Bedford Recreation

Winter 2015

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

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REGISTRATION INFORMATION

REGISTRATION OPENS DECEMBER 6 AT MIDNIGHT.

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 12:00AM

MAIL
Bedford Recreation
12 Mudge Way
Bedford, MA 01730

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

FAX
781-687-6156

Registration Forms Pgs 26, 27

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 Procedures
Unless otherwise stated:
$10 fee 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!

FAMILY EVENTS AND TICKETS

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets purchased at Bedford Rec. cost $8.50 (regular price $10.50). They do not expire and they can be used at all AMC/Lowes Theaters. New "Gold" tickets do not have any restrictions.

FAMILY POOL PASS: 10 Pack

Atlantis Club, DoubleTree Hotel Indoor Pool

Take the family swimming this winter! Passes are valid for 10 visits during a 4 month period, starting with your first visit. 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: $115**

BOSTON FLOWER AND GARDEN SHOW DISCOUNT TICKETS

March 11 –15 at the Seaport World Trade Center, Boston

Boston's biggest horticultural happening provides the tools and inspiration to kick off the season in style! Leave behind the gray days of winter and explore the show, themed *Season of Enchantment,* to delight the senses and discover thousands of ideas, tips and recipes to try this gardening season! Complete show schedule at www.BostonFlowerShow.com Tickets available for purchase at the Recreation Dept. office. **Fee: $17 per ticket**

FAMILY ARCHERY 101 WORKSHOP w/ Mark Pirrello, On The Mark Archery

Try out traditional recurve archery, as seen in the Olympics! Learn the fundamentals in a one hour introductory workshop led by the staff of On the Mark Archery LLC. Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off. Put your skills to the test and compete with friends, family and neighbors in mini competitions and archery games. All equipment provided. Age 10 + (min 6/max 20) Class held at Bedford High School, Gym D.

Saturday, Jan. 31, 12:30-1:30pm **Fee: $25 per person**

FRIENDS AND FAMILY CPR w/ Kelley Anzuoni, RN

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+) Optional manual available at class for a fee of $5 payable to instructor. Class held in the Bedford Police Station Conference Rm.

Sunday, Feb. 8, 2:00-4:00pm. (min 4/max 16). **Fee: $35**

***** See Adult Section for Heartsaver CPR/AED Certification Class.***

PETSAVER: CPR FOR DOGS AND CATS

w/ Heidi Brock, RCP-Director/Education Specialist for C.A.B. for Life

CPR for Dogs and Cats utilizes the American Red Cross "PetSaver" guidelines and includes, but not limited to these topics: restraining an injured pet to prevent injury to both the pet and the rescuer, assessing a pet for injury, treating including life-threatening traumatic injury and emergency first aid, recognizing and treating seizure activity, assessing a pet for cardiac arrest and steps to provide life-saving assistance until a vet can be reached and preparing a pet first aid kit. Class taught by licensed Health Care Professional who has completed the ARC Instructor "PetSaver" requirements. Class includes a practical hands-on portion. Each participant receives a first aid kit and a quick reference guide . **Please do not bring pets to class*. Class held at Carlisle Town Hall, 66 Westford St. Min 3/Max 6. Age 8+ (age 8 to 15 with a parent)

Tuesday, Jan. 28, 6:00-9:00pm **Fee: $60**
Saturday, March 22, 9:00am to 12:00pm **Fee: $60**

ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES NOW OPEN

ADULT CLASSES
COOKING, FOOD & HEALTHY LIVING
PERSONAL INTEREST
EXERCISE, FITNESS, DANCE
SPORTS & PICK-UP PROGRAMS

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

Information such as the **directions** to an off-site activity, **materials lists** and **Instructor Biographies** is available on the website (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.

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

THE ART OF CHEESE w/ Peter Lovis, owner The Concord Cheese Shop

Did you know there are hundreds of types of cheese? Join us for a lively evening of eating and education. Owner and 30-year turophile Peter Lovis will demystify the intricacies of cheese. Learn the art of cheese by tasting 12 to 15 different types of exquisitely made cheeses. Please eat a lighter dinner before attending this class. Class meets at 29 Walden St. Concord

Wednesday, Jan. 21 , 7:00-9:00pm. (min 8/max 12) **Fee: $50**

COOKING FOR COUPLES: A HEALTHY FRENCH DINNER PARTY
w/ Jeannette Pothier, Professional Chef

Jeannette stirs up some romance in the kitchen with a dinner party featuring her healthy and delicious take on classic French foods. Together you and your partner will learn to prepare a wonderful dinner party you can replicate at home. The romantic menu features Chicken Provençal, rice pilaf and chocolate mousse. You will practice updated and healthy French cooking techniques. Love at first bite, anyone? Please bring knives, apron and a smile. Plus material cost of $20 per couple; please pay instructor the materials fee that night. (min 4 / max 5 couples)
Monday, Feb. 9, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $50/couple**

KNIVES SKILLS: Slicing, Chopping and Sharpening Knives
w/ Jeannette Pothier, Professional Chef

Good knife skills are important to let the cook do the chopping easily and quickly. There is a right way and a wrong way to hold a knife. Learn this skill with others preparing foods in class such as appetizers, sandwiches, soup, and salad. These dishes will let you slice and chop and we will sharpen knives and learn how to care for them. Bring a paring knife and a 6 to 10 inch chef knife if you have one. Bring an apron and be ready to get to work to make cooking fun.
Plus material cost of $7-$10; please pay instructor the materials fee at the class. (min 5 / max 12)
***Option 1*: Tuesday,** Jan. 20, 10:00am-12:00pm. Class held at 12 Mudge Way, North Wing Room 139. **Fee: $25**
***Option 2:* Monday,** Feb. 23, 6:30-8:30pm. Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $25**

ADULT PROGRAMS

WARM SWEET ROLLS w/ Pam Kanavos, Pastry Chef

Your family and house guests won't soon forget waking up to the aroma of butter, cinnamon and Muscovado brown sugar permeating the house from the fresh baked sweet rolls. We will offer hands-on instruction making Cinnamon Rolls and Orange Sweet Rolls with Icing. In class you will make a tray of your own to take home and refrigerate or freeze until your are ready to bake them. Material cost of $13; please pay instructor the fee that night. Please bring a big bowl, apron, knife, and rolling pin. (min 6 / max 10) Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+

Monday, Jan. 12, 6:30-9:00pm **Fee: $30**

CHOCOLATE TRUFFLE LOVE w/ Pam Kanavos, Pastry Chef

Chocolate truffles are such a special treat that receiving a box of these as a gift would put a smile on anyone's face. Learn the magic of making unusual and unique chocolate truffles. We will first master various flavors of ganache and then roll your truffles into beautiful handmade confections. You will take home a box of truffles. Please bring apron, bowl (metallic) small 2qt pot and a box to take the truffles. Plus material cost of $16; please pay instructor the materials fee that night. Min 6/Max 10. Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+

Monday, Feb. 2, 6:00-9:00pm. **Fee: $30**

BUTTERCREAM BASICS CLASS w/ Pam Kanavos, Pastry Chef

Learn the fundamentals of decorating cupcakes and cakes and leave with the knowledge to prepare and execute a decorated cake perfect for special occasion parties! You will receive hands-on guidance to prep and hold a piping bag and use a variety of tips. You will learn the essential skills of piping stars, shells, lines, drop flowers, ribbon roses, basket weave and handwriting. The third class will entail learning how to level, fill and create a smoothly iced cake! Materials list will be available online and emailed to you prior to the class. Ages 16+ (min 5 / max 10)

Class held at 12 Mudge Way, Room 139.

