

Weston Recreation Brochure

Winter 2019



**Online
Registration begins
Wednesday, Dec. 5 at 7pm
www.weston.org**

Winter Program Registration Information

You may register for programs online at www.weston.org. We HIGHLY recommend that you visit the online system a few days before registration to make sure that you're prepared when online registration begins. * Please note: we do not reserve spaces for walk-in registration.

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.

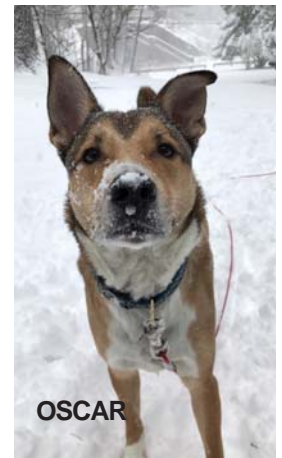
For those who have previously participated in Weston Rec. Programs, but have not set-up an online account including username and password. You will log onto the Town Website (www.weston.org) >Online Services>Register for Recreation Programs. Enter your home phone number (without spaces, dashes, etc) 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 a few 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.

Weston Recreation will be open until 8:30pm on Wednesday, December 5. Please call if you need assistance.

REGISTRATION START DATES & TIMES

<u>ONLINE RESIDENT</u>	Wednesday, December 5	7:00pm
* <u>WALK-IN RESIDENT</u>	Thursday, December 6	8:30am
<u>ONLINE NON-RESIDENT</u>	Wednesday, December 12	7:00am
<u>WALK-IN NON-RESIDENT</u>	Wednesday, December 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.wwpopwarner.com
WCCA	Heather Borden, Pres, he, Pres, heather.borden@me.com contact@wccakids.org
Weston Baseball/Softball	www.westonbaseball.com
Weston Drama Workshop	www.westondramaworkshop.info@gmail.com
Weston Media Center	781-642-8505 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

General Information

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Attending Programs

You must register and pay 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. All programs meet at the Weston Community Center unless otherwise noted.

Non-Resident Registrations

Non-residents may register for youth, preschool, and adult programs, space permitting. (See page 2). Swim lessons and summer camps are only available to those who purchased a non-resident summer membership.

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 at 781-786-6260.

One Day Programs & Workshop 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.

*Camp refund policy is printed on page 4 with Summer Camp information.

Badge Information

Weston Recreation offers four different types of badges; the All-Inclusive, Seasonal, Memorial Pool, and Camp Badges. Please visit our website for more information and pricing.

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Weston Recreation Commission

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Marcy Dorna

Elly Draper Pendergast

Eric Rosenthal, Chair

Matthew Schulman

Victoria A. Whalen

Xinsheng Zhu



Summer Camp Registration Information

Online Registration begins on Tuesday, March 12th at 7pm

Log on to www.weston.org to register for camp. Follow the same procedure outlined on page 2. Please see “[Registration Information](#)” below for more information on requirements for camp attendance.

Walk-In Registration begins on Thursday, March 14th at 8:30am

Camp Schedule

Week 1: July 1 - July 3

(no camp July 4 & 5)

Week 2: July 8 - July 12

Week 3: July 15 - July 19

Week 4: July 22 - July 26

Week 5: July 29 - Aug 2

Week 6: Aug 5 - Aug 9

BONUS WEEK!: Aug 12 -16

Registration Information

Camp registration forms will be available at the Recreation Office starting February 11th for walk-in registrations. Payment in full must be made with registration. Medical forms* are required for all camp programs and physicals must be dated within two years of camp attendance. (**Please see Camp Docs below**). All participants in camp must have a Recreation Badge for the season beginning May 2019. You must purchase either an All-Inclusive, Memorial Pool, or Summer Camp Badge. The Seasonal Badge is not valid for the summer camp requirement. We will continue to accept registrations for each camp session until it is full. Once a session is full, we will begin a waitlist. No payment is required to be waitlisted. As space becomes available, those waitlisted will be contacted. If you chose to register for camp, forms and payment will be necessary at that time. Mastercard, Visa, American Express cards, and checks are accepted.

*Camp Docs

Health forms for your child are now even easier to complete! In our continuous efforts to provide the best possible care for our campers, Weston Recreation is once again partnering with CampDocs.com. CampDoc.com is an electronic health record system for camps and will help us consolidate and integrate camper health information into a centralized and secure location. Their system will give Weston Recreation staff instant access to camper health information, a key component to providing quality care. All required health forms will be completed through CampDoc.com, within 5 - 7 days of registering your child(ren), you will receive an email from CampDoc.com providing you with your account log in information. If you have questions, please email them to smith.l@westonmass.org.

