

FALL 2020



Early Release Day Field Trip to Parlee Farms



Register at www.winrec.com



Follow “Winchester Recreation” on Facebook



263 Main Street, Winchester, MA



(781) 721 - 7125



REGISTRATION OPENS TUESDAY, SEPTEMBER 1

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

Chris Ellison
Program Coordinator
cellison@winchester.us

Mitchel Ulacco
Program Supervisor
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Michelle Blumsack
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Branka Bujisic
Kid Connection Preschool Director
(781) 721-7125

Carol McCollem
WRAP Director
cmccollem@winchester.us

Lisa Paganis
WRAP Assistant Director
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 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

FLEXIBLE SPENDING
Town of Winchester
Tax ID # 046-001-371

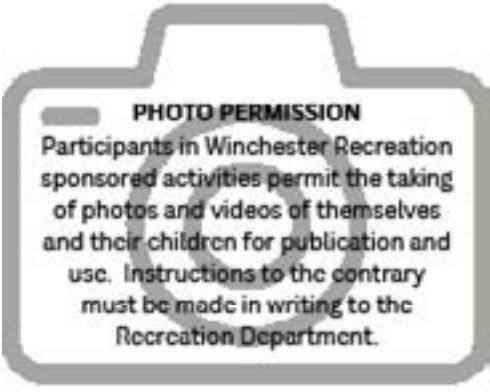
NEIGHBORS HELPING
NEIGHBORS
NHN is a fund set up to help support
Winchester families who might
otherwise be unable to afford recreation
programs. To donate: Add Neighbors
Helping Neighbors to your cart, then
select the amount you would like
to donate. All donations are greatly
appreciated!

WINCHESTER RECREATION
FALL 2026
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 Recreation Department Families,

Welcome to Fall 2026! In this brochure, you'll find a mix of fall programs, along with some early information about up-coming winter programs, including our Ski Program and winter basketball offerings.

We're continuing to introduce new programs while bringing back many of the Recreation favorites families have come to know and enjoy. We're always looking for new ideas, instructors, and program opportunities, so if you have an idea for a program or are interested in teaching a class, we'd love to hear from you!

Below are a few updates and highlights from the Recreation Department as we head into Fall 2026.

Farewell to Sonja Ferraguto!

After more than 21 years with the Winchester Recreation Department, we are saying farewell to Sonja, who will be retiring at the end of August.

For the past 11+ years, Sonja has served as the Director of our Kid Connection Preschool and Jr. Summer Adventures Camp, helping lead and grow these programs with tremendous care, dedication, and a genuine commitment to the children and families we serve. Sonja is only the second director in the 33-year history of Kid Connection, making her a very special part of the program's history.

Throughout her years with Recreation, Sonja has played an important role in creating a welcoming, caring, and engaging environment for generations of Winchester children. Her hard work, experience, and dedication have helped make Kid Connection the program it is today.

We simply cannot thank Sonja enough for all she has given to the Recreation Department, Kid Connection, and the many children and families she has served over the years. While we will certainly miss having her on our team, we are incredibly grateful for her years of service and the lasting impact she has made on our programs and community.

Thank you, Sonja, and congratulations on your retirement! We wish you all the best in this next chapter.

Welcoming Our New Kid Connection Director

As we say goodbye to Sonja, we are also excited to welcome Branka Bujisic as the next Director of Kid Connection Pre-school and Jr. Summer Adventures Camp.

Branka Bujisic comes to the Recreation Department with a Master's degree in Education, Director I & II and Lead Teacher certifications, as well as a degree in Nursing. She has demonstrated progressive growth throughout her career in early childhood education, advancing from teacher to lead teacher, associate director, and ultimately Center Director.

In addition to her professional experience, B.B. is bilingual and continues to expand her knowledge and skills. She is currently enrolled in courses in Curriculum and Instructional Design and Reflective Supervision and Consultation.

We are excited about what Branka will bring to Kid Connection and look forward to seeing her utilize her diverse experiences, education, and training as she leads the program into its next chapter. Please join us in welcoming B.B. to the Winchester Recreation Department and the Kid Connection family!

NEIGHBORS HELPING NEIGHBORS SCHOLARSHIP FUND

Did 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](#).

WINCHESTER RECREATION - IMPROV CLASSES

YES, AND...YOU'RE IN! (GRADES 6-8)

Taught by Chet Harding — co-founder of Improv Asylum and Laugh Boston, who's trained thousands of students — this class brings real, professional improv training to Winchester Rec. No script, no pressure, just games, laughs, and the golden rule of improv: “yes, and!” Students will build scenes out of thin air and discover that mistakes are just plot twists. Whether you're outgoing or someone who'd rather blend in, this class meets you where you are and helps you find your voice — and your funny. No experience needed, just a willingness to try new things, support others and have fun!

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 4:30PM-5:45PM
Location: Winchester Recreation
Fee \$230
Min 6 Max 12
Instructor: Chet Harding

THINK FAST. LAUGH HARDER (GRADES 9-12)

Learn improvisation from Chet Harding, co-founder of Improv Asylum and Laugh Boston, who has coached thousands of students from their very first scene to the professional stage. This class covers the real fundamentals — listening, collaborating, and building scenes with nothing but imagination and a scene partner — in a judgment-free space where taking risks is the whole point. Whether you're a natural extrovert who lights up a room or an introvert looking to come out of your shell, whether you're brand new to performing or already eyeing a future in acting or comedy, you'll walk away with sharper quick thinking, public speaking skills, and teamwork — while having way too much fun to notice you're learning.

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 6:00PM-7:15PM
Location: Winchester Recreation
Fee \$230
Min 6 Max 12
Instructor: Chet Harding

SAY YES TO THIS. (ADULT 18+)

Led by Chet Harding, co-founder of Boston's Improv Asylum and Laugh Boston, this class brings professional-level improv instruction to Winchester Rec — the same fundamentals he's used to train thousands of students over more than two decades. You'll learn the core tools of improvisation — listening, spontaneity, collaboration — through games and exercises built to develop real skill, not just kill an hour. No prior experience is required, and there's no pressure to be “the funny one”; the laughs tend to follow naturally once the nerves settle. The class works equally well for total beginners and improv-curious veterans, for extroverts who want a stage and introverts who want a reason to loosen up. Some students take it purely for the fun and the friendships; others use it as a first step toward acting or comedy. Either way, you're learning from someone who has built a career doing exactly that.

