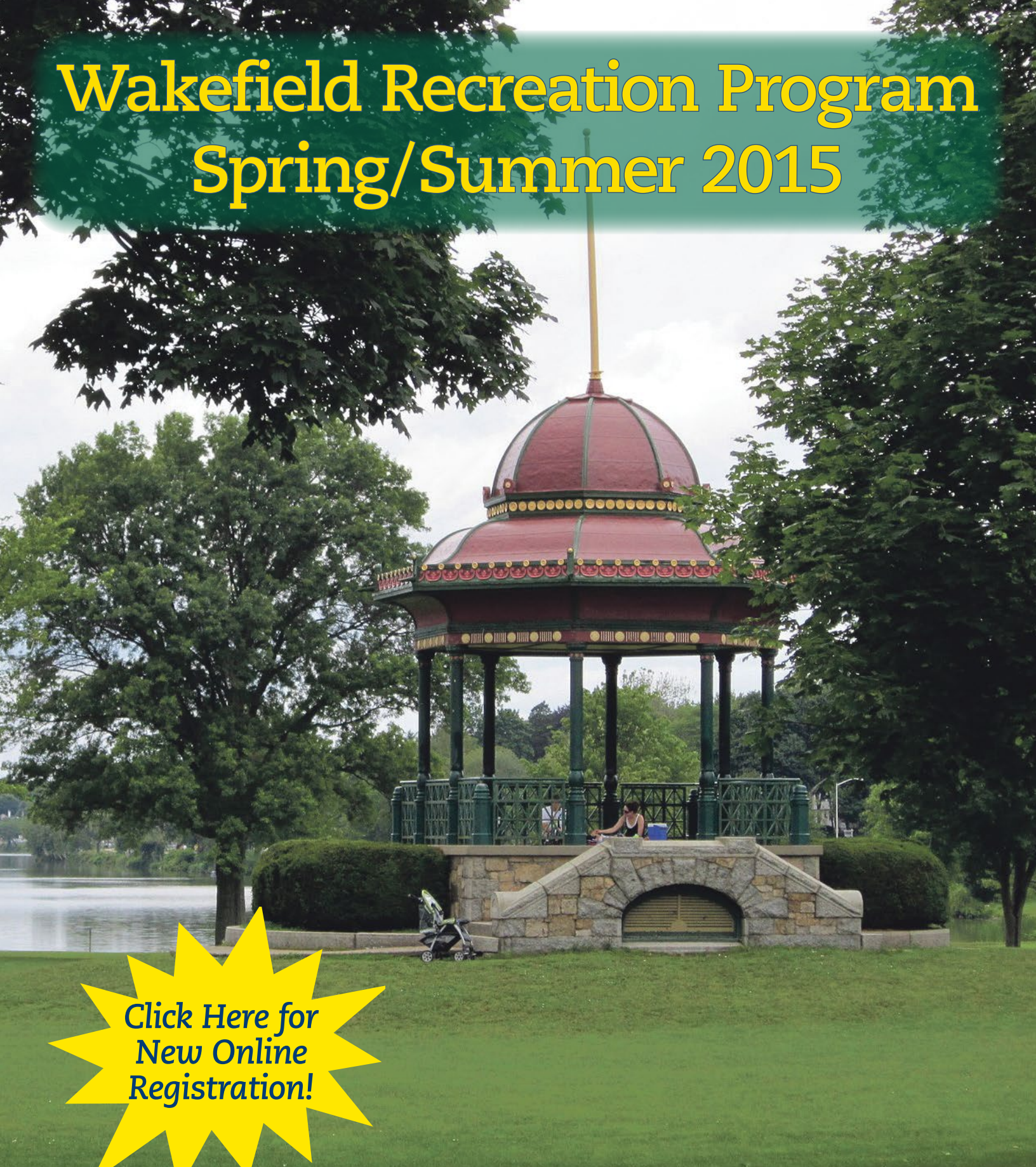


# Wakefield Recreation Program Spring/Summer 2015



**Click Here for  
New Online  
Registration!**

**REGISTRATION STARTS MARCH 9, 2015**

**Register Online at [www.wakerec.com](http://www.wakerec.com) • Register By Phone: 781-246-6389**

**By Walk-in or Mail-In: Wakefield Recreation Department, 5 Common St., Wakefield, MA 01880**

# Youth April Vacation Program

Grades 1 – 8

## Indoor Street Hockey Program for Boys and Girls

Program will focus on teaching fundamentals of indoor hockey while maintaining a fun atmosphere. Skill-focused activities and scrimmages will be intertwined.

**Instructors:** Samantha Tetreau, Wakefield elementary physical education teacher, played ice hockey as Holy Cross (Captain 2008), played in Europe and for the Boston Blades, currently coaches Islanders Hockey and Melrose Girls Varsity High School team; Melissa Tetreau, played ice hockey at Boston University (Captain 2010, Hockey East Champions), currently coaches Islanders Hockey and Melrose Girls Varsity High School team.

Samantha and Melissa Tetreau have been selected to the USA Womens Ball Hockey team. They are to compete in the World Cup in Switzerland this June. They are using this camp as a fundraiser for their team.

**Dates:** April 20 – April 24

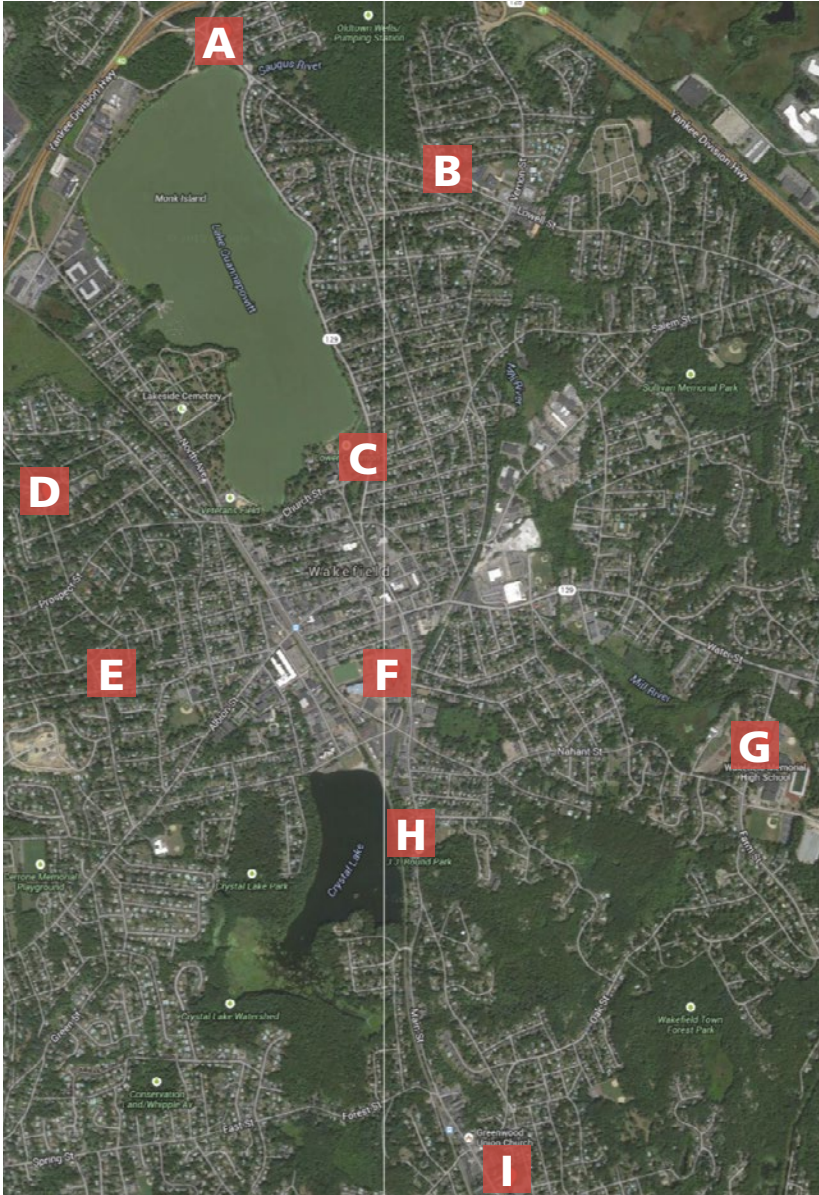
**Time:** Session 1: 8:00am – 9:30 am Grade 1 – 4\*  
Session 2: 10:00am – 11:30 am Grades 5\* – 8

