

# City of New Bedford Offers Summer Programs For All Ages



*Beginning the week of June 29, 2015, the City of New Bedford's Andrea McCoy Recreation Center will offer a number of new programs for youth, adults, and seniors.*

The Center's programs are aimed at those interested in the arts, as well as those looking to stay active this summer, with offerings ranging from youth and adult vocal and guitar lessons, to family ballet and Tai Chi.

Classes will run for six weeks at the Andrea McCoy Recreation Center (with the exception of Beginners' Tai Chi at Fort Taber Community Center). Among this summer's offerings are:

## **All Ages Beginners' Ballet:**

Become familiar with the practice of ballet. Experience longer, leaner muscle, better posture and flexibility. Classes are Saturdays from 9 a.m. to 10 a.m. and run from July 11 to August 15. Available for adults ages 16 and older, or families with children 8 and older accompanied by a guardian. \$30 for

members, \$40 for non-residents (\$5 per class).

### **Beginners' Tai Chi:**

Experience the benefits of Tai Chi, an ancient Chinese martial art. Through practice, experience a clear and more relaxed mind, improving balance and peace of mind, and relieving stress. Enjoy this unique program overlooking the water at Fort Taber. Classes are Thursdays from 6 p.m. to 7 p.m. and run from July 2 to August 5. Available for adults ages 16 and older. \$40 for members, \$50 for non-residents (\$6 per class). Classes are held at Fort Taber Community Center, 1000 S. Rodney French Boulevard.

### **Adult Vocal Lessons:**

Grab your friends, come together and sing! Learn voice exercises and control. Classes are Wednesdays from 11 a.m. to 12 p.m. and run from July 1 to August 4. Available for adults ages 16 and older. \$40 for members, \$50 for non-residents (\$6 per class).

### **Guitar Lessons:**

Learn rock riffs, strumming and classical songs in just a few weeks. Taught by Felix Rentschler, 1987 Berklee College of Music graduate with over 25 years of experience performing and teaching all ages, styles, and levels. Enjoy the Fun Method, which builds skills by learning songs, standards and tablature music notation, teaching you to teach yourself. Classes run June 30 to August 4. For adults, classes are Tuesdays from 11 a.m. to 12 p.m.; for youth, classes are Tuesdays from 12 p.m. to 1 p.m. \$50 for members, \$60 for non-residents.

### **Gentle Chair Yoga:**

Gentle Yoga provides older adults with an opportunity to become active while improving their strength, flexibility and overall mobility. Our senior/chair yoga class is designed to meet the specific needs of seniors and is structured to benefit everyone at any level of health and fitness. Classes are Wednesdays from 12 p.m. to 1 p.m. and runs from June 24 to

July 29.

“Our Department of Parks, Recreation and Beaches has taken our summer recreational programming to a new level this year. There is something for everyone, so I encourage everyone to take advantage of the opportunity,” said Mayor Jon Mitchell.

Those wishing to register may do so at the Andrea McCoy Recreation Center at 181 Hillman Street. Need-based scholarships are available. Instruments and other supplies are not provided; however, participants can inquire with staff about locations where necessary equipment is available for rent.

For more information regarding new programming, scholarships or rentals, contact the Parks, Recreation and Beaches Recreation Manager, India Russell-Pena at [india.russell@newbedford-ma.gov](mailto:india.russell@newbedford-ma.gov) or (508) 991-6298.

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