ON-LINE REGISTRATION

Begins: Wednesday, March 1 at 9:00 a.m.
Concludes: Wednesday, March 8 at noon

- To register, go to: www.city.waltham.ma.us
- Follow the link to the Recreation Department
- On-Line Registration is for Waltham residents
- Non-residents may call the office for registration policies/program cost.
- See inside for further registration information

MAIL-IN REGISTRATION

Will be opened Thursday, March 16, 2017

WALK-IN REGISTRATION

Begins: Wednesday, March 15 at 7:30 a.m.
(office will remain open until 5:00 p.m.)

- On Thursday, March 16, 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.

SUMMER REGISTRATION DATES

Online begins Thursday, March 30
Walk-In begins Wednesday, April 12
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 6.5% 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.
- 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

Save money by purchasing AMC Movie Theatre tickets in advance. 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. They are a great gift idea as well; everyone likes to go to the movies! Check movie schedules at www.amctheatres.com.

Cost: $9.00 per ticket

Note: Discount 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: $10.00 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: $8.00 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.

Cost: $6.50 per ticket (Exhibit Hall and Omni passes each sold separately)

RECREATION STAFF

Nick Abruzzi  Acting Director of Recreation  nabruzz@city.waltham.ma.us
Kim Scott  Recreation Supervisor/Special Needs  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
Lisa DiBlasi  Administrative Assistant  ldiblasi@city.waltham.ma.us
Karen O’Brien  Administrative Assistant  kobrien@city.waltham.ma.us
Online begins  Thursday, March 30, 2017  
Walk-In begins  Wednesday, April 12, 2017

Programs Starting the week of June 26, 2017

Summer Fun- $125 per session  
Kaleidoscope- $125 per session  
Pre-K- $95 per session  
Art Adventures- $115 per session  
Chill Zone- $135 per session  
*Reduced rates for 4th of July holiday week

SUMMER REGISTRATION

PUTT AT PROSPECT HILL

MINI GOLF!

RE-OPENING THIS MAY!!

Date To Be Determined.  Please check the City of Waltham website for more information as it becomes available.

Mini Golf Birthday Parties!  
Registration beginning  
March 6th, 2017

Choose from:  
One hour of miniature golf  
OR 30 min. of golf/ 30 min. of playground time.  
Each party will also enjoy an hour in the Prospect Hill Lodge for Food/Cake.  
See page four for pricing.

Facility to remain open from May 2017 (weather permitting) through the Fall season; anticipated to close mid to late October.  For additional information, please contact Recreation Supervisor Adam Dallaire at adallaire@city.waltham.ma.us.
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 11, 2017

Check out the Recreation Department website for more details.
KIDS ZONE

Grade one through five
Tuesday, March 28 (Early Release Day)
2:00– 5:00 p.m.
Waltham Recreation Department
510 Moody Street
Instructors: Kim Scott and Kara Greeley

School's out! Join Kim and Kara in a variety of SUPER fun Activities! We’ll spend our time bowling, in Skate n Scoot, paint locker, and more! Please wear comfortable clothes and sneakers!
Cost: $20.00/ per session

SPRING FEVER!

Grade two through five
Friday, April 28 (Early Release Day)
2:00– 5:00 p.m.
Waltham Recreation Department
510 Moody Street
Instructor: Kara Greeley

Catch the Spring Fever at Prospect Hill Park! We will go for an awesome hike, we will play games and sports, do an arts and craft project, and visit the playground! Please wear weather appropriate play clothes, and bring a water bottle and snack!
Cost: $20.00

GRADeS K-1:
APRIL VACATION FUN

Kindergarten and Grade One
Tuesday, April 18—Friday, April 21
9:00 a.m.—2:00 p.m.
Waltham Recreation Department
510 Moody Street
Instructor: Kim Scott

What a great way to spend your Vacation Week! Boys and girls will play with toys, board games, and do a craft. We’ll shake out our wiggles by playing games in the gym each day too. Boys and Girls will go on an adventure to one of the many fun activity areas within 510 Moody St. We will play in the Inflatable, go to Skate N Scoot, and spend an afternoon bowling and having a pizza party! Bring a bagged lunch and a healthy snack each day.
Cost: $65.00

GRADeS 1-5:
APRIL VACATION FUN

Grade one through five
Tuesday, April 18– Friday, April 21
9:00 a.m.—4:00 p.m.
Waltham Recreation Dept., 510 Moody Street
Instructor: Kara Greeley

Looking for an extra fun way to spend your vacation? Join Kara Greeley and staff at the Waltham Community and Cultural Center. We’ll keep you busy with crafts, music, games; spend time in the gym, and enjoy inflatable time. There will be 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 the program begins.
Cost: $85.00

GRADeS 6-8:
APRIL VACATION TRIP TAKERS!

