



WOBURN RECREATION



WINTER & SPRING 2025



↩
**SCAN
ME!**

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www.woburnrec.com

For latest updates and more information visit our website!

Or contact us at (781) 897-5805



Snowshoe "Take home" Program

Snowshoes are Available to borrow mid-Week or for the entire weekend. They are on a first come first serve basis

Program is for Woburn Residents only. Poles not guaranteed with all snowshoes. We have limited sizes of Toddler, Children, and Adult Snowshoes.

To Borrow snowshoes please Call the Recreation Office (781) 897-5805 or email Rory at rindstrom@cityofwoburn.com Or Brian at bnagle@cityofwoburn.com

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Mission Statement

The Mission of the Woburn Recreation Department is to promote the health and welfare of the citizens of Woburn by providing safe, affordable, and most importantly enjoyable Recreation Programs.

Discounted Movie Tickets

Cost per ticket is \$9.75, Cash or Check ONLY



Register online at www.woburnrec.com

Recreation Commission

Michael Martini, Chair

Joe Daly, Vice-Chair

Maura Embler

Paul Tobin

Jack Mosco

(781) 897-5805

General Information

Payment

Payment must accompany all registrations. Checks should be made payable to Woburn Recreation. Mastercard, Visa, and Discover are also accepted. **During COVID-19 On-line registration is the preferred method of Registration! If you need to pay via check or cash please contact the Woburn Rec Dept to arrange an appointment.** 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 will not be allowed in our programs for this summer due to COVID-19

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. If we cancel a program we will do our best to make that scheduled class up that week.

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.**

Financial Assistance

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

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.

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/Adaptive Recreation

Adaptive sports, recreation, and social programs are offered to youth and adults with intellectual and physical disabilities. The programs provide options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support. If you have any questions about what type of program is right for you or your family member, please do not hesitate to contact the Woburn Recreation Department. **For planning purposes, we ask that if any child requires special assistance that you contact the Recreation Department 2 weeks prior to the class so that we have ample time to provide adequate assistance.**

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.

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

Adaptive

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.

Friday Night Movies

Cost: \$10

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!

Ages	Day	Dates	Time	Location
10+	Friday	2/7/25	6:00 – 7:30pm	Spence Farm
		3/21/25		
		4/25/25		
		5/9/25		

Launch Trampoline Park

Cost:20

We will be going to Launch Woburn for an hour jump! Jump Time will be 5:30-6:30pm

Ages	Day	Dates	Time	Location
7+	Thursday	2/20/25	5:30 – 6:30pm	Launch
		3/27/25		
		4/10/25		

Address: 366 Cambridge Rd, Woburn MA

Spring Challenger Basketball

Cost: \$20

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.

Ages	Day	Dates	Time	Location
10+	Tuesday	4/29 –	5:15 – 6:00pm	Leland Park
		5/27/25		

Social Club

Cost: \$10

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

Karaoke on 3/8/25!

Ages	Day	Date	Time	Location
10+	Saturday	1/25/25	12:00 – 1:00pm	Spence Farm
		2/1/25		
		3/8/25		

All additional programs will be posted on our website



Youth

Amazing Athletes

Cost: \$150

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. **No Class 5/25*

Age	Day	Dates	Time	Location
3 - 4	Sunday	4/27 - 6/8	9:00 – 9:45am	Shamrock Elementary Field
5-7	Sunday	4/27 - 6/8	9:50 – 10:40am	

Babysitting Essentials

Cost: \$50

This Babysitting training class is a fun learning environment for Middle School aged children interested in Babysitting. The course will cover babysitting essentials, first aid, CPR and more! Get certified by a retired teacher and daycare provider of over 35+ years and start your babysitting journey now! *Instructed by Debbie LaFlamme.*

Age	Day	Date	Time	Location
11+	Saturday	4/12/25	9:00am – 1:00pm	Spence Farm



Cost: \$5

Bring your friends and family for a night of fun and laughter. The lucky Bingo winners will receive some great prizes!

Ages	Day	Date	Time	Location
5+	Thursday	2/20/25	5:00 – 6:00pm	Spence Farm

NOTE: All children must be accompanied by an adult

Register online at www.woburnrec.com

Archery for All!

