

WOBURN RECREATION

A scenic view of a lake with a wooden bench in the foreground, surrounded by trees with autumn foliage under a blue sky with clouds.

SPRING 2023
Programs!

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 10th! Registration for all Summer programs and pool passes will begin on Monday, April 24th.

City Wide Yard Sale

Saturday, May 6th

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 4/28 to guarantee your house on the map.

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.

Recreation Commission

Maura Embler, Chair

Paul Tobin

Michael Martini

Joe Daly

Kevin Lonergan

ST. PATRICK'S DAY

COMEDY NIGHT

benefiting the McKeown Boys & Girls Club

MCKEOWN BOYS & GIRLS CLUB OF WOBURN

Saturday, March 18, 2023
6:00 P.M. TO 10:00 P.M.

Featuring Comedians:
Paul Nardizzi,
Mitch Stitson,
& Jeff Keon

Music From:
Curragh's
Fancy
& DJ Dan

\$70
*\$75 AFTER 2/18/23

Join us back at the Club!

We have a great lineup of local comedians, live Irish music, and DJ. Heavy apps included with cash bar available throughout the night!

We'll be drawing the \$20,000 Pot of Gold Grand Prize!

Purchase Your Tickets Today!
<http://bit.ly/pogsocial>

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.

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

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 can access the Intake Form on the registration page of the program you are interested in. You must be registered 2 weeks prior to a program beginning so we can properly plan for staff.

Bowling

Join us for some Bowling at the Woburn Bowladrome! This program will be adapted to the needs of each individual.

Dates: 3/2 – 3/30/23 (Thursdays)

Time: 5:30 – 6:30pm

Cost: \$65

Location: Woburn Bowladrome

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 **Ages:** 5 - 30

Location: Spence Farm

Times: 6:00 – 7:30pm

Dates: March 10th, April 7th & May 12th

Cost: \$10 each night

Walking Club

Join us for a walking club where we will utilize the walking path through Spence Farm. We will get warmed up and stretch then go for our walk!

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: \$20

Launch Trampoline Park

We will be going to Launch Woburn for an hour jump! We are looking at two dates (March 21st & April 11th) for 5:30-6:30pm Jump times.

Dates: March 21st

April 11th

Cost: \$20

Location: Launch Woburn

Open Swim

Open Swim at the Woburn Boys & Girls Club! For the Open Swim parents of children 10 and under must stay with their children. If your child is unable to swim a parent must be in the pool with them at all times.

Two Dates: Saturday March 4th & April 1st

Times: 9:30-10:30am **Ages:** 3-30

Location: Woburn Boys & Girls Club

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: Saturdays

Ages: 6-30

Location: Spence Farm

Cost: \$10 each class

Times: 11:00am- 12:00pm

Dates: March 18th, April 15th & May 6th

Spring Challenger Basketball

A Basketball league for children with disabilities.

Every player on the roster plays in the game, and no score is kept. Participants will have the option to use a “buddy” to help them in the game.

Dates: 5/2 – 5/23/23 (Tuesdays)

Location: Leland Park

Times: 5:15pm – 6:00pm

Cost: \$20

Just a reminder that are 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.

Family Programs



Children learn through play! Bouncing Beans facilitates developmental playgroups where children and caregivers can learn and grow. Our playgroups are designed by a pediatric occupational therapist, and in addition to providing a consistent routine, groups may include movement-based activities, art, and sensory play. General tips to build upon developmental skills will be shared throughout the session.

Instructor: Allison Osipow

Seedlings (Birth – 12 Months)

The Seedlings Group: facilitated for babies (birth-12 months), with a caregiver present (siblings welcome, please share their age when registering). This baby group will provide your child the opportunity to practice skills in different positions, and to build upon sensory-motor, communication, attention, and social skills. Infant massage, simple sign language, and a familiar routine will be introduced.

-please bring a blanket or yoga mat for your family to sit on - this will help facilitate social distancing and increase comfort for all!

