

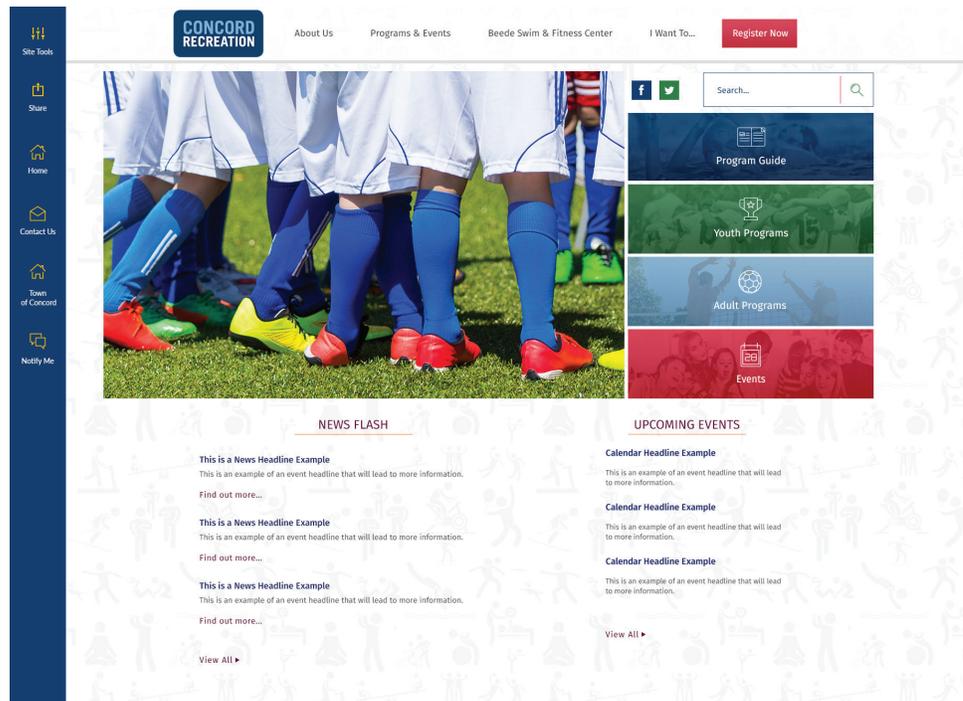
2016 – 2017

FALL / WINTER PROGRAM GUIDE

CONCORD RECREATION

REGISTER ONLINE TODAY!
CONCORDREC.COM

New Website Coming Soon!



You may register for our programs online, in person or by mail using the registration forms located in the back of this brochure.

Enrollment is granted on a first-come, first-served basis. Be sure to include the Activity Number on each registration form to ensure timely and efficient processing.

Concord Recreation accepts Visa and Mastercard only.

Online registration is now available for Recreation programs.

- You need go to the Recreation page on the Town's website www.concordrec.com and click on Registration.
- If you are a Beede Center member or have taken any Recreation Programs in the past you are ALREADY are in the database. Do not create a new account, just access and update your account.
- Once you have clicked on the Registration button it will take you to the online registration home page.
- To access your account: login: your user name is your email address that you have used to register for membership or programs.
- Click on the "Forgot password" button and type in your email address. Click on the "Submit" button. An email will be sent to you with your password.
- Click on the Login link at the top of the "Forgotten Password Form" screen.
- Log in with user name (your email address) and the password given in the email.
- Click the "Login" button.
- Since this is the first time using online registration you will be brought to a screen that will require you to change your password: follow the prompts.
- You have now updated your account. Use your username and password information to login.
- Click on the "Activity Registration" button or the appropriate picture at the bottom part of the screen to register.

Contents

PROGRAM	PG.		
Preschool		Learn to Swim	27
Concord Carousel Preschool	4	Recreational Diving	30
School Year		Family Fun Fridays	31
After School/Terrific Tuesday	6	Otters Swim Team	32
Before School	7	High School Preseason Clinic	34
Vacation and Professional Days	8	Private Swim Lessons	35
The Arts and Movement		Adult Swim Programs	36
Musical Theater Experiences	9	Coached Workout	36
Tumble on Over Toddler Gym	10	Water Fitness	37
Open Gym for Toddlers	10	Abdominals & Core Strength	41
Community Events		American Red Cross Certification	42
Trunk or Treat	10	Fitness	
Holiday Movie Night	11	Personal Training	45
Winter Wonderland	11	Small Group Personal Training	48
Egg Hunt	11	Cardio Mix	48
Special Events		Interval Fusion	49
6th Grade Halloween Party	12	Total Conditioning	49
Sleepy Hollow 5K	12	Cycle	50
Open Walk at Hunt	12	Cycle Plus	50
Middle School Open Gym	13	Boot Camp	51
Parents Night Out	13	Gentle Pilates	51
8th Grade Winter Wonderland	13	Pilates	52
Shamrock Ball	14	Pilates/Yoga	52
Ski Trips	14	Pilates/Barre	52
Sports		Pilates Private Mat	53
Adult Tennis	15	Pilates Reformer Private	53
Junior Tennis	16	Body Sculpting on the Ball	54
Preschool Tennis	17	Booty/Barre	54
Tennis Tournament	18	Body Sculpting	55
Super Soccer Stars	19	Yoga Basics	55
Patriot Boys Basketball Clinic	20	Fitness Yoga	55
Boys & Girls Basketball	20	Gentle Yoga	56
Hoop Innovators	20	Balance & Stretch	56
Adult Basketball-Men & Women	22	Gentle Flow	56
Adult Volleyball	22	Yoga Private	57
Pickleball	23	Butts & Guts	57
Youth Skiing	23	360 Core Plus	57
Aquatics		Registration Forms	
Youth Swim Lessons	24	General Registration Form	61
Parent and Child	24	Private Swim Lessons	63
Preschool	25	Phone Numbers	64
		Program Locations	

Department Message

For decades now, Concord Recreation has served as a catalyst for strengthen our community. From youth sports to adult fitness, summer camps to parks and playgrounds, the Recreation Department has worked hard to assure that all residents have access to the recreation and leisure services that they need and deserve. As our Department begins under new leadership, it is important for our consumers to remember that our mission stands tried and true:

Concord Recreation is a leader in providing activities that enhance personal development, promote healthy life styles, and encourage greater community involvement. As dedicated professionals we strive to promote lasting experiences, while creating fun, unique, inclusive opportunities in excellent facilities. Concord Recreation is a self-supporting operation that continues to meet the needs of the community by delivering the highest quality customer-focused programs, events and services.

Coming to Concord to serve as the new Director of Recreation is a new and exciting commitment that in many ways is like melding a new marriage with the department and the community. As we begin this new relationship, we can't help but recognize the relevance and symbolism associated with the traditional marital saying, "something old, something new, something borrowed, and something blue."

Representing something "old" and assuring continuity of our past, nearly a dozen of the Department's staff will continue in their roles as they have for over decade. Reflecting on their successes and embracing their near 100 years of combined service, we are excited to continue utilizing their expertise and knowledge as we cultivate a new union of old and new. Our veteran staff include:

- Jon Straggas, General Manager of Beede Center
 - T.J. Liakos, Assistant G.M. Beede Center
 - Jan MacCulloch, Fitness Coordinator
 - Karen Bush, Aquatics Coordinator
 - Erin MacDonough, Asst. Aquatics Coordinator
 - Kathy Nutter, Membership Services Beede
 - Anita Stevanazzi-Hill, Child Care Services Manager
 - Patti Doherty, Assistant Child Care Services Manager
 - Mardi Hutchinson, Recreation Supervisor
 - Christine Kelleher, Sr. Administrative Assistant
 - Gary Lancaster, Facilities Maintainer
- In addition; we have a strong staff of aquatics instructors, personal trainers, group exercise, tennis instructors, swim instructors, preschool and after school instructors that have been with the department for many years.

Offering optimism for the future and serving as "something new," Concord Recreation is excited to welcome three new staff to the Department team. Serving as your new Recreation Director, I come to Concord from South Windsor, CT where I served the Parks and Recreation Department for over 12 years as the Assistant Director. Additionally, I've recently served as an Adjunct Professor at Eastern Connecticut University teaching courses in Recreation and Sports Marketing. As the new Director, I am looking forward to connecting to the community, while adding some different perspectives to the great team we have in place. I am excited and ready for the years ahead. Anna Wood was hired in June of 2016 as the Department's new Assistant Director of Recreation. A Certified Therapeutic Recreation Specialist, Anna previously served as the Executive Director of a large, non-profit organization in southern Massachusetts and prior to that, Anna served as the Director of the Adaptive Sports and Recreation Program for the Sudbury, MA Parks and Recreation Department. Anna is passionate about fostering community growth through innovative, person-centered programming and we are excited to have her join our team. Zach Vaillette was hired in October 2015 as the Department's Program and Events Manager. Previous to Littleton, Zach served as an intern at the Burlington, VT Parks and Recreation Department and most recently was the Recreation Coordinator for the admired Chatham Bars Inn. In 10 short months with the Department, Zach has championed the very successful Winter Wonderland event and Stow Street Block Party.

As the year pushes on, residents should plan to see "borrowed" events taking place such as a large Egg Hunt, a high school boy's recreation basketball division, adaptive and inclusive programs for community members with disabilities, town pride attire, holiday themed 5Ks, and more.

As Concord Recreation and all that it strives to be seeps out into the Community, our Department's chosen colors, white and blue, will be seen frequently in our marketing. Many shades of blue signify enlightenment, and in many cultures the color is associated with friendship and loyalty, a notion we hope to disseminate into the community.

In closing, the Recreation Department is committed to continually supporting the community in all recreation and leisure endeavors. We look forward to forging new friendships with many coaches, clubs, town departments, and families in the years ahead and welcome you to visit our offices located at the Hunt Recreation Center, the Harvey Wheeler Community Center, and the Beede Swim and Fitness Center.

Yours in Recreation,
Ryan Kane
Director of Recreation

Recreation Commission

Dear Concord residents:

On behalf of the Town of Concord Recreation Commission, I welcome you to enjoy and participate in the many great offerings in this brochure.

For your information, the Concord Recreation Commission is made up of interested Concord resident volunteers who care about the Town's recreation department and programs. The current members of the Commission are:

Peter Hunter (Chair)
Paul Grasso
Susanne Jarnryd
Jim Richardson
Peter Ward
Steve Ng, Select Board member liaison representative
Scott Randall, Finance Committee liaison representative.

The Recreation Commission works in collaboration with the Recreation Director to provide guidance and insight as related to program and policy development, operations, budgeting, user fees, and short, medium and long range planning. The Commission meets monthly, typically the last Tuesday, of the month from 7:30PM-9:00PM. Meetings are generally held at the Hunt Recreation Center located at 90 Stow Street Concord, MA. The public is welcome to attend these meetings and to provide public comment.

Lastly, we would like to thank Susanne Jarnryd (past Chair) and Jim Richardson for their service and dedication to the Recreation Commission during their tenure.

If you have any questions about the programs provided in this brochure please do not hesitate to contact the Recreation Department at (978) 287-1050.

Sincerely,
Peter A. Hunter
Chair

Concord Recreation is committed to serving the needs and interests of the community - children, adults, senior citizens and individuals with disabilities. Every effort will be made to provide effective participation in our programs. Please call the Recreation Office at 978-287-1050 if you need special accommodations.

This brochure is current through February 2017.

The Spring/Summer Recreation Program Brochure will arrive in March 2017.

WEB SITE

Visit our web site for information on programs, schedules and facility closings: WWW.CONCORDREC.COM

Join us on Facebook
and follow us on Twitter
@concordrec

HUNT RECREATION CENTER

90 Stow Street
Concord, MA 01742
978-287-1050
Monday - Friday 8:00 am - 5:00 pm

BEEDE SWIM & FITNESS CENTER

498 Walden Street
Concord, MA 01742
978-287-1000
Monday - Friday 5:30 am - 9:00 pm
Saturday - Sunday 7:00 am - 6:00 pm





Concord Carousel Preschool (Ages 3-4)



Harvey Wheeler
Community Center
1276 Main Street
978-318-3045

Concord Carousel Preschool

Anita Stevanazzi-Hill,
Child Care Services Manager

Who We Are

Concord Carousel Preschool has provided a half day preschool experience to children of Concord and the surrounding towns for the past 30 years. We offer a small, creative learning environment for children ages 2 years 9 months – 5 years. Concord Carousel operates 2, 3, and 4 day programs (based on age) from 9:15 to Noon. An optional extended day, “Stay and Play” is offered for an extra fee. Carousel also offers “Stay and Swim” (with swim lessons at the Beede Center) – based on the interests of our families.

Our Philosophy

Concord Carousel aims to create a safe, nurturing and quality preschool experience for our children and their families. Our developmental curriculum is designed to promote physical, social, emotional and cognitive growth by presenting challenges and engaging children in meaningful activities. Problem solving, creativity and learning are stimulated through both spontaneous and structured activities. Integrated play activities encourage children to interact with

their peers, their teachers and materials. Our classrooms are rich in materials and activity areas that support hands-on constructive explorations, Our activities promote children’s, confidence, sense of wonder and natural passion for learning. There are opportunities to explore music, movement, science and nature. There are also opportunities for playing/working alone and in a group with other children and/or teachers. We also take numerous field trips to extend our learning beyond the classroom walls. Past trips have included walking trips to the bakery, post office and fire station, as well more distant locations like the Museum of Fine Arts, DeCordova Museum, Ecotarium and Theatreworks productions.

Concord Carousel is committed to creating a welcoming preschool setting and includes families and children with a wide variety of backgrounds. We work to instill a genuine appreciation of and respect for others. By supporting individual differences, we encourage children and their families to value the richness and importance of a diverse community.

Our Teachers

Every classroom is staffed by two Early

Concord Carousel Preschool

Childhood Professionals. Our day-to-day practices are grounded in current research and theory concerning how young children learn. The people who work here have specialized training in Early Childhood Education and experience working with young children. The staff members enhance their knowledge by participating in on-going training through workshops, attendance at professional conferences and personal explorations through reading and observations in areas of interest.

Our Facilities

Located in the Harvey Wheeler Community Center in West Concord, our facilities include four large, sunny classrooms. Our outdoor play area is designed for imaginative play and includes a garden for planting and playing. Our learning experiences also extend into the West Concord community, with monthly visits to the library and field trips to local businesses, playgrounds and natural spaces.

Registration

Enrollment begins in January for the following September. You are encouraged to schedule a visit during the morning with your child, to visit the classrooms and to meet with the staff. Visiting our classrooms allows you and your child to get a genuine "feel" for our program.

Registration for the 2016-17 school year is ongoing. Children must be 2 years, 9 months by September 12 to attend at the beginning of the school year. Enrollment for the year continues, on a space available basis, throughout the school year. Carousel has a rolling admission policy allowing children to enroll mid-year.

If you would like to receive a brochure and registration information or schedule a visit, please contact Anita Stevanazzi-Hill, Child Care Services Manager, at 978-318-3045 or email childcareprograms@concordma.gov

Eligibility

Born prior to December 31, 2012
3 or 4 day program

Born between January 1, 2013-December 12, 2013
2 or 3 day program

Tuition (Per Month)

2 day	\$385.00
3 day	\$510.00
4 day	\$650.00

Application Fee

New applicant	\$50
Current enrollee	\$30

Open House

Saturday November 5th, 2016
10am-12pm





AfterSchool and Terrific Tuesday (K-5)



Our school year program philosophy is simple: encourage each child to develop independence, self-confidence and appropriate social skills within a community of other students in a fun, safe, and nurturing environment.

AFTERSCHOOL AND TERRIFIC TUESDAY

Anita Stevanazzi-Hill,
Child Care Services Manager

The AfterSchool Program has been providing care for children in Kindergarten through Grade 5 since 1980. AfterSchool was created to meet the needs of families seeking an out-of school time program for their children that is an enriching and social experience. Due to the change in the public school calendar, AfterSchool will expand this year to provide an early release Tuesday only program called Terrific Tuesdays. Program hours are close of school until 6pm Monday-Friday and follows the Concord Public Schools calendar. If school is cancelled or closed the AfterSchool program is closed.

The AfterSchool Program takes place in three separate town-owned buildings. Children attending Kindergarten, Grade 1 and Grade 2 attend AfterSchool at the Harvey Wheeler Community Center in West Concord. Children in Grades 3 through 5

attend AfterSchool at the Hunt Recreation Center in Concord Center. Our Terrific Tuesday Program will take place at one of the Concord elementary schools (still to be determined). Transportation is provided by the Concord Public Schools from each child's school to their AfterSchool Program site.

Concord Recreation's AfterSchool Program has a strong reputation for excellence. A major strength of our program is the outstanding qualities of our professional staff. Staff are selected based on their experience with school age children, with many having a background in education. All staff members are committed to providing a nurturing, positive experience for each child while presenting them with exciting daily activities. Our activities are geared toward promoting cooperation and socialization, while presenting challenges and helping children achieve success.

