



WINTER 2014  
WINCHESTER  
RECREATION  
&  
COMMUNITY  
EDUCATION

Winchester Country Club - Photo Credit: Cydney Ambrose Photography

## *Youth* PROGRAMS

T-Ball	Super Soccer
After School Sports	Lego Engineering
Fencing	Twinkle Toes
Princess for a Day	Movie Night
Junior League Soccer	Junior League Bball

## *Adult* PROGRAMS

Finance Classes	Blacksmithing
BodyFX	Quilting
Focus on Fitness	CPR/AED Training
Yoga	Medicare Workshop
Successful Negotiating	Car Buying Online

[WWW.WINREC.COM](http://WWW.WINREC.COM)

## BIRTHDAY PARTIES AT WINCHESTER RECREATION

This is a new and exciting way to celebrate the birthday of the special person in your life.

**ONLY  
\$165<sup>.00</sup>**



**ONLY  
\$165<sup>.00</sup>**

### Rent the Space and Staff

This birthday party package includes the gymnasium/game area, as well as a classroom for two hours. A recreation staff will be onsite to coordinate fun games and activities for one hour. You supply the cake and treat and we will supply the fun! *Chairs/Tables are included.*

*140-BP-02 Rent the Space and Staff \$165.00*

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## HELP US BE GOOD NEIGHBORS

### Winchester Recreation and Community Education Parking and Entrance Policies

In an effort to ease traffic concerns and increase neighborhood safety we ask for your help in following the guidelines listed below.

- All parking on the school side of Madison Avenue is 15 minutes. *This should only be used for drop-off/pick-up and program registrations only.*
- Program parking should take place in the Madison Avenue parking lot or in the Marshall Road parking lot.
- No parking should take place on the non-school side of the building on Madison Avenue
- Handicap vehicles only are allowed to park in the handicap spaces provided.
- Please DO NOT turn around in our neighbors driveways.
- Please dispose of all trash in the proper trash receptacles.



*Thank you for your cooperation  
and understanding in these  
important matters.*



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# Welcome to our WINTER 2014 programs

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**Chris Nelson**  
Director of Recreation  
cnelson@winchester.us

**Jim Sullivan**  
Program Coordinator  
jsullivan@winchester.us

**Pat Winn**  
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pwinn@winchester.us

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Youth Coordinator  
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akennedy@winchester.us

**Carol McCollem**  
After School Director  
carolmccollem@hotmail.com

## Department Information

Address: 263 Main Street  
Winchester MA 01890

Hours: Monday - Friday  
8:00AM - 4:00PM

Phone: 781.721.7125

We hope our 2014 Winter Course Catalog finds you and your family enjoying the holiday season! This Winter Catalog represents a host of new and exciting possibilities that will engage, challenge and allow you and your family to explore the wonderful world of recreation and community education within your very own community. Please take a moment with your family to browse through our many offerings. You will find a number of new programming for both children and adults! Challenge yourself or a family member to try something new this year or make it a new year resolution!

Winchester Recreation and Community Education wishes you and your family a very Happy Holiday Season. We hope to see you out and about during the winter months.

Sincerely,

Winchester Recreation & Community Education Staff

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**Trips & Events**

*Winchester Recreation*  
**DADDY**  
*daughter*  
**DANCE**

**DADDY/DAUGHTER DANCE**

Attention all Dads, Uncles, Grandfathers, Guardians and their little girls! It's that time of the year again to treat your little one to an evening you will both never forget! Join us for our 12th annual Daddy Daughter Dance event on February 15th, 2014. This special night includes a disc jockey, tasty treats, photo opportunities, and a small gift for all the girls. This dance is open to all ages. Space is limited, reserve your ticket online today!

*Sunday, February 9th 4:00PM - 6:00PM*  
 @ Burlington Marriot  
 141-SE-01A \$25.00 Father/Daughter  
 141-SE-01B \$5.00 Additional Child

**AMC THEATER TICKETS**

AMC Theater, formally known as general Cinemas, offers discount movie tickets through the Winchester Recreation and Community Education Department. Tickets may have some restrictions on new releases. The price is the same for adults and children. This is over a \$3.00 savings per ticket! The nearest AMC Theater is located in Burlington. Tickets can be reserved online, or in person at Winchester Recreation.

*Please note:* all tickets must be picked up at Winchester Recreation, 263 Main Street.

141-SE-03 \$7.50 per ticket

**WE ACCEPT THESE MAJOR CREDIT CARDS**



**REGISTER AT**  
**WWW.WINREC.COM**

**MOTHER/SON MOVIE NIGHT**

Attention all Winchester Mothers, Grandmothers, Aunts, Guardians and their little boys! Join us for a fun-filled night at the Recreation Department. We provide the snacks and beverages. Space is limited; get your tickets early. Movie to be announced.

*Saturday, February 15th 6:30PM - 8:30PM*  
 @ Winchester Recreation  
 141-SE-02A \$10.00/Family



*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.*

**WINCHESTER YOUTH SPORTS ORGANIZATION**  
 CONTACT INFORMATION

<b>ORGANIZATION</b>	<b>CONTACT</b>	<b>PHONE</b>	<b>EMAIL/WEBSITE</b>
Winchester Recreation	Chris Nelson	781.721.7125	cnelson@winchester.us
Winchester Soccer Club	Alex Blumsack	n/a	www.winchestersoccer.net
Winchester Youth Boys Lacrosse	Pat Gill	781.729.5183	pgill@comcast.net
Winchester Youth Girls Lacrosse	Keith Goodwin	781.729.8261	n/a
Winchester Youth Baseball/Softball	Bob Nutile	781.729.2566	www.sybs.org
Winchester Pop Warner	Brandon Bergstrom	n/a	www.winchesterpopwarner.net
Winchester Youth Basketball Association	Gary Grassey	n/a	www.wybahoop.com
Winchester Youth Hockey Association	n/a	n/a	www.winchesteryouthhockey.com

*If you are a local sports organization or club and you would like to have your information published on this page please contact Jim Sullivan at jsullivan@winchester.us.*

# Pre School Programs

## L.E.A.D (5 - 6yrs)

### LEARN, EXPLORE & DISCOVER

Our mission is to furnish the confidence and eagerness to learn. This Afterschool enrichment program will open your child's mind to a new way of thinking and learning. This program offers plenty of opportunities for kids to explore the world through a variety of activities that stimulate young minds.

Please call 781.721.7125 x-618 for more info.

**Date:** January 6th - February 26th (6 weeks)  
Mondays & Wednesday

**Time:** 12:30PM - 2:45PM

**Location:** Winchester Recreation

**Fee:** \$160.00 141-PS-01

**Instructors:** Winchester Recreation



## 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. Each week brings different craft projects that are never duplicated. (6 week sessions)

### Session I

**Date:** Fridays, January 10th-February 14th

**Time:** 10:00AM - 10:45AM

**Location:** Winchester Recreation

**Fee:** \$75.00 141-PS-02A

**Instructor:** Carol McCollem

### Session II

**Date:** Fridays, February 28th - April 4th

**Time:** 10:00AM - 10:45AM

**Location:** Winchester Recreation

**Fee:** \$75.00 141-PS-02B

**Instructor:** Carol McCollem



## MINI MUSIC MAKERS (2 - 4yrs)

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.

(8 week session)

**Date:** Thursdays, January 23rd - March 27th

**Time:** 9:15AM - 9:45AM (Off 2/20)

**Location:** Winchester Recreation

**Fee:** \$90.00 141-PS-03A

**Instructor:** Andrew Gentzow, a Board Certified Music Therapist, leads the class.

## KICK & PLAY (12mths - 24 mths)

Kick & Play is a caregiver-child pre-soccer and movement program for toddlers, aged 12 to 24 months. Experienced early childhood instructors along with our puppet friends, Mimi and Pepe, take children and caregivers through a world of exciting physical activity. Individualized attention, positive reinforcement and engaging original music help develop pre-soccer skills that have toddlers balancing, running, kicking and playing - all while having a blast! (13 week session)

**Date:** Wednesday, January 8th - April 2nd

**Time:** 9:15AM - 9:55AM

**Location:** Winchester Recreation

**Fee:** \$290.00 141-PS-24B

**Instructor:** Super Soccer Stars Staff

## TWINKLE TOES DANCE (2-4yrs)

Come dance the winter blues away with this new Recreation Dance Class. Join instructor, Katelyn Martinson as she teaches Ballet this winter at the Recreation Department. This class will be full of wiggles, giggles and fairy princesses twirling around the gymnasium! If you have ballet shoes please bring them to each class. If not, don't worry, socks and an imagination will work great! Choose from one of the sessions below.

**Date:** Fridays, January 10th- March 7th

**Time:** 9:30AM - 10:10AM (Off 2/21)

**Fee:** \$75.00 141-PS-05A

**Instructor:** Katelyn Martinson

**Date:** Fridays, January 10th - March 7th

**Time:** 10:20AM - 11:00AM (Off 2/21)

**Fee:** \$75.00 141-PS-05B

**Instructor:** Katelyn Martinson











## February Vacation Programs

### FEBRUARY VACATION PRE-SCHOOL CLUB (Age 2.9 - 5yrs)

Pre-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 supervised fun and games, arts and 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 ages 2.9 – 5yrs not in Kindergarten. Winchester Recreation Staff supervise the children. Student to teacher ratio is 8 to 1. Space is limited, please register early! Participants are responsible for bringing a lunch, drink and snacks daily. *Please no peanut or nut products and all children must be toilet trained.*

Select all four days for a discounted rate, or pick and choose what you need.

Tuesday, Feb. 18th – Friday Feb. 21st	4 Day option, 8:30AM–2:00PM	\$150.00	141-PS-30A
Tuesday, February 18th	1 Day option, 8:30AM - 2:00PM	\$40.00	141-PS-31A
Wednesday, February 19th	1 Day option, 8:30AM - 2:00Pm	\$40.00	141-PS-31B
Thursday, February 20th	1 Day option, 8:30AM - 2:00PM	\$40.00	141-PS-31C
Friday, February 21st	1 Day option, 8:30AM - 2:00PM	\$40.00	141-PS-31D

**Location:** Winchester Recreation Department, 263 Main St - Winchester MA  
**Instructor:** Winchester Recreation Staff



### FEBRUARY VACATION CLUB (Grades K - 6)

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 supervised fun and games, arts and crafts, and special projects at the Winchester Recreation Department. 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– 6. Winchester Recreation staff will supervise the children. Student to teacher ratio is 13 to 1. Space is limited, please register early! Participants are responsible for bringing a lunch, drink and snacks daily. **PLEASE NO PEANUT OR NUT PRODUCTS.**

Select all four days for a discounted rate, or pick and choose what you need.

