



BEDFORD RECREATION WINTER ACTIVITIES



BEDFORD RECREATION DEPARTMENT

12 MUDGE WAY

BEDFORD MA 01730

Hours: Monday - Friday, 9:00 AM - 4:00 PM

Phone: 781-275-1392

Fax: 781-687-6156

*Registration dates will be posted on the web-
site: www.bedfordrecreation.org*

*Please note online registration opens
@midnight*



REGISTRATION INFORMATION

Waivers are required for all Recreation Department Programs

PLEASE NOTE: Online registration opens at midnight

Unless otherwise specified, Recreation Registration Procedure is as follows:

***MAIL** (check payable to "Town of Bedford," MC or VISA #); ***FAX** (W/MC OR VISA #); ***IN PERSON**; ***ONLINE**. All registration is limited. Please use forms in this brochure. Receipts will be mailed. Wait list status will be indicated on receipts if the session you choose is full. Classes will NOT be prorated.

TO REGISTER ONLINE

www.bedfordrecreation.org, to "Register Online" link. Pay with a credit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online). Write down your customer info for future online transactions. Call us if you forget it next time! **NOTE to 1st time users: account holder must be an adult**, do not set up acct. using child's name and info. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION

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

REFUND/CANCELLATION PROCEDURES

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

DEPARTMENT GENERAL INFORMATION

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

KIDS' CLUB: JOIN THE FUN!!!!

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

Housed in the brick wing of the Town Center Building at 12 Mudge Way (beside the Recreation Office), KIDS' CLUB is a great place for kids to spend time when not in school. Children enjoy selecting activities from a variety of structured and unstructured options both inside and outdoors. KIDS' CLUB staff members incorporate learning in fun and relevant activities, keeping in mind the developmental needs of the children and the Massachusetts Frameworks for Education. For more information regarding programming, fees and registration:

Nancy Cormier, KIDS' CLUB Director

Kate Farrell, Department Assistant

781-275-5427, kidsclub@bedfordma.gov

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

KIDS' CLUB

TREE LIGHTING

BEDFORD COMMON: Tuesday, Dec. 10, 2013

Join family and friends as we gather together for one of Bedford's traditions, the annual Tree Lighting.

At 6:15, Recreation Kids' Club Staff will delight the children with stories of the season in the First Parish Church on the Common.

At 6:45, gather on the Town Common in preparation of the grand count down and enjoy the music of Tree Lighting quartet "The Bedford Four." At 7:00 p.m. Citizen of the Year Ralph Hammond will do the honor of turning on the lights when the count reaches "one."



Once the Common is aglow, a special visitor from the North Pole will arrive atop a shiny red fire engine with candy cane treats and wishes for a very special holiday season.

As the evening winds down and everyone heads home, the holiday lights will continue to shine into the New Year.

FAMILY EVENTS

GUIDED SNOWSHOE HIKE w/ Still River Outfitters

Get out and enjoy some winter fun at beautiful scenic locations. Snowshoeing is a great way to enjoy winter, get some fresh air, and stay active. We will take a mid-trip break for delicious baked goodies and hot chocolate or cider. Snowshoeing equipment is provided along with a professional, experienced guide to help get you going. Trips are designed to run whether or not there is snow; we will plan to hike instead. Trips run 2 – 3 hours depending on conditions and group. No experience necessary. Ages 10+. Hike will leave from Vietnam Veterans Park in Billerica (directions/address will be sent to you). **Sunday, January 19, 2:00-5:00pm. (min 1/max 4)** **Fee: \$57**

See the Adult Section for these programs:

FRIENDS AND FAMILY CPR w/ Anita Anzuoni

SILK HOOP PAINTING w/ artists of Let's Gogh Art (ages 8-adult)

PAINT AND PRESS w/ artists of Let's Gogh Art (all ages)

RECREATION INFO

SUMMER CONCERT SUBMISSIONS

The Bedford Recreation Department will be auditioning bands for the Bedford Summer Concert Series via demo tape/cd/internet. The concerts are held Thursdays in July from 7:00 p.m. – 9:00 p.m. If you are a band or musical group and would like to be considered, please send a demo tape, CD, or web link to the Bedford Recreation Dep't, 12 Mudge Way, Bedford MA 01730. Please include the name of the band, contact person (name, address, phone, e-mail), number of persons in band and **cost of performance.** All demos and required information must be submitted prior to 1/17/2014.

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets purchased at Bedford Rec. cost \$7.00 (regular price \$10.50). Tickets are valid after the first two weeks of a new release. They do not expire and they can be used at all AMC/Lowes Theaters.

HAVE AN IDEA OR A REQUEST??

We would like to know...

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

Adult Program Contact: Raeann Gembis: 781-275-1392 ext. 355

rgembis@bedfordma.gov

Assistant Recreation Director: Nick Cacciolfi: 781-275-1392 ext. 343

nickc@bedfordma.gov

SIGN UP FOR RECREATION E-NEWS!

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

If you would like to be kept apprised of happenings at the Recreation Department, please enroll today. Your e-mail address will not be shared nor will it be used for any purpose other than Recreation E-NEWS. To enroll, add "E-NEWS" to your registration form, enroll online at www.bedfordrecreation.org (this is listed in the "Special Events" category), or call the Recreation office at 781-275-1392. ***Please only register once for e-news!***

ADULT PROGRAMS

Registration for Adult Classes opens **December 2, 2013**

12 Mudge Way



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

Information such as the **directions** to an off-site activity, **materials lists** and **Instructor Biography** information is available on the website if you would like to learn more about the people teaching our classes (www.bedfordrecreation.org) can be found on our website and at the Recreation Dept.

SPECIAL GIFT IDEA!

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

PERSONAL INTEREST CLASSES & WORKSHOPS

REPORTING FOR NEWS SITES OR BLOGS w/ the Volunteer Staff of The Bedford Citizen

Learn how to write a clear, accurate and engaging story for web or print. Get tips on how to formulate your lead, organize information, check for accuracy and turn your article into an interesting story. Students are encouraged to submit their work to The Bedford Citizen for online publication (thebedfordcitizen.com). Age 16+

Wed. 1/8 – 1/22, 7:30-9:00pm (3wks) Class held at 12 Mudge Way, Rm 144. (min 4/max 15)

Fee: \$25

SUCCESSFUL NEGOTIATING w/ Lynnette Hartwig

Negotiating with tradesmen is part of your life. Successful negotiating works with all estimators: handyman, roofer, kitchen remodeler, landscaper or general contractor, to name a few. Negotiating in a way that fosters respect, prevents overcharging and improves the odds of a good outcome means less stress for you. This workshop covers preparation for the initial call or visit and what to say in the first few minutes to ensure you get the lowest and best price. Learn about the three things businesses value more than money, and how to use them to get a lower price, plus how to handle callbacks and warranty work for the best outcome. The presenter and author of "Negotiating When Money Matters" will help with specific situations on request. Book available that evening \$21 (payable that evening to the instructor)

Tuesday, Feb 4, 7:00-9:00pm (min 5/max 15). Class held at 12 Mudge Way, Rm 144.