2019 Summer Camps

Weston Recreation Department prides itself on providing quality summer programs for children of all ages. We offer cost effective programming in conjunction with maintaining a safe, structured environment for playing, learning and creating. Our experienced summer staff comes from a wide variety of backgrounds including recreation, education, social work, child development, or a related field. The staff consists of college graduates and college and high school students from Weston and surrounding towns. Arts & crafts, cooperative leadership activities, drama, music, swimming, sports and much more will be part of each camper's summer fun!

Cancellation Policy

To be eligible for a refund of camp fees, the Recreation Office must be notified of camp withdrawals **TWO weeks** before the start date of the camp session. **A \$50 administrative fee will be charged per week, per child for all withdrawals and \$25 for all transfers once you have registered. No refunds will be issued for cancellations made without TWO weeks notice.**

Summer Camps

Camp ABC

ABC campers will enjoy a fun-filled summer! They will be placed in age-appropriate groups led by experienced staff. Counselors will be sensitive to the growth and developmental needs of each camper. The camp will encourage making new friends, while developing cognitive skills, fine and gross motor skills, communication skills and developing an awareness of one's surroundings. Each camp day will consist of four activity periods: free swim, sports, arts and crafts and camper's choice, with time reserved for snack.

Recreation Badge required

Ages 4 - 5 as of Jul 1, 2019

Monday - Friday, 8:30am - 12:00pm at Country School

Week 1: \$150

Weeks 2, 3, 4, 5, or 6: \$250

Extended Day Program for Camp ABC Attendees*

Mondays, Tuesdays, Wednesdays, Thursdays.
12:00pm - 2:30pm

Fee: \$25 per day

NO EXTENDED DAY ON FRIDAYS

*Please send your camper with a lunch for extended days. Sign up for one or all four days.

Camp Adventure

Join us at Adventure Camp for some fun in the sun (or even rain!) with various activities that include sports, games, certified swim lessons, crafts, one field trip per week and much more. Each week will be a different theme and include science, gymnastics, chess and a special themed event on Friday!!

Recreation Badge required.

Entering Grades 1 - 4 in the fall of 2019

Monday - Friday, 8:30am - 4:00pm at Woodland School

Week 1: \$180

Weeks 2, 3, 4, 5, or 6: \$295

Sports, Sports, and More Sports

This is a camp for your child if they love sports and sports related activities. Your child could participate in soccer, basketball, flag football, even some wacky non-traditional games and much more. Included every week are daily swim lessons and a field trip that will have a sports related theme.

Recreation Badge required

Entering Grades 1 - 5 in the fall of 2019

Monday - Friday, 8:30am-4:00pm at Woodland School

Week 1: \$180

Weeks 2, 3, 4, 5, or 6: \$295

Outer Limits

Sign up now and don't miss out on this great opportunity to hang out with your friends and make new friends while creating lasting summer memories! Outer Limits offers a wide variety of activities each week with possible field trip destinations of Six Flags NE, paintball, laser tag, and white water rafting. All field trips are included in the cost of the program. More detailed information will be available in February.

Recreation Badge required.

Entering Grades 5 - 7 in the fall of 2019

Monday - Friday, 8:30am - 4:00pm at Woodland School

Week 1: \$225

Weeks 2, 3, 4, 5, or 6: \$370

Back by Popular Demand!

Bonus Field Trip Week Aug 12 -16

Don't let camp end! Continue with one more week of camp favorite field trips and more Memorial Pool free swim! This week will consist of one day on-site with scheduled activities and FOUR field trips to amazingly fun places with your favorite camp counselors. Look for the calendars in February for more details! This bonus week is dependant on you! If we do not have enough registrations by July 19, we will have to cancel. Don't wait...sign up early!!!

Recreation Badge required.

Sec. A: Grades 1 - 4 in the fall of 2019. Max of 40

Sec. B: Grades 5 - 9 in the fall of 2019, Max of 40

Fee: \$370



register online @ www.weston.org

Summer Camps & Annual Egg Hunt

KWEST (Quest) Summer Tour

KWEST meets the unique interests and needs of our teens with a calendar of exciting day trips and activities specifically geared to engage this age group. This program consists of day trips to a wide range of destinations including amusement parks, sporting events, and more. All counselors will be college age or older.

