

WALTHAM

RECREATION

Winter 2021-2022

ON-LINE REGISTRATION

Begins: Tuesday, November 30th 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

TABLE OF CONTENTS

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.

3	Registration
4	Birthday Parties
5	Escape Boxes
6	Take Home Projects
7	“Watts Up Waltham”
8	Events
9-12	One Time Programs
13	February Vacation Programs
14	Programs at a Glance
15-17	Preschool Programs
18-20	Youth Programs
21	Youth/Teen Programs
22	Chill Zone
23-24	Adult Programs
23	Virtual Programs
24	Veteran’s Memorial Ice Rink
25	Ski and Snowboard



Nick Abruzzi	Director of Recreation
Kim Scott	Assistant Director of Recreation
Ed Kelley, Jr.	Asst. Superintendent of Recreation/Facilities
Adam Green	Park Ranger
Kathy Gross	Recreation Supervisor/Teen Coordinator
Adam Dallaire	Recreation Supervisor
Kara Greeley	Recreation Supervisor
Ben Kiwanuka	Recreation Supervisor/Special Needs
Lisa DiBlasi	Administrative Assistant
Karen O’Brien	Administrative Assistant
Ivan Cormier	Building Craftsman

nabruzzo@city.waltham.ma.us
kascott@city.waltham.ma.us
ekelley@city.waltham.ma.us
agreen@city.waltham.ma.us
kgross@city.waltham.ma.us
adallaire@city.waltham.ma.us
kgreeley@city.waltham.ma.us
bkiwanuka@city.waltham.ma.us
ldibiasi@city.waltham.ma.us
kobrien@city.waltham.ma.us



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

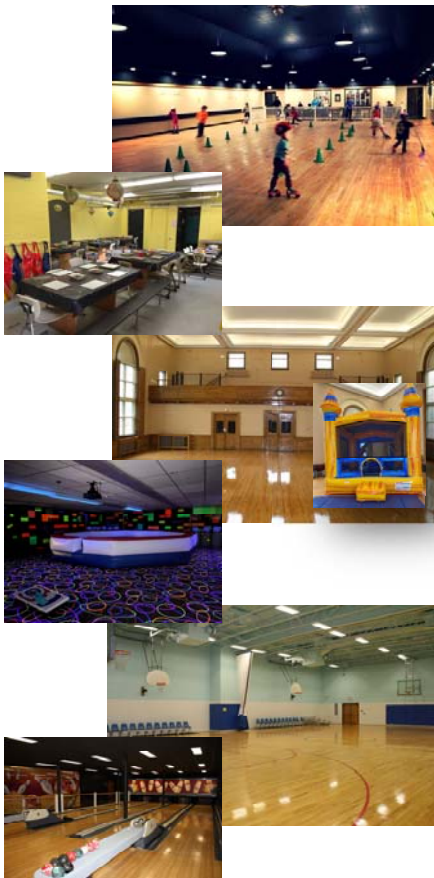
Up to 20 party friends \$150.00
Paint Locker Add-On \$25.00

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 through June 2022

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 (Kindergarten+)
- Glow Gaga Ball (Grades 2+)
- Paint Locker (choose and paint one ceramic/wood piece per person)
- I would like Skate 'n' Scoot **ONLY** for the full activity hour

Option B. Auditorium: Includes Inflatable Bounce Castle

PLUS (choose one from below):

- Paint Locker (choose and paint one ceramic/wood piece per person)
- Glow Gaga Ball (Grades 2+)
- Lego Duplos **OR** Legos
- I would like the Auditorium **ONLY** for the full activity hour

Option C. Gym (Sundays Only). What Sport would you like? _____

PLUS (choose one from below):

- Bowling (Kindergarten+)
- Glow Gaga Ball (Grades 2+)
- Paint Locker (choose and paint one ceramic/wood piece per person)
- I would like the Gym **ONLY** for the full activity hour

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 <https://www.city.waltham.ma.us/recreation-department/pages/register-for-programs>.

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



Harry Potter
Family/Elementary+ (Medium)



Board Game Mystery
Family/Upper Elementary+ (Medium)



International Spy
Family/Middle School+ (Difficult)

TAKE HOME ACTIVITIES

HOLIDAY Art In A Box!

