

Bedford Recreation

Lifelong Learning and Leisure

Fall 2019



Registration Information

DEPARTMENT INFORMATION	<p align="center">REGISTRATION OPENS SEPTEMBER 4 AT 9:00PM* UNLESS OTHERWISE NOTED.</p> <p>*ADULT CLASS REGISTRATION OPENS AUGUST 22, 9:00PM</p>	
<p>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</p> <p>Recreation Staff: Amy Hamilton, Director Raeann Gembis, Adult Coordinator Nikki Taylor, Program Coordinator Debra Squillini, Admin Assistant Leslie Ringuette, Dep't Clerk</p> <p>Recreation Commission: Robin Steele, Chair Julie Halloran Virendar Kaushik Michael O'Donnell Ron Richter</p> <hr/> <p>REGISTRATION</p> <p>ONLINE 24/7: bedfordrecreation.org Register or put yourself on a waiting list for classes 24/7.</p> <p>MAIL, VISIT, FAX</p> <p>Registration Forms: Page 39</p> <hr/> <p>General Department Information</p> <ul style="list-style-type: none"> • 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. <hr/> <p>TUITION</p> <p>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."</p>	<p>E-NEWS: For periodic Recreation updates including information about new programs, sign up for our E-News.</p> <p>TEXT MESSAGING: To receive text messages about important changes, cancellations, etc., edit your profile to include cell provider. Unable to message otherwise.</p> <p>WEATHER CANCELLATIONS Check our phone and website for weather-related cancellations. Email/text messages may be sent as well.</p> <p>FLEXIBLE SPENDING Town of Bedford Tax ID #04-6001082. Receipts may be reprinted from Active (online registration system).</p> <p>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.</p> <p>FINANCIAL ASSISTANCE For consideration, please submit Financial Assistance Form and Registration Form.</p>	<p align="center"><u>CONTENTS</u></p> <p><u>SPECIAL EVENTS</u></p> <p>3 Bedford Day 4 Events, Tickets & Family</p> <p><u>ADULT PROGRAMS</u></p> <p>5 Online Professional Courses 6 On the Menu: Cooking 7-8 Personal Interest 8-11 Be Creative: Arts & Crafts 12 CPR 12-14 Health & Wellness 15 Dance Instruction & Fitness 16-18 Exercise & Fitness 18 Outdoor Fitness 18 Sport Instruction 18-19 Pick Up Sports & Leagues</p> <p><u>YOUTH PROGRAMS</u></p> <p>20-22 Preschool 22-29 Elementary School 30 Vacation/No School Days 31 Travel Soccer (Spring 2020) 31 Intramural Soccer (Fall 2019) 32-33 Bauman Basketball 34 Middle School 35 Youth Center 36 High School 37 Dance 2018-2019 37 Employment Opportunities</p> <p align="right">Registration Form.....39</p>
	<p><u>REFUND/CANCELLATION/TRANSFER POLICIES</u></p> <p><i>Notice must be given 5 business days prior to program start for refund.</i></p> <p>Programs costing less than \$100: Full refund less \$10 Programs costing \$100+: Full refund less 10% of the program fee. Medical refunds given after program has begun, prorated less additional \$10 administrative fee (physician documentation required within 10 business days of medical withdrawal notice). Other exceptions noted in program descriptions.</p> <hr/> <p>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!</p>	

Bedford Day: September 21, 2019

PARADE

BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! 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!

10:00 a.m. – 2:00 p.m. at the Town Hall complex.
10 Mudge Way.

BOARD OF HEALTH IS OFFERING FREE FLU SHOTS AND HEALTH SCREENINGS AT BEDFORD DAY

The Bedford Board of Health is partnering with Emerson Hospital to provide free health screenings on Bedford Day, Saturday September 21st from 9 am – 12 pm. Free screenings include pulmonary function testing, blood pressure screening, and body composition screening provided by Emerson Hospital. Additionally, Emerson staff will be providing information and resources pertaining to mental health concerns and Weight Loss Center staff will be conducting health education opportunities. Early awareness, identification, and intervention of respective health issues can greatly reduce the risk of experiencing negative health outcomes. 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) or call the Health Department at 781-275-6507.

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

After 25 years, this will be the last Danny Oates Memorial 5k. 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 Kids' Fun 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. The race has contributed over \$150,000 to the scholarship fund for our local students. Founded in the love of community gathered to honor one of its own, the race has always had the strong support of the families, friends, neighbors and brotherhood of first responders. Please join us for the final year. For additional information and registration please visit www.dannyoates5k.com

BACS 20th ANNUAL REGIONAL ART EXHIBIT

The Bedford Arts and Crafts Society 20th Annual Regional Art Show will be open in the Union Room at 12 Mudge Way on Friday, September 20th from 2:00 PM-4:00 PM and on Bedford Day, Saturday, September 21, from 9:00 AM-2:00 PM. For more information or to submit art work, please visit www.bacsmma.org or email artshow@bacsmma.org.

FRIENDS OF THE BEDFORD FREE PUBLIC LIBRARY BOOK SALE:

The Friends of the Bedford Free Public Library are holding a three day Fall Book Sale. The sale begins Friday, September 20th from 1-5 pm and continues Saturday, September 21st from 10-4 pm. On Sunday, September 22nd, 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. A special members only preview sale will be held on Thursday evening, September 19th from 6:30 to 8:30 pm. If you are not yet a member of the Friends of the Bedford Free Public Library, you may join at the door!

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 28. The decision to postpone would be made by 8:00 a.m. on September 21 and the information would be posted on the Town website (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!

Events, Tickets & Family Programs

College Planning Seminars with Travis Minor, M.Ed. of Open Door Education

How to Navigate College Admission Testing: The SAT, the ACT & You

This seminar helps families craft smart and effective testing plans by providing clear, straightforward information about college admissions testing. Attendees will gain an understanding of the differences between the SAT and ACT and how to decide which test to take, when to take it, and how to prepare. They will also hear about the most recent trends in testing, including test optional policies, changes to the SAT and ACT, and the role of SAT Subject Tests.

Tuesday, September 24
7:00-8:30 PM
12 Mudge Way, Room 152

Fee: \$30/family
Min 3/Max 12

The PSAT is Coming—Be Ready!

The PSAT is, for many students, the first standardized test that they will take as they begin their college admissions process. Many students do not have a clear sense of what to expect and, as a result, end up with results that do not reflect their true potential. This class will provide students a clear understanding of the structure of the test and a toolbox of strategies that will help them make the most of test day.

Tuesday, October 8
7:00-8:30 PM
12 Mudge Way, Room 152

Fee: \$50/family
Min 3/Max 10

***See Adult Section for the You Can Afford College If... program on page 8 Date: Tues. 10/17**

Discount Movie Tickets

- Please check movie theaters for restrictions
- May not be used online
- No expiration date

Showcase Tickets:
\$10.00 (regular price prime-time tickets \$12-\$13)

AMC Yellow Tickets:
\$9.25 (regular price prime-time tickets \$10.50-\$13)



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, 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.

Tickets: \$25 each (reg. \$48 adults/\$33 for children). No expiration.

Monthly Trail Walks in Bedford with Bedford Trails Committee

The Bedford Trails Committee conducts *free* monthly Trail Walks in Bedford the first Saturday of each month. Trail walks vary from strolls on flat ground to hikes with hills and are typically 1.5-2 hours. Walkers meet at 9:45 am at the parking lot behind the Bedford Free Public Library. Alternatively, walkers may meet at the designated trailhead, departure 10:10 am sharp. Most walks include children and well-behaved dogs on leash. For details and more information go to: <https://groups.google.com/group/bedfordma-trails> **Upcoming Trail Walks:** 1st Saturday of each month: Saturdays Sept. 7, Oct. 5 and Nov. 2. To Join if you already have a Google account, go to: <https://groups.google.com/forum/#!forum/bedfordma-trails> and click "Join Group to Post." To join if you do not have a Google account, please send an email to: BedfordMA.trailwalks@gmail.com



General Information

Adult Programs



**REGISTRATION
FOR ADULT CLASSES
OPENS AUGUST 22 AT 9:00 PM**



- 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.
- **Please Note:** No Refunds for programs (including 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.

Would you like to teach?

If you would like to teach or have a suggestion for a class that you would like to see offered, please email: rgembis@bedfordma.gov

Online Professional Development



Sharpen Your Business Skills with MindEdge Learning

Bedford Recreation has partnered with MindEdge Learning to bring Bedford residents access to self-paced online professional development training courses and certificates. These courses are available 24/7, in your home, at your office, or even on your commute with the MindEdge Mobile app. All courses offer either CEU's, PDU's or other continuing education credits.

Course Topics Include:

- | | | |
|-------------------------|--------------------------|----------------------------------|
| • Project Management | • Management | • Business Communications |
| • Agile | • Leadership | • Career Building |
| • Six Sigma & Lean | • Online Learning | • Non-Profit Management |
| • Data Analytics | • Cyber Security & CISSP | • Emerging Technologies |
| • Finance | • Digital Marketing | • Sustainable Management |
| • Operations | • HR Management | • Emergency Management |
| • Computer Applications | | • And more are added frequently! |

TO ENROLL PLEASE VISIT:

www.bedfordma.gov/recreation/professionaldevelopment

Enter Code BEDFORD20 to receive special discount 20% off your purchase through September 30.
As a Bedford resident, you are entitled to a 10% discount at all times using code Bedford10

Cheese 101

Instructor: Beth Falk, Mill City Cheesemongers



Whether on a restaurant menu or in a case packed with cheese at a specialty shop, the world of artisan cheese can seem like a mystery. Don't be intimidated when you are faced with dozens of choices! Once you learn to identify the basic families of cheesemaking styles, from fromage blanc to blue, you will easily be able to find something you love. We will learn some cheese history and science, talk about milk and why it matters, and discover how to identify flavor components. Class includes samples of six to eight cheeses and accompaniments, written tasting notes, and a pairing guide. Beth is the former Executive Director and a current member of the Board of Directors of the Massachusetts Cheese Guild and she owns Mill City Cheesemongers, a popular cheese and wine shop in Lowell's Mill No. 5. <https://www.millcitycheese.com/> Class held at 12 Mudge Way, Rm 152. (min 8/max 20)

Thursday, November 7, 7:00-9:00pm

Fee: \$42

Fall Harvest with a Seasonal Plant-Based Menu

Instructor: Jeannette Pothier, Professional Chef

The heat of summer has passed, and we can get back to the stove using all of the wonderful harvest bounty that this time of year brings! In this class, we will create dishes for plant-based meals, learning about the health benefits they offer. Eating foods filled with antioxidant and fiber-rich foods, like fruits, vegetables, whole grains and legumes, may lead to a healthier lifestyle for you. We will make a Mushroom Stroganoff served with egg noodles, a green-bean summer squash salad with greens, and finish with a Chocolate Pumpkin Pie – vegetarian style, no eggs! Come enjoy an informative class with great easy recipes that also taste great! Bring an apron and a smile. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Shawsheen Rm. Age 16+ (min6/max 10)

Wednesday, October 23, 6:30-9:00pm

Fee: \$45



Baking for the Holidays!

Instructor: Jeannette Pothier, Professional Chef



How about Scones for breakfast guests, maybe Hazelnut Scones? Or Sourdough Rolls with a lovely dinner? For dessert create a delicious Apple/Cherry Pie with a beautiful lattice top! You will take home a crust to make your own pie for the holidays. How about a Cream Cheese Raisin Pound Cake? We will make one cake in class. If you want to make foods in advance for an event or holiday, this is the class! We want you to feel comfortable around flour and baking techniques. Please bring an apron. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Shawsheen Rm. Age 16+ (min6/max 10)

Wednesday, December 4, 6:30-9:00pm

Fee: \$45

Cupcake and Cookie Decorating Workshops

Instructor: Chris Silk

Classes held at 12 Mudge Way, Room 151. Ages 15+ (min 3/max 6)



Royal Icing Cookies: Learn several decorating techniques using royal icing, an egg white-based icing. You will learn wet-on-wet, wet-on-dry and marbling techniques along with many other tips on decorating your cookies! These cookies are great for making in advance as they stay fresh longer and, once dry, can be stacked for storing. All materials included. Bring a box to take home 8 cookies and bring an apron.

