



# Minute Man Arc Recreation 2024 Session



**Monday \$180**  
**3:15 pm - 4:15 pm**  
**10/7 - 12/16**

## Minute Man Makes Music

Warm up your vocals with some classic songs and grab the beat with some percussion instruments!

**No class 10/14**



**Tuesday \$205**  
**3:15 pm - 4:15 pm**  
**10/8 - 12/17**

## Yoga

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



**Tuesday \$270**  
**4:30 pm - 5:30 pm**  
**10/8 - 12/17**

## Art & Crafts

A welcoming opportunity for people of all skill levels to flex their creative muscles and have fun while socializing!



**Wednesday \$320**  
**3:00 pm - 4:30 pm**  
**10/9 - 12/18**

## Bowling - Wed.

Ball, gutter, frames, strikes, and spares- Bowling has it all! Join the fun and have a ball-rolling good time! Socks required. **No class 11/27**



**Wednesday \$230**  
**4:45 pm - 5:45 pm**  
**10/9 - 12/18**

## Dance

Learning through music and dance you will achieve self-expression, self-confidence, and a few new groovy moves. **No class 11/27**



**Thursday \$290**  
**3 pm - 4:30 pm**  
**10/10 - 12/19**

## Bowling - Thrs

Ball, gutter, frames, strikes, and spares- Bowling has it all! Join the fun and have a ball-rolling good time! Socks required. **No class 11/14 or 11/28**



**For More Information, Contact:**  
**[recreation@minutemanarc.org](mailto:recreation@minutemanarc.org)**

Minute Man Arc  
35 Forest Ridge Road  
Concord MA 01742



## FALL 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 **OCTOBER 7<sup>TH</sup>**

RECREATION CLASS	DAY	TIME	FEE
<input type="checkbox"/> MUSIC (10 weeks)	Monday	3:15pm - 4:15pm	\$ 180
<input type="checkbox"/> YOGA (10 weeks)	Tuesday	3:15pm - 4:15pm	\$ 205
<input type="checkbox"/> ARTS & CRAFTS (10 weeks)	Tuesday	4:30pm – 5:30pm	\$ 270
<input type="checkbox"/> BOWLING - WED (11 weeks)	Wednesday	3:00pm – 4:30pm	\$ 320
<input type="checkbox"/> DANCE (11 weeks)	Wednesday	4:45pm – 5:45pm	\$ 230
<input type="checkbox"/> BOWLING - THURS (9 weeks)	Thursday	3:00pm – 4:30pm	\$ 290

### Registration/Payment Information

- Registration form** and **proof of COVID vaccination\*** must be completed and turned in with payment by **October 1, 2024**. Emailed copies of both forms will be accepted. Send forms to: [recreation@minutemanarc.org](mailto: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 2024, please check here*

**For more information, please contact: Recreation at [RECREATION@minutemanarc.org](mailto:RECREATION@minutemanarc.org)**