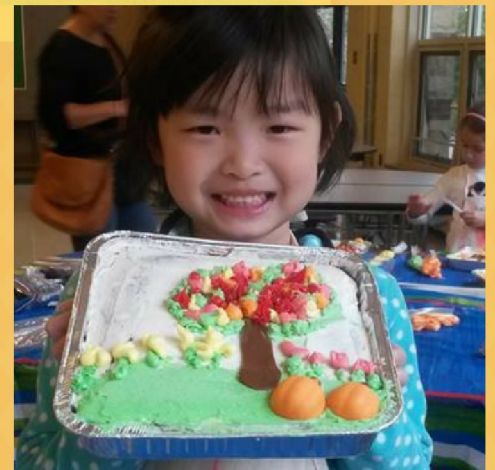


# Bedford Recreation FALL 2017



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



# REGISTRATION INFORMATION

<b>DEPARTMENT INFORMATION</b>	<b>REGISTRATION INFORMATION</b> REGISTRATION OPENS SEPTEMBER 6 AT 9:00PM <i>UNLESS OTHERWISE NOTED.</i>
-------------------------------	---

**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 Gembris, 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  
 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**  
 Registration Forms: Page 41

---

**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.

---

**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."

**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.

**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 Active-Network (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 POLICIES**  
**Notice must be given 5 business days prior to the start of a program for refunds:**  
**Programs costing less than \$100:** Full refund less \$10.  
**Programs costing \$100+:** Full refund less 10% of the program fee.  
*Refund Policy Exceptions:*  
**Medical** refunds given after program has begun, prorated and less additional \$10 administrative fee (physician documentation required).  
**Transfers** will be charged \$10 administrative fee.  
 Other exceptions as noted in program description.

## CONTENTS

### SPECIAL EVENTS

3 Bedford Day Information  
 4-5 Tickets/Events/Family  
 4-5 Trips and Tours

### ADULT PROGRAMS

6-8 Art and Music  
 9-10 Cooking Series  
 10-11 Health and Wellness  
 12-13 Personal Interest  
 13 Outdoor Fitness & Adventure  
 14-17 Exercise and Dance  
 18 Sports Instruction  
 19 Pick-Up Sports

### YOUTH PROGRAMS

32-33 Bauman Basketball  
 26 Dance 2017-2018  
 40 Employment Opportunities  
 22-31 Elementary School  
 35-40 Middle School/High School  
 19-21 Preschool  
 34 Travel Soccer (Spring)  
 38 Wachusett Ski/Ride  
 37 Youth Center

**Registration Form.....43**

**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!

# BEDFORD DAY: September 23, 2017

## PARADE

BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way.

**Parade steps off at 10:30!**

## FAIR

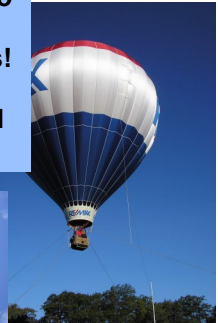
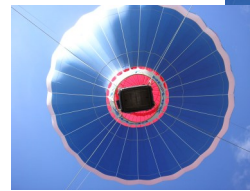
Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair!

The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex, 10 Mudge Way.

**COME CELEBRATE  
BEDFORD'S  
ANNIVERSARY—  
SEPTEMBER 23!**

**HOT AIR BALLOON  
RIDES ARE BACK  
THIS YEAR! This is  
your opportunity to  
see Bedford from  
above the treetops!**

**8:00AM—11:00AM**



## BOARD OF HEALTH IS OFFERING FREE FLU SHOTS AND HEALTH SCREENINGS :

The Bedford Board of Health is partnering with Emerson Hospital to provide free health screenings on Bedford Day. Free screenings include blood tests for cholesterol, PSA and thyroid; pulmonary function testing provided by the Pulmonary Department; blood pressure screening provided Emerson Primary Care; and postural screening provided by the Center for Rehabilitative and Sport Therapies. The Board of Health will provide flu shots to Bedford residents 8 years of age and older. Please bring ID and insurance cards and look for the big white tent. For detailed information about the event or to acquire the flu vaccine registration form, please visit the Health Department website (link from [www.bedfordma.gov](http://www.bedfordma.gov)) or call the Health Department at 781-275-6507.

## DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK:

A tradition for 23 years! The race starts at 8:30AM (registration at 7:30AM ) at John Glenn Middle School. A Kids' Fun Run will be held prior to the 5k, with registration at 7:00AM, and the Run at 7:30 on the BHS track. The Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship. For additional information and registration please visit [www.dannyoates5k.com](http://www.dannyoates5k.com)

## BACS 18th ANNUAL REGIONAL ART EXHIBIT

The Bedford Arts and Crafts Society 18th Annual Regional Art Show will be open in the Union Room at 12 Mudge Way on Friday, September 22nd from 2:00 PM-4:00 PM and on Bedford Day (Saturday, September 23) from 9:00 AM-2:30 PM. For more information or to submit art work, please visit [www.bacsma.org](http://www.bacsma.org) or email [artshow@bacsma.org](mailto:artshow@bacsma.org).

## FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE:

The Friends of the Bedford Library are holding a three day Fall Book Sale. The sale begins Friday, September 22nd from 1-5 pm and continues Saturday, September 23rd from 10-4 pm. On Sunday, September 24th, the sale hours are from 1 to 4 pm. The Book Sale is held rain or shine at the library located at 7 Mudge Way in Bedford, MA.

## **BEDFORD DAY SEVERE STORM INFORMATION**

The Bedford Day Fair and Parade are held rain or shine. If there is weather that is severe and threatens the safety of participants, the events will be postponed to September 24. The decision to postpone would be made by 8:00 a.m. on September 23 and the information would be posted on the Town website ([www.bedfordma.gov](http://www.bedfordma.gov)) and recorded on the Recreation Department answering announcement (781-275-1392).

**The Severe Storm date applies to the Bedford Day Fair and Parade Only!  
The Road Race, Book Sale and Art Exhibit will be held rain or shine.**

# TICKETS ~ EVENTS ~ FAMILY PROGRAMS

## FALL HARVEST COOKING SERIES (Children Grade 3+ AND Parent) With Kids Cooking Green

Celebrate the Fall Harvest and learn to cook with produce fresh from the farm! Each week the parent/child teams will be presented with a box of fruits, veggies and protein and taught how to slice, dice, sizzle and bake the ingredients into a healthy meal. You will learn about the history of the foods and spices we eat. Did you know that the vanilla bean comes from an orchid? Or, that lobsters used to be considered part of a "poor man's diet?" Come on a culinary journey with us that starts at the farm and ends up at our Bedford tasting table. Recipes will include Ginger Port in Lettuce Cups, Pickled Cucumbers, Trofie Pasta & Carrot Top Pesto, Meatballs with Tomato Coulis, Mixed Berry Fruit Pops, Pear Cake and more!

**Tuesdays, September 12, 19, 26**  
**6:30-8:30 PM**

**Fee Per Pair: \$115 for one session or \$330 for all three sessions**

**12 Mudge Room (Room #149)**

**Fee include all materials**



## PARENT & CHILD YOGA CLASS with Kamate Fitness

A one hour long parent and child yoga combo class. This class offers a wholesome workout as well as creative and fun activities based on the foundations of yoga. The instructor will lead participants through multiple yoga combinations, Tai Chi, and a light relaxation to enhance flexibility, balance, relaxation, and of course encourage fun fitness choices with the family. (\$10 per additional child, pay at door). Ideal for children in K-4th grade.

**Sundays, 9/10, 10/8, 11/12 & 12/10 3:00 PM-4:00 PM**  
**Kamate Fitness, 153 Concord Road, Bedford**

**Fee: \$25/class or \$80 for all 4 classes**

## MONTHLY TRAIL WALKS with the Bedford Trails Committee

Please join the Bedford Trails Committee for free monthly Trail Walks along different trails in Bedford. Most walks are suitable for children and most are good for dogs on leash (see URL below for trail descriptions with this info). Hikes are 1-2 hours. Meet at 9:45 am at the parking lot behind the Bedford Free Public Library, and leave 10:10 am with the designated Trailhead identified each month at the BedfordMA-Trails website <https://groups.google.com/group/bedfordma-trails>. Check this same website after 5 pm the Friday before each hike for the confirmed walk location. For Bedford Trail Maps, please see: <http://www.bedfordma.gov/trails-committee/pages/bedford-trail-maps>

Please send email to [BedfordMA.trailwalks@gmail.com](mailto:BedfordMA.trailwalks@gmail.com) to join!



## DISCOUNT SHOWCASE MOVIE TICKETS

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



## 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 and time options and make a reservation at 1-800-877-5110. More information on the website. The whaling season runs thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable.



## TREE LIGHTING—Save the date!

The Town of Bedford's Annual Holiday Tree Lighting Event  
**Saturday, December 2**  
Information will be posted [www.bedfordrecreation.org](http://www.bedfordrecreation.org)





# ~ TRIPS & TOURS ~

## IMPORTANT TRIP INFORMATION:

- Trips and tours are co-sponsored with Concord, Acton, Carlisle and Littleton. Departure and return locations will be determined by number of registrants in each town. You will be notified of the host community for departure and return before the trip.
- Luxury Motor Coach bus transportation with WiFi.
- Non-refundable if cancelled within 30 days of tour without trip insurance. Trip insurance may be purchased within 48 hours of booking the trip. To purchase insurance, call Bedford Recreation for information prior to registering for the trip.
- Please include a cell phone number for a participant on the trip along with an emergency contact name and number.
- Tours/inclusions are subject to change. Taxes and service charges are included., but gratuities for guides and drivers are not.



## RADIO CITY CHRISTMAS SPECTACULAR

**Saturday, November 11      Early AM/Late PM      \$162/person**

Join us for one of our most popular day trips ... the fabulous Radio City Christmas Spectacular, featuring the ever-popular Rockettes! Leave early morning for New York, where your coach will drop the group in the Rockefeller Center area with time for lunch on your own and some browsing, shopping, skating or strolling on 5th Avenue. Meet at Radio City for the afternoon performance of this classic show that has thrilled people of all ages since 1933. It is a great way to get into the spirit for the coming Holiday Season! Refreshments served enroute. Reserved orchestra/first mezzanine seating for the Radio City Music Hall Christmas Spectacular, featuring the Rockettes. (Late afternoon show). Celebration Tours II escort.



## NYC HOLIDAY SHOPPING TRIP

**Saturday, December 2      6:00am-11:00pm      \$69/person**

At last...a chance for you to get away to New York, New York! The Big Apple! Here you can get an early start on your Christmas shopping, 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! 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. The Rockefeller Christmas Tree will be aglow and on display for your viewing pleasure. 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. Tour includes NYC Map and Attractions List.

## BOSTON POPS HOLIDAY 2017

**Thursday, December 14 (Depart 10:30 AM)      \$139/person**

**(check our website or call for the date in late August for more details)**

Join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall. This singularly sensational day of memorable music is so great that it 'Pops!' On arrival in Boston, you will enjoy a delicious, full course luncheon at Venezia Restaurant\*, overlooking the Harbor. You will ride past Boston Common to view the beautiful Christmas lights display before or after the show at Symphony Hall where Keith Lockhart will be conducting the performance and Santa will be appearing as well! Enjoy the show from your First Balcony seats. A great time with the Boston Pops! \*Please make a choice of entrée at registration: Chicken Parmesan Baked Haddock, Steak Tips or Pasta Primavera. Luxury Silver FoxTour. The itinerary is subject to change depending on show schedule; please check with Recreation before registering.