Our AfterSchool daily schedule at all sites includes time for supervised indoor and

AfterSchool and Terrific Tuesday

outdoor play, special events, and homework, along with science, arts and crafts and cooking projects.

Our Harvey Wheeler and Hunt sites have an active AfterSchool club program which encourages children to sign up for topics of interest that meet once per week over several weeks. Field trips are also included.

Registration for the 2016-2017 school year is in progress. If you would like to receive an application and tuition schedule, or would like to visit the program, please call Anita Stevanazzi-Hill, Child Care Services Manager at 978-318-3045. Fees are based on a full school year tuition and are divided into 10 equal, monthly installments. The tuition is based on the cost of providing a program of high quality, with a highly qualified staff, on a self-supporting basis without tax support.

The AfterSchool programs are licensed by the Department of Early Education and Care.

Entering Kindergarten (Per Month)

5 days	\$680
4 days	\$393
3 days	\$295
2 days	\$250
2 days	\$260*

*Tuesday and Thursday until 3:30pm

**please note there is an additional cost if registered for Tuesday and/or Thursday due to early release

Entering 1st-5th (Per Month)

5 days	\$580
4 days	\$393
3 days	\$295
2 days	\$250

**please note there is an additional cost if attending Tuesdays due to early release

Terrific Tuesday (K-5) (Per Month)

1 day	\$240
-------	-------

BeforeSchool (K-5)

BEFORE SCHOOL

Anita Stevanazzi-Hill,
Child Care Services Manager

Concord Recreation offers a Before School Program for children in Kindergarten through Grade 5. Before School is available Monday through Friday from 7:30am to the start of the school day at the three elementary schools, Alcott, Thoreau, and Willard. The program meets in each school's cafeteria and offers a supervised setting in which children socialize with their friends, read, play games, and work on projects or homework. When possible, outdoor play is a part of our day. The program is not in session when school is closed or has a delayed opening. If you would like to receive an application and tuition schedule, please call Anita Stevanazzi-Hill, Child Care Services Manager at 978-318-3045 or childcareprograms@concordma.gov.

Tuition (Per Month)

5 days	\$228
4 days	\$180
3 days	\$160
2 days	\$120
1 day	\$60



Vacation Weeks and Professional Days

FEBRUARY VACATION WEEK 2017 (Grades K-5)

Location: Hunt Recreation Bld

Join Concord Recreation for a fun filled week of field trips and activities. Each day, a morning and afternoon snack will be provided. Please pack a lunch everyday unless noted. Appropriate clothing and footwear is required for outdoor and gym use, so please pack accordingly. Times listed each day are expected departure and return times for field trips. If your child has an allergy or medical condition, please let us know. If your child requires medication a form must be filled out and the medication must be provided by the family. Children must be signed in and out each day. Field Trip Schedule to be announced.

FEBRUARY VACATION WEEK					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
8:00A-6:00P	Tu	2/21	540001-F1	\$65.00	K-5
8:00A-6:00P	W	2/22	540001-F2	\$65.00	K-5
8:00A-6:00P	Th	2/23	540001-F3	\$65.00	K-5
8:00A-6:00P	F	2/24	540001-F4	\$65.00	K-5

PROFESSIONAL DAY (Grades K-5)

Location: Hunt Recreation Bld

Join Concord Recreation for a fun filled day of a field trip and activities. Morning and afternoon snack will be provided. Please pack a lunch unless noted. Appropriate clothing and footwear is required for outdoor and gym use, so please pack accordingly. If your child has an allergy or medical condition, please let us know. If your child requires medication a form must be filled out and the medication must be provided by the family. Children must be signed in and out each day. Field Trip to be announced.

PROFESSIONAL DAY-ELEMENTARY SCHOOL					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
8:00A-6:00P	Tu	11/1	540001-PF	\$65.00	K-5

PROFESSIONAL DAY (Grades 6-8)

Location: TBD

Join Concord Recreation for a fun filled day of a field trip and activities. Morning and afternoon snack will be provided. Please pack a lunch unless noted. Appropriate clothing and footwear is required for outdoor and gym use, so please pack accordingly. If your child has an allergy or medical condition, please let us know. If your child requires medication a form must be filled out and the medication must be provided by the family. Children must be signed in and out each day. Field Trips to be announced.

PROFESSIONAL DAY-MIDDLE SCHOOL					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
8:00A-6:00P	Th	12/8	540001-P2	\$75.00	6-8
8:00A-6:00P	F	1/13	540001-P3	\$75.00	6-8

Musical Theater Experiences (Grades 1-5)

Directors: Elaine Jarvis, Nancy Peck, Jennifer Jarvis

65-minute class **Min/Max:** 15/40 **Location:** Changes based on session

Musical Theater Experiences is in its 19th year. We offer children the opportunity to learn and then perform for family and friends, an age appropriate version of both original, and well known musicals. Emphasis is on building self-confidence and self esteem. No auditions or experience is necessary and everyone gets a part, along with singing and dancing. A basic costume of plain, white top with black leggings and shoes appropriate for dancing is all that is needed from home. We supply all the costumes at no extra fee.

FALL SESSION Not a High School Musical

THURSDAY PROGRAM DATES: Sept. 15, 22, 29, October 6, 13, 20, 27 November 3, 10, 17

TIME	DAY	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Thurs (Cast 1)	320800 H1	Alcott	\$245
4:50P - 6:00P	Thurs (Cast 2)	320800 H2	Alcott	\$245

PERFORMANCE Thursday November 17- Cast 1 show is at 5pm and Cast 2 show is at 6pm

FRIDAY PROGRAM DATES Sept. 16, 23, 30, October 7, 14, 21, 28 November 4, 14 (Monday)

DAY	TIME	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Friday	320800 F1	Alcott	\$245

PERFORMANCE Friday November 18 at 5:00P

WINTER SESSION The King and I

THURSDAY PROGRAM DATES December 1, 8, 15 January 5, 12, 19, 26, February 2, 6 (Mon), 9

TIME	DAY	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Thurs (Cast 1)	420800 H1	Willard	\$245
4:50P - 6:00P	Thurs (Cast 2)	420800 H2	Willard	\$245

PERFORMANCE Thursday February 9- Cast 1 show is at 5pm and Cast 2 show is at 6pm

FRIDAY PROGRAM DATES December 2, 9, 16, January 6, 13, 20, 27, February 3, 8 (Snow day/makeup), 10

TIME	DAY	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Friday	410800-F1	Willard	\$245

PERFORMANCE Friday February 10 at 5pm

SPRING SESSION Snow White and the Dwarfs

THURSDAY PROGRAM DATES March 2, 9, 16, 23, 30, April 6, 13, 27, May 4, 11

TIME	DAY	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Thurs (Cast 1)	120800 H1	Thoreau	\$245
4:50P - 6:00P	Thurs (Cast 2)	120800 H2	Thoreau	\$245

PERFORMANCE Thursday May 11- Cast 1 show is at 5pm and Cast 2 show is at 6pm

FRIDAY PROGRAM DATES March 3, 10, 17, 24, 31, April 7, 14, 28, May 5, 12

TIME	DAY	ACTIVITY	LOCATION	FEE
3:40P - 4:50P	Friday	110800-F1	Thoreau	\$245

PERFORMANCE Friday May 12 at 5pm

FALL SESSION

REGISTRATION TIME

Monday Aug. 29th 7:00A

WINTER SESSION

REGISTRATION TIME

Monday Nov. 7th 7:00A

SPRING SESSION

REGISTRATION TIME

Monday Feb. 6th 7:00A

REGISTRATION POLICY

Registrations will begin at 7:00A on the day listed above for each session.

You may register up to four (4) participants. If your child gets into one cast they may not be put on a wait list for another.

Toddler Fun

NEW

TUMBLE ON OVER TODDLER GYM (Ages: Walking to 4 years old)

Class Limit: Min 3 Max 20 **Location:** Hunt Recreation Bld

Toddler Gym provides you and your child with an enjoyable experience while your child develops physical skills and self-confidence. Together you will participate in creative circle activities using a large strap, bean bags, frisbees, hoops and a parachute to the beat of lively children’s music. Children explore the beams, bar, ramp and obstacle course while manipulating their fine and gross motor skills and interacting with peers.. Must be fully capable of independent walking at time of registration.

FALL SESSION September 27-December 13					*NO CLASS 11/8
TIME	DAY	DATES	ACTIVITY #	FEE	AGES
9:30-10:15A	Tu	9/27-12/13*	310001-T1	\$100.00	walking to 28 months
10:30-11:15A	Tu	9/27-12/13*	310001-T2	\$100.00	2.5-4 years old
9:30-10:15A	Th	9/29-12/8	310001-T3	\$100.00	walking to 28 months
10:30-11:15A	Th	9/29-12/8	310001-T4	\$100.00	2.5-4 years old

FAMILY OPEN GYM (Ages: up to 6 years old)

Class Limit: Min 1 Max 99 **Location:** Hunt Recreation Bld

The Hunt Gym is open for kids up to age 6 accompanied by an adult. Balls, hula hoops, and other play equipment will be available. No toys/items with wheels please. No registration required. *FREE*

WINTER SESSION September 27-December 8				
TIME	DAY	DATES	ACTIVITY #	
1:30-3:00P	W	1/4-3/29*	413700-17	

Community Events

TRUNK OR TREAT (all ages)

Location: Alcott School

Our second annual Trunk or Treat will take place on Sunday, October 30th, 2016 in the Alcott Elementary School Parking lot. Trunk-or-Treat is a FREE Halloween community event where participants decorate a vehicle's trunk/tailgate and pass out candy as kids go from car to car. Trunk or Treating allows kids to have all the trick or treating fun without crossing streets or worrying about traffic. For participants that will be decorating cars, please email Mardi, mhutchinson@concordma.gov

TIME	DAY	DATES	ACTIVITY #
5:00-6:30P	Su	10/30	380001-16

Community Events

NEW

HOLIDAY MOVIE NIGHT (Ages: all)

Location: Hunt Gym

Holiday Movie Night is a free community event that offers families the opportunity to enjoy a holiday classic on the big screen. Bring your blankets and a snack! Movie is TBD.

TIME	DAY	DATES	ACTIVITY #
6:30-8:30P	F	12/9	480001-16

WINTER WONDERLAND (Ages: all)

Location: Emerson

Join Concord Recreation for it's second annual Winter Wonderland event. This is a free community event on Saturday, February 11th starting at 1:00pm at the Hunt Recreation Center. This event will be headlined by ice skating, a bonfire, horse drawn sleigh rides, food, music, and much more.

TIME	DAY	DATES	ACTIVITY #
1:00-4:00P	Sa	2/11	480000-17

NEW

EGG HUNT (Ages: 2-grade 3)

Location: CCHS

Join Concord Recreation on Friday, April 14th for our first annual Egg Hunt at the Concord Carlisle High School. This is a free community event for individuals age 2 through 3rd grade. Participants will search for prize filled plastic eggs.

Egg Hunt times are as follows:

Age 2- 5:00pm Age 3- 5:15pm Age 4- 5:30pm Grades K & 1- 5:45pm Grades 2 & 3- 6:00pm

TIME	DAY	DATE	ACTIVITY #
5:00-6:30P	F	4/14	180000-17

Minuteman Classic Road Race

Concord Recreation would like to thank the sponsors, many volunteers and the runners that participated in the 37th Annual Minuteman Classic Road Race. Without your support the race would not be possible.



Special Events

6TH GRADE HALLOWEEN PARTY (Grades: 6th)

Class Limit: Min 50 Max 300 **Location:** Hunt Recreation Bld

The annual 6th Grade Halloween Party will take place on Friday October 28th, 2016 at the Hunt Gym from 7pm-9pm. Come dressed in costume, enjoy music, raffles, games, prizes, refreshments and a costume contest. Tickets are on sale August 15 online, over the phone or at the Hunt Building. **Tickets must be purchased in advanced and CANNOT be purchased at the door.** Parent chaperones are needed. Please call (978)287-1050 to help. Allergy free snacks will be served but please inform us of your childs' allergy.

TIME	DAY	DATES	ACTIVITY #	FEE
7:00-9:00P	F	10/28	313500-16	\$20.00

NEW

SLEEPY HOLLOW 5K (Ages: 14+)

Class Limit: Min 1 Max 400 **Location:** Hunt Recreation Bld

The first annual Sleepy Hollow 5k will take place on Saturday, October 29th, 2016. Race starts at 10:30am. Awards will be given to the top male and female runner of each division. Digital display at finish line with printout.

Divisions (by age): A (14-18) B (19-29) C (30-39) D (40-49) E (50-59) F(60+)

TIME	DAY	DATES	ACTIVITY #	FEE
10:30A-12:30P	Sa	10/29	380000-16	\$25.00

OPEN WALK AT HUNT (Ages:18+)

Get out of the cold weather and get your steps in. Concord Recreation will have gym time available this winter for walkers on Monday and Fridays from 1:15 to 2:45 in the Hunt Gym. This is a free program, but sign in at the front desk at Hunt is required. Proper footwear is required

TIME	DAY	DATES	ACTIVITY #
1:15-2:45P	M,F	12/12-3/17*	420003-17

*No Class 12/26, 12/30, 1/2, 1/16, 2/20, 2/24

Special Events

MIDDLE SCHOOL OPEN GYM (Grades: 6-8)

Location: Hunt Recreation Bld

Concord Rec Open Gym is a night where middle school students can play games with friends.

TIME	DAY	DATES	ACTIVITY #	FEE
6:30-9:00P	F	11/18	320001-F1	\$5.00
6:30-9:00P	F	1/20	320001-F2	\$5.00
6:30-8:30P	F	4/7	320001-F3	\$5.00

PARENTS' NIGHT OUT (Grades: K-5)

Location: Hunt Recreation Bld

Get out for a night while we entertain your children. We will have snacks, crafts, a movie and games. Whether if you have to get some last minute shopping done or would just like to an evening to stay in and relax, this is your opportunity to do so. Have your children join Concord Recreation on December 18th from 6pm-9pm for a night of fun, games, and pizza. Open to all grades K-8. Each participant must fill out health and emergency contact form if not part of Concord Afterschool Program. Register online or in person at Hunt Recreation Center.

TIME	DAY	DATES	ACTIVITY #	FEE
6:00-9:00P	F	12/16	420001-PN	\$10.00

8TH GRADE WINTER WONDERLAND PARTY (Grades: 8th)

Class Limit: Min 50 Max 300 **Location:** Hunt Recreation Bld

Enjoy music, raffles, games, refreshments and prizes at the 8th Grade Winter Wonderland Party on Friday February 10, 2017 from 7pm-9pm at the Hunt Gym. Tickets can be purchased online, over the phone or at the Hunt Building. **TICKETS SOLD IN ADVANCE AND WILL NOT BE SOLD AT THE DOOR!** Parent chaperones are needed. Please inform us if your child has a food allergy. Allergy and gluten free refreshments will be served in addition to traditional snacks.

TIME	DAY	DATES	ACTIVITY #	FEE
7:00-9:00P	F	2/10	413701-17	\$20.00

Special Events



SHAMROCK BALL (Grades 2-6)

Location: Westford Regency

The Shamrock Ball is for girls in grades 2-6 and any adult guest. This event will take place at the Westford Regency and will be a semi-formal event. This program will be available for registration on **Friday February 3, 2017 at 9am**. Tickets are sold as a pair. One for the adult and one for the child. If you have other children there is a reduced fee of \$20 for the 2nd, 3rd, etc child. When registering please register the child or children attending. Thank you.

TIME	DAY	DATES	ACTIVITY #	FEE
7:00-9:30P	Sa	3/4	120300-17	\$90.00

NEW

SUNAPEE SKI TRIP (Ages: all)

On February 18 we will be taking a trip to Mount Sunapee in New Hampshire. We will be leaving the Hunt Recreation Center at 8am and arriving back at Hunt at 6pm. The price of the trip includes transportation and a lift ticket (rentals are not included). All ages are welcome, but children under 14 years of age must be accompanied by an adult. We need a minimum of 27 people to run this trip.

TIME	DAY	DATES	ACTIVITY #	FEE
8:00A-6:00P	Sa	2/18	430010-17	\$110.00

NEW

MOUNT SNOW SKI TRIP (Ages: all)

On January 28 we will be taking a trip to Mount Snow in Vermont. We will be leaving the Hunt Recreation Center at 8am and arriving back at Hunt at 6pm. The price of the trip includes transportation and a lift ticket (rentals are not included). All ages are welcome, but children under 14 years of age must be accompanied by an adult. We need a minimum of 27 people to run this trip.

