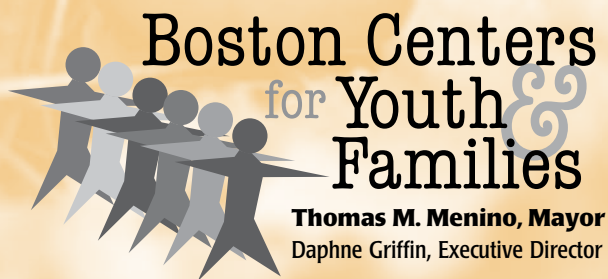


# West Roxbury Community Centers

*Fall/Winter 2009*



**Thomas M. Menino, Mayor**  
Daphne Griffin, Executive Director

# Who We Are

The West Roxbury Community Centers, comprised of the Roche Family Community Center, Draper Pool and the West Roxbury Education Complex, is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council, and in partnership with the Boston Centers for Youth & Families, the Center's continued mission is to reach all residents of its community and provide quality educational, recreational and social programs.

In January 2006, the West Roxbury Community Centers and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

## **Fall/Winter Schedule**

August 29	Registration for City of Boston residents only 9:00am-12:00pm at back entrance
September 2	Registration begins for non-residents @ 9am
September 12	1st Annual WRCC Autumn Gathering 7pm-11pm
September 14	*Session I begins
September 14	Small Wonders 4 year olds
September 15	Small Wonders 3 year olds
October 3 & 17	Girls House League Tryouts
October 10 & 24	Boys House League Tryouts
November 2	*Session II begins
November 14	House League begins
November 18	Thanksgiving Lunch for Seniors
December 16	Holiday Lunch for Seniors

## **West Roxbury Community Center Council Members**

Paul Kilgarriff	Jay Walsh
Colleen Fahy, Vice President	Michael Lynch, Treasurer
Kathy Gallant, President	James McDonough
Liz Wonsy	David O'Donnell
Kelly Harrington	Carla Roddy, Secretary

## **Membership at WRCC**

### **How to become a Member**

To become a member of the West Roxbury Community Centers, simply come to any location and pay the annual membership fee, membership is renewable each September.

### **Membership Privileges**

This brochure details programs offered for the 2009 Fall/Winter sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages.

<b>Membership</b>	<b>City of Boston Residents</b>	<b>Non-residents</b>
Family	\$40	\$80
Individual	\$25	\$50
Senior	\$10	\$20
Fitness Center	\$40	\$80

## **Registration**

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Fall/Winter 2009 programs begins on Saturday, August 29th at 9am for **City of Boston residents ONLY**. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, September 2nd at 9am. **One registration per family/member on August 29th**. Unless otherwise stated in the program description, WRCC membership is required. Please call (617)635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted**. Enrollment in the Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. **Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.**

## **Registration Policy**

1. Memberships are non-refundable.
2. There are no refunds given after registration is taken for a program.
3. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition.

## **Roche Family Community Center**

**A George Robert White Trust Facility**  
**1716 Centre Street • (617) 635-5066**

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

### **Hours of Operation**

Monday- Friday 8:00am – 9:00pm  
Saturday 9:00am – 5:00pm

### **Fitness Center**

Monday- Friday 8:00am – 8:00pm  
Saturday 9:00am – 4:00pm

## **West Roxbury Education Complex**

**1205 VFW Parkway • (617) 635-5190/(617) 635-5015**

Ample parking is available at the high school.

### **Hours of Operation**

Monday- Friday 3:00pm – 9:00pm  
Saturday 9:00am – 5:00pm

### **Pool Hours**

Monday- Friday Open/Lap 4pm – 8pm

## **Draper Pool**

**5279 Washington Street • (617) 635-5021**

Parking available on street.

### **Hours of Operation**

Monday-Friday 6am-8pm

For more information on classes and daily schedule call (617)635-5021.

## **Jim Roche Community Ice Arena**

**1275 VFW Parkway • (617) 323-9512**

Parking available in lot next to the arena.

