

Arlington Recreation Program

Fall 2015 / Winter 2016

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For Adults: Zumba and TRX® Boot Camp

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Do you have an idea for a great program? Do you want to be an instructor? Email us at recoffice@town.arlington.ma.us. We'd love to have you!



**Registration
Now Open**

**Arlington
Recreation...
Sign Me Up!**

Registration Now Open. Register Online at www.arlingtonrec.com

Register By Phone: 781-316-3881 • Register By Fax: 781-641-5495

By Walk-in or Mail-In: Arlington Recreation Department, 422 Summer St., Arlington, MA 02474



Arlington Recreation's After-School Kid Care Program for the 2015 - 2016 School Year



The Arlington Recreation Department is proud to once again offer our licensed, extended-day program for children in Grades K - 5. The program is based at the Gibbs School, located at 41 Foster Street, and includes students from each of the seven elementary schools, St. Agnes and the Covenant School. This is our fourth year of this successful program. Arlington Kid Care is licensed by the Department of Early Education and Care.

There are 5-day, 4-day, 3-day, and 2-day per week options. Enrollment is limited. The program begins the first day of the school year. Arlington Kid Care follows the Arlington Public School calendar with the following exceptions: it is not open when school closes at mid-day for a vacation period or closes early because of bad weather. Early release days are included as long as you are registered for the respective day.

Arlington Kid Care operates 5 days a week from the end of the school day until 6:00pm. Students from all grades will do some activities together. There is time for playing sports and games, music and drama, foreign language, weekly science experiments, arts and crafts, a quiet space for homework and a caring staff. Students will also have electives to choose from throughout the year.

Frequently Asked Questions

Will There Be Transportation to Kid Care?

Transportation is provided for students to the program from the individual schools. *Alternate transportation options may be available upon request.*

How Do I Sign Up?

To enroll, a family may choose 2, 3, 4, or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care program, have filed their paperwork, and paid the \$25 registration fee as well as the first month's tuition payment before attending the Arlington Kid Care Program.

What Are the Fees and Due Dates?

5 days/week: \$440/month

4 days/week: \$353/month

3 days/week: \$295/month

2 days/week: \$199/month

The four, three or two days must be identified at registration.

A \$25 non-refundable registration fee is due upon registration. Monthly payments are through automatic credit card payment only. Registration accepted throughout the year if space allows.

ARLINGTON Recreation
781-316-3880 www.arlingtonrec.com **Sign Me Up!**

General Information

Registration and Payment

If choosing to register on-line, please visit www.arlingtonrec.com. If registering for the first time with Arlington Recreation, you will need to create a household account via our website. Please call 781-316-3880 if you experience difficulties. Phone registrations welcome! Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, VISA, and Discover are also accepted.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Program Accessibility

Please note that currently our programs are not programmatically accessible due to architectural barriers at most of our host facilities. The Park and Recreation Commission recently completed an accessibility self-assessment of all facilities under their jurisdiction and is developing a multi-year plan to address the issues highlighted in the report. As facilities are updated and become programmatically accessible they will be highlighted as such within the brochure location description.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonma.gov/recreation.

Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. If you cancel after the start of a program, no credits or refunds will be given. Please note that there is a \$10 administrative fee for all refunds unless Arlington Recreation cancels the program.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation. Sign up online for field closing notice. The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are on line at www.arlingtonrec.com

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your household account history.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to do so at checkout.

**Email program comments, suggestions, ideas, and concerns to
Director of Recreation Joseph Connelly, jconnelly@town.arlington.ma.us.**

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Kid Care Pre-School 2015–2016

The Arlington Recreation Department welcomes your preschooler to join us in our licensed preschool program. Come and take part in the many different subjects such as arts and crafts, reading, foreign language classes, story time, sports and games, gymnastics, and much more.

Your little students will enjoy socializing with other children in a structured, safe, and welcoming environment.

We offer snack time and request you pack a snack with your child for the day. Please no nut or peanut products because of children’s allergies. You have the option to choose one, two, three, four or five days.

Kid Care Pre-School 2015 – 2016 Cost Per Month

	Session 1	Session 2	Full Year
One Day	\$129	\$135	\$113
Two Days	\$259	\$271	\$226
Three Days	\$388	\$407	\$339
Four Days	\$518	\$542	\$452
Five Days	\$647	\$678	\$566

Payments will be broken down into 10 monthly payments for full year, four monthly payments for Session One and six monthly payments for Session Two. A \$25 non-refundable registration fee is due upon registration.

Monthly payments are through automatic credit card payment only. First month’s deposits are due by July 1 for Session One and Full Year programming. First month’s deposits are due by November 1 for Session Two. Enrollment is accepted throughout the year as space allows!

Calendar

Session I: 14-Week Session

Mondays	September 14 – December 14
Tuesdays	September 15 – December 15
Wednesdays	September 16 – December 16
Thursdays	September 17 – December 17
Friday	September 18 – December 18

Session II: 22-Week Session (Does not meet February or April Break)

Mondays	January 4 – June 13
Tuesdays	January 5 – June 14
Wednesdays	January 6 – June 15
Thursdays	January 7 – June 16
Friday	January 8 – June 17



Full Year Session: 36-Week School Year (Does not meet February or April Break)

Mondays	September 14 – June 13
Tuesdays	September 15 – June 14
Wednesdays	September 16 – June 15
Thursdays	September 17 – June 16
Friday	September 18 – June 17

Arlington Kid Care follows the Arlington Public School calendar and school cancellation schedule.

How Do I Sign Up?

To enroll, a family may choose 1, 2, 3, 4 or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care Pre-School Program, have filed their paperwork, and paid the \$25 registration fee and the first month’s tuition payment before attending the Arlington Kid Care Pre-School Program.

Ed Burns Arena Ice Skating Rink

The Ed Burns Arena Skating Rink is a newly renovated indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85 x197-feet with spectator seating for 1,000 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening services. Team rooms are provided for those renting ice time.

The Ed Burns Arena Skating Rink is open to the public during the months of August through April. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.

Public Skating Schedule

Dates: September 10 – April (Final Date to Be Determined)

Admission: \$3 children (16 & under) & seniors; \$6 adults
Special Friday Afternoon (1:45pm – 3:45pm)
Rate: \$1 Children, \$3 adults

Skate Rentals: \$5 per pair **Skate Sharpening:** \$6 per pair

Times: Mondays 12:00pm – 1:50pm
Thursdays 9:00am – 10:50am
Fridays 11:00am – 12:50pm; 1:45pm – 3:45pm*;
7:00pm – 9:00pm
Saturdays 4:00pm – 5:50pm
Sunday; 9:30am – 11:30am; 2:00pm – 4:00pm

Dates and times are subject to change. Please check our website www.arlingtonrec.com for Holiday Public Skating Schedule

Special Public Skates

Monday, August 17	12:30pm – 2:30pm
Wednesday, August 19	12:30pm – 2:30pm
Friday, August 21	12:30pm – 2:30pm
Monday, August 24	12:30pm – 2:30pm
Wednesday, August 26	12:30pm – 2:30pm
Friday, August 28	12:30pm – 2:30pm
Monday, August 31	9:00am-11:00am
Wednesday, September 2	9:00am-11:00am
Tuesday, September 8	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, September 15	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, September 22	2:00pm – 4:00pm (Special \$1 entry fee)
Wednesday, September 23	2:00pm – 4:00pm
Tuesday, September 29	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, October 13	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, October 20	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, October 27	2:00pm – 4:00pm (Special \$1 entry fee)
Friday, October 30	2:00pm-5:00pm Halloween Skate Wear a costume and get in FREE!
Tuesday, November 3	2:00pm – 4:00pm (Special \$1 entry fee)
Tuesday, November 10	2:00pm – 4:00pm (Special \$1 entry fee)
Wednesday, November 11	12:00pm-2:00pm
Wednesday, November 25	1:00pm-3:00pm Thanksgiving Skate – Music and Raffles
Sunday, December 20	2:00pm – 4:00pm: Holiday Bash with a Disc Jockey and Raffles



