

Spring and Summer 2020



Bedford
MASSACHUSETTS

Recreation
Department



Lifelong Learning & Leisure

Registration Information

DEPARTMENT INFORMATION		REGISTRATION OPENS MARCH 8, 2020 AT 9:00PM <i>unless otherwise noted</i>		
<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 Virander Kaushik Michael O'Donnell Ron Richter</p>	<p>TEXT MESSAGING: To receive text messages about important changes, cancellations, etc., edit your profile to include your cell provider. Unable to send 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 ActiveNetwork (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. (available on website).</p>	<p>CONTENTS</p> <p>4 Discount Tickets/Springs Brook Park 5 Trail Walks 42 Summer Family Events</p> <p>ADULT PROGRAMS</p> <p>6 Online Professional Dev 7 Special Programs/CPR 8-9 Be Creative 10 Cooking Around the Globe 11-12 Personal Interest 13 Health & Well-Being 14-18 Exercise & Outdoor Fitness 18-19 Sport Instruction 20-21 Pick-Up/Sports Programs</p> <p>YOUTH PROGRAMS</p> <p><u>Spring 2020</u> 22 Soccer (Spring and Fall) 23-24 Preschool 25-33 Elementary 33-34 April Vacation 34-36 Middle School</p> <p><u>Summer 2020</u> 38-40 Summer Adventures 41 Kids' Club Summer Fun 43 Preschool 44 History 44 Farming/Goat Yoga 45-46 The Arts 46-50 Enrichment/STEM 50-54 Sports</p> <p>36 Recreation Dance 2020/2021</p> <p>37 Youth Employment</p>		
	<p>REGISTRATION ONLINE 24/7: bedfordrecreation.org Register or put yourself on a waiting list for classes 24/7. MAIL, VISIT, FAX Registration Forms Pg 51</p>			
	<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.			
<p>TUITION Tuition must be paid at the time of registration. We do not prorate. VISA, MasterCard, AmEx and Discover are accepted. Checks should be made payable to the "Town of Bedford."</p> <p>E-NEWS: For periodic Recreation updates including information about new programs, please sign up for our E-News.</p>	<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 card and adjust the quantity to the amount that you would like to donate. Thank you!</p>	<p>REFUND/CANCELLATION/TRANSFER POLICIES</p> <p>Notice must be given 5 business days prior to program start for refund.</p> <p>Programs costing less than \$100: Full refund less \$10 Programs costing \$100+: Full refund less 10% of the program fee. Refund Policy Exceptions: Medical refunds given after program has begun, prorated less additional \$10 administrative fee (physician documentation required). Other exceptions noted in program descriptions.</p>		



SUMMER CONCERT SERIES 2020

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

Please join us for the 2020 SUMMER CONCERT SERIES at the Town's "Activity Complex." The concert venue is surrounded by a playground, outdoor basketball courts, tennis courts, a walking track, a skate park and numerous athletic fields. The complex boasts a vast lawn for concert goers.

JULY 9 — TOM BRUHL TRIO

with Special Event: *Trackless Train, Giant Slide*

This interactive trio produce the sound of an orchestra with Tom Bruhl on guitar, saxophone or flute, Holly Gerken on percussion and Robert Shaheen on keyboard. Rock Variety to make you move!

www.tombruhl.com/the-tom-bruhl-trio

JULY 16 — COLD CHOCOLATE

with Special Event: *Vinny the Bubble Guy*

Cold Chocolate is a genre-bending Americana band that fuses folk, funk, and bluegrass to create a unique sound all their own.

www.coldchocolatemusic.com

JULY 23 — THE PARTY BAND

with Special Event: *Pony Rides*

We welcome back to Bedford The Party Band. The Party Band is a brass band committed to education, celebration, community and "making grooving music that moves our audiences."

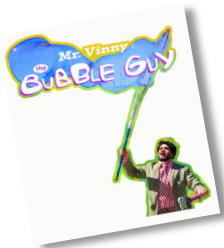
<https://partybandlowell.wordpress.com/>

JULY 30 — CLUB SODA

with Special Event: *Summer Adventures/ Kids' Club Family Picnic & Kids' Activities*

Top 40 Hits from the 50's to Today, Classic Rock, R&B/Pop and a sprinkle of Country!

www.club sodaband.com



FIREWORKS 2020

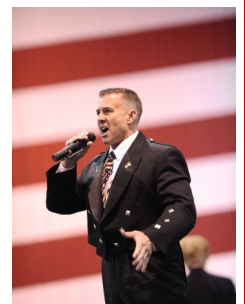
As a prelude to the Town's exciting firework display, there will be a performance by the outstanding Dan Clark, Singing Trooper. Time TBA.

JULY 2 — DAN CLARK, SINGING TROOPER

National Anthems, Military Tributes, Patriotic and Broadway Tunes, Opera, Elvis and more!

www.thesingingtrooper.com

(raindate July 5)



Save the Date

BEDFORD DAY: SEPTEMBER 26, 2020

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

Discount Tickets



Discount Movie Tickets

- Please check movie theaters for restrictions
- Cannot 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/time options and make a reservation at 1-800-877-5110. More information and directions on the website. The Whaling season runs from April through October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets are non-refundable. (Not valid for the Saturday or Sunday, 1:30 trips June thru Labor Day).

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



Springs Brook Park Summer 2020

Open June 18-August 16, Tuesday—Saturday 10:30-7:30 and Sundays 12:00-6:00



- Sand beach (bring sand toys!)
- Zero depth entry, shallow pond with spray features
- Spray Park
- Concession Stand
- Full Restroom Facilities
- Outdoor rinsing showers
- Shade structures

- Swim Lessons
- Kayaks and Stand-Up Paddleboards
- Elementary playground
- Toddler playground
- Miniature golf
- Wooded picnic area with tables and grills
- Entertainment and Planned Activities

- Half court basketball court
- Tetherball
- Wall ball and Gaga ball pit
- Sand volleyball court

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

LIFEGUARD CERTIFICATION INFO & EMPLOYMENT OPPORTUNITIES: See High School section p. 37

Family Hiking

Hike with Your Tyke

Clem Larson, Bedford Trails Committee
For Children and their Caregivers (age 6
and under)

Thursdays, 4/2-5/7 (not 4/23)

11:00-12:00 PM

\$12 per family for the 5 hike series



Hike the beautiful trails in Bedford and experience trailside learning and interactive exploration with your children. Enjoy an interesting new nature experience each week, with themes such as a lake, dam, birds and animals. Each week includes a 1-1.5 mile hike, led by a knowledgeable guide, historian or naturalist, plus a related nature craft, reading or activity. Children must be accompanied by an adult who will be on the trail with them. Please provide your email address when registering, so we can email you each week's trail meeting location, weather cancellations, last minute changes, etc., or contact bedfordma.trailwalks@gmail.com

Tentative Hike with Your Tyke Schedule:

- April 2: Bedford Railroad Depot, Leader: Sharon MacDonald
- April 9: Fawn Lake, Leader: Bob McClatchey
- April 16: Town Campus, Leader: Ralph Hammond
- April 30: Harvard Pond, Leader: Clem Larson
- May 7: Old Res, Leader: Mark Levine
- Rain date: May 14

Monthly Trail Walks in Bedford

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. The group meets at 9:45 am at the parking lot behind the Bedford Free Public Library. Alternatively, you may meet at the designated trailhead for departure at approximately 10:10 am. Children and well-behaved dogs on leash are welcome! For details, maps and more info, see: <https://groups.google.com/group/bedfordma-trails> **Upcoming Trail Walks:** 1st Saturday of each month at 9:45 am: Mar. 7, and April 4.

Contact: 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





**REGISTRATION
FOR ADULT CLASSES
OPENS MARCH 8 AT 9:00PM**

**Programs with registration already open
are noted.**



- 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:** Refunds are not given for programs (including one night workshops) unless notice given to the Recreation Office 5 business days prior to the scheduled program.

Would you like to teach?

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

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.

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:

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Project Management • Agile • Six Sigma & Lean • Data Analytics • Finance • Operations • Computer Applications | <ul style="list-style-type: none"> • Management • Leadership • Online Learning • Cyber Security & CISSP • Digital Marketing • HR Management | <ul style="list-style-type: none"> • Business Communications • Career Building • Non-Profit Management • Emerging Technologies • Sustainable Management • Emergency Management • More are added frequently! |
|---|---|--|

TO ENROLL PLEASE VISIT:

www.bedfordma.gov/recreation/professionaldevelopment

Enter Code Bedford20 to receive special discount of 20% off your purchase March 1-31.
As a Bedford resident, you are entitled to a 10% discount at all times using code Bedford10

Goat Yoga Fundraiser

Held at Chip-In Farm, 201 Hartwell Road

Try Goat Yoga while giving back to the community! All proceeds go directly to the Bedford Recreation Department's Neighbors Helping Neighbors Fund to help support families who may otherwise be unable to afford Recreation programs. This class takes place outdoors on the farm at sunset and features a herd of friendly goats. Goat kids are naturally curious and playful and they love to climb on anyone and anything. While this may not be the most meditative and relaxing yoga class you will take, it will surely be the most fun and memorable - perfect for melting that stress away. Bring your own mat, blanket, or towel but be prepared for the goats to potentially taste test everything! Bring layers of clothing in case of colder weather or mosquitos. Age 16+ Please check Chip-In Facebook page for weather cancellations or call 781-275-2545 (min 6/max 25)

Saturday, May 30, 6:00-7:00pm

Fee: \$25 donation per person



See information for other Goat Yoga classes on page 18

Painted Wood Herb Box

Instructor: Sherry Hoffman, Hey Art Lady

Hosted by New England Nurseries

Spring is a wonderful time to be painting among all the freshly arrived greenery and flowers at New England Nurseries! Join Sherry in painting a beautiful wood box to hold your choice of herbs. Material fee of \$15 includes all supplies and choice of 3 herb plants. New England Nurseries located at 216 Concord Rd. Ages 16+ (min 5/max 18) Registration deadline: Monday, March 27

Saturday, April 4, 3:00-5:30pm

Fee: \$40



Paint A Pair of Wine Glasses: A Night Out!

Instructor: Sherry Hoffman, Hey Art Lady!

Hosted by the Flatbread Company

Join us for a fun evening out with friends at the Flatbread Company to paint a personalized pair of wine glasses to keep for yourself or to make as a gift! The night includes pizza compliments of Flatbread. Food and beverages available for purchase. All materials included. Flatbread Company located at 213 Burlington Rd. Ages 18+ (min 5/max 18) Registration deadline: Friday, May 1

Monday, May 4, 6:30-8:30pm

Fee: \$35



CPR

Cardiopulmonary Resuscitation

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 two years you will and receive an informational pamphlet as a reference guide. If you are interested in a CPR book, please specify when registering. The additional cost is \$10 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, May 3, 4:00-7:00pm

Fee: \$72



Pysanky: Ukrainian Easter Eggs

Instructor: Hanka Robertson

Pysanky are decorated eggs created by using a written-wax batik method with traditional folk motifs and designs. Hanka was born in Slovenia and as a child learned to make Pysanky from her mother who was from the former Czechoslovakia where making Pysanky every Eastertime was a tradition. Students will learn how to draw on a plain white chicken egg with a special pen and melted wax, then dye the egg with special dyes. The drawing and dyeing are repeated several times as each layer of the design is applied until the egg is finished. Hanka will provide a short history of Pysanky, instructions with an explanation of the process, motifs and pictures for design inspiration. All supplies are provided and you can expect to make 1-3 eggs. Material fee of \$5 payable to the instructor at class. Ages 15+ (min 6/max 14) Class held at 12 Mudge Way, Rm. 152. Registration is open.

Option 1: Thursday, March 19, 6:30-9:00pm

Option 2: Friday, March 20, 9:30am-12:00 noon

Fee: \$30

Fee: \$30

Mixed Media Art Class

Instructor: Valeria 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. Registration is open for this program.

Tuesdays, 9:30am-12:00noon, 3/10-6/2 (no 4/21) 12 wks

Fee: \$150



Sashiko Embroidery

Instructor: Debby Fink of Debby Creates

Sashiko embroidery is a form of decorative reinforcement stitching from Japan that began out of practical need during the Edo era (1615-1868). Traditionally used to reinforce points of wear or to repair worn places or tears with patches, making the piece ultimately stronger and warmer, this running stitch technique is often used for purely decorative purposes in quilting and embroidery. If you can hold a needle, you can make a sashiko piece! Enjoy learning about this art form and take home a handbag with your sashiko embellishment. All materials supplied in class. Materials fee \$5 payable to instructor in class. Ages 16+ Class held at 12 Mudge Way, Rm 152. (min 2/max 8)

Friday, May 8, 9:30-11:30am

Fee: \$22



Special Paint Events with Sherry Hoffman, Hey Art Lady!

Painted Wood Herb Box

Saturday, April 4, 3:00-5:30pm at New England Nurseries

Paint a Pair of Wine Glasses

Monday, May 4, 6:30-8:30pm at the Flatbread Company

(Detailed information on page 7)

Oil Painting

Instructor: Corine Mazza, Wilson Bickford Certified Artist

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? This is an instructional oil painting class, designed for beginners and those who would love to paint. You will have an opportunity to create one painting during the two week session. Learn various techniques including how to use a variety of brushes to apply oil paint to canvas in a fun and fast way. No drawing required. All supplies included. Bring an apron or wear clothes that can be painted. Age 16+ (min 3/ max 10) Class held at 12 Mudge Way, Rm 152.

Thursdays, 7:00-9:00pm, 5/7 & 5/14

Fee: \$58



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.

Mondays, 10:00am-12:30pm, 3/23-5/18 (no class 4/20) 8wks Fee: \$145

Registration for non-residents, non-BACS members opens March 16, 9:00pm



Drawing Classes for Adults

Instructor: Trish Ng, Artist with ArtSpark School of Visual Art

Classes held at 41 North Rd.

Drawing for Adults: Adult students will learn key drawing concepts (such as contour/ shape, light/shadow, texture, color) through various projects. Classes will utilize several different materials over the course of the 4-week program including pencil, pen/ink, markers, colored pencil, pastels, oil pastels, charcoal/graphite. Beginner and intermediate/ advanced students welcome. (min 4/max 10)

Wednesdays, 10:00am-12:00noon, 4/1-4/29 (no class 4/22)

Fee: \$120

Still Life and Composition Workshop: Students will learn about composition and balance in creating and drawing a still life. Students will focus on light/shadow and creating realistic forms and shapes in each of the classes using different objects and arrangements. (min 4/max 10) 2wks

Wednesdays, 10:00-12:00noon, 5/6 & 5/13 (2wks)

Fee: \$60

Drawing in Color Workshop: Students will experiment with color pencil and pastel in this two week workshop focusing on color balance and composition. This is a great opportunity to try a new medium or colorful subject. (min 4/max 10)

Wednesdays, 10:00-12:00noon, 5/20 & 5/27 (2wks)

Fee: \$60



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. Participants 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

Options: April 18, May 16, June 20, July 18, or August 15

Fee: \$160 each option





Hawaiian Poké Party!

Instructor: Debra Samuels, Cooking Instructor, Cookbook Author & Food Writer
Hawaiian poké (pronounced poke-ay) is a salad made of raw fish chunks, such as tuna and salmon, marinated in savory sauces such as soy sauce and sesame oil that top a bowl of short grain rice. Seaweed salads, piquant dressings and tasty vegetable side dishes round out the experience. Poké combines the wonderful flavors of the many Asian communities that settled in Hawaii. You will make Spam Musubi, rice balls made with Teriyaki glazed Spam (try it – you'll like it!), another example of the collaboration of Asian food cultures with the legendary American canned meat. This class will help you put together your own Hawaiian inspired poké party, complete with dessert, Butter Mochi Cake and a non-alcoholic drink, the Blue Hawaiian. Please bring an apron. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Shawsheen Rm. Age 16+ (min5/max 12) Registration is open now.

Wednesday, April 1, 6:30-8:30pm

Fee: \$64

Blue Zones: Cooking for a Healthier Life!

Instructor: Jeannette Pothier, Professional Chef

Dan Buettner spent many years traveling to the Blue Zones regions to capture the recipes (many of them hundreds of years old) and the food traditions that seem to yield the statistically longest-lived people on earth. Jeannette will focus on the Mediterranean diet of the Ikaria region of Greece and the plant-based recipes found in Dan's book, *Blue Zones Kitchen*. You will make Springtime Soufiko (a hearty vegetable stew), Orzo and Tomato Soup, Potato Salad with Mixed Greens and Chickpea Hummus. Please bring an apron and your knives. Ingredients fee \$10; payable to the instructor at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 6/max 10)

Tuesday, May 5, 6:30-9:00pm

Fee: \$42



Spanish Tapas Adventure

Instructor: Katie Walter, Two Aprons Cookery

Tapas are "small bites" and in this class, we will learn about a variety of common Spanish tapas dishes. Serving tapas for a party is a lot of fun, but many tapas double as delicious dinners. Take the Tortilla de Patatas, a Spanish-style omelet with potatoes and onions, similar to a frittata. Cut it into cubes, stick it with a toothpick and you have a delicious appetizer. Slice into wedges, serve with a green salad, and you have an easy weeknight dinner. Other dishes include Spicy Garlic Shrimp, Chorizo Braised in Red Wine and Tomato Bread. We will sample some other favorite Spanish nibbles - Manchego cheese, jamon serrano and Marcona almonds. This is sure to be a Spanish adventure....without the jetlag! This class is a combination of hands-on, demonstration and of course tasting it all! Enroll with a friend and make it a night. Please bring a beverage of choice and containers for left overs. Ingredients fee \$10; payable to the instructor at class. Class held at 2 Oakmount Circle, Lexington (only 10 min from Bedford) min 3/max 7

Thursday, April 9, 6:30-9:30pm.

