

# Bedford Recreation



2017



SPRING & SUMMER



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

# REGISTRATION INFORMATION

## DEPARTMENT INFORMATION

**Recreation Department**  
**12 Mudge Way**  
**Bedford, MA 01730**  
**781-275-1392 • Fax 781-687-6156**  
**www.bedfordrecreation.org**  
**Office Hours M-F 8:00am - 4:00pm**

### Recreation Staff:

Amy Hamilton, Director  
 Raeann Gembis, Adult Coordinator  
 Nikki Taylor, Program Coordinator  
 Michelle Racette., Admin. Ass't  
 Leslie Ringuette, Dep't Clerk

### Recreation Commission:

Ron Richter, Chairman  
 Virander Kaushik  
 Tom Mulligan  
 Mike O'Shaughnessey  
 Robin Steele

## REGISTRATION

**ONLINE 24/7:** [bedfordrecreation.org](http://bedfordrecreation.org)  
 Register or put yourself on a waiting list for classes 24/7.

### MAIL, VISIT, FAX

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### General Department Information

- Those requiring special assistance, please contact the Recreation Director.
- 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.

## Registration Information

Registration opens March 12 at 9:00PM  
*unless otherwise noted (Adult Class Registration Is Open!)*

**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.

**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.

### 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."

### 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

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.

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### 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 would like to donate. Thank you!

# ~ SUMMER EVENTS ~



## SUMMER CONCERT SERIES 2017

12 Mudge Way

**Thursdays, 7:00 p.m.**



Please join us for the 2017 SUMMER CONCERT SERIES at the Town's "Activity Complex." The concert venue is surrounded by a playground, outdoor basketball courts, 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.

### **JULY 6 — DAN CLARK, SINGING TROOPER**

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

### **JULY 13 — TOM BRUHL TRIO**

This interactive trio produce the sound of an orchestra with Tom Bruhl on guitar, saxophone or flute, Holly Gerken on percussion and Robert Shaheen on keyboard. Rock Variety to make you move. [www.tombruhl.com/the-tom-bruhl-trio](http://www.tombruhl.com/the-tom-bruhl-trio)

### **JULY 20 — THE PARTY BAND**

You saw them on Bedford Day in the parade and their energy had everyone talking! We welcome back to Bedford The Party Band. The Party Band is a brass band committed to education, celebration and community. They clearly accomplish their goal, "To make grooving music that moves our audiences." <https://partybandlowell.wordpress.com/>

### **JULY 27 — SOUTHBOUND TRAIN**

Come along for the ride!! Southbound Train is a high-energy, vocal-oriented, contemporary country band.  
[www.southboundtrain.com](http://www.southboundtrain.com)

### **AUGUST 3 — KNOCK ON WOOD**

Knock on Wood is a dynamic acoustic folk-rock duo, with music for all and some special selections for seniors and for children. Enjoy the sound of acoustic guitar, fiddle, mandolin and vocal harmonies. Short comedy bits and banter between songs will keep you laughing. [www.howienewman.com](http://www.howienewman.com)



## SPRINGS BROOK PARK SUMMER 2017



The Springs Brook brochure will be distributed in mid-April. Please check our website and watch your mailbox.

- Wooded/shaded picnic grove with tables and grills
- Concession stand
- Spray park
- Elementary playground
- Toddler playground
- Sand volleyball court
- Half court basketball court
- Wall ball and Gaga ball pit
- Entertainment and Planned Activities
- Kayaks and Stand-Up Paddleboards
- Miniature Golf
- Tetherball
- Sand beach (bring beach toys!)
- Shade structures
- Zero depth entry, shallow pond with spray features
- Water slide
- Outdoor rinsing showers
- Red Cross swim lessons
- Full Restroom Facilities



### **Summer Employment Opportunities:**

**AQUATIC DIRECTOR AND ASSISTANT AQUATIC DIRECTOR:** Salary range \$11,040-\$16,152. Please see our website for full position information and application. [www.bedfordrecreation.org](http://www.bedfordrecreation.org)

**LIFEGUARDS and SWIM INSTRUCTORS** (minimum age: 16 as of June 6, 2017). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Rate start at \$15-\$19 per hour\* and are based on experience, certification and availability. Accepting applications until all positions are filled. 50% reimbursement of Lifeguard Training certification at end of summer. (\*rates contingent upon Town Meeting approval)

(See page 36 for more information on Springs Brook and other employment opportunities)

### **~ LIFEGUARD AND SWIM INSTRUCTOR EMPLOYMENT INFORMATION NIGHTS ~**

**Wed. March 22, 7:00-8:00pm, Tues. May 16, 6:30-7:30pm and Thursday, May 18, 8:00-9:00pm**

Meet in Room 151, Recreation Building, 12 Mudge Way, North Wing Room 151



# ~ TRIPS & TOURS ~

## H MART TOUR: Tour of the Asian Supermarket 3 Old Concord Rd. Burlington

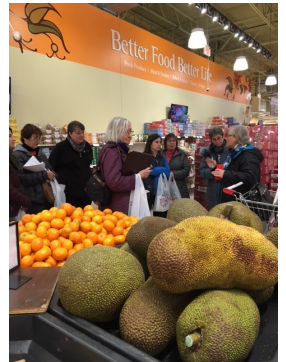
with Debra Samuels, Cookbook Author, Globe Food Writer, Cooking Instructor

The Asian supermarket H Mart is just around the corner in Burlington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas and condiments galore. For some, the unfamiliar ingredients, unrecognizable labels and the football-field-size store is just too daunting for an enjoyable shopping experience. Join Debra, Boston Globe food writer and author of two cookbooks ("The Korean Table" and "My Japanese Table") for a tour to acquaint you with this wonderful resource. There will be plenty of time for questions, shopping and snacking. After each guided tour, we will head over to the food court and sample some of the delicious offerings from the bakery and restaurant stalls. Debra will provide goody bags, handouts with recipes and how to stock your own "starter" Asian pantry. Meet in the entry to the Food Court. Comfortable shoes a must! (min 6/max 10)

**Wednesdays, March 22 and March 29, 6:30-9:00pm. (2wks)**

**Fee: \$53**

## NEW YORK CITY



## NEW YORK CITY SPRING SHOPPING TRIP

**Saturday, April 22**

Enjoy a get away to New York, New York! The Big Apple! Here you can spend the day sightseeing, or visit New York's world class museums. From the world's largest department stores to the finest museums and Broadway, the Big Apple has it all! **YOUR TOUR ITINERARY:** 6:00am depart onboard your luxury CD/DVD/WiFi equipped Silver Fox Coach. A coffee stop (on your own) will be made along the way. For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy's. Then you are on your own to enjoy the Big Apple. Visit one of Broadway's exciting shows, attend one of New York's world famous museums, such as the Metropolitan Museum of Art, or enjoy shopping and sightseeing on Fifth Avenue. You will depart for home at 6:00pm, arriving back at approximately 11:00pm after a delightful New York holiday. Driver gratuity not included. **TOUR INCLUDES:** Luxury Silver Fox CD/DVD/WiFi Motor Coach, NYC Map and Attractions List. \*Non-Refundable, tours and inclusions are subject to change. Trip insurance available, please contact us for more information. Bus pick up/drop off in Carlisle, Concord, Acton or Littleton. (max 10)

**Fee: \$69 per person**

## BOSTON'S TALL SHIPS

**Sunday, June 18**

Boston's history stretches beyond the land to the sea and its wealth of maritime history is the reason that this American port, Boston, was selected for the 2017 Tall Ships Regatta. The Tall Ships will once again parade into historic Boston Harbor and you will be able to view them close up on a narrated sightseeing cruise. This magnificent fleet is featuring Boston's own U.S.S. Constitution, also known as 'Old Ironsides' after British cannonballs bounced off her sides during the War of 1812. Your vessel, the Provincetown II, is equipped with food and beverage service as well as large decks to view the flotilla. Returning to dockside, you will be able to view the docked vessels at anchor. What a spectacle as the Event of 2017 takes place. After a visit to Quincy Market and the beautiful Rose Kennedy Greenway, you will return home. Driver gratuity not included. \*Non-Refundable, tours and inclusions are subject to change.

Time of trip: 8:30am-5:00pm. Bus pick up/drop off in Carlisle, Concord, Acton or Littleton. Trip insurance available, please contact us for more information. (max 10)

**Fee: \$89 per person**

## MAJESTIC MAINE CRUISE

**Saturday, August 19**

As you travel north to Portland, Maine, enjoy the scenic views. Arriving in Portland, you will board the ferry for a two-hour narrated cruise of Casco Bay, its many islands and the beautiful Maine coast. Your cruise destination is Bailey Island, where you will have a delicious luncheon at the famous Cook's Lobster House that overlooks a spectacular view of Casco Bay and the Cribstone Bridge. After lunch you will board the ferry for a return trip to Portland where you will have time on your own. A delightful day in beautiful Downeast Maine. Driver gratuity not included. **TOUR INCLUDES:**

Narrated Sightseeing Cruise, Luncheon at Cook's Lobster House (*Choose Entrée: Lobster Casserole-Lobster Meat in wine sauce, Fish N' Chips, Chicken Cordon Bleu, Grilled Sirloin*), Portland Shopping/Sightseeing Luxury Silver Fox CD/DVD/WiFi Motor Coach. \*Non-Refundable, tours and inclusions are subject to change. Bus pick up/drop off in Carlisle, Concord, Acton or Littleton. Time of trip: 7:00am-6:30pm. Trip insurance available, please contact us for more information. (max 10)

**Fee: \$105 per person**

# TICKETS ~ EVENTS ~ FAMILY PROGRAMS

## WET YOUR PALETTE PAINT PARTY!

with artist, Sue Marion

at The Great Wall Restaurant, 309 Great Rd. Bedford

Enjoy a creative painting session on a Sunday afternoon with friends! We will paint, share some delicious Great Wall appetizers and lots of fun! Session includes instruction, supplies and your own take home masterpiece! We will paint a beautiful Spring scene. Stay for dinner afterward (not included in the fee) and make it an event with friends and family. Light appetizers included, beverages available for purchase. (min 10/max 20) Age 18+

**Sunday, March 19, 1:30-4:30pm.**

**Fee: \$50**



## CAPE ANN WHALE WATCH TICKETS

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 or Sunday, 1:30 trips July 1 thru Labor Day). **Tickets: \$25 each** (reg. \$48 adults/\$33 for children). No expiration.

## DISCOUNT MOVIE TICKETS

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

(AMC Tickets: We no longer sell AMC discount tickets due to the price increase and restrictions on the tickets)



## SPRING FAMILY POOL PASS: \$135 per family for 15 Visits

**Atlantis Club, DoubleTree Hotel Indoor Pool**

Take the family swimming this Spring! Passes are valid for 15 visits from March 15 thru June 15. Print your payment receipt from the Recreation Dept. and present at the desk at Atlantis. You will be given a card to use for each visit. Pass valid only for family members; contact the Atlantis Club for guest policies and additional fees. Please check the Atlantis Club Aquatic Pool Schedule for activities (there may be restrictions based on classes, etc.). DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. 44 Middlesex Turnpike.

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

**Saturday, July 29 at 5:15pm vs Brooklyn Cyclones (Affiliate of the New York Mets)**

Fun for the whole family, a Spinner's game is a memorable event. Premium Box Seats. Call the Park directly 978-805-5115 to reserve and pay for tickets with the Bedford/Carlisle Recreation group. Pre-purchased tickets may be picked up at the Will-Call Box office at the park. Children 3 and under free if they do not need a seat. Games played at LeLachur Park, 450 Aiken Street, Lowell. Transportation not included. Special Promotion night!

**Tickets: \$9.00 (40 tickets available thru June 25, limited number available after June 25)**

## BEDFORD DAY: SEPTEMBER 23, 2017

Save the Date!! Applications for the Bedford Day Fair and Parade will be available mid-May.

# ADULT PROGRAMS

## REGISTRATION FOR ADULT CLASSES IS OPEN!



*FINE ARTS ~ CRAFTS ~ MUSIC  
COOKING  
GARDENING  
PERSONAL INTEREST  
CPR: Heartsaver/Healthcare Provider  
HEALTH & WELLNESS  
EXERCISE & DANCE  
OUTDOOR FITNESS  
SPORT INSTRUCTION  
OUTDOOR ADVENTURES  
SPORT LEAGUES & PICK-UP*



- Many Recreation Programs are held at **12 Mudge Way**. It is the yellow building 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).
- **Please Note:** No Refunds for one night workshops unless notice given to the Recreation Office 2 business days prior to the scheduled program

### 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.

## ~ FINE ARTS & CRAFTS ~



### IMPROVE YOUR WATERCOLOR SKILLS with Nan Rumpf, Artist

A class designed for watercolor painters with some experience. Each class will focus on a different project designed to help you develop your technique and enlarge your awareness of painting possibilities. Use these lessons to develop your personal painting style and explore your artistic voice. Material list available online or at the office. Join us as we improve our skills in this exciting medium. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 8/max 12) Class held at 12 Mudge Way, Rm 152. Registration for non-residents opens March 19, 9:00pm.  
**Mondays, 10:00am-12:30pm, 3/27-5/22 (no 4/17) 8wks** **Fee: \$145**

### WATERCOLOR PAINTING FOR BEGINNERS with Nan Rumpf, Artist

This class is designed to introduce you to basic watercolor skills. We will experiment with washes, glazes, working wet into wet, developing form through value, and creating interesting shapes and compositions. We will also practice expressive brush strokes, lifting and color mixing. Together we will explore the charms of this free flowing medium. Material list available online or at the office. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 8/max 12) Class held at 12 Mudge Way, Rm 152. Registration for non-residents opens March 19, 9:00pm.  
**Thursdays, 10:00am-12:30pm, 4/6-5/18 (no 4/20) 6wks** **Fee: \$110**





# ADULT PROGRAMS

## ~ FINE ARTS & CRAFTS ~

### OIL PAINTING

with Corine Mazza, Wilson Bickford Certified Artist

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? This is an instructional oil painting class, designed for beginners and those who would love to paint. You will have an opportunity to create two paintings during the 4 week session and one painting during the 2 week 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. All supplies included. Bring an apron or wear clothes that can be painted. Age 16+ (min 3/max 15) Class held at 12 Mudge Way, Rm 152.

