



ON-LINE REGISTRATION

Begins: Monday, August 30th at 9:00 a.m.
Concludes: Registration ongoing until full
or through September 15th @ noon

- 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



Follow Waltham Recreation Department on Facebook

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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.

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Adam Green	Park Ranger
Kathy Gross	Recreation Supervisor/Teen Coordinator
Adam Dallaire	Recreation Supervisor
Kara Greeley	Recreation Supervisor
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Follow us on Instagram @WalthamRecreation

REGISTRATION INFO.



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 are 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.

Cancellation Policies

- Programs may be canceled due to inclement weather. Make-up of all cancellations cannot be guaranteed, but every effort will be made to do so.
- 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.



It's time to Celebrate!!

Waltham residents are invited to celebrate their birthdays with us!
We offer parties for ages three and above on Saturdays and Sundays

PARTY PRICING

Up to 20 party friends \$150.00
Paint Locker Add-On \$25.00

Make your reservation in person up to two months in advance and a minimum of two weeks prior. (Example: Sept. 12th for a Nov. 12th party)

The Recreation Department will host Birthday Parties beginning September, 2021

Check out the Recreation Department website for more details.

PARTY OPTIONS: (Please choose one package and one “plus” option)



__Option A. Skate 'n' Scoot:

PLUS (choose one from below):

- ☐ Bowling/Wii Bowling
- ☐ Laser Tag (Grades 1+)
- ☐ Paint Locker (choose and paint one ceramic piece per person)



__Option B. Auditorium: Includes Inflatable Bounce Castle

PLUS (choose one from below):

- ☐ Lego Duplos and obstacle course
- ☐ Legos and Jumbo Games (example: Connect Four)



__Option C. Gym (Sundays Only) Includes Inflatable Bounce Castle

PLUS (choose one from below):

- ☐ Bowling/Wii Bowling
- ☐ Laser Tag (Grades 1+)
- ☐ Paint Locker (choose and paint one ceramic piece per person)

ESCAPE BOX RENTALS!



Love Escape Rooms? We have a home challenge just for you! Work together to "Escape the Box" and claim your prize when you return it to the Recreation office.

Reserve your box at www.city.waltham.ma.us/recreation/pages/register-for-programs.

Pick the box up on a Friday and return it on Monday.

Cost: \$20.00



Harry Potter

Family/Elementary+ (Medium)



Board Game Mystery

Family/Upper Elementary+ (Medium)



International Spy

Family/Middle School+ (Difficult)

TAKE HOME ACTIVITIES

ART

In A Box!

Available in two age groups

Preschool:

- 10 simple art projects
- 6 beading projects
- 4 packs of model magic

Youth:

- 10 simple art projects
- 6 watercolor pages
- 4 packs of model magic

Cost: \$26.00 per box



PLASTER PAINT KIT

Recommended for ages five through adult!

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: \$18.00



PICK-UP INFORMATION

The first pick-up date for Fall take home activities is Wednesday, September 22. Register online first, then pick-up in person. Please ring the bell at 510 Moody Street and we will bring your box down to you.

EVENTS

A Halloween-themed illustration featuring a haunted house with glowing windows on the left, a large gnarled tree on the right, and a full moon in the center. Silhouettes of a spider on a web, bats, and pumpkins are scattered throughout. The background is a gradient of orange and yellow.

HALLOWEEN IN THE PARK

Join us for an afternoon of haunted fun at
Prospect Hill Park!

We will have games, snacks, crafts,
an inflatable and more! Don't forget your water,
bug spray, lawn chairs/blankets and warm
clothes. Halloween costumes are welcomed
and encouraged!
Admission is FREE!

Saturday, October 30th, 12:00-4:00 p.m., 314 Totten Pond Rd.

More events coming in 2021-2022!

Winter Carnival

Sweetheart Dance

Chill Zone Dodgeball Tournament

Spring Fest

Touch a Truck

Splash Day

July 4th Celebration

ONE TIME PROGRAMS



Early Release Day!

HALF DAY FUNDAY

Grades kindergarten through five

October 8, November 19, and/or November 30 (early release days)

2:00– 5:30 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kara Greeley

If you are at all familiar with *Monday Funday*, come join Kara for hours of fun!! We'll spend our time doing crafts, playing sports, and games. We will play with building toys and board games. Bowling and Skate 'n' Scoot (please send your child with a helmet!) are also a possibility! If it is nice out, we will head to the super fun Gilmore Playground! We will end with pizza and a movie!

