

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
mulacco@winchester.us

Jennifer Cutillo

Administrative Assistant
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Michelle Blumsack

Office Clerk
mblumsack@winchester.us

Branka Bujisic

Kid Connection Preschool Director
bbujisic@winchester.us

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

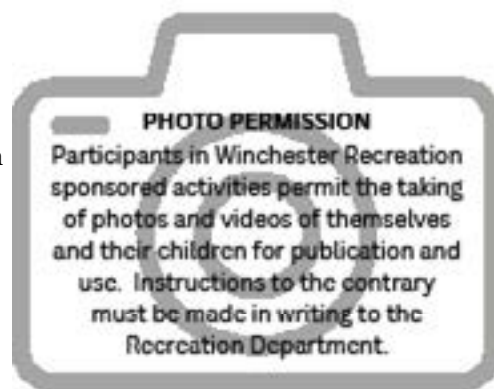
FALL 2026 PROGRAM GUIDE

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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

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

We are continuing to introduce new programs while bringing back many of the Recreation favorites families have come to know and enjoy. We are 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 would 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 Preschool 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, Branka 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 Branka to the Winchester Recreation Department and the Kid Connection family!

NEIGHBORS HELPING NEIGHBORS SCHOLARSHIP FUND

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.

Please consider donating at

https://winchesterma.myrec.com/info/activities/program_details.aspx?ProgramID=30612!

NEW PROGRAM SPOTLIGHT: IMPROV CLASSES

Meet the instructor, Chet Harding

Get ready to laugh, think on your feet, and have some fun with Chet Harding, an accomplished comedian, improviser, and teacher with decades of experience in the Boston comedy scene. Chet is a co-founder of Improv Asylum and Laugh Boston, two institutions that have helped shape Boston's comedy community. He has performed and taught improv throughout his career, helping students of all ages build confidence, creativity, collaboration, and most importantly the ability to embrace the unexpected. Chet brings his wealth of professional experience and infectious energy to the classroom, making improv fun and accessible for everyone!



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

NEW!

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. This class meets participants where they are at and helps them find their voice whether they are outgoing or would rather blend in. No experience needed, just a willingness to try new things, support others and have fun! (6 sessions)

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 4:30PM-5:45PM
Location: Winchester Recreation
Fee: \$230.00
Min 6/Max 12

THINK FAST. LAUGH HARDER (Grades 9-12)

NEW!

This class covers the real fundamentals of improv: 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 a natural extrovert who lights up a room or an introvert looking to come out of their shell, or they are brand new to performing or already eyeing a future in acting or comedy, participants will walk away with sharper quick thinking, public speaking skills, and teamwork, while having way too much fun to notice they are learning. (6 sessions)

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 6:00PM-7:15PM
Location: Winchester Recreation
Fee: \$230.00
Min 6/Max 12

SAY YES TO THIS. (Ages 18+)

NEW!

In this program participants will learn the core tools of improvisation: listening, spontaneity, and collaboration, through games and exercises built to develop real skill. 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. This 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 while others enroll as a first step toward acting or comedy. Either way, participants will learn from someone who has built a career doing exactly that. (6 sessions)

Date: Monday, September 28 - November 9 (OFF 10/12)
Time 7:30PM-9:00PM
Location: Winchester Recreation
Fee: \$285.00
Min 6/Max 12



SPECIAL EVENTS

EARLY RELEASE DAY FIELD TRIPS/ACTIVITIES (Grades K-5) (Open to all Winchester Residents)

Friday, October 9

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 12:30PM-3:30PM

Location: Nova Adventure Park

Fee: \$75.00

Min 30/Max 40

Waivers are required for all participants.
Please complete online waiver [here](#).

Friday, October 23

Ghostly Mansion Masterpiece by KidCreate (Grades K-5)

Join KidCreate for this spooky half-day workshop! Participants will create a haunted Halloween house complete with gravestones, a glow-in-the-dark ghost, pumpkins and more!