Fee: \$25

CAR SHOPPING - USING TODAY'S TECHNOLOGY w/ Lynnette Hartwig

Everything you need to research, select and negotiate before purchasing a car today. Be forewarned and forearmed when buying a car from a dealership; do your homework! Attendees should bring a phone or tablet with a data plan, because we will be researching and bookmarking in real time. Your phone will be your primary negotiating tool at the dealership. Whether you are 16 or 66, today's car market is all that matters, not how it worked in the past.

Copies of Lynette's book "Getting the Best Price on a Used Car" will be available to purchase at class (\$6). Age 16+

Wednesday, Feb. 12, 7:00-8:30pm (min 5/max 15). Class held at 12 Mudge Way, Rm 144.

Fee: \$25

WHAT EVERY ELEMENTARY SCHOOL PARENT SHOULD KNOW w/ Renae Nichols

Why is the elementary curriculum and instruction so different from the way it was when I was in school? What do I do if my child says the work is too easy or too hard? Should I help my child with his homework? What do these test scores mean? How can I help my child become more responsible and independent? When is the right time to discuss my child's progress? This seminar is designed to answer these questions and many more regarding the development and learning that take place in today's elementary school classrooms. Bring your questions. I'll have answers.

Monday, Jan. 27, 7:00-9:00pm. (min 4/max 15) Class held at 12 Mudge Way, Rm 139.

Fee: \$20

FRENCH PASTRY MADE EASY w/ Jeannette Pothier, chef

Did you take a trip to France and enjoy the most buttery pastry? Jeannette studied in Aix-en-Provence, traveled throughout France, and taught Classic French Pastry Making at Modern Gourmet in Newton, Mass. See how easy pastry is to make in a 2 hour hands on class. We will learn the technique of an open apple custard tarte, cream puffs known as choux a la crème, and madeleines. Bring your apron, a rolling pin, small knife, and be ready to have fun.

Tuesday, January 21, 7:00-9:00pm (min 4/max 10). Class held at 12 Mudge Way, Rm 149.

Fee: \$23 (Plus material cost of \$8; please pay instructor the materials fee that night.)

ADULT PROGRAMS

JAMS AND JELLY! w/ Jeannette Pothier, Chef

Have you ever wished you could make the jam your grandmother used to make? Well you can. But you may think how much fun will it be making this batch of jam? We will teach the entire process of jam and jellies and you will take some home. It makes a great hostess gift or any day gift. Jeannette learned to make jam and then by making jams and jellies raised money for the Job Lane Barn. We will bake a batch of scones so you can taste the jam you make. Just bring an apron, and be ready to get to work. (min 4/max 8). **Tuesday**, February 11, 7:00-9:00pm. Class held at 12 Mudge Way, Rm 149. **Fee: \$23** (Plus material cost of \$5; please pay materials fee to the instructor that night.)

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

Would you like to listen to music, read e-books, watch movies or find a good restaurant using your iPad? We will demonstrate how you can do all that and more with some popular apps that you can use for productivity and entertainment. You will also learn some tips and shortcuts for using and personalizing your iPad. The class will assume that students have only a basic familiarity with using an iPad. Please bring your own iPad with you to class.

Tuesday, Feb. 4, 6:30-8:30pm, (min 3/max 8)

Fee: \$42.

Class held at Complex IT, 9 Meriam St. Suite 1, Lexington. Downstairs, no elevator access.

UNDERSTAND YOUR HOME NETWORK w/ Steve Iverson, of Complex IT

What is a network?...It's a group of computers and other devices that can communicate with each other, and chances are you have one in your home. This class will teach you the basics of home networks. We will talk about routers, modems, switches, wireless access points, and the basics of TCP/IP, the addressing scheme for devices on networks overall, enough information to help you perform basic troubleshooting when something is not working right on your home network. Don't be at the mercy of your Internet Service Provider's phone support! The class assumes no previous knowledge of networking. Appropriate for both Windows and Mac users.

Thursday, Feb. 6, 6:30-8:30pm, (min 3/max 8)

Fee: \$42

Class held at Complex IT, 9 Meriam St. Suite 1, Lexington. Downstairs, no elevator access.

SIX INTRIGUING MUSEUMS w/Mary Hurley

Visit 6 "off the beaten track" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience. After registering, email MaryHurley@comcast.net to receive a list of meeting places and directions. Museum admission is an additional fee each week.

Wed, 9:30-1:30, 2/12-3/26 (no class 2/19) 6wks (max 6)

Fee: \$75

GET READY FOR SPRING GARDENING! w/ Peter Coppola, Master Gardener

All 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!

Saturday, March 8, 9:00am-12noon (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!

Saturday, March 15, 9:00am-12noon, (min 5/max 10)

Fee: \$25

THE REAL DIRT ON GARDENING: Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance. (min 5/ max 10). **Sundays**, 3:00-4:45pm, 3/23 – 5/18 (no class 4/20). 8wks

Fee: \$70

ADULT PROGRAMS

PREPARING YOUR ESTATE PLAN

Presented by Britton Wilson, Financial Advisor at Edward Jones Investments and Eric Prichard, Attorney, Brown & Brown, P.C.

Preparing Your Estate Plan is a seminar designed to help people better understand the basics of Estate Planning so they can choose options that make the most sense for their specific situations. Among the topics to be covered are Wills, Trusts, Beneficiary Designations and Important Tax Information. (min 3/max 20)

Thursday, Jan 30, 6:30-7:30pm. Held at 12 Mudge Way, Rm 139.

\$10 Rec. Dept' Adm. Fee/family.

HEARTSAVER CPR/AED (Adult and Pediatric) w/ Anita Anzuoni, RN

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

Saturday, Feb. 1, 9:00am- 12noon (min 4/max 16)

Fee: \$45

FRIENDS AND FAMILY CPR w/ Anita Anzuoni, RN

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

Saturday, Jan. 25, 9:00am-12 noon (min 4/max 16). Class held in the High School Cafeteria.

Fee: \$30

CREATIVE CLASSES

A TASTE OF BLACKSMITHING w/ Carl West, Prospect Hill Forge

The discovery of iron and how to work it changed human history. Tools, weapons, and daily life have not been the same since. Here is your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending and twisting. Using these techniques and a coal-fired forge, you will heat a piece of iron to brilliant incandescence and with anvil, hammer, and tongs create a decorative and useful 'S'-hook. (min 3/max 8). Age 15+ may register for this adult class with a parent.

Option 1: Sun. 1/26, 6:30-9:30pm

Fee: \$60

Option 2: Sat. 2/8, 2:00-5:00pm

Fee: \$60

Option 3: Thurs. 3/6, 6:30-9:30pm

Fee: \$60

Classes held at *Prospect Hill Forge*, 38 Guinan. St. Waltham

Information on directions, safety, attire and other information will be available at www.prospecthillforge.com

LEARN TO KNIT BASIC w/ Caroline Larson

Students will learn basic stitches and graduate to more complex knitting by knitting different pattern squares for a blanket. Each student can make her/his (yes, men can knit too) own blanket to keep or contribute to a class Linus Blanket to be delivered to a pediatric patient at Emerson Hospital. Bring size 8 knitting needles, 10 or 14 inch. Yarn will be provided for the first class. Beginner to Intermediate knitters are all welcome. Caroline is a 35 year Bedford resident; she has been addicted to knitting for more than 40 years. She knits while watching TV, waiting at appointments and riding the subway...although she does not knit while driving, she does knit as a passenger, even in the dark. (min 4/max 6) 8wks. Age 16+ or Ages 14-15 with a parent.

