ON-LINE REGISTRATION
Begins Monday, August 31 at 9:00 a.m.
Concludes Friday, September 4 at 12:00 noon
To register, go to: www.city.waltham.ma.us
Follow the link to the Recreation Department
On-Line Registration is for Waltham residents only
Non-residents may call the office for registration policies/program cost.
See inside for further registration information

MAIL-IN REGISTRATION
Will be opened Wednesday, September 9, 2015

Putt at Prospect Hill
Hours of Operation listed on page 2.
Open for extended hours the week of August 24th!

WALK-IN REGISTRATION
Begins Tuesday, September 8, 2015
From 7:30 a.m. – 5:00 p.m.
On Wednesday, September 9, 2015
registration continues during regular business hours,
8:30 a.m. – 4:30 p.m., Monday through Friday.
Registration will be held at the Waltham Recreation Department, 510 Moody Street, Entrance on Alder St., please ring bell.

WINTER REGISTRATION DATES
Online begins Tuesday, November 24, 2015
Walk-In begins Thursday, December 3, 2015

See program descriptions for exact start/end dates.
Detailed registration Information can be found on the back cover.
PUTT AT PROSPECT HILL

HOURS OF OPERATION

Through August 23
Monday-Friday 4:30–7:30 p.m.
Saturday/Sunday 11:30 a.m.–6:30 p.m.

August 24–30
Monday-Friday 11:00 a.m.–7:00 p.m.
Saturday 9:30 a.m.–6:30 p.m.
Sunday 12:30–6:30 p.m.

Starting August 31
Monday Closed
Tuesday-Friday 3:30–6:30 p.m.
Saturday/Sunday 12:00–6:30 p.m.

Hours are weather permitting. Facility to remain open through the Fall season, anticipated to close mid-late October, 2015.

TICKETS AND PASSES

Each Waltham resident may purchase six tickets per visit

NEW!! LAUNCH TRAMPOLINE PARK

New this Fall, Waltham Recreation now 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

AMC DISCOUNT MOVIE TICKETS

Save money by purchasing AMC Movie Theatre tickets in advance. Gold tickets never expire and are valid from the first day of a new movie release. They are a great gift idea as well; everyone likes to go to the movies! Check movie schedules at www.amctheatres.com.
Cost: $8.25 per ticket

EMBASSY THEATRE DISCOUNT MOVIE TICKETS

You don’t have to leave town to watch first-rate movies. The Embassy Theatre in downtown Waltham has six screens and shows a great mix of independent and Hollywood movies. Find out what is playing at www.landmarktheatres.com. Cost: $8.00 per ticket

MUSEUM OF SCIENCE/OMNI THEATRE/PLANETARIUM TICKETS

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 and the newly renovated Planetarium as well. Learn more at www.mos.org.
Cost: $6.50 per ticket (admission, planetarium and omni each sold separately)

*All discount tickets subject to availability and price change.
Birthday Parties

Waltham residents are invited to celebrate their birthdays with us!

We offer parties for ages three and above

Two party package options are available:

<table>
<thead>
<tr>
<th>Party Type</th>
<th>Friends</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value Party</td>
<td>Up to 15</td>
<td>$100.00</td>
</tr>
<tr>
<td>Plus Party</td>
<td>16 - 25</td>
<td>$140.00</td>
</tr>
</tbody>
</table>

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 parties September 12, 2015 through June, 2016

RECREATION STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandra Tomasello</td>
<td>Director of Recreation</td>
<td><a href="mailto:stomasello@city.waltham.ma.us">stomasello@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Nick Abruzzi</td>
<td>Asst. Director of Recreation</td>
<td><a href="mailto:nabruuzzi@city.waltham.ma.us">nabruuzzi@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Kim Scott</td>
<td>Recreation Supervisor/Special Needs</td>
<td><a href="mailto:kascott@city.waltham.ma.us">kascott@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Kathy Gross</td>
<td>Recreation Supervisor/Teen Coord.</td>
<td><a href="mailto:kgross@city.waltham.ma.us">kgross@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Adam Dallaire</td>
<td>Recreation Supervisor</td>
<td><a href="mailto:adallaire@city.waltham.ma.us">adallaire@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Kara Greeley</td>
<td>Recreation Supervisor</td>
<td><a href="mailto:kgreeley@city.waltham.ma.us">kgreeley@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Lisa DiBlasi</td>
<td>Administrative Assistant</td>
<td><a href="mailto:ldiblasi@city.waltham.ma.us">ldiblasi@city.waltham.ma.us</a></td>
</tr>
<tr>
<td>Karen O’Brien</td>
<td>Administrative Assistant</td>
<td><a href="mailto:kobrien@city.waltham.ma.us">kobrien@city.waltham.ma.us</a></td>
</tr>
</tbody>
</table>
SPECIAL EVENTS

