

#### **IMPORTANT NOTES: Registration & General Information**

#### **HOW TO REGISTER**

Online, visit in person, or send via mail: Online registration is the preferred method of Registration! Visit www.woburnrec.com. Payment must accompany all registrations. Checks should be made payable to Woburn Recreation. Mastercard, Visa, and Discover are accepted for online registrations. 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.

#### **Course Confirmation**

No confirmation for registering via 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.

#### **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. We will also 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 schedule the class make up dates as soon as possible.

#### 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.

#### 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.

#### Financial Assistance

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

#### CITY OF WOBURN RECREATION DEPARTMENT

Located on the Basement Level of City Hall, 10 Common Street, Woburn MA

PHONE: (781) 897-5805

**Office Hours:** 

Monday - Wednesday 9:00am - 4:30pm, Thursday 9:00am - 7:00pm, Friday 9:00am - 1:00pm



# 3D Modeling, Coding & Design Workshop

Cost: \$40

See how the seemingly impossible is achieved with Blocks CAD, a digital platform that introduces kids to 3D modeling through blocks-based coding! coding may sound complicated, but you will dabble into the basics using drag-and-drop coding commands. You will explore key principles of computer-aided design (CAD) by manipulating simple geometric shapes in a 3D environment to make lots of amazing projects, like a robot, caterpillar, or snowman! You will finish the workshop with several projects that you can continue to access and show off at home!

**RICM** will provide chromebooks for students to use during the workshop. Students may bring a personal computing device if they wish, but they are not required. iPads are strongly discouraged.

| Grade | Day       | Date    | Time   | Location    |
|-------|-----------|---------|--------|-------------|
| 3 - 5 | Wednesday | 12/3/25 | 3:30 - | Spence Farm |
|       |           |         | 5:00pm |             |

#### **Archery for All!**

Cost: \$170

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.

| Age | Day     | Fall Sessions                | Time             | Location                    |
|-----|---------|------------------------------|------------------|-----------------------------|
|     |         | <b>1.)</b> 9/9 – 9/30        |                  | Mary<br>Cummings            |
| 10+ | Tuesday | <b>2.)</b> 10/7 – 10/28      | 5:00 –<br>6:00pm | Park,<br>Burlington         |
|     |         | 3.) 11/4 – 12/2<br>*No 11/11 |                  | Rotary Field,<br>Burlington |

| Age | Day     | Winter Sessions           | Time   | Location   |
|-----|---------|---------------------------|--------|------------|
|     |         | <b>1.)</b> 1/6 – 1/27/26  | 5:00 - | Altavesta  |
| 10+ | Tuesday | <b>2.)</b> 2/3 – 3/3/26   |        | Elementary |
|     |         | <b>3.)</b> 3/10 – 3/31/26 | 6:00pm | Gym        |

#### **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.

**FALL 2:** Nov. 16<sup>th</sup> – Dec. 14<sup>th</sup> (No 11/30)

| <b>WINTER:</b> January 4 <sup>th</sup> – Februar                | y 8 <sup>th</sup> COST: \$150   |
|---|---------------------------------|
| <b>SPRING:</b> April 26 <sup>th</sup> – June 7 <sup>th</sup> (N | lo 5/24) <b>COST: \$150</b>     |
| Days: Sundays   | Shamrock Elementary             |
| Ages  | Time                            |
| 2 – 3 years old*Parent & Me                                     | 9:00am – 9:40am                 |
| 3.5 – 5 years old   | 9:45am – 10:35am                |
| Fall 2 & Winter inside Gyr                                      | m <b>Spring Session</b> Outside |

#### Birdie, Chip & Putt: Intro to Golf

Cost: \$119

COST: \$115

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     | Dates        | Time   | Location |
|-------|---------|--------------|--------|----------|
| 3 - 5 | Tuesday | 9/30 – 10/28 | 4:30 - | Spence   |
|       |         | *NO 10/13    | 5:15pm | Farm     |

# Clay Hand Building (8-12) with Ceramica

Cost: \$115

This program contains 6 classes in which you will create 4 unique art projects!

| Age  | Day      | Date            | Time   | Location |
|------|----------|-----------------|--------|----------|
| 8-12 | Thursday | 11/17 – 12/15   | 4:00 - | Spence   |
|      |          | *No Class 11/24 | 5:00pm | Farm     |



#### Clay Hand Building (5-7) with Ceramica

Cost: \$100

NEW!

