$72
05	2-7	Mon	4-5:30pm	Mar 25	\$72

CHILDREN'S RESTAURANT READY WORKSHOP

Act. #131565 | Grades 2-7 | @ Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 4 / Max 8

Like to take your children out to eat with you at a restaurant but you're a little afraid how they might behave? In this workshop participants 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 • Menu & ordering food • Understanding the place setting & silverware • Trying new foods • Sharing food • 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 phones, belching, playing with utensils or tablecloth, handling spills, and more!

S#	Grade	Day	Times	Date	Price
01	2-7	Wed	4:30-5:45pm	Feb 28	\$66
02	2-7	Mon	5:45-7pm	Mar 25	\$66

PRE-TEEN NETIQUETTE WORKSHOP

Act. #131569 | Grades 5-8 | @ Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 6 / Max 10

Elevate your child's digital presence with our Pre-Teen Netiquette Program! In today's tech-savvy world, understanding social media etiquette, texting norms, and email protocol is essential. Digital users need to keep in mind that colleges and employers are seeking people with not just good technical and academic skills, but also with social graces, self-awareness, and a positive presence on the internet. Our program provides practical, hands-on guidance to ensure your child navigates the digital landscape with confidence and respect. Imagine them building positive online relationships while safeguarding their reputation. **TOPICS INCLUDE:** Texting Protocol: (When texting is appropriate. What to keep in mind when sending texts) • Email Etiquette (Tips to keep in mind when using email. Professional email etiquette - Formality, timing, salutations, subject line, reply all, privacy, etc.) • Social Media Etiquette (Questions to ask yourself before you post on social media. The do's & don'ts of social networking. Being a professional on social media) and more!

S#	Grade	Day	Times	Date	Price
01	5-8	Mon	7:15-8:15pm	Feb 12	\$66
02	5-8	Wed	7:15-8:15pm	Feb 28	\$66
03	5-8	Mon	7:15-8:15pm	Mar 25	\$66

REGISTRATION
BEGINS @10am

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TEEN INTERVIEW PREP WORKSHOP

Act. #131567 | Grades 8-12 | @ Warren Building | Instructor: Nikki Sawheny | One Day Program | Min 6 / Max 10

Do you have a teen getting ready to interview for college or a job? Secure your teen's future success with our Teen Interview Prep Workshop. In today's fiercely competitive job market, it's not just what you know, it's also how you deliver it. Standing out is crucial. Excelling in an interview is a pivotal step toward securing a great opportunity in high school, and a skill that will serve them well in the future. Parents, think back to your first job interview. Did you know what to expect or say? In this workshop participants will learn self-presentation skills, important talking points, and best practices to help succeed at an interview. **TOPICS INCLUDE:** What to do before the interview • Dressing for success • How to make a good first impression • Elevator pitch • Know your resume • Common interview questions • Questions you can ask the employer • What to do after the interview • Interview do's and don'ts and more.

S#	Grade	Day	Times	Date	Price
01	8-12	Sat	12:15-1:45pm	Feb 3	\$72
02	8-12	Sat	12:15-1:45pm	Mar 9	\$72

HOME ALONE SAFETY

Act. #131501 | Ages 8-11 | @ Warren Building | Instructor: Juanita Allen | One Day Class | Min 4 / Max 12

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	8-11	Tues	4-5:30pm	Feb 27	\$54

FIRST AID/CPR

Act. #131503 | Ages 14+ | @ Warren Center | Instructor: Juanita Allen | One Day Class | Min 4 / Max 10

With focus on children, this course will cover: CPR, AED, first aid, medical/injury emergencies, allergies, epipens, and asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED. Class designed to run in-person or virtual. If current state and local regulations permit, this class will be held in-person. Participants will be notified if the program must be run virtually.

S#	Age	Day	Times	Date	Price
01	14+	Tues	6-8:30pm	Feb 27	\$90



Learn to Skate @ Chase Arena, Natick

LEARN TO SKATE CLASSES

It's never too late to learn how to skate! If you have little or no formal skating experience, these classes are for you. Our group skating classes teach skating basics in a fun and comfortable environment for all who wish to learn to skate so they can play hockey, figure skate or just enjoy skating with family or friends. Skaters will be grouped by age and/or ability whenever possible.

