

WINTER



ON-LINE REGISTRATION

Begins: Tuesday, December 13th at 9:00 a.m.

Concludes: Registration ongoing

- 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

DEPARTMENT INFORMATION

¿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.

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 accommodate a successful recreation experience for all participants.

Please email Ben Kiwanuka at
bkiwanuka@city.waltham.ma.us
to make any necessary
arrangements.



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Ivan Cormier	Building Crafts Person	



Follow us on Instagram @WalthamRecreation

REGISTRATION INFO. AND POLICIES



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

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 immediate family only.
- 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.

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 reservations.
- We are unable to issue refunds.

ONLINE REGISTRATION

- Registration will be online.
- Online registrants are still required to submit a paper copy of our Waiver, Consent, and Release form to the Recreation Office.
- If you are experiencing difficulties or are more comfortable registering in person, please stop by the main office at 510 Moody Street.

PROGRAM 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 reservations.
- We are unable to issue refunds.

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.



Registration Is Now Online!

<https://www.city.waltham.ma.us/recreation-department/pages/birthday-party-information>

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 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 2022

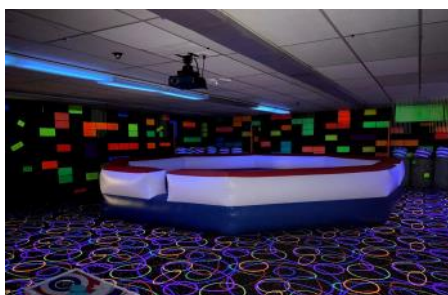


1. Choose ONE large space:

- ☐ Skate 'n' Scoot
- ☐ Auditorium with Bounce Castle
- ☐ Gymnasium with Sport TBD (Sundays Only)

2. PLUS: choose one other activity from below:

- ☐ I would **ONLY** like the large area I selected above for the full activity hour
- ☐ Bowling (Kindergarten+)
- ☐ Glow Gaga Ball (Grades 2+)
- ☐ Paint Locker with \$25 additional Fee (choose and paint one ceramic/wood piece per person)



SPECIAL EVENTS

Sweetheart Dance

Saturday, February 11

4:00 PM to 6:00 PM

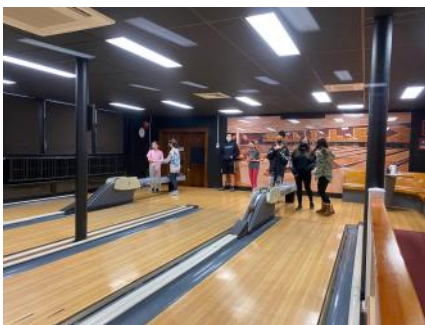
510 Moody Street



Calling all moms, dads, uncles, aunts, grandmas, grandpas, and more! Children of all ages, bring your special sweetheart for a magical Valentine's evening! This semi-formal event will be one for all to enjoy. Take photos in our photo booth, eat some snacks, and dance the night away! It will be a night to remember with your special someone! Pre-registration required.

\$20.00 per couple, \$10.00 per add-on

5th Grade Chill Zone Days



Early Release Wednesdays
January 18, 25; March 15; 22
1:00-5:00 p.m.
(see page 18 for more details)

SPECIAL EVENTS



WATTS UP WALTHAM!
HOLIDAY HOUSE CONTEST & TOUR

Send a photo of your decorated home with your name & address to Kareeley@city.waltham.ma.us by Friday, December 16.

A map will be created for everyone to tour the homes!
Please note: Names will not be shared with addresses!
Recreation Staff will vote and deliver a prize to the winner!

2021's winner!



All ages welcome

PRE-REGISTRATION REQUIRED

Space is limited. Drop-Ins will not be permitted.

Cost per date: \$20.00 per family, up to 4 people (must include one adult) \$5.00 per additional person

Note: snacks will not be provided, but you are welcome to bring your own!

NEW DAY/TIME! Saturdays, 2:00-4:00 p.m.

