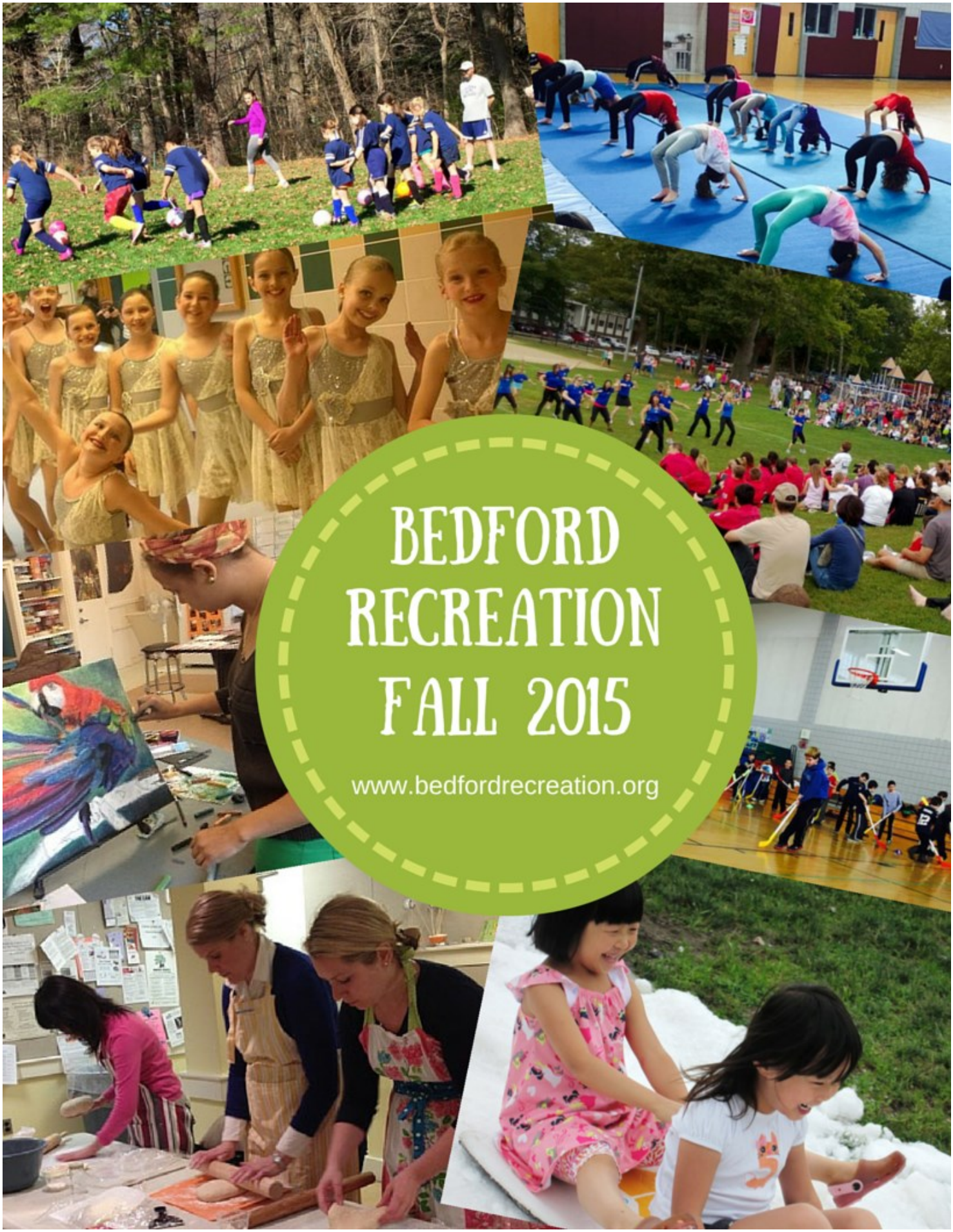

BEDFORD RECREATION FALL 2015

www.bedfordrecreation.org

DEPARTMENT INFORMATION

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

Recreation Staff:
Amy Hamilton, Director
Raeann Gembis, Adult Coordinator
Nikki Taylor, Program Coordinator
Nancy Cormier, Kids' Club Director
Kate Farrell, Kids' Club Ass't Director
Office Assistants:
Janet Humphrey, Admin. Ass't
Leslie Ringuette, Clerk

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

CONTENTS

Bedford Day……..3, 4
Tickets/Family Programs…2

ADULT
CPR……...10
Creative……..5, 6
Exercise/Dance……10-15
Let's Eat! Cooking/Food…..7, 8
Personal Interest……..8, 9
Sports/Outdoor….....16-18

YOUTH
Basketball……...29
Elementary……22-28
High School……34
Kids' Club……4
Middle School. ……..31-33
Preschool……19-22
Soccer (Spring Travel)……..30
Wachusett Ski/Ride……...32
Youth Center……..33

Registration Form……..35

REGISTRATION INFORMATION

REGISTRATION OPENS SEPTEMBER 1 AT 9:00PM.

REGISTER!!

4 Easy Ways to Register

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

Online registration opens at 9:00PM

MAIL
Bedford Recreation
12 Mudge Way
Bedford, MA 01730

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

FAX
781-687-6156

Registration Forms Page 35,

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

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

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

ADDITIONAL INFORMATION

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

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

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

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

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

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

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

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

TICKETS AND FAMILY PROGRAMS

DISCOUNT MOVIE TICKETS

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

AMC/LOWES THEATERS: cost $8.50 (regular price $10.50). No expiration; may be used at all AMC/Lowes Theaters. New "Gold" tickets do not have any restrictions.

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

CAPE ANN WHALE WATCH TICKETS

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110. More information and directions on the website. The Whaling season runs from April thru October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. Tickets do not expire.

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

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

This class is designed for non-medical workers, child care providers and members of the general public who want the knowledge to try to save a life when the need arises. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Class held in the Bedford Police Station Conference Rm. (Age 11+) min 4/ max 20

Sunday, Oct. 4, 2:30-4:30pm, **Fee: $53**

CPR (BLS) FOR HEALTHCARE PROVIDERS—w/ Kelley Anzuoni, RN

See page 10 for details

FAMILY POOL PASS: 15 Pack

Atlantis Club, DoubleTree Hotel Indoor Pool

44 Middlesex Tnpk. Park in back of hotel for Club entrance.

Take the family swimming this winter! Passes are valid for 15 visits during a 4 month period, Sept. 8—Dec. 22. Print out your payment receipt from the Recreation Dept. and present at the desk at Atlantis. You will be given a card to use during each visit. Pass valid only for family members; contact the Atlantis Club for guest policies and additional fees. Please check the Atlantis Club Aquatic Pool Schedule for activities (there may be restrictions based on classes, etc.). Indoor pool at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. **Fee: $145**

TREE LIGHTING

The Town of Bedford's Annual Holiday Tree Lighting Event will take place in early December. Details will be posted online and on the Recreation Facebook page.

BEDFORD DAY: September 19, 2015

PARADE

BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way.

Parade steps off at 10:30!

FAIR

Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair!

The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex, 10 Mudge Way.

BOARD OF HEALTH IS OFFERING FREE FLU SHOTS AND HEALTH SCREENINGS AT BEDFORD DAY:

The Bedford Board of Health is partnering with Emerson Hospital to provide free health screenings on Bedford Day. Flu shots will also be available to Bedford residents 8 years of age and older. It is important to bring ID and insurance cards. Look for us under the big white tent. For detailed information about screenings and services, please visit the Health Department website (link from www.bedfordma.gov) or call the Health Department 781 - 275 - 6507. We hope to see you at Bedford Day!

DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK:

The 21ST Danny Oates Memorial 5K race and 2.5K walk will be held September 19th at the John Glenn Middle School in Bedford MA. As part of Bedford Day, the race starts at 8:30 (registration at 7:30) to make sure participants can get to the parade and fair in plenty of time.
A Kids' Fun Run will be held prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the track. All kids get a medal!
A tradition for the last 20 years, the Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship.
For additional information and registration please visit www.dannyoates5k.com

BEDFORD ARTS AND CRAFTS SOCIETY'S 16TH ANNUAL REGIONAL ART EXHIBIT:

The Bedford Arts and Crafts Society's 16th Annual Regional Art Show will be open in the town center Union Room on Friday, September 18th from 8:00 AM-4:00 PM and on Bedford Day (Saturday, September 19) from 9:00 AM-2:30 PM. For more information, please visit www.bacsma.org

BEDFORD DAY: September 19, 2015

WILSON FIELD DEDICATION

The Bedford High School soccer field adjacent to the outdoor basketball courts will be named in honor of a respected and beloved retired multi-sport coach whose local career spanned nearly three decades. The so-called Field B will be dedicated as Dave "Coach" Wilson Field in ceremonies on Bedford Day, Saturday, Sept. 19, beginning at 12:30 p.m. The honor, proposed by the Bedford Athletic Association, has been approved by the School Committee.

Between 1983 and 2011, Dave Wilson coached softball (24 years), boys' soccer (14 years), girls' soccer (12 Years) and middle school basketball (28 years). He still serves as a volunteer working with high school soccer teams. The BHS Athletic Department estimates that his teams have has amassed more than 1,200 victories, including a softball state championship and two boys' soccer sectional titles. Coach Wilson spent his career as a teacher in Lynnfield but resided in Bedford for decades and his three children are BHS graduates. All are welcome to attend this event.

BEDFORD DAY SEVERE STORM INFORMATION

The Bedford Day Fair and Parade are held rain or shine. If weather is severe and threatens the safety of participants, the events will be postponed to Saturday, September 26. The decision to postpone would be made by 7:00 a.m. on September 19 and the information would be posted on the Town website (www.bedfordma.gov) and recorded on the Recreation Department answering announcement (781-275-1392).

The Severe Storm date applies to the Bedford Day Fair and Parade Only! The Road Race and Art Exhibit will be held rain or shine.

KIDS' CLUB: JOIN THE FUN!!!!

