

Walpole RECREATION

February



www.walpolerec.com

Text

ABOUT WALPOLE RECREATION

RECREATION COMMITTEE

MEMBERS

Dennis Ricci, Chair
Frank Brown
Annelise Fair
Susanne Murphy
Robert Taglienti

ASSOCIATE MEMBERS

Lorraine Dundon
Rich McCarthy
Joe Grant
Michael McGrath
Jeff Hutnick

UPCOMING MEETING DATES

Monday, February 9th

PROGRAM INFORMATION

TO REGISTER

- **MAIL-IN REGISTRATION:** You can register by mail if unable to stop by the Recreation Department. No confirmation will be mailed.
- **ON-LINE REGISTRATION:** You can register on-line by going to WalpoleRec.com and following the steps.
- **PRE-REGISTRATION:** Pre-registration is mandatory for all programs.
- Registration is conducted on a first-come, first-served basis until the maximum number of persons per program is reached. **PROMPT REGISTRATION IS RECOMMENDED AS MANY PROGRAMS FILL UP FAST.**
- Resident fees (R) apply to those living in Walpole.
- There will be NO registrations taken over the telephone.
- Complete payment must accompany each registration.
- Be prepared to demonstrate proof of Walpole residency.

NON-RESIDENT QUALIFICATIONS

Non-resident fees (NR) apply to those not living in Walpole.

REFUNDS

Refunds will be made if programs are cancelled, already filled or if department changes prohibit your attendance.

FEE REDUCTION POLICY

The Walpole Recreation Department recognizes that the charging of fees for programs may place such an economic hardship on some individuals that they are unable to participate. For that reason, a fee reduction system is available for eligible residents of Walpole. Contact the Recreation Department for further information or to apply for the reduction. All inquiries are kept confidential.

EMAILS

We use our e-mail database to send event and program notices as well as program updates, cancellations and of course your monthly flyer. Cancellations / updates will also be posted to our web-site www.Walpolerec.com

INSURANCE / LIABILITY

The Walpole Recreation Department does not provide accident or hospitalization insurance for program participants. All participants are strongly advised to have adequate personal coverage. Participation in all programs shall be at the registrant's own risk.

ENROLLMENT

You are enrolled in a program once your registration is received at the Recreation Office. You will only hear from us if a program is full or cancelled. The Recreation Department does not issue confirmations.

BROCHURE

The quarterly brochure will no longer be mailed to every household in town. Instead a new monthly flyer will be e-mailed to our MyRec data-base of customers that have checked the box to receive notifications. Please confirm that you have checked this box or call the Rec office to confirm that you are on the list. Paper flyers will be available at Town Hall, the Library, Council on Aging.

STAFF

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LAUREN MACOMBER lmacomber@walpole-ma.gov	Program Coordinator 508.660.6374

CONTACT US

PHONE	508.660.6353
LOCATION	Blackburn Hall at 30 Stone Street
MAILING ADDRESS	Walpole Recreation Department 135 School Street Walpole, MA 02081
WEBSITE	www.walpolerec.com
EMAIL ADDRESS	Recreation@walpole-ma.gov

READING THE BROCHURE

PROGRAM TITLE

Location	Time of program
PROGRAM FEE	Date(s) that the program is offered
Instructor	Ages

This section provides a brief description of the program and any pertinent information of which you should be aware.

PROGRAM FEES

All fees are for residents, unless otherwise noted.

NR = Non-Residents

SR = Walpole Senior (**AGE 60 AND OVER**) if listed

THE WALLY AWARDS

The Recreation Department believes these nominations shall be based on a sense of community, exemplary efforts in their areas of expertise demonstrating creativity, vision, and leadership, providing service to the community through diligent work, progressive implementation of thoughts in work, programs and activities that positively impact the welfare of Walpole, and of course, individual opinions.

Paper ballots to vote on the finalists are available at Blackburn Hall as well as clicking the following link to vote online at Survey Monkey:
<http://www.surveymonkey.com/s/2015Wallys>

GRAND MARSHAL:

Peter Carter
Tom Kirwan
Leo Murphy

BUSINESS OF THE YEAR:

Walpole Co-Operative Bank
Raven's Nest
Stop and Shop

COACH OF THE YEAR:

Barry Greener
Chris Costello
Chris Mackenzie

MENTOR OF THE YEAR:

Jen Morrell
Michael Alan
Steve Hannah

NEWCOMER OF THE YEAR:

Napper Tandy's
Farmer in the Dell

ORGANIZATION OF THE YEAR:

Walpole Children's Theatre
Walpole Lions Club
Walpole Chamber

WALPOLE DAY 2015 SPONSORSHIP LEVELS

***PLATINUM:** A donation of \$2,000 or more will earn your business/group's name printed on all documents and signage, a lawn sign, a banner at the beginning of the parade announcing you as the platinum sponsor. We will also film a podcast of your group, along with multiple press opportunities.

***GOLD:** A donation of \$1000 or more and will earn your business/group's name printed on all documents and signage, a lawn sign and a banner on the stage as a gold sponsor. We will also film a podcast of your group, along with multiple press opportunities.

***SILVER:** A donation of \$500 or more and will earn your business/group's name printed on all documents and signage, a lawn sign and a sign on the food court as a silver sponsor. We will also film a podcast of your group, along with multiple press opportunities.

***BRONZE:** A donation of \$250 or more and will earn your business/group's name printed on all documents and a banner as a bronze sponsor along with a lawn sign. We will also film a podcast of your group, along with multiple press opportunities.

