

BEDFORD RECREATION

SPRING & SUMMER

2013

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730

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

INCLUDES

Spring: Youth & Adult Programs,

Summer: Summer Adventures, Summer Recreation,
Kids' Club Summer Fun, Summer Adult Programs

Fall: Soccer, Fall Dance, Women's Boot Camp

RECREATION DEPARTMENT REGISTRATION INFORMATION

- MAIL (W/CHECK payable to "Town of Bedford," MC or VISA #)
- FAX (W/MC OR VISA #)
- DROP-OFF
- REGISTER ONLINE

Please note that we do not accept phone registrations.

Registration is limited. Please use forms in this brochure or online. Receipts will be mailed.

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

Classes/programs will NOT be prorated.

Financial Assistance: Requests for financial assistance must be made at the time of registration (Recreation Financial Assistance form must be submitted with registration form). Financial assistance forms available online or at the Recreation Office. Notification of financial assistance will follow review of the financial assistance application; award will not be determined at the time of request.

Non-Resident Fee: Please note that there is a \$5 non-resident fee for all programs

TO REGISTER ONLINE

www.bedfordrecreation.org, "Register Online"

Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online).

Write down your customer number for future online transactions. Call us if you forget it next time!

NOTE to 1st time users: account holder must be an adult, do not set up acct. using child's name and info. Make sure to input first/last name in correct location. Please register multiple children and/or multiple programs all in one transaction.

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 Director: Nick Cacciolfi, 781-275-1392 ext. 343 nickc@bedfordma.gov

**SIGN UP FOR THE RECREATION
DEPARTMENT E-NEWS!**

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

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

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

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ADULT PROGRAMS

SPRING & SUMMER 2013

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ADULT CLASS INFORMATION

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

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

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.

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

PERSONAL INTEREST CLASSES AND WORKSHOPS

SEW FOR YOURSELF: Mending Skills

w/ **Karen O'Rourke**

Do you have some good clothes that need a button or a hem? In this class you can learn simple, easy techniques to put up a hem (by hand or machine), replace a button, sew an open seam or repair a tear. Bring all those clothes with you! We will also cover techniques to add personal pizzazz to ready to wear clothing.

Bring a sewing machine if you have one (min 4/max 8) Age 16+

Tues. March 12, 7:00-9:00pm

Fee: \$30 (machine rental fee \$5; 4 machines available)

Classes held in the Town Center Bldg, Rm 144

WINNING WAYS TO TALK WITH YOUR CHILD

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

Come and explore various strategies and techniques to use when talking with infants and young children. We will discuss the developmental stages of speech and language from a child's first cry to the first sentence. Learn new ways to respond and interact to make the most of each milestone. Join the discussion, share your experiences and insights and take away techniques to navigate this delicate period of time. Adults only please.

Tues. April 23, 10:00-11:00am

Fee: \$17

Class held in Town Center Bldg, Rm 152.

BASIC SKIN CARE

w/ **Beverly Giarrusso, Aesthetician**

Learn proper skin care maintenance and the use of skin care products to promote more radiant, fresher and healthier skin. See visible improvements to your skin within a few days. You will improve your skin's firmness and texture and reduce the pronounced fine lines. Attention to make-up application for your individual lifestyle will be covered in class. Please bring a notebook/pen. (min. 3/max 10)

Tues. 4/2-5/28 (no 4/16), 9:30 – 10:45am (8wks) **Fee: \$125**

Class held in Town Center Bldg, Rm 139.

BASIC BICYCLE MAINTENANCE FOR WOMEN

Getting Your Bicycle Back On the Road

w/ **Pata Suyemoto**

This workshop is designed to help you maintain your bicycle so it will run well and last for years! We will cover basic cleaning and lubing, checking for safety issues, taking wheels on and off, adjusting basic brake and derailleur, making quick fixes for trouble on the road and when to go to the shop. The last session will teach changing a flat rear tire. You should have access to a bicycle to practice at home. Age 16+ (age 12 to 15 w/parent) Class held in Town Center Bldg, Rm 144,

Mon. 6:30-8:00pm, 4/29-5/13 3wks (min 3/max 10) **Fee: \$40**

BREAD DOUGH SIMPLIFIED

w/ **Jeannette Pothier, Chef**

Learn how to use yeast to make bread and pizza. If you have ever killed your yeast while making bread and rolls, this is the class for you. Our focus will be on baking French bread and making and eating Pizza. To add to your enjoyment, we will make a salad to learn slicing and chopping techniques. Bring your knives and apron and be ready for a fun class! Material cost will be approximately \$5-\$10 please pay instructor that night.

Wed. May 15, 7:00-9:00pm

Fee: \$22

Class held in Town Center Bldg, Rm 149.

GET READY FOR SPRING GARDENING!

w/ **Peter Coppola, Master Gardener**

All classes 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! (min 8/ max 20)

Sunday, March 10, 4:30-7:30pm

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. (min 8/max 20)

Mon., 3/18-5/6, 6:00-7:45pm (8wks)

Fee: \$70

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?

Spring Option: Tues. 5/7-5/21, 7:30-9:00pm (3wks)

Summer Option: Tues. 7/9-7/23, 7:30-9:00pm (3wks)

Fee: \$70 single person/ \$90 couple (Price includes Homeowner Design and Construction Guide)

Classes held in Town Center Building, Rm 139.

BEYOND THE BASICS: TIE YOUR APRON COOKING CLASSES

w/ **Rebecca Scheier**

Bring your cooking to a new level in a comfortable, stress free, student-centered environment. This state of the art kitchen in Acton was designed as a real home kitchen and is equipped with all of the gadgets and appliances that you will find in your own home. The unique "teaching kitchen" offers a hands-on opportunity. You will learn new cooking tips and tricks, dine on beautifully fresh and delicious foods and discover wonderful local sources for food, wine, kitchen appliances and equipment. First week, learn the fundamentals of making fresh and dried pasta as well as preparing sauces to match each pasta perfectly. Second week, explore the different methods to prepare fresh and frozen vegetables to bring out their optimum color, texture and flavor. Third week, focus on how to prepare the wondrous variety of grains and beans available to us. Last week, learn the basics of preparing sauces of all kinds including the classic sauces as well as modern pan and reduction sauces. (max 4 spaces allotted to Bedford Rec...sign up soon!)

Wed. 6:00-9:30pm, 4/10-5/8 (no class 4/17) 4wks **Fee: \$250**
Class held at 10 Longmeadow Way, Acton.

MIDDLE EASTERN TAPAS AND MORE....

w/ **Karine Marino**

What nutrition experts now advocate is a diet based on simple, natural foods- meats, fish, poultry, vegetables, fruit, nuts yoghurt and cheese. And these, along with herbs and spices, are what Middle Eastern cooking is all about. Join us as we cook our way through the Middle East and prepare healthy, homemade tapas, soups, salads and main courses. We will teach you the tricks to creamy hummus, crispy falafel, and fresh pita. We will also make baba ghanouj, the classic roasted eggplant dip; tzatziki, a cool yogurt-cucumber dip; tabouleh salad and more. Come hungry, as we will be eating from start to finish and leave with the skills to prepare your own Middle Eastern feast at home!

Thurs. 10:00 – 1:00pm, 4/4-5/2 (no class 4/18) 4wks **Fee: \$160**
(min 5/max 7) Class held at 51 Dunster Rd, Bedford

VEGETARIAN COOKING

w/ **Karine Marino**

The quality of your life, and how long you live, is to a great extent in your own hands. The goal of this class is to provide you with clear, straightforward, comprehensive, and encouraging information that will enable you to change your diet from one that is potentially harmful to one that will help prevent disease and prolong life for you and your entire family. Improvisational cooking is key for the ease and pleasure in cooking, freedom from recipes and set lists of ingredients. Vegetarian cooking is old as dirt, so don't be intimidated if you do not have any experience. You will learn how to create healthy, exotic vegetarian dishes. While this class will have a plant-based menu, it will include some eggs and milk all designed to increase your lunch and dinner options. Bring with you your creative mind set and be prepared for endless possibilities of vegetarian masterpieces. Come hungry!

Wed. 10:00 – 1:00pm, 4/3-5/1 (no class 4/17) 4wks **Fee: \$160**
(min 5/max 7) Class held at 51 Dunster Rd, Bedford

A HIGH TEA

w/ **Jeannette Pothier, Chef**

Afternoon tea, as served in England and dating back centuries broke the long wait between breakfast and dinner. Today it can be the perfect setting for the Showers, Graduation, Mother's Day, etc...Learn the history of an English tea; make scones, tea sandwiches and shortbreads and sweets (and let's not forget flavored butters, jams and jellies!). This will be served on china with pots of delightful teas. Join us for a lovely evening!

Thurs. March 21, 7:00-9:00pm (min 4/max 10) **Fee: \$23**
Material cost will be \$8-\$10 please pay instructor that night.
Class held in Town Center Bldg, Rm 149.

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.

Wed. March 13, 7:00-8:30pm (min 5/max 20) **Fee: \$25**
Class held in Town Center Bldg, Rm 144.

FACEBOOK FOR BUSINESS

w/ **Jacob Clayton of MyUntangled Media**

You are going to "Like" getting connected to your fans in this Beginner to Intermediate level Facebook for small business class. Get ready to learn the ABC's of Facebook for Business: commenting, uploading photos, creating events and posting offers for your customers. You will learn how to connect with your fans, how to keep them engaged and how to increase business through this increasingly popular social media platform. (Attendees should be familiar with Facebook and have a personal profile set up prior to class date) Laptop encouraged, but not required. (min 5/ max 20)

Thurs. March 21, 10:00-11:30am **Fee: \$60**
Class held in Town Center Bldg, Rm 144.

GETTING SOCIAL WITH SOCIAL MEDIA On LinkedIn

w/ **Jacob Clayton of MyUntangled Media**

Looking for a powerful social networking site to build your professional and business connections? Look no further than LinkedIn. This Beginner level LinkedIn class will show you how to set up your profile, craft a summary, showcase your experience with skills & expertise, enter your education and work experience, upload a photo, add connections, ask for and give recommendations, connect your website, blog and Twitter handle to your profile. And, since this is a social network, you will also learn how to post an update, like an update, and send messages. Laptop encouraged, but not required. (min 4/ max 20)

Thurs. May 9, 7:00-8:30pm **Fee: \$35**
Held in Town Center Building, Room 144.

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 also look at the new Alimony Reform Act of 2011 that was effective March 1, 2012 and makes significant changes to alimony in Massachusetts. Wednesday, May 1, 7:00-9:00pm. (min 3/max 25) **\$10 Rec. Dept' adm. fee per person.** Class held in The Town Center Bldg, Rm 144.

THE ENTREPRENEURIAL EQUATION**w/ Britton Wilson, AAMS, Financial Advisor**

This is a seminar for the small business owner or potential business owner. We will share ideas for banking, retirement and insurance tools that will work to build and protect your business. There will be time to answer questions. Complimentary offering by Edward Jones Investments. (min 2/max 25)

Thurs., April 25, 7:00-8:30pm. \$10 Rec. Dept' adm. fee per family. Class held in The Town Center Bldg, Rm 144.