For more information regarding programming, fees and registration:

Nancy Cormier, KIDS' CLUB Director

Kate Farrell, Department Assistant

781-275-5427,

kidsclub@bedfordma.gov

Bedford Recreation KIDS' CLUB is a school age child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers before school, after school, and school vacation options for children in grades K - 5. Kids' Club opens at 7:00AM and closes at 6:00PM. Transportation is provided to school (Before School Program) and from school (After School Program) by Bedford Charter.
Housed in the brick wing of the Town Center Building at 12 Mudge Way (beside the Recreation Office), KIDS' CLUB is a great place for kids to spend time when not in school. Children enjoy selecting activities from a variety of structured and unstructured options both inside and outdoors. KIDS' CLUB staff members incorporate learning in fun and relevant activities, keeping in mind the developmental needs of the children and the Massachusetts Frameworks for Education.

Please note that the After School program for 2015—2016 currently has a waiting list. There are openings for Before School, No School Teacher Workshop Days and School Vacation weeks.

ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES IS OPEN!

CREATIVE CLASSES
COOKING, FOOD & HEALTHY LIVING
PERSONAL INTEREST And CPR
EXERCISE AND DANCE
OUTDOOR FITNESS AND ADVENTURES
SPORT INSTRUCTION
PICK-UP SPORTS

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

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

Information such as the **directions**, **materials lists** and **instructor biographies** available at www.bedfordrecreation.org.

SPECIAL GIFT IDEA!

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

~ CREATIVE CLASSES ~

CHARCOAL AND PASTEL STUDIO CLASS
w/ artist Alma Bella Solis

Students will produce their own compositions using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods of outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses three guiding rules for producing good art: accurate observation, emotional power and the art subject standing for all humanity. Students should bring their own choice of subject matter to the first class. Materials list provided on our website or in the office. Class held at 12 Mudge Way, Flint Rm. Age 15+
Fridays, 3:30-5:30pm, 9/25-10/23, 5wks, (min 4/max 7) **Fee: $115**

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

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

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.

Monday, Sept. 21, 6:30-9:30pm **Fee: $75**
Sunday, Nov. 22, 6:30-9:30pm **Fee: $75**
Wednesday, Dec. 16, 6:30-9:30pm **Fee: $75**

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

ADULT PROGRAMS

~ CREATIVE CLASSES ~

OIL PAINTING
w/ Corine Mazza

Have you ever wanted to learn to paint? Ever watch TV or YouTube and wonder how they make it look so easy? Corine Mazza, a certified Wilson Bickford instructor, will show you that you can do it! This is an instructional oil painting class, designed for beginners and those who would love to paint. You will have an opportunity to create two paintings during the session. Learn various techniques and how to use a variety of brushes to apply oil paint to canvas in a fun and fast way. No drawing required. Come see where oil painting can take you! All supplies included. Bring an apron or wear clothes you don't mind getting painted.
Age 16+ (min 3/max 15) Class held at 12 Mudge Way, Rm 139.
Thursdays, 7:00-9:00pm, 10/8-10/29 (4 wks) **Fee: $105**

STONE CARVING CLASSES
w/ Scott Cahaly, Stone Sculptor

Classes held at instructor's art studio, 80 Loomis Street, 2nd floor, Bedford
www.stonecarvingdust.blogspot.com for more info

STONE CARVING SATURDAYS

In these one-day workshops, you have the opportunity to carve your own stone, an art form that is not typically accessible. Beginners and experienced sculptors alike will be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated and stone carving lore will be discussed. Safety in the studio and stone and tool sourcing will also be addressed. You will leave with a stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Ages 16+ (min 4/max 8)
Saturday, 9:30am-3:00pm. Dates available: 9/19, 10/17, 11/21 or 12/19 **Fee: $125 each session**

INTRODUCTION TO STONE CARVING

In this beginner class, you will become acquainted with carving the five million year old medium of soft stone aka alabaster. The emphasis will be on staying present with the 'process' rather than forcing the results! Stone selection, tool demonstrations, group discussions and art historical references help you get your feet wet in this ancient medium. Come participate in the magical medium of stone sculpture! Price includes tools, stone are an extra expense (approximately $4lb) payable at class. Ages 16+ (min 4/max 8) 5wks
Wednesdays, 10:00am-1:00pm, 9/16-10/14 **Fee: $255**
Wednesdays, 10:00am-1:00pm, 10/28-12/2 (no 11/25) **Fee: $225**

CARVING OUR (SELVES)

The reductive act of stone carving is analogous to refining ourselves and realizing that we are in fact 'works in progress' and not finished products! In keeping with this ideology, the focus on this new class will be more process oriented and spiritual in nature. Using sitting meditation, journaling and a focus on the unconscious, this class will attempt to unlock deeper recesses of creativity. Personal growth and creative thinking is encouraged through individualized discussions with the instructor and the larger group! All levels of experience welcomed! Tools will be provided, stone is an extra cost (Approximately $4lb)
Thursdays, 7:00-10:00pm, 9/24-11/5 (7wks) min 4/max 8 **Fee: $360**

ADULT PROGRAMS

~ LET'S EAT! COOKING, FOOD & HEALTHY LIFESTYLE CLASSES ~

BREAKFAST AROUND THE WORLD
w/ Jane Franklin

The Boston area is filled with small ethnic restaurants serving up the comforts of "home." Travel each week to another "country" as you sample the food that people around the world eat to start their day. We will carpool to six different restaurants in the area and try a variety of foods. Leader will provide background information about the food available and make suggestions of menu choices. Participants pay for own breakfast or equally share the costs of tastings. Meet in the parking lot on Mudge Way, near the playground. (min 6/max 12)

Wednesdays, 9:00-11:30am (approximately), 9/30-11/4 **Fee: $58**

HEALTHY EASY RECIPES: All Dairy and Gluten Free
w/ Amy Borshay-Bokser, Private Chef

Join this demonstrative class and learn a variety of simple recipes to add to your weekly meals. We will make and sample Vegetable Stir Fry, Baked Japanese Yam, Crispy Tofu with Sweet and Sour Dip Sauce, Salmon Salad, Brown Rice Salad and Chocolate Flourless Torte. Plus material cost of $15; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 15)

Monday, Nov. 2, 6:30-8:30pm **Fee: $25**

IT'S A CARAMEL AFFAIR
w/ Pam Kanavos, Pastry Chef

Caramel making..so scary, yes! Difficult, no! Join us for a night of sweet bitter caramel making. We will demonstrate how to make caramel and then you will make your own Espresso Caramel Bars using the technique demonstrated. Please bring a small saucepan and pastry brush. Plus material cost of $12; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+ (min 5 / max 10)

Monday, Oct. 26, 6:30 to 9:00pm. **Fee: $3**

DO THE GNOCCHI TWIST
w/ Pam Kanavos, Pastry Chef

Beautifully comforting food for the cold nights ahead. We will be teaching you how to make sweet potato gnocchi with a balsamic sage brown butter. There is an art to making Gnocchi and we will make you masters! Plus material cost of $11; please pay instructor the materials fee at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5 /max 12) Age 16+

Tuesday, Oct. 6, 6:30 to 9:00pm. **Fee: $30**

HAVE A BAKLAVA HOLIDAY!
w/ Pam Kanavos, Pastry Chef

Baklava is one of the world's great desserts that one can make at home after conquering the fear of phyllo! In this hands-on class, students will make their own sinfully rich baklava while learning the proper ways to work with phyllo dough. Plus material cost of $16; please pay instructor the materials fee at class. Please bring a 9"x12"x2" baking pan, pastry brush, 2-quart sauce pan. Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+ (min 5 / max 10)

Monday, Dec. 14, 6:30 to 9:00pm. **Fee: $30**

ADULT PROGRAMS

~ LET'S EAT! COOKING, FOOD & HEALTHY LIFESTYLE CLASSES ~

FRENCH PASTRY MADE EASY
w/ Jeannette Pothier, chef

Did you take a trip to France and enjoy the most buttery pastry? Jeannette studied in Aix-en-Provence, traveled throughout France, and taught Classic French Pastry Making at Modern Gourmet in Newton, Mass. See how easy pastry is to make. You will learn the technique of an open apple custard tarte, cream puffs known as choux a la crème, and madeleines. Bring your apron, a rolling pin, small knife, and be ready to have fun. Material cost $8, payable to the instructor that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)
Tuesday, Oct. 20, 6:30-9:00pm. **Fee: $30**

EASY PIE MAKING
w/ Jeannette Pothier, chef

Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet. She has taught Classic French foods, including French baking and she has been teaching for a number of years. Pie making is one of the fun classes that she enjoys sharing with students. Have you tried making a basic pastry crust – but decided to buy your crust or even your pies? Learn the technique of a truly fool proof crust for use in sweet or savory pies. You will learn how to make an apple pie and bake it for you to taste. You will then make and take home an apple pie. These freeze well. We will discuss flours, fats and different recipes. Tins and freezer boxes will be provided. Bring a wooden spoon, paring knife, rolling pin, apron, and get ready for a fun class. Material cost $10, payable to the instructor at class. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)
Monday, Nov. 16, 6:30-9:00pm. **Fee: $30**

JAMS AND JELLY!
w/ Jeannette Pothier, chef

Have you ever wished you could make the jam that your grandmother used to make? It is fun to make jam and wait until you taste it! We will teach the entire process of both jam and jellies, and you will take some home. It makes a great hostess gift or any day gift. Jeannette makes jams and jellies to raise money for the Job Lane Barn. We will bake a batch of scones so you can taste the jam you make. Just bring an apron, and be ready to get to work. Material cost will be $5; please pay instructor that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 8)
Tuesday, Dec. 1, 6:30-9:00pm **Fee: $30**

~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

INTRO TO ENERGY HEALING
w/ Julie Ramsdell, M.S., Reiki Practitioner

Are you curious about energy medicine and energy healing? In this introductory workshop you will learn three different methods of harnessing the power of your body's energy systems to help create health, relaxation, and well being. These methods are safe, based on scientific evidence, and they work extremely well either alone or used in concert with traditional medicine. You will learn about Reiki — a hands on traditional Japanese healing modality, Energy Medicine — the 9 different layers that make up the anatomy of the energy body, and EFT (Emotional Freedom Technique) - tapping on the body's meridian centers to unblock stagnated energy to heal illness, pain, or emotional distress. We will do easy in-class exercises that demonstrate each of these modalities and discuss how these methods can be used to enhance health, increase your energy, feel happier, and reduce stress.
Please wear comfortable clothing. (min 4/max 20) Class held at 12 Mudge Way, Room 139.
Tuesday, Oct. 6, 7:00-9:00pm. **Fee: $25**

ADULT PROGRAMS

~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

COPING WITH THE POSSIBILITY OF LIVING A LONG LIFE

w/ Robyn Samuels, Certified Long-Term Care Specialist

Anyone who has taken care of an aging or declining parent understands the emotional and financial toll it takes on all close family members. Long term care planning helps provide for the consequences of living a long life and addresses the accompanying physical and cognitive issues that may occur. We will discuss a variety of options that are available should you or a loved one need assistance at home, in an assisted living facility, or in a skilled nursing facility. You will learn strategies that are available to help meet your family's long term needs, while avoiding the emotional and financial devastation caused by lack of planning. It's all about quality of life for all family members, including the caregivers. Robyn Samuels is a certified long-term care specialist (CLTC) who has personally experienced and will share some of the many difficulties taking care of an elderly parent. (min 4/max 20) Class held at 12 Mudge Way, Room 152.

