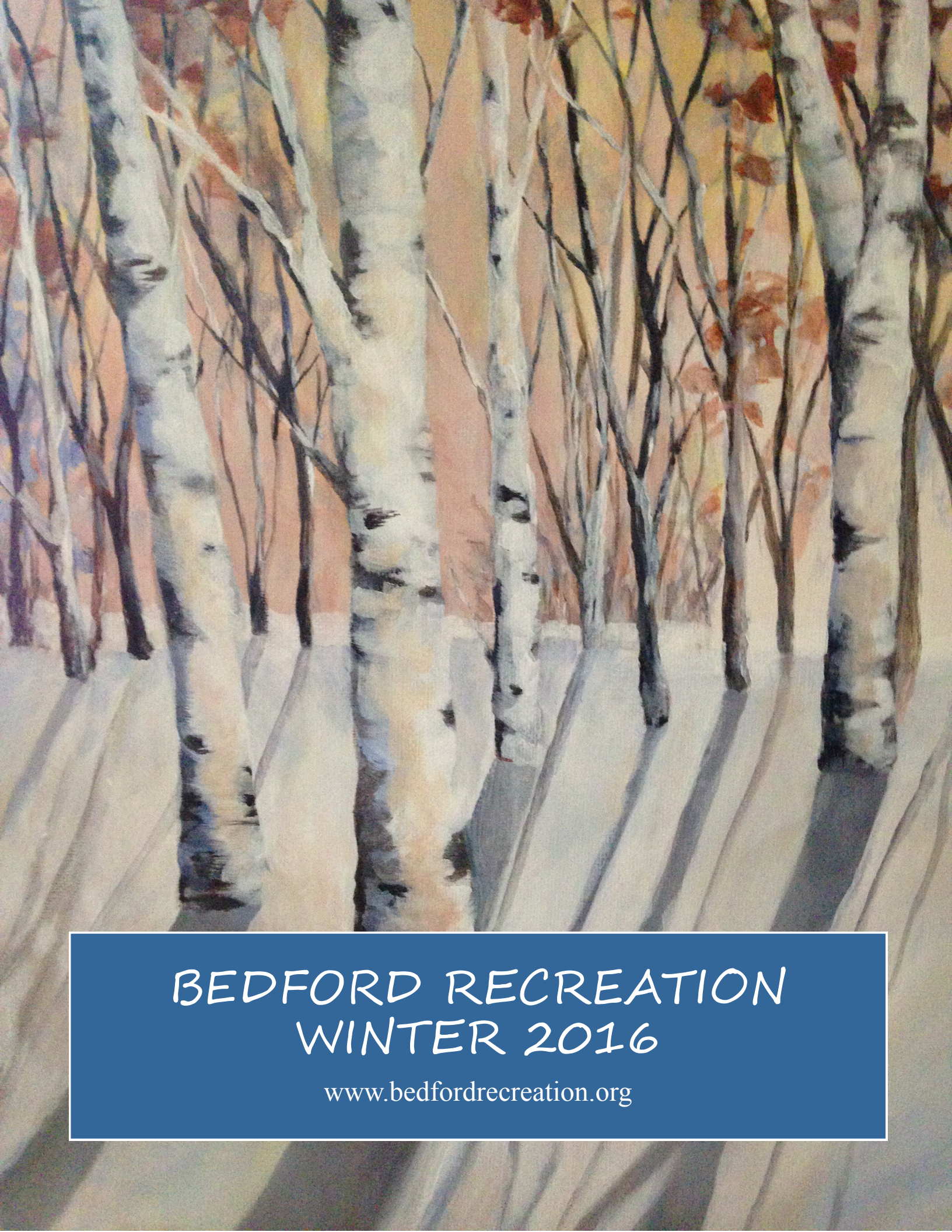

BEDFORD RECREATION WINTER 2016

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

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REGISTRATION INFORMATION

REGISTRATION OPENS DECEMBER 6 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 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!

EVENTS, TICKETS & FAMILY PROGRAMS

WET YOUR PALETTE - PAINT PARTY!

with artist, Sue Marion
at The Great Wall Restaurant, 309 Great Rd. Bedford

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

Sunday, January 25, 1:30-4:30pm. **Fee: $50**

ARCHERY

with Mark Pirrello, On the Mark Archery

Saturdays, 11:00-12:00noon, 1/23-2/13. Ages 13—adult.

Details: page 16.

H MART TOUR

with Debra Samuels, Cookbook Author, Globe Food Writer and Cooking Instructor

Monday, February 1, 6:00-9:00pm

Details: Page 7.

CPR HEARTSAVER (Adult and Pediatric) with Kelley Anzuoni, RN

Sunday, Early March (see website for dates or call), 2:00-4:00pm, **Fee: $53**

Open to ages 11 thru adult.

Details: Page 4.

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

Sunday, Early March (see website for dates or call), 4:30-7:30pm, **Fee: $70**

Details: Page 4.

DISCOUNT MOVIE TICKETS

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

AMC/LOWES THEATERS: $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: $8.75 (regular price $11 General Admission Prime Time tickets). Tickets do not expire.

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 from January 4—March 31.
Print 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: $135 per family

ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES IS OPEN!

CPR
CREATIVE CLASSES
COOKING, FOOD & HEALTHY LIVING
PERSONAL INTEREST
EXERCISE AND DANCE
PICK-UP SPORTS & INSTRUCTION

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 session workshops unless notice is given to the Recreation Office five business days prior to the scheduled program.

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

SPECIAL GIFT IDEA FOR THE HOLIDAYS!!

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

~ CPR COURSES~

CPR HEARTSAVER (Adult and Pediatric) with Kelley Anzuoni, RN

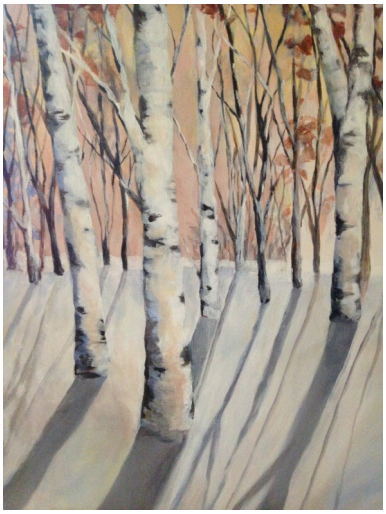
This class is designed for non-medical workers, child care providers and members of the general public who want the knowledge to try to save a life when the need arises. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic, small 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/towel for kneeling. Class held in the Bedford Police Station Conference Rm. (Age 11+) min 4/ max 20
Sunday, March TBA , 2:00-4:00pm, (Please see website or call for date; scheduled TBD by Dec. 6) **Fee: $53**

CPR (BLS) FOR HEALTHCARE PROVIDERS—Classroom-Based course
with 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, March TBA, 4:30—7:30pm (Please see website or call for date; scheduled TBD by Dec. 6) **Fee: $70**

American Heart Association

~ CREATIVE CLASSES ~



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Sunday, January 25, 1:30-4:30pm. **Fee: $50**