Thursday, October 24, 6:30-9:00pm

Fee: \$52

Buttercream Cupcakes: Class with cover a variety of techniques using Buttercream Frosting to decorate. You will learn how to color the icing, assemble and fill bags, how to pipe shells, dot, the "Dairy Queen" swirl and more to beautifully decorated cupcakes for all occasions! All materials included. Bring a box to take home 6 cupcakes and bring an apron.

Thursday, December 12, 6:30-9:00pm

Fee: \$52



Mystery Walks

Instructor: 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 for meeting locations. Weather cancellations will be made up at the end.

Wednesdays, 10:00-noon, Starts week of 10/2. 6wks

Fee: \$89



What Happens to the Family Vacation Home?

Instructor: Mary Hoag

Many families have a beloved vacation home that they want to preserve for future generations. The process of transferring the house to the next generation can lead to significant family conflict. We will discuss various methods of passing a vacation home to your children and review issues that arise. Topics will include the pros and cons of joint ownership, trusts, and LLCs including tax consequences. We will also discuss methods of decision making, paying for repairs and upkeep, and renting a property. Bring your personal experiences and questions to share. Class in collaboration with Concord-Carlisle Community Education. Held at Concord-Carlisle High School, 500 Walden St. (min 4/max 20)

Wednesday, November 13, 7:00-8:30pm

Fee: \$35 person/\$60 per couple

Considering a Residential Home Addition?

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 attendees' specific projects. Nancy is a registered architect with more than 25 years experience, 20 years specializing in Residential Design. Info: www.DickinsonArc.com (min 3/max 25)

Class held at 12 Mudge Way, Rm. 152

Speaking with Confidence

Instructors from The Lau Lapidés Company

Are you making the impression that you would like to make? Want to polish your speaking skills for work? Want to eliminate fear and anxiety of speaking? From the moment you enter a room, you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact--all of these ingredients create the successful chemistry to "command presence!" In this dynamic workshop, you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accent/dialect, and work on breathing techniques. Develop storytelling techniques that work and engage your audience! Come dressed in comfortable clothing, bring a notebook and water. Class in collaboration with Concord-Carlisle Community Education. Class held at Concord-Carlisle High School, Black Box Studio, 500 Walden St. (min 4/max 12)

Tuesday, October 29, 7:00-9:00pm

Fee: \$35

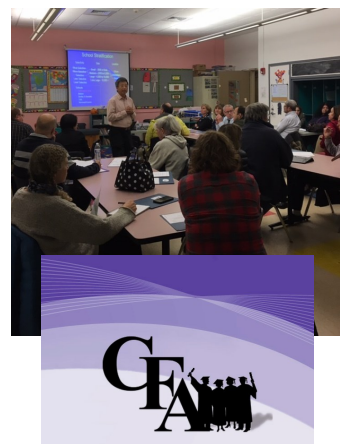


You Can Afford College IF...

Instructor: 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. For more information about this popular seminar, visit the website at www.collegefundingadvisors.com. (min 5/max 25) Class held at 12 Mudge Way, Rm 152.

Thursday, October 17, 7:00-9:00pm.

Fee: \$15 per family



Family College Planning Seminars with Travis Minor, M.Ed. Of Open Door Education

See page 4 for full information

- How to Navigate College Admission Testing: The SAT, the ACT & You
- The PSAT is Coming—Be Ready!

Mediumship

Workshop Leaders from With Love and Gratitude

"With Love and Gratitude" are dedicated light workers, each with her own special gifts, acting in unison for the sole purpose of uplifting the spirit. Kim and Leslie energetically create an experience of well-being and joy as they facilitate the healing that comes with the feeling of deep connection, remembrance and love. With tenderness, humor and humility, Kim and Leslie connect to the other side and share messages from loved ones who have crossed over.

Leslie Gabriele: Clairaudient, Clairsentient and Clairempath "energetic catalyst" who is guided in the moment without attachment.

Kim Dunsmore: Practicing Psychic/Medium who helps others feel and embrace the loving qualities of light.

Proceeds will go to Bedford Recreation's Neighbors Helping Neighbors Fund. Program held at 12 Mudge Way, Flint Room. (Age 18+) min 3/max 25

Friday, October 25, 7:00-8:30pm.

Fee: \$15

Be Creative



Embossed Cinnamon Scented Christmas Ornaments

Instructor: Heather Wright

Fill your tree with a festive scent! Make a lasting personal gift that looks lovely on wrapped presents. You will learn to use European cookie presses to make unique and beautiful hand-painted, embossed Christmas ornaments. You will craft the cinnamon clay into ornaments using embossing molds. You will learn to make the dough and how to use dough guides. In the second class, you will add decorative accents with acrylic paints and ribbon. On average, students will complete 15 ornaments. A \$14 material fee is due to the instructor at class first night. Class in collaboration with Concord-Carlisle Community Education. Class held at Concord-Carlisle High School, 500 Walden St. (min 2/max 4) 2wks

Tuesdays, 12/3 & 12/10, 6:00-9:00pm

Fee: \$35

Painting Beautiful Tiles with Alcohol Ink

Instructor: Gwen Chasan, Artist

Have fun while learning how to create a one-of-a-kind work of art with alcohol ink on tiles! You will learn the process of creating beautiful alcohol ink tiles that can be used as tile design elements or turned into beautiful trivets as gifts for loved ones - or for yourself! No experience needed as everyone is a beginner when starting with alcohol ink. Gwen will give a demo and you will learn a number of techniques for applying ink and adding details. Use your imagination and various tools while watching the ink spread and the interesting colors and shapes appear. Supplies to create up to four 4"x4" tile trivets will be provided. Important: Alcohol ink stains so it is essential that you bring vinyl gloves and dress appropriately as you should expect to get ink on what you are wearing (aprons/smocks are recommended). Please bring a plastic covering for the work surface. Please note: We will be using 90+% rubbing alcohol and it is smelly, but the odor disappears quickly. Those with sensitivities to odors may want to refrain from taking this workshop. \$12 material fee payable to the instructor at class. Class held at 12 Mudge Way, Rm. 151. (min 4/max 10) This class co-sponsored by Bedford Arts and Crafts Society.

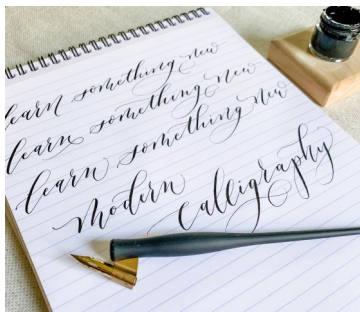
Fridays, 10:00am-12:00noon, 10/18 & 10/25 (2wks)

Fee: \$40



Introduction to Modern Calligraphy: 1 Night Workshop

Instructor: Jennifer Wayne



Have you been intrigued by beautiful hand lettering seen at special events, on products, or online? Curious to give it a try, but nervous because your regular handwriting is lacking? Then this class is for you! You do NOT have to have perfect handwriting in order to learn modern calligraphy using a pointed (dip) pen and ink. Modern calligraphy is more about drawing letters as opposed to writing them. You will learn the basics of modern calligraphy including how to use a pointed pen, letter formation, basic strokes, and how to connect letters into words and phrases. Previous experience is not necessary and all levels are welcome. Materials approximately \$10-\$15; fee to be paid to the instructor at class. Age 16+. Class held at 12 Mudge Way, Rm. 139. (min 4/max 10)

Thursday, October 17, 7:00-9:00pm

Fee: \$32

Floral Design Workshops

Instructor: Cindy Mattson, Given Erwin Florist

Boo-Quet Floral Class: Join us as we build a "Boo-Quet" using fresh pumpkins and flowers, just in time for Halloween. We give step by step instructions. No experience required. Classes are fun and creative. All material and supplies included. Best of all, you take home the arrangement you make! Class in collaboration with Carlisle Recreation. Class held at The Brick Building, 97 School Street, Carlisle. Ages 16+ (min 2/max 6)

Friday, October 25, 6:00-8:00pm

Fee:\$55



Winter Glow Floral Class: Make a festive and lovely seasonal design using fresh evergreens and flowers. Your holiday table will light up any party with this fragrant winter bouquet. No experience required. Classes are fun and creative. All material and supplies included. Best of all, you take home the arrangement you make! Class in collaboration with Carlisle Recreation. Class held at The Brick Building, 97 School Street, Carlisle. Ages 16+ (min 2/max 6)

Friday, December 13, 6:00-8:00pm

Fee: \$55





Mixed Media Art Class

Instructor: Valeria R. Lanza, Artist

Art enthusiasts 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. 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) and a large plastic table cover. Class held at 12 Mudge Way, Rm. 152. (min 6/max 12) This class is co-sponsored by the Bedford Arts and Crafts Society.
Tuesdays, 9:30am-12:00noon, 9/10-12/3 (no 11/5) 12 wks **Fee: \$150**

Improve Your Watercolor Skills

Instructor: Nan Rumpf, Artist

A class designed for watercolor painters with some experience. Each class will focus on a specific project designed to help develop technique and increase 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. **8wks**

Mondays, 10:00am-12:30pm, 9/23-11/25 (no class 10/14, 11/11)) **Fee: \$145**

Registration for non-residents opens September 5, 9:00pm.



Chinese Traditional Brush Painting I

Instructor: Son-Mey Chiu, Artist

ED.D. Harvard University; Chinese Master Emerita, Boston Latin School

Students will practice basic brush methods of traditional Chinese Painting by learning how to paint the Bamboo, the Orchid, and the Plum, objects of nature that symbolize various Confucian values. Instructor will enhance the lessons with Chinese art theories, philosophies and history. Chinese ink and watercolors will be used. Chinese Calligraphy brush strokes, the basis of Chinese Painting, will be introduced in the beginning of the class. Please bring 1 yard of felt, 3 cups for holding water, palette or dishes for mixing colors. Painting supplies approximately \$50; fee to be paid to the instructor at class. Class held at 12 Mudge Way, Rm. 152. (min 6/max 10) This class co-sponsored by Bedford Arts and Crafts Society.

Thursdays, 10:00am-12:00, 9/26-10/10 (3wks)

Fee: \$53



Chinese Traditional Brush Painting II

Instructor: Son-Mey Chiu, Artist

ED.D. Harvard University; Chinese Master Emerita, Boston Latin School

This is a continuing class in Chinese Painting that follows previous introductory classes. Based on the fundamental techniques acquired, students will expand their repertoire in the genre of Chinese Bird-and-Flower Painting. Objects of nature, especially in the fall season, will be introduced: the Sunflower/Chrysanthemum/Aster family of flowers, fall foliage, fruits and vegetables such as peach, corn; the Chickadee, and the dragonfly. Students who have experience with Chinese Painting are also encouraged to join. Please bring previous class materials, 1 yard of felt, 3 cups for holding water, palette or dishes for mixing colors. Class held at 12 Mudge Way, Rm. 152. (min 6/max 10) This class co-sponsored by Bedford Arts and Crafts Society.

