

Woburn Recreation Department
 10 Common Street
 Woburn, Ma
 (781) 897-5805
 Located on the First Floor in City Hall

Follow us on:



Woburn Recreation

@woburnrec



SPRING
2016
Classes Start
April 5, 2016

Fitness Classes

Barre Method

Tuesday's (8 Weeks) • Starting April 5th
Time: 6:30-7:25pm • Room: WMHS Senior Cafe
Myra Green, Instructor. 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 flexband. Come get a great workout wearing comfortable clothes with water and your mat. **Cost...\$50**

Couch to 5k

Thursday's (6 Weeks) • Starting April 7th
Time: 6:00-7:00pm • Meet at WMHS by Football Field
James Fletcher, Instructor. The Couch to 5K program will meet weekly on Thursday evenings for 1-hour sessions and include a brief of daily goal with running route, warm up, walk/run, cool down, stretch. All runners will be provided with a training schedule for the duration of the program and all around wellness tips designed to help all participants become healthier. This course is for beginners and veterans alike, with the goal of improving as a runner. The instructor will provide constant support and will be available for consultation outside of the 1-hour weekly sessions. **Cost...\$50**

DRUMS ALIVE

Thursday's (8 Weeks) • Starting April 7th
Time: 5:30-6:30pm • Room: WMHS Senior Cafe
Brenda Jo Hubbard, Instructor. Combine Cognitive thinking with simple yet dynamic movements while drumming on a stability ball. Drumming also provides an outlet for stress and anxiety. You will leave each session with increased blood flow, cognitive awareness, and a sense of self-worth. **You must bring your own bucket, ball and drum sticks.** On the website are the Walmart links to these 3 items for a total of \$20. It's worth the investment... and the bucket makes a great transporter to carry all your belongings. **Cost...\$50**

Sit Better-Feel Better

Tuesday (1 Night) • April 12th
Time: 7:30-8:45pm • Room: WMHS Senior Cafe
Myra Green/Vanessa Mulvey, Instructors. This master class will take you on a fascinating exploration of sitting along with a blend of Pilates and Barre exercises to enhance your sitting posture. Combining anatomy and exercise builds essential core strength and improves the way you sit. This can be an essential key to releasing tension as well as easing any back, neck, shoulder, or arm discomfort. Take home an improved roadmap for sitting as well as a series of exercises to use for better alignment and energy. Great for any body whether you are fit, post rehab or just wondering how to sit. **Cost...\$25**

Total Body Conditioning

Thursday's (8 Weeks) • Starting April 7th
Time: 6:10-7:10pm • Room: WMHS Wrestling Room
Dorothy Larffarello, Instructor. Total Body Conditioning uses Weights, 5 to 8 pounds (shoulders, Biceps, Triceps) & Core (Planks & Situps) We work both upper & lower body together to give you a great workout. All Levels. **Cost...\$50**

Yoga Chair & Mat

Tuesday's (6 Weeks) • Starting April 5th
Time: 5:30-6:30pm • Room: WMHS Faculty Cafe
Janet Lees, Instructor. Certified instructor of Hatha Yoga Janet Lees will instruct you in basic Hatha Yoga poses. Designed for students needing extra care, using simple asanas to improve your strength, flexibility, and balance. This class allows movement on mat and chair. Developing breathing and balance. **Yoga mat, block, belt, and blanket are needed for this class.** "Start where you are" Pema Chodron. **Cost...\$50**

Yoga with Katherine

Tuesday's (8 Weeks) • Starting April 5th
Time: 7:00-8:00pm • Room: WMHS Wrestling Room
Katherine Cota MacDonald, Instructors. Through restorative and flow yoga practice, Katherine teaches an array of client-centered classes. Weekly focal topics include breath work, detoxifying poses, stress relief, energy, improved sleep patterns, meditation, and more. Open to all skill levels. A great classical yoga class for beginners and those seeking rejuvenation in their practice. **Cost...\$50**

Zumba

Tuesday's (8 Weeks) • Starting April 5th
Time: 5:30-6:30pm • Room: WMHS Wrestling Room
Kyrie Barchard, Instructors. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness-party that's moving millions of people toward joy and health **Cost...\$50**

Just For Fun!