Additional information available at [www.fmcarenas.com](http://www.fmcarenas.com)

## **Public Skating**

Monday – Friday 12noon – 1:50pm  
Friday evenings 8-9:50pm with DJ  
Saturday afternoons 2-3:50pm  
Sunday afternoons 2-3:50pm

\$4.00 admission – all ages / \$4.00 rental skates

Schedules available at arena, online @ [www.fmcarenas.com](http://www.fmcarenas.com) or call 888-64-RINKS

## **Senior Skate**

Wednesdays 11 – 11:50am

Free admission for seniors ages 65 & up

## **2009 Holidays**

West Roxbury Community Centers will be closed in observance of the following holidays:

Columbus Day	Oct 12
Veterans Day	Nov 11
Thanksgiving	Nov 26
Christmas	Dec 25

**Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.**

# Preschool Programs

## Toddler Time

### Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

### Session 1 begins the week of September 14, 2009

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00–9:45am
TT2	1	Crawling – 1.5	Wednesday	9:00–9:45am
TT3	1	Crawling – 1.5	Thursday	9:00–9:45am
TT4	1	1.5- 2.5	Tuesday	9:45–10:30am
TT5	1	1.5- 2.5	Wednesday	9:45–10:30am
TT6	1	1.5- 2.5	Thursday	9:45–10:30am
TT7	1	2.5- 3	Tuesday	10:30–11:15am
TT8	1	2.5- 3	Wednesday	10:30–11:15am
TT9	1	2.5- 3	Thursday	10:30–11:15am

### Session 2 begins the week of November 2, 2009

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00–9:45am
TT11	2	Crawling – 1.5	Wednesday	9:00–9:45am
TT12	2	Crawling – 1.5	Thursday	9:00–9:45am
TT13	2	1.5- 2.5	Tuesday	9:45–10:30am
TT14	2	1.5- 2.5	Wednesday	9:45–10:30am
TT15	2	1.5- 2.5	Thursday	9:45–10:30am
TT16	2	2.5- 3	Tuesday	10:30–11:15am
TT17	2	2.5- 3	Wednesday	10:30–11:15am
TT18	2	2.5- 3	Thursday	10:30–11:15am

Instructor: Kathy Davis

## Sticky Fingers

### Tuition: \$30 per seven week session

This parent interactive class will get you messy with your child. Due to the popularity of this class, members may only register for 1 class per week.

**Limit 10 per class.**

### Session 1 begins the week of September 14, 2009

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00–9:45am
SF2	1	18 months – 2.5	Wednesday	9:00–9:45am
SF3	1	18 months – 2.5	Thursday	9:00–9:45am
SF4	1	2.5-3.5	Tuesday	9:45–10:30am
SF5	1	2.5-3.5	Tuesday	10:30–11:15am
SF6	1	2.5-3.5	Wednesday	9:45–10:30am
SF7	1	2.5-3.5	Wednesday	10:30–11:15am
SF8	1	2.5-3.5	Thursday	9:45–10:30am
SF9	1	2.5-3.5	Thursday	10:30–11:15am

### Session 2 begins the week of November 2, 2009

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00–9:45am
SF11	2	18 months – 2.5	Wednesday	9:00–9:45am
SF12	2	18 months – 2.5	Thursday	9:00–9:45am
SF13	2	2.5-3.5	Tuesday	9:45–10:30am
SF14	2	2.5-3.5	Tuesday	10:30–11:15am
SF15	2	2.5-3.5	Wednesday	9:45–10:30am
SF16	2	2.5-3.5	Wednesday	10:30–11:15am
SF17	2	2.5-3.5	Thursday	9:45–10:30am
SF18	2	2.5-3.5	Thursday	10:30–11:15am

Instructor: Donna Mattimoe

## Sports, Games & More...

### Tuition: \$30 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

#### Session 1 begins the week of September 14, 2009

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:00–9:45am
SG2	1	3	Monday	9:45–10:30am
SG3	1	3	Wednesday	12:15–1:00pm
SG4	1	4	Wednesday	1:00–1:45pm
SG5	1	4	Thursday	12:15–1:00pm
SG6	1	4	Thursday	1:00–1:45pm
SG7	1	3	Friday	9:00–9:45am
SG8	1	3	Friday	9:45–10:30am