Cost: \$25.00 per day



PUMPKIN CARVING PARTY

Grades kindergarten through five

Tuesday, October 19 (early release day)

2:00– 6:00 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Celebrate the fall and Halloween with us at an early release Pumpkin Carving Party! Here you will find everything you need to carve an amazing pumpkin (including adult supervision and assistance with the sharp tools!) Cost: \$15.00



IN THE SPOTLIGHT with KIDSTOCK!

Grades kindergarten through five

Friday, October 8 (early release day)

1:30-3:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: KidStock Staff

Kidstock! of Winchester brings this fun one-time class to Waltham Recreation this fall for both experienced young actors and anyone curious and creative about what being on stage is all about! A focused exploration of basic acting principles including emotional expression, vocal control and physical communication will be playfully balanced with character play, open ended scenes, story theater creation and structured theater games designed to both develop confidence on stage as well as engage imaginative minds in new and creative problem-solving skills! Cost: \$25.00



FALL FUN ("Summer Fun"... in the Fall!)

Grades one through five

Tuesday, November 2 (no school day)

9:00 am – 3:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

New season, same old FUN! If you know of and have enjoyed your time at *Summer Fun at Prospect*, come join Ben for a Fall Fun Day full of activities. We will play sports, do arts and crafts, have a Gaga ball tournament in addition to some new things. Be sure to pack a snack and lunch. Cost: \$30.00

ONE TIME PROGRAMS



TIE DYE DAY!

Grades three through five

Tuesday, November 2 (no school day)

9:00 a.m. – 2:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

There is more than one way to tie dye...and today we will do them all!! Classic tie dye, acrylic paint/ water, liquid watercolor, sharpies and more. All supplies will be provided, but you are also welcome to bring anything from home that you would like to re-imagine (t-shirts, pillow cases, etc.). We will also take a few movement breaks throughout the day. Please bring a lunch and wear clothes/shoes that are ok to get stained. Cost: \$30.00



FUN WITH FRIENDS

Grades one through five

2:00 - 5:00 p.m.

Friday, November 19 (early release day)

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

Time to have some fun, make new memories and celebrate friendship. We will have many fun activities planned such as crafts, sports, board games and outdoor play. Bring a water bottle and be ready for some fun! Cost: \$25.00



NATIONAL GINGERBREAD HOUSE DAY!

Grades kindergarten through five

Thursday, December 9

3:30– 5:30 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Let's make a gingerbread house!! Supplies and help will be provided! Each participant will go home with a one of a kind Gingerbread house to enjoy just in time for the holidays! Cost \$15.00



**WINTER
SOLSTICE**

WINTER SOLSTICE CELEBRATION

Grades kindergarten through five

Tuesday, December 21

3:30– 5:30 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Celebrate the first day of winter with Kara! Our afternoon will be super fun, filled with winter themed activities, games and crafts! Cost \$15.00

PROGRAMS AT A GLANCE

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Pre-K	Skater Tots 10:00-10:30 10:45-11:15	Giraffe School 9:00-noon	Giraffe School 9:00-noon	Nature Time 10:30-11:15	Giraffe School 9:00-noon	
	Art In The Park 10:30-11:15	Art In The Park 10:30-11:15	Bouncin' Builders 10:30-11:15	Jump Up and Go 10:00-10:40		
	Treasure Hikes 10:00-10:45	Little Kickers 11:00-11:45	Family Zumba 4:00-5:00	Little Painters 1:15-2:00 p.m.		
	Skate 'n' Scoot 10:00-11:30	Family Skate 10:00-11:00	Puppet Party 9:00-10:00 10:30-11:30	Family Skate 10:00-11:00		
	Karate Kids Little Dragons 3:30-4:00					

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth	I Like to Move It 3:30-4:30	Treasure Hikes 2.0, 3:30-5:00	I Like to Move It 3:30-4:30	Strings 'n' Things 3:30-5:00	Ice Hockey Skills 3:30-4:30	Tennis Lessons 10:00-10:50
	Monday Funday 3:30-4:30	Kickin' It 3:30-4:30 4:30-5:30	Outdoor Adventure 3:30-5:00	Jr. Pickleball 3:30-4:30		Tennis Lessons 11:00-11:50
	Art Adventures 3:30-5:00	Mindful Movement 3:30-4:30	Homemade Holiday Wkshp. 3:30-5:00	Ice Hockey Skills 3:30-4:30		Tennis Lessons 12:00-12:50
	Karate 4:15-5:00 5:15-6:00	Street Hockey 3:30-4:30	Family Zumba 4:00-5:00			
		Bowling League 3:30-5:00	Art Adventures 3:30-5:00			