Advertise Your Business at the Ed Burns Arena

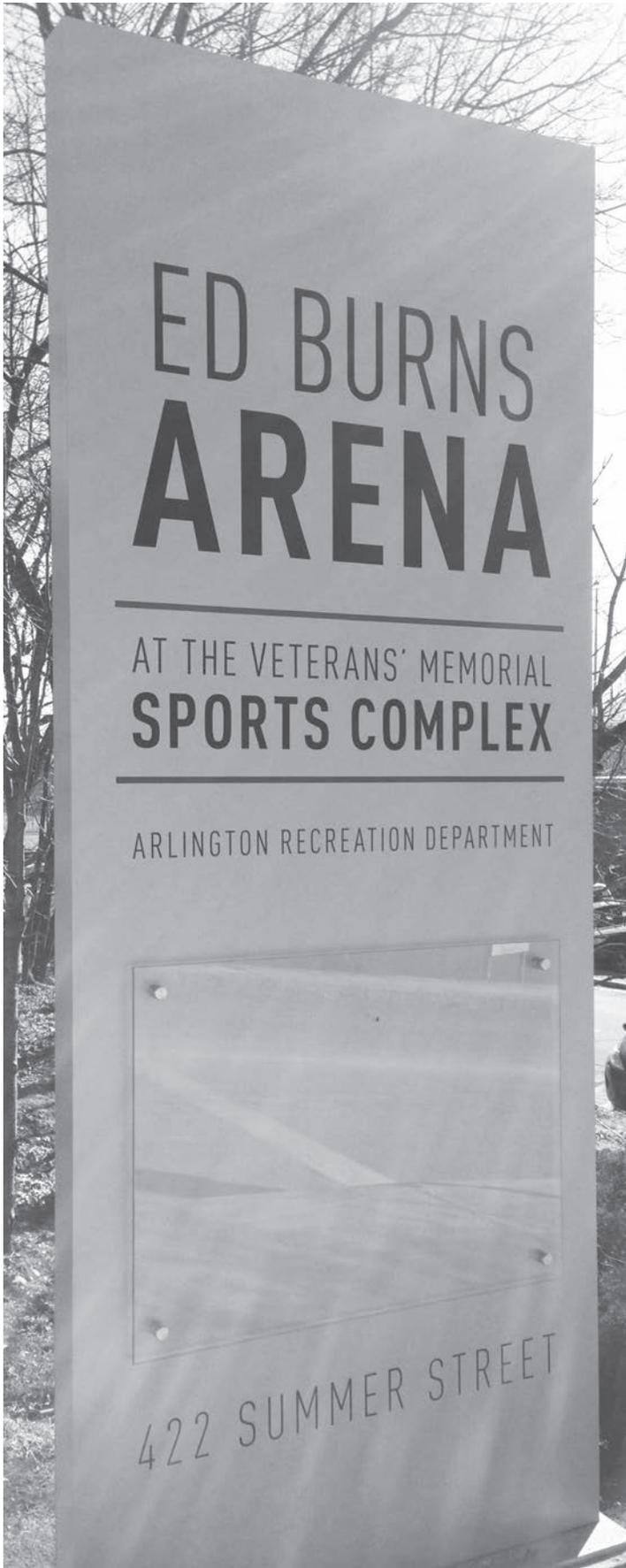
Would you like Arlington Recreation to help you
get the word out about your services or an upcoming event?
Need more exposure in Arlington and the surrounding area?

Would you like to support Arlington Recreation or sponsor a special event?

There are yearly options available for businesses to advertise at the Veterans Memorial Ice Rink! Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season!

Call Dave Cunningham at 781-316-3882 for more information.

Ed Burns Arena Ice Skating Rink



Special Kid Stick and Puck

Kids require helmet with a cage. Adults require a helmet

Tuesday, August 18	12:30pm – 2:30pm
Thursday, August 20	12:30pm – 2:30pm
Tuesday, August 25	12:30pm – 2:30pm
Thursday, August 27	12:30pm – 2:30pm
Wednesday, September 23	9:00am – 11:00am
Monday, October 12	9:00am – 11:00am
Monday, November 2	9:00am-11:00am
Tuesday, November 11	9:00am – 11:00am
Friday, November 27	9:00am – 10:50am

Men's Stick Practice

Ages: 18 years and up **Dates:**

Dates: Thursdays, starting September 10 (x 11/26, 12/24)

Time: 11:45am – 1:45pm

Cost: \$8/day per person

Women's Stick Practice

Ages: 18 years and up

Dates: Fridays, starting September 11
(x11/27, 12/25)

Time: 9:00am – 10:50am

Cost: \$8/day per person



All Star Skating

Date: Saturdays, December 12- February 6 (x12/26, 1/2)

Time: 10:50am – 11:40am

Cost: \$95 (price does not include rentals)

Join Arlington Catholic Coaches and AC Hockey Players for 50 minutes of supervised free skate time. Program is open to children with special needs from 6 years of age and up. Please note parents will not be allowed on the ice during instruction. Participants are required to provide their own single-blade skates or rent a pair for an additional charge. Helmets are required!

Students are grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5 per pair. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves! All lessons held at the Ed Burns Arena Skating Rink at 422 Summer Street.

Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical! These passes also make great birthday gifts or stocking stuffers for friends and family. Individual Passes: \$3 child & senior; \$6 adult; 10-visit punch passes: \$27 child & senior; \$54 adult.

Ice Skating Classes

Tot Skate with Carol

Ages: 2.5 and up (with parent)
Dates: Tuesdays, November 17 – December 15
January 5 – February 3, February 23 – March 22
Time: 11:00am – 11:45am
Cost: \$99 per session. Skate rentals are available.

Beginning ice skating made simple and fun! Introduce your child to the exciting sport of ice skating. Instructors emphasize proper balance and control. Helmets are required!

Carol Rosenblith began skating as an adult and continues her training in ice dancing with Robert Rafuse. She is currently a member and registered coach with the Mt. Washington Valley Skating Club in Conway, NH and has been a USFS Basic Skills instructor for more than 10 years. Since November 2003, she has been a group instructor and coordinator with Bay State Skating School, teaching preschoolers through adults at rinks throughout the Boston metropolitan area.

Since 2008 she has also served as an instructor for the Franciscan Hospital Adaptive Skating Program for children with special needs, and over the last decade has also taught for the Weston Skating Club Basic Skills Program and for Learn-to-Skate programs at rinks in West Roxbury and Natick. A member of the Professional Skaters Association since 2004, she earned a PSA rating in group instruction in 2009.

Bay State Preschool Skate

Ages: 3 – 4 years
Time: 1:00pm – 1:25pm followed by 25-minute free skate with parent
Dates: Fridays, October 23 – November 20
Cost: \$120 (5-week session)
Dates: Fridays, December 4 – January 22 (x12/25, 1/1)
Cost: \$144 (6-week session)
Dates: Fridays, January 29 – March 25 (x2/12, 2/19)
Cost: \$168 (7-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single-blade skates (rentals available). Helmets are required!

Ice Rental Fees

Call Dave Cunningham, Facility Supervisor at 781-316-3882 for complete details or an open ice time schedule. Group rental fees: \$245 per 50-minute block \$260 per 60 minute block.

Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals for \$5 per pair & Sharpening for \$6 per pair or purchase a 10-punch pass for \$50 and 11th service is FREE. Available during public skating, regular business hours, & by appointment.

Bay State Skating School Learn To Skate Program

Ages: 4 years and up

Wednesdays

Time: 3:00pm – 3:50pm
Dates: September 16 – October 14
Cost: \$120 (5-week session)
Dates: October 21 – November 25
Cost: \$144 (6-week session)
Dates: December 2 – January 20 (x12/30)
Cost: \$168 (7-week session)
Dates: January 27 – March 23 (x2/17)
Cost: \$192 (8-week session)

Saturdays

Time: 11:50am – 12:40pm
Dates: September 19 – October 17
Cost: \$120 (5-week session)
Dates: October 24 – November 28
Cost: \$144 (6-week session)
Dates: December 5 – January 23 (x12/26)
Cost: \$168 (7-week session)
Dates: January 30 – March 26 (x2/13, 2/20)
Cost: \$168 (7-week session)



Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates (rentals available). Helmets are required!