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 7:30PM-9:00PM
Location: Winchester Recreation
Fee \$285
Min 6 Max 12
Instructor: Chet Harding

COMING SOON!

EARLY RELEASE DAY FIELD TRIPS/ACTIVITIES

Friday, October 9 Early Release Day Field Trip - Nova Adventure Park (Grades K-5)

Jump, jump, and jump some more! Nova Adventure Park in Lynnfield features activities for your child such as trampoline courses, ropes, ninja, zip line, rock wall, and ball & foam pits. Pizza is included in the package, but we ask that light lunch or snack is packed as pizza will be after play!

12:30pm Bus will depart WinRec
1:00pm-2:30pm Play
2:30pm-3:00pm Eat pizza
3:00pm Depart
3:30pm Approximate return

Date: Friday, October 9
Time 12:30-3:30pm
Location: Nova Adventure Park
Fee \$75
Min 30 Max 40

We require that everyone fill out a waiver before entering the trampoline area.
Please complete online waiver here: <https://lilypadpos.app/nowalynnfield/onlinewaiver/waiver.php>.

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 24th (Rain Date Sunday 10/25)
Time: 9:00AM - 1:00PM
Fee: \$35.00 per window
Max 150



DOWNTOWN TRICK OR TREATING Saturday, October 17th 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
formoreinformation



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

COMING SOON!

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

Registration opens on October 14 @ 10am

We are pleased to bring back our popular Nashoba Valley Ski Program for grades 3-5 and 6-8!

More information TBD



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](#).

BIRTHDAY PARTY INFO

Monday – Friday: \$125 per hour.
Weekends: \$350 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!!!!
Call (781) 721 - 7125 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. For more than 30 years, we have proudly served Winchester families, providing a warm, nurturing environment where children can learn, grow, and thrive. Our focus is on developing the whole child by supporting social-emotional growth alongside pre-academic skills.

Preschool children are naturally curious and eager to explore the world around them. At Kid Connection, we nurture that curiosity through a theme-based curriculum that combines learning through play with teacher-directed activities. Our experienced and dedicated teachers recognize and support each child’s individual needs, creating engaging learning experiences that inspire confidence, independence, and a lifelong love of learning. We also take pride in our low teacher-to-child ratio, which allows for meaningful relationships and individualized attention.

Children have opportunities to build friendships, develop important social, emotional, and academic skills, and explore their community through enrichment activities throughout the year. Programs may include music, gymnastics, local field trips, special events, and other hands-on learning experiences. Our large, bright classrooms, expansive outdoor play area, and sport court provide ample space for active play and discovery.

We believe that parents are their child’s first and most important teachers. We value strong home-school partnerships and work closely with families to support each child’s success. We are also fortunate to have a dedicated Parent Advisory Committee that supports our educational and enrichment programs. Parents are encouraged to volunteer in the classroom, read to students, or share their interests, talents, and careers with the children. Together, our teachers, families, and community create a welcoming environment where children develop a strong foundation for future learning.

Kid Connection is a school-year program that follows the Winchester Public Schools 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!

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.

Discovery Days

offered Mondays and/or Fridays
9am-12pm
Tuition \$1,435/year per day

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

CHILD CARE - Preschool

KID CONNECTION PRESCHOOL (Ages 2.9-5)

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

Monthly Enrichment

- Kidstock Artist in Residence
- Gymnastics with Ms. Jen
- Music with Mr. Andrew
- Cooking Class (Building

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

Community Enrichment

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



PRESCHOOL OPEN HOUSE
TBD

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 are 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.

Individual tours are available by appointment by contacting the preschool office at (781)721-7125.

Go to winrec.com for more information!

Don't miss our new intro to preschool program!
(see page 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 22 - Dec. 8 (off 11/3)

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

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

Location: Winchester Recreation Gym

Fee: \$210.00

Instructor: Jennifer McGrath

Min 6/Max 15

PRE-K SPORTS SAMPLER (Ages 2-4 w/ caregiver)

NEW!

Introduce your little one to the world of sports through play, movement, and fun! In this program children ages 2-4 will explore a variety of beginner-friendly games designed to highlight different sports and build early motor skills. Each session features playful activities that encourage coordination, teamwork, confidence, and creativity. Caregivers participate alongside their child to support learning, share in the fun, and help youngsters feel comfortable as they try new movements and experience a mix of sports in a positive, low-pressure setting. (4 weeks)

Date: Wednesday, Sept. 23 - Oct. 14

Time: 1:00PM-1:30PM

Location: Winchester Recreation

Fee: \$80.00

Instructor: Mitch Ulacco

Min 3/Max 6

PLAYSCHOOL (Ages 1.9-4 by 9/1/26 w/ caregiver)

Give your little one a fun and gentle introduction to the pre-school experience! Led by EEC Certified Preschool Teachers, PlaySchool offers storytime, art, free play, songs, and hands-on activities that encourage creativity, socialization, and early learning. Children will build confidence, practice classroom routines, and make new friends, all with a trusted caregiver by their side. (5 weeks)

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, this class is designed to ensure the game of lacrosse is learned 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. (6 weeks)

Dates: Thursdays, Sept. 24 - Nov. 5 (Off 10/22)

Time: 5:00PM - 6:00PM

Location: Lynch Turf

Fee: \$200.00

Max 60

MESSY MASTERPIECES (Ages 2-4 w/ caregiver)

NEW!

Messy Masterpieces is the perfect place to make a mess! Join Mrs. McCollem for five weeks of hands-on art fun for little artists (ages 2-4) and their caregivers. Explore painting, crafts, and sensory projects that inspire creativity, imagination, and colorful memories together. (5 weeks)

Session 1: Thursday, Sept. 24 - Oct. 22

Session 2: Thursday, Nov. 5 - Dec. 10 (Off 11/26)

Time: 10:00AM-10:45AM

Location: Winchester Recreation

Fee: \$100.00

Instructor: Carol McCollem

Min 6/Max 12



Session 1: Friday, Sept. 25 - Oct. 23

Session 2: Friday, Nov. 6 - Dec. 11 (Off 11/27)

Time: 9:30AM-11:00AM

Location: Winchester Recreation

Fee: \$200.00

Instructor: Michelle Blumsack & Carol McCollem

Min 5/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 \$575/month
4 days/wk \$515/month
3 days/wk \$415/month
2 days/wk \$290/month

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

WRAP Director: Carol McCollem cmccollem@winchester.us
WRAP Assistant Director: Lisa Paganis lpaganis@winchester.us

2027 – 2026 Registration is conducted in mid-Jaunuary for returning students, with new student lottery registration beginning in early February. Our Winter Brochure will include updated information and exact registration timelines.



