

# FALL 2025



**REGISTER AT WINREC.COM**



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**263 MAIN STREET, WINCHESTER, MA 01890**



**(781) 721-7125**



# DEPARTMENT INFO

## WINCHESTER RECREATION

263 Main Street  
Winchester MA 01890  
Main Office: 781-721-7125  
Fax: 781-721-7129

[Town Recreation Webpage](#)

[Registration Link](#)

## OFFICE HOURS

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

## STAFF CONTACT INFO

### Nick Cacciolfi

Director of Recreation  
[ncacciolfi@winchester.us](mailto:ncacciolfi@winchester.us)

### Chris Ellison

Program Coordinator  
[cellison@winchester.us](mailto:cellison@winchester.us)

### Mitchel Ulacco

Program Supervisor  
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### Jennifer Cutillo

Administrative Assistant  
[jcutillo@winchester.us](mailto:jcutillo@winchester.us)

### Michelle Blumsack

Office Clerk  
[mblumsack@winchester.us](mailto:mblumsack@winchester.us)

### Sonja Ferraguto

Pre-School Director  
[sferraguto@winchester.us](mailto:sferraguto@winchester.us)

### Carol McCollem

WRAP Director  
[cmccollem@winchester.us](mailto:cmccollem@winchester.us)

### Lisa Paganis

WRAP Assistant Director  
[lpaganis@winchester.us](mailto:lpaganis@winchester.us)

## FINANCIAL AID INFO

Financial Assistance may be available.  
Applications available online or by request.

## SPECIAL CIRCUMSTANCES

Those requiring special assistance, please contact the Recreation Director.

## 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.

## PAYMENT PLANS

Payment plans are available please reach out to Michelle Blumsack [mblumsack@winchester.us](mailto:mblumsack@winchester.us) or call 781-721-7125 for more information.

## E-ANNOUNCEMENTS

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

## WEATHER CANCELLATIONS

All cancellations will be posted as an alert at the top of our registration website: [www.winrec.com](http://www.winrec.com)

## FLEXIBLE SPENDING

Town of Winchester  
Tax ID # 046-001-371

## NEIGHBORS HELPING NEIGHBORS

NHN is a fund set up to help support Winchester families who might otherwise be unable to afford recreation programs. To donate: Add Neighbors Helping Neighbors to your cart, then select the amount you would like to donate. All donations are greatly appreciated!

## WINCHESTER RECREATION

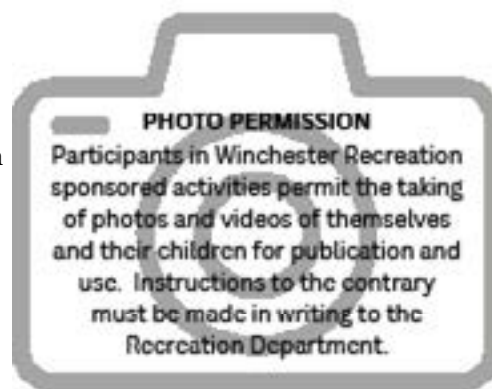
### FALL 2025 PROGRAM GUIDE

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#### Disclaimer:

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.



## 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 WRAP & Kid Connection.

# UPDATES FROM THE REC DEPARTMENT

## UPDATES FROM THE RECREATION DEPARTMENT

Dear Winchester Recreation Families,

Welcome to Fall 2025! We're thrilled to share our new season of programs and activities with you. This year, the Recreation Department continues to expand opportunities for all ages with over 130 programs this fall, up from nearly 90 last year.

### New for Middle Schoolers

We've made a special effort to broaden programming for middle school youth, including:

- Before the Bell: AM Gym Program (page 32)
- Middle School Ski Program (page 27)
- Dessert Lab (page 30)
- Young Engineers Society (page 30)
- Hike The Fells w/ Guineafowl Adventures (page 31)

Check out all our MS and Teen offerings on pages 26- 32

### Investing in Parks and Playgrounds

Beyond programming, we've been busy improving Winchester's recreational spaces in collaboration with other Town departments and committees. Recent projects include the Ginn Field Lighting Project, the Leonard and McDonald Playground Renovations, and the Leonard Tennis Court restoration. Looking ahead, we are advancing additional recreation projects through the Capital Expenditures process and the newly formed Winchester Committee for Community Preservation (WCCP). You can view current WCCP project proposals here:

**[Town of Winchester Committee on Community Preservation](#)**

Thank you for taking the time to explore our brochure. We hope you'll find a program (or several!) that sparks your interest this fall. If you have suggestions or would like to share your expertise by leading a program, we'd love to hear from you.

With gratitude,

Nick Cacciolfi

## NEIGHBORS HELPING NEIGHBORS SCHOLARSHIP FUND

**D**id you know . . . the Recreation Department has a dedicated scholarship fund to help residents facing financial hardship? The Neighbors Helping Neighbors account is used exclusively for recreation program scholarships, ensuring more community members can participate in childcare and enrichment programs.

This fund is made possible entirely through donations from individuals and organizations. When registering, you may be asked if you'd like to contribute - every donation, big or small, makes a difference.

As the need for financial aid continues to grow, your support helps open doors for families in our community. To donate directly, click **[here](#)**.



# COMING SOON!

## EARLY RELEASE DAY FIELD TRIPS/ACTIVITIES

**Friday, September 19**

**In The Game, Peabody MA (Gr. 2-5)**

Ready for the ULTIMATE afternoon of fun? Join us at In the Game Peabody on Friday, September 19 for games, adventures, and nonstop action!

Each Participant will receive:

- 120 Play Credits to use on awesome games
- 500 Prize Tickets (and chances to win even more!)
- 2 hours of Unlimited Green Game Play
- 2 hours of Unlimited Laser Tag
- Ropes Course challenge
- A slice of pizza + drink upon arrival

Bus leaves from Winchester Rec at 11:45 AM and will return at approximately 4:00 PM.

Fee: \$70

Min 30/Max 40 participants

**Thursday, October 23**

**Central Rock Gym, Stoneham, MA (Gr. 3-5)**

Get your climb on with Winchester Recreation at Central Rock Gym in Stoneham. School may get out early, but that doesn't mean the fun has to stop. Students will learn foundational climbing techniques and even play some games. This program will be supervised by Recreation Department staff and facilitated by Central Rock Gym staff.

The bus will depart Winchester Recreation at 11:30am and return by 3pm for pickup.

Please click the following below to complete the required waiver and orientation forms.

CRG Participation Waiver  
Bouldering Orientation Form  
Auto Belay Orientation

Date: Thursday, October 23

Time: 11:30am – 3:00pm

Fee: \$70

Min: 20/Max: 30

Parent chaperons are needed. If you are interested in chaperoning, please indicate that during the registration process.

**Feel free to contact us with any ideas or interest in chaperoning!**

## HALLOWEEN HAPPENINGS

### DOWNTOWN HALLOWEEN WINDOW PAINTING

Spooky ghosts, witches and glowing jack-o-lanterns come alive as Winchester residents paint Halloween pictures in this wonderful community event. Participants decorate the outside of designated windows of local businesses using specialized window paint. All windows must have a "Halloween Theme." Window assignments/locations with instructions will be emailed one week prior to event. Space is limited, so register early!

Date: Saturday, October 18th (Rain Date Sunday 10/19)

Time: 9:00AM - 1:00PM

Fee: \$35.00 per window

Max 150



### DOWNTOWN TRICK OR TREATING

**Saturday, October 18th**

**10am-11:30am FREE**

Join Family Action Network (FAN) in collaboration with WinRec on October 18th for our annual Halloween Celebration. Downtown Trick or Treating is free for all, however Trunk or Treat in the Jenks Parking Lot (Town Hall Auditorium if raining) is an additional free for non-FAN members.

**SCAN THIS CODE  
FOR MORE INFORMATION**



# COMING SOON!

## NASHOBA VALLEY SKI PROGRAM Gr. 3-5 & 6-8

**Registration opens on October 15 @ 10am**

Our Nashoba Valley Ski Program for grades 3-5 was so successful last year that we are expanding our age group to include a **middle school program for grades 6-8!**

Dates: Thursdays 1/8/26-1/29/26  
See pages 17 & 27 for details.



## RENTALS

### WINREC GYM RENTALS

Winchester Recreation provides evening and weekend rentals (depending on activity schedules) for community members. The gym can be rented for birthday parties, basketball games, floor hockey, dodgeball, or simply for exercise. Renters must have an adult present at all times. Recreation equipment is available upon request, with staff on-site to assist with setup and equipment needs. If you plan to bring in an external vendor or performer for games or events, proof of insurance from all businesses will be required by the Town of Winchester. The [Gym Rental Form](#) can be found under "Facilities" on [winrec.com](http://winrec.com).

### BIRTHDAY PARTY INFO

Monday – Friday: \$100 per hour.  
Weekends: \$300 fee includes 2 hours for party/event, with 30 minutes of set up and 30 min for breakdown (total 3 hours).



### FIELD RENTALS

#### Field Use and Permitting Information

The Winchester Recreation Department oversees the use and permitting of all the fields and hard-court space for the Town of Winchester. Please note that any organized and/or fee-based activities must be permitted through the recreation department.

For information on how to reserve a field or court please visit this page: <https://winchesterma.myrec.com/forms/5967-field-rental-instructions.pdf>

Field Management Committee: Field use policies are developed and maintained by the Winchester Field Management Committee and approved by the Winchester Select Board.

Park and Field Maintenance: Fields, parks and playgrounds are maintained by the Winchester Public Works Department; Please report any safety issues or concerns to the DPW at (781) 721-7100.

# CHILD CARE - Preschool

## KID CONNECTION PRESCHOOL (Ages 2.9-5)

### REGISTRATION IS ON GOING!!!!

Contact director, sonja ferraguto at [sferraguto@winchester.us](mailto:sferraguto@winchester.us) for more information!

#### Celebrating OVER 30 years of preschool learning!!

Learning is fun at Kid Connection, a community-based preschool operated by the Winchester Recreation Department. Our focus is on developing the “whole child” supporting social/emotional growth and pre-academic skills. We have been serving the Winchester community for over 30 years, and 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 in a nurturing environment. Enrichment opportunities throughout the year include music, gymnastics, local field trips, and more. We have large, bright classrooms and an expansive outdoor play area and sport court. We respect parents as their child's first educator and work together to create a strong home/school connection. This school year program follows the Winchester Public School calendar and is licensed by The Department of Early Education and Care (EEC).

