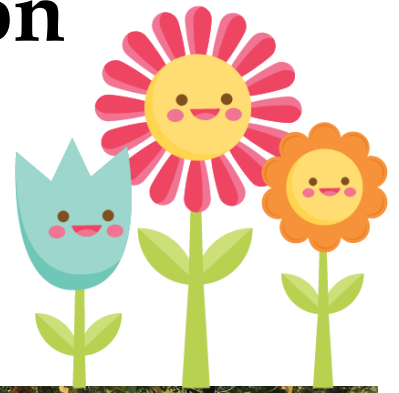


# Waltham Recreation Department

510 Moody Street  
Waltham, MA 02453  
(781) 314-3475  
[www.city.waltham.ma.us](http://www.city.waltham.ma.us)



# SPRING

## ON-LINE REGISTRATION

**Begins:** Wednesday, March 7 at 9:00 a.m.  
**Concludes:** Monday, March 12 at noon

- To register, go to: [www.city.waltham.ma.us](http://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

## MAIL-IN REGISTRATION

Will be opened Thursday, March 15, 2018

## WALK-IN REGISTRATION

**Begins:** Wednesday, March 14 at 7:00 a.m.  
(the office will remain open until 5:00 p.m.)

- On Thursday, March 15, registration will continue during regular business hours, 8:30 a.m. – 4:30 p.m., Monday through Friday.
- Registration will be held at the Recreation Department located at 510 Moody Street
- Entrance on Alder St., please ring bell.

**Please Note:** Credit card payments are now accepted at walk-in registration

# 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.
- The Recreation Office maintains a waitlist for sold out programs. Please call the office.
- 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.

## Weather/No School Cancellations

- Youth programs do not meet on holidays or during school vacations.
- If Waltham schools are cancelled due to inclement weather, all youth programs are cancelled as well.
- If Waltham schools are delayed due to weather conditions, programs may run as usual. Please call the Recreation Office at 781- 314-3475 for further information.
- Adult participants should check with their instructors for cancellation policies.

## 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 needs to withdraw due to injury or illness, a doctor's note will be required and a Recreation Department credit will be issued.
- If a participant withdraws for any other 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

- A limited percentage of program openings are reserved for online convenience.
- If online registration is full, walk-in and mail-in registrations are still an option.
- 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 6.825% per transaction, plus \$0.50 per transaction, with a minimum of \$2.00 per transaction.

## Non-Residents

- Non-residents may register for programs, if space allows, 2 weeks prior to the beginning of a program.
- Non-residents will be charged an additional fee per program.

*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.*

# TICKETS AND PASSES

**Each Waltham resident may purchase six tickets per visit**

## **AMC GREEN DISCOUNT MOVIE TICKETS**

AMC is no longer selling Green Tickets. The Recreation Office will be selling our remaining tickets. AMC Green Tickets are valid for one admission to any movie except those distributed by the Walt Disney Company, including, but not limited to: Disney, Pixar, Marvel and Lucasfilm, Ltd.

Check movie schedules at [www.amctheatres.com](http://www.amctheatres.com).

Cost: \$9.00 per ticket

## **AMC BLACK DISCOUNT MOVIE TICKETS**

AMC black tickets never expire and are valid from the first day of a new movie's release.

Cost: \$10.50 per ticket

**Note: Discount AMC tickets cannot be used to reserve seating online**

## **LAUNCH TRAMPOLINE PARK**

Waltham Recreation has discounted tickets to Launch Trampoline Park in Watertown. These tickets may be traded in for a one hour jump time. Subject to availability. You must also fill out a waiver online at home or at Launch in order to jump.

Cost: \$10.25 per ticket

## **EMBASSY THEATRE DISCOUNT MOVIE TICKETS**

You don't have to leave town to watch first-rate movies. The Embassy Theatre in downtown Waltham has six screens and shows a great mix of independent and Hollywood movies.

Find out what is playing at [www.landmarktheatres.com](http://www.landmarktheatres.com).

Cost: \$9.25 per ticket

## **MUSEUM OF SCIENCE/OMNI THEATRE**

Enjoy Exhibit Hall admission for less than a third of the cost of full-price tickets! Check out dinosaur skeletons, watch baby chicks hatch, learn about electricity, and much more! You can purchase discount tickets for Omni Theatre movies as well. Learn more at [www.mos.org](http://www.mos.org).

Cost: \$7.00 per ticket (Exhibit Hall and Omni passes each sold separately)

\*All discount tickets subject to availability and price change.

# RECREATION STAFF

Nick Abruzzi	Director of Recreation	nabruzzi@city.waltham.ma.us
Kim Scott	Assistant Director of Recreation	kascott@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	ldiblas@city.waltham.ma.us
Karen O'Brien	Administrative Assistant	kobrien@city.waltham.ma.us



# SUMMER 2018



Online begins Monday, April 12, 2018

Walk-In begins Wednesday, April 25

Programs Starting the week of June 25, 2018

Summer Fun- \$125 per session

Kaleidoscope- \$125 per session

Pre-K- \$95 per session

Art Adventures- \$115 per session

Chill Zone- \$145 per session

\*Reduced rates for 4th of July holiday week

## PUTT AT PROSPECT HILL

**Re-Opening this May!**

### GENERAL HOURS OF OPERATION

**Thursday/Friday, 3:30- 6:30 p.m.**

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



Facility to remain open through the Fall season. For additional information, please contact Recreation Supervisor Adam Dallaire at [adallaire@city.waltham.ma.us](mailto:adallaire@city.waltham.ma.us).

