

HOME FIREARM SAFETY

FS-01 • Class held: Mar 17 • 5 Hours • 1 Session • Sat: 9:00am-2:00pm

FS-02 • Class held: Mar 26 • 5 Hours • 1 Session • Mon: 6:00pm-11:00pm

FS-03 • Class held: Apr 25 • 5 Hours • 1 Session • Wed: 6:00pm-11:00pm

FS-04 • Class held: Apr 28 • 5 Hours • 1 Session • Sat: 9:00am-2:00pm

NEW! The Home Firearm Safety Course satisfies the State Requirement for LTC-007 Home Firearm Safety so you can apply for your LTC or FID Card. A Massachusetts State Police Basic Firearms Safety Certificate (needed for the application process) and an NRA Home Firearm Safety Certificate, both suitable for framing, are issued after successfully completing the course. Home Firearm Safety is approximately 5 hours in length and concentrates on the following:

- *Elements of Gun Safety • Identifying and Unloading Different Firearms • Cleaning and Storage*
- *Types of Ammunition, Components, and Firing Sequence • Parental Roles and Responsibilities*
- *Massachusetts Laws Pertaining to Permit Application, Firearms Storage, and Transportation*

The course is taught in a non-stressed, fun, and friendly environment providing participants with knowledge necessary to keep them safe. The limited seating in this class ensures that you receive the individualized attention you deserve. Everyone can learn what he or she needs to know without any anxiety. Participants must attend the entire course to earn their certificates so please arrive about 15 minutes early. This course is taught off-site in Milford. We will send directions once registered.

Room: Off-site in Milford • Mike Burchman • Tuition: \$110

Mike Burchman is a Massachusetts State Police Certified Basic Firearms Safety Course Instructor, an NRA Certified Firearms Instructor and Range Safety Officer.

FITNESS

BODYTONING

FT-01 • Classes begin: Feb 27 (End date: May 21) • 15 Hours • 20 Sessions • Mon & Wed: 5:15-6:00

FT-02 • Classes begin: Feb 27 (End date: May 21) • 15 Hours • 20 Sessions • Mon & Wed: 7:15-8:00

FT-03 • Classes begin: Jun 4 (End date: Aug 15) • 15 Hours • 20 Sessions • Mon & Wed: 5:15-6:00

FT-04 • Classes begin: Jun 4 (End date: Aug 15) • 15 Hours • 20 Sessions • Mon & Wed: 7:15-8:00

Combining strength training with the basics of pilates and yoga, this class will help you to strengthen core muscles, increase bone density, develop lean muscles, build stamina, improve flexibility, achieve balance, and reduce stress! Participants will use hand-held weights and rubberized tubing for resistance training. Learn proper exercise techniques and gain valuable fitness tips. Register now for this unique total-body workout. Both men and women of all ability levels are welcome. Wear loose comfortable clothing. Bring a mat or towel for floor work.

Room: Auditorium • Jo-Ellen McCarrick • Tuition: \$109

Jo-Ellen McCarrick is an AFAA certified personal trainer and group fitness instructor. A teacher for the adult education program for more than 20 years, she also operates Country Fitness Factory, an in-home personal training business. Since 1980, Jo-Ellen has trained individuals of all ages with varied abilities ranging from the novice to athlete. A member of the Aerobics and Fitness Association of America, Jo-Ellen holds a B.S. and is CPR certified.

BOOT CAMP

FT-05 • Classes begin: Mar 15 (End date: May 24) • 10 Hours • 10 Sessions • Thu: 6:00-7:00

FT-06 • Classes begin: Jun 5 (End date: Aug 7) • 10 Hours • 10 Sessions • Tue: 6:00-7:00

Jump start your fitness regimen with this ten-week program of fun-filled exercise for all ability levels. This co-ed class will be held both indoors and outdoors and will include a variety of individual and team activities. Classes will include strength, agility, and balance activities, cardio drills, relay races, and obstacle courses. Each session will provide you with both a cardio and strength workout. This class will help you to lose fat, build muscle, improve heart health, and boost your metabolism. Expect to work hard within your individual limits. Participants should bring a mat or towel and bottled water.

Room: Auditorium • Jo-Ellen McCarrick • Tuition: \$89