Grade six, seven, and eight
Wednesday, April 19– Friday, April 21
9:00 a.m.—4:00 p.m.
Waltham Recreation Dept., 510 Moody Street
Instructor: Adam Dallaire

New! A taste of “Summer Chill Zone” over the week of April vacation. This week we will be taking trips to: AMC Theatres, The Natick Mall, A Trampoline Park, Woburn Bowladrome and more! Each day will consist of a trip plus time at the Chill Zone. This program runs from Wednesday– Friday with pick-up and drop-off from 510 Moody Street. Remember to bring a lunch with you each day, or money to purchase food (not all locations sell food). We will be traveling by Recreation vans.
Cost: $75.00
## 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.

<table>
<thead>
<tr>
<th></th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THUR.</th>
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<th>SAT.</th>
<th>SUN.</th>
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<tbody>
<tr>
<td><strong>Family</strong></td>
<td>Stay and Play 9:30-11:30</td>
<td>Skate n' Scoot 10:30-11:30</td>
<td>Skate n' Scoot 10:30-11:30</td>
<td>Treasure Hikes 10:00-10:45</td>
<td>Family Bowling 10:30-11:30</td>
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<td></td>
<td>Skate n' Scoot 3:30-5:00</td>
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<td>Paint Locker 3:45 - 4:45</td>
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<tr>
<td><strong>Pre-K</strong></td>
<td>Tumbleweeds 10:00-10:40</td>
<td>Pre-K Program 9:30-noon</td>
<td>Little Scientists 10:30-11:15</td>
<td>Pre-K Program 9:30-noon</td>
<td>Pre-K Program 9:30-noon</td>
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<td>Karate Kids Little Dragons 3:30-4:00</td>
<td>Sports Superstars 10:00-10:40</td>
<td>11:00-11:40</td>
<td>Messy Masterpieces 11:15-noon</td>
<td>Playdates with Story Shifters 10:00-10:45</td>
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<td>Zumba Kids Jr. 11:00-11:45</td>
<td>Paint and Paste 11:15-noon</td>
<td>Messy Masterpieces 11:15-noon</td>
<td>Jump Up and Go 10:00-10:45</td>
<td>Little Sprouts 11:30-12:30</td>
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<td></td>
<td>Paint and Paste 1:15-2:00</td>
<td>Bouncin' Builders 1:15-2:00</td>
<td>Jump Up and Go 11:00-11:45</td>
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<tr>
<td><strong>Youth</strong></td>
<td>I Like to Move It 3:45-5:00</td>
<td>Youth Soccer 3:45-4:45</td>
<td>Wicked Science 3:45-4:45</td>
<td>Gym Time 3:45-5:00</td>
<td>Story Shifters 3:45-5:00</td>
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<td>Monday Funday 3:45-5:00</td>
<td>Zumba Kids 4:15-5:00</td>
<td>I Like to Move It 3:45-5:00</td>
<td>Youth Soccer 3:45-4:45</td>
<td>Launch Dodgeball League 4:00-5:00</td>
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<td></td>
<td>Karate 4:00-4:45</td>
<td>Art Adventures: The Class! 3:45-5:00</td>
<td>Tennis 4:00-5:00</td>
<td>Kids Yoga 5:00-6:00</td>
<td>Spring Into Action 3:45-5:15</td>
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<td>Karate 4:45-5:30</td>
<td>Drama Workshop 5:30-7:00</td>
<td>Innovation Adventures 3:45-5:15</td>
<td>Farm Explorers 3:30-5:00</td>
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<td><strong>Teen</strong></td>
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<td>Garden Explorers 3:30-5:00</td>
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<tr>
<td><strong>Adult Fitness Facilities</strong></td>
<td>Fitness Room 8:30-4:00</td>
<td>Fitness Room 8:30-4:00</td>
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<td>Open Gymnasium 12:00-1:30</td>
<td>Open Gymnasium 12:00-1:30</td>
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<tr>
<td><strong>Adult Programs</strong></td>
<td>COA Bowling 11:00-1:00</td>
<td>COA Bowling 11:00-1:00</td>
<td>Zumba 5:30-6:30</td>
<td>Yoga 6:15-7:20</td>
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<td>Zumba 5:30-6:30</td>
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### Birthday Parties