Monday, 3/2-3/16 (3wks), 6:30 to 8:30pm. **Fee: $65**

WARMING WINTER SOUPS w/ Amy Borshay– Bokser, Private Chef

Learn to make some great winter soups that will warm you now, but can be used all year round. This class will incorporate three soups and a "One-Pot-Meal,Japanese Style Dish. All recipes are simple, vegetarian, and dairy-free. Each recipe will be shown with a Gluten-Free option. Recipes will include a Creamy Navy Bean Soup with Thyme and garnished with crispy shallots, Asian Noodle Soup with Mochi Croutons, Classic Veggie Soup and Nabe (One-Pot-Meal) Amy has been trained in Macrobiotic Cooking—a diet based on whole grains and vegetables. Plus material cost of $15, payable to the instructor that night. Please bring a pen and note paper, this is less hands on and more demonstrative.

Monday, Jan. 26, 6:30 to 8:30pm. Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $30**

HEALTHY EATING FOR EVERYDAY LIVING w/ Danielle Beck, MSN, RN, NP-C

Are you determined to get your health on track, but frustrated about how and where to begin this journey? Are you motivated to start feeling like your best you, but overwhelmed by all of the confusing information that exists out there? Are you eager to kick off a newer, healthier lifestyle, but tired of trying to weed through endless lists of popular fad diets? This is an interactive and practical presentation designed to help people just like you take control of your body, your health, and your life. You will learn about the types of foods the body needs, how the body uses those foods, how to work them into your daily diet, what to look for on food labels, and so much more. (min 3 /max 15)

Thursday, Jan. 15, 7:00-8:30pm Class held at 12 Mudge Way, Rm 152. **Fee: $25**

SUGAR: THE GOOD, THE BAD AND THE UGLY w/ Danielle Beck, MSN, RN, NP-C

Does the topic of sugar confuse you? Do you know what type of sugar is best for your body? Do you find yourself wondering what is considered "good" vs "bad" sugar? Do you know what you should be looking for on food labels when it comes to sugars? How much sugar does your body really need? This presentation is designed to educate consumers about sugar and help eliminate much of the confusion that surrounds sugar. It is especially beneficial for anyone who is health conscious, active, and/or trying to make positive lifestyle changes. (min 3 /max 15) **Fee: $25**

Thursday, Jan. 22**,** 7:00-8:30pm. Class held at 12 Mudge Way, Rm 152.

ADULT PROGRAMS

CREATIVE CLASSES

CHARCOAL AND PASTEL STUDIO CLASS w/ artist Alma Bella Solis

Students will produce their own composition using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods in outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses the three guiding rules in 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. (age 15+) Class held at 12 Mudge Way, Rm. 139 (min 4/max 7)

Wednesdays, 10:00am-12:00pm, 2/25-3/25, 5wks, **Fee: $115**

LOTIONS, BALMS AND SCRUBS w/ Melissa Skorupka

Making luxury lotions, balms, scrubs and lip balms is remarkably simple. What a perfect time of year to make your own products to use this winter or make as gifts. The evening will include a demonstration and written directions. You will make 4 lip balms, 2-8oz. Lotions and a 4oz. Sugar Scrub. All equipment, containers and supplies are provided. Materials fee $20, please pay instructor at the class. Class held at 12 Mudge Way, Rm 139. (min 4/max 10)

Thursday, Jan. 22, 7:00-9:00pm **Fee: $25**

HAND CRAFTED SOAPS WORKSHOP w/ Melissa Skorupka

If you already know how to make soap, this is a evening to come and make cold process soaps. You bring your experience and we provide the equipment and supplies for you to take home a batch of luxury hand crafted soap. Materials fee paid at the workshop and based on actual use. Cost will run approximately $10/lb based on ingredients used. Molds are available for 1lb batch and individual bars; otherwise. bring your own mold. Please dress for a mess as we will work with caustic lye and bring an old towel to wrap your raw soap. Class held at 12 Mudge Way, Rm 139. (min 4/max 10)

Thursday, Feb. 26, 7:00-9:00pm **Fee: $15**

PHOTOGRAPHY w/ Derek Peplau

Are you new to DSLR photography or simply tired of using your expensive DSLR camera like a $100 point and shoot? Take control of your photos by switching out of Auto mode and learn how to use your camera the way it was designed. In this class you will learn how to take creative control of your photography rather than relying on what your DSLR thinks you want. This class is for beginners who have little or no knowledge of shooting out of Auto mode. You will learn the functions and techniques to take your photography to the next level with results that make you proud. The class will focus on the fundamentals of DSLR photography in order to help students gain an understanding of exposure, aperture and shutter speeds to improve photographic skills. Students must have a DSLR camera they can bring to class (please bring your camera manual also) Age 16+ (min 3/max 12)
Class held at 12 Mudge Way, Rm 139.

Thursdays, 1/29 and 2/5, 7:00-8:30pm (2wks) **Fee: $60**

INTRODUCTION TO DOCUMENTARY PRODUCTION
w/ Greg Dolan and Brian Dorrington of Bedford TV

This class will teach the basics of documentary film making including: shooting, editing with Final Cut Pro X, sound, interview techniques, etc. Students will workshop their documentaries with instructors and each other and produce a final piece of approximately 5 minutes that will air on Bedford TV and be available online. Please bring a Hard Drive or SD card if you have one, not mandatory, but suggested. Age 17+ (min 3/max 5)
Class held at Bedford TV, Old Town Hall, 16 South Road

Thursdays, 5:00-7:00pm, Meets every other week: 1/15, 1/29, 2/12/, 2/26, 3/12, 3/26 **Fee: $115**

ADULT PROGRAMS

PERSONAL INTEREST CLASSES & WORKSHOPS

GETTING TO KNOW YOUR CAR w/ Daniel Hutt, Attention to Detail

This course is designed to teach vehicle owners and operators the core basics of vehicle maintenance in order to prevent car problems, understand when a problem occurs and deal with inevitable car problems. Topics covered in the course include: changing tires, checking vehicle fluid levels and conditions, jump-starting a battery, understanding dashboard indicators, and recognizing some telltale signs of vehicle problems. The goal of the course is to help drivers stay safe and feel confident behind the wheel of any vehicle. Daniel is currently Service Manager at Boch Toyota, N. Attleboro and he owns his own business, Attention to Detail in Concord, as well. Age 16+ (min 3/max 15)
Class held in Class in Rm.152, 12 Mudge Way. A great class for college students home on winter break who have cars at school!

Thursday, January 15, 7:00-9:00pm **Fee: $15**

PLANNING YOUR EUROPEAN VACATION w/ Wim Nijenberg

Considering planning a trip to Europe? Do you want to know how to simplify the information you need? Do you want to know how to book the best products and services– air, accommodations, rail, car, ferry, sightseeing and others? You can make your trip more enjoyable and save time planning it. Become aware of the many discounts in Europe and avoid missed opportunities. This program is for individual and escorted travel as well as cruises in Europe, and for people who want to plan with online resources or an agency. (min 3/max 15) Class held in Rm. 152, 12 Mudge Way.

Thursday, Feb. 12, 7:00-9:00pm **Fee: $25 per individual or couple**

SELF-PROTECTION COURSE w/ Tom Bruno

Increase your self-protection confidence by learning practical street self-defense tactics to protect yourself and your loved ones. Don't become a "victim". Learn how to apply very practical defenses and escapes from common types of street aggression such as: pushing - wrist grabs - body holds (front and back) hair pulling - choking – punching – kicking, etc. Techniques are demonstrated slowly and completely to ensure that all the mechanics are fully understood. Additional areas of study are: learning pressure points of the body and how to strike them, joint locking techniques to incapacitate the attacker, takedowns that allow for escape, and many more combinations of applications to defend oneself and then to safely escape the encounter. All practice sessions are conducted with a "safety first" approach. (min 4/max 16) Minimum age 14+ Please wear comfortable clothing and sneakers. Class in Rm.153, 12 Mudge Way.

