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### HUNT RECREATION CENTER

90 Stow Street  
 Concord, MA 01742  
 978-287-1050 main  
 978-318-3190 fax  
 Mon-Fri 8:00 am - 6:00 pm  
 concordrec.com

### BEEDE SWIM AND FITNESS CENTER

498 Walden Street  
 Concord, MA 01742  
 978-287-1000 main  
 978-318-3122 fax  
 Mon-Fri 5:30 am - 9:00 pm  
 Sat & Sun 7:00 am - 6:00 pm  
 beedecenter.com

### HARVEY WHEELER COMMUNITY CENTER

1276 Main Street  
 West Concord, MA 01742  
 978-318-3045  
 concordrec.com

## A Message from the Director

Dear Concord Residents, Patrons, Volunteers and Staff:

In May of 2017, I celebrated my first year anniversary in Concord as your Recreation Director. Managing a Department is always challenging in the first year, trying to lead while still learning some of the simple things in town like where a Park is located or who is responsible for what. In the first year, the Department has experienced some ups and downs; taken on new challenges and re-focused on some classics. All along it has been very clear that one thing is prevalent to the success of Recreation in Concord and that is the people we serve and those who make it possible. I have consistently come across individuals (staff, volunteers, and participants) who are looking to help in any way possible to keep Concord a great place to live, work, and play. Although it is impossible to thank everyone that has contributed to assisting the transition for the Department under new leadership, there are a few I feel must be recognized.

Christine Kelleher has been with the Town of Concord for over 20 years, starting originally as the Camp Nurse and now serving as the Department's Senior Administrative Assistant. Christine manages many aspects of the Department's finances overseeing approximately \$4 million in expenses and \$4 million in revenues each year between the Beede Swim and Fitness Center and the Hunt Recreation Center. Additionally, Christine found herself in a position of not only doing her own job day to day but also training many of the staff (including the Director) on the day to day operations of the Department. Christine has displayed great patience and poise during the transition of leadership and has worked hard to keep the Department moving forward. Many thanks, Christine.

Erin MacDonough, the Program Manager at the Beede Center, has been a vital part to the Beede team since her arrival. This past year, Erin has truly gone above and beyond her typical responsibilities. Erin manages the water quality at in Beede's four pools as well as manages the aquatics staff (lifeguards and instructors), the pool schedules, the Otters Swim Team, liaison for the high school swim team, and oversees the operation at the Emerson Pool all while attending graduate School. Erin has displayed great dedication to the Department, her job, and Beede Center patrons. Thank you, Erin.

Peter Hunter, the Recreation Commission Chair, immediately embraced the Department's new leadership team. With Peter's guidance, the Commission and Department have established a great working relationship with clear lines of communication and collaboration. Peter is an advocate for Recreation services town wide and currently serves on the Long Range Plan Committee. Thank you for your leadership and guidance, Peter.

Laura LeVan, Beede Member and frequent group fitness participant, attends many of the Recreation Commission's meetings, voicing concerns, ideas, and feedback on behalf of many patrons. Laura believes in the value of the Beede Center and the impactful role Recreation can and does play within the community. Thank you for your consistent presence and communication, Laura.

Chris Wixom, citizen volunteer and organizer of the Middlesex Jazz Fest, led the charge in coordinating one of the most successful events of the year. Chris combined his passion for community and his interest in Jazz to formulate a well-organized, unique, and expansive festival, free to the community. Organizing the bands, chasing sponsorship, contracting vendors, and working with town officials, Chris was involved in all aspects of our first annual Jazz Fest assuring it's success and popularity. Chris dedicated a good portion of his Winter/Spring to making this event a reality. Thank you for your efforts and commitment, Chris.

As we start another year, we look forward to working with more staff, volunteers, and patrons in creating lasting experience for all Concord residents. From basketball coaches to special event volunteers, we are always looking to utilize the talents within our community. If you are interested in getting involved with any Concord Recreation Program, please give the Department a call at 978-287-1050 or join us at our next Recreation Commission meeting (see web site for upcoming dates).

Yours in Recreation,  
Ryan Kane  
Director of Recreation

# Giving to Recreation

Concord Recreation has been serving the needs of the community for many years. Although it is the community that generously donates time and funds to the department to help maintain our mission statement.

## Gifts

Gifts are deductible for Federal income tax purposes in accordance with IRC section 170(c)(1). Gifts over the amount of \$250 must be acknowledged by the Town Treasurer. Gifts can be used for a specific item, for example the ADA chair lift at the Beede Center or general program enhancement.

## Sponsorship

Sponsorship opportunities are available for civic organizations or local businesses. Current sponsor opportunities include but not limited to Youth Basketball Teams, Sleepy Hollow 5K, Minuteman Classic Road Race and Shamrock Ball.

If you have a gift idea or would like more information on how to donate please contact Ryan Kane, Recreation Director, 978-287-1050 or email rkane@concordma.gov

## Mission Statement

*Concord Recreation is a leader in providing activities that enhance personal development, promote healthy life styles, and encourage greater community involvement. As dedicated professionals we strive to promote lasting experiences, while creating fun, unique, inclusive, opportunities in excellent facilities. Concord Recreation is a self supporting operation that strives to keep pace with a growing community to deliver the highest quality customer focus programs, events and services.*



# Human Services Division

Concord Recreation along with Veteran Services, Senior Services, Youth Services and Social Services, make up the Human Services Department.

## CONCORD RECREATION

**Ryan Kane**, Recreation Director  
**Anna Wood**, Assistant Recreation Director, CTRS  
**Jon Straggas**, Beede Center General Manager  
**Anita Stevanazzi-Hill**, Childcare Services Manager  
**Patti Doherty**, Assistant Childcare Services Manager  
**Erin MacDonough**, Beede Center Program Manager  
**Kathy Nutter**, Membership Coordinator  
**TJ Liakos**, Assistant to the Beede Center General Manager  
**Zach Vaillette**, Programs and Events Manager  
**Mardi Hutchinson**, Recreation Supervisor  
**Christine Kelleher**, Senior Administrative Assistant  
**Shari Barzun**, Tennis Coordinator  
**Gary Lanchester**, Custodian  
**Sue Ellerkamp**, Office Clerk

## CONCORD SENIOR SERVICES

Ginger Quarles, Director  
978-318-3020

## CONCORD SOCIAL SERVICES

Bonnie Wilbur, Community Services Coordinator  
978-318-3034

## CONCORD VETERAN SERVICES

Dick Krug, Veteran Services Officer  
978-318-3038

## CONCORD YOUTH SERVICES

Jennifer Clarke, Youth Coordinator  
978-318-3043

# Recreation Commission

Dear Concord residents:

On behalf of the Town of Concord Recreation Commission, I welcome you to enjoy and participate in the many great offerings in this brochure.

The Recreation Department has been quite busy developing and providing new and exciting recreational offerings in addition to the incredible array of programs that are currently provided. Some of the new offerings include:

- New membership opportunities at Beede Center
- Adaptive and inclusive programs and camps
- Rideout Movie series and other free events
- Stow Street Block Party
- Egg Hunt

Over the summer, additional facility improvements are underway including a new Pavilion at Rideout that was part of our Recreation Facilities Strategic Plan and funded by the Community Preservation Act (CPA) and the resurfacing of the Emerson track, which was kindly funded by Middlesex School. The Recreation Department is also supervising the development of a new adaptive and inclusive playground at Ripley field, partially funded by the CPA and also by community and private donations. The Recreation Department has recently taken over the management of the Visitor's Center in Concord Center. In addition to being a valued resource to Concord visitors, the Visitor's Center, with the Recreation Departments' support is launching a number of community events, including the very successful JazzFest (free event) which was held on June 5th.

The Recreation Commission is busy executing on our Facilities Strategic Plan and developing best practices to provide the best oversight and advice to the Recreation Department including establishing Key Performance Indicators (KPIs) to evaluate the performance of the myriad of programs the department is offering. The Recreation Commission will also be an integral part of Concord's long range planning process – Envision Concord – Bridge to 2030. As part of the long range planning process the town is seeking input from all town citizens. Please log on to [www.envisionconcord.org](http://www.envisionconcord.org) for more information.

As you will see, Recreation Department has been working hard to provide recreation offerings from the great swim and fitness programs at the Beede Center to the children before, afterschool and camp programs. We continue to work with the Town to promote our programs for the health and well being of our citizens and we welcome feedback.

Sincerely,

Peter A. Hunter  
Chair

Recreation Commission:

Peter Hunter (Chair)

Casey Atkins

Jack Carlton

Paul Grasso

Peter Ward

Steve Ng, Select Board member liaison representative

Scott Randall, Finance Committee liaison representative

# Registration Information

## REGISTRATION POLICY

Registration forms are processed on a first come first served basis and may be received by mail or in person. You may submit registration forms for you and your family and one additional household. Full payment must accompany the registration form in order to be processed. Beede Swim and Fitness Memberships must be current at time of registration to receive member rate. Registration forms will not be accepted before the registration date and will not be held if received early. In cases where classes are filled or canceled when we receive your registration, we will notify you to try and arrange an alternate class.

## CANCELLATION POLICY

There will be a \$25.00 (\$50 for AfterSchool, Before School, Terrific Tuesday and Concord Carousel Preschool) fee if you must cancel or switch a class once your registration has been processed. This applies to all Concord Recreation programs including membership at the Beede Swim and Fitness Center. Concord Recreation reserves the right to make schedule changes to better serve our members or to cancel/combine instructional classes and programs due to insufficient enrollment. Please make sure your calendar will allow you to enjoy all of the lessons/classes/programs before enrolling. Please see Childcare Services for additional information on schedule change fees.

A credit will be issued under the program participants name if the Facility must cancel a class due to:

1. Thunder/lightning
2. Mechanical issues
3. Fire Evacuation.

\*please note that AfterSchool, Before School, Terrific Tuesday and Concord Carousel Preschool are excluded.

No credits/makeups issued for circumstances which are beyond control of Concord Recreation including:

1. Missed classes due to illness or vacation or if you should choose not to attend
2. Snow/Blizzard, Tornado, Hurricane
3. Power outages
4. No water supply

## FALL PROGRAM REGISTRATION INFORMATION

<b>8/28/17</b>	Fall/Winter General Programs-open to all Fall only Aquatic Programs-open to Members and Summer Participants
<b>9/5/17</b>	Fall Aquatics Registration open to all
<b>9/10/17</b>	Deadline to register for Fall Aquatics
<b>9/18/17</b>	Fall programs begin
<b>12/17/17</b>	Fall programs end

## WINTER PROGRAM REGISTRATION INFORMATION

<b>12/4/17</b>	Winter only Aquatic Programs-open to Members and Fall Participants
<b>12/11/17</b>	Winter Aquatics Registration open to all
<b>12/17/17</b>	Deadline to register for Winter Aquatics
<b>1/2/18</b>	Winter programs begin
<b>4/1/18</b>	Winter programs end

Please note:

1. Registration for General Programs opens at 7am
2. Registration for Aquatics
  - a. 5:00am for Coached Workout-online only
  - b. 5:30 am for all other classes-in person, over the phone, online
  - c. 7:00am for Water Fitness-in person, over the phone, online
3. Musical Theater, Shamrock Ball, Skiing, Basketball, Concord Carousel Preschool have their own specific registration dates. Please check description for more info.



# CHILDCARE SERVICES

## CONCORD CAROUSEL PRESCHOOL

1276 Main Street  
W. Concord, MA 01742  
978-318-3045  
concordcarousel.com

## AFTER SCHOOL GRADES K-2

1276 Main Street  
W. Concord, MA 01742  
978-318-3045  
concordafterschools.com

## AFTER SCHOOL GRADES 3-5

90 Stow Street  
Concord, MA 01742  
978-287-1061 or  
978-318-3045  
concordafterschools.com

## TERRIFIC TUESDAYS

Alcott School  
concordafterschools.com

## BEFORE SCHOOL

Alcott, Thoreau, Willard  
concordafterschools.com

Concord Recreation has been providing childcare services for the Town of Concord since 1980.

*“To create a safe, nurturing community where children and families feel welcome and develop respectful relationships and inquisitive minds”.*

Childcare Services is made up of four divisions:

1. Concord Carousel Preschool
2. AfterSchool
3. Before School
4. Terrific Tuesdays

Every program holds a high standard in regards to providing excellent facilities, staff and opportunity to learn and grow. If you are interested in more information please contact us or check out the website at [www.concordafterschools.com](http://www.concordafterschools.com)



THE CONCORD  
CAROUSEL  
PRESCHOOL



# Concord Carousel Preschool



## CONCORD CAROUSEL PRESCHOOL AGES 2.9-5

**Anita Stevanazzi-Hill, Childcare Services Manager**

### Who We Are

Concord Carousel Preschool has provided a half day preschool experience to children of Concord and the surrounding towns for the past 30 years. We offer a small, creative learning environment for children ages 2 years 9 months – 5 years.

### Our Philosophy

Concord Carousel aims to create a safe, nurturing and quality preschool experience for our children and their families. Our classrooms are rich in materials and activity areas that support hands-on constructive explorations. Our activities promote children's, confidence, sense of wonder and natural passion for learning. There are opportunities to explore music, movement, science and nature. There are also opportunities for playing/working alone and in a group with other children and/or teachers. We also take numerous field trips to extend our learning beyond the classroom walls. Past trips have included walking trips to the bakery, post office and fire station, as well more distant locations like the Museum of Fine Arts, DeCordova Museum, Ecotarium and Theatreworks productions.

### Our Teachers

Every classroom is staffed by two Early Childhood Professionals. Our day-to-day practices are grounded in current research and theory concerning how young children learn. The people who work here have specialized

training in Early Childhood Education and experience working with young children.

### Our Facilities

Located in the Harvey Wheeler Community Center in West Concord, our facilities include four large sunny classrooms. Our outdoor play area is designed for imaginative play and includes a garden for planting and playing. Our learning experiences also extend into the West Concord community, with monthly visits to the library and field trips to local businesses, playgrounds and natural spaces.

### Registration

Enrollment for the current school year is ongoing and children are accepted throughout the year, if space is available. Registration for the 2018-19 school year begins online at [concordcarousel.com](http://concordcarousel.com) on January 17. Prior to registering, you are encouraged to schedule a visit during the morning with your child, to see our classrooms and to meet with the staff. Visiting our classrooms allows you and your child to get a genuine "feel" for our program. Carousel has an Open House scheduled for November 4 from 10 AM – Noon.

### Program Hours

Concord Carousel operates 2, 3, and 4 day programs (based on age) from 9:15 to Noon. An optional extended day, "Stay and Play" is offered for an extra fee. Carousel also offers "Stay and Swim" (with swim lessons at the Beede Center) – based on the interests of our families.

### 2017-2018

#### Monthly Tuition

2 Days-\$393.00  
3 Days-\$520.00  
4 Days- \$663.00

#### Eligibility

Born prior to 12/31/13                      3 or 4 days  
Born between 1/1/14-12/12/14   2 or 3 days

#### Registration Fee

\$50.00



# AfterSchool Program



## AFTER SCHOOL GRADES K-5

### Anita Stevanazzi-Hill, Childcare Services Manager

The mission of Concord Recreation’s AfterSchool Programs is to create a safe, nurturing community where children and families feel welcome and develop respectful relationships and inquisitive minds.

AfterSchool was created to meet the needs of families seeking an out-of-school time (OST) program that is an enriching and social experience. Concord Recreation’s AfterSchool Programs aim to provide a safe, nurturing and stimulating OST experience for children who attend our programs. Our daily activities are designed to be exciting, educational and fun, while promoting cooperation and respect for others. Our “club program” offers each child the opportunity to choose more intensive exploration of topics of interest throughout the school year. We supplement our activities with outside presenters such as mobile planetariums, science programs, etc. and with occasional field trips.

A major strength of our program is the outstanding qualities of our professional staff. Group leaders and assistants are selected based on their experience with school age children, with many having a background in education. All staff members are committed to providing a nurturing, positive experience for each child while presenting them with exciting daily activities.

#### Grades K-2

Harvey Wheeler Community Center 978-318-3045

Located in the heart of West Concord, HWCC has 4 sunny classrooms and an outdoor play area designed for imaginative play in a natural playscape. Our groups are often multi-aged, providing a family atmosphere where all chil-

dren know each other, enhancing social growth and peer interaction. There are many places of interest within easy walking distance, including the Fowler Library, Rideout Field and nature trails.

#### Grades 3 -5

Hunt Recreation Center 978-318-1060.

Located historic Concord Center, the Hunt Recreation site offers activity space on the first floor that can be divided to create smaller groupings, with computers stations for homework, and space for quiet activities, art, games and other group activities. Upstairs offers a full size gymnasium. Our outdoor space offers basketball courts, a playground and spacious fields. The Concord Library, nature trails and places of historic interest are within easy walking distance.

Transportation is provided by the Concord Public Schools from each child’s school to their AfterSchool Program site.

Registration for the 2018-2019 school year begins online at [concordafterschools.com](http://concordafterschools.com) in early March. If you would like to visit the program or receive more information, please call the Anita Stevanazzi-Hill, Child Care Services Manager at 978-318-3045 or [childcareprograms@concordma.gov](mailto:childcareprograms@concordma.gov). Fees are based on a full school year tuition and are divided into 10 equal monthly installments. The tuition is based on the cost of providing a program of high quality, with a highly qualified staff, on a self-supporting basis without tax support.

The AfterSchool Program runs from the end of the school day until 6 PM, Monday – Friday. We are not in session whenever school is closed.

The AfterSchool programs are licensed by the Department of Early Education and Care.

### Monthly Tuition

Days	Kindergarten	Grades 1-5
5	\$694.00	\$592.00
4	\$401.00*	\$401.00**
3	\$301.00*	\$301.00**
2	\$255.00*	\$255.00**

\* surcharge Tues or Thur \$143

\* surcharge Tues and Thur \$230

\*\*surcharge Tues \$143



## Terrific Tuesdays

### TERRIFIC TUESDAYS (GRADES K-5)

#### Anita Stevanazzi-Hill, Childcare Services Manager

This program will provide care on Tuesdays only and is available to children from all three elementary schools in grades k-5. Transportation is provided by the Concord Public Schools from each child’s school to Alcott for the TT Program.

Concord Recreation’s out of school time programs have a strong reputation for excellence. Our Terrific Tuesday program has a daily schedule that includes time for supervised indoor and outdoor play, special events, and homework, along with a variety of projects encompassing, science, art and other areas of interest to the children. Field trips and on site performers are also part of our programs.

A major strength of our program is the outstanding qualities of our professional staff. Group leaders and assistants are selected based on their experience with school age children, with many having a background in education. All staff members are committed to providing a nurturing, positive experience for each child while presenting them with exciting daily activities.

Terrific Tuesdays is located at the Alcott School. The program utilizes the cafe, gym and outdoor area.

Terrific Tuesday is in session from the close of the school day until 6 PM. We are closed whenever school is closed.

Registration for the 2018-2019 school year begins online at [concordafterschools.com](http://concordafterschools.com) in early March. Registration for the current school year is ongoing on a space available basis. If you would like to visit the program or receive more information, please call the Anita Stevanazzi-Hill, Child Care Services Manager at 978-318-3045 or [childcareprograms@concordma.gov](mailto:childcareprograms@concordma.gov).

Fees are based on a full school year tuition and are divided into 10 equal monthly installments. The tuition is based on the cost of providing a program of high quality, with a highly qualified staff, on a self-supporting basis without tax support.

**Monthly Tuition-**\$245.00



## Before School Program

### BEFORESCHOOL (GRADES K-5)

#### Anita Stevanazzi-Hill, Childcare Services Manager

Concord Recreation offers a Before School Program for children in Kindergarten through Grade 5. Before School is available Monday through Friday from 7:30 to the start of the school day at the three elementary schools, Alcott, Thoreau, and Willard. The program meets in each school’s cafeteria and offers a supervised setting in which children socialize with their friends, read, play games, and work on projects or homework. When possible, outdoor play is a part of our day. The program is not in session when school is closed or has a delayed opening.

Our Before School programs are staffed by Concord Public School employees and/or staff who work in our AfterSchool and Carousel Preschool programs.

Registration for the 2018-2019 school year begins online at [concordafterschools.com](http://concordafterschools.com) in early March. Registration for the current school year is ongoing on a space available basis. If you would like to receive more information, please call the Anita Stevanazzi-Hill, Child Care Services Manager at 978-318-3045 or [childcareprograms@concordma.gov](mailto:childcareprograms@concordma.gov). Applications and fee schedules are also online.

Fees are based on a full school year tuition and are divided into 10 equal monthly installments. The tuition is based on the cost of providing a program of high quality, with a highly qualified staff, on a self-supporting basis without tax support.

#### Monthly Tuition

Days	
5	\$233.00
4	\$184.00
3	\$163.00
2	\$122.00
1	\$61.00





# GENERAL PROGRAMS

MUSICAL THEATER

VACATION DAYS

MINDFULNESS

COOKING

LEGO

COMPUTERS AND SCIENCE

TRIPS

GAMES

GYM TIME

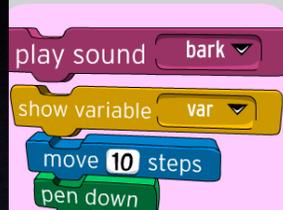
STEM

**CONCORD RECREATION**

**HUNT RECREATION CENTER**

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-318-3190 fax  
Mon-Fri 8:00 am - 6:00 pm  
concordrec.com

There are a wide variety of programs offered by Concord Recreation. These programs include Musical Theater, Day Trips, Cooking, Vacation Week offerings and much more. Every season we strive to add new programs that will fit the needs of the community. Please be sure to contact the Recreation Department with questions or to register.



# Musical Theater

Musical Theater Experiences is in its 20th year. We offer children the opportunity to learn and then perform for family and friends, an age appropriate version of both original and well know musicals. Emphasis is on building self-confidence and self-esteem. No auditions or experience is necessary and everyone gets a part, along with singing and dancing.

**DIRECTORS** Elaine Jarvis, Nancy Peck, Jennifer Jarvis  
**CLASS LENGTH** 65-minute  
**MIN/MAX** 20/40  
**LOCATION** Changes based on session  
**FEE** \$249.00



## FALL SESSION

“Peter Pan”

Alcott School

Registration:  
Monday August 28th, 7am

### THURSDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 320800-H1  
**DATES** Sept 7-Nov 17  
**PERFORMANCE** Nov. 16 5pm

### THURSDAY CAST 2

**TIME** 4:50-6:00pm  
**ACTIVITY #** 320800-H2  
**DATES** Sept 7-Nov 17  
**PERFORMANCE** Nov. 16 6pm

### FRIDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 320800-F1  
**DATES** Sept 8-Nov 18  
**PERFORMANCE** Nov. 17 5pm

## WINTER SESSION

“Beauty and the Beast”

Willard School

Registration:  
Monday November 6th, 7am

### THURSDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 420800-H1  
**DATES** Nov 30-Feb 8  
**NO CLASS** Dec 21 and Dec 28  
**PERFORMANCE** Feb. 8 5pm

### THURSDAY CAST 2

**TIME** 4:50-6:00pm  
**ACTIVITY #** 420800-H2  
**DATES** Nov 30-Feb 8  
**NO CLASS** Dec 21 and Dec 28  
**PERFORMANCE** Feb. 8 6pm

### FRIDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 420800-F1  
**DATES** Dec 1-Feb 9  
**NO CLASS** Dec 22 and Dec 27  
**PERFORMANCE** Feb. 9 5pm

## SPRING SESSION

“Little Mermaid”

Thoreau School

Registration:  
Monday February 5th, 7am

### THURSDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 120800-H1  
**DATES** Mar 1-May 17  
**NO CLASS** Apr. 19  
**PERFORMANCE** May 17 5pm

### THURSDAY CAST 2

**TIME** 4:50-6:00pm  
**ACTIVITY #** 120800-H2  
**DATES** Mar 1-May 17  
**NO CLASS** Apr 19  
**PERFORMANCE** May 17 6pm

### FRIDAY CAST 1

**TIME** 3:40-4:50pm  
**ACTIVITY #** 120800-F1  
**DATES** Mar 2-May 18  
**NO CLASS** Apr 20  
**PERFORMANCE** May 18 5pm

# Vacation Week Programs

Join Concord Recreation for a fun filled week of field trips and activities. Each day, a morning and afternoon snack will be provided. Please pack a lunch everyday unless noted. Appropriate clothing and footwear is required for outdoor and gym use, so please pack accordingly. Times listed each day are expected departure and return times for field trips. If your child has an allergy or medical condition, please let us know. If your child requires medication a form must be filled out and the medication must be provided by the family. Children must be signed in and out each day. Field Trip schedule to be announced.

