



Bedford Recreation



Activities 2013

REGISTRATION FOR YOUTH PROGRAMS BEGINS SEPT. 5, 2013
Please note that online registration opens at midnight

ADULT PROGRAM REGISTRATION IS NOW OPEN

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730

Office located on 2nd floor of the Yellow Town Center Building

Phone: 781-275-1392

Fax: 781-687-6156



REGISTRATION INFORMATION

(Waivers are required for all Recreation Department Programs)

PLEASE NOTE: Online registration opens at midnight

Unless otherwise specified, Recreation Registration Procedure is as follows:

***MAIL** (check payable to "Town of Bedford," MC or VISA #)

***FAX** (W/MC OR VISA #)

***DROP-OFF**

***REGISTER ONLINE.**

All registration is limited. Please use forms in this brochure. Receipts will be mailed.

Wait list status will be indicated on the receipts if the session you choose is full.

Classes will NOT be prorated.

TO REGISTER ONLINE

www.bedfordrecreation.org, to "Register Online" link.

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online). Write down your customer number for future online transactions.

Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult, do not set up acct. using child's name and info. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION

Unless otherwise noted, there is a \$5/program non-resident fee.

REFUND/CANCELLATION PROCEDURES

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. There is no refund given after the 3rd class.
2. Special Events/Activities and Field Trips: no refunds
3. Classes that are not self-supporting (due to low enrollment) will be canceled.
4. These refund policies do not apply to programs for which other refund policies are stated.

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.
2. Recorded message or website will be used for cancellations.
3. Children must be picked up on time after all activities.
4. The Recreation Department attempts to meet the needs of all residents. Those requiring special assistance should contact the Recreation Director.
5. Classes will not be held during vacation weeks unless otherwise specified.
6. On school early release days, classes held at regular times unless otherwise noted. Parents are responsible for transportation.
7. If Bedford Schools are closed due to weather, Rec. programs based in schools will be canceled. Check website for updates on other program cancellations.
8. Financial aid may be available upon request.
9. \$25 penalty fee for all returned checks (Finance Dep't policy)
10. Transportation to Rec. programs, when provided, will be by Bedford Charter Service, unless otherwise noted.

KIDS' CLUB

Celebrating 20 years of Care!

Bedford Recreation KIDS' CLUB is a school age child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers before school, after school, and school vacation options for children in grades K - 5. . Transportation is provided to school (Before School Program) and from school (After School Program) by Bedford Charter.

Housed in the brick wing of the Town Center Building (beside the Recreation Office), KIDS' CLUB is a great place for kids to spend time when not in school. Children enjoy selecting activities from a variety of structured and unstructured options both inside and outdoors. KIDS' CLUB staff members incorporate learning in fun and relevant activities, keeping in mind the developmental needs of the children and the Massachusetts Frameworks for Education.

For more information regarding programming, fees and registration:

Nancy Cormier, KIDS' CLUB Director

Kate Farrell, Department Assistant

781-275-5427, kidsclub@bedfordma.gov

www.bedfordrecreation.org (follow the KIDS' CLUB link)

TICKET INFORMATION

CAPE ANN WHALE WATCH TICKETS

No expiration!

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110. More information and directions can be found on the website. The Whaling season runs through October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Tickets non-refundable. (Not valid to use for the Saturday, 1:30 trip from June 30 thru Labor Day). Pick up tickets at the Recreation Office.

Tickets: \$25 each (regularly \$48 adults/\$33 for children)

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Our tickets cost \$7.00 (regular price \$10.50). Tickets are valid after the first two weeks of a new release. They do not expire and they can be used at all AMC/Lowe's Theaters including the Burlington Theater. Buy them today at the Recreation Office! *Movie theatre may charge additional fees at the box office for 3-D movies.*

BEDFORD DAY 2013

SEPTEMBER 21, 2013

PARADE: BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way. **Parade steps off at 10:30!**



FAIR: Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair! The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex.

BOARD OF HEALTH FREE FLU SHOTS AND HEALTH SCREENINGS AT BEDFORD DAY:

The Bedford Board of Health is offering FREE flu shots at Bedford Day on Saturday, September 21, 2013 from 9:00 am to 1:00 pm. Look for us under the big white tent. The flu shots are available to residents of Bedford 8 years of age and older and are free of charge. It is important for you to bring ID and insurance cards to this event as we may be able to be reimbursed for the cost and administration of the flu vaccine. Children under the age of 18 must be accompanied by a parent or guardian and we ask that anyone receiving a vaccination wear clothing that allows for easy access to their arm for vaccine administration. Please speak to your provider or your child's pediatrician if you have questions about the influenza vaccine for yourself or your child.

Also on Bedford Day, the Board of Health is once again partnering with Emerson Hospital to provide FREE health screenings to our community. Blood pressure screening and blood testing for cholesterol levels, PSA and thyroid function will be offered. If requesting cholesterol screening, you must fast for 12 hours (no food or drink except water should be taken by mouth 12 hours prior to the screening). If fasting is not done, a total cholesterol screening will be done. Emerson's Physical Therapy group will staff another booth and offer additional screenings.

The Board of Health and Healthy Bedford will also be on hand to provide health and wellness information to the community. Stop by for information about the Home Medical Sharps Collection being held on Saturday, October 26th and pick up a free sharps container. The Emerson Hospital and Bedford Board of Health tent will be open at 9:00 am to begin the flu shots and screenings. Please remember that you must refrain from any food or drink, except water, for the required 12 hour period if you are interested in a full lipid cholesterol screening.

Please note that the parking of vehicles at Town Hall is prohibited during this busy event! It is strongly advised that you approach our tent on foot from the area of South Road.

We hope to see you at Bedford Day!

BEDFORD DAY SEVERE STORM INFORMATION

The Town of Bedford Bedford Day Fair and Parade are held rain or shine. If we encounter weather that is severe and threatens the safety of participants, the events will be postponed to Saturday, September 28. The decision to postpone would be made by 7:00 a.m. on September 21 and the information would be posted on the Town website (www.bedfordma.gov) and recorded on the Recreation Department answering announcement (781-275-1392).

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

*Avoid the parking crunch... ride your bike to Bedford Day!
The Bicycle Advisory Committee will provide free and secure on-site bike parking*

OTHER BEDFORD DAY ACTIVITIES INCLUDE:

**DANNY OATES ROAD RACE
ARTS & CRAFTS SOCIETY'S ART EXHIBIT
LIBRARY BOOK SALE**

More Bedford Day Info on next page!!

BEDFORD DAY 2013

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

The 19th Danny Oates Memorial 5K race and 2.5K walk will be held September 21 at the John Glenn Middle School in Bedford MA. As part of Bedford Day, the race starts at 8:30 (registration at 7:30) to make sure participants can get to the parade and fair in plenty of time.

A Kids' Fun Run will be held prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the field. All kids get a medal!

The Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute to the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship.

For additional information and registration please visit www.dannyoates5k.com

BEDFORD ARTS AND CRAFTS SOCIETY'S 14TH ANNUAL REGIONAL ART EXHIBIT:

The 14th Annual Regional Art Exhibit will be held in the Union Room in the Town Center Building from 10:30 a.m. to 3 p.m. Art work will be received on Thursday Sept. 19h, from 9:30am to 12:30pm. (entry fee \$10 for BACS members and \$12 for nonmembers). It will be judged for awards and hung that afternoon. The show is open to the public on Friday the 20th during Town Center Building business hours, 8am to 4 pm; and on Bedford Day, September 21, from 10:30 a.m. – 3:00 p.m. as well. Awards will be presented at 1:00 p.m. on September 21. Information about eligibility and requirements is available on the applications, which are available in the yellow Town Center Building, the COA, Town Hall and the Bedford Public Library.

FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE: The Friends of the Library will be having their fall book sale — Friday, September 20: 1:00 to 5:00 pm, Saturday, September 21: 10:00 to 4:00 pm, Sunday, September 22: 1:00 to 4:00 pm. Plenty of great books, DVD's, music cd's and audio books for the whole family!

TREE LIGHTING

The Town of Bedford's Annual Holiday Tree Lighting Event will take place in early December. The date will be announced on www.bedfordrecreation.org, in the Recreation Winter Brochure, on the Recreation Facebook page, and in school announcements.



E-NEWS

Sign up for Recreation E-News!

Once you register, you will remain on the list, no need to register again!

- Information about new programs
- Information about registration
- Important news from the Recreation Department

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-News.

To enroll, add "E-News" to your registration form, enroll online at www.bedfordrecreation.org (this is listed in the "Special Events" category), or call the Recreation office at 781-275-1392.

You may also stay in the loop by "liking" us on Facebook.

NEIGHBORS HELPING NEIGHBORS

NEIGHBORS HELPING NEIGHBORS FUND: This fund has been established to make funds available for those Bedford residents who might not be able to afford Recreation programs. If you are able to make a donation, your contribution will be greatly appreciated. Make a donation with our online registration! Just add Neighbors Fund to your cart & adjust the "Quantity" to the amount you would like to donate.