Thursdays, 10:00am-12:00, 10/17-11/7 (4wks)

Fee: \$70



Knitting Club

Instructor: Denise Cohen



This knitting class is for those who would like to learn to knit or improve their knitting skills. We will teach how to cast on, the knit stitch and cast off. Once students have mastered the basics, we will move on to the purl stitch and other techniques as determined by the projects chosen. Students should bring a skill-level appropriate knitting project. For complete beginners, Denise recommends a simple knit winter scarf with medium or bulky yarn weight 4, 5 or 6. The recommended needle size will be on the label. The Caron Cakes or Caron Tea Cakes yarns are fun as they are self-striping. If you are a Beginner and would like to purchase a knitting kit (yarn and needles), let us know when you register. The kit will cost \$10, payable to the instructor at the first class. Please bring pen and paper also. Class held at 12 Mudge Way, Rm 152. Age 15+ **Wednesdays, 7:00-8:15pm, 9/18-11/6 (8wks) min 5/max 10** **Fee: \$108**

Crochet: The Art, Technique and the Fun!

Instructor: Tatyana Yatsunov

A new type of yarn made from recycled T-shirt material offers ease of making and flexibility in the design of any type of bag. This class will cover the stages of making a bag from start to finish: the basics of crochet stitches, reading patterns, and accessorizing bags to make them unique and special. Although it will require lots of effort and patience, through learning and perseverance, your end result will be an elegant and stylish handbag, personalized to your liking. All levels welcome. There is a \$15 materials fee payable to the instructor at class. Please register 2 weeks in advance of the start of class to ensure time to order supplies. Age 15+ Class held at 12 Mudge Way, Rm. 151. (min 3/max 8) 6wks **Thursdays, 10/3-11/7, 7:00-8:00pm** **Fee: \$70**



Rug Making Workshops

Instructor: Marcy Young, Textile Rug Maker



Quilly Mat Ornaments: Learn to make a Quilly rug/mat and make Holiday Mat Ornaments for the holidays. We will learn how to prep the wool, roll and secure the quillies into the completed projects. Ornaments include, tree, star, stocking, Santa, snowflake, candy cane, angel, wreaths, snowman and others. There is a \$10 materials fee payable to the instructor at class. Equipment needed for class will be provided for use during class. Class held at 12 Mudge Way, Rm. 152. (min 4/max 10) Age 15+ **Tuesdays, 11/5 & 11/12, 7:00-9:00pm (2wks)** **Fee: \$46**
Wednesday, 11/13 & 11/20, 10:00am-12:00noon (2wks) **Fee: \$46**



Punch Needle Rug: Learn to make a Punch Needle Rug using a small framed art piece 8"x8" using rug wool and the Oxford Punch Needle. Designs to choose for your art piece include. Mariners Compass, sheep, flower, fish, geometric, heart, clover and others. Materials fee \$15 payable to instructor at class. Equipment needed for class will be provided for use during class. (frame/hoop, punch needle, scissors) Class held at 12 Mudge Way, Rm. 152. (min 4/max 10) Age 15+ **Tuesdays, 10/22 & 10/29, 7:00-9:00pm (2wks)** **Fee: \$46**

Stone Carving Saturdays

Instructor: Scott Cahaly, Stone Artist

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: \$140 each option

Options: September 21, October 19, November 16 or December 21



CPR

Instructor: Jodie Dill, RN, Cape Cod CPR and First Aid

You never know if you will find yourself in the situation when someone says, "Does someone know CPR?" Being prepared for the situation can save a life. This comprehensive program designed by the Emergency Care and Safety Institute (<http://ecsinstitute.org/>) focuses on training for non-medical individuals. Based on the 2015 (most recent) International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC), our CPR and AED (Automated External Defibrillator) certification course is ideal for those needing CPR certification for employment requirements as well as those wanting to learn the skills necessary to save a life. On completion of the class, you will be emailed an ecard that will be valid for 2 years and receive an informational booklet as a reference guide. If you are interested in a CPR book, please specify when registering. The additional cost is \$15 for the book (cash please, payable at class) and it may be picked up one week before class or at class. Class held at 12 Mudge Way, Rm 139. Please enter through the play yard side of the North Wing (the brick wing)

Age 15+ (min 3/max 6)

Sunday, October 20, 4:00-7:00pm

Fee: \$72

Health & Well-Being

Exhausted to Energized

Instructor: Stacy Rudman, Certified Health Coach



If you have ever woken up tired, hit the dreaded 2pm afternoon slump, or gained weight and that you cannot lose, this workshop is for you. If you have suffered from anxiety, you avoid social situations because you are too tired, or you are just going through the motions, this workshop is also for you! This interactive workshop will help you determine your specific needs to gain more energy. You will perform written exercises (so please bring pen and paper) to understand what drains your energy and to identify what gives you energy. Through these exercises you will understand WHY you feel this way. Lastly, and most importantly, you'll walk away with 4 personalized strategies to naturally boost your energy all day long. Class held at 12 Mudge Way, Rm 152.(min 3/max 12)

Tuesday, September 17, 7:00-8:30pm

Fee: \$30



Instructor: Alicia Brickman,

The RESTART® Program is a simple, powerful way to give your body a vacation from sugar and processed foods. It is a 5 week holistic, supported and guided program of 1 hour group classes including a 3-week sugar detox. The program focuses on using REAL FOOD to boost your energy, reduce inflammation and get rid of sugar and carb cravings. You will learn how digestion really works and the truth about fats and so much more. Discover how well you can feel! For more information on this program: www.therestartprogram.com

Class held at 12 Mudge Way, Rm 152.(min 3/max 12)

Mondays, 9:30-10:30am, 9/23-10/28 (no class 10/14)

Mondays, 7:00-8:00pm, 9/23-10/28 (no class 10/14)

Fee: \$130

Fee: \$130



The MELT Method®

Instructor: Tammy Skwierczynski

The MELT Method® is a simple self-treatment technique that can reduce chronic pain and help you stay healthy, youthful, and active for a lifetime. Just 10 minutes of MELT three times a week is all you need to reduce the effects of accumulated tension and stress caused by daily living. For more information about MELT, go to www.BePainFreeWithTammy.com. Participants should bring a yoga mat and bottle of water. You must be able to get up and down from the floor. (min 3/max 10) Class held at 12 Mudge Way, Rm 153.



The MELT Method® for Back Pain: Chronic back pain is exhausting and frustrating, and it can keep you from doing the things you love – or even getting a good night's sleep. No matter what brought on your back pain, you can learn how to help your body heal and rediscover pain-free living at any age. MELT is a simple self-treatment technique that boosts your body's ability to heal by calming your nervous system and rehydrating your connective tissue. Learn how to return the body to a more ideal state and release the compression of your spine from your neck to your low back. This program requires you to do weekly MELT homework. Soft Roller fee \$69.99 payable to the instructor at the first class. Everyone will receive a complimentary MELT Hand and Foot Soft Ball.

Tuesdays, 7:00-8:00pm, 9/17-10/8 (4wks)

Fee: \$60

Soft Roller Class: This all-levels class will use specialized MELT Soft Rollers and Hand and Foot Treatment Balls to simulate the results of manual therapy. Learn to eliminate "stuck stress" before it accumulates causing chronic aches, pains, and unwanted signs of aging. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

Tuesdays, 7:00-8:00pm, 10/15-11/5 (4wks)

Fee: \$60



Orthopaedics Plus Workshops

Presenter: Mike Stare, PT, DPT, FAAOMPT, CSCS, CNS



Rotator Cuff and Shoulder Pain Workshop



Join Orthopaedics Plus for a presentation about shoulder pain and rotator cuff issues. Learn information about treatment without pills, injections, or if surgery can help. We will help you understand why your shoulder is a problem and what you can do to fix it! We will cover:

- The single worst sleeping position that causes big problems in the shoulder.
- A big mistake that people suffering with shoulder pain make that surprisingly can lead to rotator cuff surgery.
- The common causes of rotator cuff problems.

The presentation is for anyone interested in learning information about shoulder health and longevity. If you currently have shoulder pain, come see what you can do about it! Age 16+ (min 3/ max 20) Class held at 12 Mudge Way, Rm 152.

Monday, October 7, 7:00-8:00pm,

Fee: \$15

Lower Back Pain and Sciatica

If you suffer from lower back pain and sciatica. Learn information about treatment without pills, injections, or if surgery can help. We will help you understand why low back pain or sciatica is a problem and what you can do to fix it! We will cover:

- The biggest mistakes low back pain sufferers make.
- Three common causes of low back pain.
- Three strategies to reduce back pain and sciatica.

The presentation is for anyone interested in learning about lower back health and longevity. If you currently have low back pain or sciatica, come see what you can do about it! Age 16+ (min 3/max 20) Class held at 12 Mudge Way, Rm 152.

Monday, November 4, 7:00-8:00pm,

Fee: \$15

For more info about Mike Stare and Orthopaedics Plus, see their website at <https://orthopaedicsplus.com/about/>



Meditation For Transformation Group

Instructor: Julie Ramsdell, MS, RM

Join a weekly group meditation to quiet your overworked, busy mind, with various inner vision tools including sound, essential oils, and crystals to enhance the experience. Deep relaxation, clarity, and a return to your center, the powerful "NOW" are the result. All levels of meditators are welcome. Bring a yoga mat for guided meditations at the end of class. Class held at Fifth Chakra Energy Wellness, 200 Great Road, Suite 254A. For more information www.fifthchakraenergy.com (min 4/max 15) 4wks

Tuesdays, 9/24-10/15, 7:00-8:00pm

Fee: \$72

Sound Healing: A Mini-Retreat

Instructor: Julie Ramsdell, MS, RM

Want to release stress and feel more grounded? Curious about tapping into your energy field to enhance well-being? Sound Healing combines gentle movement, meditative practices and sound healing through Biofield Tuning. Gentle movement, guided meditation and targeted sound with certified Biofield Tuning practitioner Julie Ramsdell energetically fine tunes the body, mind and spirit. Biofield Tuning is a sound therapy that uses the physics-based principals of frequency, resonance and entrainment to help the body recognize its own distortion, discharge blocked energy, and return to clarity and health. Using tuning forks, the Biofield Tuning practitioner releases static caused by stress, and invites the body to repair and balance itself. Class held at Fifth Chakra Energy Wellness, 200 Great Road, Suite 254A. (min 4/max 10)

Sunday, September 29, 6:00-8:00pm

Fee: \$40

Empower Your Intuition

Instructor: Julie Ramsdell, MS, RM

Effectively using your intuition is a fun 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?" and "Where should I go to meet the love of my life?"; to every day decisions, such as, "Which store will have the exact item I want at the best price?" and "What's the best driving route to avoid traffic jams?" In a series of three classes, you will be guided through meditation to enhance your connection to your inner wisdom. Then, you will explore different methods of tapping into your intuition. Learn how to trust your intuition, make wonderful decisions in your life, and discover a happier, calmer, more effective life. Class held at Fifth Chakra Energy Wellness, 200 Great Road, Suite 254A. For more information www.fifthchakraenergy.com (min 4/max 10) 3wks

Wednesdays, 10/23-11/6, 7:00-8:15pm

Fee: \$60



Beginner & Intermediate Tai Chi

Instructors: Oscar Hsu & Jim Winner, 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 wks

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

Fee: \$140

Class in Rm.153, 12 Mudge Way

Thursdays, 1:00-2:00pm, 9/12-12/12 (no class 11/28)

Fee: \$140

Class held in Union Rm., 12 Mudge Way



Salsa! —Beginner & Intermediate

Instructor: Van Chum, Attitudes Dance and Fitness

This class will focus on the basics of Salsa and take you one step further into some other Latin dances. This class is a great introduction for newcomers as well as a nice review for those that have been away from the dance floor for a while. No partner needed! Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Class held at Attitudes Dance, 900 Technology Park Dr. Suite 105, Billerica.

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

Fee: \$120



Ballroom Dance — Beginner & Intermediate

Instructor: Van Chum, Attitudes Dance and Fitness

This class will focus on the basics of a variety of ballroom dance styles including: Foxtrot, Waltz, Rumba and Merengue, as well as delve further into some intermediate steps. We may also include Cha Cha, Tango and East Coast Swing. This class is a great intro for newcomers as well as a review for those that have been away from the dance floor for a while. No partner needed! Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Class held at Attitudes Dance, 900 Technology Park Dr. Suite 105, Billerica.