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 4 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear figure skates or hockey skates. Bay State Skating School provides over 40 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair.

Adult Skating

Ages: 18 + years
Dates: Tuesdays, November 17 – December 15,
January 5 – February 3,
February 23 – March 22
Time: 12:00pm – 12:45pm
Cost: \$99 per 5-week session

You asked for it, we are delivering! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other Arlington residents! Helmets are now required! See “Tot Skate with Carol” (above left) for more information on instructor Carol Rosenblith.

Toddler and Youth Classes

Fantastic Gymnastics

Ages: 18 months – 3 years (with parent).

Children should be good walkers

Dates: Tuesdays, four 6-week sessions

September 22 – October 27; November 3 – December 8
January 5 – February 9; February 23 – March 29

Time: 9:30am – 10:10am

Where: Gibbs Gym **Cost:** \$80 per 6-week session

This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.



Fantastic Gymnastics 3+

Ages: 3 – 5 years

Dates: Tuesdays, four 6-week sessions

September 22 – October 27; November 3 – December 8
January 5 – February 9; February 23 – March 29

Time: 10:10am – 11:00am

Where: Gibbs Gym **Cost:** \$80 per 6-week session

This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.

Viking Sports T-Ball Clinics

Ages: 3 – 5 years

Dates: Mondays, September 21 – October 19 (x10/12)

Time: 3:15pm – 4:15pm

Where: McClennen Park **Cost:** \$68 for 4 weeks

Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. All players will hit and run the bases each inning – there will be no outs. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs. Please bring a glove and a water bottle. All players will receive a Viking Sports T-shirt.

Little Dragons Karate

Ages: 3 & 4

Dates: Fridays, September 11 – December 11 (x11/27),
January 8 – April 8 (x2/19)

Time: 4:45pm – 5:15pm

Where: Brackett School **Cost:** \$320 per 13-class session

Little Ninjas Karate

Ages: 5 – 7 years

Dates: Fridays, September 11 – December 11 (x11/27),
January 8 – April 8 (x2/19)

Time: 5:15pm – 6:00pm

Ages: 8 – 12 years

Dates: Fridays, September 11 – December 11 (x11/27),
January 8 – April 8 (x2/19)

Time: 6:00pm – 6:45pm

Where: Brackett School **Cost:** \$320 per 13-class session

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Challenger Soccer Mini Kickers

Ages: 2 – 5 years

Dates: Sundays, September 20 – November 1 (x10/11)

Where: Stratton School

Time: 3:00 – 4:00pm **Cost:** \$90 per child

MiniKickers is a NEW and EXCITING program focusing on the development of children aged 2 – 5 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Come join our Cubs and Lions Program and join Lenny The Lion as you learn our MiniKickers theme song!

Sidekick Soccer After-School Program

Grades: K – 5

Dates: Begins week of September 21 and runs for 5 weeks

Time: Immediately After-School to 3:45pm,
Tuesday programs to 2:15pm

Cost: \$75 per player

Where/When: Each day is open to anyone from any
school but transportation is not provided

Dallin Elementary School: Monday (x10/12)

Thompson Elementary School: Tuesday

Stratton Elementary School: Wednesday

Bracket Elementary School: Thursday

Bishop Elementary School: Friday

Sidekick Soccer Academy (parent company of Wolves Futsal Club) is coming to your school this spring. These energetic sessions will give your children the opportunity to experience the highest standard of coaching in a fun environment while improving their understanding and ability of the game. More info: sidekickssocceracademy.com

Super Soccer Stars

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Fall 2015



Mondays (6-week session)

Dates: 9/14 – 10/26 (x10/12)

Time: 9:30am – 10:15am

10:20am – 11:00am

Where: Hills Hill Field

Cost: \$147

Ages: 3 – Young 4 year olds

2 – 3 year olds

Wednesdays (8-week session)

Dates: 9/9 – 10/28

Time: 4:30pm – 5:20pm

Where: Stratton School Field

Cost: \$196

Ages: Older 4 – 5 year olds

Thursdays (8-week session)

Dates: 9/10 – 10/29

Time: 10:15am – 11:00am

Where: Hills Hill Field

Cost: \$196

Ages: 3 – Young 4 year olds

Time: 3:30pm – 4:15pm

4:30pm – 5:30pm

Where: Stratton School Field

Cost: \$196

Ages: 3 – 5 year olds

5 – 7 year olds

Fridays (8-week session)

Dates: 9/11 – 10/30

Time: 9:30am – 10:10am

10:30am – 11:15am

Where: Thorndike Field

Cost: \$196

Ages: 2 – 3 year olds

Ages: 3 – Young 4 year olds

Sundays (8-week session)

Dates: 9/13 – 11/1

Time: 9:00am – 9:40am

9:50am – 10:40am

10:50am – 11:35am

11:45am – 12:45pm

1:00pm – 2:00pm

2:00pm – 3:00pm

Where: Poets Corner Field

Cost: \$196

Ages: 2 – 3 year olds

Older 4 – 5 year olds

3 – Young 4 year olds

5 – 7 year olds

8 – 10 year olds

10-12 year olds

Spanish Super Soccer Stars!



Dates: Fridays 9/11 – 10/30

Time: 11:30am – 12:15pm

Ages: 3 – 5 year olds

Where: Thorndike Field

Cost: \$196

In addition to the Super Soccer Stars philosophy of using soccer to nurture, to build self-confidence, and to develop teamwork in every class, participants will also learn a language! This class is geared to English-speaking children who will learn Spanish as a second language.

Super Soccer Stars Mini-League!

Dates: Wednesdays 9/9 – 10/28

Time: 6:00pm – 7:00pm

Ages: 3 – 5 years olds

Where: Stratton School Field

Cost: \$196

Super Soccer Stars Mini League is a co-ed program introducing young players to the game of soccer by allowing them to play small-sided, non-results oriented games. Dynamic, trained coaches work with student to develop skills, self confidence and teamwork in a fun and educational environment. Please consider volunteering to assist your child's team. No soccer experience necessary.

Winter 2016

Dates: Sundays 11/8 – 12/13 (x11/29)

Time: 9:00am – 9:40am

Ages: 2 – 3 years olds

9:50am – 10:40am

Older 4 – 5 years old

10:50am – 11:35am

3 – Young 4 years old

11:45am – 12:45pm

5 – 7 years old

Where: Gibbs Gym

Cost: \$130

Super Soccer Star Birthday Party at the Gibbs

Whether your child is a soccer expert or an enthusiastic beginner, let Super Soccer Stars turn your child's birthday into an unforgettable soccer extravaganza! With two party packages and multiple locations throughout the Boston area to choose from, we are sure to have something to fit your every need. Super Soccer Stars birthday parties include a full hour of fun, age-appropriate soccer activities that can even be adapted into other exciting themes, such as superheroes, princesses, or anything that your child can imagine! After the soccer fun, the kids will sit down to eat food and cake, sing, and celebrate your child's big day. Our two packages are:

Kick-Off Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities.

Cost: \$345 for 10 kids; \$15 each additional child

Super Soccer Stars Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities, soccer ball party favor

Cost: \$445 for 10 kids; \$25 each additional child

Youth Programs

Baby Sitting Training with Safety 911

Grades: 5 – 8

Dates: Monday – Thursday, October 19 – October 22
Monday – Thursday, March 7 – March 10

Time: 3:00pm – 4:30pm

Where: Ottoson Middle School – Room 232

Cost: \$125 per 4-day session

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Safety 911.

Mass Youth Soccer Winter Skills Clinic

Age Groups: Boys and Girls U7/U8, U9/U10, U11/U12

Dates: Session 1, Mondays, January 25 – February 22 (x2/15)
Session 2, Mondays, February 29 – March 21

Times: U7/U8 5:30pm – 6:30pm
U9/U10 6:30pm – 7:30pm
U11/U12 7:30pm – 8:30pm

Where: Ottoson Middle School

Cost: \$75 per person

Are you looking for a local opportunity to improve your soccer skills over the winter? The Arlington Soccer Club and Arlington Rec are partnering with Mass Youth Soccer to provide you with an opportunity to develop your technical skills and speed of play. The sessions will be dynamic and fast-paced and will cover all areas of technical development, and they will be fun!