Fee: \$57



Sunny Summer Salads

Instructor: Katie Walter, Two Aprons Cookery

Kick off summer with delicious, creative salads that are perfect for a summer potluck, accompanying back-yard BBQ or standing in as a light summer dinner. Make Roasted Vegetable Orzo Salad, Guacamole Greens Salad, Curried Couscous Salad with Dried Cranberries, Tomato & Cucumber Chopped Salad with Tahini, and Melon & Halloumi Salad. Please bring a beverage of choice and containers for left overs. Ingredients fee \$10; payable to the instructor at class. Class held at 2 Oakmount Circle, Lexington (only 10 min from Bedford) (min 3/max 7)

Wednesday, May 20, 10:30am-1:30pm

Thursday, May 21, 6:30-9:30pm.

Fee: \$57

Fee: \$57



Essential Oils: Creating Hand Cleansers with Essential Oils

Instructor: Michelle Anastasi, Certified Aromatherapist

Create an alcohol-free hand cleanser using all natural ingredients and essential oils. Learn the therapeutic properties of some essential oils and their safe use and application. Learn recipes for making all natural hand cleanser and how to modify the recipe for children. Create your own blend to take home to keep your hands clean and smelling great! Material fee \$10; payable to the instructor at class. Classes held at 12 Mudge Way, Rm. 151. (min 4/max 12) Registration is open for this workshop now.

Monday, March 16, 7:00-9:00pm

Fee: \$25



Basic Bike Maintenance

Instructor: Chris Li, Bikeway Source

This course is geared to newer cyclists. Covered will be basic bicycle maintenance and repair for most bicycles. When you are done with the class, you will have a better understanding of how to set up the shifting and braking on your bike, how to fix a flat tire and best practices to keep your bike running smoothly before and after your ride.

Class held at the Bikeway Source, 111 South Rd. (min 2/max 4)

Wednesday, April 15, 6:15-8:00pm

Fee: \$35

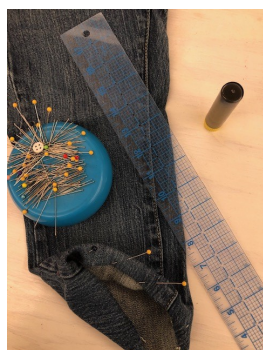
Mystery Walks

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. Age 18+ (min 1/max 8)

Wednesdays, 10:00-noon, 4/8-5/20 (no 4/22) 6wks

Fee: \$89



Mend It, Fix It and Alter It

Instructor: Amanda Mujica

Do your clothes need a spring tune up? Have some fallen hems? Buttons loose? Side seams split? Learn some quick ways to alter your garments so that you look stylish for spring. Learn the correct way to sew a button or snap, how to hem those dragging jeans and much more. (If we have time, we will even darn a sock hole, darn it!) The instructor will provide a sewing machine and basic sewing/alterations tools. Students are encouraged to bring a garment that needs work, but it is not required. Class in collaboration with Concord-Carlisle Community Education. Class held at Concord-Carlisle High School, 500 Walden St. (min 2/max 4)

Monday, April 6, 7:00-9:00pm

Fee: \$35

Hair Braiding Techniques

Instructors: Alyssa Beaulieu and Nicole Dipierro, Stylists

As professional stylists, we understand that braiding is not always easy to learn. As trained professional stylists who work behind the chair, we will teach you the ins and outs of hair braiding, along with the best techniques for **all** hair types. Whatever your situation, if you have a child who begs you to braid her/his hair or if it is just for the love of it, we would like you to join us in a basic beginner's guide to hair braiding. All necessary equipment (*clips, combs, elastics, mannequin heads*) will be provided.

Class I: LOOK & LEARN. Basics of braids, hand techniques, intro to French braids (French/Dutch)

Class II: HANDS ON. Refresh from Class I, hands-on class to learn the techniques of hair braiding. (*Bring a friend/child to class for practice*).

Class in collaboration with Carlisle Recreation Department. Class held at the Brick Building, 97 School St. Carlisle.

Age 16+ (min 2/max 4)

Mondays, April 6 & 13, 6:30-8:30pm

Fee: \$55

Backyard Bee Keeping

Instructor: Friends of Chip-In Farm



Bees are essential for the planet, but the bee population is diminishing. To help protect and save these amazing creatures and to preserve our own way of life, it is important for people to learn about bees and the role that they play. Bees are pollinators and pollinators are essential for crops, from fruit and vegetables to coffee and tea. Bees are important for the production of honey, beeswax, pollen, bee venom, for food, medicine and income. Join us for an instructional evening of instruction to establish a beehive at your home. Taught by friends of Chip-In Farm, come see as our new bees are delivered and a new hive is installed. Get a chance to ask questions and experience beekeeping firsthand. Age 16+ (min 3/max 5)

Class held at Chip-In Farm, 201 Hartwell Rd.

Saturday, May 16, 6:00-7:00pm

Fee: \$15

Backyard Bird Song Identification

Instructor: Michele Grzenda

Birdsong identification is a lot like learning a foreign language. You start with a few basic bird songs as a reference, then add to your repertoire by repetition and practice. Learn the types of sound birds make, and why they make them. Unlock the key to "mnemonics" memorization techniques. The classes will explore common bird songs heard in Massachusetts and techniques used to remember them. Each class will focus on approximately 10-15 birds. Ample time will be spent listening to each bird song, finding ways to remember it and putting several different bird songs together for comparison. Bring a notebook, pen, and a bird book if you have one.

Class in collaboration with Concord-Carlisle Community Education. Class held at Concord-Carlisle High School, 500 Walden St. (min 5/max 10)

Thursdays, 7:00-9:00pm, 5/7 & 5/14

Fee: \$45



Evening Bird Walk

Instructor: Michele Grzenda

Learn to identify 20 bird species commonly found in our neighborhoods, wetlands, and forests. Michele will point out various field identification techniques by sight and sound. This easy-to-moderate walk is designed for beginner and intermediate bird watchers. Bring a pair of binoculars if you have one and bug spray. Takes place in light rain, so wear sturdy shoes and dress for the weather. If the walk is cancelled due to weather, you will hear from the instructor the morning of the event. Class in collaboration with Concord-Carlisle Community Education. (min 6/ max 15)

Wednesday, June 3, 6:00-8:00pm

Fee: \$29 per person or \$45 per couple

Walk starts at Hapgood Wright Town Forest, Concord. Park in lot off intersection of Walden St and Thoreau St, near High School entrance.



Floral Arranging Workshops

Instructor: Cindy Mattson, Given Erwin Florist



Spring into Spring Flower Arrangement

Sweet smelling hyacinths, bright and cheerful daffodils and tulips are just some of the flowers that we will use for this harbinger of spring arrangement. Join us as we walk you step through step in creating this lovely bouquet that you bring home. All supplies and materials are included. Class in collaboration with Carlisle Recreation Department. Class held at the Brick Building, 97 School St. Carlisle. Age 16+ (min2/max 4)

Friday, May 15, 6:00-8:00pm

Fee: \$55

Tropical Flower Arrangement

Orchids, Birds of Paradise and tropical foliage will highlight this summer inspired tropical design. Kick off your flip flops and join us as we show you how to build a striking arrangement using flowers from the tropics. All materials and flowers are included. Class in collaboration with Carlisle Recreation Department. Class held at the Brick Building, 97 School St. Carlisle. Age 16+ (min2/max 4)

Monday, June 15, 6:00-8:00pm

Fee: \$55

The RESTART® Program

Instructor: Alicia Brickman, Nutritional Therapy Practitioner

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, fully-supported, guided program that includes a 3-week sugar and processed food elimination. 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!

www.therestartprogram.com or www.newenglandnutritionaltherapy.com

Class held at 12 Mudge Way, Rm 151 (min 3/max 12) 5wks



Tuesdays, 11:00am-12:15pm, 3/31-4/28
Tuesdays, 7:00-8:15pm, 4/28-5/26
Thursdays, 11:00am-12:15pm, 4/30-5/28

Fee: \$130
Fee: \$130
Fee: \$130



The MELT Method® Soft Roller Class

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. 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. Participants should bring a yoga mat and bottle of water. You must be able to get up and down from the floor. For more information see: www.BePainFreeWithTammy.com (min 3/ max 10) Class held at 12 Mudge Way, Rm 153.

Tuesdays, 6:45-7:45pm, 3/31-4/28 (no 4/21) 4wks

Fee: \$60

Orthopaedics Plus Workshops

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

Fit Over 50: How to Get Strong, Lean and Fit at Any Age!

Many people associate aging with gaining fat, losing strength, increased aches & pains, and a loss of function, but science shows that these are not inevitable consequences of getting older. In fact, you can get strong, lean, and maintain a high level of function as you age. So what is the secret? Proper exercise and nutrition! Attendees will leave with strategies they can implement immediately. Class held at 12 Mudge Way, Rm 152. (min 3/max 20)

Monday, April 6, 7:00-8:15pm

Fee: \$15



Knee Pain Workshop:

How to Get Back to Normal Without Medications, Injections, or Surgery

Knee pain is a very common condition, affecting millions and costing billions. In addition to pain and suffering, it affects our ability to do the things we love and it can also contribute to serious health problems like falls, heart conditions, and obesity. Fortunately, there is evidence to suggest that proper treatment can reduce and prevent knee pain and injuries. Attendees will learn the evidence from both research and experience in our clinic showing how these challenging issues can be addressed and providing strategies that you can use right away. Class held at 12 Mudge Way, Rm 152. (min 3/max 20)

Monday, May 4, 7:00-8:15pm

Fee: \$15



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)

Mondays, 6:30-7:30pm, 4/6-6/15 (no class 4/20, 5/25) 9wks

Fee: \$90

Class held in the Bedford High School Dance Studio.

Mondays, 6:00-7:00pm, 6/29-8/17 (7wks)

Fee: \$75

Class held at 12 Mudge Way, Union Rm. (1 week no class, TBA by instructor)

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 20) All classes held at Connections, 153 Concord Rd.

Tuesdays, 7:00-8:00pm, 4/14-6/16 (10wks)

Fee: \$90

Tuesdays, 7:00-8:00pm, 7/7-8/25 (8wks)

Fee: \$70

Saturdays, 10:15-11:15am, 4/11-6/20 (10wks)

Fee: \$90

Saturdays, 10:15-11:15am, 7/11-8/29 (8wks)

Fee: \$70



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 15)

All classes held at Connections, 153 Concord Rd.

Mondays, 9:15-10:15am, 4/13-6/15 (10wks)

Fee: \$96

Mondays, 6:30-7:30pm, 7/6-8/24 (8wks)

Fee: \$70

Wednesday, 6:30-7:30pm, 4/15-6/17 (10wks)

Fee: \$96

Wednesdays, 6:30-7:30pm, 7/8-8/26 (8wks)

Fee: \$70



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, we will work on body awareness, good posture and stress reduction. Core stability and alignment are emphasized throughout. The majority of movements are floor exercises done on a mat. The movements 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 5/max 20)

Spring: Wednesdays, 6:30-7:30pm, 4/8-6/17 (no class 4/22) 10wks

Fee: \$126

Class held in the Bedford High School Dance Studio.

Summer: Tuesdays, 6:30-7:30pm, 7/7-8/18, 7wks

Fee: \$96

Class held at 12 Mudge Way, Union Room.



Special Spring Trial Class at New England Nurseries! Tuesday, March 17, 6:30-7:30pm

Please register for this class as space is limited. (min 4/max 12) Located at 216 Concord Rd.

No charge



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 Classes: Mon. 3/30, 9:30am, Wed. 4/1, both 9:30am and 6:15pm classes

Spring:	Monday	9:30-10:30am, 4/6-6/22 (no 4/20, 5/25) 10wks	Fee: \$100
	Wednesday	9:30-10:30am, 4/15-6/24, 11wks	Fee: \$110
Summer:	Wednesday	6:15-7:15pm, 4/15-6/24 (no 5/27) 10wks	Fee: \$100
	Wednesday	9:30-10:30am, 7/8-9/2 (no 7/22, 7/29) 7wks	Fee: \$70
	Wednesday	6:15-7:15pm, 7/8-9/2 (no 7/22, 7/29) 7wks	Fee: \$70



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

Spring:	Mondays	7:15-8:15pm	4/6-6/15 (no class 4/20, 5/25) 9wks	Fee: \$112
	Tuesdays	9:30-10:30am	4/7-6/16 (no class 4/21) 10wks	Fee: \$125
	Wednesdays	7:20-8:20pm	4/8-6/17 (no class 4/22) 10wks	Fee: \$125
	Fridays	9:30-10:30am	4/10-6/19 (no class 4/24) 10wks	Fee: \$125
Summer:	Mondays	7:15-8:15pm	7/6-8/17 (7wks)	Fee: \$88
	Wednesdays	7:20-8:20pm	7/8-8/19 (7wks)	Fee: \$88

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 may be purchased at the studio). Please wear comfortable clothing and bring a water bottle. Classes held at barre3, 158 Great Rd. Bedford. (max 20) 8wks



Spring Session:

Tuesdays, 8:30-9:30am, 4/7-5/26	Fee: \$110
Wednesdays, 4:30-5:30pm, 4/8-5/27	Fee: \$110
Thursdays, 12:00-1:00pm, 4/9-5/28	Fee: \$110

Summer Session:

Tuesdays, 9:45-10:45am, 7/7-8/25	Fee: \$110
Wednesdays, 4:30-5:30pm, 7/8-8/26	Fee: \$110
Thursdays, 12:00-1:00pm, 7/9-8/27	Fee: \$110

All Levels Vinyasa Yoga

Instructors: Natalia Switala, 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 and 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, 7:30-8:45am, 4/4-6/6

Fee: \$120





Vinyasa & Yin Yoga

Instructors: Michelle Anastasi, Yoga Nova

Vinyasa is an energetic, dynamic, and creative yoga flow practice in which postures are sequenced & connected by breath. Yin is a wonderful complement to the active vinyasa practice because in yin, poses are held longer to target the stretching of deep connective tissue between the muscles and fascia throughout the body. The intention of this class is to strengthen the body, focus energy, and relax the mind. 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.

Sundays, 4:30-5:45pm, 4/5-6/14 (no 4/12)

Fee: \$120

Yoga Fit and Strong

Instructor: Asha Ramesh, Serenity Yoga Center

A series of postures that encourage cardio, help our prana (energy) flow, strengthen and stabilize our limbs and core, stretch and lengthen the spine and massage the internal organs and Chakra points. Pace includes fluid flow as well as slow flow. Practice involves moving through postures in a controlled and structured manner in the cardio portion, as well as holding postures in the strength and flexibility portion of the practice. This class is not for beginners, a minimum of 3-6 months of regular yoga practice is required. (min 3/max 12). Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering; forms required before first class will be emailed to you.

Tuesdays, 7:30-8:45pm, 4/7-6/16 (11wks)

Tuesdays, 7:30-8:45pm, 6/23-8/25 (10wks)

Fee: \$146

Fee: \$134



Creative Flow Yoga with Mudras

Instructor: Cyndy Overgaag, Serenity Yoga Center

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

Saturdays, 8:15 - 9:30 am, 4/4-6/13 (11wks)

Saturdays, 8:15 - 9:30 am, 6/27-8/29, no July 4 (9wks)

Fee: \$146

Fee: \$120



Restorative Yoga

Instructor: Shannon O'Haverty, Serenity Yoga Center

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props 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. (10wks)

Sundays, 5:00-6:30pm, 4/5-6/14, (no 4/12)

Sundays, 5:00-6:30pm, 6/21-8/23

Fee: \$134

Fee: \$134



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)

Wednesdays, 6:30-7:30pm, 4/1-6/17 (12wks)	Class in Rm.153, 12 Mudge Way	Fee: \$125
Thursdays, 1:00-2:00pm, 4/2-6/18 (12wks)	Class held in Union Rm., 12 Mudge Way	Fee: \$125
Wednesdays, 6:30-7:30pm, 7/8-8/26 (8wks)	Class in Rm.153, 12 Mudge Way	Fee: \$85
Thursdays, 1:00-2:00pm, 7/9-8/27 (8wks)	Class held in Union Rm., 12 Mudge Way	Fee: \$85

BodyCombat™

Instructors: Kamate Fitness team of LesMills certified instructors

BodyCombat is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burnup to 740 calories in a class. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door. No experience needed. (min 1/max 15) All classes held at Connections, 153 Concord Rd.