## ROSH HASHANAH

<b>LOCATION</b>	Hunt Recreation Bld
<b>MIN/MAX</b>	15/45
<b>AGE/GRADE</b>	Grades K-5
<b>TIME</b>	8:00am-6:00pm
<b>DATES</b>	September 21
<b>FEE</b>	\$65
<b>ACTIVITY #</b>	540001-RH

## PROFESSIONAL DAY-FALL

<b>LOCATION</b>	Hunt Recreation Bld
<b>MIN/MAX</b>	15/45
<b>AGE/GRADE</b>	Grades K-5
<b>TIME</b>	8:00am-6:00pm
<b>DATES</b>	November 7
<b>FEE</b>	\$65
<b>ACTIVITY #</b>	540001-PF

## DECEMBER VACATION WEEK 2017

<b>LOCATION</b>	Hunt Recreation Bld	
<b>MIN/MAX</b>	15/45	
<b>AGE/GRADE</b>	Grades K-5	
<b>TIME</b>	8:00am-6:00pm	
<b>DATES</b>	December 26-December 29	
<b>FEE</b>	\$65 per day	
<b>ACTIVITY #</b>	540001-D1	Tuesday
	540001-D2	Wednesday
	540001-D3	Thursday
	540001-D4	Friday

## FEBRUARY VACATION WEEK 2018

<b>LOCATION</b>	Hunt Recreation Bld	
<b>MIN/MAX</b>	15/45	
<b>AGE/GRADE</b>	Grades K-5	
<b>TIME</b>	8:00am-6:00pm	
<b>DATES</b>	February 20-February 23	
<b>FEE</b>	\$65 per day	
<b>ACTIVITY #</b>	540001-F1	Tuesday
	540001-F2	Wednesday
	540001-F3	Thursday
	540001-F4	Friday

# Mindfulness

## NEW DEVELOPING STRONG WOMEN

Deep Dive into personal development with energy work every week, meditation, yoga, tapping (EFT), journaling, life skills, & strategies to help you enjoy what matters most to you. Your best life is waiting. Topics- Self Love, Forgiveness, The Power of Letting Go, & much more!

**MIN/MAX** 8/20

**LOCATION** Hunt Recreation Bld

**AGE** 16+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	6:30-8:00P	Tuesday	11/14-12/19	321206-TU	\$199.00
Winter	6:30-8:00P	Thursday	2/1-3/15	421202-TH	\$199.00

## NEW GIRL POWER

A program that inspires girls to be strong, smart and amazing! Empowerment, life lessons, and fitness all rolled into one incredible program. We cover everything from how to be a good friend, healthy nutrition, how to be brave & courageous to the importance of rest.

**MIN/MAX** 10/25

**LOCATION** Hunt Recreation Bld

**GRADE** 3-5

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	6:00-7:00P	Thursday	9/21-11/16	321207-TH	\$150.00
Winter	6:00-7:00P	Wednesday	1/17-3/14	421203-TH	\$150.00

## NEW DISCOVER THE POWER OF YOU

A powerful class for women. Girl Power for grownups! Learn how to live your best life. Develop a positive daily practice, learn about triggers and strategies to combat them, learn about the power of self-love, forgiveness and letting go. Love and kindness meditation is part of the program.

**MIN/MAX** 10/25

**LOCATION** Hunt Recreation Bld

**AGE** 16+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	6:00-7:30P	Thursday	10/5	321208-TH	\$40.00
Winter	6:00-7:30P	Tuesday	1/9	421204-TH	\$40.00

# Cooking

## NEW KIDS TEST KITCHEN

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients! We'll meet for 6 weeks and will work together to prepare fun snacks, entrées, and side items whose key ingredients are known to be really good for us! We'll be tossing, chopping, and chomping – great greens, crisp fruit, and savory comfort food. At the end of class your aspiring chef will receive the main ingredient, or a sample of the prepared dish, so that they can show off what they've learned! If you have questions regarding your child's allergies and how they might be accommodated; please contact [emily@kidstestkitchen.com](mailto:emily@kidstestkitchen.com). Kids' Test Kitchen is created by Registered Dietitian and mom, Emily Seward, who brings her passion for connecting with children and food to empower and inspire the healthy eaters in all of us. [www.facebook.com/kidstestkitchen/](http://www.facebook.com/kidstestkitchen/)

MIN/MAX 10/15

LOCATION Hunt Recreation Bld

AGE All

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall Session 1	4:30-5:30P	Monday	9/18-10/30*	321205-M1	\$116.00
Fall Session 2	4:30-5:30P	Monday	11/13-12/18*	321205-M2	\$116.00
Winter Session 1	5:00-6:00P	Tuesday	1/9-2/13	421201-T1	\$116.00
Winter Session 2	5:00-6:00P	Tuesday	3/6-4/3	421201-T2	\$97.00

\*NO CLASS 10/9

## NEW PIZZA AND FOCACCIA

Join professional chef Jeannette Pothier for Pizza and Focaccia. The precursor of pizza was probably the focaccia, a flat bread known to the Romans to which toppings were then added. Pizza made at home, can be one of our healthiest food today. Let's look at the history of yeast dough, and work with it to make focaccia bread and great pizzas. The dough will be ready for class, and we will make the bread and pizza and then everyone will make their own dough to take home to be baked the next day, or frozen. Bring an apron, and a small paring knife. Food fee of \$10 is due to instructor at class.

MIN/MAX 5/12

LOCATION Harvey Wheeler

AGE 12+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	6:30-9:00P	Mon & Thur	10/19	321209-TH	\$44.00

## NEW EASY PIE MAKING

Join professional chef Jeannette Pothier for Easy Pie Making. Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman, of Modern Gourmet and taught Classic French foods, including French baking and has been teaching for a number of years. Pie making is one of the fun classes loves to teach. Have you tried making a basic pastry crust – but decided to buy your crust or even your pies? Learn the technique of a truly fool-proof crust for use in sweet or savory pies. You will make an apple pie and we will bake one to serve. Everyone will take home an apple pie made during class. These freeze well. We will discuss flours, fats and different recipes. Tins and freezer boxes will be provided. Bring a wooden spoon, paring knife, rolling pin, apron, and get ready for a fun class. Material cost \$10 to be paid to instructor.

MIN/MAX 5/12

LOCATION Harvey Wheeler

AGE 12+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	6:30-9:00P	Wednesday	11/8	321210-W1	\$44.00

# Cooking

## NEW DINNER AGAINST THE CLOCK

Join professional chef Jeannette Pothier for Dinner Against the Clock. Jeannette's teacher, Madeleine Kamman wrote a book by this name, Dinner Against The Clock and the recipes are very quick, yet involve cooking techniques you apply every day. The meals are simple, yet delicious. Learn how to use the correct knives, Chicken dinner with a colorful pepper cream sauce and pilaf, and serve it with an assortment of vegetables plus dessert. Bring an apron, your knives and a smile. We will discuss menu planning for the weekday meals that can be used to entertain. \$10 material fee paid to instructor.

**MIN/MAX** 5/12

**LOCATION** Harvey Wheeler

**AGE** 12+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	6:30-9:00P	Wednesday	1/10	421205-TH	\$44.00

## NEW BREAD DOUGH SIMPLIFIED

Join professional chef Jeannette Pothier for Bread Dough Simplified. Learn how to use yeast to make French bread, rolls and sourdough bread. If you have ever killed your yeast while making bread and rolls, this is the class for you. Our focus will be on making bread by hand and in the food processor. We will bake what we make, as the dough will have been prepared ahead, but you will make the dough again in class. Bring an apron and be ready for a fun class! Material cost will be approximately 10 please pay instructor that night.

**MIN/MAX** 5/12

**LOCATION** Harvey Wheeler

**AGE** 12+

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	6:30-9:00P	Thursday	3/15	421206-TH	\$44.00

# Legos

## NEW LEGO ROBOTICS 1

Wicked Cool For Kids Presents LEGO Robotics 1. LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

MIN/MAX 8/14

LOCATION 55 Church Street

GRADE 2-5

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	5:45-6:45P	Wednesday	9/20-10/25	321212-W1	\$138.00

## NEW LEGO ROBOTICS 2

Wicked Cool For Kids Presents LEGO Robotics 2. LEGO Robotics 2 is a more advanced class where students create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

MIN/MAX 8/14

LOCATION 55 Church Street

GRADE 2-5

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	5:45-6:45P	Wednesday	11/1-12/13*	321214-W1	\$138.00

\*NO CLASS 11/22

## NEW MINECRAFT USING LEGO

Mine, Craft, Building Adventure Game using LEGO. Bring Minecraft to life using LEGO bricks. Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, and use these resources to build special items to help in our adventures! Build a Zoo, create a Medieval Castle, and design a Tree House Village! This experience is an original game designed by Play-Well instructors inspired by the popular game, Minecraft. Students will have a blast, even without any prior experience with Minecraft of the LEGO building system.

MIN/MAX 11/16

LOCATION 55 Church Street

GRADE K-3

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	1:15-2:45P	Tuesday	9/19-12/19	321215-17	\$330.00

## NEW LEGO ANIMATION

Bring your kid's love for LEGO to the big screen! Our expert instructors work with students to develop storytelling skills, learn animation software, and capture the action of their LEGO movies. After filming, students work on the post-production process to add titles, transitions, sounds, and music to make their movies complete! Movies are available to take home to share with family & friends.

MIN/MAX 8/12

LOCATION Thoreau School

GRADE 2-8

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	3:45-4:45P	Monday	11/13-12/18	321203-M1	\$176.00

# Computers and Science

## NEW CODING IN JAVA

For kids who want to try their hand at creating games, animations, and applications by writing code. Students will start with fundamental concepts using Scratch, an easy-to-understand, block-based, drag & drop coding language. Once kids are familiar with the basic concepts, we introduce Java, an industry standard language used in many of the applications running on your Android device, and in the 2nd best-selling video game of all time, Minecraft.

MIN/MAX 8/12

LOCATION TBD

GRADE:2-8

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	5:00-6:00P	Monday	11/13-12/18	321204-M1	\$176.00

## NEW SCRATCH

Scratch the surface of programming with Scratch! Developed by M.I.T, Scratch is one of the most engaging ways to teach kids to code. Students learn the basics of computer programming by arranging puzzle-like blocks into lines of code in a drag-&-drop graphical interface. Possible projects include video games, animations, simulators, and even role-playing games. After the class, projects are shared with family

MIN/MAX 8/12

LOCATION Willard School

GRADE 2-8

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	5:00-6:00P	Monday	9/18-10/30*	321202-M1	\$152.00

\*NO CLASS 10/9

## NEW SCIENCE MYSTERIES

Wicked Cool For Kids Presents Science Mysteries. Who dunnit? How did you do that? Solve awesome science mysteries by becoming a super science sleuth! Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science!

MIN/MAX 8/14

LOCATION 55 Church Street

GRADE 1-5

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Fall	4:30-5:30P	Wednesday	9/20-10/25	321211-W1	\$138.00

\*NO CLASS 10/9

## NEW FOLLOW ME ROBOT

Sciensational presents Follow Me Robot. How would you like to build a robot that has four built-in microphones? It will detect the sound source and in turn it will move and turn accordingly. It is your own robot to build and take home. Wow! It starts flashing and plays Do-Re-Me. Make it move the way you want it to move. Learn about the different gears and sensors as you build it. Get to build other robots working in groups. Join in our Sumo wrestling and obstacle course events with what you have built. See everything happening as you build. That's the Sciensational way!

MIN/MAX 10/20

LOCATION 55 Church Street

AGES 7-17

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	9:00A-4:00P	Tuesday&Wednesday	2/20-2/21	421207-TW	\$174.00

\*NO CLASS 10/9

# Trips

**NEW**

## BOSTON POPS HOLIDAY TRIP

Join us for a dazzling, engaging performance by America’s Orchestra and relish the elegance of historic Symphony Hall. Trip Departs from the Littleton Recreation Department located at 33 Shattuck Street. Come see the Boston Pops and the renowned Keith Lockhart in 2017 for a singularly sensational day of memorable music, so great that it ‘Pops!’ On arrival in Boston, you’ll enjoy a delicious, full course luncheon at the Venezia Restaurant\*, overlooking the Harbor. Followed by a drive along Boston Common to view the beautiful Christmas lights display before arriving at Symphony Hall where Keith Lockhart will be conducting the 4:00 PM matinee performance and Santa will be appearing as well! Enjoy the show from your First Balcony seats. You’ll arrive home at approximately 7:00 PM-  
**TOUR INCLUDES:-Reserved First Balcony Seats: 4:00 PM Show-Delicious Luncheon at Venezia Restaurant - Luxury Silver Fox CD/DVD/WiFi Motor Coach**

**NEW**

## NEW YORK CITY SHOPPING TRIP

At last, a chance for you to get away to New York, New York! The Big Apple! Here you can get an early start on your Christmas shopping, spend the day sightseeing, or visit New York’s world class museums. From the world’s largest department stores to the finest museums and Broadway, the Big Apple has it all! You will depart from Littleton Recreation, 33 Shattuck Street, onboard your luxury CD/DVD/WiFi equipped Silver Fox Coach at 6:00 AM. A coffee stop (on your own) will be made along the way. For your convenience, a map of NYC illustrating points of interest will be provided for all. On arrival in New York, stops will be made at both Rockefeller Center and Macy’s. The Rockefeller Christmas Tree will be all aglow and on display for your viewing pleasure. Then you’re on your own to enjoy the ‘Big Apple’. You’ll depart for home at 6:00 PM, arriving back at approximately 11:00 PM.

<b>LOCATION</b>	Littleton Recreation
<b>MIN/MAX</b>	5/20
<b>AGE/GRADE</b>	All
<b>TIME</b>	10:30am-7:00pm
<b>DATE</b>	Thursday December 14, 2017
<b>FEE</b>	\$139.00
<b>ACTIVITY #</b>	420200-17

<b>LOCATION</b>	Littleton Recreation
<b>MIN/MAX</b>	5/20
<b>AGE/GRADE</b>	All
<b>TIME</b>	6:00am-11:00pm
<b>DATE</b>	Saturday December 2, 2017
<b>FEE</b>	\$69.00
<b>ACTIVITY #</b>	420201-17

**NEW**

## SIX FLAGS-MIDDLE SCHOOL

Concord Recreation will be taking middle school students to Six Flags New England on Saturday October 14th. Program includes transportation & ticket. Trip leaves and returns to and from the Hunt Recreation Center. Students will NOT be supervised during the event. Students will be required to check in multiple times during the day, but will be able to roam the park freely. Please note a minimum of 35 students are needed in order for the trip to run. Tell your friends!

<b>LOCATION</b>	Hunt Recreation Center
<b>MIN/MAX</b>	35/80
<b>AGE/GRADE</b>	All
<b>TIME</b>	10:00am-9:00pm
<b>DATE</b>	Saturday October 14, 2017
<b>FEE</b>	\$99.00
<b>ACTIVITY #</b>	320002-17

## Trips

**NEW**

### NH WHITE MOUNTAINS TRIP

The White Mountains in New Hampshire are beautiful, especially ablaze with autumn colors. Visit charming North Conway Village, with tax-free shops offering New England-made products and crafts. Not a shopper? Enjoy the interesting Mt. Washington Observatory Weather Discovery Center right in town (Note: \$2.00pp admission). Tour includes: Round-trip Coach Transportation: morning departure, refreshments and snacks served on board, All-You-Can-Eat Grand Sunday Brunch at historic White Mountain Resort, delightful one-hour train ride on the Conway Scenic Railroad through Mt. Washington Valley. Time for browsing in North Conway Village at tax-free shops, including Zeb's General Store and the historic Five & Dime Store. Taxes and service charges included, except customary gratuities to driver and escort. Celebration Tours. Departure and return drop-off will be in Acton, Littleton, Carlisle, or Concord.

<b>LOCATION</b>	TBD
<b>MIN/MAX</b>	5/20
<b>AGE/GRADE</b>	All
<b>TIME</b>	TBD
<b>DATE</b>	Sunday October 1, 2017
<b>FEE</b>	\$118.00
<b>ACTIVITY #</b>	321216-17

**NEW**

### RADIO CITY CHRISTMAS TRIP

Join us for one of our most popular day trips ... the fabulous Radio City Christmas Spectacular, featuring the ever-popular Rockettes! Leave early morning for New York, where your coach will drop the group in the Rockefeller Center area, with time for lunch on your own and some browsing and shopping. Meet at Radio City for the afternoon performance of this classic show, which has thrilled kids of all ages since 1933. Tour includes: Round-trip coach transportation with an early morning departure and late return. Refreshments served en route. Time to shop and browse in the Rockefeller Center area, or stroll 5th Avenue, ice skate and have lunch on your own. Reserved orchestra/first mezzanine seating for the Radio City Music Hall Christmas Spectacular, featuring the Rockettes. (Late afternoon show). Celebration Tours II escort throughout. Please note that Gratuities to driver and escort not included. Departure and return drop-off will be either in Acton, Littleton, Carlisle, or Concord.

<b>LOCATION</b>	TBD
<b>MIN/MAX</b>	5/20
<b>AGE/GRADE</b>	All
<b>TIME</b>	TBD
<b>DATE</b>	Saturday November 11, 2017
<b>FEE</b>	\$162.00
<b>ACTIVITY #</b>	321217-17

## Games

**NEW**

### VIDEO GAME DESIGN

Go from gamer to designer with Empow Studios. Kids love playing video games, but they have even more fun playing games designed by them and their friends! One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable once the kids bring their games home for you to play!

<b>LOCATION</b>	Willard School
<b>MIN/MAX</b>	8/12
<b>AGE</b>	All
<b>TIME</b>	3:45pm-4:45pm
<b>DATE</b>	September 18-October 30
<b>FEE</b>	\$152.00
<b>ACTIVITY #</b>	321201-M1

# Gym Time



## FAMILY OPEN GYM

The Hunt Gym is open for kids up to age 6 accompanied by an adult. Balls, hula hoops, and other play equipment will be available. No toys/items with wheels please. No registration required. \*FREE\*

**MIN/MAX** 0/99 **LOCATION** Hunt Recreation Center **AGE** All

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	1:30-3:00P	Wednesday	1/4-3/29*	413700-17	Free

\*NO CLASS 12/24, 2/18



## OPEN GYM WALK

Get out of the cold weather and get your steps in. Concord Recreation will have gym time available this winter for walkers on Monday and Fridays from 2:30 to 3:30 in the Hunt Gym. This is a free program, but sign in at the front desk at Hunt is required. Proper footwear is required.

**MIN/MAX** 0/99 **LOCATION** Hunt Recreation Center **AGE** All

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	2:30-3:30P	Monday and Friday	12/1-3/16*	420003-18	Free

\*NO CLASS 12/25, 1/1, 1/15, 2/19

# Stem

## NEW INTRO TO STEM WITH LEGO

Ratchet up your imagination with tens of thousands of LEGO parts! Build engineer-designed projects such as Motorcycles, Castles, Airplanes, and Monorails. Then use pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO building system with guidance of an experienced Play-Well instructor. There is no prerequisite for this course.

**MIN/MAX** 11/16 **LOCATION** 55 Church Street **GRADES** K-3

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	1:15-2:45P	Tuesday	1/9-3/27	421208-18	\$285.00

## NEW GIRLS STEM SQUAD

Wicked Cool For Kids Presents Girls STEM Squad. Join the STEM to STEAM movement! Engineer and design awesome projects while learning science and math concepts. Construct a kinetic motion-based marble painting, colorful kaleidoscopes, and terrific tessellations. Experiment with air pressure as we dive deep with cartesian divers and make a mini night light to light up your space.

**MIN/MAX** 8/14 **LOCATION** 55 Church Street **GRADES** 1-5

SESSION	TIME	DAY	DATE	ACTIVITY #	FEE
Winter	4:30-5:30P	Wednesday	11/1-12/13*	321213-W1	\$138.00

\*NO CLASS 11/22



# EVENTS

SLEEPY HOLLOW 5K/FUN RUN

WINTER WONDERLAND

6TH GRADE HALLOWEEN

PARTY

TRUNK OR TREAT

HOLIDAY MOVIE NIGHT

PARENTS NIGHT OUT

SNOWMAN CONTEST

7TH & 8TH GRADE PARTY

## CONCORD RECREATION

HUNT RECREATION CENTER

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-318-3190 fax  
Mon-Fri 8:00 am - 6:00 pm  
concordrec.com

Concord Recreation is committed to providing fun and exciting events for all ages. Throughout the year there are seasonal events and activities that include Winter Wonderland, Trunk or Treat, Shamrock Ball, and the Stow Street Block Party to name a few.



# Events

## SLEEPY HOLLOW 5K/FUN RUN

The 2nd Annual Sleepy Hollow 5k will take place on Saturday, October 28th, 2017. Race starts at 10:30am. Awards will be given to the top male and female runner of each division. Digital display at finish line with printout. Run through history past the graves of Emerson, Hawthorne, Thoreau, and Alcott. Divisions (by age) Those under 12 years old who would like to run the race please call 978-287-1053. Register before October 3rd and receive an official race shirt.

<b>TIME</b>	5K starts at 10:30am Fun Run starts at 10:00am
<b>DAY</b>	Saturday
<b>DATE</b>	October 28, 2017
<b>ACTIVITY #</b>	380000-17 (5K) 380000-F (Fun Run)
<b>FEE</b>	\$30 (5K) \$15 (Fun Run)
<b>LOCATION</b>	Hunt Recreation Center

## SIXTH GRADE HALLOWEEN PARTY

The annual 6th Grade Halloween Party will take place on Friday October 27th, 2017 at the Hunt Gym from 7pm-9pm. Come dressed in costume, enjoy music, raffles, games, prizes, refreshments and a costume contest. Tickets are on sale August 26th online, over the phone or at the Hunt Building. Tickets must be purchased in advanced and CANNOT be purchased at the door. Parent chaperones are needed. Please call (978)287-1050 to help. Allergy free snacks will be served but please inform us of your child's allergy.

<b>TIME</b>	7:00-9:00
<b>DAY</b>	Friday
<b>DATE</b>	October 27
<b>ACTIVITY #</b>	313500-17
<b>FEE</b>	\$20.00
<b>LOCATION</b>	Hunt Recreation Center

**FREE**

## WINTER WONDERLAND

Join Concord Recreation for our 3rd Annual Winter Wonderland event. This is a free community event on Saturday, February 10th starting at 1:00pm at Emerson Field/ Hunt Recreation Center. This event will be headlined by ice skating, a bonfire, horse drawn sleigh rides, food, music, and much more.

<b>TIME</b>	1:00-4:00pm
<b>DAY</b>	Saturday
<b>DATE</b>	February 10, 2018
<b>ACTIVITY #</b>	480000-18
<b>FEE</b>	Free Community Event
<b>LOCATION</b>	Hunt Recreation Center

**FREE**

## TRUNK OR TREAT

Our third annual Trunk or Treat will take place on Sunday, October 29th, 2017 in the Beede Center Parking Lot. Trunk-or-treat is a FREE Halloween community event where participants decorate a vehicle's trunk/tailgate and pass out candy as kids from car to car. Trunk or treating allows kids to have all the trick or treating fun without crossing streets or worrying about traffic. Please register only if you are decorating your car.