This program contains 6 classes in which you will create 4 unique art projects!

| 1 7      |        |                 |        |  |
|----------|--------|-----------------|--------|--|
| Age      | Day    | Date            | Time   |  |
| 5 - 7    | Monday | 11/17 – 12/15   | 4:00 - |  |
|          |        | *No Class 11/24 | 5:00pm |  |
| Location |        | Spence Farm     |        |  |









Class 1: Acorn Box, we'll be using the



#### CANCELLED

Working on setting up new dates to try again after New Year's! Stay Tuned!



#### F.A.S.T. Athletics Dodgeball Cost: \$35

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety rules and regulations will be enforced before each class.

| ı | Ages   | Day    | Date    | Time             | Location              |
|---|--------|--------|---------|------------------|-----------------------|
|   | 7 - 12 | Friday | 11/7/25 | 5:30 –<br>7:30pm | Hurld<br>Wyman<br>Gym |

#### F.A.S.T. Athletics Pre-K & Cost: \$100 K Basbetball

Mini-hoops, mini-balls and a ton of fun! This class is created for 3-6 year old's and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program

| Grade | Time            | Fall            | Day      | Location       |
|-------|-----------------|-----------------|----------|----------------|
| Pre-K | 10:00 – 10:45am |                 |          |                |
| Pre-K | 11:00 – 11:45am | 11/8 –<br>12/13 | Saturday | Spence<br>Farm |
| K     | 12:00 – 12:45pm | , 13            |          |                |

| Grade | Time            | Winter           | Day      | Location       |
|-------|-----------------|------------------|----------|----------------|
| Pre-K | 10:00 – 10:45am |                  |          |                |
| Pre-K | 11:00 – 11:45am | 1/10 –<br>2/7/26 | Saturday | Spence<br>Farm |
| K     | 12:00 – 12:45pm | 2, , , 20        |          |                |

#### 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     | Dates        | Time   | Location |
|-------|---------|--------------|--------|----------|
| 3 - 5 | Tuesday | 9/30 – 10/28 | 3:30 - | Spence   |
|       |         | *NO 10/13    | 4:15pm | Farm     |

# DesignMy's Entrepreneurship Experience

A one of a kind experiential program designed to spark entrepreneurship in middle school students. In the program, students create REAL products, do REAL marketing, see REAL analytics and earn REAL profits. There are no lectures or textbooks, only structured workshops focused on showing them they key stages of Entrepreneurship; ideate, launch, fail and grow.

Cost: \$240

| Grades | Day     | Dates         | Time   | Location |
|--------|---------|---------------|--------|----------|
| 6-8    | Tuesday | 10/21 – 12/23 | 4:00 - | Spence   |
|        |         |               | 5:30pm | 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!* 

| •       |               | •                          | •                 |                           |
|---------|---------------|----------------------------|-------------------|---------------------------|
| Grade   | Day           | Sessions                   | Time              | Location                  |
|         |               | <b>1.)</b> 9/6 – 11/8      | 9:30 –<br>10:15am | Steve<br>Nugent<br>Karate |
| 5 - 12  | Saturday      | <b>2.)</b> 11/15 – 1/17/26 |                   |                           |
| 3 - 12  |               | <b>3.)</b> 1/24/26 –       |                   |                           |
|         |               | 3/28/26                    |                   |                           |
| Address | s: 1 Lowell A | ve, Winchester M           | Α                 |                           |

#### Super Soccer Stars

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

| <b>FALL 2:</b> Nov. 15 <sup>th</sup> – Dec. 13 <sup>th</sup> (No 11/29) | COST: \$115 |
|---|-------------|
| <b>WINTER 1:</b> January 3 <sup>rd</sup> – February 7 <sup>th</sup>     | COST: \$150 |
| <b>WINTER 2:</b> February 28 <sup>th</sup> – April 4 <sup>th</sup>      | COST: \$150 |
| SPRING: April 25 <sup>th</sup> – June 6 <sup>th</sup> (No 5/23)         | COST: \$150 |

| Days: Saturdays                         | Shamrock Elementary |
|---|---------------------|
| Ages                                    | Time                |
| 2 – 3 years old <b>*Parent &amp; Me</b> | 9:00am – 9:40am     |
| 3 – 4.5 years old                       | 9:45am – 10:30am    |
| 3 – 4.5 years old                       | 10:35am – 11:20am   |
| 4.5 – 5 years old                       | 11:25am – 12:15pm   |
| E 110 MC + 400: 11 6                    |                     |