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth/Teen	Field Hockey Clinic 5:00-6:00	Mood Shifters 4:45-5:45	Golfing Buddies 4:30-5:30	Flag Football 3:30-4:30	Chill Zone 3:00-8:00	Chill Zone 1:30-4:00
				Flag Football 4:45-5:45	Chill Zone 8:30-10:30	In The Game 10:00-12:30
					Junior Pickleball 3:30-4:30	ELITE 10:30-1:00
						Bowling 12:00-1:30

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Adult	Intro To Meditation 6:00-7:00 p.m.	Family Skate 10:00-11:00		Pickleball 4:30-6:30	Pickleball 4:30-6:30	Pickleball 9:00-11:00
		Zumba 5:30-6:30	Golf Clinic 5:45-6:45	Zumba 5:30-6:30		Chair Yoga 9:30-10:30 a.m.
				Family Skate 10:00-11:00		Badminton 2:00-4:00

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 9th.



TIGERS: Born September 2018- August 2019

BEARS: Born September 2017- August 2018

GIRAFFES: Born September 2016- August 2017

GIRAFFE SCHOOL

Pre-K Program

Giraffes

Tuesdays, Wednesdays, or Fridays

9:00 am- Noon

September 28- December 17 (11 Weeks)

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, hikes 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! Please note, this program will run both indoors and outdoors. Cost: \$110.00



PRESCHOOL PROGRAMS



ART IN THE PARK

Tigers, Bears, Giraffes

Mondays OR Tuesdays

10:30-11:15 a.m.

Monday: September 20, 27; October 4, 18, 25; November 1, 8 (no program October 11)

Tuesday: September 21, 28; October 5, 12, 19, 26; November 9 (no program November 2)

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 let's have some fun! We will spread our blankets, enjoy the fresh air, and create a new masterpiece every week.

Cost: \$42.00



SKATER TOTS

Bears, Giraffes

Mondays, 10:00– 10:30 a.m. OR 10:45– 11:15 a.m.

November 15, 22, 29; December 6, 13, 20

Veteran's Memorial Ice Rink, 295 Totten Pond Road

Instructor: Kathy Gross

Get ready to ice skate! The perfect class for preschoolers who have little or no experience. The goal of this program is to get your toddler comfortable in their skates and out on the ice. We will practice walking in our skates, falling down/standing back up, and more. We will also leave some time at the end for everyone to practice moving on their own with milk crates. Everyone must bring their own skates, helmet with face mask, gloves and snow suit. Cost: \$36.00

KARATE KIDS – LITTLE DRAGONS



Giraffes

Mondays, 3:30 – 4:00 p.m.

September 20, 27; October 4, 18, 25; November 1, 8, 15, 22, 29 (no program October 11)

Waltham Recreation Department, 510 Moody Street

Instructor: Nugent Karate Institute

Uniforms and belts are provided for this age-appropriate martial arts program for preschoolers.

The fun and upbeat class will emphasize listening and following directions, stretching and breathing, and of course some cool karate routines! Cost: \$140.00

LITTLE KICKERS

Giraffes

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

September 21, 28; October 5, 12, 19, 26; November 9
(no program on November 2)

Falzone 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: \$42.00



PRESCHOOL PROGRAMS



TREASURE HIKES

Tigers, Bears, Giraffes

Mondays, 10:00-10:45 a.m.

September 27; October 4, 18, 25; November 1, 15

(No program October 11, November 8)

Prospect Hill Park, 314 Totten Pond road

Instructor: Kara Greeley

Are you and your grown-up ready for a fun adventure?! Join Kara each week for a hike to find some keys and treasure! Cost: \$36.00



ZUMBA® For the Whole Family!

Bears through grade two (plus an adult)

Wednesdays, 4:00-5:00 p.m.

September 22, 29; October 6, 13, 20, 27; November 3

Waltham Recreation Department, 510 Moody 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® 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: \$49.00

BOUNCIN' BUILDERS!

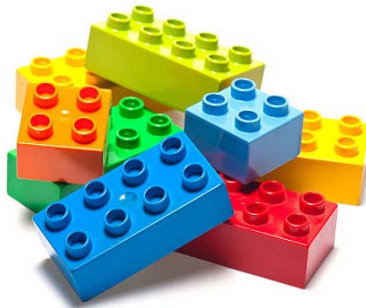
Tigers, Bears, Giraffes

Wednesdays, 10:30-11:15 a.m.

