



Afternoon Recreation: Transition/Adult Participants Enrichment Classes – Activity Schedule, Summer 2019



General Information

Specialized weekday activities (Early 3pm & Late 4:30pm) are held year-round onsite at our center and in the community. Participants may apply at any time during sessions. A general commitment to attend is expected. Classes are open to Transition/Adult participants (16+yrs). Ratio and class size vary by activity, typically 1 staff person + 1 instructor for every 4-8 participants. Classes must meet a minimum of 4 paid participants in order to proceed. Preferred classes are often full. Please call to enquire about availability prior to applying. Proposed start date and pro-rating for mid-session add/drops are to be agreed upon prior to attending. Cancellations & missed classes will not be credited/refunded unless a prolonged health concern occurs (including Neuropsychological). The Program is closed on the Fourth of July (July 4th). Paperless registration & payment are preferred. A Fillable Registration can be e-submitted. Please "Save As" per the example: "Last Name, 1st Initial – 2019 Summer (Art, Fitness, Yoga)" Payment can be processed using a credit card (Deirdre B., Development: 978-287-7940) or by check/money order for "Minute Man Arc for Human Services" including Memo detail per the aforementioned e-submittal example. Please deliver/mail paper payment to "Minute Man Arc, 35 Forest Ridge Rd, Concord, MA 01742, c/o Recreation Registration box". Partial scholarships may be available to applicants unable to access any recreation services without subsidization. Payment and completed registration must first be submitted for an applicant's activity request to be considered. **Registration should be completed and turned in with payment by June 14th.**

Programming is driven by participant interest and input is always appreciated. All participants are welcome. We have experience incorporating accommodations for individualized needs. We hope to work with you to develop an appropriate program entry and support plan. We cannot provide additional staffing. We welcome participants requiring individualized care to attend with their support person. Please discuss support needs in advance. For more information, please contact Recreation Coordinator, Amanda Quin aquin@minutemanarc.org, W: 978-287-7931/C: 978-302-9332 Thank you for your interest!



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Early Yoga (Mondays 3:00-4:00pm), July 1st- August 26th (9 weeks)

Cost: \$171.00

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



Late Yoga (Mondays 4:30-5:30pm), July 1st- August 26th (9 weeks)

Cost: \$171.00

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



Art (Tuesdays 3:00-4:00pm), July 2nd- August 27th (9 weeks)

Cost: \$171.00

Creative individuals will meet in the Red Rm 119 for a group exploring foundation art concepts, new mediums, and creating craft projects. Examples include using wreaths, watercolor, and fabric squares (materials fee included).



Body Bootcamp (Tuesdays 4:30-5:30pm), July 2nd- August 27th (9 weeks)

Cost: \$171.00

Participants will meet Fitness Instructor, Scott C., in Large Rm 115 for a fun & focused exercise group which uses simple exercise, free weights, and yoga balls to develop a healthier stronger self. Please wear sneakers & comfortable clothing, bring a bottle of water & inhaler (as needed).



Wednesday Bowling (Wednesdays 2:45-4:15pm), July 3rd- August 28th (9 weeks)

Cost: \$171.00

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *2:45pm* for the alley. This is a non-competitive group. We do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks!

Thursday Bowling (Thursdays 2:45-4:15pm), July 11th- August 29th (8 weeks)

Cost: \$152.00

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *2:45pm* for the alley. This is a non-competitive group; we do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks!



Ceramics (Thursdays 4:30-5:30pm), July 11th- August 29th (8 weeks)

Cost: \$152.00

Get to know others by painting pieces together! Participants will meet Instructor, Diane S., in Red Rm 119 to learn a variety of finishing techniques and delight in taking your masterpiece home to gift or admire (materials fee included).



Chorus (Fridays 3:00-4:00pm), July 5th-August 30th (9 weeks)

Cost: \$171.00

Enthusiastic vocalists join Choral Instructor, Marsha M. in Rm 112, in singing a variety of songs in preparation for our upcoming performance. During class periods which are not rehearsals, the group focuses on music appreciation & vocal skills and singing fun tunes of each participant's choosing.



Administrative Use

Last Name _____ Session & Year _____ Payment Plan _____

Classes _____



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Contact Information

- 1) Applicant Name _____
 Address _____
 Phone _____
 Email _____
- 2) Registration Name _____
 Contact Address _____
 Phone _____
 Email _____
- 3) Rep Payee Name _____
 (as applies) Address _____
 Phone _____
 Email _____

Cost Please mark [✓] the classes you are requesting:

- [] Early Yoga, Mondays (3:00-4:15pm) \$171.00
[] Late Yoga, Mondays (4:30-5:45pm) \$171.00
[] Art, Tuesdays (3:00-4:15pm) \$171.00
[] Body Bootcamp, Tuesdays (4:30-5:15pm) \$171.00
[] Wednesday Bowling, Wednesdays (2:45-4:15pm) \$171.00
[] Thursday Bowling, Thursdays (2:45-4:15pm) \$152.00
[] Ceramics, Thursdays (4:30-5:45pm) \$152.00
[] Chorus, Fridays (3:00-4:15pm) \$171.00

Please remember to submit:

- ☐ Annually: Emergency Contact
☐ Session Payment (session)
☐ Registration (session)
☐ Car plan (if applies)

Administrative Use:

- ☐ Emergency info current
☐ Payment
☐ Registration Received
☐ Care plan (if applies)
Received ____/____/____

Money Order

Check

Credit Card

Please call Deirdre B., 978-287-7940

Note: Rep. Payee transfer, start date, pro-rate, payment plan, scholarship, multiple payment sources, prior credit, etc.



RECREATION SCHOLARSHIP APPLICATION

Scholarships are intended to assist people who wish to attend Minute Man Arc Recreation Program but are not able to due to the lack of funds. All scholarship applications will be reviewed by the CEO. Submitting this application does not guarantee that a scholarship will be granted. ***All scholarships are paid for by Minute Man Arc.***

1. **TO APPLY:** Email, mail, or drop this form off to:

Amanda Quin, Recreation Coordinator
35 Forest Ridge Road
Concord, MA 01742

aquin@minutemanarc.org

2. **ELIGIBILITY:** Anyone is welcome to apply. Multiple applications are welcome. There is a limit of two (2) scholarship classes per session.

PARTICIPANT INFORMATION

First Name: _____ Last Name: _____

D.O.B: ____/____/____ Gender: Male/Female

Address: _____

Participant's Diagnosed Disability: _____

Parent/Guardian Name: _____ Relationship _____

Home Phone: _____ Cell & Work Phone: _____

Email Address: _____

SCHOLARSHIP REQUESTED FOR:

<u>PROGRAM NAME</u>	<u>PROGRAM DATE(s)</u>	<u>PROPOSED ASSISTANCE</u>
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_____	_____	_____
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Have you received a scholarship through the Minute Man Arc Recreation Program in the past? YES NO

If YES, when, what program and for how much: _____

FAMILY INFORMATION

Person in Household:

Name	Relationship	Age	Occupation
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_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total gross family income last year: _____