MIXED MEDIA ART WORKSHOP

with Valeria R. Lanza, Artist

Art enthusiasts who are interested in creating artwork in different media, such as watercolors, acrylics, oils, or pastels, are invited to participate in this interactive workshop. Artists of all levels can be part of this class, although some experience in basic brush strokes and simple composition would be desirable. All students in this class paint independently with the guidance of the instructor. Besides different media, students also learn how to use different tools such as sponges and knives. Students should bring brushes, paints, easels, palettes, and containers for water or oil medium (odor-free turpenoid is required), a picture or an item that they would like to paint (teacher has plenty of material that can be helpful to students as well), a large plastic cloth to cover the work area and a plastic bag to cover the chair. Class held at 12 Mudge Way, Rm. 152. This class is co-sponsored by the Bedford Arts and Crafts Society. (min 9/max 14) 12 wks
Tuesdays, 9:30am-12:00noon, 3/1-5/24 (no 4/19) **Fee: $100**

OIL PAINTING

with Corine Mazza, Artist

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 that can be painted.
Age 16+ (min 3/max 15) Class held at 12 Mudge Way, Rm 152.
Thursdays, 7:00-9:00pm, 2/4-3/3 (no class 2/18) 4 wks **Fee: $105**

A TASTE OF BLACKSMITHING

with 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.

Saturday, Jan. 16, 2:00-5:00pm **Fee: $75**
Sunday, Jan. 31, 6:30-9:30pm **Fee: $75**
Thursday, March 3, 6:30-9:30pm **Fee: $75**

Information regarding directions, safety, attire and more available at www.prospecthillforge.com

STONE CARVING CLASSES

with Scott Cahaly, Stone Sculptor

Classes held at 80 Loomis Street, 2nd floor Art Studio, 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, 1/23, 9:30am-3:00pm. **Fee: $125**
Saturday, 2/27, 9:30am-3:00pm. **Fee: $125**
Saturday, 3/19, 9:30am—3:30pm. **Fee: $125**

STONE CARVING CLASSES

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

Mondays, 10:00am-1:00pm, 1/11-3/21 (no 2/15) **Fee: $500**
Wednesdays, 10:00am-1:00pm, 1/13-3/23 (no 2/17) **Fee: $500**
Wednesdays, 7:00pm-10:00pm, 1/13-3/23 (no 2/17) Age 16+ **Fee: $500**

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

COOKING WITH GRAINS AND BEANS: All Gluten and Dairy Free
with Amy Borshay-Bokser, Private Chef

Join this demonstrative class and learn about a variety of whole grains and beans. Recipes will include making bean dishes from scratch. These recipes are great for the Winter or all year-round. We will make and sample Millet Squash Croquettes in a Root Veggie Stew, Mexican-Style Black Beans, Chickpea Stew served over Polenta, Brown Rice and Sweet Brown Rice Vegetarian Sushi Rolls. Additional 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, January 25, 6:30-8:30pm **Fee: $25**

H MART TOUR: Tour of the Asian Supermarket
3 Old Concord Rd. Burlington
with Debra Samuels, Cookbook Author, Globe Food Writer, Cooking Instructor

The Asian supermarket H Mart is just around the corner from Bedford. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas, condiments galore and so much more. For some, the unfamiliar ingredients, unrecognizable labels and the football-field-size store is just too daunting for an enjoyable shopping experience. Join Debra Samuels, Boston Globe food writer and author of two cookbooks ("The Korean Table" and "My Japanese Table") for a tour as she guides you around the market to acquaint you with this wonderful resource. "Shop with a recipe; that helps to focus your task" says Samuels. There will be a $10.00 materials fee, paid that evening, for tastings and goody bag of ingredients. Meet in the entry to the Food Court. (min 8/max 10) Comfortable shoes a must!

Monday, February 1, 6:00-9:00pm. **Fee: $25**

CLASSIC PASTA SAUCES
with Elizabeth Skipper, Personal Chef, The Everyday Epicure

Pasta is one of the biggest food bargains, so why do restaurants charge so much for their dishes? The secret is in the sauce - and most sauces are easy to make at home and much tastier than anything you can buy in a jar. Learn to make three classics: Alfredo, Carbonara, and Puttanesca, as well as which sauces pair best with which pastas and why. Elizabeth earned her professional chef's diploma magna cum laude from Modern Gourmet in Newton, MA. She has lived in Switzerland and traveled extensively, studying food and cooking throughout her travels. Please bring an apron, paring and chef's knife, and a cutting board. Additional material cost of $12; please pay instructor the materials fee that night. Class held at 12 Mudge Way, Shawsheen Rm. (min 6/max 10)

Tuesday, February 2, 6:30-9:00pm. **Fee: $30**

SWEET CHOCOLATE TRUFFLES
with 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...maybe for Valentine's Day? 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.
Additional 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, February 8, 6:30-9:00pm. **Fee: $30**

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

STEWS AND BISCUITS
with Jeannette Pothier, Professional Chef

Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman, of Modern Gourmet and taught Classic French cooking. Country living includes stews of all kinds, and every part of France is known for a different kind. Here in New England, we have fish chowder and great chicken and beef stews. We will discuss recipes with different thickeners and we will make two recipes and also make biscuits to eat with our stews. Students will learn about vegetables and meats and how to cut them. Bring a paring knife and apron, and get ready for a fun class. Additional material cost of $10; please pay instructor the materials fee that night.
Class held at 12 Mudge Way, Shawsheen Rm. (min 5/max 10)
Tuesday, February 23, 6:30-9:00pm. **Fee: $30**

SWEET AND SAVORY CREPES
with Pam Kanavos, Pastry Chef

Say Oh la la! Crepes! Come and see how easy it can be to make this sweet or savory treat at home with a handful of ingredients and a flick of the wrist. Crepes are an impressive breakfast, lunch, dinner or snack, and they are the most fun choose-your-own adventure filling party. Whether it is a classic fruit and sweet cream for breakfast, or a ham and cheese for dinner, you will be convinced to open your own Crepe truck by the end of class! Pease bring in a medium size fry pan, apron and a container to take home some crepes. Additional material cost of $13; please pay instructor the materials fee that night. (min 6/max 10) Class held at 12 Mudge Way, Shawsheen Rm. Ages 16+
Monday, February 29, 6:30-9:00pm. **Fee: $30**

KNIFE SKILLS: Slicing, Chopping and Sharpening Knives
with 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 while preparing foods such as appetizers, soup, and salad. These dishes will let you slice and chop. We will also sharpen knives and learn how to care for them. Bring a paring knife and a 6 to 10 inch chef knife if you have one. Bring an apron and be ready to get to work to make cooking fun.
Additional material cost of $7-$10; please pay instructor the materials fee at the class. (min 5/max 12)
Tuesday, March 8, 6:30-9:00pm. Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $30**

GLUTEN-FREE BAKING CLASS
with Amy Borshay-Bokser, Private Chef and guest baker Kathleen Murillo