ART ADVENTURES DAY PROGRAM

Grades 1–5
Wednesday, September 23
Tuesday, November 3
9:00 a.m.–3:00 p.m.
Prospect Hill Park, 314 Totten Pond Road
Instructor: Kathy Gross and Staff

Choose one or both days! This brand new day offering is an extension of our summer “Art Adventures” program. We will spend the day creating a variety of artwork in mediums such as drawing, painting, sculpture and more! Breaks will be taken to enjoy the outdoor activities at Prospect Hill as well.

Remember to bring a bagged lunch, plenty of water, and LOTS of creativity! No prior art experience necessary.
Cost: $30.00 per session

APPLE PICKING

Grades K - 5
Monday, September 14 (no school day)
11:00 a.m. – 4:00 p.m.
Prospect Hill Park, 314 Totten Pond Road
Lookout Farm Natick, MA
Instructor: Kim Scott and Kara Greeley

School’s out, come along and spend the afternoon in the apple orchards of Lookout Farm in Natick. We’ll ride the train to the orchards for picking, stopping along the way to visit the farm animals, play at the playground, and have fun in the hay maze. Bring a bag lunch for a picnic and playground time at Prospect Hill Park before we leave.
Cost: $25.00

NEW ENGLAND AQUARIUM

Grades K–5
Wednesday
September 23 (No School Day)
9:00 a.m.–3:00 p.m.
Waltham Recreation Department
510 Moody Street
Instructors: Kim Scott and Kara Greeley

Hooray! No school! Spend your day off with us! We’ll take you to the New England Aquarium, where you can visit with the penguins, search for the octopus, and spend time at the Touch Tank, petting gentle stingrays. We’ll see a nature inspired Omni film, and still have time for a fishy craft and some sea-themed games. Bring a bag lunch.
Cost $35.00
SPECIAL EVENTS

LAUNCH DAY!
Grades K– 5
Friday, October 9th (early release day)
2:00-5:00 p.m.
Launch Trampoline Park, Watertown
Instructors: Kara Greeley and Staff

Drop-off and pick-up from Launch Trampoline Park in Watertown!!! We will meet there at 2:00 p.m., check-in, jump for 2 WHOLE HOURS, play arcade games, and get picked up at 5:00 p.m. Please send your child with water and snacks. No need to send extra money for the arcade. Cost includes $5.00 to spend on games! Parents/Guardians must complete a waiver form online at launchwatertown.com. If you have completed this online waiver on your own, before, it will still be valid. Paper waivers are only valid for one day.
Cost: $30.00

KIDS ZONE
Grades K - 4
Tuesday
2:00– 6:00 p.m., Oct. 20, Nov.17, Dec. 8
10:00 a.m.– 2:00 p.m., November 3
Waltham Recreation Dept. 510 Moody St.
Instructors: Kim Scott and Kara Greeley

School's out! Choose one or all four days. We'll spend the afternoon doing all kinds of fun things that can be found at 510 Moody St. Some activities may vary. Crafts, sports, games, lego’s, building toys, and board games are just a few of the fun things we’ll do. We may go to the gym, bounce in the bounce house, and go Bowling and visit Skate n’ Scoot. We have a few scooters available to borrow, but don’t forget your helmet. A pizza dinner will be served.
Cost: $30.00/ per session

5TH GRADE CHILL ZONE
Grade 5
Tuesday, 2:00– 6:00 p.m.
Oct. 20, Nov.17, Dec. 8
Waltham Recreation Dept., 510 Moody St.
Instructors: Adam Dallaire and Staff

