



Walpole Recreation

Walpolerec.com 508-660-6353

December 2014

Recreation News:

Seasons Greetings – We at Walpole Recreation wish you the happiest of holidays and hope to be a part of your exciting new year!

Below and with-in this flyer are a number of exciting opportunities for your children or yourself to learn something new, meet a new friend or just have fun with some current friends. Resolve to get more active in 2015, to get out and to have more fun!

VACATION REC (Grades K – 6)

@ Blackburn Hall

When: 12/26/14 – 1/2/15

Friday, Monday, Tuesday, Wednesday & Friday

Times: 9:00 a.m. – 4:00 p.m.

Fee: \$40.00 / day

Instructor - Recreation Staff

This program is designed to give kids a place to go during school vacation week and have some fun. Each day is filled with a variety of activities

including sports, arts and crafts and more.



LAUREN'S HOLIDAY CAMP (ages: 2 – 6)

@ Blackburn Hall

When: 12/17/14 – 12/23/14 or single days

Times: 1:00 – 3:30 p.m.

Fee: \$20.00/ day drop-in or

\$80.00 R, \$85.00 NR / week – save 20%

Instructor - Lauren Macomber

Parents - Get all your last minute holiday stuff in order and drop your child at the Rec where they can spend the morning playing games, making crafts and more. All we ask is you to provide a lunch for your child. If your child has not had Lauren as a teacher before, now is the chance to have some fun with one of the kids favorite teachers. If you have had Lauren before, you know what fun to expect!



Don't let a good program go away!

We will determine if there are enough registrants for a program one week ahead.

Please register early!

New to Walpole or Walpole Rec?

Setting up an account on WalpoleRec.com only takes a minute or two and is required to register for programs.

Need help? – Give us a call at 508-660-6353.

[Click Here To Register](#)

Monthly Flyers and Getting

Your Recreation News – Our 2nd

monthly flyer! These flyers replace the “mailed” brochure and will be delivered digitally by e-mail to all our account holders that have chosen to “receive notices”.

Paper flyers will be available at our office, Town Hall and the town's Library. The flyer will also be available online at WalpoleRec.com

We hope you take a moment to access your account and make sure you have clicked the box to “receive notifications”. This is the best way to be sure to get your flyer! Already receiving the flyer? - Please e-mail this flyer link to your friends!

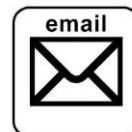


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Children's Programs

PRESCHOOL PICASSOS (ages: 2.5 – 4)

@Blackburn – lower hall

When: Wednesdays, 1/14/15 – 2/25/15

Times: 9:30 – 10:15 a.m.

Fee: \$65.00 R, \$70.00 NR

Instructor: Mindy Frangie



PRIMARY PICASSOS (Grades K – 1)

@ Blackburn Hall Art Room

When: Mondays, 1/12/15 – 3/2/15 no class 1/19

Times: 4:00 – 4:45 p.m.

Fee: \$65.00 R - \$70.00 NR

Instructor: Mindy Frangie

Children will get to explore their artistic side through fun hands on activities and crafts! Dress for the Mess.

BABY PLAYTIME (ages: 6 – 18 months)

@ Blackburn Hall Lower Blackburn

When: Tuesdays, 1/6/15 – 2/24/15

Times: 9:15 – 10:15 a.m.

Fee: \$60.00 R - \$65.00 NR

Instructor – Erica Young

Bring your little ones for some socialization and fun at this exciting new playgroup for babies 6 - 18 month old! Enjoy age-appropriate sensory play, games, dancing, songs and social time with other babies, parents and caregivers. Your kiddos will definitely nap well after this group.



CRAFT CLUB INSPIRED BY PINTEREST (Grades 3 -6)

@Blackburn – Art Room

When: Wednesdays, 1/7/15 – 2/11/15

Times: 4:00 – 5:00 p.m.

Fee: \$60.00 R - \$65.00 NR

Instructor – Jenny Wolf



Cancelled

If you or your child is a fan of Pinterest, you know what great crafts and activities ideas are listed on the site. We will take some of our favorites and see if we can create some masterpieces as well!

PARACHUTE PLAYTIME AND BOUNCY HOUSE (ages: 1.5 – 5)

@ Blackburn – Main hall

When: Mondays or Thursdays

1/5/15 - 2/23/15 or 1/8/15 – 2/12/15

No program 1/19/14

Times: 11:00 a.m. - Noon

Fee: \$30.00 for the session or \$8.00 a day

Instructor - Lauren Macomber



One of our all-time favorite programs returns as we break out the parachutes and play all kinds of games. We will be using the parachute as well as the bouncy house each week for added fun! Please bring a drink as we will be taking some breaks from the fun.

PLAYGROUP (ages: 2 – 5)

@ Blackburn – main hall

When: 1/5/15 – 2/23/15

Mondays **or** Thursdays

No program 1/19 or 2/16/15

Times: 9:30 – 11:00 a.m.

Fee: \$60.00 R, \$65.00 NR

Instructor - Lauren Macomber



Drop your kids off for fun! Play pretend games, read stories, and do arts and crafts. All of this and more while you are out and about! **This is a drop-off program.**

PRESCHOOL SOCK HOP (ages: 1 – 7)

@ Blackburn - Main Hall

When: 1/2/15

Times: 5:00 – 6:00 p.m.

Fee: \$8.00

This evening is the perfect chance for your preschooler to get their groove on while you show them how dancing is done. Instructors – Rec staff.