Cost: \$155

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 and games that include prizes to keep students engaged throughout the program. All equipment is provided and classes are led by teams of certified USA Archery instructors.

Grade	Day	Session	Time	Location
4+	Tuesday	1. 4/1 – 4/29 <i>*No 4/22</i>	5:30 – 6:30pm	Mary Cummings Park, Burlington
		2. 5/6 – 5/27		
		3. 6/3 – 6/24		

Basketball Skills & Scrimmages

Cost: \$25

The program will focus on fundamental skills with emphasis on skill development, teamwork, and enjoying basketball. Scrimmage games will be included in each practice. Boys & Girls all levels welcome.

Grade	Day	Dates	Time	Location
Girls 3 & 4	Monday	4/28 – 6/2	4:45 – 5:45pm	Library Park Basketball Courts
Boys 3 & 4			5:45 – 6:45pm	
Girls 5 - 7	Wed.	4/30 – 6/4	4:45 – 5:45pm	
Boys 5-7			5:45 – 6:45pm	

Gnome Paint Night

Cost: \$40

Calling all artists! Let's get those creative juices flowing! In this 90 min class students will create an original canvas painting. The Instructor will guide the process step by step while leaving plenty of room for individual creativity. Each student will leave with an original painting!



Grade	Day	Date	Time	Location
4-8	Friday	3/7/25	6:00 – 7:00pm	Spence Farm

Karate

Cost: \$190

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.

Each child will receive a free uniform and Belt!

Ages	Day	Session	Time	Location
5 - 12	Saturday	1. 2/1 – 4/5	9:30 – 10:15am	Steve Nugent Karate: 1 Lowell Ave, Winchester
		2. 4/12 – 6/14		

Little Dragons Karate

Cost: \$190

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! Price includes uniform, belts & patches.

Age	Day	Session	Time	Location
3&4	Saturday	1. 2/1 – 4/5	9:00 – 9:30am	Steve Nugent Karate
		2. 4/12 – 6/14		

Address: 1 Lowell Ave, Winchester MA

Kid Create Studios: Beyond Pinch Pots

Cost: \$140

Every kid loves making pinch pots! But let's go beyond that and learn super cool techniques to transform pinch pots into puppy pals, silly rabbits, playful penguins, and much more. Not only will the kids learn the basics of working with clay, but they will also create amazing clay creations that are way cooler than a plain old ordinary pinch pot!

Ages	Day	Dates	Time	Location
4-9	Wednesday	2/5 – 3/5 *No 2/19	5:30 – 6:30pm	Spence Farm

Kid Create Studios: St. Patrick's Day Patty the Unicorn

Cost: \$50

Celebrate St. Patrick's Day and the luck of the Irish with Patty the Unicorn! Join us for a colorful adventure as you draw and paint our magical friend, Patty. Plus, whip up some enchanting green unicorn slime. It's a fun-filled event not to be missed!

Ages	Day	Dates	Time	Location
3-9	Saturday	3/15/25	11:00am – 12:30pm	Spence Farm

Kid Create Studios: Masterpieces for Mother's & Father's Day

Cost: \$50

Make two masterpieces, one for your amazing mom and one for your fantastic dad! Get ready to have a blast as we use paint paper and buttons to make a collage garden. Then we'll use model magic and paint to craft an unforgettable Father's Day frame.

Ages	Day	Dates	Time	Location
4-9	Saturday	5/3/25	11:00am – 12:30pm	Spence Farm

Kid Create Studios: Darling Valentine Hearts

Cost: \$50

Are you ready for some serious cuteness? Kids will love creating kawaii-style pitch pots in this Valentine's Day-themed class. They'll learn basic pottery techniques and decorate them with cute, heart designs filled with LOVE, so adorable they'll make everyone go "Awww!" Perfect as a gift or keepsake, these projects will radiate LOVE!

Ages	Day	Dates	Time	Location
4-9	Saturday	2/8/25	11:00am – 12:30pm	Spence Farm

Kid Create Studios: Flo-Glow the Easter Bunny (Artsy Glow Party)

Cost: \$50

You've never seen a bunny like this one - meet Flo-Glow the fluorescent bunny! Artists will learn a simple step-by-step drawing method, then use special neon paint to create a bunny headed straight for the clouds. We'll also make glow in the dark slime, sure to illuminate excitement for everyone!