Basic Fiction

Tuesday's (6 Weeks) • Starting April 5th
Time: 7:00-8:30pm • Room: D214
Jude Bradley, Instructor. Everyone has a story. Learning to write creatively is the first step to telling that story. Being a proficient writer is essential. Good writing elevates overall confidence and skillful communication. Good writing highlights individually and sharpens the writer's voice. Studying basic fiction techniques helps students discover the inherent power of language in ways beyond standard English studies. **Cost...\$60**

Basic Photography 1: From Snapshots to Great Shots

Tuesday's (4 Weeks) • Starting April 5th
Time: 6:00-8:30pm • Room: WMHS D119
Domenico Pino, Instructor. Photography begins by discovering what makes a compelling picture using any kind of camera, even a cell phone. The difference between a snapshot and a great shot primarily depends on understanding a handful of basic elements and applying a few simple concepts. Learn what are the most common errors in photography and how to avoid them. We'll discuss techniques for photographing people, events, scenes, and nature. I'll also share with you my favorite locations. Accept a challenge and we'll review, compare, and critique results in class. This course will set you on the path to creating beautiful images. You will begin using presented material immediately, starting with the first session. **Cost...\$70**

Basic Photography 2: Getting Your DSLR off Auto Setting

Tuesday's (4 Weeks) • Starting May 17th
Time: 6:00-8:30pm • Room: WMHS D119
Domenico Pino, Instructor. "How did you do that?" That's what others will ask you after taking this class. You'll learn how to extend your photographic style, by understanding the exposure triangle: Speed Aperture and ISO, the tradeoff of blur, noise and depth-of-field, and your various camera shooting, metering and auto focus modes. All this and how to put it together to match your shooting style for specific situations such as events, performances, fireworks, flowers, landscape, running water, sports, and more. We'll discuss bokeh, white balance, when and how to use specific lenses and filters from polarized to neutral density, and cover why you should almost always use rear curtain synch when using flash. All students will receive a calculator that greatly simplifies understanding exposure. Classes include 3 workshops exercises and are small to allow for personal attention. Bring your camera, your manual, and all your questions. **Cost...\$80**

Cake Decorating with Fondant

Tuesday's (8 Weeks) • Starting April 5th
Time: 6:30-8:30pm • Room: WMHS E117 + Kitchen
Cheryl Catanzano, Instructor. This fun filled class is open to all cake decorating enthusiasts! Fondant is the sugar dough used to seamlessly cover cakes and make beautiful sugar flowers and adorable figurines. Working with fondant is just like playing with Play Doh so anyone can take this course! This class will take the student from learning to make fondant and cover cakes to decorating cakes and cupcakes with cookie cutters. Next, move on to making flowers and figurines then complete the class with a very on trend final cake. Student is responsible for all course supplies. A syllabus is provided. ***Please Read course syllabus located on the website*** **Cost...\$120**

DATES AND TIMES

The Spring 2016 term begins **Tuesday April 5th**; dates and times that each course meets are listed with each course. The Adult Evening School may still be open if school has been cancelled. We will email you to confirm with you.

HOW TO REGISTER

1.) Log onto www.woburnrec.com and create an account. Helpful directions can be found under the How to Register tab on the left hand side of our website.
 2.) You can also print out and mail in our paper registration form which can be found on the main page of our website.

LOCATIONS

WMHS: Woburn High School, 88 Montvale Ave

Spring Session Notes:

There will be no classes held over April Vacation Break.

ROOM ASSIGNMENTS

If a room assignment is not given in the brochure call the Recreation Office at 781-897-5805 to find out the room. ***NOTE: ROOMS CAN CHANGE***

Drawing, Painting, and Learning Art Seriously!
Thursday's (10 Weeks) • Starting April 28th
Time: 6:30-8:00pm • Room: WMHS D126
Joseph Leto, Instructor. If you're one of those people who loves to draw or paint but doesn't know where to begin, or would like to move up the artistic ladder to make some beautiful artwork to hang or sell, or who just loves art for the sake of it, this class is for you. Leto will show you how easy it is to learn the basics of art, what it is, to enjoy it, but also to gain the knowledge to grow with it as far as you like. There will be hands on and instructional classes, drawing and painting, ideas, assessments, creativity sessions, and more! Join with our "Drawing, Painting, and Learning Art!" class and Joe will show you how to progress in every part of your artistic journey. **Please start the first class by bringing some Medium grade Charcoal sticks, NOT charcoal pencils! Also bring a Sketch Pad around 11x14, a cloth like an old white sock, a kneaded eraser, and a notepad and pencil.** Cost...\$120

Finding Bargain Treasures at Yard sales & Craigslist
Thursday (2 Classes) • Starting April 7th
Time: 6:00-7:30pm • Room: WMHS Learning Center