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

Fee: \$120



Zumba® Fitness Dance Party

Instructor: Renae Nichols



Let the music free your body in the ultimate dance-fitness workout that will groove you into shape. This popular 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 7/max 25) Class held in the Dance Studio behind the main gym at Bedford High School, 9 Mudge Way. Enter the second entry door, beside the cafeteria.

Tuesdays, 6:30-7:30pm, 9/17-12/3 (12wks)

Fee: \$120

Note: New location, date and time!!

Free Trial Class: Tuesday, 9/10. Please register in advance.

BodyJam™

Instructors: 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. (max 10) All classes held at Connections, 153 Concord Rd. (12wks)

Tuesdays, 7:00-8:00pm, 9/10-11/26

Fee: \$84

Saturdays, 10:15-11:15am, 9/14-12/7 (no 9/21)

Fee: \$84



barre3

Instructors: Natasha Groblewski and Instructors of barre3



Barre3 is a full-body, mindful workout that delivers remarkable results from the inside out. You will be guided through sustained holds, muscle-burning micro-movements, and heart-pumping cardio bursts. The barre3 signature approach will leave you feeling balanced in body and empowered from within. You will work barefoot or with sticky socks (socks can be purchased at the studio). Please wear comfortable clothing and bring a water bottle. Classes held at barre3, 158 Great Rd. Bedford. Age 16+ (studio parent waiver if under 18) (max 20) 8wks

Tuesdays, 5:45-6:45pm, 9/17-11/5

Fee: \$110

Thursdays, 7:00-8:00pm, 9/19-11/14 (no 10/31)

Fee: \$110

Fridays, 9:45-10:45am, 9/20-11/8

Fee: \$110



BodyPump™

Instructors: 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 10)

All classes held at Connections, 153 Concord Rd. (12wks)

Mondays, 9:15-10:15am, 9/9-12/9 (no class 10/14, 11/11)

Wednesdays, 6:30-7:30pm, 9/11-11/27

Fee: \$96

Fee: \$96

Body Balance & Core Strength

Instructor: Jayne Schmitz, Certified Balanced Body Pilates Instructor

This program will challenge you to increase deep core strength, balance, and tone. Drawing from the Pilates discipline, you will work on body awareness, posture, and total body strength from the inside out. Core stability and alignment are emphasized throughout. The majority of movements are floor exercises done on a mat. 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. Age 16+ (min 4/max 15) 10 wks Class held in the Bedford High School Dance Studio.

Wednesdays, 6:30-7:30pm, 9/11-11/20 (no class 9/25)

Fee: \$115



Nia Class

Instructor: 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. All classes held at 12 Mudge Way, Union Rm. Contact joan@live-life-well.com for more info. Age 15+ (min 9/max 20) **Free Trial/Bonus Classes:** Wed. 9/4 at 9:30am and 6:15pm.

Monday 9:30-10:30am, 9/9-12/16 (no classes 9/23, 10/14, 11/11) 12wks

Fee: \$120

Wednesday 9:30-10:30am, 9/11-12/18 (no 9/25) 14wks

Fee: \$140

Wednesday* 6:15-7:15pm, 9/11-12/18 (no 9/25, 11/13) 13wks

Fee: \$130

(*new, Wednesday class replaces the Thursday evening class from previous sessions, new time also)



Hatha Yoga

Instructor: 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 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.

Mondays* 7:15-8:15pm 9/9-12/9 (no class 10/14, 11/11) 12wks

Fee: \$150

Tuesdays 9:30-10:30am 9/10-12/10 (no class 11/5) 13wks

Fee: \$162

Wednesdays* 7:20-8:20pm 9/11-12/11 (no class 11/27) 13wks

Fee: \$162

Fridays 9:30-10:30am 9/13-12/13 (no class 11/29) 13wks

Fee: \$162

(*note: new times for these classes) Friday, 9/20, 9:30 class location will be Room 153 this day only.

All Levels Vinyasa Yoga

Instructors: Natalia Switala and Lisa Mauriello, Yoga Nova

Vinyasa is a strong and flow-based style of yoga that connects breath to movement. This dynamic and moving meditation offers opportunities for creating strength through longer holds as well as release in postures connected seamlessly by breath. You will sweat and feel deeply cleansed by practicing this vigorous style. These classes are practiced in a warm room around 80 degrees F. Please bring a yoga mat, water, towel and wear comfortable form-fitting clothing. Beginners are welcome. Ages 15+ (under 18 requires a parental waiver that can be filled out at Yoga Nova) min 1/max 15 (10wks)

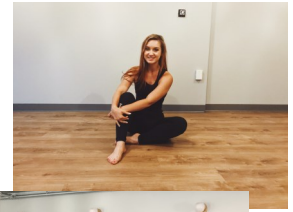
Classes held at Yoga Nova, 51 Great Rd.

Saturdays with Natalia, 7:30-8:45am, 9/21-11/23

Sundays with Lisa, 4:30-5:45pm, 9/22-11/24

Fee: \$120

Fee: \$120



Yoga Fit and Strong

Instructor: Asha Ramesh, Serenity Yoga

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

Fee: \$165



Restorative Yoga

Instructor: Shannon O'Haverty, Serenity Yoga

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 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. (12wks)

Sundays, 5:00-6:30pm, 9/15-12/1

Fee: \$165



Creative Flow Yoga with Mudras

Instructor: Cyndy Overgaag, Serenity Yoga

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, 9/14-11/30 (12wks)

Fee: \$165

Co-Ed Outdoor Boot Camp

Instructor: Sandy Morvillo



Finish off the year strong and help to avoid those approaching winter pounds! Move beyond your fitness plateau. Whatever your reason, have a goal for 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. Sneakers, outdoor workout attire and water a must. Classes held rain or shine. Meet at the High School Track. Age 15+ (min10/max 50) 10wks

Saturdays, 7:30-8:30am, 9/7-11/9 (9/21 class will be from 6:30-7:30am)

Fee: \$138

Sport Instruction

Tennis

Instructor: Kyle Anderson of KA Tennis

****All classes held at the Bedford High School Courts (rainouts will be rescheduled)**

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. (min 4/max 8)

Thursdays, 6:30-7:30pm, 9/12-10/17 (6wks)

Fee: \$118



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. The basics of both singles and doubles strategy will be covered. Classes incorporate drills and games to take players' game to the next level. (min 4/max 8)

Thursdays, 7:30-8:30pm, 9/12-10/17 (6wks)

Fee: \$118

Archery

Instructor: Mark Pirrello and staff, On The Mark Archery

Why let the kids have all the fun? Adult archery is a fast growing movement that attracts people of all ages and skill levels to join the action and release stress (and arrows)! This Zen sport requires only a synergy between mind, body and spirit to find consistent success and understand the elements of the shot cycle that make archers great! All equipment is provided by On the Mark Archery! No prior experience necessary. Age 15+ (min 6/max 14)

Beginner: Wednesdays, 7:30-8:30pm, 9/25-10/23 (5wks)

Fee: \$150

Class held at Davis School Gym.

Intermediate: Wednesdays, 7:00-8:15pm, 10/30-11/20 (4wks)

Fee: \$150

Class held at the Ripley School, 120 Meriam Rd, Concord



Pick-Up Sports:

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. *Tuesday nights are reserved for players ages 50+.

No Fee

Mondays, Tuesdays*, Thursdays, 8:30-10:00pm, 9/9-11/21 (no 10/14, 11/11, 9:00pm start time week 11/4-11/7)

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, 8/21-11/27

Men's Open: Wednesdays, 8:30-10:30, 8/7 & 8/14 and 8:45-10:30pm, 8/21-11/27

REGISTRATION:

For Men's Soccer and Indoor Soccer: <https://groups.google.com> and join via "Bedford MA Adult Soccer"

For Women's Outdoor Soccer: www.bedfordrecreation.org

Pick-Up Co-Ed Slow Pitch Softball: Interest List

This Fall, if there is enough interest, there will be an informal, Pick-Up Co-Ed Slow Pitch softball program on Sunday evenings under the lights in September and October. Please register on the Softball Interest List and let us know if you are willing to help coordinate the program. We will let you know the status shortly after Labor Day.



REGISTRATION: Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes as they occur. Changes may occur on short notice. www.bedfordrecreation.org to register. (*exception: Men's and Indoor Soccer, see previous page*) Registered players get priority to play if over-crowded. If schools are closed due to holidays or weather, there will be no sports. All programs are for ages 18+. Age 16+ may play if there is space but they must be accompanied by a participating parent or guardian. We are very fortunate to have Volunteer Coordinators managing these programs; please help them set up, keep the areas clean, maintain the equipment and break down at the end. Have fun!

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 10/14, 11/11)

No Fee

BASKETBALL

This is a co-ed drop-in program open to Bedford adults only. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all. Please bring your own basketballs. Bedford High School (location may change). Age 18+

Mondays and Wednesdays, 7:00-10:00pm, 9/11-11/20 (no 10/14, 11/11)

No Fee

COMPETITIVE BADMINTON SESSION

This is a competitive session for intermediate and advanced players. 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, 9/10-11/19

No fee for Bedford Residents

NON RESIDENT BADMINTON REGISTRATION: BEGINS 9/5, 9:00pm

Fee: \$30 for non-Bedford Residents

Only registered participants may attend. Guests, substitutes, 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, 9/12-11/21

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 a slightly modified tennis net. Check out www.usapa.org for detailed information. Some paddles will be available on a first-come basis. Age 18+

No Fee

Mondays and Wednesdays, 6:30-9:00pm, 9/9-11/20 (no 10/14, 11/11) John Glenn Middle School Gym

Fridays, 5:15-9:00pm, 9/6-11/22. Lane School Gym

Fall Outdoor Play: Registered players will be notified of outdoor playing times and locations.

*****Pickleball Court usage at John Glenn Middle School:** The courts have been painted with lines for 2 Pickleball court for players to use outside the times organized by the Pick-Up Pickleball program run by Bedford Recreation. Use of the Pickleball courts by the general public will be tracked to determine demand for permanent courts in town. Please make sure to sign in when you play at the Middle School tennis courts.

Meet-up play on Sundays: 8:00-10:30am and 5:00pm-dusk. JGMS Courts. Bring your own equipment and join in with any players who show up!

Preschool Programs

Bedford TBall Clinic (Ages 3-6)

Instructor: Tim French & Staff

A great introduction to the world of baseball! Tim French and his staff of energetic and knowledgeable coaches will introduce players to the fundamentals of the sport. Players will practice these skills 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 the games. Please bring a glove, water, sneakers and comfortable clothing.

Wednesdays, 9/25-10/23	Fee: \$80
Age 3-Young 4: 5:30-6:30 PM	5 wks
Age Older 4-6: 6:30-7:30 PM	
Field Location TBD	Min 16/Max 50

Preschool Rhythm & Dance (Ages 3.5-6)

Instructor: 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 exploration, they will work on building gross motor skills and combine these skills into lively routines. The kid-friendly steps are easy to learn and fun to perform. Students will dance primarily in sneakers and bare feet. During the final class of the session, parents and guests are invited to join us for a special performance.

Free Trial Class (must register): Wednesday 9/18	
Class: Wednesdays, 9/25-12/4 (no class 11/27)	
Fee: \$130	
3:30-4:15 PM	10 wks
12 Mudge Way, Union Room	Min 6/Max 12

Mini Sports (Ages 3-5)

Instructor: F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. Children will also learn about the importance of teamwork. FAST Athletics will have new and exciting games planned for the students each class. Children should wear sneakers, comfortable clothing and bring a water bottle.

Sundays, 9/22-10/20	Fee: \$71
1:00-1:45 PM	5 wks
Field TBD	Min 8/Max 16

Preschool Gymnastics (Ages 1-5)

Instructor: Jennifer McGrath

Jennifer brings oodles of energy to keep kids moving in her preschool gymnastics/movement classes. Adult participation is required when noted below. Children should wear comfortable clothing and will participate in bare feet.

