

Woburn Recreation

Spring 2022
City of Woburn Youth & Adult
Programs



www.woburnrec.com

www.woburnrec.com

For latest updates and more information visit our website!

781-897-5805

Summer Brochure

Our Summer Brochure will be available on or before April 12th! Registration for all Summer programs and pool passes will begin on Thursday, April 14th. If you have any questions on programs or any new program ideas, you would like to see added please feel free to e-mail Rory or Brian or call the Recreation Office

City Wide Yard Sale Saturday, May 14th 9am – 1 pm



If you would like to participate in our Community Yard Sale and place your house on our map we have applications online. The cost is \$10 to place your home on the map. All forms must be received by 5/6 to guarantee your house on the map.



Boys & Girls Club Kick in for Kids Road Race & Health Walk Sunday, May 1st



The James L. McKeown Boys & Girls Club of Woburn will be hosting the Annual Kick In For Kids Road Race & Health Walk presented by Skyworks on Sunday, May 1st. The goal of this community based event is to promote health and fitness to those young and old while supporting a valuable service in our community. All the proceeds of the event go to the Club and our 1,400 youth and teens that we serve from over 30 communities.

Date: Sunday, May 1, 2022

Start Time: 8:30 a.m. – Registration Begins

10:15 a.m. – Health Walk Begins

11:00 a.m. – Road Race Begins

Location: 1 Charles Gardner Lane Boys & Girls Club

The Course: A 5K course through the city streets of Woburn **Entry:** Pre-entry fee is \$30, Day of entry fee is \$35

The first 300 registered participants receive free tek shirts

Free admission to post event party that includes: live DJ, food and cold refreshments, raffles and awards

Register online at: www.bgcwoburn.org

Mission Statement

The Woburn Recreation Department provides affordable programs to families of all abilities, ages and backgrounds who are looking for meaningful ways to drive their health & wellness, build friendships & create memories within their community.



Discount Movie Tickets



The Recreation Department will be selling discount movie tickets to the Showcase cinemas. The cost for each ticket is \$9.75 and they are valid anytime.

Recreation Commission

Kevin Lonergan, Chairman

Maura Embler

Paul Tobin

Michael Martini

Gene Demers

Registration & General Information

Recreation Office Located on the 1st Floor of City Hall

Hours: Monday – Wed 9:00am – 4:30pm Thurs 9:00am – 7:00pm Fri 9:00am – 1:00pm
(781) 897- 5805

Payment

Payment must accompany all registrations. Checks should be made payable to Woburn Recreation. Mastercard, Visa, and Discover are also accepted. If choosing to register on-line, please visit www.woburnrec.com On-line registration is the preferred method of Registration! If Registering for the first time with Woburn Recreation, you will need to create a household account. Please call 781-897-5805 if you need assistance. Non-Residents are charged an additional \$10 fee on each program.

Financial Assistance

Please contact the Woburn Recreation Department to require about Financial Assistance. We offer payment plans for Woburn Residents.

Refunds

Refunds, less the minimum \$10.00 non-refundable deposit, may be given to a participant who withdraws from a program two weeks or more prior to the start of the program. To be eligible for a refund, the request must be in writing to the Woburn Recreation Department. In cases of inclement weather or other unforeseen circumstances, refunds or program credits will not be given, however we will do our best to reschedule the program. Participants who withdraw from a program less than 5 business days prior to the start of the program are not eligible for a refund or credit.

Refunds or credits will not be given for early termination of a program by a participant. Program expenses have already occurred.

Cancellations

The Woburn Recreation Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been cancelled, changed, postponed or relocated due to space availability. The Recreation Department does not confirm program registrations.

Inclement Weather

Please check woburnrec.com for inclement weather updates on programs and fields operated by Woburn Recreation. We will update our website and send e-mails regarding program cancellations as soon as possible. It is also our policy that if Woburn Public Schools close due to weather related issues, our programs will also be cancelled.

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.woburnrec.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 please call regarding specifics. **For planning purposes, we ask that if any child requires special assistance that you contact the Recreation Department 3 weeks prior to the class so that we have ample time to provide adequate assistance.**

Participants Responsibility

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

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How to contact the Recreation Department

E-Mail:

Rory Lindstrom rlindstrom@cityofwoburn.com

Brian Nagle bnagle@cityofwoburn.com

Recreation Office Phone (781) 897-5805

Adaptive Recreation Programs

Any new participant must have an intake form submitted to the Woburn Recreation Department 2 weeks prior to starting a program. You must be registered 2 weeks prior to a program beginning so we can properly plan for staff.

