



FALL 2022
WINCHESTER
RECREATION
&
COMMUNITY
EDUCATION

Winchester Recreation Department - 263 Main Street, Winchester MA 01890

YOUTH PROGRAMS

| | |
|-------------------|---------------------|
| Archery | Junior League Bball |
| After School Care | Language Club |
| Art Studio | Music |
| Babes in Artland | Roblox |
| Chess Wizards | Table Tennis |
| Fencing | Tennis in the Parks |
| Gymnastics | Ultimate Frisbee |
| Karate | 3D Printing |
| Kids Test Kitchen | and more! |

ADULT/COMMUNITY PROGRAMS

| | |
|--------------------|------------------------------|
| CPR Training | Pickleball Clinics/Open Play |
| Fall Softball | Social Security Class |
| College Advising | Yoga |
| Halloween Window | Understanding Medicare |
| Table Tennis | Zumba |
| Pickleball Lessons | |

WWW.WINREC.COM

Department Information

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

OFFICE HOURS

Mon 8AM - 7PM
Tues, Wed, Thurs, Fri: 8AM - 4PM

STAFF CONTACT INFO

Nick Cacciolfi

Director of Recreation
ncacciolfi@winchester.us

Jim Sullivan

Program Coordinator
jsullivan@winchester.us

Sonja Ferraguto

Pre-School Director
sferraguto@winchester.us

Carol McCollem

After School Director
cmccollem@winchester.us

Lisa Paganis

Lynch After School Director
lpaganis@winchester.us

Jennifer Cutillo

Administrative Assistant
jcutillo@winchester.us

Melissa Ross

Administrative Assistant
mross@winchester.us

REGISTRATION

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

GENERAL DEPARTMENT INFO

Those requiring special assistance,
please contact the Recreation Director.
Financial Assistance may be available
upon request. Applications available
online or by request.
Transportation, when provided, will
be by North Suburban Transportation,
unless otherwise noted.

TUITION

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

E-ANNOUNCEMENTS

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

WEATHER CANCELATIONS

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

FLEXIBLE SPENDING

Town of Winchester
Tax ID # 046-001-371

NEIGHBORS HELPING NEIGHBORS

NHN is a fund set up to help
support Winchester families who
might otherwise be unable to afford
Recreation programs. Simply go on
our website search Neighbors Helping
Neighbors, then select from \$10, \$25,
\$50 or \$100 and add the neighbors fund
to your cart and checkout.

PHOTO PERMISSION

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

WINCHESTER RECREATION FALL 2022 PROGRAM GUIDE

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

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

PROGRAM REFUND/CANCELATION/TRANSFER POLICY*

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

- Programs costing less than \$100: Full refund less \$10
- Programs costing \$100+: Full refund less 10% of the program fee
- Transfers will be charged \$10 administrative fee.
- Only medical refunds can be given after the program has begun; however these will be prorated for classes attended and a \$10 administrative fee will be applied. (physician documentation required).

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

Department Updates

Dear Winchester Residents,

Thank you all for your continued support of the Recreation Department. It was a busy and successful summer for us at the Recreation Department and as we enter the fall 2022 season, our goal is to continue to grow, improve and add new programs and recreational opportunities for the residents in our community.

In this brochure you will find many of our traditional fall offerings and quite a few new programs in which to choose from. We are also pleased to announce that we have some additional programs that we are finalizing details on that will be added to this brochure as part of the fall line-up such as youth wrestling, and additional youth basketball programs/leagues. In order to receive updates on any class additions and recreation happenings, please make sure you opt-in for general announcements on your online account. If you need help or want to ensure you are registered, please give us a call at the office. As a reminder, the office is open late on Monday nights, until 7PM, and open Tues- Fri 8AM – 4PM.

Recently there has been a considerable amount of new program providers in Winchester, many that mirror the same programming that we have offered here at the Recreation Department for many years. Please note that your continued support of our programs allows us to enhance the Winchester Community by reinvesting all of our proceeds back into the facilities we operate and the nearly 100 local staff members we employ. Additionally, as an Enterprise fund, the revenue generated from our Department also helps fund other departmental budgets, and other indirect costs the town incurs.

The Covid Pandemic really hurt our department's ability to generate revenue and offer diverse programming for the last several years, however we are certainly on the rebound and find ourselves in a great position to continue to grow and expand. Part of our expansion plans are revitalizing the Recreation Department's facilities and reinvesting funds from field accounts into our parks and fields. We are happy to report a few recreational projects that are in the process in town and a few that have recently been completed that will surely be an asset to the Department and community.

-We are finalizing details with a contractor to renovate the asphalt basketball court at the Recreation Department that will include a multi-use sport court that will enhance many of our current child care programs and allow us to add new program opportunities. Date of construction is still being finalized. Funding for this project was voted on at Spring Town Meeting.

-A complete renovation of Knowlton Stadium will begin on October 15th. The project will replace the existing turf with new turf, repair all fencing and netting systems, and some additional stadium improvements. This project was funded through ARPA funding, a \$100,000 gift from the Winchester Sports Foundation, and up to \$100,000 from the Synthetic Turf Revolving Account.

- A mini-master study design has been funded for the old bath house, playground and basketball court area at Leonard Field. The town has hired Huntress Sports for this project to receive an engineering and design to improve that area.

- Several renovations to the Recreation Department at the Old Mystic School Building have been completed and are underway.

- Asbestos remediation and new VCT tile Floor was installed in one of the classrooms this summer.

- Installation of new AC units in all classrooms at the Recreation Department, a \$10,000 investment funded through a child care grant.

-The town has hired Gale & Associates and a design study is underway for replacing several banks of block windows in 4 classrooms.

-Improvements were completed to the Manchester Basketball Courts including new rims and backboards, crack sealing and repainting, a new shade structure and a monument and plaque dedicated to the late Bob Bigelow. Funding was donated by the Winchester Basketball Association and Friends of Bob Bigelow.

-New laser leveling and clay was installed at Ginn softball fields, and laser leveling at Nutile Fields. Funding was donated by Winchester Youth Baseball and Softball.