*\*If your child is on one of the border grades (4th or 5th) and you want to place them in another session that is ok.*

**Where:** Dolbeare Elementary School

**Fee:** \$50. (As this program is a fundraiser, there is no per diem pricing.)

## Wakefield Recreation Program Sites



- A. Head of Lake:** Lowell Street
- B. Dolbeare Elementary School:** 340 Lowell Street
- C. Wakefield Common:** Main Street
- D. Walton Elementary School:** 18 Davidson Road
- E. McCarthy Senior Center:** 30 Converse Street
- F. Galvin Middle School/Walton Field:** 25 Main Street
- G. Wakefield High School:** 60 Farm Street
- H. JJ Round Park Basketball Courts:** Main Street
- I. Greenwood Elementary School:** 1030 Main Street

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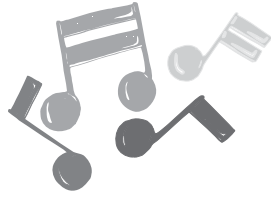
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# Spring Tot Programs

Ages 0 – 4

## Tunes for Tots

A six week music class for children ages 0-5, incorporating movement activities to get everyone moving and grooving to the music! Chris will lead song a-longs of original and classic children's songs, jam sessions with real instruments, and other exciting musical activities in a fun, safe environment. The children will be given the opportunity to express themselves musically and learn about various aspects of music including crescendos, decrescendos, piano, forte and much more!



**Dates:** Mondays, May 4 – June 15 (no class May 25)

**Time:** 11:00am – 11:45am Ages 0 – 2  
45-minute class with parents present

12:00noon – 12:45pm Ages 3 – 4

45-minute class, parents welcome but not mandatory

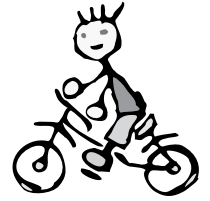
**Where:** Common Band Stand

**Fee:** \$155

Ages 2 – 4

## Micro Wheels

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!

**Dates:** Saturdays, May 2 – May 23 (4 Weeks)

**Time:** 9:00am – 9:45am

**Where:** Dolbeare Elementary School Gym

**Fee:** \$65

## SPECIAL EVENT

# Wakefield Recreation “Play Day”

**FREE!**

Saturday, April 25  
10:00am – 12:00noon  
Wakefield Common

Wakefield Recreation is pleased to bring you our first Annual “Play Day” where our youth program vendors will give your children an opportunity to try one of their programs for FREE.

# Spring Tot Programs

Ages 2 – 5

## Super Soccer Stars Spring Programs



At Super Soccer Stars, we use the soccer ball as the vehicle to help children not only improve their soccer skills, but also develop self-confidence, improve gross motor skills, hone socialization skills and more. Dynamic, local and international coaches work with small groups of boys and

girls to develop these skills and teamwork in a fun, non-competitive, educational environment.

Our class format is developed to give our budding soccer stars a familiar framework in which they can excel from class to class. Our classes begin with a welcome, incorporating a song for the early stages age groups (two-year olds– 1st Grade). The classes then kick off with a dynamic warm-up followed by muscle-warming stretches to get everyone ready for action.

The bulk of each class focuses on skill development activities and games which include progression, pressure and direction with an ending point (i.e. goal or end line).

Skill development is the central piece of the class, focusing on the basic skills which are integral to the game of soccer (i.e. dribbling, passing, shooting, defending and shielding) to optimize the experience for each child.

Every session culminates in a scrimmage game (adapted variations for younger age groups) to familiarize each child with the structure of a game setting, while always encouraging our players with positive reinforcement.

**Dates:** Thursdays, April 30 – June 4  
Saturdays, May 2 – June 6

**Times:** 9:00am – 9:40am Ages 2 – 3.5  
10:00am – 10:45am Ages 3.5 – 4.5  
11:00am – 11:50am Ages 4.5 – 5

**Where:** Wakefield Common

**Fee:** \$96.00

Ages 3 – 5

## Viking Toddler Multi-Sports

Viking Sports brings you this 50 minute class. Focus is on gross motor development without any parental help. Games played include tag, soccer, cone madness, and T-ball.

**Dates:** Wednesdays, April 29 – June 3rd

**Time:** 1:15pm – 2:05pm

**Where:** Wakefield Common

**Fee:** \$79

Ages Pre-K to Kindergarten

## Viking T-Ball/Baseball Clinics



Viking Sports will introduce children to catching, throwing, batting, running bases, and fielding. All players will hit and run the bases each inning – there will be no outs.

Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs.

**Dates:** Wednesdays, April 29 – June 3

**Times:** 2:15pm – 3:05pm Pre-K age

3:15pm – 4:05pm Kindergarten age

**Where:** Wakefield Common

**Fee:** \$79

Ages 4 to Adult

## Defensive Edge Karate

Have you or your child ever wanted to try Karate, Brazilian Jiu-Jitsu, Muay Thai, or MMA, but you aren't sure if you'll like it and don't want the long term commitment? Wakefield Recreation has created a partnership with Defensive Edge Martial Arts! Defe'er that is home to World Class Instructors that are true Masters of their craft.

It is a family-friendly school that teaches modern, cutting-edge techniques but also values the character development of our students both young and old. Self-discipline, respect, patience, integrity and courtesy are encouraged while training modern techniques that strengthen both mind and body.

Sign up for any Defensive Edge program through Wakefield Recreation for a four-week VIP course. If you love your experience, you can sign up for more classes directly through Defensive Edge. This offer is valid for any program offered at Defensive Edge and for those that haven't used Defensive Edge services in the past six months.

All programs are rolling admission.

**For more information and details on class dates, times and fees, go to [www.wakerec.com](http://www.wakerec.com).**



Registration for  
Spring/Summer Programs  
Starts Monday, March 9!