Tuesday, Feb. 18th – Friday Feb. 21st	4 Day option, 8:00AM–5:00PM	\$230.00	141-ES-30A
Tuesday, February 18th	1 Day option, 8:00AM–5:00PM	\$70.00	141-ES-31A
Wednesday, February 19th	1 Day option, 8:00AM–5:00PM	\$70.00	141-ES-31B
Thursday, February 20th	1 Day option, 8:00AM–5:00PM	\$70.00	141-ES-31C
Friday, February 21st	1 Day option, 8:00AM–5:00PM	\$70.00	141-ES-31D

**Location:** Winchester Recreation Department  
**Instructor:** Winchester Recreation Staff



## NEW!! Youth Leagues



**Date:** Saturdays, January 18th - March 1st  
(off 2/15)

**Time:** Junior Dribblers Division 4 - 5yrs  
9:00AM - 10:00AM 141-PS-06A  
Shooting Stars Division 6 - 8\*yrs  
10:00AM - 11:00PM 141-ES-06A

**Location:** Vinson Owen Gymnasium

**Fee:** \$70.00

*\*Times may be changed/added to accommodate more teams*

**VOLUNTEER COACHES WANTED**  
contact Jim Sullivan [jsullivan@winchester.us](mailto:jsullivan@winchester.us)

### WINCHESTER JUNIOR LEAGUE BASKETBALL (Ages 4 - 7)

NEW!! This program is for boys and girls ages 4 - 8\*. Children will be placed on teams according to age, and will receive their very own team shirt. Focus will be on instruction as well as game play. Teams will practice for the first 20-minutes, followed by a 32-minute game each week. *Dates/Times located to the left.*

#### Jr. Dribblers Division: Ages 4 - 5

- The Jr. Dribblers Division is for players that are 4 years of age as of January 1st 2014 and no older than 5 on January 1st, 2014.
- Players will rotate into the line-up every 4 minutes of the game.
- Hoops will be lowered to 7ft.
- Referees will be very leniant on rule vioaloations; they will strees proper rules and techniques however.
- Coaches are allowed to be on the court to help with positioning. Volunteers will coach the teams.

#### Shooting Stars: Ages 6 - 8\*

- The Shooting Stars Division is for players that are 6 yrs of age as of January 1st, 2014 and no older than 8 1/2 or in 2nd grade on January 1st 2014.
- Players will rotate into the line-up every 4 minutes of the game.
- Hoops will be lowered to 7ft.
- Referees will be very leniant on rule vioaloations; they will strees proper rules and techniques however.
- Coaches are allowed to be on the court to help with positioning. Volunteers will coach the teams.
- \*8 year olds must be in 2nd grade.



**Date:** Saturdays, March 15th - April 12th

**Time:** Jr. Kickers Division 4 - 5yrs  
9:00AM - 10:00AM 141-PS-07A  
Shooting Stars Division 6 - 8\*yrs  
10:00AM - 11:00AM 141-ES-7A

**Location:** Vinson Owen Gymnasium

**Fee:** \$60.00

*\*Times may be changed/added to accommodate more teams*

**VOLUNTEER COACHES WANTED**  
contact Jim Sullivan [jsullivan@winchester.us](mailto:jsullivan@winchester.us)

### INDOOR JUNIOR LEAGUE SOCCER (Ages 4 - 8\*)

NEW!! This program is for boys and girls ages 4 - 8\*. Children will be placed on teams according to age, and will receive their very own team shirt. Focus will be on instruction as well as game play. Teams will practice for the first 20-minutes, followed by a 32-minute game each week. 5 weeks *Dates/Times located to the left.*

#### Jr. Kickers Division: Ages 4 - 5

- The Jr. Dribblers Division is for players that are 4 years of age as of April 1st 2014 and no older than 5 on April 1st, 2014.
- Players will rotate into the game every 4 minutes.
- 5 on 5 Play
- Referees will be very leniant on rule vioaloations; they will strees proper rules and techniques however. .
- Coaches are allowed to be on the court to help with positioning. Teams will be coached by volunteers.

#### Shooting Stars: Ages 6 - 8\*

- The Shooting Stars Division is for players that are 6 yrs of age as of April 1st 2014 and no older than 8 1/2 and in 2nd grade, on April 1st 2014.
- Players will rotate into the game every 4 minutes of the game.
- 5 on 5 play
- Referees will be very leniant on rule vioaloations; they will strees proper rules and techniques however.
- Coaches are allowed to be on the court to help with positioning. Volunteers will coach the teams.
- \*8 year olds must be in 2nd grade.

# Youth Leagues & Karate



## WINCHESTER RECREATION T-BALL (Ages 4 - 6)

This program is for boys and girls ages 4 - 6. Children will be placed on teams according to age, and will receive their very own MLB replica jersey and hat. Practices will start during the week of April 28th, gameplay will start after each team has practiced for 2 weeks. *Dates/Times located to the left*

### Junior Sluggers Division: Age 4 & 5

- Junior Division is for players that are 4 years of age as of May 1st 2014 and no older than 5 on May 1st, 2014
- 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

#### Junior Sluggers Division, Tuesdays

*Date: April 29th - June 17th (8 weeks)*

**Time:** 5:30PM - 6:45PM

**Location:** Mullen Field

**Fee:** \$85.00      141-PS-06C

#### Rookie Division, Thursdays

*Date: May 1st - June 19th (8 weeks)*

**Time:** 5:30PM - 6:45PM

**Location:** Mullen Field

**Fee:** \$85.00      141-ES-06C

*Wednesdays will be reserved as rain dates*

**VOLUNTEER COACHES WANTED**  
 contact Jim Sullivan [jsullivan@winchester.us](mailto:jsullivan@winchester.us)

### Rookie Division: Ages 6

- Rookie Division is for players that are 6 yrs of age as of May 2nd, 2014 and no older than 7 on May 2nd 2014
- 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.

*-The season will conclude with a banquet for all players and coaches, date TBA.*

## TIGER TOTS (Ages 4 - 6)

An introduction to Kenpo Karate designed for children Ages 4 - 6. Children will be instructed in basic punches, kicks, blocking & forms. Bully awareness and Japanese terminology will also be introduced. Student safety comes first as we emphasize the five rules: Effort, Etiquette, Character, Sincerity and Self Control. (twelve sessions)

*Karate uniforms are required and are available through the instructor.*

**Date:** Mondays, January 27th April 28th

*(Off 2/17, 4/21)*

**Time:** 1:30PM - 2:15PM

**Location:** Winchester Recreation

**Fee:** \$135.00      141-PS-08A

**Instructor:** Brian Sweetser

## TINY TIGERS (Grades 1 - 5)

This program is designed for children entering grades 1 - 5 with or without previous karate experience. Our instructor introduces beginning students to basic punches, kicks, blocks and forms.

All Students are welcome to participate in self-defense: "No Contact" sparring, bully awareness, history of Karate and terminology. Student safety comes first as we emphasize the five rules: Effort, Etiquette, Character, Sincerity and Self Control. Choose what option works for you. *Karate uniforms are required and are available through the instructor.*

**Date:** Mondays, January 27th - April 28th(Off 2/17, 4/21)

**Time:** 3:15PM - 4:00PM

**Fee:** \$135.00      141-ES-08A

**Location:** Winchester Recreation

**Date:** Mondays, January 27th - April 28th(Off 2/17, 4/21)

**Time:** 4:00PM - 4:45PM

**Fee:** \$135.00      141-ES-08B

**Location:** Winchester Recreation

**Instructor:** Brian Sweetser



*This program will be instructed by Fifth Degree Black Belt, Brian Sweetser. Owner of By State Martial Arts in Woburn, he has over 13yrs of experience teach children & adults of all abilities and fitness levels. Sensei Brian also holds state and World Championship Titles for competition and has been inducted into the "International Hall of Fame."*





**WINCHESTER RECREATION AFTER SCHOOL PROGRAM(W.R.A.P)**

*Carol McCollem, Director*

Since 1995, the Recreation Dept. has offered W.R.A.P., a licensed, extended day program, for children in Gr. 1-5. This year our program will be offered at the Recreation Dept., 263 Main St., and will include students from each of the five elementary schools. There is a 5-day and a 3-day/week option. Enrollment is limited. The program begins the first day of the school year. These programs are not in session when Winchester Public Schools are closed. W.R.A.P. is in operation 5 days a week from the end of the school day until 6 pm. We have Gr. 1, Gr. 2, Gr. 3 and 4, and Gr. 5 and 6 classrooms. Please note that students from all grades will do some activities together. There is time for playing sports and games, a quiet space for homework and computers, and a caring staff. Students will also have electives to choose from throughout the year. Students must register for the entire year.

Please note that W.R.A.P. includes all early release days throughout the year. Typically, these days are reserved for field trips. W.R.A.P. students are also eligible to participate in other Recreation Dept. offerings held at the Recreation Dept. in the afternoon, including karate, foreign language, music, and sports programs for a discounted fee.

W.R.A.P., which is licensed by the Department of Early Education and Care, follows the Winchester Public School calendar with the following exceptions: it is not open when school closes at mid-day for a vacation period or closes early because of bad weather. Early release days are included as long as you are registered for the respective day with W.R.A.P.

Please note that this year's tuition fee does not include your Winchester Public School bus pass. Each family is responsible for purchasing its own pass.

**Will There Be Transportation?**

Transportation is provided for students; however, parents are responsible for purchasing their own bus passes through the Winchester School Dept.

**How Do I Sign Up?**

To enroll, a family may choose 3 or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care program, have filed their paperwork, and paid the registration fee and the first month's tuition payment before attending the WRAP Program.

**What Are the Fees and Due Dates?**

Monthly payments are through automatic credit card payment only. The first payment, due at the time of registration, is for September. Subsequent monthly payments will begin Sept. 1. for the remaining nine months. If someone withdraws from the program after June 1, one month's payment is forfeited, unless we can fill the participant's spot.



