

Let Summer Begin!

Adult and Family Programs

The brochure and full information is available on-line at www.bedfordrecreation.org. Registration is available on-line, in person, by mail or by fax. The phone number is 781-275-1392. The department is located at 12 Mudge Way. High School students are welcome to enroll in many of our adult classes.

MOMMY (DADDY) AND ME SUP (Stand Up Paddleboard) with Still River Outfitters

A new take on our popular Mommy & Me kayak program. Learn to paddle a stable recreational SUP and get quality time with your mini-you. Learn basic paddling strokes and concepts and tricks to make the outings with your child fun and (almost) stress-free. Monday, June 8, 10:00-11:30am. Location: Nuttings Lake, Billerica. Fee: \$75

INTRO TO STAND-UP PADDLEBOARDING with Still River Outfitters

Stand-up Paddleboarding is rocketing in popularity. Many describe the feeling as walking on water. The best way to describe it is using a long canoe paddle to paddle a surf-board. SUP is just super fun! Friday, June 12, 6:00 – 8:00pm (max 2) Location: Nuttings Lake, Billerica. Fee: \$60

ADULT TENNIS with Barbara Aldoriso

The Beginner class covers basic strokes, volley, serve, strategy and court coverage. The Advanced class focuses on strategy, improvement of skills, footwork and fun drills. Please bring a racket and water. Barbara is an USPTA Instructor. *Session 1: 6/9-7/14 or Session 2: 7/28-9/1.* Tuesdays, Beginner, 5:30—6:30pm or Advanced: 6:30-7:30pm, Fee: \$60 each session.

ARCHERY with Mark Pirrello, On The Mark Archery

Whether you are just starting out or have years of experience, join us to enjoy this lifelong sport. Train for tournaments, compete with friends and learn more about this fast growing Olympic sport. Course content includes safety, range procedures, skill technique, scoring and archery games. All equipment provided. (Age 16 +) Monday - Thursday. 6:15-7:15pm, 7/6-7/9, Fee: \$100

MIXED ROUND ROBIN TENNIS with Barbara Aldoriso

Join us for mixed round robin play this summer every Thursday night in July! Players should have experience playing tennis and understand the game rules. Thursdays, 6:00-8:00pm, 7/9-7/30, Fee: \$40

TENNIS: CARDIO, DRILL AND PLAY with KA Tennis

Each clinic is designed to improve stroke mechanics, strength and stamina and to offer the student a physical challenge in an energetic atmosphere. Time is split between fast moving drills and playing both cardio based and strategy based games. This clinic offers a good balance of information and movement. Levels will be intermediate to advanced and taught by a certified teaching pro. Students should bring their own racquets and be ready for a fun and challenging 90 minutes. Age 16+

Intermediate Level (*NTRP 3.0&below*) Thursdays, 6:00-7:30pm, 7/9-8/13 Fee: \$170

Advanced Level (*NTRP 3.5&above*) Thursdays, 7:30pm-9:00, 7/9-8/13 Fee: \$170

Other Fitness and Sport Programs: NIA, Zumba, Co-Ed Bootcamp, Tai Chi, Yoga, all types and levels, AquaZumba, AquaAerobics, AquaYoga, BodyPump, BodyJam, BodyFlow, Free Lap Swimming, Outdoor Pick-up Men's and Women's Soccer and new this year Beach Yoga at Springs Brook Park.

REGISTER HERE: <http://goo.gl/tBD2gP>

Full program information available at: www.bedfordrecreation.org or in the brochure mailed to your home.

Register by mail, on-line, fax or in person.

Bedford Recreation Dept., 12 Mudge Way, Town Center. Hours: M-F 9:00-4:00, Phone: 781-275-1392