



Minute Man Arc Recreation

2026 WINTER Session



MINUTE MAN
Arc

Monday \$155

3:15pm - 4:15pm

1/5- 3/16

(no class 1/19, 2/16)

Circuit Training

Build strength, balance, and cardio in this dynamic class. Move through stations that challenge your muscles, boost endurance, and improve stability. A fun workout suitable for all levels.



Monday \$180

4:30pm - 5:30pm

1/5- 3/16

(no class 1/19, 2/16)

Arts and Crafts

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



Tuesday \$165

3:15pm - 4:15pm

1/6- 3/17

Yoga

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



Tuesday \$200

4:30pm - 5:30pm

1/6 - 3/17

Board Games

Relax, laugh, and play a mix of classic and new board games. Connect with friends, meet new people, and enjoy an easy, social hour of friendly competition. Come roll the dice and join the fun!



Wednesday \$330

3pm - 4:30pm

1/7 - 3/18

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 \$185

4:30pm - 5:30pm

1/7 - 3/18

Music and Motion

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



Thursday \$330

3pm - 4:30pm

1/8- 3/19

Bowling - Thrs

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



Thursday \$200

4:30pm - 5:45pm

1/8 - 3/19

Cooking 102

Warm up your skills this winter! Join our Cooking Club to explore kitchen basics, try cozy winter recipes, and have fun experimenting. Come join the adventure of cooking!



For More Information, contact: recreation@minutemanarc.org

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



WINTER 2026 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
	CIRCUIT TRAINING	Monday	3:15pm - 4:15pm	\$ 155
	ARTS & CRAFTS	Monday	4:30pm – 5:30pm	\$ 180
	YOGA	Tuesday	3:15pm – 4:15pm	\$ 165
	BOARD GAMES	Tuesday	4:30pm – 5:30pm	\$ 200
	BOWLING – WEDNESDAY	Wednesday	3pm – 4:30pm	\$ 330
	MUSIC AND MOTION	Wednesday	4:30pm – 5:30pm	\$ 185
	BOWLING – THURSDAY	Thursday	3pm – 4:30pm	\$ 330
	COOKING 102	Thursday	4:30pm – 5:45pm	\$ 200

Registration/Payment Information

- ☐ **Registration form** and **proof of COVID vaccination*** must be completed and turned in with payment by **December 30, 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 at 978-287-7940(out of office 12/15-19) or Michelle Beeny 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)**