

# Woburn Recreation

## Fall & Winter Brochure

2015 - 2016



**10 Common Street, Woburn MA 01801**

**(781) 897-5805**

**[www.woburnrec.com](http://www.woburnrec.com)**

** @woburnrec**



# www.woburnrec.com

For latest updates and more information visit our website!



## City of Woburn Recreation Department



Dear Residents & Patrons,

Summer seemed to fly by so quickly! I want to thank all of the summer staff and all of the participants for a fun-filled amazing summer! I think after last winter we were in definite need for a summer like that.

Can't believe it is almost basketball season and travel tryouts are right around the corner. We have lots to offer you in this brochure whether you are an adult or a preschooler. As always please feel free to contact me if you are interested in a particular class.

If you are interested in taking a class we encourage you to not wait to the last minute to register as sometimes we have to cancel classes that do not have enough registrations and sometimes 1 more registration can make the difference! We urge you to check the website often as we are constantly adding new programs to our schedule! Enjoy your Fall and Go Patriots!

Rory Lindstrom & Brian Nagle  
Woburn Recreation Department

## Mission Statement

The Mission of the Woburn Recreation Department is to promote the health and welfare of the citizens of Woburn by providing safe, affordable, and most importantly enjoyable Recreation Programs.

## Recreation Commission

**Michael Martini, Chairman**

**Anthony "Bishy" Pandolph**

**Gene Demers**

**Timothy Lawton**

**Paul Tobin**



## Discount Movie Tickets



The Recreation Department will be selling discount movie tickets to the Showcase cinemas. The cost for each ticket is \$8.50 and they are valid anytime. Please call or e-mail before you come in to get your movie tickets to ensure that we have enough for your group!

## Youth Sports Organizations

Little League – (781) 933-2525

Pop Warner – (781) 933-5035

Youth Soccer – (781) 935-7480

Youth Hockey – (781) 935-1319

Youth Lacrosse – (781)935-2667

E-mail comments, suggestions, ideas, and concerns to [torlindstrom@cityofwoburn.com](mailto:torlindstrom@cityofwoburn.com)

## Registration & General Information

### Registration Information

**Online Registration is the preferred method and strongly recommended for all programs** except for Swimming Pool Wristbands.

We also accept Walk-in registration and Mail-in as long as space is available.

-Non-residents are accepted 1 week after the program registration begins and there is a \$10 additional fee for non-residents.

All of the Recreation Programs are accessible to all. If participants have any disabilities that we should be informed of, they should contact the Recreation Director in advance.

### Refund Policy

The Woburn Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. The Recreation Department does not confirm program registrations.

- Refunds, less the minimum \$10.00 non-refundable deposit, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in writing in the form of a letter or e-mail to the Recreation Department.
- Refunds may be given for medical reasons
- In the case of inclement weather or other unforeseen circumstances, refunds or program credits will not be given, however we will do our best to reschedule the program.
- Participants who withdraw from a program five business days prior to the start of a program may receive a credit, less the minimum \$10 processing fee, towards another Recreation Program provided there is no waitlist for that program
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit. Refunds or credits will not be given for early termination of a program by a participant.** Program expenses will have already occurred.

## Recreation Office Hours

Monday - Wednesday 9:00 – 4:30  
Thursday 9:00 – 7:00  
Friday 9:00 – 1:00



facebook

Become of a Fan of Woburn  
Recreation on Facebook

twitter

Follow @woburnrec on  
Twitter



*Now Enrolling for September 2015!*  
*Little Hands Big Hearts Christian Preschool welcomes new Director,  
Jo Anne Hayden from Temple Nursery School in Burlington !!*

Little Hands Big Hearts Preschool (LHBH) is registering for September 2015 with space available in our 9am-12pm programs. LHBH is an EEC licensed preschool for children ages 2.9 to age 6. Our preschool is balanced between structured activities, choice time and play, allowing for quiet and active participation, while fostering imagination and creativity. LHBH's focus is to maintain a lower than state required student to teacher ratio. This ratio enables teachers to provide individualized attention and care for each child, allowing for an optimum educational experience.

Please contact Director Jo Anne Hayden at 781-937-5645 or [JHayden@LHBHpreschool.org](mailto:JHayden@LHBHpreschool.org) for more information or to schedule a visit with us at 60 Forest Park Rd, Woburn. Check our website for upcoming events and announcements.