HOMEWORK HELP Support to build confidence.	CREATIVE FUN Art and hands-on activities.	STEM & PLAY Explore, build, and solve together.	FRIENDS & COMMUNITY Lasting friendships.
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YOUTH LEAGUES

WINCHESTER RECREATION REDZONE FLAG FOOTBALL(Grades K-8)

Get ready to grab your flags and hit the field! Winchester Recreation Redzone 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.

This league will be a sanctioned NFL Flag Football program. 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!

We are looking for volunteer coaches for each team. No flag football experience necessary!

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.

Dates: Sunday, September 13th to October 25th. (7 weeks)
*Playoffs Included

BOYS:
K-1st: 12:00PM - 1:00PM
2nd-3rd: 1:00PM - 2:00PM
4th-5th: 2:00PM - 3:00PM
6th-8th: 3:00PM - 4:00PM

GIRLS: PLEASE JOIN!!!!
K-2nd: 12:00PM-1:00PM
3rd-5th: 1:00PM-2:00PM
6th-8th: 2:00PM-3:00PM
*All times are subject to change based on number of teams.

Cost: \$180
Location: Knowlton Stadium turf, Manchester grass
Instructor: Winchester Recreation

QUESTIONS OR INFO ON COACHING?
Contact Chris Ellison cellison@winchester.us
SPACE IS LIMITED TO 100 PER AGE GROUP



YOUTH LEAGUES

WINCHESTER JUNIOR LEAGUE BASKETBALL (Grades PreK-2)

BOYS: Saturdays, December 5- March 6 (10 weeks)
(OFF 12/26, 1/2, 2/13, 2/20)

GIRLS: Saturdays, December 5- March 13 (10 weeks)
(OFF 12/26, 1/2, 1/30, 2/13, 2/20)

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 must select a specific time. 10 weeks (First two weeks)

- 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



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

YOUTH LEAGUES

WINCHESTER RECREATION BASKETBALL LEAGUE (Grades 3-8)

Saturdays, DECEMBER 19 - MARCH 20 (make up 3/27 & 4/3)
(Off 12/26, 1/2, 2/13, 2/22)

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.

Fee: \$190.00

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 - TBD

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



YOUTH ENRICHMENT PROGRAMS BY LOCATION

- Kenpo Karate (K-5)
- Good Sports (K-2)
- Fun Gymnastics (K-5)
- Youth Wrestling (3-8)
- Youth Volleyball (1-2)
- Art Studio (1-6)
- Chess Wizards (K-5)
- Intro to AI (3-5)
- 3D Printing (2-5)
- Buildwave (K-5)
- Sewing Level 1 and Level 2 (3-5)

- Crochet Club (3-5)
- Trading Card Game Club (3-6)
- Kids’ Test Kitchen (K-5)
- Theater Club (3-5)
- Girls Street Hockey (3- 5)
- LEGO Adventure (K-4)
- Hands-On Science (K-4)
- Young Inventors (K-1)
- Improv Classes (6-12)

- Good Sports (K-5)
- Youth Basketball Clinic (K-5)
- Youth Volleyball Skills (3-5)
- Crochet Club (3-5)
- Girls Wellness Academy (3-5)
- Cinema Kitchen (K-5)
- Middle School Volleyball (Grades 6-8)
- Scoops Lacrosse (Ages 3-7) Lynch Turf

- Cross Country Running Club (5-8)
- Python Level 1 (5-8)
- Python Level 3 (5-9)
- Java Level 1 (7-10)
- Middle School Basketball (5-8)
- LARP Games (4-8)

- Woodworking(6-8)
- Debate Club (6-8)

- Good Sports (K-5)
- Spanish Club (K-2)
- Kids Test Kitchen (K-5)

- Ultimate Frisbee (4-12) Mullen Field
- Hike the Fells (6-8) Fells
- Fish On (K-5) Leonard Pond
- Rock Climbing (2-6) CRG Stoneham

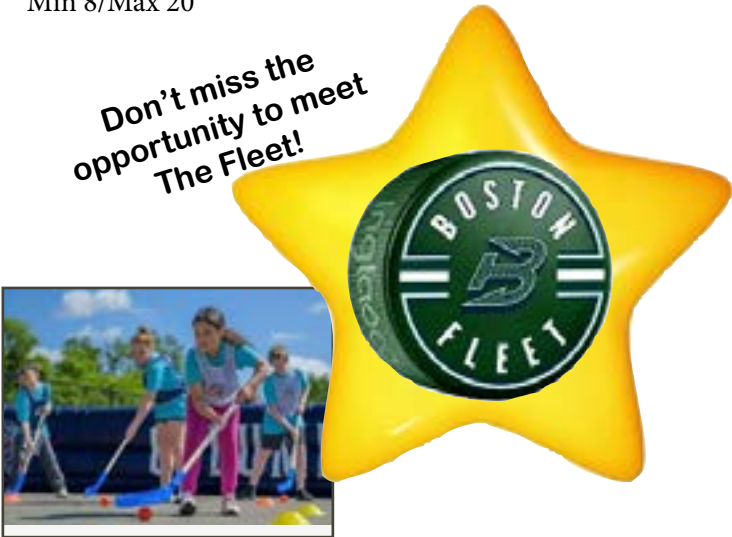
- Dessert Lab (6-12) Winchester High
- Tennis In The Parks (1-8) Leonard Tennis Courts

YOUTH SPORTS

GIRLS STREET HOCKEY (GRADES 3-5) **NEW!**

Get on the pavement and have fun! This high-energy program welcomes girls of all skill levels to learn street hockey through teamwork, skill development, and fast-paced games. Players will build skills in passing, shooting, positioning, and game awareness while gaining confidence and making new friends.