Wed., 6:30-7:30 pm, 1/22-3/19 (no class 2/19). Class held at 12 Mudge Way, Rm 139.

Fee: \$110

NEXT STEP KNITTERS w/ Caroline Larson

For those who have taken Caroline's Learn to Knit Basic class or who are advanced knitters, continue to expand your knitting expertise with a project of your choice. Bring your own project, needles and yarn. Patterns offered include baby sweaters – pullover, hoodie or cardigan, fingerless mittens, lacey scarf, cable purse, cable and lace hat. (min 4/max 6).

Wed., 7:00-8:00pm, 1/22-3/19 (8 wks; no class 2/19). Class held at 12 Mudge Way, Rm 139..

Fee: \$110

SILK HOOP PAINTING w/ artists of Let's Gogh Art

Learn about the art of Japanese and Chinese silk painting. Using silk dyes and silk stretched on hoops, the designs and possibilities are endless. The result: a beautiful wall or window hanging. Absolutely gorgeous and relaxing. Silk paints are beautiful and enjoyable to work with. It is hard to get people to leave this workshop. Once you try it, you are hooked. Ages 8+ (under 14 must be accompanied by an adult) min 10/max 30

Saturday, February 8, 11:00-12:00noon Lane School Cafeteria.

Fee: \$18

ADULT PROGRAMS

PAINT AND PRESS w/ artists of Let's Gogh Art

Create instant, wearable art! How cool is this? Everyone can create a painted masterpiece and then, with our special press, within minutes we transfer the masterpiece onto a t-shirt. The vibrant colors are colorfast and washable. Fabulous fun for all ages! Under age 14 must be accompanied by an adult)

Saturday, January 25, 11:00-12:00noon..(min 10/max 30)Lane School Cafeteria.

Fee: \$18

WATERCOLOR STUDIO WORKSHOP w/ Cynthia Durost

Explore the many dimensions of watercolor, wet-on-wet, wet-on-dry, transparency and opaqueness. Spontaneity, imagination and interpretation will be combined with techniques of composition, line, value, and perspective. A range of subject from still life to landscape will be the focus of each workshop. All skill levels welcome! Materials list available in the Recreation Office and at www.bedfordrecreation.org

Mon. 1:00-3:00pm, 1/13-3/3 (6 wks, no class 1/20, 2/17). Classes held at CarlisleTown Hall, 66 Westford St. **Fee: \$115**

EXERCISE, FITNESS AND DANCE

BODYJAM ~ BODYPUMP ~ BODYFLOW

w/ Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

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

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

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

BODYJAM SCHEDULE: 11 week session 1/4 – 3/23
Tues. 7:00-8:00PM, High School Gym D (2/18 at Callahans)
Thurs. 7:00-8:00PM, High School Gym D (2/20 at Callahans)
(note 2/13 class will run 7:15-8:15pm)
Fri. 9:20-10:20AM, 12 Mudge Way, Union Rm
Sat. 10:15-11:15AM, Callahans

BODYPUMP SCHEDULE: 11 week session 1/4 – 3/23
Mon. 9:20-10:20AM, Callahans (no 1/20, 2/17)
Mon. 6:30-7:30PM, Callahans
Wed. 9:20-10:20AM, Callahans
Wed. 6:30-7:30PM, Callahans
Sat. 8:00-9:00AM, Callahans
Sat. 9:00-10:00AM, Callahans

BODYFLOW SCHEDULE: 11 week session 1/4 – 3/23
Wed. 7:30-8:30PM, Callahans
Thurs. 9:20-10:20AM, Callahans
Sun. 10:00-11:00AM, Callahans

Callahan's Karate Studio address: 20 North Rd.

For more information visit website:

www.kamatefitness.com

- BodyJam only: **Fee: \$180**
- BodyFlow only: **Fee: \$170**
- BodyPump only: **Fee: \$200**
- BodyJam & BodyPump: **Fee: \$216**
- BodyJam & BodyFlow: **Fee: \$208**
- BodyPump & BodyFlow: **Fee: \$216**
- All 3 programs: Pump/Jam/Flow **Fee: \$232**

Discounted Fee Format! This format offers flexibility to attend classes at your convenience. The more classes you attend, the more cost effective the program is. Options average \$14 to \$19 per week, a great value and good for you!

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

ADULT PROGRAMS

ZUMBA® DANCE-FITNESS w/ Sharon Pugatch

Get fit, have fun and leave the world behind. Zumba Fitness is a Latin- inspired, dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers and contagious steps to form a “fitness-party” that is downright addictive. This is a one hour calorie-burning, body-energizing work out – meant to engage your whole body while having fun. The routines are designed to give you interval training by combining fast and slow rhythms that tone and sculpt your body while burning fat. No dance experience necessary; all fitness levels welcome. (min 7/max 25) Please wear comfortable clothes and sneakers, bring water and a towel. More info: <http://sharonpugatch.Zumba.com>
Age 16+/age 13+ with a parent. If you miss a class, you may take another Zumba class during the week.

Mon. 11:00-12:00am, 1/6-3/24 (10 wks, no class 1/20, 2/17). Class held at 12 Mudge Way, Union Room. **Fee: \$115**

Mon. 6:10-7:10pm, 1/6-3/24 (10 wks, no class 1/20, 2/17). Class held in the High School Dance Studio. **Fee: \$115**

Wed. 5:40 – 6:40pm, 1/8-3/19 (10 wks, no class 2/19). Class held at 12 Mudge Way, Union Rm. **Fee \$115**

ZUMBA® w/ Renae Nichols

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

Sat. 10:00-10:45am, 1/4 – 3/1 (8 wks, no class 2/22). Class held in H.S. Dance Studio (min 6/max 25). **Fee: \$70**

Thurs. 9:30-10:30am, 1/16-3/20 (9 wks, no class 2/20). Class at 12 Mudge Way, Union Rm (min 6/max25) **Fee: \$90**

Free Trial Class: Thurs. 1/9, 9:30am (Please register online or call for trial class)

HATHA YOGA w/ Bonnie McCulloch

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

Tues. 9:30-10:30am, 1/7-3/11 (9 wks, no class 2/18). Classes held at 12 Mudge Way, Union Rm. **Fee: \$113**

Wed. 7:00-8:00pm, 1/8-3/12 (9 wks, no class 2/19). Classes held at 12 Mudge Way, Union Rm. **Fee: \$113**

Fri. 9:30-10:30am, 1/10-3/21 (8 wks, no class 1/17,2/21, 3/14). Class held at 12 Mudge Way, Rm 153. **Fee: \$100**

Free Trial Class: Wed. 12/11, 7:00-8:00pm (Union Rm) Please register online or call for trial classes.

NIA CLASS w/ Joan Turnberg

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

Mon. 9:30-10:30am, 1/6-3/24 (10 wks, no class 1/20, 2/17) **Fee: \$100**

Wed. 9:30-10:30am, 1/8-3/26 (11 wks, no class 2/19) **Fee: \$110**

Thurs. 6:30-7:30pm, 1/9-3/27 (11 wks, no class 2/20) **Fee: \$110**

BEGINNER - INTERMEDIATE TAI CHI w/ Bob Cormier, Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14) 10 wks. Class in Rm.153, 12 Mudge Way.

