Walpole Recreation

Spring & Summer Brochure

WalpoleRec.com
Join us for Walpole Day 2015 on Saturday, May 16th

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

ASSOCIATE MEMBERS
Lorraine Dundon
Rich McCarthy
Joe Grant
Michael McGrath

RECREATION COMMITTEE

STAFF

SUSAN CHARETTE           Principal Clerk
scharette@walpole-ma.gov   508.660.6354

AICHA KELLEY             Specialized Instructor
akelley@walpole-ma.gov    508.660.6371

LAUREN MACOMBER           Program Director
lmacomber@walpole-ma.gov  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

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.
- 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
Cancellation requests will be considered only when a written request is received by the Registration Office seven or more working weekdays prior to the start of the program session. A $6 administrative fee is charged per program, per person. No refund of cost of uniforms, costumes, T-shirts or trophies.

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.

WALPOLE SENIOR DISCOUNT
The Walpole Recreation Department provides a discounted rate on some programs for Walpole residents OVER 60 YEARS OLD. Please be prepared to demonstrate proof of Walpole residency. No such discount applies to non-residents. If a (SR) fee is not listed in the program description, that program has no discount.

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.

PARTICIPANT / SPECTATOR BEHAVIOR
Behaviors of participants or spectators that pose a risk to the participant, other participants, staff or that alters the program to such a degree that we are no longer offering the intended program, will be cause to remove the participant or participants from the program either temporarily or permanently.

READING THE BROCHURE

PROGRAM TITLE
Location
PROGRAM FEE
Program Fee
Class #: use on registration form
Time of program
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
WACKY, QUACKY WALPOLE DAY DUCK RACE
Memorial Pond / Spring Brook
Ducks drop at 3:00 p.m.
Saturday, May 16
$5 PER DUCK, $25 FOR 6 DUCKS
Recreation Volunteers
All Ages

The Walpole Rebels Swimming and Diving Boosters and the Walpole Recreation Department are joining forces to run the third “Duck Race” at Walpole Day on Saturday, May 18th. You will be given a number for each duck that you purchase that will be visible on each duck. At 3:30 pm, we will drop all of the rubber ducks in the designated area of Memorial Pond. Whichever duck crosses the finish line first, will be awarded the $1,000 first prize. You can register for ducks at WalpoleRec.com or at local community events.

TABLE RENTAL INFORMATION
In-Town Organizations $40
In-Town Businesses $45
Out-Of-Town Organizations $50
Out-of-Town Businesses $65

WALPOLE DAY SPONSORSHIPS
PLATINUM LEVEL: $2,000 OR MORE
Your business/group’s name will be printed on all documents and signage, and will have a banner at the beginning of the parade announcing you as a platinum sponsor and then hung on the food court. We will also film a podcast of your group along with multiple press opportunities.

GOLD LEVEL: $1,000 - $1,999
Your business/group’s name will be printed on all documents and signage, and will be displayed with a banner on the stage as a sponsor of the Walpole Teen Band Showcase. We will also film a podcast of your group, along with multiple press opportunities.

SILVER LEVEL: $500 - $999
Your business/group’s name will be printed on all documents and signage, and you will be have a banner as the sponsor of the Walpole Day Food Court. We will also film a podcast of your group along with multiple press opportunities.

BRONZE LEVEL: $200 - $499
Your business/group’s name will be printed on all documents and signage, and you will be have a banner as the bronze sponsor of the

FAMILY LEVEL: $100 - $249
Your business/group’s name will be printed on a lawn sign for the “Walk of Fame” on Stone Field along with multiple press opportunities.

FRIEND LEVEL: $100 - $5
Your business/group’s name will be printed on the large “Walk of Fame” and in the Walpole Day Guide. This is a great way for families to support Walpole Day.

2015 WALLY AWARD WINNERS

Grand Marshal
Tom Kirwan

Coach of the Year
Barry Greener

Mentor of the Year
Jennifer Morrell

Newcomer of the Year
Napper Tandy’s

Business of the Year
Raven’s Nest

Organization of the Year
Walpole Children’s Theater

www.WalpoleRec.com
COMMUNITY EVENTS

CONCERTS ON THE COMMON
This year is our 21st season and will feature a wide range of music for all ages. The concerts will run on Tuesday evenings from July 8 to August 26 and will include Swing, Jazz, Big Band and Rock & Roll. We are currently looking for sponsors.

SPONSOR LEVEL:
$750 OR MORE
Your business / group's name will be printed on a banner for the sponsored night along with listing in newspaper insert or flyer.

CO-SPONSOR LEVEL:
$500 - $699
Your business / group's name will be printed on a banner for the co-sponsored night along with listing in newspaper and flyer.

PATRON LEVEL:
$200 - $499
Your business / group's name will be listed in a special newspaper insert and on our program flyer.

FRIEND LEVEL:
$25 - $199
Your business / group's name will be listed in our program flyer.

Walpole Lions Club Events
Friday, March 27th
Comedy Show
@ Raffael's
featuring…
“Tony V”

Monday, June 8th
Annual Golf Tournament
@ Norton Country Club

Anyone with any questions can contact Marlene Bristol - Girvan @ mbristolgirvan@rfcu.com

Walpole Junior Women's Club
Upcoming Events
Thursday, April 2nd
Annual Fashion Show
@ Raffael's

Saturday, May 16th
Walpole Day Electronics Recycling
(Collecting unwanted Electronics TV's, computers, etc.)
in Front of Town Hall

“SUMMER CONCERTS ON THE COMMON SERIES’
kicks off on
July 7th at 6:30
with crowd favorite returning
to open the event for
2nd year in a row:
“ELEVEN”

“CLEAN UP WALPOLE" DAY: MAY 2nd
Any one wishing to participate please contact Aicha Kelley @ 508-660-6371

Walpole Chamber of Commerce
Upcoming Events
Thursday, April 2
Evening Networking Event Ribbon Cutting & Celebration
5pm
Century 21 American Properties & Law Office of Attorney Joanne Karamas
EXTRA BASES SUMMER BASEBALL CLINIC
Walpole Little League Fields (West St) 9:00 a.m. - 2:00 p.m.
$200 / $210 NR Daily: See dates below
Bill O’Connell Ages 8 - 12

Staff will provide players with the opportunity to fine-tune their baseball skills and learn proper techniques. Players will also learn how to improve their game through drill work and basic fundamental instruction including: tee work, bunt drills, pitching technique, fielding and base running. ADDITIONAL FAMILY MEMBERS MAY DEDUCT $25 FROM THE CLINIC FEE, IF THEY REGISTER AT THE SAME TIME.

DATES:
Week 1 7/6 - 7/10
Week 2 7/13 - 7/17
Week 3 7/20 - 7/24
Week 4 7/27 - 7/31

FIELD HOCKEY CLINIC
Turco Field at Walpole High School 9:00 a.m. - 12:30 p.m.
$175 / $185 NR Daily: July 6 - 10
Marianne Murphy Entering grades 5 - 8

Join Walpole High School Field Hockey coach Marianne Murphy and both present and former players for this week-long instructional program. Participants will learn such skills as dribbling, passing, driving, shooting, and tackling. Registration in this program includes clinic instruction, summer and fall round robin tournament, t-shirt, ball, mouth guard and awards.