# ADULT PROGRAMS

## REGISTRATION FOR ADULT CLASSES IS OPEN!



- 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 5 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 ~

### TEA BAG FOLDING

with artist **Karen Beaver**

We will use simple origami paper folding techniques to assemble colorful circular kaleidoscope designs. Designs can be displayed, framed or made into a greeting card (materials for cards provided) No experience required. All are welcome. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 5/max 10)

**Friday, October 20, 9:30-12:00noon**

**Fee: \$45**



### A SPECIAL HOLIDAY WINTER CANDLE

with artist **Corine Mazza**

Just in time for the Holidays! Join us for this one night painting workshop in which we will create a beautiful winter scene on a pillar candle that you may decide to keep to enjoy or you may decide to gift. 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.

**Thursday, November 30, 6:30-9:00pm**

**Fee: \$40**

### WATERCOLOR ON YUPO

with **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. Sessions begin with a demonstration and introduction to materials and are followed by ample time to create your own paintings. Please bring your tube watercolors, a palette, and large/small soft brushes. Paper provided. Please bring plastic table cover, apron and clothing that can get messy. \$10 material fee payable to the instructor at class. Class held at 12 Mudge Way, Rm. 152. This class co-sponsored with Bedford Arts and Crafts Society. (min 6/max 10) **Fridays, 9:30am-12:00noon, 10/27 & 11/3 (2wks)** **Fee: \$45**



# 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.

**2 Week Session: Thursdays, 7:00-9:00pm, 9/28 & 10/5** Fee: \$65

**4 Week Session: Thursdays, 7:00-9:00pm, 10/26-11/16** Fee: \$110



### PAINT LIKE CÉZANNE, MATISSE OR VAN GOGH!

Still Life in Acrylic with artist Emily Stewart

In this intermediate painting workshop, we will look at three great still life artists Cézanne, Matisse and Van Gogh and create a painting in the style of the artist that you choose to emulate. We will discuss each artist's style, brush stroke and composition and their use of shape, color, texture and patterning. Then you will paint your own still life like the masters! Materials list will be provided. Age 15+ (min 4/ max 6) Bring an apron or wear clothes that may become painted. Bring lunch/snacks. Class held at 97 School St. Carlisle (Brick Building)

**Saturday & Sunday, October 21 & 22, 10:00am-4:00pm**

Fee: \$125



### 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. 12 wks

**Tuesdays, 9:30am-12:00noon, 9/12-11/28**

Fee: \$110



### IMPROVE YOUR WATERCOLOR SKILLS

with artist Nan Rumpf

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, to explore your artistic voice. And to improve your skill in this exciting medium. Material list available online or at the Recreation 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.

**Mondays, 10:00am-12:30pm, 9/25-11/27 (no 10/9, 11/13) 8wks** Fee: \$145

Registration for non-residents opens Sept. 6, 9:00pm.

# ADULT PROGRAMS

## ~ ARTS & CRAFTS ~



### BEGINNING PHOTOGRAPHY

with Robyn Bright, Photographer

Would you like to take better photos of your family and friends, or while traveling or any time that you are inspired to capture a moment? All great pictures have two important factors, fantastic lighting and great composition. This class will teach you how lighting affects a photo's look, mood and even color. Different types of lighting will be discussed including outdoor and flash photography. Rules of composition and changing perspective will also be covered so that your photos can look fabulous. Find out how to use your camera and some of the settings such as aperture and shutter speed that can change an image to achieve the best photos possible in many different situations. Please bring your film or digital camera, manual and any other equipment you wish to the first class. Class held at 12 Mudge Way, Rm 152. Age 16+ (min 4/max 12) 5wks

**Tuesdays, 7:00-9:00pm, 11/7-12/5**

**Fee: \$100**

### STONE CARVING SATURDAYS

with stone artist, Scott Cahaly

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+

Class held at Stone Carving Studio, 80 Loomis St. 2nd floor. (min 4/max 8)

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

**Fee: \$125 each option**

**Options:** September 23, October 21, November 18 or December 16



## ~ MUSIC ~



### BEGINNING GUITAR: Simple, Fun and Rewarding

with Marc Boggs



A simple, fun approach to learning guitar. No complex music theory or boring exercises. We will learn through basic, simple songs from various artists and learn chords, scales, and melodies to apply to any level of musical knowledge. All levels are welcome. 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 Frampton, Kansas, and Joe Walsh, he has now settled into a role as a private guitar instructor. Ages 14+ (min 6/max 20) Must have acoustic or electric guitar. Class held at 12 Mudge Way, Rm. 139 (10wks)

**Wednesdays, 7:00-8:30pm, 9/27-12/6 (no class 11/22)**

**Fee: \$144**



# ADULT PROGRAMS

## ~ LET'S EAT! FALL COOKING SERIES ~

### BREAD DOUGH SIMPLIFIED

with Jeannette Pothier, Professional Chef

Learn how to use yeast to make French bread with Sourdough. We will also make yeast Focaccia and Italian bread to make Crostinis. If you have ever killed your yeast while making bread, this is the class for you. Our focus will be on making bread by hand and also in the food processor. We will bake the dough that will be made ahead, but you will make the dough again in class and bring it home to bake. Bring an apron and be ready for a fun class! Class held at 12 Mudge Way, Shawsheen Rm. (min 6/max 10)

**Tuesday, September 26, 6:30-9:00pm**

**Fee: \$42**

**Additional approx. \$10 materials cost payable to instructor at class.**



### AN EVENING IN FRANCE: French Dinner Made Easy!

with Jeannette Pothier, Professional Chef

French food is everywhere, not difficult to make, and you can find it and the ingredients at your local grocery store. For dinner, for working people, we will make a quick and easy dinner selection and it will taste like you cooked all day! Breaded Chicken, made-ahead Rice Pilaf filled with vegetables, South of France Salad and Vinaigrette, and for dessert – Lemon Madeleines (tender scalloped tea cakes). Techniques and knife skills are a key component in this class. Bring an apron and your knives. Material cost will be approximately \$15 please pay instructor that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 6/max 10)

**Tuesday, November 14, 6:30-9:00pm**

**Fee: \$42**

**Additional approx. \$15 materials cost payable to instructor at class.**



### BREAKFAST FOR DINNER

with Jeannette Pothier, Professional Chef

This is a class for those of you who enjoy breakfast all day or are looking for a cozy, winter meal option! We will learn ways to make breakfast sandwiches, French toast, salads with grains and vegetables, toned down for breakfast. What about that side of Eggs Benedict without the ham, but with cheeses and nice tomato toppings, as well as the Hollandaise you always associate with Benedict dishes. These dishes are mostly vegetarian. Bring an apron and your knives. Class held at 12 Mudge Way, Shawsheen Rm. (min 6/max 10)

**Monday, December 4, 6:30-9:00pm**

**Fee: \$42**

**Additional approx. \$10 materials cost payable to instructor at class.**



### CHEESE MAKING & LOCAL ARTISANAL CHEESE TASTING

with Kimi Ceridon, Chef

Cooking with Kimi returns for a visit to offer her very popular cheese making and cheese-tasting adventure. The adventure begins with 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. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

**Tuesday, October 10, 6:00-9:00pm.**

**Fee: \$45**

**Additional approx. \$15 materials cost payable to instructor at class.**

# ADULT PROGRAMS

## ~ LET'S EAT! FALL COOKING SERIES ~



### HEALTHY, DELICIOUS & EASY VEGETABLE DISHES

with Amy Borshay-Bokser, Private Chef

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. All recipes will be Gluten and Dairy Free! Class held at 12 Mudge Way, Shawsheen Rm. Age 16+ (min 5/max 15)  
**Tuesday, October 24, 6:30-8:30pm**

**Fee: \$30**

**Additional approx. \$15 materials cost payable to instructor at class.**

### CAKE DECORATING 101: Back to the Basics!

with Christina Silk

Would you like to learn new skills that can be passed down through your family and have fun doing it?! Gather friends and family and learn basic cake decorating skills that you will build upon in future classes! You will learn how to make buttercream frosting and how to ice your cakes and decorate them with borders, flowers, words and 3-D characters! You will make three cakes in total. Great fun for birthdays, weddings and holidays! Materials list will be distributed at the first class. Class held at 97 School St. Carlisle (Brick Building) Ages 16+ (min 2/max 4) 5wks

**Saturdays, 10/14-11/11, 11:00am-2:00pm**

**Mondays, 10/16-11/13, 6:00-9:00pm**

**Fee: \$100**

**Fee: \$100**



## ~ HEALTH AND WELLNESS ~

### PROTEIN, CARBS & FATS: Planning Meals & Snacks for Families

with Diana Rodgers, Registered Dietitian

Learn how to choose the best sources of protein, the right amount of carbs and the healthiest fats to fuel your busy life. Suggestions for kid-friendly options plus tips and tricks for getting buy in will be discussed. Diana is mom to two active kids and she is married to an organic farmer. She believes in "real food" and advocates for eating less processed foods and sugar, focusing on nutrient dense proteins, fats and carbohydrates. She has written two books and she hosts the Sustainable Dish Podcast. You can learn more about her at [www.sustainabledish.com](http://www.sustainabledish.com). (min 7/max 15) Class held at 97 School St. Carlisle (Brick Building)

**Thursday, October 12, 7:00-8:30pm**

**Fee: \$30**



### 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)

**Wednesday, November 8, 7:00 – 9:00pm**

**Fee: \$25**



# ADULT PROGRAMS

## ~ HEALTH AND WELLNESS ~

### INTRODUCTION TO MEDITATION AND MINDFULNESS PRACTICE

with **Dr. Frances Bigda Peyton**

A 4-session introduction to meditation as a tool for awareness, happiness, and stress reduction. Essential mindfulness practices will also be introduced in the tradition of Zen master, Thich Nhat Hahn. We will practice mindful ways to nourish the mind, transform psychological wounds, and work with difficult emotions. Class will be held at 200 Carlisle Rd, Bedford. (min 4/max 12)

**Mondays, 10:30am-12:00pm, 10/2-10/30 (no 10/9) 4wks**

**Fee: \$40**

### MEDITATION AND RAISE YOUR VIBE HOUR

with **Julie Ramsdell, MS, RM**

The evidence is overwhelmingly in favor of the benefits of meditation! Stress reduction, enhanced relationships, increased productivity, improved sleep, and yes, increased happiness. New research shows that meditation actually REVERSES at a cellular level stress-related changes in genes linked to poor health, aging, and depression! In this series of UPLIFTING classes, we remind our body how to heal itself. The class is half meditation and half energy medicine techniques, to boost & balance the energy vibration and flow in our bodies. No special attire, previous experience, or equipment needed. If you already meditate, joining a supportive meditation circle is very powerful and will enhance your practice. All levels of experience are warmly welcomed.