Location: William Chase Arena, 35 Windsor Ave, Natick, MA

Learn To Skate: Tot

Act. #123201 | Ages 4-15 | Min 3 / Max 10

S#	Age	Day	Times	Date	Price
01	4-15	Sat	11:25-11:50am	Jan 6 - Feb 24	\$160
02	4-15	Sat	11:25-11:50am	Mar 2 - Apr 20	\$160

Learn To Skate: Youth

Act. #1232012 | Ages 6-15 | Min 3 / Max 10

S#	Age	Day	Times	Date	Price
01	6-15	Sat	10:55-11:20am	Jan 6 - Feb 24	\$160
02	6-15	Sat	10:55-11:20am	Mar 2 - Apr 20	\$160

Learn To Skate: Teen

Act. #123205 | Ages 6-15 | Min 3 / Max 10

S#	Age	Day	Times	Date	Price
01	16+	Sat	10-10:50am	Jan 6 - Feb 24	\$160
02	16+	Sat	10-10:50am	Mar 2 - Apr 20	\$160

REGISTRATION
BEGINS @10am

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PUDDLESTOMPERS: February Vacation

Act. #115702 | Ages 4-7 | @ Warren Building | Instructor: Puddlestompers Staff | One Day Classes | Min 3 / Max 10

Freeze the day-or week- at PUDDLESTOMPERS February Vacation Camp! Keep your child active and learning while having fun on their days off. Each day children and educators investigate a different topic in nature. Our experienced teacher naturalists guide children in nature discovery and play through hands-on exploration, STEM-based experiments, active movement, outdoor play, crafts, games, stories and songs.

S#	Age	Day	Times	Date	Price
01	4-7	Tue	9am-1:30pm	Feb 20	\$112
02	4-7	Wed	9am-1:30pm	Feb 21	\$112
03	4-7	Thu	9am-1:30pm	Feb 22	\$112
04	4-7	Fri	9am-1:30pm	Feb 23	\$112

Puddlestompers: February Vacation Early Drop Off

Act. #115704 | Ages 4-7 | @ Warren Building | Instructor: Puddlestompers Staff | One Day Classes | Min 1 / Max 15

EARLY DROP OFF: 8:20AM - 9AM: The Early Drop Off works with the Puddlestomper program listed above.

S#	Age	Day	Times	Date	Price
01	4-7	Tue	8:20-9am	Feb 20	\$16
02	4-7	Wed	8:20-9am	Feb 21	\$16
03	4-7	Thu	8:20-9am	Feb 22	\$16
04	4-7	Fri	8:20-9am	Feb 23	\$16

PUDDLESTOMPERS: February Vacation Extended Day

Act. #115705 | Ages 4-7 | @ Warren Building | Instructor: Puddlestompers Staff | One Day Class | Min 1 / Max 5

EXTENDED DAY PROGRAM 1:30-3:30PM: The Extended Day Program works with the Puddlestomper program listed above.

S#	Age	Day	Times	Date	Price
01	4-7	Tue	1:30-3:30pm	Feb 20	\$48
02	4-7	Wed	1:30-3:30pm	Feb 21	\$48
03	4-7	Thu	1:30-3:30pm	Feb 22	\$48
04	4-7	Fri	1:30-3:30pm	Feb 23	\$48

POTTERY: February Vacation

Act. #121417 | Ages 7-12 | @ Warren Building | Instructor: Ramune Jauniskis | 4 Day Program | Min 3 / Max 6

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

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

S#	Age	Day	Times	Date	Price
01	7-12	Tue-Fri	9-11:30am	Feb 20 - Feb 23	\$222

LEGO ADVENTURES: February Vacation

Act. #121423 | Ages 5-10 | @ Warren Building | Instructor: Diane Benson | 4 Day Program | Min 6 / Max 15

Imagine, design, build, create, problem solve, negotiate and PLAY!! Children can build individually or with friends as they create a LEGO scene out of hundreds of thousands of LEGOs! The LEGOs will stay but the memory will last a lifetime. Participants will go home with a framed photo of themselves taken holding their LEGO creation to show friends and family what they designed and built.

S#	Age	Day	Times	Date	Price
01	5-10	Tue-Fri	1-3:30pm	Feb 20 - 23	\$270

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BEGINS @10am**

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THE GLASS BAR: February Vacation

Act. #121439 | Ages 10-16 | @ The Glass Bar, Needham | Instructor: The Glass Bar Staff | 5 Day Program | Min 3 / Max 4

Keep your child engaged while they're out of school at The Glass Bar. Learning a new art form is the best way to keep their mind sharp! With an abundance of techniques offered at The Glass Bar, they will never get bored! Our experienced instructors keep our classes interesting. Camp Sessions at The Glass Bar are perfect for beginners and returning students.

S#	Age	Day	Times	Date	Price
01	10-16	Mon-Fri	9:30am-12pm	Feb 19 - Feb 23	\$330
02	10-16	Mon-Fri	9:30am-3pm	Feb 19 - Feb 23	\$600

FANTASY FAIRY HOUSES: February Vacation

Act. #121451 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 4 Day Program | Min 3 / Max 6

In a relaxed environment kids will sharpen their creative skills while working on a fairy house of their own. We will be using many different materials like moss, wooden shapes, paints, fabric and more to build a stunning finished house that can be used as a decoration, and of course as a home for the neighborhood fairies. Price includes all materials. To learn more about Ramune, author of Tiny Worlds in Fabric please visit: addictedtomermaids.blogspot.com.