<b>TIME</b>	5:00pm-6:30pm
<b>DAY</b>	Sunday
<b>DATE</b>	October 29, 2017
<b>ACTIVITY #</b>	380001-17
<b>FEE</b>	Free Community Event
<b>LOCATION</b>	Hunt Recreation Center

# Events

**FREE**

## HOLIDAY MOVIE NIGHT

Holiday Movie Night is a free community event that offers families the opportunity to enjoy a holiday classic on the big screen. The event will take place in the Hunt Gym. Bring your blankets and a snack!

## 7TH & 8TH GRADE PARTY

Enjoy music, raffles, games, refreshments and prizes at the 7th / 8th Grade Winter Wonderland Party on Friday February 9, 2018 from 7pm-9pm at the Hunt Gym. Tickets can be purchased online, over the phone or at the Hunt Building. **TICKETS SOLD IN ADVANCE AND WILL NOT BE SOLD AT THE DOOR!** Parent chaperones are needed. Please inform us if your child has a food allergy. Allergy and gluten free refreshments will be served in addition to traditional snacks

TIME	7:00-9:00pm
DAY	Friday
DATE	February 9th, 2018
ACTIVITY #	413701-18
FEE	\$20.00
LOCATION	Hunt Recreation Center

TIME	6:30-8:30pm
DAY	Wednesday
DATE	December 20
ACTIVITY #	480001-17
FEE	Free Community Event
LOCATION	Hunt Recreation Center

**NEW** **BEEDE BIKE EVENT**

**FREE**

The beede swim and fitness center presents a fun night riding your bike at night! This fall bring you bike and glow sticks to the Beede Center to see how many time you can circle the "loop". There will be music and contests for most laps and most creative bikes. This event will take place in the evening during the fall and will have two groups, one for children and one for adults.

Check the website for updates [www.beedecenter.com](http://www.beedecenter.com)

## PARENTS NIGHT OUT

Get out for a night while we entertain your children. Open to ages 5-11 years old. We will have snacks, crafts, a movie and games. Whether if you have to get some last minute shopping done or would just like to an evening to stay in and relax, this is your opportunity to do so. Have your children join Concord Recreation on December 18th from 6pm-9pm for a night of fun, games, and pizza. Open to all grades K-8. Each participant must fill out health and emergency contact form if not part of Concord AfterSchool Program. Register in online or in person at Hunt Recreation Center

TIME	6:00-9:00P
DAY	Friday
DATE	December 15
ACTIVITY #	420001-17
FEE	\$15.00
LOCATION	Hunt Recreation Center

## SHAMROCK BALL

This semi-formal event takes place on Saturday March 10, 2018 at the Westford Regency and is open to girls in grades 2-6 and any adult guest.

This program will be available for registration on **Friday February 2, 2018 at 9am**. Tickets are sold as a pair. One for the adult and one for the child. If you have other children there is a reduced fee of \$20 for the 2nd, 3rd, etc child. When you register online please register the child(ren).



## SPORTS

ADULT BASKETBALL

ADULT VOLLEYBALL

TENNIS-YOUTH AND ADULT

PICKLEBALL

BEFORE SCHOOL SPORTS

YOUTH BASKETBALL

DANCE

GYMNASTICS

SOCCER

**CONCORD  
RECREATION**

**HUNT RECREATION CENTER**

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-318-3190 fax  
Mon-Fri 8:00 am - 6:00 pm  
concordrec.com

Sports are a great way to stay active, keep social and learn teamwork. There are programs designed for all ages that include tennis, basketball, volleyball, dance, gymnastics and more.



# Tennis



## Concord Recreation Tennis

Shari Barzun, Tennis Coordinator  
978-287-1055  
sbarzun@concordma.gov

### PRIVATE LESSONS

Private lessons are available. If interested please contact the tennis coordinator Shari Barzun, Concord Recreation Tennis Coordinator 978-287-1055 or sbarzun@concordma.gov.

NEW

## FIRST ANNUAL EMERSON OPEN TENNIS TOURNAMENT

**Location:** Emerson Courts (Weather Permitting)

**Date:** October 21, 2017

**Entry Fee:** \$30 per person, \$35 if entering two divisions.

**Divisions:** Women's, Men's and Mixed Doubles

**Levels:** Novice 2.5-3.0, Challenger 3.0-3.5, Open 3.5-4.5

Draws are either round robin or double elimination format to be determined by tournament committee based on entries. All matches shall use no-ad scoring. The match format (pro set, best two out of three sets, match tie break in lieu of a third set, single set, etc) is determined by tournament committee based on entries. Each participant will receive a tournament t-shirt and be guaranteed at least two matches. Draws will be available October 18. Please use the NTRP rating guide to help determine the correct level of play. If you are unsure of level please contact the tennis office, 978-287-1055.

*The tournament directors reserve the right to override any team's entry in the wrong division before the draws are made. Notice will be given prior to the change. Our goal is to provide great tennis competition.*

TIME	DAY	DATES	ACTIVITY	FEE	GROUP
9:00A-1:00P	Saturday	10/21	336005-MN	\$30.00	Men
9:00A-1:00P	Saturday	10/21	336005-MX	\$30.00	Mixed
9:00A-1:00P	Saturday	10/21	336005-WN	\$30.00	Women

# Tennis

## LITTLE ACES (AGES: 4-5)

For children ages 4-5. Developmentally appropriate skills, fun and etiquette are emphasized. Racquets will be provided if needed.

**LOCATION** Fall Sessions-Emerson Courts ,Winter Session-Hunt Recreation Center

**MIN/MAX** 2/4

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall 1	1:00-1:30P	Monday	9/11-10/27	336004-M1	\$107.00
Fall 1	1:30-2:00P	Monday	9/11-10/27	336004-M6	\$107.00
Fall 1	11:00-11:30A	Tuesday	9/11-10/27	336004-T1	\$125.00
Fall 1	1:00-1:30P	Thursday	9/11-10/27	336004-H1	\$125.00
Fall 1	1:30-2:00P	Thursday	9/11-10/27	336004-H2	\$125.00
Fall 1	11:00-11:30A	Friday	9/11-10/27	336004-F1	\$125.00
Fall 2	1:30-2:00P	Monday	11/11-12/12	336004-M3	\$107.00
Fall 2	2:00-2:30P	Monday	11/11-12/12	336004-M7	\$107.00
Winter 1	1:30-2:00P	Monday	1/8-2/26	436004-M1	\$90.00
Winter 1	2:00-2:30P	Monday	1/8-2/26	436004-M2	\$90.00
Winter 2	1:30-2:00P	Monday	3/5-4/9	436004-M3	\$125.00
Winter 2	2:00-2:30P	Monday	3/5-4/9	436004-M4	\$125.00

\*NO CLASS 10/9, 10/10 1/15, 2/19

## JUNIOR TENNIS-JUNIOR DEVELOPMENT "JD" - (AGES: 5-16)

The JD program is geared to meet the needs of each player. Group lessons (clinics) will be offered for 1 hour, once a week, Monday through Friday. Please see schedule for clinic times.

**LOCATION** Emerson Tennis Courts

**MIN/MAX** 3/6

Young Guns 1: Beginner (6-7)

Young Guns 2: Advanced Beginner (7-11)

Young Guns 1; Beginner (7-11)

Young Guns 2: Advanced Beginner (10-13)

Young Guns 1; Beginner (12-16)

Challenger: Intermediate-Adv. Intermediate (10-13)

Challenger: Intermediate-Adv. Intermediate (11-16)

LEVEL	TIME	DAY	DATES	ACTIVITY	FEE	AGE
Young Guns 1	4:00-5:00P	Monday	9/11-10/27	336003-M1	\$167.00	6-7
Young Guns 1	2:00-3:00P	Tuesday	9/11-10/27	336003-T4	\$195.00	6-7
Young Guns 1	3:00-4:00P	Tuesday	9/11-10/27	336003-T1	\$195.00	7-11
Young Guns 1	2:00-3:00P	Wednesday	9/11-10/27	336003-W3	\$195.00	6-7
Young Guns 1	4:00-5:00P	Friday	9/11-10/27	336003-F1	\$195.00	12-16
Young Guns 2	5:00-6:00P	Monday	9/11-10/27	336003-M2	\$167.00	7-11
Young Guns 2	4:00-5:00P	Tuesday	9/11-10/27	336003-T3	\$195.00	7-11
Young Guns 2	5:00-6:00P	Tuesday	9/11-10/27	336003-T5	\$195.00	10-13
Young Guns 2	5:00-6:00P	Friday	9/11-10/27	336003-F4	\$195.00	10-13
Challenger	4:00-5:00P	Thursday	9/11-10/27	336003-H2	\$195.00	11-16
Challenger	5:00-6:00P	Thursday	9/11-10/27	336003-H3	\$195.00	10-13

\*NO CLASS 10/9, 10/10

# Tennis

## ADULT TENNIS 101 (AGES: 21+)

This popular program, for the novice, is a must for anyone interested in learning the lifetime sport of tennis. With its specially developed innovative teaching method, this multifaceted class is offered in a non-threatening manner. The program's 90 minute format includes on court stroke development and skill building, basic strategy, rules and etiquette.

**LOCATION** Emerson Courts      **MIN/MAX** 3/6      **CLASS LENGTH** 90 minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	10:30A-12:00P	Friday		336000-F1	\$250.00

## ADULT TENNIS 201 (AGES: 21+)

This program is the continuation course for Tennis 101. Participants will be introduced to new strokes as well as a complete review of the basics. New Strokes and match play strategy as well as tactics, training and match psychology will be discussed with the goal of getting students prepared for team/match play. Prerequisite: Tennis 101 or prior instruction.

**LOCATION** Emerson Courts      **MIN/MAX** 3/6      **CLASS LENGTH** 90 minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	9:00-10:30A	Wednesday		336001-W2	\$250.00

## ADULT TENNIS GRAND PRIX (AGES: 21+)

This program is the continuation course for Tennis 101. Participants will be introduced to new strokes as well as a complete review of the basics. New Strokes and match play strategy as well as tactics, training and match psychology will be discussed with the goal of getting students prepared for team/match play. Prerequisite: Tennis 101 or prior instruction.

**LOCATION** Emerson Courts      **MIN/MAX** 3/6      **CLASS LENGTH** 90 minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	10:30A-12:00P	Wednesday		336002-W3	\$250.00
Fall	9:00-10:30A	Thursday		336002-H3	\$250.00
Fall	10:30A-12:00P	Thursday		336002-H4	\$250.00
Fall	9:00-10:30A	Friday		336002-F4	\$250.00



# Youth Basketball

## CONCORD RECREATION YOUTH BASKETBALL

The Concord Recreation "In-Town" basketball program is broken down into divisions for boys, girls and coed ranging from Kindergarten through High School. The program is designed for the development and enjoyment of the children regardless of their individual skill level.



### FOUR KEY OBJECTIVES

1. To foster an environment where the players can have fun and learn to be good sports
2. To help players learn something new each week
3. Develop their basketball skills over the course of the season
4. To encourage all players to do their best and play as a team, regardless skill level

### PROGRAM POLICIES

1. Players must select only one night they cannot practice. We will make every effort to avoid that night.
2. Special requests must be entered at the time of registration. The Recreation Department realizes requests for reasons of transportation, child care, friends, etc., would be appreciated by parents. However, we cannot guarantee these special requests will be honored. We hope this is viewed as an opportunity to make new friends and connect with other families.
3. Siblings will be placed together unless otherwise noted.
4. Team placement is final following the team selection.
5. Participants must play in the Division designated for their grade.

### COACHES NEEDED

Concord Recreation is looking for volunteer coaches for all divisions. Basketball experience is a plus but not necessary. Please note that all teams must have an adult head coach, who must be present at all practices and games. High school students are still allowed to volunteer as assistant coaches. All accepted coaches will be required to attend a coaches training session and must be present the day of the tryout. We are encouraging fathers, mother, siblings, (etc.) that want to provide a positive experience for the players in the league to apply. For more about coaching or how to apply, visit <http://concordrec.com/483/Recreation-Youth-Basketball>

## NEW COED BASKETBALL (GRADES K & 1)

This program is for boys and girls enrolled in grades k & 1. The youth basketball clinic is designed as an instructional program in which basic skills of basketball will be introduced and reinforced through drills and scrimmage games

**LOCATION** Hunt Recreation Center

**MIN/MAX** 1/20

**CLASS LENGTH** 50 Minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	12:15-1:05P	Sunday	12/2-2/10*	431210-S1	\$115.00
Winter	1:15-2:05P	Sunday	12/2-2/10*	431210-S2	\$115.00
Winter	2:15-3:05P	Sunday	12/2-2/10*	431210-S3	\$115.00

\*NO CLASS 12/23, 12/30, 2/17

## BOYS BASKETBALL (GRADE: 2)

This program is for boys enrolled in grade 2. The youth basketball clinic is designed as an instructional program in which basic skills of basketball will be introduced and reinforced through drills and scrimmage games.

**LOCATION** Hunt Recreation Center

**MIN/MAX** 1/20

**CLASS LENGTH** 50 Minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	3:15-4:05P	Sunday	12/3-2/25*	431220-S1	\$115.00
Winter	4:10-5:00P	Sunday	12/3-2/25*	431220-S2	\$115.00

\*NO CLASS 12/24, 12/31, 2/18

# Youth Basketball

## BOYS BASKETBALL (GRADE: 3 & 4)

This program is for boys enrolled in grades 3 and 4. Participants are evaluated and placed on teams. Each team will play against other 3rd/4th grade teams. Fundamentals, skill development, teamwork and sportsmanship are emphasized. The team will practice for 1 hour 1 night a week and games will be held on Sunday afternoons. Coaches and assistants are needed. Evaluations take place at the Hunt Building on December 2nd and it is recommended to attend. After December 1st please call the office to register (978)-287-1050. Games start January 6th.

**LOCATION** Hunt Recreation Center      **MIN/MAX** 1/100      **EVALUATIONS** Grade 3 – 1:15pm-2:15pm  
Grade 4 – 2:30pm -3:30pm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	1:15-5:15P	Saturday	12/2-3/3*	431234-BB	\$150.00

\*NO CLASS 12/30, 2/17

## BOYS BASKETBALL (GRADE: 5-8)

This program is for boys enrolled in grades 5-8. Participants are evaluated and placed on a team based on their grade. Grades 5 and 6 are placed together and will play against other 5th/6th grade teams. Grades 7 and 8 are placed together and will play against other 7th/8th grade teams. Fundamentals, skill development, teamwork and sportsmanship are emphasized. Each team will practice for 1 hour 1 night a week and games will be held on Saturday mornings/afternoons. Coaches and assistants are needed. Games take place at Concord Academy and another location to be determined. Evaluations take place on December 2nd and it is recommended to attend. Games start January 6th. After November 30th please call the office to register (978)-287-1050

**LOCATION** Concord Academy      **MIN/MAX** 1/50      **EVALUATIONS** Grades 5 & 6 --9:00am-10:00am  
Grades 7 & 8 -- 10:15am-11:15pm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE	FEE
Winter	5th	9:00A-12:00P	Saturday	12/2-3/10*	431250-B5	\$155.00
Winter	6th	9:00A-12:00P	Saturday	12/2-3/10*	431260-B6	\$155.00
Winter	7th	9:00A-12:00P	Saturday	12/2-3/10*	431270-B7	\$155.00
Winter	8th	9:00A-12:00P	Saturday	12/2-3/10*	431280-B8	\$155.00

\*NO CLASS 12/30, 2/17

## **NEW** BOYS BASKETBALL (GRADE: 9-12)

This new program is for boys enrolled in grades 9-12. This league has no practices or tryouts. Jerseys for all participants. After December 5th please call the office to register (978)-287-1050

**LOCATION** Hunt Recreation Center      **MIN/MAX** 1/50      **CLASS LENGTH** 50 Minutes

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	7:30-9:30P	Tuesday	12/5-3/6*	431290-HS	\$150.00

\*NO CLASS 12/26, 2/20

# Youth Basketball

## GIRLS BASKETBALL (GRADE: 2)

This program is for girls enrolled in grade 2. The youth basketball clinic is designed as an instructional program in which basic skills of basketball will be introduced and reinforced through drills and scrimmage games. Please note that we ask an adult to stay during the clinic.

**LOCATION** Hunt Recreation Center

**MIN/MAX** 1/25

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	9:15-10:15A	Saturday	12/2-2/10*	431312-GB	\$115.00

\*NO CLASS 12/30

## GIRLS BASKETBALL (GRADE: 3)

This program is for girls enrolled grades 3. The youth basketball clinic is designed as an instructional program in which basic skills of basketball will be introduced and reinforced through drills and scrimmage games. After November 30th, please the office to register (978)-287-1050

**LOCATION** Hunt Recreation Center

**MIN/MAX** 1/50

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	10:15-11:15A	Saturday	12/2-2/10*	431330-G3	\$120.00

\*NO CLASS 12/30

## GIRLS BASKETBALL (GRADE: 4-5)

This program is for girls enrolled in grades 4 and 5. Participants are evaluated and placed on a team based on their grade. Grades 4 and 5 placed together and will play against other 4th/5th grade teams. Fundamentals, skill development, teamwork and sportsmanship are emphasized. Each team will practice for 1 hour 1 night a week and games will be held on Saturday mornings/afternoons. Coaches and assistants are needed. Games start January 6th. After November 30th please call the office to register (978)-287-1050

**LOCATION** Hunt Recreation Center

**MIN/MAX** 1/50

**EVALUATION** December 2nd 11:15 -1:00pm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	11:15A-1:15P	Saturday	12/2-3/10*	431340-G4	\$140.00
Winter	11:15A-1:15P	Saturday	12/2-3/10*	431350-G5	\$140.00

\*NO CLASS 12/17, 12/24, 12/31, 1/21, 2/18

## GIRLS BASKETBALL (GRADE: 6-8)

This program is for girls enrolled in grades 6-8. Participants are evaluated and placed on a team based on their grade. Grades 6-8 placed together and will play against other 6th-8th grade teams. Fundamentals, skill development, teamwork and sportsmanship are emphasized. Each team will practice for 1 hour 1 night a week and games will be held on Saturday mornings/afternoons. Coaches and assistants are needed.

**LOCATION** TBD

**MIN/MAX** 1/50

**EVALUATION** TBD

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	1:00-3:00P	Saturdays	12/2-3/10*	431360-G6	\$145.00
Winter	1:00-3:00P	Saturdays	12/2-3/10*	431370-G7	\$145.00
Winter	1:00-3:00P	Saturdays	12/2-3/10*	431380-G8	\$145.00

\*NO CLASS 12/30

# Sports for Adults

## MEN'S BASKETBALL

Informal competition. Teams are formed on a weekly pick-up basis. Pre-registration is recommended. Walk-ins will be accepted at \$5 per visit only if space is available. Please bring a change of shoes. Drop-ins limited to 3 times per person

**LOCATION** Hunt Recreation Center Gymnasium      **MIN/MAX** 5/25      **AGE** 18+

GROUP	TIME	DAY	DATES	ACTIVITY	FEE
Over 35	7:30-9:30P	Mon Only	9/11-6/18	531800-1A	\$150.00
Over 35	7:30-9:30P	Wed only	9/6-6/13	531800-1B	\$150.00
Over 35	7:30-9:30P	Mon & Wed	9/6-6/18	531800-M1	\$275.00
Over 18+	5:00-7:00P	Sunday	9/10-6/17*	531800-M2	\$150.00
Over 40	6:00-7:30P	Thursday	9/7-6/14	531800-M3	\$150.00
Over 40	7:00-9:00P	Sunday	9/10-6/17*	531800-M4	\$150.00

## WOMEN'S BASKETBALL

This program provides a great work-out at a competitive level. For more information call Allison Breen, Program Director at (978)318-7903 or drop by and try it out at the Hunt Building. Please bring a change of shoes.

**LOCATION** Hunt Recreation Center Gymnasium      **MIN/MAX** 5/25      **AGE** 21+

TIME	DAY	DATES	ACTIVITY	FEE
9:00-11:00A	Sunday	9/10-6/17	531700-W1	\$150.00

## COED VOLLEYBALL

This program offers instruction and an opportunity for friendly competition. Pre-registration is necessary as enrollment is limited.

**LOCATION** Hunt Recreation Center Gymnasium      **MIN/MAX** 5/25      **AGE** 21+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	7:30-10:00P	Thursday	9/7-1/18*	331900-T1	\$75.00
Winter	7:30-10:00P	Thursday	1/25-6/22	431900-T1	\$75.00

## Sports for Adults

### PICKLEBALL-OUTDOOR

Pickleball is exploding in Concord! This popular game combines the elements of tennis, badminton and table tennis, played with a paddle and a whiffle ball on a modified tennis court. We have lined THREE courts at Rideout for the game. This is an informal session where players can meet and play games.

**LOCATION** Rideout

**MIN/MAX** 0/30

**AGE**

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	1:00-3:00P	Saturday	9/2-10/14	300000-SA	Free
Fall	1:00-3:00P	Thursday	8/31-10/12	300000-TH	Free
Fall	6:00-8:00P	Tuesday	8/29-10/10	300000-TU	Free

### PICKLEBALL-INDOOR

Pickleball has been a major hit in Concord! This popular game combines the elements of tennis, badminton and table tennis, played with a paddle and a whiffle ball on a modified tennis court. Get some playing time in this winter in the Hunt Gym. Sign up for the entire winter or by session if you cant make a full commitment!

**LOCATION** Hunt Recreation Center Gymnasium

**MIN/MAX** 5/25

**AGE** 21+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Full Year	1:00-3:00P	Thursday	10/19-3/15*	440000-16	\$90.00
Session 1	1:00-3:00P	Thursday	10/19-11/30*	440000-S1	\$30.00
Session 2	1:00-3:00P	Thursday	12/7-1/18*	440000-S2	\$30.00
Session 3	1:00-3:00P	Thursday	1/25-3/15*	440000-S3	\$30.00
Saturday	1:00-3:00P	Saturday	10/21-3/17*	440001-16	\$90.00

\* NO CLASS 11/11, 11/24, 12/29

## Martial Arts

### NEW KARATE

For the past 26 years, Elite Freestyle Karate has taught children life lessons through the ageless practice of martial arts. Students consistently engage in energetic, physical activity which improves their hand eye coordination, balance, & strength. Our family oriented mentality ensures your child will develop and grow in a fast paced, structured environment.

**LOCATION** Hunt Recreation Center Gymnasium

**MIN/MAX** 5/15

**AGE** 5-10

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall Session 1	4:15-5:00P	Tuesday	9/19-10/24	331201-T1	\$108.00
Fall Session 2	4:15-5:00P	Tuesday	11/14-12/19	331201-T2	\$108.00
Winter Session 1	4:15-5:00P	Tuesday	1/9-2/13	431201-T1	\$108.00
Winter Session 2	4:15-5:00P	Tuesday	2/20-3/27	431201-T2	\$108.00

# Dance

## NEW WEDDING & COUPLES WORKSHOP

Learn the most popular slow dances. Waltz, Foxtrot, and Rumba cover 90% of all the slow songs you will hear at weddings, parties, etc. Enjoy a date night out, while learning steps, timing, entrances, dips, and spins. Eliminate the jitters from your first dance as you become comfortable on the dance floor. All couples welcome. Please bring clean shoes as street shoes are not allowed in the studio, no high heels. Limit 12 couples.

**LOCATION** The Movement Center-Acton      **MIN/MAX** 10/12      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	1:00-2:00P	Sunday	9/24-10/22	331211-S1	\$129.00
Winter	1:00-2:00P	Sunday	1/28-2/18	431101-S1	\$129.00

## NEW DANCE 2 FIT

Dance2Fit uses various types of popular hip-hop music to create an aggressive but rewarding full body workout. We'll be targeting core muscle groups by using body weight within choreographed routines. You'll dance, sweat and tone your way into a healthier you. Yoga mat suggested but not required. Please bring clean sneakers. Street shoes are not allowed in the dance studio.

**LOCATION** The Movement Center-Acton      **MIN/MAX** 10/12      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	6:30-7:30P	Thursday	9/28-11/2	331212-TH	\$90.00
Winter	6:30-7:30P	Thursday	2/1-3/8	431102-TH	\$90.00

## NEW ADULT TAP DANCE

This a fun way to exercise while learning the basics of tap. We will learn a variety of steps and combinations, to all different styles of music. This class will help improve your coordination and rhythm. Beginner and Intermediate students are welcome!