Monday, 7:00-8:00pm, 1/26-3/23 (8wks) no class 2/16 **Fee: $95**

THINK SPRING! GARDENING w/ Master Gardener Peter Coppola

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

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

Sunday, March 8, 1:00-4:00pm (min 5/max 10) **Fee: $25**

NO-MAINTENANCE GARDENING: …and other lies you want to believe about caring for your plants and lawn. This 3-hour session is filled with information, tricks and tips that will make your yard work much easier this summer. The dialogue session will cover your favorite subjects: planting, watering, fertilizing, and lawn care. Caution: Gardening is addictive; at the conclusion of the course, you may find yourself puttering in your yard!

Sunday, March 15, 1:00-4:00pm, (min 5/max 10) **Fee: $25**

THE REAL DIRT ON GARDENING: Prune your shrubs and your expenses, minimize your yard work, have a great lawn, and help the planet by developing a basic understanding of plants, vegetables, and gardening techniques. Learn simple tricks to make yard work enjoyable as you improve your plant-growing skills. Save time and money by increasing your knowledge of soil-preparation, plant-selection and propagation, lawn care, landscaping, and yard maintenance. (min 5/max 10).

Sundays, 3:30-5:30 pm, 3/29 – 5/10 (no class 5/1). 6wks **Fee: $70**

ADULT PROGRAMS

ART AND SOUL-SIX INTRIGUING MUSEUMS w/ Mary Hurley

Visit 6 "off the beaten track" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience.
After registering, email MaryHurley@comcast.net to receive a list of meeting places and directions. Museum admission is an additional fee each week. (max 6)
Wednesdays, 9:30-1:30, 2/25-4/1, 6wks **Fee: $89**

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 a shopaholic? Does it cause your disorganization? Learn some strategies to help get organized and stay organized and determine how to get rid of the "stuff you no longer want or need." You just have to commit to doing the work! Second night, we will sort your junk mail. Please bring in one brown bag of your junk mail that is causing you trouble. We will sort, organize and label it. You will go home with a file box –set up and ready to use. We will talk about time management tools that can work for you. We will also address the post "holiday season" that tends to bring along unwanted stuff and gifts of every shape and size.
You will receive Karen's DVD called "The Organizing Cheerleader." (min 3/ max 10)
Saturday, Jan. 24, 9:00am-1:00pm. Class held at Bedford High School Caf. **Fee: $25**

BASICS OF PERSONAL FINANCE AND INVESTING
w/ David Chwalek, Senes & Chwalek Financial Advisors

This practical one-night course is designed for people in their 20's and 30's or for anyone else who wants to begin learning how to take control of their financial lives. We will discuss setting goals, building your financial plan, budgeting and buying your first home. We will also cover some important financial concepts, various types of investments and retirement plans like IRAs and 401(k) plans. (min 3/max 25) Class held at 12 Mudge Way, Rm. 139
Wednesday, Jan. 28, 7:00-9:00pm. $**10 Rec. Dept' adm. fee per person/couple.**

MONEY AND DIVORCE:Costly Mistakes You Don't Want To Make
w/ David Chwalek, Senes &Chwalek Financial Advisors

If you are contemplating divorce, starting the process, in mediation or looking at settlement options, this seminar could be for you. We will look at common financial mistakes that are often made in divorce settlements and discuss ways to avoid them. You will gain an understanding of how issues of cash flow, liquidity, income taxes, capital gains, retirement account rules, insurance, debt and credit could impact your future well-being. We will discuss the new Alimony Reform Act of 2011 that was effective March 1, 2012 and makes significant changes to alimony. Be knowledgeable about your finances before you sign your settlement agreement. (min 3/max 25)
Wednesday, Feb. 4, 7:00-9:00pm. Class held at 12 Mudge Way, Rm. 139 $**10 Rec. Dept' adm. fee per person.**

KEEP YOUR COMPUTER SECURE w/ Steve Iverson, Complex IT

The Internet is full of hazards. You need a basic understanding of the risks and how to keep your computer and other devices safe. This class will cover malware (viruses and similar programs), security programs, and many other aspects of online security. We will cover topics appropriate to Windows and Mac computers as well as mobile devices. The class requires no prior knowledge of the topic. Class will be held at Complex IT, 9 Meriam St., Suite 1 in Lexington Center. (min 2/ max4)
Wednesday, Jan. 28, 6:30-8:30pm **Fee: $36**

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

This class is designed for non-medical workers, child care providers and members of the general public. It includes adult/ child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice using the industry's best manikins. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Optional manual available at class for a fee of $15 payable to instructor. Class held in the Bedford Police Station Conference Rm. (Age 14+)
Sunday, Feb. 8, 4:30-7:30pm, (min 4/max 9) **Fee: $53**

FITNESS 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)

Mondays	9:30-10:30am	1/5-3/23 (no class 1/19, 2/16) 10 wks	**Fee: $100**
Wednesdays	9:30-10:30am	1/7-3/25 (no class 2/18) 11 wks	**Fee: $110**
Thursdays	6:30-7:30pm	1/8-3/26 (no class 2/19) 11 wks	**Fee: $110**

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

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14) 10 wks. Class in Rm.153, 12 Mudge Way.
Wednesdays, 6:30-7:30pm, 1/14-3/25 (11 wks) **Fee: $121**
Free Trial Class: Wed. 1/7, 6:30-7:30pm (register online or call)

ZUMBA® FOR BEGINNERS w/ Sharon Pugatch

Have you been afraid to try Zumba? Then this is the class for you. No dance experience necessary and all fitness levels welcome. This class shows you how to do the moves at a lower level and then also shows the higher level options, so it is truly a work out for all fitness levels. This is the same fun one hour “Fitness Party” and is a great calorie burning work out. Please wear comfortable workout clothes and sneakers, bring water and a towel. (min 7/max 25)
Class held at 12 Mudge Way, Union Room.
Mondays, 11:00-12:00am, 1/12-3/23 (no class 1/19. 2/16) 9wks. **Fee: $110**

ZUMBA® CALORIE BURNER w/ Sharon Pugatch

Get fit, have fun and leave the world behind. Zumba Fitness is a Latin- inspired, dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers and contagious steps to form a “fitness-party” that is downright addictive. This is a one hour calorie-burning, body-energizing work out – meant to engage your whole body while having fun. The routines are designed to give you interval training by combining fast and slow rhythms that tone and sculpt your body while burning fat. No dance experience necessary; all fitness levels welcome. (min 7/max 25) Please wear comfortable clothes and sneakers, bring water and a towel. Age 16+/age 13+ with a parent. Class held at Bedford High Dance Studio.
Mondays, 6:10-7:10pm, 1/12-3/23 (no class 1/19, 2/16) 9wks. **Fee: $110**

ZUMBA® FITNESS DANCE PARTY w/ Renae Nichols

Forget about the workout! Join the Zumba® Fitness Dance Party where you'll get down and feel great in a fun and safe environment. Zumba® is designed for adults of all ages and fitness levels. It's not about getting every step right, it's all about getting our hearts pumping and keeping our bodies healthy with a mix of smiles, laughter and perhaps a bit of whooping. So come to Zumba® and party yourself into shape. (min 6/ max 25)
Thursdays, 9:30-10:30am, 1/15-3/19 (no class 2/19). 9wks. Class held at 12 Mudge Way, Union Rm. **Fee: $100**
***Free Trial Class**: Thursday. 1/8, 9:30am. Please register online or call. Returning students welcome to attend*.