Tuesday, Oct. 27, 7:00-8:30pm **Fee: $10 per family**

KIDS' PROTECTION PLANNING WORKSHOP

w/ David Feakes of The Parents Estate Planning Law Firm, Acton

Join Personal Family Lawyer David Feakes to learn the 9 easy steps you can take to ensure that your children would always be taken care of if anything happens to you. Attorney Feakes focuses on guiding clients to preserve and protect their assets, loved ones, and legacies. Participants of this workshop will walk away with an understanding of what kind of plan is needed to protect their families and how to preserve their intangible personal assets, including their values, stories, advice and memories. To learn more about The Parents Estate Planning Law Firm, visit www.parentsestateplanning.com (min 4/max 25)

Thursday, Dec. 3, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 152. **Fee: $10 per family**

YOU CAN AFFORD COLLEGE IF…

w/ Dick Man, College Funding Advisors, Inc of Bedford

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

Wednesday, Sept. 30, 7:00-9:00pm. Class held at 12 Mudge Way, Room 152. **Fee: $10 per family**

THINKING ABOUT DOWNSIZING?

w/ Diamond Hayes and Dawn Link

Downsizing can mean moving from a 10,000-square-foot mansion to a 2,000-square-foot house or from a 1,500-square foot condo to a 200-square-foot "tiny home." Either way, it's a big change. If you have been thinking about downsizing but don't know where to start, this workshop is a good way to gather information so that you can make better decisions. Topics will include whether to buy or sell first, how to time the market and how to prepare your home for sale. You will also receive tips about how to organize your home and your personal items as you downsize. Diamond Hayes of William Raveis Real Estate and Dawn Link of Resolutions Organizing lead this workshop. (min 6/ max 20)

Thursday, Oct. 22, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 152. **Fee: $15 per family**

OrganizingWORKS!

w/ Karen Kenney

Do you procrastinate about getting organized? Causing more chaos? How do you envision your home? How much is too much? Do you have too much? Are you shopaholic? Does shopping cause your disorganization? Learn some strategies to help get organized and stay organized and to determine how to get rid of the "stuff you no longer want or need." You just have to commit to doing the work! We will talk about time management tools that can help you be successful. Other topics will be "mail sorting station", endless papers that come in and how to tame them, upcoming holiday season, which brings more stress and chaos from too many gifts and/or the guilt of unwanted gifts. Each participant will receive Karen's DVD called "The Organizing Cheerleader". (min 3/max 10)

Class held in the Conference Room, Bedford Police Station.

Saturday, Oct. 24, 9;00am-1:00pm **Fee: $25**

ADULT PROGRAMS

~ CPR COURSES ~

CPR HEARTSAVER (Adult and Pediatric)

w/ Kelley Anzuoni, RN

See page 2 for details

CPR (BLS) FOR HEALTHCARE PROVIDERS—Web-Blended Course

w/ Kelley Anzuoni, RN

This web-blended course is an alternative to traditional American Heart Association (AHA) Cardio Pulmonary Resuscitation (CPR) Basic Life Support (BLS) for Healthcare Providers classroom training for first-time or renewal two- year certification. The self-paced online course is accessible anytime and takes approximately 90 minutes to complete. The course is divided into three parts. Part 1 delivers the cognitive learning through online modules. A Certificate of Completion can be printed by the student after successful completion of the online Part 1 modules. This certificate must be presented to the instructor upon arrival at the practice and skills check session. For Parts 2 and 3, students meet with an AHA instructor to complete a hands-on skills practice session and a skills test. Please remember that you MUST bring a copy of your Certificate of Completion for the online portion of the course to your skills check-off session. Online portion (Part 1) may be purchased (not included in skill class cost) for $22 at www.onlineaha.org Instructor will email additional materials prior to class. (min 5/max 20) Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Class held in the Bedford Police Station Conference Rm.

Sunday, Oct. 4, 5:30—7:30pm, Skills Check-Off Session. **Fee: $52**

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

w/ Kelley Anzuoni, RN

This American Heart Association is appropriate for both new and renewal two-year Certification. It teaches both single-rescuer and team based life support. This course trains participants to recognize several life-threatening emergencies, give high quality chest compressions, deliver appropriate ventilations and provide early use of an AED. BLS HCP Manual 90-1038 e-book version, or print recommended for class and may be purchased online at www.channing-bete.com. Instructor will email additional materials prior to class. (min 5/max 20) Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Class held in the Bedford Police Station Conference Rm.

Sunday, Nov. 8, 4:00—7:00pm **Fee: $70**

~ EXERCISE AND DANCE ~

NIA CLASS

w/ Joan Turnberg

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

Day:	Time:	Fall Session:	
Monday	9:30-10:30am	9/14-12/7 (no class 9/28, 10/12) 11wks	**Fee: $110**
Wednesday	9:30-10:30am	9/16-12/9 (no class 9/30, 11/11) 11 wks	**Fee: $110**
Thursday	6:30-7:30pm	9/17-12/10 (no class 10/1, 11/26) 11wks (9/17 class in Rm 153)	**Fee: $110**

***Free Trial Classes**: Wed. 9/9, 9:30am and Thurs. 9/10, 6:30pm Please register online or call for trial class.*

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

BEGINNER - INTERMEDIATE TAI CHI

w/ Bob Cormier, Oriental Healing Arts

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

Wednesdays, 6:30-7:30pm, 9/16-12/16 (no 11/11, 11/25) **Fee: $125**

Free Trial Class: Wed. 9/9, 6:30-7:30pm (register online or call)

STRETCH AND TONE FOR WOMEN

w/ Monique Dorian, 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, 9/15-11/17 (10 wks) **Fee: $110**

YOGA FOR WOMEN: FINDING BALANCE

w/ Shannon O'Haverty, Serenity Yoga Center

This women's Yoga class is a therapeutic class specifically designed to encourage physical and emotional balance. Appropriate for all levels, especially beginners and those who want to move gently through the practice of Yoga. This class presents Yoga postures, breath, and meditation with a therapeutic focus to enhance hormonal regulation and balance the endocrine system. The practice gives women a gentle space to feel and understand their bodies with a sense of grounding, comfort and safety. No prior Yoga experience required. (min 3/ max 15) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

Sundays, 7:00-8:15pm, 9/13-12/13 (no 11/29) 13wks **Fee: $162**

PILATES & YOGA FUSION CLASS

w/ 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). Please wear loose clothing and bring a towel and water (max 8) Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Saturdays, 10:15-11:00am, 9/26-12/12 (no class 9/19, 11/21, 1128) 10wks **Fee: $110**

RESTORATIVE YOGA

w/ 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. Suitable for everyone, no prior Yoga experience needed. Please provide an email address when registering. (min 3/ max 10) Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

Sundays, 5:00-6:30pm, 9/13-12/13 (no 11/29) 13wks **Fee: $162**

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

HATHA YOGA
w/ Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, 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.

Day:	Time:	Fall Session Dates:	
Mondays	7:15-8:15pm	9/14-12/7 (12wks, no class 10/12)	**Fee: $150**
Tuesdays	9:30-10:30am	9/15-12/8 (12wks, no class 11/3)	**Fee: $150**
Wednesdays	7:00-8:00pm	9/16-12/9 (11wks, no class 11/11, 11/25)	**Fee: $137**
Fridays	9:30-10:30am	9/18-12/11 (12wks, no class 11/27) 1st class held in Rm 153	**Fee: $150**

***Free Trial Classes**: Wed. 9/9, 7:00pm. Please register online or call for trial class.*

YOGA TO ENERGIZE YOUR DAY
w/ Rebecca Kraemer, Serenity Yoga Center

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

Tuesdays, 6:00-7:00am, 9/15-12/15 (14 wks) **Fee: $175**

YOGA FIT AND STRONG
w/ Asha Ramesh, Serenity Yoga Center

A series of postures that encourage cardio, help our prana (energy) flow, strengthen and stabilize our limbs and core, stretch and lengthen the spine and massage the internal organs and Chakra points. Pace includes fluid flow as well as slow flow. Practice involves moving through postures in a controlled and structured manner in the cardio portion, as well as holding postures in the strength and flexibility portion of the practice. This class is not for beginners, a minimum of 3-6 months of regular yoga practice is required. (min 3/max 15) Please provide an email address when registering.

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

Saturdays, 11:45am-1:00pm, 9/19-12/19 (no 11/28) 13wks **Fee: $162**

CIZE™ LIVE
w/ Erica Dooley

Step up your dance game! Cize™ LIVE is professional dance for everyday people! Learn the hottest professionally choreographed dance routines, step by step. From your first class, you'll be bustin' out moves you can take anywhere! It's so fun, so exciting, you'll forget you're actually working out! Wear clothes you can move in, sneakers. Please bring a towel and water. Ages 15+ (min 5/max 20) Class held at Bedford High Dance Studio.