*"Where love, learning and laughter all take place under one roof."*

[www.LHBHpreschool.org](http://www.LHBHpreschool.org)



# Woburn Recreation Basketball In-town League



Registration is now open for Basketball!  
Volunteers are needed!!

All Players boys & girls must be pre-registered before evaluations! Registration takes place at the Woburn Recreation Office or online at [www.woburnrec.com](http://www.woburnrec.com) Spots will fill up fast so please register as soon as possible!

## Grades 3 & 4 Boys

This is a beginner league where children learn the fundamentals of basketball through fun drills and games. Children will be placed on teams and we will be playing games with volunteer Coaches.

**Days:** Monday Evenings beginning December  
**Length:** 10 Weeks \*no classes on vacations\*  
**Time:** Evenings depending on game schedule  
**Location:** Goodyear School  
**Fee:** \$45

## Grades 5 & 6 Boys

This is an instructional league for 5<sup>th</sup> & 6<sup>th</sup> grade boys. This league will follow an 8 week schedule beginning in December then playoffs

**Days:** Games played on Friday Evenings  
**Season begins:** December  
**Location:** Kennedy Middle School  
**Fee:** \$68  
**Evaluations will be held in November @ Kennedy**

## Grades 7 & 8 Boys

This is a competitive but fun league for 7<sup>th</sup> & 8<sup>th</sup> grade boys. This league will follow an 8 week schedule beginning in December then playoffs.

**Days:** Games played on Wednesday Evenings  
**Season begins:** December  
**Location:** Kennedy Middle School  
**Fee:** \$68  
**Evaluations will be held in November**

## High School Boys

This League is a fun recreational basketball league for high school boys who are not currently playing for the high school team. This league will follow an 8 week schedule with playoffs.

**Days:** Games played on Thursday Evenings  
**Season begins:** December  
**Location:** Kennedy Middle School  
**Fee:** \$68  
**\*There will be a limited number of spots this year\***

## Grades 3 & 4 Girls

This is a beginner league where children learn the fundamentals of basketball through fun drills and games. Children will be placed on teams and we will be playing games with volunteer Coaches.

**Days:** Saturday Afternoons  
**Time:** Games are tentatively 12pm or 1:30pm \*Subject to change  
**Location:** Kennedy Middle School  
**Fee:** \$45

## Grades 5 & 6 Girls

This is an instructional league for 5<sup>th</sup> & 6<sup>th</sup> grade girls. This league will follow an 8 week schedule then playoffs

**Days:** Games played on Saturday Mornings  
**Season begins:** December  
**Location:** Kennedy Middle School  
**Fee:** \$68  
**Evaluations will be held in November @ Kennedy**

## Grades 7 & 8 Girls

This is an instructional league for 7<sup>th</sup> & 8<sup>th</sup> grade girls. This league will follow an 8 week schedule then playoffs

**Days:** Games played on Saturday Mornings  
**Season begins:** December  
**Location:** Kennedy Middle School  
**Fee:** \$68  
**Evaluations will be held in November @ Kennedy**

## Challenger Basketball

A Basketball league for children with disabilities. Every player on the roster plays in the game, and no score is kept. Participants will have the option to use a "buddy" to help them in the game.

**Days:** Tuesdays  
**Times:** 4:45 – 5:30 for Ages 5 – 12  
5:30 – 6:15 for Ages 12 & up  
**Season Begins:** December 2<sup>nd</sup>  
**Cost:** \$20 (8 Week Program) no classes over vacation

# Woburn Recreation Travel Basketball

The Travel Basketball Program is offered for boys and girls in grades 4 – 8 that are Woburn residents. Any player that would like to be considered for a travel basketball team must attend one of the two evaluation days. Players are picked for teams based on ability and skill level. Unfortunately, not everyone will make a team, but every player that would like to tryout is encouraged to do so. Practices are held 1 to 2 times per week in addition to games on Saturdays and Sundays. If you have any questions regarding this program please contact me directly at the Recreation Office.