- **BIRTHDAY PARTIES**
- **SUNDAY**
- **MONDAY**
- **TUESDAY**
- **WEDNESDAY**
- **THURSDAY**
- **FRIDAY**
- **SATURDAY**

### Open Gymnasium

- **Open Gymnasium**
  - **12:00-1:30**

### Adult Programs

- **COA Bowling**
  - **11:00-1:00**
- **Zumba**
  - **5:30-6:30**
- **Open Art Studio**
  - **9:00-noon**

### Adult Fitness Facilities

- **Fitness Room**
  - **8:30-4:00**
- **Open Gymnasium**
  - **12:00-1:30**

### Youth Programs

- **I Like to Move It**
  - **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**
- **Monday Funday**
  - **3:45-5:00**
- **Zumba Kids**
  - **4:15-5:00**
- **Launch Dodgeball League**
  - **4:00-5:00**
- **Karate**
  - **4:00-4:45**
- **Art Adventures: The Class!**
  - **3:45-5:00**
- **Tennis**
  - **4:00-5:00**
- **Kids Yoga**
  - **5:00-6:00**
- **Spring Into Action**
  - **3:45-5:15**
- **Karate**
  - **4:45-5:30**
- **Drama Workshop**
  - **5:30-7:00**
- **Innovation Adventures**
  - **3:45-5:15**
- **Farm Explorers**
  - **3:30-5:00**
- **Garden Explorers**
  - **3:30-5:00**

### Pre-K Programs

- **Tumbleweeds**
  - **10:00-10:40**
- **Pre-K Program**
  - **9:30-noon**
- **Little Scientists**
  - **10:30-11:15**
- **Pre-K Program**
  - **9:30-noon**
- **Karate Kids Little Dragons**
  - **3:30-4:00**
- **Sports Superstars**
  - **10:00-10:40**
  - **11:00-11:40**
- **Sign and Sing**
  - **10:00-10:45**
- **Messy Masterpieces**
  - **11:15-noon**
- **Playdates with Story Shifters**
  - **10:00-10:45**
- **Zumba Kids Jr.**
  - **11:00-11:45**
- **Paint and Paste**
  - **11:15-noon**
- **Jump Up and Go**
  - **10:00-10:45**
- **Little Sprouts**
  - **11:30-12:30**
STAY AND PLAY

Lions, Tigers, Bears
Monday, 9:30 – 11:30 a.m.
March 27; April 3, 10, 24; May 1, 8, 15
(No program April 17)
Waltham Recreation Dept., 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)

DROP-IN PAINT LOCKER

All ages welcome
Thursday, 3:45– 4:45 p.m.
March 23, 30; April 13, 27; May 4, 11
(no program on April 6 and 20)
Waltham Recreation Dept., 510 Moody St.
Instructor: Kathy Gross

Join us in the “Paint Locker” on Thursday afternoons! Choose from a wide selection of plaster pieces and start painting. All youth must be accompanied by an adult. Adults are welcome to paint as well! No need to sign up for a whole session, just drop in when you can. More hours may become available around holidays, school breaks, and special events.
Cost: $5.00 per piece (cash or check only)

FAMILY BOWLING

All ages welcome
Choose one session:
Saturday
10:30– 11:30 a.m.
11:30 a.m.– 12:30 p.m.
April 1, 8, 22, 29; May 6, 13
(no program April 15)
Waltham Recreation Dept., 510 Moody St.
Instructor: Recreation Staff

Get ready for some family fun! All skill levels are welcome to come enjoy our four lane bowling alley!
Cost: $30.00 per family (max. of three people)

TREASURE HIKES

Lions, Tigers, Bears, Giraffes
Friday, 10:00– 10:45 a.m.
May 5, 12, 19, 26; June 2, 9
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 in this beautiful park.
Rain date: June 9.
Cost: $25.00

SKATE N’ SCOOT

We now have roller skates!!!
Limited sizes available for free rentals.

