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# Bedford Recreation

## Spring and Summer 2016

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Youth Programs ~ Adult Programs ~ Summer Adventures  
Local Getaway ~ Kids' Club ~ Summer Concerts ~ Sports  
Fall Dance ~ Fall and Spring Soccer

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[www.bedfordrecreation.org](http://www.bedfordrecreation.org)

**DEPARTMENT INFORMATION**

**Registration Information**  
Registration opens March 6 at 9:00PM.

**Recreation Department**  
12 Mudge Way  
Bedford, MA 01730  
781-275-1392 • Fax 781-687-6156  
www.bedfordrecreation.org  
Office Hours M-F 9:00am - 4:00pm

**Recreation Staff:**  
Amy Hamilton, Director  
Raeann Gembis, Adult Coordinator  
Nikki Taylor, Program Coordinator

**Recreation Commission:**  
Ron Richter, Chairman  
Tara Capobianco  
Tom Mulligan  
Mike O'Shaughnessey  
Robin Steele

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**REGISTER!!**

**4 Easy Ways to Register**

**ONLINE 24/7**  
Check our website to register or put yourself onto a waiting list for our classes 24 hours/day, 7days/week.

**Online registration opens at 9:00PM**

**MAIL**  
Bedford Recreation  
12 Mudge Way  
Bedford, MA 01730

**VISIT**  
9:00 am-4:00 pm, Monday-Friday  
12 Mudge Way, 2nd Floor  
Bedford, MA 01730

**FAX**  
781-687-6156

Registration Forms Pgs 47

**General Department Information**

- Those requiring special assistance, please contact the Recreation Director.
- Classes not held school vacation weeks unless otherwise noted.
- Financial assistance may be available upon request.
- \$25 penalty fee for all returned checks.
- Transportation, when provided, will be by Bedford Charter Service unless otherwise noted.

**E-NEWS:** If you would like to be included in periodic Recreation updates including information about new programs, please sign up for our E-News.

**TEXT MESSAGING:** If you wish to receive text messages about important changes, cancellations, etc., regarding you/your children's Recreation activities, EDIT YOUR PROFILE TO INCLUDE YOUR CELL PROVIDER. Cell numbers alone will not enable us to send text messages.

**ADDITIONAL INFORMATION**

**Tuition**  
Tuition must be paid at the time of registration. We do not prorate. VISA, MasterCard, AmEx and Discover are accepted. Checks should be made payable to the "Town of Bedford."

**Non-Residents**  
There is an additional \$5 fee per course for non-residents.

**Weather Cancellations**  
Check our phone and website for weather-related cancellations. Email/text messages may be sent as well.

**Flexible Spending**  
Town of Bedford Tax ID #04-6001082. Receipts may be reprinted from Active-Network (online registration system).

**Photo Permission**  
Participants in Bedford Recreation sponsored activities permit the taking of photos and videos of themselves and their children for publication and use. Instructions to the contrary must be made in writing to the Recreation Director.

**Refund/Cancellation/Transfer Procedures**  
Unless otherwise stated:  
\$10 fee for cancellation or transfer if prior to the first class. After the first class, deduction for each class held. No refund after the 3rd class.

No refunds for Special Events/Trips. Classes that are not self-supporting may be cancelled. Fees will be fully refunded for cancelled programs.

**Neighbors Helping Neighbors:**  
Please consider contributing to the NHN Fund to support families who might otherwise be unable to afford Recreation programs. Online, simply add Neighbors Fund to your cart and adjust the quantity to the amount that you

# TICKETS ~ EVENTS ~ FAMILY PROGRAMS

## SUMMER CONCERT SERIES 2016

12 Mudge Way

Thursdays, 7:00 p.m.

Please join us for the 2016 SUMMER CONCERT SERIES at the Town's "Activity Complex." The concert venue is surrounded by a playground, outdoor basketball courts, tennis courts, a walking track, a skate park and numerous athletic fields. The complex boasts a vast lawn for concert goers. Bands perform on a slightly elevated stage.

**JULY 7 — SQUEEZEBOX STOMPERS** [www.squeezeboxstompers.com](http://www.squeezeboxstompers.com)

*Cajun, Zydeco, New Orleans/Mardi Gras Music and Delta Blues*

**JULY 14 — ERIC GRANT BAND** [www.ericgrantband.com](http://www.ericgrantband.com)

*Country*

**JULY 21 — REMINISANTS** [www.reminisants.com](http://www.reminisants.com)

*Oldies, 1950's – 90's*

**JULY 28 — MYSTIQUE** [www.bandmystique.com](http://www.bandmystique.com)

*Contemporary, Motown/Soul, Classic Rock, Ballads, Swing, Jazz*

**AUGUST 4 — STACY AND THE PARTY** [www.bandpage.com/stacyandtheparty](http://www.bandpage.com/stacyandtheparty)

*Pop... featuring an all Bedford band!*

## CAPE ANN WHALE WATCH TICKETS

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit [www.SeeTheWhales.com](http://www.SeeTheWhales.com), choose your date/time options and make a reservation at 1-800-877-5110. More information and directions on the website. The Whaling season runs from April thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. (Not valid for the Saturday or Sunday, 1:30 trips July 2 thru Labor Day).

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

## DISCOUNT MOVIE TICKETS

**AMC/LOWES THEATERS:** \$9.50 (regular price \$10.50). No expiration; may be used at all AMC/Lowes Theaters. New "Green" tickets have some restrictions. They are NOT valid for any movie distributed by the Walt Disney Company, including but not limited to Pixar, Marvel and Lucas Films. Check the website for specific movies that do not honor the Green Ticket.

**SHOWCASE CINEMAS:** \$8.75 (regular price \$11 General Admission Prime Time tickets). Tickets do not expire.

## SPRING FAMILY POOL PASS: \$135 per family for 15 Visits

**Atlantis Club, DoubleTree Hotel Indoor Pool**

Take the family swimming this Spring! Passes are valid for 15 visits from April thru June.

Print your payment receipt from the Recreation Dept. and present at the desk at Atlantis. You will be given a card to use for each visit. Pass valid only for family members; contact the Atlantis Club for guest policies and additional fees. Please check the Atlantis Club Aquatic Pool Schedule for activities (there may be restrictions based on classes, etc.). DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. 44 Middlesex Turnpike.

## LOWELL SPINNERS TICKETS: Class A Affiliate of the Boston Red Sox

**Sunday, August 21 at 5:05pm vs Brooklyn Cyclones (Affiliate of the the New York Mets)**

Fun for the whole family, a Spinner's game is a memorable event. Premium Box Seats.

Pre-purchased tickets may be picked up at the Recreation Office between August 17-19.

Children 3 and under free if they do not need a seat. Games played at LeLacheur Park, 450 Aiken Street, Lowell.

**Tickets: \$9.50 (limited number available).** Transportation not included. Information: [www.milb.com](http://www.milb.com)

## BEDFORD DAY: SEPTEMBER 17, 2016

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

# ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES IS OPEN!

*FINE ARTS  
MUSIC  
PERSONAL INTEREST  
COOKING  
GARDENING  
CPR ~ HEALTH AND WELLNESS  
EXERCISE AND DANCE  
SPORT INSTRUCTION  
OUTDOOR ADVENTURES  
ADULT PICK UP SPORTS and LEAGUES*



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

Information such as the **directions, materials lists** and **instructor biographies** available at [www.bedfordrecreation.org](http://www.bedfordrecreation.org).

## **SPECIAL GIFT IDEA!**

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

## **~ FINE ARTS ~**

### **WATERCOLOR TECHNIQUES AND EXPERIMENTS**

**with Nan Rumpf, Artist**

A class designed for both beginners and watercolor painters with some experience. We will work together to learn six types of washes and several methods to obtain texture with watercolors. We will then develop a blind contour drawing using watercolor washes and textures to develop a painting. We will practice ways to obtain a variety of hard and soft edges when painting shapes and forms and then use these skills to paint drapery showing light, shadow and form. We will explore paint lifting techniques and employ them in a painting. The last lesson will use an experimental technique using watercolor and ink. Join us as we improve our skills in this exciting medium. This class is co-sponsored by the Bedford Arts and Crafts Society.

(min 8/max 12) Class held at 12 Mudge Way, Rm 152.

**Mondays, 10:00am-12:30pm, 4/4-5/16 (no 4/18) 6wks**

**Fee: \$108**



### **ALTERED BOOK WORKSHOP**

**with Christine Jesensky Bennett, Artist**

Learn and practice new ideas and new skills with a group of mixed media explorers. This altered book workshop will start with a discarded book (provided, or bring your own) and end with your personal expression of art. Will this be your gratitude journal? A scrapbook? An art journal? An ode to your favorite season, happy place, or person? Each class will focus on subset of techniques for up-cycling a book to a work of art. We will build and combine layers of color and texture to express our personal creativity. We will share inspirational/aspirational books, magazines, and models. Time to work at your own pace and follow your muse. Absolutely no experience necessary. Instructor will provide shared tools and materials to experiment with, such as paints, markers, pencils, stencils, various styles and textures of paper, an array of adhesives, and more. Approximately \$30 material fee, payable to the instructor at class. Age 16+ (min 4/max 8) Class held at 12 Mudge Way, Rm 139.

**Wednesdays, 7:00-8:30pm, 4/6-5/11 (no class 4/20) 5wks**

**Fee: \$125**

# ADULT PROGRAMS

## ~ FINE ARTS ~

### PORTRAIT ART STUDIO – Charcoal and Pastel with Alma Bella Solis, Artist

You will work on portraits in charcoal and dry pastels medium using my methods of outline, contour, shading and blending, final detailing in depicting proportion, perspective, depth and, dimension to your art subject. Bring to class your own choice of portraiture subject that may be a photo of a family member/ friend or, a classical portrait. *The art materials needed are easel (table or floor), 18" x 24" drawing pad (not sketch pad/not newsprint), charcoal pencils (Generals' brand package or Derwent), blending stumps (not tortillions), a set of soft pastels (48 colors or more is better) and, a tri-tip eraser.* Classes held at 12 Mudge Way, Room 152. (min 4/max 12) Ages 15+

**Mondays, 6:15-8:15pm, 5/9-6/13 (no class 5/30) 5wks**

**Fee: \$100**

### OIL PAINTING with Corine Mazza, Artist

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? Corine Mazza, a certified Wilson Bickford instructor, will show you that you can do it! This is an instructional oil painting class, designed for beginners and those who would love to paint. You will have an opportunity to create two paintings during the session. Learn various techniques and how to use a variety of brushes to apply oil paint to canvas in a fun and fast way. No drawing required. See where oil painting can take you! All supplies included. Bring an apron or wear clothes that can be painted. Age 16+ (min 3/max 15) Class held at 12 Mudge Way, Rm 151.

**Thursdays, 7:00-9:00pm, 4/28-5/19 (4 wks)**

**Fee: \$105**

### CALLIGRAPHY with Alma Bella Solis, Artist

Uncial-Foundational Hand script of Western Calligraphy will be taught. You will be introduced to the other known 8 original scripts of Versals, Italics, Foundational, Uncial, Carolingian, Batarde, Gothic, Roman Capitals, and Copperplate. Spacing between letters, words, sentences and paragraphs, script's proper angle in nib usage, history of calligraphy and terminology are taught. Mastery of this timeless art of beautiful writing is achieved by one's strong interest and ability to concentrate/focus, penmanship skills in both print and long hand, a steady hand, constant practice, and usage. *Supply list: Calligraphy set, calligraphy lined paper, 18" transparent ruler, blank letter envelopes, soft white or pink eraser, poem, quotation, or any text of your choice.* Ages 15+. (min 5/max 12)

Class held in the Brick Building, 97 School St. Carlisle.

**Wednesdays, 5:30-7:30pm, 5/4-6/8 (6wks)**

**Fee: \$100**

### STONE CARVING SATURDAYS with Scott Cahaly, Stone Sculptor

Classes held at 80 Loomis Street, 2nd floor Art Studio, Bedford

In these one-day workshops, you have the opportunity to carve your own stone, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. You will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+ (min 4/max 8) [www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com) for more info

**Saturdays, 9:30am-3:00pm. Options: 4/16, 5/21 or 6/18**

**Fee: \$125 each option**



# ADULT PROGRAMS



~ MUSIC ~



## PRIVATE PIANO LESSONS with Kendra Carson

Learning music can bring great joy and a sense of accomplishment. Learning should be fun and at a pace that meets your needs and learning style. Whether you are just starting with the desire to learn piano, or you had lessons 'when you were a kid,' piano lessons might just be the right fit for you. Private lessons will offer you the guidance to help you learn and the motivation to keep you accountable. Playing in a recital is not a requirement. Lesson times will be offered on Tuesdays and Thursdays between 9:30 and 2:00 and Wednesdays from 9:30 to noon on a first-come, first-serve basis. Must have a piano in the home to practice (or digital keyboard with weighted keys) Books will be an additional fee, payable to the instructor. Classes held at the Congregational Church, 25 Great Rd. (min 1/max 12)

**Option 1: 30 minute lesson/11 wks**

**Fee: \$300**

**Option 2: 45 minute lesson/11 wks**

**Fee: \$450**

**Option 3: 60 minute lesson/11 wks**

**Fee: \$600**

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### JAPANESE FOR BEGINNERS with Mayu Dyer

Planning a trip to Japan to see the sights or experience the 2020 Summer Olympics? Get the most out of your visit by learning to speak Japanese. You will learn basic Japanese starting from greetings. The emphasis will be on the phrases needed when traveling to Japan, such as shopping, dining out, asking for directions, social encounters, and so on. Necessary grammar, vocabulary, and culture will also be covered through conversation. So please come and enjoy the world of Japanese! No textbook required. Class held at 12 Mudge Way, Room 152. Ages 16+ (min 4/max 15)

**Wednesdays, 6:30-8:00pm, 4/6-6/15 (no class 4/20) 10 wks**

**Fee: \$140**

### H MART TOUR: Tour of the Asian Supermarket 3 Old Concord Rd. Burlington

**with Debra Samuels, Cookbook Author, Globe Food Writer, Cooking Instructor**

The Asian supermarket H Mart is just around the corner from Bedford. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas, condiments galore and so much more. For some, the unfamiliar ingredients, unrecognizable labels and the football-field-size store are just too daunting for an enjoyable shopping experience. Join Debra Samuels, Boston Globe food writer and author of two cookbooks ("The Korean Table" and "My Japanese Table") for a tour as she guides you around the market to acquaint you with this wonderful resource. "Shop with a recipe; that helps to focus your task" says Samuels. There will be a \$10.00 materials fee, paid that evening, for tastings and goody bag of ingredients. Meet in the entry to the Food Court. (min 8/ max 10) Comfortable shoes a must! This class was postponed from the Winter Session, only a few spots remain.