TIME	DAY	DATES	ACTIVITY #	FEE
8:00A-6:00P	Sa	1/28	430020-17	\$130.00



Tennis

ADULT TENNIS THE BASICS - TENNIS 101 (Ages: 21+)

90 minute class **Class Limit:** Min 3 Max 6 **Location:** Emerson Tennis Courts

This popular program, for the novice, is a must for anyone interested in learning the lifetime sport of tennis. With its specially developed innovative teaching method, this multifaceted class is offered in a non-threatening manner. The program's 90 minute format includes on court stroke development and skill building, basic strategy, rules and etiquette.

FALL SESSION September 12- October 28			NO CLASS 9/23	
TIME	DAY	DATE	ACTIVITY #	FEE
9:00-10:30A	W	9/14-10/26	336000-W1	\$245.00
10:30-12:00P	F	9/16-10/28	336000-F1	\$245.00

ADULT TENNIS THE BASICS - TENNIS 201 (Ages:21+)

90 minute class **Class Limit:** Min 3 Max 6 **Location:** Emerson Tennis Courts

This program is the continuation course for Tennis 101. Participants will be introduced to new strokes as well as a complete review of the basics. New strokes and match play strategy as well as tactics, training and match psychology will be discussed with the goal of getting students prepared for team/match play. Prerequisite: Tennis 101 or prior instruction.

FALL SESSION September 12- October 28				
TIME	DAY	DATE	ACTIVITY #	FEE
10:30-12:00P	W	9/14-10/26	336001-W2	\$245.00
10:30-12:00P	Th	9/15-10/27	336001-H2	\$245.00
12:00-1:30P	F	9/16-10/28	336001-F2	\$245.00



Tennis



ADULT TENNIS FOR HOT SHOTS ONLY - GRAND PRIX (Ages: 21+)

90 minute class Class Limit: Min 3 Max 6 Location: Emerson Tennis Courts

This program combines leveled instruction with coached match play. Basic and specialty stroke production will be included. This program is perfect for players who wish to compete without having to travel.

FALL SESSION September 12- October 28			*NO CLASS 9/23	
Time	Day	Date	Activity#	Fee
6:00-7:30P	Tu	9/13-10/25	336002-T3	\$245.00
12:00-1:30P	W	9/14-10/26	336002-W3	\$245.00
9:00-10:30A	Th	9/15-10/27	336002-H3	\$245.00
9:00-10:30A	F	9/16-10/28	336002-F4	\$245.00

JUNIOR TENNIS - JUNIOR DEVELOPMENT PROGRAM (Ages: 5-16)

1 hour class Class Limit: Min 3 Max 6 Location: Emerson Tennis Courts

The JD program is geared to meet the needs of each player. Group lessons (clinics) will be offered for 1 hour once a week Monday through Friday. Please see the schedule for clinic times.

Young Guns 1: Beginner (5-7 years)

Young Guns 1; Beginner (7-11 years)

Young Guns 1; Beginner (12-16 years)

Young Guns 2: Advanced Beginner (7-11 yrs)

Young Guns 2: Advanced Beginner (10-13 yrs)

Challenger: Intermediate-Advanced Intermediate (10-13 yrs)

Challenger: Intermediate-Advanced Intermediate (11-16 yrs)

YOUNG GUNS 1 Beginner

FALL SESSION September 12- October 28			*NO CLASS 10/10		
TIME	DAY	DATES	ACTIVITY	FEE	AGE
4:00-5:00P	M	9/12-10/24*	336003-M1	\$162.00	6-7
2:00-3:00P	Tu	9/13-10/25	336003-T4	\$189.00	6-7
3:00-4:00P	Tu	9/13-10/25	336003-T1	\$189.00	7-11
4:00-5:00P	F	9/16-10/28	336003-F1	\$189.00	12-16

YOUNG GUNS 2 Advanced Beginner

FALL SESSION September 12- October 28			*NO CLASS 10/10		
TIME	DAY	DATES	ACTIVITY	FEE	AGE
5:00-6:00P	M	9/12-10/24*	336003-M2	\$162.00	7-11
4:00-5:00P	Tu	9/13-10/25	336003-T3	\$189.00	7-11
5:00-6:00P	Tu	9/13-10/25	336003-T5	\$189.00	10-13
5:00-6:00P	F	9/16-10/28	336003-F4	\$189.00	10-13

CHALLENGER Intermediate/Advanced Intermediate

FALL SESSION September 12- October 28					
TIME	DAY	DATES	ACTIVITY	FEE	AGE
5:00-6:00P	Th	9/15-10/27	336003-H2	\$189.00	10-13
4:00-5:00P	Th	9/15-10/27	336003-H3	\$189.00	10-13

Tennis

LITTLE ACES (Ages: 4-5)

30 minute class **Class Limit:** Min 3 Max 4 **Location:** Fall: Emerson Tennis Courts Winter: Hunt Rec Ctr
Developmentally appropriate skills, fun and etiquette are emphasized. Racquets will be provided if needed.



LITTLE ACES Beginner				
FALL SESSION 1 September 12– October 28			*No Class 10/10	
TIME	DAY	DATES	ACTIVITY	FEE
1:00-1:30P	M	9/12-10/24*	336004-M1	\$102.00
1:30-2:00P	M	9/12-10/24*	336004-M6	\$102.00
11:00-11:30A	Tu	9/13-10/25	336004-T1	\$119.00
1:00-1:30P	Th	9/15-10/27	336004-H1	\$119.00
1:30-2:00P	Th	9/15-10/27	336004-H2	\$119.00
11:00-11:30A	F	9/16-10/28	336004-F1	\$119.00
LITTLE ACES Beginner				
FALL SESSION 2 October 31-December 9			*NO CLASS 11/11, 11/24,11/25	
TIME	DAY	DATES	ACTIVITY #	FEE
1:00-1:30P	M	10/31-12/5	336004-M3	\$102.00
1:30-2:00P	M	10/31-12/5	336004-M7	\$102.00
11:00-11:30A	Tu	11/1-12/6	336004-T2	\$85.00
1:00-1:30P	Th	11/3-12/8*	336004-H4	\$85.00
1:30-2:00P	Th	11/3-12/8*	336004-H5	\$85.00
11:00-11:30A	F	11/4-12/9*	336004-F4	\$68.00
LITTLE ACES Beginner				
WINTER SESSION 1 January 9-February 17			*NO CLASS 1/16	
TIME	DAY	DATES	ACTIVITY #	FEE
1:00-1:30P	M	1/9-2/13*	436004-M1	\$85.00
1:30-2:00P	M	1/9-2/13*	436004-M2	\$85.00
11:00-11:30A	Tu	1/10-2/14	436004-T1	\$102.00
1:00-1:30P	Th	1/12-2/16	436004-H1	\$102.00
1:30-2:00P	Th	1/12-2/16	436004-H2	\$102.00
11:00-11:30A	F	1/13-2/17	436004-F1	\$102.00
LITTLE ACES Beginner				
WINTER SESSION 2 February 27-April 14				
TIME	DAY	DATES	ACTIVITY #	FEE
1:00-1:30P	M	2/27-4/10	436004-M3	\$119.00
1:30-2:00P	M	2/27-4/10	436004-M4	\$119.00
11:00-11:30A	Tu	2/28-4/11	436004-T2	\$119.00
1:00-1:30P	Th	3/2-4/13	436004-H3	\$119.00
1:30-2:00P	Th	3/2-4/13	436004-H4	\$119.00
11:00-11:30A	F	3/3-4/14	436004-F3	\$119.00



Emerson Open (Ages: 18+)

First Annual Emerson Open Tennis Tournament!!!!

Emerson Courts (Weather Permitting)

September 24, 2016

Deadline to enter: September 19, 2016

Entry Fee: \$30 per person, \$55 if entering two divisions.

Divisions: Women's, Men's and Mixed Doubles

Levels: Novice 2.5-3.0, Challenger 3.0-3.5, Open 3.5-4.5

Draws are either round robin or double elimination format to be determined by tournament committee based on entries. All matches shall use no-ad scoring. The match format (pro set, best two out of three sets, match tiebreak in lieu of a third set, single set, etc) is determined by tournament committee based on entries.

Each participant will receive a tournament t-shirt and be guaranteed at least two matches. Draws will be available September 21.

Please use the NTRP rating guide to help determine the correct level of play. If you are unsure of level please contact the tennis office, 978-287-1055.

The tournament directors reserve the right to override any team's entry in the wrong division before the draws are made. Notice will be given prior to the change. Our goal is to provide great tennis competition.

TIME	DAY	DATES	ACTIVITY #	FEE	AGES
TBD	Sa	9/24	336005-MN	\$30.00	Men
TBD	Sa	9/24	336005-MX	\$30.00	Mixed
TBD	Sa	9/24	336005-WN	\$30.00	Women

Soccer

SUPER SOCCER STARS (Ages: 1-12 years)

40/45 minute class

Class Limit: Min 3 Max 15

Location: Fall-Emerson Field, Winter-Ripley Gym

All Super Soccer Stars classes are based on an age-specific curriculum created by a combination of early childhood, soccer, and education specialists to guarantee that each child is learning and having a blast from the moment the whistle blows.

FALL SESSION September 17-December 17			*NO CLASS 11/26		
TIME	DAY	DATES	ACTIVITY #	FEE	AGES
8:30-9:10A	Sa	9/17-12/17*	331400-61	\$260.00	1-2
9:15-9:55A	Sa	9/17-12/17*	331400-62	\$260.00	2-3
10:00-10:45A	Sa	9/17-12/17*	331400-63	\$260.00	3-4
10:50-11:40A	Sa	9/17-12/17*	331400-64	\$260.00	4-5
11:45A-12:45P	Sa	9/17-12/17*	331400-65	\$260.00	5-7
12:50-1:50P	Sa	9/17-12/17*	331400-66	\$260.00	5-8
12:50-1:50P	Sa	9/17-12/17*	331400-67	\$260.00	8-12
WINTER SESSION January 7-April 1			*NO CLASS 2/25		
TIME	DAY	DATES	ACTIVITY #	FEE	AGES
8:30-9:10A	Sa	1/7-4/1*	431400-61	\$240.00	1-2
9:15-9:55A	Sa	1/7-4/1*	431400-62	\$240.00	2-3
10:00-10:45A	Sa	1/7-4/1*	431400-63	\$240.00	3-4
10:50-11:40A	Sa	1/7-4/1*	431400-64	\$240.00	4-5
11:45A-12:45P	Sa	1/7-4/1*	431400-65	\$240.00	4-5
12:50-1:50P	Sa	1/7-4/1*	431400-66	\$240.00	5-8
12:50-1:50P	Sa	1/7-4/1*	431400-67	\$240.00	8-12



Youth Basketball



PATRIOT BOYS PRESEASON CLINIC (Grades 4-8)

90 minute class **Class Limit:** Min 20 Max 100 **Location:** CCHS **Director:** David Cohen, Aaron Joncas
David Cohen, Director, CCHS Varsity Boys Basketball Coach. Patriot Boys Preseason Basketball Clinic is for boys grade 3-6 at 6:00-7:30 and grade 7-8 at 7:30-9:00 that are looking to get ready for the winter basketball season and their school, travel or recreation team. The clinic and experienced staff from the 2016 Massachusetts Division 2 runner up CCHS Basketball Team will focus on all aspects of conditioning, skill development, and competitive scrimmaging to prepare each participant for the upcoming season while teaching the game for players of all levels. Each clinic will use the teaching methodology of Progressive Player Development (PPD), which is appropriate for players of all levels.

FALL SESSION

TIME	DAY	DATE	ACTIVITY #	FEE
6:00-7:30P	M	9/19-10/17*	331200-01	\$125.00
7:30-9:00P	M	9/19-10/17*	331200-02	\$125.00

BOYS & GIRLS BASKETBALL (grades K-12)

Concord Recreation offers basketball for grades K-12. Formats vary depending on grades. More information related to evaluation dates and practice times are TBD.

COACHES NEEDED

The number of children accepted into the basketball program is commensurate to the number of volunteer coaches. All teams need at least two coaches. Call the Recreation Department if you would like to coach.

BOYS & GIRLS BASKETBALL Saturdays November through March

PROGRAM	LOCATION	Format	FEE
Coed Grade K	Ripley	Clinic	\$110.00
Boys Grades 1-2	Ripley	Clinic	\$110.00
Boys Grades 3-4	Hunt	Games	\$140.00
Boys Grades 5-8	Concord Academy	Games	\$145.00
Boys Grades 9-12	Hunt	Games	\$145.00
Girls Grades 1-2	Ripley	Clinic	\$110.00
Girls Grades 3	Hunt	Clinic	\$110.00
Girls Grades 4-5	Hunt	Games	\$135.00
Girls Grades 6-8	Hunt	Games	\$135.00

HOOP INNOVATORS-PROFESSIONAL DAYS (Grades 1-5 and 6-8)

Class Limit: Min 10 Max 60 **Location:** Ripley Gym

Join our well-accomplished staff of coaches for a morning of basketball drills such as foot-work, ball handling, dribbling, form shooting, agility, and passing. A Great way to learn fundamentals from some of best coaches in the area.

TIME	DAY	DATES	ACTIVITY #	FEE	GRADES
9:00-12:00P	Tu	11/1	330002-F1	\$40.00	1-5
9:00-12:00P	Th	12/8	330002-D1	\$40.00	6-8
1:00-2:00P	F	1/13	330002-J1	\$40.00	6-8

Youth Basketball

HOOP INNOVATORS-OPEN GYM (K-2)

Class Limit: Min 10 Max 22

Location: Ripley Gym

Every Tuesday Fall Early Release days are a great chance for kids to blow off some steam after school for an hour. Light basketball drills and fun games with a great staff of coaches.

FALL SESSION		*NO CLASS 9/20, 10/11, 11/1, 11/8, 11/22			
TIME	DAY	DATES	ACTIVITY #	FEE	
1:00-2:00P	Tu	9/13-12/13*	330001-F1	\$90.00	
2:00-3:00P	Tu	9/13-12/13*	330001-F2	\$90.00	
3:00-4:00P	Tu	9/13-12/13*	330001-F3	\$90.00	
WINTER SESSION		*NO CLASS 1/17, 1/24, 2/21, 3/21, 4/4, 4/18			
TIME	DAY	DATES	ACTIVITY #	FEE	
1:00-2:00P	Tu	1/3-5/16*	430002-W1	\$140.00	
2:00-3:00P	Tu	1/3-5/16*	430002-W2	\$140.00	
3:00-4:00P	Tu	1/3-5/16*	430002-W3	\$140.00	

HOOP INNOVATORS ONE DAY CLINICS (Grades 1-5 and 6-8)

Class Limit: Min 10 Max 60

Location: Hunt Recreation Bld

Hoop Innovators Veteran's Day Clinic Hoop Innovators staff comprised of former college players and high school coaches are hosting a basketball clinic focusing fundamentals of the game, ball handling, shooting, agility, conditioning, plyometric exercises, 3v3 drills. It's great opportunity to learn and take your game to the next level.

VETERANS DAY					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
9:00-12:00P	F	11/11	330003-V1	\$40.00	1-5
12:30-3:30P	F	11/11	330003-V2	\$40.00	6-8
MLK JR. DAY					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
9:00-12:00P	M	1/16	430004-M1	\$40.00	1-5
12:30-3:30P	M	1/16	430004-M2	\$40.00	6-8

HOOP INNOVATORS SCHOOL BREAK CLINICS (Grades 1-8)

Class Limit: Min 10 Max 22

Location: TBD

You will have the perfect opportunity to work on your game during the break with our awesome innovative staff of coaches. Our clinic bring a focus on shooting, ball handling, IQ building drills, agility, shooting, footwork, and conditioning. Our progressive training will help establish newly by the end of the week.

WINTER BREAK					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
9:00-12:00P	M-Th	12/26-12/29	430003-F1	\$150.00	1-5
12:30-3:30P	M-Th	12/26-12/29	430003-F2	\$150.00	6-8
FEBRUARY BREAK					
TIME	DAY	DATE	ACTIVITY #	FEE	GRADES
9:00-12:00P	M-Th	2/20-2/23	430005-F1	\$150.00	1-5
12:30-3:30P	M-Th	2/20-2/23	430005-F2	\$150.00	6-8



Adult Sports



MEN'S BASKETBALL (Ages: 21+)

2 hour class

Limit: Min 10 Max 25

Location: Hunt Recreation Center

Directors: Over 40 Jim Avery, Patrick Fitzgerald and Bruce Baran **Over 35** Doug Gouchoe, David Avakian, Rob Beyer
Informal competition. Teams are formed on a weekly pick-up basis. Pre-registration is recommended. Walk-ons will be accepted at \$5 per visit only if space is available. Please bring a change of shoes.

