

WALTHAM RECREATION

FALL 2020

"Reaching out to all in our community"

ON-LINE REGISTRATION

Begins: Wednesday, September 2 at 9:00 a.m.
Concludes: Program registration ongoing
Box sales conclude on September 11

- To register, go to: www.city.waltham.ma.us
- Follow the link to the Recreation Department
- On-Line Registration is for Waltham residents
- Non-residents may call the office for registration policies/program cost.
- See inside for further registration information

Do you or your child require special accommodations to participate in our programs? The Waltham Recreation Department is pleased to offer inclusive services to people of all ages who choose to participate in general recreation programs. We will work with the participant and family to help implement accommodations designed to provide the most successful recreation experience for all participants. Please email Ben Kiwanuka at bkiwanuka@city.waltham.ma.us to make any necessary arrangements

¿Necesita información en español?

Visite nuestro sitio web en <https://www.city.waltham.ma.us/recreation-department/pages/program-information>
para ver el folleto completo en español.



Follow us on Instagram @WalthamRecreation



REGISTRATION INFO.



ON-LINE REGISTRATION

Begins: Wednesday, September 2 at 9:00 a.m.

- To register, go to: www.city.waltham.ma.us
- Follow the link to the Recreation Department
- On-Line Registration is for Waltham residents
- See below for further registration information

All programs will operate outdoors. In the event of inclement weather, the program will be cancelled for the day or end early.

General

- All programs are offered to Waltham residents only, unless otherwise stated.
- Before registering, check that the participant meets the age/date of birth/grade level qualifications.
- Registrations are accepted on a first-come, first-served basis until a program fills or begins.
- Each adult may register just one child, unless registering siblings.
- A processing fee of \$10.00 will be charged for any changes made to registrations.
- Birth certificates and proof of residency is required for all first-time participants. Please submit these to the Recreation Office within one week of registering and/or before the start of a program. Documents can be faxed to the Recreation Office at 781-314-3482.
- Children and adults with disabilities are encouraged to participate in our programs. Please let us know of any special needs at the time of registration.

Cancellation Policies

- Although we do not expect to cancel programs, we reserve the right to cancel due to insufficient enrollment, space limitations, or instructor availability.
- If a program is cancelled by the Recreation Dept., all participants will receive a Recreation Dept. credit.
- Recreation Dept. credits can be applied to future programs, or toward the purchase of discount tickets.
- We are unable to issue refunds.

Withdrawals

- If a participant withdraws for any reason, credits will be issued only if a program is full and we are able to fill the opening with another participant. A Recreation Department credit will be issued.
- Recreation Dept. credits can be applied to future programs or toward the purchase of discount tickets.
- We are unable to issue refunds.

Online Registration

- Registration will be 100% online.
- Online registrants are still required to submit a paper copy of our Waiver, Consent, and Release form to the Recreation Office.

Activenet.com Online Registration

- We have employed the services of Activenet.com for online registration.
- Activenet.com is a secure site.
- You must have a valid credit card for online registration. Activenet accepts Visa, MasterCard, and American Express.
- Charged transactions will appear on your statement as Activenet.com.
- Please keep the confirmation email you receive from Activenet.com as your receipt.
- Activenet.com will charge a processing fee of 7.03% per transaction, plus \$0.50 per transaction, with a minimum of \$2.00/transaction

By registering for programs, registering parties agree to the above guidelines. Any registration that does not comply with the above guidelines will be subject to cancellation. Activenet.com processing fees will not be refunded. Only Recreation Department credit will be issued, we are unable to issue refunds.

POLICIES AND PROCEDURES

All Fall programs will be run in accordance with the COVID-19 policies and procedure listed below.

COVID-19 POLICIES AND PROCEDURES

Waltham Recreation Department wants everyone to have a healthy, safe and enjoyable experience while participating in any of the seasonal programs. Here's some new protocols to help make that happen.

All programs will operate outdoors. In the event of inclement weather, the program will be cancelled for the day or end early.

Communication: Please confirm that the Recreation Department has an accurate email address and at least two phone numbers to reach you. Families can log into their Activenet Account to confirm this information. Emails and phone calls will occur to keep you up to date and ready.

Please call the Recreation Department if the participant will not be attending, at any time. If your child becomes ill and will not be returning, please call the Recreation Department.

Program Drop Off: Please arrive at the Program Location and meet with the Recreation Staff. The Staff will do a health check and confirm all participants are wearing a mask. Please keep participant's home if they are not feeling well. Water fountains for refills will not be available. Please plan accordingly. Please remain six feet apart during check in.

Program Pick Up: Parents, waiting six feet apart, will check out with Recreation Staff, each day.

Disinfecting: All program facilities and equipment will be disinfected, daily.

Always Practice Safe Social Distancing and Sanitizing

"All visitors to parks and open space should comply with COVID - 19 Order 31: Order Requiring face Coverings in Public Places Where Social Distancing is Not Possible."

Social Distancing: Individuals should maintain social distancing and remain at least six feet apart. Wear face coverings when social distancing cannot be met.

