

# Bedford Recreation

## Winter 2017



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

# REGISTRATION INFORMATION

<b>DEPARTMENT INFORMATION</b>	<b>REGISTRATION INFORMATION</b> REGISTRATION OPENS DECEMBER 4 AT 9:00PM <i>UNLESS OTHERWISE NOTED (ADULT CLASS REGISTRATION IS OPEN!)</i>
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**Recreation Department**  
**12 Mudge Way**  
**Bedford, MA 01730**  
**781-275-1392 • Fax 781-687-6156**  
**www.bedfordrecreation.org**  
**Office Hours M-F 8:00am - 4:00pm**

**Recreation Staff:**  
 Amy Hamilton, Director  
 Raeann Gembis, Adult Coordinator  
 Nikki Taylor, Program Coordinator  
 Michelle Racette., Admin. Ass't  
 Leslie Ringuette, Dep't Clerk

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

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## REGISTRATION

**ONLINE 24/7:** [bedfordrecreation.org](http://bedfordrecreation.org)  
 Register or put yourself on a waiting list for classes 24/7.

### MAIL, VISIT, FAX

Registration Forms Pg 38

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### General Department Information

- Those requiring special assistance, please contact the Recreation Director.
  - 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.
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**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.

**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."

**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**  
 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.

## CONTENTS

### SPECIAL EVENTS

- 3 Tree Lighting
- 3 Tickets and Events

### ADULT PROGRAMS

- 4-7 Creative: Art , Crafts & Music
- 8 Cooking, Food & Nutrition
- 9 Personal Interest
- 10-11 Health & Well-Being
- 12 CPR
- 12-15 Exercise and Fitness
- 16 Dance Fitness
- 16 Softball League
- 17 Pick-Up Sports & Leagues

### YOUTH PROGRAMS

- 18-19 Preschool
- 19 Grade 1-3 B'ball Clinics
- 20-27 Elementary
- 27 BBRBS/BYL
- 28-29 Middle School & Youth Ctr
- 30 High School & Employment

**Registration Form.....31**

**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 would like to donate. Thank you!

# EVENTS & TICKETS



*The Town of Bedford's  
Annual Holiday Tree Lighting Event*

*Saturday, December 3*

Free Kids' Concert: *Johnny The K*  
3:15-4:15 in the BHS Auditorium



## WET YOUR PALETTE PAINT PARTY!

with artist, Sue Marion

at The Great Wall Restaurant, 309 Great Rd. Bedford

Enjoy a creative painting session on a Sunday afternoon with friends! We will paint, share some delicious Great Wall appetizers and lots of fun! Session includes instruction, supplies and your own take home masterpiece! We will paint a beautiful Spring scene. Stay for dinner afterward (not included in the fee) and make it an event with friends and family. Light appetizers included, beverages available for purchase. (min 10/max 20) Age 18+

**Sunday, March 19, 1:30-4:30pm.**

**Fee: \$50**



## DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets may be purchased at the Recreation Office.

### 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.



# ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES IS OPEN!



*CREATIVE CLASSES  
COOKING, FOOD & NUTRITION  
PERSONAL INTEREST  
HEALTH & WELL-BEING  
CPR COURSES  
EXERCISE & DANCE FITNESS  
CO-ED SOFTBALL LEAGUE  
PICK-UP SPORTS & 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 and Town Hall

**\*\*\*Please Note:** There are no refunds for one session workshops unless notice is given to the Recreation Office five business days prior to the scheduled program.

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

## **SPECIAL GIFT IDEA FOR THE HOLIDAYS!!**

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.

## **~ CREATIVE CLASSES: ARTS, CRAFTS and MUSIC ~**

### **WATERCOLOR ON YUPO** with artist **Gwen Chasen**

YUPO Synthetic Paper is a 100% recyclable, waterproof and tree-free surface that offers exciting, playful opportunities to watercolor painters. A variety of materials and techniques will be used to produce spontaneous, colorful paintings. This loose and creative painting experience offers the opportunity for beginners to create beautiful paintings, and for more advanced painters to loosen up and let go. There will be a still life set up and many reference photos to stimulate your imagination, or you may explore an abstract approach and just enjoy the paint. Sessions begin with a demonstration and introduction to materials, followed by ample time to create your own paintings. If you have them, bring your tube watercolors and large/small soft brushes. Yupo paper and other materials will be provided. Please bring plastic table cover, apron and clothing that can get messy. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 6/max 10) \$10 material fee payable to the instructor at class.

**Tuesdays, 1/24 & 1/31, 9:30am-12:00pm.**

**Fee: \$45**



### **MIXED MEDIA PAINTING FROM THE HEART WORKSHOP** with artist **Lidia Kenig Scher**

Learn to paint from the heart both as art and as a life skill! An experienced teacher in both art and meditation, Lidia begins each class sipping tea followed by a guided meditation. This workshop will introduce you to an acrylic based mixed media technique that will enable you to pictorially express your authentic voice. No experience necessary, just a sense of humor and willingness to play as a child would. Fee includes all materials, but feel free to bring some of your own. Please bring plastic table cover, apron and clothing that can get messy. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 6/max 12)

**Tuesdays, 2/14 & 2/28, 9:30am-12:30pm.**

**Fee: \$60**



# ADULT PROGRAMS

~ CREATIVE CLASSES: ARTS, CRAFTS and MUSIC ~



## WET YOUR PALETTE PAINT PARTY!

with artist Sue Marion

at The Great Wall Restaurant, 309 Great Rd. Bedford

Enjoy a creative painting session on a Sunday afternoon with friends. We will paint, share some delicious Great Wall appetizers and lots of fun! Session includes instruction, supplies and your own take home masterpiece. We will paint a beautiful Spring scene. Stay for dinner afterward (not included in the fee) and make it an event with friends and family. Light appetizers included, beverages available for purchase. (min 10/max 20) Age 18+

**Sunday, March 19, 1:30-4:30pm.**

**Fee: \$50**

## MIXED MEDIA ART WORKSHOP

with Valeria R. Lanza, Artist

Art enthusiasts who are interested in creating with different media such as watercolors, acrylics, oils, or pastels will enjoy this interactive workshop. Artists of all levels welcome although some experience in basic brush strokes and simple composition would be desirable. Students in this class paint independently with the guidance of the instructor. Besides different media, students also learn how to use different tools such as sponges and knives. Students should bring brushes, paints, easels, palettes, and containers for water or oil medium (odor-free turpenoid required), a picture or items that they would like to paint (teacher has plenty of material that can be helpful to students as well), a large plastic cloth to cover the work area and a plastic bag to cover the chair. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 9/max 14)

**Tuesdays, 9:30am-12:00noon, 3/14-6/6 (no 4/18) 12 wks**

**Fee: \$100**



## A WINTER TIME CANDLE

with Corine Mazza, Artist

Just in time for Valentines Day! Join us for this one night painting workshop where we will create a beautiful winter scene on a pillar candle that you can give as a gift or keep for yourself. 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 152.

**Thursday, February 9, 6:30-9:00pm**

**Fee: \$40**

## OIL PAINTING

with Corine Mazza, Wilson Bickford Certified Artist

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? 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 4 week session and one painting during the 2 week 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. 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 152.

**2 Week Session: Thursdays, 7:00-9:00pm, 1/26-2/2**

**Fee: \$60**

**4 Week Session: Thursdays, 7:00-9:00pm, 3/2-3/23**

**Fee: \$105**



## PORTRAIT ART STUDIO – Charcoal and Pastel

with Alma Bella Solis, Artist

You will work on portraits in charcoal and dry pastels medium using Alma's methods of outline, contour, shading and blending, final detailing in depicting proportion, perspective, depth and, dimension for 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)

**Fridays, 10:00am-12:00pm, 1/20-2/17 (5wks)**

**Fee: \$100**

# ADULT PROGRAMS

~ CREATIVE CLASSES: ARTS, CRAFTS and MUSIC ~

## BLACKSMITHING



Carl West and Mike Bergman  
Prospect Hill Forge  
38 Guinan St. Waltham

### A TASTE OF BLACKSMITHING

The discovery of iron and how to work it changed human history. Tools, weapons and daily life have not been the same since. Here is your chance to learn to control one of the basic elements of modern human life. You will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending and twisting. Using these techniques and a coal-fired forge, you will heat a piece of iron to brilliant incandescence and with anvil, hammer and tongs create a decorative and useful 'S'-hook. (min 3/max 8). Age 15+ may register for this adult class with a parent. Classes held at *Prospect Hill Forge*, 38 Guinan. St. Waltham

**Thursday**, January. 5, 6:30-9:30pm

**Fee: \$75**

**Friday**, February 17, 7:00-10:00pm

**Fee: \$75**

**Sunday**, March 5, 2:00-5:00pm

**Fee: \$75**

### FORGED IRON BOTTLE OPENER

This bottle opener is an excellent first project for students wishing to try their hands at the Ancient and Honorable Craft of Blacksmithing. Students will be introduced to the blacksmith's techniques of flattening, bending over and on the anvil, hot-cutting, drawing-out to a taper, chamfering, bending in a fork, and twisting (in that order). By the end of class, students can reasonably expect to have a pleasantly hefty handful of bottle-opening wonderfulness. (min 3/max 8). Age 15+ may register for this adult class with a parent. Classes held at *Prospect Hill Forge*, 38 Guinan. St. Waltham

