

walpole RECREATION



fall brochure



www.walpolerec.com

ABOUT WALPOLE RECREATION

RECREATION COMMITTEE

MEMBERS

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

ASSOCIATE MEMBERS

Lorraine Dundon
Joe Grant
Jeffrey Hutnick
Rich McCarthy
Michael McGrath

RECREATION STAFF

CHAD NORTON cnorton@walpole-ma.gov	<i>Interim Recreation Director</i> 508.660.6370
AICHA KELLEY akelley@walpole-ma.gov	<i>Program Coordinator</i> 508.660.6371
LAUREN MACOMBER lmacomber@walpole-ma.gov	<i>Program Coordinator</i> 508.660.6374
SUSAN CHARETTE scharette@walpole-ma.gov	<i>Principal Clerk</i> 508.660.6354

CONTACT US

PHONE	508.660.6353
FAX	508.660.7398
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

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.**
- 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 / TRANSFERS

All cancellations and transfers will be subject to a \$6 administrative fee 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.

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.



COMMUNITY EVENTS



The Walpole Recreation Department and The Friends of St. Patrick have created the "Smiling Eyes Project" where together we offer students from Walpole paid tuition to our Programs. This will be accomplished by businesses, charitable organizations, and everyday citizens sponsoring children. The Project will take any donation amount, so multiple donations can support one child. The Friends of Saint Patrick and the Recreation Department are hoping that this project grows, so Walpole children in need will be able to participate in sports, music, and art programs. Anyone interested in sponsoring a child through the "Smiling Eyes Project" may do so by cash or check made out to the "Town of Walpole" and earmarked "Smiling Eyes Project." They can be mailed to "Attn. Aicha Kelley, Recreation Department, 135 School Street, Walpole, MA 02081" or dropped off at Blackburn Hall. Anyone with any questions or if anyone knows of a child in need, please contact Aicha Kelley at 508-660-6371. We would like to take this opportunity to thank Donnel Murphy, Debbie Bering and Friends of St. Patrick, the Walpole Cooperative Bank, the Walpole Lions Club, Jana Morra, The Ross Family, Nancy Kingsbury, Winslow Warren, Turco Insurance, Needham bank, the Bigelow Family, The Kilroy Family, The Macneil Family, and the Sullivan Revocable Trust for sending over 60 children to summer programs and awarding pool tags for the 2014 season.

WALPOLE HOMECOMING WEEKEND

Various Locations, Walpole

All weekend

FREE

Saturday, September 27

Walpole Youth Football & Cheer / Recreation Staff

All ages

The Walpole Recreation Department and Walpole Youth Football & Cheerleading are throwing a "Welcome Home, Walpole" Party! Highlights of the weekend will include a home Rebel Football Game on Friday night and on Saturday, a BBQ with live country music, the Walpole Arts & Music Fest, Punt Pass & Kick Competitions, The Annual Chili Cook - Off and more. Sunday will have home Walpole Youth Football and Cheer Games. Please contact Aicha Kelley at 508-660-6371 for sponsorship information.

3RD ANNUAL COMMUNITY COSTUME SWAP

Blackburn Hall

10:00 a.m. - Noon

\$5 PER COSTUME OR SWAP

Saturday, October 4

Recreation Staff

All ages

Do you have a closet full of costumes that you wouldn't dare be seen in again or some that will just never fit your children? Don't have thousands of dollars to spend on costumes for the entire family? We have the *perfect* solution for you... come to the 3RD Annual Community Costume Swap! If you want to empty your closet as a recycling/cleaning project, you may drop gently-used costumes at the Recreation Office during our normal office hours. If you would rather swap, just show up on the day of the swap! Please remember ... *gently* used!

ANNUAL MIDDLE SCHOOL POETRY SLAM

Studio East

Starts at 7:00 p.m.

FREE

Wednesday, October 8

Middle School Students

Grades 6 - 8; Families

Join us for this event that spans over more than a decade. The Recreation Department works with Walpole middle schoolers to encourage them to create poetry about a specific theme. Once the poetry has been turned in, we will host a wonderful evening to celebrate all of the poems and honor some of the poets by having them read their pieces aloud. All are welcome to attend!

HALLOWEEN PARADE AND PARTY

Blackburn Hall

10:30 a.m. - Noon (Parade lines up at 10:00 a.m.)

\$5 PER CHILD

Saturday, October 25

Recreation Staff

Ages 12 and under

During the parade, there will be a costume contest and then kids can trick-or-treat at participating downtown businesses. After the parade, we will host our Halloween party. We will have music, crafts, games, face painters and more back at Blackburn Hall. Prizes will be awarded at the party. Price includes admission to the parade and party. Each participant receives 2 free game tickets. Additional game tickets can be purchased during the party.

TAKE A SEAT FOR THE ARTS

Blackburn Hall

7:30 - 10:00 p.m.

FREE

Thursday, November 6

Local Artists

All ages

This event is a funky way to appreciate the arts. Many local artists have taken "forgotten chairs" and refurbished them into fabulous works of art. The chairs will be displayed, along with other works by the artist, and available for purchase. The proceeds will go toward cultural programs geared toward the children of Walpole. There will be live music, and we will serve wine, cheese, and pastries. **ALL PROCEEDS GO TO THE "SMILING EYES PROJECT" AND OUR VOLUNTEERS PROGRAM.**

YOUTH PROGRAMS

RECREATION SOCCER

Stone Field See times at WalpoleRec.com
SEE FEE BELOW Saturdays: Sept. 13 - Oct. 18 (Make-up Nov. 1)
Recreation Staff Ages 2 - 7

Children will be provided age-appropriate instruction through drills and small games to learn soccer skills. They will also receive a t-shirt on the first day of the program. Please have your child wear shorts or sweatpants, and bring a water bottle. Cleats are not required. **SOCCER WILL BE CANCELED IN CASE OF INCLEMENT WEATHER, AND WILL BE MADE UP ON NOVEMBER 8. THERE WILL ONLY ONE MAKE-UP. IF THE FIRST HOUR OF THE PROGRAM IS CANCELED, THE ENTIRE DAY WILL BE CANCELED. NO PROGRAM ON SEPTEMBER 27 AND OCTOBER 25.**

ALL KIDS THEATER

Studio East 4:30 - 5:30 p.m.
\$110 / \$115 NR Tuesdays: Sept. 16 - Oct. 21
All Stories Theater Company Grades 3 - 5

What do you get when you combine acting, scenery creation, costume design, script writing, improv games, tons of teamwork and, of course, zaniness?! Why, you get the 2ND 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!