Join this demonstration class and learn to bake delicious, healthy desserts and sweets...all Gluten-Free! We will make and sample Banana Bread, Pear Crisp, Almond Jam Cookies, Raspberry Almond Tart, Oatmeal Chocolate Chip Cookies and Apple Pie. Additional 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, March 14, 6:30-8:30pm **Fee: $25**

HAND ROLL SUSHI PARTY!
with Debra Samuels, Cookbook Author, Food Writer and Cooking Instructor

Sushi can be an expensive meal when you go to a restaurant. Discover how to host your own Home-Style Hand Rolled Sushi Party, the Japanese way. Learn how to make sushi rice, cut sushi-grade fish, create a roll, assemble a kaleidoscope of vegetables and make the famous sweet rolled egg omelet. Join Debra Samuels, Boston Globe food writer and author of two cookbooks ("The Korean Table" and "My Japanese Table") as she guides you through the process and gives you confidence to plan your own Te-maki Zushi Party. Debra lived in Japan for more than a decade studying Japanese cooking both formally and informally. Students will prepare and partake in this festive and delicious meal. Recipes provided. Additional material cost of $20; please pay instructor the materials fee at class. (min 7/max 12)
Monday, March 21, 6:30-9:00pm. Class held at 12 Mudge Way, Shawsheen Rm. **Fee: $33**

~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

HOW THE GUT MICROBIOME KEEPS YOU HEALTHY
with Cindy Carroll - Nutritionist, MS, RD, LDN, RN

Ever wonder what those organisms in your gut actually do? A healthy balance of bacteria and other organisms roaming in your GI tract is essential to keeping your entire body healthy. Medicine is better understanding how these organisms in your gut are connected to your overall health, including cardiovascular health, diabetes, weight control, immune health, etc. You don't have to have obvious GI symptoms for your gut to need a little attention. A healthy gut flora begins with diet but also other lifestyle factors including exercise, stress management and medication/ supplement management, including probiotics. Learn some initial important steps to keeping your GI tract and ultimately YOU healthy! Age 16+ (min 6/max 15) Class held in Rm. 152, 12 Mudge Way.
Wednesday, February 3, 7:00-8:15pm. **Fee: $30**

MEDITATION AND ENERGY BALANCING SPA HOUR
with Julie Ramsdell, M.S., Reiki Practitioner

No matter what is going on in your life, by learning to meditate and practice some easy-to-do energy medicine techniques, you will start to feel more present with increased energy in your body-- which is where ALL the magic lives. Remove the stress of the week and add joy to your life. You will leave the class feeling empowered and in a state of calm positivity. Bring a yoga mat and/or blanket, a bottle of water, and wear comfortable clothes. This class may be the highlight of your week! Class held in Rm. 152, 12 Mudge Way. (min 4/max 15)
Thursdays, 7:00-8:00pm, 1/21-3/3 (no 2/18) 6wks **Fee: $60**

PLANNING YOUR EUROPEAN VACATION with 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 independently planned (including online), agency planned, unescorted and escorted travel as well as cruises in Europe. Class held in Rm. 152, 12 Mudge Way.
Tuesday, February 2, 7:00-9:00pm (min 3/max 15) **Fee: $25 per individual or couple**

ART AND SOUL-SIX INTRIGUING MUSEUM TOURS with Mary Hurley

Visit 6 "off the beaten track" museums in our area. We carpool and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience. After registering, email MaryHurley@comcast.net to receive a list of meeting places and directions. Museum admission is an additional fee each week. (max 6)
Wednesdays, 9:30-1:30, 2/24-3/30, 6wks **Fee: $89**

INTUITION 101 with Susana Hey
Understanding Everyday Symbols as Inner Guidance Tools for Personal Transformation

Intuition is this wonderful "knowing" that we all have experienced at some point. Where does it reside? How can you tap into it? How can you enhance it? In this introductory class, we will discuss the connection to brainwaves, the subconscious mind, and mindfulness. Then we will dive into everyday symbols (objects, archetypes, dreams, synchronicities, etc.) as tools for feedback and inner guidance. Ultimately, with practice, you will learn to trust this "knowing" and with that, improve the quality of your life. Please wear comfortable clothing as we will do a seated guided visualization. Class held in Rm. 152, 12 Mudge Way. (min 4/max 15)
Tuesday, February 23, 7:00-9:00pm **Fee: $30**

ADULT PROGRAMS

~ PERSONAL INTEREST CLASSES & WORKSHOPS ~

ICE DAM PREVENTION with Mark Garvey, owner AirSealing America

The winter of 2015 was a bad one for ice dams and the problems associated with them. Ice dams and icicles are usually a symptom of air leaks through the home's thermal envelope in the attic. There's a right way and a wrong way to try to prevent ice dams from recurring. Don't throw insulation at an air-sealing problem. In this seminar, we will discuss air sealing and insulation and how to safely reduce your home's energy use and lower your energy costs, reduce your carbon footprint and increase comfort. Methods and materials for reducing heat loss through floors, walls and ceilings will be discussed, as well as strategies for determining air infiltration through the home's thermal envelope (What's that? We'll define that too!) Class held at 12 Mudge Way, Room 152.

Tuesday, January 19, 7:00-9:00pm. (min 5/max 25) **Fee: $10 per family**

YOU CAN AFFORD COLLEGE IF…

with Dick Man, College Funding Advisors, Inc of Bedford

…you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December 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)

Tuesday, March 29, 7:00-9:00pm. Class held at 12 Mudge Way, Room 152. **Fee: $10 per family**

SELF-PROTECTION COURSE with 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 the mechanics are fully understood. Also discussed are learning pressure points of the body and how to strike them, joint locking techniques to incapacitate the attacker, takedowns that enable 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.

Thursdays, 7:00-8:00pm, 1/21-3/17 (8wks) no class 2/18 **Fee: $95**

THINK SPRING! GARDENING with Master Gardener Peter Coppola

All classes will be held at Bedford location TBA.

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 TBA, 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 TBA, 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, TBA (March through May) 6wks **Fee: $70**

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

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

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

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

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

For more information visit website:
www.kamatefitness.com

Please bring mat, towel and water.

BODYJAM: **Winter Kamate Schedule:**

Tuesday	7:00 – 8:00pm
Thursday	7:00 – 8:00pm
Friday	9:20- 10:20am
Saturday	10:15-11:15am (no 3/12)

BODYPUMP:

Monday	9:20-10:20am (no 1/18, 2/15)
Monday	6:30-7:30pm
Wednesday	9:20-10:20am
Wednesday	6:30-7:30pm
Saturday	8:00-9:00am (no 3/12)
Saturday	9:00-10:00am (no 3/12)

BODYFLOW:

Tuesday	11:00-12:00noon
Thursday	6:00-7:00pm
Sunday	4:30-5:30pm

All classes held at Connections, 153 Concord Rd.