***FAMILY:** A donation of \$100 - \$249 will have your business/groups' name on a lawn sign in the "Walk of Fame" on Stone Field along with multiple press opportunities.

***FRIEND:** A donation of any dollar amount under \$100 will be listed with other "Friends" in the Walpole Day Guide and on the large "Wall of Fame" Sign. This is a great way for families to support Walpole Day.

If you are interested in being a sponsor of Walpole Day, please make a check payable to "The Town of Walpole" and earmark it for Walpole Day Sponsorship. Please send it to the "Walpole Recreation Department, Attn. Aicha Kelley, 135 School Street, Walpole, MA 02081."

TABLE PRICES:

In-town organizations: \$40.00
Out-of-town organizations: \$45.00
In-town businesses: \$50.00
Out-of-town businesses: \$65.00

RECREATION BASKETBALL

RECREATION BASKETBALL

See locations below

See times below

SEE FEES BELOW

Saturdays: Feb. 21 - Mar. 28

Recreation Staff

Ages 3 - 8

This program focuses on the basic skills needed to play basketball. Skills such as dribbling, passing and shooting will be introduced in a fun, non-competitive environment. **NO PROGRAM ON MARCH 7.**

3 & 4 YEAR OLDS

AGE:	TIME:	GYM:	FEE:
3	9:00 - 9:30 a.m.	Blackburn	\$55 / \$60 NR
3	9:45 - 10:15 a.m.	Blackburn	\$55 / \$60 NR
3 - 4	10:30 - 11:00 a.m.	Blackburn	\$55 / \$60 NR
4	11:15 - 11:45 a.m.	Blackburn	\$55 / \$60 NR

5 YEAR OLDS

AGE:	TIME:	GYM:	FEE:
5 (boys only)	Noon - 12:45 p.m.	Blackburn	\$60 / \$65 NR
5 (girls only)	1:00 - 1:45 p.m.	Blackburn	\$60 / \$65 NR
5 (co-ed)	2:00 - 2:45 p.m.	Blackburn	\$60 / \$65 NR

6 YEAR OLDS

AGE:	TIME:	GYM:	FEE:
6 (boys only)	9:00 - 9:45 a.m.	Fisher Lower	\$70 / \$75 NR
6 (boys only)	Noon - 12:45 p.m.	Fisher Lower	\$70 / \$75 NR

7 & 8 YEAR OLDS

AGE:	TIME:	GYM:	FEE:
7 - 8 (boys only)	9:00 - 9:45 a.m.	Fisher Upper	\$70 / \$75 NR
7 - 8 (boys only)	11:00 - 11:45 a.m.	Fisher Upper	\$70 / \$75 NR
7 - 8 (girls only)	Noon - 12:45 p.m.	Fisher Upper	\$70 / \$75 NR
7 - 8 (boys only)	1:00 - 1:45 p.m.	Fisher Upper	\$70 / \$75 NR

RECREATION T-BALL

RECREATION T-BALL

See locations below

See times online

SEE FEES BELOW

Saturdays: Apr. 25 - June 13

Recreation Staff

Ages 3 - 8

Children ages 3 and 4 will be placed with their respective age groups and work on skills using easy drills followed by a short game. 5 year olds will be placed on teams and will play short games with parent coaches. We offer a beginner level for 6 year olds that will be mainly instructional. Advanced 6 year olds and 7 year olds will be split up into teams by school with parent coaches. All fields will have a Tee if needed. 6 & 7 year olds are parent pitch. **NO PROGRAM ON MAY 16th and 23rd. RAIN DATE IS June 20.**

PLEASE GO TO OUR WEBSITE AT WWW.WALPOLEREC.COM TO SEE THE SCHEDULE

YOUTH PROGRAMS

DAILY CLASSES

BABE RUTH CLINIC

Bird Middle School Gym

12:30 - 1:45 p.m.

\$80 / \$85 NR

Daily: Feb. 17 - Feb. 20

Jerry Anzalone & Paul Kolodzinski

Ages 13 - 15

This program emphasizes the different playing rules used in Babe Ruth baseball such as primary and secondary leads, pick-offs, balks, cut-offs, dropped third strikes. Hitting will also be covered.

FEBRUARY VACATION REC

Blackburn Hall

9:00 a.m. - 4:00 p.m.

\$40 PER DAY PER CHILD

Daily: Feb. 17 - Feb. 20

Recreation Staff

Grades K - 6

This program is designed to give kids a place to go during school vacation week and have some fun. Each day is filled with a variety of activities including sports, arts and crafts and more. Please bring a lunch, snack and drink.

INTRODUCTORY BASEBALL SKILLS CLINIC

Bird Middle School Gym

4:15 - 5:30 p.m.

\$80 / \$85 NR

Daily: Apr. 27 - Apr. 30

Jerry Anzalone & Paul Kolodzinski

Ages 6 - 7

This clinic concentrates on proper throwing and catching, infield and outfield play, base running, force outs and playing rules. Hitting will also be covered.