TWO YEAR OLD SPORTS AND PLAY

@ Blackburn – Main Hall (age 2)
When: Wednesdays, 1/7/15 – 2/11/15
Times: 10:30 – 11:00 a.m.
Fee: \$35.00 R, \$40.00 NR
Instructor - Lauren Macomber



This program is a great way to introduce a variety of new games and sports to your little athlete! Our focus during this class will be on developing the children's social skills and learning in a group.

SILLY STORY & CRAZY CRAFT

SHARE TIME (ages: 2.5 - 5)
@ Blackburn – Art Room
When: Tuesdays, 1/13/15 – 2/24/15
Times: 10 – 10:45 a.m.
Fee: \$60.00 R, \$65.00 NR
Instructor – Lynette Donnelly



Come mess up the Art Room with your child (and not your house) as we make crafts with glue, glitter and paint. We will also sing songs and read a story as a group. Your child will make new friends (and so will you), have fun and work on reading, sharing and co-play.

WACKY WEDNESDAYS (ages: 2.5 - 5)

@ Blackburn – Lower Hall
When: Wednesdays, 1/14/15 – 2/25/15
Times: 11 – 11:45 a.m. Or 1:30 - 2:15 p.m.
Fee: \$10.00 pre-register, \$12.00 to drop in)
Instructor – Lynette Donnelly

Every Wednesday we will be having fun with a different theme. Each class (which can be drop off or stay with you child and play) we will make a few crafts, sing songs and read a story.

1/14: Let it Snow!
1/21: Let's Make Music
1/28: Dinosaur Daze
2/4: Disney Junior
2/11: Valentine's Day Love
2/18: Dr. Seuss Fun



Check out the Music, Fitness, Sports and Computer programs in the adult section but with starting ages as young as 9!

KINDER-SPORTS (Grade: K)

@ Blackburn – Main Hall
When: Mondays, 1/12/15 – 3/2/15
Times: 4:00 - 4:45 p.m.
Fee: \$40.00R, \$45.00 NR
Instructors – Rec staff



We will play old favorites such as kickball, soccer, and more along with some new games as well.

KINDER OR TINY TUTOR TIME

TINY (ages: PRE-K) or KINDER (ages: K)

@ Blackburn – Art Room
When: Tuesdays, 1/13/15 – 2/24/15
Or Thursdays 1/15/15 - 2/26/15
Times: **Kinder** – 1:00 – 1:45 p.m.
Tiny – 2:00 – 2:45 p.m.
Fee: \$60.00 R, \$65.00 NR (or \$12 to drop in)
Instructor – Lynette Donnelly

Preschool and Kindergarten are a whole new ball game for your kids. Now your child has goals in math, handwriting, letters, colors and reading! This class will provide extra help in a fun and productive environment. We will also send home work packets for extra practice on the subjects when needed. All fun!



FROZEN -AMERICAN GIRL DOLL CREATE AND PLAY (ages 5 – 9)

@ Studio East
When: Saturday, 1/10/15
Times: 9:00 - Noon
Fee: \$55.00 R, \$60.00 NR
Instructors - Event-FULL!, LLC

Cancelled



Bring your special friend (an American Girl Doll or your favorite stuffed animal) for 3 fun-filled hours of "Frozen Princess" crafts and play! Bring your creative mind and "Let it Go!" What you make and take home will lead to several hours of continued play and enjoyment. Each child will bring home a framed picture of themselves, their American Girl Doll and Olaf. Please send your child with a nut-free snack and drink.



LEGO MOVIE WORKSHOP (ages 5 – 9)

@ Studio East

When: Sunday, 1/11/15

Times: 1:00 – 4:00 p.m.

Fee: \$50.00 R, \$55.00 NR

Instructor – Event-FULL! LLC staff

Cancelled



Bring the LEGO MOVIE to life! Create your very own scene from the movie! Build a construction site, police station and MORE!! You will have the opportunity to use Emmet, Wyldstyle, Abraham Lincoln, Ninja Turtles, Scribble Face Cop and MORE!!! The LEGOs will stay with us but your memories will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Movie creation. Send your child with a peanut- free snack and drink.

LEGO MASTER BUILDERS (ages 5 – 9)

@ Studio East

When: Friday, 2/20/15

Times: 9 am - 12pm

Fee: \$50.00 R, \$55.00 NR

Instructors - Event-FULL! LLC staff



GET INSPIRED, DESIGN & BUILD!!! Build your own creations using hundreds of thousands of LEGO bricks! Participants will not use directions sheets, instead they will be using their own creative minds and imagination to design their very own LEGO structure and become a Master Builder! This unique program will encourage individual thought as well as fostering teamwork and making new friends. All participants will go home with a framed photo of themselves taken with the creation they designed. The LEGOs stay with us but the fun memories will last a lifetime. Please send your child with a nut-free snack and drink.

KIDS IN MOTION (ages: 2 - 4)

@ Blackburn – Lower Hall

When: 1/13/15 – 2/24/15

Times: 10:15 – 11:00 a.m.

Fee: \$60.00 R, \$65.00 NR

Instructor – Lisa Fair



Children and their grown-up will explore age-appropriate songs and movement activities to encourage language development, music appreciation, and awareness of their bodies in space. We will perform lots of songs that require movement, as well as stretching & imagination. Musical games include the use of beanbags, hula hoops, and our parachute and balls! There will even be a few guitar sing-a-longs. Lisa is a former preschool teacher and professional musician. Come and get your groove on!

HALF-DAY CAFÉ (Grades 4-5)

@ Blackburn Hall

When: Friday, 1/16/15

Times: 1:00 – 3:00 p.m.