## Mini Golf Birthday Parties!

Offered on select Sundays 12:00-2:00 p.m.

Choose from:

One hour of miniature golf

**OR** 30 minutes of golf/

30 minutes of playground time.

Each party will also enjoy an hour in the Prospect Hill Lodge for Food/Cake.  
See following page for birthday party pricing.

# BIRTHDAYS AT WCCC



## *It's time to Celebrate!!*

Waltham residents are invited to celebrate their birthdays with us!

We offer parties for ages three and above

Two party package options are available:

### **VALUE PARTY**

Up to 15 party friends \$100.00

### **PLUS PARTY**

16 - 25 party friends \$140.00

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  
Through June, 2018**

Check out the Recreation Department website for more details.





# SPECIAL EVENTS

## APRIL VACATION PROGRAMS



Looking for an extra-fun way to spend your school vacation? Join us at the Waltham Community and Cultural Center! Two sessions of programming are offered Tuesday through Friday for different age groups (see below). We will keep you busy with crafts, music and games. We will also spend time in the gym, and enjoy bouncing on inflatables. The full day program will be going on a Friday field trip as well! Wear comfortable clothing and sneakers. Bring a lunch and a healthy morning snack. We'll send you the details a few days before.

Grades K-1	April 17-20	Waltham Recreation Department, 510 Moody Street	9:00 a.m.– 2:00 p.m.	Fee: \$65.00
Grades 1-5	April 17-20	Waltham Recreation Department, 510 Moody Street	9:00 a.m.– 4:00 p.m.	Fee: \$85.00

Grade 6, see page 17 for April Vacation Offerings

### FRIDAY FUNDAY

#### Grades kindergarten through three

2:00-6:00 PM

April 27 (Early Release Day)

Waltham Recreation Department

510 Moody Street

Instructor Kara Greeley

If you are at all familiar with Monday Funday, come join Kara for 3 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 are also a possibility! If it is nice out, we will head to the brand new and super fun Gilmore Playground! A pizza dinner will be served while we watch a movie to end the day!

Cost: \$25.00

### DISCOVERY DAY!

#### Grades kindergarten through two

2:00 - 5:00 p.m.

March 27 (Early Release Day)

Waltham Recreation Department

510 Moody Street

Instructor: Kathy Gross

Paint with shaving cream, grow your own water beads, design with model magic, make your own sand, and more! This day is all about discovering and creating new things. Breaks will be taken for active games as well. Please bring a snack, water and sneakers.

Cost: \$25.00



# SPECIAL EVENTS



## **FAMILY TRIPS!**

**Pre-Registration Required!!**

Tickets available beginning at walk-in registration, March 14th

### **Red Sox vs. Baltimore Saturday, May 19th @ 7:10 p.m.**

Tickets for this event must be purchased in advance, in person at 510 Moody Street. Limit 6 per resident. Cost includes grand stand seating and bus ride. We will provide transportation from 314 Totten Pond Rd. Bus departs from Waltham promptly at 6:00 p.m. and returns at the conclusion of the game. If you choose not to take the bus, tickets are available for pick-up at the Recreation Office until Friday, May 18th at 4:30 p.m.

All youth must be accompanied by an adult.

Cost: \$40.00 per ticket



### **New England Revolution vs. New York Redbulls Saturday, June 2nd @ 7:30 p.m.**

Tickets for this event must be purchased in advance, in person at 510 Moody Street. Limit 6 per resident. Cost includes ticket and bus ride. We will provide transportation from 314 Totten Pond Road. Bus departs from Waltham promptly at 6:00 p.m. and returns at the conclusion of the game. If you choose not to take the bus, tickets are available for pick-up at the Recreation Office until Friday, June 1st at 4:30 p.m.


All youth must be accompanied by an adult.

Cost: \$40.00 per ticket



# PROGRAMS AT A GLANCE

**Please Note: After 4:30 p.m. Monday-Thursday use door # 11 on the corner of Beech and Alder St. The Recreation Office closes at 4:30 p.m.**

