

SPRING into 2022

Recreational Enrichment Classes for Transition and Adult Participants

Jump into spring with Minute Man Arc recreation classes. We offer a variety of fun and social classes with a ratio of one staff person and one instructor for every 4-8 participants. Classes must meet a minimum of 6 participants in order to run.



YOGA (Monday 3:15-4:15pm)

April 4th - June 13th (No Class 4/18 or 5/30)

Cost: \$220

Participants will meet by the greenhouse where we will work on stretches, balanced poses, and meditation exercises that collectively act to relieve stress, build strength, and promote "inner calm." Please wear comfortable clothing.



ARTS & CRAFTS (Monday 4:30-5:30pm)

April 4th - June 13th (No Class 4/18 or 5/30)

Cost: \$220

Explore foundational art concepts while exploring new mediums and creating personal works of art. Examples include the use of wreaths, watercolors, and fabric squares. (Materials fee included.)

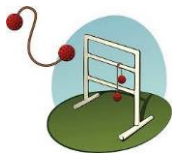


BASKETBALL (Tuesday 3:15-4:15pm)

April 5th - June 14th

Cost: \$190

This non-competitive class will gather on the sport court to practice basic basketball skills: dribbling, passing and shooting. Shake loose the winter cobwebs with friends.



YARD GAMES (Tuesday 4:30-5:30pm)

April 5th - June 14th

Cost: \$190

Popular backyard games are back! Learn and play Badminton, Cornhole, Ladder ball and Bocce ball in a fun and social setting. Meet at the sport court.



BODY BOOTCAMP (Wednesday 3:15-4:15pm)

April 6th - June 15th

Cost: \$265

Participants will gather for a fun & focused exercise group, which uses simple movements and free weights. Wear comfortable clothing; bring a bottle of water & inhaler (as needed).



CERAMICS (Wednesday 4:15-5:15pm)

April 6th - June 15th

Cost: \$310

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



BOWLING (Thursday 3:15-4:30pm)

April 7th - May 12th

Cost: \$180

May 19th - June 16th

Cost: \$150

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! **NOTE: Bowling will be limited to FOUR (4) participants per session**

Spring 2022 Recreational Enrichment REGISTRATION FORM

PARTICIPANT: Name: _____
 Address: _____
 Phone: _____
 Email: _____

EMERGENCY CONTACT: Name: _____
 Address: _____
 Phone: _____
 Email: _____

REP PAYEE: Name: _____
 (if applicable) Address: _____
 Phone: _____
 Email: _____

Please mark [✓] the classes you are requesting. All classes start the week of April 4th:

RECREATION CLASS	DAY	TIME	FEE
<input type="checkbox"/> YOGA	Monday	3:15pm - 4:15pm	\$ 220.00
<input type="checkbox"/> ARTS & CRAFTS	Monday	4:30pm – 5:30pm	\$ 220.00
<input type="checkbox"/> BASKETBALL	Tuesday	3:15pm - 4:15pm	\$ 190.00
<input type="checkbox"/> YARD GAMES	Tuesday	4:30pm – 5:30pm	\$ 190.00
<input type="checkbox"/> BOOTCAMP	Wednesday	3:15pm – 4:15pm	\$ 265.00
<input type="checkbox"/> CERAMICS	Wednesday	4:30pm – 5:30pm	\$ 310.00
<input type="checkbox"/> BOWLING*(April 4 – May 12)	Thursday	3:15pm – 4:30pm	\$ 180.00
<input type="checkbox"/> BOWLING* (May 19 – June 16)	Thursday	3:15pm – 4:30pm	\$ 150.00

*Bowling will be limited to FOUR (4) participants per session

Registration/Payment Information

- Registration form** and **proof of COVID vaccination** must be completed and turned in with payment by March 29th. Emailed copies of both forms will be accepted. Send forms to: recreation@minutemanarc.org
- When emailing documents, please include the following in the Subject Line: Recreation, client last name, class name(s)
- Credit card payment accepted over the phone. Contact:
Deirdre B., 978-287-7940
- Check or Money Orders mail/drop off at:
Minute Man Arc
Attn: Business Office
35 Forest Ridge Rd
Concord, MA 01742 (please write RECREATION on the memo line)
- For more information, please contact: Recreation@minutemanarc.org**