

# Arlington Recreation Program

## Fall 2018 - Winter 2019



**Register Online at**  
**[www.arlingtonrec.com](http://www.arlingtonrec.com)**

Register By Phone: 781-316-3880 • By Walk-In or Mail-In: Arlington Recreation Department,  
422 Summer St., Arlington, MA 02474 • Office Hours: 8:00am-4:00pm Monday-Friday

# Table of Contents

General Information.....2  
 Super Soccer Stars Fall .....3  
 Toddler and Youth Programs.....4  
 Youth Programs .....5  
 Sidekick After-school Programs.....6  
 Youth Flag Football League.....7  
 Youth Futsal League.....7  
 Travel Basketball.....8  
 Ed Burns Arena.....9  
 Ice Skating Lessons.....10  
 Fencing.....11  
 Nashoba Valley Ski/Snowboard Program.....11  
 Super Soccer Stars Winter.....12  
 Winter Indoor Soccer Programs.....12  
 Adult Tennis.....13  
 Junior Tennis.....14  
 Kid Care Preschool.....15  
 Kid Care Afterschool.....15  
 Adult Programs.....16  
 Community Organizations.....16-17  
 Fields and Facilities.....18  
 Speacial Events.....Back Cover  
 Department Phone Numbers.....Back Cover  
 Mission Statement.....Back Cover

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## Parks & Recreation Commission

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 Don Vitters  
 Crissy Tarantino  
 Phil Lasker, Associate Member  
 Henry Brush Associate Member

**We want to hear from you!**

Have a suggestion for a new program or event?

Email us your great ideas!

[RecOffice@town.arlington.ma.us](mailto:RecOffice@town.arlington.ma.us)



# General Information

## Registration and Payment

To register online, please visit [www.arlingtonrec.com](http://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.

## 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 if a program is the right fit please call us to discuss program specifics.

## Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, a household credit request must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary.

## Participants Responsibility

We ask that participants respect the staff, other participants, program equipment, facilities and age requirements 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 pack or send items containing nuts.



## Inclement Weather

Please visit [arlingtonrec.com](http://arlingtonrec.com) to receive inclement weather updates on programs run by Arlington Recreation. For field notifications you can sign up online for field closing notices. Field closing notices are updated by the Department of Public Works Monday through Friday before 3:00pm. It is 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 online at [www.arlingtonrec.com](http://www.arlingtonrec.com)

## Course Confirmation

No confirmation for registering 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](http://www.arlingtonrec.com) to view your account history.

## Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support 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. Thank you to everyone who has 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.

## Financial Aid

Financial assistance may be available thanks in part to our scholarship fund and assistance we received through the Community Development Block Grant program. For eligibility information, contact the Recreation Office or download the form at [arlingtonrec.com](http://arlingtonrec.com)

# Super Soccer Stars Fall Programs

Get the ball rolling for ages 1 and up with Super Soccer Stars in Arlington! 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, build self-confidence, and develop teamwork in every class. Our specially designed curriculum uses 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.

## Monday Program

Dates: 9/10-11/5 (x10/8)

Time: 9:00am – 9:45am      Ages: 3 – 4 years

9:50am – 10:30am      2 – 3 years

Where: Hills Hill Field

Cost: \$215

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## Thursday Program

Dates: 9/6-11/8

Time: 9:30am – 10:10am      Ages: 2 – 3 years

10:15am – 11:00am      3 – 4 years

11:05pm – 12:00pm      4 – 5 years

Where: Hills Hill Field

Cost: \$265

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## Friday Program

Dates: 9/7-11/9

Time: 9:30am – 10:10am      Ages: 2 – 3 years

10:15am – 11:00am      3 – 4 years

Where: Hills Hill Field

Cost: \$265

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## Sunday Program

Dates: 9/9-11/11 (x10/7)

Time: 8:30am – 9:10am      Ages: 2 – 3 years

9:15am – 10:05am      4 – 5 years

10:10am – 10:55am      3 – 4 years

11:00am - 12:00pm      5 - 7 years

Where: Hill's Hill

Cost: \$240

## Columbus Day Clinics

October 8, 2018

## Fun in the Sun

Ages: 3-5 years

Time: 9:15am-11:15am

Cost: \$50

## Kick It

Ages: 6-12 years

Time: 9:00am-1:00pm

Cost: \$100

Where: Hill's Hill



# Toddler and Youth Programs

## Little Dragons and Little Ninjas Karate

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.

### Little Dragons Karate

Ages: 3 & 4 years  
Dates: Fridays, September 7-December 7(x11/24)  
Time: 4:45pm – 5:15pm  
Where: Brackett School  
Cost: \$198 per 8-class session

### Little Ninjas Karate

Ages: 5 – 7 years  
Dates: Fridays, September 7-December 7 (x11/24)  
Time: 5:15pm – 6:00pm  
Where: Brackett School  
Cost: \$198 per 8-class session  
Ages: 8 and up  
Dates: Fridays, September 7-December 7 (x11/24)  
Time: 6:00pm – 6:45pm  
Where: Brackett School  
Cost: \$198 per 8-class session



## Viking T-Ball Clinics

Ages: 4-6  
Dates: Mondays, September 17-October 22(x10/8)  
Times: 2:45pm-3:30pm 4 and young 5  
3:45pm-4:30pm Older 5 and 6  
Where: McClellan Park  
Cost: \$85 for 5-weeks

Join the Viking Sports Staff for this fun program that will introduce children to catching, throwing, batting, running bases, and fielding. Please bring a glove and a water bottle!