**LOCATION** The Movement Center-Acton      **MIN/MAX** 10/12      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	7:45-8:45P	Wednesday	9/27-11/1	331213-M1	\$90.00
Winter	6:30-7:30P	Thursday	2/1-3/8	431102-TH	\$90.00

\*NO CLASS 2/19

# Dance

## NEW BEGINNER EAST COAST SWING

Come join us and dance all Swing! Learn the basic steps and turns to single and triple time. You'll never have to sit out another rock song and will be spinning on the floor in no time! Singles and couples welcome! Please bring clean shoes, no high heels. Street shoes are not allowed in the studio.

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 10/12

**AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall Session 1	3:00-4:00P	Sunday	9/24-10/15	331210-S1	\$64.00
Fall Session 2	3:00-4:00P	Sunday	10/22-11/12	331210-S2	\$64.00
Winter Session 1	3:00-4:00P	Sunday	1/28-2/18	431100-S1	\$64.00
Winter Session 2	3:00-4:00P	Sunday	2/25-3/18	431100-S2	\$64.00

## NEW ADULT HIP HOP

Get in shape while learning the latest hip hop trends. Each class will begin with a warm up and stretch then students will learn various dance combinations. This class is a fun and energetic class that not only teaches you Hip Hop movements and technique, but also instills rhythm and precision in your muscle memory. Hip hop students can apply what they learn to various styles of dance and settings, including dancing at night clubs. All levels welcome! Please wear comfortable clothing and bring clean sneakers or dance shoes.

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 10/12

**AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	7:00-8:00P	Tuesday	9/26-11/7*	331215-T1	\$90.00
Winter	8:00-9:00P	Tuesday	1/30-3/13*	431105-T1	\$90.00

\*NO CLASS 10/31, 2/20

## NEW SALSA AND LATIN DANCE

Salsa & Latin are fun and vibrant forms of dance. Join us and learn to move your hips to the wonderful sounds of Latin music. The class includes partnering, basic steps, and a variety of turns in combinations. This class is great for all levels, from beginner to advanced! Int./Adv. Students will start to learn more intricate steps and beginners will be introduced to the basics. Singles and couples welcome! Please bring clean shoes, no high heels. Street shoes are not allowed in the studio

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 10/12

**AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	1:00-2:00P	Sunday	10/22-11/12	331216-S1	\$64.00
Winter	1:00-2:00P	Sunday	2/25-3/18	431106-S1	\$64.00

\*NO CLASS 10/31, 2/20

# Dance

## NEW TANGO, FOXTROT AND WALTZ

Come join us and learn the basic steps, patterns, and turns of these three classic styles of ballroom dance. The elegance of Waltz, the passion of Tango, and romance of Foxtrot. In no time you'll be gliding across the dance floor. Singles and couples welcome! Please bring clean shoes, no high heels. Street shoes are not allowed in the studio.

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 10/12

**AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	2:00-3:00P	Sunday	9/24-10/15	331217-S1	\$64.00
Fall	2:00-3:00P	Sunday	10/22-11/12	331217-S2	\$64.00
Winter	2:00-3:00P	Sunday	1/28-2/25	431107-S1	\$64.00
Winter	2:00-3:00P	Sunday	2/25-3/18	431107-S2	\$64.00

## NEW MOMMY AND ME

This is a great way to introduce your child to dance, while helping to improve their gross motor skills! In this class, students will learn basic ballet steps, play games and do creative movement exercises. Please bring ballet slippers for your child. Caregivers, please wear socks or bring ballet slippers.

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 1

**AGE** All

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	10:15-11:00A	Friday	9/29-11/3	331218-F1	\$90.00
Fall	9:00-9:45A	Saturday	9/30-11/4	331218-S1	\$90.00
Winter	10:15-11:00A	Friday	2/2-3/16*	431108-F1	\$90.00
Winter	9:00-9:45A	Saturday	2/3-3/17*	431108-S1	\$90.00

\*NO CLASS 2/23,2/24

## NEW ADULT BALLET

Ballet is a beautiful, classical style of dance that can be learned at any age. We will begin with a warm-up at the ballet barre and progress to various steps and dance combinations. Ballet is a great way to exercise, improving posture, strength, and flexibility. Please bring ballet slippers.

**LOCATION** The Movement Center-W. Concord

**MIN/MAX** 10/12

**AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	7:30-8:30P	Monday	9/25-10/30	331214-T1	\$90.00
Winter	7:00-8:00P	Tuesday	1/30-3/13*	431104-T1	\$90.00

\*NO CLASS 10/31, 2/20

# Gymnastics



## TUMBLE ON OVER TODDLER GYM

Toddler Gym provides you and your child with an enjoyable experience while your child develops physical skills and self-confidence. Together you will participate in creative circle activities using a large strap, bean bags, Frisbees, hoops and a parachute to the beat of lively children's music. Children explore the beams, bar, ramp and obstacle course while manipulating their fine and gross motor skills and interacting with peers. Must be fully capable of independent walking at time of registration.

**LOCATION** Hunt Recreation Center

**MIN/MAX** 0/99

**AGE** All

SESSION	TIME	DAY	DATES	ACTIVITY	FEE	AGE
Fall	9:30-10:15A	Thursday	11/9-12/21*	310017-T3	\$65.00	Walking- 28 Months
Fall	10:30-11:15A	Thursday	11/9-12/21*	310017-T4	\$65.00	2.5-4 years old
Winter	9:30-10:15A	Thursday	1/11-3/22*	410018-T3	\$105.00	Walking- 28 Months
Winter	10:30-11:15A	Thursday	1/11-3/22*	410018-T4	\$105.00	2.5-4 years old

**\*NO CLASS 11/23, 2/20, 2/22**

## NEW COED TUMBLING

Students will have the opportunity to be challenged, have fun, and experience success on tumbling equipment with Gymnastics Academy of Boston. This includes the floor, tumble and trac, and trampoline. The benefits of this class will be enhanced physical development and self-confidence.

**LOCATION** Gymnastics Academy-Acton

**MIN/MAX** 2/8

**AGE** 12-17

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	3:30-4:30P	Tuesday	9/19-11/7	331205-T1	\$213.00
Winter	3:30-4:30P	Tuesday	1/9-3/6*	431294-T1	\$213.00

**\*NO CLASS 2/20**

## NEW GYMNASTICS FOR TODDLERS

These Gymnastic Academy of Boston classes are designed for you and your child to work together and create a special bond. Activities include FUN obstacle courses, JUMP on our trampoline, and PLAY in our giant foam pit. In our classes each child will develop the basic skills of gymnastics, build self-confidence, and make new friends.

**LOCATION** Gymnastics Academy-Acton

**MIN/MAX** 2/8

**AGE** 1-2

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	9:10-9:55A	Tuesday	9/19-11/7	331202-T1	\$187.00
Fall	10:55-11:40A	Wednesday	9/20-11/8	331202-W1	\$187.00
Winter	9:10-9:55A	Tuesday	1/9-3/6*	431291-T1	\$187.00
Winter	10:55-11:40A	Wednesday	1/10-3/7*	431291-W1	\$187.00

**\*NO CLASS 2/20, 2/21**

# Gymnastics

## NEW PARKOUR AND GYMNASTICS FOR BOYS

Gymnastics Academy of Boston presents a parkour and gymnastics class for boys kindergarten through 3rd grade. Students will have the opportunity to be challenged, have fun, and experience success on all types of Parkour & gymnastics equipment. Safety training, body position, & strength & flexibility will be emphasized.

**LOCATION** Gymnastics Academy-Acton      **MIN/MAX** 2/8      **AGE** 7-9

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	3:30-4:30P	Monday	9/18-11/13*	331204-M1	\$213.00
Fall	3:30-4:30P	Tuesday	9/19-11/7	331204-T1	\$213.00
Winter	3:30-4:30P	Monday	1/8-3/12*	431293-M1	\$213.00
Winter	3:30-4:30P	Tuesday	1/9-3/6*	431293-T1	\$213.00

\*NO CLASS 10/9, 1/15, 2/19, 2/20

## NEW GYMNASTICS FOR PRESCHOOLERS

Do you have a preschooler who is full of energy? Come join Gymnastics Academy of Boston today! In our class each child will develop basic gymnastic skills with an emphasis on forward and backward rolls as well as cartwheels. Children will learn to use all the gyms equipment (bars, beams, trampoline, rings, and floor).

**LOCATION** Gymnastics Academy-Acton      **MIN/MAX** 2/8      **AGE** 3-5

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	9:10-9:55A	Tuesday	9/19-11/7	331203-T1	\$187.00
Fall	10:55-11:40A	Wednesday	9/20-11/8	331203-W1	\$187.00
Winter	9:10-9:55A	Tuesday	1/9-3/6*	431292-T1	\$187.00
Winter	10:55-11:40A	Wednesday	1/10-3/7*	431292-W1	\$187.00

\*NO CLASS 2/20, 2/21

## NEW COED PARKOUR

Students will have the opportunity to be challenged, have fun, and experience success on all types of parkour equipment with Gymnastic Academy of Boston. Basic to intermediate progressions on vaulting, tumbling, obstacle training, and trampoline will be the focus.

**LOCATION** Gymnastics Academy-Acton      **MIN/MAX** 2/8      **AGE** 12-17

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	3:30-4:30P	Tuesday	9/19-11/7	331206-T1	\$213.00
Winter	3:30-4:30P	Tuesday	1/9-3/6*	431295-T1	\$213.00

\*NO CLASS 2/20

# Gymnastics

## NEW ADULT GYMNASTICS

Have you ever been in the lobby watching your child do gymnastics and said to yourself “I would love to do that”? Regardless of your age and ability, you CAN! No prior experience needed; adults of all levels and abilities will be able to find success at Gymnastic Academy of Boston.

**LOCATION** Gymnastics Academy-Acton      **MIN/MAX** 2/8      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	2:00-3:00P	Wednesday	9/20-11/8	331207-W1	\$213.00
Winter	2:00-3:00P	Wednesday	1/10-3/7*	431296-W1	\$213.00

\*NO CLASS 2/21

# Archery

## NEW ON THE MARK ARCHERY

Archery was huge in the early 1800s and is gaining growing popularity once again with the wild success of the Hunger Games franchise, Brave, and more. Whether you’ve never held a bow or you’re an experienced archer, you’ll enjoy and learn from the wonderful instructors from On the Mark Archery. Their goal during each lesson is to maximize the capability for success in the student by developing their skills through a nurturing coaching style that boosts confidence and self-esteem. Their ‘learn by playing’ philosophy enables students to enjoy the excitement of shooting while practicing skills and fundamental aspects of the shot process embedded into the course.

**LOCATION** Ripley      **MIN/MAX** 10/12      **GRADES** 5-9

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	4:15-5:15P	Friday	9/15-10/6	331209-F1	\$130.00
Winter	6:45-7:45P	Tuesday	1/9-1/30	431298-T1	\$130.00

\*NO CLASS 2/21

# Youth

## NEW KIDS JAM

Kick it with your friends afterschool! KidsJAM is a fitness fusion program mixing cardio dance, sports conditioning, and yoga to leave kids feeling energized and confident through the day.

**LOCATION** 55 Church Street      **MIN/MAX** 8/25      **AGE** All

CLASS	SESSION	TIME	DAY	DATES	ACTIVITY	FEE	GRADES
Kids Jam	Fall	4:15-5:15P	Tuesday	9/12-10/17*	331208-T2	\$109.00	3-5
Kids Jam Jr.	Fall	4:15-5:15P	Monday	9/11-10/23*	331208-M1	\$109.00	K-2
Kids Jam	Winter	4:15-5:15P	Tuesday	1/23-3/6*	431297-T1	\$109.00	3-5
Kids Jam Jr.	Winter	4:15-5:15P	Monday	1/22-3/5	431297-M1	\$109.00	K-2

NO CLASS 10/9, 2/20

# Youth

**NEW** **ALCOTT BEFORE SCHOOL SPORTS**

Students in grades at the Alcott School are welcome to sign up for some fun and exciting gym games before school even starts. This program will focus on gross motor skills will playing fun games and activities. Please make sure to wear proper footwear.

**Registration information will be out when school is back in session.**

# Soccer

## SUPER SOCCER STARS

All Super Soccer Stars classes are based on an age-specific curriculum created by a combination of early childhood, soccer, and education specialists to guarantee that each child is learning and having a blast from the moment the whistle blows

**LOCATION** Fall-Emerson Field    Winter-Ripley Gym                      **MIN/MAX** 3/15

SESSION	TIME	DAY	DATES	ACTIVITY	FEE	AGES
Fall	9:00-9:40A	Saturday	9/9-11/18*	331400-61	\$205.00	12-24 months
Fall	9:00-9:45A	Saturday	9/9-11/18*	331400-62	\$205.00	3-4 years old
Fall	9:45-10:35A	Saturday	9/9-11/18*	331400-63	\$205.00	4-5 years old
Fall	9:50-10:30A	Saturday	9/9-11/18*	331400-64	\$205.00	2-3 years old
Fall	10:35-11:20A	Saturday	9/9-11/18*	331400-65	\$205.00	3-4 years old
Fall	10:40-11:20A	Saturday	9/9-11/18*	331400-66	\$205.00	2-3 years old
Fall	11:25A-12:05P	Saturday	9/9-11/18*	331400-67	\$205.00	4-5 years old
Fall	11:25A-12:25P	Saturday	9/9-11/18*	331400-68	\$205.00	5-7 years old
Fall	12:30-1:30P	Saturday	9/9-11/18*	331400-69	\$255.00	8-12 years old
<b>Winter</b>						
Winter	8:30-9:10A	Saturday	1/6-3/17*	431400-61	\$205.00	12-24 months
Winter	9:15-10:00A	Saturday	1/6-3/17*	431400-62	\$205.00	3-4 years old
Winter	10:05-10:45A	Saturday	1/6-3/17*	431400-63	\$205.00	2-3 years old
Winter	10:50-11:40A	Saturday	1/6-3/17*	431400-64	\$205.00	4-5 years old
Winter	11:45A-12:45P	Saturday	1/6-3/17*	431400-65	\$205.00	5-7 years old
Winter	12:50-1:35P	Saturday	1/6-3/17	431400-66	\$255.00	8-12 years old

**\*NO CLASS 10/7, 2/17**

## Ski, Snowboard and Ice Skating

### ELEMENTARY SCHOOL SKI AND SNOWBOARD

Ski instruction for all levels. Includes 6 one-hour lessons at 3:00pm, lift ticket, transportation and supervision. Rentals pre-fit will be held at the Hunt Building at a date to be determined. Rentals must be paid for at the pre-fit and checks are to be made payable directly to the rental company. Bus departs from Hunt at 1:15pm and returns at approximately 5:00pm. **SKI EQUIPMENT FITTING AT HUNT MONDAY DECEMBER 4TH, 2017**

**LOCATION** Nashoba Valley Ski Area      **MIN/MAX** 15/80      **GRADES** 2-5

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	1:15-5:00P	Tuesday	1/2-2/6	431000-T1	\$320.00

### MIDDLE SCHOOL SKI AND SNOWBOARD

Ski or snowboard instructions for all levels. Package includes transportation and supervision ONLY. Bus departs Peabody and Sanborn at 1:15pm and returns to Sanborn only at 6:30pm. After signing up with Concord Recreation, we will send you a code to log on to purchase your ski lift ticket SEPARATELY. This can be done at [www.wachusett.com](http://www.wachusett.com). Lessons and equipment can be purchased there separately.

**LOCATION** Wachusett Mountain Ski Area      **MIN/MAX** 30/70      **GRADES** 6-8

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	1:15-7:00P	Tuesday	1/2-2/6	431001-T1	TBD

### LEARN TO SKATE

Learn to Skate with Sharper Edge Skating School this winter. Their experienced staff offers the opportunity to learn the sport of skating in a safe and fun environment. Lessons are open to individuals over the age of 18 months, even adults. Lessons are at Valley Sports Ice Arena, located at 2320 Main Street/ RT. 62 in West Concord. PLEASE NOTE: Rental skates are not available at Valley Sports Ice Arena. Participants must bring their own skates. Please also bring a helmet, gloves, snow pants, and any other equipment you see fit.

**LOCATION** Valley Sports Arena      **MIN/MAX** 1/70      **AGE** 9+

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	1:20-2:00P	Saturday	11/4-12/16*	430030-S1	\$169.00
Winter	1:20-2:00P	Saturday	1/13-3/24	430030-S2	\$224.00

\*NO CLASS 11/11



## ADAPTIVE RECREATION

MUSIC

MINDFULNESS

MARTIAL ARTS

GAMES

DANCE

SPORTS

**CONCORD  
RECREATION**

### HUNT RECREATION CENTER

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-318-3190 fax  
Mon-Fri 8:00 am - 6:00 pm  
concordrec.com



We welcome kids and adults of all ages and abilities to participate in any of our Concord Recreation programs. To help visually identify programs that are specifically designed for participants with disabilities, please look for this inclusion logo throughout the brochure.

- 1) As a Department, we support the reverse inclusion model. If a program is notated as an adaptive program, we still welcome participants WITHOUT disabilities to participate. Siblings, aides and classmates welcome!
- 2) As a Department, we acknowledge that the experience that takes place within these identified classes are open to different learning styles and accommodations. These classes will typically have fewer participants, more breaks, and visual schedules, when possible.
- 3) As a Department, we want parents to be proactive in identifying that their child may need extra help. To assure we are prepared to work with your child, you will be asked to fill out an intake assessment.

For questions, adaptations, and accommodations, please contact Anna Wood, Assistant Recreation Director, Certified Therapeutic Recreation Specialist.

# Music (Adaptive)



## SPROUTING MELODIES 1 & 2

This class is designed to incorporate both the earliest stages of development and the beginning stages of baby's exploration. The music provides stimulation and comfort for younger babies in the awareness phase of development and active music making for 6-18 month olds in the trust phase of development. We will be increasing your little ones awareness of themselves and others and foster the building of trust and exploration through active music making and listening.

**LOCATION** Hunt Center **MIN/MAX** 5/12 **AGE** Birth-18 months **INSTRUCTOR** Roman Music Therapy Services

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall 1	9:15-10:00A	Tuesday	9/12-10/17	301103-T1	\$195.00
Fall 2	9:15-10:00A	Tuesday	10/31-12/5	301103-T3	\$195.00
Winter 1	9:15-10:00A	Tuesday	1/9-2/13	401103-T2	\$195.00
Winter 2	9:15-10:00A	Tuesday	2/27-3/20	401103-T4	\$130.00



## SPROUTING MELODIES 3

Within our musical experiences, Sprouting Melodies 3 provides the routine that toddlers crave yet provides the freedom and creativity for children to grow in self-expression and to build social relationships with their peers in music. Through instrument play, movement and singing songs, children in this group will be supported as they move through their own personal journey of social, emotional, physical and cognitive growth.

**LOCATION** Hunt Center **MIN/MAX** 5/12 **AGE** 1.5-3 **INSTRUCTOR** Roman Music Therapy Services

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall 1	10:15-11:00A	Tuesday	9/12-10/17	301119-T2	\$195.00
Fall 2	10:15-11:00A	Tuesday	10/31-12/5	301119-T4	\$195.00
Winter 1	10:15-11:00A	Tuesday	1/9-2/13	401117-T2	\$195.00
Winter 2	10:15-11:00A	Tuesday	2/27-3/20	401117-T4	\$130.00



## MUSIC THERAPY FOR TEENS

Specially designed for teens and young adults with special needs, this group uses structured music making, improvisation, songwriting or lyric analysis while providing a safe space for exploring potential and developing satisfying relationships with others.

**LOCATION** Hunt Center **MIN/MAX** 5/10 **AGE** 14-22 **INSTRUCTOR** Roman Music Therapy Services

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall 1	11:00-11:45A	Saturday	9/16-10/21	301109-S1	\$195.00
Fall 2	11:00-11:45A	Saturday	11/4-12/9	301109-S2	\$195.00
Winter 1	11:00-11:45A	Saturday	1/13-2/17	401109-S1	\$195.00
Winter 2	11:00-11:45A	Saturday	3/3-3/24	401109-S2	\$130.00

# Music (Adaptive)



## MUSIC THERAPY FOR YOUTH

A supportive music-making environment that facilitates engagement, joy and success for all. Specially designed for children who need music experiences that take full advantage of their individual strengths while minimizing the impact of difficulties. A family-based group for parents and children.

**LOCATION** Hunt Center **MIN/MAX** 5/12 **AGE** 3-8 **INSTRUCTOR** Roman Music Therapy Services

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	9:00-9:45A	Saturday	9/16-10/21	301104-S1	\$195.00
Fall	9:00-9:45A	Saturday	11/4-12/9	301104-S2	\$195.00
Fall	3:30-4:15P	Wednesday	9/13-10/18	301104-W1	\$195.00
Fall	3:30-4:15P	Wednesday	11/1-12/6	301104-W2	\$195.00
Winter	9:00-9:45A	Saturday	1/13-2/17	401104-S1	\$195.00
Winter	9:00-9:45A	Saturday	3/3-3/24	401104-S2	\$125.00
Winter	3:30-4:15P	Wednesday	1/10-2/14	401104-W1	\$195.00
Winter	3:30-4:15P	Wednesday	2/28-3/21	401104-W2	\$125.00



## MUSIC THERAPY FOR PRE-TEENS

This group offers a supportive environment where pre-teens with special needs can improve social skills, build bonds and engage in peer-to-peer interactions. Also offers opportunities for leadership and creative expression, all with the help of music.

**LOCATION** Hunt Center **MIN/MAX** 5/10 **AGE** 9-13 **INSTRUCTOR** Roman Music Therapy Services

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall 1	4:30-5:15P	Wednesday	9/13-10/18	301108-W3	\$195.00
Fall 1	10:00-10:45A	Saturday	9/16-10/21	301108-S1	\$195.00
Fall 2	4:30-5:15P	Wednesday	11/1-12/6	301108-W4	\$195.00
Fall 2	10:00-10:45A	Saturday	11/4-12/9	301108-S2	\$195.00
Winter 1	4:30-5:15P	Wednesday	1/10-2/14	401110-W3	\$195.00
Winter 1	10:00-10:45A	Saturday	1/13-2/17	401110-S1	\$195.00
Winter 2	4:30-5:15P	Wednesday	2/28-3/21	401110-W4	\$130.00
Winter 2	10:00-10:45A	Saturday	3/3-3/24	401110-S2	\$130.00

# Mindfulness (Adaptive)



## CALM BODIES CALM MINDS

Participating in meditation classes reduces stress and helps to create calm and focus. This class is specially designed for children. Guided meditation, yoga stretches, moving meditation and various calming techniques will be introduced, providing students with tools for use in school and at home. Most of all its fun and your children will love it! This class is appropriate for those with ADHD/ADD and/or anxiety. Parents are asked to stay on site during the class, but do not participate.

**LOCATION** 55 Church Street    **MIN/MAX** 5/8    **AGE** 7-12    **INSTRUCTOR** Creating Calm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	4:20-5:05P	Friday	10/6-12/1*	301106-F1	\$169.00
Winter	4:20-5:05P	Friday	1/12-3/2	401106-F1	\$192.00

**\*NO CLASS 11/10, 11/24**



## NATIVE AMERICAN HEALING

Your child will explore the ancient healing wisdom used by Native Americans to help them navigate life in a positive, focused, self-confident way. The class will be a combination of meditation, learning about the medicine wheel and the four directions, finding their power animal, honoring the earth, crafts and group sharing. Your child will discover new ways to bring their unique medicine into the world in a fun engaging environment!