January 21; February 4, 25; March 11, 25

Spend your Saturday afternoon with us! Activities will include: Auditorium (with Bounce House, Legos and a craft), Skate 'n' Scoot and Bowling. Each family will be assigned a 20 minute bowling time slot. Unfortunately, If you must arrive late or leave early, we will not be able to change your bowling time to accommodate. Please allow yourself plenty of time for parking upon arrival.

FEBRUARY VACATION PROGRAMS

Tuesday, February 21– Friday, February 24



ART ADVENTURES (GRADES K-5)

9:00 a.m.–3:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross and Staff

Four days of art, art and more art! We'll send you the details the week before. Each day, please bring a lunch, morning snack, water bottle, and please wear clothes you don't mind getting a little messy and sneakers for active game breaks.

Cost: \$85.00



SUPER AWESOME FUN WEEK (GRADES K-5)

9:00-3:00 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley and staff

LET'S HAVE SOME SUPER AWESOME FUN! Take your February vacation to the next level at Prospect Hill with Kara! We will create, explore, move, and have so much fun, inside and out! We will end the week on Friday with a movie and pizza party! Each day, please bring a lunch, morning snack, water bottle, and please wear comfortable clothing (weather appropriate) and sneakers/boots! More details will be e-mailed a few days before the program begins.

Cost: \$85.00



FEBRUARY VACATION FUN (GRADES K-5)

9:00 a.m.– 3:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka and Staff

Looking for an extra-fun way to spend your school vacation? Join us at the Waltham Community and Cultural Center! We will keep you busy with crafts and games. We will also spend time in the gym, and enjoy bouncing on inflatables. Wear comfortable clothing and sneakers. Bring a lunch and a healthy morning snack. We'll send you the details the week before.

Cost: \$85.00



TEEN TRIPZ (GRADES 6-8)

9:00 a.m.– 3:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire and Staff

Each day will be a combination of in house activities and an off-site field trip. Please bring lunch and plenty of water. See tentative schedule on the right.

Cost: \$85.00

Tuesday: AMC
Wednesday: Launch
Thursday: Xtreme Craze
Friday: Fun and Games

Schedule and Destinations subject to change due to availability

**WE'RE
HIRING**

**Interested in working with us during your
February and April school breaks?**

Applications and instructions are now available online at:
<https://www.city.waltham.ma.us/recreation-department/pages/whats-happening-o>

ONE TIME PROGRAMS

FUN FRIDAYS!

Grades kindergarten through five

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

January 6, February 3, and/or March 3

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Join Kara at Prospect Hill Park for one (or three!) Fun Fridays! Each Fun Friday we will do fun activities, arts and crafts, and games that go with the theme of the day! If there is snow we may go sledding! We will spend our time both inside and out if weather allows. Please dress for the weather and bring a snack and water bottle!

Friday, January 6 –Frozen Fun

Friday, February 3- Valentine's Party

Friday, March 3 – Wicked Science

Cost: \$15.00 per day

HALFDAY FUNDAY

Grades kindergarten through five

Wednesdays, 2:00-5:00 p.m.

January 18, January 25 and/or March 15

(early release days)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Join us at Prospect for your Early Release Day! We'll spend our time doing crafts, playing both inside and outside. We will visit the playground, and if there is snow, you know what that means! Sledding! Please dress for the weather, and bring a snack and water bottle!

Cost: \$25.00 per day

NOT SO BORING BOARD GAMES

Grades kindergarten through five

Wednesdays, 2:00-5:00 p.m.

January 18 and/or March 15 (early release day)

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

Come join us and have fun playing varieties of board games. We'll also take a mini break from the games and do some fun activities. Bring a water bottle and be ready for some fun. Pizza will be provided!

Cost: \$25.00 per day

EARLY RELEASE DAYS

@ LAUNCH

Grades three through five

Wednesdays, 2:00-6:00 p.m.

January 18 and/or March 15(early release days)

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

Come join us for this early release trip to Launch Framingham! We will jump for an hour, spend time in the arcade, and finish with pizza! Cost: \$30.00 per day

TEEN TRIPZ SAMPLER

@ LAUNCH

Grades six through eight

Wednesdays, 2:00-6:00 p.m.

January 25 and/or March 22 (early release days)

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

Come join us for this early release Teen Tripz Sampler to Launch Framingham! We will jump for an hour, spend time in the arcade, and finish with pizza!