**GRADE 1 - Entering grade 1 Fall 2014**

**5 DAY OPTION** 150-ES-30A      5 days/wk.  
\$440/month

**3 DAY OPTION** Select 3/days    \$295/Month  
150-ES-31A      Monday  
150-ES-31B      Tuesday  
150-ES-31C      Wednesday  
150-ES-31D      Thursday  
150-ES-31E      Friday

**Grade 2 - Entering grade 2 Fall 2014**

**5 DAY OPTION**  
150-ES-40A      5 days/wk.      \$440/month

**3 DAY OPTION** Select 3/days    \$295/Month  
150-ES-41A      Monday  
150-ES-41B      Tuesday  
150-ES-41C      Wednesday  
150-ES-41D      Thursday  
150-ES-41E      Friday

**Grade 3/4 - Entering grade 3/4 Fall 2014**

**5 DAY OPTION**  
150-ES-50A      5 days/wk.      \$440/month

**3 DAY OPTION** Select 3/days    \$295/Month  
150-ES-51A      Monday  
150-ES-51B      Tuesday  
150-ES-51C      Wednesday  
150-ES-51D      Thursday  
150-ES-51E      Friday

**Grade 5/6 - Entering grade 5/6 Fall 2014**

**5 DAY OPTION**  
150-ES-60A      5 days/wk.      \$440/month

**3 DAY OPTION** Select 3/days    \$295/Month  
150-ES-61A      Monday  
150-ES-61B      Tuesday  
150-ES-61C      Wednesday  
150-ES-61D      Thursday  
150-ES-61E      Friday



# After School Programs

**JIM "GYM" SPORTS (K - 5)**  
 Come join Recreation Program Coordinator Jim Sullivan for one of our newest programs in our recreation line-up, Jim "Gym" Sports. This after-school program is for V.O. students who can't get enough sports and games during the regular day! This program will meet right after schools and teachers will escort participants to the gym. This program focuses on fair play, good sportsmanship and proper game play. Games/sports may include: wiffleball, kickball, tenni-ball, handball, soccer, basketball, dodgeball, floor hockey and much more! Space is limited to the first 20 registrants, so please register in advance!

**VINSON OWEN GRADES (K - 2nd)**  
**Date:** Wed, January 8th- March 26th  
 (10 weeks, off 1/22, 2/19)  
**Time:** 2:45PM - 3:45PM  
**Location:** Vinson Owen Gymnasium  
**Fee:** \$100.00 141-ES-01A

**VINSON OWEN GRADES (3rd - 5th)**  
**Date:** Tuesdays, January 7th- March 25th  
 (10 weeks, off 1/21, 2/18)  
**Time:** 2:45PM - 3:45PM  
**Location:** Vinson Owen Gymnasium  
**Fee:** \$100.00 141-ES-01B  
**Instructors:** Winchester Rec - Jim Sullivan  
 Evan Gallant

**ENGINEERING FUNDAMENTALS WITH LEGO (3rd - 5th)**  
 Power up your engineering skills with Play-Well TEKologies and over 100,000 pieces of LEGO! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battltrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. (8 sessions)  
**Date:** Mon, January 13th - March 17th  
 (Off 1/20 & 2/17)  
**Time:** 2:45PM - 4:15PM  
**Location:** Vinson Owen School  
**Fee:** \$155.00 141-ES-02A  
**Instructor:** Play-Well TEKologies Staff

**GOOD SPORTS (Gr. 1 - 5)**  
 Sports, sports, and more sports. Grab your friends and sign up; spots 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, and more. Children are also encouraged to develop their own games. On early release days, the program begins at 3 pm. Join up with a great team!  
*Ten sessions. No classes on: Jan. 20, Feb. 17-21.*

**LYNCH SCHOOL Gr. 1 & 2**  
**Date:** Monday, January 6th - March 24th  
**Time:** After School - 4:00PM. Right after  
**Fee:** \$120.00 141-ES-09A

**LINCOLN SCHOOL Gr. 1 & 2**  
**Date:** Tuesday January 7th - March 25th  
**Time:** After School - 3:45PM  
**Fee:** \$120.00 141-ES-10A

**LINCOLN SCHOOL Gr. 1 & 2**  
**Date:** Wed, January 8th - March 26th  
**Time:** After school-3:45PM  
**Fee:** \$120.00 141-ES-11A

**LYNCH SCHOOL Gr. 3 & 4**  
**Date:** Thur., January 9th - March 27th  
**Time:** After school-4 pm  
**Fee:** \$120.00 141-ES-12A

**LINCOLN SCHOOL Gr. 3 - 5**  
**Dates:** Friday, January 10th - March 28th  
**Time:** After School -3:45 pm  
**Fee:** \$120.00 141-ES-13A

**ENERGY YOGA (Gr. 2 - 5)**  
 This type of energy yoga will help children to become more aware of their bodies and will improve balance, motor control, sensory awareness, attention, emotion, regulation and imagination. There will be physical, emotional, and cognitive exercises as well as postures, breathing techniques and games to boost brain power!  
**Dates:** Mondays, January 13th - March 3rd  
**Time:** 2:45PM - 3:45PM (Off 1/20, 2/17)  
**Location:** Vinson Owen Elementary School  
**Fee:** \$80.00 141-ES-01C  
**Instructor:** Christine Kensicki

**CHESS WIZARDS (Gr. K - 5)**  
 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 and 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 had the chance to participate in a mini-chess tournament.

**VINSON OWEN ELEMENTARY**  
**Date:** Tuesdays, January 14th -March 11th  
 (Off 2/18)  
**Time:** 2:45PM - 4:15PM  
**Location:** Vinson Owen Elementary  
**Fee:** \$130.00 141-ES-04A

**WINCHESTER RECREATION**  
**Date:** Thurs, January 16th - March 13th  
**Time:** 3:30PM - 4:30PM  
**Location:** Winchester Recreation  
**Fee:** \$130.00 141-ES-04B

**CHESS INSTRUCTION (K - 5)**  
 Want to improve academic skills and build concentration skills? If so, chess can help. Join your friends and learn about chess strategies and tactics and more importantly have fun. No experience in playing chess is necessary. All levels from beginner to advanced are welcome. A tournament will be held at the end of the session so students can apply what they have learned in the class in actual competition. Come learn from an International Arbiter, FIDE Master and five-time Massachusetts Chess Champion with over 30 years' teaching experience.  
*Ten sessions*

**Date:** Thursday, Jan. 23rd - April 3rd  
 (Off 2/20)  
**Time:** 3:00PM- 4:00PM  
**Location:** Ambrose School Gr. K-5  
**Fee:** \$140.00 141-ES-18A  
**Instructor:** Eduard Duchovny, International Arbiter, FIDE MAsTer



## Youth Programs

### **MAD SCIENCE: FREAKY PHYSICS, FORCES & FLIGHT**

*(Grades K - 4)*

In this program, we'll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll join Bernoulli and Newton as we take an exciting look at the science behind aerodynamics and the properties of air ... under pressure; eliminate the mystery in "chemystery"; take a tour on the electron freeway in the world of circuit electricity...current events; and experience some awesome forces ... gravity ... inertia ... centripetal force... for ourselves. We'll also learn about water waves and the environment; explore the scientific secrets behind some famous magic tricks; investigate the fundamental principles of flight; and discover the strengths of triangles, cylinders and arches and how these shapes make structures for sturdy homes and skyscrapers.



**Date:** *Wed, January 15th-March 12th*  
*(Off 2/19)*

**Time:** 3:00PM - 4:00PM

**Location:** *Ambrose School*

**Fee:** \$110.00 141-ES-05A

**Instructor:** *Mad Scientists of Greater Boston*

### **CREATIVE WOODWORKING**

*(Gr. 2 - 5)*

In this class children will explore through all different kinds of shapes and sizes of wood. We will use nails, hammers, glue and crafts to make all projects (no power tools.) Projects may include handmade robots, abstract art and much more (no power tools.) Join us for this class and let your creative side shine!

**Date:** *Wed, February 5th-March 19th*  
*(Off February Vacation, 2/19)*

**Time:** 3:30PM - 4:30PM

**Location:** *Winchester Recreation*

**Fee:** \$95.00 141-ES-14A

**Instructor:** *Daneile Wilson*

### **WOODWORK SHOP (Gr. K)**

Let your Kindergartner put his or her building skills to use. In this six-week creative woodworking class, your child will create a tool box, step stool and build a individualized masterpiece. We will use nails, hammers, glue and crafts to make all projects (no power tools.)

**Date:** *Fridays, February 7th - March 21st*  
*(Off February Vacation, 2/21)*

**Time:** 1:00PM - 2:00PM

**Location:** *Winchester Recreation*

**Fee:** \$95.00 141-ES-14B

**Instructor:** *Daniele Wilson*

### **ART STUDIO (Ages 6 - 12yrs)**

Students will experiment with basic drawing elements, composition, proportion, perspective, line, shading - to learn a variety of techniques in different media including pencil, charcoal, watercolors, oil pastels, collage, printmaking, sculpting and much more. Students will develop and expand personal imagery and technical skills, strengthen observational skills while exploring color, shape, form, space, and the effects of light and shadow through age-appropriate projects. They will learn about artists and their styles through slide shows and reproductions.

**Date:** *Mondays, January 13th-March 10th*  
*(Off 2/17)*

**Time:** 3:30PM - 5:00PM

**Location:** *Winchester Recreation*

**Fee:** \$185.00 141-ES-15A

**Date:** *Tuesdays, January 14th-March 11th*  
*(Off 2/18)*

**Time:** 3:30PM - 5:00PM

**Location:** *Winchester Recreation*

**Fee:** \$185.00 141-ES-15B

**Date:** *Wed, January 15th-March 12th*  
*(Off 2/19)*

**Time:** 3:30PM - 5:00PM

**Location:** *Winchester Recreation*

**Fee:** \$185.00 1421-ES-15C

**Instructor:** *Seda Matevosian*



### **BRICKS 4 KIDZ LAB (6 - 11yrs)**

Bricks 4 Kidz Lab is back with a new theme- Gadgets and Gizmos! This unit is all about the fun of doing something with what you've built - from a spinning top to a spin art model. Kids will love playing with their creations! But don't worry, we sneak in lots of learning, too - understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top lesson. Don't miss out!