BUILD YOUR ATHLETE'S CONFIDENCE

Studio East 1:00 - 3:00 p.m.
\$35 / \$40 NR Friday, September 19
Jennifer Pipe Ages 10 - 15

Calling all athletes! Do you ever feel pressure when playing sports (to perform better etc.)? Have you ever had negative thoughts when playing sports (ex: I stink at this, I'll never make this shot, I could never play that position, etc.)? If so, this is the class for you! In this class, we talk about pressure of youth sports, what separates the champions from the rest of the pack, and what pre-game routines can help get your head in the game. We also create an artistic masterpiece, so bring some favorite photos of you in action. All art supplies are included. What a great way to kick off fall sports!

BEGINNER CLARINET

Blackburn Hall 5:00 - 6:00 p.m.
\$60 / \$65 NR Wednesdays: Sept. 24 - Oct. 29
Terry Grissino Ages 9 and up

Please see page 10 for more information.

INTERMEDIATE CLARINET

Blackburn Hall 6:00 - 7:00 p.m.
\$60 / \$65 NR Wednesdays: Sept. 24 - Oct. 29
Terry Grissino Ages 9 and up

Please see page 10 for more information.

CRAFTS AND MORE

Blackburn Hall 4:30 - 5:30 p.m.
\$35 / \$40 NR Tuesdays: Oct. 7 - Nov 25
Recreation Staff Grades K - 4

This club will create a different craft project each week that the kids can take home. They will use all different types of materials. All materials are included in the fee. **NO PROGRAM ON NOVEMBER 4 AND NOVEMBER 11.**

DUCT TAPE FUN

Blackburn Hall 4:00 - 4:50 p.m.
\$60 / \$65 NR Wednesdays: See dates below
Jenny Wolf Grades 2 - 6

DUCT TAPE!! Come and make hair accessories, jewelry, wallets and more. All kinds of funky colors and prints. Tape is included. **NO PROGRAM ON NOVEMBER 26.**

DATES:

9/17 - 10/22
11/5 - 12/17

BEGINNER FLUTE

Blackburn Hall 7:00 - 8:00 p.m.
\$60 / \$65 NR Wednesdays: Sept. 24 - Oct. 29
Terry Grissino Ages 9 and up

Please see page 11 for more information.

INTERMEDIATE FLUTE

Blackburn Hall 8:00 - 9:00 p.m.
\$60 / \$65 NR Wednesdays: Sept. 24 - Oct. 29
Terry Grissino Ages 9 and up

Please see page 11 for more information.

FLAG FOOTBALL

Stone Field See times below
\$55 / \$60 NR Tuesdays: Sept. 16 - Oct. 21
Recreation Staff See grades below

Our coaches will focus on practice and proper techniques during the first week, while the remaining weeks will consist of gameplay. Every participant will receive a jersey. This season we are looking for parents to help out. If you'd like to help, please let us know!

FOOTBALL WILL BE CANCELED IN CASE OF INCLEMENT WEATHER.

GRADES: TIMES:

K 4:00 - 4:45 p.m.
1 - 3 5:00 - 5:45 p.m.

HALF-DAY CAFE

Blackburn Hall 1:00 - 3:00 pm
\$5 PER CHILD WITH MEMBERSHIP Friday: See dates below
Recreation Staff Grades 4 & 5

Drop your tween off at Blackburn Hall for a day of hanging out with friends, listening to their favorite songs played by a DJ, Karaoke, XBOX games, and more surprises. Pizza, snacks, and drinks will be on sale. In addition to the membership card, entry to each Half-Day Café is \$5.

DATE:

September 19
October 10
October 31
December 12

HIP-HOP DANCE CLASS

Blackburn Hall 4:45 - 5:45 p.m.
\$105 / \$110 NR Tuesdays: Sept. 23 - Nov. 25
Aly Pereira Ages 5 - 12

Come and join in on the fun of learning the latest dance moves to the most popular music right now! Students will learn various dances to popular songs as the class incorporates choreography & different forms of freestyle movement. At the end of the 8-week session, there will be a performance for families. **NO PROGRAM ON NOVEMBER 4 AND NOVEMBER 11.**

YOUTH PROGRAMS

HOME ALONE SAFETY

Blackburn Hall
\$45 / \$50 NR
Donna Giampietro

5:30 - 8:30 p.m.
See dates below
Ages 10 - 14

When unexpected events happen, such as a snow-day, business appointment, or childcare plans falling through, your child may need to be alone after school. Making sure your child is prepared and feels safe, is essential for a successful home-alone experience. Staying home alone can be positive for kids, and can help them to gain a sense of self-assurance and independence. In this program, education is provided on topics such as, cyber-safety, first-aid, fire safety, & home alone safety guidelines. These topics are reinforced to make it fun with games and role-playing.

DATE:

Wednesday, October 1
Tuesday, November 4

HORSEBACK RIDING LESSONS

Eight Fences Farm, Mansfield
\$175 / \$185 NR
Eight Fences Farm Staff

2:00 - 3:00 p.m.
Sundays: See dates below
Ages 7 - 14

This class is an introduction to horseback riding and horse care. Students will learn the basics of riding as well as how to groom and saddle their assigned horse. The students should wear long pants, such as jeans and a hard boot with a small heel. Helmets will be provided.

DATES:

9/14 - 10/5
10/12 - 11/2
11/9 - 11/30

IT'S WHAT'S INSIDE THAT COUNTS

Studio East
\$45 / \$50 NR
Jennifer Pipe

9:00 a.m. - Noon
Saturday, September 13
Girls ages 10 - 15

In this class, Jennifer Pipe from "Self Esteem Through Art" will guide the girls through the creation of a unique, heart-based art project as a way to get them thinking about their inherent, inner gifts. As we utilize a combination of mixed media, paper-crafting and (a little bit of) sewing, we're going to take the fuss off of appearance and dig a lot deeper in the session. Each girl will leave class with a new-found appreciation for all of the beauty and value she brings to the world. This class is perfect for all girls, whether they are confident and outgoing or shy and introverted.

KIDS IN MOTION

Blackburn Hall
\$60 / \$65 NR
Lisa Fair

10:15 - 11:00 a.m.
Tuesdays: See dates below
Ages 2 - 4 w/ parent

Children and their grown-up will explore age-appropriate songs and movement activities to encourage language development, music appreciation, and awareness of their bodies in space. We will perform lots of songs that require movement, as well as stretching & imagination. Musical games include the use of beanbags, hula hoops, and our parachute and balls! There will even be a few guitar sing-a-longs. Lisa is a former preschool teacher and professional musician. Come and get your groove on!

NO PROGRAM ON NOVEMBER 11.