#### Session 2 begins the week of November 2, 2009

Code	Session	Age	Day	Time
SG9	2	3	Monday	9:00–9:45am
SG10	2	3	Monday	9:45–10:30am
SG11	2	3	Wednesday	12:15–1:00pm
SG12	2	4	Wednesday	1:00–1:45pm
SG13	2	4	Thursday	12:15–1:00pm
SG14	2	4	Thursday	1:00–1:45pm
SG15	2	3	Friday	9:00–9:45am
SG16	2	3	Friday	9:45–10:30am

Instructor: Joan Kennedy

## Creative Movement and Dance

### Tuition: \$30 per seven week session

Preschoolers love to move! This class will include interactive songs and dance, movement games and stories, and basic locomotive skills such as skipping, hopping and galloping. No special attire is necessary. **Participants must be 3/4 years old by September 14th, 2009 and be able to separate from parents and follow instructions.**

#### Session 1 begins the week of September 14, 2009

Code	Session	Age	Day	Time
CD1	1	3	Monday	9:45–10:30am
CD2	1	4	Monday	10:30–11:15am

#### Session 2 begins the week of November 2, 2009

Code	Session	Age	Day	Time
CD3	2	3	Monday	9:45–10:30am
CD4	2	4	Monday	10:30–11:15am

Instructor: Valerie Maio

## Story Time & Crafts

### Tuition: \$30 per seven week session

This language based program will assist 4 year olds with the following skills: listening skills, sequencing, and self-expression. A simple craft will be made which ties into the story theme. **Limit 10 per class.**

#### Session 1 begins the week of September 14, 2009

Code	Session	Age	Day	Time
STC1	1	4	Wednesday	1:00–1:45pm
STC2	1	4	Thursday	1:00–1:45pm

#### Session 2 begins the week of November 2, 2009

Code	Session	Age	Day	Time
STC3	2	4	Wednesday	1:00–1:45pm
STC4	2	4	Thursday	1:00–1:45pm

Instructor: Kathy Davis

## Melody Mondays

**Tuition: \$30 per seven week session**

Learn new songs, share old favorites, join in a marching band, sing and dance in this fun-filled musical adventure. **Participants must be 4 years old by September 14, 2009 and be able to separate from parents and follow instructions. Limit 10**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
MM1	1	4&5	Monday	1:15-2pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
MM2	2	4&5	Monday	1:15-2pm

**Instructor: Joan Kennedy**

## Youth Programs

### Peewee Basketball

**Tuition: \$25 per seven week session**

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. **All participants must wear appropriate athletic attire for class.**

**Session 1 begins the week of September 14, 2009**

Code	Session	Grade/Age	Day	Time
PWB1	1	K2/5	Tuesday	4:00-4:45pm
PWB2	1	K2/5	Wednesday	4:45-5:30pm
PWB3	1	1	Tuesday	4:45-5:30pm
PWB4	1	1	Thursday	4:00-4:45pm
PWB5	1	2	Wednesday	4:00-4:45pm
PWB6	1	2	Thursday	4:45-5:30pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Grade/Age	Day	Time
PWB7	2	K2/5	Tuesday	4:00-4:45pm
PWB8	2	K2/5	Wednesday	4:45-5:30pm
PWB9	2	1	Tuesday	4:45-5:30pm
PWB10	2	1	Thursday	4:00-4:45pm
PWB11	2	2	Wednesday	4:00-4:45pm
PWB12	2	2	Thursday	4:45-5:30pm

**Instructors: Bridget Mahoney and Jesse DeForge**

### Wide World of Sports

**Tuition: \$25 per seven week session**

Participate in a variety of recreational sports including floor hockey, wiffleball, soccer, basketball and more!

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
WW1	1	6-8	Friday	3:00-3:50pm
WW2	1	6-8	Friday	4:00-4:50pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
WW3	2	6-8	Friday	3:00-3:50pm
WW4	2	6-8	Friday	4:00-4:50pm

**Instructors: Bridget Mahoney and Jesse DeForge**

### Youth Karate

**Tuition: \$40 per seven week session**

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. **Limit 15 per class**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
YK1	1	4-8	Saturday	9:00-9:45pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
YK2	2	4-8	Saturday	9:00-9:45pm