Come get a sneak preview of the “Chill Zone,” Waltham Recreation’s teen center. When you are in 6th grade you will be able to join us most Fridays and Saturdays during the school year for tons of fun after signing up for a FREE membership. On 5th Grade Days we will sample activities such as air hockey, video games, art, movies, pool, sports in the gym, scooter time, painting and of course bowling! Sign up for one, two or all three sessions. A pizza dinner will be included.
Cost: $20.00/ per session

INFLATABLE FUN
Grades K-5
Friday, December 4 (early release day)
2:00-4:00 p.m.
Waltham Recreation Dept., 510 Moody St.
Instructors: Kim Scott and Kara Greeley

Let’s bounce, move and burn all that stored energy. Join Recreation Staff as we turn the Waltham Community Center into an inflatable wonderland. Wear comfortable clothes and bring a water bottle.
Cost: $15.00

BOSTON SYMPHONY ORCHESTRA
Coming Soon to the Waltham Community and Cultural Center!
Sunday, November 22nd
Performance at 3:00 p.m.

Details on how to obtain free tickets to be announced soon! More information will be available on the Waltham Recreation website as it becomes available.
# 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 will be closed at 4:30 p.m.

<table>
<thead>
<tr>
<th></th>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
<th>THUR.</th>
<th>FRI.</th>
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<tbody>
<tr>
<td>Family</td>
<td>Stay and Play 9:30-11:00</td>
<td>Skate n’ Scoot 10:30-11:30</td>
<td>Story and Scoot 11:30-12:30</td>
<td>Skate n’ Scoot 10:30-11:30</td>
<td>Family Bowling 9:00-10:00</td>
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<td>Skate n’ Scoot 3:30-4:30</td>
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<td>Mini Golf 3:30-6:30</td>
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<tr>
<td>Pre-K</td>
<td>Tumbleweeds 10:00-10:40</td>
<td>Pre-K Program 9:30-noon</td>
<td>Super Sports Stars 10:15-11:00</td>
<td>Pre-K Program 9:30-noon</td>
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<td></td>
<td>Karate Kids Little Dragons 3:30-4:00</td>
<td>Jump Up and Go 10:15-11:00</td>
<td>Messy Masterpieces! 11:15-noon</td>
<td>Jump Up and Go 10:15-11:00</td>
<td>MJ’s Music 9:30-10:15 10:30-11:15</td>
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<td>Youth</td>
<td>I Like to Move It 3:45-5:00</td>
<td>Kid’s Bowling 3:45 – 4:45</td>
<td>Indoor Rock Climbing 3:45-4:45</td>
<td>Kids Bowling 3:45-4:45</td>
<td>Garden Explorers 3:30-5:00</td>
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<td>Monday Funday 3:45-5:00</td>
<td>Tennis 3:40-4:20 or 4:30-5:20</td>
<td>Paint, Paste and Beyond! 3:45-5:00</td>
<td>Gym Time/ Street Hockey 3:45-5:00</td>
<td>Rustle, Bustle Hustle! 4:00-5:30</td>
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<td>Karate 4:00-4:45 4:45-5:30</td>
<td>Wicked Science 3:45-4:45</td>
<td>Drama Workshop 5:30-7:00</td>
<td>Kids Yoga 5:00-6:00</td>
<td>Farm Explorers 3:30 – 5:00</td>
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<td>Innovation Adventures 3:45 – 5:15</td>
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<td>Teen</td>
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<td></td>
<td>Chill Zone 3:00-9:00</td>
<td>Chill Zone 12:00-8:00</td>
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<tr>
<td>Adult</td>
<td>Fitness Room 8:30-4:00</td>
<td>Fitness Room 8:30-4:00</td>
<td>Fitness Room 8:30-4:00</td>
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<td>Fitness Facilities</td>
<td>Open Gymnasium 12:00-2:00</td>
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<td>Open Gymnasium 12:00-2:00</td>
<td>Open Gymnasium 12:00-2:00</td>
<td>Open Gymnasium 12:00-2:00</td>
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<tr>
<td>Adult Programs</td>
<td>COA Bowling 11:00-1:00</td>
<td>COA Bowling 1:00-3:00</td>
<td>CIZE 5:30-6:30</td>
<td>Yoga 6:15-7:20</td>
<td>Yoga 6:15-7:20</td>
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FAMILY PROGRAMS

SKATE N’ SCOOT

Schedule beginning September 15, 2015

Hours:
Preschool Ages 3-5
Tuesday/Thursday
10:30 a.m.–11:30 p.m.
Family Skate
Tuesday/Thursday
3:30–4:30 p.m.