**LOCATION** 55 Church Street    **MIN/MAX** 5/8    **AGE** 11-14    **INSTRUCTOR** Creating Calm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	3:30-4:15P	Friday	10/6-12/1*	301105-F1	\$169.00
Winter	3:30-4:15P	Friday	1/12-3/2	401105-F1	\$192.00

**\*NO CLASS 11/10, 11/24**



## STOP, BREATH, THINK

Teens are experiencing more stress than ever in their busier lives, with little opportunity to unwind. In this class, teens will experience guided meditation, moving meditation, gentle yoga stretches and many other valuable relaxation tools. These tools help reduce stress and bring each teens best qualities to the surface. The many benefits include: improved focus, better relationships, greater health, and better sleep.



**LOCATION** 55 Church Street    **MIN/MAX** 5/8    **AGE** 13-18    **INSTRUCTOR** Creating Calm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	6:00-6:45P	Friday	10/6-12/1*	301114-F1	\$169.00
Winter	6:00-6:45P	Friday	1/12-3/2	401115-F1	\$192.00

**\*NO CLASS 11/10, 11/24**

## Martial Arts (Adaptive)



### TAE KWON DO

In this class your child will learn basic Tae Kwon-Do moves while building strength, coordination and endurance. The rules of martial arts-respect, responsibility and self-control will be emphasized. We begin with a warm up; learn how to form the tools needed for correct punches kicks and chops, practice the moves we learn, and end with a fun game designed to increase focus and listening skills. Programming will be specialized to meet the needs of the students. This class is appropriate for those with ADD, ADHD, ASD. Parents are asked to stay in the building however do not participate in the class.

**LOCATION** 55 Church Street    **MIN/MAX** 5/8    **AGE** 7-12    **INSTRUCTOR** Creating Calm

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	5:10-5:50P	Friday	10/6-12/1*	301107-F1	\$169.00
Winter	5:10-5:50P	Friday	1/12-3/2	401107-F1	\$192.00

\*NO CLASS 11/10, 11/24

## Games (Adaptive)



### POKEMON CLUB

Join Certified Pokémon Professor and Social Educator Krystal for a time to be in community with fellow Pokémon Trainers. Members will learn specific skills on how to become the very best Pokémon Trainer. These valuable skills will translate into relevant social and friendship skills for everyday use! This time will be a blend of structured and less structured time with meaningful coaching throughout. Materials will be provided but members are encouraged to bring their own Pokémon cards, Pokémon games and devices to trade and play together with other members.

**LOCATION** Hunt Recreation Center    **MIN/MAX** 4/8    **AGE** 11-13    **INSTRUCTOR** Krystal Dube

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	4:45-5:45P	Tuesday	10/10-11/14	301111-T1	\$180.00



### MARVEL DUNGEON & SOCIAL DRAGON

The classic table-top role-playing game of Dungeons and Dragons® has a new twist! Join Dungeon Marvel Krystal for a role-playing experience of epic proportions. Players will create their own characters and enter into an interactive experience. The Dungeon Marvel brings the fantasy world to life as she narrates the game-play and guides players by providing coaching and in-game rewards for specific skill demonstrations. The game naturally promotes social thinking, cooperation, collaboration, and emotion regulation as players encounter various in-game characters, navigate a fantasy world as a team and deal with the results of dice rolls that determine outcomes within the game. Materials will be provided but players may bring their own dice sets and related materials if they desire. Adventure awaits!

**LOCATION** 55 Church Street    **MIN/MAX** 3/6    **AGE** 11-13    **INSTRUCTOR** Krystal Dube

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Winter	4:45-5:45P	Tuesday	1/9-2/27*	401112-T1	\$180.00

\*NO CLASS 1/16, 2/20

## Dance (Adaptive)



### ZUMBA

Fitness This modified Zumba® fitness class for people with disabilities will use slower, modified, low-impact steps and simple arm movements to gain the same benefits as any Zumba® program! Participants should bring a buddy (family member or aide) to join in the fun at no extra charge. The main objective of this class is to get participants moving, smiling, sweating and having fun! Individuals who use wheelchairs are welcome. Please bring a water bottle and wear comfortable clothing and sneakers.



**LOCATION** Hunt Recreation Center      **MIN/MAX** 4/15      **AGE** 12+      **INSTRUCTOR** H2K Fitness

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	10:30-11:30A	Saturday	9/23-12/23*	301116-S1	\$312.00
Winter	10:30-11:30A	Saturday	1/13-3/31	401116-S1	\$312.00

\*NO CLASS 11/4, 11/11



### SHAKE IT UP, BABY!

This class of movement and music fosters eye contact, awareness of peers and caregivers, and a respect for the present state of each individual. Movement props are used to enhance the connection between group members such as a stretch band, parachute, stretch cloth, balls and scarves. Drums of all sorts, shakers, Tibetan bowls, and other instruments are played by all. There is a joyful spirit in the room as we play and connect. Parent/Caregiver required to participate.

**LOCATION** Hunt Recreation Center      **MIN/MAX** 6/15      **AGE** 6-11/12+      **INSTRUCTOR** Andrea DeSharone

SESSION	TIME	DAY	DATES	ACTIVITY	FEE	AGES
Fall	1:00-2:00P	Saturday	12/9	301115-S1	\$50.00	12+
Fall	2:30-3:30P	Saturday	12/9	301115-S2	\$50.00	6-11

## Sports (Adaptive)



### INTRO TO GOLF

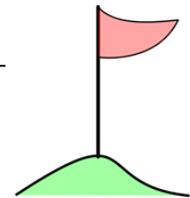
Introduction to Golf classes will provide students with the basics skills and understanding to participate in golf. Students will learn putting, chipping, full swing, rules and golf etiquette.

**LOCATION** Nashawtuc Country Club

**MIN/MAX** 3/6

**AGE** 13-18

**INSTRUCTOR** Nashawtuc Country Club Golf Pros



SESSION	TIME	DAY	DATES	ACTIVITY	FEE	AGES
Fall	3:45-4:45P	Monday	9/18-10/16*	301118-M1	\$130.00	8-12
Fall	5:00-6:00P	Monday	9/18-10/16*	301118-M2	\$130.00	13-18

\*NO CLASS 10/9

# Sports (Adaptive)



## ADAPTIVE SKI AND SNOWBOARD LESSONS

Learn to ski or snowboard regardless of your abilities or previous experience at Cannon Mountain Ski Area in Franconia Notch, NH. Standing or sit-ski/ride lessons are available. Participants can register for a 1.5 hour experience in the AM (10:00-11:30A) or the PM (1:00-2:30P) or for a full day. 10:00A-2:30P (Lunch is on your own from 11:30-1:00). Price includes equipment, all day lift ticket and an instructor. Participants should wear clothing that is suitable for extended time in the outdoors in cold, snowy conditions. Helmets are required and can be rented at the mountain if needed. Please note lunch is on your own

**LOCATION** Cannon Mountain **MIN/MAX** 1/2 **AGE** 5+ **INSTRUCTOR** Adaptive Sports Partners of the North Country

TIME	DAY	DATES	ACTIVITY #	FEE
10:00A-2:30P	Saturday	1/13	401108-S1	\$110.50
10:00-11:30A	Saturday	1/13	401108-S2	\$65.00
1:00-2:30P	Saturday	1/13	401108-S3	\$65.00
10:00A-2:30P	Saturday	1/20	401108-S4	\$110.50
10:00-11:30A	Saturday	1/20	401108-S5	\$65.00
1:00-2:30P	Saturday	1/20	401108-S6	\$65.00
10:00A-2:30P	Saturday	1/27	401108-S7	\$110.50
10:00-11:30A	Saturday	1/27	401108-S8	\$65.00
1:00-2:30P	Saturday	1/27	401108-S9	\$65.00
10:00A-2:30P	Saturday	2/10	401108-10	\$110.50
10:00-11:30A	Saturday	2/10	401108-11	\$65.00
1:00-2:30P	Saturday	2/10	401108-12	\$65.00
10:00A-2:30P	Saturday	2/17	401108-13	\$110.50
10:00-11:30A	Saturday	2/17	401108-14	\$65.00
1:00-2:30P	Saturday	2/17	401108-15	\$65.00
10:00A-2:30P	Saturday	2/24	401108-16	\$110.50
10:00-11:30A	Saturday	2/24	401108-17	\$65.00
1:00-2:30P	Saturday	2/24	401108-18	\$65.00
10:00A-2:30P	Saturday	3/3	401108-19	\$110.50
10:00-11:30A	Saturday	3/3	401108-20	\$65.00
1:00-2:30P	Saturday	3/3	401108-21	\$65.00



## INCLUSIVE FISHING CLINIC

Ready to get outside and cast a line? Sign up for this one day fishing clinic facilitated by the Mass Wildlife's Angler Education Program. This clinic will introduce participants to the outdoors through the sport of fishing right here in Concord. This clinic is open for people of all ages and abilities and includes all equipment and licenses.

**LOCATION** Walden Pond **MIN/MAX** 10/25 **AGE** 6+ **INSTRUCTOR** Jim Lagacy

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	5:00-7:00P	Thursday	10/12	301110-H1	\$10.00

# Sports (Adaptive)



## LEARN TO SKATE

In this ice skating program, beginner skaters with disabilities will get comfortable on the ice while learning basic skating techniques. Each participant will have a 1:1 skating instructor if necessary, but will learn to skate in a small-group setting. Parents need not participate but are asked to remain on site. Skaters need their own single blade skates, a caged helmet, snow pants and gloves. Participants must be able to stand. Lessons are at Valley Sports Ice Arena, located at 2320 Main Street/ RT. 62 in West Concord. PLEASE NOTE: Rental skates are not available at Valley Sports Ice Arena. Participants must bring their own skates. Please also bring a helmet, gloves, snow pants, and any other equipment you see fit.



**LOCATION** Valley Sports Arena    **MIN/MAX** 1/10    **AGE** 4+    **INSTRUCTOR** Sharper Edge Skating School

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	12:35-1:20P	Saturday	11/4-12/16*	301113-S1	\$172.00
Winter	12:35-1:20P	Saturday	1/13-3/24*	401114-S1	\$229.00

**\*NO CLASS 11/25, 2/17, 2/24, 3/17**



## BEGINNER BASKETBALL

Skyhawks basketball breaks down this exhilarating sport into fundamental skills that all athletes, no matter their skill level, need to succeed. Coaches will lead the athletes through drills and exercises, focusing on ball handling, passing, shooting, defense and rebounding. Developing a refined player who knows how to combine these skills is the goal of every Skyhawks basketball program.

**LOCATION** Ripley Gym    **MIN/MAX** 4/6    **AGE** 10-12    **INSTRUCTOR** Skyhawks Sports

SESSION	TIME	DAY	DATES	ACTIVITY	FEE	AGES
Fall	4:50-5:35P	Monday	9/11-10/23*	301102-M1	\$97.50	6-9
Fall	5:40-6:35P	Monday	9/11-10/23*	301102-M2	\$97.50	10-12
Winter	4:50-5:35P	Monday	1/22-3/5*	401102-M1	\$97.50	6-9
Winter	5:40-6:35P	Monday	1/22-3/5*	401102-M2	\$97.50	10-12

**\*NO CLASS 10/9, 2/19**



## CHEERLEADING

Children in these high energy classes learn far more than just core cheer concepts and techniques; they also explore their personal expression, agility, rhythm, and teamwork. It is a great way to build self-confidence and nurture that desire to share happiness with others!

**LOCATION** 55 Church Street    **MIN/MAX** 4/6    **AGE** 6-10    **INSTRUCTOR** Skyhawks Sports

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	5:00-5:45P	Tuesday	9/12-10/24*	301117-T1	\$97.50

**\*NO CLASS 10/10**

# Sports (Adaptive)



## T-BALL

Skyhawks T-ball takes the rich history of the game from Cooperstown to your town. Our professional curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. All athletes regardless of skill level will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility. All participants will come away with new friends, new skills and love for the game!

**LOCATION** Ripley Gym      **MIN/MAX** 4/6      **AGE** 3-5      **INSTRUCTOR** Skyhawks Sports

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	4:00-4:45P	Tuesday	9/12-10/24*	301100-T1	\$97.50

**\*NO CLASS 10/10**



## INTRO TO SPORTS

In this introductory sports class, young athletes will learn the fundamentals of sports. Coaches will lead the athletes through drills, exercises, and games, focusing on the basics of ball handling, passing, shooting, running, defense, hand eye coordination, dexterity, and many more! Coaches will introduce many different sports to eager young athletes!

**LOCATION** Ripley Gym      **MIN/MAX** 4/6      **AGE** 3-5      **INSTRUCTOR** Skyhawks Sports

SESSION	TIME	DAY	DATES	ACTIVITY	FEE
Fall	4:00-4:45P	Monday	9/11-10/23*	301101-M1	\$97.50
Winter	4:00-4:45P	Monday	1/22-3/5*	401101-M1	\$97.50

**\*NO CLASS 10/9, 2/19**



# AQUATICS

YOUTH SWIM LESSONS

HIGH SCHOOL PRESEASON

DIVING

PRIVATE SWIM LESSONS

OTTERS SWIM TEAM

ADULT SWIM

WATER FITNESS

AMERICAN RED CROSS

**BEEDE  
CENTER**  
swim + fitness

**BEEDE  
SWIM AND FITNESS CENTER**

498 Walden Street  
Concord, MA 01742  
978-287-1000  
beedecenter.com

There are many great benefits to swimming. Swimming is a low-impact exercise that takes the strain of bones, joints and muscles. The resistance of the water also helps to improve muscle strength. Let the Beede Swim and Fitness Center help you to find the right program for you. There are options for all ages which include swim lessons, diving, swim team, water fitness and lifeguarding courses.



# Youth Swim Lessons

## PARENT AND CHILD

Designed to help children become comfortable in the aquatic environment. Parents will be introduced to basic skills such as entering/exiting pool safely, kicking and blowing bubbles. Skills will be taught to the parent who will work with the child at their own pace. Toys and songs will be incorporated into the learning process. Adult must participate in the water with child.

**LOCATION** Beede Center      **MIN/MAX** 3/8      **AGE** 0.5-2

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	10:15-10:45A	Tuesday	9/19-11/14	360101-21	\$121.50	\$202.50
Fall	12:30-1:00P	Wednesday	9/20-11/15	360101-31	\$121.50	\$202.50
Fall	9:00-9:30A	Thursday	9/21-11/16	360101-41	\$121.50	\$202.50
Fall	10:00-10:30A	Saturday	9/23-11/18	360101-61	\$121.50	\$202.50
Fall	11:45A-12:15P	Saturday	9/23-11/18	360101-62	\$121.50	\$202.50
<b>Winter</b>						
Winter	10:15-10:45A	Tuesday	1/9-3/13*	460101-21	\$121.50	\$202.50
Winter	12:30-1:00P	Wednesday	1/10-3/14*	460101-31	\$121.50	\$202.50
Winter	9:00-9:30A	Thursday	1/11-3/15*	460101-41	\$121.50	\$202.50
Winter	10:00-10:30A	Saturday	1/13-3/17*	460101-61	\$121.50	\$202.50
Winter	11:45A-12:15P	Saturday	1/13-3/17*	460101-62	\$121.50	\$202.50

**\*NO CLASS 2/17, 2/20, 2/21, 2/22**

## PRESCHOOL 1

Participants work towards basic skills including body positions, blowing bubbles, submerging, floating, kicking and arm action and jumping all done with support.

**LOCATION** Beede Center      **MIN/MAX** 3/5      **AGE** 3-5

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:30-6:00P	Tuesday	9/19-11/14*	360111-22	\$132.00	\$228.00
Fall	9:30-10:00A	Thursday	9/21-11/16	360111-41	\$148.50	\$256.50
Fall	3:00-3:30P	Thursday	9/21-11/16	360111-42	\$148.50	\$256.50
Fall	9:00-9:30A	Saturday	9/23-11/18	360111-61	\$148.50	\$256.50
Fall	10:45-11:15A	Saturday	9/23-11/18	360111-62	\$148.50	\$256.50
<b>Winter</b>						
Winter	9:30-10:00A	Thursday	1/11-3/15*	460111-41	\$148.50	\$256.50
Winter	3:00-3:30P	Thursday	1/11-3/15*	460111-42	\$148.50	\$256.50
Winter	9:00-9:30A	Saturday	1/13-3/17*	460111-61	\$148.50	\$256.50
Winter	10:45-11:15A	Saturday	1/13-3/17*	460111-62	\$148.50	\$256.50

**\*NO CLASS 10/31, 2/17, 2/22**

# Youth Swim Lessons

## PRESCHOOL 2

Prerequisite: Child must be able to perform 5 rhythmic bobs and comfortable with submerging. Continues to reinforce basic skills but with little or no assistance. Emphasis is placed on floating, arm and leg action and an introduction to rhythmic breathing.

**LOCATION** Beede Center      **MIN/MAX** 3/5      **AGE** 3-5

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:00-5:30P	Tuesday	9/19-11/14*	360112-22	\$132.00	\$228.00
Fall	10:00-10:30A	Thursday	9/21-11/16	360112-41	\$148.50	\$256.50
Fall	3:30-4:00P	Thursday	9/21-11/16	360112-42	\$148.50	\$256.50
Fall	9:30-10:00A	Saturday	9/23-11/18	360112-61	\$148.50	\$256.50
Fall	11:15-11:45A	Saturday	9/23-11/18	360112-62	\$148.50	\$256.50
Winter	10:00-10:30A	Thursday	1/11-3/15*	460112-41	\$148.50	\$256.50
Winter	3:30-4:00P	Thursday	1/11-3/15*	460112-42	\$148.50	\$256.50
Winter	9:30-10:00A	Saturday	1/13-3/17*	460112-61	\$148.50	\$256.50
Winter	11:15-11:45A	Saturday	1/13-3/17*	460112-62	\$148.50	\$256.50

\*NO CLASS 10/31, 2/17, 2/22

## PRESCHOOL 3

Prerequisites: Must have successfully completed Preschool I and II. Must be able to swim one length of therapy pool unassisted. Class will work on the skills necessary to enter into the ARC Level classes. Skills include independent floating and front and back crawl strokes. Class will begin in the therapy pool and progress towards lessons in the lap pool to prepare children for the next level of classes.

**LOCATION** Beede Center      **MIN/MAX** 3/5      **AGE** 3-5

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	4:30-5:00P	Monday	9/18-11/13*	360113-11	\$132.00	\$228.00
Fall	4:30-5:00P	Tuesday	9/19-11/14*	360113-21	\$132.00	\$228.00
Fall	12:15-12:45P	Saturday	9/23-11/18	360113-61	\$148.50	\$256.50
Winter	4:30-5:00P	Monday	1/8-3/12*	460113-11	\$132.00	\$228.00
Winter	12:15-12:45P	Saturday	1/13-3/17*	460113-61	\$148.50	\$256.50

\*NO CLASS 10/9 ,10/31 1/15, 2/17, 2/19

# Youth Swim Lessons

## LEARN TO SWIM LEVEL 1 & 2

This level explores swimming on the front and back, floating and kicking skills, all with assistance. Introduces blowing bubbles, submerging, bobbing and treading water. Introduces combined strokes on front and back, front and back floats, rotary breathing, treading water and changing direction. Goal is to perform skills unsupported.

**LOCATION** Beede Center      **MIN/MAX** 3/6      **AGE** 6-13

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	4:30-4:30P	Thursday	9/21-11/16	360122-41	\$148.50	\$256.50
Fall	9:00-9:30A	Saturday	9/23-11/18	360122-61	\$148.50	\$256.50
Winter	4:30-5:00P	Thursday	1/11-3/15*	460122-41	\$148.50	\$256.50
Winter	9:00-9:30A	Saturday	1/13-3/17*	460122-61	\$148.50	\$256.50

**\*NO CLASS 2/17, 2/22**

## LEARN TO SWIM LEVEL 3

Prerequisite: Completion Level 2 skills. Should be able to perform float unsupported on back and front with face submerged recover to a standing position. Push off wall and swim 5 yards using both front and back combined crawl stroke. Introduction of the flutter, dolphin and scissor kicks, elementary backstroke, front crawl endurance and headfirst entries from side of pool.

**LOCATION** Beede Center      **MIN/MAX** 3/6      **AGE** 6-13

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:00-5:30P	Monday	9/18-11/13*	360123-11	\$132.00	\$228.00
Fall	5:00-5:30P	Thursday	9/21-11/16	360123-41	\$148.50	\$256.50
Fall	9:30-10:00A	Saturday	9/23-11/18	360123-61	\$148.50	\$256.50
Winter	5:00-5:30P	Monday	1/8-3/12*	460123-11	\$132.00	\$228.00
Winter	5:00-5:30P	Thursday	1/11-3/15*	460123-41	\$148.50	\$256.50
Winter	9:30-10:00A	Saturday	1/13-3/17*	460123-61	\$148.50	\$256.50

**\*NO CLASS 10/9, 1/15, 2/17, 2/19, 2/22**

## LEARN TO SWIM LEVEL 4

Prerequisite: Completion Level 3 skills. Should be able to perform jumping into deep water, treading water, swim front crawl 25 yards with rotary breathing, and swim elementary backstroke for 15 yards. Introduce butterfly stroke, breaststroke, sidestroke, underwater swimming, diving from the side and open turns.

**LOCATION** Beede Center      **MIN/MAX** 4/8      **AGE** 6-13

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:30-6:15P	Monday	9/18-11/13*	360124-11	\$132.00	\$228.00
Fall	5:30-6:15P	Thursday	9/21-11/16	360124-41	\$148.50	\$256.50
Fall	10:15-11:00A	Saturday	9/23-11/18	360124-61	\$148.50	\$256.50
Winter	5:30-6:15P	Monday	1/8-3/12*	460124-11	\$132.00	\$228.00
Winter	5:30-6:15P	Thursday	1/11-3/15*	460124-41	\$148.50	\$256.50
Winter	10:15-11:00A	Saturday	1/13-3/17*	460124-61	\$148.50	\$256.50

**\*NO CLASS 10/9, 1/15, 2/17, 2/19, 2/22**

# Youth Swim Lessons

## LEARN TO SWIM LEVEL 5 & 6

Prerequisite: Completion Level 4 skills. Should be able to perform a feet-first entry into deep water, swim front crawl for 25 yards, and swim elementary backstroke for 25 yards. Students must be able to swim breaststroke for 15 yards, tread water for 2 minutes and swim back crawl for 15 yards. This level refines all strokes and maintains a front and elementary backstroke for 50 yards. Flip turns are introduced

**LOCATION** Beede Center      **MIN/MAX** 4/8      **AGE** 6-13

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	6:15-7:00P	Thursday	9/21-11/16	360125-11	\$148.50	\$256.50
Fall	11:00-11:45A	Saturday	9/23-11/18	360125-61	\$148.50	\$256.50
Winter	6:15-7:00P	Thursday	1/11-3/15*	460125-11	\$148.50	\$256.50
Winter	11:00-11:45A	Saturday	1/13-3/17*	460125-61	\$148.50	\$256.50

\*NO CLASS 2/17, 2/22

## SWIMMING WITH A PORPOISE (SWAP)

Designed for swimmers who are interested in swimming laps to improve their strokes without the competitiveness of swim team. Practices will focus on improving technique, speed, and endurance. Prerequisite: Proof of American Red Cross Level III certificate. Pretest to be conducted on the first day of class will consist of swimming 25 yards front crawl with rotary breathing, 25 yards back crawl and treading water for 1 minute.

**LOCATION** Beede Center      **MIN/MAX** 3/20      **AGE** 6-13

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	4:15-5:00P	Mon and Wed	9/18-11/15*	360131-11	\$216.75	\$374.00
Winter	5:00-5:45P	Mon and Wed	2/26-3/14*	460131-11	\$76.50	\$132.00

\*NO CLASS 10/9, 1/15, 2/19, 2/21

# High School Preseason

## HIGH SCHOOL PRESEASON

This clinic is designed to provide an opportunity for swimmers to log in some pre-season yardage before the winter high school swim season begins. Swimmers will work towards building a solid base of yardage intended to make the start of the high school swim season easier for each swimmer. Swimmers will have the opportunity to work on refining their competitive strokes through drills focusing on technique and proper execution of all 4 major strokes. There will also be a high focus placed on turns and the mental aspects and discipline of competitive swimming throughout this clinic. Swimmers do not need to have any competitive experience to participate in this clinic, but should be able to swim front crawl with rotary and rhythmic breathing before signing up.