**We encourage everyone to tryout if they are interested in playing. Please join us to help grow this program! We will be seeking additional qualified coaches for this season!**

## Evaluation Dates for Travel Basketball

**4<sup>th</sup>/5<sup>th</sup> Grade Boys** Wednesday October 7<sup>th</sup> 6:00 - 7:15 Woburn High School  
Wednesday, October 14<sup>th</sup> 7:15 - 8:30 Woburn High School

**6<sup>th</sup> Grade Boys** Thursday, October 8<sup>th</sup> 7:15 - 8:30 Woburn High School  
Tuesday, October 13<sup>th</sup> 7:15 - 8:30 Kennedy Middle School

**7<sup>th</sup> Grade Boys** Tuesday, October 6<sup>th</sup> 7:15 - 8:30 Kennedy Middle School  
Thursday, October 15<sup>th</sup> 7:15 - 8:30 Kennedy Middle School

**8<sup>th</sup> Grade Boys** Wednesday, October 7<sup>th</sup> 7:15 - 8:30 Woburn High School  
Thursday, October 15<sup>th</sup> 6:00 - 7:15 Kennedy Middle School

**4<sup>th</sup>/5<sup>th</sup> Grade Girls** Thursday, October 8<sup>th</sup> 6:00 - 7:15 Woburn High School  
Wednesday, October 14<sup>th</sup> 6:00 - 7:15 Woburn High School

**6<sup>th</sup> Grade Girls** Tuesday, October 6<sup>th</sup> 6:00 - 7:15 Kennedy Middle School  
Tuesday, October 13<sup>th</sup> 6:00- 7:15 Kennedy Middle School

**7<sup>th</sup> Grade Girls** Monday, October 5<sup>th</sup> 6:00 - 7:15 Kennedy Middle School  
Tuesday, October 13<sup>th</sup> 6:00 - 7:15 Joyce Middle School

**8<sup>th</sup> Grade Girls** Monday, October 5<sup>th</sup> 7:15 - 8:30 Kennedy Middle School  
Tuesday, October 13<sup>th</sup> 7:15 - 8:30 Joyce Middle School

**\*\*A Parent must be present at the beginning and end of tryouts to fill out registration forms and for the informational meeting regarding the program. No Child will be allowed to tryout without the proper paperwork**

**\*If you are interested in coaching please e-mail [rlindstrom@cityofwoburn.com](mailto:rlindstrom@cityofwoburn.com) or see Rory at tryouts.**

## **WE NEED YOUR HELP!**

A volunteer coach is needed for each team. The number of teams and participants we can accommodate depends on the number of volunteers.

As a volunteer coach for your child's basketball team you will be responsible for:

- Contacting your team to let them know the time of your first game/practice
- Attending the games and ensuring all players receive equal playing time and holding practice once per week or once every other week

**If you are interested in being a volunteer coach please note that on your child's registration form or contact the Recreation Department to fill out a CORI Form.**

# Youth Programs

## Yoga For Teens

This class brings teens together to explore how yoga can help them better understand and appreciate their changing bodies, relationships, and life on and off the mat. Yoga can help teens move through these often-challenging years and emerge with healthy ways to address stress and find balance while also building friendships. Bring a mat and water bottle.

**Instructed by Rachel Epstein.**

**Ages:** 13 - 18 **Location:** Goodyear

**Days:** Wednesdays beginning October 21<sup>st</sup> (6 weeks)

**Time:** 5:15pm - 6:15pm **Cost:** \$65

## Kinder Karate

This program is designed to give children the introduction to martial arts. The system they will be learning is Kenpo Karate; it is a self-defense system and is not taught to learn how to fight, but to defend.

**Instructor:** Brett Gonsalves (8<sup>th</sup> degree black belt)

**Ages :** 5 – 8 **Location:** Goodyear

**Days:** Tuesdays (6 weeks) Begins 10/13 **Session II:** January '15

**Time:** 4:45 – 5:35 **Cost:** \$43

## Super Saturday Sports

This program is designed to give kids an opportunity to play fun sports with their classmates. They will have the opportunity to play dodgeball, wiffleball, floor hockey, basketball, and many more games.

**Ages:** 5 – 12 **Location:** Goodyear

**Days:** Saturdays Beginning 11/7 \*No class 11/28

**Time:** 11:00 – 12:15

**Cost** \$ 43 (6 Weeks) program **Session II:** January 2015

## Girls Volleyball Fall Clinic

In this program girls will learn how to hit, pass, set, and serve in a fun and friendly atmosphere lead by experienced coaches and members of the Woburn Girls' Varsity Volleyball team.