### CORE PRESCHOOL PROGRAMS

**Alphabet Soup** - Age 2.9 by 9/1 3 Days: Tues-Thurs: 9:00am-12:00pm Tuition: \$4,565/year

**Little Rascals** - Age 3.6 by 9/1 4 Days: Mon – Thurs, 9:00am-12:15pm Tuition: \$5,515/year

**Building Blocks** - Age 4.3 by 9/1 5 Days: Mon – Fri, 9:00am-12:30pm Tuition: \$6,665/year

**Building Blocks Extended Day** - Age 4.3 by 9/1 5 Days: Mon – Fri, 9:00am-2:00pm Tuition: \$9,535/year



Add these extended day or additional day options to the above core programs!

#### Discovery Days

offered Mondays and/or Fridays

9am-12pm

Tuition \$1,435/year per day

### PRESCHOOL ADD-ONS

#### Stay and Play

offered daily until 2pm

\$120/month for 1 Day

\$220/month for 2 Days

\$325/month for 3 Days

\$420/month for 4 Days

\$515/month for 5 Days

\*Single days/drop-ins are available at a fee of \$37/day if enrollment is not full.

SEE NEXT PAGE FOR DESCRIPTIONS AND PRICING. MORE DETAILS AT [winrec.com](http://winrec.com).

### Check out fun things that we do throughout the year!!

#### Monthly Enrichment

- Kidstock Artist in Residence
- Gymnastics with Ms. Jen
- Music with Mr. Andrew

#### Field Trips

- Wright-Locke Farm (WLF)
- Stone Zoo
- Kidstock
- Behind the Scenes @ En Ka Fair

#### Family Activities

- October Cider Social
- Thanksgiving Feast
- Winter Holiday Performance
- Zoolights
- Art Night
- Monthly family projects
- Mother's/Father's Day
- Family Fun Night

#### Curriculum Enrichment

- Curious Creatures
- WLF educator visits
- Theatre troupe performances (Kidstock, Tufts Traveling Trunk Show)
- Author visits
- Cooking Class (Building Blocks)

#### Community Enrichment

- Participate in En Ka parade
- Pridefest
- Local food drives

# CHILD CARE - Preschool

## KID CONNECTION PRESCHOOL (Ages 2.9-5)

Save the Date!  
**PRESCHOOL OPEN HOUSE**  
Tuesday, November 4, 2025 10am-12pm  
Register for free at [winrec.com](http://winrec.com)

Meet our dedicated teaching teams, and learn about our engaging curriculum and enrichment programs, including music, gymnastics, and more!

Parents and children will have the opportunity to explore our classrooms & playground, make a craft to take home and experience some of our enrichment opportunities including gymnastics with Ms. Jenn!

We will be accepting applications for the 2026/2027 school year. Current students, siblings and legacy students receive priority placement and new families are accepted on a first come first served basis.

Families will be notified of class placement or waitlist status at the beginning of January, 2026.

Individual tours are also available by appointment by contacting the preschool office at (781)759-9743

Go to [winrec.com](http://winrec.com) for more information!



## PLAYSCHOOL (Ages 1.9-4 w/ caregiver)

**NEW!**

**Don't miss our new intro to preschool program!**

Come play school with our Preschool Director, Sonja Ferraguto! In this intro to preschool program, your child will enjoy storytime, art, free play and meeting other children in a Pre-K classroom. This session will explore the creativity of Eric Carle - so let's plant our tiny seeds of knowledge and watch them grow!!! (6 weeks)

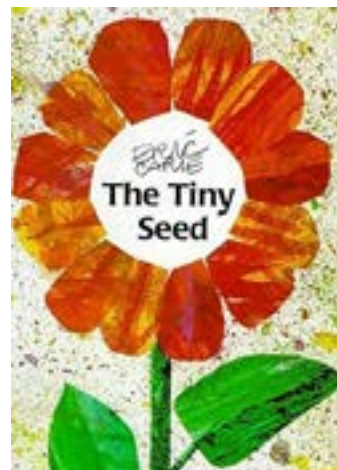
Date: Wednesdays, October 8 - November 13

Time: 9:30PM-11:00PM

Location: Winchester Recreation

Fee: \$200.00

Instructor: Sonja Ferraguto, Preschool Director min 3/max 8



# PRE-K ENRICHMENT

## PRE-K GYMNASTICS (Ages 1.5-5)

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. Children will gain independence 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. (11 weeks)

Date: Tues. Sept 23 - Dec. 16 (off 11/4 & 11/11)

Time: **Ages 1.5-3 (w/ caregiver)** 9:15AM - 9:55AM

**Ages 3-5** 10:00AM-10:40AM

**Ages 3-5** 2:00PM - 2:40PM

Location: Winchester Recreation Gym

Fee: \$170.00

Instructor: Jennifer McGrath

Min 6/Max 15

## SCOOPS LACROSSE (Ages 3-7)

Scoops Lacrosse is an introductory lacrosse program open to both boys and girls ages 3 - 7yrs of age. By focusing on the fun in fundamentals, Scoops classes are designed to ensure the game of lacrosse is learned through activities while keeping participants actively engaged and in motion! Each week will consist of age appropriate lacrosse games. Positive encouragement is used to help build skills and confidence levels. Participants will receive a Scoops T-Shirt and Scoops Stickers. This program is pad free, no helmets, pads or gloves required - please bring your own youth size lacrosse stick. (5 weeks)

Dates: Thursdays, September 25 - October 30 (Off 10/23)

Time: 5:00PM - 6:00PM

Location: Ambrose Field

Fee: \$200.00

Max 60

## INTRO TO BASKETBALL (Ages 2-4 w/ caregiver )

Dribble, pass, shoot - let's play! This beginner-friendly program introduces kids to the fundamentals of basketball through fun games and activities. Led by our Program Supervisor Mitchell Ulacco- players will have fun while learning key skills like dribbling, passing, and shooting, all in a supportive and energetic environment. Perfect for little ones ready to get in the game! (4 weeks)

Date: Monday, Sept. 22 - Oct. 20 (off 10/13)

Time: 2:30PM-3:00PM

Date: Wednesday, Sept. 24 - Oct. 15

Time: 12:00PM-12:30PM

Location: Winchester Recreation Sport Court

Fee: \$80.00

Instructor: Mitch Ulacco

Min 3/Max 6

## PLAYSCHOOL (Ages 1.9-4 w/ caregiver)



Come play school with our Preschool Director, Sonja Ferraguto! In this intro to preschool program, your child will enjoy storytime, art, free play and meeting other children in Pre-K classroom. This session will explore the creativity of Eric Carle - so let's plant our tiny seeds of knowledge and watch them grow!!! (6 weeks)

Date: Wednesdays, October 8 - November 12

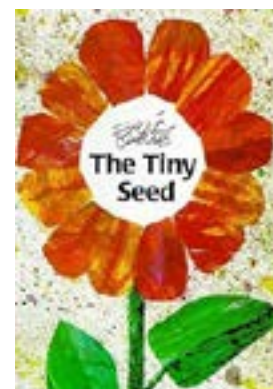
Time: 9:30AM-11:00AM

Location: Winchester Recreation

Fee: \$200.00

Instructor: Sonja Ferraguto,  
Preschool Director

Min 3/Max 8



# CHILD CARE

## WINCHESTER RECREATION AFTER SCHOOL CARE (WRAP) (Grades K-6)

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

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

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

PRICING/FEE STRUCTURE: \$50 nonrefundable registration fee

5 days/wk \$565/month

4 days/wk \$505/month

3 days/wk \$405/month

2 days/wk \$275/month

**-LIMITED SPOTS STILL AVAILABLE-**  
Call (781) 721-7125

WRAP Director: Carol McCollem [cmccollem@winchester.us](mailto:cmccollem@winchester.us)

WRAP Assistant Director: Lisa Paganis [lpaganis@winchester.us](mailto:lpaganis@winchester.us)

**2025 – 2026 Registration is conducted in mid January for returning students, with new student lottery registration beginning in early February. Our Winter Brochure will include updated information and exact registration timelines.**



# YOUTH LEAGUES

## SUNDAY NIGHT LIGHTS FLAG FOOTBALL (Grades K-8)



Get ready to grab your flags and hit the field! Winchester Youth Flag Football is all about fun, friends, and football in a safe and exciting environment. Players will learn the fundamentals of the game: running plays, passing, catching, teamwork; while building confidence, character, and sportsmanship along the way. Each week, teams will warm up with practice time before games, giving coaches a chance to introduce new skills and strategies that kids can put into action right away. Teams will be made up of 8–10 players to keep games fast-paced and fun (please note: no team requests to help keep play balanced). Every player receives a game shirt and plenty of playing time. Whether it's your first time trying the sport or you're ready to sharpen your skills, this program is the perfect way to stay active, make new friends, and enjoy the great game of flag football!

**Registration is currently open! Registration deadline September 5th.**

Dates: Sundays, September 14th to October 26th

### Boys 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  |

### Girls Division Time

|           |                  |
|-----------|------------------|
| K - 2nd   | 12:00PM - 1:00PM |
| 3rd - 5th | 1:00PM - 2:00PM  |

**QUESTIONS OR INFO ON COACHING?**  
Contact Carl McFadden @snlfootball.com

## MIDDLESEX MIDDLE SCHOOL LEAGUE BASKETBALL TEAMS (Grades 6-8)

Get ready to hit the court! Tryouts for the Girls' and Boys' Middlesex Middle School League Basketball Teams are right around the corner.

- Season: December 1 – mid-February
- Games: 10 - 12 per team (home games at McCall; away games at neighboring middle schools with bus transportation provided)
- Practices: 1 per week (schedule TBD)
- Cost (if rostered): \$425
- Tryouts: FREE!

Tryout Schedule (Winchester High School):

- Boys: Monday 11/17 & Tuesday 11/18, 3:30–6:30 PM
- Girls: Wednesday 11/19 & Thursday 11/20, 3:30–6:30 PM

Please plan to attend both tryout sessions, and don't forget to bring a water bottle—and your best team attitude!

781.721.7125

WWW.WINREC.COM

2024-2025 Team Photo



263 Main Street, Winchester MA

# YOUTH LEAGUES

## WINCHESTER JUNIOR LEAGUE BASKETBALL (Grades PreK-2)

**Saturdays, November 22nd - February 28th (10 weeks)**  
(OFF 11/29, 12/27, 1/3, 2/14, 2/21)

### **Boys and Girls Ages 4yrs (by 12/1) - 2nd Grade**

One of our most popular programs!! This program is for boys and girls ages 4yrs old (by 12/1) 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.

### **NEW THIS YEAR!**

Recreation staffed coaches will facilitate drills and skills for the practice times to provide quality development opportunities for our youth and coaches.

Girls division will now represent WNBA teams!

1st and 2nd grade will each have their own teams and leagues.