Register Online at  
[www.wakerec.com](http://www.wakerec.com)

# Spring Youth Programs

**Ages 5 – 9**

## LEGO Star Wars

This program is centered around everything Star Wars LEGO!! Join the team from Event-FULL!, LLC ([www.event-full.net](http://www.event-full.net)) and use your imagination to build Star Wars creations. Maybe you will build a Star Wars Space Craft, a Droid Factory, a Jedi Training Arena, etc...the possibilities are endless!!! The LEGOs stay with us, but the experience is yours forever! Every participant will take home a photo of themselves with their LEGO creation in a frame. May the force be with you... Please send your child with a peanut-free snack and drink. **Instructors:** Diane Benson and Beth Meditz

**Date:** Saturday, April 4

**Time:** 9:00am – 11:30am

**Where:** Dolbeare Elementary School Cafeteria

**Fee:** \$57

*Maximum 15 Participants*

**Ages 5 – 9**

## Star Wars Jedi Trainings

Are you a Youngling who is interested in becoming a Jedi Student in Training? Join the team from Event-FULL!, LLC ([www.event-full.net](http://www.event-full.net)) for some afternoon fun! Kids will enjoy a number of different activities, including creating their own Recycled Droid, taking part in a Lightsaber training session and learning what takes to be a Jedi Knight. Each child will also go home with a framed picture of themselves and R2D2! May the force be with you...*Please send your child with a peanut-free snack and drink.* **Instructors:** Diane Benson and Beth Meditz

**Date:** Saturday, April 4

**Time:** 12:30pm – 3:00pm

**Where:** Dolbeare Elementary School Cafeteria

**Fee:** \$65 per participant

*Maximum 12 Participants*

**Grades 1 – 5**

## Autism Spectrum Disorder (ASD) Athletics Program

Knucklebones provides a personalized, engaging, diverse and fun athletics program for those with intellectual and developmental disabilities. Through the involvement of parents and/or aides all activities will be personalized for each child allowing children to be encouraged to participate at their own level while being involved in cooperative play. Moreover, unwanted behaviors will be realigned, communication, social skills, and friendship will be encouraged between ALL participants.

**Dates:** Saturdays, May 2 – May 23 (4 Weeks)

**Time:** 10:00am – 10:45am

**Where:** Dolbeare Elementary School Gym

**Fee:** \$65

*Minimum 8 Participants / Maximum 12*

**Ages 6 – 18**

## Parkour Generations Workshop

Parkour was born in the banlieus (suburbs) of Paris in the 1980s and is now one of the fastest-growing sports. While often recognized in the fantastic images seen on YouTube or television, the sport is actually a form of movement that has roots in a wide variety of physical disciplines including gymnastics, martial arts, climbing, and track and field. Practitioners, known as traceurs, train to develop strength, speed, endurance, precision, spatial awareness, dynamism, and creativity in order to be as fluid, functional and liberated as possible in a physical movement and to overcome physical obstacles. Traceurs also develop a way of thinking based on rigorous self-discipline, autonomous action and self-will that allows them to overcome mental obstacle related to their movements.

Parkour Generations Americas currently teaches classes in a variety of public, private, and alternative school settings. These classes can be integrated into the current afterschool or fitness schedules, or included as an independent afterschool athletic endeavor. The progression-based program is designed to accommodate a wide range of skill levels, from students that are completely new to Parkour, to those that have been training for a longer period of time and need guidance and instruction to bring their training to a higher level. Instructors seek to encourage participants to explore the human body's potential in a safe, fun, supportive, and creative environment. Participants also engage in a number of individual and team challenges and games that are designed to make movement a fun and important part of an active and healthy lifestyle.

Workshops and weekly sessions can also be designed to accommodate the conditioning and cross-training needs for specific athletic teams. Parkour training is a fun, intensive, comprehensive, and "cool" method of full-body conditioning that uses bodyweight exercises to improve balance, spatial awareness, agility, control and general strength/fitness. It also helps to build participants' self-confidence and can be used to enhance group bonding and to encourage teamwork and cooperation through a number of group challenges and exercises that are incorporated into each session.

Instruction can be delivered in a variety of environments and typically involve a gym and/or on-site playground. Classes seek to take advantage of the interesting architectural elements of the local environment, allowing participants to explore their surroundings a unique manner and to gain a unique appreciation and intimate understanding of the various elements of their daily surroundings.

**Dates:** Session 1: April 11; Session 2: May 9; Session 3: June 13

**Time:** 9:00am – 10:15am Ages 6 – 12

10:30am – 11:45am Ages 13 – 18

**Where:** Wakefield Common

**Fee:** \$25/one sessions, \$45/two sessions, \$55/all three

# Spring Youth Programs

Grades 1 – 5

## Presidential Fitness Track and Field Program

Presidential Fitness Track and Field Program measures aerobic capacity, body composition, muscular strength, endurance and flexibility. With the objective of showing children their body's abilities and providing motivation to adopt a healthy lifestyle, our program will evaluate their progress through such activities as sprints, relays, long jump, pull ups and an inspiring athletic decathlon. Each class will include stretching, game play, track and field, evaluating participants' ability in various areas of fitness, and conclude with a discussion on healthy habits. Upon completion of the six-week program each participant will receive a certificate and emblem from The Presidential Youth Fitness Program.

**Dates:** Thursdays: April 30 – June 4 (6 weeks)

**Time:** 6:00pm – 7:00pm

**Where:** Beasley Track

**Fee:** \$74

*Minimum 10 Participants*

Grades 5 – 8

## Survivor™ Challenges

With over 28 US seasons and countless variations in other countries, Survivor™ has created some of the greatest challenges known to man. Replicating scores of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, and knot tying to being bound together while working to get through a maze, participants will be presented with their very own season of Survivor™.

**Date:** Thursday, May 28

**Time:** 12:00noon – 2:00pm

**Where:** Wakefield Common

**Fee:** \$25

*Minimum 10 Participants / Maximum 40*

Grades 5 – 8

## Babysitting Training with Winchester Hospital

A program designed to teach students the fundamentals of safety and child care. This course will provide instruction on: treating basic first aid emergencies; performing choke-saving procedures; how to enter the emergency medical system; handling fire and safety emergencies; telephone etiquette and message taking; Age-appropriate activities; diaper and washing skills. All participants must bring the following: a doll to practice diapering and feeding

**Date:** Saturday May 16th

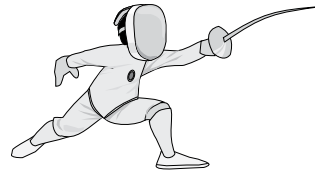
**Time:** 10:00am – 4:00pm (Please bring a lunch)

**Where:** Senior Center

**Fee:** \$90

Grades 7 – Adult

## Fencing



Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a

mental game requiring concentration, quick decision-making and problem-solving. It's an ideal activity for people of all ages and sizes. Equipment is provided for the first 8-week session one participates in. **Instructor:** Michael Tarascio, former member of the United States World Championship Team.

### General Information

**Clothing Requirements:** Track or sweat pants (no shorts! Jeans are safe, but not comfortable.); shirt, or other lightweight top. (You're going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

**Equipment Policy and Rental:** Our policy is that NEFA provides new fencers with equipment for the first eight-week session. This is intended to give new fencers an opportunity to try out this sport without having to purchase a set of gear.

For the second and each subsequent session, there is a rental fee payable to the instructor of \$40 for eight-week session.

An individual may (recommended) instead purchase a complete (seven-piece) new beginner set that costs about \$200, if they prefer. The set includes a foil, mask, jacket, glove, underarm protector, plastic chest protector, and a fencing bag.

Program meets weekly on Tuesday for 8 classes.