MAXIMIZE YOUR COLLEGE FINANCIAL AID**w/ Dick Man, Complimentary workshop sponsored by College Funding Advisors, Inc of Bedford**

This workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. Demystify the financial aid process and learn how to access more than \$90 billion in financial aid dollars. Strategies are presented that will help protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. Learn the optimal time to set the strategies in place (before Junior year!) and why if you wait until aid form deadlines, you may not receive the full amount of aid for which you should qualify. Learn how to protect the equity in your home and enhance your retirement savings as you educate your child. A free comprehensive analysis will be provided for attendees. (min 3/max 25) Class held in Town Ctr. Bldg, Rm. 144.

Tues. April 23, 7:00-9:00pm, Fee: \$10 Rec. adm. fee 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. (age 16+)

Optional manual available at class: \$15 pay to instructor.
Sunday, June 2, 5:00-8:00pm (min 5/max 8) Fee: \$40
Class location to be announced.

YOUR iPad: BEYOND THE BASICS**w/ Steve Iverson, of Complex IT**

You've used an iPad and learned some of the basics, but you'd like to learn more about what can be done with these useful devices. Our class can help! Learn about using alternatives to the built-in Safari web browser, using Skype to video chat, streaming video using services like Netflix and Hulu, adding new apps from the App Store, and other topics as time allows. Prerequisites:

Some iPad experience and knowledge of basics such as opening and using some of the built-in apps (Mail, Safari, Calendar, Contacts, etc.). Bring your own iPad with you to the class.

Tues. April 2, 7:00-8:30pm, (min 3/max 8) **Fee: \$42**
Class held at Complexit, 9 Meriam St. Suite 1, Lexington.
Downstairs, no elevator access.

INTRODUCTION TO GEO-CACHING**/w Still River Outfitters**

Try the popular new activity of Geo-Caching, a modern day treasure hunting experience. Participants will be taught how to get coordinates for a geo trip and skills necessary to use a GPS system. Later on, the GPS will be used to find treasure on your own.

This course is designed to be enjoyed by individuals, couples and families. Please note that the program is held outdoors on uneven terrain; sturdy footwear and weather-appropriate clothing required. Please provide an email address at which you can be contacted (a few days before the trip) with a local meeting place.

Sunday, April 14, 2:00-4:00pm.

Fee: \$40/person, \$20/child ages 5 to 12 with paying adult.

CREATIVE CLASSES**PHOTOGRAPHY with Alana Hawker****Learn to Use Your dSLR Camera**

Are you tired of using your dSLR \$1000 camera like a \$100 point and shoot? Take control of your camera by switching out of auto and onto manual mode. In this class, you will learn how to take better, sharper and properly exposed pictures of your family, children, pets and your beautiful town. This class is for beginners who have little or no knowledge of shooting in manual mode.

Students must have a dSLR camera, at least one working lens and the camera's manual (available free on mfr website) Age 16+

Wed. 7:00-8:00pm, 5/1-5/22, 4wks (min. 4/max 10) **Fee: \$115**
Class held in Town Center Bldg, Rm. 139

CALLIGRAPHY w/ Alma Bella Solis

Learn to write the Uncial-Foundations script and Gothic script of Western Calligraphy in this course. You will be taught to write your favorite poem or quotations using these two different scripts. Its mastery lies in constant practice as the skill is achieved by the determined interest and delicate artistry.

Materials list on our website or in the office. (min 4/max 8)

6 wks Class held in Town Center Bldg, Rm. 144 **Tues.** 10:00-12:00noon, 4/2-5/21 (no class 4/16, 4/30) **Fee: \$120**

CROCHET

w/ **Karine Marino**

This class is appropriate for Parent –Child participation.

Age 7 – 15 with parent or age 16+

All classes held in Town Center, Room

BEGINNER: Learn the basics of crochet including chain stitch, single crochet and half-double crochet. After this class, you will be able to make a simple scarf or afghan! This class designed for those who have never crocheted before or have not crocheted in a long time.

Thurs. 6:30-8:00, 4/4-4/25 (no class 4/18) 3wks **Fee: \$70**
Child free with parent registration. \$10 material fee per person (including children) payable that night to instructor. (min4/max8)

INTERMEDIATE: For those familiar with the basics- chain stitch, single, double crochet, some shaping techniques and reading a pattern. Go beyond the basics of crochet with this class. Learn the half-double and treble crochet stitch and how to increase and decrease. Practice reading patterns.

Thurs. 6:30-8:00, 5/2-5/16 (3wks) **Fee: \$70**
Child free with parent registration. \$10 material fee per person (including children) payable that night to instructor. (min4/max8)

ADVANCED: For those familiar with all of the above and ready for charts, special stitches and garments. Learn some special stitches and how to read crochet charts to make garments or lace patterns in your projects.

Thurs. 6:30-8:00, 5/23-6/6 (3wks) **Fee: \$70**
Child free with parent registration. \$10 material fee per person payable that night to instructor. (min 4/max 8)

BLACKSMITHING

w/ **Carl West, Prospect Hill Forge**

Classes held at Prospect Hill Forge, 38 Guinan St. Waltham
Information on directions, safety, attire and other information will be available on our website. www.prospecthillforge.com

A Taste of Blacksmithing: 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. Age 15+ with parent may also register for this Adult class.

Sat. April 6, 7:00-10:00pm (min 3/max 8) **Fee: \$60**

Foldforming: A New Way To Work With Metals

Fold forming is a fascinating way to work metal, producing unexpectedly complex shapes rapidly, by simple folding, deformation and unfolding. Some of the shapes produced are next to impossible to craft any other way and many of them, while possible, would be tremendously time-consuming. The technique was invented by Charles Lewton-Brain in the 1980's and is considered by the British Museum Laboratories to be a new way to work metal by hand. There will be both demonstration and hands-on work, mostly in copper, which will provide a quick overview of the range of techniques. Age 15+ with parent may also register for this Adult class.

Sun. May 5, 2:00-5:00pm (min 3/max 8) **Fee: \$95**

SPRING INTO ART!

w/ **Corine Mazza**

Join us in learning the basics of Paper Art to create beautiful 3-D projects and cards. Learn different techniques to use rubber stamps, markers, inks, pencils, water color crayons, embossing and much more to create works of art worthy of special gifts, keepsakes...or just learn fun, creative art skills for yourself. All materials supplied. Age 15+ (age 12+ w/parent) min 6/max 12
Tues. 7:00-9:00pm, 4/30-5/21 (4wks) **Fee: \$60**
Class held in Town Center Bldg, Rm. 144.

EXERCISE FITNESS & DANCE

AQUA ZUMBA w/ Sarah Emiliani

At the DoubleTree Hotel Indoor Pool

Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. (min 4/ max 30)

Spring Session: 11 wks

Tues. 6:30-7:30pm, 4/2-6/12 **Fee: \$125**

Wed. 9:30-10:30am, 4/3-6/13 **Fee: \$125**

Summer Session: 11 wks

Tues. 6:30-7:30pm, 6/18-8/27 **Fee: \$125**

Wed. 9:30-10:30am, 6/19-8/28 **Fee: \$125**

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

WOMEN’S 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/max50)

Session:	Day/Time:	Dates:	Fee:
Session 1 (8wks)	Tues. 6:30-7:30pm	4/2-5/21	\$92
	Thurs. 6:30-7:30pm	4/4-5/23	\$92
	Sat. 7:30-8:30am	4/6-5/25	\$92
Session 2 (7wks)	Tues. 6:30-7:30pm	5/28-7/16	\$80
	(no class 6/25)		
	Thurs. 6:30-7:30pm	5/30-7/18	\$80
	(6/6 class location tba, no class 6/27)		
Session 3 (5wks)	Sat. 7:30-8:30am	6/1-7/20	\$80
	(no class 6/29)		
	Tues. 6:30-7:30pm	7/30-8/27	\$57
Session 4 (10wks)	Thurs. 6:30-7:30pm	8/1-8/29	\$57
	Sat. 7:30-8:30am	8/3-8/31	\$57
	Sat. 7:30-8:30am	9/7-11/9	\$126

STRETCH AND TONE**w/ Beverly Giarrusso**

Get fit while losing fat and improving posture and strength. Class alternates between smooth stretching moves and resistance weight training. Focus on good body alignment and balance while developing and strengthening key muscle groups.

Bring 1lb. to 7lb. hand weights, a mat and water.

Spring Session: 10 wks (min 4/max 15)

Tues. 12:00-1:00, 4/2-6/11 (no 4/16) **Fee: \$100**

Thurs. 12:00-1:00, 4/4-6/13 (no 4/18) **Fee: \$100**

Class held in Rm. 153, Town Center Bldg.

Summer Session:

Tues. 12:00-1:00, 6/25-8/13 (8wks) **Fee: \$100**

Thurs. 12:00-1:00, 6/27-8/15 (no 7/4) (7wks) **Fee: \$90**

Class held in Union Room, Town Center Bldg.

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

Spring classes: 8 weeks

Tues. 9:30-10:30am, 4/9-6/4 (no class 4/16) **Fee: \$100**

Classes held in Town Center Bldg, Union Rm.

Wed. 7:00-8:00pm, 4/10-6/5 (no class 4/17) **Fee: \$100**

Classes held in Town Center Bldg, Union Rm.

Fri. 9:30-10:30am, 4/12-6/7 (no class 4/19) **Fee: \$100**

Class held in The Town Center Bldg, Rm 153.

Free Trial Class: Tues. 4/2, 9:30-10:30am or Wed. 4/3, 7:00-8:00pm (Union Rm) For trial classes please register online or call the Recreation Office.

Summer class: 6 weeks

Wed. 7:00-8:00pm, 7/10-8/14 **Fee: \$75**

Classes held in Town Center Bldg, Union Rm.

LOW IMPACT AEROBICS AND BODY SCULPTING**w/ Beverly Giarrusso**

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

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

Spring Session: 10 wks

Tues. 11:00-12:00, 4/2-6/11 (no 4/16) **Fee: \$100**

Thurs. 11:00-12:00, 4/4-6/13 (no 4/18) **Fee: \$100**

Class held in Rm. 153, Town Center Bldg.

Summer Session:

Tues. 11:00-12:00, 6/25-8/13 (8wks) **Fee: \$100**

Thurs. 11:00-12:00, 6/27-8/15 (no 7/4) (7wks) **Fee: \$90**

Class held in Union Room, Town Center Bldg.

ZUMBA® DANCE-FITNESS**w/ Sharon Pugatch**

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

Age 16+/age 13+ with a parent. If you miss a class, you can make up in any another class during the week. (min 7/max25)

Spring Session:

Mon. 6:05-7:05pm, 4/1-6/17 (off 4/15, 5/27) 10wks **Fee: \$115**

Class held in the High School Dance Studio.