**Friday**, January 20, 7:00-10:00pm

**Fee: \$75**

**Monday**, February 13, 6:30-9:30pm

**Fee: \$75**

**Saturday**, March 4, 7:00-10:00pm

**Fee: \$75**

Information regarding directions, safety, attire and more available at  
[www.prospecthillforge.com](http://www.prospecthillforge.com)

## STONE CARVING



Scott Cahaly  
Stone Sculpting Studio  
80 Loomis St. 2nd Floor  
Bedford

### STONE CARVING SATURDAYS

In this popular one-day workshop, 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)

**Saturday**, January 21, 9:30am-2:30pm.

**Fee: \$125**

**Saturday**, February 25, 9:30am-2:30pm.

**Fee: \$125**

### STONE CARVING CLASSES

Learn how to carve stone (alabaster) and learn all parts of this fascinating ancient medium. Beginning/intermediate/advanced students are all welcome. You will learn the process of stone carving from the beginning chisels, to the files and finishing process. You are encouraged and aided in producing the type of work that interests you! More advanced students are aided in pursuing new creative directions. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. Price includes tools, .Stones are an extra expense (approximately \$4/lb) payable at class. (min 4/max 8) 10wks (age 16+)

**Mondays**, 10:00am-1:00pm, 1/9-3/13

**Fee: \$515**

**Tuesdays**, 10:00am-1:00pm, 1/10-3/14

**Fee: \$515**

**Tuesdays**, 7:00pm-10:00pm, 1/10-3/14

**Fee: \$515**

**Wednesdays**, 7:00-10:00pm, 1/4-3/8

**Fee: \$515**

[www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com) for more info

# ADULT PROGRAMS

## ~ CREATIVE CLASSES: ARTS, CRAFTS and MUSIC ~

### THE ART OF BASKETWEAVING with Kim Lennon

Baskets are useful for many things and they make great gifts, but they can be expensive to buy and you may not always get exactly what you want. Learn the basics of making a rectangular bottom basket and a round bottom basket. Class will cover reed preparation, cutting, weaving instruction, tips, patterns, other types of baskets and materials. The techniques you learn in this basic class will enable you to make lots of other types of baskets. Reed will be provided. You will make two basic baskets or more if time permits. Bring a large towel, dozen+ clothespins (spring type) and a 12-20" diameter bucket. Please pay a \$20 material fee to the instructor at class. Class held at 12 Mudge Way,

Rm 152. Age 16+ (min 6/max 12) 6wks

**Tuesdays**, 7:00-8:45pm, 1/24-3/7 (no class 2/21)

**Fee: \$100**



### THE FUN APPROACH TO LEARNING GUITAR with Marc Boggs

You don't 'work' a guitar... you PLAY it. That word is the key motivator to his approach in teaching; enjoyable, rewarding, encouraging, but most of all FUN. We will cover all the basics in a no-pressure, hands-on, interactive class setting by using popular songs as prime examples instead of a series of boring exercises or 'method' books. You will learn how to write, arrange and perform your own composition while learning the basic fundamentals of music knowledge. Over the course of 25+ years, Marc has worked with various groups/projects gaining valuable professional performing and teaching experience. Having spent most of the 1990's touring the east coast opening for various artists such as Joe Bonamassa, Peter Frampton, Kansas, and Joe Walsh, he has now settled into a role as a private guitar instructor. Ages 14+

(min 6/max 20) Class held at 12 Mudge Way, Rm. 139

**Wednesdays**, 7:00-8:30pm, 1/18-3/15 (no class 2/22), 8wks

**Fee: \$125**



### BEGINNING PHOTOGRAPHY

with Robyn Bright, Photographer

Do you want to take better photos of your family and friends, or while traveling and any time you are inspired to capture a moment? All great pictures have two important factors going for them, fantastic lighting and great composition. This class will teach you about how light affects a photo's look, mood and even color, and different types of lighting will be discussed including both outdoor and flash photography. Rules of composition and changing perspective will also be covered so your photos can look fabulous. Find out how to use your camera, and some of the settings such as aperture and shutter speed that can change an image to achieve the best photos possible in many different situations. Please bring your film or digital camera, manual and any other equipment you wish to the first class. Class held at 12 Mudge Way, Rm 152. Age 16+ (min 4/max 12) 5wks

**Mondays**, 7:00-9:00pm, 2/6-3/13 (no class 2/20)

**Fee: \$100**



### LEARN TO KNIT (Parent-Child Class)

with Emily Edwards

Would you like to learn how to knit? Or need a refresher course? This is the perfect class for you! Teachings will entail basic knitting skills such as casting on, casting off, the knit stitch and the purl stitch. Using these skills we will make a simple yet eye catching scarf, as well as a basic baby hat. This course is perfect for any new beginner, or as a refresher! Supply list available on our website or in the Recreation Office. Ages 8 and up with parent. Class held in the Brick Building, 97 School St. Carlisle. (min 4/max 8)

**Wednesdays**, 6:30-7:30pm, 3/8-4/12

**Fee: \$120/pair**

# ADULT PROGRAMS

~ LET'S EAT! COOKING, FOOD & NUTRITION ~

## DINNER AGAINST THE CLOCK: Classic Quick Meals

with Jeannette Pothier, Professional Chef

Jeannette's teacher, Madeleine Kamman wrote a book by this name, *Dinner Against The Clock* and the recipes are very quick, yet involve cooking techniques that you apply every day. The meals are simple, yet delicious. Learn how to quickly cook meats, make a colorful pepper cream sauce and pilaf, and serve them with an assortment of vegetables and a whipped fruit dessert. Bring an apron, your knives and a smile. We will discuss menu planning for the weekday meals that can be used to entertain. Additional material cost \$10; please pay instructor the materials fee at the class. (min 5/max 10) Class held at 12 Mudge Way, Shawsheen Rm.

Tuesday, January 24, 6:30-9:00pm.

Fee: \$30



## KNIFE SKILLS: Slicing, Chopping and Sharpening Knives

with Jeannette Pothier, Professional Chef

Back by popular demand! Good knife skills are important to let the cook do the chopping easily and quickly. There is a right way and a wrong way to hold a knife. Learn this skill while preparing foods such as appetizers, soup, and salad. These dishes will let you slice and chop. We will also sharpen knives and learn how to care for them. Bring a paring knife and a 6 to 10 inch chef knife if you have one. Bring an apron and be ready to get to work to make cooking fun. We will cook and eat the food you prepare! Additional material cost \$10; please pay instructor the materials fee at the class. (min 5/max 10) Class held at 12 Mudge Way, Shawsheen Rm.

Tuesday, February 28, 6:30-9:00pm.

Fee: \$30

## 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 in Burlington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas and condiments galore. For some, the unfamiliar ingredients, unrecognizable labels and the football-field-size store is 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 around the market to acquaint you with this wonderful resource. There will be plenty of time for questions, shopping and snacking. After each guided tour, we will head over to the food court and sample some of the delicious offerings from the bakery and restaurant stalls. Debra will provide goody bags, handouts with recipes and how to stock your own "starter" Asian pantry. Meet in the entry to the Food Court. Comfortable shoes a must! (min 6/max 10)

Wednesdays, March 1 and March 8, 6:30-9:00pm. (2wks)

Fee: \$53



## TOURS

with Sonia DeMarta  
Healthy Eating Coordinator



170 Great Road, Bedford  
Meet at Customer Service

## ALL ABOUT THE WHOLE FOODS MARKET 365® LINE

Whole Foods Market 365 Everyday Value line is just one of the many options available to our price-conscious customers. We feature foods that are free from artificial preservatives, colors, flavors, sweeteners and hydrogenated fats. Come check out the variety of this line of products. Snacks will be provided. (min 3/max 10)

Tuesday, January 10, 10:00-11:00am.

Fee: \$10

## HOW TO BUY ORGANIC AND AVOID GMO's

As the first national certified organic grocer in the US, Whole Foods Market features many organic options that are grown in environmentally friendly ways without toxic or persistent agricultural chemicals. GMO (Genetically Modified Organism) are crops currently modified to survive herbicide treatment and resist certain diseases. Come learn and explore all the options available to help you make good, healthy choices. Non-GMO goodie bag will be provided. (min 3/max 10)

Tuesday, February 7, 10:00-11:00am.