FIELD HOCKEY PIGLETS
Turco Field at Walpole High School 9:00 a.m - 12:00 p.m
$125 / $135 See below
Marianne Murphy Grades 3 & 4

Join Walpole High School Field Hockey coach Marianne Murphy and both present and former players for this brand new clinic only for girls entering 3rd and 4th grade. During this instructional program participants will learn such skills as dribbling, passing, driving, shooting, and tackling. Registration in this program includes clinic instruction, T-shirt, ball and mouth guard. If you need to purchase a stick https://www.longstreth.com and enter code MS716:

Tuesday 8/4
Thursday 8/6
Tuesday 8/11
Thursday 8/13

FUTURE STARS SOCCER CAMP
Bird Middle School 9:00 a.m. - 2:00 p.m.
$225 / $235 NR June 29 - July 3
FUTURE STARS STAFF Grades: PK - 8

Our comprehensive soccer enrichment camp provides an opportunity for campers to develop both as a player and individual. Campers will have fun while developing and refining fundamental soccer skills and making new friends. Expert instruction from a highly experienced staff! Every camper receives a personal evaluation, a camp shirt, prizes and awards. It is strongly encouraged that campers bring cleats and shin guards. There is a $15 discount for the second child that you cannot apply online. You need to call the Recreation office at 508-660-7353 or stop in to apply the discount.

GIRLS LACROSSE CLINIC
Turco Field at Walpole High School 5:00 - 8:00 p.m.
$100 / $120 NR Mon. - Thurs.: June 29 - July 2
Tim Drummey & Mike Tosone Grades 1 - 10

Focus will be on teaching fundamentals to new players, improving current player’s skills, while also challenging experienced players to raise their game to the next level. Focus will also be on basic skills, individual techniques and positional instruction. Offensive and defensive team concepts, fun/competitive drills and short field games will also be introduced. Players need to bring lacrosse approved goggles, stick, mouth guard, sneakers/cleats for turf and grass field, snack and a water bottle. NOTE: THESE ARE THE DATES WITH THE SCHOOL SCHEDULE AS IT STANDS AT TIME OF PUBLICATION. SHOULD THERE BE ADDED SCHOOL DAYS, WE WILL PUSH THE DATES FOR THE CLINIC, ONE DAY LATER, FOR EACH SCHOOL CANCELLATION.

JUNIOR GUT CLINIC
Turco Field at Walpole High School Noon - 1:30 p.m.
$60 / $65 NR Monday - Thursday: See dates below
Mike Tosone Grades 4 - 9

This clinic is led by WHS Freshman Head Football Coach Mike Tosone. Coach Tosone helps athletes work on injury prevention through proper preparation in flexibility, strength work on major and minor muscle groups, agility and speed improvements, and endurance through constant movement. This program is held at the WHS fitness center and the turf field. REGISTRANTS MAY DEDUCT $40 FROM THE CLINIC FEE IF THEY REGISTER FOR ALL 4 WEEKS AT THE SAME TIME.

DATES:
7/6 - 7/9 7/20 - 7/23
7/27 - 7/30 7/13 - 7/16

REBEL HOOP BASKETBALL CLINICS
Walpole High School 9:00 a.m - 2:00 p.m.
$220 / $230 NR Monday - Thursday: See dates below
Dave St. Martin, Jim Gallivan Entering grades 2 - 9

The Rebel Hoop Clinic strives to develop sound athletic and basketball fundamentals in a learning atmosphere that is fun and enjoyable. Each session is developed with the same thoroughness as our own practice schedules. ADDITIONAL FAMILY MEMBERS MAY DEDUCT $15 FROM THE CLINIC FEE, IF THEY REGISTER AT THE SAME TIME.

GRADES: GENDER: DATES:
2 - 5 Girls 7/13 - 7/16
6 - 9 Girls 7/20 - 7/23
2 - 5 Boys 7/27 - 7/30
6 - 9 Boys 8/3 - 8/6

www.WalpoleRec.com
SUMMER CLINICS

REBVOL SETTER & HITTER TRAINING
Em St. School 12:30 - 2:30p.m
$75 / $85 NR
Lisa Cyr Grades 5 - 9

Rebel Setter & Hitter training will provide an opportunity for boys and girls to receive instruction in the specific skills needed to play the setter position and attacking technique. Since this clinic will focus on technical and tactical elements of volleyball that would benefit any player (footwork, movement, overhead passing techniques, offense, and strategy), you don't have to be a setter or front row player to benefit from this clinic- All positions are welcome! Players need to bring sneakers, snack and a water bottle. Knee pads are recommended.

WEEK 1 7/13-7/16
WEEK 2 7/20-7/23
WEEK 3 7/27-7/30

REBVOL SKILLS & DRILLS CLINIC
Em St. School 9:00 a.m. - Noon
$120 / $130 NR
Lisa Cyr Grades 5 - 9

RebVol skills & drills clinic will provide an opportunity for boys and girls to learn volleyball fundamentals or to advance their volleyball skills. The clinic is for players new to volleyball or who have experience. Players will learn, practice, and advance the basic volleyball skills: forearm passing, setting, serving, digging, blocking, and attacking through a variety of drills with high repetition. The clinic will also provide instruction on footwork, court positions and rules of the game. Drills and games geared towards developing and reinforcing skills will be played. Players need to bring sneakers, snack and a water bottle. Knee pads are recommended. All participants will receive a camp t-shirt.

GENDER: DATES:
Girls 7/13 - 7/16
Boys 7/20 - 7/23
Girls 7/27 - 7/30

JUNIOR TENNIS LESSONS
Walpole High School Noon - 12:50 p.m.
$40 / $45 NR
Recreation Staff Grades 6 - 7

Join the Recreation Department staff as we learn to improve our game through fundamental drills and basic gameplay. Each session lasts Monday - Thursday concentrating on skills and game play. Friday will be used as a rain day. FRIDAY WILL BE USED AS RAINDATE.

DATES:
WEEK 1 7/6 - 7/10
WEEK 2 7/13 - 7/17
WEEK 3 7/20 - 7/24
WEEK 4 7/27 - 7/31
WEEK 5 8/3 - 8/7
WEEK 6 8/10 - 8/14

SUMMER YOUTH TENNIS LESSONS
Tennis Courts, Walpole High School 9:00 - 11:50 a.m.
$100 / $105 NR
Recreation Staff Ages 8 - 14

This five-day clinic is designed to help your child learn the game of tennis. Players will take part in developing basic tennis fundamentals in conjunction with some more advanced techniques. Groups split up by age/skill will join counselors for daily lessons. In the last hour, everyone will come together to take part in fun activities and drills. Thursday and Friday's lessons will focus on match play for tournaments and round robins!