Recreation Badge required

Entering Grades 8 & 9 in the fall of 2019

Monday - Friday, 8:30am-4pm at Woodland School

Week 1: \$225

Weeks 2, 3, 4, 5, or 6: \$370

CIT's-Counselors in Training

The CIT program is designed for teenagers ages 14 & 15, as a work oriented experience. It gives participants the opportunity to learn and understand the demands and responsibilities of a counselors job. Applications can be found online @ www.weston.org under "camp forms" or picked up in the Recreation Dept. office beginning on Monday, Jan. 21. All positions are filled on a first come-first served basis. Full payment is due with application along with one written reference. Please indicate on the application which two weeks you are able to CIT. *Limited to 8 CITs per camp, per week*

Ages 14 & 15 by Jul 1, 2019

Sec. A: Camp ABC, 8:15am-12:15pm, at Country School

Fee: \$80/week

Sec. B: Camp Adventure, 8:15am-4:15pm, at Woodland School

Fee: \$90/week

Annual Egg Hunt

Hippity-hop to the Town Green and don't forget to bring your basket or bag for carrying eggs! There will be separate sections for different age groups and of course, there will be a special visit from the Spring Bunny. In case of inclement weather, meet the Bunny in front of Town Hall. No registration or fee required.

Saturday, April 20, 9am Sharp! on the Town Green. Special thanks to Hammond Residential, RealLiving Real Estate, Weston Office, for sponsoring the spring egg hunt.

Preschool Programs

Budding Artist and a Buddy

#39101

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! 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

Ages 1.5 - 4 years w/adult

8, 45 minute classes

Sec. A: Tuesdays, 9:30am - 10:15am, Jan 8 - Mar 5
(Cancelled Feb 19)

Sec. B: Wednesdays, 11:00am - 11:45am, Jan 9 - Mar 6
(Cancelled Feb 20)

Sec. C: Thursdays, 11:00am-11:45am, Jan 10 - Mar 7
(Cancelled Feb 21)

Sec D: Fridays, 9:30am - 10:15am, Jan 11 - Mar 8
(Cancelled Feb 22)

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

Jumpin' Gym with Joni

#39103

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

8, 45 minute classes

Sec. A: Ages 18 months - 3 years w/adult
Tuesdays, 10:30am - 11:15am, Jan 8 - Mar 5
(Cancelled Feb 19)

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

Happy Tappers

#39102

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! Learning 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 please come and enjoy our happy feet. Please have tappers wear tap shoes to the first class. Payless Shoe Stores have the lowest prices.

Limited to 8 participants

8, 45 minute classes

Sec. A: Ages 3 - 5 years
Tuesdays, 3pm - 3:45pm, Jan 8 - Mar 5
(Cancelled Feb 19)

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

Little Bakers

#39104

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

8, 1 hour classes

Sec. A: Ages 3.5 - 5 years
Thursdays, 1:00pm-2:00pm
Jan 10 - Mar 7 (Cancelled Feb 21)

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



Preschool Programs

Little Athletes

#39105

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

8, 45 minute classes

Sec. A: Ages 3.5 - 5 years

Mondays, 1:00pm - 1:45pm, Jan 7 - Mar 11

(Cancelled Jan 21 & Feb 18)

Fee: \$160 w/badge

\$180 w/o badge

Pre-K Karate

#39107

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

8, 45 minute classes

Sec. A: Ages 3 - 5 years

Tuesdays, 1:00pm - 1:45pm, Jan 8 - Mar 5

(Cancelled Feb 19)

Fee: \$165 w/badge

\$185 w/o badge

Music Together

#39106

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

8, 45 minute classes

Ages birth - 5 yrs w/adult

Sec. A: Mondays, 9:30am - 10:15am, Jan 7 - Mar 11

(Cancelled Jan 21 & Feb 18)

Sec. B: Mondays, 10:30am - 11:15am, Jan 7 - Mar 11

(Cancelled Jan 21 & Feb 18)

Sec. C: Tuesdays, 9:30am - 10:15am, Jan 8 - Mar 5

(Cancelled Feb 19)

Sec. D: Tuesdays, 10:30am - 11:15am, Jan 8 - Mar 5

(Cancelled Feb 19)

Sec. E: Saturdays, 10:00am - 10:45am, Jan 12 - Mar 9

(Cancelled Feb 23)

Fee 1st Child : \$200 w/badge

\$220 w/o badge

Fee *2nd Child: \$120 w/badge

\$140 w/o badge

*8 months & up

Fee for under 8 months: Free

Preschool Programs

Puddlestompers Nature Exploration

#39108

Instructor: Puddlestompers

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 animal 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 Weston Community Center.