WALPOLE SPRING TRAINING BASEBALL CLINICS

Bird Middle School Gym

See times below

\$80 / \$85 NR

Daily: See dates below

Jerry Anzalone & Paul Kolodzinski

Ages 8 - 12

Returning for their 25th year, are Jerry Anzalone & Paul Kolodzinski. They coached Walpole's 1991 Little League State Champions & 2011 Gold Medal winning Mass. Bay State Games Southeast Team. They will help your player with the following baseball skills based on the clinic(s) they attend: which are hitting, pitching, throwing and catching, infield & outfield play, base running, Babe Ruth skills and playing rules. Jerry instructs players 5 -18 years old at RBI Baseball Academy in Foxboro & coached Walpole's 2007, 2008, & 2012 Williamsport Little League teams. He has worked camps for Dustin Pedroia, Jason Varitek, Terry Francona, Nomar Garciaparra, Trot Nixon & Kevin Millar. Paul has been a pitching coach for Norfolk Legion, Curry, Dean & LaSell Colleges & instructed Harvard University baseball camps. Presently he is the pitching coach at Newton South High School. All clinics take place prior to league tryouts. Please wear sneakers and bring a water bottle. Fee includes a t-shirt.

CLINIC:	DATES:	TIME:
Pitching Clinic	2/17 - 2/20	9:40 - 10:55 a.m.
Hitting Clinic	2/17 - 2/20	11:05 a.m. - 12:20 p.m.
Skills Clinic	2/23 - 2/27	4:10 - 5:10 p.m.
Skills Clinic	2/23 - 2/27	5:20 - 6:20 p.m.
Skills Clinic	3/2 - 3/6	4:10 - 5:10 p.m.
Skills Clinic	3/2 - 3/6	5:20 - 6:20 p.m.
Skills Clinic	3/9 - 3/13	4:10 - 5:10 p.m.
Skills Clinic	3/9 - 3/13	5:20 - 6:20 p.m.

YOUTH PROGRAMS

MULTIPLE DAY CLASSES

HOME ALONE SAFETY

Blackburn Hall 5:30 - 8:30 p.m.
\$45 / \$50 NR PER CLASS See dates below
 Donna Giampietro & Catherine Alexander Ages 8 - 12

Home Alone Safety is designed for children 10 - 14 who are alone after school or on weekends. Making sure your child is prepared and feels confident and safe is essential for a successful home alone experience. Education is provided on topics such as; cyber safety, common first aid treatments, fire safety and home alone safety guidelines. Education material covered in class is reinforced with games and role playing.

DATES:

Tuesday, February 24
 Tuesday, March 3
 Wednesday, March 18
 Tuesday, April 7

KIDS KARATE

Impact Martial Arts See times below
\$50 / \$55 NR See schedule below
 Impact Martial Arts Staff Ages 3 - 12

This class will focus on teaching the students the basics of martial arts, in particular, how to do blocks punches, kicks and forms. Additionally, the student will learn about focus, respect, and self-discipline in a high - energy, fun atmosphere.

AGE(S) #:	DAY:	DATES:	TIME:
5 - 7	Tuesdays	3/3 - 4/7	4:00 - 4:30 p.m.
8 - 12	Tuesdays	3/3 - 4/7	4:45 - 5:30 p.m.
3 - 5	Wednesdays	3/4 - 4/8	3:15 - 3:45 p.m.
5 - 7	Wednesdays	3/4 - 4/8	4:00 - 4:30 p.m.
5 - 7	Thursdays	3/5 - 4/9	4:00 - 4:30 p.m.
8 - 12	Thursdays	3/5 - 4/9	4:45 - 5:30 p.m.
8 - 12	Fridays	3/6 - 4/10	4:45 - 5:30 p.m.
5 - 7	Saturdays	3/7 - 4/11	9:00 - 9:30 a.m.
8 - 12	Saturdays	3/7 - 4/11	10:30 - 11:15 a.m.

PLAYGROUP

Blackburn Hall 9:30 - 11:00 a.m.
\$60 / \$65 NR See dates below
 Lauren Macomber Ages 2 - 5

Drop your kids off for fun! Play pretend games, read stories, and do arts and crafts. All this and more while you are out and about. **THIS IS A DROP OFF PROGRAM. NO PROGRAM ON APRIL 20 AND 23.**

DAY:	DATES:
Mondays	Mar. 16 - Apr. 27
Thursdays	Mar. 5 - Apr. 9

PARACHUTE PLAYTIME AND BOUNCY HOUSE

Blackburn Hall 11:00 - 11:45 a.m.
\$30 / \$35 NR See dates below
 Lauren Macomber Ages 1½ - 5

One of our all-time favorite programs returns as we break out the parachutes and play all kinds of games. In addition to the parachute, we now have our bouncy house that we will be blowing up each week for added fun! Please bring a drink as we will be taking some breaks from the fun. **THERE IS A DAILY DROP IN FEE OF \$8 PER CHILD AVAILABLE. NO PROGRAM ON APRIL 20 AND 23.**

DAY:	DATES:
Mondays	Mar. 16 - Apr. 27
Thursdays	Mar. 5 - Apr. 9

YOUTH SKATING PROGRAMS

Norfolk Arena See times below
\$50 / \$55 NR See schedule below
 Norfolk Arena Staff Ages 3 - 16

Skaters will learn in a fun and exciting way the needed basic skills to enjoy all aspects of skating whether it is for youth hockey, figure skating, or just for fun.

All skaters will be registered with the U.S.F.S.A. and will receive a "skater's kit" containing materials to track their progress throughout the program. Each lesson will consist of 25 minutes of instruction as well as 25 minutes of "supervised" practice time.