**Monday, March 7, 6:00-9:00pm.**

**Fee: \$25**



# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### REVEAL YOUR TRUE BEAUTY— An Evening To Relax and Enjoy

with Lori Reyna of Salon Reyna

If you are like most women, you have spent hours in front of the mirror wondering how to showcase your best features and look more beautiful. You will discover the hairstyle, makeup and colors to help you not only look your best, but reveal every aspect of your true beauty. Lori believes that every woman is beautiful and we all have veiled beauty that needs to be revealed. Through her unique process Beauty Revealed™ Lori has helped hundreds of woman find the hairstyle that focuses on their best features while respecting their lifestyle, hair color that compliments their skin tone and eyes, and makeup that transcends age and weight. It is an evening designed for women to relax and enjoy. Lori will teach you the secret makeup techniques that will change the way others see you, the powerful effects of hairstyle on bone structure and face shape, and the extraordinary impression color makes on each woman. Let us share this transformative class with you. All supplies included. Hors d'oeuvres and beverages will be served. Make it an evening with friends! Age 21+. Class held at Salon Reyna, 326 Great Rd. (min 10/max 30)

Friday, April 8, starts at 7:00pm. 326 Great Road

Fee: \$25

### YOU CAN AFFORD COLLEGE IF...

with Dick Man, College Funding Advisors, Inc of Bedford

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn strategies to implement that may increase your family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information visit the website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com). (min 5/max 25) Class held at 12 Mudge Way, Room 152.

Tuesday, March 29, 7:00-9:00pm.

Fee: \$10 per family

### PERSONAL BRANDING

with Peter Colgan, Executive Coach

A brand is a promise to your customer. It is far more than a logo or advertising slogan! Through this workshop you will learn how to compose a personal brand positioning statement the same way Apple, Budweiser and Disney marketers have done. Taking a disciplined approach to defining who you are – and why you are uniquely superior to others – will help you:

- Position yourself for advancement.
- Identify your greatest opportunities to help others and the companies where you are most likely to be successful.
- Craft a resume and LinkedIn profile that set you apart.
- Figure out what truly makes you happy and why you're an awesome human.

Class held at 12 Mudge Way, Room 152

Thursdays, 7:00-8:30pm, 4/28-5/12, 3wks (min 5/max 15)

Fee: \$110

### ENERGY LEADERSHIP

with Peter Colgan, Executive Coach

We are all leaders, whether or not we choose to be. Our leadership potential, our ability to move ourselves or others towards positive action, is strongly influenced by how we view the world. Do we see problems, or look for opportunity? Do we strive to create advantages for all, or just for ourselves? Is life a competition, or a dance? During this session you will learn about how you "show up" affects what you can accomplish. Pete will share the foundational principles of the Energy Leadership system and explain how you can use this way of thinking to guide your approach to life at work and at home. Participants will have the opportunity to purchase an in-depth Energy Leadership Index assessment and private debrief of their results. More information about Energy Leadership may be found at [www.energyleadership.com](http://www.energyleadership.com).

Thursday, 7:00-8:30pm, April 14 (min 5/max 25) Class held at 12 Mudge Way, Room 152

Fee: \$40

# ADULT PROGRAMS

## ~ COOKING ~



### GLUTEN-FREE BAKING CLASS

with **Amy Borshay-Bokser, Private Chef and Guest Baker Kathleen Murillo**

Join this demonstration class and learn to bake delicious, healthy desserts and sweets...all Gluten-Free! We will make and sample Banana Bread, Pear Crisp, Almond Jam Cookies, Raspberry Almond Tart, Oatmeal Chocolate Chip Cookies and Apple Pie. Additional material cost of \$15; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 15)

**Monday, March 14, 6:30-8:30pm**

**Fee: \$25**

### HAND ROLL SUSHI PARTY!

with **Debra Samuels, Cookbook Author, Food Writer and Cooking Instructor**

Discover how to host your own Home-Style Hand Rolled Sushi Party, the Japanese way. Learn how to make sushi rice, cut sushi-grade fish, create a roll, assemble a kaleidoscope of vegetables and make the famous sweet rolled egg omelet. Join Debra Samuels, Boston Globe food writer and author of two cookbooks ("The Korean Table" and "My Japanese Table") as she guides you through the process and gives you confidence to plan your own Te-maki Zushi Party. Debra lived in Japan for more than a decade studying Japanese cooking formally and informally. Students will prepare and partake in this festive and delicious meal. Recipes provided. Additional material cost of \$20; please pay instructor the materials fee at class.(min 7/max 12)

**Monday, March 21, 6:30-9:00pm. Class held at 12 Mudge Way, Shawsheen Rm. Fee: \$33**



### SWEET CHOCOLATE TRUFFLES

with **Pam Kanavos, Pastry Chef**

Chocolate truffles are such a special treat that receiving a box of these as a gift would put a smile on anyone's face...maybe for an Easter basket or special Mother's Day gift? Learn the magic of making unusual and unique chocolate truffles. Master various flavors of ganache and then roll your truffles into beautiful handmade confections. You will take home a box of truffles. Please bring apron, bowl (metallic), 2qt pot and a box to take the truffles home. Additional material cost of \$16; please pay instructor the materials fee that night. (min 6/max 10) Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+

**Tuesday, March 22, 6:30-9:00pm.**

**Fee: \$30**



### SAVORY DINNER USING HERBS

with **Jeannette Pothier, Professional Chef**

Herbs are a favorite topic around my house, and especially since I garden at the Job Lane Farm Museum, where the Lillian Dutton Herb Garden is a special place for growing herbs. I will show you how to add herbs to add to salads, soups and main dishes, breads even dessert. Yes, some herbs go well with sweets. At the same time, we will learn how you can grow your own herbs, use and care for herbs and also winter over the basil plant. Bring a paring knife and apron, and get ready for a fun class. Additional material cost of \$10; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

**Tuesday, April 26, 6:30-9:00pm.**

**Fee: \$30**



### A PICNIC LUNCH

with **Jeannette Pothier, Professional Chef**

Enjoy the outdoors whether it is at Fawn Lake in Bedford, or a concert at Tanglewood. The food should always be specular, easy to carry and keep cold, and simple to clean up. Make Orzo confetti salad, cucumber and watercress sandwiches, spinach and apple salad, and of course chocolate for dessert with spiced ice coffee and herbal teas. It is simple to pack, and with plates, cups, napkins and a blanket - you are on a picnic! You will learn chopping, slicing, and working with chocolate, and much more. Please bring an apron and your knives. Pay \$10 to instructor the evening of class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)

**Tuesday, May 17, 6:30-9:00pm.**

**Fee: \$30**

# ADULT PROGRAMS

## ~GARDENING~



### **THINK SPRING! GARDENING with Master Gardener Peter Coppola**

All gardening classes will be held at New England Nurseries, 216 Concord Rd.



**GROWING PLANTS FROM SEED:** It is cold outside, but if you prepare now, you can pick lettuce in April and peas in May. Save money and plant something different this year by starting and growing flowers and vegetables indoors from seeds. This 3-hour course will provide the information necessary to improve germination rates and grow healthy seedlings indoors for spring planting. The session will cover seed selection, growing media and creating a micro-climate favorable for plant growth. Why wait until April to play in the dirt when you can get dirty now!

**Sunday, March 6, 1:00-4:00pm (min 5/max 10)**

**Fee: \$25**

**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!

**Sunday, March 13, 1:00-4:00pm, (min 5/max 10)**

**Fee: \$25**

**THE REAL DIRT ON GARDENING:** Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance. 6wks

**Sundays, 3:30-5:30 pm, 4/3-5/8 (min 5/max 10)**

**Fee: \$70**

## **EDIBLE PERENNIAL GARDENING AND LANDSCAPING**

**with John Root, Naturalist and Landscaper**

Learn how to establish and maintain a variety of perennials including trees, shrubs, vines, canes and herbaceous plants that yield abundant crops of delicious and nutritious food throughout the growing season with minimal maintenance. Participants learn how to establish and care for these plants using organic methods of cultivation. Plants will be offered for sale. Class held at 12 Mudge Way, Flint Room. (min 5/max 40) Register online to guarantee a spot.

**Thursday, May 12, 6:30-8:00pm**

**Fee: \*Free**

**\*This Program is funded by a grant from the Bedford Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.**

## ~ CPR COURSES~

### **CPR HEARTSAVER (Adult and Pediatric) with Kelley Anzuoni, RN**

This class is designed for non-medical workers, child care providers and members of the general public who want the knowledge to try to save a life when the need arises. 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. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket/towel for kneeling. Class held in the Bedford Police Station Conference Rm. (Age 11+) min 4/ max 20

**Sunday, March 13, 2:00-4:00pm.**

**Fee: \$53**

**Sunday, May 22, 2:00-4:00pm.**

**Fee: \$53**

### **CPR (BLS) FOR HEALTHCARE PROVIDERS—Classroom-Based course**

**with Kelley Anzuoni, RN**

This American Heart Association course is appropriate for both new and renewal two-year Certification. It teaches both single-rescuer and team based life support. This course trains participants to recognize several life-threatening emergencies, give high quality chest compressions, deliver appropriate ventilations and provide early use of an AED. BLS HCP Manual 90-1038 e-book version, or print recommended for class and may be purchased online at [www.channing-bete.com](http://www.channing-bete.com). Instructor will email additional material prior to class. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Class held in the Bedford Police Station Conference Rm.

**Sunday, March 13, 4:30—7:30pm (min 5/max 20)**

**Fee: \$70**

**Sunday, May 22, 4:30—7:30pm (min 5/max 20)**

**Fee: \$70**

# ADULT PROGRAMS

## ~ HEALTH AND WELLNESS ~

### SUSTAINED WEIGHT LOSS

with Well Effect, Soma Science<sup>SM</sup> Instructors

Designed for anyone who wants to fully understand the principles and tools to achieve sustained weight loss. Your weight did not go up overnight and it will not come off in a sustainable fashion overnight either. Learn how to stop yo-yo weight fluctuations that degrade your body composition and damage your health. You will learn what is effective for weight loss and empower your life using the innovative Soma Science<sup>SM</sup> approach (“Soma” is the Greek word for “body”). Watch the informative short video about the results you can achieve and review the outline of this series [www.welleffect.com/Bedford/rec/weightloss.com](http://www.welleffect.com/Bedford/rec/weightloss.com). Please bring a notepad and let us dispel the myths that may be keeping you from succeeding. Ages 16+ (min 5/max 20) Class held at 12 Mudge Way, Room 151.

3 weeks plus one private session you will schedule with an instructor.

**Wednesdays**, 6:30-7:30pm, 4/6, 4/27, 5/11

**Fee: \$69**

### BACK PAIN AND YOU

with Well Effect, Soma Science<sup>SM</sup> Instructors

This workshop series is for anyone who has occasional back pain or a significant history of back pain and we encourage you not to ignore low-level nagging back pain! You will learn how to realistically improve and manage your back pain with the effective Soma Science<sup>SM</sup> approach (“Soma” is the Greek word for “body”). Watch the informative short video about the results you can achieve and review the outline of this series [www.welleffect.com/Bedford/rec/backpain.com](http://www.welleffect.com/Bedford/rec/backpain.com). Please bring a notepad and exercise mat and wear loose clothing. Ages 16+ (min 5/max 20) Class held at 12 Mudge Way, Room 151. 3 weeks plus one private session you will schedule with an instructor.

**Wednesdays**, 6:30-7:30pm, 3/30, 4/13, 5/4

**Fee: \$69**

### DIABETES 101

with Danielle Beck, MSN, RN, NP

Have you been diagnosed with type 2 diabetes or been told you are “pre-diabetic?” Do you have a loved one with diabetes and want to learn more? This class will cover diabetes basics and more including: what diabetes is, how it occurs, medication options, complications, lifestyle management, and how to possibly reverse diabetes. You will leave this class with a better understanding of Type 2 diabetes and how to manage it. Danielle specializes in chronic disease management. Class held at 12 Mudge Way, Room 152. Ages 15+ (min 5/max 20)

**Thursday**, May 19, 7:00-8:30pm.

**Fee: \$30**

### MEDITATION AND ENERGY BALANCING HOUR

with Julie Ramsdell, M.S., Reiki II

By learning to meditate and practicing some easy-to-do energy medicine techniques, you will feel more present in your body, with increased energy - which is where ALL the magic lives. Remove the stress of the week and add joy to your life! You will leave the class feeling relaxed, empowered, and in a state of calm positivity. Bring a bottle of water, and wear comfortable clothes. Class held in Rm. 152, 12 Mudge Way. (min 4/max 15)

**Thursdays**, 7:00-8:00pm, 4/7-5/19 (no 4/21) 6wks

**Fee: \$60**



# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### NIA CLASS

with Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info. All classes held at 12 Mudge Way, Union Rm. Age 15+ (Min 9/max 20)



<u>Day:</u>	<u>Time:</u>	<u>Spring Session:</u>	
Monday	9:30-10:30am	4/4-6/20 (no class 4/18, 5/30) 10wks	Fee: \$100
Wednesday	9:30-10:30am	4/6-6/22 (no class 4/20) 11 wks	Fee: \$110
Thursday	6:30-7:30pm	4/7-6/23 (no class 4/21 and 1 tba) 10wks	Fee: \$100
<i>Free Trial Classes: Mon. 3/28, 9:30am, Wed. 3/30, 9:30am and Thurs. 3/31, 6:30pm Please register online or call. Current students welcome to attend.</i>			
		<u>Summer Session:</u> (there will be one week off during this session, tba)	
Wednesday	9:30-10:30am	7/6-8/31 (8wks)	Fee: \$80
Thursday	6:30-7:30pm	7/7-9/1 (8wks)	Fee: \$80

### BEGINNER - INTERMEDIATE TAI CHI with the instructors of Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14)

<b>Wednesdays</b> , 6:30-7:30pm, 4/6-6/8 (10wks) Class in Rm.153, 12 Mudge Way.	Fee: \$110
<b>Wednesdays</b> , 6:30-7:30pm, 6/29-8/31 (10wks) Class in Rm.153, 12 Mudge Way.	Fee: \$110
<i>Free Trial Classes: Wednesdays, 3/30 or 6/22, 6:30-7:30pm (register online or call)</i>	
<b>Thursdays</b> , 1:00-2:00pm, 3/31-5/19 (8wks) Class held in Union Rm., 12 Mudge Way	Fee: \$80
<b>Thursdays</b> , 1:00-2:00pm, 5/26-7/14 (8wks) Class held in Union Rm., 12 Mudge Way	Fee: \$80

### STRETCH AND TONE FOR WOMEN with Angelica Potter, Attitudes Dance and Fitness

Develop strength and flexibility; improve coordination, muscle tone, posture, body alignment; relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). Max 10. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

<b>Tuesdays</b> , 7:00-8:00pm, 3/22-5/10 (no class 4/19, 5/3) 6 wks	Fee: \$66
<b>Tuesdays</b> , 7:00-8:00pm, 5/17-6/21 (6 wks)	Fee: \$66

### PILATES & YOGA FUSION CLASS with Dawn George, Attitudes Dance and Fitness

A perfect blend of Pilates and Yoga to get your morning off to a great start. A series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It can also be a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers (no street shoes) and bring a towel and water. (max 8) Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

<b>Saturdays</b> , 10:15-11:00am, 3/26-4/30 (no class 4/23) 6wks	Fee: \$66
<b>Saturdays</b> , 10:15-11:00am, 5/14-6/25 (no class 5/28) 6wks	Fee: \$66

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### HATHA YOGA with Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15) All classes held in the Union Rm, 12 Mudge Way.