Cost: \$30.00 per day

FUN WITH FRIENDS

Grades one through five

Wednesdays, 2:00-5:00 p.m.

January 25 and/or March 22 (early release days)

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, and outdoor play. Bring a water bottle and be ready for some fun. Pizza will be provided!

Cost: \$25.00 per day

CELEBRATE SPRING

Grades kindergarten through five

Wednesday, 2:00-5:00 p.m.

March 22 (early release day)

Prospect Hill Park

314 Totten Pond Road

Instructor: Kara Greeley



Let's celebrate the first day of Spring! We'll spend our time doing spring crafts, playing both inside and outside. We will also visit the playground. Please dress for the weather, and bring a snack and water bottle! Cost: \$25.00

PROGRAMS AT A GLANCE

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Pre-K	Skater Tots 10:00-10:45	Giraffe School 9:00- noon	Drop-In and Play 10:15-11:00	Jump Up And Go 10:00-10:40	Giraffe School 9:00- noon	Family Fun Days 2:00-4:00
	Karate Kids 3:30-4:00	Skate 'n' Scoot 11:30-12:30	Little Painters 11:00-11:45	Tiny Bowlers 1:00-1:50	Hands On Learning 10:30-11:15	
	Mini Musicians 9:00-9:45/ 10:00-10:45	Bouncin' Builder Minis 9:45-10:30		Bouncin' Builders 11:00-11:45		

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth	Beads and Beyond 3:30-4:30	Baking Buddies 3:30-5:30	Outdoor Adventure 3:30-4:45	Strings and Things 3:30-4:45	Bounce 'n' Ball 4:30-5:30	
	I Like To Move It 3:30-4:30	Street Hockey 3:30-4:30	I Like To Move It 3:30-4:30	Gym Time 3:30-4:30	Fun Fridays 3:30-5:00	
	Karate 4:10/5:05	Zumba Kids 3:30-4:30	Scene Study 3:30-4:30	Junior Pickleball 3:30-4:30		
	Mixed Media Masterpieces 3:30-4:30	Kickin' It 3:30-4:30		Creative Energy 3:30-4:30		
				Magical March 3:30-4:45		

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth/Teen	Baseball Clinic 7:30-9:00	Softball Clinic 7:30-9:00	Fun Soccer Wednesdays 3:30-4:30	Softball Pitching Clinic 6:00-7:00	Chill Zone 3:30-8:00	
				Baseball Clinic 7:30-9:00	Junior Pickleball 3:30-4:30	

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Adult		Zumba 5:30-6:30	Yoga 6:00-7:00	Zumba 5:30-6:30		Pickleball 9:30-11:00
				Pickleball 4:30-6:00		Badminton 11:30-1:00

**Looking to Ski/
Snowboard
this Winter?
Check out these
ski facilities near
Waltham!**

Nashoba Valley-Westford, MA
www.skinashoba.com

Ski Ward-Shrewsbury, MA
www.skiward.com

Wachusett Mountain-Princeton, MA
www.wachusett.com

Blue Hills-Canton, MA
www.bluehillsboston.com



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, December 23rd.



LIONS: Born September 2020- August 2021

TIGERS: Born September 2019- August 2020

BEARS: Born September 2018- August 2019

GIRAFFES: Born September 2017- August 2018

GIRAFFE SCHOOL

Pre-K Program



Giraffes

Tuesday or Friday

9:00 am- Noon

January 3-March 24 (11 Weeks)

