Welcome:

It is a pleasure to introduce to you this new Town of Belmont publication “The Belmont Bulletin”. This bi-annual brochure is a guide to Recreation and Community Education programs offered by the Town of Belmont and Belmont Public Schools. This is just one example of the many ways the School and Town collaborate to provide services to the Community of Belmont.

Mindful of the need to continually improve upon our communication efforts, this new community resource will provide you with activities, classes and services offered by Recreation and Community Education. We have also provided some helpful information to connect you with additional Town resources. As you review the Bulletin please pay close attention to registration information. If you have any questions please contact the Recreation Department office at (617)-993-2760 and we will assist you in registering for the program you seek.

We want to thank the many instructors, staff and volunteers who make these services possible. We look forward to building upon the myriad of services offered to the Belmont Community.

Recreationally,

Jon Marshall
Assistant Town Administrator

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Program Sites:

Beech Street Center
266 Beech Street, Belmont

Winn Brook Elementary School
97 Waterhouse Road, Belmont

Butler Elementary
90 White Street, Belmont

Wellington Elementary
121 Orchard Street, Belmont

Burbank Elementary
266 School Street, Belmont

Chenery Middle School
95 Washington Street, Belmont

Skip Viglirolo Ice Rink
221 Concord Ave, Belmont

Belmont Day School
55 Day School Lane, Belmont
Belmont Recreation

Contact Information
Recreation Department
Email: recreation@belmont-ma.gov
Phone: (617) 993-2760
Fax: (617) 993-2761

Events and Activities Hotline:
(617) 993-2768
Website:
www.belmont-ma.gov/recreation

Office Hours:
Monday: 8:00am-7:00pm
Tuesday-Thursday: 8:00am-4:00pm
Friday: 8:00am-12:00pm

Office Location:
Homer Municipal Building
19 Moore Street, 2nd Floor
Belmont, MA 02478

Recreation Staff
Jon Marshall
Assistant Town Administrator
June Howell
Office Manager
Heidi Barberio
Recreation Programs Coordinator
Christopher Costello
Recreation Programs Coordinator
Sue Allegro
Administrative Assistant

Belmont Recreation

Program registration begins September 4.

How to Register:
Online:
belmontrecreation.maxgalaxy.net/Home.aspx
First time users must create an account. Select the activities you wish to enroll in and the participant enrolling in that activity. All selected activities will be placed in your shopping cart. *Please note that a processing fee will be assessed for payment online.

By Mail:
Mail Registration form and payment by check, payable to Town of Belmont to P.O. Box 56, 19 Moore St. Belmont, MA 02478.

Walk in:
During Recreation Department office hours. Only cash or checks are accepted at the office.

Cancellation & Refund policy:
All programs are subject to change or cancellation for a variety of reasons. Refunds will be given if sessions are cancelled by the Recreation Department due to low enrollment or other unforeseen circumstances. Refunds are not given for individual classes within a session that cannot be made up. Makeups will be scheduled if at all possible. Refunds are not given after the start of the program unless specifically approved by the Recreation Office Manager.

Zero Tolerance Policy:
The Recreation Commission has ZERO TOLERANCE for misconduct by a participant or parent while at a Recreation Department program or facility. Any person who willfully disregards Recreation Commission policies may be removed from the program.

CORI/SORI Policy:
Anyone who volunteers with the Recreation Department must have both a CORI and SORI background check on file.

Stewards of Community Space:
Please note we use many spaces in town. It is important that during our use everyone follows these guidelines:

- Keep an eye on your children before a program starts and as soon as the instructor releases your child to you
- Please pick up after yourselves while in these spaces and report issues to the instructor
- Please be prompt in picking up your child after a program
- Please leave the location promptly so that other users are not impacted.
Pre-K Programs

Lil’ Ninja (Age 3-5)
Instructor: Knucklebones
Location: Pequossette Park

Does your child love to jump, climb and tumble? This "play" on American Ninja Warrior is the perfect class. Each week we'll have obstacles and games to help gross motor skills, fitness and fun. (5 wks)

01 Wed Sept. 18 - Oct. 16 10:30-11:20am min 8/max 12 $85

Micro Wheels (Age 2-5)
Instructor: Knucklebones
Location: Pequossette Park

We'll bring a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. From scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. Diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more will help these determined drivers develop the skills needed to ride safely, successfully and have FUN! (5 wks)

01 Wed Sept. 18 - Oct. 16 9:30-10:20am min 8/max 12 $85

Pre School Mini Sports (Age 3-5)
Instructor: F.A.S.T Athletics
Location: PQ Park Basketball Court

This program is a combination of warm-up games and sports such as soccer, kickball, and thall. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class. F.A.S.T. Athletics will have new and exciting games planned for the students. (5 wks)

01 Tue Sept. 17 - Oct. 15 10:00-10:45am min 8/ max 16 $88

Pre School Basketball (Age 3-6)
Instructor: F.A.S.T Athletics
Location: PQ Park Basketball Court

Minihoops, miniballs and a ton of fun! This class is created for 3-6 year olds 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. (5 wks.)

01 Tue Sept. 17 - Oct. 15 11:00-11:45am min 8/ max 16 $88

Pre–K Ballroom Dance (Age 3-5)
Instructor: Fred Astaire Staff
Location: Fred Astaire Dance Studio

Kids will learn the basics of waltz, foxtrot, swing and rumba. Dance improves posture, poise, and confidence. (12 wks.)

01 Sat Sept. 21 - Dec. 14 10:30-11:15pm min 6/ max 20 (no class 11/30) $240

Youth Programs

Intro to STEM (Grade K-2)
Instructor: Play-Well TEKnologies
Location: Beech Street Center

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course (10 wks)

01 Wed Sept. 18 - Nov. 20 4:30-6:00pm min 11/max 16 $234

STEM Challenge (Grade 1-2)
Instructor: Play-Well TEKnologies
Location: Beech Street Center

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply concepts in physics, engineering and architecture through projects such as: Catapults, Pneumatic Cranes, Arch Bridges, and Battletracks! Design, build, and explore your craziest ideas in a supportive environment. (10 wks)

01 Wed Sept. 18 - Nov. 20 6:15-7:45pm min 11/max 16 $234

Science & Design Studio (Grade 1-5)
Instructor: Wicked Cool for Kids
Location: Beech Street Center

Imagine what you can do with science and engineering! Create new formulas for cool and useful science concoctions like designer sticky paste, cultivate colorful crystals and grow glowing polymer cubes. Formulate three types of slime with customized labels. Construct creatures that can move with magnets, build an all weather shelter for a critter and upcycle a clothespin into a catapult. (8 wks)

01 Thu Sept. 26 - Nov. 14 4:30-5:30pm min 8/max 14 $208

Wild World Safari (Grade 1-5)
Instructor: Wicked Cool for Kids
Location: Beech Street Center

Explore the wacky world of nature. Learn to identify, track patterns and compare animals in the wild to our domesticated pets. Experiment with lenses and prisms to find a rainbow. Explore Earth’s biggest land animals and dive deep into the oceans on this global adventure. (8 wks)

01 Thu Sept. 26 - Nov. 14 5:45-6:45pm min 8/max 14 $208

(No class on Feb. 20.)

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Belmont Recreation

Youth Programs

Frozen Science
(Grade 1-5)
Instructor: Wicked Cool for Kids
Location: Beech Street Center

Go on a Frozen Science expedition! We’ll make “frozen” slime, style six-pointed snowflakes and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Create a spectacular frozen forest, make magical potions and warm up by making your own homemade hand warmers! (8 wks)

- 01 Thu Jan. 23 - Mar. 19  4:30-5:30pm  min 8/max 14  $208
  (no class 2/20)

Amusingly Athletes (Age 2-5)
Instructor: Amazing Athletes Staff

Based on a building block system, each of our Amazing Athletes programs take the time to carefully instruct each child at his or her own pace, breaking down complex motor-skills into fun games and activities, helping them to meet, master, and exceed their motor development milestones and personal goals. Each one of our programs is age-appropriate and designed to meet the developmental needs of the whole child at the stage of growth they are in.

Fall 2019—Location TBD

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Parkour (Age 6-18)
Instructor: Parkour Generations
Location: Beech St. Center

Parkour, also known as freerunning or l’art du déplacement originally started outside of Paris in the late 1980’s and has since become one of the fastest growing sports in the world. Parkour practitioners learn to navigate their environment and overcome mental and physical challenges in a safe and progressive manner in order to be able to move through any environment. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by an ADAPT-certified instructor.

- 01 Wed Sept. 18 - Nov. 20  4:30 -5:45pm  age 13 –18  $130
  (no class 2/19)
- 02 Wed Jan. 8 - Mar. 4   4:30 -5:45pm  age 13 -18  $105
  (no class 2/19)

Big Kids Ballroom Dance
(Age 6-12)
Instructor: Fred Astaire Staff
Location: Fred Astaire Dance Studio

Kids will learn the basics of waltz, foxtrot, swing and rumba. Dance improves posture, poise, and confidence. (12 wks.)

