



Minute Man Arc Recreation Summer 2025 Session



Monday \$100
3:15 pm - 4:15 pm
7/7 - 9/8 No class 9/1

BASKETBALL

This non-competitive class will gather on the sport court to practice basic basketball skills: dribbling, passing and shooting. Practice those skills and get ready for fall ball.

Monday \$230
4:30 pm - 5:30 pm
7/7 - 9/8 No class 9/1

ARTS & CRAFTS

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

Tuesday \$120
3:15 pm - 4:15 pm
7/8 - 9/9

YOGA

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

Tuesday \$195
4:30 pm - 5:45 pm
7/8 - 9/9

WALKING CLUB

Step into fun, friendship, and fitness! Join our Walking Club for weekly strolls, fresh air, and great company. Whether you're a speed walker or a casual cruiser, all are welcome—let's get moving together!

Wednesday \$315
3:00 pm - 4:30pm
7/9 - 9/10

BOWLING - WED

This non-competitive class will gather on the sport court to practice basic basketball skills: dribbling, passing and shooting. Practice those skills and get ready for fall ball.

Wednesday \$150
4:30 pm - 5:30pm
7/9 - 9/10

MUSIC & MOVEMENT

Get moving and feel great! Join our beginner movement class for fun, low-impact workouts set to upbeat music. No experience needed—just comfy clothes, good energy, and a smile! Let's move together!

Thursday \$315
3:00 pm - 4:30 pm
7/10 - 9/25

BOWLING - THURS

Ball, gutter, frames, strikes, and spares- Bowling has it all! Join the fun and have a ball-rolling good time! Socks required.

Thursday \$260
4:30 pm - 5:30 pm
7/10 - 9/11

COOKING

Spice up your skills and stir up some fun! Join our Intro to Cooking Club and learn kitchen basics, tasty recipes, and tips from guest chefs. No experience needed—just bring your appetite and curiosity.

For More Information, contact:

recreation@minutemanarc.org

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





SUMMER 2025 Recreational Enrichment REGISTRATION FORM

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

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

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

Please mark [✓] the classes you are requesting. All classes start the week of July 7th

RECREATION CLASS	DAY	TIME	FEE
BASKETBALL	Monday	3:15pm - 4:15pm	\$ 100
ARTS & CRAFTS	Monday	4:30pm – 5:30pm	\$ 230
YOGA	Tuesday	3:15pm - 4:15pm	\$ 120
WALKING CLUB	Tuesday	4:30pm – 5:45pm	\$ 195
BOWLING – WED	Wednesday	3:00pm – 4:30pm	\$ 315
MUSIC & MOVEMENT	Wednesday	4:30pm 5:30pm	\$ 150
BOWLING – THURS	Thursday	3:00pm – 4:30pm	\$ 315
COOKING	Thursday	4:30pm – 5:30pm	\$ 260

Registration/Payment Information

- ☐ **Registration form** and **proof of COVID vaccination*** must be completed and turned in with payment by **June 30, 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: Rebecca Lynch at 978-287-7932
- ☐ Check or Money Order mail/drop off at: Minute Man Arc
35 Forest Ridge Rd
Concord, MA 01742
(please write **RECREATION** on the memo line)
- ☐ **Please submit the Annual Recreation Liability form and Recreation policy for 2025**
(effective dates July 1, 2025 - June 30, 2026)

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