Fee: \$10

# ADULT PROGRAMS

## ~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

### **ART AND SOUL-SIX INTRIGUING MUSEUM TOURS with 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](mailto:MaryHurley@comcast.net) to receive a list of meeting places and directions. Museum admission is an additional fee each week. (max 6)

**Wednesdays**, 9:30am-1:30pm, 2/15-3/29 (no class 2/22), 6wks

**Fee: \$89**

### **CONSIDERING A RESIDENTIAL ADDITION OR RENOVATION?**

#### **With Nancy Dickinson, Dickinson Architects**

If you have been thinking about adding on to your house, but do not know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay," the architectural process, contractor selection, permitting and what to expect during construction. Time will be given for questions about your specific project. Nancy is a registered architect with more than 25 years experience, 20 years specializing in Residential Design. [Dickinson-Architects.com](http://Dickinson-Architects.com) (min 2/max 25)

Class held at 12 Mudge Way, Rm. 152

**Wednesday**, February 1, 6:30-8:30pm

**Fee: \$25**



### **MONEY AND DIVORCE: Costly Mistakes You Don't Want To Make**

#### **With David Chwalek, Senes & Chwalek Financial Advisors**

If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this seminar could be for you. We will look at common financial mistakes that are often made in divorce settlements and discuss ways to avoid them. You will gain an understanding of how issues of cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We will discuss the new Alimony Reform Act of 2011 that was effective March 1, 2012 and makes significant changes to alimony. Be knowledgeable about your finances before you sign your settlement agreement. (min 3/max 25)

**Wednesday**, January 25, 7:00-9:00pm. Class held at 12 Mudge Way, Rm. 152

**Fee: \$20**

### **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 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. 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, Rm 152.

**Wednesday**, March 1, 7:00-9:00pm.

**Fee: \$10 per family**



# ADULT PROGRAMS



## ~ HEALTH AND WELL-BEING ~



### **BREATHE, CONNECT & NOURISH WORKSHOP**

**with Meghan Brennan, Pilates and Core Energetics Practitioner**

**and Eileen Maloney, Physical Therapist, Core Energetics Practitioner, Yoga Instructor**

Ready for a profound shift into greater balance and alignment? Inspired to reconnect with your body leaving behind self-judgment and self-sabotage? Interested in transformative self-care? The expansion through breath that you will experience will invite the release of blockages in your body, provide space for increased mobility and flexibility, and leave you more receptive to opportunities for connection to self and others. We will share empowering techniques and healing strategies to help you nourish and satiate your body and mind. Our unique hands on adjustments will encourage body awakening, grounding and optimal postural alignment. With subtle shifts, you will cultivate your soul and breathe into a heart wide open. Realign your spine and realign your life! Bring a bottle of water, a mat and wear comfortable yet fitted clothing. Class held in Rm. 151, 12 Mudge Way. (min 5/max 15)

**Monday, January 23, 10:30am-12:30pm**

**Fee: \$35**

### **AVOIDING POWER STRUGGLES WITH LOVED ONES WITH MENTAL ILLNESS OR BEHAVIORAL ISSUES**

**with Mara Briere, MA, Grow A Strong Family, Inc.**

This workshop is for those of us who are tired of fighting with our loved ones about...anything! It is very easy to fall into a pattern of acting as if we know better about what our loves ones need than they do. Unfortunately, they do not always agree. We dig in our heels and they do, too. Why do they hook us into arguing? How can we step out of the battle. How can we be more effective? Learn what purpose power struggles may serve. Learn and understand the three strategies for avoiding power struggles.

Class held in Rm. 152, 12 Mudge Way. (min 5/max 25)

**Monday, January 30, 7:00-8:30pm**

**Fee: \$25**

### **GRIEF: LEARNING TO MOVE FORWARD**

**with Mara Briere, MA, Grow A Strong Family, Inc.**

When a loved one is struck with a serious mental illness, family members experience the loss of the individual that they once knew, and are left to cope with learning how to live with a person who is physically present, but psychologically and emotionally different. When someone has a mental health diagnosis, typical transitions, hopes, expectations, and dreams require a re-write. Family members experience a sense of loss, sadness, disappointment, discouragement. The relationship has changed. Roles are revised. Triggers abound that cycle through the lifespan and the grief seems to know no end. Join us as we discuss this painful component of loving someone with a mental health diagnosis. Class held in Rm. 152, 12 Mudge Way. (min 5/max 25)

**Monday, February 6, 7:00-8:30pm**

**Fee: \$25**

### **TALK TO LOVED ONES MORE EFFECTIVELY**

**with Mara Briere, MA, Grow A Strong Family, Inc.**

Talk, text, mail, tweet, message...communication can vary in many dimensions. It can be direct or indirect, formal or informal, clear or blurred, etc. Trying to have a conversation with someone who holds onto misguided thoughts in spite of overwhelming evidence is challenging, frustrating, and can lead to angry outbursts that hurt both of you. There are proven tools that can effectively enable you to get your point across without arguing. Learn the basics. Practice in "real time." This is an introduction to better communication. Learn how to "get out of the fight!"

Class held in Rm. 152, 12 Mudge Way. (min5/max25)

**Monday, February 27, 7:00-8:30pm**

**Fee: \$25**

### **WHO CARES FOR THE CAREGIVER?**

**with Mara Briere, MA, Grow A Strong Family, Inc.**

Learning how to actively schedule self-care is a vital skill when nurturing and supporting loved ones with mental illnesses. Give yourself the gift of an evening to acquire some skills that do not require huge amounts of time or commitments that you may not be able to fulfill. You might even have fun while remembering how to have fun!

Class held in Rm. 152, 12 Mudge Way. (min5/max25)

**Monday, March 13, 7:00-8:30pm**

**Fee: \$25**



# ADULT PROGRAMS



## ~ HEALTH AND WELL-BEING ~



### **MEDITATION AND RAISE YOUR VIBE HOUR**

**with Julie Ramsdell, M.S., Reiki Practitioner**

Curious about meditation? Why is everyone talking about meditation and its health benefits? Will it really help enhance your relationships, heal your body, and permit you to sleep better? Make you happier? Energy medicine - that includes meditation - is the medicine of the future, and this class gives you the tools to enjoy a more empowered, peaceful and passionate life -- without pharmaceuticals. Through meditation and by learning simple techniques, you become less stressed and find more joy in your life. We will remind your body how to heal itself, which is the most powerful medicine there is. The class will be half meditation and half energy medicine techniques, where we balance our chakras to keep the energy flowing in our bodies. No special attire or equipment is needed; just a desire to FEEL BETTER. If you already meditate, joining a meditation circle is very powerful and will enhance your practice. All levels of experience are warmly welcome. Class held in Rm. 152, 12 Mudge Way. (min 4/max 15)

**Tuesdays, 7:00-8:00pm, 1/10-3/7 (no 2/21) 8wks**

**Fee: \$96**

### **INTRODUCTION TO MEDITATION AND MINDFULNESS PRACTICE**

**with Dr. Frances Bigda Peyton**

A 4-session introduction to meditation as a tool for awareness, happiness, and stress reduction. Essential mindfulness practices will also be introduced in the tradition of Zen master, Thich Nhat Hahn. We will practice mindful ways to nourish the mind, transform psychological wounds, and work with difficult emotions.

Class will be held at 200 Carlisle Rd, Bedford. (min 4/max 12)

**Mondays, 10:30am-12:00pm, 2/6-3/6 (no 2/20) 4wks**

**Fee: \$40**

### **FIVE KEYS TO SUCCESSFUL WEIGHT LOSS**

**with Terry Currier, Holistic Weight Loss Coach, Personal Trainer  
And Emotional Freedom Techniques Practitioner**

Are you tired of struggling to lose weight and keep it off? Do you long to be free of food cravings and stress-driven eating? Do you want the slimmer body, increased energy and improved well-being that can accompany healthy weight loss? Attend this two-session seminar and learn eating strategies and mind-body techniques that will help you end your struggle with good and weight. The second session will end with group hypnosis, utilizing the incredible power of the sub-conscious mind to make deep and lasting healthy lifestyle changes. Please bring a mat, blanket, and pillow for comfort. (min 2/max 6) Class held at Carlisle Town Hall, 66 Westford St. Carlisle.

**Saturdays, 9:00-11:00am, February 4 and 11**

**Fee: \$40**



# ADULT PROGRAMS

## ~ CPR COURSES ~

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

The goal of this course is to provide individuals with the basic knowledge and skills necessary to provide CPR, Automatic Defibrillator and Choking Rescue in the event of a cardiac arrest or choking emergency. Training includes valuable hands-on manikin practice to increase skills and confidence. This course also teaches how to recognize the signs of 4 major emergencies, heart attacks, stroke, cardiac arrest and foreign body airway obstruction. This course is based on the AHA 2015 criteria and provides a 2-year certification card. Please bring towel or small blanket to kneel on, and self-addressed stamped envelope for card to be mailed. Class held in the Bedford Police Station Conf. Rm. Age 11+ (min 4/ max 20)

**Sunday, February 28, 1:30-4:30pm.**

**Fee: \$81**

### **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. CPR - BLS for Healthcare Providers is designed to teach the skills to recognize and manage emergency situations for healthcare and dental professionals and students who work in a wide variety of settings. This course includes one and two rescuer CPR/AED, Bag- mask use, as well as choking rescue, for all ages. Class is taught according to the AHA 2015 guidelines and provides a 2-year certification. Course consists of class room, manikin practice, skill tests and a 25 question written exam. Please bring a self-addressed stamped envelope and towel or blanket to kneel on if desired. Class held in the Bedford Police Station Conf. Rm.

