

# Bedford Recreation

A scenic painting of a lake. In the foreground, there are green bushes and a sandy path leading to the water. Two large trees with yellow-green foliage frame the scene on the left and right. In the middle ground, a blue lake has two white sailboats and a green boat. Three birds are flying in the blue sky above the water. The overall style is soft and painterly.

Spring and Summer 2015

**DEPARTMENT INFORMATION**

**Registration Information**  
Registration opens March 8 at 9:00PM.

**Recreation Department**  
12 Mudge Way  
Bedford, MA 01730  
781-275-1392 • Fax 781-687-6156  
www.bedfordrecreation.org  
Office Hours M-F 9:00am - 4:00pm

**Recreation Staff:**  
Amy Hamilton, Director  
Raeann Gembis, Adult Coordinator  
Nikki Taylor, Program Coordinator  
Nancy Cormier, Kids' Club Director  
Kate Farrell, Kids' Club Ass't Director

**Office Assistants:**  
Janet Humphrey, Admin. Ass't  
Leslie Ringuette, Clerk

**Recreation Commission:**  
Ron Richter, Chairman  
Tara Capobianco  
Tom Mulligan  
Mike O'Shaughnessey  
Robin Steele

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**REGISTER!!**

**4 Easy Ways to Register**

**ONLINE 24/7**  
Check our website to register or put yourself onto a waiting list for our classes 24 hours/day, 7days/week.

**Online registration opens at 9:00PM**

**MAIL**  
Bedford Recreation  
12 Mudge Way  
Bedford, MA 01730

**VISIT**  
9:00 am-4:00 pm, Monday-Friday  
12 Mudge Way, 2nd Floor  
Bedford, MA 01730

**FAX**  
781-687-6156

Registration Forms Pgs 48—50

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**General Department Information**

- Those requiring special assistance, please contact the Recreation Director.
- Classes not held school vacation weeks unless otherwise noted.
- Financial assistance may be available upon request.
- \$25 penalty fee for all returned checks.
- Transportation, when provided, will be by Bedford Charter Service unless otherwise noted.

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**E-NEWS:** If you would like to be included in periodic Recreation updates including information about new programs, please sign up for our E-News.

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**TEXT MESSAGING:** If you wish to receive text messages about important changes, cancellations, etc., regarding you/your children's Recreation activities, **EDIT YOUR PROFILE TO INCLUDE YOUR CELL PROVIDER.** Cell numbers alone will not enable us to send text messages.

**ADDITIONAL INFORMATION**

**Tuition**  
Tuition must be paid at the time of registration. We do not prorate. VISA, MasterCard, AmEx and Discover are accepted. Checks should be made payable to the "Town of Bedford."

**Non-Residents**  
There is an additional \$5 fee per course for non-residents.

**Weather Cancellations**  
Check our phone and website for weather-related cancellations. Email/text messages may be sent as well.

**Flexible Spending**  
Town of Bedford Tax ID #04-6001082. Receipts may be reprinted from ActiveNetwork (online registration system).

**Photo Permission**  
Participants in Bedford Recreation sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

**Refund/Cancellation/Transfer Procedures**  
Unless otherwise stated:  
\$10 fee for cancellation or transfer if prior to the first class. After the first class, deduction for each class held. No refund after the 3rd class.

No refunds for Special Events/Trips. Classes that are not self-supporting may be cancelled. Fees will be fully refunded for cancelled programs.

**Neighbors Helping Neighbors:**  
Please consider contributing to the NHN Fund to support families who might otherwise be unable to afford Recreation programs. Online, simply add Neighbors Fund to your cart and adjust the quantity to the amount that you

# SUMMER CONCERTS



## SUMMER CONCERT SERIES 2015

12 Mudge Way  
Thursdays, 7:00 p.m.

Please join us for the 2015 SUMMER CONCERT SERIES at the Town's "Activity Complex" at 12 Mudge Way (the former Center School). This is Bedford's ultimate family experience location. The concert venue is surrounded by a playground, outdoor basketball courts, outdoor tennis courts, a walking track, a skate park and numerous athletic fields.

The complex boasts a vast lawn for concert goers. Bands perform on a slightly elevated stage. Ample parking surrounds the concert grounds and restrooms are readily available.

### **JULY 9 — SOUTHERN RAIL**

Steel strings, wooden instruments, real voices... bluegrass as it should be. Southern Rail's performances are high-energy, exuberant fun with riveting harmonies, irrepressible humor and sparkling banjo and mandolin solo work. [www.southernrail.com](http://www.southernrail.com)

### **JULY 16 — 60's INVASION**

Music of the 1960's! Includes tributes to Elvis Presley, Bob Dylan, Roy Orbison, music from 60's t.v. shows and more. [www.sixtiesinvasion.com](http://www.sixtiesinvasion.com)

### **JULY 23 — DAN CLARK, SINGING TROOPER**

National Anthems, Military Tributes, Patriotic and Broadway Tunes, Opera, Elvis and more!  
[www.thesingingtrooper.com](http://www.thesingingtrooper.com)

### **JULY 30 — SOUL OF BOSTON**

Hot R&B for your soul featuring Bedford's own Dave Ellis. [www.soulofboston.com](http://www.soulofboston.com)

### **AUGUST 6 — TIM GARTLAND**

Contemporary Blues featuring Bedford's own harmonica player, vocalist, songwriter Tim Gartland.  
[www.timgartland.com](http://www.timgartland.com)



# TICKETS AND EVENTS

## BOSTON FLOWER AND GARDEN SHOW DISCOUNT TICKETS

March 11 –15 at the Seaport World Trade Center, Boston

Boston's biggest horticultural happening provides the tools and inspiration to kick off the season in style! Leave behind the gray days of winter and explore the show, themed *Season of Enchantment*, to delight the senses and discover thousands of ideas, tips and recipes to try this gardening season! Complete show schedule at [www.BostonFlowerShow.com](http://www.BostonFlowerShow.com)

Tickets available for purchase at the Recreation Office.

Fee: \$17 per ticket

## CAPE ANN WHALE WATCH TICKETS

No expiration!

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit [www.SeeTheWhales.com](http://www.SeeTheWhales.com), choose your date/time options and make a reservation at 1-800-877-5110. More information and directions on the website. The Whaling season runs from April thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. (Not valid for the Saturday, 1:30 trips June 27 thru Labor Day). **Tickets: \$25 each (reg. \$48 adults/\$33 for children)**



## LOWELL SPINNERS TICKETS: Class A Affiliate of the Boston Red Sox

Friday, August 7 at 7:05pm vs Tigers

Fun for the whole family, a Spinner's game is a memorable event. Premium Box Seats. Post-game fireworks. Pre-purchased tickets may be picked up at the Recreation Office between August 3—6. Children 3 and under free if they do not need a seat. Games played at LeLacheur Park, 450 Aiken Street, Lowell. **Tickets are \$9.50 each (limited number of tickets available)**. Transportation not included. For parking and other information: [www.milb.com](http://www.milb.com)

## DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets may be purchased at the Recreation Office.

**AMC/LOWES THEATERS:** cost \$8.50 (regular price \$10.50). No expiration; may be used at all AMC/Lowes Theaters. New "Gold" tickets do not have any restrictions.

**SHOWCASE CINEMAS:** cost \$8.75 (regular price \$11 General Admission Prime Time tickets). Tickets do not expire.

## JULY 4<sup>TH</sup> CELEBRATION at SPRINGS BROOK PARK

Celebrate the 4<sup>th</sup> of July with us!

The park is open only to Bedford Residents and their guests and SBP Members and their guests on July 4. **Fee:** \$7/person, \$25 max./family.

**1:30 LUCKY BOB:** What do you get when you cross a magician, comedian and juggler... why Lucky Bob of course! Amazing audiences with card tricks, mind-reading & absurd juggling stunts.

**2:30 - 3:30 WATERMELON** will be served

**3:30 - 6:30 DJ MIKE PRIDE - Music and Games**



## BEDFORD DAY: SEPTEMBER 19, 2015

Save the Date!! FAIR, PARADE, DANNY OATES 5K ROAD RACE, PERFORMANCES, ART

EXHIBIT AND MUCH MORE!

Applications for the Bedford Day Fair and Parade will be available Mid-May. Please watch for the Recreation Department Fall Brochure and the Recreation Department website for complete information about our special day.

# FAMILY PROGRAMS

## **PETSAVER: CPR FOR DOGS AND CATS**

**w/ Heidi Brock, RCP-Director/Education Specialist for C.A.B. for Life**

CPR for Dogs and Cats utilizes the American Red Cross "PetSaver" guidelines and includes, but is not limited to these topics: restraining an injured pet to prevent injury to both the pet and the rescuer, assessing a pet for injury, treating including life-threatening traumatic injury and emergency first aid, recognizing and treating seizure activity, assessing a pet for cardiac arrest and steps to provide life-saving assistance until a vet can be reached and preparing a pet first aid kit. Class taught by licensed Health Care Professional who has completed the ARC Instructor "PetSaver" requirements. Class includes a practical hands-on portion. Each participant receives a first aid kit and a quick reference guide .

*\*Please do not bring pets to class.* Class held at Carlisle Town Hall, 66 Westford St. Min 3/Max 6. Age 8+ (age 8 to 15 with a parent)

**Saturday, March 22, 9:00am to 12:00pm**

**Fee: \$60**

## **FRIENDS AND FAMILY CPR w/ Kelley Anzuoni, RN**

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 11+) Optional manual available at class for a fee of \$5 payable to instructor.

Class held in the Bedford Police Station Conference Rm.

**Sunday, May 10, 5:30-7:30pm.** (min 4/max 25).

**Fee: \$35**

**\*\* See Adult Section for Heartsaver CPR/AED Certification Class.**

## **HEARTSAVER CPR/AED (Adult and Pediatric) w/ Kelley Anzuoni, RN**

This class is designed for non-medical workers, child care providers and members of the general public. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Optional manual available at class for a fee of \$15 payable to instructor. Class held in the Bedford Police Station Conference Rm. (Age 11+)

**Sunday, May 17, 5:30-8:30pm,** (min 4/max 20)

**Fee: \$53**

## **MOMMY (DADDY) AND ME KAYAK w/ Still River Outfitters**

This program was developed by Still River Outfitters, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, parents are shown how to adapt proven strategies to comfortably paddle with a toddler. This class is taught in stable recreational kayaks where the child will sit safely between the parent's legs in the kayak's cockpit. This class is appropriate for parents and children ages 1 to 5. Children should be able to sit up on their own and the combined weight of parent and child should not exceed 300lbs.

Please provide email address when registering. (max 3)

**Mondays, 5/4-5/18, 10:00-11:30am (3wks)** Location: Nuttings Lake, Billerica.

**Fee: \$110 per pair**

*See website for policies/guidelines/what to bring at [www.stillriveroutfitters.com](http://www.stillriveroutfitters.com)*

## **MOMMY (DADDY) AND ME SUP (Stand Up Paddleboard) w/ Still River Outfitters**

A new take on our popular Mommy & Me kayak program. Learn to paddle a stable recreational SUP and get quality time with your mini-you. Learn basic paddling strokes and concepts and tricks to make the outings with your child fun and (almost) stress-free. Children must be able to maintain their own balance while sitting and standing. The combined weight of parent and child should not exceed 300lbs. Please provide email address when registering.

**Monday, June 8, 10:00-11:30am (max 2)** Location: Nuttings Lake, Billerica.

**Fee: \$75**

*See website for policies/guidelines/what to bring at [www.stillriveroutfitters.com](http://www.stillriveroutfitters.com)*

# ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES IS OPEN!

*FINANCIAL SEMINARS  
CREATIVE CLASSES  
COOKING, FOOD & HEALTHY LIVING  
PERSONAL INTEREST  
EXERCISE AND DANCE  
SPORT AND OUTDOOR ADVENTURE  
PICK-UP SPORTS AND LEAGUES*



Many Recreation Programs are held at **12 Mudge Way**. It is in the municipal complex off of Great Road, behind the Police Station

Information such as the **directions, materials lists** and **instructor biographies** available at [www.bedfordrecreation.org](http://www.bedfordrecreation.org).

## SPECIAL GIFT IDEA!

Adult classes and programs make great gifts for holidays and special occasions. Buy someone a unique, thoughtful gift this season... purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient.

## ~ FINANCIAL SEMINARS ~

### KIDS' PROTECTION PLANNING WORKSHOP

w/ **David Feakes of The Parents Estate Planning Law Firm**

Join Personal Family Lawyer David Feakes to learn the 9 easy steps you can take to ensure that your children would always be taken care of if anything happens to you. Attorney Feakes focuses on guiding clients to preserve and protect their assets, loved ones, and legacies. Participants of this workshop will walk away with an understanding of what kind of plan they need to protect their families and how to preserve their intangible personal assets, including their values, stories, advice and memories. To learn more about The Parents Estate Planning Law Firm, visit [www.parentsestateplanning.com](http://www.parentsestateplanning.com) (min 4/max 25)

**Thursday**, April 30, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 152.

**Fee: \$10 per family**

### HOW TO SELECT AN INVESTMENT ADVISOR

w/ **Kate Hurley, Investment Advisor, Stoddard Management**

Many people are offering financial advice these days. How do you choose the investment advisor that is right for you? This seminar will examine the many types of advisors, how to determine the appropriate advisor for your needs and how advisors are compensated. Additionally, we will discuss the questions you should ask when interviewing potential advisors and describe the steps that you should take to avoid scams. (min 5/max25)

**Wednesday**, April 15, 7:00-9:00pm. Class held at 12 Mudge Way, Rm 152.

**Fee: \$25 per family**

### INVESTMENT STRATEGY FOR MID TO LARGE PORTFOLIOS

w/ **Kate Hurley, Investment Advisor, Stoddard Management**

In this course, you will learn the same methods and techniques institutions and pension funds use to manage long-term portfolios. This approach can be applied to the management of a mid-to-large 401k, 403b, IRA, mutual fund or brokerage account or to a family's portfolio made up of several of these accounts. You will learn a step-by-step process to determine your goals, determine the investments needed to meet those goals and a system to monitor and manage your account or portfolio over time. Both experienced and novice investors will come away from this course with the ability to immediately employ this practical, common-sense investment method. (min 5/max25)

**Wednesday**, April 29, 7:00-9:00pm. Class held at 12 Mudge Way, Rm 152.

**Fee: \$25 per family**

# ADULT PROGRAMS

## ~ CREATIVE CLASSES ~

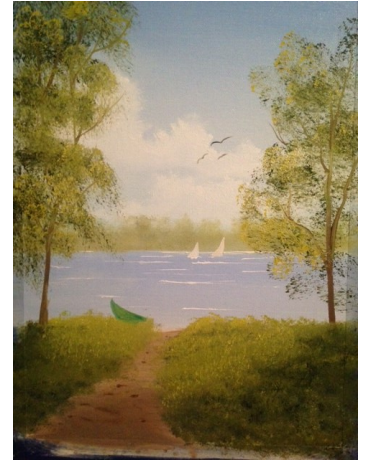
### **OIL PAINTING w/ Corinne Mazza**

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? Corinne Mazza, a certified Wilson Bickford instructor, will show you that you can do it! This is an instructional oil painting class, designed for any beginner and anyone else who would love to paint. Everyone will have an opportunity to create two paintings during the session. Learn various techniques and how to use a variety of brushes to apply oil paint to canvas in a fun and fast way. No drawing required. Come see where oil painting can take you! All supplies included. Bring an apron or wear clothes you don't mind getting painted.

Age 16+ (min 3/max 15) Class held at 12 Mudge Way in room 139.

**Thursdays, 7:00-9:00pm, 4/30-5/21 (4 wks)**

**Fee: \$105**



### **DRAWING FOR ALL LEVELS w/ Bryony Bensly**

Learn how to draw or brush up on your skills in a fun, informative class! Practice different approaches, thereby ensuring that everyone finds a method that suits him/herself. We will work with different media and mark making techniques that have been tried and tested throughout the centuries. This course is based in direct observation, starting with still life and moving into portraiture. All levels welcome. Ages 16+ (min 4/max 8) Material list will be available online or in the office.

Days and dates to be determined (please check our website) 6 wks, 2 hour class

**Fee: \$180**

### **STONE CARVING CLASS w/ Scott Cahaly, Stone Sculptor**

Classes held at instructor's art studio, 80 Loomis Street, 2nd floor, Bedford

Learn how to carve stone and participate in all parts of this fascinating ancient medium. You will be taught the whole process of stone carving from the beginning chisels to the files and finishing process. Students are encouraged and aided in producing the type of work that interests them! More advanced students are aided in pursuing new creative directions or in revisiting current work. Discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required! Tools included for beginners; stone is an additional cost, approximately \$4lb, payable at class. Come participate in the magical medium of stone sculpture!



**Monday, 10:00-1:00pm, 3/30-6/8 (no class 4/20) (max 4)**

**Wednesday, 12:30-3:30pm, 3/25-5/27**

**Wednesday, 7:00-10:00pm, 3/25-5/27**

**Fee: \$415**

**Fee: \$415**

**Fee: \$415**

### **STONE CARVING SATURDAYS w/ Scott Cahaly, Stone Sculptor**

Classes held at his art studio, 80 Loomis Street, 2nd floor, Bedford

In these one-day workshops, students have the opportunity to carve individual stones, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated, and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. Students will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+ (min 4/max 8)

**Saturday, 9:30am-1:30pm. Dates available: April 18, May 23 or June 20**

**Fee: \$125 each session**

# ADULT PROGRAMS

## ~ LET'S EAT! COOKING, FOOD & HEALTHY LIFESTYLE CLASSES ~

### CLASSIC FRENCH CROISSANTS w/ Jeannette Pothier



Did you take a trip to France and enjoy the most buttery croissant, but have not found one since? See how easy these are to make in a hands on class. Learn the technique of making those many layers of light dough, some filled with chocolate and other fillings. Enjoy our freshly baked croissants, but you will make your own batch to be finished at your home. Bring your apron, a wooden spoon and a rolling pin and be ready to have fun. (Plus material cost of \$10; please pay instructor the materials fee that night.)

