



Minute Man Arc Recreation

2025 FALL Session

MINUTE MAN Arc

Monday \$185

3:15pm - 4:15pm

10/6- 12/15

(no class 10/13)

Soccer and Indoor Sports

Soccer & More! Learn basic soccer skills outdoors, enjoy a special park field outing, and switch indoors to floor hockey and fun sports games as the weather cools.



Monday \$180

4:30pm - 5:30pm

10/6- 12/15

(no class 10/13)

Arts and Crafts

Unleash your creativity and have a blast! All skill levels welcome—come make, mingle, and let your imagination run wild!



Tuesday \$190

3:15pm - 4:15pm

10/7 - 12/16

Yoga

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



Tuesday \$435

3:00pm - 5:15pm

10/7 - 12/16

YMCA in Waltham

Stay fit this fall at the YMCA in Waltham! Learn stretching, cardio, and assisted weight machines to build a routine that works for you.



Wednesday \$330

3pm - 4:30pm

10/8 - 12/17

Bowling Wednesday

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



Wednesday \$250

4:30pm - 5:30pm

10/8 - 12/17

Music and Motion

Learning through music and dance you will achieve self-expression, self-confidence, and a few new groovy moves.



Thursday \$270

3pm - 4:30pm

10/9- 12/18

(no class 11/20, 11/27)

Bowling - Thrs

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



Thursday \$125

4:30pm - 5:45pm

10/9 - 12/18

(no class 11/20, 11/27)

Cooking 102

Spice up your skills this fall! Join our Cooking Club for kitchen basics, fall-inspired recipes, and tips from guest chefs. No experience needed—just bring your appetite!



For More Information, contact: recreation@minutemanarc.org

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



FALL 2025 Recreational Enrichment

REGISTRATION FORM

PARTICIPANT:

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

EMERGENCY CONTACT:

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

REP PAYEE (if applicable):

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

**For more information, please contact:
Recreation at**

RECREATION@minutemanarc.org

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

ALL CLASSES WILL PRIORITIZE REGISTRATION TO THOSE WHO PAID IN FULL.

RECREATION CLASS	DAY	TIME	FEE
SOCCER & INDOOR SPORTS	Monday	3:15pm - 4:15pm	\$ 185
ARTS & CRAFTS	Monday	4:30pm – 5:30pm	\$ 180
YOGA	Tuesday	3:15pm – 4:15pm	\$ 190
YMCA WALTHAM	Tuesday	3pm – 5:15pm	\$ 435
BOWLING – WEDNESDAY	Wednesday	3pm – 4:30pm	\$ 330
MUSIC AND MOTION	Wednesday	4:30pm – 5:30pm	\$ 250
BOWLING – THURSDAY	Thursday	3pm – 4:30pm	\$ 270
COOKING 102	Thursday	4:30pm – 5:45pm	\$ 125

Registration/Payment Information

- ☐ **Registration form and proof of COVID vaccination*** must be completed and turned in with payment by **September 29, 2025**. Emailed copies of all forms 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. at 978-287-7940
or Rebecca L. at 978-287-7932
- ☐ Check or Money Orders mail/drop off in the Business Office:
Minute Man Arc
Business Office
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 FY2026 (effective dates July 1, 2025 - June 30, 2026)**