**4 Week Session: Thursdays, 7:00-9:00pm, 4/6-5/4 (no class 4/20)**

**Fee: \$108**

**2 Week Session: Thursdays, 7:00-9:00pm, 6/1-6/8**

**Fee: \$62**



### WATERCOLOR ON YUPO

with artist Gwen Chasan

YUPO Synthetic Paper is a 100% recyclable, waterproof and tree-free surface that offers exciting, playful opportunities to watercolor painters. A variety of materials and techniques will be used to produce spontaneous, colorful paintings. This loose and creative painting experience offers the opportunity for beginners to create beautiful paintings, and for more advanced painters to loosen up and let go. There will be a still life set up and many reference photos to stimulate your imagination, or you may explore an abstract approach and just enjoy the paint. Sessions begin with a demonstration and introduction to materials, followed by ample time to create your own paintings. Please bring your tube watercolors, a palette, and large/small soft brushes. Yupo paper will be provided. Please bring plastic table cover, apron and clothing that can get messy. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 5/max 10) \$10 material fee payable to the instructor at class. Age 16+

**Tuesdays, 6:30-8:30pm, 4/4-4/25 (no 4/18) 3wks**

**Fee: \$60**

### MIXED MEDIA ART WORKSHOP

with artist Valeria R. Lanza

Art enthusiasts who are interested in creating with different media such as watercolors, acrylics, oils, or pastels will enjoy this interactive workshop. Artists of all levels welcome although some experience in basic brush strokes and simple composition is desirable. Students in this class paint independently with the guidance of the instructor. Besides different media, students also learn how to use different tools such as sponges and knives. Students should bring brushes, paints, easels, palettes, and containers for water or oil medium (odor-free turpenoid required), a picture or items that they would like to paint (teacher has plenty of material that can be helpful to students as well), a large plastic cloth to cover the work area and a plastic bag to cover the chair. Class held at 12 Mudge Way, Rm. 152. (min 9/max 14) This class is co-sponsored by the Bedford Arts and Crafts Society.

**Tuesdays, 9:30am-12:00noon, 3/14-6/6 (no 4/18) 12wks**

**Fee: \$100**



### THE ART OF BASKETWEAVING

with Kim Lennon

Baskets are useful for many things and they make great gifts, but they can be expensive to buy and you may not always get exactly what you want. Learn the basics of making a rectangular bottom basket and a round bottom basket. Class will cover reed preparation, cutting, weaving instruction, tips, patterns, other types of baskets and materials. The techniques you learn in this basic class will enable you to make lots of other types of baskets. Reed will be provided. You will make two basic baskets or more if time permits. Bring a large towel, dozen+ clothespins (spring type) and a 12-20" diameter bucket. Please pay a \$20 material fee to the instructor at class. Class held at 12 Mudge Way, Rm 152. Age 16+ (min 6/ max 12) 5wks

**Fridays, 10:00-11:45am, 5/12-6/9**

**Fee: \$90**



# ADULT PROGRAMS

## ~ ARTS & CRAFTS ~

### STONE CARVING



Scott Cahaly  
Stone Sculpting Studio  
80 Loomis St. 2nd Floor, Bedford  
[www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com)

### STONE CARVING SATURDAYS

In this popular one-day workshop, you have the opportunity to carve your own stone, 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. You 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)

**Saturdays, 9:30am-2:30pm**

**Fee: \$125 each option**

**Options:** April 22, May 20, June 17, July 22 or August 19

### STONE CARVING CLASSES

Learn how to carve stone (alabaster) and learn all parts of this fascinating ancient medium. Beginning/intermediate/advanced students are all welcome. You will learn the process of stone carving from the beginning chisels, to the files and finishing process. You will be encouraged and aided in producing the type of work that interests you! More advanced students will be aided in pursuing new creative directions. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. Price includes tools. Stones are an extra expense (approximately \$4/lb) payable at class. (min 4/max 8) 10wks (age 16+)

**Mondays, 10:00am-1:00pm, 4/3-6/19 (no class 4/17, 5/29)**

**Fee: \$515**

**Tuesdays, 10:00am-1:00pm, 4/11-6/13**

**Fee: \$515**

**Tuesdays, 7:00-10:00pm, 4/11-6/13**

**Fee: \$515**

**Wednesdays, 7:00-10:00pm, 4/5-6/7**

**Fee: \$515**

**Mondays, 10:00am-1:00pm, 6/26-8/21 (9wks)**

**Fee: \$470**

**Wednesdays, 7:00-10:00pm, 6/21-8/23**

**Fee: \$515**

## ~ MUSIC ~



### THE FUN APPROACH TO LEARNING GUITAR with Marc Boggs



You don't 'work' a guitar... you PLAY it. That word is the key motivator to his approach in teaching; enjoyable, rewarding, encouraging, but most of all FUN. We will cover all the basics in a no-pressure, hands-on, interactive class setting by using popular songs as prime examples instead of a series of boring exercises or 'method' books. You will learn how to write, arrange and perform your own composition while learning the basic fundamentals of music knowledge. Over the course of 25+ years, Marc has worked with various groups/projects gaining valuable professional performing and teaching experience. Having spent most of the 1990's touring the east coast opening for various artists such as Joe Bonamassa, Peter Dinklage, Kansas, and Joe Walsh, he has now settled into a role as a private guitar instructor. Ages 14+ (min 6/max 20) Class held at 12 Mudge Way, Rm. 139

**Tuesdays, 7:00-8:30pm, April 4/4-5/30 (no class 4/18) 8 wks**

**Fee: \$125**

### 'EVEN MORE' FUN LEARNING GUITAR - PHASE 2 with Marc Boggs

This is the second 'phase' of a FUN, interactive, and enjoyable journey toward learning the guitar. We continue right where we left off at the end of the introductory course. Working with the tools/skills learned, this course goes deeper into the workings of the guitar. We explore different styles of songwriting, expanding chord and scale vocabulary while dissecting popular songs and learning new techniques. This course will provide the solid foundation for a lifetime of enjoyment and self-gratification. Over the course of 25+ years, Marc has worked in various groups/projects gaining valuable professional performing and teaching experience. Having spent most of the 1990's touring the east coast opening for various artists such as Joe Bonamassa, Peter Dinklage, Kansas, and Joe Walsh, he settled into a role as a private guitar instructor. Ages 14+ (min 6/max 20) Class held at 12 Mudge Way, Rm. 139

**Wednesdays, 7:00-8:30pm, 4/5-5/31 (no class 4/19) 8wks**

**Fee: \$125**



# ADULT PROGRAMS

## ~ COOKING ~

### FRENCH DINNER WITH FRENCH CONVERSATION

with Jeannette Pothier and Elizabeth Skipper, Professional Chefs

Join us for a delicious typical French meal of Potage Vichy (carrot soup), Bifteck Marchand de Vin, Gratin Dauphinois, and Salade Verte, topped off with an apple Tarte Tatin. Learn to make these dishes yourself with classic techniques for your next dinner party. Class will be a mix of demonstration and participation, depending on the number of students. As always, there will be plenty of astuces (expert tips and tricks) sprinkled throughout. The French spoken will be up to you! Bring an appetite, your finest apron, and \$15.00 per person for food costs payable that evening. Dinner class will be held in a home in Bedford, location to be provided after you register. (min 6/max 10)

Friday, April 28, 6:30pm start time.

Fee: \$50



### JULIA AND JEANNETTE (Cooking a la Julie Child)

with Jeannette Pothier, Professional Chef

Julia Child and her husband, Paul, settled in Cambridge. Her first book, *Mastering the Art of French Cooking* had just been published, a friend asked her to interview with WGBH TV in Boston, and the rest is history. The French Chef series was born. Jeannette knew Julia, studied at her home, and cooked dinner for Julia at Maison Robert along with the Women's Culinary Guild of Boston. So, we will make very Julia-like dishes, (with flair) an omelette, a chicken dish, *Salpicon de Volaille*, a vegetable soufflé, and then Jeannette's Pear custard tart, all of it with lots of Julia-like ingredients including butter! Bring an apron, your knives, and ladies wear your pearls! Additional material cost of \$15; please pay instructor the materials fee that night. Bedford location to be given when you register. (min 6/max 10)

Tuesday, April 4, 6:30-9:00pm

Fee: \$40



### CHEESE MAKING & LOCAL ARTISINAL CHEESE TASTING

with Kimi Ceridon, Chef

Join Cooking with Kimi for a cheese making and cheese-tasting adventure. The adventure begins by kicking off the chemical process for making a simple homemade cheeses like ricotta, queso blanco and panir. While the curds and whey separate on our homemade creations, we will talk about cheese making, resources and equipment and sample a variety of the many New England artisanal cheeses including samples of drink and condiment pairings. Finally, we will try our hands at stretching mini mozzarella balls. You will leave with the skills to continue your cheese making adventure at home and a recipe booklet and starter culture for making an overnight cream cheese or fromage blanc on your own. Please bring an apron and take home container. Additional material cost of \$15; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

Tuesday, May 9, 6:00-9:00pm.

Fee: \$42



### ENRICHING EGGS

with Kimi Ceridon, Chef

Eggs are nature's most versatile ingredient. Packed with protein and nutrients, they are a staple on the breakfast plate. But inside those delicate calcium shells is a scientific wonder that makes so many things we eat taste great. The unique molecular structure of eggs binds cakes while making them moist; when whipped, they knit themselves into a network that can coax water and oil into coexisting or absorb air to bring dishes to new heights. We will investigate the power of eggs through three all-star recipes—Caesar dressing, a savory strata, carbonara and decadent crème brulee or catalan—enjoying the familiar delicious flavors, and examining the science that makes each recipe work. Please bring an apron, four 4-6oz. Crocks for the crème brulee and take home container. Additional material cost of \$20; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

Tuesday, May 23, 6:00-9:00pm.

Fee: \$42

# ADULT PROGRAMS

## ~ COOKING ~



### VERSATILE VEGETABLE DISHES

with Amy Borshay-Bokser, Private Chef and Guest Chef, Maria Ferretti-Salzman

Join this demonstration class and learn how to make vegetable dishes that are delicious and easy! We will show different combinations of vegetables with the same cooking style, as well as teach some new cooking techniques for Vegetables. Amy will have a "Guest Chef", Maria Ferretti-Salzman, teach as well. Maria is native of Italy and she makes the best Brussel Sprouts and Kale dishes. All recipes will be Gluten and Dairy Free!

Additional material cost of \$15; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. Age 16+

**Monday, April 10, 6:30-8:30pm (min 5/max 15)**

**Fee: \$30**



### THINK SPRING! GARDENING with Master Gardener Peter Coppola

All gardening classes will be held at McCue Garden Center, 200 Cambridge Rd. Woburn



**STARTING PLANTS FROM SEED:** Open pollinated, heirloom, hybrid, determinate, in-determinate; do you know the difference? This two-hour course will provide the information that will help you improve germination rates and grow healthy seedlings for outdoor planting. Save money and plant something different in your garden this year by starting and growing flowers and vegetables indoors from seed. The session will cover seed selection, growing mediums, and how to create a micro-climate favorable for plant growth.

**Sunday, March 19, 10:00am-12:00noon (min 5/max 10)**

**Fee: \$20**

**GARDENING IN THE CLIMATE CHANGE ERA:** Warmer temperatures and watering restrictions are a reality. Climate change is forcing gardeners to make adjustments to plant selection and maintenance. This class offers an organic approach to achieving green healthy plants, lawns and gardens that is safe for children and pets and less harmful to the environment. Topics discussed include: plant nutritional needs, soil dynamics, water conservation plant selection and propagation, landscaping and garden design, and organic pest and disease solutions.

**Sunday, March 26, 9:00am-12:00noon, (min 5/max 10)**

**Fee: \$25**

**MASTERING GARDENING SKILLS:** Expand your knowledge of plants, products and techniques. This course is designed for individuals seeking a more balanced gardening approach by improving their skills and understanding of plant care. Class sessions will include discussions on soil preparation, plant selection and propagation, proper use of fertilizer and pesticide, landscaping and garden design, lawn care, pest management, yard maintenance, tool selection and other subjects of interest related to the growing season. 6 weeks

**Sundays, 1:00-3:00pm, 4/2-5/21 (no class on 4/16, 4/23) (min 5/max 10)**

**Fee: \$72**

## ~ PERSONAL INTEREST ~

### GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE

with Voice Coaches

An introduction to professional voice overs. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet. The basics will be covered, including how to prepare the all – important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. (min 3/max 10) Class held at 12 Mudge Way, Rm 152.

**Wednesday, May 31, 6:30-9:00pm**

**Fee: \$25**

# ADULT PROGRAMS

## ~ PERSONAL INTEREST ~

### **DOWNSIZING AS AN ADVENTURE!**

**with The Debbie Spencer Group, Realtor Estate Team**

Learn from The Debbie Spencer Group how to make Downsizing your next FUN adventure! Downsizing presents opportunities for new freedom and exciting lifestyle changes. The Debbie Spencer Group will walk you through step by step on how to make a successful transition to a new home. In addition to REALTORS, her team is comprised of a "Professional Organizer" and "Interior Designer" who will be at the class to share their numerous positive experiences and priceless tips that you can use immediately no matter where you are in the downsizing process. Class held at 12 Mudge Way, Flint Rm. (min 5/max 40)

**Monday, April 3, 5:00-7:00pm**

**Fee: \$15 per individual or couple**

## ~ HEALTH AND WELLNESS ~

### **WOMEN'S SELF-DEFENSE & PHYSICAL EMPOWERMENT WRXSHOP**

**with Winnie Callahan, Co-Owner of Callahan's Karate**

**and Jennifer Buckley, Founder of GrooveWrX and The Girl Power WrXShop**

This fun, interactive and *important* program addresses the challenges women face regarding physical confidence and positive body image. In a supportive and informal environment, we will demonstrate, teach and practice many simple yet effective self-defense techniques and review other important tips for personal safety and physical confidence. Age 18+ Wear comfortable workout attire. Class held at Callahan's Karate, 20 North Rd. (min 8/max 40)

**Monday, May 8, 7:00pm – 9:00pm**

**Fee: \$25**

### **REIKI LEVEL I CERTIFICATION**

**with Julie Ramsdell, M.S., Reiki Master**

Reiki is a Japanese therapy used in private practice and in hospitals around the country to promote healing, relaxation and well being by improving the flow of energy in the body, similar to the process used by acupuncture but without needles. Emotional and physical blockages that can cause unhappiness, pain and illness in the body are removed by increasing the flow of energy. Not allied with any religion, it is a gentle yet powerful technique that leaves recipients feeling more joyful, healthy and peaceful. Numerous scientific studies validate it's efficacy; it is used in hospitals around the world. Practitioners are needed! During a Reiki session, clients remain fully clothed while the practitioner offers Reiki through a combination of both hands off and gentle touch with hands placed on locations relevant to areas of the body that may benefit from increased life force energy. Light snacks will be provided, and we will break for lunch at noon. Class held at 200 Great Rd. Suite 254A. (min 2/max 10)

**Saturday, April 8, 9:00-3:00pm**

**Fee: \$150**



### **MEDITATION AND RAISE YOUR VIBE HOUR**

**with Julie Ramsdell, M.S., Reiki Master**

Curious about meditation? Why is everyone talking about meditation and its health benefits? Will it really help enhance your relationships, heal your body, and permit you to sleep better? Make you happier? Energy medicine - that includes meditation - is the medicine of the future, and this class gives you the tools to enjoy a more empowered, peaceful and passionate life -- without pharmaceuticals. Through meditation and by learning simple techniques, you become less stressed and find more joy in your life. We will remind your body how to heal itself. The class will be half meditation and half energy medicine techniques, where we balance our chakras to keep the energy flowing in our bodies. No special attire or equipment is needed. If you already meditate, joining a meditation circle is very powerful and will enhance your practice. All levels of experience are warmly welcome. Class held at 200 Great Rd. Suite 254A. (min 4/max 15) Age 16+

**Tuesdays, 7:00-8:00pm, 4/4-5/30 (no class 4/18) 8wks**

**Fee: \$96**



# ADULT PROGRAMS

## ~ HEALTH AND WELLNESS ~

**GROW A STRONG FAMILY SERIES**  
**with Mara Briere, MA, of Grow A Strong Family, Inc.**  
Class held in Rm. 151, 12 Mudge Way

### **WHO CARES FOR THE CAREGIVER?**

Learning how to actively schedule self-care is a vital skill when nurturing and supporting loved ones with mental illnesses. Give yourself the gift of an evening to acquire some skills that do not require huge amounts of time or commitments that you may not be able to fulfill. You might even have fun while remembering how to have fun!