**Dates:** Tuesdays, March 31 – May 26 (no class April 21)

**Time:** 6:00pm – 7:15pm Beginner/Intermediate,  
Ages 7 – 11

7:15pm – 8:30pm Beginner – Advanced,  
Ages 12 year olds – Adult

**Where:** Dolbeare Elementary School gym

**Fee:** \$185 per 8-week session



The Wakefield Recreation Department Spring /Summer  
2015 Program was designed and composed by

## Lightning Design

[www.lightningdesign.net](http://www.lightningdesign.net)  
lightningdesign@comcast.net

# Spring Youth Programs

Ages 8 – 12

## Youth Archery



On Site Archery seeks to bring the sports of archery to Wakefield. While learning the skills and techniques of the sport, students also develop patience, focus, and camaraderie. On Site will teach through a step-by-step process based on

the techniques of USA Olympic Archery. Students will move through a progression of levels to improve their shooting form, technique, and accuracy at increasing distances. Students will learn and practice: Safety!!! Each program begins with a safety orientation required for all students; Archery Skills and Drills; Proper Shooting Form; Step-by-Step Shooting Form; Range Rules; Range Layout; Whistle System

On Site believes in using low student to teacher ratios during instruction to allow each student the opportunity to benefit from individualized feedback. All of the instructors are certified and insured through USA Archery and have completed the SAFE SPORT TRAINING program.

**Dates:** Tuesdays, April 28 – June 2

**Time:** 5:30pm – 6:30pm

**Where:** TBD **Fee:** \$124

Ages 6 – 8

## Children's Yoga

Kindling the maturing independence of 8, 9 and 10-year olds, these classes encourage a deeper sense of body awareness, self-exploration and interpersonal skills. Alive with flowing sequences, balancing poses, breathing exercises, and creative relaxation techniques, children are sure to relish in their selves. As well, partner poses and cooperative yoga games inspire positive peer interactions that they are sure to carry into their everyday lives. Please bring water/towel and your smile to class!

**Dates:** Thursdays, May 7 – May 28 (4 weeks); June 4 – June 25

**Time:** 3:00pm – 3:30pm

**Where:** Dolbeare Elementary School Gym **Fee:** \$40.00

Ages 9 – 12

## Tween Yoga

Expanding minds and maturing bodies come together through independent and group activities that stimulate preteens' physical strength, emotional balance and self-confidence. Classes integrate traditional yoga poses, flowing sequences, breathing exercises, deep-relaxation and meditation techniques as well as self-reflection. This class promotes self-confidence, self-respect and respect for others. Participants will gain a deeper understanding of the physical and philosophical aspects of yoga. Please bring water/towel and your smile to class!

**Dates:** Thursdays, May 7 – May 28 (4 Weeks); June 4 – June 25

**Time:** 3:30pm – 4:15pm

**Where:** Dolbeare Elementary School Gym **Fee:** \$40.00

Ages 13+

## Teen Yoga



Drawing on their experience through creative reflection, teens explore the physical and philosophical practice of traditional yoga. Teen yoginis develop body and mind strength and flexibility through yoga poses, breathing exercises, meditation and relaxation. Journaling,

group discussions and valuable activities create a positive environment that supports self-esteem, body appreciation and tools for stress management. Please bring water/towel and your smile to class!

**Dates:** Thursdays, May 7 – May 28 (4 weeks); June 4 – June 25

**Time:** 4:15pm – 5:00pm

**Where:** Dolbeare Elementary School Gym

**Fee:** \$40.00

Ages 13 – 16

## Ultimate Frisbee

Join Viking Sports and have some fun playing the exciting game of Ultimate Frisbee. Teams will be formed on a weekly basis.



**Dates:** Wednesdays, April 29 – June 3

**Time:** 4:15pm – 5:05pm

**Where:** TBD

**Fee:** \$79

Ages 13 – 17

## Teen Basic Cooking



What's the difference between chopping, mincing and dicing? What does it mean to braise, boil or steam food? Are sautéing and frying the same thing? You'll learn that and more in this class. We'll cover basic knife skills, kitchen terminology and cooking techniques that will build a basic foundation

and help you hone skills you can take into the "real world". We'll be doing lots of hands-on learning and having a great time while we do it! **Instructor:** Holly Pierce

**Date:** Thursday, May 14

**Time:** 6:30pm – 9:00pm

**Where:** Senior Center

**Fee:** \$65

*Registration for Spring/Summer Programs Starts Monday, March 9!*

# Spring Adult Programs

## Drop-in Volleyball

Come enjoy a game of recreational volleyball with other adults. Teams will be formed nightly. Players of all ability level are welcome.

**Dates:** Wednesdays, April 29 – June 3rd

**Time:** 8:00pm – 9:30pm

**Where:** Dolbeare Elementary School

**Fee:** \$79 for 6 weeks



## Healthy Home Cooking

Eating healthy food is not only good for you, its tastes great too! We've got delicious ideas for quick, inexpensive, healthy home-cooked meals that you and your family will love. We'll even show you some shortcuts in the kitchen and grocery store that will have you cooking healthy meals like a pro in no time:

**Instructor:** Holly Pierce

**Date:** Thursday, May 21

**Time:** 6:30pm – 9:30pm

**Where:** McCarthy Senior Center

**Fee:** \$70

## How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on sheet music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended.

**Date:** Monday, May 4

**Time:** 6:00pm – 9:00pm

**Where:** McCarthy Senior Center

**Fee:** \$45



## Instant Piano (for Hopelessly Busy People)

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

**Date:** Monday, April 6

**Time:** 6:00pm – 9:00pm

**Where:** McCarthy Senior Center

**Fee:** \$45

## Just ONCE Guitar for Busy People

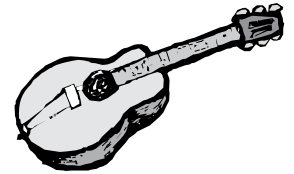
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to [justonceclasses.com](http://justonceclasses.com) Fee includes a workbook and practice DVD. Topics include: how chords work in a song; How to form the three main types of chords; How to tune your guitar; Basic strumming patterns; How to buy a good guitar (things to avoid); How to play along with simple tunes

**Dates:** Monday, April 27

**Time:** 7:00am – 9:00pm

**Where:** McCarthy Senior Center

**Fee:** \$59



## Tai Chi

Tai chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Techniques from the Yang Style of Tai Chi will be taught along with Qi Gong (energy work) exercises for strength and balance. In any setting, practicing Tai Chi can help to refocus your energy, rejuvenate your body and ease your mind. And practicing Tai Chi outside in the fresh morning air is an experience not to be missed!

**Instructor:** Dorri Li is a martial artist and fitness professional based in the Boston area. With over 30 years of experience, Dorri has devoted her practice to helping students of all ages feel more focused, calm and strong.

**Dates:** Saturdays, May 2 – June 20

**Time:** 11:30am – 12:30pm

**Where:** Head of Lake (across from Honey Dew Donuts)

**Fee:** \$80

## Body Thrive Boot Camp with Michele Penta

It's not called Boot Camp for nothing! Get your FIT on with this heart pumping workout that will strengthen your body, build cardio endurance and TORCH calories. For the LADIES ONLY, a combination of athletic drills, resistance training, HIIT cardio and bodyweight exercises will provide you with a well-balanced all body workout to keep you healthy and strong! Are you ready to THRIVE? **Instructor:** Michele Penta is an ACSM Certified Personal Trainer, AFAA Certified Group Exercise Instructor, TRX Personal Trainer Certified, YogaFit Level 1 Certified, and Certified Movement Training Specialist

**Dates:** Tuesday/Thursday, April 28 – May 21 (4 weeks)

**Time:** 9:00am – 10:00am

**Where:** McCarthy Senior Center

**Fee:** \$139

*Minimum 10 Participants / Maximum 30*



# Spring & Summer Adult Programs

## Beginners Yoga for Women

The four-week “women-only” series is designed to introduce basic foundation poses, proper alignment and build yoga confidence. We focus on breathing techniques, breath with movement and relaxation practices. We will introduce props and the advantages to using them in your practice. Class is a building series that will progress to a gentle flow and is in a comfortable environment that allows all students to grow to their own ability. No yoga experience is required!