**Grades:** 5– 8 **Location:** Woburn High School

**Days:** Tuesdays beginning 9/29 \*7 weeks

**Times:** 6:00 – 8:00 times may vary **Cost:** \$75

## Soccer

This soccer program teaches the FUNdamentals of soccer using a fun and energetic curriculum that has been tailored to work for each specific age group. Cleats are not required but Shinguards are recommended

**Instructed by Global Premier Soccer**

**Ages:** 3 - 6

**Days:** Thursdays Beginning September 24th (6 weeks)

**Times:** **Ages 3 – 5** 2:30 – 3:15

**Ages: 5 – 6** 3:30 – 4:30

**Cost:** \$65

**Location:** Library Field

## Yoga For Kids

For Balance for Focus for fun! Children today are under a lot of stress, and just like their parents, kids are turning to yoga to help them relax. This great intro to basic poses encourages and develops flexibility, confidence, awareness, motor skills and physical fitness all disguised as fun and play! Bring a mat and water bottle. **Instructed by Rachel Epstein.**

**Ages:** 5 – 12 **Location:** Goodyear

**Days:** Wednesdays beginning October 21<sup>st</sup> (6 Weeks)

**Time:** 4:00 – 5:00pm **Cost:** \$65

## Zumba For Kids

Zumba Kids is a modified version of Zumba fitness. Dance moves and Latin music are used to make fitness fun. Zumba for kids is designed to improve motor coordination and listening skills. Kid approved dance moves make these group classes “exercise in disguise. **Instructed by Patricia Lally**

**Ages:** 5 – 12 **Location:** Goodyear

**Days:** Thursdays beginning October 22<sup>nd</sup> (6 Weeks)

**Time:** 4:00pm – 5:00pm **Cost** \$ 43

## Preschool Sports

Pre-school aged children will get the opportunity to participate in fun games such as kickball, parachute games, red light green light and more fun activities.

**Ages:** 3 – 5 **Location:** Goodyear

**Days:** Saturdays Beginning 11/7 \*No class 11/28

**Time:** 10:00 – 10:45

**Cost** \$ 43 (6 Weeks) program **Session II:** January 2015

## Evolution Basketball Skills & Drills

### Fall Program Grades K – 12

**Who:** Boys & Girls

**Grades:** K – 5

**When:** Sat Mornings

**Time:** 8:30am – 10am

**Begins:** Sept 26<sup>th</sup> 8 weeks

**Cost:** \$129

**Where:** EVO Sports Center

78B Olympia Ave Woburn

**Who:** Boys & Girls

**Grades:** 5 - 12

**When:** Saturday Games

**Begins:** Sept 26<sup>th</sup> 8 weeks

**Cost:** \$199

**Where:** EVO Sports Center

78B Olympia Ave Woburn

[www.evolutionhoops.com](http://www.evolutionhoops.com)

## Baton Twirling – Pre-School

This energetic program will involve creative movement and fun activities which will begin to introduce the fundamentals of the sport of baton twirling. During the session children will stretch, march, jump, kick, spin and twirl. Twirling promotes physical fitness, self-confidence, coordination, and more.

**Instructed by Tracey Gangi Johnson**

**Ages:** 2.5 - 5

**Days:** Tuesdays Beginning October 6<sup>th</sup> (4 weeks)

**Time:** 10:00am – 10:30am

**Cost:** \$20

**Location:** Library Field

## Youth Programs

### Hula Hooping & Jump Roping

This one hour class is fun for children who want to learn the basics of jumping rope and hula hooping. Participants will use short ropes and long ropes for double dutch. Participants will also do a variety of hoop techniques around the arms, legs, and waist. Jumping rope is considered one of the best cardio sports and also builds bone strength and increases memory function by making your brain have to think and react. **Instructed by Brenda Jo Hubbard**

**Ages:** 5 – 13 **Location:** Goodyear Elementary School  
**Days:** Mondays Beginning October 19<sup>th</sup> (8 weeks)  
**Time:** 4:00pm – 5:00pm **Cost:** \$40

### Holiday Drop Off!! Saturday December 19<sup>th</sup>

Children will enjoy an evening of supervised fun in a gymnasium while participating in seasonal holiday activities while parents enjoy a few hours of catching up on some last minute Holiday Shopping!!

**Ages:** 4 – 12  
**Times:** 12:30 – 4:30  
**Cost:** \$30 Child must bring a snack and drink  
**\*You must pre-register for this program so we can plan for staff.**

### February Vacation Fun

Children will have the opportunity to make arts & crafts and play games with our instructors.

