

Recreational Enrichment Classes for Transition and Adult Participants



Join Minute Man Arc for fall activities on Wednesday and Thursday afternoons. We offer a variety of fun and social classes with a ratio of one staff person and one instructor for every 6-8 participants.

Classes must meet a minimum of 6 participants in order to run.



BACK TO BOOT CAMP! (Wednesdays 3-4pm)

Cost: \$190

September 29th – November 17th

Participants will meet for a fun & focused exercise group, which uses simple exercise, free weights, and yoga balls to develop a healthier stronger self. Please wear sneakers & comfortable clothing, bring a bottle of water & inhaler (as needed).



CERAMICS (Wednesdays 4:15-5:15pm)

Cost: \$220

September 29th – November 17th

Get to know others by painting pieces together! Participants will meet Instructor (Diane S.) to learn a variety of finishing techniques and delight in taking your masterpiece home to gift or admire (materials fee included).



BOWLING (Thursday 2:45-4:15pm)

Cost: \$225

September 30th – November 18th

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *2:45pm* for the alley. 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!



YOGA (Thursdays 3-4pm)

Cost: \$200

September 30th – November 18th

Participants will meet by and 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 and indicate your preference on the registration form to participate from a chair or mat. Bring your own mat.



ARTS AND CRAFTS (Thursday 4:15-5:15pm)

Cost: \$220

September 30th – November 18th

Explore foundational art concepts while exploring new mediums and creating personal works of art. Examples include the use of wreaths, watercolors, and fabric squares. A great time to socialize with your crafty friends. (Materials fee included).

Fall 2021 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. All classes start the week of September 27th:

	RECREATION CLASS	DAY	TIME	FEE
<input type="checkbox"/>	BACK TO BOOT CAMP	Wednesday	3pm - 4pm	\$ 190.00
<input type="checkbox"/>	CERAMICS	Wednesday	4:15pm - 5:15pm	\$ 220.00
<input type="checkbox"/>	BOWLING	Thursday	2:45pm - 4:15pm	\$ 225.00
<input type="checkbox"/>	YOGA	Thursday	3pm - 4pm	\$ 200.00
<input type="checkbox"/>	ARTS AND CRAFTS	Thursday	4:15pm – 5:15pm	\$ 220.00

Registration/Payment Information

- Registration form** and **proof of COVID vaccination** must be completed and turned in with payment by **September 17th**. 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
35 Forest Ridge Rd
Concord, MA 01742 *(please write RECREATION on the memo line)*
- For more information, please contact: Barbara White at bwhite@minutemanarc.org
W: 978-287-7990/C: 978-590-2732**