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
Family	Stay and Play 9:30-11:30	Skate n' Scoot 10:30-11:30		Skate n' Scoot 10:30-11:30	Tiny Bowlers 10:00-10:45 11:00-11:45	Family Bowling 12:15-1:15	
	Skate n' Scoot 3:30-5:00		Skate n' Scoot 3:30-5:00			Family Bowling 1:15-2:15	
Pre-K	Tumbleweeds 10:00-10:30 10:45-11:15	Paint and Paste 10:15-11:00	Little Scientists 10:30-11:15	Pre-K Program 9:30-noon	Pre-K Program 9:30-noon		
	Art and About @PHP 10:15-11:00	Jump Up & Go 10:00- 10:45	Messy Masterpieces 11:15-noon	Messy Masterpieces 11:15-noon	Treasure Hikes 10:00-10:45		
	Zumba Kids Jr. 11:00-11:45	Jump Up & Go 11:00- 11:45	Bouncin' Builders 1:15- 2:00	Sports Sup. 10:00- 10:40 11:00- 11:40	Sign and Sing 10:00-10:45	BIRTHDAY PARTIES 	
	Karate Kids Little Dragons 3:30-4:00	Bouncin' Builders 1:15- 2:00		Little Sprouts 11:30-12:30	Tiny Bowlers 10:00-10:45 11:00-11:45		
Youth	Monday Funday 3:45-5:00	Youth Soccer 3:45-4:45	Wicked Science 3:45-4:45	Gym Time 3:45-5:00	Story Shifters 3:45-5:00		
	Karate 4:10-4:55 5:00-5:45	Zumba Kids 4:15-5:00	I Like to Move It 3:45-5:00	Youth Futsal 3:45-4:45	Spring Into Action 3:45-5:15		
	Art Adventures 3:45- 4:45	Street Hockey/ Dodgeball 3:45- 5:00	Paint Adventures 3:45-4:45	Kids Yoga 5:00-6:00			
	Viking Multisport 3:45-4:45	Innovation Adventures 3:30-5:00	Pickleball 3:45-4:45	Garden/Farm Explorers 3:30-5:00			
		Kids Comedy Club 3:45-4:45		Strings and Things 3:45- 4:45			
Teen		ZCHINE			Chill Zone 3:00-9:00	Chill Zone 12:00-8:00	
					After Chill 7:00-11:00	After Chill 4:00-8:00	
Fitness Facilities	Fitness Room 8:30-4:00	Fitness Room 8:30-4:00	Fitness Room 8:30-4:00	Fitness Room 8:30-4:00	Fitness Room 8:30-4:00		
	Open Gymnasium 12:00-1:30	Open Gymnasium 12:00-1:30	Open Gymnasium 12:00-1:30	Open Gymnasium 12:00-1:30			
Adult Programs		COA Bowling 11:00-1:00	COA Bowling 11:00-1:00	Zumba 5:30-6:30	COA Pickleball 11:00-12:30		
		Zumba 5:30-6:30	Pickleball 6:15-7:15	Yoga 6:15-7:20			
				Adult Futsal 7:00-9:00			



# SKATE N' SCOOT/BOWLING

## Skate 'n' Scoot

WE NOW HAVE ROLLER SKATES AND ROLLER BLADES!!!  
Limited sizes available for free rentals.

**Schedule March 12– May 31**  
(closed during April school vacation)

### **Preschool (ages 3-5) :**

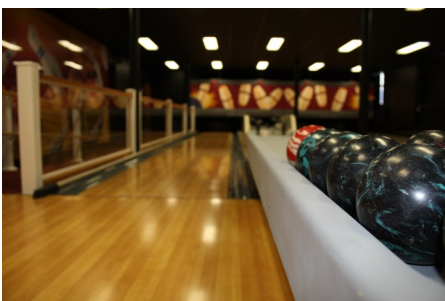
**Tuesday/Thursday, 10:30– 11:30 a.m.**

### **Family (all ages):**

**Monday/Wednesday, 3:30– 5:00 p.m.**

The Skate n' Scoot is NUT FREE. Parents/Guardians are required to supervise their children at all times. There are a 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.

## Bowling



### **FAMILY BOWLING**

#### **All ages welcome**

Choose one session:

Saturday, 12:15 - 1:15 p.m.

**OR** 1:15 - 2:15 p.m.

April 7, 21, 28; May 5, 12, 19  
(no program April 14)

Waltham Recreation Dept.  
510 Moody Street

Get ready for some family fun!  
All skill levels are welcome to  
come enjoy our four lane  
bowling alley.

Cost: \$36.00 per family  
(maximum of four people,  
must include one adult)

### **TINY BOWLERS**

#### **Tigers, Bears, Giraffes**

Friday

10:00-10:45 a.m. **OR**

11:00-11:45 a.m.

April 6, 13; May 4, 11, 18, 25  
(no program April 20 or 27)

Waltham Recreation Dept.  
510 Moody Street

Get ready for some family fun!  
Bring your adult and get ready to  
enjoy our very own four lane  
bowling alley.

Cost: \$36.00 per family  
(maximum of four people,  
must include one adult)

# 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, March 16th.



**LIONS:** Born September 2015- August 2016

**TIGERS:** Born September 2014- August 2015

**BEARS:** Born September 2013- August 2014

**GIRAFFES:** Born September 2012- August 2013

## STAY AND PLAY

### Lions, Tigers, Bears

Monday, 9:30 – 11:30 a.m.

April 2, 9, 23, 30; May 7, 14, 21

(No Program April 16)

Waltham Recreation Department

510 Moody Street

Looking to play with some new and old friends?  
Drop in during the open hours each Monday! Children will play, build and imagine, while the adults get to chat and supervise. This comfy room will bring new toys each week. There is a story area too!