**Dates:** Tuesday, February 16<sup>th</sup> – Thursday, February 18<sup>th</sup>  
**Location:** TBA  
**Ages:** 4 & up  
**Times:** 10:00 am – 12:00pm  
**Fee:** \$30

### Intro to Boxing @ Mk Boxing

In this Intro to boxing class held at MK Boxing students will have the opportunity to learn the sport of boxing. Benefits of the class are: Self- Confidence, coordination, self-discipline, cardio, strength, & weight loss control. New students will receive boxing gloves at a small cost.

**Instructors:** MK Boxing Instructors  
**Grades:** K – 8 **Location:** MK Boxing facility in Woburn  
**Dates:** Tuesdays, beginning 9/29(8 Wks)  
Winter Session begins in Dec or Jan  
**Times:** K – 4<sup>th</sup>= 3:45-4:30pm  
5<sup>th</sup>-8<sup>th</sup>= 4:30-5:15pm

**Cost:** \$159 for new students & \$139 for returning students

### December Vacation Fun

Children will have the opportunity to make arts & crafts and play games with our instructors.

**Dates:** Monday, December 28<sup>th</sup> – Wed, December 30<sup>th</sup>  
**Location:** TBA  
**Ages:** 4 & up  
**Times:** 10:00 am – 12:00pm  
**Fee:** \$30

### Fun – Nastics

An exercise and pre-gymnastics class for children who would like to learn cartwheels, handstands, and more. Plus, simple moves on the balance beam, ramp and monkey bars. This is not a gymnastics class but introduces proper coordination to young children.

**Days:** Saturdays (6 weeks) **Location:** Woburn High School  
**Times:** 1:00 – 1:45 (ages 3 – 5) 2:00 – 2:45 (ages 5 – 8)  
**Cost:** \$45 **Begins:** December \*No class over vacations

## LEGO Classes

### LEGO Engineering Workshop

In this action-packed hands-on workshop, participants will use LEGO® Power Functions to construct motorized LEGO® projects. Participants will work from specialized instructions to create a variety of different projects including a racecar, working elevator, motorized crane, remote-controlled car, and a battle tank!

Note: Participants DO NOT take projects home.

**Instructed by Seacoast Technology Workshops**

**Grades:** 1 - 6  
**Days:** Monday December 28th **Time:** 9:00am – 12:00pm  
**Location:** TBD **Cost:** \$26

### LEGO Star Wars Workshop

Travel to a galaxy far, far, away as you build your way through the Star Wars galaxy! Each day we will build your favorite Star Wars vehicles from Tatooine, Hoth, Naboo, Endor and many more!

Note: Participants do not take projects home.

**Instructed by Seacoast Technology Workshops**

**Grades:** 1-6  
**Days:** Tuesday 2/16 – Thursday 2/18 **Time:** 12:15pm – 3:00pm  
**Location:** TBD **Cost:** \$77

### LEGO Minecraft Workshop

Explore the amazing world of Minecraft with LEGO®! Using official LEGO® Minecraft® sets, participants will construct a Minecraft World by creating and customizing their own Minecraft village complete with houses and crops.

Note: Participants DO NOT take projects home.

**Instructed by Seacoast Technology Workshops**

**Grades:** 1 - 6  
**Days:** Monday December 28th **Time:** 12:30pm – 3:30pm  
**Location:** TBD **Cost:** \$26

### LEGO Robotics & Engineering Workshop

In this action-packed hands-on workshop, participants will use LEGO® Power Functions and LEGO® Mindstorms to construct LEGO® projects. Opportunity will also be provided for participants to customize their designs!

Note: Participants DO NOT take projects home.

**Instructed by Seacoast Technology Workshops**

**Grades:** 1-6  
**Days:** Tuesday 2/16 – Thursday 2/18 **Time:** 9:00am – 11:45am  
**Location:** TBD **Cost:** \$77

# Adult Evening School

The Woburn Adult Evening School Fall Session will begin on **Tuesday October 6<sup>th</sup>**. Below is a list of classes that we are offering this semester. For full descriptions of the classes please check out our Adult Brochure on the main page of [www.woburnrec.com](http://www.woburnrec.com). You can also register for classes online, as well as print out a registration form and send it in to 10 Common Street, Woburn MA ATTN: Recreation Department.