DATES:

9/16 - 10/21
10/28 - 12/9

KIDS KARATE (AGES 3 - 5)

Impact Martial Arts, Walpole
\$50 / \$55 NR
Impact Martial Arts Staff

3:15 - 3:45 p.m.
Wednesdays: Oct. 8 - Nov. 12
Ages 3 - 5

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.

KIDS KARATE (AGES 5 - 7)

Impact Martial Arts, Walpole
\$50 / \$55 NR
Impact Martial Arts Staff

4:00 - 4:30 p.m.
See dates below
Ages 5 - 7

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.

DAY:

Mondays 10/6 - 11/10
Tuesdays 10/7 - 11/11
Wednesdays 10/8 - 11/12
Thursdays 10/9 - 11/13

DATES:

KIDS KARATE (AGES 8 - 12)

Impact Martial Arts, Walpole
\$50 / \$55 NR
Impact Martial Arts Staff

4:45 - 5:30 p.m.
See dates below
Ages 8 - 12

This class focuses on teaching all the fundamentals of martial arts, incorporating basic level forms, and practical self-defense techniques.

DAY:

Tuesdays 10/7 - 11/11
Thursdays 10/9 - 11/13
Fridays 10/10 - 11/14

DATES:

LOVE THE SKIN YOU'RE IN!

Blackburn Hall
\$45 / \$50 NR
Jennifer Pipe

9:00 a.m. - Noon
Tuesday, November 4
Girls ages 10 - 15

"WE DON'T WANT THEM TO BLEND IN WHEN THEY WERE BORN TO STAND OUT!" This is a confidence-enhancing art class for girls. Give your girls the gift of empowerment and self-love! Have them join Jennifer Pipe from Self Esteem Through Art for this powerful and uplifting session which includes a very specific combination of affirmations, discussion, and art to encourage the girls to stand out and make their mark on the world. Class will start with some discussion about peers, bullying and social situations. Jenn will then introduce them to powerful "I am" statements which they can turn to again and again. Finally, the class will conclude with the creation of a beautiful canvas that can be displayed prominently at home. This is the perfect class for the pre-teen and teen girl.

BIRTHDAY PARTIES & BOUNCY HOUSE BIRTHDAYS

Blackburn Hall
\$160 FOR LESS THAN 24 KIDS
Recreation Staff

2-hour blocks
Saturdays & Sundays
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

MIDDLE SCHOOL CROSS COUNTRY RUNNING

Meets at Walpole High School Track 4:00 - 5:30 p.m.
\$80 / \$85 NR Mon. and Thurs.: Sept. 15 - Nov. 6
 Fiona Murphy and Chris Lotsbom Grades 6 - 8

To get a preview of high school Cross Country and to compete against other middle school runners, join coaches Fiona Murphy and Chris Lotsbom on Mondays and Thursdays for this eight-week Cross Country program. This program will focus on strength, flexibility, endurance, technique and speed. All athletes will learn lifelong lessons for effective stretching practices, good running form, and pacing. Athletes will be grouped by ability-level to train on the high school cross-country trails and to complete workouts on the track and streets around the High School. As athletes progress, they will be encouraged to compete at competitive invitationals/meets and local road races. **NO RUNNING EXPERIENCE IS NEEDED**, but it will be helpful to have built up some stamina prior to the start of practice by walking 2-3 times per week for about 15 minutes, for at least 2 weeks. For meet dates, please visit WalpoleRec.com. **NO PROGRAM ON OCTOBER 13.**

MINI-MOZARTS

Blackburn Hall 9:00 - 9:30 a.m.
\$50 / \$55 NR Wednesdays: See dates below
 Mindy Frangie Ages 2½ - 4

Children will get to experience different genres of music and explore their musical interests through games and activities. **NO PROGRAM ON NOVEMBER 26.**

DATES:
 9/17 - 10/22
 11/5 - 12/17

PARACHUTE PLAYTIME AND BOUNCY HOUSE

Blackburn Hall 11:00 a.m. - Noon
\$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. **NO PROGRAM ON SEPTEMBER 25, OCTOBER 13, OR NOVEMBER 27.**

DAY: DATES:
 Mondays 9/15 - 10/27
 Mondays 11/3 - 12/8
 Thursdays 9/18 - 10/30
 Thursdays 11/6 - 12/18

A PIRATE'S LIFE FOR ME

Blackburn Hall 4:30 - 5:30 p.m.
\$10 PER CHILD Monday, October 27
 Recreation Staff Ages 4 - 8

Ahoy, Mateys! Dress up in pirate gear and join us for a pirate adventure with crafts, games, and a treasure hunt.

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 SEPTEMBER 25, OCTOBER 13, OR NOVEMBER 27.**

DAY: DATES:
 Mondays 9/15 - 10/27
 Mondays 11/3 - 12/8
 Thursdays 9/18 - 10/30
 Thursdays 11/6 - 12/18



PRESCHOOL PICASSOS

Blackburn Hall 9:30 - 10:00 a.m.
\$60 / \$65 NR Wednesday: See dates below
 Mindy Frangie Ages 2½ - 4

Children will get to explore their artistic side through fun hands on activities and crafts! Dress for the Mess! **NO PROGRAM ON NOVEMBER 26.**

DATES:
 9/17 - 10/22
 11/5 - 12/17

PRESCHOOL SOCK HOP

Blackburn Hall 5:00 - 6:00 p.m.
\$8 PER FAMILY Fridays: See dates below
 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...

DATE:
 September 5
 October 3
 November 7
 December 5

RUN FOR YOUR LIFE - KID'S RUNNING PROGRAM

Pond Street Recreation Complex, Norfolk 4:00 - 5:00 p.m.
\$72 / \$77 NR Thursdays: Sept. 25 - Oct. 30
 Nanci Cahalane, MIAA-Certified Coach Grades 3 - 6

The purpose of this program is to help participants maintain a positive attitude toward accomplishments, avoid injury, and enjoy the sport of running! This is a non-competitive, "set our own goals" program. We will focus on important aspects of running such as warm-up and cool down, why, how, and when to stretch, proper running form, pace-setting, keeping a log/journal, rest and recovery, and good nutritional habits including hydration. Bring a water bottle. **FEE INCLUDES A T-SHIRT.**

YOUTH PROGRAMS

SPORTS & MORE

Blackburn Hall See times below
\$40 / \$45 NR Wednesdays: See dates below
Lauren Macomber Ages 3 - 5

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.

NO PROGRAM ON NOVEMBER 26.