Date: Friday, October 23

Time: 12:00PM – 3:00PM

Location: Winchester Recreation

Fee: \$60.00

Min 8/Max 25



Have a program idea? Let us know!
Email cellison@winchester.us

HALLOWEEN HAPPENINGS



DOWNTOWN HALLOWEEN WINDOW PAINTING

**Saturday, Oct. 24 1:00PM-4:00PM &
Sunday, Oct. 25 9:00AM-4:00PM
\$35.00/window**

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!

DOWNTOWN TRICK OR TREATING Saturday, October 24th 10:00AM-11:30PM FREE

Join Family Action Network (FAN) in collaboration with WinRec on October 24th for our annual Halloween Celebration. Downtown Trick or Treating is free for all.

TRUNK OR TREAT Saturday, October 24th

Trunk or Treat is co-sponsored with FAN and is held in the Jenks Parking Lot (Town Hall Auditorium if raining) Open to all, but there is an additional fee for non-FAN members.

**WANT TO HOST A TRUNK
OR FIND OUT MORE INFO?**

Go to www.fanwinchester.org

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!

Program details under development, check back soon for updates!



RENTALS

WINREC GYM RENTALS

Winchester Recreation provides evening and weekend rentals 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.

GYM RENTAL

Weeknights: \$125 per hour.

Weekends: \$125 per hour, 2 hour minimum

BIRTHDAY PARTY INFO

3 hour minimum: \$350

Each additional hour: \$75

Fee includes 2 hours for party and a half hour on each end for set up and clean up.



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.

KID CONNECTION PRESCHOOL (Ages 2.9-5+)



KID CONNECTION PRESCHOOL

2026-2027 SCHOOL YEAR



263 MAIN ST.
WINCHESTER



WWW.
WINREC.COM



(781)
721-7125



ROLLING
REGISTRATION



LOW STUDENT-
TEACHER RATIO

3, 4 & 5 DAY
OPTIONS

EXTENDED DAY
OPTIONS

SUMMER
PROGRAM

BIG, BRIGHT
CLASSROOMS

MULTIPLE
OUTSIDE PLAY
AREAS

SERVING THE
COMMUNITY FOR
30+ YEARS

EEC LICENCED
PROGRAM

BUILD YOUR CHILD'S PRESCHOOL IN 3 EASY STEPS!

1

CHOOSE YOUR CHILD'S CORE CLASS

CLASS	AGE (BY 9/1)	DAYS	HOURS	ANNUAL TUITION
Alphabet Soup	2.9	Tues- Thurs	9am - 12pm	\$4,565
Little Rascals	3.6	Mon- Thurs	9am - 12:15pm	\$5,515
Building Blocks	4.3	Mon- Fri	9am - 12:30pm	\$6,665

2

NEED MORE DAYS? ADD DISCOVERY DAYS!

- Monday Discovery Day (9am - 12pm)
- Friday Discover Day (9am - 12pm)
- Tuition: \$1,435/year per added day

3

NEED CARE UNTIL 2PM? ADD STAY & PLAY!

- | | |
|---|---|
| <ul style="list-style-type: none"> Extend the day until 2pm Choose 1 to 5 afternoons per week on any day the child attends preschool (ie: Core class or Discovery Days) | <p>1 Day: \$130/month</p> <p>2 Days: \$230/month</p> <p>3 Days: \$340/month</p> <p>4 Days: \$440/month</p> <p>5 Days: \$515/month</p> |
|---|---|

WINCHESTER RECREATION DEPARTMENT

KID CONNECTION PRESCHOOL (Ages 2.9-5+)

ALPHABET SOUP - Age 2.9 by Sept. 1 Days: Tuesday, Wednesday, Thursday: 9:00am-12:00pm

Alphabet Soup provides a structured preschool experience for younger 3's. The themed curriculum emphasizes learning through play, creativity, art exploration, and developing fine motor skills with writing and manipulatives.