**Sunday, February 28, 5:30—8:30pm (min 5/max 20)**

**Fee: \$92**



## ~ 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](mailto: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>Winter Session:</u>	
<b>Monday</b>	9:30-10:30am	1/9-3/20 (no class 1/16, 2/20) 9wks	<b>Fee: \$90</b>
<b>Wednesday</b>	9:30-10:30am	1/4-3/22 (no class 2/22) 11 wks	<b>Fee: \$110</b>
<b>Thursday</b>	6:30-7:30pm	1/5-3/23 (no class 2/23) 11wks	<b>Fee: \$110</b>

### **BEGINNER - INTERMEDIATE TAI CHI**

**with 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)

**Wednesdays, 6:30-7:30pm, 1/11-3/15 (10wks) Class in Rm.153, 12 Mudge Way.**

**Fee: \$105**

*Free Trial Class: Wed. 1/4, 6:30-7:30pm (register online or call)*

**Thursdays, 1:00-2:00pm, 1/5-3/9 (10wks) Class held in Union Rm., 12 Mudge Way**

**Fee: \$105**



# 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.

<b>Day:</b>	<b>Time:</b>	<b>Winter Session Dates:</b>	
<b>Mondays</b>	7:15-8:15pm	1/9-3/13 (8wks, no class 1/16,2/20)	<b>Fee: \$100</b>
<b>Tuesdays</b>	9:30-10:30am	1/10-3/14 (9wks, no class 2/21)	<b>Fee: \$112</b>
<b>Wednesdays</b>	7:00-8:00pm	1/11-3/15 (9wks, no class 2/22)	<b>Fee: \$112</b>
<b>Fridays</b>	9:30-10:30am	1/6-3/17 (8wks, no class 1/13, 2/24, 3/10)	<b>Fee: \$100</b>
<b>Free Trial Classes:</b> Mon. 12/12, 7:15pm, Tues. 12/13, 9:30am. Please register online or call for trial class.			

### 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, 1/8-3/19 (11wks) Fee: \$138**

### 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 12). 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, 7:30-8:45pm, 1/10-3/21 (11wks) Fee: \$138**

### CREATIVE FLOW WITH MUDRAS

with Cyndy Overgaag, Serenity Yoga Center

This moderately paced class is in the vinyasa tradition (flowing from posture to posture) and explores new and creative versions of traditional sequences and invites students to experience unique combinations of postures. We will add mudras - hand positions and movements - to bring specific healing and enhancing effects to the practice. The mudras are both fun to learn and effective. Individual inspiration and confident movement are supported and encouraged. Please provide an email address when registering; forms required before first class will be emailed to you. (min 3/max 12) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.



**Saturdays, 8:15 - 9:30 am, 1/7-3/25 (12 wks) Fee: \$150**



# ADULT PROGRAMS



## ~ EXERCISE AND DANCE ~

### ZIP AND ZEN

with Nancy Griffiths, Kamate Fitness

Start with a Tabata-style interval workout; improve insulin sensitivity, get fit faster, increase lean muscle mass, boost metabolism, accelerate weight loss and more in less than 15 minutes of high intensity interval training. Then get your zen on for 15 minutes of life changing meditation to improve mental focus, increase immunity, reduce blood pressure, increase memory retention, decrease anxiety and far too many benefits to list! Classes held at Connections,

153 Concord Rd. (min 2/ max 15) Free if you belong to the Kamate Classes (BodyPump, BodyJam and BodyFlow)  
**Mondays**, 8:30-9:00am and **Tuesdays**, 6:15-6:45pm, 1/3-3/21 (no 1/16, 2/20) 12 wks **Fee: \$96**

### 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.

**Saturdays**, 10:15-11:00am, 1/7-3/18 (no class 2/25) 10wks **Fee: \$110**

### STRETCH AND TONE FOR WOMEN

with Nina Franzino, 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.

**Tuesdays**, 7:00-8:00pm, 1/10-3/21 (no class 2/21) 10 wks **Fee: \$110**

### ZUMBA® FITNESS

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) Class held at 12 Mudge Way, Union Rm.

**Thursdays**, 9:30-10:30am, 1/5-3/16 (no class 2/23) 10wks. **Fee: \$100**

### CARDIO BARRE BLAST

with Nina Fanzino, 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, 1/10-3/21 (no class 2/21) 10wks **Fee: \$110**





# 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.



**Winter Session:** Jan. 3-March 27 (12wks)

**FEES: (value)**

- BodyJam only: **\$228 (=\$19wk)**
- BodyFlow only: **\$216 (=\$18wk)**
- BodyPump only: **\$252 (=\$21wk)**
- BodyJam & BodyPump: **\$264 (=\$22wk)**
- BodyJam & BodyFlow: **\$252 (=\$21wk)**
- BodyPump & BodyFlow: **\$264 (=\$22wk)**
- Pump/Jam/Flow **\$288 (=\$24wk)**

**Attend Unlimited classes per week. Ages 15+**

*Try your first class free!*

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

**BODYJAM:**

- Tuesday** 7:00 – 8:00pm
- Thursday** 6:00 – 7:00pm
- Friday** 9:20- 10:20am
- Saturday** 10:15-11:15am

**BODYPUMP:**

- Monday** 9:20-10:20am (no 1/16, 2/20)
- Monday** 6:30-7:30pm
- Wednesday** 9:20-10:20am
- Wednesday** 6:30-7:30pm
- Saturday** 8:00-9:00am
- Saturday** 9:00-10:00am

**BODYFLOW:**

- Tuesday** 9:20-10:20am
- Thursday** 7:00-8:00pm
- Sunday** 4:30-5:30pm

**Free Zip and Zen classes for Kamate Members:  
See page 13 for info**

**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





# ADULT PROGRAMS



## ~ DANCE ~

### **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, and will take you one step further into 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, 8:30-9:30pm, 1/9-3/20 (no class 2/20) 10wks**

**Fee: \$110**

### **TAP BASICS**

**with Amy Boshco, Attitudes Dance and Fitness**

Tap combines study of rhythm, patterns, and syncopation in order to develop rhythm, agility, balance and coordination. Please bring a towel, water and wear comfortable clothes and tap shoes (street shoes not permitted). Age 16+. Beginner/Intermediate level. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays, 7:00-8:00pm, 1/11-3/22 (no class 2/22) 10 wks (max 10)**

**Fee: \$110**

### **BALLET BASICS**

**with Lisa Rizzone, 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. Please wear loose clothing and ballet slippers or socks (street shoes are not permitted). Appropriate for the beginner/intermediate student with some previous experience. Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Wednesdays, 5:45-6:45pm, 1/11-3/22 (no class 2/22) 10 wks (max 4)**

**Fee: \$110**

### **BROADWAY JAZZ**

**with Diane Longtin, Attitudes Dance and Fitness**

Let your inner Broadway star out in this class that focuses on Broadway dance. This class uses music from Broadway and teaches students how to use dance to act out favorite musicals! Please wear loose comfortable clothing and bring jazz or character shoes (street shoes are not permitted in the studio). Appropriate for the beginning/intermediate student with little or no previous experience. (max 10) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

**Saturdays, 9:15am-10:15am, 1/7-3/18 (no class 2/25) 10 wks**

**Fee: \$110**

## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

### **SLOW PITCH RECREATIONAL SOFTBALL LEAGUE - Spring/Summer**

This is an In-Town, casual, fun co-ed league that begins in the Spring and continues through the Summer. Teams will be created by a committee of Captains and Coordinators. You may request to play with up to 4 people. Players must be age 21 or over. There will be a meeting for people interested in being Coordinators and Captains in early March.

**Schedule:** (subject to change) April 2-August 13 (Approximately 20 games including playoffs)

**Spring:** (April 2-June 11) Sunday evening games, 6:00pm.

**Summer:** (June 18-August 13) Sunday evening games, 6:00/6:30pm and Tuesday or Wednesday games (tbd), 6:00/6:30pm.

**Registration Fee: \$100** (includes uniform shirt and hat)

**Umpires:** Please apply at the Recreation Department if you are interested in being an Umpire for the games. Must have availability and experience. Great pay and part-time job!





# ADULT PROGRAMS



## ~ ADULT PICK-UP SPORTS AND LEAGUES ~

**REGISTRATION:** Register for 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)

**NO PLAY DAYS:** There are occasionally "no play" days. Some are listed below and others will be communicated via email when we have advance notice. If schools are closed (holidays/inclement weather), there will be no sports.

### 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+ **No Fee**  
**Mondays, 8:30-10:00pm and Wednesdays, 8:00 - 10:00pm, 11/28-3/29, (no 12/26, 12/28, 1/2, 1/16, 2/20, 2/22)**

### 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+ **No Fee**  
**Wednesdays, 7:00-10:00pm, 11/30-3/29 (no 12/28, 2/22)**

### 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 and 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. Lane School Gym. Age 18+ **No Fee**  
**Fridays, 6:00-7:30pm, 12/2-3/31 (no 12/30, 2/24)**

### BADMINTON - ADVANCED / INTERMEDIATE – Registration required

Open courts for intermediate and advanced players. This is a competitive league. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. Players must be registered and attend regularly. Lane School Gym. Age 18+ **No Fee for Bedford Residents**  
Tuesdays, 7:30-10:00pm, 1/3-3/28 (no 2/21) **Fee: Non-residents \$30**  
**NON-RESIDENT BADMINTON REGISTRATION: BEGINS 12/11 AT 9:00PM**  
*Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play unless officially registered. (max 28 registrants)*  
\*\*\*Please note: Fall session continues thru 12/20 for currently registered Fall session participants.