Recommended ages 5-10 (younger with adult assistance)

- 12 winter holiday art projects
- 4 packs of model magic



Pick-up for these boxes will begin **December 15th**. Register online first and then pick-up in person. Please come to 510 Moody Street and ring the bell on the left side at the Alder Street door. Cost: \$24.00 per box

WINTER Art In A Box!

Recommended ages 5-10 (younger with adult assistance)

- 12 winter themed art projects
- 4 packs of model magic



Pick-up for these boxes will begin **December 15th**. Register online and then pick-up in person. Please come to 510 Moody Street and ring the bell on the left side at the Alder Street door. Cost: \$24.00 per box

DISCOUNTED TICKETS

Each Waltham resident may purchase six tickets per visit



LAUNCH TRAMPOLINE PARK

These tickets may be traded in for a one hour jump time. Subject to availability. Accepted at the Norwood, Framingham, Westborough and Woburn Locations. Cost: \$5.00 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. Cost: \$9.25 per ticket

Watts Up, Waltham!

2021 Holiday House

Decorating Contest

& Tour



WALTHAM
RECREATION

Send a photo of your decorated home with your name & address to Kgreeley@city.waltham.ma.us by **Thursday, 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 prizes to the winner!

EVENTS



**Saturday, January 22nd
12:00-4:00 p.m.**

Featuring:

- Bounce House
- Inflatable Slide
- Glow Games
- Skate 'n' Scoot
- Face Painting
- Bowling
- Crafts
- And more!

Sweetheart **DANCE**

**Saturday, February 12th
4:00-6:00 p.m.**

**Waltham Recreation Department
510 Moody Street**

Calling all moms, dads, uncles, aunts, grandmas, grandpas, and more! Children of all ages, bring your special sweetheart for a magical 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.
\$10.00 per couple, \$5.00 per add-on

More events coming in 2022!

Chill Zone Dodgeball Tournament

Spring Fest

Touch a Truck

Splash Day

July 4th Celebration

ONE TIME PROGRAMS

FAMILY FUN NIGHTS!



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 add-on per additional person

(registration includes one water and snack per person)

Fridays, 5:30-7:30 p.m.

Each family may choose up to 3 dates

December 3, 10

January 7, 28

February 4, 11

March 11



Spend your Friday nights 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.

ONE TIME PROGRAMS

Parents' Night Out

Grades kindergarten through five

Friday, December 10

4:00 – 7:00 pm

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

Drop your kids off here to have a ton of fun while you go out and do some holiday shopping! We will have a variety of fun-filled activities planned for them.

Cost: \$25.00

Write a Play in a Day

Grades three through five

Friday, December 10, 3:45– 5:45 p.m. **OR**

January 14, 2:00– 4:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kimberly Strafford

Using drama games and activities, students will work together to create an original short play written and performed in one day! Students will immerse themselves in storytelling and story building exercises. The end result is an imaginative piece of theatre.

Cost: \$20.00

Ornament Making

Grades kindergarten through five

Friday, December 17th

5:30-7:30 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Get ready for the holidays by making your very own ornaments. They are great for decorating as well as gift giving. Each child will leave with four hand painted items. We will also take a break for games if time allows. Please bring a snack and water.

Cost: \$15.00

Ice Hockey Skills

Grades three through six

December 27, 28, 29

1:00– 2:30 p.m.

Veteran's Memorial Ice Rink, 295 Totten Pond Road

Instructor: Adam Dallaire

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

Cost: \$100.00 Skaters \$50.00 Goalies



Rising Star Youth Basketball Clinic

Grades four through eight

December 27, 28, 29, 30

10:00 a.m.– noon

Waltham Recreation Department, 510 Moody Street

Instructor: Rising Star Basketball

Learn the game of basketball from a former college coach and RISING STAR BASKETBALL director Kevin O'Brien in a fun atmosphere. Contests, games and fun while learning and improving! Perfect for beginners or experienced players. Shooting, dribbling, passing and defense! Everybody wins!!

Cost \$100.00

Tripz Sampler: Nashoba Tubing

Grades six through eight

Thursday, December 30

9:00 a.m.– 4:00 p.m.

