

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



## Wilmington Recreation Basketball League

Grades: Boys: 3 - 8 | Girls: 5 - 6  
 Skills Clinics: Saturdays, December 2 & 9  
 Practice/Games: Saturdays, Dec. 16 - Feb. 10  
 (no 12/23, 12/30), 7 weeks  
 Cost: \$140 (includes \$25 late fee)

**Pre-season:** Two weeks of "skills and drills" led by WRBL staff.

**2023-24 Season:** Competition begins! Each game day begins with a "warm-up" (short practice) followed by a game. Games and practices will be held in Wilmington School gyms.

*Registrations will be accepted based on availability. Medical cancelations only.*



## KINDER BASKETBALL

Age: 4 - Kindergarten  
 Dates: Saturdays, January 6 - 27, 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: \$50



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!

## ARCHERY

Instructor: Bob Wait, *On-Site Archery*  
 Dates: Tuesdays, January 9 - February 6, 5 weeks  
 Location: Shawsheen School Gym  
 Cost: \$140



Taught by a Level 3 USA Archery Coach, this program teaches archery safety, range procedures, steps of shooting, scoring and games. All equipment provided.

Grades 3 - 5	Grades 6 - 9
6:30 - 7:30 p.m.	7:40 - 8:40 p.m.



# SCHOOL VACATION SENSATION

Tuesday - Friday, February 20 - 23

## KIDS' TEST KITCHEN ACADEMY

**Instructor:** Kids' Test Kitchen  
**Grades:** 1 - 5  
**Time:** 9:30 a.m. - 12 p.m.  
**Location:** WHS Consumer Science Room  
**Cost:** \$225

*Kids' Test Kitchen is on a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients!*



Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. At the end of class, students will receive the main ingredient, or a sample of the finished dish, and the recipe so they can show off what they learned! The recipe line-up includes: **Creamy Tomato Tortellini Soup, Cookies for Breakfast, Greens 'n Things with Chicken Sausage & Angel Hair, Crepes, and Shockingly Delicious Black Bean Brownies!**

## SNL BASKETBALL CLINIC

**Instructor:** SNL Sports Academy  
**Grades:** 4 - 8  
**Time:** 9 a.m. - 1 p.m.  
**Location:** Middle School Gym  
**Cost:** \$150



This co-ed program is brought to you by the same team that runs our awesome Flag Football program! A local High School basketball coach will help you improve your basketball skills through fun drills and scrimmages. This active clinic is suitable for all ability levels.

## SNL SUPER SPORTS

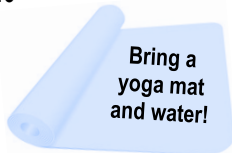
**Instructor:** SNL Sports Academy  
**Grades:** K - 3  
**Time:** 1:30 - 3 p.m.  
**Location:** Middle School Gym  
**Cost:** \$80



This co-ed program will include wiffle ball, soccer, flag football, basketball, floor hockey, dodgeball and more. Each day will focus on two different sports. Players can try new sports and develop existing skills. A great way to spend some winter afternoons!

## YOGA PLAY

**Instructor:** Nicole Walker  
**Dates:** Saturdays, January 6 - February 3,  
 5 weeks  
**Location:** West Intermediate School Library  
**Cost:** \$40



## Little Yogis

**Ages:** 5 - 10  
**Time:** 9 - 9:45 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.



## 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.



## BLAST!

### Babysitter Lessons and Safety Training

**Instructor:** Juanita Allen Kingsley  
**Grades:** 6 - 8  
**Date:** Monday, November 20 *or* Tuesday, March 12  
**Time:** 2:35 - 4:35 p.m.  
**Location:** Wilmington Middle School  
**Cost:** \$60

This workshop includes:

- \* House safety
- \* Activities for different ages
- \* Choking prevention and relief
- \* What to consider before you take a job
- \* Communication - with parents, children and your parents
- \* How and when to call for help; how to call 911



## HOME ALONE SAFETY

**Instructor:** Juanita Allen Kingsley  
**Grades:** 4 - 5  
**Date:** Monday, November 20 *or* Tuesday, March 12  
**Time:** 4:35 - 6:05 p.m.  
**Location:** Wilmington Middle School  
**Cost:** \$55

This workshop includes:

- \* Telephone and door answering techniques
- \* Internet safety
- \* Accident and fire protection
- \* How to call 911
- \* First Aid techniques
- \* How to prevent and relieve choking
- \* Time management tips



## KARATE

**Instructor:** Academy of Traditional Karate  
**Dates:** Monday, February 5 -  
 Saturday, March 2,  
 4 weeks  
**Location:** 155 West Street  
**Cost:** \$50

Try an introduction to traditional Karate where life skills such as focus, respect, confidence, self-discipline and goal setting are taught while achieving the physical benefits of self-defense, fitness and stress reduction.

Each week students learn new skills and build upon those from their previous class.

Choose your class day and time, with the flexibility to book make-up classes within the four week program!



### Little Dragons (Ages 3 & 4)

**Tuesdays:** 4:30 - 5 p.m.  
**Saturdays:** 11 - 11:30 a.m.

### Little Samurai (Ages 5 & 6)

**Mon. or Wed.:** 4:30 - 5:15 p.m.  
*or* 5:30 - 6:15 p.m.  
**Tue. or Thu.:** 4:30 - 5:15 p.m.  
**Saturdays:** 9 - 9:45 a.m.

### Karate Kids (Ages 7 - 12)

**Mon. or Wed.:** 4:30 - 5:15 p.m.  
*or* 5:30 - 6:15 p.m.  
**Tue. or Thu.:** 5:30 - 6:15 p.m.  
**Saturdays:** 9 - 9:45 a.m.  
*or* 10 - 10:45 a.m.