Please bring your own mat and water.

**Dates:** Tuesdays, May 5 – May 26; June 2 – June 23;  
July 7 – July 28; Tuesdays, August 4 – August 25

**Time:** 6:00pm – 7:00pm

**Where:** Wakefield High School Gymnastics Room

**Fee:** \$40

*Minimum 8 Participants / Maximum 15*

## Beginners Yoga for Men

This four-week “men only” series is designed to introduce yoga without the intimidation of a studio setting. Yoga decreases stress, increases concentration and is a perfect complement to your other activities including golf, tennis and running. It opens up typically tight areas including hamstrings, back and hips and strengthens legs, arms and core. It also increases range of motion. Class is a building series that will introduce the basic poses, proper alignment and the use of props. As class progresses, we will incorporate a gentle flow into our hour. Flexibility is NOT required...It's OK if you can't touch your toes! Please bring a yoga mat and water.

**Dates:** Tuesdays, May 5 – May 26; June 2 – June 23;  
July 7 – July 28; Tuesdays, August 4 – August 25

**Time:** 7:15pm – 8:15pm

**Where:** Wakefield High School Gymnastics Room

**Fee:** \$40

*Minimum 8 Participants / Maximum 15*

# Wakefield Parks and Fields

To download copies of the Wakefield Recreation Field Use Policy and Field Permit Request Form, go to:  
[www.wakerec.com](http://www.wakerec.com)

### Blatz Field

Blatz field is a small softball diamond used for youth and adult league softball. Located behind the Woodville Elementary School on Farm Street.

### Landrigan

Landrigan is the home of the Wakefield Warriors varsity football team. It is a full-size turf field that also has lights if needed for a night game. Landrigan is used for adult and youth lacrosse, high school and youth field hockey, as well as football. Located up the street from Wakefield Memorial High School on Farm Street. You would take Hemlock Road where you will see a baseball field on your right and Landrigan is located at the top of the street.

### Mapleway Playground

Mapleway Playground is located off of Oak Street in Greenwood. At this park there are two fields used for softball or baseball, for both youth or adult leagues. There is also a great playground for kids and an outdoor basketball court. Go down Maple Way off of Oak Street to enter the park.

### Moulton Park

Moulton Playground is located on the West Side of town. Here there is a playground for children, soccer field for youth soccer and a baseball field used for both adult and youth leagues. There is also an outdoor basketball court adjacent to the baseball field. Located off of Cedar Street.

### Nasella Field

Nasella Field is located on Water Street. and is directly next to Shaw's Supermarket. There are two baseball diamonds located here and are used for youth baseball. There is also a playground here for kids to use.

### Sullivan Park

Sullivan Park is used for youth soccer and little league baseball. At this park, there is one baseball diamond and a large field for youth soccer. Located off of Salem Street.

### Veterans Field

Veterans Field is located on the corner of North Avenue and Church Street. It is backed up to the scenic Lake Quannapowitt and is a popular field to play softball for both youth and adult leagues.

### Walsh Field

Walsh Field is used for adult and youth baseball. It is the home of the Wakefield Warriors varsity baseball team. Located on Hemlock Road, off of Farm Street. The baseball diamond is adjacent to Wakefield Memorial High School.

### Walton Field

Walton Field is used primarily for soccer, both youth and adult. It is a turf field that also has lights in the event of a night game. Walton can also be used for youth and adult lacrosse. Located next to the Galvin Middle School with entrances from either Main Street or North Avenue.

# Summer Tot & Youth Programs

**Ages 3 – 5 (by 6/30/2015)**

## Kids Corner

**Time:** 8:30am – 12:00noon at the Walton Elementary School

**Dates:** July 6 – July 10; July 13 – July 17; July 20 – July 24;  
July 27 – July 31; August 3 – August 7;  
August 10 – August 14; August 17 – August 21

**Fee:** \$98 per weekly session

Calling all preschoolers to come and enjoy a fun and exciting summer experience in a loving and caring atmosphere. Explore and discover new friends, activities, and adventure. Participants will enjoy non-competitive games, water fun, crafts, songs, outdoor play, and preschool activities held indoors and out. The children will enjoy many opportunities to develop social skills such as cooperation and sharing. They will enjoy getting to know one another in the age-appropriate environment provided. Participants will enjoy choosing from a variety of planned activities each day. Experienced, trained counselors will supervise activities outdoors on our large playground and extensive indoor areas.

When outdoors, children will enjoy playing in the water, having art activities, play time and exploring some of nature's wonders as well as picnics outdoors. When indoors, participants will be in a safe, supportive atmosphere that encourages learning, excitement, and exploration, arts and crafts, and enjoy special entertainment.

You must provide a daily snack and lots of fluids. All children are required to be toilet trained by the start of the program.

Pull-ups are not acceptable.

Child-to-counselor ratio is approximately 5:1

## Frequently Asked Questions for Kids Corner

### Where do I drop my child off for the Half-Day Program?

At the Walton School.

### What do the children need to bring to the program?

Bring a snack. **Peanut Alert!** No Peanut Products Please!

With a growing number of participants and staff having severe peanut allergies, we are asking that NO peanut products be brought to the program. Also bring plenty of fluids, a bathing suit, towel with child's name on it, and water shoes. Participants must also wear sneakers for running in the gym and playground and have sunscreen applied before coming to the program.

Please provide additional sunscreen for counselors to apply after water play. Each child should have a backpack to tote all his/her belongings to and from the program. Please label all personal belongings with your child's name.

### What time does the Half Day Program begin and when does it end?

The program begins at 8:30am and ends at 12:00noon. For the safety of your child, please do not drop off your child at the program earlier than the times stated above. There will not be any supervision before 8:30am. Also, please be sure to pick up your child on time.

### What if I want to pick up my child early?

To ensure the safety of your child, we request that any child who will be leaving early bring a note stating the time of dismissal and the name and phone number of the person picking up. The parent or guardian should sign the note, which should be given to the Head Counselor or the Program Director. Pick up the child at the normal location.

### What is a typical day like?

Please note the following schedule may change daily due to various reasons.

### Daily Schedule (subject to change)

<b>Time:</b> 8:30am – 9:00am	Drop-off/table play
9:00am – 9:20am	Opening Circle
9:25am – 10:00am	Sports & Games
10:00am – 10:15am	Snack
10:20am – 11:00am	Water Play
11:10am – 11:40am	Arts & Crafts
11:45am – 12:00noon	Closing Circle

## Entering Grades K – 6 in Fall 2015

### Full-Day Club Rec

There is something here for everyone! Each day includes, science and nature, sports and games, arts and crafts, swimming at Hall Pool in Stoneham and other creative activities, just to name a few. Child-to-counselor ratio is approximately 10:1

**Dates:** July 6 – July 10; July 13 – July 17; July 20 – July 24;  
July 27 – July 31; August 3 – August 7;  
August 10 – August 14; August 17 – August 21

**Time:** 8:30am – 3:00pm at Walton Elementary School

**Costs:** \$180

### Club Rec Extended Day

We have an afternoon extended day option for those parents/guardians in need. Extended Day will be from 3:00pm – 5:30pm.