510 Moody Street/Nashoba Valley Ski Area (Westford)

Instructor: Adam Dallaire and Ben Kiwanuka

Come check out a sample of our Summer Program 'Teen Tripz!' Participants will spend the first part of the day in Chill Zone rooms, participating in games and activities with friends, peers and staff, then getting in the vans to head to Nashoba for some snow tubing!

Cost: \$45.00

Not So Boring Board Games

Grades kindergarten through five

Friday, January 14 (early release day)

2:00 p.m.– 5:00 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

Come join us and have fun playing a variety of board games. We'll also take a mini break from the games and do some fun activities.

Cost: \$20.00

ONE TIME PROGRAMS

5th Grade Chill Zone Half Days



Grade five

Fridays: January 14 AND/OR March 4
(early release days)
1:00-6:00 p.m.*
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 twelve...BUT!...on select Fridays this winter, it's all about the 5th grade!! Come try out all the fun that Chill Zone has to offer on this 5th grade ONLY afternoon of fun. One time cost covers snacks and a pizza dinner. Cost: \$10.00

*Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Mini Musicians

Lions , Tigers, Bears, Giraffes

Monday, January 10
9:30– 10:15 a.m.
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. Children must be accompanied by an adult.
Cost: \$10.00

Half Day Funday

Grades kindergarten through five

January 14, January 25, AND/OR March 4
(early release days)
2:00– 5:30 p.m.
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

Summer In Winter Party

Grades kindergarten through five

Friday, January 21
3:30-5:30 p.m.
Prospect Hill Park, 314 Totten Pond Road
Instructor: Kara Greeley

There are six months until summer, but who's counting?! Let's have a summer party in the middle of winter! Join Kara, in the tropical land of Prospect Hill. We will bring the sunshine, play classic summer games, listen to summer music and have a blast! Be sure to bring your summer vibes!
Cost: \$15.00

Crafternoons

Grades kindergarten through five

Tuesday, January 25 AND/OR March 22
(early release days)
2:00-5:30 p.m.
14 Church Street
Instructor: Kathy Gross

An afternoon of crafting with Kathy at 14 Church Street. Join us for one or both days. Please bring a snack and water.
Cost: \$25.00 per day

ONE TIME PROGRAMS



Snow Tubing Trip

Grades three through five

Tuesday, January 25 (early release day)

2:00 p.m. – 6:30 p.m.

Waltham Recreation Department, 510 Moody Street

Nashoba Valley Ski Area, Westford

Instructor: Ben Kiwanuka and Adam Dallaire

Join us for a special early release day snow tubing trip! Remember to bring all of your snow gear and snacks/ money to purchase something from the lodge at Nashoba Valley. We will be leaving the Recreation Department promptly at 2:00 p.m. and taking the Recreation Vans to Nashoba for an afternoon of winter fun!

Cost: \$45.00

Story and Me

Bears and Giraffes

Friday, February 4

10:30– 11:15 a.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kimberly Strafford

Come play and imagine with your child! Together we will explore different aspects of theatre and storytelling in an interactive and fun way. Bring your little one and your imaginations!

Cost \$10 per (one adult/one child)

Valentine's Day Celebration

Grades Kindergarten through five

Friday, February 4

3:30-5:30 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

Let's celebrate Valentine's Day! We will decorate cookies, play games, arts and crafts, and have tons of fun!

Cost: \$15.00

Pi Day

Grades Kindergarten through five

Monday, March 14

3:30-5:30 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Kara Greeley

Do you love π ? How about PIE?! Let's celebrate 3.14 (15926535....) by making our very own pies to bring home! Children will have plenty of help and adult supervision.

Cost: \$15.00

Celebrate Spring

Grades Kindergarten through five

Tuesday, March 22 (early release day)

2:00- 5:30 p.m.

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

It is officially Spring! Celebrate the beginning of Spring with Kara! Our afternoon will be super fun, filled with Spring themed activities, games and crafts.

Cost \$25.00

Gaga Bowl

Grades two through five

Tuesday, March 22 (early release day)

2:00-5:30 p.m.

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

An afternoon of Gaga Ball and Bowling with Adam. We will end the afternoon with a movie and pizza dinner.