Fall 2, Winter 1 & 2 inside Gym, Spring Session Outside
Fall 2: NO 2<sup>nd</sup> Group of 3-4.5, 10:35-11:20am is 4.5-5 y/o

#### Little Dragons Karate

Cost: \$190

Cost: \$40

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      | Sessions              | Time             | Location         |  |  |
|--------------------------------------|----------|-----------------------|------------------|------------------|--|--|
|                                      |          | <b>1.)</b> 9/6 – 11/8 |                  | Steve            |  |  |
|                                      |          | <b>2.)</b> 11/15 –    | 9:00 –<br>9:30am | Nugent<br>Karate |  |  |
| 3 & 4                                | Saturday | 1/17/26               |                  |                  |  |  |
|                                      |          | <b>3.)</b> 1/24/26 –  |                  |                  |  |  |
|                                      |          | 3/28/26               |                  |                  |  |  |
| Address: 1 Lowell Ave, Winchester MA |          |                       |                  |                  |  |  |

# Top Secret Science Workshop

Cost: \$35

Join Top Secret Science for a fun Stem based workshop at Spence Farm! The 2 hours will be filled with fun different experiments!

This workshop on 11/19 takes place on one of the school early release dates!

| Ages | Day       | Date     | Time   | Location |
|------|-----------|----------|--------|----------|
| 6-12 | Wednesday | 11/19/25 | 1:00 - | Spence   |
| 0-12 | Wednesday | 11/19/23 | 3:00pm | Farm     |

#### Parent & Me: Holiday Crafts

Calling all artists! Join us for a parent-and-me class where you and your child can make delightful holiday crafts designed for all skill levels!

**Registration:** You will be registering

your child. During registration you will write in name of parent attending the class. The \$40 covers both painters!

| 12/11/25 6:00 - Spenc | Ages | Day      | Date     | Time | Location       |
|-----------------------|------|----------|----------|------|----------------|
| 7:30pm <b>Farm</b>    | 4+   | Thursday | 12/11/25 |      | Spence<br>Farm |

#### **Youth Climbing @ 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, the coaches will introduce our participants to the skills and concepts that

#### Video Game Design

**Cost: \$40** 

Have you ever wondered how the designers of your favorite video games work their magic? Put down your controllers and join us as we dive into a scratch, a beginner-friendly coding platform developed by MIT that allows kids to make stories, games, and animations! Discover how to set the scene with fantastic backdrops, sound effects, and dialogue. Learn how to make your 2D character move by creating a polished walk cycle. You will learn the basics of character development and create a video game sample to share with you friends and family. Come "crack the code" of video games, and unleash your creativity!

**RICM** will provide chromebooks for students to use during the workshop. Students may bring a personal computing device if they wish, but they are not required. Blocks CAD works best with keyboarded computing devices, such as laptops, macbooks, or chrome books. iPads are strongly discouraged.

| Grade | Day     | Date            | Time   | Location    |
|-------|---------|-----------------|--------|-------------|
| 3 - 5 | Tuesday | 11/18/25 3:30 - |        | Spence Farm |
|       |         |                 | 5:00pm |             |

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    | Sessions                             | Cost  | Time          | Location         |
|--|--------|--------|--------------------------------------|-------|---------------|------------------|
|  |        |        | Fall 2: 11/2 – 12/14 *No Class 11/30 | \$260 |               |                  |
|  | 7 - 12 | Sunday | <b>Winter 1</b> : 1/11/26 – 2/8/26   | \$220 | 5:00 – 6:00pm | Central Rock Gym |
|  |        |        | Winter 2: 2/22/26 – 3/22/26          | \$220 |               |                  |

# Adaptive Programs

**Adaptive recreation** is a program that has been modified to meet the needs of a specific group of participants with varying physical or cognitive disabilities. This could be through equipment, content and rules, structure, support or environment. *If your child has not participated* in an Adaptive program with the Woburn Recreation Department before we will need to you fill out an intake form before your child can attend the program.