TIME:	DATE:
10:30 - 11:00 a.m.	9/17 - 10/22
10:30 - 11:00 a.m.	11/5 - 12/17
1:00 - 1:30 p.m.	9/17 - 10/22
1:00 - 1:30 p.m.	11/5 - 12/17

STRETCH, SING & SWAY

Blackburn Hall 10:00 - 11:00 a.m.
\$30 / \$35 NR Saturdays: Sept. 20 - Oct. 18
Sarah Mount Elewononi Ages 2 and up

This class combines gentle stretches, visualization, action songs, and lively dancing designed to unite mind, body & spirit. Geared for ages 2 and up, we will appreciate our bodies, move to the music sing-a-long, use our imaginations, and dance playfully with one another. Please come with water, and comfortable clothing that lets you move and bend. This is a great way to kick-start your weekend!

TIE DYE DAY

Blackburn Hall 4:30 - 5:30 p.m.
\$10 PER CHILD Monday, October 6
Recreation Staff Ages 5 - 12

Bring all the white stuff you want, i.e. t-shirts, pillow cases, socks, etc. We will add some color to all that plain white!

TWO-YEAR-OLD SPORTS AND PLAY

Blackburn Hall 9:30 - 10:00 a.m.
\$35 / \$40 NR Tuesdays: Nov. 18 - Dec. 16
Lauren Macomber 2-year-olds

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.

BOYS VOLLEYBALL

Elm street Gym 6:00 - 7:15 p.m.
\$80 PER CHILD Sundays: Sept. 14 - Nov. 23
Lisa Cyr, and High School players Grades 6 - 12

Players will learn the basic volleyball skills: forearm passing, setting, servicing, 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. Games geared towards developing and reinforcing skill will be played.

GIRLS VOLLEYBALL (BEGINNER)

Elm Street School 6:30 - 7:30 p.m.
\$80 PER CHILD Tuesdays: Sept. 9 - Dec. 2
Marissa Saad, and High School players Grades 5 - 8

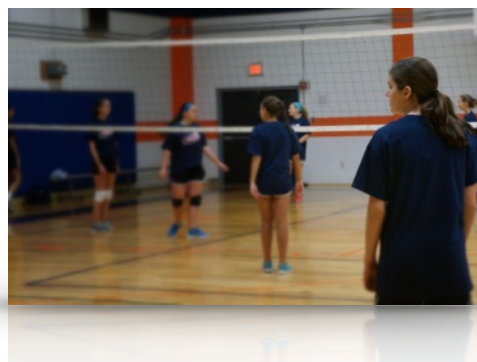
This level is for girls who are new to the game of volleyball or have had introductory level volleyball experience. Players will learn the basic volleyball skills: forearm passing, setting, servicing, digging, blocking and attacking through a variety of drills with high repetition. The clinic will also provide instruction on footwork, court positions, and rules of the game. Games geared towards developing and reinforcing skill will be played. **NO PROGRAM ON NOVEMBER 11.**

GIRLS VOLLEYBALL (INTERMEDIATE)

Elm street Gym See times below
\$100 PER CHILD Sundays & Tuesdays: Sept. 14 - Dec. 2
Lisa Cyr, and High School players Grades 6 - 12

Intermediate Volleyball is for girls who are in Grades 7 - 9 and have attended camps or played club level volleyball Level 3 is for 10th, 11th, & 12th grade high schoolers who have attended camps, played club level or played at the high school level. Players will enhance and refine their passing, setting, serving, attacking, defense, and blocking techniques through more challenging drills and game-like drills. Learn team strategies and tactics dying tram play. **THIS PROGRAM MEETS TWICE PER WEEK ON SUNDAYS AND TUESDAYS. PLEASE NOTE THE TIME CHANGE FOR EACH DAY. NO PROGRAM ON NOVEMBER 11.**

Sundays	4:30 - 5:45 p.m.
Tuesdays	7:30 - 8:30 p.m.



YOUNG REMBRANDTS ELEMENTARY DRAWING

Blackburn Hall 10:30 - 11:30 a.m.
\$75 / \$80 NR Saturdays: Sept. 27 - Nov. 22
Young Rembrandts Staff Grades K - 5

If your student is up for a fun, and artistic challenge, a Young Rembrandts drawing class is just the thing. Our bountiful selection of drawings introduces students to a fascinating world of color. Subject matter is child-friendly and relevant, designed to spark a child's interest and increase knowledge retention, inspiring a sense of adventure in every child. Each week and each session brings new lessons; no two lessons are ever the same. Classes are taught step by step, and students are encouraged to add their own creative flair. There's no better time than *now* for your student to be challenged artistically and to create amazing pieces of artwork. **NO PROGRAM ON OCTOBER 11.**

YOUTH PROGRAMS

YOUNG REMBRANDTS PRESCHOOL DRAWING CLASS

Blackburn Hall 9:30 - 10:15 a.m.
\$75 / \$80 NR Saturdays: Sept. 27 - Nov. 22
Young Rembrandts Staff Ages 3½ - 5½

Has your preschooler shown an interest in drawing? Do they enjoy drawing, and you'd like to have them have some direction? Your child will love a Young Rembrandts drawing class. Learning to draw basic shapes is a critical building block for every young artist. Our step by step method assures every student is a creative success. Our classroom is a positive and upbeat environment and a perfect way to experience the world around us. Each week is a new and kid-tested lesson, helping children learn about the world around them in a positive, upbeat environment. Our classes can be a wonderful introduction to a "regular" classroom, too. There's no better time than now to enroll your child into a Young Rembrandts class. **NO PROGRAM ON OCTOBER 11.**

WALPOLE YOUTH WRESTLING

Walpole High School Weight Room 6:15 - 7:30 p.m.
\$150 / \$160 NR See dates below
Coach Steve Hile and Walpole Youth Wrestling Coaches See grades below

This program is designed for children in kindergarten through eighth grade, and provides solid coaching in a safe and supportive environment. As we enter our third year, we have had over 80 kids involved in the program. Last season we had 28 kids place in tournaments, over 180 wins, 6 sectional place finishers and 5 state place finishers! As a sport, wrestling helps develop agility, coordination, flexibility, balance, self-esteem, self-discipline, sportsmanship, and a strong work ethic. The coaching for this program is geared to the child's age and level of experience, and everyone practices and is matched with opponents who are similar size and experience. Above all, the program promotes balanced competition, fun, and growth as an athlete! Fee includes shirt, shorts, and sling bag. **THERE WILL BE AN OPEN HOUSE ON OCTOBER 6TH at 7:30 P.M. AT BLACKBURN HALL. SIBLINGS MAY DEDUCT \$50 FROM THE REGISTRATION FEE. NO PROGRAM ON DECEMBER 24 AND DECEMBER 25.**

GRADE:	DAYS:	DATES:
K - 4	Mondays & Wednesdays	12/1 - 1/28
5 - 8	Tuesdays & Thursdays	12/2 - 2/12

WEEKDAY SOCCER

Blackburn Hall See times below
\$40 / \$45 NR Tuesdays: Sept. 16 - Oct. 14
Lauren Macomber Ages 2 - 5

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.**

AGES:	TIMES:
2 & 3	9:30 - 10:00 a.m.
2 & 3	1:00 - 1:30 p.m.
4 & 5	10:30 - 11:00 a.m.
4 & 5	2:00 - 2:30 p.m.