No program February 21 or February 24

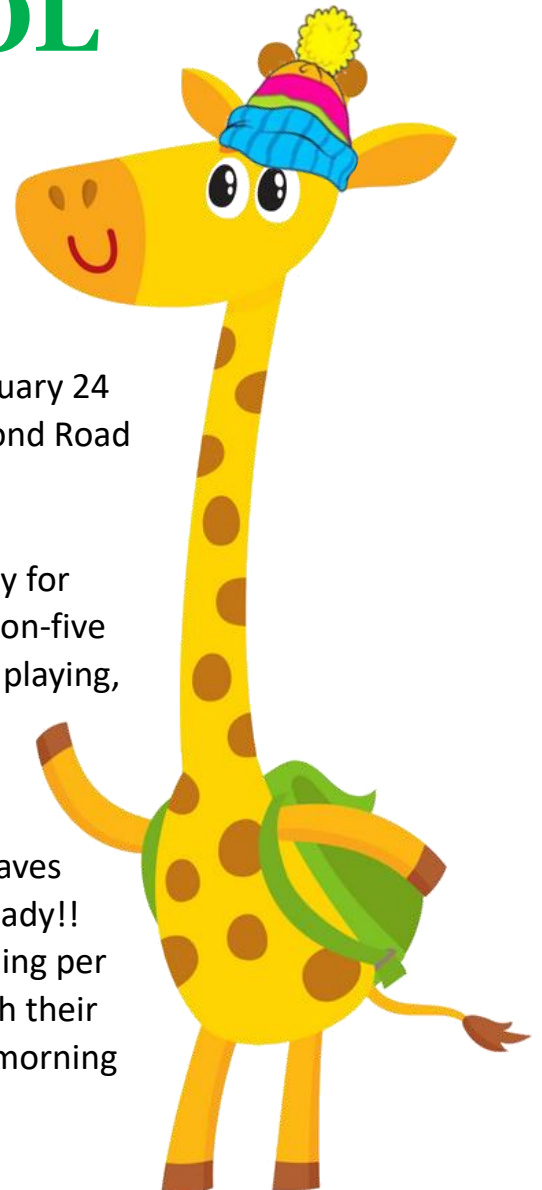
Prospect Hill Park , 314 Totten Pond Road

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!

Cost: \$110.00



PRESCHOOL PROGRAMS



SKATER TOTS

Bears, Giraffes

Mondays, 10:00- 10:30 a.m. **OR** 10:45- 11:15 a.m.
January 9, 23, 30; February 6, 13, 27; March 6
(no program on January 16 and February 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: \$49.00

KARATE KIDS – LITTLE DRAGONS

Giraffes

Mondays, 3:30 – 4:00 p.m.
January 9, 23, 30 February 6, 13, 27, March 6, 13, 20
(No program January 16 and February 20)
Waltham Recreation Department, 510 Moody Street
Instructor: Steve Nugent Karate Institute

This fun and upbeat class will emphasize listening and following directions, stretching and breathing, and of course some cool karate routines! Uniforms and belts are provided for this age-appropriate martial arts program for preschoolers. Parents/guardians are asked to stay for the duration of the class.
Cost: \$135.00

MINI MUSICIANS

Lions, Tigers

Mondays, 9:00– 9:45 a.m.
January 9, 23, 30; February 6, 13, 27; March 6
(No program January 16 and February 20)
Waltham Recreation Department, 510 Moody Street
Instructor: Go Go Allegro School of Music

Come expose your young child to music! We will be playing songs, interacting with instruments, and teaching parents fun games for musical development. Learn how to expose your child to cultures from all around the world, just through rhythm and melody. We will also discuss how to listen to music with your child. Attendance of one adult per child is required for this class. Cost: \$70.00



MINI MUSICIANS

Bears, Giraffes

Mondays, 10:00– 10:45 a.m.
January 9, 23, 30; February 6, 13, 27; March 6
(No program January 16 and February 20)
Waltham Recreation Department, 510 Moody Street
Instructor: Go Go Allegro School of Music

Join us with your little ones for an introduction to music exploring rhythm and pitch in a fun setting! We believe children can be introduced to the joy of music and in the process develop valuable skills. A comprehensive music program will aid in the educational, physical and social development of the child. Our primary objective is to encourage and develop children's natural creativity and interest in music.

We use musical concepts and movement to help young children engage with one another and gain skills they can use throughout their school years and beyond. Our programs teach active listening, vocabulary, phonological awareness, and print awareness all through developmentally-appropriate musical activities including exploration of rhythm, pitch, keeping time, and making music together. Attendance of one adult per child is required for this class. Cost \$70.00

PRESCHOOL PROGRAMS

BOUNCIN' BUILDER MINIS!

Lions, Tigers

Tuesdays, 9:45-10:30 a.m.