Limited to 9 child w/adult couples

6, 1 hour classes

Sec. A: Ages 2.5 - 5 years w/adult
Thursdays, 9:30am-10:30am, Feb 7 - Mar 21
(Cancelled Feb 21)

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

Twinkle Toes Ballet

#39110

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

8, 45 minute classes

Sec. A: Ages 2.5 - 4.5 years
Thursdays, 10:30am - 11:15am, Jan 10 - Mar 7
(Cancelled Feb 21)

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

Tumble Kids

#39109

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 10 participants

8, 45 minute classes

Sec. A: Ages 3-5 years
Wednesdays, 1:45pm - 2:30pm
Jan 9 - Mar 6 (Cancelled Feb 20)

Fee: \$150 w/badge
\$170 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 closings). 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

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

9:30am-11:30am

at the Weston Community Center



register online @ www.weston.org

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. **NO TRANSPORTATION ON FRIDAYS** or for 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 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. We call daytime phone and then home. If there's no answer, we call parent's work number.
3. Emergency contact is called.



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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

Acting Skills for Performance

#39200

Instructor: Drama Kids of Metro West Staff

The second session of Drama Kids will continue to develop skills to enhance presentations and performances. Confidence will continue to grow as students work on skills: speech, movement, improvisation, and acting.

Limited to 20 participants

8, 1 hour classes

Sec. A: Grades K - 4

Mondays, 2:45pm - 3:45pm

Jan 7 - Mar 11 (Cancelled Jan 21 & Feb 18)

Fee: \$175 w/badge

\$195 w/o badge

Awesome Art

#39202

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

8, 1 hour classes

Grades K - 3

Sec. A: Mondays, 2:45pm-3:45pm, Jan 7 - Mar 11
(Cancelled Jan 21 & Feb 18)

Sec. B: Tuesdays, 2:45pm-3:45pm, Jan 8 - Mar 5
(Cancelled Feb 19)

Fee: \$155 w/badge

\$175 w/o badge

Artsy Kids!

#39201

Instructor: Beth Meditz

Come to an exciting and relaxed atmosphere to let 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 build into each project! Find out more about Beth Meditz, M.Ed at www.event-full.net.

Limited to 10 participants

8, 1 hour classes

Sec. A: Kindergarten

Wednesdays, 12:45pm - 1:45pm, w/supervised lunch

Jan 9 - Mar 6 (Cancelled Feb 20)

Fee: \$155 w/badge

\$175 w/o badge

Bollywood Dance

#39218

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 12 participants

8, 1 hour classes

Sec A: Grades K - 3

Sundays, 3:30pm - 4:30pm

Jan 6 - Mar 10 (Cancelled Jan 20 & Feb 17)

Fee: \$115 w/badge

\$135 w/o badge

Youth Programs

Chess for Kids

#39203

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 playing chess improves concentration and critical thinking.

Limited to 14 participants

8, 1 hour classes

Sec.A: Grades K - 5

Mondays, 2:45pm - 3:45pm, Jan 7 - Mar 11
(Cancelled Jan 21 & Feb 18)

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

Digital Animation

#39205

Instructor: Empow Studios

Students will learn to use digital animation software, such as Stykz and OpenToonz, to create their own short animated films. Stykz makes it easy for beginners by incorporating pre-made figures while OpenToonz allows for more experienced artists to explore the powerful tools used by Studio Ghibi to bring their ideas to life. This class shows students how to animate step-by-step, allowing them to explore their creativity while learning about story-telling, time management, and the 12 principles of animation. Learn more about Empow Studios at <http://empow.me>.

Limited to 12 participants

8, 1 hour classes

Sec.A: Grades 2 - 8

Tuesdays, 2:45pm-3:45pm
Jan 8 - Mar 5 (Cancelled Feb 19)

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

Intermediate Chess

#39204

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

8, 1 hour classes

Sec.A: Grades 1- 5

Tuesdays, 2:45pm - 3:45pm, Jan 8 - Mar 5
(Cancelled Feb 19)

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

Expert Architects

#39206

Instructor: Right Brain Curriculum

The sky is the limit in Expert Architects! In this math, writing, and presentation class, students each serve as president of a new architectural firm and are tasked with designing and building the city's next skyscraper. Students study a kid-friendly history of skyscrapers and create a blue print of their own stylized tall building. They then must weigh other considerations including the environment, traffic, and surrounding buildings using Google Earth to find the perfect location for their project. Our expert architects create a three-dimensional model of the structure and present their work to invited parents.