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)

### **Leagues:**

- Rookie age 4-K
- Veterans 1st Grade
- Veterans 2nd Grade

### **Location:**

Girls Leagues – Lynch

Boys Leagues - VO



**DEADLINE TO REGISTER: NOVEMBER 1st**

Fee: \$150.00

**Times/Locations are subject to change based upon registration numbers in both boys'/girls' divisions. Volunteer Coaches/On-site Coordinators Wanted**

## **Rookie Division**

**Ages 4 yrs old (by 12/1) thru K**

- The Rookie Division is for boys and girls that are PreK (4yrs of age as of December 1st) or in Kindergarten.
- 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.

Time: Game times will vary each week

Boys: 8AM, 9AM, or 10AM @ VO

Girls: 8AM or 9AM @ Lynch

## **Veteran Division**

**Grades 1st & 2nd**

- The Veteran Division is for boys and girls that are currently in 1st grade or 2nd grade
- 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.

Time: Game times will vary each week

Boys: 11AM, 12PM, 1PM, or 2PM @ VO

Girls: 10AM or 11AM @ Lynch

**VOLUNTEER COACHES & AGE GROUP COORDINATORS WANTED**

**- contact Chris Ellison [cellison@winchester.us](mailto:cellison@winchester.us)**

# YOUTH LEAGUES

## WINCHESTER RECREATION BASKETBALL LEAGUE (Grades 3-8)

**Saturdays, DECEMBER 6 - MARCH 7 (make up 3/14 & 3/21)**

**(Off 12/27, 1/3, 2/14, 2/21)**

**DEADLINE TO REGISTER: November 8th**

Our Recreation Basketball League is designed for players of all abilities, with the focus on fun, skill-building, and community. Each player will learn the game, develop as a teammate, and enjoy the excitement of playing in a fair and positive environment.

### League Highlights:

- Equal Playing Time: Every player gets the chance to participate and grow.
- Balanced Teams: Teams are created to ensure fair, competitive, and enjoyable games. (Friend requests are not permitted.)
- Skill Development: Weekly practices and game play build basketball fundamentals, teamwork, and confidence.
- Sportsmanship & Community: We emphasize respect, camaraderie, and having fun: on and off the court.

### League Structure:

- Games: Saturdays, 1 hour between 8:00 AM–2:00 PM (younger groups play earlier).
  - Due to limited gym space, exact timing for games cannot be released until teams are made and final participant numbers are known. Schedules will be distributed prior to the start of the season.
- Practices: 1 weekday evening per week (Mon–Thurs, 6:30–8:00 PM, 45 minutes) at Ambrose or Lynch
- Teams: 8–10 players, grouped by grade and skill level.
- Coaches: Volunteer coaches focus on skill development, teamwork, and fun.
- Officials: Winchester High School students serve as referees, gaining leadership experience while ensuring fair play.

### Age Group Coordinators:

Parent-volunteers are needed to help create balanced teams and support a positive league experience. Interested? Contact Chris Ellison at [cellison@winchester.us](mailto:cellison@winchester.us).

**Fee:** \$185.00

### BOYS RECREATION BASKETBALL (Grades 3-8)

| <u>Grade</u>    | <u>Time*</u>              | <u>Location</u>      |
|-----------------|---------------------------|----------------------|
| Boys Grades 3-4 | 8:00AM, 9:00AM or 10:00AM | McCall Middle School |
| Boys Grades 5-6 | 11:00AM or 12:00PM        | McCall Middle School |
| Boys Grades 7-8 | 1:00PM or 2:00PM          | McCall Middle School |

### GIRLS RECREATION BASKETBALL (Grades 3-8)

| <u>Grade</u>     | <u>Time*</u>       | <u>Location</u>    |
|------------------|--------------------|--------------------|
| Girls Grades 3-4 | 8:00AM or 9:00AM   | Lincoln Elementary |
| Girls Grades 5-6 | 10:00AM or 11:00AM | Lincoln Elementary |
| Girls Grades 7-8 | 12:00PM            | Lincoln Elementary |

\*All times are subject to change based on number of teams.

# YOUTH LEAGUES

## YOUTH WRESTLING PROGRAM (Grades 3-8)

Registration opening early October.

The Winchester Youth Wrestling Program welcomes wrestlers of all skill levels in grades 3–8. Practices are held twice a week, with a strong focus on building fundamentals and technique.

The season runs December through mid/late February, with weekend competitions in December and January that prepare athletes for postseason tournaments. Participation in these weekend events is encouraged, as it's the best way to grow and gain experience. A full competition schedule will be available in December.

### What to Bring:

- Active clothing (t-shirt and shorts)
- Wrestling shoes
- Headgear (required at all practices and competitions)

### Included with Registration:

Each participant receives a team t-shirt, shorts, and sweatshirt. Please provide sizes when registering.

**Location:** Recreation Department Gym

Detailed information on practice times, fees, and coaching staff will be released in late September.

### Volunteer Coaches Needed!

Our wrestling program depends on dedicated volunteers.  
If interested, please contact Chris Ellison at [cellison@winchester.us](mailto:cellison@winchester.us)



# YOUTH ENRICHMENT PROGRAMS BY LOCATION

- Kenpo Karate (K-5)
- Ultimate Sports (K-6)
- Fun Gymnastics (K-5)
- Youth Wrestling (3-8)
- Youth Volleyball Skills (3-5)
- Art Studio (1-6)
- Chess Wizards (K-5)
- Language Club (K-2)
- 3D Printing (2-8)
- Buildwave (K-5)
- Intro to Sewing (3-5)
- Crochet Club (3-5)
- Trading Card Game Club (3-6)
- Kids' Test Kitchen (K-5)
- CinemaKidz - YouTube
- Theater Club
- CinemaKidz - Super Hero Films (Grades K - 5)



- Good Sports (K-5)
- Youth Basketball Clinic (K-5)
- Youth Volleyball Skills (3-5)
- Art Studio (1-6)
- Kid Create - Nailed It (K-5)
- Kid Create - Art (K-5)
- Lego Challenges (1-5)
- 3D Printing - Coding (2-5)
- Kids Zumba (3-5)
- Your Voice - Public Speaking (3-6)
- Girls Wellness Academy (3-5)
- Laughing with Literacy (K-3)
- Cinema Kitchen (K-5)
- Python Level 1 (5-8)
- Middle School Volleyball (Grades 6-8)



- Cross Country Running Club (5-8)
- 3D Printing (Grades 6-8)
- Python Level 1 (5-8)
- Python Level 3 (5-9)
- Java Level 1 (7-10)
- Middle School Basketball (5-8)
- Entrepreneurship Experience (6-10)
- Young Engineers Society (6 - 8)
- Sports Broadcasting & Photography (6-8)
- YouTube Production (6-8)
- Before the Bell (6-8)



- Good Sports (K-5)



- Ultimate Frisbee (4-12) Mullen Field
- Scoops Lacrosse (Ages 3-7) Ambrose Field
- Tennis In The Parks (1-8) Leonard Tennis Courts
- Fish On (K-5) Leonard Pond
- Babysitting Course (6-8) Cosmo & Capri
- Dessert Lab (6-12) Winchester High
- Hike the Fells (6-8) Fells



# YOUTH SPORTS

## ULTIMATE FRISBEE (Grades 4-12)

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. No prior experience is necessary and new players pick up the game very quickly. Sessions will include matches against other towns (home and away) or intrasquad scrimmages. Details will be confirmed after the start of the season. Players will be separated into age appropriate groups. All players will receive a new jersey. Please note size of jersey at registration. (8 weeks)

Date: Sundays, September 7 - November 2 (Off 10/12)  
Time: 2:30PM – 4:00 PM  
Location: Mullen Field  
Fee: \$150.00  
Instructor: Nathan Swilling  
Min 8/Max 12



## SCOOPS LACROSSE (Ages 3-7)

Scoops Lacrosse is an introductory lacrosse program open to both boys and girls ages 3 - 7yrs of age. By focusing on the fun in fundamentals, Scoops classes are designed to ensure the game of lacrosse is learned through activities while keeping participants actively engaged and in motion! Each week will consist of age appropriate lacrosse games. Positive encouragement is used to help build skills and confidence levels. Participants will receive a Scoops t-Shirt and Scoops stickers. This program is pad free, no helmets, pads or gloves required - please bring your own youth size lacrosse stick. (5 weeks)

Dates: Thursdays, September 25 - October 30  
(Off 10/23)  
Time: 5:00PM - 6:00PM  
Location: Ambrose Field  
Fee: \$200  
Max 60



## GOOD SPORTS (Grades K-5)

Sports, sports, and more sports! Discover a new sport, develop new friends, and seek new challenges. Kids will have fun learning about sportsmanship, team play, exercise, and skill development. Games may include, but are not limited to basketball, floor hockey, soccer, dodgeball and more. Children are also encouraged to develop their own games. Grab your friends and sign up - spots will fill quickly!

### GOOD SPORTS @ Lincoln

**Session 1 (6 weeks) \$120.00**

**Grades K-2** Mondays, Sept 22 - Nov 3 (Off 10/13)

**Grades 3-5** Fridays, Sept 26 - Nov 7 (Off 10/24)

**Session 2 (5 weeks) \$100.00**

**Grades K-2** Mondays, Nov 17 - Dec 15

**Grades 3-5** Fridays, Nov 14 - Dec 19 (Off 11/28)

### GOOD SPORTS @ Lynch

**Session 1 (6 weeks) \$120.00**

**Grades K-2** Tuesdays, Sept 23 - Oct 28

**Grades 3-5** Thursdays, Sept 25 - Nov 6 (Off 10/23)

**Session 2 (5 weeks) \$100.00**

**Grades K-2** Tuesdays, Nov 18 - Dec 16

**Grades 3-5** Thursdays, Nov 13 - Dec 18 (Off 11/27)

Time: 2:30PM - 3:40PM

Instructor: Michael Toomey

Min 8/Max 20



## KIDS ZUMBA (Grades 3-5)

A dance party where kids can move, groove and build confidence while staying active!

A high-energy dance fitness program blending fun music with kid-friendly choreography to promote physical activity, coordination and self-expression. (8 weeks)

Dates: Tuesdays, Sept 23 - Nov 25 (Off 11/4 & 11/11)

Time: 4:00PM - 5:00PM

Fee: \$180.00

Location: Lynch Elementary School

Instructor: Laura Gordon

Min 4/Max 20

# YOUTH SPORTS

## KENPO KIDS KARATE (Grades K-5)

A program for children with or without martial arts experience. Classes are held in a safe, respectful and inclusive environment that will help develop greater social skills and nurture student's mental and emotional growth.

Lessons focus on confidence building, goal setting and bully awareness. Students will also be presented with age and rank appropriate strikes, kicks, blocks and self-defense techniques. The self-defense techniques include using verbal skills to defuse and de-escalate situations. All students will be instructed in a pre-arranged pattern of movements called a "Form" that coincide with their current rank.