LITTLE RASCALS - Age 3.6 by Sept. 1 Days: Monday – Thursday, 9:00am-12:15pm

Little Rascals extends learning opportunities for older 3's/younger 4's. Pre-academic concepts are taught with a focus on play-based learning, cooperation, and community, preparing each child for Building Blocks class or Kindergarten.

BUILDING BLOCKS - Age 4.3 by Sept. 1 Days: Monday – Friday, 9:00am-12:30pm

Building Blocks is a Pre-K class which combines teacher led activities and student explorations with emphasis on early math and literacy skills, responsibility and cooperation, self-help skills, and growing independence.

DISCOVERY DAYS: Monday 9:00-12:00 & Friday: 9:00am-12:00pm

If you prefer a full week schedule for your younger preschooler, you can add one or two Discovery Days to complete their week. Tuition: \$1,435/year or \$143.50/month per day

STAY AND PLAY:

Choose your days/pricing below:

Our extended day program is offered Monday through Friday until 2:00pm. Your child will have lunch (provided from home), and additional time for activities. You may register for 1-5 days on days when your child normally attends. We require a minimum of 3 children enrolled to hold this program on any day, and children must be potty trained to attend.

*Single days/drop-ins are available if space allows.

REGISTRATION FEES AND INFORMATION:

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

Deposit: A non-refundable deposit in the amount of one month's tuition is due to secure your child's spot for the 2026/27 school year. This deposit covers the tuition for September.

MONTHLY BILLING: Yearly tuition is divided into ten equal payments paid one month in advance. The monthly billing cycle will begin September 1st, to cover the following month's tuition, with the final monthly payment due May 1st. Financial applications are available upon request.

Enrollment forms will be distributed in May, including a payment authorization form to be used for automatic payments.

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

**Email Branka Bujisic at bbujisic@winchester.us
or call (781) 721-7125 for more information**

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)



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)

781.721.7125

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 (*indoor space will be assigned as we move closer to dusk*)

Fee: \$200.00

Max 60

MESSY MASTERPIECES (Ages 2-4 w/ caregiver)



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



WWW.WINREC.COM

263 Main Street, Winchester MA

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 FOR
GRADES 3-5 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-January for returning students, with new student lottery registration beginning in early February. Our Winter Brochure will include updated information and exact registration timelines.



WRAP,
where **kids**
= **excel** =
after the bell

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

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 learn the fundamentals of the game: running plays, passing, catching, teamwork; while building confidence, character, and sportsmanship along the way.

Each week, teams 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 is sanctioned through the NFL Flag Football program. Every player receives a NFL replica 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!

Coaches needed: 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

YOUTH LEAGUES

WINCHESTER JUNIOR LEAGUE BASKETBALL (Ages 4 - Grade 2)

DEADLINE TO REGISTER: November 1st

Junior League Basketball is one of our most popular programs! This program is for boys and girls 4 years old by 12/1 through second grade. There are separate boys and girls divisions and are separated into three leagues for each gender. Rookie 4 years - Kindergarten, Grade 1 Veterans and Grade 2 Veterans. Each participant will receive a game shirt. The focus will be on instruction and gameplay. Teams will practice for the first half and break out into small games for the second half of each week. Recreation staffed coaches will facilitate drills and skills for the practice times to provide quality development opportunities for our youth and coaches.

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
each week.

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

Leagues:

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

Location:

Girls Leagues – Lynch
Boys Leagues - VO



Fee: \$150.00

Times/Locations are subject to change based upon registration numbers in both boys'/girls' divisions.

Rookie Division

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

- The Rookie Division is for boys and girls that are 4yrs of age as of December 1st through Kindergarten.
- Players rotate into the line-up every 4 minutes of the games.
- Hoops are lowered to 8ft.
- Mini and youth balls are used.
- Coaches act as referees and are allowed to be on the court to help with positioning. Volunteers coach teams.

