

Saturday = Fun Day

KINDER BASKETBALL

Instructor: Allison Bleier
Ages: 4 - Kindergarten
Dates: Saturdays, January 7 - 28,
 4 Weeks
Times: 9 - 9:50 a.m. *or* 10 - 10:50 a.m.
or 11 - 11:50 a.m.
Location: West Intermediate School Cafeteria
Cost: \$35



It all starts here! Learn and best of all - have a "ball"!
 Parents are invited to attend part of the last class
 for a demonstration of the newly-acquired skills!

STEM Fun

Instructor: STEM Beginnings
Dates: Saturdays, January 7 - February 11,
 6 Weeks
Location: Shawsheen School Cafeteria
Cost: \$95

TOTS	KIDS
Ages: 3 - 5	Ages: 5 - 8
Time: 9:15 - 10:15 a.m.	Time: 10:30 - 11:30 a.m.

STEM Beginnings offers fun-filled programs appropriate for young children focused on building and sustaining interest in the areas of Science, Technology, Engineering and Math.



Kids in Motion

Instructor: Jennifer Stacey
Dates: January 7 - February 4, 5 Weeks
Location: Middle School Cafeteria
Cost: \$55

<u>Ages 2 & 3</u>	<u>Ages 4 & 5</u>
9 - 10 a.m.	10 - 11 a.m.

These classes incorporate rhythm, and movement using a variety of props and music. Consider it a first gym class!



YOGA-PLAY

Instructor: Nicole Walker
Dates: Saturdays, January 7 - February 11,
 6 Weeks
Location: West Intermediate School Music Room
Cost: \$40



Junior Yogis

Ages: 9 - 12
Time: 9 - 9:45 a.m.
 Students will learn to center themselves and practice fun yoga poses individually and as a group. Non-competitive and fun, this class helps develop strength, flexibility, concentration and confidence.

Mini Yogis

Ages: 2 - 4 w/caregiver
Time: 10 - 10:45 a.m.
 In this supportive, active class, your mini yogi will learn yoga inspired poses through music, stories and games all while building confidence, balance and flexibility.

Little Yogis

Ages: 5 - 8
Time: 11 - 11:45 a.m.
 Children will strengthen their bodies by imitating animals and nature while learning basic yoga poses. This creative playful atmosphere helps to develop flexibility and explore ways to calm the mind.



YOUTH PROGRAMS

Weekday programs held within a school are cancelled if school is closed or cancelled



JUNIOR BASKETBALL

Grades: 1 & 2
Dates: Saturdays, January 7 - February 11,
6 Weeks
Location: Shawsheen School Gym
Cost: \$47 (includes \$10 late fee)

This co-ed instructional league introduces the basics. Teams play a staggered schedule of Hourly sessions that include drills and scrimmages.



HIGH SCHOOL HOOPS

Keep in shape and have fun this winter playing organized pick-up basketball! Participants are **required** to wear a blue/white reversible mesh jersey. If needed, they are available in the Recreation Dept. for \$10.

FRESHMAN/SOPHOMORE HOOPS

Grades: 9 & 10
Dates: Mondays, November 28 - February 6
(no 12/26, 1/2 & 1/16), 8 Weeks
Time: 8 - 9:30 p.m.
Location: Middle School Gym
Cost: \$21



JUNIOR/SENIOR HOOPS

Grades: 11 & 12
Dates: Thursdays, December 1 - February 2,
(no 12/29), 9 Weeks
Time: 8 - 9:30 p.m.
Location: Middle School Gym
Cost: \$21

SNL Basketball Clinic

Grades: 4 - 8
Dates: Tuesday - Friday, February 21 - 24
Time: 9 a.m. - 1 p.m.
Location: Middle School Gym
Cost: \$100



This new co-ed school-vacation program is brought to you by the same team that runs our awesome Flag Football program! Local High School basketball coaches will help you improve your basketball skills through fun drills and scrimmages. This Clinic is suitable for all ability levels.

