



Winter 2023
**WINCHESTER
 RECREATION**
 &
**COMMUNITY
 EDUCATION**

Winchester Recreation Department - 263 Main Street, Winchester, MA 01890

INSIDE

YOUTH PROGRAMS

- Pre School 23'/24'
- After School Care 23'/24'
- Art Studio
- Babes in Artland
- Baseball Skills Clinic
- BlocksCAD
- Chess Wizards
- Fencing
- Gymnastics
- Kids Test Kitchen
- Karate
- Language Clubs
- Metrocraft/Minecraft
- Music
- Roblox Game Dev.
- Social Skills
- Table Tennis
- T-Ball League

ADULT/COMMUNITY PROGRAMS

- Zumba
- Yoga & Mindfulness
- Fencing
- Table Tennis
- CPR Programs
- Conversations & Connection
- College Planning
- Understanding Medicare
- Social Security Class
- Estate Planning

- TEEN PROGRAMS
- Teen Netiquette Workshop
 - Python Programing
 - Babysitting Course
 - Girls HS Lacrosse Clinic
 - Fencing
 - Table Tennis

WWW.WINREC.COM

Department Information

Winchester Recreation Department
263 Main Street
Winchester MA 01890
Main Office: 781-721-7125
Fax: 781-721-7129
www.winchester.us/635/Recreation-
Department

OFFICE HOURS

Monday: 8AM - 7PM
Tuesday-Friday: 8AM - 4PM

STAFF CONTACT INFO

Nick Cacciolfi

Director of Recreation
ncacciolfi@winchester.us

Jim Sullivan

Program Coordinator
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Sonja Ferraguto

Pre-School Director
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Carol McCollem

WRAP After School Director
cmccollem@winchester.us

Lisa Paganis

Lynch After School Director
lpaganis@winchester.us

REGISTRATION

Online: www.winrec.com
Register or add yourself to the waitlist
for classes 24/7
Phone: 781-721-7125

GENERAL DEPARTMENT INFO

Those requiring special assistance, please contact the Recreation Director. financial assistance may be available upon request. Applications available online or by request.

Transportation, when provided, will be by North Suburban Transportation, unless otherwise noted.

TUITION

Tuition must be paid at the time of registration. Visa, Master Card, Discover are accepted. Checks should be made payable to Winchester Recreation Department.

E-ANNOUNCEMENTS

Please sign up for our general email list to receive periodic updates and new program information via email.

WEATHER CANCELLATIONS

Weather cancelations will be emailed and posted on our registration website: www.winrec.com

FLEXIBLE SPENDING

Town of Winchester
Tax ID # 046-001-371

NEIGHBORS HELPING NEIGHBORS

NHN is a fund set up to help support Winchester families who might otherwise be unable to afford recreation programs. To donate: Simply go on our website search Neighbors Helping Neighbors, then select the amount you would like to donate and add the neighbors fund to your cart and checkout.

PHOTO PERMISSION

Participants in Winchester Recreation Sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

WINCHESTER RECREATION WINTER 2023

PROGRAM GUIDE

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*Periodically we will add new programs throughout the programming season online that do not appear in this programming guide. Please check www.winrec.com for any program updates, cancellations and changes.

Disclaimer: OOPS! Occasionally there may be an error, typo or change in the day, times, fees or location in the brochure. If so, we will do everything possible to correct the situation promptly. Thank you for your patience and understanding should these situations arise.

REFUND/CANCELATION/TRANSFER POLICY*

Notice must be given 5 business days prior to a program start date for a refund.

-Programs costing less than \$100: Full refund less \$10

-Programs costing \$100+: Full refund less 10% of the program fee

-Transfers will be charged \$10 administrative fee.

-Only medical refunds can be given after the program has begun; however these will be prorated for classes attended and a \$10 administrative fee will be applied. (physician documentation required).

*This excludes CHILDCARE PROGRAMS & PRE-SCHOOL please see specific policies for Lynch, WRAP, Kid Connection.

Welcome to Winter 2023

Dear Winchester Residents,

Happy New Year! It was a very active fall season for the Winchester Recreation Department and as we enter the new year, we look forward to what it has in store. This past year, through the Selectboard's support and an affirmative Town Meeting vote, Winchester Recreation secured funding for a new multi-use sports court at our home headquarters the Mystic School. We are happy to report that project has come to a completion, and we couldn't be more thrilled with the result. We also saw the completion of the Knowlton Stadium Turf project happen, the restoration of the Manchester Basketball Courts and new shade structure in memory of Bob Bigelow, and considerable work done at both Nutile and Ginn fields.

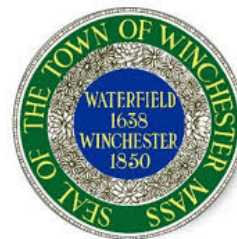
In a successful transition and collaboration with Winchester Youth Basketball Association, the department now administers the In-Town Basketball for Pre-K to 8th grade as well as the first Middle School Boys and Girls Basketball programs in which students compete against surrounding local middle school teams.

All of us at the Winchester Recreation Department would like to thank our families, participants, town departments, select board, and any special committees that made all these projects/programs a big success this past season. There are a lot of good things happening in town and we are looking forward to moving new projects and programs forward for 2023.

We look forward to seeing you around town and we hope you can find a program that you and your family members will enjoy. Wishing you all a very happy, and healthy New Year!

Sincerely,

Winchester Recreation Department



Gym Rental at Win Rec

GYM RENTALS AT WINCHESTER RECREATION

The Winchester Recreation Department offers evening and weekend rentals (based on activity schedules). Community members can rent our gym for birthdays, to shoot hoops, play floor hockey, dodge ball, or just run around and get some exercise. Classrooms are also available for workshops/meetings/party space.

All renters must have an adult onsite at all times. Recreation equipment is available for use upon request. A staff member will be onsite to assist with any equipment needs and set up. If you are bringing in an outside vendor or performer to run games or events, the Town of Winchester will require proof of insurance from all businesses.

Days/times available

Monday – Friday: After 6PM based on availability.

*Cost: Weekday \$100 per hour.

Weekends: \$100 per hour - limited winter availability
(2 hour minimum \$200.00)

Email gym request forms/questions to:

Jsullivan@winchester.us

Request form: <https://www.winchester.us/DocumentCenter/View/5792/Mystic-Gym-Request-form>

*Prices may vary based upon specific request



KID CONNECTION PRE-SCHOOL REGISTRATION:

Sonja Ferraguto, Director (781)759-9743 sferraguto@winchester.us

Our Kid Connection Preschool, located at the Recreation Department Building at 263 Main Street is designed to create a community of learning and provide a rewarding preschool experience for each child. Kid Connection has been serving the Winchester community for over 25 years, and we pride ourselves on the longevity of our dedicated teachers and our low teacher to child ratio. Theme-based curriculum combines learning through play with teacher directed activities to support early childhood learning and social emotional development in a nurturing environment. Enrichment activities throughout the year include music, yoga, gymnastics, local field trips, and more. Our convenient location provides us with large classrooms and an expansive outdoor play area including a new sport court build this past spring. We respect each parent as their child's first educator and welcome your involvement in your child's care and education as we build a cooperative relationship between teachers, children, and their families. Kid Connection is a school year program that mirrors the Winchester Public School calendar and is licensed by The Department of Early Education and Care (EEC).