Field Trips

Join us for 2 field trips this Spring! We will be heading to the Woburn Bowladrome on Thursday, April 28th and to Altitude on Friday, May 20th! Transportation to and from Altitude will be provided

Bowling- Thursday 4/28 5:45pm – 7pm
Cost: \$15

Altitude: Friday, May 20th 5:30pm – 7:30pm
Cost: \$20

Friday Night Movies

We will be hosting a movie night on Friday nights at Spence Farm! All you need to bring is a bag chair and we will provide the snacks and drinks!

Days: Friday Nights
Location: Spence Farm
Times: 5:45pm – 7:15pm
Dates: Friday, March 25th
Friday, April 8th
Friday, May 6th
Cost: \$10 each night



Social Club

Join us for Arts & Crafts, Fun games, music, and much more! Each Social Club will be themed towards events happening that month.

Days: Saturday afternoons
Location: Spence Farm
Times: 12:30pm – 1:30pm
Dates: Saturday, March 12th
Saturday, April 16th
Saturday, May 14th
Cost: \$10 each day

Walking/Running Club

Join us for a walking/running club where we will meet at different locations each date. We will get warmed up and stretch then go for walk/run.

Days: Tuesday Evenings (5 Weeks)
Location: Spence Farm
Times: 5:00 pm – 5:45pm
Dates: April 13th, April 27th, May 4th, May 11th, May 18th
Cost: \$25



Woburn Recreation is looking to add more adaptive recreation programs to our schedule for children and adults with disabilities. We are asking for parents to take a few minutes to fill out a quick survey online at www.woburnrec.com

Just a reminder that all programs are accessible and inclusive to all! We can provide assistance to any child or adult that would like to participate in any of our program offerings.

Spring Youth Programs

Little Dragons Karate

Our Little Dragons (3 and 4) program focuses on listening skills, the importance of respecting our parents and teachers, healthy life-styles and gross motor skills in the Martial Arts such as jumping, stretching, balancing on one foot and more. All this while making the introduction to Martial Arts fun!

Ages: 3 & 4

Dates: Saturdays 4/2 – 6/18

Time: 9:00-9:30am

Location: Steve Nugent Karate Institute
1 Lowell Ave Winchester MA

Instructor: Steve Nugent Karate

Cost: \$190

Karate

Our Martial Arts program will arm your child with a host of positive mental and physical skills that will help him/her in School, at home and in life. We stress the importance of respect, academic achievement, nutrition, fitness and so much more! We present traditional Martial Arts in a strict and structured yet still fun manner so kids will learn there's a time to play and a time to work hard. We believe in every child and expect the best from each student. The program teaches self-defense, anti-bullying techniques and the awarding of new Belts gives each child a sense of accomplishment and goal setting. Price includes uniform, belts & patches!

Ages: 5-12

Dates: Saturdays 4/2 – 6/18

Time: 9:30-10:15am

Location: Steve Nugent Karate
1 Lowell Ave Winchester MA

Instructor: Steve Nugent Karate

Cost: \$190



Youth Jujitsu Self Defense

Develop self-confidence, self-control, self-esteem. Learn how to protect yourself great program for all young adults 1x a week.

Dates: Mondays 4/4 – 5/22

Cost: \$130

Ages: 8-13

Location: New England Small Circle Jujitsu
2 Merrill Street Woburn MA

****To Schedule your class time call (781) 932-9366 or email emjujitsu@comcast.net.**

Yoga for Kids

For Balance for Focus for fun! Children today are under a lot of stress, and just like their parents, kids are turning to yoga to help them relax. This great intro to basic poses encourages and develops flexibility, confidence, awareness, motor skills and physical fitness all disguised as fun and play! Yoga is a great gift to give your child. Yoga brings that inner light that all children have to surface

Ages: 5-12

Dates: Thursdays 3/10 – 4/14

Time: 3:30-4:30pm

Location: Spence Farm

Cost: \$35

Instructor: Emily Murphy



Spring Youth Climbing Program at Central Rock Gym

Our youth climbing clinic is a great first step for younger participants interested in learning about the sport of climbing in a fun, low-stress environment. In this program, coaches will introduce our participants to the skills & concepts that climbers need to build a solid foundation for climbing growth. All gear needed for participation in this program is included. This is a drop off program. Parents do not need to stay.