Join us! Classes are held at 200 The Great Rd. Suite 254A. (min 4/max 15) Age 16+

**Tuesdays, 7:00-8:15pm, 9/12 - 11/7 (no class 10/31) 8wks**

**Fee: \$140**

### REIKI: Intro and Reiki Share with **Julie Ramsdell, MS, RM**

Reiki is a Japanese holistic energy medicine therapy that promotes relaxation, and physical, emotional, and spiritual healing for humans and animals alike. It reduces stress and pain, and is used in hospitals throughout the world, including Brigham and Woman's Hospital in Boston. Gentle touch and intention are used on specific parts of the body to increase the flow of beneficial healing energy to the body. This introduction and Reiki Share is designed for practitioners of any certification level and anyone who is curious about this gentle and safe hands-on healing method. Mini sessions will be given to attendees. Class held at 200 Great Rd. Suite 254A. (min 4/max 12)

**Saturday, 10/14, 1:00-4:00pm OR Sunday, 11/5, 3:00-4:00pm. Fee: \$25 per event**



### INTUITIVE DEVELOPMENT CLASS

with **Julie Ramsdell, MS, RM**

Tap into a natural "Super Power" that you already possess. If you are intrigued by this class, you are likely already gifted in this area. Lucky you! Let's have some fun exploring and enhancing it together. Participants are guided through meditations that enhance your connection to your inner wisdom. We will explore different methods of energy sharing, and energy reading. Effectively using your intuition is a life skill that can improve your experience in all areas, from big decisions such as, "What kind of work will bring me joy and abundance?" to everyday decisions, such as, "Where will I find a parking spot?" Learn how to use your intuition, and discover a happier, more effective life. Classes are held at 200 The Great Rd. Suite 254A. (min 4/max 15) Age 16+

**Tuesdays, 7:00-8:30pm, 11/14-12/5 (no class 11/21) 3wks**

**Fee: \$74**



# ADULT PROGRAMS

~ PERSONAL INTEREST ~

## CONSIDERING A RESIDENTIAL ADDITION OR RENOVATION?

with Nancy Dickinson, Dickinson Architects

If you have been thinking about adding on to your house, but do not know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to “move or stay,” the architectural process, contractor selection, permitting and what to expect during construction. Time will be given for questions about your specific project. Nancy is a registered architect with more than 25 years experience, 20 years specializing in Residential Design. Dickinson-Architects.com (min 2/max 25)

Class held at 12 Mudge Way, Rm. 152  
**Wednesday, October 18, 7:00-9:00pm**

**Fee: \$30/couple**



## NEGOTIATION SKILLS WORKSHOP

with Rebecca Green Neale, Lawyer

Get ready for your next big opportunity. Rebecca will share her tried and true strategies for negotiating settlements, salaries, big purchases, and more. What is a “win-win” deal, and how do you get one? How do you figure out what to ask for? How do you know when to walk away? Learning even basic negotiation skills will help you build confidence in commonly nerve-wracking situations. You will learn how to prepare for and conduct a negotiation and you will practice effective negotiation techniques. Don't leave anything on the table when the next opportunity knocks on your door.

(min 6/max 20) Class held at 12 Mudge Way, Rm 152.

**Monday, October 2, 7:00-9:00pm**

**Fee: \$30**

## FINDING THE RIGHT COLLEGE FOR YOUR CHILD: Strategies for a New Generation

with Linzy Brekke-Aloise, Ph. D., Professor at Stonehill College & Independent College Consultant

In this seminar, you will learn strategies to help your children find and gain acceptance to the colleges that are right for them. Considering the single digit acceptance rates at many Massachusetts colleges and more than 4,000 universities available nation-wide, some with list prices up to \$70,000 a year, choosing the right college or university is overwhelming for many families. The range of choices can be a benefit, as those colleges and universities compete to enroll students and build a class. Understanding the new landscape of college admissions will enable you to help your children use that competition to their advantage, gain multiple admissions offers, and secure merit aid. Learn how to play the College admissions game and win. (min. 4/max 15) Class held at 12 Mudge Way, Rm 152.

**Thursdays, Nov. 2 & Nov. 9, 7:00-9:00pm**

**Fee: \$50 per family**



## YOU CAN AFFORD COLLEGE IF...

with Dick Man, College Funding Advisors, Inc of Bedford

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December of the child's sophomore year of high school.

This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn strategies that may increase your family's eligibility even if you have a “high income” or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options. A free financial aid analysis will be available to all attendees. This is a very popular seminar, sign up soon! For more information visit the website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com). (min 5/max 25) Class held at 12 Mudge Way, Rm 152.

**Thursday, October 19, 7:00-9:00pm.**

**Fee: \$10 per family**





# ADULT PROGRAMS

## ~ PERSONAL INTEREST ~

### DOCUMENTARY PRODUCTION with Bedford TV



Have you ever wanted to learn to make your own documentary film? In this class you will learn technical and storytelling techniques that will help you tell your story. Students in this class will complete a short documentary about a person of choice while learning about film history, narrative techniques, and video post-production. Age 16+ Class held at Bedford TV Studio, 16 South Rd. (min 3/max 6)

**Tuesdays, 9/19-10/10, 5:00-7:00pm (4 wks)**

**Fee: \$100**

### GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE with Creative Voice Development Group, LLC



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 8/max 25) Class held at 12 Mudge Way, Rm 152.

**Wednesday, November 8, 6:30-9:00pm**

**Fee: \$25**



## ~ OUTDOOR FITNESS AND ADVENTURE ~



### 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. First week will meet at The Old North Bridge in Concord. Weather cancellations will be made up at the end. (min 1/max 12)

**Wednesdays, 9:30-noon, starts September 27 (6wks)**

**Fee: \$89**



### CO-ED OUTDOOR BOOT CAMP

with Sandy Morvillo

Move beyond your fitness plateau! Whatever your reason, let's get a jump start to 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. Classes will be held rain or shine. Age 15+ (min 10/max 50) Meet at the High School Track. 10wks

**Saturdays, 7:30-8:30am, 9/9-11/11  
(9/23 will be 6:30-7:30am)**

**Fee: \$144**

# 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, 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 18) All classes held in the Union Rm, 12 Mudge Way.



<b>Mondays</b>	<b>7:00-8:00pm</b>	<b>9/11-12/4 (no class 10/9, 11/13) 11wks</b>	<b>Fee: \$144</b>
<b>Tuesdays</b>	<b>9:30-10:30am</b>	<b>9/12-12/5 (13wks)</b>	<b>Fee: \$170</b>
<b>Wednesdays</b>	<b>7:00-8:00pm</b>	<b>9/13-12/6 (no class 11/22) 12wks</b>	<b>Fee: \$157</b>
<b>Fridays*</b>	<b>9:30-10:30am</b>	<b>9/15-12/8 (no class 11/10, 11/24) 11wks</b>	<b>Fee: \$144</b>

\*Friday, 9/22 in Room 153, signs will be posted

### 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, 9/17-12/3 (12wks)**

**Fee: \$155**



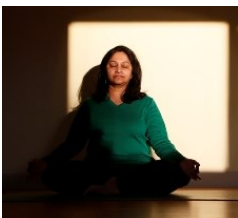
### YOGA FIT AND STRONG

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, 9/19-12/5 (12wks)**

**Fee: \$155**



### CREATIVE FLOW YOGA WITH MUDRAS

with Cyndy Overgaag, Serenity Yoga Center

This moderately paced class in the vinyasa tradition (flowing from posture to posture) 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, 9/16-12/2 (12wks)**

**Fee: \$155**





# ADULT PROGRAMS



~ EXERCISE AND DANCE ~



## BODYFLOW™

with the Kamate Fitness team of LesMills certified instructors

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. Please bring mat, towel and water. (min 1/max 20) All classes held at Connections, 153 Concord Rd.

**Unlimited Classes, 9/6-11/26 (12wks)**

**Fee: \$216**

*Session schedule:* Tuesdays 10:15am, Thursdays 7:15pm, Sundays 4:30pm  
(please note no class 11/23)

## BODY BALANCE & CORE STRENGTH

with Jayne Schmitz

This program will challenge you to increase deep core strength, balance, and tone. Drawing from the Pilates discipline, we will work on body awareness, good posture and stress reduction. Core stability and alignment are emphasized throughout. It will help you transform the way your body looks, feels and performs as you improve mobility, posture and tone. All levels of fitness and experience are welcome. Bring a mat, and water bottle. Class held in the Bedford High School Dance Studio. Age 16+ (min 4/max 15)

**Wednesdays, 6:00-7:00pm, 10/4-11/15 (7wks)**

**Fee: \$85**

## PILATES/YOGA FUSION

with Dawn George, Attitudes Dance and Fitness

A perfect blend of Pilates and Yoga to get your morning off to a great start. A series of fluid floor work exercises designed to develop a strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible or a mindset and complete way of life. All fitness levels welcome! Please wear loose comfortable clothing and socks (street shoes not permitted). Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 10)

**Saturdays, 10:15am-11:00am, 9/16-11/18, (10wks)**

**Fee: \$115**

## 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)

**Monday 9:30-10:30am 9/11-12/18 (no class 9/25, 10/9) 13wks**

**Fee: \$130**

**Wednesday 9:30-10:30am 9/13-12/20 (no class 9/27) 14 wks**

**Fee: \$140**

**Thursday\* 6:30-7:30pm 9/14-12/21 (no class 9/28, 11/23) 13wks**

**Fee: \$130**

\*9/21 class in Room 153, signs will be posted

*Free Trial Classes:* Wed. 9/6, 9:30am & Thurs. 9/7, 6:30pm

## 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) 13 weeks

**Wednesdays, 6:30-7:30pm, 9/13-12/13 (no class 11/22) Class in Rm.153, 12 Mudge Way.**

**Fee: \$140**

**Thursdays, 1:00-2:00pm, 9/14-12/14 (no class 11/23) Class held in Union Rm., 12 Mudge Way**

**Fee: \$140**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~



### **BODYPUMP™**

**with the Kamate Fitness team of LesMills certified instructors**

This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout. Please bring mat, towel and water. (min 1/max 15) All classes held at Connections, 153 Concord Rd.

**Unlimited Classes, 9/5-11/27 (12wks)**

**Fee: \$252**

*Session schedule:* Mondays 9:15am, Mondays 6:30pm, Tuesdays 9:15am, Fridays 6:30am, Saturdays 8:00am and 9:00am.

No classes 9/23, 10/9 (9:15am class), 11/10, 11/24

### **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) Class held at 12 Mudge Way, Union Rm.

**Thursdays, 9:30-10:30am, 9/14-12/14 (no class 11/23) 13wks**

**Fee: \$130**

Free Trial: Thurs. 9/7, 9:30am

### **CIZE WORKOUT**

**with Erica Dooley, Attitudes Dance and Fitness**

Tired of your old workout? It's time to WORK IT! Forget everything you dread about workouts. Beginning today, exercise isn't something you have to do, it's something you want to do. The more you get into it, the more you will get out of it. You WILL drip sweat. And you WON'T stop moving. Performing these pulse-pounding, thrilling workouts is serious cardiovascular conditioning, core strengthening, and overall muscle toning—all at once. You will be completely amazed at how well you do and how good you feel! Please bring comfortable shoes (street shoes not permitted). Age 16+. Held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 12)

**Mondays, 7:00pm-8:00pm, 9/11-11/13 (10 wks)**

**Fee: \$115**

### **BODYJAM™**

**with the Kamate Fitness team of LesMills certified instructors**

This workout combines the addictive fusion of the latest dance moves and hip new sounds. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring mat, towel and water. (min 1/max 20) All classes held at Connections, 153 Concord Rd.

**Unlimited Classes, 9/6-11/25 (12wks)**

**Fee: \$228**

*Session schedule:* Tuesdays 7:00pm, Thursdays 6:00pm, Fridays 9:15am, Saturdays 10:15am. No classes 9/23, 10/31, 11/10, 11/23, 11/24





# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### CARDIO BARRE BLAST

with Dawn George, 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 16+. All levels welcome! Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 4)

**Thursdays, 7:30-8:30pm, 9/14-11/16 (10wks)**

**Fee: \$115**

### EASY MODERN DANCE

with Angelica Potter, Attitudes Dance and Fitness

This class puts the emphasis on the torso rather than the feet. Modern dance employs such elements as contact-release, floor work, fall and recovery, and improvisation. Dancers will learn a fusion of Horton, Graham, and Duncan techniques. Class will be performed in bare feet or socks. Age 15+. Beginner level. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Tuesdays, 7:30-8:30pm, 9/12-11/14, 10wks (max 12)**

**Fee: \$115**

### TAP BASICS

with Hannah Fleck, 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. (max 10)

**Wednesdays, 6:00-7:00pm, 9/13-11/15 (10wks)**

**Fee: \$115**

### 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, 9/16-11/18 (10wks)**

**Fee: \$115**

### IRISH STEP DANCE

with Hannah Fleck, Attitudes Dance and Fitness

Step it up in this fun class that will REALLY get your feet moving! Join Distinguished Artist Award winner and European Irish Dance Championship participant Hannah Fleck in this class to learn the basics of Irish step dancing; reels, jigs, slip jigs and more. Along with fancy footwork, you will also explore more traditional group dances. This class is geared toward the beginner student with little or no experience. Join us for a fun and energetic class while connecting with Irish culture! Please bring comfortable shoes (street shoes not permitted).

Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 10)

**Wednesdays, 7:00-8:00pm, 9/13-11/15 (10 wks)**

**Fee: \$115**



# ADULT PROGRAMS

## ~ SPORT INSTRUCTION ~



### 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 in June and August. Classes led by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment provided. Age 16+ (min 10/max 16) Class held at Davis School Gym.

**Wednesdays, 7:30-8:30pm, 9/27-10/25 (5wks)**

**Fee: \$132**

### TENNIS

with Kyle Anderson of KA Tennis

**\*\*All classes held at the Bedford High School Courts**

**BEGINNER & INTERMEDIATE:** (NTRP level up to 3.5) Students will learn stroke mechanics as well as basic understanding of the game. Forehand, backhand, volleys and serves will all be taught with an emphasis on fundamentals. All drills and games are presented in a fun and energetic atmosphere. Rainouts will be re-scheduled. min 4/max 6  
**Thursdays, 6:00-7:30pm, 9/14-10/19 (6wks)**

**Fee: \$183**

**ADVANCED:** (NTRP level 3.5 and above) Designed for players who can already hit the ball but wish to improve. The fundamentals of ground strokes, volleys and serves are taught in an energetic atmosphere. The basics of both singles and doubles strategy will be covered. Classes incorporate drills and games to take players' game to the next level. Rainouts will be re-scheduled. (min 4/max 6)

**Thursdays, 7:30-9:00pm, 9/14-10/19 (6wks)**

**Fee: \$183**



### 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**

**Saturdays, 11:30am, starts 9/9**

**Sundays, 11:30am, starts 9/10**

**Mondays, 5:30pm, starts 9/11**

**Wednesdays, 5:30pm, starts 9/13**

**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**

**Tuesdays, 5:30pm, starts 9/12**

**Thursdays, 5:30pm, starts 9/14**

If you have to miss a class, please give the instructor 24 hour notice and you will be able to arrange a make-up class. 978-670-5396. [www.barriebrucegolfschools.com](http://www.barriebrucegolfschools.com)





# ADULT PROGRAMS



## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

**REGISTRATION:** Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes. [www.bedfordrecreation.org](http://www.bedfordrecreation.org) (exception: *Pick-Up Soccer, see information below*)

Registered residents have priority if over-crowded.

If schools are closed due to holidays or weather, there will be no sports. Post-Thanksgiving (December) schedule to be announced by the Coordinators and via email.

### 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, 9/11-11/20 (no 10/9)**

**No Fee**

### BASKETBALL (\*note change of location)

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. \*John Glenn Middle School Gym. Age 18+

**Mondays and Wednesdays, 7:00-10:00pm, 9/11-11/20 (no 10/9)**

**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, 9/12-11/21**

**No fee for Bedford Residents**

*NON RESIDENT BADMINTON REGISTRATION: BEGINS 9/8, 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 & INTERMEDIATE

Open courts for beginning & 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 provided. Please wear indoor or tennis shoes. Lane School Gym. Age 18+

**Thursdays, 7:00pm - 10:00pm, 9/14-11/16**

**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+

**Mondays, 6:30-9:00pm, 9/11-11/20 (no 10/9) Bedford High School Gym**

**No Fee**

**Fridays, 6:00-9:00pm, 9/8-11/17 (no 11/10) Lane School Gym**

### INDOOR PICK-UP SOCCER

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

**No Fee**

**Mondays, Tuesdays, Thursdays, 8:30-10:00pm, 9/11-11/20 (no 10/9, 9:00pm start time week 11/6-11/9)**

### OUTDOOR PICK-UP SOCCER

For men and women. Open to all Bedford Residents 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, 8/16-11/29**

**Men's Open: Wednesdays, 8:45 - 10:30pm, 8/16-11/29**

#### 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

**Women's Soccer:** Register with Mary Ann or Jacque at the field or at <http://doodle.com/poll/t2p3x7pq6sdi4acm>

# PRESCHOOL PROGRAMS

## PRESCHOOL GYMNASTICS With Jennifer McGrath and Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in these preschool gymnastics/movement classes. Children will participate in bare feet. Adults must stay and participate with children when noted below.

### CLASS OPTIONS:

Fridays, 9/22-12/22 (no class 11/10, 11/24)

12 Weeks

Fee: \$228



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

9:30-10:10 AM	12 Months-36 Months *with adult partner, child must be proficiently walking	Toddler Tumblers
10:15-10:55 AM	Age 3-4 Years	Preschool Gym
11:15-11:55 AM	3 Months-Walking *with adult partner-see sibling child care option below.	Baby Gym
1:-00-1:45 PM	Age 3-5 Years	Preschool Gym

### CLASS DESCRIPTIONS:

**Baby Gym– Not yet walking (with adult):** We work with gymnastics equipment and props to make your baby scream with laughter and help with motor skills. This class will work on your baby's strength and allow them to play and interact. This is also an opportunity for parents to meet new friends, share issues and ask questions!  
\*Child care will be provided during the class for siblings of babies who are not able to sit alone during the class.

**Toddler Tumblers (with adult):** This class is the 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 complete this magical gymnastics class.  
\*Must be proficiently walking

**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. Gymnastics equipment, parachute and games are used in the class to teach and reinforce gymnastics skills in this fun filled class!

### NEW! KINDERMUSIK WIGGLE & GROW FAMILY CLASS (Ages 0-4)

This music-filled class celebrates the unique joys of your growing children. Each week your children will love singing, dancing, and playing instruments with you and their new friends and you will love helping them practice a wide variety of abilities such as gross and fine motor skills, turn-taking, social skills, and active listening. In class, we will also share tips and ideas for using music throughout the week. Plus, the fun (and learning!) continue with the Kindermusik@Home digital home materials, including music from class, musical activities, and each month's story.



#### Thursdays, 10:30-11:15 AM

Fee: \$65/Family

Session 1: 9/14-10/5  
Session 2: 10/12-11/2  
Session 3: 11/9-12/7 (no class 11/23)  
Session 4: 12/14- 1/11 (no class 1/4)

Location: 12 Mudge Way, Room 153

Min 4/Max 12

# PRESCHOOL PROGRAMS

## NEW! KINDERMUSIK FAMILY PLAY DATE (Ages 0-4) Registration open now!

Come and play in a musical way! This Kindermusik Playdate is a fun and special way to celebrate the joys of making music with your child. We will sing, dance, read a story, and play instruments together- and you will learn about the life-long benefits of music and child development. Tuition includes a take-home CD and an instrument!

Thursday, August 31  
10:30-11:15 AM  
12 Mudge Way, Room 153

Fee: \$15/family

Min 4/Max 12

## BEDFORD T-BALL CLINIC (Ages 3-6)



This T-Ball Clinic will get your child moving and is a great introduction to the world of baseball! Tim French, Nick Larsen and their staff of energetic and knowledgeable coaches will introduce players to the fundamentals of the sport. Players will practice these fundamentals through a wide variety 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 games. Please bring a glove, water bottle, sneakers and comfortable clothing.

Wednesdays, 9/27-10/25 5 Weeks

Fee: \$80

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

Ages 4-6: 6:30-7:30 PM

E Field, opposite Bedford Free Public Library Min 16/Max 50

## LIL' SPORTS (Ages 2.5-6)

Lil' Sports is a health and fitness company that offers sports classes for children 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, 9/20-11/8 8 Weeks

Fee: \$91

11:00-11:45 AM

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

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

Let your preschoolers shake, giggle, and groove in this high energy, movement-based dance class created just for them! Through weekly music and dance explorations, they will work on building gross motor skills and then combine the skills into lively routines. The kid-friendly steps are easy to learn and fun to perform. Students will dance primarily in sneakers or bare feet. During our final class of the session, parents and guests are invited to join us for a special performance.



Free Trial Class: Friday, September 15 2:00 PM (must register)

Fee: \$125

Class: Fridays, 9/22-12/8 (no class 11/10 & 11/24) 10 Weeks

2:00-2:45 PM

Mudge Way Fields (next to town playground) Min 6/Max 12

## 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." The surface of the playing area is appropriate for this age group.

Tuesdays, 9/19-10/24 6 Weeks

Fee: \$108

Age 3-4: 1:00-1:45 PM

Age 4-5: 1:45-2:30 PM

BHS Tennis Courts

Min 4/Max 12



# PRESCHOOL PROGRAMS

## PRESCHOOL SOCCER (Ages 2-5) with Soccer Shots

Soccer Shots teaches soccer skills in a fun, non-competitive environment. Created and franchised by two professional soccer players, Soccer Shots is now active in more than 6,000 child care centers, schools, and community recreation programs nationwide. Soccer Shots uses best-in-class coaching, curriculum, and communication. Please bring water, comfortable athletic clothing and sneakers. Soccer balls will be provided by Soccer Shots for players to use and returned at the end of each session. Each child will receive a jersey at the beginning of the season and a medal at the end of the season. Please indicate jersey size at the time of registration.

Saturdays, 9/16-11/4 (no class 9/23 due to Bedford Day) 7 Weeks  
 Age 2: 8:30-9:00 AM  
 Age 4-Young 4: 9:15-9:55 AM  
 Age Older 4-5: 10:15-11:00 AM  
 Age 2: 11:20-11:50 AM  
 Age 3-Young 4: 12:15-12:55 PM



Fee: \$109

Location: E Field (next to town playground)

## MAD SCIENCE: LITTLE WORLD BIG FUN (Ages 3-5) with Mad Science of North Boston

Join the Mad Science hands-on science fun. We are crazy about science...and hope you are too! In this program, we will have a blast exploring lots of fun science 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 light and shadows; dinosaurs; acids and bases; and the science behind magic. We will also investigate outer space, build our own structures, and discover the mysteries of chemistry and matter by exploring how molecules interact with each other! Each class has its very own take-home to continue the science experience!

Fridays, 9/29-11/17 (no class 11/10) 7 Weeks  
 10:00-10:45 AM  
 12 Mudge Way, Room 144

Min 10/Max 20



Fee: \$130

## BUDDING FARMERS (Ages 2-5) with Chip-in Farm



Join Farmer Sandy and Farmer Julia to meet and take care of the animals at Chip-In Farm! Learn about the farm with hands-on activities, outdoor play, and helping with some real farm work! Class will meet rain or shine. Participants should wear closed-toe sneakers or boots and come prepared to get dirty! This is a drop off program and parents are not required to stay with the class.

Mondays  
 Session 1: 9/18-10/16 (no class 10/9) 4 Weeks  
 Session 2: 10/23-11/13 4 Weeks  
 9:30-11:00 AM  
 Chip-in Farm (201 Hartwell Road, Bedford)

Min 4/Max 15

Fee: \$114

Fee: \$114

## MINI SPORTS (Ages 3-6) with F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, and tball. Children will learn the basics of these great games. They will also learn about the importance of team work! F.A.S.T. Athletics will have new and exciting games planned for the students each class. Children should wear sneakers and comfortable clothing and bring water.

