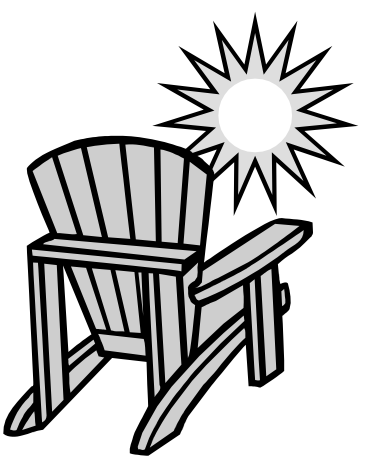
BEDFORD RECREATION SPRING & SUMMER 2014

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY, SECOND FLOOR
BEDFORD MA 01730
www.bedfordrecreation.org



Registration opens March 3, 2014.
Please note that online registration opens at midnight.

INCLUDES

Spring: Youth & Adult Programs
Summer: Summer Adventures, Summer Recreation, Kids' Club Summer Fun, Summer Adult Programs
Fall: Soccer, 2014-2015 Dance, Women's Boot Camp

RECREATION DEPARTMENT 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 #); ***IN PERSON; * ONLINE.**
All registration is limited. Please use forms in this brochure. Receipts will be mailed. Wait list status will be indicated on 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 info 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.

NEIGHBORS HELPING NEIGHBORS

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. To make a donation with our online registration, add Neighbors Fund to your cart & adjust the "Quantity" to the amount that you would like to contribute. Thank you!

HAVE AN IDEA OR A REQUEST?? We would like to know!

In our effort to expand our Recreation offerings and family programs, we welcome ideas, contacts and instructors. If there is a program/class that you would like to see offered or that you would like to teach, please contact us with your idea, request or contact information.
Adult Program Contact Raeann Gembis: 781-275-1392 ext. 355, rgembis@bedfordma.gov
Assistant Recreation Director: Nick Cacciolfi, 781-275-1392 ext. 343 nickc@bedfordma.gov

BEDFORD DAY: SEPTEMBER 20, 2014

Save the Date!! FAIR, PARADE, DANNY OATES 5K ROAD RACE, PERFORMANCES, ART EXHIBIT AND MUCH MORE!

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

Please watch for the Recreation Department Fall Brochure and the Recreation Department website for complete information about our special day.

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ADULT PROGRAMS

SPRING & SUMMER 2014

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ADULT CLASS INFORMATION

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.
2. Recorded message and/or website will be used for cancellations.
3. The Recreation Department attempts to meet the needs of all residents. Those requiring special assistance should contact the Recreation Director.
4. Classes will not be held during vacation weeks unless otherwise specified.
5. If Bedford Schools are closed due to weather, Rec. programs will be canceled.
6. Financial aid may be available upon request.
7. There is a $25 penalty fee for all returned checks (Finance Department policy)

SPRING 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.

NONRESIDENT POLICY:

Please note that there is a $5 non-resident fee for all programs.

FAMILY EVENTS AND TICKETS

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 from April thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. (Not valid for the Saturday, 1:30 trips June 28 thru Labor Day). **Tickets: $25 each** (*reg. $48 adults/$33 for children)*

LOWELL SPINNERS TICKETS: Class A Affiliate of the Boston Red Sox
Friday, July 11 at 7:05pm vs Staten Island Yankees

Fun for the whole family, a Spinner's game is a memorable event. Premium Box Seats, Section 118 behind 3rd base. Player Poster Give-away to first 1000 people entering the park. Post-game fireworks. Pre-purchased tickets can be picked up at the Recreation Dept. between June 26 and July 9. Children 3 and under free if they do not need a seat. Games played at LeLacheur Park, 450 Aiken Street, Lowell. **Tickets are $9.50 each (limited number of tickets available)**. Transportation not included. For parking and other information: www.milb.com

JULY 4TH CELEBRATION at SPRINGS BROOK PARK

Celebrate the 4th of July with us!

NEW THIS YEAR: The park is open only to Bedford Residents and their guests and SBP Members and their guests on July 4. $7/person, $25 max./family.

1:00 ***LUCKY BOB:*** What do you get when you cross a magician, comedian and juggler…why Lucky Bob of course! Amazing audiences with card tricks, mind-reading & absurd juggling stunts.

2:00 - 3:30 ***WATERMELON*** will be served

2:30 - 4:30 ***DJ MIKE PRIDE - Music and Games 2:30 - 4:30***

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets purchased at Bedford Rec. cost $8.50 (regular price $10.50). They do not expire and they can be used at all AMC/Lowes Theaters. New "Gold" tickets do not have any restrictions.

FRIENDS AND FAMILY CPR w/ Anita Anzuoni, RN

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+) Optional manual available at class for a fee of $5 payable to instructor. Class held in the Bedford Police Station Conference Rm. (min 4/max 16).

Saturday, April 12, 9:00-11:00am. **Fee: $30**
Sunday, June 8, 6:00-8:00pm. **Fee: $30**

HAVE AN IDEA OR A REQUEST??
We would like to know…

If there is a program/class that you would like to see offered or that you would like to teach, please contact us with your idea, request or contact information.

Adult Program Contact: Raeann Gembis: 781-275-1392 ext. 355 rgembis@bedfordma.gov
Assistant Recreation Director: Nick Cacciolfi: 781-275-1392 ext. 343 nickc@bedfordma.gov

REGISTRATION FOR ADULT CLASSES OPENS MARCH 1

12 Mudge Way

Many Recreation Programs are held at **12 Mudge Way,** the building above. It is in the municipal complex off of Great Road, behind the Police Station.

Information such as the **directions** to an off-site activity, **materials lists** and **Instructor Biography** information is available on the website if you would like to learn more about the people teaching our classes (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 for that special someone. We will provide a certificate to present to the gift recipient.

PERSONAL INTEREST CLASSES & WORKSHOPS

BEGINNER FRENCH 1 w/ Maurice Bombrun

This class is for students with no, little or "forgotten" French knowledge. The course introduces basic pronunciation, grammar and vocabulary to build the foundation of the language in a fun environment. Students will learn to communicate simple concepts in French, both written and spoken. Focus is shared among reading, writing, listening and speaking for a well-rounded, dynamic learning experience. The college-level book "Contacts, Valette/Valette," 8th Edition may be purchased, new or used, online or from a bookstore. (min 5/ max 10) age 16+

Tuesdays, 7:00-9:00pm, 4/1-6/10 (no class 4/22). Class held at 12 Mudge Way, Rm 152. **Fee: $185**

CLASSIC FRENCH CROISSANTS w/ Jeannette Pothier

Did you take a trip to France and enjoy the most buttery croissant, but have not found one since?
See how easy these are to make in a 2 hour hands on class. We will learn the technique of making those many layers of light dough, some filled with chocolate and other fillings. You will enjoy our freshly baked croissants, but you will make your own batch to be finished at your home. Bring your apron, a wooden spoon and a rolling pin and be ready to have fun. (Plus material cost of $8; please pay instructor the materials fee that night.)

Monday, April 7, 7:00-9:00pm. (min 5/max 10) Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $25**

INTRODUCTION TO SUSHI ROLLING w/ Sea To You Sushi Staff

Not only a fun class, but come with an empty stomach! Learn the basics of sushi rolling, preparation, serving and enjoy as much as you can roll! We will be making Maki Roll, both Inside/Outside roll and Jumbo roll. We will be using cucumber, sweet potato, carrots, shitake mushroom, imitation crab, cooked tuna, cooked salmon, Sushi rice and Nori and either raw tuna or raw salmon, depending on availability. Age 16+

Tuesday, April 29, 6:30-8:00pm (min 6/max 25) Class held at 12 Mudge Way, Rm 139. **Fee: $80**

HOME IMPROVEMENT: Hire somebody or do it yourself?
w/ Art Smith, owner of Art Smith & Associates, Bedford

This series is developed to assist you if you are considering a design and construction project at your home. It constitutes a reality check about the process that everyone has to go through before a hole appears in your yard or the first nail is driven. The more informed you are, the better your ability to make decisions. (min 5/max 10)

I - Introduction, Design and Documentation: What do we think we want to do, do we think we can afford it and what will it all actually look like?

II - Permitting: What are the rules and regulations that will have a direct impact on what we propose to do before we even get started?

III - Construction: What are we to expect as our dream becomes manifest, what if we don't like what is happening, how do we know when we are done?

Tuesdays, 5/13-5/27, 7:30-9:00pm (3wks) **Fee: $70 single person/ $90 couple (**Price includes Homeowner Design and Construction Guide) Classes held at 12 Mudge Way, Rm 139.

GET READY FOR SPRING GARDENING! w/ Peter Coppola, Master Gardener
All of Peter's classes will be held at New England Nurseries, 216 Concord Rd.

***NO-MAINTENANCE GARDENING:* …**and other lies you want to believe about caring for your plants and lawn. This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialogue session will cover your favorite subjects: planting, watering, fertilizing and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard!
Saturday, March 15, 9:00am-12noon (min 5/max 10) **Fee: $25**

THE REAL DIRT ON GARDENING: Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping and yard maintenance.
Sundays, 3:00-4:45pm, 3/23 – 5/18 (no class 4/20). (min 5/max 10). **Fee: $70**

BASICS OF BACKYARD CHICKEN KEEPING w/ Peggy Corbett, Lancaster 4-H

Have you ever considered raising chickens in your backyard? This workshop will cover selecting breeds, feeding and sheltering chickens. Join Peg to find out what you should know about raising healthy & happy chicks to get you started in this fantastic backyard hobby. (min 5/max 25).
Please register at least 2 weeks in advance. Age 15+
Thursday, April 10, 6:30-8:00pm. Class held at 12 Mudge Way, Rm 139. **Fee: $25**

LEARN TO PRESERVE THE HARVEST: CANNING WORKSHOP
w/ Peggy Corbett, Peg's Preserves
This seminar will include basic canning for everyone and it will also touch on more advanced problems involved with canning. Peggy will be able to answer questions on both water bath and pressure canning. Although no canning will be done in class, there will be examples and recipes for you. This seminar is for both new canners and for those who have canned before. If you have a product that you have canned and have questions then please feel free to bring it along. Peggy Corbett from Peg's Preserves is a competitive canner and enjoys canning jams, jellies, pickles, relishes, peaches, pears, applesauce, salsa's, tomatoes, pickled eggs, green beans and corn. Age 15+ (min 7/max 25)
Monday, August 4, 6:30-8:30pm. Class held at 12 Mudge Way, Rm 139. **Fee: $25**

THE PALEO LIFESTYLE AND DIET w/ Diana Rodgers, Nutritionist and Author
Interested in learning more about the Paleo diet you keep hearing about? Diana will discuss the ins and outs of the Paleo diet. She will discuss how to transition away from bad foods and incorporate more nutrient dense foods into your diet, balance your blood sugar and choose fats, proteins and carbohydrates. She will discuss issues such as meal planning and eating out without busting your diet. Diana is the author of Paleo Lunches and Breakfasts on the Go. Signed copies available at class for $20 if interested. (min 8/max 25)
Thursday, May 8, 6:30-8:00pm. Class held at 12 Mudge Way, Rm 139. **Fee: $25**

A TASTE OF BLACKSMITHING w/ Carl West, Prospect Hill Forge
Classes held at *Prospect Hill Forge*, 38 Guinan. St. Waltham
The discovery of iron and how to work it changed human history. Tools, weapons and daily life have not been the same since. Here is your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending and twisting. Using these techniques and a coal-fired forge, you will heat a piece of iron to brilliant incandescence and with anvil, hammer and tongs create a decorative and useful 'S'-hook. (min 3/max 8). Age 15+ may register for this adult class with a parent.
Thursday, May 1, 6:30-9:30pm **Fee: $75**
Information on directions, safety, attire and other information will be available at www.prospecthillforge.com

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

Spring is right around the corner. After one session of hypnosis using deep relaxation and creative visualization techniques, you will be aware of a change in your eating habits. What if you had a feeling of indifference to sugar, chocolate, bread, pasta, snacking, grazing!!!! Put an end to dieting tonight. This program is designed to help you let go of unwanted pounds effortlessly, easily. Your food choices will be healthier. Please do not consume alcohol before this class. Audio CD available for $30 for those who wish to take this program home for reinforcement.

Thursday, April 17, 7:00-8:30pm (min 5/max 20) Class held at 12 Mudge Way, Rm 144 **Fee: $25**

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. Be knowledgeable about your finances before you sign your settlement agreement. (min 3/max 25)

Tuesday, May 6, 7:00-9:00pm. Class held at 12 Mudge Way, Rm. 139 $**10 Rec. Dept' adm. fee per person.**

BASICS OF PERSONAL FINANCE AND INVESTING w/ David Chwalek, Senes &Chwalek Financial Advisors

This practical one-night course is designed for people in their 20's and 30's or for anyone else who wants to begin learning how to take control of their financial lives. We will discuss setting goals and building your financial plan, budgeting and buying your first home. We will also cover some important financial concepts, various types of investments and retirement plans like IRAs and 401(k) plans..(min 3/max 25) Class held at 12 Mudge Way, Rm. 139

Wednesday, May 14, 7:00-9:00pm. $**10 Rec. Dept' adm. fee per person/couple.**

THE COLLEGE SUCCESS TOOL KIT...ARM YOURSELF! w/ Karen Humphrey-Johnson

College success means college planning. Transitioning from high school to college is an exciting time for both students and parents. It can also be filled with stumbling blocks and anxiety. Learn how to navigate the university environment, avoid the pitfalls of the freshmen year and make the most of all college has to offer. This seasoned higher education professional will offer a fun and interactive activity for students and their parents to set goals, establish expectations, and formulate a plan of attack. Achieving good grades, faculty research, internships, study abroad, leadership development….with the right approach you can have it all! Open to students, parents, or students and parents together.