Ages: 7-12

Location: Central Rock Gym Stoneham

Time: 11:30am – 1:30pm

Dates: Sundays 4/10 – 6/12

***NO CLASS 4/17 or 5/29**

Cost: \$250

Swords!

A safe, fun, educational introduction to medieval swordplay. Grounded in history, with lots of highly active games using padded equipment. Battle your friends while learning coordination, sportsmanship, and medieval history!

Ages: 8-10

Dates: Tuesdays 4/12-5/24 ****NO CLASS 4/19**

Time: 4-5pm

Location: Spence Farm

Cost: \$40

Instructor: Morgan Kuberry

Register online at www.woburnrec.com

5 Summer Brochure Available April 12th

Spring Youth Programs

Hanging with my Peeps

Join us at Spence Farm to create your own Peeps plate! All pottery will be glazed and fired and returned a week later. Plates are food-safe and dish washable.

Date: Saturday, March 26th

Cost: \$35

Time: 12:30-1:30pm

Ages: 7-12

Location: Spence Farm

Instructor: Ceramica Paint Studio



Easter Bunny Carrots Plate

Hop over to Spence Farm and join us to create your own personalized Easter Bunny carrots plate! All pottery will be glazed and fired and returned a week later. Plates are food-safe and dish washable.

Date: Saturday, March 19th

Cost: \$35

Time: 12:30-1:30pm

Ages: 5.5-6

Location: Spence Farm

Instructor: Ceramica Paint Studio



High 5 Sports

Children of all ages love to be silly and have fun, especially the youngest of us. We will play games like: Builders and Bulldozers, where children either build or bulldoze cones set up around the gym; Bowling for Noodles, like real bowling but with pool noodles; and Kooky Relays! Each game is designed specifically for our Tot friends and include elements that help further develop the fine and gross motor skills of our young Champions.

Ages: 3-5

Dates: Fridays 4/15 – 5/20 *No Class 4/22

Time: 1:00-2:00pm

Location: Spence Farm

Cost: \$109

Instructor: Sports Zone 101

Nerf Rival Battlegrounds

Come test your individual and team effectiveness as a participant in our Nerf RIVAL Battlegrounds! If you have ever wanted to try out Paintball, this is a great, safe alternative! The RIVAL blasters use squishy Nerf pellets, which is perfect for competitive gaming because players can feel when they get hit, but the pellets don't hurt like Paintball or Airsoft. This awesome program puts a fresh spin on traditional games while also allowing participants to get great exercise, learn strategic planning skills, and make new battle-tested friends.

Grades: 2-5

Dates: Mondays 4/4 – 5/9

***No Class 4/18**

Time: 3:00-4:00pm

Location: Spence Farm

Cost: \$129

Instructor: Sports Zone 101



Extreme Sports

Extreme Sports is designed exclusively for Middle School Students. Are you ready to take your favorite sports to an all-new level? With Extreme Sports, we will involve some high degree of speed, risk, and creativity in taking some of our favorite games to a whole new level. Games will include everything from competitive Flag Football, Dodgeball, Street Hockey, Ultimate Frisbee, Frisbee Golf, and many of your other favorite games too. We will also work on some skills, drills, and ways to improve your competition in all sports throughout the week!

Grades: 6-8

Dates: Fridays 4/15 – 5/20 *No Class 4/22

Time: 4:00-5:00pm

Location: Spence Farm

Cost: \$109

Instructor: Sports Zone 101

Tournament of Champions

In this action-packed class, kids will participate in a variety of games, such as soccer, dodgeball, football, kickball, pickle, battleship, hockey, basketball, and many others in our Springtime Tournament of Champions! Each participant will receive a daily pack of sports cards.

Grades: 1-5

Dates: Fridays 4/15 – 5/20 *No Class 4/22

Time: 3:00-4:00pm

Location: Spence Farm

Cost: \$109

Instructor: Sports Zone 101

Spring Youth Programs

Amazing Athletes

Amazing athletes are active classes that encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes lifetime connections to sports and physical activity.