Sundays, 9/24-11/5 7 Weeks  
 Age 3-4: 1:00-1:45 PM  
 Age 5-6: 1:45-2:30 PM  
 E Field, next to town playground

Min 8/Max 16



Fee: \$92

# ELEMENTARY PROGRAMS *Davis*

## LATE PICK UP POLICY FOR BEDFORD RECREATION PROGRAMS:

We understand that issues arise, but recently we have experienced a high volume of late pick ups from programs with parents arriving thirty minutes to an hour later than the announced pick up time. Instructors have family and/or other work obligations and they are not able to stay later than the announced end of program time.

1. Please have contingency plans for traffic delays or work/other delays (neighbor to pick up, parent of another child in the program to watch, etc.).
2. Communicate the need to utilize your back up plan as soon as you suspect that you are running late.
3. Children not picked up on time may be given a one day suspension and children who are not picked up on time twice from the same program may be removed from the program.

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

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



Thursdays, 9/21-11/9 8 Weeks  
Dismissal-4:30 PM  
Davis School Gym

Min 6/Max 12

Fee: \$96

## DAVIS AM GYM (Grades K-2)

Start your day on a great note at Davis School with Peter Laskaris and other Recreation Staff! Have fun and get energized for the day at this early morning gym program. A variety of games will be played along with supervised free play and exploration. Students must be registered in advance for this program. No drop ins.

Monday-Friday, 9/5-12/22 (no holidays, no school days, snow days or delays)  
8:00 AM-Start of School  
Davis School Gym

Min 25/Max 55

Fee: \$250

## STEMulating SCIENCE (Grades K-2) with Mad Science of North Boston



Join the Mad Science hands-on science fun. We are crazy about science...and hope you are too! In this program, we will have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. High technology, high energy and a battle for world domination can barely be contained in this awesome collection of cool science! You will discover amazing things about the animals you thought you knew! You will feel the forces of energy, the pull of gravity, and the mightiness of motion in exciting physics explorations. You will learn surprising things about matter, experiment with amazing capabilities of robots, and build a real communications network!

Fridays, 9/29-11/17 (no class 11/10) 7 Weeks  
Dismissal-4:30 PM  
Davis School Cafeteria

Min 12/Max 40

Fee: \$117

# ELEMENTARY PROGRAMS *Davis*

## 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 directions will be provided each week. Kids will take home all of their creations at the end of every class. Please note, this is NOT a nut free or gluten free class. Please have send your child with a snack to enjoy before class.

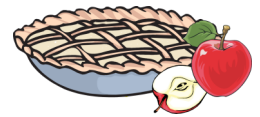
Mondays, 9/18-11/6 (no class 10/9) 7 Weeks  
Dismissal-4:30 PM  
Davis School Cafeteria

Fee: \$222

Min 6/Max 10

## THANKSGIVING PIE MAKING CLASS (Grades 1 & 2) with Kelly Anderson

Just in time for Thanksgiving! In this class your child will make an Apple Pie! Your child will bring home a delicious apple pie assembled and ready to bake! All materials and recipe will be provided. Please note that this class is NOT allergy or gluten free. Please send your child with a snack to enjoy before the class.



Monday, November 20  
Dismissal-4:30 PM  
Davis School Cafeteria

Fee: \$27

Min 6/Max 15

## 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. Participants will use Minecraft.edu's CREATIVE mode and their imagination in this popular sandbox open world game. The first 15 minutes of this program will be for snack, please send a snack.

Tuesdays, 9/19-11/7 8 Weeks  
Dismissal-4:30 PM  
Davis School Computer Lab

Fee: \$82

Min 12/Max 25

## MATH WITH ORIGAMI (Grades K-2) with Karine Marino, School of Creative Solutions

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they build skills involving spatial reasoning, following precise directions in sequence, geometry and problem solving. Many students who have not previously experienced success in math flourish after a well-crafted unit involving origami. Origami provides a nice link to topics in other parts of the math curriculum and can give students a reason to want to learn the mathematical ideas in their texts. The Basic Origami class is for those who are just starting origami. In this class, there is a focus on technique and basic skills. Participants will go home with something new and creative every week. Please send a snack.

Tuesdays, 11/7-12/5 5 Weeks  
Dismissal-4:40 PM  
Davis School Cafeteria

Fee: \$144

Min 5/Max 10

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

This program is for kids who just love art... "Mixed Media" means working with a wide variety of both natural and synthetic materials. Some of the activities will include clay sculptures and habitats, collage, weaving, and card making; using different papers, textures, yarns, feathers, beads, ribbons, netting, raffia, an tissue paper. Drawing and painting will be explored using colored pencils, crayons, wax, markers, and pastels, tempura, and watercolor. Come join the fun and meet others with the same enthusiasm to get creative!



Wednesdays, 9/20-11/29 (no class 11/22) 10 Weeks  
Dismissal-3:20 PM  
Davis School Cafeteria

Fee: \$243

Min 12/Max 20



# ELEMENTARY PROGRAMS *Davis*

## DAVIS STEM + ART = STEAM (Grades K-2) with Karine Marino School of Creative Solutions

If you wish to learn to think critically as well creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems and have a lots of fun, join us at school of creative solutions. Participants will be challenged to build small structures by using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happen in the world around them. Also, engaging students' strengths using art activities increases motivation and the probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real situations. In this 6 week hands on class students learn to ask questions and brainstorm about existing problems. Please bring a snack.

Tuesdays, 9/19-10/31 (no class 10/17) 6 Weeks  
Dismissal-4:40 PM  
Davis School Cafeteria

Fee: \$162

Min 5/Max 10

## GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris



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.

Mondays, 9/18-12/4 (no class 10/9 & 11/13) 10 Weeks  
Dismissal-4:30 PM  
Davis Elementary School

Fee: \$94

Min 15/Max 25

## SUPER SPORTS (Grades 1 & 2) with FAST Athletics

Get up, get going, get active with F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kick Ball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. Participants will meet in the cafeteria after school where they will enjoy a snack until the busses leave the gym. Please send a snack.

Tuesdays, 9/19-10/31 7 Weeks  
Dismissal-4:30 PM  
Davis School Gym

Fee: \$93

Min 8/Max 24

## SOCCER SKILLS ACADEMY (Grades 1 & 2) with Proformance Soccer

The Soccer Skills Academy is a Proformance Soccer program for Bedford players in grades 1 and 2. This action-packed training is designed to be FUN and instructional, aimed at developing key technical soccer skills while inspiring a love and enthusiasm for the game. The seven session program consists of both skill work and games. Learn from top local professional coaches and have fun too!



Wednesdays, 9/20-11/1 7 Weeks  
Girls: 4:00-5:15 PM  
Boys: 5:15 PM-6:30 PM  
South Road Fields

Fee: \$150

Min 8/Max 30

# ELEMENTARY PROGRAMS *Davis*

## DAVIS 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 second 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. They will focus on themes of self-confidence, friendship and community. This program is a great opportunity for girls to develop a stronger sense of self as they prepare to move on to Lane School. Wear comfortable clothing, sneakers and bring a snack.



Thursday, November 16  
Dismissal-5:15 PM  
Davis School Cafeteria

Min 8/Max 20

Fee: \$25

## KIDSJAM JR (Grades K-2) 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 mediation 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. Included official KidsJAM tee shirt!

Thursdays, 10/5-11/9 6 Weeks  
Dismissal-4:15 PM  
Davis School Cafeteria

Min 5/Max 15

Fee: \$85 (includes t-shirt)

## THUNDERCAT MULTI-SPORT (Grades K-2) Floor Hockey, Soccer & Dodgeball

Play, play, and play some more! Thundercat Sports Multi-Sport Program is designed to give a taste 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 with tournament day! Program is co-ed; children should wear athletic clothing and sneakers, and bring a water bottle and a nut free snack to enjoy before the program.

Fridays, 10/27-12/8 (no class 11/10 & 11/24) 5 Weeks  
Dismissal-4:30 PM  
Davis School Gym

Min 8/Max 14

Fee: \$107

## NEW! COACH PITCH BASEBALL CLINIC (Ages 6 & 7)



Tim French, Nick Larsen and their staff of energetic and knowledgeable coaches will introduce players to the fundamentals of Coach Pitch Baseball. Players will practice these fundamentals through a wide variety 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 by participation in games. Players should bring a glove, water bottle, sneakers and comfortable clothing.

Wednesdays, 9/27-10/25 5 Weeks  
7:30-8:30 PM  
E Field (beside Town Playground, under the lights)

Min 16/Max 50

Fee: \$80

# ELEMENTARY PROGRAMS *Davis & Lane*

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

There are many positive benefits to karate training! In this 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. This price of this class includes a uniform.

Tuesdays, 9/26-10/17 4 Weeks  
4:30-5:10 PM

Fee: \$75

Saturdays, 9/30-10/21 4 Weeks  
11:20-12:00 PM

Fee: \$75

Location: Callahan's Karate, 20 North Road

Min 5/Max 10

## RECREATION DANCE 2017-2018

Classes begin the week of Monday, September 11. Registration closes when classes fill. **Please note that classes fill quickly!** An additional costume fee for the recital will be charged (approximately \$75.00) in December or January. A recital will be held in early May. Classes take place in the Union Room at 12 Mudge Way (unless noted on the schedule). Classes are not held on holidays, school vacation days or non-school days.

### Class Schedule: *Mondays*

#### Classes taught by Jennifer Buckley

3:30 PM-4:15 PM	Grade 6-8	Hip Hop/Lyrical	Fee: \$208
4:15 PM-5:00 PM	Grade 4 & 5	Hip Hop/Lyrical	Fee: \$208
5:15 PM-6:00 PM	Grade 4 & 5	Hip Hop/Lyrical	Fee: \$208
6:00 PM-6:45 PM	Grade 6-8	Hip Hop/Lyrical	Fee: \$208

### Class Schedule: *Tuesdays*

#### Classes taught by Amy Noyes

3:45 PM-4:30 PM	Grade K	Ballet/Tap	Fee: \$258
4:30 PM-5:30 PM	Grade 1	Ballet/Tap/Jazz	Fee: \$283
5:30 PM-6:30 PM	Grade 2 & 3	Ballet/Tap/Jazz	Fee: \$283
6:30 PM-7:30 PM	Grade 2 & 3	Ballet/Tap/Jazz	Fee: \$283
7:30 PM-8:30 PM	Grade 9-12	Hip Hop/Lyrical	Fee: \$258



## NEW! BOYS' & GIRLS' HIP HOP (FALL SESSION) - GRADES 1 - 4

### Class taught by Jennifer Buckley

There will also be a winter session of Hip Hop (registration for winter session will take place with Winter Registration). **Participation in the winter session will include a performance in the end of the year Recreation Dance recital.** \*Davis Students who participate in the class will go straight to the program after dismissal. Please send a snack.

Wednesdays, September 13-December 20 (no class 11/22)  
2:30 PM-3:30 PM  
Davis School Gym

Fee: \$129

## FALL TENNIS LESSONS with KA Tennis

Learn the sport of Tennis with 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 is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground stroke, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at the BHS Tennis Courts.

Saturdays, 9/16-10/28 (no class on 9/23 due to Bedford Day) 6 Weeks

Age 5-6: 8:30-9:05 AM	Fee: \$72
Age 7-9: 9:15-10:15 AM	Fee: \$122
Age 10-14: 10:15-11:45 AM	Fee: \$184
Advanced Clinic: 11:45-1:15 PM	Fee: \$184
Age 7-9: 1:15-2:15 PM	Fee: \$122





# ELEMENTARY PROGRAMS *Davis & Lane*

## BUCS FLAG FOOTBALL (Grades 1-7) Saturday Nights Under the Lights

The Bedford BUCS take the field on Friday nights under the lights. On Saturday nights, it can be your turn to play under the lights with the Bedford BUCS. This 4-week Flag Football program is for grades 1-7. The program is coached by BHS Football Players. Revenue from this program will partially support the Bedford Football Club (JGMS & Bedford BHS Football).