<u>Day:</u>	<u>Time:</u>	<u>Spring Session dates:</u>	
<b>Mondays</b>	7:15-8:15pm	4/4-6/6 (no class 4/18, 5/30) 8wks	<b>Fee: \$100</b>
<b>Tuesdays</b>	9:30-10:30am	4/5--6/7 (no class 4/19) 9wks	<b>Fee: \$112</b>
<b>Wednesdays</b>	7:00-8:00pm	4/6-6/8 (no class 4/20) 9wks	<b>Fee: \$112</b>
<b>Fridays</b>	9:30-10:30am	4/8-6/10 (no class 4/22) 9wks	<b>Fee: \$112</b>
		<u>Summer Session dates:</u>	
<b>Wednesdays</b>	7:00-8:00pm	7/13-8/24 (7wks)	<b>Fee: \$87</b>



### YOGA ON THE BEACH with Bonnie McCulloch at Spring Brook Park, 181 Springs Rd.

Join us for yoga on the beach! Yoga postures will be practiced surrounded by the beauty of nature, fresh air and warm sunlight. Bring a towel, yoga mat and water bottle. Age 15+ Please note, the Park is not open to the general public until 10:30. (min 6/max 15) If class is rained out, students may attend the Wednesday evening class. See above.

**Wednesdays, 9:15-10:15am, 7/13-8/17 (6wks) Fee: \$70**

### RESTORATIVE YOGA with Shannon O'Haverty, Serenity Yoga Center

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props galore to support every nook and cranny of the body in a variety of still positions. By supporting the physical self, we create an environment that permits the nervous and other internal systems to 'power down' and recharge. Breath practice and relaxation techniques are woven into the sequences, making this a perfect class to wind down your weekend and summon your resources for the week ahead. Please provide an email address when registering – forms required before first class will be emailed to you. (min 3/ max 10)

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

**Sundays, 5:00-6:30pm, 4/3-6/12 (11wks) Fee: \$137**  
**Sundays, 5:00-6:30pm, 6/26-8/28 (no class 7/3), 9wks Fee: \$112**

### YOGA FIT AND STRONG with Asha Ramesh, Serenity Yoga Center

A series of postures that encourage cardio, help our prana (energy) flow, strengthen and stabilize our limbs and core, stretch and lengthen the spine and massage the internal organs and Chakra points. Pace includes fluid flow as well as slow flow. Practice involves moving through postures in a controlled and structured manner in the cardio portion, as well as holding postures in the strength and flexibility portion of the practice. This class is not for beginners, a minimum of 3-6 months of regular yoga practice is required. (min 3/ max 15). Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering– forms required before first class will be emailed to you.

**Saturdays, 11:45am-1:00pm, 3/26-6/11 (12wks) Fee: \$150**  
**Saturdays, 11:45am-1:00pm, 6/25-9/10 (10wks) Fee: \$125**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### YOGA TO ENERGIZE YOUR DAY with Rebecca Kraemer, Serenity Yoga Center

If you are an early riser, join Rebecca to greet the day with sweet movement and build your energy with this reviving practice. A perfect way to center and reconnect with your body and mind for a fresh start! This moderately challenging practice will get you loosened and then work to build prana (energy) and strength. Classes will include a period of pranayama (breath work) and meditation, and a variety of asanas (poses) will be explored catered to the desires of the class. Join us to start the day right! Not for beginners, recommended for students with at least 3-6 months experience. (min 3/ max 15) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering— forms required before first class will be emailed to you.

**Tuesdays**, 6:00-7:00am, 3/29-6/14 (12 wks)

**Fee: \$150**

**Tuesdays**, 6:00-7:00am, 6/28-9/10 (10 wks)

**Fee: \$125**

### HIGH INTENSITY INTERVAL TRAINING (HIIT) with Ray Marsh, Certified Personal Trainer for Kamate Fitness

Double your workout gains in half the time! This 30 minute interval blast torches mega calories, builds lean muscle mass and shaves off inches. Using barbells, weighted ropes, step platforms and bosus, this explosive workout will push you to break through your comfort zone! You will have the support of a motivating trainer as you achieve the results you have always wanted. (min 7/max 15) *Classes held at Connections, 153 Concord Rd.*

**Thursdays**, 8:45-9:15am, 5/5-5/26 (4wks)

**Fee: \$35**

### ZUMBA® FITNESS DANCE PARTY with Renae Nichols

Let the music free your body in the ultimate dance-fitness workout that will groove you into shape. This class is designed for adults of all ages and fitness levels, and no previous dance experience is required. With each new song, the instructor will lead you through a series of steps that are both simple and fun. Get your heart pumping to the upbeat sounds of salsa, merengue, cumbia, reggaeton, soca, bollywood, and pop hits from around the world. So much fun, you will forget that you are working out! (min 6/max 25) Age 15+. Class held at 12 Mudge Way, Union Rm.

**Thursdays**, 9:30-10:30am, 3/31-6/9 (no class 4/21) 10wks

**Fee: \$100**

Class held at 12 Mudge Way, Union Rm.

**Mondays**, 6:00-7:00pm, 6/27-8/22 (no class 7/4 and 2 wks—tba) 6wks

**Fee: \$70**



### ZUMBA GOLD with Vera Murphy

Perfect for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Please wear comfortable exercise clothing, sneakers and bring water. This class is co-sponsored by Bedford Council On Aging. Participants who are 60+ can register with COA at a reduced rate. Class held in the Shawsheen Room, 12 Mudge Way.

**Tuesdays**, 4:00-5:00pm, 4/19-6/7 (8wks)

**Fee: \$72**

**Tuesdays**, 4:00-5:00pm, 6/14-8/2 (8wks)

**Fee: \$72**

### PILOXING®

#### with Tina Kelly, Attitudes Dance and Fitness

If you want to get in shape by unleashing your inner Rocky while feeling like you are in a scene from Flashdance, then Piloxing is for you! This workout is an exciting fitness program that blends the best of Pilates®, Boxing, and Dance into a high energy, interval workout. Please bring sneakers (street shoes not permitted). Appropriate for the beginning student with little or no previous experience. (max 8) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Sundays**, 8:30-9:30am, 3/13-5/1 (no class 3/27, 4/17), 6 wks

**Fee: \$66**

**Sundays**, 8:30-9:30am, 5/15-6/26 (no class 5/29), 6 wks

**Fee: \$66**

# ADULT PROGRAMS

## ~ EXERCISE AND DANCE ~

### BODYJAM ~ BODYPUMP ~ BODYFLOW

with Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

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

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

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

For more information visit website:  
[www.kamatefitness.com](http://www.kamatefitness.com)

Please bring mat, towel and water.

**Spring Session:** April 2 – June 25 (12 wks)  
**Summer Session:** July 6 - Sept. 13 (10 wks)

<u>FEES:</u>	<u>Spring:</u>	<u>Summer:</u>
• BodyJam only:	<b>\$215</b>	<b>\$160</b>
• BodyFlow only:	<b>\$190</b>	<b>\$160</b>
• BodyPump only:	<b>\$240</b>	<b>\$170</b>
• BodyJam & BodyPump:	<b>\$250</b>	<b>\$180</b>
• BodyJam & BodyFlow:	<b>\$240</b>	<b>\$170</b>
• BodyPump & BodyFlow:	<b>\$250</b>	<b>\$180</b>
• Pump/Jam/Flow	<b>\$275</b>	<b>\$200</b>

*Attend Unlimited classes per week.*

*Try your first class free!*

*All classes held at Connections, 153 Concord Rd.*

#### FREE INTRODUCTORY CLINICS:

Feel comfortable with the moves and techniques before taking a full class. Proper form, safety, class format and sample tracks from an actual class. Leave feeling confident and enthused about your new program.

**Advanced registration required @ [www.kamatefitness.com](http://www.kamatefitness.com)**

1st Monday of each month: BodyPump 5:30-6:30pm

1st Tuesday of each month: BodyJam 6:30-7:00pm

1st Thursday of each month: BodyFlow 5:30-6:00pm

<b><u>BODYJAM:</u></b>	<b><u>Spring:</u></b> (4/2-6/25)	<b><u>Summer:</u></b> (7/6-9/13)
<b>Tuesday</b>	7:00 – 8:00pm	7:00-8:00pm
<b>Thursday</b>	7:00 – 8:00pm	7:00-8:00pm
<b>Friday</b>	9:20- 10:20am	no class
<b>Saturday</b>	10:15-11:15am	10:15-11:15am
<b><u>BODYPUMP:</u></b>		
<b>Monday</b>	9:20-10:20am (no 4/18, 5/30)	no class
<b>Monday</b>	6:30-7:30pm	6:30-7:30pm
<b>Wednesday</b>	9:20-10:20am	9:20-10:20am
<b>Wednesday</b>	6:30-7:30pm	6:30-7:30pm
<b>Saturday</b>	8:00-9:00am	no class
<b>Saturday</b>	9:00-10:00am	9:00-10:00am
<b><u>BODYFLOW:</u></b>		
<b>Tuesday</b>	11:00-12:00noon	11:00-12:00noon
<b>Thursday</b>	6:00-7:00pm	6:00-7:00pm
<b>Sunday</b>	4:30-5:30pm	4:30-5:30pm



# ADULT PROGRAMS



## ~ EXERCISE AND DANCE ~



### CARDIO BARRE BLAST

with Dawn George and Monique Dorian, Attitudes Dance and Fitness

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you have ALWAYS wanted! Please bring a towel, water and wear comfortable clothes and sneakers. Street shoes are not permitted in the studios. Age 15+. All levels welcome!

Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 4)

**Tuesdays**, 8:00-9:00pm, 3/22-5/10 (no class 4/19, 5/3) 6 wks

**Fee: \$66**

**Tuesdays**, 8:00-9:00pm, 5/17--6/21, 6 wks

**Fee: \$66**

**Thursdays**, 7:30-8:30pm, 3/24--5/12 (no class 4/21, 5/5) 6 wks

**Fee: \$66**

**Thursdays**, 7:30-8:30pm, 5/19-6/23, 6 wks

**Fee: \$66**

### BARRE BALANCE

with Tina Kelly, Attitudes Dance and Fitness

BarreBALANCE is for all levels and is a total low impact body workout. This class tones and elongates your muscles resulting in strength, flexibility, and a long, lean body. This workout combines light resistance training, short isometric exercises, and stretching techniques inspired by elements found in ballet, Pilates®, and yoga. Each class is set to upbeat music and integrates barre work, center work, and mat work. Suggested footwear is cotton socks. Appropriate for the beginning student with little or no previous experience. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Sundays** 9:30-10:30am, 3/13-5/1 (no class 3/27, 4/17) 6wks (max 8)

**Fee: \$66**

**Sundays** 9:30-10:30am, 5/8-6/26 (no class 5/15, 5/29) 6wks (max 8)

**Fee: \$66**

### BALLROOM DANCE—Beginner/Intermediate

with Angelica Potter, Attitudes Dance and Fitness

This class includes the basics of a variety of ballroom dance styles including Foxtrot, Waltz, Rumba and Merengue, as well as some intermediate steps. The Cha Cha, Tango and East Coast Swing may be included. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a great introduction for newcomers as well as a nice review for those who have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Mondays**, 7:00-8:00pm, 3/21-4/25 (no class 4/18) 6wks

**Fee: \$66**

**Mondays**, 7:00-8:00pm, 5/16-6/27 (no class 5/30) 6wks

**Fee: \$66**

### IRISH STEP DANCE

with Hannah Stewart, Attitudes Dance and Fitness

Step it up in this fun class that will REALLY get your feet moving! In this class you will learn all the basics of Irish step dancing - reels, jigs, slip jigs and more. Along with fancy footwork, you will also explore more traditional ceili dances (group). This class is geared toward the beginner student with little or no experience. Join us for a fun and energetic class while connecting with Irish culture! Please bring comfortable shoes (street shoes not permitted).

Age 15+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Thursdays**, 5:30-6:30pm, 3/17-4/28 (no class 4/21) 6wks

**Fee: \$66**

**Thursdays**, 5:30-6:30pm, 5/19-6/23 (no class 2/18) 6wks

**Fee: \$66**

### MODERN DANCE

with Angelica Potter, Attitudes Dance and Fitness

This class puts the emphasis on the torso rather than the feet. Modern dance employs such elements as contact-release, floor work, fall and recovery, and improvisation. Dancers will learn a fusion of Horton, Graham, and Duncan techniques. Class will be performed in bare feet or socks. Age 15+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Tuesdays**, 6:00-7:00pm, 3/22-5/10 (no class 4/19, 5/3) 6wks

**Fee: \$66**

**Tuesdays**, 6:00-7:00pm, 5/17-6/21, 6wks

**Fee: \$66**



# ADULT PROGRAMS



## ALL-ACCESS POOL FITNESS CLASSES at the Atlantis Club, DoubleTree Hotel Indoor Pool 44 Middlesex Tnpk. Park in back of hotel for Club entrance.

**SPRING SESSION:** 4/4-7/1 (13wks), attend choice of any 20 classes **Fee: \$145**  
**SUMMER SESSION:** 7/5-8/30 (9wks), attend choice of any 15 classes **Fee: \$115**

*Check in at the pool front desk 15 minutes before your first session to get Access ID Card. Please bring a copy of your Recreation Dept. registration receipt with you.*

**AQUA ZUMBA®** Known as the Zumba® “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. (max. 20)

**Class options:** **Mondays, 9:00-10:00am** **Tuesdays, 6:00-7:00pm**  
**Wednesdays, 9:00-10:00am** **Thursdays, 6:00-7:00pm**

**AQUA AEROBICS** The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. (max 20)

**Class options:** **Tuesdays, 9:00-10:00am** **Thursdays, 9:00-10:00am** **Friday, 9:00-10:00am**



## CO-ED OUTDOOR BOOT CAMP with Sandy Morvillo

Shake off those winter blues and those few extra pounds that have been creeping up on you. Move beyond your fitness plateau. Whatever your reason, let's jump start the summer with a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on, 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; you will be notified)  
Age 15+ (min10/max 50)

### BOOTCAMP SCHEDULE:

<b>Session 1</b> 8wks	Mon.	6:30-7:30pm**	4/4-5/23	<b>\$92</b>
	Wed.	6:30-7:30pm	4/6-5/25	<b>\$92</b>
	Sat.	7:30-8:30am	4/9-5/28	<b>\$92</b>
<b>Session 2</b> 8wks	Mon.	6:30-7:30pm**	5/30-7/18	<b>\$92</b>
	Wed.	6:30-7:30pm	6/1-7/20	<b>\$92</b>
	Sat.	7:30-8:30am	6/4-7/23	<b>\$92</b>

**\*\*Please note: Mon. 4/18, 5/30 and 7/4, class will be at 7:30am**

<b>Session 3</b> 5wks	Mon.	6:30-7:30pm	8/1-8/29	<b>\$57</b>
	Wed.	6:30-7:30pm	8/3-8/31	<b>\$57</b>
	Sat.	7:30-8:30am	8/6-9/3	<b>\$57</b>

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

<b>Fall Session</b> 10wks	Sat.	7:30-8:30am	9/10-11/12	<b>\$115</b>
			(9/17 time TBA)	

# ADULT PROGRAMS

## ~ SPORT INSTRUCTION AND OUTDOOR ADVENTURES ~

### ARCHERY

with Mark Pirrello, On The Mark Archery

Try out traditional recurve archery this spring and see for yourself why one of the world's oldest sports is making a comeback! This introductory course emphasizes the fundamentals that lead to success and the importance of consistent shooting. Students will compete individually and in team challenges through a variety of games and tournaments. Classes led by certified USA Archery and National Field Archery Association (NFAA) instructors.