STEPPING STONES - Age 2.9 by Sept. 1

Days: Tuesday, Wednesday, Thursday: 9:00am-12:00pm

Stepping Stones offers a first preschool experience for your child, where they explore through hands on activities with support for their emerging independence, social/emotional, and self-help skills. Themed curriculum focuses on learning through play, and introduction of early learning concepts.

Tuition: \$4,425/year or \$442.50/month Max class size 16/ 3 teachers

ALPHABET SOUP - Age 3.5 by Sept. 1

Days: Tuesday, Wednesday, Thursday: 9:00am-12:00pm

Alphabet Soup offers a structured preschool experience for younger 3's, preparing for our pre-kindergarten classes in Little Rascals and Building Blocks. Themed curriculum focuses on learning through play, creativity, exploring art materials, introducing letters and numbers, and improving fine motor skills through writing and manipulatives. The concept of community is emphasized within the classroom as self-help skills, social interactions, and growing independence are continued.

Tuition: \$4,350/year or \$435/month Max class size 18/ 3 teachers

LITTLE RASCALS - Age 3.10 by Sept. 1

Days: Monday – Thursday, 9:00am-12:15pm

Little Rascals extends learning opportunities for older 3's and younger 4's, who may have had an earlier preschool or daycare experience. Play and learning activities build on independence, self- confidence, and social skills. Pre-academic concepts are taught through a themed curriculum, with a focus on play-based learning, dramatic play, cooperation, and community, preparing each child for both our Building Blocks class and Kindergarten.

Tuition: \$5,250/year or \$525/ month Max class size 18/ 3 teachers

BUILDING BLOCKS - Age 4.3 by Sept. 1

Days: Monday – Friday, 9:00am-12:30pm

Building Blocks is a prekindergarten class which combines teacher led activities and student explorations to create an engaging and active learning environment. The themed curriculum focuses on early math and literacy skills, responsibility and cooperation, self-help skills, and growing independence, preparing your older preschooler for kindergarten.

Tuition: \$6,200/year or \$620/month Max class size 18/ 3 teachers

BUILDING BLOCKS - Extended Day

Days: Monday – Friday, 9:00am-2:00pm

The full day option extends the Building Blocks Day, providing more time for learning through play and socializing with classmates. Children bring their own lunch and engage in activities that allow for additional exploration of the daily curriculum. The full day also helps to meet the needs of older 4's or younger 5's, who benefit from an additional year of preschool before kindergarten.

Tuition: \$9,200 or \$920 per month Max class size 18/ 3 teachers

**NEW- Add extended day and additional day options!
See Stay and Play and Discovery Days options on Page 5!**

Kid Connection Pre-School 23/24

KID CONNECTION ADD-ONS:

Both programs below are only open to students enrolled in Kid Connection classes who do not already attend on these days (open to Stepping Stones, Alphabet Soup, and Little Rascals) Depending on enrollment, classes may be mixed age.

NEW! DISCOVERY DAYS

Days: Monday 9:00-12:00 & Friday: 9:00am-12:00pm

Acting out stories, exploring art materials, music, and movement, building and creating... more of what your child loves about learning! If you prefer a full week schedule for your younger preschooler, you can add one or two Discovery Days to complete their week. Play and educational activities will complement the weekly curriculum themes and learning concepts in your child's class to extend their learning.

Tuition: \$1375/year per day or \$137.50/month per day

STAY AND PLAY

Days: Choose your days/pricing below

This program gives your child extra time for fun and learning! Our extended day program is offered Monday through Friday, from the time your child is dismissed from their class, until 2:00pm. Your child will have lunch (provided from home), quiet time, and additional time for activities, including craft projects, games, story time, and outdoor play. Our teacher to child ratio is 1:6. You may register for 1-5 days of extended care on days when your child normally attends. We require a minimum of 3 children enrolled to hold this program on any day, and children must be potty trained to attend.

Monthly cost for extended day options:

\$110/month for 1 Day

\$205/month for 2 Days

\$300/month for 3 Days

\$390/month for 4 Days

\$480/month for 5 Days

*Single days/drop-ins are available at a fee of \$35/day if enrollment is not full. We ask that parents request by the Friday before to ensure adequate staffing. Contact Sonja Ferraguto, Director - sferraguto@winchester.us (781)759-9743

2023-2024 SCHOOL YEAR REGISTRATION INFORMATION

Open Registration: January 17-27, 2023 - Registration is by phone or in person only.

Open House: Wednesday, January 18th, 2023, 6:30-8:00pm for new or returning families who would like to meet our staff and learn about each classroom. Tours are available by appointment by contacting Sonja Ferraguto, Director (781)759-9743, email: sferraguto@winchester.us

If the number of applications exceeds the number of openings, a lottery will be held on Monday, January 30th to determine class rosters and possible waitlist. Admitted students will be notified by phone or email by the end of the day. If no lottery is held, all admitted students will be notified on this day to confirm your choice of class.

FEES TUITION AND MONTHLY BILLING:

Registration fees: a non-fundable fee of \$50 is due upon registration, and is payable via cash, check, or credit card.

Currently enrolled families may also charge their credit card on file.

Deposit: A non-refundable deposit in the amount of one month's tuition is due to secure your child's spot for the 2023 school year. This deposit covers the tuition for September.

Due date: February 10, 2023 for newly enrolled students, including siblings of current students. June 15, 2023 for all currently enrolled students continuing in the program

MONTHLY BILLING: Yearly tuition is divided into ten equal payments to cover September through June. Enrollment forms for 2023 will be distributed in late June, including a payment authorization form to be used for automatic payments to be established. The monthly billing cycle will begin September 1st, to cover the following month's tuition, with the final monthly payment due May 1st, to cover June tuition. Financial applications are available upon request.



Winchester Recreation After School Care

WRAP/LYNCH AFTER SCHOOL CARE 2023-2024

PLEASE NOTE: Due to the logistics of the Parkhurst swing space, the Recreation Department will only be offering WRAP after school at Winchester Recreation for 2022 -2023. All Lynch students looking for afterschool care should enroll into our WRAP program. We have expanded our program and are encompassing our Lynch Staff members into WRAP during the Lynch School transition in hopes to return to Lynch after the construction project is complete

PRIORITY REGISTRATION: January 24th, 2023 (offered only for families currently enrolled in Lynch/WRAP childcare)

OPEN REGISTRATION DATE: February 7th, 2023 (new student enrollment)

The Winchester Recreation Department offers an EEC licensed after school childcare program for children entering K – 6 at our WRAP program, centrally located in the Recreation Department Mystic Building at 263 Main Street.