**Instructor: Ari Cassarino**

## Beginner Guitar Class

**Tuition: \$100 per 14 week session**

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

**14 week session begins the week of Monday, September 14, 2009**

Code	Session	Ages	Day	Time
BGC1	1	9-16	Monday	6pm-7pm

**Instructor: Brian Campell**

## Pee Wee Drama

**Tuition: \$30 per seven week session**

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
PWD1	1	4-6	Thursday	3:30-4:15pm
PWD2	1	4-6	Friday	3:30-4:15pm
PWD3	1	6-8	Friday	4:15-5:00pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
PWD4	2	4-6	Thursday	3:30-4:15pm
PWD5	2	4-6	Friday	3:30-4:15pm
PWD6	2	6-8	Friday	4:15-5:00pm

**Instructor: Bill Jacob**

## Act it Out!

**Tuition: \$30 per seven week session**

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
AO1	1	9 & up	Friday	5:00-5:45pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
AO2	2	9 & up	Friday	5:00-5:45pm

**Instructor: Bill Jacob**

## Home Alone Safety

**Tuition: \$30**

In this Safety Awareness class, children will learn skills to be more confident and safe when home alone after school or when parents are out doing errands. Skills include stranger awareness, first aid, rescue breathing, fire safety and home emergency situations. This is a 2 day 3 hour course.

Code	Session	Ages	Day	Time
HAS1	1	9-12	Mon. 9/21 & 10/5	5:00-6:30pm

**Instructor: Bonnie Houston**

## Hip Hop

**Tuition: \$45 per seven week session**

This is a high-energy class that will combine elements of jazz and hip hop culture together with the latest sounds in rap, R&B and pop music. With movements influenced by some of today's hottest video choreographers this class begins with a creative warm up, stretching, cardio, freestyle, and a fun intense combination. **Limit 15 per class.**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
HOP1	1	7-12	Monday	5:00-6pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
HOP2	2	7-12	Monday	5:00-6pm

**Instructor: ToRena Webb**

## Art Projects that are NEW & COOL

### Tuition: \$55 per seven week session

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
CRAFT1	1	5-6	Tuesday	3:45-4:30pm
CRAFT2	1	7-10	Tuesday	4:45-5:30pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
CRAFT3	2	5-6	Tuesday	3:45-4:30pm
CRAFT4	2	7-10	Tuesday	4:45-5:30pm

Instructor: Joane Clamage

# WRCC HOUSE LEAGUE

## Boys' & Girls' Basketball Leagues

Tuition: \$75.00

Sign up now for the 14th season of WRCC's Boys'/Girls' House League!! This program consists of team concepts and competitive games. Teams will be determined by grade and scrimmage evaluations. Each team will practice once a week and play on Saturdays. Girls games are played Saturday mornings(9am-12pm) & Boys play in the afternoon. Attendance at weekly practice is mandatory. Coaches are needed to assist with the league, if you are interested in coaching please contact Bridget or Jesse at (617)635-5066. All coaches must submit to a cori check by October 15th so register early.

Scrimmage evaluations for the Boys' & Girls' will be held on Saturdays in October at the Roche Center. Players must attend **one** of the Saturdays to be evaluated before he/she will be assigned to a team. **Games begin on Saturday, November 14th.**

### TRYOUT SCHEDULE

Code	Grades	Dates	Day	Time
GHL1	3&4	October 3	Saturday	10:00-12pm
GHL1	3&4	October 17	Saturday	1:00-3pm
GHL2	5&6	October 3	Saturday	1:00-3pm
GHL2	5&6	October 17	Saturday	10:00-12pm
BHL1	3&4	October 10	Saturday	10:00-12pm
BHL1	3&4	October 24	Saturday	1:00-3pm
BHL2	5&6	October 10	Saturday	1:00-3pm
BHL2	5&6	October 24	Saturday	10:00-12pm

**\*Players must register for the House League by September 28th in order to be ensured a slot on a team. Look on the House League Web Site for more information: [www.leaguelineup.com/wrcc](http://www.leaguelineup.com/wrcc)**

## Boys' Teen Basketball League

Tuition: \$75

Sign up now for the WRCC Teen House League! Teens will play at the Roche Center on Friday nights. Coaches are needed to assist with the teams. Pre-registration for the league is required as space is limited to 6 teams. Players must register by September 28th in order to be ensured a slot on a team.