Class held at 12 Mudge Way, Shawsheen Rm.

**Monday, April 6, 6:30-9:00pm. (min 5/max 10)**

**Fee: \$30**

### PIZZA AND FOCACCIA

w/ Jeannette Pothier, Professional Chef

The precursor of the pizza was probably the focaccia, a flat bread known to the Romans and to which toppings were added. Pizza made at home can be one our healthiest food today. Let's look at the history of yeast dough and work with it to make focaccia bread and great pizzas. The dough will be ready for class and we will make the bread and pizza and then everyone will make dough to take home to be baked the next day or frozen. Bring an apron, mixing spoon and a small paring knife. Plus material cost of \$10; please pay instructor the materials fee that night.

Class held at 12 Mudge Way, Shawsheen Rm. (min 5 /max 12)

**Monday, April 27, 6:30 to 9:00pm.**

**Fee: \$30**

### FRESH PASTA MAKING WORKSHOP

w/ Pam Kanavos, Pastry Chef

Fresh pasta is like a blank canvas. You are only limited by your imagination, but first you have to create the canvas. We will create beautiful sheets of pasta, tagiatelli, tortellini and other pasta shapes. Learn to replicate these techniques at home mixing the old fashioned way—by hand! Bring a rolling pin, knives, apron and cutting board. Plus material cost of \$11; please pay instructor the materials fee that night.

Class held at 12 Mudge Way, Shawsheen Rm. (min 5 /max 12)

**Monday, May 4, 6:00 to 9:00pm.**

**Fee: \$30**



### LET'S MAKE WHOOPIE PIES!

w/ Pam Kanavos, Pastry Chef

What is the secret to preparing this perfect dessert? Is it a cake? Is it a cookie? It's delicious, it is what it is, and you will be walked through the steps from creating the black tops to whipping up the fluffiest of fillings. Aim to win Mom or Dad of the Year by creating homemade desserts for your kids' lunches or prepare for the perfect mid-day treat.

Bring an apron, mixing bowl and a hand held mixer if you have one. Plus material cost of \$12; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+ (min 5 / max 10)

**Monday, May 11, 6:30 to 9:00pm.**

**Fee: \$30**

### FUEL YOUR BODY AND MANAGE YOUR WEIGHT w/ Danielle Beck, MSN, RN, NP-C

You will learn everything you need to know about nutrition in order to manage your weight, feel better, and live a healthy lifestyle. The concepts that will be discussed include: types of food your body regularly needs, how your body uses those foods, how much and what kinds of food you should eat for your lifestyle, what to look for on food labels, and other important and helpful nutrition information that you can use in your daily life. This class is great for anyone interested in learning more about nutrition and healthy living. (min 3 /max 15)

**Mondays, April 6—27, 11:00-12:00noon (no class 4/20)** Class held at 12 Mudge Way, Rm 139.

**Fee: \$70**



# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### THINK SPRING! GARDENING w/ Master Gardener Peter Coppola

All classes will be held at New England Nurseries, 216 Concord Rd.

**NO-MAINTENANCE GARDENING:** ...and other lies you want to believe about caring for your plants and lawn. This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialogue session will cover your favorite subjects: planting, watering, fertilizing, and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard!

**Sunday**, March 15, 1:00-4:00pm, (min 5/max 10)



**Fee: \$25**

**THE REAL DIRT ON GARDENING:** Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance.

**Sundays**, 3:30-5:30 pm, 3/29 – 5/10 (no class 4/5). 6wks (min 5/max 10)

**Fee: \$70**

### GROW YOUR OWN SALAD BOWL: Container Gardening w/ Mary Kernan

Do you want to grow vegetables but don't think you have enough space? Container gardening is a great place to start. With a little forethought, your container garden can be as attractive as it is useful, adding to the beauty of your landscape while also providing a bounty of fresh vegetables and herbs. In this workshop we will discuss the basics of selecting a container, why you need a good potting mix, what can grow in containers, how to keep it watered and more. We will be planting a salad bowl, complete with tomatoes, lettuce, herbs, edible flowers, etc., so you can go home and start picking in just a few weeks. (age 16+, age 12 and up with a parent) Please bring gardening gloves (pruning shears and garden kneeling pad optional ) Be dressed and prepared to be outside. Class held at 12 Mudge Way, Room 139.

Material fee of approximately \$30 payable to the instructor at class. (min 6/max 10)

**Tuesday**, May 19, 6:00-8:00pm.

**Fee: \$30**



### SHIITAKE MUSHROOM WORKSHOP

#### Fungal Fundamentals w/ Willie Crosby of Fungi Ally

Dive into the fascinating realm of mushroom cultivation. Join Willie Crosby of Fungi Ally for this introduction into the fungal kingdom. We will explore shiitake mushrooms and how to cultivate them in your back yard on logs. The mushroom Wine Cap will be introduced and methods of cultivating in the garden will be taught. We will also lightly touch on the topics of foraging, medicinal mushrooms and mycoremediation. This workshop is for anyone wanting to learn more about fungi or looking to diversify the food they grow at home. Students will leave with an inoculated log to grow shiitake mushrooms at home. Please bring a lawn chair, notebook, any questions or mushrooms to identify. Dress to be outside and moving around. Held rain or shine. (min 10/max 20) Class to be held at 40 Wilson Rd. Bedford.

**Wednesday**, May 13, 6:00-8:00pm.

**Fee: \$40**

# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### **YOU CAN AFFORD COLLEGE IF... w/ Dick Man, College Funding Advisors, Inc of Bedford**

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that 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. You will learn strategies to implement that may increase your family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information visit the website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com). (min 5/max 25)

**Thursday**, April 16 , 7:00-9:00pm. Class held at 12 Mudge Way, Flint Room.

**Fee: \$10 per family**

### **HEARTSAVER CPR/AED (Adult and Pediatric) w/ Kelley Anzuoni, RN**

**See page 5 for details**

### **BEGINNER LEVEL SIGN LANGUAGE w/ Christine DeMarco**

Learn sign language in a relaxed and fun atmosphere. We will cover the alphabet, numbers, colors, as well as various nouns and verbs that you will begin using in phrases and simple sentences while engaged in an activity or a project. Memory techniques will be demonstrated to help you remember some signs. Homework and worksheets will be available for those who are interested. (min 3/max 10) Class held at 12 Mudge Way, Room 139.

**Wednesdays**, 11:00-12:00noon, 5/6-5/27 (4wks)



**Fee: \$92**

## ~ EXERCISE AND DANCE ~

### **PILATES & YOGA FUSION CLASS w/ Dawn George, Attitudes Dance and Fitness**

A perfect blend of Pilates and Yoga to get your Saturday mornings off to a great start. Pilates mat classes are a series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It can also be a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers (no street shoes). Please wear loose clothing and bring a towel and water (max 6) Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Saturdays**, 10:15-11:00am, 4/4-6/20 (no class 4/25, 5/2, 5/16) 9wks

**Fee: \$99**

### **BEGINNER REFORMER PILATES w/ Kristin Kelly**

A fun, introductory session to learn the basics of Reformer Pilates. Classes are performed on the Reformer, resistance exercise equipment invented by Joseph Pilates. It consists of a platform that moves back and forth along a carriage. Resistance is provided by the exerciser's body weight and by springs attached to the carriage and platform. Pilates promotes long, lean muscles, better posture and a strong supportive core; it benefits all shapes and sizes. Come see why Pilates is so wonderful. Please wear comfortable exercise clothing and bring water. Classes held at My Pilates and More Studio, 18 North Road. (min 2/max 4) 6wks

**Wednesdays** 4:45-5:35pm 4/1-5/13 (no 4/22)

**Fee: \$90**

**Wednesdays** 5:45-6:35pm 4/1-5/13 (no 4/22)

**Fee: \$90**

**Saturdays** 10:00-10:50am 4/4-5/9

**Fee: \$90**



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~



### NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact [joan@live-life-well.com](mailto:joan@live-life-well.com) for more info. All classes held at 12 Mudge Way, Union Rm. Age 15+ (Min 9/max 20)

<u>Day:</u>	<u>Time:</u>	<u>Spring Session:</u>	
<b>Monday</b>	9:30-10:30am	4/13-6/22 (no class 4/20, 5/25) 9wks	<b>Fee: \$90</b>
<b>Wednesday</b>	9:30-10:30am	4/8-6/17 (no class 4/22) 10 wks	<b>Fee: \$100</b>
<b>Thursday</b>	6:30-7:30pm	4/9-6/18 (no class 4/23) 10wks	<b>Fee: \$100</b>

**Free Trial Classes:** Mon. 4/6, 9:30am, Wed. 4/1, 9:30am and Thurs. 4/2, 6:30pm Please register online or call.  
Current students welcome to attend.

### Summer Session: (there will be one week off during this session, tba)

<b>Wednesday</b>	9:30-10:30am	7/8-9/2 (8wks)	<b>Fee: \$80</b>
<b>Thursday</b>	6:30-7:30pm	7/9-9/3 (8wks)	<b>Fee: \$80</b>

### BEGINNER - INTERMEDIATE TAI CHI w/ Bob Cormier, Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14) 10 wks. Class in Rm.153, 12 Mudge Way.

**Spring: Wed.** 6:30-7:30pm, 4/15-6/17 **Fee: \$110**

**Free Trial Class:** Wed. 4/8, 6:30-7:30pm (register online or call)

**Summer: Wed.** 6:30-7:30pm, 7/1-9/2 **Fee: \$110**

**Free Trial Class:** Wed. 6/24, 6:30-7:30pm (register online or call)

### STRETCH AND TONE FOR WOMEN

#### w/ Monique Dorian, Attitudes Dance and Fitness

Develop strength and flexibility; improve coordination, muscle tone, posture, body alignment; relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). Max 6 Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 7:00-8:00pm, 4/1-6/17 (no class 4/21, 4/28, 5/5) 9 wks **Fee: \$99**

### FOR WOMEN: FINDING BALANCE w/ Shannon O'Haverty, Serenity Yoga Center

This women's Yoga class is a therapeutic class specifically designed to encourage physical and emotional balance. Appropriate for all levels, especially beginners and those who want to move gently through the practice of Yoga. This class presents Yoga postures, breath, and meditation with a therapeutic focus to enhance hormonal regulation and balance the endocrine system. The practice gives women a gentle space to feel and understand their bodies with a sense of grounding, comfort and safety. This class is suitable for all women. Age 18+. (min 3/ max 15) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

**Sundays**, 7:00-8:15pm, 4/12—6/14 (no 5/24) 9wks **Fee: \$113**

**Sundays**, 7:00-8:15pm, 7/12-8/23 7wks **Fee: \$88**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### HATHA YOGA w/ Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15) All classes held in the Union Rm, 12 Mudge Way.



<u>Day:</u>	<u>Time:</u>	<u>Spring Session dates:</u>	
<b>Mondays</b>	7:00-8:00pm	4/27-6/22 (8wks, no class 5/25)	<b>Fee: \$100</b>
<b>Tuesdays</b>	9:30-10:30am	4/28-6/16 (8wks, no class 4/21)	<b>Fee: \$100</b>
<b>Wednesdays</b>	7:00-8:00pm	4/15-6/10 (8wks, no class 4/22)	<b>Fee: \$100</b>
<b>Fridays</b>	9:30-10:30am	4/17-6/12 (8wks, no class 4/24)	<b>Fee: \$100</b>
<i>Free Trial Classes: Wed. 4/8, 7:00pm. Please register online or call.</i>			
<u>Summer Session dates:</u>			
<b>Wednesdays</b>	7:00-8:00pm	7/1-8/12 (7wks)	<b>Fee: \$87</b>

### YOGA ON THE BEACH w/ Bonnie McCulloch at Spring Brook Park, 181 Springs Rd.

Join us for yoga on the beach! Yoga postures will be practiced surrounded by the beauty of nature, fresh air and warm sunlight. Bring a towel, yoga mat and water bottle. Age 15+ Please note, the Park is not open to the general public until 10:30. (min 6/max 15)

**Wednesdays**, 9:15-10:15am, 7/1-8/5 (raindate 8/12 if needed) **Fee: \$75**

### RESTORATIVE YOGA w/ Shannon O'Haverty, Serenity Yoga Center

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props galore to support every nook and cranny of the body in a variety of still positions. By supporting the physical self, we create an environment that permits the nervous and other internal systems to 'power down' and recharge. Breath practice and relaxation techniques are woven into the sequences, making this a perfect class to wind down your weekend and summon your resources for the week ahead. Ages 15+. Under age 18 requires Serenity parental permission form filled out prior to the start of class. Please provide an email address when registering. (min 3/ max 10)

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Sundays**, 5:00-6:30pm, 4/12-6/14 (no 5/24) 9wks **Fee: \$113**  
**Sundays**, 5:00-6:30pm, 7/12-8/23, 7wks **Fee: \$88**

### YOGA FIT AND STRONG w/ Asha Ramesh, Serenity Yoga Center

A series of postures that encourage cardio, help our prana (energy) flow, strengthen and stabilize our limbs and core, stretch and lengthen the spine and massage the internal organs and Chakra points. Pace includes fluid flow as well as slow flow. Practice involves moving through postures in a controlled and structured manner in the cardio portion, as well as holding postures in the strength and flexibility portion of the practice. This class is not for beginners, a minimum of 3-6 months of regular yoga practice is required. Age 15+. Under age 18 requires Serenity parental permission form filled out prior to the start of class. Please provide an email address when registering. (min 3/ max 15)

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

**Saturdays**, 11:45am-1:00pm, 4/18-6/20 (no 5/23) 9wks **Fee: \$113**  
**Saturdays**, 11:45am-1:00pm, 7/18-8/29, 7wks **Fee: \$88**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### YOGA TO ENERGIZE YOUR DAY w/ Rebecca Kraemer, Serenity Yoga Center

If you are an early riser, join Rebecca to greet the day with sweet movement and build your energy with this reviving practice. A perfect way to center and reconnect with your body and mind for a fresh start! This moderately challenging practice will get you loosened and then work to build prana (energy) and strength. Classes will include a period of pranayama (breath work) and meditation, and a variety of asanas (poses) will be explored catered to the desires of the class. Join us to start the day right! Not for beginners, recommended for students with at least 3-6 months experience. (min 3/ max 15) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

**Tuesdays**, 6:00-7:00am, 4/14-6/16 (10 wks)

Fee: \$125

**Tuesdays**, 6:00-7:00am, 7/14-8/25 (7 wks)

Fee: \$88

### ZUMBA® FOR BEGINNERS w/ Sharon Pugatch

Have you been afraid to try Zumba? Then this is the class for you. No dance experience necessary and all fitness levels welcome. This class shows you how to do the moves at a lower level and then also shows the higher level options, so it is truly a work out for all fitness levels. This is the fun one hour "Fitness Party" and is a great calorie burning work out. Please wear comfortable workout clothes and sneakers, bring water and a towel. (min 7/max 25)

Class held at 12 Mudge Way, Union Room.

**Spring session: Mondays**, 11:00-12:00am, 4/27-6/22 (no class 5/25) 8wks.

Fee: \$98

**Summer session: Mondays**, 11:00-12:00am, 7/6—8/24, 8wks

Fee: \$98

### ZUMBA® CALORIE BURNER w/ Sharon Pugatch

Get fit, have fun and leave the world behind. Zumba Fitness is a Latin- inspired, dance-fitness program that blends red- hot international music created by Grammy Award-winning producers and contagious steps to form a "fitness-party" that is downright addictive. This is a one hour calorie-burning, body-energizing work out meant to engage your whole body while having fun. The routines are designed to give you interval training by combining fast and slow rhythms that tone and sculpt your body while burning fat. No dance experience necessary; all fitness levels welcome. (min 7/max 25) Please wear comfortable clothes and sneakers, bring water and a towel. Age 16+/age 13+ with a parent.

#### **Spring session:**

**Mondays**, 6:10-7:10pm, 4/27-6/22 (no class 5/25) 8wks.

Fee: \$98

Class held at Bedford High School Dance Studio.

#### **Summer session:**

**Mondays**, 6:10-7:10pm, 7/6—8/24, 8wks

Fee: \$98

Class held at 12 Mudge Way, Union Room

**Thursday**, 9:30-10:30am, 7/9—8/27, 8wks

Fee: \$98

Class held at 12 Mudge Way, Union Room

### ZUMBA® FITNESS DANCE PARTY w/ Renae Nichols

Forget about the workout! Join the Zumba® Fitness Dance Party where you will get down and feel great in a fun and safe environment. Zumba® is designed for adults of all ages and fitness levels. It's not about getting every step right, it's all about getting our hearts pumping and keeping our bodies healthy with a mix of smiles, laughter and perhaps a bit of whooping. So come to Zumba® and party yourself into shape. (min 6/ max 25)

**Thursdays**, 9:30-10:30am, 4/2-6/11 (no class 4/23) 10wks. Class held at 12 Mudge Way, Union Rm. **Fee: \$110**

**Free Trial Class: Thursday. 3/26, 9:30am. Please register online or call.**

*Returning students welcome to attend*



# ADULT PROGRAMS

~ EXERCISE AND DANCE ~

## BODYJAM ~ BODYPUMP ~ BODYFLOW

w/ Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

**BODYJAM™** This workout combines the addictive fusion of the latest dance moves and hip new sounds. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers.