**LOCATION** Beede Center      **MIN/MAX** 10/24      **AGE** 14-17

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall 1	3:00-4:30P	Tues-Fri	9/26-10/20	360150-21	\$250.00	\$250.00
Fall 2	3:00-4:30P	Tues-Fri	10/24-11/17*	360150-22	\$250.00	\$250.00

\*NO CLASS 11/10

# Diving



The Beede Center is proud to partner with Boston Area Diving (BAD), the oldest continuously running diving program in New England. BAD has produced numerous state champions, national finalists and holds New England Championship titles. BAD's coaches are U.S. Diving Safety Certified.

## BEGINNER DIVING

No prior diving experience is necessary. This class introduces safe and proper diving techniques and fundamentals. Each diver will progress at his or her own rate.

**LOCATION** Beede Center      **MIN/MAX** 4/8      **AGE** 6-17

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	10:30-11:15A	Saturday	9/23-11/18	360140-61	\$148.50	\$256.50
Winter	10:30-11:15A	Saturday	1/13-3/17*	460140-61	\$148.50	\$256.50

**\*NO CLASS 2/17**

*There will be an additional \$14 Liability Insurance fee payable to Boston Area Diving valid for one year from September - August.*

## INTERMEDIATE DIVING

If you have gymnastics or tumbling background and you are comfortable doing a front somersault and bouncing on a diving board, then this class is for you. Safe and proper fundamentals will be stressed and participants will progress at their own rate.

**LOCATION** Beede Center      **MIN/MAX** 4/8      **AGE** 6-17

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	11:15A-12:00P	Saturday	9/23-11/18	360141-61	\$148.50	\$256.50
Winter	11:15A-12:00P	Saturday	1/13-3/17*	460141-61	\$148.50	\$256.50

**\*NO CLASS 2/17**

*There will be an additional \$14 Liability Insurance fee payable to Boston Area Diving valid for one year from September - August.*

# Private Swim Lessons

## PRIVATE LESSONS

Want to learn to swim or improve your stroke but your schedule is too crazy to join a class? Sign up for a private lesson and have classes based on your availability.

PRIVATE LESSONS		MEMBER FEE		NON MEMBER FEE	
PACKAGE	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE	
1 lesson	\$35	\$50	\$47	\$70	
5 lessons	\$175	\$250	\$235	\$350	
10 lessons	\$315	\$450	\$423	\$630	

## BUDDY LESSONS

The flexibility of privates but sign up with a friend. These lessons are designed for two people with similar skill level and availability. Prices listed below are per person.

BUDDY LESSONS		MEMBER		NON MEMBER	
PACKAGE	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE	
1 lesson	\$24	\$35	\$33	\$49	
5 lessons	\$120	\$175	\$165	\$245	
10 lessons	\$216	\$315	\$297	\$441	

## SEMI-PRIVATE LESSONS

It's your own private class. Sign up with 3 - 4 friends all with the same skill level and availability. Prices listed below are per person.

SEMI-PRIVATE LESSONS		MEMBER		NON MEMBER	
PACKAGE	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE	
1 lesson	\$14	\$20	\$19	\$28	
5 lessons	\$70	\$100	\$95	\$140	
10 lessons	\$126	\$180	\$171	\$252	

### PRIVATE SWIM POLICIES AND PROCEDURES

- Once lessons are purchased you will be contacted by Erin MacDonough to coordinate first lesson.
- First lesson will be scheduled by the Program Manager and then subsequent lessons will be scheduled with the instructor after the first class.
- Payment must accompany registration. First lesson will not be scheduled until payment has been made.
- Please allow up to two weeks to schedule first lesson.
- Passes expire 1 year from date of purchase.
- It is recommended that children age 3 - 6 have 30 minute lessons.
- Private/Buddy/Semi Private lessons are not available on Saturday mornings between 9:00 am - 1:00 pm
- Cancellation Policy: Lessons must be canceled 24 hours in advance or you will be charged for the lesson. If participating in a semi private or buddy lesson all parties must agree to cancel lesson (with 24 hour notice) or lesson will be held and those who were not there will still be charged for the lesson.

# Otters Swim Team

# OTTERS

Our recreational swim team is designed to provide children with a positive team environment for learning good sportsmanship through competitive swimming. All four competitive strokes will be developed as well as starts and turns. The team is intended for swimmers to improve their swimming skills, build self-confidence, and make new friends. Our team is part of the Metro Swim League and will participate in 8 meets as well as championships. In order to be on the team you must participate in a minimum of six league meets. If your child is unwilling or unable to do so please see the Swimming with a Porpoise program.

\*10 & Under swimmers should pick two practice times per week, and 11 & Up swimmers are should pick three practice times per week.

\*Swimmers must attend practice that they registered for

\*Practices are on a first come first serve basis.

\*Ages are based off of a November 1st cut-off date.

**Erin MacDonough**  
**Head Coach**

Erin has been working at the Beede Center since 2007 teaching and coaching a variety of swimming and instructor level courses. She is an American Red Cross Water Safety Instructor trainer and Lifeguard Instructor and the Head Coach for the Otters since 2011. Erin has ASCA Level 2 Certification.

Register online for tryouts.

TRYOUT SCHEDULE				
AGE	TIME	DAY	DATE	ACTIVITY #
6 & under	4:30-5:00P	Friday	9/15	360309-01
7 & 8	5:00-5:30P	Friday	9/15	360309-02
9 & 10	5:30-6:30P	Friday	9/15	360309-03
11 & 12	6:00-6:30P	Friday	9/15	360309-04
13 & over	6:00-6:30P	Friday	9/15	360309-05

**6 & Under, 7 & 8**

Prerequisites – Participants must be able to swim nonstop:

- 1.) 25 yards (one length) Front Crawl with rotary breathing
- 2.) 25 yards (one length) Back Crawl
- 3.) Must be able to dive in from side of pool

**9 & 10**

Prerequisites – Participants must be able to swim nonstop:

- 1.) 25 yards (one length) Front Crawl with rotary breathing
- 2.) 25 yards (one length) Back Crawl
- 3.) 25 yards (one length) Breaststroke
- 4.) Must be able to dive in from starting block

**11 & Up**

Prerequisites – Participants must be able to swim nonstop:

- 1.) 50 yards (2 lengths) Front Crawl with rotary breathing
- 2.) 50 yards (2 lengths) Back Crawl
- 3.) 25 yards (one length) Breaststroke
- 4.) 25 yards (one length) Butterfly
- 5.) Must be able to dive in from starting block

SEASON:						
AGE (AS OF 11/1/17)	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9 & under	5:00-6:00P	Monday	10/2-2/26	360310-11	\$165.00	\$265.00
10 & over	5:45-7:00P	Monday	10/2-2/26	360310-12	\$165.00	\$265.00
9 & under	5:00-6:00P	Tuesday	10/3-2/27	360310-21	\$165.00	\$265.00
10 & over	5:45-7:00P	Tuesday	10/3-3/27	360310-22	\$165.00	\$265.00
9 & under	5:00-6:00P	Wednesday	10/4-2/28	360310-31	\$165.00	\$265.00
10 & over	5:45-7:00P	Wednesday	10/4-2/28	360310-32	\$165.00	\$265.00
9 & under	5:00-6:00P	Thursday	10/5-3/1	360310-41	\$165.00	\$265.00
10 & over	5:45-7:00P	Thursday	10/5-3/1	360310-42	\$165.00	\$265.00

10% additional child discount

# Adult Swim

## INTRO TO COACHED WORKOUT

Prerequisite: Must be able to swim continuously for 200 yards with rotary breathing. Swimming is a lifetime activity and is an excellent way to get and stay fit. Have you been away from swimming for a while? This program serves as a great way to ease back in to swimming workouts.

**LOCATION** Beede Center      **MIN/MAX** 12/28      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	12:00-1:15P	Mon & Wed	9/11-12/20*	360162-11	\$137.75	\$216.05

Winter	12:00-1:15P	Mon & Wed	1/3-3/14*	460162-11	\$104.50	\$163.90
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**\*NO CLASS 10/9, 11/10, 11/23, 11/24, 1/15, 2/19**

## COACHED WORKOUT

Prerequisite: Must be able to swim 400 yards without stopping in under 11 minutes. Must be able to swim 2 lengths each of backstroke and breaststroke. Willingness to learn butterfly and flip turns. Jump on In! Whether you are a serious swimmer looking for a coached workout or training for a triathlon, we have the workout program for you.

**LOCATION** Beede Center      **MIN/MAX** 12/28      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:45-7:00A	Mon, Wed, Fri	9/11-12/22*	360163-11	\$199.50	\$312.90

Fall	12:00-1:15P	Tues & Thur	9/12-12/21*	360163-21	\$137.75	\$216.05
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Fall	7:00-8:15P	Tues & Thur	9/12-12/21*	360163-22	\$133.00	\$208.60
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Winter	5:45-7:00A	Mon, Wed, Fri	1/3-3/16*	460163-11	\$142.50	\$223.50
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Winter	12:00-1:15P	Tues & Thur	1/2-3/15	460163-21	\$104.50	\$163.90
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Winter	7:00-8:15P	Tues & Thur	1/2-3/15	460163-22	\$104.50	\$163.90
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**\*NO CLASS 10/9, 10/31(evening only), 11/10, 11/23, 11/24, 1/15, 2/19**

## ADULT WATER POLO

Prerequisite: Participant must be a competent swimmer. Must be able to swim 500 yards continuously in under 9 minutes and tread water continuously for 20 minutes. Class will consist of learning basic rules and play. Structure of class will be warm-up and drills followed by game play.

**LOCATION** Beede Center      **MIN/MAX** 10/15      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Winter	6:00-7:00A	Tuesday	1/2-3/13	460164-21	\$100.00	\$140.00

# Water Fitness

## ARTHRITIS

Instructors certified by the Aquatic Exercise Association. Class Limit: 8 Maximum This water exercise program helps to reduce arthritis pain and stiffness while keeping joints flexible and muscles strong. The water provides gentle resistance to build muscle strength and supports joints to encourage free movement.

**LOCATION** Beede Center      **MIN/MAX** 3/8      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	2:15-3:00P	Monday	9/11-12/18*	360200-11	\$101.50	\$158.20
Fall	1:15-2:00P	Tuesday	9/12-12/19	360200-21	\$108.75	\$169.50
Fall	11:30A-12:15P	Wednesday	9/13-12/20	360200-32	\$108.75	\$169.50
Fall	1:15-2:00P	Thursday	9/14-12/21*	360200-41	\$101.50	\$158.20
Fall	10:15-11:00A	Friday	9/15-12/22*	360200-51	\$94.25	\$146.90
Winter	2:15-3:00P	Monday	1/8-3/19*	460200-11	\$65.25	\$101.70
Winter	1:15-2:00P	Tuesday	1/2-3/20*	460200-21	\$79.75	\$124.30
Winter	11:30-12:15P	Wednesday	1/3-3/21	460200-31	\$79.75	\$124.30
Winter	1:15-2:00P	Thursday	1/4-3/22*	460200-41	\$79.75	\$124.30
Winter	10:15-11:00A	Friday	1/5-3/23*	460200-51	\$79.75	\$124.30

\*NO CLASS 10/9, 11/10, 11/23, 11/24, 1/15, 2/19, 2/20, 2/22, 2/23

## AI CHI

Instructors certified by the Aquatic Exercise Association. Class Limit: 8 Maximum Ai Chi is a program designed to increase range of motion, mobility, and balance, as well as to reduce stress. It includes fluid movements paired with breathing techniques to lengthen, strengthen and relax the body.

**LOCATION** Beede Center      **MIN/MAX** 3/8      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:00-9:00A	Tuesday	9/12-12/19	360201-21	\$108.75	\$169.50
Fall	8:00-9:00A	Wednesday	9/13-12/20	360201-31	\$108.75	\$169.50
Winter	8:00-9:00A	Tuesday	1/2-3/20*	460201-21	\$79.75	\$124.30
Winter	8:00-8:45A	Wednesday	1/3-3/21*	460201-31	\$79.75	\$124.30

\*NO CLASS 2/20, 2/21

# Water Fitness

## WARM WATER STRETCH

Instructors certified by the Aquatic Exercise Association. Class Limit: 8 Maximum This class is a fusion of Yoga and Ai Chi moves along with other forms of stretching. The class will vary week to week. The use of noodles may be used to assist the stretching.

**LOCATION** Beede Center      **MIN/MAX** 3/8      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:45-8:30P	Tuesday	9/12-12/19	360202-21	\$108.75	\$169.50
Fall	8:00-8:45A	Friday	9/15-12/22	360202-51	\$94.25	\$146.90
Fall	8:30-9:15A	Sunday	9/17-12/24*	360202-71	\$87.00	\$135.60
Winter	7:45-8:30P	Tuesday	1/2-3/20*	460202-21	\$79.75	\$124.30
Winter	8:00-8:45A	Friday	1/5-3/23*	460202-51	\$79.75	\$124.30
Winter	8:30-9:15A	Sunday	1/7-3/25*	460202-71	\$79.75	\$124.30

**\*NO CLASS 10/29, 11/26, 12/24, 2/18, 2/20, 2/23**

## NEW PY YO CHI

The strength of Pilates, the balance of Yoga and the energy revitalization of Ai Chi. Regular practice leads to improved core strength, range of motion, alignment, and balance. It enhances your breathing and personal calm. The class is made up of full range of movements using techniques from Ai Chi, Yoga and Pilates.

**LOCATION** Beede Center      **MIN/MAX** 3/8      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	2:15-3:00P	Thursday	9/14-12/21*	360203-41	\$101.50	\$158.20
Winter	2:15-3:00P	Thursday	1/4-3/22*	460203-41	\$79.75	\$124.30

**\*NO CLASS 11/23, 2/22**

## SHALLOW WATER WORKOUT

Instructors certified by the Aquatics Exercise Association. Water shoes recommended. This is a high energy class which incorporates exercises and equipment to strengthen, tone and stretch the body in a low-impact environment, while improving cardiovascular fitness. No swimming skills are necessary.

**LOCATION** Beede Center      **MIN/MAX** 8/25      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	12:00-1:00P	Tuesday	9/12-12/19	360204-21	\$108.75	\$169.50
Fall	9:00-10:00A	Wednesday	9/13-12/20	360204-31	\$108.75	\$169.50
Winter	12:00-1:00P	Tuesday	1/2-3/20*	460204-21	\$79.75	\$124.30
Winter	9:00-10:00A	Wednesday	1/3-3/21*	460204-31	\$79.75	\$124.30

**\*NO CLASS 2/20, 2/21**

# Water Fitness

## ROCK 'N ROLL

Instructors certified by the Aquatic Exercise Association. Water shoes recommended. Get ready to 'shake your booty' to the beat of disco and rock 'n roll music. An overall body workout is the goal of this choreographed shallow water workout. For individuals who love the water, love music and havin' fun.

**LOCATION** Beede Center      **MIN/MAX** 8/20      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	11:00A-12:00P	Monday	9/11-12/18*	360205-11	\$101.50	\$158.20
Fall	9:30-10:30A	Thursday	9/14-12/21*	360205-41	\$101.50	\$158.20
Winter	11:00A-12:00P	Monday	1/8-3/19*	460205-11	\$65.25	\$101.70
Winter	9:30-10:30A	Thursday	1/4-3/22*	460205-41	\$79.75	\$124.30

\*NO CLASS 10/9, 11/23 1/15, 2/19, 2/22

## DEEP WATER

Instructors certified by the Aquatic Exercise Association. Floatation Belts are required. This class will strengthen your cardiovascular system, all your muscle groups and increase your flexibility. It is a blast! Equipment may be used to add variety to this energized workout! Emphasis will be on using proper body alignment and techniques. Designed for all fitness levels.

**LOCATION** Beede Center      **MIN/MAX** 8/15 **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:00-8:00A	Monday	9/11-12/18*	360207-11	\$101.50	\$158.20
Fall	6:30-7:30P	Tuesday	9/12-12/19	360207-21	\$108.75	\$169.50
Fall	7:00-8:00A	Wednesday	9/13-12/20	360207-31	\$108.75	\$169.50
Fall	7:00-8:00P	Thursday	9/14-12/21*	360207-41	\$101.50	\$158.20
Fall	9:00-10:00A	Friday	9/15-12/22*	360207-51	\$94.25	\$146.90
Winter	7:00-8:00A	Monday	1/8-3/19*	460207-11	\$65.25	\$101.70
Winter	6:30-7:30P	Tuesday	1/2-3/20*	460207-21	\$79.75	\$124.30
Winter	7:00-8:00A	Wednesday	1/3-3/21*	460207-31	\$79.75	\$124.30
Winter	7:00-8:00P	Thursday	1/4-3/22*	460207-41	\$79.75	\$124.30
Winter	9:00-10:00A	Friday	1/5-3/23*	460207-51	\$79.75	\$124.30

\*NO CLASS 10/9, 11/10, 11/23, 11/24 1/15, 2/19, 2/20, 2/21, 2/22, 2/23

# Water Fitness

## JUST RUNNING

Instructors certified by the Aquatic Exercise Association. Floatation Belts are required. This is a high energy, deep water workout based on water running research. Using interval training techniques paired with a variety of exercises, you will strengthen and tone the body as you increase your cardiovascular fitness.

**LOCATION** Beede Center      **MIN/MAX** 8/18      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	10:15-11:00A	Wednesday	9/13-12/20	360208-31	\$108.75	\$169.50
Winter	10:15-11:00A	Wednesday	1/3-3/21*	460208-31	\$79.75	\$124.30

**\*NO CLASS 2/21**

## DEEP WATER INTERVAL TRAINING

Instructors certified by the Aquatic Exercise Association. Floatation Belts are required. If you want a workout that incorporates strength and cardio training, head to the dive well for interval training. Interval training uses both aerobic and anaerobic energy by alternating short bursts of intense activity with an active recovery period of a less-intense activity. Jump in for a fun and invigorating workout.

**LOCATION** Beede Center      **MIN/MAX** 8/18      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	1:15-2:00P	Monday	9/11-12/18*	360209-11	\$101.50	\$158.20
Fall	9:15-10:00A	Tuesday	9/12-12/19	360209-21	\$108.75	\$169.50
Winter	1:15-2:00P	Monday	1/8-3/19*	460209-11	\$65.25	\$101.70
Winter	9:15-10:00A	Tuesday	1/2-3/20*	460209-21	\$79.75	\$124.30

**\*NO CLASS 10/9, 1/15, 2/19, 2/20**

## BOOT CAMP

Instructors certified by the Aquatic Exercise Association. High intensity training to target every part of your body. Be prepared to sweat, even in the pool. We are looking for a few good men and women! This workout is for intermediate to advanced participants. Floatation Belts are required

**LOCATION** Beede Center      **MIN/MAX** 8/18      **AGE** 18+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:30-10:15A	Sunday	9/17-12/24*	360210-71	\$87.00	\$135.60
Winter	9:30-10:15A	Sunday	1/7-3/25	460210-71	\$79.75	\$124.30

**\*NO CLASS 10/29, 11/26, 12/24, 2/18**

# Aquatics

## ABDOMINALS AND CORE STRENGTH WITH LAURA DIAMOND, MS, PT

Come and learn about deep water exercises that will increase your postural awareness and abdominal strength. Find out how you can gain core stability with water exercises. Learn alternatives to your land-based exercise program. If you are a lap swimmer, you can do these for a few minutes while you are in the water. If you are a water exercise class participant you might benefit from some specific instruction that you can use in your classes. Please note that this is an introductory class only and is not meant to be a substitute for physical therapy. No handouts will be given to participants. Pictures and video of these and other exercises can be found in the book and DVD,

***Get in the Water! 194 Aquatic Exercises for Fitness and Rehabilitation.***



**LOCATION** Beede Center Dive Well/Deep Water

**MIN/MAX** 8/18

**AGE** 18+

Floatation belts are required

TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
12:45-1:45P	Wednesday	9/20	560310-A1	\$30.00	\$35.00
10:45-11:45A	Tuesday	10/24	560310-A2	\$30.00	\$35.00
11:00A-12:00P	Friday	11/10	560310-A3	\$30.00	\$35.00
10:45-11:45A	Tuesday	12/12	560310-A4	\$30.00	\$35.00
11:00A-12:00P	Friday	1/12	560310-B1	\$30.00	\$35.00
12:45-1:45P	Wednesday	2/14	560310-B2	\$30.00	\$35.00
11:00A-12:00P	Friday	3/9	560310-B3	\$30.00	\$35.00

## Family Fun Fridays

### THE ROCK

Climbing and sliding all in one! Climb up one side and race down the slide on the other side! Climb up with your friends and see who can get to the top the fastest. Great fun for all ages. Prerequisites: Must have a yellow or green band if under 14 years old.\*All Dates Subject to Change.\*

**MIN/MAX** 0/15

**LOCATION** Beede Swim & Fitness

**AGE** 6+

### DIVE IN MOVIE

Movie title will be announced on the first day of the month. Float around in the dive well in your own tube while you watch a movie on the big screen. Prerequisites: Must have a yellow or green band if under 14 years old.

\*All Dates Subject to Change.\*

**MIN/MAX** 5/15

**LOCATION** Beede Swim & Fitness

**AGE** 6+

**FEE** \$5.00

# Aquatics (Adaptive)



## ADAPTIVE AQUATICS-BEGINNER

Focus will be on participant’s ability in the water as well as emphasis on safety, having fun, social interaction and developing positive self-image through successful participation. Participants will work with American Red Cross Water Safety Instructors and a group of specially trained volunteers. All program and pool staff at the Beede Center is certified in ARC Lifeguard Training, CPR, AED and First Aid.

**LOCATION** Beede Center      **MIN/MAX** 5/10      **AGE** 6 & up

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	2:15-2:45P	Sunday	9/24-11/19*	360300-71	\$128.00	\$128.00
Winter	2:15-2:45P	Sunday	1/14-3/18*	460300-71	\$128.00	\$128.00

**\*NO CLASS 10/29, 1/15, 2/19**



## ADAPTIVE AQUATICS

To participate in this training program participant must be able to safely swim 25 yards in 7 feet of water. Freestyle, backstroke and breaststroke will be developed and butterfly will be introduced. Participants will work on technique and endurance throughout this program as well as increase participant’s level of physical fitness. Focus will be on participant’s ability as well as emphasis on safety, having fun, social interaction and developing positive self-image through successful participation. Participants will work with American Red Cross Water Safety Instructors and a group of specially trained volunteers. All program and pool staff at the Beede Center is certified in ARC Lifeguard Training, CPR, AED and First Aid.

**LOCATION** Beede Center      **MIN/MAX** 5/15      **AGE** 8-18

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:00-7:45P	Tues & Thurs	9/12-11/16*	360301-21	\$228.00	\$228.00
Fall	3:00-4:00P	Sunday	9/24-11/19*	360301-71	\$128.00	\$128.00
Fall	4:00-5:00P	Sunday	9/24-11/19*	360301-72	\$128.00	\$128.00
Winter	7:00-7:45P	Tues & Thurs	1/9-3/15*	460301-11	\$228.00	\$228.00
Winter	3:00-4:00P	Sunday	1/14-3/18*	460301-71	\$128.00	\$128.00
Winter	4:00-5:00P	Sunday	1/14-3/18*	460301-72	\$128.00	\$128.00

**\*NO CLASS 10/29, 10/31, 11/23, 11/26, 1/15, 2/20, 2/22**

# American Red Cross Certification

## LIFEGUARD TRAINING COURSE

This course covers the following: Lifeguard Training, First Aid, AED, and CPR for the Professional Rescuer. The minimum age for this course is 15. Proof of age in form of a driver's license, birth certificate, or passport must be presented at the Pre-Test. Students who do not pass the pre-test will not be permitted to attend the course.

### Pre-test Requirements

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs with hands positioned under the armpits.
3. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards, surface dive and retrieve a 10 pound brick in 7-10 feet of water and return to starting point holding the brick with both hands while keeping your face above the water and exit the water without using a ladder or steps. Swim goggles are not allowed.