Fee: \$5.00

Instructor – Rec staff



Drop your tween off at Blackburn Hall for a day of hanging out with friends, listening to their favorite songs played by a DJ, Karaoke, Wii games, and more surprises. Pizza, snacks, and drinks will be for sale. In addition to the membership card, each half-day cafe is \$5.

HOME ALONE SAFETY (ages: 8-12 years)

@ Blackburn Lower Hall

When: Friday, 1/2/15

Times: 9:00 a.m. – Noon or 1:00 – 4:00 p.m.

Fee: \$45.00 R, \$50.00 NR

Instructor - Donna Giampietro and Catherine Alexander

Home Alone Safety is designed for children 10 - 14 who are alone after school or on weekends. Making sure your child is prepared and feels confident and safe is essential for a successful home alone experience. Donna and Catherine will educate participants on topics such as; cyber safety, common first aid treatments, fire safety and home alone safety guidelines. This class is interactive and fun. Education material covered in class is reinforced with games and role playing.



CROSSFIT CUT KIDS (ages: 5 - 14)

@ Crossfit Cut by their staff

When: Tuesdays & Thursdays 1/13/15 – 1/29/15

Time: 4:00 – 5:00 p.m.

Fee: \$70.00 R, \$75.00 NR

Instructor – Alicia Reycroft

CrossFit is a constantly varying and functional training that is personalized and modified to suit everyone. The age appropriate skills learned in this program can be applied to all sports, fitness goals, or to simply get in shape. This training is for anyone and all levels of fitness from beginners to experts. This program is designed to show fitness is fun, build confidence and is a great character builder.



KIDS KARATE (ages: 3 – 12)

@ Impact Martial Arts by their staff

Fee: \$50.00 R, \$55.00 NR

Tiny Tigers (Ages 3 – 5)

Wednesdays, 1/14/15 – 2/18/15 from 3:15 – 3:45 p.m.

This program focuses on teaching the basics of martial arts along with building skills such as balance, body coordination, sharing, listening to your parents, fire safety, and much more. This is a high-energy, fun class.



Little Dragons (Ages 5 – 7)

When: Tuesdays, 1/13/15 – 2/17/15 from 4:00 – 5:00 p.m.

Or Wednesdays, 1/14/15 – 2/18/15 from 4:00 – 4:30 p.m.

Or Thursdays, 1/15/15 – 2/19/15 from 4:00 – 4:30 p.m.

Or Saturdays, 1/17/15 – 2/21/15 from 9:00 – 9:30 p.m.

This class will focus on teaching the students the basics of martial arts, in particular, how to do blocks punches, kicks and forms. Additionally, the student will learn about focus, respect, and self-discipline in a high-energy, fun atmosphere.

Ages 8 – 12

When: Tuesdays, 1/13/15 – 2/17/15 from 4:45 – 5:30 p.m.

Or Thursdays, 1/15/15 – 2/19/15; 4:45 – 5:30 p.m.

Or Fridays, 1/16/15 – 2/20/15 from 4:45 – 5:30 p.m.

Or Saturdays, 1/17/15 – 2/21/15 from 10:30 – 11:15 a.m.

This class focuses on teaching all the fundamentals of martial arts, incorporating basic level forms, and practical self-defense techniques.

TAP DANCE (ages: 5 - 12)

@ Blackburn – Lower Hall

When: Tuesdays, 1/20 – 3/17/15

Times: 3:45 – 4:45 p.m.

Fee: \$105.00 R – \$110.00 NR

Instructor – Aly Pereira



Come join in on the fun of learning how to tap dance! Students will learn the basics of tap. 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.



MINECRAFT ART CLASS (Grades 1 – 5)

@ Blackburn – lower hall

When: Saturday, 1/10/15

Times: 10:00 – 11:30 a.m.

Fee: \$25.00R, \$30.00 NR

Instructor – Jennifer Pipe

Cancelled



If your child loves Minecraft and pixel art, then this is the class for him/her!

We will be using creepers, skeletons, spawners and zombies as our muse. We will be creating a colorful art project based on the popular video game. Your kids won't want to miss this one!

VISION BOARDING &

GOAL SETTING FOR KIDS (ages: 10 – 14)

@ Blackburn Hall Lower Blackburn

When: Saturday, 1/3/15

Times: 10:00 a.m. - Noon

Fee: \$35.00 R, \$40.00 NR

Instructor – Jennifer Pipe

Cancelled



Help your child start 2015 off right! There is a reason why only 8% of the population are able to keep their New Year's Eve Resolutions and meet their goals!

In this art-based class - we'll share all the secrets for success: we will talk about how to set effective goals (it is a science), what habits the most successful people are relying on, and why you should let your emotions be your guiding compass. The children will then create a mixed media based vision board that is bound to be as unique as they are! This class will be both informative and fun! These are skills that the kids can add to their toolkit and use over and over!

HIP HOP DANCE (ages: 5 - 12)

@ Blackburn Lower Hall

When: Tuesdays, 1/20/15 – 3/17/15

Times: 4:45 – 5:45 p.m.

Fee: \$105.00 R, \$110.00 NR

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 session, the children will have a performance for friends and family.





PICK UP GAME OF BASKETBALL

(Grades 4-5 & 6-8)

@ Blackburn Main Hall

When: Wednesdays 1/7 – 4/1/15

Times: Grades 4-5; 4:00 – 5:00 p.m.

Grades 6-8; 5:15 – 7:00 p.m.

Fee: Gr. 4-5 \$5.00 / day or \$60.00 / session

Gr 6-8 \$10.00 / day or \$70.00 / session

Each week we will split up into 2 teams and play the old fashion way "Just for Fun" you can sign up to play for the session or pay a drop fee of \$10 a game!