DATES:
7/6 - 7/10
7/13 - 7/17
7/20 - 7/24
7/27 - 7/31
8/3 - 8/7
8/10 - 8/14

SPACE CAMP
Studio East 9:00 a.m. - Noon
$90 / $95 NR
Dave Heshion Grades 1 - 5

Find out what it is like to live and work in space. You will design your own space station, moon base or Mars Base. See how rockets work from the ground up by building and launching your own model rocket. There will also be video presentations and awards during the program.

www.WalpoleRec.com
ENDLESS SUMMER
Blackburn Hall
9:00 - 4:00 p.m.
$35 a day
Weekdays: Aug 17 - Aug 28
Recreation Staff
Grades K - 8
Come and enjoy the last weeks of summer with us! We will play group game, arts & crafts, tie-dye, swimming and more!
You must pre-register for this program.

HIP HOP CLUB
Studio East
1:00 - 4:00 p.m.
$115 R / $120 NR
August 3 - August 7
Aly Pereira
Ages: 5 – 13
Aly has quickly become a Rec favorite dance instructor. Join her class on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the session, the children will have a performance for friends and family. Please send kids with snack and water.

LITTLE REC’ERS WARMUP
Blackburn Hall
9:00 - 11:30 a.m.
SEE FEE BELOW
Monday - Thursday: See dates below
Judy Auditors & Lauren Macomber
Ages: 2 and 9 months - 5
This class is for kids who need a bit of help with separation anxiety, as well as those who just want to get out during the spring months. Each week, the kids will make arts and crafts, play games, read stories, do ooey-gooey science fun and other surprises. Each class will have structure, as well as free play, please pack a snack and drink each day. PARTICIPANTS MUST BE POTTY TRAINED.
WEEKLY FEE: DAILY FEE:
$70 PER PERSON $20 PER DAY
WEEK 1: 6/1 - 6/4
WEEK 2: 6/8 - 6/11
WEEK 3: 6/15 - 6/18
WEEK 4: 6/22 - 6/25

SUMMER ACADEMY 2014
We are in the process of finalizing classes for the Summer Academy program. The jump start three-week classes will be offered weeks 2 - 4. Summer Academy will be held at Fisher School this year.
Dates are listed below:
June 29 - July 2
July 6 - 9
July 13 - 16
July 20 - 23

SUMMER PROGRAMS
THE WALPOLE RECREATION DEPARTMENT & FRIENDS OF SAINT PATRICK ARE PARTNERING TO RAISE FUNDS FOR NEEDY CHILDREN IN WALPOLE.

ALL PROCEEDS WILL HELP KIDS ATTEND RECREATION PROGRAMS & MORE....

ANY AMOUNT WILL HELP THE KIDS OF WALPOLE HAVE SMILING EYES!

ANYONE WITH ANY QUESTIONS MAY CONTACT AICHA KELLEY @ 508-660-6371.

CHECKS MAY BE MADE OUT TO THE “TOWN OF WALPOLE” & EARMARKED “SMILING EYES PROJECT.”

DONATIONS MAY BE DROPPED OFF IN BLACKBURN HALL OR MAILED TO: “ATTN. AICHA KELLEY, WALPOLE RECREATION, 135 SCHOOL STREET, WALPOLE, MA 02081”
Center and Wadding Pool Opening Date - 6/29 tentative  
South Pool Opening Date - 6/29 tentative  
Center Pool closed on July 3, and will reopen on July 4.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>RESIDENTS</th>
<th>NON RESIDENTS</th>
<th>SENIORS (65 AND UP)</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>LESSONS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Weeks</td>
<td>$60 / PERSON (Residents)</td>
<td>$80 / PERSON (Non-Residents)</td>
<td>$0 / PERSON (Seniors)</td>
<td>Additional Sessions $5 DISCOUNT PER CHILD</td>
</tr>
<tr>
<td>LESSONS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Week</td>
<td>$130 / PERSON (Residents)</td>
<td>$150 / PERSON (Non-Residents)</td>
<td>$0 / PERSON (Seniors)</td>
<td>Second child, same instructor ADDITIONAL $80 PER CHILD</td>
</tr>
<tr>
<td>SEASONAL POOL TAGS</td>
<td>$35 (until 7/31)</td>
<td>$55 / PERSON</td>
<td>$25 / PERSON</td>
<td>Good for all 3 pools</td>
</tr>
<tr>
<td>DAILY POOL TAGS</td>
<td>$7 / PERSON</td>
<td>$5 / PERSON</td>
<td></td>
<td>Under 1 year FREE</td>
</tr>
<tr>
<td>POOL RENTALS</td>
<td>$100 / HOUR</td>
<td></td>
<td></td>
<td>The $100 per hour charge includes a $25 refundable fee if party is cancelled more than 48 hours before said party.</td>
</tr>
</tbody>
</table>

POOL LOCATIONS
WADING POOL AND CENTER POOL - Walpole’s Kiddie Pool and Center Pool are conveniently located at the corner of School and Stone Street across from the Town Hall. Both pools offer access to bathrooms, showers, and changing facilities.

SOUTH POOL - Walpole’s South Pool is located in South Walpole off of Washington Street on Jason’s Path, behind Boyden Elementary School. The South Pool facility also includes bathrooms, showers, and a changing area.

PUBLIC SWIM POOL TAGS
Pool tags allow admission to the Public Swim times. Pool tags are not required to attend swimming lessons, or if you are renting one of the town pools for a private function. You may purchase pool tags on a daily basis or for the entire summer season through the Walpole Recreation Department during regular office hours. If you lose your pool tag, you must purchase a new one at the regular price.

ADULT / SENIOR SWIM
Adults age 65 or older can enjoy our Adult / Senior Swim sessions free of charge throughout the entire week at the Center Pool. Seniors may also enjoy Public Swim sessions by purchasing a seasonal or daily pool tag.

POOL RENTALS
Plan your next party at one of Walpole’s town pools. All three pools are available for rent at various times throughout the week. Payment in full is required at the time of the rental, and will include an additional refundable deposit to cover the cost of cleanup, if not completed satisfactorily. The rental fee includes 2 certified lifeguards for a maximum of 40 guests.