Ages	Day	Dates	Time	Location
4-9	Saturday	4/5/25	11:00am – 12:30pm	Spence Farm

Register online at www.woburnrec.com

Kids Test Kitchen

Cost: \$200

Parents report that kids come home from Kids' Test Kitchen EXCITED about fresh ingredients and new recipes! Reluctant eaters learn that food is safe and fun! And everyone practices essential life skills like teamwork, time management, patience, along with the obvious skills like slicing, measuring, and cooking! On a mission to redefine kid food; Kids' Test Kitchen's enthusiastic Facilitators get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients!

Grades	Day	Session	Time	Location
1 - 5	Friday	1. 3/7 – 4/11	3:30 – 4:30pm	Spence Farm
		2. 5/2 – 6/16		

Minds in Motion: Code & Control Robodozer

Cost: \$165

Join us during February Vacation to build and take home your very own powerful robotic bulldozer and sleek handheld wireless controller! With your own colored manual and the aid of your instructor, you will each assemble your Robo Dozer that consists of over 40 different robotic parts that includes a speaker, circuit board, motors, LED lights, and much more. Use the controller to command your robot to move around in all directions, play sounds, and light up its cab roof lights! The special Code and Control wireless unit enables you to either directly control your Robo Dozer in real time, or write and save sequences of commands for the robot to perform at the push of a button. Once completed, you can try a few experiments with your new Code and Control Robo Dozer and compete with your fellow classmates!

Age	Days	Dates	Time	Location
7-11	Tuesday-Friday	2/18 – 2/21	12:30 – 3:30pm	Spence Farm



Minds in Motion: CSI Crime Scene Investigation

Cost: \$165

Come join our Minds In Motion Crime Team in this fun and interesting program during February vacation! We will provide you with all the tools you need to become your very own crime scene investigator. Learn all about forensics, searching for evidence, and gathering clues and bring home your very own detective kit! Working in groups, you will conduct many science experiments in our crime lab to solve the mysteries at hand. You will learn all about fingerprinting and how to classify them and bring home your very own fingerprint classification sheet! You will also perform chemical analyses and observations working with powders, liquids, and much much more! Be amazed at how much science plays a part in solving a crime.

Age	Days	Dates	Time	Location
7-11	Tuesday-Friday	2/18 – 2/21	9:00am – 12:00pm	Spence Farm

Parent & Me Snowman Event

Cost: \$40

Calling all artists! Let's get crafting and painting some cute snowmen! A few different crafts for all to make. There is lots of room for your own creativity too! *Cost of the class covers both painters*



Grade	Day	Date	Time	Location
Pre K – 3rd	Friday	2/28/25	6:00 – 7:30pm	Spence Farm

Register online at www.woburnrec.com

Sports Zone 101:

Birdie, Chip & Putt: Intro to Golf • Cost: \$119

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!

Ages	Day	Session	Time	Location
3 - 5	Thursday	1. 2/6 – 3/6	10:30 – 11:15am	10 Micro Drive, Woburn
		2. 3/20 – 4/17		
		3. 5/1 – 5/29	4:30 – 5:15pm	Spence Farm

Sports Zone 101:

Little Big Leaguers

Cost: \$119

Come join the Sports Zone 101 coaches as we teach the basic skills and movements needed to play baseball. We will instruct all kids on how to hold the bat correctly, hit the ball off a tee, field a ball, throw a ball, and learn how to become an awesome teammate! We will spend time getting to know each other, learn more about the way our bodies move, and explore new ways to stay active and have fun doing it! We will help develop your child's sensory and gross motor skills in our exciting 3-5 year Little Big Leaguer program!

Ages	Day	Session	Time	Location
3 - 5	Thursday	1. 2/6 – 3/6	9:30-10:15am	10 Micro Drive, Woburn
		2. 3/20 – 4/17		
		3. 5/1 – 5/29	3:30 – 4:15pm	Spence Farm

Sports Zone 101: Street Hockey Skills & Drills Showdown

Cost: \$119

While many of our programs are focused primarily on play, this program dives a little deeper into the intricacies of one of the fastest games out there. Participants will have a chance to learn the fundamentals of hockey, like stick handling, passing, spacing, communication, and rotation, and take part in a variety of mini-games. While the goal of this program is to learn a little more about the ins and outs of Hockey, you can be sure that plenty of fun will be had by all!