Sanitizing & Cleaning Protocols: Hand hygiene

Nick Abruzzi	Director of Recreation	nabruzzo@city.waltham.ma.us
Kim Scott	Assistant Director of Recreation	kascott@city.waltham.ma.us
Ed Kelley, Jr.	Asst. Superintendent of Recreation/Facilities	ekelley@city.waltham.ma.us
Adam Green	Park Ranger	agreen@city.waltham.ma.us
Kathy Gross	Recreation Supervisor/Teen Coordinator	kgross@city.waltham.ma.us
Adam Dallaire	Recreation Supervisor	adallaire@city.waltham.ma.us
Kara Greeley	Recreation Supervisor	kgreeley@city.waltham.ma.us
Ben Kiwanuka	Recreation Supervisor/Special Needs	bkiwanuka@city.waltham.ma.us
Lisa DiBlasi	Administrative Assistant	ldiblasi@city.waltham.ma.us
Karen O'Brien	Administrative Assistant	kobrien@city.waltham.ma.us

VIRTUAL RECREATION



VIRTUAL RECREATION CENTER AND RESOURCES

www.city.waltham.ma.us/recreation-department/pages/virtual-recreation-department

The Waltham Recreation Department also would like to offer you and your family new and creative ways to stay busy, active, and engaged. We hope that by bringing these resources to your fingertips, you will be able to prioritize your health and well-being.

VIRTUAL RECREATION



SKYHAWKS

Esports & Play: Rocket League

Ages 7-12

Mondays

September 21 - October 19

4:30 p.m. to 6:15 p.m.

It's game time! This new program combines a high energy, game-based physical education program with a unique and exciting gaming experience. With our passionate instructors at the core, this program will engage your child in fun activities that develop the fundamental movement skills needed to play a wide variety of sports. As a free add-on, our partners at Nimbus Esports Academy will challenge your child's mind with a skill-based Rocket League® program. Participants will work through customized drills, play in teams and compete in friendly competition. This exciting class promotes sportsmanship and teamwork in an immersive digital environment, while providing a positive outlet through physical activity. *No game purchase necessary

Cost: \$99.00

Please Note – Zoom video link will be emailed to you prior to the session. Download links and individual login credentials will be emailed to each participant at least one day before the camp begins. PC with a minimum of 20 GB of free hard drive space required for Rocket League download. Game controller (Xbox or PS4) optional.

***PC-ONLY: MAC, CHROMEBOOK AND TABLETS NOT SUPPORTED BY ROCKET LEAGUE DEVELOPERS**

Note – Participants are permitted to play using their own Xbox, PS4 or Nintendo Switch gaming consoles, but must purchase the Rocket League game separately (if not already owned).

SKYHAWKS

STEM Sports: Multi-Sport

Ages 7-12

Fridays

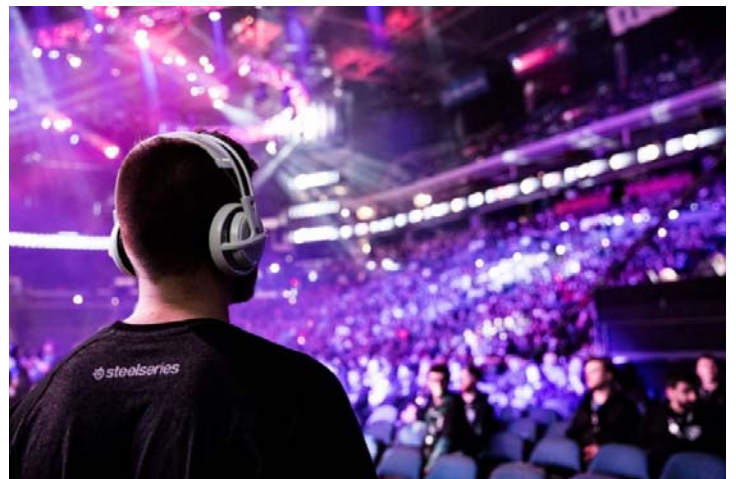
September 25 – October 23

4:00 p.m. to 4:45 p.m.

This module-based, virtual class explores the Science, Technology, Engineering and Math behind multiple sports. Our passionate instructor will use sports as the real-life application to drive STEM-based, hands-on learning, instilling curiosity and a passion for learning in each child. Activities vary by sport and season, but may include engineering design challenges, goal-line technology, forces in basketball, energy transfer in sports, advancements in shoe technology and more! All modules align with Next Generation Science Standards. Skyhawks puts the Sports in STEM!

Cost: \$59.00

Please Note – Zoom video link will be emailed to you prior to the session.



FALL AT HOME

Art in a Box!



Each box includes:

- 12 simple art projects (instructions included)
- 6 Sticker Scenes
- 6 Outdoor Toys

Cost: \$24.00 per box
(each box contains items for one child
recommended ages 5-10)

Plaster Paint Kit

Each box contains four small plaster pieces and everything you need to paint them! Remember to wear clothing you don't mind getting messy, as the paints do stain.