In addition to these projects, the Recreation Department presented a request for engineering funds to capital committee for design work to devise a plan to rehabilitate and reimagine the recreational area at Borggaard Beach and Packer Ellis Tennis Courts. If funding is not secured, the department will look to other avenues for funding this project.

We are excited to start a new season of programs this fall and continue moving projects forward that will enhance and improve our community. If you have any questions or program ideas, please contact us at the Recreation Office.

Sincerely,

Winchester Recreation Staff



KID CONNECTION PRE-SCHOOL 2022-2023

From your child's first introduction to preschool in our Stepping Stones classroom, to their growing independence in our five-day Building Blocks pre-kindergarten program, our goal at Kid Connection is to create a community of learning and provide a rewarding preschool experience for each child. Kid Connection has been serving the Winchester community for over 25 years, and we pride ourselves on the longevity of our dedicated teachers and our low teacher:child ratio. Our theme-based curriculum combines learning through play with teacher directed activities to support early childhood learning and social emotional development in a nurturing environment. Enrichment activities throughout the year include music, yoga, gymnastics, local field trips, and more. Our convenient location at the Winchester Recreation Department provides us with large classrooms and an expansive outdoor play area. We respect each parent as their child's first educator, and welcome your involvement in your child's care and education as we build a cooperative relationship between teachers, children, and their families. Kid Connection is a school year program following the Winchester Public School calendar, and is licensed by the Commonwealth of Massachusetts Department of Early Education and Care (EEC).

2022-23 SCHOOL YEAR REGISTRATION

A non-refundable application fee of \$50 is required upon registration. Registration is by phone only- contact the preschool office at (781)759-9743 for more information or to schedule a tour.

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

- STILL ACCEPTING REGISTRATIONS FOR 2022/2023 -

Enrollment for the 2023/2024 will be released in
January 2023



**KID CONNECTION: 2022-2023
PROGRAM & PRICING**

STEPPING STONES: Age 2.9 by Sept. 1
Tues, Wed, Thu 9:00am-11:45am
Tuition: \$4200 Max: 16 Students

ALPHABET SOUP: Age 3.6 by Sept. 1
Mon, Wed, Fri 9:00am-12:00pm
Tuition: \$4200 Max: 18 Students

LITTLE RASCALS: Age 4.0 by Sept 1
Monday-Thursday 9:00am-12:15pm
Tuition: \$5,100 Max:18 Students

BUILDING BLOCKS: Age 4.5 by Sept 1
Monday-Friday 9:00am-12:30pm
Tuition: \$6,000 Max: 18 Students

**BUILDING BLOCKS FULL DAY:
Age 4.5 by Sept 1 - Extended Option**
Monday-Friday 9:00am-2:00pm
Tuition: \$9,200 Max: 18 Students

“STAY AND PLAY”

Our extended day option for Kid Connection students who are age 3+ and fully potty trained. Children bring a lunch and dismissal is at 2:00pm. Parents may choose from one to five days per week. Contact the director for rates and program information.

After School Care 2022/2023

AFTER SCHOOL 2022-2023: WRAP & LYNCH ELEMENTARY

The Winchester Recreation Department offers two EEC licensed after school child care programs for children entering K – 5. Our WRAP program, centrally located in the Recreation Department Mystic Building at 263 Main Street is available to all elementary aged children. Our Lynch Child Care Program is located in the Lynch School and is available to Lynch School Students only.

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

Registration Information: Based upon availability, Parents can enroll by calling 781-721-7125 and paying the non-refundable \$50 registration fee. Once enrolled, parents must complete the registration packet and submit the packet to the Recreation Department prior to your child attending the program. Tuition is paid on the 1st of each month through automatic credit card payment.

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

PRICING/FEE STRUCTURE

Table with 2 columns: Days per week and Monthly fee. Rows include 5 days/wk (\$530/month), 4 days/wk (\$475/month), 3 days/wk (\$380/month), and 2 days/wk (\$255/month).



Select the appropriate amount of days during the week, each day is subject to availability. Register early to ensure your child's spot. Transportation to WRAP is available through Winchester Public Schools.

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

WRAP Director: Carol McCollem cmccollem@winchester.us

LYNCH Director: Lisa Paganis lpaganis@winchester.us

2022-2023 SCHOOL YEAR REGISTRATION

Registration is by phone only- contact Winchester Recreation at (781)721-7125

A non-refundable application fee of \$50 is required upon registration for all students.

Refunds for all WRAP/Lynch After School Programs must be made one month in advance, no exceptions.

Rental at Win Rec

RENTALS AT WINCHESTER RECREATION

The Winchester Recreation Department is offering evening and weekend rentals. Rent our gym for birithdays, to shoot hoops, play floor hockey, dodge ball, or just run around and get some exercise and have some fun. Classrooms are also available for workshops/ meetings.

Renters must have an adult onsite at all times. Recreation equipment will be available for use, as well as a staff member to assist with any equipment needs and set up.

Days/times available

Monday – Friday: Based on availability after 6PM

*Cost: M - F \$100 per hour.

Weekend rentals a 2 hour minimum (\$200.00)

Email Gym request forms/questions to:

Jsullivan@winchester.us

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

*Prices vary based upon specific request



Pre-School Activities

BABES IN ARTLAND (2-4yrs)

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

Date: Fridays, September 30th - December 2nd
Time: 10:00AM - 10:45AM (Off 11/11, 11/25)
Location: Winchester Recreation
Fee: \$110.00
Instructor: Carol McCollem Min 6 Max 12

FALL FUN-DERLAND (2 - 4yrs)

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

Date: Thursdays, September 29th - November 17th
Time: 10:00AM - 10:45AM
Location: Winchester Recreation
Fee: \$110.00
Instructor: Carol McCollem Min 6 Max 16

MUSIC with MR ANDREW WEEKLY DROP IN (2 - 5yrs)

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

DATES:
Monday, October 17th
Thursday, November 10th
Monday, November 21st
Monday, December 12th
Wednesday, December 21st