Days: Sundays (6 Week Sessions)

Dates: 4/24 – 6/5 ****NO CLASS 5/29**

Times: 9am – 9:45am (Ages 3 - 4)
9:50am – 10:40am (Ages 5 – 7)

Location: Shamrock Fields

Cost: \$140

Minds In Motion: Outer Space & Physics Fun



Come join an exciting world of space exploration as you build and take home your very own Solar System Kit! Put your mind in motion as you paint and create your own planets and learn all about our planetary neighborhood with your solar system model. Check out real meteorite fragment samples! Take part in other exciting activities involving physics, air pressure, and density. Take home your own stunt plane and learn about the four major forces of flight. You will also witness some really neat demonstrations from your instructor. Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much, much more in this fun and exciting program!

Dates: 4/19 – 4/22 Tuesday - Friday

Time: 9:00am – 12:00pm

Ages: Boys & Girls 6 - 11

Location: Spence Farm

Cost: \$145

Super Soccer Stars

Set in a fun, non-competitive environment, Super Soccer stars offers age-specific programs which introduce children to the fundamentals of soccer through creative programming and imaginative games. Our dynamic coaching staff, consisting of early childhood, education, and soccer specialists, utilize a unique curriculum which is crafted to improve soccer skills, build self-confidence, and develop socialization skills.

Days: Saturdays (6 Week Sessions)

Dates: 4/23 – 6/4 ****NO CLASS 5/28**

Times: 9:00am – 9:40am (Ages 2 – 3)
9:45am – 10:30am (Ages 3 – 4.5)
10:35am – 11:20am (Ages 3 – 4.5)
11:25am – 12:15pm (Ages 4.5 – 5)
12:20pm – 1:10pm (Ages 4.5 – 5)

Location: Shamrock Fields

Cost: \$140

Sprouting Melodies

This class is designed to incorporate both the earliest stages of development and the beginning stages of babies exploration. The music provides stimulation and comfort for younger babies in the awareness phase of development and active music making for 0-2 year olds in the trust phase of development. We will be increasing your little ones awareness of themselves and others and foster the building of trust and exploration through active music making and listening. This class is especially fun because we can see the growth of the little ones from 0-2 years old. The older babies have the opportunity to play with younger babies and 0-6 months old love watching their peers crawl, walk, and make music all around them. Sprouting Melodies 1 and 2 is a unique class where babies, parents, and caregivers learn and play together within the fun musical structure!

Dates: Wednesdays 4/6 – 5/18

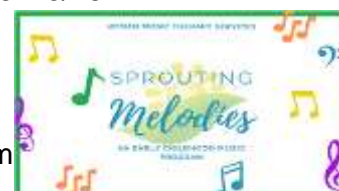
****NO CLASS 4/20**

Cost: \$75

Time: 9:00-9:45am

Ages: 0-2

Location: Spence Farm



Spring Youth Programs

Birdie, Chip & Putt: Intro to Golf

Golf is a lifelong sport. The smell of the fresh-cut grass, the crisp morning air, the feeling of the perfect tee shot -- it's not hard to love a few hours on the greens. But what makes golf even better is playing with friends and loved ones. We can't promise that we will produce the next pro golfer in our program, but we can guarantee that your children will have lots of fun, be introduced to traditional golf grips and hitting stances, and get a little practice with putting and chipping. Using the U.S. Kids Golf Early Start Program, each class will consist of short lessons followed by small group activities. Our goal is to introduce the children to the game of golf in a fun and interactive way so they can join you on the greens one day!

Ages: 3-5

Dates: Tuesdays 4/5 – 5/10 *No Class on 4/19

Time: 1:00-2:00pm

Location: Spence Farm

Cost: \$109

Instructor: Sports Zone 101

Kids' Test Kitchen – Spring Session 2

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish.

