NOW Enrolling Online NALL PROGRAMS!



CREATIVE ENERGY

Grades kindergarten through two

Thursdays, 3:00-4:30 p.m.*
October 14, 21, 28; November 4, 18; December 2
(no program on November 11)
Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Cost: \$36.00

This program is all about releasing energy, both physical and creative! We will spend the beginning of class running around playing games, bouncing on the bounce house, etc. The remainder of the time will be spent on releasing some creative energy through weekly art projects geared toward younger elementary. *Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.



GET IN THE ZONE

Grades three through five

Thursday, 3:30-4:30 p.m.*

October 14, 21, 28: November 4, 18: December 2

(no program on November 11)

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

Cost: \$36.00

This program is an introduction to all of the fun activities held at our middle school "Chill Zone!" Each week we will do things like bowling, Gaga Ball, Skate n Scoot, Gym Activities and much more! *Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.



PARK TIME

Grades two through five

Friday, 3:30-4:30 p.m.

October 15, 22, 29; November 5, 12, 19

Nipper Maher Park, 65 Dartmouth Street

Instructor: Adam Dallaire

Cost: \$36.00

Get ready to run, dodge, throw and tag! Capture the flag, dodgeball and kickball are just a few of the activities that will be played! Please bring sneakers and a water bottle!



LEARN TO BOWL

Grades two through five

Tuesdays, 3:30-4:45 p.m.* <u>OR</u> 5:00-6:15 p.m.

October 12, 26; November 9, 16, 23

December 7, 14

(no program October 19, November 2 and 30)

Waltham Recreation Department, 510 Moody Street Instructor: Charles Collins

Cost: \$42.00

Learn how to start Candlepin Bowling today! This program is intended to help your child improve his or her fundamental bowling skills and knowledge. The sessions will focus on individual skills and techniques for achieving consistent bowling performance. On the lane, we encourage children to be competitive while also cheering and encouraging their teammates. This program will be instructed by long time seasonal staff, Charles Collins. Charles has been bowling since he was three years old and has received several awards, scholarships, and been asked to join a pro-league. He is looking forward to sharing his enthusiasm about bowling with all participants! *Pick-up is available from Dual Language School for the 3:30 class. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.



PRE-K SKATE 'N' SCOOT @ Bobby Connor's Playground

Ages 2-5

Tuesdays, 10:00-11:00 a.m.
October 12, 19, 26; November 2, 9, 16
Cost: Free (Drop in)

Come enjoy some outdoor Skate n Scoot! There will be a limited number of scooters and ride on toys available to use, but please feel free to bring your own. Please remember that participants are required to wear a helmet.

STREET GAMES & ACTIVITIES





Grades six through eight

Saturdays, 11:30 a.m. - 1:00 p.m. October 16, 23, 30; November 6, 13, 20 Waltham Recreation Department, 510 Moody Street Instructor: Ben Kiwanuka

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Cost: \$36.00

Looking for some Saturday fun? Join us for this fun-filled program with a variety of activities. All skill levels and abilities are welcome.



TINY TOT OLYMPICS

Giraffes

Tuesdays, 11:00- 11:45 a.m.
October 12, 19, 26; November 9, 16,23
(no program on November 2)
Waltham Recreation Department, 510 Moody Street
Instructor: Ben Kiwanuka

Cost: \$36.00

Little Olympians are invited to participate in a wide variety of fun and silly games. This is a fun-filled class designed to get your child moving and exhibit their athletic ability.