OVER 35 September 11-June 18				
TIME	DAY	DATES	ACTIVITY #	FEE
7:30-9:30P	M,W	9/12-6/14	531800-M1	\$275.00
OVER 35 September 11-June 18				
TIME	DAY	DATES	ACTIVITY #	FEE
5:00-7:00P	Su	9/11-6/18	531800-M2	\$150.00
OVER 40 September 11-June 18				
TIME	DAY	DATES	ACTIVITY #	FEE
6:00-7:30P	Th	9/15-6/15	531800-M3	\$150.00
OVER 40 September 11-June 18				
TIME	DAY	DATES	ACTIVITY #	FEE
7:00-9:00P	Su	9/11-6/18	531800-M4	\$150.00

WOMEN'S BASKETBALL (Ages: 21+)

2 hour class

Class Limit: Min 5 Max 35

Location: Hunt Recreation Center Director Allison Breen

This program provides a great work-out at a fairly competitive level. For more information call Allison Breen, Program Director at (978)318-7903 or drop by and try it out at the Hunt Building. Please bring a change of shoes.

SESSION: August 28-June 18				
TIME	DAY	DATES	ACTIVITY #	FEE
9:00-11:00A	Su	8/28-6/18	531700-W1	\$150.00

*Dates and times are subject to change pending the youth basketball schedule

CO-ED VOLLEYBALL (Ages:21+)

Class Limit: Min 6 Max 18

Location: Hunt Recreation Center

Directors: John Nickols and Brad Hardie

This program offers instruction and an opportunity for friendly competition. Pre-registration is necessary as enrollment is limited. New players welcome!

FALL SESSION September 13-December 22				
TIME	DAY	DATES	ACTIVITY #	FEE
7:30-10:00P	Tu,Th	9/13-12/22*	331900-T1	\$150.00
WINTER SESSION January 3-June 22				
TIME	DAY	DATES	ACTIVITY #	FEE
7:30-10:00P	Tu,Th	1/3-6/22	431900-T1	\$200.00



Adult Sports

NEW
PICKLEBALL (Ages: 65+)

Pickleball comes to Concord! This popular game combines the elements of tennis, badminton and table tennis, played with a paddle and a whiffle ball on a modified tennis court. We have lined two courts at Rideout for the game. This is an informal session where players can meet and play games.

OUTDOOR SESSION		Location: Rideout		
TIME	DAY	DATES	ACTIVITY #	FEE
1:00-3:00P	Tu,Th	9/6-10/13	330000-16	\$0.00
INDOOR SESSION		Location: Hunt Gym		
*NO CLASS 11/24, 12/29				
TIME	DAY	DATES	ACTIVITY #	FEE
1:00-3:00P	Th	10/18-3/2*	440000-16	\$90.00

Youth Skiing

ELEMENTARY SCHOOL SKI (Grades 2-5)

Location: Nashoba Valley Ski

Ski instruction for all levels. Includes 4 one-hour lessons at 3:00pm, lift ticket, transportation and supervision. Rentals pre-fit will be held at the Hunt Building at a date to be determined. Rentals must be paid for at the pre-fit and checks are to be made payable directly to the rental company. Bus departs from Hunt at 1:15pm and returns at approximately 5:00pm. Sign up in person at the Hunt Building, 90 Stow Street

SESSION DATES: January 3, 10, 17, 24				
TIME	DAY	DATES	ACTIVITY #	FEE
1:15-5:00P	Tu	1/3-1/24	431000-T1	\$275.00

MIDDLE SCHOOL SKI (Grades 6-8)

Location: Wachusett Ski Area

Ski or snowboard instructions for all levels. Package includes transportation and supervision only. Bus departs Peabody and Sanborn at 1:15pm and returns to Sanborn only at 6:30pm. Sign up in person online, over the phone or in person at the Hunt Building, 90 Stow Street. AFTER SIGNING UP YOU MUST SIGN UP WITH WACHUSETT at www.wachusett.com/school-group using the code CREC to purchase 6 week lift ticket. Additional \$118

SESSION DATES: January 3, 10, 17, 24, 31, February 7				
TIME	DAY	DATES	ACTIVITY #	FEE
1:15-7:00P	Tu	1/3-2/17	431001-T1	\$240.00





Youth Swim Lessons



PARENT AND INFANT (Ages 6-18 months)

30-minute class **Class Limit:** Min 3 Max 5 **Location:** Beede Center

Helps infants become comfortable in and around the water with a parent/guardian. Infants must be able to sit up on their own. Class provides socialization and an opportunity for learning through songs and toys. Adult must register for class and participate in the water with infant.

FALL SESSION October 3-December 10					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
10:15-10:45A	Tu	10/4-12/6	360100-21	\$130.00	\$220.00
WINTER SESSION January 3-March 18					
			*No Class 2/21		
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
10:15-10:45A	Tu	1/3-3/14*	460100-21	\$130.00	\$220.00

PARENT AND TOT (Ages: 18-36 months)

30-minute class **Class Limit:** Min 3 Max 5 **Location:** Beede Center

Designed to help toddlers become comfortable in the aquatic environment. Parents will be introduced to basic skills such as entering/exiting pool safely, kicking and blowing bubbles. Skills will be taught to the parent who will work with the toddler at their own pace. Toys and songs will be incorporated into the learning process. Adult must register for class and participate in the water with child.

FALL SESSION October 3-December 10			*No Class 10/10, 11/24, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:00-10:30A	M	10/3-12/5*	360101-11	\$117.00	\$198.00
10:15-10:45A	Th	10/6-12/8*	360101-41	\$117.00	\$198.00
10:00-10:30A	Sa	10/8-12/10*	360101-61	\$117.00	\$198.00
11:45-12:15P	Sa	10/8-12/10*	360101-62	\$117.00	\$198.00

Youth Swim Lessons

PARENT TOT (Ages: 18-36 months)

WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20, 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:00-10:30A	M	1/9-3/13*	460101-11	\$104.00	\$176.00
10:15-10:45A	Th	1/5-3/16*	460101-41	\$130.00	\$220.00
10:00-10:30A	Sa	1/7-3/18*	460101-61	\$130.00	\$220.00
11:45-12:15P	Sa	1/7-3/18*	460101-62	\$130.00	\$220.00

PRESCHOOL 1 (Ages: 3-5 years)

30-minute class **Class Limit:** Min 3 Max 5 **Location:** Beede Center

Participants work towards basic skills including body positions, blowing bubbles, submerging, floating, kicking and arm action and jumping all done with support.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/24, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:30-11:00A	M	10/3-12/5*	360111-11	\$144.00	\$252.00
9:15-9:45A	Tu	10/4-12/6	360111-21	\$160.00	\$280.00
5:30-6:00P	Tu	10/4-12/6	360111-22	\$160.00	\$280.00
10:45-11:15A	Th	10/6-12/8*	360111-41	\$144.00	\$252.00
2:30-3:00P	Th	10/6-12/8*	360111-42	\$144.00	\$252.00
9:00-9:30A	Sa	10/8-12/10*	360111-61	\$144.00	\$252.00
10:45-11:15A	Sa	10/8-12/10*	360111-62	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20, 2/21, 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:30-11:00A	M	1/9-3/13*	460111-11	\$128.00	\$224.00
9:15-9:45A	Tu	1/3-3/14*	460111-21	\$160.00	\$280.00
10:45-11:15A	Th	1/5-3/16*	460111-41	\$160.00	\$280.00
2:30-3:00P	Th	1/5-3/16*	460111-42	\$160.00	\$280.00
9:00-9:30A	Sa	1/7-3/18*	460111-61	\$160.00	\$280.00
10:45-11:15A	Sa	1/7-3/18*	460111-62	\$160.00	\$280.00

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

Youth Swim Lessons

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

PRESCHOOL 2 (Ages: 3-5 years)

30-minute class **Class Limit:** Min 3 Max 5 **Location:** Beede Center

Prerequisite: Child must be able to perform 5 rhythmic bobs and comfortable with submerging. Continues to reinforce basic skills but with little or no assistance. Emphasis is placed on floating, arm and leg action and an introduction to rhythmic breathing.

FALL SESSION October 3-December 10			*NO CLASS 11/11, 11/24, 11/25, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:45-10:15A	Tu	10/4-12/6	360112-21	\$160.00	\$280.00
5:00-5:30P	Tu	10/4-12/6	360112-22	\$160.00	\$280.00
3:00-3:30P	Th	10/6-12/8*	360112-41	\$144.00	\$252.00
1:30-2:00P	F	10/7-12/9*	360112-51	\$128.00	\$224.00
9:30-10:00A	Sa	10/8-12/10*	360112-61	\$144.00	\$252.00
11:15-11:45A	Sa	10/8-12/10*	360112-62	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 2/18, 2/21, 2/23, 2/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:45-10:15A	Tu	1/3-3/14*	460112-21	\$160.00	\$280.00
3:00-3:30P	Th	1/5-3/16*	460112-41	\$160.00	\$280.00
1:30-2:00P	F	1/6-3/17*	460112-51	\$160.00	\$280.00
9:30-10:00A	Sa	1/7-3/18*	460112-61	\$160.00	\$280.00
11:15-11:45A	Sa	1/7-3/18*	460112-62	\$160.00	\$280.00

PRESCHOOL 3 (Ages: 3-5 years)

30-minute class **Class Limit:** Min 3 Max 5 **Location:** Beede Center

Prerequisites: Prerequisites: Must have successfully completed Preschool I and II. Must be able to swim one length of therapy pool unassisted. Class will work on the skills necessary to enter into the ARC Level classes. Skills include independent floating and front and back crawl strokes. Class will begin in the therapy pool and progress towards lessons in the lap pool to prepare children for the next level of classes.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:15-4:45P	M	10/3-12/5*	360113-11	\$144.00	\$252.00
4:30-5:00P	Tu	10/4-12/6	360113-21	\$160.00	\$280.00
12:15-12:45P	Sa	10/8-12/10*	360113-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:15-4:45P	M	1/9-3/13*	460113-11	\$128.00	\$224.00
12:15-12:45P	Sa	1/7-3/18*	460113-61	\$160.00	\$280.00

Youth Swim Lessons

LEARN TO SWIM LEVEL 1 & 2 (Ages: 6-13 years)

30-minute class **Class Limit:** Min 3 Max 6 **Location:** Beede Center

This level explores swimming on the front and back, floating and kicking skills, all with assistance. Introduces blowing bubbles, submerging, bobbing and treading water. Introduces combined strokes on front and back, front and back floats, rotary breathing, treading water and changing direction. Goal is to perform skills unsupported.

FALL SESSION October 3-December 10			*NO CLASS 11/24, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:15-4:45P	Th	10/6-12/8*	360122-41	\$144.00	\$252.00
9:00-9:30A	Sa	10/8-12/10*	360122-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 2/18, 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:15-4:45P	Th	1/5-3/16*	460122-41	\$160.00	\$280.00
9:00-9:30A	Sa	1/7-3/18*	460122-61	\$160.00	\$280.00

LEARN TO SWIM LEVEL 3 (Ages: 6-13 years)

30-minute class **Class Limit:** Min 3 Max 6 **Location:** Beede Center

Prerequisite: Completion Level 2 skills. Should be able to perform float unsupported on back and front with face submerged recover to a standing position. Push off wall and swim 5 yards using both front and back combined crawl stroke. Introduction of the flutter, dolphin and scissor kicks, elementary backstroke, front crawl endurance and headfirst entries from side of pool.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/24, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:45-5:15P	M	10/3-12/5*	360123-11	\$144.00	\$252.00
4:45-5:15P	Th	10/6-12/8*	360123-41	\$144.00	\$252.00
9:30-10:00A	Sa	10/8-12/10*	360123-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20, 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:45-5:15P	M	1/9-3/13*	460123-11	\$128.00	\$224.00
4:45-5:15P	Th	1/5-3/16*	460123-41	\$160.00	\$280.00
9:30-10:00A	Sa	1/7-3/18*	460123-61	\$160.00	\$280.00

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

Youth Swim Lessons

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, Dec 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

LEARN TO SWIM LEVEL 4 (Ages: 6-13 years)

45-minute class Class Limit: Min 4 Max 8 Location: Beede Center

Prerequisite: Completion Level 3 skills. Should be able to perform jumping into deep water, treading water, swim front crawl 25 yards with rotary breathing, and swim elementary backstroke for 15 yards. Introduce butterfly stroke, breaststroke, sidestroke, underwater swimming, diving from the side and open turns.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/24, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:15-6:00P	M	10/3-12/5*	360124-11	\$144.00	\$252.00
5:15-6:00P	Th	10/6-12/8*	360124-41	\$144.00	\$252.00
10:15-11:00A	Sa	10/8-12/10*	360124-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20, 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:15-6:00P	M	1/9-3/13*	460124-11	\$128.00	\$224.00
5:15-6:00P	Th	1/5-3/16*	460124-41	\$160.00	\$280.00
10:15-11:00A	Sa	1/7-3/18*	460124-61	\$160.00	\$280.00

LEARN TO SWIM LEVEL 5 & 6 (Ages: 6-13 years)

45-minute class Class Limit: Min 4 Max 8 Location: Beede Center

Prerequisite: Completion Level 4 skills. Should be able to perform a feet-first entry into deep water, swim front crawl for 25 yards, and swim elementary backstroke for 15 yards. Students must be able to swim breaststroke for 15 yards, tread water for 2 minute and swim back crawl for 15 yards. This level refines all strokes and maintains a front and elementary backstroke for 50 yards. This level will also introduce other aquatic activities such as flip turns, personal water safety, fundamentals of diving, and fitness swimming.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
6:00-6:45P	M	10/3-12/5*	360125-11	\$144.00	\$252.00
11:00-11:45A	Sa	10/8-12/10*	360125-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/18, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
6:00-6:45P	M	1/9-3/13*	460125-11	\$128.00	\$224.00
11:00-11:45A	Sa	1/7-3/18*	460125-61	\$160.00	\$280.00

Youth Swim Lessons

SWIMMING WITH A PORPOISE (Ages: 6-13 years)

45-minute class **Class Limit:** Min 3 Max 20 **Location:** Beede Center

Designed for swimmers who are interested in swimming laps to improve their strokes without the competitiveness of swim team. Practices will focus on improving technique, speed, and endurance. Prerequisite: Proof of American Red Cross Level III certificate. Pretest to be conducted on the first day of class will consist of swimming 25 yards front crawl with rotary breathing, 25 yards back crawl and treading water for 1 minute.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:30-5:15P	M,W	10/3-12/7*	360131-11	\$220.50	\$387.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/20, 2/22		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
4:30-5:15P	M,W	1/4-3/15*	460131-11	\$220.50	\$387.00



FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

Recreational Diving

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

Individuals with special needs are invited and encouraged to participate in Beede Center aquatics programs. Please contact Karen Bush, Special Needs Coordinator, at kbush@concordma.gov.

The Beede Center is proud to partner with Boston Area Diving (BAD), the oldest continuously running diving program in New England. BAD has produced numerous state champions, national finalists and holds New England Championship titles. BAD's coaches are U.S. Diving Safety Certified.

BEGINNER DIVING (Ages: 6-17 years)

45-minute class **Class Limit:** Min 4 Max 8 **Location:** Beede Center

No prior diving experience is necessary. This class introduces safe and proper diving techniques and fundamentals. Each diver will progress at his or her own rate.

FALL SESSION October 3-December 10			*NO CLASS 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:30-11:15A	Sa	10/8-12/10*	360140-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 2/18		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:30-11:15A	Sa	1/7-3/18*	460140-61	\$160.00	\$280.00

*There will be an additional \$14 Liability Insurance fee payable to Boston Area Diving valid for one year from September - August.

INTERMEDIATE DIVING (Ages: 6-17 years)

45-minute class **Class Limit:** Min 4 Max 8 **Location:** Beede Center

If you have gymnastics or tumbling background and you are comfortable doing a front somersault and bouncing on a diving board, then this class is for you. Safe and proper fundamentals will be stressed and participants will progress at their own rate.

FALL SESSION October 3-December 10			*NO CLASS 11/26		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:15-12:00P	Sa	10/8-12/10*	360141-61	\$144.00	\$252.00
WINTER SESSION January 3-March 18			*NO CLASS 2/18		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:15-12:00P	Sa	1/7-3/18*	460141-61	\$160.00	\$280.00

*There will be an additional \$14 Liability Insurance fee payable to Boston Area Diving valid for one year from September - August.



Family Fun Fridays

Beginning October 7, 2016

THE ROCK First Friday of each month 6:30-8:30P

Location: Beede Center (Ages: 6+)

Climbing and sliding all in one! Climb up one side and race down the slide on the other side! Climb up with your friends and see who can get to the top the fastest. Great fun for all ages.

Prerequisites: Must have a yellow or green band if under 14 years old.

In order to ensure your child has the proper swim band, make arrangements ahead of time to have your child take the test. No new swim tests will be given 30 minutes prior to each event.