Winter Session: Jan. 2 – March 25 (12 wks)

Kamate Options:	**Fall:**
• BodyJam only:	**$215 (=$18wk)**
• BodyFlow only:	**$190 (=$16wk)**
• BodyPump only:	**$240 (=$20wk)**
• BodyJam & BodyPump:	**$250 (=$21wk)**
• BodyJam & BodyFlow:	**$240 (=$20wk)**
• BodyPump & BodyFlow:	**$250 (=$21wk)**
• Pump/Jam/Flow	**$275 (=$23wk)**

Attend Unlimited classes per week.
All Classes age 15 +

Come try your first class free!

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

ZUMBA® FITNESS
with Renae Nichols

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

Thursdays, 9:30-10:30am, 1/7-3/17 (no class 2/18) 10wks **Fee: $100**
Class held at 12 Mudge Way, Union Rm.
***Free Trial Class**: Thursday. 12/17, 9:30am. Please register online or call.*
Saturdays, 9:00-10:00am, 1/9-2/27 (no class 2/13) 7 wks **Fee: $70**
Class held at Bedford High, Dance Studio

ZUMBA GOLD
with 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 with COAfor a reduced rate. Class held in the Shawsheen Room, 12 Mudge Way.

Session 1: Tuesdays, 4:00-5:00pm, 12/29-2/16 (8wks) **Fee: $72**
Session 2: Tuesdays, 4:00-5:00pm, 2/23-4/12 (8wks) **Fee: $72**

CARDIO BARRE BLAST
with 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)

Tuesdays, 8:00-9:00pm, 1/5-3/15, (10wks) **Fee: $110**
Thursdays, 7:30-8:30pm, 1/7-3/17, (10wks) **Fee: $110**

PILOXING® & PILOXING EXPRESS®
with 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, 1/9-3/19 (no class 2/20), 10 wks **Fee: $110**
Sundays, 8:30-9:30am, 1/3-3/13 (no class 2/14), 10 wks **Fee: $110**

NIA CLASS
with Joan Turnberg

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

Day:	Time:	Winter Session:	
Monday	9:30-1030am	1/4-3/21 (no class 1/18, 2/15) 10wks	**Fee: $100**
Wednesday	9:30-10:30am	1/6-3/28 (no class 2/17) 11 wks	**Fee: $110**
Thursday	6:30-7:30pm	1/7-3/24 (no class 2/18) 11wks	**Fee: $110**

~ EXERCISE AND DANCE ~

HIGH INTENSITY INTERVAL TRAINING (HIIT)
with Ray Marsh, Certified Personal Trainer for Kamate Fitness

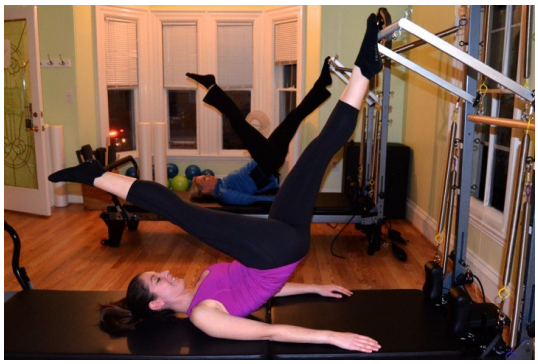
Double your workout gains in half the time! This 30 minute interval blast torches mega calories, builds lean muscle mass and shaves off inches. Using barbells, weighted ropes, step platforms and bosus, this explosive workout will push you to break through your comfort zone! You will have the support of a motivating trainer as you achieve the results you have always wanted. (min 7/max 15) *Classes held at Connections, 153 Concord Rd.*

Fee: $35 per 4-week session

Thursdays, 8:45-9:15am, *Session 1*: Jan. 7-28 / *Session 2*: Feb. 4-25 / *Session 3*: March 3-24

BEGINNER REFORMER PILATES
with Rachel Goransson, Live Long Pilates

Beginner Reformer Pilates is a fun and challenging take on traditional Pilates exercises on the reformer machine. The reformer is a piece of resistance exercise equipment designed by Joseph Pilates. It consists of a moving carriage with springs attached at one end, and hand and feet straps attached at the other. This is a small class with a maximum of four participants and it is safe and effective for anyone regardless of age or physical ability. All levels welcome, no prior experience needed! (min 2/max 4) Please wear socks and bring water.
Class held at 18 North Rd. Bedford.
Mondays, 5:45-6:35pm, 1/4-2/22 (8wks) **Fee: $144**



MAT PILATES CLASS
with Rachel Goransson, Live Long Pilates

Pilates is an exercise method developed by Joseph Pilates in the early 20th Century. The practice focuses on core strengthening and overall body conditioning, while improving flexibility, posture, and overall mind/body awareness. Pilates is not just for women or dancers in particular, but for everyone! With the correct instruction and proper safety precautions, anyone can enjoy the benefits of this form of exercise. All levels welcome; no prior experience needed! Please bring a mat and water. (min 5/max 10) Class held at 12 Mudge Way, Rm 153.
Thursdays, 9:30-10:20am, 1/14-3/24 (no 2/18) 10 wks **Fee: $110**
Free Trial Class: 1/7, 9:30am. Please register online or call to register for the Trial Class.

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

A perfect blend of Pilates and Yoga to get your morning off to a great start. A series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It can also be a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers (no street shoes). 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, 1/9-3/26 (no class 2/20, 3/5) 10wks **Fee: $110**

STRETCH AND TONE FOR WOMEN
with Angelica Potter, 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. Class incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). (max 10) Class held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Tuesdays, 7:00-8:00pm, 1/5-3/15 (no class 2/16) (10 wks) **Fee: $110**

ADULT PROGRAMS

~ EXERCISE AND DANCE ~

HATHA YOGA
with Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and a period of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle. Age 15+ (min 6/max 15) All classes held in the Union Rm, 12 Mudge Way.

Day:	Time:	Winter Session Dates:	
Mondays	7:15-8:15pm	1/11-3/14 (8wks, no class 1/18,2/15)	**Fee: $100**
Tuesdays	9:30-10:30am	1/12-3/15 (9wks, no class 2/16)	**Fee: $112**
Wednesdays	7:00-8:00pm	1/13-3/16 (9wks, no class 2/17)	**Fee: $112**
Fridays	9:30-10:30am	1/8-3/18 (8wks, no class 1/15, 2/19, 3/11)	**Fee: $100**

***Free Trial Classes**: Wed. 12/16, 7:00pm. Please register online or call for trial class.*

YOGA TO ENERGIZE YOUR DAY
with 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. Forms required before the first class with be emailed to you.

Tuesdays, 6:00-7:00am, 1/26-3/22 (9 wks) **Fee: $113**

YOGA FIT AND STRONG
with Asha Ramesh, Serenity Yoga Center

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

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

Saturdays, 11:45am-1:00pm, 1/9-3/19, 11wks **Fee: $137**

RESTORATIVE YOGA
with Shannon O'Haverty, Serenity Yoga Center

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props galore to support every nook and cranny of the body in a variety of still positions. By supporting the physical self, we create an environment that permits the nervous and other internal systems to 'power down' and recharge. Breath practice and relaxation techniques are woven into the sequences, making this a perfect class to wind down your weekend and summon your resources for the week ahead. Suitable for everyone, no prior Yoga experience needed. Please provide an email address when registering. (min 3/ max 10) Forms required before the first class with be emailed to you.