Victor Ausilio, Instructor. Do you like to hunt for bargains, treasures and other collectables? Do you like to find high end items to decorate your home or to sell for profit? If so then this class is for you! You will learn some great ideas and tips on how to find valuable items at yard sales and on Craigslist. And even better, you'll learn the best ways to get the most for your dollar! Come enjoy a fun filled and informative evening learning from someone who's been very successful at finding incredible deals on everything from valuable books to high end furniture to highly collectable items. He will share his years of experience for how he's found these treasures and how you can too. We will review things such as where to look for certain items, what to beware of, how to spot the most lucrative sales, best times to get bargains, How to beat others to the punch, tips and tricks on negotiating a better price and much more. Cost...\$30

Improve Your Logic-Recognizing Deception in your Everyday Life **NEW**
Thursday's (6 Weeks) • Starting April 7th
Time: 6:00-8:00pm • Room: WMHS D417
Eric Shukan, Instructor. Do you want to be less gullible? Do you want to believe true things and avoid believing false things? Do you want to avoid being fooled by commercials and politicians? Most people fall prey to deceptive logical practices because they don't think about how ideas are connected to each other (or NOT connected to each other). Sometimes you can deceive yourself into believing false things, and sometimes others will intentionally try to deceive you into believing them. In this age of commercials and politics, it is more important than ever to be sure you can see through their tactics and ensure that your understanding of reality is as close as possible to the actual reality that exists. This interactive course explores several common logical fallacies that often trip people up and obscure cause-and-effect. As this course proceeds, participants should expect to be able to deconstruct logical fallacies that they see every day; in other words, your baloney-detector will be finely tuned, and you'll start to see fallacies everywhere. Cost...\$60

Intro to Woodworking **NEW**
Tuesday's (8 Weeks) • Starting April 5th
Time: 6:00-8:30pm • Room: KMS Woodshop
Anthony Chiuppi, Instructor. This course is designed to teach you the basics of woodworking. Students will work through the process of building a small project that lays the foundation for good woodworking technique. Our emphasis will be on the achievement of a solid foundation in the skill and process of the woodworker's craft, rather than on the size and complexity of the product. The proper use of machinery and use of hand tools will be a focus as well as an emphasis on shop safety. Students *should expect to buy their own materials.* Cost...\$150

New England's Wild, Wacky, Weird Weather
Thursday's (8 Weeks) • Starting April 7th
Time: 7:00-9:00pm • Room: WMHS E103
Frank SanFilippo, Instructor. Weather is the one topic that affects all of our lives. CONTINUED—>

From simply messing with our plans, to causing all out catastrophe, weather touches all of us. New England is home to some of the most interesting and volatile weather in the entire world. It is no exaggeration that "wait a minute weather" was born right here where we live. In this six week, exciting, interactive course, and through the use of discussion, videos, demonstrations and easy and fun hands-on experiments, you will discover how and why the weather works. c such as El Nino, La Nina, and Climate Change. Course includes a visit by a local meteorologist. Free refreshments provided by the host during the first session! Course is open to both adults and children (ages 9 or older) accompanied by an adult. Cost...\$80

Picture Framing Workshop
Thursday's (8 Weeks) • Starting April 7th
Time: 6:30-9:00pm • Room: WMHS D119
Larry Glickman, Instructor. The purpose of custom framing is to find the best frame and matting design to enhance the elements of artwork. You will design and frame your prints, graphics, photography, posters, fine art, and needlework in a do-it-yourself format. You will be guided through selection, measuring and cutting, single and double matting, mounting, jointing wood and metal frames and completing final assembly. Materials can be purchased at class. Cost...\$90

Seashell Crafting **NEW**
Thursday's (8 Weeks) • Starting April 7th
Time: 6:00-8:00pm • Room: WMHS D315
Maureen Maney, Instructor. Participants would learn how to create and decorate various items with seashells. They can design their own seashell wreath, or bring in any old items they would like to re-surface with seashells (picture frames, grapevine wreaths, styrofoam wreaths, jars, wine glasses, kleenex box covers, etc.) It will help everyone to rethink items by decorating them instead of throwing them away. Cost...\$75

Writing for Film & Television **NEW**
Thursday's (6 Weeks) • Starting April 7th
Time: 7:00-8:30pm • Room: D214
Jude Bradley, Instructor. Working in entertainment served as proof that nearly everyone has a screenplay in them. There wasn't a desk drawer on the entire editorial floor that didn't contain at least one completed screenplay in hopes for an *elevator* pitch or a *walk-by* opportunity. We've all seen movies that have ignited a creative spark, usually resulting in the utterance... "I could do that." But writing for the big (or small) screen is not as easy as you'd think. Beyond formatting, even a seasoned novelist must learn an entirely different approach to telling a story. Cost...\$60