- 01 Sat Sept. 21 - Dec. 14  9:45-10:30am  min 6/ max 2  $240
  (no class 11/30)

Your Voice: Public Speaking for Kids
(Grade 2-5)
Instructor: Right Brain Curriculum
Location: Beech Street Center

Famously, America’s number one fear is public speaking while death only ranks number two. If that’s so, this profound fear probably starts at an early age. In our Public Speaking class, we take the fear out of speaking before an audience by getting kids talking in front a supportive group about things in which they are interested. They write speeches on subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills like standing up tall, using a loud voice and making eye contact. We also watch famous and not-so-famous public speakers and critique what is successful and unsuccessful in their deliveries. The class concludes with students creating a TV news broadcast in which they serve as anchors. See a full curriculum preview: rightbraincurriculum.com/publicspeaking (6 wks)

- 01 Mon Sept. 16 - Oct. 21  4:30-5:45pm  min 7/max 16  $137

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Belmont Recreation

Youth Programs

Ski Nashoba Valley (Grade 5 – 12)
Location: Nashoba Valley Ski Area

The Recreation Dept. coordinates a Saturday night Ski Program to Nashoba Valley Ski Area in Westford, MA. Transportation is provided by coach bus from Belmont High School. Departure is at 5 p.m. and the group returns at approximately 11 p.m. Parent volunteers are needed to chaperone this popular program. All chaperones are offered a lift ticket and rentals at no charge (6 wks)

Sat Jan. 4 - Feb. 8 5:00-11:00pm
bus transportation and lift ticket $365
bus transportation, lift ticket and lessons $385

Equipment rental pre-fit: Dec 11th 4:00-5:00pm

Nashoba Valley Snow Tubing Night (Age 11-18)
Location: Nashoba Valley Ski Area

Enjoy a night at Nashoba Valley’s Tubing Park. Planned for the 1st Saturday night after our ski program ends which is tentative, depending on weather related cancellations during the ski program. Space is limited! We will travel by school bus, leaving Belmont High at 5 p.m. and returning at 11 p.m.

Sat Feb. 15 5:00-11:00pm Price TBD

Children’s Ice Skating Lessons
(Age 4-12)
Instructor: Recreation Staff
Location: Skip Viglirolo Ice Rink

Beginners—This class focuses on developing the coordination and strength needed to maneuver on skates. Our goal is for the children to learn proper technique and have fun.

Levels 1-8 This program will introduce the fundamental moves, forward and backward skating, stops, crossovers and turns. Upon completion of these levels, skaters will have the basic knowledge of the sport enabling them to advance to more specialized areas of skating such as figure skating, dance and hockey.

01 Sat. Nov. 2 - Dec. 14 10:00-10:40am age 3-5 $90
01 Sat Nov. 2 - Dec. 14 10:40-11:20am age 6+ $90
11:20-12:00pm age 6+ $90
02 Sat Jan. 4 - Feb. 22 10:00-10:40am age 3-5 $100
02 Sat Jan. 4 - Feb. 22 10:40-11:20am age 6+ $100
11:20-12:00pm age 6+ $100

Figure Skating Lessons
(Age 10+)
Instructor: Recreation Staff
Location: Skip Viglirolo Ice Rink

Advanced skaters should be able to complete the following skills; strong forward crossovers, three turns, forward edges (curves on one foot) both directions and strong forward skating. Skaters will begin to learn the more advanced elements of the sport including backward skating, backward crossovers, footwork, edges, turns, jumps and spins. (8 wks)

01 Sun Nov. 3 - Dec. 22 5:30-6:30pm $110
02 Sun Jan. 5- Feb. 23 5:30-6:30pm $110

Super Soccer Stars (Age 2-7)
Instructor: Supper Soccer Stars Staff

At Super Soccer Stars, we offer unique programs for kids that teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence and to develop teamwork in every class.

Fall 2019—Payson Park

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Belmont Recreation

Youth Programs

Business Sharks (Grade 2-5)
Instructor: Right Brain Curriculum
Location: Beech Street Center
In our Business Sharks class, students play the role of young entrepreneurs as they start with the germ of an idea for a business and product and take it through the entire entrepreneurial process. Our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons on concepts such as wages, profits and branding while designing print ads, acting out “TV commercials,” researching real estate locations and designing their storefronts. The class concludes with our young executives pitching their ideas to a "Shark Tank" panel of parents. These young entrepreneurs will really be taking care of business! See a full curriculum preview:
rightbraincurriculum.com/businesssharks.php (6 wks)
01 Mon Sept. 16 - Oct. 21 6:00-7:15pm min 7/max 16 $137

Karate (Age 3-14)
Instructor: Steve Nugent’s Karate institute
Location: Beech Street Center
Steve Nugent’s Karate for Children program is a fun outlet for kids that is built upon the foundations of our martial arts values to provide your child with both mental and physical advantages. Our lesson plan emphasizes achievement based on merit, teaching our students to set goals, overcome obstacles and celebrate their victories. We maintain an open, energetic, and fun environment without compromising the lessons that will carry forward into their social and academic lives.

Little Dragons - 4:30-5:00pm - Age 3-4
A fun filled 30 minute class focusing on listening, balance, gross motor skill, basic stances and FUN!

Little Ninjas - 5:00-5:45pm - Age 5-7
A 45 minute class concentrating on proper form, punches, blocks and kicks

Juniors - 5:45-6:30pm - Age 8-14
A 45 minute class that gets into deeper understanding of techniques and forms.
01 Wed Sept. 18 - Dec. 11 (no class 11/27) $264
02 Wed Jan. 8 - Mar. 4 (no class 2/19) $176

Dodgeball (Grade 6-8)
Instructor: F.A.S.T Athletics
Location: Butler Elementary school Gym
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. (6 wks)
01 Tue Sept. 17 - Oct. 22 6:00-7:00pm min 8/ max 30 $88
02 Tue Jan. 7 - Feb. 11 6:00-7:00pm min 8/ max 30 $88

Boston Assemblies Social Dance and Etiquette (Grade 5)
Instructor: Boston Assemblies
Location: Beech Street Center
Parents understand the value of social training, but for the children the Assemblies are a social event. Assemblies lay the foundation for lifelong social skills by learning proper introductions and practicing courtesies for contemporary life. We concentrate on dances that students will enjoy at age appropriate events. Swing dancing is the most popular partner dance for all ages. Just see which dancers are having the most fun! Professional instructors will lead the classic partner dance, waltz, as well as contemporary freestyle dances. Acquiring Social Savvy through Social Dance is fun (6 wks)
01 Mon Sept. 16 - Oct. 28 5:00-6:00pm min 30 $250
(no class 10/14)

Youtubers 101 (Age 10+)
Instructor: Belmont Media Center Staff
Location: Belmont Media Center
The variety of video content on YouTube is ever growing. Many of us enjoy watching our favorite content on YouTube, but what if we had the ability to create our own? What would you create? Students will learn how to develop their own content, from planning an idea to capturing and editing the video. The YouTube production class is a great opportunity for students to build confidence through performing and practice valuable life skills such as teamwork and public speaking. An important part of this program is to teach children how to get the most out of today’s online world, in the safest way possible. (8 wks)
01 Thu Sept. 26 - Nov. 14 4:00-5:00pm min 6/max 12 $107
01 Thu Jan. 9 - Mar. 5 4:00-5:00pm min 6/max 12 $107
(no class 2/20)

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
**Youth Programs**

**Archery (Age 10+)**  
**Instructor:** On The Mark Archery  
**Location:** Beech Street Center  
Experience the thrill of traditional recurve archery, as seen in the Olympics. Participants will learn the fundamentals of the shot process and test their skills by competing in a series of unique challenges and archery games designed to improve accuracy. This course will be led by certified USA Archery and National Field Archery Association (NFAA) instructors. Our ‘learn by playing’ philosophy enables students to enjoy the excitement of shooting while practicing skills and fundamental aspects of the shot process embedded into the course. (6 wks)  
01 Thu Sept. 19 - Oct. 24 6:30 – 7:30pm  min 8/max 12  $124

**Musical Theatre—Alice In Wonderland Jr. (Grade 1-8)**  
**Instructor:** Jodi Adams  
**Location:** Beech Street Center  
Join Alice as she chases the White Rabbit, races the Dodo Bird, raps with a bubble blowing caterpillar, beats the queen of hearts and gets tied up with Tweedle Dee and Tweedle Dum. Roles include, Alice, Small Alice and Tall Alice, Caterpillar which is played by 5 actors, the Cheshire cat, played by 3 actors, Flowers, Lobsters, White Rabbit, Tweedle Dee and Tweedle Dum, Mad Hatter, March Hare, Queen of Hearts and Matilda. Students work together to create this magical, musical stage production while gaining self confidence and acting skills.  
**Wed Sept. 25 - Dec. 18**  
4:00-5:00pm  grade 1-2  $199  
5:00-6:10pm  grade 3-8  $199