Cost: \$25.00

FEBRUARY VACATION PROGRAMS

Tuesday, February 22- Friday, February 25

GR.
K-5

ART ADVENTURES

@ 14 Church Street

9:00 a.m.–3:00 p.m.
14 Church Street
Instructor: Kathy Gross and Staff

Four days of art, art and more art! This program will be held at 14 Church Street. We'll send you the details the week before. Each day, please bring a lunch, morning snack, water bottle, and please wear comfortable clothing (weather appropriate) and sneakers/boots.
Cost: \$85.00

GR.
K-5

SUPER AWESOME FUN WEEK

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 the week before.
Cost: \$85.00

GR.
K-5

FEBRUARY VACATION FUN

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

GR.
6-8

WINTER IN THE CITY (TEENS)

9:00 a.m.– 3:00 p.m.
Waltham Recreation Department, 510 Moody Street
Instructor: Adam Dallaire and Staff

Come join us for some winter fun! We will spend time playing Gaga Ball, Bowling, cruising around Skate 'n' Scoot and much more! This vacation week program also includes two field trips to Launch and AMC Burlington or Framingham! We'll send you the details the week before.
Cost: \$85.00

PROGRAMS AT A GLANCE

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Pre-K	Giraffe School 9:00-noon	Giraffe School 9:00-noon	Jump Up and Go 9:50-10:30	Outdoor Explorers 10:00-10:40	Giraffe School 9:00-noon	
	Art In The Auditorium 10:30-11:15	Art In The Auditorium 10:30-11:15	Drop-In and Play 10:45-11:30	Bouncin' Builders 10:30-11:15		
	Skater Tots 10:00/10:45	Tiny Bowlers 1:15-2:00		Tiny Bowlers 1:15-2:00		
	Skate 'n' Scoot 11:30-12:30					
	Karate Kids Little Dragons 3:30-4:00					

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth	Art Adventures 3:30-5:00	Baking Buddies 3:30-5:30	Outdoor Adventures 3:30-4:30	Creative Energy 3:30-4:30		Tennis 11:00-11:50
	Karate 4:10-4:55 5:05-5:50	Street Hockey 3:30-4:30	Fun Soccer Wednesdays 3:30-4:30	Strings 'n' Things 3:30-5:00		Tennis 12:00-12:50
	Beads and Beyond 3:30-5:00	Kickin' It 3:30-4:30	Move It @ Moody Street 3:30-4:30	Get In The Zone 3:30-4:30		
	Move It @ Northeast 3:30-4:30	Zumba Kids 3:30-4:30	Story Shifters 3:45-5:00	Junior Pickleball 3:30-4:30		
		Bowling 3:30-4:30		Magical March 3:30-5:00		

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Youth/Teen	Winter Baseball Clinic 7:00-8:30	Softball Clinic 7:00-8:30	ELITE 4:45-6:00	Winter Baseball Clinic 7:00-8:30	Jr. Pickleball 3:30-4:30	Tennis 1:00-1:50
			Volleyball 7:00-8:30		Chill Zone 3:30-8:00	Chill Zone 1:30-4:00

	MON.	TUES.	WED.	THUR.	FRI.	SAT.
Adult	Adult Martial Arts 6:00-7:00	Zumba 5:30-6:30	All Levels Yoga 6:00-7:00 p.m.	Zumba 5:30-6:30		Pickleball 9:00-11:00 a.m.
				Pickleball 4:30-6:00		Badminton 12:00-2:00

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 Thursday, December 30th.



TIGERS: Born September 2018- August 2019

BEARS: Born September 2017- August 2018

GIRAFFES: Born September 2016- August 2017

GIRAFFE SCHOOL

Pre-K Program

Giraffes

Monday, Tuesday, or Friday

9:00 am- Noon

January 3- March 21 (10 Weeks)

No program Monday, January 17 and February 21

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: \$100.00



PRESCHOOL PROGRAMS

ART IN THE AUDITORIUM

Tigers, Bears, Giraffes

Mondays **OR** Tuesdays, 10:30-11:15 a.m.