DIVE IN MOVIE 6:30-8:30P

Location: Beede Center (Ages: 6+) **Class Limit:** Min 5 Max 15

Movie title will be announced on the first day of the month. Float around in the dive well in your own tube while you watch a movie on the big screen. Prerequisites: Must have a yellow or green band if under 14 years old.

TIME	DAY	DATES*	MOVIE	FEE
Time	Day	Date	Activity#	Fee
6:30-8:30P	F	11/18	560004-M1	\$5.00
6:30-8:30P	F	12/16	560004-M2	\$5.00
6:30-8:30P	F	1/20	560004-M3	\$5.00
6:30-8:30P	F	2/17	560004-M4	\$5.00

***DATES SUBJECT TO CHANGE**



Otters Swim Team

OTTERS

Erin MacDonough
Head Coach

Erin has been working at the Beede Center since 2007 teaching and coaching a variety of swimming and instructor level courses. She is an American Red Cross Water Safety Instructor trainer and Lifeguard Instructor. She has been the Assistant Aquatic Coordinator and Head Coach for the Otters since 2011. Erin has ASCA Level 2 Certification.

You must e-mail Erin MacDonough to register for tryouts at emacdonough@concordma.gov.

Our recreational swim team is designed to provide children with a positive team environment for learning good sportsmanship through competitive swimming. All four competitive strokes will be developed as well as starts and turns. The team is intended for swimmers to improve their swimming skills, build self confidence, and make new friends. Our team is part of the Metro Swim League and will participate in 8 meets as well as championships. Our season is October 3rd – mid March.

In order to be on the team you must participate in a minimum of six league meets. If your child is unwilling or unable to do so please see the Swimming with a Porpoise program. 10 & Under swimmers are scheduled for two practice times per week, and 11 & Up swimmers are scheduled for three practice times per week. Review practice times listed below. Ages are based off of a November 1st cut off date.

SEASON: OCTOBER 3-MID MARCH						
AGE (AS OF 11/1/16)	DAY	TIME	ACTIVITY	MEMBER FEE	NON MEMBER FEE	
6 & Under	M,W	4:30 - 5:15P	360310-01	\$275	\$475	
7-10	T,Th	4:30 - 5:30P	360310-02	\$330	\$530	
7-10	T,Th	5:30 - 6:30P	360310-03	\$330	\$530	
11 & over	M,W,F	5:00 - 6:30P	360310-04	\$380	\$580	
11 & over	M,W,F	6:15 - 7:45P	360310-05	\$380	\$580	
10% additional child discount						

Otters Swim Team

TRYOUTS (For New Swimmers and Summer Otters participants)

6 & Under, 7 & 8

Prerequisites – Participants must be able to swim nonstop:

- 1.) 25 yards (one length) Front Crawl with rotary breathing
- 2.) 25 yards (one length) Back Crawl
- 3.) Must be able to dive in from side of pool

9 & 10

Prerequisites – Participants must be able to swim nonstop:

- 1.) 25 yards (one length) Front Crawl with rotary breathing
- 2.) 25 yards (one length) Back Crawl
- 3.) 25 yards (one length) Breaststroke
- 4.) Must be able to dive in from starting block

11 & Up

Prerequisites – Participants must be able to swim nonstop:

- 1.) 50 yards (2 lengths) Front Crawl with rotary breathing
- 2.) 50 yards (2 lengths) Back Crawl
- 3.) 25 yards (one length) Breaststroke
- 4.) 25 yards (one length) Butterfly
- 5.) Must be able to dive in from starting block

Ages are based on ages as of November 1, 2016

You must e-mail Erin MacDonough to register for tryouts at emacdonough@concordma.gov.

TRYOUT SCHEDULE

AGE	DAY	TIME
6 & Under	Friday September 16	4:30 - 5:00P
7 & 8	Friday September 16	5:00 - 5:30P
9 & 10	Friday September 16	5:30 - 6:00P
11 & Up	Friday September 16	6:00 - 6:30P

REGISTRATION SCHEDULE

Returning Fall 2015 Swimmers Registration going on now.

New Swimmers and Summer 2016 Participants Notification of registration date will be sent out by e-mail once tryouts have been completed.

For more information, please check out the Otters website at www.concordrec.com.

OTTERS

You must e-mail Erin MacDonough to register for tryouts at emacdonough@concordma.gov.

High School Pre-Season Clinic

REGISTRATION

All High School Pre-season Clinic participants may begin registration September 12.

Crawford Adams (Mike) currently works as an American Red Cross Water Safety Instructor Trainer and a Lifeguarding Instructor Trainer at the Beede Swim and Fitness Center. He has extensive experience teaching and coaching a variety of swimming, lifeguarding, as well as American Red Cross instructor level courses.

He was a Division III competitive swimmer in college. After graduating from college he competed in mini-triathalons and open water swim races.

Ilkka Suvanto, nationally ranked swimmer and member of the 1960 and 1964 Finnish Olympic Teams, teaches adults of all ability levels to improve efficiency and strength in the water while having fun in a group environment. Workouts include drills for better technique and repeat sets to build endurance and speed.

HIGH SCHOOL PRE-SEASON CLINIC (Ages: 14-17)

90 minute class Class Limit: Min 10 Max 24 Location: Beede Center

This clinic is designed to provide an opportunity for swimmers to log in some pre-season yardage before the winter high school swim season begins. Swimmers will work towards building a solid base of yardage intended to make the start of the high school swim season easier for each swimmer. Swimmers will have the opportunity to work on refining their competitive strokes through drills focusing on technique and proper execution of all 4 major strokes. There will also be a high focus placed on turns and the mental aspects and discipline of competitive swimming throughout this clinic. Swimmers do not need to have any competitive experience to participate in this clinic, but should be able to swim front crawl with rotary and rhythmic breathing before signing up.

FALL SESSION September 27- November 18			*NO CLASS 11/11		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
2:30-4:00P	Tu-F	9/27-10/21	360150-21	\$250.00	\$250.00
2:30-4:00P	Tu-F	10/25-11/18*	360150-22	\$250.00	\$250.00



Private Swim Lessons

PRIVATE LESSONS

Want to learn to swim or improve your stroke but your schedule is too crazy to join a class? Sign up for a private lessons and have classes based on your availability.

PRIVATE LESSONS PACKAGE	MEMBER FEE		NON MEMBER FEE	
	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE
1 lesson	\$35	\$50	\$47	\$70
5 lessons	\$175	\$250	\$235	\$350
10 lessons	\$315	\$450	\$423	\$630

BUDDY LESSONS

The flexibility of privates but sign up with a friend. These lessons are designed for two people with similar skill level and availability. Prices listed below are per person.

BUDDY LESSONS PACKAGE	MEMBER		NON MEMBER	
	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE
1 lesson	\$24	\$35	\$33	\$49
5 lessons	\$120	\$175	\$165	\$245
10 lessons	\$216	\$315	\$297	\$441

SEMI-PRIVATE LESSONS

It's your own private class. Sign up with 3 - 4 friends all with the same skill level and availability. Prices listed below are per person.

SEMI-PRIVATE LESSONS PACKAGE	MEMBER		NON MEMBER	
	30 MINUTE	45 MINUTE	30 MINUTE	45 MINUTE
1 lesson	\$14	\$20	\$19	\$28
5 lessons	\$70	\$100	\$95	\$140
10 lessons	\$126	\$180	\$171	\$252

PRIVATE SWIM POLICIES AND PROCEDURES

- Once lessons are purchased you will be contacted by Erin MacDonough to coordinate first lesson.
- First lesson will be scheduled by Aquatic Supervisor and then subsequent lessons will be scheduled with the instructor after the first class.
- Payment must accompany registration. First lesson will not be scheduled until payment has been made.
- Please allow up to two weeks to schedule first lesson.
- Passes expire 1 year from date of purchase.
- It is recommended that children age 3 - 6 have 30 minute lessons.
- Private/Buddy/Semi Private lessons are not available on Saturday mornings between 9:00 am - 1:00 pm
- Cancellation Policy: Lessons must be canceled 24 hours in advance or you will be charged for the lesson. If participating in a semi private or buddy lesson all parties must agree to cancel lesson (with 24 hour notice) or lesson will be held and those who were not there will still be charged for the lesson.

PRIVATE LESSONS

REGISTRATION FORM IS ON PAGE 63.

No new private lesson requests will be accepted during Aquatic registration periods.

Adult Swim Programs

COACHES

Maureen Cownie has over 10 years' experience as a Water Safety Instructor teaching swimming to all ages and abilities. In addition to teaching swimming for the Beede Center, Maureen is an Assistant Coach for the Otters Swim Team. Maureen's teaching/coaching style emphasizes learning proper technique while having fun.

Kim Donovan has been coaching masters swimming over 20 years. Her coaching philosophy is developing stroke technique and training programs consistent with the goals of each swimmer. She respects the goals of each individual, whether it is swimming in a master swim meet, competing in a triathlon or building general fitness. Kim is an American Swim Coach Association Level II swim coach.

Ilkka Suvanto, nationally ranked swimmer and member of the 1960 and 1964 Finnish Olympic Teams, teaches adults of all ability levels to improve efficiency and strength in the water while having fun in a group environment. Workouts include drills for better technique and repeat sets to build endurance and speed.

SWIM FREE FOR FUN (Ages: 18+)

75-minute class **Class Limit:** Min 12 Max 28 **Location:** Beede Center

Prerequisite: Must be able to swim continuously for 200 yards with rotary breathing. Swimming is a lifetime activity and is an excellent way to get and stay fit. If you are interested in swimming freestyle to build speed and endurance for open water swims or just to stay healthy, this program is for you.

FALL SESSION October 3-December 10			*NO CLASS 10/10, 11/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
12:00-1:15P	M,W	10/3-12/7*	360162-11	\$103.50	\$166.00
WINTER SESSION January 3-March 18			*NO CLASS 1/16, 2/20, 2/22		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
12:00-1:15P	M,W	1/4-3/15*	460162-11	\$94.50	\$151.00

COACHED WORKOUT (Ages: 18+)

75-minute class **Class Limit:** Min 12 Max 28 **Location:** Beede Center

For Master Swimmers and Triathletes. Prerequisite: Must be able to swim 400 yards without stopping in under 11 minutes. Must be able to swim 2 lengths each of backstroke and breaststroke. Willingness to learn butterfly and flip turns. Jump on In! Whether you are a serious swimmer looking for a coached workout or training for a triathlon, we have the workout program for you.

FALL SESSION September 26- December 16			*NO CLASS 11/24, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-7:00A	M,W,F	9/26-12/16*	360163-11	\$157.50	\$252.00
12:00-1:15P	Tu,Th	9/27-12/15*	360163-21	\$103.50	\$166.00
7:00-8:15P	Tu,Th	9/27-12/15*	360163-22	\$103.50	\$166.00
WINTER SESSION January 3-March 17					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-7:00A	M,W,F	1/4-3/17	460163-11	\$144.00	\$230.00
12:00-1:15P	Tu,Th	1/3-3/16	460163-21	\$99.00	\$158.00
7:00-8:15P	Tu,Th	1/3-3/16	460163-22	\$99.00	\$158.00

Lane space available Saturdays 1:15-2:30P without a coach. Free to members.

Non-member program participants pay day fee.

Water Fitness

ARTHRITIS FOUNDATION (Age: 18+)

45-minute class

Class Limit: Min 3 Max 8

Location: Beede Center

Instructors certified by the Aquatic Exercise Association. This water exercise program helps to reduce arthritis pain and stiffness while keeping joints flexible and muscles strong. The water provides gentle resistance to build muscle strength and supports joints to encourage free movement.

FALL SESSION September 26-December 18			*NO CLASS 10/10, 11/11, 11/24, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
2:15-3:00P	M	9/26-12/12*	360200-11	\$81.00	\$130.00
1:15-2:00P	Tu	9/27-12/13	360200-21	\$81.00	\$130.00
8:00-8:45A	W	9/28-12/14	360200-31	\$81.00	\$130.00
11:30-12:15P	W	9/28-12/14	360200-32	\$81.00	\$130.00
1:15-2:00P	Th	9/29-12/15*	360200-41	\$81.00	\$130.00
10:15-11:00A	F	9/30-12/16*	360200-51	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 1/2, 1/16, 2/20, 2/21, 2/22, 2/23, 2/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
2:15-3:00P	M	1/9-3/20*	460200-11	\$74.25	\$119.00
1:15-2:00P	Tu	1/3-3/21*	460200-21	\$74.25	\$119.00
8:00-8:45A	W	1/4-3/22*	460200-31	\$74.25	\$119.00
11:30-12:15P	W	1/4-3/22*	460200-32	\$74.25	\$119.00
1:15-2:00P	Th	1/5-3/23*	460200-41	\$74.25	\$119.00
10:15-11:00A	F	1/6-3/24*	460200-51	\$74.25	\$119.00

AI CHI (Age: 18+)

1-hour class

Class Limit: Min 3 Max 8

Location: Beede Center

Instructors certified by the Aquatic Exercise Association. Ai Chi is a program designed to increase range of motion, mobility, and balance, as well as to reduce stress. It includes fluid movements paired with breathing techniques to lengthen, strengthen and relax the body.

FALL SESSION September 26-December 18			*NO CLASS 10/9, 11/27		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	Tu	9/27-12/13	360201-21	\$81.00	\$130.00
8:30-9:30A	Su	10/2-12/18*	360201-71	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 2/19, 2/21		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	Tu	1/3-3/21*	460201-21	\$74.25	\$119.00
8:30-9:30A	Su	1/8-3/26*	460201-71	\$74.25	\$119.00

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

WATER FITNESS REGISTRATION POLICY

Starting at 7:00A you will be able to drop off/call in your family's (along with one other family's) registration form.

No forms will be accepted prior to 7:00A.

Phone registrations and/or voicemails left before 7:00A will not be processed.

If you are registering for another program, please submit two forms.

Multiple Class Discount.
See Page 40 for Pricing.

Water Fitness

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

WATER FITNESS REGISTRATION POLICY

Starting at 7:00A you will be able to drop off/call in your family's (along with one other family's) registration form.

No forms will be accepted prior to 7:00A.

Phone registrations and/or voicemails left before 7:00A will not be processed.

If you are registering for another program, please submit two forms.

Multiple Class Discount. See Page 40 for Pricing.

SHALLOW WATER WORKOUT (Age: 18+)

1-hour class **Class Limit:** Min 8 Max 25 **Location:** Beede Center

Instructors certified by the Aquatics Exercise Association. Water shoes recommended. This is a high energy class which incorporates exercises and equipment to strengthen, tone and stretch the body in a low-impact environment, while improving cardiovascular fitness. No swimming skills are necessary.

FALL SESSION September 26- December 18			*NO CLASS 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
12:00-1:00P	Tu	9/27-12/13	360202-21	\$81.00	\$130.00
9:00-10:00A	W	9/28-12/14	360202-31	\$81.00	\$130.00
12:00-1:00P	F	9/30-12/16*	360202-51	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 2/21, 2/22, 2/23, 2/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
12:00-1:00P	Tu	1/3-3/21*	460202-21	\$74.25	\$119.00
9:00-10:00A	W	1/4-3/22*	460202-31	\$74.25	\$119.00
12:00-1:00P	F	1/6-3/24*	460202-51	\$74.25	\$119.00

ROCK'N ROLL (Ages: 18+)

1-hour class **Class Limit:** Min 8 Max 20 **Location:** Beede Center

Instructors certified by the Aquatic Exercise Association. Water shoes recommended. Get ready to 'shake your booty' to the beat of 70's disco and rock 'n roll music. An overall body workout is the goal in this shallow water workout. For individuals who love music, the water and havin' fun.

FALL SESSION September 26-December 18			*NO CLASS 10/10		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:00-12:00P	M	9/26-12/12*	360203-11	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 1/2, 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:00-12:00P	M	1/9-3/20*	460203-11	\$74.25	\$119.00



SHALLOW/COMBO (Ages: 18+)

1-hour class **Class Limit:** Min 8 Max 25 **Location:** Beede Swim & Fitness

Instructors certified by the Aquatics Exercise Association. Water shoes recommended. This class is designed to be a vigorous workout. Format begins with a brisk warm-up, loosening joints and increasing heart rate and core temperature, followed by shallow and/or deep water cardiovascular and muscular endurance and strength exercises. Cardiorespiratory intervals will be utilized as well as a variety of muscular strength equipment such as barbells, kickboards and paddles. The workout will conclude with a final cool-down and stretch to promote flexibility and relaxation. The goal is to get a great workout and to have fun.