PRESCHOOL PROGRAMS

PRESCHOOL SOCCER (Ages 4 and 5) with Mass Premier Soccer

This fun introduction to soccer is open to all 4 and 5 year olds (not yet in kindergarten). The emphasis is on fun and activity. Each child must bring a size 3 soccer ball. Children should wear shin guards and bring water. Tues, 9/17 – 10/15 (5 wks.) 1:00 – 1:45pm at the Town Center fields (B Field, behind town playground) Max: 60 **Fee: \$55**

PREGYMNASTICS

Jennifer McGrath & Dotty Martin keep the children moving in these exciting classes that teach children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger) Fridays 9/27 - 12/13 (10 weeks) no class on 11/15, 11/29, (Min 8)

Classes take place in the Lower Fellowship Hall in the First Church of Christ at 25 Great Rd. Please park in the Town Hall parking lot on Mudge Way. Fee: \$135

18 months - 3 yrs. w/ Adult Partner (9:30 - 10:10 AM): This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat and walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class! (max 18)

3 - 4 yrs. Transitional Class (10:15 - 10:55 AM): I'm a big kid now! This class is great for the children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands, walking across the beam, swinging on the bar and squatting like a frog! (Max 20)

3 - 5yrs. (12:30 - 1:15 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment. (Max 20)

****K - 5th grade gymnastic class information located Elementary Section of brochure.**

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 18 years of full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a six week period, instruction is given in mechanics and rallying skills. It is intended to introduce younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Takes place at JGMS tennis courts.

Program runs 6 Saturdays 9/14 - 10/26 (no class 9/21) Rain outs will be added on at the end of the session. Min4/Max10.

Ages 4 - 6: 8:30 - 9:05 AM. Fee: \$69

THUNDERCAT MINI SPORTS w/ Thundercat Sports (ages 3.5 - 5)

Have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, and other unique games that may include Sponge Bob Tag and Finding Nemo. Emphasis will be on basic skill building, developing hand eye coordination, teamwork, and FUN! Program is coed. For more information, please visit www.thundercatsports.com. Please wear athletic clothing, sneakers, and bring a water bottle. Program runs on Thursdays, 10:00 AM - 10:50 AM; 9/26 - 10/24 (5 weeks) at the High School B field on Mudge Way. Parents do not participate in the program with the child, but we ask that parents stay in the area on the sidelines during the program. (Min 8/Max 12)

Fee: \$78

INTRODUCTION TO KENPO KARATE w/ Callahan's Karate (Ages 5-13)

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 5/Max 10) **Fee: \$55**

Option 1: Tuesdays 4:30-5:10 pm; 10/1 - 10/22

Option 2: Saturdays 11:00 - 11:40 am; 10/5 - 10/26

LIL' SPORTS

Lil' Sports is a health and fitness company that offers sports classes for children ages 2-5. Classes consists of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills. Program takes place on E field (on Mudge Way across from the library) Saturdays 10:00 - 10:45; 9/28-10/26. 5 weeks. (Min10/Max 20) **Fee: \$60**

PRE-K THEME DAYS

w/ Jennifer McGrath and Dotty Martin

Jennifer and Dotty will be running 3 special event days complete with art projects, gymnastics and other fun activities. Themes and ages will be announced on our website. Program will run on Fridays 11:15 - 12:15, October 25, November 22, and December 13. (Min 6/Max 18) **Fee \$20**

WINNING WAYS TO COMMUNICATE WITH INFANTS AND CHILDREN

w/ Christine C. DeMarco, MS., SLP-CCC

Please see the Adult section for information about this class.

BASKETBALL

RECREATION BASKETBALL (Gr. 4 - 8)

Winter In-Town League for boys & girls in grades 4 - 8. Players will be evaluated to form balanced* teams for four in-town leagues (boys and girls have separate leagues), two for 4/5th grade and two for 6-8th grade. These leagues are open to all Bedford children registering until all teams have been filled. Teams will be filled on a first come, first served basis. The number of teams is based upon the number of volunteer coaches available. **EVERY TEAM MUST HAVE A VOLUNTEER ADULT MANAGER or ADULT COACH AT EVERY PRACTICE.** Every effort is made to accommodate all registrations. (Please note that Recreation Basketball is not select; all players are welcome in Recreation Basketball.) Teams have one hour long practice per week and games are typically held on Saturdays between 8:00 a.m. and 1:00 p.m. This league operates with adult and HS volunteers and paid student referees. The success of the program greatly depends on full participation. Volunteers interested in coaching or being a parent manager should notify the Recreation Department ASAP & add it to the enrollee notes at time of registration. Coaches and other volunteers will be subject to CORI checks. Any high school students interested in refereeing or coaching should contact nickc@bedfordma.gov or apply to be a coach/ref via the online registration at www.bedfordrecreation.org

Fee: \$105/player (max. \$240/family; must register via fax or at Rec. Department to receive family discount). Deadline to register: Oct. 25 or when teams fill, whichever is first. Any registrations received after Oct. 25 will be placed on a waiting list. Practices will begin the week of November 25, with the first games on November 30. Program will run through Mid-March. *To balance teams, players must attend evaluations.

RECREATION EVALUATION DATES (all at Davis Gym)

BOYS

Boys 4th: Mon. 11/4, 7:15 PM
 Boys 5th: Mon. 11/4, 6:00 PM
 Boys 6th: Wed. 10/30, 8:00 PM
 Boys 7th: Wed. 10/30, 7:00 PM
 Boys 8th: Wed. 10/30, 6:00 PM

GIRLS

Girls 4th: Tues. 11/5, 7:15 PM
 Girls 5th: Tues. 11/5, 6:00 PM
 Girls 6th: Wed. 11/6 8:00 PM
 Girls 7th: Wed. 11/6, 7:00 PM
 Girls 8th: Wed. 11/6, 6:00 PM

OPEN GYM NIGHTS: No Fee

Join us for open hoops on Wednesday nights 9/11 - 9/25. Gym time will be supervised by adult volunteers and basketball board members.

Girls Gr. 4/5: 6:00 - 7:15 PM @ Davis Gym
Boys Gr. 4/5: 6:00 - 7:15 PM @ JGMS Gym
Girls Gr. 6 - 8: 7:15 - 8:45 PM @ Davis Gym
Boys Gr. 6 - 8: 7:15 - 8:45 PM @ JGMS Gym

1ST, 2ND & 3RD GRADE BASKETBALL CLINICS

Registration for the clinic programs will begin in December when the Winter Brochure is released. Play will begin in January.

TRAVEL SOCCER

SPRING TRAVEL SOCCER (OUT-OF-TOWN PLAY)



Registration is now open for Spring Travel Soccer. Registration will close Nov. 15 or when teams fill. **When teams fill, additional registrations will be taken on a waiting list basis until Nov. 15 & new teams will be formed if there are enough players on the waitlist.** Players are placed on teams that will play each Saturday, either in Bedford or in another town. Travel teams practice up to two times per week. Parents are responsible for providing transportation to the games each week. Season runs from Early April - June. Team placement is released in March. **Please note that it is the Recreation Travel Soccer policy that all participants receive equal playing time and rotate positions.** Visit the soccer website for more information and soccer policies @ www.bedfordsoccer.org
U9/U10 Parents please note: because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend.

U9: 3rd grade Fall 2013
 U10: 4th grade Fall 2013
 U11/12: 5th & 6th grade Fall 2013
 U14: 7th & 8th grade Fall 2013
 U 16: 9th & 10th grade Fall 2013
 U18: 11th & 12th grade Fall 2013

PRACTICE NIGHTS

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

Early Bird Fee (before Nov. 1): \$90 with a maximum of \$235 per family. Family rate can only be processed via fax, mail or in person only.

Fee (after Nov. 1): \$120 with a maximum of \$280 per family
Uniforms cost \$50

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

TRAVEL BASKETBALL

BEDFORD TRAVEL BASKETBALL CLUB TEAMS (GRADES 4 - 8)

This program is run by the Travel Basketball Board and is not a part of the Bedford Recreation Dept.

Players must register for Travel Basketball tryouts via the Bedford Travel Basketball website at www.bedfordtravelbasketball.com.

All players in grades 4th -7th who are selected for a travel team **MUST** also play in the in-town recreational league.