The Bricks 4 Kidz Lab is a hands-on class where children explore Science, Technology, Engineering and Math concepts using LEGO® bricks. For 1 hour each week, children will build a model based on the theme for the 6-week session.

**Date:** *Mondays, February 3rd-March 17th*  
*(Off February Vacation, 2/17)*

**Time:** 3:30PM - 4:30PM

**Location:** *Winchester Recreation*

**Fee:** \$95.00 141-ES-16A

**Instructors:** *Bricks 4 Kidz*

### **DISCOVER PIANO (Ages 7 +)**

Children can start building a solid foundation in piano playing with this four-week lesson package. These four half-hour sessions are for students new to The Piano Studio. This course presents the basics of note reading and the fundamentals of how to move hands and fingers over the piano keys. Teacher R. J. Carroll sets the pace of lessons according to each student's age and ability. Students will experience a unique, activity-based approach to learning to read notes. Parents observe their children's lessons so they can support their progress.

*The lessons are at The Piano Studio of Winchester at 207 Highland Ave. There's a \$7 fee for a music book and learning aids, payable at the first lesson. After registering with the Recreation Department, students contact teacher R. J. Carroll directly at 781-729-8234 to arrange a lesson time.*

**Fee:** \$99.00 plus \$7 material fee to be paid to instructor at first class.  
141-ES-17A



# Youth Programs

## FENCING (Ages 7 +)

Back by popular demand! Join us for this exciting sport, one of the fastest growing in the world! Young people are fascinated by the movements and excitement of fencing and are eager to find a place that they can go and learn this original, modern sport. Fencing develops physical fitness, the ability to develop strategy, concentration as well as camaraderie and respect.  
(8 sessions)

### Wednesday: Beginner - Advanced, (Ages 7 and Older)

February 5th - April 2nd	5:30PM-6:45PM	\$180.00	141-ES-40A
April 9th - June 4th	5:30PM - 6:45PM	\$180.00	142-ES-40A

*-Please note this class will be OFF on, Wed 2/19 & 4/23*

### Wednesday: Beginner - Advanced (Ages 12 and Older)

February 5th - April 2nd	6:30PM - 8:00PM	\$180.00	141-ES-41A
April 9th - June 4th	6:30PM - 8:00PM	\$180.00	142-ES-41A

*-Please note this class will be OFF on, Wed 2/19 & 4/23*

### Friday: Beginner/Intermediate (Ages 7 and Older)

January 31st - March 28th	3:30PM - 4:45PM	\$180.00	141-ES-42A
April 4th - May 30th	3:30PM - 4:45PM	\$180.00	142-ES-42A

*-Please note this class will be OFF on, 2/21 & 4/25.*

### Friday: Beginner/Advance (Ages 10 and Older)

January 31st - March 28th	5:00PM - 6:30PM	\$180.00	141-ES-42B
April 4th - May 30th	5:00PM - 6:30PM	\$180.00	142-ES-42B

*-Please note this class will be OFF on, 2/21 & 4/25.*

**Location:** Winchester Recreation Department, 263 Main Street

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

## CHEMISTRY CAPERS (Ages 5-10)

Unlock your inner scientist as you investigate the basics of chemistry in a fun and interactive way. Explore the chemical properties of slime and make super slimy samples to take home. Build a better super-ball, analyze mysterious liquids, and make your own balloons. Not to be confused with the boring kind of chemistry! Kids will select designs to build bridges and soaring skyscrapers. We'll put our skills to the test to build a house for a bird and construct a geodesic catapult.

*Six Sessions*

**Date:** Weds, January 29th - March 12th  
(Off 2/19)

**Time:** 3:30PM - 4:30PM

**Location:** Winchester Recreation

**Fee:** \$110.00 141-ES-20A

**Instructor:** Wicked Cool Science

## JUST ONCE GUITAR (13yrs +)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to [justonceclasses.com](http://justonceclasses.com) Fee includes a workbook and practice DVD. Topics include:

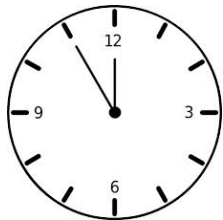
- How chords work in a song*
- How to form the three main types of chords*
- How to tune your guitar*
- Basic strumming patterns*
- How to buy a good guitar (things to avoid)*
- How to play along with simple tunes*

**Date:** Monday, March 3rd

**Time:** 6:30PM - 9:00PM

**Location:** Winchester High School

**Fee:** \$56.00 141-JS-01A



OFTEN TIMES PROGRAMS ARE CANCELLED DUE TO LAST MINUTE REGISTRATIONS.

PLEASE REGISTER IN ADVANCE AS MANY OF OUR PROGRAMS REQUIRE A MINIMUM TO RUN.

KEEP A PROGRAM RUNNING BY REGISTERING EARLY AT:

[WWW.WINREC.COM](http://WWW.WINREC.COM)

*If a program is cancelled, all participants will be given a full refund.*

## H.S. STRENGTH AND CONDITIONING (Ages 13-19)

Our Teen Strength and Conditioning program is for high school athletes of all sports. We focus on building a well rounded athlete. Our classes consist of a warm up, mobility drills, agility training, strength training, power development training utilizing the Olympic lifts, plyometrics and sled work, conditioning, and cool down stretching.

**Dates:** January 27th - March 14th - Mondays, Wednesdays & Friday

**Times:** 3:30PM - 4:30PM

**Fee:** \$270.00 141-ES-19A

*-No Class February 17 (school vacation).*



## Youth Workshops One-Day

**AMERICAN GIRL DOLL** (*Grades K-4*)  
**CREATE & PLAY Top Chef**

Join us with your special friend at this fun and exciting workshop! You will creatively design a stove top, chef hat, pots, doll play food and more!!! Sign up and turn your American Girl Doll into a CHEF!!  
*(You do not need to bring an American Girl Doll; you could bring a stuffed animal or any other type of doll.) Please send your child with a peanut-free snack and drink.*

**Date:** Saturday, February 1st  
**Time:** 9:00AM - 12:00PM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 141-ES-21A  
**Instructors:** Event-FULL, Diane Benson & Beth Meditz

**VALENTINE'S DAY**  
**CANDY MAKING** (*Grades K - 4*)

Join us in this two-hour workshop where we will create a beautiful gift of handmade chocolate hearts/kisses and some yummy treats for your valentine. Please be advised that some of the products may have been made in a factory that has peanuts.

**Date:** Saturday, February 8th  
**Time:** 9:00AM - 11:00AM (Kindergarten)  
 11:00PM - 1:00PM (1st - 4th)  
**Location:** Winchester Recreation  
**Fee:** \$50.00 141-ES-22A  
**Instructors:** Daniele Wilson

**FAMILY SNOWSHOEING**

Join us as we head up to the Middlesex Fells for some easy snowshoeing and exercise. If time and interest allow we will do some off trail tromping! Please Dress for the weather: some poly pro underneath, warm socks, wool or poly pro, warm hat and mittens, nylon sweats and a windbreaker jacket. This program is open for families, beginner to intermediate. Children must at least 7 yrs of age and accompanied by an adult.

**Dates:** Saturday, February 15th  
**Times:** 8:30AM - 11:30AM  
**Location:** Meet at Winchester Recreation  
**Fee:** \$20.00 Individual 141-ES-23A  
 \$50.00 Max Family 141-ES-23B  
**Instructor:** Paul Masi

**HAIR BRAIDING 101** (*Grade 3 - 5*)

In this 2-hour workshop, children will learn how to design their hair like a professional! Participants will learn how to create beautiful braids such as waterfall braid, french braid or even a fishtail. They will come home looking fabulous and have confidence when it comes to styling their very own hair!!

**Date:** Saturday, March 1st  
**Time:** 9:00AM - 11:00AM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 141-ES-24A  
**Instructor:** Shannon Fratto, licensed Hair Stylist

**CREATIVE HAIR** (*Grade 5 - 7*)

In this 2-hour workshop, children will learn how to design their hair like a professional! From beach waves to flat ironing, and do it yourself updo's! Participants will learn proper techniques for using a flat iron and curling iron. They will go home looking fabulous, and have confidence when it comes to styling their hair!!

**Date:** Saturday, March 1st  
**Time:** 12:00PM - 2:00PM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 141-ES-24B  
**Instructor:** Shannon Fratto, licensed Hair Stylist



**SAFE SITTER** (*Grade 6th - 8th*)

Preparing adolescent baby-sitters is what Safe Sitters is all about. A pediatrician, Dr. Patricia Keener, founded this national program in 1980. This course teaches young adolescents to be medically responsible, creative, attentive and caring baby-sitters. The curriculum includes first aid for choking and learning 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.  
*Two sessions.*

**Date:** Saturday, March 15th & 22nd  
**Time:** 9:00AM-3:30PM  
**Location:** Winchester Recreation Dept.  
**Fee:** \$75.00 141-JS-20A

**LEGO NINJAGO** (*Grades K - 4*)

Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs will stay with us but your memories will last a lifetime! Participants will take home a framed photo of themselves with their LEGO Ninjago creation. Please send your child with a peanut- free snack and drink. Limited to 20 participants.

**Date:** Saturday, March 1st  
**Time:** 9:00AM - 12:00PM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 141-ES-25A  
**Instructors:** Event-FULL, Diane Benson & Beth Meditz

**ANGRY BIRDS** (*Grades K - 4*)  
**ART/ENGINEERING**

Bring the video game world of Angry Birds to LIFE!! Birds! Pigs! FUN! In this one-time workshop, participants will use creativity, skills, logic and physics-based ideas to maintain the survival of the Angry Birds. Many different hands-on activities will be introduced that implement both the art, science, and engineering behind Angry Birds! Please send your child with a nut-free snack and drink.

**Date:** Saturday, February 8th  
**Time:** 9:00AM - 12:00PM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 141-ES-26A  
**Instructors:** Diane Benson & Beth Meditz

**PRINCESS FOR A DAY!** (*Gr. K-2*)

Have your little one bring their princess dress and any accessories as we plan and get ready for our very own "Princess Ball!" During this program children will get their nails, make-up (all non-toxic) and hair done prior to the big dance. We will get dressed up and transform the room into a magnificent ballroom! When the room is transformed, we will dance the day away, with fun music and games!

