

Recreational Enrichment Classes for Transition and Adult Participants



Spring into SUMMER with Minute Man Arc recreation classes. We offer a variety of fun and social classes with a ratio of one staff person and one instructor for every 4-8 participants. Classes must meet a minimum participants in order to run.

Registration is NOW OPEN



YOGA (Monday 3:15-4:15pm)

July 10th - Sept 11th (No Class 9/4)

Cost: \$165

Participants will meet by the greenhouse where we will work on stretches, balanced poses, and meditation exercises that collectively act to relieve stress, build strength, and promote "inner calm." Please wear comfortable clothing.



ARTS & CRAFTS (Monday 4:30-5:30pm)

July 10th - Sept 11th (No Class 9/4)

Cost: \$245

Explore foundational art concepts while exploring new mediums and creating personal works of art. Examples include the use of wreaths, watercolors, and fabric squares. (Materials fee included.)

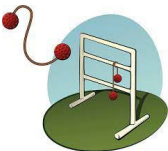


BASKETBALL (Tuesday 3:15-4:15pm)

July 11th - Sept 12th

Cost: \$195

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.



SUMMER SPORTS (Tuesday 4:30-5:30pm)

July 11th - Sept 12th

Cost: \$185

Meet at the sport court and learn some popular summer sports while meeting new friends. Soccer, pickle ball, golf and street hockey are in the line-up.



BOWLING (Wednesday 3:00-4:30pm)

July 12th - Sept 13th

Cost: \$355

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *3 pm* for the alley and return at 4:30. This is a non-competitive group; we do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks!



BOWLING (Thursday 3:00-4:30pm)

July 13th - Sept 14th

Cost: \$355

Same great event, with a second option to join in the fun. Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *3 pm* for the alley and return at 4:30. This is a non-competitive group; we do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks!



**Summer 2023 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. Classes start the week of July 10th (note the Monday Holiday)

RECREATION CLASS	DAY	TIME	FEE
YOGA	Monday	3:15pm - 4:15pm	\$ 165
ARTS & CRAFTS	Monday	4:30pm – 5:30pm	\$ 245
BASKETBALL	Tuesday	3:15pm - 4:15pm	\$ 195
SUMMER SPORTS	Tuesday	4:30pm – 5:30pm	\$ 185
BOWLING- WED	Wednesday	3:00pm – 4:30pm	\$ 355
BOWLING	Thursday	3:00pm – 4:30pm	\$ 355

Registration/Payment Information

- Registration form** and **proof of COVID vaccination** must be completed and turned in with payment by June 27th. 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
Attn: Business Office
35 Forest Ridge Rd
Concord, MA 01742 (please write RECREATION on the memo line)
- For more information, please contact: Recreation@minutemanarc.org**

There will be no refunds for missed classes unless class is cancelled by Minute Man Arc.