Classes from 5/20 - 6/17 held at Town Center Bldg, Union Room.

Wed. 5:45 - 6:45pm, 4/3-6/12 (no class 4/17) 10wks **Fee \$115**

Class held in Town Center Bldg, Union Rm.

Thurs. 10:30-11:30am, 4/4-6/13 (no class 4/18) 10wks **Fee: \$115**

Class held in Town Center Bldg, Union Rm..

Summer Session:

Wed. 5:45 - 6:45pm, 7/10-8/28 8wks **Fee \$92**

Class held in Town Center Bldg, Union Rm.

New!!! LEARN ZUMBA DANCE STEPS w/ Sharon

This new class is for anyone who wants to learn the basic Zumba dance steps and common modifications that all Zumba instructors use. Zumba dance moves are not the formal Latin dance moves. Zumba moves are modified to be fun and to add fitness to the Zumba class. Each week, we will learn two different dance rhythms and practice them in actual songs. The rhythms you will learn are: Cumbia, Meringue, Salsa, Reggaeton, Calypso, Samba, Flamenco, Tango, Cha-Cha and some basic Belly Dance.

You may sign up for this class as well as the Zumba dance fitness classes offered. You are also welcome to take this first and then jump into any ongoing Zumba session at a pro-rated rate.

Mon. 7:05-7:50pm, 4/1-4/29 (no class 4/15) 4wks **Fee: \$55**

Class held in the High School Dance Studio.

Wed. 4:50 - 5:35pm, 4/3-5/1 (no class 4/17) 4wks **Fee: \$55**

Class held in Town Center Bldg, Union Rm. (min 4/max 20)

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info. All classes held in the Town Center Bldg, Union Rm. (Min 9/max 20) Age 15+

Free Trial Classes: Mon. 3/25 and Wed. 3/27, 9:30am & Thurs. 3/28, 6:30pm. (for trial class please register online or call)

Spring Session: 10 weeks

Mon. 9:30-10:30am, 4/1-6/17 (no class 4/15, 5/27) **Fee: \$100**

Wed. 9:30-10:30am, 4/3-6/12 (no class 4/17) **Fee: \$100**

Thurs, 6:30-7:30pm, 4/4-6/13 (no class 4/18) **Fee: \$100**

Summer Session: 8 weeks

Wed. 9:30-10:30am, 7/10-8/28 **Fee: \$80**

Thurs, 6:30-7:30pm, 7/11-8/29 **Fee: \$80**

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. Have fun and burn calories without even realizing it. 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. Bring towel, water and sneakers. Age 15+.

BODYPUMP™ is a fast way to shape up and lose body fat. This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using the best 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™NEW! 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. A holistic workout that brings the body into a state of harmony and balance. Age 15+

BODYJAM SCHEDULE: 11 week session runs 4/2 thru 6/15
 Tues. 7:00-8:00PM, High School Gym D (4/16 Town Center Bldg)

Thurs. 7:00-8:00PM, High School Gym D (4/18 & 6/6 Callahans)

Fri. 9:20-10:20AM, Town Center Bldg, Union Rm (no 4/19)

Sat. 10:15-11:15AM, Callahans

BODYPUMP SCHEDULE: 11 week session runs 4/1 thru 6/15

Mon. 9:20-10:20AM, (no class 4/15 & 5/27) Callahans

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

Wed. 9:20-10:20AM, Callahans (no class 4/17)

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

Sat. 8:00-9:00AM, Callahans

Sat. 9:00-10:00AM, Callahans

BODYFLOW SCHEDULE: 11 week session runs 4/2 thru 6/15

Tues. 9:20-10:20AM, Callahans (no class 4/16)

Thurs. 6:00-7:00PM, High School Dance Studio

(4/18 & 6/6 Callahans)

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

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

Discounted Fee Format! This format offers flexibility to attend classes at your convenience. The more classes you attend, the more cost effective the program is. Options average \$13 to \$20 per week, a great value and good for you!

All classes are unlimited, attend as many a week as you'd like.

- BodyJam only: **Fee: \$150**
- BodyPump only: **Fee: \$170**
- BodyFlow only: **Fee: \$160**
- BodyJam & BodyPump: **Fee: \$220**
- BodyJam & BodyFlow: **Fee: \$190**
- BodyPump & BodyFlow: **Fee: \$200**
- All 3 programs: BodyPump/Jam/Flow **Fee: \$240**

For more information visit website: www.kamatefitness.com

SUMMER BODY JAM/PUMP/FLOW SCHEDULE

The summer session schedule will be posted by May 20 on our website and www.kamatefitness.com. Registration will open at that time also.

BEGINNER/INTERMEDIATE TAI CHI

w/ Bob Cormier, Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. (min 5/max 14) Classes held in Rm. 153, Town Ctr. Wednesdays, 6:30-7:30pm

Spring Session: 4/10-6/12 (10wks)

Fee: \$105

Summer Session: 6/26-8/28 (10wks)

Fee: \$105

Free Trial Classes: Wed. 4/3 and 6/19, 6:30-7:30pm (register online or call)

BELLY DANCING w/ Beverly Giarrusso

Belly Dance is an ancient Middle Eastern dance form that has mesmerized the modern world. This dance is great for getting in shape as well as burning calories and fat. Focus will be on stretch, warm up, posture and placement and basic movements. Ballet shoes and comfortable clothing. (min 4/max 15) Age 16+

Spring Session: 9 wks

Wed. 11:00-12:00noon, 4/10-6/12 (no class 4/17)

Fee: \$92

Class held in Rm. 153, Town Center Bldg.

Free Trial Class: Weds. 4/4, 11:00am (register online or call)

Summer Session: 8 wks

Wed. 11:00-12:00noon, 6/26-8/14

Fee: \$100

Class held in Union Room, Town Center Bldg.

BALLET FOR BEGINNERS w/ Beverly Giarrusso

This class will introduce the beginning dance student to the technique and vocabulary of classical ballet with emphasis on posture, placement and movement. No Experience necessary. Traditional ballet shoes and comfortable clothing. (min 4/max 15)

Spring Session: 9 wks

Wed. 12:00-1:00pm, 4/10-6/12 (no class 4/17)

Fee: \$92

Class held in Rm. 153, Town Center Bldg.

Free Trial Class: Weds. 4/4, 12:00 (register online or call)

Summer Session: 8 wks (Age 14+)

Wed. 12:00-1:00pm, 6/26-8/14

Fee: \$100

Class held in Union Room, Town Center Bldg.

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)

Thurs. 7:00-8:30pm, 7/11-8/15 (6 wks) Rain dates will be made up.

Class held at the Bedford High courts.

Fee: \$170

SPORT & OUTDOOR ADVENTURE

FLY FISHING w/ David Kolesar

Many anglers are intimidated by fly fishing because of the perception that fly casting is difficult. Like most activities, mastering fly fishing merely requires the understanding of a few fundamental concepts and a little practice (in this case, casting). Students will learn the fundamentals of fly fishing via classroom instruction and practical learning with an emphasis on fly casting. Topics will include fly fishing equipment, basic knot tying, fly types and fly selection, ecology, fly tying, basic casting, roll cast, double haul and more. Students should be prepared to go outside for casting practice, rain or shine. Don't let another fishing season go by without getting in on the fun and enjoyment of fly fishing. An optional field trip to a local body of water may be held depending upon interest. Minimum age: 12+ (17 and under with parent or guardian) **Equipment:** Students must bring their own equipment. \$10 material fee payable to instructor first night. (min 4/max 10) **Tues.** 6:30-8:00pm, 4/9 – 5/21 (no class 4/16) Class held in JGMS Multi-purpose room on 5/21. 6wks **Fee: \$75** Classes held at John Glenn Middle School Cafeteria, 99 McMahon Rd. Park and enter thru back lot door behind building.

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. Of course, the best way to really understand it is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout (quit the gym and by a 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. Age 16+ Please provide email address when registering. **Wed.** May 29, 5:30 – 7:30pm (min 3/max 6) **Fee: \$60** Location: Nuttings Lake, Billerica. *See website for policies/guidelines at www.stillriveroutfitters.com*

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 20 years. She has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end. **Wed.**, 9:30-noon, starts 4/3-5/29 (no 4/17) 8 wks, **Fee: \$89**

ON AND OFF-ROAD BIKING ADVENTURES

w/ Mary Hurley

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 off Monument Road. After registering, contact the instructor at maryhurley@comcast.net for meeting locations. **Tues.** 9:30-noon, starts 4/2-5/28 (no 4/16) 8wks, **Fee: \$89** **Thurs.** 9:30-noon, starts 4/4-5/30 (no 4/18) 8wks, **Fee: \$89**

LIGHT AND EASY BIKE OUTINGS

w/ Christine DeMarco

Slow ride...and take it easy! Join the adventure; we won't go too fast or too far. We try to avoid the hills while riding on and off-road. Bring your hybrid bike and get ready to explore Bedford and a few neighboring towns. Don't forget your helmet and water. Please provide an email address to be notified of meeting places. (min 2//max 10) **Thurs.** 10:30-12:00, 4/4-5/2 (no 4/18) 4 wks **Fee: \$58**

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 10 – 15 are welcome with an adult. (min 4/max 12) **Wed.** 5:30-7:30pm, 5/1-5/15 (3wks) **Fee: \$95 per person** Location: Nutting Lake, Billerica.

ADULT TENNIS w/ Barbara Aldoriso

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. (6 wks) **Fee: \$55 each session** **Beginner: 5:30—6:30pm (min 5/max 10)** **Advanced: 6:30-7:30pm (min 5/ max 8)** *Session 1: Tues. 6/4-7/9 or Session 2: Tues. 7/23-8/27* Rain dates will be made up at the end of each session as needed.

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 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 5:30pm.

SUMMER OUTDOOR VOLLEYBALL

League or Pick-up option may be available at The DoubleTree Hotel, 44 Middlesex Trpk. More info available by early June. If interested, please register to be notified when details are available (please make sure to provide e-mail address).