RECREATION BASKETBALL – (ages 3 – 8)

This program focuses on the basic skills needed to play basketball. Skills such as dribbling, passing and shooting will be introduced in a fun, non-competitive environment. Once again, we will offer two sessions of this popular program.

Program Director: Lauren Macomber

When: Saturdays, 1/10/15 – 2/7/15



Blackburn Hall:

3 year olds 9:00 – 9:30 a.m. \$55.00R, \$60.00 NR

3 year olds 9:45 – 10:15 a.m. \$55.00R, \$60.00 NR

3-4 year olds 10:30 – 11:00 a.m. \$55.00R, \$60.00 NR

4 year old co-ed 11:15 – 11:45 a.m. \$55.00R, \$60.00 NR

5 year old girls 1:00 – 1:45 p.m. \$60.00 R, \$65.00 NR

5 year old co-ed 2:00 – 2:45 p.m. \$60.00 R, \$65.00 NR

Fisher School – Lower Gym

6 year old girls 10:00 – 10:45 a.m. \$70.00R, \$75.00 NR

Fisher School – Upper Gym

7-8 year old girls 12:00 – 12:45 p.m. \$70.00R, \$75.00 NR

7-8 year old boys 1:00 – 1:45 p.m. \$70.00R, \$75.00 NR



Rec programs
make great gifts!

WEEKDAY BASKETBALL (ages 2 – 7)

@Blackburn Hall Main Hall

When: Tuesdays, 1/13/15 – 2/10/15

Times: 2 – 3 year olds 9:30 – 10:00 a.m.

3 – 4 year olds 10:30 – 11:00 a.m.

4 – 5 year olds 1:00 – 1:30 p.m.

5 – 6 year olds 4:00 – 4:45 p.m.

6 – 7 year olds 5:00 – 5:45 p.m.

Fee: 30 minute programs \$55.00 R, \$60.00 NR

45 minute programs \$60.00 R, \$65.00 NR

Instructor - Lauren Macomber

This program focuses on the basic skills needed to play basketball. Skills such as dribbling, passing and shooting will be introduced in a fun, non-competitive environment. Please wear sneakers and bring a water bottle.

AFTER SCHOOL SPORTS (Grades 1-3)

@Blackburn – Main Hall

When: Mondays, 1/12/15 – 3/2/15

Times: 5:00 – 6:00 p.m.

Fee: \$50.00R, \$55.00 NR

Instructor – Rec staff



This program offers the chance to try a bunch of different sports throughout the session. One week could be basketball, followed the next week by sit-down dodgeball. The possibilities are endless! Please bring a water bottle and wear sneakers.

FLOOR HOCKEY (Grades PK – 3)

@ Blackburn Hall Main Hall

When: Thursdays, 1/8/15 – 2/12/15

Times: PK - K 4:00 – 4:30 p.m.

Fee: \$45.00 R, \$50.00 NR

Grades 1 – 3 4:45 – 5:30 p.m.

Fee: \$50.00 R - \$55.00 NR

Instructor - Recreation Staff

This fast-paced sports program gives children the chance to develop skills in an organized sports program with children their own ages. Each week, we will make new teams and play floor hockey using our safe low bounce hockey pucks.



BLUE HILLS SKI / SNOWBOARD LESSONS (ages 7 – 15)

@ Blue Hills by their staff
Wednesdays 1/7 – 2/2/15
Times: 4:30 – 5:45 p.m.
Fee: See below



This 5- lesson program has been a long time favorite for kids. These 75 minute classes are held once a week for five weeks starting Wednesday, January 7th at 4:30. All ability levels are welcome in the Junior Program from never-ers to advanced. We divide students into groups based on, among other things, ability and age. Your pass and equipment can be used on the program day (from 4:00 p.m. until closing). Participants will also receive a single day, no restrictions pass!
Registration deadline: Dec. 24th (office) or **28th** (online)

Due to weather cancellations by the ski area, make-up classes will be added on the same day at the same time the week following the end of the regular program.

Save 10% off Blue Hill's prices

4 Options for Ski or Snowboard:	Walpole Rec price
Lessons only price (with your own pass):	\$116.00
Lessons with lesson pass	\$197.00
Lessons, rentals & lesson pass	\$269.00
Lessons, rentals, lesson pass & helmet	\$299.00

ONLINE INTEGRITY & SAFETY CERTIFICATION FOR CHILDREN

@ Studio East – Computer Room (Grades 4 – 5)
When: 2/17 – 2/19/15
Times: 2:30 – 5:30 p.m.
Fee: \$95.00 R, \$100.00 NR
Instructor – Jennifer Pipe



This is one class that you and your children do not want to miss! This in-depth, honest course will talk about what it takes for your child to not only survive, but thrive in the digital arena. We will use a combination of group discussion Q&A, and specific internet examples to dive into social media, safe internet surfing, cyber-bullying, safe vs. unsafe apps and other hot topics. As we go through the curriculum, your child will create their very own mixed media book which highlights all they have learned (think ready-made reminders and reinforced knowledge). At the end of the class, they will receive a personalized certificate which shows they are prepared to be empowering agents for integrity and change in the social space.

WALPOLE SPRING TRAINING BASEBALL CLINICS @ Bird Middle School

Fee: \$80 R, \$85 NR
Instructors - Jerry Anzalone & Paul Kolodzinski

FEBRUARY VACATION CLINICS (8 - 12)

When: February 17th - 20th
Times: Hitting: 8:15 - 9:30 a.m.
Or Pitching: 9:40-10:55 a.m.
Or Hitting: 11:05am - 12:20 p.m.