Thursday, May 15, 7:00-8:30pm (min 8/ max 25) Class held at 12 Mudge Way, Flint Room. **Fee: $25 per family**

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. (min 5/max 25)

Tuesday, April 8, 7:00-9:00pm. Class held at 12 Mudge Way, Flint Room. **Fee: $10 per family**

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 for kneeling. Optional manual available at class for a fee of $15 payable to instructor. Class held in the Bedford Police Station Conference Rm. (Age 14+)

Sunday, May 18, 5:00-8:00pm (min 4/max 9) **Fee: $45**

FRIENDS AND FAMILY CPR w/ Anita Anzuoni, RN

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+) Optional manual available at class for a fee of $5 payable to instructor. Class held in the Bedford Police Station Conference Rm. (min 4/max 16).

Saturday, April 12, 9:00-11:00am. **Fee: $30**

Sunday, June 8, 6:00-8:00pm. **Fee: $30**

CREATIVE CLASSES

WRITE IT DOWN! Creative Writing Workshop w/ Mindy Pollock-Fusi

Are you harboring a story about your life that you wish you could place on paper for others to read? Or have you been wanting to try your hand at fiction but always put it off? Local writer Mindy Pollack-Fusi will guide you through a simple process of taking your thoughts out of your mind and bringing them alive on paper. You will learn techniques such as showing versus telling, using the five senses, characterization, point of view, plot and adding tension to your writing. You will also write in class and at home—if you choose. Share your work with the class, or not—your choice. This course is geared toward the "beginner" writer who wants to get started in a comfortable safe environment. (min 4/max 8)

Mondays, 6:30-8:30pm, 4/7-5/5 (no class 4/21) **Fee: $115**

Class held at The Place For Words/Workshops, 200 Great Rd., Suite 254A (enter between HRBlock and the Cleaners)

CHARCOAL AND PASTEL STUDIO CLASS w/ artist Alma Bella Solis

Students will produce their own composition using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods in outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses the three guiding rules in producing good art: accurate observation, emotional power and the art subject standing for all humanity. Students should bring their own choice of subject matter to the first class. Materials list provided on our website or in the office.

Fridays, 10:00-12:00noon, 4/4-5/9 (no class 4/25), 5wks, (min 4/max 7) **Fee: $100**

Class held at 12 Mudge Way, Rm 139.

EXERCISE, FITNESS AND DANCE

ZUMBA® DANCE-FITNESS w/ Sharon Pugatch

Get fit, have fun and leave the world behind. Zumba Fitness is a Latin- inspired, dance-fitness program that blends red- hot international music, created by Grammy Award-winning producers and contagious steps to form a "fitness-party" that is downright addictive. This is a one hour calorie-burning, body-energizing work out – meant to engage your whole body while having fun. The routines are designed to give you interval training by combining fast and slow rhythms that tone and sculpt your body while burning fat. No dance experience necessary; all fitness levels welcome. (min 7/max 25)

Please wear comfortable clothes and sneakers, bring water and a towel. More info: http://sharonpugatch.Zumba.com)

Age 16+/age 13+ with a parent. If you miss a class, you may take another Zumba class during the week.

Spring Session: *10 weeks*

Mon. 11:00-12:00am, 4/7-6/16 (no class 4/21,5/26). Class held at 12 Mudge Way, Union Room. **Fee: $105**

Mon. 6:10-7:10pm, 4/7-6/23 (no class 4/21,5/26). Class held in the High School Dance Studio. **Fee: $115**

As of May 19 class will be held at 12 Mudge Way, Union Room.

Wed. 6:10– 7:10pm, 4/9-6/18 (no class 4/23). Class held in the High School Dance Studio. **Fee $115**

Summer Session: *8 weeks*

Mon. 11:00-12:00am, 7/7-8/25. Class held at 12 Mudge Way, Union Room. **Fee: $92**

Mon. 6:10-7:10pm, 7/7-8/25. Class held at 12 Mudge Way, Union Room. **Fee: $92**

ZUMBA® TONING w/ Sharon Pugatch

Same great dance work-out as Zumba Dance Fitness but add some weights to your workout. Please bring one pound weights or you can buy Zumba Toning sticks on Zumba.com or contact Sharon at Sharonpugatch@hotmail.com.

***Spring*: Wed.** 9:30-10:30am, 4/9-6/18 (no class 4/23). Class held at 12 Mudge Way, Room 153 **Fee: $115**

***Summer*: Thurs.** 9:30-10:30am, 7/10-8/28. Class held at 12 Mudge Way, Union Room **Fee: $92**

ZUMBA® w/ Renae Nichols

Forget about the workout! Join the Zumba® Fitness Dance Party where you'll get down and feel great in a fun and safe environment. Zumba® is designed for adults of all ages and fitness levels. It's not about getting every step right, it's all about getting our hearts pumping and keeping our bodies healthy with a mix of smiles, laughter and perhaps a bit of whooping. So come to Zumba® and party yourself into shape. Summer session taught by Renae and Amy Stix.

Thurs. 9:30-10:30am, 4/3-6/12 (9 wks, no class 4/24). Class at 12 Mudge Way, Union Rm (min 6/max25) **Fee: $100**

Tues. 9:30-10:30am, 7/15-8/26 (7 wks) Class at 12 Mudge Way, Union Rm (min 6/max25) **Fee: $70**

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.

For more information visit website:
www.kamatefitness.com

Spring Session: 3/31– 6/15 (11wks)
Summer Session: 6/16-8/29 (11 wks)

FEES:	**Spring:**	**Summer:**
• BodyJam only:	**$180**	**$144**
• BodyFlow only:	**$170**	**$136**
• BodyPump only:	**$200**	**$160**
• BodyJam & BodyPump:	**$216**	**$173**
• BodyJam & BodyFlow:	**$208**	**$166**
• BodyPump & BodyFlow:	**$216**	**$173**
• Pump/Jam/Flow	**$232**	**$186**

Attend Unlimited classes per week.

Class locations:
Union Room: 12 Mudge Way
Callahan's Karate Studio address: 20 North Rd.
Gym D: Bedford High School behind Main Gym

BODYJAM:	**Spring:**	**Location:**	**Summer:**	**Location:**
Tuesday	7:00 – 8:00pm	Gym D	7:00-8:00pm	Union
Thursday	7:00 – 8:00pm	Gym D (4/24, 6/12 Callahans)	7:00-8:00pm	Callahans (no 7/3)
Friday	9:20- 10:20am	Union	no class	
Saturday	10:15-11:15am	Callahans	10:15-11:15am	Callahans (no 7/5)
BODYPUMP:				
Monday	9:20-10:20am	Callahans (no 4/21, 5/26)	no class	
Monday	6:30-7:30pm	Callahans	6:30-7:30pm	Callahans
Wednesday	9:20-10:20am	Callahans	9:20-10:20am	Callahans
Wednesday	6:30-7:30pm	Callahans	6:30-7:30pm	Callahans
Saturday	8:00-9:00am	Callahans	no class	
Saturday	9:00-10:00am	Callahans	9:00-10:00am	Callahans (no 7/5)
BODYFLOW:				
Wednesday	7:30-8:30pm	Callahans	7:30-8:30pm	Callahans
Thursday	9:20-10:20am	Callahans	no class	
Sunday	10:00-11:00am	Callahans (no 4/27)	10:00-11:00am	Callahans (no 7/5)

HATHA YOGA w/ 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 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)

Day:	Time:	Spring Session:		
Tuesday	9:30-10:30am	4/8-6/3 (8 wks, no class 4/22)	Class held 12 Mudge Way, Union Rm.	**Fee: $100**
Wednesday	7:00-8:00pm	4/9-6/4 (8 wks, no class 4/23)	Class held 12 Mudge Way, Union Rm.	**Fee: $100**
Friday	9:30-10:30am	4/11-6/6 (8 wks, no class 4/25)	Class held 12 Mudge Way, Rm. 153	**Fee: $100**

***Free Trial Class**: Wed. 4/2, 7:00pm. Please register online or call. Current students welcome to attend.*

		Summer Session:		
Wednesday	7:00-8:00pm	7/9-8/20 (7 wks)	Class held 12 Mudge Way, Union Rm.	**Fee: $96**

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. Age 16+ (min 5/max 14) 10 wks. Class in Rm.153, 12 Mudge Way.

***Spring:* Wed**. 6:30-7:30pm, 4/9-6/11 **Fee: $110**

Free Trial Class: Wed. 4/2, 6:30-7:30pm (register online or call)

***Summer:* Wed**. 6:30-7:30pm, 6/25-8/27 **Fee: $110**

Free Trial Class: Wed. 6/18, 6:30-7:30pm (register online or call)

AQUA ZUMBA ® at the 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. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. min. 2/max. 10.

Mon. 9:30-10:30am, 3/31--6/16 **Fee: $125**

Tues. 6:00-7:00pm, 4/1-6/17 **Fee: $125**

Wed. 9:30-10:30am, 4/2-6/18 **Fee: $125**

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tnpk. Park in back of hotel for Club entrance. Summer Schedule will be posted by May 27 @ www.bedfordrecreation.org

AQUA AEROBICS Atlantis Club at the DoubleTree Hotel Indoor Pool

The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. min 2/ max10

Tues. (Beginner level) 9:00-10:00am, 4/1-6/17 **Fee: $125**

Thurs. (Intermediate level) 9:00-10:00am, 4/3-6/19 **Fee: $125**

Fri. (All Levels) 7:15-8:15am, 4/4-6/20 **Fee: $125**

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. Summer Schedule will be posted by May 27 @ www.bedfordrecreation.org

CONTEMPORARY DANCE w/ Monique Dorian, Attitudes Dance and Fitness

Contemporary dance is a relatively new form of dance combining elements of jazz and modern with any type of music. Please wear comfortable clothing for movement and heavy socks and bring water. max 5

Wed. 7:00-8:00pm, 3/26-6/4 (no class 4/23). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: $110**

HOT HULA FITNESS® w/ Pati Vero

HOT HULA fitness® is a fun and exciting, low-impact "total body" dance workout. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, this workout incorporates easy to perform dance movements (NO hoola hoops used) set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels are welcome. Bring your own lava lava (sarong) to class or purchase one at the first class from the instructor for $10. (**more info www.hothulafitness.com)** Age 15+ (min 4/max 15)
Thurs. 6:30-7:30pm, 4/3-6/12 (no class 4/24) Classes at 12 Mudge Way, Rm.153 **Fee: $115**

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 at 12 Mudge Way, Union Rm. (Min 9/max 20) Age 15+

Day:	Time:	Spring Session:	
Monday	9:30-10:30am	4/7-6/16 (no class 4/21, 5/26)	**Fee: $90**
Wednesday	9:30-10:30am	4/9-6/18 (no class 4/23)	**Fee: $100**
Thursday	6:30-7:30pm	4/10-6/19 (no class 4/24)	**Fee: $100**

***Free Trial Classes**: Mon. 3/31, 9:30am, Wed. 4/2, 9:30am and Thurs. 4/3, 6:30pm Please register online or call. Current students welcome to attend.*

		Summer Session: (there will be one week off during this session, tba)	
Wednesday	9:30-10:30am	7/9-8/27	**Fee: $80**
Thursday	6:30-7:30pm	7/10-8/28	**Fee: $80**

PILATES and YOGA FUSION CLASS w/ Dawn George, Attitudes Dance and Fitness

A perfect blend of Pilates and Yoga to get your Saturday mornings off to a great start. Pilates mat classes are a series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It is also a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers. Bring mat, towel and water. (max 5). Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Sat. 10:15-11:00am, 3/29-6/7 (no class 5/3) **Fee: $110**

STRETCH AND TONE FOR WOMEN w/ Monique Dorian, Attitudes Dance and Fitness

Develop strength and flexibility, improve coordination, muscle tone, posture, body alignment and relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water. (max 5)
Wed. 6:00-7:00pm, 3/26-6/4 (no class 4/23) **Fee: $110**
Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

WOMEN AND CO-ED* (new!) OUTDOOR BOOT CAMP w/ 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 into 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. Sign up for as many days and sessions as you would like. Classes will be held rain or shine. Meet at the High School Track *(location may change depending on field schedule*) Age 15+ (min10/max 50)

* **Wednesday classes CO-ED, all others Women Only.**

Session 1	Mon.	6:30-7:30pm	3/31-5/19	**$92**
	Wed.	6:30-7:30pm	4/2-5/21	**$92**
	Sat.	7:30-8:30am	4/5-5/24	**$92**
Session 2	Mon.	6:30-7:30pm	5/26-7/14	**$92**
	(5/26 time TBA)			
	Wed.	6:30-7:30pm	5/28-7/16	**$92**
	Sat.	7:30-8:30am	5/31-7/19	**$92**

This session will focus on small group training, techniques, equipment and timed interval training.

Session 3	Mon.	6:30-7:30pm	7/28-8/25	**$57**
	Wed.	6:30-7:30pm	7/30—8/27	**$57**
	Sat.	7:30-8:30am	8/2-8/30	**$57**

Fall Session will start the Saturday after Labor Day, watch for the information on our website.

INTERMEDIATE BALLET w/ Dawn George, Attitudes Dance and Fitness

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control and concentration while building a graceful and healthy body with good posture. Wear loose clothing and ballet slippers. Appropriate for the intermediate student (some previous experience.) (max 5)
Fri. 10:30-12:00pm, 3/28-6/6 (no class 4/25). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: $110**

JAZZ DANCE w/ Dawn George, Attitudes Dance and Fitness

Students will explore various forms of this type of dancing including Broadway, funk, and fusion. Jazz dance uses a low center of gravity, isolations and improvisation to express music and movement. Please wear loose clothing and clean sneakers/dance shoes (no street shoes please). Bring water and towel. Appropriate for the intermediate student (some previous experience.) (max 5)
Fri. 12:00-1:00pm, 3/28-6/6 (no class 4/26). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: $110**

CARDIO BARRE BLAST w/ Monique Dorian, Attitudes Dance and Fitness

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you've ALWAYS wanted! Please bring a towel and water and wear comfortable clothes and sneakers. Age 15+. All levels welcome! (max 6)
Wed. 8:00-9:00pm 3/26-6/4 (10 wks, no class 4/23) Held at Attitudes Dance, 54 Middlesex Tpk, Door C. Fee: $110

LAP SWIMMING at Springs Brook Park

Springs Brook Park has 3 lap lanes designated for lap swimming only. Available anytime the park is open with membership or daily admission. See the Springs Brook Park information in this brochure for more information about the Park. Swimmers must clear the water 15 min prior to closing time. No fee to swim after 6:00pm.