All equipment provided. Age 15+ (min 5/max 10)

**Option 1: Tuesdays**, 7:30-8:30pm, 4/26-5/24, (5wks)

**Fee: \$125**

Class held at Davis School Gym.

**Option 2: Mon-Thurs**. 6:15-7:15pm, 7/25-7/28 (7/29 rain-date make up)

**Fee: \$100**

Class held at HS Field B



### MYSTERY WALKS

with Mary Hurley

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

**Tuesdays**, 9:30-noon, starts 4/5-5/17 (no 4/19) 6wks

**Fee: \$89**

**Wednesdays**, 9:30-noon, starts 4/6-5/18 (no 4/20) 6wks

**Fee: \$89**

### ADULT TENNIS LESSONS

with 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. *Rain-dates will be held at the end of each session as needed.* (6wks)

**Session 1:** Tues. 6/7-7/12 or **Session 2:** Tues. 7/26-8/30

**Beginner:** 5:30—6:30pm (min 4/max 10)

**Fee: \$70 each session**

**Advanced:** 6:30-7:30pm (min 4/max 8)

**Fee: \$70 each session**

### TENNIS: CARDIO, DRILL AND PLAY

with Kyle Anderson and Staff of 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 and taught by a certified teaching pro. Students should bring their own racquets and be ready for a fun and challenging 90 minutes. (min 4/max 10) Class held at the Bedford High courts. Age 16+ (6wks)

**Intermediate Level (NTRP 3.0&below) Thursdays**, 6:00-7:30pm, 7/7-8/11

**Fee: \$170**

**Advanced Level (NTRP 3.5&above) Thursdays**, 7:30pm-9:00, 7/7-8/11

**Fee: \$170**

*Classes missed due to rain will be made up at the end of each session as needed.*



# ADULT PROGRAMS

## ~ SPORT INSTRUCTION AND OUTDOOR ADVENTURES ~

### BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica

**INTRODUCTION TO 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. (1 hour lesson for 5 weeks) Age 15+

**Sundays, 11:30am, starts 4/10**

**Thursdays, 5:30pm, starts 4/14**

**Mondays, 7:00pm, starts 5/2**

**Wednesdays, 7:00pm, starts 5/4**

**Saturdays, 11:30am, starts 5/28**

**Tuesdays, 6:00pm, starts 7/12**

**Fee: \$169 per 5 wk option below**

**Wednesdays, 6:00pm, start 7/13**

**Thursdays, 6:00pm, starts 7/14**

**Sundays, 11:30am, starts 7/17**

**NEXT STEP GOLF:** Small group program, structured for students with some playing experience. Focus will be on ball striking skills, irons, hybrids and woods (tee and fairway shots) One week of the session will be on the golf course addressing pitching and sandtraps. (1 hour lesson for 4 weeks) Age 15+. **Fee: \$169 per 4 wk option below**

**Wednesdays, 5:30pm, starts 4/13**

**Tuesdays, 7:00pm, starts 5/10**

**Fridays, 5:30pm, starts 5/20**

**Mondays, 7:00pm, starts 6/6**

**Mondays, 7:00pm, start 7/11**

**Thursdays, 7:00pm, starts 7/28**

### WOMEN'S GROUP GOLF PROGRAM

If you prefer to learn how to play in a group of other women, this program is designed specifically for you! This program will teach the basics - how to hold a club, swing a club, and how to connect with the ball! Golf is a fun and friendly sport, and is a good family or friend group activity, as well as an effective tool for networking and developing business relationships. The basic fundamentals of the game will be taught in a relaxed, stress-free clinic-style setting. Equipment and practice balls will be provided if needed. Come as a single, or sign up with friends! All you need to bring is "a pair of sneakers and a good attitude". Age 15+ (1 hour lesson for 5 weeks) **Fee: \$169 per 5 wk option below**

**Mondays, 10:30am, starts 5/2**

**Wednesdays, 10:30am, starts 5/4**

**Thursdays, 12:00-1:00pm, starts 5/12**

**Sundays, 1:00-2:00pm, starts 5/15**

*If you have to miss a class, please give the instructor 24 hour notice and you will be able to arrange a make-up class.*

978-670-5396. [www.barriebrucegolfschools.com](http://www.barriebrucegolfschools.com)

**Annual Open House: Thursday, April 7, 6:00-7:30pm. Check the website for more information**

## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

### MEN'S SUMMER OUTDOOR BASKETBALL LEAGUE

*This season is dedicated to the memory of Dave Timperio and Jim Harrington*

Men's Basketball returns to the refurbished courts across from BHS this summer. The season will be played June 1- August 4 and consists of 10 games plus playoffs. Playoffs will be held in A and B divisions to accommodate both competitive and recreational teams. All players must be Bedford residents, Bedford High School graduates or employed by the Town of Bedford. The cost includes uniforms, 2 patched officials, 2 scorekeepers and playoff games for all league members. Games will be held every Thursday and some Monday nights during the season.

**A mandatory league meeting will be held in the Flint Room, 12 Mudge Way (Recreation Dpt. Building) on Thursday, May 19 at 7 pm.** All Captains/Team representatives and free agents must attend. Rosters and team fees must be submitted by June 1. Unattached players may put their names on a free agent list by contacting the Recreation Department (will be placed if space available). **Fee: \$850 Per Team**

### CO-ED SLOW PITCH SOFTBALL - Spring/Summer

Please register online if you are interested in playing this Spring/Summer. If there is enough interest, we will put together an In-Town, casual, fun co-ed league starting this Spring. Games will be played on weeknights. This initial sign up will give us an opportunity to gauge interest and generate a contact list for coordinating the program. We will be looking for Coordinators and Team Captains also. There will be a player fee to cover expenses such as shirts, equipment and umpires. Players must be age 21 or over.

**Organizational Meeting: Monday, March 21, 7:00pm. Held at 12 Mudge Way, Room 152.**

# ADULT PROGRAMS

## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

**REGISTRATION:** Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes as they occur. [www.bedfordrecreation.org](http://www.bedfordrecreation.org) (exception: Men's and Indoor Soccer, see information below) If schools are closed due to holidays or weather, there will be no sports.

### OPEN VOLLEYBALL

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

**Mondays and Wednesdays**, 7:00 - 10:00pm, 4/11-6/15 (no 4/18, 4/20, 5/30)

**No fee.**

### BASKETBALL

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

**Mondays and Wednesdays**, 7:00-10:00pm, 4/4 - 6/15 (no 4/18, 4/20, 5/18, 5/30)

**No Fee**

### BADMINTON: ADVANCED-INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 28) Lane School Gym.

**Tuesdays**, 7:30-10:00pm, 4/12-6/14 (no 4/19)

**No fee for Bedford Residents**

**NON RESIDENT BADMINTON REGISTRATION: BEGINS 3/13, 9:00pm**

**Fee: \$30 for non-Bedford Residents**

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

### BADMINTON: BEGINNER-INTERMEDIATE

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

**Thursdays**, 7:00pm - 10:00pm, 4/14-6/16 (no 4/21)

**No Fee**

### PICKLEBALL

What is Pickleball? It's a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and plastic ball on a badminton-sized court using slightly modified tennis net. Check out [www.usapa.org](http://www.usapa.org) for detailed information. Some paddles will be available on a first-come basis.

**Fridays**, 6:00-8:00pm, 4/1-6/17 (no 4/22) Lane School Gym

**No Fee**

**Tuesdays, 6:30 til dark, 5/3-8/30 (will be emailed for no play dates) JGMS Tennis Courts**

### INDOOR PICK-UP SOCCER

Open to all Bedford Residents. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. Davis School Gym. \*Wednesday nights are reserved for age 50+ players.

**No Fee**

**Mondays, Wednesdays\*, Thursdays**, 8:30-10:00pm, 4/4-4/7; 8:00-10:00pm, 4/11-6/16 (no 4/18-4/21, 5/30-6/2)

**Tuesdays**, 8:30-10:00pm, 4/5-6/12, (no 4/19, 5/31, 6/7)

### 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. BHS Sabourin Field

**No Fee**

**Women's Open:** Wednesdays, 7:30 - 8:45pm, 3/30-6/22

**Men's Open:** Wednesdays, 8:45 - 10:00pm, 3/30-6/22; Mondays, 8:00-10:30pm, 6/27-8/8;

Wednesdays, 8:30-10:30pm, 6/29-8/10.

### REGISTRATION: For Men's Soccer and Indoor Soccer

[www.bedfordsoccer.org](http://www.bedfordsoccer.org) Then follow the "About BYS" tab to "Adult Soccer" and enter your email address

# SPRING PRESCHOOL PROGRAMS

## PRESCHOOL GYMNASTICS With Jennifer McGrath & Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in preschool gymnastics/movement. 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.

Mondays, 4/4-6/20 (no class 4/18, 4/25 & 5/30) 9 Weeks

Fee: \$132

Tuesdays, 4/5-6/21 (no class 4/19 & 4/26) 10 Weeks

Fee: \$147

Location: First Church of Christ, 25 Great Road, Lower Fellowship Hall. Please park in the Town Hall Parking Lot on Mudge Way (Behind the church).

**Not Yet Walking “Baby Gym” with adult partner (Mondays 11:15-11:55 AM):** This class is designed for the very young who are not yet walking. The class involves songs, play with balls and parachute, and bubbles. Equipment designed to strengthen muscles and develop balance will be used as creative positions are explored. This is a wonderful opportunity to meet new friends (for babies and parents!)

**12 Months-3 Years “Toddler Tumblers” Gymnastics with adult partner (Mondays or Tuesdays 9:30-10:10 AM):** This class is a perfect combination of fun and learning. Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachutes and stamps complete this magical gymnastics class.

**3-5 Transitional Gymnastics Class (Mondays, 10:15-10:55 AM, Tuesdays 10:15-10:55 AM or Mondays, 12:30-1:15 PM):** I’m a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars and vaulting. Parents are not required to stay in the room during the class.

## MINI KICKER PRESCHOOL SOCCER (Ages 2-5) with Challenger Sports

This preschool soccer program provides an innovative approach to learning that enables children to explore and learn in a relaxed environment building upon their motor, social, physical and emotional skills through the medium of soccer. This high energy program introduces children to new skills through creative games and drills that importantly engage and entertain the children! Challenger Sports offers a low player/coach ratio and qualified British instructors. Each child will receive a soccer ball. Children who have participated in previous seasons and do not need a new uniform will receive a back pack or Lenny the Lion stuffed toy. Please indicate your child’s uniform size (YXS, YS, YM) or backpack/toy selection online. Note: Uniforms run large and will be handed out the first day.



Saturdays, 4/16-6/4 (no class 5/28) 7 Weeks

Fee: \$92

**Ages 2-3:** 8:30-9:10 AM

**Ages 3-Young 4:** 9:10-10:00 AM

**Ages older 4-5:** 10:00-10:50 AM

**Ages older 4-5:** 11:00-11:50 AM

**Ages 3-Young 4:** 12:00-12:50 PM

Location: H Field (JGMS)

# SPRING PRESCHOOL PROGRAMS

## **PRESCHOOL RYHTHM AND DANCE (Ages 3.5-6) with Renae Nichols**

In this dance class, boys and girls will learn to dance to various types of music by listening closely and matching appropriate movements, including basic tap and ballet steps, to the rhythms and styles they hear. Through weekly music dance exploration, they will develop the music and dance skills necessary for all traditional dance and music programs. Students will dance primarily in sneakers or bare feet. Parents are invited to performances on the last day.

Fridays, 4/8-6/3 (no class 4/22) 8 Weeks	Fee: \$94
2:00-2:45 PM	
12 Mudge Way, Union Room	Min 6/Max 12

## **LIL' SPORTS (Ages 2.5-6)**

Lil' Sports is a health and fitness company that offers sports classes for children ages 2.5-6. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening and gross motor skills.

Tuesdays, 4/12-6/7 (no class 4/19) 8 Weeks	Fee: \$101
11:30-12:15 PM	
Mudge Way Fields (Next to town playground)	Min 10/Max 20

## **THUNDERCAT MINI SPORTS JAM (Ages 3.5-5) with Thundercat Sports**

Have a ball with Thundercat Sports! This program includes soccer, basketball, softee hockey, and other unique games such as Sponge Bob Tag and Finding Nemo. Emphasis will be on basic skill building, developing hand eye coordination, teamwork, and FUN! The program is co-ed. For more information visit [www.thundercatsports.com](http://www.thundercatsports.com).

Thursdays, 4/28-5/26 5 Weeks	Fee: \$76
10:30-11:15 AM	
Mudge Way Fields (Next to town playground)	Min 8/Max 12

## **PRESCHOOL HIRED HANDS (Ages 3-5) with Chip in Farm**

Farmer Sandy will introduce your child to a real working farm and all the magic and fun it has to offer! Children will help Farmer Sandy feed and tend animals, collect eggs, harvest crops and enjoy farm-themed crafts, stories and cooking activities. Work clothes, old sneakers or boots should be worn. Parents of children age 3 are required to stay.

<b>Mondays:</b> 10:00-11:00 AM	Fee: \$55/session
Session 1: 4/4-5/2 (no class 4/18) 4 Weeks	
Session 2: 5/9-6/6 (no class 5/30) 4 Weeks	
<b>Wednesdays</b> 10:00-11:00 AM	Fee: \$55/session
Session 1: 4/6-5/4 (no class 4/20) 4 Weeks	
Session 2: 5/11-6/1 4 Weeks	
Class Location: Chip in Farm, 201 Hartwell Road, Bedford	Min 3/Max 8

## **INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate**

There are many positive benefits to Karate training! In the 4-week introductory course, beginner students will experience these positive benefits. 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.

Tuesdays, 5/3-5/24, 4 Weeks	Fee: \$55
4:30-5:10 PM	
Saturdays, 5/14-6/4, 4 Weeks	Fee: \$55
11:00-11:40 AM	
Location: Callahan's Karate, 20 North Road	Min 5/Max 10

# SPRING AND FALL SOCCER

## INTRAMURAL SPRING & FALL SOCCER (GRADES K-8)

The goal is for children to enjoy and learn the sport of soccer. Must wear shin guards and bring a soccer ball. Parents provide all coaching and support functions for the program. Please indicate your willingness to coach or assist on your child's registration form or in the notes section of the online registration. No experience necessary. Program is for Bedford/Hanscom residents only. Must sign up for current grade.

**SPRING 2016 SEASON:** APRIL 9-JUNE 4

**Registration Fee by 3/25: \$35 Fee after 3/25: \$50**

**FALL 2016 SEASON:** SEPTEMBER 10 - NOVEMBER 5 (No intramural 9/17 Bedford Day; K-2 will march in parade).

**Registration Fee by 8/14: \$35 Fee after 8/14: \$50**

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

K Boys K Girls	10:30-11:30 JGMS J Field 10:30-11:30 JGMS Plateau Field	Ball Size 3
Grade 1 Boys Grade 1 Girls	11:45-1:00 JGMS J Field 11:45-1:00 JGMS Plateau Field	Ball Size 3
Grade 2 Boys Grade 2 Girls	8:45-10:15 JGMS J Field 8:45-10:15 JGMS Plateau Field	Ball Size 4
Grade 3-5 Boys Grade 6-8 Boys	8:45-10:15 South Road Fields 8:45-10:15 South Road Fields	Ball Size 4
Grade 3-5 Girls Grade 6-8 Girls	8:45-10:15 South Road Fields 8:45-10:15 South Road Fields	Ball Size 4

## FALL TRAVEL SOCCER (OUT OF TOWN PLAY)

Registration is now open for Fall Travel Soccer. Registration will close June 4 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.** Games are Saturdays, either in Bedford or in another town. Travel teams practice two times per week. Parents provide transportation to the games. Season: September-Early November. Rosters are announced in Mid-August. **Practices: Girls Mondays/Thursdays; Boys Tuesdays/Fridays.**

U9/U10 parents please note: because of the importance and difficulty of creating balanced teams, Travel Soccer is unable to accommodate requests for placement with a specific coach or friend.