Time: 9:30AM - 10:45AM
Location: 263 Main St, Kids Corner
Fee: \$15 Per Class
(Lower level of Win Rec)
Instructor: Andrew Gentzow - MA, MT-BC
Min 4 Max 12



TODDLER TUMBLERS w/Adult (1.5-3yrs)

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

Date: Tuesdays, September 27th - December 6th
Time: 8:45AM - 9:25AM (Off 11/8)
Location: Winchester Recreation
Fee: \$150.00
Instructor: Jennifer McGrath Min 6 Max 12

PRE-K GYMNASTICS (3-5yrs)

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

Date: Tuesdays, September 27th - December 6th
Time: 9:30 - 10:15AM (Off 11/8)
Location: Winchester Recreation
Fee: \$150.00
Instructor: Jennifer McGrath Min 6 Max 12

DOWNTOWN HALLOWEEN WINDOW PAINTING

Spooky frights, gruesome witches, glowing jack-o-lanterns, and scary ghosts come alive as Winchester residents paint Halloween pictures in this wonderful community event. This special event permits the participants to decorate the outside of designated windows of local businesses using specialized paint. All windows must have a "Halloween Theme." This event will take place on Saturday October 22nd. This event is sponsored by Winchester Recreation & Community Education Department. Eligibility: All residents who attend any school in Winchester or reside in Winchester are eligible for this event. Window assignments/locations with instructions will be emailed one week prior to event. Entries are accepted on a first-come, first-served basis. Space is guaranteed to the first 100 entries. Other entries will be accepted based on available windows.

Date: *Saturday, October 22nd (Rain Date Sunday 10/23)
Time: 9:00AM - 1:00PM
Fee: \$35.00 per window Max 100 Participant

Pre-School/Youth Programming

SOCCER SHOTS MINI (2 - 3yrs)

Soccer Shots Mini is an engaging program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active (8wks).

Date: Wednesdays, September 21st - November 9th

Time: 10:00AM - 10:30AM

Location: Winchester Recreation

Fee: *\$315.00

Min 4 Max 7

Date: Sundays, September 25th - November 13th

Time: 9:00AM - 9:30AM

Location: Mullen Field

Fee: *\$315.00

*Additional \$30 enrollment fee to be paid to Soccer Shots - link will be emailed after registration.

SOCCER SHOTS CLASSIC (3 - 5yrs)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation. We use a progression for the scrimmages at the end of each session starting with everyone getting a soccer ball.

WEDNESDAY PROGRAM (AGES 3 - 5)

Date: Wednesdays, September 21st - November 9th

Time: 10:35AM - 11:05AM

Location: Winchester Recreation

Fee: *\$315.00

Min 4 Max 7

SUNDAY PROGRAM (AGES 3/4 & 4/5)

Date: Sundays, September 25th - November 13th

Time: Ages 3-4 9:35AM - 10:15AM

Ages 4-5 10:20AM - 11:05AM

Location: Mullen Field

Fee: *\$315.00

Min 4 Max 7

*Additional \$30 enrollment fee to be paid to Soccer Shots - link will be emailed after registration.

SOCCER SHOTS PREMIER (5 - 8yrs)

Soccer Shots Premier is for children grades K-2nd (ages 5-8) who want to join a best-in-class training experience that emphasizes tactical skill development and competitive team play. The Premier program is designed for those who want to build upon what they've learned in the Classic program with increased scrimmage time, and also for those who want to experience our outstanding Soccer Shots program for the first time.

Date: Sunday, September 25th - November 13th

Time: 11:10AM - 11:55AM

Location: Mullen Field

Fee: *\$315.00

Min 4 Max 7

*Additional \$30 enrollment fee to be paid to Soccer Shots - link will be emailed after registration

TOPS SOCCER PROGRAM (AGES 5 -19yrs)

The TOPS program provides children with different abilities the opportunity to play soccer through rule and equipment adaptation. Athletes age 5 and older are invited to participate in a modified game of soccer once a week. This program is run by Winchester Soccer Club in collaboration with the Winchester Recreation Department. The program works simply by matching a Junior Coach with a player during each session. Winchester Soccer Club volunteers called "Junior Coaches" will incorporate a few formal activities to encourage learning of soccer but the goal of each session is for the coach and player to make a connection and simply have fun. For some children, it may be a very active hour of running around and for others, it may be just sitting and talking or quietly playing. TO REGISTER: TOPS Athletes and Junior Coaches must set up an account at the registration link below.

<https://clubs.bluesombrero.com/Default.aspx?tabid=110679>

Dates: 9/25, 10/2 @Knowlton Stadium

10/16, 10/23, 10/30, 11/6, 11/13 @Manchester Grass

Times: 12:00PM - 1:00PM

Location: Ciarcia Turf (Winchester H.S.)

Fee: FREE

Instructor: WSC/SFS Coaches and Volunteers

Coming Soon

We are excited to announce that we have some additional programs that we are finalizing details on that will be added to this brochure as part of the fall line-up very soon!

**Youth Wrestling
Youth Basketball Programs/Leagues
Speed & Agility Training**

In order to receive updates on any class additions and recreation happenings, please make sure you opt-in for general announcements on your online account and visit www.winrec.com

Flag Football

SUNDAY NIGHT LIGHTS FLAG FOOTBALL (K - 8th)

The mission is to provide the youth of Winchester a place to promote the positive social and athletic enjoyment of flag football. The aim is simply to have fun playing the great game of flag football in a safe/fun environment that will help the youth learn about physical activity and the proper skills and techniques required to play the game. Developing Character and Sportsmanship is the goal. At scheduled game time, teams will be on the main field for games that will be refereed by officials. Teams will be developed the week prior to week, this season includes 7 weeks of game play. In the interest of keeping teams balanced, please no team requests. One mouth guard will be provided for each participant. They must be worn by all players at all times. Players will also receive a game shirt and playbook!