SPORT AND OUTDOOR ADVENTURES

ARCHERY w/ Mark Pirrello, On The Mark 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. Course content includes safety, range procedures, skill technique, scoring and archery games. All equipment provided. Age 16 + (min 10/max 20)
Option 1: Wed. 7:30-8:30pm, 4/16-6/11 (no class 4/23, 6/4) Class held at Davis School Gym. **Fee: $160**
Option 2: Mon-Thurs. 6:15-7:15pm, 7/7-7/10 (7/11 raindate make up) Class held at HS Field B **Fee: $95**

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.
Wednesdays., 9:30-noon, starts 4/2-5/28 (no 4/23). **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.
Tuesdays, 9:30-noon, 4/1-5/27 (no 4/22) with Mary **Fee: $89**
Thursdays, 9:30-noon, 4/3-5/29 (no 4/24) with Mary **Fee: $89**
Fridays, 9:30-noon, 4/4-5/30 (no 4/25) with Caitlin **Fee: $89**

INTRO TO KAYAK w/Still River Outfitters

Programs are led by instructors certified by the American Canoe Association. For more information, policies, what to bring, visit the website www.stillriveroutfitters.com All equipment provided. Class emphasizes safety, enjoyment and skill acquisition in recreational kayaks suitable for river or touring/sea kayaking. Designed for adults (16+ but children age 9– 15 are welcome with an adult.) (min 4/max 12) Please provide an email when registering.

Mondays, 5:30-7:30pm, 5/5-5/19 Location: Nuttings Lake, Billerica. **Fee: $95 per person**

ADULT TENNIS w/ Barbara Aldorisio

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.

Beginner: 5:30—6:30pm (min 5/max 10) **Fee: $55 each session**

Advanced: 6:30-7:30pm (min 5/ max 8) **Fee: $55 each session**

Session 1: Tues. 6/10-7/15 or ***Session 2:*** Tues. 7/29-9/2

Rain dates will be made up at the end of each session as needed.

TENNIS: CARDIO, DRILL AND PLAY w/ KA Tennis

Each clinic is designed to improve stroke mechanics, strength and stamina and to offer the student a physical challenge in an energetic atmosphere. Time is split between fast moving drills and playing both cardio based and strategy based games. This clinic offers a good balance of information and movement. Levels will be intermediate to advanced (3.0-5.0) and taught by a certified teaching pro. All students should bring their own racquet and be ready for a fun and challenging 90 minutes. (min 5/max 10) Class held at the Bedford High courts.

Thursdays, 6:00-7:30pm, 7/10-8/14 Lessons missed due to rain will be made up. **Fee: $170**

INTRO TO STAND-UP PADDLEBOARDING
w/ Still River Outfitters

Stand-up Paddleboarding is rocketing in popularity. Many describe the feeling as walking on water. The best way to describe it is using a long canoe paddle to paddle a surf-board. SUP is just super fun! Intro to SUP is the perfect way to give the sport a try. We will cover all the essential skills necessary to begin enjoying the sport on calm water. (16+ but children age 9– 15 are welcome with an adult.) Please provide email address when registering.

Thursday, June 19, 6:00 – 8:00pm (min 3/max 6) Location: Nuttings Lake, Billerica. **Fee: $60**

See website for policies/guidelines/what to bring at www.stillriveroutfitters.com

ADULT OPEN VOLLEYBALL: No Fee

This is a coed drop-in program open to Adults only. (no sign up necessary). Please bring your own volleyballs. Program runs 4/7 - 6/11 at the Lane School Gym. **Mon. & Wed**. evenings, 7:00 - 10:00pm. (no volleyball on 4/21, 4/23, 5/26, 6/9)

ADULT PICKUP BASKETBALL: No Fee

Open to all Bedford residents age 18+ and not in high school. Please bring your own basketballs. High School Gym.

Mon. & Thurs., 7:00 - 10:00pm, 4/3 - 6/12 (no basketball 4/21, 4/24, 5/26, 6/5)

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 26) *Non Resident registration begins 1 week after resident registration begins.* ***Please note that only registered participants may attend. No guests, fill-ins, or waitlisted players may play until they are officially registered.***

Tues. 4/8 - 6/10 (no badminton 4/22) 7:30 - 10PM, Lane School Gym. **Fee: $20**

ADULT BADMINTON - BEGINNER/INTERMEDIATE: No Fee

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. Lane School Gym.

Thurs., 7:30pm - 9:30pm, 4/10 - 6/12 (no badminton 4/24)

BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica
Open House April 10, 6:30-8:00pm

GOLF SCHOOL 1: BEGINNER GOLF Designed for the new golfer or golfer with little experience. Basic fundamentals of the game emphasized in a stress-free, clinic-style setting. Equipment and balls provided if needed. Wear sneakers or golf shoes. 5 week sessions beginning on dates and times below. Age 15+ **Fee: $169/5 wk option below**

Sat.	**4/12**	**11:30am**	**Sat.**	**5/31**	**11:30am**	**Tues.**	**7/15**	**6:00pm**
Sun.	**4/13**	**11:30am**	**Sun.**	**6/1**	**1:00pm**	**Thurs.**	**7/17**	**6:00pm**
Fri.	**4/18**	**5:30pm**	**Wed.**	**6/4**	**7:00pm**	**Sun.**	**7/19**	**11:30am**

GOLF SCHOOL 2: INTERMEDIATE GOLF Developed for students who have some actual playing experience and would like to elevate their skills using more advanced techniques. Will cover iron play, fairway woods and hybrids, short game and putting. 5 week sessions beginning on dates and times below. Age 15+ **Fee: $169/5 wk option below**

Sat.	**4/12**	**10:00am**	**Mon.**	**5/5**	**7:00pm**	**Thurs.**	**6/5**	**11:30am**
Sun.	**4/13**	**10:00am**	**Wed.**	**5/7**	**7:00pm**	**Fri.**	**7/18**	**6:30pm**
Tues.	**4/15**	**5:30pm**	**Sun.**	**6/1**	**9:00am**	**Sun.**	**7/13**	**10:00am**

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

ADULT INDOOR PICK UP SOCCER: No Fee

Join us for indoor pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Takes place at Davis School Gym.
Tues., Wed. & Thurs., 8:30 - 10:00pm , 4/1 - 6/12 (no soccer 4/22 - 4/24, 6/4, 6/5)

ADULT OUTDOOR PICK UP SOCCER: No Fee

Join us for outdoor men's and women's pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Wednesdays on BHS Sabourin Field 4/2 - 6/4.
Women's Open: 7:30 - 8:45PM
Mens' Open: 8:45 - 10:00 PM

MENS' SUMMER OUTDOOR BASKETBALL LEAGUE

Outdoor evening Summer Hoops League at the HS outdoor courts. Program is strictly for Bedford Residents, past Bedford HS graduates and Town of Bedford Municipal Employees only. Players must be at least 18 years of age and out of HS. League games will be played on Thursday and some Monday evenings. Team space is limited, enroll your team early to ensure a spot. Min: 6 teams/ Max 10 teams. Season starts 5/29 and runs through the first week in August. All teams make the playoffs. Team uniforms, two patch referees, and 2 score keepers included in team cost. Mandatory team captains' meeting on Thursday, May 22 at 7:00 PM. One member of each team must attend the captains meeting. Final rosters must be submitted by May 24, no changes to the roster after June 19. Unattached players may put their names on the free agent list by contacting the Recreation Department. **Fee: $810/team**
Teams register by paying in full or by paying a non-refundable $200 dollar deposit to hold a spot with the remainder of payment being due on May 23.

SPRING PROGRAMS 2014

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DEPARTMENT GENERAL INFORMATION

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

SPRING 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.

NONRESIDENT POLICY:

Please note that there is a $5 non-resident fee for all programs.

SPRING/FALL SOCCER INFORMATION

INTRAMURAL SPRING SOCCER (Grades K—8)

Season runs April 12 – June 7. Volunteer coaches offer this Saturday soccer experience. The objective is for children to enjoy and learn the sport of soccer. Participants must wear shin guards and bring their own soccer balls. Please note: players are placed on either the girls' teams or the boys' teams in all age groups.

Parents provide all coaching and support functions necessary for the program's success. Please indicate your willingness to coach or assist on your child's registration form or in the notes section on online registration. Sign up early for the early registration discount! Program for Bedford/Hanscom residents only. *Children must sign up for the grade that they are attending.* **Registration Fee by 3/28: $35 Fee after 3/28: $50**

Uniforms are available at the Rec. Office and cost $15 in addition to the registration fee!

K Boys K Girls	10:30 - 11:30 JGMS J field 10:30 - 11:30 JGMS Plateau field	Ball size 3
Grade 1 Boys Grade 1 Girls	11:30 - 12:45 JGMS J field 11:30 - 12:45 JGMS Plateau field	Ball size 3
Grade 2 Boys Grade 2 Girls	9:00 – 10:30 JGMS J field 9:00 – 10:30 JGMS Plateau field	Ball size 4
Grade 3 – 5 Boys Grade 6 - 8 Boys	8:45 – 10:15 South Rd fields 8:45 – 10:15 South Rd fields	Ball size 4
Grade 3 – 5 Girls Grade 6 - 8 Girls	8:45 – 10:15 South Rd fields 8:45 – 10:15 South Rd fields	Ball size 4

INTRAMURAL FALL SOCCER (GRADES K-8)

Season: Sept 13 - Nov. 8. **Children must enroll in the grade that they will be attending in Fall 2014, no exceptions.** Please indicate your willingness to coach or assist on your child's registration form. No experience is necessary.

Registration Fee by 8/15: $50; Fee after 8/15: $65

Please note that a $15/player field maintenance fee has been added to the registration fee.

Uniforms are available at the Rec. Office and cost $15! Please register/buy uniforms early.

Program for Bedford and Hanscom residents only.

No Intramural Soccer Bedford Day Sept. 20 for K—Gr. 2. Players in Gr. K – 2 will march in the Bedford Day Parade.

FALL TRAVEL SOCCER (OUT-OF-TOWN PLAY)

Registration is now open for Fall Travel Soccer. Registration will close June 7 or when teams fill. **When teams fill, additional registrations will be taken on a waiting list basis & new teams will be formed if there are enough players on the waitlist.** Players are placed on teams that will play each Saturday, either in Bedford or in another town. Travel teams practice two times per week. Parents are responsible for providing transportation to the games each week. Season runs from Early Sept - Early Nov. Team placement is released in Mid August.

U9/10 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 2014
U10: 4th grade Fall 2014
U11/12: 5th & 6th grade Fall 2014
U14: 7th & 8th grade Fall 2014

Mandatory evaluations will be held for players registered for the Fall U11/12 and U14 age groups. Details below.

Early Bird Fee (before May 30): $105with a maximum of $265 per family. Family rate can only be processed via fax, mail or in person registration.

Fee (after May 30): $135 with a maximum of $340 per family

Uniforms cost $50

Please note that a $15/player field maintenance fee has been added to the registration fee.

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

SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for children who are playing in the U11/12 & U14 age groups for Fall 2014 & Spring 2015 will be conducted on the following dates and times at the HS B, and Sabourin fields. Letters regarding evaluations will be e-mailed to all registrants in mid-May.

Monday, May 19: 6:00 - 7:30 Girls Under 11/12 **(all girls entering 5/6th grade fall 2014)**
Monday, May 19: 7:30 - 9:00 Girls Under 14 **(all girls entering 7/8th grade fall 2014)**
Tuesday, May 27: 6:00 - 7:30 Boys Under 11/12 **(all boys entering 5/6th grade fall 2014)**
Tuesday, May 27: 7:30 - 9:00Boys Under 14 **(all boys entering 7/8th grade fall 2014)**

RAIN DATE/MAKE-UP DATE:* Girls*: May 21; Boys May 29

SPRING PRESCHOOL PROGRAMS

GYMNASTICS

Jennifer McGrath & Dotty Martin keep 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 must wear comfortable clothes with bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger). Min 8/max 20. Takes 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. **(8 classes)** **Fee: $109**

Tuesday Classes 4/8 - 6/10 (no class 4/22, 4/29)

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, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical class.

3-4 yrs. Transitional Class(10:15 - 10:55AM): I'm a big kid now! This class is great for 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 as well as walking across the beam and swinging on the bar!