All classes are instructed by 7th Degree Black Belt, Shihan Brian Sweetser owner of Bay State Martial Arts in Woburn. Shihan Sweetser has over 30 years of experience in the martial arts and 27 years of instructing children and adults of all ages, abilities and fitness levels. (12 weeks)

Date: Mondays, September 22 - December 15 (Off 10/13)

Time: 3:15PM - 4:00PM

4:00PM - 4:45PM

Location: Winchester Recreation Gym

Fee: \$185.00

Instructor: Brian Sweetser

Min 8/Max 25

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



## FUN GYMNASTICS (Grades K-5)

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, long hair must be tied back. (11 weeks)

### GRADES K-2

Date: Tuesdays, Sept. 23 - Dec. 16 (Off 11/4 & 11/11)

Time: 3:00PM - 3:45PM

Location: Winchester Recreation Gym

Fee: \$170.00

Instructor: Jennifer McGrath

Min 6/Max 20

### GRADES 3-5

Date: Tuesdays, Sept. 23 - Dec. 16 (Off 11/4 & 11/11)

Time: 4:00PM - 4:45PM

Location: Winchester Recreation Gym

Fee: \$170.00

Instructor: Jennifer McGrath

Min 6/Max 15

## CROSS COUNTRY RUNNING CLUB (Grades 5-8)

Cross country is a great sport to develop overall athleticism! The focus will be on proper form and running techniques, along with building aerobic endurance. This program is open to all abilities. (6 Weeks)

What to wear/bring: running shoes, running shorts and shirt, a water bottle.

### Optional meets:

Sunday, October 5, 9AM (Greater Boston Track Club Invitational at Great Brook Farm, Carlisle)

Sunday, October 26th, 9AM (Mayor's Cup in historic Franklin Park, Boston)

Dates: Tuesdays and Thursdays, Sept 16 - Oct 28 (off 10/23)

Optional Friday Practices (4) 9/26-10/17, \$50 fee

Time: 3:30PM-4:30PM

Location: Manchester Track

Instructor: Chris Smith & Mike Toomey

Fee: \$160

Min 8/Max 25

# YOUTH SPORTS

## NASHOBA LEARN TO SKI PROGRAM (Grades 3-5)

See page 27 for grades 6-8

**Registration opens on October 15 @ 10am**

Grab your skis and your friends for four exciting afternoons at Nashoba Valley Ski Area. (4 weeks)

Beginners will have the opportunity to learn skiing, while more advanced participants can sharpen up their skills. In this learn-to-ski program, each week participants will take lessons followed by free ski time. Buses for this four-week lesson program will depart the Recreation Department at 2:50 sharp, returning to Winchester Recreation at approximately 7:00pm.

Please indicate your child's ability level (never skied, beginner or intermediate) so that they are placed in the proper group for their lessons.

Dates: Thursdays 1/8/26-1/29/26

Fee: \$575.00 (Includes bus, lift ticket, lesson)

**All participants in Gr. 3 – 5 must be enrolled in lessons.**

Min 30/Max 60

In the event a program date is canceled due to inclement weather, we will try to add an extra Thursday at the end of the session. Please note that refunds will not be provided, even if the season is extended due to poor weather and participants are unable to attend the rescheduled dates

*If you would like to rent equipment, there will be a ski fitting on @ WinRec. In December- information will be shared once details are finalized*

*Rentals are to be paid directly to Nashoba Valley Ski the day of the fitting. If you are unable to attend the fitting, you can be fitted at Nashoba Valley Ski Area. Payment will be processed at the time of rental.*

Rental Fee: \$160.00



**We are seeking chaperons for each week.**

**If you are interested, please indicate so during registration.**

## ULTIMATE SPORTS (Grades K-6)

Looking to burn some energy after the school day? Join us for Ultimate Sports! The focus will be on fair play, learning how to win and lose respectfully and of course teaching good sportsmanship. This program is not limited to traditional sports, playing a variety of games such as dodgeball, gaga ball, wiffleball, kickball, basketball, hockey, handball, and many classic PE games. (6 weeks)

**Session 1 (6 weeks) \$120.00**

Date: Fridays, September 26 - November 7 (Off 10/24)

Time: **K-2:** 4:00PM - 5:00PM

**Session 2 (4 weeks) \$80.00**

Date: Thursdays, November 13 - December 18 (Off 11/27)

Time: **K-2nd:** 3:00PM - 4:00PM

**3rd-6th:** 5:00PM - 6:00PM

Location: Winchester Recreation Gym

Instructor: Mitch Ulacco

Min 6/Max 25

# YOUTH SPORTS

## YOUTH BASKETBALL CLINIC (Grades K-5)

Get ready for basketball season - players new to the game or with youth league experience will benefit! This clinic will focus on the basic fundamentals of basketball through dribbling, passing, shooting and defense while also incorporating team play activities. Players will be separated by grade. (6 Weeks)

Dates:

Mondays, September 22 - November 3 (Off 10/13)

Time: **Grade K-2** 3:30PM - 4:30PM

**Grade 3-5** 4:30PM - 5:30PM

Wednesdays, September 24 - November 5 (Off 10/22)

Time:

**Grade 3-5** 3:30PM - 4:30PM

**Grade K-2** 4:30PM - 5:30PM

Fee: \$150.00

Location: Lynch Elementary

Instructor: Mike Tavilla

Min 4/Max 35



## TENNIS IN THE PARKS (Grades 1-8)

The tennis program where kids play while they learn! This program is for brand-new or beginner tennis players. Led by a SafeSport-approved coach, the focus is placed on FUN and learning the basics, using age-appropriate equipment that makes learning easy. All players in their first session receive and keep a new age-appropriate racquet and ball! (6 weeks)

Date: Saturdays, September 27 - November 8 (Off 10/11)

Time: **Grades 1-2 (Red Ball)** 10:00AM - 11:00AM

**Grades 3-5 (Orange Ball)** 11:00AM - 12:00PM

**Grades 6-8 (Green Ball)** 12:00PM - 1:00PM

Location: Leonard Field Courts

Fee: \$95.00

Program Instructor: USTA Coach

Min 7/Max 10



## YOUTH VOLLEYBALL SKILLS (Grades 3-5)

Join WHS Volleyball alumni and Recreation Supervisor Mitch Ulacco to learn the basics of volleyball through a variety of age appropriate exercises, drills, and games. Players will learn to bump, set, and serve as well as basic footwork. This sport teaches participants about teamwork and helps establish socialization with peers.

### Session 1 (6 weeks) \$120.00

Wednesdays, Sept. 24 - Nov. 5 (Off 10/22)

Time: 5:00PM - 6:00PM

Thursdays, Sept. 25 - Nov 6 (Off 10/23)

Time: 3:00PM - 4:00PM

Location: Winchester Recreation Sport Court

### Session 2 (5 weeks) \$100.00

Date: Mondays, Nov. 10 - Dec. 15 (Off 11/24)

Time: 3:30PM - 4:30PM

Date: Wednesdays, Nov. 12 - Dec. 17 (Off 11/26)

Time: 3:30PM - 4:30PM

Location: Lynch Elementary

Instructor: Mitch Ulacco

Min 4/Max 12



# YOUTH ENRICHMENT

## ART STUDIO (Grades 1-6)

Through carefully structured exercises and demonstrations, kids will have an opportunity to explore the key elements and methods that form the foundations of drawing, painting and sculpting. The focus will be composition, proportion, perspective, exploration of lines and shapes in an environment that encourages a child's personal creativity. Kids will create artwork in different techniques and mediums through age appropriate projects. Materials are included.

### ART STUDIO @ Lynch Elementary School

Session 1: Tuesdays, Sept 23 - Oct 28 (6 weeks) \$300.00

Session 2: Tuesdays, Nov 18 - Dec 16 (5 weeks) \$260.00

Time: 2:30PM - 3:45PM

4:00PM - 5:15PM

### ART STUDIO @ Winchester Recreation

Session 1: Wednesdays, Sept 24 - Nov 5 (Off 10/22) (6 weeks) \$300.00

Session 2: Wednesdays, Nov 12 - Dec 17 (Off 11/26) (5 weeks) \$260.00

Time: 3:15PM - 4:30PM

4:45PM - 6:00PM

Instructor: Seda Matevosian

Min 6/Max 10



## CHESS WIZARDS (Grades 1-5)

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards Children will learn important life concepts, such as 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 the session, each student will participate in a mini chess tournament. (10 weeks)

Dates: Fridays, September 26 - December 19

(Off 10/24, 11/28, 12/12)

Time: 3:30PM - 4:30PM

4:30PM - 5:30PM

Fee: \$250.00

Location: Winchester Recreation

Instructor: Chess Wizards

Min 8/Max 12



## LANGUAGE CLUB: SPANISH & FRENCH (Grades K-2)

HOLA! BONJOUR Learn Spanish or French in a fun and engaging atmosphere! This program is designed for 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. The class follows 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. This program is suitable for those with little to no experience as well as students with previous experience. (9 weeks)

*Choose Spanish or French*

Dates: Tuesdays, September 23 - December 2

(Off 11/4 & 11/11)

Time: **Grades K-2** 3:30PM - 4:30PM

Fee: \$170.00

Location: Winchester Recreation

Instructor: Global Child

Min 6/Max 10

# YOUTH ENRICHMENT

## FISH ON (Grades K-5)

Join the Winchester Recreation Department on Saturday mornings for some fishing fun! In this program participants will learn the basics of fishing including: fishing rod/reel set up, knot tying, lure choice as well as choosing how and where to cast. For the more experienced fishers, more advanced techniques will be taught to catch the fish of your dreams! Lures/Bait will be provided, please bring your own fishing rod. Catching a fish might not be a guarantee, but having fun sure is! (4 weeks)

Date: Saturdays, September 27 - October 18

Time: Grades K-2 9:00AM - 10:00AM

Grades 3-5 10:00AM - 11:00AM

Grades 3-5 11:00AM - 12:00PM

Fee: \$100.00

Location: Leonard Pond

Instructor: Dan Medwar and Ed Morton

Min 5/Max 8



## KIDCREATE - Nailed It! (Grades K-5)



This is Nailed It!, Kidcreate-style, so instead of baking, we'll be sculpting, painting, acollaging, and more! This program will include a unicorn cake sculpture that looks good enough to eat, painting a fox at sunset, a llama with a flower crown, and more! We'll give you the materials and help you use your own creative genius to succeed. (8 weeks)

Dates: Wednesdays, Sept 24 - Nov 19 (Off 10/22)

Time: 2:30PM - 3:30PM

Fee: \$270.00

Location: Lynch Elementary School

Instructor: KidCreate

Min 8/Max 20

## KIDCREATE - Draw, Paint & Sculp (Grades K-5)



Learn to draw a wacky llama, sculpt and paint a box full of delicious looking donuts and more! Make space on the fridge and the mantle so you can display all of these works of art! (8 weeks)