AFTER SCHOOL CLINICS (8 - 12)

When: February 23rd - 27th or
March 2nd - March 6th or March 9th - March 13th
Times: 4:10- 5:10 p.m.
Or 5:20 - 6:20 p.m.

BABE RUTH CLINICS (13-15)

When: February 17th – 20th
Times: 12:30 - 1:45 p.m.



Returning for their 25th year, are Jerry Anzalone & Paul Kolodzinski. They coached Walpole's 1991 Little League State Champions & 2011 Gold Medal winning Mass. Bay State Games Southeast Team. They will help your player with the following baseball skills based on the clinic(s) they attend: which are hitting, pitching, throwing and catching, infield & outfield play, base running, Babe Ruth skills and playing rules. Jerry instructs players 5 -18 years old at RBI Baseball Academy in Foxboro & coached Walpole's 2007, 2008, & 2012 Williamsport Little League teams. He has worked camps for Dustin Pedroia, Jason Varitek, Terry Francona, Nomar Garciaparra, Trot Nixon & Kevin Millar. Paul has been a pitching coach for Norfolk Legion, Curry, Dean & LaSell Colleges & instructed Harvard University baseball camps. Presently he is the pitching coach at Newton South High School. All clinics take place prior to league tryouts. SNEAKERS MUST BE WORN. NO CLEATS. Fee includes a Walpole Spring Training baseball T- Shirt



TEENS

MAKE UP APPLICATIONS TIPS, TRICKS & TRENDS (ages: 11-16)

@ Studio East

When: February 7th

Times: 10:00 a.m. – Noon

Fee: \$55 R, \$60 NR

Instructor – Christine Marcucella

This class will teach young ladies how to properly line and define eyes, experiment with mineral & cream eye color, determine face shape and transform their skin. They will be trying a "Dash - Out - The - Door", a "Natural" and "Glamour" Looks They will take before and after looks to trigger their memories when applying make- up at home. Girls love the idea of makeup, but many are unsure of the process and this will help boost their self-esteem learning that less is more. They will also be given a swag bag to take home some goodies.



MIDDLE SCHOOL DANCES (Grades 6-8)

@ Blackburn Hall

When: 1/2/15

Times: 7:30 – 10:00 p.m.

Fee: Members will be charged \$5 for entry to each dance. Lost or forgotten cards will result in a \$10.00 fee - \$5.00 for a new member card and \$5.00 entry fee).

Instructors - Recreation Staff

The Walpole Recreation Department holds monthly dances (at an additional fee) at Blackburn Hall for all Walpole middle school students. These dances feature a DJ, game room, soda, and candy. To register as a member, students and parents must fill out an application form agreeing to comply with all Recreation Department rules. The student's photo will also be taken for use with their membership card. Stay tuned to our website at WalpoleRec.com for additional dates and special offers.



DODGEBALL AFTER DARK (Grades 6-8)

@ Blackburn Hall

When: Friday, 1/9/2015

Times: 7:30 – 10:00 p.m.

Fee: \$10.00

Instructor - Recreation Staff

You don't need an excuse to throw a ball at your friends but now you have one. Come to Blackburn hall for an hour and a half of Dodgeball such as Thunderball, Sit-Down Dodgeball, Hero and more! Pizza / snacks will be for sale.



DRIVER'S EDUCATION (ages 15.75 – Adult)

@ Blackburn Lower Hall

When and times:

2/3; 6:00 – 8:00 p.m. – parents night

2/16 – 2/20/15; 8:00 a.m. – 2:30 p.m.

Fee: \$70.00

Instructor – Teachers Driving Academy

Teachers Driving Academy is now offering classes in Walpole. This low fee covers 30 hours of classroom instruction. There are no hidden fees and there is no charge for the required parent class. Students are asked to bring snacks and drinks from home. They must bring a notebook, pen and a copy of their birth certificate. **YOU DO NOT HAVE TO ATTEND WALPOLE HIGH SCHOOL OR BE A WALPOLE RESIDENT TO ATTEND.**



Parents - At least one parent must attend the Parent / Student Class. If you cannot attend during the session your child is registered for, you may attend during another session. If you have already attended since December 2009, you are okay as they last for five years.

This program will also run in April.



Adult Education

BALLROOM DANCE BASICS (ages: 16 – 99)

@ Studio East, Main Room

When: Mondays, 1/12/15 – 2/16/15

Time: 8:00 – 9:00 p.m.

Fee: \$80.00 R or \$85.00 NR

Instructor – Paul Hughes



In this program you will learn the basics of social dancing (no partner is needed).

You will learn the Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, Salsa, and Mambo. You will learn the basic step elements, posture, poise, lead and follow, etc.

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation... A full body workout for the mind, body and spirit.

10-IN-30 FROM ICRAVE COACHING

@ Blackburn – Lower Hall (ages: 18+)

When: Mondays, 1/12/15 – 2/16/15 – individual classes

Time: 8:00 – 8:30 p.m.

Fee: \$15.00 / class

Instructor – Tara Sareen



Are you too busy to stay healthy? Do you have trouble finding time for yourself? Then Tara Sareen's *Ten Wellness*

Tips in 30 minutes is the perfect workshop for you. Breeze in for a fun, fast class and learn ten transformative wellness tips in only thirty minutes. Take off from there or stay for a relaxed Q & A. Perfect for parents dropping kids off at practice or coming home from a long day. Come see how 30 minutes can change your life!

BEG. / INT. VOLLEYBALL (ages: 18 – 99)

@ Elm Street School

When: Wednesdays, 1/7 – 3/18/15

Time: 7 – 9:00 p.m.