The sessions will be run by members of the Mass Youth Soccer State Instructional Coaches, many of whom hold a US Soccer A or B license. Space is limited so register early! Though program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department.

Field Hockey FUNDamentals

Grades: 1 – 5

Dates: 9/15, 9/29, 10/6, 10/13

Times: 2:00pm – 3:00pm

Where: Summer St. Field

Cost: Free (advanced registration required)



Come learn the sport of field hockey! No need to buy your own stick, we have one that you can borrow each session.

Arlington Recreation Fencing Program

Dates: Thursdays

Session 1: September 17 – November 5

Session 2: November 12 – January 21

(x11/26, 12/24, 12/31)

Session 3: January 28 – March 31 (x2/18, 3/24)

Session 4: April 7 – June 2(x4/21)

Times: 6:00pm – 7:30pm Beginner – Intermediate
Ages 7 and above
7:00pm – 8:30pm Beginner – Advanced
Ages 12 and above

Where: Gibbs Gymnasium

Cost: \$200 fee per eight-week session includes recreational membership in United States Fencing Association.



Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving.

It's an ideal activity for people of all ages and sizes.

Equipment is provided for the first eight-week session one participates in.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not comfortable.) T-shirt, or other lightweight top. (You're going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Archery

Ages: 9 – 14

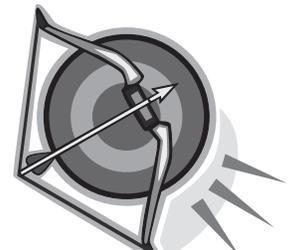
Dates: Mondays, September 21 – October 26 (x10/12)

Time: 3:15pm – 4:45pm

Where: Menotomy Rocks Park

Cost: \$135

During this five-week program participants will learn to shoot a bow and arrow with Archery USA in the Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace. Space is limited!!



Flag Football Under the Lights

Grades: K – 9

Dates: Saturdays, September 26 – October 24

Where: Peirce Turf Field

Teams: 8 – 10 players per team

Cost: \$90 per child

This program is being co-sponsored by Arlington Recreation and The Arlington Boys and Girls Club. The mission is to provide the youth of Arlington a place to promote the positive social and athletic enjoyment of flag football. The aim is simply to have fun playing the great game of flag football in a safe and fun environment that will help the youth learn about physical activity and the proper skills and techniques required to play the game.

Teams will be developed week one followed by four weeks of game play. In the interest of keeping teams balanced, please no team requests. One mouth guard will be provided for each participant. They must be worn by all players at all times. Players will also receive a game shirt!

Division	Arrival	Game Time
K, 1st & 2nd Grade	4:00pm	4:30 – 5:30pm
3rd & 4th Grade	5:00pm	5:30 – 6:30pm
5th & 6th Grade	6:00pm	6:30 – 7:30pm

If you are interested in coaching please contact Erin Campbell at ecampbell@town.arlington.ma.us.

Boys Lacrosse Clinics Fall 2015 & Winter 2016

Boys Lacrosse Clinic Fall 2015

Ages: Grades 1-8

Dates: Tuesdays and Thursdays, October 6, 8, 13, 15

Time: Grades 1 – 4, 4:00pm – 6:00pm
Grades 5 – 8, 6:00pm – 8:00pm

Where: AHS Red Gymnasium

Cost: \$85 for 4 sessions

Boys Lacrosse Clinics Winter 2016

Ages: Grades 1 – 8

Dates: Tuesdays and Thursdays, March 3, 8, 10

Time: Grades 1 – 4, 4:00pm – 6:00pm
Grades 5 – 8, 6:00pm – 8:00pm

Where: AHS Red Gymnasium

Cost: \$65 for 3 sessions



Arlington Youth Lacrosse runs this popular program. Participants will learn the basic skills of the game, as well as participate in friendly competitive play. Please bring lacrosse stick and sneakers.

For more information about Arlington boys' lacrosse please visit www.arlingtonlax.org.

Girls Lacrosse Fall Clinic 2015 & Winter 2016

Girls Lacrosse Clinics Fall 2015

Grades: 1 – 8

Dates: Sundays, September 20 – October 18 (x10/11)

Time: 6:00pm – 8:00pm

Where: Peirce Turf Field

Cost: \$95 for 4 sessions

Girls Lacrosse Clinics Winter 2016

Grades: 1 – 8

Dates: Monday & Wednesday, March 2, 7, 9

Time: Grades 1 – 4, 4:00pm – 6:00pm
Grades 5 – 8, 6:00pm – 8:00pm

Where: AHS Red Gymnasium

Cost: \$65 for 3 sessions

The Arlington Girls Lacrosse Club (AGLAX) invites returning players and any new players (grades 1 – 8) interested in learning “the fastest game on foot” to participate in the 2014 AGLAX Fall Clinic.



Both the fall and Winter Clinics are designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage.

For more information about Arlington girls' lacrosse please visit www.arlingtonlax.org.

Mindfulness Meditation and Breathing For Relaxation

Ages: Teens Ages 15+

Dates: Tuesday, October 6th
Saturday, November 7th

Times: 7:00pm – 8:30pm
10:00am – 11:30am

Where: Arlington Senior Center

This mini-workshop will help you to relax your body, calm your mind, and learn to be more present-centered. We will practice different moving meditations and deep breathing to release tension and promote deeper relaxation. You will learn techniques for managing stress, anxiety, and insomnia.

Please wear comfortable clothing and bring a yoga mat (or fluffy towel if you don't have a yoga mat). This workshop is great for beginners as well as for those with some meditation experience. Teens ages 15+ welcome.



Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonrec.com

2015 – 2016 Arlington Youth Futsal League

Sponsored by Arlington Recreation with support from the Arlington Soccer Club

Ages: U-8, U-10, U-12, U-14 Divisions to host both boys and girls teams if numbers allow

Dates: Session 1: Saturdays, December 12, 2015 – January 30, 2016 (x12/26)

Session 2: Saturdays, February 6 – March 26, 2015 (x2/20)

Free Futsal Clinic on Saturday, December 5, 2015 which will be open to all who have registered!

Times: Times will range from 8:00am to 6:00pm on Saturdays. Schedule will be available once the number of teams is finalized.

Cost: \$70 per player per Session

Team Entry per Session: Please have players register individually and then coaches can send their team lists to ecampbell@town.arlington.ma.us



Futsal in New England has experienced a tremendous growth during the past few years! Futsal has finally been recognized as the sport that best fosters the development of soccer players at a very fast pace. Arlington Recreation and the Arlington Soccer Club are once again teaming up to offer this fast-paced, fast growing sport in the Town of Arlington.

Don't miss out on this great opportunity to sharpen your skills this off-season. Please note that the level of play will be novice to moderate travel team play. This will not be a premier select team league. Arlington Recreation will supply team shirts, warm-up and practice balls and officials.

Arlington Recreation will work with the Wolves Futsal Club who will help coordinate the clinics for players and coaches and will supply referees weekly. Individuals should be prepared to play with proper footwear and shinguards.



February Vacation Programs

Kids Care Vacation Week Program

Grades: K – 5

When: Tuesday, February 16 – Friday, February 19

Time: 8:00am – 6:00pm

Where: Gibbs Gym

Cost: \$60 per day and individuals can sign up for as many days as they like. \$200 for the week.

Join us for an expansion of our successful after school program. This Fun program is open to all. Each day will have its own different special activity planned. A detailed schedule will be available online after January 1st.

Viking Sports – Multi Sport

Grades: 1 – 5

Dates: Tuesday – Friday, February 16 – 19

Time: 9:00am – 3:00pm

Where: Ottoson Gymnasium

Cost: \$195

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, wiffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Ottoson Middle School Sports & Activities

Ottoson Middle School Spy Ponder Field Hockey Team

Grades: 6 – 8

Dates: Tues & Thurs Starting September 15th

Time: 2:30pm – 4:00pm

Where: Summer Street Field

Cost: \$85

Introducing the Ottoson Middle School Field Hockey Team! The team will practice two days a week after school and have a few games scheduled throughout the season. Participants will get a uniform and buses will be provided for away

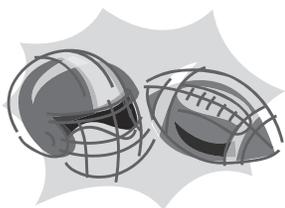
games. Coach is Erin Campbell who is the Varsity Women's Field Hockey Coach at Wheelock College.