Thursdays, 7:00-8:00pm, 4/16-6/18 (10wks)	Fee: \$90
Thursdays, 7:00-8:00pm, 7/9-8/27 (8wks)	Fee: \$70
Saturdays, 8:00-9:00am, 4/11-6/20 (10wks)	Fee: \$90
Saturdays, 8:00-9:00am, 7/11-8/29 (8wks)	Fee: \$70

Outdoor Fitness

New Runners' Program

Instructor: Joanne Ricardelli



Ready for warmer days and longer nights? Summer is on its way! Dig out those running shoes and grab a friend or two. Together we will run the paths of Bedford, take in the fresh air, and get in shape. Whether you are training for an upcoming race, working to improve your overall health, or just want to try something new, this group is for you. We will start slowly and build endurance at a level that suits each individual, while working on breathing, form, and pace. We will also discuss proper fueling techniques, hydration, and stretching. Join us and see how much fun running can be! Please dress appropriately as this group will go rain or shine. Bring water. (min 5/max 15) Age 16+ Meet at the entrance to the Bedford High School track. 8wks

Wednesdays, 9:30-10:30am, 4/8-5/27	Fee: \$90
Thursdays, 6:15-7:15pm, 4/9-5/28	Fee: \$90

Co-Ed Outdoor Boot Camp

Instructor: Sandy Morvillo

Shake off those winter blues and those few extra pounds that have been creeping up on you. Move beyond your fitness plateau. Whatever your reason, let's jump start the summer with a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Sneakers, outdoor workout attire and water a must. Classes held rain or shine. Meet at the High School Track. Age 15+ (min10/max 40)



Schedule:

Session 1	Mon.	6:30-7:30pm**	3/30-5/18	\$115
8wks	Wed.	6:30-7:30pm	4/1-5/20	\$115
	Sat.	7:30-8:30am	4/4-5/23	\$115
Session 2	Mon.	6:30-7:30pm**	5/25-7/13	\$115
8wks	Sat.	7:30-8:30am	5/30-7/18	\$115

****Please note: Mon. 4/20, 5/25 class will be at 7:30am**

Session 3	Mon.	6:30-7:30pm	7/27-8/24*	\$58
4wks	Sat.	7:30-8:30am	8/1-8/29*	\$58

***No Class on Mon. 8/17 or Sat. 8/22**

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



Goat Yoga at Chip-In Farm Held at Chip-In Farm, 201 Hartwell Road

Join us for a very unique yoga experience in nature! Classes take place outdoors on the farm and feature a herd of friendly baby goats. Goat kids are naturally curious and playful, and love to climb on anyone and anything. While this may not be the most meditative and relaxing yoga class you will take, it will surely be the most fun and memorable - perfect for melting that stress! Bring your own mat, blanket, or towel but be prepared for the goats to potentially taste test everything. The class will take place outside, so bring layers in case of cool weather or mosquitos. Age 16+ Please check Chip-In Facebook page for weather cancellations or call 781-275-2545 (min 1/max 10)

Sunday, May 24, 8:30-9:30am

Fee: \$25

Saturday, June 20, 6:15-7:15pm

Fee: \$25

See page 7 for Annual Goat Yoga Fundraiser, May 30
All benefits go to Neighbors Helping Neighbors Fund

Sport Instruction



Golf Lessons at Patriot Golf Course

Instructor: Jim Tobin, PGA
200 Springs Road, Bedford

Equipment will be provided as needed. Please wear spikeless golf shoes or sneakers and golf attire (please no gym shorts, t-shirts, tank tops). Recommend water and a hat/cap. (min 3/max 6 per class)
4wks

BEGINNER GOLF: Designed for the new golfer or golfer with little experience. Age 18+

Mondays, 6:00-7:30pm, 4/27-5/18

Fee: \$145

Mondays, 6:00-7:30pm, 6/1-6/22

Fee: \$145

NEXT STEP GOLF: For experienced golfers. Age 18+

Tuesdays, 6:00-7:30pm, 4/28-5/19

Fee: \$145

Tuesdays, 6:00-7:30pm, 6/2-6/23

Fee: \$145



Archery

Instructor: Mark Pirrello and staff, On The Mark Archery

Find your inner peace with the incredible Zen-like sport of traditional recurve archery. You will be kept challenged with unique games and activities and you will learn while enjoying a fresh training plan during every lesson. All equipment provided. Participants are eligible for the end of season On the Mark Archery Tournament. Classes led by certified USA Archery and National Field Archery Association (NFAA) instructors. Age 15+ (min 6/max 8)

Spring: Wednesdays, 7:30-8:30pm, 4/29-5/27 (5wks)

Fee: \$150

Class held at Davis School Gym* Please note, 5/13 will be held at Bedford High School

Summer 1: Monday-Friday, 6:30-7:30pm, 7/20-7/24

Fee: \$150

Class held outside at Liljegren Way Field, 10 Mudge Way, behind Bedford High School and the Library. Please note that inclement weather will move this program to the Ripley School Gym, 120 Meriam Rd. Concord. Instructors will relay a message to participants.

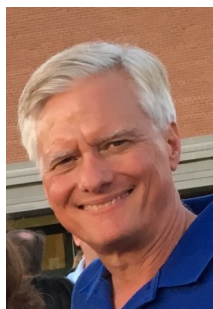
Summer 2: Wednesdays, 7/29-8/26, 6:30-7:30pm (5wks)

Fee: \$150

Class held outside at Banta Davis Fields, 304 Bedford Road, Carlisle. Please note that inclement weather will move this program to the Ripley School Gym, 120 Meriam Rd. Concord. Instructors will relay a message to participants.



Pickleball Instructional Clinic



Instructor: Kevin Martin, Professional Pickleball Registry

Have you been curious to try pickleball, but not ready to join an open play session? Not sure how to swing the paddle, where to stand on the court, or how to keep score? Here is your chance to learn the fundamentals of the fastest growing sport in the country. Pickleball is a combination of tennis, racquetball, and ping-pong played by four people on a half size tennis court with paddles and a plastic polyball. Each class includes learning a new stroke, hitting drills, and game play. It's great exercise and easy to learn! Equipment will be provided. Please wear comfortable clothing, court shoes and bring water. Check out www.usapa.org for detailed information. Class held at the JGMS Tennis courts. Rain cancellations will be made up at the end of the session. Age 18+ (min 7/max 12)

Tuesdays, 6:00-7:15, 5/12-6/16 (6wks)

Fee: \$60

Pickleball Conditioning Program

Program leader: Dat Le

A class designed to help condition you for the sport of pickleball. We will do drills and activities to improve your endurance, movement, agility, reaction time, hand - eye coordination. Please bring a pickleball paddle and water. Program held at John Glenn Middle School gym. 8 wks (min 8/max 16)

Wednesdays, 7:00-8:30pm, 4/15-6/10 (no class on 4/22)

Fee: \$30

Adult Tennis Lessons

Instructor: Barbara Aldorisio, USPTA Professional

The Beginner class covers basic strokes, volley, serve, strategy and court coverage. The Advanced class focuses on strategy, improvement of skills, footwork and fun drills. Please bring a racket and water. Barbara is an USPTA Instructor. Lessons held at the Middle School courts. *Rain-dates will be held at the end of each session as needed.* 6wks (min 3/ max 10) Ages 16+

Beginner: Tuesdays, 5:30—6:30pm, 7/7-8/11

Fee: \$90

Intermediate/Advanced: Tuesdays, 6:30-7:30pm, 7/7-8/11

Fee: \$90



Tennis

Instructor: Kyle Anderson of KA Tennis

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

INTERMEDIATE: 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, 5/14-6/18 (6wks)

Fee: \$118

ADVANCED: 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) (NTRP level 3.5 and above)

Thursdays, 7:30-8:30pm, 5/14-6/18 (6wks)

Fee: \$118



Tennis: Cardio Drill and Play

Instructor: Kyle Anderson and Staff of KA Tennis

Each clinic is designed to improve stroke mechanics, strength and stamina and to offer students a physical challenge in an energetic atmosphere. Time is split between fast moving drills and playing both cardio based and strategy based games. This clinic offers a good balance of information and movement. Levels will be intermediate to advanced and taught by a certified teaching pro. Students should bring their own racquets and be ready for a fun and challenging 90 minutes. (min 4/max 10) Class held at the Bedford High courts. (5wks)

Intermediate Level: Thursdays, 6:00-7:30pm, 7/9-8/6

Fee: \$148

Advanced Level (NTRP 3.5&above) Thursdays, 7:30-9:00pm, 7/9-8/6

Fee: \$148

Classes missed due to rain will be made up as needed.



This is an In-Town, casual, fun, co-ed league that begins in the spring and continues through the summer. Teams will be created by a committee of League Co-Commissioners and Captains, with an emphasis on creating balanced teams. Participants may request to play with up to 4 people. Players must be age 21, Bedford/Hanscom Residents or Bedford High School alumni. There will be a meeting in early March for people interested in being Captains or being on the committee. Registered players will be notified of the meeting date once it is set.



Schedule: (subject to change) Please note, the season start may be delayed depending on field conditions/weather. Fields are closed from 6/13-6/28 for scheduled maintenance.

Spring: (April 5-June 7) 8+ games, some doubleheaders and playoffs

Sunday games at 4:30 and 6:00pm

Summer: (July 1-August 16) 12+ games, some Sunday doubleheaders and playoffs

Sunday games at 5:00 and 6:30pm and Wednesday games, 6:00/6:30pm

Combo Spring & Summer: \$110 (includes uniform shirt and hat)

Spring only: \$50 (includes uniform shirt and hat)

Summer Only: \$65 (uniform/hat additional \$15) Availability may be limited.

SOFTBALL UMPIRE POSITIONS: Employment opportunities for Umpires for the Co-Ed Softball Slow Pitch League. Must have experience. Games Sunday evenings in the Spring. Sunday and Wednesday evenings in Summer. Great pay and part-time job! Sign up on the *Umpire Interest* list online (we will contact you) Ages 15-adult.

Men's Summer Outdoor Basketball League



Men's Basketball returns to the outdoor courts at BHS this summer. The season is May 28 - August 6 and there will be 10 games plus playoffs. Playoffs will be held in A and B divisions to accommodate both competitive and recreational teams. All players must be Bedford residents, Bedford High School graduates or employed by the Town of Bedford. The cost includes uniforms, 2 patched officials/game, 2 scorekeepers/game and playoff games for all league members. Games will be held on Tuesdays and Thursdays and some additional weeknights during the season as needed.

Fee: \$950 Per Team /\$1000 after June 6 deadline

A mandatory meeting will be held at 12 Mudge Way (Recreation Office) on Thursday, May 14 at 7 pm. All Captains/Team representatives and free agents must attend. Rosters and team fees must be submitted by June 6. Unattached players may put their names on a free agent list by contacting the Recreation Department (will be placed if space available).



Pick-Up Soccer: Indoor & Outdoor

Open to all Bedford Residents, age 18+ and not in high school. Please bring a white shirt & a dark-colored shirt. **No Fee**

Indoor Soccer: Davis Elementary School Gym. *Tuesday nights are reserved for players age 50+ Mondays, Tuesdays*, Thursdays, 8:00-10:00pm, 4/6-6/18, Wednesdays, 8:30-10:00pm, 4/8-6/17 (no play dates 4/20-4/23, 5/11-5/14, 5/25)

Outdoor Soccer: Sabourin Field at Bedford High School unless otherwise listed.

Women: **Spring:** Wednesdays, 7:30 - 8:45pm, 3/18-6/17

Summer: Wednesdays, 7:00-8:30pm, 6/24-7/22 (August TBA)

Register at www.bedfordrecreation.org for Women's Outdoor Pick-Up Soccer

Men: **Spring:** Wednesdays, 8:45 - 10:30pm, 3/18-6/17

Summer: Mondays, 8:30-10:30pm, 6/22-8/24 / Wednesdays, 8:30-10:30pm, 6/24-8/19

Sundays, 9:30-11:30am, 6/21-8/16

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

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 and they must be at the skill level of the adult participants. We are very fortunate to have Volunteer Coordinators managing these programs; please help them set up, keep the areas clean, maintain the equipment and take 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* & Wednesdays, 7:00 - 10:00pm, 3/30-6/17 (no 4/20, 4/22, 5/25) *8:00 start time on 4/13 No Fee

Outdoor: Monday & Tuesdays, 5:00pm to dusk, 6/29-8/11

Play at Springs Road Field, entry to Springs Brook Park, 181 Springs Rd.

Basketball

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

Mondays & Wednesdays, 7:00-10:00pm, 3/30-6/17 (no 4/20, 4/22, 5/25)

No Fee

Competitive Badminton Session: Intermediate and Advanced*

Open courts for intermediate and advanced players. This is a competitive league. Mostly doubles, but singles when court space available. Players must be registered and attend regularly. Bring your own racket; feather shuttlecocks provided. (max 32) Lane School Gym. Age 18+. Non-attendance may result in removal from the program session.

Tuesdays, 7:30-10:00pm, 4/7-6/16 (no 4/21)

No fee for Bedford Residents

NON RESIDENT BADMINTON REGISTRATION: BEGINS 3/18, 9:00pm

Fee: \$30 for non-Bedford Residents

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

Badminton: Beginner and Intermediate

Open courts for beginning and intermediate players. Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Please wear indoor or tennis shoes. Lane School Gym. Age 18+

Thursdays, 7:00pm - 10:00pm, 4/2-6/18 (no 4/23)

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 available on a first-come basis. Bring a lawn chair for when on break. Age 18+

Spring: Tuesdays, 5:00-7:15pm, 4/7-6/16 (no 4/21) Lane School Gym

No Fee

Wednesdays, 5:00-6:45pm, 4/15-6/17 (no 4/22) Lane School Gym

Fridays, 5:00-9:30pm, 4/3-6/19 (no 4/24) Lane School Gym

Summer: Tuesdays, 6:00-9:30pm, 6/23-8/25 Bedford High School Tennis Courts

Fridays, 6:00-9:30pm, 6/26-8/28 Bedford High School Tennis Courts

*****Pickleball Court usage at John Glenn Middle School:** We will be tracking the use of the Pickleball courts by the general public to determine demand for permanent courts in town. Please make sure to sign in when you play at the Middle School tennis courts. They will be painted later this Spring with Pickleball lines for players to use outside the times organized by the Pick-Up Pickleball program run by Bedford Recreation. PLEASE HELP IN THIS EFFORT!



To Register for Bedford Youth Soccer:
www.bedfordrecreation.org

For Policies, Procedures & Additional Information:
www.bedfordyouthsoccer.org

INTRAMURAL SPRING & FALL SOCCER (GRADES K-8)

The goal is for children to learn and enjoy the sport of soccer. Must wear shin guards and bring a soccer ball. Parents provide all coaching and support functions for the program. Please indicate your willingness to coach or assist on your child's registration form or in the notes section of the online registration. No experience necessary. Program is for Bedford/Hanscom residents only. Must play with current grade. *Age groups may be combined depending on registration numbers. \$15 field maintenance fee included.

SPRING 2020 SEASON: April 4-June 13 (no program on 5/23)

Registration Fee by 3/21: \$78 Fee after 3/21: \$93

FALL 2020 SEASON: Dates TBD, please check website over the summer (early-Sept-early-Nov)

Registration Fee by 8/15: \$78 Fee after 8/15: \$93

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

Age Group Times and Locations:

K Boys K Girls	10:30-11:30 Liljegren Field 10:30-11:30 Liljegren Field	Ball Size 3
Grade 1 Boys Grade 1 Girls	11:45-1:00 Liljegren Field 11:45-1:00 Liljegren Field	Ball Size 4
Grade 2 Boys Grade 2 Girls	8:45-10:15 Liljegren Field 8:45-10:15 Liljegren Field	Ball Size 4
Grade 3-5 (boys and girls are combined)	8:45-10:15 South Road Fields	Ball Size 4



Volunteer coaches are needed for both the intramural and Travel Soccer Programs. **NO EXPERIENCE NECESSARY!** Training and mentorship will be provided! Please indicate your ability to volunteer when registering.

FALL TRAVEL SOCCER (OUT OF TOWN PLAY)

Registration is now open for Fall Travel Soccer. Registration will close June 3 or when teams fill. **When teams fill, additional registrations will be taken on a waiting list basis & new teams will be formed if there are enough players on the waiting list.** Games played Saturdays, either in Bedford or in another BAYS League town. Travel teams practice two times per week. Parents provide transportation to the games. Season: September - early November. Rosters are announced in mid-August. **Practices: Girls Mondays/Thursdays; Boys Tuesdays/Fridays.** Travel Soccer is unable to accommodate requests for placement with a specific coach or friend. \$15 field maintenance fee included.

EARLY BIRD FEE: (by May 23): \$162

FEE: (After May 23): \$196

Uniforms: To purchase a Travel Soccer Uniform please visit www.bedfordyouthsoccer.org in June. All uniforms are purchased through Tricon Sports and mailed directly to your residence.

****There are no refunds for Fall 2020 Travel Soccer after 7/1/2020***

Grade 3: Born on or after 1/1/2011 and in the 3 rd grade	Grade 5/6: Born on or after 1/1/2009 and in the 5 th or 6 th grade
Grade 4: Born on or after 1/1/2010 and in the 4 th grade	Grade 7/8: Born on or after 1/1/2007 and in the 7 th or 8 th grade

SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for players in Grades 5/6 & 7/8 age groups in Fall 2020 and Spring 2021 will be conducted in May at the South Road Fields. Evaluation Dates below:

Boys Entering Grade 5/6: Tu. May 12 (4:30-6:00 PM)	Girls Entering Grade 5/6: Th. May 14 (4:30-6:00 PM)
Boys Entering Grade 7/8: Tu. May 12 (6:00-7:30 PM)	Girls Entering Grades 7/8: Th. May 14 (6:00-7:30 PM)

Spring Preschool Programs

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 the 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 for a special performance.

