FALL PROGRAMS 2017

Touch A Truck
Saturday, September 23rd
10am - 1pm
Wayland Middle School

Fall Program
Registration Opens
Friday, August 25 at 9:00am
GENERAL INFORMATION

STAFF
Katherine Brenna, Assistant Director  kbrenna@wayland.ma.us  
Paul McCarthy, Program Coordinator  pmccarthy@wayland.ma.us  
Christine Baldwin, Recreation Assistant  cbaldwin@wayland.ma.us

COMMISSIONERS
Asa Foster - Chair  Thruston Wright - Vice Chair  
Chris Fay  Heidi Seaborg  Frank Krasin

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REGISTRATION INFORMATION

REGISTRATION POLICIES AND PROCEDURES

Online registration is our preferred method and is highly recommended. You may register for programs and online and will receive a receipt of your transaction sent to your email. Registrations are first come-first served so you will be able to register early at your convenience. Go to our website www.waylandrec.com to register. You may call our office at 508-358-3660 to register, mail in your registration form or drop by the Recreation Office at the Town Building (second floor), 41 Cochituate Rd.

REFUND POLICY

Our classes are supported solely by registration fees. If you need to cancel/withdraw, you must notify our office at least 10 business days prior to the start of the program for a refund minus the administrative fee. After that time, no refunds are given except for medical reasons with a doctor’s note. Requests for refunds must be in writing (email accepted) with a short explanation. Refunds may take 2-3 weeks for processing. Cancelled classes due to low enrollment will be fully refunded.

An administrative fee of $10 will be retained per person per program for youth withdrawals from fall, winter, spring programs, $20 for summer programs, and $10 for all adult programs.

CANCELLATION POLICY

No classes are held when Wayland schools have been cancelled. If a program is cancelled due to inclement weather or instructor absence, every attempt will be made to reschedule the class. In most cases, an additional week will be added to the end of the program to account for missed time. We are not responsible for any missed classes due to a participant’s inability to attend. If a program is cancelled, you will be notified by email.

E-MAIL

Please be sure to keep your E-MAIL address updated as most of our communications for program cancellations, changes, etc. are done via e-mail.

FINANCIAL AID

Please contact the Recreation Department for more information and to request an application.
**SPECIAL EVENTS**

**Wayland Recreation and WCPA Proudly Present:**

**HALLOWEEN PARADE**

*Monday, October 23*

3:30pm - 4:30pm

*Arrive promptly at 3:30pm.*

Trick or treaters – come in costume and receive goodies handed out by Town Building employees.

*Treats may contain nut byproducts.*

*Ages:* Walking to 6 yrs.

*Cost:* FREE!

*At Wayland Town Building,*

41 Cochituate Rd., Wayland

**Spectacular Hands-On Family Science Night!**

*Tuesday, October 17 - 6:30pm - 8:00pm*

*at the Wayland Middle School Cafeteria*

Come join this very cool and fun program! Each family will explore 6 - 8 weird and wacky hands-on science experiments and will make and take home most of these projects. The scientists are fast paced and funny, and your kids will be thoroughly entertained (they’ll even learn some interesting things, too!) We will explore weird motions, crazy chemistry, crystals, and science magic. Be prepared for lots of fun stuff! Hope to see you there! min 50

*Fee:* $6 per child (Parents are free!)

*Grades:* K - 5

*Please note - this is NOT a “drop-off” event.*

**DUDLEY POND RUN/WALK AND KIDS FUN RUNS**

*Sunday, September 24th*

*Rain or shine*

Fitness walk - non-competitive 10:30am

Kids’ Fun Runs 12:30pm

5K Race 1:00pm

2M Walk 1:00pm

Start/Finish Line near Mansion Beach, at the intersection of Mansion Rd. and Lake Shore Dr., Wayland. Located near Route 126 and West Plain St.

Pre-registration $20  ($25 on day of Event)

Kids Runs $6  ($8 on day of event)

*For more info: (508) 655-1923 or (508) 653-3450*

Register online at: www.dudleypond.org

**WCPA BEACH PARTY AND CONCERT**

*Saturday, Sept. 9th, 4:30pm - 7:00pm, Wayland Town Beach*

Catch up with friends after your busy summer!

Pack your kids, a blanket and/or lawn chair for an evening of entertainment, food, and fun at the WCPA’s annual Beach Party and Concert on Saturday, September 9 at the Wayland Town Beach from 4:00 pm - 7:30 pm.

Admission is FREE for WCPA members and $10 per non-member (family limit of $30; children 2 and under are FREE).

Enjoy beach games, crafts, and more.

This event is open to all and should not be missed!

*Please note there is no swimming.*
**COLLEGE FINANCIAL AID SEMINAR**  
*Thursday, September 28*

You **PLAN** in advance, you **UNDERSTAND** the financial aid process, and you **ACT** early enough to be successful—before December of the child’s **sophomore year** of high school. All schools are not alike. It is important to know your options and opportunities.

**Course Outline**
- Introduction and Cost of College
- The Financial Aid System
- College Forms and Formulas
- The Financial Aid Formulas
- Timeline for Getting Aid
- College Savings Plans (i.e.: 529s)
- Myths and Truths about Financial Aid
- The Home (Real Estate) and Family Strategy
- What Constitutes Financial Aid
- Questions and Answers

*With Don Anderson of College Funding Advisors*  
*at Town Building - Large Hearing Room, 41 Cochituate Rd.*

**Fee:** $30 per couple  
**Time:** 6:30pm - 8:30pm

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**FALL - INTO THE GARDEN - WORKSHOP**  
*Wednesday, October 4 - 6:00pm - 8:00pm*

Learn how to put your edible gardens to bed, for the winter, using organic methods like soil testing, composting and mulching. Also learn how to keep growing by planting garlic. Gardens by Renee teaches people how to grow their own clean fruits, veggies, herbs and edible flowers. GBR lives by the motto, keep growing! Garlic plant will be supplied to participants for planting. Min 4

*With Renee Bolivar MCLP, from Gardens by Renee*  
*At Wayland Art Center, 14 East Plain St.*

**Fee:** $29

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**BABYSITTING WORKSHOP**  
*Monday, October 23*

This class introduces children to all aspects of babysitting. Learn strategies for the babysitter, first aid and choke saving techniques as well as mealtime, bedtime, diapering and discipline. Issues of contracts and ethics are also covered. A police presentation on safety issues includes door and telephone answering techniques, and accident and fire prevention.

*Instructed by Beth Oleson at*  
*Council on Aging/Town Building, 41 Cochituate Rd., Wayland*

**Fee:** $47  
**Ages:** 11 - 14  
**Time:** 5:15pm - 7:45pm

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**MAGIC LESSONS WORKSHOP**  
*Saturday, October 14*

Magic is an art that can develop self-confidence, self-esteem, poise, creativity, and give youngsters a hobby that can last a lifetime. At the end of each lesson the tricks that were taught are written in easy to follow booklets to take home. Many of Joe’s tricks that are sold commercially are also given away.