WINTER SESSION January 2-March 26			*NO CLASS 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	Th	1/5-3/23*	460204-41	\$74.25	\$119.00

Water Fitness

DEEP WATER (Ages:18+)

1-hour class

Class Limit: Min 8 Max 15

Location: Beede Swim & Fitness

Instructors certified by the Aquatic Exercise Association. Floatation Belts are required. This class will strengthen your cardiovascular system, all your muscle groups and increase your flexibility. It is a blast! Equipment may be used to add variety to this energized workout! Emphasis will be on using proper body alignment and techniques. Designed for all fitness levels.

FALL SESSION September 26-December 18			*NO CLASS 10/10, 11/11, 11/24, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-8:00A	M	9/26-12/12*	360205-11	\$81.00	\$130.00
7:00-8:00P	Tu	9/27-12/13	360205-21	\$81.00	\$130.00
7:00-8:00A	W	9/28-12/14	360205-31	\$81.00	\$130.00
7:00-8:00P	Th	9/29-12/15*	360205-41	\$81.00	\$130.00
9:00-10:00A	F	9/30-12/16*	360205-51	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 1/2, 1/16, 2/20, 2/21, 2/22, 2/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-8:00A	M	1/9-3/20*	460205-11	\$74.25	\$119.00
7:00-8:00P	Tu	1/3-3/21*	460205-21	\$74.25	\$119.00
7:00-8:00A	W	1/4-3/22*	460205-31	\$74.25	\$119.00
9:00-10:00A	F	1/6-3/24*	460205-51	\$74.25	\$119.00

JUST RUNNING (Ages: 18+)

45 -minute class

Class Limit: Min 8 Max 18

Location: Beede Center

Instructors certified by the Aquatic Exercise Association. This is a high energy, deep water workout based on water running research. Using interval training techniques paired with a variety of exercises, you will strengthen and tone the body as you increase your cardiovascular fitness.

FALL SESSION September 28-December 18					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:15-11:00A	W	9/28-12/14	360206-31	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*No Class 2/22		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
10:15-11:00A	W	1/4-3/22*	460206-31	\$74.25	\$119.00

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

WATER FITNESS REGISTRATION POLICY

Starting at 7:00A you will be able to drop off/call in your family's (along with one other family's) registration form.

No forms will be accepted prior to 7:00A.

Phone registrations and/or voicemails left before 7:00A will not be processed.

If you are registering for another program, please submit two forms.

Multiple Class Discount. See Page 40 for Pricing.

Water Fitness

FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

WATER FITNESS REGISTRATION POLICY

Starting at 7:00A you will be able to drop off/call in your family's (along with one other family's) registration form.

No forms will be accepted prior to 7:00A.

Phone registrations and/or voicemails left before 7:00A will not be processed.

If you are registering for another program, please submit two forms.

DEEP WATER INTERVAL TRAINING (Ages: 18+)

45 -minute class **Class Limit:** Min 3 Max 15 **Location:** Beede Center

Instructors certified by the Aquatic Exercise Association. If you want a workout that incorporates strength and cardio training, head to the dive well for interval training. Interval training uses both aerobic and anaerobic energy by alternating short bursts of intense activity with an active recovery period of a less-intense activity. Buckle up your aquajogger and jump in for a fun and invigorating workout.

FALL SESSION September 26-December 18			*NO CLASS 10/10		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
1:15-2:00P	M	9/26-12/12*	360207-11	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 1/2, 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
1:15-2:00P	M	1/9-3/20*	460207-11	\$74.25	\$119.00

DEEP WATER FUSION (Ages: 18+)

45 -minute class **Class Limit:** Min 3 Max 15 **Location:** Beede Center

Instructors certified by the Aquatic Exercise Association. Floatation Belts are required. This is a great way to work out and cross train in a non-impact environment. It's a combination of deep water running and interval work, sure to burn calories and challenges all levels of participants. We use the resistance of the water to achieve a vigorous workout to the beat of music. Equipment may be incorporated to increase the intensity of the workout and focus on muscle strengthening.

FALL SESSION September 26-December 18			*NO CLASS 11/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:15A	Th	9/29-12/15*	360208-41	\$81.00	\$130.00
WINTER SESSION January 3-March 26			*NO CLASS 2/23		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:15A	Th	1/5-3/23*	460208-41	\$74.25	\$119.00

Multiple Class Discounts

	FALL MULTIPLE CLASS DISCOUNT PRICING		WINTER MULTIPLE CLASS DISCOUNT PRICING	
	MEMBER FEE	NON MEMBER FEE	MEMBER FEE	NON MEMBER FEE
2 Classes	\$157.95	\$253.50	2 Classes	\$144.79 \$232.05
3 Classes	\$230.85	\$370.50	3 Classes	\$211.61 \$339.15
4 Classes	\$299.70	\$481.00	4 Classes	\$274.73 \$440.30
5 Classes	\$364.50	\$585.00	5 Classes	\$334.13 \$535.50

Water Fitness

ABDOMINALS AND CORE STRENGTH (Ages: 18+)

Instructor: Laura Diamond, MS PT

1 -hour class **Class Limit:** Min 8 Max 15 **Location:** Beede Center

Floatation Belts are required.

Come and learn about deep water exercises that will increase your postural awareness and abdominal strength. Find out how you can gain core stability with water exercises. Learn alternatives to your land-based exercise program. If you are a lap swimmer, you can do these for a few minutes while you are in the water. If you are a water exercise class participant you might benefit from some specific instruction that you can use in your classes. Please note that this is an introductory class only and is not meant to be a substitute for physical therapy. No handouts will be given to participants. Pictures and video of these and other exercises can be found in the book and DVD Get in the Water! 194 Aquatic Exercises for Fitness and Rehabilitation.

FALL SESSION					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:00A-12:00P	F	9/30	360210-I1	\$30.00	\$35.00
10:45-11:45A	Tu	10/25	360210-J1	\$30.00	\$35.00
10:45-11:45A	Tu	11/8	360210-K1	\$30.00	\$35.00
11:00A-12:00P	F	12/9	360210-L1	\$30.00	\$35.00
WINTER SESSION					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
11:00A-12:00P	F	1/13	460210-A1	\$30.00	\$35.00
12:45-1:45P	W	2/15	460210-B1	\$30.00	\$35.00
11:00A-12:00P	F	3/24	460210-C1	\$30.00	\$35.00



FALL REGISTRATION

Members and Summer class participants begins Monday, September 12, 2016

Non-Members begins Monday, September 19, 2016

Fall Registration Deadline: Sunday, September 25, 2016

WINTER REGISTRATION

Members and Fall class participants begins Monday, December 5, 2016

Non-Members begins Monday, December 12, 2016

Winter Registration Deadline: Sunday, December 18, 2016

American Red Cross Certification



**American
Red Cross**

LIFEGUARD TRAINING COURSE (Ages: 15+)

Class Limit: Min 4 Max 6 **Location:** Beede Center

This course covers the following: Lifeguard Training, First Aid, AED, and CPR for the Professional Rescuer. The minimum age for this course is 15. Proof of age in form of a driver's license, birth certificate, or passport must be presented at the Pre-Test. Students who do not pass the pre-test will not be permitted to attend the course.

Pre-test Requirements

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs with hands positioned under the armpits.
3. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards, surface dive and retrieve a 10 pound brick in 7-10 feet of water and return to starting point holding the brick with both hands while keeping your face above the water and exit the water without using a ladder or steps. Swim goggles are not allowed.

Fees include all materials for the course and Red Cross fees.

Cancellation

The registration period ends 7 days prior to the first class. If the student withdraws before the end of the registration period, a \$25 non-refundable fee will be applied. If the student withdraws on or after the registration period, a \$75 non-refundable fee will be applied. If the student fails the pre-test, a \$100 non-refundable fee will be applied. Punctual attendance is required at all class sessions. No exceptions will be made!

For more information, please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

COURSES: December 26-29 2016, June 12-15 2017

TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:00A-5:00P	M-Th	12/26-12/29	560100-L1	\$275.00	\$385.00
9:00A-5:00P	M-Th	6/12-6/15	560100-F1	\$275.00	\$385.00

Pre-test will take place at the first class.

American Red Cross Certification

LIFEGUARD REVIEW COURSE (Ages: 16+)

Class Limit: Min 4 Max 6

Location: Beede Center

The purpose of the review course is to give individuals with a current Lifeguarding/FirstAid/CPR/AED certificate the opportunity to recertify. Proof of certification is required. Must submit photocopy of current certifications when registering for this course.

Pre-test Requirements

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs with hands positioned under the armpits.
3. Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards, surface dive and retrieve a 10 pound brick in 7-10 feet of water and return to starting point holding the brick with both hands while keeping your face above the water and exit the water without using a ladder or steps. Swim goggles are not allowed.

Students who do not pass the pre-test will not be permitted to attend the course.

Course materials may be downloaded at www.redcross.org if you are not in possession of the current material. Participants are required to bring course material with them to the course.

Cancellation

The registration period ends 7 days prior to the first class. If the student withdraws before the end of the registration period, a \$25 non-refundable fee will be applied. If the student withdraws on or after the registration period, a \$75 non-refundable fee will be applied. If a student fails the pre-test, a \$100 non-refundable fee will be applied.

For more information, please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

COURSE June 18 – 19, 2017

TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:00A-5:00P	Sa,Su	6/17-6/18	560101-F1	\$175.00	\$285.00

Pre-test will take place at the first class.



**American
Red Cross**

REGISTRATION BEGINS
JANUARY 1

American Red Cross Certification



**American
Red Cross**

REGISTRATION BEGINS
JANUARY 1

WATER SAFETY INSTRUCTOR COURSE (Ages: 16+)

Class Limit: Min 4 Max 6 **Location:** Beede Center

The purpose of this course is to train instructor candidates to teach courses in the American Red Cross Swimming and Water Safety program. Candidates must be 16 years of age on or before the final scheduled session (proof of age is required).

Pre-test Requirements

Students must swim 25 yards of each of the following strokes: Front Crawl, Back Crawl, Elementary Backstroke, Breaststroke and Sidestroke. Swim 15 yards Butterfly. Maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute. All of these skills must be performed at a Red Cross Level 4 or higher.

Fees include all materials for the course, Red Cross fees, and must be paid in full at registration.

Cancellation

The registration period ends 7 days prior to the first class. Attendance is required at all class sessions. No exceptions will be made! There is a \$25 non-refundable fee if you withdraw before the end of the registration period. If you withdraw on or after the registration period, there is a non-refundable fee of \$90. If the student fails the pre-test, there is a non-refundable fee of \$110.

For more information, please contact Aquatics at: 978-287-1000 or swim@concordma.gov.

COURSES February 20-24, June 5 – 9, 2017					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:00A-5:00P	M-F	2/20-2/24	560102-B1	\$290.00	\$400.00
9:00A-5:00P	M-F	6/5-6/9	560102-F1	\$290.00	\$400.00

Pre-test will take place at the first class.



Personal Training



MEMBER PERSONAL TRAINING

1 Session	\$60
5 Sessions	\$275
10 Sessions	\$550

NON-MEMBER PERSONAL TRAINING

5 Sessions	\$400
10 Sessions	\$800

BODY COMPOSITION TESTING

By appointment only	
Member	\$20
Non Member	\$35

Personal training is an opportunity to work one-on-one with a qualified fitness specialist. You will receive a program that has been individually created to suit your wellness level and your fitness goals. Whether you are looking to complete that next race at a faster time or just want to include fitness in your life, our personal trainers will help you achieve your goals.

Combined with a personal commitment from you, personal training will:

- Help you train safely and effectively
- Provide encouragement and motivation
- Help you set & achieve your goals
- Congratulate you on your accomplishments
- Provide new program/training ideas

Our certified trainers are enthusiastic about fitness, knowledgeable about proper exercise techniques, and schedule sessions during all open business hours. Members may schedule personal training appointments by speaking with a member of our training staff or by calling 978-287-1015. All training must be prepaid at the front desk upon arrival of your first training session.

Cancellation Policy

In order to cancel or reschedule a personal training appointment, you must contact your trainer at least 24 hours in advance of the scheduled appointment or you will be charged for that session. No-shows will still be charged for the session.

General Information

For your first session with a trainer, make sure you're well rested and hydrated. Please adhere to our dress code and wear clean, movement-oriented clothing and sneakers. You may want to bring a water bottle along. Be sure to secure your valuables in a locker. Please arrive on time for your appointment. Your lateness will result in a shortened session and no prorated refund. All personal training sessions take place at the Beede Swim & Fitness Center. Trainers are not permitted to schedule sessions at private residences.

Body Composition Testing

Body composition has a direct impact on your health. Results from this easy test will show your Body Mass Index, Recommended Water Intake, Basal Metabolic Rate and Total Body Fat / Lean Body Mass. A consultation with our trainers can help you analyze test results and show you how you can reduce your health risks and improve your life style.

Personal Trainers



Tyler Berry

Tyler Berry

Tyler's long time interest in human wellness, along with his experience training with others, led him to pursue a career as a personal trainer. He studied physical science at the University of Massachusetts, Lowell and is a CrossFit certified personal trainer as well as an Aerobics and Fitness Association of America certified personal trainer. His emphasis lies in blending cardiovascular conditioning with strength training, and he has worked with a wide range of age groups and fitness abilities. In his spare time he enjoys boxing, running, rock climbing, skiing, weightlifting, and basically anything physically challenging.



Jeff Cobb

Jeff Cobb

Jeff has been involved in athletics and exercise most of his life. Baseball, soccer, rugby and tennis are some sports that he competed in throughout high school and college. His passion for exercise is primarily in the weight room. Jeff helps his clients achieve their health and fitness goals. If you are interested in general fitness and having fun at the same time, then Jeff can make it happen for you. Credentials: BS Physical Education, Minor in Health, Certified Personal Trainer through American College of Sport Medicine.



Laurel DeWolf-Grisé

Laurel DeWolf-Grisé

Laurel has had a life-long interest in health and fitness. She is a group fitness instructor and holds certifications from Johnny G. Spinning, YogaFit, and Les Mills Body Pump and Body Flow. She is an ACE Certified Group Fitness Instructor and Wellness Coach and is now using her knowledge to advance into personal training with special interest in flexibility and strength training.



John Donaldson

John Donaldson

John earned his Masters Degree from Syracuse University and is an International Sports Sciences Association certified personal trainer. His focus is on strength and conditioning, and he trains individuals from all levels of fitness. He has coached athletes seeking help with power development and improvements in stamina. He combines high intensity strength and conditioning to his training, as well as guidance on performance nutrition. In his spare time John enjoys outdoor activities such as hiking and nordic skiing.



Trishia Hosmer

Trisha Hosmer

Trisha has been a certified personal trainer since 2006. Personal training fulfills her lifelong desire to work with those wishing to make a positive change. She specializes in designing personal programs for weight loss, physical therapy for medical rehabilitation both prior and post surgery, and training for marathons. Trisha strives to help every client obtain his or her personal goals. She is certified from National Academy of Sports Medicine as well as the American Sports & Fitness Association. She has run the Boston Marathon and competes regularly in local road races, spartan obstacle races, and the warrior dash obstacle races. Trisha loves to ski, play basketball, run, box, and soccer. Trisha resides in Groton with her son Sean. She is working on completing her Masters degree in psychology.

Personal Trainers

Paul Nitishin

Paul became an American Council on Exercise-certified Personal Trainer in 2002 while a member of the technical staff at MIT Lincoln Laboratory. At the Beede Center since 2006 Paul develops individualized training programs to meet members' fitness requirements. Paul's interest lies in working with the mature population using strength training to improve balance and mobility retention.



Paul Nitishin

Mark Ryder

Mark is a second degree black belt in Shotokan Karate. He has been instructing men, women, children, and college students in the martial arts since 1980. His interests in the martial arts and physical fitness lead him to more in-depth studies of fitness, nutrition, and dietary supplementation and a career in Personal Training. In 2005 he obtained his Personal Training Certification through American Fitness Training of Athletics. Mark enjoys educating his clients about fitness and often combines his personal training session workouts with a mixture of strength training, martial arts, sport drills and functional training.



Mark Ryder

Sarah Schultz

Sarah is a 2003 graduate of The University of Massachusetts, Lowell where she majored in Community Health Education and minored in Psychology. Since her graduation she has been a personal trainer in the Concord area, helping many individuals safely and effectively achieve their fitness goals. She is certified through the American Council on Exercise and CrossFit, and recently earned a certificate in pre and postnatal training through ACE. Sarah grew up in Townsend Mass., and now lives in Rindge N.H.



Sarah Schultz

Anne Windhol

Anne has worked as a Personal Trainer since 2000, following a career in children's fitness. She has a B.S. degree in Physical Education and is certified by the American Council on Exercise. Anne has been involved with a lifetime of athletics and fitness. She is a competitive golfer who also enjoys biking, tennis and hiking. Anne has experience working with many populations, including older adults, low back, shoulder, knee and hip replacement post rehab clients. She also enjoys sports specific training. Core strength, balance and posture are stressed with every client. Anne prefers functional training with the emphasis on fun!