**Date:** Saturday, March 8th  
**Time:** 9:00AM - 11:00AM  
**Location:** Winchester Recreation  
**Fee:** \$60.00 142-ES-27A  
**Instructor:** Shannon Fratto, licensed Hair Stylist





# Kaplan Test Prep and Admissions



For 75 years, Kaplan Test Prep has provided the best and most effective test prep for students taking the SAT, PSAT, and ACT. Only Kaplan provides the best combination of content review, test taking strategies and use of ground-breaking technology that gets students their highest score. With the development of Kaplan's exclusive Smart Track online student portal, Kaplan teachers can work with students at all points on the score range. Whether your student is a nervous test taker looking to build confidence and review content or a high achieving student looking for the ultimate score, Kaplan individualizes the program and guarantees its success. Don't leave the SAT to chance. Help your student achieve the score he or she needs to get into one of their top schools. 95% of Kaplan students got into one of their top choice schools in 2012, and yours can too! Please go to [www.kaplanatschool.com/winchester](http://www.kaplanatschool.com/winchester) for information and to enroll in a Kaplan SAT Course or call 1-800-KAP-TEST. (1-800-527-8378)

**Kaplan Offers:**

- Outstanding teachers with extensive training
- Data Driven instruction to identify the needs of all students
- Individualized homework to improve scores
- 10 full-length practice tests+ score analysis (4 proctored in class and 6 timed, online tests)
- Higher Score Guarantee (go to <http://www.kaptest.com/hsg> for details)
- Make-up missed classes free at any Kaplan location
- Parent access to student progress
- Online resources to enhance classroom work
- Student homepage to chart score improvement progress

To register please go to:

[www.kaplanatschool.com/winchester](http://www.kaplanatschool.com/winchester)  
 for information and to enroll in the Kaplan SAT course, or call 1-800-KAP-Test. (1-800-527-8378)

**KAPLAN'S SAT Classroom Course \$699**

Prepare for the January 25th, March 8th, May 3rd, or June 7th SAT with Kaplan's 10-session course, including 18 hours of instruction, 4 full-length practice tests in class (with 6 timed, online tests), and Kaplan's print and online study materials. Tests are 4 hours in length and instructional sessions are 3 hours long for a total of 34 hours of classroom time.

**For the January 25 SAT**

SAKA14213: Mondays and Wednesdays from 12/4/13 – 1/22/14  
 Test sessions start at 5:30PM and Instructional sessions at 6:00PM

**For the March 8 SAT**

SAKA14137: Tuesdays and Thursdays from 1/28/14- 3/06/14  
 All sessions start at 5:30PM

**For the May 3 SAT**

SAKA14277: Wednesdays from 2/12/14 – 4/30/14  
 All sessions start at 5:30PM

**For the May 3 SAT**

SAKA14278: Tuesdays and Thursdays from 3/13/14 – 4/29/14  
 All sessions start at 3:00PM

**For the June 7 SAT**

SAKA14016: Tuesdays and Thursdays from 5/01/14 – 6/03/14  
 All sessions start at 5:30PM

Go to [kaplanatschool.com/winchester](http://kaplanatschool.com/winchester) for detailed schedule listing

**KAPLAN Tutoring**

**PREMIER PRIVATE TUTORING:**

Winchester residents receive a 10% discount on all Kaplan Tutoring. Prices vary depending on selected program and package. Promo code: Winchester ComEd

The ultimate in convenience and personalization, Kaplan Premier one-on-one, in-home tutoring provides instruction for all major exams. Enrollment includes Prep Trio and ability to supplement tutoring with classes and practice tests. Please call (781) 216-9036 for a personal academic consultation.







## Winchester Youth Center Programs

### WYC MOVIE MAKING CLUB

Students will join the expert staff from WinCAM in writing, recording and editing their own feature film! Video novices and experts alike will benefit from the techniques of writing, storyboarding, shooting and post-production explored in this club.

Dates: Wednesdays, November 6-December 18                      Times: 2:30-4:00  
 Registration: \$25                      Location: Winchester Youth Center                      141-YC-02A

### WYC ZUMBA

Come join the dance party at the WYC and dance your way into shape. Learn valuable dance moves that you can show off at the next Semi, relieve stress, and increase your energy. Everyone is welcome regardless of fitness level or Zumba experience.

Dates: Thursdays, November 7-December 19                      Times: 2:30-4:00  
 Registration: \$30                      Location: Winchester Youth Center                      141-YC-03A

### SERVICE-LEARNING PROJECTS

Throughout the year the WYC Peer Leaders coordinate and participate in a huge variety of community service projects. The Peer Leaders are committed to making a positive difference in the world and encouraging others to do the same. If you're interested in doing something good for our community, stop by the WYC and find out how you can get involved. Please check out our website for a complete description of our service efforts. Additionally, the WYC runs a ton of different special events throughout the year in an effort to provide teens with great alcohol & drug-free alternative activities. It's all part of the Peer Leaders' commitment to making good decisions and helping their peers do the same! Check out our website to learn about all of our special events and mark your calendars

### MIDDLE SCHOOL ACTIVITY NIGHTS - 7th & 8th grade: Friday, February 7th, 7:30-10:00pm 6th grade: Friday, March 28th, 7:30-9:30pm @ McCall Gym & WYC

Project Leaders: Cam Currie, Julia Salemme  
 The WYC co-sponsors activity nights for 6th, 7th, and 8th graders with the McCall Middle School Parent's Association and McCall Student Council. Participants are welcome to hang out, play games, or watch a movie in the WYC and listen to the DJ play music for the dance in the gym. All students must enter through the front door by the McCall Auditorium. Admission is \$10.

### WINTER COFFEE HOUSE - Friday, January 31st, 8:00-10:30pm

Project Leaders Vikram Albrecht, Jackie Collet, Samantha Cronin  
 All WHS students are invited to join us as the Peer Leaders transform the WYC into a winter wonderland for the Coffee House. All attendees are encouraged to come and enjoy the relaxing atmosphere! As always, the Coffee House will feature live music and delicious homemade treats, frappes, and coffee drinks.

The Coffee House is open to high school students only. Admission is \$5. All proceeds will benefit the Peer Leaders' Habitat for Humanity trip.



### ROCK FOR YOUTH - Friday, March 14th, 7:30-10:30pm @Winchester Town Hall Auditorium

Project Leaders: Cam Currie, Dan Holahan, Jackie Collet  
 All music lovers are invited to join us for the 2nd round of the Battle of the Bands. This show will feature the bands that received the most votes in round 1. Be there to support your friends and listen to some great, live music. Audience members will vote to select the bands that will perform in the final show on the eve of Town Day. Doors open at 7:30 pm. Admission is \$10.

## Winchester Youth Center Programs

### **5th GRADE ACTIVITY NIGHT/SCAVENGER HUNT - Tuesday, May 13th, 6:00-8:00pm @ WYC**

Project Leaders: Caroline Ver Planck, David Geyer, Lyndsey Kowalczyk, Kat Roll, Julia Salemme  
All Winchester 5th graders will be invited to participate in our annual Activity Night in the Spring. Admission is \$10 and includes pizza and a t-shirt. The Scavenger Hunts offer students a chance to get acquainted with McCall Middle School, the Winchester Youth Center, downtown Winchester, and 5th graders from other schools. Please check our website for more info in the spring.

### **BACK-OF-THE-SCHOOL BBQ BASH - Friday, June 6th, 4:00-7:00pm**

Project Leaders: Jackie Collet, Marina Derrouche  
All middle and high school students are invited to join us for the 2nd annual event sponsored by WinCAM and the WYC. The BBQ Bash features free food, a DJ, dunk tank, pie-eating contest, karaoke, and more! Admission is free for all high school and middle school students. We encourage everyone to come hang out with us and then head over to the Mill Pond Stage for the Rock for Youth finals.



### **TOWN DAY FUN RUN FOR KIDS - Saturday, June 7th, 10:00am @Manchester Field Track**

Project Leaders: Kat Roll, Lyndsey Kowalczyk, Samantha Cronin  
Mark your calendars now for the Winchester Town Day Fun Run for Kids! The WYC sponsors a series of races for children ages 3-8 on Town Day morning on the track at Manchester Field. Beginning at 10:00am, the WYC Peer Leaders will get all of the participants warmed-up and then the races will begin. Every child will receive a t-shirt and a medal!

### **RELAY FOR LIFE OF WINCHESTER - Saturday, June 21st-Sunday, June 22nd 5:00pm-6:00am**

Form your teams, start your fundraising, and plan to join us for the third annual Relay For Life of Winchester! Our first two Winchester Relays have raised over \$120,000!

Relay For Life is the signature fundraising event of the American Cancer Society. It unites communities across the globe to celebrate people who have battled cancer, remember loved ones lost, and fight back against this disease. Teams of 8-15 people from all walks of life camp out at local school, parks, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times, while special entertainment, music, and fun activities keep things lively. Symbolizing the 24/7 battle that cancer patients fight, Relay is an overnight event, lasting up to 24 hours in length. Teams raise money prior to the event and then celebrate their fundraising efforts while honoring survivors and remembering those lost to cancer in special ceremonies during the event.

The Winchester Youth Center and Connect & Commit have once again formed the Leadership Committee for the third annual Relay For Life of Winchester. Our goal is to bring community members of all ages together to raise money for the American Cancer Society, raise awareness of cancer, and honor all of the **Winchester residents who have battled this disease.**

*Go to [www.relayforlife.org/winchesterma](http://www.relayforlife.org/winchesterma) to register your team*  
**You can also like us on Facebook , and follow us on Twitter @winrelayforlife.**

**Please contact [winchesterrelay@gmail.com](mailto:winchesterrelay@gmail.com) or the Winchester Youth Center for more information.**

## Personal Best Training / Online Classes

### PERSONAL BEST: MENTAL TRAINING FOR PEAK PERFORMANCE

Personal best is pleased to come to Winchester this Winter with its highly touted course: Mental Training for Peak Performance. Instructors Pete Moscariello and Scott Farris have been recognized nationally as top mental toughness/peak performance trainers and have conducted over 100 successful workshops for college and high school athletic teams, parents, drama clubs, dance studios, school faculties, administrators, and students of all ages. This course is designed to benefit adults, parents, students, athletes, performers: anyone who desires to increase his/her chances for success in school, performance, the work place, athletics and even home life.