TEEN PROGRAMS

MIDDLE SCHOOL DANCES

Blackburn Hall 7:30 - 10:00 p.m.
\$25 PER PERSON FOR A CARD Fridays: See dates below
Recreation staff and volunteers Grades 6 - 8
Call 660-6353 for more information

The Walpole Recreation Department holds monthly dances at Blackburn Hall for all Walpole middle schoolers and separately for 6th graders. 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. There is a registration fee of \$25 for the first child. Additional non-dance events also require membership cards. Stay tuned to our website at WalpoleRec.com for additional dates.

DATE:

- September 5
- October 3
- November 7
- December 5

BASIC MATH REVIEW

Studio East 30-minute blocks: See times below
\$150 PER STUDENT Thursdays: Oct. 2 - Dec. 11
Jen Schein Grades 6 - 12

These time slots will provide students with math troubleshooting tips. Each time slot will include number-sense, operations, algebra, geometry measurement, data analysis, and statistics. Whatever you need! Jen will provide clear explanations and demonstrations of all topics needed. She will pay special attention to any concept a student may request. Math can often be intimidating, Jen will prove that it doesn't need to be, and she will show you that everyone can be "good at math." **YOU MUST PRE-REGISTER FOR THIS PROGRAM AS SPACE IS LIMITED TO ONE STUDENT PER TIME BLOCK. NO PROGRAM ON NOVEMBER 27.**

TIME:

- 7:00 - 7:30 p.m.
- 7:30 - 8:00 p.m.
- 8:00 - 8:30 p.m.
- 8:30 - 9:00 p.m.

BLACKBURN HALL MOVIE HOUSE

Blackburn Hall Starts at 7:30 p.m.
\$5 PER PERSON Fridays: See dates below
Recreation Staff Ages 13 - 18

This will be a great opportunity to see relevant, highly-acclaimed documentaries or movies on the BBH Big Screen! Please see the list of documentaries & movies below and know that at each one there will be a suggestion box for future films. Snacks will be available for purchase.

DATE:

- September 19 King of Kong
- October 24 The Conjuring
- November 21 Man on Wire

TEEN PROGRAMS

COLLEGE PREP 101

Blackburn Hall
SEE FEE BELOW
Michael Dornisch

See times below
Tuesdays: Sept. 16 - Nov. 18
High School Seniors

With so many elements involved in the college search and application process, it can easily get confusing and overwhelming. Any students who are struggling with getting started, or who have any questions about their college search or the application/essay process may drop in for consultation and help. From researching and forming a list of colleges to finishing your essay and preparing for an interview, these sessions will prove invaluable. Students are also welcomed to attend with their friends. **STUDENTS MAY ATTEND AS MANY HOURS AS THEY WOULD LIKE. NO PROGRAM ON NOVEMBER 11.**

TIME:
7:30 - 8:30 p.m.
7:30 - 9:30 p.m.

FEE:
\$25 PER PERSON EACH NIGHT
\$45 PER PERSON EACH NIGHT

DODGEBALL AFTER DARK

Blackburn Hall
\$10 PER CHILD
Recreation Staff

7:30 - 10:00 p.m.
Fridays: See dates below
Grades 6 - 8

You don't need an excuse to throw a ball at your friends, but now you have it. Come to Blackburn Hall for an hour and a half of Dodgeball such as Thunderball, Sit-Down Dodgeball, Hero and more! We will have pizza and snacks for sale.

DATE:
September 12
October 10
November 14
December 12

DRIVER'S EDUCATION

Blackburn Hall
\$70 PER PERSON
TDA Staff

See times below
Mondays: See dates below
15 and 9 months and up

This low-fee course covers 30 hours of classroom instruction. There are no hidden fees and there is no charge for the required parent class. 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. **YOU DO NOT HAVE TO ATTEND WALPOLE HIGH SCHOOL OR BE A WALPOLE RESIDENT TO ATTEND.** We will also be offering dates in December, February, and April Vacations. More information will be in our Winter and Spring Brochures.

DATES: 10/20 - 11/10*
TIME: 6:00 p.m. - 9:00 p.m.

*October 20 Parent Class
*November 10 5:00 - 9:00 p.m.

MAKE-UP APPLICATION: TIPS, TRICKS, TRENDS

Blackburn Hall
\$50 / \$55 NR
Christine Marcucella

10:00 - 11:45 a.m.
See dates below
Girls ages 11 - 16

This is a great class to learn to perfect make-up applications like the professionals do. You will learn to line and define your eyes, experiment with mineral and cream eye color, determine your face shape, and transform your skin. You will try a "Dash Out the Door Natural Look" and a "Glamour Look." We will show your transformation by a before and after "selfie" shot. You will also take home a great swag bag!

DATES:
Saturday, September 13
Monday, October 13
Tuesday, November 11

ONE-TO-ONE COLLEGE ADMISSION COACHING

Studio East
\$70 PER PERSON
Michael Dornisch

7:30 - 9:30 p.m.
Tuesdays: See dates below
High School Seniors

Students and parents who are going through any phase of the college research and application process can make an appointment. Help form a list of prospective schools, help complete the application, brainstorm essay ideas and work on refining your work, prepare for on-campus or alumni interviews, or any other questions they may have. These sessions are one-on-one which is different than the other "drop-in" sessions on Tuesdays. **YOU MUST PRE-REGISTER FOR THIS PROGRAM AS SPACE IS LIMITED TO ONE STUDENT PER TIME BLOCK.**

DATES:
September 23
October 7
October 28
November 25

STOP IN FOR A LAUGH - IMPROV COMEDY

Blackburn Hall
\$10 PER NIGHT
Michael Dornisch

7:30 - 8:30 p.m.
Thursdays: Sept. 18 - Dec. 4
Grades 9 - 12

Stop in for a laugh on Thursday nights. Head into your weekend with some laughter or get your creativity flowing for the last day of the school week. Get fully involved in lots of Improv Comedy games. Bring your ideas to try out or just join in and have fun. No prior experience in theater or improvisation is necessary, but this is a useful technique for those interested in acting. **NO PROGRAM ON SEPTEMBER 25 AND NOVEMBER 27.**

VOLUNTEENS

The Volunteens is a group of over 150 middle schoolers and some high schoolers who wish to belong to a positive, active group that gives back to the community and is 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 as well as the staff that mentors them. Over the school year they will be called upon to do events, programs, intergenerational programming with the seniors and being buddies to special needs kids in the community.