AGE(S) #:	DAY:	DATES:	TIME:
3 - 6	Tuesdays	3/3 - 4/14	9:30 - 10:20 a.m.
3 - 6	Tuesdays	3/3 - 4/14	10:00 - 10:50 a.m.
3 - 16	Tuesdays	3/3 - 4/14	5:00 - 5:50 p.m.
3 - 6	Fridays	3/6 - 4/17	1:00 - 1:50 p.m.
3 - 6	Fridays	3/6 - 4/17	1:30 - 2:20 p.m.
3 - 16	Saturdays	3/7 - 4/18	Noon - 12:50 p.m.
3 - 16	Sundays	3/8 - 4/19	3:00 - 3:50 p.m.



Keep the kids active on cold winter days with our extremely popular Parachute Playtime and Bouncy House class

BIRTHDAY PARTIES & BOUNCY HOUSE BIRTHDAYS

Blackburn Hall 2-hour blocks
\$160 FOR LESS THAN 24 KIDS Saturdays & Sundays
 Recreation Staff Ages 5 and up

These parties at Blackburn Hall feature use of our gym for games and activities chosen by the Birthday Child, which are run by the two staff members that are included in the price. Please email Lauren Macomber at lmacomber@walpole-ma.gov for more information or to check availability and book a date. **FOR AN ADDITIONAL \$50, OUR BOUNCY HOUSE IS INCLUDED!**

YOUTH PROGRAMS

TUESDAY CLASSES

ALL KIDS THEATER COMPANY

Lower Blackburn 4:30 - 5:30 p.m.
\$85 / \$90 NR Tuesdays: Feb. 24 - Mar. 31
Beth Danesco Ages 7 - 10

What do you get when you combine acting, scenery creation, costume design, script writing, improv games, tons of team work and, of course, zaniness? Why you get the super-cool season of the All Kids Theater Company, of course! Come have fun as we work together to learn (or review) theater basics and create performances for friends and family. Kids of all experience are invited to join the team!

KINDER TUTOR TIME

Blackburn Art Room 1:00 - 1:45 p.m.
\$60 / \$65 NR Tuesdays: Mar. 3 - Apr. 7
Lynette Donnelly Grade K

Pre-school and Kindergarten are a whole new ball game for your kids. Now the child has goals in math, handwriting, letters, colors and reading. This class will provide extra help in a fun and productive environment. We will also send homework packets for extra practice on subjects when needed. **THERE IS A DAILY DROP IN FEE OF \$12 PER CHILD AVAILABLE.**

SILLY STORIES & CRAFTY CRAFT SHARE TIME

Blackburn Art Room 10:00 - 10:45 a.m.
\$60 / \$65 NR Tuesdays: Mar. 3 - Apr. 7
Lynette Donnelly Ages 2 1/2 - 5

Come mess up the art room with your child (and not your house) as we make crafts with glue, glitter and paint. We will also sing songs and read a story as a group. Your child will make some new friends (and so will you), have fun and work on reading, sharing and co-play. **THERE IS A DAILY DROP IN FEE OF \$12 PER CHILD AVAILABLE.**

BABY PLAYTIME

Lower Blackburn 9:15 - 10:15 a.m.
\$60 / \$65 NR Tuesdays: Mar. 10 - Apr. 14
Erica Young Ages 4 - 12 months

Bring your babies 4-12 months for some socialization and fun at this exciting new playgroup for babies 6-18 months old! Enjoy age-appropriate sensory play, games, dancing, songs and social time with other babies, parents and caregivers. Your kiddos will definitely nap well after this group!

TINY TODDLERS / SECOND TIME AROUND GROUP

Lower Blackburn 10:00 - 10:45 a.m.
\$60 / \$65 NR Tuesdays: Mar. 10 - Apr. 14
Erica Young Ages 12 months - 2 years old

Bring your toddlers, ages 12 months - 2 years old (and new babies, too) for some socialization and fun at this exciting new playgroup! Enjoy age-appropriate sensory play, stories, games, dancing, songs, mess making and social time with other babies/toddlers, parents and caregivers. Your kiddos will definitely nap well after this group. Younger siblings welcome!

WEEKDAY BASKETBALL

Blackburn Hall See times below
SEE FEE BELOW Tuesdays: Mar. 10 - Apr. 7
Recreation Staff Ages 2 - 7

This program focuses on the basic skills needed to play basketball. Skills such as dribbling, passing and shooting will be introduced in a fun, non-competitive environment. Please wear sneakers and bring a water bottle.

AGE #:	TIMES:	FEE:
2 - 3	9:30 - 10:00 a.m.	\$55 / \$60 NR
3 - 4	10:30 - 11:00 a.m.	\$55 / \$60 NR
4 - 5	1:00 - 1:30 p.m.	\$55 / \$60 NR
4 - 5	2:00 - 2:30 p.m.	\$55 / \$60 NR
5 - 6	4:00 - 4:45 p.m.	\$60 / \$65 NR
6 - 7	5:00 - 5:45 p.m.	\$55 / \$60 NR

WEDNESDAY CLASSES

TINY SPANISH

Lower Blackburn See times below
\$65 / \$70 NR Wednesdays: Feb. 12 - Mar. 26
Rita A. Nelson Ages 3 - 6

Let's have fun learning Spanish for pre-schoolers. The chica's and chico's will learn numbers, colors, days of the week, family members, "my house" and so much more in a fun filled environment. We will utilize music, visual aids, games, activities and hand outs.

TIMES:
9:30 - 10:15 a.m.
1:00 - 1:00 p.m.