The league is a fall/winter out-of-town league for boys and girls in grades 4 - 8. **Travel Board President:** Brian Forman

SEE TRAVEL BASKETBALL WEBSITE FOR TRYOUT SCHEDULE

ELEMENTARY PROGRAMS

ACTING CLASSES

w/ Performing Arts Programs (DAVIS Gr. K-2)

The Performing Arts staff will offer a fun acting experience for elementary students. Children will be introduced to exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, and script work. At the end of this session, there is an informal performance. Returning students will be learning new material. Go to www.performingartsprograms.biz for more info about performing arts programs and to view/read Teachers Bio. Children will have snack time from 3:10 - 3:25 (please pack a snack). 7 weeks. Takes place in the Davis Café, Tues, 10/1-11/12, 3:10 - 4:25. **Fee: \$120**

GRADE 1 & 2 AFTER SCHOOL SPORTS

w/ Peter Laskaris & Judy Johnson

From 3:10 – 3:40, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:40 (after bus dismissal from the gym) until 4:25, students participate in active games in the gym. Parents are responsible for transportation home at 4:25pm. Min12/Max20

PLEASE ONLY REGISTER FOR ONE CLASS

Mondays, 9/16 - 12/9 (no class 10/14,11/11) 11wks. **Fee: \$85**
Tuesdays, 9/17- 12/10. 13 weeks. **Fee: \$100**

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Recreation Staff for early morning gym time at Davis School. Participants will have the opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in the group game. Program is supervised by 2 Recreation staff members. The fall session runs from Sept. 3 - Dec. 20 Monday - Friday, 8:00 - 9:00 AM (*excluding holidays, school delays and no school days*). Open to all Davis School students. 16 weeks. Min: 20/Max: 30 **Fee: \$180**

LANE SCHOOL AM GYM

Join us at Lane School for early morning open gym time. The fall session runs from Sept. 3 - Dec. 20 Monday - Friday, 7:35 - 8:35 AM (*excluding holidays, school delays and no school days*). Program is supervised by two Recreation Staff members. Open to all Lane School students. 16 weeks. Min 30/ Max 45 **FEE: \$150**

LANE MIXED MEDIA ART w/ Penny Leslie

In this session of fall art, participants will sample different art media. Each class begins with a brief demonstration of a project that students may choose to try. Students may also choose to work independently or with a friend using a specific medium of interest such as clay or with drawing supplies. The program is designed for students who just love participating in art projects and have a desire to explore and learn through the guidance of the instructor. Bring a couple of snacks and be ready to relax and have a good time exploring the arts! Lane Cafe, Thurs 9/19 – 11/7, 2:45 – 4:45. 8 classes. **Fee: \$150**

SWORD FIGHTING FOR KIDS!

w/ Guard Up! (Grades 3-5)

What do you get when you mix Harry Potter and Lord of the Rings with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice swordfighters play games that require strategizing, teamwork, problem solving and an accurate sword arm, or take on the roles of fantasy heroes. Why pick up a video game when you can unplug and live the adventure? There is a materials fee of \$20 to lease a sword or \$57.75 to purchase one (due by the end of the first class). Min.10/ Max.15. **Waiver Required, print from-Rec. website**, Thurs. 2:45 - 3:45 pm, 9/26 - 12/5 (no class 11/28) Lane Gym (10 wks.) **Fee: \$180**

BEGINNER SIGN LANGUAGE

w/ Christine Demarco

Participants will learn the basics of signing through the use of music, movement, arts and crafts and activities. Join the fun while acquiring the knowledge and use of the alphabet, numbers, words and phrases. Takes place in the Davis Library, Thurs 10/3, - 10/24 (4 weeks) 3:10 - 4:25pm. First 15 minutes is snack time in the cafe, please pack a snack. Min4/max8 **Fee: \$115**

LOCAL FEAST (Gr. 3-5)

w/ Kids Cooking Green

Do you like to eat, and would you like to learn more about where your food comes from? Would you like to learn knife skills and cooking techniques? In this hands-on cooking class participants will plan and serve a menu using only local fresh fall produce! Parents are invited back to our last class to celebrate and eat a spectacular selection of local appetizers all prepared and served by the participants! All materials and food are included.

Program takes place in the Lane Kitchen and Café on Mondays 11/4 - 12/2 (no class 11/11) 2:45 - 4:45 PM (class on 12/2 will end at 5:00 PM) **Fee: \$250**

FRIENDS AND FAMILY CPR

See the adult section for details about this program.

ELEMENTARY PROGRAMS

GYMNASTICS (Gr. K - 5) with Jennifer & Dotty @ Lane School Gym

Jennifer & Dotty will keep your children moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting, and low beam. Participants will learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet and long hair should be put in a pony tail. Classes held at the Lane School Gym Fridays 9/27 - 12/13 (11 weeks) no class on 11/29 (min8/Max 30)

Grades 3 -5: 2:45 - 4:00 (2:45 - 3:00 is snack) **Fee: \$135**
Grades K - 2: 4:00 - 4:45 PM. **Fee: \$135**

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a six week period, instruction is given in mechanics and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Takes place at JGMS tennis Courts for 6 Saturdays 9/14 - 10/26 (off 9/21). Rain outs will be added on at the end of the session. Min4/Max10.

Ages 4 - 6: 8:30 - 9:05 AM. **Fee: \$69**
Ages 7 - 9: 9:15 - 10:05 AM **Fee: \$117**
Ages 10 - 14: 10:15 - 11:45 AM. **Fee: \$176**
Advanced Jr. Clinic: must have instructor approval: 12:00 - 1:30. Min 3/max 10 (ages 9 - 15) **Fee: \$176**

INTRODUCTION TO KENPO KARATE w/ Callahan's Karate (Ages 5-13)

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 5/Max 10) **Fee: \$55**
Option 1: Tuesdays 4:30-5:10 pm; 10/1 - 10/22
Option 2: Saturdays 11:00 - 11:40 am; 10/5 - 10/26

DODGEBALL AND SPORTS (Gr. 1-2) w/ Thundercat Sports

Join the Thundercat Sports Staff for this fun and exciting program. The program will consist of different dodgeball games such as doctor, bombardment, jail break and more. Other sports and games will be included to create a fun and exciting program. Please wear sneakers, appropriate clothing and bring a water bottle. Gator skin safety balls will be used for all dodgeball games. Participants are released to the café to enjoy quiet games and a snack (please pack a snack) until bus dismissal is over in the gym. Takes place at the Davis Gym Fri. 9/27- 10/25 (5wks) 3:20 - 4:30 (min 8/max12) @ Davis Gym **Fee: \$80**

DAVIS KIDS' YOGA (Grades K - 2) w/ 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. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures, and relaxation techniques presented in a fun and creative manner. From 3:10 - 3:40 children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:40 (after bus dismissal from the gym) until 4:30 students participate in yoga in the gym. Thursdays 9/26 - 11/14; 8 classes (min 6/ max12) **Fee: \$95**

LANE YOGA (Grades 3-5) w/Bonnie McCulloch

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Participants are released into the café at 2:45 and will have time for a snack. Classes will be from 3:00 - 4:00 p.m. in the cafe. Tuesdays 9/24- 11/12; 8 classes (min 6/max 12) *Please note that pick up time is 4:00.* **Fee: \$95**

ARCHERY (AGES 9 - 15) w/ Golden Arrow Archery

Join the staff of Golden Arrow Archery for this class that provides lots of shooting time, camaraderie and fun! Whether you are just starting out or you have years of experience, this class has something for you. Learn the fundamentals and skills that make every archer great. Safety, range procedures, technique and scoring are just a few of the things you will learn! All equipment provided.

Program takes place in the Davis School Gym, 5:00 - 6:00 PM, Thurs. 9/26 - 11/14 (no class 10/3, 10/31) 6 weeks. **Fee: \$138**

SUPERSPORTS PROGRAM (GR. 3-5) w/ F.A.S.T Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics offers a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball and Kickball. Programs include proper stretching and warm-up games as well as instruction of basic skills of each sport. Each class will end with a high energy game of the sport played that day. For more info visit www.fastathletics.com Takes place Tues. 9/24 - 11/5 7 wks. 2:45 - 4:00 in the Lane Gym. 2:45 - 3:00 is snack time during bus dismissal in the gym. (min 10/max30) **Fee: \$90**

WICKED COOL LEGO ENGINEERING JR w/ Wicked Cool for Kids (Gr. K & 1)

Lego Engineering Junior is a 6-week program designed especially for grades K-1. The activities promote teamwork and critical thinking skills as students investigate basic engineering concepts using DUPLOs. Perfect for the young builder with tiny hands. Davis Café, Mondays, 9/23 - 11/4 (no class on 10/14) 3:10- 4:25 (min8/max12) **Fee: \$90**

ELEMENTARY PROGRAMS

AFTER SCHOOL KID JAM! (Lane Gr. 3-5)

w/ Jennifer Buckley of Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, we sweat and most importantly we have fun!! Get funky and move with attitude! We'll learn new steps, create our own moves, and dance as a team - including a performance on the last day of class! Bring a water bottle and snack. Wear comfortable clothing and sneakers. Takes place in the Lane School Café. Friday 10/4 - 11/8. 6 weeks. Dismissal - 3pm snack, 3-4pm class (Min:8/Max:20)

Fee: \$80 includes t-shirt

BARRIE BRUCE GOLF SCHOOL

@ 51 Baldwin Rd. Billerica MA

JUNIOR GOLF CLINICS, (ages 7 - 14) These clinics are an hour and a half and take place at the Billerica Country Club.