Saturdays, 9/23-10/14 4 Weeks  
6:00-7:30 PM  
Sabourin Field

Fee: \$100

## VISUAL ART NOVEMBER 10th & 13th (NO SCHOOL DAYS) Grades 1-5 with Sarah Scoville

Spend these two no school days doing visual art! The full day will consist of art projects such as observational pencil drawing, sculptural masks with paper Mache, print making, water color painting and fun crafts such as friendship bracelets! Please bring a snack, water and lunch. Children may register for one day or both days.

Friday, November 10  
Monday, November 13  
9:00 AM-4:00 PM  
12 Mudge Way, Room TBD

Fee: \$80  
Fee: \$80

Min 10/Max 20



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

Jennifer and 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, jumps, and much more! Children will participate in bare feet.

Fridays, 9/22-12/22 (no class 11/10 & 11/24) 12 Weeks  
Grades 3-5: Dismissal-4:00 PM (First 15 minutes is snack, please send snack)  
Grades K-2: 4:00-4:45 PM  
Lane School Gym

Fee: \$192

Max 30

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



Join the farmers to help take care of the animals at Chip-In Farm! We will feed the animals and learn about farming through hands on activities, crafts, games, and cooking projects. Please 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: \$144/Session

4:00-6:00 PM  
Session 1: 9/18-10/16 (no class 10/9) 4 Weeks  
Session 2: 10/23-11/13 4 Weeks

### Grades 3-5: Wednesdays

Fee: \$144/Session

3:30-5:30 PM  
Session 1: 9/20-10/11 4 Weeks  
Session 2: 10/18-11/8 4 Weeks

Location: Chip-in Farm (201 Hartwell Road)  
Min 4/Max 15

# ELEMENTARY PROGRAMS Lane

## 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 activities energize students for the start of the school day. Students must be registered in advance for this program. No drop ins.

Monday-Friday, 9/5-12/22 (no holidays, no school days, snow days or delays)

Fee: \$250

7:30 AM-Start of School

Lane School Gym

Min 25/Max 40

## NASHOBA SNOWTUBING (Grades 3-5)

Bundle up and enjoy this fun winter activity. The bus will leave Lane School at dismissal and return to the Lane School parking lot at 5:00 PM. Pick up is promptly at 5:00 PM. The Nashoba Snowtube park is large and offers a variety of trails. Parent chaperones are needed! Please indicate on registration if you are able to chaperone any/all of the trips.

Wednesdays, 1/3-1/24 (make up days added to end) 4 Weeks

Fee: \$192

Dismissal-5:00 PM

Nashoba Valley Ski Area/Lane School



## NEW! FALL HARVEST COOKING SERIES (Grade 3 & up with Parent)

### With Kids Cooking Green

Celebrate the Fall Harvest and learn to cook with produce fresh from the farm! Each week the parent/child teams will be presented with a box of fruits, veggies and protein and taught how to slice, dice, sizzle and bake the ingredients into a healthy meal. You will learn about the history of the foods and spices we eat. Did you know that the vanilla bean comes from an orchid? Or, that lobsters used to be considered part of a "poor man's diet?" Come on a culinary journey with us that starts at the farm and ends up at our Bedford tasting table. Recipes will include Ginger Port in Lettuce Cups, Pickled Cucumbers, Trofie Pasta & Carrot Top Pesto, Meatballs with Tomato Coulis, Mixed Berry Fruit Pops, Pear Cake and more!

Tuesdays, September 12, 19, 26

Fee Per Pair: **\$115 for one session or \$330 for all three sessions**

6:30-8:30 PM

Fee include all materials

## LANE FRIDAY NIGHT GIRL POWER WRXSHOP (Grades 3-5)

### 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 girls to build and celebrate self-confidence. They will enjoy empowering physical movement and practicing physical confidence, self-expression through writing and art, and team building activities and challenges. They will focus on themes of positive self-image, friendship and community.

Friday, December 1

5:15-7:30 PM **(INCLUDES A PIZZA DINNER!)**

Lane School Cafeteria

Fee: \$25

Min 12/Max 30

# ELEMENTARY PROGRAMS Lane

## ARCHERY (Grades 4-9) with On the Mark Archery

Join the exciting movement sweeping across the USA that has kids caught up in the sport of traditional recurve archery. Participants will benefit from increased focus, concentration and self-confidence while building muscle memory and strength. The excitement of shooting a bow lies in its simplistic nature and technical shooting form that is made fun and easy to learn by passionate instructors encouraging you each step of the way. All equipment provided. Enrolled students are eligible to join the annual On the Mark Archery tournament in October.



Wednesdays, 9/27-10/25 5 Weeks  
6:30 PM-7:30 PM  
Davis Elementary School

Fee: \$132

Min 10/Max 16

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



Scratch the surface of programming with Scratch! Developed by M.I.T, Scratch is one of the most engaging ways to teach kids to code. Students learn the basics of computer programming by arranging puzzle-like blocks into lines of code in a drag-&-drop graphical interface. Possible projects include video games, animations, simulators, and even role-playing games. After the class, projects are shared with family and friends, and kids can continue to work on their projects from home.

Wednesdays, 9/20-11/8 8 Weeks  
Dismissal-2:30 PM  
Lane School Library

Fee: \$240

Min 8/Max 12

## 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. Please send a snack for your child to enjoy before the program.



Fridays, 9/22-11/17 (no class 11/10) 8 Weeks  
Dismissal-4:00 PM  
Lane School Multipurpose Room

Fee: \$96

Min 6/Max 12

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



Learn how to create and star in a new show for kids and by kids. We will use the Bedford TV Studio, green screen and professional cameras to teach you all about the making of 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.

Thursdays, 10/5-11/9 6 Weeks  
3:30-5:00 PM

Fee: \$188

Bedford TV Studio, 16 South Road

Min 4/Max 10

## EVENING DODGEBALL (Grades 3-5) with FAST Athletics

In this intense and exciting program, students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program—there will never be a dull moment!!! Gatorskin Dodgeballs will be used which are proven to be the safest dodgeballs out there! Safety Rules and regulations will be enforced before each class.

Wednesdays, 9/20-11/1 7 Weeks  
5:00-6:00 PM  
Lane School Gym

Fee: \$93

Min 8/Max 24



# ELEMENTARY PROGRAMS Lane



## THE KIDS' NEWSROOM (Grades 3-5) with Right Brain Curriculum

Extra! Extra! Read all about it... In the Kids' Newsroom, our students learn the craft of journalism including investigative writing and research. Our classroom transforms into a working newsroom, complete with editorial staff, reporters, columnists and headline writers. Each student plays multiple roles and works together to create an e-newspaper, as well as a hard copy newspaper, with real stories about their local school and community. These reporters learn techniques for crafting news stories, writing persuasive editorial essays and interviewing news-makers. Students edit each other's work, take photographs and publish their newspaper. Have an idea for a news story? Call our Newsroom Hotline today! See a full curriculum preview: [rightbraincurriculum.com/kids-newsroom](http://rightbraincurriculum.com/kids-newsroom)

Mondays, 9/18-10/16 (no class 10/9) 4 Weeks  
Dismissal-4:45 PM  
Lane School Art Room

Fee: \$138

Min 6/Max 16

## 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 the 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 on concepts such as wages, profits and branding while designing print ads, acting out "TV commercials," researching real estate locations and designing their storefronts. The class concludes with our young executives pitching their ideas to a "Shark Tank" of parents. These young entrepreneurs will really be taking care of business! See a full curriculum preview: [rightbraincurriculum.com/businesssharks](http://rightbraincurriculum.com/businesssharks)

Mondays, 10/23-11/20 (no class 11/13) 4 Weeks  
Dismissal-4:45 PM  
Lane School Art Room

Fee: \$138

Min 6/Max 16

## YOUR VOICE: PUBLIC SPEAKING FOR KIDS (Grades 3-5) with Right Brain Curriculum

A profound fear of public speaking starts at an early age. In our Public Speaking class, we take the fear out of speaking before an audience by getting kids talking in front a supportive group about things in which they are interested. They write speeches about subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills such as standing up tall, using a loud voice and making eye contact. They watch the speeches of public figures and critique what is successful and not so successful. They hold fun and engaging debates in which the students are asked to take a position on given issues such as "*Should school have homework?*" and "*What time should kids go to bed?*" If this class is successful, our students will not list public speaking as a fear when they grow up! See a full curriculum preview: [rightbraincurriculum.com/public-speaking](http://rightbraincurriculum.com/public-speaking)

Fridays, 9/22-10/13 4 Weeks  
Dismissal-4:45 PM  
Lane School Library

Fee: \$138

Min 6/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! See a full curriculum preview: [rightbraincurriculum.com/writing-wizards](http://rightbraincurriculum.com/writing-wizards)

Fridays, 10/20-11/17 (no class 11/10) 4 Weeks  
Dismissal-4:45 PM  
Lane School Library

Fee: \$138

Min 6/Max 16

# ELEMENTARY PROGRAMS *Lane*

## LANE STEM + ART = STEAM (Grades 3-5) with Karine Marino School of Creative Solutions

Do you wish to learn to think critically as well creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems and have a lots of fun? Then join us at school of creative solutions. Participants will be challenged to build small structures using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happen in the world around them. Also, engaging students strengths using art activities increases motivation and the probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real situations. In this 6 week hands on class students learn to ask questions and brainstorm about existing problems. Please bring a snack.

Thursdays, 9/21-10/26 6 Weeks  
Dismissal-4:10 PM  
Lane School Art Room

Min 5/Max 10

Fee: \$162

## 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, 9/21-10/26 6 Weeks  
6:30-7:30 PM  
John Glenn Middle School Cafeteria

Min 8/Max 20

Fee: \$42

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



This program is for anyone who enjoys art and wants to learn new techniques and improve existing skills. We will explore a wide range of drawing and painting subjects including realism, abstract, and collage using ebony pencils, charcoal sticks, colored pencils, pastels, crayon and wax, markers, and ink. We will also work with tempura and watercolor. Penny will give demonstrations at the beginning of each class. There will also be many handouts available to take home and practice from. If students would like to create board games, we can do this too. Everyone works independently while supporting each other, and we all have lots of fun! Please bring a snack for your child to enjoy before the program.

Tuesdays, 9/19-11/21 10 Weeks  
Dismissal-4:20 PM  
Lane School Art Room

Min 12/Max 20

Fee: \$243

## AFTERSCHOOL BOARD GAMES & PUZZLES (Grades 3-5) with Karine Marino, School of Creative Solutions

Board games are opportunities for families to play together and they offer fun away from electronics.. Games may encourage kids to consider the concept of rules, practice following rules, and reason about moral problems. They can learn something else, too: How to win—and lose—with grace and good manners. Many board games in this class will have possible intellectual benefits. They encourage players to detect patterns, plan ahead, anticipate the outcome of alternative moves, learn from experience and with the reward of logical reasoning. Game types include board games, puzzles, memory card games and word problems to promote critical thinking.