WACKY WEDNESDAYS

Lower Blackburn 11:00 - 11:45 a.m. **OR** 1:30 - 2:15 p.m.
\$12 / \$17 NR PER CLASS Wednesdays: See dates below
Lynette Donnelly Ages 2 1/2 - 5

Every Wednesday, we will be having tons of fun with a different theme. Each class (drop off or stay with your child and play) will be full of crafts, songs and reading a story.

DATE:	THEME:
Feb. 11	Valentine's Day Love
Feb. 25	Dr. Seuss Fun
Mar. 4	In Like a Lion, Out like a Lamb
Mar. 11	Think Green! Happy St. Patrick's Day
Mar. 18	Rainy Day Fun
Mar. 25	Lucky Ducks

CRAFT CLUB INSPIRED BY PINTEREST

Blackburn Hall Art Room 4:00 - 5:00 p.m.
\$60 / \$65 NR Wednesdays: Feb. 25 - Apr. 1
Jenny Wolf Grades 3 - 6

If you or your child is a fan of Pinterest, you know what great crafts and activities ideas are listed on the site. We will take some of our favorites and see if we can create some masterpieces as well!

YOUTH PROGRAMS

THURSDAY - FRIDAY CLASSES

FLOOR HOCKEY

Blackburn Hall See times below
SEE FEE BELOW Thursdays: Feb. 26 - Apr. 2
Recreation Staff Grades PK - 3

This program gives children the chance to develop skills in an organized sports program with children their own ages. Each week, we will make new teams and play floor hockey using our safe low bounce hockey pucks.

GRADE(S):	TIMES:	FEE:
Pre-K	4:00 - 4:30 p.m.	\$45 / \$50 NR
1 - 3	4:45 - 5:30 p.m.	\$50 / \$55 NR

TINY TUTOR TIME

Blackburn Art Room 2:00 - 2:45 p.m.
\$60 / \$65 NR Thursdays: Mar. 5 - Apr. 9
Lynette Donnelly Grade K

Pre-school and Kindergarten are a whole new ball game for your kids. Now the child has goals in math, handwriting, letters, colors and reading. This class will provide extra help in a fun and productive environment. We will also send homework packets for extra practice on subjects when needed. **THERE IS A DAILY DROP IN FEE OF \$12 PER CHILD AVAILABLE.**

HEAD START BASEBALL

RBI Baseball, Foxboro 4:00 - 5:00 p.m.
\$125 / \$130 Fridays: See dates below
RBI Staff Ages 5 - 6

RBI's Head Start Indoor Winter Program allows beginners and players new to the game an opportunity to learn the basic fundamentals from professional coaches. Each week, players will participate in a series of drills to learn, reinforce, and improve on the following skills: Proper throwing technique, Catching (not the position), Fielding, Hitting and Base running.

Each week will also feature coach-controlled game situations as well as true live coach-pitch games. The focus of the games will be on teaching each player the rules of the game through situational play.

DATES:
Feb. 20 - Mar. 20
Mar. 27 - Apr. 24

PARENTS NIGHT OUT

Blackburn Hall 6:00 - 9:00 p.m.
\$20 / \$25 NR PER CHILD / \$10 PER ADDITIONAL SIBLING Fridays: See dates below
Recreation Staff Ages 5 - 13

These special evenings are for parents to go on a date night knowing their kids are safe and sound and having fun with Recreation Staff. A step - up from a favorite baby sitter, these nights will have the kids doing some crafts, playing some games, meeting some new friends, and just having fun. We will have the kids settle down at the end of the evening, so they will be ready for bed. Please provide a snack and a drink.

DATES:
February 27
March 27

ONE NIGHT CLASSES

BABYSITTER CLASS

Studio East 10:00 a.m. - 2:00 p.m.
\$65 / \$70 NR Wednesday, Feb. 18
CPR Certified Ages 11 - 14

Our dynamic and interactive babysitting course will prepare the safety conscious teen (and preteen) to take on the awesome responsibility of babysitting. Topics covered include fundamental childcare, household safety, injury prevention, and basic first-aid for children. We will also teach relief of choking as well as the ABC's of CPR. This course follows the American Academy of Pediatrics BLAST program for babysitters. Lunch will be included.

LEGO MASTER BUILDERS

Studio East 9:00 a.m. - Noon
\$50 / \$55 NR Friday, Feb. 20
Diane Dinell Ages 5 - 9

Participants will not use direction sheets, instead they will be using their own creative minds and imagination to design their very own LEGO structure and become a Master Builder! This unique program will encourage individual thought as well as fostering teamwork and making new friends. All participants will go home with a framed photo of themselves taken with the creation they designed. The LEGO's stay with us but the fun memories will last a lifetime.

PARTY DANCES

Blackburn Hall 7 - 8:30 p.m.
\$20 / \$25 NR Friday, Feb. 27
Aly Pereira Ages 7 - 12

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances that are done at weddings & dances around the country! The class incorporates choreography and different forms of freestyle movement. There will be 30 minutes of instruction, and the rest of the class is a dance party!

PRESCHOOL SOCK HOP

Blackburn Hall 5:00 - 6:00 p.m.
\$8 PER FAMILY Friday, March 6
Recreation Staff Ages 1 - 7 (w/ Parent)

This evening is the perfect chance for your preschooler to get their groove on while you show them how dancing is done...

TEEN PROGRAMS

6TH, 7TH, & 8TH GRADE DANCE CARD MEMBERSHIP

Blackburn Hall

7:30 - 10:00 p.m.