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201.

Sundays, 5:00-6:30pm, 1/10-3/20 (11wks) **Fee: $137**

~ EXERCISE AND DANCE ~

YOGA FOR WOMEN: FINDING BALANCE
with 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. Forms required before the first class with be emailed to you.
Sundays, 7:00-8:15pm, 1/10-3/20 (11wks) **Fee: $137**

BARRE BALANCE
with 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.
Sundays 9:30-10:30am, 1/3-3/13 (no class 2/14), 10wks (max 8) **Fee: $110**

BALLROOM DANCE—Beginner/Intermediate
with Angelica Potter, Attitudes Dance and Fitness

This class includes the basics of a variety of ballroom dance styles including Foxtrot, Waltz, Rumba and Merengue, as well as some intermediate steps. The Cha Cha, Tango and East Coast Swing may be included. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a great introduction for newcomers as well as a nice review for those that have been away from the dance floor for a while. Please bring comfortable shoes (street shoes not permitted). Age 18+. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Mondays, 7:00-8:00pm, 1/4-3/14 (no class 2/15) 10wks **Fee: $110**

IRISH STEP DANCE
with Hannah Stewart, Attitudes Dance and Fitness

Step it up in this fun class that will REALLY get your feet moving! In this class you will learn all the basics of Irish step dancing - reels, jigs, slip jigs and more. Along with fancy footwork, you will also get to explore more traditional ceili dances (group). This class is geared toward the beginner student with little or no experience. Join us for a fun and energetic class while connecting with Irish culture! Please bring comfortable shoes (street shoes not permitted). Age 15+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Thursdays, 5:30-6:30pm, 1/7-3/17 (no class 2/18) 10 wks **Fee: $110**

MODERN DANCE
with Angelica Potter, Attitudes Dance and Fitness

This class puts the emphasis on the torso rather than the feet. Modern dance employs such elements as contact-release, floor work, fall and recovery, and improvisation. Dancers will learn a fusion of Horton, Graham, and Duncan techniques. Class will be performed in bare feet or socks. Age 15+. Beginner level. (max 12) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.
Tuesdays, 6:00-7:00pm, 1/5-3/15 (no class 2/16) 10 wks **Fee: $110**

ADULT PROGRAMS

BEGINNER - INTERMEDIATE TAI CHI

with Bob Cormier and instructors from Oriental Healing Arts

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

Wednesdays, 6:30-7:30pm, 1/13-3/16 (10wks) Class in Rm.153, 12 Mudge Way. **Fee: $105**

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

Thursdays, 1:00-2:00pm, 1/21-3/10 (8wks) Class held in Union Rm., 12 Mudge Way **Fee: $80**

ALL- ACCESS POOL FITNESS CLASSES

at the Atlantis Club, DoubleTree Hotel Indoor Pool

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

WINTER SESSION: Jan. 4 - March 31 (13 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.

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

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

~ SPORT INSTRUCTION ~

ARCHERY

with Mark Pirrello, On The Mark Archery

Experience the thrill of traditional recurve archery indoors this winter and find out why one of the world's oldest sports is making a comeback! This introductory course will guide participants on the pathway to success in a relaxed environment with a unique lesson plan that integrates the aiming process with a variety of skill building games. Archery is an activity in which anyone can succeed with a little patience and focus; no athletic ability required. All equipment provided. Age 13+ (min 8/max 20)

Class held at Bedford High School Gym D.

Saturdays, 11:00am-12:00noon, 1/23-2/13 (4wks) **Fee: $100**

ADULT PROGRAMS

~ ADULT PICK-UP SPORTS AND LEAGUES ~

REGISTRATION: Please register for all of the Pick-Up Sports programs to receive email updates including schedule changes as they occur. www.bedfordrecreation.org *(exception: Men's and Indoor Soccer, see information below)* If schools are closed due to holidays or weather, there will be no sports.

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, 8:30-10:00pm **and Wednesdays**, 8:00 - 10:00pm, 11/30-3/28, (no 1/18, 2/15, 2/17) **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, 11/30-12/21
Wednesdays, 7:00-10:00pm, 1/6-3/30 (1/13 will be 8:00-10:00) (no 2/17) **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, 6:00-7:30pm, 12/4-3/25 (no 2/19) **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.
Tuesdays, 7:30-10:00pm, 1/5-3/29 (no 2/16) **No fee for Bedford Residents**
NON-RESIDENT BADMINTON REGISTRATION: BEGINS 12/14. **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 and INTERMEDIATE

Open courts for beginning and intermediate players. Some instruction is available for technique and rules, as needed. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Wear comfortable clothes and bring a pair of indoor court shoes or tennis shoes. Lane School Gym.
Thursdays, 8:00pm - 10:00pm, 12/3-3/31 (no 2/18) **No Fee**

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 Tuesdays, 9:00-10:00pm/ Wednesdays, 8:00-10:00pm/ Thursdays, 8:30-10:00pm
Dates: Effective 11/30-3/31, (no play dates - 12/24 thru 1/3, 1/18, 2/15 thru 2/18)

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

CO-ED SLOW PITCH SOFTBALL - Spring/Summer

Please register online if you are interested in playing this coming Spring/Summer. If there is enough interest, we will put together an In-Town, casual, fun Co-Ed league starting this Spring. Games will be played on weeknights. This initial sign up will give us an opportunity to gauge interest and generate a contact list for coordinating the program. We will be looking for Coordinators and Team Captains also. There will be a player fee to cover expenses such as shirts, equipment and umpires. Players must be age 21 or over.

PRESCHOOL GYMNASTICS

With Jennifer McGrath and Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in pre-school gymnastics/movement. 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, 1/4-3/21 (no class 1/18 & 2/15) 10 Weeks	Fee: $153
Tuesdays, 1/5-3/22 (no class 2/16) 11 Weeks	Fee: $164

Location: First Church of Christ, 25 Great Road, Lower Fellowship Hall. Please park in the 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. The 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 wonderful opportunity to meet new friends (for babies and parents!)

12 Months-3 Years Gymnastics w/ Adult Partner "Toddler Tumblers" (Mondays, 9:30-10:10 AM 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, 10:15-10:55 AM, Tuesdays, 10:15-10:55 AM or Mondays, 12:30-1:15): I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as the beam, bars and vaulting. Parents are not required to stay in the room during the class.

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

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

LIL' SPORTS (Ages 2.5-6)

Lil' Sports is a health and fitness company that offers sports classes for children ages 2.5-6. Classes consist of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening and gross motor skills.

Saturdays, 1/9-3/5 (no class 2/20) 8 Weeks	Fee: $101
8:45-9:30 AM	
Bedford High School Gym D (Back Gym) Min 10/Max 20	

PRESCHOOL PROGRAMS

PRESCHOOL RHYTHM & DANCE (Ages 3.5-6) 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 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. Parents are invited to performances the last day.