Session 2 Menu: Cool Cukes, Greens 'n Things with Chicken Sausage & Angelhair, Crepes, Atypical Tacos, Wholey-Moley- Guacamole, Frazzled Pineapple

Dates: Saturdays 4/30 – 6/11 .**NO CLASS 6/4

Time: 11:00am-12:00pm

Cost: \$140

Grades: 1-5

Location: Spence Farm



Trampoline Dodgeball @ Launch

Woburn Recreation in conjunction with Launch Trampoline Park is offering an affordable 6-week private dodge ball league. Each week, players will have exclusive use of Launch's extreme court for grades 5-8. Number of teams will be determined by enrollment. Teams of six will play for 40 minutes each week. The last 20 minutes will end with a Laser Tag game!

Dates: Tuesdays 4/5 – 5/17 **NO CLASS 4/19

Cost: \$80

Time: 6:00-7:00pm

Grades: 5-8

Location: Launch Woburn



Spring Arts & Crafts Programs

This program will be all Arts & Crafts and each session will have a different theme! Kids will have the opportunity to express their artistic side! You do not need to be artistically talented just willing to have fun!

Ages: 5 -12

Location: Spence Farm

Cost: \$15 for each session

St. Patrick's Day Crafts

Date: Wednesday, 3/15

Time: 3:15 – 4:15pm

Spring Crafts

Date: Thursday, 4/7

Time: 4:45 – 5:45pm

Easter Crafts

Date: Tuesday, 4/12

Time: 4:45 – 5:45pm

Flower Pot Decorating & Planting

Date: Tuesday, 4/26

Time: 4 – 5pm

Mother's Day Crafts

Date: Thursday, 5/5

Time: 4 – 5pm

Memorial Day Crafts

Date: Thursday, 5/19

Time: 4 – 5pm

Register online at www.woburnrec.com

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GIRLS ON THE RUN
IS SO MUCH FUN!!
More than a running program!

- Girls have fun making connections and meeting new friends
- Girls get outside, set goals and move more
- Girls learn intentional decision making, how to use their voice and become confident leaders

Girls On The Run Is For **EVERY** Girl

REGISTER NOW ONLINE
GIRLSONTHERUNBOSTON.ORG

REGISTRATION INCLUDES:

21 Interactive lessons with trained coaches

Personal kits with materials for the season including a branded shirt, water bottle, & activity journal

Entry into the Celebratory 5K and a commemorative finisher's medal & more!

Join us at
Spence Farm Stand
this Spring Season!

Registration Opens: Tuesday 3/1
Girls in Grades: 3rd-5th
(Woburn Residents only)
Program Days: Sun/Wed 3:30-5pm
Program Starts: Sunday 4/3
Program Location:
Program Fee: \$225

Financial Assistance is Available

Contact: Michaela Quigley,
maquigley0318@gmail.com



SPRING SEASON MAR 27 - JUNE 11

On The Mark Archery

Youth & Adult Archery Classes

Woburn along with Burlington Recreation are excited to offer the perfect social distancing activity for participants of all ages to enjoy! Participants receive their own bow, quiver, arrows and plenty of space to focus on learning without worrying. No prior experience necessary. All coaching and equipment is provided by On the Mark Archery.

Spring Sessions Location: Mary Cummings Park
12 Blanchard Rd, Burlington MA



SPRING SESSION 1:

Grades 4-8:

Dates: Tuesdays 3/29 – 4/19 **Time:** 5:30-6:30pm
Cost: \$145

Grades 9-Adult:

Dates: Tuesdays 3/29 – 4/19 **Time:** 5:30-6:30pm
Cost: \$145

SPRING SESSION 2:

Grades 9-Adult:

Dates: Tuesdays 5/3 – 5/24 **Time:** 5:30-6:30pm
Cost: \$145

SPRING SESSION 3:

Grades 4-8:

Dates: Tuesdays 6/7 – 6/28 **Time:** 5:30-6:30pm
Cost: \$145

Grades 9-Adult:

Dates: Tuesdays 6/7 – 6/28 **Time:** 5:30-6:30pm
Cost: \$145



ON THE MARK
ARCHERY

Pickleball

Pickleball Season Pass

To utilize the pickleball courts in Woburn we ask that everyone has a pass. The Fee for Woburn Residents is a suggested \$25 donation per season! Non-Residents will be a \$25 fee per season. Members with a pass are able to make reservations for a court after 1pm each day.

Pickleball Lessons

Do you want to improve your pickleball game? Or are you a beginner and want to learn how to play this fastest growing sport for adults? Register for our 6 week lessons taught by Bobby Devaney.