POOL RULES
A list of all pool rules is available in printed form at the Recreation Office and at all of the Town pools.
This summer at South Pool Mon-Fri and Center pool Wed, one of our ServSafe-certified employees will be playing music, grilling and selling food and drinks. 12-4pm

Anyone interested in Walpole Swim Team may go to walpoleswimteam.com or contact Cheryl Cavanaugh at cheryl_cavanaugh@walpoleswimteam.com.
**RECREATION T-BALL**

**3 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>TIME:</th>
<th>LOCATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB3A</td>
<td>9:00 - 9:30 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB3B</td>
<td>9:45 - 10:15 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB3C</td>
<td>10:30 - 11:00 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB3D</td>
<td>11:15 - 11:45 a.m.</td>
<td>Stone Field</td>
</tr>
</tbody>
</table>

**4 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>TIME:</th>
<th>LOCATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB4A</td>
<td>9:00 - 9:30 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB4B</td>
<td>9:45 - 10:15 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB4C</td>
<td>10:30 - 11:00 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB4D</td>
<td>11:15 - 11:45 a.m.</td>
<td>Stone Field</td>
</tr>
</tbody>
</table>

**5 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>DURATION:</th>
<th>LOCATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB5</td>
<td>60 minutes</td>
<td>Stone Field</td>
</tr>
</tbody>
</table>

**5 & 6 YEAR OLDS (BEGINNER)**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>TIME:</th>
<th>LOCATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB6B1</td>
<td>9:00 - 9:45 a.m.</td>
<td>Stone Field</td>
</tr>
<tr>
<td>TB6B2</td>
<td>10:00 - 10:45 a.m.</td>
<td>Stone Field</td>
</tr>
</tbody>
</table>

**6 & 7 YEAR OLDS**

<table>
<thead>
<tr>
<th>CLASS #:</th>
<th>DURATION:</th>
<th>LOCATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB6&amp;7</td>
<td>90 minutes</td>
<td>Morgan Field</td>
</tr>
</tbody>
</table>

**GENERAL INFORMATION**

No games will be played on May 16 (Walpole Day) and May 23 (Memorial Day Weekend). 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. We offer levels for 5 years of age and also a 6 & 7 year old level that is split up into teams by school and is parent coach. The beginner level offers more instruction while the advanced level focuses more on actual game play. All fields will have a Tee if needed, the older to groups are parent pitch.

**Parents Volunteers**

We are asking for at least 1 “head coach” for each team. If you can’t be a head coach, you may sign up to be an assistant whenever you are available. As an “assistant coach”, you may help as little as 1 week or as many as 5 weeks! All we are asking from each “coach” is some basic instruction (provided in a pre-season coaches meeting for all that are interested) as well as help organizing the drills. All volunteers will be required to fill out a CORI form.

You must be at least 3 years old by May 1, 2015 to participate in the program.

**Picture Day is May 9th**
**YOUTH PROGRAMS**

### ONE-DAY PROGRAMS

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Age Range</th>
<th>Date and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUPERHERO NIGHT</strong></td>
<td>Ages 2 - 7</td>
<td>Wednesday, April 1, 4:00 - 5:00 p.m.</td>
</tr>
<tr>
<td><strong>TIE-DYE DAY</strong></td>
<td>Ages 5 - 12</td>
<td>Wednesday, April 8, 4:30 - 6:00 p.m.</td>
</tr>
<tr>
<td><strong>A PIRATE’S LIFE FOR ME</strong></td>
<td>Ages 3 - 8</td>
<td>Wednesday, April 15, 4:30 - 5:30 p.m.</td>
</tr>
<tr>
<td><strong>LEGO STAR WARS</strong></td>
<td>Ages 3 - 9</td>
<td>Saturday, April 25, 2:00 - 5:00 p.m.</td>
</tr>
<tr>
<td><strong>MOTHERS DAY GIFT MAKING</strong></td>
<td>Ages 3 - 7</td>
<td>Wednesday, May 6, 4:30 - 5:30 p.m.</td>
</tr>
<tr>
<td><strong>FATHERS DAY GIFT MAKING</strong></td>
<td>Ages 3 - 7</td>
<td>Wednesday, June 17, 4:30 - 5:30 p.m.</td>
</tr>
<tr>
<td><strong>PLAYGROUP</strong></td>
<td>Ages 2 - 5</td>
<td>See dates below, 9:30 - 11:00 a.m.</td>
</tr>
</tbody>
</table>

### MULTIPLE DAYS PROGRAMS

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Age Range</th>
<th>Date and Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PARACHUTE PLAYTIME AND BOUNCY HOUSE</strong></td>
<td>Ages 1 - 5</td>
<td>Blackburn Hall, 11:00 - 11:45 a.m.</td>
</tr>
<tr>
<td><strong>HOME ALONE SAFETY</strong></td>
<td>Ages 7 - 12</td>
<td>Blackburn Hall, 5:30 - 8:30p.m.</td>
</tr>
<tr>
<td><strong>SPRING TRACK &amp; FIELD CLINIC</strong></td>
<td>Grades 6 - 8</td>
<td>Turco Field, Walpole High School, 4:30 - 6:00 p.m.</td>
</tr>
</tbody>
</table>

**Note:** THIS IS A DROP OFF PROGRAM. PARTICIPANTS MUST BE POTTY TRAINED. NO PROGRAM ON APRIL 20 OR APRIL 23.
AFTER SCHOOL SPORTS
Blackburn Hall
Recreation Staff

$40 / $45 NR

See times below

Mondays: April 6 - May 18
Grades: See Below

This program is a great way to introduce a variety of new games and sports to your little athlete! Our focus during this class will be on developing the children's social skills and learning in a group atmosphere.

GRADE(S): TIME:
PK & K 4:00 p.m. - 4:45 p.m.
1 & 3 5:00 p.m. - 6:00 p.m.

BABY PLAYTIME
Lower Blackburn
Recreation Staff

$65 / $70 NR

9:15 - 10:15 a.m.
Tuesdays: Mar. 24 - May 19
Ages 4 - 12 months

Bring your little ones for some socialization and fun at this exciting new playgroup for babies 4-12 months old! Enjoy age-appropriate sensory play, stories, dancing, songs and social time with other babies, parents and caregivers. Your kiddos will definitely nap well after this group. NO PROGRAM ON APRIL 21.

TINY TODDLERS/SECOND TIME AROUND GROUP
Lower Blackburn
Recreation Staff

$60 / $65 NR

10:45 - 11:45 A.M.
Tuesdays: Mar. 24 - May 19
Ages 12 months - 2 years

Bring your toddlers, (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! NO PROGRAM ON APRIL 21.

FLAG FOOTBALL
Stone Field
Recreation Staff

$45 / $50 NR

4:00 - 4:45 p.m.
Tuesdays: April 7 - May 19
Grades K - 3

We will group the kids into 2 teams, the focus the first week will be on technique and proper techniques, while remaining weeks will consist of game play. Every participant will receive a jersey. NO PROGRAM ON APRIL 21

GRADE(S): TIME:
K 4:00 - 4:45 p.m.
1 - 3 5:00 - 5:45 p.m.

ALL KIDS THEATER COMPANY
Blackburn Hall
Recreation Staff

$85 / $90 NR

Beth Danesco

4:30 - 5:30 p.m.
Tuesdays: Mar. 31 - May 12
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 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! NO PROGRAM ON APRIL 21.

HIP HOP DANCE
Blackburn Hall
Recreation Staff

$105 / $110 NR

4:45 - 5:45 p.m.
Tuesdays: Apr. 14 - June 9
Ages 5 - 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 to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the session, the children will have a performance for friends and family. NO PROGRAM ON APRIL 21.