Dates: 3/15 – 4/26 ****No Class on 4/19**

Time: 9:30-10:15am **Location:** Spence Farm

Sprouts (1 – 2 Years Old)

The Sprouts Group: facilitated for toddlers (1-2 years) and preschoolers (3 years), with a caregiver present (babies/siblings welcome, please share their age when registering). This group provides a consistent routine with a variety of activities related to a theme, and allows for practice with transitions, taking turns, and sharing. Simple sign language and a visual schedule will be introduced.

-please bring a blanket or yoga mat for your family to sit on - this will help facilitate social distancing and increase comfort for all!

Dates: 3/15 – 4/26 ****No Class on 4/19**

Time: 10:30-11:15am **Location:** Spence Farm

There are a few different options for sign ups for the Bouncing Beans Programs:

3 Classes Cost: \$70

4 Classes Cost: \$90

5 Classes Cost: \$110

6 Classes Cost: \$130

Parent & Me Flower Painting w Buttons

One of a Kind Flower Painting with Buttons! Adult and child will share one long canvas and create a colorful garden full of flowers and butterflies using paint and fancy buttons! **Registration: You will be registering your child. During registration you will write in name of parent attending the class! The \$50 covers both painters!**

Grades: K-8

Dates: 3/24/23
4/21/23

Time: 6-8pm

Cost: \$50

Location: Spence Farm



Parent & Me Sea Shell & Sea Glass Art!

Sea Shell and Sea Glass art class! Adult and child will share one canvas board and create a seascape with paint, sea shells and sea glass! **Registration: You will be registering your child. During registration you will write in name of parent attending the class! The \$50 covers both painters!**

Grades: K-8

Dates: 5/12/23
6/9/23

Time: 6-8pm

Cost: \$50

Location: Spence Farm



Note: pictures are just examples

Register online at www.woburnrec.com

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Summer Brochure Available April 10th

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 4/1 – 6/24

Time: 9:00-9:30am

Location: Steve Nugent Karate Institute
1 Lowell Ave Winchester MA

Instructor: Steve Nugent Karate

Cost: \$190

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.

Who: Boys and Girls Ages 7-12

Where: Central Rock Gym Stoneham

Time: 11:30am – 1:30pm

Dates: Sundays 4/2 – 6/4 ***NO CLASS 4/9 or 5/28**

Cost: \$280

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: 4/4 – 5/23

Cost: \$130

Ages: 8-13

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

Instructor: Ed Melaugh

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

4/1 – 6/24

Time: 9:30-10:15am

Cost: \$190

Location: Steve Nugent Karate: 1 Lowell Ave
Winchester MA

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: 4/4 – 5/16/20 ****No Class 4/18**

Grades: 5-8

Time: 6:00-7:00pm

Cost: \$90

Location: Launch Woburn

Babysitting Course

This Babysitters training class will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends. This class includes techniques in interviewing with parents, infant & toddler care, diapering, feeding, creative reading, activities for young children, appropriate snacks, handling bedtime issues, basic first aid, and tips for a safe babysitting experience.

Ages: 11 and up

Date: 4/8/23

Time: 9:00-1:00pm

Cost: \$50

Location: Spence Farm

Instructor: Deborah Laflamme

Spring Youth Programs

Amazing Athletes

Amazing athlete 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 fundamental 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 **Cost:** \$150

Dates: 4/23 – 6/4 ****NO CLASS 5/28**

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

Location: Shamrock Elementary Back Field

TinyTykes Soccer

TinyTykes is an innovative program, created by childcare specialists that introduces children aged 2 to 5-years to the basic skills of soccer. Both our Cubs (2-3 years) and our Lions (4-5 years) modules use fundamental soccer activities, games and stories to develop their skills in the following areas: Balance, Agility and Coordination, Technical Skills, Gross Motor Skills, Physical Development, Social Skills, Self Confidence, Communication & Teamwork! ****Players will receive a FREE Ball and Uniform**

Dates: 5/10 – 6/14 **Cost:** \$85

Times: 9:30 – 10:15am (Ages 2 - 3)
10:30 – 11:15am (Ages 4 – 5)

Location: Library Field

**JUST
added**

Kids Test Kitchen

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, unmanipulated state. At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned!