\$25 PER PERSON FOR MEMBERSHIP

Friday: March 6

Recreation Staff and Volunteers

Grades 6 - 8

Call 508-660-6353 for more information

The Walpole Recreation Department holds monthly dances (at an additional fee) at Blackburn Hall for all Walpole middle schoolers. These dances feature a DJ, game room, soda, and candy.

To register as a member, students and parents must fill out an application form agreeing to comply with all Recreation Department rules. The student's photo will also be taken for use on their membership card. Stay tuned to our website at BlackburnHall.com for additional dates and special offers.

MEMBERS WILL BE CHARGED \$5 FOR ENTRY TO EACH DANCE. IF YOU LOSE OR FORGET TO BRING YOUR CARD TO THE DANCE, THE FEE TO GET IN THE DANCE WILL BE \$10.

ROCK 101

School of Rock, Norwood

You schedule the time

\$250 / \$255 NR

Membership by Month

School of Rock Staff

Ages 8 - 18

In these month long memberships at School of Rock, kids with beginner talents will be taught the logistics and fun of group performances involving keyboards, vocals, bass guitar, guitar and drums. A month membership includes 1.5 hours a week performing in a group atmosphere. Players will play as a band doing concerts/themed shows. This is a great way to increase the student's level of musical talent and to make friends who have similar interests.

BEGINNER / ADVANCED MUSIC LESSONS

School of Rock, Norwood

You schedule the time

\$175 / \$180 NR

Membership by Month

School of Rock Staff

Ages 8 - 18

A month membership will get the music student a 45 minute weekly one-on-one lesson with instructors. This program also entitles the student to the use of our facilities at any time (for rehearsal, to hand out, etc.). This is a great way to get your child introduced and excited about music of all types, and then progress to be an expert.

PERFORMANCE GROUP

School of Rock, Norwood

You schedule the time

\$300 / \$305 NR

Membership by Month

School of Rock Staff

Ages 8 - 18

A month membership will get the music students 3 hours a week performing in a group atmosphere as players will play as a band doing concerts/themed shows. This is a great way to increase the student's level of musical talent and to make friends who have similar interests.

VOLUNTEERS

We are ready for the Teens!! Our Volun-Teen program is a group of middle schoolers and some high schoolers who wish to give back to the community and be involved in a safe and fun environment. The teens involved are usually too young to work, yet need projects to keep them busy and to learn from one another. It is a great way to have Walpole's kids learn work ethics, responsibility and peer to peer mentoring. The Volun-teens work on community events such as Walpole Day, Homecoming, and more. They work recreation programs such as Summer Rec and Little Rec-ers, swim lessons as well as office work.

To join the Volun-Teens, the middle and high schoolers will need to come to the office and fill out an application.

Contact Aicha Kelley at [508-660-6371](tel:508-660-6371) or akelley@walpole-ma.gov with any questions.



Members of our Volun-Teen program help our staff get ready for Walpole Day 2014

HIRE A TEEN

This service is for teens 13 years and older to help Walpole teens find jobs and to provide a service to adult residents in need to help, such as babysitting, yard work, snow shoveling, painting, etc. If you would like to be included on this list, please email us at recreation@walpole-ma.gov or stop by our office to pick up an application. Parent participation and approval is required. The rate of pay and hours of work, etc., will be negotiated between you and your employer(s).

ADULT PROGRAMS

ONE NIGHT CLASSES

BLS FOR THE HEALTHCARE PROVIDER

Blackburn Hall See times below
See dates below
CPR Certified Now Adults

This course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner.

DATE: February 19 6:00 - 9:00 p.m.
March 18 9:00 a.m - Noon

FIRST AID

Blackburn Hall 4:00 - 6:00 p.m.
Wednesday, Feb. 18
CPR Certified Now Ages 16 and up

The purpose of this course is to help participants identify and eliminate potentially hazardous conditions in their environment, recognize emergencies and make appropriate decisions for first aid care. It teaches skills that participants need to know in order to provide immediate care of a suddenly ill or injured person until more advanced medical care arrives. Training will show how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Great for teens!

HEARTSAVER CPR & AED

Blackburn Hall See times below
Wednesday: See dates below
CPR Certified Now Adults

This is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

DATE: February 19 9:00 a.m. - Noon
March 18 6:00 - 9:00 p.m.

INVESTING FOR RETIREMENT 101

Lower Blackburn See times below
See dates below
Henry Astarjian Adults

Join us as we review the basics of stocks, mutual funds, and ETFs including terminology, strategies and the elements of a sound investment plan. The goal is to help you create a better foundation for managing your retirement portfolio, or to more clearly understand the language of your investment advisor. This seminar is ideal for working - age individuals faced with perplexing choices in their 401K, 403B, or IRA accounts. Questions are encouraged.

DATE: Wednesday, February 18 6:00 - 8:00 p.m.
Saturday, March 21 10:00 a.m. - Noon

MANAGING YOUR INCOME IN RETIREMENT

Lower Blackburn 6:30 - 8:00 p.m.
Thursday, Mar. 5
Timothy Moses Adults

When you retire, will you volunteer, start a second career, travel, spend time with your grandchildren? Once you have a goal in mind, you need a strategy to make it happen. We will discuss strategies for the money you have at retirement to help get you through retirement. We will explore how to plan up-front for concerns like inflation, healthcare expenses and market volatility, and how you can prepare if things don't go as expected.