ADULT PROGRAMS

BODYJAM ~ BODYPUMP ~ BODYFLOW
w/ Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors
All classes held at Connections, 153 Concord Rd. unless otherwise noted.

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. Age 15+
For more information visit website: *www.kamatefitness.com*

BODYJAM:	**Time:**
Tuesday	7:00 – 8:00pm
Thursday	7:00 – 8:00pm
Friday	9:20- 10:20am
Saturday	10:15-11:15am (no class 3/19)
BODYPUMP:	
Monday	9:20-10:20am (no class 1/19, 2/16)
Monday	6:30-7:30pm
Wednesday	9:20-10:20am
Wednesday	6:30-7:30pm
Saturday	8:00-9:00am (no class 3/19)
Saturday	9:00-10:00am (no class 3/19)
BODYFLOW:	
Wednesday	7:30-8:30pm
Thursday	9:20-10:20am
Sunday	5:30-6:30pm

Winter Session: Jan. 3 - March 29 (12wks)

FEES: ***Attend Unlimited classes per week.***

- BodyFlow only: **$190** **(value $15.80wk)**
- BodyJam only: **$200** **(value $16.60wk)**
- BodyPump only: **$220** **(value $18.33wk)**
- BodyJam & BodyFlow: **$225** **(value $18.75wk)**
- BodyPump & BodyFlow: **$235** **(value $19.50wk)**
- BodyPump & BodyJam: **$240** **(value $20.00wk)**
- Pump/Jam/Flow-All **$250** **(value $20.80wk)**

Come try out a class for free!

Class locations:
Connections: 153 Concord Rd.

ACTIVE AGERS FITNESS CLASS w/ Carolyn Martin

This class is designed to broaden your exercise regimen by incorporating new alternative exercises to improve your overall health and wellness. There will be light cardio using marching and walking to improve heart and lung functions. We will use dumbbells and body weight movement modified to the participants abilities designed to improve strength. We will work on balance and stretching exercises along with flexibility exercises to improve overall stability
Class held at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. (min 8/ max12) 10wks
Thursdays, 10:30-11:30am, 1/15-3/19 **Fee: $115**

ADULT PROGRAMS

AQUA ZUMBA ®
at the Atlantis Club, DoubleTree Hotel Indoor Pool

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. (min. 2/max. 10) 10wks
Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tnpk. Park in back of hotel for Club entrance.

Mondays	9:30-10:30am	1/12-3/16	**Fee: $115**
Tuesdays	6:00-7:00pm	1/13-3/17	**Fee: $115**
Wedays	9:00-10:00am	1/14-3/18	**Fee: $115**
Thursdays	6:00-7:00pm	1/15-3/19	**Fee: $115**

AQUA AEROBICS
at the Atlantis Club, DoubleTree Hotel Indoor Pool

The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. (min 2/ max10) 10wks
Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance.

Mondays	7:15-8:15pm	1/12-3/16	**Fee: $115**
Tuesdays	9:00-10:00am	1/13-3/17	**Fee: $115**
Thursdays	9:00-10:00am	9/11-12/18	**Fee: $115**

AQUA YOGA
at the Atlantis Club, DoubleTree Hotel Indoor Pool

This warm water yoga class is a therapeutic aqua class designed to integrate standing poses with slow, fluid movements. Aqua Yoga will improve flexibility, balance, strength, posture and breathing that will calm your mind and promote relaxation. Water's natural buoyancy and hydrostatic pressure supports the body in all directions making this class very accessible. (min 2/ max10) Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance. 10 wks
Fridays, 9:00-10:00am, 1/16-3/20 **Fee: $115**

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.

Mondays	7:00-8:00pm	1/12-3/23 (9wks, no class 1/19, 2/16))	**Fee: $115**
Tuesdays	9:30-10:30am	1/13-3/24 (10wks, no class 2/17))	**Fee: $130**
Wednesdays	7:00-8:00pm	1/14-3/25 (10wks, no class 2/18)	**Fee: $130**
Fridays	9:30-10:30am	1/9-3/27 (9wks, no class 1/16, 2/20, 3/13)	**Fee: $115**

***Free Trial Classes**: Mon. 12/15, 7:00pm. Or Tues. 12/16, 9:30am. Please 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 6
Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Wednesdays, 7:00-8:00pm, 1/7-3/18 (no class 2/17) 10 wks **Fee: $110**

ADULT PROGRAMS

RESTORATIVE YOGA w/ Shannon O'Haverty, Serenity Yoga

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.
Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Ages 15+. Under age 18 requires Serenity parental permission form filled out prior to the start of class. Please provide an email address when registering. (min 3/ max 10)
Sundays, 5:00-6:30pm, 1/11-3/28 (11 wks) **Fee: $137**

YOGA FIT AND STRONG w/ Asha Ramesh, Serenity Yoga

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 holding postures in the strength and flexibility portion of the practice. (min 3/ max 15)
Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.
Saturdays, 11:45am-1:00pm, 1/17-3/28 (11 wks) **Fee: $137**

FOR WOMEN: FINDING BALANCE w/ Shannon O'Haverty, Serenity Yoga

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. (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, 1/11-3/22 (11 wks) **Fee: $137**

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

Greet the day with sweet movement and build your energy with this reviving practice. A perfect way to center and reconnect your body and mind for a fresh start! This moderately challenging practice will get you loosened up and then work to build prana (energy) and strength. Classes will include a period of pranayama (breath work) and meditation, and a variety of asanas (poses) will be explored catered to the desires of the class. Recommended for students with at least 3-6 months experience. Come join us to start the day right! (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, 1/13-3/24 (11 wks) **Fee: $137**

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

A perfect blend of Pilates and Yoga to get your Saturday mornings off to a great start. Pilates mat classes are a series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It 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 6).
Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Saturdays, 10:15-11:00am, 1/10-4/4 (no class 1/24, 2/21, 3/7) 10wks **Fee: $110**

ADULT PROGRAMS

BEGINNER REFORMER PILATES w/ Kristin Kelly

A fun, introductory session to learn the basics of Reformer Pilates. Classes are performed on the Reformer, resistance exercise equipment invented by Joseph Pilates. It consists of a platform that moves back and forth along a carriage. Resistance is provided by the exerciser's body weight and by springs attached to the carriage and platform. Pilates promotes long, lean muscles, better posture and a strong supportive core; it benefits all shapes and sizes. Come see why Pilates is so wonderful. Please wear comfortable exercise clothing and bring water. Classes held at My Pilates and More Studio, 18 North Road. 6wks

Mondays	9:30-10:20am	1/5-2/13 (no class 1/19, 2/16) max 3	**Fee: $90**
Thursdays	9:30-10:20am	1/8-2/12, max 2	**Fee: $90**
Thursdays	5:45-6:35pm	1/8-2/12, max 2	**Fee: $90**

BELLY DANCING FOR FITNESS & FUN w/ Pati Vero

This class will be geared toward the beginner belly dancer. No prior dance experience required. Each class will include a warm up with basic belly dance isolations and movements. Traveling steps, simple combinations, as well as some energizing shimmy drills will help build stamina, confidence, and good technique for future belly dance endeavors. Bare feet are preferred, but dance slippers, or socks are also acceptable. Optional: bring your own coin hip scarf to class, or purchase one from the instructor ($20). Class held at Bedford High School, Dance Studio (min 4/max 15)