Hours may vary due to no school days, early release days and holidays. The Skate n’ Scoot is NUT FREE. Parents/Guardians are required to supervise their children at all times. There are a limited number of 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 7 are required to bring their own helmet.

Stair free access for strollers, etc. is located on the back side of the building through door #11 (corner of Beech and Alder Street). Upon entering the building, continue down the hall past the gymnasium and the entrance will be on your right.

STAY AND PLAY

Lions, Tigers, Bears
Monday, 9:30 – 11:30 p.m.
September 28: October 5, 19, 26
November 2, 9, 16
(no program October 12)
Waltham Recreation Dept., 510 Moody Street

How about a playdate? We will provide a colorful, cozy classroom and some great toys for sharing. Children can explore and play with new friends; grown-ups can chat and supervise.
Cost: $10.00 per family (1 adult + up to 2 kids)

STORY & SCOOT

Lions, Tigers, Bears
Wednesday
September 16, 30; October 7, 14, 21, 28
(no program September 23)
11:30 a.m.–12:30 p.m.
Waltham Recreation Dept., 510 Moody Street
Instructor: Kara Greeley

Come to Skate n Scoot on Wednesday Mornings to hear a story and scoot out some extra energy!
Cost: Free drop-in

FAMILY BOWLING

All Ages Welcome!
Saturday (see times below)
November 7, 14, 21
December 5, 12, 19
Waltham Recreation Department
510 Moody Street
Instructor: Adam Dallaire

Get ready for some family fun! All skill levels are welcome! Everyone will get time to practice their bowling skills, as well as compete as teams over this six week program. Don’t forget to provide everyone’s T-shirt size with your registration form! Each player will be provided one bowling shirt per session with registration. Space is limited.

Choose one session:
Saturday, 9:00–10:00 a.m.
Saturday, 10:00–11:00 a.m.

Cost: $30.00 per family (max. of three people)
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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Birth Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lions</td>
<td>9/13, 10/13, 11/13, 12/13, 1/14, 2/14, 3/14, 4/14, 5/14, 6/14, 7/14, 8/14</td>
</tr>
<tr>
<td>Tigers</td>
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<tr>
<td>Bears</td>
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</tr>
<tr>
<td>Giraffes</td>
<td>9/10, 10/10, 11/10, 12/10, 1/11, 2/11, 3/11, 4/11, 5/11, 6/11, 7/11, 8/11</td>
</tr>
</tbody>
</table>

Birth Certificates for all new participants required by September 11, 2015

TUMBLEWEEDS

Tigers, Bears
Monday, 10:00 – 10:40 a.m.
September 28; October 5, 19, 26
November 2, 9, 16
(No program on October 12)
Waltham Recreation Department
510 Moody Street

Instructors: Kim Scott
Get ready to wiggle and giggle! Tigers and Bears and their grown-up pals will have oodles of active fun. We’ll climb, swing, and tumble. We’ll move to fun songs, bounce and catch balls, and introduce you to fun sports and games.
Cost: $35.00

KARATE KIDS – LITTLE DRAGONS

Bears, Giraffes
Monday, 3:30 – 4:00 p.m.
September 21, 28; October 5, 19, 26
November 2, 9, 16, 23, 30 (10 weeks)
(no program October 12)
Waltham Recreation Department
510 Moody Street
Instructors: Steve Nugent Karate Institute

Uniforms and belts are provided for this age appropriate martial arts program for preschoolers. The fun and upbeat class will emphasize listening and following directions, stretching and breathing, and of course some cool karate routines! Enter/exit through door #11 on Beech Street.
Cost: $130.00

PRE-K PROGRAM

Giraffes
Tuesday, Thursday, or Friday
9:30 – noon
Beginning Tuesday, September 29 (10 wks)
Waltham Recreation Dept., 510 Moody St.
Instructor: Kim Scott

Come play with us! We’ll get ready for kindergarten in a fun four-going-on-five way! We have all kinds of fun toys to play with! Each morning we will play, do crafts, and play sports and games. A nut free snack will be provided, and we will end each morning with a story. Each child is limited to one morning per week.
Cost: $80.00

JUMP UP AND GO!