Wed. 6:30-7:30pm, 1/15-3/19 **Fee: \$110**

Free Trial Class: Wed. 1/8, 6:30-7:30pm (register online or call)

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

A perfect blend of Pilates and Yoga to get your Saturday mornings off to a great start. Pilates mat classes are a series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It is also a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers. Bring mat, towel and water. (max 5). Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Sat. 10:15-11:00am, 1/11-3/22 (10 wks, no class 2/22) **Fee: \$110**

ADULT PROGRAMS

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

Develop strength and flexibility, improve coordination, muscle tone, posture, body alignment, and relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water. (max 5)

Wed. 6:00-7:00pm, 1/8- 3/19 (10 wks, no class 2/19)

Fee: \$110

Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

CO-ED BOOTCAMP Atlantis Club at the DoubleTree Hotel

Looking for someone to motivate you? Looking for a full body workout that will leave you breathless? We have the program for you! Our fitness boot camp is designed for a full body workout that challenges you no matter what fitness level you start. Our personal trainers will challenge you and motivate you to reach your fitness goals. min 2/ max 20)

Sun. 8:30-9:30am, 11 wks, 1/12-3/23

Fee: \$125

Tues. 9:30-10:30am, 11 wks, 1/14-3/25

Fee: \$125

Thurs. 12:00-1:00pm, 11 wks, 1/16-3/27

Fee: \$125

Unlimited classes per week

Fee: \$199

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

HOT HULA FITNESS® w/ Pati Vero

HOT HULA fitness® is a fun and exciting, low-impact "total body" dance workout. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, this workout incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels are welcome. Bring your own lava lava (sarong) to class, or purchase one at the first class from the instructor for \$10. (**more info www.hothulafitness.com**)

Tues. 9:30-10:30am, 1/14-3/25 (10 wks, no class 2/18)

Fee: \$115

Thurs. 6:30-7:30pm, 1/16-3/27 (10 wks, no class 2/20)

Fee: \$115

Classes at 12 Mudge Way, Rm.153 (min 4/max 15)

AQUA ZUMBA® Atlantis Club at the DoubleTree Hotel Indoor Pool

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. Min. 2/max. 10.

Mon. 9:30-10:30am, 11 wks, 1/13-3/24

Fee: \$125

Tues. 6:00-7:00pm, 11 wks, 1/14-3/25

Fee: \$125

Wed. 9:30-10:30am, 11 wks, 1/15-3/26

Fee: \$125

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

AQUA AEROBICS Atlantis Club at the DoubleTree Hotel Indoor Pool

The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. (min 2/ max10) 11 wks

Tues. (Beginner level) 9:00-10:00am, 1/14-3/25

Fee: \$125

Thurs. (Intermediate level) 9:00-10:00am, 1/16-3/27

Fee: \$125

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

CONTEMPORARY DANCE w/ Monique Dorian, Attitudes Dance and Fitness

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

Wed. 8:00-9:00pm, 1/8- 3/19 (no class 2/19). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: \$110**

BALLET w/ Dawn George, Attitudes Dance and Fitness

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control, and concentration while building a graceful and healthy body with good posture. Wear loose clothing and ballet slippers. Appropriate for the intermediate student (some previous experience.) (max 5)

Fri. 10:30-12:00pm, 1/10-3/21 (10 wks, no class 2/21). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: \$110**

ADULT PROGRAMS

JAZZ DANCE w/ Dawn George, Attitudes Dance and Fitness

Students will explore various forms of this type of dancing including Broadway, funk, and fusion. Jazz dance uses a low center of gravity, isolations and improvisation to express music and movement. Please wear loose clothing and clean sneakers/dance shoes (no street shoes please). Bring water and towel. Appropriate for the intermediate student (some previous experience.) (max 5)

Fri. 12:00-1:00pm, 1/10-3/21 (no class 2/21). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: \$110**

CONDITIONING FOR DANCERS w/ Monique Dorian, Attitudes Dance and Fitness

Conditioning for Dancers uses techniques from ballet, Pilates, and others to create a class that focuses on strengthening not only the core and feet, but the whole body. Please wear loose clothing and clean sneakers or dance shoes (no street shoes in studio please). Bring water and towel. Age 15+ (max 5)

Wed. 7:00-8:00pm, 1/8-3/19 (10 wks, no class 2/19). Held at Attitudes Dance, 54 Middlesex Tpk, Door C. **Fee: \$110**

SPORT AND OUTDOOR ADVENTURES

GUIDED SNOWSHOE HIKE w/ Still River Outfitters

Get out and enjoy some winter fun at beautiful scenic location. Snowshoeing is a great way to enjoy winter, get some fresh air and stay active. We will take a mid-trip break for delicious baked goodies and hot chocolate or cider. Snowshoeing equipment is provided along with a professional, experienced guide to help get you going. Trips are designed to run whether or not there is snow; we will plan to hike instead. Trips run 2 – 3 hours depending on conditions and group. No experience necessary. Ages 10+. Hike will leave from Vietnam Veterans Park in Billerica (directions will be sent to you).

Sunday, January 19, 2:00-5:00pm. (min 1/max 4) **Fee: \$57**

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 26) *Non Resident registration begins 1 week after resident registration begins. Please note that only registered participants may attend. No guests, fill-ins, or waitlisted players may play until they are officially registered.*

Fee: \$30

Mondays. 7:30 - 10PM, 1/6 – 3/31 (no badminton 1/20,2/17). Program held at Lane School Gym.

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why. Wednesdays, 8:00 – 10:00 PM 1/8 - 3/26(no badminton 2/19, 3/12) Held at Lane School Gym.

No Fee

ADULT INDOOR SOCCER

Join us for indoor pick up soccer at the Davis School Gymnasium . Players must be age 18+ and not in High School. Please bring a white shirt and a dark-colored shirt. Tues & Thurs., 8:30 - 10 PM, 12/3 - 3/27 (no soccer 12/24 – 12/31, 2/18, 2/20)

No Fee

ADULT OPEN VOLLEYBALL

This is a Coed drop-in program open to Adults only. (no sign up necessary) Please bring your own volleyballs. Mondays, 12/2 -3/31 at the Bedford High School Gyms, 7:00 - 10:00pm. (no volleyball 12/23, 12/30, 1/20, 2/17) starting at 7:30 on 1/6, 2/10.

No Fee

ADULT PICKUP BASKETBALL

Open to all Bedford residents age 18+ and not in high school (no signup necessary). Please bring your own basketballs. Wed. at Bedford High School Gym 12/4 - 3/26 (off 12/25, 1/1, 2/19, 3/12) 7:00 - 10:00 PM

No Fee

PRESCHOOL PROGRAMS

GYMNASTICS

Jennifer McGrath & Dotty Martin keep children moving in these exciting classes that teach children basic gymnastic skills using mats, bar and low beams while strengthening coordination and listening skills. Children are required to wear comfortable clothes with bare feet. (Adults must stay and participate with children enrolled in the 2-3 year old class and younger). Fridays 1/3 - 3/14 (10 weeks) no class on 2/21. (Min 8 max 20). Takes place in the Lower Fellowship Hall in the First Church of Christ at 25 Great Rd. Please park in the Town Hall parking lot on Mudge way.