## Fitness Classes

### After Work Energizer

Thursday's (8 Weeks) Starting October 8th  
Time: 5:30-6:30pm, Room: WMHS Senior café  
Instructor: Brenda Jo Hubbard, Cost: \$50

### Barre Method

Tuesday's (10 Weeks) Starting October 6<sup>th</sup>  
Time: 6:30-7:25pm, Room: WMHS Senior café  
Instructor: Myra Green, Cost: \$75

### Couch to 5K

Thursday's (6 Weeks) Starting October 8th  
Time: 6:00-7:00pm, Room: Meet at WMHS by Football Field  
Instructor: James Fletcher, Cost: \$50

### Mat Pilates

Tuesday's (8 Weeks) Starting October 6<sup>th</sup>  
Time: 5:20-6:20pm, Room: WMHS Senior café  
Instructor: Nicole Yates, Cost: \$50

### Mindflex Core & More

Tuesday (1 Night) October 6<sup>th</sup>  
Time: 7:30-9:00pm, Room: WMHS Senior Café  
Instructors: Myra Green/Vanessa Mulvey, Cost: \$25

### Total Body Conditioning

Thursday's (8 Weeks) Starting October 8<sup>th</sup>  
Time: 6:10-7:10pm, Room: WMHS Wrestling Room  
Instructor: Dorothy Larfarello, Cost: \$50

### Yoga Chair & Mat

Tuesday's (6 Weeks) Starting October 6th  
Time: 5:30-6:30pm, Room: WMHS Faculty Cafe  
Instructor: Janet Lees, Cost: \$50

### Yoga with Katherine

Tuesday's (8 Weeks) Starting October 6th  
Time: 7:00-8:00pm, Room: WMHS Wrestling Room  
Instructor: Katherine Cota MacDonald, Cost: \$50

### Zumba

Tuesday's (8 Weeks)  
Starting October 6th  
Time: 5:30-6:30pm  
Room: WMHS Wrestling Room  
Instructor: Kyrie Barchard  
Cost: \$50



## Classes Just for Fun!

### Advanced Photography

Thursday's (4 Weeks) Starting October 8th  
Time: 6:00-8:30pm, Room: WMHS D216  
Instructor: Domenico Pino, Cost: \$95

### Basic Photography 1

Tuesday's (4 Weeks) Starting October 6<sup>th</sup>  
Time: 6:00-8:30pm, Room: WMHS D119  
Instructor: Domenico Pino, Cost: \$70

### Basic Photography 2

Tuesday's (4 Weeks) Starting November 10<sup>th</sup>  
Time: 6:00-8:30pm, Room: WMHS D119  
Instructor: Domenico Pino, Cost: \$80

### Cake Decorating Basics

Tuesday's (8 Weeks) Starting October 6<sup>th</sup>  
Time: 6:30-8:30pm, Room: WMHS E117  
Instructor: Cheryl Catanzano, Cost: \$120

### Creative Journaling

Thursday's (3 Weeks) Starting October 15<sup>th</sup>  
Time: 6:30-8:00pm, Room: WMHS D217  
Instructor: Margaret F. Sears, Cost: \$40

### Drawing, Painting, Learning Art Seriously!

Thursday's (10 Weeks) Starting October 15<sup>th</sup>  
Time: 6:30-8:00pm, Room: WMHS D126  
Instructor: Joe Leto, Cost: \$120

### Fall Themed Instructional Paint Class

Tuesday (1 Night) October 20<sup>th</sup>  
Time: 6:00-8:00pm, Room: WMHS D126  
Instructors: Suzanne Fee/Julie Dowd, Cost: \$25

### Finding Bargain Treasures at Yard Sales

Thursday (1 Night) November 11<sup>th</sup>  
Time: 6:00-9:30pm, Room: WMHS Learning Center  
Instructor; Victor Ausilio, Cost: \$30

### Intro to Furniture Making

Wednesday's (8 Wks) Starting  
October 14th  
Time: 6:00-8:30pm, Room: KMS Woodshop  
Instructor: Tony Chiuppi  
Cost: \$180

### New England's Weird Weather

Thursday's (6 Weeks) Starting  
October 15th  
Time: 7:00-9:00pm,  
Room: WMHS E103  
Instructor: Frank SanFilippo  
Cost: \$70