Grades	Day	Session	Time	Location
2 - 5	Tuesday	1. 2/4 – 3/4	3:30 – 4:15pm	10 Micro Drive, Woburn
		2. 3/18 – 4/15		
		3. 4/29 – 5/27		Leland Park

Sports Zone 101:

Junior Sluggers

Cost: 119

Come join the Sports Zone 101 coaches as we teach the basic skills and movements needed to play baseball. This is a great program to help prepare your child for their upcoming baseball season! We will instruct all kids on the proper form for hitting, fielding, and running the bases with an added emphasis on sportsmanship! We will help develop your child's sensory and gross motor skills in our exciting K-Grade 2 program! This program is open to both boys and girls!

Grades	Day	Session	Time	Location
K - 2	Tuesday	1. 2/4 – 3/4	4:45 – 5:45pm	10 Micro Drive, Woburn
		2. 3/18 – 4/15		

Sports Zone 101:

Pokémon Adventure Club

Cost: \$119

In this super fun Pokémon class, students will come together to interact with other fanatics to learn all things Pokémon. Students will play an assortment of classroom games such as Guess That Pokémon, Pictionary, and the opportunity to create their very own card! As if that isn't enough, this class also focuses heavily on educating the children on valuing their collection, maintaining the condition, in addition to monitoring trades. From trades to giveaways to battles, this class has something for everyone with an interest in Pokémon! Students do not need to have their own cards, but they are welcome to bring them if they would like!

Grades	Day	Session	Time	Location
K - 5	Monday	1. 2/3 – 3/3	3:30 – 4:30pm	Spence Farm
		2. 3/17 – 4/14		

Scoops Lacrosse

Cost: \$150

At Scoops Lacrosse, it's more than just a sports class—it's a non-stop adventure filled with laughter, play, and smiles! Imagine your kids running around, having the time of their lives, while learning lacrosse without even realizing it. We've taken your child's favorite games from backyard, recess, and gym class and given them a lacrosse twist! Designed for boys and girls ages 3 to 8, our classes are all about introducing the basics of lacrosse in the most fun way possible. We call it "Sticks and Smiles," because your child brings the stick, and we bring the endless fun and excitement! Come join the action at Scoops Lacrosse—where learning meets play, and every class feels like a party on the field!

Ages	Day	Dates	Time	Location
3 - 8	Thursday	SPRING DATES POSTED SOON	4:30 – 5:30pm	Whispering Hill: McElhiney Field
Address: 50 Cambridge Road, Woburn				

Super Soccer Stars

Cost: \$150

Set in a fun, non-competitive environment, we offer 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.

**Children should bring their own soccer ball*

Ages	Day	Session	Time	Location
2 - 3	Saturday	1. 3/1 – 4/5	9:00 – 9:40am	Shamrock Elementary School
3 - 4.5			9:45 – 10:30am	
4.5 - 5		2. 4/26 – 6/7	10:35 – 11:25am	Session 1 - Gym
5 - 7			11:30am – 12:30pm	Session 2 - Outside
Session 2: No 5-7 Age Group, 2 nd 4.5-5 time 12:20-1:15pm				

TinyTykes Soccer

Cost: \$90

Challenger Sports Innovative preschool program is the beginning to a lifelong soccer passion! The program introduces children aged 2 to 5 years to the basic skills of soccer. TinyTykes encourage confidence in young players and begin a well-rounded pathway to future skill development.

Age	Day	Dates	Time	Location
2 - 3	Weds.	4/30 - 6/4	9:30 – 10:15am	Library Park Field
4 - 5			10:30 – 11:15am	

Youth Climbing

@ Central Rock Gym

Cost: \$320

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, the coaches will introduce our participants to the skills and concepts that climbers need to build a solid foundation for climbing growth. The youth clinic strives to open the door for youth climbers to become comfortable in the gym and make lasting friendships. The coaches will use a mix of climbing instruction and team-building games to facilitate each practice. Clinic participants will learn climbing vocabulary, techniques, and body awareness, all in an inviting environment.