Dates: 5/9 – 6/13/23

Age: Grades 1 -5

Time: 3:30-4:30pm

Cost: \$150

Location: Spence Farm

**JUST
added**

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 **Cost:** \$150

Dates: 4/22 – 6/3 ****NO CLASS 5/27**

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 – 1:20pm (Ages 4.5 – 5)

Location: Shamrock Elementary Back Field

Spring Track and Field Program

Can you Run Fast? Can you Jump High & Long? Can you throw a softball far? No matter what the answer is the Woburn Youth Track & Field clinic is for you. This program is open to boys and girls in grades 5 through 8. The priority of the program is to teach our young athletes the basics of track and field and foster each athletes love for the sport. Our attention will be on each participant's enjoyment and safety at all times. Athletes will work on basic skills that are applicable to track and field, as well as many other sports. Athletes will learn the proper warm-up and cool downs to help promote peak performance and reduce injury. Athletes will learn the fundamental skills and the basic rules of track and field events that will help prepare them for competition.

Grades: 5-8

Dates: 4/28 – 5/26

Time: 4:00-5:00pm

Cost: \$60

Location: Outside Joyce Middle School

Instructor: Makenna Munro

Yoga for Kids is Returning!

Instructor Emily Murphy will be back this Spring to teach Yoga for Kids! More info to come! Looking to start up after April Vacation.

REGISTER NOW AT
www.woburnrec.com

Register online at www.woburnrec.com

Minds In Motion: Cybercrawler Robot

Build and take home your very own CyberCrawler Robot! This smart coding robotics kit entertains and teaches programming skills to inquisitive young future robotic engineers! With the aid of your instructor, you will each assemble your own robot that consists of 76 pieces. Once completed, a simple press-button programming keypad embedded on its cranium will send your CyberCrawler on its way! You can design obstacles and maze courses with your classmates and see how far you can go. With a maximum storage capacity of 64 tasks, your CyberCrawler Robot will be a terrific starter tool to learn the joy of coding! This very cool robot's LEDs illuminate as it executes whatever you command. Come and join this fascinating and educational robotic experience!

Dates: 4/18 – 4/21

Time: 9am – 12pm

Ages: 7 - 11

Cost: \$145

Location: Spence Farm

Minds In Motion: Bridges & Building

Do you ever wonder how bridges span huge distances and how skyscrapers stay standing? Get ready to get your mind in motion as you work with and take home your very own Bridges and Skyscrapers Set! Learn all about basic structural elements and witness firsthand the forces acting on structural components! With your kit, you can build up to 20 model building experiments that each demonstrate a basic principle of mechanical physics or structural engineering in a hands-on way. Learn about the strength of materials as you compete with your classmate to see who can build the tallest tower using the pieces in this kit! Challenge yourself building different types of bridges such a suspension bridge or cable stayed bridge. Come bring out the architect side of you as you enter the fascinating world of structural engineering and explore the magic of STEM!

Dates: 4/18 – 4/21

Time: 12:30 – 3:30pm

Ages: 7 - 11

Cost: \$145

Location: Spence Farm

Clay Hand Building & Painting

In this 5-week class, we will cover the foundation techniques of hand-building as well as two painting projects!

1st Class: Hand-building, Bet Buds!

2nd Class: Hand-building, Home!

3rd Class: Painting Hand-building projects

4th Class: Watermelon Bowl

5th Class: Cow Print Mug

Dates: 4/6 – 5/11 **No Class on 4/20

Time: 3:30-5:00pm

Ages: 7 - 11

Cost: \$135

Location: Spence Farm


Project 3: Handbuilding Class - Best Buds, with cylinders and lots of creativity we'll be making plant pots



Project 2: Handbuilding Class - Home!
This cute little design can be hung outdoors or at the entrance of your home. We use slabs for this job

3rd class: Painting Handbuilding Projects


Project 3: Painting Class - This cute watermelon bowl will cover a couple of different painting techniques (5.5D x 2.75H bowl)



Project 4: Painting Class - Got Milk? Our cow print mug will become a favorite at home. (round mug 3.75 h x 3.5 dia.)