### Cancellation

The registration period ends 7 days prior to the first class. If the student withdraws before the end of the registration period, a \$25 non-refundable fee will be applied. If the student withdraws on or after the registration period, a \$75 non-refundable fee will be applied. If the student fails the pre-test, a \$100 non-refundable fee will be applied. Punctual attendance is required at all class sessions. No exceptions will be made! Fees include all materials for the course and Red Cross fees. For more info please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

## LIFEGUARD REVIEW COURSE

The purpose of the review course is to give individuals with a current Lifeguarding/FirstAid/ CPR/AED certificate the opportunity to recertify. Proof of certification is required. Must submit photocopy of current certifications when registering for this course.

### Pre-test Requirements

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs with hands positioned under the armpits.
3. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards, surface dive and retrieve a 10 pound brick in 7-10 feet of water and return to starting point holding the brick with both hands while keeping your face above the water and exit the water without using a ladder or steps. Swim goggles are not allowed.

Students who do not pass the pre-test will not be permitted to attend the course. Course materials may be downloaded at [www.redcross.org](http://www.redcross.org) if you are not in possession of the current material. Participants are required to bring course material with them to the course.

### Cancellation

The registration period ends 7 days prior to the first class. If the student withdraws before the end of the registration period, a \$25 non-refundable fee will be applied. If the student withdraws on or after the registration period, a \$75 non-refundable fee will be applied. If a student fails the pre-test, a \$100 non-refundable fee will be applied. For more info, please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

<b>LOCATION</b>	Beede Center
<b>MIN/MAX</b>	4/6
<b>AGE/GRADE</b>	15+
<b>TIME</b>	9:00am-5:00pm
<b>MEMBER FEE</b>	\$275.00
<b>NON MEMBER FEE</b>	\$385.00
<b>ACTIVITY #</b>	560100-L1 12/26-12/29 560100-F1 6/11-6/15

<b>LOCATION</b>	Beede Center
<b>MIN/MAX</b>	4/6
<b>AGE/GRADE</b>	16+
<b>TIME</b>	9:00am-5:00pm
<b>MEMBER FEE</b>	\$175.00
<b>NON MEMBER FEE</b>	\$285.00
<b>ACTIVITY #</b>	560101-F1 6/16-6/17

# American Red Cross Certification

## WSI COURSE (WATER SAFETY INSTRUCTOR)

The purpose of this course is to train instructor candidates to teach courses in the American Red Cross Swimming and Water Safety program. Candidates must be 16 years of age on or before the final scheduled session (proof of age is required).

### Pre-test Requirements

Students must swim 25 yards of each of the following strokes: Front Crawl, Back Crawl, Elementary Backstroke, Breaststroke and Sidestroke. Swim 15 yards Butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute. All of these skills must be performed at a Red Cross Level 4 or higher.

Fees include all materials for the course, Red Cross fees, and must be paid in full at registration.

### Cancellation

The registration period ends 7 days prior to the first class. Attendance is required at all class sessions. No exceptions will be made! There is a \$25 non-refundable fee if you withdraw before the end of the registration period. If you withdraw on or after the registration period, there is a non-refundable fee of \$90. If the student fails the pre-test, there is a non-refundable fee of \$110.

For more info, please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

<b>LOCATION</b>	Beede Center
<b>MIN/MAX</b>	4/6
<b>AGE/GRADE</b>	16+
<b>TIME</b>	9:00am-5:00pm
<b>MEMBER FEE</b>	\$290.00
<b>NON MEMBER FEE</b>	\$400.00
<b>ACTIVITY #</b>	560102-B1 2/19-2/23 560102-F1 6/4-6/8



# FITNESS

PERSONAL TRAINING

FITNESS

GROUP EXERCISE

CYCLE

BALL

BARRE

FAMILY FITNESS

YOGA

PILATES

PRIVATE

LUNCHTIME

Concord Recreation offers many fitness options through personal training, classes and membership at the Beede Center. Classes are held at the Hunt Center, Yoga Studios and Beede Center. Programs include yoga, pilates, group exercise and more.



## BEEDE CENTER

swim + fitness

### BEEDE SWIM AND FITNESS CENTER

498 Walden street  
Concord, MA 01742  
978-287-1000  
beedecenter.com

## CONCORD RECREATION

### HUNT RECREATION CENTER

90 Stow Street  
Concord, MA 01742  
978-287-1050 main  
978-287-1007 Fitness Hotline  
978-318-3190 fax  
Mon-Fri 8:00 am - 6:00 pm  
concordrec.com

### YOGA STUDIOS

105 Everett Street  
Concord, MA 01742

## Beede Center Personal Trainers



Jeff Cobb

### Jeff Cobb

Jeff has been involved in athletics and exercise most of his life. Baseball, soccer, rugby and tennis are some sports that he competed in throughout high school and college. His passion for exercise is primarily in the weight room. Jeff helps his clients achieve their health and fitness goals. If you are interested in general fitness and having fun at the same time, then Jeff can make it happen for you. Credentials: BS Physical Education, Minor in Health, Certified Personal Trainer through American College of Sport Medicine.



Laurel DeWolf-Grisé

### Laurel DeWolf-Grisé

Laurel has had a life-long interest in health and fitness. She is a group fitness instructor and holds certifications from Johnny G. Spinning, YogaFit, and Les Mills Body Pump and Body Flow. She is an ACE Certified Group Fitness Instructor and Wellness Coach and is now using her knowledge to advance into personal training with special interest in flexibility and strength training.



John Donaldson

### John Donaldson

John earned his Masters Degree from Syracuse University and is an International Sports Sciences Association certified personal trainer. His focus is on strength and conditioning, and he trains individuals from all levels of fitness. He has coached athletes seeking help with power development and improvements in stamina. He combines high intensity strength and conditioning to his training, as well as guidance on performance nutrition. In his spare time John enjoys outdoor activities such as hiking and nordic skiing.



Trishia Hosmer

### Trisha Hosmer

Trisha has been a certified personal trainer since 2006. Personal training fulfills her lifelong desire to work with those wishing to make a positive change. She specializes in designing personal programs for weight loss, physical therapy for medical rehabilitation both prior and post surgery, and training for marathons. Trisha strives to help every client obtain his or her personal goals. She is certified from National Academy of Sports Medicine as well as the American Sports & Fitness Association. She has run the Boston Marathon and competes regularly in local road races, spartan obstacle races, and the warrior dash obstacle races. Trisha loves to ski, play basketball, run, box, and soccer. Trisha resides in Groton with her son Sean. She is working on completing her Masters degree in psychology.

## Beede Center Personal Trainers

### Kelsey Murphy

Kelsey graduated from Fitchburg State University, where she earned her B.S. degree in Exercise and Sports Science. She acquired her Personal Training Certificate through the International Sports Sciences Association and is also working towards her Nutrition Certification. Kelsey was a four year starter for her women's college soccer team. She has a passion for all things fitness! Kelsey creates unique and personalized workout plans to help others reach their own specific goals! She loves weightlifting, running, mountain biking, playing softball, competing in obstacle course races and hiking with her dog, Miya.



Kelsey Murphy

### Mark Ryder

Mark is a second degree black belt in Shotokan Karate. He has been instructing men, women, children, and college students in the martial arts since 1980. His interests in the martial arts and physical fitness lead him to more in-depth studies of fitness, nutrition, and dietary supplementation and a career in Personal Training. In 2005 he obtained his Personal Training Certification through American Fitness Training of Athletics. Mark enjoys educating his clients about fitness and often combines his personal training session workouts with a mixture of strength training, martial arts, sport drills and functional training.



Mark Ryder

### Anne Windhol

Anne has worked as a Personal Trainer since 2000, following a career in children's fitness. She has a B.S. degree in Physical Education and is certified by the American Council on Exercise. Anne has been involved with a lifetime of athletics and fitness. She is a competitive golfer who also enjoys biking, tennis and hiking. Anne has experience working with many populations, including older adults, low back, shoulder, knee and hip replacement post rehab clients. She also enjoys sports specific training. Core strength, balance and posture are stressed with every client. Anne prefers functional training with the emphasis on fun!



Anne Windhol

# Personal Training

Personal training is an opportunity to work one-on-one with a qualified fitness specialist. You will receive a program that has been individually created to suit your wellness level and your fitness goals. Whether you are looking to complete that next race at a faster time or just want to include fitness in your life, our personal trainers will help you achieve your goals.

Combined with a personal commitment from you, personal training will:

- Help you train safely and effectively
- Provide encouragement and motivation
- Help you set & achieve your goals
- Congratulate you on your accomplishments
- Provide new program/training ideas

Our certified trainers are enthusiastic about fitness, knowledgeable about proper exercise techniques, and schedule sessions during all open business hours. Members may schedule personal training appointments by speaking with a member of our training staff or by calling 978-287-1015. All training must be prepaid at the front desk upon arrival of your first training session.

### Cancellation Policy

In order to cancel or reschedule a personal training appointment, you must contact your trainer at least 24 hours in advance of the scheduled appointment or you will be charged for that session. No-shows will still be charged for the session.

### General Information

For your first session with a trainer, make sure you're well rested and hydrated. Please adhere to our dress code and wear clean, movement-oriented clothing and sneakers. You may want to bring a water bottle along. Be sure to secure your valuables in a locker. Please arrive on time for your appointment. Your lateness will result in a shortened session and no pro-rated refund. All personal training sessions take place at the Beede Swim & Fitness Center. Trainers are not permitted to schedule sessions at private residences.

### Body Composition Testing

Body composition has a direct impact on your health. Results from this easy test will show your Body Mass Index, Recommended Water Intake, Basal Metabolic Rate and Total Body Fat /Lean Body Mass. A consultation with our trainers can help you analyze test results and show you how you can reduce your health risks and improve your life style.

SESSION	MEMBER FEE	NON MEMBER FEE
1 Session	\$60	\$80
5 Sessions	\$275	\$370
10 Sessions	\$550	\$740

BODY COMPOSITION TESTING (BY APPOINTMENT ONLY)	
MEMBER FEE	NON MEMBER FEE
\$20	\$35

# Fitness at Beede

## NEW KETTLEBELLS, DUMBELLS, AND BARBELLS

Applying physical force to an external resistance defines physical strength. Using Kettle Bells, Dumb Bells, and Barbells can improve strength, as well as balance and coordination. Like a tool in a tool box, however, much of the challenge is in selecting and using the best tool for the task at hand. In this two day workshop you will be able to determine when to use these tools and to demonstrate their most common movements in a safe and effective manner. No prior experience is required.

\*When registering please pick two from the four class offerings. This is a 2 day workshop

**LOCATION** Beede Swim and Fitness Center      **MIN/MAX** 2/4      **AGE** 14+      **FEE** \$40.00

CLASS	TIME	DAY	DATES	ACTIVITY #
Kettle Bells and Dumb Bells	7:00-8:00P	Tuesday	9/12	370102-12
Kettle Bells and Dumb Bells	9:00-10:00A	Thursday	9/14	370102-14
Kettle Bells and Dumb Bells	7:00-8:00P	Tuesday	9/19	370102-22
Kettle Bells and Dumb Bells	9:00-10:00A	Thursday	9/21	370102-24
<b>Transferring to Barbells</b>				
Transferring to Barbells	7:00-8:00P	Tuesday	9/26	370102-32
Transferring to Barbells	9:00-10:00A	Thursday	9/28	370102-34
Transferring to Barbells	7:00-8:00P	Tuesday	10/3	370102-42
Transferring to Barbells	9:00-10:00A	Thursday	10/5	370102-44

## NEW AB BLAST

This thirty-minute, action packed class focuses on developing and strengthening your abdominal muscles! Gain improved flexibility, strength, balance and posture! And of course, TONE & TIGHTEN those abs!

**MIN/MAX** 2/10      **LOCATION** Beede Swim & Fitness      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:00-7:30A	W	9/13-11/15	370103-31	\$148.50	\$256.50

# Group Fitness

## SMALL GROUP PERSONAL TRAINING

This one hour class is designed for the mature individual who wants to defend against the deconditioning that arises from being sedentary. Led by an experienced personal trainer this class combines dynamic warm-ups, body weight exercises, basic weight training, interspersed with cardio activities in a group setting.

**MIN/MAX** 5/11      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** Laurel DeWolf-Grise      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:00-9:00A	Tuesday	9/19-12/19	372201-T2	\$147.00	\$189.00
Fall	8:00-9:00A	Thursday	9/21-12/21*	372201-H2	\$136.50	\$175.50
Winter	8:00-9:00A	Tuesday	1/9-3/27	472201-T2	\$126.00	\$162.00
Winter	8:00-9:00A	Thursday	1/11-3/29	472201-H2	\$126.00	\$162.00

\*NO CLASS 11/23

## NEW STEP/TABATA

This class features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated 8 times. These bursts of intense work will torch calories and strengthen your entire body.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** Carolyn Schweitzer      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:30-10:30A	Tuesday	9/19-12/19	372202-T3	\$147.00	\$189.00
Winter	9:30-10:30A	Tuesday	1/9-3/27	472202-T3	\$126.00	\$162.00

## BOOT CAMP

This one hour class consists of drill-oriented cardio exercises, interval training, core strength, weights and balance. A total body workout with the focus on maximum cardio benefit.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** Cara Morgan      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	5:45-6:45A	Tuesday	9/19-12/19	372401-T1	\$147.00	\$189.00
Fall	5:45-6:45A	Thursday	9/21-12/21*	372401-H1	\$136.50	\$175.50
Winter	5:45-6:45A	Tuesday	1/9-3/27	472401-T1	\$126.00	\$162.00
Winter	5:45-6:45A	Thursday	1/11-3/29	472401-H1	\$126.00	\$162.00

\*NO CLASS 11/23

**DROP-IN'S WELCOME**  
**\$15.00 PER CLASS**

**FITNESS HOTLINE**  
**978-287-1007**

## Group Fitness

### NEW INSANITY WORKOUT

You've seen the Beachbody infomercials with Sean T; now try it LIVE! Insanity is designed as an interval training workout for ALL fitness levels. Participants will work out to fun music and with choreographed moves in 3 to 5 minute blocks and take 30-60 second breaks in between the work intervals. This technique is called High Intensity Interval Training (HITT) because it keeps your body working strong, confusing your muscles and teaching your body to adapt to new levels of training. You keep pushing your limits. Modifications are available for every single move so all fitness levels are welcome! No equipment required other than your body. Please bring your own mat.

MIN/MAX 5/25		LOCATION Hunt Recreation Bld		INSTRUCTOR Krysta Johnson		AGE 14+
SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:00-9:00A	Saturday	9/23-12/23*	372206-S1	\$126.00	\$162.00
Winter	8:00-9:00A	Saturday	1/13-3/31	472206-S1	\$126.00	\$162.00

\*NO CLASS 11/4, 11/11, 1/15, 2/19

### NEW QI GONG/TAI CHI

Tai Chi and Qi Gong can be described as moving meditation. The T'ai Chi taught will be a slow, continuous, choreographic flow of the Yang 24 Short Form. Qi Gong will use forms or exercises taught in a variable order, at a variable speed, with or without pauses. This class will increase energy level and improve balance, strength and breathing. This class is suitable for all fitness levels. Wear comfortable clothing.

MIN/MAX 5/25		LOCATION Hunt Recreation Bld		INSTRUCTOR Teresa Datar		AGE 14+
SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	1:30-2:30P	Thursday	9/21-12/21*	372207-H1	\$136.50	\$175.50
Winter	1:30-2:30P	Thursday	1/11-3/29*	472207-H1	\$148.50	\$115.50

\*NO CLASS 11/23, 2/22

### NEW KICKBOXING FOR HIGH SCHOOLERS

Join us for a high-energy mixed martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn over 700 calories a class. No experience needed and all fitness levels can participate. Release stress, gain power, strengthen your heart, have a blast and leave feeling like a champ. Bring your best fighter attitude and leave inhibitions behind! This class is outdoors.

MIN/MAX 5/15		LOCATION Beede Center Patio		INSTRUCTOR Laura Tabloski		AGE 14+
SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	2:45-3:45P	Thursday	9/21-10/26*	372505-H1	\$63.00	\$81.00

\*NO CLASS 11/23

## Group Fitness

### CORE FUSION

This class will focus on developing strength, flexibility, and stability in the core (abdomen, upper to lower back, and glutes). Developing these important postural muscles makes for more fluid and efficient movement, decreases risk of injury, and improves posture.

**MIN/MAX** 5/15 **LOCATION** Fall-Beede Center Patio, Winter-Hunt Center **INSTRUCTOR** Delinda May **AGE:** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:30-9:30A	Wednesday	9/20-10/25	372901-W1	\$63.00	\$81.00
Winter	8:30-9:30A	Wednesday	1/10-3/28*	472901-W1	\$126.00	\$162.00

### TOTAL CONDITIONING

Total Conditioning is just that: a total body workout for all bodies! This one-hour class will use a variety of equipment and formats to get your entire body moving and toned. All fitness levels are welcome. Come work yourself from head to toe!

**MIN/MAX** 5/25 **LOCATION** Hunt Recreation Bld **INSTRUCTOR** Krysta Johnson **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:00-9:00A	Monday	9/18-12/18*	372204-M1	\$136.50	\$175.50
Winter	8:00-9:00A	Monday	1/8-3/26*	472204-M1	\$105.00	\$135.00

**\*NO CLASS 10/9, 1/15, 2/19**

## Lunchtime Fitness

### LUNCHTIME FITNESS

Looking to get your exercise in mid day? Come and join us for one of our lunchtime fitness programs. Classes run Tu-Fr and drop ins are welcome for \$8/class.

**MIN/MAX** 5/12 **LOCATION** Hunt or Studios at 105 Everett **INSTRUCTOR** varies **AGE** 14+

SESSION	CLASS	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	Cycle Plus	11:45A-12:45P	Tuesday	9/19-12/19	372902-T1	\$147.00	\$189.00
Fall	Muscle Tone	12:30-1:00P	Wednesday	9/20-12/20	372902-W2	\$73.50	\$94.50
Fall	Yoga	12:00-12:30P	Thursday	9/21-12/21*	372902-H1	\$68.25	\$87.75
Fall	PiYo	11:45A-12:15P	Friday	9/22-12/22*	372902-W1	\$63.00	\$81.00
Winter	Cycle Plus	11:45A-12:45P	Tuesday	1/9-3/27	472902-T1	\$126.00	\$162.00
Winter	Muscle Tone	12:30-1:00P	Wednesday	1/10-3/28	472902-W2	\$63.00	\$81.00
Winter	Yoga	12:00-12:30P	Thursday	1/11-3/29	472902-H1	\$63.00	\$81.00
Winter	PiYo	11:45A-12:15P	Friday	1/12-3/30	472902-F1	\$63.00	\$81.00

**\*NO CLASS 11/10, 11/24**

# Cycle

## CYCLE

This fun-filled power hour of indoor cycling to music is guaranteed to get your heart rate challenged and your glutes in shape. All levels of fitness abilities can thrive as you set the pace to accomplish your personal best.

**MIN/MAX** 5/12      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** varies      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	6:00-7:00A	Monday	9/18-12/18	372301-MC	\$136.50	\$175.50
Fall	6:00-7:00A	Wednesday	9/20-12/20	372301-WC	\$147.00	\$189.00
Fall	9:30-10:30A	Wednesday	9/20-12/20	372301-W2	\$147.00	\$189.00
Fall	6:00-7:00A	Friday	9/22-12/22*	372301-FC	\$126.00	\$162.00
Winter	6:00-7:00A	Monday	1/8-3/26	472301-MC	\$105.00	\$135.00
Winter	6:00-7:00A	Wednesday	1/10-3/28	472301-WC	\$126.00	\$162.00
Winter	9:30-10:30A	Wednesday	1/10-3/28	472301-W2	\$126.00	\$162.00
Winter	6:00-7:00A	Friday	1/12-3/30	472301-FC	\$126.00	\$162.00

\*NO CLASS 10/9, 11/10, 11/24

## CYCLE PLUS

Add an extra challenge with this cycle plus class. Instructors will choose to add a short segment of yoga stretches, core work, or weights to the end of the cycle segment of class. All levels of fitness abilities can thrive in this class.

**MIN/MAX** 5/12      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** varies      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	6:00-7:00P	Monday	9/18-12/18*	372302-M1	\$171.00	\$219.00
Fall	9:30-10:45A	Monday	9/18-12/18*	372302-M4	\$171.00	\$219.00
Fall	9:30-10:45A	Thursday	9/21-12/21*	372302-H4	\$171.00	\$219.00
Fall	8:00-9:00A	Saturday	9/23-12/23*	372302-S4	\$136.50	\$175.50
Winter	6:00-7:00P	Monday	1/8-3/26*	472302-M1	\$105.00	\$135.00
Winter	9:30-10:45A	Monday	1/8-3/26*	472302-M4	\$171.00	\$219.00
Winter	9:30-10:45A	Thursday	1/11-3/29	472302-H4	\$171.00	\$219.00
Winter	8:00-9:00A	Saturday	1/13-3/31	472302-S4	\$126.00	\$162.00

\*NO CLASS 10/9, 11/11, 11/23, 1/15, 2/19

## NATIONAL YOGA MONTH SEPTEMBER

### FREE YOGA CLASS!

Explore something a little different with guided relaxations and yoga nidra during September - Yoga Month. These simple practices are done lying down, and can reduce stress, lower heart rate and blood pressure, help us sleep better, and can engender a deep sense of joy and well-being. Join us and you'll leave feeling refreshed and renewed.

Yoga Nidra/Meditation w/Janet      September 14, 21, 28      12:35-1:05pm      Multipurpose Room at Hunt

# Yoga

## YOGA BASICS

The focus of this one hour class is to build postures from the ground up. Suitable for intermediate through novice students. The class explores all of the primary poses in a relaxed atmosphere. Poses, breath work, posture-holding, flowing sequences, and meditation are incorporated into every class.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** Cathy Mandrioli      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:00-9:00A	Tuesday	9/19-12/19	372701-T1	\$147.00	\$189.00
Fall	8:00-9:00A	Friday	9/22-12/22*	372701-F1	\$126.00	\$162.00
Winter	8:00-9:00A	Tuesday	1/9-3/27	472701-T1	\$126.00	\$162.00
Winter	8:00-9:00A	Friday	1/12-3/30	472701-F1	\$126.00	\$162.00

\*NO CLASS 11/10, 11/24

## FITNESS YOGA

This class consists of flowing yoga sequences that create a high-energy workout designed to improve your physical and mental health. This class will improve your cardiovascular fitness, strength, balance, flexibility, and core strength.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** varies      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:15-9:30A	Tuesday	9/19-12/19	372702-T1	\$184.00	\$236.00
Fall	9:15-10:30A	Wednesday	9/20-12/20	372702-W1	\$184.00	\$236.00
Fall	10:00-11:15A	Saturday	9/23-12/23*	372702-S1	\$171.00	\$219.00
Winter	8:00-9:15A	Tuesday	1/9-3/27	472702-T1	\$126.00	\$162.00
Winter	9:15-10:30A	Wednesday	1/10-3/28	472702-W1	\$126.00	\$162.00
Winter	10:00-11:15A	Saturday	1/13-3/31	472702-S1	\$184.00	\$236.00

\*NO CLASS 11/11

## GENTLE YOGA

This one hour class is a noncompetitive, health-enhancing exercise easily tailored to a wide variety of physical needs, abilities, and/or limitations. Classes include guided stretching, deep breathing, and relaxation techniques. Practicing yoga can help relieve stress, improve posture, flexibility, and overall fitness while you become more in touch with your body.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Janet Colantuono      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:15-10:15A	Wednesday	9/20-12/20	372703-W1	\$147.00	\$189.00
Winter	9:15-10:15A	Wednesday	1/10-3/28	472703-W2	\$126.00	\$162.00

# Yoga

## GENTLE FLOW YOGA

Gentle Flow is a fluid combination of gentle yoga and light vinyasa flow. This style is appropriate for all levels and is beneficial in increasing flexibility and building focus. Gentle Flow incorporates vinyasa style connecting breath to movement.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Bld      **INSTRUCTOR** Peter Kelly      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:15-10:15A	Monday	9/18-12/18*	372705-M2	\$136.50	\$175.50
Fall	9:15-10:15A	Friday	9/22-12/22*	372705-F2	\$126.00	\$162.00
Winter	9:15-10:15A	Monday	1/8-3/26*	472705-M2	\$105.00	\$135.00
Winter	9:15-10:15A	Friday	1/12-3/30	472705-F2	\$126.00	\$162.00

\*NO CLASS 10/9, 11/10, 11/24, 1/15, 2/19

## PRENATAL YOGA

Alleviate some of the discomforts of pregnancy and prepare for childbirth with Hatha yoga, a combination of postures, breathing, meditation and relaxation techniques. Prenatal yoga provides additional benefits for pregnant women and their babies such as increasing strength and flexibility while improving sleep and reducing stress. Prenatal yoga classes will also help you meet and bond with other pregnant women and prepare for the stress of being a new parent.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Center      **INSTRUCTOR** H2K Fitness      **AGE** 16+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	6:30-7:30P	Thursday	9/21-12/21*	372709-H1	\$304.00	\$304.00
Winter	6:30-7:30P	Thursday	1/11-3/29	472709-H1	\$281.00	\$281.00

\*NO CLASS 11/23

## SLOW FLOW YOGA

A yoga class that focuses on alignment in postures while maintaining comfort and ease. Flow style is a slower pace, with more emphasis on holding each posture longer while integrating the breath, building strength and flexibility. All levels welcomed.