Dates: Wednesdays, Sept 24 - Nov 19 (Off 10/22)

Time: 3:30PM - 4:30PM

Fee: \$270.00

Location: Lynch Elementary School

Instructor: KidCreate

Min 8/Max 20

## LEGO CHALLENGES (Grades 1-5)

Love building with Legos? Each week participants 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? Participants will have limited time to create the scene and present it to the class. Presentation skills will be key as participants try to persuade classmates that their Lego creation is #1. Right Brain Curriculum Instructors will help participants use persuasive language, eye contact and proper posture for their presentations. Legos and public speaking, now that's a match! (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)

Time: 2:30PM - 3:30PM

Fee: \$180.00

Location: Lynch Elementary School

Instructor - Right Brain Curriculum

Min 8/Max 14



# YOUTH ENRICHMENT

## 3D PRINTING (Grades 2-8)

In this 3D printing program students will learn how 3D printers are used in the real world. From replacing missing game pieces to designing architecture and printing scale models, this class will cover it all. Students will take home multiple 3D prints. No experience required. Students should come prepared with their own laptop or chrome book. (6 weeks)

### Grades 2-5

**Session 1:** Mondays, Sept 22 - Nov 3 (Off 10/13)

**Session 2:** Mondays, Nov 10 - Dec 15

Time: 3:45PM-4:45PM

Location: Winchester Recreation

### Grades 6-8

Date: Tuesdays, September 23 - October 28

Time: 3:30PM-4:30PM

Location: McCall Middle School

Fee: \$150.00

Instructor: Mike Awiszus

Min 4/Max 12

## BUILDWAVE (Grades K-5)



Buildwave® is a high-energy STEAM + SEL enrichment program for grades K–6. Our program blends hands-on building with materials like Plus-Plus® and Lego®, all guided by an immersive game-show-style audiovisual experience that keeps students engaged from start to finish. It's a mix of creative challenges, social-emotional learning, and play — fused into an experience unlike any other. (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)

Time: **Grades K-2 3:30PM - 4:30PM**

**Grades 3-5 4:30PM - 5:30PM**

Fee: \$250.00

Location: Winchester Recreation

Instructor: Buildwave

Min 5/Max 20

## THEATER CLUB (Grades 3-5)



There are no small parts . . .

Learning to speak in front of people is a skill you will need forever. In six weeks, you will be part of a cast that will perform a short play for your family and friends. I love performing and you will too!! (6 weeks)

Dates: Wednesdays, September 24 - November 5  
(Off 10/22)

Time: 3:00PM - 4:00PM

Fee: \$120.00

Location: Winchester Recreation

Instructor: Cathy Alexander

Min 4/Max 12

### Meet The Instructor

Cathy Alexander has had decades of acting coaching experience as the founder of the widely popular Winchester Cooperative Theater. We are thrilled that Ms. A will be bringing her knowledge and love of acting to the Recreation Department!



# YOUTH ENRICHMENT

## INTRO TO SEWING (Grades 3-5)



In this class, we will cover essential skills such as:

- How to operate a sewing machine
- Winding a bobbin and threading the machine
- Basic sewing machine maintenance and safety practices

Additionally, we will explore how to read and layout a simple pattern, as well as learn various basic stitches and their applications. As we advance, we will introduce new techniques, including the installation of zippers and elastic.

Our first project will be a four-patch pillow, with the possibility of expanding projects based on time, interest, and skill level. Having good fine motor skills will help reduce any potential frustration.

**Session 1** (6 weeks) \$120.00

Dates: Tuesdays, September 23 - October 28

**Session 2** (4 weeks) \$80.00

Dates: Tuesdays, November 18 - December 9

Time: 4:30PM - 5:30PM

Location: Winchester Recreation

Instructor: Sarah Milt

Min 3/Max 4



## 3D PRINTING - Coding and Design with BlocksCAD (Grades 2-5)

See how the seemingly impossible is achieved with BlocksCAD, a web-based tool that introduces kids to 3D modeling through blocks-based coding! In this class, you will learn the foundations of coding to create digital files and transform one of them into a real object that you can hold in your hands! You will explore key principles of computer-aided design (CAD) by manipulating simple geometric shapes in a 3D environment to make lots of amazing projects, like a robot, fidget toy, and keychain. While you're having fun creating all sorts of unique designs, you'll also learn programming techniques such as loops and sequencing. Coding doesn't have to be complicated, come join the fun and get creative with BlocksCAD! Equipment needed: Students will need to bring their own Internet-accessible computing device (laptop, MacBook, or Chromebook) to each class session. Portable hand-

781.721.7125

WWW.WINREC.COM

## CROCHET CLUB (Grades 3-5)

This class will cover the essentials of crochet, such as:

- How to hold a hook
- Creating a chain stitch
- Working basic stitches like single and double crochet
- Understanding yarn types and weights
- Reading a basic pattern
- Learning proper tension

Beginners with no previous crochet experience or for those who have tried crocheting but seek additional guidance to advance their skills will benefit. Good fine motor skills will help minimize any potential frustration.

**Session 1** (6 weeks) \$100.00

Wednesdays, Sept 24 - Nov 5 (Off 10/22)

**Beginner** 3:30PM - 4:30PM @ Winchester Recreation

**Advanced** 4:30PM - 5:30PM @ Winchester Recreation

Thursdays, Sept 25 - Nov 6 (Off 10/23)

**Beginner** 3:30PM - 4:30PM @ Lynch Elementary

**Session 2** (5 weeks) \$85.00

Wednesdays, Nov 12 - Dec 17 (Off 11/26)

**Beginner** 3:30PM - 4:30PM @ Winchester Recreation

**Advanced** 4:30PM - 5:30PM @ Winchester Recreation

Thursdays, Nov 13 - Dec 18 (off 11/27)

**Beginner** 3:30PM-4:30PM @ Lynch Elementary

Instructor: Sarah Milt

Min 3/Max 4

held devices such as iPads are strongly discouraged, as BlocksCAD's website will not calibrate properly. The device should have an Internet browser that is compatible with BlocksCAD (Google Chrome, Safari, or Mozilla Firefox). The instructor will have 2-3 spare devices available, as a precautionary measure.

Each student will receive one complimentary 3D print of their choosing after class. (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)

Time: 2:30PM - 3:30PM

Fee: \$245.00

Location: Lynch Elementary School

Instructor: RICM

Min 4/Max 12

263 Main Street, Winchester MA

# YOUTH ENRICHMENT

## TRADING CARD GAME CLUB (Grades 3-6)

Interested in Pokémon? In this program we will learn the basics of the Pokémon trading card game. Bring your own cards and learn how to create a winning deck. Trading is encouraged as it is part of the game and the hobby. All trades will be reviewed for fairness before complete, once a trade is complete it cannot be reversed. Spare decks available for anyone who does not have their own. (6 weeks)

Date: Tuesdays, November 4 - December 16 (Off 11/25)

Time: 4:30PM-5:30PM

Location: Winchester Recreation

Fee: \$225.00

Instructor: Mitch Ulacco

Min 4/Max 10

## YOUR VOICE - PUBLIC SPEAKING (Grades 2-5)

Ready to conquer public speaking and turn fear into fun? Through improv games, anchoring a classroom newscast, writing skits, friendly staring contests, and more, you'll build essential speaking skills while having a blast! Right Brain Curriculum instructors will teach voice projection, audience engagement, confident posture, and persuasive arguments strategies. Don't miss the chance to shine—sign up today and unleash your inner superstar! (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)

Time: 3:30PM - 4:30PM

Fee: \$180.00

Location: Lynch Elementary

Instructor: Right Brain Curriculum

Min 8/Max 14

## KIDS' TEST KITCHEN (Grades 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. 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. (6 weeks)

**\*Please clearly disclose all food allergies and/or dietary restrictions upon registration.**

Dates: Thursdays, September 25 - November 6 (Off 10/23)

Time: 3:30PM - 4:30PM

4:45PM - 5:45PM

Fee: \$245.00

Location: Winchester Recreation

Instructor: Kids Test Kitchen

Min 6/Max 10



# YOUTH ENRICHMENT

## LAUGHING with LITERACY (Grades K-3)



Come laugh with us! Get ready to giggle and create in this fun-filled class centered around comical, seasonally themed books! Each session will begin with a story that sparks laughter and creativity. After we will dive into playful language activities from re-writing the ending, swapping out a main character, crafting silly jokes or rhymes, singing themed songs, to making story-inspired crafts. In addition, we will explore fun idiomatic expressions tied to the story's theme. This class will focus on developing language and creative expression, not the skill of reading, allowing everyone to join in the fun! (7 weeks)

Dates: Mondays, October 6 - November 24 (Off 10/13)  
Time: 2:30PM - 4:00PM  
Fee: \$310.00  
Location: Lynch Elementary School  
Instructor: Sarah Casey & Cindy Harrington  
Min 10/Max 15

## GIRLS WELLNESS ACADEMY (Grades 3-5)



Give your daughter the tools to grow stronger inside and out with Girls Wellness Academy! This 8-week program combines fitness, fun, and confidence-building activities designed specifically for girls in grades 3-5. Led by Certified Personal Trainer and youth mentor Coach Leanne, each session includes engaging fitness games, teamwork challenges, and meaningful discussions that encourage girls to embrace their individuality, build resilience, and grow their self-confidence. (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)  
Time: 2:30PM - 3:30PM  
Fee: \$165.00  
Location: Lynch Elementary School  
Instructor: Leanne Eggimann  
Min 4/Max 13



## BABYSITTING COURSE (Grades 6-8)

Join Debbie Laflamme, a licensed childcare provider and retired teacher with over 35 years of experience, for an engaging and informative course on the essentials of babysitting. Having taught this course to the Girl Scouts of America and over 25 recreation departments across New England, Debbie is passionate about equipping the next generation of caregivers with the knowledge and skills they need to succeed.

Throughout the course, participants will learn vital topics to prioritize safety for both themselves and the children in their care. By the end of the program, all attendees will be certified in babysitting and first aid. Each participant will receive a comprehensive babysitting manual, copyrighted by Debbie, covering essential subjects such as:

- Caring for infants, toddlers, and elementary-aged children
- Creative crafting and storytime ideas
- Snack time suggestions and meal planning
- Emergency preparedness, including who to contact in various situations
- First aid basics and how to handle emergencies

Dates: Saturday, October 11  
Saturday, November 8  
Time: 9:00AM - 1:00PM  
Fee: \$100.00  
Location: Cosmo & Capri, 9 Winchester Terrace  
Instructor: Debbie Laflamme  
Min 6/Max 12

We look forward to teaching you the critical skills needed to ensure a safe and enjoyable babysitting experience for you and the families you serve!