January 3, 10, 17, 24, 31; February 7, 14

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. After that we will work on building amazing block creations!

Cost: \$49.00

DROP-IN AND PLAY

Tigers, Bears, Giraffes

Wednesday, 10:15 – 11:00 a.m.

January 4, 11, 18, 25; February 1, 8, 15

Waltham Recreation Department, 510 Moody Street

Supervisor: Ben Kiwanuka

Join us for some indoor fun during these cold winter months. This program will be a great space for kids to burn off some energy, have fun, and make new friends. Participants must be accompanied by a parent at all times as this is a non-structured program. Come have fun!!

Cost: \$49.00

LITTLE PAINTERS

Lions, Tigers, Bears, Giraffes

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

January 4, 11, 18, 25; February 1, 8, 15

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Let's get messy and enjoy the process of making art! Each week we will paint one part of a larger project that you will take home at the end of the seven week session. We will take our time and have fun exploring different colors, brushes and paints. Please bring your adult and wear something you don't mind getting paint on. Aprons will also be provided.

Cost: \$49.00



JUMP UP AND GO

Tigers, Bears, Giraffes

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

January 5, 12, 19, 26; February 2, 9, 16

Prospect Hill Park Lodge, 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: \$49.00

BOUNCIN' BUILDERS!

Bears, Giraffes

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

January 5, 12, 19, 26; February 2, 9, 16

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 inflatables. After that we will work on building amazing "Lego DUPLO" creations!

Cost: \$49.00

TINY BOWLERS

Tigers, Bears, Giraffes

Thursday, 1:00 – 1:50 p.m.

January 5, 12, 19, 26; February 2, 9, 16

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

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

Cost: \$49.00 per family

(maximum of four people, must include one adult)

PRESCHOOL PROGRAMS

HANDS ON LEARNING



Bears, Giraffes

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

January 6, 13, 20, 27; February 3, 10, 17

Waltham Recreation Department, 510 Moody Street

Instructor: Author/Illustrator Melanie Tsolas

Join us with your little one for 7 weeks of Storytime and Art Making! Reading to your child stimulates imagination, builds upon vocabulary and helps them create connections to their world. Equally as important, art making aids in the development of fine and gross motor skills, creative thinking and problem solving through the 5 senses. Let's enjoy them together! Each class will begin on the rug with a fun and light-hearted book followed by a brief discussion intended to promote recollection and comprehension of the story. We'll then move to the art tables where your child will enjoy an expressive art project inspired by their story-time book! Warning- fun and smiles may result. Please dress in clothing you don't mind getting a little dirty. Art making can get a bit messy! Cost: \$49.00

Skate 'n' Scoot



Tigers, Bears, Giraffes

Tuesday, 11:30-12:30 p.m.

January 3, 10, 17, 24, 31; February 7, 14

Cost: Free (Drop in)

510 Moody Street

Come join us at 510 Moody Street on Tuesday mornings for roller skating, scootering and driving Cozy Coupe toys! Some scooters, skates and ride on toys are provided but feel free to bring your own. Helmets are required for participation.

YOUTH PROGRAMS

I LIKE TO MOVE IT

@ Northeast

Grades two through five

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

January 9, 23, 30; February 6, 13, 27; March 6
(No program on January 16 and February 20)
Northeast Elementary School, 70 Putney Lane
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: \$49.00

MIXED MEDIA MASTERPIECES



Grades one through three

Mondays, 3:30–4:30 p.m.

January 9, 23, 30; February 6, 13, 27; March 6
(no program on January 16 and February 20)
Waltham Recreation Department, 510 Moody Street
Instructor: Author/Illustrator Melanie Tsolas

Join us after school in a fun, relaxed and nurturing environment. Together we'll explore various materials, techniques and ideas through the fun of printmaking, drawing and collage.

We'll begin our session with the introduction to various printmaking styles and discover how common objects around your home can be used to create beautiful and expressive marks.

We'll use fun printing materials as bubble wrap, string and recycled/ pre-cut objects. We'll also learn about mono-printing using zip lock bags, tinfoil circles and even dish soap!