**Monday, March 13, 7:00-8:30pm (min 5/max 25)**

**Fee: \$25**

### **HOW TO MANAGE THE HOLIDAYS AND FAMILY CELEBRATIONS WITH LOVED ONES WITH MENTAL ILLNESSES**

Throughout the year, there are special times that families gather together and for some families, these can be quite stressful. In the spring, there are religious celebrations as well as Mother's Day & Father's Day, graduations, and weddings. This seminar offers effective strategies for moving through these potentially difficult times with our loved ones with mental illnesses or behavioral health issues. (min5/max25)

**Monday, March 27, 7:00-8:30pm**

**Fee: \$25**

### **HOW TO PARENT CHILDREN WITH BEHAVIORAL HEALTH ISSUES**

Parenting is a challenge under the BEST of circumstances. Add a child with behavioral health issues and, well, it is MORE of a challenge! Learn how to step out of the fight of medical/mental health compliance. Examine some strategies to increase your effectiveness in establishing and setting limits. Consider how to have more fun as a parent! This introduction offers a framework for managing the challenges facing parents who are confronted with atypically developing children. (min5/max25)

**Monday, April 3, 7:00-8:30pm**

**Fee: \$25**

## ~ CPR COURSES ~

### **CPR HEARTSAVER (Adult, Child and Infant)** **with Kelley Anzuoni, RN**

The goal of this course is to provide individuals with the basic knowledge and skills necessary to provide CPR, Automatic Defibrillator and Choking Rescue in the event of a cardiac arrest or choking emergency. Training includes valuable hands-on manikin practice to increase skills and confidence. This course also teaches how to recognize the signs of 4 major emergencies, heart attacks, stroke, cardiac arrest and foreign body airway obstruction. This course is based on the AHA 2015 criteria and provides a 2-year certification card. Please bring towel or small blanket for kneeling, and self-addressed stamped envelope for card to be mailed. Class held in the Bedford Police Station Conf. Rm. Age 11+ (min 4/ max 20)

**Sunday, May 21, 1:30-4:30pm.**

**Fee: \$81**

### **CPR (BLS) FOR HEALTHCARE PROVIDERS—Classroom-Based course** **with Kelley Anzuoni, RN**

This American Heart Association course is appropriate for both new and renewal two-year Certification. CPR - BLS for Healthcare Providers is designed to teach the skills to recognize and manage emergency situations for healthcare and dental professionals and students who work in a wide variety of settings. This course includes one and two rescuer CPR/AED, Bag- mask use, as well as choking rescue, for all ages. Class is taught according to the AHA 2015 guidelines and provides a 2-year certification. Course consists of class room, manikin practice, skill tests and a 25 question written exam. Please bring a self-addressed stamped envelope and towel or blanket for kneeling if desired. Class held in the Bedford Police Station Conf. Rm.

**Sunday, May 21, 5:30—8:30pm (min 5/max 20)**

**Fee: \$92**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### NIA CLASS with 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 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	4/3-6/19 (no class 4/17, 5/29) 10wks	<b>Fee: \$100</b>
<b>Wednesday</b>	9:30-10:30am	4/5-6/21 (no class 4/19) 11 wks	<b>Fee: \$110</b>
<b>Thursday</b>	6:30-7:30pm	4/6-6/22 (no class 4/20) 11wks	<b>Fee: \$110</b>
<b><u>Summer Session:</u></b> (there will be one week off during this session, tba)			
<b>Wednesday</b>	9:30-10:30am	7/5-8/30 (8wks)	<b>Fee: \$80</b>
<b>Thursday</b>	6:30-7:30pm	7/6-8/31 (8wks)	<b>Fee: \$80</b>

### BEGINNER - INTERMEDIATE TAI CHI with the instructors of 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 10)

<b>Wednesdays</b> , 6:30-7:30pm, 3/29-5/31 (10wks) Class in Rm.153, 12 Mudge Way.	<b>Fee: \$115</b>
<b>Wednesdays</b> , 6:30-7:30pm, 6/7-8/9 (10wks) Class in Rm.153, 12 Mudge Way.	<b>Fee: \$115</b>
<b>Thursdays</b> , 1:00-2:00pm, 3/23-5/25 (10wks) Class held in Union Rm., 12 Mudge Way	<b>Fee: \$115</b>
<b>Thursdays</b> , 1:00-2:00pm, 6/1-8/3 (10wks) Class held in Union Rm., 12 Mudge Way	<b>Fee: \$115</b>

### STRETCH AND TONE FOR WOMEN

with Nina Franzino, Attitudes Dance and Fitness

Develop strength and flexibility, improve coordination, muscle tone, posture, body alignment and 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 10) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

<b>Tuesdays</b> , 7:00-8:00pm, 3/28-5/16 (no class 4/18, 5/2) 6wks	<b>Fee: \$66</b>
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### ZUMBA® FITNESS DANCE PARTY with Renae Nichols

Let the music free your body in the ultimate dance-fitness workout that will groove you into shape. This class is designed for adults of all ages and fitness levels, and no previous dance experience is required. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Get your heart pumping to the upbeat sounds of salsa, merengue, cumbia, reggaeton, soca, bollywood, and pop hits from around the world. So much fun, you will forget that you are working out! (min 6/max 25) Age 15+. Class held at 12 Mudge Way, Union Rm.

<b>Thursdays</b> , 9:30-10:30am, 3/30-6/8 (no class 4/20) 10wks Class held at 12 Mudge Way, Union Rm.	<b>Fee: \$100</b>
<b>Mondays</b> , 6:00-7:00pm, 6/26-8/21 (7/3 tba, no class 8/7) 7wks	<b>Fee: \$70</b>



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### HATHA YOGA with 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 and 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>	7:15-8:15pm	4/3-6/5 (no class 4/17, 5/29) 8wks	<b>Fee: \$115</b>
<b>Tuesdays</b>	9:30-10:30am	4/4--6/6 (no class 4/18) 9wks	<b>Fee: \$126</b>
<b>Wednesdays</b>	7:00-8:00pm	4/5-6/7 (no class 4/19) 9wks	<b>Fee: \$126</b>
<b>Fridays</b>	9:30-10:30am	4/7-6/9 (no class 4/21) 9wks	<b>Fee: \$126</b>
		<u>Summer Session dates:</u>	
<b>Wednesdays</b>	7:00-8:00pm	7/12-8/16 (6wks)	<b>Fee: \$82</b>
<b>SUMMER OUTDOOR MORNING YOGA WITH BONNIE: See page. 17</b>			

### RESTORATIVE YOGA

#### with 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. Please provide an email address when registering; forms required before first class will be emailed to you. (min 3/max 10) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Sundays, 5:00-6:30pm, 4/2-6/11 (11wks)**

**Fee: \$138**

**Sundays, 5:00-6:30pm, 6/25-8/27 (10wks)**

**Fee: \$120**



### YOGA FIT AND STRONG

#### with 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. (min 3/max 12). Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering; forms required before first class will be emailed to you.

**Tuesdays, 7:30-8:45pm, 4/4-6/13 (11wks)**

**Fee: \$138**

**Tuesdays, 7:30-8:45pm, 6/27-8/29 (no class 7/4, 9wks)**

**Fee: \$108**



### CREATIVE FLOW YOGA WITH MUDRAS

#### with Cyndy Overgaag, Serenity Yoga Center

This moderately paced class is in the vinyasa tradition (flowing from posture to posture) and explores new and creative versions of traditional sequences and invites students to experience unique combinations of postures. We will add mudras - hand positions and movements - to bring specific healing and enhancing effects to the practice. The mudras are both fun to learn and effective. Individual inspiration and confident movement are supported and encouraged. Please provide an email address when registering; forms required before first class will be emailed to you. (min 3/max 12) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Saturdays, 8:15 - 9:30 am, 4/8-6/17 (11wks)**

**Fee: \$138**

**Saturdays, 8:15 - 9:30 am, 7/1-8/26 (9wks)**

**Fee: \$108**





# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### BODYJAM ~ BODYPUMP ~ BODYFLOW

with 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.

**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.

**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)

Please bring mat, towel and water.

**Spring Session:** April 3 – June 18 (11 wks)

**Summer Session:** June 26 - August 27 (9 wks)

#### FEES:

#### Spring:

#### Summer:

• BodyJam only:	<b>\$210</b>	<b>\$160</b>
• BodyFlow only:	<b>\$198</b>	<b>\$160</b>
• BodyPump only:	<b>\$230</b>	<b>\$170</b>
• BodyJam & BodyPump:	<b>\$242</b>	<b>\$180</b>
• BodyJam & BodyFlow:	<b>\$230</b>	<b>\$170</b>
• BodyPump & BodyFlow:	<b>\$242</b>	<b>\$180</b>
• Pump/Jam/Flow	<b>\$264</b>	<b>\$200</b>

*Attend Unlimited classes per week.*

*Try your first class free!*

*All classes held at Connections, 153 Concord Rd.*

#### FREE INTRODUCTORY CLINICS:

Feel comfortable with the moves and techniques before taking a full class. Proper form, safety, class format and sample tracks from an actual class. Leave feeling confident and enthused about your new program.

**Advanced registration required @ [www.kamatefitness.com](http://www.kamatefitness.com)**

1st Monday of each month: BodyPump 5:30-6:30pm

1st Tuesday of each month: BodyJam 6:30-7:00pm

#### BODYJAM: Spring: (4/3-6/18)

**Tuesday** 7:00 – 8:00pm

**Thursday** 7:00 – 8:00pm

**Friday** 9:20- 10:20am

**Saturday** 10:15-11:15am

#### Summer: (6/26-8/27)

7:00-8:00pm (no 7/4)

7:00-8:00pm

no class

10:15-11:15am

#### BODYPUMP:

**Monday** 9:20-10:20am (no 5/29)

**Monday** 6:30-7:30pm

**Wednesday** 9:20-10:20am

**Wednesday** 6:30-7:30pm

**Saturday** 8:00-9:00am

**Saturday** 9:00-10:00am

no class

6:30-7:30pm

9:20-10:20am

6:30-7:30pm

no class

9:00-10:00am

#### BODYFLOW:

**Tuesday** 9:20-10:20am

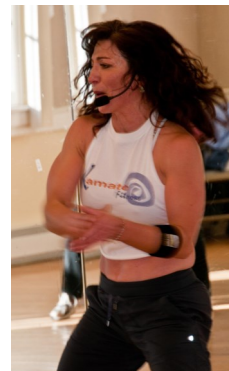
**Thursday** 6:00-7:00pm

**Sunday** 4:30-5:30pm

9:20-10:20am (no 7/4)

6:00-7:00pm

4:30-5:30pm



# ADULT PROGRAMS



## ~ EXERCISE AND DANCE ~



### **CARDIO KICKBOXING with Courtney Stacey**

Cardio Kickboxing is a kickboxing-inspired, high-intensity cardio workout. The class includes warm up, a variety of cardio and strength exercises, core work and a cool down, all to lots of good music. Typically, participants have a well-established cardiovascular level, but all levels of fitness are welcomed and encouraged! Each class guarantees plenty of sweat and smiles! Please bring mat or towel for floor work, water, comfortable workout clothes and sneakers.

Age 16+. (min 6/max 20) Class held at Bedford High School, Gym E Dance Studio. (location of class on 4/21 will be at Recreation Department, 12 Mudge Way, Union Room )

**Tuesdays**, 4/4-5/30, 6:30-7:30pm, (9wks)

**Fee: \$80**

### **CARDIO BARRE BLAST**

**with Nina Fanzino, 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 have 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 4)

**Tuesdays**, 8:00-9:00pm, 3/28-5/16 (no class 4/18, 5/2) 6wks

**Fee: \$66**

### **BALLROOM DANCE—Beginner/Intermediate**

**with Van Chum, Attitudes Dance and Fitness**

This class includes the basics of a variety of ballroom dance styles including Foxtrot, Waltz, Rumba and Merengue, and will take you one step further into some intermediate steps. The Cha Cha, Tango and East Coast Swing may be included. 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 who have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Mondays**, 8:30-9:30pm, 3/27-5/15 (no class 4/17, 5/1) 6wks

**Fee: \$66**

### **TAP BASICS**

**with Amy Boshco, Attitudes Dance and Fitness**

Tap combines study of rhythm, patterns, and syncopation in order to develop rhythm, agility, balance and coordination. Please bring a towel, water and wear comfortable clothes and tap shoes (street shoes not permitted). Age 16+.

Beginner/Intermediate level. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 7:00-8:00pm, 3/29-5/17 (no class 4/19, 5/3) 6wks (max 10)

**Fee: \$66**

### **BALLET BASICS**

**with Lisa Rizzzone, Attitudes Dance and Fitness**

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control and concentration while building a graceful and healthy body with good posture. Please wear loose clothing and ballet slippers or socks (street shoes are not permitted). Appropriate for the beginner/intermediate student with some previous experience. Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays**, 5:45-7:00pm, 3/29-5/17 (no class 4/19, 5/3) 6wks (max 4)

**Fee: \$66**

### **BROADWAY JAZZ**

**with Diane Longtin, Attitudes Dance and Fitness**

Let your inner Broadway star out in this class that focuses on Broadway dance. This class uses music from Broadway and teaches students how to use dance to act out favorite musicals. Please wear loose comfortable clothing and bring jazz or character shoes (street shoes are not permitted in the studio). Appropriate for the beginning/intermediate student with little or no previous experience. (max 10) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Saturdays**, 9:00-10:00am, 3/25-5/13 (no class 4/22, 5/6) 6wks

**Fee: \$66**



# ADULT PROGRAMS



## ~ OUTDOOR FITNESS ~



### OUTDOOR MORNING HATHA YOGA

with Bonnie McCulloch

Find your peace among the trees! Yoga postures will be practiced surrounded by the beauty of nature, fresh air and warm sunlight. Bonnie 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 towel, yoga mat and water bottle. Class held at Lane School, 66 Sweetwater Ave. If class is rained out, class will be held at the Union Rm 12 Mudge Way. Age 15+ (min 6/max 15)

**Wednesdays, 8:00-9:00am 7/12-8/16 (6wks)**

**Fee: \$75**

### WEEKLY RUN WORKOUT PROGRAM

with Deanna Pomfret

*USA Triathlon Level 1 Coach, Road Runners Club of America Certified, Certified Functional Strength Coach*

Whether you are new to running or pursuing a long time personal record, all are welcome as we work toward improved run technique, run economy and speed. It is possible to work hard and have fun in the process. You will benefit from the group dynamic of your workout while receiving individual support and feedback about your run. You will also receive weekly newsletter from your coach with lifestyle, nutrition and recovery tips. *Optional:* Customized Plan for your goals and unique needs available for extra \$50, sign up with the instructor at [deanna@athleticpursuits.net](mailto:deanna@athleticpursuits.net). All levels and experiences. Ages 16+ are welcome. Program will meet at Bedford High School Track. (min 12/max 30) Coaching assistants from Athletic Pursuits LLC.