**Musical Theatre—Peter Pan (Grade 1-8)**  
**Instructor:** Jodi Adams  
**Location:** Beech Street Center  
Come join the cast in the production of Disney's Peter Pan Jr. With more than 30 speaking roles the 1 hour show is full of delightful Disney tunes such as “You Can Fly”, “Follow the Leader”, “Yo Ho a Pirates Life for Me” and “Second Star to the Right”. The tale of the boy who wouldn’t grow up is staged without any actual flying. Roles for boys and girls include Tinkerbell and her 6 Fairies, Tiger Lilly, the Chief and 10 Indians, 6 Lost boys, Wendy, Michael, John, Captain Hook and his sidekick Smee, 6 Pirates, 6 Mermaids, Mother, Father, Dog and Peter Pan.  
**Wed Feb. 5 - May 20**  
4:00-5:00pm  grade 1–2  $215  
5:00-6:10pm  grade 3–8  $230

**School Vacation Programs**

**Basketball Clinic (Age 7-14)**  
**Instructor:** NE Elite Sports Clinics  
**Location:** Winn Brook Elementary School  
The NE Elite Sports Basketball Clinic will feature Mass Hall of Fame Coach Nick Papas as the director. The program will include fundamentals, contests and games every day. The last day will feature our Final Four Tournament! This will be fast and fun for all participants!  
01 Tue-Fri Feb. 18-21 9:00am-2:00pm  $250

**All Sports Clinic (Age 6-12)**  
**Instructor:** NE Elite Sports Clinics  
**Location:** Butler Elementary School  
The popular All Sports clinic returns for February and April vacation! This clinic from NE Elite Sports Clinics features multiple sports in a relaxed, fun atmosphere, including Floor Hockey, Soccer, Wiffleball, Basketball, Arena Football and Dodgeball!  
01 Tue-Fri Feb. 18-21 9:00am-2:00pm  $250

**Flag Football Clinic (Age 7-14)**  
**Instructor:** NE Elite Sports Clinics  
**Location:** Wellington Elementary School  
“Attend the best Flag Football Clinic in all of Massachusetts. Veteran football coaches will be coaching our young flag football players in both drills and games. FUN is the operative term with this clinic. The children will separated by age and ability for the week. They will have a ball learning the skills of flag football and then testing those skills in the 8 Regular Season games held during the week. The week is culminated by playoffs and the Flag Football SUPER Bowl held on Friday!”  
01 Tue-Fri Feb. 18-21 9:00am-2:00pm  $250

**TV Production (Age 5-10)**  
**Instructor:** Jane Peters  
**Location:** Belmont Media Center  
If you have a knack for storytelling, this is the class for you! Belmont Media Center staff will teach students all about filmmaking, from writing a script to filming and editing. Over the course of a week, students will write, act in and produce their own short T.V. show!  
01 Tue-Fri Feb. 18-21 9:00am-12:00pm  min 6/max 12  $120

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Belmont Recreation

Events

Parents Night Out (age 5+)
Instructor: Belmont Recreation Staff
Location: Beech Street Center
In need of a night out? Parents Night out gives parents the opportunity to take a well deserved break. Take advantage of a child free night to get some shopping done or simply enjoy a night out! Drop your kids off with Recreation Department Staff for a fun night of activities. Kids will enjoy a craft project, fun games and a movie. Pizza, juice and cookies will be provided.

01 Fri Dec. 13 6:00pm-9:00pm  $15
02 Fri Jan. 24 6:00pm-9:00pm  $15
02 Fri Mar. 6 6:00pm-9:00pm  $15

Halloween Dance Party (Grade 5-6)
Location: Beech Street Center
A fun Halloween themed Dance party with DJ Paul Madden and recreation staff.
01 Fri Oct. 25 7:00-9:00pm  $10

Halloween Pumpkin Carving (Age 4+)
Instructor: Belmont Recreation Staff
Location: Beech Street Center
Get Ready for Halloween by decorating and carving your own pumpkins. Belmont Recreation staff will be there to help design the perfect Halloween creation. This event is a fun opportunity to craft your own unique pumpkin to take home and share with your family, friends, and neighborhood! All decorating and carving tools will be supplied. Please bring your own pumpkin of any size!

01 Fri Oct. 25 4:30-6:00pm  Free - bring your own pumpkin!

Candy Cane Hunt (Age 3+)
Recreation Staff
Location: Beech Street Center
Someone has left candy canes all over the Beech Street Center! Bring your flashlight and help us find them! You may even find a special candy cane that can be exchanged for a prize. Come enjoy some hot cocoa at the Beech Street Center while we decorate bags for the hunt! Parents must accompany children for this event. Pre registration is required.

01 Fri Dec. 13 4:30-5:30pm  $15

Adult Programs

Men’s Pickup Basketball (Age 40+)
Location: Daniel Butler Elementary School and Belmont Day School
Casual pick up men’s basketball at Butler Elementary School and Belmont Day School. Teams are decided on site and no instruction is provided.

01 Mon Sept. 16 - Dec. 9 7:45-9:15pm  max 25  $100
(no class 10/14, 11/11)
01 Thu Sept. 19 - Dec 12 6:00-7:15pm  max 25  $110
(no class 11/28)
02 Mon Jan. 6 - March 2 7:45-9:15pm  max 25  $60
(no class 1/20 & 2/17)
02 Thu Jan. 9 - Mar. 5 6:00-7:15pm  max 25  $70
(no class 2/20)

Men’s Pickup Basketball (Age 18–39)
Location: Daniel Butler Elementary School and Belmont Day School
Casual pick up men’s basketball at Butler Elementary School and Belmont Day School. Teams are decided on site and no instruction is provided.

01 Mon Sept. 16 - Dec. 9 7:45-9:15pm  max 25  $100
(no class 11/27)
02 Mon Jan. 6 - March 2 7:45-9:15pm  max 25  $70
(no class 2/17)

Women’s Pickup Basketball (Age 18+)
Location: Butler Elementary School Gym
Casual pick up women’s basketball at Butler Elementary School. Teams are decided on site and no instruction is provided.

01 Tue Sept. 17 - Dec 10 7:45-9:15p  13 wk  $120
(no class 11/27)
02 Tue Jan. 7 - Mar. 3 7:45-9:15pm  6 wks  $50
(no class 2/18)

Pickleball (Age 18+)
Location: Butler Elementary School Gym
A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a whiffle ball.

01 Thu. Oct. 3 - Dec 12 6:00-7:30pm  max. 36  $110
(no class 11/28)
01 Thu. Jan. 9 - Mar. 5 6:00-7:30pm  max 36  $100
(no class 2/20)
02 Sun. Oct. 6- Dec. 15 10am-12pm  max 36  $90
(no class 2/16)
02 Sun. Jan. 5 - Mar. 29 10am-12pm  max 36  $100
(no class 2/16)

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Belmont Recreation

Adult Programs

Parkour (Age 50+)
Instructor: Parkour Generations
Location: Beech St. Center
Parkour, also known as freerunning or l'art du déplacement originally started outside of Paris in the late 1980's and has since become one of the fastest growing sports in the world. Parkour practitioners learn to navigate their environment and overcome mental and physical challenges in a safe and progressive manner in order to be able to move through any environment. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by an ADAPT-certified instructor.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Class Size</th>
<th>Cost</th>
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<tbody>
<tr>
<td>01 Wed</td>
<td>Sept. 18 - Nov. 20</td>
<td>7:00-8:00pm</td>
<td>$130</td>
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<tr>
<td>02 Wed</td>
<td>Jan. 8 - Mar. 4</td>
<td>7:00-8:00pm</td>
<td>$105</td>
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<tr>
<td>(no class 2/19)</td>
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Archery (Age 18+)
Instructor: On The Mark Archery
Location: Beech Street Center
Experience the thrill of traditional recurve archery, as seen in the Olympics. Participants will learn the fundamentals of the shot process and test their skills by competing in a series of unique challenges and archery games designed to improve accuracy. This course will be led by certified USA Archery and National Field Archery Association (NFAA) instructors.