All equipment is included. Parent is welcome to attend with their child. min 6/max 15

*With Joe Carota, Full-Time Professional Magician,*  
*At Wayland Art Center, 14 East Plain St.*

**Fee:** $26  
**Ages:** 8 - 13  
**Time:** 2:00pm - 3:15pm

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**HOME ALONE WORKSHOP**  
*Monday, September 18*

This course is designed for children who are unattended at home for short periods of time. Children learn telephone and door answering techniques, accident and fire prevention, and first aid skills. The class includes a variety of teaching methods, including active discussion, a video and role playing.

Participants should bring a “bag dinner” or snack. min 6

*Instructed by Beth Oleson at*  
*Council on Aging/Town Building, 41 Cochituate Rd., Wayland*

**Fee:** $47  
**Ages:** 9 - 11  
**Time:** 5:15pm - 7:45pm

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**ONE DAY WORKSHOPS**
NASHOBA VALLEY SKI & SNOWBOARD PROGRAM

WINTER SKI & SNOWBOARD PROGRAM (Wayland residents only)
Brought to you by Wayland Recreation Department & Nashoba Valley

Registration deadline is Friday, December 2nd. Program fills quickly. Please register early to avoid disappointment.

WHO: 3rd - 8th graders from Middle School, Happy Hollow, Claypit Hill and Loker Schools

WHEN: Mondays - 5 sessions

DATES: Jan. 8, 22, 29 Feb. 5, 12 (no program on 1/15)

LESSON: 4:15pm

FEE: $299 for Downhill or Snowboard with Lesson
      $260 for Lift Ticket/NO Lesson (Middle School Only)

Please Note: There is a $75 non-refundable fee to guarantee buses. After Dec. 1 there can be no withdrawals or refunds.

We’re looking for Chaperones! Chaperones will receive a $100 credit toward their child’s ski registration! See details below.

Per Recreation Policy, all students who ride the bus to Nashoba MUST return to Wayland on the bus - NO exceptions.

When registering, please make sure to select the correct program: Downhill or Snowboard (both include a lesson) or No Lesson (Middle School students only). Children are picked up by bus from the school they attend (Wayland Middle School, Happy Hollow, Claypit and Loker) and driven to Nashoba Valley Ski Area. Parent/Participant Information Packet will be e-mailed in early December so be sure to include your e-mail address when registering. max 42 per bus

TRANSPORTATION INFORMATION: Buses pick up children at the Middle School at 2:25pm and Elementary Schools at 3:05pm and ALL BUSES RETURN TO THE MIDDLE SCHOOL at approximately 6:45pm. PLEASE BE PROMPT for pick up. There is no skiing if school is cancelled or we have deteriorating road conditions at 11:45am - an email will be sent to parents - or call 508-358-3660 if in doubt. For safety reasons, children misbehaving on buses will be asked to leave the program and no refunds will be given.

EQUIPMENT RENTAL FITTING: Wayland Town Building Activity Room, Monday, December 4, from 4:30pm to 6:30pm.

Nashoba Valley Rental Shop Staff will be at the Town Building Hearing Room to fit equipment. The rental fee for skis and snowboards is $100 at the fitting (if you want to rent a helmet, add $40). Please bring cash or check - NO credit cards. Helmets ($60) available for purchase...limited supply. Any child not fitted on December 4, MUST BE FITTED at the ski area before the start of the program, and the yellow rental slip must be dropped off at the Recreation office by Friday, December 22. A child will not be able to ski the first day unless prior fitting rental arrangements have been made.

CHAPERONES NEEDED!

These programs are made possible in large part due to parent volunteers. Please consider being a chaperone this year. We require two chaperones on each bus from every school. We are offering our chaperones a $100 credit toward their child’s ski program registration (one child per family). Chaperones also ski for FREE and get FREE rentals.

Chaperones are not required to ski to volunteer.

To volunteer, please email Paul McCarthy at pmccarthy@wayland.ma.us
**NEW**

**PRESCHOOL STEM**
*Tuesday*

Introduce your preschooler to the world of science! We will study the water cycle, states of matter, chemical reactions and more through hands-on experiments. The program will introduce preschoolers to the process of scientific experimentation, as well as many scientific topics and concepts. Caregivers and kids should dress comfortably and be ready to experiment. min 5/max 10

*With Leslie Schuh*
*at Wayland Town Building Activity Room, 41 Cochituate Rd.*

Fee: $101  
Ages: 3 - 5 years with adult  
Time: 11:00am - 11:45am  
Dates: 8 wks., Sept. 19 - Nov. 7

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**PRESCHOOL MULTI-SPORT**
*Wednesday*

NEAA Mini’s Multi Sport program is specially designed to introduce children ages 3 - 5 to a range of sports in a safe and fun environment. All classes are fast paced and high energy to keep your little one engaged! Activities are conducted using age appropriate equipment and will serve as the perfect first sports class for your budding athlete! Sports covered during the NEAA Mini’s Multi Sport program may include: t-ball, soccer, lacrosse, hockey, basketball, flag football and much more! min 10/max 16

*With NE Athletic Academy Staff at Wayland Town Building Field and Gymnasium, 41 Cochituate Rd.*

Fee: $89  
Ages: 3 - 5  
Time: 3:00pm - 4:00pm  
Dates: 6 wks., Sept. 20 - Oct. 25

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**HIPPITY HOP**
*Friday*

Have your children wanted to “dance like the big kids?” If so, this is their chance! Hippity-Hop, specifically designed for the younger set, is full of rhythm, body awareness, simple choreography, and high-energy fun - all set to cool funky music!  
*Min. 4 (Program combined with Sudbury)*

*With House of Dance, 365 Boston Post Rd., Sudbury*

Fee: $143  
Ages: 4 - 6  
Time: 3:15pm - 4:00pm  
Dates: 6 wks. Sept. 22 - Oct. 27

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**WCPA MONDAY DROP-IN FREE PLAY**

Wayland Children and Parents Association hosts this morning of fun at the Wayland Town Building Gym. Lots of toys (including riding toys) available. Bring your children ages 5 and under.

All welcome. No charge.

Nov. 13, 20, 27 Dec. 11, 18*  
*Time: 10:00am - 11:15am*  
Children must be accompanied by an adult. For details check the web at [http://www.waylandwcpa.org/](http://www.waylandwcpa.org/)
JUMP, TUMBLE & SING

Friday

Enjoy games, exercise, movement with use of equipment and tumbling mats. Parents should be dressed to participate with their children. min 6/max 15

With Muriel Sypek at Town Building Gym
41 Cochituate Rd., Wayland

Fee: $107
Ages: Walking to 2 yrs. 0 mos.
Time: 9:30am - 10:15am
Ages: 2 yrs. 1 mo. To 4 yrs.
Time: 10:30am - 11:15am
Dates: 8 wks. Sept. 29 - Dec. 8 (no class 11/10, 11/17, 11/24)

FUN with MESSY PLAY

Thursday

Let your little one get messy without worrying about clean up! Enjoy sand play, water play, finger painting, bubbles & more. Please bring smocks. min 6/max 10

With Muriel Sypek at Town Building Activity Room
41 Cochituate Rd., Wayland

Fee: $107
Ages: 1’s & 2’s (with adult)
Time: 9:30am - 10:15am
(If 9:30am class fills be sure to add your name to waitlist - we may add an additional class if there is interest)
Dates: 8 wks. Sept. 28 - Dec. 7 (no class 11/9, 11/16, 11/23)

PUDDLESTOMPERS - NATURE EXPLORATION

Tuesdays

Come explore the wonders of Mother Nature this fall with your young naturalist! Call out to birds getting ready for their southerly migration! Search for insects hiding on the forest floor! Collect acorns for a squirrel feast! Twist and turn as you act out a leaves path and learn why they turn beautiful colors. Explore the various amazing open spaces Wellesley has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack and a story. Younger siblings, up to age 10 months and in a backpack, are welcome.

Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together. min 5/max 9

With Puddlestompers Staff at Wayland Town Building Activity Room, 41 Cochituate Rd. and surrounding nature trails.

Fee: $200 Ages: 2.5 - 5 year olds with parent Time: 9:30am - 10:25am Dates: 8 wks. Sept. 19 - Nov. 7

BALLET

*This program is for new students only.*

New England Ballet was co-founded in 1981 as a non-profit chamber troupe. NEB employs a professional staff whose caring approach to training develops both professional ballet dancers and recreational dance students of all ages. Participants will learn about the stories and music from ballets and begin listening to tempos and rhythms in music and how to move their bodies in time with the music.

At New England Ballet, 302 Boston Post Rd., Wayland, Across from Whole Foods.

Dress code for girls: solid color leotard, pink tights and pink ballet slippers

Dress code for boys: Leotard or t-shirt with leggings with white or black slippers Hair pulled back neatly off face.

Pre Ballet I - Tuesdays

Fee: $215
Ages: 3.5 - 5 yrs. (not in K, must be 3 ½ by Aug. 31)
Time: 4:00pm - 4:45pm
Dates: 16 wks. Sept. 12 - Jan. 16 (no class 12/19, 12/26, 1/2/18)

Pre Ballet II - Thursdays

Fee: $250
Ages: 5 - 6
Time: 3:45pm - 4:45pm
PRE-ZIP TENNIS

Sunday

Clinics are designed for 4 - 5 year old with little or no tennis experience. Classes focus on motor skills, balance, coordination, agility, and racket drills. Please wear soft soled shoes - racquet provided. min 4/max 8

With Longfellow Tennis Pros

At Longfellow Youth Sports Zone, 522 Boston Post Rd., Wayland

Fee: $104
Ages: 4 - 5
Time: 2:30pm – 3:15am

PRE-K MULTI-SPORT

Sunday

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and t-ball. It eases children into the basics of these great games as well as teaching them the importance of team work! Each class will have new and exciting games planned for the students. min 8/max 16

With F.A.S.T Athletics At Town Building Side Field

(next to soccer field or Town Building Gym if raining),
41 Cochituate Rd., Wayland

Fee: $97
Ages: 3 - 5.5
Time: 11:00am - 11:45pm
Dates: 7 wks. Sept. 17 - Nov. 5 (no class 10/8)

PRESCHOOL T-BALL

Sunday

The children will learn the basic skills in fielding, throwing, hitting, and base running. They will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities. min 8/max 15

With F.A.S.T Athletics At Town Building Side Field

(next to soccer field or Town Bldg. Gym if raining), 41 Cochituate Rd., Wayland

Fee: $97
Ages: 3 - 5.5
Time: 10:00am - 10:45am
Dates: 7 wks. Sept. 17 - Nov. 5 (no class 10/8)

SUPER SOCCER STARS

Wednesday

Skill development is the central piece of the class, focusing on the basic skills which are integral to the game of soccer (i.e. dribbling, passing, shooting, defending and shielding). Every session culminates in a scrimmage game while always encouraging our players with positive reinforcement. min 3/max 15

With Super Soccer Stars Staff at Town Building Side Field

(next to soccer field) or Gym (if raining), 41 Cochituate Rd.

Fee: $120 per session
Ages: 12mo. - 24mo.
Time: 9:00am - 9:40am

Session 1: 4 classes, Sept. 27 - Oct. 18
Session 2: 4 classes, Oct. 25 - Nov. 15

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WWW.RUSSELLSGARDENCENTER.COM
**CHALLENGER MINI KICKER SOCCER**  
*Thursday*

Parents will see their young soccer stars with huge smiles on their faces as we use a combination of fun games and story telling to teach soccer skills. This program is a great introduction for young players into the sport of soccer. Price includes ball and soccer uniform. 

*min 5/max 20*  

**With Challenger Sports at Wayland Town Building Side Field (next to soccer field) and Gym if raining, 41 Cochituate Rd., Wayland**

**Fee:** $85 (includes a soccer ball!)  

<table>
<thead>
<tr>
<th>Ages:</th>
<th>3.5 - 6</th>
<th>2 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>1:00pm - 2:00pm</td>
<td>2:00pm - 2:45pm</td>
</tr>
</tbody>
</table>

**Dates:** 6 wks. Sept. 21 - Oct. 26

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**VIKING PRESCHOOL SOCCER**  
*Saturday*

This fun program will give children a chance to learn some basic soccer skills while playing fun soccer related games and drills. Focus is on introducing kids to soccer through a fun, positive approach. Players should bring a soccer ball, shin guards and a water bottle. All players will receive a Viking Sports T-shirt. 

*min 6/max 20*  

**With Viking Sports Staff at Town Building Side Field, next to soccer field or TB Gym in rain, 41 Cochituate Rd., Wayland**

**Fee:** $71 per time slot  

<table>
<thead>
<tr>
<th>Ages:</th>
<th>4 - 5 (not yet in Kindergarten)</th>
</tr>
</thead>
</table>
| Time:  | 1:00pm - 1:50pm (age 3 - young 4 only)  
2:00pm - 2:50pm  
3:00pm - 3:50pm  
4:00pm - 4:50pm |

**Dates:** 6 wks., Sept. 16 - Oct. 28 (no class 10/7)

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**BEGINNING GYMNASICS**  
*Thursday*

Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastics and gross motor skills. Explore various apparatus including beam, high bar, rings, mats, mat shapes (cylinder, wedges, humps, etc.), spring board, and trampolines. Your child will progress with introductory skills while having fun! 

*min 8/max 12*  

**With Knucklebones Staff at Wayland Town Building Gymnasium, 41 Cochituate Rd.**

**Fee:** $92  

<table>
<thead>
<tr>
<th>Ages:</th>
<th>2 - 4</th>
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</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:15am - 11:15am</td>
</tr>
<tr>
<td>Dates:</td>
<td>6 wks., Sept. 21 - Oct. 26</td>
</tr>
</tbody>
</table>

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**HAND BELLS - MUSIC FUN!**  
*Tuesday*

“Hand Bells” will teach children train their ear to count beats and rhythm patterns and play all kinds of hand percussion instruments. Learn to read all notes from middle C to high C and play/sing songs with bells. Hand Bells will help build team work and is a wonderful introduction to basic music before advancing to private lessons. 