#### **Challenger Basketball**

A Basketball league for children and adults 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             | Cost | Time             | Location            |
|------|---------|-------------------|------|------------------|---------------------|
| 10+  | Tuesday | 12/2 -<br>2/24/25 | \$20 | 6:00 –<br>7:30pm | White<br>Elementary |

#### **Social Club**

Join us at Spence Farm for Arts & Crafts, Fun games, music, and much more!

| ı | Ages | Day    | Dates   | Cost | Time   | Location |
|---|------|--------|---------|------|--------|----------|
|   | 11+  | Friday | 10/3/25 | 440  | 6:00 – | Spence   |
|   |      |        | 11/7/25 | \$10 | 7:30pm | Farm     |

#### Movie Nights

Join us at Spence Farm for a movie night with your friends! We will provide snacks and drinks for everyone. You just need to bring a comfortable chair.

| Ages | Day    | Dates    | Cost | Time             | Location       |
|------|--------|----------|------|------------------|----------------|
| 11+  | Friday | 9/19/25  |      | 6:00 –<br>7:30pm | Spence<br>Farm |
|      |        | 10/17/25 | \$10 |                  |                |
|      |        | 11/21/25 |      |                  | Ганн           |

#### **Launch Trampoline Park**

We will be meeting at the Launch Trampoline Park in Woburn for an hour jump!

| Ages                                   | Day      | Dates    | Cost | Time             | Location |  |  |
|--|----------|----------|------|------------------|----------|--|--|
|  | Thursday | 10/9/25  | 620  | 6:00 –<br>7:00pm | Launch   |  |  |
| 7+                                     |          | 11/13/25 | \$20 |                  | Woburn   |  |  |
| Address: 366 Cambridge Road, Woburn MA |          |          |      |                  |          |  |  |

# Lacrosse Programs

Scoops Lacrosse Cost: \$125

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  | Ages Day Dates |                               | Time          | Location                |
|-------|----------------|-------------------------------|---------------|-------------------------|
| 3 - 8 | Wednesday      | 11/19 – 12/17 *No Class 11/26 | 5:45 – 6:45pm | Joyce Middle School Gym |

#### Ballerz Lacrosse Cost: \$125

Ballerz Lacrosse is the ultimate way for boys to sharpen their game in the off-season while having a blast! Whether your player is scooping, dodging, or ripping shots, they'll be perfecting their skills through fun competitions, scrimmages, and nonstop action. **Equipment Needed:** Stick, Helmet, Chest/Shoulder pads, Gloves, elbow pads, mouth guard and cup.

| Grades | Day       | Dates                                  | Time             | Location                      |
|--------|-----------|--|------------------|-------------------------------|
| 1-5    | Wednesday | 11/19 –<br>12/17<br>*No Class<br>11/26 | 6:45 –<br>7:45pm | Joyce<br>Middle<br>School Gym |

#### Halos Lacrosse

Halos Lacrosse is where girls come to shine, grow their skills, and have an amazing time on the field! Whether your daughter is aiming to scoop, dodge, or fire off that perfect shot, our clinics are packed with action, fun, and friendly competition to keep her energized and ready for more. **Equipment Needed:** Stick, Goggle & mouth guard

| Grades | Day       | Dates                                  | Time             | Location                         |
|--------|-----------|--|------------------|----------------------------------|
| 1-5    | Wednesday | 11/19 –<br>12/17<br>*No Class<br>11/26 | 6:45 –<br>7:45pm | Joyce<br>Middle<br>School<br>Gym |

# Volleyball

#### NEW!

#### Winter Co-Ed Clinic

Cost: \$125

Cost: \$125

This program is for all ability levels. In this program players will learn how to hit, pass, set, and serve in a fun and friendly atmosphere. Experienced players will be able to have fun improving their skills through advanced drills and newer players will get to work on improving their volleyball fundamentals.

#### Registration opens up on Friday, November 14th for Residents and on Tuesday, November 25th for Non-Residents

| - |        |               |          | •                           |              |
|---|--------|---------------|----------|-----------------------------|--------------|
| ı | Grades | Time          | Day      | Dates                       | Location     |
|   | 5 & 6  | 6:00 – 7:15pm | Tuesdays | 12/2 - 2/17/26              | Shammadk Cym |
|   | 7 & 8  | 7:15 – 8:30pm | Tuesdays | **No Classes 12/23 or 12/30 | Shamrock Gym |



Archery for All! Cost: \$170

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.