Cost: \$16.00



Top Secret Science Lessons in a Box

Science in a Box by Top Secret Science
Includes materials and instructions - Get one or all five

These boxes include five fun hands on projects. All material and instructions included.
Great for those in grades one through five. Get one or get them all!

1. Light – Faster than a Speeding Train
2. States of Matter
3. Magnet Mania
4. Optical Illusions
5. Earth Science Discoveries

Cost: \$10.00 per box



Pick-Up Information for all Boxes/Kits: Pick up your pre-paid box on Wednesday, September 16, 12:00-2:00 p.m. Please pull into the back of 510 Moody street via High street. Your box can be placed in the back of your car with no contact. Please bring an ID or copy of your receipt. If you are also picking up a box for someone else, please have them send you a copy of their online payment receipt (downloaded to a phone is fine).

FALL AT HOME

Birthday In a Bag!

Cupcake Theme



Each Bag Includes:

- 2 Light Blue Tablecloths
- 16 each cupcake theme cups, plates, napkins
- 16 each white forks, spoons
- Birthday Candles
- 1 "Happy Birthday" Garland
- 12 Hanging cupcake decorations
- 12 Birthday Fill-In-The-Blank Game Cards
- 24 Balloons (with list of party game suggestions)
- 12 Mini cupcake Sticker Scenes
- 12 Ice Cream Temporary Tattoos
- 12 Mini Bubbles

Cost: \$48.00 per bag

Please note, some items may be repackaged from their original bulk order packaging.

SPECIAL EVENTS



Waltham Recreation Department

Free Golf Clinic for Veterans

When: September 16, 2020 (Rain date: September 23, 2020)

Time: 5:30 p.m.– 6:30 pm

Location: Cornelia Warren Park, Waverly Oaks Road
Joe Lazaro Memorial Putting Green

Join Bob Beach, PGA Pro, for a free golf clinic. You will be introduced to Waltham's new putting and chipping facility and golf's "short game" basics; which clubs (irons) to use when approaching the putting green and how to use the putter to sink your ball in the cup on the green.

This custom approach to learning improves self-confidence while increasing their social, personal and physical growth. Please bring your own clubs! Limited clubs will be available on site. Balls and other equipment will be available.

The program was designed to honor Joe Lazaro, a Waltham native and champion blind golfer, who was injured in WWII. Joe adapted to his own special needs and learned how to play golf with no sight. His mantra was that "I am not handicapped; I just do things in a different way".

To reserve your spot in this free clinic

- Go to: www.city.waltham.ma.us beginning on Wednesday, September 2 at 9:00 a.m.
 - Follow the link to the [Recreation Department](#) and the tab to [Register for Programs](#).
- For more information contact the Waltham Recreation Department at 781-314-3475

PROGRAMS AT A GLANCE

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
Family		Mini Golf 10:30-11:30	Zumba For Families 10:30-11:30	Mini Golf 10:30-11:30 3:00-6:00	Mini Golf 3:00-6:00	Mini Golf 12:00-6:00	Mini Golf 12:00-6:00
NEW!!! FAMILY	Family Movement Circuit	Art In the Park 3:30-4:30	Zumba For Families 3:30-4:30	Nature Time 3:30-4:30	Time To Walk 10:00 a.m.		
NEW!!! FAMILY	Chalk It Up! 3:30-4:30		Chip and Putt 10:00-11:00				
			Street Hockey/ Bball 1:00-2:00				

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
Pre-K	Jump Up and Go 10:00-10:45	Giraffe School 9:00– Noon	Giraffe School 9:00– Noon	Treasure Hikes 10:00-10:45	Giraffe School 9:00– Noon		
	Chalk It Up! 10:30-11:30	Art In the Park 10:30-11:30	Play Shifters 2:00-3:00	Nature Time 10:30-11:30			
		Little Kickers 11:00-11:45					
Youth	Monday Funday 3:45-4:45	Kickin' It 3:15-4:15	Wicked Science 3:45-4:45	Games From Around The World 12:00-1:00	Fall Into Action 3:45-5:00	Tennis Lessons 9:00-11:50	
	I Like to Move It 3:30-5:00	Kickin' It 4:15-5:15	Golfing Buddies 4:00-5:00	Strings & Things 3:45-5:00	I Like to Move It 1:00–2:30	Emerging Leaders 10:30– noon	
		Park Time 3:30-5:00	Play Ball 3:15-4:15	Jr. Pickleball 3:15-4:00			
			I Like to Move It 3:30-5:00	Park Time 3:30-5:00			
			Shifting Shakespeare 3:30-5:00				
Teen			Hiking Club 3:00-4:30	Photo 3:00-4:30	Chill Zone/After Chill 3:00-8:00	Super Saturdays 12:00-4:00	Tennis 11:00-1:00
					Jr. Pickleball 3:15– 4:00	Emerging Leaders 10:30– noon	
Adult		Zumba 5:30-6:30		Zumba 5:30-6:30			
				Pickleball 4:15-6:15	Pickleball 4:15-6:15		

FAMILY ACTIVITIES AND PROGRAMS

Putt at Prospect Hill

Fall Hours of Operation

New!! Tuesday/Thursday, 10:30-11:30 a.m.