*min 4/max 8*  

**With Happy Music Staff at Happy Music Studios, 76 Main St., Wayland**

**Fee:** $185  

<table>
<thead>
<tr>
<th>Age:</th>
<th>3 - 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time:</td>
<td>10:00am - 10:45am</td>
</tr>
<tr>
<td>Dates:</td>
<td>10 wks., Sept. 19 - Nov. 21</td>
</tr>
</tbody>
</table>

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Nine administrative fees will be retained per program per child for all withdrawals from fall preschool programs.

**Saturday, September 23rd, 10am - 1pm**  
Wayland Middle School, 201 Main St.  
Visit waylandrec.com for more information.
A $10 administrative fee will be retained per program per child for all withdrawals from fall youth programs.

**LIGHTS, CAMERA, COMMUNICATE!**

**PART 1 - GET READY TO GO VIRAL**

*Wednesday*

Have you ever watched a TV show, Vine, or video and wished you could be the star people were watching? *Lights, Camera, Communicate* features fun activities designed to showcase your personality on camera. Learn how to make videos and be funny, entertaining and popular like your favorite Twitch and YouTube personalities. Share your knowledge and opinions, and experience the opportunity to create a fun video with friends.

Complete the program with a recorded video to share on Facebook, YouTube or simply with family and friends.

- **Fee:** $249
- **Grades:** 4 - 8
- **Time:** 2:30pm - 4:00pm
- **Dates:** 4 wks., Sept. 20 - Oct. 11

**PART 2 – BROADCASTER LEVEL - THE SKY’S THE LIMIT!**

*Wednesday*

Your kids are now ready to take their new skill set to the next level and develop a live-to-tape talk show. Whether it’s sports, technology, games, movies and/or theater, kids can partner with their friends while they create their own show. Learn how to be an interesting interviewer, persuade and win arguments and develop new friendships all through practicing better communication skills.

Kids learn how to build an audience of fans and followers as they step into their role as Broadcaster. It’s your show, so make it special!

- **Fee:** $339
- **Grades:** 5 - 9
- **Time:** 4:30pm - 6:00pm
- **Dates:** 6 wks., Sept. 20 - Oct. 25

*With MindsetGO Staff at Wayland Art Center, 14 East Plain St.*

**TEEN WHEELTHROWN AND HANDBUILT POTTERY**

*Thursday*

Great for all skill levels. Learn the basics or expand your skills. Original expression is encouraged. Glazing and surface decoration will be explored. min 8/max 10

*At Wayland Art Center, 14 East Plain St.,*

*With Lisa Dolliver, WGBH Fine Art Auction Featured Artist and Owner of Earth Changes Pottery, Maynard, MA.*

- **Fee:** $178 (plus $55 material fee to instructor at 1st class)
- **Ages:** 11 & up
- **Time:** 6:00pm - 7:30pm
- **Dates:** 6 wks., Sept. 28 - Nov. 9 (no class 11/2)

**SMALL GROUP INTRODUCTION TO VIOLIN**

*Sunday*

Children build strong beginner skills through creative and playful activities including exercises, movement and song, in a positive, encouraging atmosphere. Teacher, child and parent work together - no experience necessary! "Graduates" can transition to level 2 class and/or individual instruction. Violins provided for class and home use, plus book and CD to keep.

This small group class uses a developmentally appropriate approach, while brain receptivity to music and language is at a peak and supple young bodies adapt easily to violin. Don’t miss this prime age to start! With registered Suzuki Violin instructor Elizabeth Levens of Wayland School of Music ([www.waylandmusic.com](http://www.waylandmusic.com)) min 3/max 5

*With registered Suzuki instructor Elizabeth Levens of Wayland School of Music ([www.waylandmusic.com](http://www.waylandmusic.com)) at Wayland Town Building Activity Room, 41 Cochituate Rd.*

- **Dates:** 8 classes, Oct. 1 - Dec. 3 (no class 10/8, 11/26)
- **Ages:** 3 - 5 with a parent/caregiver
- **Time:** 2:00pm - 2:55pm

- **Ages:** 5 - 7 with a parent/caregiver
- **Time:** 3:00pm - 3:55pm

- **Fee:** $220 including instruments and all materials
### YOUTH PROGRAMS - Arts

**NEW**

<table>
<thead>
<tr>
<th>Program</th>
<th>Days</th>
<th>Time</th>
<th>Grades</th>
<th>Fee</th>
<th>Ages</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BALLET - PRELIMINARY/LEVEL A</strong></td>
<td>Tuesday</td>
<td>5:00pm - 6:00pm</td>
<td>6 - 8 yrs.</td>
<td>$250</td>
<td>6 - 8 yrs.</td>
<td>16 wks. Sept. 12 - Jan. 16 (no 12/19, 12/26, 1/2/18)</td>
</tr>
<tr>
<td><strong>ELEMENTARY SCHOOL HIP HOP</strong></td>
<td>Friday</td>
<td>4:00pm - 5:00pm</td>
<td>1 - 5</td>
<td>$143</td>
<td>6 yrs.</td>
<td>6 wks. Sept. 22 - Oct. 27</td>
</tr>
<tr>
<td><strong>MIDDLE SCHOOL HIP HOP</strong></td>
<td>Friday</td>
<td>5:00pm - 6:00pm</td>
<td>6 - 8</td>
<td>$143</td>
<td>6 yrs.</td>
<td>6 wks. Sept. 22 - Oct. 27</td>
</tr>
<tr>
<td><strong>BEGINNER FENCING</strong></td>
<td>Monday</td>
<td>4:30pm - 5:30pm</td>
<td>9 - 12</td>
<td>$185</td>
<td>9 - 12 yrs.</td>
<td>6 wks., Sept. 18 - Oct. 30 (no class 10/9)</td>
</tr>
</tbody>
</table>

A $10 administrative fee will be retained per program per child for all withdrawals from fall youth programs.

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**CLASSICAL TO CONTEMPORARY PAINTING**

*NEW*

Wednesday

This class is for students who love to draw and or paint. All levels welcome. Drawing and painting from a still life as a prompt, we will learn classical techniques as well as experiment with tools and materials while exploring contemporary artists' work. Joanne Tarlin, a local artist and art educator at MetroWest Arts Academy in Wayland. You can learn more about her at www.MetroWestArtsAcademy.com or www.joannetarlin.com

Supply list will be provided. Materials not included. min. 3

With Joanne Tarlin, Local Artist and Art Educator, at Community Arts Wayland, 107 Concord Rd., Wayland

Fee: $120 Grade: 7 and up
Time: 6:00pm - 8:00pm Dates: 6 wks., Sept. 20 - Oct. 24

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**NEW**

**At New England Ballet, 302 Boston Post Rd., Wayland, across from former Whole Foods location**

Instructors encourage individual accomplishment and the joy of dance. These goals are paired with instruction in proper body placement, muscle development, flexibility and foundations in classical ballet technique. Students also receive basic instruction in rhythm, counting and tempo of music (with an emphasis on classical ballets). *THIS PROGRAM IS FOR NEW STUDENTS ONLY.*

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YOUTH PROGRAMS - SPORTS

CLAYPIT HILL SCHOOL SUPERSPORTS

Do you wish you had more gym classes in the school week? Come and enjoy many exciting games such as Dodge Ball, Capture the Flag, Asteroid Ball, Sharks & Minnows, Wall Ball and more. The games are designed to give children an aerobic workout while playing with friends. min 8/max 30

With FAST Athletics at Claypit Hill School, 40 Adams Lane

Fee: $86        Ages: 6 - 11        Time: 3:05pm - 4:05pm        Dates: 7 wks. Sept. 28 - Nov. 2

Participants meet FAST Athletic staff in the front lobby of the building right after school. There is NO indoor location in case of rain. If a class is cancelled for rain, the school will make an announcement during the day so kids are aware they must go home on the bus. Cancellations due to weather will be made up after the last session, if possible, and are NOT guaranteed.