BARRIE BRUCE GOLF SCHOOL
 Classes held at Country Club of Billerica,
 51 Baldwin Rd. Billerica
www.barriebrucegolfschools.com
 Open House April 11, 6:30pm

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 weeks) Age 15+ **Fee: \$159 each option**

Sat. 4/13	11:30am	Sun. 6/2	1:00pm
Sun. 4/14	11:30am	Wed. 6/5	7:00pm
Fri. 4/19	5:30pm	Fri. 6/7	5:30pm
Thurs. 5/9	7:00pm	Thurs. 7/18	6:00pm
Sat. 6/1	11:30am	Sun. 7/21	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 weeks) Age 15+ **Fee: \$159 each option**

Sat. 4/13	10:00am	Sat. 6/1	9:00am
Sun. 4/14	10:00am	Thurs. 6/6	5:30pm
Tues. 4/16	5:30pm	Tues. 7/16	6:00pm
Wed. 5/8	7:00pm	Sat. 7/20	11:30am

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

MENS' SUMMER OUTDOOR BASKETBALL LEAGUE

Newly created outdoor evening Summer Hoops League at the HS outdoor courts. Program is strictly for Bedford Residents and past Bedford HS graduates only. Players must be at least 18 years of age and out of HS. League games will be played on weekday evenings. Game days and times will be determined by the number of teams in the league. Min: 6 teams/ Max 10 teams. Season starts 5/26 and runs through the first week in August. Season is 12 games with all teams making playoffs. Team uniforms, two patch referees, and 2 score keepers included in team cost. Mandatory team captains' meeting on Thursday, May 16 at 7:00 PM. One member of each team must attend the captains meeting. Final rosters must be submitted by May 24. Unattached players may put their names on the free agent list by contacting the Recreation Department. **Fee: \$810/team**

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. Mon, Wed & Thurs, 8:30 - 10:00pm, 4/1 - 6/13 (no soccer 4/15, 4/17, 4/18, 5/27, 6/5, 6/6)

ADULT OPEN VOLLEYBALL: No Fee

Open to all Bedford residents age 18+ and not in high school. Please bring your own volleyballs. Program runs 4/1 - 6/12 at the Lane School Gym. Mon. & Wed. evenings, 7:00 - 10:00pm. (no volleyball on 4/15, 4/17, 5/27)

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, 4/1 - 6/13 (no basketball 4/15, 4/18, 5/20, 6/6)

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) **Fee: \$20**
 Tues. 4/9 - 6/11 (no badminton 4/16) 7:30 - 10PM, Lane School Gym
Non Resident registration begins 1 week after resident registration begins. Only registered participants may attend. No guests or waitlisted players.

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world; join us and find out why. Lane School Gym. Thurs., 7:30pm - 9:30pm, 4/11 - 6/13 (no use: 4/18) **No Fee**

ADULT OUTDOOR PICK UP SOCCER

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. Takes place at South Road Fields Wednesdays 6:00PM, 4/3 - 6/26. Separate games for men and women will be set up. Summer soccer days and times will be announced on www.bedfordrecreation.org **No Fee**

TICKET INFORMATION

DISCOUNT MOVIE TICKETS

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

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. Tickets non-refundable. (Not valid to use for the Saturday, 1:30 trip from June 30 thru Labor Day). Pick up tickets at the Recreation Office.

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

VOLUNTEER OPPORTUNITIES: BEDFORD TOWN COMMITTEES AND BOARDS

Opportunities for Volunteer Appointments in Bedford

All appointed Town boards and committees consist of volunteers who reside in Bedford and are registered voters. These volunteers work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live. Bedford is fortunate to have many dedicated volunteers whose skill and technical knowledge can be applied to Town Government. There are various opportunities available to correspond with your expertise and/or interest.

Why volunteer? There are as many reasons as there are volunteers. Here are a few:

- Learn more about your community
- Meet people
- Watch your ideas get implemented
- Be aware of important events in town
- Take charge of a project
- Add to your resume
- Help guide your community

Most appointments to committee vacancies are made following the Annual Town Meeting. However, vacancies also occur at other times. Terms of office vary from one to three years.

Committees include:

Affirmative Action Monitoring Committee	Historic District Commission
Affordable Housing Committee	Historic Preservation Commission
Arbor Resource Committee	Housing Partnership
Bedford Community Access Television	Land Acquisition Committee
Bedford Housing Authority	Municipal Affordable Housing Trust
Bedford School Committee	Patriotic Holiday Committee
Bicycle Advisory Committee	Petitioners' Advisory Committee
Cable Television Committee	Recreation Commission
Capital Expenditure Committee	Registrar of Voters
Charter & Bylaw Review Committee	Sign Bylaw Review Committee
Community Preservation Committee	Trails Committee
Conservation Commission	Transportation Advisory Committee
Constables	Volunteer Coordinating Committee
Council on Aging	Wilson Mill Park Planning Committee AD
Cultural Council	HOC
Depot Park Advisory Committee	Youth and Family Services Committee
Energy Task Force	Zoning Board of Appeals
Fair Housing Committee	
Finance Committee	
Fiscal Planning & Coordinating Committee	

Appointment Process

If you would like to be a part of our Town Government, please initiate the process for appointment by completing a Volunteer Questionnaire* and returning it as indicated. Please note that more than one candidate for each vacancy is frequently submitted by the Volunteer Coordinating Committee to the appointing authority. All names submitted to the appointing authority are interviewed, and prior to the interview, it is recommended that they attend at least one meeting of the committee(s) in which they express interest.

**Town of Bedford Questionnaire for Volunteers may be found at www.bedfordma.gov; follow the link to "Committees" and then Volunteer Coordinating Committee.*

SPRING PROGRAMS 2013

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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. Children must be picked up on time after all activities.
4. The Recreation Department attempts to meet the needs of all residents. Those requiring special assistance should contact the Recreation Director.
5. Classes will not be held during vacation weeks unless otherwise specified.
6. On school early release days, classes are held at their regular times unless otherwise noted. Parents are responsible for transportation.
7. If Bedford Schools are closed due to weather, Rec. programs will be canceled.
8. Financial aid may be available upon request.
9. There is a \$25 penalty fee for all returned checks (Finance Dep't policy)
10. 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 (K-8)

Season: April 13– June 8. 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.

Early Bird Registration Fee: (rec'd by 3/22) \$35

Fee after 3/22: \$50

Uniforms are available at the Rec. Office and cost \$15 in addition to the registration fee! Please register/buy uniforms early.

LAST DAY TO REGISTER IS MARCH 29. All late registrants will be waitlisted.

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

INTRAMURAL FALL SOCCER (GRADES K-8)

Season: Sept 14 - Nov. 9. **Children must sign up for the grade that they will be attending in Fall 2013, no exceptions.**

Please indicate your willingness to coach or assist on your child's registration form. No experience is necessary.

Early Bird Registration Fee: (rec'd by 8/16) \$35

Fee after 8/16: \$50

Uniforms are available at the Rec. Office and cost \$15 in addition to the registration fee! Please register/buy uniforms early.

LAST DAY TO REGISTER IS AUG 23. All late registrants will be waitlisted. Program for Bedford and Hanscom residents only.

No Intramural Soccer on Bedford Day September 21 for K—Gr. 2. Players in Gr. K – 2 will march in the Bedford Day Parade.

INTRAMURAL VOLUNTEER COACHES NEEDED!

We need your help! These programs cannot run without help from parent volunteers willing to coach or assist. We need both head coaches and assistant coaches for all age groups. No experience necessary; we provide all of the training. If you are interested in learning more or if you would like to volunteer, please indicate your willingness to coach in the notes section when registering or contact Nick Cacciolfi, nickc@bedfordma.gov

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 2013

U10: 4th grade Fall 2013

U11/12: 5th & 6th grade Fall 2013

U14: 7th & 8th grade Fall 2013

Mandatory evaluations will be held for players registered for the Fall U11/ U12 and U14 age groups. See below for Evaluation information.

Early Bird Fee (before May 31): \$90 with a maximum of \$235 per family. Family rate can only be processed via fax, mail or in person purchases only.

Fee (after May 31): \$120 with a maximum of \$280 per family
Uniforms cost \$50

****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 2013 & Spring 2014 will be conducted on the following dates and times at JGMS fields. Letters regarding evaluations will be e-mailed to all registrants in early June.

Monday, June 10: 4:30-6:00 Girls Under 11/12
(all girls entering 5/6th grade fall 2013)

Monday, June 10: 6:15 -7:45 Girls Under 14
(all girls entering 7/8th grade fall 2013)

Tuesday, June 11: 4:30-6:00 Boys Under 11/12
(all boys entering 5/6th grade fall 2013)

Tuesday, June 11: 6:15 -7:45 Boys Under 14
(all boys entering 7/8th grade fall 2013)

RAIN DATE/MAKE-UP DATE:

Wednesday June 12 or Thursday June 13 (forecast dependent)

SPRING PRESCHOOL PROGRAMS

GYMNASTICS

Jennifer McGrath & Dotty Martin keep the children moving in these exciting classes that teach children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger) Fridays 4/5 - 6/14(9 weeks) no class on 4/19 & 4/26(Min 8 max 12)

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. Fee: \$122

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

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

Baby Gym (3 - 12 months) 11:15 - 11:55: Calling all babies! Babies participate in equipment based exercises such as sliding into the parachute and ball rolling action. Gymnastic equipment and props will be used to create an enjoyable atmosphere for your baby.

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

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 old. 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 on Thursdays, 10:30am - 11:15am; 5/9 - 6/6 (5 weeks) on Town Center fields. 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: \$76**

PRESCHOOL SOCCER (Ages 4 and 5)

with Mass Premier Soccer

This fun introduction to soccer is open to all 4 and 5 year olds (not yet in kindergarten). The emphasis is on fun and activity. Each child must bring a size 3 soccer ball. Children should wear shin guards and bring water. Tues, 4/30 - 5/28 (5 wks.) 1:00 - 1:45pm at the Town Center fields (B Field). Max: **Fee: \$55**

INTRODUCTION TO KENPO KARATE

w/ Callahan's Karate (Ages 5-13)

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 4/Max 10) **Fee: \$50/Session** Wednesday 5:30 - 6:10 pm; 5/1 - 5/22

FARMERS HELPERS (Ages 2 - 5) w/ Chip-in Farm

Children and their parents will have an opportunity to do real farm work at Chip-in Farm, a real working farm. Help farmer Sandy in the fields, feed the pigs, bottle feed calves and collect the eggs. Each week will offer a different farming adventure. Wear your work clothes. Rain or shine. Min. 3/Max. 8 Parents must stay and participate with the children. Takes place at Chip in Farm on 201 Hartwell Rd. . (4 weeks) **Fee: \$50/session**

Wednesdays

Session1: April 3 - May 1 10AM - 11AM(no class 4/17)

Session 2: May 8 - May 29 10 AM - 11 AM

Thursdays

Session1: April 4 - May 2 (no class 4/18) 10 AM - 11 AM

Session 2: May 9 - May 30 10 AM - 11 AM

WINNING WAYS TO TALK WITH YOUR CHILD

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

Please see the Adult section on page__ for information about this class.

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 4/26 - 6/14 (no class on 6/7) **Fee: \$88**
Min 8 Max 30 (7 weeks)
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). 4/8 to 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). 4/8 to the last day of school. Min:20/Max 30. **Fee: \$130**

SWORD FIGHTING FOR KIDS! (Grades 3-5)

With Guard Up!

