

Weston Recreation Fall 2018 Brochure



9/11 Remembrance
Info on back cover



Weston Recreation Department
www.weston.org

20 Alphabet Lane, Weston MA 02493
Phone: 781.786.6260 Fax: 781.786.6269
Office Hours: Monday-Friday 8:30am-4:30pm

registration information

You may register for programs online at www.weston.org or walk-in. If you chose to register online, we HIGHLY recommend that you sign on to the online system a few days before registration to make sure that you're prepared when online registration begins. In the past many of our programs filled within minutes. **** Please note: we do not reserve space for walk-in registrations.**

For new users, who have never participated in a Weston Recreation Department program, click on "Need an Account". Complete the required information and submit. You'll receive a confirmation email when your account has been set up in our system. **Please note** that it may take up to 48 hours for you to hear back from this office.

For those who have previously participated in Weston Rec. Programs, but have not set-up an online account including username and password. You will log onto the Town Website (www.weston.org) >Online Services>Register for Recreation Programs. Enter your home phone number (without spaces, dashes, etc) in both the username and password fields. You'll then be allowed into the system, where you can change both your username and password, answer the security questions and then you'll be set up to register for programs.

For returning users, you will enter the user name and password you set-up previously. When exiting WebTrac, always click the "sign out" button. Please do not "esc" when you've finished your session, or your username and password of your choosing will not be saved. Your household i.d. # will then become your username and password until you log on and change it again.

Weston Recreation will be open until 8:30pm on Wednesday, Sep 5 to assist you.

REGISTRATION START DATES & TIMES

ONLINE <u>RESIDENT</u>	Wednesday, September 5	7:00pm
WALK-IN <u>RESIDENT**</u>	Thursday, September 6	8:30am
ONLINE <u>NON-RESIDENT</u>	Wednesday, September 12	7:00am
WALK-IN <u>NON-RESIDENT</u>	Wednesday, September 12	8:30am

Frequently Requested Phone Numbers & Email Addresses

Girl Scouts	781-899-8080	www.girlscoutseasternmass.org
Boy Scouts	508-894-3297	www.ktc-bsa.org
Cub Scouts		www.cub157.org
Council on Aging	781-786-6280	www.weston.org
Josiah Smith Tavern/Barn	781-891-7835	barn@wclweston.org
Land's Sake Farm	781-893-1162	www.landssake.org
Wayland-Weston Crew		Adam Schayowitz, www.wccrew.org , aschayowitz@gmail.com
Wayland-Weston Pop Warner		www.wcpopwarner.com
WCCA		Heather Borden, Pres., heather.borden@me.com
Weston Baseball League		www.westonball.org
Weston Drama Workshop		westondramaworkshop.info@gmail.com
Weston Media Center	781-642-8508	www.westonmedia.org , westonstudio@comcast.net
Weston Public Library	781-786-6150	www.westonlibrary.org
Weston Public Schools	781-786-5200	www.westonschools.org
Weston Soccer League	781-894-7030	www.westonsoccer.org , suespencer@p2software.com
Weston Skating Club		www.westonskate.org , mail@westonskate.org
Weston Town Hall	781-786-5000	www.weston.org
Weston Youth Basketball	781-899-6920	www.westonyouthbasketball.com , michaelashearn@gmail.com
Weston Youth Lacrosse	781-647-1717	Allison Abrams, www.westonyouthlacrosse.com

register online beginning Wed., Sep 5 @ 7pm

Recreation Commission

Melissa Crocker
Marcy Dorna
Elly Draper Pendergast
Eric Rosenthal, Chair
Matthew Schulman
Victoria A. Whalen
Xinsheng Zhu

Recreation Department Staff

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Refund Policy

-Participants will receive a refund minus a \$10 administrative fee for each withdrawal or transfer once a program registration has been made. The Recreation office must be notified during regular business hours (Monday - Friday, 8:30am-4:30pm) before the second class to be eligible for a refund.

One Day Programs and Workshops cancellations must be made at least 7 days in advance to receive a refund. No refunds will be issued if the time requirement is not met.

Full refunds will be issued if Weston Recreation cancels the class.

Refunds take 2-4 weeks to process and are mailed in check form from the Town if payment was made by check or cash. Your credit card will be refunded if you paid by credit card. If you have an outstanding balance, the refund will be automatically applied to that balance.

In Case of Oops!

Complete details of program policies, procedures and guidelines are sometimes omitted from the program brochures because of space limitations. Errors in days, times, registration requirements and fees may occur as well. We apologize for any errors that may occur in the brochure. Thank you for your patience and understanding when these situations occur.

Attending Programs

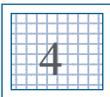
You must register prior to attending a program, unless otherwise stated in the program description. Only the person registered for the class may attend. If the original participant is no longer attending, you may not substitute another family member without approval of the Recreation office. All programs meet at the Weston Community Center unless otherwise noted.

*Badge Information**

If you currently have a Recreation Badge with your picture on it, please do not discard. These badges will be used year to year. Only the badge registration form with payment will be needed for renewal. *Names listed on application must appear on the current Weston Town Census.

Non-Resident Registrations

Non-residents may register for youth and preschool programs on September 14, space permitting. Swim lessons and summer camps are not available to non-residents. Adult program registrations will be accepted two weeks prior to the start date of the class.



preschool programs

Budding Artist and a Buddy

#29100

Instructor: Beth Meditz

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 through unique activities! Budding artists will create individual masterpieces that expand thinking and learning skills. They will explore a wide array of inspiring materials. Bring a take-it-home bag! Find out more about Beth at www.event-full.net.

Limited to 10 couples

9, 45 minute sessions

Ages 1.5 - 4 years w/adult

Sec. A: Tuesdays, 9:30 am - 10:15am

Sep 25 - Nov 20

Sec. B: Wednesdays, 11:00am - 11:45am

Sep 26 - Nov 28 (Cancelled Nov 21)

Sec. C: Thursdays, 11:00am - 11:45am

Sep 27 - Nov 29 (Cancelled Nov 22)

Sec. D: Fridays, 9:30am - 10:15am

Sep 28 - Nov 30 (Cancelled Nov 23)

Fee: \$170 w/badge, \$190 w/o badge

Happy Tappers

#29101

Instructor: Carol Landry

Come enjoy the beat as you tap your feet. If your child has never tapped before or they'd like to tap some more, please join the fun. Learn beginning tap techniques as we warm up at the barre, learn basic body movements to children's favorites and some flaps, shuffles, and ball changes. At our last class family/friends may enjoy watching our happy feet. Please have tappers wear tap shoes to our first class. Payless Shoe stores have the lowest prices.

Limited to 8 participants

9, 45 minute sessions

Sec. A: Ages 3 - 5 years

Tuesdays, 3:00pm - 3:45pm, Sep 25 - Nov 20

Fee: \$110 w/badge, \$130 w/o badge

Jumpin' Gym with Joni

#29102

Instructor: Joni Lebov

A fun class to interact with other children. Includes tumbling, taking a walk on a balance beam and playing with a parachute. Children will sing, count and most of all have lots of fun!

Limited to 10 couples

9, 45 minute sessions

Sec. A: Ages 18 mos. - 3 yrs w/adult

Tuesdays, 10:30am - 11:15am

Sep 25 - Nov 20

Fee: \$150 w/badge, \$170 w/o badge

Little Bakers

#29103

Instructor: Diane Benson

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.

Limited to 6 participants

9, 1 hour sessions

Sec. A: Ages 3.5- 5 years

Thursdays, 1:00pm - 2:00pm, Sep 27 - Nov 29

(Cancelled Nov 22)

Fee: \$220 w/badge, \$240 w/o badge

register online beginning Wed., Sep 5 @ 7pm

preschool programs

Little Kickers-Introduction to Soccer

#29104

Instructor: Be Ahead of the Game, LLC

This co-ed clinic will introduce your child to the world's most popular sport while focusing on having fun, learning the basics of the game and developing your child's confidence. Players will practice proper techniques through drills, small-sided games and scrimmages. All games and drills will be age appropriate and are sure to improve skills. We may also take time to play other recreational games and sports to let the children unwind, and incorporate teamwork and cooperation. These clinics are a great opportunity to have fun, learn and meet new friends in a "no pressure" and non-competitive environment. Please bring water and wear comfortable clothing (sneakers or cleats).

Limited to 18 participants

6, 45 minute sessions at Alphabet Field

Sec. A: Ages 3.5 - 5 years

Tuesdays, 1:00pm - 1:45pm, Sep 25 - Oct 30

Fee: \$170 w/badge. \$190 w/o badge

Music Together

#29105

Instructor: Music Together Staff

Discover the joy of family music making! Music Together, LLC is a national early childhood music program based in Princeton, NJ. Mixed-age classes are for children 6 months to 4 years of age w/adult. Through singing, fingerplay, creative movement and instrument play, the class will build on a child's natural enthusiasm for music and movement. A research-based curriculum allows children to participate at their own level with no pressure to perform. Parents and caregivers regardless of musical ability, create a stimulating environment for musical development through their participation and enjoyment of the music. Fee includes weekly classes (including makeups for missed classes) and a set of materials (two CDs and a songbook). Every new family also receives a DVD with information about the program and early childhood musical development.