# YOUTH ENRICHMENT

## SUPER HERO FILMS (Grades 2-5)



It's a bird, it's a plane, it's a Superkid!! Join CinemaKidz as we invent, design, and become an original superhero to star in a short film! Participants will begin with drafting up a look and power for their hero. Using the CinemaKidz costume kit, children will then learn to create a costume and build props for their original character. After storyboarding a short film and making a comic, students will use a green screen and film a short video to star in! Special effects will be used bring their character to life for a superhero action film. (8 weeks)

Dates: Thursdays, September 25 - November 20 (Off 10/23)

Time: 4:30PM - 5:30PM

Fee: \$300.00

Location: Winchester Recreation

Instructor: CinemaKidz

Min 6/Max 10



## YOUTUBE PRODUCTION (Grades 2-5)

This class focuses on video production elements to make polished short videos that kids are passionate about. Content may include creating how-to videos, product reviews, TV shows, gamer videos, blogging, skits, animations, and more. Participants learn the skills and techniques necessary to create professional and polished videos that engage and educate their audience and friends. Skills covered include: performance, lighting, camera shots, editing, marketing and promoting a brand, finding unique content, and other relevant skills. A great class for beginners as well as the more advanced video makers. The class will also highlight privacy, and staying safe on the internet. Whether your videos go online or not, this class is perfect for any creative kid! (8 weeks)

CINEMAKIDZ @ Winchester Recreation

Dates: Thursdays, September 25 - November 20 (Off 10/23)

Time: 3:30PM - 4:30PM

Fee: \$300.00

Min 6/Max 10

## CINEMA KITCHEN (Grades K-5)

Come play with your food, and join us for a fun-filled culinary adventure at the CinemaKidz cooking show! Here, kids will have the opportunity to shape the entire experience—from designing the show's look and feel to getting crafty in the kitchen. Participants will form cooking teams and step into the test kitchen, where they'll dive into exciting recipe experiments featured in each episode. From delightful vegetarian sushi and dumplings to creating homemade pastas, exploring molecular gastronomy, and crafting edible art, there's something for every little chef! Throughout this hands-on and engaging class, participants will cook, act, direct, film, and edit multiple episodes, culminating in a series of creations and an original kid-made show to be proud of! (8 weeks)

Dates: Tuesdays, September 23 - November 25

(Off 11/4 & 11/11)

Time: 2:30PM - 3:30PM

3:30PM - 4:30PM

Fee: \$300.00

Location: Lynch Elementary School

Instructor: CinemaKidz

Min 6/Max 10



# YOUTH COMPUTER PROGRAMMING

## INTRO TO COMPUTER PROGRAMMING WITH PYTHON: Level 1 (Grades 5-8)

This class is a 15-week course that covers the basics of “real” computer programming in Python, an easy-to-learn language that is used today in many companies. Students will learn how to read, write, and modify basic Python programs, learn about variables, loops, if-then-else statements, and functions.

Some of the topics covered include how to use Python to do math problems, draw pictures, write a quiz, make secret messages, and do cool things in Minecraft (Pi Edition).

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. This class is the first semester in a series of 4 semesters of Python programming. Class size will be limited to ensure that each student receives the support they need.

Students who wish to learn more about computer programming can continue with more advanced material in Python Level 2, Python Level 3, and Python Web Programming Level 4.

**Required Supplies:** There is an additional one-time cost to purchase the Raspberry Pi educational computer. You can find the links to Amazon on our website at Raspberry Pi 4 educational computer. Students will use it for their classwork and homework. They will be required to bring it with them to class each week. We will put them together on the first day of class. You do not need to set them up in advance. (15 weeks)

If you already own a Raspberry Pi 3, you do not need to purchase a new one. Please confirm the version with us first.

For more information, please contact [classes@blackrocknetworks.com](mailto:classes@blackrocknetworks.com). (15 weeks)

Date: Tuesdays, September 23 - January 27 (Off 11/4, 11/11, 12/23, 12/30)

Time: 4:30PM - 5:30PM

Fee: \$515.00

Location: TBA

Date: Fridays, September 26 - January 30 (Off 11/28, 12/12, 12/26, 1/2, 1/23)

Time: 4:30PM - 5:30PM

Fee: \$515.00

Location: McCall Middle School

Instructor: Blackrock Networks, INC

Min 4/Max 10

## PROGRAMMING WITH PYTHON: Level 3 (Grades 5-9)

This course will continue where the Programming With Python Level 2 Class left off reviewing what was covered last semester. An introduction of concepts such as sorting, searching for data in a CSV file, and object-oriented programming. Students will also start solving simple problems using their programming skills. Some programs will include a matching pairs game, a sink your ship game, an image-based puzzle, and a MIDI music player. (15 weeks)

**\*Students must have completed Python Level 2 to enroll in this class.**

Date: Wednesdays, September 17 - January 14  
(Off 11/26, 12/24, 12/31)

Time: 4:30PM - 5:30PM

Date: Thursdays, September 18 - January 22  
(9/25, 11/27, 12/25, 1/1)

Time: 4:30PM - 5:30PM

Fee: \$515.00

Location: McCall Middle School

# YOUTH COMPUTER PROGRAMMING

## INTRO TO JAVA: Level 1 (Grades 6-10)

This course covers the basics of Java, how it is different from Python, and what the two languages have in common. Learn about the Java Virtual Machine (JVM), and what compiling a program means. Students will learn about implementing and debugging algorithms to solve problems, and will 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, and 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. (15 weeks)

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

Date: Thursdays, September 18 - January 22  
(Off 9/25, 11/27, 12/25, 1/1)  
Time: 5:35PM - 6:35PM  
Fee: \$515.00  
Location: McCall Middle School  
Instructor: Blackrock Networks, INC  
Min 4/Max 10



# MIDDLE SCHOOL SKI PROGRAM

## NASHOBA SKI PROGRAM (Grades 6-8)

**NEW!**

Grab your skis and your friends for four exciting afternoons at Nashoba Valley Ski Area. (4 weeks)

Participants will be able to choose between lessons or free ski. Buses for this four-week lesson program will depart the Middle School Back Parking Lot at 3:45 PM, returning to the Middle School at approximately 8:00pm.

Dates: Thursdays, 1/8/26-1/29/26

Fee w/ Lesson: \$575.00 (Includes bus, lift ticket, lesson)

Fee for just ski pass: \$475.00

Min 30/Max 40

More detailed information will be sent before the start of the program. (4 weeks)

**Registration Opens on  
OCTOBER 15 @ 10AM**

In the event a program date is canceled due to inclement weather, we will try to add an extra Thursday at the end of the session. Please note that refunds will not be provided, even if the season is extended due to poor weather and participants are unable to attend the rescheduled dates

*If you would like to rent equipment, there will be a ski fitting on @ WinRec. In December- information will be shared once details are finalized*

*Rentals are to be paid directly to Nashoba Valley Ski the day of the fitting. If you are unable to attend the fitting, you can be fitted at Nashoba Valley Ski Area. Payment will be processed at the time of rental.*

*Rental Fee: \$160*

**We are seeking chaperons for each week.  
If you are interested, please indicate so during registration.**

# MIDDLE/HIGH SCHOOL PROGRAMS

## MIDDLE SCHOOL BASKETBALL CLINIC (Grades 5-8)

Get ready for basketball season! This program is for all skill levels and coached by our Middlesex Middle School Basketball coaches! Here, athletes will continue to work on their game through drills and skills and game-based activities. (6 weeks)

### Girls Clinic

Date: Tuesdays, September 23 - October 28

Time: 3:30PM-4:30PM

Instructor: Mike Awiszus

### Boys Clinic

Thursdays, September 25 - November 6 (Off 10/23)

Time: 3:30PM-4:30PM

Instructor: Mike Tavilla

Location: McCall Middle School

Fee: \$150.00

Min 4/Max 25



## ULTIMATE FRISBEE (Grades 4-12)

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. No prior experience is necessary and new players pick up the game very quickly. Sessions will include matches against other towns (home and away) or intrasquad scrimmages. Details will be confirmed after the start of the season. Players will be separated into age appropriate groups. All player will receive a new jersey. Please note size of jersey at registration.

Date: Sundays, September 7 - November 2 (Off 10/12)

Time: 2:30PM – 4:00 PM

Location: Mullen Field

Fee: \$150.00

Instructor: Nathan Swilling

Min 8/Max 12



## MIDDLE SCHOOL VOLLEYBALL (Grades 6-8)

This program is designed for middle school youth of all skill levels interested in volleyball. We will begin with an introduction for new players and a refresher for those more experienced. Each week will focus on different skills and aspects of the game in addition to a scrimmage. (6 weeks)

### Session 1 (6 weeks) \$150.00

Date: Thursdays, Sept. 25 - Nov. 6 (Off 10/23)

Time: 5:00PM-6:00PM

Location: Winchester Recreation Sport Court

### Session 2 (5 weeks) \$125.00

Date: Mondays, Nov. 10 - Dec. 15 (Off 11/24)

Wednesdays, Nov. 12 - Dec. 17 (Off 11/26)

Time: 4:45PM-5:45PM

Location: Lynch Elementary School

Instructor: Mitch Ulacco

Min 4/Max 12



## CROSS COUNTRY RUNNING CLUB (Grades 5-8)

Cross country is a great sport to develop overall athleticism! The focus will be on proper form and running techniques, along with building aerobic endurance. This program is open to all abilities. (6 Weeks)

What to wear/bring: running shoes, running shorts and shirt, a water bottle.

### Optional meets:

Sunday, October 5, 9 am (Greater Boston Track Club Invitational at Great Brook Farm, Carlisle)

Sunday, October 26th 9 am (Mayor's Cup in historic Franklin Park, Boston)

Dates: Tuesdays and Thursdays, Sept 16 - Oct 28 (off 10/23)

Optional Friday Practices (4) 9/26-10/17, \$50 fee

Time: 3:30-4:30pm

Location: Manchester Track

Instructor: Chris Smith & Mike Toomey

Fee: \$160

Min 8/Max 25



# MIDDLE/HIGH SCHOOL PROGRAMS

## YOUTH WRESTLING PROGRAM (Grades 3-8)

The Winchester Youth Wrestling Program welcomes wrestlers of all skill levels in grades 3–8. Practices are held twice a week, with a strong focus on building fundamentals and technique.

The season runs December through mid/late February, with weekend competitions in December and January that prepare athletes for postseason tournaments. Participation in these weekend events is encouraged, as it's the best way to grow and gain experience. A full competition schedule will be available in December.

### What to Bring:

- Active clothing (t-shirt and shorts)
- Wrestling shoes
- Headgear (required at all practices and competitions)

### Included with Registration:

Each participant receives a team t-shirt, shorts, and sweatshirt. Please provide sizes when registering.