Friday Classes 4/11 - 6/13 (no class 4/25, 5/2)

18 months - 3 yrs. w/ Adult Partner (9:15 - 9:55 AM): Same description as 18 Mo - 3 year class above
3-4 yrs. Transitional Class(10:00 - 10:40 AM): Same description as 3 - 4year class above
3 - 5yrs. Transitional Class (12:15 - 1:00 PM): Same description as 3 - 5 year class above

K — 5th Grade Gymnastics class information located Elementary Section of brochure

THUNDERCAT MINI SPORTS (Ages 3.5 - 5) w/ Chris Allen

Join Thundercat Sports for this Preschool sports program specifically designed for children 3.5 - 5 years. Participants will have the opportunity to play and learn a variety of sports. Children should wear athletic clothing, sneakers and bring a water bottle. Program runs Thursdays, 10:30am - 11:15am; 5/8 - 6/5 on Mudge Way fields beside Town playground. Parents do not participate in the program with the children, but we ask that parents stay in the area on the sidelines during the program. (Max 12) **Fee: $78**

LIL' SPORTS (Ages 2 - 5)

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 (next to town playground) on Tuesdays 1:00 - 1:45 PM, 4/29 - 6/3. Min 10/Max 20 **Fee: $70**

SUPER SOCCER STARS (Ages 2 - 5)

Get the ball rolling for ages 2 and up with Super Soccer Stars! At Super Soccer Stars, the goal is to teach soccer skills in a fun, non-competitive, educational environment. The philosophy is to use soccer to nurture, to build self -confidence, and to develop teamwork in every class. Curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. Program held Saturdays 4/12 – 5/17. Children must be 2 by the start of the program. **Fee: $108**

Ages 2 – 3.2: 9:15-9:55am
Ages 3.3 – 4.2: 10:05-10:50am
Ages 4.3 – 5: 11:00-11:50am

SPRING ELEMENTARY PROGRAMS

GYMNASTICS (ages 5 - 12) with Jennifer & Dotty@ Lane School

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. Classes held at the Lane School Gym Fridays 4/11 - 6/13 (no class 4/25, 6/6; class will be held on the 4/18 Early Release Day). Min 8 Max 30 **Fee: $95**

Grades 3 –5: 2:45 - 4:00 (2:45 - 3:00 is snack time, please send snack)

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

LANE SPRING AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff members. The program runs Monday through Friday, 7:35 - 8:35 AM (excluding holidays, no school days or school delays/snow days). 4/7 until the last day of school. Open to all Lane School students. No drop ins; children **MUST** be registered through the Recreation Dept. Min 30/Max 45 **Fee: $90**

DAVIS SPRING AM GYM

Join Peter Laskaris and other Rec. 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 at a 1:10 staff/child ratio. The program runs Monday through Friday, 8:00 - 9:00AM (excluding holidays, no school days or school delays/snow days). 4/7 until the last day of school. Min:20/Max 30. **Fee: $130**

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 on Rec. website,*** Thurs. 2:45 - 3:45 pm, 4/10 - 6/5 (no class 4/24) Lane Gym. **Fee: $140**

KINDERGARTEN AFTER SCHOOL SPORTS w/ Jeremy Royds

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. Min 12/Max 20 Fri. 4/11 - 5/30 (no class 4/18, 4/25). **Fee: $55**

DAVIS AFTER SCHOOL SPORTS (Grades 1 & 2) 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. Min 12/Max 25. **Please register for only one day.**

Mondays, 4/7 - 6/9 (no class 4/21, 5/26 **Fee: $70**

Tuesdays, 4/8 - 6/10 (no class 4/22) **Fee: $79**

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 co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun and creative manner. From 3:10 – 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:30, students participate in the gym. Thursdays 4/10 - 6/12 (no class 4/24, 6/5). Min 6, Max 12. **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. Children are released to the cafeteria at 2:45 for a snack (please send snack).
3:00 - 4:00 p.m. in the Lane Cafe. Tuesdays, 4/8– 6/3 (no class 4/22). Min 6/max 12. **Fee: $95**

HERSHEY TRACK PROGRAM (ages 9 - 14 as of 12/31/13) w/ David Bell

Can you leap tall buildings in a single bound, run faster than a speeding bullet, or throw a ball more than a mile? Are you fast? Do you like to race? Can you and your friends form a fast team? If so, come to this informal and fun track and field clinic designed to familiarize participants with the Hershey Track Meet events. The emphasis is on participating, learning, improving and doing the best one can. Events include a softball throw for distance, the broad jump, four individual running races of different distances, and a 4 x 100 relay race. Come with your relay team together or we will create one for you. The events are contested in three age groups, 9 - 10, 11 - 12, and 13 - 14 year olds. **Fee: $70**
Practices take place at the BHS Track.
Tues. May 20 4:30 - 6:00
Tues. May 27 4:00 - 5:30
Tues. June 3 3:45 - 6:00 scrimmage in Concord (rain date Th, 6/5)
Tues. June 10 4:00 - 5:30
Fri. June 13 5:00—7:15 —Qualifying Meet in Harvard (rain date Sat., 6/14, 9:30 a.m.)
Sat. June 21 State Meet (based on qualifying performance)
For more info e-mail David Bell at davidkbell@hotmail.com

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 for boys and girls 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 Caféteria.
Friday, 5/2—6/13 (no class 6/6). Dismissal - 3pm snack, 3-4pm class. (Min:8/Max:20). T-shirt included. **Fee: $80.**

VIDEO GAME DESIGN w/ Empow Learning (Gr. 3 - 5)

Playing video games is fun, but playing games you make yourself is a thrill! Kids learn to create character sprites, design levels and program game mechanics while they learn the fundamentals of object oriented programming. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games and learning programming, they will also be learning math, geometry, design and logic. Games can be played at home (MS Windows-only), and software used in class is available for download (MAC and PC) for those who want to continue their game-making skills at home. Non-violence policy is enforced. Takes place in the Lane School Cafeteria, Mondays, 3:00 - 4:00, 4/7 - 6/2 (no class 4/21, 5/26). Children are released to the caf at 2:45 for a snack (please send snack). **Fee: $150**

SPRING TENNIS w/ KA Tennis (Ages 4 - 14)

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a USPTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, drills and fun games make this class appropriate for all ages. Takes place at the HS tennis Courts. Program runs Saturdays, 4/26 - 6/7 (no class May 24) Rain outs will be added on at the end of the session.
Ages 4 - 6: 8:30 - 9:05 AM,. (min: 4/max: 8) **Fee: $69**
Ages 7 - 9: 9:15 - 10:15AM. (min: 4/max: 10) **Fee: $117**
Ages 10 - 14: 10:30 - 12:00. (min: 4/max: 10) **Fee: $176**
Advanced Jr. Clinic: must have instructor approval: 12:00 - 1:30. Min 3/max 6 (ages 9 - 15)**Fee: $176**

BARRIE BRUCE GOLF SCHOOL
Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica

APRIL VACATION JUNIOR GOLF CLINICS, (ages 7 - 14) Learn golf with Barrie Bruce! These clinics run an hour and a half M - F 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.
Session 1– April 21 - April 25 10:00 - 11:30 AM **Fee: $109**
Session 2– April 21 - April 25 2:00 - 3:30 PM **Fee: $109**

HIRED HANDS w/Chip-in Farm 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. **Fee: $115/session**

Grade 3 - 5
Session 1: Mondays, 4/7 - 5/5 (no class 4/21) 4:00 - 6:00 PM
Session 2: Mondays, 5/12 - 6/9 (no class 5/26) 4:00 - 6:00 PM
Grades K - 2
Session 1: Wednesday 4/9 - 5/7 (no class 4/23) 3:00 - 5:00 PM
Session 2: Wednesday 5/14 - 6/4 3:00 - 5:00 PM

FLAG FOOTBALL (G3—5) 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. 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. Takes place Wed 4/9 - 6/4 (no class 4/23), 1:25 - 2:30in the Lane Gym. Min 10/Max 24. **Fee: $98**

DODGEBALL w/ F.A.S.T Athletics (Gr. 3 - 5)

Join the staff of FAST Athletics for this intense and exciting program. Participants learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program; there is never a dull moment! Gatorskin dodge balls are used ad safety rules and regulations will be reviewed before each class. Takes place Mondays, 4/7 - 6/2 (no class 4/21, 5/26), 2:45 - 3:45 in the Lane Gym. Min 10/Max 24
Fee: $87

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 1:50—2:20 (please pack a snack) until bus dismissal is over in the gym. Takes place at the Davis Gym 2:20 - 3:20, Wed. 4/30 – 5/28.
(min 8/max12) **Fee: $80**

ACTING CLASSES w/ Performing Arts Programs (Davis K - 2)

The staff of Performing Arts 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 skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit www.performingartsprograms.biz for more info about Performing Arts Programs and to view/read teachers' bio. Children will have a snack from 3:10 - 3:25 (please pack a snack). Takes place in the Davis Cafeteria.
Tuesdays, 4/8 - 5/27 (no class 4/22) 3:10 - 4:25. (min 8/max 15) **Fee: $120**

PRINCESS AND PIRATE PICASSOS w/ Let's Gogh Art (K - Gr. 2)

Who wants to be a Princess or a Pirate Picasso? The art-venture begins by building a crafty castle or Picasso inspired pirate ship that will look just a little bit wacky. Next, the princesses and pirates will enjoy a high seas treasure hunt, wearing costumes created by hand (including tiaras, wands, swords and more). Everyone will create a treasure chest to hold booty, while also trying their hands at painted ceramics, fabric art and more. Ahoy ye fine lads and maids, escape to our special land of art-venture. Program takes place in the Davis School Cafeteria Wednesdays 4/9 – 5/28 (no class 4/3) 1:50 - 3:20. First 15 minutes are snack time, please pack a snack! Min10/max 20 **Fee: $97**

ORIGAMI w/ Karine Marino (K - Gr. 2 & 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. Please send a snack.

Gr. K - 2: Davis Cafeteria, Thursdays, 3:15 - 4:30, 4/10 - 5/22 (no class 4/24). 3:15 - 3:30 will be snack time. **Fee: $99**

Gr. 3 - 5: Lane Cafeteria, Wednesdays, 1:25 - 2:40, 4/9 - 5/21 (no class 4/23). Snack time until 2:40. **Fee: $99**

WICKED GROSS SCIENCE (Gr. K –2)

Gross Science is not for the easily queasy! The gross yet fascinating things in life hide many science secrets. Discover acids and bases and make putrid potions. We will baffle bacteria and make model mucus, create alien slime and dissect owl puke! Guaranteed to be grossly amusing. Takes place in the Davis Cafeteria, Mondays 3:10- 4:25, 4/7 - 5/19 (no class 4/21), min8/max12. **Fee: $98**

ARCHERY (AGES 10 - 15) w/ On The Mark Archery

Join the staff of On the Mark 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. (Min 10/Max 15). Program takes place in the Davis School Gym, 6:30 - 7:30 PM, Wednesdays, 4/16 - 6/11(no class 4/23, 6/4) **Fee: $184**

RECREATION DANCE 2014 - 2015 w/ Amy Noyes (K - Gr. 12)

Classes will begin September 16 & 17. The deadline to register is August 22 or when classes fill. Classes fill quickly, so register early. 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. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays and school vacation weeks. Use the registration form on page 39 for this program.

TUESDAY CLASSES

3:45 - 4:30 K Ballet & Tap (Max 10)	**Fee: $225**
4:30 - 5:30 1st Gr Ballet, Tap & Jazz (Max 15)	**Fee: $260**
5:30 - 6:30 2nd/3rd Gr. Ballet, Tap & Jazz (Max 15)	**Fee: $260**
6:30 - 7:15 4/5th Gr. Hip Hop & Lyrical (Max 15)	**Fee: $195**
7:15 - 8:00 6 - 8th Gr. Hip Hop & Lyrical (Max 15)	**Fee: $195**

WEDNESDAY CLASSES

2:00 - 2:45 9 - 12 Gr. Hip Hop & Lyrical	**Fee: $195**
2:45 - 3:30 6 - 8th Gr. Hip Hop & Lyrical (Max 15)	**Fee: $195**
3:30 - 4:30 2nd/3rd Gr. Ballet, Tap & Jazz (Max 15)	**Fee: $260**
4:30 - 5:15 4/5th Gr. Hip Hop & Lyrical (Max 15)	**Fee: $195**

SPRING MIDDLE & HIGH SCHOOL PROGRAMS

MIDDLE SCHOOL YOUTH CENTER

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. Daily events include tournaments and challenges, cooking, arts and craft projects, trivia contests and much more. 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… students may be registered online or at the Recreation Office and then just sign in upon arrival at The Corner. Come check it out! Open school dismissal – 6:00, Monday – Friday. (opens 12:45 on Weds.)

The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact nickc@bedfordma.gov

FUN FRIDAYS AT THE CORNER!

Every Fun Friday includes a variety of events, activities and food for those who attend! The Corner is open until 7:30 on these Fun Fridays!

March 7: Floor Hockey Night
March 21: Popcorn and a Movie
April 4: Spring Corner Olympics
May 9: Outdoor games night.
May 23: Limbo Night
June 6: Tie-Dye Night– Bring an item to tie-dye.
June 13: Splash Blast @SBP (See details below)

CORNER SPECIAL EVENTS

Corner Spring Fling Dance: Friday March 28, 7:00 - 9:00 PM. A fun night of music, dancing, games, snacks and more. DJ Mike Pride will be playing some of today's best dance music mixed with some great contests and prizes. Light refreshments will be served. Cost of the dance is $5, but bring in a canned good for the Bedford Food pantry and the cost is only $2! Must be a current 6th - 8th grade student.

Learn to Cook: Yogurt-Granola Parfaits: Wednesday April 3, 3:00 - 4:30 Participants will learn about the fascinating life of bees, then cook with honey! Kids will make granola and a strawberry rhubarb red sauce to create a yogurt-granola parfait garnished with fresh mint. Beautiful to look at, delicious to eat and good for you!

Cook Your Own Pasta Dinner: Join us on Friday May 2, 2014, 5:00-6:30 to make homemade pasta and ravioli from scratch. Kids will also make a tossed green and whip up a maple syrup balsamic salad dressing! At the end of the event we'll sit down to enjoy our creations!

Zumba with Renae Nichols: March 5 and March 26, 2:00 p.m.

Guitar Jam with Ken Budka: Join Corner staff member and guitar teacher Ken Budka for this Thursday jam sessions starting in March. Kids can bring guitars from home and jam out with friends. Loaner guitars will be available for those who do not have one.

MIDDLE SCHOOL & HIGH SCHOOL PROGRAMS

SPRINGS BROOK PARK SPLASH BLAST! *For JGMS Bedford Students Only*
Friday, June 13, 6:30 - 8:30 pm (rain date Mon. June 16)

JGMS students will have a private beach until the park closes, then all facilities for JGMS only! Swimming, dock, spray park, volleyball, basketball, beach, concession. Bring your friends and have a blast!