# Adult Evening School

## Classes Just for Fun! Cont.

### Picture Framing Workshop

Thursday's (8 Weeks) Starting October 8<sup>th</sup>  
Time: 6:30-9:00pm, Room: WMHS D119  
Instructor: Larry Glickman, Cost: \$90

## Business Classes

### Investments Made Simple

Tuesday's (2 Weeks) Starting October 20<sup>th</sup>  
Time: 6:00-9:00pm, Room: WMHS D216  
Instructor: James Balducci, Cost: \$30

### Understanding Stocks & Bonds

Tuesday's (2 Weeks) Starting November 17<sup>th</sup>  
Time: 6:00-9:00pm, Room: WMHS D216  
Instructor: James Balducci, Cost: \$30

## Language Classes

### ESL 1- Beginning Level

Tuesday & Thursday (8 Weeks) Starting October 6<sup>th</sup>  
Time: 6:30-8:30pm, Room: WMHS E104  
Instructor: Michaela Kerns, Cost: \$80

### ESL 2- Intermediate Level

Tuesday & Thursday (8 Weeks) Starting October 6<sup>th</sup>  
Time: 6:30-8:30pm, Room: WMHS E103  
Instructor: Susan Hartmere, Cost: \$80

NOTE: Students will take a placement test if we have enough to run both Classes

### Learning Italian

Tuesday's (6 Weeks) Starting November 3<sup>rd</sup>  
Time: 7:00-9:00pm, Room: WMHS Learning Center  
Instructor: Louis Tuzzolo, Cost: \$20

Note: Beginners 7-8pm, Advanced 8-9pm. All Welcome for Full 2 Hours

## Health & Wellness Classes

### An Introduction to Gluten Free Living

Thursday's (3 Weeks) Starting October 22<sup>nd</sup>  
Time: 7:30-8:30pm, Room: WMHS D217  
Instructor: Andrea Caplan, Cost: \$50

### Food For Fuel

Thursday's (2 Weeks) Starting October 29<sup>th</sup>  
Time: 6:30-8:00pm, Room: WMHS D214  
Instructor: Dawn McGee, Cost: \$40

### How do I get rid of this Belly

Thursday's (2 Weeks) Starting October 8<sup>th</sup>  
Time: 6:30-8:30pm, Room: WMHS Library  
Instructor: Terry Carrier, Cost: \$50

### Launch Your Wellness Campaign

Thursday's (3 Dates) October 8<sup>th</sup>, October 29<sup>th</sup>, November 19<sup>th</sup>  
Time: 6:30-8:00pm, Room: WMHS E121  
Instructor: Wayne Altman, Cost: \$50

### Take back your Life: 7 proven tips to reverse Diabetes

Thursday (1 Night) October 8<sup>th</sup>  
Time: 6:00-7:30pm, Room: WMHS Learning Center  
Instructor: Dr. Geoff DePaula, Cost: \$15



## Dates and Times

The Fall 2015 Term begins Tuesday October 6<sup>th</sup>; dates and times that each course meets are listed with each course. The Adult Evening School may still be open if School has been cancelled. We will email to confirm.

## Locations

**WMHS:** Woburn High School, 88 Montvale Avenue

**KMS:** Kennedy Middle School, 41 Middle Street

## NEW Course Suggestions?

If you have a course that you would like to see the Adult Evening Program offer send an email to [bnagle@cityofwoburn.com](mailto:bnagle@cityofwoburn.com)

## Would you like to teach for us?

We welcome proposals for new courses from qualified people in all areas. Send an email to [bnagle@cityofwoburn.com](mailto:bnagle@cityofwoburn.com) for an application.



## Woburn Recreation Public Skating Schedule 2015 - 2016



@ O'Brien Ice Rink (Locust Street)  
\$3.00 per skater/ \$3.00 skate rentals

Children under 6 and beginner skaters must have an adult on the ice  
with them at all times