Fee: \$84.00 R, \$90.00 NR

Instructor - Richard Edge



Join us for fun and exercise in this new program. Pick-up volleyball games organized for the beginner to intermediate level players. Please wear sneakers and comfortable clothing.

BASIC TRAINING BOOT CAMP (ages 18+)

@ Blackburn Hall

When: 1/5/15 – 1/31/15

Mondays – 5:30 – 6:30 a.m.

Wednesdays – 5:30 – 6:30 a.m.

Saturdays – 6:30 – 7:30 a.m.

Fee: \$10.00 / class

Instructors – Carole Buckley and Christine Olson

A challenging interval workout with Carole and Christine for all levels!!

Improve your cardiovascular endurance and strength with this fun 4-week program led by certified fitness trainers. Please bring a set of light dumbbells (3-12 lbs.), a mat and a bottle of water. Please bring a set of light dumbbells (3 - 12 lbs.), a mat and a bottle of water.



STRENGTH AND CONDITIONING FOR ADULTS (ages: 18 – 99)

@ Impact Martial Arts by their staff

When: see below

Mondays, 1/12/15 – 3/2/2015; 9:00 – 10:00 a.m.

No classes 1/19 or 2/16/15

or Wednesdays, 1/14/15 – 2/18/15; 10 – 11:00 a.m.

Fee: \$50.00R, \$55.00 NR

This class is designed to build overall body strength, particularly in hard-to-condition core areas, such as the abs, glutes and oblique muscles, using a variety of exercises and equipment, such as kettlebells, resistance bands, TRX equipment, etc.



FACEBOOK FOR BEGINNERS (ages: 18-99)

@ Studio East - Computer Room

When: Thursdays, 1/15/15 – 1/22/15

Times: 6:00 – 8:00 p.m.

Fee: \$45.00 R, \$50.00 NR

Instructor – Melissa Rush

Melissa Rush will walk you through Facebook the hugely-popular social networking site that allows you to keep in touch with friends and family members, share interests, play games, and join groups. On Facebook, you can reconnect with long-lost friends and classmates and even share photos and videos. We will help you create your own account or update your current profile. We will all discuss Facebook's privacy policy and how to protect your own account or update your current profile.



GENTLE YOGA (ages: 15 – 99)

@ Studio East - Main Room

When: Thursdays, 1/15/15 – 2/26/15

Times: 7:30 – 8:30 p.m.

Fee: \$60.00 R, \$65.00 NR

Instructor – Michelle Smith



During this gentle yoga class we will use posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Suitable for anyone. No previous experience necessary. Please bring a yoga mat.

YOGA

@ Studio East - Main Room

Fee: \$80.00 R, \$85.00 NR

Instructor – Teresa Palmieri



HATHA VINYASSA YOGA (ages: 14 – adult)

When: Tuesdays, 1/13/15 – 2/17/15

or Thursdays, 1/15/15 – 2/19/15

Tuesdays - Times: 4:00 – 5:15 p.m. or 5:45 – 7:00 p.m.

Thursdays - Times: 4:00 – 5:00 p.m.

How will Yoga benefit you? Yoga is known to reduce anxiety and depression, increase optimism and a sense of calm. It promotes good sleeping patterns, improves focus and concentration. This class is designed to help you begin or improve your patience, helping you to find inner peace, strength and balance. Classes consist of stretching, flowing sequences, holding postures, balance and relaxation techniques. They will improve your strength, flexibility, muscle tone and agility. Begin to explore and connect to yourself emotionally and spiritually. Experience yoga and watch your transformation begin!

RESTORATIVE YOGA WITH (OPTIONAL) REIKI (ages: 14 – adult)

When: Thursdays, 1/15/15 – 2/19/15

Times: 5:30 – 7:00 p.m.

Learn to completely relax with restorative yoga. Let me guide you through these refreshing yoga poses designed to relieve deeply held physical and emotional tension, helping you to manage day to day stress. Classes consist of gentle warm up/stretching, followed by holding restorative poses, during which Reiki will be offered. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. All fitness levels are welcome, as this class will benefit both experienced and non-experienced students. Please bring a blanket, pillow and water

LADIES' SNOWSHOE / TREK (ages: 18 – 99)

@ Various – First is Gilbert State Forest, Foxboro, list will be given for future sites.

When: Thursdays, 1/8/15 – 2/12/15

or Saturdays, 1/10/15 – 2/14/15

Times: 9:45 – 11:00 a.m.

Fee: \$25.00 R, \$30.00 NR

Instructor – Nanci Cahalane



Join this invigorating winter 6 week class for the physically fit hiker! Embrace this part of the year-Hiking trails are serene during the winter months. Fresh fallen snow only adds to the magic! Plus, you can burn up to 1000 calories an hour on hilly terrain! Join other women and hike or snowshoe, (your choice), in some wonderful local park areas. **CANCELLATION:** Class is cancelled only in the case of very inclement weather.

EQUIPMENT INFORMATION

If conditions are icy, "ice cleats" on shoes are strongly recommended. They are available to purchase at several locations including Bass Pro, L.L. Bean, and Walmart.

HEARTSAVER CPR & AED (ages: 15+)

@ Blackburn Hall, Art Room

When: Monday, 1/21/15

Times: 6:00 – 9:00 p.m.

Fee: \$65.00 R, \$70.00 NR

CPR Certified Instructors

This is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.



POWER VOLLEYBALL (ages: 18+)

@ Elm Street School

When: Mondays, 1/5/15 – 3/23/15

Times: 7:00 – 9:00 p.m.