WARRIOR BASKETBALL FOR GIRLS
PRE-SEASON CLINIC

Tuesday

Come get a jumpstart on preparing for your winter basketball season this fall with Wayland Girls Varsity basketball coach Amanda Cosenza. The purpose of this clinic will be to further develop young players with the skills needed to compete at the recreation or travel level. This instructional clinic will focus on fundamentals and consist of full court drills and small-sided games.

With Amanda Cosenza, Girls Varsity Basketball Coach, at Wayland Town Building Gym, 41 Cochituate Rd.

Fee: $110 includes t-shirt (please give size when registering)

Grades 3 - 5: 4:30pm - 5:30pm
Grades 6 - 8: 5:45pm - 6:45pm

Dates: 6 wks., Sept. 26 - Nov. 7 (no class on 10/31)

JUNIOR GOLF

Wednesday

Learn the fundamentals of golf. Students will practice the basic shots such as putting, chipping, pitching and full swing with both irons and woods in a supportive environment. Equipment available, if needed. (Please note when registering.) Rain makeup, if necessary, at end of session. min 5/max 10

With Golf Pros At Wayland Country Club, 121 Old Sudbury Rd., Wayland

Fee: $197

Ages: 12 - 14        Ages: 8 - 11
Time: 3:00pm - 4:15pm        Time: 4:15pm - 5:30pm

Dates: 5 wks. Sept. 27 - Oct. 25

LEARN TO SKATE

Saturday

Students grouped according to age and ability. Must bring single blade or hockey skates. Wear gloves and warm clothing. Children under age 7 must wear a helmet (bike helmets acceptable). Helmet is recommended for older students. Skate rentals are NOT AVAILABLE at Sharper Edge. Rink waiver release MUST be signed in order for child to skate. max 30

With Sharper Edge Skating School at Valley Sports, Rte. 62 in West Concord

Fee: $157        Ages: 18 mos. - adult
Time: 11:50am - 12:35pm (45 min. session)
Dates: 6 wks. Nov. 4 - Dec. 16 (no class 11/25)

FRIDAY NIGHT BOYS’ FALL HOOPS

Friday

Join the 9th Annual Fall Hoops Program With Coach Doherty! This is a GREAT opportunity to get ready for the upcoming season. The Fall Hoops program is an instructional program emphasizing the fundamentals of basketball: shooting, dribbling, passing, defense, rebounding and FUN! Players of all levels from beginners to experienced are welcome for demonstrations, drills, games, and contests. Questions, contact Coach Doherty via e-mail at waylandhoops365@gmail.com. max 24 per session

With Dennis Doherty, Wayland High School Boys Varsity Coach at Wayland Town Building Gym

Fee: $110 (includes a shirt - please indicate size when registering)

Grades: 3rd - 5th        Grades: 6th - 8th
Time: 5:30pm - 7:00pm        Time: 7:15pm - 8:45pm

Dates: 6 sessions Sept. 15 - Oct. 27 (no session on 10/6)

WARRIOR BASKETBALL FOR GIRLS
PRE-SEASON CLINIC

Tuesday

With Amanda Cosenza, Girls Varsity Basketball Coach, at Wayland Town Building Gym, 41 Cochituate Rd.

Fee: $110 includes t-shirt (please give size when registering)

Grades 3 - 5: 4:30pm - 5:30pm
Grades 6 - 8: 5:45pm - 6:45pm

Dates: 6 wks., Sept. 26 - Nov. 7 (no class on 10/31)
NITEHAWKS SPORTS CLUB is pleased to announce three programs this fall...

**NITEHAWKS - CROSS COUNTRY**
Open to runners from grade K through 8. Time to run and have some fun! This program will focus on basic technique, endurance, and developing a life-long interest in the sport. max 30/min 8

**NITEHAWKS - ELITE**
Open to track and field and cross-country athletes from grade 6 through 8 (others accepted by coaches invitation; contact Nitehawks to discuss if your younger athlete is interested). This program is for the serious, experienced athlete and will place more emphasis on performance, strength, technique and racing. Nitehawks Elite runners will work with coaches on season-long workout plans and will need to run 2 - 4 days a week on their own. max 20/min 6

Both of the above programs will be instructed and trained by US Association of Track and Field (USATF) certified coaches using the latest in training and conditioning techniques. Practices, separated by program, will be held every Monday at the Wayland High School track and all runners will have the opportunity to participate as a team in the Wayland Cross Country festival, the BAA Mayor’s Cup races at Franklin Park in Boston, and the USATF New England Championship.

**NITEHAWKS ELITE program - Strength and Conditioning Series**
Thursday evenings at the Wayland High School track. This program is open to all athletes from grade 6 through 8 (others accepted by coaches invitation; contact us to discuss if your younger athlete is interested) participating in any sport, in any season. Our program complements existing team practices and focuses on dynamic stretching, whole-body strengthening, coordination, and techniques for running, jumping, and agility. Come build strength to help your performance - no matter what sport you do. The program will be instructed and trained by US Association of Track and Field (USATF) certified coaches using the latest in training and conditioning techniques. Practices will be held every Thursday at the Wayland High School track. max 20/min 6

With Nitehawks Sports Club Coaches at Wayland High School Track

<table>
<thead>
<tr>
<th>Fees</th>
<th>Cross Country - Mondays, 6:00pm - 7:15pm</th>
<th>Elite - Mondays from 6:30pm - 7:45pm</th>
<th>Strength and Conditioning - Thursdays, 6:30pm to 7:45pm</th>
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</thead>
<tbody>
<tr>
<td>Running Program</td>
<td>$95</td>
<td></td>
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<tr>
<td>Strength and</td>
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<td>Conditioning</td>
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<tr>
<td>Both programs</td>
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</tbody>
</table>

**Fees**
- Running Program $95
- Strength and Conditioning $95
- Both programs $150

**Times**
- Cross Country - Mondays, 6:00pm - 7:15pm
- Elite - Mondays from 6:30pm - 7:45pm
- Strength and Conditioning - Thursdays, 6:30pm to 7:45pm

**Dates**
- 8 weeks
- Sept. 11 - Nov. 12
- (no session 10/9)

**ARCHERY**
**Friday**
Patience, focus and repetition are all that is required to succeed and become consistent in your shooting. Classes balance drills and individualized attention with games/competition to help participants learn by playing. All equipment provided. Certified USA Archery/(NFAA) instructors.