Dates: Wednesdays September 16 - October 28 (Off 11/21)
Time: 3:30pm - 4:45pm
Fee: \$120.00
Location: Winchester Recreation
Instructor: Mitch Ulacco
Min 8/Max 20



YOUTH BASKETBALL SKILLS (GRADES 3-6) **NEW!**

Whether preparing for tryouts, your upcoming season, or looking for extra skills work, this is for you! These skills nights will be led by Winchester Recreation staff who will bring participants through drills and skills for the first 45 minutes followed by scrimmages to apply the work they just learned in a game setting. (1 session)

Dates: Monday, November 9, Boys Grades 3-4
Tuesday, November 10, Boys Grades 5-6
Thursday, November 12, Girls 3-6
Time: 7:00PM - 8:30PM
Location: Lynch Elementary
Fee: \$25 per night
Instructor: Winchester Recreation
Min 5/Max 40



BOUNCE OUT THE STIGMA - Adaptive Youth Basketball Clinic (AGES 7-21) **NEW!**

Join Mighty Mike and Bounce Out the Stigma® for our “Adaptive Youth Back to School Clinic”. Bounce Out the Stigma® is a nationally recognized basketball program for youth ages 7–21 with autism, spectrum disorders, epilepsy, motor skill challenges, Down syndrome, or confidence-building needs. This unique event combines basketball, fun, and self-empowerment. Participants receive a T-shirt, basketball, and healthy snack.

The Bounce Out the Stigma Project, named the 2019 Jr. NBA National Program of the Year, is led by former 13-year Harlem Wizard and 2024 Jr. Knicks Coach of the Year ‘Mighty’ Mike Simmel. Serving youth across more than 25 states, the program shows kids that “limits don’t define them...they define their limits!” For more information, please check out bounceoutthestigma.org

Date: Saturday, September 19
Time: 1:00PM - 4:00PM
Location: Winchester High School Gymnasium
Fee: \$100
Instructor: Mike Simmel
Min 15/Max 35



YOUTH SPORTS

ULTIMATE FRISBEE (Grades 4-8)

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 drills, skills and intrasquad scrimmages. 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 13 - November 1
Time: 2:30PM – 4:00 PM
Location: Mullen Field
Fee: \$150.00
Instructor: Corey Flynn
Min 8/Max 12



Volunteer Coaches Needed!
If interested, please contact Chris Ellison at cellison@winchester.us

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. (6 weeks)

Dates: Thursdays, September 24 - November 5 (Off 10/22)
Time: 5:00PM - 6:00PM
Location: Lynch Turf
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! (6 weeks)

GOOD SPORTS @ Lincoln
Grades K-2: Mondays, Oct 26 - Nov 30
Grades 3-5: Wednesdays, Oct 28 - Dec 16
(Off 11/11 & 11/25)

Time: 2:30PM - 3:40PM
Instructor: Michael Toomey
Fee: \$120
Min 8/Max 20

GOOD SPORTS @ Lynch
Grades K-5: Thursdays, Oct 29 - Dec 10 (Off 11/26)
Time: 2:30PM - 3:40PM
Instructor: Michael Toomey
Fee: \$120
Min 8/Max 20

GOOD SPORTS @ WinRec
Grades K-2: Fridays, Oct. 2 - Nov 20 (Off 10/9, 10/23)
Time: 3:00PM - 4:00PM
Instructor: Mitch Ulacco
Fee: \$120
Min 6/Max 25

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 21 - December 14 (Off 10/12)
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. 22 - Dec. 8 (Off 11/3)
Time: 3:00PM - 3:45PM
Location: Winchester Recreation Gym
Fee: \$210.00
Instructor: Jennifer McGrath
Min 6/Max 20

GRADES 3-5
Date: Tuesdays, Sept. 22 - Dec. 8 (Off 11/3)
Time: 4:00PM - 4:45PM
Location: Winchester Recreation Gym
Fee: \$210.00
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.

Dates: Tuesdays and Thursdays, Sept 15 - Oct 27 (off 10/22)

Time: 3:30PM-4:30PM
Location: Manchester Track
Instructor: Mike Toomey
Fee: \$160.00
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 14 @ 10AM

More details to follow!



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

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 12 - October, 24 (Off 10/10)
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 8



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 21 - November 2 (Off 10/12)
Time: **Grade K-2** 3:30PM - 4:30PM
Grade 3-5 4:30PM - 5:30PM

Dates: Wednesdays, Sept. 23 - Nov. 4 (Off 10/21)
Time: **Grade K-2** 4:30PM - 5:30PM
Grade 3-5 3:30PM - 4:30PM

Fee: \$150.00
Location: Lynch Elementary
Instructor: Mike Tavilla
Min 4/Max 25



ROCK CLIMBING (Grades 2-6)

This youth climbing clinic is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, coaches will introduce participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. Coaches use a mix of climbing instruction and team-building games to facilitate each practice. Participants will learn climbing vocabulary, techniques, and body awareness, all in an inviting environment. (6 weeks)

Session 1: Saturdays, September 19 - October 24
Session 2: Saturdays, October 31- December 12 (Off 11/28)
Time: 11:30AM -1:30PM
Fee: \$235 per person
Location: Central Rock Gym Stoneham
10 Adam Road, Stoneham, MA 02180
Min 4/Max 6

Other: There will be no snack break for this program or food served but participants are encouraged to bring water.

YOUTH VOLLEYBALL SKILLS (Grades 1-5)

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. (6 weeks)

Grades 3-5 (6 weeks) \$135.00
Thursdays, Oct. 1 - Nov. 12 (Off 10/22)
Time: 3:30PM - 4:30PM
Location: Lynch Elementary

Grades 1-2 (6 weeks) \$135.00
Tuesdays, Oct. 6 - Nov. 17 (Off 11/3)
Time: 3:30PM - 4:15PM
Location: Winchester Recreation Sport Court
Instructor: Mitch Ulacco
Min 4/Max 16



***All participants in this program must have a waiver completed by a parent or legal guardian, a CRG orientation form completed, and an Auto Belay orientation form completed. Orientations will take place on the first day of the programs. All documents should be completed on our website in advance.**

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. (6 weeks)

ART STUDIO @ Winchester Recreation
Wednesdays, Sept 23 - Nov 4 (Off 10/21)
Time: 3:15PM - 4:30PM
Fee: \$300.00
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 25 - December 11 (Off 10/9, 11/27)
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 (Grades K-2)

HOLA! Learn Spanish 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)

Dates: Tuesdays, September 22 - November 24 (Off 11/3)
Time: 2:30PM - 3:30PM
Fee: \$170.00
Location: Lincoln Elementary School
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 26 - October 17
Time: Grades K-2 9:00AM - 10:00AM
Grades 3-5 10:00AM - 11:00AM
Fee: \$100.00
Location: Leonard Pond
Instructor: Dan Medwar and Ed Morton
Min 5/Max 8



SPEED PUZZLING (AGES 8+) **NEW!**

Race against the clock at this Speed Puzzling event! In collaboration with Lexington and Burlington Recreation, teams of 4 will compete to finish a mystery puzzle as quickly as possible. It's a fun, fast-paced activity for puzzle lovers of all skill levels. Can you break the world record of 7 minutes and 30 seconds?