TAP DANCE
Blackburn Hall
Recreation Staff

$105 / $110 NR

3:45 - 4:45 p.m.
Tuesdays: Apr. 14 - June 9
Ages 5 - 12

Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the session, the children will have a performance for friends and family. NO PROGRAM ON APRIL 21.

WEEKDAY T-BALL
Stone Field
Recreation Staff

SEE FEES BELOW

5:00 - 5:45 p.m.
Tuesdays: Apr. 28 - June 9
Ages: See Below

Here's your chance to play t-ball during the week, and still have your Saturdays free to relax. We will focus on teaching the basics of baseball while having fun! All participants will receive an end of season shirt and hat. NO PROGRAM ON MAY 26.

AGE(S): TIME: COST:
2 years old 9:30 - 10:00 a.m. $25R / $40NR
3 & 4 years old 10:30 - 11:00 a.m. $35R / $40NR
4 & 5 years old 1:00 - 2:15 p.m. $40R / $45NR
5 & 6 years old 2:30 - 3:45 p.m. $40R / $45NR

SILLY STORIES & CRAFTY CRAFT SHARE TIME
Blackburn Art Room
Recreation Staff

$60 / $65 NR

10:00 - 10:45 a.m.
Tuesdays: Apr. 28 - June 2
Ages 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 $10 PER CHILD AVAILABLE.
YOUTH PROGRAMS

WACKY WEDNESDAYS
Lower Blackburn                                                                     11:00 - 11:45 a.m.
$10 PER CLASS
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:
Mar. 25        Lucky Ducks
April 1        Bunnies and Baskets
April 8        Beautiful Butterflies
April 15       Let's go Red Sox
April 29       Itsy Bitsy Spider
May 6          Mother's Day
May 13         Buzzing Bees
May 20         Stars and Stripes
May 27         Disney Jr.
June 3         Sunny Days

HEAD START BASEBALL
97 Green Street in Foxboro, MA                                                      4:00 - 5:00 p.m.
$125 / $130 NR
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
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.

WEEKDAY SOCCER
Stone Field                                                               See times below
LAUREN MACOMBER

Here's your chance to play soccer during the week, and still have your Saturdays free to relax. We will focus on teaching the basics of soccer while having fun in a non-competitive environment. All participants will receive a t-shirt. Sign up for weekday t-ball and then stay for soccer!

TIME: AGE: COST:  
9:30 - 10:00 a.m. 2 years old  $35 /$40 NR
10:30 - 11:00 a.m. 3 - 4 year olds $35 /$40 NR
2:00 - 2:45 p.m. 4 - 5 year olds  $40 /$45 NR
3:00 - 3:45 p.m. 5 - 6 year olds  $40 /$45 NR
4:00 - 4:45 p.m. 6 - 7 year olds  $40 /$45 NR

INTRODUCTORY BASEBALL SKILLS CLINIC
Bird Middle School Gym                                                        4:15 - 5:30 p.m.
$80 / $85 NR
Jerry Anzalone & Paul Kolodzinski

This clinic concentrates on hitting, proper throwing, catching, infield & outfield play, base-running and playing rules used at the t-ball level. Each player will need to bring a glove, sneakers and sweatpants. Tuition includes a t-shirt.

If you would like to teach a program, please contact us at recreation@walpole-ma.gov
KIDS KARATE
Impact Martial Arts, Walpole
See times below
$50 / $55 NR
See dates below
Impact Martial Arts Staff
Ages 3 - 12

This program focuses on teaching the basics of martial arts along with building skills such as balance, body coordination, sharing, listening to your parents, fire safety and much more. This is a high-energy, fun class. This includes a uniform and belt that will be provided to the student.

AGES: DAY: DATES: TIME:
3 - 5 Wednesdays 5/6 - 6/10 3:15 - 3:45 p.m.
3 - 5 Wednesdays 7/8 - 8/12 4:00 - 4:30 p.m.
5 - 7 Tuesdays 7/7 - 8/12 3:15 - 3:45 p.m.
5 - 7 Wednesdays 5/6 - 6/10 4:00 - 4:30 p.m.
5 - 7 Tuesdays 5/7 - 6/11 4:00 - 4:30 p.m.
5 - 7 Wednesdays 7/8 - 8/12 4:00 - 4:30 p.m.
5 - 7 Thursdays 7/9 - 8/13 4:00 - 4:30 p.m.
5 - 7 Tuesdays 5/5 - 6/9 4:00 - 4:30 p.m.
5 - 7 Tuesdays 5/5 - 6/9 4:45 - 5:30 p.m.
5 - 7 Thursdays 5/7 - 6/11 4:45 - 5:30 p.m.

HALF-DAY CAFE
Blackburn Hall
1:00 - 3:00 p.m.
$5 PER PERSON
Fridays: See dates below
Grade 4 & 5

Not sure what to do with your tweens on half-days? Drop them off at Blackburn Hall for a day of hanging out with friends, listening to their favorite songs played by a DJ, Karaoke, Wii games, and more surprises. Pizza, snacks, and drinks will be for sale.

DATE:
May 15
June 12

PARENTS NIGHT OUT
Blackburn Hall
6:00 - 9:00 p.m.
$20 / $25 NR PER CHILD / $10 PER ADDITIONAL SIBLING
Friday, Grades 4 & 5

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:
March 27
April 24
May 15
June 19

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 to run 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!
DRIVER’S ED W/ TDA
Blackburn Hall
See times below
$70 PER PERSON
See dates below
TDA Staff
15 and 9 months and up
Teachers Driving Academy is now offering classes at Walpole. This low fee covers 30 hours of mandatory classroom instruction and there are no hidden fees and there is not charge for the required parent class. Chose a session that best fits your schedule and register early by going to www.teachersdrivingacademy.com. YOU DO NOT HAVE TO ATTEND WALPOLE HIGH SCHOOLS OR BE A WALPOLE RESIDENT TO ATTEND. All dates are subject to change pending Walpole Public School Calendar.

Students are asked to bring snacks and drinks from home. They must bring a notebook, pen and a copy of their birth certificate. At least one parent must attend the Parent Class. If you cannot attend during the session the student is registered for, you may attend during another session. If you have already attended since Sept. 2007, you are okay as they last for five years.

APRIL VACATION
DAY: TIME:
Tuesday, April 7 (Parent & Child) 6:00 - 8:00 p.m.
Monday, April 20 8:00 a.m. - 2:30 p.m.
Tuesday, April 21 8:00 a.m. - 2:30 p.m.
Wednesday, April 22 8:00 a.m. - 2:30 p.m.
Thursday, April 23 8:00 a.m. - 2:30 p.m.
Friday, April 24 8:00 a.m. - Noon

SUMMER VACATION (JUNE)
DAY: TIME:
Tuesday, June 9 (Parent & Child) 6:00 - 8:00 p.m.
Saturday, June 27 8:00 a.m. - 2:30 p.m.
Monday, June 29 8:00 a.m. - 2:30 p.m.
Tuesday, June 30 8:00 a.m. - 2:30 p.m.
Wednesday, July 1 8:00 a.m. - 2:30 p.m.
Thursday, July 2 8:00 a.m. - Noon

SUMMER VACATION (JULY)
DAY: TIME:
Monday, July 13 8:00 a.m. - 2:30 p.m.
Tuesday, July 14 8:00 a.m. - 2:30 p.m. (Parents join)
Wednesday, July 15 8:00 a.m. - 2:30 p.m.
Thursday, July 16 8:00 a.m. - 2:30 p.m.
Friday, July 17 8:00 a.m. - 2:30 p.m.