Class Descriptions:

Toddler Tumblers (with adult): This class is the perfect combination of fun and learning. Each week will have a different theme involving different 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. Children must be walking to participate.

Preschool Gymnastics (without adult): 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 will be used in class to teach and reinforce gymnastics skills.

Preschool Tennis (Ages 3-5)

Instructor: Skyhawks

This class provides a relaxed environment in which fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 ft court. Players work on their movement and rallying skills as well as developing consistent shots. Please bring a tennis racket and wear sneakers.

Tuesdays, 9/17-10/15	Fee: \$90
1:00-1:45 PM	5 wks
BHS Tennis Courts	Min 8/Max 20

Fridays, 9/20-12/20 (no class 11/29)	Fee: \$219
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9:30-10:10 AM: Toddler Tumblers (12-36 Months)

10:10-10:55 AM: Preschool Gym (3-5 Years)

4:00-4:45 PM: Ages 4-Grade 2 (see page 25 for details, class takes place at Lane School.)

Class Location: First Church, 25 Great Road (Park in Town Hall Lot)

Min 6/Max 20	13 wks
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Preschool Programs

Kindermusik Family Class (Ages 0-4)

Instructor: Bernadette Baird

This music-filled class celebrates the joy of growing children. Each week, children will love singing, dancing and playing instruments with parents/caregivers and their new friends. Children will practice skills that will last a lifetime... turn taking, social skills, and active listening. There will also be tips and ideas for using music at home throughout the week. Class will include at home materials. All sessions are 4 weeks.

Wednesdays, 10:30-11:15 AM Fee: \$65

Session 1: 9/4-9/25 (registration open now!)

Session 2: 10/2-10/23

Session 3: 10/30-11/20

Session 4: 12/4-1/8 (no class 12/25)

12 Mudge Way, Active Room

Mini Yogis with Adult Partner (Ages 2-4)

Instructor: Bonnie McCulloch

New to Bedford Recreation! Partner with your toddler in fun, animated poses. Bark in downward dog, hiss in cobra pose and flutter our butterfly wings as we stretch, balance, twist, bend and play yoga! We will plant seeds for connection, body awareness, self-regulation, kindness, finding our calm, sharing, bonding between caregiver & child, all while strengthening growing muscles and using our imaginations. Please bring a water and yoga mat.

Thursdays, 9/19-10/17

10:30-11:15 AM

12 Mudge Way

Fee: \$69

5 wks

Min 6/Max 8

Preschool Soccer (Ages 2-5)

Instructor: 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. Please dress your child for the weather. Each child will receive a uniform shirt and a medal at the end of the season. Soccer balls will be provided by coaches for each class and returned at the end of the class.



Saturdays, 9/14-11/2 (no class 9/21– Bedford Day)

Fee: \$135

Age 2 & 3 8:30-9:00 AM Min 4/Max 32

Age Older 3-4 9:15-9:55 AM Min 4/Max 40

Age Older 4-5 10:15-11:00 AM Min 4/Max 40

Age Older 3-4 11:15-11:55 AM Min 4/Max 40

Ages Older 4-5 12:15-1:00 PM Min 4/Max 40

Location: 7 Mudge Way, E Field (next to town playground)

Mini Hawk (Ages 4-6)

Soccer & Flag Football

Instructor: Skyhawks

This program combines Soccer and Flag Football into one fun-filled program. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of new sports along with vital life lessons such as respect, teamwork and self-discipline. Children should bring water and wear sneakers and athletic clothing.

Mondays, 9/16-10/28 (no class 10/14) Fee: \$99

1:00-2:00 PM

Wilson Field (9 Mudge Way)

6 wks

Min 8/Max 20

Recreation Dance Program

Instructor: Taylor Loesch

The Bedford Recreation Dance Program will be offering two new preschool dance classes this year!

Preschool Ballet &
Grown Up & Me Intro to Dance.

See page 37 of this brochure for more details and registration information.
Registration is open now.

Preschool Programs

Little Farmers (Ages 2.5-5) Drop Off Program Instructor: Chip in Farm

Little Farmers is a full-sensory farm and nature program. At Chip-in Farm, children are connected to play and meaningful farm work. Children will help care for the animals each day before exploring the surrounding fields and forest. The majority of each day will be spent outside and in the barn no matter the weather for a first-hand experience of the shifting seasons and natural changes throughout the year. This means that children will be outside in the sun, the rain, and maybe even the snow! This drop-off program is for children ages 2.5-5. Min 4/Max 10



Location: Chip in Farm, 201 Hartwell Road

Fee/Session: \$178

Mondays, 9:00-12:00 PM

Session 1: 9/9-9/30 (4 wks)

Session 2: 10/7-11/4 (4 wks) no 10/14

Session 3: 11/18-12/9 (4 wks)

Tuesdays, 9:00-12:00 PM

Session 1: 9/10-10/1 (4 wks)

Session 2: 10/8-10/29 (4 wks)

Session 3: 11/5-12/3 (4 wks) no 11/12

Wednesdays, 9:00-12:00 PM

Session 1: 9/11-10/2 (4 wks)

Session 2: 10/9-10/30 (4 wks)

Session 3: 11/6-12/4 (4 wks) no 11/13

Elementary Programs

DAVIS

Late Pick Up Policy for Bedford

Recreation Programs

Participants must be picked up from programs at the announced time. Please have a contingency plan for traffic or work/other delays (neighbor to pick up, parent of another child in the program, etc.). Please communicate the need to utilize your back up plan as soon as you suspect that you are running late.

Children not picked up on time may be given a one day suspension and children who are not picked up on time twice for the same program may be removed from that program.

Davis AM Gym

Instructor: Recreation Staff

Registration is currently open

This early morning drop off program will energize your children and prepare them for the day ahead! Davis AM Gym is a combination of fun activities and sports that will enable children to ease into the school day. Please note that this program does not meet on no-school days, holidays, snow days or school delays due to inclement weather.

Monday-Friday, 9/3-12/20

8:00 AM-Start of School

Davis School Gym

Fee: \$280

Min 45/Max 55

Flag Football and Sports (Grades K-2)

Instructor: F.A.S.T. Athletics

F.A.S.T Athletics will teach game strategies, catching techniques and most importantly how to work together as a team. The students will participate in different situational games such as Red Zone Defense, fourth and inches, and the QB Challenge as they learn the importance of fair play. Flag Football will be played outdoors when the weather permits. If the weather is poor, other sports and games will be played indoors. Please send a snack.

Mondays, 9/16-11/4 (no class 10/14)

Dismissal-4:30 PM

Davis School Gym

Fee: \$94

7 wks

Min 8/Max 16

Supersports (Grades K-2)

Instructor: F.A.S.T. Athletics

Get up, get going, get active with F.A.S.T Athletics Supersports program. F.A.S.T. Athletics offers a variety of sports each week such as Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. The program includes proper stretching and warm-up games as well as instruction of basic skills of each sport. Each class will end with a high energy game of the sport being played that day. Please send a snack.

Tuesdays, 9/17-10/29

Dismissal-4:30 PM

Davis School Gym

Fee: \$94

7 wks

Min 8/Max 16

Kids' Test Kitchen (Grades K-2)

Instructor: Kids' Test Kitchen Staff

Kids' Test Kitchen is on a mission to get young eaters cooking with, tasting, and thinking about healthy ingredients! We will *redefine kid food*; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they will slice, dice, peel, measure, and cook until they have prepared the finished dish. Lessons are planned to celebrate seasonal produce and offer ideas for quick and healthy family meals. At the end of class, aspiring chefs will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they have learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is **always** optional. Each session arrives with fresh new recipes and ideas to inspire your healthy eater! Kids with food allergies should not miss out on the fun. We can work around them, making sure that everyone is having fun and staying safe. ***Please clearly disclose all food allergies and/or dietary restrictions upon registration.**

Kids' Test Kitchen
inspire healthy eaters



Mondays, 9/16-10/28 (no class 10/14)
Dismissal-4:30 PM
Davis School Cafeteria

Fee: \$138
6 wks
Min 8/Max 12

Coding with Kids: Little Coders (Grades K-2)

Instructor: Coding With Kids

Get them started early! The Little Coders class provides young students with the basics of computational thinking skills, such as loops and conditionals, through a fun blend of hands-on activities. The curriculum is built specifically for this age group, with a mix of activities from coding puzzles and board games to easy-to-use, drag-and-drop programming tools. Projects are updated each session, so returning students will have new challenges to work through and advance their knowledge. Please send a snack.

Tuesdays, 9/17-11/12 (no class 11/5) Fee: \$212
Dismissal-4:30 PM 8 wks
Davis School Café Min 6/Max 16

Davis Minecraft (Grades 1 & 2)

Instructor: Matt Haynes

Davis after-school Minecraft is new and improved for this school year! Bedford technology teacher Matt Haynes will introduce students to Minecraft: Education Edition that has new features and opportunities for students who like designing and exploring in a virtual environment. Multi-week projects will include instruction in everything from basic mouse and keyboard controls to building design and decoration, mining and crafting techniques, and farming with plants and animals. Note: please send a snack with your student.

Tuesdays, 9/17-10/29 Fee: \$100
Dismissal-4:30 PM 7 wks
Davis School Computer Lab Min 10/Max 20

Davis Art (Grades K-2)

Instructor: Sarah Scoville, Simply Sarah Art

Participants will draw, paint, make sculptures and prints in this class that is focused on technique and experimentation. They will work with traditional media such as charcoal and acrylic paint. They will also get messy and creative with paper mache and they will learn simple sewing to investigate different mixed media approaches. Please send a snack.

Wednesdays, 9/18-10/30 Fee: \$186
Dismissal-3:20 PM 7 wks
Davis School Cafeteria Min 12/Max 20

Davis Yoga (Grades K-2)

Instructor: Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and cooperative games. Imaginations will be stretched in this yoga class that explores both breath work, yoga postures and relaxation technique. Skills will be presented in a fun and creative manner. Prior to the class, children will be released to the cafeteria to enjoy quiet activities until the bus lines have left. Please bring a yoga mat and send a snack.

Thursdays, 9/19-11/7 (no class 10/31) Fee: \$97
Dismissal-4:30 PM 7 wks
Davis School Gym Min 6/Max 12

STEM FUNDamentals (Grades 1 & 2)

Instructor: Play-Well Teknologies

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Boats, Snowmobiles, Arch Bridges, and Battletracks. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. Please send a snack

Thursdays, 9/19-11/14 (no class 10/31) Fee: \$166
Dismissal-4:30 PM 8 wks
Davis School Cafeteria Min 11/Max 16

Mad Science: Forces of Nature (Grades K-2)

Instructor: Mad Science of North Boston

Forces of Nature is an exciting series of workshops that focus on Earth's ecosystems. Students will learn about animals and bugs! They will discover how the forces of pressure and gravity effect life here on earth. Finally, they will explore the deep oceans and go deep inside the anatomy of a volcano! Please send a snack.

Fridays, 9/20-11/1 Fee: \$150
Dismissal-4:30 PM 7 wks
Davis School Cafeteria Min 12/Max 20

Skyhawks Basketball

Instructor: Skyhawks

Using our progressional curriculum and focusing on the whole player, we teach your children the skills they need both on and off the court to be a better athlete. Our sport specific staff will focus on respect, teamwork and responsibility as they start each day with a 'skill of the day', and progress into drills and games for an unforgettable experience for your young athlete. After a session of passing, shooting, dribbling and rebounding, you will see why this is one of Skyhawks' most popular programs! Please send a basketball, sneakers, and a snack.