Beginner Lesson Schedule

Morning Beginners 9am – 10:30am

Evening Beginners 5:30pm – 7pm

Spring Session: Tuesdays April 19th – May 24^h

Summer Session 1: Tuesdays June 7th – July 19th (No Class 7/5)

Summer Session 2: Tuesdays July 26th – August 30th

Cost: \$75

Intermediate Lesson Schedule

Morning Intermediate 11:00am – 12:30pm

Spring Session: Tuesdays April 19th – May 24^h

Summer Session 1: Tuesdays June 7th – July 19th (No Class 7/5)

Summer Session 2: Tuesdays July 26th – August 30th

Please visit www.woburnrec.com for description of the classes as some classes are drills



Register online at www.woburnrec.com

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Summer Brochure Available April 12th

Adult Recreation Classes

Adult Paint Night: Abstract Tulip!

Join us at Spence Farm for our Abstract Tulip Painting!

Date: Thursday, 3/31

Time: 7:15 – 8:30pm

Cost: \$30 **Location:** Spence Farm

Ages: 18+

Instructor: Annemarie Bianchi



Barre Method (Virtual)

Barre is a fun, full body workout, great for all fitness levels. Come see what everyone is talking about! Based on Pilates, Yoga, sculpting and dance; Barre will tone your seat, abs, thighs and arms. You will strengthen your back and legs. Class may include the use props such as light weights, a small ball and flex band. Come get a great workout wearing comfortable clothes with water and your mat.

Dates: Tuesdays, 4/5 – 6/7/22

Time: 6:30-7:20pm

Cost: \$75

Instructor: Myra Green

Location: ZOOM

Circuit Workout

Circuit Workout using Light Weights (3 LBS) working (Triceps, Biceps & Shoulders) & Core working (sit-ups & planks) working both upper & lower body together to give you a great total body workout. All Levels welcome! (modifications given)

Dates: Tuesdays, 4/5 – 6/7/22

Time: 6:00-7:00pm

Cost: \$50

Location: Spence Farm

Instructor: Dottie Larffarello

Zumba

Tired of the same old workout? Zumba is a Latin-based, dance fitness party that will keep you moving. Feel the music and let loose! Beginners are welcome. ****NO CLASS ON 4/18****

Dates: Mondays 3/28 – 5/2/22

Time: 9:00-10:00am

Cost: \$77

Location: Spence Farm

Instructor: Laura Gordon

ADULT SELF DEFENSE

FOR MEN & WOMEN! Learn how to protect yourself and your family from various types of common attacks. Learn to stay calm and use effective techniques to save yourself and get away safely. Learn to defend against attackers striking/kicking at you, what to do if your grabbed/held, how to protect against weapon attacks (gun, club, knife, etc.). Learn how to use strikes, kicks, knees. How to take an attacker down and use simple locks and holds to subdue an individual to save yourself. Taught by Sensei Ed Melaugh, World Champion in self-defense, 50 years of martial arts training

Morning & Evening classes available! To schedule your 8 week session please contact New England Small Circle Jujitsu and ask for Ed.

Dates: Mondays 4/4 – 5/22

Cost: \$155

Location: New England Small Circle Jujitsu 2 Merrill Street Woburn

Instructor: Ed Melaugh

****To Schedule your class time call (781) 932-9366 or email emjujitsu@comcast.net**

Fitness Kickboxing

A fun way to get in shape and have fun doing it. Learn to Punch and Kick it's a great workout plus the added core work, strength, cardio, stretching. Lose weight and tone your body and FEEL GREAT!! Taught by seasoned martial arts and fitness Professionals. Move your body to some awesome music. Workouts differ so you never get bored!

Morning & Evening classes available! To schedule your 8-week session please contact New England Small Circle Jujitsu and ask for Ed.

Dates: Mondays, 4/4 – 5/22

Cost: \$130

Location: N.E. Small Circle Jujitsu 2 Merrill St. Woburn

Instructor: Ed Melaugh

****To Schedule your class call (781) 932-9366 or email emjujitsu@comcast.net.**



Register online at www.woburnrec.com

Adult Recreation Classes

Moving Meditation Tai Chi & Qi Gong

Come out and have fun with Instructor Kevin O'Malley learning moving meditation using Tai Chi and Qi Gong, which improves your:

- balance & strength
- health & flexibility
- focus & reduces stress

In addition, learn breathing techniques for relaxation!