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

Weekly e-mails will then be sent out to all participants for them to sign up.

Anyone with any questions, may contact Aicha Kelley at 508-660-6371 or akelley@walpole-ma.gov.

ADULT PROGRAMS

BASIC TRAINING BOOT CAMP

Turco Field, Walpole High School
\$10 PER CLASS
Christine Olson & Carole Buckley

See times below
Mon., Wed., & Sat.: Aug. 25 - Nov. 1
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 (3 - 12 lbs.), a mat, and a bottle of water. Classes on Mondays and Wednesdays will take place from 5:30 - 6:30 a.m. Classes on Saturday will take place from 6:30 - 7:30 a.m. **BOOT CAMP WILL BE HELD INDOORS AT BLACKBURN HALL IN CASE OF INCLEMENT WEATHER. NO PROGRAM ON OCTOBER 13.**

MEN'S BASKETBALL

Old Post Road School
\$70 / \$75 NR
Dennis Jones

6:30 - 8:30 p.m.
Fridays: Sept. 12 - Dec. 19
Adults

These weekly pick-up basketball games at the Old Post Road School gymnasium are for players of all ability levels. **NO PROGRAM ON NOVEMBER 28.**



WOMEN'S BASKETBALL

Due to the decline in numbers for this program, we need to make sure we have enough people before we can book dates for the Fall. Please call us at 508.660.6353 or email us at recreation@walpole-ma.gov to be added to the list. Once we have enough, we will book dates and begin the program.

BLS FOR THE HEALTHCARE PROVIDER

Blackburn Hall
\$65 / \$70 NR
CPR Certified Now

See times below
Wednesdays: See dates below
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:	TIME:
September 17	6:00 - 9:00 p.m.
October 22	9:00 a.m. - Noon
November 19	9:00 a.m. - Noon
December 17	6:00 - 9:00 p.m.

CARDIO KICKBOXING

Impact Martial Arts, Walpole
\$50 / \$55 NR
Impact Martial Arts Staff

10:00 - 11:00 a.m.
Tuesdays or Thursdays: See dates below
Adults
This is a high-energy, sure-to-burn calories type of class. You will work your core doing exercises such as planks, crunches, squats and push-ups. 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. Oh, and did we mention that it is fun, too?

DAY:	DATES:
Tuesdays	10/7 - 11/11
Thursdays	10/9 - 11/13

BEGINNER CLARINET

Blackburn Hall
\$60 / \$65 NR
Terry Grissino

5:00 - 6:00 p.m.
Wednesdays: Sept. 24 - Oct. 29
Ages 13 and up
This class will cover the basics of clarinet playing, including music reading & improvisation, with an ensemble focus on duets and trios. No prior experience is needed. **STUDENTS MUST PROVIDE THEIR OWN INSTRUMENT.**

INTERMEDIATE CLARINET

Blackburn Hall
\$60 / \$65 NR
Terry Grissino

6:00 - 7:00 p.m.
Wednesdays: Sept. 24 - Oct. 29
Ages 13 and up
This class is for those who have studied the clarinet previously, and desire to further their study through an ensemble experience. Includes scale work, improvisation, and sight-reading. Performance focus will be on trios and quartets. **STUDENTS MUST PROVIDE THEIR OWN INSTRUMENT.**

CRIBBAGE CLUB

Studio East
\$20 PER PERSON
Joe White

7:00 - 8:30 p.m.
Tuesdays: See dates below
Adults
Learn how to play cribbage. Cribbage, which is a card game traditionally for two players but commonly played with three, four, or more, involves playing and grouping cards in combinations which gain points. Anyone can join the club from novices to seasoned veterans. Come and learn how to play or play with new friends!

DATES:
9/16 - 10/21
10/28 - 12/2

DOCUMENTARY & DISCUSSION

Blackburn Hall
\$5 PER PERSON
Recreation Staff

Starts at 7:00 p.m.
Wednesday: See dates below
Adults
This will be a great opportunity to see relevant, highly acclaimed documentaries on the Blackburn Hall big screen. After the documentary, all are welcome (but not required) to sit and discuss what they thought about the movie. Please see the list of documentaries below and know that at each one there will be a suggestion box for future films.

DATE:	MOVIE:
September 24	Bully
October 22	Bridegroom
November 19	Schooled

ADULT PROGRAMS

DRAWING & PAINTING

Studio East 6:00 - 7:30 p.m.
See dates below
\$60 PER PERSON Adults
Yatsze Mark

This class will cover the skills to draw and paint by a local and well-renowned artist, Yatsze Mark. The emphasis will be on the human face as we progress. Please see Yatsze's work at her website, yatsze.com. **PLEASE NOTE THAT THERE IS A \$20 FEE FOR SUPPLIES.**

DAY:	DATES:
Mondays	9/15 - 10/20
Mondays	10/27 - 12/1
Wednesdays	9/17 - 10/22
Wednesdays	10/29 - 12/3

FACEBOOK FOR BEGINNERS

Studio East 2:00 - 4:00 p.m.
See dates below
\$40 / \$45 NR Adults
Melissa Rush

Facebook is the most powerful and popular social networking site in the world (with over 1.23 billion users worldwide!), that allows you to keep in touch with friends and family members, share interests, play games, and join groups. On Facebook, you can reconnect with long-lost friends and classmates, and even share photos and videos. We will help you create your own account or update your current profile. We will also discuss Facebook's privacy policy and how to protect yourself online.

DAY:	DATES:
Thursdays	9/18 & 9/25
Tuesdays	11/4 & 11/11

FIRST CONNECTIONS GROUP FOR NEW MOMS

Blackburn Hall 11:00 a.m. - 12:30 p.m.
Thursdays: Oct. 2 - Nov. 20
\$45 / \$50 NR Adults
Erica Young

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! Join us for this welcoming group, meet other moms & babies, make new friends and enjoy your first few social outings as Mamas!