10 PROVEN STRATEGIES TO HELP SECURE YOUR FINANCIAL FUTURE

Lower Blackburn 7:00 - 9:00 p.m.
See dates below
Daniel Miele Adults

This workshop will educate attendees on the basics of sound financial management. It will motivate them to get started on taking positive financial actions in their lives. The "10 Proven Strategies" highlighted are practical, logical and easy to implement.

DATE: March 10
March 24



Be sure to get your tickets for the Friends of St. Patrick's Luncheon scheduled for Friday, March 13th

SNOW POLICY FOR RECREATION PROGRAMS

The Walpole Recreation Department follows the following guidelines in the event of inclement weather:

In the event of a one or two hour delay - all recreation programs starting before 10 a.m. are cancelled.

In the event of an early dismissal - all recreation programs starting after noon are cancelled.

In the event of an all day school closing - all recreation programs are cancelled for that day.

ADULT PROGRAMS

MULTIPLE DAY CLASSES

BASIC TRAINING

Blackburn Hall See times in write-up
\$10 PER DAY Mon., Weds., & Sat.: See dates below
Christine Olson and Carole Buckley Adults

Improve your cardiovascular endurance and strength with this fun 4-week program led by certified fitness trainers. Please bring a set of light dumbbells, a mat and a bottle of water. **CLASSES ON MONDAY AND WEDNESDAY WILL TAKE PLACE FROM 5:30 - 6:30 A.M. CLASSES ON SATURDAY WILL TAKE PLACE FROM 6:30 - 7:30 A.M.**

DATES:

2/2 - 2/28
3/2 - 3/28

YOGA

Studio East See times below
\$80 / \$85 NR See schedule below
Teresa Palmieri Adults

How will Yoga benefit you? Yoga is known to reduce anxiety and depression, increase optimism and a sense of calm. It promotes good sleeping patterns, improves focus and concentration. This class is designed to help you begin or improve your patience, helping you to find inner peace, strength and balance. Classes consist of stretching, flowing sequences, holding postures, balance and relaxation techniques. They will improve your strength, flexibility, muscle tone and agility. Begin to explore and connect to yourself emotionally and spiritually. Experience yoga and watch your transformation begin!

DAY:	DATES:	TIMES:
Tuesdays	2/24 - 3/31	5:45 - 7:00 p.m.
Thursdays	2/26 - 4/2	4:00 - 5:00 p.m.

CARDIO KICKBOXING

Impact Martial Arts 10:00 - 11:00 a.m.
\$50 / \$55 NR See schedule below
Impact Martial Arts Staff Adults

You will work your core doing exercises such as planks, crunches, squats and push-ups. And you will get your heart rate up and pumping with some invigorating punch and kick combinations on various pads. All the exercises are designed for overall fitness, and all fitness levels are encouraged.

DAY:	DATES:
Tuesdays	3/3 - 4/7
Thursdays	3/5 - 4/9

STRENGTH & CONDITIONING FOR ADULTS

Impact Martial Arts See times below
\$50 / \$55 NR See schedule below
Impact Martial Arts Staff Adults

This class is designed to build overall body strength, particularly in hard-to-condition core areas, such as the abs, glutes and oblique muscles, using a variety of exercises and equipment, such as kettlebells, resistance bands, TRX equipment, etc.

DAY:	DATES:	TIMES:
Mondays	3/2 - 4/6	9:00 - 10:00 a.m.
Wednesdays	3/4 - 4/8	10:00 - 11:00 a.m.

MONDAY - TUESDAY CLASSES

LINKED-IN: CAREER NETWORKING & ONLINE JOB SEARCH

Studio East 6:00 - 8:00 p.m.
\$45 / \$50 NR Mondays: Mar. 16 & Mar. 23
Melissa Rush Adults

Are you looking for a new job? Would you like to connect with professionals in your field? If you are a recent graduate or a seasoned professional returning the workplace or making a career change, networking is the key to success in business today. LinkedIn is the largest professional online network in the world with over 259 million people registered and more joining each day. LinkedIn gives you the opportunity to build relationships with potential employers, customers, clients, and peers. You will develop your online profile, import your contacts, look up old employers and colleagues, search for new contacts and learn how to navigate the site, join groups and apply for jobs online.

DRAWING WORKSHOP

Studio East 7:15 - 8:30 p.m.
\$70 / \$75 NR Tuesdays: Mar. 3 - Apr. 7
Yatsze Mark Adults

This course will teach the fundamentals of drawing: sketching, line, shading, composition, linear perspective. The focus will be on heads and hands as we progress.

IPAD FOR BEGINNERS

Studio East 2:00 - 4:00 p.m.
\$45 / \$50 NR Tuesdays: Mar. 3 & Mar. 10
Melissa Rush Adults

Apple's iPad is an incredible, portable device that allows you to check email on the go, surf the web, watch videos, play games and share photos in the palm of your hand. You will learn how to adjust your personal settings, use the touch-screen interface and add programs using the App store onto your iPad tablet.

STAY CONNECTED

We are always adding new classes and making the community aware of events that are taking place in Walpole. Please take a moment to check out some of the things we are doing on-line

Follow us on Twitter at:

twitter.com/walpolerec

Like us on Facebook:

facebook.com/WalpoleRecreation

Check out our videos on YouTube:

YouTube.com/WalpoleRec

Websites:

walpolerec.com

walpole-ma.gov/recreation-department

ADULT PROGRAMS

WEDNESDAY - WEEKEND CLASSES

COMPUTER & INTERNET SKILLS (INTERMEDIATE)

Studio East 3:00 - 5:00 p.m.
\$90 / \$95 NR Thursdays: Mar. 5, 12, 19
Melissa Rush Adults

Students will review basic computer skills and learn new skills, such as intermediate Word processing, creating colorful documents with photos & images, tables, charts and slideshows, and organizing your docs into folders. We will also learn how to manage your contacts and use the calendar too. We will also explore social media sites such as Facebook and Twitter, blogging, Top 10 Apps and games, and more! Course is taught on PCs using Windows 7 and Microsoft Office 2010 in the computer lab.