**Games will begin on Friday, November 13th**

Code	Session	Day	Time
BTL	7-9	Friday	5pm-9pm

## Coaches Meetings

Coaches are needed for all our leagues. Experience is not required, as the WRCC staff will be working with all practices. If you are interested in coaching let us know when you register your child or contact Bridget/Jesse for more information at (617) 635-5066. All coaches must complete a CORI and SORI check. **Coach Meeting Dates**

Grades	Date	Time
3&4	November 4	7pm-8pm
5&6	November 5	7pm-8pm

## House League Co-ed Skills Clinic

### Tuition: \$25/ 1 seven week session

Come down and work on your skills before the House League begins. This one session clinic will have you prepared for evaluations and ready to play. The clinics will begin on Tuesday, September 15th at the Roche Center.

Code	Session	Grades	Day	Time
SC1	1	3-4	Tuesday	6:00-6:45pm
SC2	1	5-6	Wednesday	6:00-6:45pm

Instructors: Bridget Mahoney and Jesse DeForge

## The Teen Center On Centre

Grades 6-up

WRCC's Teen Center on Centre program is for youth in Grades 6 and up. Included in the yearly membership fee is our drop-in center. If you have any questions or suggestions for programming they are welcomed. Please feel free to contact Courtney or Tracy or just drop-in and meet them.

### Teen Center Drop In

Mondays	3-6pm
Tuesdays & Thursdays	2:30-4:30pm
Fridays	5-8:30pm

This is a chance for the teens to come together with friends, and have the opportunity to make new friends in a relaxed environment. Teens will also have the opportunity to take part in various sport activities. Get your homework assignments done in our computer lab or simply come down and hang out. **Membership is all you need to take part in this program.**

**Mondays Co-ed OPEN GYM 3pm - 5pm Ages 12-16 only. Players from Regis college men's soccer, lacrosse, and basketball teams will also be joining for our new Mentor Mondays.**

**Open Gym Schedule- Tues, Wed, and Thurs. 2 p.m.-4 p.m. Ages 12-16 only.**

**TUTOR PROGRAM Available Tues & Thurs 3:00-5:00- Free to all members.**

All members of the youth center receive access to the WARM2Kids suite of social and emotional development focused content, features and readily available 24/7 via [www.warm2kids.com](http://www.warm2kids.com). Computers are available to all youth who are WRCC members.

### Cooking Club

#### Tuition: \$50 per seven week session

We are collaborating with several community restaurants. Visiting and learning from the Pros how the magic really happens!!! The Corrib, West on Centre and Spring Street Grille just to name a few. **Limit 8 per class**

#### Session 1 begins the week of September 14, 2009

Code	Session	Grades	Day	Time
COOK1	1	6&up	Wednesday	3:00-4:30pm

#### Session 2 begins the week of November 2, 2009

Code	Session	Grades	Day	Time
COOK2	2	6&up	Wednesday	3:00-4:30pm

Instructors: Courtney Losi & Tracy Fermino

### Girl's Fitness Club

#### Tuition: \$40 per seven week session

Walking, Aerobics, Swimming, Nutrition. Let's Get Fit!!!

#### Session 1 begins the week of September 14, 2009

Code	Session	Grades	Day	Time
GFC1	1	6&Up	Tues & Thurs	4:00-5:00pm

#### Session 2 begins the week of November 2, 2009

Code	Session	Grades	Day	Time
GFC2	2	6&Up	Tues & Thurs	4:00-5:00pm

Instructors: Courtney Losi & Tracy Fermino

## Friday Night Field Trips & Half Day Program

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing [courtney.losi@comcast.net](mailto:courtney.losi@comcast.net) or [tracy.fermino@comcast.net](mailto:tracy.fermino@comcast.net). We are also available on FACEBOOK. Check out our WRCC Fan Page. Pre-registration is required as space is limited. Participants must be at the Roche Center ½ hour before the scheduled time.

**\*NEW\* Must fill out permission slips for all trips.**

## Boot Camp for Teens

**Tuition: \$35 per seven week session**

Looking to get in shape, then look no further. This 7 week Boot Camp will energize and boost your overall fitness goals. Through various exercises and drills you will feel and see results. **Limit 15 per class**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
BCT1	1	6 Grade&Up	Saturday	10am-11am

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
BCT2	2	6 Grade&Up	Saturday	10am-11am

**Instructor: Matthew Fermino**

## September Apple Picking Trip

Come enjoy a nice Fall Saturday morning in Natick picking your own apples at Look-out Farm.