Our ‘learn by playing’ philosophy enables students to enjoy the excitement of shooting while practicing skills and fundamental aspects of the shot process embedded into the course. (6 wks)

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<th>Date</th>
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<th>Class Size</th>
<th>Cost</th>
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<tbody>
<tr>
<td>01 Thu</td>
<td>Sept. 19 - Oct. 24</td>
<td>7:30 – 8:30pm</td>
<td>min 8/max 12</td>
</tr>
<tr>
<td>01 Thu</td>
<td>Jan. 9 - Feb. 13</td>
<td>7:30 – 8:30pm</td>
<td>min 8/max 12</td>
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Adult Soccer (Age 18+)
Location: Butler Elementary Gym/ Winn Brook
Organized Soccer games for registered players only. Teams are decided on site. No instruction provided.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class Size</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>01 Sun</td>
<td>Sept. 15 - Dec. 15</td>
<td>BE</td>
<td>12:15-2:00pm</td>
<td>13 wks</td>
</tr>
<tr>
<td>01 Tue</td>
<td>Sept. 17 - Dec 10</td>
<td>WB</td>
<td>6:00-8:00pm</td>
<td>13 wks</td>
</tr>
<tr>
<td>01 Thu</td>
<td>Sept. 19 - Dec 12</td>
<td>BE</td>
<td>6:00-7:30pm</td>
<td>12 wks</td>
</tr>
<tr>
<td>(no class 11/28)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>02 Sun</td>
<td>Jan. 5 - Feb. 23</td>
<td>BE</td>
<td>12:15-2:00pm</td>
<td>6 wks</td>
</tr>
<tr>
<td>02 Tue</td>
<td>Jan. 7 - Feb. 25</td>
<td>WB</td>
<td>6:00-8:00pm</td>
<td>6 wks</td>
</tr>
<tr>
<td>(no class 2/18)</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>02 Thu</td>
<td>Jan. 9 - Mar. 5</td>
<td>BE</td>
<td>6:00-7:30pm</td>
<td>8 wks</td>
</tr>
<tr>
<td>(no class 2/20)</td>
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Women’s Hockey (Age 18+)
Location: Skip Viglirolo Ice Rink
Sunday evenings for 90 minutes beginning at 6:45 pm. A portion of the ice time is devoted to skill and skating drills and the remainder is used for scrimmages. All players should be advanced skaters and have a basic knowledge of the game. (18 wks)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>01 Sun. Nov. 3- Mar. 1</td>
<td>6:45-8:15pm</td>
<td>$170</td>
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</tbody>
</table>

Men’s Hockey (Age 18+)
Location: Skip Viglirolo Ice Rink
A no check league for 2 hours on Monday nights beginning between 9:15 pm and 9:30 pm. All players should have knowledge of the sport and must wear helmets with face shields. (18 wks)

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<tr>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>01 Mon. Nov. 4 - Mar. 2</td>
<td>9:15-11:15pm</td>
<td>$170</td>
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</tbody>
</table>

Adult Volleyball (Age 18+)
Location: Butler Elementary School Gym
Casual Co-ed pick up Volleyball. Teams are decided on site. No instruction provided.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Class Size</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Mon.</td>
<td>Sept. 16 - Dec. 9</td>
<td>6:00-7:15pm</td>
<td>max 30</td>
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<tr>
<td>01 Thu.</td>
<td>Sept. 19 - Dec 12</td>
<td>7:45-9:15pm</td>
<td>max 30</td>
</tr>
<tr>
<td>02 Mon.</td>
<td>Jan. 6 - Mar. 2</td>
<td>6:00-7:15pm</td>
<td>max 30</td>
</tr>
<tr>
<td>02 Thu.</td>
<td>Jan. 9 - Mar. 5</td>
<td>7:45-9:15pm</td>
<td>max 30</td>
</tr>
</tbody>
</table>

Stay connected to Recreation programs:

@belmontrecma

on facebook and twitter!

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Floor Hockey
**Location:** Beech Street Center/Winn Brook

Floor hockey is a sport similar to street hockey but played indoors with a felt donut shaped puck passed using straight sticks. Interested athletes of all abilities should attend tryouts on:

- **Saturday, Oct. 19**
  - **01** Sat. Oct. 19-Feb 8 10:30-12:00pm res $45/non $55 (excludes 11/30)
  - **02** Wed Nov. 6 - Feb. 26 6:30-7:30pm res $45/non $55 (excludes 11/27, 12/25, 1/1, 2/19)

Ice Skating
**Instructor:** Jean Giblin Raftery
**Location:** Skip Viglirolo Ice rink

Jean Giblin Raftery will be back to teach basic skating skills and also coach for Special Olympic competition in figure and speed skating. With an eager group of volunteers and some special supports to help with balance, we’re sure everyone will have a great time.

- **01** Sun Nov 3 – Dec 15 2:00-2:50pm res $40/non $50
- **02** Sun Jan 5-Feb 16 2:00-2:50pm res $40/non $50

Candlepin Bowling League
**Location:** Woburn Bowladrome 32 Montvale Ave, Woburn, MA.

Teams of 8 players bowl in this non-competitive league for fitness, skill development and the opportunity to have fun with friends! Parents and friends are encouraged to assist in the league by scorekeeping. Takes place on Saturday mornings from 9-10:15am at Woburn Bowladrome 32 Montvale Ave, Woburn, MA. We can provide transportation to other Saturday programs from Woburn. **Space is limited in this program!!**

- **01** Sat Oct 19- Dec 14 9:00-9:50am res $45/non $55 (excludes 11/30)
- **02** Sat Jan 11- Mar 14 9:00-9:50am res $45/non $55 (excludes 2/15)

Alpine Skiing
**Location:** Nashoba Valley Ski Area

This program is held at the Nashoba Valley Ski Area in Westford, MA for six Saturday nights beginning in January. Experienced Special Olympic coaches will train athletes for Winter Games competition. This program is open ONLY to athletes wanting to train and compete in the Special Olympics Winter Games. You must provide your own transportation. (6 wks)

- **01** Sat Jan 4- Feb 8 res $210/non $220

**Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx**
Belmont Recreation

Nordic Skiing (Age 8+)
Location: Weston Ski Track
This program is open to skiers who are new to the sport or more experienced skiers who want to compete at winter games. Training is provided for athletes wishing to compete. There is a $5 per week equipment rental fee.
01 Tue Jan. 7- Feb. 11  6:30- 7:30pm res $10/non $20

Special Olympic Soccer (Age 8+)
Location: Winn Brook Field
Weekly practices at the Winn Brook Field include drills and scrimmages. Athletes will be divided into teams based on skill assessments. Assessments will be made at the first practice. Sundays at the Winn Brook Field in Belmont from 3:30 – 4:30pm (8 wks)
01 Sun Sept. 8- Oct. 27  3:30- 4:30pm res $45/non $55

Flag Football (Age 8+)
Location: Winn Brook Field
Athletes and partners will learn how to punt, pass and kick, as well as the rules for Special Olympics Flag Football. The team will have the opportunity to compete in the Fall Tournament. (9 wks)
01 Sun Sept. 8- Nov. 3  10:00- 11:00am res $45/non $55

R.A.D. Self Defense
Location: Beech Street Center
Learn how to protect yourself at home and in the community. Participants will learn what is appropriate touching vs. inappropriate. There will be some whole group instruction and sometimes separate male and female instruction. This is run with the Belmont Police Department. There will be 4 classes.
Session dates, time and fee TBD

Adaptive Programming

Friday Night Socials (age 16+)
Join friends for different activities Friday nights throughout the months of Sept-June. Sporting events, cultural events and social get togethers will be planned for enrolled participants.
After you’ve register for the program, you will receive a schedule of events every 2 months. $20/season.

Lights, Camera, Action!
Instructor: Jane Peters
Location: Belmont Media Center
Did you ever wonder what it would be like to produce your own TV show? We are very excited to be working with Belmont Media Center. Come learn the behind the scenes of TV production. We will even be making our very own TV show.
(6 wks)
01 Thu Oct. 3-Nov 14  6:00- 7:00pm res $40/non $50
(excludes 10/31)

Dance Like a Star
Location: Beech Street Center
Come dance with us. Create your own dance routine while you learn the latest steps (10 wks)
01 Mon Sept. 30 –Dec. 16  6:00-6:50 pm res $40/non $50
(excludes 10/14, 11/11)
02 Mon Jan. 6 – Mar. 23  6:00- 7:00pm res $40/non $50
(excludes 1/20, 2/17)

Zumba
Instructor: Ann Callahan
Location: Beech Street Center
Zumba class with Ann Callahan is an inclusive class for all to attend. Come join the party! Zumba® is perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. (10 wks)
01 Mon Sept. 30 –Dec. 16  6:00- 7:00pm res $40/non $50
(excludes 10/14, 11/11)
02 Mon Jan. 6 – Mar. 23  6:00-7:50pm res $40/non $50
(excludes 1/20, 2/17)

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Recreation Sites and Facilities

We are fortunate to have many wonderful parks in Belmont. Please do your part by observing the established rules. With everyone’s effort these green spaces will be a source of pride for Belmontonians.