Thursday/Friday, 3:00- 6:00 p.m.

Saturday/Sunday, noon- 6:00 p.m.



See city website for hours. At this time, amusement rides will not be open. For additional information, please contact Recreation Supervisor Adam Dallaire at adallaire@city.waltham.ma.us. Or visit the City of Waltham website at www.city.waltham.ma.us

CHALK IT UP!

Bears through grade five

Monday

3:30—4:30 p.m.

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Does your child love drawing and painting? Join us at chalk it up, where we will use a different kind of chalk or homemade chalk each week to make beautiful artwork. And best of all, you won't have anything to clean up or take home!

Cost: \$36.00



FAMILY MOVEMENT CIRCUIT

All Ages!

Monday 10:00 – Tuesday 12:00 noon

Nipper Maher Park

65 Dartmouth Street

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Each Monday we will set up a Family Movement Circuit around Nipper Maher Park! Start at the park entrance near Dartmouth Street and follow your way around the park completing a task as you pass each sign. Signs will be up Mondays beginning at 10:00 a.m. and will be taken down on Tuesdays at noon. Come anytime to enjoy this free family activity!

FAMILY ACTIVITIES AND PROGRAMS

TIME TO WALK

Family/Adult

Fridays; September 18, 25, October 2, 9, 16, 23

10:00 a.m. @ Various Locations

Instructor: Kim Scott

Join Recreation Staff as we walk the many paths throughout the parks around Waltham. Families and Adults are welcome to move while socially distant. Cost: Free



Sept 18 Bobby Connor's Playground, 20 Sunnyside Street

Sept 25 Hillcroft Playground, 25 Hillcroft Street

Oct 2 Nipper Maher Park, 65 Dartmouth Street (near tennis courts)

Oct 9 Graverson Playground, 16 Pine Vale Road

Oct 16 Cornelia Warren Park, 210 Waverly Oaks Road

Oct 23 Veterans Athletic Complex, 385 Forest St

ZUMBA®

For the Whole Family!

All Ages Welcome!

Wednesday, 10:30– 11:30 a.m. OR 3:30–4:30 p.m.
September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Jen Williams

Bring your adult! This class is perfect for our younger Zumba® fans! Kids get the chance to socialize with friends and jam out to their favorite music. Zumba® Kids Jr. classes are rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities, and cultural exploration elements into the class structure.

Cost: \$36.00

STREET HOCKEY/BBALL

Grades three, four, five

Wednesday, 1:00– 2:00 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Cedarwood Playground, 25 Intervale Road

Instructor: Adam Dallaire

Join Adam at Cedarwood this Fall for a mix of street hockey and basketball activities like "Knockout." Some sticks and basketball will be provided. Cost: \$36.00

NATURE TIME

Bears through grade five

Thursday, 3:30–4:30 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Bring your adult and let's enjoy nature together! We will learn new things about nature through crafts and games. Remember to wear clothes you don't mind getting a little dirty. Bring plenty of water and sunscreen if needed.

Cost: \$36.00

ART IN THE PARK

Bears through grade five

Tuesday, 3:30–4:30 p.m.

September 15, 22, 29; October 6, 13, 20 (Rain date October 27)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Bring your adult, a blanket you don't mind getting messy, a snack and water. and lets have some fun! We will spread our blankets out to allow plenty of space for social distancing while we create a new masterpiece every week.

Cost: \$36.00

CHIP AND PUTT

Giraffes through grade five

Wednesday, 10:00 – 11:00 a.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Cornelia Warren Field

210 Waverly Oaks Road

Instructor: Adam Dallaire

New to the game of golf? Have years of experience but would love to practice more? Bring your adult and come check out the new chipping and putting area at Cornelia Warren Field! This one-hour program for various ages will be spent practicing your newly acquired or even your work in progress skills around the green!

Cost: \$36.00

PRESCHOOL PROGRAMS

Wondering which class to attend? Find your child's date of birth in the chart below, then choose the appropriate class for your little critter.
Birth certificates for all new participants required by Friday, September 11.



TIGERS: Born September 2017- August 2018

BEARS: Born September 2016- August 2017

GIRAFFES: Born September 2015- August 2016

JUMP UP AND GO!

Tigers, Bears, Giraffes

Monday

10:00-10:45 a.m.

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Join us at Propsect Hill Park, for a class full of running around and playing. Class will consist of a bunch of movement games, obstacle course, and teaching children to work together. Be ready to jump up and go! Please bring a water bottle.

Cost: \$36.00

CHALK IT UP!

Tigers, Bears, Giraffes

Monday

10:30-11:30 a.m.