GENTLE YOGA

Studio East 7:30 - 8:30 p.m.
\$60 / \$65 NR Thursdays: Mar. 5 - Apr. 9
Michelle Smith Adults

During this gentle yoga class we will use posture and breathing methods as a means to health and well-being. Postures include seated, standing, reclined and inverted. Suitable for anyone. No previous experience necessary

MOM'S CROSSFIT CUT CLASSES

CrossFit Cut 8:00 - 9:00 a.m.
\$100 / \$105 NR Saturdays: Feb. 28 - Apr. 4
CrossFit Cut Staff Adults

Welcoming all moms, beginners to experienced, to join a CrissFit Moms class. A mixture of cardio and muscle conditioning to enhance toning and metabolic rate. Also, a great way to meet new people going through the same life experiences. **Let by a CrossFit Mom, Alicia Reycroft.**

SATURDAY PAINT WORKSHOP

Studio East 10:00 a.m. - Noon
\$70 / \$75 NR Saturdays: Feb. 28 - Apr. 4
Yatsze Mark Adults

Coffee, tea and creativity! We will have warm drinks to enjoy while you paint to good music and enjoy conversation with old and new friends. Learn color theory, paint mixing, watercolor and acrylic techniques.

ONE-TO-ONE COMPUTER /APPLE /IPAD COACHING

Studio East 9:00 - 10:00 a.m. **OR** 10:00 - 11:00 a.m.
\$50 / \$55 NR PER CLASS Saturdays: See dates below
Melissa Rush Adults

This coaching session is designed to offer you exclusive, one-on-one help with any PC or Mac product, such as your MacBook Pro or Air laptop, iPad or any Apps you would like help with, such as iPhoto, iTunes, Word, etc. We will work on any program or project of your choosing, and you can select a time frame that works best for your schedule. Registrants should bring their laptop, iPad or iPhone with them.

DATES:

Mar. 7
Mar. 14
Mar. 21
Mar. 28

YOGA & REIKI

Studio East 5:30 - 7:00 p.m.
\$80 / \$85 NR Thursdays: Feb. 26 - Apr. 2
Teresa Palmieri Adults

Learn to completely relax with restorative yoga. Let me guide you through these refreshing yoga poses designed to relieve deeply held physical and emotional tension, helping you to manage day to day stress. Classes consist of gentle warm up/stretching, followed by holding restorative poses, during which Reiki will be offered. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. All fitness levels are welcome, as this class will benefit both experienced and non-experienced students. Please bring a blanket, pillow and water.

ZUMBA

Blackburn Hall See times below
\$60 / \$65 NR Wednesdays: See schedule below
Recreation Staff Adults

Zumba is a energetic, cardio class which incorporates Latin rhythms to get the heart pumping and those calories burning! This class is for all fitness levels and all ages, as modifications can be used if needed.

DATES:

2/4 - 3/18

TIMES:

7:00 - 8:00 p.m.



Loading just some of the 20 buckets donated by our friends at the Junior Women's Club of Walpole for the Sand and Salt program. THANK YOU FOR YOUR SUPPORT!!

SAND AND SALT FOR SENIORS

The Walpole Recreation Department, the Walpole Department of Public Works, and S.M. Lorusso & Sons have joined forces and will offer our popular Sand & Salt Program for Seniors that will run during the upcoming winter months.

To register, our office in Blackburn Hall or call us at Recreation Department 508-660-6353. On each Friday of the month, we will deliver a 5-gallon bucket of sand and salt mixture to seniors that are registered on a first-come, first-served basis. PLEASE CALL THE RECREATION OFFICE WHEN YOU ARE IN NEED OF A REFILL.

REGISTRATION FORM

PARENT/GUARDIAN NAME: _____ **PARENT/GUARDIAN D.O.B.:** _____ (REQUIRED)

EMAIL: _____

HOME PHONE: _____ **CELL:** _____ **WORK:** _____

MAILING ADDRESS: _____

SECONDARY CONTACT: _____ **PHONE:** _____

REGISTRANT KNOWN ALLERGIES: _____

CLASS #	REGISTRANT'S <u>FULL</u> NAME	GENDER	DATE OF BIRTH <small>(REQUIRED)</small>	GRADE	FEE
Make checks payable to: TOWN OF WALPOLE					TOTAL

READ AND SIGN BELOW: I am fully aware of the risks inherent and hereby give my consent for the above named registrant(s) to participate in the program(s) offered by the Walpole Recreation Department, and hereby release the Town of Walpole, any of its elected or appointed officials or instructors, employees, volunteers, or program coordinators from any and all liability from injuries, claims, demands, costs, loss of services, expenses and/or damages sustained by me or us or our minor children on account of his or her participation in said program or event.

DATE: _____ **SIGNATURE:** _____ **PRINTED NAME:** _____

FOR OFFICE USE ONLY	TIME STAMP	COMPUTER INITIALS
DATE RECORDED: _____ / _____ / 2014 RCVD BY: _____ CK #: _____ CASH #: _____ AMOUNT: _____		