### BADMINTON - BEGINNER and INTERMEDIATE

Open courts for beginning and intermediate players. Some instruction is available for technique and rules, as needed. 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. Wear comfortable clothes and bring a pair of indoor court shoes or tennis shoes. Lane School Gym. Age 18+ **No Fee**  
**Thursdays, 8:00pm - 10:00pm, 12/1-3/30 (no 12/29, 2/23)**

### INDOOR 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 and Tuesdays, 9:00-10:00pm/ \*Wednesdays, 8:30-10:00pm/ Thursdays, 8:30-10:00pm**  
**Dates:** Effective 11/28-3/30, (no play dates - 12/26 thru 1/2, 1/16, 2/20 thru 2/23)

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

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

# PRESCHOOL PROGRAMS

## LIL SPORTS (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 skills and gross motor skills. A different sport and activity will be played each week.

Saturdays, 1/7-2/18 7 Weeks	Fee: \$76
8:45-9:30 AM	
Bedford High School, Back Gym	Min 10/Max 20

## 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, beginning 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. Includes a uniform.

Tuesdays, 4:30-5:10 PM, 1/10-1/31 4 Weeks	Fee: \$75
Saturdays, 11:00 - 11:40, 1/14-2/4 4 Weeks	Fee: \$75
Location: Callahan's Karate, 20 North Road	Min 5/Max 10

## PRESCHOOL RHYTHM AND DANCE (Ages 3.5—6) with Renae Nichols

Boys and girls will learn to dance to various types of music by listening and matching appropriate movements, including basic tap and ballet steps, to the rhythms and styles they hear. Through music and dance exploration, they will develop the music and dance skills necessary for traditional dance and music programs. Students will dance primarily in sneakers or bare feet. During the final class of the session, parents are invited to watch performances.

Fridays, Jan. 20—March 24 (no class 2/24, 3/10) 8 Weeks	Fee: \$87
2:00-2:45 PM	
12 Mudge Way, Union Room	Min 6/Max 12

## PRESCHOOL GYMNASTICS

### With Jennifer McGrath and Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in this preschool gymnastics/movement class. Children participate with bare feet. Adults must participate with children in the 2-3 year old class and younger.

**NOT YET WALKING "BABY GYM" with Adult Partner (Mondays, 1:30-2:10 PM):** This class is designed for the very young who are not yet walking. 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 good opportunity for babies and parents to meet new friends!

**12 MONTHS-3 YEARS GYMNASTICS "TODDLER TUMBLERS" with Adult partner (Mondays 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. Parachute and stamps complete this magical gymnastics class.

**3-5 YEARS TRANSITIONAL GYMNASTICS CLASS (Mondays, 10:15-10:55 OR Mondays 12:30-1:15):** 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 do not stay with children during this class.

**5-7 YEARS "FUN GYMNASTICS" (Mondays, 4:00-4:45):** This class is designed for children who are ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They use balance beams, bars and vaulting equipment. ***This program is open to children attending Kids' Club; staff will walk children to and from Kids' Club.***

Mondays, 1/9 - 3/27 (no class 1/16 & 2/20) 10 Weeks	Fee: \$135
Location: First Church of Christ, 25 Great Road, Lower Fellowship Hall; please park in the Town Hall parking lot on Mudge Way	Max 20/class

***K-5th GRADE GYMNASTICS INFORMATION IN THE ELEMENTARY SECTION OF THIS BROCHURE.***

# PRESCHOOL PROGRAMS

## MINI'S MULTI-SPORT with New England Athletic Academy (Ages 3 – 5)

Sports covered in this safe, fun fast paced, high energy introduction may include: t-ball, soccer, lacrosse, hockey, basketball, flag football and much more!

12 Mudge Way, Room 153	6 weeks, January 31 – March 14, no Feb. school break week
Ages 3 – 4, Tuesdays, 11:00 - 11:45AM	Max. 6      Fee: \$80
Ages 4 – 5, Tuesdays, 12:00 – 1:00PM	Max. 5      Fee: \$90

## PRESCHOOL TENNIS with New England Athletic Academy (Ages 3 – 5)

In accordance with the 10 and under USTA guidelines, NEAA offers beginner tennis instruction for ages 3 – 5 teaching basic shot mechanics and fundamentals. NEAA provides all equipment although players are welcome to bring their own rackets if they wish. Players use slower, less bouncy “red balls” and play on an indoor wooden surface sized appropriately for the young students.

12 Mudge Way, Room 153	6 weeks, February 2 – March 16, no Feb. school break week
Ages 3 – 4, Thursdays, 9:30 - 10:15AM	Max. 5      Fee: \$80
Ages 4 – 5, Thursdays, 10:30 – 11:30AM	Max. 5      Fee: \$90

## SOCCER PRESCHOOL SOCCER with Soccer Shots (Ages 2 - 4)

Soccer Shots teaches soccer skills in a fun, non-competitive environment. This indoor winter program is held in the “Active Room” at 12 Mudge Way. Please bring water and wear sneakers. Soccer balls for class use provided (and returned at the end of class).

12 Mudge Way, Room 153	Fridays, 6 weeks, January 13 – Feb. 17
Age 2, 9:30 - 10:00AM	Max. 8      Fee: \$70
Ages 3 – 4, 10:15 - 10:55AM	Max. 10      Fee: \$70
Ages 3 - 4, 11:10 - 11:50AM	Max. 10      Fee: \$70

# ELEMENTARY BASKETBALL CLINICS

## GRADES 1 & 2 THUNDERCAT SPORTS BASKETBALL CLINICS      Fee: \$100

Basketball and sportsmanship fundamentals will be taught in these clinics that are coached by Thundercat basketball staff. Children must bring a youth size 27 ball. Gyms will be open to participants and their parents/caregivers only, please no siblings. Grade 1 & 2 Girls will meet on Wednesdays and Grade 1 & 2 Boys will meet on Fridays. Each clinic is limited to 20 participants (minimum 8). Deadline to register is December 18 or when spaces fill.

### Wednesdays at Davis Gym: 1/4-3/1 (no clinic 2/22) (8 Weeks)

**Girls Grades 1 & 2:** 1:50-3:30 PM

(snack supervised by Rec. Staff from 1:50-2:30 in the cafeteria, please send snack)

### Fridays at Davis Gym: 1/6-3/3 (no clinic 2/24) (8 Weeks)

*Clinic will be held on the professional day 1/13*

**Boys Grade 1:** 3:45-4:45

(snack supervised by Rec. Staff from 3:15-3:45 in the cafeteria, please send snack)

**Boys Grade 2:** 4:45-5:45

## GRADE 3 PARENT RUN CLINICS      Fee: \$100

Parent volunteers run the grade 3 basketball clinics. Participants will have fun learning the fundamentals of basketball and sportsmanship in this clinic. If you are a parent interested in volunteering, please indicate your interest on your child's registration. Each clinic is limited to 25 participants. Deadline to register is December 18 or when spaces fill. *\*practice time and schedule is subject to change depending on volunteer coaches schedule.*

### Mondays at Davis Gym: 1/9-3/13 (no clinic 1/16 & 2/20) (8 Wks)

**Boys Grade 3:** 5:00-6:00 PM

### Wednesdays at BHS Back Gym: 1/4-3/1 (no clinic 2/22) (8 Wks)

**Girls Grade 3:** 6:00-7:00 PM

# ELEMENTARY PROGRAMS

Davis

## DAVIS SCHOOL AM GYM

Join Peter Laskaris and Recreation 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. No drop ins, students must be registered.

Monday-Friday, 1/3-3/31 (no holidays, no school days, snow days or delays) 8:00 AM– Start of School Davis School Gym	Min 25/Max 40	Fee: \$184
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## GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris and Judy Johnson

Get ready for fun! This afterschool sports program is full of excitement and variety that will get kids moving! At dismissal, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a light snack). Students then move to the gym to participate in fun and active games. **Due to popularity, students may only enroll in one day per week.**

Mondays, 1/9-3/20 (no class 1/16 & 2/20) 9 Weeks Tuesdays, 1/10-3/21 (no class 2/21) 10 Weeks Dismissal-4:30 PM Davis School Gym	Min 15/Max 25	Fee: \$52 Fee: \$58
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## DAVIS YOGA (Grades K-2) with 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 children's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun creative manner. Prior to classes, children are released to the cafeteria where they will enjoy quiet activities and snack. Please send a snack.

Thursdays, 1/12-3/9 (no class 2/23) 8 Weeks Dismissal-4:30 PM Davis Gym	Min 6/Max 12	Fee: \$95
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## SATURDAY KINDERGARTEN SPORTS

Join Lil Sports for this fun and energetic program for children who are currently enrolled in Kindergarten. This class will consist of jogging, stretching and more than 30 different activities. This fun program teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills. Children should wear active clothing and bring a water bottle.