Registration Information for Winchester
Date: Tuesdays October 27
Time: 6:00PM - 8:30PM
Fee: \$30.00 Per Team Per Location
Location: Winchester Recreation
Min 5 Teams/Max 15 Teams

Want to register for every race? Check out Lexington Recreation and Burlington Recreation for registration options.

Dates and Locations for all events:
September 29 - Lexington
October 27 - Winchester
November 17 - Burlington
December 15 - Lexington



YOUNG INVENTORS (Grades K-1)

Become an engineer and make working models that solve real problems! This is your chance to design and build your own cool inventions using everyday objects and recycled materials! (6 weeks)

Date: Friday, September 25 - November 13 (Off 10/9, 10/23)
Time: 3:00PM - 4:15PM
Location: Winchester Recreation
Fee: \$285.00
Instructor: Einstein's Workshop
Min 8/Max 12



YOUTH ENRICHMENT

INTRO TO AI (GRADES 3-5) **NEW!**

Become an AI creator! Students design characters and worlds on paper, then use guided AI tools to create videos, 3D models, and a published game. This year's coolest club start with imagination, paper, and pencil culminating with a published project your child built with AI. Kids will learn to think critically, create responsibly, and use AI as a tool without letting it do the thinking for them. (8 weeks)

Dates: Mondays, September 21 - November 16 (Off 10/12)
Time: 3:30PM - 4:30PM
Fee: \$250.00
Location: Winchester Recreation
Instructor: Overture AI
Min 5/Max 15



LEGO ADVENTURE (Grades K-4)

Get ready for a new building challenge each week! Kids design and build skyscrapers, bridges, zoos, and imaginative worlds with a huge assortment of Lego bricks. Along the way, they explore basic architecture and engineering while building creativity, problem-solving skills, and confidence in a fun, hands-on environment. (8 weeks)

Thursdays, September 24 - November 19 (Off 10/22)
Time: 3:00PM-4:00PM
Fee: \$200.00
Location: Winchester Recreation
Instructor: Right Brain Curriculum
Min 8/Max 14

THEATER CLUB (GRADES 3-5)

There are no small parts . . . 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: Fridays, September 25 - November 13 (Off 10/9, 10/23)
Time: 4:00PM - 5:00PM
Fee: \$150.00
Location: Winchester Recreation
Instructor: Cathy Alexander
Min 4/Max 12

BUILDWAVE (Grades K-2)

Buildwave® is a high-energy STEAM + SEL enrichment program for grades K–2. 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 all fused into an experience unlike any other. (8 weeks)

Dates: Mondays, September 21 - November 16 (Off 10/12)
Time: 3:30PM - 4:30PM
Fee: \$250.00
Location: Winchester Recreation
Instructor: Buildwave
Min 5/Max 20

Hands-On Science (Grades K-4) **NEW!**

Explore, experiment, and discover! Kids build and test exciting projects like paper airplanes, rubber band instruments, and simple catapults while learning how things move, sound, and work. Each session features playful challenges where students try ideas, see what happens, and improve their designs in an engaging setting that makes science feel fun, approachable, and real. (8 weeks)

Thursdays, September 24 - November 19 (Off 10/22)
Time: 4:00PM-5:00PM
Fee: \$200.00
Location: Winchester Recreation
Instructor: Right Brain Curriculum
Min 8/Max 14

Meet the instuctor

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

SEWING CLUB (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. (6 weeks)

Dates: Tuesdays, September 22 - October 27

Level 1
Time: 3:30PM-4:30PM
Level 2:
Time: 4:30PM-5:30PM

Fee: \$120.00
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, students will learn the foundations of coding to create digital files and transform one of them into a real object that can be held in their hands! Participants 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 having fun creating all sorts of unique designs, participants will also learn programming techniques such as loops and sequencing. Coding doesn't have to be complicated, join the fun and get creative with BlocksCAD!

Equipment needed: Students must bring their own Internet-accessible computing device (laptop, MacBook,

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. (6 weeks)

Crochect @ Winchester Recreation
Wednesdays, Sept 23 - Nov 4 (Off 10/21)
Beginner 3:30PM - 4:30PM
Advanced 4:30PM - 5:30PM

Crochet @ Lynch
Thursdays, Sept 24 - Nov 5 (Off 10/22)
Beginner 2:30PM - 3:30PM
Fee: \$120.00
Instructor: Sarah Milt
Min 3/Max 4



or Chromebook) to each class session. Portable hand-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 21 - November 16 (Off 10/12)
Time: 3:00PM - 4:00PM
Fee: \$220.00
Location: Winchester Recreation
Instructor: RICM
Min 4/Max 12

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, October 6 - November 17 (Off 11/3)
Time: 4:30PM-5:30PM
Location: Winchester Recreation
Fee: \$225.00
Instructor: Mitch Ulacco
Min 4/Max 10



LIVE ACTION ROLE PLAY GAMES (Grades 4-8)



This Live Action Role Play (LARP) games class is open to all experience levels—whether you're brand new to LARP-ing or already have some experience under your belt. Each week, you'll take part in tournaments and mock combat challenges using padded foam props. These games encourage critical thinking skills in addition to being a fun way to exercise. Prior experience is not required, nor are costumes or characters, so it's easy to jump right in and give LARPing a try. (6 weeks)

Date: Tuesday, October 6 - November 17 (Off 11/3)
Time: 3:30PM - 5:30PM
Location: McCall Middle School Gym
Fee: \$300.00
Instructor: LARP Adventure
Min 8/Max 12

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. (6 weeks)

Dates: Mondays, September 21 - November 2 (Off 10/12)
Time: 2:30PM - 3:30PM
Fee: \$165.00
Location: Lynch Elementary School
Instructor: Leanne Eggimann
Min 4/Max 13



YOUTH ENRICHMENT



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. (8 weeks)

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

Kids' Test Kitchen @ Lincoln

Dates: Tuesday September 22 - November 17 (Off 11/3)
Time: 2:30PM - 3:30PM
Location: Lincoln Elementary

Kids' Test Kitchen @ Winchester Recreation

Dates: Thursdays, Sept. 24 - Nov. 19 (Off 10/22)
Time: 3:30PM - 4:30PM
4:45PM - 5:45PM
Location: Winchester Recreation

Fee: \$245.00
Instructor: Kids Test Kitchen
Min 6/Max 12



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: Wednesday September 23 - December 2
(Off 10/21, 11/11, 11/25)

Time: 2:30PM - 3:30PM
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)

Learn the basics of real-world computer programming in Python, an easy-to-learn language used by many companies. Students will learn variables, loops, if/then statements, functions, and how to create programs through fun projects like math problems, quizzes, secret messages, drawings, and Minecraft.

