



Minute Man Arc Recreation 2026 Spring Session



All events have limited enrollment.

Monday \$170
3:15pm - 4:15pm
4/6 - 6/22

Circuit Training

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



Monday \$205
4:45pm - 5:45pm
4/6 - 6/22

Arts & Crafts

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



Tuesday \$195
3:15pm - 4:15pm
4/7 - 6/23

Yoga

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



Tuesday \$240
4:30pm - 5:30pm
4/7 - 6/23

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.



Wednesday \$360
3:00 pm - 4:30 pm
4/8 - 6/24

Bowling - Wed

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



Wednesday \$155
4:30pm - 5:30pm
4/8 - 6/24

Music and Movement

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



Thursday \$360
3pm - 4:30pm
4/9 - 6/25

Bowling - Thurs

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



Thursday \$220
4:30pm - 6pm
4/9 - 6/25

Cooking Class

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.



Contact for more information:

recreation@minutemanarc.org

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



SPRING 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 Spring session classes begin the week of APRIL 6th.

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

	RECREATION CLASS	DAY	TIME	FEE
<input type="checkbox"/>	Circuit Training	Monday	3:15pm – 4:15pm	\$ 170
<input type="checkbox"/>	Arts and Crafts	Monday	4:45pm – 5:45pm	\$ 205
<input type="checkbox"/>	Yoga	Tuesday	3:15pm – 4:15pm	\$ 195
<input type="checkbox"/>	Walking Club	Tuesday	4:30pm – 5:30pm	\$ 240
<input type="checkbox"/>	WEDNESDAY Bowling	Wednesday	3pm – 4:30pm	\$ 360
<input type="checkbox"/>	Music and Movement	Wednesday	4:30pm – 5:30pm	\$ 155
<input type="checkbox"/>	THURSDAY Bowling	Thursday	3pm – 4:30pm	\$ 360
<input type="checkbox"/>	Cooking Class	Thursday	4:30pm – 6pm	\$ 220

Registration/Payment Information

- Registration form and proof of COVID vaccination*** must be completed and turned in with payment by **March 31, 2026**. 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. 978-287-7940
- 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)**