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 Req', print out on Rec. Website**, 2:45 - 3:45 pm, Thursdays 4/4 - 5/30(no class 4/18) Lane Gym (8 wks.) min:10/max: **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. Min12/Max20 Fri. 4/12 - 5/24 (off on 4/19) 6 wks **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. Min12/Max20 **Please register for only one day.**
Mondays, 4/8 - 6/10 (no class 4/15, 5/27) 8 wks **Fee: \$70**
Tuesdays, 4/9 - 6/11 (no class 4/16) 9 wks **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 cooperative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun and creative manner. From 3:10 - 3:40, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!) From 3:30 (after bus dismissal from the gym) until 4:30, students participate in the gym. Thursdays 4/11 - 6/13 (no class 4/18, 6/6) 8 classes (min 6/max12) **Fee: \$95**

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

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Children are released into the gym at 2:45 and will have time for a snack. Please send a snack. Classes will be from 3:00 - 4:00 p.m. in the gym. Tues 4/23 - 6/4; 7 classes (min 6/max 12) **Fee: \$81**

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

Get up, get going, get active with a F.A.S.T. Athletics Flag Football program. F.A.S.T. 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 Mon 4/8 - 6/10 (no class 4/15, 5/27), 2:45 - 4:00 in the Lane Gym. Min 10/Max 24 (8weeks) **Fee: \$98**

LANE MIXED MEDIA ART w/ Penny Leslie

The program at Lane will focus on Spring themes such as birds, flowers, and butterflies, as well as themes of individual interest. Each week, Penny will show new ways to explore one and two dimensional drawing and painting using a wide variety of materials including water color and tempera paint. Students will also have the opportunity to work in clay sculpture with self hardening clay. Bring a snack and be ready to relax and have a good time exploring the arts! Lane Cafe, Thurs. 4/25 - 6/13. 2:45 - 4:45 (8 wks) **Fee: \$148**

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: \$69**

Practices take place at the BHS Track on:

Tues. May 21 3:30 - 5:15

Tues. May 28 3:30 - 5:15

Tues. June 4 4:00 - 5:45 scrimmage in Concord

Tues. June 11 3:30 - 5:15 in Concord due to BHS field closed

Thurs. June 13 5:45—Qualifying Meet in Concord (Rain Date: Fri. 6/14)

Sat. June 22 State Meet (based on qualifying performance)

For more info e-mail David Bell at davidkbell@hotmail.com**INTRODUCTION TO KENPO KARATE****w/ Callahan's Karate (Ages 5-13)**

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 4/Max 10) **Fee: \$50/Session**
Wednesday 5:30 - 6:10 pm; 5/1 - 5/22

LEGO ENGINEERING- PRE-ROBOTICS**w/ Empow Learning (formally Childrens Tech. Wkshp)**

Think you know Legos? Think again! Children work with specialty Legos pieces and our building guides to construct a different project every class. Once they have built the initial design, students can customize their creations and motorize their devices with hand-powered generators or direct drives. At the end of the program students will receive a digital photo slide show of their projects. LEGO models will not be taken home. Takes place at the Davis School Café 3:10 - 4:25 (Kids have snack 3:10 - 3:25, please pack a snack) Mon. 4/22 - 6/10 (no class on 5/27).
7 weeks Min:8/Max12

Fee: \$151**AFTER SCHOOL KID JAM! (Lane Gr. 3-5)****w/ Jennifer Buckley of Kamate Fitness**

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, we sweat and *most importantly* we have fun!! Get funky and move with attitude! We will learn new steps, create our own moves, and dance as teams! Bring a water

bottle and snack. Wear comfortable clothing and sneakers. Takes place in the Lane School Gym on Friday 4/26 - 5/31 (6 wks) Dismissal - 3pm snack, 3 - 4:00 class (Min:8/Max:15) **Fee: \$72**

**STOP MOTION ANIMATION****w/ Empow Learning (formally Childrens Tech. Wkshp)**

Tell Your Story! In this class, students learn the science and art of stop-motion animation by making two of their own short films. Participants work in pairs to write their own story and script, plan out a story board, and create their artwork. Then they use laptops, cameras and special software to explore various animation techniques and capture their footage. After filming, students work on the post-production process to add titles, transitions, sounds and bring their movie to life. Each class, a new concept is introduced and practiced hands-on. Experienced animators can build on their previous skills to create timeless masterpieces of animation. Movies are available to take home. A strict non-violence policy is enforced. Takes place at the Lane School Café, 2:45 - 4:00 (Kids have snack 2:45 - 3:00, please pack a snack)
Tues. 4/23 - 6/11 (8 weeks) Min:8/Max12 **Fee: \$173**

SPRING TENNIS w/ KA Tennis

Learn the sport of tennis from Kyle Anderson, a USPTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson and another professional tennis instructor if numbers warrant additional staff.

Saturday 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 JGMS tennis Courts. Program runs from 4/27 - 6/8 (no class on May 25) Rain outs will be added on at the end of the session. 6 classes

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****APRIL VACATION TENNIS CLINICS w/ KA Tennis**

Learn the sport of Tennis from Kyle Anderson, a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson. The Vacation clinic will teach the fundamentals of tennis in an energetic atmosphere. Drills and games are simple, effective, & fun. Instruction will stress correct stroke mechanics as well as rallying skills. Time will also be devoted to playing points and basic strategy. Sneakers and racquets are required. Tues - Fri. 4/16 - 4/19. Takes place at the JGMS tennis courts or JGMS gym in case of inclement weather/cold. Min4/Max8. All levels welcome.

Ages 4-6 : 9:00 - 10:00 or 10:10 - 11:10 **Fee: \$80****Ages 7-9 :** 11:20 - 12:30 or 12:40 - 1:50 **Fee: \$92**

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. **Fee: \$99**

Session 1– April 15 - April 19 10:00 - 11:30 AM

Session 2– April 15 - April 19 2:00 - 3:30 PM

LANE CHESS (Grades 3 - 5) w/ International Chess Institute

Chess is the classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a chess instructor from the International Chess Institute, the class is geared for all levels of chess players. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves. Lane School Library. PLEASE ONLY SIGN UP FOR ONE CLASS. 8 weeks (min 8/max12) 2:45 - 3:45 PM

Class 1: Thurs. 4/4 - 5/30 (off 4/18)

Fee \$90

Class 2: Fri. 4/12 - 6/14. (off 4/19, 6/7)

Fee:\$90

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. (4 weeks) **Fee: \$115/session**

Kindergarten

Session 1: Mondays, April 1 - April 29 (off 4/15) 10AM - Noon

Session 2: Mondays, May 6 - June 3 (off 5/27) 10AM - Noon

Grades 1 - 2

Session 1: Tuesdays April 2 - April 30 (off 4/16) 3:45 - 5:45 PM

Session 2: Tuesdays May 7 - May 28 3:45 - 5:45 PM

CHIP IN FARM APRIL VACATION PROGRAM
201 HARTWELL RD

Join Farmer Sandy during April break 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 class. Program for participants in K - Gr. 2. Runs Tues. 4/16 - Fri. 4/19, 9:00 AM - Noon. **Fee: \$150**

APRIL VACATION FENCING AND ADVENTURE
w/Guard Up! (ages 7-17)

Join the staff of Guard Up! for 4 days of foil fencing and adventure! Learn the Olympic sport of fencing with certified instructors. Program will cover how to thrust, parry, disengage, and score points on your opponents. Program is structured for beginners through advanced levels.

Students ages 12 - 17 must purchase or lease a full fencing kit for use during the session.

Students ages 7 - 11 will use high quality foam fencing foils and will learn the basics of fencing and how to bout. During the afternoon, they engage in exciting foam sword adventures where they will fight monsters, win treasure, and solve mysteries. Takes place at the Lane School 4/16 - 4/19 (Tues - Fri), 9:00 AM - 3:00 PM **Fee: \$285**

Participants must either purchase equipment or lease it from Guard Up!

Ages 7 - 11: Foam Fencing Equipment– Purchase: \$65.50, Lease: \$25.

Ages 12 - 17: Real fencing equipment purchase is \$295 per person and includes a foil, mask, glove, jacket, plastron and carry bag. Leasing will cost \$95 per student. Buying and leasing is done with the Guard Up! staff on the first day.

For more info visit www.bedfordfencingteam.com

HOW PLANTS GROW WORKSHOP: APRIL VACATION
w/ Peter Coppola (Gr. K—5)

From seed to vegetable; a gardening workshop for participants K - 5 provided by master gardener Peter Coppola. Participants will learn about seed germination, the plant growing cycle, and the importance of soil and water in plant growth. All participants will plant an heirloom seed and bring their experiment home with them. Takes place on Tuesday April 16 in the JGMS café 10:00 AM - noon. Parents are encouraged to stay and observe. Min10/Max25. For more info on Peter, visit his website at www.greenthumbpete.com

Fee: \$15

See the Adult Section for detailed information about the following Adult/Child Programs:

BASIC BICYCLE MAINTENANCE FOR WOMEN
 Mother/Daughter class appropriate age 12+

CROCHET

This class is appropriate for Parent and Child participation. Age 7 – 15 with parent

SPRING EARLY RELEASE DAY PROGRAMS

DAVIS PROGRAMS

NINJANO LEGO WORKSHOP 6/12

w/ Diane Benson & Beth Meditz

Explore the world of Ninjago! Join the team from Event-FULL! www.event-full.net and create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place. The LEGOs stay with us but your memory will last a lifetime! Each participant will take home a framed photo of themselves with their LEGO Ninjago creation.

Please send your child with a nut-free snack and drink.

Program is limited to 20 participants. Takes place in the Davis Café 1:50 - 4:50 **Fee: \$46**

WEDNESDAY ART w/ Penny Leslie

Join Penny for this art series on early dismissal days this Spring! Sign up for as many classes as you would like. Spring themed projects in drawing, painting, and clay sculpture. Some 3 dimensional work will include cutting, pasting, wrapping and imaginative construction. This series of after school art classes is designed to be both fun and instructive. It is an opportunity to learn new techniques and disciplines in a small group setting with other children that have similar enthusiasm for art. Dates: 4/24, 5/1, 5/8, 5/15, 5/22, 6/5, in the Davis Cafeteria 1:50 - 3:20. Please pack a snack. Min:8/Max 15 **Fee: \$20 per class**

BEGINNER SIGN LANGUAGE

w/ Christine Demarco

Participants will learn the basics of signing through the use of music, movement, arts and crafts and activities. Join the fun while acquiring the knowledge and use of the alphabet, numbers, words and phrases. Takes place in the Davis Café, Wed. April 10, 1:50 - 3:05. First 15 minutes is snack time, please pack a snack. Min:4/max8 **Fee: \$25**

LANE PROGRAMS

LANE FOIL FENCING

w/ Guard up!

Learn the sport of Foil Fencing using foam foils from a certified instructor. Using foam foils, which don't require traditional safety equipment, your young fencer will learn the Olympic sport of Foil Fencing, including how to parry, thrust, disengage, and more! Part of each day will be spent playing exciting Musketeer Adventures where fencers play the role of a hero in an ongoing story. A high quality and durable foam fencing foil may be purchased or leased for the duration of this session.