Thursdays, 7:00-8:00pm, 1/22-3/19 (8 wks, no class 2/19) **Fee: $100**

***Free Trial Class**: Thurs. 1/8, 7:00pm. Please register online or call.*

INTERMEDIATE BALLET w/ Dawn George, Attitudes Dance and Fitness

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control and concentration while building a graceful and healthy body with good posture. Please wear loose clothing and ballet slippers or socks. Appropriate for the intermediate student with some previous experience. Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 6)

Fridays, 10:30-12:00pm, 1/9-3/21 (no class 2/20) 10wks **Fee: $110**

CARDIO BARRE BLAST w/ Monique Dorian, Attitudes Dance and Fitness

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you've ALWAYS wanted! Please bring a towel, water and wear comfortable clothes and sneakers. Street shoes are not permitted in the studios. Age 15+. All levels welcome! Class held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 6)

Tuesdays, 8:00-9:00pm, 1/6-3/17 (no class 2/17) 10 wks **Fee: $110**

Wednesdays, 8:00-9:00pm, 1/7-3/18 (no class 2/18) 10 wks **Fee: $110**

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, 1/5-3/16 (no class 2/16) 10 wks **Fee: $110**

BALLROOM - BEGINNER/INTERMEDIATE w/ Angelica Potter, Attitudes Dance and Fitness

A beginning/intermediate class for adults that will build on the basics of Foxtrot, Waltz, Rumba and East Coast Swing and introduce other dances such as Cha Cha and Tango. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a good review if you've been away from dance for awhile. Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Thursdays, 8:15-9:15pm, 1/8-3/19 (no class 2/19) 10 wks **Fee: $110**

ADULT PROGRAMS

CO-ED BOOTCAMP at the Atlantis Club, DoubleTree Hotel

Looking for someone to motivate you? Looking for a full body workout that will leave you breathless? We have the program for you! Our fitness boot camp is designed for a full body workout that challenges you no matter what fitness level you start. Our personal trainers will challenge you and motivate you to reach your fitness goals. (min 2/ max 20) Showers and lockers room available for use. Class held at the DoubleTree Hotel, 44 Middlesex Tpke. Park in back of hotel, for Club entrance. 10wks

Mon. 12:00-1:00pm, 1/12-3/16 **Fee: $115**

Wed. 12:00-1:00pm, 1/14-3/18 **Fee: $115**

SPORT AND ADULT PICK-UP PROGRAMS

ARCHERY 101 WORKSHOP w/ Mark Pirrello, On The Mark Archery

Try traditional recurve archery, as seen in the Olympics! Learn the fundamentals in a one hour introductory workshop led by the staff of On the Mark Archery LLC. Relax as you aim for your target and feel the thrill of success when your patience and concentration pays off. Put your skills to the test and compete with friends, family and neighbors in mini competitions and archery games. All equipment provided. Age 16 + (min 6/max 20) Held a Bedford High School, Gym D.

Saturday, Feb. 7, 12:30-1:30pm **Fee: $30**

ADULT BADMINTON - ADVANCED/INTERMEDIATE

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

Mondays, 7:30-10:00pm, 1/5-3/30 (no meet 1/19, 2/16). Lane School Gym.

NON-RESIDENT BADMINTON REGISTRATION BEGINS ON 12/22. Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play unless officially registered. **Fee: $20**

ADULT PICK UP INDOOR SOCCER

A Coed drop-in program open to all Bedford Residents. Players must be 18+ and not in high school. Please bring a white shirt and a dark colored shirt or pinnie. Held at Davis School gym. **No fee**

Tuesdays, 8:00-10:00pm, 12/2-3/31 (no meet 12/30, 2/17)

Thursdays, 8:30-10:00pm, 12/4-3/26 (no meet 12/25, 1/1, 2/19)

ADULT OPEN VOLLEYBALL

This is a Coed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. 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. Held at Bedford High School Gym. **No fee**

Mondays, 7:00-10:00pm, 1/5-3/30 (no meet 1/19, 2/16)

ADULT PICK UP BASKETBALL

This is a Coed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. 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. Please bring a white shirt and a dark colored shirt or pinnie.

Wednesdays, 7:00-10:00pm, 1/14-3/25 (no meet 1/7, 2/18) at the Bedford High School Gym. **No Fee**

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why!

Wednesdays, 8:00-10:00pm, 1/7-3/25 (no meet 2/18) Lane School Gym. **No Fee**

PRESCHOOL PROGRAMS

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: 1/5-3/23 (no class 1/19 & 2/16) 10 Weeks	Fee: $162
Tuesdays: 1/6-3/24 (no class 2/17) 11 Weeks	Fee: $174
First Church of Christ, 25 Great Rd, Lower Fellowship Hall; please park in Town Hall parking lot on Mudge Way.	
Max 20/class	

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 with 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 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 walking across the beam and swinging on the bar!

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

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

LIL' SPORTS (ages 2.5-5)

Lil' Sports is a health and fitness company that offers sports classes for children ages 2-5. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills.

Saturdays **:** 1/10- 3/7 (no class 2/21**),** 8 weeks		Fee: $92
Class 1: 10:00 AM-10:45 AM	Min 10/Max 20	
Class 2: 11:00 AM-11:45 AM	Min 10/Max 20	
Bedford High School Back Gym		
Thursdays: 1/8-3/5 (no class 2/19), 8 weeks		Fee: $92.
3:15 PM-4:00 PM	Min 10/Max 20	
Lane School Gym		

MUNCHKINS AND MASTERPIECES (Ages 3-5) with Let's Gogh Art

It's never too early to introduce your kids to great masters of art. Learn about and see beautiful works by Picasso, Monet, Van Gogh, and Matisse. Students will be inspired by these kid-friendly works of art while creating their own unique and unusual masterpieces (think Picasso faces, Van Gogh digital art, Monet Crayon resists, Matisse designs). Children will become art masters themselves!

Tuesdays, 1/6-2/10, 6 weeks		Fee: $76
10:00-10:45 AM		
Kids Club (12 Mudge Way)	Min 10/Max 20	
Saturdays, 1/10-2/14		Fee: $76
9:30-10:15 AM		
Lane School Cafeteria	Min 10/Max 20	

PRESCHOOL PROGRAMS

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

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

Tuesdays 4:30-5:10 PM; 1/20- 2/10, 4 weeks	Fee: $55
Saturdays 11:00-11:40 AM; 1/17- 2/7, 4 weeks	Fee: $55
At Callahan's Karate Studio, 20 North Rd Min 5/Max 10	

ZUMBA© KIDS JR. with Renae Nichols (ages 4-6)

Let your preschoolers get silly and dream big at this Zumba©class created just for kids! They'll shake, giggle and grove with the ultimate dance'n'play party for little feet. This high energy dance fitness program combines music and movement into lively routines that kids will love. The kid-friendly steps are easy to learn and fun to perform.

Fridays: 1/16-3/20 (no class 2/20), 9 weeks	Fee: $105
1:00—1:45	
12 Mudge Way, Room 153 Min 6/Max 12	

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

Some dances are fast, some dances are slow. Some dances have sharp movements, others just flow. It depends on the music. That's how we know.

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: 1/16-3/20 (no class 2/20), 9 weeks	Fee: $105
2:00—2:45	
12 Mudge Way, Union Room Min 6/Max 12	

GRADE 1, 2 & 3 BASKETBALL CLINICS

Thundercat Sports & Parent Run
BASKETBALL CLINICS
Grades 1, 2 & 3

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

Fee Wednesdays: $97
Fee Fridays: $87

Deadline to register is December 20 or when clinic spots fill. Open to Bedford Residents only.