Saturdays, 1/7-2/18 7 Weeks 9:30-10:15 AM Bedford High School, Back Gym	Min 10/Max 20	Fee: \$76
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## DESSERT DECORATING CLASS (Grades 1 & 2) with Kelly Anderson

This seven 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 directions will be provided each week. Students will take home all of their creations and recipes at the end of every class. Please note: This is NOT a nut free or gluten free class.

Mondays, 1/9-3/6 (no class 1/16 or 2/20) 7 Weeks Dismissal-4:30 PM Davis School Café	Min 8/Max 10	Fee: \$182
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# ELEMENTARY PROGRAMS

Davis

## **KIDSJAM JR (Grades K-2) with Kamate Fitness**

A younger version of our signature KidsJam program is designed to be a fun and age appropriate adaptation of the latest dance styles and music, introducing children to the fun and creativity of group and individual dances, team building, music and fitness activities. We dance, sweat, and most importantly have fun! 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 a snack to have during the class. Wear comfortable clothing and sneakers.

Thursdays, 1/19-3/2 (no class 2/23) 6 Weeks

Fee: \$85 (includes official KidsJam T-shirt)

Dismissal-4:30 PM

Davis School Café

Min 8/Max 25

## **1-DAY GIRL POWER WRXSHOP (Grade 2) with Jennifer Buckley, Founder of GrooveWrX**

Created by Jennifer Buckley, Founder of GrooveWrX, Fitness & Dance Programs for Youth Empowerment, and Jessica Smith, Lane School Guidance Counselor, LICSW, this is an opportunity for 2nd grade girls build and celebrate self-confidence! With fun and empowering physical movement, self-expression through writing and art, and team building challenges, embracing self-confidence, friendship and community, this is a great opportunity for 2nd grade girls to develop a stronger sense of self as they prepare to move on to Lane School. Wear comfortable clothing and sneakers.

Wednesday, March 22

Fee: \$25

Dismissal-4:15 PM

Davis School Café

Min 8/Max 14

## **DAVIS STEM + ART = STEAM (Grades K-2)**

**With Karine Marino, School of Creative Solutions**

Children will be empowered to ask questions, brainstorm and figure things out for themselves, giving them confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and begin to understand complex systems. Children are natural experimenters and inventors. As children dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Participants will be challenged to build small structures by using creative problem solving strategies. Art activities increase motivation and probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real life situations.

Tuesdays (Students may only register for one session)

Session 1: 1/10-2/7 (5 Weeks)

Fee: \$133

Session 2: 2/28 - 3/28 (5 Weeks)

Fee: \$133

Dismissal-4:40 PM

Davis Cafeteria

Min. 5/Max. 12

## **FREAKY PHYSICS, FORCES AND FLIGHT (Grades K-2) with Mad Science of North Boston**

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! We will have a blast exploring science and how 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 join Bernoulli and Newton as we take an exciting look at the science behind aerodynamics and the properties of air ... under pressure; eliminate the mystery in chemystery; take a tour on the electron freeway in the world of circuit electricity...current events; and experience some awesome forces ... gravity ... inertia ... centripetal force...for ourselves. We will also learn about water waves and the environment, explore the scientific secrets behind some famous magic tricks, investigate the fundamental principles of flight, and discover the strengths of triangles, cylinders and arches and how these shapes make structures for sturdy homes and skyscrapers.

Fridays, 1/6-3/3 (no class 1/13 & 2/24) 7 Weeks

Fee: \$112

Dismissal-4:30 PM

Davis School Café

Min 12/Max 40

# ELEMENTARY PROGRAMS *Davis/Lane*

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

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



Fridays, 1/6-3/24 (no class 2/24) 11 Weeks, <b>class is held on 1/13, 3/10 no school days</b>	Fee: \$190
Grades 3-5: Dismissal-4:00 PM (please pack a snack for the first 15 minutes)	
Grades K-2: 4:00 PM-4:45 PM	
Lane School Gym	Min 10/Max 30

## **AGE 5-7 FUN GYMNASTICS with Jennifer McGrath and Dotty Martin**

This class is designed for children who are ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They use the balance beams, bars and vaulting equipment. This program is also open to children attending Kids' Club; staff will walk children to the program and back to Kids' Club.

Mondays, 1/9-3/27 (no class 1/16 & 2/20) 10 Weeks	Fee: \$135
4:00 PM-4:45 PM	
First Church of Christ, 25 Great Road, Lower Fellowship hall	Max. 20

## **WINTER TENNIS LESSONS (Grades K-5) with KA Tennis**



Instructor Kyle Anderson is a PTR and USTA certified instructor with more than 20 years full time experience instructing individuals and groups. Instruction will be given in mechanics and rallying skills. Younger players are introduced to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this program appropriate for all ages. All levels of experience welcome. Please bring a tennis racquet.

Wednesdays, 1/4-3/15 (no class 2/22) 10 Weeks	Fee: \$200
Grades 3-5: Dismissal-2:40 PM	
Grades K-2: 2:45-3:45 PM	
Lane School Gym	Max 10

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

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. A uniform will be included in this package.

Tuesdays, 1/10-1/31 4 Weeks	Fee: \$75
4:30-5:10 PM	
Saturdays, 1/14-2/4 4 Weeks	
11:00 - 11:40	Fee: \$75
Location: Callahan's Karate, 20 North Road	Min 5/Max 10

# ELEMENTARY PROGRAMS *Davis/Lane*

## **BEDFORD YOUTH WRESTLING (Grade K - 8, Boys & Girls)**

This program is offered in conjunction with the Bedford High School Wrestling program. BHS wrestling coaches will be assisted by BHS wrestlers. Participants will work toward competition level preparedness. Once comfortable and ready, students will have the opportunity to compete in local tournaments. One of the oldest Olympic sports, wrestling promotes self-discipline, respect, hard work and a never quit attitude. Participants will be grouped by age, weight and experience.

Coaching staff includes BHS Head Wrestling Coach Shawn Pimentel and Assistant Coach "Snook."

\*Davis School students will attend the first hour only

Tuesdays & Thursdays, December 13 – February 9 (no 12/27, 12/29) 6:00P – 8:00P* BHS Gym D	Fee: \$175
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## **SCHOOL OF CREATIVE SOLUTIONS with Karine Marino (Grades K-5)**

Tap into your creative brain!!! In this class, students will have a chance to explore and develop appreciation for art and many forms of its expressions. We will learn about American and European artists and their works. We will create clay sculptures, collages and abstract 3D installations. Other projects will include weaving, beading, and mandala card making. Drawing and painting will be explored learning how to use different types of brushes and paints along with combining colored pencil, crayons, wax, and water-color. This class is designed to find your inner artist. Learn to notice and appreciate beauty around us and to communicate it with others.

Davis School: Wednesdays, begins Jan. 4 (7 weeks) Davis Cafeteria Dismissal - 3:30	min.8/max. 15	Fee: \$161
Lane School: Mondays, begins Jan. 9 (6 weeks, no class 1/16, 2/20)) Lane Cafeteria Dismissal - 4:15	min.8/max. 15	Fee: \$144

## **VISUAL ART DAY w/Sarah Scoville (Martin Luther King Day) (Grades 1 – 5)**

Monday, January 16, 2017 9:00 am – 5:00 pm

A full day of art! The day will consist of projects such as observational pencil drawing, sculptural masks with paper mache, printmaking, and water color painting. Also included will be crafts such as friendship bracelets and simple sewing. Please bring lunch and snacks.

Monday, January 16, 9:00A - 5:00P 12 Mudge Way, Room TBD	Min. 10/max. 20	Fee: \$80
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# ELEMENTARY PROGRAMS

Lane

## LANE SCHOOL AM GYM

Recreation staff members will supervise the gym in the mornings for fun before school! AM Gym provides students with the opportunity to be active in the morning. Students will have the choice to participate in a variety of group games or to participate in smaller activities. There are no drop ins, students must be registered through the Recreation Department to participate.

Monday-Friday, 1/3-3/31 (no holidays, no school days, snow days or delays)  
7:30 AM– Start of School  
Lane School Gym

Fee: \$130

Min 25/Max 45

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



In this fun and active class, we 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. We will listen to popular music while learning yoga postures and exploring topics such as compassion, empathy, inner strength and peace. Children will be released to the cafeteria at dismissal and will have time for a snack. Please pack a snack.

Tuesdays, 1/10-3/7 (no class 2/21) 8 Weeks  
Dismissal-4:00 PM  
Lane School Cafeteria

Fee: \$95

Min 6/Max 12

## NASHOBA SNOWTUBING (Grades 3-5)

**Chaperones needed! Please contact the Recreation Department or include interest in registration**

Bundle up and enjoy this fun winter activity! The bus will leave Lane School at dismissal and return to the Lane parking lot at 5:00 PM. Nashoba offers a variety of tubing lanes that provide kids with an afternoon of fun. Please be sure to pack children warm snow clothing. Helmets are optional. We greatly appreciate any parents able to chaperone. Please indicate volunteer availability on registration.