Mondays, 6:00-7:00pm, 9/28-12/14 (no 10/12) 11wks **Fee: $100**

***Free Trial Class**: Monday, 9/21, 6:00pm. Please register online or call for trial class.*

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

ZUMBA GOLD
w/ Vera Murphy

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

Session 1: Tuesdays, 4:00-5:00pm, 9/1-10/27 (no 9/15) (8wks) **Fee: $72**
Session 2: Tuesdays, 4:00-5:00pm, 11/3-12/22 (8wks) **Fee: $72**

ZUMBA® FITNESS
w/ Renae Nichols

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

Thursdays, 9:30-10:30am, 9/10-12/10 (no class 11/26) 13wks. **Fee: $130**
Class held at 12 Mudge Way, Union Rm. (9/17 class held in Rm. 153)
***Free Trial Class**: Thursday. 9/3, 9:30am. Please register online or call.*
Saturdays, 9:00-10:00am, 12/5-2/27 (no class12/26, 1/2, 2/13) 10 wks **Fee: $100**
Class held at Bedford High, Dance Studio

CARDIO BARRE BLAST
w/ Dawn George, Monique Dorian and Angelica Potter, 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 16+. All levels welcome!
Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 6)

Mondays, 8:00-9:00pm, 9/14-11/16 (10wks) **Fee: $110**
Tuesdays, 8:00-9:00pm, 9/15-11/17 (10wks) **Fee: $110**
Thursdays, 7:30-8:30pm, 9/17-11/19, (10wks) **Fee: $110**

BARRE BALANCE
w/ Tina Kelly, Attitudes Dance and Fitness

BarreBALANCE is for all levels and is a total low impact body workout. This class tones and elongates your muscles resulting in strength, flexibility, and a long, lean body. This workout combines light resistance training, short isometric exercises, and stretching techniques inspired by elements found in ballet, Pilates®, and yoga. Each class is set to upbeat music and integrates barre work, center work, and mat work. Suggested footwear is cotton socks. Appropriate for the beginning student with little or no previous experience. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 8)

Sundays 9:30-10:30am, 9/20-11/15, 9 wks **Fee: $99**

PILOXING® & PILOXING EXPRESS®
w/ Tina Kelly, Attitudes Dance and Fitness

If you want to get in shape by unleashing your inner Rocky while feeling like you are in a scene from Flashdance then Piloxing is for you! This workout is an exciting fitness program that blends the best of Pilates®, Boxing, and Dance into a high energy, interval workout. Can't spare 60min? Try the 45min Piloxing Express class! Please bring sneakers. Street shoes not permitted in the studios. Appropriate for the beginning student with little or no previous experience. (max 8)
Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Saturdays, 8:30-9:15am, 9/19-11/14, 9 wks **Fee: $99**
Sundays, 8:30-9:30am, 9/20-11/15, 9 wks **Fee: $99**

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

BODYJAM ~ BODYPUMP ~ BODYFLOW
w/ Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

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

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

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

For more information visit website:
www.kamatefitness.com

Fall Session: Sept. 8– Dec. 23 (15 wks)

Kamate Options:	**Fall:**
• BodyJam only:	**$270 (=$18wk)**
• BodyFlow only:	**$255 (=$16wk)**
• BodyPump only:	**$300 (=$20wk)**
• BodyJam & BodyPump:	**$315 (=$21wk)**
• BodyJam & BodyFlow:	**$300 (=$20wk)**
• BodyPump & BodyFlow:	**$315 (=$21wk)**
• Pump/Jam/Flow	**$345 (=$23wk)**

Attend Unlimited classes per week.

Come try your first class free!

All classes held at Connections, 153 Concord Rd.

IGNITE SERIES— Kamate Fitness
High Intensity Interval Training (HIIT)
w/ Ray Marsh, Certified Personal Trainer

CARDIO: Improve cardiovascular conditioning, speed, and torch mega calories to high energy music.

STRENGTH: Develop strength, build lean muscle and burn mega calories, using Kettlebells, barbells, weighted ropes and bands for a well rounded workout.

PLYO: Uses a step platform to focus on athletic training drills and skills to work more explosively in order to build a lean, athletic version of you. High intensity interval timings with dynamic, powerful music and a motivating coach that will push you to break comfort zones.

Cardio: **Tues. or Thurs., 8:00-8:30am**
Strength: **Tues. or Thurs., 8:30-9:00am**
Plyo: **Thurs., 9:00-9:30am**
9/22-10/22, 5wks (min 15/max 25) **Fee: $100***
*Choose 2 classes per week to attend.

All classes held at Connections, 153 Concord Rd.

BODYJAM:	**Fall Kamate Schedule:**
Tuesday	7:00 – 8:00pm
Thursday	7:00 – 8:00pm (no 11/26)
Friday	9:20- 10:20am (no 11/27)
Saturday	10:15-11:15am (no 9/19)
BODYPUMP:	
Monday	9:20-10:20am (no 10/12)
Monday	6:30-7:30pm
Wednesday	9:20-10:20am
Wednesday	6:30-7:30pm
Saturday	8:00-9:00am (no 9/19)
Saturday	9:00-10:00am (no 9/19)
BODYFLOW:	
Tuesday	10:30-11:30am
Thursday	6:00-7:00pm (no 11/26)
Sunday	4:30-5:30pm

Annual GravyBuster Open House: Saturday, 11/28.
See Kamate website for details.

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

LEARN TO IRISH DANCE

w/ Clare Sullivan

Learn the basics of Step Dancing and Ceili (group) Dancing. No previous dance experience necessary, just the desire to exercise, have fun and enjoy learning a "wee" bit of Irish culture. Please wear comfortable workout clothes and sneakers and bring water. (min 8/max 25) Ages 14+

Class held at BHS Dance Studio.

Tuesdays, 7:00-8:00pm, 9/22-11/17(no class 11/3) 8wks. **Fee: $95**

BALLROOM BASICS

w/ Angelica Potter, Attitudes Dance and Fitness

A beginner's class for adults that will focus on the basics of a variety of ballroom dance styles including: Foxtrot, Waltz, Rumba and Merengue. We may also include Cha Cha, Tango and East Coast Swing. 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 that have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Mondays, 7:00-8:00pm, 9/14-11/16 (10 wks) **Fee: $110**

SALSA!

w/ Enrique Oliveras, Attitudes Dance and Fitness

An amazing Latin dance class that will get your hips and feet moving! Enrique will take you from basic salsa movement to fast and furious in no time at all in this fun-filled hour of Latin music and dance. Please wear loose fitting clothing and bring comfortable shoes. Street shoes are not permitted in the studios. Age 18+. No previous experience necessary. (min 8/max 16) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Saturdays, 6:00-7:00pm, 9/19-11/21 (10 wks) **Fee: $110**

ALL-ACCESS POOL FITNESS CLASSES

at the Atlantis Club, DoubleTree Hotel Indoor Pool

44 Middlesex Tnpk. Park in back of hotel for Club entrance.

FALL SESSION: 9/8-12/22 (15 weeks), attend choice of any 25 classes **Fee: $175**

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

AQUA ZUMBA ®

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

Class options: Mondays, 9:30-10:30am Tuesdays, 6:00-7:00pm Wednesdays, 9:00-10:00am
Thursdays, 6:00-7:00pm Saturdays, 9:30-10:30am

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

Class options: Mondays, 7:15-8:15pm Tuesdays, 9:00-10:00am
Thursdays, 9:00-10:00am Saturdays, 7:15-8:15pm

ADULT PROGRAMS

~ OUTDOOR FITNESS AND ADVENTURES ~

CO-ED OUTDOOR BOOT CAMP
w/ Sandy Morvillo

Move beyond your fitness plateau! Whatever your reason, let's get a jump start to a fitter, leaner, stronger and most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. Come on, it's go time! Sneakers, outdoor workout attire and water a must. Classes will be held rain or shine. Meet at the High School Track *(location may change depending on field schedule; you will be notified*)
Age 15+ (min10/max 50) 10wks
Saturdays, 7:30-8:30am, 9/5-11/7 (9/19 start time is 6:30am) **Fee: $115**

MYSTERY WALKS
w/ Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. Walks are typically four to five miles and usually rain or shine. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than twenty years. She has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end.
Wednesdays., 9:30-noon, starts 10/7-11/11 (6 wks) **Fee: $75**

ON AND OFF-ROAD BIKING ADVENTURES
w/ Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. We explore many on and off-road trails during our rides through Bedford, Lexington, Concord and other towns. We will rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides and helmets are required. We will ride a solid 20 miles on each outing. The first week, we will meet at the North Bridge parking lot in Concord on Monument Road. After registering, contact the instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end. (6wks)
Tuesdays, 9:30-noon, 10/6-11/10 **Fee: $75**
Thursdays, 9:30-noon, 10/8-11/12 **Fee: $75**
Fridays, 9:30-noon, 10/9-11/13 **Fee: $75**

ADULT PROGRAMS

~ SPORT INSTRUCTION ~

ARCHERY

w/ Mark Pirrello, On The Mark Archery

Whether you are just starting out or have years of experience, join us to enjoy this lifelong sport. Train for tournaments, compete with friends and learn more about this fast growing Olympic sport. Course content includes safety, range procedures, skill technique, scoring and archery games. All equipment provided. Age 15 + (min 10/max 20)
Class held at Davis School Gym.
Tuesdays, 7:30-8:30pm, 10/13-11/10 (5wks) **Fee: $127**

TENNIS

w/ Kyle Anderson of KA Tennis

*****All classes held at the Bedford High School Courts***

BEGINNER: An introductory class; students will learn stroke mechanics as well as basic understanding of the game. Forehand, backhand, volleys and serves will all be taught with an emphasis on fundamentals. All drills and games are presented in a fun and energetic atmosphere. Raindates will be made up. (6 wks)
Thurs. 6:15-7:15pm, 9/17-10/22 (min 4/max 5) **Fee: $125**

INTERMEDIATE: Designed for players who can already hit the ball but wish to improve. The fundamentals of ground strokes, volleys and serves are taught in an energetic atmosphere. We also cover the basics of both singles and doubles strategy. Classes incorporate drills and games to take players' game to the next level. (6 wks)
Thurs. 7:15-8:15pm, 9/17-10/22 (min 4/max 5) **Fee: $125**