The WRAP program is licensed by the Department of Early Education and Care and follows the Winchester Public School Calendar. Care is provided on all early release days, as those costs are built into the monthly fees. When schools are closed for vacations, holidays, professional development days or snow days, the programs are generally closed, however there are times where we may offer additional registration option, subject to additional fees. (Vacation Programs, No School Days/ Teacher Professional Development Days)

Each WRAP classroom is specifically designed and outfitted with age-specific equipment and materials for a developmentally friendly space for each grade. The WRAP program has use of the gym, a newly renovated sport court, 2 age specific playgrounds and opportunities for children to enroll in a wide variety of enrichment programs offered at the Rec. Department during their afterschool care. Enrichment offerings are registration based and have included programs such as Art, Martial Arts, fencing, cooking, language learning, STEM based programs, sports and fitness, and gymnastics. WRAP also provides additional enrichment opportunities through out the week in their daily structure, activity-based clubs, homework time, opportunities for free and structured play, choice-based activities and early release day field trips, performers, and special events.

REGISTRATION INFORMATION: Based upon availability, parents can enroll by calling 781-721-7125 and paying the non-refundable \$50 registration fee. Once enrolled, parents must complete the registration packet and submit the packet to the Recreation Department prior to your child attending the program. First Month tuition will be charged on June 15, 2023, and once charged is nonrefundable. The remaining tuition payments will be charged on the first of each month starting in September and will cover the following months tuition. Monthly payments end on May 1, which covers June enrollment.

REGISTRATION OPTIONS: 5 Day, 4 Day, 3 Day, 2 Day options available (You select days) Pricing for these options are listed in the pricing section below.

PRICING/FEE STRUCTURE

5 days/wk	\$545/month
4 days/wk	\$490/month
3 days/wk	\$390/month
2 days/wk	\$260/month

Select the appropriate number of days during the week, each day is subject to availability. Register early to ensure your child’s spot. Transportation to WRAP is available through Winchester Public Schools. Please see the school transportation information on the Winchester School website for information.

WITHDRAWAL POLICY: When registering, you are committing for the entire school year. Families looking to withdraw are required to give ONE MONTH (30 days) advanced notice if you plan on dropping your child out of the after school program. No exceptions.

Additional information on both WRAP can be found on our website www.winrec.com

WRAP Director: Carol McCollem cmccollem@winchester.us

WRAP Assistant Director: Lisa Paganis lpaganis@winchester.us

Vacation Programs

FEBRUARY/APRIL WRAP VACATION CLUB

School is out for the winter break, so what do you have planned for your kids? Join the Winchester Recreation Department for four days of fun and games, arts/crafts, and special projects. We have different themes for each day and some days may include a special performer. This fun filled program is open to children in grades K-5. Space is limited, and students will be broken up based upon appropriate grades as registration numbers warrant. We ask that you please register early! Participants are responsible for bringing a lunch, drink and snacks daily. PLEASE NO PEANUT OR NUT PRODUCTS.

Those that are currently enrolled in our Winchester Recreation After School Program/Lynch After School programs do not need to fill out the February or April Vacation Packet - new participants must complete the vacation club packet prior to attending that is located online.

FEBRUARY VACATION CLUB

Dates: February 21st - 24th (Tuesday-Friday, 4 days)

Time: 8:00AM to 4:00PM

Location: Winchester Recreation

APRIL VACATION CLUB

Dates: April 18th - 22nd (Tuesday - Friday, 4 days)

Time: 8:00AM to 4:00PM

Location: Winchester Recreation

PRICING OPTIONS: 4 Days \$375.00
3 Days \$295.00
2 Days \$200.00



IMPORTANT: In order for each session to run we must have 16 children registered.

GIRLSTART SPRING BREAK PROGRAM: APRIL VACATION (3rd-5th)

Join the staff from Girlstart for this girls-only STEM-based week of learning and fun! Participants will learn through hands on projects. Projects will teach the engineering design process as participants mine for nonrenewable chocolate chip 'coal', to being geomorphologists exploring canyon formations, to renewable energy engineers maximizing our resources to clean energy, to evolutionary biologists studying animals' environmental adaptations. This program is filled with tons of STEM discovery and fascinating career exploration. In addition to the hands-on STEM activities, our social and emotional components allow participants to be flexible and calm as they face challenges, learn to express empathy and gratitude for others, and can imagine limitless possibilities for themselves and the world. Girlstart helps participants explore what motivates and inspires them.

Dates: April 18th-April 21st (Tuesday-Friday)

Time: 9:00AM-2:00PM

Fee: \$275.00

Location: Winchester Recreation

Instructor: Girlstart Staff



ART STUDIO WORKSHOP APRIL VACATION (6 - 12yrs)

Through carefully structured exercises and demonstrations participants will have an opportunity to explore the key elements and methods that form the foundations of the drawing process, painting and sculpting. Our focus will be composition, proportion, exploration of line and shape in an environment that encourages personal creativity. Participants will create artworks in different techniques and mediums through age appropriate projects. On the last day of the workshop, at 12:00 pm, an art show will be held for the parents, relatives, and friends of participating students. Everyone is welcome! Join us for our celebration of ART! Please bring a snack or small lunch (NUT FREE) and water bottle each day.

Date: April 18th - April 21st (Tuesday - Friday, 4 days)

Time: 9:00AM - 1:00PM

Fee: \$275.00

Location: Winchester Recreation

Instructor: Seda Matevosian

Pre-School Activities

WINTER FUN-DERLAND (2-4yrs)

Join Winchester Recreation and Mrs. McCollem for this fun and exciting program. This program will incorporate a number of your favorite pre-school games, sports and activities that will keep your kids moving and socializing with others! Classes do fill quickly, please register well in advance! (8 week session).

Date: Thursday, January 26th-March 23rd (Off 2/23)

Time: 10:00AM - 10:45AM

Location: Winchester Recreation

Fee: \$115.00

Instructor: Carol McCollem (EEC Certified Child Care Director)

MUSIC with MR ANDREW

WEEKLY DROP IN (2 - 5yrs)

This program will introduce your child to the joys of music with a focus on socialization, verbalization, creativity, and imagination. Through songs, dancing, and playing musical instruments, your child will explore a variety of musical topics. Sign up for one week or a number of weeks, register in advance as spots may fill. Classes will conclude with a 30 minute snack each week. Not only will your kids have fun, you will as well!

DATES:

Monday, January 30th

Monday, March 6th

Friday, April 21st

Wednesday, May 10th

Monday, May 22nd.