Wednesdays, 4/8-6/10 (no class 4/22) Fee: \$106
3:30 PM –4:15 PM Min 6/Max 12
12 Mudge Way, Union Room 9 wks

Hoopster Tots (Ages 2-5)

Instructor: Skyhawks Sports Academy

Learning basketball has never been more fun! Skill development games are played as children are introduced to basketball and team concepts. Some small-sided scrimmaging is played.

Fridays, 5/1-6/5 Fee: \$95
4:45-5:30 PM Min 6/Max 10
Davis School Gym 6 wks

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, turn taking, social skills, and active listening. There will also be tips and ideas for using music throughout the week. Class includes at home materials.

Wednesdays, 10:30-11:15 AM Fee: \$60
Session 1: 3/25-4/15 (registration currently open)
Session 2: 4/29-5/20
Session 3: 6/3-6/24

Location: 12 Mudge Way, Active Room

New family program:

Hike with Your Tyke

For Children and their Caregivers
See page 5 of this brochure for more details

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 Gym (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 is used in class to teach and reinforce gymnastics skills.

Fridays, 4/3-6/12 (no class 4/24 & 5/1) Fee: \$172/class
9:30-10:10 AM: Toddler Tumblers (Age 12-36 mos)
10:10-10:55 AM: Preschool Gymnastics (3-5 years)
4:00-4:45 PM: Age 4-Grade 2 (**See Page 28** for location, fee and class details)

Location: First Church, 25 Great Road (park in Town Hall)

Mini Sports (Ages 3-4)

Instructor: FAST Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, and t-ball. New and exciting games will be introduced in each class. Children will also be introduced to the importance of teamwork. Children should wear sneakers, comfortable clothing and bring a water bottle.

Sundays, 4/5-5/24 (no class 4/12, 4/26) Fee: \$82
1:00-1:45 PM Min 8/Max 16
Liljegren Fields (9 Mudge Way– Behind BHS 6 wks)

Mommy & Me barre3 (Ages 3+ with Adult Partner)

Instructor: Natasha Groblewski, Owner of barre3
Join us for this new Mommy & Me barre3 Class. Kids and parents will be led through a fun 30 minute barre class. Parent will get a workout while kids have fun, too! No need to bring anything other than a water bottle.

Tuesdays, 4/14-5/26 (no class 4/21) Fee: \$127/family
11:00-11:30 AM 6 wks
158 Great Road, Barre3 Studio Min 6 pairs

Spring Preschool Programs

Preschool Soccer (Ages 2-5)

Instructor: Soccer Shots

Soccer Shots is the official children's soccer program of US Youth Soccer for ages two to five. The curriculum is aligned with Massachusetts early learning standards that teaches soccer skills in a fun, non-competitive environment. Coaches are trained in age appropriate instruction and specialize in working with young children. The sessions focus on basic soccer skills like dribbling, passing and shooting, and they emphasize a character trait each session such as respect, teamwork and appreciation. Through fun activities and positive reinforcement, children will begin to experience the joy of playing soccer while being active. Each player will receive a ball.



Saturdays, 4/11-5/30 (no class 5/23)

Fee: \$127

Ages 2 & 3: 8:30-9:00 AM (Min 4/Max 32)

Ages 3-Young 4: 9:15-9:55 (Min 4/Max 40)

Ages Older 4-5: 10:15-11:00 AM (Min 4/Max 40)

Ages 3-Young 4: 11:15-11:55 AM (Min 4/Max 40)

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

Location: Lane School Soccer Field

Bedford T-Ball Clinic (Ages 3-5)

Instructor: Tim French

This program is a wonderful introduction to the world of baseball for preschoolers. Tim and his staff of energetic and knowledgeable coaches introduce players to the fundamentals. Players will practice skills through a wide variety of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills will be applied by participation in games. Children should wear comfortable clothing and sneakers, and bring baseball gloves and water.

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, the goal is to connect children to the outdoors and their community through outdoor 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 in the sun, the rain and maybe even the snow! This hands-on farm and nature experience will give children a deeper connection to the natural world while developing resilience, self confidence, and independence.

Thursdays, 4/30-5/28

Fee: \$80

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

Ages Young 4-5: 6:30-7:30 PM

Davis School Baseball Field

Min 16/Max 50

Preschool Tennis (Ages 2-5)

Instructor: Skyhawks

A wide range of activities that help develop agility, balance, coordination and gross motor skills are used to teach fundamental tennis skills such as movement and rallying. Mechanics and consistent shots are developed through play. Children should dress for the weather and bring a tennis racquet and sneakers.



Mondays, 9:00-12:00 PM

Fee: \$178

Session 1: 4/27-5/18

Session 2: 5/25-6/15

Tuesdays, 9:00-12:00 PM

Fee: \$178

Session 1: 4/14-5/12

Session 2: 5/19-6/16 (no class 6/9)

Wednesdays, 9:00-12:00 PM

Fee: \$178

Session 1: 4/15-5/13

Session 2: 5/20-5/17 (no class on 6/10)

Class Location: Chip in Farm, 201 Hartwell Road

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

Fee: \$95

1:00-1:45 PM

Min 6/Max 10

BHS Tennis Courts

6 wks

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 to take home, etc.) Please communicate the need to use your contingency plan as soon as you suspect that you are running late.

Davis AM Gym (Grades K-2)

Instructor: Recreation Staff

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 help children ease into the school day. Please note that this program does not meet on no-school days or school delays due to weather or other circumstances.

Monday-Friday, 4/1-Last Day of School Fee: \$216
8:00 AM-Start of School
Davis School Gym Min 40/Max 55

*program does not happen on no-school days, school cancellations or delays.

Flag Football & 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 for the beginning of class.

Mondays, 4/6-6/8 (no class 4/20, 5/11, 5/25) Fee: \$94
Dismissal-4:30 PM Min 8/Max 24
Davis School Gym 7 wks

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. Sessions include proper stretching and warm-up games as well as instruction in the basic skills of each sport. Each class ends with a high energy game of the sport played that day. Please send a snack for the beginning of class.

Tuesdays, 4/7-6/2 (no class 4/21 & 5/12) Fee: \$94
Dismissal-4:30 PM Min 8/Max 24
Davis School Gym 7 wks

Kids' Test Kitchen (Grades K-2)

Instructor: Kids' Test Kitchen Staff

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to *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 slice, dice, peel, measure, and cook until the finished dish is prepared. This spring, students will learn new ways to enjoy the produce of the season and new ideas for quick and healthy dishes for the family to enjoy together. 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! Tasting is **always** optional. Kids have food allergies, but they should not miss out on the fun. Instructors know allergies and they 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.** Please send a snack for the beginning of class.

Class Option 1:

Mondays, 4/6-5/18 (no class 4/20)
Dismissal-4:30 PM
Davis School Café

Fee: \$159
Min 8/Max 12
6 wks

Class Option 2:

Tuesdays, 4/7-5/19 (no class 4/21)
Dismissal-4:30 PM
Davis School Café

Fee: \$159
Min 8/Max 12
6 wks

Davis Minecraft (Grades K-2)

Instructor: Matt Haynes

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 project will include instruction from basic mouse and keyboard controls to building design and decoration, mining and crafting techniques, and farming plants and animals. Please send a snack with your child for the start of class.

Tuesdays, 4/7-5/26 (no class 4/21)	Fee: \$76
Dismissal-4:30 PM	7 wks
Davis School Computer Lab	Min 10/Max 20

Davis Art (Grades K-2)

Instructor: Sarah Scoville

Participants will draw, paint, make sculptures and prints in this class that is focused on techniques and experimentation. Students 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 as they investigate different mixed media approaches. Please send a snack for the beginning of class.

Wednesdays, 4/8-5/27 (no class 4/22)	Fee: \$199
Dismissal-3:20 PM	Min 10/Max 20
Davis School Café	7 wks

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. Imagination will be stretched in this yoga class that explores both breath work, yoga postures and relaxation technique. Skills will be presented in fun and creative manner. Prior to the class, children will be released to the cafeteria to enjoy quiet activities until the buses have left. Please send a yoga mat and a snack.

Thursdays, 4/2-5/21 (no class 4/23 & 5/14)	Fee: \$83
Dismissal-4:30 PM	Min 6/Max 12
Davis School Gym	6 wks

Animal Architects with Lego® Materials (Grades K-2)

Instructor: Play-Well TEKologies

Let your imagination run wild with tens of thousands of LEGO® parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas. Please send a snack for the beginning of class.



Thursdays, 4/2-5/28 (no class 4/23)	Fee: \$166
Dismissal-4:30 PM	Min 11/Max 16
Davis School Café	8 wks

Secret Agent Lab (Grades K-2)

Instructor: Mad Science of North Boston

Look out 007—the Mad Science Spy Academy is in session! From decoding messages to metal detectors and night vision, participants will have the opportunity to check out spy equipment and even create their own edible messages! We will use the Secret Code Breaker to communicate stealthily, like real spies. With the Undercover Observer, scientists step into the shoes of a spy in action. The viewer allows them to observe visually which is a key skill that spies must have! These tools provide a complete undercover kit for kids to take home. Please send a snack for the beginning of class.

Fridays, 4/10-5/29 (no class 4/24)	Fee: \$121
Dismissal-4:30 PM	Min 12/Max 20
Davis School Cafeteria	7 wks

Multi-Sport (Soccer, Baseball, Basketball) (Grades 1-2)

Instructor: Skyhawks Sports Academy

Multi-sport classes are designed to introduce young athletes to a variety of different sports. Athletes will learn the rules and essential skills of each sport, along with vital life values such as respect and teamwork. Participants should wear appropriate clothing, shin guards (optional) and running shoes. Bring a water bottle, a baseball glove, and sunscreen. Please send a snack for the beginning of the program.

Fridays, 5/1-6/5	Fee: \$105
Dismissal-4:30 PM	Min 6/Max 10
Davis School Gym	6 wks

Basketball Clinic (Grades 1 & 2)

Instructor: Skyhawks Sports Academy

This fun, skill-intensive program is designed for beginning to intermediate players. Using a progressive curriculum, the focus is on the whole player - teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense. Participants should bring a water bottle and wear appropriate clothing and shoes.

Tuesdays, 4/28-6/2
6:00 PM-7:00 PM
Lane School Gym

Fee: \$105
Min 6/Max 10
6 wks

Tour of iRobot (Grades K-5)

Parent volunteers needed as chaperons. Please indicate willingness to volunteer when registering



See the history and some of the fun behind the robots at iRobot! Take a tour of the Cool Stuff Museum, learn about the robots, and see some of the robots hard at work. Learn about some of the jobs at a robot company, and take a look inside the iRobot Innovation room. While you will not be making a robot, you will be inspired to want to try! The bus will leave the school after a quick snack time. Parents are responsible for pick up at the school when the bus returns (see below for exact pick up times).

Davis School (Grades K-2) Fee: \$35
Wednesday, May 13 Max 10
Dismissal-4:00 PM (pick up in Davis Lobby)

Lane School (Grades 3-5) Fee: \$35
Wednesday, May 27 Max 10
Dismissal-3:15 PM (pick up in Lane Lobby)

Saturday Tennis Lessons (Ages 5-14)

Instructor: Kyle Anderson

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 21 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons. The six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. For younger payers, the emphasis is on the fundamentals of strokes. A hands on approach, drills and fun games make this class appropriate for all ages. Tennis racket required. All lessons are held on the BHS Courts. ***In case of inclement weather: Call the tennis hotline at 781-275-7907 to check status of class.***



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

Age 5-6: 8:30-9:00 AM (Max 12) Fee: \$69

Age 7-9: 9:00-10:00 AM (Max 12) Fee: \$118

Age 10-14: 10:00-11:30 AM (Max 12) Fee: \$176

Advanced Clinic: 11:30-1:00 PM (Max 12) Fee: \$176
(must have instructor approval for advanced clinic)

Age 7-9: 1:00-2:00 PM Fee: \$118

Wednesday Indoor Tennis Lessons

Instructor: KA Tennis

Kyle Anderson will give instruction on mechanics, rallying skills and fundamental 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 (please send a snack) Grades 3-5: parents are responsible for drop off and pick up.

Wednesdays, 4/8-6/3 (no class 4/22 & 5/13) Fee: \$152

Grade K-2: Dismissal-3:30 PM (Max 12)

Grade 3-5: 3:30-4:30 PM (Max 12)

Davis School Gym

7 wks

Gymnastics (Age 4-Grade 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 required for floor, bar, vaulting and low beam. Participants learn bridges, splits, jumps and much more. Students will participate in bare feet and should tie their hair back. Please wear or send comfortable clothing. For grades 3-6: student will wait for the Lane bus dismissal to end before starting class. Please send a snack for the beginning of class.

Fridays, 4/3-6/12 (no class 4/24) Fee: \$197
Grade 3-6: Dismissal-4:00 PM (grade 6 students must have transportation to Lane)
Age 4-Grade 2: 4:00-4:45 PM
Location: Lane Gym 10 wks Min 15/Max 40

GrooveWrx Pop-Up Spring Hip Hop Class for Boys and Girls (Grades 1-5)

Instructor: Jennifer Buckley

Enjoy this short spring session of informal hip hop dance with Jennifer Buckley of GrooveWrx. All levels welcome. Class includes the option to perform at the Bedford Color Run fundraising event on Saturday, May 30th. Please wear comfortable clothing and sneakers and bring water. Children in Grades K-2 attending Kids' Club may enroll in this program and attend Kids' Club (parents must inform Kids' Club directly).

Mondays, 5/4-6/1 (no class 5/25) Fee: \$65
Grades 1-2: 4:00 PM-4:45 PM
Grades 3-5: 4:45-5:30 PM
12 Mudge Way, Union Room Min 8/Max 12

GrooveWrx Youth Power for Girls (Grades 2-5)

Instructor: Jennifer Buckley

Taught by Jennifer Buckley, Founder of GrooveWrx, and formerly known as Girl Power. This highly interactive one-evening program is a great opportunity for elementary-aged girls to celebrate self-confidence. Participants will enjoy team building games, creative brainstorming, special guest speakers, physical activities and hands-on projects that help to create a better sense of self, personal empowerment and community. Please wear comfortable clothing. Pizza and water will be provided.

Friday, May 15 Fee: \$35
5:30-8:00 PM Min 20/Max 30
Lane School Cafe

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

Instructor: Chip In Farm

Help take care of the animals at Chip-In Farm! Learn about the farm through hands-on activities, crafts, games and cooking projects. Feed the animals, collect eggs, explore the surrounding forest, and play with the baby goats. Participants should wear closed-toe shoes (boots are best!) and clothes that can get dirty. This class will meet rain or shine, outside or in the barn for most of the class. This is a drop off program and parents are not required to stay with the class.



Grades K-2 Fee: \$160/session
Tuesdays, 4:00-6:00 PM
Session 1: 4/28-5/19 (4 wks)
Session 2: 5/26-6/16 (4 wks)

Grades 3-5 Fee: \$160/session
Wednesdays, 3:30-5:30 PM
Session 1: 4/29-5/20 (4 wks)
Session 2: 5/27-6/17 (4 wks)

Location: Chip in Farm, 201 Hartwell Road, Bedford
Min 4/Max 10

GrooveWrx Youth Power for Boys (Grades 2-5)

Instructor: Jennifer Buckley

Taught by Jennifer Buckley, Founder of GrooveWrx (and creator of Girl Power, now known as Youth Empower for Girls). This highly interactive one-evening program is a great opportunity for elementary -aged boys to celebrate self-confidence. Participants will enjoy team building games, creative brainstorming, special guest speakers, physical activities and hands-on projects that help to create a better sense of self and personal empowerment and community. Please wear comfortable clothing. Pizza and water will be provided.

Friday, June 5 Fee: \$35
5:30-8:00 PM Min 20/Max 30
Lane School Cafe



Junior Golf (Ages 7-10)

Instructor: Jim Tobin, Patriot Golf Course

Learn the sport of golf right here in Bedford! This golf program is for students who have little or no experience with the sport of golf. Equipment will be provided, but students may bring their own equipment if preferred. Participants should wear sneakers, jogging shoes or spike-less golf shoes and should bring a hat and water. Suggested apparel for this program: collar shirts. Please do not wear gym shorts, tank tops or swim wear.

Saturdays, 5/2-5/23
9:30-11:00 AM
Patriot Golf Course (200 Springs Road)

Fee: \$130
Max 12
4 wks

Youth Drawing Classes with ArtSpark

Instructor: Trish Ng, ArtSpark

All Classes are held at the ArtSpark Studio, 41-55 North Road, Bedford (Emerson Medical Building, 1st floor)

Learn to Draw (Grades K-2)

Students will learn key drawing concepts (such as contour/shape, light/shadow, texture, color, etc.) through fun and engaging teacher-led projects. Participants will experiment with several different materials over the course of the 8-week program including pencil, pen/ink, markers, colored pencil, pastels, oil pastels, charcoal/graphite

Option 1: Tuesdays, 5:30-6:30 PM
3/31-5/26 (no class 4/21)

Fee: \$200
Min 5/Max 10

Option 2: Saturdays, 9:30-10:30 AM
4/4—6/13 (no class 4/18, 4/25, 5/24)

Fee: \$200
Min 5/Max 10



Learn to Draw Characters & Kawaii (Grades K-2)

We work on a variety of projects and learn to draw the cute eyes and facial expressions typical of Japanese kawaii. Bring your imagination and creativity as we draw everyday objects, food, animals, characters and people in this cute style along with your favorite cartoon and comic characters! We hold small classes for optimal one-on-one instruction. ArtSpark supplies all the high-quality materials.