Time: Game times vary each week
Boys: 8AM, 9AM, or 10AM @ VO
Girls: 8AM or 9AM @ Lynch

Veteran Divisions

Grades 1st & 2nd

- The Veteran Division is for boys and girls that are currently in 1st grade or 2nd grade
- Players rotate into the line-up every 4 minutes of the game.
- Hoops are lowered to 8ft.
- Jr. size balls are used.
- Coaches act as referees and are allowed to be on the court to help with positioning. Volunteers coach the teams.

Time: Game times 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 YOUTH 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 30th

Our Recreation Youth 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 has 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: Respect, camaraderie, and having fun are emphasized.

League Structure:

- Games are played on 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.
- 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.
- Rec Staff are on site to help facilitate and supervise game operations

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.

BOYS RECREATION BASKETBALL (Grades 3-8) - Fee: \$190.00

<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) - Fee: \$190.00

<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

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 10 sessions

Non-Residents: \$15 per visit or \$135 for all 10 sessions



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)

*Winchester
Recreation*

- 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

Lynch

- 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)

McCall

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

Lincoln

- 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

Other

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.

As a special finale, players from the PWHL Boston Fleet will visit to meet participants, answer questions, and share their love of the game!

Whether you're new to hockey or looking to sharpen your skills, this program is a fun way to stay active, build confidence, and play!
(6 weeks)



Dates: Wednesdays, September 16 - October 28 (Off 10/21)
Time: 3:30pm - 4:45pm
Fee: \$120.00
Location: Winchester Recreation
Instructor: Mitch Ulacco
Min 8/Max 20

**Don't miss the
opportunity to meet
The Fleet!**



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: \$25.00 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: \$100.00

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 (*indoor space will be assigned as we move closer to dusk*)

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: \$120.00

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: \$120.00

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: \$120.00

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. There will be an optional meet (TBD). (6 Weeks)

What to wear/bring: running shoes, running shorts and shirt, a water bottle. Runners will receive a t-shirt.

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



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!**

Thursday is ski day for Winchester Recreation! Join us for four exciting Thursday afternoons at Nashoba Valley Ski Area.

Participants in Grades 3–5 may choose one of the following options:

- **Ski lessons** Participants will receive weekly ski instruction followed by free ski time. Please note that Snowboarding lessons are not offered through this program. Beginners must take lessons.
- **Free ski or snowboarding-**
No snowboard rentals available thru Nashoba.

Please indicate your child's skiing ability at registration so they can be placed in the appropriate lesson group

Fee: includes bus transportation, lift ticket, and ski lessons

**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



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



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.

***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. Students will create artwork in different techniques and mediums through age appropriate projects. Materials are included. (6 weeks)

Dates: Wednesdays, Sept 23 - Nov 4 (Off 10/21)

Time: 3:15PM - 4:30PM

Fee: \$300.00

Location: Winchester Recreation

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. Students will learn important life concepts, such as the ability to win graciously, accept defeat with dignity and sportsmanship. Groups will be divided 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: \$125.00

Location: Leonard Pond

Instructor: Dan Medwar and Ed Morton

Min 5/Max 8



SPEED PUZZLING (AGES 8+)



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: Tuesday, October 27

Time: 6:00PM - 8:30PM

Fee: \$30.00 Per Team (Winchester location only)

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)



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. Students 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



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

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

Hands-On Science (Grades K-4)



Explore, experiment, and discover! Students will 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

THEATER CLUB (Grades 3-5)

There are no small parts . . . There are no small parts . . . Learning to speak in front of people is a life-long skill. In six weeks, actors will be part of a cast that will perform a short play for your family and friends. "I love performing and you will too!!" - Cathy Alexander (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

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)

This class 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

Sewers will explore how to read and layout a simple pattern, and learn various basic stitches and their applications.

As students advance, new techniques will be introduced including the installation of zippers and elastic.

(6 weeks)

Dates: Tuesdays, September 22 - October 27

Beginner Class: It's perfect for beginners with no prior crochet experience or for those who have dabbled in crochet but feel they need more guidance in getting to the next level. Having good fine motor skills will ease potential frustration.