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Nipper Maher Park

65 Dartmouth Street

Instructor: Kathy Gross

Does your child love drawing and painting? Join us at chalk it up, where we will use a different kind of chalk or homemade chalk each week to make beautiful artwork. And best of all, you won't have anything to clean up or take home!

Cost: \$36.00

LITTLE KICKERS

Giraffes

Tuesday

11:00 a.m. - 11:45 a.m.

September 15, 22, 29; October 6, 13, 20

(Rain date October 27)

James P. Falzone Memorial Field

901 Trapelo Road

Instructor: Ben Kiwanuka

Learn the *FUN*damentals of soccer while having fun! We will practice basic soccer skills each week. Be ready to move. Remember to bring plenty of water and wear active clothing.

Cost: \$36.00



PRESCHOOL PROGRAMS

GIRAFFE SCHOOL Pre-K Program

Giraffes

Tuesday, Wednesday, or Friday

9:00 am- Noon

September 15-October 30

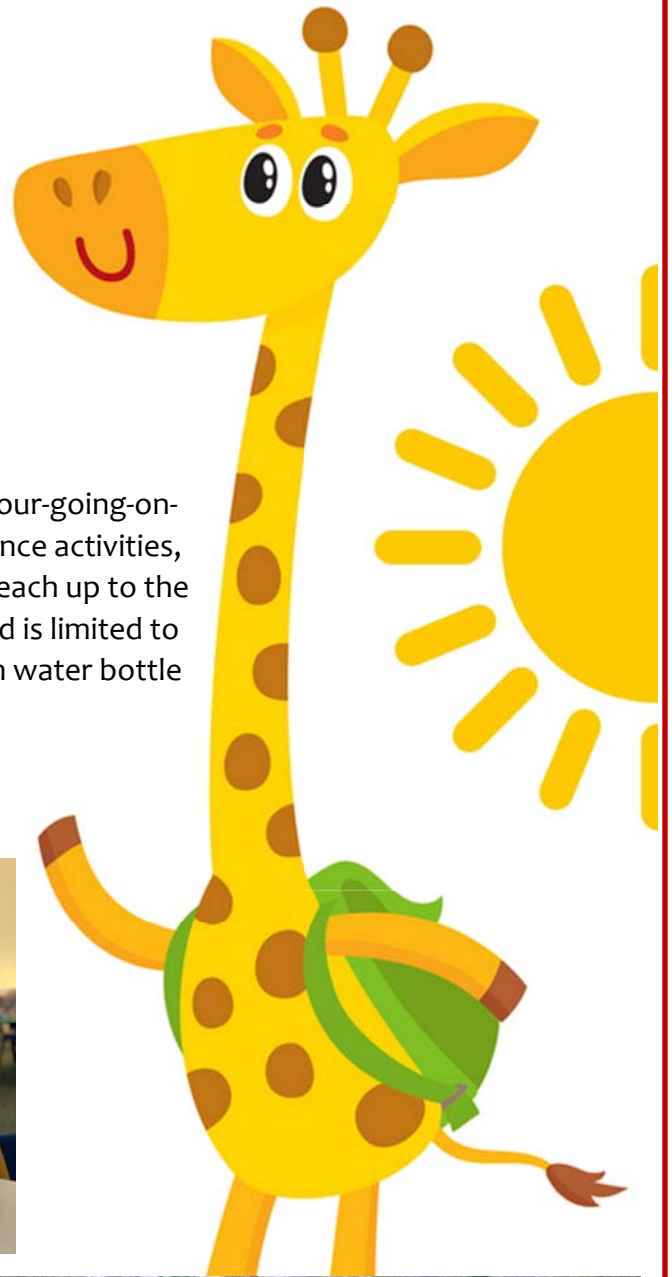
Prospect Hill Park

314 Totten Pond Road

Instructor: Kara Greeley

Calling all Giraffes! Let's get ready for kindergarten in a fun four-going-on-five way! The morning will consist of playing, fun art and science activities, Movement activities, nature exploration, and more! We will reach up to the tallest leaves and show kindergarten who is ready!! Each child is limited to one morning per week. Please send your child with their own water bottle and a healthy morning snack!

Cost: \$54.00



PRESCHOOL PROGRAMS



ART IN THE PARK

Tigers, Bears, Giraffes

Tuesday, 10:30-11:30 a.m.

September 15, 22, 29; October 6, 13, 20

(Rain date October 27)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Bring your adult, a blanket you don't mind getting messy, a snack and water. and lets have some fun! We will spread our blankets out to allow plenty of space for social distancing while we create a new masterpiece every week.

Cost: \$36.00

PLAYSHIFTERS

Bears, Giraffes

Wednesday, 2:00– 3:00 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Hillcroft Playground, 25 Hillcroft Street

Instructor: Kimberly Strafford

Participants and their adult buddy will explore the world of story making through games, movement, song and text. We will create our own stories as well as look at well-known stories in different ways. While adhering to all state guidelines and continuing to social distance, the group will find new and inventive ways to tell their stories. Each participant will be required to bring a blanket or a yoga mat each day to maintain safe social distancing. Everyone will also be required to provide their own supplies such as costume pieces or props.