Time: 9:30AM - 10:45AM

Location: 263 Main St, Kids Corner

Fee: \$15 Per Class

(Lower level of Win Rec)

Instructor: Andrew Gentzow - MA, MT-BC



BABES IN ARTLAND (2-4yrs)

This program encourages parents and children to interact in a creative and challenging environment with their children, along with social involvement with other preschool children. Children will explore working with paint, glue and other craft materials. Parents and children will have loads of fun when they team up and create all sorts of crafts. (8 week sessions)

Date: Fridays, January 27th-March 24th (Off 2/24)

Time: 10:00AM - 10:45AM

Location: Winchester Recreation

Fee: \$115.00

TODDLER TUMBLERS w/Adult (1.5-3yrs)

Join us with your tiny tumbler this Winter! This class is the perfect combination of fun and learning. Miss Jenn brings oodles of energy to keep kids moving in her preschool gymnastics class. Each week will have a different theme, children will do rolls, walk across the beam, swing like monkeys and jump like frogs on the vault. Parachute bubbles and stamps round out this magical class. Child must be proficiently walking and children should wear comfortable clothing and bare feet. (10 weeks)

Date: Tuesdays, January 24th-April 4th (Off 2/21)

Time: 9:00AM - 9:35AM

Location: Winchester Recreation

Fee: \$150.00

PRE-K GYMNASTICS (3-5yrs)

This is an all by myself class! Children will learn to be independent, while learning basic gymnastics skills in a fun easy setting. They will start bridges, forward and backward rolls, cartwheels, handstands and so much more, using bars beam and vault. This is a fun filled class complete with parachute, stamps and smiles. (10 weeks)

Date: Tuesdays, January 24th-April 4th (Off 2/21)

Time: 9:40AM - 10:25AM

Location: Winchester Recreation

Fee: \$150.00

REGISTER IN ADVANCE!

Please be aware that classes are subject to change/cancellation based on program enrollment numbers. Winchester Recreation will notify participants 48 hours in advance if a program has the potential of being postponed or cancelled due to low enrollment. For ALL weather updates/cancellations please visit www.winrec.com

Youth After School Programs

FUN GYMNASTICS (K - 5th)

Get ready to have some fun!!! Parachute, stretching, splits, simon says, jumps, bridges, rolls cartwheels, handstands, walkovers, jumping, running, swinging on the bars, balance beam and learning how to vault. All of this in a no pressure atmosphere, this class has it all. Come join us for some afterschool FUN!! Wear comfortable clothes, no shoes, and long hair must be tied back. (10 weeks)

GRADES K - 2

Date: Tuesday, January 24th-April 4th (Off 2/21)
Time: 3:00PM - 3:45PM
Location: Winchester Recreation
Fee: \$130.00

GRADES 3rd-5th

Date: Tuesday, January 24th-April 4th (Off 2/21)
Time: 4:00PM - 4:45PM
Location: Winchester Recreation
Fee: \$130.00

ART STUDIO (Ages 6 - 12yrs)

Through carefully structured exercises and demonstration kids will have an opportunity to explore the key elements and methods that form the foundations of the drawing process, painting and sculpting. Our focus will be composition, proportion, perspective, exploration of line and shape in an environment that encourages child's personal creativity. Kids will create art works in different techniques and mediums through age appropriate projects. Materials are included. (6 weeks)

ART STUDIO at Lynch Elementary

Date: Tuesdays, February 7th - March 21st (Off 2/21)
Time: 3:15PM - 4:30PM
4:45PM - 6:00PM
Fee: \$220.00
Location: Lynch Elementary School Art Room (inside cafe)
Instructor: Seda Matevosian Min 6/Max 10

ART STUDIO at Winchester Recreation

Date: Wednesdays, February 8th -March 29th (Off 2/22, 3/8)
Time: 3:15PM - 4:30PM
4:45PM - 6:00PM
Fee: \$220.00
Location: Winchester Recreation Department
Instructor: Seda Matevosian Min 6/Max 10



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263 Main Street, Winchester MA

GOOD SPORTS @ LINCOLN (2nd-5th)

Sports, sports, and more sports. Grab your friends and sign up; spots will fill quickly! You can discover a new sport, develop new friends, and seek new challenges. You also have lots of fun learning about sportsmanship, team play, exercise, and skill development. Games may include, but are not limited to basketball, floor hockey, new games, soccer, dodgeball and more. Children are also encouraged to develop their own games. (8 weeks)

Dates: Thursdays, January 26th - March 23rd (Off 2/23)
Time: 2:20PM - 3:30PM
Location: Lincoln Elementary
Fee: \$120.00
Instructor: Michael Toomey
Min 8/Max 15

KENPO KIDS KARATE (K-5th)

This Kenpo Karate program is for children in grade K-5, with or without Martial Arts experience. Lessons focus on bully awareness, confidence building, goal-setting and most important of all respect for self and others. This class works on age & rank appropriate strikes, kicks, blocks, self-defense techniques and forms. Martial Arts training will help develop greater social skills and nurture their mental and emotional growth. We emphasize the 5 Principles of Kenpo: Effort, Etiquette, Character, Sincerity and Self-Control. (12 weeks)

Date: Mondays, January 23rd-April 24th (Off 2/20, 4/17)
Time: 3:15PM - 4:00PM
4:00PM - 4:45PM
Location: Winchester Recreation
Fee: \$180.00
Location: Winchester Recreation

Instructor: Brian Sweetser

Bay State Martial Arts uniforms are required and are available only through the instructor for an additional cost (\$50.00) at the first class. Testing Fees are a separate cost of (\$50.00) per session.

ELITE FREESTYLE KARATE at Lynch

This introductory program will include; discipline and respect development, basic stances, blocks, hand strikes, kicks, introductory to self-defense lessons, anti-bully and confidence building lessons. Students will develop an overall winning attitude committed to goal-setting and success. (8 weeks)

KINDERGARTEN - GRADE 2

Date: Mondays, January 23rd - March 20th (Off 2/20)
Time: 2:45PM - 3:15PM
Location: Lynch Elementary School
Fee: \$95.00
Instructor: Elite Freestyle Karate Staff

GRADES 3RD - 5TH

Date: Wednesdays, January 25th - March 29th (off 2/22, 3/8)
Time: 2:45PM - 3:15PM
Location: Lynch Elementary School
Fee: \$95.00
Instructor: Elite Freestyle Karate Staff

Youth After School Programs

KIDS TEST KITCHEN (K-5)

On a mission to get eaters of all ages and abilities cooking, tasting, and thinking about healthy ingredients! We present kids the opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. Lessons are planned to celebrate seasonal produce, whole grains, and legumes. Yes - join us again! Each scheduled series of classes offers fresh new recipes to prepare and explore! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. *Please clearly disclose all food allergies and/or dietary restrictions upon registration. Follow and like us on Facebook & Instagram: @kidstestkitchen

Dates: Wednesday, January 25th-March 15th (Off 2/22, 3/8)

Time: Session I: 3:15PM - 4:15PM
Session II: 4:30PM - 5:30PM

Fee: \$185.00

Location: Winchester Recreation

Instructor: Kids Test Kitchen

YOUTH TABLE TENNIS (4th - 8th)

We are excited to bring one of the fastest growing sports to Winchester! Table Top Tennis, this program is for beginners, experienced, as well as those new to the sport. During this one hour program, fundamental table tennis techniques and match strategies will be taught. Maximum of sixteen players per session. (8 weeks)

JUNIOR TABLE TENNIS (4th - 5th)

Date: Thursdays, January 26th - March 23rd (Off 2/23)

Time: 5:30PM - 6:30PM

Fee: \$125.00

Location: Winchester Recreation

Instructor: Shaya Hedayatian

Min 4/Max 8

MIDDLE SCHOOL TABLE TENNIS (6th - 8th)

Date: Thursdays, January 26th - March 23rd (Off 2/23)

Time: 5:30PM - 6:30PM

Fee: \$125.00

Location: Winchester Recreation

Min 4/Max 8

WINCHESTER RECREATION FENCING

Come learn the exciting sport of fencing with the New England Fencing Alliance! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise, and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving. It's an ideal activity for people of all ages and sizes. Equipment is provided for the first 8-week session one participates. Instructor: Michael Tarascio, a former member of the United States World Championship Team.