Wednesdays 1:25pm - 3pm at the Lane School Café 4/10 - 6/5 (off 4/17). 8 weeks (min6/max15) **Fee: \$184**

For more info visit www.bedfordfencingteam.com

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

SUPERSPORTS PROGRAM

w/ F.A.S.T Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics offers a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball and Kickball. Programs include proper stretching and warm-up games as well as instruction of basic skills of each sport. Each class will end with a high energy game of the sport played that day. For more info visit www.fastathletics.com Takes place Weds. 4/24 - 5/29 (6 wks) 1:25 - 2:30 in the Lane Gym. (min 10/max30) **Fee: \$75**

2013 - 2014 FALL DANCE PROGRAM

w/ Amy Noyes

Registration for Dance classes will begin on May 20. Classes will begin the week of September 16. The deadline to register is August 23 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 in the Town Center Building. Children must be 4 by the time of the first class. No classes on holidays and school vacation weeks. Use the registration form on page 39 for this program. Children in Grade 4+ may register for more than one class.

MONDAY CLASSES

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

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

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

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

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

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

TUESDAY CLASSES

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

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

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

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

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

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

SPRING MIDDLE & HIGH SCHOOL PROGRAMS

MIDDLE SCHOOL YOUTH CENTER



Middle School Activity & Social Center
Operated by Bedford Recreation

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 for this "L" shaped space. No admission fee... just register your child online or at the office, and the kids can sign in upon arrival to the Corner. Come check it out! Open school dismissal – 5:30, 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!

The Corner is open late(until 7:30) on the following Fridays this Spring:

March 1: Charades Challenge: Guess words and phrases acted out by peers to earn points for your team! Food activity will be build your own grilled sandwiches!

March 22: Breakfast for Dinner: Come by and build your very own fruit pancakes, omelets and other healthy breakfast options!

April 5: Kickball & Wiffleball Night: After the games treat yourself with your own customized frozen yogurt topped with your favorite treats!

April 26: 2013 Spring Olympic Night: Corner Olympic events will include frisbee throw, horseshoe toss, basketball free throw and other activities and games. We'll celebrate with a family style pasta dinner!

May 24: Limbo Night: Come by and take your shot at being crowned the 2013 Corner Limbo Champion! Kids will enjoy building their very own banana splits and other special treats.

June 7: Tye Dye Night: Participants can bring a couple items from home that they would like to tye dye (shirt, shorts, pillow case etc.) While working on their projects, kids will indulge in delicious fruit skewers with fruit dips.

MIDDLE SCHOOL & HIGH SCHOOL PROGRAMS

SPRINGS BROOK PARK SPLASH BLAST!

For JGMS Bedford Students Only

Friday, June 14, 6:30—8:30 pm (rain date Mon. June 17)

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!

BEDFORD YOUTH SOCCER RECRUITING REFEREES

Ever think of becoming a soccer referee? If you like having fun and getting exercise outdoors, and even better, getting paid for it, you should consider becoming a referee in Bedford. We are looking for high school and middle school boys and girls to referee. For details on how to become a referee, go to www.massref.net. Once you complete either the grade 9 or grade 8 course, please contact Bob Goodman, Bedford Referee Assignor (goodmanreferee@yahoo.com).

INTRODUCTION TO KENPO KARATE

w/ Callahan's Karate (Ages 5-13)

4 week introductory course offered at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self discipline while learning the basics of Karate and self defense. (min 4/Max 10) **Fee: \$50/Session**
Wednesday 5:30 - 6:10 pm; 5/1 - 5/22

FENCING TEAM (Gr. 6 - 12)

w/ Guard Up!

Learn the Olympic Sport of Foil Fencing from a certified instructor from Guard Up! No experience necessary. Learn how to thrust, parry, disengage, and score a point on your opponent. After assessment, those who wish to compete in tournaments may will have the opportunity to do so, but is not required. Equipment can be purchased or leased through Guard Up! on the first day of the program. Visit www.bedfordfencingteam.com for more information. Real fencing equipment purchase is \$295 per person and includes a foil, mask, glove, jacket, plastron and carry bag. Leasing fee is \$95 per student. Program takes place at the HS café Tues 4/9 - 6/4 (off 4/16), 2:45 - 3:45. 8 wks **Fee: \$130**

APRIL VACATION FENCING AND ADVENTURE**w/Guard Up! (ages 7-17)**

Join the staff of Guard Up! for 4 days of foil fencing and adventure! Learn the Olympic sport of fencing with certified instructors. Program will cover how to thrust, parry, disengage, and score points on your opponents. Program is structured for beginners through advanced levels.

Ages 12 - 17 must purchase or lease a full fencing kit for use during the session.

Ages 7 - 11 will use high quality foam fencing foils and will learn the basics of fencing and how to bout. During the afternoon, they engage in exciting foam sword adventures where they fight monsters, win treasure, and solve mysteries. Runs at the Lane School 4/16 - 4/19 (Tues - Fri), 9:00 AM - 3:00 PM **Fee: \$285**

Participants must either purchase/lease equip. from Guard Up!
Ages 7 - 11: Foam Fencing Equip.– Purchase: \$65.50, Lease: \$25
Ages 12 - 17: Real fencing equipment purchase is \$295 per person and includes a foil, mask, glove, jacket, plastron and carry bag. Leasing will cost \$95 per student. Buying and leasing is done with the Guard Up! staff on the first day.

For more info visit www.bedfordfencingteam.com

REDUCE THE STRESS OF WRITING YOUR COLLEGE APPLICATION ESSAY**w/ Mindy Pollack-Fusi**

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

Min. 3/Max. 8

Fee: \$25

Thurs. May 2 OR Thurs. Aug. 8, 7:00 – 9:00pm

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

Mindy is a writer/published essayist at CollegeApplicationEssayCoach.com

MAXIMIZE YOUR COLLEGE FINANCIAL AID

w/ Dick Man, Complimentary workshop sponsored by College Funding Advisors, Inc of Bedford
 See Adult Section for full information

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

BodyPump and BodyJam: age 15+

Zumba: age 15+

NIA: age 15+

Bootcamp: girls age 15+

Beginner Hatha Yoga: age 15+

Golf: age 15+

Kayak Adventures: all ages

Stand Up Paddle Boarding: age 16+

Fly Fishing: all ages

Bike Maintenance for Women: age 16+

CPR: age 16+

Mending Skills Sewing Class: age 16+

Spring Into Art (Paper Crafts): age 15+

Photography: age 16+

Crochet: age 16+

Taste of Blacksmithing: age 15+ with adult

Foldforming: A Metals class: age 15+ with adult

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

**SPRINGS BROOK PARK
SUMMER 2013 EMPLOYMENT**

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 13, 2013). 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, 2013) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.

Swim Aides: (min. age: 14 by June 13, 2013) 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, 2013) Prepare food, serve customers, daily maintenance of the concession stand and park.

Grounds Maintenance: (min. age: 14 by June 13, 2013) Responsible for landscaping, grounds and 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

SUMMER WORK APPLICATIONS

Town of Bedford applications for summer work with the Recreation Department (Summer Adventures, Springs Brook Park) may be found online at: bedfordrecreation.org or may be picked up at the Recreation Office.

CONCERTS ON THE COMMON 2013

Thursdays, 7:00 p.m. (exception July 4, concert begins at 5:00 p.m.)



JULY 4—DAN CLARK, SINGING TROOPER (This concert will begin at 5:00p.m.)
National Anthems, Military Tributes, Patriotic and Broadway Tunes, Opera, Elvis and more!
www.thesingingtrooper.com

JULY 11—TIM GARTLAND
Contemporary Blues featuring Bedford's own harmonica player, vocalist, songwriter Tim Gartland.
www.timgartland.com

JULY 18—MIKE TARARA BAND
Eclectic mix of covers ranging from the 60's to today and thoughtful original music with rock, country and alternative influences.
www.miketarara.com

JULY 25—SOUL OF BOSTON
Hot R&B for your soul featuring Bedford's own Dave Ellis.
www.soulofboston.com

AUGUST 1—THE SHANA STACK BAND
Top 40 Country and original music featuring multi-national award winning vocalist Shana Stack.
www.shanastack.com

BEDFORD DAY 2013: SEPTEMBER 21, 2013

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.

SUMMER 2013

SUMMER 2013	Page
Concerts on the Common 2013	22
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Summer Sports Programs	28 - 30

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 3**.

SUMMER REFUND/CANCELLATION PROCEDURES:

For programs costing \$200 or less, full refund, less \$10, if cancelled by **June 3, 2013**. There is no refund if notice is given after **June 3, 2013**.

For programs costing more than \$200, full refund less \$50 deposit, if cancelled by **June 3, 2013**. There is no refund if notice is given after **June 3, 2013**.

Programs that are not self-supporting (due to low enrollment) will be cancelled. Full refund if program is cancelled.

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

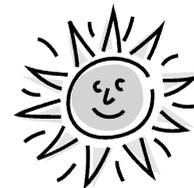
NONRESIDENT POLICY:

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

BEDFORD SUMMER ADVENTURES 2013



FOR AGES 4 - GRADE 6
Session 1: July 1 - July 12*
Session 2: July 15 - July 26
Session 3: July 29 - August 9
***Closed July 4**



SUMMER ADVENTURES PHONE: 781-275-1015 (July 1 — August 9 ONLY!!!)

IMPORTANT REGISTRATION INFORMATION
REGISTRATION FOR SUMMER ADVENTURES OPENS MAR 6, 2013
We encourage early enrollment as some groups will fill quickly.

DIRECTORS

Laurie Korpalski - Summer Adventures Director
Jen Volpicelli- Summer Adventures Assistant Director
Lee Frank - Summer Adventures Administrative Assistant

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

Bedford High School: Extensive BHS facilities include two gymnasiums, two cafeterias and great outdoor space. Great proximity to the playground, tennis courts, Library, athletic fields, outdoor basketball courts and the Town Center Building further enhance the Summer Adventures Program.

ONLINE REGISTRATION

Please note that 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. (*Registration info. on P. 2*)

OPEN HOUSE

Children and parents are invited to meet the counselors, see the facility, ask questions, view group lists, join in a craft or game! Thurs. June 27, 1:00 - 3:00 at Bedford High School.



JUNIOR ADVENTURES

Ages 4 - Kindergarten

(Mon—Friday) Minimum age 4 by 7/1/13

(Groups are co-ed, formed by age, approx 3-6 months range/group. Low Staff/child ratio.

9:00—Noon option fee: \$305 (Session I \$260)

9:00—3:00 option fee: \$455 (Session I \$410)

A Bedford tradition since 1974, this popular preschool program offers age appropriate activities including arts 'n' crafts, themed activity rooms, special shows, music, active games, quiet games, gymnastics with Jen McGrath, and fun with special visitors such as firefighters from the community. Junior Adventures takes place indoors and outdoors.