Wednesdays, 1/4-1/25 (make up days to be added at the end) 4 Weeks  
Dismissal-5:00 PM  
Nashoba Valley Ski Area/Lane School

Fee: \$165

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



Kick it with your friends! This afterschool 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'll learn new steps, create our own dance and work as a team—including a performance on the last day of class. Bring a water bottle, snack and wear comfortable clothing and sneakers.

Wednesdays, 1/11-2/15 6 Weeks  
Dismissal-2:30 PM  
Lane School Café

Fee: \$85 (includes official KidsJam T-shirt)

Min 8/Max 25

# ELEMENTARY PROGRAMS *Lane*

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

Join the movement that is driving kids and adults across the United States toward one of the most rewarding activities of all time: recurve archery. This focus based sport is unique in its ability to include all participants, regardless of athletic ability or skill. A diverse lesson plan taught by passionate instructors form the recipe for success training new and intermediate students in the fundamentals of the shot process. All equipment is provided. Participants will be eligible to compete in the indoor On the Mark Archery tournament this winter.

Tuesdays, 1/3-2/7 6 Weeks  
4:45-5:45 PM  
Davis School Gym

Fee: \$152

Min 10/Max 15

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

This dance crew-based community building program for boys and girls is designed to bring Bedford-based and METCO students together! This program is specifically designed to give Bedford and METCO students a chance to build friendships outside of the school day. We work together before school each week to develop fun dances using styles such as Hip Hop, Stepping and Latin dance. We will have performance opportunities throughout the year both in the schools and around the community! We will learn about performing, teamwork, leadership and community service.



Tuesdays, 1/10-3/21 (no class 2/21) 10 Weeks  
7:30 AM-Start of School  
Lane School Café

Fee: \$72

Min 8/Max 15

## FLOOR HOCKEY/DODGEBALL (Grades 3-5) with FAST Athletics



Play these two exciting sports week in and week out. Dodgeball will cover some of our favorite dodgeball games such as Jail Ball, Cycle Dodgeball, Dr. Dodgeball to just name a few. Hockey will cover basic skills with drills and the class will end with a good old fashioned floor hockey game. Safety rules for each sport will be emphasized before each class. Please send a snack,

Mondays, 1/23-3/13 (no class 2/20) 7 Weeks  
Dismissal-4:30 PM  
Lane School Gym

Fee: \$88

Min 10/Max 24

## SUPERSPORTS (Grades 3-5) with FAST Athletics

Get up, get going, get active with FAST Athletics Supersports program. FAST Athletics will offer 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 basic skills of each sport. Each class ends with a high energy game of the day's sport. Please send a snack.

Thursdays, 1/26-3/16 (no class 2/23) 7 Weeks  
Dismissal-4:30 PM  
Lane School Gym

Fee: \$88

Min 10/Max 24

# ELEMENTARY PROGRAMS

Lane

## LANE STEM + ART = STEAM (Grades 3-5)

With Karine Marino, School of Creative Solutions

Children will be empowered to ask questions, brainstorm and figure things out for themselves, giving them confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and begin to understand complex systems. Children are natural experimenters and inventors. As children dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Participants will be challenged to build small structures by using creative problem solving strategies. Art activities increase motivation and probability of STEM success. The purpose of STEAM is not to teach art but to apply art in real life situations.

Thursdays (Students may only enroll in one session)

Session 1: 1/12-2/9 (5 Weeks)

Fee: \$133

Session 2: 3/2 - 3/30 (5 Weeks)

Fee: \$133

Dismissal-4:15 PM

Lane Cafeteria

## ROBOTICS WITH LEGO EV3 (Grades 3-5) with Empow Studios

Gear up for a class that combines engineering and programming using EV3, the newest generation of LEGO® MINDSTORMS. Our instructors teach the connection between code and physical action while children work in pairs to create robots that walk, drive, and play audio. Sensors help the robot make autonomous decisions, and students learn to code using movement, loops, switches, and more.

Wednesdays, 1/4-3/1 (no class 2/22) 8 Weeks

Fee: \$216

Dismissal-2:30 PM

or

2:45 - 4:00 PM

Lane School Library

Min 8/Max 12

## VIDEO PRODUCTION CLASS with BedfordTV (Grades 3 - 5)

Learn how to create and star in a news show for kids and by kids. We will use the Bedford TV studio, green screen, and professional cameras to teach you all about making a TV show from planning through production. A DVD copy of the program will be provided at the end of the course. Parents provide transportation to and from the studio.

Tuesdays, 1/10-2/14 (6 weeks)

Fee: \$173

3:30– 5:00

BedfordTV Studio, 16 South Road

Min 5/Max 10

## CHESS (Grades 3-5) with Chess Wizards

Join this fun, intellectual and challenging chess education and tournament experience! Open to children of all abilities and grouped by experience. The curriculum is designed to impart the many benefits of learning chess - such as critical thinking, sportsmanship, and learning from our mistakes in a challenging and exciting way. In addition to lessons and traditional gameplay, variations of chess games are incorporated to build teamwork and foster a genuine enjoyment of a game over a thousand years old! Students will participate in a mini chess tournament at the end of the session.



Fridays, 2:40—3:40

Min. 10, Max. 24

Fee: \$138

1/20 - 3/24 (no 2/24, 3/10)

8 Weeks

Lane Library

# VACATION CLINICS

## FEBRUARY VACATION TENNIS CLINIC (Ages 5-9) with KA Tennis

Learn the sport of Tennis from Kyle Anderson, a PTR and USTA certified instructor who has more than 20 years full time experience instructing individuals and groups. All lessons are taught by Kyle Anderson. The vacation clinic will teach the fundamentals of tennis in an energetic atmosphere. Drills and games are simple, effective and fun! Instruction will stress correct stroke mechanics as well as rallying skills. Time will also be devoted to laying points and basic strategy. Sneakers and tennis racquets are required.

Tuesday - Thurs., 2/21-2/23

Ages 5-6: 9:15-10:15 AM Fee: \$62

Ages 7-9: 10:15-11:30 AM Fee: \$72

Davis School Gym

Min 4/Max 12

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



Enjoy basketball games, shooting contests, and fun with NBA and award-winning coach John Carroll and his staff. The clinic will include personal attention aimed at improving skills such as dribbling, ball handling, shooting, and passing. Staff stresses the importance of commitment and dedication to reaching a goal and the importance of team work, fair play and sportsmanship in any endeavor.

Tuesday-Friday, 2/21-2/24

9:00 AM-3:00 PM

Lane School Gym

Fee: \$242

Min 10/Max 40

# BBRBS/BYL



## BEDFORD BABE RUTH BASEBALL AND SOFTBALL

*Please note that this program is not administered by the Bedford Recreation Department.*

Bedford Babe Ruth Baseball and Softball welcomes Bedford and Hanscom AFB residents ages 5-15.

**Registration for Spring 2017 in January EXCEPT T-BALL (open now).**

<http://bedfordbaseballsoftball.com>

CALLING ALL KINDERGARTEN GIRLS AND BOYS - BEDFORD BABE RUTH BASEBALL/  
SOFTBALL REGISTRATION IS OPEN FOR SPRING 2017 T-BALL

Players hit off a tee using a safety ball, about the same weight and size as a regular baseball, but softer. Game days usually Monday and Wednesday, 5:15/5:30 - 7:00. Mid-April until about the 2<sup>nd</sup> week of June. Fee: \$95 + \$15 field user fee = \$110. REDUCED TOTAL FEE OF \$95 FOR REG BEFORE JANUARY 1, 2017.

[registration@bedfordbaseballsoftball.com](mailto:registration@bedfordbaseballsoftball.com) for financial aid requests, questions, or to be added to BBRBS mailing list.

Always looking for board members, managers, coaches, and help with events. Team sponsorship opportunities are also available. [president@bedfordbaseballsoftball.com](mailto:president@bedfordbaseballsoftball.com).



## BEDFORD YOUTH LACROSSE (Grades 1—8)

*Please note that this program is not administered by the Bedford Recreation Department.*

For information and to register: [www.bedfordyouthlacrosse.org](http://www.bedfordyouthlacrosse.org)

The league is a spring out-of-town league for boys and girls through the Mass Bay Youth Lacrosse League (boys, [www.mbyll.org](http://www.mbyll.org)) and the Mass Bay Girls Lacrosse League (girls, [www.mbgll.org](http://www.mbgll.org)).

Bedford Youth Lacrosse Board President: Mike Morrissey.



# MIDDLE SCHOOL PROGRAMS

## MIDDLE SCHOOL YOGA (Grades 6-8) with Bonnie McCulloch

This yoga class is designed for JGMS Students. The class offers the opportunity to work on strength and flexibility while relieving the stress of daily life. Each class consists of yoga poses, balance work, breath work and relaxation. The class will be taught in a fun, upbeat manner while playing current music.