Pokémon Battle Club

Gather up your Poke balls, muster your courage, and prepare your mind for the ultimate test of your Pokémon trainer abilities. Throughout this class, you will go head-to-head with other Pokémon trainers to determine who will become the Gym Master and take home the Grand Prize of 10 Pokémon booster packs. We will cover some basic Pokémon Trading Card Game strategy, but this class is intended for participants who have a basic knowledge of Pokémon the Trading Card Game. Trainers do not need to bring their own battle decks, but it is suggested.

In class trading will also be allowed with direct approval of class teachers to ensure fair trade practices.

Session 1: 3/6 -4/3/23 **Session 2:** 4/24-5/22/23
Grades: K-5 **Time:** 3:30-4:30pm
Cost: \$119 **Location:** Spence Farm

Ultimate Nerf Showdown

All New Format & Challenges

Come test your individual and team effectiveness as a participant in our Nerf program! This awesome program puts a fresh spin on traditional games like Capture the Flag, King of the Hill, and Zone Wars, while also allowing participants to get great exercise, learn strategic planning skills, and make new battle-tested friends. We use Nerf X-Shot and Nerf Dart style equipment. Participants will play different games throughout the day, with individual and team-based challenges, so there is always something new and exciting to strive for. We will also have all sorts of inflatable bunkers and other fun objects for the students to strategize their missions.

NERF SHOWDOWN COURSE: Kids will enjoy our inflatable bunker course which help to protect and hide behind in your missions! All Nerf equipment and obstacles are sanitized before and after use. Kids can bring their own equipment so long as it's labeled properly! *Kids Should Bring: Water, Comfortable Shoes!*

Session 1: 4/12 -5/10/23 **Session 2:** 5/24-6/21/23
Grades: 2-5 **Time:** 3:30-4:30pm
Cost: \$119 **Location:** Spence Farm
Outside

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!

Session 1: 4/11 -5/9/23 **Session 2:** 5/23-6/20/23
Ages: 3-5 **Time:** 3:30-4:30pm
Cost: \$109 **Location:** Spence Farm
Outside

Junior Pickleball

Pickleball is a fast-paced racquet sport that combines elements of badminton, tennis, and table tennis. With a focus more on hand-eye coordination than stamina or physical prowess, and played on a small court, pickleball is fun for all ages and skill levels! Game instruction will be provided on week one with plenty of time for practice. We will provide all necessary equipment for participation in this program, but feel free to bring your own pickleball gear if you have it!

Session 1: 4/13 -5/11/23
Session 2: 5/25-6/22/23
Cost: \$109 **Time:** Gr. 2-5 3:30-4:30pm
Gr. 6-8 4:30-5:30pm
Location: Leland Park

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, Bowling for 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..

Session 1: 4/14 -5/12/23 **Session 2:** 6/2-6/30/23
Ages: 3-5 **Time:** 2:00-3:00pm
Cost: \$109 **Location:** Spence Farm

Girls on the Run and Heart & Sole



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

Join us at

Spence Farm Stand - Woburn
this Season!

Registration Opens: Currently Open
Girls in Grades: 3rd-5th
Program Days: Sun/Thu: 3:30 – 5:00 PM
Program Starts: March 26th
Program Ends: June 10th
Program Location: Spence Farm Stand
Program Fee: \$225

REGISTER NOW ONLINE
GIRLSONTHERUNBOSTON.ORG

REGISTRATION INCLUDES:

20 Interactive lessons with trained coaches
Personal kits with materials for the season: shirt, water bottle & Activity Journal!
Entry in Celebratory 5k & commemorative finisher's medal & more!

heart & sole



What if you could challenge yourself? Try new things?
Feel strong, be strong and run strong?
Make new friends who encourage you to...

BE
TOTALLY

You!

Heart & Sole is a program from Girls on the Run
for girls in 6th-8th grade.
As a team, we'll run, laugh and connect!

Join Us at Spence Farm Stand in Woburn!