Grade 3: Born on or after 1/1/2007 and in the 3 <sup>rd</sup> grade	Grade 5/6: Born on or after 1/1/2004 and in the 5 <sup>th</sup> or 6 <sup>th</sup> grade
Grade 4: Born on or after 1/1/2006 and in the 4 <sup>th</sup> grade	Grade 7/8: Born on or after 1/1/2002 and in the 7 <sup>th</sup> or 8 <sup>th</sup> grade

**Early Bird Fee (Before May 27):** \$105, maximum of \$265 (family rate can only be processed by fax, mail or in person).

**Fee (After May 27):** \$135 with a maximum of \$340 per family.

\*There are no refunds after roster announcements have been made.

## SOCCER EVALUATION INFORMATION

Mandatory soccer evaluations for players in Grades 5/6 & 7/8 age groups in Fall 2016 &/or Spring 2017 will be conducted on the following dates and times at the South Road Fields. Watch email for additional information.

Monday, May 16: 4:30-6:00 Girls Grade 5/6	All Girls entering 5/6th grade Fall 2016
Monday, May 16: 6:00-7:30 Girls Grade 7/8	All Girls entering 7/8th grade Fall 2016
Tuesday, May 24: 4:30-6:00 Boys Grade 5/6	All Boys entering 5/6th grade Fall 2016
Tuesday, May 24: 6:00-7:30 Boys Grade 7/8	All Boys entering 7/8th grade Fall 2016

**RAIN MAKE UP  
DATES:**

**Girls: May 18  
Boys: May 27**

# SPRING ELEMENTARY PROGRAMS *Davis*

## DAVIS SCHOOL AM GYM (Grades K-2)

Start your day off right at Davis School with Peter Laskaris and other Recreation Staff! Have a blast and get energized for the day at early morning gym. A variety of games will be played along with supervised free play and exploration!

Monday-Friday, 4/4 - Last day of school (no holidays, no school days, snow days or delays)	Fee: \$147
8:00 AM-Start of School	
Davis School Gym	Min 20/Max 60

## GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris & Judy Johnson

Get ready for fun! This afterschool program is full of excitement and variety that keeps kids moving! At dismissal, children are released to the cafeteria for quiet activities and a snack (please pack a light snack). Once the bus lines have left the gym, students move to the gym to participate in active games! **One day/week only per child.**

Mondays: 4/4-6/6 (no class 4/18 & 5/30) 8 Weeks	Fee: \$44
Thursdays: 4/7-6/9 (no class 4/21) 9 Weeks	Fee: \$49
Dismissal-4:30 PM	
Davis School Gym	Min 15/Max 25

## KINDERGARTEN AFTERSCHOOL SPORTS

This program will be run by Recreation Staff members. At dismissal, Kindergarten students are dismissed to the cafeteria where they will enjoy quiet activities and a snack (please pack a snack). Once the bus lines leave the gym Recreation Staff will get kids moving with various activities and fun games!

Fridays, 4/8-6/3 (no class 4/22) 8 Weeks	Fee: \$48
Dismissal-4:30 PM	
Davis School Gym	Min 12/Max 24

## THUNDERCAT DODGEBALL (Grades 1 & 2) with Thundercat Sports

Have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break and more! Other activities and games will be mixed in to create an exciting program! The program is coed. Children must wear sneakers and appropriate clothing, and bring a water bottle and snack.

Wednesdays, 4/27-5/25 5 Weeks	Fee: \$87
Dismissal-3:20 PM	
Davis School Gym	Min 8/Max 14

## DAVIS SUPERSPORTS (Grades 1 & 2) with F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Supersports program. F.A.S.T. Athletics offers a variety of sports each week such as soccer, basketball, flag football, dodgeball and kickball. Programs include stretching and warm-up games as well as learning basic skills of each sport. Each class ends with a high energy game of the sport played that day. Students will eat snack at the beginning of the program. Please send a snack.

Tuesdays, 4/5-5/24 (no class 4/19) 7 Weeks	Fee: \$87
Dismissal-4:30 PM	
Davis School Gym	Min 10/Max 24

# SPRING ELEMENTARY PROGRAMS *Davis*

## DAVIS YOGA (Grades K-2) with Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to far away 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 creative manner. Prior to class, children are released to the cafeteria where they will enjoy quiet activities and a snack (please send a snack).

Thursdays, 4/7-6/2 (no class 4/21) 8 Weeks

Fee: \$95

Dismissal-4:30 PM

Davis School Cafeteria

Min 6/Max 12

## MINECRAFT (Grades 1 & 2) with Jeremy Royds

Join Jeremy Royds, Davis School Librarian, for this fun Minecraft afterschool program. Build, design, create and collaborate using Minecraft.EDU. Kids will use the Minecraft.edu's CREATIVE mode and their imagination in the popular sandbox open world game. The first 15 minutes of this program will be for snack (please send a snack).



Mondays: 4/4-6/6 (no class 4/18 & 5/30) 8 Weeks

Fee: \$50

Tuesdays: 4/5-6/7 (no class 4/19) 9 Weeks

Fee: \$55

Dismissal-4:30 PM

Davis School Computer Lab

Min 12/Max 25

## THERE'S SCIENCE EVERYWHERE (Grades K-2) with Mad Science of Greater Boston

Join the Mad Science hands-on science fun. We are crazy about science...and hope you are too! In this program, we will explore science and the ways in which it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We will explore bugs, investigate the powerful processes that shape the Earth and form rocks, minerals and gems, try different types of simple machines...levers...incline planes...wheels...and pulleys, and discover how hurricanes, tornadoes and thunderstorms develop and how powerful they can be! We will also see ways in which advances in science and technology are behind our favorite movie special effects, explore the energy of motion and energy conservation, get our left and right brains working together and discover the links between science and art, and examine and investigate what life is like under the sea.

Fridays, 4/15-6/3 (no class 4/22) 7 Weeks

Fee: \$109

**Option 1:** Dismissal-4:30 PM (please pack a snack, first 15 minutes will be snack)

**Option 2:** 4:45-5:45 PM (parents are responsible for transportation back to Davis School for program)

Davis School Cafeteria

Min 12/Max 20

## SWEET TREATS DESSERT DECORATING (Grades 1 & 2) with Kelly Anderson



This 8-week class focuses on cupcake, cookie, truffle and other various dessert decorating. Basic skills such as icing and piping will be taught in a fun and creative atmosphere. Each session will have a specific theme such as animals, nature, sports, etc. Step by step direction will be provided each week. Kids will take home all of their creations and recipes at the end of class. Please Note: This is **not** a nut free or gluten free class

Tuesdays, 4/5-5/31 (no class 4/19) 8 Weeks

Fee: \$208

Dismissal-4:30 PM

Davis Cafeteria

Min 6/Max 10

# SPRING ELEMENTARY PROGRAMS

Davis/Lane

## MAGICAL & MYSTERIOUS ART-VENTURE (Grades 1 & 2) with Let's Gogh Art

This art class is inspired by Roald Dahl who said, "Watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it." Enter a magical world where fantasy and science meets art, and your imagination runs free. A land where unicorns roam and wizards weave magic spells. Unleash your inner wizard as you conjure up concoctions dragons, aliens and other fantasy creatures and creations. Artists will experience magical nudles, crazy clay art, fire breathing t-shirts, mysterious paint and things that glow in the night! Join us if you dare to have the mystery art tour of your life!

Wednesdays, 4/13-6/8 (no class 4/20) 8 Weeks

Fee:\$144

Dismissal-3:20 PM

Davis School Cafeteria

Min 10/Max 20

## THE SCHOOL OF STEM AND CREATIVE THINKING (Grades K-2) with Karine Marino

Children will become empowered to figure things out for themselves and have confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They will learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As they dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Students will have experience with simple science experiments. Participants will be challenged to build small structures using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happened in the world around them. In this class, students learn to ask questions and brainstorm existing problems. Please send a snack.

Mondays, 4/4-5/16 (no class 4/18) 6 Weeks

Fee: \$144

Dismissal-4:45 PM

Davis School Cafeteria

Min 6/Max 12

## HIRED HANDS (Grades K-5) with Chip-in Farm

Children will have an opportunity to do farm work at Chip-in Farm, a real working farm! Participants will help Farmer Sandy in the fields, tend the animals, collect eggs and harvest the crops while enjoying farm-themed crafts, stories and cooking activities. Work clothes, old sneakers or boots should be worn. The class will meet rain or shine. This is a drop off program and parents are not required to stay.

### Grades K-2: Mondays

Fee: \$115

4:00-6:00 PM

**Session 1:** 4/4-5/2 (no class 4/18) 4 Weeks

**Session 2:** 5/9-6/6 (no class 5/30) 4 Weeks

### Grades 3-5: Wednesdays

Fee: \$115

3:00-5:00 PM

**Session 1:** 4/6-5/4 (no class 4/20) 4 Weeks

**Session 2:** 5/11-6/1 4 Weeks

Chip In Farm, 201 Hartwell Road, Bedford

Min 3/Max 8

## INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate

There are many positive benefits to Karate training! In the 4-week introductory course, beginner students will experience these positive benefits. 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.

Tuesdays, 5/3-5/24, 4 Weeks

Fee: \$55

4:30-5:10 PM

Saturdays, 5/14-6/4, 4 Weeks

Fee: \$55

11:00-11:40 AM

Location: Callahan's Karate, 20 North Road

Min 5/Max 10

# SPRING ELEMENTARY PROGRAMS *Davis/Lane*

## SPRING TENNIS LESSONS (Ages 5-14) with KA Tennis



Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons. The 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. Lessons take place at the High School Tennis Courts.

Saturdays, 4/23-6/4 (no class 5/28) 6 Weeks

**Ages 5-6: 8:30-9:05 AM** (Min 4/Max 10)

Fee: \$69

**Ages 7-9: 9:15-10:15 AM** (Min 4/Max 10)

Fee: \$117

**Ages 10-14: 10:30-12:00 PM** (Min 4/Max 10)

Fee: \$176

**Advanced Jr. Clinic:** MUST have instructor approval. 12:00-1:30 PM Min 3/Max 6 (ages 9-15)

Fee: \$176

## GYMNASTICS (Grades K-5) with Jennifer McGrath & Dotty Martin

Jennifer & Dotty's energy is contagious! They keep kids moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting and low beam. Participants learn to execute bridges, splits and jumps. Participants should wear comfortable clothing and have bare feet.



Fridays, 4/15-6/17 (no class 4/22) 9 Weeks

Fee: \$135

Grades 3-5: Dismissal-4:00 PM

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

Lane School Gym

Min 8/Max 30

## LANE AM GYM (Grades 3-5)

Recreation staff members will supervise the gym in the mornings before school. Students will have a choice of activities each day. There will be a combination of free gym and or organized activities. AM Gym activity energizes students to start the day! Students must be registered through the Recreation Department to participate in the program; drop in is not permitted.

Monday-Friday, 4/4 - Last day of school (no holidays, no school days, snow days or delays)

Fee: \$92

7:30 AM-Start of School

Lane School Gym

Min 25/Max 45

## LANE YOGA (Grades 3-5) with Bonnie McCulloch

In this yoga class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! They 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 will be released to the cafeteria at dismissal for a snack (please send a snack).

Tuesdays, 4/5-5/31 (no class 4/19) 8 Weeks

Fee: \$95

Dismissal-4:00 PM

Lane School Cafeteria

Min 6/Max 12

# SPRING ELEMENTARY PROGRAMS *Lane*

## **THE GIRL POWER WRXSHOP (Grade 5) Presented by GrooveWrX, Founded by Jennifer Buckley**

Introducing The Girl Power WrXShop, co-developed and co-taught by Jennifer Buckley, Founder of GrooveWrX, LLC Fitness & Dance Programs for Youth Empowerment and Jessica Smith, Lane School Guidance Counselor, LICSW. This fun and highly interactive 6-week program is designed specifically for 5th grade girls to help them build and celebrate self-confidence! Each week's class will include a variety of interactive discussions, fun physical activities, team building challenges and writing and art activities. We focus on themes such as friendship and leadership. We will also meet female role models from the community. This program is a great opportunity for 5th grade girls to build a stronger sense of self as they move forward to JGMS. Please wear comfortable clothing. For more information on The Girl Power WrXShop go to [groovewrx.com](http://groovewrx.com).



Mondays, 4/4-5/16 (no class 4/18) 6 Weeks

Fee: \$120

Dismissal-4:30 PM

Lane School Cafeteria

Min 8

## **ART BLAST (Grades 3-5) with Let's Gogh Art**

Art blast classes combine art and creativity through unique art-based experiences. Participants will play with art while learning about different tools, techniques and media. Participants will have the opportunity to try painting, drawing, sculpting, collage, printmaking, and many more 2-dimensional and 3-dimensional projects that are quite simply a blast!! Each child will keep a weekly art journal.

Thursdays, 4/14-6/9 (no class 4/21) 8 Weeks

Fee: \$144

Dismissal-4:00 PM

Lane School Cafeteria

Min 10/Max 20

## **SCRATCH COMPUTER PROGRAMMING (Grades 3-5) with Empow Studios**

Scratch the surface of design and programming with Scratch! Kids work with free software developed by M.I.T. while learning how to program, design and create their own animation and interactive 2D games. Students will learn how to use math, geometry, storytelling and basic animation principles to design their projects using the prepared elements in Scratch or by making their own. A great introduction for kids in Grade 2 through 5. After the class, projects can easily be shared online with family and friends!

Mondays, 4/4-6/6 (no class 4/18 & 5/30) 8 Weeks

Fee: \$187

Dismissal -4:00 PM

Lane School Multipurpose Room

Min 8/Max 12

## **STOP MOTION LEGO ANIMATION (Grades 3-5) with Empow Studios**

Make movies with LEGO® pieces! Create stories, chose mini fligs, and make movie magic! Our expert instructors work with students to develop story telling skills, learn professional software, and capture the action of their LEGO movies. After filming, students work on the post production process to add titles, transitions, sounds and make their movies complete. All final movies will be available for home viewing.

Fridays, 4/8-6/3 (no class 4/22) 8 Weeks

Fee: \$187

Dismissal-4:00 PM

Lane School Cafeteria

Min 8/Max 12

# SPRING ELEMENTARY PROGRAMS *Lane*

## **FOAM SWORD GAMES (Grades 3-5) with Guard UP!**

Do you dream of battling mythical beasts and meeting mystical characters in an ancient realm? With our interactive sword adventures you can! Sharpen your battlefield instincts and hone your sword-fighting skills through a series of fast-paced, high intensity contests of wit and might. Our instructors will guide you through a variety of games that are safe, fun, and educational. Do you prefer pizza or sushi? Choose a side and defend your choice! Do you have a favorite super power? Try it on and test it against other powers on the battlefield. Our games focus on spatial awareness, encourage critical thinking, and help kids discover and develop the hero inside them.