Dates: Sundays, September 11th to October 23rd

| Division | Time |
|--------------|------------------|
| K - 1st | 12:00PM - 1:00PM |
| 2nd - 3rd | 1:00PM - 2:00PM |
| 4th - 5th | 2:00PM - 3:00PM |
| 6th, 7th 8th | 3:00PM - 4:00PM |



Cost: \$155.00

Location: McCall Middle School Turf Field/Manchester Field

Contact: cmcfadden@snlfootball.com for questions or info on coaching SPACE IS LIMITED TO 100 PER GROUP

Youth Programs

ART STUDIO (Ages 6 - 12yrs)

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

ART STUDIO at Lynch Elementary

Session I: Tuesdays, September 27th - November 1st
Session II: Tuesdays, November 29th - January 10th (Off 12/27)
Time: 3:15PM - 4:30PM
4:45PM - 6:00PM

Fee: \$220.00

Location: Lynch Elementary School Classroom TBA

Instructor: Seda Matevosian Min6 Max 10

ART STUDIO at Winchester Recreation

Session I: Wednesdays, September 28th - November 2nd
Session II: Wednesdays, November 30th - Jan. 11th (Off 12/28)
Time: 3:15PM - 4:30PM
4:45PM - 6:00PM

Fee: \$220.00

Location: Winchester Recreation

Instructor: Seda Matevosian Min 6 Max 10

FUN GYMNASTICS (Grades K - 5th)

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

GRADES K - 2

Date: Tuesday, September 27th - December 6th (Off 11/8)

Time: 3:00PM - 3:45PM

Location: Winchester Recreation

Fee: \$130.00

Instructor: Jennifer McGrath

Min 6 Max 12

GRADES 3rd-5th

Date: Tuesday, September 27th - December 6th (Off 11/8)

Time: 4:00PM - 4:45PM

Location: Winchester Recreation

Fee: \$130.00

Instructor: Jennifer McGrath

Min 6 Max 12



Youth Programs

KENPO KIDS KARATE (Gr. K-5)

This Kenpo Karate program is for children in grade K-5, with or without Martial Arts experience. Lessons focus on bully awareness, confidence building, goal-setting and most important of all respect, for self and others. This class works on age & rank appropriate strikes, kicks, blocks, self-defense techniques and forms. Martial Arts training will help develop greater social skills and nurture their mental and emotional growth. We emphasize the 5 Principles of Kenpo: Effort, Etiquette, Character, Sincerity and Self-Control. 10 weeks

Date: Mondays, Sept. 26th - December 12th (Off 10/10, 10/31)

Time: 3:15PM - 4:00PM
4:00PM - 4:45PM

Location: Winchester Recreation

Fee: \$150.00

Location: Winchester Recreation

Instructor: Brian Sweetser Min 8 Max 20

Bay State Martial Arts uniforms are required and are available only through the instructor for an additional cost.

ELITE FREESTYLE KARATE at Lynch

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

Grades K -2nd

Date: Mondays, September 26th - November 21st (Off 10/10)

Time: 2:45PM - 3:15PM

Location: Lynch Elementary School

Fee: \$95.00

Instructor: Elite Freestyle Karate Staff Min 6 Max 20

Grades 3rd - 5th

Date: Wednesdays, September 28th - November 16th

Time: 2:45PM - 3:15PM

Location: Lynch Elementary School

Fee: \$95.00

Instructor: Elite Freestyle Karate Staff Min 6 Max 20

TENNIS IN THE PARKS (Grades 1st - 8th)

The tennis program where kids play while they learn!

Led by an approved USTA tennis coach, the program will focus on developing the skills to serve, rally and play - so it's perfect for beginners and first-time players. Once the skills are there, participants will play fun matches with other players in the program. This program uses modified tennis balls, age-appropriate rackets, court sizes, and the latest fun and engaging activities that help players successfully learn and play the game quicker! All players in their first session receive and keep a new age-appropriate racket and a program tee shirt!

RED BALL TENNIS - Grades 1st and 2nd

Date: Thursdays, September 15th - October 20th

Time: 3:30PM - 4:30PM

Location: McDonald Field Tennis Courts

Fee: \$80.00

Instructor: USTA Coach, Jennifer Pascucci

Min 7 Max 8

ORANGE BALL TENNIS Grades 3rd -5th

Date: Thursdays, September 15th - October 20th

Time: 4:30PM - 5:30PM

Location: McDonald Field Tennis Courts

Fee: \$80.00

Instructor: USTA Coach, Jennifer Pascucci

Min 7 Max 8

GREEN BALL TENNIS Grades 6th - 8th

Date: Thursdays, September 15th - October 20th

Time: 5:30PM - 6:30PM

Location: McDonald Field Tennis Courts

Fee: \$80.00

Instructor: USTA Coach, Jennifer Pascucci

Min 7 Max 8



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

Youth Programs

KIDS TEST KITCHEN (K-5)

On a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! We are redefining kid food! Each class presents students with opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned! Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own. Lessons are planned to celebrate seasonal produce, whole grains, and legumes. This September & October, we're getting up close and personal with tomatoes, arugula, snap peas, summer squash, blueberries, and more! *Sept/October Menu: Gazpacho, Pirate Pasta with arugula, snap-pea side stunner, Summer Skillet Enchilada, Blueberry Brie Obsession, and more.*Menu subject to change to accommodate dietary restrictions or product availability. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. *Please clearly disclose all food allergies and/or dietary restrictions upon registration. Follow and like us on Facebook & Instagram: @kidstestkitchen

Dates: Wednesdays, September 28th - November 2nd

Time: Session I: 3:30PM - 4:30PM

Session II: 4:45PM - 5:45PM

Fee: \$185.00

Location: Winchester Recreation

Instructor: Kids Test Kitchen

Min 6 Max 10

SOCIAL SKILLS WORKSHOP (2nd -5th)

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

For more information visit:

www.newenglandschoolofprotocol.com

Dates: Tuesday, December 6th

Time: 5:45PM - 7:15PM

Location: Winchester Recreation

Fee: \$80.00

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

CHESS WIZARDS (2nd - 5th)

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously, accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have the chance to participate in a mini chess tournament. (6 classes)

Dates: Fridays, September 30th - November 4th

Time: 3:30PM - 4:30PM

Fee: \$150.00

Location: Winchester Recreation

Instructor: Chess Wizards

Min 8 Max 16

LEGO CHALLENGES: (2nd - 5th)

If you love building with Legos, this is the class for you! Each week you will be challenged to create a sensational Lego scene. Each challenge is a mystery that your teacher will reveal - A helicopter rescue scene? A space shuttle launch site? Lego Godzilla attacking a city?? Best be ready for anything! Then it's off to the races as you and a partner have limited time to create your scene and present it to the class. Presentation skills will be key as you try to persuade your classmates that your Lego creation is #1. Our Right Brain Curriculum Instructors will help you use persuasive language, eye contact and proper posture for perfected presentations. Legos and Public Speaking, now that's a match! 8 wks.