Sneakers ONLY - No Flip-Flops! min 10/ max 16

With On The Mark Archery Staff at Wayland Town Building Gym, 41 Cochituate Rd.

Fee: $137 Ages: 10 and up Time: 5:15pm - 6:15pm Dates: 5 wks. Nov. 17 - Dec. 22

**MULTI-SPORT**
**Wednesday**
Join this fast paced and high energy program to keep kids active and engaged! Sports covered may include: t-ball, soccer, lacrosse, hockey, basketball, flag football and much more!

min 10/max 16

With NE Athletic Academy staff at Wayland Town Building Field and Gymnasium, 41 Cochituate Rd.

Fee: $89 Ages: 6 - 7 Time: 4:00pm - 5:00pm Dates: 6 wks., Sept. 20 - Oct. 25
A $10 administrative fee will be retained per program per child for all withdrawals from fall youth programs.

**ZIP ZONE TENNIS**

at Wayland Longfellow Youth Sports Zone, 522 Boston Post Rd., Wayland

<table>
<thead>
<tr>
<th>ZIP 1 &amp; 2</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designed for kids with little tennis experience. Classes focus on rallying, serving and point play while continuing to emphasize coordination, agility and racquet skills.</td>
<td>min 4/max 6</td>
</tr>
<tr>
<td>Fee: $104</td>
<td>Ages: 6 &amp; 7</td>
</tr>
<tr>
<td>Time: 3:15pm - 4:00pm</td>
<td>Dates: 6 wks. Sept. 17 - Oct. 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Zip 3</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Must have at least one year Zip tennis experience. Focus on rallying skills, serving, point play, tactics and more advanced techniques.</td>
<td>min 4/max 6</td>
</tr>
<tr>
<td>Fee: $117</td>
<td>Ages: 7 &amp; 8</td>
</tr>
<tr>
<td>Time: 4:00pm - 5:00pm</td>
<td>Dates: 6 wks. Sept. 17 - Oct. 22</td>
</tr>
</tbody>
</table>

**USA TENNIS**

Tuesday

**ORANGE BALL - BEGINNER/ADVANCED BEGINNER**

For Junior player with no tennis experience. Played on 60 ft. courts with low compression orange balls that are 50% slower than yellow ball. Focus on basic stroke development. | min 4/max 6 |

**ORANGE BALL - INTERMEDIATE**

For junior player looking for fun and competitive play. Some experience. Played on 60 ft. courts with low compression balls that are 50% slower than yellow ball. Focus on basic stroke development, tactics and strategy for match play. | min 4/max 6 |

*With Longfellow Pros at Feeley Tennis Courts, 200 Raymond Rd., Sudbury, MA*

| Fee: $117 | Ages: 9 - 10 |
| Time: 4:00pm - 5:00pm Beginner/Adv. Beginner | Time: 5:00pm - 6:00pm Intermediate |

**USA TENNIS**

Thursday

**GREEN BALL - BEGINNER/ADVANCED BEGINNER**

For the junior player looking for fun. No tennis experience. Use low compression green balls that are 25% slower than yellow ball. Players learn to serve, rally and play tennis. | min 4/max 6 |

**GREEN BALL - INTERMEDIATE**

For junior player with tennis experience. Played on 60 ft. courts with low compression orange balls that are 50% slower than yellow ball. Focus on basic stroke development. | min 4/max 6 |

*With Longfellow Pros at Feeley Tennis Courts, 200 Raymond Rd., Sudbury, MA*

| Fee: $117 | Ages: 10 - 12 |
| Time: 4:00pm - 5:00pm Beginner/Adv. Beginner | Time: 5:00pm - 6:00pm Intermediate |
| Dates: 6 wks. Sept. 21 - Oct. 26 |

**MIDDLE SCHOOL TENNIS**

Wednesday

Class is designed for the middle school child who is preparing to play on their high school team. Focus is on skills necessary to be successful at the high school level with an emphasis on doubles. | min 4/max 6 |

*With Longfellow Club Pros at Feely Park Tennis Courts, 200 Raymond Rd., Sudbury*

| Fee: $176 | Ages: 12 - 14 |
| Time: 3:30pm - 5:00pm | Dates: 6 wks. Sept. 20 - Oct. 25 |
### CHESS WIZARDS CLUB

**Thursday**

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning, the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this program each student will have had the chance to participate in a mini-chess tournament. min 10/max 14

*With Chess Wizards Staff at Town Building Activity Room, 41 Cochituate Rd, Wayland*

<table>
<thead>
<tr>
<th>Fee</th>
<th>Grades</th>
<th>Time</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>$185</td>
<td>K - 5</td>
<td>3:30pm - 4:30pm</td>
<td>10 wks., Sept. 28 - Dec. 7</td>
</tr>
</tbody>
</table>

### LEGO ROBOTICS

**Tuesday**

LEGO Robotics introduces kids to robotics programming. Kids creative bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies. min 8/max 14

*With Wicked Cool for Kids Staff at Wayland Art Center, 14 East Plain St., Wayland*

<table>
<thead>
<tr>
<th>Fee</th>
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<th>Time</th>
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<tbody>
<tr>
<td>$128</td>
<td>3 - 5</td>
<td>4:30pm - 5:30pm</td>
<td>6 wks. Sept. 19 - Oct. 24</td>
</tr>
</tbody>
</table>

### MINE, CRAFT, BUILD: ADVENTURE GAME USING LEGO®

**Friday**

Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! Inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or LEGO®. min 11/max 16

*With Play-Well Technologies Staff at Wayland Art Center, 14 East Plain St., Wayland*

<table>
<thead>
<tr>
<th>Fee</th>
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<th>Time</th>
<th>Dates</th>
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<tr>
<td>$263</td>
<td>K - 2</td>
<td>3:30pm - 5:00pm</td>
<td>12 wks. Sept. 22 - Dec. 22 (no class 11/10, 11/24)</td>
</tr>
</tbody>
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As long as it’s local, we’re in.

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Don’t just LISTEN to the music, PLAY!! Yes, you too, can be part of an adult concert band or string ensemble. The Sudbury Valley New Horizons Music Program is the no-stress way to experience the joy of making instrumental music with others. Haven’t played your trumpet (flute, violin…) in 40 years? We have some members who came back to their instruments after 50, 60 and even 70 years of not playing! Never played and no clue what those little black marks are on the paper? We’ll teach you. It’s never too late. Our members range in age from 30-something to 90-something! New members are welcome to join at any time. For more information, visit our website, www.svnhb.org, or call Diane at 978-261-5065. (Beginners, please call Diane before starting in September.)