Tuesdays, 4/5-5/31 (no class 4/19) 8 Weeks

Fee: \$98

Dismissal-4:00 PM

Lane School Gym

Min 8/Max 12

## **THE SCHOOL OF STEM AND CREATIVE THINKING (Grades 3-5) with Karine Marino**

Children will become empowered to figure things out for themselves and have confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They will learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As they dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Students will have experience with simple science experiments. Participants will be challenged to build small structures using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happened in the world around them. Students learn to ask questions and brainstorm existing problems. Please send a snack.

Thursdays, 4/7-5/19 (no class 4/21) 6 Weeks

Fee: \$144

Dismissal-4:15 PM

Lane School Multipurpose Room

Min 6/Max 12

## **ARCHERY (Grades 4-8) with On the Mark Archery**

Learn the fundamentals of traditional recurve archery as seen in the Olympics and Hunger Games! Our safe, fun and friendly environment enables students to learn at their own pace and develop consistent shooting form. Scoring and other archery drills will challenge and engage participants throughout the entire session. All equipment is supplied. The program is led by certified USA Archery and NFAA instructors.



Tuesdays, 4/26-5/24 5 Weeks

Fee: \$125

6:30-7:30 PM

Davis School Gym

Min 10/Max 16

## **MIGHTY MORNING DANCE SQUAD (Grades 3-5) with Jennifer Buckley, Founder of GrooveWrX**

This community-building, dance-based program is designed to bring Bedford-based and METCO students together with fun movement and positive messages of teamwork, friendship and empowerment! Each week we will work together to develop fun and informal dances including the urban dance known as Stepping. We will also have Mighty Squad performance opportunities within Lane school and possibly at community events this spring!

Tuesdays, 3/29-5/24 (no class 4/19) 8 Weeks

Fee: \$48

7:30 AM—Start of School

Lane School Cafeteria

Min 6/Max 15

# SPRING ELEMENTARY PROGRAMS *Lane*

## DODGEBALL (Grades 3-5) with F.A.S.T. Athletics

Join the staff of F.A.S.T. Athletics for this intense and exciting program. Participants learn to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games; there is never a dull moment! Gator skin dodgeballs are used and safety rules and regulations will be reviewed before each class. Students will eat snack at the beginning of the program. Please send a snack.

Mondays, 4/4-5/23 (no class 4/18) 7 Weeks

Fee: \$87

Dismissal-4:00 PM

Lane School Gym

Min 8/Max 30

## SUPERSPORTS (Grades 3-5) with F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Supersports program. F.A.S.T. Athletics offers a variety of sports each week such as soccer, basketball, flag football, dodgeball and kickball. Programs include stretching and warm-up games as well as learning basic skills of each sport. Each class ends with a high energy game of the sport played that day. Students will eat snack at the beginning of the program. Please send a snack.

Wednesdays, 4/6-5/25 (no class 4/20) 7 Weeks

Fee: \$87

Dismissal-2:30 PM

Lane School Gym

Min 8/Max 30

## AFTERSCHOOL KIDSJAM (Grades 3-5) with Kamate Fitness

Kick it with your friends! This afterschool dance fitness program is a fun fusion of the latest dance styles and music. We dance, sweat, and most importantly we have fun! Get funky and move with attitude! We learn new steps, create our own dance and work together as a team—including a performance on the last day of class. Bring a water bottle and snack. Wear comfortable clothing and sneakers.



Wednesdays, 5/4-6/8 6 Weeks

Fee: \$85 (fee includes an official KidsJam T-Shirt)

Dismissal-2:30 Pm

Lane School Cafeteria

Min 8/Max 25

## YOUTH TRACK CLINIC (Grades 3—8) with David Bell

This informal and fun track and field clinic is designed to familiarize participants with this universal Olympic sport. Track events include the 100, 200 and 400 meters for all grades. The 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the older grades. Field events include the softball throw for distance, the standing broad jump for 3rd and 4th grades, the running long jump for 5th and 6th grades, and the long and triple jumps for 7th and 8th grades. There is also the 4 x 100 meter relay race. Register with your relay team or we will create a team for you. The events are contested by grade: the 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together. JGMS 7th and 8th grade Track Team members may participate only in the local meet for \$15; however, pre-registration is still required.



### Dates:

Fee: \$87

**Tuesday, May 24:** 4:15-6:00 PM (BHS TRACK)-First session 15 min longer

**Tuesday, May 31:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 7:** 3:45-6:00 PM (Scrimmage in Concord) Rain date: 6/10/2016

**Tuesday, June 14:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 21:** 3:45-5:15 PM (BHS TRACK)

**Local Meet: Wednesday, June 22:** 5:30-8:00 PM (Concord) Rain date: 6/24/2016

# APRIL VACATION PROGRAMS

## APRIL VACATION BOYS LACROSSE CLINIC (Ages: 7-14) with BHS Lacrosse

Join Bedford High School Lacrosse players and coaches for this April Vacation Clinic. This clinic will focus on independent skill development and team awareness. Don't miss this opportunity to develop your skills, practice good sportsmanship and have fun! The clinic will include a scrimmage during the halftime of a Boys' Varsity Lacrosse game on Wednesday. After Wednesday's game, there will be a cookout lunch for all participants. All participants will receive a t-shirt. Please indicate your child's shirt size when registering.

Tuesday, April 19-Friday, April 22

9:00 AM-11:30 (on Weds 4/20 clinic participants will scrimmage at the 11:00 AM Varsity Game)

Location: BHS Turf Field

Fee: \$150

## APRIL VACATION KIDSJAM (Grades 2-5) with Kamate Fitness

NEW! Got spring fever from being cooped up this winter? Dance it all away with this fun interactive fitness dance program! Based on our popular KidsJAM fitness dance program featured in Bedford, Carlisle and Lexington Public schools, this program will enable kids to express themselves through movement. Our funky KidsJAM Instructor will teach kids to move with confidence and promote creative expression and team collaboration. Our morning will consist of dance, games, exploration of dance styles, crafts, team building and finish with stretching and calming meditation. Wear sneakers, comfortable clothing and bring a snack and water bottle. Price includes t-shirt.



Tuesday-Friday, April 19-22

9:00 AM-12:00pm

Lane School Cafeteria

Fee: \$33/day or \$132/entire session

Min 7/Max 20

## APRIL VACATION JUNIOR GOLF CLINICS (Ages 6-15) with Barrie Bruce Golf School

Learn golf with Barrie Bruce! These clinics are an hour and a half and perfect for both beginners and those who would like to develop better golf skills. Clinics cover safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls are provided. Students will be playing in age-related peer groups.

Monday, April 18-Friday, April 22

Clinic 1: 10:00-11:30 Am

Clinic 2: 2:00-3:30 PM

51 Baldwin Road, Billerica, MA 01821

Fee: \$119

## 3 DAY SOCCER CLINIC (Grades 3-5) with Bedford Girls Soccer

Join Bedford Girls Soccer for some soccer fun this April Vacation. The aim of this clinic is to help players with juggling, dribbling, passing, shooting and receiving in a fun competitive structure. Players will see first-hand what it is like to be a member of the Bedford High School Girls soccer program. This clinic will be run by Eric Driscoll, Bedford Girls Varsity Coach, and current team members.

Tuesday-Thursday

April 19, 20 & 21

1:00 PM-3:00 PM

South Road Fields

Fee: \$100

# THE CORNER

**What is the Corner?** The corner is the place where the fun begins when the school days ends! The corner is designed just for JGMS Students. It's your own space, featuring a fully stocked game room with a pool table foosball, bumper pool, ping pong and lounge with special events. There is a snack bar, snack machines, video games, TVs and much more! The Corner is staffed by Recreation staff members who organize and oversee games, leagues and tournaments. The corner is only a short walk from JGMS. There is no admission fee. Parents should register online or at our office. Kids are required to sign in upon arrival to the corner. Check it out!



*Open Monday-Friday, Dismissal-6:00 PM (occasional Fridays; open until 7:30 PM)  
No weekends, vacations or no-school days*

**Friday, March 18:** Fun Friday (open until 7:30 PM)  
**Wednesday, April 6:** Kids Cooking Green  
**Friday, April 15:** Fun Friday (open until 7:30 PM)  
**Wednesday, April 27:** Arts & Crafts w/ Melissa Skorupka  
**Friday, April 29:** Fun Friday (open until 7:30 PM)  
**Wednesday, May 4:** Kids Cooking Green  
**Thursday, May 5: Cinco de Mayo Party!** Enjoy snacks And crafts!  
**Wednesday, May 11:** Arts & Crafts with Melissa

**Friday, May 13:** Fun Friday (open until 7:30 PM)  
**Wednesday, May 25:** Arts & Crafts with Melissa Skorupka  
**Friday, June 10:** (Open until 8:00) **CORNER GRADUATION AND END OF THE YEAR PARTY:** Join us for a party to celebrate the end of the year! Participate in games & tournaments, win summer themed prizes and raffles, enjoy food, snacks and drinks and just have fun with your friends! We will celebrate our regular 8th grade students!

## SPRING MIDDLE/HIGH SCHOOL PROGRAMS

### INTRODUCTION TO KENPO KARATE (Ages 5-13) with Callahan's Karate

There are many positive benefits to Karate training! In the 4-week introductory course, beginner students will experience these positive benefits. 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.

Tuesdays, 5/3-5/24, 4 Weeks 4:30-5:10 PM	Fee: \$55
Saturdays, 5/14-6/4, 4 Weeks 11:00-11:40 AM	Fee: \$55
Location: Callahan's Karate, 20 North Road      Min 5/Max 10	

### SPRING TENNIS LESSONS (Ages 5-14) with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Kyle will be instructing on the courts for all lessons. The 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. Lessons take place at the High School Tennis Courts.

Saturdays, 4/23-6/4 (no class 5/28) 6 Weeks <b>Ages 10-14: 10:30-12:00 PM</b> (Min 4/Max 10)	Fee: \$176
<b>Advanced Jr. Clinic:</b> MUST have instructor approval. 12:00-1:30 PM Min 3/Max 6 (ages 9-15)	Fee: \$176

# SPRING MIDDLE/HIGH SCHOOL PROGRAMS

## ADVANCED KIDSJAM (Grades 6-8) with Kamate Fitness

Our popular elementary school KidsJAM program has been amped up for Middle Schoolers! Take your dancing to the next level: more choreography, more creative expression and if possible...even more fun. This fitness dance program is a cool fusion of the latest dance styles and music. The intensity has been dialed up to give your child a workout that does not feel like one. Our funky KidsJAM instructor will motivate your child to move with confidence while promoting team collaboration, creativity and support. Please bring a water bottle, a snack, comfortable clothing and sneakers.

Mondays, 4/4-5/16 (no class 4/18) 6 Weeks  
 2:30-3:30 PM  
 JGMS Cafeteria Min 8

Fee: \$84

## BODYPUMP FOR TEENS (Grades 8-12) with Kamate Fitness

The ultimate adult weight lifting class is now available for your teen. The fastest way to get in shape...one full hour of weight lifting to music! Our BODYPUMP instructor/certified personal trainer will guide your teen through a safe and effective workout utilizing light weight and high repetition. Learn the proper weight lifting technique, increase lean muscle mass, lose weight, improve posture, and enhance metabolism by leveraging the exhilarating music, motivating coaching and power of group support. Wear comfortable clothing and sneakers. Bring water bottle and a healthy snack.



Wednesdays, 4/6-5/18 (no class 4/20) 6 Weeks  
 1:15-2:15 PM

Connections Building, 153 Great Road Min 5

Fee \$84

## YOUTH TRACK CLINIC (Grades 3-8) with David Bell

This informal and fun track and field clinic is designed to familiarize participants with this universal, Olympic sport. The emphasis is on participating, learning, improving and doing the best one can. Track events include the 100, 200 and 400 meters for all grades. The 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the older grades. Field events include the softball throw for distance, the standing broad jump for 3rd and 4th graders, the running long jump for 5th and 6th graders, and the long and triple jumps for 7th and 8th graders. There is also the 4 x 100 meter relay race. Come with your relay team together, or we will create and put you on one. The events are contested by grade—the 3rd and 4th grades together, the 5th and 6th grades together, and the 7th and 8th grades together—based on current 2015-2016 school year. JGMS 7th and 8th grade Track Team Members may participate only in the local meet for \$15; however, pre-registration is still required.

**Tuesday, May 24:** 4:15-6:00 PM (BHS TRACK)-First session 15 min longer

Fee: \$87

**Tuesday, May 31:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 7:** 3:45-6:00 PM (Scrimmage in Concord) Rain date: 6/10/2016

**Tuesday, June 14:** 3:45-5:15 PM (BHS TRACK)

**Tuesday, June 21:** 3:45-5:15 PM (BHS TRACK)

**Local Meet: Wednesday, June 22:** 5:30-8:00 PM (Concord) Rain date: 6/24/2016

## ARCHERY (Grades 4-8) with On the Mark Archery

Learn the fundamentals of traditional recurve archery as seen in the Olympics and Hunger Games! Our safe, fun and friendly environment enables students to learn at their own pace and develop consistent shooting form. Scoring and other archery drills will challenge and engage participants throughout the entire session. All equipment is supplied. The program is led by certified USA Archery and NFAA instructors.

Tuesdays, 4/26-5/24 5 Weeks

6:30-7:30 PM

Davis School Gym

Min 10/Max 16

Fee: \$125

# HIGH SCHOOL PROGRAMS/EMPLOYMENT

**DANCE CLASSES (Middle & High School Students):** Please see Dance Class information on page 46.

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

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

BodyPump, BodyJam, BodyFlow: age 15+  
Zumba: age 15+  
NIA: age 15+  
Hatha Yoga: age 15+  
Yoga on the Beach: Age 15+  
Tai Chi: age 16+  
Co-Ed Bootcamp: age 15+  
Cardio-Barre Blast: age 15+

Irish Step Dance: age 15+  
Modern Dance: age 15+  
Archery: age 15+  
Tennis: Age 16+  
Golf: Age 16+

Heartsaver CPR: age 11+  
You Can Afford College If....: all ages  
Japanese: Age 16+  
Portrait Art Studio: Age 15+  
Oil Painting: age 16+  
Calligraphy: age 15+  
Stone Carving: age 16+  
Cooking Classes: age 16+

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

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

### **SUMMER ADVENTURES 2016 EMPLOYMENT OPPORTUNITIES**

Positions are available at our Summer Adventures program. We are looking for responsible, enthusiastic individuals to join the team of our longstanding, popular Summer Adventures program. Minimum age: completing freshman year of high school.

**APPLICATIONS:** Town of Bedford applications for Recreation Department employment may be found online at: [bedfordrecreation.org](http://bedfordrecreation.org) or may be picked up at the Recreation Office.

### **SPRINGS BROOK PARK SUMMER 2016 EMPLOYMENT**

**LIFEGUARDS and SWIM INSTRUCTORS** (minimum age: 16 as of June 6, 2016). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Accepting applications until all positions are filled. Interviews begin in April.

#### ***CREW POSITIONS: Open to Bedford residents only***

Interviews will be held in mid-May. Application deadline: May 1. May apply for more than one position. Please specify on application position(s) of interest. Very flexible schedules are available.