**Location:** Recreation Department Gym

Detailed information on practice times, fees, and coaching staff will be released in late September, with registration opening in early October.

**VOLUNTEER COACHES NEEDED -**  
contact Chris Ellison at [cellison@winchester.us](mailto:cellison@winchester.us)



## MIDDLESEX MIDDLE SCHOOL BASKETBALL (Grades 6-8)

Get ready to hit the court! Tryouts for the Girls' and Boys' Middlesex Middle School League Basketball Teams are right around the corner.

- Season: December 1 – mid-February
- Games: 10 - 12 per team (home games at McCall; away games at neighboring middle schools with bus transportation provided)
- Practices: 1 per week (schedule TBD)
- Cost (if rostered): \$425
- Tryouts: FREE!

Tryout Schedule (Winchester High School):

- Boys: Monday 11/17 & Tuesday 11/18, 3:30–6:30 PM
- Girls: Wednesday 11/19 & Thursday 11/20, 3:30–6:30 PM

Please plan to attend both tryout sessions, and don't forget to bring a water bottle—and your best team attitude!

## 2024-2025 Team Photo



# MIDDLE/HIGH SCHOOL PROGRAMS

## 3D PRINTING (Grades 2-8)

In this 3D printing program students will learn how 3D printers are used in the real world. From replacing missing game pieces to designing architecture and printing scale models, this class will cover it all. Students will take home at least one 3D print. No experience required. Students should come prepared with their own laptop or chrome book. (6 weeks)

### Grades 2-5

**Session 1:** Mondays, Sept 22 - Nov 3 (Off 10/13)

**Session 2:** Mondays, Nov 10 - Dec 15

Time: 3:45PM-4:45PM

Location: Winchester Recreation

### Grades 6-8

Date: Tuesdays, September 23 - October 28

Time: 3:30PM-4:30PM

Location: McCall Middle School

Fee: \$150.00

Instructor: Mike Awiszus

Min 4/Max 12

## DESSERT LAB (Grades 6-12)



Do you love the sweet smells of freshly baked cookies and warm bread? Are you ready to create delectable desserts that will impress your family and friends? Get ready to mix, measure, and master the art of baking! Join Mr. Casey, Winchester High School's Culinary Arts teacher for a fun, hands-on course where students will learn the fundamentals of baking—from cookies and cakes to breads. Through weekly projects, students will explore essential kitchen skills such as reading recipes, proper measuring techniques, and food safety. Along the way, they'll learn about ingredients, kitchen tools, and the science behind what makes baked goods rise, brown, and taste amazing. Whether you're a beginner or already love to bake, this class will help build confidence in the kitchen, encourage creativity, and (of course) end with something delicious to share! No previous experience required – just bring your curiosity and your sweet tooth! (7 weeks)

Dates: Thursdays, October 2 - November 20 (Off 10/23)

Time: 3:30PM - 5:00PM

Fee: \$260.00

Location: Winchester High School

Instructor: Gordon Casey

Min 10/Max 15

## ENTREPRENEURSHIP EXPERIENCE (Grades 6-10)

Get ready for an exciting adventure into the world of entrepreneurship. Students will learn to ideate, launch, sell, fail, and grow while focusing on creating an e-commerce product and online marketplace to sell. Students learn invaluable lessons on the nature of entrepreneurship by becoming real entrepreneurs themselves. This program also creates opportunities to serve as an instructor and teach this program upon completion. (8 Weeks)

Date: Tuesdays September 23 - November 25 (off 11/4, 11/11)

Time: 3:30PM -5:00PM

Location: McCall Middle School

Fee: \$250.00

Instructor: DesignMy

Min 6/Max 16

## YOUNG ENGINEERS SOCIETY (Grades 6-8)



Get ready to geek out as we dive into the exciting world of engineering! This hands-on class offers a mash-up of STEAM-related topics, perfect for young innovators who are keen on discovering how they can bring their engineering ideas to life. Students will program their own interactive robots and guide them through obstacle courses, investigate the science of renewable energy by designing and testing wind turbines, explore structural engineering by building model bridges designed to bear weight, and more! Through collaborative group work and engaging activities, students will develop essential skills in problem solving, critical thinking, and applied science. (8 weeks)

Dates: Thursdays, September 25 - November 20 (Off 10/23)

Time: 3:30PM - 4:30PM

Fee: \$260.00

Location: McCall Middle School

Instructor: RICM

Min 4/Max 12

# MIDDLE/HIGH SCHOOL PROGRAMS

## HIKE THE FELS w/ Guineafowl Adventures (Grades 6-8)

Calling all hikers! Get outdoors, enjoy nature, hike and explore the Middlesex Fells with friends! This program is led by David Fatula, founder of Guineafowl Adventure. David is an outdoors enthusiast who hikes the around the north-east. His passion for outdoors and building connections led him to building Guineafowl Adventure and share his passion with those who love the outdoors! In this program will engage curiosity, encourage adventure, build camaraderie, and build stamina on hikes of varying distances and challenges. Gain confidence in understanding navigation techniques, learn about the principles of "Leave No Trace" environmental stewardship and read the forest for clues about the non-human life around us. (6 weeks)

What's Included:

- Transportation to and from the Fells is included via the Guineafowl transport van.

- Guineafowl along with Recreation Staff will pick up and drop off hikers from McCall Middle School
- Hikers will be provided with proper hiking equipment for their adventure
- Boots not included

Go to <https://guineafowladventure.com/> for more information about Guineafowl Adventure. (6 weeks)

Date: Mondays, September 22 - November 3 (Off 10/13)

Time: 3:30PM-6:00PM

Location: Middlesex Fells

Fee: \$325.00

Instructor: Guineafowl Adventures & Winchester Recreation Staff

Min 6/Max 10

## WRESTLING - OPEN MAT (Grades 5-12)

These open mats are designed for anyone interested in wrestling. Whether you're trying it for the first time, brushing up on techniques, or pushing yourself to the next level, this is the place to be. Join WHS wrestling staff and volunteers to work on techniques in a safe, constructive manner. Bring a sparring partner and push each other to be the best version of yourself!

A coach will be present to supervise and share wrestling techniques each week.

Dates: Saturdays September 13 - November 22 (Off 9/20, 10/11)

Time: 4:00-6:00pm

Location: Winchester Recreation

Fee:

Residents: \$10 per visit or \$80 for all 9 sessions

Non-Residents: \$15 per visit or \$135 for all 9 sessions

## WINCHESTER RECREATION BASKETBALL LEAGUE (Grades 7-8)

### BOYS & GIRLS (Grades 7-8)

The best way to learn the game is to play the game! This developmental league can be an extension for those competing in travel, new to the game or looking for less time commitment. Here, participants will practice once during the week and play on Saturdays. Teams will be randomized for competitive balance through age group coordinators. For more information about our basketball league, please see page 13.

Date: Saturdays, December 6 - March 7 (Off 12/27, 1/3, 2/14, 2/21) make up 3/14 & 3/21)

Practice and Game Locations: Vary based on registration numbers. Practices will be at either Ambrose or Lynch. Games at McCall or Lincoln

| Grade            | Time                 | Location             | Fee   |
|------------------|----------------------|----------------------|-------|
| Girls Grades 7-8 | 10:00 AM or 11:00 AM | McCall Middle School | \$185 |
| Boys Grades 7-8  | 1:00 PM or 2:00 PM   | McCall Middle School | \$185 |

781.721.7125

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

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263 Main Street, Winchester MA

# MIDDLE/HIGH SCHOOL PROGRAMS

## YOUTUBE PRODUCTION (Grades 6-8)

This class focuses on video production elements to make polished short videos that kids are passionate about. Content may include creating how-to videos, product reviews, TV shows, gamer videos, blogging, skits, animations, and more. Participants learn the skills and techniques necessary to create professional and polished videos that engage and educate their audience and friends. Skills covered include: performance, lighting, camera shots, editing, marketing and promoting a brand, finding unique content, and other relevant skills. A great class for beginners as well as the more advanced video makers. The class will also highlight privacy, and staying safe on the internet. Whether your videos go online or not, this class is perfect for any creative kid! (8 weeks)

Dates: Wednesdays, September 24 - November 19 (Off 10/22)

Time: 3:30PM - 4:30PM

Location: McCall

Fee: \$300.00

Instructor: CinemaKidz

Min 6/Max 10

## SPORTS BROADCASTING & PHOTOGRAPHY (Grades 6-8)

**NEW!**

Become the voice and eyes of the game in the CinemaKidz Sports Broadcasting Class! Immerse yourself in the creative world of sports television & media. Focusing on the school community, students will plan, film, and edit several sport video projects as we head to the sports games and practices in the afternoon. Students will learn and utilize cutting-edge accessible broadcast equipment and techniques, including: writing and on-camera skills, teleprompter work, play-by-play commentary, multi-camera live production & editing, athlete interviews. Participants will also explore sports photography, and even Podcasting! Leave with a portfolio of amazing projects, photos, and a winning set of skills that will take you beyond the field. (8 weeks)

Dates: Mondays, September 22 - November 17 (Off 10/13)

Time: 3:30PM - 4:30PM

Location: McCall

Fee: \$300.00

Instructor: CinemaKidz

Min 6/Max 10

## BEFORE THE BELL (Grades 6-8)

**NEW!**

This program offers a safe, supervised indoor space for students who arrive at school before the morning bell. Beginning at 7:00 AM each school day, McCall Middle School and Recreation Department staff welcome students to participate in structured activities, enjoy open gym time, or relax with friends in the bleachers while reading, studying, or finishing assignments. At 7:50 AM students are dismissed to either the cafeteria for breakfast or directly to class, better prepared to begin their school day. Research consistently shows that students who start their day with physical activity demonstrate improved focus, behavior, and academic performance. This program does not meet on no school days, delayed start times, or on days where school is cancelled.

**Session 1** Dates: October 6-December 19 (off 10/13, 11/4, 11/11, 11/27, 11/28)

Fee: \$250.00

**Session 2** Dates: January 5 - April 17 (off 1/19, 2/16, 2/17, 2/18, 2/19, 2/20, 3/3)

Fee: \$340.00

**Session 3** Dates: April 27 - June 18 (off 5/25)

Fee: \$190.00

Time: 7:00am-7:50am

Location: McCall Middle School

Max 40



# YOUTH WORKSHOPS

**THURS November 20**

## **CHILDREN'S "PREP FOR THANKSGIVING" DINING ETIQUETTE WORKSHOP (Grades 2 - 7)**

Bring some holiday sparkle to your child's Thanksgiving! Our Children's Thanksgiving Dining Etiquette Workshop is an engaging and interactive program where children learn the art of gracious dining. From handling cutlery with confidence to making merry conversation, we ensure your little ones shine at every Thanksgiving gathering, showcasing confidence, courtesy, and self-reliance in any social or dining situation.