Cost: \$48.00



TREASURE HIKES

Tigers, Bears, Giraffes

Thursday, 10:00– 10:45 a.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Prospect Hill Park

314 Totten Pond Road

Instructor: Kara Greeley

Are you and your grown-up ready for an adventure?! Put on your warm clothes, and meet Kara at Prospect Hill Park for a Treasure Hike! Each week we will "hike" to find some treasure! We will also see what nature has to offer in this beautiful park.

Cost: \$36.00

NATURE TIME

Tigers, Bears, Giraffes

Thursday, 10:30-11:30 a.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Let's enjoy nature together! We will learn new things about nature through crafts and games. Remember to wear clothes you don't mind getting a little dirty. Bring plenty of water and sunscreen if needed.

Cost: \$36.00



YOUTH PROGRAMS

MONDAY FUNDAY

Grades kindergarten, one, two, three

Monday, 3:45- 4:45 p.m.

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Waltham Recreation Department, 510 Moody Street

Instructor: Kara Greeley

Come join us for a super fun time after school! Each day we will play games, do arts/craft projects and a bunch of fun activities. We will also visit Gilmore Playground together.

Cost: \$36.00

I LIKE TO MOVE IT

(choose from the options below)

Grades two, three, four, five

Monday, 3:30-5:00 p.m. @ Lazazzero Playground

September 14, 21, 28; October 5, 19, 26

(Rain date November 2)

Grades two, three, four, five

Wednesday, 3:30-5:00 p.m. @ Lazazzero Playground

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Grades four, five, six

Friday, 1:00-2:30 p.m. @ McKenna Playground

September 18, 25; October 2, 16, 23, 30

(Rain Date November 6, no program on October 9)

Instructor: Adam Dallaire

Tag, capture the chicken, dodgeball, and kickball are just a few of the many games we will play. We'll play some traditional games and some new ones too! Wear sneakers and bring a water bottle.

Cost: \$36.00 per session

PLAY BALL

Grades three, four, five

Wednesday, 3:15 – 4:15 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Cornelia Warren Field, 210 Waverly Oaks Road

Instructor: Ben Kiwanuka

Enjoy our fun, energetic multi-sport program that is the perfect opportunity for kids to learn and play a variety of sports. Whether you are experienced or a first timer wanting to try new sports, this clinic is for you.

Participants will have the chance to play a new sport each week such as whiffle ball, basketball, volleyball, handball, kickball etc that helps us improve our hand-eye coordination. Participants must wear closed-toe athletic shoes and bring a water bottle!

Cost \$36.00



KICKIN' IT

Grades kindergarten, one, two

Tuesday, 3:15 – 4:15 p.m.

September 15, 22, 29; October 6, 13, 20

(Rain date October 27)

Grades three, four, five

Tuesday, 4:15 – 5:15 p.m.

September 15, 22, 29; October 6, 13, 20

(Rain date October 27)

James P. Falzone Memorial Field

901 Trapelo Road

Instructor: Ben Kiwanuka

All skill levels are welcome! Come play and learn all about the wonderful game of soccer! Each session will consist of basic skills practice and a 6 v 6 game.

Emphasis will be held on the values of teamwork, sportsmanship, and communication. Your "goals" will be met in this fun, safe, positive environment!

Cost: \$36.00

PARK TIME

(choose from the options below)

Grades two, three, four, five

Tuesday, 3:30-5:00 p.m.

September 15, 22, 29; October 6, 13, 27

(Rain date November 3, No program on October 20)

Thursday, 3:30- 5:00 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Adam Dallaire

Come ready to run, block, dodge, shoot, and kick. Kids will learn on how to work as part of a team while releasing that excess energy from the school day. Each week we will play two activities. Bring a water bottle.

Cost: \$36.00 per session

YOUTH PROGRAMS

WICKED SCIENCE

Grades kindergarten, one, two, three

Wednesday, 3:45- 4:45 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Come have a blast at this “wicked” fun hands-on science class! Each week we will complete super cool and crazy experiments. It will be an entertaining yet educational experience! We will explore science in a variety of topics including, chemistry, physics, electricity, biology, light, sound and astronomy, among many other fun subjects!

Cost: \$36.00

SHIFTING SHAKESPEARE

Grades four through eight

Wednesday, 3:30 p.m. – 5:00 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Hillcroft Playground, 25 Hillcroft Street

Instructor: Kimberly Strafford

Participants will use text, music, movement and visual art to create a solo piece that reflects on a specific theme from Shakespeare’s works. While adhering to all state guidelines and continuing to social distance, the group will find new and inventive ways to tell their stories. The pieces the participants will be working on will reflect Shakespeare’s work as well as their own life experiences. We will use literature, songs, and poems to elevate and compare our pieces. Each student will be required to bring a blanket or a yoga mat each day to maintain safe social distancing. Participants will also be required to provide their own supplies such as costume pieces or props.