No programming experience is required, but typing experience is helpful. This challenging, hands-on class is ideal for students who enjoy computers and problem-solving. It is the first of four Python programming levels.

Required Supplies: Students must purchase a Raspberry Pi educational computer for an additional one-time fee and bring it to class each week. Existing Raspberry Pi 3 owners should confirm compatibility before purchasing a new one. (15 weeks)

For more information, contact classes@blackrocknetworks.com.

Tuesdays Session

Dates: September 15 - January 5 (Off 11/3, 12/29)
Time: 4:30PM - 5:30PM

Thursday Session

Dates: September 17 - January 21 (Off 9/24, 11/26, 12/24, 12/31)
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)

Date: Tuesdays, September 15 - January 5
(Off 11/3, 12/29)
Time: 5:35PM - 6:35PM

Fee: \$515.00
Location: McCall Middle School
Instructor: Blackrock Networks, INC
Min 4/Max 10

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

INTRO TO JAVA: Level 1 (Grades 5-9)

Learn Java programming fundamentals and how Java compares to Python. Students will explore the JVM, compiling, debugging, algorithms, object-oriented programming, classes, interfaces, visibility, and data structures such as Lists, Maps, and Trees. They'll also learn to use Java APIs and JavaDoc to solve programming challenges. (15 weeks)

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

Date: Wednesdays, September 16 - January 20
(Off 11/11, 11/25, 12/23, 12/30)
Time: 4:30PM - 5:30PM
Fee: \$515.00
Location: McCall Middle School

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: Wednesdays, September 23 - November 4
Time: 3:30PM-4:30PM
Instructor: Mike Awiszus

Boys Clinic

Thursdays, September 24 - October 29
Time: 3:30PM-4:30PM
Instructor: Mike Tavilla

Location: McCall Middle School
Fee: \$150.00
Min 4/Max 25



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)

Date: Thursdays, Oct. 1 - Nov. 12 (Off 10/22)
Time: 4:45PM-5:45PM
Location: Lynch Elementary School
Fee: \$150.00
Instructor: Mitch Ulacco
Min 4/Max 16



ULTIMATE FRISBEE (Grades 4-8)

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 drills, skills and intrasquad scrimmages. 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 13 - November 1
Time: 2:30PM - 4:00 PM
Location: Mullen Field
Fee: \$150.00
Instructor: Corey Flynn
Min 8/Max 12



Volunteer Coaches Needed!
If interested, please contact Chris Ellison at cellison@winchester.us

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.

Dates: Tuesdays and Thursdays, Sept 15 - Oct 27 (off 10/22)

Time: 3:30PM-4:30PM
Location: Manchester Track
Fee: \$160.00
Instructor: Mike Toomey
Min 8/Max 25



MIDDLE/HIGH SCHOOL PROGRAMS

LIVE ACTION ROLE PLAY GAMES (Grades 4-8)

This Live Action Role Play (LARP) games class is open to all experience levels—whether you're brand new to LARPing or already have some experience under your belt. Each week, you'll take part in tournaments and mock combat challenges using padded foam props. These games encourage critical thinking skills in addition to being a fun way to exercise. Prior experience is not required, nor are costumes or characters, so it's easy to jump right in and give LARPing a try. (6 weeks)

Date: Tuesday, October 6 - November 17 (Off 11/3)
Time: 3:30PM - 5:30PM
Location: McCall Middle School Gym
Fee: \$300.00
Instructor: LARP Adventure
Min 8/Max 12



DEBATE CLUB: LISTEN, THINK, SPEAK (Grades 6-8)

A debate is a structured discussion in which participants explore opposing viewpoints on a topic. Debate helps children develop essential life skills, including critical thinking, confidence, empathy, effective communication, and public speaking. Through engaging games and practice activities, participants will learn to distinguish facts from opinions, identify errors in reasoning, strengthen their active listening skills, and build well-supported arguments using the Claim-Evidence-Reasoning (CER) framework. In each class, children will practice these essential argumentation skills through a variety of age-appropriate debate formats and engaging topics. (10 weeks)

Date: Monday, September 21 - November 30 (Off 10/12)
Time: 3:30PM - 4:30PM
Location: McCall Middle School
Fee: \$250.00
Instructor: Olga Babko-Malaya
Min 6/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 1 - November 19 (Off 10/22)
Time: 3:30PM - 5:00PM
Fee: \$330.00
Location: Winchester High School
Instructor: Gordon Casey
Min 10/Max 15



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 Gineafowl Adventure. (6 weeks)

Date: Mondays, October 19 - November 23

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! (10 weeks)

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

Dates: Sundays, September 13 - November 22 (Off 10/11)

Time: 4:00-6:00pm

Location: Winchester Recreation

Fee:

Residents: \$10 per visit or \$90 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.

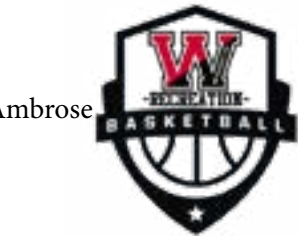
Date: Saturdays, December 19 - March 20 (Off 12/26, 1/2, 2/13, 2/20) (make up 3/27 & 4/3)

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	Lincoln	\$190
Boys Grades 7-8	1:00 PM or 2:00 PM	McCall Middle School	\$190

781.721.7125

WWW.WINREC.COM



263 Main Street, Winchester MA

MIDDLE/HIGH SCHOOL PROGRAMS

BOUNCE OUT THE STIGMA - ADAPTIVE YOUTH BASKETBALL BACK TO SCHOOL CLINIC (AGES 7-21)

Join Mighty Mike and Bounce Out the Stigma® for our “Adaptive Youth Back to School Clinic”. Bounce Out the Stigma® is a nationally recognized basketball program for youth ages 7–21 with autism, spectrum disorders, epilepsy, motor skill challenges, Down syndrome, or confidence-building needs. This unique event combines basketball, fun, and self-empowerment.