Park Rules:

- Parks are open from Dawn until Dusk
- during wet conditions or if frost is present field use should be stopped be prevent damage
- Glass containers and littering is prohibited
- Use proper receptacles, do not overstuff barrels
- Bulk trash should be removed by user

Permitted Groups

- Permits can be secured with the Recreation Department
- Permit holders should have permit at site during use
- Permit holders must adhere to locations and times issued
- Permit holders are responsible for ensuring area is neat and clean after use

Off-leash

- Permits are required annually and can be obtained at the Recreation Office
- Owners are responsible for supplying dog waste bags, picking up and proper disposal
- Dogs should not be off-leash within 50’ of playground equipment
- Dogs should not be on-leash in playgrounds

Off-leash hours are suspended (dog to be leashed) when:

- A permitted group is using field
- DPW/Contractors are working on the field
- Fields are saturated with water
- When school is in session

Dogs should be removed from the field if:

- They are digging in the field
- There is excessive barking
- They are aggressive to others

Parks:

- **Town Field**— Waverley Street
- **Pequossette Park**— Maple Street
- **Winn Brook Fields**— Waterhouse Rd
- **Grove Street Park**— Grove St
- **Payson Park**— Payson Rd
- **Chenery Middle School Field**— Washington St

Skip Viglirolo Ice Skating rink

221 Concord Avenue, Belmont, MA 02478.
Seasonal indoor ice rink open from Nov. 1 - Mar. 9

Public skating schedule:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>11:30am-2:30pm</td>
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<tr>
<td>Fri</td>
<td>8:00pm -9:00pm</td>
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<tr>
<td>Sun</td>
<td>3:15pm -5:15pm</td>
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Stick & Puck:

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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sat</td>
<td>8:00pm -9:30pm</td>
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</tbody>
</table>

Helmets required for adults, helmets with cage required for kids.

Additional hours will be added during early release days and school vacations.

To rent ice, please call the Recreation Department, at 617-993-2760 for complete details and availability. Group rental fees: $250 per 50-minute block.

Public skate pricing:

$10/person. Cash or check only.

Inquire about multi pass options at Recreation Dept.

Full schedule at:

belmontrecreation.maxgalaxy.net

Registration begins September 4th. Register online at https://belmontrecreation.maxgalaxy.net/Home.aspx
Community Education

NOW OFFERING ONLINE REGISTRATION

***Registration begins September 4, 2019***

REGISTRATION OPTIONS

ONLINE
Please visit www.belmont.k12.ma.us and select Community Education to register online, catalogue, or search for a specific course.

MAIL-IN
Mail your registration form to: Belmont Community Education 644 Pleasant Street Belmont, MA  02478 Please include check or money order PAYABLE TO THE TOWN OF BELMONT

WALK-IN
Register in person at our office located at 644 Pleasant Street. Daily hours: 8:00 am – 4:00 pm

Please note: We do not send registration confirmations.

Please register early as classes that do not fill will be cancelled.

For further information, call 617-993-5401.

COMMUNITY EDUCATION REGISTRATION FORM

Please submit registration form with your check or money order (no cash) made payable to Town of Belmont. Registration forms available on our website.

PLEASE USE A SEPARATE CHECK FOR EACH COURSE.

Registration Information

TUITION FEES, REFUNDS AND OPTIONS

Tuition fee as listed by course must be paid at the time of registration.

IF PAYING BY CHECK, PLEASE USE A SEPARATE CHECK FOR EACH COURSE.

The School Committee, through the Superintendent, reserves the right to cancel any and all courses that are undersubscribed. In the event of a cancellation, a full refund will be issued.

We will refund your full tuition:

1. in the event that your course is cancelled due to low enrollment.
2. If you withdraw from a class at least three business (72 hours) in advance of starting time. After this time, no refunds are given.

UNDER NO CIRCUMSTANCE WILL REFUNDS BE MADE TO STUDENTS AFTER A CLASS IS IN SESSION.

Materials used in the class will be furnished by the student unless otherwise specified. All judgments of regulating, enrollment, continued enrollment, time, location and length of classes, as well as the class size are the prerogatives of the School Committee via the Superintendent and such judgments are final when rendered.

CANCELLATIONS AND MAKE-UP CLASSES

If the public schools are closed due to inclement weather during the daytime, there will be no Community Education classes. If weather conditions become severe late in the day, cancellation will be announced on the Belmont Public Schools website.

http://www.belmont.k12.ma.us/education

CASH WILL NOT BE ACCEPTED

IMPORTANT: Please make note of your course choice and starting date. Only if classes are cancelled or al-
Community Education

HATHA YOGA LEVEL 1
Instructor: Bonnie Randall
Location: Beech Street Center, 266 Beech Street, Belmont – Room B

Treat yourself to a restorative class of relaxation techniques with light stretching. In this gentle yoga class emphasis is placed on breath and movement, creating deep relaxation and a sense of well-being. Experience the calm, peace, and self-acceptance of yoga no matter what shape you are in. Please bring a mat and wear loose clothing. (8 weeks) Maximum: 20
Mon  Oct. 7 – Dec. 9  6:00 – 7:15 pm $90
(no class on Oct. 14 or Nov. 11)

HATHA YOGA LEVEL 2
Instructor: Bonnie Randall
Location: Beech Street Center, 266 Beech Street, Belmont – Room B

This intermediate hatha class is more strenuous than the beginners’ class. The class adds a slightly more dynamic flow of postures to increase vitality. Asanas are held longer. Please bring a mat and wear loose clothing. (8 weeks) Maximum: 20
Mon  Oct. 7 – Dec. 9  7:30 – 8:45 pm $90
(no class on Oct. 14, Nov. 11)

Bonnie Randall is a Kripalu trained yoga practitioner and graduate of the John

BODY CHALLENGE
Instructor: Judy Rice
Location: Butler Cafeteria, 90 White Street, Belmont

This upbeat aerobic-style class includes cardiovascular exercise to burn fat, followed by strength training and abdominal conditioning, and finishes up with yoga style stretching. This workout incorporates the most recent fitness findings and can be adapted to a wide variety of fitness levels. If you are looking for a complete and well-balanced workout with motivating music, please join us on Monday nights. It’s a great way to start your week! Please bring a mat. (8 weeks) Maximum: 25
Mon  Oct. 21 – Dec.  7:00 – 8:00 pm $80
(No class on Nov. 11)

Judy Rice, M.Ed. is an AAFA certified exercise instructor. Judy brings her philosophy “fitness is for everyone” and her belief that “exercise should be fun” to every class. She has a health and wellness practice in Belmont.

Fitness

BODY BASICS THURSDAY
Instructor: Judy Rice
Location: Butler Cafeteria, 90 White Street, Belmont

Looking for the motivation to work out? Body Basics is a moderate intensity workout set to music. The workout includes all three components of fitness: cardiovascular work, strength training, and flexibility. This class welcomes beginners as well as fitness enthusiasts. The instructor will provide guidance to participants who wish to increase or decrease the intensity of the workout. See results with the correct form, the right intensity, and motivation of an enjoyable workout. Please bring a mat. We will discuss appropriate weights at the first class. (8 weeks) Maximum: 25
Thu  Oct. 10 – Dec. 5  6:45 – 7:45 pm $75
(no class Nov. 28)

Judy Rice, M.Ed. is an AAFA certified exercise instructor. She has additional training in Tufts University’s Strong Women program. Judy brings her philosophy “fitness is for everyone” and her belief that “exercise should be fun” to every class. She has a health and wellness practice in Belmont.

BODY BASICS TUESDAY
Instructor: Judy Rice
Location: Butler Cafeteria, 90 White Street, Belmont

Looking for the motivation to work out? Body Basics is a moderate intensity workout set to music. The workout includes all three components of fitness: cardiovascular work, strength training, and flexibility. This class welcomes beginners as well as fitness enthusiasts. The instructor will provide guidance to participants who wish to increase or decrease the intensity of the workout. See results with the correct form, the right intensity, and motivation of an enjoyable workout. Please bring a mat. We will discuss appropriate weights at the first class. (8 weeks) Maximum: 25
Tue  Oct. 8 – Nov. 26  6:45 – 7:45 pm $75

Judy Rice, M.Ed. is an AAFA certified exercise instructor. Judy brings her philosophy “fitness is for everyone” and her belief that “exercise should be fun” to

TAI CHI
Instructor: Huan Zhang
Location: Beech Street Center, 266 Beech Street – Room B

Take a Beginner’s Tai Chi class with us. See how this ancient art can help you release stress, eliminate joint pain, improve balance and peace of mind.
Thu  Oct. 10 – Dec.  8:00 – 9:00 pm $120
(No class Nov. 28)

Master Huan Zhang has 38 years of martial arts experience. He teaches the 6th Generation of Yang Style Tai Chi and 13th Generation of Chen Style Tai Chi. He is a contributing writer for China’s primary Tai Chi magazine. He is the chief instructor of MIT Tai Chi Kung Fu club.

