



Minute Man Arc Recreation

Winter Events



Tuesday
3:15-4:15p.m
1.2- 3.12

YOGA

A slow flow yoga class that encompasses meditation, gentle movements, and breathing exercises to relax and rejuvenate the mind and body.

\$220



Tuesday
4:30p-5:30p
1.2- 3.12

Arts and Crafts

Here is the opportunity for people of all backgrounds and skill levels to flex their creative muscles and have fun while socializing!

\$255 (all supplies included)



Wednesday
3:00 - 4:30p.m
1.3 - 3.13

Bowling

Ball, gutter, frames, strikes, and spares! Bowling has it all! Come join the fun and have a ball-rolling good time!

\$360 (socks required)



Wednesday
4:45 - 5:45p.m
1.3- 3.13

Dancing

Get your groove on! Learn and practice some new dance moves while we boogie out to some great tunes. We will hold a Dance Recital at the end of the session!

\$250



Thursday
3:00 - 4:30p.m
1.4- 3.14

Bowling

Ball, gutter, frames, strikes, and spares! Bowling has it all! Come join the fun and have a ball-rolling good time

\$360 (socks required)



More Information contact

Recreation@minutemanarc.org

Minute Man Arc
35 Forest Ridge Rd, Concord, MA
www.MinuteManArc.com



WINTER 2024 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 MONTH, DAY

RECREATION CLASS	DAY	TIME	FEE
YOGA (11 weeks)	Tuesday	3:15pm - 4:15pm	\$ 220
ARTS & CRAFTS (11 weeks)	Tuesday	4:30pm – 5:30pm	\$ 255
BOWLING - WED (11 weeks)	Wednesday	3:00pm – 4:30pm	\$ 360
DANCE (11 weeks)	Wednesday	4:30pm – 5:30pm	\$ 250
BOWLING - THURS (11 weeks)	Thursday	3:00pm – 4:30pm	\$ 360

Registration/Payment Information

- Registration form** and **proof of COVID vaccination*** must be completed and turned in with payment by **December 21, 2023**. 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
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