\*\*\*We strongly encourage the use of helmets\*\*\*

Saturday	October 17, 2015	11:40am-12:40pm
Saturday	October 24, 2015	11:40am-12:40pm
Saturday	October 31, 2015	11:40am-12:40pm
Saturday	November 7, 2015	11:40am-12:40pm
Saturday	November 14, 2015	11:40am-12:40pm
Saturday	November 21, 2015	11:40am-12:40pm
Friday	November 27, 2015	12:10pm-1:10pm
Saturday	December 5, 2015	11:40am-12:40pm
Saturday	December 12, 2015	11:40am-12:40pm
Thursday	December 24, 2015	1:00pm-2:00pm
Saturday	December 26, 2015	11:40am-12:40pm
Monday	December 28, 2015	11:40am-12:40am
Tuesday	December 29, 2015	1:30pm-2:30pm
Wednesday	December 30, 2015	1:30pm-2:30pm
Thursday	December 31, 2015	12:50pm-2:20pm
Friday	January 1, 2016	1:10pm -2:30pm
Monday	January 18, 2016	11:30am-12:30pm
Monday	February 15, 2016	1:30pm-2:30pm
Tuesday	February 16, 2016	1:30pm-2:30pm
Wednesday	February 17, 2016	1:30pm-2:30pm
Thursday	February 18, 2016	1:30pm - 2:30pm
Friday	February 19, 2016	9:50am-10:50am
Saturday	February 20, 2016	11:40am-12:40pm
Saturday	March 12, 2016	11:40am - 12:40pm
Saturday	March 19, 2016	11:40am-12:40pm

## Woburn Youth Wrestling Registration

**Who:** Woburn Residents Grades 3<sup>rd</sup> – 8<sup>th</sup>

**Date:** Saturday, October 17<sup>th</sup> 10am – Noon

**Where:** Woburn Memorial High School (Outside of Main Gym)

**Cost:** \$125 per Wrestler Cash or Checks Made Payable to: Woburn Wrestling Corporation

For additional questions, please E-mail: Woburnyouthwrestling@hotmail.com



# Woburn Recreation Department Program Registration Form



**\*A separate form is required for each participant\***

Participant Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ School \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Town/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Program Name: \_\_\_\_\_ Day: \_\_\_\_\_ Fee: \_\_\_\_\_

Program Name: \_\_\_\_\_ Day: \_\_\_\_\_ Fee: \_\_\_\_\_

Program Name: \_\_\_\_\_ Day: \_\_\_\_\_ Fee: \_\_\_\_\_

**If interested in volunteer coaching please write your name here:** \_\_\_\_\_

**Please include your email address if you would like to receive Program updates and information from the Woburn Recreation Department!**

**Please Print:** \_\_\_\_\_ @ \_\_\_\_\_

**Occasionally the Recreation Department will be taking photographs of various Recreation programs so that we can display the pictures of our programs on our website, Facebook page, in the Recreation Office, or send to the newspaper. If you do not want your child's photograph taken or displayed please initial here:** \_\_\_\_\_

I/We, the undersigned father, mother or guardian(circle) of \_\_\_\_\_ (name of student), a minor, do hereby consent to my child's participation in Voluntary Recreation Programs of the City of Woburn(hereinafter "the City"). I/We also agree to forever RELEASE the City, a municipal corporation of the Commonwealth of Massachusetts, and all its employees, officers, agents, board members, volunteer and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the City(the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the City's Recreation Programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority. I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or maybe asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participating in the City's voluntary Recreation Programs or administration of first aid. I/We further affirm that I/we have read this Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participating in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the City voluntary Recreation Programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary City Recreation Programs.

**Signature (Parent or Guardian):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(Please turn form over to fill out medical information)**

**I would like to donate to be a "Friend of Woburn Recreation". I have added \$ \_\_\_\_\_ onto my registration amount to help sponsor programs run by the Woburn Recreation Department. I understand that this is strictly voluntary and is not a requirement for registration of any programs.**

**See pg.3 for more info**

**For Office use only:**

Date: \_\_\_\_\_ Amount: \_\_\_\_\_ Check #: \_\_\_\_\_

Medical or Special Concerns that we would need to be aware of for your child (i.e allergies, past injuries, etc.)

---

---

---

---

---

Health Insurance Provider \_\_\_\_\_

Child's Primary Physician: \_\_\_\_\_ Hospital: \_\_\_\_\_

Any medications taken on a regular basis (i.e. insulin, etc.): \_\_\_\_\_

---

This information is only needed in case there is a medical emergency where we would need to administer care for your child if a parent or guardian were not available at that present time



**Recreation Office**  
Located on the first floor of City Hall  
Open Mon – Wed 9:00 – 4:30  
Thursday 9:00 – 7:00  
Friday 9:00 – 1:00  
(781) 897-5805  
[www.woburnrec.com](http://www.woburnrec.com)  
[rlindstrom@cityofwoburn.com](mailto:rlindstrom@cityofwoburn.com)