Tigers, Bears
10:15-11:00 a.m.
Early Fall Tuesday or Thursday
Tuesday: Sept. 15, 22, 29; October 6, 13, 27
Thursday: Sept. 17, 24; October 1, 8, 15, 29
(no program October 20 or 22)
Late Fall Thursday Only
November 5, 12, 19; December 3, 10, 17
Waltham Recreation Dept., 510 Moody St.
Instructors: Kara Greeley

Join us in the gym for a class full of running around and playing. Class will consist of mazes, games, and teaching children to work together. Be ready to jump up and go! Please bring a water bottle.
Cost: $30.00 per session
# PRESCHOOL PROGRAMS

## PAINT AND PASTE

<table>
<thead>
<tr>
<th>Time</th>
<th>Early Fall</th>
<th>Late Fall</th>
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<tbody>
<tr>
<td>Weekdays</td>
<td>Tuesday or Thursday</td>
<td>Thursday Only</td>
</tr>
<tr>
<td>Dates</td>
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<td>November 5, 12, 19</td>
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<tr>
<td></td>
<td>October 6, 13, 27</td>
<td>December 3, 10, 17</td>
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<tr>
<td></td>
<td>(no program October 20 or 22)</td>
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</table>

**Instructor:** Kathy Gross

Get ready to paint, draw, create and play. We will make a variety of different projects involving both painting and pasting and end each week with some free time to create whatever you would like!

**Cost:** $30.00 per session

## SUPER SPORTSTARS

<table>
<thead>
<tr>
<th>Time</th>
<th>Early Fall</th>
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</thead>
<tbody>
<tr>
<td>Weekdays</td>
<td>Wednesday</td>
<td>November 6, 13, 20</td>
</tr>
<tr>
<td>Dates</td>
<td>September 16, 30;</td>
<td>December 4, 11, 18</td>
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<td></td>
<td>October 7, 14, 21, 28</td>
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<td>(no program September 23)</td>
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</table>

**Instructor:** Kara Greeley

Let’s learn the FUNdamentals of sports! Each week we will learn the basics of some very fun sports. These sports may include soccer, basketball, baseball, hockey and more. We will have fun while we learn! Be ready to move! Please bring a Water bottle.

**Cost:** $30.00 per session

## MESSY MATERPIECES

<table>
<thead>
<tr>
<th>Time</th>
<th>Early Fall</th>
<th>Late Fall</th>
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<tbody>
<tr>
<td>Weekdays</td>
<td>Wednesday</td>
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<td>Dates</td>
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**Instructor:** Kathy Gross

A class full of all those REALLY messy art projects you’d rather not do at home. Let us set-up, clean-up and you and your toddler can just enjoy the fun! Projects may include: Shaving cream finger painting, clay creations and more! Remember to wear clothes you don’t mind getting a little messy!

**Cost:** $30.00

## MJ’s MUSIC AND MOVEMENT

<table>
<thead>
<tr>
<th>Time</th>
<th>Early Fall</th>
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<td>Weekdays</td>
<td>Tuesday and Thursday</td>
<td>November 6, 13, 20</td>
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<td>Dates</td>
<td>September 18, 25;</td>
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**Instructor:** MJ’s Music School

Music and Movement with MJ is a participatory music class for young children and their caregiver. While singing songs, reciting rhymes, and playing movement/rhythm games, children will use their voices and bodies to sing, stomp, clap, walk, and jump. Through these activities, kids will learn about the musical concepts of improvisation, rhythm and pitch. They will also work on social skills such as how to introduce themselves and how to greet others, and will practice using numbers and letters. Kids will also gain experience with autoharp, guitar, hand drums, tambourines, bells, and triangles! For more info, please see [www.MJsMusicSchool.com](http://www.mjsmusicschool.com).