| Age | Day     | Fall Sessions           | Time             | Location         | Age | Day     | Winter Sessions           | Time             | Location   |
|-----|---------|-------------------------|------------------|------------------|-----|---------|---------------------------|------------------|------------|
|     |         | <b>1.)</b> 9/9 – 9/30   |                  | Mary Cummings    |     |         | <b>1.)</b> 1/6 – 1/27/26  | F.00             | Altavesta  |
| 10+ | Tuesday | <b>2.)</b> 10/7 – 10/28 | 5:00 –<br>6:00pm | Park, Burlington | 10+ | Tuesday | <b>2.)</b> 2/3 – 3/3/26   | 5:00 –<br>6:00pm | Elementary |
|     |         | <b>3.)</b> 11/4 – 12/2  |                  | Rotary Field,    |     |         | <b>3.)</b> 3/10 – 3/31/26 |                  | Gym        |
|     |         | *No 11/11               |                  | Burlington       |     |         |                           |                  |            |

Cost: \$75

#### Barre Method (Online Program)

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     | Dates        | Time         | Location |  |  |
|--|---------|--------------|--------------|----------|--|--|
| 18+  | Tuesday | 11/4 – 12/23 | 6:30 –7:25pm | ZOOM     |  |  |
| 700M Links are emailed to participants **Can join after start date |         |              |              |          |  |  |

#### Cardio Dance Fitness Cost: \$40

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.

|    | Ages | Day     | Dates   | Time   | Location |
|----|------|---------|---------|--------|----------|
|    | 18+  | Tuesday | 10/21 - | 6:00 - | Spence   |
| 18 | 10+  | Tuesday | 11/25   | 7:00pm | Farm     |

**Cost: \$40** 

#### Parent & Me: Holiday Crafts

Calling all artists! Join us for a parent-and-me class where you and your child can make delightful holiday crafts designed for all skill levels!

**Registration:** You will be registering your child. During registration you will write in name of parent attending the class. The \$40 covers both painters!

| parent attending the class. The \$ 10 covers both painters. |            |          |               |             |  |  |  |  |
|---|------------|----------|---------------|-------------|--|--|--|--|
| Ages  | s Day Date |          | Time          | Location    |  |  |  |  |
| 4+  | Thursday   | 12/11/25 | 6:00 – 7:30pm | Spence Farm |  |  |  |  |



#### **Holiday Basket Weaving Class**

**Join** Jen Weller-Dorfman to weave a holiday inspired gingerbread basket, elf or tree. All projects are great for beginners!

Baskets are woven wet so please dress accordingly. Students will need to bring scissors, a flat head screwdriver and an old towel. Please reach out to iweller0323@gmail.com with any questions

| Ages          | Day            | Date   | Time          | Location    |  |
|---------------|----------------|--|---------------|-------------|--|
| 18+           | Tuesday        | 12/2/25  | 6:00 – 7:30pm | Spence Farm |  |
| Tree (10 in.) |                |  | Cost: \$45    |             |  |
|               | ELF            | (11 in.)                                       | Cost: \$45    |             |  |
| Gingerl       | oread Basket ( | <b>H:</b> 7in., <b>W:</b> 10in, <b>D:</b> 7in) | Cost: \$55    |             |  |



#### Pilates & Strength: Build a Stonger, More Resilient You!

Cost: \$108

This dynamic and results-driven class combines the precision and core-strengthening benefits of Pilates with targeted strength training exercises to help you achieve a balanced and powerful physique. Some of the benefits include:

- \*Boost core strength and stability.
- \*Improve flexibility and range of motion.
- \*Increase functional strength.
- \*Tone and sculpt muscles.



Working on setting up new dates to try again!

Come join us for this fun and challenging class. Bring a yoga mat, a towel, and light weights if you have them! Instructor: NASM CPT and Pilates Instructor, Trish Miniutti

| Age | Day       | Dates         | Time          | Location    |
|-----|-----------|---------------|---------------|-------------|
| 18+ | Wednesday | 10/15 – 11/19 | 7:00 – 8:00am | Spence Farm |

#### Mandala Art Workshop

Cost: \$35

Unwind, relax, and discover the joy of creating your own handmade mandala with **Varna Arts**.