BEGINNER FLUTE

Blackburn Hall 7:00 - 8:00 p.m.
Wednesdays: Sept. 24 - Oct. 29
\$60 / \$65 NR Ages 13 and up
Terry Grissino

This class will cover the basics of flute playing, including music reading & improvisation, with an ensemble focus of duets and trios. No prior experience is needed. **STUDENTS MUST PROVIDE THEIR OWN INSTRUMENT.**

INTERMEDIATE FLUTE

Blackburn Hall 8:00 - 9:00 p.m.
Wednesdays: Sept. 24 - Oct. 29
\$60 / \$65 NR Ages 13 and up
Terry Grissino

This class is for those who have studied the flute previously, and desire to further their study through an ensemble experience. Includes scale work, improvisation, and sight-reading. Performance focus will be on trios and quartets. **STUDENTS MUST PROVIDE THEIR OWN INSTRUMENT.**

BEGINNER GUITAR WORKSHOPS

Studio East 6:00 - 7:00 p.m.
Fridays: Sept. 26 - Nov. 7
\$100 / \$105 NR Ages 13 and up
Steve Marchena

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. **NO PROGRAM ON OCTOBER 31.**

INTERMEDIATE GUITAR WORKSHOPS

Studio East 7:00 - 8:00 p.m.
Fridays: Sept. 26 - Nov. 7
\$100 / \$105 NR Ages 13 and up
Steve Marchena

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. **NO PROGRAM ON OCTOBER 31.**

ADVANCED GUITAR WORKSHOPS

Studio East 8:00 - 9:00 p.m.
Fridays: Sept. 26 - Nov. 7
\$100 / \$105 NR Ages 13 and up
Steve Marchena

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, ginger 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 OCTOBER 31.**

HATHA VINYASSA YOGA

Studio East See times below
\$80 / \$85 NR Tuesdays: See dates below
Teresa Palmieri Ages 14 and up

Yoga isn't about being perfect, so it can benefit everyone. It's about opening up your heart, connecting to your authentic self, finding inner peace, and bringing balance to your life. Classes consist of stretching, flowing sequences, holding postures, balance, and relaxation. Some of the amazing benefits you may experience: reduce anxiety & depression, increases optimism & sense of calm, helps you sleep more soundly, improves focus & concentration, improves balance & increases strength, flexibility & muscle tone. Give yoga a try! When you take the time to do something incredible for yourself, you will reap the rewards in ways you may never dreamed.

DATES:	TIME:
9/16 - 10/21	4:00 - 5:15 p.m.
9/16 - 10/21	6:00 - 7:15 p.m.
10/28 - 12/2	4:00 - 5:15 p.m.
10/28 - 12/2	6:00 - 7:15 p.m.

ADULT PROGRAMS

HEARTSAVER CPR & AED

Blackburn Hall
\$65 / \$70 NR
CPR Certified Now

See times below
Wednesdays: See dates below
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:	TIME:
September 17	9:00 a.m. - Noon
October 22	6:00 - 9:00 p.m.
November 19	6:00 - 9:00 p.m.
December 17	9:00 a.m. - Noon

IPAD FOR BEGINNERS

Studio East
\$40 / \$45 NR
Melissa Rush

See times below
Tuesdays: See dates below
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 touchscreen interface, and add programs using the App store onto your iPad tablet.

REGISTRANTS MUST BRING THEIR OWN IPAD.

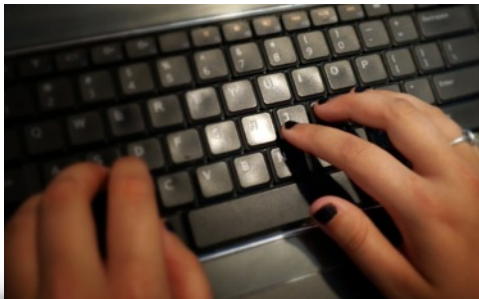
DATES:	TIME:
9/16 & 9/23	2:00 - 4:00 p.m.
10/21 & 10/28	6:00 - 8:00 p.m.

INTERMEDIATE COMPUTER & INTERNET SKILLS

Studio East
\$90 / \$95 NR
Melissa Rush

2:00 - 4:00 p.m.
Thursdays: Oct. 9 - Oct. 30
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! The course is taught on PCs using Windows 7 and Microsoft Office 2010 in the computer lab.



INVESTING IN STOCKS 101

Blackburn Hall
\$10 / \$15 NR
Henry Astarjian

See times below
See dates below
Adults

Join us as we explore strategies that could help you become a better stock picker. You will create an investment plan for yourself and learn some basics of long-term stock selection.

DATE:	TIME:
Wednesday, September 17	6:00 - 8:00 p.m.
Wednesday, October 15	6:00 - 8:00 p.m.
Saturday, September 20	10:00 a.m. - Noon
Saturday, October 18	10:00 a.m. - Noon

LADIES' LIGHT HIKE

Various locations
\$30 / \$35 NR
Nanci Cahalane

9:45 - 11:00 a.m.
See dates below
Adults

Hiking is fantastic exercise as well as a great time to get some fresh air and explore new places. This class moves at a good pace. We'll be looking for hills. **THE FIRST MEETING LOCATION IS AT F. GILBERT HILLS STATE FOREST IN FOXBORO. NO PROGRAM ON SEPTEMBER 27, NOVEMBER 27, AND NOVEMBER 29.**

DAY:	DATES:
Thursdays	9/18 - 10/23
Thursdays	10/30 - 12/11
Saturdays	9/6 - 10/18
Saturdays	11/1 - 12/13

LINKEDIN: CAREER NETWORKING & ONLINE JOB SEARCH

Studio East
\$40 / \$45 NR
Melissa Rush

6:00 - 8:00 p.m.
Mondays: See dates below
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 to 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.

DATES:
9/22 & 9/29
11/3 & 11/10

MANAGING YOUR INCOME IN RETIREMENT

Blackburn Hall
\$10 PER PERSON
Timothy Moses, CFP®

6:30 - 8:00 p.m.
Thursday, October 23
Adults

When you retire, will you volunteer, start a second career, travel, or 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.

ADULT PROGRAMS

ONE-TO-ONE COMPUTER/APPLE/IPAD COACHING

Blackburn Hall
\$45 PER PERSON
Melissa Rush

One-hour blocks: See times below
Saturdays: Sept. 20 - Dec. 20
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. Coaching will provide assistance with programs 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.

TIMES:
9:00 - 10:00 a.m.
10:00 - 11:00 a.m.

STOP IN FOR A LAUGH - IMPROV COMEDY

Blackburn Hall
\$10 PER NIGHT
Michael Dornisch

8:30 - 9:30 p.m.
Thursdays: Sept. 18 - Dec. 4
Adults

Laugh away the stress of your week, or get your blood and creativity flowing for the weekend. No prior experience in theater or improvisation is necessary. If you have any games or ideas you would like to try, feel free to bring them along or just get involved in the games we will perform. **NO PROGRAM ON SEPTEMBER 25 AND NOVEMBER 27.**

STRENGTH AND CONDITIONING FOR ADULTS

Impact Martial Arts, Walpole
\$50 / \$55 NR
Impact Martial Arts Staff

10:00 - 11:00 a.m.
Wednesdays: Oct. 8 - Nov. 12
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. We will be using a variety of exercises and equipment, such as kettlebells, resistance bands, TRX equipment, etc.