**Park Attendants:** (min. age: 14 by June 11, 2016) Attendants are needed to greet park guests and assist with daily ongoing maintenance needs.

**Swim Aides:** (min. age: 14 by June 6, 2016) 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 6, 2016) Prepare food, serve customers, daily maintenance of the concession stand and park.

**Grounds Maintenance:** (min. age: 14 by June 6, 2016) Responsible for landscaping, grounds, facility maintenance.

**APPLICATIONS:** Town of Bedford applications for Recreation Department employment may be found online at: [bedfordrecreation.org](http://bedfordrecreation.org) or may be picked up at the Recreation Office.

### **LIFEGUARDING AND WSI COURSES**

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. [www.bostonredcross.org](http://www.bostonredcross.org)

**Lifeguard Training:** minimum age 15. Must pass swim test. Total hours 28.5

**WSI (Water Safety Instructor):** minimum age 16 by course completion. Must pass swim test. Total hours 30



SUMMER  
ADVENTURES  
Join the fun!



# SUMMER ADVENTURES



## SUMMER ADVENTURES 2016

Director: Peter Laskaris

Assistant Director: Stacy Vallely

Administrative Assistant: Lee Frank

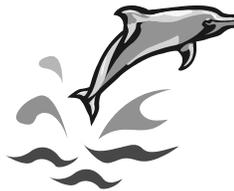
**SUMMER ADVENTURES (entering grades 1—4): 9:00—3:00.** Designed for children to explore a variety of developmentally appropriate activities and to establish new friendships. Included in this program are theme days, special visitors and events, cooperative games and sports, art, music/drama, one field trip per session and American Red Cross swim lessons. One t-shirt per child per summer included. Offered in two week sessions.

**JUNIOR ADVENTURES (ages 4 by 6/30/16 — entering kindergarten): 9:00—Noon or 9:00—3:00.** This program is designed for our youngest participants, preschool children. Low staff to child ratios and a nurturing environment compliment a well-rounded schedule including art, nature, music, cooperative games & sports, imaginative play and water play (on site and one visit per week to the Springs Brook Park Spray Park). One t-shirt per child per summer included. One field trip per session will be held, returning after noon. Offered in two week sessions.

**ADVENTURES AWAY (entering grades 5 and 6): 9:00—3:00.** This is a series of field trips (no overnights) based at Summer Adventures at Bedford High School. Each day, there will be an offsite trip as well as time for activity at SA (games, sports, crafts). Destinations include places such as beaches, laser tag, minigolf, Canobie Lake Park, Water Country, Coco Key, Stone Zoo, Chunky's, Southwick's Zoo. A detailed list of trips will be distributed prior to the start of each week. Offered in one week sessions; SA Early Bird and Extended Day options available). Min. 20, max. 30.

### Summer Adventures & Junior Adventures Sessions:

- 1 July 5—July 15
- 2 July 18—29
- 3 Aug. 1—Aug. 12



### Adventures Away Sessions:

- Week 1: July 5— 8
- Week 2: July 11—15
- Week 3: July 18—22
- Week 4: July 25— 29
- Week 5: August 1—5
- Week 6: August 8—12

### SWIMMING LESSONS

Children entering grades 1—4 will have swim lessons four days/week (T,W,Th,F,M,T,Th,F) at Springs Brook Park. The lessons are Red Cross certified Levels 0—6. The Springs Brook Park swim instructors make learning to swim fun! Summer Adventures staff accompany the children to the park and participate fully in the lessons as aides in the classes. One day per week, children have extra time at the Park to enjoy the spray park after lessons. Children are transported to and from the park via school bus.

# SUMMER ADVENTURES

## Early Bird and Extended Day

For full-day coverage, we offer Early Bird and Extended Day options. Early Bird consists of supervised quiet games in the cafeteria or active games in the gym and runs 8:00 a.m.—9:00 a.m. Extended Day consists of trips to SBP and activities at BHS and runs from SA dismissal until 6:00 p.m.. Pickup is 5:00-6:00 p.m. at the town playground on Mudge Way (indoors at BHS if rainy). Additional coverage options are available at the Bedford Recreation Kids' Club. **Early Bird and Extended Day are available to those in Grades 1—6.** Please note that Extended Day will not be held August 12, the last day of the program.

## STAFF

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

## LOCATION

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

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

**Registration Information: Registration opens March 6 2016.**  
**We encourage early enrollment as some groups will fill quickly.**  
(Registration Information Page 1).

## **FEEES:**

### **Junior Adventures (2 Week Sessions):**

9:00—Noon: \$324/Session 1, \$360/Session2, \$360/Session 3

9:00—3:00: \$468/Session 1, \$520/Session 2, \$520/Session 3

### **Summer Adventures (2 Week Sessions):**

9:00—3:00: \$432/Session 1, \$480/Session 2, \$480/Session 3

**Adventures Away:** \$310/week

Early Bird: \$70/session

Extended Day: \$200/session (Session 3: \$180, no Ext Day Aug. 12)



Summer Adventures Phone: 781—275—1015 (July 5 - August 12 only)  
Recreation Department Phone: 781—275 – 1392



**Website:** Find information about Summer Adventures on the web. As the season approaches, [bedfordrecreation.org](http://bedfordrecreation.org) will provide detailed information about Summer Adventures including information about activities, trips and events.

# KIDS' CLUB SUMMER FUN

FLEXIBLE OPTIONS TO MEET YOUR NEEDS!

**Summer Fun Registration Opens March 15**

Open weekdays 7:00 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 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:

Bedford Baseball Camp

First Play Soccer Camp

Junior Summer Stock

Spectacular Hands On Science

Rockin' Rockets and Aerodynamics

Performing Arts Summer Program

Jedi Engineering

Summer Adventures

Jedi Master Engineering

Summer Recreation Dance Program

Membership required to utilize Kids' Club services (\$50 annual fee, complete child forms packet required, membership is good for the 2016–2017 school year for scheduled care or drop in care)

## Fees

Full Day - \$60/day

Morning (7:00 - 12:30) - \$40/day

Afternoon (12:30 - 6:00) - \$40/day

Summer Adventures (3:00–6:00) - \$30/day

**KIDS' CLUB SCHOOL YEAR 2016 - 2017 REGISTRATION OPENS MAY 1 (TENTATIVE; PLEASE CHECK WEBSITE FOR CONFIRMATION OF DATE).** This includes registration for Before School, After School, School Vacation Days/Weeks Care. Follow the Kids' Club link on the Recreation website for registration information, forms, tuition, schedules and information about the Kids' Club program.

**For more information:** 781-275-5427 or [kidsclub@bedfordma.gov](mailto:kidsclub@bedfordma.gov)

# SUMMER YOUTH PROGRAMS



## Science & Enrichment



### **ROCKIN' ROCKETS & AERODYNAMICS (Ages 7-12) with Mad Science of Greater Boston\***

Students will learn about the earliest flying machines to the first rocket flights. This week long, hands-on program for children ages 7-12 involves building many different flying devices. Newton's Laws of motion will be used to help explain how things move and how rockets fly.

Monday-Friday, July 11-July 15	<b>Fee: \$167</b>
9:00 AM-12:00 PM (*Eligible for Kids' Club Combination)	
Location: 12 Mudge Way, Room 144	Min 12/Max 20

### **SPECTACULAR HANDS-ON SCIENCE! (Entering grades 3-7)\***

Each day, children will conduct weird and wacky hands-on science experiments and they will make and take home at least 8 different projects. The scientists are fast paced and entertaining! Topics include weird motions and flying things, air and water pressure, crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. [www.topsecretscience.com](http://www.topsecretscience.com). At least 50% of the experiments will be different then last year.

Monday-Friday, June 27-July 1	<b>Fee: \$173</b>
9:00 AM-3:00 PM (*Eligible for Kids' Club Combination)	
Location: 12 Mudge Way, Room 144	Min 15/Max 25

### **JEDI ENGINEERING USING LEGO® (Ages 5-6) with Play-Well TEKologies\***

The Force Awakens in this introductory course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Monday-Friday	<b>Fee: \$150</b>
July 25-July 29	
9:00 AM-12:00 PM (*Eligible for Kids' Club Combination)	
Location: 12 Mudge Way, Room 144	Min 10/Max 24

### **JEDI MASTER ENGINEERING USING LEGO® (Ages 7-11) with Play-Well TEKologies\***

The Force Awakens in this advanced engineering course for your young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO® X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Monday-Friday	<b>Fee: \$150</b>
July 25-July 29	
1:00-4:00 PM (*Eligible for Kids' Club Combination)	
Location: 12 Mudge Way, Room 144	Min 10/Max 24

### **MINECRAFT SUMMER PROGRAM (Entering grades 2 & 3) with Jeremy Royds**

Become a Minecraft master in this fun and exciting summer program. Participants will have the opportunity to practice their Minecraft skills and build their own worlds. This program is instructed by Jeremy Royds, Davis School Librarian. Participants will build, design, create and collaborate using Minecraft.EDU's CREATIVE mode and their imaginations in the popular sandbox open world game. Be sure to bring a snack, lunch and your imagination!

Monday-Friday	<b>Fee: \$187</b>
June 27-July 1	
9:00-3:00 PM	
Davis School Computer Lab	Min 10/Max 20

# SUMMER YOUTH PROGRAMS

## Local Getaway (entering grades 7—9)

### LOCAL GETAWAY (Entering Grades 7-9)



This program is for participants already in Middle School. This is a daily (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 local activities. A detailed list of activities will be available prior to the start of each week. These are one week programs. Participants will meet at The Corner (Youth Center, 12 Mudge Way). Participants may enroll in multiple weeks.

**Monday-Friday**

**Fee: \$320/Week**

**Week 1:** July 11-July 15

**Week 4:** August 1-August 5

**Week 2:** July 18-July 22

**Week 5:** August 8-August 12

**Week 3:** July 25-July 29

**9:00 AM-3:00 PM**



## History



### ARCHAEOLOGICAL DIG AT THE JOB LANE HOUSE (Ages 10-12)

The Friends of Job Lane House (FJLH) are offering a chance for children to participate in an archaeological dig at an historic site. This is literally a hands-on approach to local history. The crew (the children) do the actual digging and learn how artifacts are classified, bagged and recorded. Some artifacts found previously are on display in the town library. Children will learn about other famous archaeological digs. The group meets rain or shine (a tent is provided). When the week is over there is a pervading team spirit of a lot of fun and good will. To quote one of the former participants, "This was the best camp ever!" The adult FJLH seek to make this activity worthy of such praise. All participants will receive a report shortly after the week is over.

Monday-Friday, July 11-July 15 (rain or shine)

**Fee: \$100**

10:00 AM-12:00 PM

Job Lane House, 295 North Road, Bedford

Maximum 10

### MINI BARN RAISING (Ages 6-12) with Tom Musco & Deb D'Amico

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



Saturday, July 30

**Fee: \$10 (due on the day of the event)**

2:00 PM

Job Lane Barn, 295 North Road, Bedford

Maximum 12

# SUMMER YOUTH PROGRAMS



## Farming



### CHIP IN FARM SUMMER PROGRAM

(Entering Grades K-5)

Join Farmer Sandy this summer to do real farm work at Chip-in farm! Participants will help Farmer Sandy in the fields, feed and tend the animals, collect the eggs & harvest crops while enjoying farm-themed crafts, stories and cooking activities. Wear your work clothes, old sneakers or boots. This program will meet rain or shine.

Tuesday-Friday, 9:00 AM-12:00 PM OR 9:00 AM-3:00 PM

Fee: \$150/Session (Half Day)

**Entering Grade 3-5:**

Fee: \$230/Session (Full Day)

Session 1: 7/5-7/8

Session 2: 7/12-7/15

**Entering Grade K-2:**

Session 1: 7/19-7/22

Session 2: 7/26-7/29

201 Hartwell Road, Bedford

Min 3/Max 8



## Dance



### SUMMER RECREATION DANCE PROGRAM (Entering Grades 2-5) with Amy Noyes

Join Miss. Amy this summer for a fun filled week of dance! We will study a variety of dance styles and techniques. Other dance related activities include choreography, props, dance games and crafts. Please bring water and a snack.

*For child care, make it a Kids Club Combo! See page 37 for information.*

Monday-Friday

Fee: \$125

June 27-July 1

11:00 AM-2:00 PM

12 Mudge Way, Union Room

Min 10/Max 18

### ZUMBA® KIDS SUMMER PROGRAM (Grades K-3) with Renae Nichols

Dance, shake, giggle, and groove in a Zumba® class just for kids! Lively routines combine music and movement into kid-friendly steps that are easy to learn and fun to perform. Each day will feature 45-60 minutes of Zumba® Kids dancing and games, followed by activities, books, and crafts that explore the countries of origin of the music and dance. Students will learn Spanish words and phrases related the studies and they will record their learning in world study journals.

Monday-Friday

Fee: \$158

August 8-August 12

9:00 AM-1:00 PM

Lane School Cafeteria

Min 8/Max 12

# SUMMER YOUTH PROGRAMS



## Performing Arts



### JUNIOR SUMMER STOCK (Entering Grades 4-9)

Director Amy Budka

This is a 4 week musical theatre production experience. Participants will work on all the different aspects of musical theatre performance—singing, dancing, character development and stage blocking. Participants 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. Occasionally some members may be asked to stay later than 1:00 PM. There are typically two performances during the final week—one in the afternoon for Summer Adventures and one on Thursday evening, August 11 for family, friends and the community.

**For child care, make it a Kids Club Combo! See page 37 for information.**

Monday-Friday, 7/18-8/12

Fee: \$495

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

John Glenn Middle School Auditorium

Maximum 30

### PERFORMING ARTS SUMMER PROGRAM (Ages 6-12)

This exciting, fun and highly charged summer program is offered for children ages 6-12. Mornings will consist of acting classes and dance classes. The acting classes involve 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 at 1:30 PM. Visit [www.performingartsprograms.biz](http://www.performingartsprograms.biz) for more information about Performing Arts Programs and to view/read teacher bios. **For child care, make it a Kids Club Combo! See page 37 for information.**

Monday-Friday, July 11-July 15

Fee: \$227

9:00 AM-2:30 PM

John Glenn Middle School Auditorium

Min 10/Max 30



## Sports



### PROFORMANCE SOCCER ACADEMY (Ages 6-14)

The PROformance Soccer ([www.PROformancesoccer.com](http://www.PROformancesoccer.com)) clinics focus on improving key fundamental soccer techniques that help maximize individual player development. Staff consists of local coaches and current professional soccer players who have extensive knowledge of soccer and the ability to teach players game-improving skills. The Bedford clinic is designed for all abilities, benefiting beginners to advanced level players. T-shirt included.

Monday-Thursday

Fee: \$161/session

**Session 1:** June 27-June 30 (7/1 rain make up)

5:00-8:00 PM

**Session 2:** August 15-August 18 (8/19 rain make up)

9:00-12:00 PM

JGMS J Field

Minimum 25

# SUMMER YOUTH PROGRAMS



## Sports



### BEDFORD BASEBALL CAMP (Ages 6-14)

Join Coach Tim French and Coach Mike Healy and their staff of high school and college baseball players for the Bedford Baseball Camp. Youth players from beginner to all-star will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make learning the game fun for all participants. Skills are applied in game situations through daily participation in authentic games. **Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.**

**Ages 6-7:** Participate in coach pitch games as they work on developing arm strength, coordination, driving the baseball and game sense.