Age 15+.

**BODYPUMP™** This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout.

Please bring mat, towel and water. Age 15+

**BODYFLOW™** This workout builds flexibility while strengthening and toning muscle groups. A focus on controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music using a blend of Pilates, Tai Chi and Yoga create a holistic workout that brings the body into a state of harmony and balance.

For more information visit website:

[www.kamatefitness.com](http://www.kamatefitness.com)

**Spring Session:** April 6 – June 14 (10 wks)

**Summer Session:** June 22 - August 30 (10 wks)

<u>FEES:</u>	<u>Spring:</u>	<u>Summer:</u>
• BodyJam only:	\$180	\$144
• BodyFlow only:	\$170	\$136
• BodyPump only:	\$200	\$160
• BodyJam & BodyPump:	\$216	\$173
• BodyJam & BodyFlow:	\$208	\$166
• BodyPump & BodyFlow:	\$216	\$173
• Pump/Jam/Flow	\$232	\$186

*Attend Unlimited classes per week.*

*Come try your first class free!*

### BODYJAM:

Tuesday

Thursday

Friday

Saturday

### Spring:

7:00 – 8:00pm

7:00 – 8:00pm

9:20- 10:20am

10:15-11:15am

### Summer:

7:00-8:00pm

7:00-8:00pm

no class

10:15-11:15am (no 7/4)

### BODYPUMP:

Monday

Monday

Wednesday

Wednesday

Saturday

Saturday

9:20-10:20am (no 5/25)

6:30-7:30pm

9:20-10:20am

6:30-7:30pm

8:00-9:00am

9:00-10:00am

no class

6:30-7:30pm

9:20-10:20am

6:30-7:30pm

no class

9:00-10:00am (no 7/4)

### BODYFLOW:

Wednesday

Thursday

Sunday

7:30-8:30pm

9:20-10:20am

5:30-6:30pm

7:30-8:30pm

no class

5:30-6:30pm (no 7/5)



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~



### **CARDIO BARRE BLAST w/ Monique Dorian, Attitudes Dance and Fitness**

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you've ALWAYS wanted! Please bring a towel, water and wear comfortable clothes and sneakers. Street shoes are not permitted in the studios. Age 15+. All levels welcome!

Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 6)

**Tuesdays**, 8:00-9:00pm, 3/31-6/16 (no class 4/21, 4/28, 5/5) 9 wks

**Fee: \$99**

**Wednesdays**, 8:00-9:00pm, 4/1-6/17 (no class 4/22, 4/29, 5/6) 9 wks

**Fee: \$99**

### **BALLROOM BASICS w/ Angelica Potter, Attitudes Dance and Fitness**

A beginner's class for adults that will focus on the basics of a variety of ballroom dance styles including: Foxtrot, Waltz, Rumba and Merengue. We may also include Cha Cha, Tango and East Coast Swing. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a great introduction for newcomers as well as a nice review for those that have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Mondays**, 7:00-8:00pm, 3/30-6/22 (no class 4/20, 4/27, 5/4,5/25) 9 wks

**Fee: \$99**

### **BALLROOM: BEGINNER-INTERMEDIATE w/ Angelica Potter, Attitudes Dance and Fitness**

A beginning/intermediate class for adults that will build on the basics of Foxtrot, Waltz, Rumba and East Coast Swing and introduce other dances such as Cha Cha and Tango. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a good review if you've been away from dance for awhile. Please bring comfortable shoes (street shoes not permitted). Age 18+ (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Thursdays**, 8:15-9:15pm, 4/2-6/18 (no class 4/23, 4/30, 5/7) 9 wks

**Fee: \$99**

### **SALSA! w/ Monique Dorian, Attitudes Dance and Fitness**

An amazing Latin dance class that will get your hips and feet moving! Monique will take you from basic salsa movement to fast and furious in no time at all in this fun-filled hour of Latin music and dance. Monique has studied with several US Latin/Ballroom champions and renowned coaches and groups in the Boston area including Salsa y Control and Hips on Fire. Please wear loose fitting clothing and bring comfortable shoes. Street shoes are not permitted in the studios. Age 18+. No previous experience necessary. (min 8/max 16) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 6:00-7:00pm, 5/13-6/17 (6 wks)

**Fee: \$90**

### **JAZZ BASICS w/ Angelica Potter, Attitudes Dance and Fitness**

This class teaches the very basics and fundamentals of jazz dance. Please wear loose clothing and ballet slippers/socks. Street shoes are not permitted in the studios. Appropriate for the beginning student with little or no previous experience. (max 6) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Mondays**, 6:15-7:15pm, 5/11-6/22 (no class 5/25) 6 wks

**Fee: \$66**

### **BALLET BASICS w/ Dawn George, Attitudes Dance and Fitness**

A ballet class for teens and adults who have little or no dance training. This class teaches the very basics and fundamentals of ballet dance. Please wear loose clothing and ballet slippers or socks. Street shoes are not permitted in the studios. Appropriate for the beginning student with little or no previous experience. Ages 13+. (max 8) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Tuesdays**, 5:00-6:00pm, 5/12-6/16 6 wks

**Fee: \$66**

### **BEGINNING TAP w/ Amy Bosco, Attitudes Dance and Fitness**

A tap class for adults who have little or no training. This class teaches the very basics and fundamentals of tap dance including all the basic steps, as well as teaching you the right ways to move your feet so they make the correct sounds. Please wear loose comfortable clothing and tap shoes. Street shoes are not permitted in the studios. Appropriate for the beginning student with little or no previous experience. Max 8. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 6:00-7:00pm, 5/13-6/17 (6 wks)

**Fee: \$66**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~



### ALL-ACCESS POOL FITNESS CLASSES

at the Atlantis Club, DoubleTree Hotel Indoor Pool  
44 Middlesex Tnpk. Park in back of hotel for Club entrance.

**SPRING SESSION:** 3/30-6/19, attend choice of any 20 classes **Fee: \$180**  
**SUMMER SESSION:** 6/22-8/28, attend choice of any 20 classes **Fee: \$180**  
 Check in at the pool front desk 15 minutes before your first session to get Access ID Card. Please bring a copy of your Recreation Dept. registration receipt with you.

### AQUA ZUMBA®

Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. (max. 20)

**Class options:** Mondays, 9:30-10:30am Tuesdays, 6:00-7:00pm  
 Wednesdays, 9:00-10:00am Thursdays, 9:00-10:00am

**AQUA AEROBICS** The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. (max20)

**Class options:** Mondays, 7:15-8:15pm Tuesdays, 9:00-10:00  
 Thursdays, 9:00-10:00am

### AQUA YOGA

This warm water yoga class is a therapeutic aqua class designed to integrate standing poses with slow, fluid movements. Aqua Yoga will improve flexibility, balance, strength, posture and breathing that will calm your mind and promote relaxation. Water's natural buoyancy and hydrostatic pressure supports the body in all directions making this class very accessible. (max 20)

**Class option:** Fridays, 9:00-10:00am

### CO-ED OUTDOOR BOOT CAMP w/ Sandy Morvillo

Shake off those winter blues and those few extra pounds that have been creeping up on you. Move beyond your fitness plateau. Whatever your reason, let's jump start the summer with a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on, it's go time! Sneakers, outdoor workout attire and water a must. Sign up for as many days and sessions as you would like. Classes will be held rain or shine. Meet at the High School Track (*location may change depending on field schedule; you will be notified*) Age 15+ (min10/max 50)



<b>Session 1</b> 8wks	Mon.	6:30-7:30pm	3/30-5/18	<b>\$92</b>	<i>This session will focus on small group training, techniques, equipment and timed interval training.</i>
	Wed.	6:30-7:30pm	4/1-5/20	<b>\$92</b>	
	Sat.	7:30-8:30am	3/28-5/16	<b>\$92</b>	
<b>Session 2</b> 8wks	Mon.	6:30-7:30pm	5/25-7/13	<b>\$92</b>	
	Wed.	6:30-7:30pm	5/27-7/15	<b>\$92</b>	
	Sat.	7:30-8:30am	5/30-7/18	<b>\$92</b>	
<b>Session 3</b> 5wks	Mon.	6:30-7:30pm	7/27-8/24	<b>\$57</b>	
	Wed.	6:30-7:30pm	7/29-8/26	<b>\$57</b>	
	Sat.	7:30-8:30am	8/1-8/29	<b>\$57</b>	
<b>Fall Session</b> 10wks	Sat.	7:30-8:30am	9/5-11/7	<b>\$115</b>	



# ADULT PROGRAMS

## LAP SWIMMING: SPECIAL HOURS at Springs Brook Park **NEW!**

**Monday-Friday, 9:30-10:30am, 6/22-8/7**

This coming season, Springs Brook Park will be offering a Lap Swimming hour for those interested in swimming before the park opens. Springs Brook Park has 3 lap lanes designated for lap swimming only. No fee unless staying in the Park for the day after 10:30am. Children/family members not permitted in the Park before 10:30am. Sign in with a Life Guard, when you arrive. On inclement weather days, please check the Recreation website Spring Brook Park link for current closure info.

Lap swimming is always available during Park hours with membership or daily admission fee. See the Springs Brook Park information in this brochure for more information about the Park. Swimmers must clear the water 15 min prior to closing time. No fee to swim after 6:00pm.

## ~ SPORT AND OUTDOOR ADVENTURES ~

### MYSTERY WALKS w/ Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. Walks are typically four to five miles and usually rain or shine. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than twenty years. She has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at [maryhurley@comcast.net](mailto:maryhurley@comcast.net) for meeting locations. Weather cancellations will be made up at the end.

**Wednesdays**, 9:30-noon, starts 4/8-6/3 (no 4/22). 8 wks.

**Fee: \$99**

### ON AND OFF-ROAD BIKING ADVENTURES w/ Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. We explore many on and off-road trails during our rides through Bedford, Lexington, Concord and other towns. We will rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides and helmets are required. We will ride a solid 20 miles on each outing. The first week, we will meet at the North Bridge parking lot in Concord on Monument Road. After registering, contact the instructor at [maryhurley@comcast.net](mailto:maryhurley@comcast.net) for meeting locations. Weather cancellations will be made up at the end.

**Tuesdays**, 9:30-noon, 3/31-5/26 (no 4/21)

**Fee: \$99**

**Thursdays**, 9:30-noon, 4/2-5/28 (no 4/23)

**Fee: \$99**

**Fridays**, 9:30-noon, 4/3-5/29 (no 4/24)

**Fee: \$99**

### INTRO TO STAND-UP PADDLEBOARDING

#### w/ Still River Outfitters

Stand-up Paddleboarding is rocketing in popularity. Many describe the feeling as walking on water. The best way to describe it is using a long canoe paddle to paddle a surf-board. SUP is just super fun! Intro to SUP is the perfect way to give the sport a try. We will cover all the essential skills necessary to begin enjoying the sport on calm water. (ages 16+) Please provide email address when registering.

**Friday**, June 12, 6:00 – 8:00pm (max 2)

Location: Nuttings Lake, Billerica.

**Fee: \$60**

See website for policies/guidelines/what to bring at [www.stillriveroutfitters.com](http://www.stillriveroutfitters.com)



### QUICK-START YOUR KAYAK w/Still River Outfitters

A 3-hour introduction to paddling a kayak, students are presented with basic information about terminology, dressing, paddle safety, potential hazards and simple rescues. A basic paddle skill set is presented and practiced, permitting students to safely and comfortably maneuver on still water. Programs are led by instructors certified by the American Canoe Association. For more information, policies, what to bring, visit the website [www.stillriveroutfitters.com](http://www.stillriveroutfitters.com) All equipment provided. Designed for adults (ages 16+) Please provide an email when registering. (max 4)

**Friday**, 5:30-8:30pm, May 8

Location: Nuttings Lake, Billerica.

**Fee: \$75**

# ADULT PROGRAMS

## ARCHERY w/ Mark Pirrello, On The Mark Archery

Whether you are just starting out or have years of experience, join us to enjoy this lifelong sport. Train for tournaments, compete with friends and learn more about this fast growing Olympic sport. Course content includes safety, range procedures, skill technique, scoring and archery games. All equipment provided. Age 16 + (min 10/max 20)

**Option 1: Tuesdays, 7:30-8:30pm, 5/5-6/2, (5wks)** Class held at Davis School Gym.

**Fee: \$125**

**Option 2: Mon-Thurs. 6:15-7:15pm, 7/6-7/9 (7/10 rain-date make up)** Class held at HS Field B

**Fee: \$100**

## ADULT TENNIS w/ Barbara Aldoriso

The Beginner class covers basic strokes, volley, serve, strategy and court coverage. The Advanced class focuses on strategy, improvement of skills, footwork and fun drills. Please bring a racket and water. Barbara is an USPTA Instructor. Lessons held at the Middle School courts. *Rain-dates will be held at the end of each session as needed.* 6wks

**Beginner:** 5:30—6:30pm (min 5/max 10)

**Fee: \$60 each session**

**Advanced:** 6:30-7:30pm (min 5/max 8)

**Fee: \$60 each session**

**Session 1:** Tues. 6/9-7/14 **or** **Session 2:** Tues. 7/28-9/1

## MIXED ROUND ROBIN TENNIS w/ Barbara Aldoriso

Join us for mixed round robin play this summer every Thursday night in July! Players should have experience playing tennis and understand the game rules. (min 6/max 8) Held at the Middle School courts. Please bring water!

**Thursdays, 6:00-8:00pm, 7/9-7/30 (4wks)**

**Fee: \$40**

## TENNIS: CARDIO, DRILL AND PLAY w/ KA Tennis

Each clinic is designed to improve stroke mechanics, strength and stamina and to offer the student a physical challenge in an energetic atmosphere. Time is split between fast moving drills and playing both cardio based and strategy based games. This clinic offers a good balance of information and movement. Levels will be intermediate to advanced and taught by a certified teaching pro. Students should bring their own racquets and be ready for a fun and challenging 90 minutes. (min 4/max 10) Class held at the Bedford High courts. Age 16+ (6wks)

**Intermediate Level (NTRP 3.0&below) Thursdays, 6:00-7:30pm, 7/9-8/13**

**Fee: \$170**

**Advanced Level (NTRP 3.5&above) Thursdays, 7:30pm-9:00, 7/9-8/13**

**Fee: \$170**

*Rain-dates will be made up at the end of each session as needed.*

## BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica

**INTRODUCTION TO GOLF** Designed for the new golfer or golfer with little experience. Basic fundamentals of the game emphasized in a stress-free, clinic-style setting. Equipment and balls provided if needed. Wear sneakers or golf shoes. 5 week sessions beginning on dates and times below. Age 15+

**Fee: \$169 per 5 wk option below**

**Sundays, 11:30am, starts 4/12**

**Thursdays, 5:30pm, starts 4/16**

**Mondays, 7:00pm, start 5/4**

**Saturdays, 11:30am, starts 5/30**

**Tuesdays, 6:00pm, starts 7/14**

**Sundays, 11:30am, starts 7/19**

**NEXT STEP GOLF:** Small group program, structured for students with some actual playing experience and who would like to elevate their skills. Two of the 4 week lesson will be on the Golf course. Age 15+. Choose either Next Step 1, 2 or both depending on your focus. *Classes start at 7:00pm sharp.*

**Fee: \$169 per 4 wk option below**

**NEXT STEP 1:** chipping, pitching, club selection, fairway shots, irons/hybrids/woods, course management.

**Mondays, 4/27-5/18**

**Fridays, 5/1-5/22**

**Mondays, 7/6-7/27**

**NEXT STEP 2:** uneven lies, trouble shots, putting and bunkers.

**Wednesdays, 4/29-5/20**

**Thursdays, 6/11-7/2**

**Tuesdays, 7/21-8/11**

*If you have to miss a class, please give the instructor 24 hour notice and you will be able to arrange a make-up class.*

978-670-5396. [www.barriebrucegolfschools.com](http://www.barriebrucegolfschools.com)

# ADULT PROGRAMS

## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

### OPEN VOLLEYBALL

This is a Co-ed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. The minimum age to play is 18. Please note that this is not a volleyball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own volleyballs. Lane School Gym.

**Mondays and Wednesdays**, 7:00 - 10:00pm, 4/1-6/10 (no 4/20, 4/22, 5/25, 6/1, 6/3)

**No fee.**

### PICK-UP BASKETBALL

This is a Co-ed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. The minimum age to play is 18. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own basketballs. Bedford High School Gym

**Mondays and Wednesdays**, 7:00-10:00pm, 3/30 - 6/10 (no 4/20, 4/22, 5/25)

**No Fee**

### BADMINTON - ADVANCED / INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 28) Lane School Gym.

**Tuesdays**, 7:30-10:00pm, 4/7-6/9 (no 4/21)

**Fee: \$20**

*NON RESIDENT BADMINTON REGISTRATION: BEGINS 3/16. Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play unless officially registered.*

### BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Lane School Gym.

**Thursdays**, 7:30pm - 10:00pm, 4/2-6/11 (no 4/23)

**No Fee**

### INDOOR PICK UP SOCCER

Open to all Bedford Residents. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Davis School Gym.