Dates: Mondays, Sept. 26th - Nov. 28th (Off 10/10, 10/31)

Time: 3:15PM - 4:15PM

Fee: \$160.00

Location: Winchester Recreation

Instructor - Right Brian Curriculum

Min 8 Max 16

METROCRAFT (2nd - 5th)

A Minecraft City Comes to Life!

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

Dates: Mondays, September 26th - Nov. 28th (Off 10/10, 10/31)

Time: 4:30PM - 5:30PM

Fee: \$160.00

Location: Winchester Recreation

Instructor: Right Brain Curriculum

Min 8 Max 16

Youth Programs

ROBLOX GAME DEVELOPMENT with CODE WIZ (2nd - 5th)

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

Dates: Fridays, September 30th - November 4th

Time: 3:30PM - 4:30PM

Fee: \$235.00

Location: Winchester Recreation

Instructor: Code Wiz

Min 8 Max 16

Youth Archery Programs

ONSITE ARCHERY (4th- 6th)

Learn Archery! Lots of shooting time, camaraderie and fun! Led by a USA Archery certified coach. Learn the fundamentals of target archery, shooting form, range safety, scoring and more! We teach the shooting process based on a ten step approach. Everything that you need to participate is provided. (4 weeks)

Date: Tuesdays, September 20th - October 11th

Time: 5:15PM - 6:15PM

Location: Parkhurst

Fee: \$120.00

Instructor: On-Site Archery

Min 6 Max 12

ON THE MARK ARCHERY (4th- 6th)

Recurve archery is one of the oldest forms of martial arts that involves patience, focus, discipline and perseverance to achieve a goal. This fun and engaging class keeps students challenged while integrating key concepts of shooting a traditional recurve bow. All equipment provided and students are trained by teams of certified USA Archery instructors. Prizes awarded to the top ace! 4 week sessions.

Date: Session I: Thursdays, October 7th - October 27th

Session II: Thursdays, *October 27th- November 17th

Time: 3:30PM - 4:30PM

Location: Lynch Elementary School

Fee: \$195.00

Min 8 Max 12

Instructor: On the Mark Archery Staff

*Start date could be changed based on rainouts/scheduling from session I.

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

MATH - CODING - 3D DESIGN

BlocksCAD is a programmatic, cloud-based, 3D Design tool that teaches Coding, 3D Design, Math & Computational Thinking. Have a blast in our 3D Design class & learn 21st century skills that include: Blocks-based coding fundamentals such as loops, variables, sequencing, and debugging. Math practice utilizing cartesian coordinates, number sense, spatial reasoning, metrics, and geometry. 3D Design & 3D printing. Each student will receive one 3D print of their choosing over the 6-week course. BlocksCAD will print these projects after class concludes and arrange a safe pickup.

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

Dates: Mondays, September 26th - Nov. 14th (off 10/10, 10/31)

Time: 4:15PM - 5:15PM

Fee: \$225.00

Location: Winchester Recreation

Instructor: BlocksCAD

Min 6 Max 12

WINCHESTER RECREATION FENCING

YOUTH AND ADULT (Ages 7+)

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

Friday: Beginner/Intermediate (Ages 7 +)

Session 1: Sept. 16th - November 4th

Session 2: Nov. 18th - January 27th (Off 11/25, 12/23, 12/30)

Time: 5:00PM - 6:00PM

Fee: \$250.00

Location: Winchester Recreation Department Min 8 Max 24

Friday: Beginner/Advanced (Ages 7+)

Session 1: Sept. 16th - November 4th

Session 2: Nov. 18th - January 27th (Off 11/26, 12/24, 12/31)

Time: 6:15PM - 7:15PM

Fee: \$250.00

Min 8 Max 24

Location: Winchester Recreation Department,

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

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

FENCING GEAR REQUIREMENTS:

Gear can be rented or purchased. Participants will have the option of renting from Coach Michael at a cost of \$50.00 plus a \$100.00 deposit for an 8-week session. Fencers will be fitted for equipment



Youth Programs

ULTIMATE FRISBEE: (7th -8th)

Ultimate Frisbee is an exciting, non-contact team sport played by thousands all over the world. It's a fast-paced game where players advance a Frisbee by making passes from player to player until completing a pass in the opponent's end zone. While Ultimate Frisbee is an intense sport it's also well known as being very newcomer friendly. No prior experience is necessary and new players pick up the game very quickly. The program will include instruction and skill building each week, followed by a scrimmage. Each participant will receive an ultimate frisbee jersey (6 weeks)

Date: Sundays, Sept 18th - October 23rd

Time: 1:00PM - 2:00PM

Location: Mullen Field

Fee: \$90.00

Instructor: Nathan Swilling

Min 8 Max 16

FISH ON (2nd-5th)

Join the Winchester Recreation Department on Saturday Mornings for some fishing fun! In this program we'll teach you the basics of fishing including: fishing rod/reel set up, knot tying, lure choice as well as choosing how and where to cast. If you have experience fishing we can help you learn more advanced techniques to catch the fish of your dreams! Lures/Bait will be provided, please bring your own fishing rod. While we don't guarantee that you'll catch a fish, we do guarantee you'll have fun! Four Sessions.