18 months - 3 yrs. w/ Adult Partner (9:15 - 9:55 AM): This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class! **Fee: \$135**

3-4 yrs. Transitional Class(10:00 - 10:40 AM): I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as walking across the beam and swinging on the bar! **Fee: \$135**

3 - 5yrs. Transitional Class (12:30 - 1:15 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment. **Fee: \$135**

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

LIL' SPORTS

Lil' Sports is a health and fitness company that offers sports classes for children ages 2-5. Classes consists of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills. Program takes place in the High School D Gym (back gym) on Saturdays 1/4 - 3/1 (no class 2/22) 8 weeks.

Class 1: 10:00A - 10:45A

Fee: \$99

Class 2: 10:45A - 11:30A

Fee: \$99

Check out the Kids' and Adult Zumba classes held at the same time as Lil Sports at the HS for convenient full family Recreation programming!

INTRODUCTION TO TAE KWON DO & WHITE BELT CERTIFICATION (new students only) ages 3-6

Join Master Youn and his coaches for this 4 week introductory special. Students may attend any 2 classes each week. Taekwondo helps to develop respect, self confidence, discipline and athleticism. Participants receive detailed instruction and individual help when needed. All classes take place at Youns Taekwondo Studio on 55 North Street, Suite 225. Classes offered on Mon, Tues, Wed & Sat. 1/6 - 1/31. Students receive a uniform with the fee. **Fee: \$90**

Monday, Tuesday & Wednesday classes: Age 3 - 6: 4:30 - 5:10 PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

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

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

Option 1: Tuesdays 4:30-5:10 pm; 1/21 – 2/11

Option 2: Saturdays 11:00 - 11:40 am; 1/18 – 2/8

MUNCHKINS & MASTERPIECES w/ Let's Gogh Art (Ages 3-5)

It's never too early or late to introduce kids to great masters of art. Participants learn about and see beautiful works of art by Picasso, Monet, Van Gogh and Matisse. Participants will be inspired by the kid-friendly works of art to create their own masterpieces such as Picasso faces, Van Gogh digital art, Monet crayon resists and Matisse designs. Classical music is played during the program. Takes place in the Lane School Cafeteria Saturdays, 1/4 - 2/8 (6 weeks)

9:30 AM - 10:15 AM. Min: 10/Max 30

Fee: \$75

PRE K ART CLASS w/ Niki Carlson & Samantha Musto (Ages 3 - 5)

Join Niki and Samantha for some messy fun! This art class will give your child the opportunity to work independently while improving fine motor skills that are vital to pre-school development. Participants will work with different media such as glue, paint, feathers and more to create take home, theme-based projects. Some of the themes for this session will be Cat in the Hat, winter, Valentines Day, St. Patrick's Day and early spring time planting. Niki and Samantha are Kids' Club staff members. Niki has been employed at Kids' Club since 1999 and Sam is entering her second year at Kids' Club. Held at 12 Mudge Way (Kids' Club), Mondays, 1/27 - 3/10, 10—10:45. (no class 2/17) min6/max12. **Fee: \$75**

ELEMENTARY PROGRAMS

BASKETBALL CLINICS - GRADES 1, 2 & 3

Basketball and sportsmanship fundamentals will be taught in these clinics, scheduled for Wednesdays and Fridays. Parent volunteers will be running all 3rd grade clinics, while the 1st and 2nd grade clinics will be run by the Thundercat Basketball Staff. If you are interested in volunteering for the third grade clinics, please add your willingness to volunteer to enrollee notes when registering your child. **Children must bring** a youth size 27 ball to clinics. In order to ensure a safe, enjoyable experience for all participants, each session is limited to 25 participants. You may only sign up for one session. Gyms will be open to participants and their parents or caregivers only, **please no siblings**. **Fee: \$97**

Deadline to register is December 20 or when teams fill. Open to Bedford residents only.

Wednesdays @ Davis Gym 1/8 - 3/5 (no clinic 2/19)

Grade 1 Boys: 1:50P - 3:30P *

(*snack supervised by Rec. staff 1:50 - 2:20 in cafeteria, please send snack)

Grade 2 Boys: 3:30P - 4:30P

Grade 3 Boys: 5:45P - 6:45P

Fridays @ Davis Gym 1/3 - 3/7 (no clinic 1/17, 2/21)

Grade 1 Girls: 3:20P - 4:45P*

(*snack supervised by Rec. staff 3:20 - 3:45 in cafeteria, please send snack)

Grade 2 Girls: 4:45P - 5:45P

Grade 3 Girls: 6:00P - 7:00P

CHEMISTRY CAPERS (K - 2) w/ Wicked Cool for Kids

Unlock your inner scientist as you investigate the basics of chemistry in a fun and interactive way. Explore the chemical properties of slime and make super slimy samples to take home. Build a better super-ball, analyze mysterious liquids, and make your own balloons. Not to be confused with the boring kind of chemistry! Takes place in the Davis Cafeteria, Mondays, 3:10P- 4:25P, 1/27 - 3/10 (no class 2/17), min8/max12 **Fee: \$98**

DAVIS KIDS' YOGA (Grades K – 2) w/ Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun and creative manner. From 3:10 – 3:30, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). From 3:30 (after bus dismissal from the gym) until 4:30, students participate in the gym. Thursdays 1/16 - 3/13 (no class 2/20). Min 6/max12. **Fee: \$95**

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

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Children are released to the caf at 2:45 and will have time for a snack (please send snack). 3:00 - 4:00 p.m. in the Lane Caf. Tuesdays, 1/14- 3/11 (no class 2/18). Min 6/max 12. *Please note that pick up time is 4:00.* **Fee: \$95**

ART BLAST w/ Let's Gogh Art (Gr. 3 - 5)

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 and 3-dimensional projects. Each child will keep a weekly art journal and will receive a DYO Let's Gogh Art shirt. Takes place in the Lane Caf, Thurs., 1/16 – 3/13 (no class 2/20) Children will have a snack from 2:45P - 3:00P (please pack a snack). 2:45 – 4:00 (8 wks) **Fee: \$110**

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

The staff of Performing Arts offer a fun acting experience for elementary students. Children will be introduced to exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and script work. At the end of this session, there is an informal skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit www.performingartsprograms.biz for more info about Performing Arts Programs and to view/read teachers' bio. Children will have a snack from 3:10 - 3:25 (please pack a snack). 7 weeks. Takes place in the Davis Cafeteria. Tuesdays, 1/14 - 3/4 (no class 2/18) 3:10 - 4:25. (min 8/max 15) **Fee: \$120**

ELEMENTARY PROGRAMS

LANE WINTER AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff members. The program runs Monday - Friday, 7:35 - 8:35 AM (excluding holidays, no school days or school delays/snow days). 1/2 - 4/4. Open to all Lane students. No drop ins; children **MUST** be registered through the Recreation Dept. Min 25/Max 45 **Fee: \$135**

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Rec. Staff for early morning gym time at Davis School. Participants will have the opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in the group game. The program runs Monday - Friday, 8:00 - 9:00AM (excluding holidays, no school days or school delays/snow days). 1/2 - 4/4. Min:20/Max 30. **Fee: \$170**

GRADE 1 & 2 AFTER SCHOOL SPORTS w/ Peter Laskaris & Judy Johnson

From 3:10 - 3:40, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). From 3:40 (after bus dismissal from the gym) until 4:25, students participate in active games in the gym. Parents are responsible for transportation home at 4:25pm. Min12/Max25. **One after school sports class only per child.**