## IRONCLAD MARTIAL ARTS



**Supervisor:** John Johnston  
**Dates:** January 1 - 31 *and/or* March 1 - 31  
**\*\*Unlimited visits!\*\***  
**Location:** IronClad Martial Arts Center  
 335 Main Street  
**Cost:** \$55

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! There is no physical contact between students.

### Little Warriors (Ages 4 - 6)

**Mon. - Thu.:** 4 - 4:30 p.m.  
**Saturdays:** 9:30 - 10 a.m.

### Karate Kids (Ages 7 - 11)

**Mon. - Thu.:** 4:30 - 5:15 p.m.  
**Saturdays:** 10:15 - 11 a.m.

## KIDS' TEST KITCHEN



**Grades:** 1 - 5  
**Dates:** Wednesdays, February 7 - March 20 (no 2/21), 6 weeks  
**Time:** 4:30 - 5:30 p.m. *or* 5:45 - 6:45 p.m.  
**Location:** WHS Consumer Science Room  
**Cost:** \$175

We are on a mission to get all "eaters" cooking, tasting and thinking about healthy ingredients! Students will learn about different foods and then prepare dishes armed with their new knowledge. Each day take home the main ingredient, or a sample of the finished dish, and the recipe to replicate at home!

## MOVE & TUMBLE



**Instructor:** Meghan Sullivan  
**Ages:** 3 & 4  
**Dates:** Mondays, January 8 - February 12, 6 weeks  
**Time:** 4:15 - 5:15 p.m.  
**Location:** Legacy Studios (1 Burlington Ave.)  
**Cost:** \$55

A creative movement class for our youngest movers and shakers. A great way to introduce music and movement into your child's life. They will be twirling, skipping, dancing and hopping their way through this program!

## READY, SET, LE-GO!

**Instructor:** Right Brain Curriculum  
**Grades:** 2 - 5  
**Date:** Thursdays, January 11- February 15, 6 weeks  
**Time:** 4:30 - 6 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$150

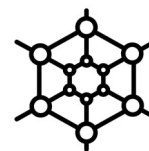


If you love building with LEGO®, this is the class is for you! Each week participants will be challenged to create a sensational LEGO® scene. Each challenge is a mystery that the teacher will reveal - A helicopter rescue scene? A space shuttle launch site? LEGO® Godzilla attacking a city?? Best be ready for anything! Then it's off to the races as partners have limited time to create a scene and present it to the class. Presentation skills will be key as they try to persuade the class that their LEGO® creation is #1. LEGO® and public speaking, now that's a match!

## SPLAT!

**Instructor:** Wicked Cool for Kids  
**Grades:** K - 5  
**Date:** Thursdays, March 7 - April 4, 5 weeks  
**Time:** 4:30 - 5:30 p.m.  
**Location:** Town Hall Auditorium  
**Cost:** \$140

Splat! is where science and art meet. Students will create and design colorful projects while learning science concepts. Construct a kinetic motion-based marble painting, colorful kaleidoscopes, and use chromatography to find hidden colors. Experiment with primary and secondary colors while growing polymers and create a shimmering undersea scene.



**Registration Begins:**  
**Thursday, February 1**

**Registration Deadline:**  
**Thursday, March 14**



## THE ROOKIES

**Ages:** Age 5 (by 9/1/2024) - Grade 1  
**Dates:** Monday - Thursday  
 April 22 - May 30, 6 weeks  
**Location:** Boutwell Field  
**Cost:** \$50



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!

Choice of a **Monday practice/Wednesday game** *or* **Tuesday practice/Thursday game** schedule.  
**Practices:** 45 minute practices are assigned, and will be at 5:15, 6:00 *or* 6:45 p.m.  
**Games:** 60 minute games will be played at 5:30 and 6:45 p.m. on a rotating schedule.

**Volunteer Coaches Needed!**

You can register to coach your child's team at the same time you register your child!



SPRING  
 PREVIEW!

# SATURDAY = FUN DAY!



## SNL SUPER SPORTS JR.

**Instructor:** SNL Sports Academy  
**Ages:** 3 & 4  
**Dates:** Saturdays, March 2 - 30, 5 weeks  
**Times:** 9 - 9:45 a.m.  
**Location:** West Intermediate School Gym  
**Cost:** \$60

This program is an introduction to sports for our youngest athletes. They will learn soccer and t-ball, as well as playing fun games!

## POTTERY PLUS!

**Instructor:** Magic Brush Pottery  
**Dates:** Saturdays, March 2 - 30, 5 weeks  
**Location:** West Intermediate School Art Room  
**Cost:** \$105



This class includes 5 weeks of pottery projects, fused glass mosaic, and 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.

Grades 3 - 5	Grades K - 2
9 - 10 a.m.	10:15 - 11:15 a.m.



## SPORTS 101

**Ages:** 4 - Kindergarten  
**Dates:** Saturdays, March 2 - 30, 5 weeks  
**Times:** 9 - 9:50 a.m. *or* 10 - 10:50 a.m.  
**Location:** West Intermediate School Cafeteria  
**Cost:** \$55

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!

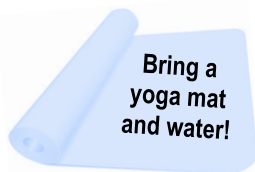
## KINDER SOCCER

**Ages:** 4 - Kindergarten  
**Dates:** Saturdays, March 2 - 30, 5 weeks  
**Times:** 11 - 11:50 a.m.  
**Location:** West Intermediate School Cafeteria  
**Cost:** \$55

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

## YOGA PLAY

**Instructor:** Nicole Walker  
**Dates:** Saturdays, March 2 - 30, 5 weeks  
**Location:** West Intermediate School Library  
**Cost:** \$40



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