Limited to 12 couples

9, 45 minute sessions

Ages 6 months - 4 years w/adult

Sec. A: Mondays, 9:30am - 10:15am, Sep 24 - Dec 3
(Cancelled Oct 8 & Nov 12)

Sec. B: Mondays, 10:30am - 11:15am, Sep 24 - Dec 3
(Cancelled Oct 8 & Nov 12)

Sec. C: Tuesdays, 9:30am - 10:15am, Sep 25 - Nov 20

Sec. D: Tuesdays, 10:30am - 11:15am, Sep 25 - Nov 20

Fees: 1st Sibling: \$215 w/badge, \$235 w/o badge
2nd or more Siblings 9 mos+, \$135 w/badge
\$155 w/o badge

Siblings under 9 months, free

Cancelled Activities?

Too often quality activities are cancelled because too many people wait until the last minute to register. Almost every program has a minimum number of enrollees needed to cover the expenses or to make it enjoyable. If you see an activity you're interested in, please don't hesitate to register.

preschool programs

Little Athletes

#29106

Instructor: Be Ahead of the Game, LLC

Children will have tons of fun all while learning new games and sports...These co-ed classes will introduce the children to multiple sports and games all while focusing on having fun, learning the basics and developing your child's confidence. The children will practice proper techniques through drills, small sided games and scrimmages. Creative movement exercises, parachute games, balls, hula hoops and music will all be used throughout the session. All games and drills will be age appropriate and are sure to improve skills. This is a great opportunity to have fun and learn, all while in a "no pressure" and non-competitive environment. Please send your child with comfortable clothes and sneakers.

Limited to 16 participants

9, 40 minute sessions

Sec. A: Ages 3.5 - 5 years

Mondays, 1:00pm - 1:40pm

Sep 24 - Dec 3, (Cancelled Oct 8 & Nov 12)

Fee: \$170 w/badge, \$190 w/o badge

Puddlestompers Nature Exploration

#29108

Instructors: Puddlestompers Staff

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

Limited to 9 participants

8, 55 minute sessions

Location: Various parks in Weston, Weston Community Center is back-up location in case of inclement weather.

Sec. A: Ages 2.5 - 5 years w/adult

Thursdays, 9:30am -10:25pm, Oct 4 - Dec 6

(Cancelled Oct 11 & Nov 22)

Fee: \$200 w/badge, \$220 w/o badge

Pre-K Karate

#29107

Instructors: Rocky & Wendy DiRico

Taught by world-renowned martial arts educator, Professor Rocky DiRico. With over 40 years of experience, Mr. DiRico is well known for his childrens' programs, in which he utilizes a positive approach to help students improve their self-confidence and always try their best. Being respectful and a good listener are two philosophies that children will learn to help them be successful. In this class, children will learn how to deal with social situations, such as bullying and strangers. They will learn how to resolve conflicts in a peaceful manner. Also, students will learn the importance of physical exercise and stretching, which is a regular part of the training. Mr. DiRico makes the classes fun, while stressing the importance of being serious and always trying your best.

Limited to 25 participants

9, 45 minute sessions

Sec. A: Ages 3 - 5 years

Tuesdays, 1:00pm -1:45pm, Sep 25 - Nov 27

Fee: \$170 w/badge, \$190 w/o badge

Twinkle Toes Ballet

#29109

Instructor: Joni Lebov

A fun introduction to ballet! Ballerinas will learn basic ballet positions, skipping, galloping, balancing, and more! Set to ballet music and French terminology. Wear any dance attire or dress up with a tutu or ballet skirt!

Limited to 10 participants

9, 45 minute sessions

Sec. A: Ages 2.5 - 4.5 years

Thursdays, 10:30am -11:15am

Sep 27 - Nov 29 (Cancelled Nov 22)

Fee: \$150 w/badge, \$170 w/o badge

register online beginning Wed., Sep 5 @ 7pm

preschool programs

Tumble Kids

#29110

Instructor: Dotty Martin

Learn about the body in motion in a fun, exciting and adventurous way. Try out this great gym class with a twist. Discover different ways to move through yoga, stretching, and gymnastics. Learn to swing and roll over the high bar. Jump from the top of the highest mountain. Learn about activating different muscles you never knew you had. Come join us for a great workout.

Limited to 15 participants

9, 45 minute sessions

Sec. A: Ages 3 - 5 years

Wednesdays, 1:45pm - 2:30pm, Sep 26 - Nov 28
(Cancelled Nov 21)

Fee: \$170 w/badge, \$190 w/o badge

WCCA Friday A.M. Drop-In

for infants, toddlers, and siblings

Make new friends in the community while your little ones burn off some energy! Join us at the Community Center with your infant, toddler or preschooler for a weekly morning of indoor fun. We provide ride-on toys, slides, soft mats, bagels, and coffee. Please note: Drop-in is limited to Weston residents and WCCA members only. Cancelled on holidays and Weston public school closings (including inclement weather closing).. Questions, please contact Taylor McIntire (taylor.mcintire@me.com) or Kristin Jones (kristinlyonjones@gmail.com) To join the WCCA go to www.wccakids.org.

Fridays, 10:15am-11:45am

Beginning September 8

WCCA Dad's Saturday Morning Drop-In

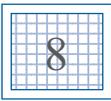
for infants, toddlers & siblings

The dad's group and their activities are a way to make sure you make new friends in the community and have fun. It's also a great opportunity for dad to score points at home, meet other dads, and have a good time with their kids. Most kids participating are 18 months - 6 years. Please note: Drop-in is limited to Weston residents or WCCA members only. FMI: www.westondads.org.

Meets 1st and 3rd Saturday of each month
at the Weston Community Center
9:30am-11:30am

Attention Adults!

Do you need help with shoveling, odd jobs, computers or babysitting? This office has a Teen Job Book where Weston teens interested in performing various jobs have supplied their information. If you are looking for help, please come by the Recreation Department located at the Weston Community Center, 20 Alphabet Lane and take a look through the Teen Job Book.



youth programs

Transportation

is provided from the child's school (Woodland and Country Schools) to the Community Center for all youth programs, except where noted. Children will need transportation home when class is ended. **Transportation is not provided on Fridays or for Piano Lessons, Workshops, Clinics, and One Day Programs.**

Field School Students

We do not provide a supervised pick-up at Field School. Please send your child to school with a note authorizing them to walk over to the Community Center on their own.

Recreation Notes

You must send a note to your child's homeroom teacher on each day that your child **will or will not** be attending any recreation program. The note should state the following:

- *Child's name
- *Date
- *Name of activity

This is imperative so that your child's teacher and the Recreation Department know where your child should be at the end of the day! If your child will not be attending an afterschool program for any reason, including absence from school, please call the Recreation Office that morning at 781-786-6260.

Blue, pre-printed notes will be available in the Recreation Office and on the first day of each program for your convenience.

School Cancellations Due to Inclement Weather

If Weston Public Schools are cancelled due to inclement weather, Weston Recreation preschool and youth programs will also be cancelled. **Schools Cancel After-School Activities:** Recreation programs will be cancelled and children will be sent home from school on their regular bus. **Delayed School Openings:** If school is delayed we will hold preschool and youth afterschool programs as usual.

Early Dismissal Days

There WILL BE recreation classes on school early dismissal days.

Kindergarten Dismissal: There will be transportation provided at 12:00pm dismissal ONLY. Transportation **will not** be provided for 11:30 dismissals. Days that we do not provide transportation, children should arrive at their program's start time. We **do not** provide a supervised lunch.

All Grades: Parents/guardian need to provide their own transportation for their children to afterschool programs at 12:45pm and 2:45pm.

Attendance Procedures

If your child is not present at their afterschool program and we have not been notified that he/she will be absent, the following procedure will be put into effect.