Fridays, 1/8-3/18 (no class 1/15, 2/19 & 3/11) 8 Weeks	Fee: $94
2:00-2:45 PM	
12 Mudge Way, Union Room Min 6/Max 12	

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, 1/12-2/2, 4 Weeks	Fee: $55
4:30-5:10 PM	
Saturdays, 1/16-2/6, 4 Weeks	Fee: $55
11:00-11:40 AM	
Location: Callahan's Karate, 20 North Road Min 5/Max 10	

ELEMENTARY BASKETBALL CLINICS

GRADES 1 & 2

THUNDERCAT SPORTS BASKETBALL CLINIC

Basketball and sportsmanship fundamentals will be taught in these clinics. Grade 1 & 2 clinics will be coached by Thundercat basketball staff. Children must bring a youth size 27 ball to clinics. Gyms will be open to participants and their parents or caregivers only, please no siblings. Grade 1 & 2 Girls will meet on Wednesdays and Grade 1 & 2 Boys will meet on Fridays. Each clinic is limited to 25 participants. Deadline to register is December 20 or when spaces fill. **Fee: $97**

Wednesdays at Davis Gym: 1/6-3/2 (no clinic 2/17) (8 Wks)

Girls Grade 1: 1:50-3:30 PM

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

Girls Grade 2: 3:30-4:30

Fridays at Davis Gym: 1/8-3/4 (no clinic 2/19) (8 Wks)

Clinic will be held on the professional day 1/15

Boys Grade 1: 3:45-4:45

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

Boys Grade 2: 4:45-5:45

GRADE 3

PARENT RUN CLINICS

Parent volunteers will be running the grade 3 basketball clinics. Participants will have fun learning the fundamentals of basketball in this clinic that fosters sportsmanship. If you are a parent interested in volunteering, please indicate your interest on your child's registration. Each clinic is limited to 25 participants. Deadline to register is December 20 or when spaces fill. **Fee: $97**

Wednesdays at Davis Gym: 1/6-3/2 (no clinic 2/17) (8 Wks)

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

Fridays at Davis Gym: 1/8-3/4 (no clinic 2/19) (8 Wks)

Clinic will be held on the professional day 1/15

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

DAVIS SCHOOL AM GYM (Grades K-2)

Start your day off right at Davis School with Peter Laskaris and other Recreation Staff! Have a blast and get energized for the day at early morning gym time with a variety of games, supervised free play and exploration.

Monday-Friday, 1/4-4/1 (no class on holidays or school delay/snow days)	Fee: $187
8:00 AM-Start of School	
Davis School Gym Min 20/Max 60	

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

Get ready for fun! This afterschool program is full of excitement and variety that keeps kids moving! At dismissal, children are released to the cafeteria for quiet activities and snack (please pack a light snack). Once the bus lines have left the gym, students move to the gym. **One day/week only per child.**

Mondays: 1/4-3/21 (no class 1/18 & 2/15) 10 Weeks	Fee: $63
Tuesdays: 1/5-3/15 (no class 2/16) 10 Weeks	
Dismissal-4:30 PM	
Davis School Gym Min 15/Max 25	

SATURDAY KINDERGARTEN SPORTS with Lil' Sports

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

Saturdays, 1/9-3/5 (No class 2/20) 8 Weeks	Fee: $101
9:30-10:15 AM	
High School Gym D (back gym) Min 10/Max 20	

DAVIS YOGA (Grades K-2) with Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to far away 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 a snack. Please send a snack.

Thursdays, 1/14-3/10 (no class 2/18) 8 Weeks	Fee: $95
Dismissal-4:30 PM	
Davis School Gym Min 6/Max 12	

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 their imaginations in this popular sandbox open world game. The first 15 minutes of this program will be for snack. Please send your child with a snack.

Tuesdays, 1/5-3/1 (no class 2/16) 8 Weeks	Fee: $77
Dismissal-4:30 PM	
Davis School Library/Computer Room Min 12/Max25	

SENSE-ATIONAL SCIENCE (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 learn about electricity; investigate the powers of magnets; learn about optics, reflection and sight; and uncover the hidden components in ordinary light. We will also explore the healthy and exciting world of nutrition; discover sound and sound waves; experiment with our taste sensations; learn about the properties of heat.

Fridays, 1/8-3/4 (no class 1/15 & 2/19) 7 Weeks Fee: $109
Dismissal-4:30 PM
Davis School Cafeteria Min 12/Max 20

ART BLAST (Grades 1 & 2) with Let's Gogh Art

Art Blast classes combine art and creativity through unique art-based experiences. Participants will play with art while learning about different tools, techniques and media. Participants will have the opportunity to try painting, drawing, sculpting, collage, printmaking, and many more 2-dimensional and 3-dimensional projects that are quite simply a blast! Each child will keep a weekly art journal.

Wednesdays, 1/13-3/9 (no class 2/17) 8 Weeks Fee: $144
Dismissal-3:20 PM
Davis School Cafeteria Min 10/Max 20

SWEET TREATS DESSERT DECORATING (Grades 1 & 2) with Kelly Anderson

This 8-week class focuses on cupcake, cookie, truffle and other various dessert decorating. Basic skills such as icing and piping will be taught in a fun and creative atmosphere. Each session will have a specific theme such as animals, nature, sports, etc. Step by step direction will be provided each week. Kids will take home all of their creations and recipes at the end of every class. All classes are taught by Kelly Anderson. Please Note: This is **not** a nut free or gluten free class.

Tuesdays, 1/5-3/1 (No class 2/16) 8 Weeks Fee: $209
Dismissal-4:30 PM
Davis School Cafeteria Min 6/Max 10

FUN WITH STEM (Grades K-2) with Karine Marino

Children will become empowered to figure things out for themselves and have confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They will learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As they dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Students will have experience with simple science experiments. Participants will be challenged to build small structures using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happen in the world around them. In this 6-week class, students learn to ask questions and brainstorm existing problems. Please send a snack for your child to enjoy at the start of the class.

Mondays, 1/4-2/22 (no class 1/18 & 2/15) 6 Weeks Fee: $144
Dismissal-4:45 PM
Davis School Cafeteria Min 6/Max 12

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 20 years full time experience instructing individuals and groups. During this 10-week session, instruction is given in mechanics and rallying skills. Younger players are introduced to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. All levels of experience welcome!