Cost: \$48.00



GOLFING BUDDIES: Waltham Junior Adaptive Golf Clinic

Grades three through eight

Wednesday, September 16 & 23 & 30 and October 7

Rain dates: October 14 & 21 (if needed)

4:00-5:00 p.m.

Cornelia Warren Park

Joe Lazaro Memorial Putting Green

Instructor: Bob Beach

New England Professional Golf Association’s (NEPGA) Inclusive/Adaptive Golf Instructor and originator of the NEPGA/Special Olympics

Join us for this four week junior golf clinic that is specifically designed for Waltham youths in grades 3-8, with or without special needs. You will be introduced to Waltham’s new putting and chipping facility and golf’s “short game” basics; which clubs (irons) to use when approaching the putting green and how to use the putter to sink your ball in the cup on the green. Inclusive/Adaptive golf allows the instructors to adjust the learning process to accommodate each child’s needs. This custom approach to learning improves self-confidence while increasing their social, personal and physical growth.

The program was designed to honor Joe Lazaro, a Waltham native and champion blind golfer, who was injured in WWII. Joe adapted to his own special needs and learned how to play golf with no sight. His mantra was that “I am not handicapped; I just do things in a different way”. Come with your companion, parent or sibling (especially if they play golf) as all are welcome. Cost: \$ 40.00



YOUTH PROGRAMS

JUNIOR PICKLEBALL

Grades three, four, five

Thursday, 3:15– 4:00 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Graverson Playground, 16 Pine Vale Road

Instructor: Ben Kiwanuka

The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game and then put your skills to the test in friendly games. All necessary equipment is provided.

Cost: \$36.00

GAMES FROM AROUND THE WORLD

Grades three, four, five

Thursday, 12:00 - 1:00 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Ben Kiwanuka

Learn about children in other cultures by how they play. Each week we will focus on a different country or region and the games they play. Come try out a NEW activity, you never know how much you will enjoy it!

Cost: \$36.00

STRINGS & THINGS

Grades three, four, five.

Thursday, 3:45- 5:00 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Do you LOVE doing projects with all different types of string? Gimp, Floss, yarn, finger loops oh my! Weaving, braiding, knotting, crocheting, you name it, that's what Strings & Things is for! We will spend each week learning and making a whole bunch of fun string projects! These will be skills and fun projects that will be with you for the rest of your life!

Cost: \$36.00



FALL INTO ACTION

Grades Kindergarten through three

Friday, 3:45- 5:00 p.m.

September 18, 25; October 2, 16, 23, 30

(Rain Date November 6, no program on October 9)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Join Kara at Prospect Hill for some outdoor, spring fun! We will play games, sports, and go for a hike. Bring a water bottle, sneakers and your desire for fun!

Cost: \$36.00

E.L.I.T.E

Emerging Leaders In Training Experience Program

Grades five, six, seven

Saturday, 10:30 a.m - 12:00 p.m.

September 19, 26; October 3, 17, 24, 31

(Rain Date November 7, no program on October 10)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Ben Kiwanuka

This NEW leadership program is for Waltham youths entering grades five, six and seven. The objective of the program is to provide the youth participants the opportunity to strengthen social skills, improve confidence while maintaining high standards of character and skill development that will meet and satisfy the future leadership needs of the community. We will participate in a series of challenging and exciting weekly activities to accomplish the aforementioned goals.

This program will also serve as a great tool for those interested in becoming future Recreation Staff.

Cost: \$36.00

TENNIS PROGRAMS



TENNIS LESSONS

Grade K- 2	Grades 3- 5	Grades 6- 8
9:00 - 9:50 a.m.	10:00 - 10:50 a.m.	11:00 - 11:50 a.m.

Saturday, September 19, 26; October 3, 17, 24, 31
(Rain Date November 7, no program on October 10)

Nipper Maher Park, 65 Dartmouth Street
Instructor: Skyhawks

Get into the swing of it with this outdoor tennis lesson series for beginners. Racquets and balls are provided. You're welcome to bring your own equipment.

Cost: \$40.00



TEEN PROGRAMS

TEEN HIKING CLUB

Grades nine through twelve

Wednesday

3:00-4:30 p.m.

September 16, 23, 30; October 7, 14, 21

(Rain Date October 28)

Prospect Hill Park, 314 Totten Pond Road

Coordinators: Peter Marriot/Kathy Gross

Do you love hiking? Come join us on Wednesdays at Prospect Hill Park for some socially distanced group hiking. There is no fee for this program, but you must register online in order to participate.

ANALOG PHOTOGRAPHY

Grades nine through twelve

Thursday

3:00-4:30 p.m.

September 17, 24; October 1, 8, 15, 22

(Rain Date October 29)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Alexia Marriot/Kathy Gross

Enjoy taking pictures? Want to hone your photography skills and learn more about the origins of this extraordinary art? Come join us as we explore the exciting world of analog photography! Before the rise of digital cameras, pictures were taken using film, which then had to be developed using a special set of chemicals before they could be viewed. In this class, you will learn the basics of photography, how to operate a 35mm film camera, and how to develop film. You will leave with amazing new photography skills as well as black and white negatives of incredible pictures that YOU have taken. Cost covers film and developing chemicals.