BARRIE BRUCE GOLF SCHOOL

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

INTRODUCTION TO GOLF Designed for the new golfer or golfer with little experience. Basic fundamentals of the game emphasized in a stress-free, clinic-style setting. Equipment and balls provided if needed. Wear sneakers or golf shoes. 5 week sessions beginning on dates and times below. Age 15+ **Fee: $169 per 5 wk option below**

Saturdays, 11:30am, starts 9/12
Sundays, 11:30am, starts 9/13
Mondays, 5:30pm, starts 9/14
Thursdays, 5:30pm, starts 9/17

NEXT STEP GOLF: Structured for students with some actual playing experience and who would like to elevate their skills. Two of the lessons will be on the Golf course. Age 15+. Choose either Next Step 1, 2 or both depending on your focus. *Classes start at **5:30pm** sharp*. **Fee: $169 per 4 wk option below**

NEXT STEP 1: chipping, pitching, club selection, fair-way shots, irons/hybrids/woods, course management.
Tuesdays, 9/8-9/29

NEXT STEP 2: uneven lies, trouble shots, putting and bunkers.
Wednesdays, 9/9-9/30

If you have to miss a class, please give the instructor 24 hour notice and you will be able to arrange a make-up class.
978-670-5396. **www.barriebrucegolfschools.com**

ADULT PROGRAMS

~ ADULT PICK-UP SPORTS AND LEAGUES ~

REGISTRATION: Please register for all of the Pick-Up Sports programs to receive email updates and changes to the schedules as they occur thru the year. www.bedfordrecreation.org (except for Men's and Indoor Soccer, see information below)

VOLLEYBALL

This is a Co-ed drop-in program open to Bedford Adults only. The minimum age to play is 18. 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.
Mondays and Wednesdays, 7:00 - 10:00pm, 9/9-11/18 (no 9/28, 9/30, 10/12, 11/11, 11/25) Dec. dates TBA. **No Fee**

BASKETBALL

This is a Co-ed drop-in program open to Bedford Adults only. The minimum age to play is 18. 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
Mondays and Wednesdays, 7:00-10:00pm, 9/9-12/21 (no 10/12, 11/11, 11/25, times may change in Dec.) **No Fee**

PICKLEBALL—NEW!!

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 for detailed information. Some paddles will be available on a first-come basis. Lane School Gym
Fridays, 6:30-8:30pm, 10/2-10/30 (Nov-Dec. dates TBA) **No Fee**

BADMINTON - ADVANCED / INTERMEDIATE – Registration required

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. Players must be registered. Lane School Gym. Set up night is 9/15
Tuesdays, 7:30-10:00pm, 9/15-11/17 (no 11/3) Dec. dates TBA **No fee to Bedford Residents**
NON-RESIDENT BADMINTON REGISTRATION: BEGINS 9/8. **Fee: Non-residents $30**
Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play unless officially registered. (max 28 registrants)

BADMINTON - BEGINNER an 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.
Thursdays, 7:30pm - 10:00pm, 9/17-11/19 (no 11/26) Dec. dates TBA **No Fee**

REGISTRATION: For Men's Soccer and Indoor Soccer
- www.bedfordsoccer.org
- Follow the "About BYS" tab to "Adult Soccer" and enter your email address

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. **No Fee**
Mondays and Thursdays, 9:00-10:00pm, 9/14-12/17 (no 10/12, 11/26)

OUTDOOR SOCCER

Join us for outdoor men's and women's pick up soccer. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt. BHS Sabourin Field **No Fee**
Women's Open: Wednesdays, 7:30 - 8:45pm, Start date TBA—11/18 (register on-site with Cynthia Vitti, Coordinator)
Men's Open: Wednesdays, 8:45 - 10:00pm, Start date TBA—11/18

PRESCHOOL PROGRAMS

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

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

Saturdays, 9/12-11/7 (no class 9/19 & 10/10) 7 Weeks — Fee: $87
Ages 2 -3: 8:30 am - 9:10 am
Ages 3 - young 4: 9:15 am - 9:55 am
Ages older 4 - 5: 10:00 am - 10:50 am
Ages older 4 -5: 11:00 am - 11:50 am
Ages 3 - young 4: 12:00 pm - 12:50 pm
Location: H Field

PRESCHOOL GYMNASTICS
With Jennifer McGrath & Dotty Martin

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

Mondays, 9/21-12/14 (no class 10/12 & 11/9) 11 Weeks — Fee: $155
Tuesdays, 9/22-12/15 (no class 11/10) 12 Weeks — Fee: $170

Location: First Church of Christ, 25 Great Road, Lower Fellowship Hall. Please park in Town Hall parking lot on Mudge Way.

Not Yet Walking "Baby Gym" with Adult Partner (Mondays 11:15-11:55 AM): This class is designed for the very young who are not yet walking. 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 to meet new friends (babies & parents!)

12 Months-3 Years Gymnastics w/ Adult Partner "Toddler Tumblers" (Mondays or Tuesdays 9:30-10:10 AM): This class is a perfect combination of fun & learning. Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, 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 or Tuesdays, 10:15-10:55 AM: I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars and vaulting. Parents are not required to stay in the room during class.

3-5 Years Transitional Gymnastics Class (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 are not required to stay in the room during class.

5-7 Years "Fun Gymnastics" (Mondays, 4:00-4:45 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars and vaulting equipment.

K-5th Grade Gymnastics class information in the Elementary Section of the brochure.

PRESCHOOL PROGRAMS

PRESCHOOL RHYTHM AND DANCE with Renae Nichols

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

Fridays, 9/25-12/4 (no class 10/30 and 11/27) 9 Weeks Fee: $105
2:00-2:45 PM
12 Mudge Way, Union Room Min 6/Max 12

LIL SPORTS (ages 2.5-6)

Lil' Sports is a health and fitness company that offers sports classes for children aged 2-6. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening and gross motor skills.

Tuesdays, 9/22-11/10 8 Weeks Fee: $101
11:00-11:45 AM
Mudge Way Fields, 12 Mudge Way 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, beginner students will experience these positive benefits. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.

Tuesdays, 9/29-10/20 4 Weeks Fee: $55
4:30-5:10 PM

Saturdays, 10/3-10/31 (no class 10/10) 4 Weeks Fee: $55
11:00-11:40 PM Min 5/Max 10
Location: Callahan's Karate; 20 North Road

THUNDERCAT MINI SPORTS (Ages 3.5-5)

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softee hockey, and other unique games which may include Sponge Bob Tag and finding Nemo. Emphasis will be on basic skill building, developing hand eye coordination, teamwork, and FUN! Program is coed, for more information please visit www.thundercatsports.com

Thursdays, 9/24-10/22 5 Weeks Fee: $80
10:00-10:50 AM
Mudge Way Fields, 12 Mudge Way Min 8/Max 12

MINI SPORTS (Ages 3-5) with F.A.S.T. Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, t-ball and basketball. It will ease children into learning the basic of these great games as well as teach them the importance of team work! Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

Sundays, 9/27-11/8 7 Weeks Fee: $87
1:00 PM-1:50 PM
E Field, 12 Mudge Way Min 8/Max 16

T-BALL CLINIC (Ages 3-5)

Join coach Tim French and his staff of high school and college baseball players for a T-Ball Clinic. Players will practice fundamentals through a wide array of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills learned from drills will be applied to game situations through daily participation in authentic games. Please bring gloves and wear comfortable clothing.

Saturdays, 9/26-10/24 5 Weeks Fee: $80
2:00 PM-4:00 PM
Location TBD Min 16/Max 50

PRESCHOOL PROGRAMS

FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun, energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.

Saturdays, 9/12-10/24 (no class 9/19) 6 Weeks
Ages 5-6: 8:30-9:05 AM Fee: $69 Min 4/Max 10

MOMMY AND ME COOKING (Ages 3-5) with Pam Kanavos, Pastry Chef

Reading never tasted so good! Apple Pie ABC by Alison Murray will be read to the group. Participants will then have a culinary adventure making an apple pie starting with simple pie dough using oil instead of butter. Parents will assist their young chefs as they assemble a pie to be brought home and baked. This class will encourage tots to use all their senses to explore and experience new foods. Please bring small knife and rolling pin.

Thursday, November 5 Fee: $23/family pair (materials included)
10:00 AM-11:30 AM
12 Mudge Way, Room 149 (Kids Club wing) Min 4/Max 10

MOMMY AND ME GINGER BREAD HOUSES (Ages 3-5) with Pam Kanavos, Pastry Chef

What a great family activity! Kick off the holiday season decorating your own pre-assembled gingerbread house. One gingerbread house for each family is provided, along with icing and candies for personalizing. Pam Kanavos will show you the techniques that make a gingerbread house look great. Come get creative with your pre-schooler!

Thursday, December 10 Fee: $24/family pair (materials included)
10:00 AM-11:30 PM
12 Mudge Way, Room 149 (Kids Club wing) Min 4/Max 10

ELEMENTARY SCHOOL PROGRAMS *Davis*

DESSERT DECORATING CLASS (Grades 1 & 2) with Kelly Anderson

This seven week class focuses on cupcake, cookie, truffle and other various desert 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. Kids will take home all of their creations and recipes at the end of every class. All classes will be taught by Kelly Anderson. Note: This is **not** a nut free or gluten free class.

Mondays, 9/21-11/9 (no class 10/12) 7 Weeks Fee: $176
Dismissal-4:45
Davis School Cafeteria Min 6/Max 10

BEDFORD 1ST/2ND GRADE SOCCER SKILLS ACADEMY

The Bedford Soccer Skills Academy is a program developed in conjunction with Proformance Soccer for Bedford children in first and second grade. This action-packed training is designed to be FUN and instructional, aimed at developing key technical soccer skills while inspiring a love and enthusiasm for the game. Program will meet 6 sessions and consists of both skill work and games. Have a blast and learn from top local professional coaches.