Ottoson Middle School Spy Ponder Football 2014 Eastern Mass Conference Champions

Cost: \$325

- Ages 13 – 14, (JV – V), or in 7th and 8th grade will fall under the Spy Ponder Middle School Football Program.
- The program will be overseen by the Spy Ponder Football Club football committee with administrative assistance from Arlington Recreation.



- Once a player reaches the SPMSFB, (Spy Ponder Middle School Football), he will be coached by the Spy Ponder football MSFB staff and other local staff.

- SPMSFB players are responsible for his or her equipment.
- SPMSFB players will practice at AHS. As of now practice will be at 6:00pm through Thursday. This schedule is subject to change.
- Game times will be announced once they are set. Home games will be played at McClennen Field
- To register and for more downloadable information about the program please visit www.arlingtonrec.com.

Ottoson Middle School Spy Ponder Basketball Grades 6-8

Please see competitive travel basketball information on page 15

Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonrec.com

Middle School Early Dismissal Adventures!

Grades: 6 – 8

Middle schoolers get dismissed at 1:00pm each month. Sign up for as many adventures as you'd like! Bus will pick-up students at the Ottoson at 1:15pm. Return times and prices vary based on the activity. Participants will be returned to the Ottoson. Each participant needs their signed waiver returned at least the day before the program takes place.

Launch Trampoline Park

Date: September 22, 2015

Where: 625 Pleasant St., Watertown, MA

Time: 1:15pm – 4:30pm

Cost: \$30/person

LaserCraze

Date: October 20, 2015

Where: 15 Presidential Way, Woburn, MA

Time: 1:15pm – 4:30pm

Cost: \$30/person

Monster Mini Golf

Date: November 10, 2015

Where: 10 Newbury St., Danvers, MA

Time: 1:15pm – 4:30pm

Cost: \$30/person

Nashoba Valley Snow Tubing Park

Date: December 1, 2015

Where: 79 Powers Rd., Westford, MA

Time: 1:15pm – 5:30pm

Cost: \$50/person

Free Skate

Date: December 8, 2015

Where: Ed Burns Arena, 422 Summer St., Arlington, MA

Time: 1:15pm – 4:00pm (pick-up at Ed Burns Arena)

Cost: \$3/person

Cowabunga's Inflatable Park

Date: January 12, 2016

Where: 265 Main St., North Reading, MA

Time: 1:15pm-5:15pm

Cost: \$30/person

Boston Rock Gym

Date: March 1, 2016

Where: 78 Olympia Ave., Woburn, MA

Time: 1:15pm – 4:30pm

Cost: TBD

Fall Tennis Programs for Juniors & Adults

Run by Gordon Graham Tennis, LLC • August 31 – October 25, 2015

TENNIS...FUN for EVERYONE! Juniors and Adults will enjoy our top quality recreational tennis programs. This is our 7th year running Arlington tennis programs and we want to see those courts FULL of tennis players. Arlington has some of the best tennis courts in the area, including brand new courts at Spy Pond. So get out and enjoy this SPORT for a LIFETIME! And take some tennis classes to improve your skills so you have even more FUN.

Both our Junior and Adult Programs are under the administration of Gordon Graham, former Harvard women's tennis coach, AHS boys' coach, and founder of The Tennis Camps at Harvard. Currently the women's coach at the University at Albany (NY), Gordon will be present as much as possible.

The Junior Programs will be overseen by Matt Siegel, GGT Associate Director, AHS boys' tennis coach and USPTA-certified professional. The Adult Programs will be taught by Danielle Rakowsky, AHS girls' tennis coach and long-time AHS guidance counselor.

We in GGT pride ourselves in running programs that are SAFE, FUN and INSTRUCTIVE. Our tennis instruction is based on scientific principles. We believe in teaching strategy and tactics as well as proper technique right from the start with our juniors and adults. Our staff is chosen for their ability to work well with children or adults in a positive, upbeat manner. And they are trained to be good tennis instructors in the GGT model.

All GGT programs will be run contingent upon having sufficient enrollment. Classes will be cancelled if weather is inclement, and no refunds will be given. However, we will offer make-up opportunities, or may even offer credit in extenuating circumstances.

All Adult Programs will take place on the Wellington Park Courts on Grove St., one block from Mass Ave. All Junior Programs will be held at the brand new Spy Pond courts adjacent to the Boys and Girls Club, except for Wednesday youth classes will be held at the Crosby Courts.

Adult Programs

All the following are six-week programs starting September 8 (after Labor Day) and running through October 15.

All classes will be held at Spy Pond Courts.

Beginners

Days: Wednesdays
Time: 8:00pm – 8:50pm
Cost: \$89

If you are just starting out and want a fun way to learn tennis quickly, we will teach you basic technique and strategies.

Advanced Beginners

Days: Wednesdays
Time: 7:00pm – 7:50pm
Cost: \$89

If you have played a bit and want to improve your technique and strategy, OR if you have not played for a long time...give this a try!

Intermediates/Advanced

Days: Wednesdays
Time: 6:00pm – 6:50pm
Cost: \$89

If you have played for a few years and you want to learn better strategy, tactics and technique...we will help you ramp up your game!



Private, Semi-Private & Small Group Lessons

Can't find what you are looking for in our group programs? Or want to improve your game even faster? You may schedule lessons for ADULTS and/or JUNIORS with GGT staff members to fit your needs and schedule. These can be booked by contacting Gordon at: gordongraham@gmail.com.

Instructional Lessons

Cost: \$65/hour for one person;
\$75/hour for two people;
\$85/hour for three; and
\$95/hour for four.

Hitting Lessons

Cost: \$45/hour for one person.

Junior Programs

All classes will be held at Spy Pond Tennis Courts except Wednesday youth classes held at the Crosby Courts.

Beginner/ Advanced Beginner Programs

Ages: 5 – 6 year olds **Time:** 9:00am – 9:50am
7 – 9 year olds 10:00am – 10:50am
10 – 12 year olds 11:00am – 11:50am
Dates: Saturdays (8 sessions), September 6 – October 25
Cost: \$119

Beginner/Advanced-Beginner After-School Programs

Ages: 5 – 6 year olds **Time:** 3:00pm – 3:50pm.
7 – 9 year olds 4:00pm – 4:50pm
10– 12 year olds 5:00pm – 5:50pm
Dates: Tuesdays and/or Thursdays (8 or 16 sessions)
September 1 – October 22
Cost: \$119 for one day/week; \$219 for two days/week

Middle School Club Tennis After-School Programs

Grades 6 – 8
Dates: Mondays and/or Wednesdays (8 or 16 sessions)
August 31 – October 26 (x9/7)
Time: 4:45pm – 6:05pm
Cost: \$169 for one day/week; \$329 for two days/week

This program is structured to emphasize the “team” aspect of tennis. Whether players are prepping to make their high school tennis team, or just want to have a FUN social experience learning this great game...CLUB TENNIS is the way to go for this age group!! Added BONUS: they are taught by AHS boys’ tennis coach Matt Siegel!



High School Club Tennis After-School Programs

Grades: 9 – 12
Dates: Mondays and/or Wednesdays (8 – 16 sessions)
August 31 – October 26 (x9/7)
Time: 3:20pm – 4:40pm
Cost: \$169 for one day/week; \$329 for two days/week

This program also emphasizes the “team” aspect of tennis and is structured for players on their high school team, or trying to make their HS team. FUN!!! Taught by AHS boys’ coach Matt Siegel!