Limited to 18 participants

6, 90 minute classes

Sec.A: Grades 2 - 5

Thursdays, 2:45pm - 4:15pm, Jan 10 - Feb 14

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

Youth Programs

Fun Kindergarten Gymnastics

#39207

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

8, 1 hour classes

Sec. A: Kindergarten

Wednesdays, 12:45pm - 1:45pm w/supervised lunch
Jan 9 - Mar 6 (Cancelled Feb 20)

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

Hip Hop Dance Class

#39209

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

7, 1 hour classes

Sec. A: Grades K - 8

Mondays, 2:45pm - 3:45pm, Jan 7 - Mar 11
(Cancelled Jan 21 & Feb 18 & Feb 25)

Fee: \$90 w/badge
\$110 w/o badge

Gymnastics

#39208

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

8, 1 hour classes

Sec. A: Grades 1- 4

Wednesdays, 2:45pm - 3:45pm
Jan 9 - Mar 6 (Cancelled Feb 20)

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

Karate, Beginner & Intermediate

#39210

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

8, 1 hour classes

Grades K-5

Sec. A: Tuesdays, 2:45pm - 3:45pm

Jan 8 - Mar 5 (Cancelled Feb 19)

Sec. B: Thursdays, 2:45pm - 3:45pm

Jan 10 - Mar 7 (Cancelled Feb 21)

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

Youth Programs

Make It, Bake It, & Take It #39211

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 may include: pizza, cookies, muffins, and pasta! Please note on the registration form if your child has any food allergies.

Limited to 9 participants

8, 90 minute classes

Sec. C: Kindergarten only

Sec. A, B, D, E: Grades K-3

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

Jan 7 - Mar 11 (Cancelled Jan 21 & Feb 18)

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

Jan 8 - Mar 5 (Cancelled Feb 19)

Sec. C: Wednesdays, 12:45pm - 2:15pm, Kindergarten ONLY

Jan 9 - Mar 6 (Cancelled Feb 20)

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

Jan 9 - Mar 6 (Cancelled Feb 20)

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

Jan 10 - Mar 7 (Cancelled Feb 21)

Fee: \$210 w/badge

\$230 w/o badge

Not Just Clay Creations #39213

Instructor: Ramune Jauniskis

Kids will use air dry clay to create various projects and then cover the creations with plaster wrap. All items will be painted using permanent paints. Please bring a smock to class.

Limited to 8 participants

8, 1 hour classes

Sec. A: Grades 1 - 5

Thursdays, 2:45pm - 3:45pm, Jan 10 - Mar 7
(Cancelled Feb 21)

Fee: \$195 w/badge

\$215 w/o badge

Mechanics in Motion #39212

Instructor: Pat Seksaria

To further enrich their knowledge, students will explore scientific concepts, solve challenging problems, and build models. They will learn the mysteries of science through interactive models, live demonstrations, and fun projects. Topics will include mechanical systems, applied mathematics, and robotics.

Limited to 20 participants

6, 1 hour & 15 minute classes

Sec. A: Grades K - 3

Thursdays, 2:45pm - 4:00pm, Jan 10 - Feb 14

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 trips

Grades 4 & 5

Nashoba Valley Ski Area, Westford

Mondays, 2:30pm-7:30pm

Jan 7, 14, 28, Feb 4 & 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.



register online @ www.weston.org

Private Piano Instruction

#39219

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

4 or 5, 25 minute lessons

All classes meet on Mondays

Jan 14 - Feb 11 (Cancelled Jan 21) (4 lessons)

Sec. A: 2:30pm - 2:55pm

Sec. B: 3:00pm - 3:25pm

Sec. C: 3:30pm - 3:55pm

Sec. D: 4:00pm - 4:25pm

Feb 25 - Mar 25 (5 lessons)

Sec. E: 2:30pm - 2:55pm

Sec. F: 3:00pm - 3:25pm

Sec. G: 3:30pm - 3:55pm

Sec. H: 4:00pm - 4:25pm

Fee Sec. A, B, C, or D: \$180 w/badge

\$200 w/o badge

Fee Sec. E, F, G, or H: \$225 w/badge

\$245 w/o badge

Sewing & Craft

#39214

Instructors: Sam Pelquoit & Kaitlyn Mahn

Come and get creative this winter! Learn how to sew using a sewing machine and also hand sewing. Make some cute pillows, stuffed animals, hat and scarf, and many other projects. Learn how to weave, make upcycled jewelry, hand knit, and collage.