Each session will provide instruction on address position, swing with both irons and woods, short game, practice techniques and drills. All equipment and practice balls are provided.

5 wks.

Fee: \$99/session

Saturdays: 9/7 - 10/5, 9:30 AM - 11:00 AM *or* 3:00 - 4:30 PM

Sundays: 9/8 - 10/6, 9:30 AM - 11:00 AM *or* 3:00 - 4:30 PM

2013-2014 RECREATION DANCE PROGRAM

w/ Amy Noyes

Classes will begin the week of September 16. An additional costume fee for the recital will be charged (approx. \$75) in December or January. A recital will be held on a Friday night in mid May, date to be announced in February. Classes take place in the Union Room in the Town Center Building. Children must be 4 by the time of the first class. No classes on holidays and school vacation weeks. Children in Grade 4+ may register for more than one class. (Please add your child's name to the waitlist if your class is full)

MONDAY CLASSES

3:00 - 3:45 Pre-K Ballet & Tap (Max 10) Fee: \$225

3:45 - 4:30 Kindergarten: Ballet & Tap (Max 10) Fee: \$225

4:30 - 5:30 2/3 Gr Ballet, Tap & Jazz (Max 15) Fee: \$260

5:30 - 6:15 4/5th Gr. Hip Hop & Lyrical (Max 15) Fee: \$195

6:15 - 7:00 4/5th Gr. Jazz & Tap (Max 15) Fee: \$195

TUESDAY CLASSES

3:45 - 4:45 1st Gr: Ballet, Tap & Jazz (Max 12) Fee: \$260

4:45 - 5:45 2/3rdGr: Ballet, Tap & Jazz (Max 12) Fee: \$260

WEDNESDAY CLASSES

3:00 - 3:45 Pre-K Ballet & Tap (Max 10) Fee: \$225

3:45 - 4:45 2/3 Gr Ballet, Tap & Jazz (Max 15) Fee: \$260

4:45 - 5:30 4/5th Gr. Hip Hop & Lyrical (Max 15) Fee: \$195

DAVIS ORIGAMI w/ Karine Marino (K - Gr. 2)

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more.

Origami may stimulate students' interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. (Min 6/Max 12)

Takes place in the Davis Café Fridays 3:15 - 4:30, 9/27 - 11/1 (6 weeks). 3:15 - 3:30 will be snack time, please send a snack.

Fee: \$99 includes materials

HIRED HANDS w/Chip-in Farm (Gr. K - 5)

201 Hartwell Rd

Children will have an opportunity to do farm work at Chip-in farm, a real working farm. Help farmer Sandy in the fields, feed and tend the animals, collect the eggs, & harvest the crops while enjoying farm-themed crafts, stories and cooking activities. Wear your work clothes, old sneakers or boots. Class meets rain or shine. (Min 3/Max 8) Drop off program. Parents not required to stay for class. (4 weeks)

Fee: \$115/session

Wednesdays K - Gr. 2

Session 1: 9/18 - 10/9, 2:30 - 4:30 PM

Session 2: 10/16 - 11/6, 2:30 - 4:30 PM

Thursdays Gr. 3 - 5

Session 1: 9/19 - 10/10 3:30 - 5:30 PM

Session 2: 10/17 - 11/14 (no class 10/31) 3:30 - 5:30 PM

LANE FOIL FENCING

w/ Guard up!

Learn the sport of Foil Fencing using foam foils from a certified instructor. Using foam foils, which do not require traditional safety equipment, your young fencer will learn the Olympic sport of Foil Fencing including how to parry, thrust, disengage, and more! Part of each day will be spent playing exciting Musketeer Adventures in which fencers play the roles of heroes in an ongoing story. A high quality and durable foam fencing foil may be purchased or leased for the duration of this session. **Waiver Required, print out on Rec. Website.**

Participants must either purchase equipment for \$65.50/person or lease it from Guard Up! for \$25/person

Program takes place at the Lane School Gym Mondays 2:45 - 3:45 PM, 9/23 - 11/25 (no class on 10/14, 11/11) 8 weeks (min6/max15)

Fee: \$184

ELEMENTARY PROGRAMS

WEDNESDAY EARLY RELEASE PROGRAMS DAVIS SCHOOL

WEDNESDAY ART w/ Penny Leslie

Join Penny for this series of art on early dismissal days this Fall! Sign up for as many classes as you would like. The Sept. and Oct. projects will have fall themes involving nature and natural materials including raffia, feathers, jute twine, yarns, fabrics and beads. A variety of projects will be explored such as texture collage, weaving, mask making, drawing and painting. This series of after school art classes is designed to be both fun and instructive. It is an opportunity to learn new techniques and disciplines in a small group setting with other children that have similar enthusiasm for art. Dates: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 in Davis Cafe 1:50 - 3:20. Please pack a snack.
Min:8/Max 15 **Fee: \$20/class**

LANE SCHOOL

FLAG FOOTBALL w/ F.A.S.T Athletics

Get up, get going, get active with a F.A.S.T. Athletics Flag Football program. F.A.S.T. Athletics will teach game strategies, catching techniques and most importantly how to work together as a team. Participants will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! For more info visit: www.fastathletics.com. Takes place Weds. 9/25 - 11/6, 7 weeks. (min 10/max30) 1:25 - 2:30 in the Lane Gym./Fields **Fee: \$90**

LANE ORIGAMI w/ Karine Marino (Gr. 3-5)

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more. Origami may stimulate students' interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. (Min 6/Max 12) Takes place in the Lane Café Wednesdays 1:25 - 2:40 9/25 - 10/30 (6 weeks). 1:25 - 1:40 will be snack time, during bus dismissal please send a snack. **Fee: \$99 includes materials**

WACHUSETT SKI & BOARD

Register Now!!! No registrations accepted after November 4

PARENT CHAPERONS NEEDED!!

Please indicate availability to chaperone on registration form.

Great night skiing and riding at Wachusett!! This Friday night ski program is open to Bedford Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor will substitution of participants). Buses depart at 3:45 p.m. and return at 11:00 p.m. (Middle School Rear Parking Lot). Begins Jan. 3 and runs 6 weeks (missed sessions will be made up at the end). No skiing vacation week. **Registration Fee: \$130** (payable to Town of Bedford) for transportation. **Please note that this fee is for transportation only!!!**



HELMETS ARE REQUIRED

Wachusett Mountain's own registration packets (rental options, ski passes, and lesson options) will be mailed to all participants. They are due back by Nov. 8. with full payment.

WACHUSETT RATES ARE AS FOLLOWS:

- Gold Season Pass - \$539**
- Silver Season Pass - \$299**
- Bronze Season Pass - \$239**
- Rental Season Pass, Ski or Snowboard - \$179**

- 6 week lift badge - \$112**
- 6 week ski rental - \$97**
- 6 week snow board rental - \$99**
- 6 one hour ski/board lessons - \$54**
- 6 week helmet rental - \$20**

MIDDLE SCHOOL PROGRAMS

THE CORNER

When the school day ends, the fun begins at The Corner. What is The Corner? It's a place designed just for JGMS students. It's your own space! A fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool, an Art & Computer Room, and a Lounge with special activities and events, snack machines, snack bar, TV's & games... it's all for you! And, it's only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground. Three large rooms form this "L" shaped space. No admission fee... just register your child online or at the office, and the kids can sign in upon arrival to the Corner. Come check it out! Open school dismissal - 6:00, Monday - Friday. (opens 12:45 on Weds.)

CORNER

THE
AT
TOWN
CENTER

The Corner is fully staffed & supervised with Recreation Program staff. Staff oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nick at the Bedford Recreation Department.

UPCOMING CORNER ACTIVITIES & EVENTS

BACK TO SCHOOL COOKOUT: Join us on Wednesday 9/4 at 1:00 for our back to school cookout at the Corner. We will have hot dogs, ice cream, and watermelon with games and activities all afternoon!

PARENT OPEN HOUSE: We invite all interested parents and their children to attend our open house on Monday September 9, 6:30 - 8:00 PM. Parents will have the opportunity to tour the facility, meet the staff, and ask any questions about programs and policy.

WEEKLY TOURNAMENTS: We have a scheduled game tournament each week. Points will be given out for the top place winners each week. Earn points just by participating in events. Prizes will be given to the top point winners for the fall session. Check out the schedule of tournaments on the tournament bulletin board at the CORNER!

BUILD YOUR OWN! Join us for this series of BUILD YOUR OWN where we create food works of art and then eat them! Programs run throughout the fall. Some of the projects scheduled for Build Your Own are cupcake decorating, sundaes, grilled cheese, pizza design, Gingerbread houses, Smoothies and much more. Come build & eat with us!