**Cost:** $45.00 per session (Family 1 adult and up to 2 kids)

## LITTLE SPROUTS

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<th>Time</th>
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<td>Weekdays</td>
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**Instructors:** Community Farm Educators

Bring your child out to the farm to play and learn in the garden! We will spend six weeks watching and listening for birds and insects, digging to soil, planting seeds, smelling and tasting fresh herbs, and engaging in the many delights of fall on the farm!

**Cost:** $60.00 per family per session (one adult and one or two children)
YOUTH PROGRAMS

KARATE
Monday
Kindergarten through two: 4:00- 4:45 p.m.
Grade three through eight: 4:45- 5:30 p.m.
September 21, 28 October 5, 19, 26
November 2, 9, 16, 23, 30 (10 weeks)
(no program October 12)
Waltham Recreation Dept., 510 Moody St.
Instructor: 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: $130.00

I LIKE TO MOVE IT
Grades kindergarten, one, two, three
Monday, 3:45- 5:00 p.m.
November 9, 16, 23, 30, December 7, 14
Northeast Elementary School, Gym
Instructor: 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 Northeast beginning at 3:00 p.m. for supervised homework/snack time before the class begins. Cost: $30.00

YOUTH TENNIS
Grade kindergarten, one: 3:40- 4:30 p.m.
Grades two, three, four, five: 4:30- 5:20 p.m.
Tuesday, Sept. 15, 22, 29, Oct 6, 13, 20
Nipper Maher Park, Dartmouth Street
Instructor: Lori Casinghino
Get into the swing of it with this outdoor tennis lesson series for beginners. Racquets and balls are provided. In the event of rain, the program will relocate to the Waltham Community and Cultural Center Gym. Cost: $35.00

PAINT, PASTE AND BEYOND!
Grades kindergarten, one, two, three
Wednesday, 3:45- 4:45 p.m.
September 16, 30; October 7, 14, 21, 28
(no program September 23)
Waltham Recreation Dept., 510 Moody St.
Instructor: Kathy Gross
A new twist on an old favorite! Now for grades kindergarten through three. Each week we will create a variety of different pieces using mediums such as drawing, painting, sculpture, 3D and more! No prior art experience necessary. All you need to bring is your creativity and be ready to have tons of fun! Cost: $30.00 per session

WICKED SCIENCE
Grades kindergarten, one, two, three
Tuesday, 3:45- 4:45 p.m.
September 15, 22, 29; October 6, 13, 27
(no program October 20)
Waltham Recreation Dept., 510 Moody St.
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

MONDAY FUNDAY
Grades kindergarten, one, two, three
Monday, 3:45- 5:00 p.m.
Early Fall (no program October 12)
September 21, 28; October 5, 19, 26; Nov. 2
Late Fall Nov. 9, 16, 23, 30; Dec. 7, 14
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 per session
YOUTH PROGRAMS

RUSTLE, BUSTLE, AND HUSTLE!
Grades Kindergarten, one, two, three
Friday, 3:30 - 5:00 p.m.
Sept. 18, 25; Oct. 2, 9, 16, 23, 30
Prospect Hill Park, 314 Totten Pond Rd
Instructor: Kara Greeley

The leaves are rustling and bustling, now why don’t you hustle! If you would like to get moving and play some fun games while enjoying the beautiful fall foliage at Prospect Hill Park, then this is the class for you! Each week we will play games, sports, hike, and visit the playground!
Cost: $30.00

GARDEN EXPLORERS
Grades kindergarten, one, two, three
Friday, 3:30 - 5:00 p.m.
**Early Fall** Sept. 11, 18, 25; Oct. 2, 9, 16
**Late Fall** Oct. 23, 30; November 6, 13, 20, 27
Waltham Fields Community Farm, Beaver St.
Instructors: Community Farm Educators

Discover the many plants and animals that live at Waltham Fields Community Farm. Participate in farm activities and games while meeting new friends. Finish your afternoon with a delicious snack that you create in the solar-powered outdoor kitchen using farm fresh herbs and vegetables. 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: $40.00 per session

KIDS BOWLING LEAGUE
Grades two, three, four, five
**Early Fall**
Tuesday or Thursday, 3:45– 4:45 p.m.
Tuesdays: Sept. 15, 22, 29; October 6, 13, 27
Thursdays: Sept. 17, 24; October 1, 8, 15, 29
(no program October 20 and 22)
**Late Fall**
Thursday Only, 3:45– 4:45 p.m.
November 5, 12, 19; December 3, 10, 17
(no program November 26)
Waltham Recreation Dept., 510 Moody St.
Instructor: Adam Dallaire