Cost: \$10.00 per family (1 adult + up to 2 kids)

## ZUMBA® KIDS JR.

### Bears, Giraffes

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

April 2, 9, 23, 30; May 7, 14

(no program April 16)

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® 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: \$42.00

## TUMBLEWEEDS

### Lions, Tigers

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

April 2, 9, 23, 30 May 7, 14, 21

(no program April 16)

Waltham Recreation Dept., 510 Moody St.

Instructors: Kim Scott

Climb, bounce and balance! Each week we will tumble our way through a path of exercises and challenges. Children will then stretch, wiggle, and dance to new songs. Each week, a new sport and activity, will also be introduced.

Cost: \$42.00

## ART AND ABOUT

### @ PROSPECT HILL PARK

### Tigers, Bears, Giraffes

Monday, 10:15-11:00 a.m.

Playground time starting at 11:00 a.m.

April 2, 9, 23, 30; May 7, 14

(no program April 16)

Prospect Hill Park Art Room, 314 Totten Pond Road

Instructor: Kathy Gross

Join us on Monday mornings at Prospect Hill Park for some art and movement. Art class will run for 45 minutes in the "Art Adventures" room. Each week we will create a new masterpiece. After class, everyone is invited to the PHP playground to play and get to know new friends. Please note: Playground time is not supervised by a staff. All youth must be accompanied by an adult.

Cost: \$36.00



# PRESCHOOL PROGRAMS

## KARATE KIDS – LITTLE DRAGONS

### Bears, Giraffes

Monday, 3:30 – 4:00 p.m.

April 9, 23, 30; May 7, 14, 21; June 4, 11, 18

(No program April 16 and May 28)

Waltham Recreation Dept., 510 Moody St.

Instructors: Steve 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: \$117.00

## JUMP UP AND GO!

**Tigers, Bears:** Tuesday, 10:00-10:45 a.m.

**Giraffes:** Tuesday, 11:00 –11:45 a.m.

April 3, 10, 24; May 1, 8, 15, 22, 29

(no program April 17)

Waltham Recreation Department

510 Moody Street

Instructor: Kara Greeley

Join us in the gym 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: \$48.00

## BOUNCIN' BUILDERS!

### Tigers, Bears, Giraffes

Tuesday OR Wednesday, 1:15 – 2:00 p.m.

Tuesday: April 3, 10, 24; May 1, 8, 15

(no program on April 17)

**Wednesday:** April 4, 11, 25; May 2, 9, 16

(no program on April 18)

Waltham Recreation Dept., 510 Moody St.

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 next door for the remainder of class to work on building amazing "Lego DUPLO" creations!

Cost: \$36.00



## PAINT AND PASTE

### Tigers, Bears, Giraffes

Tuesday, 10:15 – 11:00 a.m.

April 3, 10, 24; May 1, 8, 15

(no program on April 17)

Waltham Recreation Department

510 Moody Street

Instructor: Kathy Gross

Bring your adult with you and get ready to paint, draw, create and play. We will make a variety of different projects involving both painting and pasting. Each week will start with a new coloring sheet to complete while you wait for class to begin.

Cost: \$36.00

## MESSY MASTERPIECES!

### Tigers, Bears, Giraffes

Wednesday OR Thursday, 11:15 – noon

**Wednesday:** April 4, 11, 25; May 2, 9, 16

(no program on April 18)

**Thursday:** April 5, 12, 26; May 3, 10, 17

(no program on April 19)

Waltham Recreation Department

510 Moody Street

Instructor: Kathy Gross

Don't forget to bring your adult! A class full of all those REALLY messy sensory projects you'd rather not do at home. Let us set-up, clean-up and you and your toddler can just enjoy the fun! Activities may include: Sensory bins, homemade play-dough, slime, finger painting and more! Remember to wear clothes you don't mind getting a little messy!

Cost: \$36.00

# PRESCHOOL PROGRAMS

## PRE-K PROGRAM



### Giraffes

Thursday or Friday

9:30 – noon

(April 5 – June 8)

Waltham Recreation  
Department

510 Moody Street

Instructor: Kim Scott



Come play with us! We'll get ready for kindergarten in a fun four-going-on-five way! We have all kinds of fun toys to play with! Each morning we will play, do crafts, and play sports and games. A nut free snack will be provided, and we will end each morning with a story. Each child is limited to one morning per week. Cost: \$85.00

## LITTLE SCIENTISTS

### Giraffes

Wednesday, 10:30– 11:15 a.m.

April 4, 11, 25; May 2, 9, 16

(no program on April 18)

Waltham Recreation Dept., 510 Moody St.

Instructor: Kara Greeley

Does your preschooler ask lots of questions? Questions like: "Where do the clouds come from?" "Why does ice melt?" "Why is the sky blue?" Well they may be just the fit for a fun hands-on science class that will help us explore questions like these. We will break down the basics of science and have fun while we are doing it! We will perform exciting experiments relating to a wide variety of topics from electricity and sound, to chemistry and physics!