Date: Saturdays, September 17th - October 15th (Off 10/8)

Time: Session I: 9:00AM - 10:00AM

Session II: 10:15AM - 11:15AM

Fee: \$85.00

Location: Leonard Pond

Instructor: Dan Medwar

Min 5 Max 8



After School Language Classes

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

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

SPANISH CLUB TUESDAYS

Session 1: Tuesday, October 18th - January 3rd (Off 11/8)

Session 2: Tuesday, January 10th - March 21st (2/21)

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

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

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child Min 6 Max 10

FRENCH CLUB TUESDAYS

Session 1: Tuesday, October 18th - January 3rd (Off 11/8)

Session 2: Tuesday, January 10th - March 21st (2/21)

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

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

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child Min 6 Max 10

SPANISH CLUB THURSDAYS

Session I: Thursdays, October 20th- January 5th (Off 11/24, 12/29)

Session2: Thursdays, January 12th - - March 23rd (Off 2/23)

Time: 3:15PM - 4:15PM (3rd - 5th)

4:30PM - 5:30PM (K - 2nd)

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child Min 6 Max 10

FRENCH CLUB THURSDAYS

Session I: Thursdays, October 20th- January 5th (Off 11/24, 12/29)

Session II: Thursdays, January 12th - - March 23rd (Off 2/23)

Time: 3:15PM - 4:15PM (3rd - 5th)

4:30PM - 5:30PM (K - 2nd)

Fee: \$155.00

Location: Winchester Recreation

Instructor: Global Child Min 6 Max 10

Youth Basketball



WINCHESTER JUNIOR LEAGUE BASKETBALL

November 12th - February 4th (10 weeks)

Boys and Girls Ages Pre-K(4yrs) - 2nd Grade

One of our most popular programs!! This program is for boys and girls ages 4yrs old thru 2nd Grade. Children will be placed on teams according to age/grade, 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.

Please note that times may vary each week however all games/practices are on Saturdays. You cannot request a specific time. 10 weeks (First two weeks practice).

Rookie Division: *PreK - K

Date: Saturdays, Nov.12th - Feb. 4th
(Off 11/26, 12/24, 12/31)

Time: Game times will vary each week

Boys: 9AM, 10AM, or 11AM

Girls: 9AM, 10AM, or 11AM

Location: Vinson Owen School

Fee: \$125.00

*Must be 4yrs of age prior to Dec 1st. or in K

Rookie Division : Ages 4 yrs old thru K (must be 4 by December 1)

- The Jr. Dribblers Division is for boys and girls that are PreK (4yrs of age as of December 1st) or in Kindergarten.
- There will be a separate girls Division and Boys Division if numbers permit.
- Players will rotate into the line-up every 4 minutes of the game.
- Hoops will be lowered to 7ft and mini balls will be used
- Coaches will act as referees and are allowed to be on the court to help with positioning. Volunteers will coach the teams.

Veteran Division Grades 1st - 2nd

- The Veteran Division is for boys and girls that are currently in 1st grade or 2nd grade
- There will be a separate Girls Division and Boys Division if numbers permit.
- Players will rotate into the line-up every 4 minutes of the game.
- Hoops will be lowered to 7ft and jr. size bballs will be used
- Coaches will act as referees and are allowed to be on the court to help with positioning. Volunteers will coach the teams.

Veterans Division: Grades 1st/2nd

Date: Saturdays, Nov.12th - Feb. 4th
(Off 11/26, 12/24, 12/31)

Time: Game times will vary each week

Boys: 11AM, 12PM or 1PM

Girls: 11AM, 12PM or 1PM

Location: Vinson Owen School

Fee: \$125.00

VOLUNTEER COACHES WANTED - contact Jim Sullivan jsullivan@winchester.us



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Submit your photo!

Send your favorite Winchester Recreation photos to mross@winchester.us to be featured on our social media pages or the cover of our next brochure!



Computer Programming

INTRO TO COMPUTER PROGRAMMING WITH PYTHON Level 1: (6th, 7th, 8th)

The class is a 15-week course (over 4-5 months). We will cover the basics of “real” computer programming in Python, an easy-to-learn language that is used today in many companies. The children will learn how to read, write, and modify basic Python programs. We will learn about variables, loops, if-then-else statements, and functions. Some of the topics we will cover include how to use Python to do math problems, draw pictures, write a quiz, and make secret messages. Previous typing experience is very beneficial. Previous programming experience is not expected. The class material is challenging and is best suited for students who like computers and enjoy problem-solving.*Note that this class typically requires the purchase of a Raspberry Pi 3, Model B, normally around \$60. Unfortunately, due to supply chain issues, these devices are currently very expensive to purchase. For this semester, students can bring another device such as Chromebook, Windows or Mac laptop to take the class. We will return to using the Raspberry Pi when prices return to normal.

Date: Wednesdays, September 28th - January 18th

Time: 4:30PM - 5:30PM (Off 11/23, 12/28)

Fee: \$515.00

Location: McCall M.S. Computer Lab

Date: Friday, September 30th - February 3rd

Time: 4:30PM - 5:30PM (Off 11/11, 11/25, 12/23, 12/30)

Fee: \$515.00

Location: McCall M.S. Computer Lab

Instructor: Blackrock Networks

Min 4 Max 10

PROGRAMMING WITH PYTHON Level 3: (6th, 7th, 8th)

We will continue where the Programming With Python Level 2 Class left off. After a quick review will continue to introduce more concepts like sorting, searching for data in a CSV file, and more about object-oriented programming. The students will also start solving simple problems using their programming skills. Some of the programs we will be writing include a matching pairs game, a sink your ship game, an image-based puzzle, and a MIDI music player.

Date: Friday, September 30th – Feb 3rd

Time: 5:35PM - 6:35PM (Off 11/11, 11/25, 12/23, 12/30)

Fee: \$515.00

Location: McCall M.S. Computer Lab

Instructor: Blackrock Networks

Min 4 Max 10

PROGRAMMING WITH JAVA Level 1: (7th, 8th, 9th, 10th)

We will cover the basics of Java, how it is different from Python, and what the two languages have in common. We will learn about the Java Virtual Machine (JVM), and what compiling a program means. Students will learn more about implementing and debugging algorithms to solve problems, and we will specifically focus on object-oriented software development strategies. Students will use Interfaces and Classes and understand the differences between them. They will learn to use the different levels of visibility that Java allows when writing their programs. We will explore some of Java’s APIs for input and output, as well as its support for data structures such as Lists, Maps, and Trees. Students will become familiar with JavaDoc, and how to search the Java documentation to answer their own Java API questions.