MIDDLE SCHOOL YOGA w/ Bonnie McCulloch (Gr. 6 - 8)

Join us for this class specifically designed for JGMS students. The class offers the opportunity to work on strength and flexibility while relieving the stress of daily life. Each class consist of yoga poses, balance work, breath work and relaxation. The class will taught in a fun, upbeat manner while playing current music. Wednesdays, 1:00 - 2:00 PM, Union Room, 12 Mudge Way. 4/9 – 6/4 (no class 4/23). Min: 8/ Max: 15 **Fee: $100**

ARCHERY (AGES 10 - 15) w/ On The Mark Archery

Join the staff of On the Mark 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. (Min 10/Max 15). Program takes place in the Davis School Gym, 6:30 - 7:30 PM, Wednesdays, 4/16 - 6/11(no class 4/23, 6/4) **Fee: $184**

DANCE CLASSES (Middle & High School Students): Please see Dance Class information on page 21

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

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

BodyPump, BodyJam and BodyFlow: age 15+
Zumba: age 15+
NIA: age 15+
Beginner Hatha Yoga: age 15+
Tai Chi: age 16+
Hot Hula Fitness: age 15+
Bootcamp: age 15+
Cardio-Barre Blast: age 15+

Golf: age 16+
Stand-Up Paddleboard: age 16+
Kayak: age 16+
Archery: age 16+
Beginner French: age 16+
Sushi Rolling: age 16+
Blacksmithing: age 15+
Heartsaver CPR: age 15+
Friends and Family CPR: age 14+

THE COLLEGE SUCCESS TOOL KIT...ARM YOURSELF! w/ Karen Humphrey-Johnson
College success means college planning. Transitioning from high school to college is an exciting time for both students and parents. It can also be filled with stumbling blocks and anxiety. Learn how to navigate the university environment, avoid the pitfalls of the freshmen year and make the most of all college has to offer. This seasoned higher education professional will offer a fun and interactive activity for students and their parents to set goals, establish expectations, and formulate a plan of attack. Achieving good grades, faculty research, internships, study abroad, leadership development….with the right approach you can have it all! Open to students, parents, or students and parents together.
Thursday, May 15, 7:00-8:30pm (min 8/ max 25) Class held at 12 Mudge Way, Flint Room. **Fee: $25 per family**

SUMMER ADVENTURES EMPLOYMENT OPPORTUNITIES
Positions are available at our Summer Adventures program. We are looking for responsible, enthusiastic individuals to join the team of our longstanding, popular Summer Adventures program. Minimum age: completing freshman year of high school. Please submit a Town of Bedford Employment Application (www.bedfordrecreation.org or at the Recreation Office at 12 Mudge Way).

SPRINGS BROOK PARK SUMMER EMPLOYMENT
LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 13, 2014). Must have current Lifeguard Training, CPR and/or Water Safety Instructor certification. Hourly rates start at $9.44 and are based on experience. Applications available at the Recreation Office or online. Will accept applications until all positions are filled. Interviews will start in April.

CREW POSITIONS: Open to Bedford residents only
Interviews will be held in mid-May. Applications avail. @Rec. Office or online. Application deadline: May 1. May apply for more than one position. Please specify on application position(s) of interest. Very flexible schedules are available.

Park Attendants: (min. age: 14 by June 13, 2014) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.
Swim Aides: (min. age: 14 by June 13, 2014) 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 13, 2014) Prepare food, serve customers, daily maintenance of the concession stand and park.
Grounds Maintenance: (min. age: 14 by June 13, 2014) Responsible for landscaping, grounds & facility maintenance.

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org
Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during April Vacation week and throughout the Spring. Check the Red Cross website for details. Sign up for classes soon!!
Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5
WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

BEDFORD SOCCER LOOKING FOR REFEREES! : Great Part-Time Fun Job - Pays Well!
If you have ever thought of becoming a youth soccer referee in Bedford, now is the time to act. Go to http://www.massref.net/becomeref.cfm to sign-up for a referee course so you can ref in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or goodmanreferee@yahoo.com. Pay for refereeing is as follows: $40 for center ref for U14 (11v11), $30 for U12 and U11 (8v8), and $20 for U10 and U9 (6v6). Assistant Referees are paid $25 if they are grade 8 referee classification and $20 if they are grade 9 referee classification.

SUMMER CONCERT SERIES 2014

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

Please join us for the 2014 SUMMER CONCERT SERIES at the Town's "Activity Complex" at 12 Mudge Way (the former Center School). This is Bedford's ultimate family experience location. The concert venue is surrounded by a playground, outdoor basketball courts, outdoor tennis courts, a walking track, a skate park and numerous athletic fields.

The complex boasts a vast lawn for concert goers. Bands perform on a slightly elevated stage.

Ample parking surrounds the concert grounds and restrooms are readily available.

JULY 10—GRUPO FANTASIA LATIN BAND
Colorful, uplifting music from the Caribbean and Latin America! Soca, Calypso and Island favorites are featured. www.grupofantasia.com

JULY 17—ALTER EGO
Harmony-laden folk-rock and Americana. www.alteregosongs.net

JULY 24—BRASS CONNECTION
This fun, upbeat pops style show includes patriotic selections, light classics, big band swing, Broadway show tunes, blues, music from the movies and television as well as Beatles, Chicago and Tijuana Brass.

JULY 31—THE REMINISANTS
The Reminisants "Oldies" band has a repertoire of dance music that appeals to a variety of musical tastes across several generations. The Reminisants have performed with many of the legends of Rock N' Roll such as The Beach Boys, Chubby Checker, Paul Revere & the Raiders, Bill Haley's Comets, Shirley Reeves and the Shirelles, Herb Reed and the Platters, The Belmonts, and The Marvellettes. www.reminisants.com

AUGUST 7—SOUTHERN RAIL
Steel strings, wooden instruments, real voices… bluegrass as it should be. Southern Rail's performances are high-energy, exuberant fun with riveting harmonies, irrepressible humor and sparkling banjo and mandolin solo work. www.southernrail.com

SUMMER 2014

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SUMMER DEPOSIT/PAYMENT INFORMATION:

Programs costing less than $200 must be paid in full at the time of registration.
For programs costing more than $200 there is a $50 non-refundable deposit due at the time of registration. Balance is due **May 2.**

SUMMER REFUND/CANCELLATION PROCEDURES:

For programs costing $200 or less, full refund, less $10, if cancelled by **June 6, 2014.** There is no refund if notice is given after **June 6, 2014.**
For programs costing more than $200, full refund less $20, if cancelled by **June 6, 2014.** There is no refund if notice is given after **June 6, 2014.**
Programs that are not self-supporting (due to low enrollment) will be cancelled. Full refund if program is cancelled.

These refund policies do not apply to programs for which other refund policies are stated.

NONRESIDENT POLICY:

Please note that there is a $5 non-resident fee for all programs.

We hope that you will join us at Summer Adventures!

Director: Peter Laskaris
Assistant Director: Stacy Vallely
Administrative Assistant: Lee Frank

NEW FOR SUMMER 2014!

- **Summer Adventures** will include children entering grades 1 – 4.
- Summer Adventures Grades 1 - 4 will be held in two week sessions June 30 – July 25 and one week sessions July 28 – August 8.
- Swim lessons will be included for Grades 1 – 4 Sessions 1 & 2 (with spray park time once/week following lessons); free swim for this age will be featured Sessions 3 & 4.
- Field trips for Grades 1 – 4 will take place on a weekly basis.

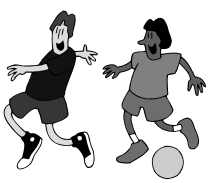
- **Junior Adventures** will include children ages 4 – entering Kindergarten.
- Junior Adventures will be held in one week sessions.
- Visits to the Springs Brook Park spray park will be included in the Junior Adventures program.
- Field trips for Junior Adventures will take place Weeks 1, 3, 5

Program information follows in this brochure and additional information will be posted this spring on our website (www.bedfordrecreation.org … follow the "Summer Adventures" link).

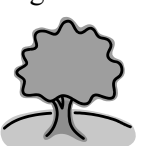
SUMMER ADVENTURES 2014

Director: Peter Laskaris
Assistant Director: Stacy Vallely
Administrative Assistant: Lee Frank

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. Included in this program are theme days, special visitors and events, cooperative games and sports, art, music/drama, one field trip per week and American Red Cross swim lessons (swim lessons Sessions 1 & 2; Session 3 will include free swim only, no lessons). Offered in two week sessions until July 25 and one week sessions July 28—Aug. 8.



JUNIOR ADVENTURES (ages 4 by 6/30/14 — entering kindergarten): 9:00—Noon or 9:00—3:00. Offered in one week sessions, this program is designed for our youngest participants, preschool children. Register for one week, six weeks or anything in between! 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). Field trips Weeks 1, 3, 5.



Summer Adventures Sessions:

1 June 30—July 11 (2 Weeks, no July 4)
2 July 14—25 (2 weeks)
3 July 28—Aug. 1 (1 week)
4 Aug. 4—Aug. 8 (1 week)

Junior Adventures Sessions:

1 June 30—July 3
2 July 7—11
3 July 14—18
4 July 21—25
5 July 28—Aug. 1
6 Aug. 4—8

SWIMMING LESSONS

Children entering grades 1—4 will have swim lessons during Sessions 1 & 2 four days/week (no lessons Wednesdays) at Springs Brook Park. The lessons are Red Cross certified Levels 0—6. The Springs Brook Park swim instructors make learning to swim fun! Summer Adventures staff accompany the children to the park and participate fully in the lessons as aides in the classes. One day per week, children have extra time at the Park to enjoy the spray park after lessons. Children are transported to and from the park via school bus.

Early Bird and Extended Day

For full-day coverage, we offer Early Bird and Extended Day options. Early Bird consists of supervised quiet games in the cafeteria or active games in the gym and runs 8:00 a.m.—9:00 a.m. Extended Day consists of trips to SBP and activities at BHS and runs from SA dismissal until 6:00 p.m.. Pickup is 5:00-6:00 p.m. at the town playground on Mudge Way (indoors at BHS if rainy). Additional coverage options are available at the Bedford Recreation Kids' Club. Early Bird and Extended Day are available only to those in Grades 1—4. Please note that Extended Day will not be held August 8, the last day of the program.

STAFF

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

LOCATION

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

Registration Information: Registration opens March 1, 2014.
We encourage early enrollment as some groups will fill quickly.
(Registration Information Page 2).

Please note: If you register online, you will be charged the full fee, not the deposit. To register with deposit only, please fax, mail or drop off completed form to the Recreation Office.

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.

FEES:

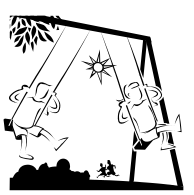
Junior Adventures:

9:00—Noon*: $175/week *($140 July 4 Week)*
9:00—3:00: $240/week *($190 July 4 Week)*

**Weeks 1, 3, 5 include field trips that return after noon.*

Summer Adventures:

9:00—3:00 (2 Week Sessions): Session 1: $405; Session 2: $450
9:00—3:00 (1 Week Sessions): $225/week
Early Bird: $70/session (Sessions 3 & 4: $35/session)
Extended Day: $200/session (Session 3 $100; Session 4 $90—no EXT 8/8)



Summer Adventures Phone: 781—275—1015 (June 30—August 8 only)
Recreation Department Phone: 781—275 – 1392

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.

KIDS' CLUB SUMMER FUN

YOUR SOURCE FOR SUMMER CHILDCARE!
FLEXIBLE OPTIONS TO MEET YOUR NEEDS!

KIDS' CLUB SUMMER FUN….join the fun!

- **Open weekdays 7:30 AM—6:00 PM: FLEXIBLE DROP-IN OPTIONS FOR PARENTS LOOKING FOR FULL DAY COVERAGE OR PART-TIME COVERAGE!**
- **Licensed by the MA Office of Early Education and Care**
- **Housed in the newly renovated North Wing at Town Center**
- **For children entering Kindergarten - grade 6**
- **Structured and unstructured activity options**
- **Air-Conditioned**
- **Outdoor play areas**
- **Daily and weekly themes for adventure and enrichment***

***In past years, Summer Fun has been visited by the New England Aquarium Traveling Tide Pool, Mad Science, the Lowell Spinners, Pumpernickel Puppets, The Museum of Science Mobile Planetarium and many other performers.**

Great option for care after Recreation Summer Programs such as:

Bedford Baseball (page 32)
Wicked Cool Science Programs (page 31)
Summer Dance (page 30)
Performing Arts Summer Program (page 30)
Junior Summer Stock (page 30)
Summer Adventures (Pages 27 - 28)
British Soccer Camp (Page 34)

Space is limited due to capacity/licensing; please register early
Membership required to utilize Kids' Club services ($50 annual fee, complete child forms packet required, membership is good for the 2014—2015 school year for scheduled care or drop in care)

Fees

Full Day - $65/day ($60/day if 5 days/week)
Morning A (7:30 - 9:00) - $15/day
Morning B (7:30 - 1:00) - $45/day
Mid-day (11:00 - 3:00) - $40/day
Full Afternoon (11:30 - 6:00) - $45/day
Half Afternoon (3:00 - 6:00) - $30/day

Nancy Cormier, Kids' Club Director
Kate Farrell, Department Assistant

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

ON THE ROAD Entering Grades 5 - 6

For children entering grades 5 and 6, this is a series of field trips (9:00 - 3:00, no overnights). Destinations include places such as beaches, laser tag, mini-golf, Canobie Lake Park, Water Country, Skyzone, Stone Zoo, Coco Key, Chunky's, Davis Farmland Megamaze. A detailed list will be available prior to the start of each week. These are one week programs. Mon.-Fri., 9:00 - 3:00; meet at The Corner (youth center) @ 12 Mudge Way (Town Hall Complex). Participants may enroll for multiple weeks. Min. 20, Max. 30. **Fee: $295/week**

Week 1: July 7 - 11

Week 2: July 28 – August 1

LOCAL GETAWAY Entering Grades 7 - 9

For children already in Middle School, this is a daily (9:00 - 3:00, no overnights) series of activities. Days will include trips to Boston events, area beaches, amusement parks such as Canobie Lake Park, Coco Key, and Water Country, mini-golf, bowling, laser tag, go carts, and other fun local activities. (a detailed list will be available prior to the start of each week). These are one week programs. Mon.-Fri., 9:00 - 3:00. Participants meet at The Corner (youth center) at 12 Mudge Way. Participants must entering grades 7-9. Participants may enroll for multiple weeks. **Fee: $285/week**

Week 1: July 14 - 18 **Week 3:** August 4 - August 8

Week 2: July 21 - 25 **Week 4:** August 11 - August 15

JUNIOR SUMMER STOCK Director: Amy Budka (Entering Grades 4-9)

This is a 4 week musical theater production experience. Participants will work on all the different aspects of musical theater performance - singing, dancing, character development and stage blocking. Participants also participate in designing and crafting scenery, props and costumes. The play is chosen with the group members in mind and every cast member has at least a few lines. An audition is held in early June both at JGMS and Lane so that casting and production can begin. Cast members must be at rehearsal every day, so check your family vacation schedule before making a commitment to Summer Stock. The program runs from 10 AM to 1PM, with a mid-morning snack break. Occasionally some members may be asked to stay later than 1:00. There are typically two performances during the final week - one in the afternoon for the Summer Adventurers and one on Thursday evening, August 7 for family, friends and the community. Mon. - Fri., 10-1 (or a bit later!) 7/14 - 8/8 @ Middle School auditorium. Grades: entering 4-9 (Max: 30) **Fee:$480**

NEW! Junior Summer Stock Early Morning drop off: Early Morning Drop off will be staffed by JSS counselors. Participants will have the opportunity to participate in theatre games, arts & crafts and other staff lead activities. Program takes place every JSS day, 9:00 AM- 10:00 AM. Min. 8. Max/ 30. **Fee: $75**

NEW! Junior Summer Stock Afternoon Arts: The JSS Afternoon Arts program will be lead by Jessica Ham. Some of the activities will be JSS set work, various arts and craft projects, dance routines, games, poster making and other staff lead activities. Program runs 1:00 - 3:00 PM on all JSS days except 8/7. Min 8/max 20. **Fee: $150**

PERFORMING ARTS SUMMER PROGRAM

This exciting, fun and highly charged summer program is offered for children ages 6-12 years old. Mornings will consist of exciting acting classes and dance classes. The acting classes consist of creative theater games, concentration exercises, voice and speech work and structured improvisation to improve performance. Other topics include: monologue work, acting terminology, sense memory, sub-text, stage skills, script work and more! These classes help students build confidence and inspire their imagination in a fun and supportive environment. The dance classes include high energy jazz dance and movement. The afternoons will consist of rehearsals that will culminate with an end of the week performance for family and friends on Friday at 1:30pm. Program takes place in the John Glenn Middle School Auditorium 9:00 AM– 2:30 PM. 7/7 - 7/11 . Please pack a lunch and a snack. Min 10/max 20 **Fee:$235**

Make it a Kids Club Combo for extra child care! See page 29 for pricing and options!