1. Absentee list from school is double-checked.
2. Teacher is contacted to see if they received any notes or had correspondence with a parent.
3. We call home. If there's no answer, we call parent's work number.
4. We call transportation to see if the child went home on their regular bus, and where he/she was dropped off.
5. Emergency contact is called.
6. If no one can determine the whereabouts of the child, the last resort is to contact the Weston Police Department.

register online beginning Wed., Sep 5 @ 7pm

youth programs

Monday

Acting Academy	Grades 4-6	Page 11
Awesome Art	Grades K-3	Page 10
Chess for Kids	Grades K-5	Page 11
DKI Acting Academy	Grade 5	Page 12
Introduction to Drama & Improv	Grades K-4	Page 12
Hip Hop Dance Class	Grades K-8	Page 13
Land's Sake Junior Farmers	Grades 4-5	Page 14
Make it, Bake it, & Take it	Grades 1-3	Page 15
Nashoba Skiing/Snowboarding	Grades 4-5	Page 15
Private Piano Instruction	Ages 6-10	Page 16
Sewing Craft Class	Grades 1-5	Page 16
Super Sports	Grades K-5	Page 16

Tuesday

Awesome Art	Grades K-3	Page 10
Business Sharks	Grades 2-5	Page 11
Intermediate Chess	Grades 1-5	Page 11
Karate	Grades K-5	Page 13
Land's Sake Explorers	Grades 1-3	Page 14
Make It, Bake It, & Take It	Grades 1-3	Page 13
3D Modeling & Printing	Grades 2-8	Page 17
Video Game Design	Grades 2-8	Page 17

Wednesday

Artsy Kids!	Kindergarten	Page 10
Developmental Field Hockey Prog.	Grades K-8	Page 16
DKI Acting Academy	Grade 5	Page 12
Gymnastics	Grades 1-4	Page 12
Kindergarten Gymnastics	Kindergarten	Page 13
Land's Sake Fall Sprouts	Kindergarten	Page 14
Land's Sake Explorers	Grades 1-3	Page 14
Make It, Bake It, & Take it	Grades K & 1-3	Page 15

Thursday

Air Dry Clay Creations	Grades 2-5	Page 10
Archery	Grades 4 & Up	Page 10
Golf Lessons	Ages 8-14	Page 12
Karate	Grades K-5	Page 13
Land's Sake Green Power	Grades 6-8	Page 14
Make It, Bake It, & Take It	Grades 1-3	Page 15
Mechanics in Motion	Grades K-3	Page 15
Your Voice: Public Speaking	Grades 2-6	Page 17

Friday (no transportation)

Land's Sake Jr. Farmers	Grades 4-5	Page 14
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Saturday

American Red Cross Swim Lessons	Ages 3-13	Page 26
Developmental Field Hockey Prog.	Grades K-8	Page 16

Sunday

Intro to Bollywood Dance	Grades K-3	Page 13
Weston Girls Gone Running	Grades 3-7	Page 17

Cancelled Activities?

Too often quality activities are cancelled because too many people wait until the last minute to register. Almost every program has a minimum number of enrollees needed to cover the expenses or to make it enjoyable. If you see an activity you're interested in, please don't hesitate to register.

youth programs

Artsy Kids!

#29201

Instructor: Beth Meditz

Come to an exciting and relaxed atmosphere to let your creativity flow! Learning skills are enhanced while each child engages in unique “hands-on” and “hands-in” creative activities. Artists will create individual masterpieces. They will explore a wide array of inspiring materials. The fun factor is built into each project! Find out more about Beth Meditz, M.Ed at www.event-full.net.

Limited to 10 participants

9, 1 hour sessions

Sec. A: Kindergarten

Wednesdays, 12:45pm - 1:45pm, Sep 26 - Nov 28
(Cancelled Nov 21)

Fee: \$175 w/badge, \$195 w/o badge

Archery

#29221

Instructor: On the Mark Archery, LLC

Join the program that has everyone raving about one of the world’s most exciting sports; recurve archery. Patience, focus, and discipline are the only things needed to find success and achieve consistent shot groups. Our unique lesson plans engage students in unique challenges each class while balancing out individualized attention and feedback. Enrolled students are eligible for the On the Mark Archery Tournament for all students this October. All equipment provided. **No transportation is provided.**

Limited to 16 participants

4 or 5, 1 hour sessions

Grades 4 & Up

Thursdays, 6:30pm - 7:30pm

Sec. A: Oct 4 - Oct 25, 4 classes

Sec. B: Nov 8 - Dec 13 (Cancelled Nov 22), 5 classes

Fee Sec. A: \$120 w/badge, \$140 w/o badge

Fee Sec. B: \$150 w/badge, \$170 w/o badge

Air-Dry Clay Creations

#29202

Instructor: Ramune Jauniskis

In this class kids will fine tune their motor skills while using their creativity to make various clay projects. New ideas will be presented each week. Most creations will be covered with plaster wrap (for strength) and then painted. NOTE: Please bring a box to class. We will be using permanent paints.

Limited to 10 participants

9, 1 hour sessions

Sec. A: Grades 2 - 5

Thursdays, 2:45pm - 3:45pm, Sep 27 - Nov 29
(Cancelled Nov 22)

Fee: \$215 w/badge, \$235 w/o badge

Awesome Art!

#29203

Instructor: Beth Meditz

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. Find out more about Beth Meditz, M.Ed at www.event-full.net.

Limited to 12 participants

9, 1 hour sessions

Grades K - 3

Sec. A: Mondays, 2:45pm-3:45pm, Sep 24 - Dec 3
(Cancelled Oct 8 & Nov 12)

Sec. B: Tuesdays, 2:45pm-3:45pm, Sep 25 - Nov 20

Fee: \$175 w/badge, \$195 w/o badge

youth programs

Acting Academy

#29222

Instructor: Drama Kids of Metro West Staff

Advanced acting/improvisation and audition techniques. Students will learn advanced skills through scene work and character development. **No transportation provided.**

Limited to 16 participants

6, 1 hour sessions

Sec. A: Grades 4 - 6

Mondays, 4:00pm - 5:00pm

Sep 24 - Nov 5 (Cancelled Oct 8)

Fee: \$130 w/badge, \$150 w/o badge

Business Sharks

#29204

Instructor: Right Brain Curriculum

In our Business Sharks class, students play the role of young entrepreneurs as they start with the germ of an idea for a business and product and take it through the entire entrepreneurial process. Our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons on concepts such as wages, profits, and branding while designing print ads, acting out "TV commercials", researching real estate locations, and designing their store fronts. These young entrepreneurs will really be taking care of business!

Limited to 18 participants

6, 1 hour 15 minute sessions

Sec. A: Grades 2 - 5

Tuesdays, 2:45pm - 4:15pm

Sep 25 - Oct 30

Fee: \$135 w/badge, \$155 w/o badge

Chess for Kids

#29205

Instructor: James Della Selva

Chess is a game that can be approached as a sport, science, and art form. Class will consist of instruction and play. Students will study master instructive games and techniques that are designed to improve their game. All students will receive a chess trophy or medal upon completion of the program. Research has demonstrated that chess improves concentration and critical thinking.

Limited to 14 participants

9, 1 hour sessions

Sec. A: Grades K - 5

Mondays, 2:45pm - 3:45pm, Sep 24 - Dec 3
(Cancelled Oct 8 & Nov 12)

Fee: \$165 w/badge, \$185 w/o badge

Intermediate Chess

#29206

Instructor: James Della Selva

Chess is a game that can be approached as a sport, science and art form. Students will study master games and techniques that are designed to raise their level of play to a higher level. Players will also have the option and opportunity to play in tournaments and team chess events with traditional and beautiful chess sets. All students will receive a chess trophy. Participation in a tournament is strictly optional and not required. Research has demonstrated that playing chess improves concentration and critical thinking.

Limited to 14 participants

9, 1 hour sessions

Sec. A: Grades 1- 5

Tuesdays, 2:45pm - 3:45pm, Sep 25 - Nov 20

Fee: \$165 w/badge, \$185 w/o badge

youth programs

Golf Lessons

#29223

Instructor: John Gordon, Golf Pro, Wayland Country Club

Learn the fundamentals of golf! Golf pro, John Gordon, has many years of experience working with youth golfers. Participants will learn shot putting, chipping, full swing with both iron and woods, and sand play. Each participant will receive individual instruction. Clubs are provided if needed. All lessons will be held at the Wayland Country Club. **No transportation provided.**

Limited to 10 participants

5, 75 minute sessions at Wayland Country Club, Rt 27

Sec. A: Ages 8 -10 years
Thursdays, 3:00pm - 4:15pm
Sep 27 - Oct 25

Sec. B: Ages 11-14 years
Thursdays, 4:15pm - 5:30pm
Sep 27 - Oct 25

Fee: \$220 w/ badge, \$240 w/o badge

DKI Acting Academy Rehearsal & Performance

#29224

Instructor: Drama Kids of Metro West Staff

Our Rehearsal and Performance Academy will give our fifth grade Drama Kids the chance to show off their talents in a full-length play. Our rehearsals are filled with fun activities and games to keep our Drama Kids engaged and enhance their acting skills. Our children will perform a Junior Broadway performance yet to be determined; though the one chosen will feature a large cast of primary characters in an attempt to give everyone a starring role. Performance *tentatively* scheduled for March 15, 16, and 17.

26, 2 hour sessions

Sec. A: Grade 5
Mondays and Wednesdays, 4:00pm - 6:00pm
Nov 12 - Mar 17 (Cancelled Nov 21, 26, Dec 24, 26, 31,
Jan 2, 7, 9, Feb 18, 20)

Performances tentatively scheduled for:

: Fri, Mar 15, 6:30pm
Sat, Mar 16, 4:00pm
Sun, Mar 17, 1:00pm

Fee: \$450

Gymnastics

#29207

Instructor: Dotty Martin

Everybody loves to be upside down, to learn new tricks, and this gymnastics program! Dotty wants to show you how to have some fun learning everything from handstands to back flips. Some balance beam, uneven bars and vaulting will be thrown into the fun mix. All levels welcome!