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

S#	Age	Day	Times	Date	Price
01	7-10	Tue-Fri	1:30-3pm	Feb 20 - Feb 23	\$144

CREATIVE SEWING: February Vacation

Act. #121453 | Ages 7-10 | @ Warren Building | Instructor: Ramune Jauniskis | 4 Day Program | 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

S#	Age	Day	Times	Date	Price
01	7-10	Tue-Fri	11:45am-1:15pm	Feb 20 - Feb 23	\$144

MAKE IT, BAKE IT, TAKE IT: February Vacation

Act. #123741 | Grades K-4 | @ Warren Building | Instructor: Diane Benson | 4 Day Program | Min 6 / Max 10

Using science, 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. Some possible baking activities include: pizza, cookies, muffins, & pasta. Please note on the registration form if your child has any food allergies.

S#	Grade	Day	Times	Date	Price
01	K-4	Tue-Fri	9:45am-12pm	Feb 20 - Feb 23	\$330

CHESS: February Vacation

Act. #124850 | Ages 5-10 | @ Warren Building | Instructor: Jim Della Selva | 4 Day Program | Min 4 / Max 10

Chess is a game that can be approached as a sport, science or art form. Students will learn in an environment that is educational, fun, and also supportive while being competitive. All aspects of chess will be covered.

S#	Age	Day	Times	Date	Price
01	5-10	Tue-Fri	9:30-11am	Feb 20 - Feb 23	\$144
02	5-10	Tue-Fri	11:30am-1:30pm	Feb 20 - Feb 23	\$144

REGISTRATION
BEGINS @10am

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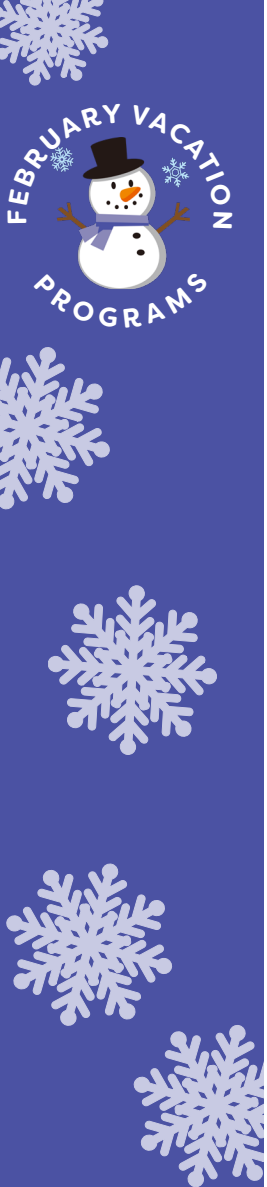
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PAINTING & DRAWING MODERN MASTERPIECES

February Vacation

Act. #121435 | Ages 7-12 | @ Warren Building | Instructor: D'Ann Hanson | 3 Day Program | Min 4 / 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.

S#	Age	Day	Times	Date	Price
01	7-12	Tue-Thu	1-4pm	Feb 20 - Feb 22	\$295

AWESOME ART: February Vacation

Act. #121434 | Grades K-4 | @ Warren Building | Instructor: Beth Meditz | One Day Program | Min 4 / Max 12

Join a great group of creative kids and enjoy 2 1/2 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	Wed	9:30am-12pm	Feb 21	\$72
02	K-4	Wed 1	2:30-3pm	Feb 21	\$72
03	K-4	Thu	9:30am-12pm	Feb 22	\$72
04	K-4	Thu	12:30-3pm	Feb 22	\$72
05	K-4	Fri	9:30am-12pm	Feb 23	\$72
06	K-4	Fri	12:30-3pm	Feb 23	\$72

HAPPY BIRTHDAY PARTIES

ACTIVITY #522401

Celebrate your birthday at
the Warren Building!

Parties for ages 6 & Under.

All parties are in the Children's Room.

When booking a party the family is responsible for
providing proper supervision at all times....and DON'T
FORGET...you are responsible for all clean up.

SUPER EASY PARTY PLANNING!

Available Saturdays:

- Feb 10
- Mar 2, 9, 16, 23
- Apr 6, 27
- Times available are
2:30 - 4:30pm
- Cost: \$150



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BEGINS @10am

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BADMINTON

Act. #140208 | Ages 18+ | @ Warren Building | Instructor: Willy Wu & Steve Yang | 10 Weeks | Min 8 / Max 30

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: 2/23, 2/24)

S#	Age	Day	Times	Date	Price
01	18+	Thu & Fri	7:15-9pm	Jan 11- Mar 29	\$70

ARCHERY: Indoors

Act. #135300 | Grade 4+ | @ Warren Building | Instructor: On The Mark Staff | 5 Weeks | Min 10 / Max 10