Mondays: 1/6- 3/24; (no class on 1/20, 2/17) 10 weeks

Fee: \$80

Tuesdays: 1/7 - 3/18 (no class on 2/18) 10 weeks

Fee: \$80

GYMNASTICS (Grades K—5) with Jennifer & Dotty

Jennifer & Dotty keep children moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting, and low beam. Participants learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet. Classes held at the Lane School Gym Fridays 1/3 - 3/14 (no class on 1/17, 2/21)

*Please note that class **will be held** on the no school teacher workshop on 3/14.* Min 8 Max 30 (9 weeks)

Grades 3 -5: 2:45 - 4:00 (2:45 - 3:00 is snack; please send a snack)

Fee: \$113

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

Fee: \$113

SWORD FIGHTING FOR KIDS! w/ Guard Up! (Grades 3 - 5)

What do you get when you mix Harry Potter and Lord of the Rings with basic instruction in swordsmanship and lessons in teamwork and creative problem solving? You get a romping good time filled with physical and fun education! Students will learn basic guards, strikes and tactics. Then, with a little creative flair, the novice swordfighters play games that require strategizing, teamwork, problem solving and an accurate sword arm, or take on the roles of fantasy heroes. Why pick up a video game when you can unplug and live the adventure? There is a materials fee of \$20 to lease a sword or \$57.75 to purchase one (due by the end of the first class). Min.10/ Max.15. **Waiver Required, print from Rec. website,** Thurs. 2:45 - 3:45 pm, 1/9 - 3/6 (no class on 2/20) Lane Gym (8 wks.)

Fee: \$140

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

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

Option 1: Tuesdays 4:30-5:10 pm; 1/21 - 2/11

Fee: \$55

Option 2: Saturdays 11:00 - 11:40 am; 1/18 - 2/8

Fee: \$55

AFTER SCHOOL KID JAM! (Lane Gr. 3-5)w/ Jennifer Buckley of Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, we sweat and most importantly we have fun!! Get funky and move with attitude! We'll learn new steps, create our own moves, and dance as a team - including a performance on the last day of class! Bring a water bottle and snack.

Wear comfortable clothing and sneakers. Takes place in the Lane School Cafeteria. Friday, 1/3 - 2/7 (no 1/17).

Dismissal - 3pm snack, 3-4pm class (Min:8/Max:20).

Fee: \$70 includes t-shirt

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

Join the staff of Golden Arrow Archery for this class that provides lots of shooting time, camaraderie and fun! Whether you are just starting out or you have years of experience, this class has something for you. Learn the fundamentals and skills that make every archer great. Safety, range procedures, technique and scoring are just a few of the things you will learn! All equipment provided. (Min 10/Max 15)

Program takes place in the Davis School Gym, 4:45 - 5:45 PM, Monday, 1/6 - 3/10 (no class 1/20, 2/17)

Fee: \$184

ELEMENTARY PROGRAMS

INTRODUCTION TO TAE KWON DO & WHITE BELT CERTIFICATION (new students only) Ages 7 - 18

Join Master Youn and his coaches for this 4 week introductory special. Students may attend any 2 classes each week. Taekwondo helps to develop respect, self confidence, discipline and athleticism. Participants receive detailed instruction and individual help when needed. All classes take place at Youns Taekwondo Studio on 55 North Street, Suite 225. Classes offered on Mon, Tues, Wed & Sat., January 6 - January 31. Students receive a uniform. **Fee: \$90**

Monday, Tuesday & Wednesday classes:

Age 7 - 10: 5:10 - 5:50 PM

Ages 11 - 18: 5:50 - 6:30PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

WINTER TENNIS LESSONS w/KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR certified instructor who has 19 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. During this 10-week session, instruction is given in mechanics and rallying skills. It is intended to introduce younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. All levels welcome! Max 8. Takes place in the Lane School Gym.

Grades 3- 5: Wed., 1/8- 3/19 (no class 2/19) 1:25 - 2:40 (bus dismissal until 1:40; please pack snack).

Fee: \$196

Grade K - 2: Weds. 1/8 - 3/19 (off 2/19) 2:45 - 3:45

Fee: \$196

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

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more. Origami may stimulate students' interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. (Min 6/Max 12) Takes place in the Davis Cafeteria.

Thursdays 3:15 - 4:30, 1/9 - 2/13. 3:15 - 3:30 will be snack time, please send a snack. **Fee: \$99 includes materials**

LIBRARY STORY TIME (Gr. K—2) w/ Jeremy Royds

Join Davis School Librarian Mr. Royds as he reads some of his favorite stories from the Davis School library. Participants will also have an opportunity each class to read books from the Davis School collection on their own. This is a great opportunity for kids who love reading and the library to spend some time listening to and reading great books.

Books must stay in the Library and will not circulate. Takes place in the Davis School Library on Mondays, 3:10—4:30. 1/6 - 3/10 (no class on 1/20, 2/17) 8 weeks. Min 6/Max 20. **Fee: \$70**

ZUMBA® KIDS w/ Renae Nichols (Gr. K - 5)

Get ready to dance and smile till your cheeks ache at the Zumba® Fitness class created just for kids! This high-energy dance fitness program combines music and movement into lively routines that are choreographed to Latin, hip-hop, and radio hits that kids will love. The kid-friendly steps are easy to learn and fun to perform. **Sat.** 10:45 – 11:30am, 1/4 – 3/1 (no class 2/22) 8wks Class held in High School DanceStudio (min 6/max 25) **Fee: \$70**

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

Join the staff of FAST Athletics for this intense and exciting program. Participants learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program; there is never a dull moment! Gatorskin dodgeballs are used and safety rules and regulations will be reviewed before each class. Takes place Mondays, 1/27 - 3/17 (no class 2/17), 2:45 - 4:00 in the Lane Gym. 2:45—3:00 is snack time, please pack a snack. Min 10/Max 24 (7 weeks) **Fee: \$98**

LANE FIBER ARTS w/ Julie Deneau (Gr. 3 - 5)

In this class, participants will create fun projects using different fiber materials and techniques. Participants will explore weaving on a portable frame loom and learn the difference between a warp and a weft while creating a woven placemat from recycled materials. We will also learn embroidery stitching through fun simple projects. Participants will have the opportunity to transform one of their old favorite T-shirts into a framed piece of art. Please bring a snack and your enthusiasm to have fun creating. All materials provided. Takes place in the Lane Library on Fridays 1/10 – 3/21 (no class on 1/17, 2/21, and 3/14) 2:45 – 4:30 PM. (8 Weeks) Min 6/Max 9 **Fee: \$161**

ELEMENTARY PROGRAMS

Gr. 5 - 8 BEDFORD WRESTLING TEAM (Registration begins Dec. 2)

Join Minuteman Tech – Bedford HS Head Coach Shawn Pimentel and his coaches for the newly formed Bedford Wrestling Team. No experience necessary. Program meets in the JGMS cafeteria Tuesdays & Thursdays, 6:00 - 8:00 PM. December 10 - March 20. A parent - coaches meeting with a question and answer session will be held Dec. 5th for interested participants and parents at 6:00 - 8:00 PM in the JGMS cafe. Potential wrestlers and parents are encouraged to attend to ask any questions and learn more about one of the oldest Olympic sports. Some weekend matches and tournaments will be scheduled as the season progresses. Wrestlers should plan to purchase a headgear and wrestling shoes. **Fee: \$100** (An additional MWYA League fee of \$25 will be required once the season begins and we will give details re: making payment. This membership fee covers the end of the season tournament series.) **MAX: 30**