Wednesdays, 1/6-3/16 (no class 2/17) 10 Weeks Fee: $196
Grades 3-5: 1:30-2:40 PM
Grades K-2: 2:45-3:45 PM (1/13 class ends 3:30 due to HS basketball game, time will be made up 3/16)
Lane School Gym Max 10

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, 1/12-2/2, 4 Weeks Fee: $55
4:30-5:10 PM
Saturdays, 1/16-2/6, 4 Weeks Fee: $55
11:00-11:40 AM
Location: Callahan's Karate, 20 North Road Min 5/Max 10

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 gymnastics skills using floor, bar, vaulting, and low beam. Participants learn to execute bridges, splits and jumps. Participants should wear comfortable clothing and have bare feet. **Class <u>will</u> be held on the no school teacher workshop days: 1/15 & 3/11.**

Fridays, 1/8-3/25 (no class 1/15 & 2/19) 11 Weeks Fee: $146
Grades 3-5: 2:40-4:00 PM
Grades K-2: 4:00-4:45 PM
Lane School Gym Min 8/Max 30

LANE SCHOOL AM GYM

Recreation Staff members supervise the gym in the mornings for fun before school. Students will have a choice of activities each day. There will be a combination of free gym and organized activities. AM Gym activity energizes students to start their day! Students must be registered through the Recreation Department to participate in the program; drop in is not permitted.

Monday-Friday, 1/4-4/1 (no holidays, no school days, snow days or delays) Fee: $131
7:30 AM-Start of School
Lane School Gym Min 25/Max 45

<u>NEW!</u> MIGHTY MORNING DANCE SQUAD (Grades 3-5) with Jennifer Buckley, Founder of GrooveWrx

This community-building dance-based program is designed to bring kids together with fun movement and positive messages of teamwork, friendship and empowerment! Each week we will work together to develop fun and informal dances including the urban dance known as Stepping and Latin dance styles!

Tuesdays, 1/12-3/8 (no class 2/16) 8 Weeks Fee: $48
7:30AM-Start of School
Lane School Cafeteria Min 6/Max 15

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! They 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, 1/12-3/8 (no class 2/16) 8 Weeks Fee: $95
Dismissal-4:00 PM
Lane School Cafeteria Min 6/Max 12

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

Join us for floor hockey with F.A.S.T. Athletics! This program covers the basic skills of floor hockey using drills and the class ends with a good old fashioned floor hockey game. Safety rules for the sport will be reviewed and emphasized at the start of each class. Please send your child with a light snack to eat prior to class.

Mondays, 1/25-3/21 (no class 2/29 & 2/15) 7 Weeks Fee: $87
Dismisssal-4:00 PM
Lane School Gym Min 10/Max 24

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

Join the staff of F.A.S.T. Athletics for this 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. Please send your child with a light snack to eat prior to class.

Thursdays, 1/21-3/17 (no class 1/28 & 2/18) 7 Weeks Fee: $87
Dismissal-4:00 PM
Lane School Gym Min 10/Max 24

AFTERSCHOOL KIDSJAM (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 together as a team—including a performance on the last day of class. Bring a water bottle and snack to have at the beginning of class. Wear comfortable clothing and sneakers.

Wednesdays, 1/13-2/24 (no class 2/17) 6 Weeks Fee: $85 (Fee includes an official KidsJam T-Shirt)
Dismissal-2:30 PM
Lane School Cafeteria Min 8/Max 25

PASSPORT TO CREATIVITY (Grades 3-5) with Let's Gogh Art

We start our creativity tour by creating a passport to track our traveling artistry. Each week, we arrive somewhere on the globe and learn about that country's art forms and techniques while creating our own souvenirs. We decide how we want to travel (train, plane, automobile, hot air balloon or boat), and then make our first passage to India to learn about and create Banyan trees. We visit Mexico to do Huichol clay paintings and Day of the Dead skull art, Egypt to explore turrets & towers, Japan for Koi Fish paintings and much, much more! Pack your imagination and join us!

Fridays, 1/8-3/4 (no class 1/15 & 2/19) 7 Weeks Fee: $125
Dismissal-4:00 PM
Lane School Cafeteria Min 10/Max 20

SWEET TREATS DESSERT DECORATING (Grades 3-5) with Kelly Anderson

This 8-week class focuses on cupcake, cookie, truffle and other various dessert decorating. Basic skills such as icing and piping will be taught in a fun and creative atmosphere. Each session will have a specific theme such as animals, nature, sports, etc. Step by step direction will be provided each week. Kids will take home all of their creations and recipes at the end of every class. All classes are taught by Kelly Anderson. Please Note: This is **not** a nut free or gluten free class.

Mondays, 1/4-3/7 (no class 1/18 & 2/15) 8 Weeks Fee: $209
Dismissal-4:00 PM
Lane School Cafeteria Min 6/Max 10

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

Kids have fun playing video games, but they have even more fun playing games that they make themselves! Students learn the fundamentals of object oriented programming through video game design while creating their own games. 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 nonviolence policy is enforced.

Fridays, 1/8-3/18 (no class 1/15, 2/19, 3/11) 8 Weeks Fee: $187
Dismissal-4:00 PM
Lane School Library Min 8/Max 10

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 School parking lot at 5:00 PM. Parent chaperones are needed. Please indicate when registering if you are available to chaperone any of the 4 weeks. 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

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

Learn the fundamentals of traditional recurve archery as seen in the Olympics and Hunger Games! Our safe, fun and friendly environment enables students to learn at their own pace and develop consistent shooting form. Scoring and other archery drills will challenge and engage participants throughout the entire session. All equipment is supplied. The program is led by certified USA Archery and NFAA Instructors.

Tuesdays, 1/5-2/9, 6 Weeks	Fee: $152
4:45-5:45 PM	
Davis School Gym Min 10/Max 16	

FUN WITH STEM (Grades 3-5) with Karine Marino

Children will become empowered to figure things out for themselves and have confidence as they interact with the world. Learning science from an early age helps children understand the world around them. They will learn to think critically as well as creatively, to question, to investigate, to interpret, to solve problems and to begin to understand complex systems. Children are natural experimenters and inventors. As they dig into real-life science, technology, engineering and math (STEM), concepts learned in class are reinforced. Students will have experience with simple science experiments. Participants will be challenged to build small structures using creative problem solving strategies. This hands-on program enables students to discover more about how things work and why things happen in the world around them. In this 6-week class, students learn to ask questions and brainstorm existing problems. Please send a snack for your child to eat prior to class.

Thursday, 1/7-2/11 6 Weeks	Fee: $144
Dismissal-4:15 PM	
Lane School Cafeteria Min 6/Max 12	

AFTERSCHOOL CHESS (Grades K-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, accept defeat with dignity, and sportsmanship. Students will be divided into groups according to their chess experience. At the end of the session, students will have had the chance to participate in a mini-chess tournament.

Thursdays, 1/7-3/3 (no class 2/18) 8 Weeks	Fee: $150
Dismissal-3:50 PM	
Lane School Multi Purpose Room Min 10/Max 24	

BEDFORD BABE RUTH BASEBALL AND SOFTBALL

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

Bedford Babe Ruth Baseball and Softball welcomes Bedford and Hanscom AFB residents ages 5-15.
Registration for Spring 2016 is January 1, 2016 - January 30, 2016.
Register online at: http://bedfordbaseballsoftball.com/
Contact president@bedfordbaseballsoftball.com for scholarship requests, questions, and to join

BEDFORD YOUTH LACROSSE (Grades 1—8)

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

For information and to register: www.bedfordyouthlacrosse.org

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

VACATION CLINICS

WINTER BREAK BEDFORD BASKETBALL CLINIC (Grades 3-8)

Join BHS Varsity Coach Vin McGrath and members of the BHS Varsity Basketball Team for a three day clinic that will include skill development, team games, contests and fun! The clinic will address the fundamentals of shooting, dribbling, passing, rebounding and defending. Participants will have a blast participating in drills with the Bedford Varsity Basketball team (all funds go to the Bedford High School Boys Basketball program).