Cost: \$36.00

## SPORTS SUPERSTARS

**Tigers, Bears:** Thursday, 10:00– 10:40 a.m.

**Giraffes:** Thursday, 11:00 a.m.– 11:40 a.m.

April 5, 12, 26; May 3, 10, 17, 24, 31

(no program April 19)

Waltham Recreation Department

510 Moody Street

Instructor: Kara Greeley

Learn the *FUN*damentals of sports! Each week we will practice basic sports skills. These sports may include soccer, basketball, baseball, hockey and more. We will have fun while we learn! Be ready to move! Remember to bring plenty of water and wear active clothing.

Cost: \$48.00

## LITTLE SPROUTS

### Tigers, Bears, Giraffes

Thursdays, 11:30 a.m.-12:30 p.m.

May 3, 10, 17, 24, 31; June 7

Waltham Fields Community Farm,  
240 Beaver Street

Instructor: Community Farm Educators

Bring your child out to the farm to play and learn in the garden! We will spend 6-weeks watching and listening for birds and insects, digging in the soil, planting seeds, tasting farm-to-table snacks, and experiencing the delights of spring on the farm!

Cost: \$60 per family (1 adult and 1 or 2 kids)

## SIGN AND SING WITH STORY SHIFTERS

### Lions, Tigers, Bears

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

April 6, 13, 27; May 4, 11, 18; June 1

(no program April 20 and May 25)

Waltham Recreation Department

510 Moody Street

Instructor: Kimberly Strafford

Babies can crawl before they walk and can sign before they talk! Our class will introduce students and caregivers to the benefits of Sign Language. Signs are introduced in a fun and musical way. Adding ASL to your family creates a window into your child's mind and heart, instills confidence and can help with tantrums! This course gives parents tools for interacting with their child. We sing, sign and play!

Cost: \$60.00



# PRESCHOOL PROGRAMS

## TREASURE HIKES

### **Tigers, Bears, Giraffes**

Friday, 10:00 a.m.

May 4, 11, 18, 25; June 1. Rain date: June 8

Prospect Hill Park

314 Totten Pond Road

Instructor: Kara Greeley

Are you and your grown-up ready for an adventure?! Meet Kara at the playground at Prospect Hill Park for a Treasure Hike! Each week we will "hike" to a different part of the park and find some treasure! We will also see what nature has to offer!  
Cost: \$30.00

## TINY BOWLERS

### **Tigers, Bears, Giraffes**

Friday

10:00-10:45 a.m. **OR** 11:00-11:45 a.m.

April 6, 13; May 4, 11, 18, 25

(no program April 20 or 27)

Waltham Recreation Department

510 Moody Street



Get ready for some family fun! Bring your adult and get ready to enjoy our very own four lane bowling alley.

Cost: \$36.00 per family

(maximum of four people, must include one adult)

# YOUTH PROGRAMS

## KARATE

Monday

**Kindergarten through two:** 4:10- 4:55 p.m.

**Grade three through eight:** 5:00- 5:45 p.m.

April 9, 23, 30 May 7, 14, 21 June 4, 11, 18

(No program April 16 and May 28)

Waltham Recreation Dept., 510 Moody St.

Instructors: Steve 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. Students must be registered by belt level. Enter/exit through door #11 on Beech Street.  
Cost: \$117.00



## ART ADVENTURES

### **Grades one, two, three**

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

April 2, 9, 23, 30; May 7, 14

(no program April 16)

Waltham Recreation Dept., 510 Moody St.

Instructor: Kathy Gross

A six week session of your favorite summer art program. Each week we will create a new work of art using mediums such as: painting, drawing, sculpture and more! No previous experience necessary, all skill levels are welcome! Please note this class will focus on art creation as opposed to skill instruction.  
Cost: \$36.00

## VIKING SPORTS OUTDOOR MULTISPORT

### **Grades two through five**

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

April 2, 9, 23, 30; May 7, 14

(no program April 16)

Lowell Field

Instructor: Viking Sports Staff

This program is tons of fun!!! Viking's youth Multi-Sports programs have kids playing a variety of games including dodgeball, capture the flag, tag, soccer, and floor hockey (just to name a few...). This Multi-Sports class is all about constant playing and having constant fun! All players receive a Viking Sports T-shirt! Please bring sneakers and a water bottle!  
Cost: \$36.00

# YOUTH PROGRAMS

## MONDAY FUNDAY

### **Grades kindergarten, one, two, three**

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

April 2, 9, 23, 30; May 7, 14

(no program April 16)

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, sports, do arts/craft projects and sample all the fun activities the Waltham Community and Cultural Center has to offer! Including Bowling, Skate n' Scoot, Paint Locker and more!

Cost: \$36.00

## ZUMBA® KIDS

### **Grades one, two, three, four**

Tuesday, 4:15 p.m.– 5:00 p.m.

April 3, 10, 24; May 1, 8, 15

(no program April 17)

Waltham Recreation Department

510 Moody Street

Instructor: Jen Williams

Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. This program helps develop a healthy lifestyle as a natural part of children's lives by making fitness fun. Classes also provide key childhood development elements like leadership, respect, team work and confidence.

