



45C Post Office Park, Wilbraham, Massachusetts 01095 • www.WilbrahamRec.com

THE WILBRAHAM WHISTLE: E-Newsletter ... November 2025

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 or visit Facebook: **Wilbraham Parks & Recreation Department**

CURRENT PROGRAM INFORMATION & REGISTRATION DATES

Youth Wrestling (Grades K-8) - Registration **ends** Kindergarten December 5th, Bronze December 5th, Silver/Gold November 19th

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.

Free Wrestling Clinics (Grades K-8) - Registration **ends** November 19th

Our coaching staff fosters a positive, supportive environment that emphasizes mentorship, character-building, and leadership both on and off the mat. Coaches will help improve wrestlers' skills and techniques through structured training/drills.

UPCOMING PROGRAM REGISTRATION DATES

High School Intramural Basketball (Grades 9-12) - Registration **begins** November 25

Our intramural basketball program is perfect for players of all skill levels. Stay active, improve your skills, and have fun with friends in an environment that fosters teamwork, good sportsmanship, and a love for the game. This is a FUN recreational league with GAMES ONLY and NO PRACTICES. There is a separate girls division and a boys division.

Pre-K Basketball (Ages 4-5) - Registration **begins** November 25

Pre-K Basketball 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 the participants' confidence. Participants will develop the basic motor skills necessary to play basketball through dribbling, passing and shooting as well as having fun! Your child must be able to listen and follow directions.

N Zone Junior Sports (Pre-K) - Registration **begins** November 25

The 6-week program will include learning the fundamentals and etiquette of soccer, basketball and scoops. Scoops is a lacrosse concept for 2-3 year olds. Please see the picture below for context. The goal of the clinic is to help promote love and appreciation for sports in children in an active and supportive environment. Please have your child bring a water bottle, wear athletic attire and please wear sneakers. The kids will be issued a t-shirt on the second session.

ADULT PROGRAMMING INFORMATION

Pickleball Passes - Registration on going

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

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Pickleball Lessons - Registration on going

Whether you are new to the game of pickleball, or a seasoned player, we offer lessons for both levels. 4 week lesson sessions begin October 5 for beginner and intermediate players

Wilbraham Hiking Club (all ages) - Registration on going

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