September 22, 29; October 6, 13, 20, 27; November 3

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross



Bring your little one to exercise both their body and mind in this program! Class will start off with 25 minutes of bouncing on one of our preschool inflatables, along with a few tumble elements set up as well. After that we move on, for the remainder of class, to work on building amazing "Lego DUPLO" creations! Cost: \$42.00

STORY SHIFTERS- PUPPET PARTY

Tigers 9:00– 10:00 a.m.

Bears 10:30– 11:30 a.m.

Wednesdays; September 22, 29, October 6, 13, 20, 27, November 3, 10

Waltham Recreation Department, 510 Moody Street

Instructor: Story Shifters



Join Story Shifter as Harry and his fuzzy friends create an interactive musical fun space for children and their adults to play, sing, dance and explore stories first hand! Join us with your little one for an hour long session of free play, clean up, music time, puppet shows and more. Good New Gus, Sunny Bear, Otis the dog, Catalina Cat, and Ketchup will be there to tell stories, dance and sing songs. Cost: \$80.00

PRESCHOOL PROGRAMS

Skate 'n'

Ages three through five
Mondays beginning September 20th
10:00– 11:30 a.m.
Closed on no school days and half days

We have cozy coops, mini scooters, and roller blades. You may also bring your own scooter!



The Skate 'n' Scoot is NUT FREE. Parents/Guardians are required to supervise their children at all times. There are scooters available for use. Participants are encouraged to bring their own skates and/or scooters. Please note, anyone on the skating surface must be participating in Skate or Scoot activities only. Those under the age of seven are required to bring their own helmet.

JUMP UP AND GO



Tigers, Bears, Giraffes

Thursdays, 10:00-10:40 a.m.

September 30, October 7, 14, 21, 28; November 4

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Join us 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

LITTLE PAINTERS



Tigers, Bears, Giraffes

Thursdays, 1:15– 2:00 p.m.

September 23, 30; October 7, 14, 21, 28; November 4

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Watercolor, tempura, acrylic paints and beyond! Each week we will paint a new project. Some we will take home, and some will just be for the joy of painting. Remember to wear clothes you don't mind getting a little messy. Cost: \$42.00

NATURE TIME



Tigers, Bears, Giraffes

Thursdays, 10:30– 11:15 a.m.

September 23, 30; October 7, 14, 21, 28; November 4

Nipper Maher Park, 65 Dartmouth Street

Instructor: Kathy Gross

Bring your adult and let's all enjoy nature together! We will learn new things about nature through crafts and games. Bring plenty of water and sunscreen if needed. Cost: \$42.00

YOUTH PROGRAMS



TREASURE HIKES 2.0 (for the big kids!)

Grades kindergarten through three

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

September 28; October 5, 12, 26; November 2, 16 (no program Oct 19 and Nov 9)

Prospect Hill, 314 Totten Pond Road

Instructor: Kara Greeley

Were you a fan of *Treasure Hikes* when you were younger? Do you love scavenger hunts? Well join Kara for some awesome *Treasure Hikes*! Each week we will hear clues to find keys that will eventually lead to the treasure! Please wear appropriate clothing, bring a water bottle and be ready to hike! Cost: \$36.00

MONDAY FUNDAY

Grades kindergarten through three

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

September 27; October 4, 18, 25; November 1, 15

(no program October 11 and November 8)

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.

Cost: \$36.00

ART ADVENTURES

Grades three through five

Monday **AND/OR** Wednesday

3:30-5:00 p.m.

Monday: September 20, 27; October 4, 18, 25;

November 1, 8 (no program October 11)

Wednesday: September 22, 29; October 6, 13, 20, 27;

November 3

Waltham Recreation Department, 14 Church Street

Instructor: Kathy Gross

An old Summer favorite is making a return on Mondays and Wednesdays this Fall! Join us for one or both days. Projects will differ from day to day. We will spend our time working on a variety of art projects which will include drawing, painting, mosaics, and beading. Each session will end with an art show for family and friends to view your hard work! This program will be held at 14 Church Street.

Cost: \$42.00 per session

I LIKE TO MOVE IT

Grades two through five

Monday **OR** Wednesday, 3:30-4:30 p.m.

Monday: September 20, 27; October 4, 18, 25

November 1, 8

(no program October 11)

Wednesday: September 22, 29; October 6, 13, 20, 27;

November 3

Cornelia Warren Park, 140 Beaver Street

Instructor: Adam Dallaire

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!

Cost: \$42.00

KARATE

kindergarten through grade two: 4:15- 5:00 p.m.

