

Winter Programs Sneak Preview

Wiggle and Giggles

(Ages 18 months - 3 years)

Instructor(s): Joyce Speicher

Wiggles and Giggles is a parent and tot music and movement program specifically designed for toddlers and emerging preschoolers. Wiggles and Giggles incorporates a number of themes and activities through songs, puppets, finger play and movement games that develop both fine and gross motor skills. Materials such as bean bags, hula hoops, parachute and lots more are used to keep the children engaged while moving to the music. They have fun while they learn and play. With the focus on having fun, Wiggles and Giggles is the kind of high-energy entertainment that the children and parents love.

Location: Recreation Center

6 weeks

Day	Time	Date	Price
Mon	11:15 - 12pm	Jan 27 - Mar 10	\$65

*No Class on 2/17

Movement and Athletics

(Ages 2-4)

Instructor(s): Knucklebones

Creative Movement & Athletics Program combines movement through dance and music while using unique equipment. Each week your coach will create a class filled with stretches, music (both live and recorded), games and activities, From scarves, ribbons, parachute and musical instruments to balancing stones, hula hoops, inflatable tubes and much more, This class encourages self-expression, movement, gross motor development and fun!

Location: Recreation Center

6 weeks

Session	Day	Time	Date	Price
1	Wed	9 - 10am	Jan 8 - Feb 12	\$65
2	Mon	9 - 10am	Mar 10 - April 14	\$65

Bricks 4 Kidz- Preschool Class

(Ages 4-5)

Instructor(s): Bricks4Kidz

Location: Recreation Center

6 weeks

Min: 8/Max: 15

Hands-on class that will teach preschoolers to build animals, alphabet, numbers and more using DUPLO® and LEGO® bricks. Over 100 models available.

Day	Time	Date	Price
Mon	10am-11am	Jan 6 - Feb 24	\$85

***No Class 1/20, 2/17

Micro Wheels

(Ages 2-4)

Instructor(s): Knucklebones

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.

Location - Recreation Center Gymnasium

6 weeks

Day	Time	Date	Price
Wed	9-10am	Mar 12- Apr 16	\$65

Micro Athletics

(Ages 2-4)

Instructor(s): Knucklebones

Using unique and age appropriate equipment, Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games. Sneakers are required.

Location - Fairhaven Field

6 weeks

Day	Time	Date	Price
Fri	9-10am	Apr 30 - June 4	\$65

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Karate

(Ages 5-14)

Instructor(s): Steve Nugent & Staff

This program provides introductory karate skills, teaches proper stances, breathing, stretching, self-discipline, coordination and practical self defense. All uniforms and belts are included.

Location: Recreation Center

10 weeks

Day	Age	Times	Date	Price
Thurs	5-8	4:45 - 5:30 pm	Jan 9- Mar 20	\$205
Thurs	9-14	5:30 - 6:15pm	Jan 9- Mar 20	\$205

**No class 2/20

Little Dragons Karate

(Ages 3-4)

Instructor(s): Steve Nugent & Staff

One of the best karate programs in the country taught by four-time world champion Steve Nugent and his staff. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self defense. All uniforms and belts are included in this class

Location: Recreation Center

10 weeks

Day	Times	Date	Price
Thurs	4:15pm - 4:45 pm	Jan 9- Mar 20	\$200

**No Class 2/20

Floor Hockey

(Grades 3-6)

Instructor(s): Recreation Department Staff

Join the Recreation Department Staff for a fun and exciting floor hockey program. This 5 week program will allow participants to play in fun, fast paced games during the after school hours. Participants must bring their own stick. Shin guards and eye protection are recommended.

Location: Recreation Center Gym

5 weeks

Min: 10/Max: 14

Day	Times	Date	Price
Tues	3:30 - 4:30 pm	Feb 25 - Apr 1	\$45

**No Class March 11

Bricks 4 Kidz Lab

(Grades K-5 or ages 5+)

Instructor(s): Bricks 4 Kidz

Explore Science, Technology, Engineering and Math concepts using LEGO® bricks. Each week children will build a model based on themes like Space Exploration, Laws of Motion, Sport and Animals. The instructors structure the class to promote collaboration, reinforce problem solving and stimulate the mind.

Location: Recreation Center

6 week session

Min: 8/Max: 15

Day	Times	Date	Price
Wed	3:30-4:30pm	Jan 8 - Feb 12	\$105

Iron Rail Gymnastics

(Ages 5+)

Instructor(s): Iron Rail Gymnastics Staff

Children receive gymnastics instruction on all Olympic events and trampoline. Classes emphasize the learning of basic skills, developing strength and flexibility and self-confidence. This program is designed for students who wish to participate in the sport of gymnastics on a recreational level. Children are placed into groups according to age, ability and friendship with other class mates. The emphasis is placed on fun and learning the basic skills in gymnastics.