**Wednesdays, 6:30-7:30pm, 4/5-6/28 (no 4/19) 12 wks**

**Fee: \$150**

### RUN METRICS 101

with Deanna Pomfret

When Deanna started coaching runners, she used stop watches. Now, we track much more than time, we track stride rate, stride length, heart rate, training stress scores, pace, moving pace, calories burned and so on. If you want to learn more about how to use your run data, this clinic covers the basics of your run metrics and how you can use this information to be a more intuitive runner. Deanna will discuss how to add your subjective feedback to the metrics above to show how this information comes together to tell the story about each of your runs. She will also discuss what changes in these numbers over time or within a specific workout actually mean to you and your training. Then you will take it outdoors and warm up and run some intervals using our heart rate monitors to guide our efforts. Program will meet at the Police Station Conference Room and then go to the Bedford High School Track. (min 12/max 30) Age 16+. Coaching assistants from Athletic Pursuits LLC.

**Saturday, April 29, 9:00-11:00am**

**Fee: \$54**

### CO-ED OUTDOOR BOOT CAMP

with 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)

#### BOOTCAMP SCHEDULE:

<b>Session 1</b> 8wks	Mon.	6:30-7:30pm**	4/3-5/22	<b>\$115</b>
	Wed.	6:30-7:30pm	4/5-5/24	<b>\$115</b>
	Sat.	7:30-8:30am	4/8-5/27	<b>\$115</b>

<b>Session 2</b> 8wks	Mon.	6:30-7:30pm**	5/29-7/17	<b>\$115</b>
	Wed.	6:30-7:30pm	5/31-7/19	<b>\$115</b>
	Sat.	7:30-8:30am	6/3-7/22	<b>\$115</b>

**\*\*Please note: Mon. 4/17, 5/29 class will be at 7:30am**

<b>Session 3</b> 5wks	Mon.	6:30-7:30pm	7/31-8/28	<b>\$72</b>
	Wed.	6:30-7:30pm	8/2-8/30	<b>\$72</b>
	Sat.	7:30-8:30am	8/5-9/2	<b>\$72</b>

*Session 3 will focus on small group training, techniques, equipment and timed interval training.*

<b>Fall Session</b> 10wks	Sat.	7:30-8:30am	9/9-11/11 (9/23 time TBA)	<b>\$144</b>
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# ADULT PROGRAMS

## ~ SPORT INSTRUCTION AND OUTDOOR ADVENTURES ~

### MYSTERY WALKS

with 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.

**Tuesdays**, 9:30-noon, starts 4/4-5/16 (no 4/18) 6wks

**Fee: \$89**

**Wednesdays**, 9:30-noon, starts 4/5-5/17 (no 4/19) 6wks

**Fee: \$89**



### ARCHERY

with Mark Pirrello, On The Mark Archery

Discover recurve archery this spring and experience firsthand the empowerment that comes with learning the way of the bow and arrow. The complex details of the shooting form are broken down into basic steps that are easy to understand and execute. Mastery of the sport takes years, but success can be found with a focused mind and a determined attitude. All equipment is provided. Beginners and intermediates welcome. Enrolled students are eligible to compete in the On the Mark Archery Tournament this June and August. Classes led by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided.

Age 15+ (min 5/max 10)

**Option 1: Tuesdays**, 7:30-8:30pm, 5/2-5/30, (5wks)

**Fee: \$145**

Class held at Davis School Gym.

**Option 2: Mon-Thurs.** 6:30-7:30pm, 7/24-7/27 (7/28 rain-date make up)

Class location to be determined.

**Fee: \$115**



### ADULT TENNIS LESSONS

with Barbara Aldoriso, USPTA Professional

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)

**Session 1:** Tues. 5/30-7/11 (no 7/4) or **Session 2:** Tues. 7/18-8/22

**Beginner:** 5:30—6:30pm (min 4/max 10)

**Fee: \$75 each session**

**Advanced:** 6:30-7:30pm (min 4/max 8)

**Fee: \$75 each session**

### TENNIS: CARDIO, DRILL AND PLAY

with Kyle Anderson and Staff of 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) \*\*Please note, registration will open on Sunday, March 12 at 9:00pm

**Intermediate Level (NTRP 3.0&below) Thursdays**, 6:00-7:30pm, 7/7-8/11 **Fee: \$175**

**Advanced Level (NTRP 3.5&above) Thursdays**, 7:30-9:00pm, 7/7-8/11 **Fee: \$175**

*Classes missed due to rain will be made up at the end of each session as needed.*



# ADULT PROGRAMS



## ~ SPORT INSTRUCTION ~

### 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. (1 hour lesson for 5 weeks) Age 15+ **Fee: \$179 per 5 wk option below**

**Sundays, 11:30am, starts 4/9**

**Mondays, 7:00pm, starts 5/1**

**Mondays, 6:00pm, start 7/10**

**Mondays, 5:30pm, starts 4/10**

**Saturdays, 11:30am, starts 5/27**

**Wednesdays, 6:00pm, starts 7/12**

**Thursdays, 5:30pm, starts 4/13**

**Tuesdays, 5:30pm, starts 5/30**

**Sundays, 11:30am, starts 7/16**

**NEXT STEP GOLF:** Small group program, structured for students with some playing experience. Focus will be on ball striking skills, irons, hybrids and woods (tee and fairway shots) One week of the session will be on the golf course addressing pitching and sandtraps. (1 hour lesson for 4 weeks) Age 15+. **Fee: \$179 per 4 wk option below**

**Wednesdays, 5:30pm, starts 4/12**

**Tuesdays, 7:00pm, starts 5/9**

**Mondays, 7:00pm, start 7/10**

**Sundays, 10:00am, starts 4/16**

**Mondays, 7:00pm, starts 6/5**

**Thursdays, 7:00pm, starts 7/27**

*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 SPORT LEAGUES ~

### SLOW PITCH RECREATIONAL CO-ED SOFTBALL LEAGUE - Spring/Summer

This is an In-Town, casual, fun, co-ed league that begins in the Spring and continues through the Summer. Teams will be created by a committee of Captains and Coordinators. You may request to play with up to 4 people. Players must be age 21 or older. There will be a meeting for people interested in being Coordinators and Captains on Thursday, March 9 and player team assignments, March 23, 7:00pm. 12 Mudge Way. Signs will be posted for meeting room.

**Schedule:** (subject to change) April 2-August 13 (Approximately 20 games including playoffs)

**Spring:** (April 2-June 11) Sunday evening games, 6:00pm.

**Summer:** (June 18-August 13) Sunday evening games, 6:00/6:30pm

Tuesday or Wednesday games (tbd), 6:00/6:30pm.

**Spring -Summer Fee: \$100** (includes uniform shirt and hat)

**Summer Only Fee: \$70** (includes uniform shirt and hat)



**Umpires Needed!** Please apply at the Recreation Department if you are interested in working as an Umpire for the games. Must have availability and experience. Great pay for this part-time job!



### MEN'S SUMMER OUTDOOR BASKETBALL LEAGUE

Men's Basketball returns to the courts across from BHS this summer. The season will be played June 1- August 4 and consists of 10 games plus playoffs. Playoffs will be held in A and B divisions to accommodate both competitive and recreational teams. All players must be Bedford residents, Bedford High School graduates or employed by the Town of Bedford. The cost includes uniforms, 2 patched officials, 2 scorekeepers and playoff games for all league members. Games will be held every Thursday and some additional weeknights during the season.

**A mandatory league meeting will be held in the Flint Room, 12 Mudge Way (Recreation Dpt. Building) on**

**Thursday, May 18 at 7 pm.** All Captains/Team representatives and free agents must attend. Rosters and team fees must be submitted by June 1. Unattached players may put their names on a free agent list by contacting the Recreation Department (will be placed if space available).

**Fee: \$850 Per Team**

# ADULT PROGRAMS

## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

**REGISTRATION:** Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes as they occur. [www.bedfordrecreation.org](http://www.bedfordrecreation.org) (exception: *Men's and Indoor Soccer*, see information below) Registered players get priority to play if over-crowded. If schools are closed due to holidays or weather, there will be no sports.

### OPEN VOLLEYBALL

This is a co-ed drop-in program open to Bedford adults only. 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. Age 18+

**Mondays and Wednesdays**, 7:00 - 10:00pm, 4/3-6/14 (no 4/17, 4/19, 5/29)

**No Fee**

### BASKETBALL

This is a co-ed drop-in program open to Bedford adults only. 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. Age 18+

**Mondays and Wednesdays**, 7:00-10:00pm, 4/3 - 6/14 (no 4/17, 4/19, 5/29, 5/31)

**No Fee**

### BADMINTON: ADVANCED-INTERMEDIATE\*

Open courts for intermediate and advanced players. This is a competitive league. Mostly doubles, but singles when court space available. Players must be registered and attend regularly. Bring your own racket; feather shuttlecocks provided. (max 30) Lane School Gym. Age 18+

**Tuesdays**, 7:30-10:00pm, 4/11-6/13 (no 4/4, 4/18)

**No fee for Bedford Residents**

**NON RESIDENT BADMINTON REGISTRATION: BEGINS 3/19, 9:00pm**

**Fee: \$30 for non-Bedford Residents**

**\*Please note that only registered participants may attend. Guests, fill-ins, or waitlisted players may not play.**

### BADMINTON: BEGINNER and INTERMEDIATE

Open courts for beginning and intermediate players. 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. Please wear indoor or tennis shoes. Lane School Gym. Age 18+

**Thursdays**, 7:00pm - 10:00pm, 4/6-6/8 (no 4/20)

**No Fee**

### PICKLEBALL

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court using slightly modified tennis net. Check out [www.usapa.org](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis. Age 18+

**Spring:** Tuesdays, 6:00-9:00pm, 4/4-6/13 (no 4/18) Bedford High School Gym

**No Fee**

Fridays, 6:00-9:00pm, 4/7-6/9 (no 4/14, 4/21) Lane School Gym

**Summer:** Tuesdays, 6:00-9:00pm, 6/20-8/29, Bedford High School Tennis Courts

Thursdays, 6:00pm til dusk, 6/15-7/27 / 5:30pm til dusk, 8/3-8/31, JGMS, Tennis Courts

### 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. \*Wednesday nights are reserved for age 50+ players.

**No Fee**

**Mondays, Wednesdays\*, Thursdays**, 8:00-10:00pm, 4/3-6/8 (no 4/17, 4/19, 4/20, 5/29)

**Tuesdays**, 8:30-10:00pm, 4/4-4/25, (no 4/18)

### 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

**No Fee**

**Women's Open:** Wednesdays, 7:30 - 8:45pm, 4/5-6/21 **Summer:** 6/28-8/16, 6:30-Dusk (at Wilson Field)

**Men's Open:** Wednesdays, 8:45 - 10:30pm, 4/5-6/21 Mondays, 8:30-10:30pm, 6/26-8/14

**Summer:** Mondays, 8:30-10:30pm, 6/26-8/28 / Wednesdays, 8:30-10:30pm, 6/28-8/14

Sundays, 9:30-11:30am, 6/25-8/13

### REGISTRATION: For Men's Soccer and Indoor Soccer

[www.bedfordsoccer.org](http://www.bedfordsoccer.org) Then follow the "About BYS" tab to "Adult Soccer" and enter your email address



# SPRING AND FALL 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. **Please note:** A \$15 field maintenance fee is included in the cost of registration.

**SPRING 2017 SEASON:** APRIL 8- JUNE 3

**Registration Fee thru 3/24: \$78      Fee after 3/24: \$93**

**FALL 2016 SEASON:** SEPTEMBER 9 - NOVEMBER 4 (No intramural 9/23 Bedford Day; K-2 will march in parade).

**Registration Fee thru 8/14: \$78      Fee after 8/14: \$93**

**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 4 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 it is important to create balanced teams, Travel Soccer is unable to accommodate requests for placement with a specific coach or friend. **Please note:** A \$15 field maintenance fee is included in the cost of registration.

**EARLY BIRD FEE: (Thru May 26): \$142**

**FEE: (After May 26): \$172**

Uniform Fee: \$50

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

Grade 3: Born on or after 1/1/2008 and in the 3 <sup>rd</sup> grade	Grade 5/6: Born on or after 1/1/2005 and in the 5 <sup>th</sup> or 6 <sup>th</sup> grade
Grade 4: Born on or after 1/1/2007 and in the 4 <sup>th</sup> grade	Grade 7/8: Born on or after 1/1/2003 and in the 7 <sup>th</sup> or 8 <sup>th</sup> grade

## SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for players in Grades 5/6 & 7/8 age groups in Fall 2017 &/or Spring 2018 will be conducted in May/June at the South Road Fields. We will post the final evaluation dates on our website in March. Please watch email for additional information.

# SPRING PRESCHOOL PROGRAMS

## PRESCHOOL GYMNASTICS With Jennifer McGrath & Dotty Martin

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

### CLASS OPTIONS:

9:00-9:40 AM	12-24 Mos. (with Adult)	Toddler Tumblers
9:45-10:25 AM	22 Mos.-36 Mos. (with Adult)	Gym 2s and 3s
10:30-11:10 AM	Age 3-5	Preschool Gym
1:00-1:45 PM	Age 3-5	Preschool Gym
2:00-2:40 PM	3-14 Mos. (with Adult)	Baby Gym
3:00-3:45 PM	12-36 Mos. (with adult)	Toddler Tumblers
4:00-4:45 PM	Age 4-7	Fun Gymnastics

Mondays, 4/10-6/19 (no class 4/17, 4/24 & 5/29)

8 Weeks

Fee: \$137

**Location:** First Church of Christ, 25 Great Road, Lower Fellowship Hall. Please park in the Town Hall Parking Lot on Mudge Way (Behind the church).

### CLASS DESCRIPTIONS:

**Not Yet Walking "Baby Gym" with adult partner:** We work with the gymnastics equipment and props to make your baby scream with laughter. This is an opportunity for you to meet new friends and share issues and questions with other parents.

**"Toddler Tumblers" Gymnastics with adult partner:** This class is a perfect combination of fun and 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. Parachutes and stamps compete this magical gymnastics class.

**Gym 2s and 3s:** This class is perfect for toddlers who are ready for running, jumping, swinging and sliding. Children will work with the equipment, musical move movement play, parachute time and magic ropes!

**Preschool Gym:** This class teaches beginning skills that will be useful in any sport. Focus is placed on strength and flexibility, while building balance and body awareness. Parachute and games will also be utilized.

**Age 5-7: Fun Gymnastics:** This class is designed for children who are ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They use balance beams, bars and vaulting equipment. **This program is open to children attending Kids Club; staff will walk children to and from kids club.**

## PRESCHOOL RHYTHM AND 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 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. Parents are invited to performances on the last day.

Fridays, 4/28-6/9 7 Weeks (\*Free Trial class: Friday, April 7)

Fee: \$87

2:00-2:45 PM

12 Mudge Way, Union Room

Min 6/Max 12

# SPRING PRESCHOOL PROGRAMS

## LIL' SPORTS (Ages 2.5-6)

Lil' Sports is a health and fitness company that offers sports classes for children ages 2.5-6. 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 and gross motor skills.