Cost: \$42.00

## YOUTH SOCCER PROGRAM

### **Grades kindergarten, one, two, three, four, five**

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

May 8, 15, 22, 29; June 5

Lowell Field

Instructor: Kara Greeley

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: \$30.00

## INNOVATION ADVENTURES

### **Grades four, five, six**

Tuesday, 3:30– 5:00 p.m.

Dates: April 3, 10, 24, May 1, 8, 15

(no program April 18)

Charles River Museum of Industry & Innovation

Instructor: Rudy Ruggles, FutureFixers

We're back and ready for new Innovation Adventures! Are you? We welcome all who want to use their creativity, curiosity, and inventive thinking skills to explore, share, and make new ideas come to life. There will be mysteries to unravel, stuff to take apart, things to build, and a new challenges to unlock. Along with having a lot of fun, we will develop our creative problem solving, investigation, and collaboration skills, all in the midst of the Museum's cool innovations. Sign up to join the Adventure today!

Cost: \$50.00

## KID'S COMEDY CLUB

### **Grades two, three, four, five**

Tuesday, 3:45 – 4:45 p.m.

March 20; April 3, 10, 24; May 1

(no program March 27 or April 17)

Waltham Recreation Dept., 510 Moody Street

Instructor: Kara Greeley

Do you like to make your friends and family laugh? Come to Kid's Comedy Club and learn all of the Fundamentals of comedy. Our comedic voice will be explored in improvisation, stand-up Comedy, and physical comedy! We will be creating in a fun and supportive environment where we can develop our skills, and succeed. Our last class will be a Kid's Comedy Club showcase!

Cost: \$30.00

## STREET HOCKEY/DODGEBALL

### **Grades two, three, four five**

Tuesday, 3:45– 5:00 p.m.

April 3, 10, 24; May 1, 8, 15

(no program April 17)

Waltham Recreation Dept., 510 Moody Street

Instructor: Adam Dallaire

Come ready to run, block, dodge, and shoot. Kids will learn how to work as part of team in these two fun filled sports. Each week we will play half hour of floor hockey, half hour of dodgeball. Please bring sneakers and a water bottle.

Cost: \$36.00



# YOUTH PROGRAMS

## PICKLEBALL

### **Grades three, four, five**

Wednesday 3:45 – 4:45 pm

Dates: April 4, 11, 25; May 2, 9, 16

(no program April 18)

Waltham Recreation Dept., 510 Moody Street

Instructor: Ben Kiwanuka

Have you played a racket sport before or just curious to try it? Come join us for a fun game of Pickleball, one of the fastest growing sports in the country. Part tennis, part badminton and part ping-pong, pickle ball combines many elements of the aforementioned sports. The rules are simple and the game is easy to learn but can develop into a quick, fast paced game. Learn to play this fun and exciting game and then put your skills to the test in friendly games. Please wear comfortable clothes and appropriate indoor court shoes. Basic Equipment available!

Cost: \$36.00

## WICKED SCIENCE

### **Grades kindergarten, one, two, three**

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

April 4, 11, 25; May 2, 9, 16

(no program April 18)

Waltham Recreation Dept., 510 Moody Street

Instructor: Kara Greeley

Come have a blast at this “wicked” fun hands-on science class! Each week we will complete several 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

## I LIKE TO MOVE IT

### **Grades one, two, three**

Wednesday, 3:45– 5:00 p.m.

April 4, 11, 25; May 2, 9, 16

(no program April 18)

Northeast Elementary School

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. Recreation Staff will be at school at 3:00 p.m. for supervised homework/snack time before the class begins.

Cost: \$36.00

## PAINT ADVENTURES

### **Grades three, four, five**

Wednesday, 3:45 – 4:45 p.m.

April 4, 11, 25; May 2, 9, 16

(no program April 18)

Waltham Recreation Dept., 510 Moody Street

Instructor: Kathy Gross

This art class is for kids who LOVE to paint! Each week we will create something new, using a variety of supplies and subjects. Projects may include: door signs, picture frames, seasonal objects, canvases, plaster pieces and more!

Cost: \$36.00

## KIDS YOGA

### **Grades one through five**

Thursday, 5:00 – 6:00 p.m.

April 5, 12, 26; May 3, 10, 17, 24, 31; June 7, 14

(no program April 19)

Waltham Recreation Dept., 510 Moody Street

Instructor: Katy Potts

Be a Bird, Be a Frog, Be a Tree! Yoga is a non-competitive and active, fun way to work on strength, self-confidence, concentration, and relaxation. Our mini-yogis will work on yoga poses and qi gong that will include stretching and balance. Wear comfy clothes good for stretching. Yoga mats will be provided. Please enter/exit through door #11 on the corner of Beech and Alder Street.

Cost: \$60.00

## STRINGS & THINGS

@ PROSPECT HILL PARK

### **Grades three, four, five.**

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

May 3, 10, 17, 24, 31; June 7

Waltham Recreation Dept., 510 Moody Street

Instructor: Kara Greeley

Do you LOVE doing projects with all different types of string? Gimp, Floss, yarn, finger loops oh my! Can you not wait to get your hands on gimp at summer programs? How about Friendship Bracelets? Weaving, braiding, knotting, crocheting, you name it! That's what Strings & Things is for! We will spend an hour 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

# YOUTH PROGRAMS

## GYM TIME

### **Grades two, three, four, five**

Thursday, 3:45—5:00 p.m.