Code	Trip	Grades	Day/Date/Time	Cost
APT1	Look-Out Farm	6&up	Sat. 9/12/09 10am	\$10 plus apples

## Boys Night Guitar Hero Tournament!!!

Come to the TCOC to show off some of your talents with a boys only guitar hero night!! Pizza, soda, and prizes awarded to the top three rockers!!!

Code	Grades	Day/Date/Time	Cost
BNT1	6&up	Fri. 9/25/09 5pm	\$5 per person

## October Girls' Night Out!!!

Just for girls-A night of fun with manicures, pedicures, then back to the TCOC for a movie & pizza!!

Code	Trip	Grades	Day/Date/Time	Cost
OGN1	Salon	6&up	Fri. 10/2/09 4pm	\$50

## October Haunted House Night

The TCOC gets scary!! Join Courtney and Tracy on a trip to Barretts Haunted Mansion for some spooky times!!

Code	Grades	Day/Date/Time	Cost
OHH1	6&up	Fri. 10/23/09 4:30pm	\$25 per person

## Girls Shopping Trip

Join Courtney and Tracy on an all-girls shopping trip to the Natick Collection! Browse around and bring some shopping money!!!

Code	Trip	Grades	Day/Date/Time	Cost
GST1	Natick Mall	6&up	Fri. 11/13/09 4pm	\$5 plus spending \$\$

## December Holiday Shopping Trip

Let's go shopping!! Come along with Courtney and Tracy to the Wrentham Outlets to finish all your holiday shopping! Please bring your own spending money for shopping and lunch, and let's go!!!

Code	Trip	Grades	Day/Date/Time	Cost
SHOP1	Wrentham Outlets	6&up	Sat. 12/5/09 9am	\$5 plus spending \$\$

## DVD Premiere Night

Each month the TCOC will premiere a new movie on DVD. \$5 registration for the movie, pizza and soda! Please watch the bulletin for more info! In the past, we have had pizza generously donated by The Real Deal, Target Pizza, Deno's and The Upper Crust.

## TCOC Holiday Giving Tree

For our 6th year in a row, we will be setting up our Holiday Giving Tree. The TCOC will sponsor families through "My Brother's Keeper". This non-profit represents less fortunate families in Massachusetts. Look for our trees at the Roche Center in early December.

## December Teen Week

Past trips have included sledding at Amesbury Sports Park, skating at United Skates of America, and Bowling at Boston Bowl! What will happen this year? - Details coming soon!!!!

# Adult Programs

## Morning Yoga

**Tuition: \$40 per seven week session**

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
MY1	1	Adult	Thursday	9:00-9:45am

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
MY2	2	Adult	Thursday	9:00-9:45am

**Instructor: JoAnn Arone**

## Yoga for Adults

**Tuition: \$50 per seven week session**

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and piece of mind. Each class will consist of a physical workout followed by relaxation and meditation.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
AY1	1	Adult	Monday	6:30-7:45pm
AY2	1	Adult	Wednesday	6:00-7:15pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
AY3	2	Adult	Monday	6:30-7:45pm
AY4	2	Adult	Wednesday	6:00-7:15pm

**Instructor: Ines Hudson**

## Beginning Yoga for Adults

**Tuition: \$50 per seven week session**

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
YBA1	1	Adult	Tuesday	5:45-7pm
YBA2	1	Adult	Tuesday	7:15-8:30pm
YBA3	1	Adult	Thursday	7:15-8:15pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
YBA4	2	Adult	Tuesday	5:45-7pm
YBA5	2	Adult	Tuesday	7:15-8:30pm
YBA6	2	Adult	Thursday	7:15-8:15pm

**Instructor: Raven Sadhaka Seltzer**

## Parent & Baby Yoga

### Tuition: \$45 per seven week session

An interactive class between parent and baby which allows for bonding and encourages baby's proper digestion, strengthening, growth and development and helps mom's body readjust after giving birth. We use simple yoga movements and poses in which baby either watches parent from a blanket or cushion, or is part of the movement or pose. Breastfeeding breaks are fine and expected. Please bring your own yoga sticky mat (a nice thick one or two layered), a large towel or blanket for baby, a cushion for baby and a bottle of water for yourself. **Limit 15**