Research shows that successful and fulfilled people in any walk of life all have one thing in common - deliberate and practiced mental toughness. Thus, the instructors will provide the same mental toughness techniques that US Olympians, top college and professional athletes, elite performers in music and the arts, and prominent businessmen/women use to maintain peak performance.

Participants are guaranteed to enjoy the upbeat atmosphere and positive energy that the instructors create. Each course member will be an active participant in the sessions, as instructors will use live demonstration and videotape to enhance learning. The goal of the course is to have participants learn positive and healthy life skills that they can immediately apply to any area of their lives.

In this course, you will learn how to:

- Increase Confidence*
- Stay relaxed and use breathing techniques in stressful situations*
- Perform at peak performance levels more frequently*
- Live/perform in the present moment*
- Develop a positive mindset*
- Use visualization techniques*
- Use positive self talks*
- Release negative thoughts and replace with positive ones*
- Respond to adversity*
- Develop a healthy perspective*
- Focus on the process rather than the results*
- Set and accomplish goals*

**COURSE INFORMATION**

**Date:** Thursday, March 6th & March 13th  
**Time:** 6:30PM - 8:30PM  
**Fee:** \$75.00 Per Person      141-PD-01A  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Instructor:** Pete Moscariello & Scott Farris

*Course consists of two 2-hour sessions: Adults & Students grade 9 - College*

**PARTICIPANT TESTIMONIAL:**

*"Coach Farris and Coach Moscariello have greatly influenced my attitude, mental toughness, and ultimately my success as a high school, college, and professional baseball player. I would highly recommend Personal Best to athletes at any level." -Steve Langone*

*Reading High School & Boston College Hall of Famer, former professional baseball player; currently Advance Scouting Coordinator, Boston Red Sox*

### ONLINE COMPUTER CLASSES - Education 2 Go

Do you want to learn new skills but don't have the time? Now you can pick up valuable new skills right at home. Our instructor facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

**CLASSES INCLUDE:**

- Basic Computer Literacy
- Art, History, Psychology, & Literature
- Computer Applications
- Child Care & Parenting
- Sales & Marketing
- Courses for Teaching Professionals
- Start Your Own Business
- Digital Photography & Digital Video
- Health Care, Nutrition, & Fitness
- Grant Writing & Nonprofit Management

**How to Get Started:**

1. Visit our Online Instruction Center [www.ed2go.com/winrec](http://www.ed2go.com/winrec)
2. Find a class. You can either click on the catalog link or type in the name of the class you are interested in taking.
3. Click the ENROLL NOW link and follow the instructions to enroll in your course. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. Call the Recreation Department 781.721.7125 informing them that you have signed up.
5. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

**VISIT - [WWW.ED2GO.COM/WINREC](http://WWW.ED2GO.COM/WINREC)**

**WINTER COURSE DATES:**

- January 15th, 2014
- February 19th, 2014
- March 19th, 2014

*Select one of the dates from above that works for you after choosing your class.*

**Requirements:** Internet access, e-mail, the Microsoft Internet Explorer or Mozilla Firefox Web Browser, and the Adobe Flash and PDF plug-ins (two free and simple downloads you obtain at [www.adobe.com/downloads](http://www.adobe.com/downloads) by clicking Get Adobe Flash Player and Get Adober Reader).



141-PD-14A



## Finance & Benefits

**YOU CAN AFFORD COLLEGE IF...**  
 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 in advance - ideally before December 31st 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 how 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 years before college.

**REMEMBER:** Procrastination equals less financial aid. A free financial aid analysis will be available to all attendees. For more information please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com).

**Date:** Wednesday, March 19th  
**Time:** 7:00PM - 9:00PM  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Fee:** \$21.00 Single \$25.00 Couple  
 141-BF-01A  
**Instructor:** Marcia Sullivan

**UNDERSTANDING MEDICARE**  
 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 information:

- 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

The instructor will also be available for any questions you may have in regards to this topic.

**Date:** Monday, March 10th  
**Time:** 7:00PM - 9:00PM  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Fee:** \$25.00 141-BF-02A  
**Instructor:** Daniel R. Williams, CLU, CHFC, CFP

**SUCCESSFUL NEGOTIATING** (age 18+)  
 This class will help you confidently get a good price and good work from businesses that submit an estimate. The initial estimator contact, whether over the phone or in person, determines whether he will opportunistically set a too-high price or give you a fair one. Find out what would lead to a high price and nip it in the bud. After you select a vendor or contractor, use these contract-writing tips so the outcome meets your expectations. If you are unhappy, learn how to resolve the issue or get your money back—without going to court. The presenter is the author of "Negotiating When Money Matters." [www.gettingbestprice.com](http://www.gettingbestprice.com) The class is useful for people who are contemplating home upgrades, are entrepreneurs, or just want to be ready the next time an emergency repair is needed. Books will be available for sale after class at a discounted price, credit cards accepted.

**Date:** Wednesday, March 5th  
**Time:** 7:00PM - 9:00PM  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Fee:** \$30.00 141-BF-03A  
**Instructor:** Lynette Hartwig

**Instructor Profile:** Lynette Hartwig, BSME, Project Manager, Cost Estimator, Sales Engineer, Engine Designer and Journeyman Toolmaker, has extensive experience in both buying and selling roles. The author has upgraded 4 homes, managed corporate and condominium association buildings and grounds projects and served as a Habitat for Humanity crew co-lead. As the daughter of a Dealership Auto Repair Shop Manager, she grew up around cars and dealerships and knows why taking advice from car salesmen to 'beat them at their own game' is a setup.

**SOCIAL SECURITY BENEFITS**  
 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:** Tuesday, April 8th  
**Time:** 7:00PM - 9:00PM  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Fee:** \$25.00 141-BF-05A  
**Instructor:** Daniel R. Williams, CLU, CHFC, CFP

**BUYING A USED CAR USING TODAY'S TECHNOLOGY** (age 18+)  
 Buying used is different than buying new, and there's plenty of advice out there on buying new. This class will prove that today it's wiser to buy used, and will cover the basics on what to expect. Be forewarned and forearmed when buying from a dealership. Car shopping using today's technology is safe and easy. Your phone can do the negotiating for you. All attendees should bring their phone or tablet with a data plan because we will research, load apps and bookmark in real time. Whether you're 16 or 66, today's car market is all that matters, not how it worked in the past. Presented by the author of Amazon's top-selling car-buying guide, "Getting the Best Price on a Used Car." Books will be available for sale after class at a discounted price, credit cards accepted.



**Date:** Monday, March 24th  
**Time:** 6:00PM - 7:30PM  
**Location:** Winchester High School  
*Classroom # will be emailed to participants prior to class.*  
**Fee:** \$25.00 141-BF-04A  
**Instructor:** Lynette Hartwig



# Hobbies & Trainings

**EXTREME COUPONING**

Do you watch extreme couponing? Do you want to learn how they do it? Well, now you can! In this FUN 2-hour class you will be taught how to drastically save on fresh, produce, back to school items, household goods, clothing and MORE in your local stores. Come and learn the tricks of the trade and start saving your hard earned money today!! As a suggestion, please bring to class on non-perishable food item to be donated to the local food pantry. Most food pantries are struggling and your donation would be greatly appreciated. *One Session*

**Date:** Thursday, March 6th, 2014

**Time:** 6:30PM - 9:00PM

**Location:** Winchester High School

*Classroom # will be emailed to participants prior to class.*

**Fee:** \$30.00

*Instructor: Elizabeth Lahens is a married mother of two and an Extreme Couponer from Webster, MA. She recently had a grocery bill for \$375.00 prior to submitting coupons, but when she presented all her coupons, her total was 0.00! She paid nothing because of her use of coupons.*

**VOICE OVER CLASS** (age 18+)

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Participants will have the chance to record a short commercial script under the direction of our voicecoaches.com producer. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Choose your date!

**Date:** January 29th, 2014 141-AM-02A

April 9th, 2014 141-AM-02B

**Fee:** \$25.00 (per session)

**Time:** 6:30PM - 9:00PM

**Location:** Winchester High School

**Instructors:** Voicecoaches.com

**A TASTE OF BLACKSMITHING**

The discovery of iron and how to work it changed human history. Here's your chance to explore and shape this basic element. You'll learn the fundamental smithing techniques: hammering, drawing out, cutting, bending, and twisting. Using these skills and a coal-fired forge, you'll bring a piece of iron to an incandescent heat, and with anvil, hammer, and tongs, create and S-hook that's both functional and decorative. Please wear proper clothing for visiting or working in the forge: closed to shoes (preferably leather, preferably high-topped), natural fiber clothing, long pants that cover the tops of the shoes.

Please read [prospecthillforge.com/safety.php](http://prospecthillforge.com/safety.php) before attending. This class will meet in Waltham at Prospect Hill Forge, on Guinan Street, just off Bacon Street. Directions and other important information is located on the website [www.prospecthillforge.com](http://www.prospecthillforge.com). *One Session*

**Date:** Saturday, February 1st

**Time:** 2:00PM - 5:00PM

**Fee:** \$60.00 141-AM-03A

**Location:** Prospect Hill Forge, Waltham

**Date:** Monday, March 17th

**Time:** 6:30PM - 9:30PM

**Fee:** \$60.00 141-AM-03B

**Location:** Prospect Hill Forge, Guinan Street Waltham, MA



**PETDOG TRAINING: OFFERING BASIC COMPANION & INTERMEDIATE COMPANION CLASSES:** Positive reinforcement training for the caring and responsible dog owner

Has "NO!" become your dog's middle name? Have your idyllic expectations of your canine companion been shattered? Then the PetDog Training classes, based on positive methods for shaping a dog's behaviors, are for you and your pup.

The goals of the Basic Companion class are: walking calmly on lead, developing acceptable social skills, and the basic cues COME, SIT, DOWN, STAY, OFF, STOP, BY ME, TAKE IT AND GIVE. Class #1 is a 2-hour orientation without the dogs, allowing for questions and answers about such issues as jumping, nipping, and housetraining. Questions are also addressed throughout the 6-week session. You will learn how to gain your pet's cooperation and respect through positive reinforcement. You will learn about your pet's "language and culture." You will have a pet that is a true member of the household.