SENIOR ADVENTURES

Children entering Grades 1—4

9:00—3:00, Mon—Fri., (Extended Day Option available for morning and/or afternoon)

Activities included in this fun-filled summer program include swim lessons, field trips (one per session), arts 'n' crafts, themed activity rooms, games, sports, music, special shows, performance, gymnastics with Jennifer McGrath (g1&2), karate w/ Callahan's Karate and much more! Grades 1 & 2 groups are co-ed; Grades 3 & 4 groups are separated by gender.

Fee: \$410/session (Session 1: \$380)

Senior Adventures Swim Lessons

Springs Brook Park Staff makes learning to swim fun! Lessons are Red Cross certified levels 0—6. Swim lessons offer children the opportunity to learn and practice an important life skill. Swimming is also a wonderful life-long, low impact, cardiovascular exercise.

Children in Senior Adventures are transported by school bus to Springs Brook Park for swim lessons every day except Wednesdays. Summer Adventures staff accompanies the children to Springs Brook Park and participates fully in the lessons as aides in the classes.

Children will be placed in lessons according to SBP records. If your child has taken lessons elsewhere or if your child has taken lessons during the off season, please indicate the highest level Red Cross lesson passed. If you do not know the current swim level, please bring your child to one of the testing sessions listed below.

Swim Level Testing: At SBP entrance, give your child's name and notify staff that you are at the Park for swim level testing. Then see Park Director at the bathhouse. Testing takes approximately 10 minutes per child.

June 19 (for all sessions): Between 4 p.m. and 6 p.m.

July 10 (for sessions 2 & 3 only): Betw. 5p.m. and 7 p.m.

Other testing times available by appointment; please call SBP.

GRADE 5/6 ADVENTURES

Children entering grades 5 & 6

9:00 - 3:00, Mon - Fri (Extended Day option avail. for morning and/or afternoon)

Children entering grades 5 & 6 are eligible for this program that includes 4 field trips per session. Other activities included in this program are arts 'n' crafts, themed activity rooms, games, music, sports, special shows, SBP swim/spray park (no swim lessons), drama/performance and other staff and participant chosen fun! Optional overnight during Session 3.

Fee: \$425/session (session 1: \$395);

SUMMER ADVENTURES EXTENDED DAY OPTIONS

Children in Senior or Gr. 5/6 Adv. only

Early Bird: This is an opportunity for children to participate in supervised quiet games in the cafeteria (board games, card games, etc.) or active games in the gym prior to the start of the SA day. 8:00 - 9:00. **Fee: \$55/sess.**

Extended Fun: Activities at BHS as well as trips to SBP provide added afternoon fun. Specific schedule will be distributed to all participants. Pickup is between 5:00 and 6:00 at the Town Playground on Mudge Way (indoors at BHS if rainy day). 3:00 - 6:00.

Fee: \$200/session (Session 1 \$180)

Kids' Club Extended Day: Please see p. 26 for information.

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, Pumpnickel Puppets, The Museum of Science Mobile Planetarium and many other performers.

Great option for care after Recreation Summer Programs such as:

Sandlot Baseball (page 29)
Wicked Cool Science Programs (page 28)
Summer Dance Academy (page 27)
Performing Arts Summer Program (page 27)
Junior Summer Stock (page 27)
Summer Adventures (Pages 24 - 25)
USSI Multisports (Page 29)

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 2013–2014 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

LOCAL GETAWAY

Grades Entering 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; meet at The Corner (youth center) @ Town Center. Grades: entering 7-9th Participants may enroll for multiple weeks.

Week 1: July 8 - 12

Fee: \$255

Week 2: July 15 - 19

Fee: \$255

Week 3: July 22 - 26

Fee: \$255

Week 4: July 29 - Aug 2

Fee: \$255

Week 5: Aug 5 - Aug 9

Fee: \$255

PERFORMING ARTS

JUNIOR SUMMER STOCK (entering grades 4-9)

Director: Amy Budka

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 8 for family, friends and the community. Mon. - Fri., 10-1 (or a bit later!) 7/15 - 8/9 @ Middle School auditorium. Grades: entering 4-9 (Max: 30) **Fee: \$435**

Make it a Kids' Club Combo for extra child care!

See page 26 for pricing and options!

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, Friday at 1:30pm. Program takes place in the John Glenn Middle School Auditorium 9:00 AM- 2:30 PM. 7/8 - 7/12 . 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 26 for pricing and options!

SUMMER DANCE ACADEMY (Gr. 1-5)

Join Ms. Amy for 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. Other dance related activities include choreography, line dances, baton, hula hoop and arts and crafts projects. Participants should wear dance attire and pack water and a snack. Program takes place in the Union Room at Town Center, 11:00AM - 2:00PM, 8/19 - 8/23. Min 8/Max 15. **Fee: \$170/session**

Make it a Kids' Club Combo for extra child care!

See page 26 for pricing and options

JUST FOR KICKS!

w/ Amy Noyes

Join Ms. Amy for this series of summer Dance classes. Participants will learn dance techniques and skills. Each class will learn a choreographed dance routine, just for kicks! Program runs on Tuesdays 8/6 - 8/27 in the Union Room at the Town Center Building. Min:5/Max:12. **Fee: \$55**

4 yrs. old - entering K: 3:15 - 4:00 PM

Entering Gr.1 - 3: 4:00 - 4:45 PM

Entering Gr. 4 - 5: 4:45- 5:30

Entering Gr. 6 - 8: 5:30 - 6:15

Entering 9th & up: 6:15 - 7:00

SUMMER SCIENCE

ARCHAEOLOGICAL DIG @ THE JOB LANE HOUSE

295 North Rd (Ages 10 +)

Have you ever wondered what mysteries lie in the ground beneath us? Are you interested in history, artifacts, and fossils? If so this is the program for you! Join the Friends of Job Lane House for this exciting slice of history in celebration of the 300th anniversary of Bedford's own Job Lane House! Participants will work alongside the volunteer Friends of the Job Lane House in an archaeological dig! This dig could result in the discovery of pottery fragments, tools, bricks, nails and other handmade personal items dating as far back as the 18th century. Who knows what may be found! Participants will plot and document the grid, measure, sort, label, classify and research artifacts and fragments in this hands-on journey through 300+ years of local history.

Please bring: water bottle, sunscreen, garden gloves, hand trowel, 2" paintbrush, dustpan, notebook, pencil, snack

July 8 - 12 (rain or shine), 10:00 AM - 12 Noon. **Fee: \$100**

WICKED COOL MINECRAFT MANIA
w/ Wicked Cool for Kids (Entering Gr. 2 - 5)

Join the Staff of Wicked Cool for this blend of virtual learning and companion hands-on activities that explore science and engineering using minecraft. Participants will use an interactive avatar to investigate a virtual educational environment. Minecraft mania lessons cover geology, engineering, physics, and biology. Participants will learn about the properties of rocks and minerals and will take home their own rock collection. Participants will build skyscrapers and simple machines, plant their own crops and learn about electricity through experimental challenges. Join us for a week of fascination in the mobile virtual classroom! Takes place at JGMS café, 6/24 - 6/28. 9:00 AM - 3:00 PM. (min 10/max24) **Fee: \$305**

Make it a Kids' Club Combo for extra child care!
See page 26 for pricing and options!

WICKED COOL ENERGY EXPLORERS
w/ Wicked Cool for Kids (Entering Gr. 1 - 5)

Participants will build fun projects to investigate the wide world of energy. In the morning, participants explore alternative energy by building solar cars that harness power from the sun. In the afternoon, participants will capture wind power by building a wind turbine. Kinetic energy will also be covered as participants will build balloon cars, catapults and rubber band racers. They will also experiment with chemical energy and concoct fascinating formulas. 7/29 - 8/2 at the JGMS Café. Min 10/Max 24
 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 26 for pricing and options!

WICKED COOL LEGO ROBOTICS
w/ Wicked Cool for Kids (Entering Gr. 2 - 4)

This action packed, hands on program introduces kids to robotics programming. Participants will create bots with motors and sensors that are programmed with Wicked Cool's computers. There will be challenges for the created bots to see which bot performs the best. Each challenge will have a theme such as Rube Goldberg machines, soccer playing, animals and high adventure. Each day has 3 different lego projects and one non-lego related project. 8/5 - 8/9; JGMS Café. Min:10/Max:24.
 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 26 for pricing and options!

WICKED COOL ROCKET SCIENCE 2013
(Entering Gr. 1 - 5)

Rocket Science is a blast for any junior rocketeer. In the morning the space scientists will learn about rocket propulsion by building compressed air rockets. They will also learn how rockets get off the ground and soar into the sky. During the week they will build their Wicked Cool rocket and launch on Friday (weather permitting). In the afternoon, participants will learn about the science of flight, how things fly, the solar system and the different planets made of rock and gas. Takes place in the JGMS Café.

8/12 - 8/16. Min 10/Max 24
 Half Day: 9:00 AM - 12:00 PM
 Full Day: 9:00 AM - 3:00 PM

Fee: \$205
Fee: \$305

Make it a Kids' Club Combo for extra child care!
See page 26 for pricing and options!

CHIP IN FARM SUMMER PROGRAM
201 HARTWELL RD (K - GR. 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 class. Runs 9:00 AM - Noon (M - TH) **Fee: \$150/session**

<u>Kindergarten - Gr. 2</u>	<u>Grades 3 - 5</u>
Session 1: 7/8 - 7/11	Session 1: 7/15 - 7/18
Session 2: 7/22 - 7/25	Session 2: 8/5 - 8/8
Session 3: 7/29 - 8/1	
Session 4: 8/12 - 8/15	

SUMMER SPORTS

*Programs with a * require a physical and immunization history turned into the Recreation Office prior to the start of the program.*

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! Program is coed and runs 9 AM - 12:00 PM.

Session I- 6/24 - 6/28. Held at Lane School **Fee: \$143**
Session II- 7/8 - 7/12. Held at Davis School **Fee: \$143**

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. 7/29 - 8/2; 9AM - 3 PM. **Fee:\$181**

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 a NCAA tournament at the end of the program add to the excitement! Program is coed and takes place at the Davis School. 8/5 - 8/9, 9 AM - 3 PM. **Fee: \$181**



**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 in reaching a goal, and the importance of teamwork, fair play, and sportsmanship in any endeavor. Takes place at the Davis School.