SUMMER DANCE PROGRAM w/ Performing Arts Programs

Performing Arts Programs, Inc. offers a fun filled week of dance instruction and so much more! During the week, students will study a wide variety of dance styles and techniques including ballet, tap, jazz, hip hop and creative movement. At the end of the week, there will be an informal share to demonstrate what participants have been working on Participants should wear comfortable clothing and sneakers or dance attire if they have it and pack lunch, water and a snack. Program takes place in the Union Room at Town Center, 9:00AM - 2:30PM, 6/23 - 6/27. Min 8/Max 30. **Fee:$245**

Make it a Kids Club Combo for extra child care! See page 29 for pricing and options!

GYMNASTICS & CREATIVE PLAY w/ Jennifer McGrath & Dotty Martin (2 - 5 year olds)

Children will have a blast as Jennifer & Dotty have them running, jumping and moving! They will climb the highest mountain in Bedford or search for the lost bears from the Teddy Bear Picnic! Parents are required to stay and play in 2 & 3 year old class. Classes are Tuesdays at the First Church of Christ, 25 Great Rd. Min 5/max 12. 6/24 - 7/29 **Fee: $90**

2 & 3 year olds: Parent Participation Required**,** 9:00 - 9:40 AM

3 - 5 year olds: Drop Off, 9:45-10:25 AM

WICKED COOL VET SCHOOL w/ Wicked Cool for Kids (Entering Grades 1 - 5)

Do you have dreams of becoming a veterinarian? Grab a lab coat animal lovers and gear up to learn about our favorite furry, flying, and fishy friends! Participants will make amazing models, build big bones and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish. You will dissect owl pellet to discover the predators diet, catch some invertebrates while studying insect exoskeletons and look into the tiny worlds of animal cells and parasites. The week will end with a featured live animal visit. Takes place at JGMS cafeteria, 6/23 - 6/27.(min 10/ max 30)

Half Day: 9:00 - Noon: **Fee: $205**

Full Day: 9:00 AM - 3:00 PM: **Fee: $305**

Make it a Kids' Club Combo for extra child care! See page 29 for pricing and options!

WICKED COOL DESIGN AND BUILD WORKSHOP w/ Wicked Cool for Kids (Entering Gr. 1 - 5)

This program is specifically designed for participants that love to create, design and build. This challenge-based workshop allows participants to repurpose items using the engineering and design process to create something new, useful, fabulous or just plain fun! Participants will take on the role of inventor where they will make their own door alarm, water balloon helmet, mechanical grabber to pick things up. They will also have the opportunity to design a water filter that really works, a car that is built to keep an egg safe in a crash, a towering skyscraper and some crazy Rube Goldberg machines. 7/28- 8/1 at the JGMS Cafeteria. Min 10/Max 30

Half Day: 9:00 AM - 12:00 PM **Fee: $205**

Full Day: 9:00 AM - 3:00 PM **Fee: $305**

Make it a Kids' Club Combo for extra child care! See page 29 for pricing and options!

WICKED COOL LEGOPALOOZA: ROBOTICS REVOLUTION w/ Wicked Cool for Kids (Entering Grades 2 - 4)

This program takes Lego WeDo adventure robotics projects along with added advanced open-ended STEM activities and engaging new challenges. The WeDo Robotics system features Lego models that incorporate working motors and sensors with simple programming software. Participants will build and program a spinning carousel, a roller coaster and a ferris wheel. Participants will also create carnival games, a drawbridge and safety gates for a take home mini-figure. 8/4 - 8/8; JGMS Cafeteria. Min:10/Max:30.

Half Day: 9:00 AM - 12:00 PM **Fee: $205**

Full Day: 9:00 AM - 3:00 PM **Fee: $305**

Make it a Kids' Club Combo for extra child care! See page 29 for pricing and options!

WICKED COOL MINECRAFT MASTERCRAFTERS w/ Wicked Cool for Kids (Entering Gr. 3 - 7)

Minecraft Mastercrafters is an advanced minecraft program where educational gaming is offered in conjunction with hands-on science and engineering activities as focused companion lessons. If you think you have what it takes to be a mastercrafter join us to hone your skills in this teacher controlled platform where participants learn and interact virtually in a classroom setting. Student teams will explore, manipulate, problem-solve and build in worlds that have been customized for Wicked Cool learning activities. Participants will become master crafters as they focus on energy, powering mechanisms, using redstone to build and design their way through the tricky labyrinth of the Mastercrafter Island! Takes place in the JGMS Cafeteria. 8/11 - 8/15. Min 10/Max 24

Full Day: 9:00 AM - 3:00 PM **Fee: $305**

Make it a Kids' Club Combo for extra child care! See page 29 for pricing and options!

CHIP IN FARM SUMMER PROGRAM: 201 HARTWELL RD (Entering Grades K—5)

Join Farmer Sandy this summer to do real farm work at Chip-in Farm! Participants will 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 the class. Classes run Tuesday - Friday 9:00 AM - Noon. **Fee: $150/Session**

Entering Grade 3 - 5 : **Session 1:** 7/8 - 7/11; **Session 2:** 7/15 - 7/18

Entering K - Gr. 2: 7/22 - 7/25

NATURE EXPLORERS w/ Allie Bossman (Gr. 3 & 4)

Do you enjoy exploring the outdoors? If so, this is the program for you! Explore through hands-on investigation, crafts and experiments. Much of the time is spent outdoors with activities that include nature walks, scavenger hunts, geocaching, science experiments and nature crafts. Program takes place at the Lane School cafeteria and surrounding outdoor space. Monday—Friday, 9:00 a.m.—12:30 p.m., Min 6/Max 10 **Fee: $165/Session**

Session 1: July 14—18

Session 2: July 28—August 1

NATURALIST CLUB with Anita Petrocelli and Kristie Kimball-Dorey (Entering Grades 1, 2)

Young naturalists will get their minds and bodies in motion as they discover the natural habitats of Bedford and beyond. Every day, our young explorers will use their curiosity, creativity and their senses as they discover and explore the outdoors through hands-on science, creative art, and literacy. At the end of each session, scientists will take home unique projects, scientific experiments, and/or fun songs and games to share with family members. Please bring a quick-to-eat, healthy snack as well as a bottle of water to each session. Monday– Friday, August 4 - 8. 9:00 AM- 11:30 AM
Lane School Cafeteria. Min. 10/Max. 16. **Fee: $180**

YOUNG AUTHORS' WORKSHOP with Aimee Chase (Entering Grades 4—6)

Students will be given the opportunity to plan and write an original story from start to finish. The first three days will consist of short writing sessions followed by creative activities centered on an element of fiction (Day 1: Main character), (Day 2: Setting), (Day 3: Plot). The activities will be designed to stimulate creative thinking, help kids bring their ideas to life and make writing fun. Activities will include clay sculpture (character), diorama-making (setting) and skit performance (plot). Day 3 will be rough draft day where kids plot out their story either in timeline, illustrated or written form. Day 4 will be a small group workshop day for those who want to share their ideas with other kids in a safe environment and get positive feedback. Rough drafts will be completed by Day 4. Day 5 will be a day to write final drafts and design a book cover that goes with their completed story. The goal is for each participant to go home on day 5 with confidence in his/her writing and a "published" book that can be shared with family and friends.
Aimee is a parent of a first grader and a preschooler. She teaches elementary students as an ELL teacher. She is also a published freelance writer (How I Love You and Countdown to Baby) and editor who loves to write fiction and poetry in her spare time. She graduated from the University of Southern California with an MFA in Fiction in 2002.
Lane School Cafeteria. Monday - Friday, July 14 - 18, 9:00 AM - Noon. Min. 6 /Max. 10. **Fee: $150**

JOHN CARROLL'S ALL STAR BASKETBALL (Ages 7-14)

Join Coach John Carroll, NBA and award-winning college coach, and the All-Star Basketball staff of high school and college coaches and players for a week of basketball games, shooting contests and fun. Camp will include personal attention aimed at improving skills such as dribbling, ball handling, shooting and passing. Camp staff stresses the importance of commitment and dedication to reaching a goal and the importance of teamwork, fair play and sportsmanship in any endeavor. Takes place at the Lane School.
Session 1: (5days)6/23–6/27, Mon - Thurs., 9-3, Fri., 9-1 **Fee: $239**
Session 2: (4 days) 7/21–7/24, Mon– Thurs. 9 - 3 **Fee: $199**

THE BEDFORD BASKETBALL SUMMER CLINIC w/ Coach Tom Brincklow (Entering Grades 3 – 8)

Join BHS Varsity Assistant Coach Brincklow and members of the BHS varsity basketball team for this 4 day clinic that will focus on skill development, team games, contests and fun! Coach Brincklow has more than 22 years coaching expertise, was a former 1000 point scorer in college and was inducted into the Westfield State University Hall of Fame.
Program runs at Davis School Gym, August 11 - 14 (Mon - Thurs) 9:00 AM - 2:00 PM. (Min 15/Max 50) **Fee: $178**

BEDFORD BASEBALL CAMP

Join Assistant BHS Coaches, Tim French, Angelo Colucci and Hamilton College Junior Nick Taylor and their staff of high school and college players for the Bedford Baseball Camp. Youth players from beginner to all-star will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make the game fun for all participants. Skills are applied in game situations through daily participation in authentic games.
Ages 6 - 7 participate in coach pitched games as they work on developing arm strength, coordination, driving the baseball and game sense.
Ages 7 - 12 participate in playing authentic games on 60 foot diamonds. Daily instruction is focused on the development of a short, fast and well balanced technique that trains hitters to utilize the lower body to generate bat speed. Additional emphasis is placed on developing arm strength, pitching, fielding fundamentals, base running and team defense.
Ages 12 - 14 work on skills specific to success on the 90-foot diamond. Players will develop skills in the areas of taking leads, receiving signals, pitching from the stretch, relays, cutoffs, team defense, situational hitting and game sense. Daily instruction in hitting and arm-healthy throwing is provided through practice in batting cage and participation in throwing progression drills. All drills and activities are targeted toward developmentally appropriate growth in the areas of strength, conditioning, coordination, speed, skill, and team building. Everyday offers participants the opportunity to learn, improve, and have FUN.
Program takes place at the JGMS fields 8:30-11:30 AM. The JGMS gym will be used as a rain back up. Max: 60 per session. All participants will receive a hat.

Session 1: July 7 - July 11	**Fee: $180**	Session 3: July 21 - July 25	Fee: $180
Session 2: July 14 - July 18	Fee: $180	Session 4: July 28 - Aug. 1	**Fee: $180**
***BEST DEAL:** All 4 sessions	**Fee: $450**	**Must register by July 7 to receive 4 session discount*	

Make it a Kids' Club Combo for extra child care! See page 29 for pricing and options!

KA YOUTH TENNIS

Learn the sport of tennis from Kyle Anderson, a USPTR and USTA certified instructor with 18 years full time instructing experience. All lessons will be taught by Kyle Anderson and others if numbers warrants additional staff.

WEEKLY LESSONS: Sessions teach the fundamentals of tennis in an energetic atmosphere. Each day will focus on a different stroke and practicing those already learned. Drills and games are simple, effective and fun. As the week progresses, more time is devoted to rallying skills and points. With sufficient enrollment, groups will be broken into levels. Instruction will cover mechanics and understanding of the game. Sneakers and racquets required. Runs Monday - Thursday with Friday reserved as a rain make up. Takes place at HS tennis Courts.

Ages 4 - 6: 8:30 - 9:05 AM (max:10) **Fee: $50/session**
Ages 7 - 9: 9:15 - 10:15 AM (max: 12) **Fee: $79/session**
Ages 10 - 14: 10:15 - 11:45 (max: 10) **Fee: $117/session**

S1: 6/23 - 6/26 **S4:** 7/14 - 7/17 **S7:** 8/4 - 8/7
S2: 6/30 - 7/5* **S5:** 7/21 - 7/24 **S8:** 8/11 - 8/14
S3: 7/7 - 7/10 **S6**: 7/28 - 7/31 **S9:** 8/18 - 8/21
***Session 2: Mini Session: (3 days, no July 4)**
Ages 4 - 6: **Fee: $37/session**
Ages 7 - 9: **Fee: $59/session**
Ages 10 - 14: **Fee: $87/session**

WEEKNIGHT LESSONS: Lessons run Mondays, Wednesdays and Thursdays at the HS tennis courts with Fridays reserved as a make up day.