Grade three through eight: 5:15- 6:00 p.m.

Monday

September 20, 27; October 4, 18, 25; November 1, 8, 15,

22, 29

(no program October 11)

Waltham Recreation Department, 510 Moody Street

Instructor: Nugent Karate Institute

Introductory, intermediate, and advanced karate classes will teach proper stances, breathing, stretching, discipline, confidence, and practical self-defense. Karate classes are offered through a partnership with Steve Nugent Karate Institute. All instructors are certified black belts teaching a standardized system of martial arts so that the quality is high and consistent. Uniforms and belts are provided.

Cost: \$140.00

YOUTH PROGRAMS



KIDS PAINT NIGHTS

Grades four and five

Tuesdays, 5:00-6:30 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Join us for one, two, three or all four upcoming kids paint nights! Each night we will create a small canvas of your very own, using acrylic paints and following step-by-step instructions. Cost: \$10.00 per day
See below for daily painting subjects:

September 28: fall trees

October 26: pumpkin

November 16: turkeys

December 7: snowman

KICKIN' IT

Grades kindergarten through grade two

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

September 21, 28; October 5, 12, 19, 26; November 9
(no program November 2)

Grades three through five

Tuesday, 4:30-5:30 p.m.

September 21, 28; October 5, 12, 19, 26; November 9
(no program November 2)

Falzone 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: \$42.00

MINDFUL MOVEMENT

Grades two through four

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

September 21, 28; October 5, 12, 26; November 9, 16, 23
(no program October 19, November 2)

Waltham Recreation Department, 510 Moody Street

Instructor: Story Shifters

This class invites young children to flow and find happiness in the moment. With the practice of yoga comes a powerful reward: a peaceful body and mind. Each class features calming music, breathing exercises, gentle yoga sequences, and a deep relaxation period. Instructive visuals will be used in this inclusive and adaptive class.
Cost: \$80.00

CANDLEPIN BOWLING

Grades four and five

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

September 21, 28; October 5, 12, 19, 26

Grades six through eight

Saturday, 12:30-2:00 p.m.

October 2, 16, 23; November 6, 13, 20

(no program on October 9 and October 30)

Waltham Recreation Department, 510 Moody Street

Instructor: Charles Collins

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 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!
Cost: \$36.00



STREET HOCKEY

Grades two through five

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

September 21, 28; October 5, 12, 19, 26; November 9
(no program November 2)

Bobby Connor's Playground, 20 Sunnyside Road

Instructor: Adam Dallaire

Come join us for some street hockey fun! We will work on basic fundamentals like shooting and stick handling and will end with a scrimmage every week! Please bring a stick, hockey gloves if desired, a water bottle and sneakers!
Cost: \$42.00

YOUTH PROGRAMS



OUTDOOR ADVENTURE

Grades kindergarten through three

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

September 29; October 6, 13, 20, 27; November 3

Elsie Turner Park, 421 Trapelo Road

Instructor: Kara Greeley

Let's get outside! Let's have an adventure! We will hike, explore and have fun on the awesome playground! Please bring a water bottle.

Cost: \$36.00

HOMEMADE HOLIDAY WORKSHOP

Grades kindergarten through five

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

December 1, 8, 15, 22

Waltham Recreation Department, 510 Moody Street

Instructor: Kara Greeley

Homemade gifts are the best! Join us for this workshop that will have your children ready to make and give gifts like a pro. Projects may include but are not limited to jewelry, ceramic pieces, frames, etc. We will also all learn how to properly wrap a gift!

Cost: \$24.00

STRINGS & THINGS

Grades three through five

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

September 30; October 7, 14, 21, 28; November 4

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

ICE HOCKEY SKILLS

Grades three through six

Thursday and Friday, 3:30-4:30pm

Thursdays: September 23, 30; October 7, 14, 21, 28

November 4

Fridays: September 24; October 1, 8, 15, 22, 29; November 5

Veterans Memorial Skating Rink, 295 Totten Pond Road

Instructor: Adam Dallaire and Staff

Looking to fine-tune your on-ice skills or even learn new ones? This skills program is for you! Each day will consist of a half an hour of skating, stickhandling and agility drills, followed by a half hour of scrimmages or small area games. Prior Ice Hockey experience and full equipment required.

Cost: \$175.00 Skaters

\$100.00 Goalies

YOUTH/TEEN PROGRAMS



E.L.I.T.E.

Emerging Leaders In Training Experience

Grades five through seven

Saturday, 11:30 a.m. - 1:00 p.m.