Tennis “Play Days” on Sundays

Ages: Middle School and High School Club-level players
Times: 9:00am – 10:20am
Dates: Sundays (8 sessions), September 6 – October 25
Cost: \$139

These “Play Days” are instructor-guided, FUN competition sessions. No drills. Just playing tennis at an age and ability-appropriate level. These are the perfect complement to our weekday classes. Players get a chance to put into play the skills they practiced in their classes. Or even if you have not taken any of our classes, you are welcome to come and play in this.

***Need A Space To Hold Your Next Event?
Looking for an Inclement Weather Location?
Consider Renting the Gibbs Gymnasium!***

Arlington Recreation rents the Gibbs Gymnasium to the public.
Facility is open Monday – Saturday, 6:00pm – 10:00pm, Sunday 1:00pm – 5:00pm.
Single-Use or Long-Term options available! Rental Fee for each space is \$50 per hour.

***For complete details or to book your space,
call Arlington Recreation at 781-316-3884.***

Youth Basketball Programs

Arlington Girls Basketball Clinic

Grades: 1 – 5

Dates: Sundays, November 15 – December 20

Times: 4:00pm – 5:30pm

Where: AHS Gym

Cost: \$115 per participant

The Arlington High School Girls Basketball Clinic will emphasize fundamental instruction in small group sessions to improve the knowledge and skill of each player while providing an enjoyable learning experience, and providing life lessons in sportsmanship, leadership and self awareness. The program will be directed by Arlington girl's varsity basketball coach, Amanda Mortelette. Varsity players and other volunteers will assist with the program.

Competitive Travel Basketball 2015-2016 Season

Grades: 4 – 8

Tryouts held: See detailed schedule to the right.

League Dates: Beginning the week of September 28 and ending approximately March 1, with practice beginning in November.

Where: Varies between: Ottoson Middle School, Brackett Elementary School, and Gibbs Gym for practices and home games

Cost: \$395 per participant (not including uniform), \$445 per participant if you are new to the program or need a new uniform. Must pre-register prior to try-outs online at www.arlingtonrec.com. A \$50 registration fee is charged at the time of registration. This fee will be deducted from your total invoice upon notification of team selection and refunded to you if you do not make a team.



Travel Basketball Tryout Schedule

All tryouts are week of September 28. Boys Grades 5 – 8 tryouts are Tuesday and Thursday. Girls 5 – 8 tryouts are Monday and Wednesday. Boy and Girls Grade 4 Try-outs are Friday.

Grade/Gender	Tryout Times	Gym
Grade 4 Boys	6:00pm – 7:15pm	Ottoson Upper
Grade 5 Boys	6:00pm – 7:15pm	Ottoson Lower
Grade 6 Boys	7:15pm – 8:30pm	Ottoson Lower
Grade 7 Boys	6:00pm – 7:15pm	Ottoson Upper
Grade 8 Boys	7:15pm – 8:30pm	Ottoson Upper
Grade 4 Girls	7:15pm – 8:30pm	Ottoson Upper
Grade 5 Girls	6:00pm – 7:15pm	Ottoson Lower
Grade 6 Girls	7:15pm – 8:30pm	Ottoson Lower
Grade 7 Girls	6:00pm – 7:15pm	Ottoson Upper
Grade 8 Girls	7:15pm – 8:30pm	Ottoson Upper

This are a competitive, travel basketball teams. All interested participants must attend tryouts.

Tryouts are free. Payment for this league will be collected once participants have been notified of successful tryout. However, advanced registration online is required.

Coaches will notify players soon after regarding the outcome of the tryout. Once notified, participants must pay the balance for the before being allowed to participate in practices.

Each team will practice twice weekly at one of the following locations: Ottoson Middle School, Brackett Elementary School, Gibbs Gym, Arlington High School or Peirce School. Practices WILL NOT BE held if school is canceled due to inclement weather and during school vacation weeks; however, individual coaches may opt to hold special practices during this time at alternate locations. Practices WILL BE held on early release days.

Please remember that all schedules are subject to change and may occasionally be affected by special school activities and inclement weather. If you have questions or are unsure about your schedule, please contact your coach directly.

In Memory of Jim Robillard 1942 – 2015



The Arlington Recreation Department and the Arlington Park and Recreation Commission would like to dedicate the 2015 Fall Recreation Brochure to former Park and Recreation Commission Member Jim Robillard.

Jim Robillard's contributions to the Town of Arlington were many. Jim was a former Town Meeting member and was a member of the Park and Recreation Commission from 2007 until his passing. Jim's volunteer efforts on the baseball diamond and his commitment, dedication, and love of everything Arlington Baseball separated him from the rest.

Jim started coaching in 1961 with the Arlington Baseball Association's Pirates and has never stopped coaching in over 50 years. Jim coached his beloved Arlington Pond Rats and over the years took his team to the Babe Ruth World Series five times.

Off the field Jim served as the President of Babe Ruth baseball and in the early 1980's was instrumental in having the lights installed at Summer Street Field.

Last year Jim received the ultimate honor in Babe Ruth being inducted into the Eastern Massachusetts Babe Ruth Hall of Fame. In Jim's inductee acceptance speech he stated "...it has been my honor to serve the community."

I think Jim has it backwards. It was Arlington's honor to have a person like Jim Robillard serve and volunteer in our community.

— Joe Connelly, Director of Arlington Recreation

Winter Skiing: Ski Lessons at Nashoba Valley

Ski/Snowboard - New Day Tuesday!

Grades: 2 - 6

Dates: Four Tuesdays,
January 12- February 2

Time: 2:00pm - 6:30pm (times
are approximate). Lessons
are scheduled for 3:15pm.

Cost: \$2605 per participant. Each
week participants will have
time for free ski before
lessons begin.

The Learn to Ski Program provides ski
or snowboard lessons, lift tickets and
transportation to the Nashoba Valley
Ski Area in Westford, MA.



Transportation

Buses will meet at the Arlington
Recreation Department. We will begin
boarding at approximately 2:00pm.
Return location will be the same. If
a session needs to be canceled due
to inclement weather, the session will
be made up the following Tuesday.

Registration Note

Please note that registration numbers
are limited and accepted on a first-
come, first-serve basis.

Equipment Rental

There will be a mandatory fitting on
Monday, December 7 from 5:30pm - 6:30pm in the lower
level classroom of the Gibbs Gymnasium. Rentals are an
additional \$85.00 for the season, checks payable the night of
the fitting directly to Nashoba Valley. If you do not make this
date, it will be necessary to go to Nashoba on your own before
the first session for a private fitting. Helmets will also be sold
at the fitting for \$60

Parent Volunteers

Parent volunteers are allowed to ski/
snowboard for free, but must attend all four weeks of the
program. Parent volunteers are assigned to same group for
the entire program and are responsible for taking attendance,
assisting with equipment rental, and chaperoning participants
at Nashoba Valley. Parent volunteer spaces are limited. If you
are interested in being a parent volunteer, please contact
Arlington Recreation at 781-316-3880.

Host Your Child's Birthday Party at the Gibbs Gym!



Arlington Recreation will book birthday parties on
Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks. Bouncy House rental available!

Great price! \$140 without Bouncy House, \$190 with Bouncy House!

**For more information please call us at 781-316-3880
or email us at jconnelly@town.arlington.ma.us**

Badminton at the Dallin School Gym

September 2015 to December 2015 and January 2016 to June 2016
Register for Badminton programs at elainegam@rcn.com

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, and more energetic than the “backyard badminton” that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use. Chauncy Liu will coach all sessions.

On Mondays there will be 2 sessions dedicated to “Just Families” from 6:30pm – 7:20pm and from 7:20pm – 8:10pm. “Monday Doubles” follows at 8:10pm – 9:50pm.

On Thursdays there will be 1 session dedicated to “Just Families” from 6:30pm – 7:20pm with one court dedicated to adults learning or returning to the game and 4 half-courts for family play. “Thursday Adult Club” follows at 8:10pm – 9:50pm.

Just Families on Monday

Times: 6:30pm – 7:20pm and 7:20pm – 8:10pm
Who: Family groups.
Dates: September 21 to December 15 (x10/12, 11/10)
January 12 to May TBD
Cost: Half court for 12 weeks \$200
Full court for 12 weeks \$390
Single Adult player \$100 for 12 weeks.