Friday: Beginner/Intermediate (Ages 7 +)

Session 1: February 3rd-March 31st (Off 2/24)

Session 2: April 7th-June 9th (Off 4/21)

Time: 5:00PM - 6:00PM

Fee: \$250.00

Location: Winchester Recreation Department

Friday: Beginner/Advanced (12 +)

Session 1: February 3rd-March 31st (Off 2/24)

Session 2: April 7th-June 9th (Off 4/21)

Time: 6:15PM - 7:15PM

Fee: \$250.00

Location: Winchester Recreation

Instructor: Michael Tarascio, former member of the United States World Championship Team.

For more information, contact Michael at 978-210-2711 or michael@nefencing.com

FENCING GEAR REQUIREMENTS:

Gear can be rented or purchased. Participants will have the option of renting from Coach Michael at a cost of \$50.00 plus a \$100.00 deposit for an 8-week session. Fencers will be fitted for equipment during the first class, then fencers will take the equipment home with them. At the end of the last class, the deposit will be issued upon returning the fencing gear to Coach Michael. If interested in purchasing gear please contact Michael Tarascio michael@nefencing.com for information.

CHESS WIZARDS (2nd - 5th)

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously, accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have the chance to participate in a mini chess tournament. (8 weeks)

Dates: Fridays, January 27th-March 24th (Off 2/24)

Time: 3:30PM - 4:30PM

Fee: \$195.00

Location: Winchester Recreation

Instructor: Chess Wizards

Youth After School Programs

NEW! EXPERT ARCHITECTS (2nd-5th)

Calling all architects! The next great skyscraper is waiting to be built! Form your architectural firm and start imagining the building of your dreams. Our Right Brain Curriculum instructors will guide you along the way – from the mathematical calculations every good architect must make to the history of how the elevator revolutionized Manhattan. Then you'll be ready to build! You will consider the environment, transportation, parking, and green space as you create a working blueprint for your creation. Then you'll bring it to life as a Lego model! You will present your work to your peers and demonstrate how your tower will be the next great building of the 21st Century. The sky's the limit! Check out the program in action: <https://www.youtube.com/watch?v=fbKR6BD7cww>

Dates: Mondays, January 23rd-March 20th (Off 2/20)

Time: 4:30PM - 5:30PM

Fee: \$160.00

Location: Winchester Recreation

Instructor: Right Brian Curriculum

ROBLOX GAME DEVELOPMENT

with CODE WIZ (2nd - 5th)

Anyone can build a game in Roblox! Roblox studio has all the tools to make your wildest gaming imaginations a reality. Whether your new to coding or have some experience, you will be challenged and have fun while bringing your game to life. Through drag and drop techniques or pure scripting, you'll be creating extensions to the Roblox game while fostering your creativity and learning real-world coding!

Dates: Fridays, January 27th - March 10th (Off 2/24)

Time: 3:30PM - 4:30PM

Fee: \$240.00

Location: Winchester Recreation

Instructor: Code Wiz



METROCRAFT (2nd - 5th)

A Minecraft City Comes to Life!

Join our community as we build and govern a world-class Minecraft city, complete with everything needed for incoming residents! Build, budget and furnish your own house. Plan a marketing campaign as you build your own business. Serve on the city council and vote to shape the city's future as you help create a constitution of laws for your citizens. Our Right Brain Curriculum teachers will guide you through – demonstrating how math, economics and community-building are key to a successful, working urban environment. STEM skills have never been so much fun! Check out the program in action: https://www.youtube.com/watch?v=H_STArKpHTE

Dates: Mondays, January 23rd-March 20th (Off 2/20)

Time: 3:15PM - 4:15PM

Fee: \$160.00

Location: Winchester Recreation

Instructor: Right Brain Curriculum

3D PRINTING - BlocksCAD (2nd - 5th)

MATH - CODING - 3D DESIGN

BlocksCAD is a programmatic, cloud-based, 3D design tool that teaches coding, 3D design, math & computational thinking. Have a blast in our 3D Design class & learn 21st century skills that include:

- Blocks-based coding fundamentals such as loops, variables, sequencing, and debugging.
- Math practice utilizing cartesian coordinates, number sense, spatial reasoning, metrics, and geometry.
- 3D design & 3D printing.

Each student will receive one 3D print of their choosing over the 6-week course. BlocksCAD will print these projects after class concludes and arrange a safe pickup.

Equipment needed: Students will need to bring their own Internet-accessible device to each class session (laptop, MacBook, iPad, or Chromebook). The device should have an Internet browser that is compatible with BlocksCAD (Google Chrome or Mozilla Firefox).

WINTER SESSION:

Dates: Mondays, February 6th - March 20th (Off 2/20)

Time: 4:15PM - 5:15PM

Fee: \$230.00

Location: Winchester Recreation

SPRING SESSION:

Dates: Mondays, April 3rd - May 15th (Off 4/17)

Time: 4:15PM - 5:15PM

Fee: \$230.00

Location: Winchester Recreation

Please be aware that classes are subject to change/cancellation based on program enrollment numbers. Winchester Recreation will notify participants 48 hours in advance if a program has the potential of being postponed or cancelled due to low enrollment. For ALL weather updates/cancellations please visit www.winrec.com

After School Language Classes

AFTER SCHOOL LANGUAGE CLUB: SPANISH & FRENCH (K - 5th)

BONJOUR! HOLA! Learn Spanish or French in a fun and engaging atmosphere with Global Child! Everything we do is based on well-proven scientific studies and methods. The Global Child method allows children to learn another language in the same way they learn to speak in their native tongue by listening, repeating, and speaking. Native teachers allow students the opportunity to learn authentic pronunciation and gain a broader perspective in cultural awareness. We follow the VMM approach (visuals, manipulatives, and motion) through Music, Games, Role-play, Art projects, Holidays and Cultural activities, Practice with Student Portfolio, and much more. The program is designed to give you the language skills to live, work, study and travel abroad. (10 weeks)

SPANISH CLUB TUESDAYS (10 weeks)

Dates: Tuesdays, January 24th- April 4th (Off 2/21)

Time: Session 1: 3:15PM - 4:15PM (K - 2nd)