Registration Opens: Currently Open
Girls in Grades: 6-8th grades
Program Days: Sundays 3:00 – 5:00 PM
Program Starts: March 26th
Program Location: Spence Farm Stand
Program Fee: \$225
Financial Assistance is Available
Contact: Micheala Quigley, maquigley0318@gmail.com

FOR MORE INFORMATION VISIT
GIRLSONTHERUNBOSTON.ORG

Register online at www.woburnrec.com

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Summer Brochure Available April 10th

On The Mark Archery

Archery for Kids (Gr. 4-8)

Join On the Mark Archery and learn the martial art of archery using beautiful wooden recurve bows to focus more on the form and technique rather than just the aiming. Build character, self-esteem and confidence with each triumph and tribulation on the range as you work hard to achieve consistent success! Unique lesson plans implement skill building drills with unique games that include prizes to keep students engaged throughout the program. All equipment provided and class is led by teams of certified USA Archery instructors.

SPRING SESSION 1: For Kids & Adults

Dates: Tuesdays 3/28 – 4/18 **Time:** 5:30-6:30pm
Cost: \$145

SPRING SESSION 2: For Kids & Adults

Dates: Tuesdays 5/2 – 5/23 **Time:** 5:30-6:30pm
Cost: \$145

Location: 15 Blanchard Road, Burlington MA

Archery for Adults (Gr. 9 – Adult)

Release stress with arrows! Relax and unwind after a long day at work and sign up for a low-impact fitness course like Archery. This unique Olympic sport is one of the fastest growing across America and is easy to learn, but difficult to master. The thrill of shooting a bow is unlike any other body mind experience and it involves form elements and strategy similar to golf, yoga, martial arts and even chess! All equipment is provided and this course is led by certified USA Archery instructors.

SPRING SESSION 3: For Kids & Adults

Dates: Tuesdays 6/6 – 6/27 **Time:** 5:30-6:30pm
Cost: \$145

Location: 15 Blanchard Road, Burlington MA



ON THE MARK
ARCHERY

Pickleball

Pickleball Season Pass

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



Beginner Pickleball Lessons Schedule

With Instructor: Bobby Devaney

Morning Beginners 9am – 10:30am & 11am-12:30pm
Evening Beginners 5:30pm – 7pm

Spring Session 1 Mornings: Tuesdays 4/18-5/23

Spring Session 1 Evenings: Thursdays 4/20-5/25

Cost: \$85 (6 Weeks)

Spring Session 2 Mornings: Tuesdays 5/30-6/27

Spring Session 2 Evenings: Thursdays 6/1-6/29

Cost: \$75 (5 Weeks)

Beginner Pickleball Lessons Schedule

With Instructor: Kevin Martin

Evening Beginners on Fridays 5:00pm – 6:30pm

***Any rain dates will be made up on Sundays from 5-6:30pm*

Spring Session 1: Fridays 3/31 - 4/28

Cost: \$75 (5 Weeks)

Spring Session 2: Fridays 5/5 - 5/26

Cost: \$65 (4 Weeks)

Summer Session: Fridays 8/18 - 9/15

Cost: \$75 (5 Weeks)

Register online at www.woburnrec.com

Adult Recreation Classes

Zumba (6 Weeks)

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 4/20****

Dates: 3/16 – 4/27/22

Time: 9:00-10:00am

Cost: \$88

Location: Spence Farm

Instructor: Laura Gordon

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 of 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: 4/4 – 6/6/23

Time: 6:30-7:20pm

Cost: \$75

Location: ZOOM

Wind Down Yoga

Suitable for all levels this slow intentional practice will unwind the body and the mind while improving strength, mobility and balance. Breathwork practices to help downregulate the nervous system will be integrated each class and we will end with a guided meditation. Slow down and create space for stillness in the mind and body with Wind Down Yoga. **Yoga Mat is required**

Session 1: 4/5 – 5/3/23 **No class 4/19*

Session 2: 5/24 – 6/14/23

Time: 6:00-6:50pm

Location: Spence Farm

Cost: \$40

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) ****Yoga Mat is required**

Dates: 4/28 – 6/16/22

Time: 6:00-7:00pm

Location: Spence Farm

Cost: \$50

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: 3/20 -- 4/24

Time: 5:30-6:30pm

Session 2: 5/8 – 6/12

Time: 5:30-6:30pm

Cost: \$50

Location: Spence Farm

Cardio Dance Fitness

Come dance through the decades with this fun, upbeat class celebrating music of the past and present! This high-energy but easy to follow choreography will get your heart rate up and keeps you coming back for more! All levels welcome.