Join us for a session that combines learning with Thanksgiving cheer, ensuring your child is poised and polite this holiday season!

Time: 6:00PM - 7:30PM

Fee: \$90.00

Location: Winchester Recreation

Instructor: New England School of Protocol

Min 6/ Max 20

## **TEEN COLLEGE AND JOB INTERVIEW WORKSHOP (Grades 8-12)**

Do you have a high school student getting ready to interview? Are you a teen looking for an internship or preparing for a college interview? Interviewing can be challenging for students especially when they haven't interviewed before. However, putting one's best foot forward during an interview is a critical step towards landing a great job during high school, and a valuable skill to develop for the future. Parents, think back to your first 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.

Time: 7:30PM - 9:00PM

Location: Winchester Recreation

Fee: \$90.00

Instructor: New England School of Protocol

Min 6 /Max 20

**TUES December 16**

## **CHILDREN'S "PREP FOR THE HOLIDAYS" DINING ETIQUETTE (Grades 2 -7)**

Imagine your child not only mastering impeccable table manners but also radiating confidence in any dining situation. Our Children's Dining Etiquette Program isn't just about polished behavior; it's about empowering them with the tools they need to stand out and make a lasting impression. This workshop will boost their self-assurance and help them exude poise when dining at home, in a restaurant or at a social event. Good table manners are more than just niceties - they are invaluable tools for social interaction that will benefit children both personally and socially throughout their lives.

Time: 6:00PM - 7:15PM

Fee: \$80.00

Location: Winchester Recreation

Instructor: New England School of Protocol

Min 6/ Max 20

## **CHILDREN'S CONVERSATION SKILLS WORKSHOP (Grades 2 -7)**

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

For more information visit:

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

Time: 7:15PM - 8:30PM

Location: Winchester Recreation

Fee: \$80.00

Instructor: New England School of Protocol

Min 6 /Max 20

# ADULT WORKSHOPS (18+)

## WED September 24

### **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](http://www.collegefundingadvisors.com).

Time: 6:30PM - 8:30PM

Location: Winchester Recreation

Fee: \$21.00/Single     \$30.00/Couple

Instructor: Don Anderson

Min 3

## WED October 8

### **BACK-TO-SCHOOL PARENT PROBLEM SOLVING - AN HOUR TO EMPOWER YOURSELF**

Back-to-School Parent Problem Solving Q&A: An Hour to Empower Yourself! Need some help with navigating before and after school routines, bedtime and mealtime challenges, meltdowns, sensory differences, and/or developmental phases? Come talk to The OT Parent Coaches ([www.theotparentcoaches.com](http://www.theotparentcoaches.com)), Carrie Carman and Jen Papasodoro, to get some new perspectives and strategies that will help you better support your children. Carrie and Jen are experienced pediatric occupational therapists, parents, and parent coaches. They can answer any questions you have related to (or unrelated to) back-to-school transitions. You'll leave as a more empowered parent!

Time: 7:30PM - 8:30PM

Fee: FREE

Location: Virtual

Instructor: Carrie Carman and Jen Papasodoro

Min 1

# ADULT PROGRAMS (AGES 18+)

## YOGA + MINDFULNESS FOR STRESS RELIEF

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. (6 weeks)

Dates: Wednesdays, September 24 - November 19

(Off 10/22, 11/5, 11/12)

Time: 6:00PM - 7:00PM

Location: Winchester Recreation Gym

Fee: \$80.00

Drop in Fee: \$17

Instructor: Linda Devincentis

Min 5/Max 10

## ZUMBA

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: Fridays September 19 - December 12  
(Off 11/28)

Time: 9:00AM - 10:00AM

Location: Winchester Recreation Gym

Fee: \$210.00

\$20.00 (One class trial - limit 1 per person)

Instructor: Laura Gordon

Min 4/Max 20

## STEEL DRUM ENSEMBLE

Back by popular demand! This ensemble class is a collaboration between Winchester Community Music School and Winchester Recreation Dept. It is an intergenerational offering for ages 12 to adult, open to all and requiring no previous musical experience. (15 weeks)

Players will learn traditional Caribbean and popular songs while also learning about the music and history of the island of Trinidad, the birthplace of the steel drum (also known as steel pan). Everyone will get to try the different types of steel drums in the ensemble.

Our ensemble will perform at local community spring and summer events such as Music MAYnia, Winchester Town Day, and Porchfest. Enrollment is limited unless you can provide your own steel drum to bring to the class. (15 weeks)

Dates: Wednesdays, September 17 - January 21 (Off 10/22, 11/26, 12/24, 12/31)

Time: 6:30PM - 8:30PM

Tuition: \$800.00

Location: Winchester Recreation

Instructor: Debra Sarjeant Smith

Min 4/Max 10

## BALANCE AND SAFE FALLING

In the United States, around 3 million older adults are treated in emergency departments annually for fall-related injuries. This program is intended for active and healthy adults who want to improve their balance; reduce the fear of falling; and learn how to fall safely.

Participants first master basic movements and progress to more complex balance and safe falling skills. Training occurs in a group setting but is personalized as participants practice only those movements he or she can safely and comfortably perform.

Every session includes balance training designed to enhance the body's ability to sense its position in space (proprioception) and the feeling of movement of the limbs (kinesthesia) with the goals of preventing falls and reducing the fear of falling. Participants also practice well-established techniques on how to take a fall safely. (10 weeks)

Dates: Mondays, September 22 - December 1 (Off 10/13)

Time: 6:00PM - 7:00PM

Fee: \$150.00

Location: Winchester Recreation

Instructor: Bill Stevens

Min 6 /Max 15

# ADULT PROGRAMS (AGES 18+)

## ADULT PICKUP SOCCER

Are you looking for some casual soccer play & something that doesn't require full commitment, then this is for you! This is a weekly self-regulated, low impact pick up soccer game which allows you to play the sport you love, get some exercise, and meet other players in town. All are welcome, the game is very casual, no slide tackling or rough play allowed. Please bring both a white and dark shirt each week. You must register to participate. Winchester residents only.

Saturdays, Aug. 30 - Nov. 29

Location: Ciarcia Turf

Time 7:00AM - 8:30AM

Wednesdays, Sept. 10 - Nov. 19 (Off 10/15, 10/29)

Time: 8:00PM - 9:30PM

Location: Knowlton Field

Cost: FREE, but must register online or by calling Rec. Dept.

# PICKLEBALL

## PICKLEBALL INDOOR OPEN PLAY (55+)

Register to play the fastest growing sport right here at Winchester Recreation. Spots are limited so we ask that you are courteous in giving everyone a chance to register to play.

Fall Schedule: September 22 - December 19

(Off 11/24 & 11/28)

Monday and Friday 12:00PM-2:00PM

Location: Winchester Recreation

Fee: \$5.00

## PICKLEBALL OUTDOOR OPEN PLAY

Open Play: Come join other pickleball players who know the rules and how to play. Open play is for players level 2.5 and up. Game play is set in a fun and recreational setting. We are able to offer this program at no charge thanks to our volunteer and USA Pickleball Ambassador Marjorie Berger. Participants must sign up to play using [www.play-timescheduler.com](http://www.play-timescheduler.com). Sessions will be canceled if less than 4 players. Once you register on their site, choose Greater Boston area, sessions listed by date, time and towns. Nets are available, bring your own paddle and ball. Court shoes are strongly recommended.

Times will vary, check [www.playtimescheduler.com](http://www.playtimescheduler.com) for available play times.

**\*\*NEW THIS YEAR\*\***

**Memberships are required to attend Open Play.**

Go to [winrec.com](http://winrec.com)

## PICKLEBALL 101

Come join others to play Pickleball, the fastest-growing sport in the U.S.A. It is fun, social, and friendly. The basic rules are fairly simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for all. In this program learn all about the game: court layout, basic rules, shots, positioning and game structure. Paddles and balls will be provided. TENNIS sneakers should be worn. Bring water. (3 weeks)

Session I: Tuesdays, September 23 - October 7

Session II: Tuesdays, October 14 - October 28

Session III: Tuesdays, November 18 - December 2

Time: 6:00PM - 7:15PM

Fee: \$75.00

Location: Winchester Recreation Gym

Instructor: Marjorie Berger

Min 3/Max 4



# ADULT PROGRAMS (AGES 18+)

## TENNIS

### ADVANCED BEGINNER

Focusing on teaching fundamental skills, including forehands, backhands, volleys, and serves, all while emphasizing the correct grips. Participants will engage in enjoyable drills and games that will help them learn to rally and play effectively. (4 weeks)

Date: Wednesdays,  
September 10 - October 1

Time: 5:00PM - 6:00PM

Fee: \$120.00

Location: Packer-Ellis

Instructor: Winchester Indoor Tennis  
Max 16

### INTERMEDIATE

Enhances fundamental skills and emphasizes shot control, introduces top-spin, and helps players gain confidence in recovery. Participants will learn to execute full, correct strokes to rally and engage in points through dynamic and enjoyable drills and games. (4 weeks)

Date: Wednesdays,  
September 10 - October 1

Time: 6:00PM - 7:15PM

Fee: \$130.00

Location: Packer-Ellis

Instructor: Winchester Indoor Tennis  
Max 16

### SUPREME

Aimed at players with game and tournament experience. Focus on intense training and refinement across all aspects of the game including consistency, advanced tactics and strategy, footwork and movement through live ball and match play. (4 weeks)

Date: Thursdays,  
September 11 - October 2

Time: 6:00PM - 7:30PM

Fee: \$135.00

Location: Packer-Ellis

Instructor: Winchester Indoor Tennis  
Max 16



**Thank you to our generous Packer-Ellis Tennis Court sponsors!!!!**





# WINCHESTER YOUTH ORGANIZATIONS



**These organizations run programs separate from Winchester Recreation.  
Contact them for offerings and registration info.**

## **WINCHESTER YOUTH BASKETBALL(TRAVEL BASKETBALL)**

[www.winchesterbasketball.org](http://www.winchesterbasketball.org)

## **WINCHESTER YOUTH SOCCER**

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

## **WINCHESTER POP WARNER CHEER**

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

## **WINCHESTER YOUTH BASEBALL/SOFTBALL**

[www.wybs.org](http://www.wybs.org)

## **WINCHESTER BOYS YOUTH LACROSSE**

[www.winchesterboyslax.org](http://www.winchesterboyslax.org)

## **WINCHESTER GIRLS YOUTH LACROSSE**

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

## **WINCHESTER YOUTH FIELD HOCKEY**

[www.winchesteryouthfh@leagueapps.com](mailto:www.winchesteryouthfh@leagueapps.com)

## **YOUTH FOOTBALL (SFC)**

[pmanganaro@manganaro.com](mailto:pmanganaro@manganaro.com)