Limited to 16 participants

8, 90 minute classes

Sec. A: Grades 1 - 5

Mondays, 2:45pm - 4:15pm

Jan 7 - Mar 11 (Cancelled Jan 21 & Feb 18)

Fee: \$270 w/badge

\$290 w/o badge

Scratch Computer Programming

#39220

Instructor: Empow Learning

Scratch the surface of programming with Scratch! Developed by MIT, the Scratch platform is one of the most engaging ways to teach kids to code. Students learn the basics of computer programming by arranging puzzle-like blocks into lines of code in a drag-and-drop graphical interface. Possible projects include video games, animations, simulators, and even role-playing games. After the class, projects are shared with family and friends, and kids can continue to work on their own projects from home. Learn more about Empow Studios at <http://empow.me>. **No transportation provided.**

Limited to 12 participants

8, 1 hour classes

Sec. A: Grades 2 - 8

Tuesdays, 4:00pm - 5:00pm

Jan 8 - Mar 5 (Cancelled Feb 19)

Fee: \$180 w/badge

\$200 w/o badge

Super Sports

#39215

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 classes

Sec. A: Grades K - 5

Mondays, 2:45pm - 3:45pm

Jan 7 - Mar 11, (Cancelled Jan 21 & Feb 18)

Fee: \$160 w/badge

\$180 w/o badge

The Kids' Newsroom

#39216

Instructor: Right Brain Curriculum

Extra! Extra! Read all about it...In the Kids' Newsroom our students learn the craft of journalism including investigative writing and research. Our classroom transforms into a working newsroom, complete with editorial staff, reporters, columnists and headline writers. Each student plays multiple roles and works together to publish their own newspaper with stories about their local school and community. These reporters learn techniques for crafting news stories, writing persuasive editorial essays and interviewing news makers. Students edit each other's work, take photographs, and publish their newspaper. Have an idea for a news story? Call our Kids' Newsroom Hotline today! See a curriculum preview at: rightbraincurriculum.com/kidsnewsroom.

Limited to 18 participants

6, 90 minute classes

Sec. A: Grades 2 - 5

Tuesdays, 2:45pm - 4:15pm, Jan 8 - Feb 12

Fee: \$140 w/badge

\$160 w/o badge

Yoga for Kids w/Judy

#39217

Instructor: Judy Henderson

This class is a fun musical introduction to yoga, meditation, and mindfulness. With songs and activities we'll stretch and relax together! Judy is a trained Kidding Around yoga enthusiast. She is a graduate of Teacher College, Columbia University and in the Weston Schools since 2011.

Limited to 12 participants

8, 1 hour classes

Sec. A: Grades K - 1

Thursdays, 2:45pm - 3:45pm, Jan 10 - Mar 7
(Cancelled Feb 21)

Fee: \$195 w/badge

\$215 w/o badge

Refund Policy for One Day Programs &

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.

Baking Buddies - NO SCHOOL DAY

#39221

Instructor: Diane Benson

No school today?!...Let's get baking! The morning recipe will be something kids can eat for lunch and the afternoon will be a tasty treat! Everything kids make they will take home to share with their family. Eggs and dairy will be used. Please send your child with a lunch and drinks just in case they choose to save what they made for home. **No transportation provided.**

Limited to 10 participants

1, 5 hour class

Sec. A: Grades K - 4

Monday, Jan 21, (MLK Day) 10:00am - 3:00pm

Fee: \$100 w/badge

\$120 w/o badge

Winter Chess Championship

#39222

Instructor: James Della Selva

The Weston Recreation Department proudly presents the 2019 Winter Chess Championship. Students will have the opportunity to play high level tournament chess while learning rules and strategies designed to raise their level of play. The Championship will be divided into sections according to age and grade level. All players will receive a trophy or medal according to their performance. The tournament will be directed by James Della Sella, (United States Chess Federation Expert). This tournament is not USCF rated, but will be based on many, if not all of their rules. It's an opportunity for serious chess players with little or no tournament experience. For more experienced players, a chess clock will be available to use for game play.

