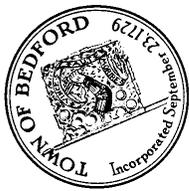


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Bedford Youth and Family Services
Town Center
12 Mudge Way
Bedford, MA 01730



Bedford Youth and Family Services
In partnership with John Glenn Middle
School
is Proud to Present the
Winter 2014

After School Program



**Most Programs begin the week of
January 6th, 2014
Deadline for Registration is
December 20th, 2013**

**Unless specified
all offerings at JGMS
end in time for the late bus.**

**Refunds only if a class is cancelled due to
low enrollment.**

**For more info call Jessica Wildfong at
Youth and Family Services
(781) 275-7727 ext. 262
or e-mail
jessicaw@bedfordma.gov**

Monday

Fitness Room After School

Want to work out and get in shape this Winter? Stay after school and workout in the fitness room on the cardio equipment and weights with Mr. Newton. Create your own program or he will create one for you. Some days we will have organized instruction and other days will just be free workouts...we will discuss on the first day. Bring your own appropriate CDs and we will listen as we work out. Come get in shape and have fun with Mr. Newton!

Instructor: Justin Newton

Meets on 1/6, 1/13, 1/27, 2/3, 2/10 & 2/24 from 2:30-3:30 p.m.

Location: JGMS Fitness Room Fee: \$35

Tuesday

Girl Talk

High School Girls Mentoring Middle School Girls

Come hang out with us and talk about... whatever is on your mind! Enjoy the company of other girls while we talk about important subjects with you and have snacks! You and your friends will have tons of fun so come to our meetings!

Advisors: Wendy Tanahashi-Works & Maureen McDermott

Meets on 1/7, 1/14, 1/21, 1/28, 2/4 & 2/11 from 2:40-3:40 p.m.

Location: JGMS Café Fee: \$35

Thursday

Yoga for the Middle School Mind and Body

Do you want to have a more centered, relaxed, and healthy mind and body? Come to this gentle yoga class on Thursday afternoons to exercise all parts of you. We will work on breathing, stretching, holding poses, balance, and relaxation. Hope to see you on Thursdays.

Instructor: Nicole d'Entremont

Meets on 1/9, 1/16, 1/23, 1/30, 2/6 & 2/13 from 2:30-3:30 p.m.

Location: A205 Fee: \$35

Special One-Time Workshop!

Parents responsible for transportation home at 3:00 p.m.

Introduction to CPR

This American Heart Association course with mannequin practice is the ideal basic CPR course for students who want to learn CPR but do not need course completion cards. Includes adult hands only, children and infant CPR, choking, and adult AED (automatic defibrillator).

Please bring a small towel or blanket to kneel on.

Instructor: Anita Anzuoni, RN

Meets on Wednesday 1/8 from 1:00-3:00 p.m.

Location: JGMS Café Fee: \$35

Special Program

NOTE DIFFERENT TIME, AND LOCATION

Parents responsible for transportation home at 3:00 p.m.

Shooting & Editing for TV

This seriously fun course teaches first time students the basics of video production. This class will introduce you to some important shooting techniques. We will show you how to get your footage onto the computer and then begin the process of editing, which includes adding titles, transitions, and music. You will also learn about compression techniques and file formats needed for uploading video to the web.

Instructor: Greg Dolan

Meets on Wednesdays for 4 weeks from 1:00-3:00 p.m.

Location: BTV Studio, 16 South Road, Second Floor

Meets on 1/15, 1/22, 1/29 & 2/5 Fee: \$60

REGISTRATION FORM

Winter 2014 After School Program

Please make check out to TOWN OF BEDFORD and mail to: Jessica Wildfong, Bedford Youth and Family Services, 12 Mudge Way, Bedford, MA 01730. Questions? Call Jessica Wildfong (781) 275-7727 ext 262 or e-mail jessicaw@bedfordma.gov

IF YOU REGISTER FOR A CLASS PLEASE MAKE SURE TO NOTE IT DOWN ON YOUR CALENDAR.

WE WILL ONLY CONTACT YOU IF A CLASS IS FULL OR CANCELLED DUE TO LOW ENROLLMENT.

Name of Child: _____ Age: _____

Name of Parent/Guardian: _____

Phone number: _____

Address: _____

Email address: _____

Emergency contact name: _____

Emergency contact number: _____

Activity	Day	Fee

Total tuition included: _____

Your paid registration form secures your child a space if the class runs.

How will child get home from after school program?

Allergies/anything else of importance:

I, the undersigned (parent/legal guardian) of the minor child registered above, do hereby consent to his/her participation in the Town of Bedford After School Program (the Program) run by Bedford Youth & Family Services in conjunction with John Glenn Middle School and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford and all its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the Program, wherever it occurs, which I may now or hereafter have as the parents of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Program. I understand that this release is required for my child to participate in the Program.

Parent/Guardian signature _____

Date _____

PLEASE REGISTER BY DECEMBER 20TH 2013