

Recreational Enrichment Classes for Transition and Adult Participants



in 2023

Join Minute Man Arc for fun, fall activities. We offer a variety of fun and social classes with a ratio of one staff person and one instructor for every 6-8 participants. **Classes must meet a minimum of 6 participants in order to run.**



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

October 2nd – December 11th (no class 10/9)

Cost: \$205

Participants will meet by and 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. Bring your own mat.



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

October 2nd – December 11th (no class 10/9)

Cost: \$240

Explore foundational art concepts while exploring new mediums and creating personal works of art. Examples include the use of wreaths, watercolors, and fabric squares. A great time to socialize with your crafty friends. (Materials fee included).



SOCCER (Tuesdays 3:15-4:15pm)

October 3rd – November 14th

Cost: \$190

During this noncompetitive soccer clinic, we will build on passing, dribbling and teamwork building to develop a healthier stronger self. Please wear sneakers & comfortable clothing, bring a bottle of water & inhaler (as needed).



DANCE! (Tuesday 4:30-5:30pm)

October 3rd – December 12th

Cost: \$220

Reduce your stress, challenge your brain, meet new people, and laugh all learning some new dance moves. Participants will learn line, ballroom, hip-hop, and more. Wear comfortable shoes.



BOWLING- WED (Wednesday 3:00-4:30pm)

October 4th – December 13th

Cost: \$365

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *3 pm* for the alley and return at 4:30. 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!



BOWLING- THURS (Thursday 3:00-4:30pm)

October 5th – December 14th (no class 11/23)

Cost: \$340

Offering a second session for a very popular class! Refer to BOWL-WED for class description. Fees include shoe rental and two games. Please remember to wear socks!

Fall 2023 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 October 2nd:

RECREATION CLASS	DAY	TIME	FEE
YOGA (10 weeks)	Monday	3:15pm - 4:15pm	\$ 205
ARTS & CRAFTS (10 weeks)	Monday	4:30pm – 5:30pm	\$ 240
SOCCER (7 weeks)	Tuesday	3:15pm - 4:15pm	\$ 190
DANCE (11 weeks)	Tuesday	4:30pm – 5:30pm	\$ 220
BOWLING - WED (11 weeks)	Wednesday	3:00pm – 4:30pm	\$ 365
BOWLING - THURS (10 weeks)	Thursday	3:00pm – 4:30pm	\$ 340

Registration/Payment Information

- Registration form** and **proof of COVID vaccination*** must be completed and turned in with payment by **September 21th**. Emailed copies of both forms will be accepted. Send forms to: recreation@minutemanarc.org. I
- 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
35 Forest Ridge Rd
Concord, MA 01742 *(please write RECREATION on the memo line)*
- *If you have proof of vaccination on file in 2023, please check here*

For more information, please contact: Recreation at RECREATION@minutemanarc.org