Anne Windhol

Group Exercise

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:

Beede Swim & Fitness Ctr
498 Walden Street
Concord, MA 01742

or
Concord Recreation
90 Stow Street
Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.
Please call 978-287-1007

SMALL GROUP PERSONAL TRAINING (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Hunt Recreation Center **Instructor:** Paul Nitishin

This one hour class is designed for the mature individual who wants to defend against the deconditioning that arises from being sedentary. Led by an experienced personal trainer this class combines dynamic warm-ups, body weight exercises, basic weight training, interspersed with cardio activities in a group setting.

FALL SESSION September 12-December 23			*NO CLASS 11/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	Tu	9/13-12/20	372201-T2	\$142.50	\$180.00
8:00-9:00A	Th	9/15-12/22*	372201-H2	\$133.00	\$168.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-8:00A	Tu	1/10-3/28	472201-T2	\$114.00	\$144.00
8:00-9:00A	Th	1/12-3/30	472201-H2	\$114.00	\$144.00

CARDIO MIX (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 20 **Location:** Hunt Recreation Center **Instructor:** Kathy Pespisa

This high energy, fat burning, muscle sculpting workout is a combination of traditional aerobic movements presented in different formats and choreographed to music. The one hour total body conditioning class can accommodate all fitness levels.

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	Tu	9/13-12/20	372202-T3	\$142.50	\$180.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	Tu	1/10-3/28	472202-T3	\$114.00	\$144.00

Group Exercise

NEW

INTERVAL FUSION (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 20 **Location:** Hunt Recreation Bld **Instructor:** Delinda May
 This is an energetic and fun way to increase cardiovascular and muscular endurance by blending weight training and cardio training. Every major muscle group is challenged with either body weight or free weights for added fat burning, increased bone density and enhanced confidence and well-being. Accommodates all fitness levels.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	F	9/16-12/23*	372203-F3	\$123.50	\$156.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	F	1/13-3/31	472203-F3	\$114.00	\$144.00

NEW

TOTAL CONDITIONING (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 25 **Location:** Hunt Recreation Bld **Instructor:** Krysta Johnson
 Total Conditioning is just that: a total body workout for all bodies! This one-hour class will use a variety of equipment and formats to get your entire body moving and toned. All fitness levels are welcome. Come work yourself from head to toe!

FALL SESSION September 12-December 23			*NO CLASS 10/10		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:15-9:15A	M	9/12-12/19*	372204-M1	\$133.00	\$168.00
8:15-9:15A	W	9/14-12/21	372204-W1	\$142.50	\$180.00
WINTER SESSION January 9-March 31			*NO CLASS 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:15-9:15A	M	1/9-3/27*	472204-M1	\$95.00	\$120.00
8:15-9:15A	W	1/11-3/29	472204-W1	\$114.00	\$144.00

DROP-IN

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:30A	M-F	9/12-12/23	372205-DI	\$15.00	\$15.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:30A	M-F	1/9-3/31	472205-DI	\$15.00	\$15.00

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

Get Fit and Stay Fit with our Professional Certified Staff

Jan MacCulloch, Director
 Diane Brady-Doyle
 Amy Carlton
 Janet Colantuono
 Barbara Cook
 Laurel Dewolf-Gise
 Jill Falvey
 Ellen Glendon
 Peter Kelly
 Krysta Johnson
 Cathy Mandrioli
 Delinda May
 Cara Morgan
 Paul Nitishin
 Kathy Pespisa
 Lori Seymour

Group Exercise

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:

Beede Swim & Fitness Ctr
498 Walden Street
Concord, MA 01742

or

Concord Recreation
90 Stow Street
Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.
Please call 978-287-1007

CYCLE (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 12 **Location:** Hunt Rec. Center **Instructors:** M. Barbara Cook - W,F. Cara Morgan
This fun filled power hour of indoor cycling to music is guaranteed to get your heart rate challenged and your glutes in shape. All levels of fitness abilities can thrive as you set the pace to accomplish your personal best.

FALL SESSION September 12-December 23			*NO CLASS 10/10, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
6:00-7:00A	M	9/12-12/19*	372301-MC	\$140.00	\$175.00
6:00-7:00A	W	9/14-12/21	372301-WC	\$150.00	\$187.50
6:00-7:00A	F	9/16-12/23*	372301-FC	\$140.00	\$175.00
WINTER SESSION January 9-March 31			*NO CLASS 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
6:00-7:00A	M	1/9-3/27*	472301-MC	\$95.00	\$125.00
6:00-7:00A	W	1/11-3/29	472301-WC	\$120.00	\$150.00
6:00-7:00A	F	1/13-3/31	472301-FC	\$120.00	\$150.00

CYCLE PLUS (Ages: 14+)

75 minute class **Class Limit:** Min 5 Max 12 **Location:** Hunt Rec. Center **Instructor:** Laurel DeWolf-Grise
Add an extra challenge with this 75 minute cycle class. Instructors will choose to add a short segment of yoga stretches, core work or weights to the end of the cycle segment of class. All levels of fitness abilities can thrive in this class.

FALL SESSION September 12-December 23			*NO CLASS 10/10, 11/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:45A	M	9/12-12/19*	372302-M4	\$140.00	\$175.00
9:30-10:45A	Th	9/15-12/22*	372302-H4	\$140.00	\$175.00
WINTER SESSION January 9-March 31			*NO CLASS 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:45A	M	1/9-3/27*	472302-M4	\$95.00	\$125.00
9:30-10:45A	Th	1/12-3/30	472302-H4	\$120.00	\$150.00

Group Exercise

BOOT CAMP (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 25 **Location:** Hunt Rec. Center **Instructor:** Cara Morgan

This one hour class consists of drill orientated cardio exercises, interval training, core strength and balance. A total body workout with the focus on maximum cardio benefit. Boot Camp will be held indoors during inclement weather.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/28		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-6:45A	Tu	9/13-12/20	372401-T1	\$142.50	\$180.00
5:45-6:45A	Th	9/15-12/22	372401-H1	\$142.50	\$180.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-6:45A	Tu	1/10-3/28	472401-T1	\$114.00	\$144.00
5:45-6:45A	Th	1/12-3/30	472401-H1	\$114.00	\$144.00

BOOT CAMP DROP-IN

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-6:45A	Tu,Th	9/12-12/23	372402-DI	\$15.00	\$15.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
5:45-6:45A	Tu,Th	1/9-3/31	472402-DI	\$15.00	\$15.00

GENTLE PILATES (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 7 **Location:** Studios 105 Everett **Instructor:** Ellen Glendon

This one hour slower paced class accommodates a range of physical needs and fitness abilities. There is a focus on the 5 Basic Principles like deep breathing and mind body awareness. Progressively more challenging exercises will be added throughout the session, modifications are recommended to support different fitness conditions. Feel taller, stronger more flexible and relaxed.

FALL SESSION September 12-December 23			*NO CLASS 10/10, 11/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:30-9:30A	M	9/12-12/19*	372501-M1	\$161.00	\$203.00
8:30-9:30A	Th	9/15-12/22*	372501-H1	\$161.00	\$203.00
WINTER SESSION January 9-March 31			*NO CLASS 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:30-9:30A	M	1/9-3/27*	472501-M1	\$115.00	\$145.00
8:30-9:30A	Th	1/12-3/30	472501-H1	\$138.00	\$174.00

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

Get Fit and Stay Fit with our Professional Certified Staff

Jan MacCulloch, Director
 Diane Brady-Doyle
 Amy Carlton
 Janet Colantuono
 Barbara Cook
 Laurel Dewolf-Gise
 Jill Falvey
 Ellen Glendon
 Peter Kelly
 Krysta Johnson
 Cathy Mandrioli
 Delinda May
 Cara Morgan
 Paul Nitishin
 Kathy Pespisa
 Lori Seymour

Group Exercise

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:

Beede Swim & Fitness Ctr
498 Walden Street
Concord, MA 01742

or
Concord Recreation

90 Stow Street
Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.

Please call 978-287-1007

PILATES (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructors:** Tu/Th. Lori Seymour, Sat. Jill Falvey
This one hour class is a system strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility. It is an education in body awareness that will help improve circulation, posture, range of motion and abdominal strength.

FALL SESSION September 12-December 23			*NO CLASS 11/24		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:45-10:45A	Tu	9/13-12/20	372502-T2	\$172.50	\$217.50
9:45-10:45A	Th	9/15-12/22*	372502-H2	\$161.00	\$203.00
9:45-10:45A	Sa	9/17-12/17	372502-S2	\$161.00	\$203.00
WINTER SESSION January 9-April 1					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:45-10:45A	Tu	1/10-3/28	472502-T2	\$138.00	\$174.00
9:45-10:45A	Th	1/12-3/30	472502-H2	\$138.00	\$174.00
9:45-10:45A	Sa	1/14-4/1	472502-S2	\$138.00	\$174.00

PILATES/YOGA (Age: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructors:** Wed. Lori Seymour
This one hour class combines Pilates and Yoga based exercises to strengthen, lengthen and stabilize your core muscles. Emphasizing balance and flexibility the work will focus on increasing your overall energy, strength and endurance. You'll feel more fluid, balanced and able to tackle those daily stressors in a calmer way.

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-8:00A	W	9/14-12/21	372503-W5	\$150.00	\$187.50
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-8:00A	W	1/11-3/29	472503-W5	\$120.00	\$150.00

NEW

PILATES/BARRE (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 8 **Location:** Studios 105 Everett **Instructor:** Diane Brady-Doyle
A full body workout that combines the ballet barre and Pilates core work. This one-hour class will work on toning the entire body with an emphasis on using proper form and engaging your core throughout the workout.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/25		
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	F	9/16-12/23*	372504-F1	\$149.50	\$188.50
WINTER SESSION January 9-March 31					
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	F	1/13-3/31	472504-F1	\$138.00	\$174.00

Group Exercise

PILATES REFORMER PRIVATE (Age: 14+)

1 hour class **Location:** Studios 105 Everett

Enjoy a private session with a reformer trained Pilates instructor. The Pilates reformer allows for modifications for specific body types, postural issues and conditions. Use of the reformer will enhance torso stability and strength, joint stability, flexibility, balance and coordination.

A great total body workout. Purchase a single session or a punch card for 5 or 10 sessions. By appointment only, call the Fitness Hotline 978-287-1007.

SINGLE SESSION September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570003-01	\$71.00	\$71.00
FIVE SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570003-05	\$340.00	\$340.00
TEN SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570003-10	\$670.00	\$670.00

PILATES PRIVATE MAT (Ages: 14+)

1 hour class **Location:** Studios 105 Everett

Enjoy a private mat session with a Stott Pilates trained professional. The benefits of this type of session offer one-on-one attention to the fine details of body mechanics and proper movement as well as an excellent workout. By appointment only, call the Fitness Hotline 978-287-1007.

SINGLE SESSION September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570004-01	\$71.00	\$71.00
FIVE SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570004-05	\$340.00	\$340.00
TEN SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570004-10	\$670.00	\$670.00

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

Get Fit and Stay Fit with our Professional Certified Staff

Jan MacCulloch, Director
 Diane Brady-Doyle
 Amy Carlton
 Janet Colantuono
 Barbara Cook
 Laurel Dewolf-Gise
 Jill Falvey
 Ellen Glendon
 Peter Kelly
 Krysta Johnson
 Cathy Mandrioli
 Delinda May
 Cara Morgan
 Paul Nitishin
 Kathy Pespisa
 Lori Seymour

Group Exercise

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:

Beede Swim & Fitness Ctr
498 Walden Street
Concord, MA 01742

or

Concord Recreation
90 Stow Street
Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.
Please call 978-287-1007

BODY SCULPTING ON THE BALL (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 9 **Location:** Studios 105 Everett **Instructors:** Tues. Lori Seymour

The stability ball is one of the most versatile pieces of equipment for conditioning. It can be used to train performance at all levels while providing an unstable environment. This instability engages multiple muscle systems, uses the body's natural process to restore balance and boosts core muscle activation. The class will include some light weight work for the upper body.

FALL SESSION September 12-December 23					
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:15-8:15A	Tu	9/13-12/20	372601-T1	\$142.50	\$180.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:15-8:15A	Tu	1/10-3/28	472601-T1	\$114.00	\$144.00



BOOTY/BARRE (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 9 **Location:** Studios 105 Everett **Instructor:** Lori Seymour

A full body workout that combines the ballet barre, resistance balls, weights, and mat work. This one hour class will work on toning the entire body with an emphasis on proper form and engaging your core throughout the workout.

FALL SESSION September 12-December 23			*NO CLASS 11/24		
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	W	9/14-12/21	372602-W2	\$142.50	\$180.00
7:15-8:15A	Th	9/15-12/22*	372602-H2	\$133.00	\$168.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	W	1/11-3/29	472602-W2	\$114.00	\$144.00
7:15-8:15A	Th	1/12-3/30	472602-H2	\$114.00	\$144.00

Group Exercise

NEW

BODY SCULPTING (Age: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructor:** Diane Brady-Doyle
 Work all major muscle groups using a variety of strengthening equipment and your own body! This class is designed to build strength, increase bone density, build lean muscle while toning and shaping your body. All levels are welcome and can progress at your own pace.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/25		
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	F	9/16-12/23*	372603-F1	\$123.50	\$156.00
WINTER SESSION January 9-March 31			*NO CLASS 11/24		
TIME	DAY	DATES	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	F	1/13-3/31	472603-F1	\$114.00	\$144.00

YOGA BASICS (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 25 **Location:** Hunt Recreation Center **Instructor:** Cathy Mandrioli
 The focus of this one hour class is to build postures from the ground up. Suitable for novice through intermediate students. The class explores all of the primary poses in a relaxed atmosphere. Poses, breath work, posture holdings, some flowing sequences and meditation are incorporated into every class.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/25		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	Tu	9/13-12/20	372701-T1	\$142.50	\$180.00
8:00-9:00A	F	9/16-12/23*	372701-F1	\$123.50	\$156.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
8:00-9:00A	Tu	1/10-3/28	472701-T1	\$114.00	\$144.00
8:00-9:00A	F	1/13-3/31	472701-F1	\$114.00	\$144.00

FITNESS YOGA (Ages: 14+)

75 Minute class **Class Limit:** Min 5 Max 9 **Location:** Studios 105 Everett **Instructors:** Amy Carlton
 This one hour class consists of flowing yoga sequences that create a high-energy workout designed to improve your physical and mental health. This class will improve your cardiovascular fitness, strength, balance, flexibility and core strength.

FALL SESSION September 12 – December 23					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
8:00-9:15A	Tu	9/13-12/20	372702-T1	\$142.50	\$180.00
9:15-10:30A	W	9/14-12/21	372702-W1	\$142.50	\$180.00
WINTER SESSION January 9 – March 31					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
8:00-9:15A	Tu	1/10-3/28	472702-T1	\$114.00	\$144.00
9:15-10:30A	W	1/11-3/29	472702-W1	\$114.00	\$144.00

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007
 Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:
 Beede Swim & Fitness Ctr
 498 Walden Street
 Concord, MA 01742
 or
 Concord Recreation
 90 Stow Street
 Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.
 Please call 978-287-1007

Group Exercise

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

Get Fit and Stay Fit with our Professional Certified Staff

Jan MacCulloch, Director
 Diane Brady-Doyle
 Amy Carlton
 Janet Colantuono
 Barbara Cook
 Laurel Dewolf-Gise
 Jill Falvey
 Ellen Glendon
 Peter Kelly
 Krysta Johnson
 Cathy Mandrioli
 Delinda May
 Cara Morgan
 Paul Nitishin
 Kathy Pespisa
 Lori Seymour

GENTLE YOGA (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructors:** Wed. Janet Colantuono
 This one hour class is a noncompetitive, health-enhancing exercise easily tailored to a wide variety of physical needs, abilities and/or limitations. Classes include guided stretching, deep breathing and relaxation techniques. Practicing yoga can help relieve stress, improve posture, flexibility and overall fitness while becoming more in touch with your body.

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	W	9/14-12/21	372703-W1	\$142.50	\$180.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:15-10:15A	W	1/11-3/29	472703-W2	\$114.00	\$144.00

BALANCE & STRETCH (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructor:** Janet Colantuono
 This one hour class is a noncompetitive, health-enhancing exercise easily tailored to a wide variety of physical needs, abilities and/or limitations. Classes include guided stretching, deep breathing and relaxation techniques. Practicing yoga can help relieve stress, improve posture, flexibility and overall fitness while becoming more in touch with your body.