Beyond TOPS for Special Needs Children

This program for special needs children ages 3 - 18 allows participation in group games and basketball. Children are paired with a volunteer middle or high school student. The program is on **Saturdays, December 3 - February 11 (no 12/24 & 12/31), 9 Weeks, 10:30 - 11:30 a.m.** in the North Intermediate School Cafeteria. Contact Niki Wilson at NikiWilson3@gmail.com for registration and information.

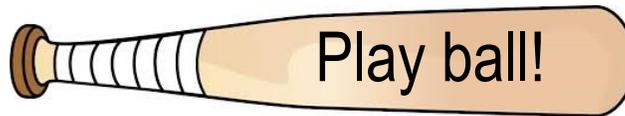
VOLLEYBALL CLINIC

Instructor: Katie Lulsdorf
Dates/Times: Tuesdays, February 28 - April 4,
6 Weeks
Location: Woburn Street School
Cost: \$40

<u>Grades 2 - 4</u>	<u>Grades 5 - 8</u>
6 - 6:50 p.m.	7 - 7:50 p.m.



This introductory program will teach the basics of this life-long sport using modified equipment as well as standard volleyballs. Students will develop skills and play mini-games.



Play ball!

The Rookies

Registration Begins: Wednesday, February 1
Ages: Age 5 (by 4/30/2017) - Grade 1
Dates: Monday - Thursday, April 24 - June 1, 6 Weeks.
Location: Boutwell Field
Cost: \$25

Registration Deadline: Thursday, March 16



This co-ed program begins with two weeks of T-Ball (Spring Training!) and moves forward into the season with coaches pitching. Teams will practice once a week to allow players to improve their baseball/softball skills and play one game each week for fun! Choose from a **Monday/Wednesday** or **Tuesday/Thursday** Schedule.

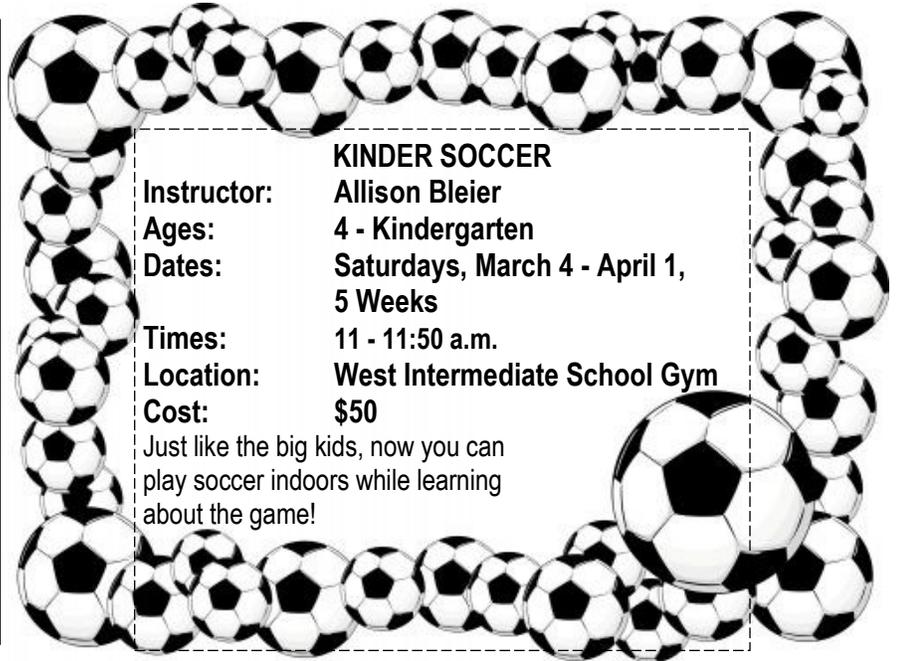
More Saturday Fun!