Time: 3:30PM-4:30PM

Advanced Class: This class is for students who have completed the beginner class or for those who have more crochet experience.

Time: 4:30PM-5:30PM

Fee: \$120.00

Location: Winchester Recreation

Instructor: Sarah Milt

Min 3/Max 4



CROCHET CLUB (Grades 3-5)

These classes will introduce the fundamental techniques of crochet, including how to hold a hook, create a chain stitch, work basic stitches like single crochet and double crochet, understand yarn types and weights, read a basic pattern and learn proper tension to build a foundation for more complex projects. (6 weeks)

Beginner Class: It's perfect for beginners with no prior crochet experience or for those who have dabbled in crochet but feel they need more guidance in getting to the next level. Having good fine motor skills will ease potential frustration.

- Wednesdays, Sept 23 - Nov 4 (Off 10/21), 3:30PM - 4:30PM @ Winchester Recreation
- Thursdays, Sept 24 - Nov 5 (Off 10/22), 2:30PM - 3:30PM @ Lynch Elementary

Advanced Class: This class is for students who have completed the beginner class or for those who have more crochet experience.

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

Fee: \$120.00

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,

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 1-5)

Interested in Pokémon? In this program participants 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



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



LIVE ACTION ROLE PLAY GAMES (Grades 4-8)

NEW!

This Live Action Role Play (LARP) games class is open to all experience levels—whether brand new to LARPing or already have some experience. Each week, LARPers will 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

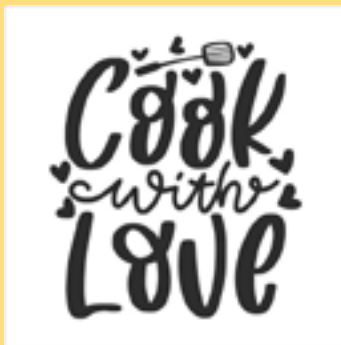
Fee: \$300.00

Instructor: LARP Adventure

Min 8/Max 12



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: Wednesdays, 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

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

Thursdays 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



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: 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

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

Instructor: Blackrock Networks, INC

Min 4/Max 10

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 - October 28

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



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!

No experience necessary, we will train.

If interested, please contact Chris Ellison at
cellison@winchester.us

DESSERT LAB (Grades 6-12)

Love the sweet smells of freshly baked cookies and warm bread? Come mix, measure, and master the art of baking! Join Mr. Casey, WHS's Culinary Arts teacher for a fun, hands-on course where students learn the fundamentals of baking. Through weekly projects, student will explore essential kitchen skills such as reading recipes, proper measuring techniques and food safety. Along the way, bakers learn about ingredients, kitchen tools and the science behind what makes baked goods rise, brown and taste amazing.

Whether 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 curiosity and a 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

781.721.7125

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. There will be an optional meet (TBD). (6 Weeks)

What to wear/bring: running shoes, running shorts and shirt, a water bottle. Runners will receive a t-shirt.

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

Min 8/Max 25



MIDDLE/HIGH SCHOOL PROGRAMS

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

NEW!

A debate is a structured discussion in which participants explore opposing viewpoints on a topic. Debate helps people 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, debaters 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



LIVE ACTION ROLE PLAY GAMES (Grades 4-8)

This Live Action Role Play (LARP) games class is open to all experience levels—whether brand new to LARPing or already have some experience under your belt. Each week, LARPers will 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

IMPROV CLASSES

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

NEW!