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
Community Education

HEATED POWER YOGA
Instructor: Betsey Heffron
Location: Simply Yoga, 93 Trapelo Road, Belmont, MA
Sequencing, methodology and inquiry inspired by Baptiste Power Yoga. Heated Power Flow is a continuous sequence of postures or asanas that “flow” from one to another, synchronizing breath with movement. It builds core power, strengthens and cleanses the body, and offers the opportunity for deep healing and release. This series is fun and challenging and will leave students motivated, empowered and feeling calm. (4 weeks)
Mon & Wed Oct. 7 – Oct. 30 5:45 – 6:45 pm $125

YIN YOGA
Instructor: Amanda Baier
Location: Simply Yoga, 93 Trapelo Road, Belmont, MA
In Yin Yoga we use passive holds of 3-5 minutes to access the deepest tissues of the body. There is no rushing physically or mentally, and the body is completely relaxed. You’ll be encouraged to pay attention to each moment and work gradually through each pose. Since the technical practice is quite simple, this opens up an opportunity to learn the principles of mindfulness. Max. 15 (6 weeks)
Mon Oct. 7 – Nov. 11 6:00 -7:15 pm $95

YOGA FOUNDATIONS
Instructor: Betsey Heffron
Location: Simply Yoga, 93 Trapelo Road, Belmont, MA
New to Yoga or want to deepen your understanding of the practice? This class is for you. For beginning and intermediate students, our Level I class teaches the fundamentals of yoga poses, alignment and breathing techniques. Designed for new students and students wishing to gain a greater understanding of yoga. This class will teach you how to engage each yoga posture in the safest and most effective manner, in order to receive the optimal benefits. (6 weeks)
Mon Oct. 7 – Nov. 11 9:30 – 10:45am $95

GENTLE YOGA
Instructor: Jess Hicks
Location: Simply Yoga, 93 Trapelo Road, Belmont, MA
Gentle Yoga is for beginning and continuing students seeking a class that does not overtax the body or aggravate ongoing physical issues. Postures are practiced slowly with pauses between them and with careful attention to correct alignment. Adaptions, often involving props such as blankets, blocks, bolsters, and chairs, are provided for students as needed, and emphasis is placed on careful and gradual individual development. Max: 15 (6 weeks)
Fri Oct. 11 – Nov. 15 9:15 – 10:30am $95

Fitness

KIDS YOGA
Instructor: Nicole Giroux
Location: Simply Yoga, 93 Trapelo Road, Belmont, MA
Kids will explore asana (yoga postures) and learn pranayama (breathing tools) to increase body awareness, balance and posture, positive self-image, and strength. Classes includes breath work, age appropriate asana practice and a closing meditation. (6 weeks)
Sun Oct. 13 – Nov. 18 5:00—6:15 pm $95

HULA HOOP
Instructor: Jennifer Aucoin
Location: Wellington School, 121 Orchard Street, Belmont – Community Room
Hula Hoop is not just for kids! Come learn how fun dancing with a hula hoop can be. No previous experience needed. Hula hooping is a great way to burn calories, express yourself, stimulate the mind, strengthen your body, improve flexibility, build confidence and improve hand/eye coordination. We will delve into a variety of hoop dance moves including on and off body hooping. Hula hoops during class time will be provided. (8 weeks)
Tue Oct. 8 – Nov. 26 6:30 – 7:30 pm $80

Reg: Jennifer has a degree in physical therapy and is a certified health and hoop love coach. She teaches hula hooping to kids during the summers at Open Air Circus. Jennifer has taught hula hooping at workshops, parties and events over the years

ONE NIGHT STRENGTH TRAINING
Instructor: Judy Rice
Location: Butler Cafeteria, 90 White Street, Belmont
Would you like to get the benefits of strength training without going to the gym? This class introduces a simple, effective workout that can be done at home using hand and leg weights. The routine consists of eight basic exercises which are done with progressively heavier weights. Studies at Tufts, where the program was developed, show participants increased strength and bone density, improved balance and raised energy levels. Students will learn and practice correct form for each exercise, and get tips for staying motivated and obtaining maximum results. Suggested book: Strong Women Stay Young by Miriam Nelson. (1 week)
Wed Dec. 4 6:30 – 8:30 pm $30

Judy Rice, M.Ed. is an AFAA certified exercise instructor. She has additional training in Tufts University’s Strong Women program. Judy brings her philosophy “fitness is for everyone” and her belief that “exercise should be fun” to every class. She has a health and wellness practice in Belmont.

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
Health

C.P.R.
American Heart Association Heartsaver CPR AED
Instructor: Terry Grimm, RN
Location: Chenery Middle School Community Room, 95 Washington Street, Belmont

Heartsaver CPR AED is an extensive, three-hour course that covers adult/child CPR AED, adult/child/infant choking, and infant CPR. By the end of the course, participants will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. This course also teaches participants how to help someone who is choking, how to respond in other emergency situations and how to use an AED. On completion of the class, participants receive their workbooks with wallet reminder cards; and a face shield. A course completion card good for two years will be mailed to participants’ homes within approximately 2-3 weeks. A completion certificate can be issued the night of the class if needed for proof of attendance until the official card arrives.

Maximum – 8
Fee includes all materials listed above. (1 week)

CHAIR YOGA
Instructor: Debra Rosenblum
Location: Chenery Middle School, 95 Washington Street, Belmont – Library

The great thing with yoga is that it can be adapted to suit anyone’s needs. The Chair Yoga postures you will learn in this class can be integrated throughout your day. Chair Yoga is incredibly beneficial for beginners, senior citizens, and people with injuries, or those looking to learn how to apply yoga techniques at the office. Yoga has been proven to improve strength and flexibility as well as reduce stress and manage pain. As we practice Chair Yoga, our bodies relax and our minds quiet. During our time together, we will increase our self-awareness and revitalize our lives. (6 weeks)

Thu Oct. 31 – Dec. 12  7:15  – 8:15 pm  $50

Debra Rosenblum is an interfaith minister and a public school teacher for over 20 years. She holds a Master’s Degree in Education from Lesley University and a Certificate of Advanced Graduate Studies in Creative and Expressive Arts from Salve Regina University. She is also certified as a yoga teacher, meditation teacher, and spiritual director.

Community Education

MEDITATION: The Practice & The Science
Instructor: Debra Rosenblum
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 109

Meditation is training the mind. According to modern neuroscience, the mind is a dynamic flow of experiences rather than a fixed state. By learning meditation, we can create new neural-pathways that improve memory, increase attention and reduce stress. These sessions will provide you with the necessary practice and understanding of meditation. We will learn how to make meditation a regular practice and how to bring it into our daily lives in ways that calm and enrich us. Each session will provide multiple ways to enter into a meditative state. These include guided meditation, meditation with simple movements and focused breath meditations. The class is designed for beginner and intermediate students. (7 weeks)

Thu Oct. 31 – Dec. 12  6:00 – 7:00 pm  $60
(Dec. 19 snow day)

WELLNESS & NATURAL LIVING – AROMATHERAPY & NON-TOXIC LIFE
Instructors: Kim Dargon & Jen Mangano
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 105

Join the oil collaborative team for a choice of Essential Oil Workshops to learn about how non-toxic living essential oils can boost your workouts, improve sleep, reduce stress, balance hormones, tame the tantrums, support immune health, soothe sore muscles and bring focus and clarity to your life. Out discussion will focus on the brand Young Living. (1 week per course)

Back to School Basics for Kids –  $10
Oct. 8  7:00 – 8:30 pm

Sleep, Stress & Sadness –  $10
Oct 22 7:00 pm – 8:30 pm

Skin Care Solutions for Preteens & Teens –  $10
Nov. 5  7:00 – 8:30 pm

Non-Toxic Cleaning Solutions –  $10
Nov. 19  7:00 – 8:30 pm

Tis the Season-Cold Season Support –  $10
Dec. 3  7:00 – 8:30 pm

Feeling Like You! – Natural Hormone Support –  $10
Dec. 10  7:00 – 8:30 pm

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
JEWELRY & METALSMITHING
Instructor: Kareenna Maraj
Location: Kareenna Maraj Jewelry, 95 Trapelo Road, Belmont

Learn to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided step-by-step on how to solder, saw file, hammer and polish in copper or brass. Create bangle bracelets, use stamps to create charms, set stones and learn wire wrapping, just to name a few examples. Silver is available for a small additional fee. Beginners are welcome; students with some previous experience will work on perfecting skills and learning new techniques. If you wear reading glasses, please bring them to class. Most materials are included.