Participants receive a T-shirt, basketball, and healthy snack.

About Bounce Out the Stigma:

The Bounce Out the Stigma Project, named the 2019 Jr. NBA National Program of the Year, is led by former 13-year Harlem Wizard and 2024 Jr. Knicks Coach of the Year ‘Mighty’ Mike Simmel. Serving youth across more than 25 states, the program builds self-empowerment through motor, sensory, and basketball drills — showing kids that “limits don’t define them...they define their limits!” For more information, please check out bounceoutthestigma.org

Date: Saturday, September 19

Time: 1:00PM - 4:00PM

Location: Winchester High School Gymnasium

Fee: \$100

Instructor: Mike Simmel

Min 15/Max 35



WOODWORKING (Grades 6-8)

Woodworking Club is a hands-on afterschool program where middle school students learn real woodworking skills while designing and building their own projects. Students will safely use shop tools, accurately measure and cut wood, assemble, sand, finish, and problem-solve like true engineers and makers. Throughout the session, students will learn proper shop safety and tool use, practice measuring, marking, and precision cutting, explore the engineering design process, and build a multi-week project from raw lumber to finished product. (6 Weeks)

Date: Thursdays, September 24 - October 29

Time: 3:30PM - 4:30PM

Location: McCall Middle School

Fee: \$180.00

Instructor: Mike Awiszus

Min 4/Max 12



781.721.7125

WWW.WINREC.COM

263 Main Street, Winchester MA

COMING SOON

NASHOBA SKI PROGRAM (Grades 6-8)

Registration Opens on
OCTOBER 14 @ 10AM

More details to follow!

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

YOUTH WRESTLING PROGRAM (Grades 3-8)

Registration opening early October - TBD

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

YOUTH WORKSHOPS

TUES **October 6**

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.

Time: 6:00PM - 7:15PM
Location: Winchester Recreation
Fee: \$80.00
Instructor: New England School of Protocol
Min 6/ Max 20

CHILDREN’S RESTAURANT READY WORKSHOP (Grades 2 - 7)

Like to take your children out to eat with you at a restaurant but you’re a little afraid how they might behave? In this workshop participants will learn how to use good manners at the table when dining out at a restaurant or a special event. Table manners are not just about how to hold your silverware or how to place your napkin. Good table manners also show self-awareness, respect, and courtesy to others. They are important tools for social interactions that will benefit children personally and professionally for the rest of their lives. After the workshop students will have a better understanding of restaurant manners and confidently demonstrate proper etiquette when dining out.

Time: 7:15PM - 8:30PM
Fee: \$80.00
Location: Winchester Recreation
Instructor: New England School of Protocol
Min 6/ Max 20

THURS **November 12**

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 - 7:15PM
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.

Time: 7:15PM - 8:30PM
Location: Winchester Recreation
Fee: \$80.00
Instructor: New England School of Protocol
Min 6 /Max 20

YOUTH WORKSHOPS

WED December 9

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 restaraunt or at a social event. Good table manners are more than just niceties - they are invaluable tools for so- cial 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 SOCIAL 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 con- fidence, cultivate friendships, and understand social expec- tations. 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

Time: 7:15PM - 8:30PM
Location: Winchester Recreation
Fee: \$80.00
Instructor: New England School of Protocol
Min 6/ Max 20

ADULT WORKSHOPS (18+)

MON October 5

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.

Time: 6:30PM - 8:30PM
Location: Winchester Recreation
Fee: \$21.00/Single \$30.00/Couple
Instructor: Don Anderson
Min 3/ Max 12

ADULT PROGRAMS (AGES 18+)

Men’s Basketball (35+)

Join us for our Men’s Basketball league! Either bring a team or register as a free agent. This league plays once per week with certified officials. Come play to claim your rank as “best team in Winchester”. (10 sessions)

Dates: Wednesdays, Sept. 9 - Nov. 18 (Off 11/11)
Time: Games are 7:00pm, 8:00pm, 9:00pm
Fee: \$125 per player
Location: Lynch Middle School and McCall Middle School
Min 4/Max 8 Teams

YOGA + MINDFULNESS FOR STRESS RELIEF

Increase your strength, balance and flexibility with mind- ful 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, October 7 - November 18
(Off 11/11)
Time: 6:00PM - 7:00PM
Location: Winchester Recreation Gym
Fee: \$80.00
Drop in Fee: \$17
Instructor: Linda Devincentis
Min 5/Max 10

ADULT PICKUP SOCCER (18+)

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 al- lowed. Please bring both a white and dark shirt each week. You must register to participate. Winchester residents only. Cost: FREE, but must register online

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 experi- ence required. (12 weeks)

Date: Fridays, September 18 - December 11
(Off 11/27)
Time: 9:00AM - 10:00AM
Location: Winchester Recreation Gym
Fee: \$230.00 / \$20.00 (One class trial - limit 1 per person)
Instructor: Laura Gordon
Min 4/Max 20

ROCK CLIMBING (18+)

This intro to Climbing Clinic is for adults who either are brand new to the world of climbing or have little experi- ence and are looking to learn more. Participants will get an as-needed belay class and participate in a weekly coached session where we will cover everything from climbing ter- minology, gear fit, footwork, hold usage, movement, how to read routes, and more. This program is a great way to fast- track your progression, make new friends, and get involved with the climbing community. (6 weeks)

Dates: Session I: Saturdays, Sept. 19 - Oct. 24
Session II: Saturdays, Oct. 31 - Dec. 12 (Off 11/28)
Time: 9:00am - 11:00am
Fee: \$235.00
Location: Central Rock Gym
Instructor: Central Rock Gym
Min 2/Max 4

Wednesday, Aug. 26
Location: Ciarcia Turf
Time: 7:30PM - 9:30PM

Wednesdays, Sept. 2 - Nov. 18
Location:Knowlton Stadium
Time: 8:00PM - 9:30PM

Saturdays, Aug. 29 - Nov. 21
Location: Ciarcia Turf
Time 7:00AM - 9:00AM

ADULT PROGRAMS (AGES 18+)

LEARN TO PLAY MAHJONG 101 (Ages 18+)

Curious about Mahjong but not sure where to start? This fun, beginner-friendly (2) two hour lessons will walk you through everything you need to confidently sit down and play. We'll cover the basics step-by-step in a relaxed, social setting - perfect for first-timers (3 sessions).