Limited to 20 participants

9, 1 hour sessions

Sec. A: Grades 1 - 4
Wednesdays, 2:45pm - 3:45pm
Sep 26 - Nov 28 (Cancelled Nov 21)

Fee: \$170 w/badge, \$190 w/o badge

Intro to Drama & Improvisation

#29209

Instructor: Drama Kids of Metro West Staff

Drama Kids teaches life skills, for success! Drama techniques: Improvisation, speech, non-verbal communication, scene work, and mini plays are the skills taught weekly. Confidence and teamwork are created through our activities. There will be a parent presentation at the end of the session.

Limited to 16 participants

9, 1 hour sessions

Sec. A: Grades K - 4
Mondays, 2:45pm - 3:45pm
Sep 24 - Dec 3 (Cancelled Oct 8 & Nov 12)

Fee: \$195 w/badge, \$215 w/o badge

register online beginning Wed., Sep 5 @ 7pm

youth programs

Kindergarten Gymnastics

#29208

Instructor: Dotty Martin

Hey kids...do you like to walk on your hands? How about swinging from the high bar like the monkeys do? Or we could always test our balance and try walking backwards on the balance beam. Let's not forget cartwheels and back hand springs. We will do it all and have lots of fun learning together. All levels welcome!

Limited to 15 participants

9, 1 hour sessions

Sec. A: Kindergarten

Wednesdays, 12:45pm - 1:45pm *w/supervised lunch*
Sep 26 - Nov 28 (Cancelled Nov 21)

Fee: \$170 w/badge, \$190 w/o badge

Hip-Hop Dance Class

#29210

Instructor: Aly Pereira

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the 8-week session, the children will have a short performance of their hard work.

Limited to 20 participants

8, 1 hour sessions

Sec. A: Grades K - 8

Mondays, 2:45pm-3:45pm, Sep 24 - Nov 26
(Cancelled Oct 8 & Nov 12)

Fee: \$105 w/badge, \$125 w/o badge

Intro to Bollywood Dance

#29225

Instructors: Sapna Krishnan & Agya Garg

Inspired by the high-energy music from Indian films, come and learn how to dance...Bollywood style. Bollywood is a dance form that combines traditional Indian folk and classical dances with hip hop, jazz, Latin, and Middle Eastern dance. This nine class session is perfect for beginners. Fun moves will be taught step-by-step in a friendly and comfortable setting with a performance to showcase what was learned in the final class. Costumes will be provided for the final performance as part of the session cost. No prior exposure required.

Limited to 10 participants

9, 1 hour sessions

Sec. A: Grades K - 3

Sundays, 3:30pm - 4:30pm
Sep 23 - Dec 9 (Cancelled Oct 7, Nov 11, & 25)

Fee: \$140 w/badge, \$160 w/o badge

Karate, Beginner & Intermediate

#29211

Instructors: Rocky & Wendy DiRico

Taught by world-renowned martial arts educator, Professor Rocky DiRico. With over 40 years of experience, Mr. DiRico is well-known for his childrens' programs, in which he utilizes a positive approach to help students improve their self-confidence and always try their best. Being respectful and a good listener are two philosophies that children will learn to help them be successful. In this class, children will learn how to deal with social situations, such as bullying and strangers. They will learn how to resolve conflicts in a peaceful manner. Also, students will learn the importance of physical exercise and stretching, which is a regular part of the training. Students at all levels will learn basic karate skills, forms (kata), non-contact sparring and self-defense. As students progress, focus will be made on fine-tuning their skills, and learning more advanced techniques. Mr. DiRico makes the classes fun, while stressing the importance of being serious and always trying your best.

Limited to 35 participants

9, 1 hour sessions

Grades K-5

Sec. A: Tuesdays, 2:45pm - 3:45pm
Sep 25 - Nov 20

Sec. B: Thursdays, 2:45pm - 3:45pm
Sep 27 - Nov 29 (Cancelled Nov 22)

Fee: \$170 w/badge, \$190 w/o badge

youth programs

Land's Sake Explorers

#29212

Instructor: Land's Sake Educators

Send your Explorer to Land's Sake Farm this fall to enjoy one of the best times of the year...harvest time! Explorers will dig deeper into gardening concepts, learn how to care for our chickens and rabbits, explore the seasonal changes in autumn, and find out how to identify local trees, plants, and animals. Explorers will bring home produce from the Educational Garden when available. Land's Sake educators will pick students up from the Weston Community Center to walk to Land's Sake, pick-up will be at the farm (90 Wellesley Street). Explorers will be held at its usual time on early release days, with pick-up and drop-off at the farm.

Limited to 12 participants

6, 1 hour 15 minute sessions

Grades 1 - 3

Sec. A: Tuesdays, 2:45pm - 4:00pm, Sep 25 - Oct 30

Sec. B: Wednesdays, 2:45pm - 4:00pm, Sep 26 - Oct 31

Fee: \$165 w/badge, \$185 w/o badge

Land's Sake, Junior Farmers

#29226

Instructor: Land's Sake Educators

Send your Junior Farmer to Land's Sake this fall to enjoy one of the best times of the year...harvest time! Junior farmers get an in-depth look at how the farm is run, and take responsibility for taking care of the Education Garden and the chickens and rabbits. We will learn how to use several tools, practice weeding and harvesting techniques, be able to identify seeds and plants on the farm, and participate in harvesting for our food donations program. Junior farmers will take home seasonal produce from the garden when available. Land's Sake Educators will meet Junior Farmers at the Field School to walk to the farm, 90 Wellesley Street. Pick-up will be at the farm.

Limited to 12 participants

8, 1 hour 40 minute sessions

Grades 4 & 5

Sec. A: Mondays, 2:20pm - 4:00pm, Sep 17 - Nov 19
(Cancelled Oct 8 & Nov 12)

Sec. B: Fridays, 2:20pm - 4:00pm, Sep 21 - Nov 9

Fee: \$300 w/badge, \$320 w/o badge

Land's Sake Fall Sprouts

#29213

Instructor: Land's Sake Educators

Send your Sprout to Land's Sake Farm this fall to enjoy one of the best times of the year...harvest time! Sprouts will learn about seasonal garden needs, explore the farm, and interact with our animals. Our focus will be on learning through play and hands-on experience. Students will bring home seasonal produce from the Children's Garden when available. Vegetables are never as much fun as when you grow them yourself! Land's Sake educators will meet the children at the Weston Community Center to walk to the Farm (90 Wellesley Street, Weston) together. **** On early release days, Wednesday's program will run from 11:30am-1pm.** Land's Sake educators will meet the children at the Country and Woodland Schools to walk over to the Farm together. Children will eat lunch on the Farm. Pick-up will be at the Farm at 1pm on early release days.

Limited to 12 participants

6, 1 hour sessions

Sec. A: Kindergarten

Wednesdays, 12:45pm-1:45pm**

Sep 26 - Oct 31

Fee: \$145 w/badge, \$165 w/o badge

Land's Sake Green Power

#29227

Instructor: Land's Sake Staff, Anna Cohen

Join us to enjoy all that the harvest season has to offer! Green Power students get exclusive access to the behind the scenes workings of the farm. All participants have the chance to interact with farmers, harvest from the Junior Farmer's field, learn cultivation techniques, and participate in irrigation and building projects. This mentoring program provides the experience participants need to eventually be qualified for an internship on a farm in high school. A Weston Public School bus will be available to bring students to the farm (Bus K). More details will be given upon registration.

Limited to 12 participants

8, 2 hour sessions

Sec. A: Grades 6 - 8

Thursdays, 3:00pm - 5:00pm, Sep 20 - Nov 8

Fee: \$300 w/badge, \$320 w/o badge

register online beginning Wed., Sep 5 @ 7pm

youth programs

Make It, Bake It, & Take It

#29214

Instructor: Diane Benson

Using cooperation, math skills and following simple directions, “young bakers” will create their own special, tasty treats. Join this class and experience the delicious reward for exploring the creative possibilities of baking! In addition to being fun, fixing your own food can help develop self-esteem and can turn fussy eaters on to new foods. **If you have taken a class with Diane before, don’t worry, recipes are NEVER repeated!!!** Eggs and dairy will be used in this class. Some possible baking activities include: pizza, cookies, muffins, and pasta. Please note on the registration form if your child has any food allergies.