Mondays: January 3, 10, 24, 31; February 7, 14

(no program on January 17)

Tuesdays: January 4, 11, 18, 25; February 1, 8

Waltham Recreation Department, 510 Moody Street

Instructor: Kathy Gross

Bring your adult and clothes you don't mind getting messy.

Each week we will create a new masterpiece to take home.

Cost: \$36.00

SKATER TOTS

Bears, Giraffes

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

February 28; March 7, 14, 21, 28

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: \$30.00

KARATE KIDS – LITTLE DRAGONS

Giraffes

Mondays, 3:30 – 4:00 p.m.

January 3, 10, 24, 31; February 7, 14, 28; March 7, 14, 21

(no program January 17 and February 21)

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: \$140.00



TINY BOWLERS

Tigers, Bears, Giraffes

Choose one session:

Tuesday, **OR** Thursday

1:15 - 2:00 p.m.

Tuesdays: January 4, 11, 18; February 1, 8, 15; March 1
(no program January 25 and February 22)

Thursdays: January 6, 13, 20, 27; February 3, 10, 17
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: \$42.00 per family

(maximum of four people, must include one adult)

JUMP UP AND GO

Tigers, Bears, Giraffes

Wednesdays, 9:50– 10:30 a.m.

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

Waltham Recreation Department, 510 Moody Street

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: \$42.00

PRESCHOOL PROGRAMS

DROP-IN AND PLAY

Tigers, Bears, Giraffes

Wednesday, 10:45-11:30 a.m.

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

Waltham Recreation Department, 510 Moody Street

Instructor: Ben Kiwanuka

Join us for some indoor fun during the 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: \$42.00



OUTDOOR EXPLORERS

Tigers, Bears, Giraffes

Thursday, 10:00– 10:40 a.m.

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

Prospect Hill Park, 314 Totten Pond Road

Instructor: Kara Greeley

This outdoor nature exploration and play class is perfect for your preschooler! We will explore, create, play, and move! Please wear weather appropriate clothing and shoes.

Cost: \$42 .00

BOUNCIN' BUILDERS!

Tigers, Bears, Giraffes

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

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

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 move on, for the remainder of class, to work on building amazing "Lego DUPLO" creations!

Cost: \$42.00

Skate 'n' Scoot

Tigers, Bears, Giraffes

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

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

(No program January 17)

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



Skate n Scoot is back! Come join us Monday mornings for roller skating, scooter and Cozy Coupe toys! Some scooters, skates and ride on toys are provided but feel free to bring your own, and please make sure to bring a helmet!

YOUTH PROGRAMS

ART ADVENTURES

Grades three through five

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

January 3, 10, 24, 31; February 7, 14, 28

(no program on January 17 and February 21)

Waltham Recreation Department, 14 Church Street

Instructor: Kathy Gross

An old Summer favorite is making a return on Mondays this Winter! 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: \$48.00 per session

KARATE

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

Grade three through eight: 5:05-5:50 p.m.

Monday

January 3, 10, 24, 31; February 7, 14, 28; March 7, 14, 21

(no program January 17 and February 21)

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 asked to stay for the duration of the class.

Cost: \$140.00

BEADS & BEYOND

Grades kindergarten through three

Monday 3:30-5:00 p.m.

January 3, 10, 24, 31; February 7, 14, 28

(no program on January 17 and February 21)

Prospect Hill Park, 314 Totten Pond 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). Please dress weather appropriate and bring a water bottle.

Cost: \$48.00

I LIKE TO MOVE IT @ Northeast

Grades two through five

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

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

(no program on January 17)

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! For Northeast students, class will begin with snack and homework time until the gym is available at 3:30 p.m.

Cost: \$42.00

BAKING BUDDIES

Grades three through five

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

January 4, 11, 18; Feb 1, 8, 15

(no program January 25)

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 toed shoes!

*Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$48.00

STREET HOCKEY

Grades two through five

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

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

(no program January 25)

Waltham Recreation Department, 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. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

YOUTH PROGRAMS

KICKIN' IT

Grades kindergarten through two

Tuesday, 3:30 – 4:30 p.m.*

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

(no program January 25 and February 22)

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. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

ZUMBA® KIDS

Grades one through five

Tuesday, 3:30– 4:30 p.m.*

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

(no program January 25)

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. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

BOWLING

Grades four and five

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

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

(no program January 25)

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 by long time seasonal staff, Charles Collins. Charles has been bowling since he was three years old and has received several awards, scholarships, and been asked to join a pro-league. He is looking forward to sharing his enthusiasm about bowling with all participants!

*Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

OUTDOOR ADVENTURE

Grades kindergarten through three

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

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

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! Please dress for the weather, and bring a water bottle!

Cost: \$42.00

FUN SOCCER WEDNESDAYS

Grades three through six

Wednesday, 3:30 – 4:30 p.m.

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

Waltham Recreation Department, 510 Moody Street

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 play. There are no goalkeepers and minimal coaching.

Cost: \$42.00

I LIKE TO MOVE IT @ 510 Moody Street

Grades two through five

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

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

Instructor: Adam Dallaire

Get ready to run, dodge, throw and tag! We will utilize many different spaces in the Community Center to play games such capture the flag, gaga ball, bowling and more. Please bring sneakers and a water bottle.

Cost: \$42.00

STORY SHIFTERS

Every kid has a story to tell....

Grades one to three

Wednesdays, 3:45 – 5:00 p.m.

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

Waltham Recreation Department, 510 Moody Street

Instructor: Kimberly Strafford

Story Shifters' is a unique theatre building program. 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 participants. Youth will explore the different aspects of theatre production throughout this seven-week course. The class will culminate in a sharing for family and friends.

YOUTH PROGRAMS

CREATIVE ENERGY

Grades kindergarten through two

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

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

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 geared toward younger elementary.

*Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

STRINGS & THINGS

Grades three through five

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

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

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 time 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: \$48.00

GET IN THE ZONE

Grades three through five

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

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

Waltham Recreation Department, 510 Moody Street

Instructor: Adam Dallaire

This program is an introduction to all of the fun activities held at our middle school "Chill Zone!" Each week we will do things like bowling, Gaga Ball, Skate n Scoot and much more!

*Pick-up is available from Dual Language School. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

JUNIOR PICKLEBALL

Grades three through five

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

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

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. Please email Kathy after enrolling to coordinate at kgross@city.waltham.ma.us.

Cost: \$42.00

MAGICAL MARCH

Grades kindergarten through three

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

March 3, 10, 17, 24, 31

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

YOUTH INDOOR TENNIS

Grades kindergarten through two

Saturday, 11:00 - 11:50 a.m.

Grades three through five

Saturday, 12:00 - 12:50 p.m.

Grades six through eight

Saturday, 1:00 - 1:50 p.m.

January 8, 29; February 5, 12, 26; March 5, 12, 19
(no program January 15, 22 and February 19)

Waltham Recreation Department, 510 Moody Street

Instructor: Skyhawks

Get into the swing of it with this indoor tennis lesson series for beginners. Racquets and balls are provided.

Cost: \$70.00

YOUTH/TEEN PROGRAMS

WINTER BASEBALL PITCHING AND CATCHING CLINIC

Middle/High School students

Mondays and Thursdays, 7:00-8:30 p.m.

February 7, 10, 14, 17, 21, 24, 28; March 3, 14, 17
(no program March 7 & 10)

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.

Cost: \$75.00 Non-residents: \$90.00

GIRLS SOFTBALL SKILLS DEVELOPMENT CLINIC

Grade five and Middle/High School students

Tuesdays, 7:00-8:30 p.m.

February 8, 15, 22; March 1, 15 (no program March 8)

Kennedy Middle School, 617 Lexington Street

Instructors: WHS Softball Coaches

Athletes in Grades 5-12 are invited to take part in this five-week clinic. The clinic will focus on the mechanics of hitting, fielding, pitching and catching.

Cost: \$40.00 Non-residents: \$55.00

VOLLEYBALL

Grades five through eight

Wednesday, 7:00 p.m. – 8:30 p.m.

January 19, 26; February 2, 9

Kennedy Middle School, 617 Lexington Street

Instructor: Chuck Smerlas

This volleyball program will teach skills and drills and will have game time. Players should bring a water bottle and knee pads.