**Mondays and Wednesdays, Thursdays**, 8:00-10:00pm, 3/30-6/11 (no 4/20, 4/22, 4/23, 5/25)

**Tuesdays**, 8:00-10:00pm, 3/31-4/28, no 4/21 (5/5-6/2 start at 9:00pm)

**No Fee**

### OUTDOOR PICK UP SOCCER

Join us for outdoor men's and women's pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. BHS Sabourin Field

**Women's Open:** Wednesdays, 7:30 - 8:45pm, 4/1-8/19

**Men's Open:** Wednesdays, 8:45 - 10:00pm, 4/1-8/19

**No Fee**

### MENS' SUMMER OUTDOOR BASKETBALL LEAGUE

Men's Basketball returns to the courts across from BHS (new backboards/rims!). The season will be played May 28-August 6 and will consist of 10 games plus playoffs. Playoffs will be held in two divisions, based on season standings. All players must either be residents of Bedford or Bedford High School graduates. The only exceptions are players currently employed by the Town of Bedford. The cost includes uniforms, 2 patched referees, 2 scorekeepers and playoff games for all league members. Games will be held every Thursday night and some Mondays during the season. **A mandatory league meeting will be held at the Town Hall on Friday, May 15 at 7 pm.** All free agents and Captains/Team representatives must attend.

Rosters must be submitted by May 22, no changes to the roster after June 19. Unattached players may put their names on the free agent list by contacting the Recreation Department (will be placed if space available).

Teams register by paying in full or by paying a non-refundable \$200 dollar deposit to hold a spot with the remainder of payment due May 22.

**Fee: \$810/team**

# SPRING PRESCHOOL PROGRAMS

## PRESCHOOL GYMNASTICS with Jennifer McGrath & Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in this preschool gymnastics/movement class. Children are required to wear comfortable clothes with bare feet. Adults must stay and participate with children enrolled in the 2-3 year old class and younger.

**Mondays:** 4/13-6/15 (no class 4/20, 5/18 & 5/25) 7 Weeks

**Fee: \$109**

**Tuesdays:** 4/28-6/16 (no class 5/12 & 5/19) 6 Weeks

**Fee: \$98**

First Church of Christ, 25 Great Rd, Lower Fellowship Hall; please park in Town Hall parking lot on Mudge Way.  
Max 20/class

**Not Yet Walking "Baby Gym" with Adult Partner (Mondays, 11:15-11:55 AM):** This class is designed for the very young who are not yet walking. Class involves songs, play with balls and parachute, and bubbles. Equipment designed to strengthen muscles and develop balance will be used as creative positions are explored. This is a good opportunity to meet new friends (babies & parents!)

**12 Months-3 Years Gymnastics w/Adult Partner "Toddler Tumblers" (Mondays or Tuesdays, 9:30-10:10 AM):** This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class!

**3-5 Years Transitional Gymnastics Class (Mondays or Tuesdays, 10:15-10:55 AM):** I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars & vaulting. Parents are not required to stay in the room during class.

**3-5 Years Transitional Gymnastics Class (Mondays, 12:30-1:15 PM):** I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars & vaulting. Parents are not required to stay in the room during class.

**5-7 Years "Fun Gymnastics" (Mondays, 4:00-4:45 PM):** This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment.

### *K-5<sup>th</sup> Grade Gymnastics class information in the Elementary section of the Brochure*

### LIL' SPORTS (ages 2.5-5)

Lil' Sports is a health and fitness company that offers sports classes for children ages 2-5. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills.

Tuesdays, 4/14-6/9 (no class 4/21) 8 Weeks

Fee: \$92

1:00-1:45 PM

Mudge Way Fields (next to town playground) Min 10/Max 20

### MUNCHKINS AND MASTERPIECES (Ages 3-5) with Let's Gogh Art

It's never too early to introduce kids to great masters of art. Students will learn about and see beautiful works by Picasso, Monet, Van Gogh, and Matisse. They will be inspired by these kid-friendly works of art while creating their own unique and unusual masterpieces (think Picasso faces, Van Gogh digital art, Monet Crayon resist, Matisse designs). Children will become art masters themselves! The program will begin by having participants design their very own Van Gogh beret and the program will end with an art surprise for everyone to take home. Classical music and information about the art that is being created also included.

Mondays, 4/27-6/8 (no class 5/25) 6 weeks

Fee: \$76

10:00-10:45 AM

Kids Club (12 Mudge Way)

Min 10/Max 20

# SPRING PRESCHOOL PROGRAMS

## **PRESCHOOL RHYTHM & DANCE (Ages 3.5-6) with Renae Nichols**

In this dance class, boys and girls will learn to dance to various types of music by listening closely and matching appropriate movements, including basic tap and ballet steps, to the rhythms and styles they hear. Through weekly music and dance exploration, they will develop the music and dance skills necessary for all traditional dance and music programs. Students will dance primarily in sneakers or bare feet. During our final class of the session parents are invited to join us for a performance.

Fridays, 4/10-6/5 (no class 4/24) 8 Weeks

**Fee: \$78**

1:00-1:45 PM

12 Mudge Way, Union Room

Min 6/Max 12

## **THUNDERCAT MINI SPORTS JAM (Ages 3.5-5)**

Have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, and other unique games that may include Sponge Bob Tag and Finding Nemo. Emphasis will be on basic skill building, developing hand eye coordination, teamwork, and FUN! Program is coed. For more information, please visit [www.thundercatsports.com](http://www.thundercatsports.com).

Thursdays, 5/7-6/4, 5 weeks

**Fee: \$76**

10:30 AM-11:15 AM

Mudge Way Fields (next to town playground)

Min 8/Max 12

## **MINI KICKER PRESCHOOL SOCCER (Ages 2-5) with Challenger Sports**

This preschool soccer program provides an innovative approach to learning that enables children to explore and learn in a relaxed environment building upon their motor, social, physical and emotional skills through the medium of soccer! This high energy program enhances skill development by introducing children to new skills through creative games and drills that importantly engage and entertain the children! Challenger Sports offers a low player/coach ratio and qualified British instructors. Each child will receive a jersey, shorts and a ball. Please indicate your child's size (YXS, YS or YM) on your registration form or online. Uniforms will be handed out on the first day.



Saturdays, 4/11-5/23 7 Weeks

**Fee: \$87**

Ages 2-3 9:15-9:55

Ages Older 4-5 12:00-12:50

Ages 3-Young 4 10:05-11:50

Ages 3-Young 4 12:00-12:45

Ages Older 4-5 11:00-11:50

Location: TBD

# SOCCER

## INTRAMURAL SPRING & FALL SOCCER (GRADES K-8)

The goal is for children to enjoy and learn the sport of soccer. Must wear shin guards and bring a soccer ball. Parents provide all coaching and support functions for the program. Please indicate your willingness to coach or assist on your child's registration form or in the notes section of the online registration. No experience necessary. Program is for Bedford/Hanscom residents only. Must sign up for current grade.

**SPRING 2015 SEASON:** APRIL 11 - JUNE 6

**Registration Fee by 3/27: \$35 Fee after 3/27: \$50 (fees include a \$15 field maintenance fee)**

**FALL 2015 SEASON:** SEPTEMBER 12 - NOVEMBER 7 (No IS 9/19 Bedford Day; K-2 will march in parade).

**Registration Fee by 8/14: \$35 Fee after 8/14: \$50 (fees include a \$15 field maintenance fee)**

**UNIFORMS:** *Uniform fee: \$15 (same uniform all grades of Intramural Soccer). Uniforms will be handed out on the first day of the season; simply add uniform and size to your cart when registering.*

K Boys K Girls	10:30-11:30 JGMS J Field 10:30-11:30 JGMS Plateau Field	Ball Size 3
Grade 1 Boys Grade 1 Girls	11:45-1:00 JGMS J Field 11:45-1:00 JGMS Plateau Field	Ball Size 3
Grade 2 Boys Grade 2 Girls	8:45-10:15 JGMS J Field 8:45-10:15 JGMS Plateau Field	Ball Size 4
Grade 3-5 Boys Grade 6-8 Boys	8:45-10:15 South Road Fields 8:45-10:15 South Road Fields	Ball Size 4
Grade 3-5 Girls Grade 6-8 Girls	8:45-10:15 South Road Fields 8:45-10:15 South Road Fields	Ball Size 4

## FALL TRAVEL SOCCER (OUT OF TOWN PLAY)

Registration is now open for Fall Travel Soccer. Registration will close June 6 or when teams fill. **When teams fill, additional registrations will be taken on a waiting list basis & new teams will be formed if there are enough players on the waitlist.** Games are Saturdays, either in Bedford or in another town. Travel teams practice two times per week. Parents provide transportation to the games. Season: September-Early November. Rosters are announced in Mid-August. **Practices: Girls Mondays/Thursdays; Boys Tuesdays/Fridays.**

U9/U10 parents please note: because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend.

U9: 3rd Grade Fall 2015	U11/12: 5th & 6th Grade Fall 2015
U10: 4th Grade Fall 2015	U14: 7th & 8th Grade Fall 2015

**Early Bird Fee (Before May 29):** \$105, maximum of \$265 (family rate can only be processed by fax, mail or in person).

**Fee (After May 29):** \$135 with a maximum of \$340 per family.

Please note: a \$15/player field maintenance fee is included the registration fee.

\*There are no refunds after roster announcements have been made.

## SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for players in U11/12 & U14 age groups in Fall 2015 &/or Spring 2016 will be conducted on the following dates and times at the HS B and Sabourin Fields. Watch email for additional information.

Monday, May 18: 6:00-7:30 Girls Under 11/12	All Girls entering 5/6th grade Fall 2015
Monday, May 18: 7:30-9:00 Girls Under 14	All Girls entering 7/8th grade Fall 2015
Tuesday, May 26: 6:00-7:30 Boys Under 11/12	All Boys entering 5/6th grade Fall 2015
Tuesday, May 26: 7:30-9:00 Boys Under 14	All Boys entering 7/8th grade Fall 2015

**RAIN MAKE UP  
DATES:**

**Girls: May 20  
Boys: May 28**

# SPRING ELEMENTARY PROGRAMS

## DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Recreation Staff for early morning gym time at Davis School. Participants will have an opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in group game.

Monday-Friday 4/6-Last Day of School (no holidays, no school days, snow days or delays) 8:00 AM-Start of School Davis School Gym	Min 25/Max 40	<b>Fee: \$107</b>
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## DAVIS YOGA (Grades K-2) with Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun creative manner. Prior to classes, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!)

Thursdays: 4/9-6/4 (no class 4/23) 8 Weeks Dismissal - 4:25 PM Davis School Gym	<b>Fee: \$95</b>
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## GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris & Judy Johnson

At dismissal, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). Students will participate in active games in the gym. Parents are responsible for transportation home. **One day/week only per child.**

Mondays: 4/13-6/8 (no class 4/20 & 5/25), 7 Weeks Tuesdays: 4/14-6/9 (no class 4/21), 8 Weeks Dismissal-4:30 PM	Min 12/Max 25	<b>Fee: \$54</b> <b>Fee: \$63</b>
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## KINDERGARTEN AFTERSCHOOL SPORTS with Peter Laskaris

At dismissal, kindergarteners are dismissed to the cafeteria where they will enjoy quiet activities and a snack (please send a snack!) Mr. Laskaris will get kids moving with various activities and games in the gym. Parents are responsible for transportation home after the program.

Fridays: 4/10-6/5 (no class 4/24) 8 Weeks Dismissal-4:30 PM Davis School Gym	Min 12/Max 24	<b>Fee: \$50</b>
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## LEGO ENGINEERING (Grades 1 & 2) with Empow Studios

Take your LEGO® building to the next level! Lego swing rides, golf-putters, and swamp boats are just a few of the awesome projects for students to build as they learn about the principles of construction and engineering. After building the initial project, students can modify their creations and motorize their devices with hand-powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download.

Tuesdays: 4/7-6/2 (no class 4/21) 8 Weeks Dismissal-4:25	<b>Fee: \$182</b>
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# SPRING ELEMENTARY PROGRAMS

## **MINE CRAFT (Grades 1 & 2) with Jeremy Royds**

Join Jeremy Royds, Davis School Librarian, for this fun Mine Craft afterschool program. Build, design, create and collaborate using Minecraft.EDU. Kids will use Minecraft.Edu's CREATIVE mode and their imagination in the popular sandbox open world game. The first 10-15 minutes will be used for snack (please bring a snack).

Mondays: 4/13-6/15 (no class 4/20 & 5/25), 8 Weeks

**Fee: \$60**

Fridays: 4/10-6/5 (no class 4/24), 8 Weeks

**Fee: \$60**

Dismissal-4:30 PM

Davis Computer Lab

Min 12/Max 25

## **WICKED FUN & FUNKY ART (Grades K-2) with Let's Gogh Art**

We're taking the cap off of our can of crazy and funky art ideas and putting them all out there for the kids who really want to experience the "coolest" side of art. We will help kids think out of the box about art and the many different ways art can be created and enjoyed with both new and recycled materials. Ever heard of Mendi art gloves? Gandhi doodles? How about designing some zombie dolls? Why not make a masquerade mask, create some clay cupcakes, or mosaic glow in the dark light switch plate. Master a marshmallow launcher, dig into some drappo drizzle art, tie dye socks, garish gargoyles, metallic mandolins and kookie critters? Sounds too cool for school? Stay after school for this art class and you'll never look at art the same way again!

Wednesdays, 4/15-6/10 (no class 4/22) 8 Weeks

**Fee: \$136**

Dismissal-3:20 PM

Davis School Cafeteria

Min 10/Max 20

## **ACTING CLASSES (Grade K-2) with Performing Arts Programs**

The staff of Performing Arts offers a fun acting experience for elementary students. Children will be introduced to exciting theatre games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and more! At the end of this session, there is an informal skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit [www.performingartsprograms.biz](http://www.performingartsprograms.biz) for more information about Performing Arts Programs and to view/read teacher's bio. Students will have snack from 3:15-3:25 (please pack a snack).

Mondays: 4/6-6/1 (no class 4/20 & 5/25), 7 weeks

**Fee: \$125**

Dismissal-4:25

Davis Cafeteria

Min 8/Max 15

## **MAD SCIENCE: NASA ACADEMY OF FUTURE SPACE (Grades K-2) with Mad Science® of Greater Boston**

Explore the Earth, Moon, Mars... and beyond! Mad Science brings you the excitement and wonder of space in the Academy of Future Space Explorers After-School Program featuring exciting student activities from the NASA Langley Center for Distance Learning. The Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: *Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.*

Fridays, 4/10-5/29 (no class 4/24) 7 Weeks

**Fee: \$106**

Dismissal-4:25

Davis School Cafeteria

Min 12/Max 20



# SPRING ELEMENTARY PROGRAMS

## DAVIS ORIGAMI (Grades K-2) with Karine Marino

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more. Origami may stimulate student's interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. 3:15-3:25 will be snack time (please bring a snack).

Thursdays, 4/9-5/21 (no class 4/23) 6 Weeks	<b>Fee: \$109 (materials included)</b>
Dismissal-4:30	
Davis School Cafeteria	Min 6/Max 10

## THUNDERCAT DODGEBALL (Grades 1 & 2) with Thundercat Sports

Have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program consists of different dodgeball related games such as: Doctor, Bombardment, Jail Break and more. Other activities and games will be mixed in to create a fun and exciting program! The program is coed. Please bring sneakers, appropriate clothing and a water bottle. Students will eat a snack before the program. (please send a snack). For more information, please visit [www.thundercatsports.com](http://www.thundercatsports.com)

Wednesdays, 4/29-5/27, 5 weeks	<b>Fee: \$85</b>
Dismissal-3:20 PM	
Davis School Gym	Min 8/Max 14

## HIRED HANDS (Grades K-5) with Chip-in Farms

Children will have an opportunity to do farm work at Chip-in Farm, a real working farm! Participants will help Farmer Sandy in the fields, feed and tend the animals, collect the eggs and harvest the crops while enjoying farm-themed crafts, stories and cooking activities. Work clothes, old sneakers or boots should be worn. Class will meet rain or shine. This is a drop off program and parents are not required to stay for the class.

<b>Grades K-2</b> Mondays	<b>Fee: \$115</b>
<b>Session I:</b> 4/6-5/4 (skip 4/20) 4 weeks	
<b>Session II:</b> 5/11-6/8 (skip 5/25) 4 weeks	
4:00 PM-6:00 PM	
Chip in Farm, 201 Hartwell Road, Bedford	Min 3/Max 8
<b>Grades 3-5</b> Wednesdays	<b>Fee: \$115</b>
<b>Session I:</b> 4/8-5/6 (no class 4/22) 4 weeks	
<b>Session II:</b> 5/13-6/3 4 weeks	
3:00-5:00 PM	
Chip in Farm, 201 Hartwell Road, Bedford	Min 3/Max 8

## BARRIE BRUCE GOLF SCHOOL (Ages 6-15) APRIL VACATION JUNIOR GOLF CLINICS

Learn golf with Barrie Bruce! These clinics run an hour and a half and are perfect for both beginners and those who would like to develop better golf skills. Clinics cover safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls provided. Students will be playing in age-related peer groups.

Monday-Friday, 4/20-4/24	<b>Fee: \$109</b>
<b>Session 1:</b> 10:00-11:30 AM	
<b>Session 2:</b> 2:00-3:30 PM	
51 Baldwin Road, Billerica, MA 01821	

# SPRING ELEMENTARY PROGRAMS

## SPRING TENNIS (ages 4-14) with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, drills and fun games make this class appropriate for all ages. Lessons take place at the High School Tennis courts.