This session is structured for families to play with their children. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and “Just Families” fills quickly.

Just Families and Basics on Thursday

Time: 6:30pm – 7:20pm
Who: Family groups and adult players returning to the game.
Dates: September 10 to December 10 (x11/26)
January 8 to May TBD
Cost: Half court for 13 weeks \$218
Full court for 13 weeks \$423
Single Adult player \$110 for 13 weeks.

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.



Doubles Court on Monday

Time: 8:10pm – 9:50pm
Who: Youth or adult players with game-playing skills.
Dates: September 21 to December 15 (x10/12, 11/10)
January 12 to May TBD
Cost: \$140 for season, \$10 per person walk-in when space available.

Play is exclusively doubles, but there are not regular partnerships. Instead a ‘Ladder System’ is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. Chauncy Liu and other experienced players will be playing with the group and helping players to develop playing skills. Only 28 passes will be sold per season, so space is limited.

Adult Club Badminton on Thursday

Time: 7:20pm – 9:50pm
Who: Adult players with advanced game-playing skills.
Dates: September 10 to December 10 (x11/26)
January 8 to May TBD
Cost: \$145 for season, \$15 per person walk-in when space available.

Play is almost exclusively doubles, but there are not regular partnerships. Instead a ‘Ladder System’ is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. There is no coaching, however Chauncy Liu as well as other experienced players from the Winchester Club will be playing with the group. Only 30 passes will be sold per season, so space is limited.

Passes for all programs are available only by advanced sign-up via email at elainegam@rcn.com or email her with questions. For more Badminton Club info, go to: <http://abc.wolfberg.net>.

Adult Programs

Zumba for Adult

Instructors *Becky Johnson and Gina Manganiello*

Dates: Tuesdays, September 8 – October 27 and
November 3 – December 22

Time: 7:00pm – 8:00pm

Where: Gibbs Gym

Cost: \$96 for the 8-week session

Zumba® combines high energy, motivating music with unique moves and combinations that allow the participants to dance their worries away, and burn 500-700 calories in the process. It is based on the principle that a workout should be fun so you want to do it. Zumba is great for the mind, body, and soul. It is a “feel-happy” workout – so don’t forget to bring your smiles, but also be prepared to sweat!



ZUMBA
fitness

No dance experience required! Bring a water bottle and towel.

Maureen Nee Fitness Program:

TRX® Boot Camp

All sessions taught by *Maureen Chagnon Nee*, a certified group exercise instructor and personal trainer, and local triathlete.

Dates: Session 1: Monday, Wednesday and Friday,
September 14 – October 26 (x10/12)

Session 2: Monday, Wednesday and Friday,
January 11 – February 22 (no class 1/18)

Time: 5:45am – 6:30am

Where: Gibbs Gym

Cost: \$240

Sign up for the only Fall/Winter session for TRX Boot Camp. Class will meet Mondays, Wednesdays and Fridays at 5:45am at the Gibbs Gym. This class is a combination of cardiovascular drills to keep your heart healthy and TRX Suspension Trainer strength exercises to tone all your muscles! You can make the TRX exercises harder or easier just by changing your stance, body angle and speed. The class is appropriate for beginners and seasoned athletes alike. Class is limited to 20 participants. Bring a yoga mat and water to each class.



Arlington Recreation Adult Fencing Program

Dates: Session 1: September 17 – November 5

Session 2: November 12 – January 21

(x 11/26, 12/24, 12/31)

Session 3: January 28 – March 31 (x2/18, 3/24)

Session 4: April 7 – June 2 (x4/21)

Times: Thursdays 7:00pm – 8:30 pm, Beginner – Advanced

Where: Gibbs Gymnasium

Cost: \$200 Fee includes recreational membership in United States Fencing Association.

Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving. It’s an ideal activity for people of all ages and sizes.

Equipment is provided for the first 8-week session one participates in.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not comfortable.) T-shirt, or other lightweight top. (You’re going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Open Basketball

Ages: 18 & up

Dates: Every Tuesday starting October 27th

Time: 7:00pm – 9:00pm

Cost: \$10/day

Where: Hardy School Gymnasium



The Arlington Recreation Department Fall 2015/Winter 2016
Program was designed and composed by

Lightning Design

www.lightningdesign.net

Community Organizations

Arlington Soccer Club (ASC)

www.arlingtonsoccerclub.com

The Arlington Soccer Club is a volunteer organization that provides an opportunity for the boys and girls of Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship. We have 1,900 players, ranging in age from pre-K through high school, and over 300 coaches. We offer both a spring and fall season for players of all skill levels, ranging from the recreational to Division 1 players. We offer in town leagues for our younger players, pre-K through 4th grade. Our older teams participate in the BAYS soccer league and travel to other towns for games. We also employ local referees to officiate our games, both youth and adult. For more details about the various programs we offer, or to register your child to play with our club, please visit our website at www.arlingtonsoccerclub.com. If you have a specific question you can find email contact information for our board members on our website.

Arlington Town Tennis Association

www.attatennis.org

Do you play tennis? Would you like to meet others who play tennis? Visit www.attatennis.org to learn more about the Arlington Town Tennis Association (ATTA) and become a member. You do not need to be a member to sign up for the ATTA newsletter, or events. ATTA is a great way to meet others who play tennis. ATTA will be hosting an Adult Spring Draw Doubles Event, Saturday May 2 and Sunday May 3 (if needed) 2015. Those who sign up will be matched up with a partner and matching will be according to level. Sign up for either men's, women's and/or mixed doubles. Visit www.attatennis.org to sign up for updates as well as the ATTA newsletter.

Arlington Youth Lacrosse (AYL)

www.arlingtonlax.usl.la

Arlington Youth Lacrosse ("AYL") is a volunteer-based organization comprised of student-athletes, parents, coaches and supporters that provides opportunities for Arlington's boys and girls to learn about the game of lacrosse, to develop their skills through practice and competition, and to enjoy the camaraderie associated with team play. We welcome all comers regardless of skill level or experience, and offer in-town and travel-based spring programs for students ranging from first grade through eighth grade.

Arlington Girls Lacrosse ("AGLAX") has recently joined forces with Arlington Youth Lacrosse (historically the boys lacrosse program) to form a unified lacrosse organization for the town of Arlington. We are excited to bring together these two organizations that have fostered the incredible expansion of lacrosse in Arlington, and we look forward to providing an ever-growing number of our youth with opportunities to learn and participate in the fastest growing sport in the country.

Arlington Pop Warner (APW)

www.leaguelineup.com/welcome.asp?url=arlingtonpw

Arlington Pop Warner football and cheer registration is open to all children ages 5 to 15 who live in Arlington and/or attend school in Arlington. Pop Warner football is the only nationally organized program that sets and enforces strict age and weight guidelines to promote player safety. There are no tryouts and everyone plays. Pop Warner football and cheer programs teach fundamental values, skills and knowledge that young people will use throughout their lives.

SEE YOUR CHILD ON THE COVER OF THE ARLINGTON RECREATION DEPARTMENT PROGRAM



The Arlington Recreation Department invites you to submit photographs at any time to be considered for use in our programs. Photos should be in full color and high-resolution. Email your submissions to stevemoniak@lightningdesign.net

Advertise Your Business or Sponsor a Special Event!

There are yearly options available for businesses to advertise at the Veteran's Memorial Sports Center. Options include banners, illuminated signage, Zamboni, scoreboard, and message board.

If interested in advertising or to receive further information on available options, contact Dave at 781-316-3882.

Arlington Parks, Fields, & Facilities

Sign up online for field closing notices at www.arlingtonma.gov

To request the use of a field or park for special event or outing, please submit a field permit request to Director of Recreation Joe Connelly at JConnelly@town.arlington.ma.us. Downloadable permit forms can be found at www.arlingtonma.gov; click on "Recreation Department," "Parks and Recreation Forms."

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground. Parking available.

Brackett School: 66 Eastern Avenue. Area has a playground and a hardtop basketball area. On-street parking available.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink). Park has a softball/little league field, access to bike path. Parking available.