Limited to 9 participants

9, 1 hour 30 minute sessions

Kindergarten only, Sec. C

Grades 1 - 3, Secs. A, B, D, and E

Sec. A: Mondays, 2:45pm - 4:15pm

Sep 24 - Dec 3 (Cancelled Oct 8 & Nov 12)

Sec. B: Tuesdays, 2:45pm-4:15pm

Sep 25 - Nov 20

Sec. C: Wednesdays, 12:45pm-2:15pm *w/supervised lunch*

Sep 26 - Nov 28 (Cancelled Nov 21)

Sec. D: Wednesdays, 2:45pm - 4:15pm

Sep 26 - Nov 28 (Cancelled Nov 21)

Sec. E: Thursdays, 2:45pm-4:15pm

Sep 27 - Nov 29 (Cancelled Nov 22)

Fee: \$225 w/badge, \$245 w/o badge

Mechanics in Motion

#29215

Instructor: Pat Seksaria

Through explorations, discoveries, and inventions, students will further their curiosity and learning through fun, interactive, and memorable projects. They will learn topics for understanding our world. Topics will include mechanical systems, applied mathematics, and robotics.

Limited to 20 participants

6, 1 hour 15 minute sessions

Sec. A: Grades K - 3

Thursdays, 2:45pm - 4:00pm

Sep 27 - Nov 15 (Cancelled Oct 11 & 18)

Fee: \$180 w/badge, \$200 w/o badge

Nashoba Valley Skiing/ Snowboarding

#29216

Have fun learning to ski or snowboard and swish down the slopes. Children will take the bus to Nashoba Valley where they will have a lesson and free time for skiing and snowboarding. The bus will arrive in front of the Community Center at 7:30pm for pick up. See you on the slopes! **Please see rental information below.**

Limited to 40 participants total

5, 5 hour sessions

Grades 4 & 5

Nashoba Valley Ski Area, Westford

Mondays, 2:30pm-7:30pm

Jan 7, 15, 28, Feb 5 & 11 (Cancelled Jan 21)

Sec. A: Lift Ticket & Lesson

Sec. B: Lift Ticket ONLY

Sec. A Fee: \$285 w/o rentals

Sec. B Fee: \$240 w/o rentals

Rental Information

Rental fittings will be held on Tuesday, December 4, 6:30pm-7:30pm here at the Community Center. Fee for ski/snowboard rentals is \$105 w/out helmet, \$145 w/helmet, payable at the time of fitting.

youth programs

Private Piano Instruction

#29228

Instructor: Susan Cohen

Learn to read music and play solo pieces: popular tunes and classical favorites. Topics include note reading, phrasing, and rhythm. Each student is scheduled for 25 minutes (starting every half hour) Visit <https://SBCpiano.com> to learn more about the instructor, or for questions. Feel free to contact the instructor if other times are needed (notes@sbcpiano.com) No transportation provided

Ages 6 - 10

6, 25 minute lessons

All classes meet on Mondays

Sep 17 - Oct 29 (Cancelled Oct 8)

Sec. A: 2:30pm - 3:00pm

Sec. B: 3:00pm - 3:30pm

Sec. C: 3:30pm - 4:00pm

Sec. D: 4:00pm - 4:30pm

Nov 5 - Dec 17 (Cancelled Nov 12)

Sec. E: 2:30pm - 3:00pm

Sec. F: 3:00pm - 3:30pm

Sec. G: 3:30pm - 4:00pm

Sec. H: 4:00pm - 4:30pm

Fee: \$270 w/badge, \$290 w/o badge

Super Sports

#29218

Instructor: Be Ahead of the Game, LLC

Super Sports will concentrate on introducing a variety of sports and the basic skills needed to play these sports. Cooperation and teamwork will be the focus, rather than the competition of the games. You will learn proper warm-up games and stretching before introducing new sports, their rules and tactics. A wide variety of sports and games will be covered all while having fun! Children should wear sneakers.

Limited to 16 participants

8, 1 hour sessions

Sec. A: Grades K - 5

Mondays, 2:45pm - 3:45pm

Sep 24 - Dec 3 (Cancelled Oct 8 & Nov 12)

Fee: \$170 w/badge, \$190 w/o badge

Sewing Craft Class

#29217

Instructors: Sam Pelquoit & Kaitlyn Mann, Hipstich

Come and get creative with us this fall! Learn how to sew both by hand and machine. Make some cute pillows. Create some fun crafts, collage, weaving, jewelry making and hand knitting, and lots more fun crafts.

Limited to 16 participants

9, 90 minute sessions

Sec. A: Grades 1 - 5

Mondays, 2:45pm - 4:15pm

Sep 24 - Dec 3 (Cancelled Oct 8 & Nov 12)

Fee: \$270 w/badge, \$290 w/o badge

Weston Youth and Developmental Field Hockey Program, Grades K - 8

#29229

Instructors: Lee Cote, Maggie Weeks, Kara Banosian, Kim Desto

The great tradition of field hockey in Weston continues! Our goal is to share our love and passion for the sport by helping athletes to build a solid foundation of skills and knowledge for the future. ALL youth program participants will have the opportunity to join us twice per week! Wednesday evenings will be dedicated to core skill development and Saturday mornings will focus on implementing those core skills via game play opportunities (intersquad scrimmages.) No prior experience with field hockey is required. Equipment needed: stick, shin guards, and mouth guard. We do have sticks (limited quantity) if players need to borrow for the season. Registration includes a field hockey ball and field hockey stick sticker decals for all participants. If you have any questions, please contact Kim Desto at wildcatsfieldhockey@gmail.com or 617-650-4557.

Limited to 70 participants

Wednesdays, Sep 5, 12, 19, 26

Wednesdays & Saturdays, Sep 5, 8, 12, 15, 19, 22, 29, Oct 13, 20 at Weston High School Turf Field

Grades K - 8

Sec. A: Wednesday 5:30pm - 7pm & Saturday 8:30am - 10:30am

Sec. B: Wednesday evening ONLY 5:30pm - 7pm

Fee Sec. A: \$120 w/badge, \$140 w/o badge

Fee Sec. B: \$90 w/badge, \$110 w/o badge

register online beginning Wed., Sep 5 @ 7pm

youth programs

Weston Girls Gone Running

#29230

Instructor: Caitlin Salyer

Join us this fall for a fun, non-competitive running club for girls! We will meet once a week to train for a culminating 5k race. The goal of this program is to create a life-long appreciation for physical activity, to build self-esteem and confidence, and to feel empowered by running! Volunteer coaches will create purposeful practice, designed to increase stamina and conditioning to work up to a 5k, and also to facilitate the development of essential skills to help girls navigate their worlds. Please note that while no previous running experience is necessary, the desire and motivation to run is required. Location will be communicated prior to practice.

Limited to 30 participants

1 hour sessions at High School Track/Community Center

Sec. A: Grades 3 - 7

Sundays, 4:00pm - 5:00pm

Sep 23 - Dec 2

Fee: \$125* w/badge, \$145* w/o badge

*Race registration fees not included

Your Voice: Public Speaking for Kids

#29219

Instructor: Right Brain Curriculum

Famously, American's number one fear is public speaking while death only ranks number two. If that's so, this profound fear probably starts at an early age. In our public speaking class, we take the fear out of speaking before an audience by getting kids talking in front of a supportive group about things in which they are interested. They write speeches on subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills like standing up tall, using a loud voice, and making eye contact. We also watch famous and not so-famous public speakers and critique what is successful and unsuccessful in their deliveries. The class concludes with students creating a TV news broadcast in which they serve as anchors.

Limited to 18 participants

6, 1 hour 15 minute sessions

Sec. A: Grades 2 - 6

Thursdays, 2:45pm - 4:15pm

Sep 27 - Nov 1

Fee: \$135 w/badge, \$155 w/o badge

3D Modeling & Printing

#29220

Instructor: Empow Learning

You might have seen a 3D printer, but have you ever created your own 3D model? In this class, students develop their spatial and artistic abilities while using modern tools to create printer-ready 3D models. Kids learn modeling by starting with a base mesh, and finish with a fully realized sculpture. An Empow Studios instructor then prints 3D models at our home studio in Lexington, and brings the models back to the kids before the session is complete. Learn more about Empow Studios at <https://empow.me>.

Limited to 12 participants

9, 1 hour sessions

Sec. A: Grades 2 - 8

Tuesdays, 2:45pm-3:45pm

Sep 25 - Nov 20

Fee: \$205 w/badge, \$225 w/o badge

Video Game Design

#29231

Instructor: Empow Learning

Go from gamer to designer! Kids love playing video games, but they have even more fun playing games designed by them and their friends! One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable once the kids bring their games home for you to play! Learn more about Empow Studios at <https://empow.me>. **No transportation provided.**

Limited to 12 participants

9, 1 hour sessions

Sec. A: Grades 2 - 8

Tuesdays, 4:00pm - 5:00pm, Sep 25 - Nov 20

Fee: \$205 w/badge, \$225 w/o badge

New

DKI Acting Academy

Formerly Weston Junior Broadway

This fall the Weston Recreation Department will launch **DKI Acting Academy** with our partners, **Drama Kids of Metrowest**. This program is for **fifth graders** and will take the place of **Weston Junior Broadway**, culminating with a full production of a **Junior Broadway play** to be determined.