#### workshop Highlights:

- Perfect for beginners no prior experience needed
- All materials included, just bring yourself
- Take home your beautifully finished mandala

| Ages | Day    | Date     | Time          | Location    |
|------|--------|----------|---------------|-------------|
| 15+  | Friday | 11/14/25 | 6:00 – 7:00pm | Spence Farm |

#### Zumba Cost: \$180

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       | Dates     | Time    | Location |
|------|-----------|-----------|---------|----------|
| 18+  | Wednesday | 9/17 –    | 9:00 -  | Spence   |
|      | wednesday | 12/10     | 10:00am | Farm     |
| 444  |           | <i>c.</i> |         |          |

\*\*Can join program after start date at pro-rated cost!

# Goal Getters Futsal

#### **Goal Getters Academy (Pre-K/Kindergarten):**

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.

#### **Goal Getters Academy (Girls Grade 1-2):**

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. 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):**

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.

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

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

#### **Time Range Summary:**

Pre-K/Kindergarten: 9-9:50 AM

**Grade 1-2 Girls\*:** 10 -10:50 AM, 11AM -11:50 AM or 12-12:50 PM **Grade 1-2 Boys\*:** 10 -10:50 AM, 11AM -11:50 AM or 12-12:50 PM

| Grade                                    | Day    | Dates             | Time              | Cost  |
|--|--------|-------------------|-------------------|-------|
| Pre-K & Kindergarten                     | Sunday | 2/22/26 – 3/22/26 | 9:00am – 9:50am   | \$150 |
| Girls Grades 1 & 2                       |        |                   | 10:00am – 12:50pm |       |
| Boys Grades 1 & 2                        |        |                   |                   |       |
| LOCATION: Shamrock Elementary School Gym |        |                   |                   |       |

# RECREATION IN-TOWN BASKETBALL LEAGUES



## REGISTRATION CLOSES ON 10/31

1<sup>ST</sup> GRADE CO-ED: 2 SPOTS AVAILABLE! 2<sup>ND</sup> GRADE CO-ED: WAITING LIST

LEAGUE TAKES PLACE ON SATURDAY MORNINGS

3<sup>RD</sup> & 4<sup>TH</sup> BOYS: WAITING LIST GAMES ON MONDAY NIGHTS, PLUS 1 PRAC/WEEK

5<sup>TH</sup> & 6<sup>TH</sup> BOYS: WAITING LIST GAMES ON FRIDAY NIGHTS, PLUS 1 PRAC/WEEK

7<sup>TH</sup> & 8<sup>TH</sup> BOYS: WAITING LIST GAMES ON WEDNESDAY NIGHTS, PLUS 1 PRAC/WEEK

HS BOYS: SPOTS AVAILABLE!
GAMES ON THURSDAY NIGHTS

3<sup>RD</sup> & 4<sup>TH</sup> GIRLS: SPOTS AVAILABLE!
GAMES ON SATURDAY MORNINGS, PLUS 1 PRAC/WEEK

5<sup>TH</sup> & 6<sup>TH</sup> GIRLS: SPOTS AVAILABLE!
GAMES ON SATURDAY MORNINGS, PLUS 1 PRAC/WEEK

7<sup>TH</sup> & 8<sup>TH</sup> GIRLS: SPOTS AVAILABLE!
3V3 LEAGUE ON MONDAY NIGHTS



# 2ND ANNUAL HOLIDAY PARTY



TWO SESSIONS! | 12PM & 3PM

MEET YOUR FAVORITE CHARACTERS AND PRINCESSES | ENJOY LIVE MUSICAL PERFORMANCES | CREATE HOLIDAY THEMED ARTS AND CRAFTS | AND KICKOFF THE HOLIDAY SEASON IN ROYAL FASHION!



### GET YOUR TICKETS HERE!

Or at eventbrite.com!

\$25 PER KID \$35 SPECIAL VIP PACKAGE \$15 PER ADULT

Woburn Presale begins 10/4 Open to General Public 10/25

All Children MUSTs e accompanied by an adult with a purchased adult licket. Children under the age of I do not need a licket

#### 2025-26 O'BRIEN ICE OGTU **UOGTU** USEPT! SEPT 9:20AM 9:20AM 9:20AM 9:20AM **्डा** OGT U NOV **ज्जा** 12:10PM 12:00PM 9:20AM 9:20AM DEG DEG DEG 26 11:00AM 11:00AM DEGU 11:00AM 2:00PM 9:00AM

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11:00AM

11:00AM

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11:00AM

11:00AM

RINK