Fridays, 3/27-6/5 (no class 4/17, 4/24, 5/22)
4:00-5:00 PM

Fee: \$200
Min 5/Max 10

Drawing Fundamentals (Grades 3-5)

Artists in our Drawing Fundamentals class learn a different drawing skill each week through age-appropriate subjects. ArtSpark School teaches drawing concepts (such as contour/shape, light/shadow, texture, perspective, color, etc) through fun and engaging projects. These classes utilize several different materials over the course of the 8-week program including pencil, pen/ink, markers, colored pencil, pastels, oil pastels, charcoal/graphite.

Option 1: Tuesdays, 4:00-5:00 PM
3/31-5/26 (no class 4/21)

Fee: \$200
Min 5/Max 10

Option 2: Saturdays, 11:00-12:00 PM
4/4—6/13 (no class 4/18, 4/25, 5/24)

Fee: \$200
Min 5/Max 10

Drawing Characters (Grades 3-5)

Learn to draw your favorite characters or create our own characters! Create a variety of poses and facial expressions and learn to use markers to bring your creations to life. Art spark will supply all materials.

Fridays, 3/27-6/5 (no class 4/17, 4/24, 5/22)
5:30-6:30 PM

Fee: \$200
Min 5/Max 10

Lane AM Gym (Grades 3-5)

Instructor: Recreation Staff

Get energized 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 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 weather or other reasons.

Monday-Friday, 4/1-Last day of School Fee: \$308
7:30 AM-Start of school Min 14/Max 50
Lane School Gym

Lane Art (Grades 3-5)

Instructor: Sarah Scoville

Lane Art is a drawing, painting, print making and sculpture class focused on technique and experimentation. Students work with traditional media such as charcoal and acrylic paint. They get messy and creative with paper mache. They also learn and practice simple sewing as they explore 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 PM (parents must inform Kids' Club).

Mondays, 4/6-6/8 (no class 4/20, 4/27, 5/25) Fee: \$184
Dismissal-4:00 PM Min 7/Max 15
Lane School Art Room 7 wks

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 given to bind and cast on. There will be knitting projects appropriate to 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 PM (parents must inform Kids' Club).

Tuesdays, 4/7-5/26 (no class 4/21 & 4/28) Fee: \$83
Dismissal-4:00 PM Min 8/Max 12
Lane School Art Room 6 wks

Digital Arts & Design (Grades 3-5)

Instructor: Empow Studios

Art & Design Club is for designers, storytellers, and aspiring tech gurus. Using technology as a tool, kids create movies, animations, music compositions, and even 3D models that are printed to be shared with family and friends. This club is a great way to expose the power of technology, while retaining the art and storytelling elements kids tend to always love. No previous coding or digital art experience is required. Learn more about Empow Studios at <https://empow.me> Children attending Kids' Club may enroll in this program and attend Kids' Club at 2:30 PM (parents must inform Kids' Club).

Wednesdays, 4/8-6/3 (no class 4/22) Fee: \$290
Dismissal-2:30 PM Min 8/Max 12
Lane School Library 8 wks

Coding Club (Grades 3-5)

Instructor: Empow Studios

Coding Club is for kids who want to try their hands at creating games, animation, and applications by learning how to code. Club members will start with fundamental concepts using Scratch, an easy-to-understand, block-based, drag & drop coding language. Students will also be able to apply their new coding knowledge to create a playable video game they can share with friends. Once participants are familiar with the basic concepts, they will be introduced to Java, an industry standard language used in many of the applications running on Android devices, and put the skills learned to the test in GameMaker where students can program their own video games. No prior experience is required. Learn more about Empow Studios at <https://empow.me> Children attending Kids' Club may enroll in this program and attend Kids' Club before and after the program (parents must inform Kids' Club). Parents are responsible for both drop off and pick up for this program.

Wednesdays, 4/8-6/3 (no class 4/22) Fee: \$194
2:45-3:45 PM (Parents responsible for drop off and pick up) Min 8/Max 12
Lane School Library 8 wks

Lane Minecraft (Grades 3-5)

Instructor: Matt Haynes

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 include instruction in basic mouse and keyboard controls, Minecraft tracks, Redstone circuits, and civil engineering. Please send a snack with your child for the start of class. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 PM. (Parents must inform Kids' Club).

Lane Yoga (Grades 3-5)

Instructor: Bonnie McCulloch

In this yoga class, students explore traditional yoga poses, breathing techniques and relaxation through literature, music, art creation 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 yoga mat and snack. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:00 PM. (Parents must inform Kids' Club).

Thursdays, 4/9-5/28 (no class 4/23)
Dismissal-4:00 PM
Lane School Computer Lab

Fee: \$76
Min 10/Max 20
7 wks

Fridays, 4/10-5/29 (no class 4/24)
Dismissal-4:00 PM
Lane School Computer Lab

Fee: \$97
Min 6/Max 12
7 wks

App Inventors (Grades 3-5)

Instructor: Circuit Lab

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for android phones and tablets. We will also explore wireless communication, building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both programming and design aspects of creating great apps, and have the opportunity to build apps on their own with the support of instructors. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:30 PM. (Parents must inform Kids' Club).

Thursdays, 5/14-6/11
Dismissal-4:30 PM
Lane School Art Room

Fee: \$115
5 wks
Min 7/Max 14

Archery for Kids (Grades 3 and up)

Instructor: On the Mark Archery

The exciting Olympic sport of recurve archery emphasizes the importance of goal setting, patience and hard work to achieve results on and off the range. It encourages children to become more focused, confident and determined. This relaxed environment is perfect for individuals who are looking for an 'alternative sport' that enables them to advance at their own pace. Engaging and passionate instructors will motivate students to help them reach their full potential. All equipment provided. *Please note, this program will take place at Davis School, except for May 13. On May 13 the program will take place at Bedford High School.



Wednesdays, 4/29-5/27
6:30-7:30 PM
Davis School Gym*

Fee: \$150
Min 4/Max 10
5 wks

Youth Track and Field Co-Clinic (Grades 3-6)

Instructor: David Bell & Staff

Does your child like to run or race? to race? This is an opportunity for children to learn about the Olympic sport of Track and Field featuring running, jumping, throwing, and a 4 x 100 relay. Many of these components can be enjoyed for life. The emphasis is on participating, learning, improving, and doing the best one can. Track events include the 100, 200, and 400 meters for all grades, the 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the 5th and 6th graders. Field events include the softball throw for distance and the running long jump. There is also the 4 x 100 meter relay race. Enroll with your relay team together, or we will create a team for you. The events are contested by grade - - the 3rd and 4th grades together, and the 5th and 6th grades together - - based on the current ('19-'20) school year.

Fee: \$97

Location: BHS Track, unless noted differently below

Date:

Wednesday, May 13 1:45-3:15 PM

Wednesday, May 27 1:45-3:15 PM

Friday, May 29 (Scrimmage in Concord) 3:45-6:15

Tuesday, June 2 3:45-5:30 PM

Tuesday, June 9 3:45-5:30 PM

Local Meet: Wednesday, June 17 6:30-9:15 PM

(Local Meet will be held at the Burlington HS Track)



Public Speaking (Grades 3-5)

Instructor: Right Brain Curriculum



Public Speaking class takes the fear out of speaking before an audience by getting kids talking in front a supportive group about things in which they are interested. They write speeches on subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills like standing up tall, using a loud voice and making eye contact. They will also watch famous and not-so-famous public speakers and critique what is successful and unsuccessful in their deliveries. The class concludes with students creating a TV news broadcast in which they serve as anchors. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:30 PM (parents must inform Kids' Club).

Fridays, 4/3-5/1 (no class 4/24)

Dismissal-4:30 PM

Lane School Library

Fee: \$127

Min 8/Max 16

4 wks

Writing Wizards (Grades 3-5)

Instructor: Right Brain Curriculum



In *Writing Wizards*, a love of writing is fostered by guiding students to write and publish their own short novel. Using literature like *Harry Potter* and *The Chronicles of Narnia* as inspiration, each pair of students designs a fantasy world that includes major and minor characters, fantastic settings, an extended backstory and a world of wonder. The authors use artwork and brainstorming to design plot twists and dynamic characters. Teachers guide the students, providing contextual mini-lessons on writing techniques that include the use of dialogue, detailed descriptions, sensory-rich word choice, and character development. At the end of the course, students take home their completed novel. Children attending Kids' Club may enroll in this program and attend Kids' Club at 4:30 PM (parents must inform Kids' Club).

Fridays, 5/15-6/5

Dismissal-4:30 PM

Lane School Library

Fee: \$127

Min 8/Max 16

4 wks

Basketball Training (Grades 3-8)

Instructor: Boston Elite Sports Training,
Kenny Small and Staff

A series of game situations will be incorporated to help participants with team building, conditioning and in-game IQ. Participants will also be exposed to various drills to help with ball handling, shooting, defense, footwork and rebounding. This program will be competitive and informative, helping participants learn how to take their game to the next level. It will help young players understand the dedication and time that it takes to be a great basketball player. Participants will be grouped by skill. Please bring a basketball.

Mondays, 4/13-6/15 (no class 4/20 & 5/25) Fee: \$230
Grades 3-5: 6:00-7:00 PM 8 wks
Grades 6-8: 7:00-8:00 PM Min 8/Max 30
JGMS Gym

Intro to Video Production (Grades 3-5)

Instructor: Bedford TV

Learn how to create and star in a new show for kids and by kids. The Bedford TV Studio, green screen and professional cameras will be used to teach 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, 4/7-5/19 (no class 4/21) Fee: \$200
3:00-4:30 PM Min 4/Max 9
Bedford TV Studio, 16 South Road 6 wks

FIT GIRLS Fitness Program (Grades 4 & 5)

Instructor: Laura McGinness &
Renee Anderson, LMHC

Fit Girls is a running and reading program that was created locally for pre-adolescent girls. The curriculum includes one hour workouts each session with games and additional engaging warm up activities. The non-competitive running/walking workouts are designed to gradually build endurance to complete a 5k race at the end of the program. Each day includes a cool down and reflection and a great "book of the day" featuring female protagonists who are smart, strong and bold. The goal is to promote a positive sense of self, community and connectedness to each other by teaching the value and reward of setting goals, working toward them and finally achieving those goals. These skills taught in a nurturing and fun environment build self-esteem and confidence. At the end of the 6 week training season, the group will have the opportunity to participate in a local 5K race event that serves as a final goal celebrating both fitness and community. There will be an additional fee at the end of the season (approximately \$30) when registering for the 5K. Participants should bring a snack, water bottle, sneakers and a smile to each session. "Fit girls have healthy bodies healthy minds, and healthy hearts!"

Tuesdays & Thursdays, 4/14-5/28 (no class 4/21 & 4/23)
Dismissal-4:00 PM Fee: \$178
Lane School (fields & trails) Min 15/Max 20

April Vacation Programs

Bedford Soccer April Vacation Clinic (Grades K-8)

Instructor: BHS Soccer

Join Bedford High School Soccer for the 5th annual April Vacation Clinic. Led by the Boys' and Girls' Varsity Coaches - Dave Boschetto, 2019 D3 coach of the year, and Eric Driscoll - and current high school players. The clinic will focus on teaching a number of age-appropriate technical soccer skills, dribbling, passing, shooting and 1v1 moves. While the focus will be on skill development, this will be done in an enjoyable teaching environment using fun, small-sided games. Please bring a ball, shin guards, snack and a water.



Tuesday-Thursday, 4/21-4/23
9:00-12:00 PM
Liljegren Fields (9 Mudge Way, Behind BHS)

Fee: \$150
Min 10/Max 60

April Vacation Programs

Spring Break Hired Hands (Grades K-2)

Instructor: Chip in Farm

Kids looking for some outdoor fun during spring break? Spring is one of the most exciting times of the year at Chip-In Farm! Baby goats will have just arrived, the weather will be warmer and the farm will be super busy. Participants will experience life on a real working farm by feeding the animals, collecting eggs, and helping care for sheep, cows, pigs, rabbits, cats, and goats. They will learn about the farm through hands on activities, crafts, games, 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.

Monday-Wednesday, 4/20-4/22
9:00-3:00 PM
Chip in Farm, 201 Hartwell Road

Fee: \$85
Min 3/Max 10

Making a Music Video (Grades 3-5)

Instructor: Bedford TV

Dust off your dancing shoes and get your lip-syncing muscles in shape! Students in this class will take a popular song and add their own spin to it by making a video to match the beat and feeling of the song. They will record themselves "singing" and dancing to the song in at least three locations. Then students will learn how to put it all together with the multi-camera editing tool in Final Cut Pro X. A fun, creative mind is encouraged, but no experience is necessary. 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.

Tuesday-Friday, 4/21-4/24
1:30-3:30 PM
Bedford TV Studio, 16 South Road

Fee: \$180
Min 4/Max 9

Flag Football and Floor Hockey (Ages 7-12)

Instructor: F.A.S.T. Athletics

Join F.A.S.T. Athletics for flag football and street hockey fun! Fundamentals of each sport will be taught through training stations and drills. Multiple games will be played throughout the week to give students a chance to use their new skills and strategies while focusing on teamwork and sportsmanship. **Annual physical and immunization history records must be submitted to the Bedford Recreation Department one week prior to the start of the program.**

Tuesday-Friday, 4/21-4/24
Full Day: 9:00-3:00 PM
Half Day: 9:00-12:00 PM
Lane School Gym

Fee: \$133
Fee: \$92
Min 8/Max 28

April Vacation Art Week Workshop

Instructor: Trish Ng, ArtSpark

This program includes a variety of projects including daily drawing, sculpture, lettering, collage and other fun, age-appropriate art projects. ArtSpark supplies all of the high-quality materials and offers small class sizes for optimal one-on-one instruction. There will be a quick snack break each day so feel free to bring something to eat and drink. Learn something new and have fun creating this spring vacation week!

Tuesday-Thursday, 4/21-4/23
Ages 6-8: 9:30-12:00 PM (Min 5/Max 10)
Ages 9-11: 1:00-3:30 PM (Min 5/Max 10)

Fee: \$200

Location: ArtSpark Studio, 41-55 North Road, Bedford
(Emerson Medical Building, 1st floor)

Spring into STEM with Lego® (Ages 5-7)

Instructor: Play-Well TEKnologies

Celebrate the coming of Spring with Play-Well and tens of thousands of LEGO® parts! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. Design and build as never before and explore your craziest ideas. Please send water and a snack to this program. Children attending Kids' Club may enroll in this program and attend Kids' Club before and after the program (parents must inform Kids' Club).

Tuesday-Friday, 4/21-4/24
9:00-12:00 PM
Bedford High School Cafeteria

Fee: \$138
Min 11/Max 16

Spring into STEM Challenge with LEGO (Ages 8-12)

Instructor: Play-Well TEKnologies

Spring is here! Spring into STEM with Play-Well and tens of thousands of LEGO® parts. Play baseball in spring training, visit the Cherry Blossom festival, and explore raging waterfalls. Apply real-world mechanical engineering concepts as you design, build, and explore your craziest ideas. Children attending Kids' Club may enroll in this program and attend Kids' Club before and after the program (parents must inform Kids' Club).

Tuesday-Friday, 4/21-4/24
1:00-4:00 PM
Bedford High School Cafeteria

Fee: \$138
Min 11/Max 16



What is available at The Corner?

Arts and crafts, games & tournaments, sports equipment rental, fully stocked snack bar, pool, foosball, ping pong, computers and fun!

Don't miss our end of the year celebration on Friday, June 12! We will celebrate with Pizza, prizes games and more.

Spring Middle School Programs

Also Available for Middle School Students:

Tennis Lessons (Page 27)
Gymnastics (Page 28)
Track & Field (Page 32)

Basketball Training (Page 33)
BHS Soccer April Vacation (Page 33)
Archery (Page 31)

Volleyball (Grades 6-8)

Instructor: Katie Lulsdorf

This introductory clinic teaches the basics of Volleyball and introduces participants to the skills necessary to be successful at this life-long sport. Participants practice skills, participate in drills and play mini-games. Have you ever wondered if volleyball is right for you? Would you like to improve your skills? This clinic is for you!

Thursdays, 4/30-6/11
5:30-6:45 PM
Lane School Gym

Fee: \$59
Min 10/Max 15
7 wks

Evening Chess for Middle School (Grades 6-8)

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, 4/9-5/21 (no class 4/23)
6:30-7:30 PM
JGMS Cafeteria

Fee: \$58
Min 8/Max 20
6 wks

Spring Middle School Programs

Intro to Stop Motion Animation (Grades 6-8)

Instructor: Bedford TV

Learn how to shoot and edit a stop motion scene and bring everyday objects to life through TV magic. Students may use LEGOS, play-doh, clay, white boards, paper and pencil or any materials they choose to create their scenes. Creativity is encouraged, but no experience is necessary. 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.

