



## THE WILBRAHAM WHISTLE: E-Newsletter ... November 2024

Our goal is to keep you informed of important information on a monthly basis. For more details on all our family friendly programs, visit [www.WilbrahamRec.com](http://www.WilbrahamRec.com) or visit Facebook: **Wilbraham Parks & Recreation Department**

### CURRENT PROGRAM INFORMATION & REGISTRATION DATES

#### Youth Wrestling (Grades K-8) - Registration **ongoing**

This program provides the basic tools necessary to compete in youth wrestling through physical drills and discipline. The coaching staff provides a nurturing environment and mentoring through positive leadership on and off the mat.

#### High School Intramural Basketball (Grades 9-12) - Registration **starts November 26th**

This is a fun recreational league with games only and no practices. Games start in January and run through March.

#### Pre-K Basketball—Registration **starts November 26th—NEW FORMAT, COACHES NEEDED!**

This is an introductory and instructional program that teaches basketball skills in a fun and non-competitive environment. The program is designed to teach parents and children the fundamentals of the sport while building participants' confidence.

### UPCOMING PROGRAM REGISTRATION DATES

#### ART Ventures December Break Program (Grades K-5) - Registration **starts December 3rd**

Two, one day art exploration classes held during winter vacation week on Friday, December 27th and Monday, December 30th. Register for one or both classes.

#### Futsal & Street Soccer Indoor Skills Winter Session (Ages 2-14) - Registration **starts December 10th**

Fast paced program and exciting indoor soccer experience designed to develop players' technical skills, agility, and team work. This program is open to boys and girls of all skill levels.

### ADULT PROGRAMMING INFORMATION

#### Pickleball Passes- Registration **on going**

The Rec Department offers 10 and 25 punch cards and daily passes. Register at the office for passes.

#### Beginner Pickleball 101 Lessons - Registration **ends November 20th**

Are you new to the game of pickleball or interested in learning the rules? Sign up for the beginner 4 week lesson session beginning Sunday, November 24th.

#### Intermediate Pickleball 201 Lessons—Registration **ends November 20th**

Looking to improve your pickleball game? These lessons are for advanced beginners and intermediate players. The 4 week lesson session begins Sunday, November 24th.

#### Adult Martial Arts Clinic (Ages 18+)—Registration **ends November 4th**

In this 6 week clinic, adult participants enjoy a fitness first approach using traditional karate basics.

#### Dog Obedience Training Clinic—Registration **starts November 5th**

This class will focus on intermediate skills including focus, stays, recalls, and healing along with other training areas.

#### Wilbraham Hiking Club (all ages) - Registration **on going**

Information for upcoming hikes and to register, please download the TeamReach app and use code WHC01095.