Saturdays, 4/25-6/6 (no class 5/23) 6 Weeks		
<b>Ages 4-6:</b> 8:30-9:05 AM (Min 4/Max 10)		<b>Fee: \$69</b>
<b>Ages 7-9:</b> 9:15-10:15 AM (Min 4/Max 10)		<b>Fee: \$117</b>
<b>Ages 10-14:</b> 10:30-12:00 PM (Min 4/Max 10)		<b>Fee: \$176</b>
<b>Advanced Jr. Clinic:</b> MUST have instructor approval. 12:00-1:30 PM Min 3/Max 6 (ages 9-15)		<b>Fee: \$176</b>

## GYMNASTICS (Grades K-5) with Jennifer McGrath & Dotty Martin

Jennifer & Dotty's energy is contagious! They keep kids moving in this exciting class that teaches basic gymnastic skills using floor, bar, vaulting, and low beam. Participants learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with bare feet.

Fridays, 4/10-6/12 (no class 4/24 & 5/15). 8 wks.		<b>Fee: \$92</b>
<b>Grades 3-5:</b> 2:40-4:00 PM (First 15 minutes is snack, please pack snack)		
<b>Grades K-2:</b> 4:00-4:45		
Lane School Gym	Min 8/Max 30	

## INTRODUCTION TO KENPO KARATE with Callahan's Karate (Ages 5-13)

4 week introductory course in which beginner students will experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.

Tuesdays, 5/5-5/26 4 weeks		<b>Fee: \$55</b>
4:30-5:10 PM		
Saturday, 5/9-5/30 4 weeks		<b>Fee: \$55</b>
11:00-11:40	Min 5/Max 10	

## LANE AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff Members. Open to all Lane Students. No drop ins; Students must be registered through the Recreation Department.

Monday-Friday, 4/6-Last Day of School (no holidays, no school days, snow days or delays)		<b>Fee: \$105</b>
7:30-Start of School		
Lane School Gym	Min 25/Max 45	

## LANE YOGA (Grades 3-5) with Bonnie McCulloch

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, and creative art and more! We will build strength, self-awareness, balance, and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength and peace. Children are released to the cafeteria at 2:40 and will have time for a snack (please pack a snack).

Tuesdays: 4/7-6/2 (no class 4/21) 8 Weeks		<b>Fee: \$95</b>
Dismissal - 4:00 PM		
Lane School Cafeteria	Min 6/Max 12	

# SPRING ELEMENTARY PROGRAMS

## **DODGEBALL (Grades 3-5) with F.A.S.T. Athletics**

Join the staff of F.A.S.T. Athletics for this intense and exciting program. Participants 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 is never a dull moment! Gatorskin dodgeballs are used and safety rules and regulations will be reviewed before each class. 2:40-3:00 students will have snack (please pack a snack).

Mondays: 4/13-6/8 (No class 4/20 & 5/25) 7 Weeks

**Fee: \$90**

2:40-4:00

Lane School Gym

Min 10/Max 24

## **SUPER SPORTS (Grades 3-5) with F.A.S.T. Athletics**

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. 1:15-1:30 students will have snack (please pack a snack).

Wednesdays, 4/15-6/3 (No class 4/22) 7 Weeks

**Fee: \$90**

Dismissal-2:30

Lane School Gym

Min 10/Max 24

## **MAD SCIENCE: NASA ACADEMY OF FUTURE SPACE (Grades 3-5) with Mad Science® of Greater Boston**

Explore the Earth, Moon, Mars... and beyond! Mad Science brings the excitement and wonder of space in the Academy of Future Space Explorers After-School Program, featuring exciting student activities from the NASA Langley Center for Distance Learning. The Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: *Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.*

Fridays, 4/10-5/29 (no class 4/24) 7 Weeks

**Fee: \$106**

Dismissal-4:00

Lane School Cafeteria

Min 12/Max 24

## **ARCHERY (ages 10 – 15) with On the Mark Archery LLC**

Try the Olympic sport of recurve archery this spring and see why this addicting activity is growing in popularity across the United States. Relax and enjoy this introductory course while coaches teach you the fundamentals that lead to success. Watch your form develop with a little patience and concentration as you hone your skills in archery games and tournaments. Course content includes safety, range rules and procedures, shooting technique, scoring and mini-competitions. Classes taught by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment is provided. (min 10/max 16)

Tuesdays, 5/5-6/2 5 Weeks

**Fee: \$127**

6:30-7:30 PM

Davis School Gym

Min 10/Max 15

# SPRING ELEMENTARY PROGRAMS

## FOAM FOIL FENCING (Grades 3-5) with Guard Up!

Learn the sport of Foil Fencing using foam foils from a certified instructor. Using foam foils that do not require traditional safety equipment, your young fencer will learn the Olympic sport of Foil Fencing, including how to parry, thrust, disengage, and more! A high quality and durable foam fencing foil may be purchased or leased for the duration of this session. For more info visit [www.bedfordfencingteam.com](http://www.bedfordfencingteam.com) Waiver Required, found at [www.guardup.com/waiver](http://www.guardup.com/waiver) -- May be completed on any device, paper waivers not accepted.

Thursdays, 4/9-6/4 (no class 4/23) 8 Weeks

Fee: \$115

Dismissal-3:50 PM

Lane School Gym

Min 6/Max 14

## PAINT HAPPY (Grades 3-5) with Let's Gogh Art

Let's Gogh Art's expert and outgoing teachers will lead kids (step-by-step) through painting on canvas with acrylic, trying watercolor pencils, paint-n-press t-shirts, glass painting, silk painting, painting on wood and more. There are many cool themes from which to choose and everyone will create many masterpieces in this class.

Thursdays, 4/16-6/11 (no class 4/23) 8 Weeks

Fee: \$130

Dismissal-4:00 PM

Lane School Cafeteria

Min 10/Max 20

## AFTERSCHOOL KID JAM (Grade 3-5) with Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, we sweat and most importantly we have fun! Get funky and move with attitude! We'll learn new steps, create our own moves, and dance as a team—including a performance on the last day of class! Bring a water bottle and a snack. Wear comfortable clothing and sneakers.



Wednesdays, 5/6-6/10 6 Weeks

Fee: \$80 includes a t-shirt

Dismissal-2:30 PM

Lane School Cafeteria

Min 8/Max 20

## SCRATCH COMPUTER PROGRAMMING (Grades 3-5) with Empow Studios

Scratch the Surface of Design and Programming with Scratch! Kids work with free software developed by M.I.T. while learning how to program, design and create their own animations and interactive 2D games. The students will learn the basics of computer programming using puzzle like blocks of code. Kids will learn how to use math, geometry, storytelling and basic animation principles to design their projects using the prepared elements in Scratch or by making their own. After the class, projects can easily be shared online with family and friends!

Mondays: 4/6-6/8 (no class 4/20 & 5/25) 8 Weeks

Fee: \$182

Dismissal-4:00 PM

Lane School Library

Min 8/Max 12

# SPRING ELEMENTARY PROGRAMS

## **CHESS (Grades 3-5)**

In this fun, recreational chess program, beginners and experienced players will learn about the game and spend time playing! Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of chess such as opening, middle, and end game strategies, timed games, and more advanced resources. Instructor Peter Desjardins is a proud alumni of his own elementary chess club and believes that the game helps build concentration, logical thinking, creativity and problem-solving...and also it's fun!

Thursdays, 4/9 - 6/4 (no class 4/23). 8 wks.

**Fee: \$56**

Dismissal - 4:20PM

Lane School Library

Max. 14

## **NEW! THE GIRL POWER WrxShop (Grade 5)**

**Presented by GrooveWrx, Founded by Jennifer Buckley**

Introducing the Girl Power WrxShop, co-developed and co-taught by Jennifer Buckley, Certified Youth Exercise Specialist and Jessica Smith, Lane School Guidance Counselor, LICSW. This fun and highly interactive 6-week program is designed specifically for 5th grade girls to help them build and celebrate self-confidence! Each week will feature a different movement activity (such as dance, martial arts & yoga) along with various interactive team building, art and journaling activities. Each week will also feature a female role model from the community. This program is a great opportunity for 5th grade girls to build a stronger sense of self as they move toward middle school. Please wear sneakers and comfortable clothing. Any questions about content of this program, contact [jennifersbuckley@gmail.com](mailto:jennifersbuckley@gmail.com).

Mondays, 3/30-5/11 (no class 4/20) 6 Weeks

**Fee: \$120**

Dismissal-4:15 PM

Lane School Cafeteria

Minimum 8

## **YOUTH TRACK CLINIC with David Bell (Grades 3—8)**

This informal and fun track and field clinic is designed to familiarize participants with this universal, Olympic sport. The emphasis is on participating, learning, improving and doing the best one can. Track events include the 100, 200, & 400 meters for all grades, the 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile distance for the older grades. Field events include the softball throw for distance, the standing broad jump for 3rd & 4th graders, the running long jump for 5th & 6th graders, and the long and triple jumps for 7th & 8th Graders (NEW this year!). There are also two relay races. Come with your relay team together or we will create and put you on one. The events are contested by grade: 3rd & 4th together, 5th & 6th together, and 7th & 8th grade together. An experienced 7<sup>th</sup> or 8<sup>th</sup> grader may participate in the local meet only for \$15.

### **Dates:**

**Fee: \$85**

Tuesday, May 19: 4:30-6:00 (BHS Track)

Tuesday, May 26: 3:45-5:15 (BHS Track)

Tuesday, June 2: 3:45-6:00 (scrimmage in Concord)

Tuesday, June 9: 3:45-5:15 (BHS Track)

Tuesday, June 16: 3:45-5:15 (BHS Track)

Local Meet: Thursday, June 18: 5:30-8:00 (in Concord)

# SPRING MIDDLE SCHOOL PROGRAMS

## HOW TO BE A GREAT BABYSITTER w/ Kelley Anzuoni, Registered Nurse

Boys and girls ages 11-16 are invited to participate in a fast paced, interactive and FUN babysitting course. There is of "hands on" practice using adult and infant manikins. The instructor is a Registered Nurse by the American Heart Association and Red Cross as CPR and First Aid instructor. The first class is focused on CPR for adult, child and infant and the "Family and Friends CPR completion card will be provided. The 2nd class will focus on learning the elements of first aid, child safety, changing and feeding a baby and getting your babysitting business started. (includes CPR book, certificate of Babysitting course completion, a reference folder on child development and snacks.

Sundays, May 10 & May 17 (must attend both sessions)

**Fee: \$80**

2:00-5:00 PM

Bedford Police Station Conference Room

Min 4/Max 6

## ARCHERY (ages 10 – 15) with On the Mark Archery LLC

Try out the Olympic sport of recurve archery this spring and see why this addicting activity is growing in popularity across the United States. Relax and enjoy this introductory course while our coaches teach you the fundamentals that lead to success. Watch your form develop with a little patience and concentration as you hone your skills in archery games and tournaments. Course content includes safety, range rules and procedures, shooting technique, scoring and mini-competitions. Classes taught by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment is provided.

Tuesdays, 5/5-6/2 5 Weeks

**Fee: \$127**

6:30-7:30 PM

Davis School Gym

Min 10/Max 16

## INTRODUCTION TO KENPO KARATE with Callahan's Karate (Ages 5-13)

4 week introductory course. Beginner students will experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.

Tuesdays, 5/5-5/26

**Fee: \$55**

4:30-5:10 PM

Saturday, 5/9-5/30

**Fee: \$55**

11:00-11:40

Min 5/Max 10

## GREAT BEGINNINGS– BOYS WEIGHT LIFTING (Grade 6-8) w/ Kamate Fitness

The goal is to improve self-esteem, mood and overall health in this kid-focused workout. A National Academy of Sports Medicine (NASM) certified Youth Exercise Specialist leads the fun, safe, research-based program to improve strength, gross motor skills, bone density, balance, endurance, speed, agility, self-confidence and body image while developing a healthy attitude toward working out. Kamate Fitness instructors foster a noncompetitive, peer inclusive atmosphere using light weights and body resistance in this circuit training program. This program will also talk about healthy eating and participants will learn how to make easy healthy snacks! Supported by Dr. Geller of Patriot Pediatrics. Please wear sneakers and comfortable clothes and bring a water bottle.

Mondays & Wednesdays, 4/13-5/27 (no class 4/20, 4/22 & 5/25) 6 Weeks

**Fee: \$184**

Mondays: 2:45-3:45/ Wednesdays: 1:15-2:15

Connections Building, 153 Concord Road

Min 4

## MIDDLE SCHOOL YOGA (Grades 6-8) with Bonnie McCulloch

Join us for this class specifically designed for JGMS students. The class offers the opportunity to work on strength and flexibility while relieving the stress of daily life. Each class consists of yoga poses, balance work, breath work and relaxation. The class will be taught in a fun, upbeat manner while playing current music.

Wednesdays: 4/8-6/3 (no class 4/22) 8 Weeks

**Fee: \$105**

1:00 PM-2:00 PM

12 Mudge Way, Union Room

Min 8/Max 15

# SPRING MIDDLE SCHOOL PROGRAMS

## SPRING TENNIS (ages 4-14) with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, drills and fun games make this class appropriate for all ages. Lessons take place at the High School Tennis courts.

Saturdays, 4/25-6/6 (no class 5/23). 6 weeks.

**Ages 4-6:** 8:30-9:05 AM (Min 4/Max 10)

**Fee: \$69**

**Ages 7-9:** 9:15-10:15 AM (Min 4/Max 10)

**Fee: \$117**

**Ages 10-14:** 10:30-12:00 PM (Min 4/Max 10)

**Fee: \$176**

**Advanced Jr. Clinic:** MUST have instructor approval. 12:00-1:30 PM Min 3/Max 6 (ages 9-15)

**Fee: \$176**

## SPRINGS BROOK PARK SPLASH BLAST! For Bedford JGMS Students Only

Friday, June 12 (Rain date: Mon, June 15) 6:30-8:30 PM

JGMS Students will have a private beach until the park closes, then all of the facilities are for JGMS only! Swimming, spray park, volley ball, basketball, beach & concession! Bring your friends and have a blast!

# THE CORNER

**WHAT IS THE CORNER?** It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool and a Lounge with special activities and events, snack machines, snack bar, TV's & games...all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nikki at the Bedford Recreation Department. The Corner is only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground, 12 Mudge Way, in The Town Hall complex. Two large rooms for this "L" shaped space. There is no admission fee. Parents should register their child online or at our office. The kids must sign in upon arrival to the Corner. Come check it out! The Corner is open from school dismissal until 6:00 PM. Some Fridays, The Corner stays open until 7:30 for Fun Friday Activities!

### CORNER SPECIAL EVENTS:

**Friday, March 13:** Fun Friday! Ping Pong Tournament (Corner open until 7:30)

**Friday, March 27:** Spring Fling Dance! 7:00-9:00 PM. A fun night of music, dancing, games, snacks and more! A DJ will be playing some of today's best dance music mixed with some great contests. Cost of dance \$5.00. \$2.00 if you bring a canned good for the Bedford Food Pantry. You must be a current 6th-8th student to attend.

**Thursday, April 2:** Spring Scavenger Hunt

**Tuesday, April 7:** Build Your Own Food Activity

**Wednesday, April 15:** Build Your Own Food Activity

**Friday, April 17:** Fun Friday! Mario Kart Tournament (Corner open until 7:30)

**Wednesday, April 29:** Build Your Own Food Activity

**Tuesday, May 5:** Cinco De Mayo Party 2:30-4:00 PM (Enjoy a variety of foods and refreshments to celebrate. Participate in arts and crafts!)

**Friday, June 12:** Springs Brook Park Splash Blast! (details above)

**Other special events will include:**

**Volley Ball Tournaments– Mondays in May**

**Kids Cooking Green with Lori Deliso– Dates TBA**

# HIGH SCHOOL

**DANCE CLASSES (Middle & High School Students):** Please see Dance Class information on page 43.

## CHECK OUT THE OFFERINGS FOR HIGH SCHOOL STUDENTS IN THE ADULT SECTION:

**Other adult classes may accept HS students with advance permission of the instructor. Contact the Recreation Office if interested.**

BodyPump, BodyJam and BodyFlow: age 15+  
Zumba: age 15+  
NIA: age 15+  
Beginner Hatha Yoga: age 15+  
Tai Chi: age 16+  
Yoga on the Beach: age 16+  
Bootcamp: age 15+  
Cardio-Barre Blast: age 15+  
Ballet Basics: age 13+

Oil Painting: age 16+  
Drawing: age 16+  
Stone Carving: age 16+  
Cooking: age 16+  
Gardening: age 16+

Tennis: age 16+  
Golf: age 16+  
Stand-Up Paddleboard: age 16+  
Kayak: age 16+  
Archery: age 16+  
Blacksmithing: age 15+  
Heartsaver CPR: age 15+  
Friends and Family CPR: age 14+

## SUMMER ADVENTURES 2015 EMPLOYMENT OPPORTUNITIES

Positions are available at our Summer Adventures program. We are looking for responsible, enthusiastic individuals to join the team of our longstanding, popular Summer Adventures program. Minimum age: completing freshman year of high school. Please submit a Town of Bedford Employment Application ([www.bedfordrecreation.org](http://www.bedfordrecreation.org) or at the Recreation Office at 12 Mudge Way).

## SPRINGS BROOK PARK SUMMER 2015 EMPLOYMENT

**LIFEGUARDS and SWIM INSTRUCTORS** (minimum age: 16 as of June 11, 2015). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications at the Recreation Office or online. Accepting applications until all positions are filled. Interviews start in April.