SUMMER VACATION (AUGUST)
DAY: TIME:
Monday, August 10 8:00 a.m. - 2:30 p.m.
Tuesday, August 11 8:00 a.m. - 2:30 p.m.
Wednesday, August 12 8:00 a.m. - 2:30 p.m.
Thursday, August 13 8:00 a.m. - 2:30 p.m.
Friday, August 14 8:00 a.m. - 2:30 p.m

Program. **(can change if we have snow days, we will update based on Walpole School snow days)**

www.WalpoleRec.com
LEARN TO USE YOUR SEWING MACHINE
Blackburn Hall
$70 / $75
Jen Wolf

Do you have a sewing machine collecting dust? Do you have sewing projects in mind, but have no idea how to use your sewing machine? Or do you want to improve your machine sewing skills? Beginner to advanced sewers welcome All ranges of projects can be taught: Alterations, free form patterns, clothing patterns, quilting, crafting, and more! MUST BRING A WORKING SEWING MACHINE. NO PROGRAM ON APRIL 22.

PROM MAKEUP TRENDS & TIPS
Blackburn Hall
10:00a.m - 12:30 p.m.
$55 / $60 NR
Christine Marcuccella, Mary Kay Senior Beauty Consultant

The exciting time of prom is almost here and there are many details to be taken care of... dress, shoes, jewelry. But don't forget the makeup. This class will teach young ladies the latest looks and the hottest styles. In this class you will receive a full face make-over, touch up samples and a full sized, Mary Kay Lip Gloss or Color. Join us as we get you red-carpet ready! (You do not have to be going to the prom to attend this class). PARTICIPANTS NEED TO BRING THEIR OWN TOWEL - INSTRUCTOR WILL SUPPLY EVERYTHING ELSE.

ROCK 101
School of Rock, Norwood
$250 / $255 NR
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
$175 / $180 NR
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 study the names of the notes and strings, and the basic, open position chords. There will be another 6-week session to follow this program as the students progress. Anyone interested in learning more about Steve, may visit SteveMarchena.com. NO PROGRAM ON APRIL 24.

PERFORMANCE GROUP
School of Rock, Norwood
$300 / $305 NR
School of Rock Staff

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.

CONCUSSION SCREENING BY AHEAD OF THE GAME
Blackburn Hall
$40 / $45 NR
Jeannie Donatos

Aged of the Game is able to help prepare and protect your student athlete’s most asset - their brain. With the simple, and fun screening - the children answer questions on the computer for about 45 minutes which is the ImPact™ testing: a computerized neurocognitive exam that measures your child’s cognitive abilities such as recall, reaction time and pattern recognition.

Having a Baseline test in place is an invaluable tool used by doctors to determine the severity of the concussion and to provided a proper treatment. ANYONE INTERESTED IS URGED TO VISIT WWW.A-HEADOFTHEGAME.COM. This is not the same program for the Walpole High School sports programs.

TIMES:
10:00 - 11:00 a.m. Noon - 1:00 p.m.
11:00 - Noon 1:00 - 2:00 p.m.

BEGINNER GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena

Fridays: April 10 - May 22
Ages 13 and up
This class is taught by a true guitar genius, Steve Marchena. This program is an introduction to guitar playing. Students will begin by studying both the names of the notes and strings, and the basic, open position chords. Next, we will focus on the art of strumming, and then apply this core knowledge to create basic accompaniments for a wide variety of popular tunes. Basic improvisation and use of the capo are also covered. There will be another 6-week session to follow this program as the students progress. Anyone interested in learning more about Steve, may visit SteveMarchena.com.

INTERMEDIATE GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena

Fridays: April 10 - May 22
Ages 13 and up
This program is an intermediate level that focuses on essential rhythm and lead guitar techniques, and the styles of Blues, Jazz, Rock, and Classical. Other styles covered are Country, Pop, Folk, Flamenco, and Heavy Metal. This class is suitable for students who already have a strong working knowledge of basic open position chords. There will be another 6-week session to follow this program as the students progress. Anyone interested in learning more about Steve, may visit SteveMarchena.com.

ADVANCED GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena

Fridays: April 10 - May 22
Ages 13 and up
See page 19 for more detailed information.
POWER VOLLEYBALL
Gym, Elm Street School  7:00 - 9:00 p.m.
Richard Edge  $35 / $40 NR
Mondays: Apr. 27 - June 29
Adults

This is a game for experienced players who possess a certain amount of quickness, alertness, coordination, and who desire to further develop these skills in a competitive environment. **NO PROGRAM ON APRIL 21 OR MAY 26.**

TAI CHI
Villari's, Walpole  7:00 - 7:45 p.m.
Master Steve Hannah, 6th Degree Black Belt  $60 / $65 NR
Mondays: Mar. 30 - May 11
Adults

Given harmony, the body knows how to revitalize and regenerate itself. Tai Chi is the study of moving meditation, thus harmonizing the energies of body, mind, and emotion through the body’s voluntary responses. As we all know, there are too many ways to get out of balance. Practicing Tai Chi and Qi Gong are excellent ways to help your body restore and maintain harmony, while revitalizing your body, mind, and spirit. **NO PROGRAM ON APRIL 20.**

10 PROVEN STRATEGIES TO HELP SECURE YOUR FINANCIAL FUTURE
Lower Blackburn  7:00 - 9:00 p.m.
Daniel Miele  $10 / $15 NR
Tuesdays: See Below
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 24</td>
<td></td>
</tr>
<tr>
<td>April 14</td>
<td></td>
</tr>
<tr>
<td>April 28</td>
<td></td>
</tr>
<tr>
<td>May 12</td>
<td></td>
</tr>
<tr>
<td>May 26</td>
<td></td>
</tr>
</tbody>
</table>

YOGA
Studio East  4:00 - 5:15 p.m.
Teresa Palmeri  $80 / $85 NR
Tuesdays: April 7 - May 19
Ages 14 and up

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 practice, 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!