**Fee:** \$80

## Frequently Asked Questions for Club Rec

### How do the children get to and from Hall Pool?

A school bus will transport children to and from Hall Pool.

### What should my child bring to the program each day?

Children should arrive to the program each day wearing sneakers, active clothing, and sunscreen. They should bring a backpack carrying a water bottle, snack, lunch, bathing suit, towel, additional sunscreen, and change of clothes if desired. **Peanut Alert!** No Peanut Products Please! With a growing number of participants and staff having severe peanut allergies, we are asking that NO peanut products be brought to the program.

### What time does the Full-Day Program begin and end each day?

The full-day program begins at 8:30am and ends at 3:00pm daily. Please drop-off and pick-up on time.

# Summer Tot & Youth Programs

**Ages 3 – 5**

## Super Soccer Stars – Fun in the Sun

Super Soccer Stars Fun in the Sun Soccer is 2 hours of outdoor soccer fun and activities for children ages 3 to 5. A typical camp day includes warm-ups and stretching, skill building and skill development activities, scrimmages and small sided games. The finale is the big game, where the kids get to play each other, and then challenge their coaches! Fun in the Sun camp is a great way for your child to develop soccer skills and teamwork while spending time outside!

**Dates:** Monday, July 6 – Friday, July 10

**Time:** 9:00am – 3:30pm

**Where:** Walton Field (Galvin Middle School)

**Fee:** \$170

**Ages 3 – 6**

## Kiddie Cat Jam

Thundercat Sports mini version of our popular Sports Jam! Soccer will be a core sport played every day in which basic skills will be emphasized. Other sports include t-ball, basketball, softee hockey, balloon ball, and kick ball. Games and other activities sprinkled in include – finding the Nemo, Sponge Bob tag, shark attack, thunder relays, Kiddie Cat Olympics, and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement creating a non-competitive positive sports experience your child will enjoy. Emphasis will be on basic skills, developing hand eye coordination, teamwork, and FUN! Program is coed, and every participant receives a t-shirt.

**Dates:** Week 1, Monday, July 20 – Friday, July 24

Week 2, Monday, August 3 – Friday, August 7

**Times:** 8:30am – 9:20am Ages 3 – 4

9:30am – 12:30pm Ages 4 – 6

**Where:** Wakefield High School Gym

**Fee:** \$60 ages 3 – 4, \$98 ages 4 – 5

**Ages 6 – 9**

## Super Soccer Stars – Kick It

Super Soccer Stars Kick It Clinics are 3 and half hours session of soccer fun for kids ages 6-9. A typical camp day includes a warm-up, tag games, relay races, team building activities, skill building activities, partner, individual, and group activities, and concludes with a game of World Cup! Kick It camp is a great way for your older child to build confidence and learn teamwork while improving their soccer skills!

**Dates:** Monday August 3 – Friday, August 7

**Time:** 9:00am – 3:30pm

**Where:** Walton Field (Galvin Middle School)

**Fee:** \$280

**Entering Grades 1 – 4 in Fall 2015**

## LEGO Master Builders

Join the team from Event-FULL! ([www.event-full.net](http://www.event-full.net)) for one, two or ALL five days!!! This class will help foster individual creativity, imagination, teamwork, negotiation, and pure childhood enjoyment! Each day you will go home with a framed photo of you and your LEGO creation to show friends and family what you designed and built! Each class is limited to 15 participants. Please send your child with a nut-free snack and drink.



**Instructors:** Diane Benson and Beth Meditz

**Dates:** July 13 – July 17

**Time:** 9:00am – 11:30pm

**Where:** Greenwood Elementary School

**Fee:** \$57 per child per day

<b>Daily Themes:</b>	Monday, July 13	Star Wars
	Tuesday, July 14	LEGO Movie
	Wednesday, July 15	Ninjago
	Thursday, July 16	LEGO City
	Friday, July 17	Super Heroes

**Entering Grades 1 – 4 in Fall 2015**

## American Girl Doll Create & Play



Join the team from Event-FULL!, LLC ([www.event-full.net](http://www.event-full.net)) and bring your special friend (does not have to be an American Girl Doll – feel free to bring a favorite stuffed animal if you choose) to one, two or all four of these creative workshops you will both enjoy! What

you make and take home for your special friend will lead to several hours of continued play and enjoyment at home! Please send your child with a nut-free snack and drink. Class is limited to 15 participants. **Instructors:** Diane Benson and Beth Meditz

**Dates:** Monday - Thursday, July 13th – 16

**Time:** 12:30pm – 3:00pm

**Where:** Greenwood Elementary School

<b>Daily Themes:</b>	Monday, July 13th	“Frozen Princess” Make your doll her own Olaf and more!
	Tuesday, July 14th	“Top Chef” Make a cooktop, play food and more!
	Wednesday, July 15th	“Sleepover Party” Make a sleeping bag, pillow and more!
	Thursday, July 16th	“Bake Shop” Make a tasty pretend baking treats for your doll and more!

**Fee:** \$65 per participant/day

# Summer Youth Programs

Entering Grades K – 6 in Fall 2015

## Sports Zone 101 – Tournament of Champions

Welcome back to our summer of fun! In this action packed week, children will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball, and many others. In addition to learning the fundamentals of these sports, we will have exciting discussions about current events in sports, good sportsmanship and understanding the cool statistics on sports cards. Each participant will receive a daily pack of cards and a special prize will be awarded. These prizes help emphasize value and a fun way to enhance learning! Please wear comfortable shoes. Water bottle is a great idea to bring and a non-refrigerated lunch for those staying full day. Everyone should bring a snack as well.

**Dates:** Week 1 July 6 – July 10; Week 2 July 20 – July 24;  
Week 3: August 3 – August 7

**Times:** Half Day 9:00am – 12noon; Full Day 9:00am – 3:00pm

**Where:** Greenwood Elementary School Gym

**Fee:** \$110 Half Day, \$150 Full Day

*Minimum 5 Participants / Maximum 50 per session*

Entering Grades Grades K – 6 in Fall 2015

## Thundercat Sports Basketball

3, 2, 1...swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her. Skills emphasized will be dribbling / ball handling, passing, shooting, and more. Theme days, trivia, and a NCAA tournament at the end of the program add to the excitement! Program is coed, and every participant receives a t-shirt and certificate of achievement

**Date:** Monday, July 6 – Friday, July 10

**Time:** 9:00am – 3:00pm

**Where:** Wakefield High School Gym

**Fee:** \$148

*Minimum 12 Participants / Maximum 40*

Entering Grades Grades K – 6 in Fall 2015

## Thundercat Sports Jam

Play, play, and play some more...the ultimate multi-sport program! Baseball, basketball, and soccer will be core sports in which some skills will be emphasized. But that's not all. Other sports mixed may include – flag football, floor hockey, volleyball, badminton, dodgeball, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played. Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Date:** Monday, July 20 – Friday, July 24

**Time:** 9:00am – 3:00pm

**Where:** Wakefield High School Gym

**Fee:** \$148

*Minimum 12 Participants / Maximum 40*

Entering Grades Grades K – 6 in Fall 2015

## Thundercat Dodgeball and Sports

Play, play, and play some more...the ultimate dodgeball program! But that's not all. Other sports mixed may include – flag football, floor hockey, disc golf, ultimate frisbee, whiffle ball, and kick ball. Unique games such as shark attack and safari will also be played. Program is coed, and every participant receives a t-shirt, and certificate of achievement.