Wednesdays, 4/12-6/7 (no class 4/19) 8 Weeks

Fee: \$90

11:00-11:45 PM

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

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

There are many positive benefits to Karate training! In the 4-week introductory course, beginner students will experience these positive benefits. 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, 5/2-5/23, 4 Weeks

Fee: \$75

4:30-5:10 PM

Saturdays, 5/13-6/3, 4 Weeks

Fee: \$75

11:00-11:40 AM

Location: Callahan's Karate, 20 North Road Min 5/Max 10

## THE WONDERS OF SCIENCE (Ages 3-5) with Mad Science

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, preschoolers will be introduced to a variety of scientific concepts. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions. We will examine how our bodies let us get up and go; investigate how our eyes let us see; study how our ears let us listen. Kids will have a chance to discuss what makes animals different from each other; experiment with the invisible forces of magnets; explore the properties of polymers including goop, putty, and slime. We will also get some first-hand experience with blending colors together to make new ones, and mixing it up to observe some chemical reactions.

Fridays, 4/14-6/2 (no class 4/21) 7 Weeks

Fee: \$106

10:00 AM-10:45 AM

12 Mudge Way, Room 144

## BEDFORD T-BALL CLINIC (Ages 3-5) with Tim French

Join Coach Tim French and his staff for a Spring T-Ball Clinic! Players will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills learned from drills will be applied to game situations through participation in authentic games. Participants will be split into groups based on age. Please bring a glove.

Tuesdays, 4/25-5/23 5 Weeks

Fee: \$80

Age 3-4: 5:30-6:30 PM

Age 4-5: 6:30-7:30

Location TBD

## PRESCHOOL TENNIS (Ages 3-5) with New England Athletic Academy

In accordance with 10 and under USTA guidelines, NEAA offers beginner tennis instruction for ages 3-5 teaching basic shot mechanics and fundamentals. NEAA provides all equipment although players are welcome to bring their own rackets if they wish. Players use slower, less bouncy "red balls" and players are welcome to surface sized appropriately for the young students.

Tuesdays, 4/25-5/30 6 Weeks

Age 3-4: 9:30-10:30 AM

Fee: \$90

Age 4-5: 10:30-11:30 AM

Fee: \$90

12 Mudge Way, Room 153

Max 5



# SPRING PRESCHOOL PROGRAMS

## **PRESCHOOL SOCCER (ages 2-5) with Soccer Shots**

Soccer Shots is a curriculum based enrichment program for children ages 2 to 5 that teaches soccer skills in a fun, non-competitive environment. Created and franchised by two professional soccer players, Soccer Shots is now active in over 6,000 childcare centers and park programs nationwide and has worked with over 1 million children in the last decade. All Soccer Shots coaches have completed CORI, SORI, & FBI background checks and are trained on age-appropriate instruction for our children. Soccer balls will be provided by Soccer Shots for players to use and be returned at the end of each session. At the conclusion of the season each child will receive a medal. Please bring water, comfortable athletic clothing, and sneakers.

Saturdays, 4/15 - 6/3 (no class 5/27) 7 Weeks

Fee:\$83

8:30 am to 9:00 am – 2 year olds (max 24)

9:15 am to 9:55 am – 3 & young 4 year olds (max 30)

10:15 am to 11:00 am - Age older 4 & 5 year olds (max 30)

11:20 am to 11:50 am – 2 year olds (max 24)

12:15 am to 12:55 pm – 3 & young 4 year olds (Max 30)

Location: H Field (JGMS)

# SPRING ELEMENTARY PROGRAMS *Davis*

## **DAVIS SCHOOL AM GYM (Grades K-2)**

Start your day on a great note at Davis School with Peter Laskaris and other Recreation Staff! Have a blast and get energized for the day at early morning gym. A variety of games will be played along with supervised free play and exploration!

Monday-Friday, 4/3 - Last day of school (no holidays, no school days, snow days or delays)

Fee: \$166

8:00 AM-Start of School

Davis School Gym

Min 25/Max 40

## **GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris & Judy Johnson**

Get ready for fun! This afterschool program is full of excitement and variety that keeps kids moving! At dismissal, children are released to the cafeteria for quiet activities and a snack (please pack a light snack). Once the bus lines have left the gym, students move to the gym to participate in active games! **One day/week only per child.**

Mondays: 4/3—6/5 (no class 4/17 & 5/29) 8 Weeks

Fee:\$59

Thursdays: 4/6-6/8 (no class 4/20) 9 Weeks

Fee:\$77

Dismissal-4:30 PM Davis School Gym

Min 15/Max 25

## **KINDERGARTEN AFTERSCHOOL SPORTS with Ben Richter**

This program will be run by Recreation Staff members. At dismissal, Kindergarten students are dismissed to the cafeteria where they will enjoy quiet activities and a snack (please pack a snack). Once the bus lines leave the gym Recreation Staff will get kids moving with various activities and fun games!

Fridays, 4/7-6/9 (no class 4/14 & 4/21) 8 Weeks

Fee:\$50

Dismissal-4:30 PM Davis School Gym

Min 12/Max 24

## **DAVIS SUPERSPORTS (Grades 1 & 2) with F.A.S.T. Athletics**

Get up, get going, get active with a F.A.S.T. Athletics Supersports program featuring a variety of sports each week such as soccer, basketball, flag football, dodgeball and kickball. Includes stretching and warm-up games as well as learning basic skills of each sport. Each class ends with a high energy game of the sport played that day. Students will eat snack at the beginning of the program. Please send a snack.

Tuesdays, 4/4-5/23 (no class 4/18) 7 Weeks

Fee: \$89

Dismissal-4:30 PM Davis School Gym

Min 10/Max 24

# SPRING ELEMENTARY PROGRAMS *Davis*

## DAVIS YOGA (Grades K-2) with Bonnie McCulloch



Roar like a lion, fly like a butterfly and travel to far away places by experiencing yoga combined with music, storytelling and cooperative 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 class, children are released to the cafeteria where they will enjoy quiet activities and a snack (please send a snack).

Thursdays, 4/6-6/1 (no class 4/20) 8 Weeks

Fee: \$94

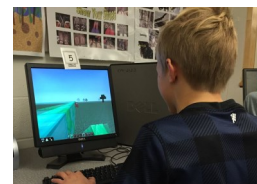
Dismissal-4:30 PM

Davis School Library

Min 6/Max 12

## MINECRAFT (Grades 1 & 2) with Jeremy Royds

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



Tuesdays: 4/4-6/6 (no class 4/18) 9 Weeks

Fee: \$78

Thursdays: 4/6-6/8 (no class 4/20) 9 Weeks

Fee: \$78

Dismissal-4:30 PM

Davis School Computer Lab

Min 12/Max 25

## CRAZY CHEMWORKS (Grades K-2) with Mad Science

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we will have a blast exploring chemistry and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions. We will learn about the tools scientists use in their laboratories; atoms, molecules, and reactions; acids and bases; and fluorescence and phosphorescence. We will also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations! The best part is that each week we will be able to continue the science fun at home with our very own lab ware take-homes! Please bring a snack.

Fridays, 4/28-6/9 7 Weeks

Fee: \$114

Dismissal-4:30 PM

Davis School Café

Min 12/Max 40

## SWEET TREATS DESSERT DECORATING (Grades 1 & 2) with Kelly Anderson



This 7-week class focuses on cupcake, cookie, truffle and other dessert decorating. Basic skills such as icing and piping will be taught in a fun and creative atmosphere. Each session will have a specific theme such as animals, nature, sports, etc. Step by step direction will be provided each week. Children will take home all of their creations at the end of class. Please Note: This is not a nut free or gluten free class. Please bring a snack.

Mondays, 4/3-5/22 (no class 4/17) 7 Weeks

Fee: \$218

Dismissal-4:30 PM

Davis School Cafeteria

Min 6/Max 15

# SPRING ELEMENTARY PROGRAMS *Davis*

## **THUNDERCAT MULTI-SPORT (Grades 1 & 2) with Thundercat Sports**

Play, play and play some more! Thundercat Sports multi-sport program is designed to give a tasted of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates in tournament day! Program is co-ed; please bring sneakers, water bottle and a nut free snack to enjoy before the program. Please bring a snack.

Wednesdays, 4/26-5/24 5 Weeks

Fee: \$87

Dismissal-3:20 PM

Davis School Gym

Min 8/Max 14

## **DAVIS MIXED MEDIA ART (Grades K-2) with Penny Leslie**

Spring is the best time to have an after school art program! We will be working with a wide variety of materials both for drawing, painting, collage, and of course clay sculptures... Weather permitting we may go outside for painting inspiration, and bring some of nature onto the paper.. Trees, flowers, birds, and insects, butterflies and imaginary critters will come alive working with pipe cleaners, wire, tissues, netting, glue and polymer. We may even design a board game to share with our friends and family. This program is open to all children who just love a relaxed and creative hands on environment to delve into a project. Please bring a snack.



Wednesdays, 5/10-6/14 6 Weeks

Fee: \$137

Dismissal-3:25 PM

Davis School Café

Min 10/Max 15

## **KIDSJAM JR (Grades K-2) with Kamate Fitness**

A younger version of our signature KidsJam program is designed to be a fun and age appropriate adaptation of the latest dance styles and music, introducing children to the fun and creativity of group and individual dances, team building, music and fitness activities. We dance, sweat, and most importantly have fun! We learn new steps, create our own dance and work together as a team—including a performance on the last day of the class. Bring a water bottle and a snack to have during the class. Wear comfortable clothing. Please bring a snack.

Thursdays, 4/27-6/1 6 Weeks

Fee: \$85

Dismissal-4:15 PM

Davis School Cafeteria

Min 8/Max 25

## **1 DAY GIRL POWER WRXSHOP (Grade 2) with Jennifer Buckley, Founder of GrooveWrX**

Girl Power Fun! This highly interactive program was created by Jennifer Buckley, Founder of GrooveWrX and Jessica Smith, Lane School Guidance Counselor, LICSW. This one-day WrXShop will be an opportunity to help 2<sup>nd</sup> grade girls build and celebrate self-confidence! They will enjoy fun and empowering physical movement, self-expression through writing and art, and team building challenges. We will focus on themes of self-confidence, friendship and community. This program is a great opportunity for 2<sup>nd</sup> grade girls to develop a stronger sense of self as they prepare to move on to Lane School. Wear comfortable clothing and sneakers. For more information go to [groovewrx.com](http://groovewrx.com) Please bring a snack.

Wednesday, May 3

Fee: \$25

Dismissal-4:15 PM

Davis School Café

Min 8



# SPRING ELEMENTARY PROGRAMS

*Davis/Lane*

## **DAVIS STEM (Grades K-2) with Karine Marino**

Learning science from an early age helps children understand the world around them. They learn to think critically as well as creatively to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. During our six weeks hands on program we will discover more about how things around us work. We will investigate the amazing characteristics of water, air, movement, and light. By hands on activities, children can explore the basic scientific ideas that play a role in their everyday lives-using ordinary items that can be found right at home. As we carry out the experiments in this class, we will be able to answer the questions and come to understand how water, air, movement, and light influence the world around us. Please send a snack.

Tuesdays, 4/4-5/16 (no class 4/18) 6 Weeks

Fee: \$148

Dismissal-4:30 PM

Davis School Cafeteria

Min 6/Max 12

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

Join Farmer Julia to experience life on a real working farm! Children will feed the animals, collect eggs, and help care for baby sheep, cows, and goats! They will learn about the farm through hands on activities, crafts, games, stories, and cooking projects. Participants should wear work clothes and old sneakers or boots and come prepared to get dirty! Class will meet rain or shine. This is a drop off program and parents are not required to stay with the class.

### **Grades K-2: Mondays**

Fee: \$136

4:00-6:00 PM

**Session 1:** 4/3-5/1 (no class 4/17) 4 Weeks

**Session 2:** 5/8-6/5 (no class 5/29) 4 Weeks

### **Grades 3-5: Wednesdays**

Fee: \$136

3:30-5:30 PM

**Session 1:** 4/5-5/3 (no class 4/19) 4 Weeks

**Session 2:** 5/10-5/31 4 Weeks

Chip In Farm, 201 Hartwell Road, Bedford

Min 3/Max 10



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

There are many positive benefits to Karate training! In the 4-week introductory course, beginner students will experience these positive benefits. 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, 5/2-5/23, 4 Weeks

Fee: \$75

4:30-5:10 PM

Saturdays, 5/13-6/3, 4 Weeks

Fee: \$75

11:00-11:40 AM

Location: Callahan's Karate, 20 North Road

Min 5/Max 10



## **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 gymnastics skills using floor, bar, vaulting and low beam. Participants learn to execute bridges, splits and jumps and much more. Children participate in bare feet.

Fridays, 4/7-6/16 (no class 4/14 & 4/21) 9 Weeks

Fee: \$188

Dismissal-4:00 PM

Grades K-2: 4:00-4:45 PM

Lane School Gym

Min 15/Max 30

# SPRING ELEMENTARY PROGRAMS *Davis/Lane*

## SPRING TENNIS LESSONS (Ages 5-14) with KA Tennis



Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons. The program is designed to introduce 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, 4/29-6/10 (no class 5/27) 6 Weeks

**Ages 5-6: 8:30-9:05 AM** (Min 4/Max 10)

Fee: \$71

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

Fee: \$120

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

Fee: \$181

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

Fee: \$181

**Ages 7-9: 1:30-2:30 PM** (Min 4/Max 10)

Fee: \$120

## LANE AM GYM (Grades 3-5)

Recreation staff members will supervise the gym in the mornings before school. Students will have a choice of activities each day, with opportunities for free play and organized activity. AM Gym activity energizes students to start the day! Students must be registered through the Recreation Department to participate in the program; drop in is not permitted.

Monday-Friday, 4/3 - Last day of school (no holidays, no school days, snow days or delays)

Fee: \$146

7:30 AM-Start of School

Lane School Gym

Min 25/Max 45

## MIGHTY MORNING DANCE SQUAD (Grades 3-5) with Jennifer Buckley, Founder of GrooveWrX

This dance crew-based community building program for boys and girls is designed to bring Bedford-based and METCO students together! This program is specifically designed to give Bedford and METCO students a chance to build friendships outside of the school day. We work together before school each week to develop fun dances using styles such as Hip Hop, Stepping and Latin dance. We will have performance opportunities both in the school and around the community! We will learn about performing and teamwork!

Tuesdays, 4/11-6/6 (no class 4/18) 8 Weeks

Fee:\$72

7:30 AM- Start of School

Lane School Café

Min 8/Max 15

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

In this yoga class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! They 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 will be released to the cafeteria at dismissal for a snack (please send a snack).

Tuesdays, 4/11-6/6 (no class 4/18) 8 Weeks

Fee: \$94

Dismissal-4:00 PM

Lane School Cafeteria

Min 6/Max 12

# SPRING ELEMENTARY PROGRAMS *Lane*

## **VIDEO PRODUCTION (Grades 3-5) with Bedford TV**

Learn how to create and star in a news show for kids and by kids. We will use the Bedford TV studio, green screen and professional cameras to teach you all about making a TV show from planning through production. A DVD copy of the program will be provided at the end of the course. Parents provide transportation to and from the studio.