Schedule March 20– May 25
(no program April 17-21)

Preschool (ages 3-5):
Tuesday/Thursday, 10:30– 11:30 a.m.

Family (all ages):
Monday/Thursday, 3:30– 5:00 p.m.
Wednesday*

*Open 5:00– 7:00 on “Waltham Drama Workshop” nights. See page 13.

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.
Cost: Free
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 24.

<table>
<thead>
<tr>
<th>Class</th>
<th>Birth Dates</th>
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<tbody>
<tr>
<td>LIONS</td>
<td>Born September 2014– August 2015</td>
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<tr>
<td>TIGERS</td>
<td>Born September 2013– August 2014</td>
</tr>
<tr>
<td>BEARS</td>
<td>Born September 2012– August 2013</td>
</tr>
<tr>
<td>GIRAFFES</td>
<td>Born September 2011– August 2012</td>
</tr>
</tbody>
</table>

**TUMBLEWEEDS**

**Tigers, Bears**  
Monday, 10:00 – 10:40 a.m.  
March 27; April 3, 10, 24; May 1, 8, 15  
(no program on April 17)  
Waltham Recreation Department,  
510 Moody St.  
Instructor: Kim Scott

Climb, bounce, and balance! Each week we will tumble our way through a path of exercise and challenges. Children will then stretch, wiggle, and dance to new songs. Each week, a new sport and activity will also be introduced.  
Cost: $35.00

**ZUMBA® KIDS JR.**

**Bears, Giraffes**  
Monday, 11:00– 11:45 a.m.  
March 27; April 3, 10, 24; May 1, 8, 15  
(no program on April 17)  
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: $35.00

**KARATE KIDS – LITTLE DRAGONS**

**Giraffes**  
Monday, 3:30 – 4:00 p.m.  
April 3, 10, 24; May 1, 8, 15, 22; June 5, 12  
(no program April 17 and May 29)  
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. This fun and upbeat class will emphasize listening and following directions, stretching and breathing, and of course some cool karate routines!  
Cost: $108.00

**PRE-K PROGRAM**

**Giraffes**  
Tuesday, Thursday, or Friday  
9:30 a.m.– noon  
Beginning Tuesday, March 21 (10 weeks)  
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 participate in 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: $80.00
PAINT AND PASTE

Tigers, Bears, Giraffes
Tuesday, 11:15– noon OR 1:15– 2:00 p.m.
March 21; April 4, 11, 25; May 2, 9
(no program on March 28 and April 18)
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: $30.00

SIGN AND SING with Story Shifters

Lions, Tigers, Bears
Wednesday, 10:00 - 10:45 a.m.
March 29; April 5, 12, 26; May 3, 10
Waltham Recreation Department
510 Moody Street
Instructor: Kimberly Strafford

Babies can crawl before they walk and can sign be-fore 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 a tool kit for interacting with their child. We sing, sign, and play!
Cost: $50.00

MESSY MASTERPIECES!

Tigers, Bears, Giraffes
Wednesday OR Thursday, 11:15– noon
Wednesday: March 22, 29; April 5, 12, 26;
May 3 (no program on April 19)
Thursday: March 23, 30; April 13, 27; May 4, 11
(no program on April 6 and 20)
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: $30.00

SPORTS SUPERSTARS!

Tigers, Bears: Tuesday, 10:00– 10:40 a.m.
Giraffes: Tuesday, 11:00 a.m.– 11:40 a.m.
April 4, 11, 25; May 2, 9, 16, 23, 30
(No program April 18)
Waltham Recreation Department
510 Moody Street
Instructor: Kara Greeley

Learn the FUNdamentals 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: $40.00
PRESCHOOL PROGRAMS

BOUNCIN’ BUILDERS!

Tigers, Bears, Giraffes
Wednesday
1:15 – 2:00 p.m.
March 22, 29; April 5, 12, 26; May 3
(no program on April 19)
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! Bring your energy, imagination and plenty of water.
Cost: $30.00

LITTLE SCIENTISTS

Giraffes
Wednesday, 10:30 – 11:15 a.m.
April 5, 12, 26; May 3, 10, 17
(no program on April 19)
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: $30.00

JUMP UP AND GO!