Wednesdays at Davis Gym: 1/7-3/4 (no clinic 2/18) (8 wks)
Grade 1 Boys: 1:50 PM-3:30 PM*
(*snack supervised by Rec. staff 1:50-2:30 in the cafeteria, please send a snack)
Grade 2 Boys: 3:30 PM-4:30 PM
Grade 3 Boys: 5:30-6:30
Fridays at Davis Gym: 1/9-3/6 (no clinic 1/16 & 2/20) (7 wks)
Grade 1 Girls: 3:20 PM-4:45 PM*
(*snack supervised by Rec. Staff 3:20-3:45, please send snack)
Grade 2 Girls: 4:45 PM-5:45 PM
Grade 3 Girls: 6:00 PM-7:00 PM

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 classs, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!)

Thursdays: 1/15-3/12 (no class 2/19), 8 weeks Fee: $95
Dismissal—4:30
Davis School Cafeteria Min 6/Max 12

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

At dismissal, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). Students will participate in active games in the gym. Parents are responsible for transportation home. **One after school sports class only per child.**

Mondays: 1/5- 3/23 (no class 1/19 & 2/16), 10 weeks Fee: $100
Tuesdays: 1/6-3/17 (no class 2/17), 10 weeks Fee: $100
Dismissal—4:30 Min 12/Max 25

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Recreation Staff for early morning gym time at Davis School. Participants will have an 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 group game.

Mon-Fri: 1/5-4/3 (no holidays or school delay/snow days) Fee: $170
8:00 a.m.—School Start Min 20/Max 26

LIL' SPORTS (Kindergarten)

Join Lil' Sports for this fun and energetic program for children who are currently enrolled in Kindergarten. This class will consist of jogging, stretching and more than 30 different activities. This fun program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills.

Saturdays: 1/10-3/7, 8 weeks Fee: $92
9:00 AM-9:45 AM
High Schoool D Gym (Gack Gym)

STOP MOTION ANIMATION (Grades 1 & 2) with Empow Studios

Bring your story to life! Students develop their appreciation for great story-telling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict, and resolution. Once characters and backgrounds are made, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced. The first 15 minutes of class will be snack (please pack a snack).

Tuesdays: 1/6-3/3 (no class 2/17), 8 weeks Fee: $175
3:15—4:25 Min. 8/Max 12
Davis School Cafeteria

MINE CRAFT (Grades 1 & 2) with Jeremy Royds

Join Jeremy Royds, Davis School Librarian, in this fun Mine Craft afterschool program. Build, Design, Create and Collaborate using Minecraft.EDU. Kids will use Minecraft.Edu's CREATIVE mode and their imagination in the popular sandboxopen world game. The first 10-15 minutes will be used for snack (please bring a snack).

Mondays**:** 1/12-3/16 (no class 1/19 & 2/16), 8 weeks **Fee: $92**
3:15—4:25
Davis School Library

WHERE THE WILD THINGS ART (Grades K-2) with Let's Gogh Art

Wild and wacky art is explored in this art-venture, along with taking a look at some great books to bring out the wild in every artist. Take your imagination for a ride and design a hot air balloon, paint a whimsical airplane and design a very cool car. Assemble a bodacious bird house and add your own "chirpy designs" (bird seed mosaic anyone?). Make a monster out of recycled materials. Draw a 2-D Robot and turn your design ideas loose on a 3-D ceramic robot. No wild art is complete without some fun and funky clay and collage experiments. Join us for all this and more...let's get wild together! First 15 minutes of class are snack time (please pack a snack.)

Wednesdays: 1/14-3/11 (no 2/18), 8 weeks Fee: $130
1:50—3:20
Davis School Cafeteria Min 10/Max 20

ACTING CLASSES (Grade K-2) with Performing Arts Programs

The staff of Performing Arts offers a fun acting experience for elementary students. Children will be introduced to exciting theatre games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and more! At the end of this session, there is an informal skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit www.performingartsprograms.biz for more information about Performing Arts Programs and to view/read teacher's bio. Students will have snack from 3:15-3:25 (please pack a snack).

Mondays: 1/12-3/9 (no class 1/19 & 2/16), 7 weeks Fee: $125
3:25—4:25 Min 8/Max 15
Davis School Cafeteria

FREAKY PHYSICS, FORCES AND FLIGHT (Grades K-2) with Mad Science® of Greater Boston

Join the Mad Science hands-on science fun. We are crazy about science...and hope you are too! In this program, we will have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We will join Bernoulli and Newton as we take an exciting look at the science behind aerodynamics and the properties of air ... under pressure; eliminate the mystery in chemystery; take a tour on the electron freeway in the world of circuit electricity… current events; and experience some awesome forces ... gravity ... inertia ... centripetal force...for ourselves. We will also learn about water waves and the environment, explore the scientific secrets behind some famous magic tricks, investigate the fundamental principles of flight, and discover the strengths of triangles, cylinders and arches and how these shapes make structures for sturdy homes and skyscrapers. Class will take place in the Davis School Cafeteria. From 3:15-3:25 children will have a snack (please pack a snack).

Fridays**:** 1/9-3/6 (no class 1/16 & 2/20), 7 weeks Fee: $104
Dismissal—4:25
Davis School Cafeteria Min 12/Max 20

DAVIS ORIGAMI (Grades K-2) with Karine Marino

The art of origami is truly hands-on learning. As students use their fine motor skills to fold and crease paper into fun shapes and structures, they can build skills involving spatial reasoning, following precise directions in sequence, fractions, geometry, problem solving, ratios, fractions, angles, area and volume, congruence and more. Origami may stimulate student's interest in mathematical ideas. The focus is on skill and technique. Learn Origami fundamentals while going home with something new and creative every week. 3:15-3:25 will be snack time (please bring a snack).

Thursdays: 1/8-2/12, 6 weeks Fee: $109 (materials included)
School dismissal—4:25
Davis School Art Room Min 6/Max 12

GYMNASTICS (Ages 5-7) with Jennifer & Dotty

5-7 Years "Fun Gymnastics" 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.

Mondays**:** 1/5-3/23 (no class 1/19 & 2/16), 10 weeks Fee: $162
4:00—4:45
First Church of Christ, 25 Great Rd; please park in Town Hall parking lot on Mudge Way Max. 20

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

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

Grades 3-5 Wednesday**:** 1/7-3/18 (no class 2/18), 10 weeks Fee: $196
1:25-2:40 (snack for first 15 minutes, please pack snack)
Lane School Gym Max 8
Grades K-2 Wednesday: 1/7-3/18 (no class 2/18), 10 weeks Fee: $196
2:45-3:45
Lane School Gym Max 8

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

Jennifer & Dotty's energy is contagious! They keep kids moving in this exciting class that teaches basic gymnastic skills using floor, bar, vaulting, and low beam. Participants learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet. ***Class will be held on the no school teacher workshop on 3/14.***

Fridays**:** 1/9-3/27 (no class 1/16, 2/20, 3/20), 9 weeks Fee: $104
Grades 3-5**:** 2:40-4:00 PM (2:40-4:00 is snack; please bring a snack)
Grades K-2**:** 4:00-4:45 PM
Lane School Gym Min 8/Max 30

CHESS (Grades 3-5)

In this fun, recreational chess program, beginners 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 chess such as opening, middle, and end game strategies, timed games, and more advanced resources. Instructor Peter Desjardins is a proud alumni of his own elementary chess club and believes that the game helps build concentration, logical thinking, creativity and problem-solving…and also it's fun!

Thursdays: 1/8- 3/5 (no class 2/19), 8 weeks Fee: $56
2:50—4:20
Lane School Library Min 8/Max 14

LANE AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff Members. Open to all Lane Students. No drop ins; Students must be registered through the Recreation Department.