Session 1: Wed 3/2 -- 3/30 **Time:** 5:00-6:00pm

Cost: \$50 **Location:** Spence Farm

****YOU CAN STILL JOIN SESSION 1 LATE IF INTERESTED****

Session 2: Wed 4/20 – 5/18 **Time:** 5:00-6:00pm

Cost: \$50 **Location:** Spence Farm

Instructor: Kevin O'Malley

Yoga

De-stress with Gentle Mindful Yoga! This class is designed to leave you calm while allowing you to stretch and strengthen your body. Emphasis is on building awareness of the breath and body, while building heat, strength and flexibility. Appropriate for all levels.

Dates: Thursdays, 3/31 – 5/5/22

Time: 6:00-7:00pm

Cost: \$100

Location: Spence Farm

Instructor: Michelle Powers

What's in your toolbox?

In this 1-hour course, Instructed by Master Gardener Peter Coppola, you will learn the tools and non-tools that you should always have readily available to simplify your tasks when you are in the garden; how to use them, when to use them and how to maintain them.

Dates: Monday 4/25 **Time:** 6:30-7:30pm

Cost: \$35 **Location:** Spence Farm

Instructor: Peter Coppola

Just the Facts on Gardening

In this 1-hour course, Instructed by Master Gardener Peter Coppola, you will learn some tips, tricks, mixes and formulas; things to know, what to do, when to do it and why you are doing it. Soil preparation, plant selection, watering calculations, organic fertilizers, pest repellents and all-purpose sprays.

Dates: Mondays, 4/11

Time: 6:30-7:30pm

Cost: \$35

Location: Spence Farm

Instructor: Peter Coppola



Barrie Bruce Golf School

Jr. Golf School Clinic

Junior Clinics are perfect for the beginning juniors and for those who want to develop better golf skills. Clinics consist of 5 lessons, covering safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. Jr Golfers are grouped by age range, so students will be playing in age-related peer groups.

Instructor: Barrie Bruce Golf School

Ages: 6—14

Location: Billerica Country Club

Cost: \$169

Dates: Monday – Friday 4/18 – 4/22

Times: 9am – 10:15am or 1pm – 2:15pm

**Space is limited so register early*

**More summer Dates listed online!*

Introduction to Golf

Our Intro to Golf program is for the new-to-the-game golfer with little (or no) golf experience. Basic fundamentals of the game are taught in a relaxed, stress-free clinic style setting. The program consists of 5 one-hour lessons, spaced one week apart. Equipment and practice balls will be provided as needed. All you bring is "a pair of sneakers and a good attitude."

Instructor: Barrie Bruce Golf School

Ages: 15 & older

Location: Billerica Country Club

Cost: \$209

Dates & Times vary please visit

www.woburnrec.com for all

available session dates.



Register online at www.woburnrec.com



We are pleased to announce that we will be bringing back Kayak rentals this summer to Horn Pond!!

Coast to Coast Paddle is excited to offer single and tandem kayak rentals at Horn Pond in Woburn this summer! Our kayaks are available by the hour and are incredibly stable and family-friendly. Paddling is the perfect way to get outside for some fun, a little exercise, or some relaxation on the water! For reservations, visit our website, email info@coasttocoastpaddle.com or call 978-969-0151. See you on the water!
www.coasttocoastpaddle.com

More information on rates will be available in the coming weeks online at: www.woburnrec.com. Season will be Memorial Day Weekend – Labor Day Weekend



**Help Wanted
Summer 2022
Lifeguards!**

The Recreation Department will have openings In the summer of 2022 for Lifeguards at the City Pools! All Lifeguards will need to be a certified. If interested about how to become a lifeguard or What the job entails contact the Woburn Recreation Department as soon as possible! Classes are offered throughout the year at various locations. Preference is given to those who have their certification before applying for a job! Don't wait until the last minute to secure a summer job!

In addition to lifeguards for this summer season we will be hiring additional park instructors for the Summer season.

Please visit www.woburnrec.com for a job application



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Woburn Recreation on Facebook



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