NFL PICK-EM: Try to guess each weeks NFL game winners. Awards will be given out to the person who correctly picks the most winners each week. Grand prizes given out for the top 3 correct picks for the year. Make sure to turn in your sheet each Wednesday!

FUN FRIDAYS: On posted Friday Nights, The Corner will remain open until 7:30 PM. The first "late night" will be 9/20. Additional nights will be posted at The Corner and on the Bedford Recreation Facebook page!

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a six week period, instruction is given in mechanics and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Takes place at JGMS tennis Courts for 6 Saturdays 9/14 - 10/26 (off 9/21). Rain outs will be added on at the end of the session. Min4/Max10

Ages 10 - 14: 10:15 - 11:45 AM.

Fee: \$172

Advanced Jr. Clinic: must have instructor approval: 12:00 - 1:30. Min 3/max 10 (ages 9 - 15)

Fee: \$172

2013-2014 RECREATION DANCE PROGRAM

w/ Amy Noyes

Classes will begin the week of September 16. An additional costume fee for the recital will be charged (approx. \$75) in December or January. A recital will be held on a Friday night in mid May, date to be announced in February. Classes take place in the Union Room in the Town Center Building. No classes on holidays and school vacation weeks. Children in Grade 4+ may register for more than one class. (Please add your child's name to the waitlist if your class is full)

MONDAY CLASSES

7:00 - 7:45 6 - 8th Gr. Hip Hop & Lyrical (Max 15) **Fee: \$195**

TUESDAY CLASSES

5:45 - 6:30 6 - 8th Gr: Hip Hop & Lyrical (Max 15) **Fee: \$195**

6:30 - 7:15 6 - 8th Gr: Tap & Jazz (Max 15) **Fee: \$195**

7:15 - 8:00 9 - 12th Gr: Hip Hop & Lyrical (Max 15) **Fee: \$195**

8:00 - 8:45 9 - 12th Gr: Jazz & Tap (Max 15) **Fee: \$195**

COMING OF AGE SPECIAL NEEDS PROGRAM (GR. 7-8)

w/ Jennifer O'Neil, M.S.W. and Aileen Dashurova

The 7th and 8th grade years mark an important time in adolescent growth and discovery. This ten week program for special needs youth in grades 7 and 8 affords the participants an opportunity to experientially learn about building a community (investigating, taking risks, accomplishing challenging tasks, increasing self-confidence). The participants will engage in community bond building and come to understand the importance of who they are and why they are important within their community. One of the projects they will work on is planning and hosting a Halloween party. Program takes place in the JGMS Café Wednesdays 12:45 - 2:15, 9/18 - 11/20 (10/30 times 7:00—8:30PM) 10 weeks.

Fee: \$270

HS PROGRAMS

RECREATION BASKETBALL OFFICIALS & COACHES

High school students interested in refereeing or coaching should sign up via online registration or send e-mail with name, telephone number and e-mail address to nickc@bedfordma.gov. A one night training/ref tryout will be held in mid November, TBA. Referees are scheduled based on merit over the season.

RECREATION PROGRAM AIDES & YOUTH CENTER ATTENDANTS

Please submit a Town of Bedford Employment Application to the Recreation Office if interested. Pay for these positions is \$10/hour.

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

Writing Your College Essay: High School Seniors
BodyPump, BodyJam and BodyFlow: age 15+
Zumba: age 15+
NIA: age 15+
Bootcamp: girls age 15+
Beginner Hatha Yoga: age 15+
Tai Chi: age 16+
Golf: age 15+
CPR: age 16+
Archery: age 16+
We Paint Social: age 16+
Photography: age 16+
Figure Drawing: age 15+
Harmonica: age 16+
Heartsaver CPR: age 15+
Friends and Family CPR: age 14+

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

REDUCE THE STRESS OF WRITING YOUR COLLEGE APPLICATION ESSAY

w/ **Mindy Pollack-Fusi**

Are you a high school Senior who has to write your essay(s) for college applications, due this fall? Do you have an idea for a topic...or no idea at all? When you write, do you tend to stare at a blank page, or at the few lines you've managed to crank out, and have no clue what to put down next? My method will help you understand the essay's intent...and to chill before writing, which is the only way you will produce an effective essay. Writing the essay(s) can actually be fun when you are passionate about your topic. We will discuss topics the colleges like...and dislike. You will learn tips to get started and complete your essay in advance of deadlines. Students will have a few one-on-one minutes at the end of class, but there is no time to share essay drafts. (Min. 3/Max. 8)

Mon. September 23, 7:00 – 9:00pm **Fee: \$25**
Class held at The Place For Words/Workshops, 200 Great Rd., Suite 254A (enter between HRBlock and the Cleaners)
Mindy is a writer/published essayist at CollegeApplicationEssayCoach.com

YOU CAN AFFORD COLLEGE IF.....

w/ **Dick Man, Complimentary workshop sponsored by College Funding Advisors, Inc of Bedford**
See Adult Section for program details.

ADULT PROGRAMS

Registration is Open for Fall Adult Programs!

Information such as the directions to an offsite activity or material lists can be found on our website. You may also pick any of this information up at the Recreation Dept. office.

There is a link to Instructor Biography information if you would like to learn more about the people teaching our classes.

Website: www.bedfordrecreation.org

SPECIAL GIFT IDEA!

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

PERSONAL INTEREST CLASSES & WORKSHOPS

YOU CAN FIX IT TOO! w/ Marie Leonard

Spend an evening with professional handy-woman Marie Leonard and learn how to successfully complete many of the items on your "to do" list. Marie will introduce you to a basic tool kit, explaining how to use the most common tools to fix almost anything in your home. Learn how to use a drill and install towel bars. See the inner workings of a toilet and how to fix it. Learn how to patch holes in a wall and use a caulking gun. Class includes a copy of her book "Marie's Home Improvement Guide." Bring a pen and paper to take notes. (min 5/max 12)

Thursday, Oct. 17, 6:30-9:00pm.

Fee: \$30

Class held in Town Center Bldg, Rm 152.

THE WHOLE GRAIN COOKIE JAR

w/ **Ava Vatsky, Personal Chef**

Do you love to bake holiday cookies but feel a bit guilty about all that processed white flour? Do you think using whole-grain flours means cookies that feel like hockey pucks? Cookies made with whole grain flours are delicious and nutritious, too! Whole grain flours have flavor profiles that impart incredible depth of flavor. Learn how to convert your favorite white-flour cookie recipes to whole grain. Join us to make best-ever versions of the classics -- chocolate chunk, molasses spice, oatmeal raisin, and more! The instructor will demonstrate recipes and techniques and you will prepare your own cookie dough to bake at home. Leave class with delicious recipes to make all holiday season long -- and beyond! Appropriate for those with or without prior cookie-baking experience.. Please note that nuts may be used in some recipes. (min 5/max 10) Price includes materials. Please bring a large mixing bowl and mixing spoon to class.

Thursday, Dec. 5, 7:00-9:30pm. (min 5/max 10) **Fee: \$32**
Class held in Town Center Bldg, Rm 149.

ADULT PROGRAMS

EASY AS PIE

w/ **Jeannette Pothier, Chef**

Have you thought about making a basic pastry crust – but decided to buy your crust or even your pies? Learn the technique of a truly fool proof crust for use in sweet or savory pies. We will make a crust and bake a savory cheese-vegetable dish. Everyone will take home an apple pie made at the class. These freeze well. We will discuss flours, fats and different recipes. Tins and freezer boxes will be provided. Bring a paring knife, rolling pin, apron, and get ready for a fun class. You may also bring your own fruit filling if you prefer. Class held in Town Center Bldg, Rm 149.

Tuesday, Nov. 5, 7:00-9:00pm (min 4/max 10) Fee: \$23
Material cost will be \$7; please pay instructor that night.

HEALTHY FRENCH COOKING – Made Easy

w/ **Jeannette Pothier, Chef**

Join us and enjoy the fine art of preparing and savoring simple French dishes made with fresh ingredients. The menu includes bread, a chicken dish, vegetables and dessert (one being chocolate for sure!) Everything in moderation! You will learn knife skills, updated and healthy French cooking techniques and have fun. Class held in Town Center Bldg, Rm 149.

Tuesday, Oct. 29, 7:00-9:00pm (min 4/max 10) Fee: \$23
Material cost will be \$10; please pay instructor that night.