Session 1: 4/4 – 5/9/23

Time: 6:00-7:00pm

Session 2: 5/23 – 6/27/23

Cost: \$40

Location: Spence Farm

Spring Yin Yoga

As nature wakes up and new growth surrounds us, we might notice internal shifts too. In this 4-class series you'll explore yin poses and practices that support our Spring energy, which in Traditional Chinese Medicine is associated with the energy of the Liver and Gallbladder Meridians and the element of Wood.

Spring is a time of renewal, and within these classes we will explore yin postures, breathing techniques, acupressure, mindfulness and simple movement practices that help us refresh as we emerge from the slower pace of winter. Yin yoga is a floor-based practice accessible to all students and designed to encourage stillness in both the body and mind.

Session 1: 4/5 – 5/3/23 **No class 4/19*

Session 2: 5/24 – 6/14/23

Time: 7:00-7:50pm

Location: Spence Farm

Cost: \$40

Adult Recreation Classes

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. 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. (781) 932-9366 or email emjujitsu@comcast.net

Cost: \$155

Location: New England Small Circle Jujitsu

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!

Morning & Evening classes available! To schedule your 8-week session please contact New England Small Circle Jujitsu and ask for Ed. (781) 932-9366 or email emjujitsu@comcast.net

Cost: \$130

Location: New England Small Circle Jujitsu

Girls Volleyball

Girls Volleyball Travel Tryouts Grades 5-8

Girls Travel Volleyball Tryouts

The Woburn Recreation Department will run its 9th season of the successful and popular ability-based Girls' Travel Volleyball Team.

Tryout 1 - Woburn High School

March 17th

Grades 5-7 6:00 to 7:30PM

Grade 8 7:00 to 8:30PM

Tryout 2 - Woburn High School

March 19th

Grades 5-7 10:00 to 11:30AM

Grade 8 11:30AM to 1:00PM

******Only Woburn residents are eligible. There is NO FEE to try out.******



Please pre-register for tryouts with the above QR Code.

We encourage everyone to attend both dates. Those chosen for a team will have at least 12 practices and 6 games totaling 30+ hours of volleyball.

Games will be against recreation departments and volleyball programs from other towns. This program will run through early May. Sessions will be held on Mondays and Wednesdays. There will be games on some weekends.

There is no fee to try out. Players who do not make the program are encouraged to sign up for the Clinic on Monday Nights.

If chosen for the program, the fee is \$175

Girls Volleyball Clinic

The Woburn Recreation Department will be running a Volleyball Clinic on Wednesdays beginning March 22nd from 7-8:30PM for players in Grades 5-8 at Woburn High School. In this program, girls will learn how to hit, pass, set, and serve in a fun and friendly atmosphere led by former and current Woburn High volleyball players.

This program is for both beginner and experienced players.

Please note: Players should only register for this clinic if they are not trying out for Travel, or if they are not selected for the Travel program. Players should **NOT** register for both the Travel Team tryouts and this clinic.

Dates: 3/22, 3/29, 4/5, 4/12, 4/26, 5/3, 5/10

Cost: \$99

Register online at www.woburnrec.com

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Summer Brochure Available April 10th

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.

Ages: 6—14 **Cost:** \$169

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.

Ages: 15 & older **Cost:** \$199

Intermediate Program

For those with some course experience but need a tune up! Ok, so you hit good shots on the range, but can't always do the same on the course...let us help you move past that! Our 1-hour classes focus on specific skills to help you manage your game and lower your scores.

Ages: 15 & older **Cost:** \$189

All of the 2023 Spring & Summer Junior Golf, Intro to Golf & Intermediate Program are listed on our website!

***Spots are limited in all programs, make sure to register early!*

***All Programs are held at Barrie Bruce Golf School at the Billerica Country Club*



FOLLOW US ON SOCIAL MEDIA!

Facebook: Woburn Recreation

Instagram: @woburnrec

Twitter: @woburnrec



Register online at www.woburnrec.com

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Summer Brochure Available April 10th