Session 2: 4:30PM - 5:30PM (3rd - 5th)

Fee: \$155.00

Location: Winchester Recreation

Instructor: IES Language Staff

FRENCH CLUB TUESDAYS (10 weeks)

Dates: Tuesdays, January 24th- April 4th (Off 2/21)

Time: Session 1: 3:15PM - 4:15PM (K - 2nd)

Session 2: 4:30PM - 5:30PM (3rd - 5th)

Fee: \$155.00

Location: Winchester Recreation

Instructor: IES Language Staff

SPANISH CLUB THURSDAYS (10 weeks)

Dates: Thursdays, January 26th- April 6th (Off 2/23)

Time: Session 1: 3:15PM - 4:15PM (K - 2nd)

Session 2: 4:30PM - 5:30PM (3rd - 5th)

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child

FRENCH CLUB THURSDAYS (10 weeks)

Dates: Thursdays, January 26th- April 6th (Off 2/23)

Time: Session 1: 3:15PM - 4:15PM (K - 2nd)

Session 2: 4:30PM - 5:30PM (3rd - 5th)

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child

Youth Social Skill Classes

CHILDRENS SOCIAL

SKILLS WORKSHOP (2nd -7th)

One of the most important jobs we have as parents and teachers is to help children develop social skills, show them how to interact with others in a polite manner, and teach them to treat everyone with respect. Whether the occasion is a family gathering, a meal at a restaurant, or a quick trip to the grocery store, children can apply our lessons in any social situations and practice good manners so that they become a habitual part of their lives and set them apart. Topics Include: The Importance of Greeting Others, Rules of Introduction, The Handshake, Eye Contact, and the Power of a Smile, Self-Respect and Respect for others, Proper Telephone Etiquette, Writing Thank You, and Other Modern Manners. For more information visit:

Dates: Tuesday, January 10th (Rescheduled from 12/6)

Time: 5:45PM - 7:15PM

Location: Winchester Recreation

Fee: \$80.00

Instructor: New England School of Protocol Min 6 /Max 15



CHILDREN'S CONVERSATION

SKILLS WORKSHOP (2nd - 7th)

For many children it is easy to strike up a conversation or join one already in progress but for others engaging in small talk or starting a conversation can be challenging. Developing a child's conversational skills and etiquette is important as it helps them build confidence, cultivate friendships, and understand social expectations. A child who is good at communicating verbally will often produce better written communication and interpret what they read more accurately, helping them in all areas of academics. Our 60-minute conversation skills workshop will cover some of the following topics:

- How to start a conversation
- Icebreakers to start a conversation
- How to keep a conversation going
- How to end a conversation
- Topics to avoid
- Active listening and not interrupting
- Being respectful and non-judgmental
- Rude and disrespectful body language and behavior
- Giving and receiving compliments

Dates: Wednesday, March 22nd

Time: 6:00PM - 7:00PM

Location: Winchester Recreation

Fee: \$65.00

Instructor: New England School of Protocol

Min 6/ Max 15

Youth Programs

WINTER BASEBALL SKILLS & DEVELOPMENT CLINIC (3rd - 7th)

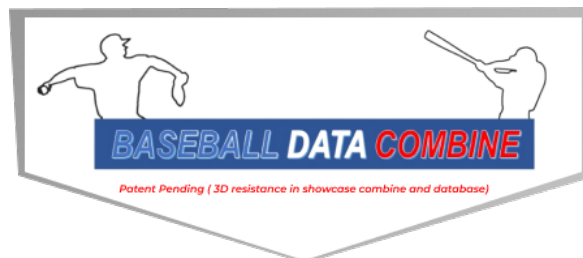
Have fun and train with the same equipment MLB Players use! The off season is the perfect time to increase your skill set for the spring season. Each session will start with skill development and be followed by a simulated game that uses the same tracking technology as Major League Baseball teams to show how hard and far a ball is hit and where it is hit to on the field. Pitchers will also have their velocities and spin rates tracked from the same state of the art pitching equipment used by professional MLB pitchers.

Experienced staff instruct participants in throwing, proper two-handed fielding, base running, hitting, pitching, speed, agility, and proper baseball warm up routines. The facility uses state of the art equipment: Rapsodo hitting and pitching video machines, Stalker radar gun, vertical Jump mat, and laser timers used by the NFL. Video footage will be available to players to assess their mechanics and make adjustments to improve. The first session will consist of a Home Run Derby and pitching contest, utilizing the data collected to create teams for the simulated games. Each player will receive a team game shirt.

IMPORTANT: Participants should wear baseball pants, turf shoes/sneakers (no cleats) and bring a glove, baseball bat, helmet and any protective gear they might use while playing.

PROGRAM INCLUDES:

- 5 Total Sessions
- 4 Virtual Games
- Vertical Jump Contest (optional)
- Homerun Derby
- Pitching Speed Competition
- Speed Contest 40 yard dash, with laser timers



Dates: Weekend Session: Sundays, February 5th - March 12th (Of 2/19 - 5 Sessions)

Time: 1:00PM - 3:00PM

Weekday Session Dates: Tuesdays, February 7th - March 14th (Off 2/21 - 5 sessions)

Time: 4:00PM - 6:00PM

Location: Precision Performance Center (home of Baseball Data Combine)

380 Second Street, Everett MA

Fee: \$475.00

Min 6 max 12

Instructor: Program is run by Winchester native Robert Nadel, who grew up playing youth baseball in Winchester. Robert pitched in the 2009 Cal Ripken World Series as a 12 yr. old going on to pitch in college at NCAA Division 1 La Salle University and Siena College. Rob was invited to the MLB draft and is currently an Associate MLB Scout.



Lead Instructor Robert Nadel & Precision Performance Center/Baseball Data Combine Facility, 380 Second St, Everett MA

Winchester T-Ball League

WINCHESTER RECREATION T-BALL LEAGUE (Ages 4 - 6*)

This program is for boys and girls ages 4 - 6. Children are placed on teams according to age and receive their very own MLB replica jersey and hat. Practices start mid/late April (based on field conditions) with game play starting after each team has practiced for 2 weeks. Games/practices will be played 1x per week (Mon, Tues, Wed or Thurs) please note make-ups could be scheduled on Fridays). The Rookie Division will practice/play typically on Monday or Tuesdays, the Veterans Division (Age 6) will play mainly on Wednesdays or Thursdays. Team schedules will be set two weeks prior to the start of the season. Please note days may vary each week, depending upon each teams schedule. 9 weeks, weather permitting, Please no coaching/player requests.