EXOTIC VEGETARIAN COOKING

w/ **Karine Marino**

The quality of your life is to a great extent in your own hands. The goal of this class is to provide you with clear, straightforward, comprehensive, and encouraging information that will enable you to change your diet from one that is potentially harmful to one that will help prevent disease and promote longevity for you and your entire family. Improvisational cooking is key for the ease and pleasure in cooking, freedom from recipes and set lists of ingredients. Do not be intimidated by lack of experience. While this class will have a plant-based menu, it will include some eggs and milk. Bring your creative mind set and be prepared for endless possibilities of vegetarian masterpieces. We will create three different dishes that will be served as a lunch to consume family style around the table. Come hungry!
(min 5/max 7)

Wed. 11:00 – 1:00pm, Oct. 2 - Oct 23 4wks Fee: \$140
Class held at 51 Dunster Rd, Bedford

UNLOCKING HUMAN POTENTIAL

w/ **Susan Worthen McCombs, D.C.ed B.C.H**

What if you could learn how to quickly and easily unlock your abilities? What if you could find the power and creativity inside you and bring it to the surface? What if you could use these innate abilities and power in your work and personal life on a daily basis? You can. You have the power within you to free yourself of negative thoughts and self-sabotaging behaviors. Your powerful mind possesses the ability to unlock the hidden potential within yourself tonight! Class held in Town Center Bldg, Rm 139.

Wednesday, Oct. 30, 7:00-8:30pm (min 5/max 20) Fee: \$25

WINNING WAYS TO COMMUNICATE WITH INFANTS AND CHILDREN

w/ **Christine C. DeMarco, MS., SLP-CCC**

Explore various strategies and techniques for communicating with infants and children. Learn new ways to respond to make the most of each interaction. Our discussion will be centered on daily routines and milestones. Share your experiences and concerns. Take away new insight that will help you navigate this delicate period of time. Children welcome; please bring something to occupy them. (min 4/max 15)

Options: All classes 10:30 – 11:30am.

First year: Tuesday, 10/1

Fee \$30

Two and Three year olds: Tuesday, 10/8

Fee \$30

Four and Five year olds: Tuesday, 10/15

Fee \$30

Six through Eight: Tuesday, 10/22

Fee \$30

Register for all 4 sessions:

Fee \$95

Class held in Town Center Bldg, Rm 139.

FINDING THE ME IN MOMMY

w/ **Lana Bastianutti**

Are you running on empty - feeling overwhelmed and overloaded?

Do you go through your day without any awareness of it passing? Juggling everybody else's needs and forgetting your own?

Wondering why you feel empty when your days are so full?

Secretly thinking, "what about ME?" If you've answered "yes" to any or all of these questions, then this workshop is for YOU!

You will discover in a fun and interactive way what brings out your best self and how to get there FAST and stay there, what qualities best reflect who you want to be as a woman and a mother, what stops you and how to meet and honor your needs (and what they are). You will go home with some phenomenal tools to ignite your life. (min 3/max 12)

Thursday, Oct. 3, 9:30-12:00noon

Fee: \$25

Class held in Town Center Bldg, Rm 139.

Thursday, Nov. 14, 6:30-9:00pm

Fee: \$25

Class held in Town Center Bldg, Rm 152.

INTRODUCTION TO MEDITATION

w/ **Susan Worthen McCombs, D.C.ed B.C.H**

Meditation can reduce stress and boost energy and it is a surprisingly easy skill to learn. Join us for this one night workshop to learn the basics of meditation – nothing fancy, just the basics!

We will practice and experience at least three different ways to quiet the mind. You will quickly discover that just a few minutes a day devoted to this simple experience will help you manage the stress in your life and increase your overall sense of well being.

Learn to quiet the chattering mind and gain a sense of peace and tranquility. Please do not consume alcohol before class.

Wednesday, Oct. 23, 7:00-8:30pm (min 5/max 20) Fee: \$25

Class held in Town Center Bldg, Rm 139.

ADULT PROGRAMS

STRESS REDUCTION

w/ Susan Worthen McCombs, D.C.ed B.C.H

We all experience stress. It affects men and women, rich and poor, young and old. Hypnotic techniques could be the solution to reducing your stress level. Responding negatively to stress is a habit that is learned over the years. As we all know, a habit is difficult to break on your own. Through hypnosis, suggestions are given to cancel the negative habit. Suggestions for new and positive ways to respond to stressful situations will be made. Please do not consume alcohol before class.

Wednesday. Nov 6, 7:00-9:00pm (min 5/max 20) **Fee: \$25**

Class held in Town Center Bldg, Rm 139.

BASIC SKIN CARE

w/ Beverly Giarrusso, Aesthetician

Help promote early habits for long lasting great skin care practices and hygiene. Improve your skin texture with proper maintenance and the use of skin care products to promote smooth and fresher skin. You will learn the proper way to cleanse, tone, exfoliate and unclog pores. See visible improvements to your skin within a few days. Treat yourself to a lifetime of proper skin care and stay young! (min. 3/max 10)

Wed. 10/2 – 10/23, 1:30- 2:30pm (4wks) **Fee: \$75**

Class held in Town Center Bldg, Union Room.

MONEY AND DIVORCE

Costly Mistakes You Don't Want To Make

w/ David Chwalek, Senes & Chwalek Financial Advisors

If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this seminar could be for you. We will look at common financial mistakes that are often made in divorce settlements and discuss ways to avoid them. You will gain an understanding of how issues of cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We will discuss the new Alimony Reform Act of 2011 that was effective March 1, 2012 and makes significant changes to alimony. (min 3/max 25)

Wednesday., Nov. 20, 7:00-9:00pm. **\$10 Rec. Dept' adm. fee per person.** Class held in The Town Center Bldg, Rm 139.

YOU CAN AFFORD COLLEGE IF...

w/ Dick Man, College Funding Advisors, Inc of Bedford

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees.

For more information visit the website at

www.collegefundingadvisors.com.

Thursday. Oct. 17, 7:00-9:00pm, **Fee: \$10 per family**

Class held in Town Center Bldg, Rm. 152.

HEARTSAVER CPR/AED (Adult and Pediatric)

w/ Anita Anzuoni, RN

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

Saturday, Sept. 28, 10:00am-1:00pm (min 4/max 16) **Fee: \$45**

Class held at the Bedford Police Station Conference Room.

FRIENDS AND FAMILY CPR

w/ Anita Anzuoni, RN

This course is ideal basic CPR course for people who want to learn CPR, but do not need course completion cards for their jobs. Includes adult hands only, children and infant CPR, choking and adult AED (automatic defibrillator). Please bring a small blanket or towel to kneel on. (age 14+)

Sunday, Sept. 29, 5:00-7:00pm (min 4/max 16) **Fee: \$30**

Class held at the Bedford Police Station Conference Room.

BASIC LIFE SUPPORT

FOR HEALTHCARE PROVIDERS w/ Anita Anzuoni, RN

This classroom course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. This 4 hour course includes 1 rescuer, 2 rescuer, bag- mask ventilation, practice, skills test and written test. American Heart Association 2 year certificate. Please bring self-addressed stamped envelope and small blanket or towel to kneel on. Optional manual available at class for a fee of \$18 payable to instructor. Class held at the Bedford Police Station Conference Room.

Saturday, Oct. 19, 10:00am – 2:00pm (min 4/max 8) **Fee: \$45**

CREATIVE CLASSES

WE PAINT SOCIAL – FALL HARVEST

w/ artists of Let's Gogh Art (Age 16+)

We Paint Social...where everyone can paint, socialize and have a great time!! Come with a friend, spouse or other family member and experience an art event to remember! Paint a beautiful 16x20" harvest/fall themed canvas with step-by-step instruction by our outgoing and skilled artists. After all the masterpieces are created, enjoy posing in our photo booth and then use your digital photo to create personalized art products direct on our website! No experience necessary!! Inspiring creativity and making lasting impressions. (For more info www.wepaintsocial.com).

Friday, Nov. 15, 7:00-9:00pm (min 10/max 18) **Fee: \$35**

Class held in Town Center Bldg, Rm. 139.

ADULT PROGRAMS

FIGURE DRAWING w/ Alma Bella Solis

Drawing the human form is the most enduring theme in fine arts and likewise the most challenging. In this session, you will approach your visual reference using charcoal pencils/ sticks and graphite pencils/ sticks; the use of sanguine sticks is encouraged as well. You will bring to the first class a selection of photographs you have chosen and, with your artistic talent, you will compose a complete work of art doing the methods of outline, contour, shading, blending and detailing. Training of the eye is coached to produce the work in proportion and perspective following the 2 canons of renaissance art (chiaroscuro, cangiante). Rendered works could be formal portraits, half/whole human figure or multiple human figures adapted in Realism. Materials list on our website or in the office. (min 4/max 8) Class held in Town Center Bldg, Union Room. Age 15+

Fri. 3:00-5:00pm, 11/8-12/13 (no 11/29) 5wks, **Fee: \$125**

PHOTOGRAPHY with Alana Hawker

Learn to Use Your dSLR Camera

Are you tired of using your \$1000 dSLR camera like a \$100 point and shoot? Take control of your camera by switching out of auto and onto manual mode. In this class, you will learn how to take better, sharper and properly exposed pictures of your family, children, pets and your beautiful town. This class is for beginners who have little or no knowledge of shooting in manual mode. Students must have a dSLR camera, at least one working lens and the camera's manual (available free on mfr website) Age 15+

Fri. 7:00-8:00pm, 10/18-11/8, 4wks (min. 4/max 10) **Fee: \$115**

Class held in Town Center Bldg, Rm. 152.