Fridays, 9/20-10/25 Fee: \$99
Dismissal-4:30 PM 6 wks
Davis School Gym Min 8/Max 20

F.A.S.T. Basketball (Grades 1 & 2)

Instructor: F.A.S.T. Athletics

3.....2.....1....bzzz. This program is intended to increase players' confidence in passing, shooting, and dribbling skills so when it is time to make that game winning shot, they are ready! Players will practice proper techniques of playing defense, rebounding, and boxing out. In addition to basketball scrimmages, participants will also play games such as knock out, dribbling relay races and hot hands. Please bring a basketball.

Tuesdays, 9/17-10/29 Fee: \$94
6:00-7:00 PM 7 wks
Lane School Min 8/Max 24

Coach Pitch Baseball Clinic (Ages 6 & 7)

Instructor: Tim French & Staff

Tim French and his staff of knowledgeable coaches will introduce players to the fundamentals of coach pitch baseball. Players will practice these skills 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 actual games. Players should bring a glove, water, sneakers and wear comfortable clothing.

Wednesdays, 9/25-10/23 Fee: \$80
5:30-6:30 PM 5 wks
E Field & F Field Min 15/Max 50

Soccer Skills Academy (Grades K-2)

Instructor: Proformance Soccer

The Soccer Skills Academy is a Proformance Soccer Program for players in grades K-2. This action packed training is designed to be fun and instructional. It is aimed at developing key technical soccer skills while inspiring a love and enthusiasm for the game. This 6-session program consists of both skill work and games. Learn from the top local professional coaches and have fun too. Participants should bring a soccer ball, shin guards and wear athletic clothing. Please bring a water.

Wednesdays, 9/18-10/23 Fee: \$140
Location: Springs Brook Park Field
Girls: 4:00-5:15 PM 6 wks
Boys: 5:15-6:30 PM Min 8/Max 30

Saturday Tennis Lessons

Instructor: KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff! Kyle is a PTR and USTA certified instructor who has 21 years of full time experience instructing individuals and groups. 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. Kyle's hands on approach, drills and fun games make this class appropriate for all ages. All lessons will take place at the Bedford High School courts. Please wear sneakers, athletic clothing and bring a tennis racket. *In case of inclement weather: Call the Tennis Weather Hotline at: 781-275-7907.*

Saturdays, 9/14-10/26 (No class 9/21– Bedford Day)

6 wks

Age 5-6: 8:30-9:05 AM Fee: \$89 (Max 12)

Age 7-9: 9:15-10:15 AM Fee: \$118 (Max 16)

Age 10-14: 10:15-11:45 AM Fee: \$176 (Max 16)

Age 7-9: 11:45-12:45 AM Fee: \$118 (Max 16)

BHS Tennis Courts



Wednesday Indoor Tennis Lessons

Instructor: KA Tennis

Kyle Anderson will give instruction on mechanics, rallying skills and fundamentals of strokes. This hands on approach, organized drills, as well as fun games make this program appropriate for all ages and skill levels. Children should wear comfortable clothing, sneakers and bring a tennis racket. Grades K-2 will be dismissed to the cafeteria from their classrooms before the program (please send a snack). Grades 3-5: Parents are responsible for drop off and pick up.

Wednesdays, 9/18-11/13

Grade K-2: Dismissal-3:30 PM

Grade 3-5: 3:30-4:30 PM

Davis School Gym

Fee: \$162

9 wks

Min 6/Max 12

BUCS Flag Football (Grades 1-7) Saturday Nights Under the Lights!

Instructor: BHS Football

The Bedford BUCS take the field on Friday nights and on Saturdays, it is your turn under the lights! This 4 week flag football program is for grades 1-7 and coached by the BHS Varsity coaches and players. A portion of the proceeds will support the Bedford Football Club (JGMS and BHS Football). Children must wear sneakers and comfortable clothing. All participants will receive a t-shirt. Please indicate shirt size when registering.



Saturdays, 9/21-10/12

6:00-7:00 PM

Sabourin Field
(BHS Turf)

Fee: \$100

4 wks

Gymnastics (Grades K-6)

Instructor: Jennifer McGrath & Staff

This gymnastics program introduces participants to the fundamentals of gymnastics. Jennifer's contagious energy keeps kids moving as she introduces the basic skills of floor, bar, vaulting and low beam. Participants learn bridges, splits, jumps and much more. Students will participate in bare feet. Children must tie hair back and wear comfortable athletic clothing. For grades 3-6: Students will wait for the bus dismissal to end before starting the class; please send a snack.



Fridays, 9/20-12/20 (no class 11/29)

Grades 3-6: Dismissal-4:00 PM

(Grade 6 students must have transportation to Lane)

Fee: \$173

13 wks

Age 4-Grade 2: 4:00-4:45 PM

Lane School Gym

Min 15/Max 40

GrooveWrx Youth Power for Girls (Grades 2-5)

Instructor: Jennifer Buckley

Taught by Jennifer Buckley, Founder of GrooveWrx. This highly interactive one-evening program is a great opportunity for elementary-aged girls to celebrate self-confidence! They will enjoy team building games, creative brainstorming, special guest speakers, physical activities and hands-on projects that help create a better sense of self, personal empowerment and community. For more information go to groovewrx.com. Please wear comfortable clothing. Pizza and water provided.

Friday, October 25	Fee: \$35
5:30-8:00 PM	
Lane School cafeteria	Min 20/Max 30

GrooveWrx Youth Power for Boys (Grades 2-5)

Instructor: Jennifer Buckley

Taught by Jennifer Buckley, Founder of GrooveWrx. This highly interactive one-evening program is a great opportunity for elementary-aged boys to celebrate self-confidence! They will enjoy team building games, creative brainstorming, special guest speakers, physical activities and hands-on projects that help create a better sense of self and personal empowerment and community. For more information go to groovewrx.com. Please wear comfortable clothing. Pizza and water

Friday, November 22	Fee: \$35
5:30-8:00 PM	
Lane School Cafeteria	Min 12/Max 30

GrooveWrx Youth Power Kid's Night Out (Grades 2-4)

Instructor: Jennifer Buckley

Enjoy a night of old-fashioned unplugged empowering fun! This program is taught by Jennifer Buckley and will give parents an opportunity to enjoy a night out while children enjoy imaginative games, hands-on projects and fun physical activity. Boys and girls will building a sense of community together while enjoying all of the fun activities. For more information go to groovewrx.com.

Friday, December 6	Fee: \$35
5:30-8:00 PM	
Lane School Cafeteria	Min 20/Max 30

Introduction to Kenpo Karate (Ages 5-13)

Instructor: Callahan's Karate

There are many positive benefits to karate training. In this 4- week introductory course, beginner students will be introduced to Callahan's award winning programs that develop confidence, focus and self-discipline while teaching the basics of karate and self-defense. The class fee includes a uniform.

Option 1:	Fee: \$72
Tuesdays, 9/24-10/15	
4:30-5:10 PM	

Option 2:	Fee: \$72
Saturdays, 9/28-10/19	
11:20-12:00 PM	
Location: Callahan's Karat Studio, 20 North Road	

Hired Hands (Grades K-2 & 3-5)

Instructor: Chip in Farm

Join the farmers to experience life on a real working farm! Kids will feed the animals, collect eggs, and help care for sheep, cows, rabbits, pigs, and goats. They will learn about the farm through hands on activities, crafts, games, stories and cooking projects. Participants should wear work clothes and old sneakers or boots and come prepared to get dirty. This class will meet rain or shine. This is a drop-off program and parents are not required to stay with the class. Class Location: 201 Hartwell Road, Bedford (Chip in Farm).

Grades K-2	Fee: \$160
Tuesdays: 4:00-6:00 PM	
Session 1: 9/10-10/1 (4 wks)	
Session 2: 10/8-10/29 (4 wks)	

Grades 3-5	Fee: \$160
Wednesdays: 3:30-5:30 PM	
Session 1: 9/11-10/2 (4 wks)	
Session 2: 10/9-10/30 (4 wks)	

Take Apart a Robot (Grades K-2 & 3-5)

Instructor: iRobot

Ever look at something and wonder how it works and what is inside? iRobot engineers will visit your school and help you take apart one of their robots. You will gain skills using tools and learn what makes the robot work. We provide screwdrivers, safety goggles and robots; you provide the curiosity. Parent volunteers needed: Please indicate your availability when registering your child. Parents will help instructors and have some fun, too!

Grades K-2	Fee: \$25
Wednesday, November 13	
Dismissal-3:30 PM	Davis Cafe

Grades 3-5	Fee: \$25
Wednesday, November 20	
Dismissal-2:30 PM	Lane School

Lane Art (Grades 3-5)

Instructor: Sarah Scoville, Simply Sarah Art

Lane Art is a drawing, painting, print making and sculpture class focused on technique and experimentation. Students will work with traditional media such as charcoal and acrylic paint. They will get messy and creative with paper mache. They will also learn and practice simple sewing to investigate different mixed media approaches. Students should bring a snack for the beginning of the program. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids' Club).

Mondays, 9/16-11/4 (no class 10/14)	Fee: \$186
Dismissal-4:00 PM	7 wks
Davis School Café	Min 12/Max 20

Basic German 1 (Grades 3 &4)

Instructor: Veronique Meyer

In this beginners' class, students will be introduced to basic German words and simple phrases. Students will learn German through games, songs, books, movie clips and hands on activities in a highly engaging way. The emphasis is on listening comprehension and speaking. Students will also learn about the culture in German speaking countries. This course is geared toward students who have no or little prior knowledge of German. The fee includes a workbook. Please send a snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids Club).

Tuesdays, 9/17-11/12 (no class 11/5)	Fee: \$114
Dismissal-4:00 PM	8 wks
Lane School Room 124	Min 8/Max 10

3D Video Game Design (Grades 3-5)

Instructor: Empow Studios

Game systems like PS4, XBOX One, and Wii U are opening endless possibilities in 3D game design. 3D is tricky, even for adults, but kids can now create their own simple games using Unity, a platform in 3D game design. Kids start by learning to move around in a virtual 3D environment, then move on to designing a 3D world for their stories and programming character control. Games can be shared with friends & family for at-home beta-testing! Please note: Parents are responsible for both drop off and pick up for this program. Children attending Kids' Club may enroll in this program and attend Kids' Club at 3:45 (you must inform Kids' Club).

Wednesdays, 9/18-11/6	Fee: \$256
2:45-3:45 PM	8 wks
Lane School Library	Min 8/Max 12

Lane Afterschool Knitting Club (Grades 3-5)

Instructor: Denise Cohen

This club is for anyone who would like to learn how to knit, improve knitting skills or just knit to relax with a group of other knitting fans! Basic knit stitches will be reviewed and instruction will be give to bind and cast on. There will be knitting projects appropriate for each skill level. All materials are included. Students should bring a snack for the beginning of the program. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids' Club).

Tuesdays, 9/17-10/29	Fee: \$122
Dismissal-4:00 PM	7 wks
Lane School Art Room	Min 5/Max 10

Digital Architectural Design (Grades 3-5)

Instructor: Empow Studios

If you were to design your own home, what would it look like? How about a huge TV and gaming room, 4 car garage, or perhaps a playroom just for your pet dog! It's up to you how you want to make your dream home, but it's important to know some of the basics when it comes to architecture so that your home is not only stable, but also convenient and functional. By learning Digital Architectural Design, you will walk through the design process of creating a floor plan, modeling rooms within a home, and creating your first home that you can tour in 3D. Once you get the grasp of creating the necessities of a home, you will explore styles and construct commercial buildings that follow standard regulations like fire safety and wheelchair accessibility. Please send a snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 2:30 (you must inform Kids' Club).

Wednesdays, 9/18-11/6	Fee: \$256
Dismissal-2:30 PM	8 wks
Lane School Library	Min 8/Max 12

Coding with Kids: Animation Maker (Grades 3-5)

Instructor: Coding with Kids

Enter the world of movie and game animation! Students will learn the core skills of creating simple animated movies, creating 2D and 3D characters and animating those. Take your learning beyond stop-motion animation with real animation design tools. You will get to create real computer graphics and build animations like the pros! Please send a snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00. (you must inform Kids' Club).