Rehearsals will be full of exciting games and learning activities, and provide your child with a fun acting experience. The play will be chosen with a large cast of primary characters in an attempt to give everybody a starring role.



The difference is ***dramatic!***

Meeting times are **Mondays and Wednesdays** starting **November 12**. The play is tentatively scheduled for **March 15, 16, and 17** at the **Weston Middle School**.

More information and pricing is available on page 12.

For more skill development, consider the first session of Acting Academy found on page 11.

register online beginning Wed., Sep 5 @ 7pm

youth workshops

Artsy Kids!

#29232

Instructor: Beth Meditz

Bring your kids for more creative time! Come to an exciting and relaxed atmosphere to let your creativity flow! Learning skills are enhanced while each child engages in unique “hands-on” and “hands-in” creative activities. Artists will create individual masterpieces. They will explore a wide array of inspiring materials. The fun factor is built into each project! Find out more about Beth Meditz, M.Ed at www.event-full.net. **No transportation provided.**

Limited to 10 participants

2, 1 hour sessions

Sec. A: Kindergarten

Wednesdays, 1:00pm - 2:00pm, Dec 5 & 12

Fee: \$45 w/badge, \$55 w/o badge

Engineering Kids!

NO KINDERGARTEN DAY

#29234

Instructor: Diane Benson

Do you like using your imagination to build things that solve problems? If you do, you’re thinking like an engineer! No School Today? Why not spend the mornings doing something creative with some great engineering projects that you are sure to enjoy! Everything you create you will take home to share with your friends and family! **No transportation provided.**

Limited to 10 participants

1, 2 hour session

Sec. A: Kindergarten

Wednesday, Oct 17, 10:00am - 12:00pm

Fee: \$50 w/badge, \$60 w/o badge

Science & Engineering Mania

NO SCHOOL DAY

#29233

Instructor: Diane Benson

NO SCHOOL TODAY?? Let’s have some fun experimenting and building with things you can find in and around your home! Some activities may include: Building a bridge, designing a backscratcher, erupting a volcano, ocean in a bottle, SLIME, and more!!! Please send your child with a snack, lunch, and drinks. Register for one or both...different activities will be done at each class. **No transportation provided.**

Limited to 12 participants

1, 5 hour session

Grades 1 - 4

Sec. A: Monday, Sep 10, 10:00am - 3:00pm

Sec. B: Wednesday, Sep 19, 10:00am - 3:00pm

Fee: \$100 w/badge, \$120 w/o badge

youth workshops

Awesome Art!

#29235

Instructor: Beth Meditz

Bring your kids for more creative time! 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. Find out more about Beth Meditz, M.Ed at www.event-full.net. **No transportation provided.**

Limited to 12 participants

2, 1 hour sessions

Sec. A: Grades K - 3

Tuesdays, 3:00pm - 4:00pm, Dec 4 & 11

Fee: \$45 w/badge, \$55 w/o badge

Design & Decorate a Gingerbread House

#29237

Instructor: Diane Benson

Spend the afternoon designing an edible house! Using frosting, candies, and other fun treats, you will learn how to decorate your home in a fun and creative way! Along with having their gingerbread house being set on a reusable, strong serving tray, kids will have over **50 different** edible decoration to use!!! Please note on the registration form if your child has any food allergies. Some candies used in this class may be made in a factory that also uses nuts. **No transportation provided.**

Limited to 10 participants

1, 90 minute session

Sec. A: Grades K - 4

Wednesday, Dec 19, 3:00pm - 4:30pm

Fee: \$75 w/badge, \$85 w/o badge

LEGO Ornaments

#29236

Instructor: Diane Benson

Learn how to make some holiday ornaments to hang in your room, on a tree or give to a family member or a friend as a gift! You will create winter ornaments out of LEGOs!!! The ornaments you make and take home will bring many years of enjoyment! A terrific memory for 2018! **No transportation provided.**

Limited to 10 participants

1, 2 hour session

Sec. A: Grades K - 4

Tuesday, Dec 18, 3:00pm - 5:00pm

Fee: \$60 w/badge, \$70 w/o badge

Cookies for Santa

#29238

Instructor: Diane Benson

Let's get baking and make Santa something special this year with some kid-made cookies! He will appreciate the snack break as he travels around the world! Eggs will be used in this class. **No transportation provided.**

Limited to 9 participants

1, 2 hour session

Sec. A: Grades K - 4

Thursday, Dec 20, 3:00pm - 5:00pm

Fee: \$50 w/badge, \$60 w/o badge

health & safety

BLAST Babysitting Lessons and Safety Training

#29239

Instructor: Juanita Allen Kingsley

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and set up and run your own babysitting business. **No transportation provided.**

Limited to 12 participants

1, 3 hour session

Sec. A: Ages 11 - 13 years

Wednesday, Oct 3, 3:00pm - 6:00pm

Fee: \$50 w/badge, \$60 w/o badge

Home Alone Safety

#29240

Instructor: Juanita Allen Kingsley

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. The class includes a variety of teaching methods, including a video and role playing. **No transportation provided.**

Limited to 12 participants

1, 2 hour session

Sec. A: Ages 9 - 11 years

Wednesday, Oct 3, 1:00pm - 3:00pm

Fee: \$45 w/badge, \$55 w/o badge

First Aid & CPR/AED

#29241

Instructor: Juanita Allen Kingsley

This course is designed for anyone who may need to respond to a first aid emergency. Participants learn how to handle injuries and manage illness in the first few minutes until help arrives. If you are a Girl Scout leader who needs both first aid and CPR certification, this is the perfect course for you! The modules covered will include First Aid basics, medical emergencies, injury emergencies, adult CPR, and pediatric CPR. This meets the requirements of Scout Leaders, coaches, children's sports organizations, childcare providers, teachers, foster care workers, camp counselors, youth organizations, babysitters, and parents. *This is a certification course good for two years.

Limited to 12 participants

1, 3 hour session

Sec. A: Ages 18+

Wednesday, Oct 3, 6:00pm - 9:00pm

Fee: \$80 w/badge, \$100 w/o badge

Teen Job Book

There are many people in Weston who need help with babysitting, computers, yard work, snow shoveling, and various other odd jobs. If you are 13 or older and like to work, this is a great opportunity to make some extra spending money. Just stop by the Weston Recreation Department Office in the Community Center and complete a Teen Job form for a job that you are interested in performing. We will keep your completed form in the Teen Job Book binder for those adults seeking help.

adult programs

Ballroom Dance

#28500

Instructor: Michele Cloutier

Across the country people are learning or re-learning the joys of ballroom dancing. Here's your chance to join them and master the most popular dances- ballroom, Latin and swing. By the end of our session you'll be prepared for any social event. This class accommodates both beginners through advanced students.

Limited to 12 couples

10, 1 hour sessions

Sec. A: Tuesdays, 7:45pm-8:45pm, Sep 25 - Nov 27

Fee: \$200* w/badge, \$220* w/o badge

*Fees are per person

Beginner Mat Pilates

#29501

Instructor: Laura Langton

This systematic flowing style of exercise provides a safe and effective way to strengthen abs, improve posture and alignment, balance, breath, and circulation. We will lengthen and strengthen while creating an over-all sense of well-being. Please bring a yoga mat.

Limited to 10 participants

1 hour sessions

Mondays, Wednesdays, & Fridays

7:30am - 8:30am, Sep 17 - Dec 21

(Cancelled Oct 8, Nov 12 & 23)

Sec. A: 3x week, 39 classes

Sec. B: 2x week, 25 classes

Fee Sec. A: \$290 w/badge, \$310 w/o badge

Fee Sec. B: \$190 w/badge, \$210 w/o badge

Qigong and Tai Chi Chuan

#29502

Instructor: Rose Lee

Qigong (pronounced chi gong) is a system of cultivating health, vitality, and longevity based on Taoism and the universal law of nature. Practice of Qigong will help improve energy circulation; boost immune system; reduce stress; assist healing of chronic pain. Tai Chi is meditation in motion. Practicing Tai Chi regularly will improve strength, develop balance, help you move smoothly and precisely to help prevent falling. Qigong Tai Chi is clinically proven to be one of the most effective ways to improve health and fitness.

Limited to 15 participants

13, 1 hour 15 minute sessions

Sec. A: Mondays, 10:30am-11:45am, Sep 10 - Dec 17

(Cancelled Oct 8 & Nov 12)

Fee: \$260 w/badge, \$280 w/o badge

Attention Adults!

Do you need help with shoveling, odd jobs, computers or babysitting? This office has a Teen Job Book where Weston teens interested in performing various jobs have supplied their information. If you are looking for help, please come by the Recreation Department located at the Weston Community Center, 20 Alphabet Lane and take a look through the Teen Job Book.

adult tennis programs

Singles Strategy

#29503

Instructor: Longfellow Club Pro

Learn how to bring out your best strategy in singles. Singles strategy will help you develop patterns of play to help you build on your strengths and take advantage of your opponent's weaknesses.