BEGINNER HARMONICA w/ Tim Gartland

Introduction to Folk, Blues and Rock Harmonica. Beginner lessons will give you solid introduction to this uniquely expressive and affordable, pocket sized harmonica. Tim Gartland, a Bedford resident has 32 years playing experience and has performed with Bo Didley and the Legendary Blues Band. Students receive a copy of his Talking Harmonica Training Guide and CD. Students must purchase a ten-hole diatonic harmonica in the key of C, available at local music stores. No prior experience necessary. Age 16+

www.info.talkingharmonica.com (min 2/max 6)

Wed. 7:00-7:45pm, 9/25-10/30 (6 wks) **Fee: \$120**

Class held in the Town Center Bldg, Rm 152.

BE A STAR! - THEATRE WORKSHOP

w/ Lorraine Seymourian, Director/Choreographer/Writer

As Shakespeare said "All the world's a stage!" Prove to yourself and others that you are imaginative, skillful, creative and clever. Lorraine will lead you in the wide span of theatre arts. Explore all avenues of acting including voice, body stance and expression along with singing, dance, music and presentation. We will develop skits using comedy, drama or mystery, depending on the interests of the group.

Have fun and explore your inner talents! (min 4/max 20)

Tues. 10:00-11:30am, 10/1-12/3 (10wks) **Fee: \$115**

Class held in the Town Center Bldg, Rm 144

EXERCISE, FITNESS AND DANCE

AQUA ZUMBA w/ Sarah Emiliani

Atlantis Club at the DoubleTree Hotel Indoor Pool

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class offers a safe, challenging, water-based workout. The cardio-conditioning and body-toning, class is exhilarating beyond belief. (min 2/ max15)

Tues. 6:30-7:30pm, 9/17-12/17 (14wks) **Fee: \$155**

Wed. 9:30-10:30am, 9/18-12/18 (14wks) **Fee: \$155**

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tnpk. Park in back of hotel, for Club entrance.

WATER AEROBICS

Atlantis Club at the DoubleTree Hotel Indoor Pool

Water aerobic exercises force your body to continuously move to keep its balance and to keep your head above water. Moving in water engages muscle fibers because of the water's constant resistance. This helps shape and tone your body, as well as keep your heart rate up. Water exercises develop cardiovascular endurance and work your muscles without punishing joints and bones! Optimize your health with this fun water class for all ages. (min 2/ max15)

Tues. 9:00-10:00am, 9/17-12/17 (14wks) **Fee: \$155**

Thurs. 9:00-10:00am, 9/19-12/19 (no 11/28) 13wks **Fee: \$145**

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tnpk. Park in back of hotel for Club entrance.

WOMEN'S OUTDOOR BOOTCAMP

w/ Sandy Morvillo

Join the program everyone is talking about! Work toward a fitter, leaner, stronger and, most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on Girls, it's go time! Sneakers, outdoor workout attire and water a must. Meet at the Middle School "Plateau Field" adjacent to Winchester Ave. Age 15+

Sat. 7:30-8:30am, 9/7-11/9, 10wks (min10/max50) **Fee: \$115**

HATHA YOGA w/ Bonnie McCulloch

This class consists of centering, warm-ups, performing basic postures and breathing techniques and periods of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15) 10wks

Tues. 9:30-10:30am, 9/17-11/19 **Fee: \$125**

Classes held in Town Center Bldg, Union Rm.

Wed. 7:00-8:00pm, 9/18-11/20 **Fee: \$125**

Classes held in Town Center Bldg, Union Rm.

Fri. 9:30-10:30am, 9/20-11/22 **Fee: \$125**

Class held in The Town Center Bldg, Rm 153.

Free Trial Class: Tues. 9/10, 9:30-10:30am or Wed. 9/11, 7:00-8:00pm (Union Rm) Please register online or call for trial classes.

ADULT PROGRAMS

LOW IMPACT AEROBICS AND BODY SCULPTING

w/ Beverly Giarrusso

This low impact cardio workout is inspired by ballet moves and it combines aerobics and body sculpting. Tone and shape major muscle groups and strengthen your core while burning calories.

Get a complete upper and lower body workout with this very effective program. You will look and feel your best. Please bring a mat and water. (min 4/max 15) 12 wks

Tues. and Thurs. 11:00-12:00, 9/24-12/12 (no 11/28) **Fee: \$200**
Class held in Room 153, Town Center Bldg.

Free Trial Class: Tues. 9/17, 11:00-12:00. Please register online or call for trial classes.

ZUMBA® DANCE-FITNESS

w/ Sharon Pugatch

Get fit, have fun and leave the world behind! Zumba is a Latin inspired, dance-fitness class that incorporates Latin/International music and dance movements for one hour of calorie-burning, body-energizing movements meant to engage while having a blast. The routines feature interval training sessions during which fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. No dance experience necessary, all fitness levels welcome. Please wear comfortable clothes and sneakers and bring water and a towel. Contact:

zumbawsharon@gmail.com for more info. Age 16+/age 13+ with a parent. If you miss a class, you may take another Zumba class during the week. (min 7/max25)

Mon. 11:00-12:00am, 9/30-12/16 (off 10/14, 11/11) **Fee: \$105**
Class held at Town Center Bldg, Union Room. (9wks)

Mon. 6:10-7:10pm, 9/23-12/16 (off 10/14, 11/11) **Fee: \$115**
Class held in the High School Dance Studio. (10wks)

Wed. 5:40 – 6:40pm, 9/25-12/11 **Fee \$138**

Class held in Town Center Bldg, Union Rm. (12wks)

Thurs. 5:00 – 5:55pm, 9/26-12/12 (no 11/28) **Fee \$124**
Class held in Town Center Bldg, Union Rm. (11wks)

ZUMBA w/ Renae Nichols

Thurs. 9:30-10:30am, 9/19-12/12 (no class 11/28) **Fee: \$115**
Class held in Town Center Bldg, Union Rm.. 12wks (min 7/ max25) **Free Trial Class:** Thurs. 9/12, 9:30am (Please register online or call for trial class)

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info.

All classes held in the Town Center Bldg, Union Rm.

(Min 9/max 20) Age 15+

Mon. 9:30-10:30am, 9/9-12/9 (11wks) **Fee: \$110**
(no class 9/23, 10/14, 11/11)

Wed. 9:30-10:30am, 9/11-12/11 (no class 9/25) 13wks **Fee:\$130**

Thurs. 6:30-7:30pm, 9/12-12/12 **Fee: \$110**

(no class 9/26, 10/31, 11/28) Note: 9/19 class in Room 153

Free Trial Classes: Wed. 9/4, 9:30am & Thurs. 9/5, 6:30pm.

(Please register online or call for trial class)

BODYJAM ~ BODYPUMP ~ BODYFLOW

w/ Nancy Griffiths of Kamate Fitness

and her team of LesMills certified instructors

BODYJAM™ This workout combines the addictive fusion of the latest dance moves and hip new sounds. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers. Age 15+.

BODYPUMP™ This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout. Please bring mat, towel and water. Age 15+

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

BODYJAM SCHEDULE: 15 week session runs 9/7 - 12/22
Tues. 7:00-8:00PM, High School Gym D

Thurs. 7:00-8:00PM, High School Gym D (no 10/31, 11/28)
(9/19 @ Callahans)

Fri. 9:20-10:20AM, Town Center Bldg, Union Rm (no 11/29)
(9/20 held at Callahans)

Sat. 10:15-11:15AM, Callahans (no 9/21, 11/30)

BODYPUMP SCHEDULE: 15 week session runs 9/7 - 12/22

Mon. 9:20-10:20AM, Callahans (no 10/14, 11/11)

Mon. 6:30-7:30PM, Callahans

Wed. 9:20-10:20AM, Callahans

Wed. 6:30-7:30PM, Callahans

Sat. 8:00-9:00AM, Callahans (no 9/21, no 11/30)

Sat. 9:00-10:00AM, Callahans (no 9/21, no 11/30)

BODYFLOW SCHEDULE: 15 week session runs 9/7 - 12/22

Wed. 7:30-8:30PM, Callahans

Thurs. 9:20-10:20AM, Callahans (no 11/28)

Sun. 10:00-11:00AM, Callahans

For classes at Callahan's Karate Studio, the address is 20 North Rd.

Discounted Fee Format! This format offers flexibility to attend classes at your convenience. The more classes you attend, the more cost effective the program is. Options average \$13 to \$22 per week, a great value and good for you!

All classes are unlimited, attend as many as you would like.