Thursdays, 9/19-11/14 (no class 10/31)	Fee: \$212
Dismissal-4:00 PM	8 wks
Lane School Art Room	Min 6/Max 16

Lane Minecraft (Grades 3-5)

Instructor: Matt Haynes

Lane after school Minecraft is new and improved for this school year! Bedford technology teacher Matt Haynes will introduce students to Minecraft: Education Edition, that has loads of new features and opportunities for students who like designing and exploring in a virtual environment. Multi-week projects will include instruction in everything from basic mouse and keyboard controls to minecart tracks, redstone circuits, even civil engineering! Note: please send a snack with your student. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids' Club).

Thursdays, 9/19-11/7 (no class 10/31)	Fee: \$100
Dismissal-4:00 PM	7 wks
Lane School Computer Lab	Min 10/Max 20

Brixology (Grades 3-5)

Instructor: Mad Science of North Boston

Participants will learn about the Engineering Design Process in this course. They build, test, modify and re-test their models made with LEGO® bricks. Master builders will receive a take home kit so the fun does not stop when class time is over. All sessions include a branded take home engineering toy. Topics include: aerospace, boats, bridges, carnivals, creatures, machines, towers and vehicles. Please send a snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids' Club).

Fridays, 9/20-11/1	Fee: \$150
Dismissal-4:00 PM	7 wks
Lane School Library	Min 12/Max 20

Evening Chess (Grades 3-8)

Instructor: Peter Desjardins

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, players 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 experience.

Thursdays, 9/19-11/7	Fee: \$57
(no class 10/3-JGMS Back to School Night & 10/31)	
6:30-7:30 PM	6 wks
John Glenn Middle School Café	Min 8/Max 20

Lane Yoga (Grades 3-5)

Instructor: Bonnie McCulloch

In this yoga class, students explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more. They build strength, self-awareness, balance and concentration. Students listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength and peace. Please send a snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 (you must inform Kids' Club).

Fridays, 9/20-11/1	Fee: \$97
Dismissal-4:00 PM	7 wks
Lane School Computer Lab	Min 6/Max 12

Nashoba Snow Tubing (Grades 3-5)

Instructor: Parent Volunteers

Bundle up and enjoy this fun winter activity. The Nashoba Tube Park is large and offers a variety of well maintained tubing trails as well as a lift to the top of the hill. The bus will leave Lane School at dismissal and transport participants and volunteers to the Nashoba Tubing Park. The bus will return to the Lane School parking lot at 4:45 PM. Parents must pick up participants promptly at 4:45 PM. Please bring snow gear. Parent volunteers are needed to make this program possible. Please indicate your willingness and availability when registering.

Wednesdays, 1/8-1/29	Fee: \$210
Dismissal-4:45 PM	4 wks
Lane School/Nashoba	Min 20/Max 30

Field Hockey Clinic (Grades 4-8)

Instructor: Roseanne Ham and BHS Field Hockey

This clinic will teach the rules, positions and skills of field hockey. Bedford Varsity players will assist Head Coach, Roseanne Ham, instructing players to dribble, pass, shoot and practice those skills during game play. This clinic is for beginners and experienced players. Players must bring a field hockey stick, water, goggles, shin guards and a mouth guard. Participants will receive a Bedford Field Hockey practice shirt. A portion of the proceeds of this program will go to the Bedford High School Field Hockey Program.

Sundays, 9/22-11/10 (no class 10/13)	Fee: \$121
6:00-7:00 PM	7 wks
Sabourin Field (BHS Turf)	Min 10/Max 40

Archery For Kids (Grades 4+)

Instructor: On the Mark Archery

Give your child the opportunity to learn the martial art sport of archery! Participants will use traditional recurve bows and arrows provided by On the Mark Archery to experience this unique all-inclusive Olympic sport that increases focus, hand eye coordination and muscle memory through repetition and practice. Physical benefits include muscle memory, posture alignment and balance. Archery is a great individual sport that offers kids a healthy alternative to traditional team competitive sports. Archers will learn the fundamentals in simplified steps of the shot process in the beginner section and then further develop their skills with more in-depth instruction in session II for intermediates. All equipment is provided and no prior experience necessary!

<u>Beginner:</u>	Fee: \$150
Wednesdays, 9/25-10/23	5 wks
Davis School Gym 6:30-7:30 PM	Min 4/Max 10
<u>Intermediate:</u>	
Wednesdays, 10/30-11/20 (4 wks)	Fee: \$150
Ripley School, Concord 7:00-8:15 PM	Min 4/Max 10

Lane AM Gym (Grades 3-5)

Instructor: Recreation Staff

Registration is currently open

This early morning drop off program will energize your children and prepare them for the day ahead! Lane AM Gym is an opportunity for children to move and play the sports that they enjoy before starting the school day. Recreation staff members will supervise the gym, offering a choice of activities and free play each day. Please note that this program does not meet on no-school days, holidays, snow days or school delays due to inclement weather.

Monday-Friday, 9/3-12/20	Fee: \$315
7:30 AM-Start of School	
Lane School Gym	Min 20/Max 50

Intro to Video Production (Grades 3-8)

Instructor: Bedford TV

Learn how to create and star in a new show for kids and by kids. You will use the Bedford TV Studio, green screen and professional cameras to learn about the creation of a TV show from planning through production. A private YouTube link to the programs produced by the students will be provided. Please note, parents are responsible for transportation to and from this program.

Tuesdays, 9/17-10/22	Fee: \$180
3:30-5:30 PM	6 wks
Bedford TV Studio, 16 South Road	Min 4/Max 9

BHS Preseason Basketball Clinics

Boys' Basketball Clinic

Instructor: Ryan Kilian and

BHS Basketball Players

The five-week pre-season basketball clinic will help players improve basketball skills and is appropriate for all levels of basketball players, beginner through advanced. Players will be instructed on ball handling, shooting, as well as team defensive and offensive concepts. Skills and drills will be combined with games and instruction in a jammed pack hour of hoops and all participants who sign up for the clinic will also receive a 2019 official Bedford Basketball T-Shirt. Please bring a water bottle and wear appropriate athletic clothing for

Mondays, 9/16-10/21 (no class 10/14)	Fee: \$165
Grades 3-5: 6:00-7:00 PM	5 wks
Grades 6-8: 7:00-8:00 PM	
Davis School Gym	Min 8/Max 50

Girls' Basketball Clinic

Instructor: Alvin Mayard and

BHS Basketball Players

During this 5-week Lady Bucs preseason clinic, players will learn the principles and skills that build foundations of great players. Each evening will be divided into two 30 minute sessions. The first session will be filled with skills, drills and concepts. In the last 30 minutes, players will incorporate their learning into small sided 3 on 3 games and build up to 5 on 5 by week 5. Please bring appropriate clothing, water and a basketball. All participants will receive a t-shirt.

Wednesdays, 10/2-10/30	Fee: \$165
Grades 3-8: 6:00-7:00 PM	5 wks
Lane School Gym	Min 8/Max 50

Multi-Camera Video Production (Grades 3-8)

Instructor: Bedford TV

Take your video skills to the next level by learning how to shoot, switch, and edit a multi-camera recording outside of a studio setting using the state-of-the art portable wireless multi-camera platform, Sling Studio. Students will get the opportunity to practice their skills in multi-camera switching during class time at the Bedford TV studio. They will also be invited to use the equipment in a real-life setting during Bedford TV's Annual Meeting and Awards Night in November. A private YouTube link to the programs produced by the students will be provided. Please note, parents are responsible for transportation to and from this program.

Tuesdays, 10/29-12/3	Fee: \$200
3:30-5:30 PM	6 wks
Bedford TV Studio, 16 South Road	Min 4/Max 9

Vacation & No-School Day Programs

Sports Mania (Ages 7-12)

Teacher Professional Day Program

Instructor: F.A.S.T. Athletics

Join us for a fun-filled day of sports and games with the Sports Mania program. Participants will play soccer, basketball, flag football, dodgeball, kickball, hand ball and pillo polo. The day will begin with proper stretching and warm-up games, followed by instruction of basic sports skills. More games and tournaments will be featured at the end of the day! Please bring a water and a snack. For the full day program, please bring a lunch.

Tuesday, November 5 (Teacher Professional Day)

Full Day: 9:00-3:00 PM

Fee: \$69

Half Day: 9:00-12:00 PM

Fee: \$35

Lane School Gym

Min 8/Max 16

Art Workshop (Grades 1-5)

Teacher Professional Day Program

Instructor: Sarah Scoville, Simply Sarah Art

Spend a no-school day with Sarah Scoville, an experienced art educator. This workshop will consist of art projects such as drawing, sculptural mask making, paper mache, print making, water color painting and fun crafts such as friendship bracelets. Please bring a water, snack, lunch and wear clothes that can get messy. Children attending Kids' Club may enroll in this program and attend Kids' Club before and after. (mu must inform Kids' Club).

Tuesday, November 5 (Teacher Professional Day)

9:00-4:00 PM

Fee: \$80

12 Mudge Way

Min 10/Max 20

Jedi Engineering with Lego® (Ages 5-7)

Instructor: Play-Well Teknologies

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and settlements from a galaxy far, far away. Create motorized and architectural projects to defeat the empire using imagination and engineering. Please bring a water and a snack. This is a 2-day program. Children attending Kids' Club may enroll in this program and attend attend Kids' Club before and after (you must inform Kids' Club).

Thursday, December 26-Friday, December 27

9:00-12:00 PM

Fee: \$69

12 Mudge Way

Min 11/Max 24

Jedi Master Engineering with Lego® (Ages 8-12)

Instructors: Play-Well Teknologies

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build projects from LEGO® Materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away. Please bring a water and a snack. This is a 2-day program. Children attending Kids' Club may enroll in this program and attend attend Kids' Club before and after (you must inform Kids' Club).

Thursday, December 26-Friday, December 27

1:00-4:00 PM

Fee: \$69

12 Mudge Way

Min 11/Max 24

Harry Potter Magical Engineering with Lego® (Ages 5-7)

Instructor: Play-Well Teknologies

Explore the magic of Harry Potter using LEGO®. Find Platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts. Please bring a water and a snack. This is a 2-day program. Children attending Kids' Club may enroll in this program and attend attend Kids' Club before and after (you must inform Kids' Club).

Monday, December 30 & Tuesday, December 31

9:00-12:00 PM

Fee: \$69

12 Mudge Way

Min 11/Max 24

Harry Potter Master Engineering with Lego® (Ages 8-12)

Instructor: Play-Well Teknologies

Master the magic of Harry Potter using LEGO®. Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your broomstick and play Quidditch. Challenge the serpentine Basilisk and face the evil Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts. Please bring a water and a snack. This is a 2-day program. Children attending Kids' Club may enroll in this program and attend attend Kids' Club before and after (you must inform Kids' Club).

Monday, December 30 & Tuesday, December 31

1:00-4:00 PM

Fee: \$69

12 Mudge Way

Min 11/Max 24

Spring Travel Soccer—Out of Town Play (registration opens same day as all fall youth programs)

- Registration will close November 10 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. **Attendance at practice is important and expected.**
- 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 at www.bedfordyouthsoccer.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 for Spring Travel Soccer after February 1, 2020

Age Groups:

Grade 3: Born on or after 1/1/2010 and in the 3rd grade
Grade 4: Born on or after 1/1/2009 and in the 4th grade
Grade 5/6: Born on or after 1/1/2007 and in the 5th or 6th grade
Grade 7/8: Born on or after 1/1/2005 and in the 7th or 8th grade

PRACTICE NIGHTS

All girls' teams will practice on Monday and Thursdays
 All boys' teams will practice on Tuesday and Fridays

Program Fees:

Early Bird Fee (by October 27th): \$162
 Fee (October 28th or after): \$196

Uniform Fee: Uniforms are purchased directly through Tricon Sports. See Bedford Youth Soccer website for more details.
www.bedfordyouthsoccer.org

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

Fall 2019 Intramural Soccer

Grades K-8

Reminder, register for Fall Intramural Soccer!