Thursdays, 11/2-12/7 (no class 11/23) 5 Weeks  
Dismissal-4:10 PM  
Lane School Art Room

Min 5/Max 10

Fee: \$144

# SPRING TRAVEL SOCCER



## Registration is now open for Spring Travel Soccer (*out of town play*)

- Registration will close November 11 or when teams fill.
- When teams fill, additional registrations will be taken on a waiting list basis until Nov 10 & new teams will be formed if there are enough players on the waitlist.
- Players are placed on teams that will play each Saturday, either in Bedford or in another town in the BAYS League. Parents are responsible for providing transportation to the games.
- Travel teams practice up to two times per week.
- Season runs early April - June.
- Team rosters are released in March.
- **Please note that it is the Recreation Travel Soccer policy that all participants receive equal playing time and rotate positions.**
- Visit the soccer website for more information and soccer policies @ [www.bedfordsoccer.org](http://www.bedfordsoccer.org)

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

**\*\*There are no refunds after the roster announcements are released\*\***

### **Age Groups:**

**Grade 3:** Born on or after 1/1/2008 and in the 3rd grade

**Grade 4:** Born on or after 1/1/2007 and in the 4th grade

**Grade 5/6:** Born on or after 1/1/2005 and in the 5th or 6th grade

**Grade 7/8:** Born on or after 1/1/2003 and in the 7th or 8th grade

### **Program Fees:**

**Early Bird Fee (Thru October 27th):** \$162

**Fee (after October 28th):** \$196

**Uniform Fee:** \$55

**Please Note:** A \$15 field maintenance fee is included in the cost of registration.

### **PRACTICE NIGHTS**

All girls' teams will practice on Monday and Thursdays

All boys' teams will practice on Tuesday and Fridays

**GU16, GU18, BU16, BU18 SPRING TRAVEL SOCCER:** Registration will take place this winter; please watch for the Recreation Winter Brochure.



# BASKETBALL

## FRANK BAUMAN BASKETBALL LEAGUE 2017

### Now grades 3-8!

In-town winter basketball league for girls and boys.

#### Six divisions:

Boys Grades 6-8                      Girls Grades 6-8  
Boys Grades 4 & 5                Girls Grades 4 & 5  
Boys Grade 3                      Girls Grade 3

#### **LEAGUE INFORMATION:**

- One hour-long practice per week (unless noted otherwise)
- Grade 3, 4 & 5 Parent Volunteer coaches. Grade 6-8 High School coaches plus parent volunteer manager. Paid High School referees. Training will be provided to all coaches.
- Games typically Saturday mornings.
- All players in grades 4-8 must attend evaluations.
- Practices begin week of November 27.
- First games Saturday, December 2.
- Ends mid-March.



#### **REGISTRATION:**

The deadline to register is October 20. All registration received after October 20 will be placed on a waiting list.

### GRADE 6-8 BOYS & GIRLS



The boys and girls grade 6-8 division is coached by High School Volunteer coaches. Each team will be assigned an adult manager (parent) who will attend each practice and game.

**Program Fee: \$198**

**New this year:** The grade 6-8 division will practice one night per week for the first three weeks of the season. After the third week of the season, the division will participate in games only (Saturdays). Playoffs will begin in February.

#### **High School Volunteer Coaches:**

Motivated and responsible HS Students interested in working as a coaches apply online by registering at [www.bedfordrecreation.org](http://www.bedfordrecreation.org). Must be available to attend practices and games. All coaches must attend coaches' training and meeting.

#### **EVALUATION DATES & TIMES:**

To ensure proper balance of the teams, all players **MUST** attend evaluations.

BOYS:	GIRLS:
DATE: Monday, 11/6	DATE: Tuesday, 11/7
Grade 6: 6:00 PM	Grade 6: 6:00 PM
Grade 7: 7:00 PM	Grade 7: 7:00 PM
Grade 8: 8:00 PM	Grade 8: 8:00 PM

**Location of evaluations: Davis School**

# BASKETBALL

## GRADE 4 & 5 BOYS AND GIRLS

The boys and girls grade 4 & 5 teams are coached by parent volunteers. Each team will have a 30 minute practice with their coach each week followed by or preceded by a 45 minute clinic with a professional coach. Games will be played on Saturday mornings using half of the court. Practices continue throughout the season to teach and reinforce fundamentals.

**Program Fee: \$198**

### **EVALUATION DATES & TIMES:**

**To ensure proper balance of the teams, all players MUST attend evaluations.**

BOYS:

DATE: Thursday, 11/9

Grade 4: 6:00 PM

Grade 5: 7:00 PM

GIRLS:

DATE: Wednesday, 11/8

Grade 4: 6:00 PM

Grade 5: 7:00 PM

**Location of evaluations: Davis School**

## NEW THIS YEAR! GRADE 3 BOYS AND GIRLS

New this year, Grade 3 girls and boys will participate in a structured basketball program. Participants will have one practice per week and scrimmage/skill & drills on Saturdays. Teams will be formed for the Saturday scrimmages once coaches learn players' abilities during the first few sessions.

**PARENT COACHES AND ASSISTANTS NEEDED!** Please indicate availability when registering.

**There will be NO formal evaluation night for this age group.**

**Program Fee: \$198**



**HIGH SCHOOL REFEREES:**  
Enthusiastic and responsible high-school age referees needed for the Bauman League. Please register at [www.bedfordrecreation.org](http://www.bedfordrecreation.org) if interested. Referees must attend training prior to start of the season.

**Grade 1 & 2 Clinics:** Registration for the Grade 1 & 2 Clinics will begin in December. Program information will be included in the Winter Recreation Brochure.

## *BEDFORD TRAVEL BASKETBALL CLUB TEAMS (Grades 4 – 8)*

This program is managed by the Travel Basketball Board; it is not managed by the Bedford Recreation Department. Players must register for Travel Basketball tryouts via the Bedford Travel Basketball website ([www.bedfordtravelbasketball.com](http://www.bedfordtravelbasketball.com))

All players in Grades 4-7 who are selected for a travel team MUST also play in the Bauman League. The league is a fall/winter out-of-town league for boys and girls. Travel Board President: Brian Forman  
See the Travel Basketball Website for tryout schedule.

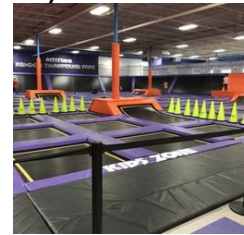
# MIDDLE SCHOOL PROGRAMS

## NEW! MIDDLE SCHOOL CO-ED ULTIMATE FRISBEE TEAM

The program will include weekly practices on Sunday afternoons (time TBD) and participation in one or two tournaments. The team will be coached by a professional coach. Players may be new to the sport or they may have some experience playing Ultimate Frisbee. If interested, please register for the interest list by searching Ultimate Frisbee on the Recreation online registration site. Fees associated with the program will be published at a later time. Please contact Nikki Taylor, [ntaylor@bedfordma.gov](mailto:ntaylor@bedfordma.gov) with questions.

## JUMP INTO FALL! AT ALTITUDE TRAMPOLINE PARK (Grades 6-8)

Get your friends together and hop on in to Altitude Trampoline Park. The bus will leave The Corner at 6:15 PM. You will have the chance to jump at Altitude for one hour and then enjoy a pizza dinner with your friends! The fee includes the cost of the bus, staff, ticket to jump and dinner! This Friday Night activity is a great way to hang out with your friends and have fun at Altitudes' awesome facility.



Friday, September 29

6:15-8:00 PM

Drop off and pick up at the Corner (Youth Center), 12 Mudge Way

Min 25/Max 40

Fee: \$50

## NEW! MIDDLE SCHOOL VISUAL ART (Grades 6-8) with Sarah Scoville

Middle School Visual Art is a drawing, painting, print making and sculpture class focused on technique and experimentation. We will work with traditional media such as charcoal and acrylic paint. We will also get messy and creative with paper mache and learn simple sewing to investigate different mixed media approaches.

Mondays, 9/18-11/6 (no class 10/9) 7 Weeks

6:00 PM-7:00 PM

JGMS Cafeteria

Min 8/Max 20

Fee: \$99

## 1-NIGHT TEEN SELF DEFENSE & PHYSICAL EMPOWERMENT WORKSHOP (Grades 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 section for Women's WrXShop).

Wednesday, November 15

7:00-9:00 PM

Callahan's Karate, 20 North Road (behind Bedford Farms)

Min 8/Max 40

Fee: \$25

## ARCHERY (Grades 4-9) with On the Mark Archery



Join the exciting movement sweeping across the USA that has kids caught up in the sport of traditional recurve archery. Participants will benefit from increased focus, concentration and self-confidence while building muscle memory and strength. The excitement of shooting a bow lies in its simplistic nature and technical shooting form that is made fun and easy to learn by passionate instructors encouraging you each step of the way. All equipment provided. Enrolled students are eligible to join the annual On the Mark Archery tournament in October.

Wednesdays, 9/27-10/25

6:30 PM-7:30 PM

Davis Elementary School

Min 10/Max 16

Fee: \$132



# MIDDLE SCHOOL PROGRAMS

## NEW! MIDDLE SCHOOL AFTERSCHOOL SPORTS & GAMES (Grades 6-8) with Vin McGrath

Don't miss the opportunity to participate in all of your favorite active sports this fall! Coach Vin McGrath will keep you moving with a variety of sports and fun activities including kickball, capture the flag, flag football, soccer, and more! The program takes place right after dismissal on JGMS and surrounding BHS Fields. Meeting place for this program will be the JGMS Gym. Make sure to wear comfortable clothing and sneakers. If there is inclement weather the program will be re-scheduled for another day.



Mondays, 9/18-11/20 (no class 10/9 & 11/13) 8 Weeks	Fee: \$96
2:30-3:30 PM	
Meet in the JGMS Gym after school	Min 12/Max 30

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



There are many positive benefits to karate training! In this 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. This price of this class includes a uniform.

Tuesdays, 9/26-10/17 4 Weeks	Fee: \$75
4:30-5:10 PM	
Saturdays, 9/30-10/21 4 Weeks	Fee: \$75
11:20-12:00 PM	
Location: Callahan's Karate, 20 North Road	Min 5/Max 10

## NEW! CODING CLUB (Grades 6-8) with Empow Studios

Coding Club is for kids who want to try their hand at creating games, animations, and applications by learning how to code. Club members will start with fundamental concepts using Scratch, an easy-to-understand, block-based, drag & drop coding language. Kids will also be able to apply their new coding knowledge to create a playable video game they can share with friends. Once kids are familiar with the basic concepts, we introduce Java, an industry standard language used in many of the applications running on your Android device, and in the 2nd best-selling video game of all time, Minecraft. No prior experience is required.



Wednesdays, 9/20-11/8 8 Weeks	Fee: \$180
6:15-7:15 PM	
The Corner, Youth Center, 12 Mudge Way	Min 8/Max 12

## NEW! THE WORLD OF FASHION DESIGN AND RETAIL (Grades 6-12) with Danielle Trouve

Immerse yourself in the world of fashion and intriguing retail concepts. Whether you consider yourself a fashionista, love drawing and design, think shopping is a hobby, or are considering fashion as a career, this class will have something for everyone. Why do we wear what we where? How do we put together an outfit? How many colors and combinations can be created in a wardrobe? Why do styles come in and out so quickly? Why do we get pulled into stores with fancy looking window displays? This hands-on interactive course teaches students the basics of fashion and outfit design as well as the psychology behind buying decisions. Projects will include drawing and design, color and palettes, tie dye, building on a budget, creating advertisements for your favorite clothing store, and a "mini" fashion show on the last day of class to finalize and put your skills to the test!

Wednesdays, 10/4-11/15 7 Weeks	Fee: \$60
6:15 PM-7:15 PM	
Location TBD	Min 6/Max 20

# MIDDLE SCHOOL PROGRAMS

## NEW! TEENJAM CARDIO DANCE BLAST (Grades 6-12) with Kamate Fitness

This high intensity cardio dance class is designed for teens who are looking for the ultimate workout while having fun. This class combines the latest dance moves and music together into combinations designed to exercise each muscle group. Each track is layered with moves and choreography that builds on the previous move so no previous dance experience is required! Bring your energy, water, and get ready to burn up the dance floor.