Maximum: 6 (ages 12 and up are welcome) (3 weeks)
Wed Nov. 5, 12, 19.
6:30 – 8:30 pm
$85

Karenna is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. Kareenna Maraj Jewelry Collection is both a gallery showcasing local artists and a classroom/studio space.

BEGINNING & CONTINUING ACRYLIC PAINTING - ADULT
Instructor: Marta Kaemmer
Location: Mosesian Center for the Arts, 321 Arsenal Street, Watertown

Paint with acrylics in this class for all levels of painters. Beginners embark on exercises exploring color, value, and composition. Intermediate painters work on their own projects with critiques and guidance. Whether drawing inspiration from a family photo, a still life, or contemporary artworks, participants have the opportunity to express themselves in paint. Basic drawing skills recommended, but not required. Materials will be posted online prior to the start of class. (8 weeks)

Thu Oct. 3 – Dec. 5 6:30 – 9:00 pm
$260
(no class Oct. 31, Nov. 28)

Born in Zimbabwe, Marta spent her teenage and college years in the Midwest before moving to Austria. She had numerous exhibitions in Austria before returning to the United States to earn a Masters of Fine Arts degree from Boston University in 2011. Trained as a painter, her interest in materials keeps her moving between media and including printmaking, sculpture and textiles in her work. She currently has a studio in Wal-

DIGITAL PHOTOGRAPHY
Instructor: Leah Cirker-Stark
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 108

Get out of “auto mode” and learn how to take more nuanced photographs! This course will introduce students to the mechanics of their cameras and various photographic techniques including exposure, aperture and white balance. Students will learn the basics of composition, framing, depth of field and perspective. They will also learn how certain settings can affect an image. The class will consist of cooperative critiques and time to take photos. The class will cover any type of photography the students are interested in, including nature photography, portraiture, abstract and night photography. There will also be regular assignments. Students must bring a fully charged digital camera (preferably not a point-and-shoot) and at least one lens (preferably between 24-100 mm), a memory card and any connection cords to each class. If there is any confusion about the appropriate types of cameras, please contact Leah Cirker-Stark at leahcsphotography@gmail.com.

Maximum: 12 (8 weeks)
Tue Oct. 8 – Nov. 26
6:30 – 8:30 pm
$75

Leah Cirker-Stark is a freelance photographer and teacher. They have a BFA in Photography from the Art Institute of Boston. They are experienced in teaching classes and tutoring youth and adults.
Community Education

ARTS, CRAFTS, and SKILLS

**EMBROIDERY**
Instructor: Daniela Cermenati
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 108

Please join Daniela and discover your creative talent! You will learn how to mix color, wool, yarns and different materials to create your own unique pieces of art, customize clothing or other special projects that you can imagine through embroidery. She will help empower you to develop your artistic side by expanding your imagination through embroidery as you dare to intuitively experience this new version of this ancient technique. An additional $20 materials fee is paid to the instructor at the first class. (4 weeks)

Thu Oct. 10 – Nov. 7 6:30–8:30 pm $85
(no class Oct. 31)

Daniela is a Graphic Designer and was born and raised in Santiago de Chile. She is currently a Belmont resident and pursuing her passion for crafts and homemade art. She enjoys working with colors and textures and loves to embroider, knit and paint. She has been selling her art for about 18 years and her art can be found at various art fairs throughout Boston including SOWA, as well as online. In 2016 one of her paintings was selected by the Boston Museum of Fine Arts for the Silent Auction Summer Party at the museum.

**DIGITAL STORYTELLING**
Instructor: Jane Peters
Location: Belmont Media Center, 9 Lexington Street, Belmont, MA

With our cell phones doubling as portable cameras, many of us have tons of photos and videos stored on our phones. Learn how to use Google Photos to organize your photos, and work with Google Photos and Adobe Spark to create videos using these materials. Students are also encouraged to use old family photos, home videos, etc. as well as music and voice over. Finalized videos can be uploaded to YouTube and/or Facebook to share with family and friends. Both applications are free and accessible over the web, so you can continue to use them after the class.

Tue Oct. 8 – Oct. 29 6:00–8:00 pm $25

Organization

**SPOT ON: The Art & Science of Being on Time**
Instructor: Rachael Stark
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 106

What is stopping you from being on time? Do you get absorbed and not hear time passing? Are you afraid you will not feel welcome when you arrive? Do you know how long it really takes to do what you do? Are the demands or expectations of others stealing your time? What makes YOU late and what can you do about it? Uncover what tangles your time and untie those knots. Find what you value most and find the time to do it. Join us for awareness exercises, cross-cultural perspectives, time keeping tools, and supportive discussions. You will leave with clearer values, techniques to organize your time, and the confidence to use them.

(4 weeks)

Tue Oct. 15 – Nov. 5 6:30 – 8:30 pm $80

**BEGINNER ARABIC**
Instructor: Janet Atiyyat
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 106

This class will introduce modern conversation Arabic using an interactive and practical instructional method. Emphasis will be on listening, comprehension, vocabulary and speaking skills. (8 weeks)

Mon Oct. 21 – Dec. 15 6:00 – 8:00 pm $90
(no class 11/11)

**INTERMEDIATE LEVEL ESL**
Instructor: Julie Tovar
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 103

This class is for adults who know the basics of English and are ready to improve their vocabulary, listening comprehension, pronunciation and conversation skills. Join us to increase your knowledge and have some fun as we work on reading and written grammar as well as speaking. Bring a notebook and three-ring binder to class. Textbook recommended but not required.

Class will meet two evenings a week (10 weeks)

Tue & Thu Oct. 8 – Dec. 12 7:00 – 8:45 pm $150
(no class Oct. 31 or Nov. 28)

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
Community Education

College Prep

**SAT PREP CLASS – Critical Reading, Writing and Essay**
Instructor: Claire Austin
Location: TBD

This course will give students the strategies they need to successfully complete the reading and writing sections of the SAT test and perform at their highest level. These strategies, which the College Board endorses, will improve students’ performance and give them an excellent chance of scoring competitively. Students will learn grammar rules that help them on the writing sections, and they will learn how to develop a critical analysis of the writer’s presentation, which is the SAT essay. Students will spend considerable time in class practicing these strategies. The last half hour will be devoted to practice and extra help. Students should purchase the latest edition of Barrons SAT Prep book and bring it to the first class. It is important to bring this book to each class as this is what students will use to practice their strategies. (6 weeks) For questions contact Claire Austin at caustin-white@comcast.net or call 781-275-8505. (6 weeks)

**YOU CAN AFFORD COLLEGE IF...**
Instructor: Donald Anderson
Location: Chenery Middle School, 95 Washington Street – Room 107

You PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful. Financial Aid goes to the families who plan in advance – ideally before December 31st of the child’s sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family’s eligibility even if you have a “high income” or own a business. The greatest amount of financial aid goes to the families who act in the years before college. REMEMBER: Procrastination equals less financial aid. A free financial aid analysis will be available to all attendees. For more information please visit our website at www.collegefundingadvisors.com.

**WRITING THE COLLEGE ESSAY**
Instructor: Claire Austin
Location: TBD

Write your common application essay now, in this course with the help of a professional. We will begin by reading some well written samples and study the information colleges are looking for. Then you can work on developing your own personal essay that shows off your strengths and emphasizes the special talents you will bring to college. Even if you hate to write, you will accomplish this task required by most colleges and create a piece you will be proud of and that sets you off from the other students. Do not write a complete essay before you get to class and learn what colleges are looking for. You can jot down ideas and incidents to use with lots of details or you can outline an essay, but do not write it before class begins. First session will be choosing your best feature and finding experiences to prove it. Second session is for revising the essay and including details that spark interest. The third session is for a final grammar edit. This is your personal essay so only you can write it. Students should bring their laptop to use in class and can help one another with this task. (3 weeks).

**YOU CAN AFFORD COLLEGE IF...**
Instructor: Donald Anderson
Location: Chenery Middle School, 95 Washington Street – Room 107

You PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful. Financial Aid goes to the families who plan in advance – ideally before December 31st of the child’s sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family’s eligibility even if you have a “high income” or own a business. The greatest amount of financial aid goes to the families who act in the years before college. REMEMBER: Procrastination equals less financial aid. A free financial aid analysis will be available to all attendees. For more information please visit our website at www.collegefundingadvisors.com.

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Community Education

**LONG TERM CARE: Planning for the Potential Need**
Instructor: Len May
Location: Chenery Middle School, 95 Washington Street – Room 109

People are living longer, but living a long life doesn’t guarantee that it will be a healthy one; and as baby boomers age, the long-term care crisis in America will only worsen. At least 70% of people over age 65 will require long-term care services at some point in their lives. (From www.longtermcare.gov) A well thought out plan for addressing the potential need for care is essential to the physical, emotional, and financial needs of you and your family.