Limited to 20 participants

1, 4.5 hour class

Sec. A: Grades K - 8

Saturday, Feb 2, 10:00am - 2:30pm

Fee: \$90 w/badge

\$100 w/o badge

Super Science Kids! (NO SCHOOL DAY)

#39223

Instructor: Diane Benson

NO SCHOOL TODAY? Come on a learning journey! All experiments are hands-on, engaging, and FUN! Everything you make you take home to share/show what you did with friends and family! Some experiments may include (but not limited to)...slime, kid-made lava lamp, and MORE!!! Register for one or BOTH days!

No transportation provided.

Limited to 10 participants

1, 2.5 hour class

Grades K - 4

Sec. A: Friday, Jan 18, 9:30am - 12:00pm

Sec. B: Friday, Mar 8, 9:30am - 12:00pm

Fee: \$55 w/badge
\$65 w/o badge

Tye Dye & Textile Art

#39225

Instructor: Ramune Jauniskis

In this class kids will use fabric dyes to create wearable and functional projects. Please indicate t-shirt size when registering and bring appropriate clothing to class.

Limited to 10 participants

4, 1 hour classes

Sec. A: Grades 2 - 5

Tue, Wed, Thu, & Fri, Feb 19 - Feb 22

1:00pm - 3:00pm

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

Princess Science

#39227

Instructor: Diane Benson

Get your crown ready and let's get princess messy! Join in on some magical fun and make The Little Mermaid in an Ocean Bottle, Cinderella's Glass Slipper Slime, and MORE! Everything you create you will take home to share with friends and family. **No transportation provided.**

Limited to 10 participants

1, 2 hour class

Sec. A: Ages 4 - 8 years

Thursday, March 21, 3:00pm - 5:00pm

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

Land's Sake Winter Discovery

#39224

Instructor: Land's Sake Educators

Explore the wonders of winter with Land's Sake! Participants will spend mornings at the farm tracking animals, playing winter games, creating winter crafts, and learning about the winter landscape. We will be able to warm up as needed in the Community Center, then head out again for more exploration. No matter the weather, it is sure to be a fun week of learning and play! Register for one or up to all four days to stay active and outdoors this February vacation.

Limited to 12 participants

1, 2, 3, or 4, 4 hour class/es

Grades K - 3

9:00am - 1:00pm

Sec. A: Tuesday, Feb 19

Sec. B: Wednesday, Feb 20

Sec. C: Thursday, Feb 21

Sec. D: Friday, Feb 22

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

Crazy Cupcakes (cupcake decorating class)

#39226

Instructor: Diane Benson

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

Limited to 12 participants

1, 2 hour class

Sec. A: Grades K - 4

Wednesday, March 20, 3:00pm - 5:00pm

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

First Aid & CPR/AED

#39228

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 class

Sec..A: Ages 18+

Wednesday, Mar 6, 6:00pm - 9:00pm

Fee: \$80 w/badge

\$100 w/o badge

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, on Sundays

Adults

Men's Hockey

Families

Family skating on Sunday afternoons

December and February vacation week skating

To Register

Online registration is available now 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.

BLAST Babysitting Lessons and Safety Training

#39229

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 class

Sec.A: Ages 11 - 13 years

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

Fee: \$50 w/badge

\$60 w/o badge

Home Alone Safety

#39230

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 class

Sec.A: Ages 9 - 11 years

Wednesday, Mar 6, 1:00pm - 3:00pm

Fee: \$45 w/badge

\$55 w/o badge

Teen Job Book

There are a lot of 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

#39500

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

8, 1 hour classes

Sec. A: Tuesdays, 7:30pm-8:30pm, Jan 8 - Mar 5

Fee: \$160* w/badge

\$180* w/o badge

*fees are per person

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 Book.

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, through May 11

(Cancelled 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.

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 at the Middle School Gym

7:00pm* - 9:15pm through the end of Aug 27

Fee: \$200

*starting time may slightly alter depending on WHS sports schedule.