FALL SESSION September 12-December 23						*NO CLASS 10/10
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	
9:15-10:15A	M	9/12-12/19*	372704-M2	\$133.00	\$168.00	
WINTER SESSION January 9-March 31						*NO CLASS 1/16, 2/20
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	
9:15-10:15A	M	1/9-3/27*	472704-M2	\$95.00	\$120.00	

GENTLE FLOW (Ages: 14+)

1 hour class **Class Limit:** Min 5 Max 15 **Location:** Hunt Recreation Center **Instructors:** Peter Kelly
 Gentle Flow is a fluid combination of gentle yoga and light vinyasa flow. This style is appropriate for all levels and is beneficial in increasing flexibility and building focus. Gentle Flow incorporates vinyasa style, connecting breath to movement

FALL SESSION September 12-December 23						*NO CLASS 10/10, 11/11, 11/25
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	
9:45-10:45A	M	9/12-12/19*	372705-M2	\$133.00	\$168.00	
9:15-10:15A	F	9/16-12/23*	372705-F2	\$123.50	\$156.00	
WINTER SESSION January 9-March 31						*NO CLASS 1/16, 2/20
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE	
9:15-10:15A	M	1/9-3/27*	472705-M2	\$95.00	\$120.00	
9:15-10:15A	F	1/13-3/31	472705-F2	\$114.00	\$144.00	

Group Exercise

YOGA PRIVATE (Ages: 14+)

1 hour class **Location:** Studios 105 Everett

Receive the benefits of Yoga in this one hour session focused on your needs. Enhance strength, flexibility, balance and posture. Practice yogic breathing to reduce stress and quiet the mind. By appointment, call the Fitness Hotline 978-287-1007.

SINGLE SESSION September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570005-01	\$71.00	\$71.00
FIVE SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570005-05	\$340.00	\$340.00
TEN SESSIONS September 12 – March 31, 2017					
TIME	DAY	DATES	ACTIVITY	MEMBER FEE	NON MEMBER FEE
7:00-8:00P	M-F	9/12-3/31	570005-10	\$670.00	\$670.00

BUTTS & GUTS (Ages:14+)

1 hour class **Class Limit:** Min 5 Max 20 **Location:** Hunt Recreation Center **Instructor:**Krysta Johnson

This one hour class focuses on your lower half in this belly burning, booty shaping class. Combine exercises to strengthen, tone and shape these hard to hit areas. Class includes balance work and finishes with deep stretching.

FALL SESSION September 12-December 23					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	W	9/12-12/23	372801-W1	\$142.50	\$180.00
WINTER SESSION January 9-March 31					
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
9:30-10:30A	W	1/9-3/31	472801-W1	\$114.00	\$144.00



360 CORE PLUS (Ages: 14+)

45 minute class **Class Limit:** Min 5 Max 10 **Location:** Studios 105 Everett **Instructor:** Delinda May

This 45-minute class will focus on developing strength, flexibility, and stability in the core (abdomen, upper to lower back, and glutes). Developing these important postural muscles makes for more fluid and efficient movement, decreases risk of injury, and improves posture.

FALL SESSION September 12-December 23			*NO CLASS 11/11, 11/25, 10/10		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-7:45A	M	9/12-12/19*	372901-M1	\$105.00	\$140.00
7:00-7:45A	F	9/16-12/23*	372901-F1	\$97.50	\$130.00
WINTER SESSION January 9-March 31			*NO CLASS 1/16, 2/20		
TIME	DAY	DATE	ACTIVITY #	MEMBER FEE	NON MEMBER FEE
7:00-7:45A	M	1/9-3/27*	472901-M1	\$95.00	\$120.00
7:00-7:45A	F	1/13-3/31	472901-F1	\$114.00	\$144.00

FALL REGISTRATION

Begins August 15, 2016

WINTER REGISTRATION

Begins December 12, 2016

FITNESS HOT LINE

978-287-1007

Call with questions, to register and for class cancellations.

REGISTRATION

Register in person or by mail:

Beede Swim & Fitness Ctr
498 Walden Street
Concord, MA 01742

or

Concord Recreation
90 Stow Street
Concord, MA 01742

Phone registrations are accepted with Visa or Mastercard only.

Please call 978-287-1007



"My family and I have been members of Beede for many years and have enjoyed the wonderful resources, welcoming staff and excellent trainers... We always look forward to ending our training regimen with a relaxing soak in Beede's large, hot-water therapy pool."

-Joy Luby

- 8 Lane Lap Pool
- Warm Water Therapy Pool
- Children's Play Pool
- Deep Water Diving Well
- Weight Training Room
- Single Station Machines
- Free Weights
- Cardio Fitness Room
- Treadmills with TVs
- Arc Trainers with TVs
- Personal Training
- Childcare Available

498 WALDEN STREET, CONCORD, MA 01742 (978) 287-1000 CONCORDREC.COM

The Beede Swim & Fitness Center is managed by the Concord Recreation Department and is funded solely by membership and program fees. We are deeply committed to serving the fitness needs and interests of our community, across all ages and abilities.

**CONCORD
RECREATION**



2016 MEMBERSHIP RATES

Concord and Carlisle Residents

	Adult	Couple	Family	60+ Adult	60+ Couple	14+ Student
Fitness and Swim	\$928	\$1466	\$1727	\$707	\$1112	\$707
Swim Only	\$835	\$1322	\$1522	\$646	\$989	\$646
Fitness Only	\$835	\$1322	\$1522	\$646	\$989	\$646

Non-Residents

	Adult	Couple	Family	60+ Adult	60+ Couple	14+ Student
Fitness and Swim	\$1040	\$1563	\$1937	\$810	\$1240	\$810
Swim Only	\$938	\$1440	\$1614	\$748	\$1092	\$748
Fitness Only	\$938	\$1440	\$1614	\$748	\$1092	\$748

All memberships begin the day of purchase and are valid for one year.

A \$199 joining fee is applied to all new memberships.

Hours of Operation

Monday through Friday: 5:30AM – 9:00PM

Saturday and Sunday: 7:00AM – 6:00PM

The Center is closed on the following days:

Patriots Day, Easter, Memorial Day, July 4, Labor Day and Christmas

498 WALDEN STREET, CONCORD, MA 01742 (978) 287-1000 CONCORDREC.COM

The Beede Swim & Fitness Center is managed by the Concord Recreation Department and is funded solely by membership and program fees. We are deeply committed to serving the fitness needs and interests of our community, across all ages and abilities.



The Concord-Carlisle Community Chest is proud to support Concord Recreation Youth Scholarships



The Concord-Carlisle Community Chest was founded in 1947 as an organization of neighbors helping neighbors. Through providing support to 29 human services organizations as well as funding special projects, the Community Chest seeks to *strengthen our community by marshaling resources to help neighbors in need.*

Last year, the Community Chest awarded more than \$550,000 in grants to support organizations, programs and individuals for:

- family and individual counseling
- domestic violence victim support
- senior services
- programs for individuals with special needs
- parenting support
- scholarships
- substance abuse prevention
- a mentoring program at CCHS
- legal services
- food distribution services
- accessible playing fields
- one-time emergency help

Our 2016-17 campaign is underway!
Join us to continue the tradition of helping
our neighbors in need.



Visit www.ccommunitychest.org to learn more about the Community Chest.



NEW WEBSITE

Diamond Physical Therapy Associates, PC has a New Website!



Aquatic Physical Therapy Portfolio



Photos of adults and children



Listen to Laura talk about how she uses aquatic physical as an adjunct to land based therapy.



Instructional videos – Laura's favorite exercises



Video testimonials

Find out how aquatic physical therapy can help you achieve your land based goals and improve your function.



Videos of children and adults therapeutic exercises



FAQ's and resources

Increase your ability to do the things you love to do!



DIAMOND PHYSICAL THERAPY ASSOCIATES, PC ♦ LAURA DIAMOND MS, PT
 (617) 803-8730 ♦ laura@diamondphysicaltherapy.com ♦ diamondphysicaltherapy.com

PRIVATE SWIM LESSON INFO SHEET

PAYMENT DUE AT TIME OF REGISTRATION

Name: _____ Parent's Name: _____

Address: _____ Town: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Date of Birth: ___/___/___ Age: _____ Email: _____

Type of Lesson Purchased (circle 3):

Member Non-Member # of Minutes: _____

Adult Youth # of Lessons: _____

Private Buddy Semi-Private

If Renewing, Current Instructor: _____

Please list name of buddy or other participants if buddy or semi-private so you are paired up correctly. Each buddy must purchase own package to participate.

1. _____ 2. _____ 3. _____

Availability: (Please fill out at least two day/times that work with your schedule)

1.

2.

3.

What is your swimming background? (previous lessons, competitive training, etc.)

What are your goals for private lessons? (stroke improvement, endurance, triathlon, etc.)

Are there any special conditions we should know about? (fear of water, any medical conditions, asthma, allergies, etc.)

PAYMENT

Check Make checks payable to the Town of Concord

Credit Card



Card Number: _____

Exp. Date ___/___/___ V-Code _____

Name on Card _____

Signature _____ Date _____

Phone Numbers

DID YOU KNOW?

Concord Youth Baseball, Concord Youth Lacrosse, Concord Soccer and Pop Warner Football are private non-profit organizations that manage their respective programs.

With over 8,500 registrations to process annually, it is the Recreation Department's policy not to mail confirmations. Registrants should consider their applications accepted unless notified otherwise.

In Summer 2016 we provided over \$50,000 in scholarships to over 60 families.

Recreation Department and Beede Center programs do not use tax dollars to operate. Programs are run by user fees and do not receive any municipal support.

How are we doing? Please contact the Recreation Director at 978-287-1050 with comments and suggestions regarding any of the department's programs.

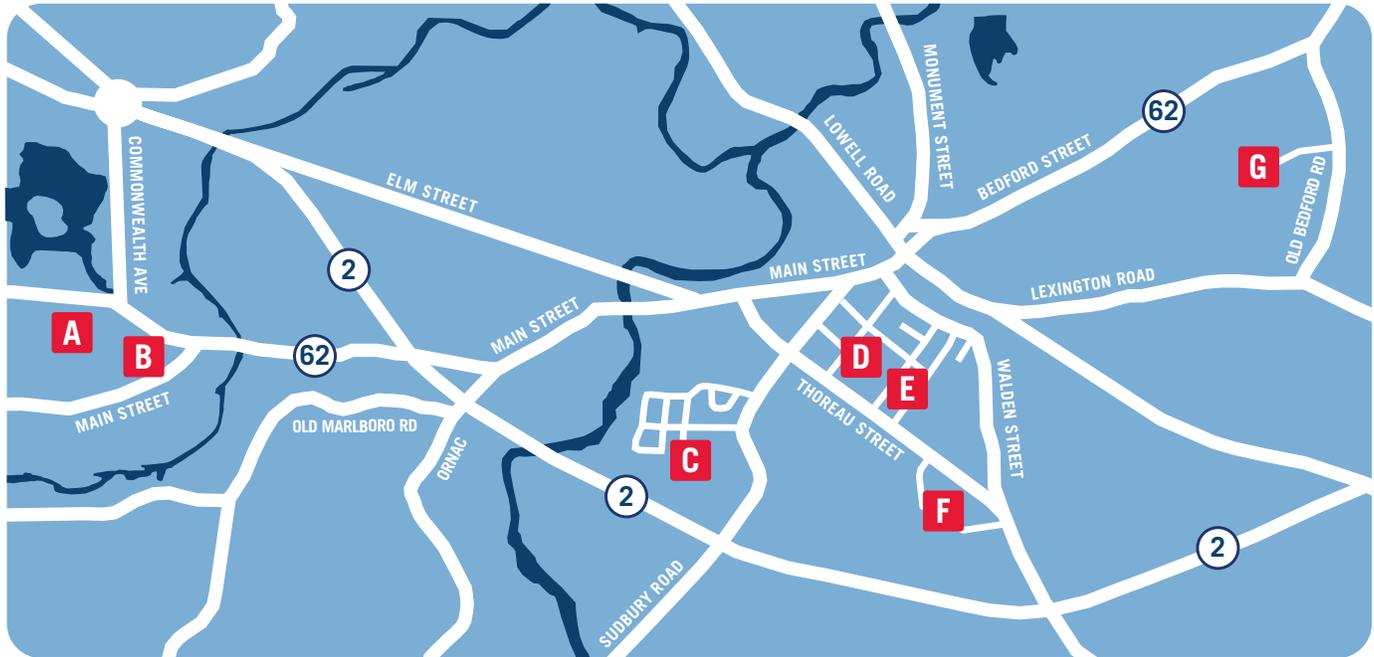
Adult & Community Education	978-318-1432
Concord Recreation	978-287-1050
Beede Swim & Fitness Center	978-287-1000
Carousel Preschool (Harvey Wheeler Community Ctr)	978-318-3045
After School (Harvey Wheeler Community Center)	978-318-3048
After School (Hunt Recreation Center)	978-287-1050
Fitness Hotline	978-287-1007
Tennis Line	978-287-1050
Concord Carlisle Youth Baseball & Softball	978-369-3245
Concord Youth Lacrosse	978-287-5527
Concord Youth Soccer	978-369-7978
Youth Football	617-538-1748
Minuteman National Park	978-369-6993
South Bridge Boat House	978-369-9438
Walden Pond State Reservation	978-369-3254
White Pond Association	978-287-4765

Maureen Taggart Award



The Recreation Commission established the Maureen Taggart Award in 1985. Any high school student, public or private, who is a resident of Concord or Carlisle, and who has demonstrated a loving and giving spirit through voluntary service to the community is eligible. The main feature of this award is that the recipient has the privilege of designating a deserving organization to receive a financial grant in Maureen's name. The recipient's name is placed on a plaque located at the Hunt Recreation Center. Congratulations to Julia Bailey-Well 2016 Maureen Taggart Award winner. Pictured above Left: Recreation Director, Ryan Kane, Right: Julia Bailey-Wells.

Program Locations



A Rideout Playground
Lawsbrook Road

B Harvey Wheeler Community Center
1276 Main Street

C South Meadow Field
Pilgrim Road

D Hunt Recreation Center
Emerson Playground
90 Stow Street

E Pilates & Yoga Studios
105 Everett Street

F Beede Swim & Fitness Center
Artificial Turf Fields Complex
Concord Carlisle High School
498/500 Walden Street

G Ripley School
120 Meriam Road

CONCORD RECREATION

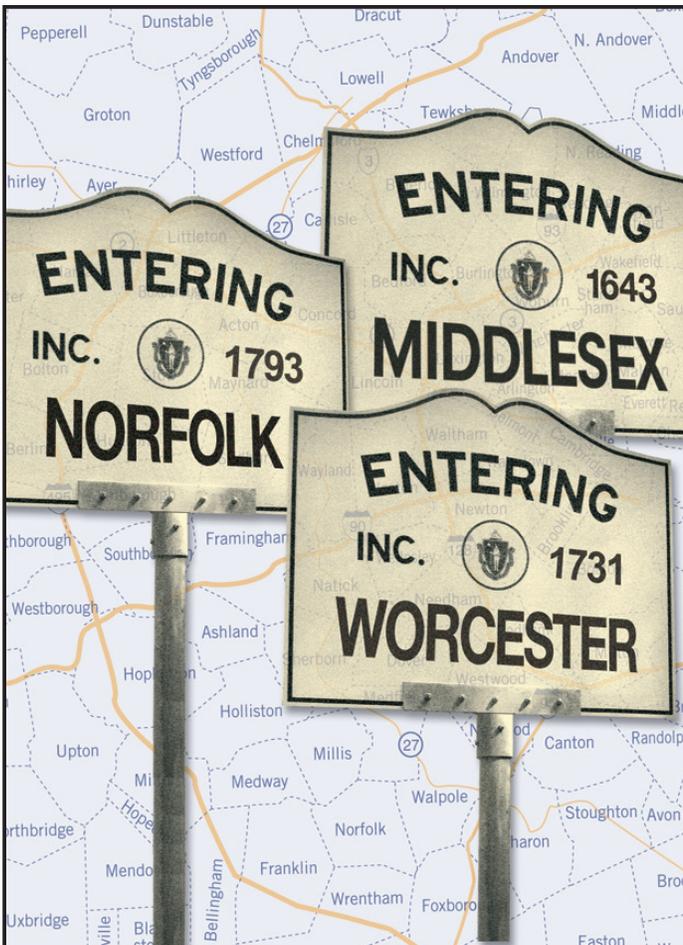
90 STOW STREET
CONCORD, MA 01742

Prsrt Std
U. S. Postage
PAID
Concord, MA
Permit No. 51

Residential Customer
Concord, MA 01742



Printed on recycled paper



AS LONG AS IT'S LOCAL, WE'RE IN.

At Middlesex Savings Bank, we value what's local. Local groups and organizations are important things we give our time and money to. To us, it's just part of what makes us a community.



To learn more, please visit www.middlesexbank.com or call 1-877-463-6287

EQUAL HOUSING LENDER MEMBER FDIC MEMBER DIF