YOGA & REIKI
Studio East  5:45- 7 p.m.
Teresa Palmeri  $80 / $85 NR
Tuesdays: April 7 - May 19
Ages 14 and up

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

BLS FOR THE HEALTHCARE PROVIDER
Blackburn Hall  See times below
$65 / $70 NR
CPR Certified Instructors  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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15</td>
<td></td>
</tr>
<tr>
<td>May 20</td>
<td></td>
</tr>
<tr>
<td>June 17</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

HEARTSAVER CPR & AED
Blackburn Hall  See times below
$65 / $70 NR
CPR Certified Instructors  Adults

This American Heart Association course covers CPR for the Adult/Child/Infant and instruction on the use of an Automated External Defibrillator. You will learn the necessary skills to identify and respond to the life-threatening emergencies of cardiac arrest, respiratory arrest, and choking. This class includes an American Heart Association textbook and CD. If you pass the course, you will receive a CPR certification card that is valid for two years. Target audiences are: childcare providers, teachers, personal trainers, and parents.

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15</td>
<td></td>
</tr>
<tr>
<td>May 20</td>
<td></td>
</tr>
<tr>
<td>June 17</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

LEARN TO USE YOUR SEWING MACHINE
Pond Street Recreation Complex  4:30 - 6:00 p.m.
$70 / $75
Jen Wolf  Adults

Do you have a sewing machine collecting dust? Do you have sewing projects in mind, but have no idea how to use your sewing machine? Or do you want to improve your machine sewing skills? Beginner to advanced sewers welcome! All ranges of projects can be taught: Alterations, free form patterns, clothing patterns, quilting, crafting, and more! **MUST BRING A WORKING SEWING MACHINE. NO PROGRAM ON APRIL 22.**

BEGINNER / INTERMEDIATE VOLLEYBALL
Gym, Elm Street School  7:00 - 9:00 p.m.
Richard Edge  $85 / $90 NR
Adults

Join us for fun and exercise at these pick-up volleyball games organized for the beginner to Intermediate level players. Please wear sneakers and comfortable clothing. You must register for this class in advance. **NO PROGRAM ON APRIL 23.**

YOUR FIRST 5K
Pond Street Recreation Complex, Norfolk  6:30 - 7:30 p.m.
$85 / $90 NR
Nanci Cahalane  Adults

If you’ve ever thought about becoming a runner or running again after taking years off, here is your opportunity! This adult program is designed to get you off the couch and ready to run a 5K (3.1 miles). In this program, which is catered to beginners, you will progress gradually from a walker to a runner. We will meet as a group once a week and you will be given specific instructions for running other days of the week on your own. Workouts will be followed with stretching and advice about running and nutrition.
GENTLE YOGA
Studio East
$60 / $65 NR
Michelle Smith
7:30 - 8:30 p.m.
Thursdays: April 9 - May 21
Ages 13 and up
NO PROGRAM ON APRIL 23

Yoga develops flexibility, tones muscles and strengthens the nervous, glandular and immune systems. It increases mental energy and gives you a deeper inner calm, strength & grace. 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. This class is suitable for everyone and not previous experience is necessary. Please bring a yoga mat.

FIRST CONNECTIONS GROUP FOR NEW MOMS
Studio East
$60 / $65 NR
Erica Young
11:00 a.m. - 12:15 p.m.
Thursdays: Mar. 26 - May 21
Ages 13 and up
NO PROGRAM ON April 23

Motherhood can be a wild ride, especially during the first few months. Join other new moms and discuss the joys of motherhood, as well as, the anxieties of adjusting to new responsibilities and changed routines. Topics covered will be: feeding, soothing, sleeping anxieties, postpartum adjustments, emotions, returning to work, changing roles/relationships and more.

IPAD FOR BEGINNERS
Studio East
$45 / $50 NR
Melissa Rush
2:30-4:30p.m.
Thursday: April 9 & 16
Ages 13 and up

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.

BEGINNER GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena
6:00 - 7:00 p.m.
Fridays: April 10 - May 22
Ages 13 and up
See page 17 for more detailed information

INTERMEDIATE GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena
7:00 - 8:00 p.m.
Fridays: April 10 - May 22
Ages 13 and up
See page 17 for more detailed information

ADVANCED GUITAR WORKSHOPS
Studio East
$100 / $105 NR
Steve Marchena
8:00 - 9:00 p.m.
Fridays: April 10 - May 22
Ages 13 and up

This program is an advanced level where you will survey and develop the most advanced guitar techniques including: string skipping, alternate picking, sweep picking, finger picking, finger tapping, and a variety of harmonic techniques. This class is suitable for students who have a strong working knowledge of barre chords and pentatonic scales. There will be another 6-week session to follow this program as the students progress. Anyone interested in learning more about Steve, may visit SteveMarchena.com. NO PROGRAM ON APRIL 23.

MEN’S BASKETBALL
Gym, Old Post Road School
$80 / $85 NR
Dennis Jones
6:30 - 8:30 p.m.
Fridays: Apr. 10 - June 26
Ages 13 and up

These weekly pick-up basketball games at the Old Post Road School gym are for all ability levels. NO PROGRAM ON APRIL 17 OR APRIL 24.

INVESTING FOR RETIREMENT 101
Lover Blackburn
$10 / $15 NR
Henry Astarian
10:00 a.m. - Noon
Saturday, See Below
Ages 18+

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.

Dates:
March 21
April 18
June 20

MOM’S CROSSFIT
Crossfit Cus., 277 South St #6
$100 / $105 NR
Alicia Reycroft
8:00 - 9:00 a.m.
Saturdays: April 11 - May 16
Ages 18+

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.

ONE-ON-ONE APPLE COACHING
Blackburn Hall
$35 PER HOUR
Melissa Rush
Call 508-660-6353 to schedule
All Ages

This class is designed to offer you exclusive, one-on-one help with any Apple or Mac product, such as a Macbook Pro or Air Laptop, iPhone iPad or any app you would like help with such as iTunes or iPhoto. We will work on any program or project of your choosing and you can select a time frame that works best for you exclusive, one-on-one help with any Apple or Mac product, such as a Macbook Pro or Air Laptop, iPhone iPad or any app you would like help with such as iTunes or iPhoto. We will work on any program or project of your choosing and you can select a time frame that works best for you.

Downtown Walpole Vision and Action Plan Open House
Tuesday, April 14, 2015
5:30 - 7:30 p.m.
Walpole Public Library

The Town of Walpole and the Metropolitan Area Planning Council will hold an Open House at the Walpole Public Library in the Community Room to gather input for the Downtown Walpole Vision and Action Plan. Drop in anytime between 5:30 p.m. and 7:30 p.m. to review study findings including retail and housing opportunities, participate in mapping and urban design exercises, and prioritize potential goals and strategies.
BASIC TRAINING BOOT CAMP
Turco Field, Walpole High School / Blackburn Hall

See times below

$10 PER CLASS
Wed., & Sat.: Mar. 30 - May 2
Christine Olson & Carole Buckley

Improve your cardiovascular endurance and strength with this fun 4-week program led by certified fitness trainers. Please bring a set of light dumbbells (3 - 12 lbs.), a mat and a bottle of water. Classes on Wednesday will take place from 5:30 - 6:30 a.m. Classes on Saturday will take place from 6:30 - 7:30 a.m.