Wednesdays, 9/16-10/21 6 Weeks Fee: $60
Girls: 4:00-5:15 PM
Boys: 5:15-6:30 PM
South Road Fields Maximum per group 30

THUNDERCAT DODGEBALL AND SPORTS (Grades K-2)

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun playing different dodgeball related games such as Doctor, Bombardment, Jail Break and more! Other sports and games will be mixed in to create a fun and exciting program! Please bring a water bottle. www.thundercatsports.com

Fridays, 9/25-10/23 5 Weeks Fee: $82
Dismissal-4:30
Davis School Cafeteria Min 8/Max 14

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other 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, 9/1-12/23 (no holidays, no school days, snow days or delays) Fee: $194
8:00 AM– Start of School
Davis School Gym Min 25/Max 40

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 your child'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, 9/24-11/12, 8 weeks Fee: $95
Dismissal—4:25 PM
Davis School Gym Min 6/Max 12

GRADE 1 & 2 AFTERSCHOOL SPORTS with Peter Laskaris & 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 pack a light snack. Students will then move to the gym to participate in fun and active games. **One day/week only per child.**

Mondays: 9/21-12/7 (no class 10/12) 11 Weeks Fee: $70
Tuesdays: 9/22-12/8 (no class 11/3) 11 Weeks Fee: $70
Dismissal-4:30 PM Min 12/Max 45

MINECRAFT (Grades 1 & 2) with Jeremy Royds

Join Jeremy Royds, Davis School Librarian, for this fun Minecraft afterschool program. Build, design, create and collaborate using Minecraft.EDU. Kids will use the Minecraft.Edu's CREATIVE mode and imagination in the popular sandboxopen world game. The first 15 minutes of this program will be for snack; please send your child with a snack.

Mondays, 9/21-11/16 (no class 10/12) 8 Weeks Fee: $60
Tuesdays, 9/22-11/17 (no class 11/3) 8 Weeks Fee: $60
Dismissal-4:30
Davis School Computer Lab Min 12/Max 25

BUCS FLAG FOOTBALL "Saturday Nights Under the Lights" Grades 1-6

The Bedford BUCS take the field on Friday nights under the lights. On Saturday nights, it can be your turn to play under the lights with the Bedford BUCS. This 4 week Flag Football program is for grades 1-6. The program is coached by Junior and Senior players of BHS Football. Each player will receive a t-shirt. Revenue from this program supports the Bedford Football Club (JGMS & BHS Football).

Saturdays, 9/19-10/10 4 Weeks Fee: $100
6:00-7:30 PM
Sabourin Field

LEARN TO IRISH DANCE (Ages 6-13) with Clare Sullivan

Learn the basics of Step Dancing and Ceili (group) dancing. No previous dance experience necessary, just the desire to exercise, have fun and enjoy a "wee" bit of Irish culture. Please wear comfortable workout clothes, sneakers and bring water.

Tuesdays, 9/22-11/17 (no class 11/3) 8 Weeks Fee: $95
6:00 PM-7:00 PM
BHS Dance Studio Min 8/Max 25)

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

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

Grades 3-5: Mondays 4:00 PM-6:00 PM 9/28-10/26 (No class 10/12) 4 Weeks	Min 3/Max 15	Fee: $115
Grades K-2: Wednesdays 3:00 PM-5:00 PM 9/30-10/21 4 Weeks	Min 3/Max 15	Fee: $115

RECREATION DANCE 2015-2016

With Amy Noyes

The Recreation Dance classes will begin September 14 and 15. The Dance Recital Date will be on a Friday evening in May (date TBD). There is an additional costume fee (approximately $75) in the winter. Registration for this program opened in the spring. There is still space in some classes and we will take wait list for classes that have filled. There are no classes on holidays or school vacation weeks. Classes take place in the Union Room at 12 Mudge Way.

MONDAY CLASSES			
3:45-4:45	Grade 2 & 3	Ballet, Tap & Jazz (max 15)	$234 (FULL)
4:45-5:30	Grade 4 & 5	Hip Hop & Lyrical (max 15)	$176
5:30-6:15	Grade 6-8	Hip Hop & Lyrical (max 15)	$176
6:15-7:00	Grade 9-12	Hip Hop & Lyrical (max 15)	$176 (Very few spots)
TUESDAY CLASSES			
3:45-4:30	Grade K	Ballet & Tap (max 10)	$225 (Very few spots)
4:30-5:30	Grade 1	Ballet, Tap & Jazz (max 15)	$260 (FULL)
5:30-6:30	Grade 2 & 3	Ballet, Tap & Jazz (max 15)	$260 (FULL)
6:30-7:15	Grade 4 & 5	Hip Hop & Lyrical (max 15)	$196 (FULL)

DAVIS MIXED MEDIA ART (K-2) with Penny Leslie

This program is for kids who just love art... Mixed Media means working with a wide variety of both natural and synthetic materials. We will create clay sculptures and habitats, collages, weaving, decoupage, cards and more. We will use tissues, netting, metallics, yarn, ribbon, feathers, beads, fabric paint and raffia. Drawing and painting will be explored using different types of brushes and paints along with colored pencil, crayons, wax, and watercolor. Come join the fun and meet others with the same enthusiasm to get creative!

Wednesdays, 9/30-12/16 (no class 11/11 & 11/25) 10 Weeks Dismissal-3:25 PM Davis School Cafeteria	Maximum 15	Fee: $187

CRAZY CHEMWORKS (Grades K-2) with Mad Science ® of Greater Boston

Join the Mad Science hands-on science fun. We're crazy about science...and hope you are too! In this program, we have a blast exploring chemistry and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, and inquiry-based discussions. We learn about the tools scientists use in their laboratories, atoms, molecules, reactions, acids and bases, and fluorescence and phosphorescence. We also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations! The best part is that each week we will be able to continue the science fun at home with our very own lab ware take-homes!

Fridays, 10/2-11/13 (7 Weeks) Dismissal-4:30 PM Davis School Cafeteria	Min 12/Max 20	Fee: $109

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

There are many positive benefits to Karate training! In the 4 week introductory course, beginner students will experience these positive benefits! Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.

Tuesdays, 9/29-10/20 4 Weeks 4:30-5:10 PM	Fee: $55
Saturdays, 10/3-10/31 (no class 10/10) 4 Weeks 11:00-11:40 PM Min 5/Max 10 Location: Callahan's Karate; 20 North Road	Fee: $55

FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.

Saturdays, 9/12-10/24 (no class 9/19) 6 Weeks

Ages 5-6:	8:30-9:05	Fee: $69	
Ages 7-9:	9:15-10:15	Fee: $117	
Ages 10-14	10:15-11:45	Fee: $176	
Ages 7-9:	11:45-12:45	Fee: $117	Min 4/Max 10

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

Jennifer & 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, 9/25-12/11 (no class 11/27) 11 Weeks Grades 3-5: 2:40-4:00 PM (First 15 minutes is snack, please pack a snack) Grades K-2: 4:00-4:45 Lane School Gym Min 8/Max 30	Fee: $127

DAVIS SUPER SPORTS (Grades 1 & 2) with F.A.S.T. Athletics

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. A variety of sports are played each week such as: Soccer, Basketball, Flag Football, Dodge Ball, and Kickball. Program will includes proper stretching and warm-up games as well as basic skills of each sport. Each class will end with a high energy game of the sport played that day.

Wednesdays, 9/23-11/4 7 Weeks Dismissal-3:10 PM Davis School Gym Min 8/Max 30	Fee: $87

POINTS AND POWERS ™ SWORD FIGHTING FOR KIDS (Grades 3-5) With Guard up!

What do you get when you mix storytelling and imaginative play with basic instruction in swordsmanship and lessons in teamwork and creative problem solving while adding the adventure of Lord of the Rings and the magic of Harry Potter? You get an amazing opportunity for your young hero to be active, have fun and build character! Students will learn basic sword fighting techniques while honing their social skills and developing confidence and leadership qualities through games that require strategy, team work, and an accurate sword arm. They also take on the roles of fantasy characters and unleash their inner heroes in story based interactive adventures that focus on collaborative problem solving, role playing and of course slaying the occasional dragon. $20 lease fee or $60 purchase fee for hand made, custom

Thursdays, 9/24-11/12 (8 Weeks) Dismissal-3:50 Lane School Gym Min 8/Max 12	Fee: $125

LEGO® ENGINEERING (Grades 3-5) with Empow Studios

Think you know LEGO® building? Think again! Children work with specialty LEGO pieces and our building guides to construct a different project every class. Once they have built the initial design, students can customize their creations and motorize their devices with hand powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download.

Fridays, 9/25-11/13 8 Weeks Fee: $187
Dismissal-4:00 PM
Lane School Cafeteria Min 8/Max 12

LANE MIXED MEDIA ART (Grades 3-5) with Penny Leslie

This program is for anyone who enjoys art and wants to learn new techniques and improve existing skills. We will explore a wide range of drawing and painting subjects using colored pencil, charcoal, pastels, crayon, wax, water color and Tempra paint. For weaving, there will be a wide range of yarns, ribbons, raffia, grasses, twines and beads. Flat tapestry frames, handouts and extra supplies will be available to take home for continuing to work throughout the 10 week program. Penny will give demonstrations and personal one on one guidance along with plenty of enthusiasm!

Thursdays, 10/1-12/10 (no class 11/26) 10 Weeks Fee: $173
Dismissal-4:50
Lane School Cafeteria Min 8/Max 15

THUNDERCAT MULTI-SPORT (Grades 3-5)
Floor Hockey, Soccer & Basketball

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will officiate, emphasize proper skills and rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun and appropriately competitive atmosphere. The program culminates with tournament day! Please bring a water bottle. www.thundercatsports.com.

Wednesdays, 9/23-11/4 7 Weeks Fee: $96
Dismissal-2:20 PM
Lane School Gym Min 8/Max 14

LANE AM OPEN GYM (Grades 3-5)

Recreation Staff Members will supervise the gym in the mornings for fun before school! AM Open Gym provides students the opportunity to be active in the morning. Students will have a choice of activities each day. Students must be registered through the Recreation Department to participate in the program; drop in is not permitted.

Monday-Friday, 9/1-12/23 (no holidays, no school days, snow days or delays) Fee: $179
7:30 AM– Start of School
Davis School Gym Min 25/Max 45

LANE YOGA (Grades 3-5) with Bonnie McCulloch

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance, and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength and peace. Children will be released to the cafeteria at dismissal for snack (please pack a snack).