Together we'll continue the fun with collage and drawing. Students will create personal drawings and learn how to effectively collage them, along with various papers (newspapers, magazines, wrapping paper etc..) into their printmaking creations. The result, a Mixed Media Masterpiece!

Come express your artistic side, gain new skills, and have fun with friends. Remember to wear clothes you don't mind getting a little dirty. It can happen when we are having so much fun! Cost: \$49.00

BEADS AND BEYOND

Grades kindergarten through three

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

January 9, 23, 30; February 6, 13, 27
(No Program January 16, February 20)
Prospect Hill Park, 314 Totten Pnd Road
Instructor: Kara Greeley

This class combines your love for all things beads and movement! Each week class will begin with a fun movement activity (outside if weather allows!) and finish with a bead project (bracelets, necklaces, keychains, you name it)! If there is snow, we will go sledding! Please dress in weather appropriate clothing and bring a water bottle.
Cost: \$42.00

KARATE

Mondays

kindergarten through grade two: 4:10 p.m. – 4:55 p.m.

Grades three through eight: 5:05 p.m. – 5:50 p.m.

January 9, 23, 30; February 6, 13, 27; March 6, 13, 20
(No program January 16 and February 20)
Waltham Recreation Department, 510 Moody Street
Instructor: Steve Nugent Karate Institute

Introductory, intermediate, and advanced karate classes will teach proper stances, breathing, stretching, discipline, confidence, and practical self-defense. 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. Parents/guardians are required to stay for the duration of the class.

Cost: \$135.00

STREET HOCKEY

Grades two through five

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

January 3, 10, 17, 24, 31

February 7, 14

Waltham Recreation
510 Moody Street

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!

*Pick-up is available from Dual Language School

14 (you will be prompted when registering) Cost: \$49.00

YOUTH PROGRAMS

BAKING BUDDIES

Grades three, four, five

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

January 3, 10, 17, 24, 31; February 7, 14

Waltham Recreation Department

510 Moody Street

Instructor: Kara Greeley



Learn how to bake from scratch, and find out how simple, fun, and fulfilling baking can be!! From cake and pies to cookies and bread, class will include hands-on instruction, an apron for during class, recipes, and baked goods to take home! Please wear your comfortable clothes, tie your hair back, and wear your closed toe shoes!

Cost: \$ 70.00

ZUMBA® KIDS

Grades kindergarten through three

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

January 3, 10, 17, 24, 31; February 7, 14

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 respect, team work and confidence.

**Pick-up is available from Dual Language School
(you will be prompted when registering)*

Cost: \$49.00

KICKIN' IT

Grades kindergarten through two

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

January 3, 10, 17, 24, 31; February 7, 14

Waltham Recreation Department, 510

Moody Street

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!

**Pick-up is available from Dual Language School
(you will be prompted when registering)*

Cost: \$49.00

SCENE STUDY

Grades three through five

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

January 4, 11; February 1, 8, 15; March 1, 8

(no program on January 18, 25 and February 22)

Waltham Recreation Department, 510 Moody Street

Instructor: Kim Strafford/Story Shifters

Come join the Story! Story Shifters will use classic plays to explore acting skills. The culminating event would be a scene sharing for family and friends.

Cost: \$70.00

OUTDOOR ADVENTURE

Grades kindergarten through three

Wednesdays, 3:30-4:45 p.m.

January 4, 11; February 1, 8, 15; March 1

(No program January 18, 25)

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley



Let's get outside and have an adventure! We will hike & explore and have fun on the awesome playground. If there is snow, we will be sledding. Please dress for the weather, and bring water!

Cost: \$42.00

I LIKE TO MOVE IT

Grades two through five

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

January 4, 11; February 1, 8, 15; March 1, 8

(no program on January 18, 25 and February 22)

Waltham Recreation Department, 510 Moody 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: \$49.00

CREATIVE ENERGY

Grades kindergarten through two

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

January 5, 12, 19, 26; February 2, 9, 16

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

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!

**Pick-up is available from Dual Language School
(you will be prompted when registering)*

Cost: \$49.00

YOUTH PROGRAMS



STRINGS & THINGS

Grades three through five

Thursday, 3:30- 4:45 p.m.