Buzzell Field: 29 Summer Street. Area has two little league/softball fields (Buzzell 1 - near Summer Street, Buzzell 2 - near bikeway), a playground, picnic tables, a basketball court, and access to bike path. On-street parking available.

Crosby School/Tennis Courts: On Winter Street about 1/2 way down. Area has a medium size green space used for soccer and a playground. Limited on-street parking available.

Cutter School: Park is located between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: Located at 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar and vending machines, skate rentals and sharpening. Open September through April. Parking available.

Florence-Dallin School: 185 Florence Avenue. Area has a little league/softball field, a large open green space for soccer/lacrosse, a playground, and a small basketball area. On-street parking is available.

Gibbs Gym: 41 Foster Street off Massachusetts Avenue. Area has two playgrounds available to the public (after 6pm on weekdays) and a basketball court. Parking available.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two schools, the Waldorf School of Lexington and Lexington Christian Academy off of Lowell Street. Area has walking trails in Arlington and Lexington.

Hibbert Playground: Hibbert Street. Area has a small playground.

Hill's Hill: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field). Open field for various sports or activities, with access to bike path, and has a playground. Parking available.

Hurd/Reservoir: Located on Drake Road behind Trader Joes and Walgreen's in the Heights. Area has two softball/little league fields, large open field used for soccer, access to bike path and the Reservoir. Parking available on Mass Ave, Drake Road.

Locke School Playground: David Road behind the Locke School condos.

Lussiano Field: North Union Street near Thompson School. Area has a playground, a basketball court, three picnic tables, one basketball court, one softball/little league field, one baseball field, and a big open field used for soccer. Seasonal spray pool area open from June to August. Parking available.

Magnolia: On Herbert Street/Magnolia Street Area has a playground, a basketball court, a large open field that is used for soccer and lacrosse, community gardens area, and access to the bike path. Very limited parking available.

McClennen Park: Located on Summer Street (Rte. 2A) across from Palmer's Garage, Lexington line. Area has playground, skate boarding ramps, walking trail, two soccer fields, and one little league field. Parking is available.

Menotomy Rocks Park: Jason Street main entrance. Area has two open green spaces, a picnic area, playground, walking trails and fishing. On-street parking available.

Ottoson Middle School: 630 Acton Street. Take left after Saint Athanasius the Great Greek Orthodox Church (formerly Saint James Church) on to Appleton and left on Acton Street Area has a softball/little league field in back and practice area in front. Parking available.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court. No parking available

Peirce School: 85 Park Avenue Extension. Area has a playground, a basketball court, and green space. Parking available after 3:00pm.

Poet's Corner: 175 Dow Avenue. Off Route 2 service drive and Dow Avenue. Area has a playground, softball/little league field, basketball courts, and tennis courts.

Reservoir Beach: Parking off of Lowell Street. Seasonal beach, playground, concession stand. Walking path year round.

Robbins Farm: 166 Eastern Avenue. Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School. Area has a baseball diamond, large green space area used for soccer, a playground, summer-time movies in the park, and a 4th of July celebration. On-street parking available.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. Parking available.

Scannell: Field Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of lights onto Linwood Street Area has a softball/little league field, access to the bike path and stands to watch athletic activities.

Spy Pond Field: 66 Pond Lane. Overlooking the Boy's and Girl's Club. Area has a baseball diamond, little league field, stands to watch athletic activities, a large open field used for soccer, five tennis courts and a tennis mini-court.

Spy Pond Park: Located on the North shore of Spy Pond off Pond Lane. The area has a playground, boat ramp and access to the bike path.

Stratton School: 180 Mountain Ave. Area has a playground, hardtop for basketball, and a small green space. Parking available after 3pm.

Summer Street: 422 Summer Street on the left of the Sports Center (rink) on the corner of Forest Street Area has a playground, a basketball court, a baseball diamond, a large open field used for field hockey, and access to the bike path. Parking available.

Thorndike Field: 99 Margaret Street Take Lake Street Off of Mass Ave. Go past Hardy School and take left onto Margaret Street all the way to the end. Area has a large field for soccer and lacrosse, Off Leash Dog Area, and access to the bike path. Parking available.

Turkey Hill: Access from Dodge Street. Passive recreation area and trails.

W. A. Peirce Turf Field: 869 Mass Ave. Behind Arlington High School. A newly-renovated turf field, new six-lane track, one baseball field, one softball/little league field, one multi-purpose practice field, and two basketball courts.

Waldo Park: Teal Street. Area has playground, basketball court and small open area for play.

Wellington Park: Grove Street across from DPW Garage. Area has tennis courts, climbing wall and passive recreation area.

Whittemore Robbins House: 700 Mass Ave. Turn into the Robbins Library parking lot and follow drive. Area has a playground and a small green space. Parking available.

Meet the Recreation Department Staff

Joseph Connelly
Director of Recreation

Erin Campbell
Program Supervisor

Maria Day
Administrative Assistant

Linda Kirchner
Administrative Assistant

Dave Cunningham
Facility Supervisor

Mark Linsky
Maintenance Craftsman

Parks & Recreation Commission

Jen Rothenberg
Chairperson

Shirley Canniff
Vice Chairperson

Leslie Mayer

Don Vitters

Elena Bartholomew
Associate Member

Peter Hedlund
Associate Member

Recreation Department Phone Numbers

Main Number:
781-316-3880

Fax Number:
781-641-5495

Ice Rink:
781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

Registration Form

Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F DOB:		
Allergies/Medications/Limitations?:			
PARENT/GUARDIAN INFORMATION			
Guardian:	Cell Phone:		
Business Phone:	Email:		
EMERGENCY INFORMATION			
Name: Phone:			
PROGRAM REGISTRATION SECTION			
CLASS	SESSION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington - Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or recreation programs.</p> <p>Emergency Medical Treatment: I hereby give the Arlington Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.</p> <p>Allergies, Chronic Health Conditions: Allergies must also complete EAAP plan at the Recreation Dept office. Please list all of your child's allergies and/or chronic health conditions: _____</p>			
SIGNATURE _____			
Credit Card Payment: MC/ VISA/DISCOVER: Card # _____			
EXP. _____ SIGNATURE _____ CVV# _____			
<p><i>Please make checks payable to Arlington Recreation.</i> Mail form to Arlington Recreation, 422 Summer Street, Arlington, MA 02474 or fax to 781-641-5495</p>			

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SPECIAL EVENTS

Saturday, September 12

Walter V. Moynihan Town Day Run



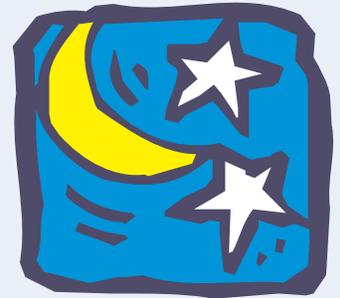
The Town Day Road Race is being held on Saturday, September 13th at the Arlington High School. Enjoy this 2.7-mile course as it heads down Mass Ave and then returns on the Bike Path. An automatic timing system will be used. Registration starts at 7:30am – 8:00am with race time starting at 8:30am. Register the day of the race or prior to the event at Arlington Recreation. Pre-race Registration is \$20 per person. This event is sponsored by Arlington Recreation, Boys & Girls Club and Fidelity House.

Saturday, September 12th, Town Day

Moonlight Beach Party @ the Res!

Save the date and join us for a fun filled evening of music, dancing, food, drink, live auction and raffles. The Arlington Reservoir beach will be transformed into a beach party as we enjoy a fun evening of Blue Ribbon BBQ and activities as we raise funds and awareness for Arlington parks.

Get your tickets for the must-go-to event of the Fall at arlingtonrec.com.



Saturday, March 19, 2015

Daddy/Daughter Dance

Social for girls of all ages with their fathers, grandfathers, uncles and other guardians. Everyone is welcome to attend with their daughters to the Daddy/Daughter Dance.

5:00pm – 7:00pm at Ottoson Middle School

\$5 per ticket. Tickets on Sale January 1



Arlington Recreation 8th Annual Golf Tournament

We are taking a year off but we will be back in 2016!!!
We hope to see you on the course with us then!



Arlington Recreation Department
422 Summer Street
Arlington, MA 02474

*Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonrec.com*