Cost: \$36.00



E.L.I.T.E

Emerging Leaders In Training Experience Program

Grades five, six, seven

Saturday, 10:30 a.m - 12:00 p.m.

September 19, 26; October 3, 17, 24, 31

(Rain Date November 7, no program on October 10)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Ben Kiwanuka

This NEW leadership program is for Waltham youths entering grades five, six and seven. The objective of the program is to provide the youth participants the opportunity to strengthen social skills, improve confidence while maintaining high standards of character and skill development that will meet and satisfy the future leadership needs of the community. We will participate in a series of challenging and exciting weekly activities to accomplish the aforementioned goals.

This program will also serve as a great tool for those interested in becoming future Recreation Staff.

Cost: \$36.00

JUNIOR PICKLEBALL

Grades six, seven, eight

Friday

3:15 - 4:00 p.m.

September 18, 25; October 2, 16, 23, 30

(Rain Date November 6, no program on October 9)

Graverson Playground

16 Pine Vale Road

Instructor: Ben Kiwanuka

The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game and then put your skills to the test in friendly games. All necessary equipment is provided.

Cost: \$36.00

TEEN PROGRAMS

CHILL ZONE

Grades Six, Seven, Eight

The Chill Zone is a FREE drop-in program for Waltham middle school students in grades 6-8. The Chill Zone offers great opportunities for socialization and physical fitness in a safe and supervised environment. This Fall we will be holding Chill Zone programming at McKenna Playground.

NOTE: ALL TEENS WILL NEED TO REGISTER ONLINE FOR THE FALL 2020 SESSION

All members must be registered online by a parent/guardian after September 2 at <https://www.city.waltham.ma.us/recreation-department/pages/register-for-programs>

The Chill Zone does not permit any guests who are not registered members

**Fridays, 3:00-8:00 P.M.
@McKenna Field**

September 18, 25
October 2, 16, 23, 30
November 6, 13, 20



SUPER SATURDAYS

Grades six, seven, eight

Saturday

12:00– 4:00 p.m.

September 19, 26

October 3, 17, 24, 31

**(Rain Date November 7, no
program on October 10)**

Nipper Maher Park, 65

Dartmouth Street

Instructor: Chill Zone Staff

All the fun of gym class on a Saturday afternoon! We will play kickball, dodgeball, knock-out, four corners and so much more! All skill levels are welcome in this fun, non-competitive program. Please bring plenty of water, sunscreen if needed, an afternoon snack and a mask.

Cost: \$36.00

TEEN PROGRAMS

AFTER CHILL

Grades Nine- Twelve

After Chill is a FREE program for Waltham high school students in grades 9-12. After Chill offers great opportunities for socialization and physical fitness in a safe and supervised environment. This Fall we will be holding After Chill programming at McKenna Playground.

NOTE: ALL TEENS WILL NEED TO REGISTER ONLINE FOR THE FALL 2020 SESSION

All members must be registered online by a parent/guardian after September 2 at <https://www.city.waltham.ma.us/recreation-department/pages/register-for-programs>

After Chill does not permit any guests who are not registered members

**Fridays, 3:00-8:00 P.M.
@McKenna Field**

September 18, 25
October 2, 16, 23, 30
November 6, 13, 20



Looking for something to do on Saturdays this Fall? Check out our brand new Ninja Warrior Course at Cornelia Warren Field!

ADULT PROGRAMS

ZUMBA

Adult Ages 18+

Two sessions
Tuesday AND/OR Thursday
5:30- 6:30 p.m.

Tuesdays

September 15, 22, 29; October 6, 13, 20
(Rain date October 27)

Thursdays

September 17, 24; October 1, 8, 15, 22
(Rain Date October 29)
Prospect Hill Park
314 Totten Pond Road
Instructor: Jen Williams

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, and effective workout. But! We take the "work" out of workout! This 60 minute calorie burning class goes by so fast because you are too busy having fun! This class is designed for everybody and any fitness level. Get ready to sweat!
Cost: \$36.00 per session



PICKLEBALL

Adult Ages 18+

Thursday, 4:15 - 6:15 p.m.
September 17, 24; October 1, 8, 15, 22
(Rain Date October 29)

Friday, 4:15 - 6:15 p.m.
September 18, 25; October 2, 16, 23, 30
(Rain Date November 6, no program on October 9)

Graverson Playground, 16 Pine Vale Rd.
Instructor: Ben Kiwanuka

The rules are simple and the game is easy for beginners to learn, but it can develop into a fast-paced, competitive game for experienced players. Learn to play this fun and exciting game and then put your skills to the test in friendly games. All necessary equipment is provided. Sign-up required.
Cost: \$36.00

Zumba



Information regarding
Veteran's Memorial Rink
coming soon