October 2, 16, 23, 30; November 6, 13 (no program October 9)

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

This 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 who are interested in being future LEAPs as well as program instructors. Cost: \$36.00

GIRL'S FIELD HOCKEY CLINIC

Grades kindergarten through five

Mondays: September 13, 20, 27 October 4 and

Thursdays: September 16, 30, October 7

5:00-6:00 p.m.

Waltham High School Turf Field, 617 Lexington Street

Instructor: Lauren Fournier & Elizabeth Centofanti

Come learn more about field hockey – all levels welcome! This program encourages player development and teamwork. The teaching sessions are structured to allow girls K-5 to progress at their own pace with players of similar age and ability. In addition to fundamental stick work skills, players will receive instruction and opportunity to practice in competitive games and drills. A couple of scrimmages will be scheduled with other local field hockey programs. Dates and times of scrimmages will be shared at the beginning of the program. Players should bring their own mouth guard, shin guards, and sneakers for play. Limited field hockey sticks are available, so please bring your own if possible!

Cost: \$50.00



GOLFING BUDDIES: Waltham Juniors Inclusive Golf Program

Grades three through eight

Wednesday, 4:30-5:30 p.m.

September 22, 29; October 13, 20

(no program October 6)

Joe Lazaro Memorial Putting Green @ Cornelia Warren Park

Leo J. Martin Golf Course, 190 Park Road, Weston MA

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".

Cost: \$ 40.00

YOUTH/TEEN PROGRAMS



IN THE GAME

Grades five through eight

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

September 25; October 2, 16, 23; November 6, 13, 20

(no program on October 9 and October 30)

Nipper Maher Park, 65 Dartmouth Street

Instructor: Mary Cardona Foster

Kids in grades five through eight of all skill levels and abilities are invited to participate in this 7-week sports program focused on having fun while seamlessly learning skills that can be used on the field, in the classroom and in life! Each week will feature a different skill and sport/activity like soccer, football, capture the flag & more! Cost: \$42.00

MOOD SHIFTERS

Grades five through eight

Tuesdays, 4:45- 5:45 p.m.

September 21, 28; October 5, 12, 26; November 9, 16, 23

(no program October 19, November 2)

Waltham Recreation Department, 510 Moody Street

Instructor: Story Shifters

After many months of uncertainty and stress, what better place for our children to meet again than on yoga mats. A perfect, peaceful place to center, breathe and reconnect. Mood Shifters is designed with themes of self-love, empowerment, inner peace, resilience, intuition and truth in mind. This unique program will create and hold space for our children to come back together and once again feel carefree. Through the use of yoga sequences, movement, meditation, relaxation, art projects and group games children will gain confidence, self-awareness, a sense of community, inner and outer strength all in an enjoyable, tranquil, be yourself, no judgement environment. Cost: \$80.00

JUNIOR PICKLEBALL

Grades three through five

Thursday, 3:30 – 4:30 p.m.

September 23, 30; October 7, 14, 21, 28; November 4

Grades six through eight

Friday, 3:30 – 4:30 p.m.

September 24; October 1, 8, 15, 22, 29; November 5

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: \$42.00

SKYHAWKS FLAG FOOTBALL

Grades three through five

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

Grades six through eight

Thursdays, 4:45- 5:45 p.m.

Cornelia Warren Park, 140 Beaver Street

September 23, 30; October 7, 14, 21, 28

Instructor: Skyhawks Coaches

Skyhawks Flag Football Fueled by USA Football is an exciting introduction to America's favorite game! Using skills and drills from the Football Development Model, developed by the experts at the sport's national governing body – USA Football – players will gain confidence. Coaches will teach the key concepts of passing, receiving, running, kicking, punting and flag pulling, all presented in a positive environment. Athletes will learn developmentally appropriate fundamentals and critical life lessons. Cost: \$65.00



TENNIS LESSONS



TENNIS LESSONS

Grade K- 2	Grades 3- 5	Grades 6- 8
10:00- 10:50 a.m.	11:00 - 11:50 a.m.	12:00 - 12:50 p.m.

Saturday, September 18, 25; October 2, 16, 23, 30; November 6
(no program October 9)
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: \$60.00



TEEN PROGRAMS

CHILL ZONE

Grades 6-8 Fridays: 3:00-8:00 p.m. Saturdays: 1:30-4:00 p.m.

Grades 9-12 Fridays: 8:30-10:30 p.m.