Location: Iron Rail Gymnastics

91 Grapevine Rd, Wenham

8 weeks

Min: 4/Max: 16

Session	Day	Time	Date	Price
1	Wed	2:30 - 3:30pm	Jan 9 - Feb 27	\$120
2	Wed	2:30 - 3:30pm	Apr 9 - May 28	\$120

Girls and Boys Tumbling Tots

(Ages: 3-4)

Instructor(s): Iron Rail Gymnastics Staff

Toddlers run through a series of activities designed to stimulate, educate, and improve socialization. This informal class uses music, child-sized equipment, and finger plays to help the children develop physical, verbal, and social skills.

Location: Iron Rail Gymnastics

91 Grapevine Rd, Wenham

8 weeks

Min: 4/Max: 12

Session	Day	Times	Date	Price
1	Tues	10:15 - 11am	Jan 14 - Apr 4	\$110
2	Tues	10:15 - 11am	Apr 8 - May 27	\$110

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Teen Training and Exercise

(Age 11-15)

Instructor(s): Moira Riccio

Gear up for the Spring Sports Season with local trainer Moira Riccio. Get fit, get strong: improve CORE strength, increase cardio endurance, practice power and plyometric exercise moves...but most of all, have fun! Participants need to bring a MAT and light 3 lb. weights. Mondays & Wednesdays, 4-5pm in the gym. February 24, through April 4, 2014

Location: Recreation Center

Days	Time	Date	Price
Mon & Wed	4 -5pm	Feb 24 - Apr 4	\$125

Introduction to 3D Visualization

(Grades K-3)

Instructor(s): Computer Explorers

No amount of "huffing and puffing" will blow our buildings down! Understanding and visualizing dimension is the cornerstone of engineering, architecture, and building. Students learn principles of construction and use math skills as they experiment with scale and size, symmetry and reflections, staggering vs. stacking. In a hands-on class using LEGO® materials, we'll build houses with removable roofs, castles with turrets, and towers of strength.

Location: Recreation Center

8 weeks

Day	Times	Date	Price
Mon	4 -5pm	Jan 27 - Mar 24	\$125

**No class on 2/17

Wicked Art Bar for Kids

(Ages - 8+)

Instructor: Wicked Art Bar Staff

**Location: American Legion Building
10 School Street, Wenham**

No painting experience necessary. This workshop will allow children to paint their own masterpiece based on step by step instruction. All supplies and instruction provided by the Wicked Art Bar staff. Don't miss out on the fun!

**Location: American Legion Building/COA Building
10 School Street Wenham**

Min 10, Max 30

Day	Times	Dates	Price
Saturday	10am-1pm	Jan 11	\$55

Home Alone Safety plus Caring for Siblings

(Ages 11+)

Instructor(s): Debbie LaFlamme

This course teaches young adults the various responsibilities associated with being home alone. During this three hour workshop participants will learn when and how to get help, door safety and strangers, emergency action. In addition to basic Home Alone Safety young adults will also learn how to provide proper toddler care, Basic First Aid, creative activities for young children and much more.

Location: Recreation Center

1 Day Workshop

Day	Times	Date	Price
Sat	9:00am -12pm	Mar 29	\$35

Babysitter Training

(Ages 11+)

Instructor(s): Debbie LaFlamme

Just in time for the upcoming Valentine's Day babysitting jobs. The one day workshop will cover how to have a safe babysitting experience. Some of the topics include: Basic First Aid, infant and toddler care, creative activities for young children and much more.

Location: Recreation Center

1 Day Workshop

Day	Times	Date	Price
Sat	9:00am - 1 pm	Feb 8	\$35

Bricks 4 Kidz - Winter Brick Week

(Ages 7-12)

Instructor(s): Bricks 4 Kidz

LEGO® building that features a different theme every day. Sign up for 1,2,3 or all days of the week. Participants who enroll for all the sessions will go home with a custom mini figure!

Monday- Mission 2 Space, Tuesday-Construction Craze, Wednesday- Amazing Animals, Thursday- Cars, Trucks & Trains and Friday Sports Spectacular.

Location: Recreation Center

Min 8, Max 10

Times	Date	Price
2pm -5pm	Feb 17 - Feb 21	\$55 day/\$210week