**MIN/MAX** 5/25      **LOCATION** Hunt Recreation Center      **INSTRUCTOR** Rose Lee      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	6:30-7:30P	Tuesday	9/19-12/19	372710-T1	\$147.00	\$189.00
Winter	6:30-7:30P	Tuesday	1/9-3/27	472710-T1	\$126.00	\$162.00

**DROP-IN'S WELCOME  
\$15.00 PER CLASS**

**FITNESS HOTLINE  
978-287-1007**

# Pilates

## GENTLE PILATES

This one hour slower paced class accommodates a range of physical needs and fitness abilities. There is a focus on the 5 basic principles of Pilates including deep breathing and mind body awareness. Progressively more challenging exercises will be added throughout the session, modifications are recommended to support different fitness conditions. Feel taller, stronger more flexible and relaxed.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Ellen Glendon      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	8:30-9:30A	Monday	9/18-12/18*	372501-M1	\$136.50	\$175.50
Fall	8:30-9:30A	Thursday	9/21-12/21*	372501-H1	\$136.50	\$175.50
Winter	8:30-9:30A	Monday	1/8-3/26*	472501-M1	\$105.00	\$135.00
Winter	8:30-9:30A	Thursday	1/11-3/29	472501-H1	\$126.00	\$162.00

\*NO CLASS 10/9, 11/23, 1/15, 2/19

## PILATES

This one hour slower paced class accommodates a range of physical needs and fitness abilities. There is a focus on the 5 basic principles of Pilates including deep breathing and mind body awareness. Progressively more challenging exercises will be added throughout the session, modifications are recommended to support different fitness conditions. Feel taller, stronger more flexible and relaxed.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Lori Seymour      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:45-10:45A	Tuesday	9/19-12/19	372502-T2	\$147.00	\$189.00
Fall	9:45-10:45A	Thursday	9/21-12/21*	372502-H2	\$136.50	\$175.50
Winter	9:45-10:45A	Tuesday	1/9-3/27	472502-T2	\$126.00	\$162.00
Winter	9:45-10:45A	Thursday	1/11-3/29	472502-H2	\$126.00	\$162.00

\*NO CLASS 11/23, 1/15, 2/19

### FREE SPECIAL EVENTS

Concord Recreation is offering free trial weeks for land group exercise classes. Sign up today and give something new a try!

**FREE TRIAL WEEKS-**

Fall Session:	All Classes	Monday-Friday	September 11-17
Winter Session:	All Classes	Monday-Friday	January 2-5

**FREE THANKSGIVING MORNING FITNESS**

Boot Camp w/ Cara	Thursday November 24	5:45-6:45am	Hunt Recreation Center
Yoga w/Janet	Thursday November 24	8:30-9:30am	105 Everett Street

# Pilates

**NEW PIYO**

PiYo is a fun and challenging class that fuses together Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Lori Seymour      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:15-10:15A	Wednesday	9/20-12/20	372503-W5	\$147.00	\$189.00
Winter	9:15-10:15A	Wednesday	1/10-3/28	472503-W5	\$126.00	\$162.00

## BALANCE AND STRETCH

Integrating exercises from the gym, pilates, and yoga--and using a variety of props, this class will build better balance and flexibility. As an added benefit you'll tone and strengthen the entire body. You'll notice the difference as you go throughout your daily and recreational activities. The class is suitable for all fitness levels.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Janet Colantuono      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:15-10:15A	Monday	9/18-12/18*	372704-M2	\$136.50	\$175.50
Winter	9:15-10:15A	Monday	1/8-3/26*	472704-M2	\$105.00	\$135.00

**\*NO CLASS 10/9,1/15, 2/19**

# Ball and Body

## BODY SCULPTING ON THE BALL

The stability ball is one of the most versatile pieces of equipment for conditioning. It can be used to train performance at all levels while providing an unstable environment. This instability engages multiple muscle systems, uses the body's natural process to restore balance and boosts core muscle activation. The class will include some light weight work for the upper body.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Lori Seymour      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:00-8:00A	Tuesday	9/19-12/19	372601-T1	\$147.00	\$189.00
Winter	7:00-8:00A	Tuesday	1/9-3/27	472601-T1	\$126.00	\$162.00

**\*NO CLASS 10/9,1/15, 2/19**

**DROP-IN'S WELCOME  
\$15.00 PER CLASS**

**FITNESS HOTLINE  
978-287-1007**

# Ball and Body

## BODY SCULPTING

Work all major muscle groups using a variety of strengthening equipment and your own body! This class is designed to build strength, increase bone density, build lean muscle while toning and shaping your body. All levels are welcome and can progress at your own pace.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Diane Brady-Doyle      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:30-10:30A	Friday	9/22-12/22*	372603-F1	\$126.00	\$162.00
Winter	9:15-10:15A	Friday	1/12-3/30	472603-F1	\$126.00	\$162.00

**\*NO CLASS 11/10, 11/24, 1/15, 2/19**

## Barre

### BALLET BARRE

The Ballet Barre workout is a series of movements that strengthen the entire body and ensures that no muscle is overlooked. With a combination of functional strength, dance, Pilates and Yoga, we use bodyweight as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance and overall strength. All movements can be customized for students with various fitness levels. All movements are performed rhythmically and are choreographed to high-energy music.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Carolyn Schweitzer      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	9:45-10:45A	Monday	9/18-12/18*	372508-M1	\$136.50	\$175.50
Winter	9:45-10:45A	Monday	1/8-3/26*	472508-M1	\$105.00	\$135.00

**\*NO CLASS 10/9 ,1/15, 2/19**

### BOOTY BARRE

A full body workout that combines the ballet barre, resistance balls, weights, and mat work. This one hour class will work on toning the entire body with an emphasis on proper form and engaging your core throughout the workout.

**MIN/MAX** 5/9      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** Lori Seymour      **AGE** 14+

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
Fall	7:15-8:15A	Thursday	9/21-12/21*	372602-H2	\$136.50	\$175.50
Winter	7:15-8:15A	Thursday	1/11-3/29	472602-H2	\$126.00	\$162.00

**\*NO CLASS 11/23**

**DROP-IN'S WELCOME  
\$15.00 PER CLASS**

**FITNESS HOTLINE  
978-287-1007**

## Family Fitness

### NEW CARDIO DANCE WITH YOUR TODDLER

Join H2K for Cardio Dance with your Toddler! We will be movin', groovin' and working up a sweat. Each class will be a combination of circle time, dancing, games, and musical obstacle courses. We will end each class with healthy goals and meditation with our very own H2K Buddha-Dog. This fee includes two parents and one child.

**MIN/MAX** 5/12      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** H2K Fitness      **AGE** 1.5-4

SESSION	TIME	DAY	DATES	ACTIVITY #	FEE
Fall 1	10:30-11:15A	Wednesday	9/20-11/1	372607-W1	\$169.00
Fall 2	10:30-11:15A	Wednesday	11/8-12/20	372607-W2	\$169.00
Winter 1	10:30-11:15A	Wednesday	1/10-2/14	472607-W1	\$145.00
Winter 2	10:30-11:15A	Wednesday	2/21-3/28	472607-W2	\$145.00

### NEW FAMILY AND ME YOGA

Family and me Yoga Jr. is a super fun and friendly class. Ages 2.5-6 yrs welcome. We will learn breathing techniques, fun poses, go on yoga adventures, play games, sing songs and relax. This class will allow you to bond with your child both physically and energetically, leaving you both more calm and connected and ready for the day! The initial price includes two parents and one child. Each additional child is \$78.

**MIN/MAX** 5/12      **LOCATION** Studios at 105 Everett      **INSTRUCTOR** H2K Fitness      **AGE** 3-6

SESSION	TIME	DAY	DATES	ACTIVITY #	MEMBER FEE
Fall	9:30-10:15A	Saturday	9/23-10/28*	372608-S1	\$145.00
Fall	9:30-10:15A	Saturday	11/18-12/23*	372608-S2	\$145.00
Winter	9:15-10:15A	Saturday	1/13-2/17	472608-S1	\$145.00
Winter	9:15-10:15A	Saturday	2/24-3/31	472608-S2	\$145.00

\*NO CLASS 11/4, 11/11

## Private Classes

### PRIVATE PILATES REFORMER

Enjoy a private session with a reformer-trained Pilates instructor. The Pilates reformer allows for modifications for specific body types, postural issues and conditions. Use of the reformer will enhance torso stability and strength, joint stability, flexibility, balance, and coordination. A great total body workout.

**MIN/MAX** 1 per class      **LOCATION** Hunt Recreation Center      **AGE** 14+      **INSTRUCTOR** Ellen Glendon

TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	SESSIONS
5:30A-10:00P	M-Su	9/18-8/28	570003-01	\$71.00	\$73.00	1
5:30A-10:00P	M-Su	9/18-8/28	570003-05	\$330.00	\$340.00	5
5:30A-10:00P	M-Su	9/18-8/28	570003-10	\$650.00	\$670.00	10

# Private Classes

## PRIVATE PILATES MAT

Enjoy a private mat session with a Stott Pilates trained professional. The benefits of this type of session offer one-on-one attention to the fine details of body mechanics and proper movement as well as an excellent workout. By appointment only, call the Fitness Hotline 978-287-1007.

**MIN/MAX** 1 per class    **LOCATION** Hunt Recreation Center    **AGE** 14+

TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	SESSIONS
5:30A-10:00P	M-Sa	9/18-8/28	570004-01	\$71.00	\$73.00	1
5:30A-10:00P	M-Su	9/18-8/28	570004-05	\$330.00	\$340.00	5
5:30A-10:00P	M-Su	9/18-8/28	570004-10	\$650.00	\$670.00	10

## PRIVATE MEDITATION

Meditation is proven to change the makeup and chemistry of the brain helping to promote calm, focus and inner peace. This is an opportunity to work in depth and use variety of stress reduction techniques including: guided meditation, breath work, gratefulness, Native American healing and gentle yoga stretches. Together we will come up with a highly personalized plan of stress reduction that can easily be incorporated into your daily life. Private sessions are tailored to meet your specific needs and can be a combination of reiki and meditation. Marci is a meditation teacher and a Reiki Master. She is owner of Creating Calm and works with children teens and adults to reduce stress and anxiety.

**MIN/MAX** 1 per class    **LOCATION** Hunt Recreation Center    **INSTRUCTOR** Marci Zieff, Creating Calm    **AGE** 6+

TIME	DAY	DATES	ACTIVITY #	FEE	SESSIONS
8:30A-12:30P	Wed	10/4-3/28	570006-01	\$97.50	1
8:30A-12:30P	Wed	10/4-3/28	570006-05	\$364.00	4

## PRIVATE REIKI

Reiki is a non-invasive energy healing process that gently replenishes energy and allows you to heal on all levels: body, mind and spirit. While lying on the massage table fully clothed, light hand placements on and around the body help promote a deep relaxation. Reiki energy encourages individuals to let go of tension, anxiety, fear or other negative feelings. Reiki has many benefits. It strengthens the immune system, improves and maintains health, speeds up recovery from surgery or illness, alleviates pain, promotes inner peace. After the treatment, you feel refreshed with a more positive and balanced outlook.

**MIN/MAX** 1 per class    **LOCATION** Hunt Recreation Center    **INSTRUCTOR** Marci Zieff, Creating Calm    **AGE** 6+

TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	SESSIONS
8:30A-12:30P	Wed	10/4-3/28	570007-01	\$97.50	\$97.50	1
8:30A-12:30P	Wed	10/4-3/28	570007-05	\$351.00	\$364.00	4

# The Concord-Carlisle Community Chest is proud to support Concord Recreation Youth Scholarships



The Concord-Carlisle Community Chest was founded in 1947 as an organization of neighbors helping neighbors. Through providing support to 29 human services organizations as well as funding special projects, the Community Chest seeks to *strengthen our community by marshaling resources to help neighbors in need.*

Last year, the Community Chest awarded more than \$520,000 in grants to support organizations, programs and individuals for:

- family and individual counseling
- domestic violence victim support
- senior services
- programs for individuals with special needs
- parenting support
- scholarships
- substance abuse prevention
- a mentoring program at CCHS
- legal services
- food distribution services
- Police training
- one-time emergency help

**Our 2017-18 campaign is underway!**  
Join us to continue the tradition of helping  
our neighbors in need.



**CONCORD-CARLISLE  
COMMUNITY CHEST**

Visit [www.ccommunitychest.org](http://www.ccommunitychest.org) to learn more about the Community Chest.

# Join Laura in the water at the Beede Center.

The best for aquatic and physical therapy -  
You will be amazed by what you can achieve.

## Aquatic Therapy for Children

Laura has been working with children for over 35 years. As a physical therapist and water safety instructor, she integrates therapeutic techniques, water safety, and adapted swimming instruction to help children with special needs.



*"Laura has had a tremendous impact on our daughter's development - boosting her strength, endurance and self confidence. Through a carefully planned and continually evolving program of exercises as well as early swimming and water safety skills, Laura has helped Sarah work and develop muscles in the water that she would never have been able to do on land. What's more, Laura does this all in such a fun way that our daughter doesn't even realize how hard she's working. We love how much Sarah has grown and how much self confidence she's gained. If you're looking for the best therapeutic aquatic program for your child, call Laura right away!"*  
**Mimi S, Newton, MA**

## Aquatic and Physical Therapy for Adults

For adults, Laura offers a non-traditional, individualized approach to physical therapy that meets their individual needs. Laura works with people who have not been helped by traditional physical therapists through water therapy and therapeutic exercises at the Beede Center, and manual therapy and massage in her office. Laura's eclectic approach also helps patients manage their chronic pain and disabilities.



*"One of the hidden secrets in Concord has been the work of Laura Diamond at the Beede Center. Her expertise in rehabilitation through water therapy has made a huge, but quiet difference. Thank God for Laura."*

**Kim Smith, Concord, MA**

## Call Laura at 617-803-8730 if:

- You have a child with moderate or severe special needs.
- You have had traditional physical therapy and have not achieved your goals.
- You have a condition that you need help with, like chronic back pain or fibromyalgia.



# REGISTRATION FORM

## REGISTRATION INFORMATION

Registration are accepted online by visiting [www.concordrec.com](http://www.concordrec.com), in person, by mail or over the phone with a Visa or Mastercard. Please see reverse for Registration Policy which includes Refund and Cancellation Policies. *Please note that some programs require more information to be on file.*

**Hunt Recreation Center**  
90 Stow Street  
Concord, MA 01742  
978-287-1050  
Monday-Friday  
8:00am-5:00pm

**Beede Swim and Fitness Center**  
498 Walden Street  
Concord, MA 01742  
978-287-1000  
Mon-Fri 5:30am-9:00pm  
Sat & Sun 7:00am-6:00pm

## PARTICIPANT INFORMATION

<b>Name</b> _____		<b>Parent/Guardian</b> _____	
<b>Address</b> _____		<b>Town</b> _____	<b>Zip</b> _____
<b>Home phone</b> _____		<b>Cell phone</b> _____	
<b>Work phone</b> _____		<b>Email</b> _____	
<b>Emergency contact</b> _____		<b>Emergency phone</b> _____	
<b>Date of birth</b> _____	<b>M/F</b> _____	<b>Grade</b> _____	

(As of application date, if after end of school year use grade entering)

## PROGRAMS

<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____
<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____
<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____
<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____
<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____
<b>Program Name</b> _____	<b>Activity #</b> _____	<b>Fee</b> _____

## PARTICIPATION ACCOMMODATIONS/ALLERGIES/HEALTH CONCERNS

In order to enhance participation, please identify any disability, special accommodation, health concern or allergy that should be noted. A staff member will contact you to talk in further detail. \_\_\_\_\_

## WAIVER OF LIABILITY

I hereby give my permission for the above registrant to participate in this program. I understand that the Town carries no insurance for participants. I agree to hold harmless to the Town of Concord and/or its employees and volunteers from claims of liabilities related to any accidents that may occur. I give my permission for medical treatment to be given if the need arises. I give my permission for my photo to be used for media purposes. I have read and understand the class registration policy, cancellation and financial aid policy.

<b>SIGNATURE</b> _____	<b>DATE</b> _____
PARENT/GUARDIAN IF UNDER 18	

## PAYMENT

Card #

Exp. Date   /   V-Code    Master Card  Visa  Check

Name on card \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## **REGISTRATION POLICY**

Registration forms are processed on a first come first served basis and may be received by mail or in person. You may submit registration forms for you and your family and one additional household. Full payment must accompany the registration form in order to be processed. Beede Swim and Fitness Memberships must be current at time of registration to receive member rate. Registration forms will not be accepted before the registration date and will not be held if received early. In cases where classes are filled or canceled when we receive your registration, we will notify you to try and arrange an alternate class.

## **CANCELLATION POLICY**

There will be a \$25.00 (\$50 for AfterSchool, Before School, Terrific Tuesday and Concord Carousel Preschool) fee if you must cancel or switch a class once your registration has been processed. This applies to all Concord Recreation programs including membership at the Beede Swim and Fitness Center. Concord Recreation reserves the right to make schedule changes to better serve our members or to cancel/combine instructional classes and programs due to insufficient enrollment. Please make sure your calendar will allow you to enjoy all of the lessons/classes/programs before enrolling. Please see Childcare Services for additional information on schedule change fees.

A credit will be issued under the program participants name if the Facility must cancel a class due to the following:

1. Thunder/lightning
2. Mechanical issues
3. Fire Evacuation.

\*please note that AfterSchool, Before School, Terrific Tuesday and Concord Carousel Preschool are excluded.

No credits or makeups will be issued for circumstances which are beyond control of Concord Recreation including:

1. Missed classes due to illness or vacation or if you should choose not to attend
2. Snow/Blizzard, Tornado, Hurricane
3. Power outages
4. No water supply

## **FINANCIAL AID POLICY**

The Town of Concord, MA is committed to making its Recreation Department programs, activities, and special events available to as many citizens as possible. This financial assistance program has been established to meet the needs of individuals and families judged to have limited financial resources. To assure that all residents and public school students are able to access our programs, we are proud to provide financial assistance to those that qualify.

### **Application Instructions**

Applications and all required paperwork must be submitted, in full, a minimum of 30 days prior to the start date of a program. Required forms include:

- Concord Recreation Financial Assistance Form
- Proof of Residency/Public School Enrollment (Concord Residents and Public School Students)
- Most recent year tax return
- Proof of any income not listed on tax return
- Any other documentation/circumstances you feel are important to consider

Applications and all required paperwork, in full, should be delivered to:

Recreation Director 90 Stow Street Concord, MA 01742 or emailed to [huntreception@concordma.gov](mailto:huntreception@concordma.gov)

Concord Recreation reserves the right to exercise managerial discretion regarding financial assistance, and to limit the amount of funding allocated to any given household or individual within one calendar year. Please note that an in person interview may be required by the Recreation Department before any request can be processed.

# PRIVATE SWIM LESSON INFO SHEET

## PAYMENT DUE AT TIME OF REGISTRATION

Name: \_\_\_\_\_ Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone : \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Date of Birth: \_\_/\_\_/\_\_\_\_ Age: \_\_\_\_\_ Email: \_\_\_\_\_

Type of Lesson Purchased (circle 3):

Member                      Non-Member                      # of Minutes: \_\_\_\_\_

Adult                      Youth                      # of Lessons: \_\_\_\_\_

Private    Buddy                      Semi-Private

If Renewing; Current Instructor: \_\_\_\_\_

**Please list name of buddy or other participants if buddy or semi-private so you are paired up correctly. Each buddy must purchase own package to participate.**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Availability: (Please fill out at least two day/times that work with your schedule)

1.

2.

3.

What is your swimming background? (previous lessons, competitive training, etc. )

What are your goals for private lessons? (stroke improvement, endurance, triathlon, etc. )

Are there any special conditions we should know about? (fear of water, any medical conditions, asthma, allergies, etc. )

## PAYMENT

Check  Make checks payable to the Town of Concord

Credit Card



Card Number: \_\_\_\_\_

Exp. Date \_\_ \_\_ / \_\_ \_\_      V-Code \_\_ \_\_ \_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Phone Numbers

## Recreation Department

Concord Recreation	978-287-1050
Beede Swim & Fitness Center	978-287-1000
Carousel Preschool (Harvey Wheeler Community Ctr)	978-318-3045
After School (Harvey Wheeler Community Center)	978-318-3048
After School (Hunt Recreation Center)	978-287-1050
Fitness Hotline	978-287-1007
Tennis Line	978-287-1055

## Youth Sports

Concord Carlisle Youth Baseball & Softball	978-369-3245
Concord Youth Lacrosse	978-287-5527
Concord Youth Soccer	978-369-7978
Pop Warner Football	978-287-4897

## Miscellaneous

Minuteman National Park	978-369-6944
South Bridge Boat House	978-369-9438
Walden Pond State Reservation	978-369-3254
White Pond Association	978-287-4765
Adult & Community Education	978-318-1432

## DID YOU KNOW?

Concord Youth Baseball, Concord Youth Lacrosse, Concord Soccer and Pop Warner Football are private non-profit organizations that manage their respective programs.

With over 8,500 registrations to process annually, it is the Recreation Department's policy not to mail confirmations. Registrants should consider their applications accepted unless notified otherwise.

**Recreation Department and Beede Center programs do not use tax dollars to operate. Programs are run by user fees and do not receive any municipal support.**

How are we doing? Please contact the Recreation Director at 978-287-1050.

## Maureen Taggart Award



The Recreation Commission established the Maureen Taggart Award in 1985. Any high school student, public or private, who is a resident of Concord or Carlisle, and who has demonstrated a loving and giving spirit through voluntary service to the community is eligible. The main feature of this award is that the recipient has the privilege of designating a deserving organization to receive a financial grant in Maureen's name. The recipient's name is placed on a plaque located at the Hunt Recreation Center.

**Congratulations to Elizabeth Cownie and Brennan O'Neil 2017 Maureen Taggart Award winners.**

Pictured-Left: Erin MacDonough, Elizabeth Cownie, Brennan O'Neil, Zach Vaillette, Mardi Hutchinson

Concord Recreation is committed to serving the needs and interests of the community - children, adults, senior citizens and individuals with disabilities. Every effort will be made to provide effective participation in our programs. Please call the Recreation Office at 978-287-1050 if you need special accommodations. This brochure is current through March 2018. The Spring/Summer 2018 Recreation Program Guide will arrive in February 2018. Visit our website for information on programs, schedules and facility closings [www.concordrec.com](http://www.concordrec.com). Join us on Facebook and follow us on Twitter @concordrec