Ages	Day	Date	Time	Location
7 - 12	Sunday	4/6 – 6/8 *No 4/20 Or 5/25	11:30am – 1:30pm	Central Rock Gym
Address: 10 Adam Road, Stoneham MA				

Youth Judo & Jujitsu

Cost: \$160

Fun and protective program for kids to learn the fundamentals of boxing/kickboxing. Learn how to protect yourself by using movement punches and kicks.

Grade	Days	Date	Time	Location
3 - 6	Monday & Weds.	2/3 – 3/19	4:30 – 5:15pm	NE Small Circle Jujitsu
Address: 2 Merrill Street Woburn				

Youth Boxing

Cost: \$160

Fun and protective program for kids to learn the fundamentals of boxing/kickboxing. Learn how to protect yourself by using movement punches and kicks.

Grade	Days	Date	Time	Location
3 - 6	Monday & Weds.	2/3 – 3/19	5:15 – 6:00pm	NE Small Circle Jujitsu
Address: 2 Merrill Street Woburn				

Adult

Archery for All!

Cost: \$155

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 and games that include prizes to keep students engaged throughout the program. All equipment is provided and classes are led by teams of certified USA Archery instructors.

Grade	Day	Session	Time	Location
4+	Tuesday	1. 4/1 – 4/29 *No 4/22	5:30 – 6:30pm	Mary Cummings Park, Burlington
		2. 5/6 – 5/27		
		3. 6/3 – 6/24		

Chunky Knit Blanket South Shore Blanket Parties

Cost: \$99

Chunky knit blankets are all the rage lately and you'll be surprised how easy they are to make! **South Shore Blanket Parties** will walk you through the hand knitting technique—a lifelong skill that is therapeutic, meditative and fun. Absolutely no prior knitting experience required.



Ticket price includes all materials to knit a standard throw sized blanket. Each participant will be able to choose from a variety of colors!

Age	Day	Date	Time	Location
18+	Saturday	3/1/25	10:00am – 12:00pm	Spence Farm

Galantine's Paint Night

Cost: \$40

This painting will be done on a white wood sign for the Spring! Step by step instruction with room for individual creativity!



Age	Day	Date	Time	Location
18+	Thursday	2/13/25	6:30 – 8:30pm	Spence Farm

Barre Method (Online Program)

Cost: \$75

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.

Age	Day	Session	Time	Location
18+	Tuesday	1. 1/28 – 3/18	6:30 – 7:25pm	ZOOM
		2. 3/25 – 5/6		

This Program is held on ZOOM. Links to class are emailed to participants. ****Can still join after start date**

Fitness Kickboxing "The Fun Workout"

Cost: \$110

A fun way to get in shape and have fun doing it! As we get older, we have to keep moving. Our program is well rounded for fitness and fun and self-protection. 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! View schedule below. You can start your 10 weeks at any time!**

To schedule your 10-week session:

1. Sign up on www.woburnrec.com
2. Call NE Small Circle Jujitsu and ask for Ed
 - Phone: (978) 729-9579
 - Email: mmelaugh@comcast.net

Age	Days	Time	Location
16 +	Monday, Tuesday & Wednesday	6:15pm	New England Small Circle Jujitsu
	Tuesday & Thursday	9:15am	
	Saturday	8:15am	

Address: 2 Merrill Street Woburn

Register online at www.woburnrec.com

Moving Meditation using Tai Chi & Qi Gong with Kevin Cost: \$50

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!

Ages	Day	Session	Time	Location
18+	Monday	1. 2/24 – 3/31	5:30 – 6:30pm	Spence Farm
		2. 4/7 – 5/12		
		3. 5/19 – 6/16		

Wind Down Yin Yoga Cost: \$40

The perfect end to your day. This slow-moving class will guide you through movements designed to unpack the day and reset your mind body balance. In typical Yin fashion poses are held longer to allow the body to find a deep sense of surrender. Expect a full body experience coupled with breathwork and guided meditation that will leave you grounded and balanced. Recommended for all levels. ***Yoga Mat is required**

Ages	Day	Dates	Time	Location
18+	Wednesday	3/5 – 4/2	7:00 – 8:00pm	Spence Farm

Session 1: No Class 3/19

Yoga with Michelle Cost: \$100

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. ****Yoga mat needed.**

Age	Day	Dates	Time	Location
18+	Thursday	2/27 – 3/27	6:00 – 7:00pm	Spence Farm

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.