Wednesdays, 4/8-5/20 (no class 4/22) Fee: \$225
1:00-3:00 PM Min 4/Max 9
Bedford TV Studio, 16 South Road 6 wks

Middle School Hired Hands 6-8)

Instructor: Chip in Farm

Experience life on a real working farm! Help the famers care for the animals and learn what it takes to be a farmer at Chip-In Farm through hands on projects including walking, feeding, and grooming goats, sheep, cows and rabbits. Participants should wear warm clothes and old sneakers or boots and come prepared to get dirty. This class will meet rain or shine.

Wednesdays, 3:30-5:30 PM Fee: \$160
Session 1: 4/29-5/20 Min 4/Max 10
Session 2: 5/27-6/17

Location: Chip in Farm, 201 Hartwell Road

2020-2021 Recreation Dance

Recreation Dance Program (Grades K-12)

Instructor: Taylor Loesch

Registration for the 2020-2021 Dance season will open on Sunday, May 10 at 9:00 PM. Classes take place at 12 Mudge Way in the Union Room and the season culminates with a recital in May. An additional costume fee will be charged (approximately \$100) in January/February. There are no classes on holidays or school vacation weeks. Classes begin the week of September 7. Specific footwear requirements will be communicated closer to the start of the program.

Monday Classes

Begin Monday, September 14

Grade K	3:45-4:30 PM	Ballet/Jazz	Fee: \$211
Grades 1 & 2	4:30-5:15 PM	Hip Hop	Fee: \$211
Grades 3 & 4	5:15-6:15 PM	Hip Hop/Jazz	Fee: \$211
Grades 4 & 5	6:15-7:15 PM	Hip Hop/ Lyrical	Fee: \$211

Tuesday Classes

Begin Tuesday, September 8

Grades 1 & 2	3:45-4:30 PM	Ballet/Tap/Jazz	Fee: \$225
Grades 3 & 4	4:30-5:30 PM	Ballet/Tap/Jazz	Fee: \$225
Grades 4 & 5	5:30-6:30 PM	Hip Hop/Lyrical	Fee: \$225
Grades 6-9	6:30-7:30 PM	Jazz/Musical Theatre	Fee: \$136
Grades 9-12	7:30-8:30 PM	Hip Hop/Contemporary	Fee: \$136

Wednesday Classes

Begin Wednesday, September 9

Grades 6-8	2:00-3:00 PM	Hip Hop/Contemporary	Fee: \$136
Grade 2 & 3	3:00-4:00 PM	Tap/Jazz	Fee: \$225
Grades 4 & 5	4:00-5:00 PM	Jazz/Musical Theater	Fee: \$225
Grades 6-8	5:00-6:00 PM	Hip Hop/Contemporary	Fee: \$136
Grades 9-12	6:00-7:00 PM	Jazz Musical Theater	Fee: \$136



Taylor Loesch
Dance Program Director &
Instructor

High School Employment

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

Go to <http://www.massref.net/becomeref.cfm> to sign up for a referee course to officiate in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or goodmanreferee@yahoo.com. Pay for refereeing is as follows: \$40/game for center ref for U14 (11v11), \$30/game for U12 and U11 (8v8), and \$20/game for U10 and U9 (6v6). Assistant Referees are paid \$25/game if Grade 8 referee classification and \$20/game if Grade 9 referee classification. Minimum age 14.

SOFTBALL UMPIRES: Employment opportunities for Umpires for the Co-Ed Softball Slow Pitch League. Must have experience. Games Sunday evenings in the Spring. Sunday and Wednesday evenings in Summer. Great pay and part-time job! Sign up on the *Umpire Interest* list online (we will contact you) Ages 15+

PROGRAM AIDES: Minimum age 14, paid position. Please contact Nikki Taylor (ntaylor@bedfordma.gov)

YOUTH CENTER JUNIOR STAFF: High School Junior or Seniors, paid position. Please contact Nikki Taylor (ntaylor@bedfordma.gov)

BASKETBALL SIDE-LINE STAFF: Employment opportunities for side-line staff to run the time-clock and keep the books for the Summer Men's Basketball League. Experience preferred, but will train. Games are Tuesdays and Thursday nights from 6:00-10:00, late May through early August. Great pay and part-time job! Sign up on the *Basketball Sideline Interest* list online (we will contact you) Ages 15+

SUMMER ADVENTURES 2020 EMPLOYMENT OPPORTUNITIES

Positions are available for our Summer Adventures program. We are looking for responsible, enthusiastic individuals to join the team of our longstanding, popular Summer Adventures program.

Minimum age: completing freshman year of high school.

Submit Town of Bedford Employment Application to the Recreation Office.

**CIT Program at Summer Adventures for students entering grades 8 & 9
(details in "Summer Adventures" section of this brochure).**

SPRINGS BROOK PARK SUMMER 2020 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 15, 2020). Must have current Lifeguard Training certification. Pay rates start at \$15-\$19 per hour and are based on experience, certification and availability. Accepting applications until all positions are filled. 50% reimbursement of Lifeguard Training certification at end of summer.

CREW POSITIONS: Open to Bedford residents only

Interviews will be held in mid-May. Application deadline: May 1. May apply for more than one position. Please specify on application position(s) of interest. Very flexible schedules are available, but applicants must provide schedule of availability for the entire summer.

Park Attendants : (min. age: 14 by June 15, 2020) Attendants are needed to greet park guests, assist with activities, amenities and provide daily ongoing maintenance support of the facility.

Swim Aides: (min. age: 14 by June 15, 2020) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.

Concession Staff: (min. age: 15 by June 15, 2020) Prepare food, serve customers, provide daily maintenance support for the concession stand and park.

RED CROSS LIFEGUARD COURSE INFORMATION

Link for local Lifeguard Certification: <https://www.redcross.org/take-a-class/lifeguarding>

APPLICATIONS FOR EMPLOYMENT:

Town of Bedford Application for Employment Form required. www.bedfordrecreation.org
or available at the Recreation Office, 12 Mudge Way.

Summer Adventures 2020



Director: Peter Laskaris

Assistant Directors: Ben Richter and Kevin Smaldone

Administrative Assistants: Lee Frank and Jen Capece

SWIM LESSONS INCLUDED FOR CHILDREN ENTERING GRADES 1—4.

SUMMER ADVENTURES (entering grades 1—4): 9:00—3:00. Designed for children to explore a variety of developmentally appropriate activities and to establish new friendships. There is daily excitement in this program that includes theme days, special visitors and events, cooperative games and sports, art, music/drama, one field trip per session, woodworking, science, archery, electives and swim lessons at Springs Brook Park. T-shirt included.

JUNIOR ADVENTURES (age 4 by 6/30/20 — entering kindergarten): 9:00—3:00. This program is designed for our youngest participants, preschool children. Low staff to child ratios and a nurturing environment compliment a well-rounded schedule including art, nature, music, cooperative games & sports, imaginative play and water play (on site and one visit per week to the Springs Brook Park Spray Park). T-shirt included. One field trip per session will be held, returning after noon. Offered in two week sessions.

ADVENTURES AWAY (entering grades 5, 6, 7): 9:00—3:00. This is a series of field trips (no overnights) based at Summer Adventures at Bedford High School. Each day, there will be an offsite trip as well as time for activity at SA (games, sports, crafts). Destinations include places such as beaches, laser tag, minigolf, Canobie Lake Park, Water Country, Coco Key, Stone Zoo, Chunky's, Southwick's Zoo. A detailed list of trips will be distributed prior to the start of each week. Offered in one week sessions; SA Early Bird and Extended Day options available). Max. 70

Please note: due to the size of the program, there will be two groups that travel together most days, but may be separated on occasion due to limited capacity of some destinations. Once the schedule is published (early May), destinations will be listed as full program or split. Enrollment will be by Group.

COUNSELOR IN TRAINING (CIT) PROGRAM FOR STUDENTS ENTERING GRADES 8 AND 9

The CIT program is designed for those individuals who are interested in learning about recreation, leadership and working with children. The CIT's will assist with day to day set up, clean up and maintenance. They will also assist counselors, working hands on with Summer Adventures activities and participants. CIT's will receive direction and supervision from Summer Adventures Directors. *Completion of this program does not guarantee future employment for any recreation program.*

- CIT applicants must submit a CIT application and attend an interview.
- Those selected will be required to attend orientation the week of June 22 (exact days/times TBD).
- CIT Fee: \$250/Session (Sessions correspond to Summer Adventures sessions; students may apply for one, two or all three sessions).

Summer Adventures 2020



Summer Adventures & Junior Adventures Sessions:

Session 1: June 29 - July 10

Session 2: July 13 - 24

Session 3: July 27 - August 7

Adventures Away Sessions:

Week 1: June 29 - July 3

Week 2: July 6 - 10

Week 3: July 13 - 17

Week 4: July 20 - 24

Week 5: July 27 - July 31

Week 6: August 3 - 7

Early Bird (8:00A - 9:00A) and Extended Day (until 6:00P)

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

** Children engaging in free swim at Extended Day will be tested for swim ability according to Christian's Law. Children will be tested by SBP staff and nonswimmers and at risk swimmers will be required to stay in a designated area in water that is no deeper than two feet. For all nonswimmers and at risk swimmers, Coast Guard approved life vests will be fit by trained staff and available if requested by child or parent. Christian's Law information: <http://www.mass.gov/eohhs/gov/departments/dph/programs/environmental-health/comm-sanitation/christians-law.html>*

STAFF

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

LOCATION

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

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

Summer Adventures 2020



Registration Information: Registration opens March 8, 2020 at 9:00PM.
We encourage early enrollment as some groups will fill quickly.

FEES:

Junior Adventures (2 Week Sessions):

9:00 - 3:00: \$567/Session

Summer Adventures (2 Week Sessions):

9:00 - 3:00: \$530/Session

Adventures Away (1 Week Sessions): \$405/week

Early Bird: \$90/Session

Extended Day: \$250/Session 2 (\$225/Session 3, no Ext Day Aug. 7)

Counselor In Training (CIT): \$250/Session

Summer Adventures Phone: 781 - 275 - 1015 (June 29 - August 7 only)

Recreation Department Phone: 781 - 275 - 1392

Recreation Department Fax: 781 - 687 - 6156

Website: Find information about Summer Adventures on the web. As the season approaches, bedfordrecreation.org will provide detailed information about Summer Adventures including information about activities, trips and events.
bedfordrecreation.org

***SUMMER ADVENTURES ...
A BEDFORD TRADITION SINCE 1975.***

OPEN WEEKDAYS 7:00 AM—6:00 PM: *Full and Half Day Options Available*

- ♦ Licensed by the MA Office of Early Education and Care
- ♦ For children entering Kindergarten* - grade 6 (*must be age 5)
 - ♦ Structured and unstructured activity options
 - ♦ Air-Conditioned
 - ♦ Outdoor play areas
- ♦ Special performances and presentations

Kids' Club membership required (\$50 annual fee, complete child forms packet required, membership is good for the 2020–2021 school year for scheduled care or drop in care)

Fees

Full Day - \$67/day
Morning (7:00 - 12:30) - \$40/day
Afternoon (12:30 - 6:00) - \$40/day



Great option for care after Recreation Summer Programs such as:

Summer Stock (Page 45)
Drama Kids (Page 45)
Mural Making (Page 45)
Geometric Art (Page 45)
Summer Rec Dance (Page 45)
Spectacular Science (Page 46)
Flix Programs (Page 47)
Origami (Page 47)
Poetry (Page 47)
Robotics using Lego (Page 48)
Mine, Craft, Build (Page 48)

Hands on Electronics (Page 49)
Scratch Programming (Page 49)
Lego Civics (Page 50)
Expert Architects (Page 50)
FAST Multi Sport Session 1 (Pg 50)
Baseball Clinic (Page 52)
BHS Basketball Clinic Session 2 (Page 53)
Performance Soccer Clinic Session 2 (Page 53)
Field Hockey Clinic (Page 53)

SUMMER FUN AND SCHOOL YEAR 2020- 2021 SCHEDULED CARE REGISTRATION OPENS MAY 1.

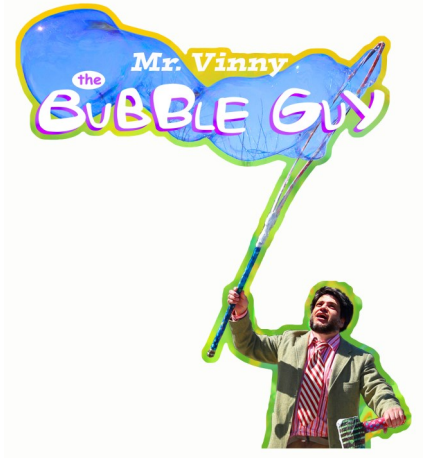
This includes registration for Before School, After School, Summer and School Vacation Care.

MEMBERSHIP FORMS PACKETS MUST BE COMPLETED PRIOR TO REGISTRATION. Membership Forms Packets available online April 1, 2020.

Follow the Kids' Club link on the Recreation website for registration information, forms, tuition, schedules and information about the Kids' Club program.

For more information: 781-275-5427 or kidsclub@bedfordma.gov

Summer Events in Celebration of Our Community!



SPECIAL SUMMER CHILDREN'S EVENTS ACCOMPANYING TOWN CONCERTS

Thursdays, July 9-July 30, 7:00 PM at 12 Mudge Way

No fee for these Special Events

(Please see page 3 for description of bands)

Thursday, July 9

Special Event: Trackless Train & Giant Slides

Trackless train rides and inflatable slides for children's entertainment!

(Band: Tom Bruhl Trio)

Thursday, July 16

Special Event: Vinny the Bubble Guy

Ever popular Vinny the Bubble Guy brings bubbles and games to entertain!

(Band: Cold Chocolate)

Thursday, July 23

Pony Rides

Free Pony Rides for Kids

100 Lb Weight Limit

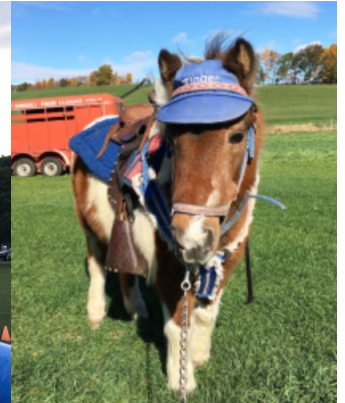
(Band: The Party Band)

Thursday, July 30

Summer Adventures/Kids' Club Family Picnic

This event is an opportunity for participants of these programs and all of Bedford's children to bring their families, bring a picnic and enjoy the company of friends and program staff while listening to music. Activities provided throughout the evening by Recreation Staff.

(Band: Club Soda)



Summer Preschool Programs

Summer T-Ball Clinic (Ages 3-5)

Instructor: Tim French & Staff

It's summer and time to play ball! Tim French and his staff of knowledgeable and energetic coaches will introduce the fundamentals of t-ball in this introduction to the world of baseball. Fundamentals will be practiced through a variety of developmentally appropriate drills and activities designed to make learning the sport fun. Skills learned will be applied to game situations. Bring glove, water, sneakers and athletic clothing.

Wednesdays, 7/8-8/5
5:30-6:30 PM
Springs Brook Park Field

Fee: \$80
Min 15/Max 50

Mini-Hawk: Soccer, Baseball & Basketball (Ages 4-6)

Instructor: Skyhawks

This multi-sport program offers children a first step into athletics. The essentials of each sport are taught in a fun, safe, structured environment with lots of encouragement. All games and activities are designed to enable children to explore balance, movement, hand/eye coordination and skill development at their own pace. **Annual physical and immunization history records must be submitted to Bedford Recreation prior to the start of the program per Board of Health regulations.**

Monday-Friday, 7/20-7/24
9:00-12:00 PM
Lane School Gym/Fields

Fee: \$168
Min 8/Max 20

Summer Soccer for Preschoolers (Ages 3-5)

Instructor: Soccer Shots

Soccer Shots is the official children's soccer program of US Youth Soccer for ages two to five. The program follows a curriculum that is aligned with Massachusetts early learning standards that teaches soccer skills in a fun, non-competitive environment. Coaches are trained in age appropriate instruction and specialize in working with young children. Created and franchised by two professional soccer players, the sessions focus on basic soccer skills like dribbling, passing and shooting, and incorporate a value such as respect, teamwork and appreciation. Through fun activities and positive reinforcement, children experience the joy of playing soccer and being active. Each child will receive a medal at the end of the program and a ball to borrow at each class.

Try it for free first! Tuesday, June 30 (must register for trial class to attend)

Age 3 & 4: 9:00-9:35 AM

Age 4 & 5: 9:45-10:30 AM

Location: 12 Mudge Way
(field near town playground)

Class Option 1:

Monday-Thursday, 7/6-7/9
9:00-11:00 AM
Davis School

Fee: \$178

Min 4/Max 20

Class Option 2:

Tuesdays, 7/14-8/18
Age 3-4: 9:00-9:35 AM (Min 4/Max 10)
Age 4-5: 9:45-10:30 AM (Min 4/Max 10)
12 Mudge Way Field (near town playground)

Fee: \$90

Hands-on Science FUN for Preschoolers (Ages 3-5)

Instructor: Top Secret Science

Children will explore up to 10 weird and wacky hands-on science experiments each day and they will make and take home at least 5 different projects over the course of the week. The scientists keep the classes moving quickly and with humor to kids the kids entertained and engaged and learning. They will explore weird motions and flying things, air and water pressure; crazy stuff. Each child receives a t-shirt.