BEGINNER / INTERMEDIATE VOLLEYBALL

Elm Street School
\$84 / \$89 NR
Rich Edge

7:00 - 9:00 p.m.
Wednesdays: Sept. 17 - Nov. 19
Adults

Join us for fun and exercise at these weekly 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.

POWER VOLLEYBALL

Elm Street School
\$84 / \$89 NR
Rich Edge

7:00 - 9:00 p.m.
Mondays: Sept. 15 - Nov. 24
Adults

This is a game for experienced players who possess a certain amount of quickness, alertness, coordination, and who desire to develop these skills in a competitive environment. You must register for this class in advance. **NO PROGRAM ON OCTOBER 13.**

WATERCOLOR PORTRAIT PAINTING

Studio East
\$150 PER PERSON
Yatsze Mark

9:00 a.m. - Noon
Saturdays: See dates below
Adults

This class will cover sketching and watercolor painting techniques by a local and well-renowned artist, Yatsze Mark. Please see Yatsze's work at her website, yatsze.com. **PLEASE NOTE THAT THERE IS A \$20 FEE FOR SUPPLIES.**

DATES:
9/20 - 10/25
11/1 - 12/6

GENTLE YOGA

Studio East
\$60 / \$65 NR
Michelle Smith

7:30 - 8:30 p.m.
Thursdays: See dates below
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. Please bring a yoga mat. **NO PROGRAM ON NOVEMBER 20 AND NOVEMBER 27.**

DATES:
9/18 - 10/23
10/30 - 12/18

YOUR FIRST 5K

Pond Street Recreation Complex, Norfolk
\$85 / \$90 NR
Nanci Cahalane

9:15 - 10:15 a.m.
Tuesdays: Sept. 23 - Nov. 25
Adults

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. Workouts will be followed with stretching and advice about running and nutrition.



ZUMBA

Blackburn Hall
\$60 / \$65 NR
Tanya Clark

7:00 - 7:50 p.m.
Wednesdays: See dates 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. 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 NOVEMBER 26.
DATES:
9/10 - 10/15
10/22 - 12/3

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

MAIN STREET DINNER DATE

Conrad's, Walpole 4:30 - 6:30 p.m.
\$10 PER PERSON Monday, September 22
 Recreation & Senior Center Staff Seniors & Volunteers
 Have a great meal at a great price (thanks to Bobby Conrad!) as our active older community dines with our fabulous Volunteers. Have a phenomenal meal, play some games, and meet new people!

FIRE SAFETY OPEN HOUSE

Council on Aging 10:00 a.m. - 1:00 p.m.
FREE Friday, September 26
 Recreation & Senior Center Staff Seniors & Volunteers
 Fire expo at the Council on Aging. There will be a Fire / EMT exhibition on Stone Field. The Norfolk County Sheriff Department will have a BBQ at the Firehouse after the expo.

HARVEST MOON BALL

Council on Aging 5:00 - 7:00 p.m.
\$5 PER PERSON Wednesday, October 22
 Recreation & Senior Center Staff Seniors & Volunteers
 Get your dancing shoes on! There will be music, dancing, treats and more.

"HEADS UP" AND CHARADES

Senior Center 2:45 - 3:45 p.m.
FREE Monday, October 27
 Recreation & Senior Center Staff Seniors & Volunteers
 If you like charades, this is the newest version. We will play as teams and have snacks during our breaks.

HOLIDAY CHEER FOR THE TROOPS

Blackburn Hall 10:00 - 11:30 a.m.
DONATIONS APPRECIATED Tuesday, November 4
 Recreation & Senior Center Staff Seniors & Volunteers
 Come with your creative flair. We will make holiday cards and fill some care packages to be sent overseas.

HOLIDAY PREP SHOPPING SPREE

Patriot Place, Foxboro Starts at 4:00 p.m.
FREE; BRING YOUR OWN MONEY Monday, November 17
 Recreation & Senior Center Staff Seniors & Volunteers
 The holidays are right around the corner. Whether you are hosting or being treated, you will need to get in those stores. We will stop at Trader Joe's and the Christmas Tree Shop. The Volunteers will help shop, as well as help with bags and ideas for what your families would like for treats! **REGISTRATION TAKES PLACE AT THE COUNCIL ON AGING.**

SENIOR PROGRAMS

CREATIVE CORNER WITH ORA

Blackburn Hall 1:00 - 2:00 p.m.
FREE Wednesdays: See dates below
 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:
9/24	"Fun with Spanish" presented by Myrza Rodriguez-Fearnley
10/22	"Tell Your Story for All"
10/29	"Halloween Party"

LET'S TALK INTERNATIONALLY

Walpole Council on Aging Time to be determined
FREE Date to be determined
 Volunteers Seniors

The COA is in need of at least 25 Elders for a 10 week language exchange program which consists of Walpole Elders video chatting with students at a University in France through the computer to help them perfect their English. You do not need to speak any French as these are advanced English students who want to become stronger in the language. It would help if the participating elder had video chat on their home computer but it is not required.

IF INTERESTED, PLEASE CONTACT COURTNEY RILEY AT 508.668.3330.

SENIOR MOMENTS

Walpole Council on Aging 2:30 - 4:00 p.m.
FREE Wednesdays: Starting in September
 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.**



SENIOR WEDNESDAYS

Walpole Council on Aging Starts at 1:00 p.m.
FREE Every Wednesday
 Various Instructors Seniors

- 1ST Wednesday of the Month - Senior Citizens Club
- 2ND & 3RD Wednesday of the Month - Games
- 4TH or 5TH Wednesday of the Month - Creative Corner with Ora

NO PROGRAM ON NOVEMBER 26.

SPONSORS



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Rosemary Jackson

Your Community Bank.



John & Maura
Welch

REGISTRATION FORM

PRIMARY CONTACT NAME: _____ **PRIMARY CONTACT D.O.B.:** _____

EMAIL: _____

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

MAILING ADDRESS: _____

SECONDARY CONTACT: _____ **PHONE:** _____

REGISTRANT KNOWN ALLERGIES: _____

PROGRAM	REGISTRANT'S FULL NAME	SEX	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	COMPUTER INITIALS
DATE RECORDED: _____ / _____ / 2014 RCVD BY: _____ CHECK #: _____ CASH #: _____ AMOUNT: _____	<div style="border: 1px solid black; height: 40px; width: 100%;"></div>

WALPOLE RECREATION DEPARTMENT
 135 School Street
 Walpole, MA 02081

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