All Skill levels are welcome! Each class will start with a game in the Gym to let out some energy. Then everyone will get time to practice their bowling skills, as well as compete in singles and teams over the six weeks of program. Don’t forget to provide your T-shirt size with your registration form! Everyone will be provided one bowling shirt per session with registration.
Cost: $30.00 per session

KIDS YOGA
Grades one through five
Thursday, 5:00 – 6:00 p.m.
Sept.10, 17, 24; Oct.1, 8, 15, 22, 29; Nov.5, 12
Waltham Recreation Dept., 510 Moody St.
Instructor: Katy Potts

Be a Bird, Be a Frog, Be a Tree! Yoga is a non-competitive and active, fun way to work on strength, self-confidence, concentration, and relaxation. Our mini-yogis will work on yoga poses and qi gong that will include stretching and balance. Wear comfy clothes good for stretching. Yoga mats will be provided.
Cost: $60.00

STREET HOCKEY
Grades two, three, four, five
Thursday, 3:45- 5:00 p.m.
September 24, October 1, 8, 15, 22, 29
Waltham Recreation Dept., 510 Moody St.
Instructor: Kim Scott

Staff will provide the sticks for six weeks of pick up indoor street hockey games in the gym.
Cost: $35.00

GYM TIME
Grades two, three, four and five
Thursday, 3:30 - 5:00 p.m.
November 5, 12, 19; December 3, 10, 17
(no program November 26)
Plympton Elementary School
Instructor: Kim Scott

There are so many cool things to play in the gym. Each week we will play a different sport or activity. Come ready to run, block, dodge, shoot, and climb. Bring a water bottle. Plympton students will have supervised homework and snack time.
Cost: $35.00
YOUTH PROGRAMS

WALTHAM DRAMA WORKSHOP

Grade two, three, four
Wednesday, 5:30- 7:00 p.m.
October 7, 14, 21, 28
November 4
Waltham Recreation Department
510 Moody Street
Instructor: Jackie Theoharis

This session’s theme is Pixar! "You’ve Got a Friend in Me", "Life is a Highway"! Young musical theater performers will learn the basic skills of acting, singing, dancing, improvisation, and building a character through many of our favorite Pixar movies. We will learn old and new Pixar songs, act out scenes, and come up with creative dances, while having a blast along the way. The class will culminate in a final performance for friends and family. "Just Keep Swimming"!
Cost: $30.00

INNOVATION ADVENTURES

Grades three, four, five
Thursday
3:45 - 5:15 p.m.
October 1, 8, 15, 22, 29
November 5
Charles River Museum of Industry & Innovation (just off of Moody St., Waltham)
Instructor: Rudy Ruggles

Description: We are assembling a team of young people to tackle a series of Invention Adventures. These adventures are perfect for all who like to use their imagination, curiosity, and inventive thinking skills to explore new ideas. There will be mysteries to unravel, riddles to crack, stuff to take apart, things to build, and the Great Cardboard Challenge to prepare for. Along with having a lot of fun, we will develop our creative problem solving, deductive reasoning, and collaboration skills, all in the midst of the Museum’s cool innovations. Space is limited — don’t get left behind!
Cost: $50.00

ROCK CLIMBING CLASS WITH TRIP TO CENTRAL ROCK GYM!

Grades three through six
Wednesday, 3:45– 4:45 p.m.

Early Fall
September 16, 30; October 7, 14, 21, 28
(no program September 23)

Late Fall
November 4, 18; December 2, 9, 16, 23
(no program November 11 and 25)
Waltham Recreation Dept., 510 Moody St.
Instructors: Adam Dallaire and Kara Greeley

Learn the basics of Indoor Rock Climbing at the Waltham Community and Cultural Center. Each week we will climb, practice new skills and learn to work together as a team. On the last day of this class we will be going to Central Rock Gym in Watertown (via the Recreation van) for a special climb from 3:45– 6:30 p.m. to practice our newly learned skills! Bring snacks and water this day.
Cost: $50.00

FARM EXPLORERS

Grades four to eight
Friday, 3:30 - 5:00 p.m.