Ages	Day	Session	Cost	Time	Location
18+	Wednesday	1. 2/5 – 4/9**	\$136	9:00 – 10:00am	Spence Farm
		*No Class 2/19			
		2. 4/30 – 6/18	\$125		

** Joining remaining 9 weeks of Session 1, started on 1/8/25

BASKETBALL CLINIC

WOBURN HIGH SCHOOL

WOBURN, MA

FEBRUARY

19TH - 21ST

FROM

1PM - 4PM

BOYS/GIRLS

GRADES 1 - 8



CAMP FEE
\$150

REGISTRATION IS NOW OPEN!
USE THE QR CODE TO REGISTER OR THE LINK
BELOW FOR MORE INFO

WWW.JCHRISTIANBASKETBALL.COM



Cerámica Paint Studio

AFTER-SCHOOL

CLAY HAND BUILDING

@ SPENCE FARM

Thurs. Feb 27 - Apr 3
4:00 - 5:30pm
Ages: 8 - 12
Cost: \$155



FOSTER A LOVE FOR ART AND CREATIVITY

valentine

WORKSHOP

10" couple/rim plate

We'll use fingerprints to make our little lamb



Sat. Feb 1st
9:30 - 11:00am
Spence Farm



Spence Farm

Classes are held at Spence Farm!
41 Wyman Street

Goal Getters Futsal

Goal Getters Academy (Pre-K/Kindergarten)

Time: 9:00 – 9:50am

The Goal Getters Futsal Academy program is tailored for boys and girls ages Pre-K through Kindergarten (minimum age 3.5). Futsal is a tremendous way to develop soccer ball skills, control, and creativity in an age appropriate, fun and high paced game. All skills are welcome in this 5-week session. All sessions will be broken into half skills development and half scrimmage with full sized goals, goalies, and will be officiated like a real game. Each session will be 50 minutes and start times will be from **9 AM to 9:50 AM**. Sessions will focus on ball control/dribbling, with an introduction to shooting technique, passing, and defensive basics. All sessions will be geared toward improving the kids soccer skills and having fun! All participants will receive a Goal Getters Athletic T-shirt to be worn each week (distributed week 1).

Goal Getters Academy (Girls Grade 1-2)

Time Range: 10 -10:50 AM, 11AM -11:50 AM or 12-12:50 PM

The Goal Getters Futsal Academy program is tailored for **Girls Grade 1-2**. Futsal is a tremendous way to improve soccer ball skills, control, and creativity in a fun, high paced game. All skills are welcome in this 5-week session. All sessions will be broken into half skills development and half scrimmage with full sized goals, goalies, and will be officiated like a real game. Each session will be 50 minutes and start times will range from 10 AM to 12 PM. Academy sessions will cover the following areas: Shooting technique, passing with spacial awareness, defensive technique, and ball control. All sessions will be geared toward improving the kids soccer skills and having fun! All participants will receive a Goal Getters Athletic T-shirt to be worn each week (distributed week 1). Please note that if there are not enough girls registration, this will be converted to Co-Ed for Grade 1-2.

Goal Getters Futsal League (Boys Grade 1-2)

Time Range: 10 -10:50 AM, 11AM -11:50 AM or 12-12:50 PM

This 5-week league is designed for Boys Grade 1-2 ages 7-8. Each session will be half clinic (skills development) and half small indoor games. All skill levels are welcome. All sessions will be run by pro coaching staff with the focus being on having fun and individual player improvement. All games will be formally officiated by pro coaching staff. There will be 4 to 6 teams and all players will be placed on one of the teams. Season schedules will be posted at least one week prior to the first game. Please remain flexible as teams may be adjusted to accommodate competitive balance. All participants will receive a Goal Getters Athletic T-shirt to be worn each week (distributed week 1).