### **CREW POSITIONS: Open to Bedford residents only**

Interviews will be held in mid-May. Applications avail. @Rec. Office or online. Application deadline: May 1. May apply for more than one position. Please specify on application position(s) of interest. Very flexible schedules are available.

**Park Attendants:** (min. age: 14 by June 11, 2015) Attendants are needed to greet park guests and assist with daily ongoing maintenance needs.

**Swim Aides:** (min. age: 14 by June 11, 2015) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.

**Concession Staff:** (min. age: 15 by June 11, 2015) Prepare food, serve customers, daily maintenance of the concession stand and park.

**Grounds Maintenance:** (min. age: 14 by June 11, 2015) Responsible for landscaping, grounds, facility maintenance.

**APPLICATIONS:** Town of Bedford applications for Recreation Department employment may be found online at: [bedfordrecreation.org](http://bedfordrecreation.org) or may be picked up at the Recreation Office.

## LIFEGUARDING AND WSI COURSES

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during April Vacation week and throughout the Spring. Check the Red Cross website for details. [www.bostonredcross.org](http://www.bostonredcross.org)

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI (Water Safety Instructor): minimum age 16 by course completion. Must pass swim test. Total hours 30

## **BEDFORD SOCCER LOOKING FOR REFEREES! : Great Part-Time Fun Job - Pays Well!**

If you have ever thought of becoming a youth soccer referee in Bedford, now is the time to act. Go to <http://www.massref.net/becomeref.cfm> to sign-up for a referee course so you can ref in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or [goodmanreferee@yahoo.com](mailto:goodmanreferee@yahoo.com). Pay for refereeing is as follows: \$40 for center ref for U14 (11v11), \$30 for U12 and U11 (8v8), and \$20 for U10 and U9 (6v6). Assistant Referees are paid \$25 if they are grade 8 referee classification and \$20 if they are grade 9 referee classification.



# SUMMER ADVENTURES



## SUMMER ADVENTURES 2015

Director: Peter Laskaris

Assistant Director: Stacy Vallely

Administrative Assistant: Lee Frank

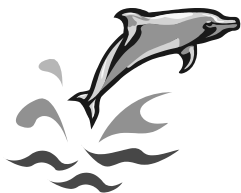
**SUMMER ADVENTURES (entering grades 1—4): 9:00—3:00.** Designed for children to explore a variety of developmentally appropriate activities and to establish new friendships. Included in this program are theme days, special visitors and events, cooperative games and sports, art, music/drama, one field trip per week and American Red Cross swim lessons. One t-shirt per child per summer included. Offered in two week sessions.

**JUNIOR ADVENTURES (ages 4 by 6/30/15 — entering kindergarten): 9:00—Noon or 9:00—3:00.** Offered in one week sessions, this program is designed for our youngest participants, preschool children. Register for one week, six weeks or anything in between! Low staff to child ratios and a nurturing environment compliment a well-rounded schedule including art, nature, music, cooperative games & sports, imaginative play and water play (on site and one visit per week to the Springs Brook Park Spray Park). One t-shirt per child per summer included. Field trips Weeks 1, 3, 5.

**ADVENTURES AWAY (entering grades 5 and 6): 9:00—3:00.** This is a series of field trips (no overnights) based at Summer Adventures at Bedford High School. Each day, there will be an offsite trip as well as time for activity at SA (games, sports, crafts). Destinations include places such as beaches, laser tag, minigolf, Canobie Lake Park, Water Country, Coco Key, Stone Zoo, Chunky's, Southwick's Zoo. A detailed list of trips will be distributed prior to the start of each week. Offered in one week sessions; SA Early Bird and Extended Day options available). Min. 20, max. 30.

### Summer Adventures Sessions:

- 1 June 29—July 10
- 2 July 13—24
- 3 July 27—Aug. 7



### Junior Adventures Sessions:

- 1 June 29—July 3
- 2 July 6—10
- 3 July 13—17
- 4 July 20—24
- 5 July 27—July 31
- 6 Aug. 3—7

### Adventures Away Sessions:

- Week 1: June 29—July 3  
Week 2: July 6—10  
Week 3: July 13—17  
Week 4: July 20—24  
Week 5: July 27—31  
Week 6: August 3—7

### SWIMMING LESSONS

Children entering grades 1—4 will have swim lessons four days/week (no lessons Wednesdays) at Springs Brook Park. The lessons are Red Cross certified Levels 0—6. The Springs Brook Park swim instructors make learning to swim fun! Summer Adventures staff accompany the children to the park and participate fully in the lessons as aides in the classes. One day per week, children have extra time at the Park to enjoy the spray park after lessons. Children are transported to and from the park via school bus.

# SUMMER ADVENTURES

## Early Bird and Extended Day

For full-day coverage, we offer Early Bird and Extended Day options. Early Bird consists of supervised quiet games in the cafeteria or active games in the gym and runs 8:00 a.m.—9:00 a.m. Extended Day consists of trips to SBP and activities at BHS and runs from SA dismissal until 6:00 p.m.. Pickup is 5:00-6:00 p.m. at the town playground on Mudge Way (indoors at BHS if rainy). Additional coverage options are available at the Bedford Recreation Kids' Club. **Early Bird and Extended Day are available to those in Grades 1—6.** Please note that Extended Day will not be held August 7, the last day of the program.

## STAFF

Staff consists of teachers, college and BHS students who are carefully selected, guided and supported. Many counselors return year after year, making Summer Adventures a rich experience for the children.

## LOCATION

Summer Adventures is based at Bedford High School. Extensive BHS facilities include three gymnasiums, two cafeterias and great outdoor space. Proximity to the playground, tennis courts, library, athletic fields, outdoor basketball courts and the Town Center Building further enhance the Summer Adventures program. Springs Brook Park is also an integral part of the Summer Adventures experience.

**Sneak Peak!** Take a peak at the facility and let our staff introduce themselves. Especially beneficial for children who are new to the program or who are perhaps a bit apprehensive when beginning new activities. Date, time TBA.

**Registration Information: Registration opens March 8, 2015.**  
**We encourage early enrollment as some groups will fill quickly.**  
(Registration Information Page 1).

## **FEES:**

### **Junior Adventures:**

9:00—Noon\*: \$190/week

9:00—3:00: \$260/week

*\*Weeks 1, 3, 5 include field trips that return after noon.*

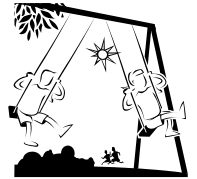
### **Summer Adventures:**

9:00—3:00 (2 Week Sessions): \$470/session

**Adventures Away:** \$305/week

Early Bird: \$70/session

Extended Day: \$200/session (Session 3: \$180, no Ext Day Aug. 7)



Summer Adventures Phone: 781—275—1015 (June 29 - August 7 only)  
Recreation Department Phone: 781—275 – 1392



**Website:** Find information about Summer Adventures on the web. As the season approaches, [bedfordrecreation.org](http://bedfordrecreation.org) will provide detailed information about Summer Adventures including information about activities, trips and events.

# KIDS' CLUB SUMMER FUN

FLEXIBLE OPTIONS TO MEET YOUR NEEDS!

*KIDS' CLUB SUMMER FUN...join the fun!*

- ◆ Open weekdays 7:00 AM–6:00 PM: FLEXIBLE DROP-IN OPTIONS FOR PARENTS LOOKING FOR FULL DAY COVERAGE OR PART-TIME COVERAGE!
  - ◆ Licensed by the MA Office of Early Education and Care
  - ◆ Housed in the newly renovated North Wing at Town Center
    - ◆ For children entering Kindergarten - grade 6
    - ◆ Structured and unstructured activity options
      - ◆ Air-Conditioned
      - ◆ Outdoor play areas
  - ◆ Daily and weekly themes for adventure and enrichment\*

\*In past years, Summer Fun has been visited by the New England Aquarium Traveling Tide Pool, Mad Science, the Lowell Spinners, Pumpnickel Puppets, The Museum of Science Mobile Planetarium and many other performers.

## Great option for care after Recreation Summer Programs such as:

Bedford Baseball Camp

British Soccer Camp

Junior Summer Stock

Spectacular Hands On Science

Mad Science Summer Fun

Performing Arts Summer Program

Pre-Engineering

Summer Adventures

Engineering FUNdamentals

Membership required to utilize Kids' Club services (\$50 annual fee, complete child forms packet required, membership is good for the 2015–2016 school year for scheduled care or drop in care)

### Fees

Full Day - \$65/day (\$60/day if 5 days/week)

Morning A (7:00 - 9:00) - \$20/day

Morning B (7:00 - 1:00) - \$50/day

Mid-day (11:00 - 3:00) - \$40/day

Full Afternoon (11:30 - 6:00) - \$45/day

Half Afternoon (3:00 - 6:00) - \$30/day

**KIDS' CLUB SCHOOL YEAR 2015 - 2016 REGISTRATION OPENS MAY 1 (TENTATIVE; PLEASE CHECK WEBSITE FOR CONFIRMATION OF DATE).** This includes registration for Before School, After School, School Vacation Days/Weeks Care. Follow the Kids' Club link on the Recreation website for registration information, forms, tuition, schedules and information about the Kids' Club program.

Nancy Cormier, Kids' Club Director

Kate Farrell, Department Assistant

**For more information:** 781-275-5427 or [kidsclub@bedfordma.gov](mailto:kidsclub@bedfordma.gov)

# SUMMER YOUTH PROGRAMS

## LOCAL GETAWAY (Entering Grades 7-9)

This program is for participants already in Middle School. This is a daily (no overnights) series of activities. Days will include trips to Boston events, area beaches, amusement parks such as Canobie Lake Park, Coco Key and Water Country, Mini-Golf, bowling, laser tag, go carts, and other fun local activities. A detailed list of activities will be available prior to the start of each week. These are one week programs. Participants will meet at The Corner (Youth Center, 12 Mudge Way). Participants may enroll in multiple weeks.

Monday-Friday

Fee: \$295/Week

**Week 1:** 7/6-7/10

**Week 4:** 7/27-7/31

**Week 2:** 7/13-7/17

**Week 5:** 8/3-8/7

**Week 3:** 7/20-7/24

9:00 AM-3:00 PM



## Enjoy the Outdoors



## ARCHAEOLOGICAL DIG AT THE JOB LANE HOUSE (Ages 10-12)

The Friends of the Job Lane House (FJLH) offer a chance for Bedford children ages 10 - 12 to participate in an on-site archeological dig. Children who participated in this activity last year dug and learned more about how this colonial family lived from the artifacts which they found. Children also learn about other more famous archeological digs. FJLH hope that this year's crew will find fragments of pottery, tools, bricks, nails, and other hand-made or very old personal items. Participants will keep a daily notebook and learn how archeological finds are documented in a report. Who knows what else might be learned based on what participants find? It will be a hands-on experience through 300 years of history.

Monday-Friday, July 13-17

Fee: \$100

10:00 AM-12:00 PM

Job Lane House, 295 North Road, Bedford

Maximum 10

## MINI BARN RAISING (Ages 6-12) with Tom Musco & Deb D'Amico

The Teamwork and Timbers program is a one-of-a-kind educational program of the National Barn Alliance. It is designed as an exercise of teamwork as the children raise a one-quarter size barn model. These types of community barn raisings were common in New England during the 18th and 19th centuries. Along the way, children learn about types of wood, history of rural structures, parts of a barn, and most importantly, why teamwork is critical— one person cannot raise a barn. Unknowingly, they also use their math, science and engineering skills to raise the frame with success. It is a 3-D puzzle that teaches students (both young & old) about how barns were made, touching upon science and humanities. A short film about the history of New England barns will be viewed and discussed before the barn raising.



Saturday, June 13

Fee: \$10 (due on the day of the event)

2:00 PM

Job Lane Barn, 295 North Road, Bedford

Maximum 12

# SUMMER YOUTH PROGRAMS



## Enjoy the Outdoors



### CHIP IN FARM SUMMER PROGRAM

(Entering Grades K-5)

Join Farmer Sandy this summer to do real farm work at Chip-in farm! Participants will help Farmer Sandy in the fields, feed and tend the animals, collect the eggs & harvest crops while enjoying farm-themed crafts, stories and cooking activities. Wear your work clothes, old sneakers or boots. This program will meet rain or shine.

Tuesday-Friday, 9:00 AM-12:00 PM

Fee: \$150/Session

**Entering Grade 3-5:**

Session 1: 7/7-7/10

Session 2: 7/14-7/17

**Entering Grade K-2:**

Session 1: 7/21-7/24

Session 2: 7/28-7/31

201 Hartwell Road, Bedford

Min 3/Max 8

### NATURE EXPLORERS (Entering grades 3 & 4)

With Allie Bossman

Do you enjoy exploring the outdoors? If so, this is the program for you! Explore through hands-on investigation, crafts and experiments. Much of the time is spent outdoors with activities that include nature walks, scavenger hunts, geocaching, science experiments and nature crafts.

Monday-Friday

Fee: \$177

July 27-July 31

9:00 AM-12:30 PM

Lane School Cafeteria and surrounding outdoor space

Min 6/Max 10

### NATURE CLUB (Entering grades 2 & 3)

With Anita Petrocelli, Kristie Kimball-Dorey & Lori Murphy

Young naturalists will get their minds and bodies in motion as they discover the natural habitats of Bedford and beyond. Every day, our young explorers will use their curiosity, creativity, and their senses as they discover and explore the outdoors through hands-on science, creative art, and literacy. At the end of each session, scientists will take home unique projects, science tools, and/or fun songs and games to share with family members. Please bring a quick-to-eat, healthy snack, lunch and a bottle of water each day.

Monday- Friday

Fee: \$345

August 3-August 7

9:00-3:00 PM

Lane School Cafeteria and surrounding outdoor space

Min 16/Max 18

# SUMMER YOUTH PROGRAMS



## Science & Enrichment



### **MAD SCIENCE® SUMMER FUN (Ages: Entering grades 2-5)**

We are crazy about science...and hope you are too! We will have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. Each day we will have a different science theme with exciting activities, experiments and related games. We will learn how science helps us protect our planet, and we will explore the animal kingdom, life cycles and habitats. We will discover how to send secret messages and how to talk with numbers. Young astronauts will explore the mysteries of space, and junior engineers will check out shapes, investigate arches and learn about structures.

Monday-Friday, 7/27-7/31

**Fee: \$233**

9:00 AM-3:00 PM (Eligible for Kids' Club Combination)

Location: 12 Mudge Way, Room 144 Min 25/Max 30

### **SPECTACULAR HANDS-ON SCIENCE! (Entering grades 3-7)\***

Join this very cool and fun summer program! Each day, children will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The scientists are fast paced and funny and students will be thoroughly entertained (they will even learn some interesting things, too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. [www.topsecretscience.com](http://www.topsecretscience.com)

Monday-Friday, 8/10-8/14

**Fee: \$173**

9:00 AM-3:00 PM (Eligible for Kids' Club Combination)

Location: 12 Mudge Way, Room 144 Min 15/Max 25

### **PRE ENGINEERING (Entering grades K-2) with Play-Well Teknologies\***

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.

Monday-Friday

**Fee: \$144**

July 20-July 24

9:00 AM-12:00 PM (Eligible for Kids' Club Combination)

Location: 12 Mudge Way, Room 144 Min 10/Max 24

### **ENGINEERING FUNDAMENTALS (Entering grades 2-5) with Play-Well TEKnologies\***

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge students to engineer at the next level.

Monday-Friday

**Fee: \$144**

July 20-July 24

1:00-4:00 PM (Eligible for Kids' Club Combination)

Location: 12 Mudge Way, Room 144 Min 10/Max 24

### **MINECRAFT SUMMER PROGRAM (Entering grades 2 & 3) with Jeremy Royds**

Become a Minecraft master in this fun and exciting summer program. Participants will have the opportunity to practice their Minecraft skills and build their own worlds. This program is instructed by Jeremy Royds, Davis School Librarian. Participants will build, design, create and collaborate using Minecraft.EDU's CREATIVE mode and their imaginations in the popular sandbox open world game. Be sure to bring a snack, lunch and your imagination!

Monday-Friday

**Fee: \$196**

June 29-July 3

9:00-3:00 PM

Davis School Computer Lab Min 10/Max 20

# SUMMER YOUTH PROGRAMS



## Performing Arts



### JUNIOR SUMMER STOCK (Entering Grades 4-9)

Director Amy Budka

This is a 4 week musical theatre production experience. Participants will work on all the different aspects of musical theatre performance—singing, dancing, character development and stage blocking. Participants also participate in designing and crafting scenery, props and costumes. The play is chosen with the group members in mind and every cast member has at least a few lines. An audition is held in early June both at JGMS and Lane so that casting and production can begin. Cast members must be at rehearsal every day, so check your family vacation schedule before making a commitment to Summer Stock. Occasionally some members may be asked to stay later than 1:00 PM. There are typically two performances during the final week—one in the afternoon for Summer Adventures and one on Thursday evening, August 6 for family, friends and the community.