Ages 4 – 6: 5:00 – 5:45 PM **Fee: $44/session**
Ages 7 – 9: 6:00 – 7:00 PM **Fee: $61/session**
Ages 10 – 14: 7:15 – 8:30 PM **Fee: $87/session**

Session 1: June 23, 25, 26; **Session 2:** July 7, 9, 10;
Session 3: July 14, 16, 17 ; **Session 4:** July 21, 23, 24
Session 5: July 28, 30,31, **Session 6:** Aug. 4, 6, 7

SATURDAY LESSONS: The seven week program is designed to improve all aspects of the game by working on mechanics and rallying skills. Intended to introduce younger players to the fundamentals of strokes. Further attention is given to the serve and point strategy in the 10-14 year old group. Hands on approach as well as fun games make this class effective for all ages. Takes place at HS tennis Courts June 28 - August 9. Classes missed due to rain will be added at the end of the session.

Ages 5 - 6: 8:30 - 9:05 AM,. (Max: 10) **Fee: $81**
Ages 7 - 9: 9:15 - 10:15AM. (Max: 10) **Fee: $136**
Ages 10 - 14: 10:30 - Noon. (Max: 10) **Fee: $205**

BARRIE BRUCE GOLF SCHOOL 51 Baldwin Rd, Billerica

JUNIOR GOLF CLINICS, (ages 7 - 14) Learn golf with Barrie Bruce! These clinics take place M - F at the Billerica Country Club. Each one and a half hour 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. **Fee: $109/session**
Session 1- June 23 - June 27 8:00 - 9:30 AM
Session 2 - July 14 - 18, 8:00 - 9:30 AM
Session 3 - August 4 - August 8, 10:00 - 11:30 AM
*more time/date options at www.barriebrucegolfschools.com

SUMMER ARCHERY (AGES 10 - 15) w/ On The Mark Archery

Join the staff of On the Mark 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. (Min 10/Max 15)Program takes place on B field 7/7 - 7/10 Monday - Thursday 5:15 - 6:15 PM. Friday is reserved as a rain make up day. **Fee: $95**

THUNDERCAT SPORTS PROGRAMS www.thundercatsports.com

THUNDERCAT KIDDIE CAT JAM, (Ages 4 - 6)

Soccer will be played everyday. Other sports and games include t-ball, basketball, softee hockey, balloon ball, kick ball, Finding Nemo, Sponge Bob Tag, Shark Attack, Thunder Relays, Kiddie Cat Olympics and more. Theme days, including Red Sox Day and Friday Fun Day, add to the excitement, creating a non-competitive positive sports experience. Emphasis will be on basic skills, developing hand eye coordination, teamwork and FUN! Co-ed, 9 AM - 12:00 PM.

Session I– 6/23 - 6/27. Held at Davis School **Fee: $145**

Session II– 7/7 - 7/11. Held at Davis School **Fee: $145**

THUNDERCAT FLAG FOOTBALL/DODGEBALL COMBO (Ages 7 - 12)

Thundercat Sports pick TWO program! This program is designed to give participants a fun learning experience in two sports. Flag Football will be the focus of skill building activities and Dodgeball will be a recreational activity, adding to the experience. Unique games and activities will be mixed in, creating a fun atmosphere. The program culminates with tournament day! Program is coed. Takes place @ Davis School. 7/28 - 8/1; 9AM - 3 PM. **Fee:$183**

THUNDERCAT BASKETBALL (Ages 7 - 12)

3, 2, 1....swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her. Skills emphasized will be dribbling, ball handling, passing, shooting and more. Theme days, trivia and an NCAA tournament at the end of the program add to the excitement! Program is coed and takes place at the Davis School.

8/4 - 8/8, 9 AM - 3 PM. **Fee: $183**

PROFORMANCE SOCCER ACADEMY (Ages 6 - 14)

The PROformance Soccer (www.PROformancesoccer.com) clinics focus on improving key fundamental soccer techniques that help maximize individual player development. Staff consists of local coaches and current professional soccer players who have extensive knowledge of soccer and the ability to teach players skills that can improve their game. The Bedford clinic is designed for players of all abilities, benefiting beginners to advanced level players. Monday, June 23 - Thursday, June 26, 5:30 - 8:30 PM at the HS Sabourin Field. Coed ages 6-14. T-shirt included. **Fee: $173**

BRITISH SOCCER CAMP w/ Challenger Sports (Ages 7 - 14)

The British Soccer Camp staff study the game at all levels and identify key techniques and skills to be emphasized in their week long camp. Participants will work on mastering these skills to reach their potential. Daily practices include individual foot skills, technical drills, tactical practices, juggling and freestyle soccer, small sided games, coached scrimmages and a daily world cup tournament. In the half day program that runs 9:00 - Noon, emphasis is placed on individual skill development, core techniques, and small sided games. The Full day camp runs 9:00 AM - 3:00 PM and is a more advanced camp for players focusing on game related techniques, tactical development and coached match play. Every player will receive a Replica Soccer Jersey, a T-shirt and a new soccer ball. Program takes place at the John Glenn Middle School fields and gym, 99 McMahon Rd. August 11 - 15.

Half Day 9:00 AM - Noon. **Fee: $170**

Full Day 9:00 AM - 3:00 PM. **Fee: $225**

Make it a Kids Club Combo for extra child care! See page 29 for pricing and options!

SPRINGS BROOK PARK 2014

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Swim Lessons	38
Swim Levels	39
Special Park Events	39

SPRINGS BROOK PARK

Before you visit… check our website for current information

2014

Co-Directors: Nikki Lua, Alli Lua
Administrative Coordinator: Raeann Gembis

www.bedfordrecreation.org

SPRINGS BROOK PARK is a man-made, filtered, swimming facility. The park is set back in a beautiful wooded setting. It is located at 181 Springs Road, just north of the four way intersection at Springs Rd, Page Rd and Pine Hill.
SBP is staffed by lifeguards/swim instructors who are certified in water safety, lifeguard training, first aid and professional rescuer CPR.
PLEASE NOTE: We are excited for another summer of fun at Springs Brook Park! If necessary, due to clarity

Springs Brook Park Amenities

sandy beaches
playground
bathhouse facilities
concession stand
basketball
grass and shaded picnic areas

Red Cross swim lessons
spray park
volleyball
water slide

lap swim lanes
charcoal grills

standards, at times we may restrict admission or modify use of the pond. Members and those with swim lessons will not be denied admission at any time.

SMOKE-FREE AREA: Springs Brook is a smoke-free swim area. Smoking is not permitted anywhere on park grounds, including the parking areas.

ADMISSION RULES
1. Members must show identification at the gate.
2. Everyone must sign in at front gate.
3. Swim lesson students and parents must either have a membership or pay the gate fee.
4. Park Rules must be adhered to and are strictly enforced.
5. Children age 11 and younger must be accompanied by an adult at all times while in the Park, including during swim lessons.
6. **BAG CHECK**: all bags will be checked at the admission gate.

HOURS OF OPERATION 2014

June 12 - Aug. 10* 10:00 AM - 7:30 PM gate closes
August 11 - August 22 (tentative) 11:00 AM - 7:00 PM gate closes**
***July 4—SBP open to Bedford Residents (and their guests) and SBP Members (and their guests) Only**
****Closing date subject to staff availability.**
Please note that water is cleared 15 minutes prior to gate closing time.

PARK INFORMATION AND RULES

1. PARK SAFETY CHECK - 2:00p.m. DAILY (2-5 minutes)
At this time, all swimmers are asked to clear the water. This ensures that everyone is accounted for and increases safety awareness.
2. Adult Swim - Follows Park Check at 2:00.
3. Babies must wear a snug suit over diapers or swim diapers.
4. Balls and flotation devices are not permitted in the water.
5. Coast guard approved life jackets/vests for boating may be worn, if fitted properly.
6. Lap lanes are for lap swimming only.
7. Whistle System - 1 blast - getting a swimmer's attention
2 blasts - getting another guard's attention
3 blasts - Emergency - clear the water
8. Children must be supervised at all times.
9. Swimming is only permitted in areas supervised by lifeguards.
10. Dock and water slide are only open when supervised by lifeguards. Dock is not open during swim lessons.
11. Dock, slide and Concession hours posted at Bathhouse.
12. If thunder is heard, everyone will be asked to clear the water. Swimmers will be permitted back in the water 20 minutes after the last clap of thunder.
13. Cars are not permitted past the front gate. The only exception is for handicapped parking situations.
14. Alcoholic beverages are not permitted.
15. Smoking is not permitted on any park grounds, including parking areas.
16. Dogs/pets not permitted on the grounds.

FOR MEMBERS ONLY!

If you purchase a full summer membership for the park **on or before June 29, 2014**, you will receive one-time use Day Passes for guests. Family Membership—6 passes, Individual Membership—2 passes. Passes available for pickup at the bathhouse once park opens.

PARK MEMBERSHIP/ADMISSION

Reduced swim lesson fee with full season park membership!

- **SEASON MEMBERSHIP 2014**

Purchase at the Recreation Office or at the Park (until 4:00pm).
Membership forms included in this booklet.
Membership guarantees admission during periods of restricted admittance due to overcrowding or lifeguard shortages.
Memberships purchased on or before 6/29 receive One Day Use passes for guests– see box above for full details.

PRICES:	RESIDENT	NON-RESIDENT
Individual	$85	$110
Family*	$250	$350

**Family memberships consist of parents and their children living at the same address. Extended family members/daycare children are an additional fee.*

- **TWO WEEK LESSON PASS OPTION**

Valid only during a 2-week period of swim lesson session (Mon—Fri) $40 per person/$120 per family

- **SENIOR CITIZEN (age 65+)**

No fee, but must either be registered with the Recreation Dept. or show ID with date of birth at the Park.

- **STUDENT MEMBERSHIP (Bedford Middle and High School Students) $25**

- **DAILY ADMISSION (*Cash Only*)**

Mon - Fri: $7/person age 1 and up; **Sat & Sun :** $10 per person ages 1 & up
Max. $25/family weekdays only. There is no family rate on the weekend.
Weekend Family Pass: *available for Bedford Residents only and available for purchase Mon. through Fri. at the Recreation Office or at Springs Brook Park. ($25 per pass) ID required.*

AFTER 4:30 P.M.: $5/person
*** No charge for children under age 1***

NO FEE AFTER 6:00 PM

LESSON REGISTRATION GUIDELINES:

Register per "Registration Guidelines" until Park opens. **Once the Park opens for the season, Swim Lesson Registration will only be accepted at the Park** .

All Swim Classes will be held rain or shine (except during thunderstorms).

SWIM LESSON FEES* *(Day Sessions and Evening Lessons)*

	SBP Members	Non-Members
Resident Fees:	**$35**	**$60**
Non-Resident Fees:	**$45**	**$70**

*Please note: Admission is not included in lesson fees.

Admission options for students and their families:

1)Season membership/daily gate fee OR 2)Purchase two week lesson pass (valid M - F for two weeks of the lessons, $40 per person $120 per family). *There is no admission fee if entering the park after 4:30p.m.*

All swim lesson students MUST be accompanied by an adult if age 11 or younger, even during lessons.

DAY LESSONS SCHEDULE

Classes held Mon/Tues/Thurs/Fri. (No classes on Wednesdays*)

SESSION I (June 30 - July 11) No class on Fri. July 4, class will be held on Wed. July 2*
12:00– Levels 0, 1, 2, 3, 4, 5 1:00 Levels 0, 1, 2, 3, 4, 5

SESSION II (July 14 – July 25) No class on Weds.
12:00—Levels 0, 1, 2, 3, 4, 6 1:00—Levels 0, 1, 2, 3, 4, 5

SESSION III (July 28 - Aug. 8) No class on Weds
10:30—Levels 0, 1, 2, 3, 4, 5 11:30—Levels 0, 1, 2, 3, 4, 5 1:00—Levels 0, 1, 2, 3, 4, 6

EVENING LESSONS SCHEDULE

Mondays and Thursdays, June 23 – July 24
4:45 – 5:30pm Levels: 0, 1, 2, 3, 4, 5 5:35 – 6:20pm Levels: 0, 1, 2, 3, 4, 6
**no park admission fee or membership required unless you enter the park before 4:30pm. Check in at gate and inform gate attendant you are there for lessons.

REGISTERING FOR MULTIPLE SESSIONS OF SWIM LESSONS???

If your child is registered for more than one session, please check with your child's instructor during the second week of the lessons to ensure that you have your child correctly placed for the next session. Notify a Director of any changes.

PARENT/TOT CLASS

(Ages 3 & 4 when class starts, with parent)

A class designed to assist parents with preparation of their children for introductory swimming skills and swim lessons. Course demonstrates beginning swim skills, safety skills, body positioning and support techniques, breathing and ideas for games to play to practice skills. Max. 8 pairs

Option 1: 5:35 – 6:15 pm, Mon. July 7, Thurs. July 10 and Mon., July 14 (Rain date make-up: Thurs., July 17)

Option 2: 1:05-1:45pm, Thurs. July 17, Fri. July 18 and Mon. July 21 (Rain date make-up: Tues. July 22)

Cost: $35 Resident/$40 Non-Res. (per pair parent/student)

Other siblings must be accompanied by another adult if in the Park or enrolled in lessons during this time. All of these lessons coincide with regular lessons so that you may enroll older children in classes while you participate with your pre-school child.

No admission fee or membership required if entering the Park after 5:15.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

For children and adults ages 3 & up. During non-swim lesson hours and instructors' off-duty time. Sign up at the Park Only, with a Director. High demand, first come, first served. Availability not guaranteed. Checks payable to the Town of Bedford.

PRIVATE: 1 student $25/hour $20/half hour

SEMI-PRIVATE: additional $5 per student at above prices. Students must be similar skills to be taught at the same time.