Early Fall
September 11, 18, 25, October 2, 9, 16

Late Fall
October 23, 30, November 6, 13, 20, 27
Waltham Fields Community Farm, Beaver St.
Instructors: Community Farm Educators

Spend a time on the farm in the fall, learning about the natural sciences and developing your agriculture and culinary skills! Young farmers will learn about all stages of the food system, from growing their own food to caring for chickens, and preparing healthy snacks each day in our solar powered kitchen. We'll touch on a range of skills such as math, science, writing, group cooperation and more! Wear appropriate clothing to play outdoors since we will spend all afternoon in the garden area. Bring a refillable water bottle and sunscreen. WFCF educators will contact you if the program is cancelled for the day due to possible thunder and lightning. Class will be held if lightly raining.
Cost: $40.00
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.

**General hours of operation:**

- **Fridays,** 3:00 p.m.- 9:00 p.m.
- **Saturdays,** 12:00 p.m.- 8:00 p.m.

**Note:** All members must register in person with a parent/legal guardian

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

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**LAUNCH TRIP**

Grades 6-8

Drop-Off/Pick-Up 510 Moody Street

Friday, October 9th (early release day)

4:00– 8:00 p.m.

Instructors: Kathy Gross and Staff

We will meet at the Chill Zone and shuttle over to Launch in the Waltham Recreation van. After jumping for 2 FULL HOURS we will head back to the Chill Zone for an 8:00 p.m. pick-up or walk home. Parents/Guardians must complete a waiver form online at launchwatertown.com. If you have completed this online waiver on your own before it will still be valid. Paper waivers are only valid for one day. Please bring dinner or money to purchase items from the Launch snack bar.

**Cost:** $20.00
ADULT PROGRAMS

All Adult Programs are for ages 16 and over. 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 will be closed at 4:30 p.m.

CIZE LIVE!

Thursday
5:30– 6:30 p.m.
September 17, 24; October 1, 8, 15, 22
Waltham Recreation Department
510 Moody Street
Instructors: Nicole Callaghan

The end of exercise. The future of exercise is here. It’s time to work your workout with CIZE™ LIVE, a revolutionary new dance workout. Unlike most cardio dance classes, this isn’t just about shuffling your feet. Created by Shaun T and a team of professional choreographers, CIZE LIVE will have you bustin’ out full dance routines to the hottest music tracks. Get sweaty, gain confidence, and get an amazing workout!
Cost: $30.00 for six week session
Non-Resident Cost: $40.00

FREE OPEN GYMNASIUM HOURS

Monday– Friday
12:00– 2:00 p.m.

Check in and out at the main office to utilize the Gymnasium during the above hours. Basketballs are available.

ZUMBA®

Tuesdays
5:30- 6:30 p.m.
September 15– December 22
Waltham Recreation Dept. 510 Moody Street
Instructors: Nicole Callaghan

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! Use Door #11 on Beech/ Alder St.

Resident Cost: $70.00/$5.00 drop-in fee
Non-Resident Cost: $80.00/$6.00 drop-in fee (cash/check only)

FREE FITNESS ROOM HOURS

Monday–Friday
8:30 a.m.– 4:00 p.m.

Space is very limited. Sign up for a maximum of 45 min. on one of our three new fitness machines; Treadmill, Elliptical, Bike. Available on a first come, first serve basis. Please sign in and out at the main office. No children permitted in the workout area.

YOGA

Thursday, 6:15 to 7:20 p.m.
September 10, 17, 24
October 1, 8, 15, 22, 29
November 5, 12
Waltham Recreation Department
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
VETERAN’S MEMORIAL RINK

Skate Rentals: $5.00
Skate Sharpening: $5.00

PUBLIC SKATING
Public Skating will begin on Friday, November 20, 2015. 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: $2.00 kids/seniors, $4.00 adults

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STICK AND PUCK
Stick and Puck will begin on Thursday, September 10, 2015. 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

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WALTHAM YOUTH HOCKEY
Walthamyouthhockey.org
617-429-8745

BAYSTATE SKATING SCHOOL
www.BayStateSkatingSchool.org
781-890-8480
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 papercopy 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.

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.