Tuesdays, 4/25-5/30 6 Weeks

Fee: \$177

3:30-5:00 PM

Bedford TV Studio, 16 South Road

## **MIXED MEDIA ART (Grades 3-5) with Penny Leslie**



This spring program will be filled with drawing and painting activities using a wide variety of materials such as colored pencil, pastels, charcoal, crayon, watercolors, and tempa paint. We will draw our inspiration from nature, and work outside if weather permits. Fresh flowers, budding trees, insects, butterflies, springtime landscapes, birds and animals will come alive as we learn to draw and paint them all! The class is for students who love the creative process of art and would like to learn new techniques along with different ways of looking at things we draw and paint. Join us for this relaxed interactive program and have some fun! Please bring a snack.

Thursdays, 5/11-6/15 6 Weeks

Fee: \$137

Dismissal-4:20 PM

Lane School Cafeteria

Min 10/Max 20

## **VIDEO GAME DESIGN (Grades 3-5) with Empow Studios**

From gamer to designer. Kids love playing video games, but they have even more fun playing games they design! One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object oriented programming, all through our user-friendly, 2 D game design platform. Our non-violence policy is enforced, and kids can bring home their games for you to play! Please bring a snack.

Wednesdays, 4/5-5/31 (no class 4/19) 8 Weeks

Fee:\$236

Dismissal -2:30 PM

Lane School Library

Min 8/Max 12

## **MULTI-SPORTS (Grades 3-5) with New England Athletic Academy**

NEAA Multi Sport program is specially designed to introduce children to a range of sports, both traditional and nontraditional, in a safe and fun environment. All classes are fast paced and high energy to keep participants engaged! Activities are conducted to allow children to gain knowledge of new and familiar sports, improving their skillsets in these sports, while building sportsmanship and team values. Sports covered during the NEAA Multi Sport program may include: soccer, lacrosse, hockey, basketball, flag football and much more! Please bring a snack.

Tuesdays, 4/4-5/23 (no class 4/18) 7 Weeks

Fee: \$120

Dismissal-4:00 PM

Lane School Gym

Min 4/Max 12



# SPRING ELEMENTARY PROGRAMS *Lane*

## **LANE STEM (Grades 3-5) with Karine Marino**

Learning science from an early age helps children understand the world around them. They learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. During our six week, hands on program we will discover more about how things work around us. We will investigate the amazing characteristics of water, air, movement, and light. By hands on activities, children can explore the basic scientific ideas that play a role in their everyday lives—using ordinary items that can be found right at home. As we carry out the experiments in this class, we will be able to answer the questions and come to understand how water, air, movement, and light influence the world around us. Please send a snack.

Fridays, 4/7-6/2 (no class 4/14, 4/21 & 5/19) 6 Weeks

Fee: \$148

Dismissal-4:00 PM

Lane School Café

Min 6/Max 12

## **ARCHERY (Grades 4-8) with On the Mark Archery**



Archery was a huge recreational activity in the early 1800s and it is growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or you are an experienced archer, you will find success in this timeless, all-inclusive sport that has given a modern twist by entertaining and exciting coaches. All equipment is provided. Enrolled students are eligible to complete in the On the Mark Archery tournament in June and August.

Tuesdays, 5/2-5/30 5 Weeks

Fee: \$145

6:30-7:30 PM

Davis School Gym

Min 10/Max 16

## **YOUTH TRACK CLINIC (Co-Ed: Grades 3—8) with David Bell**

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, and 400 meters for all grades. The 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the four older grades. Field events include the softball throw for distance, the standing broad jump for 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders. There is also a 4/10 meter relay race. Register with your relay team together, or we will create and put you on one. The events are contested by grade—the 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together—based on current school year. An experienced (on school team) 7th and 8th grader may participate in the local meet for \$15, pre registration is still required.



### **Dates:**

Fee: \$92

**Tuesday, May 23:** 4:15-6:00 PM

**Tuesday, May 30:** 3:30-5:15 PM

**Friday, June 2:** Scrimmage in Concord: 3:45-6:15 PM (Rain date: Tuesday, June 6)

**Tuesday, June 6:** 3:30-5:15 PM

**Tuesday, June 13:** 3:30-5:15 PM

**Wednesday, June 20:** Local Meet in Concord: 5:30-8:00 PM (Rain date: Thursday, June 22)

# SPRING ELEMENTARY PROGRAMS *Lane*

## EVENING CHESS (Grades 3-8) with Peter Desjardins



In this fun, recreational chess program, beginner 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 the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Thursdays, 4/13-5/25 (no class 4/20) 6 Weeks

Fee: \$35

6:30-7:30 PM

JGMS Cafeteria

Min 8/Max 20

## AFTERSCHOOL CHESS (Grades 3-5) with Chess Wizards

Join this fun, intellectual and challenging chess education and tournament experience! Open to children of all abilities and grouped by experience. The curriculum is designed to impart the many benefits of learning chess—such as critical thinking, sportsmanship, and learning from our mistakes in a challenging and exciting way. In addition to lessons and traditional gameplay, variations of chess games are incorporated to build teamwork and foster a genuine enjoyment of a game over a thousand years old! Students will participate in a mini chess tournament at the end of the session. Please bring a snack.



Fridays, 4/7-6/9 (no class 4/14 & 4/21) 8 Weeks

Fee: \$153

Dismissal-3:40 PM

Lane School Multipurpose Room

Min 10/Max 24

## BUSINESS SHARKS (Grades 3-5) with Right Brain Curriculum



In our Business Sharks class, students play the role of young entrepreneurs as they start with a germ of an idea for a product and business and take it through the entire entrepreneurial process. Our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons of concepts such as wages, profits and branding while designing print ads, acting out “TV commercials,” researching real estate locations and creating replicas of their storefronts. The class concludes with our young executives pitching their ideas to a group of parents and teachers. These young executives will really be taking care of business! Please bring a snack.

Mondays, 4/3-6/5 (no 4/17 & 5/29) 8 Weeks

Fee: \$134

Dismissal-4:00 PM

Lane School Cafeteria

Min 7/Max 16

## WRITING WIZARDS (Grades 3-5) with Right Brain Curriculum

In *Writing Wizards*, we foster a love of writing by guiding students to write and publish their own real books! Using novels like *Harry Potter* and *The Chronicles of Narnia* as inspiration, each class designs a fantasy world that includes major and minor characters, fantastic settings, an extended backstory and a world of wonder. The authors use artwork and brainstorming to design plot twists and dynamic characters. Teachers guide the students, providing contextual mini-lessons on writing techniques that include the use of appropriate dialogue, detailed descriptions, sensory-rich word choice, and character, plot and theme development. At the end of the course, each student publishes his/her first real novel—signed by our Writing Wizards! Please bring a snack.



Wednesdays, 4/5-5/31 (no 4/19) 8 Weeks

Fee: \$134

Dismissal-2:30 PM

Lane School Multipurpose Room

Min 7/Max 16

# SPRING ELEMENTARY PROGRAMS *Lane*

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

F.A.S.T. Athletics will teach game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! Students will eat snack at the beginning of the program. Please send a snack.

Mondays, 4/3-5/22 (no class 4/17) 7 Weeks

Fee: \$89

Dismissal-4:00 PM

Lane School Gym

Min 8/Max 30

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

Get up, get going, get active with a F.A.S.T. Athletics Supersports program. F.A.S.T. Athletics offers a variety of sports each week such as soccer, basketball, flag football, dodgeball and kickball. Sessions include stretching and warm-up games as well as learning basic skills of each sport. Each class ends with a high energy game of the sport played that day. Students will eat snack at the beginning of the program. Please send a snack.

Wednesdays, 4/5-5/24 (no class 4/19) 7 Weeks

Fee: \$89

Dismissal-2:30 PM

Lane School Gym

Min 8/Max 30

## **KIDSJAM FITNESS FUSION (Grades 3-5) with Kamate Fitness**

**\*NEWLY REDESIGNED\*** A combination of the most advantageous fitness activities and creative movement for kids. Our instructor will play fitness games, create high-energy dances, run fitness drills and conditioning activities, and provide guided yoga combinations and relaxing meditation techniques in an hour full of fun that will leave your child feeling positive, energetic, and upbeat. The skills learned will help your child advance in the sport or activity of his/her choice and feel more confident throughout the day. Please bring a snack.



Wednesdays, 4/26-5/31 6 Weeks

Fee: \$85 (fee includes an official KidsJam T-Shirt)

Dismissal-2:30 PM

Lane School Cafeteria

Min 10/Max 25

## **AFTERSCHOOL KARATE (Grades 3-5) with Callahan's Karate**

There are many positive benefits to Karate training! In this 6-week afterschool introductory course, students experience these positive benefits. 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. Program will be held afterschool in the Lane School Gym. Please bring a snack.

Thursdays, 4/6-5/18 6 Weeks

Fee: \$65

Dismissal-4:00 PM

Lane School Gym

Min 5/Max 12

## Reminder: Babe Ruth Baseball/Softball

### **Bedford Babe Ruth Baseball/Softball Spring 2017 Late Registration** (Not administered by Bedford Recreation)

Still accepting players at the K-2 ages and Bedford Babe Ruth Baseball and Softball's late registration for all K-2 players is open through March 19, 2017 for all players from Bedford and Hanscom AFB. Players and coaches register at <http://bedfordbaseballsoftball.com/> (additional league information and key dates on BBRBS site).

# APRIL VACATION PROGRAMS

## **APRIL VACATION BOYS LACROSSE CLINIC (Ages: 7-14) with BHS Lacrosse**

Join Bedford High School Lacrosse players and coaches for this April Vacation Clinic BHS LAX fundraiser. This clinic will focus on independent skill development and team awareness. Don't miss this opportunity to develop your skills, practice good sportsmanship and have fun! The clinic will include a scrimmage during the halftime of a Boys' Varsity Lacrosse game on Wednesday. After Wednesday's game, there will be a cookout lunch for all participants. All participants will receive a t-shirt. Please indicate your child's shirt size when registering. **Lacrosse equipment required for program: stick, gloves, full pads and helmet.**

Monday, April 17-Wednesday, April 19  
10:00 AM-12:00 PM  
Location: BHS Sabourin Field

Fee: \$109

## **APRIL VACATION KIDSJAM (Grades K-4) with Kamate Fitness**

Got spring fever from being cooped up this winter? Dance it all away with this fun interactive fitness dance program! Based on our popular KidsJAM fitness dance program featured in Bedford, Carlisle and Lexington Public schools, this program will enable kids to express themselves through movement. Our funky KidsJAM Instructor will teach kids to move with confidence and promote creative expression and team collaboration. Our morning will consist of dance, games, exploration of dance styles, crafts, team building and finish with stretching and calming meditation. Wear sneakers, comfortable clothing and bring a snack and water bottle. Price includes t-shirt.

Wednesday, April 19  
9:00 AM-12:00 PM Lane School Cafeteria

Min 6

Fee: \$40

## **APRIL VACATION JUNIOR GOLF CLINICS (Ages 6-15) with Barrie Bruce Golf School**

Learn golf with Barrie Bruce! These clinics are an hour and a half and 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 are provided. Students will be playing in age-related peer groups.

Monday, April 17-Friday, April 21  
Clinic 1: 9:00-10:15 AM  
Clinic 2: 1:00-2:15 PM

51 Baldwin Road, Billerica, MA 01821

Fee: \$129/clinic

## **SOCCER CLINIC (Grades 3-8) with BHS Boys & Girls Soccer**

Join Bedford High School Boys and Girls Soccer Teams for this April Vacation BHS Soccer fundraiser. The aim of this clinic is to help players with juggling, dribbling, passing, shooting and receiving in a fun competitive structure. Players will see first-hand what it is like to be a member of the Bedford High School Girls soccer program. This clinic will be run by the Boys and Girls' Varsity Coaches, and current team members.

Tuesday, April 18-Friday, April 21  
1:00 PM-3:00 PM  
Option 1: Grades 1 & 2 (Max 15)  
Option 2: Grades 3-8 (Max 60)

South Road Fields

Fee: \$165

## **APRIL VACATION TEEN STONE CARVING (Ages 13+)**

Teens will learn how to carve stone (alabaster) as they learn about this fascinating ancient medium. They will learn the 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! Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. All levels, no previous experience required. Tools and stone included.

Tuesday, April 18-Friday, April 21  
1:30-4:30 PM Bedford Depot, 80 Loomis Street, 2nd Floor

Fee: \$325



# THE CORNER

**What is the Corner?** The corner is the place where the fun begins when the school days 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, bumper pool, ping pong and lounge with special events. There is a snack bar, snack machines, video games, TVs and much more! The Corner is staffed by Recreation staff members who organize and oversee games, leagues and tournaments. The corner is only a short walk from JGMS. There is no admission fee. Parents should register online or at the Recreation Office. Kids are required to sign in upon arrival to the corner. Check it out!

Open Monday-Friday, School Dismissal - 6:00 PM

**SPECIAL EVENTS:** (other events posted at the corner)

**Fun Fridays (Corner open until 7:30):** March 17, March 31, April 28, May 5 (Cinco De Mayo Party), May 19

**Kids' Cooking Green:** Tuesday, April 11 & Wednesday, June 7

**Arts and Crafts Every Friday!**

**Friday, June 9 (Open until 7:30)** End of the year party! Participate in games, win summer themed parties and enjoy

## SPRING MIDDLE/HIGH SCHOOL PROGRAMS

### SPRING TENNIS LESSONS (Ages 5-14) with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons. The 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. Hands on approach, drills and fun games make this class appropriate for all ages. Lessons take place at the High School Tennis Courts.

Saturdays, 4/29-6/10 (no class 5/27) 6 Weeks

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

Fee: \$181

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

Fee: \$181

### MIGHTY SQUAD (GRADES 6-8) with Jennifer Buckley, Founder of GrooveWrX

This dance crew-based community building program for middle school boys and girls is designed to bring Bedford-based and METCO students together! This program is specifically designed to give Bedford and METCO students a chance to build friendships outside of the school day. We work together each week to develop fun dances in styles such as Hip Hop, Stepping and Latin dance. We will have performance opportunities both in the schools and around the community and have opportunities to mentor Lane School Mighty Squad students! This program will also focus on important themes such as teamwork, respect, leadership and community service.

Tuesdays, 4/11-6/6 6 Weeks

Fee: \$72

Dismissal-3:50 PM

JGMS Café

Min 8/Max 15

### 1 DAY GIRL POWER WRXSHOP(Grade 6) with Jennifer Buckley, Founder of GrooveWrX

Girl Power Fun! This highly interactive program was created by Jennifer Buckley, Founder of GrooveWrX and Jessica Smith, Lane School Guidance Counselor, LICSW. This one-day WrXShop will be an opportunity for 6<sup>th</sup> grade girls to build and celebrate self-confidence as they navigate the first year of middle school. They will enjoy empowering physical movement and practicing physical confidence, self-expression through writing and art, and lots of team building activities and challenges. We will focus on themes of positive self-image, friendship and community. Wear comfortable clothing and sneakers. For more information go to [groovewrx.com](http://groovewrx.com).