- BodyJam only: **Fee: \$225**
- BodyFlow only: **Fee: \$210**
- BodyPump only: **Fee: \$250**
- BodyJam & BodyPump: **Fee: \$270**
- BodyJam & BodyFlow: **Fee: \$260**
- BodyPump & BodyFlow: **Fee: \$270**

All 3 programs: BodyPump/Jam/Flow **Fee: \$290**

For more information visit website: www.kamatefitness.com

GravyBuster event: Nov. 30. Information on website

ADULT PROGRAMS

BEGINNER/INTERMEDIATE TAI CHI

w/ **Bob Cormier, Oriental Healing Arts**

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

Wed. 6:30-7:30pm, 9/18-12/11 (No class 11/27) **Fee: \$126**

Free Trial Class: Wed. 9/11, 6:30-7:30pm (register online or call)

TRX SUSPENSION TRAINING®

at **Summit Health + Fitness** w/ **Jesse Keene**

The original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You are in control of how much you want to challenge yourself with each exercise because you can simply adjust your body position to add or decrease resistance. TRX Suspension Training delivers a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance and benefits people of all fitness levels (pro athletes to seniors). Towels will be provided and locker rooms available. Classes are held at Summit Health + Fitness, 65 Wiggins Ave.

Classes are Co-ed (min 1/max 5) 13 wks.

Mon: 9:00 -10:00am, 9/16-12/9.

Fee: \$315

Free Trial Class: Mon. 9/9, 9:00am (register online or call)

BELLY DANCING w/ **Beverly Giarrusso**

Belly Dance is an ancient Middle Eastern dance form that has mesmerized the modern world. This dance is great for getting in shape as well as burning calories and fat. Focus will be on stretch, warm up, posture and placement and basic movements. Please wear ballet shoes and comfortable clothing.

(min 4/max 15)

Wed. 11:00-12:00noon, 9/25-12/11 (12wks)

Fee: \$120

Class held in Rm. 153, Town Center Bldg.

Free Trial Class: Wed. 9/18, 11:00am (register online or call)

BALLET FOR BEGINNERS w/ **Beverly Giarrusso**

This class will introduce the beginning dance student to the technique and vocabulary of classical ballet with emphasis on posture, placement and movement. No experience necessary. Please wear ballet shoes and comfortable clothing.

(min 4/max 15)

Tues. 12:00-1:00pm, 9/24-12/10 (12 wks)

Fee: \$120

Wed. 12:00-1:00pm, 9/25-12/11 (12wks)

Fee: \$120

Thurs. 12:00-1:00pm, 9/26-12/12 (no 11/28) 11 wks **Fee: \$110**

Class held in Rm. 153, Town Center Bldg.

Free Trial Class: Tues. 9/17, Wed. 9/18, Thurs. 9/19, 12:00-1:00. Please register online or call for trial classes.

SPORT AND OUTDOOR ADVENTURES

ARCHERY w/ **Golden Arrow Archery**

Whether you are just starting out or have years of experience, join us to enjoy the lifelong sport of archery. Train for tournaments, compete with friends and neighbors and learn more about this fast growing Olympic sport. Will cover safety, skill technique, range procedures and scoring. All equipment provided. Age 16 + (min 10/max 20) Class held at Davis School Gym. **Thurs.** 6:00-7:00pm, 9/26-11/14 (no class 10/3, 10/31) **Fee: \$138**

MYSTERY WALKS w/ **Mary Hurley**

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

Wed., 9:30-noon, starts 9/25—11/13, 8 wks, **Fee: \$89**

ON AND OFF-ROAD BIKING ADVENTURES

w/ **Mary Hurley and Caitlin Hurley DeSanti**

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

Tues. 9:30-noon, 9/24-11/12 with Mary (8wks) **Fee: \$89**

Thurs. 9:30-noon, 9/26-11/14 with Mary (8wks) **Fee: \$89**

Fri. 9:30-noon, 9/27-11/15 with Caitlin (8wks) **Fee: \$89**

ADULT PROGRAMS

LIGHT AND EASY BIKE OUTINGS

w/ Christine DeMarco

Slow ride...and take it easy! Join the adventure; we won't go too fast or too far. We try to avoid the hills while riding on and off-road. Bring your hybrid bike and get ready to explore Bedford and a few neighboring towns. Don't forget your helmet and water. Please provide an email address to be notified of meeting places.

Wed. 10:30-12:00, 10/2-10/23 (4 wks) min 2/max 10 **Fee: \$70**

TENNIS w/ Kyle Anderson of KA Tennis

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

BEGINNER: An introductory class; 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. 6 weeks

Thurs. 6:15-7:15pm, 9/19-10/24 (min 4/max 6) **Fee: \$125**

INTERMEDIATE: Designed for players who can already hit the ball but wish to improve. The fundamentals of ground strokes, volleys and serves are taught in an energetic atmosphere. We also cover the basics of both singles and doubles strategy. Classes incorporate drills and games to take players' game to the next level. 6 weeks

Thurs. 7:15-8:15pm, 9/19-10/24 (min 4/max 6) **Fee: \$125**

BARRIE BRUCE GOLF SCHOOL

Billerica Country Club, 51 Baldwin Rd. Billerica

www.barriebrucegolfschools.com

GOLF SCHOOL 1: 5 one-hour lessons for the new golfer or golfer with little experience. Fundamentals of the game emphasized. Please wear sneakers or golf shoes. Age 15+ **Fee: \$159***

Sat. 11:30am, 9/7-10/5

Wed. 5:30pm, 9/11-10/9

Sun. 11:30am, 9/8-10/6

Thurs. 5:30pm, 9/12-10/1

GOLF SCHOOL 2: 5 one-hour lessons for students who have some experience and want to improve their skills with more advanced techniques. Age 15+ **Fee: \$159***

Sat. 1:00pm, 9/7-10/5

Tues. 5:30, 9/10-10/8

**If you have to miss a class for either Golf School 1 or 2, please give the instructor 24 hour notice and you will be able to arrange a make-up class. 978-670-5396.*

ADULT OPEN VOLLEYBALL (LANE SCHOOL GYM)

Open to all Bedford residents age 18+ and not in high school. Please bring your own volleyballs. Monday & Wednesday, 7:00 - 10:00pm. 9/9—11/20 (no badminton on 9/23, 9/24, 9/30, 10/14, 11/11) **No Fee**

ADULT PICKUP BASKETBALL

Open to all Bedford residents age 18+ and not in high school. Please bring your own basketballs. High School Gym. **No Fee** Mon. & Thurs., 7:00 - 10:00pm, 9/9 - 11/21 (no basketball on 9/19, 10/14, 11/11,)

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 28) **Fee: \$20** Tues. 9/24 - 11/19 (no badminton on 9/18) 7:30 - 10PM, Lane School Gym.

BONUS SESSIONS: Wednesday 11/27 - 12/4, 8:15 - 10PM

NON RESIDENT BADMINTON REGISTRATION BEGINS ON 9/14.

Please note only registered participants can attend. No guests, fill-ins, or waitlisted players can play until they are officially registered.

Set up night is 9/24, play will be conducted once set up is completed.

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Thursdays, 9/26 - 11/21, 7:30pm - 9:30pm @ Lane School Gym. **No Fee**

ADULT PICK UP SOCCER (NO FEE)

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

Indoor Open Soccer: Takes place at Davis School Gym Monday and Thursdays 10/7 - 11/21, 8:30 - 10:00pm (no soccer on 10/14, & 11/11)

Outdoor Men: Wednesdays 8:30 - 10 PM starting 10/2 on BHS Turf

Outdoor Women: Wednesdays 7:00 - 8:30 starting 10/2 on BHS turf

BEDFORD RECREATION FALL/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687-6156

Participant: _____ Sex: M/F Home Phone:(_____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____
Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2013: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND: \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

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

Date: _____ Signature: _____ (parental if participant is under 18 years old)

BEDFORD RECREATION FALL/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687 - 6156

Participant: _____ Sex: M/F Home Phone:(_____) _____
Address: _____ D.O.B.: _____ Work Phone: _____
E-mail Address(es): _____ e news enrollment: YES NO
Emergency Name & #: _____
Special Needs/Concerns: _____

If participant is under age 18, please complete this section. Grade Fall 2013: _____ Age _____
Parent 1 Work #: _____ Parent 2 Work #: _____
Parent 1 Cell #: _____ Parent 2 Cell #: _____
Soccer Shirt#: _____ Parent Coach/Chaperone? _____

Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND \$ _____

CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

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

Date: _____ Signature: _____ (parental if participant is under 18 years old)

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

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**

RECREATION DEPARTMENT

AMY HAMILTON, RECREATION DIRECTOR
NICK CACCIOLFI, ASSIST. RECREATION DIRECTOR
RAEANN GEMBS, ADULT COORDINATOR
NANCY CORMIER, KIDS' CLUB DIRECTOR
JANET HUMPHREY, ADMINISTRATIVE ASST.
LESLIE RINGUETTE, CLERK
KATHERINE FARRELL, KIDS' CLUB ADMN. ASS'T

RECREATION COMMISSION

RONALD RICHTER, CHAIRMAN
TOM MULLIGAN
MIKE O'SHAUGHNESSY
ROBIN STEELE