Tigers, Bears: Thursday, 10:00–10:45 a.m.
Giraffes: Thursday, 11:00 – 11:45 a.m.
April 6, 13, 27; May 4, 11, 18, 25; June 1
(No program April 20)
Waltham Recreation Dept., 510 Moody St.
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: $40.00

PLAYDATES WITH STORY SHIFTERS

Lions, Tigers, Bears
Friday, 10:00 – 10:45 a.m.
May 5, 12, 19, 26; June 2, 9
Waltham Recreation Department
510 Moody Street
Instructor: Kimberly Strafford

A theatre program for our youngest playmakers! Each class is its own imaginative theatre making experience. The class will create fun and unique stories through guided dramatic play. Costumes, bubbles, art work, music and text are all part of the each day of play. Parents and caregivers are welcome to join in the play along with their children.
Cost: $45.00

LITTLE SPROUTS

Tigers, Bears, Giraffes
Friday, 11:30 a.m.—12:30 p.m.
May 5, 12, 19, 26; June 2, 9
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)
I LIKE TO MOVE IT

Grades kindergarten, one, two, three
3:45– 5:00 p.m.
Choose one day!

Monday's
@ Northeast Elementary School
March 20, 27; April 3, 10, 24; May 1

Wednesday’s
@ MacArthur Elementary School
March 22, 29; April 5, 12, 26; May 3
(No program on April 17 & 19)
Instructors: Adam Dallaire and Kim Scott

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: $30.00

KARATE

Grades kindergarten, one, two
Monday, 4:00 – 4:45 p.m.

Grades three, four, five, six, seven, eight
Monday, 4:45 – 5:30 p.m.
April 3, 10, 24; May 1, 8, 15, 22; June 5, 12
(no program April 17 and May 29)
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: $108.00

MONDAY FUNDAY

Grades kindergarten, one, two, three
Monday, 3:45–5:00 p.m.

April 3, 10, 24; May 1, 8, 15
(no program on April 17)
Waltham Recreation Dept., 510 Moody St.
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: $30.00

ART ADVENTURES: THE CLASS!

Grades three, four, five
Tuesday, 3:45– 5:00 p.m.
March 21; April 4, 11, 25; May 2, 9, 16
(no program on March 28 and April 18)
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: $35.00
YOUTH PROGRAMS

ZUMBA® KIDS
Grades one, two, three, four
Tuesday, 4:15 p.m.– 5:00 p.m.
March 21; April 4, 11, 25; May 2, 9, 16
(no program on March 28 and April 18)
Waltham Recreation Dept. 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: $35.00

YOUTH SOCCER PROGRAM
Grades kindergarten, one, two, three, four, five
Tuesday OR Thursday, 3:45-4:45 p.m.
Dates: April 4 - May 18
(no program April 18 or 20)
Instructor: Kara Greeley
Tuesdays: Lowell Field
Thursdays: Falzone Field

Choose either Tuesday or Thursday. All skill levels are welcome! Come play and learn all about the wonderful game of soccer! Each session will consist of a half hour of skills practice and a half hour 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

WALTHAM DRAMA WORKSHOP
Grades one, two, three, four, five
Wednesday, 5:30- 7:00 p.m.
March 29; April 5, 12, 26; May 10, 17, 24
(no program on April 19 or May 3)
Waltham Recreation Dept. 510 Moody Street
Instructor: Jackie Theoharis

Young musical theatre performers will learn the basic skills of acting, singing, dancing, improvisation, and character building. Each session will incorporate a new theme, such as: Broadway shows, Disney favorites, the best of Pixar, and more! We will learn a variety of songs, act out scenes, and come up with creative dances, while having a blast! The session will end in a performance for friends and family.
Cost: $35.00

YOUTH TENNIS
Grade kindergarten one, two, three, four, and five
Wednesday, 4:00- 5:00 p.m.
April 26; May 3, 10, 17, 24, 31
Nipper Maher Park – Tennis Courts Dartmouth St.
Instructor: Skyhawks Instructor

This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, and sending, receiving and gross motor skills on a 36 ft court. In addition to learning more tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development. All participants should wear loose fitting clothes, sneakers, and bring a water bottle. At the beginning of the program, all participants will receive a Skyhawks Tennis Academy T-Shirt.
Cost: $65.00
WICKED SCIENCE
Grades kindergarten, one, two, three
Wednesday, 3:45- 4:45 p.m.
April 5, 12, 26; May 3, 10, 17
(No program April 19)
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: $30.00