Free Trial Class (must register): Tuesday, October 10 (6:00-7:00 PM)  
Tuesdays, 10/17-12/5 8 Weeks  
6:00 PM-7:00 PM  
Kamate Fitness, 153 Concord Road, Bedford Min 5/Max 20

Fee: \$75

## 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, 9/21-10/26 6 Weeks  
6:30-7:30 PM  
John Glenn Middle School Cafeteria

Min 8/Max 20

Fee: \$42

## FALL TENNIS LESSONS with KA Tennis

Learn the sport of Tennis with 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 is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground stroke, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at the BHS Tennis Courts.



Saturdays, 9/16-10/28 (no class on 9/23 due to Bedford Day) 6 Weeks  
Age 10-14: 10:15-11:45 AM Fee: \$184  
Advanced Clinic: 11:45-1:15 PM Fee: \$184

## PROGRAMMING IN PYTHON (Grades 6-8) with Coding with Kids



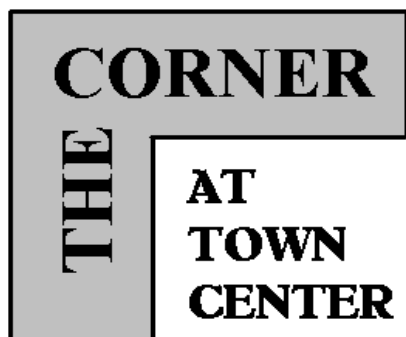
Students design and create their own games and programs in this Python coding club! We will briefly review main computer programming concepts using Scratch and then leverage the knowledge when being introduced to programming in Python. Python is a very versatile programming language that is widely used in the professional world, e.g. for extensive data analysis. We will start with creating text-based games, such as the Hangman game. Laptops are provided to participants during this course.

Tuesdays, 9/19-11/14 (no class 11/7) 8 Weeks  
6:00 PM-7:00 PM  
Location TBD

Min 6/Max 16

Fee: \$191

# THE CORNER



OPEN MONDAY-FRIDAY  
JGMS DISMISSAL-5:00 PM  
STAFFED BY RECREATION EMPLOYEES

*Middle School Activity & Social Center  
Operated by Bedford Recreation*



**What is The Corner?** The Corner is the place where fun begins when the school day ends! The Corner is designed just for JGMS students. Its your own space, featuring fully stocked game room with pool table foosball, bumper pool, ping pong and lounge with special events. There is a snack bar, snack machines, video games, TVs 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!



## FALL SCHEDULE:

Other events posted at The Corner throughout the year!

**Tuesday, September 5:** Back to School Celebration! Win Back to School prizes in a raffle!

**Friday, September 8 (6:00-7:00 PM):** Open house for Parents and kids

**Kids' Cooking Green:** Wednesday, October 18 & Tuesday, December 5 (free event)

**Arts and Crafts projects every Friday**

**Altitude Trampoline Park Evening Trip:** Don't miss the opportunity for this Friday night jump at Altitude. The bus will leave from the Corner at 6:15 on Friday, September 29. Fee: \$50 (see Middle School Section for more details)



# WACHUSETT SKI & BOARD

## GRADES 6—12

Great night skiing and riding at Wachusett!! This Friday night program is open to Bedford Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor will substitution of participants).

**PROGRAM DATES:** Begins Jan. 5 and runs 6 weeks (missed sessions will be made up at the end). No program during vacation week.

**BUS DEPARTURE:** Buses depart at 3:45 p.m. and return at 11:00 p.m. (Middle School Rear Parking Lot).

**BUS FEE: Registration Fee: \$132** (payable to Town of Bedford) for transportation. **Please note that this fee is for transportation only!!!**

**REGISTER NOW!**

**Deadline to register:**

**November 1**

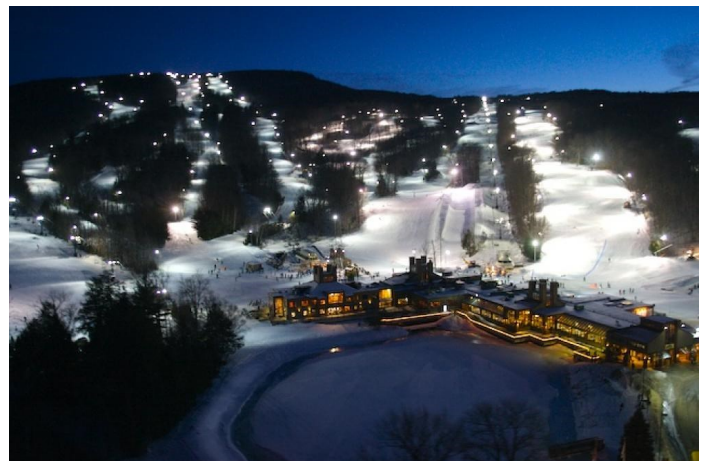


**LIFT TICKET REGISTRATION:** Students register online directly with Wachusett for lift ticket, rentals, lessons, etc. as desired. Rates available at [www.wachusett.com](http://www.wachusett.com)

Please note: rates increase by \$20 on 12/1/2016 so register with Wachusett now!

Please remember when selecting options such as rentals and lessons that our program is a **6-WEEK PROGRAM.**

**CHAPERONS NEEDED:** Please consider joining us for this program. Chaperons who are able to commit to the 6-week program will receive a lift ticket and free snowboard/ski equipment rental. **This program runs because of our committed and dedicated volunteers and we appreciate all of the support! Please indicate your ability to chaperone on your child's online/paper bus registration.**



# HS PROGRAMS

## POLICE-RECREATION BASKETBALL LEAGUE



The Police-Recreation Basketball League is for players in grades 9-12 who are not playing HS Basketball. The regular season will run from 1/5-3/2. Playoff games will be held during the second and third week of March. Price includes 8 regular season games plus playoffs, uniforms and two certified referees for each game. This is a game only league (no practices). Most games will be played on Thursday nights in the HS Gym. There will be an evaluation night for all players December 14, 7:00-8:30 to enable the formation of balanced teams. Coached by Bedford Police Officers.

**Min 32/Max 60**

**Fee: \$125**

## NEW! CRACKING THE COMMON APP: COLLEGE APPLICATION BOOTCAMP (High School Juniors and Seniors) With Linzy Brekke-Aloise, PH.D

Craft a winning college application stress free with this four-part boot camp series that coaches juniors and senior students through each step of the college application process. Conducted by a professor and college consultant, students will be guided toward completion of every aspect of the Common Application from identifying a personalized list of schools, to choosing a topic and writing a stand-out Common Application essay, supplementary essays, and resume, to soliciting strong letters of recommendation and prepping for on-campus interviews. Students will learn how to stand out from a crowded field of applicants and master writing the kinds of essays admissions offices love (and avoid the ones they loathe). Students will leave the course having substantially completed their Common Application. Students should bring a laptop or smartphone, paper and a pencil.



Mondays, 9/18-10/16 (no class 10/9) 4 Weeks  
6:30 PM-8:00 PM  
12 Mudge Way, Room TBD

Fee: \$190

Min 10/Max 25

## NEW! THE WORLD OF FASHION DESIGN AND RETAIL (Grades 6-12) with Danielle Trouve

Immerse yourself in the world of fashion and intriguing retail concepts. Whether you consider yourself a fashionista, love drawing and design, think shopping is a hobby, or are considering fashion as a career- this class will have something for everyone. Why do we wear what we where? How do we put together an outfit? How many colors and combinations can be created in a wardrobe? Why do styles come in and out so quickly? Why do we get pulled into stores with fancy looking window displays? This hands-on interactive course teaches students the basics of fashion and outfit design as well as the psychology behind buying decisions. Projects will include drawing and design, color and palettes, tie dye, building on a budget, creating advertisements for your favorite clothing store, and putting on a "mini" fashion show on the last day of class to finalize and put your skills to the test!

Wednesdays, 10/4-11/15 7 Weeks  
6:15 PM-7:15 PM  
Location TBD

Fee: \$60

Min 6/Max 20

## 1-NIGHT TEEN SELF DEFENSE & PHYSICAL EMPOWERMENT WORKSHOP (Grades 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 section for Women's WrxShop).

Wednesday, November 15  
7:00-9:00 PM  
Callahan's Karate, 20 North Road (behind Bedford Farms)

Fee: \$25

Min 8/Max 40

# HS PROGRAMS

## **NEW! TEENJAM CARDIO DANCE BLAST (Grades 6-12) with Kamate Fitness**

This high intensity cardio dance class is designed for teens who are looking for the ultimate workout while having fun. This class combines the latest dance moves and music together into combinations designed to exercise each muscle group. Each track is layered with moves and choreography that builds on the previous move so no previous dance experience is required! Bring your energy, water, and get ready to burn up the dance floor.

Free Trial Class (must register): Tuesday, October 10 (6:00-7:00 PM)  
Tuesdays, 10/17-12/5 8 Weeks  
6:00 PM-7:00 PM  
Kamate Fitness, 153 Concord Road, Bedford Min 5/Max 20

Fee: \$90

## **NEW! DOCUMENTARY PRODUCTION (AGES 16+) with Bedford TV**

Have you ever wanted to learn to make your own documentary film? In this class you will learn technical and storytelling techniques that will help you tell your story. Students in this class will complete a short documentary about a person of their choice while learning about film history, narrative techniques, and video post-production.

Tuesdays, 9/19-10/10 4 Weeks  
5:00-7:00 PM  
Bedford TV Studio, 16 South Road

Min 3/Max 6

Fee: \$120

## **RECREATION EMPLOYMENT OPPORTUNITIES**

- **PROGRAM AIDES:** Minimum age 14, paid position.
- **YOUTH CENTER JUNIOR STAFF:** High School Juniors and Seniors; paid position.
- **BASKETBALL REFEREES:** Paid Position, Soccer Referees—Minimum age 14, paid position.

*APPLICATIONS: available at [bedfordrecreation.org](http://bedfordrecreation.org) or at the Recreation Office.*

**BEDFORD SOCCER LOOKING FOR REFEREES:** 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).

**KIDS' CLUB GROUP LEADERS:** Kids' Club seeks Group Leaders for this licensed After School Child Care program. Hours are Monday—Friday, 2:00—6:00 (less than full week schedules are available as well). Starting rate of pay \$12.78 - 14/hour. Benefits included for those working five days/week. Positions available for adults and high school students ages 16 and older. Please find applications at [bedfordrecreation.org](http://bedfordrecreation.org) or at the Recreation Office.





**BEDFORD RECREATION REGISTRATION FORM**

<b>Name:</b>	<b>Current Grade:</b>	<b>Sex:</b>	<b>D.O.B:</b>	<b>Home Phone:</b>
<b>Address:</b>		<b>Email:</b>		
<b>Cell Phone:</b>		<b>Work Phone:</b>		
<b>Cell Phone Provider:</b>				
<b>For minor participants: Mother's Name:</b>	<b>For minor participants: Father's Name:</b>	<b>For all participants: Emergency Contact Name:</b>		
<b>Work Phone:</b>	<b>Work Phone:</b>	<b>Phone:</b>		
<b>Cell Phone:</b>	<b>Cell Phone:</b>	<b>Relationship:</b>		
<b>Email:</b>	<b>Email:</b>			
<b>Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?</b>				

Child's Soccer Shirt # if applicable: \_\_\_\_\_

Optional: Parent Volunteer to Coach/Chaperone? \_\_\_\_\_

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

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

MC, VISA, AmEx, Discover #: _____	Exp Date _____
-----------------------------------	----------------

Authorized MC or VISA Signature \_\_\_\_\_

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

I, the undersigned (mother, father/legal guardian of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of 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 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**



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