**Ages 7-12:** Participate in playing authentic games on 60 foot diamonds. Daily instruction is focused on the development of a short, fast and well balanced technique that trains hitters to utilize the lower body to generate bat speed. Additional emphasis is placed on developing arm strength, pitching, fielding fundamentals, base running and team defense.

**Ages 12-14:** Work on skills specific to success on the 90-foot diamond. Players will develop skills in the areas of taking leads, receiving signals, pitching from the stretch, relays, cutoffs, team defense, situational hitting and game sense. Daily instruction in hitting and arm-healthy throwing is provided through practice in batting cage and participation in throwing progression drills. All drills and activities are targeted toward developmentally appropriate growth in the areas of strength, conditioning, coordination, speed, skill and team building.

*For child care, **make it a Kids Club Combo!** See page 37 for information.*

Monday-Friday 9:00 AM-11:30 AM John Glenn Middle School Fields	Participants receive a hat.
<b>Session 1: 7/11-7/15 Fee: \$185</b>	<b>Session 3: 7/25-7-29 Fee: \$185</b>
<b>Session 2: 7/18-7/22 Fee: \$185</b>	<b>Session 4: 8/1-8/5 Fee: \$185</b>
<b>Best Deal: All 4 Sessions Fee: \$465</b>	Maximum 60 per session

### BEDFORD SOFTBALL CAMP (Ages 6-14)

**NEW!** Join Tim French and his staff of college and high school baseball/softball players to improve your softball fundamentals. Youth players from beginner to all-star will practice their fundamentals through a wide array of developmentally appropriate drills and activities. **Annual physical exam and immunization history records must be submitted to the Recreation Department prior to the start of this program per BOH regulations.**

Monday-Friday 12:00 PM-2:30 PM John Glenn Middle School Fields	
<b>Session 1: 7/11-7/15 Fee: \$185</b>	<b>Session 2: 7/18-7/22 Fee: \$185 Max 60/session</b>

### BEDFORD BASKETBALL SUMMER CLINIC (Entering grades 3-8)

**With Coach Vin McGrath and BHS Varsity Team**

Join BHS Varsity Coach Vin McGrath and members of the BHS Basketball Team for a four day clinic that will include skill development, team games, and contests. The clinic will address the fundamentals of shooting, dribbling, passing, rebounding and defending. Participants will have fun running through drills with the Bedford Varsity Basketball Players. All proceeds will go to the Bedford High School Boys Basketball program.

Monday-Thursday <b>Session 1: June 27-June 30</b> <b>Session 2: August 8-August 11</b> 9:00 AM-12:30 PM Lane Elementary School	<b>Fee: \$155/session</b>    Min 15/Max 50
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# SUMMER YOUTH PROGRAMS



## Sports



### KA YOUTH TENNIS

Learn the sport of tennis from Kyle Anderson, a PTR and USTA certified instructor with 19 years full time instructing experience. All lessons will be taught by Kyle Anderson and his 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. **All lessons take place at the High School Tennis Courts.** Session 1 & 2 have a maximum number of 16 participants.

Monday-Thursday (Friday, rain make up)

Session 1: Tuesday-Friday

**Ages 5-6:** 8:30-9:05 AM (Max 12)

**Fee: \$50/session**

**Ages 7-9:** 9:15-10:15 Am (Max 12)

**Fee: \$79/session**

**Ages 10-14:** 10:15-11:45 AM (Max 12)

**Fee: \$117/session**

**S1: 6/21-6/24\*** **S4: 7/11-7/14** **S7: 8/1-8/4**

**S2: 6/27-6/30** **S5: 7/18-7/21** **S8: 8/8-8/11**

**S3: 7/5-7/8\*** **S6: 7/25-7/28** **S9: 8/15-8/18**

**\*Tues.—Fri.**

**WEEKNIGHT LESSONS:** Lessons held Mondays, Wednesdays and Thursdays. Fridays are reserved for make up classes. **Lessons will take place at the High School Tennis Courts.**

Monday, Wednesday, Thursday (Friday, rain make up)

**Ages 5-6:** 5:00-5:45 PM (Max 10)

**Fee: \$44/session**

**Ages 7-9:** 6:00-7:00 PM (Max 10)

**Fee: \$61/session**

**Ages 10-14:** 7:15-8:30 PM (Max 10)

**Fee: \$87/session**

**S1: 6/20, 6/22, 6/23** **S4: 7/18, 7/20, 7/21**

**S2: 6/27, 6/29, 6/30** **S5: 7/25, 7/27, 7/28**

**S3: 7/11, 7/13, 7/14** **S6: 8/1, 8/3, 8/4**

**SATURDAY LESSONS:** This seven week program is designed to improve all aspects of the game by working on mechanics and rallying skills. Intended to introduce younger players to the fundamentals of strokes. Further attention is given to the serve and point strategy in the 10-14 year old group. Hands on approach as well as fun games make this class effective for all ages. **Lessons will take place at the High School Tennis Courts.**

Saturdays, June 25-August 6 (no class 7/2). 6 weeks.

**Ages 5-6:** 8:30-9:05 (Max 12)

**Fee: \$69**

**Ages 7-9:** 9:15-10:15 (Max 12)

**Fee: \$117**

**Ages 10-14:** 10:30-12:00 (Max12)

**Fee: \$176**

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

Join Coach John Carroll, NBA & award winning college coach, and the All-Star Basketball staff of high school and college coaches and players for 4 days of basketball games, shooting contests and fun! Program includes individual attention aimed at improving skills such as dribbling, ball handling, shooting and passing. Program staff stresses the importance of commitment and dedication to reaching a goal and the importance of teamwork, fair play and sportsmanship in any endeavor.

Tuesday-Friday , 9:00AM - 3:00PM

**Fee: \$224**

**Session 1: July 11—July 14**

**Session 2: August 15-August 18**

Davis School Gym

# SUMMER YOUTH PROGRAMS

## Sports

### THUNDERCAT KIDDIE CAT JAM

Soccer will be played every day. Other sports and games will include t-ball, basketball, softee hockey, balloon ball, kick ball, Finding Nemo, Sponge Bob Tag, Shark Attach, 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 each participant receives a t-shirt. Participants should bring a water bottle, snack, and apply sunscreen before arriving. Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations. [www.thundercatsports.com](http://www.thundercatsports.com)

<b>Session 1:</b> Monday, June 27-Friday, July 1 9:00-12:00 PM	Fee: \$157
<b>Session 2:</b> Tuesday, July 5-Friday, July 8 9:00-12:00 PM Davis School Fields & Gym	Fee: \$132
Min 10/Max 20	

### THUNDERCAT BASKETBALL (Entering Grades 1-6)

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 NCAA tournament at the end of the program add to the excitement! Program is coed, and each participant receives a t-shirt and a certificate of achievement. Participants should bring a water bottle, snack, lunch and apply sunscreen before arriving. For more information please visit [www.thundercatsports.com](http://www.thundercatsports.com). Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday July 25-July 29 9:00 AM-3:00 PM Davis School Gym	Fee: \$195
Min 10/Max 20	

### THUNDERCAT DODGEBALL & SPORTS (Entering Grades 1-6)

Have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program consists of different dodge ball related games such as: Doctor, Bombardment, Jail Break and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is coed, and each participant receives a t-shirt and a certificate of achievement. Participants should bring a water bottle, snack, lunch (and apply sunscreen before arriving. [www.thundercatsports.com](http://www.thundercatsports.com). Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday August 1-August 5 9:00 AM-3:00 PM Davis School Fields & Gym	Fee: \$195
Min 10/Max 20	

# SUMMER YOUTH PROGRAMS

## Sports

### FIRST PLAY SOCCER (Ages 7-12) with USA Sport Group

Participants will take part in our World Cup tournament, with players facing off against each other in daily soccer scrimmages. The goal is to develop an understanding of the game and experience the excitement of soccer through the freedom of play. This approach to competition is designed to ensure that each player contributes toward a positive camp experience every day of the week! USA's Soccer Camp is perfect for players of all levels. Players are grouped based on age and ability levels, enabling players to experience the excitement of soccer through the concepts of free play, self-expression and creative imagination by playing with players of like abilities.

**Make it a Kids Club Combo! See page 37 for information.**

Monday-Friday, August 8-August 12

Fee: \$158

9:00-1:00 PM

John Glenn Middle School Fields, 99 McMahon Road Min 16/Max 40

### F.A.S.T. ATHLETICS MULTISPORTS SUMMER PROGRAM (Ages 7-12)

F.A.S.T. Athletics brings its multisport summer program to Bedford! This program offers a variety of sports such as: soccer, basketball, pillo polo, dodge ball, world cup soccer and kickball the sports go on. Tournaments and exciting games will be played all week long!!! Annual physical exam and immunization history records must be submitted to the Recreation Office prior to the start of this program per BOH regulations.

Monday-Friday

Full Day: 9:00-3:00 PM

1/2 Day: 9:00-12:00 PM

Session 1: Monday, July 11-Friday, July 15

Session 2: Monday, July 18-Friday, July 22

Lane School Gym and Fields

Fee: \$114/Session

Fee: \$148/Session

Min 8/Max 30



### ARCHERY THIS SUMMER (Ages 10-15) with On the Mark Archery

Join the staff of On the Mark Archery this summer for an introduction to one of the world's oldest sports. Traditional recurve archery is a fun and relaxing activity at which ANYONE can succeed with a little patience and concentration. 'Learn by playing' philosophy integrates skills and technique through the use of games to help measure an individual's progress. Classes taught by certified USA Archery and National Field Archery Association (NFAA) instructors. All equipment is provided.

Monday-Thursday

July 25-July 28 (Rain date: Friday, 7/29)

6:15-7:15 PM

BHS B Field

Fee: \$100

Min 10/Max 16

# SUMMER YOUTH PROGRAMS

## Sports

### BARRIE BRUCE GOLF SCHOOL

Learn golf with Barrie Bruce! These summer clinics are an hour and a half and perfect for both beginning juniors and those who want to develop better golf skills. Clinics cover safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. Students will be playing in age-related groups.



Monday-Friday

Fee: \$119/Session

**Session 1: June 20-June 24 (8:00-9:30 AM)**

**Session 2: July 11-July 15 (9:30-11:00 AM)**

**Session 3: August 1-August 5 (9:30-11:00 AM)**

**Session 4: August 22-August 26 (9:30-11:00 AM)**

51 Baldwin Road, Billerica, MA 01821

### GYMNASTICS & CREATIVE PLAY (ages 2-5) with Jennifer McGrath & Dotty Martin

Children will have a blast as Jennifer and Dotty have them running, jumping and moving! They will climb the highest mountain in Bedford and search for the lost bears from the Teddy Bear Picnic! Parents are required to stay and play in the 2-3 year old class.

Tuesdays, 6/28-8/2 6 Weeks

Fee: \$91

2-3 Year Olds: 9:00-9:40 AM (Parent participation required)

3-5 Year Olds: 9:45-10:25 AM (Drop Off)

First Church of Christ, 25 Great Road

Min 5/Max 12

## Dance Fall 2016– Spring 2017 (K-Gr 12)

with Amy Noyes

Registration for Dance 2016-2017 opens May 9, 2016. Classes will begin September 12 & 13. The deadline to register is August 19 or when classes fill. Classes fill quickly, so please register early. An additional costume fee for the recital will be charged (approximately \$75) in December or January. A recital will be held on Friday night in May. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays or school vacation weeks.

### MONDAY CLASSES

3:45-4:45	Grade 2 & 3	Ballet, Tap & Jazz (Max 15)	Fee: \$239
4:45-5:30	Grade 4 & 5	Hip Hop & Lyrical (Max 15)	Fee: \$181
5:30-6:15	Grade 6-8	Hip Hop & Lyrical (Max 15)	Fee: \$181
6:15-7:00	Grade 9-12	Hip Hop & Lyrical (Max 15)	Fee: \$181

### TUESDAY CLASSES

3:45-4:30	Grade K	Ballet & Tap (Max 10)	Fee: \$230
4:30-5:30	Grade 1	Ballet, Tap & Jazz (Max 15)	Fee: \$265
5:30-6:30	Grade 2 & 3	Ballet, Tap & Jazz (Max 15)	Fee: \$265
6:30-7:15	Grade 4 & 5	Hip Hop & Lyrical (Max 15)	Fee: \$200
7:15-8:00	Grade 6-8	Hip Hop & Lyrical (Max 15)	Fee: \$200



**BEDFORD RECREATION REGISTRATION FORM**

FAX: 781.687.6156

<b>Name:</b>	<b>Grade Fall 2016:</b>	<b>Sex:</b>	<b>D.O.B:</b>	<b>Home Phone:</b>
<b>Address:</b>			<b>Email:</b>	
<b>Cell Phone:</b>			<b>Work Phone:</b>	
<b>Cell Phone Provider:</b>			<b>Sign up for e-news? YES or NO</b> (Email re: Recreation updates)	
<b>For minor participants:</b> <b>Mother's Name:</b>	<b>For minor participants:</b> <b>Father's Name:</b>		<b>For all participants:</b> <b>Emergency Contact Name:</b>	
<b>Work Phone:</b>	<b>Work Phone:</b>		<b>Phone:</b>	
<b>Cell Phone:</b>	<b>Cell Phone:</b>		<b>Relationship:</b>	
<b>Email:</b>	<b>Email:</b>			
<b>Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?</b>				
Child's Soccer Shirt # if applicable: _____			Optional: Parent Volunteer to Coach/Chaperone? _____	

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

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

MC, VISA, AmEx, Discover #: _____	Exp Date _____
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Authorized Charge Card Signature \_\_\_\_\_

Are you applying for Financial Assistance? (please note application procedures in brochure) \_\_\_\_\_

I, the undersigned (participant, mother, father/legal guardian of \_\_\_\_\_, a minor, do hereby consent to my, his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of 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 or as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

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

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

**Additional forms @[www.bedfordrecreation.org](http://www.bedfordrecreation.org) or photocopy.**

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

Standard Mail  
Postage Paid  
Permit 42  
Bedford MA 01730

**RESIDENTIAL  
POSTAL CUSTOMER  
BEDFORD MA 01730**

**NEW! Springs Brook Park open to Bedford Residents and Members ONLY!**



**ALSO NEW IN 2016... Toddler Playground, Beach  
Shade Structures, In-Pond Spray Features.**

*Watch for Springs Brook Park  
Brochure in mid-April*

**EXPERIENCE THE AREA'S BEST SUMMER PARK!**

- Wooded/shaded picnic grove with tables and grills
- Concession stand
- Spray park
- Elementary playground
- Toddler playground
- Sand volleyball court
- Half court basketball court
- Wall ball
- Entertainment and Planned Activities
- Full Restrooms
- Miniature Golf
- Tetherball
- Sand beach (bring beach toys!)
- Shade structures
- Zero depth entry, shallow pond with spray features
- Water slide
- Outdoor rinsing showers
- Red Cross swim lessons
- Gaga ball pit

Front Cover Photo Credit: *Delaney Gembis*

Delaney is a Sophomore at Westfield State University majoring in Corporate Communications. She has a passion for photography and she is the photography editor for her college newspaper.



Check us out on Facebook; follow us on Twitter @BedfordRecMa