KIDS YOGA
Grades one through five
Thursday, 5:00 – 6:00 p.m.
March 23, 30; April 6, 13, 27
May 4, 11, 18, 25; June 1
Waltham Recreation Department
510 Moody Street
Instructor: Katy Potts

Be a Bird, Be a Frog, and 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 provided.
Cost: $60.00

GYM TIME
Grades two, three, four, five
Thursday, 3:45—5:00 p.m.
March 23, 30; April 6, 13, 27; May 4
(No program April 20)
Plympton Elementary School
20 Farnsworth Street
Instructor: Adam Dallaire and Kim Scott

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: $30.00

INNOVATION ADVENTURES
Grades four, five, six
Thursdays 3:45 - 5:15 p.m.
April 6 - May 18
(no program April 20)
Charles River Museum of Industry & Innovation
(charlesrivermuseum.org)
Instructor: Rudy Ruggles, FutureFixers

What new Innovation Adventures lie ahead? Become a FutureFixer and find out! As one of the global Imagination Chapters, 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 breakout challenge 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.
Space is limited — don’t get left behind!
Cost: $50.00

SPRING INTO ACTION
Grades kindergarten, one, two, three
Friday, 3:45– 5:15 p.m.
May 5, 12, 19, 26; June 2, 9
Prospect Hill Park
314 Totten Pond Road
Instructor: Kara Greeley

Are you ready for the warm weather?! Join Kara at Prospect Hill for some outdoor, spring-time fun!! We will play games, sports, hike, and visit the playground, each week! Please bring a water bottle, sneakers, and wear your play clothes!
Cost: $30.00
YOUTH PROGRAMS

GARDEN EXPLORERS

Grades kindergarten, one, two
Friday, 3:30—5:00 p.m.
May 5, 12, 19, 26; June 2, 9
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, five, six, seven, eight
Friday, 3:30 - 5:00 p.m.
May 5, 12, 19, 26; June 2, 9
Waltham Fields Community Farm, 240 Beaver St
Instructors: Community Farm Educators

Spend a time on the farm in the spring, 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 will be held if lightly raining.
Cost: $35.00

STORY SHIFTERS

Every kid has a story to tell....

Grades kindergarten one, two
Friday, 3:45 – 5:00 p.m.
May 5, 12, 19, 26; June 2, 9
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 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: $35.00

DODGEBALL LEAGUE @ LAUNCH

Grades three, four, and five
Friday, 4:00 – 5:00 p.m.
May 5, 12, 19, 26; June 2, 9
625 Pleasant Street, Watertown
Instructor: Adam Dallaire/Launch Staff

Launch is offering a safe, reliable and affordable facility for dodge ball program on Friday evenings. Teams will consist of six members. The number of teams will be determined by enrollment. Games are played for the first of five weeks and the sixth week we will have playoffs and a championship game. Launch requires a waiver to participate.
Cost: $60.00
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.

See Chill Zone Calendar for complete list of activities and hours of operation at www.city.waltham.ma.us/recreation-department

April Vacation Week
The Chill Zone will be open for drop-in hours April 18th– 22nd

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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.

YOGA

Thursday, 6:15 to 7:20 p.m.
March 23, 30; April 6, 13, 27
May 4, 11, 18, 25; June 1
(No Program April 20)
Waltham Recreation Dept., 510 Moody Street
Instructor: Katy 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

OPEN ART STUDIO

Ages 18+
Saturdays, 9:00 a.m.- noon
March 25; April 1, 8, 22, 29; May 6, 13, 20
(No Program April 15)
Prospect Hill Park, Art Room
314 Totten Pond Road
Coordinator: Susan Keefe

Come enjoy the beautiful natural light and surroundings of the Prospect Hill Park Art Room with fellow artists. Space is provided, but please bring your own supplies. You may work on any medium you would like. This is an open studio/meet-up. Fellow artists available for instructions and guidance at all levels.
Cost: $40.00/ Non-Residents: $50.00

ZUMBA®

Tuesday and Thursday
5:30-6:30 p.m.
April 4– June 8
(no program April 18 and 20)
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.

