



Minute Man Arc Recreation 2025 Spring Session



All events have limited enrollment.

Monday \$245
3:15 pm - 4:15 pm
4/14 - 6/16

Minute Man Makes Music

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



Monday \$165
4:30 pm - 5:30 pm
4/14 - 6/16

Dance

A welcoming opportunity for people of all skill levels to learn some new dance steps and have fun while socializing!

Tuesday \$265
3:15 pm - 4:15 pm
4/15 - 6/17

Yoga

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



Tuesday \$425
4:30 pm - 5:45 pm
4/15 - 6/17

Cooking 101

Join Chef Alex for a fun cooking class! You'll learn classic recipes like baking, stovetop cooking, and grilling. We'll also share dining etiquette tips to impress your friends! If you have any allergies, please let us know in advance.



Wednesday \$380
3:00 pm - 4:30 pm
4/16 - 6/18

Bowling - Wed

Ready! Set! Bowl! Let's strike the pins and join the fun with a ball-rolling good time! Socks required.

Wednesday \$275
4:45 pm - 5:45 pm
4/16 - 6/18

Arts & Crafts

Unleash your imagination, explore your creative side and make something unique while having a great time.

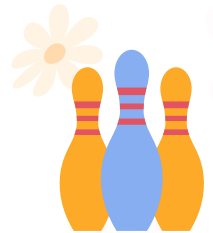


Thursday \$345
3 pm - 4:30 pm
4/17 - 6/19

Bowling - Thrs

With balls, gutters, frames, strikes, and spares, bowling has it all! Join the fun and have a ball-rolling good time! *Socks required.*

Max: 8



Thursday \$430
4:30pm - 5:45pm
4/17 - 6/19

Walking Club - Let's Get Moving

Join the new MMA walking group. We will meet at Forest Ridge and walk on all surfaces and inclines. Participants must be able to walk for at least an hour with minimal breaks. An all weather event, bring sneakers & water bottle.



Contact for more information:

recreation@minutemanarc.org

Minute Man Arc | 35 Forest Ridge Road | Concord, MA 01742



**SPRING 2025 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 14TH**

RECREATION CLASS	DAY	TIME	FEE
MUSIC (9 weeks)	Monday	3:15pm - 4:15pm	\$ 245
DANCE (9 weeks)	Monday	4:30pm – 5:30pm	\$ 165
YOGA (11 weeks)	Tuesday	3:15pm - 4:15pm	\$ 265
COOKING 101 (11 weeks)	Tuesday	4:30pm – 5:45pm	\$ 425
BOWLING - WED (11 weeks)	Wednesday	3:00pm – 4:30pm	\$ 380
ARTS & CRAFTS (11 weeks)	Wednesday	4:30pm – 5:45pm	\$ 275
BOWLING - THURS (10 weeks)	Thursday	3:00pm – 4:30pm	\$ 345
WALKING CLUB (10 weeks)	Thursday	4:30pm – 5:45pm	\$225

NEW! PARTICIPATION WAIVER and REFUND POLICY may be found on the website. Please take the time to read and complete the participation waiver along with your registration form. Thank you

Registration/Payment Information

- Registration form and proof of COVID vaccination* must be completed and turned in with payment by April 2, 2025. 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 2024, please check here

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