Learn archery indoors this winter and enjoy a fun and engaging introduction to one of the world's oldest sports! On the Mark Archery and our team of instructors will teach this unique martial art to students using beautiful wooden recurve bows and encourage participants to make proper form the measuring point of success. Improved hand eye coordination, attention span and discipline are only a few of the many benefits that come with practicing on the range. Coaches develop lesson plans that integrate skill building drills with creative games and challenges that include prizes to keep students excited about coming to class each week! All equipment provided and session is led by certified USA Archery instructors. Grades 4 through adult & up. Parents can join, too! **SKIP DAY: 1/13**

S#	Grade	Day	Times	Date	Price
01	4+	Sat	2-3pm	Jan 6 - Feb 10	\$228
02	4+	Sat	2-3pm	Mar 2 - Mar 30	\$228

FUSION FIT: First Call

Act. #140450 | @ Warren Building | Instructor: Bitsy Graham | 13 Weeks | Min 6 / Max 24

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

S#	Day	Times	Date	Price
01	Tue, Thu, Fri	6-7am	Jan 9 - Mar 22	\$297/2 days \$319/3 days

FUSION FIT

Act. #140402 | @ Warren Building | Instructor: Bitsy Graham | 13 Weeks | Min 6 / Max 40

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: 1/15, 2/19**

S#	Day	Times	Date	Price
01	Mon-Fri	8:45-9:45am	Jan 8 - Mar 22	\$286/2 days \$319/3 days \$320/4 days \$385/5 days

MOM & BABY PILATES

Act. #140214 | @ Warren Building | Instructor: Amanda Hanofee | 6 Weeks | Min 10 / Max 15

Come and join a fabulous group of moms & babies for a total body Pilates 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. Pregnant moms are welcome! Amanda is a certified Pilates and Barre Instructor and a Prenatal and 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 in the Dance Studio on the first floor. 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	Jan 9 - Feb 13	\$165

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BEGINS @10am

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CORE & MORE

Act. #140503 | @ Warren Building | Instructor: Sara Rigelhaupt | 8 Weeks | Min 4 / Max 12

This class will build core muscle groups while improving posture, performing exercises targeting the abdominal and lower back muscles.

SKIP DAY: 2/22

S#	Day	Times	Date	Price
01	Thu	5:30-6pm	Jan 11 - Mar 7	\$80

RESTORATIVE ENERGY HEALING YOGA

Act. #140501 | @ Warren Building | Instructor: Manuela Evans | 8 Weeks | Min 8 / Max 15

These classes are designed to help unwind, rejuvenate, and find inner peace. I will guide participants through gentle movements and exercises and sound healing techniques to promote relaxation and restore harmony to mind and body. Sound healing is a powerful method that uses vibrations and tones to stimulate deep relaxation and healing. It has been known to reduce stress, lower blood pressure, improve sleep quality, and support overall well-being. SKIP DAY: 2/23

S#	Day	Times	Date	Price
01	Fri	6:45-7:35pm	Jan 12 - Mar 8	\$300

BEGINNER/INTERMEDIATE HATHA YOGA

Act. #140505 | @ Warren Building | Instructor: Sara Rigelhaupt | 8 Weeks | Min 4 / Max 12

A yoga class aimed at improving flexibility, posture, strength and mindfulness. Poses are held for longer and there is an emphasis on connecting breath with movement. Suitable for all ages and all levels of fitness! Come give yoga a try! SKIP DAY: 2/22

S#	Day	Times	Date	Price
01	Thu	6-6:45pm	Jan 11 - Mar 7	\$120

YOGA & MINDFUL MOVEMENT FLOW

Act. #140590 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min 10 / Max 20

Cultivate strength, flexibility, balance, and focus, while moving with vitality and grace. Calm a busy mind, and increase your capacity for joy, by connecting with body and breath. E-RYT 200 Yoga Instructor and Certified Mindful Meditation Instructor, Cory Halaby, designs classes to help you feel relaxed, energized, and inspired, on and off the mat. (Some yoga experience recommended) SKIP DAY: 1/15, 2/19, 2/21

S#	Day	Times	Date	Price
01	Wed	9:15-10:15am	Jan 10 - Mar 6	\$130
02	Mon	9:15-10:15am	Jan 8 - Mar 11	\$130

GENTLE YOGA & MINDFUL MOVEMENT FLOW

Act. #140597 | @ Warren Building | Instructor: Cory Halaby | 8 Weeks | Min 8 / Max 20

This feel-good moving meditation is suitable for beginners as well as experienced practitioners who prefer a slower pace. Cultivate clarity, flexibility, and grace while taking good care of your body and mind. SKIP DAY: 2/21

S#	Day	Times	Date	Price
01	Wed	10:30-11:30am	Jan 10 - Mar 6	\$130

INTERMEDIATE YOGA

Act. #140512 | @ Warren Building | Instructor: Sara Rigelhaupt | 6 Weeks | Min 4 / Max 12

Kick off the week with a slower paced yoga class, focusing on breath, intentional movements, and stretching. All experience and ages welcome!