With Diane Muffitt, Retired WMS Band Director, at Wayland Middle School

Fee: $175
Time: 6:30pm - 8:15pm
Dates: Sept. 6 - Dec. 6

We also have Monday afternoon rehearsals at the Wayland Town Building, (band only -- sorry, no strings) for those who are busy on Wednesdays or who don’t like to drive at night.
ADULT POTTERY  
Thursday

Students will learn to color porcelain and try many wheelthrown and hand-built techniques. You will be amazed at what you can create! This class will be tailored to all experience levels. min 8/max 10

At Wayland Art Center, 14 East Plain St.,
With Lisa Dolliver, WGBH Fine Art Auction Featured Artist and Owner of Earth Changes Pottery, Maynard, MA.

Fee: $236 (plus $65 for supplies paid to instructor at 1st class)
Age: 16+
Time: 7:30pm - 9:30pm
Dates: 6 wks. Sept. 28 - Nov. 9 (no class 11/2)

BARRE WORKOUT  
Friday

Come meet me at the Barre! The Barre workout is the fastest, most effective way to change the shape of your body. Using Pilates principles and small isometric movements at the ballet barre set to motivating music; this energizing class lifts your seat, tones your thighs, abs, and arms and burns fat. Get results! Bring a yoga mat, water; workout barefoot, wear sticky socks or dance sneakers.

New students are welcome; no dance experience necessary.

With Karin Halperin (Karinhalperin1@verizon.net), Pilates and Barre Instructor at New England Ballet,
302 Boston Post Road, Wayland

Fee: $150 for 10 class card
(time 10 times during the 14 week period)
Time: 9:15am – 10:15am
Dates: Sept. 8 – Dec. 22 (no class 10/27 and 11/24)

WAYLAND RECREATION  
DROP IN SPORTS

At Wayland Town Building, 41 Cochituate Rd., Wayland

For men and women. Ongoing. No games held on holidays or during school vacation. New players always welcome.
Players must be 21 and over.  Play begins week of Sept. 18.

Note: Gym will be closed Aug. 28 - Sept. 11 for floor refinishing

Badminton
Wednesday & Friday: 7:00pm - 10:00pm
Starting in Nov. days change to
Wednesday & Saturday: 7:00pm - 10:00pm
Fee: $5 (resident)
$6 (non-resident)

Volleyball
Thursdays: 7:00pm - 10:00pm
Sundays: 4:00pm - 7:00pm
Fee: $5 (residents)
$6 (non-residents)

GOLF LESSONS  
Wednesday

Learn putting, chipping, pitching, irons, woods, etiquette and rules of the game.
Weekly review. Equipment is available to borrow if needed, please note when registering. min 3/max 10

With John Gordon, Head Pro at Wayland Country Club

Fee: $197
Time: 1:00pm - 2:15pm
Dates: 5 wks. Sept. 27 - Oct. 25
TRAVEL SKETCHING WORKSHOP
Sunday, October 15

Put down your smart phone and pick up a pen on your next excursion. In this workshop, we’ll travel to two locations from the town center. Pack a sketch book, pen, travel pack of watercolors, a brush and bottle of water, lunch, (and cushion or towel to sit on) and learn how to capture memories and the sense of location like William Turner and John Sargent. Joanne Tarlin, a local artist and art educator, will begin class at the town building with a quick demonstration. Then on location, she will circulate among participants to give personalized instruction. min 4

With Joanne Tarlin, Local Artist and Art Educator at Wayland Town Building, 41 Cochituate Rd., Wayland

Participants will meet in parking lot behind Town Building

Fee: $40 Time: 11:00am - 3:00pm

DRAWING & PAINTING
Monday

This class is offered to beginning and intermediate students interested in instruction in drawing (graphite pencil, colored pencil, pen or ink). This studio class gives the opportunity to pick a medium and work at your own level. An individualized program is established for students. Previous students have explored still life, figure, and landscape, but all subjects are encouraged. New students should contact instructor for a discussion about materials which are to be purchased by student. min 6/max 10

Email Margie at margret@margretkrakauer.com with questions.

With Margret Krakauer At Wayland Art Center, 14 East Plain St.

Fee: $217 (plus materials) Time: 9:30am - 11:30am Dates: 8 wks. Sep. 25 - Nov. 20 (no class 10/9)

BONNIE’S BOOT CAMPS
Tuesday & Thursday

Two days a week - an intense 45 minute indoor and outdoor (weather permitting) workout using your own body weight that will really boost your metabolism and burn fat—tons of calories burned! Includes jump rope, running, squats, lunges, pushups, core exercises, abs and so many other fun, total body exercises. YOU WILL GET RESULTS! This beats going to the gym any day. Say goodbye to baby weight and hello to your new body and new life!

This class is so much more than just a workout class. Program includes motivational emails as well as Boot Camp approved recipes, nutrition tips, and Bonnie’s Secrets to Success. All levels of fitness welcome. Please bring a jump rope, yoga mat, sweat towel, water, and lots of energy and motivation! min 10/max 30

With Bonnie Morrissey at Wayland Town Building Gym, 41 Cochituate Rd., Wayland

Time: 9:15am - 10:00am
Session 1: 11 classes Sept. 19 - Oct. 26 (no class 9/21) Fee: $170
Session 2: 11 classes Nov. 7 - Dec. 14 (no class 11/23) Fee: $170

FALL - INTO THE GARDEN - WORKSHOP
Wednesday, October 4 - 6:00pm - 8:00pm

Learn how to put your edible gardens to bed, for the winter, using organic methods like soil testing, composting and mulching. Also learn how to keep growing by planting garlic. Gardens by Renee teaches people how to grow their own clean fruits, veggies, herbs and edible flowers. GBR lives by the motto, keep growing! Garlic plant will be supplied to participants for planting. Min 4

With Renee Bolivar MCLP, from Gardens by Renee At Wayland Art Center, 14 East Plain St.

Fee: $29
ADULT PROGRAMS

A $10 administrative fee will be retained per program per person for all withdrawals from fall adult programs.

ADULT BEGINNER TENNIS

Thursday

This clinic is designed for adult players who have little or no previous experience with tennis. The clinic will introduce the fundamental concepts of tennis. min 4/max 6

With Longfellow Pros at Wayland Longfellow Club, 524 Boston Post Rd., Wayland

Fee: $176
Time: 11:30am - 1:00pm
Dates: 6 wks. Sept. 21 - Oct. 26

ADULT ADVANCED BEGINNER TENNIS

Tuesday

This clinic is designed for adult players who have little or no previous experience with tennis. The clinic will introduce the fundamental concepts of tennis. min 4/max 6

With Longfellow Pros at Wayland Longfellow Club, 524 Boston Post Rd., Wayland

Fee: $176
Time: 1:00pm - 2:30pm

CARDIO TENNIS

Monday, Friday or Saturday

Love to play tennis and work out? This class is for anyone at any playing level looking for a great way to work that heart rate while having fun with some games and drills. min 4/ max 6

With Longfellow Pros at Wayland Longfellow Club, 524 Boston Post Rd., Wayland

Fee: $110 per session
Duration: 6 weeks
Times: Mondays & Fridays: 11:00am - 12:00pm
 Saturdays: 7:00am - 8:00am
Dates: Mondays: Sept. 18 - Oct. 2
 Fridays: Sept. 22 - Oct. 27
 Saturdays: Sept. 23 - Oct. 28