**GRAND RE-OPENING WEEKEND
SEPTEMBER 17TH AND 18TH!!**



The Chill Zone is a free program for Waltham students in grades six through twelve. The Chill Zone offers great opportunities for socialization and physical fitness in a safe and supervised environment.

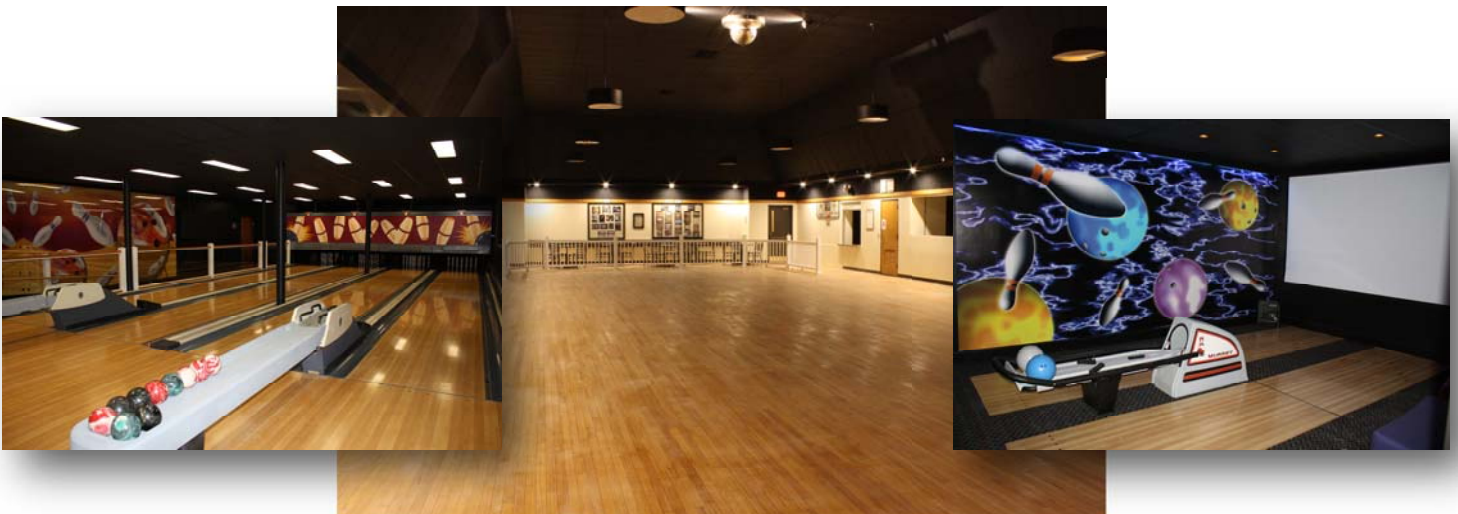
Please check the Recreation website for monthly event calendars.

Note: Former Chill Zone members will be permitted for one day without paperwork. Membership paperwork must be returned upon the following visit in order to attend. NEW members must complete ALL Membership paperwork before entrance. Memberships are valid for two years.

Note: All members must register in person with a parent/legal guardian. The Chill Zone does not permit any guests who are not registered members.

MEMBERSHIP FORMS CAN BE FOUND AT:

<https://www.city.waltham.ma.us/recreation-department/pages/chill-zone-after-chill>



If you have any questions, please email Kathy at kgross@city.waltham.ma.us

VETERAN'S MEMORIAL ICE RINK



PUBLIC SKATING

Public Skating will begin on Friday, November 19th. Hours subject to change due to school vacation weeks, no school days and special events. Please visit the Recreation Department website or call 781-314-3474 for complete rink schedule and information.

Cost: \$6.00 kids/seniors, \$10.00 adults

Sundays	2:00 p.m.	to	3:50 p.m.
Tuesdays	10:00 a.m.	to	11:50 a.m.
Wednesdays	10:00 a.m.	to	11:50 a.m.
Thursdays	10:00 a.m.	to	11:50 a.m.
Fridays	7:00 p.m.	to	8:50 p.m.
Saturdays	2:00 p.m.	to	3:50 p.m.

FAMILY SKATE

Tuesday or Thursday, 10:00am-11:00am

Tuesday: September 21, 28; October 5, 12, 19, 26; November 9 (no program November 2)

Thursday: September 23, 30; October 7, 14, 21, 28; November 4

Join this smaller group skating experience where brand new skaters will be able to utilize milk crates to assist in practicing their skating skills.