Fee: \$84 R, \$90.00 NR

Instructor - Rich Edge



This is a game for experienced players who possess a certain amount of quickness, alertness, coordination, and who desire to develop these skills in a competitive environment.

BLS FOR THE HEALTHCARE PROVIDER (ages: 16 – 99)

@ Blackburn Hall Art Room

When: Wednesday, 1/21/15 from 9:00 – Noon

Fee: \$65.00 R, \$70.00 NR

Instructor - CPR Certified Instructors

This course is designed to provide healthcare professionals with the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. This course is designed primarily for healthcare providers.



WOMEN'S SELF DEFENSE (ages: 18 – 99)

@ Impact Martial Arts by their staff

When: Mondays, 1/12/15 – 3/2/15

No classes 1/19 or 2/16/15

Times: 10:00 – 11:00 a.m.

Fee: \$50.00 R, \$55.00 NR

Our adult self-defense program, rooted in the Israeli system of Krav Maga is reality based, scenario training that utilizes practical, aggressive techniques and combative designed to build strength and endurance and improve conditioning while preparing ourselves should we ever have to defend ourselves. This class is for women only.



CARDIO KICKBOXING (ages: 18+)

@ Impact Martial Arts by their staff

When: Tuesdays, 1/13/15 – 2/17/15

Or Thursdays, 1/15/15 – 2/19/15

Time: 10:00 a.m. – 11:00 a.m.

Fee: \$50.00 R, \$55.00 NR

This is a high-energy, sure to burn calories type of class. You will work your core doing exercises such as planks, crunches, squats and push-ups. And you will get your heart rate up and pumping with some invigorating punch and kick combinations on various pads. All the exercises are designed for overall fitness, and all fitness levels are encouraged. Oh, and did we mention that it is fun, too?



INVESTING FOR RETIREMENT 101 (ages: 18–99)

@ Blackburn Lower Hall (

When: Wednesday, 1/21/15

Time: 6:00 – 8:00 p.m.

Fee: \$10.00 R, \$15.00 NR

Instructor – Henry Astarjian



Join us as we review the basics of stock, mutual funds, and ETFs including terminology, strategies, add the elements of a sound investment plan. The goal is to help you create a better foundation for managing your retirement portfolio, or to more clearly understand the language of your investment advisor. This seminar is ideal for working - age individuals faced with perplexing choices in their 401K, 403B, or IRA accounts. Questions encouraged.

INVESTMENT STRATEGY FOR MID TO LARGE PORTFOLIOS (ages: 18 +)

@ Blackburn – Lower Hall

When: 1/22/15

Time: 6:30 – 8:30 p.m.

Fee: \$15.00 R, \$20.00 NR

Instructor – Kate Hurley



In this course you will learn the same methods and techniques institutions and pension funds use to manage long-term portfolios. This approach can be applied to the management of a mid-to-large 401k, 403b, IRA, mutual fund or brokerage account or to a family's portfolio made up of several of these accounts. You will learn a step-by-step process to determine your goals, determine the investments needed to meet those goals and a system to monitor and manage your account or portfolio over time. Both experienced and novice investors will come away from this course with the ability to immediately employ this practical, common-sense investment method.

BUILDING BRIDGES: CHARADES AND HEADS-UP

@ Senior Center

When: 12/29/14

Time: 11:00 a.m. - Noon

Fee: **FREE**



This collaborative group is a joint effort of the Recreation Department Volunteers and the Council on Aging to bring these two groups together and offer programs. We will have some fun playing Charades and iPhone game sensation "Heads Up".

FIRST KETTLEBELL CLASS FOR LADIES (ages: 18+)

@ Blackburn – Lower Hall

When: Tuesdays and Thursdays

1/6/15 – 1/29/15

Times: 12:00 – 1:10 p.m.

Fee: 12/2 – 12/23 \$120.00R, \$125.00 NR

1/6 – 1/29 \$140.00 R, \$145.00 NR

Instructor – Hendrigo Costa

For new moms with little time – so they need a quick workout that incorporates muscle toning and endurance to regain strength and self-confidence.



FIRST CONNECTIONS GROUP FOR NEW MOMS (ages: 18+)

@ Studio East - Main Room

When: Thursdays, 1/29/15 – 3/19/15

Times: 11:00 a.m. – 12:30 p.m.

Fee: \$60.00 R, \$65.00 NR

Instructor – Erica Young

Motherhood can be a wild ride, especially during the first few months. Join other new moms and discuss the joys of motherhood, as well as, the anxieties of adjusting to new responsibilities and changed routines. Topics covered will be: feeding, soothing, sleeping anxieties, postpartum adjustments, emotions, returning to work, changing roles/relationships and more! Join us for this welcoming group, meet other moms and babies, make new friends and enjoy your first few social outings as Mamas!



SATURDAY PAINT WORKSHOP (ages: 18 +)

@ Studio East – Main Room

When: 1/17 – 2/28/15

Times: 10:00 - Noon

Fee: \$70.00 R, \$75.00 NR

Instructor – Yatsze Mark

Coffee, tea and creativity! We will have warm drinks to enjoy while you paint to good music and enjoy conversation with old and new friends. Learn color theory, paint mixing, watercolor and acrylic techniques.



(ages: 8 – 18)

@ School of Rock, Norwood

When: By the month

Times: Monday – Saturday YOU PICK THE HOUR.

ROCK 101

Fee: 250.00 R, \$255.00 NR

In these month long membership at School of Rock, kids with beginner talents will be taught the logistics and fun of group performances involving keyboards, vocals, bass guitar, guitar and drums. The School of Rock has all the supplies and a talented staff at their location in Norwood. A month membership will get the music students 1.5 hours of week performing in a group atmosphere. Players will play as a band doing concerts/themed shows. This is a great way to increase the student's level of musical talent and to make friends who have similar interests.