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.
Did you know, many Waltham parks offer walking trails where you can enjoy the weather and go for a peaceful stroll? See locations listed below:

**Lowell Field** – Grove Street  
**Monsignor McCabe Playground** – Charlotte Road  
**Lazazzero Playground** – Shore Road  
**Veteran’s Memorial Athletic Complex** – Forest Street  
**Koutoujian Playground** – Moody Street  
**Cedarwood Playground** – Intervale Road  
**Nipper Maher Park** – Dartmouth Street  
**Falzone Memorial Park** – Trapelo Road

For additional locations where you can enjoy a walk through nature please visit the Waltham Land Trust at www.walthamlandtrust.org.
PLEASE PRINT CLEARLY WITH A BLACK OR BLUE PEN

2017 SPRING SEASON

Participant’s Name: ________________________________________________________________________________

Address: ___________________________________________ Zip: _________________________________________

Primary Phone # in the event of EMERGENCY or PROGRAM CHANGES: ________________________________

Is participant a Waltham Resident?: Circle: Yes No D.O.B. ________________________________

Age: _______ Grade: _______ Circle: Male Female School: ________________________________

Parent/Guardian #1: _______________________________ Relation: ______________ D.O.B. : _______________

   Cell Phone: _______________________________ Home Phone: ________________________________

   Business Phone: _______________________________ Email Address: ______________________________

Parent/Guardian #2: _______________________________ Relation: ______________ D.O.B. : _______________

   Cell Phone: _______________________________ Home Phone: ________________________________

   Business Phone: _______________________________ Email Address: ______________________________

If parent/guardians are not available in an emergency, notify person below (List Relative/Friend– other than parents)

Name: __________________________________________     Home/Work Phone: ______________________________

Photo Policy: By registering for a program, you give permission to take and publish photos of you (or your
child) participating, along with a photo identification. If you do not wish to be photographed (or have your child
photographed), you must include this request, in writing, along with your registration.

ALLERGIES - MEDICATIONS - SPECIAL ACCOMMODATIONS

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<th>Question</th>
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<td>Does participant have any allergies, medications, environmental and/or food?</td>
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<td>Does participant currently take any medication and/or will take during a program?</td>
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<td>Does participant need extra help or attention in any area?</td>
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<td>Are there behavior or special needs that may need to be addressed?</td>
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<td>If you answered yes to any of these questions, complete the section below.</td>
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Allergies– medications, environmental and/or food:
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

Medications taken at home:
________________________________________________________________________________________________
________________________________________________________________________________________________

Medications that will be taken/needed at the program (list dosage and times):
________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

Please note: if your child will be taking any medication during a program, an “Authorization to Administer” form
must be completed. The form must be updated each season. The form is available at the Recreation Office or
on the city’s web page– www.city.waltham.ma.us

Please list any special arrangements or accommodations needed for your child, while attending the program:
________________________________________________________________________________________________
WAIVER, CONSENT AND RELEASE (OF MINOR/CHILD)

I/We, the undersigned _______________________________,

(insert legal relationship to participant, e.g. "parent","guardian")

of _______________________________, a minor, do hereby consent to my child’s participation

(insert name of participant) (“my child”) in voluntary athletic or recreation programs for the City of Waltham’s programs.

I/We also agree to forever waive and release the City of Waltham and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the City of Waltham (“the Releasees”) of and from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child’s participation in the City of Waltham’s voluntary athletic or recreation programs.

I/We for our heirs, successors or assigns also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, are or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child’s participation in the City of Waltham’s voluntary athletic or recreation programs.

I/We represent and warrant that I/we have the authority and capacity to sign this Waiver and Release.

I/We further affirm that I/we have read this Waiver, Consent and Release Form and that I/We understand the contents of this Form. I/We understand that my child’s participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Form, I/we affirm that I/we have decided to allow my child to participate in the City of Waltham’s athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage to my child or I/we may suffer in voluntary City of Waltham’s athletic or recreation programs. I/We understand this is a binding legal document waiving and releasing actual and potential claims and that I/we have had the opportunity to obtain legal advice if I/we choose.

Date Signed:

_________________________________  ________________________________________

Witness to Signature  Parent or Guardian of  ______________________

Witness (Print)  Parent  (Print)

Child Form