Most appropriate for ages 44-70. Attendees will receive the 35-page class notes covering:

- What are the long-term care risks and consequences?
- What are the options to protect your savings and home?
- How about transferring assets to your kids to qualify for Medicaid?
- How do the stand-alone long-term care and the new hybrid insurance alternatives work, and which might be appropriate for your situation?
- How to develop a plan of action?

**Tue Oct. 29 7:00 – 8:45 pm $24**

Len May is a graduate of MIT’s Sloan School of Management. He transitioned to a career in long-term care planning and insurance after he saw the consequences of both of his parents needing extended care. Len is an independent, certified long-term care specialist. He shares his expertise by conducting seminars for consumers and by consulting with financial professionals to assist them with their clients. Len may be reached at lenmay@alum.mit.edu.

**SAVVY SOCIAL SECURITY PLANNING FOR COUPLES**
Instructor: Rick Fentin
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 109

This workshop will cover the NEW rules that can help married couples get the most out of the Social Security system. We will cover: the optimal times to apply, spousal coordination, minimizing taxes and effectively integrating Social Security with other assets. Plus, the most important thing all higher-earning spouses should do and more.

**Thu Oct. 10 7:00 – 9:00 pm $30**

Rick Fentin, CFP, CLTC, Ed.M is the Principal of Cambridge Financial Associates in Arlington. He has been an independent financial advisor in the Greater Boston area for over thirty years. He is a Certified Financial Planner Practitioner and Registered Investment Adviser. He authored “The Impact of Financial Status, Values and Attitudes on Motivation for Rehabilitation” in Working with Geriatric Patients. Rick can be reached at 781-648-0486 or email: rfentin@cambfinan.com. Web-

**TAX PLANNING STRATEGIES FOR THE FOUR MAJOR STAGES OF RETIREMENT**
Instructor: Rick Fentin
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 109

The new tax law has introduced some tough challenges and some new opportunities. Retirement can be a huge transition and utilizing the best tax strategies can make a significant difference in your overall picture. Why not do the best you can as you plan for the four major stages of retirement? In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your expenses. People often pay more in taxes than necessary because they don’t understand the challenges of retirement tax planning. The spending phase of retirement is more complicated than the savings phase of pre-retirement. Unfortunately, tax planning is often overlooked – this is like planning to lose money! You have to know what your “after-tax” retirement savings picture looks like before retiring and create a strategy to use going forward.

Topics will include the following:

- The critical tax question you must answer before retirement
- The surprises that often make retirement more expensive
- What the Social Security “tax trap” is and how you can avoid it
- Why tapping assets in the wrong order can trigger higher Medicare premiums
- The four stages of retirement and important tax actions in each stage
- Traditional IRA and Roth IRA challenges and important considerations for rollovers
- What you need to think about when it comes to estate planning and taxes
- Mistakes to avoid when it comes to your investment portfolio, health care, and your estate

**Tue Oct. 22 7:00 – 9:00 pm $30**

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
Community Education

PAINT NIGHT AT DEMOS
Instructor: Katerina Delegas
Location: Demos Restaurant, 146 Lexington Street, Waltham, MA

Enjoy a lively outing with a paint night party at Demos Restaurant in Waltham. Art by Katerina will provide all painting supplies, including a 16' x 20' canvas, acrylic paint, brushes, easels, and aprons. In this step by step course, you will learn painting techniques, composition, tone, value, and the power of light and shadow. You will learn how to transfer a drawing to the canvas and build a painting from start to finish. Using acrylic paint, you will learn how to mix color using a simple palette! Relax, have fun and be inspired and enjoy one-on-one guidance by Artist Katerina Delegas! Walk away with a finished Masterpiece with your signature on it. No experience necessary. Fee includes Demos signature shish kebab dinner. Min. 30/Max. 50
Sun Oct. 20 2:00 – 4:00 pm $45

BOOK GROUP DISCUSSION
Instructor: Martha Reagan
Location: Chenery Middle School Principal’s Conference Room, 95 Washington Street, Belmont

For the first session, participants should read Becoming, by Michelle Obama. (4 weeks)
Tue Oct. 8, 29/Nov. 19/Dec. 3 3:00 – 4:15 pm $25

BEGINNER SWING & SALSA
Location: Fred Astaire Dance Studio, 448 Common Street, Belmont, MA, 2nd floor

Have fun learning the basics of Cha Cha, Rumba, Swing, Salsa, Waltz, Tango and Foxtrot. NO partner required. Taught by highly trained and experienced ballroom dance instructors at Fred Astaire Dance Studio.
Thu Oct. 10 – Dec. 19 7:30 – 8:15 pm $225
(no class Nov. 28)
Optional admission to Friday practice parties included with fee and 1 ticket to holiday Gala on 12/20.

MOUNT AUBURN TREE WALK
Instructor: Florence DiTirro
Location: Meeting location will be emailed to participants prior to the program.

While the trees are in fine fall foliage, join us for a leisurely walk through Mount Auburn cemetery. In addition to enjoying the wide array of trees and plantings, we’ll discuss the history of the area and the different natural communities that are special to Mount Auburn. (1 week) Maximum - 8
Sat Oct. 19 10:00am – 12:00pm $16

Real Estate

HOME BUYING AND MORTGAGES 101
Instructor: Kim Bond - Peoples United Bank
Location: Chenery Middle School, 95 Washington Street, Belmont – Room 101

Learn how to buy your first, second or third house. You will be guided step-by-step on how to buy your very first home or how to trade up or down. The Real Estate market is full of surprises. This class will help reduce or remove those surprises by giving you the latest information how the market is performing and how you will need to manage your transac tion. The class will address Realtor selection, mortgage financing options and how to be prepared for the mortgage process.
Thu Oct. 10 6:30 – 8:30 pm $25

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Thu Nov. 7 6:30 – 8:30 pm $25

Registration begins September 4th. Register online at https://www.belmont.k12.ma.us/bps/Partners/Community-Education
Beech Street Center and Council on Aging Information

More than a senior center, the Beech Street Center offers a wide range of activities, resources, and information for seniors and "boomers" in the Belmont area as well as staging many community-based events and Programs. Please call 617-993-2970 or visit our front desk to register for activities and services.

Belmont Council on Aging
266 Beech Street
Belmont, MA 02478

Hours:
Monday - Friday
8:00am – 4:00pm
Tuesday
8:00am – 7:00pm

Front Desk
(617) 993-2970

Transportation
(617) 993-2980

Rentals
(617) 993-2975

ALL HANDS ON DECK! WE ARE LOOKING FOR VOLUNTEERS!
Volunteers are always sought for the Beech Street Center. Front desk volunteers, transportation dispatch desk, present a trip, hobby or area of study! We are also looking for a pianist who would be willing to fill-in occasionally on a volunteer basis. If interested, please Contact Marie Poore, 617-993-2979

The Beech Street Center’s 10th anniversary is fast approaching! The Friends of the Belmont Council on Aging is forming a committee to help make this an anniversary not to forget. Please contact our Director Nava Niv-Vogel, at 617-993-2975 if you are interested in joining!

At the Beech Street Center, we love to celebrate, and we love a good party! Let’s get together and party plan! The roaring 20’s, Parisian nights, western-themed. Any ideas are welcomed. If you’re interested in joining the party planning committee, please call Dana Leavitt at 617-993-2977.

Marilyne's Excellent Adventure: A Stay-At-Home's Literary and Historical Pilgrimage to London Fifty Years in the Making
Friday, September 13 at 1:15pm
Learn what persuaded a septuagenarian book-worm to board a plane for the first time in her life and fly alone to a foreign city. See scenes of the art and architecture of a literary and historical quest for British icons from Shakespeare to Paddington Bear. Cost: Free

THE PAGE TURNERS
First meeting Friday, Sept. 13 at 11:00am
The Beech Street Center and Belmont Public Library are proud to present our new book club, The Page Turners! Join us, Friday, September 13, for our first official meeting. We’ll discuss how members want the group to run, discussions, and book titles. Bring your ideas and suggestions! Cost: Free

Delvena Theatre Company
Presents
MEET JULIA CHILD!
Tuesday, Sept. 24 at 1:15pm
A live performance featuring "Julia Child" doing what she did best. Learn about her life and be part of the studio audience on the set of The French Chef. Cost: Free

This performance is supported in part by a grant from the Belmont Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Stephen Collins Unlaunched Voices
Presents
Herman Melville Sailing Towards my Father written and directed by Carl A. Rossi
Friday, Sept. 27 at 1:15pm
Sailing Towards My Father is a one-man play about Herman Melville (1819-1891), the American author best known for his whaling epic Moby-Dick; The play chronicles Melville’s life from youth to old age, concentrating on his evolution as a writer and his complex relations with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne. Cost: Free

Learn More about The Belmont Council on Aging at https://www.beechstreetcenter.org/contact-us.html