PROGRAM INFORMATION:

Dates: Season will begin the week of April 24th and run until June 16th (weather permitting)

Time: 5:30PM - 6:45PM

Location: Each teams location will be determined when schedules are released in April

Fee: \$110.00



Rookie Division: *Age 4 & 5 *for players that are 4 years of age as of May 1st 2023 and no older than 5 on May 1st, 2023

- Players will hit off a batting tee for the entire season
- Players will bat every inning
- Games will last 3 innings or for 75 minutes, whichever comes first
- Every player plays the field every inning
- There will be no walks or strikeouts and score will not be kept

Veterans Division: *Ages 6 *for players that are 6 yrs of age as of May 1st, 2023

- Players will hit off batting tee for the first half of the season and coaches will pitch remainder of season
- Each player will be allowed 3 swings and misses before a batting tee will be placed to hit, no strikeouts
- Games will be 3 innings or for 75 minutes, whichever comes first
- Every player plays the field every inning
- There will be no walks or strikeouts and score will not be kept

Schedules will be sent to you by coaches prior to the start of the season. Please note we cannot guarantee a specific day for practices/ games. Schedules will be based upon field availability.

-TBALL COACHES NEEDED-

If you are interested in volunteering as a coach for either program this season please contact jsullivan@winchester.us or select "yes" when asked during registration.

SPRING/SUMMER JOB OPPORTUNITIES

POSTINGS WILL BE MADE AVAILABLE ONLINE AND ON OUR FACEBOOK PAGE

<https://www.winchester.us/jobs.aspx>

Summer Adventure Counselors

Summer Adventure Assistant Director

Spring/ Summer Tennis Maintenance/Gate Staff

Spring/Summer Tennis Court Supervisors

Packer Ellis Tennis Supervisors

For more information on job opportunities, please contact Winchester Recreation directly.

781.721.7125

Middle School/ H.S. Programs

INTRO TO COMPUTER PROGRAMMING WITH PYTHON Level 2: (6th, 7th, 8th)

Programming with Python Level 2 will continue where the Introduction to Computer Programming Python Class left off. Initially, we will do a review of what was previously covered, continuing to introduce new concepts such as dictionaries, for loops, ranges, sorting, and reading/writing files. We will make heavier use of functions and will introduce some basic object-oriented programming concepts. Some projects will include Snake, Xs and Os, and a Memory Game.

Date: Wednesdays, February 1st - May 31st (Off 2/22, 3/8, 4/19)

Time: 4:30PM - 5:30PM

Location: McCall M.S. Computer Lab

Fee: \$515.00

Date: Fridays, February 10th - June 2nd (Off 2/24, 4/21)

Time: 4:30PM - 5:30PM

Fee: \$515.00

Location: McCall M.S. Computer Lab

PROGRAMMING WITH PYTHON Level 4: (6th, 7th, 8th)

This class continues where Programming with Python Level 3 left off. We will begin learning how to use Python to write basic web applications on the internet. Students will receive an overview of how internet websites work, and we will cover some details about HyperText Markup Language (HTML). Students will write Python programs to generate HTML and then view it in their web browser. Students will learn about web forms and different kinds of input controls that can be used. They will write their own web forms and Python programs to process the form data. Students will learn about web servers, and execute their web applications using a web server. We will also cover some Unix terminal commands and basic file permissions operations.

Date: Friday, February 10th - June 2nd (Off 2/24, 4/21)

Time: 5:35PM - 6:35PM

Fee: \$515.00

Location: McCall M.S. Computer Lab

BABYSITTING COURSE (6th - 8th)

This course teaches young adolescents to be medically responsible, creative, attentive, and caring baby-sitters. The curriculum includes learning first aid for choking victims, as well as rescue breathing, accident management, child development, and safety tips. Participants are taught strategies to handle situations from power failures to making arrangements for safe transportation home, as well as the business of baby-sitting, from setting fees to ethical considerations.

Dates: Saturday, March 25th

Time: 9:00AM - 1:00PM

Fee: \$75.00

Location: Winchester Recreation

Instructor: Debbie Laflamme

Min 8/Max 20

GIRLS H.S. LACROSSE WINTER CLINIC (H.S)

Join Winchester High School Lacrosse Alumni for this 6 week clinic. This program is for new and experienced high school players. Clinics will focus on individual skills and feature small sided games and conclude with stickwork each session. Clinics are coached by former WHS/collegiate players.

Equipment: Players must have a girls lacrosse stick, approved girls lacrosse goggles and mouth guard. Players can wear sneakers, no cleats as it is indoors. Please make sure you bring a water bottle labeled with your name.

Date: Sundays, January 22nd - March 12th (Off 2/12, 2/19)

Time: 6:30PM - 8:00PM

Fee: \$150.00

Location: Winchester High School Gymnasium

80 Skillings Road, Winchester, MA

TEEN NETIQUETTE WORKSHOP (10-14yrs)

Texting, Email and Social Media Etiquette

Is technology making your teen rude? Social media platforms are great places to communicate and learn. However, there is a lack of et-iquette on social media because etiquette rules haven't been laid out for users. If you do not use technology responsibly, it can negatively affect your reputation and your relationships, both personally and professionally. Teens need to keep in mind that colleges and employ-ers are seeking people with not just good technical and academic skills, but also with social graces, self-awareness, and a positive presence on the internet. In this workshop your teen will learn how to be more aware and digitally responsible on the internet in order to ensure that their image is well-reflected. Topics will include the following:

Texting Protocol:

- When is texting appropriate
- What to keep in mind when sending texts

Email Etiquette:

- Tips to keep in mind when using email
- Professional email etiquette- Formality, timing, salutations, subject line, reply all, privacy etc.
- Things to avoid when sending an email

Social Media Etiquette

- Questions to ask yourself before you post on social media
- The do's and don'ts of social networking
- Being professional on social media
- Is technology damaging your relationship and your impression?

Dates: Wednesday, March 22nd

Time: 7:15PM - 8:15PM

Location: Winchester Recreation

Fee: \$70.00

Instructor: New England School of Protocol

Min 6/ Max 15

Adult Programs

ADULT OPEN TABLE TENNIS (18 +)

We are excited to bring one of the fastest growing sports to Winchester! Open play will be available for beginners, experienced, as well as those players new to the sport. During this two hour program, open play will be available with light instruction from our coaches that will include fundamental table tennis techniques and as well as match strategies. Maximum of sixteen players per session. (10 weeks)

Date: Thursdays, January 26th - April 6th (Off 2/23)
Time: 6:30PM - 8:30PM
Fee: \$15 per night - must pre-register and pay online prior
\$135 when registering for all 10 weeks (Save \$15)
Location: Winchester Recreation
Instructor: Shaya & Qiumar Hedayatian
Min 6 / Max 16

ZUMBA MORNINGS (18+)

Looking to change up your workout? Zumba is an easy to follow, calorie burning, dance fitness party. It combines Latin and international music with a fun and effective workout. Feel the music and let loose! Beginners welcome, no experience required. (12 weeks).