SKIP DAY: 1/15, 2/19

S#	Day	Times	Date	Price
01	Mon	6-6:45pm	Jan 8 - Feb 26	\$90

ZUMBA: Wednesdays

Act. #144088 | @ Warren Building | Instructor: Tatiana Novobrantseva | 10 Weeks | Min 8 / Max 35

It's 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 & World rhythms. Do not forget your comfortable workout clothes, sneakers, water and your beautiful smile. SKIP DAY: 2/21

S#	Day	Times	Date	Price
01	Wed	7:15-8:15pm	Jan 10 - Mar 20	\$96

REGISTRATION
BEGINS @10am

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POP DANCE FIT!

Act. #144007 | @ Warren Building | Instructor: Meghan Collins | 6 Weeks | Min 6 / Max 20

If you like to dance, this is the class for you! Zumba meets pop music in this super-fun, high-energy, DANCE FITNESS cardio class. This class will have you smiling, sweating, and burning loads of calories! Each class features a variety of pop music from artists like Pitbull, Lizzo, Taylor Swift, Jennifer Lopez, Lady Gaga, and more! Also in the mix, is a splash of Latin music - including salsa, cha cha, and merengue. The dance steps and routines are easy to follow and become even easier the more you do them. All are welcome - including those with little to no dance experience. Please wear workout attire, sneakers, and bring a water bottle to class. See you on the dance floor! **SKIP DAY: 2/6, 2/20**

S#	Day	Times	Date	Price
01	Tue	9:30-10:30am	Jan 9 - Feb 27	\$70

YOGA BOOK CLUB

Act. #140527 | @ 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, self-reflection, yoga and meditation. Each season offers a new layer of learning. This winter we'll read SEE NO STRANGER: A Memoir and Manifesto of Revolutionary Love, by Valerie Kaur, and a REAL CHANGE: Mindfulness to Heal Ourselves and the World, by Sharon Slazberg. Both books offer valuable guidance on how to respond to big challenges with strength, love, and action. **SKIP DAY: 2/22**

S#	Day	Times	Date	Price
01	Thu	9:30-10:45am	Jan 11 - Mar 7	\$160

AIKIDO: for Teens & Adults

Act. #141855 | Ages 13+ | @ 26 Summer St, Natick | Instructor: Framingham Aikikai Staff | 8 Weeks | Min 2 / Max 10

Aikido is a traditional Japanese martial art. It is both a technical system of self defense and a powerful moving meditation. Classes are highly structured, and typically include stretching, drills, and technical instruction. Aikido is essentially non-competitive, and thus there is no sparring. Instead, students work in partnership to support each other in performing techniques with increasing accuracy, finesse and power. This approach allows all students to challenge themselves and reach their potential free of pressure to compete with one another. Aikido is appropriate for all ages, genders, sizes and abilities. Over time, the dedicated practice of Aikido improves attention, concentration, emotional regulation, self awareness, self confidence, communication and collaboration - all while getting fit, making friends, and having fun! **SKIP DAY: 2/24**

Location: Framingham Aikikai, located at 26 Summer Street in Natick.

S#	Age	Day	Times	Date	Price
01	13+	Sat	11-11:50am	Jan 13 - Mar 9	\$120

PUPPY KINDERGARTEN

Act. #144602 | @ Warren Building | Instructor: Vera Wilkinson | 6 Weeks | Min 4 / Max 10

Looking to get your puppy off to a great start? This six week group 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 as to prevent behavior problems later. Learn what to do and how to respond to puppy nipping, jumping, inability to be left alone, fearfulness, etc. Please bring your puppy with his or her dinner and treats as well as proof of vaccinations to the first class. If you have questions, please email Vera Wilkinson at vera@cooperativedog.com.

SKIP DAY: 2/19, 3/4

S#	Day	Times	Date	Price
01	Mon	6:30-7:20pm	Jan 22 - Mar 11	\$260

DOG OBEDIENCE

Act. #144601 | @ Warren Building | Instructor: Vera Wilkinson | 6 Weeks | Min 4 / Max 10

Looking to improve your dog's manners? In this six week group 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 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. Please bring your dog with his or her dinner and treats as well as proof of vaccinations to the first class. This is not a class for reactive or aggressive dogs. If you have questions, please email Vera Wilkinson at vera@cooperativedog.com **SKIP DAY: 2/19, 3/4**

S#	Day	Times	Date	Price
01	Mon	7:30-8:20pm	Jan 22 - Mar 11	\$260

REGISTRATION
BEGINS @10am

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ACRYLIC PAINTING

Act. #141455 | @ Warren Building | Instructor: D'Ann Hansen | 5 Weeks | Min 4 / 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. All classes held in the sunny art studio in the Warren Building, 90 Washington St. More information on D'Ann can be found on her website: dannhansen.com. Please note that D'Ann's dog Mason will be in the classroom. **Skip day: 2/6,2/8**