INTRO TO WRESTLING w/ Jeremy Royds (K - Gr. 2)

Join former Massachusetts State Champion and current Davis School Librarian Jeremy Royds for this introduction to wrestling class. Participants will learn wrestling skills, basic moves, proper technique, rules and regulations with an emphasis on safety and fun. Program takes place on Tuesdays in the JGMS cafeteria, 4:45 - 5:45; 1/14 - 3/11 (no wrestling 2/18). Wrestlers should plan to purchase a headgear and wrestling shoes. **Min 10/Max 30** **Fee: \$70**

FEBRUARY VACATION TENNIS CLINICS w/ KA Tennis

Learn the sport of Tennis from Kyle Anderson, a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson. The Vacation Clinic will teach the fundamentals of tennis in an energetic atmosphere. Drills and games are simple, effective, & fun. Instruction will stress correct stroke mechanics as well as rallying skills. Time will also be devoted to playing points and basic strategy. Sneakers and racquets are required. Tues - Fri., 2/18 - 2/21. Takes place at Davis gym. **Min4/Max10. All levels welcome.**

Ages 4-6 : 9:00 - 10:00 or 10:10 - 11:10

Fee: \$80

Ages 7-9 : 11:20 - 12:20 or 12:40 - 1:40

Fee: \$80

JOHN CARROLL'S FEBRUARY VACATION ALL STAR BASKETBALL CLINIC (ages 7-14)

Join Coach John Carroll, NBA and award-winning college coach, and the All-Star Basketball staff of high school and college coaches and players for a week of basketball games, shooting contests, and fun. Camp will include personal attention aimed at improving skills such as dribbling, ball handling, shooting, and passing. Camp staff stresses the importance of commitment and dedication to reaching a goal and the importance of teamwork, fair play and sportsmanship in any endeavor. Takes place at the Lane School, 2/18 - 2/21, Tues. - Fri. 9AM - 3PM **Fee: \$199**

DAVIS EARLY RELEASE PROGRAM

ART-IC BLAST! PENGUINS, PIPITS & POLAR BEARS w/ Lets Gogh Art

You will have the best time in Antarctica on this imaginative Art-ic adventure. Learn fun facts about penguins, pipits, polar bears, porpoises, whales, walruses and their environments. Using clay sculpting, snow and ice painting, marshmallow igloos, shaving cream polar bears and mixed media penguins, you will have a blast creating the coolest art inspired by one of the coolest places on earth! Bundle up and head North with us!

Davis Cafeteria, Wednesdays, 1/15 - 3/12 (off on 2/19); 1:50 - 3:10. (8 weeks). First 15 minutes are snack time, please pack a snack! **Min10/max 20.** **Fee: \$110**

LANE EARLY RELEASE PROGRAMS

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

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

Origami may stimulate students' interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. (Min 6/Max 12). Takes place in the Lane Cafeteria. Wednesdays 1:25 - 2:40, 1/8 - 2/5. Snack time until 1:40; please send a snack. **Fee: \$90 includes materials**

BEAD WORKS w/Karine Marino (Gr. 3 - 5)

Karine Marino discovered the world of seed beads as a child and she has been creating and designing her own beaded jewelry ever since! Join her to create a necklace or bracelet from start to finish. Learn to string beads of your choice, add your own imaginative touch and go home with a one of-a-kind finished piece! Takes place Wednesdays in the Lane Cafeteria. 2/26 - 3/19 (4 weeks) 1:25 - 2:45. **Min 5 max 8.** **Fee: \$90 includes all materials**

TENNIS LESSONS w/ KA Tennis

(see page 15 for info)

MIDDLE SCHOOL PROGRAMS

Gr. 5 - 8 BEDFORD WRESTLING TEAM (Registration begins Dec. 2)

Join Minuteman Tech – Bedford HS Head Coach Shawn Pimentel and his coaches for the newly formed Bedford Wrestling Team. No experience necessary. Program meets in the JGMS cafeteria Tuesdays & Thursdays, 6:00 - 8:00 PM. December 10 - March 20. A parent - coaches meeting with a question and answer session will be held Dec. 5th for interested participants and parents at 6:00 - 8:00 PM in the JGMS cafe. Potential wrestlers and parents are encouraged to attend to ask any questions and learn more about one of the oldest Olympic sports. Some weekend matches and tournaments will be scheduled as the season progresses. Wrestlers should plan to purchase a headgear and wrestling shoes. **Fee: \$100** (An additional MWYA League fee of \$25 will be required once the season begins and we will give details re: making payment. This membership fee covers the end of the season tournament series.)

INTRODUCTION TO TAE KWON DO & WHITE BELT CERTIFICATION (new students only) Ages 11 - 18

Join Master Youn and his coaches for this 4 week introductory special. Students may attend any 2 classes each week. Taekwondo helps to develop respect, self confidence, discipline and athleticism. Participants receive detailed instruction and individual help when needed. All classes take place at Youns Taekwondo Studio at 55 North Road, Suite 225. Classes offered on Mon, Tues, Wed & Sat. Students receive a uniform with the fee. January 6 - January 31.

Fee: \$90

Monday Tuesday & Wednesday classes: Ages 11 – 18: 5:50 - 6:30PM

Saturday Class: ALL AGES: 11:00 - 11:40 AM

INTRODUCTION TO KENPO KARATE

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

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

Option 1: Tuesdays 4:30-5:10 pm; 1/21 – 2/11

Option 2: Saturdays 11:00 - 11:40 am; 1/18 – 2/8

TEEN ZUMBA w/ Renae Nichols (Gr. 6 - 12)

Join us for this class specifically designed for Middle and High School students. Participants will engage in a fun, high-energy workout with their peers while learning the basic steps that make up the majority of most Zumba dances. Each week, students will dance to a variety of Latin songs and a few popular radio hits. No previous dance experience is required. Thursdays, 3:00 - 4:00 PM, Union Room in the Town Center Building at 12 Mudge Way. 1/16 – 3/13 (no class on 2/20) 8 classes. (Min: 6/ Max: 15) **Fee: \$80**

Free Trial Class: Thurs., 1/9, 3:00 - 4:00 PM. Please register for trial class online or by calling 781-275-1392.