**Date:** Monday, July 27 – Friday, July 31

**Time:** 9:00am – 3:00pm

**Where:** Wakefield High School Gym

**Fee:** \$148

*Minimum 12 Participants / Maximum 40*

Ages 6 – 8

## Children's Yoga

Kindling the maturing independence of 8, 9 and 10-year olds, these classes encourage a deeper sense of body awareness, self-exploration and interpersonal skills. Alive with flowing sequences, balancing poses, breathing exercises, and creative relaxation techniques, children are sure to relish in their selves. As well, partner poses and cooperative yoga games inspire positive peer interactions that they are sure to carry into their everyday lives. Please bring water/towel and your smile to class!

**Dates:** Thursdays, July 9 – July 30; August 6 – August 27

**Time:** 3:00pm – 3:30pm

**Where:** Dolbeare Elementary School Gym

**Fee:** \$40.00

Ages 9 – 12

## Tween Yoga

Expanding minds and maturing bodies come together through independent and group activities that stimulate preteens' physical strength, emotional balance and self-confidence. Classes integrate traditional yoga poses, flowing sequences, breathing exercises, deep-relaxation and meditation techniques as well as self-reflection. This class promotes self-confidence, self-respect and respect for others. Participants will gain a deeper understanding of the physical and philosophical aspects of yoga. Please bring water/towel and your smile to class!

**Dates:** Thursdays, July 9 – July 30; August 6 – August 27

**Time:** 3:30pm – 4:15pm

**Where:** Dolbeare Elementary School Gym

**Fee:** \$40.00

*Registration for Spring/Summer Programs Starts Monday, March 9!*

# Summer Youth Programs

**Ages 4 – 14**

## Summer Tennis Programs

**Dates:** Weekly, beginning week of July 6. Ends week of August 17.

**Days:** Monday – Thursday (Friday will be Rain Day)

**Where:** Dobbins Tennis Courts, Wakefield High School

**Instructor:** Sandy Palmer

### Red Ball

**Ages:** 4 – 6

**Time:** 9:00am – 10:00am **Fee:** \$60

36' Court with Red Ball. Players will focus on hand-eye coordination, agility, gross motor skills as well as developing swing technique. Children will continue development of motor and athletic skills. Coordination, movement and balance drills will be introduced. Learn the game of tennis while having fun!

*Recommended racquet size: 19"– 23"*

### Orange Ball

**Ages:** 10 & under

**Time:** 10:00am – 11:00am **Fee:** \$60



60' Court with Orange Ball. Players will work to improve their skills and mechanics, focus on consistency and accuracy while learning to "construct" points during match play. Classes will be focused on footwork and proper technique. Games and drills will prepare this

player for more competitive rallies.

*Recommended racquet size: 23"– 25"*

### Standard/Yellow Ball

**Ages:** 11+

**Time:** 11:00am – 12noon **Fee:** \$60

Full Court is used with a standard tennis ball. Continued development of strokes, use of spin, basic singles and doubles tactics as well as an increase of competitive drills. (1 hour).

*Recommended racquet size: Junior Racquet*

### Advanced Juniors

**Ages:** 10 – 14

**Time:** 12:30pm – 2:00pm **Fee:** \$90

Focus will be on skills, drills and strategy as well as consistency and accuracy in rallying. Footwork and conditioning will also be a part of this players training. This all-court player is training for the team level of play and is somewhat experienced with match play. Evaluation may be required.

*\*\*Junior Program Rain Dates: (rain makeup: Friday of your week, check with pro for times)*

## Other Tennis Programs

### High School Clinic

Tuesdays 5:00 pm – 6:30pm \$20.00 per clinic

### Ladies Group

Fridays 10:00am – 11:00am \$20.00 per clinic

### Cardio Tennis

Fridays 11:00am – 12:00noon \$20.00 per clinic

**Ages 3 – 13**

## Wakefield Recreation Gymnastics Program

A four-week program, child chooses a class on either Monday or Wednesday. (Monday and Wednesday's schedules will be the same however the child can choose to enroll in either a Monday or Wednesday class, or both!)



**Dates:** July 6 – July 29

### Tumble Tots Preschool

**Ages:** 3 – 4

**Time:** 9:00am – 9:45am **Fee:** \$60/session

*Minimum 8 Participants / Maximum 15*

### Kinder Kids

**Ages:** Entering Kindergarten

**Time:** 9:45am – 10:30am **Fee:** \$60/session

*Minimum 8 Participants / Maximum 15*

### Flip Stars

**Ages:** 6 – 8

**Time:** 10:30am – 11:30am **Fee:** \$75/ session

*Minimum 8 Participants / Maximum 15*

### Gym Kids

**Ages:** 8+

**Time:** 11:30am – 1:00pm **Fee:** \$90/ session

*Minimum 8 Participants / Maximum 15*

### Beginner Tumbling

No experience needed

**Time:** 1:00am – 2:00pm **Fee:** \$110/ session

*Minimum 10 Participants / Maximum 20*

### Advanced Tumbling

Back handspring required

**Time:** 2:00am – 3:00pm **Fee:** \$110/session

*Minimum 10 Participants / Maximum 20*

**Ages: 7 – 13**

## Sidekick Soccer Summer Clinics



Sidekick Soccer Academy (parent company of Wolves Futsal Club) would like to offer your children the chance to develop their soccer skills this summer. These clinics will focus on teaching a number of age-appropriate technical soccer skills. While the focus will be on skill development, this will be done in an

enjoyable teaching environment using fun, small-sided games.

More info: [sidekicksocceracademy.com](http://sidekicksocceracademy.com)

**Dates:** Week 1 July 20 – 23; Week 2 August 24 - 27

**Time:** 9:00am – 12:00noon (half-day) or  
9:00am – 2:30pm (full-day)

**Where:** Wakefield Common

**Fee:** \$155 (half-day); \$205 (full-day); includes shirt

# Summer Youth Programs

**Ages 7 – 14**

## Master Chef Jr.

Gordon Ramsay's got nothing on us! Join us for a week of culinary creativity and unleash your master chef skills. Get ready for surprises and fun as we crank up the heat and get cookin'! All skill levels are welcome. Think you're up for the challenge?

**Instructor:** Holly Pierce

**Dates:** July 13 – July 17      Ages 7 – 10  
August 3 – August 7      Ages 11 – 14

**Time:** 2:00pm – 5:00pm

**Where:** McCarthy Senior Center

**Fee:** \$225

**Entering Grades 5 – 8 in Fall 2015**

## Wakefield Blacktop Basketball



Blacktop is a recreational outdoor summer basketball program for boys and girls entering grades 5 – 8. The program runs two mornings per week from early July through late August and is staffed by members of the Wakefield High Varsity Basketball Team.