S#	Day	Times	Date	Price
01	Tue	10am-12pm	Jan 9 - Feb 13	\$295
02	Thu	10am-12pm	Jan 11 - Feb 15	\$295
03	Tue	10am-12pm	Mar 5 - Apr 2	\$295
04	Thu	10am-12pm	Mar 7 - Apr 4	\$295

STILL LIFE & BASIC DRAWING

Act. #141425 | @ Warren Building | Instructor: Alfred DeAngelo | 8 Weeks | Min 5 / Max 12

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

SKIP DAY: 2/20

S#	Day	Times	Date	Price
01	Tue	7:30-9pm	Jan 9 - Mar 14	\$270

BOWL DRAPING

Act. #141403 | @ The Glass Bar, Needham | Instructor: Glass Bar Staff | One Day Program | Min 4 / Max 4

Expand your knowledge of glass fusing while designing your very own fused glass bowl. Learned techniques include cutting straight lines, curved lines, and circles. You will learn intermediate glass fusing knowledge, such as working with cold glass sheets, remnants, and frits. You will also gain an in-depth perspective at kiln working. Using this knowledge you will brainstorm a design, and bring your idea to life!

S#	Day	Times	Date	Price
01	Sun	5-7pm	Mar 10	\$150

INTRO TO MOSAICS

Act. #141407 | @ the Glass Bar | Instructor: Glass Bar Staff | Two Day Program | Min 4 / Max 4

Join us as we explore the ancient art of Mosaics. In this two-part class, students will work to design a 7x7 trivet. We will work from a selection of pre-cut materials, such as square tiles, penny rounds, and beads. Wendy will challenge students to create a design they are proud of! In part one, you will learn how to use glass nippers to shape pre-cut pieces of glass. Using this technique you will work to design your trivet. The pieces will dry overnight and when you return the following day you will grout the piece.

S#	Day	Times	Date	Price
01	Sat & Sun	10am-12pm	Mar 23 - Mar 24	\$150

SIX WEEK MOSAICS

Act. #141404 | @ The Glass Bar, Needham | Instructor: Glass Bar Staff | 6 Weeks | Min 4 / Max 4

During this 6-week session, we're going to explore the ancient technique of Mosaic art. You will create beautiful mosaic masterpieces using a variety of techniques and materials. We're going to start off easy using only mosaic tile nippers to shape pre-cut pieces of glass. Your first & "practice project" will use these techniques to design a trivet. In the following weeks, you will learn how to grout and more advanced techniques of cutting. You will use traditional mosaic pieces such as square tiles, penny rounds, beads, and stained glass. You will design and create a 12X12 mirror. Great for beginners.

A \$35 materials fee is payable to the instructor

S#	Day	Times	Date	Price
01	Tue	6-9pm	Jan 9 - Feb 13	\$270
02	Tue	6-9pm	Feb 27 - Apr 2	\$270

REGISTRATION
BEGINS @10am

Residents:
11/28/23

Non-Residents
12/12/23



FANATIC FUSING WORKSHOP

Act. #141405 | @ The Glass Bar, Needham | Instructor: Glass Bar Staff | 6 Weeks | Min 3 / Max 3

Love Glass Fusing? Ready to dive into something bigger? Join us for our fantastic fanatic fusing workshop. This session meets consecutive Tuesday nights 6-9pm. We're going to cover a lot during this session. Our first session will cover basic skills such as cutting and grinding. Throughout the weeks we will discuss more complex techniques. We will spend the next few weeks exploring and experimenting with these techniques as you create many pieces that you will cherish forever. Returning students will be challenged to expand their knowledge. This is your opportunity to grow and define your skill set. No experience necessary. **A materials fee is payable to the instructor and will be based on usage.**

S#	Day	Times	Date	Price
01	Tue	6-9pm	Jan 9 - Feb 13	\$270
02	Tue	6-9pm	Feb 27 - Apr 2	\$270

INTRODUCTION TO STAINED GLASS CLASS

Act. #141424 | @ The Glass Bar, Needham | Instructor: Glass Bar Staff | One Day Program | Min 2 / Max 2

During this 3-hour course, our experienced instructors will guide you through the creation of this floating geode panel. You will learn the historic steps of the American Copper Foil technique of Stained Glass. Learned techniques include copper foiling, soldering, polishing, and patina. There will be a glass cutting demonstration at the beginning of class, though you will be working from a precut kit of glass.

S#	Day	Times	Date	Price
01	Sun	1-4pm	Mar 10	\$150

SEASONAL GLASS FUSING INTRODUCTION

Act. #141435 | @ The Glass Bar, Needham | Instructor: Glass Bar Staff | One Day Program | Min 2 / Max 4

Join us for this special seasonal class to create a festive creation. Students will learn the basics of glass fusing including glass cutting, grinding, and designing of 2-dimensional pieces. We'll have fun experimenting with different shapes, textures, and mediums of glass to inspire our creations. Dec-Feb Theme = Twinkling Trees, Mar - May = Spring Flowers.