LADIES’ LIGHT HIKE
Various Locations

9:45 - 11:00 a.m.

See instructors below

Nanci Cahalan, Certified Personal Trainer

Hiking is a fantastic exercise as well as a great time to get some fresh air and explore new places. Every week we will meet at a new location - a list will be provided at the first hike, which will take place at F. Gilbert Hills State Forest in Foxboro. Please note that hikes will be cancelled only for very inclement weather; make-ups will be scheduled after the 2nd cancellation. NO PROGRAM ON MAY 23.

DAY: DATES: INSTRUCTOR:
Thursdays 4/30 - 6/4
Saturdays 5/9 - 6/20

ZUMBA
Blackburn Hall

$60 / $65 NR

See times below

See instructors below

Adults

Zumba is a energetic, cardio class which incorporates Latin rhythms to get the heart pumping and those calories burning! Zumba is considered “exercise in disguise” because it’s so much fun and the music just makes you want to move. This class is for all fitness levels and all ages, as modifications can be used if needed. NO PROGRAM ON APRIL 22 OR APRIL 23.

DAY: TIME: DATES: INSTRUCTOR:
Wednesdays 7:00 - 8:00 p.m. 4/1 - 5/13 Tanya Clark
Tuesdays 6:00 - 7:00 p.m. 4/8 - 5/20 Mimi Shin
Wednesdays 7:00 - 8:00 p.m. 5/20 - 6/24 Tanya Clark

GETTING STARTED WITH WORDPRESS
Studio East

6:00 - 8:00 p.m

See dates below

$75 / $80 NR

Melissa Rush
Adults

WordPress is the most popular blogging software on the web. It is an online, hosted blog/website service, so there is no need to download software, pay for hosting or manage a web server. In this three-session, hands-on course geared toward small business owners or anyone interested in creating a personal blog or website, You will get your own free WordPress.com account and learn how to use all the tools included to build a great starter website. The basics include installation, setting up pages, posts, plug-ins, and widgets. Time will be spent reviewing themes and how to publish content. A review of image management and SEO is also included.

Day: Date:
Monday 5/4
Thursday 5/7
Monday 5/11
Thursday 5/14
Monday 5/18

PROGRAMS AT THE SENIOR CENTER
The following Programs are held at the COA. Please call 508-668-3330 for more information or to reserve seats.

Private Fenway Park Tour
Monday, May 4
Starts at 12:30 p.m.
$20 per person

International Let's Talk Program
This ongoing program lets you speak to advanced students at the University of Lyon in France using your personal computer and Skype

Building Bridges
The Walpole Recreation Department & the Council on Aging are teaming up to offer great intergenerational programs. This keeps the active older adults young and spry and teaches the Volunteers respect and life lessons. We will keep you updated as Building Bridges Programs are scheduled.

Anyone with any questions may on contact Aicha Kelley at the Recreation Department or Courtney Riley at the Senior Center.

CREATIVE CORNER WITH ORA
Walpole Senior Center

1:00 - 2:00 p.m.

FREE
Ora McGuire
Seniors

Throughout her life Ora has found many different topics that interest her and keep her mind sharp. She has taken the time to organize this program to share these topics with the public. Ora encourages others to suggest other topics, stories, and crafts for the group so that everyone can learn something new!

DATE: THEME: LOCATION
March 25th *IRELAND COMES TO WALPOLE* COA
*Featuring Harney Academy of Irish Step

April 29th *SPRING FLORAL ARRANGING AT STOP & SHOP*

AWAKENING YOUR STORY TELLER: SHARING THE GIFT OF YOUR STORY
Walpole Senior Center

1:00 - 2:00 p.m.

FREE
Alan O’Hare
Seniors

Alan O’Hare is joining our seniors again to create a perfect atmosphere for the interesting stories our senior will be telling. Alan always brings wonderful stories himself.

SENIOR MOMENTS
Walpole Council on Aging

2:30 - 4:00 p.m.

FREE
Volunteers
Seniors

All are welcomed to join the Senior Moments as they practice their musical talents, make friends and enjoy coffee. The group often performs around town at events. No prior experience is necessary.
ADULT PROGRAMS

CARDIO KICKBOXING
Impact Martial Arts
10:00 - 11:00 a.m.
$50 / $55 NR
Impact Martial Arts Instructors
Adults

This class is designed to build overall body strength, particularly in hard-to-condition core areas, such as the abs, flutes and oblique muscles. A variety of exercises employing the kettle bell, TRX bands, medicine balls, weighted balls, weighted poles, slide boards and other items will be used.

DAY:  DATES:
Tuesdays  5/5 - 6/9
Thursdays  5/7 - 6/11
Tuesdays  7/7 - 8/11
Thursdays  7/9 - 8/13

STRENGTH AND CONDITIONING FOR ADULTS
Impact Martial Arts
See times below
$50 / $55 NR
Impact Martial Arts Instructors
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:  TIME:
Mondays  5/4 - 6/15  9:00 - 10:00 a.m
Wednesdays  5/6 - 6/10  10:00 - 11:00 a.m

WOMEN’S SELF DEFENSE
Impact Martial Arts
10:00 - 11:00 a.m.
$50 / $55 NR
Impact Martial Arts Instructors
Adults

Our adult self-defense program, rooted in the Israeli system of Krav Maga is reality based, scenario training that utilizes practical, aggressive techniques and combative designed to build strength and endurance and improve conditioning while preparing ourselves should we ever have to defend ourselves. This class is for women only.
WALPOLE DAY SPONSORS

To become a sponsor, please contact Aicha Kelley at akelley@walpole-ma.gov or call 508.660.6371.
Sponsorships at time of print

GOLD SPONSORS

Dedham Savings

APOLLO INTERNATIONAL

SILVER SPONSORS

J.D. Murphy Real Estate
7 West Street
Walpole
508.668.1200
jdmurphyrealestate.com

WALPOLE PHARMACY

BETRO PHARMACY
BRONZE SPONSORS

- Dental Associates of Walpole
- Walpole Co-Operative Bank
- S.M. Lorusso & Sons Inc.
- Dalton's Package Store
- Acres of Green Landscape Inc.

FAMILY AND FRIEND SPONSORS

- Dunkin' Donuts
- Attorney Jim Brady & Associates
- Edwin and Linda Winslow
HIDDEN IN PLAIN SIGHT

WEDNESDAY, APRIL 29
~Come to an interactive awareness program on signs that could be right under your nose. Something as simple as tinfoil…

DO YOU REALLY WANT TO LEGALIZE POT?

MONDAY, JUNE 1

~Come learn from a panel of experts about other communities that have legalized marijuana and how it has affected the youth as well as a Q & A time to really know the truth.

All programs are at the Walpole Public Library & are offered for parents & guardians at 10am & 7pm

*SPONSORED BY THE WALPOLE COALITION FOR ALCOHOL & DRUG AWARENESS
Like us on Facebook: Walpole Coalition for Alcohol & Drug Awareness

Please save the date and attend these very important events.