Saturday Open Swim

Come have fun splashing around! 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 ending June 1

(Cancelled Dec 22 & 29, Jan 19, Feb 16, Apr 13, 20, & May 25)

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

Adult Programs

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, 7:45am-9:45am, through Jun 29

(Cancelled Dec 29)

Fee: \$200

Strengthen, Stretch & Cardio w/ Joni

#39501

Instructor: Joni Lebov

Joni has been a best seller at Weston Recreation for many years. She offers a low-impact, cardio dance 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

12, 1 hour classes

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

Sec. A: Jan 8 - Feb 14

Sec. B: Feb 19 - Mar 28

Fee: \$115 w/badge

\$135 w/o badge

Total Fitness w/Kathy

#39502

Instructor: Kathy Langenberg

Beat the winter blues! Come in out of the cold! Upbeat songs, great routines! Focusing on core strengthening, muscle toning, cardio conditioning, balancing, and flexibility. Use of light hand and ankle weights. Pilates rings, Dynabands, and floor mats all supplied. Everyone welcome to this one hour, total-fitness, total-fun class!

Limited to 20 participants

31 or 22, 1 hour classes

Monday, Wednesday, & Friday

9:00am -10:00am, Jan 2 - Mar 22

(Cancelled Jan 21, Feb 13, 15, & 18)

Sec. A: 3x week, 31 classes

Sec B: 2x week, 22 classes

Fee Sec. A: \$260 w/badge

\$280 w/o badge

Fee Sec. B: \$185 w/badge

\$205 w/o badge

Water Exercise

#39503

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 classes at the Regis College Pool

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

Jan 14 - Mar 22, (Cancelled Jan 21, Feb 18, Mar 1, 4, 6, & 8)

Sec. A: 3x per week

Sec. B: 2x per week

Fee Sec. A: \$195 w/badge

\$215 w/o badge

Fee Sec. B: \$175 w/badge

\$195 w/o badge



Adult Programs

FAST 1 (Fun Adult Starter Tennis) #39504

Instructor: Longfellow Club Pro

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

Limited to 8 participants

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

Sec. A: Thursdays, 11:30am - 1:00pm, Jan 10 - Feb 14

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

Singles Strategy Tennis #39506

Instructor: Longfellow Club Pro

Learn how to bring out your best strategy in singles tennis. 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 lessons
held at the Longfellow Club
524 Boston Post Road, Wayland (Route 20)

Sec. A: Wednesdays, 12:00pm-1:30pm, Jan 9 - Feb 13

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

FAST 2 (Fun Adult Starter Tennis) #39505

Instructor: Longfellow Club Pro

If you are looking to get back into tennis or have completed our FAST 1 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 lessons
held at the Longfellow Club
524 Boston Post Road, Wayland (Route 20)

Sec. A: Tuesdays, 1:00pm - 2:30pm, Jan 8 - Feb 12

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

Doubles Strategy Tennis #39507

Instructor: Longfellow Club Pro

This course is designed to help 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 lessons
held at the Longfellow Club
524 Boston Post Road, Wayland (Route 20)

Sec. A: Mondays, 9:30am - 11:00am, Jan 7 - Feb 11

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

Cardio Tennis #39508

Instructor: Longfellow Club Pro

High energy fitness activity that combines the best features of the sport of tennis with cardiovascular activity. All levels welcome!

Limited to 8 participants

6, 1 hour lessons
held at the Longfellow Club
524 Boston Post Road, Wayland (Route 20)

Sec. A: Mondays, 11:00am - 12:00pm, Jan 7 - Feb 11

Sec. B: Fridays, 11:00am - 12:00pm, Jan 11 - Feb 15

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

American Red Cross Swim Lessons

Swim Level I

#39701

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 lessons at the Middle School Pool

Ages 3 - 13

Saturdays, Jan 26 - Mar 23 (Cancelled Feb 16)

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

#39702

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 lessons at the Middle School Pool

Ages 3 - 13

Saturdays, Jan 26 - Mar 23 (Cancelled Feb 16)

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

#39703

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 lessons at the Middle School Pool

Ages 3 - 13

Saturdays, Jan 26 - Mar 23 (Cancelled Feb 16)

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

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

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

Swim Level IV

#39704

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 lessons at the Middle School Pool

Ages 6 - 13

Saturdays, Jan 26 - Mar 23 (Cancelled Feb 16)

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

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

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

Swim Level V

#39705

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 lessons at the Middle School Pool

Ages 6 - 13

Saturdays, Jan 26 - Mar 23 (Cancelled Feb 16)

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

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

Saturday Open Swim

Come have fun splashing around! 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 ending June 1

(Cancelled Dec 22 & 29, Jan 19, Feb 16, Apr 13, 20, & May 25)

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



Weston Recreation Department
20 Alphabet Lane
Weston, MA 02493-0002

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Summer Camp 2019!!!

Online Registration begins
Tuesday, March 12th at 7pm



Fun! Fun! Fun!