(RE)INTRODUCTION TO BALLET FOR ADULTS AND TEENS

Thursday

Have you always wanted to try ballet or has it been awhile since you’ve taken a class? In this 10 week session, we will explore the basic positions of the arms and legs, the musicality of both lively allegros and luxurious adagios, and the balance and stamina that is essential to the art and sport of ballet. Whether you’re new to the ballet barre or simply wishing to return, we will learn a lot in a fun, supportive environment! min 4

At New England Ballet, 302 Boston Post Rd., Wayland, Across from former Whole Foods location

Fee: $160
Time: 7:30pm - 8:30pm
Dates: 10 wks., Sept. 14 - Nov. 2
MA Department of Conservation has provided our office a free day-parking pass to any of the 440 MA State Parks and properties statewide. You may pick up the pass at 10:00am on a weekday and must return it the next day by 10:00am. For weekends you may pick up the pass after 10:00am on Friday and must return it by 10:00am on Monday. Check www.mass.gov/dcr for a list of state parks.

Swim, Camp, Bike, Hike, Fish, Canoe, Climb, Picnic, Beaches, Pools, & Spray Parks!
Wayland residents may call our office at 508-358-3660 to reserve pass.

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• Local Wayland Resident

Kevin Fortunato (617) 966-2593
kfordrums@gmail.com
And my wife teaches Piano & Voice as well.
Thank you to all of our Sponsors and Volunteers!
With your support, The 1st Annual Dad and Me Camp Out was a huge success. We hope to see you next year for our 2nd Annual Dad and Me Camp Out on Saturday, June 16th 2018.
COA provides PROGRAMS and SERVICES that reflect the unique social, educational, medical, financial and wellness needs of maturing adults (60 yrs+). The COA also serves as a senior advocate and vital resource for non-seniors who are assisting an aging family member.

For further info, contact Wayland COA (508-358-2990).

View our newsletter at www.wayland.ma.us (click on Town Departments then click on Council On Aging).

Would you prefer to receive a mailed copy of our monthly COA newsletter?

Residents 60 and over receive a complimentary subscription. Call COA to add your name to the mailing list.

TRIPS


Tuesday, 9/26: The New England Aquarium in Boston: Depart at 9:00 am. Return by 2:00 pm. Cost: $28 for admission and transportation. The Aquarium offers a wide range of exhibits, including the shark and ray touch tank and the Giant Ocean Tank.

Thursday, 10/5: Boston Symphony Open Rehearsal: Depart COA at 9:00. Return by 1:30. $50.00 for transportation to all four concerts or $15 for each individual concert. Riders must purchase their own Boston Symphony tickets. Additional dates are: November 30, February 8 and March 29.

Tuesday, 10/17: Vermont Foliage Trip: The first stop is Quechee Gorge for amazing views. Next we arrive at Simon Pearce Glass where a fantastic meal will be served at the Mill restaurant. Following lunch we will be treated to a guided tour of the factory and watch glassblowing in progress. Our last stop is at the King Arthur Factory which is a baker’s delight. Cost: $119 includes motor coach transportation, tour and choice of lunch entrees.

Friday, 12/8: Holiday Pops at Symphony Hall in Boston: $139 includes transportation, lunch at the Venezia restaurant and matinee show.

Please refer to the newsletter for complete trip information.

SHOPPING TRIPS: SHOP-AROUND SHUTTLE

Every 2nd and 4th Monday of the month. Home pick-ups begin at 10. Stops include the library, Stop & Shop, Panera and CVS. Free, but reservations are required. Home pick-ups available upon request.

Monday, 10/2: Market Basket & Marshall’s: Depart COA at 9:15 am. Return by 1:30 pm. N/C

AMERICAN ART Part I—1776 -1900

Thursday, Sept. 28, 1:30pm

Large Hearing Room Gallery Presentation

Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. This is an “Art Matters” gallery presentation and has been made possible by a grant from the Friends of the Wayland COA. No charge, but reservations, please.

AMERICAN ART Part II 1900-1950

Thursday, October 26, 1:30pm, Reservations

JAZZ AND COMEDY CLUB FUNDRAISER

With nationally known social and political humorist

JIMMY TINGLE

Saturday, Sept., 23, 7:30pm, Sandy Burr CC

Also featuring Shane Wood Jazz Trio, Live Auction, Hors d’Oeuvres, Desserts and more. (cash bar available). A benefit for Friends of Wayland COA Inc., a 501(c)(3) organization. (75pp) Tickets available on-line: Friendsofwaylandcoa.org or in person at Village Bank and the COA office at Town Building.

MARK YOUR CALENDARS

Oct. 15—Dec 7, 2017

Open Enrollment for MEDICARE

Call the COA office to schedule your SHINE appointment.

30th Annual Children’s Holiday Shoppe

Monday, December 4, 2017, Town Building Gym. See newsletter for Fall workshops.
WAYLAND RECREATION – PROGRAM REGISTRATION
You may combine two members from one family on this form.

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<th>Participant 2 Name: ______________________</th>
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WAIVER: I have read and agree to the terms of this agreement. Parent or Guardian must read if participant is under age 18. Please accept the above person(s) for participation in referenced programs. I am aware of the risk inherent in this activity and release sponsors from responsibility for associated losses. I have determined the nature and extent of the planned activities and feel that the above listed participant(s) are of sufficient age, ability, and discretion to participate. I agree this participation will be at the discretion of the Wayland Recreation Department. If any participant is a discipline problem, he or she will be expelled from the program without refund. Permission is given for treatment by a doctor in the event of injury or illness. Permission is given to use photographs of participants in publicity for the Wayland Recreation Department.

Refund Policy: You must notify our office at least 10 business days before a program begins for a refund minus the administrative fee. After that time, no refunds are given except for medical reasons with a doctor’s note. Requests for refunds must be in writing (email accepted) with a short explanation. Refund requests for Beach Buddies, Summer Adventure, Extended Day, Wayland Escapes and CIT must be made in writing and received in our office by June 2, 2017. After June 2nd, no refunds will be granted for these programs. Refunds may take 2-3 weeks for processing. Classes cancelled due to low enrollment will be fully refunded. An administrative fee of $10 will be retained per person per program for youth withdrawals from fall, winter, spring programs, $20 for summer programs, and $10 for all adult programs.

Please Sign Here: ______________________________________

Make checks payable to “Town of Wayland” OR VISA, MasterCard, Discover, AMEX

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Wayland Recreation Department’s 12th Annual

Touch A Truck

Saturday, September 23rd 2017 10:00am-1:00pm

Wayland Middle School, 201 Main Street, Wayland MA

- Face Paining
- Food and Drinks
- Bouncy Houses
- Roaming Rail Road
- Balloon Twister
- Inflatable Obstacle Course

-Dump Trucks
-Fire Trucks
-Police Cars
-Front End Loader
-Tractors
-Pickup Trucks
-Backhoes