BEGINNER / ADVANCED MUSIC LESSONS

Fee: \$175.00 R, \$180.00 NR

School of Rock offers a variety of music lessons from beginner to advanced players. In these month long memberships, kids will be taught keyboards, vocals, bass guitar, guitar and drums. The School of Rock has all the supplies and a talented staff at their location in Norwood. A month membership will get the music student lessons a 45 minute weekly lesson one-on-one sessions with instructors. This program also entitles the student to the use of our facilities at any time (for rehearsal, to hang out, etc.). A great way to get your child introduced and excited about music of all types.

PERFORMANCE GROUP

Fee: \$300.00 R, \$305.00 NR

School of Rock offers a variety of music lessons from beginner to advanced players. In these month long memberships kids will be taught the logistics and fun of group performances involving keyboards, vocals, bass guitar, guitar and drums. The School of Rock has all the supplies and a talented staff at their location in Norwood. A month membership will get the music students 3 hours of week performing in a group atmosphere as players will play as a band doing concerts/themed shows. This is a great way to increase the student's level of musical talent and to make friends who have similar interests.



ZUMBA (ages: 18 – 99)
 @ Blackburn – Main Hall
 When: 1/7 – 2/11/15
 Times: 9:00 – 10:00 a.m.
 Fee: \$60.00 R, \$65.00
 Instructor – Mimi Shen



Zumba is an energetic, cardio class which incorporates Latin rhythms to get the heart pumping and those calories burning! Zumba is considered “exercise in disguise” because it’s so much fun and the music just makes you want to move. This class is for all fitness levels and all ages, as modifications can be used if needed.

FLUTE (BEGINNER) (ages: 9 – adult)
 @ Studio East – Main Room
 When: Fridays, 1/16 – 2/20/15
 Times: 5:00 – 6:00 p.m.
 Fee: \$60.00 R, \$65.00 NR
 Instructor – Terry Grissino



This class will cover the basics of flute playing, including music reading and improvisation, with an ensemble focus of duets and trios. No prior experience is needed. STUDENTS MUST PROVIDE THEIR OWN INSTRUMENTS.

CLARINET (BEGINNER) (ages: 9 – adult)
 @ Studio East – Computer Room
 When: Fridays, 1/16 – 2/20/15
 Times: 6:30 – 7:30 p.m.
 Fee: \$60.00 R, \$65.00 NR
 Instructor – Terry Grissino



This class will cover the basics of clarinet playing, including music reading & improvisation with an ensemble focus on duets and trios. No prior experience is required. STUDENTS MUST PROVIDE THEIR OWN INSTRUMENT.



GUITAR WORKSHOPS (ages: 13 – 99)
 @ Studio East - Main Room
 When: Fridays, 1/23/15 – 2/27/15
 Times: Beginner - 6:00 – 7:00 p.m.
 Intermediate – 7:00 – 8:00 p.m.
 Advanced – 8:00 – 9:00 p.m.

New dates!

Fee: \$100.00 R, \$105.00 NR
 Instructor - Steve Marchena
 Anyone interested in learning more about Steve, may visit SteveMarchena.com.

BEGINNER - This class is taught by a true guitar genius, Steve Marchena. This program is an introduction to guitar playing. Students will begin by studying both the names of the notes and each string and the basic open position chords. Next, we will focus on the art of strumming, and then apply this core knowledge to create basic accompaniments for a wide variety of popular tunes. Basic improvisation and use of the capo are also covered. There will be another 6-week session to follow this program as the student progresses.



INTERMEDIATE -

This program is an intermediate level focusing on essential rhythm and lead guitar techniques, focusing on Blues, Jazz, Rock and Classical Styles. Other styles covered are Country, Pop, Folk, Flamenco & Heavy Metal. This class is suitable for students who already have a strong working knowledge off basic open position chords. There will be another 6-week session to follow this program as the student’s progress.

ADVANCED - This program is an advanced level where you will survey and develop the most advanced guitar techniques including: string skipping, alternate picking, sweep picking, finger picking, ginger tapping, and a variety of harmonic techniques. This class is suitable for students who have a strong working knowledge of bar chords and pentatonic scales. There will be another 6-week session to follow this program as the student’s progress.



The Wally Awards

The Walpole Recreation Department will be hosting the 3rd Annual Walpole Awards, “The Wally’s” on March 28th at Conrad’s.

Nominations are being accepted now for the following categories:

Grand Marshal,
Business of the Year,
Coach of the Year,
Mentor of the Year,
Newcomer of the Year, and
Organization of the Year.

The Recreation Department believes these nominations shall be based on a sense of community, exemplary efforts in their areas of expertise demonstrating creativity, vision, and leadership, providing service to the community through diligent work, progressive implementation of thoughts in work, programs and activities that positively impact the welfare of Walpole, and of course, individual opinions.

The nomination deadline has been extended to Monday, January 26th
Anyone wishing to nominate may email Aicha Kelley at akelley@walpole-ma.gov or stop into Blackburn Hall and do a written nomination. Once the top three nominations are picked, names will be posted on Survey Monkey for all to vote. There will also be paper ballots at Blackburn Hall, the Senior Center, and the Walpole Public Library and will be downloadable at walpolerec.com.

Voting will take place between January 27th and February 23rd.

All updates and reminders will be posted on
facebook.com/WalpoleRecreation.

Anyone with any questions may contact Aicha Kelley
at akelley@walpole-ma.gov or at 508-660-6371.