Monday-Friday, 7/20-7/24
9:00-12:00 PM
Lane School Cafeteria

Fee: \$129

Min 15/Max 25

Kindermusik Family Summer Class (Ages 0-4)

Instructor: Bernadette Baird

This music-filled class celebrates the joys of growing children. Each week, children will love singing, dancing, and playing instruments with parents/caregivers and their new friends as they practice skills such as gross motor and fine motor, turn taking, social, and active listening. Bernadette also shares tips and ideas for using music throughout the week. Class includes at home digital materials.

Wednesdays, 10:30-11:15 AM
Session 3: 6/3-6/24

Fee: \$60

Location: 12 Mudge Way, Active Room

Summer Youth Programs

HISTORY

Colonial Kids' Week (Ages 8-12)

Instructor: Friends of the Job Lane House

What skills would you have needed to live life before the Revolution? Come to our Colonial Kids' Week and find out! There will be a variety of hands-on activities such as dipping candles, practicing militia drill, playing with colonial toys and games, sewing, and more. Each day includes a take-home craft to demonstrate your new "old" skills.

Monday-Friday, 6/22-6/26

10:00-12:00 PM

Job Lane House, 295 North Road, Bedford

Fee: \$138

Min 5/Max 12



Mini Barn Raising (Ages 6-12)

Instructor: Tom Musco & Deb D'Amico

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

Saturday, July 25

2:00-4:00 PM

Job Lane Barn, 295 North Road, Bedford

(Raindate: Sunday, July 26)

Fee: \$28

Max 10

Summer Youth Programs

FARMING & GOAT YOGA

Summer Farm Program (Entering Grades K-5)

Instructor: Chip-in Farm

Join the farmers to experience life on a real working farm this summer. Feed and care for the animals, search for eggs, harvest crops, and more! You will learn about the farm and surrounding environment through hands-on activities, crafts, games, and cooking projects. Be sure to wear closed-toe shoes (boots are best) and come prepared to get dirty! Class will meet rain or shine, and we will be outside or in the barn for most of the day. This is a drop off program and parents are not required to stay with the class.

Tuesday-Friday

Full Day: 9:00-3:00 PM

Half Day: 9:00-12:00 PM

Fee: \$255 (Min 6/Max 15)

Fee: \$164 (Min 6/Max 15)

Grades K-2:

Session 1: 6/30-7/3

Session 2: 7/7-7/10

Session 3: 7/14-7/17

Grades 3-5:

Session 1: 7/28-7/31

Session 2: 8/4-8/7

Session 3: 8/11/8/14

Location: 201 Hartwell Road, Bedford

Goat Yoga (Ages 2-5)

Siblings under 2 included at no fee

Instructor: Chip-In Farm

Join us at Chip-In Farm for a fun family yoga class featuring friendly baby goats. Classes will be taught by Julie Aronis of Little Elephant Yoga. Participants will move, stretch, explore animal poses and of course pet and play with baby goats! The classes take place outside on the farm, so please dress for the weather. Yoga mats will be provided. Participants are welcome to bring a blanket or towel to use over the mat. Parents/caregivers and siblings under 2 are invited to participate.

10:15-11:00 AM

Session 1: Saturday, 6/14

Session 2: Saturday, 8/15

Location: Chip in Farm, 201 Hartwell Road

Fee: \$25/family/session

Min 5/Max 12



JUNIOR SUMMER STOCK (Entering grades 4-9)

Director: Amy Budka

This is a 4-week musical theater production experience. Participants will work on all different aspects of musical theater performance -singing, dancing, character development and stage blocking. Participants will help with designing and crafting scenery, props and costumes. The play is chosen with group members in mind. An audition is held in early June at both JGMS and Lane so that casting can take place before the program starts. Cast members must be at rehearsal every day, so check your family vacation schedule before making a commitment to Summer Stock. Occasionally, some members may be asked to stay later than 1:00 PM. There are typically two performances during the final week. *For child care—make it a Kids' Club Combo by turning in an Outside Activities Form to the Kids' Club office.*



Mon-Fri, 7/13-8/7

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

John Glenn Middle School Auditorium

Fee: \$514

Min 24/Max 40



Drama Kids Playhouse: Rockstartopia (Ages 5-12)

Instructor: Drama Kids

Join Drama Kids for this theater driven program that offers an exciting and highly charged opportunity for your children to explore their love of theater. It is time to rock out! Join your new band to record your newest hit, play a concert for your fans, and let your inner Rockstar free! This program will conclude with a short presentation created by the students. This program is eligible for a Kids' Club Combo by turning in an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/10-8/14

9:00-3:00 PM

John Glenn Middle School

Fee: \$387

Min 15/Max 40

Mural Making Madness (Entering Grades 2-5)

Instructor: Sarah Scoville

Spend a week designing, collaborating, and ultimately painting a mural on a wall inside The Corner (the Town's youth center). Please bring your creativity, snack and a lunch. This program is eligible for a Kids' Club Combo by turning in an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/10-8/14

9:00-1:00 PM

12 Mudge Way

Fee: \$200

Min 10/Max 20

Geometric Art (Entering Grades 4-6)

Instructor: Sarah Rebilas

Geometric patterns are found everywhere in our world—especially in art! Join us for an exploration of lines, circles, squares, symmetry and more. We will be inspired by patterns in zentangle, mandalas, Islamic art, and many other sources. We will use a variety of techniques and tools, including coloring, drawing, tiling, Spirograph, and string art. Each day, you will go home with completed pieces of art. This program is eligible for a Kids' Club Combo by turning in an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/3-8/7

1:00-4:00 PM

JGMS Café

Fee: \$181

Min 6/Max 15

Bedford Dance Summer Program (Ages 6-9)

Instructor: Taylor Loesch, Bedford Recreation Dance Instructor

Join us for a week of Bedford Dance fun! Kids will be introduced to various styles and techniques of dance all with an emphasis of FUN! There will be dance themed games, crafts, and a small dance routine will be learned throughout the week. A great way to engage children in the beautiful art of dance! Please bring a snack, water and wear comfortable clothing. Dancers may dance in bare feet, ballet shoes or jazz shoes. This program is eligible for a Kids' Club Combo by turning in an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/10-8/14

1:00-4:00 PM

12 Mudge Way

Fee: \$103

Min 12/Max 25

Summer Youth Programs

ART

ArtWeek Workshops with ArtSpark

Instructor: Trish Ng, ArtSpark

All classes are held at the ArtSpark Studio, 41-55 North Road, Bedford (Emerson Medical Building, 1st Floor)

ArtSpark School of Visual Art is pleased to offer ArtWeek Workshops. These 4-day (Monday through Thursday) workshops are 2.5 hours long each day. They include a variety of projects such as daily drawing, sculpture, lettering, collage and other fun, age-appropriate art projects. All materials are provided and small class sizes offer optimal one-on-one instruction. There is a quick snack break each day so feel free to bring something to eat and drink. Learn something new and have fun creating this summer!

Fee/Session: \$250 Max 6/session

Session A: 6/22-6/25 Age 6-8: 9:30-12:00 PM Age 9-11: 1:00-3:30 PM	Session B: 6/29-7/2 Age 9-11: 9:30-12:00 PM Age 6-8: 1:00-3:30 PM
Session C: 7/13-7/16 Age 6-8: 9:30-12:00 PM Age 9-11: 1:00-3:30 PM	Session D: 7/20-7/23 Age 9-11: 9:30-12:00 PM Age 6-8: 1:00-3:30 PM
Session E: 8/17-8/20 Age 6-8: 9:30-12:00 PM Age 9-11: 1:00-3:30 PM	Session F: 8/24-8/27 Age 9-11: 9:30-12:00 PM Age 6-8: 1:00-3:30 PM

Summer Youth Programs

ENRICHMENT/STEM

Introduction to Video Production (Entering Grades 3-5)

Instructor: Bedford TV

Learn how to create and star in a new show for kids and by kids. The Bedford TV Studio, green screen and professional cameras will be used to teach you all 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.

Film Making (Entering Grades 6-8)

Instructor: Bedford TV

Create and star in your own film! Students will be given a prompt and will be guided through the pre-production scriptwriting process as a class. Film recording will take place in and around Bedford TV. During post-production, small teams will work to edit a film scene. There will be a quick overview of camera basics at the start of class, but previous video experience is recommended. A private YouTube link of the film will be provided. Please note, parents are responsible for transportation to and from this program.

Mondays, 7/13-8/3
2:00-4:00 PM
Bedford TV Studio, 16 South Road
Fee: \$180
6 wks
Min 4/Max 9

Tues, Weds & Thurs
7/14-8/6 (6 wks)
Bedford TV Studio, 16 South Road
Fee: \$450
2:00-4:00 PM
Min 4/Max 10

Spectacular Hands on Science! (Entering Grades K-5)

Instructor: Top Secret Science

Participants will explore up to 20 weird and wacky hands-on science experiments daily and they will make and take home at least 10 different projects during the week. The scientists keep things moving and use humor to engage, entertain and teach the children. Topics to be explored include weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. There will be 50% new projects from last summer. Each child will receive a t-shirt and a scientist trading card set. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.



Monday-Friday, 6/22-6/26
9:00-3:00 PM
John Glenn Middle School
Fee: \$215
Min 15/Max 25

Action Movie Flix (Ages 7-11)

Instructor: IncrediFlix

Adventures await you in these high intensity movies! Use a green screen, camera tricks, and special effects to create your own live action movie. Collaborate with others to write, act and direct in this stunt packed movie. Action choreography will be incorporated to thrill the audience *All flix are emailed a month after program ends.

Monday-Friday, 6/22-6/26	Fee: \$213
9:00-12:00 PM	
Lane School Cafe	Min 6/Max 8

Lego Flix (Ages 7-11)

Instructor: IncrediFlix

Bring Lego worlds to life! Legos provided; you provide your imagination. Work in groups to create a Lego set with Lego characters for a stop-motion movie. Participants will storyboard, shoot, and add voice-overs too. *All flix are emailed a month after the program ends.

Monday-Friday, 6/22-6/26	Fee: \$196
1:00-4:00 M	
Lane School Cafe	Min 6/Max 14

Action Movie Flix & Lego Flix Combo: Register for the full day combo of these two programs. Program runs 9:00-4:00 PM. Lunch supervision is provided (Max 10) Fee: \$374

Action Stop Motion Flix (Ages 7-11)

Instructor: IncrediFlix

Use stop motion tricks to create fires, explosions, and even floods, as your characters battle it out or work together to save the day in this action packed stop motion class. Work in small groups to storyboard, create the action, film, and voice-over these exciting movies. *All flix are emailed a month after program ends.

Monday-Friday, 7/13-7/17	Fee: \$190
9:00-12:00 PM	
12 Mudge Way	Min 6/Max 14

Minecraft vs. Roblox Flix (Ages 7-11)

Instructor: Incredeflix

Make a Mincecraft move, or make a Roblox movie, or make a mashup movie! Choose Minecraft or Roblox action figures to create a movie full of games or challenges for your character. Work in small groups to create and voice-over your movies in this stop-motion movie making class. *All flix are emailed a month after the program ends.

Monday-Friday, 7/13-7/17	Fee: \$190
1:00-4:00 PM	
12 Mudge Way	Min 6/Max 14

Action Stop Motion & Minecraft v Roblox Flix Combo: Register for the full day combo of these two programs. Program runs 9:00-4:00 PM. Lunch supervision is provided (Max 10) Fee: \$357

Paper Crafting: Origami & More! (Entering Grades 4-6)

Instructor: Sarah Rebilas

Create beautiful art by folding and cutting paper! As you have fun making origami shapes, objects, and animals using this ancient art of paper folding, you will use problem-solving, geometry, and thinking skills. This program also involves different paper crafts, such as iris folding, kirigami, quilling, and more. You will go home with multiple completed 2D or 3D projects along with the skill to create more on your own. You will be amazed at what you can create with simple squares of paper! This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 6/29-7/3	Fee: \$181
9:00-12:00 PM	
JGMS Café	Min 6/Max 15

Show 'Em Your Poem: Reading & Writing Poetry (Entering Grades 3-5)

Instructor: Sarah Rebilas

Calling all poets! Join us to explore the world of poetry! We will read numerous poems for fun and inspiration. Then, we will write our own poems using various elements of poetry, including rhyming, repetition, alliteration, personification, similes, and metaphors. We will also learn how to write different types of poetry, such as concrete poems, haiku, free verse, and more. Each day, you will go home with at least two published pieces of poetry; you will also have a poetry journal to store all of your writing! Sign up now to develop and share your creativity and power of expression through poetry. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 6/29-7/3	Fee: \$181
1:00-4:00 PM PM	
JGMS Café	Min 6/Max 15

Robotics using Lego® WeDo® System (Ages 6-8)

Instructor: Play Well TEKnologies

Build and program robots in this introductory robotics class using LEGO® WeDo® system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for more advanced PWT robotics programs. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 7/27-7/31	Fee: \$207
9:00-12:00 PM	
12 Mudge Way	Min 9/Max 18

Robotics using the LEGO® NXT System (Ages 9-12)

Instructor: Play Well TEKnologies

Build and program robots using the LEGO® Mindstorm NXT system! Learn about mechanical and software design, loops, conditional statements, problem-solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigate environment. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 7/27-7/31	Fee: \$207
1:00-4:00 PM	
12 Mudge Way	Min 9/Max 18

Mine, Craft, Build: Adventure Game with LEGO® Materials (Ages 5-6)

Instructor: Play Well TEKnologies

Bring Minecraft to life using LEGO® bricks! Resourcefulness, creativity, and cooperation come together in this unique building adventure game. Roll the dice to mine for resources and use these resources to build special items to help in the adventures. Build a Zoo, create a Medieval Castle, and design a Tree House Village. This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft or the LEGO® building system. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/3-8/7	Fee: \$173
9:00-12:00 PM	
12 Mudge Way	Min 11/Max 24

Mine, Craft, Build: Survival Game with LEGO® Materials (Ages 7-11)

Instructor: Play Well TEKnologies

Bring Minecraft to life using LEGO® bricks! Resourcefulness, creativity, and cooperation come together in this unique building adventure game. Roll the dice to mine for resources, craft tools, and watch out for Creepers! This ultimate LEGO Minecraft experience is an original game designed by Play-Well instructors, using gameplay elements and characters inspired by the popular Minecraft video game. Students will have a blast, even without any prior experience with Minecraft or LEGO® materials. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/3-8/7	Fee: \$173
1:00-4:00 PM	
12 Mudge Way	Min 11/Max 24

Kids' Test Kitchen Summer Program

Instructor: Kids' Test Kitchen Staff

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to *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, we will slice, dice, peel, measure, and cook until we have prepared the finished dish. The summer offers a bounty of seasonal, nourishing, and delicious ingredients to work with – and we intend to use them! There are lessons planned that will satisfy cravings for both sweet and savory. At the end of class your 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 eaters!** Kids have food allergies, but they should not miss out on the fun. The instructors know allergies and 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.** This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Entering Grades K-2
Monday-Friday, 6/29-7/3
12 Mudge Way

Fee: \$242
9:00-11:30 AM
Min 8/Max 12

Entering Grades 3-5
Monday-Friday, 7/6-7/10
12 Mudge Way

Fee: \$242
9:00-11:30 AM
Min 8/Max 12

Summer Youth Programs

ENRICHMENT/STEM

Circuit Makers 101 (Entering Grades 1-3)

Instructor: Circuit Lab

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience creating their own electronics by designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components such as lights, buzzers, switches, motors, and sensors. Each class day includes a take-home project.

Monday-Friday, 8/10-8/14

Fee: \$174

9:00-12:00 PM

Lane Cafeteria

Min 7/Max 20

App Inventors (Entering Grades 4-7)

Instructor: Circuit Lab

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, MIT App Inventor software is used to make fun, creative apps for Android phones and tablets. Wireless communication will be explored by building custom bluetooth hardware controllers and readouts for apps. Participants will learn both the programming and design aspects of creating great apps as they build apps of their own with the support of Circuit Lab instructors.