April 5, 12, 26; May 3, 10, 17

(No Program April 19)

Plympton Elementary School

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. Plympton students will have supervised home-work and snack time before the start of class. Cost: \$36.00

## YOUTH FUTSAL PROGRAM

### **Grades three, four, five**

Thursday 3:45 – 4:45

April 5, 12, 26; May 3, 10, 17 (no program April 19)

Waltham Recreation Dept., 510 Moody Street

Instructor: Ben Kiwanuka

Futsal is a five-a-side game, normally played on a flat indoor pitch with hockey sized goals and a size four ball with a reduced bounce. The nature of the game places a large emphasis on technical skill and ability in situations of high pressure, and is subsequently an excellent breeding ground for football competencies that can be translated into the 11-a-side format of the game. It is great way for kids to develop their skills and understanding of the game. Remember to bring plenty of water, wear active clothing and sneakers. Cost: \$36.00

## STORY SHIFTERS

### **Every kid has a story to tell....**

#### **Kindergarten, one, two, three, four**

Friday, 3:45 – 5:00 p.m.

April 6, 13, 27; May 4, 11, 18; June 1

(no program April 20 and May 25)

Waltham Recreation Dept., 510 Moody Street

Instructor: Kimberly Strafford

**Story Shifters'** is a unique theatre building pro-gram. The group takes a well-known folktale, fairytale or genre and changes certain aspects of it. The end result is a new story written and performed by the students. Youth will explore the different aspects of theatre production throughout this six week course. The class will culminate in a sharing for family and friends.

Cost: \$45.00

## GARDEN EXPLORERS

### **Grades kindergarten through second**

Thursday, 3:30—5:00 p.m.

May 3, 10, 17, 24, 31; June 7

Waltham Fields Community Farm

240 Beaver St

Instructors: Community Farm Educators

Explore the wonders of the farm as plants begin to grow and blossom and critters emerge for another great growing season! You'll learn about growing flowers and organic veggies as we get the Learning Garden started for the year by planting seeds, making compost, digging in the soil, and more. We will also spend time harvesting produce and herbs, chopping, mashing and cooking them up into a delicious farm-fresh snack in our solar-powered kitchen. Cost \$60.00

## FARM EXPLORERS

### **Grades four through eight**

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

May 3, 10, 17, 24, 31; June 7

Waltham Fields Community Farm, 240 Beaver St

Instructors: Community Farm Educators

Spend a time on the farm in the fall, learning about the natural sciences and developing your agriculture and culinary skills! Young farmers will learn about all stages of the food system, from growing their own food to caring for chickens, and preparing healthy snacks each day in our solar powered kitchen. We'll touch on a range of skills such as math, science, writing, group cooperation and more! Wear appropriate clothing to play outdoors since we will spend all afternoon in the garden area. Bring a refillable water bottle and sunscreen. WFCF educators will contact you if the program is cancelled for the day due to possible thunder and lightning. Class held if lightly raining. Cost \$60.00

## SPRING INTO ACTION!

### **Grades Kindergarten through three**

Friday, 3:45- 5:15 p.m.

May 4, 11, 18, 25; June 1, 8.

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, visit the playground, and hike. Bring a water bottle, sneakers and desire for fun!

Cost: \$36.00

# TEEN PROGRAMS

## CHILL ZONE

**Grades Six, Seven, Eight**

**Fridays 3:00-9:00**  
**Saturdays 12:00-8:00\***

\*see monthly calendars for days of operation  
at [www.city.waltham.ma.us/recreation-department](http://www.city.waltham.ma.us/recreation-department)

The Chill Zone is a FREE program for Waltham middle school students in grades 6-8. On an average night members can enjoy playing sports in the gym, using our inflatables, playing board and table games, making art projects, watching movies, playing video games and spending time with peers and staff in a safe and supervised environment. The Chill Zone offers great opportunities for socialization, physical fitness, and learning new skills. Please check the Recreation website for monthly event calendars.

**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.**

### **SIXTH GRADE CHILL ZONE WEEK!**

Tuesday, April 17– Friday, April 20  
9:00 a.m.– 4:00 p.m.  
Waltham Recreation Department  
Chill Zone, 510 Moody Street  
Instructor: Kathy Gross and Staff

Spend your April Vacation with us at the Chill Zone! This week long program is an opportunity for sixth graders to familiarize themselves with the Chill Zone program and all it has to offer. We will even take a trip to “Launch Trampoline Park” on Thursday for some jumping and laser tag. All participants will be signed up for a FREE Chill Zone membership to come back any open Friday/Saturday during the school year.  
Cost: \$45.00 (for four day session)



### **TREE TOP ADVENTURES**

**Grades sixth through eight**

Saturday, May 12th

11:00 a.m.– 4:00 p.m.

