

## Afternoon Recreation: Transition/Adult Participants Enrichment Classes – Activity Schedule, Spring 2020



**Early Yoga** (Mondays 3:00-4:00pm), March 2<sup>nd</sup>-May 18th (11 weeks)

**Cost: \$214.50**

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



**Late Yoga** (Mondays 4:30-5:30pm), March 2<sup>nd</sup>-May 18th (12 weeks)

**Cost: \$214.50**

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



**Art** (Tuesdays 3:00-4:00pm), March 3<sup>rd</sup>- May 26<sup>th</sup> (13 weeks)

**Cost: \$253.50**

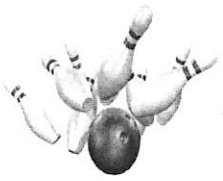
Creative individuals will meet in the Red Rm 119 for a group exploring foundation art concepts, new mediums, and creating craft projects. Examples include using wreaths, watercolor, and fabric squares (materials fee included).



**Body Bootcamp** (Tuesdays 4:30-5:30pm), March 3<sup>rd</sup>-May 26<sup>th</sup> (13 weeks)

**Cost: \$253.50**

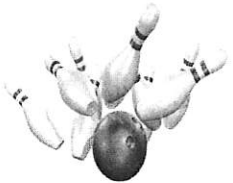
Participants will meet Fitness Instructor, Scott C., in Large Rm 115 for a fun & focused exercise group which uses simple exercise, free weights, and yoga balls to develop a healthier stronger self. Please wear sneakers & comfortable clothing, bring a bottle of water & inhaler (as needed).



**Wednesday Bowling** (Wednesdays 2:45-4:15pm), March 4<sup>th</sup>-May 27<sup>th</sup> (13 weeks)

**Cost: \$253.50**

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!



**Thursday Bowling** (Thursdays 2:45-4:15pm), March 5<sup>th</sup>-May 28<sup>th</sup> (13 weeks)

**Cost: \$253.50**

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!



**Ceramics** (Thursdays 4:30-5:30pm), March 5<sup>th</sup>-May 28<sup>th</sup> (13 weeks)

**Cost: \$253.50**

Get to know others by painting pieces together! Participants will meet Instructor, Diane S., in Red Rm 119 to learn a variety of finishing techniques and delight in taking your masterpiece home to gift or admire (materials fee included).



**Chorus** (Fridays 3:00-4:00pm), March 6<sup>th</sup>-May 29<sup>th</sup> (13 weeks)

**Cost: \$253.50**

Enthusiastic vocalists join Choral Instructor, Marsha M. in Rm 112, in singing a variety of songs in preparation for our upcoming performance. During class periods which are not rehearsals, the group focuses on music appreciation & vocal skills and singing fun tunes of each participant's choosing.

Administrative Use

Last Name \_\_\_\_\_ Session & Year \_\_\_\_\_ Payment Plan \_\_\_\_\_

Classes \_\_\_\_\_

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### Contact Information

- 1) Applicant                      Name \_\_\_\_\_  
    Address \_\_\_\_\_  
    Phone \_\_\_\_\_  
    Email \_\_\_\_\_
- 2) Registration                      Name \_\_\_\_\_  
    Contact                              Address \_\_\_\_\_  
    Phone \_\_\_\_\_  
    Email \_\_\_\_\_
- 3) Rep Payee                      Name \_\_\_\_\_  
    (as applies)                      Address \_\_\_\_\_  
    Phone \_\_\_\_\_  
    Email \_\_\_\_\_

Cost    Please mark [✓] the classes you are requesting:

- [ ] Early Yoga, Mondays (3:00-4:15pm) ~~\$253.50~~ **214.50**
- [ ] Late Yoga, Mondays (4:30-5:45pm) ~~\$253.50~~ **214.50**
- [ ] Art, Tuesdays (3:00-4:15pm) \$253.50
- [ ] Body Bootcamp, Tuesdays (4:30-5:15pm) \$253.50
- [ ] Wednesday Bowling, Wednesdays (2:45-4:15pm) \$253.50
- [ ] Thursday Bowling, Thursdays (2:45-4:15pm) \$253.50
- [ ] Ceramics, Thursdays (4:30-5:45pm) \$253.50
- [ ] Chorus, Fridays (3:00-4:15pm) \$253.50

Please remember to submit:

- ☐ Annually: Emergency Contact
- ☐ Session Payment (session)
- ☐ Registration (session)
- ☐ Car plan (if applies)

Administrative Use:

- ☐ Emergency info current
- ☐ Payment
- ☐ Registration Received
- ☐ Care plan (if applies)
- Received \_\_\_\_/\_\_\_\_/\_\_\_\_

**Money Order**

# \_\_\_\_\_

**Check**

# \_\_\_\_\_

**Credit Card**

Please call Deirdre B., 978-287-7940

**Note:** Rep. Payee transfer, start date, pro-rate, payment plan, scholarship, multiple payment sources, prior credit, etc.



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**General Information**

Specialized weekday activities (Early 3pm & Late 4:30pm) are held year-round onsite at our center and in the community. Participants may apply at any time during sessions. A general commitment to attend is expected. Classes are open to Transition/Adult participants (16+yrs). Ratio and class size vary by activity, typically 1 staff person + 1 instructor for every 4-8 participants. Classes must meet a minimum of 4 paid participants in order to proceed. Preferred classes are often full. Please call to enquire about availability prior to applying. Proposed start date and pro-rating for mid-session add/drops are to be agreed upon prior to attending. Cancellations & missed classes will not be credited/refunded unless a prolonged health concern occurs (including Neuropsychological). The Program is closed on Patriots Day (April 20<sup>th</sup>) and Memorial Day (May 25<sup>th</sup>). Paperless registration & payment are preferred. A Fillable Registration can be e-submitted. Please "Save As" per the example: "Last Name, 1st Initial – 2019 Spring (Art, Fitness, Yoga)" Payment can be processed using a credit card (Deirdre B., Development: 978-287-7940) or by check/money order for "Minute Man Arc for Human Services" including Memo detail per the aforementioned e-submittal example. Please deliver/mail paper payment to "Minute Man Arc, 35 Forest Ridge Rd, Concord, MA 01742, c/o Recreation Registration box". Partial scholarships may be available to applicants unable to access any recreation services without subsidization. Payment and completed registration must first be submitted for an applicant's activity request to be considered. **Registration should be completed and turned in with payment by February 21<sup>st</sup>.**

Programming is driven by participant interest and input is always appreciated. All participants are welcome. We have experience incorporating accommodations for individualized needs. We hope to work with you to develop an appropriate program entry and support plan. We cannot provide additional staffing. We welcome participants requiring individualized care to attend with their support person. Please discuss support needs in advance. For more information, please contact Recreation Coordinator, Amanda Quin [aquin@minutemanarc.org](mailto:aquin@minutemanarc.org), W: 978-287-7931/C: 978-302-9332 Thank you for your interest!