Wednesdays, 1/11-3/8 (no class 2/22) 8 Weeks	Fee: \$95
Dismissal - 2:00 PM	
JGMS Cafeteria	Min 8/Max 15

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

Join the movement that is driving kids and adults across the United States toward one of the most rewarding activities of all time: recurve archery. This focus based sport is unique in its ability to include all participants, regardless of athletic ability or skill. A diverse lesson plan taught by passionate instructors form the recipe for success in training new and intermediate students in the fundamentals of the shot process. All equipment is provided. Participants will be eligible to compete in the indoor On the Mark Archery tournament this winter.

Tuesdays, 1/3-2/7 6 Weeks	Fee: \$152
4:45-5:45 PM	
Davis School Gym	Min 10/Max 15

## 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 fi 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 for a workout that does not feel like one. Our funky KidsJam instructor will motivate you to move with confidence while promoting team collaboration, creativity and support. Please bring a water bottle, snack, comfortable clothing and sneakers.

Thursdays, 1/12-2/16 6 weeks	Fee: \$85
2:30-3:30 PM	
JGMS Café	Min 8

## BEDFORD YOUTH WRESTLING (Grade K - 8, Boys & Girls)

This program is offered in conjunction with the Bedford High School Wrestling program. BHS wrestling coaches will be assisted by BHS wrestlers. Participants will work toward competition level preparedness. Once comfortable and ready, students will have the opportunity to compete in local tournaments. One of the oldest Olympic sports, wrestling promotes self-discipline, respect, hard work and a never quit attitude. Participants will be grouped by age, weight and experience.

Coaching staff includes BHS Head Wrestling Coach Shawn Pimentel and Assistant Coach "Snook."

\*Davis School students will attend the first hour only

Tuesdays & Thursdays, December 13 – February 9, 6:00P – 8:00P*	Fee: \$175
BHS Gym D	

## 1-DAY GIRL POWER WRXSHOP (Grade 6) with Jennifer Buckley, Founder of GrooveWrX

This fun and highly interactive program was created by Jennifer Buckley, Founder of GrooveWrX, Fitness & Dance Programs for Youth Empowerment, and Jessica Smith, Lane School Guidance Counselor, LICSW. This one-time WrXShop will be an opportunity for 6<sup>th</sup> grade girls to build and celebrate self-confidence as they navigate the first year of middle school. They will enjoy fun and empowering physical movement, self-expression through writing and art, and team building challenges. We will focus on themes of self-confidence, friendship and community.

Wednesday, March 29	Fee: \$25
Dismissal-3:15 PM	
JGMS Café	Min 8/Max.14

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

*Please see description in Elementary section.*

# MIDDLE SCHOOL PROGRAMS

## **MIGHTY SQUAD (Grades 6-8) with Jennifer Buckley, Founder of GrooveWrX**

This dance crew-based community building program for middle school boys and girls is designed to bring Bedford-based and METCO students together for a chance to build friendships outside of the school day. We work together to develop fun dances in styles such as Hip Hop, Stepping and Latin dance. We will have performance opportunities throughout the year both in the schools and around the community, and have opportunities to mentor Lane School Mighty Squad students! The program focus is on teamwork, respect, leadership and community service.

Tuesdays, 1/10-3/21 (no class 2/7) 10 Weeks  
Dismissal-3:20 PM  
JGMS Cafeteria

Fee: \$72

Min 8/Max 15

## **MIDDLE SCHOOL SPORTS CONDITIONING - JGMS**

As demo'ed at JGMS this fall and in collaboration with the JGMS PE Department, Athletes Can Excel (ACE) provides conditioning modules complementary to the state PE curriculum. This program uses research based techniques designed to improve: strength, agility, speed, power, endurance, balance, and flexibility. The goal is not to bulk up, but to become stronger, more flexible and better conditioned, and to reduce the risk of sports related injuries. The program can also help those not playing sports by giving them more self confidence in their physical conditioning. Customized for beginner to the advanced athlete.

Our National Academy of Sports Medicine Certified Personal trainer will lead your child through a program consisting of agility drills, weight lifting, and plyometrics conditioning.



153 Concord Road  
Mondays and Thursdays, 2:40pm-3:40pm.  
Session 1: Jan 9 - Feb 16 (no class 1/16)  
Session 2: Feb 27 - Mar 30

Fee: \$148/session

# THE CORNER

**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, and bumper pool and a 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. For more information contact Amy or Nikki at the 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.

**HOW DO I JOIN THE CORNER?** There is no admission fee. Parents should register children online or at the Recreation Office. Kids must sign in daily upon arrival. 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 Fun Fridays (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.

### **Special Corner Events Winter Schedule**

**FUN FRIDAYS (Corner open until 7:30):** Jan. 6, Jan. 20, Feb. 3, Feb. 17, March 3

**KIDS COOKING GREEN:** Jan. 18 (Oatmeal Banana Berry Pancakes), Feb. 14 (Heart Shaped Ravioli)

*Other events will be posted at The Corner as they are scheduled.*

# HS PROGRAMS

## **POLICE-RECREATION BASKETBALL LEAGUE**

This Basketball League is for players in grades 9-12 and not playing HS Basketball. The regular season will run from 1/5 -3/2. Playoff games will be in the second and third week of March. Price includes 8 regular season games plus playoffs, 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 December 15, 7:00-8:30 to enable the formation of balanced teams. Coached by Bedford Police Officers. Min 32/Max 60 **Fee: \$90**

## **U16/U18 SPRING SOCCER**

Registration is open for Boys & Girls U16 & U18 Spring Travel Soccer Teams. Registration closes February 18th or when teams fill. Teams play on Sundays, either in Bedford or in another BAYS town. Parents are responsible for providing transportation to the games. Season begins late April and runs 7 weeks. Parent coaches/managers are needed; please note availability to coach/manage in the notes section on the registration forms. **Fee: \$135**

## **FEBRUARY VACATION TEEN STONE CARVING CLASS (Age 13+)**

Teens will learn how to carve stone (alabaster) and learn about this fascinating ancient medium. They will learn the process from the beginning chisels, to the files and finishing process. Students are encouraged and aided in producing the type of work that interests them! Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. All levels, no previous experience required. Tools and stone included. min 3/max 10 **Fee: \$265**

**Tuesday-Friday, 2/21-2/24, 1:30-4:30pm**

**Bedford Depot, 80 Loomis Street, 2nd Floor**

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

*Other adult classes may accept HS students with permission of the instructor, please inquire if interested.*

BodyPump, BodyJam, BodyFlow: age 15+

NIA: age 15+

Hatha Yoga: age 15+

Tai Chi: age 16+

Tap Basics: age 16+

Cardio Barre Blast: age 15+

Heartsaver CPR: age 15+

Cooking Classes: age 16+

You Can Afford College If...: all ages

Oil Painting: age 16+

Blacksmithing: age 15+

Stone Carving: age 16+

Winter Time Candle Painting: age 16+

Basketweaving: age 16+

Guitar: age 14+

Photography: age 16+

Learn to Knit

## **RECREATION EMPLOYMENT OPPORTUNITIES**

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

## **WINTER POSITIONS**

**PROGRAM AIDES- minimum age 14, paid position.**

**YOUTH CENTER JUNIOR STAFF - High School Junior or Seniors, paid position.**

**KIDS' CLUB—High School Seniors Only**

## **SUMMER ADVENTURES EMPLOYMENT**

Responsible, enthusiastic individuals interested in joining the team of our longstanding, popular Summer Adventures program, please submit a Town of Bedford Employment Application. Minimum age: completing freshman year of HS.

## **SPRINGS BROOK PARK SUMMER 2017 EMPLOYMENT**

**LIFEGUARDS and SWIM INSTRUCTORS** (minimum age: 16 as of June 6, 2017). 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. Accepting applications until all positions are filled. Interviews start in April.

**CREW POSITIONS:** Open to Bedford residents only, application info will be in Spring Brochure.

**BEDFORD RECREATION REGISTRATION FORM**  
**FAX: 781.687.6156**

<b>Name:</b>	<b>Current Grade:</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 (Email re: Recreation updates)</b>	
<b>For minor participants: Mother's Name:</b>		<b>For minor participants: Father's Name:</b>		<b>For all participants: 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? _____
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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 MC or VISA Signature \_\_\_\_\_

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

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

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

Standard Mail  
Postage Paid  
Permit 42  
Bedford MA

RESIDENTIAL  
POSTAL CUSTOMER  
BEDFORD, MA 01730



*COVER ART: Early Winter Sunset*  
*ARTIST: Florence Como*  
*Bedford Arts and Crafts Society Member*

Florence, a former teacher, paints watercolors, oils and acrylics in a traditional, representational style. She is inspired by nature and her travel experiences, especially to Italy where she has taken several workshops at the La Romita School of Art. She often chooses her medium based upon the subject matter. She especially loves to include in her landscapes beautiful, colorful, ever-changing skies, sunsets, and reflections on the water. Some of her favorite techniques include the use of bold colors and an emphasis on light and shadow. She is a signature member of the Rhode Island Watercolor Society and a juried artist member of the North Shore Art Association. She also is a member of many other art associations including Bedford, Weston, Wellesley, Reading, Newton and the Attleboro Art Museum. She has exhibited in solo and group shows where she has been the recipient of numerous awards.



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