What you will learn:

- What Mahjong is and how a game is structured
- Tile suits and key terms you'll hear at the table
- How to build a hand and read a standard Mahjong card
- How turns work: drawing, discarding, calling tiles (pong/chow/kong), and declaring Mahjong
- Simple strategies for spotting patterns and making decisions faster Table etiquette and common beginner mistakes (so you feel comfortable playing with others)

How the class works: We will start with a clear overview and a guided demo, then you'll practice in small groups with plenty of coaching and time for questions. By the end, you'll have played through real hands and will leave with the confidence to join a game night.

Perfect for: Absolute beginners, returning learners who want a refresh, or anyone who wants a friendly intro before investing in more advanced play.

What to bring: Just yourself! All materials are provided (tiles, racks, and cards).

If you have your own card, feel free to bring it.

3 x 2-hour lessons

Dates : Wednesdays, September 30 - October 14

Times: 6:30PM-8:30PM

Location: Winchester Recreation

Fee: \$200.00

Min 20/Max 24



ALL THAT JAZZ: A 'CHICAGO' MUSICAL THEATRE WORKSHOP

Step into the world of musical theater with this fun, high-energy jazz class for beginners!

Learn classic theater jazz moves, including stylized struts, sharp isolations, and Fosse-inspired choreography, all set to the iconic music of Chicago and Cabaret. No dance experience is needed—just bring your enthusiasm and get ready to have fun!

At the end of the session, dancers will have the opportunity to invite friends and family to an informal showcase and show off what they've learned.

Wear comfortable workout clothes. Jazz shoes are recommended, but clean sneakers are fine for beginners. Come ready to strut your stuff—all that jazz awaits! (10 sessions)

Date: Monday, Sept. 14 - Nov. 23 (off 10/12)
Time: 6:00PM - 7:15PM
Location: Winchester Recreation
Fee: \$155.00
Instructor: Jennifer Paragas
Min 8/Max 20

A poster for the musical "All That Jazz" featuring a woman in a black dress and a red neon sign that says "ALL THAT JAZZ".

ADULT PROGRAMS (AGES 18+)

ROCK CLIMBING - FAMILY CLIMB (AGES 4+)

Looking for a fun and active adventure the whole family can enjoy? Join us for Family Climbing Day on the Second Saturday of every month!

Whether you're brand new to climbing or have experience on the wall, this open climbing session is designed for all skill levels and is best suited for climbers ages 4 and up. Participants are welcome to drop in and climb anytime between 10:00 AM and 2:00 PM.

Our friendly and knowledgeable staff will provide a facility tour, a new climber orientation, and ongoing support throughout the day. Certified staff members will also be available to help belay, making it easy and safe for everyone to enjoy the climbing experience.

Come climb, explore, and make lasting family memories together!

Dates: Saturdays, September 12

October 10

November 14

December 12

Time: Anytime between 10:00AM-2:00PM

Fee: \$30 Each Day (Includes Equipment)

Location: Central Rock Gym

Max 8/ Max 20

BOUNCE OUT THE STIGMA - ADAPTIVE YOUTH BASKETBALL BACK TO SCHOOL CLINIC (AGES 7-21)

Join Mighty Mike and Bounce Out the Stigma® for our "Adaptive Youth Back to School Clinic ". Bounce Out the Stigma® is a nationally recognized basketball program for youth ages 7–21 with autism, spectrum disorders, epilepsy, motor skill challenges, Down syndrome, or confidence-building needs. This unique event combines basketball, fun, and self-empowerment.

Participants receive a T-shirt, basketball, and healthy snack.

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Date: Saturday, September 19

Time: 1:00PM - 4:00PM

Location: Winchester High School Gymnasium

Fee: \$100

Instructor: Mike Simmel

Min 15/Max 35

ADULT PROGRAMS (AGES 18+)

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: Sept. 21- Dec. 18 (Off 10/9, 10/12, 10/23, 11/27)
Monday and Friday 12:00PM-2:00PM
Location: Winchester Recreation
Resident Fee: \$100.00
Non-Resident Fee: \$115.00
Min 4/Max 16



PICKLEBALL OPEN PLAY (18+) Membership Required!

Fall Session 8/31-12/13

Membership will grant access to register and participate in our outdoor open play at Leonard Field. You **MUST** have a membership to play.

MEMBERSHIPS
Residents: FREE (only need to register once)
Non Residents: \$35 fee **MUST** be renewed for Fall, Spring & Summer seasons.

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, October 6 - October 20
Session II: Tuesdays, November 10 - November 24
Session III: Tuesdays, December 8 - December 22
Time: 6:00PM - 7:15PM
Fee: \$85.00
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, Sept. 9 - Sept. 30
Time: 4:00PM - 5:00PM
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, Sept. 9 - Sept. 30
Time: 5:00PM -6:15PM
Fee: \$150.00
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, Sept. 10 - Oct. 1
Time: 4:00PM - 5:30PM
Fee: \$155.00
Location: Packer-Ellis
Instructor: Winchester Indoor Tennis
Max 16

105 TENNIS W/ DENA

Taught by our very own Dena Madden! 105 Tennis is a high energy doubles game taking over clubs across the nation! Suitable for all levels, this game is not only a workout and a ton of fun, but will improve your tennis game by encouraging aggressiveness at net, executing deep jobs, improving footwork and pursuing every ball. This game is played without serves.

Classes will be co-ed and grouped by NTRP/USTA rankings. If you are unsure of your rankings, please contact Dena Madden at dmadden@winchester.us

Sunday, August 30
Sunday, September 6
Sunday, September 27
Sunday, October 4
(Rain Dates: 10/11 & 10/18)

Level 3.5+
4:00PM - 5:00PM

Instructor: Dena Madden
Location: Packer-Ellis Tennis Courts
Fee: \$25 per person/60 minute class
Sign up for as many sessions as you like!

Min 4/Max 6 per class



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