**Dates:** Tuesdays and Thursdays, July 7th – August 20

**Times:** 9:00am    boys & girls entering grades 5 & 6  
10:00am    boys & girls entering grades 7 & 8  
11:00am    boys & girls entering grades 9 & 10

**Where:** JJ Round Basketball Courts

**Fee:** \$98 (14 sessions)

**Entering Grades 7 & 8 in Fall 2015**

## CIT – Counselor in Training

Our objectives in this program are to develop leadership and self-esteem while teaching the adolescent how to work with young children and plan and perform program activities. We also hope that the CIT has a rewarding and enjoyable experience.

Please note that placement in this program is not guaranteed. We are unable to guarantee future program counselor positions to those in our CIT program.

To be accepted into the CIT program, participants must be entering the seventh through tenth grade, and have a successful interview with the Summer Director. We are looking for enthusiastic, energetic, responsible youth who have a strong desire to learn the ropes towards becoming a program counselor. We can accept only a limited number of applicants.

**Dates:** July 6 – July 10; July 13 – July 17; July 20 – July 24;  
July 27 – July 31; August 3 – August 7;  
August 10 – August 14; August 17 – August 21

**Time:** Kids Corner 8:30am – 12:00noon  
Club Rec 8:30am – 3:00pm

**Where:** Walton Elementary School

**Fees:** Kids Corner \$50; Club Rec \$85

**Ages 13+**

## Teen Yoga

Drawing on their experience through creative reflection, teens explore the physical and philosophical practice of traditional yoga. Teen yoginis develop body and mind strength and flexibility through yoga poses, breathing exercises, meditation and relaxation. Journaling, group discussions and valuable activities create a positive environment that supports self-esteem, body appreciation and tools for stress management. Please bring water/towel and your smile to class!

**Dates:** Thursdays, July 9 – July 30; August 6 – August 27

**Time:** 4:15pm – 5:00pm

**Where:** Dolbeare Elementary School Gym      **Fee:** \$40.00

**Entering Grades 9 – 12 in Fall 2015**

## Target Soccer Academy – High School Summer Academy

The camp is an eight-week, 16-session soccer training program run by some of the top high school coaches in the area. It is designed to improve both the fitness level and technical skill base of high school players in order to better prepare them for their fall soccer season. During each session coaches will work with players 1 on 1 and in small groups, helping them to improve the skills essential to becoming an impact player.

**Who:** Boys who will be entering Grades 9 – 12 Fall of 2015.

**Dates:** Tuesdays and Thursdays, June 9 – July 30

**Time:** 5:00pm – 7:30pm

**Where:** Walton Field (Galvin Middle School)      **Fee:** \$310.00

**Coaching Staff Includes: Matt Angelo:** For the past three seasons Matt Angelo has served as the Head Coach of Wakefield Memorial High School Boys' Varsity Soccer. Under Angelo, the Warriors qualified for the MIAA tournament this past season ending a fifteen-year absence. Angelo is a former player at Wakefield and went on to play one year at the collegiate level before an injury ended his career. He holds a US Soccer "E" license. He is a Special Education teacher at Burlington High School. **Brent Munroe:** Brent Munroe has been at Lynnfield High School for 14 years as the Boys Varsity Soccer Coach. He has led his team to 6 conference titles and qualified for the state tournament 11 out of the last 12 seasons. His team has competed in 4 sectional finals, won 2 Eastern Massachusetts Championships and played in 2 state title games. Brent was named 2006 Boston Globe coach of the year. He played college soccer at Franklin Pierce College. **Dan McGrath:** Dan McGrath is entering his 11th season as the Head Coach of Reading Memorial High School Boys' soccer team. The Rockets have qualified for the State Tournament four out of the past seven seasons. In 2009 Dan was named both the Middlesex League and Eastern Massachusetts Division Two Coach of the Year. He currently holds a US Soccer "C" License, an NSCAA National Diploma and a Coerver Youth Diploma. Dan is entering his 16th year teaching Health and Fitness at Concord Carlisle Regional High School.

# General Information

## Payment

Payment must accompany all registrations. Checks should be made payable to Wakefield Recreation. MasterCard, Visa, and Discover are also accepted. If choosing to register on-line, please visit [www.wakerec.com](http://www.wakerec.com).

If registering for the first time with Wakefield Recreation, you will need to create a household account. Please call 781-246-6389 if you experience difficulties. Phone registrations now welcome!

Non-residents are assessed an additional \$5 fee on each program.

## Financial Assistance

Full and partial financial aid packets are available for all Recreation Programs, unless noted, for Wakefield Residents. Please contact Wakefield Recreation for more details. Payment plans are also available for Wakefield Residents

## Refunds

There will be NO REFUNDS unless a program is cancelled by Wakefield Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. *If you cancel after the start of a program, no credits or refunds will be given.* Please note that there is a \$5 administrative fee for all refunds unless the program is canceled by Wakefield Recreation.

## Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Wakefield Recreation. If participants fail to cooperate with the rules, Wakefield Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

## Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

## Inclement Weather

Please check [wakerec.com](http://wakerec.com) for inclement weather updates on programs and fields operated through Wakefield Recreation. The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, our website will be updated for your convenience. It is also our policy that if Wakefield Public Schools close due to weather related issues, our programs will also be cancelled.

## Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program.

## Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto [www.wakerec.com](http://www.wakerec.com) to view your household account history.

## Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

## Volunteer Opportunities

Wakefield Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!

## Typo, Human Errors, or We Goofed...!?

Occasionally, there may be an error or change in the day, time, fee, or location of a program in our brochure. If so, we will do everything possible to correct the situation promptly. Thank you for your patience and understanding should these situations arise.

**Email program comments, suggestions, ideas, and concerns to  
Director of Recreation Dan McGrath, [dmcgrath@wakefield.ma.us](mailto:dmcgrath@wakefield.ma.us)**

# Registration Form

## Meet the Wakefield Recreation Department

### Recreation Director

Dan McGrath  
dmcgrath@wakefield.ma.us

### Recreation Committee

Richard Stevens  
*Chair*  
Anthony Longo  
*Vice Chair*  
Gerald Barrett  
Cyril Bode  
Daniel Crowley  
Christine Gargano  
Susan Hickey  
Jeanne Stinson  
Joseph Tringale

## Contact the Wakefield Recreation Department

### Telephone:

781-246-6389

### Email:

recreation@wakefield.ma.us

### Website:

www.wakerec.com

## Mission Statement

Wakefield Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F    DOB:		
Allergies / Medications / Limitations?:			
<b>PARENT/GUARDIAN INFORMATION</b>			
Guardian:	Cell Phone:		
Business Phone:	Email:		
<b>EMERGENCY INFORMATION</b>			
Name:	Phone:		
<b>PROGRAM REGISTRATION SECTION</b>			
CLASS	SESSION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Wakefield Recreation Division. I also agree to forever release the Town of Wakefield, Wakefield Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Wakefield-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Wakefield-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Wakefield – Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Wakefield-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Wakefield Recreation athletic or recreation programs.</p>			
<p><b>Emergency Medical Treatment:</b> I hereby give the Wakefield Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.</p>			
<p><b>Allergies, Chronic Health Conditions:</b> Allergies must also complete EAAP plan at the Recreation Dept office. Please list all of your child's allergies and/or chronic health conditions: _____</p>			
SIGNATURE _____			
Credit Card Payment: MC/ VISA/DISCOVER: Card # _____			
EXP. _____ SIGNATURE _____ CVV# _____			
<p><b>Please make checks payable to Wakefield Recreation.</b>  <b>Mail form to Wakefield Recreation, 5 Common Street, Wakefield, MA 01880</b></p>			