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. This class meets participants where they are at and helps them find their voice whether they are outgoing or would rather blend in. No experience needed, just a willingness to try new things, support others and have fun! (6 weeks)

Date: Monday, September 28 - November 9 (OFF 10/12)

Time 4:30PM-5:45PM

Location: Winchester Recreation

Fee: \$230.00

Min 6/Max 12

THINK FAST. LAUGH HARDER (Grades 9-12)

This class covers the real fundamentals of improv: 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 a natural extrovert who lights up a room or an introvert looking to come out of their shell, or they are brand new to performing or already eyeing a future in acting or comedy, participants will walk away with sharper quick thinking, public speaking skills, and teamwork, while having way too much fun to notice they are learning. (6 weeks)

Date: Monday, September 28 - November 9 (OFF 10/12)

Time 6:00PM-7:15PM

Location: Winchester Recreation

Fee: \$230.00

Min 6/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, 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 10 sessions

Non-Residents: \$15 per visit or \$135 for all 10 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



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



MIDDLE SCHOOL VOLLEYBALL (Grades 6-8)

This program is designed for middle school youth of all skill levels interested in volleyball. Beginning 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



COMING SOON

NASHOBA SKI PROGRAM (Grades 6-8)

**Registration Opens on
OCTOBER 14 @ 10AM**

More details to follow!

Thursday is ski day for Winchester Recreation! Join us for four exciting Thursday afternoons at Nashoba Valley Ski Area.

Grades 6–8 — Ski & Ride Program

Participants in Grades 6–8 may choose one of the following options:

- **Ski lessons** Participants will receive weekly ski instruction followed by free ski time. Please note that Snowboarding lessons are not offered through this program.
- **Free ski or snowboarding-** Snowboarding is only permitted for Grades 6–8 participants who are registered for free ride without lessons.



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

YOUTH WRESTLING PROGRAM (Grades 3-8)

**Registration Opens 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 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 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 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

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 the concepts and strategies to help maximize financial aid by understanding the process and why implementing strategies may increase a family's eligibility regardless of income or owning 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 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". (9 sessions)

Dates: Wednesdays, Sept. 16 - 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 6 Teams

League is full, but we are still taking free agents.

YOGA + MINDFULNESS FOR STRESS RELIEF (18+)

Increase your strength, balance and flexibility with mindful movements. Calm your mind and sooth your nervous system with simple and effective breathing and meditation techniques. These welcoming classes are designed to guide beginners as well as experienced yogis looking to return to the heart of their practice. Bring your yoga mat and any props that support your practice. (6 weeks)

Dates: Wednesdays, October 7 - November 18 (Off 11/11)

Time: 6:00PM - 7:00PM

Location: Winchester Recreation Gym

Fee: \$90.00

Drop in Fee: \$20.00

Instructor: Linda Devincentis

Min 5/Max 10

ZUMBA (18+)

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

Date: 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 experience 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 terminology, 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

ADULT PICKUP SOCCER (18+)

Join us for casual soccer play and something that doesn't require full commitment. 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.

Cost: FREE, but must register online

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, Sept. 30, Oct. 7, Oct. 14

Times: 6:30PM-8:30PM

Location: Winchester Recreation

Fee: \$200.00

Min 20/Max 24



ALL THAT JAZZ: A 'CHICAGO' MUSICAL THEATRE WORKSHOP (Ages 18+)

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: \$185.00

Instructor: Jennifer Paragas

Min 8/Max 20



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 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.

Central Rock Gym's friendly and knowledgeable staff will provide a facility tour, a new climber orientation, and on-going 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

IMPROV CLASS: SAY YES TO THIS (AGES 18+)

In this program participants will learn the core tools of improvisation: listening, spontaneity, and collaboration, through games and exercises built to develop real skill. 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. This 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 while others enroll as a first step toward acting or comedy. Either way, participants will learn 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: \$285.00

Min 6/Max 12

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



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 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

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.

1. Create a WinRec Account Before Registering for Membership

To create an account through Winchester Recreation, please click the link below and follow the steps before registering for a membership: <https://winchesterma.myrec.com/info/>

[household/login.aspx](https://winchesterma.myrec.com/info/household/login.aspx)

Please have your receipt ready to present to the check in volunteer at Leonard.

2. To Register for Open Play

Once registered for play, you can sign up to play at the link below:

[Playtimescheduler.com](https://playtimescheduler.com).

See www.winrec.com for schedule.

ADULT PROGRAMS (AGES 18+)

TENNIS @ Packer-Ellis Courts

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 topspin, 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!!!!