Pick-up/Drop Off 510 Moody Street

Instructor: Adam Dallaire and Staff

This forest high ropes course consists of more than 130 platforms installed in the trees connected by bridges, ladders, climbing walls, tight ropes, tunnels, zip-lines, and more. The experience is safe, fun, and exciting! An online waiver must be completed in order to attend. Please bring a bagged lunch, plenty of water and wear sneakers/athletic clothing.  
Cost \$45.00



# TEEN PROGRAMS

## AFTER CHILL

Grades Nine and Ten



**Fridays 7:00-11:00**  
**Saturdays 4:00-8:00\***

\*see monthly calendars for days of operation  
at [www.city.waltham.ma.us/recreation-department](http://www.city.waltham.ma.us/recreation-department)

The Chill Zone has expanded it's programming to offer activities for Waltham residents in grades nine and ten!! 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, or until 11th grade.

### Looking for a Summer Job?

Love working with kids and being a positive role model?  
Come work with us!

Positions available for the following programs:

**Summer Fun at Prospect Hill**  
**Kaleidoscope @ Fitzgerald Elementary School**  
**Spray Parks**

Applications will be available March 1, 2018.



# ADULT PROGRAMS

## Paint Creations

Ages 18+

Waltham Recreation Department  
510 Moody Street

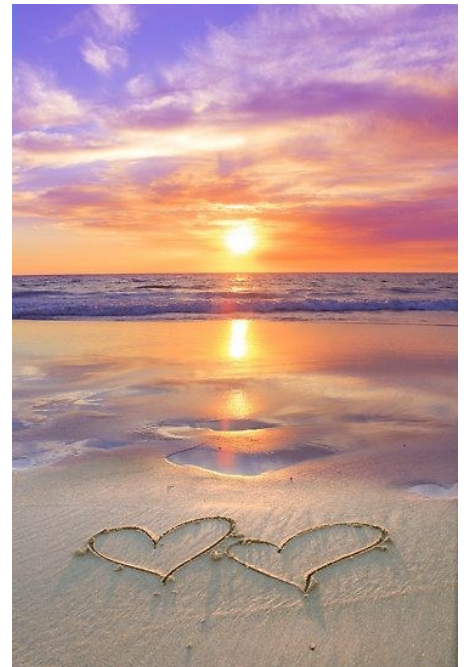


Join us for an evening of painting! Choose from the options below\*. During each session you will create your very own canvas. Follow along with Recreation Supervisor, Kathy Gross, as she provides step-by-step instructions to create an original piece of art. No previous experience necessary, just a desire to create something beautiful! Canvas, paint and supplies are included.  
water and light snacks will be provided.

Instructor: Kathy Gross

Cost: \$20.00 per session/ Non-Residents: \$30.00 per session

**\*Note: Painting are inspired by the images below, and will differ slightly.**



Thursday, March 29

**"Spring Flowers"**

5:30–7:30 p.m.

Thursday, April 12

**"Sunset in Arizona"**

5:30–7:30 p.m.

Thursday, May 3

**"Beach Love"**

5:30–7:30 p.m.

Thursday, June 7

**NEW!! Stained Glass DIY\***

5:30–7:30 p.m.

\*All supplies will be provided for this project, imagery will be left to the creativity of each artist.  
Sample ideas will be available.

# ADULT PROGRAMS

All Adult Programs are for ages 16 and over, unless otherwise mentioned. To enter the building after 4:30 p.m. M-TH please use door #11 on the corner of Beech and Alder St. The Recreation Office closes at 4:30 p.m.

## ZUMBA

Tuesday and Thursday  
5:30- 6:30 p.m.  
March 20– June 14  
Waltham Recreation Department  
510 Moody Street  
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: \$5.00 drop-in fee for residents.  
\$6.00 non-residents. Cash or check only.

## YOGA

Thursday, 6:15—7:20 p.m.  
April 5, 12, 26; May 3, 10, 17, 24, 31  
June 7, 14  
(no program April 19)  
Waltham Recreation Department  
510 Moody Street  
Room #109  
Instructor: Katie Potts

Increase strength, flexibility, balance and relaxation while improving circulation and reducing stress in the Hatha Yoga class. Enter/exit the building through door #11 on Beech Street.

Cost: \$65.00

## ADULT PICKLEBALL PROGRAM (18+)

Wednesday 6:15 – 7:15 PM  
Dates: April 4, 11, 25; May 2, 9, 16  
(no program April 18)  
Waltham Recreation Department  
510 Moody Street  
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. Pickleball is available for adults (ages 18+).  
Cost: \$36.00

## ADULT FUTSAL LEAGUE

Thursday, 7:00-9:00 p.m.  
April 5– May 24  
Waltham Recreation Department  
510 Moody Street  
League Organizer: Ben Kiwanuka



- 7 game regular season
- 1 playoff week
- Individual and team registration ends March 23<sup>rd</sup>
- 8 team league
- 5 v 5 format (Maximum 7 players per team)
- Top 4 teams qualify for playoffs

### Cost:

\$40.00 per individual for the session  
\$200.00 per team

**Please sign in and out at the main office for the following FREE fitness options:**



### **FITNESS ROOM**

Monday– Friday  
8:30 a.m.– 4:00 p.m.



### **OPEN GYMNASIUM**

Monday– Thursday  
12:00– 1:30 p.m.