Wednesday, May 17

Fee: \$25

Dismissal-3:15 PM

JGMS Café

Min 8

# SPRING MIDDLE/HIGH SCHOOL PROGRAMS

## **EVENING CHESS (Grades 3-8) with Peter Desjardins**

In this fun, recreational chess program, beginner 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 the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Thursdays, 4/13-5/25 (no class 4/20) 6 Weeks  
6:30-7:30 PM JGMS Cafeteria

Min 8/Max 20

Fee: \$35

## **ADVANCED KIDSJAM (Grades 6-8) with Kamate Fitness**

Our popular elementary school KidsJAM program has been amped up for Middle Schoolers! Take your dancing to the next level: more choreography, more creative expression and if possible...even more fun. This fitness dance program is a cool fusion of the latest dance styles and music. The intensity has been dialed up to give your child a workout that does not feel like one. Our funky KidsJAM instructor will motivate your child to move with confidence while promoting team collaboration, creativity and support. Please bring a water bottle, a snack, and sneakers.

Thursdays, 4/27-6/1 6 Weeks

Dismissal-3:30 PM JGMS Cafe

Min 8

Fee: \$85

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

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 and 400 meters for all grades. The 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the older grades. Field events include the softball throw for distance, the standing broad jump for 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders. There is also the 4 x 100 meter relay race. Come with your relay team together, or we will create and put you on one. The events are contested by grade—the 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together—based on current 2015-2016 school year. JGMS 7th and 8th grade Track Team Members may participate only in the local meet for \$15; however, pre-registration is still required.

**Tuesday, May 24:** 4:15-6:00 PM (BHS TRACK)-First session 15 min longer

Fee: \$92

**Tuesday, May 31:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 7:** 3:45-6:00 PM (Scrimmage in Concord) Rain date: 6/10/2016

**Tuesday, June 14:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 21:** 3:45-5:15 PM (BHS TRACK)

**Local Meet: Wednesday, June 22:** 5:30-8:00 PM (Concord) Rain date: 6/24/2016

## **ARCHERY (Grades 4-8) with On the Mark Archery**

Archery was a huge recreational activity in the early 1800s and it is growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or if you are an experienced archer, you will find success in this timeless, all-inclusive sport that has given a modern twist by entertaining and exciting coaches. All equipment is provided. Enrolled students are eligible to compete in the On the Mark Archery tournament in June and August.

Tuesdays, 5/2-5/30 5 Weeks

6:30-7:30 PM Davis School Gym

Min 10/Max 16

Fee: \$145

## **1-NIGHT TEEN GIRLS SELF DEFENSE AND PHYSICAL EMPOWERMENT WRXSHOP (Grade 8-12)**

Led by Winnie Callahan, Co-Owner of Callahan's Karate and Jennifer Buckley, Founder of GrooveWrx and The Girl Power WrxShop, this fun and interactive yet *important* program addresses the challenges teen girls face regarding physical confidence and positive body image. In a supportive and informal environment, we will demonstrate, teach and practice many simple yet effective self-defense techniques and review other important tips for personal safety and physical confidence. (See Adult Programs for Women's WrxShop on 5/8)

Monday, May 15

7:00 PM-9:00 PM Callahan's Karate, 20 North Road (Behind Bedford Farms) Min 8/Max 40

Fee: \$25

# HIGH SCHOOL PROGRAMS/EMPLOYMENT

**DANCE CLASSES (Middle & High School Students):** Please see Dance Class information on page 46.

## 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.*

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

Go to <http://www.massref.net/becomeref.cfm> to sign up for a referee course so that 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).

## **SUMMER ADVENTURES 2017 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.

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

## **SPRINGS BROOK PARK SUMMER 2017 EMPLOYMENT**

**AQUATIC DIRECTOR AND ASSISTANT AQUATIC DIRECTOR:** Salary range \$11,040-\$16,152. Please see our website for position information and application. [www.bedfordrecreation.org](http://www.bedfordrecreation.org)

**LIFEGUARDS and SWIM INSTRUCTORS** (minimum age: 16 as of June 6, 2017). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Rate start at \$15-\$19 per hour\* and are based on experience, certification and availability. Accepting applications until all positions are filled. 50% reimbursement of Lifeguard Training certification at end of summer. (\*rates contingent upon Town Meeting approval)

### **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/courses](http://www.bostonredcross.org/courses)

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

### **~ LIFEGUARD AND SWIM INSTRUCTOR EMPLOYMENT INFORMATION NIGHTS ~**

**Wed. March 22, 7:00-8:00pm, Tues. May 16, 6:30-7:30pm and Thursday, May 18, 8:00-9:00pm**

Meet in Room 151, Recreation Building, 12 Mudge Way, North Wing Room 151

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

Interviews will be held in mid-May. 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 6, 2017) Attendants are needed to greet park guests and assist with daily ongoing maintenance needs.

**Swim Aides:** (min. age: 14 by June 6, 2017) 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 6, 2017) Prepare food, serve customers, daily maintenance of the concession stand and park.

**Grounds Maintenance:** (min. age: 14 by June 6, 2017) Responsible for landscaping, grounds, facility maintenance.

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

# SUMMER ADVENTURES



## SUMMER ADVENTURES 2017

Director: Peter Laskaris

Assistant Director: Stacy Vallely

Administrative Assistant: Lee Frank

Supervisor: Ben Richter

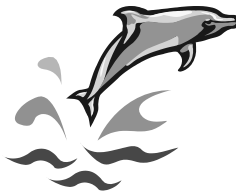
**SUMMER ADVENTURES (entering grades 1—4): 9:00—3:00.** Designed for children to explore a variety of developmentally appropriate activities and to establish new friendships. There is daily excitement in this program that includes theme days, special visitors and events, cooperative games and sports, art, music/drama, one field trip per session, woodworking, science, archery, electives and daily visits to Springs Brook Park for free swim, spray park and mini-golf. One t-shirt per child per summer included. Offered in two week sessions.

**JUNIOR ADVENTURES (ages 4 by 6/30/16 — entering kindergarten): 9:00—Noon or 9:00—3:00.** This program is designed for our youngest participants, preschool children. 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. One field trip per session will be held, returning after noon. Offered in two week sessions.

**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 & Junior Adventures Sessions:

- 1 July 5—July 14
- 2 July 17—28
- 3 July 31—Aug. 11



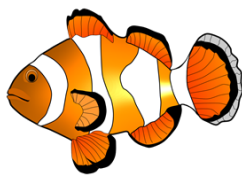
### Adventures Away Sessions:

- Week 1: July 5—7  
Week 2: July 10—14  
Week 3: July 17—21  
Week 4: July 24—28  
Week 5: July 31—Aug 4  
Week 6: August 7—11

### CHRISTIAN'S LAW

This law (applicable to Recreation programs) pertains to safety regulation for swimming in natural bodies of water. Children engaging in free swim at Springs Brook Park will be tested for swim ability. Those unable to demonstrate Red Cross Level 3 proficiency will be deemed “nonswimmers.” Those children, along with those deemed to be “at risk swimmers” due to other circumstances, will be required to stay in a designated area in water that is no deeper than chest deep. In addition, for all nonswimmers and at risk swimmers, Coast Guard approved life vests will be available and fit by trained staff. Children may request life vests, parents may require that life vests be used or parents may send personal life vests, properly labeled and with instructions to use. Additional information about Christian's Law: <http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/comm-sanitation/christians-law.html>





SUMMER ADVENTURES ... CELEBRATING 42 YEARS OF FUN!



# 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 12, 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 12, 2017.**

**We encourage early enrollment as some groups will fill quickly.**

Please note any placement requests when registering. We will do our best to accommodate requests.

## **FEES:**

### **Junior Adventures (2 Week Sessions):**

9:00—Noon: \$304/Session 1, \$380/Session 2, \$380/Session 3

9:00—3:00: \$432/Session 1, \$540/Session 2, \$540/Session 3

### **Summer Adventures (2 Week Sessions):**

9:00—3:00: \$396/Session 1, \$495/Session 2, \$495/Session 3

**Adventures Away (1 Week Sessions):** \$340/week (July 5 week \$204)

Early Bird: \$75/Session (July 5 week \$60)

Extended Day: \$168/Session 1, \$210/Session 2, \$189/Session 3, no Ext Day Aug. 11



Summer Adventures Phone: 781—275—1015 (July 5 - August 11 only)



**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!

Summer Fun Registration Opens May 1 (Membership Forms Packet must be completed before registration forms will be accepted. Membership Forms Packet available online April 1)

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 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

PROformance Soccer

Junior Summer Stock

Spectacular Hands On Science

Creative Computing

Amazing Architects

Green Power

To the Lab and Beyond

Performing Arts Summer Program

Intro to STEM

Summer Adventures

STEM Challenge

Hands On Electronics

Future House

You're the Mayor

Chess

Membership required to utilize Kids' Club services (\$50 annual fee, complete child forms packet required, membership is good for the 2017–2018 school year for scheduled care or drop in care)

## Fees

Full Day - \$65/day

Morning (7:00 - 12:30) - \$40/day

Afternoon (12:30 - 6:00) - \$40/day

KIDS' CLUB SCHOOL YEAR 2017- 2018 SCHEDULED CARE 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.

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

# SUMMER YOUTH PROGRAMS

## Trip Programs: Entering Grades 7-9

### ***EXTREME GETAWAY-NEW***

Spend the week engaged in extreme activities such as:

- Surf Lessons
- Project Adventure Ropes Course
- Hiking/Climbing
- Challenge/Parkour Course

**Monday-Thursday**  
**July 24-July 27**  
**9:00-3:00 PM**  
**Fee:\$395**

**ALL TRIP PROGRAMS MEET AT  
THE CORNER (YOUTH CENTER)**

### ***GETAWAY WET-NEW***

Stay cool spending the week engaged in water-based activities such as:

- Kayak
- Paddleboard
- Water Country
- Codzilla

**Monday-Thursday**  
**July 17-July 20**  
**9:00-3:00 PM**  
**Fee: \$395**

### ***LOCAL GETAWAY***

Spend the week enjoying day trips to local destinations.

#### **July 10-July 13**

- Canobie Lake Park
- Laser Tag
- Mini-Golf
- Jay-Gee's Amusements
- Dave & Buster's

#### **July 31-August 3**

- Water Country
- Kayak
- Patriot Place
- Kimball Farm
- Sky Zone

**Monday-Thursday**  
**9:00-3:00 PM**  
**Fee:\$395**

## History

### **COLONIAL KIDS' WEEK (Ages 8-12) with Friends of the Job Lane House**

What skills would you have needed to live life before the Revolution? Come to our Colonial Kids' Week and find out! We will engage in a variety of hands-on activities such as dipping candles, practicing militia drill, writing with a quill pen, holding a Town Meeting, weaving, and more. Each day we will make a take-home craft (stilts, anyone?) to demonstrate your new "old" skills.

Monday-Friday, June 26-June 30 (rain or shine)

10:00 AM-12:00 PM Job Lane House, 295 North Road, Bedford

Min 5/Max 10

**Fee: \$110**

### **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, July 29

2:00 PM-4:00 PM Job Lane Barn, 295 North Road, Bedford

Maximum 10

**Fee: \$22**



# SUMMER YOUTH PROGRAMS



## Science & Enrichment



### TO THE LAB AND BEYOND (Ages 7-12) with Mad Science of Greater Boston\*

Have a BLAST exploring how science affects the world around us! Campers will help explore the ecological problems that plague the planet, the animal kingdom, life cycles and habitats, and secret messages and special codes that are the means of communication as they are transported into the fascinating and mysterious world of the solar system.

Monday-Friday, July 10-July 14

Fee: \$174

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

Location: 12 Mudge Way, Room 144 Min 12/Max 20

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

Each day, children will conduct weird and wacky hands-on science experiments and they will make and take home at least 10 different projects. The scientists are fast paced and entertaining! Topics include 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). At least 50% of the experiments will be different than last year.

Monday-Friday, June 26-June 30

Fee: \$179

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

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

### INTRO TO STEM WITH LEGO® (Ages 5-6) with Play-Well TEKologies\*

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. There is no prerequisite for this course.

Monday-Friday

Fee: \$155

July 24-July 28

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

Location: 12 Mudge Way, Room 144 Min 11/Max 24

### STEM CHALLENGE WITH LEGO® (Ages 7-11) with Play-Well TEKologies\*

The Force Awakens in this advanced engineering course for your young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO® X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines & structures from a galaxy far, far away.

Monday-Friday

Fee: \$155

July 24-July 28

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: \$169

June 26-June 30

9:00-3:00 PM

Davis Computer Lab Min 15/Max 20

# SUMMER YOUTH PROGRAMS

## Science & Enrichment

### **HANDS ON ELECTRONICS (Entering Grade 3-5) with Circuit Lab**

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Monday, August 7-Friday, August 11

Fee:\$173

9:00 AM-12:00 PM

Location TBD

Min 8/Max 20

### **CREATIVE COMPUTING (Entering Grade 6-8) with Circuit Lab**

Get connected as we explore not just how to use computers, but how to make computers work for you. We will use the latest tools: Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to design hands-on projects ranging from LED light shows to touchless musical instruments to wearable computers, all in the name of taking ideas and making them real. Participants have access to a comprehensive library of parts and equipment and experienced instructors who can help them create devices of their dreams.

Monday, August 7-Friday, August 11

Fee:\$173

1:00 PM-4:00 PM

Location TBD

Min 8/Max 20

### **EXPERT ARCHITECTS (Entering Grades 3-5) with Right Brain Curriculum**

The sky is the limit in *Expert Architects*! In this math, writing and presentation class, our students find out on the first day of class that they are the heads of the city's newest architectural firm. They are commissioned to build the tallest building in a nearby city and must plan their design. Students learn a kid-friendly history of skyscrapers and create a blueprint of their own stylized tall building. They then must weigh other considerations including environmental effects, traffic and surrounding buildings using Google Earth to find the perfect location for their project. Once their blueprint is finished, our expert architects create a three-dimensional model of the structure and deliver a presentation to their "clients" highlighting all aspects of their creation.

Monday, July 17-Friday, July 21

Fee: \$214

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

12 Mudge Way, Room 144

Min 7/Max 16

### **FUTURE HOUSE (Entering Grades 3-5) with Right Brain Curriculum**

What will life on Earth be like a century from now? In our *Future House* class, students imagine and design their home in the year 2117. First, they study what daily life was like one hundred years ago and then they consider how life might change one hundred years in the future. They study the writings of futurists, learn about new "smart homes" and consider what phones, stoves, sofas, televisions and cars might look like in one hundred years. Students use math, writing and presentation skills as they draw up an extensive blueprint of their future house, write a "Day in the Life" story about 2117 and work with geometric calculations as they design their blueprint. Time travel may not really be possible but our *Future House* students will find themselves in a different time and place!

Monday, July 17-Friday, July 21

Fee: \$214

12:30-3:30 PM (\*Eligible for Kids' Club Combination)

12 Mudge Way, Room 144

Min 7/Max 16

# SUMMER YOUTH PROGRAMS

## Science & Enrichment

### **GREEN POWER (Entering Grades 3-5) with Right Brain Curriculum**

In this debate and social studies, students discover that they have just been named the new Director of the EPA (Environmental Protection Agency)! As they are briefed on clean water laws, pollution, car pool lanes, endangered species, overpopulation and other environmental issues, students will begin to prepare a report and presentation to the President, outlining the EPA's new policy in each area. Debating skills will also be featured in *Green Power!*, as students debate each environmental issue alternating between arguing their own point of view and being asked to represent a given stance. They will also receive "reports from the field," fictitious letters from citizens in which challenging environmental problems are raised for the consideration of the EPA Director (for instance, there is an endangered species living where a \$100 million factory is going to be constructed. Should construction be halted?) Our students will be challenged to think critically and creatively in this informative and contemporary class.