**** We are not able to accommodate team requests**

****All participants will receive official Goal Getters athletic t-shirt**

**Schedule for the season
will be released one week
prior to the first game!**

DATES:

February 23rd – March 23rd

Cost: \$150

**Location: Shamrock Elementary
School**

About Goal Getters

Joe DaSilva founded Goal Getters on the core principle that soccer is for everyone. Joe & Stacy create an inclusive, fun, and engaging environment for kids of all skill levels. The focus is not on winning or losing, but rather on skill improvement, growth in self-confidence, and demonstration of great sportsmanship. Pro coaches Joe and Stacy DaSilva are youth soccer grassroots certified pro coaches and specialize in children under the age of 10. They currently coach youth soccer through Boston Bolts (club soccer), Reading United (Micro Pro Coaches), and Lil Kickers/Skills Institute (Danvers Indoor Sports).

Volleyball

Girls Travel Volleyball: Grades 5-8

The Woburn Recreation Department will run its 12th season of the successful and popular ability-based Girls' Travel Volleyball Team. Players should attend both sessions of their tryout group.

Those chosen for a team will have at least 12 practices and 8 games totaling 40+ hours of volleyball.

Games will be against recreation departments and volleyball programs from other towns. This program will run through mid-May. Sessions will be held on Wednesdays, Fridays & Saturdays at Woburn High. Dates and times for away games will vary.

There is no fee to try out. If you are chosen for a team, players will need to register through the recreation department. **If chosen for a team, the fee is \$199**

Players who do not make a team are encouraged to sign up for the Spring Clinic on Wednesday Nights.

Tryout Schedule @ Woburn High School

5th, 6th & 7th Graders

DATE	TIME
Thursday March 13 th	6:00 – 8:00pm
Saturday March 15 th	12:00 – 1:30pm

8th Graders

DATE	TIME
Friday March 14 th	6:00 – 8:00pm
Saturday March 15 th	10:00 – 11:30am

SCAN ME



To Register for tryouts, scan QR code or visit woburnrec.com for link.

Volleyball Spring Clinic @ Woburn High School

Cost: \$125

The Woburn Recreation Department will be running a co-ed Volleyball Clinic on Wednesdays beginning March 26th from 7-8:30 for players in Grades 5-8 at Woburn High School.

In this program, players 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.

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.

Registration Opens on Thursday March 20th on www.woburnrec.com



Grades	Day	Dates	Time	Location
5 - 8	Wednesday	3/26, 4/2, 4/9, 4/16, 4/30, 5/7, 5/14 & 5/28 <i>**No practice on 4/23 or 5/21</i>	7:00 – 8:30pm	Woburn High School Gym

Register online at www.woburnrec.com

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(781) 897-5805

Hello, Mountain Mover!

Girls on the Run
is coming back to Spence Farm!

Get ready to build the confidence to do hard things. Join a team where you can make new friends and feel like you belong!



**Girls on
the run**[®]

Are you ready to believe in yourself
as you take on challenges?



- Your team meets twice a week for eight weeks (16 lessons)
- Caring coaches lead fun lessons and games, group discussions, and physical activities
- Each team dreams up and completes a Community Impact Project that helps make the world a better place
- You will cross the finish line with your team in an exciting and joyful 5K

SPRING '25 SEASON DETAILS

Site/Team Name: Spence Farm (Woburn)

Grades: 3-5

Practice Days & Times: Sun & Wed 3:30-5:00 PM

First Practice: Sunday, March 30th

Celebratory 5K: Sat 5/31 or Sun 6/1 (TBD)

Program Fee: \$225

Registration Open Date: Monday, 2/3

Financial Assistance always available!

School/Site Contact: Chris Derse, derselowry@verizon.net

GOTR Contact: Steph Gendron, steph.gendron@girlsontherun.org

<https://www.girlsontherunboston.org/>



SCAN TO
REGISTER ONLINE!





PUBLIC SKATING 2024-25

📍 O'BRIEN ICE RINK

Remaining Dates

FEB
17
11:00AM

FEB
18
11:00AM

FEB
19
11:00AM

FEB
20
11:00AM

FEB
21
11:00AM

FEB
22
11:40AM



EACH PUBLIC SKATING DATE RUNS FOR 50 MINS.