The Intermediate Companion course is for those who have completed Basic Companion, its equivalent, or with instructor consent. Objectives are to solidify basic obedience training, focus on the specific needs of the individual dog, and work towards off-lead control. All members of the household, including mature children 6 years of age and older, are encouraged to participate. Dogs must be 10 weeks or older, people and dog friendly, and up-to-date for their ages on all inoculations (including Kennel Cough).

**\*Proof of vaccinations must be presented at the first class. Students must prepay in order to hold a spot in the class.**

Please go to [www.petdogtraining.com](http://www.petdogtraining.com) to register and find information about the classes or call 978-281-3141





# Health & Fitness

## FOCUS ON FITNESS

**With Judy Whitney and Gail LaRocca**

WINTER fitness classes begin Monday, January 13 and continue for 10 weeks.

**Morning classes:** Ballet Arts Centre, 50 Cross Street, Winchester

**Evening classes:** Winchester Town Hall

### Calorie Burn when Winter Chills!

UNLIMITED NUMBER OF CLASSES PER WEEK • \$150 Code #141-HF-01A

ONE HOUR EQUIVALENT CLASS PER WEEK • \$100 Code #141-HF-02A

**Drop-in rate: \$17/class**

SEVEN different styles of exercise available through FOCUS ON FITNESS. Consider a combination of classes that offers muscle strengthening; cardiovascular workout; muscle stretching; and relaxation.

The WINTER scheduled is listed below with the seven programming descriptions/options listed on the right.

*What to bring: sneakers, water, mat, weights and a positive attitude.*

### FOCUS ON FITNESS SCHEDULE

Time	MON	TUES	WED	THUR	FRI	SAT
8:00AM-8:30AM						STEP
8:30AM-9:00AM						Muscle
7:55AM-8:55AM				Pilates		
9:00AM-10:00AM	Turbo Blast Muscle	Hi/Low Aerobics	Yoga	Turbo Blast Muscle	STEP	
10:15AM-11:15AM					Yoga	
4:30PM-5:30PM	20/20/20 Complete Workout		20/20/20 Complete Workout			
5:00PM-5:30PM				Turbo Blast Muscle		
5:30PM-6:00PM				Pilates		
5:30PM-6:30PM	20/20/20 Complete Workout		20/20/20 Complete Workout			

Schedule subject to change. Website [www.WinchesterAerobics.com](http://www.WinchesterAerobics.com) indicates cancellations due to weather and other changes when necessary.

#### FOCUS ON FITNESS HAS IT ALL! (Program Descriptions)

**1. STEP/MUSCLE, the Saturday wakeup class.**  
 Thirty minutes of high intensity, low impact STEP workout from 8:00-8:30a, followed by 30 minutes of concentrated muscle conditioning and stretching from 8:30-9:00a, gives you a complete workout. Come for one hour or 1/2 hour if you have to rush off to children's sports games. Jump start your weekend by beginning with a little time for yourself.

**2. STEP**  
 One full hour of cardio calorie burning STEP aerobics. This type of class is as popular as the day it was first introduced into the fitness world. People keep on coming back to this tried and true workout. We add a muscle conditioning component to amp up the workout.

**3. 20/20/20 COMPLETE WORKOUT**  
 A little bit of this and a little bit of that to give you the best all round workout ever. 20 minutes of sizzling aerobics choreographed to oldies, hip hop, show-tunes, Bollywood, Latin zumba-like tunes. 20 minutes of crucial leg, abdomen and arm toning. 20 minutes of Pilates flexibility and calming movements. Shake it, shape it then stretch it! (Low impact version of aerobics is demonstrated as well.)

**4. HI/LOW AEROBICS**  
 Every 10 weeks we spice up your workout with different genres of music to keep you on your toes. In this session we move around to the best boogie tunes from bebop and hip hop to Bollywood and rock. Worried about your knees? We'll show you the low impact version that will still get your heart rate up.

**5. TURBO BLAST - MUSCLE CONDITIONING**  
 The staple of any exercise program, come and firm and tone upper and lower muscle groups. We incorporate weights and resistance bands in an intensive workout where individuals can ramp it up or decrease intensity to meet the individual's fitness level and goals. Proven to increase your bone density. The workout is spiced up with Barre movements.

**6. PILATES**  
 Pilates is an exercise system that focuses on building strength without bulk, proper breathing, spinal awareness and flexibility. Barre exercises are used to complement the matwork routine. Soothing music helps you to relax and concentrate on proper spinal alignment, breathing techniques, and pelvic stabilization using the abdomen, buttocks and back. There are added benefits when combined with Muscle Conditioning that blends upper and lower body movement.

**7. YOGA FOR FITNESS**  
 Drawing on a number of traditional Hatha yoga postures, this class combines strength, flexibility and breathing components with melodic background music. The instructor uses a fitness-oriented style based on the ancient secrets of health and vitality. Appropriate for all ages and fitness levels.

# Health & Fitness

## FOCUS ON FITNESS

### THE ONE HOUR PER WEEK OPTION

Even if your time is limited, we still want you to exercise! Some people are not able to take full advantage of our unlimited number of classes and only have time for ONE HOUR per week. This may be one hour of a morning class or a one hour equivalent from our evening or Saturday menu. Join us from 4:30PM-5:00PM on Monday night and 5:30PM-6:00PM on Thursday or a whole hour from 5:30PM-6:30PM on Wednesday. You pick the combination that works for you any particular week of the session.

- CHOOSE ANY OPTIONS**
- **Hi/Low Aerobics**
  - **Step**
  - **20/20/20 Complete**
  - **Yoga**
  - **Muscle Conditioning**
  - **Pilates**

## • *A la carte* FOCUS ON FITNESS

### PILATES MATWORK

**Certified Instructors:** Judy Whitney (morning); Gail LaRocca (evening)

A perfect mind/body program similar to Yoga and incorporating Barre technique. Soothing music helps you to relax and concentrate on proper spinal alignment, breathing techniques, and pelvic stabilization using the abdomen, buttocks and back. The purpose of Pilates matwork is to stretch and strengthen muscles, and release tension. *No prior experience in the Pilates method of exercise necessary. Wear comfortable clothing and bring a mat and water. Ten one-hour equivalent sessions.*

Thursday, January 16 8:00AM-9:0AM  
Ballet Arts Centre, 50 Cross Street \$100 141-HF-03A

Monday, January 13 5:10-5:30p, 6:10-6:30p (M/W); 5:30-6:00 (Th)  
Town Hall Auditorium \$100 for 1hr10min per week

*(Explanation: you can come for 20 minutes on M and W, plus 30 minutes on Thursday OR you can come 10 minutes early on M and/or W and do the tail end of Muscle Conditioning segment. With this option you get a bonus of 10 minutes.)*

Drop-in for \$17/class. 141-HF-05A  
[www.winchesteraerobics.com](http://www.winchesteraerobics.com) for more details

### YOGA 4 FITNESS

**Certified Instructors:** Judy Whitney and Lena El-Chehabi

Drawing on a number of traditional Hatha yoga postures, this class combines strength, flexibility and breathing components with melodic background music. The instructor uses a fitness-oriented style based on the ancient secrets of health and vitality. Appropriate for all ages and fitness levels. Wear comfortable clothing and bring a mat and water. Ten sessions.

Wednesday, January 15 9:00-10:00a  
Friday, January 17 10:15-11:15a  
Ballet Arts Centre, 50 Cross Street \$100  
Drop-in for \$17/class. 141-HF-04A  
[www.winchesteraerobics.com](http://www.winchesteraerobics.com) for more details

#### *About the instructors:*

-**Judy Whitney** is the owner of Winchester Aerobics and has been teaching fitness to children and adults for over twenty five years. She is certified by the American Council on Exercise as a Group Fitness Instructor, as well as a Personal Trainer. She has earned specialty certifications in Pilates Matwork and Yoga. Judy holds a master's degree in special education from Boston College and choreographs for McCall's Jubilation Concerts. She teaches a popular fitness class at Jenks Senior Center and Mount Vernon House. Married with three children, she is a lifelong resident of Winchester.

-**Gail LaRocca** is an ACE certified as a Group Instructor and has additional certifications in Pilates Matwork and Yoga. Gail lectures on the culture and wildlife of East Africa and directs a nonprofit water organization, LifeWaterAfrica.org for which she earned Massachusetts' 100 Unsung Heroines of 2010 Award. She is an interior/exterior house painter as well.

*NEWEST experienced instructor:* **Lena El-Chehabi** has been teaching group fitness classes in Step and weight training since 1996. She is concentrating her passion for exercise and contemplation through yoga and is YogaFit certified. Judy Whitney comments: I am pleased to have Lena as part of our team as she brings new depth and breath to our program. Her dedication and compassion for fitness is evident in her teaching style. Gail and I welcome Lena into our organization.



*Pictured Above: Judy Whitney & Gail LaRocca.*

# Health & Dance

## BODYFX 60-DAY FX CHALLENGE

Attention all athletes! Experienced, former or aspiring athletes it's time to bring your fitness to a whole new level! You will see amazing results with the BodyFX 60-Day Challenge. BodyFX trainers offer a program that is designed to bring out the athlete in you. Starting with baseline measurements that will be benchmarked at the mid point as well as in the final week of the challenge. You will learn proper form and function in an ultimate cross training format that will help you transform your body, improve your strength, power and endurance beyond what you thought possible. BodyFX trainers thrive on bringing fresh and exciting training techniques to this program including kettlebells, medicine balls, battle ropes, TRX suspension training and more with an emphasis on the three F's of fitness: Form, Function and Fun!

**CANCELLED**

The BodyFX 60-Day Challenge also and most importantly includes a nutrition program that encourages participants to "eat outside of the box". Join BodyFX and their group of nationally certified trainers for this revolutionary fitness experience! The challenge consists of two sessions per week as well as support emails. There will be a total of 15 sessions.