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
PBY1	1	Infants	Wednesday	10:15-10:45am
PBY2	1	Almost Sitting	Wednesday	11:00-11:30am
PBY3	1	Almost Crawling	Wednesday	11:45-12:15pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
PBY4	2	Infants	Wednesday	10:15-10:45am
PBY5	2	Almost Sitting	Wednesday	11:00-11:30am
PBY6	2	Almost Crawling	Wednesday	11:45-12:15pm

**Instructor: Raven Sadhaka Seltzer**

## Zumba

### Tuition: \$50 per seven week session

Zumba can best be described as international dance fitness. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
ZUM1	1	Adult	Wednesday	7:30-8:30pm
ZUM2	1	Adult	Thursday	6:00-7:00pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
ZUM3	2	Adult	Wednesday	7:30-8:30pm
ZUM4	2	Adult	Thursday	6:00-7:00pm

**Instructor: MaryJane Johnston**

## Boot Camp for Adults

### Tuition: \$35 per seven week session

Looking to get in shape? Then look no further. This 7 week Boot Camp will energize and boost your overall fitness goals. Through various exercises and drills you will feel and see results. **Limit 15 per class**

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
BCA1	1	Adult	Saturday	11am-12pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
BCA2	2	Adult	Saturday	11am-12pm

**Instructor: Matthew Fermino**

## Adult Self Defense

### Tuition: \$50 per seven week session

Fast paced, fun and high intensity class sure to bring out your inner strength. Learn real, no-nonsense, attack defense moves and feel confident with the skills you will learn. **Limit 15 per class**

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
ASD1	1	Adult	Monday	8-8:45pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
ASD2	2	Adult	Monday	8-8:45pm

**Instructor: Ari Cassarino**

## Knitting for Adults

### Tuition: \$50 per seven week session

Come learn how to knit and purl for beginners.

### Session 1 begins the week of September 14, 2009

Code	Session	Ages	Day	Time
KN1	1	Adult	Tuesday	6:30-8:30pm

### Session 2 begins the week of November 2, 2009

Code	Session	Ages	Day	Time
KN2	2	Adult	Tuesday	6:30-8:30pm

**Instructor: Jean Shaw**

# Senior Programs

## Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers. **(Registration not required.)**

**Every Monday 11:15-12:15pm**

**Instructor: Nancy DiDuca**

## Yoga for Seniors

**Tuition: \$40 per seven week session 2 days per week**

Chair Exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
SY1	1	Senior	Tues&Thurs	10:15-11:15am
SY2	1	Senior	Tues&Thurs	11:15-12:15pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:15-11:15am
SY4	2	Senior	Tues&Thurs	11:15-12:15pm

**Instructor: JoAnn Arone**

## Yoga for Seniors

**Tuition: \$25 per seven week session 1 day per week**

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2-3pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2-3pm

**Instructor: JoAnn Arone**

## Men's Pinochle Group

Enjoy a game of pinochle and meet some new friends at our Pinochle group!

**Monday-Thursday 11:00am**

## Seniors' Book and Bagel Club

Come join us the 3rd Thursday of each month beginning September 17th 2009 to discuss our book of the month while enjoying coffee and bagels. To join the club or for more information call Helen at 635-5066.

## Seniors' Lunch Program

Ethos has brought its Nutrition Site Program to our senior center. Come in and join us for lunch and socializing. A reservation is required. Please call Linda at (617) 522-6700.

**Every Friday - Suggested donation \$1.75**

## Special Wednesday Luncheons\*

**Tuition: \$5**

Lunch will be served at noon. Must register in person at the Roche Center. Space is limited.