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

Join us for this class specifically designed for JGMS students. The class offers the opportunity to work on strength and flexibility while relieving the stress of daily life. Each class consist of yoga poses, balance work, breath work and relaxation. The class will taught in a fun, upbeat manner while playing current music. Wednesdays, 1:00 - 2:00 PM, Union Room, Town Center Building at 12 Mudge Way. 1/15 – 3/12 (no class on 2/19). (Min: 8/ Max: 15). **Fee: \$100**

MIDDLE SCHOOL ART CLUB w/ Candy Banks (Gr. 6 - 8)

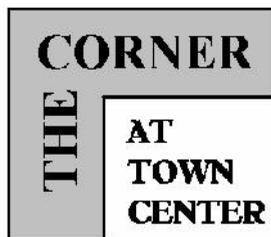
Join the JGMS Art Club where middle school students will be able to have fun painting, working with clay and drawing to their heart's content. Work with tempera and watercolor paints, try charcoal drawing and get your hands dirty working with clay on a variety of 3-D projects. Try new projects or work independently on things you are interested in, with helpful instruction and guidance from the art teacher. This will be a warm and welcoming place for students looking for a relaxing and creative after school place! (Rm A107). 2:30 - 3:30, Tuesdays, 1/7 - 4/8 (no class 2/18) **Fee: \$105 includes all supplies.**

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

Join the staff of Golden Arrow Archery for this class that provides lots of shooting time, camaraderie and fun! Whether you are just starting out or you have years of experience, this class has something for you. Learn the fundamentals and skills that make every archer great. Safety, range procedures, technique and scoring are just a few of the things you will learn! All equipment provided. (Min 10/Max 15)

Program takes place in the Davis School Gym, 4:45 - 5:45 PM, Monday, 1/6 - 3/10 (no class 1/20, 2/17) **Fee: \$184**

THE CORNER



Middle School Activity & Social Center

Operated by Bedford Recreation

WHAT IS THE CORNER? It is the place where the fun begins when the school day 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, air hockey table and bumper pool. A fully stocked Art & Computer Room, Lounge with special activities and events, snack machines, snack bar, TV's & games...all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nick at the Bedford Recreation Department.

WHERE IS THE CORNER? It is only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground, 12 Mudge Way, in The Town Hall complex. Three large rooms for this "L" shaped space.

HOW DO I JOIN THE CORNER? There is no admission fee. Parents must register their child online or at our office. The kids must sign in upon arrival to the Corner. Come check it out!

WHEN MAY I COME TO THE CORNER? Upon school dismissal until 6:00P.M. Monday – Friday. On Wednesdays we open at 12:45 P.M.

FUN FRIDAYS On the dates below, the corner is open for extended hours from 6:00 P.M. to 7:30 P.M. A variety of games and activities are planned for each night, and sometimes food & snacks are included. Specific details on each event is promoted at the CORNER prior to each event date.

December 13, 2013- Holiday party night!

January 10, 2014

January 24, 2014

February 7, 2014

February 21, 2014

March 14, 2014

March 28, 2014

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

BUILD YOUR OWN! Join us for this series of BUILD YOUR OWN where we create food works of art and then eat them! Programs run throughout the winter. Some of the projects scheduled for Build Your Own are cupcake decorating, sundaes, sandwiches, pizza design, gingerbread houses, smoothies and much more. Come build & eat with us! Dates of each project TBA.

ARTS & CRAFTS: A wide variety of projects and craft activities are run weekly!

HS PROGRAMS

U18/U16 SPRING SOCCER

Registration is open for both Boys & Girls U16 & U18 Spring Travel Soccer Teams. Registration will close Feb 21 or when the teams fill. Teams play Sundays, either in Bedford or in another BAYS town. Parents are responsible for providing transportation to the games. Season begins April 20 and runs 7 consecutive weeks. Parent coaches/managers are needed. Interested candidates should note their interest in the notes section on the registration forms. **Fee: \$90**

TEEN ZUMBA w/ Renae Nicols (Gr. 6 - 12)

Join us for this class that is specifically designed for Middle and High School students. Participants will participate in a fun, high-energy workout with their peers while learning the basic steps that make up the majority of most Zumba dances. Each week, students will dance to a variety of Latin songs as well as a few popular radio hits. No previous dance experience is required.

Thursdays, 3:00-4:00 PM, 12 Mudge Way, Union Room. 1/16 - 3/13 (no class on 2/20). (Min: 6/ Max: 15) **Fee: \$80**
Free Trial Class: Thurs. 1/9, 3:00 - 4:00 PM . Please register for trial class online or by calling 781-275-1392.

HIGH SCHOOL INTRAMURAL BASKETBALL LEAGUE

Basketball League for players in grades 9 -12 and not playing HS Basketball. Season runs 1/9 - 3/13 (no 2/20) with playoffs starting the week of 3/17. Price includes an 8 game regular season plus playoffs, reversible uniforms and two certified referees for each game. This is a game only league (no practices). Most games will be played on Thursday nights in the HS gym. There will be an evaluation night for all players in December 19, 7:00 - 8:30 to enable the formation of balanced teams. Teams will be coached by Bedford Police Officers. Min 32/Max 60. **Fee: \$90**

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 Rec. Office if interested.

BodyPump, BodyJam and BodyFlow: age 15+

Zumba: age 15+

NIA: age 15+

Beginner Hatha Yoga: age 15+

Tai Chi: age 16+

Heartsaver CPR: age 15+

Friends and Family CPR: age 14+

Snowshoe Hike: age 10+

Reporting for News Sites and Blogs: age 16+

Car Shopping: Using Today's Technology: age 16+

Knitting: age 14+

Blacksmithing: age 15+

Silk Hoop Painting: ages 8+

Paint and Press: all ages

Conditioning for Dancers: age 15+

SPRINGS BROOK PARK SUMMER 2014 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 12, 2014). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at \$9.44 and are based on experience. Applications at the Recreation Office or online. Will accept applications until all positions are filled. Interviews will start in April.

CREW POSITIONS: Open to Bedford residents only

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

Park Attendants: (min. age: 14 by June 12, 2014) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.

Swim Aides: (min. age: 14 by June 12, 2014) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.

Concession Staff: (min. age: 15 by June 12, 2014) Prepare food, serve customers, daily maintenance of the concession stand and park.

Grounds Maintenance: (min. age: 14 by June 12, 2014) Responsible for landscaping, grounds, facility maintenance.

SUMMER WORK APPLICATIONS: Town of Bedford applications for summer work with the Recreation Department (Summer Adventures, Springs Brook Park) may be found online at: bedfordrecreation.org or may be picked up at the Recreation Office. Applications for Summer work will be accepted after January 1.

LIFEGUARDING AND WSI COURSES: contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during April Vacation week and throughout the Spring. Check the Red Cross website for details. Sign up for classes soon!!

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

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

BEDFORD RECREATION YOUTH/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687-6156

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

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

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

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND: \$ _____
 CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

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

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

BEDFORD RECREATION YOUTH/ADULT PROGRAM REGISTRATION FORM

Recreation Fax #: (781) 687 - 6156

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

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

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

CAN YOU HELP WITH A CONTRIBUTION TO THE NEIGHBORS HELPING NEIGHBORS FUND \$ _____
 CASH _____ CHECK _____ MC OR VISA #: _____ EXP. DATE: _____

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

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

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

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**



<u>RECREATION DEPARTMENT</u>	<u>RECREATION COMMISSION</u>
AMY HAMILTON, RECREATION DIRECTOR	RONALD RICHTER, CHAIRMAN
NICK CACCIOLFI, ASSIST. RECREATION DIRECTOR	TARA CAPOBIANCO
RAEANN GEMBIS, ADULT COORDINATOR	TOM MULLIGAN
NANCY CORMIER, KIDS' CLUB DIRECTOR	MIKE O'SHAUGHNESSEY
JANET HUMPHREY, ADMINISTRATIVE ASST.	ROBIN STEELE
LESLIE RINGUETTE, CLERK	
KATHERINE FARRELL, KIDS' CLUB ADMN. ASS'T	



Bedford Recreation is on Facebook! Like our page to get periodic updates!