Woburn's Open Spaces **NEW**
Saturday's (6 Weeks) • Starting April 30th
Time: 9:00-11:00am • Room: Learning Center
Gerry Kehoe, Instructor. Come take a walk in some of Woburn's beautiful Open Spaces and Conservation Lands. Everyone knows Horn Pond, but most only walk around the Pond proper. Have you ever walked around the Lagoon, or out back by the cattail marsh or over in the reclaimed sandpit? How about Horn Pond Mountain or the hills to the north of the Pond? Did you know that we have 4 other Conservation areas and a Town Forest with plenty of walking trails and unique environments? Come on guided walks in some of these other beautiful areas. Walk the road traveled by early Patriots, see some of the oldest Hemlocks in New England and learn the fascinating history of some of these areas that your City has so wisely chosen to preserve for future generations. **First meeting on Thursday April 28th 7-8pm.** Cost...\$60

Language

Starts up top —>

ESL1— Beginning Level
Tuesday & Thursday (8 Weeks) • Starting April 5th
Time: 6:30-8:30pm • Room: WMHS E104
Michaela Kerns, Instructor. This English as a Second Language Course is designed for adults who speak little or no English. Emphasis will be on basic conversation, pronunciation and proper grammar while learning about customs and holidays. All materials provided. ***Students will take a placement test if we have enough to run both classes* Cost...\$80**

ESL 2—Intermediate Level
Tuesday & Thursday (8 Weeks) • Starting April 5th
Time: 6:30-8:30pm • Room: WMHS D117
Susan Hartmere, Instructor. This course focuses on learning practical English Skills. Emphasis is on grammar (nouns, adjectives, adverbs and pronouns). Speaking and reading comprehension will also be covered in order to enhance the students conversational skills. ***Students will take a placement test if we have enough to run both classes* Cost...\$80**

Health & Wellness

Food for Fuel
Thursday's (2 Weeks) • Starting May 12th
Time: 6:30-8:00pm • Room: WMHS D216
Dawn McGee, Instructor. Are you confused by all the different "healthy diets" that people try today? Are you frustrated with trying to figure out how to eat "clean and healthy"? Are you tired of not making the kind of progress with your health that you dream about? Then this seminar is for you. We can learn how to eat to fuel our bodies and still enjoy our food. I promise. During our 3 hours together, here is a short summary of what we'll cover: 1) We will touch on the 4 quadrants that contribute to a healthy lifestyle 2) Then we'll talk in more detail about the 6 foundational elements of the Health quadrant 3) We'll drill down more into the Food element 4) And finally, we'll wrap up with any questions and how people can learn more. Cost...\$40

Freedom from Food Cravings **NEW**
Thursday's (2 Weeks) • Starting April 7th
Time: 6:30-8:30pm • Room: WMHS Library
Terry Currier, Instructor. The reasons why we gain weight around the middle are many, and include gender, age, heredity, and hormonal responses to food and stress. This seminar explores these issues and provides solutions. Topics covered include nutrition, exercise, and stress management. It also introduces Emotional Freedom Technique (EFT), a simply but powerful energy technique for eliminating food cravings and defusing the stress and emotional discomfort that often fuels the desire to make unhealthy food choices. This seminar ends with a group hypnosis session, utilizing the incredible power of the subconscious mind to make deep and lasting healthy lifestyle changes. Please bring a mat, blanket, and pillow for comfort. Cost...\$50

Hospice Volunteer Training
Tuesday's (3 Weeks) • Starting April 5th
Time: 6:00-8:00pm • Room: WMHS D219
Jessica Cousins, Instructor. You can help us make a difference in the lives of hospice patients and their families. We are currently looking for Volunteers to support our patients, families, and our administrative/office staff. 1) Provide companionship, respite and/or emotional support to patients, families, and caregivers. 2) Engage and assist patients by reading, writing letters, playing music, gentle soothing and loving touch, and just "be there" 3) Provide compassionate presence—sitting silently and mindfully with minimally responsive patients. 4) Participate in life-review, activities, projects, and other tasks to help patients live life fully. 5) Administrative operations through continuum of intake, regulatory documentation, record-keeping, and general medical clerical duties. Cost...\$10

3rd Annual Woburn Recreation Community:



FREE Health & Wellness Fair

Saturday, April 16th
10AM - 1PM
Woburn Memorial High School
88 Montvale Ave