SPORTS 101



Instructor: Allison Bleier
Ages: 4 - Kindergarten
Dates: Saturdays, March 4 - April 1, 5 Weeks
Times: 9 - 9:50 a.m. *or* 10 - 10:50 a.m.
Location: West Intermediate School Gym
Cost: \$50

This program blends sports and games for overall fun! Sample such sports as soccer, basketball, kickball, T-Ball, and pillow polo hockey, and throw in some relay races for the most fun ever! When you pick up your child after class each week, ask them what they learned today!



KINDER SOCCER

Instructor: Allison Bleier
Ages: 4 - Kindergarten
Dates: Saturdays, March 4 - April 1, 5 Weeks
Times: 11 - 11:50 a.m.
Location: West Intermediate School Gym
Cost: \$50

Just like the big kids, now you can play soccer indoors while learning about the game!

VIKING SOCCER CLINIC

Instructors: Viking Sports
Age: 3 w/caregiver
Dates: Saturdays, March 4 - April 1, 5 Weeks
Times: 9 - 9:45 a.m. *or* 10 - 10:45 a.m.
Location: West Intermediate School Cafeteria
Cost: \$60



This introductory program teaches beginning soccer skills using age-appropriate techniques. Just like the big kids, now you can play indoor soccer! The primary goal (!) is to have fun!!!



POTTERY PLUS!

Instructor: Tricia Langeleh, Magic Brush Pottery
Grades: K - 5
Dates: Saturdays, March 4 - April 1, 5 Weeks
Time: 10 - 11 a.m.
Location: West Intermediate School Art Room
Cost: \$62

This class offers three weeks of pottery, one fused glass project and a canvas painting. All pottery pieces will be functional, food-safe and make a memorable hand-crafted gift or collectible. Paints are non-toxic and washable.



YOGA-PLAY

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Chefs in Training

Kids Cooking Green

Instructor: Lori Deliso

Location: WHS Consumer Science Room



Gingerbread House

Grades: 3 - 8

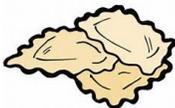
Date: Tuesday, December 6

Snow date: Wednesday, December 7

Time: 4 - 6 p.m.

Cost: \$47

Students will observe the process of making dough, rolling it out and cutting it into pieces. Using pre-baked homemade walls, students will construct and decorate a gingerbread house. Learn simple and fun decorating techniques including the use of a pastry bag. Each student will bring home their own decorated gingerbread house.



Pasta Making 101

Grades: 2 - 5

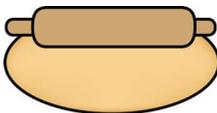
Date: Tuesday, January 24

Snow date: Tuesday, January 31

Time: 4 - 5:30 p.m.

Cost: \$42

In this hands-on class, students will learn how to make & roll out their own homemade pasta and raviolis. Each student will take home a box of homemade ravioli.



Hey, You Meatball!

Grades: 2 - 5

Date: Thursday, March 16

Time: 4 - 5:30 p.m.

Cost: \$42

You will learn to make your own meatballs from scratch, roll out pasta to form spaghetti and even make homemade garlic bread. Be the Mario Batali of your household!



KIDS TEST KITCHEN

Grades: 1 - 5

Dates: Wednesdays, February 8 - March 22 (no 2/22), 6 Weeks

Time: 4 - 5 p.m.

Location: WHS Consumer Science Room

Cost: \$95

Children will prepare fun snacks, entrees and side dishes with key nutritious ingredients. Think veggie spaghetti, great greens and healthy ice cream. Each week, students will take home the main ingredient to show off what they have learned.



CAKE TALK

Instructor:

Stephanie Almeda, Cake Talk Custom Confections

Cost:

\$28

Valentine's Day Cupcakes (Grades 2 - 5)

Wednesday, February 8 4 - 5:30 p.m.
Town Hall Auditorium

Students will learn to decorate pre-baked cupcakes. They will make buttercream frosting, and take their masterpieces and recipes home to share!



Cupcake Wars (Grades 4 - 8)

Tuesday, February 21 10 - 11:30 a.m.
WHS Consumer Science Room

Using basic vanilla cake batter, teams of two will have access to mix-ins and flavors to create their own cupcake confection. Teams will ice their cupcakes with buttercream frosting and top them with fondant toppers. Let the contest begin....