**For child care, make it a Kids Club Combo! See page 34 for information.**

Monday-Friday, 7/13-8/7

Fee: \$495

10:00 AM-1:00 PM (please bring mid-morning snack)

John Glenn Middle School Auditorium

Maximum 30

### PERFORMING ARTS SUMMER PROGRAM (Ages 6-12)

This exciting, fun and highly charged summer program is offered for children ages 6-12. Mornings will consist of exciting acting classes and dance classes. The acting classes involve creative theater games, concentration exercises, voice and speech work and structured improvisation to improve performance. Other topics include: monologue work, acting terminology, sense memory, sub-text, stage skills, script work and more! These classes help students build confidence and inspire their imagination in a fun and supportive environment. The dance classes include high energy jazz dance and movement. The afternoons will consist of rehearsals that will culminate with an end of the week performance for family and friends at 1:30 PM. Visit [www.performingartsprograms.biz](http://www.performingartsprograms.biz) for more information about Performing Arts Programs and to view/read teacher's bio. **For child care, make it a Kids Club Combo! See page 34 for information.**

Monday-Friday, 7/6-7/10

Fee: \$227

9:00 AM-2:30 PM

John Glenn Middle School Auditorium

Min 10/Max 30

## Sports

### PROFORMANCE SOCCER ACADEMY (Ages 6-14)

The PROformance Soccer ([www.PROformancesoccer.com](http://www.PROformancesoccer.com)) clinics focus on improving key fundamental soccer techniques that help maximize individual player development. Staff consists of local coaches and current professional soccer players who have extensive knowledge of soccer and the ability to teach players skills that can improve their game. The Bedford clinic is designed for all abilities, benefiting beginners to advanced level players. All participants will receive a t-shirt.

Monday-Thursday, 6/22-6/25 (Friday 6/26 rain make up)

Fee: \$179

5:30-8:30 PM

BHS Sabourin Field

Minimum 25



# SUMMER YOUTH PROGRAMS



## Sports



### THE BEDFORD BASKETBALL SUMMER CLINIC (Entering grades 3-8)

With Coach Tom Brincklow

Join BHS Varsity Assistant Coach Brincklow and members of the BHS varsity basketball team for this 4 day clinic that will focus on skill development, team games, contests and fun! Coach Brincklow has more than 23 years coaching expertise, was a former 1000 point scorer in college and was inducted into the Westfield State University Hall of Fame. All participants will receive a t-shirt.

Monday-Thursday, 8/10-8/13

9:00 AM-2:00 PM

Davis School Gym

Min 15/Max 50

Fee: \$190

### BEDFORD BASEBALL CAMP (Ages 6-14)

Join Coach Tim French and his staff of high school and college baseball players for the Bedford Baseball Camp. Youth players from beginner to all-star will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make the game fun for all participants. Skills are applied in game situations through daily participation in authentic games. **Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.**

**Ages 6-7:** Participate in coach pitched games as they work on developing arm strength, coordination, driving the baseball and game sense.

**Ages 7-12:** Participate in playing authentic games on 60 foot diamonds. Daily instruction is focused on the development of a short, fast and well balanced technique that trains hitters to utilize the lower body to generate bat speed. Additional emphasis is placed on developing arm strength, pitching, fielding fundamentals, base running and team defense.

**Ages 12-14:** Work on Skills specific to success on the 90-foot diamond. Players will develop skills in the areas of taking leads, receiving signals, pitching from the stretch, relays, cutoffs, team defense, situational hitting and game sense. Daily instruction in hitting and arm-healthy throwing is provided through practice in batting cage and participation in throwing progression drills. All drills and activities are targeted toward developmentally appropriate growth in the areas of strength, conditioning, coordination, speed, skill and team building. Every day offers participants the opportunity to learn, improve and have FUN! All participants will receive a hat.

*For child care, **make it a Kids Club Combo!** See page 34 for information.*

Monday-Friday

9:00 AM-11:30 AM

John Glenn Middle School Fields

**Session 1: 7/6-7/10 Fee: \$185**

**Session 3: 7/20-7/24 Fee: \$185**

**Session 2: 7/13-7/17 Fee: \$185**

**Session 4: 7/27-7/31 Fee: \$185**

**Best Deal: All 4 Sessions Fee: \$465**

Maximum 60 per session

### JOHN CARROLL'S ALL STAR BASKETBALL (Ages 7-14)

Join Coach John Carroll, NBA & award winning college coach, and the All-Star Basketball staff of high school and college coaches and players for 4 days of basketball games, shooting contests and fun! Program will include personal attention aimed at improving skills such as dribbling, ball handling, shooting and passing. Program staff stresses the importance of commitment and dedication to reaching a goal and the importance of teamwork, fair play and sportsmanship in any endeavor.

Tuesday-Friday, 9:00AM - 3:00PM

Lane Elementary School Gym

**Session 1: 6/23-6/26** (program may be shortened if required due to school snow days)

**Session 2: 8/4-8/7**

Fee: \$234/Session



# SUMMER YOUTH PROGRAMS



## Sports



### KA YOUTH TENNIS

Learn the sport of tennis from Kyle Anderson, a PTR and USTA certified instructor with 18 years full time instructing experience. All lessons will be taught by Kyle Anderson and others if numbers warrant additional staff.

**WEEKLY LESSONS:** Sessions teach the fundamentals of tennis in an energetic atmosphere. Each day will focus on a different stroke and practicing those already learned. Drills and games are simple, effective and fun. As the week progresses, more time is devoted to rallying skills and points. With sufficient enrollment, groups will be broken into levels.

**All lessons take place at the High School Tennis Courts.** Session 1 & 2 have a maximum number of 16 participants.

Monday-Thursday (Friday, rain make up)

Session 1: Tuesday-Friday

**Ages 4-6:** 8:30-9:05 AM (Max 12) **Fee: \$50/session**

**Ages 7-9:** 9:15-10:15 Am (Max 12) **Fee: \$79/session**

**Ages 10-14:** 10:15-11:45 AM (Max 12) **Fee: \$117/session**

**S1: 6/23-6/25 \*** **S4: 7/13-7/16** **S7: 8/3-8/6**

**S2: 6/29-7/2** **S5: 7/20-7/23** **S8: 8/10-8/13**

**S3: 7/6-7/9** **S6: 7/27-7/30** **S9: 8/17-8/20**

*\*Tues.—Fri. due to snow days*

**WEEKNIGHT LESSONS:** Lessons held Mondays, Wednesdays and Thursdays. Fridays are reserved for make up classes. **Lessons will take place at the High School Tennis Courts.**

Monday-Thursday (Friday, rain make up)

**Ages 4-6:** 5:00-5:45 PM (Max 10) **Fee: \$44/session**

**Ages 7-9:** 6:00-7:00 PM (Max 10) **Fee: \$61/session**

**Ages 10-14:** 7:15-8:30 PM (Max 10) **Fee: \$87/session**

**S1: 6/22,6/24,6/25** **S4: 7/20, 7/22, 7/23**

**S2: 7/6, 7/8, 7/9** **S5: 7/27, 7/29, 7/30**

**S3: 7/13, 7/15, 7/16** **S6: 8/3, 8/5, 8/6**

**SATURDAY LESSONS:** This seven week program is designed to improve all aspects of the game by working on mechanics and rallying skills. Intended to introduce younger players to the fundamentals of strokes. Further attention is given to the serve and point strategy in the 10-14 year old group. Hands on approach as well as fun games make this class effective for all ages. **Lessons will take place at the High School Tennis Courts.**

Saturdays, June 27-August 8 (no class 7/4). 6 weeks.

**Ages 5-6:** 8:30-9:05 (Max 12) **Fee: \$69**

**Ages 7-9:** 9:15-10:15 (Max 12) **Fee: \$117**

**Ages 10-14:** 10:30-12:00 (Max12) **Fee: \$176**

### FIRST PLAY TOUCH RUGBY CLINIC (Ages 7-12)

**With US Sports Institute**

US Sports Institute's First Play Touch Rugby clinic provides a well rounded introduction to this high energy, international sport. The game of Touch Rugby is a safe, non contact version of the full game where children will learn all the basic skills required to start new in an increasingly popular sport. Areas covered throughout the week will include: running with ball, passing, handling techniques, kicking and the basic rules and tactics of the game. Steeped in rich tradition across the globe, this camp will provide hours of fun for all that participate.

Monday-Friday

August 10-August 14

4:30 PM-6:00 PM

Location: TBA

Min 8/Max 24

**Fee: \$105**

# SUMMER YOUTH PROGRAMS

## Sports

### THUNDERCAT KIDDIE CAT JAM

Soccer will be played every day. Other sports and games will include t-ball, basketball, softee hockey, balloon ball, kick ball, Finding Nemo, Sponge Bob Tag, Shark Attach, Thunder Relays, Kiddie Cat Olympics and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement, creating a non-competitive positive sports experience. Emphasis will be on basic skills, developing hand eye coordination, teamwork and FUN! Program is coed, and every participant receives a t-shirt. Participants should bring a water bottle, snack, and apply sunscreen before arriving. Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations. [www.thundercatsports.com](http://www.thundercatsports.com)

Monday-Friday

Session 1: 6/29-7/3

Session 2: 7/6-7/10

8:30-9:20 (ages 3-4)

**Fee: \$60/session**

9:30-12:30 (ages 5-6)

**Fee: \$150/session**

Min 10/Max 20

### THUNDERCAT BASKETBALL (Grades 1-6)

3, 2, 1....swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her! Skills emphasized will be dribbling, ball handling, passing, shooting and more! Theme days, trivia and NCAA tournament at the end of the program add to the excitement! Program is coed, and every participant receives a t-shirt, and certificate of achievement. Participants should bring a water bottle, snack, lunch and apply sunscreen before arriving. For more information please visit [www.thundercatsports.com](http://www.thundercatsports.com). Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday

7/27-7/31

9:00 AM-3:00 PM

Davis School Gym

**Fee: \$188**

Min 10/Max 20

### THUNDERCAT DODGEBALL & SPORTS (Grades 1-6)

Have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodge ball related games such as: Doctor, Bombardment, Jail Break and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is coed, and every participant receives a t-shirt, and certificate of achievement. Participants should bring a water bottle, snack, lunch (and apply sunscreen before arriving. [www.thundercatsports.com](http://www.thundercatsports.com). Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday

8/3-8/7

9:00 AM-3:00 PM

Davis School Fields & Gym

**Fee: \$188**

Min 10/Max 20

# SUMMER YOUTH PROGRAMS

## Sports

### BRITISH SOCCER CAMP with Challenger Sports (Ages 7-14)

BSC coaches study the game at all levels and identify key techniques and skills to be emphasized in their week long camp. Participants will work on mastering these skills to reach their potential. Daily practices include individual foot skills, technical drills, tactical practices, juggling and freestyle soccer, small sided games, coached scrimmages and a daily world cup tournament. In the ½ day program that runs 9:00 AM-noon, emphasis is placed on the individual skill development, core techniques, and small sided games. The Full day camp runs 9:00 AM-3:00 PM and is a more advanced camp for players focusing on game related techniques, tactical development and coached match play. Every player will receive a Replica Soccer Jersey, a T-shirt and a new soccer ball. Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

**For child care, make it a Kids Club Combo! See page 34 for information.**

Monday-Friday, August 10-August 14

Half Day: 9:00 AM-12:00 PM

Full Day: 9:00 AM-3:00 PM

John Glenn Middle School Fields, 99 McMahon Road Min. 10/Max. 50

**Fee: \$163**

**Fee: \$220**

### BARRIE BRUCE GOLF SCHOOL

Learn golf with Barrie Bruce! These summer clinics are an hour and a half and are perfect for both beginning juniors and those who want to develop better golf skills. Clinics cover safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. Students will be playing in age-related groups.



Monday-Friday

Session 1: June 22-June 26 8:00 AM-9:30 AM

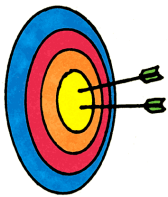
Session 2: July 13-July 17 10:00 AM-11:30 AM

Session 3: August 3-August 7 10:00 AM-11:30 AM

51 Baldwin Road, Billerica, MA 01821

**Fee: \$109/Session**

### SUMMER ARCHERY (Ages 10-15) with On the Mark Archery



Join the staff of On the Mark Archery this summer for an introduction to one of the world's oldest sports. Traditional recurve archery is a fun and relaxing activity at which ANYONE can succeed with a little patience and concentration. 'Learn by playing' philosophy integrates skills and technique through the use of games to help measure an individual's progress. Classes taught by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment is provided.

Monday-Thursday

5:15-6:15 PM

July 6-July 9 (7/10 rain make up)

BHS B Field

Min 10/Max 16

**Fee: \$101**

# SUMMER YOUTH PROGRAMS

## Sports

### F.A.S.T. ATHLETICS MULTISPORTS SUMMER PROGRAM (Ages 7-12)

F.A.S.T. Athletics brings its multisport summer program to Bedford! This program offers a variety of sports such as: soccer, basketball, pillo polo, dodge ball, world cup soccer and kickball the sports go on. Tons of tournaments and exciting games will be played all week long!!! Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday

9:00-3:00 PM

Session 1: 7/13-7/17

Session 2: 7/20-7/21

Lane School Gym and Fields

Min 8/Max 30

Fee: \$150/Session

### GYMNASTICS & CREATIVE PLAY (ages 2-5) with Jennifer McGrath & Dotty Martin

Children will have a blast as Jennifer and Dotty have them running, jumping and moving! They will climb to the highest mountain in Bedford or search for the lost bears from the Teddy Bear Picnic! Parents are required to stay and play in the 2-3 year old class.

Tuesdays, 6/23-8/4 7 Weeks

2-3 Year Olds: 9:00-9:40 AM (Parent participation required)

3-5 Year Olds: 9:45-10:25 AM (Drop Off)

First Church of Christ, 25 Great Road

Min 5/Max 12

Fee: \$113

## Dance Fall 2015– Spring 2016 (K-Gr 12)

with Amy Noyes

Registration for Dance 2015 - 2016 opens May 11, 2015. Classes will begin September 14 & 15. The deadline to register is August 21 or when classes fill. Classes fill quickly, so please register early. An additional costume fee for the recital will be charged (approximately \$75) in December or January. A recital will be held on Friday night in May. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays and school vacation weeks.

### MONDAY CLASSES

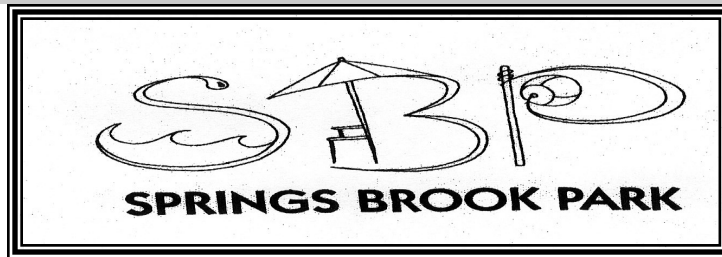
3:45-4:45	Grade 2 & 3	Ballet, Tap & Jazz (Max 15)	Fee: \$234
4:45-5:30	Grade 4 & 5	Hip Hop & Lyrical (Max 15)	Fee: \$176
5:30-6:15	Grade 6-8	Hip Hop & Lyrical (Max 15)	Fee: \$176
6:15-7:00	Grade 9-12	Hip Hop & Lyrical (Max 15)	Fee: \$176

### TUESDAY CLASSES

3:45-4:30	Grade K	Ballet & Tap (Max 10)	Fee: \$225
4:30-5:30	Grade 1	Ballet, Tap & Jazz (Max 15)	Fee: \$260
5:30-6:30	Grade 2 & 3	Ballet, Tap & Jazz (Max 15)	Fee: \$260
6:30-7:15	Grade 4 & 5	Hip Hop & Lyrical (Max 15)	Fee: \$195
7:15-8:00	Grade 6-8	Hip Hop & Lyrical (Max 15)	Fee: \$195



# SPRINGS BROOK PARK



Before you visit... check our website for current information

[www.bedfordrecreation.org](http://www.bedfordrecreation.org)

## 2015

Co-Directors: Nikki Taylor, Alli Lua  
Administrative Coordinator: Raeann Gembis

**SPRINGS BROOK PARK** is a man-made, filtered, swimming facility. The park is set back in a beautiful wooded setting. It is located at 181 Springs Road, just north of the four way intersection at Springs Road, Page Road and Pine Hill Road. SBP is staffed by lifeguards/swim instructors who are certified in water safety, lifeguard training, first aid and professional rescuer CPR.

**NEW IN 2015:** SBP will be open Monday - Friday only. SBP will be closed on the weekends. The dock will be available for lessons only.

### Springs Brook Park Amenities



sandy beaches  
playground  
bathhouse facilities  
concession stand  
basketball

grass and shaded picnic areas



Red Cross swim lessons

spray park  
volleyball  
water slide



lap swim lanes   mini-golf   wall ball   charcoal grills

**SMOKE-FREE AREA:** Springs Brook is a smoke-free swim area. Smoking is not permitted anywhere on park grounds, including the parking areas.

### ADMISSION RULES

1. Members must show identification at the gate.
2. Everyone must sign in at front gate.
3. Swim lesson students and parents must either have a membership or pay the gate fee.
4. Park Rules must be adhered to and are strictly enforced.
5. Children age 11 and younger must be accompanied by an adult at all times while in the Park, including during swim lessons.
6. **BAG CHECK:** all bags will be checked at the admission gate.

### **HOURS OF OPERATION 2015**

**Monday through Friday, June 8 - Aug. 21\* 10:30 AM - 7:30 PM gate closes**

**\*NEW: Springs Brook Park is no longer open on the weekends.**

**\*\*Closing date subject to staff availability.**

Please note that water is cleared 15 minutes prior to gate closing time.