Limited to 8 participants

6, 90 minute sessions at the Longfellow Club, 524 Boston Post Road, Wayland (Route 20)

Sec. A: Wednesdays, 11:00am - 12:30pm, Sep 19 - Oct 24

Fee: \$165 w/badge, \$185 w/o badge

Doubles Strategy for Everyone

#29504

Instructor: Longfellow Club Pro

This course is designed to help you develop doubles strategy so you can play with anyone and defeat anyone. Course focuses on shot selection, shifting, and moving at the net. A must class for people playing doubles!

Limited to 8 participants

6, 90 minute sessions at the Longfellow Club, 524 Boston Post Road, Wayland (Route 20)

Sec. A: Mondays, 9:30am - 11:00am, Sep 10 - Dec 17

(Cancelled Oct 8)

Fee: \$165w/badge, \$185 w/o badge

Cardio Tennis

#29505

Instructor: Longfellow Club Pro

Come join the fun and burn some calories while hitting balls and listening to some great music! Cardio Tennis is a great way to improve your cardio and have fun. Game based drills keep you active throughout the hour.

Limited to 8 participants

6, 90 minute sessions at the Longfellow Club, 524 Boston Post Road, Wayland (Route 20)

Sec. A: Mondays, 11:00am - 12:00pm, Sep 17 - Oct 29

(Cancelled Oct 8)

Sec. B: Fridays, 11:00am - 12:00pm, Sep 21 - Oct 26

Fee: \$200 w/badge, \$220 w/o badge

FAST1 (Fun Adult Starter Tennis)

#29506

Instructor: Longfellow Club Pro

If you have always wanted to try tennis, this is the class for you. The Longfellow Clubs unique approach to teaching beginners will have you rallying and playing in no time. Come join the fun!

Limited to 8 participants

6, 90 minute sessions at the Longfellow Club, 524 Boston Post Road, Wayland (Route 20)

Sec. A: Thursdays, 11:30am - 1:00pm, Sep 20 - Oct 25

Fee: \$165 w/badge, \$185 w/o badge

FAST2 (Fun Adult Starter Tennis)

#29507

Instructor: Longfellow Club Pro

If you are looking to get back into tennis or you have completed our FAST1 beginners program, this is the program for you! Emphasis will be on learning stroke production to help you play more successfully.

Limited to 12 participants

6, 90 minute sessions at the Longfellow Club, 524 Boston Post Road, Wayland (Route 20)

Sec. A: Tuesdays, 1:00pm - 2:30pm, Sep 18 - Oct 23

Fee: \$165 w/badge, \$185 w/o badge

adult programs

Tuesday Night Basketball

#29508

Please bring your own basketballs and enjoy a friendly pickup game, or use this time to practice and improve your skills! Code of Conduct: In an effort to make its athletic programs as enjoyable as possible for all those involved, the Weston Recreation Department requires that a positive and encouraging environment that supports good sportsmanship be maintained. Any participant (and/or their supporters) not practicing these values will first be warned. If the behavior deemed inappropriate continues, they will then be asked to leave the event by the individual(s) running the program. Any subsequent repeat offenses will be grounds for exclusion (without refund) from that activity.

Tuesdays, 7:00pm - 9:15pm, Starting Sep 4 - Aug 27
(Cancelled Dec 25)

at the Middle School Gym

Fee: \$200

Saturday Open Swim

Come have fun splashing around or enjoy a pick-up game in the gym! Bring your suit and towel; lockers are available, but you must bring your own lock and empty out your locker after each visit. Patrons must sign in with the lifeguard on duty before entering the pool.

Saturdays, 1:00pm - 4:00pm, Starting Sep 22 - Jun 1
(Cancelled Oct 6, Nov 24, Dec 22 & 29, Jan 19, Feb 16 & 23, Apr 13 & 20, and May 25)

Fee: Weston Recreation Badge *or* \$4 Adult Resident, \$2 Child Resident (12 & under), \$6 *Non-Resident regardless of age. *All non-residents must be accompanied by a Weston resident.

Saturday Morning 18+ Basketball

#29508

Get out of bed and come join this group for a great time playing pick-up basketball on Saturday morning. All abilities are welcome.

Saturdays, 8:30am-10:00am, Starting Sep 8 - Jun 29
(Cancelled Dec 22 & 29)

Fee: \$200

Golf Lessons

#29512

Instructor: John Gordon, Golf Pro, Wayland Country Club

Whether you are a beginner or seasoned player learning the fundamentals of golf will allow players to enjoy their game more. In this class participants will work on shot-putting, chipping, full swing with both iron and woods, and sand play. Each participant will receive individual instruction. Clubs are provided if needed. All lessons will be held at the Wayland Country Club.

Limited to 10 participants

5, 75 minute sessions at Wayland Country Club, Rt 27

Sec. A: Thursdays, 1:00pm - 2:15pm
Sep 27 - Oct 25

Fee: \$240 w/ badge, \$260 w/o badge

Saturday Open Gym

Enjoy a pick-up game in the gym. This is a perfect opportunity to spend time with family and friends. Note: gym equipment (basketballs, etc.) are not provided. Also, on occasion half of the gymnasium may be utilized for youth sports clinics run by the Recreation Department.

Saturdays, 1:00pm - 4:00pm, Starting Nov 3 - May 11
(Cancelled Nov 24, Dec 22 & 29, Jan 19, Feb 16 & 23, Apr 13 & 20)

Fee: Weston Recreation Badge *or* \$4 Adult Resident, \$2 Child Resident (12 & under), \$6 *Non-Resident regardless of age. *All non-residents must be accompanied by a Weston resident.

register online beginning Wed., Sep 5 @ 7pm

adult programs

Strengthen, Stretch, & Cardio w/ Joni

#29509

Instructor: Joni Lebov

Joni has been a best seller at Weston Recreation for many years. She offers a low-impact, aerobic workout including muscle conditioning, yoga, stretching, balance, and a core/abdominal segment, too. All equipment provided, adapting exercises to all levels. Come join our friendly group!

Limited to 20 participants

1 hour sessions

Tuesdays & Thursdays, 9:15am - 10:15am

Sec. A: Sep 4 - Oct 25, 16 classes

Sec. B: Oct 30 - Dec 20, 15 classes
(Cancelled Nov 22)

Fee Sec. A: \$150 w/badge, \$170 w/o badge

Fee Sec. B: \$140 w/badge, \$160 w/o badge

Total Fitness with Kathy

#29510 *Instructor: Kathy Langenberg*

A call to fitness! Time to energize yourself and get fit for fall with this one hour core strengthening, cardio conditioning, resistant weight training, balance/posture workout. Routines are finishing with a nice stretching routine. Equipment and mats supplied. Upbeat music. No previous experience needed.

Limited to 20 participants

1 hour sessions

9:00am-10:00am, Monday, Wednesday & Friday

Sec. A: 3x week, Sep 10 - Nov 21, 28 classes
(Cancelled Sep 24, 26, & 28, Oct 8)

Sec. B: 2x week, Sep 10 - Nov 21, 18 classes
(Cancelled Sep 24, 26, & 28, Oct 8)

Sec. C: 3x week, Nov 26 - Dec 21, 9 classes
(Cancelled Dec 3, 5, & 7)

Sec. D: 2x week, Nov 26 - Dec 21, 6 classes
(Cancelled Dec 3, 5, & 7)

Fee Sec. A: \$235 w/badge, \$255 w/o badge

Fee Sec. B: \$150 w/badge, \$170 w/o badge

Fee Sec. C: \$75 w/badge, \$95 w/o badge

Fee Sec. D: \$50 w/badge, \$70 w/o badge

Party with Us!!!

Are you looking for a place to hold that upcoming special event? We have the room for you at the Weston Community Center! Whatever the occasion, birthday party, wedding reception, bat/bar mitzvah, meeting or family get-together, you can rent a room that meets your space requirements. For more information, please contact Sharon Locke at the Weston Recreation Department, 781.786.6266 or locke.s@westonmass.org.

Water Exercise

#29511

Instructor: Lily Gordon

Have fun while working out in the water! Great friendships are created; some are renewed. Whether you have arthritis, muscular weakness, or just everyday aches and pains, you will get something out of this class. We will work on posture and balance, muscular and cardiovascular strength, and relational outreach.