YOUTH PROGRAMS

BEGINNER BALLET LESSONS

Instructor: Nicolette McCoy
Ages: Ages 3 & 4
Dates: Fridays, January 27 - March 10 (no 2/24),
 6 Weeks
Time: 10:15 - 11 a.m.
Location: Lorraine Spada School of Dance
 52 Main Street, Suite #3
Cost: \$52



A great way to introduce music and movement into your child's life. They will have so much fun twirling, skipping and hopping their way through this beginner ballet program.

FORENSIC FUN

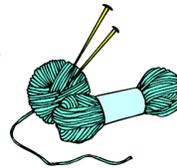
Instructor: High Touch High Tech of NE
Grades: 2 - 5
Dates: Mondays, March 6 - April 3, 5 Weeks
Time: 4 - 5 p.m.
Location: Town Hall Auditorium
Cost: \$80



Become a CSI technician as you learn to dust for fingerprints, discover DNA, inspect teeth impressions and lip prints and much more. This program is hands-on, interactive and...fun!

KNITTING PRETTY

Instructor: Jennifer Tierney
Ages: 8 - 11
Dates: Tuesdays, February 7 - March 7 (no 2/21),
 4 Weeks
Time: 6:30 - 8 p.m.
Location: Town Hall
Cost: \$35



Join our local knitting instructor and other beginners as we learn some basic knitting skills to create a scarf. Each knitter should bring two skeins of worsted weight yarn and straight US size 8 needles.

SKATING LESSONS

Instructors: Wilmington Figure Skating Club
Dates: Fridays
January 6 - February 17 7 Weeks \$120
Sibling in the same session \$109
or **March 3 - April 28, no 4/21** 8 Weeks \$135
Sibling in the same session \$123
Cost includes one-time annual \$15 USFSC registration fee (7/1/16 - 6/30/17)
Time: 4 - 4:50 p.m. or 5:20 - 6:10 p.m.
Location: Ristuccia Memorial Arena
Equipment: Helmet and single blade skates



Learn to Skate: Age 4 & up
 Class consists of 25 minutes of instruction and 25 minutes of practice time.

Learn to Skate – Hockey: Age 5 & up
 No pucks or sticks are used. Children without the necessary skills will move into Learn to Skate.



KARATE CLASSES

Instructor: Academy of Traditional Karate
 155 West St.
Dates: Tuesdays, January 17 - February 7,
 4 Weeks
Cost: \$37

<p><u>Little Dragons</u> Ages: 3 - 4 5:00 - 5:30 p.m.</p>		<p><u>Little Samurai</u> Ages: 5 - 8 5:40 - 6:10 p.m.</p>
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Lessons include basic Karate moves, Japanese culture and life skills. In weekly classes, students review and add new skills as they learn in a structured class setting. T-shirt and red belt keychain included.

FAMILY FUN SKATES

Date: Fridays: November 25
 December 30
 February 24

Time: 4 - 6 p.m.
Location: Ristuccia Arena

Head to the rink for some cool fun!
 Free for students enrolled in the Learn to Skate Program.



IRONCLAD MARTIAL ARTS

Supervisor: John Johnston
Location: IronClad Martial Arts Center
 442 Main Street
Dates: March 1 - 31
Cost: \$38

These non-contact classes are a combination of different martial arts (Muay Thai, Jiu Jitsu, Krav Maga, Karate and Wrestling) intended to improve self discipline, balance, flexibility, coordination and self control. Students can have fun while learning basic martial arts skills!

Little Warriors	(Ages 4 - 7)
<i>Unlimited visits!</i>	
Times: Mon. - Thu.:	4 - 4:30 p.m.
Sat.:	9:30 - 10 a.m.

Karate Kids	(Ages 8 - 11)
<i>Unlimited visits!</i>	
Times: Mon. - Thu.:	4:30 - 5:15 p.m.
Sat.:	10:15 - 11 a.m.