• **Thanksgiving Day Luncheon November 11th**

• **Holiday Luncheon December 9th**

**\*Must be current member of WRCC to register for Special Wednesday Luncheons**

## Foxwoods Trips

**Tuition: \$20**

Seniors will leave from the Roche Bros. Parking Lot promptly at 7:45am

Code	Session	Ages	Day	Time
FOX1	1	Seniors	Monday, 9/14/09	7:45am-6pm
FOX2	1	Seniors	Monday, 10/5/09	7:45am-6pm
FOX3	2	Seniors	Monday, 11/2/09	7:45am-6pm
FOX4	2	Seniors	Monday, 12/7/09	7:45am-6pm

# DRAPER POOL Fall PROGRAMS

## Preschool Swim Lessons

**Tuition: \$30 per seven week session**

Introduction to water. Parent child separation required. **(5 STUDENTS PER CLASS)**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
PSL1	1	3-5	Monday	4:00-4:30pm
PSL2	1	3-5	Wednesday	4:00-4:30pm
PSL3	1	3-5	Tuesday	11-11:30am
PSL4	1	3-5	Tuesday	11:30-12pm
PSL5	1	3-5	Thursday	11-11:30am
PSL6	1	3-5	Thursday	11:30-12pm
PSL7	1	3-5	Friday	4:00-4:30pm
PSL8	1	3-5	Friday	4:30-5:00pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
PSL9	2	3-5	Monday	4:00-4:30pm
PSL10	2	3-5	Wednesday	4:00-4:30pm
PSL11	2	3-5	Tuesday	11-11:30am
PSL12	2	3-5	Tuesday	11:30-12pm
PSL13	2	3-5	Thursday	11-11:30am
PSL14	2	3-5	Thursday	11:30-12pm
PSL15	2	3-5	Friday	4:00-4:30pm
PSL16	2	3-5	Friday	4:30-5:00pm

Instructor will determine appropriate level for your child. Parents must wait in the lobby during lessons.

## Swim Team

**Tuition: \$75**

Developmental swim team with weekly competition in a city wide league. The league runs from January 2010 to April 2010. Tuition fee includes swimsuit, goggles, and bathing cap.

Code	Session	Ages	Day	Time
ST1	2	6&up	Tues./Thurs.	4:00-6:00pm

## Beginner/Level 1 Swim Lessons

**Tuition: \$30 per seven week session**

Recommended for children ages 6 and up/first lesson. **(5 STUDENTS PER CLASS)**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
BSL1	1	6-8	Monday	4:30-5pm
BSL2	1	6-8	Wednesday	4:30-5pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
BSL3	2	6-8	Monday	4:30-5pm
BSL4	2	6-8	Wednesday	4:30-5pm

Instructor will determine appropriate level for your child. Parents must wait in the lobby during lessons.

## Intermediate/Level 2 Swim Lessons

**Tuition: \$30 per seven week session**

Child must demonstrate the ability to swim from shallow end to deep end without stopping. **(5 STUDENTS PER CLASS)**

**Session 1 begins the week of September 14, 2009**

Code	Session	Ages	Day	Time
ISL1	1	9 & up	Monday	5:00-5:30pm
ISL2	1	9 & up	Wednesday	5:00-5:30pm

**Session 2 begins the week of November 2, 2009**

Code	Session	Ages	Day	Time
ISL3	2	9 & up	Monday	5:00-5:30pm
ISL4	2	9 & up	Wednesday	5:00-5:30pm

Instructor will determine appropriate level for your child. Parents must wait in the lobby during lessons.

# CONSENT FORM

I hereby authorize the \_\_\_\_\_  
(Family Name)  
family to participate in WRCC programming.

In authorizing, I agree that I will not bring suit against WRCC including any of its officers, employees or agents or this sponsoring agency, for property damage or personal injury incurring by myself or my son's/daughter's participation in WRCC programs. I also authorize WRCC to take and use photos, slides and use photos, slides and recordings of my son/daughter while he/she is a participant in WRCC programming.

I have listed any health problems that my child(ren) has and may affect him/her while at WRCC: (example: asthma, taking medication twice a day, allergies or recent injuries)

In the event of sudden serious injury or illness to my son/daughter while he/she is participating in WRCC programming, I express my consent for the administration of emergency health care, including anesthesia, if that action is desirable in the opinion of the attending medical personnel. I shall be responsible for all medical fees and other charges. I understand that the leaders will make a reasonable effort to contact me should a sudden injury or illness occur.

In signing this release, I certify that health and accident insurance or Medicare covers my child, and that I am obligated to provide WRCC with the name, carrier and policy number.

THIS FORM MUST BE SIGNED BY A PARENT OR GUARDIAN IF YOUR CHILD IS UNDER 21 YEARS OLD.

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