January 5, 12, 19, 26; February 2, 9, 16

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 an 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: \$49.00

GYM TIME

Grades two through five

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

January 5, 12, 19, 26; February 2, 9, 16

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

Come join us for some street hockey, soccer, basketball, tag games, and more! Please Bring sneakers and a water bottle.

**Pick-up is available from Dual Language School (you will be prompted when registering)*

Cost: \$49.00

MAGICAL MARCH

Grades kindergarten through three

Thursday 3:30-4:45 p.m.

March 2, 9, 16, 23, 30

Prospect Hill Park

314 Totten Pond Road

Instructor: Kara Greeley



This March is all about fairies, unicorns, leprechauns, and all sorts of magic! We will make beautiful fairy/gnome houses, head out on a pot of gold search in the enchanted forest, make many mystical arts and crafts, and play lots of fun activities and games! The possibilities are endless.

Cost: \$35.00

JUNIOR PICKLEBALL

Grades three through five

Thursday, 3:30 – 4:30 p.m.

January 5, 12, 19, 26; February 2, 9, 16

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.

**Pick-up is available from Dual Language School (you will be prompted when registering)*

Cost: \$49.00

BOUNCE 'N' BALL

Grades three through five

January 6, 13, 20, 27; February 3, 10, 17

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

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

We'll bounce and ball our Friday afternoons away with time spent in the bounce house, GaGa Ball and various types of dodgeball! Please bring sneakers and a water bottle!

Cost: \$49.00

YOUTH/TEEN PROGRAMS

GIRLS SOFTBALL SKILLS DEVELOPMENT CLINIC

Grades five through twelve

Tuesdays, 7:30– 9:00 p.m.

February 7, 14, 28 March 7

(No Program February 21)

Kennedy Middle School

617 Lexington Street

Instructors: WHS Softball Coaches

Athletes in grades 5-12 are invited to take part in an all-skills development clinic put on by the Waltham High School softball coaches. This clinic will focus on the mechanics of throwing, fielding and hitting. (Equipment needed)

Cost: \$60.00

WINTER BASEBALL PITCHING AND CATCHING CLINIC

Middle/High School students

Mondays & Thursdays 7:30 – 9:00 p.m.

February 6, 9, 13, 16, 27 March 2, 6, 9, 13, 16

(No program February 20, 23)

Kennedy Middle School, 617 Lexington Street

Instructors: WHS Baseball Coaching Staff

The Waltham High Baseball Coaching Staff will be offering a pitching and catching clinic this winter. The focus will be on conditioning, mechanics, and skill development. Every participant will receive individual instruction on all aspects of pitching and catching. (Equipment needed)

Cost: \$150.00

SOFTBALL PITCHING CLINIC

Grades five through twelve

Thursdays 6:00 – 7:00 p.m.

510 Moody St – Gymnasium

January 5, 12, 19, 26

Instructors: WHS Softball Coaches

Athletes in grades 5-12 are invited to take part in a pitching clinic put on by the Waltham High School softball coaches. The focus will be on the mechanics of pitching along with the opportunity to learn movement pitches. No prior pitching experience is needed. (Equipment needed)

Cost: \$40.00



FUN SOCCER WEDNESDAYS

Grades three through six

Wednesday, 3:30 – 4:30 p.m.

Waltham Recreation Department Gymnasium

510 Moody Street

January 4, 11; February 1, 8, 15; March 1, 8

(no program on January 18, 25; February 22)

Instructor: Ben Kiwanuka

Do you enjoy soccer and like to have fun at the same time? Join us for Fun Soccer Wednesdays! This is a great way to practice your skills, learn new skills and have fun. We will run skill exercises, fun games, and pick small sided teams each week at random, and allow for free pay. There are no goalkeepers and minimal coaching.

Cost: \$49.00

JUNIOR PICKLEBALL

Grades six through eight

Friday, 3:30 – 4:30 p.m.

January 6, 13, 20, 27; February 3, 10, 17

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.

Cost: \$49.00

TEEN PROGRAMS

CHILL ZONE



510 MOODY STREET

GRADES 6-8

Fridays, 3:30-8:00 p.m.