See. 1: (5days)6/24-6/28, Mon - Thurs., 9-3, Fri., 9-1 **Fee: \$239**
See. 2: (4 days) 7/22-7/25, Mon- Thurs. 9 - 3 **Fee: \$199**

**THE BEDFORD BASKETBALL SUMMER CLINIC
W/ Coach Tom Brincklow (entering gr. 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 over 21 years of coaching expertise, was a former 1000 point scorer in college, and was recently inducted into the Westfield State College Hall of Fame. Program runs at Davis School Gym August 12-15 (Mon - Thurs) 9:00 AM - 3:00 PM.(Min 15/Max 50) **Fee: \$178**

USSI SPORTS PROGRAMS
www.ussisportsinstitute.com

USSI TOTAL PLAY MULTISPORTS PROGRAM*
(ages 7 - 14 yrs)

Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports program. All activities will take place in an atmosphere that promotes good sportsmanship, teamwork and most of all, fun. Players will receive technical instruction, have the chance experience the sport in a realistic game situation, and participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate. Program takes place at the John Glenn Middle School fields and gym. Please pack a lunch, snack and plenty of water. M - F, 9AM - 3 PM, 8/12 - 8/16 **Fee: \$184**

*Make it a Kids' Club Combo for extra child care!
See page 26 for pricing and options!*

USSI Jr. MULTISPORT PROGRAM (ages 5-7)

Same program description as Multisport Program above but runs only **Monday - Thursday**, 8/12 - 8/15, 9AM - 12:30PM at John Glenn Middle School fields and gymnasium. **Fee: \$135**

*Make it a Kids' Club Combo for extra child care!
See page 26 for pricing and options!*

USSI TOTAL SPORTS SQUIRTS PROGAM (ages 3 - 5 yrs)

The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment that is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination, whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination,

movement, balance and most importantly Fun! Takes place at the HS practice football field (behind High School & Library) 4:00 PM - 5:30 PM, 8/12 - 8/15, **Monday - Thursday** with Friday reserved as a rainy day make up. **Fee: \$79**

SANDLOT BASEBALL*

w/ Mike Pabian & Charles Puopolo

Join veteran High School, Jr. College, and Youth Baseball Coach Pabian along with Coach Puopolo as the Sandlot Baseball program returns for its fourth year in Bedford. 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 the **T-Ball Plus** program with coach pitched games as they work on developing arm strength, coordination, driving the baseball and game sense.

Ages 7 - 12 participate in the in the **Future Stars** program, 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 participate in the **Big Diamond Program**, working 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 most of all 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 sandlot hat.

Session 1: July 8 - July 12	Fee: \$180
Session 2: July 15 - July 19	Fee: \$180
Session 3: July 22 - July 26	Fee: \$180
Session 4: July 29 - Aug 2	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 26 for pricing and options!

BARRIE BRUCE GOLF SCHOOL

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: \$99/session**

Session 1- June 24 - June 28 8:00 - 9:30 AM

Session 2 - July 15 - 19, 8:00 - 9:30 AM

Session 3 - August 5 - August 9 10:00 - 11:30 AM

*more time/date options at www.barriebrucegolfschools.com

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 the 2 & 3 year old class only. Classes will run on Tuesdays @ the Lane School Gym. Min 5/max 12 July 2 - Aug 6 (6 weeks) **Fee: \$85**

2&3 year olds: With parent participation, 9:00 - 9:40 AM**3 - 5 year olds:** No Parents/Drop off; 9:45-10:25 AM**SUMMER FENCING CAMP*****w/Guard Up!**

Join the staff of Guard Up! For a full week of foil fencing and adventure! Learn the Olympic sport of fencing with certified instructors. Program will cover how to thrust, parry, disengage, and score points on your opponents. Program is structured for both beginners through advanced levels.

Students ages 12 - 17 must purchase or lease a full fencing kit for use during the session.

Students ages 7 - 11 must purchase or lease a high quality foam fencing foil. With this foil they will learn fencing basics and how to bout. During the afternoon, they engage in exciting foam sword adventures where they will fight monsters, win treasure, and solve mysteries. Takes place at the Lane School 8/12 - 8/16, 9:00 AM - 3:00 PM. Min 6/Max 30. **Fee: \$345**

Participants in this program must either purchase equipment or lease it from Guard Up!

Ages 7 - 11: Foam Fencing Equipment: Purchase \$65.50 Lease: \$25

Ages 12—17: Real fencing equipment purchase is \$295 per person and includes a foil, mask, glove, jacket, plastron and carry bag. Leasing is \$95 per student. Buying and leasing is done with the Guard Up! Staff on the first day.

For more info visit www.bedfordfencingteam.com

Participants must turn in physical and immunization history to the Recreation Office prior to the start of this program.

PROFORMANCE SOCCER ACADEMY

PROformance Soccer Academy offers a unique opportunity to learn from PROformance Soccer Staff. The PROformance Soccer (www.PROformancesoccer.com) clinics focus on improving key fundamental soccer techniques that help maximize individual player development. PROformance Soccer's staff consists of top 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 24 - Thursday, June 27, 4:30 - 7:30 PM at the South Road Fields. Coed ages 6-14. **Fee: \$165**

KA YOUTH TENNIS

Learn the sport of tennis from Kyle Anderson, a USPTR and USTA certified instructor with 18 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson and another professional tennis instructor 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:** 6/24 - 6/27 **S4:** 7/15 - 7/18 **S7:** 8/5 - 8/8**S2:** 7/1 - 7/3* **S5:** 7/22 - 7/25 **S8:** 8/12 - 8/15**S3:** 7/8 - 7/11 **S6:** 7/29 - 8/1 **S9:** 8/19 - 8/22***Session 2: Mini Session:(only 3-days)**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.

Session 1: June 24, 26, 27; **Session 2:** July 8, 10, 11;**Session 3:** July 15, 17, 18 ; **Session 4:** July 22, 24, 25**Session 5:** July 29, 31, Aug. 1 **Session 6:** Aug. 5, 7, 8**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**

SATURDAY LESSONS: The seven week program is designed to improve all aspects of the game by working on mechanics and rallying skills. It is 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 appropriate for all ages. Takes place at HS tennis Courts June 29 - August 10. Rain outs will be added on 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**

SPRINGS BROOK PARK 2013

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2013

Director: Nikki Lua

Administrative Coordinator: Raeann Gembis

Assistant Director: Alli Lua

Before you visit... check
our website for current
information

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.

<u>Springs Brook Park Amenities</u>		
	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

PLEASE NOTE: We are excited for another summer of fun at Springs Brook Park! If necessary, due to clarity 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.

HOURS OF OPERATION 2013

June 13 - Aug 12 10:00 AM - 7:30 PM gate closes

August 13 - August 24 (tentative)* 11:00 AM - 7:00 PM gate closes

***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 - 1:30p.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 1:30.

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 17, 2013**, 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.

Reduced swim lesson fee with full season park membership!

PARK MEMBERSHIP/ADMISSION

• SEASON MEMBERSHIP 2013

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 before 6/17 receive One Day Use passes for guests— see box above for full details.

PRICES:	RESIDENT	NON-RESIDENT
Individual	\$85	\$110
Family*	\$240	\$325

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

• TWO WEEK 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 be registered at the Recreation Office. Seniors may register by phone, mail, or in person.

• STUDENT MEMBERSHIP (Bedford Middle and High School Students) \$25

• DAILY ADMISSION (Cash Only)

Mon - Fri: \$7/person age 1 and up; **Sat & Sun and July 4:** \$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.: \$3/person

*** No charge for children under age 1***

NO FEE AFTER 5:30

SWIM LESSONS

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)

	<u>SBP Members</u>	<u>Non-Members</u>
Resident Fees:	\$30	\$50
Non-Resident Fees:	\$40	\$60

*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 (July 1 - July 12) No class on Thurs. July 4, class will be held on July 3.

11:30— Levels 0, 1, 2, 3, 4, 5

12:30 Levels 0, 1, 2, 3, 4, 5

SESSION II (July 15 – July 26) No class on Weds.

11:30—Levels 0, 1, 2, 3, 4, 6

12:30—Levels 0, 1, 2, 3, 4, 5

SESSION III (July 29 - Aug. 9) No class on Weds

11:30—Levels 0, 1, 2, 3, 4, 5

12:30—Levels 0, 1, 2, 3, 4, 6

EVENING LESSONS SCHEDULE

Mondays and Thursdays, June 20 – July 25 (no class 7/4)

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 8, Thurs. July 11 and Mon., July 15 (Rain date make-up: Thurs., July 18)

Option 2: 12:35-1:15pm, Thurs. July 18, Fri. July 19 and Mon. July 22 (Rain date make-up: Tues. July 23)

Cost: \$30 Resident/\$35 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 5:30*

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 10 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 15 (rain date Sun., June 16)

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.

- **SPLASH BLAST!**

For JGMS Bedford Students Only

Friday, June 14, 6:30—8:30 pm (rain date Mon. June 17)

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!

Watermelon served from 1:00 until 2:30pm.

Free admission for Bedford Residents 11:00 - 2:00 w/ photo ID

DAN FOLEY – The Airborne Comedian at 2:00

Dan juggles a cornucopia of objects including (but not limited to) baseball bats, lawn chairs, flaming torches, children, fruits and many other unlikely objects.

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!!



REGISTRATION FORMS

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Spring and Fall Program Registration Form (also use for all adult programs)

Recreation Fax #: (781) 687-6156

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

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

Special Needs/Concerns: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND: \$ _____
Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

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

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

Spring and Fall Program Registration Form (also use for all adult programs)

Recreation Fax #: (781) 687-6156

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

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

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

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND \$ _____
Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

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

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

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 8-July 15) Fee: _____ **Option 2:** 12:35-1:15pm (July 18-July 22) Fee: _____

Student Name: _____ Sex: M / F Birthdate _____ AGE _____

Special Needs/Concerns: _____

 Option 1: 5:35-6:15pm (July 8-July 15) Fee: _____ **Option 2:** 12:35-1:15pm (July 18-July 22) Fee: _____

SUMMER YOUTH PROGRAM REGISTRATION FORM

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

Highest Red Cross Swim Level Passed *For Senior Adventures 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
Neighbors helping Neighbors Donation (optional)						

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 3, 2013.

MC or VISA _____ Exp Date _____
Unless otherwise instructed, we will charge any outstanding balances on May 3, 2013.

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).

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

Highest Red Cross Swim Level Passed *For Senior Adventures 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
Neighbors helping Neighbors Donation (optional)						

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 3, 2013.

MC or VISA _____ Exp Date _____

Unless otherwise instructed, we will charge any outstanding balances on May 3, 2013.

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 its employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have 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).

Date _____

Signature _____

(Parental if participant is under 18 years of age)

Spring and Fall Program Registration Form (also use for all adult programs)

Recreation Fax #: (781) 687-6156

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

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

Special Needs/Concerns: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND: \$ _____
Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

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

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

Spring and Fall Program Registration Form (also use for all adult programs)

Recreation Fax #: (781) 687-6156

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

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

Special Needs/Concerns: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____
Program: _____ Day: _____ Time: _____ Fee: _____

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND \$ _____
Cash _____ Check _____ MC or Visa #: _____ Exp. Date: _____

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

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

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

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**

RECREATION DEPARTMENT

Amy Hamilton, Recreation Director: 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

RECREATION COMMISSION

Ron Richter, Chairman
Caroline Fedele
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 of the Yellow Town Center Building.

Office is open Monday - Friday 9:00 AM - 4:00 PM

Kids' Club is Located in the brick wing of the yellow Town Center Building