Monday-Friday, 8/10-8/14

Fee: \$174

1:00-4:00 PM

Lane Cafeteria

Min 7/Max 20

Hands-On Electronics (Entering Grades 3-6)

Instructor: Circuit Lab

Tinker with electronics while learning the basics of computer programming. Begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects designing interactive and programmable devices. Use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day provides an opportunity to design a hands-on project with the guidance of skilled Circuit Lab instructors. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/24-8/28

Fee: \$174

9:00-12:00 PM

JGMS Café

Min 7/Max 20

Scratch Programming (Entering Grades 3-6)

Instructor: Circuit Lab

Let's write some code! In this class, designed for computer programming beginners, Scratch programming language will be used to create interactive stories, animations, and even custom computer games. Scratch was developed by MIT, and has a user-friendly interface that is fun and intuitive. Through their projects, participants will also develop logical thinking skills and an understanding of how computers work. No previous programming experience is necessary. At the end of the class, participants can keep copies of their programs to take home or continue developing in the online Scratch community. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/24-8/28

Fee: \$174

12:45-3:45 PM

JGMS Café

Min 7/Max 20

Hands on Electronics & Scratch Programming Combo: Register for the full day combo of these two programs. Program runs 9:00-3:45 PM. Lunch supervision is provided (Max 10) Fee: \$317

Amazing Middle School Hand's-On Science (Entering Grades 5-8)

Instructor: Top Secret Science

This program is geared for middle school students who just can't get enough science. Students will explore up to 20 weird and wacky hands-on science experiments daily and make and take home at least 10 different projects. Over the course of the week. The scientists move quickly and use humor to keep students engaged, entertained and learning. Physics, simple machines, forms of energy, crazy chemistry, science games, science magic and more topics will be explored. Be prepared for lots of fun stuff. Each child receives a Scientist Trading Cards boxed set and Top Secret Science Tee Shirt!

Monday-Friday, 7/6-7/10

Fee: \$207

9:00-3:00 PM

JGMS Cafe

Min 15/Max 25

Summer Youth Programs

ENRICHMENT/STEM

Lego Civics Project (Entering Grades 3-5)

Instructor: Right Brain Curriculum

As students build a fully-planned and intricately-designed Lego city, they also learn to govern it. Students learn about elections, laws, city planning, economics and the environment as they serve on a city council that must make key governing decisions about their city. They work on committees to design their official city flag, design their city's currency and create a constitution of laws. Students have the opportunity to run for mayor, open their own business, debate city issues and design city buildings. Social studies, history and civics have never been so much fun! This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/17-8/21

Fee: \$209

9:00-12:00 PM

JGMS Café

Min 8/Max 16

Expert Architects (Entering Grades 3-5)

Instructor: Right Brain Curriculum

The sky is the limit in *Expert Architects*! In this math, writing and presentation class, students serve as president of a new architectural firm and are tasked with designing and building the city's next skyscraper. Students study a kid-friendly history of skyscrapers and create a blueprint of their own stylized tall building. They then must weigh other considerations including the environment, traffic and surrounding buildings using Google Earth to find the perfect location for their project. The expert architects create a three-dimensional model of the structure and present their work to invited parents. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/17-8/21

Fee: \$209

1:00-4:00 PM

JGMS Café

Min 8/Max 16

Whiz-Bang War of Words: Debating for Beginners (Entering Grades 4-6)

Instructor: Jessica Evangelista

Join us for a whiz-bang war of words! A game-based approach to debating will be used as a fun-filled way to engage in the art of persuasion. You will learn how to formulate opinions, devise convincing arguments, and take multiple perspectives. Through games, improv activities, and role-playing, you will develop skills of empathy, self-confidence, rhetoric, and public speaking. Prepare to be entertained as you encounter thought-provoking scenarios and choose a side! This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 7/20-7/24

Fee: \$181

9:00-12:00 PM

JGMS Cafeteria

Min 6/Max 15

Scrapbooking for Beginners (Entering Grades 5-8)

Instructor: Jessica Evangelista

Capture your creativity and artistry in your very own scrapbook! Scrapbooking is a style of paper crafting that helps you document the stories of your most treasured memories through photos, memorabilia, and journaling. Showcase those photos hidden away on your phone with decorative papers, embellishments, and your personal touch. Create eye-catching layouts with a myriad of techniques, including layering, color-matching, stamping, die cutting, and more! By the end of the week, you will have a scrapbook of finished designs. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 8/3-8/7

Fee: \$181

9:00-12:00 PM

JGMS Cafeteria

Min 6/Max 15

Summer Youth Programs

SPORTS

F.A.S.T. Athletics Multisport Summer Program (Ages 7-12)

Instructor: F.A.S.T. Athletics

This program offers a variety of sports such as basketball, polo, dodgeball, world cup soccer and kickball and more using tournament and game formats. Session 1 of this program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office. **Annual physical and immunization history records must be submitted to the Bedford Recreation Department one week prior to the start of the program.**

Monday-Friday

Min 8/Max 28

Session 1: June 22-June 26 (Location: JGMS Gym & BHS Turf)

Full Day (9:00-3:00 PM) Fee: \$159

Half Day (9:00-12:00 PM) Fee: \$125

Session 2: August 10-August 14 (Location: Lane Gym and Fields)

Full Day (9:00-3:00 PM) Fee: \$150

Half Day (9:00-12:00 PM) Fee: \$115

Basketball Camp (Ages 7-11)

Instructor: Skyhawks Sports Academy

This skill-intensive program is designed for beginning to intermediate players. The program uses a progressive curriculum for skill development and addresses sportsmanship and teamwork as well. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense. Participants should bring a water bottle, several snacks and a lunch for full-day programs. All participants receive an award certificate, Skyhawks t-shirt and ball. **Annual Physical and immunization history records must be submitted to Bedford Recreation prior to the start of the program per Board of Health Regulations.**

Monday-Friday, 9:00-12:00 PM Fee: \$168/Session
Session 1: 6/22-6/26
Session 2: 7/13-7/17
Lane School Gym Min 8/Max 20

Beginning Golf (Ages 5-8)

Instructor: Skyhawks Sports Academy

Campers will learn the fundamentals of swinging, putting, body position, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided. Participants should wear appropriate clothing and shoes and bring snacks, a water bottle, and sunscreen. All participants receive an award certificate and Skyhawks t-shirt. **Annual Physical and immunization history records must be submitted to Bedford Recreation prior to the start of the program per Board of Health Regulations.**

Monday-Friday, 7/6-7/10 Fee: \$168
9:00-12:00 PM
Lane School Gym/Fields Min 6/Max 15

Multisport (Soccer, Baseball & Basketball) (Ages 7-12)

Instructor: Skyhawks Sports Academy

Multi-sport camps are designed to introduce young athletes to a variety of different sports. Athletes are taught the rules and essential skills of each sport, along with values such as respect and teamwork. Participants should wear appropriate clothing, shin guards (optional) and running shoes. Bring two snacks, a water bottle, a baseball glove, and sunscreen. All children receive an award certificate, Skyhawks t-shirt and ball. **Annual Physical and immunization history records must be submitted to Bedford Recreation prior to the start of the program per Board of Health Regulations.**

Monday-Friday, 7/20-7/24 Fee: \$168
9:00-12:00 PM
Lane School Gym/Fields Min 10/Max 30

Baseball Camp (Ages 7-12)

Instructor: Skyhawks Sports Academy

Learn the fundamentals of fielding, catching, throwing, hitting, and base running -- all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with values such as respect, teamwork and responsibility. Bring your glove, water bottle, snacks and sunscreen. All participants receive an award certificate and Skyhawks t-shirt. **Annual Physical and immunization history records must be submitted to Bedford Recreation prior to the start of the program per Board of Health Regulations.**

Monday-Friday, 7/27-7/31 Fee: \$168
9:00-12:00 PM
Lane School Gym/Fields Min 8/Max 20

Archery for Kids: Beginner & Intermediate (Entering Grade 3 and up)

Instructor: On the Mark Archery

The exciting Olympic sport of recurve archery emphasizes the importance of goal setting, patience and hard work to achieve results on an off the range. It encourages children to become more focused, confident and determined. This relaxed environment is perfect for individuals who are looking for an 'alternative sport' that enables them to advance at their own pace. Our engaging and passionate instructors will motivate students to help them reach their full potential. All equipment provided. **Note: in the case of inclement weather, this program will be moved to the Ripley School Gym located in Concord, MA (120 Meriam Road, Concord). Instructors will inform participants if there is a location change.**

Summer 1: Beginner

Fee: \$150

Monday-Thursday, 7/20-7/24
6:30-7:30 PM
Liljegren Field, 9 Mudge Way, Bedford
Min 10/Max 15

Summer 2: Intermediate

Fee: \$150

Wednesdays, 7/29-8/26
6:30-7:30 PM
Banta Davis Playing Fields, Carlisle
304 Bedford Road
Min 10/Max 15

Flag Football (Ages 6-14)

Instructor: New England Elite Sports Club

Athletes will be coached in offensive and defensive skills and cutting edge tactics of the game in practice situations and drills by experienced coaches. The learning environment encourages athletes to grow their abilities and knowledge of the game of football in a fun and safe environment, with ongoing positive reinforcement. The skills learned will be showcased in many flag football situational drills and games.

Coach Pitch Baseball (Ages 6-7)

Instructor: Tim French and Staff

It's summer and time to play ball! Tim French and his staff of knowledgeable and energetic coaches will introduce the fundamentals of t-ball. Fundamentals will be practiced through a variety of developmentally appropriate drills and activities designed to make learning the sport fun. Skills learned will be applied to game situations. Bring glove, water, sneakers and athletic clothing.

Mon-Weds, 9:00-2:00 PM Fee/Session: \$177
Session 1: 6/29-7/1
Session 3: 7/27-7/29
Davis School Gym Min 10/Max 40

Wednesdays, 7/8-8/5 Fee: \$80
6:30-7:30 PM
Springs Brook Park Field Min 15/Max 50

Baseball Clinic (Ages 6-12)

Instructor: Paul McGrath & Staff

Designed for beginners to all stars, this program makes learning the game of baseball fun. Participants will practice fundamentals through a variety of developmentally appropriate drills and activities. Skills learned and practices are applied in daily games.

Ages 6-7: Participate in coach pitch games, working on developing arm strength, driving the base ball and game sense.

Ages 7-12: Participate in playing games. Instruction is focused on development of short, fast and well balanced technique that trains hitters to utilize their lower body to generate bat speed. Work on arm strength for pitching, base running, fielding and team defense.

This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 9:00-11:00 AM Fee/Session: \$150
Session 1: 7/6-7/10
Session 2: 7/13-7/17
Session 3: 7/20-7/24
JGMS Baseball Fields Min 20/Max 50

2020 Bedford High School Boys Basketball Summer Clinic Series

(Entering Grades 4-9)

Instructor: Ryan Kilian, BHS Varsity Coach & BHS Basketball Team

This clinic is instructed by Bedford High School Coach Ryan Kilian, the Bedford High School boys basketball staff, and players. The focus is on skill development and team defensive and offensive concepts. The combination of skills and drills and competitive games and instruction offers a full-day basketball experience. All participants will receive a 2020 Bedford Basketball T-Shirt. Please bring a water bottle and lunch and wear appropriate athletic clothing for basketball. Please bring a basketball. A portion of the proceeds will go to the BHS Basketball program.

Option 1:

Entering Grades 6-9 Fee: \$176
Thursday & Friday, 6/25 & 6/26
9:00-3:00 PM
Davis School Gym Min 15/Max 50

Option 2:

Entering Grades 4-9 Fee: \$270
Tuesday-Thursday, 8/11-8/13
9:00-3:00 PM
BHS Gyms Min 15/Max 50
This program is eligible for a Kids' Club Combo.
Please turn in Outside Activities Form.

PROformance Soccer Clinic (Ages 5-14)

Instructor: PROformance Soccer

PROformance Soccer Clinics focus on improving key fundamental soccer techniques that help maximize individual player development. Staff consists of local coaches and current professional soccer players who have extensive knowledge of soccer and the ability to teach players game-improving skills. The Bedford Clinic is designed for all abilities, benefitting beginners and advanced level players. **Annual physical and immunization history records must be submitted to the Bedford Recreation Department one week prior to the start of the program.**

Monday-Friday, 9:00-2:00 PM

Fee: \$255/session

Session 1: 7/20-7/24 (location Davis School)

Session 2: 7/27-7/31 (Location JGMS) This session is eligible for a Kids' Club Combo

Session 3: 8/10-8/14 (location Davis School)

Min 25/Max 40

Viking Ninja Warrior Camp (Ages 7-12)

Instructor: Viking Sports

This high energy camp is where Boot Camp meets Ninja Warrior. At these camps, kids engage in a variety of activities that improve cardiovascular fitness, strength, and agility. Participants learn and practice specific sets of exercises that will help them tackle the Viking Ninja Warrior obstacle course at the conclusion of each day. Athletes will find themselves leaping from the ascending plyo boxes, bounding between quintuple steps, and even scaling the wall located in our ENORMOUS obstacle bounce house! Fitness is made fun by supportive coaches who engage the campers, ensuring that everyone stays on task and improves. Campers receive a T-Shirt and trophy. **Annual physical and immunization history records must be submitted to the Bedford Recreation Department one week prior to the start of the program.**



Session 1:

Monday-Thursday, 6/29-7/2 Fee: \$195

9:00-3:00 PM

Location: Lane School

Min 10/Max 80

Session 2:

Monday-Friday, 8/3-8/7

Fee: \$229

9:00-3:00 PM

Location: Lane School

Min 10/Max 80

Viking Multi-Sports Camp (Ages 5-12)

Instructor: Viking Sports

Viking's Multi-Sports Summer Camps include a variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and more sports, gym games, and camp activities. The goal is for every camper to have the most fun ever in a safe environment. At all of our Multi-Sport Camps, the week concludes with Tournament Day. Campers receive a Viking T-shirt and trophy. **Annual physical and immunization history records must be submitted to Bedford Rec one week prior to the start of the program.**

Monday-Friday, 7/13-7/17

Fee: \$200

9:00-3:00 PM

Lane School

Min 10/Max 80

Field Hockey Clinic (Entering Grades 4-8)

Instructor: Roseanne Ham & BHS Field Hockey

Learn the sport of Field Hockey from Bedford High School Field Hockey Players and coaches in this week-long clinic that teaches rules and positions of the game. Practice shooting, passing and dribbling. Reinforce skills learned through scrimmages. Players must bring: field hockey stick, goggles, shin guards, a mouth guard and water. A portion of the proceeds will go to BHS Field Hockey. This program is eligible for a Kids' Club Combo by submitting an Outside Activities Form to the Kids' Club office.

Monday-Friday, 6/29-7/3

Fee: \$184

9:00-11:00 AM

BHS Turf/JGMS Gym

Min 10/Max 40



YOUTH TENNIS LESSONS With KA Tennis BHS TENNIS COURTS (Ages 5-14)

Kyle Anderson is a PTR and USTA certified instructor with more than 22 years full time instructing experience. Sessions teach the fundamentals of tennis in an energetic atmosphere. Each day will focus on a different stroke and practicing those already learned. Drills and games are simple, effective and fun. As the week progresses, more time is devoted to rallying skills and points. With sufficient enrollment, classes will be grouped by levels.



WEEKLY DAY LESSONS: MONDAY-THURSDAY (Fri make up)

Ages 5-6: 8:30-9:05 AM (Max 12) Fee: \$46
Ages 7-9: 9:15-10:15 AM (Max 12) Fee: \$80
Ages 10-14: 10:15-11:45 AM (Max 12) Fee: \$118

Session 1: 6/22-6/25	Session 5: 7/20-7/23
Session 2: 6/29-7/2	Session 6: 7/27-7/30
Session 3: 7/6-7/9	Session 7: 8/3-8/6
Session 4: 7/13-7/16	Session 8: 8/10-8/13

NIGHT LESSONS: Mondays, Wednesdays & Thursdays

Ages 5-6: 5:00-5:45 PM (Max 12) Fee: \$44
Ages 7-9: 6:00-7:00 PM (Max 12) Fee: \$71
Ages 10-14: 7:15-8:30 PM (Max 12) Fee: \$88

S1: 6/22, 6/24, 6/25	S5: 7/20, 7/22, 7/23
S2: 6/29, 7/1, 7/2	S6: 7/27, 7/29, 7/30
S3: 7/6, 7/8, 7/9	S7: 8/3, 8/5, 8/6
S4: 7/13, 7/15, 7/16	S8: 8/10, 8/12, 8/13

SATURDAY LESSONS:

This 6 week program is designed to improve the game by working on mechanics and rallying skills. For the younger players, the intent is to introduce them to the fundamentals of strokes. Further attention is given to the serve and point strategy in the 10-14 year old group. Hands on approach as well as fun games make this class effective for all ages.

Saturdays, 6/20-8/1 (no class 7/4) 6 weeks

Ages 5-6: 9:00-9:35 AM (Max 12) Fee: \$69
Ages 7-9: 9:45-10:45 AM (Max 12) Fee: \$118
Ages 10-14: 10:45-12:15 PM (Max 12) Fee: \$176
Advanced Clinic 1, Ages 8-12: 12:15-1:45 PM (Max 10) Fee: \$176

*Advanced clinic requires instructor approval before registration

BEDFORD RECREATION REGISTRATION FORM
FAX: 781.687.6156

Name:	Grade Fall 2019:	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: Work Phone: Cell Phone: Email:	For minor participants: Father's Name: Work Phone: Cell Phone: Email:		For all participants: Emergency Contact Name: Phone: Relationship:	
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?				

Child's Soccer Shirt # if applicable: _____	Optional: Parent Volunteer to Coach/Chaperone? _____
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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 Assistance? (please note application procedures in brochure) _____

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

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

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

Additional forms @www.bedfordrecreation.org or photocopy.

Bedford Recreation Department
12 Mudge Way
Bedford, MA 01730

Standard Mail
Postage Paid
Permit 42
Bedford, MA 01730

Residential
Postal Customer
Bedford, MA 01730



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www.bedfordrecreation.org

Back cover photo courtesy of Jeff Hoyland