Limited to 25 participants

1 hour sessions at the Regis College Pool

9:00am-10:00am, Mondays, Wednesdays, & Fridays

Sec. A: Sep 17 - Nov 2, (Cancelled Oct 8) **3 times/week**

Sec. B: Sep 17 - Nov 2, (Cancelled Oct 8) **2 times/week**

Sec. C: Nov 5 - Dec 14, (Cancelled Nov 12, 21, 23) **3 times/wk**

Sec. D: Nov 5 - Dec 14, (Cancelled Nov 12, 21, 23) **2 times/wk**

Fee Sec. A: \$240 w/badge, \$260 w/o badge, 20 classes

Fee Sec. B: \$155 w/badge, \$175 w/o badge, 14 classes

Fee Sec. C: \$215 w/badge, \$235 w/o badge, 18 classes

Fee Sec. D: \$135 w/badge, \$155 w/o badge, 13 classes

aquatics programs

Swim Level I

#29701

This course is designed for the non-swimmer who is getting used to the water. We will introduce bubble blowing, kicking with support, basic arm movements and floating with support. Emphasis will be on having fun while learning the basics.

Limited to 6 participants

8, 30 minute sessions at the Middle School Pool

Ages 3 - 13

Saturdays, Sep 22 - Nov 17 (Cancelled Oct 6)

Sec. A: 1:00pm - 1:30pm

Sec. B: 2:00pm - 2:30pm

Sec. C: 2:30pm - 3:00pm

Fee: \$140 w/badge, \$160 w/o badge

Swim Level II

#29702

We will be focusing on beginner level skills. Children will be working on front and back floats, blowing bubbles, kicking and the introduction of the front crawl. The objective of the class is to give students success with swimming. Students must be able to put their face in the water for a three second count.

Limited to 8 participants

8, 30 minute sessions at the Middle School Pool

Ages 3 - 13

Saturdays, Sep 22 - Nov 17 (Cancelled Oct 6)

Sec. A: 1:30pm - 2:00pm

Sec. B: 2:00pm - 2:30pm

Sec. C: 2:30pm - 3:00pm

Fee: \$140 w/badge, \$160 w/o badge

Swim Level III

#29703

Students learn to coordinate the front crawl and backstroke and are given an introduction to the elementary backstroke. Diving from the side of the pool will also be taught.

Limited to 10 participants

8, 30 minute sessions at the Middle School Pool

Ages 3 - 13

Saturdays, Sep 22 - Nov 17 (Cancelled Oct 6)

Sec. A: 1:30pm - 2:00pm

Sec. B: 3:00pm - 3:30pm

Fee: \$140 w/badge, \$160 w/o badge

Swim Level IV

#29704

Students work on improving their strokes and increasing their endurance. We will be reviewing the elementary backstroke, front crawl, and backstroke. The instructor will introduce the breaststroke and sidestroke.

Limited to 10 participants

8, 30 minute sessions at the Middle School Pool

Ages 6 - 13

Saturdays, Sep 22 - Nov 17 (Cancelled Oct 6)

Sec. A: 1:00pm - 1:30pm

Sec. B: 3:30pm - 4:00pm

Fee: \$140 w/badge, \$160 w/o badge

Swim Level V

#29705

The objective of this class is to coordinate and refine all of the key strokes. The butterfly stroke will be introduced and building endurance will be emphasized.

Limited to 10 participants

8, 30 minute sessions at the Middle School Pool

Ages 6 - 13

Saturdays, Sep 22 - Nov 17 (Cancelled Oct 6)

Sec. A: 3:30pm - 4:00pm

Fee: \$140 w/badge, \$160 w/o badge

Competitive Swim School

#29706

Get ready for the swim season! Focus will be on stroke technique, turns, starts, and getting in shape for the upcoming season.

Limited to 40 participants

2 hour sessions at Weston Middle School Pool

Sec. A: Grades 8 - 12

3:30pm - 5:30pm, Monday through Friday

Sep 17 - Nov 21 (Cancelled Oct 8 & Nov 12)

Fee: \$320 w/badge, \$340 w/o badge

register online beginning Wed., Sep 5 @ 7pm

red waves swim team & preseason

Red Waves Swim Team

#29707

Please register your swimmer for the section age group that they will be as of Nov 1, 2018. Our focus is instructional; however, this is not a “learn to swim” program. Prior to joining the team, everyone will be required to show proficiency in the water. Swimmers who do not have competitive swimming experience are highly encouraged to register for the Preseason program as this will ease the transition into the regular season. More information about the Red Waves can be found on the team website: www.westonredwaves.org.

The Red Waves competes in nine dual meets over the course of the season. Participants in this program are expected to practice regularly with the team each week and participate in meets. Home meets are held on Saturdays at the Weston Middle School. The season concludes with a championship meet held in early to mid-March. Swimmers must compete in at least five dual meets to be eligible for the championship meet.

Please note that the Weston High School Swim Team gets priority scheduling for use of the Middle School Pool. Red Waves practices will be cancelled or altered on days that the High School Swim Team has home meets. Participants of the Red Waves program will be informed of the cancelled dates once the HS meet schedule is set. There are **no** refunds given when practice is cancelled due to a WHS meet. If school is closed due to inclement weather then practice is cancelled. There is **no** refund given for practices cancelled due to school closure.

Parent volunteer participation is strongly encouraged.

The team swim suit and apparel sale will take place on a date TBA. Team suits are not required but highly encouraged. Swim suits are not included in the price of the program. *All swimmers who are also members of a US swim team must attend practice at least 1x per week. This will be **strictly enforced** this season. Please sign up for Red Waves emails on the team website at www.westonredwaves.org.

Monday, Oct 22 - mid-March at the Middle School Pool
(Cancelled Oct 31, Nov 12, 21, 22, Dec 24, 25, 26, 31, Jan 1, & Feb 18)

Sec. A: Ages 8 & Under, *limited to 40 participants*
Mon, Wed, Thu, 6:30pm - 7:15pm

Sec. B: Ages 9 & 10, *limited to 60 participants*
Mon, 7:15pm - 8:15pm
Tue, 6:30pm - 7:30pm
Wed, 7:15pm - 8:15pm

Sec. C: Ages 11 & Up, *limited to 60 participants*
Mon & Wed 8:15pm - 9:30pm
Tue, 7:30pm - 9:00pm
Thu, 7:15pm - 8:45pm

Fee Sec. A or B: \$435 w/badge, \$455 w/o badge

Fee Sec. C: \$455 w/badge, \$475 w/o badge



Red Waves Preseason

#29708

Sec. A: New swimmers Ages 6 - 10 years
6:00pm - 6:45pm, Tues & Thur

This section is for children with no competitive swim experience who hope to be a part of the Red Waves swim team for the upcoming 2018 - 2019 swim season. This workout will help kids transition from swim lessons to a competitive team. Children must be deep water safe and be able to comfortably swim freestyle and backstroke two lengths of the pool (50 yards) without stopping. A basic understanding of diving, breaststroke, and butterfly is preferred but not mandatory. Swimmers will learn stroke technique while also building their stamina. The goal of this preseason group is to get your child comfortable in a competitive swim team setting and ready to join the Red Waves swim team at the end of October.

Sec. B: Ages 10 & Under
6:45pm - 7:45pm, Tues & Thur

This section is for returning Red Waves swimmers who will be swimming in the 8 & Under and 9 & 10 age groups this upcoming season. Swimmers will continue to work on building their stroke technique while also building their stamina and getting ready for the 2018 - 2019 swim season.

Sec. C: Ages 11 & Over
7:45pm - 9:00pm, Tues & Thur

This section is for all Red Waves swimmers in the 11 & Up age group. Swimmers will continue to build their strokes and turns while working on their endurance for the upcoming 2018 - 2019 swim season.

Sec. A limited to 20 participants

Sec. B and C limited to 30 participants each

Sep 2 - Oct 18 (Cancelled Oct 8)
at the Weston Middle School Pool

Fee: \$60 w/badge, \$80 w/o badge

POSTAL PATRON
WESTON, MA 02493



9/11 Remembrance

In commemoration of the tragic events of September 11, 2001, flags will be placed on the Town Green by the Recreation Department; one flag for each life lost that day. Anyone wishing to participate in placing these flags is invited to meet at the Town Green at 8:30am, Tuesday, September 11th.



Weston Skating Club Information

Ice Skating & Hockey Programs for Children & Adults Held at MacDowell Arena at The Rivers School,
333 Winter Street, Weston.

Children's Programs

Learn to skate and advanced skating classes for ages 4 and up, weekends.

December and February vacation week skating

Adults

Men's hockey, Thursday nights and Sunday mornings

Families

Family skating, Sunday afternoons

December and February vacation week skating

To Register

Registration will begin in September. Online registration is available at www.westonskate.org. Questions may be emailed to mail@westonskate.org. Programs are for Weston residents and Town employees. Non-residents may register for skating classes and hockey programs, but will be admitted only if residents do not fill available spaces. Supporters of Weston Skating Club are offering financial aid in the skating classes and hockey programs for those in need. Please contact Chris Fitzgerald, at Weston Recreation for more information 781-786-6265, or fitzgerald.c@westonmass.org. Scholarships will be kept confidential.

Special thanks to:
Cambridge Trust Company
for sponsoring the
Concerts on the Town Green.



register online beginning Wed., Sep 5 @ 7pm