# SPRINGS BROOK PARK

## PARK INFORMATION AND RULES

1. Babies must wear a snug suit over diapers or swim diapers.
2. Balls and flotation devices are not permitted in the water.
3. Coast guard approved life jackets/vests for boating may be worn, if fitted properly.
4. Lap lanes are for lap swimming only.
5. Whistle System -
  - 1 blast - getting a swimmer's attention
  - 2 blasts - getting another guard's attention
  - 3 blasts - Emergency - clear the water
6. Children must be supervised at all times.
7. Swimming is only permitted in areas supervised by lifeguards.
8. Water slide only open when supervised by lifeguards. Dock is only for swim lessons; the dock is not open to the general public this summer.
9. Slide and Concession hours posted at Bathhouse.
10. If thunder is heard, everyone will be asked to clear the water. Swimmers will be permitted back in the water 20 minutes after the last clap of thunder.
11. Cars are not permitted past the front gate. The only exception is for handicapped parking situations.
12. Alcoholic beverages are not permitted.
13. Smoking is not permitted on any park grounds, including parking areas.
14. Dogs/pets not permitted on the grounds.

### FOR MEMBERS ONLY!

If you purchase a full summer membership for the park **on or before June 30, 2015**, you will receive one-time use Day Passes for guests. Family Membership—6 passes, Individual Membership—2 passes. Passes available for pickup at the bathhouse once park opens.

## **PARK MEMBERSHIP/ADMISSION**

**Reduced swim lesson fee with full season park membership!**

### • **SEASON MEMBERSHIP 2015**

Purchase at the Recreation Office or at the Park (until 4:00pm).

Membership forms included in this booklet.

Membership guarantees admission during periods of restricted admittance due to overcrowding or lifeguard shortages.

Memberships purchased on or before 6/30 receive One Day Use passes for guests— see box above for full details.

<b>PRICES:</b>	<b>RESIDENT</b>	<b>NON-RESIDENT</b>
Individual	\$85	\$110
Family*	\$250	\$350

\*Family Membership includes a primary member, his/her spouse and children 22 and under. There is an additional fee for extended family members/daycare children.

### • **TWO WEEK LESSON PASS OPTION**

Valid only during a 2-week period of swim lesson session (Mon—Fri) \$40 per person/\$120 per family

### • **SENIOR CITIZEN (age 65+)**

No fee, but must either be registered with the Recreation Dept. or show ID with date of birth at the Park.

### • **STUDENT MEMBERSHIP (Bedford Middle and High School Students) \$25**

### **DAILY ADMISSION (Cash Only)**

**Mon - Fri:** \$7/person age 1 and up. **Sat & Sun :** Closed

Max. \$25/family rate

\*\*\* No charge for children under age 1\*\*\*

**AFTER 4:30 P.M.:** \$5/person ; **NO FEE AFTER 6:00 PM**

# SPRINGS BROOK PARK

## LESSON REGISTRATION GUIDELINES:

- > Register per “Registration Guidelines” until Park opens for the season.
- > Once the Park opens for the season, Swim Lesson Registrations will only be accepted at the Park.
- > Please note: Admission is not included in the swim lesson fee.
- > Swim Classes will be held rain or shine (except during thunderstorms).
- > All swim lessons students must be accompanied by an adult if age 11 or younger, even during swim lessons.

## SWIM LESSON FEES: Per Session\* (Day Sessions and Evening Lessons)

**SBP Members: \$50      Non-Members: \$75      \*Please note: Admission is not included in lesson fees.**

## Admission options for students and their families:

- > Season membership or pay the daily gate fee for student/s and accompanying family members.
- > Purchase two week lesson pass (valid M—F for two weeks of the lessons, \$40 per person or \$120 per family)

## DAY LESSONS SCHEDULE: Classes held Monday thru Friday. Students must be age 4 or older when the class starts.

### **SESSION I (June 29 - July 10)**

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5

### **SESSION II (July 13 – July 24)**

12:30: Levels 0, 1, 2, 3, 4, 6

1:30: Levels 0, 1, 2, 3, 4, 5

### **SESSION III (July 27 - Aug. 7)**

12:30: Levels 0, 1, 2, 3, 4, 5

1:30: Levels 0, 1, 2, 3, 4, 5, 6

## EVENING LESSONS SCHEDULE: Mondays and Wednesdays, June 22 – July 29

**Option** 4:30 – 5:15pm, Levels: 0, 1, 2, 3, 4, 5

**Option** 5:20 – 6:05pm, Levels: 0, 1, 2, 3, 4, 6

\*\*park admission fee or membership not required unless you enter the park before 4:15pm. Check in at gate and inform gate attendant you are there for lessons.

## **REGISTERING FOR MULTIPLE SESSIONS OF SWIM LESSONS???**

If your child is registered for more than one session, please check with your child’s instructor during the second week of the lessons to ensure that you have your child correctly placed for the next session. Notify a Director of any changes.

## PARENT-TOT CLASS: For Ages 3 & 4 with parent

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

**Option 1:** 5:20 – 6:00 pm, Mon. July 6, Wed. July 8 and Mon., July 13 (Rain date make-up: Wed., July 15)

**Option 2:** 1:35-2:15pm, Tues. July 14 thru Thurs. July 16 (Rain date make-up: Fri. July 17)

### **Cost: \$35 per pair parent/student**

Other siblings must be accompanied by another adult if in the Park or enrolled in lessons during this time. All of these lessons coincide with regular lessons so that you may enroll older children in classes while you participate with your pre-school child (however, an adult not participating in the Parent Tot class must be present for siblings in these other classes).

## PRIVATE/SEMI-PRIVATE SWIM LESSONS

For children (ages 3+) and adults. During non-swim lesson hours and instructors’ off-duty time. Sign up at the Park with a Director for private lessons. High demand, first come, first served. Availability not guaranteed. Checks payable to Town of Bedford.

**PRIVATE:** 1 student \$25/hour \$20/half hour

**SEMI-PRIVATE:** additional \$5 per student at above prices. Students must have similar skills to be taught at the same time.

- *Please note: Student and family members must either pay gate fee or have membership if entering the park before 6:00pm*

# SPRINGS BROOK PARK

## RED CROSS SWIM LESSON LEVELS (AGES 4+ WHEN THE CLASS STARTS)

- Students may be moved up or down in the levels after being tested.
- It is very common for students to remain in a level for more than one session.
- Classes are 40 - 50 min. long, depending on the class.
- Children ages 4 and 5 must start in Level 0 or Level 1 unless parents speak with a Director for exception.
- **Students must be able to complete all skills consistently in order to move to the next level.**

### **LEVEL 0:** (max 7 students)

Designed for children who are not comfortable in the water, who will not submerge face or head.  
Independent water entry/exit  
Bubble blowing/submerge face and head  
Bobbing  
Retrieving submerged objects with face in the water  
Front/Back glide (2 body lengths)  
Back Float  
Treading arm action  
Roll from back to front  
Simultaneous arm and leg action on back and front (2 body lengths)  
Comfort in water

### **Level 1: Introduction to Water Skills** (max 7 students)

Independent water entry/exit  
Bubble blowing  
Bobbing  
Retrieving submerged objects with face in the water  
Front/Back glide (2 body lengths)  
Back Float  
Treading arm action  
Roll from back to front  
Simultaneous arm and leg action on back and front (2 body lengths)

### **Level 2: Fundamental Aquatic Skills** (max 7 students)

Fully submerging (5 seconds)  
Bobbing (5 times)  
Front float (5 seconds)  
Jellyfish/tuck float (5 seconds)  
Recover from back or front float to a standing position  
Roll from back to front  
Change direction while swimming  
Treading using arm and leg action (15 seconds)  
Combined arm and leg action on front and back (5 body lengths)  
Finning action on front and back

### **Level 3: Stroke Development** (max 8 students)

Headfirst entry from sitting and kneeling position  
Bobbing while moving towards safety  
Rotary breathing (10 times)  
Survival float on front (30 seconds, deep water)  
Back float (30 seconds)  
Tread water (30 seconds)  
Front crawl (15 yards)  
Elementary backstroke (15 yards)  
Scissors kick (20 yards)

### **Level 4: Stroke Improvement** (max 8 students)

Swim underwater 3-5 body lengths  
Feet first surface dive  
Survival swimming (30 seconds)  
Treading water (2 minutes)  
Front Crawl (25 yards)  
Breaststroke (15 yards)  
Butterfly (15 yards)  
Elementary backstroke (25 yards)  
Back crawl (15 yards)  
Sidestroke (15 yards)

### **Level 5: Stroke Refinement** (max 10 students)

Tuck and pike surface dives  
Front flip while swimming  
Tread water 5 minutes  
Front crawl (50 yards)  
Breaststroke (25 yards)  
Butterfly (25 yards)  
Elementary backstroke (50 yards)  
Back crawl (25 yards)  
Sidestroke (25 yards)

### **Level 6: Swimming and Skill Proficiency** (max 10 students)

Front Crawl (100 Yards)  
Elementary Backstroke (100 Yards)  
Back Crawl (50 Yards)  
Breaststroke (50 Yards)  
Sidestroke (50 Yards)  
Butterfly (50 Yards)  
500 yard continuous swim  
Flip turns  
Open turns while swimming  
Fitness Swimmer skills  
Personal Water Safety  
Fundamentals of Diving

## SPECIAL EVENTS AND PROGRAMS

### • **SPLASH BLAST!**

*For JGMS Bedford Students Only*

**Friday, June 12, 6:30—8:30 pm (rain date Mon. June 15)**

JGMS students will have a private beach until the park closes, then all facilities for JGMS only!

Swimming, spray park, mini-golf, wall-ball, volleyball, basketball, beach, concession. Bring your friends and have a blast!

### • **LAST DAY OF SCHOOL SPECIAL**

An invitation to all Bedford Residents to check out the park on the last day of school! Bedford kids and adults get in absolutely free! (must show ID)

### ENTERTAINMENT SCHEDULE

*Will be posted on the Recreation website;  
[www.bedfordrecreation.org](http://www.bedfordrecreation.org) by June 1 and at the park.  
Please bring a towel or blanket to sit for shows.*

### • **KAYAK AND SUP DEMO DAY**

Come try a kayak or SUP (Stand Up Paddleboard) and see how fun both kinds of “boats” can be on the water.

Thursday, June 25, 1:00-3:00 (age 10+, under 10 with a parent)

### • **JULY 4<sup>TH</sup> CELEBRATION**

Come celebrate the 4<sup>th</sup> of July with us!

The park is open only to Bedford Residents and their guests and SBP Members and their guests on July 4.

Admission: \$7/person, \$25 max./family.

⇒ **LUCKY BOB at 1:30:** What do you get when you cross a magician, comedian and juggler... why Lucky Bob of course!

⇒ **WATERMELON SERVED: 2:30-3:30**

⇒ **DJ MIKE PRIDE - Music and Games 3:30—6:30**

**Beat the crowds... before the Park opens:**

**\*YOGA ON THE BEACH:**

Wednesdays mornings, 9:15-10:15

**\*LAP SWIMMING:** June 22—Aug 7, 9:30-10:30



## SPRINGS BROOK PARK Registration Form: page 1 of 2

Last Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 Address: \_\_\_\_\_ Town/Zip \_\_\_\_\_  
*If registering for swim lessons, please indicate parent work & emergency phone #'s :*  
 work /cell# (mother) \_\_\_\_\_ work/cell # (father) \_\_\_\_\_  
 Emergency name and # other than parent \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_

<b>• <u>FULL MEMBERSHIP</u></b>	<b><u>Resident</u></b>	<b><u>Non-Resident</u></b>
Individual:	\$85	\$110
Family:	\$250	\$350
<b>• <u>2 Week Lesson Pass</u> (valid M-F only) \$40 per person/\$120 per family both resident &amp; non resident</b>		
<b>• <u>Bedford Middle School or High School Student</u>: \$25</b>		
<b>• <u>Senior Citizen (65+)</u>: Free (must register in advance or show ID with date of birth at Park)</b>		
<b><u>LESSONS:</u></b>	<b><u>Fee with SBP Full Membership</u></b> (Not valid with 2-week pass)	<b><u>Fee without SBP Full Membership</u></b> (Not valid with 2-week pass)
Day Sessions I, II, III	\$50	\$75
Evening Session	\$50	\$75
Parent/Tot class	\$35	\$45

### Payment Information

Membership/Pass Fee: \$ \_\_\_\_\_ Swim Program Fee: \$ \_\_\_\_\_ Contribution to Neighbors Fund: \$ \_\_\_\_\_

**TOTAL FEE DUE:** \$ \_\_\_\_\_

**Payment Type:** \_\_\_ Cash \_\_\_ Check \_\_\_ MC/Visa MC or Visa #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

I, the undersigned [mother/father/legal guardian] of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the swim program, run by the Bedford Recreation Department and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Town of Bedford Recreation Department's swim program.

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (parental if participant is under 18 years of age)

### MEMBERSHIP SUMMER 2015

**List family members (immediate family only - father, mother, children living at same address)**

Name: _____	Age: _____	Name: _____	Age: _____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Two Week Lesson Pass: Valid Monday - Friday only**

Session 1     Session 2     Session 3

Total Membership Fee: \_\_\_\_\_      6/29-7/10      7/13 - 7/24      7/27 - 8/7

## SPRING BROOK PARK REGISTRATION FORM (Page 2 of 2)

### SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1

Student's Name: \_\_\_\_\_ Sex: M / F Birthdate \_\_\_\_\_ AGE \_\_\_\_\_  
Special Needs/Concerns: \_\_\_\_\_

Evening: Session: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 1: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 2: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 3: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_

### SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2

Student's Name: \_\_\_\_\_ Sex: M / F Birthdate \_\_\_\_\_ AGE \_\_\_\_\_  
Special Needs/Concerns: \_\_\_\_\_

Evening: Session: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 1: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 2: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 3: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_

### SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3

Student's Name: \_\_\_\_\_ Sex: M / F Birthdate \_\_\_\_\_ AGE \_\_\_\_\_  
Special Needs/Concerns: \_\_\_\_\_

Evening: Session: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 1: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 2: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_  
Session 3: Level: \_\_\_\_\_ Time: \_\_\_\_\_ *Alternate if time full:* \_\_\_\_\_

### **PARENT/TOT SWIM CLASSES**

Student Name: _____ Sex: M / F Birthdate _____ AGE _____ Special Needs/Concerns: _____ <input type="checkbox"/> <b>Option 1:</b> 5:20-6:00pm (July 6-July 15) Fee: _____ <input type="checkbox"/> <b>Option 2:</b> 1:35-2:15pm (July 14-July 17) Fee: _____
--

Student Name: _____ Sex: M / F Birthdate _____ AGE _____ Special Needs/Concerns: _____ <input type="checkbox"/> <b>Option 1:</b> 5:20-6:00pm (July 6-July 15) Fee: _____ <input type="checkbox"/> <b>Option 2:</b> 1:35-2:15pm (July 14-July 17) Fee: _____
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**BEACH YOGA PROGRAM:** Please use standard Recreation Registration Form

**BEDFORD RECREATION REGISTRATION FORM**

FAX: 781.687.6156

<b>Name:</b>	<b>Grade Fall 2014:</b>	<b>Sex:</b>	<b>D.O.B:</b>	<b>Home Phone:</b>
<b>Address:</b>			<b>Email:</b>	
<b>Cell Phone:</b>		<b>Work Phone:</b>		
<b>Cell Phone Provider:</b>		<b>Sign up for e-news? YES or NO</b> (Email re: Recreation updates)		
<b>For minor participants:</b> <b>Mother's Name:</b>	<b>For minor participants:</b> <b>Father's Name:</b>		<b>For all participants:</b> <b>Emergency Contact Name:</b>	
<b>Work Phone:</b>	<b>Work Phone:</b>		<b>Phone:</b>	
<b>Cell Phone:</b>	<b>Cell Phone:</b>		<b>Relationship:</b>	
<b>Email:</b>	<b>Email:</b>			
<b>Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?</b>				
Child's Soccer Shirt # if applicable: _____			Optional: Parent Volunteer to Coach/Chaperone? _____	

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

Cash: \_\_\_\_\_ Check: \_\_\_\_\_ (Make checks payable to "Town of Bedford")

MC, VISA, AmEx, Discover #: _____	Exp Date _____
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Authorized Charge Card Signature \_\_\_\_\_

Are you applying for Financial Assistance? (please note application procedures in brochure) \_\_\_\_\_

I, the undersigned (mother, father/legal guardian of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of its employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Date \_\_\_\_\_ Signature \_\_\_\_\_  
(Parental if participant is under 18 years of age)

**Additional forms @[www.bedfordrecreation.org](http://www.bedfordrecreation.org) or photocopy.**

**BEDFORD RECREATION DEPARTMENT  
12 MUDGE WAY  
BEDFORD MA 01730-2165**

Standard Mail  
Postage Paid  
Permit 42  
Bedford MA 01730

**RESIDENTIAL  
POSTAL CUSTOMER  
BEDFORD MA 01730**



***Front Cover Art: Corinne Mazza, Artist***

Corinne has been painting in Oils for more than 15 years and she has also worked with Acrylic paints. In addition to painting, Corinne enjoys dance, crochet and anything to do with crafting. This Spring Session, she is offering a class here at Bedford Recreation, “Oil Painting,” found in the Adult Creative section of this brochure. She enjoys working with people of all ages and enjoys showing them how fun painting can really be.

**\*Front cover photographed** by Clancy Meagher, Photographer. Clancy graduated from Northeastern University with a degree in Photojournalism.



**Check us out on Facebook; follow us on Twitter @BedfordRecMa**