Cost: \$42.00 per family (max. of 3)

Pre-registration required



ADULT PUBLIC HOCKEY (Ages 16+)

Stick and Puck will begin on Tuesday, September 14th. Full equipment required. Hours Subject to change due to school vacation weeks, no school days and special events. Please visit the Recreation Department website or call 781-314-3474 for complete rink schedule and information. Cost: \$10.00

Tuesday– Friday	12:00 p.m.	to	12:50 p.m.
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WALTHAM YOUTH HOCKEY

Walthamyouthhockey.org
617-429-8745

BAYSTATE SKATING SCHOOL

www.BayStateSkatingSchool.org
781-890-8480

ADULT PROGRAMS



FITNESS ROOM

Adults Ages 18+

Open Monday-Friday

9:00 a.m. – 4:00 p.m.

Waltham Recreation Department, 510 Moody Street

Please sign in at the main office

ZUMBA

Adult Ages 18+

Tuesdays and Thursdays

5:30-6:30 p.m.

September 21– November 9

(no program November 2)

Waltham Recreation Department, 510 Moody Street

Instructor: Jen Williams

Pre-registration is required. 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: \$40.00 per day OR \$80.00 for both days

ADULT GOLF CLINICS

Adults 18+

Wednesday, 5:45 - 6:45 p.m.

September 22, 29; October 13, 20

(no program October 6)

Joe Lazaro Memorial Putting Green @ Cornelia Warren Park

Leo J. Martin Golf Course, 190 Park Road, Weston MA

Instructor: Bob Beach, New England Professional Golf

Association's (NEPGA) Inclusive/Adaptive Golf Instructor and originator of the NEPGA/Special Olympics.

Introducing a new adult golf clinic that will consist of four one-hour lessons designed to introduce golf fundamentals to beginners and enhance skills for the more experienced golfers. Under the direction of PGA Professional Bob Beach, lessons will focus on the basics of short game skills such as putting and chipping as well as working on your full swing. You will also gain knowledge about your irons and woods. It will be simple, fun and teach you how to play better golf. Please bring golf clubs if possible, but clubs will be provided if needed. The sessions will be split up between Joe Lazzaro Memorial Putting Green in Waltham and the Leo. J Martin golf course in Weston.

Cost: \$75.00

ADULT PICKLEBALL

Ages 18+

Thursday, 4:30 - 6:30 p.m.

September 23, 30; October 7, 14, 21, 28; November 4

Graverson Playground, 16 Pine Vale Road

Friday, 4:30 - 6:30 p.m.

September 24; October 1, 8, 15, 22, 29; November 5

Graverson Playground, 16 Pine Vale Road

Saturday, 9:00- 11:00 am

October 2, 16, 23, 30; November 6, 13, 20

Waltham Recreation Department, 510 Moody Street

(no program October 9)

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: \$42.00

BADMINTON

Adults Ages 18+

Saturday, 2:00-4:00 p.m.

October 2, 16, 23, 30; November 6, 13, 20 (no program Oct. 9)

Waltham Recreation Department, 510 Moody Street

Supervisor: Ben Kiwanuka

Introducing a new badminton program this fall. All skill levels are welcome. Please wear indoor or tennis shoes and have fun playing badminton.

Cost: \$42.00



VIRTUAL RECREATION



VIRTUAL

RECREATION CENTER

and resources

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

Welcome to the Waltham Virtual Recreation Center! Here, you will find a collection of digital field trips and recreation resources. 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.



INTRODUCTION TO MEDITATION

Adult Ages 18+

Mondays, 6:00-7:00 p.m.

September 20, 27; October 4, 18, 25;

November 1, 8

(no program October 11)

Virtual Program

Instructor: Katelyn Willis

Learn calming and peaceful techniques that could benefit your overall health in this 7-week introductory meditation course. This course will review different meditation techniques, breathing exercises and tips on how to create a daily meditation practice.

Cost: \$42.00

CHAIR YOGA

Adult Ages 18+

Saturday, 9:30– 10:30 a.m.

September 25; October 2, 16, 23, 30; November 6, 13
(no program October 9)

Virtual Program

Instructor: Katelyn Willis

In this 7 week chair yoga series students will use the support of the chair to explore yoga poses, breathing exercises and mindfulness techniques. Katelyn is a 500-RYT Advanced Yoga Teacher, Clinically Informed Restorative Chair Yoga certified, Balanced Athlete® Level 1 certified, a Yoga Shred® Teacher, a Reiki Master, a certified Holistic Nutritionist, a certified Meditation Guide and she manages a television production facility. A link will be emailed prior to the start of the session.

Cost: \$42.00