Monday-Friday: 1/5-4/3 (no holidays or school delay/snow days). Fee: $140
7:30—Start of School 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, and creative art and more! We will build strength, self-awareness, balance, and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength and peace. Children are released to the cafeteria at 2:40 and will have time for a snack (please pack a snack).

Tuesdays**:** 1/13-3/10 (no class 2/17), 8 weeks Fee: $95
School Dismissal—4:00
Lane School Cafeteria Min 6/Max 12

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 will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. 2:40-3:00 students will have snack (please pack a snack).

Mondays**:** 1/26-3/16 (no class 2/16), 7 weeks Fee: $90
School Dismissal—4:00
Lane School Gym Min 10/Max 24

FLOOR HOCKEY/DODGEBALL (Grades 3-5) with F.A.S.T. Athletics

Come and play these two exciting sports week in and week out. Half the classes will be spent playing dodgeball and half the classes will be spent playing floor hockey. Dodgeball will cover some of our favorite dodgeball games such as Jail Ball, Cycle Dodgeball, Dr. Dodgeball to just name a few. Hockey will cover basic skills with drills and the class will end with a good old fashioned hockey game. Safety rules for each sport will be emphasized before each class. Participants are encouraged to bring their own hockey stick but we will have sticks on site in case you do not have one that day. Please send a snack.

Tuesdays: 1/27- 3/17 (no class 2/17), 7 weeks Fee: $90
School Dismissal 0 4:00
Lane School Gym Min 10/Max 24

FREAKY PHYSICS, FORCES AND FLIGHT (Grades 3-5) with Mad Science® of Greater Boston

Join the Mad Science hands-on science fun. We are crazy about science...and hope you are too! In this program, we will have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We will join Bernoulli and Newton as we take an exciting look at the science behind aerodynamics and the properties of air ... under pressure; eliminate the mystery in chemystery; take a tour on the electron freeway in the world of circuit electricity… current events; and experience some awesome forces ... gravity ... inertia ... centripetal force...for ourselves. We will also learn about water waves and the environment; explore the scientific secrets behind some famous magic tricks; investigate the fundamental principles of flight; and discover the strengths of triangles, cylinders and arches and how these shapes make structures for sturdy homes and skyscrapers. Please send a snack.

Fridays**:** 1/9-3/6 (no class 1/16 & 2/20), 7 weeks Fee: $104
School Dismissal—4:00
Lane School Cafeteria Min 12/Max 20

ARCHERY (ages 10 – 15) with On the Mark Archery LLC

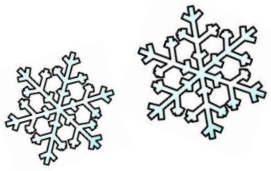
Learn the fundamentals of traditional recurve archery this winter! Challenge yourself along with friends, family and neighbors to try something new and see why this addicting Olympic sport is growing in popularity across the United States. Students will put their skills to the test as they compete in scoring rounds, mini-games and other activities that reinforce the importance of learning while having fun. All equipment is provided.

Tuesdays**:** 1/6-2/10, 6 weeks Fee: $152
4:45—5:45
Davis School Gym Min 10/Max 15

SNOWTUBING (Grades 3-5)

Bundle up and enjoy this fun winter activity! Parent chaperones are needed, please notify the Recreation Department or add availability to customer notes if you are interested in chaperoning.

Wednesdays**:** 1/7-1/28, 4 weeks Fee: $160
School Dismissal—5:00 (return to Lane School at 5:00)



POINTS AND POWERS™ SWORDFIGHTING 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 in 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, teamwork, and an accurate sword arm. They also get to 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. Why pick up a video game when you can experience the action unplugged? $20 lease fee or $60 purchase fee for hand made, custom materials -- due first class. *Waiver Required, found at www.guardup.com/waiver -- Can be completed on any device, paper waivers not accepted.*

Thursdays: 1/8-3/5 (no 2/19), 8 weeks Fee: $120
2:50—3:50
Lane School Gym Min 6/Max 15

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

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

Tuesdays, 1/20- 2/10, 4 weeks Fee: $55
4:30—5:10
Saturdays, 1/17- 2/7, 4 weeks Fee: $55
11:00—11:40
Callahan's Karae Studio, 20 North Road Min 5/Max 10

WICKED FUN AND FUNKY ART (Grades 3-5) with Let's Gogh Art

We are taking the cap off of our can of crazy and funky art ideas, and putting them all out there for the kids who really want to experience the "coolest" side of art. We will help kids think out of the box about art and the many different ways art can be created and enjoyed with both new and recycled materials. Ever heard of Mendi art gloves? Ghandi doodles? How about designing some zombie dolls? Why not make masquerade mask, create some clay cupcakes, or mosaic a glow in the dark light switch plate. Master a marshmallow launcher, dig into some drappo drizzle art, try your hand at fireworks sand art, watercolor t-shirts, mod podge canvases, tie dye socks, garish gargoyles, metallic mandolins and kookie critters? Sounds too cool for school? Stay after school for this class, and you'll never look at art the same way again! Please send a snack.

Thursdays: 1/15-3/12 (no 2/19), 8 weeks Fee: $130
2:40—4:00
Lane School Cafeteria Min 10/Max 20

AFTERSCHOOL KID JAM (Grade 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, we sweat and most importantly we have fun! Get funky and move with attitude! We'll learn new steps, create our own moves, and dance as a team—including a performance on the last day of class! Bring a water bottle and a snack. Wear comfortable clothing and sneakers. Please send a snack.

Wednesdays: 1/28-3/11 (No class 2/18), 6 weeks Fee: $80 includes a t-shirt
School Dismissal—2:30
Lane School Cafeteria Min 8/Max 20

VIDEO GAME DESIGN (Grades 3-5) with Empow Studios

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic, and object-oriented programming. Games can be played at home (MS Windows-only), and software used in class is available for download (MAC and PC) for those who want to continue working on their games at home. Our non-violence policy is enforced.

Mondays: 1/5-3/9 (No class 1/19 & 2/16), 8 weeks Fee: $175
2:40—4:00
Lane School Cafeteria Max 12

No School…What To Do? Check out these cool Vacation Clinics!

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

John Carroll will be offering a three-day basketball clinic during winter break at Lane School. Join John Carroll, NBA and award-winning college coach, and the All-Star Basketball staff of high school and college coaches and players for two and a half days of basketball games, shooting contests and fun. Clinic will include personal attention aimed at improving skills such as dribbling, ball handling, shooting, and passing. Clinic staff stresses the importance of commitment and dedication to reaching a goal and the importance of teamwork, fair play and sportsmanship in any endeavor.