S#	Day	Times	Date	Price
01	Sat	4-5:30pm	Jan 13	\$80
02	Sat	4-5:30pm	Mar 9	\$80

THE ART OF THE DUMPLING

Act. #143700 | @ Warren Building | Instructor: Roberta Hing | One Day Program | Min 4 / Max 12

Chinese dumplings are addictive and flavorful and play a symbolic role in Chinese culture. In this fun, hands-on class, you will create dumplings from scratch using delicious pork or chicken fillings and homemade dumpling wrappers. Of course, we'll master the classic folding methods, along with some other fun shapes. We'll make both Crispy Pan-fried Pot Stickers and Savory Wontons along with different dipping sauces. A crispy dessert dumpling will finish off our dumpling feast.

S#	Day	Times	Date	Price
01	Thu	6-9pm	Feb 8	\$79

NEW YEAR, NEW MINDSET: Mastering Self-Love for Lasting Change

Act. #142676 | @ Warren Building | Instructor: Coleen Greco | 4 Weeks | Min 4 / Max 10

68% of us will set a New Year's resolution focused on our health and wellbeing including diet, exercise and/or a mental health goal. Within 2 weeks of the ball dropping, less than 10% will remain committed to that goal. **Why?** We are focused on a singular and tactical goal versus reversing the actions and mindset that brought us to the point of developing a resolution.

WHAT IF THIS YEAR WERE DIFFERENT? This year, what if we looked at our health holistically, understand how the various parts and pieces fit together, mind body and soul and developed lasting changes to our mindset that allow us to see the world and ourselves through the lens of self love - doesn't that sound like a great way to kick off 2024?

Join me in this 4 week course where I'll share with you the fundamentals of this journey to retire limiting beliefs, remove unwanted pounds, and reclaim your joy.

S#	Day	Times	Date	Price
01	Tue	7-8pm	Jan 9 - Jan 30	\$216

REGISTRATION
BEGINS @10am

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INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Act. #145810 | Ages 13+ | ONLINE | Instructor: Craig Coffman | One Day Program | Min 1 / Max 15

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	13+	Mon	6:30-9:30pm	Apr 8	\$60

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Act. #145811 | Ages 13+ | ONLINE | Instructor: Craig Coffman | One Day Program | Min 1 / Max 15

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

S#	Age	Day	Times	Date	Price
01	13+	Tue	6:30-9pm	Apr 9	\$60

PEDIATRIC CPR

Act. #131579 | Ages 16+ | @ Warren Building | Instructor: Kristen Martin Riley | One Day Program | Min 6 / Max 10

American Red Cross class covering Child & Infant CPR. Teaches the most up to date techniques and best practices for providing care in an emergency. After learning basic fundamental skills, participants will have the opportunity to practice providing care in sample emergency scenarios. Participants are not guaranteed a certification just for attending class. Participants need to demonstrate proper technique and understanding of course content to be eligible for a certification. Upon successful completion, participants will receive a 2 year American Red Cross Pediatric CPR certification.

S#	Age	Day	Times	Date	Price
01	16+	Tue	5:30-7:30pm	Jan 16	\$114
02	16+	Thu	5:30-7:30pm	Feb 8	\$114
03	16+	Wed	5:30-7:30pm	Mar 6	\$114

LONG TERM CARE ASSET PROTECTION

Act. #143648 | ONLINE | Instructor: Daniel Williams | One Day Program | Min 6 / Max 12

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

S#	Day	Times	Date	Price
01	Wed	7-9pm	Feb 7	\$25
02	Wed	7-9pm	Mar 6	\$25

REGISTRATION
BEGINS @10am

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UNDERSTANDING MEDICARE

Act. #143650 | ONLINE | Instructor: Daniel Williams | One Day Program | 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	Jan 17	\$25
02	Tue	7-9pm	Feb 13	\$25
03	Wed	7-9pm	Mar 20	\$25

DEMYSTIFYING SOCIAL SECURITY

Act. #143651 | ONLINE | Instructor: Daniel Williams | One Day Program | 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	Jan 31	\$25
02	Wed	7-9pm	Feb 28	\$25

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.

COLLEGE CAREER COMPASS

Act. #143605 | @ Warren Building | Instructor: Eric Hammond | One Day Program | Min 10 / Max 50

Would you like your high school (HS) or college student to be on the right path to a happy and successful college experience and/or career? The key to making the best decisions about educational and career paths is self-awareness – it truly leads to living a meaningful life and career. College Career Compass provides the tools and one on one coaching to help students gain and leverage self-awareness of their personal strengths, talents, and interests using the Strong Interest Inventory® and Clifton Strengths® assessment results. Personalized assessment results provide individuals with valuable, in-depth insights that will help them identify and consider educational path options and potential careers that best align with who they are and what will make them happy.