Tuesdays, 9/22-11/17 (no class 11/3) 8 Weeks Fee:$95
Dismissal-4:00 PM
Lane School Cafeteria Min 6/Max 12

FLASH DIGITAL ANIMATION (Grades 3-5) with Empow Studios

Students will explore a modern approach to digital animation. Using vector-based Flash animation software Vectorian Geotto, designed to be accessible to animators of all skill levels, students will create their own animated films just like the pros! With an emphasis on story telling, this class is ideal for beginners or intermediate animators alike.

Mondays, 9/21-11/16 (no class 10/12) 8 Weeks Fee:$187
Dismissal-4:00 PM
Lane School Multi Purpose Room Min 8/Max 12

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

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

Tuesdays, 10/13-11/10 5 Weeks — Fee: $127
6:30-7:30 PM
Davis School Gym — Min 10/Max 16

NASHOBA SNOWTUBING (Grades 3-5)

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. Parent chaperones are needed. Please indicated when registering if you are available to chaperone these trips. Kids will have a blast enjoying the great outdoors this winter!

Wednesdays, 1/6-1/27 (make up days added to end) 4 Weeks — Fee: $166
Dismissal-5:00 PM
Nashoba Valley Ski Area/Lane School

KIDS JAM (Grades 3-5) with Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, sweat, and most importantly we have fun! Get funky and move with attitude! We 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 and snack. Wear comfortable clothing and sneakers.

Wednesdays, 9/30-11/4 6 Weeks — Fee: $85 (includes t-shirt)
Dismissal-2:30 PM
Lane School Cafeteria — Min 8/Max 25

THE GIRL POWER WrxShop (Grade 5)
Presented by GrooveWrx, Founded by Jennifer Buckley

Introducing The Girl Power WrxShop, co-developed and co-taught by Jennifer Buckley, Founder of GrooveWrx, Fitness & Dance Programs for Youth Empowerment and Jessica Smith, Lane School Guidance Counselor, LICSW. This fun and highly interactive 6-week program is designed specifically for 5th grade girls to help them build and celebrate self-confidence! Each week will feature a different physical activity (such as fun outdoor drills, martial arts, yoga) along with interactive discussions, community building and writing/art activities. We will also meet female role models from the community. This program is a great opportunity for 5th grade girls to build a stronger sense of self and community as they move forward to JGMS. Please wear sneakers and comfortable clothing. For more information on The Girl Power WrxShop go to groovewrx.com. Note: This program will run again in spring.

Mondays, 11/9-12/14 6 Weeks — Fee: $120
Dismissal-4:30 PM
Lane School Cafeteria — Min 8

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

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

Mondays, 9/21-11/9 (No class 10/12) 7 Weeks Fee: $87
Dismissal-4:00 PM
Lane School Gym Min 8/Max 30

SUPER SPORTS (Grades 3-5) with F.A.S.T. Athletics

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

Tuesdays, 9/22-11/10 (No class 11/3) 7 Weeks Fee: $87
Dismissal-4:00 PM
Lane School Gym Min 8/Max 30

AFTERSCHOOL CHESS (Grades 3-5) with Chess Wizards

Chess Wizards is a premiere chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts such as learning to win graciously and accept defeat with dignity, and sportsmanship. Students will be divided into groups according to their chess experience. At the end of the session, each student will have had the chance to participate in a mini-chess tournament.

Thursdays, 9/24-11/12 8 Weeks Fee: $138
Dismissal-3:50 PM
Lane School Multi Purpose Room Min 10/Max 24

EVENING CHESS (Grades 3-8) with Peter Desjardins

In this fun, recreational chess program, beginner and experienced players will learn about the game and spend time playing! Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Tuesdays, 9/22-10/27 6 Weeks Fee: $48
6:30-7:30 PM
John Glenn Middle School Cafeteria Min 8/Max 20

STONE CARVING (Ages 10+) with Scott Cahaly, Stone Sculptor

Participants will learn to carve stone (alabaster). Students will be taught the process of stone carving from the beginning chisels to the files and finishing process. Students are encouraged and helped to produce the type of work that interests them. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required. Tools and stones are included in class fee.

Wednesdays Fee: $295/Session
Session 1: 9/16-10/14 5 Weeks
Session 2: 10/28-12/2 (no class 11/25) 5 Weeks
3:30 PM-5:30 PM
80 Loomis Street

.

BASKETBALL

FRANK BAUMAN BASKETBALL LEAGUE (GRADES 4 - 8)

This is our in-town winter basketball league for boys and girls. The program consists of 4 Divisions:

Boys Grades 6—8 Girls Grade 6—8
Boys Grades 4, 5 Girls Grades 4, 5

The Bauman League is named for Frank Bauman, Bedford's first Recreation Director (March 23, 1938-December 2, 2013). The League is open to all Bedford children registering until all teams have been filled. Teams will be filled on a first come, first served basis. The number of teams is based upon the number of volunteer coaches available. . Every effort is made to accommodate all interested players. The Bauman League Basketball accepts all players regardless of ability.

LEAGUE INFORMATION:

- Teams have a one hour long practice per week.
- Every team must have a volunteer adult coach and/or manager at every game and practice. This league operates with adult and HS volunteers and paid student referees. Volunteers interested in coaching or being a parent manager should notify the Recreation Department ASAP & add it to the enrollee notes at time of registration.
- Games are typically held on Saturdays between 8:00 AM and 1:00 PM
- Coaches and volunteers will be subject to the CORI background investigation process.
- Practices will begin the week of November 23.
- The first games will be played on Saturday, November 28
- The program will run through Mid-March

FEE:
$105/player (Max $240/Family; must register via fax or at Recreation Department to receive family discount)

REGISTRATION:
Deadline to register is October 23. Any registration received after October 23 will be placed on a waiting list.

HIGH SCHOOL REFEREES/VOLUNTEER COACHES:
Any High School students interested in working as referees or volunteering as coaches should apply via the online registration at www.bedfordrecreation.org

PLAYER EVALUATIONS:
**To balance teams, players must attend evaluations.*

BAUMAN LEAGUE EVALUATION DATES (all at Davis Gym)

BOYS	GIRLS
Boys 4th: Wed. 10/28 6:00 PM	Girls 4th: Thurs 11/5, 6:00 PM
Boys 5th: Wed. 10/28 7:15 PM	Girls 5th: Thurs 11/5, 7:15 PM
Boys 6th: Mon 11/2, 6:00 PM	Girls 6th: Wed 11/4, 8:00 PM
Boys 7th: Mon. 11/2 7:00 PM	Girls7th: Wed. 11/4, 7:00 PM
Boys 8th: Mon 11/2 8:00 PM	Girls 8th: Wed. 11/4, 6:00 PM

1ST, 2ND & 3RD GRADE BASKETBALL CLINICS

Registration for the clinic programs will begin in December at winter registration. Play will begin in January.

POLICE-RECREATION LEAGUE:

For High School Students; please see HS Section for details.

BEDFORD TRAVEL BASKETBALL CLUB TEAMS (GRADES 4 – 8)

This program is run by the Travel Basketball Board and is not a part of the Bedford Recreation Dept.
Players must register for Travel Basketball tryouts via the Bedford Travel Basketball website at **www.bedfordtravelbasketball.com .**
All players in grades 4th -7th who are selected for a travel team **MUST** also play in the Bauman League.
The league is a fall/winter out-of-town league for boys and girls in grades 4 - 8. **Travel Board President:** Brian Forman

SEE TRAVEL BASKETBALL WEBSITE FOR TRYOUT SCHEDULE

SPRING TRAVEL SOCCER

Registration is now open for Spring Travel Soccer

- Registration will close Nov. 14 or when teams fill.
- When teams fill, additional registrations will be taken on a waiting list basis until Nov. 14 & new teams will be formed if there are enough players on the waitlist.
- Players are placed on teams that will play each Saturday, either in Bedford or in another town.
- Travel teams practice up to two times per week. Parents are responsible for providing transportation to practices and games each week.
- Season runs from early April - June.
- Team rosters/placement are released in March.
- **Please note that it is the Recreation Travel Soccer policy that all participants receive equal playing time and rotate positions.**
- Visit the soccer website for more information and soccer policies @ **www.bedfordsoccer.org**

U9/U10Parents please note: *because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend.*

Age Groups:

U9: 3rd grade Fall 2015
U10: 4th grade Fall 2015
U11/12: 5th & 6th grade Fall 2015
U14: 7th & 8th grade Fall 2015
U 16: 9th & 10th grade Fall 2015
U18: 11th & 12th grade Fall 2015

Program Fee:

Early Bird Fee (before October 31st): $105 with a maximum of $265 per family. *Family rate can only be processed via fax, mail or in person only.*

Fee (after October 31st): $135 with a maximum of $340 per family

PRACTICE NIGHTS
All girls' teams will practice on Monday and Thursdays
All boys' teams will practice on Tuesday and Fridays

There are no refunds after the roster announcements are released

GU16, GU18, BU16, BU18 SPRING TRAVEL SOCCER: Registration will take place this winter; please watch for the Recreation Winter Brochure.

MIDDLE SCHOOL PROGRAMS

STONE CARVING (Ages 10+) with Scott Cahaly, Stone Sculptor

Participants will learn to carve stone (alabaster). Students will be taught the process of stone carving from the beginning chisels to the files and finishing process. Students are encouraged and helped to produce the type of work that interests them. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required. Tools and stones are included in class fee.

Wednesdays — Fee: $295/Session
Session 1: 9/16-10/14 5 Weeks
Session 2: 10/28-12/2 (no class 11/25) 5 Weeks
3:30 PM-5:30 PM
80 Loomis Street

LEARN TO IRISH DANCE (Ages 6-13) with Clare Sullivan

Learn the basics of Step Dancing and Ceili (group) dancing. No previous dance experience necessary, just the desire to exercise, have fun and enjoy a "wee" bit of Irish culture. Please wear comfortable workout clothes and sneakers and bring water.