Cost: \$36.00

JUNIOR PICKLEBALL

Grades six through eight

Friday, 3:30 – 4:30 p.m.

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

(no program January 14 and 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: \$42.00

TEEN SKI AND SNOWBOARD

Grades seven through nine

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

January 7, 14, 21, 28; February 4, 11, 18

Instructor: Adam Dallaire

Come join us for some skiing and snowboarding this winter! The Recreation Van will leave from 510 Moody Street at 3:15 p.m. and return by 8:00 p.m. This program is a lift ticket only with no lessons, so prior experience is suggested. Please bring some snacks and a water bottle or feel free to purchase food and drink in the lodge at Nashoba Valley!

Cost: \$280.00

E.L.I.T.E.

Emerging Leaders In Training Experience

Grades five, six, seven

Wednesdays, 4:45 p.m. - 6:00 p.m.

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

Waltham Recreation Department, 510 Moody Street

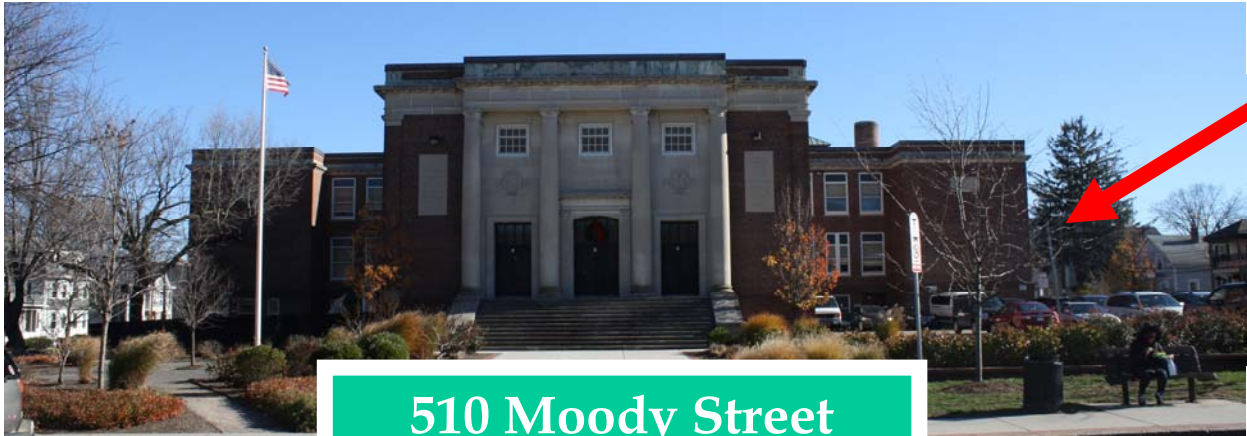
Instructor: Ben Kiwanuka

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.

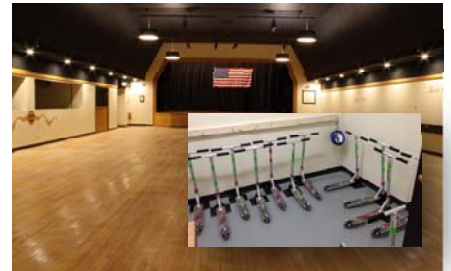
Cost: \$48.00

TEEN PROGRAMS

CHILL ZONE



510 Moody Street



GRADES 6-8

Fridays, 3:30-8:00

Saturdays, 1:30-4:00

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 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>

ADULT PROGRAMS

ADULT MARTIAL ARTS

Ages 18+

Mondays, 6:00-7:00

January 3, 10, 24, 31

(no program January 17)

Waltham Recreation Department, 510 Moody Street

Instructor: Steve Nugent Karate Institute

Join us for a challenging yet fun class that will improve your flexibility, strength, balance, cardiovascular endurance and speed. Students not only learn self-defense but also tournament fighting, kickboxing and ground fighting. Ages 16 and up. Uniforms and belts will be provided free of charge.

Cost: \$56.00

ZUMBA

Adult Ages 18+

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

January 4– March 31

(no program on February 22 and 24)

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: \$5.00 drop-in per class. Non-residents \$6.00

ALL LEVELS YOGA

Ages 18+

Wednesdays, 6:00 – 7:00 p.m.