The Chill Zone is a free program for Waltham students in grades six through eight. The Chill Zone offers great opportunities for socialization and physical fitness in a safe and supervised environment. Please check the Recreation website for monthly 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. 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>

5th Grade Half Days

Grade five

Early Release Wednesdays, 1:00-5:00 p.m.*

January 18, 25; March 15, 22

Waltham Recreation Department, 510 Moody Street

Instructors: Chill Zone Staff

What is Chill Zone?? The Chill Zone is a FREE drop-in program for Waltham students in grades six through eight...BUT!...on select days this Winter, it's all about the 5th grade!! Come try out all the fun that Chill Zone has to offer on these 5th grade ONLY afternoons of fun. Cost covers snacks and a pizza dinner.

Cost: \$10.00 per day. Registration Required.

*Pick-up is available from Dual Language School (you will be prompted when registering)

ADULT PROGRAMS

ZUMBA

Ages 18+

Tuesdays and Thursdays, 5:30-6:30 p.m.

January 3– March 30

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 per class. Non-residents \$6.00

YOGA

Ages 18+

Wednesdays, January 4, 11, 18, 25; February 1

6:00 – 7:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Olivia Krause

Connect to your inner strength and fuel that lights you up with Olivia's Wednesday Warm Flow. It is focused on moving through what feels best, this mid-week flow will rejuvenate your body and soul at a comfortable pace.

Cost: \$50.00

ADULT PICKLEBALL

Ages 18+

Thursday, 4:30– 6:00 p.m.

January 5, 12, 19, 26; February 2, 9, 16

Saturday, 9:30 am – 11:00 am

January 7, 21, 28; February 4, 11, 18; March 4

(no program January 14, February 25)

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.

Cost: \$70.00

BADMINTON

Ages 18+

Saturdays, 11:30 -1:00 p.m.

January 7, 21, 28; February 4, 11, 18; March 4

(no program January 14, February 25)

Waltham Recreation Department, 510 Moody Street

Supervisor: Ben Kiwanuka

All skill levels are welcome. Please wear indoor or tennis shoes and have fun playing badminton.

Cost: \$70.00

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



VETERAN'S MEMORIAL ICE RINK



PUBLIC SKATING

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.

ADULT PUBLIC HOCKEY

Ages 16+

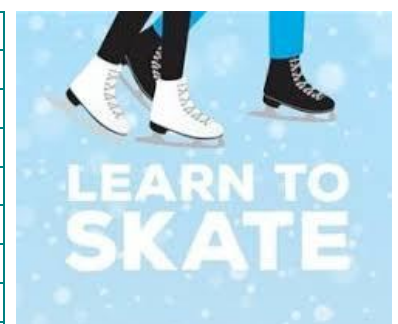
Full equipment required. Hours subject to change due to school vacation weeks, no school days and special events. Please visit the Recreation Department website or call 781-314-3474 for complete rink schedule and information.

Cost: \$10.00

Tuesday– Friday	12:00 p.m.	to	12:50 p.m.
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YOUTH SPORTS ORGANIZATIONS

LEAGUE	WEBSITE/EMAIL
Waltham Baseball	http://www.walthamyouthbaseball.com/
Lou Thompkins Waltham Hawks	walthamhawksbaseball@gmail.com
Girls Softball League	https://walthamgirlssoftball.sportssignup.com/site/
Waltham Youth Soccer	https://clubs.bluesombrero.com/walthamsoccer
Youth Hockey	http://www.walthamyouthhockey.org/
Youth Basketball (Y.B.A.)	https://www.leaguelineup.com/welcome.asp?url=walthamyba&sid=436095140
Waltham Girls Basketball	https://www.walthamgirlsbasketball.com/
Waltham Track Club	http://www.walthamtrackclub.com/
Waltham Youth Lacrosse	http://www.walthamlacrosse.com/
Waltham Youth Football	http://walthamyouthfootball.website.sportssignup.com/
Cheerleading	http://walthamyouthfootball.website.sportssignup.com/Site/Cheer
Prospect Hill Ski Club	https://sites.google.com/site/prospecthillteam/
Waltham Youth Wrestling	https://walthamyouthwrestling.com/



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