Tuesdays, 9/22-11/17 (no class 11/3) 8 Weeks — Fee: $95
6:00 PM-7:00 PM
BHS Dance Studio — Min 8/Max 25)

FALL TENNIS LESSONS with KA Tennis

Learn the sport of tennis from Kyle Anderson and his staff. Kyle is a PTR and USTA certified instructor who has 18 years full time experience instructing individuals and groups. Kyle is a teaching pro who will be instructing on the courts for all lessons. Program is designed to introduce all aspects of the game in a fun energetic atmosphere. This six week program is designed to teach the mechanics of ground strokes, volleys, serves and rallying skills. It is intended to introduce younger players to the fundamentals and strokes. Hands on approach, drills and fun games make this class appropriate for all ages. All lessons take place at BHS Tennis Courts.

Saturdays, 9/12-10/24 (no class 9/19) 6 Weeks

Ages 5-6:	8:30-9:05	Fee: $69	
Ages 7-9:	9:15-10:15	Fee: $117	
Ages 10-14	10:15-11:45	Fee: $176	
Ages 7-9:	11:45-12:45	Fee: $117	Min 4/Max 10

EVENING CHESS (Grades 3-8) with Peter Desjardins

Join Peter Desjardins for this fun, recreational chess program. Beginner and experienced players will learn about the game and spend time playing. Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of the game such as opening, middle, and end game strategies, timed games, and more advanced resources. Participants will be grouped by ability and experience.

Tuesdays, 9/22-10/27 6 Weeks — Fee: $48
6:30-7:30 PM
John Glenn Middle School Cafeteria — Min 8/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 beginner students will experience these positive benefits! Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.

Tuesdays, 9/29-10/20 4 Weeks — Fee: $55
4:30-5:10 PM

Saturdays, 10/3-10/31 (no class 10/10) 4 Weeks — Fee: $55
11:00-11:40 PM — Min 5/Max 10
Location: Callahan's Karate; 20 North Road

MIDDLE SCHOOL PROGRAMS

MIDDLE SCHOOL ART CLUB (Grades 6-8) with Candace Banks

Have fun creating all kinds of art in the Middle School Art Club. The program will include painting, working with clay and drawing to your heart's content. Work with tempera and watercolor paints; try charcoal drawing and get your hands dirty working with clay on a variety of 3-D projects. Try new projects or work independently on things you are interested in with helpful instruction and guidance from the art teacher. This will be a warm and welcoming place for students looking for a relaxing and creative after school place.

Tuesdays, 9/29-12/8 (no class 11/3) 10 Weeks Fee: $95
2:30-3:30 PM
JGMS Art Room Min 6/Max 15

GREAT BEGINNINGS—WEIGHT LIFTING FOR MIDDLE SCHOOL STUDENTS w/ Kamate Fitness

The goal is to improve self-esteem, mood and overall health in this kid-focused workout. A National Academy of Sports Medicine (NASM) certified Youth Exercise Specialist leads the fun, safe, research-based program to improve strength, gross motor skills, bone density, balance, endurance, speed, agility, self-confidence and body image while developing a healthy attitude toward working out. Kamate Fitness instructors foster a noncompetitive, peer inclusive atmosphere using light weights and body resistance in this circuit training program. This program will also talk about healthy eating and participants will learn how to make easy healthy snacks! Supported by Dr. Gellar of Patriot Pediatrics. Please wear sneakers and comfortable clothing; bring a water bottle.

Boys: **Mondays (2:45-3:45)/Wednesdays (1:15-2:15):** 10/5-11/9 (no class 10/12) Fee: $150
Girls: **Tuesdays (2:45-3:45)/Thursdays (2:45-3:45):** 10/6-11/12 (no class 11/3)
Location: Connections Building, 153 Concord Road Minimum 5

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

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

Tuesdays, 10/13-11/10 5 Weeks Fee: $127
6:30-7:30 PM
Davis School Gym Min 10/Max 16

WACHUSETT SKI & RIDE

REGISTER NOW!
Deadline to register:
November 3rd

PARENT CHAPERONES NEEDED!! Please indicate availability to chaperone on registration form.

Great night skiing and riding at Wachusett!! This Friday night program is open to Bedford Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor will substitution of participants). Buses depart at 3:45 p.m. and return at 11:00 p.m. (Middle School Rear Parking Lot). Begins Jan. 8 and runs 6 weeks (missed sessions will be made up at the end). Not held vacation week. **Registration Fee: $130** (payable to Town of Bedford) for transportation. **Please note that this fee is for transportation only!!!** ***HELMETS ARE REQUIRED***

LIFT TICKET REGISTRATION: Students register online directly with Wachusett for lift ticket, rentals, lessons, etc. as desired. Rates available at www.wachusett.com Please note: rates increase on 12/2/15 so register with Wachusett now!
Please remember when selecting options such as rentals and lessons that our program is a **6-WEEK PROGRAM**.

THE CORNER

THE CORNER AT TOWN CENTER

Middle School Activity & Social Center

Operated by Bedford Recreation

WHAT IS THE CORNER? It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool. A fully stocked Lounge with special activities and events, snack machines, snack bar, TV's & games, computers …all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nikki at the Bedford Recreation Department.

WHERE IS THE CORNER? It is only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground, 12 Mudge Way, in The Town Hall complex.

HOW DO I JOIN THE CORNER? There is no admission fee. Parents must register their child online or at the Recreation Office. Students must sign in upon arrival to the Corner. Parents are invited at any time to come check out the facility, but please see the scheduled open house date below. Come to the Open House to meet our staff and see what the corner has to offer! Light drinks and snacks will be provided.

WHEN IS THE CORNER OPEN? From school dismissal until 6:00P.M. Monday – Friday. On Wednesdays we open at 12:45 P.M.

SPECIAL EVENTS THIS FALL!!

Schedule is subject to change. Changes will be posted at The Corner

- **Thursday, September 3:** Back to School fun! Come to the corner to win back to school raffle prizes!
- **Friday, September 11:** Open House for Parents and Kids: 6:00-7:30 PM
- **Wednesday, September 16:** Arts and Crafts with Melissa Skorupka
- **Wednesday, September 23:** Kid's Cooking Green with Lori Deliso
- **Friday, September 25:** FUN FRIDAY* Bring your own movie night
- **Friday, October 9:** FUN FRIDAY* Outdoor Game Night
- **Wednesday, October 14:** Arts and Crafts with Melissa Skorupka
- **Friday, October 23:** HALLOWEEN DANCE—Come dressed in a costume and dance the night away!
- **Wednesday, October 28:** Kids Cooking Green with Lori Deliso
- **Wednesday, November 4:** Arts and Crafts with Melissa Skorupka
- **Friday, November 6:** FUN FRIDAY* Game Night
- **Wednesday, November 18:** Kids Cooking Green with Lori Deliso
- **Friday, November 20:** FUN FRIDAY* Pizza Party!

***FUN FRIDAYS** On Fun Fridays, 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.

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

ARTS & CRAFTS: A wide variety of projects and craft activities available at The Corner!

POLICE-RECREATION BASKETBALL LEAGUE

This Basketball League is for players in grades 9-12 who are not playing HS Basketball. The season will run from 1/8-3/3. 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 17, 7:00-8:30 to enable the formation of balanced teams. Teams will be coached by Bedford Police Officers.

Min 32/Max 60 Fee: $90

YOUR COLLEGE ESSAY with Mindy Pollack-Fusi

Are you a high school senior who needs to write your common application essay immediately? Would you like some insider tips? Learn the teacher's foolproof technique on how to chose your essay topic. We will also explore topics to avoid, do's and don't's, and ways to shape the essay to make it concise yet creative and lively… and most importantly, showing the college the best side of YOU! This 2-hour workshop will help you break through your fear and complete your essay with passion. Each student will have a few minutes of private consultation with the teacher about his or her essay topic. Taught by local writer and tutor, Mindy Pollack-Fusi.

Thursday, September 24 Fee: $25
7:00 PM-9:00 PM
Place for Words Workshops
200 Great Road; Suite 254 A (enter beside HR Block) Min 3/Max 8

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

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

BodyPump, BodyJam, BodyFlow: age 15+
Zumba: age 15+
NIA: age 15+
Beginner Hatha Yoga: age 15+
Tai Chi: age 16+
Cardio-Barre Blast: age 15+
Restorative Yoga: age 15+
Learn to Irish Dance: age 14+
Co-Ed Outdoor Bootcamp: age 15+

Golf: age 15+
Archery: age 16+
Heartsaver CPR: age 15+
Cooking Classes: age 16+
You Can Afford College If….: all ages
Oil Painting: age 16+
Charcoal and Pastel Studio class: age 15+
Taste of Blacksmithing: age 15+

WACHUSETT SKI AND RIDE

Please see the description in the Middle School Section of the brochure for this Friday night program.

RECREATION EMPLOYMENT OPPORTUNITIES

- Program Aides– Minimum age 14, paid position
- Youth Center Junior Staff—High School Juniors and Seniors; paid position
- Basketball Referees; Paid Position
- Soccer Referees—Minimum age 14, paid position

APPLICATIONS: Town of Bedford applications for work with the Recreation Department may be found at bedfordrecreation.org or may be picked up in the office.

***BEDFORD SOCCER LOOKING FOR REFEREES**: Great Part-Time Fun Job– Pays Well!*
If you have ever thought of becoming a youth soccer referee in Bedford, now is the time to act. Go to http://www.massref.net/becomeref.cfm to sign up for a referee course so you can ref in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or goodmanreferee@yahoo.com.

BEDFORD RECREATION REGISTRATION FORM Fax: 781-687-6156

Name:	**Current Grade:**	**Sex:**	**D.O.B:**	**Home Phone:**

Address:	**Email:**
Cell Phone:	**Work Phone:**
Cell Phone Provider:	

For minor participants: **Mother's Name:** **Work Phone:** **Cell Phone:** **Email:**	**For minor participants:** **Father's Name:** **Work Phone:** **Cell Phone:** **Email:**	**For all participants:** **Emergency Contact Name:** **Phone:** **Relationship:**

Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?

Child's Soccer Shirt # if applicable: _____

Optional: Parent Volunteer to Coach/Chaperone? _____

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

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

MC, VISA, AmEx, Discover #: _____ Exp Date_____

Authorized MC or VISA Signature_____

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

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

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 or photocopy.

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

Bedford Recreation Department
12 Mudge Way
Bedford MA 01730-2165

Residential
Postal Customer
Bedford MA 01730

Like us on facebook

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