Monday, August 14-Friday, August 18

Fee: \$214

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

12 Mudge Way, Room 144 Min 7/Max 16

### **YOU'RE THE MAYOR (Entering Grades 3-5) with Right Brain Curriculum**

Congratulations, you've just been elected mayor of your city...Now it's time to get to work! In this civics, writing and research program, students serve as mayor of a fictional city that they create. They must win re-election by pleasing their constituents, managing the city budget, writing a fair and just city constitution, responding to citizen concerns, delivering speeches and writing op-eds. In their re-election campaign, they create campaign platforms, bumper stickers and buttons that tout their own accomplishments as mayor and take positions on a set of city issues.

Monday, August 14-Friday, August 18

Fee: \$214

12:30-3:30 PM (\*Eligible for Kids' Club Combination)

12 Mudge Way, Room 144 Min 7/Max 16

### **VIDEO PRODUCTION SUMMER PROGRAM (Entering Grades 3-8) with Bedford TV**

Learn how to create and star in a news show for kids and by kids. We will use the Bedford TV studio, green screen and professional cameras to teach you all about making a TV show from planning through production. A DVD copy of the program will be provided at the end of the course. Parents provide transportation to and from the studio.

Session 1: July 10-July 14 (Entering Grades 3-5)

Fee: \$179/Session

Session 2: July 24-July 28 (Entering Grades 6-8)

12:00-3:00 PM

Bedford TV Studio, 16 South Road

### **CHESS (Entering Grades 1-5) with Chess Wizards**

Join us this summer for challenging chess lessons, exciting games, and cool prizes. You will improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! This summer program include fun team chess games (like bug house), recess time, snacks, tournaments, and puzzles. Each camper receives a t-shirt, trophy, and puzzle folder. Unleash your brain power and spend part of your vacation with Chess Wizards.

Monday, July 31-Friday, August 4

Full Day: 9:00-3:00 PM

Fee: \$292

1/2 Day: 9:00-12:00 PM

Fee: \$179

12 Mudge Way, Room 144

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 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 11 for family, friends and the community.

**For child care, make it a Kids Club Combo! See page 37 for information.**

Monday-Friday, 7/17-8/11

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 being offered for children ages 6-12yrs old. Mornings will consist of exciting Acting/Theater classes and Movement. The acting classes consist of creative theater games, concentration exercises, voice and speech work and structured improvisation to improve performance. Other topics include: monologue work, acting terminology, stage skills, script work and more!. These classes help students build confidence and inspire their imagination in a fun and supportive environment! The movement classes include high energy movement to musical theater music. The afternoons will consist of rehearsals that will culminate with an end of the week performance for family and friends, Friday at 1:30pm! All levels of skill encouraged to attend! **For child care, make it a Kids Club Combo! See page 37 for information.**

Monday-Friday, July 10-July 14

Fee: \$259

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 game-improving skills. The Bedford clinic is designed for all abilities, benefiting beginners to advanced level players. T-shirt included.

Monday-Thursday

Fee: \$183/session

**Session 1:** July 10-July 13 (7/14 rain make up)

9:00-12:00 PM

**Session 2:** August 14-August 17 (8/18 rain make up)

9:00-12:00 PM

JGMS J Field

Minimum 25



# SUMMER YOUTH PROGRAMS



## Sports



### BEDFORD BASEBALL CAMP (Ages 4-14)

Join Coach Tim French and Coach Mike Healy and their 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 learning 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 pitch 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.

*For child care, **make it a Kids Club Combo!** See page 37 for information.*

Monday-Friday	Participants receive a hat.		
9:00 AM-11:30 AM			
John Glenn Middle School Fields			
<b>Session 1: 7/10-7/14</b>	<b>Fee: \$187</b>	<b>Session 3: 7/24-7/28</b>	<b>Fee: \$187</b>
<b>Session 2: 7/17-7/21</b>	<b>Fee: \$187</b>	<b>Session 4: 7/31-8/4</b>	<b>Fee: \$187</b>
<b>Best Deal: All 4 Sessions Fee: \$465</b>		Maximum 60 per session	

### BEDFORD SOFTBALL CAMP (Ages 4-14)

**NEW!** Join Tim French and his staff of college and high school baseball/softball players to improve your softball fundamentals. Youth players from beginner to all-star will practice their fundamentals through a wide array of developmentally appropriate drills and activities. **Annual physical exam and immunization history records must be submitted to the Recreation Department prior to the start of this program per BOH regulations.**

Monday-Friday				
12:00 PM-2:30 PM				
John Glenn Middle School Fields				
<b>Session 1: 7/10-7/14</b>		<b>Session 2: 7/17-7/21</b>		
<b>Fee: \$187</b>		<b>Fee: \$187</b>		<b>Max 60/session</b>

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

#### With Coach Vin McGrath and BHS Varsity Team

Join BHS Varsity Coach Vin McGrath and members of the BHS Basketball Team for a four day clinic that will include skill development, team games, and contests. The clinic will address the fundamentals of shooting, dribbling, passing, rebounding and defending. Participants will have fun running through drills with the Bedford Varsity Basketball Players. All proceeds will go to the Bedford High School Boys Basketball program.

Monday-Thursday	<b>Fee: \$171/session</b>		
<b>Session 1: June 26-June 29</b>	<b>(Location BHS)</b>		
<b>Session 2: August 7-August 10</b>	<b>(Location Davis)</b>		
9:00 AM-12:30 PM	Min 15/Max 50		

# SUMMER YOUTH PROGRAMS



## Sports



### KA YOUTH TENNIS

Learn the sport of tennis from Kyle Anderson, a PTR and USTA certified instructor with 19 years full time instructing experience. All lessons will be taught by Kyle Anderson and his 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 & 3: Wednesday-Friday (lower fee-see right)

**Ages 5-6:** 8:30-9:05 AM (Max 12)

**Fee: \$47/session**

**Ages 7-9:** 9:15-10:15 AM (Max 12)

**Fee: \$80/session**

**Ages 10-14:** 10:15-11:45 AM (Max 12)

**Fee: \$120/session**

**S1: 6/21-6/23\***

**S4: 7/10-7/13**

**S7: 7/31-8/3**

**S2: 6/26-6/29**

**S5: 7/17-7/20**

**S8: 8/7-8/10**

**S3: 7/5-7/6\***

**S6: 7/24-7/27**

**S9: 8/14-8/17**

**\*Sessions 1 & 3 Fee: Age 5-6 (\$35), Age 7-9 (\$60), Age 10-14 (\$90)**

**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, Wednesday, Thursday (Friday, rain make up)

**Ages 5-6:** 5:00-5:45 PM (Max 10)

**Fee: \$45/session**

**Ages 7-9:** 6:00-7:00 PM (Max 10)

**Fee: \$60/session**

**Ages 10-14:** 7:15-8:30 PM (Max 10)

**Fee: \$90/session**

**S1: 6/19, 6/21, 6/22**

**S5: 7/24, 7/26, 7/2**

**S2: 6/26, 6/28, 6/29**

**S6: 7/31, 8/2, 8/3**

**S3: 7/10, 7/12, 7/13**

**S7: 8/7, 8/9, 8/10**

**S4: 7/17, 7/19, 7/20**

**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 24-August 5 (no class 7/1). 6 weeks.

**Ages 5-6:** 8:30-9:05 (Max 12)

**Fee: \$71**

**Ages 7-9:** 9:15-10:15 (Max 12)

**Fee: \$120**

**Ages 10-14:** 10:30-12:00 (Max 12)

**Fee: \$181**

### ALL STAR BASKETBALL CLINIC (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 includes individual 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.



Monday-Thursday, 9:00AM - 3:00PM

Fee: \$253/session

**Session 1: July 17-July 20**

**Session 2: August 14-August 17**

Davis School Gym

# SUMMER YOUTH PROGRAMS

## Sports

### THUNDERCAT KIDDIE CAT JAM (Ages 4-6)

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 Attack, 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 each 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)

<b>Session 1:</b> Monday, June 26-Friday, June 30 9:00-12:00 PM	Fee: \$163
<b>Session 2:</b> Wednesday, July 5-Friday, July 7 9:00-12:00 PM	Fee: \$103
Davis School Fields & Gym	
Min 10/Max 20	

### THUNDERCAT BASKETBALL (Entering 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 each participant receives a t-shirt and a 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 July 24-July 28 9:00 AM-3:00 PM	Fee: \$202
Davis School Gym	
Min 10/Max 20	

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

Have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program consists 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 each participant receives a t-shirt and a 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 July 31-August 4 9:00 AM-3:00 PM	Fee: \$202
Davis School Fields & Gym	
Min 10/Max 20	

### 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 the highest mountain in Bedford and 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, 6/27-8/1 (no class 7/4) 5 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	Fee: \$76
Min 5/Max 12	

# SUMMER YOUTH PROGRAMS

## Sports

### F.A.S.T. ATHLETICS MULTISPORT 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. 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

Full Day: 9:00-3:00 PM

Fee: \$161/Session

1/2 Day: 9:00-12:00 PM

Fee: \$125/Session

Session 1: Monday, July 10-Friday, July 14

Davis School Gym & Firelds

Session 2: Monday, August 7-August 11

JGMS Gym & Fields

Min 8/Max 30



#### ARCHERY (Entering Grade 4 + ) with On the Mark Archery

Archery was a huge recreational activity in the early 1800s and it's growing in popularity once again thanks to the wild success of the Hunger Games franchise and the summer Olympic Games. Whether you have never held a bow before or if you are an experienced archer, you will find success in this timeless, all-inclusive sport that has given a modern twist by entertaining and exciting coaches. All equipment is provided. Enrolled students are eligible to complete in the On the Mark Archery tournament in June and August. Grades 4 & up

Monday-Thursday

Fee: \$115

July 24-July 27 (Rain date: Friday, 7/28)

6:30-7:30 PM

Location TBD

Min 10/Max 16

### BARRIE BRUCE GOLF SCHOOL

Learn golf with Barrie Bruce! These summer clinics are an hour and a half and 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

Fee: \$129/Session

Session 1: June 26-June 30 (9:00-10:15 AM)

Session 2: July 10-July 14 ( 9:00-10:15 AM)

Session 3: July 24-July 28 (9:00-10:15 AM)

Session 4: August 7-August 11 (9:00-10:15 AM)

Session 5: August 21-August 25 (9:00-10:15 AM)

51 Baldwin Road, Billerica, MA 01821

### PRESCHOOL TENNIS (Ages 3-5) with New England Athletic Academy

In accordance with USTA Guidelines, NEAA offers beginner tennis instruction for ages 3-5 teaching basic shot mechanisms and fundamentals. NEAA provides all equipment although players are welcome to bring their own rackets if they wish. Players use slower, less bouncy "red balls" and a surface sized appropriately for the young students.

Monday-Friday

Fee: \$90/Session

Session 1: July 17-July 21

Session 2: August 7-August 11

Ages 3-4: 9:30-10:30 AM

Ages 4-5: 10:30-11:30 AM

Max 5

Location: 12 Mudge Way, Room 153



# SUMMER YOUTH PROGRAMS



## Farming



### CHIP IN FARM SUMMER PROGRAM (Entering Grades K-5)

Join Farmer Julia to experience life on a real working farm! Kids will feed and care for the animals, collect eggs, and harvest crops! They will learn about the farm through hands-on activities, crafts, games, stories and cooking projects. Be sure to wear work clothes and old sneakers or boots and come prepared to get dirty! Class will meet rain or shine. This is a drop off program and parents are not required to stay.

Tuesday-Friday, 9:00 AM-12:00 PM OR 9:00 AM-3:00 PM

**Fee:\$155/Session (Half Day)**

**Entering Grade K-2:**

**Entering Grade 3-5:**

**Fee: \$238/Session (Full Day)**

Session 1: 7/11-7/14

Session 1: 7/25-7/28

Session 2: 7/18-7/21

Session 2: 8/1-8/4

201 Hartwell Road, Bedford

Min 3/Max 15

## Dance

### ZUMBA® KIDS SUMMER PROGRAM (Grades K-3) with Renae Nichols

Dance, shake, giggle, and groove in a Zumba® class just for kids! Lively routines combine music and movement into kid-friendly steps that are easy to learn and fun to perform. Each day will feature 45-60 minutes of Zumba® Kids dancing and games, followed by activities, books, and crafts that explore the countries of origin of the music and dance. Students will learn Spanish words and phrases related the studies and they will record their learning in world study journals. Please wear sneakers and bring a snack, lunch, and water bottle to enjoy during the program.

Monday-Friday

July 24-July 28

9:00 AM-1:00 PM

Davis School Cafe

Fee:\$160

Min 8/Max 12

## Art

### MIXED MEDIA ART SUMMER PROGRAM (Entering Grade 3-5) with Penny Leslie

Do you have some free time after the last day of school? We are offering a special 4 day program for kids who really enjoy art activities and want to just relax and have some fun exploring a wide range of art materials. Lane students will have more technical instruction and choose their media at one table, while the Davis students will have another project of their own. Each day, they will produce a finished piece of work to take home. Drawing supplies, paints, and crafts including beading for bracelets will be provided. And of course we will be bringing "nature" back in to gain inspiration.

Monday, June 26-Friday, June 30

10:00 AM-12:00 PM

Davis School Cafe

Fee: \$152

Min 10/Max 20

## BEDFORD RECREATION DANCE PROGRAM

The schedule and details of the 2017/2018 Recreation Dance Season will be posted on the Bedford Recreation Website ([www.bedfordrecreation.org](http://www.bedfordrecreation.org)) as soon as it is available. Tentatively, registration for the 2017/2018 Dance Program registration is scheduled to open in mid July, but please check the website for actual date/time.

# BEDFORD RECREATION REGISTRATION FORM

FAX: 781.687.6156

Name:	Grade Fall 2017	Sex:	D.O.B:	Home Phone:
Address:		Email:		
Cell Phone:		Work Phone:		
Cell Phone Provider:		Sign up for e-news? YES or NO (Email re: Recreation updates)		
For minor participants: Mother's Name:	For minor participants: Father's Name:		For all participants: Emergency Contact Name:	
Work Phone:	Work Phone:		Phone:	
Cell Phone:	Cell Phone:		Relationship:	
Email:	Email:			
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?				
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 \_\_\_\_\_

Authorized Charge Card Signature \_\_\_\_\_

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

I, the undersigned (participant, mother, father/legal guardian of \_\_\_\_\_, a minor, do hereby consent to my, 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 it's 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 or 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 ARTISTS:

Bedford Recreation Kids' Club Students

Natalie H.  
Anoushka N.  
Layla B.  
Catherine K.



Check us out on Facebook; follow us on Twitter @BedfordRecMa  
Phone: 781-275-1392 Fax: 781-687-6156  
[www.bedfordrecreation.org](http://www.bedfordrecreation.org)