*Students must have completed Python Level 4 in order to enroll in this class

For more information email classes@blackrocknetworks.com

Date: Thursday, September 22nd - January 12th

Time: 4:30PM - 5:30PM (Off 11/24, 12/29)

Fee: \$515.00

Location: McCall M.S. Computer Lab

Instructor: Blackrock Networks

Min 4 Max 10



Youth Program

GIRLS H.S. LACROSSE FALL CLINIC SERIES

4-session Fall Clinic series for new and experienced high school players. Clinics will focus on individual skills and feature small sided games and conclude with stickwork each session. Clinics are coached by former WHS/collegiate players

Equipment: Players must have a girls lacrosse stick, approved girls lacrosse goggles and mouth guard. Players can wear sneakers or cleats and should bring a water bottle labeled with their name.

Date: Sundays, November 20th - December 11th
(Make-up 12/18 if needed)

Time: 10:30AM - 12:00PM

Fee: \$75.00

Location: Ciarcia Turf (Winchester High School)
80 Skillings Road, Winchester, MA

Instructors: Winchester Lacrosse Alumni Min 16 Max 32

BABYSITTING COURSE (6th - 8th)

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

Dates: Saturday, December 3rd, 2022

Time: 9:00AM - 1:00PM

Fee: \$75.00

Location: Winchester Recreation

Instructor: Debbie Laflamme Min 10 Max 20

SOCIAL SKILLS WORKSHOP (6th - 7th)

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

For more information visit: www.newenglandschoolofprotocol.com

Dates: Tuesday, December 6th

Time: 5:45PM - 7:15PM

Location: Winchester Recreation

Fee: \$80.00

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

TEEN INTERVIEW WORKSHOP (7th-11th)

Do you have a high school student getting ready to interview for a job? Are you a teen looking for a summer internship? Interviewing can be challenging for students especially when they haven't interviewed before. Parents, think back to your first job interview. Did you know what to expect or say? Interviewing can be a stressful experience for teens whether they are looking for their first job or going to their first college interview. Learn self-presentation skills and important talking points to help succeed at an interview. Topics Include: what to do before the interview, know your resume, your elevator pitch, dressing for success, how to make a good first impression, common interview questions, questions you can ask, and more.

Dates: Thursday, October 6th

Time: 6:30PM - 8:00PM

Location: Winchester Recreation

Fee: \$80.00

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

JOB OPPORTUNITIES WITH WINCHESTER RECREATION

FALL 2022

After School Lead & Assistant Group Leaders
High School Program Assistants
Packer Ellis Tennis Supervisors

SPRING/SUMMER 2023

Summer Counselors for Jr. Adventures (half day) Full Day Adventures (full day)
Summer Adventure Sport & Fitness Specialist - Summer Adventures Asst. Director
Tennis Maintenance/Gate Staff - Tennis Court evening/weekend supervisors

POSTINGS WILL BE MADE AVAILABLE ONLINE AND ON OUR FACEBOOK PAGE

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

Adult Programs

PICKLEBALL CLINIC

Do you want to try out Pickleball, the fastest growing sport in America, with over 5+ million players and played in 57 countries? It's a great way to engage in a healthy activity while enjoying the company of friends and fellow players. Come join us for this one day clinic with two levels of instruction:

Pickleball 101 (Beginner)-those brand new to the game: We will share court safety to minimize injuries, warm up exercises, and the fundamentals of the game: court layout, court etiquette, key rules, shots/strokes serve and return, rules of the game and scoring. Paddles will be provided if needed.

Pickleball 102 (Advanced Beginner)- those who have played a short time and would like to improve their game: warm up drills, learn and practice when and how to use a variety of shots and strokes (serves, return of serves, dinking, volleys, lobs, drop shots), optimal positioning on the court, strategies of the game. Bring your own paddle. Tennis sneakers must be worn. Bring water and a sports chair (optional).

Participants are required to register in advance online as space is limited. For more information, please reach out to Marjorie Berger: mrberger44@comcast.net, USAPA Ambassador Metro Boston/Winchester

Dates: Saturday, September 17th (Rain Dated Sept. 18th)

Time: Beginners: 9:00AM - 11:00AM

Advanced Beginners: 12:00PM - 2:00PM

Location: Leonard Field Courts

Fee: \$45.00

Instructor: Marjorie Berger

Min 4 Max 8

PICKLEBALL LESSONS

Winchester Recreation is offering private (one on one) or semi-private (2 - 4 participants) lessons to learn the basics of the game including: Strokes & Shots: Dinking, Volley, Lob, Serve and return of Serve, Forehand & Backhand Drive Shots. Students will also learn the rules of match play & how to score.

Date and Time: These are to be pre-arranged with the Pickleball instructor after you register online with the Winchester Recreation Department. Once dates & times have been prearranged you will be prompted to pay at www.winrec.com prior to beginning your lesson or lessons. Please reach out to our Pickleball Instructor, Marjorie Berger. Email her directly at mrberger44@comcast.net to set up a private or private group lesson Fee: Single Private Lesson \$50.00 p/hour. Group Private Lesson (2-4 participants) \$80.00 p/hour

Fee: Single Private Lesson \$50.00 p/hour

Group Private Lesson (2-4 participants) \$80.00 p/hour

OPEN PICKLEBALL PLAY

Come join others play Pickleball. We use Leonard Field Courts, 4 lined courts with portable nets. This program is free to all in thanks to our volunteer and USAPA Pickleball Ambassador Marjorie Berger. Participants must sign up to play using www.playtimescheduler.com. Once you register on their site, choose Greater Boston area as your region.. Blue circles are places to play in Middlesex County. Check under the following dates and times for Winchester. Please take your name off the online sign up if it turns out you can not attend.