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

(no class on February 23)

Waltham Recreation Department, 510 Moody Street

Instructor: Emma Gardiner

This yoga class is for all students, from first-timers to experienced yogis. Poses are weaved together in a vinyasa style flow to help you get into your body and out of your head. Throughout class we will move, breathe, have fun, & rest. This class will leave you with a sense of gratitude and calm that you can carry into the rest of your week.

Cost: \$64.00

ADULT PICKLEBALL

Ages 18+

Thursday, 4:30– 6:00 p.m. **AND/OR**

Saturday, 9:00– 11:00 a.m.

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

Saturdays: January 8, 29; February 5, 12, 26; March 5, 12

(no program January 15, 22 and February 19)

Waltham Recreation Department Gymnasium (510 Moody St)

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.

Thursdays: \$48.00

Saturdays: \$56.00

BADMINTON

Adults Ages 18+

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

January 8, 29; February 5, 12, 26; March 5, 12

(no program January 15, 22 and February 19)

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: \$56.00



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



Skate Rentals: \$7.00
Skate Sharpening: \$8.00

PUBLIC SKATING

Public Skating is open. 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.
-----------------	------------	----	------------

WALTHAM YOUTH HOCKEY

Walthamyouthhockey.org
 617-429-8745

BAYSTATE SKATING SCHOOL

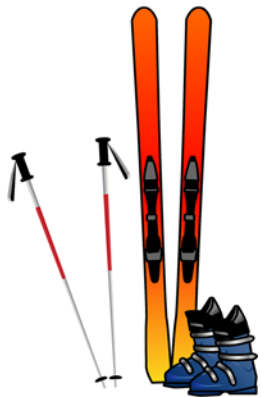
www.BayStateSkatingSchool.org
 781-890-8480



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.

SKI/SNOWBOARD PROGRAMS



NASHOBA VALLEY-SKI AND SNOWBOARDING LESSONS:

We will be offering ski and snowboarding lessons for ages 7 and older at Nashoba Valley Ski Area. Participants will be grouped according to age and ski/snowboarding level. Friday lessons will take place from 5:45 to 6:45 p.m. with extended ski time available after the lesson, from 6:45 to 9:00 p.m. The Saturday lesson will take place from 9:00 to 10:00 a.m. with extended ski time available after the lesson, from 10:00 a.m. to 12:15 p.m. The program runs for six weeks beginning January 7 and January 8. Rental ski and snowboarding equipment is available. See fit night information below. All transportation to and from Nashoba (located in Westford, MA) and chaperoning of children is the responsibility of each family.

Age 7-17	Ski Lessons	Fri.	5:45- 6:45 p.m.	6 weeks beginning Jan. 7	\$380.00
Age 7-17	Snowboarding Lessons	Fri.	5:45- 6:45 p.m.	6 weeks beginning Jan. 7	\$380.00
Age 7-17	Ski Lessons	Sat.	9:00- 10:00 a.m.	6 weeks beginning Jan. 8	\$420.00
Age 7-17	Snowboarding Lessons	Sat.	9:00- 10:00 a.m.	6 weeks beginning Jan. 8	\$420.00

NASHOBA VALLEY - SKI AND SNOWBOARD EQUIPMENT "FIT NIGHT":

For participants in the Nashoba Valley Ski Programs and Snow Boarding Lessons. Come reserve your equipment early. Get fitted for skis, boots, and boards on this night. Just pick them up when your program begins in January. A Nashoba Valley Ski Representative will be at the Recreation Building at 510 Moody Street on Friday, December 10th from 6:00 p.m. to 7:00 p.m. to fit individuals for equipment and to answer any questions about the programs. If you are unable to attend the "Fit Night", call Nashoba Valley at (978) 692-3033 to make an appointment or inquire about other "Fit Nights", in other communities. The fee includes fitting and equipment for duration of lessons.

Payment is due on Friday, December 10, 2021. Check payable to: Nashoba Valley Ski

Ski Equipment Rental - \$180.00

Snowboard Equipment Rental - \$180.00

Adult Ski and Snowboard

For information regarding Adult Ski and Snowboard programs, please visit www.skinashoba.com