Tuesday-Thursday: 12/29-12/31 Fee: $80
9:00 AM-12:00 PM
Lane School Gym Min 10/Max 40

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

Learn the sport of tennis from Kyle Anderson, a PTR and USTA certified instructor who has 20 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, 2/16-2/19 Fee: $80
Ages 5-6: 9:10-10:10 or 10:10-11:10
Ages 7-9: 11:15-12: 15 or 12:15-1:15
Davis School Gym Min 4/Max 10

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

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

Tuesday-Friday, 2/16-2/19 Fee: $230
9:00 AM-3:00 PM
Lane School Gym Min 10/Max 40

MIDDLE SCHOOL PROGRAMS

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

Learn the fundamentals of traditional recurve archery as seen in the Olympics and Hunger Games! Our safe, fun and friendly environment enables students to learn at their own pace and develop consistent shooting form. Scoring and other archery drills will challenge and engage participants throughout the entire session. All equipment is supplied. The program is led by certified USA Archery and NFAA Instructors.

Tuesdays, 1/5-2/9, 6 Weeks	Fee: $152
4:45-5:45 PM	
Davis School Gym Min 10/Max 16	

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

The Middle School Art Club program includes 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 that interest you with helpful instruction and guidance from the art teacher. This will be a warm, welcoming, relaxing and creative place for students after school.

Tuesdays, 1/12-3/8 (no class 2/16) 8 Weeks	Fee: $115
2:30-3:30 PM	
JGMS Art Room A107 Min 6/Max 9	

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, 1/12-2/2, 4 Weeks	Fee: $55
4:30-5:10 PM	
Saturdays, 1/16-2/6, 4 Weeks	Fee: $55
11:00-11:40 AM	
Location: Callahan's Karate, 20 North Road Min 5/Max 10	

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

This yoga class is 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, 1/13-3/9 (no class 2/17) 8 Weeks	Fee: $95
1:00-2:00 PM	
JGMS Cafeteria Min 8/Max 15	

OFF SEASON SPORTS CONDITIONING FOR BOYS (Grades 6-8) with Ray Marsh & Kamate Fitness

This safe, effective workout enables athletes to maintain their fitness level during the off season, permitting them to transition back to spring sports with little to no de-conditioning effect. Using the latest fitness research, our certified personal trainer will lead your child in a workout program to increase agility, speed, explosive power, strength and endurance. No matter what sport your athlete plays, this class will prepare him for the upcoming sports season. Not into organized sports? All the more reason to get your child moving with this high intensity workout to get in shape and feel confident fast.

Fridays, 1/22-2/12 4 Weeks	Fee: $60
2:30 PM-3:30 PM	
Connections Building, 153 Concord Road Min 5/Max 10	

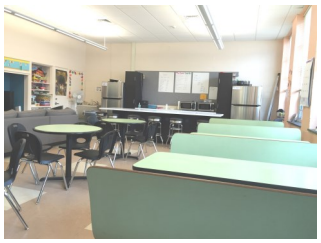
THE CORNER

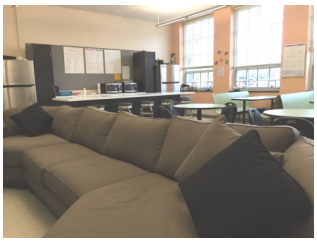
THE CORNER AT TOWN CENTER

Middle School Activity & Social Center

Operated by Bedford Recreation

Check out the newly updated and renovated Youth Center!





WHAT IS THE CORNER? It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, and bumper pool and a Lounge with special activities and events, snack machines, snack bar, TV's & games…all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities. For more information contact Amy or Nikki at the 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 should register children online or at the Recreation Office. Kids must sign in daily upon arrival. Come check it out!

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

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

WINTER SCHEDULE

Fri, Jan 8: Fun Friday (Corner open until 7:30)

Fri, Jan 22: Fun Friday (Corner open until 7:30)

Weds, Jan 27: Arts & Crafts w/ Melissa

Fri, Feb 5: Fun Friday (Corner open until 7:30)

Weds, Feb 10: Arts & Crafts w/ Melissa

Friday, Feb 26: Fun Friday (Corner open until 7:30)

Weds, March 2: Kid's Cooking Green

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

HS PROGRAMS

POLICE-RECREATION BASKETBALL LEAGUE

This Basketball League is for players in grades 9-12 who are not playing HS Basketball. The season will run from 1/8-3/3. Playoff games will be held the second and third weeks 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 PM-8:30 PM 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 Boys & Girls U16 & U18 Spring Travel Soccer Teams. Registration closes February 18th or when teams fill. Teams play on Sundays, either in Bedford or in another BAYS town. Parents are responsible for providing transportation to the games. Season begins late April and runs 7 weeks. Parent coaches/managers are needed; please note availability to coach/manage in the notes section on the registration forms. **Fee: $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+
Hatha Yoga: age 15+
Tai Chi: age 16+

Cardio-Barre Blast: age 15+
Irish Dance: age 15+
Modern Dance: age 15+
Archery: age 13+
Self Protection Course: age 14+

Heartsaver CPR: age 15+
Cooking Classes: age 16+
You Can Afford College If….: all ages
Oil Painting: age 16+
Taste of Blacksmithing: age 15+
Stone Carving: age 16+

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 2016 EMPLOYMENT

LIFEGUARDS and SWIM INSTRUCTORS (minimum age: 16 as of June 6, 2016). Must have current Lifeguard Training, CPR, and/or Water Safety Instructor certification. Hourly rates start at $9.44 and are based on experience. Applications at the Recreation Office or online. Accepting applications until all positions are filled. Interviews start in April.

CREW POSITIONS: Open to Bedford residents only

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 6, 2016) Attendants are needed for greeting park guests and assisting with daily ongoing maintenance needs.

Swim Aides: (min. age: 14 by June 6, 2016) 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 6, 2016Prepare food, serve customers, daily maintenance of the concession stand and park.

Grounds Maintenance: (min. age: 14 by June 6, 2016) 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_____

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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: Sue Marion, Artist

Join Sue to create this beautiful painting at Bedford Recreation's first "Paint Party" at The Great Wall Restaurant on Sunday, January 24 at 1:30pm. See page 3 for information. Register soon as space is limited! Bring your friends!!

Sue grew up in Bedford and she is a professional artist working in New England. She creates custom murals, faux finishes, commissioned canvases, and she teaches art to people of all ages. She has a BFA in Painting and she has studied in Paris, Rome and London. See her website for information: www.muralsandmore.net

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