Dates: Now until end of October

Schedule: Tuesdays 9:00AM - 11:00AM

Wednesdays: 5:30PM - 7:30PM

Thursdays 9:00AM - 11:00AM

Location: Leonard Field Courts

Fee: OPEN PLAY - FREE

ZUMBA MORNINGS

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

Date: Mondays, September 26th - December 19th (10/10)

Time: 9:00AM - 10:00AM

Location: Winchester Recreation

Fee: \$215.00

\$18.00 (One class trial - limit 1 per person)

Instructor: Laura Gordon

Min 4 Max 20

ADULT OPEN TABLE TENNIS

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

Date: Thursdays, September 29th - December 8th

Time: 6:30PM - 8:30PM

Fee: \$15 per night - must pre-register and pay online prior

\$135 when registering for all 10 weeks (Save \$15)

Location: Winchester Recreation

Instructor: Shaya & Qiumar Hedayatian

Min 6 / Max 16

Adult/Family Programs

HEARTSAVER CLASS CPR

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

Date: Thursday, October 13th

Time: 6:30PM - 9:00PM

Location: Winchester Recreation

Fee: \$80.00

Instructor: Catherine Donaghey, First Response Min 6 Max 20

FRIENDS AND FAMILY CPR TRAINING

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

Date: Thursday, December 8th

Time: 6:30PM - 9:00PM

Location: Winchester Recreation

Fee: \$45.00 per person

Instructor: Catherine Donaghey, First Response Min 8 Max 20

DEMYSTIFYING SOCIAL SECURITY

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

Date: Wednesday, September 28th

Time: 7:00PM - 9:00PM

Location: Winchester Recreation

Fee: \$30.00

Instructor Dan Williams Min 6 Max 16

YOGA + MINDFULNESS for STRESS RELIEF (Adults)

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

Bring your yoga mat and any props that support your practice

Dates: Wednesdays, September 28th - November 2nd

Time: 6:00PM - 7:00PM

Location: Winchester Recreation

Fee: \$75.00

Instructor: Linda Devincentis

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

Date: Thursday, October 20th

Time: 6:30PM - 8:30PM

Location: Winchester Recreation

Fee: \$21.00 Single \$30.00 Couple

Instructor: Don Anderson Min 6 Max 12

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:

- 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 healthcare reform impact Medicare?
- Does any part of Medicare cover long-term care expenses

Date: Wednesday, October 19th

Time: 7:00PM - 9:00PM

Location: Winchester Recreation

Fee: \$30.00

Instructor: Daniel R. Williams, CLU, CHFC, CFP Min 6 Max 12

Adult Softball

WINCHESTER RECREATION ADULT SOFTBALL

Join Winchester Recreation this Fall Season and play Softball at Ginn Field under the lights. Games will be umpired by patched umpires. Rules and Regulations for the season will be emailed to all designated coaches prior to the start of the season. USSSA rules will apply, 3 ball 2 strike count. When a batter has one strike a foul is an out. Our goal is to have 6-8 teams with teams playing 1 - 2 times per week. Total of 7/8 regular season games, that will be 7 innings in length, followed by a double elimination tournament for playoffs.

Date: Games begin the week of September 12th with game nights Tues, Wed, or Thursdays

Double elimination playoff tournament at the completion of the season, all teams make playoffs.

Game times: Tuesday, Wednesdays or Thursday 8:00pm or 9:00pm (Rotating schedule).

Location: Ginn Field, Winchester MA

League Fees: \$475.00 per team to be paid to Winchester Recreation, prior to 9/9.

Umpire Fees: Each team is responsible for coming up with \$35.00 each game to pay umpires, it is recommended that you include this fee when collecting payments from players. A minimum of 8-10 games will be played during regular season based on teams with all teams making the playoffs (double elimination tournament).



Incident weather – The Winchester Rec Department reserves the right to postpone or cancel a scheduled game for any reason. Team managers will be notified via email and/or text message if a game has been canceled or postponed as soon as possible prior to the game's start time. Games will be rescheduled if possible.

Rosters – Open to Residents/Non Residents

Program with Win Rec

Have an idea, request or want to teach a program?

We want to know! We are always looking to offer a variety of fun and exciting programs to add to our offerings throughout the year. Winchester is FULL of experts in many diverse fields! Share your knowledge with our community and help our department grow! There are many opportunities for those looking to run programs whether youth, teen or adult focused. There are two ways to join our team and offer programs, see below. To pitch an idea or request a program please e-mail jsullivan@winchester.us. To propose a program to teach please complete and submit a new program proposal form found on the Town of Winchester Recreation Web Page. Submission of a program does not guarantee the offering of any program.

TWO WAYS TO WORK WITH THE RECREATION DEPARTMENT

OPTION 1

Contracted Vendor: Currently own a business that has up to date liability insurance/workers compensation. Program revenue is based on per participant rates.

OPTION 2

Recreation Employee: You are hired through the Recreation Department as a seasonal or temporary town employee being paid an hourly rate. Rate of pay is based upon experience and skill set according to the towns R salary schedule.

For more information contact Program Coordinator: Jim Sullivan, jsullivan@winchesters.us 781.721.7125

Field Rental/Policies - Safety

Field Use and Permitting Information

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

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

The Field use policies and procedures are developed and maintained by the Winchester Field Management Committee and approved by the Winchester Select Board. Information on the Field Management Committee can be found here:

<https://www.winchester.us/334/Field-Management-Committee>

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

Youth Sports Organizations



Winchester Youth Basketball

www.winchesterbasketball.org

Winchester Youth Soccer

www.winchesteryouthsoccer.net

Winchester Pop Warner Cheer

www.winchesterpopwarner.com

Winchester Youth Baseball/Softball

www.wybs.org

Winchester Youth Lacrosse

www.winchesterlax.org

Winchester Youth Field Hockey

www.winchesteryouthfieldhockey.com

Winchester Youth Football

pmanganaro@manganaro.com