Registration for Fall Intramural Soccer is currently open.

Please register as soon as possible so that coordinators may finalize teams.

The goal of this program is for children to enjoy and learn the sport of soccer. Must wear shin guards and bring a soccer ball. Parents provide all coaching and support functions of the program. Please indicate your willingness to coach or assist when registering your child. No coaching experience necessary. Program is for Bedford/Hanscom residents only. Must play with current grade. \$15 field maintenance fee included in cost of program.

Fall 2019 Season: September 7-November 2 (no intramural soccer 9/2-Bedford Day).

Registration Fee by 8/13: \$78

Registration Fee after 8/13: \$93

(Please note, registration has been open since 3/10/2019)

Uniforms: Uniform Fee: \$15 (same uniform for all intramural soccer). Uniforms will be handed out the first day of the season. Simply add uniform and size to your cart when registering.

*we do not take requests for team placements.

Age Group:	Time/Location:	Ball Size:
Grade K	10:30-11:30 AM Liljegren Field	3
Grade 1	11:45-1:00 PM Liljegren Field	4
Grade 2 Boys	8:45-10:15 AM Liljegren Field	4
Grade 2 Girls	8:45-10:15 AM Liljegren Field	4
Grade 3-5 Boys	8:45-10:15 AM South Road Fields	4
Grade 6-8 Boys	8:45-10:15 AM South Road Fields	4
Grade 3-5 Girls	8:45-10:15 AM South Road Fields	4
Grade 6-8 Girls	8:45-10:15 AM South Road Fields	4

Bauman Basketball

FRANK BAUMAN BASKETBALL LEAGUE 2019-2020 Grades 3-8

LEAGUE INFORMATION:

This is the FUN league in which kids play with and against friends, neighbors and classmates! This community tradition began in the 1970's and it is not to be missed!

- Grade 3, 4 & 5 Parent Volunteer coaches. Grade 6-8 High School coaches plus parent volunteer manager. Training will be provided to all coaches.
- All players and coaches must attend evaluations to create balanced teams.
- Program begins the week of December 2
- Ends Late-February

REGISTRATION:

The deadline to register is October 19.

All registration received after October 19 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: \$150

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 volunteering to serve as coaches apply online by registering at 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:

DATE: Monday, 11/5

Grade 6: 6:00 PM

Grade 7: 7:00 PM

Grade 8: 8:00 PM

GIRLS:

DATE: Tuesday, 11/6

Grade 6: 6:00 PM

Grade 7: 7:00 PM

Grade 8: 8:00 PM

Location of evaluations: Davis School

Bauman Basketball

GRADE 4 & 5 BOYS AND GIRLS

The boys' and girls' grade 4 & 5 teams are coached by parent volunteers. Participants practice during the week throughout the season and play games on Saturdays.

*Please note, grades may be combined depending on enrollment

Program Fee: \$160

EVALUATION DATES & TIMES:

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

BOYS:

DATE: Thursday, 11/7

Grade 4: 6:00 PM

Grade 5: 7:00 PM

GIRLS:

DATE: Wednesday, 11/6

Grade 4: 6:00 PM

Grade 5: 7:00 PM

Location of evaluations: Davis School

GRADE 3 BOYS AND GIRLS

Grade 3 girls and boys will participate in a structured basketball program. Participants meet twice per week (one week day and Saturday) for skills/drills & scrimmages. Balanced teams will be formed once skill is evaluated

PARENT COORDINATORS, COACHES AND ASSISTANTS NEEDED! Please indicate availability when registering. *Please note, grades may be combined depending on enrollment

Evaluation Date: Wednesday, November 13

Program Fee: \$160



HIGH SCHOOL REFEREES:

Enthusiastic and responsible high-school age referees needed for the Bauman League. Please register at 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 Recreation Winter Brochure.

BEDFORD TRAVEL BASKETBALL (Grades 4 – 8)

Travel basketball in Bedford is managed by the Travel Basketball Board, not by the Bedford Recreation Department. Information pertaining to Travel Basketball registration and tryouts will be posted to the Bedford Travel Basketball website (www.bedfordtravelbasketball.com) in September.

Bedford Travel Basketball encourages all travel players to play in the Bauman League

Middle School Programs

Check out some of the other programs available to Middle School Students in this brochure:

- **Gymnastics (Page 25)**
- **BUCS Flag Football (Page 25)**
- **Saturday Tennis Lessons (Page 25)**
- **Travel Soccer (Page 31)**
- **Bauman Basketball League (Page 32-33)**
- **Evening Chess (Page 28)**
- **Archery (Page 29)**
- **BHS Preseason Boys & Girls Basketball Clinic (Page 29)**
- **Introduction to Karate (Page 26)**
- **Sports Mania-Teacher Workshop Program (Page 30)**
- **Harry Potter Engineering (Page 30)**
- **Field Hockey Clinic (Page 28)**
- **Intro to Video Production (Page 29)**
- **Multi Camera Video Production (Page 29)**

Middle School Art (Grades 6-8)

Instructor: Sarah Scoville, Simply Sarah Art



New! This program is for Middle School students who are looking to add just a little more art to the day! Stay after school to explore drawing, painting, collage, printmaking and sculpture in this new middle school art class. The program will meet right after school in the John Glenn Middle School Art Room. This program will dismiss in time for the late bus!

Tuesdays, 9/17-10/29
Dismissal-3:45 PM
JGMS Art Room

Fee: \$175
7 wks
Min 8/Max 15

Middle School Hired Hands (Grades 6-8)

Instructor: Chip in Farm

New for Middle School Students! Experience life on a real working farm! Help the farmers care for the animals and learn what it takes to be a farmer at Chip -In. Learn about farming through hands on projects and learn to walk, feed, and groom the goats, sheep, cows, and rabbits. Participants should wear work clothes and old sneakers or boots and come prepared to get dirty. This class will meet rain or shine.



Mondays, 3:30-5:30 PM
Session 1: 9/9-9/30 4 wks
Session 2: 10/7-11/4 (no class 10/14) 4 wks
Location: Chip in Farm, 201 Hartwell Road, Bedford

Fee/Session: \$160

Min 4/Max 10

Coding with Kids: Game Development in Python (Grades 6-8)

Instructor: Coding with Kids

Open to students of all experience levels, Python offers a great entry-point to learn a versatile, professional-level programming language. This class teaches everything from basic syntax to more complex concepts such as object-oriented development. These tools will be used to create a variety of games, like space invaders and tic-tac-toe. Students just starting programming will receive an easy introduction to the core concepts with Scratch, an easy-to-use drag-and-drop programming tool.

Mondays, 9/16-11/18 (no class 10/14 & 11/11)
2:30-3:30 PM
JGMS Cafeteria

Fee: \$212
8 wks
Min 6/Max 16

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. It's their 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:

Tuesday, September 3: Back to School Party

Friday, September 13: Open house for parents and kids (6:00-7:00 PM)

Pizza Wednesdays: Pizza will be served at 4:30 PM one Wednesday each month.

Wednesday, September 25
 Wednesday, October 23
 Wednesday, November 20
 Wednesday, December 18

Craft & Special Event Calendar

Friday, September 13	Make your own key chain or bracelet
Monday, September 23	Birdhouse decorating
Friday, October 18	Paint your own pumpkin
Friday, October 25	Sunburst Mirror Craft
Wednesday, October 30	Halloween Pizza Party!

High School Programs

Police-Recreation Basketball League (Grades 9-12)

The Police-Recreation Basketball League is for players in grades 9-12 who are not playing High School Basketball. Approximate dates for the regular season are January 2 - February 27. Playoff games will be held the first three weeks of March. Most games will be played on Thursday evenings. The league includes regular season games plus playoffs, uniform shirts and two certified referees for each game. This is a game only league and there will be no practices. We do not accept team placement requests. The teams are coached by the Bedford Police Officers and staff. We appreciate their volunteer efforts that make this league possible. **Please note: Evaluations will be held on Thursday, December 12 from 7:00-8:00 PM. Evaluations are ONLY for players who have never played in this league before. Evaluations help to create balanced teams.**

Maximum 60

Fee: \$132



Job Shadowing with iRobot (Grades 11 & 12)

Are you thinking about an engineering career? Or working with a tech company? See what it is really like. You will spend three hours at iRobot, meet with a variety of engineering and other professionals. It is your chance to ask what works is really like, what is involved with the education, anything that will help you decide if it is for you! Participants will meet at iRobot. Schedules for the day will be sent closer to the program. Location: iRobot (8 Crosby Drive, Bedford)

Tuesday, November 5

9:00-12:00 PM

Fee: \$20



Instructor: Travis Minor, M.Ed.

Travis Minor, owner of Open Door Education in Acton, has helped thousands of students succeed on standardized tests of all shapes and sizes. Travis earned his BS in Secondary Education at the University of Vermont and his M.Ed. at Harvard's Graduate School of Education.

**See page 4 for family seminars with Open Door Education.*

SAT Crash Course (Ages 15-18)

The perfect course for first-time testers! This 2-part class will provide students with test-taking strategies and crucial content review for the Reading, Writing, and Math sections of the SAT. Students will gain the skills and confidence that will help them have a great first experience with the SAT.

Sundays, 10/20 & 10/27

Fee: \$317

10:00-1:00 PM

12 Mudge Way, Room 152

Min 3/Max 12

ACT Crash Course (Ages 15-18)

Is your student preparing to take the ACT for the first time? This class will provide the fundamental skills and test knowledge that they need in order to have a strong first test. This class will cover all sections of the ACT: English, Math, Reading, and Science. Students will gain confidence, clarity, and helpful tricks for the ACT.

Saturday, 12/7 & Sunday 12/8

Fee: \$288

10:00-1:00 PM

12 Mudge Way, Room 152

Min 3/Max 12

Bedford Recreation Dance With Taylor Loesh (REGISTRATION OPENED May 2019)

Classes begin the week of September 9. The goal of this program is to teach basic technique, fostering a love of dance and movement and creating a fun and productive learning environment. An additional costume fee will be charged (approximately \$90) in December or January. The winter/spring instruction focuses on preparation for the recital that will be held in May. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays or school vacation days, snow days) **Please see below for classes that currently have space.*

Monday Classes			
September 9 - Recital (early May)			
5:30-6:15 PM	Grade 1 & 2	Boys and Girls Hip Hop	Fee: \$246
6:15-7:00 PM	Grade 3-5	Boys and Girls Hip Hop	Fee: \$246
Tuesday Classes			
September 10 - Recital (early May)			
3:45-4:30 PM	Grade K	Ballet/Jazz	Fee: \$283
Thursday Classes			
September 12 - Recital (early May)			
7:30-8:30 PM	Grade 9-12	Jazz/Musical Theater	Fee: \$283
Friday Classes			
Session 1: September 13 - December 20			
Session 2: January 3 - Early May			
10:00-10:30 AM	Ages 2.5-3.5	Grown Up & Me Intro to Dance	Fee: \$127
10:30-11:00 AM	Ages 3.5-5	Preschool Ballet	Fee: \$127



Recreation Employment Opportunities

APPLICATIONS: available at bedfordrecreation.org or at the Recreation Office.

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

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 Assigner, at 781-275-2200 or goodmanreferee@yahoo.com. Minimum age 14.

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 or at the Recreation Office.



BEDFORD RECREATION REGISTRATION FORM

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

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

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

Card Holder Name: _____	CVV: _____
MC, VISA, AmEx, Discover #: _____	Exp Date _____

Authorized Charge Card Signature _____

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

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



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