Monday-Wednesday**:** 12/29-12/31 Fee: $138
9:00—3:00 Monday & Tuesday
9:00—Noon Wednesday
Lane School Gym

FEBRUARY VACATION TENNIS CLINIC with KA Tennis

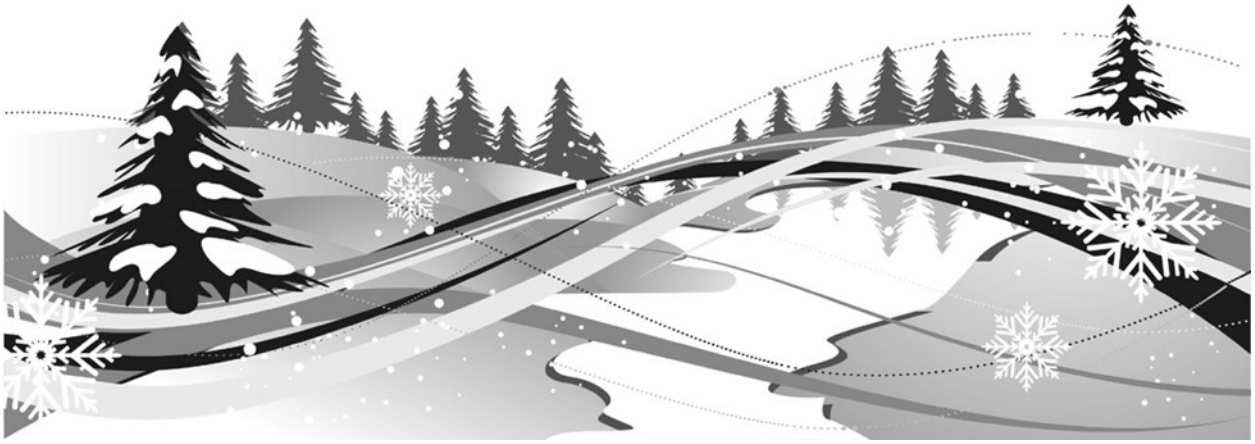
Learn the sport of Tennis from Kyle Anderson, a PTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. All lessons will be taught by Kyle Anderson. The vacation clinic will teach the fundamentals of tennis in an energetic atmosphere. Drills and games are simple, effective & fun! Instruction will stress correct stroke mechanics as well as rallying skills. Time will also be devoted to laying points and basic strategy. Sneakers and racquets are required.

Tuesday-Friday : 2/17-2/20 Fee: $80
Ages 4-6**:** 9:00-10:10 or 10:10-11:10
Ages 7-9: 11:20-12:20 or 12:40-1:40
Davis School Gym Min 4/Max 10

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

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

Tuesday-Friday: 2/17-2/20 Fee: $220
9:00—3:00
Lane School Gym



MIDDLE SCHOOL PROGRAMS

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

Middle School students will be able to have fun painting, working with clay and drawing to their heart's content at the JGMS Art Club! 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 afterschool place!

Tuesdays**:** 1/13- 3/17 (No class 2/17), 9 weeks Fee: $88
2:30—3:30
JGMS Room A107 Min 6/Max 9

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

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

Wednesdays: 1/14-3/11 (no class 2/18), 8 weeks Fee: $102
1:00—2:00
12 Mudge Way, Union Room Min 8/Max 15

ARCHERY (ages 10 – 15) with On the Mark Archery LLC

Learn the fundamentals of traditional recurve archery this winter! Challenge yourself along with friends, family and neighbors to try something new and see why this addicting Olympic sport is growing in popularity across the United States. Students will put their skills to the test as they compete in scoring rounds, mini-games and other activities that reinforce the importance of learning while having fun. All equipment is provided.

Tuesdays**:** 1/6-2/10, 6 weeks Fee: $152
4:45—5:45
Davis School Gym Min 10/Max 15

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

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

Tuesdays, 1/20- 2/10, 4 weeks Fee: $55
4:30—5:10
Saturdays, 1/17- 2/7, 4 weeks Fee: $55
11:00—11:40
Callahan's Karae Studio, 20 North Road Min 5/Max 10

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. Supported by Dr. Geller of Patriot Pediatrics. Please wear sneakers and comfortable clothes and bring a water bottle. Min 4. 8 Weeks.

Girls: Tuesdays/Thursdays- 1/27-3/26 (no class 2/17 & 2/19), 8 weeks Fee: $192
2:45—3:45
Boys: Mondays/Wednesdays- 1/26-3/25 (no class 2/16 & 2/18), 8 weeks
Mon 2:45-3:45, Weds: 1:15-2:15 Fee: $192
Connections Building, 153 Concord Rd

THE CORNER

Fun

Friends

THE CORNER AT TOWN CENTER

Middle School Activity & Social Center

Operated by Bedford Recreation

Activities

And More!

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 and a Lounge with special activities and events, snack machines, snack bar, TV's & games…all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities 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. Three large rooms for this "L" shaped space.

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

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

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

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!

Check out our "cool" winter events!

January 7– Arts & Crafts Day

***January 9**– FUN FRIDAY: Make your own healthy food (open til 7:30)

***January 23**: FUN FRIDAY: Play Dodgeball (open til 7:30)

January 26: Kid's Cooking Green– Breakfast for Dinner w/ Lori Deliso

***February 6**: FUN FRIDAY: Valentine's cards (open til 7:30)

February 13: Build Your Own: Yogurt Parfait

***February 20**: FUN FRIDAY: Bring your own Movie! We will provide the popcorn! (open til 7:30)

HS PROGRAMS

POLICE-RECREATION BASKETBALL LEAGUE

Basketball League for players in grades 9 -12 and not playing HS Basketball. Season runs 1/8 - 3/12 (no 2/19) with playoffs starting the week of 3/16. Price includes an 8 game regular season plus playoffs, reversible uniforms and two certified referees for each game. This is a game only league (no practices). Most games will be played on Thursday nights in the HS gym. There will be an evaluation night for all players December 18, 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**

U18/U16 SPRING SOCCER

Registration is open for both Boys & Girls U16 & U18 Spring Travel Soccer Teams. Registration will close February 20th or when teams fill. Teams play on Sundays, either in Bedford or in another BAYS town. Parents are responsible for providing transportation to the games. Season begins in Late April and runs 7 consecutive weeks. Parent coaches/ managers are needed; please note their interest in the notes section on the registration forms. **Fee: $105**

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+

BellyDancing for Fitness: age 16+
Restorative Yoga: age 15+
Archery: age 16+
Heartsaver CPR: age 15+
Friends and Family CPR: age 14+
Cooking Classes: age 16+

Photography: age 16+
Charcoal and Pastel Studio class: age 15+
Intro to Documentary Production: age 17+
Getting to Know Your Car: age 16+
Self-Protection Course: age 14+
PetSaver CPR

RECREATION EMPLOYMENT OPPORTUNITIES

WINTER POSITIONS

PROGRAM AIDES- minimum age 14; paid position.
YOUTH CENTER JUNIOR STAFF - high school junior or seniors; paid position.

SUMMER ADVENTURES EMPLOYMENT

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

SPRINGS BROOK PARK SUMMER 2015 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 11, 2015). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at $9.44 and are based on experience. Applications at the Recreation Office or online. Will accept applications until all positions are filled. Interviews will start in April.

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

Park Attendants: (min. age: 14 by June 11, 2015) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.

Swim Aides: (min. age: 14 by June 11, 2015) Aides do not teach swimming, but assist the instructors with class safety. Must enjoy working with children and swimming.

Concession Staff: (min. age: 15 by June 11, 2015) Prepare food, serve customers, daily maintenance of the concession stand and park.

Grounds Maintenance: (min. age: 14 by June 11, 2015) Responsible for landscaping, grounds, facility maintenance.

Applications for Summer work will be accepted after January 1.

APPLICATIONS: Town of Bedford applications for work with the Recreation Department may be found online at: bedfordreceation.org or may be picked up at the Recreation Office.

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:		**Sign up for e-news? YES or NO (Email re: Recreation updates)**		

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

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.

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:		**Sign up for e-news? YES or NO (Email re: Recreation updates)**		

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

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)? _____

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Date_____ Signature_____
(Parental if participant is under 18 years of age)

Additional forms @www.bedfordrecreation.org or photocopy.

BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730

Standard Mail
Postage Paid
Permit 42
Bedford MA

RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730

FRONT COVER ART: Judith Moffatt, Artist

Judith Moffatt is a children's book author, illustrator and teacher who has published more than fifty books for young children. She is currently teaching classes and workshops at the Rhode Island School of Design. She has received numerous awards and distinctions honoring her beautiful and creative artwork.

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