**Dates:** January 16th - March 6th  
Tuesdays & Thursdays  
**Times:** 6:30PM - 8:00PM  
**Location:** Winchester Recreation  
**Fee:** \$199.00 141-HF-06A  
**Instructor:** Kelly Willings

**CANCELLED**

## BEGINNER TAP

This course is perfect for adults who have always wanted to learn to tap dance but never had the chance. You will learn the basic elements of tap dancing, combining rhythms, and patters to form simple combinations and steps. Have fun while learning different styles and techniques.

**Dates:** Tues, February 25th - April 29th  
**Time:** 6:00PM - 7:00PM  
**Location:** Town Hall Auditorium  
**Fee:** \$130.00 141-DN-01A  
**Location:** Town Hall Auditorium

## INTRO TO WHOLE BODY VIBRATION: A Breakthrough in Natural Health

Ten minutes of WBV gives you the benefits of one hour of conventional weight training. Learn how you can lose weight, increase bone density, muscle strength, balance, coordination, and flexibility. WBV is also used for physical therapy, enhances neurological and brain function, is a powerful detox and balances energy meridians. In this class people will be able to experience WBV themselves and explore how this breakthrough technology might help them. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, or any other acute health issue please call class instructor Becky at 781.860.0680 to discuss before enrolling. *One session*

**Dates:** Thursday, February 6th  
**Times:** 7:00PM - 9:00PM  
**Location:** Winchester High School  
**Fee:** \$25.00 141-HF-07A  
**Instructor:** Becky Chambers



## ADVANCE TAP

A little exercise, and lot of fun. Move up to the next level of tap in a friendly, supportive atmosphere and increase your repertoire of patterns and combinations of steps while dancing to great music. Ten Sessions

**Dates:** Tues, February 25th - April 29th  
**Time:** 7:00PM - 8:00PM  
**Location:** Town Hall Auditorium  
**Fee:** \$130.00 141-DN-01B  
**Location:** Town Hall Auditorium

## LOOK & FEEL GREAT with WHOLE BODY VIBRATION

Whole Body Vibration (WBV) is a breakthrough new technology used at exclusive health clubs and beauty spas around the world. Originally developed for athletes WBV provides an hour's worth of conventional exercise in just 10 minutes, increasing metabolism (so you lose weight easier), bone density and muscle strength dramatically. WBV is also an antidepressant, has powerful anti-aging effects, is used for physical therapy, enhances neurological and brain function, functions as a powerful detoxification system, improves sex, and works like an acupuncture treatment balancing and unblocking energy meridians and chakras. In this class you will have the opportunity to try WBV, see what it can do for you, and learn about it from one of the foremost experts in the country. Some acute health issues are not compatible with WBV. If you have migraines, epilepsy, vertigo, acute herniated disks, kidney or gallstones, or any other acute health issue please call Becky at 781-860-0680 to discuss before enrolling. *4 sessions*

**Dates:** Thursdays Feb 13th, 27th, March 6th & 13th  
**Times:** 7:00PM - 8:00PM  
**Location:** Winchester High School  
**Fee:** \$85.00 141-HF-08A  
**Instructor:** Becky Chambers

Becky Chambers is a naturopath, teacher, author, and the president and owner of Vibrant Health where she specializes in the breakthrough body, mind, and energy therapies of Whole Body Vibration (WBV) and homeopathy.

## HATHA YOGA

This is a moderately paced yoga class that encourages students to flow from pose to pose with meditative awareness and attention to alignment and breathing. Class may include active and physically challenging poses as well as more passive, longer holds. Students are continually encouraged to explore their inner flow and turn within for guidance on and off the mat."

**Dates:** Tues, January 14th - March 25th  
**Times:** 6:30PM - 7:45PM (Off 2/18)  
**Location:** Winchester Recreation  
**Fee:** \$105.00 141-HF-09A  
**Instructor:** Bettina Velona



**Registration Information**

# Registration on-going for 2014 Winter Programs

## WINTER TERM

### January - April

Register Early to ensure a space in the course(s) you want/

Please Note: Parents/Guardians must sign the Winchester Recreation & Community Education Program Waiver to register. Waiver for is across this page on the inside back cover.

Remember you may register with:



online at [www.winrec.com](http://www.winrec.com) or by call 781.721.7125, 24 hours a day!

### Holidays:

January 20th                      MLK Day  
February 20th                    Presidents Day

### Office Hours:

Monday thru Friday  
8:00AM - 4:00PM

263 Main Street  
Winchester MA 01890

Every course and activity in the Recreation and Community Services Department is open to all, non residents and residents.

POLICIES AND GENERAL INFORMATION

## Visa or MasterCard Accepted (except for discounted tickets)

### Checks Payable to the Town of Winchester

On-line Registrations: [www.winrec.com](http://www.winrec.com) 24 hours a day  
Phone-In Registrations: 781-721-7126, Monday-Friday 8 am to 4 pm

<b>Registration:</b>	Fill out registration cards according to the instructions on the opposite page. All classes have enrollment limits. Please register early to avoid disappointment. The Recreation Dept. reserves the right to cancel, alter, or change any classes if circumstances warrant. Registrations are entered on a first come/first serve basis. Please note that submittal of your registration on-line does not necessarily mean you are guaranteed placement into a program. On-line applications are picked-up first thing each morning and processed on a first come/first serve basis. Some programs may have different enrollment procedures. Please see individual program write-up for details.
<b>Payment:</b>	Full payment must accompany your registration unless otherwise stated in the brochure. Non-refundable deposits may be required for certain trips and programs. Check the information in the individual program description.
<b>Refunds:</b>	When a student drops a course, instructional and other costs must still be met. If you are dissatisfied with a program after the first session, you must let us know before the second session to receive your pro-rated refund. In the event of an extended illness or injury, we will issue a pro-rated voucher, if notification is given prior to the end of the course. We cannot issue refunds for trips, special events, or ticketed events unless a replacement has been found. No refunds are given for single session courses. Refunds take up to four weeks to be processed. For one-week long courses, refunds must be requested at least 7 days before the start of class.  <i>There will be a \$5 administration fee for all refunds. This fee will be per program/per child. If the Recreation Dept. cancels a program, we do not assess this administration fee. Please note Special Refund Policy on 1-week courses. We give refunds for the programs up until seven days prior to the session start date. If you are dissatisfied with the program after the first day, you must let us know before the second day to receive a pro-rated refund.</i>
<b>Course Cancellations</b>	Classes are not held on legal holidays or during school vacation weeks. There are no evening classes when Winchester High School is closed. Make-up Classes are arranged for any postponed classes, but they can be canceled because of weather and travel conditions. Contact your instructor at the next regular class meeting for details.
<b>Filled Courses:</b>	If your course is filled, we place you on a wait list and notify you. If you paid by credit card, we do not charge your account. Whenever possible, we try to add additional classes for oversubscribed courses.
<b>Class Location:</b>	Class location is noted with each course description. Most Community Education courses are offered at Winchester High School (WHS), Skillings Road. We post exact room assignments the first night of class. OTHER LOCATIONS ARE SPECIFIED IN THE BROCHURE.
<b>Supplies:</b>	Except where noted, supplies and study materials are not included in the fees.
<b>Financial Aid:</b>	Some financial aid is available; contact the Recreation Director for information.
<b>Inclement Weather:</b>	Programs are canceled automatically when schools are closed because of inclement weather. Call 781-721-7125 if in doubt.
<b>Handicap Access:</b>	Every possible effort is made to ensure that programs are accessible to all.

## Registration Information



### ONLINE REGISTRATION

This is the easiest way for you to register. Visit [www.winrec.com](http://www.winrec.com) and create your household account. You will then be able to search through our many offerings online. Select your program and simply check out. We currently accept Visa or MasterCard. Register at [www.wwinrec.com](http://www.wwinrec.com)



### BY PHONE

If you are paying with a credit card call, 781.721.7125. Please have the course number and your VISA or MasterCard number available.



### BY MAIL

Fill in the registration form located on the top right of this page and mail to:

Winchester Recreation Department  
263 Main Street  
Winchester, MA 01890

Enclose a check or money order. If you are paying with VISA or MasterCard please fill in your card number, expiration date and 3-digit security code located on the back of the card.



### WALK IN

Registrations are accepted in the Recreation Office, 263 Main Street, between 8:00AM - 4:00PM, Monday thru Friday.



### BY FAX

If you are paying with VISA or MasterCard, our FAX number is 781.729.7129

*Please use a separate registration form for each person. If you need additional cards, simply list the necessary information on a separate sheet or make copy of the registration form.*

Sex  M  F

\_\_\_\_\_ Last Name \_\_\_\_\_ First Name \_\_\_\_\_

\_\_\_\_\_ Address \_\_\_\_\_ Street \_\_\_\_\_ Town/City \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ Home Phone \_\_\_\_\_ Emergency Contact/Phone \_\_\_\_\_  
/ /

\_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade(if applicable) \_\_\_\_\_ School(if applicable) \_\_\_\_\_  
 Check if new address

Course #	Course Title	Fee
		\$
		\$
		\$

Complete if paying by Credit Card:  VISA  MasterCard

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_  
Month \_\_\_\_\_ Year \_\_\_\_\_

3-Digit Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_  
*Name as it appears on credit card*

**Register by Credit Card Online or by Phone**  
**[www.winrec.com](http://www.winrec.com) - 781.721.7123**  
**Online 24 hours a day!**

### WINCHESTER RECREATION & COMMUNITY EDUCATION PROGRAM WAIVER

All registrants and their guardians agree to the following policy: in consideration of your accepting my/my child's registration. I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I, or my child, may give against the Town of Winchester, its elected and appointed officials, agents and employees, for any and all injuries suffered by my child or me at this activity. I acknowledge that this activity has some risk of physical injury, which I am willing to assume. I understand that participation in this program will involve the use by my child and/or me of the recreational facilities and equipment of the Town of Winchester. I understand that the Town of Winchester does not have accident or medical insurance on those participating in its programs. I consider myself, and/or my child, to be in appropriate physical condition to participate in this activity. I further consent to pictures to be taken of my child or me for advertisement and/or promotion of programs.

I understand and accept the Winchester Recreation and Community Education Waiver as written:

\_\_\_\_\_ Signature (Must be 18+) \_\_\_\_\_ Date \_\_\_\_\_

# Winchester Recreation & Community Education

263 Main Street, Winchester MA 01890-3006

*Check out these exciting programs inside.....*



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