The co-founders of College Career Compass Eric Hammond and Alyssa Hammond, who is the current Director of Career Services at Bentley University, the #1 ranked Career Services Department in the country, will be presenting an informational seminar to discuss the importance of self-awareness when beginning your college/career exploration journey. This event is open to high school junior and seniors and their parents. **REGISTRATION IS REQUIRED.**

S#	Age	Day	Times	Date	Price	Min/Max
01	16+	Wed	7-8:30pm	Jan 24	\$0	10/50
02	16+	Tue	7-8:30pm	Mar 5	\$0	10/50

GOTTA LOVE THE DROP IN!



VOLLEYBALL - DROP IN

Act. #141102 | Ages 18+ | @ Warren Building | Min 6/Max 20

S#	Day	Times	Date	Price
01	Wed	7:30-9:30pm	Jan 10 - Apr 3	\$60



BASKETBALL - Drop In

Act. #141200 | Ages 18+ | @ Warren Building | Min 1/Max 25 | Skip Day: 1/13, 2/17

S#	Day	Times	Date	Price
02	Sat	6:45-8am	Jan 6 - Mar 23	\$45

REGISTRATION
BEGINS @10am

Residents:
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12/12/23



PICKLEBALL: Intro Clinic

Act. #140235 | @ Warren Building | Instructor: Doug Steinberg | Two Day Program | Min 5 / Max 6

Learn the fundamentals of the game of Pickleball. Recommended for ALL NEW players and players getting back in the game. Day One focuses on safety, grip, ready position, rules, dinks and volleys. Day Two focuses on serves, return of serves, footwork, baseline shots and playing games. Demo paddles will be available for use so paddle is not required

S#	Day	Times	Date	Price
01	Mon & Wed	10-11:30am	Jan 22 - Jan 24	\$78
02	Mon & Wed	10-11:30am	Feb 26 - Feb 28	\$78
03	Mon & Wed	10-11:30am	Mar 25 - Mar 27	\$78

PICKLEBALL: Next Level Clinic

Act. #140236 | @ Warren Building | Instructor: Doug Steinberg | One Day Program | Min 5 / Max 6

For the player who is already playing and looking to improve. Stroke focus mainly on dinking, volleying, thirds and others if warranted. Also uses in-game play to emphasize strategies. This clinic is for 3.25 to 3.75 players. If in doubt of level, please call pro at 508-954-4564.

S#	Day	Times	Date	Price
01	Fri	11:30am-1pm	Jan 19	\$48
02	Fri	11:30am-1pm	Feb 9	\$48
03	Mon	10-11:30am	Mar 4	\$48
04	Mon	10-11:30am	Apr 8	\$48

INSTRUCTOR DOUG STEINBERG: Owner of Paddle Up Pickleball School, the premier teaching school in the Metrowest, Doug was initially a decorated squash player for 35 years, winning multiple Massachusetts state titles in team singles and doubles as recently as 2017. Four years ago, he discovered pickleball, subsequently tossed all of his squash gear and never looked back! Doug is a multiple gold medalist at the 4.5 level.

While Doug loves to play, he has an equal passion for coaching. He is known throughout Metrowest Boston for being able to break down a player's stroke, footwork and strategy at any level of play, and find simple and understandable ways to improve all three phases.

Throughout the journey to improvement, Doug focuses on control, accuracy and consistency while always infusing fun into the sessions. The results of his success with his students can be measured in the dozens of medals his students have won across all levels and ages along with constant referrals from satisfied players. Doug is a PPR certified Teaching Pro

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PICKLEBALL: Beginner

Act. #140226 | @ Warren Building | Instructor: Brad Singer | One Day Program | Min 2 / Max 4

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

S#	Day	Times	Date	Price
01	Fri	11am-12:15pm	Mar 1	\$66
01	Fri	11am-12:15pm	Mar 8	\$66

PICKLEBALL: Advanced Beginner

Act. #140237 | @ Warren Building | Instructor: Brad Singer | One Day Program | Min 3 / Max 4

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

S#	Day	Times	Date	Price
01	Fri	10-11:15am	Mar 15	\$66

INSTRUCTOR BRAD SINGER: Brad grew up playing competitive tennis and basketball and has enjoyed coaching sports at all levels for over 18 years. Over the past several years, Brad has fallen in love with pickleball and the game's unique social, community and competitive appeal. Brad lives in Wellesley and enjoys sharing the joy, skills and strategy of the game, and has focused on teaching beginner and intermediate players. Brad has won gold and silver medals at multiple pickleball tournaments and is an experienced Certified PPR Pickleball Instructor.

REGISTRATION
BEGINS @10am

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