Date: Monday, January 23rd - April 24th (Off 2/20, 4/17)
Time: 9:00AM - 10:00PM
Location: Winchester Recreation Gym
Fee: \$215.00
\$18.00 (One class trial - limit 1 per person)
Instructor: Laura Gordon
Min 4 Max 20

CONVERSATIONS AND CONNECTION (18+)

A guide to friendship, dating skills for Neurodivergent Adults
This 6-week course focuses on relationships with friends, potential friends and potential romantic partners. The purpose of this is to learn how to make and keep friends and develop close meaningful relationships. The foundation of any relationship is friendship. We will talk about the different types of relationships, how to initiate and maintain conversations, how small talk can lead to deeper connections, the importance of noticing and observing others, and how to effectively use technology (texting, social media, email, phone calls) with the people in your life. We are not teaching what we think people should do but what actually works according to research.

Dates: Thursdays, February 2nd - March 16th (Off 2/23)
Time: 6:30PM - 7:45PM
Location: Winchester Recreation
Fee: \$300.00
Min 4 Max 8

Instructor: Sarah Macek and Tandis Taj are speech-language pathologists and have been for over 15 years. They have worked in both public and private settings with a wide range of ages and needs. They share a passion for helping neurodivergent people make successful connections with others.

NURTURE-A SPA YOGA EXPERIENCE (18+)

Press pause, take a deep breath and nurture yourself after what can be a hectic holiday season! Carve out the space to take good care of yourself. Create an inner state of calm with the rejuvenating benefits of gentle yoga, self-massage, meditation and a healthy dose of pampering! Delight your senses with flowers, essential oils and chocolate. Refill your well and leave with renewed energy and vitality. All levels are welcome and encouraged! Class size is limited. Save your space today to be part of this small and sweet gathering!

Dates: Thursday, January 5th
Time: 6:00PM - 8:00PM
Fee: \$35.00
Instructor: Linda Devincentis
Min 6 Max 12

YOGA + MINDFULNESS for STRESS RELIEF (18+)

Increase your strength, balance and flexibility with mindful movements. Calm your mind and sooth your nervous system with simple and effective breathing and meditation techniques. These welcoming classes are designed to guide beginners as well as experienced yogis looking to return to the heart of their practice.

Bring your yoga mat and any props that support your practice

Dates: Wednesday, January 25 -March 1st (Off 2/22)
Time: 6:00PM - 7:00PM
Location: Winchester Recreation
Fee: \$65.00 for session (5 weeks)
Fee: \$15.00 for drop in rate
Instructor: Linda Devincentis



Adult/Family Programs

HEARTSAVER CLASS CPR (16+)

Heartsaver courses are designed for anyone, including those with little or no medical training who needs a course completion card for job, regulatory (for example, OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting. In this Heartsaver course, students will receive a course completion card that is valid for 2 years.

Date: Tuesday, February 28th

Time: 6:30PM - 9:00PM

Location: Winchester Recreation

Fee: \$80.00

Instructor: Catherine Donaghey, First Response

FRIENDS AND FAMILY CPR TRAINING

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. This class does not include a CPR Certified Completion Card.

Date: Tuesday, March 14th

Time: 6:30PM - 9:00PM

Location: Winchester Recreation

Fee: \$45.00

Instructor: Catherine Donaghey, First Response

DEMYSTIFYING SOCIAL SECURITY

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. Did you know that over 70% of Americans do not leverage the rules to get the most retirement benefits available to them? By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. In this class, you will learn about strategies on how to get the most from your Social Security retirement benefits. We will help you determine when you should file for Social Security benefits, and what to consider when planning for spousal, survivor and divorced benefits. You will learn the financial impact of filing early or at full retirement age. We will also discuss buy-back strategies, tax-reduction strategies and coordination with other retirement plans.

Date: Wednesday, March 29th

Time: 7:00PM - 9:00PM

Location: Winchester Recreation

Fee: \$30.00

YOU CAN AFFORD COLLEGE IF... (18+)

you PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful. Financial aid goes to the families who plan and act in advance - before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. REMEMBER: Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For information, visit www.collegefundingadvisors.com.

Date: Thursday, March 2nd

Time: 6:30PM - 8:30PM

Location: Winchester Recreation

Fee: \$21.00 Single \$30.00 Couple

Instructor: Don Anderson

UNDERSTANDING MEDICARE (ZOOM) (18+)

If you are close to the age of 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. In this class you will learn the following

- How are parts A, B, C and D Integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMOs, PPOs, and Medigap Plans?
- Should I take Medicare if I am still employed?
- How will health care reform impact Medicare?
- Does any part of Medicare cover long-term care expenses

Date: Wednesday, March 22nd

Time: 7:00PM - 9:00PM

Location: Winchester Recreation

Fee: \$30.00

Instructor: Daniel R. Williams, CLU, CHFC, CFP

BASICS OF ESTATE PLANNING

During this two hour session we will cover all the basics of estate planning, including discussing wills, trusts, durable powers of attorney, and health care proxies. This program will also cover minimizing Massachusetts estate taxes and avoiding probate. At the completion of the class, participants will have a good overview of how the process works and which documents they might want to include in their own estate plans.

Date: Thursday, March 9th

Time: 6:30PM - 8:30PM

Location: Winchester Recreation

Fee: \$40.00

Instructor: Rebecca C. O'Brien, O'Brien Cavanaugh Ivanova LLP



Field Rental/Policies - Safety

Field Use and Permitting Information

The Winchester Recreation Department oversees the use and permitting of all the fields and park spaces for the Town of Winchester. We encourage all residents to enjoy the town recreational spaces, and get out and be active! Fields and parks are free to use for any unorganized play or pick up games as long as a permitted group is not utilizing the space. Permit holders have priority use and the ability to bump non-permitted users off of the permitted space during their permitted activity.

Please note that any organized and/or fee based activities must be permitted through the recreation department such as youth private coaching, tennis lessons, sports & fitness training and clinics, organized games with referees and uniforms, camps and tournaments. Additionally, residents can permit and reserve a field for a birthday party, one time event, or neighborhood game. Permit fees apply based on the amount use, field space requested and priority tiers. Fee based programs must possess liability insurance with the town of Winchester listed as an additional insured. Non-fee based permitted use may not require liability insurance for use, contact the Recreation Director for guidance. For information on permitting policy, fees and procedures please visit the Town Recreation Web Page: <https://www.winchester.us/635/Recreation-Department>

The Field use policies and procedures are developed and maintained by the Winchester Field Management Committee and approved by the Winchester Select Board. Information on the Field Management Committee can be found here: <https://www.winchester.us/334/Field-Management-Committee>

Parent Info: Camps and Clinics separate from the Recreation Department must promote that their programs have been permitted by the Town of Winchester Recreation Department on their promotional materials. Camps must also be licensed by the Winchester Board of Health and state that on their documentation as well. Fee based activities that do not state they have been permitted by The Town of Winchester may not possess the minimal liability coverage and may not have conducted background checks on their staff. If in doubt, please notify the Recreation Office: 781-721-7125

Summer Concert Series

WINCHESTER RECREATION SUMMER CONCERTS

Seeking Bands & Sponsors
For 2023 Summer Concert Series

CONCERTS ARE HELD WEDNESDAYS AT 6:30PM

Band submissions due by March 15th

Email: mross@winchester.us