- *Please note: Student and family members must either pay gate fee or have membership if entering the park before 6:00pm*

RED CROSS SWIM LESSON LEVELS (AGES 4+)

- Students may be moved up or down in the levels after being tested.
- It is very common for students to remain in a level for more than one session.
- Classes are 40 - 50 min. long, depending on the class.
- Children ages 4 and 5 must start in Level 0 or Level 1 unless parents speak with a Director for exception.
- **Students must be able to complete all skills consistently in order to move to the next level.**

LEVEL 0: (max 7 students)
Designed for children who are not comfortable in the water, who will not submerge face or head.
Independent water entry/exit
Bubble blowing/submerge face and head
Bobbing
Retrieving submerged objects with face in the water
Front/Back glide (2 body lengths)
Back Float
Treading arm action
Roll from back to front
Simultaneous arm and leg action on back and front (2 body lengths)
Comfort in water

Level 1: Introduction to Water Skills (max 7 students)
Independent water entry/exit
Bubble blowing
Bobbing
Retrieving submerged objects with face in the water
Front/Back glide (2 body lengths)
Back Float
Treading arm action
Roll from back to front
Simultaneous arm and leg action on back and front (2 body lengths)

Level 2: Fundamental Aquatic Skills (max 7 students)
Fully submerging (5 seconds)
Bobbing (5 times)
Front float (5 seconds)
Jellyfish/tuck float (5 seconds)
Recover from back or front float to a standing position
Roll from back to front
Change direction while swimming
Treading using arm and leg action (15 seconds)
Combined arm and leg action on front and back (5 body lengths)
Finning action on front and back

Level 3: Stroke Development (max 8 students)
Headfirst entry from sitting and kneeling position
Bobbing while moving towards safety
Rotary breathing (10 times)
Survival float on front (30 seconds, deep water)
Back float (30 seconds)
Tread water (30 seconds)
Front crawl (15 yards)
Elementary backstroke (15 yards)
Scissors kick (20 yards)

Level 4: Stroke Improvement (max 8 students)
Swim underwater 3-5 body lengths
Feet first surface dive
Survival swimming (30 seconds)
Treading water (2 minutes)
Front Crawl (25 yards)
Breaststroke (15 yards)
Butterfly (15 yards)
Elementary backstroke (25 yards)
Back crawl (15 yards)
Sidestroke (15 yards)

Level 5: Stroke Refinement (max 10 students)
Tuck and pike surface dives
Front flip while swimming
Tread water 5 minutes
Front crawl (50 yards)
Breaststroke (25 yards)
Butterfly (25 yards)
Elementary backstroke (50 yards)
Back crawl (25 yards)
Sidestroke (25 yards)

Level 6: Swimming and Skill Proficiency (max 10 students)
Front Crawl (100 Yards)
Elementary Backstroke (100 Yards)
Back Crawl (50 Yards)
Breaststroke (50 Yards)
Sidestroke (50 Yards)
Butterfly (50 Yards)
500 yard continuous swim
Flip turns
Open turns while swimming
Fitness Swimmer skills
Personal Water Safety
Fundamentals of Diving

SPECIAL PARK EVENTS

- **SEASON OPENING CELEBRATION DAY**

Saturday June 14 (rain date Sun., June 15)
A special invitation for everyone to visit and enjoy the park and facilities. There will be special games, activities, and entertainment. Bedford residents free of charge. (must show ID). Memberships sold both Sat. and Sun. until 4:30 pm.

- ***BRYSON LANG at 2:00***

The Cure For The Common Show
A dazzling display of creative comedy, juggling, dexterity and a touch of the bizarre, the ultimate entertainer!

- **SPLASH BLAST!**

For JGMS Bedford Students Only
Friday, June 13, 6:30—8:30 pm (rain date Mon. June 16)
JGMS students will have a private beach until the park closes, then all facilities for JGMS only!
Swimming, dock, spray park, volleyball, basketball, beach, concession. Bring your friends and have a blast!

- **LAST DAY OF SCHOOL SPECIAL**

An invitation to all Bedford Residents to check out the park on the last day of school! Bedford kids and adults get in absolutely free! (must show ID)

- **JULY 4TH CELEBRATION**

Come celebrate the 4th of July with us!
NEW this year: The park is open only to Bedford Residents and their guests and SBP Members and their guests on July 4. $7/person, $25 max./family.
Watermelon served from 2:00 until 3:30pm.
LUCKY BOB at 1:00: What do you get when you cross a magician, comedian and juggler…why Lucky Bob of course! Amazing audiences with card tricks, mind-reading & absurd juggling stunts.
DJ MIKE PRIDE - Music and Games 2:30—4:30

ENTERTAINMENT SCHEDULE
Will be posted on the Recreation website; www.bedfordrecreation.org by June 1 and at the Park once open.
Please bring a towel or blanket to sit for shows.

SPRINGS BROOK PARK...

FUN IN THE SUN!!

SPRINGS BROOK PARK Registration Form: page 1 of 2

Last Name:_____ Phone:(_____)_____

Address:_____ Town/Zip _____

If registering for swim lessons, please indicate parent work & emergency phone #'s :

work /cell# (mother)_____work/cell # (father)_____

Emergency name and # other than parent _____

E-Mail Address:_____

- **FULL MEMBERSHIP**

	Resident	Non-Resident
Individual:	$85	$110
Family:	$250	$350

- **2 Week Lesson Pass** (valid M-F only) $40 per person/$120 per family both resident & non resident
- **Bedford Middle School or High School Student**: $25
- **Senior Citizen (65+)**: Free (must register in advance or show ID with date of birth at Park)

LESSONS	Resident W/ SBP Full Membership (Not valid with 2-week pass)	Non-Resident W/ SBP Full Membership (Not valid with 2-week pass)
Day Sessions I, II, III	$35	$45
Evening Session	$35	$45
Parent/Tot class	$35	$40
	Resident W/O SBP Full Membership	**Non-Resident W/O SBP Full Membership**
Day Sessions I, II, III	$60	$70
Evening Session	$60	$70
Parent/Tot class	$35	$40

Payment Information

Membership/Pass Fee:$_____ Swim Program Fee:$_____ Contribution to Neighbors Fund:$_____

TOTAL FEE DUE:$_____

Payment Type:___ Cash___Check____ MC/Visa MC or Visa #:_____Exp. Date:_____

I, the undersigned [mother/father/legal guardian] of _____, a minor, do hereby consent to his/her participation in the swim program, 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 swim program, wherever it occurs, which I may now or hereafter have as the parent of said minor, and 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 swim program.

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.

Signature:_____Date:_____(parental if participant is under 18 years of age)

MEMBERSHIP SUMMER 2014

List family members (immediate family only - father, mother, children living at same address)

Name:	Age:	Name:	Age:
_____	____	_____	____
_____	____	_____	____
_____	____	_____	____
_____	____		

Two Week Lesson Pass: Valid Monday - Friday only

☐ Session 1 6/30-7/11 ☐ Session 2 7/14 - 7/25 ☐ Session 3 7/28 - 8/8

Total Membership Fee: _____

SPRING BROOK PARK REGISTRATION FORM (Page 2 of 2)

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 1

Student's Name:_____Sex: M / F Birthdate _____AGE_____
Special Needs/Concerns:_____

Evening: Session: Level:____ Time:_____ *Alternate if time full:*_____
Session 1: Level:____ Time:_____ *Alternate if time full:*_____
Session 2: Level:____ Time:_____ *Alternate if time full:*_____
Session 3: Level:____ Time:_____ *Alternate if time full:*_____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 2

Student's Name:_____Sex: M / F Birthdate _____AGE_____
Special Needs/Concerns:_____

Evening: Session: Level:____ Time:_____ *Alternate if time full:*_____
Session 1: Level:____ Time:_____ *Alternate if time full:*_____
Session 2: Level:____ Time:_____ *Alternate if time full:*_____
Session 3: Level:____ Time:_____ *Alternate if time full:*_____

SPRINGS BROOK PARK SWIM LESSON REGISTRATION FORM - Child 3

Student's Name:_____Sex: M / F Birthdate _____AGE_____
Special Needs/Concerns:_____

Evening: Session: Level:____ Time:_____ *Alternate if time full:*_____
Session 1: Level:____ Time:_____ *Alternate if time full:*_____
Session 2: Level:____ Time:_____ *Alternate if time full:*_____
Session 3: Level:____ Time:_____ *Alternate if time full:*_____

PARENT/TOT SWIM CLASSES

Student Name:_____ Sex: M / F Birthdate_____AGE_____

Special Needs/Concerns:_____

☐ **Option 1:** 5:35-6:15pm (July 7-July 14) Fee:_____

☐ **Option 2:** 1:05-1:45pm (July 17-July21) Fee:_____

Student Name:_____ Sex: M / F Birthdate_____AGE_____

Special Needs/Concerns:_____

☐ **Option 1:** 5:35-6:15pm (July 7-July 14) Fee:_____

☐ **Option 2:** 1:05-1:45pm (July 17-July21) Fee:_____

REGISTRATION FORMS

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BEDFORD RECREATION REGISTRATION FORM Recreation Fax #: (781) 687-6156

Participant:_____Sex: M/F Home Phone:(_____)_____
Address:_____D.O.B.: _____Work Phone:_____
E-mail Address(es): _____
Emergency Name & #:_____
Special Needs/Concerns:_____

If participant is under age 18, please complete this section. Grade Spring 2014: ____ Grade Fall 2014: ____ 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:_____

Optional contribution to the Neighbors Helping Neighbors Fund: $_____

Cash_____Check_____MC or Visa #:_____Exp. Date:_____

I, do hereby consent to **my own/my minor child(ren)'s** 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.

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 old)

BEDFORD RECREATION REGISTRATION FORM Recreation Fax #: (781) 687-6156

Participant:_____Sex: M/F Home Phone:(_____)_____
Address:_____D.O.B.: _____Work Phone:_____
E-mail Address(es): _____
Emergency Name & #:_____
Special Needs/Concerns:_____

If participant is under age 18, please complete this section. Grade Spring 2014: ____ Grade Fall 2014: ____ 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:_____

Optional contribution to the Neighbors Helping Neighbors Fund: $_____

Cash_____Check_____MC or Visa #:_____Exp. Date:_____

I, do hereby consent to **my own/my minor child(ren)'s** 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.

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 old)

SUMMER YOUTH PROGRAM REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:	Doctor's Name Phone:			

Mother's Name: Work Phone: Cell Phone: Email:	Father's Name: Work Phone: Cell Phone: Email:	Emergency Contact Name: Phone: Relationship:

Highest Red Cross Swim Level Passed *For Grades 1-4 only.* _____DATE PASSED?_____
Name of Facility where the highest course was passed:_____

Does your child have specific health needs, allergies, physical limitations, or medications?
_____
_____
Special concerns (no concern too small).
_____
_____

PROGRAM NAME	SESSION	FEE	DEPOSIT	DATE PD	BALANCE	DATE PD
Optional Neighbors Donation						

For deposit information, please reference "Recreation Registration Information" in our brochure or on our website. Make checks payable to "Town of Bedford". Payment for all programs due May 2, 2014.

MC or VISA _____ Exp Date_____

Unless otherwise instructed, we will charge any outstanding balances on May 2, 2014.

Authorized MC or VISA Signature_____
Are you applying for Financial Aid (please note application procedures in brochure)? _____

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

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

Date_____ Signature_____
(Parental if participant is under 18 years of age)

SUMMER YOUTH PROGRAM REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:	Doctor's Name Phone:			
Mother's Name: Work Phone: Cell Phone: Email:	Father's Name: Work Phone: Cell Phone: Email:		Emergency Contact Name: Phone: Relationship:	

Highest Red Cross Swim Level Passed *For Grades 1-4 only.* _____DATE PASSED?_____
Name of Facility where the highest course was passed:_____

Does your child have specific health needs, allergies, physical limitations, or medications?
_____
_____

Special concerns (no concern too small).
_____
_____

PROGRAM NAME	SESSION	FEE	DEPOSIT	DATE PD	BALANCE	DATE PD
Optional Neighbors Donation						

For deposit information, please reference "Recreation Registration Information" in our brochure or on our website. Make checks payable to "Town of Bedford". Payment for all programs due May 2, 2014.

MC or VISA _____ Exp Date_____

Unless otherwise instructed, we will charge any outstanding balances on May 2, 2014.

Authorized MC or VISA Signature_____

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

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

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

Date_____ Signature_____

(Parental if participant is under 18 years of age)

FRANK BAUMAN
March 23, 1938 - December 2, 2013

In December, we said goodbye to Bedford's first Recreation Director and our dear friend. Frank served as Recreation Director for thirty years, unwavering in his support of the youth of this town. Under Frank's leadership, the Recreation Department grew from a small sports program to a diverse program including art, science, music, special events, swimming, summer camp, school age child care and many more activities.

Frank's passion was youth sports. He was involved with administration, coaching and as a proud parent. In honor of Frank, the "Recreation Basketball League" has been given the new designation **"The Frank Bauman Basketball League."** Frank coached and supervised this league for decades. It is comprised of boys and girls in grades 4 – 8 and offers instruction, competition and enjoyment for hundreds of children. We look forward to welcoming players to the Bauman League next fall.

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165

Standard Mail
Potage Paid
Permit 42
Bedford MA 01730

RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730

RECREATION DEPARTMENT

Amy Hamilton, Recreation Director: amy@bedfordma.gov
Nick Cacciolfi, Assistant Director: nickc@bedfordma.gov
Raeann Gembis, Adult Coordinator: rgembis@bedfordma.gov
Nancy Cormier, Kids' Club Director: ncormier@bedfordma.gov
Janet Humphrey, Administrative Assistant: janeth@bedfordma.gov
Leslie Ringuette, Clerk: recstaff@bedfordma.gov
Katherine Farrell, Kids' Club Administrative Assistant: kidsclub@bedfordma.gov
Nikki Lua, Springs Brook Park Director: nlua@bedfordma.gov
Peter Laskaris, Summer Adventures Director: plaskaris@bedfordma.gov

RECREATION COMMISSION

Ron Richter, Chairman
Tara Capobianco
Tom Mulligan
Mike O'Shaughnessy
Robin Steele

LOCATION AND OFFICE HOURS

Phone 781-275-1392; Fax 781-687-6156
The Recreation office is located at 12 Mudge Way on the second floor.
Office is open Monday - Friday 9:00 AM - 4:00 PM
Kids' Club is Located in the brick wing at 12 Mudge Way.