## TinyTykes Soccer

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 children and will combine soccer with fun games, stories, and music that keeps your children entertained and enthused to return each week.



Ages: 2-5 year olds  
Dates: Saturdays, 9/15-10/27 (x10/6)  
Times: 11:00am-12:00pm  
Cost: \$110

Dates: Sundays, 9/16-10/28 (x10/7)  
Times: 4:30pm-5:30pm  
Cost: \$110

## 2nd & 3rd Grade Basketball

Grades: 2-3  
Where: Hardy School  
When: Sundays, December 2-February 24  
Time: 12:30pm-2:00pm



Basketball clinic that ends in scrimmages each week for girls and boys in 2nd and 3rd grade. This is a co-ed program, if there are enough participants of each gender, the scrimmages will be separated by gender.

## Arlington Girls Basketball Clinic

Grades: 1-5  
Dates: Sundays, November 4-December 16 (x11/11)  
Where: AHS Gym  
Cost: \$115

The Arlington 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 the AHS Varsity Basketball Coach, Amanda Mortelette. Varsity players and other volunteers will assist with the program.

# Youth Programs

## Middle School Cross Country

Grades: 6-8

Time: Tuesday and Thursday, 3:45pm-5:00pm

Dates: September 11 - November 1

Where: AHS

Cost: \$125

Join Nat Heitmann, former AHS XC runner, for this exciting cross country program for middle schoolers! Runners will learn the proper techniques for stretching, warm-up, running and cool down.

## Street Soccer with Paige (Indoors)

Dates: Tuesday, Wednesday or Thursday  
February 26-March 28

Grades: Grades 2-4 Times: 6:00pm-7:00pm  
Grades 5-8 7:15pm-8:15pm

Where: Stratton School Gym

Cost: \$120

Coach Paige is back again this winter with her fantastic programme 'Street Soccer with Paige'. During these sessions you will learn new moves, gain thousands of touches on the ball and sharpen up your skills. Coach Paige will help you play with confidence and encourage you to execute those skills within a game setting environment. Spaces are limited!

## Ottoson Middle School

### Co-Ed Ultimate Fresbee Team

Grades: 6-8

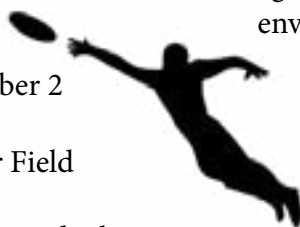
Dates: Fridays, September 14-November 2

Time: 2:30pm-4:00pm

Where: Ottoson Middle School Upper Field

Cost: \$80

Come play for the Ottoson Ocelots, a co-ed Ultimate Frisbee program at the middle school level. The focus of the program will be on skill development, sportsmanship, and Spirit of the Game - the foundation of Ultimate which places the responsibility of fair play on every member of the team. No previous experience required. Ultimate is one of the fastest growing sports in the world today, and was recently recognized by the International Olympics Committee. For more information about Ultimate, visit [www.usultimate.org/rules/](http://www.usultimate.org/rules/). For questions about the program, email [ocelotsultimate@gmail.com](mailto:ocelotsultimate@gmail.com).



## Brazilian Futsal

Dates: Fridays, January 4-February 1 (5-weeks)

Grades and Times:

Grades 3 & 4 6:15pm-7:15pm

Grades 5 - 8 7:30pm-8:30pm

Where: Stratton School Gym

Cost: \$90

ASC is bringing a professional Brazilian coach to town this year to show Arlington how futsal is played in the country where it originated. During this program, your soccer player will improve their confidence on the ball, receiving a pass under pressure, decision making in a 1v1 situation and ball retention. These are all important fundamental skills that we look to develop in young soccer players. Spaces are limited.

## Archery

Ages: 9-16

Dates: Mondays, September 17-October 22 (x10/8)

Time: 3:15pm-4:30pm

Where: Menotomy Rocks Park

Cost: \$140

During this 5-weeks 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.



# Sidekick Sports Academy

## After-School Programs

*For all after-school programs, children should meet at the field or court location. Coaches will not meet children in the schools and walk them to the program.*

### Sidekick After-School 3x3 Basketball

Grades:1-5

Dates: Wednesdays, September 12-October 17

Where: Summer St. Outdoor Courts

Time: 3:00pm-4:00pm

Cost: \$105

Sidekick's professional coaching staff utilizes the jr. NBA Curriculum to provide skill improvement and fun through education. Players will learn the basics of how to succeed in basketball and finish every academy session with a simulated game (i.e. scrimmage). For boys and girls; groups divided by age and skill. Dribble, Pass, Shoot! Free shirt!



### Sidekick After-School Flag Football

Grades:1-5

Dates: Tuesdays, September 11-October 16

Where: Hill's Hill Field

Time: 1:30pm-2:30pm

Cost: \$105

In partnership with Boston Flag Football Association, Sidekick's professional coaching staff utilizes the NFL Flag curriculum to provide skill improvement and fun through education. The after-school program will teach the basics of flag football in an environment that fosters exponential growth. Players finish every session with a scrimmage. For boys and girls; groups divided by age and skill. Blitz, Catch, Cover! Free shirt!

### Sidekick After-School Soccer

Grades:K-5

Dates: Thursdays, September 13-October 18

Where: Florence Field

Time: 3:00pm-4:00pm

Cost: \$105

Sidekick's professional coaching staff utilizes the US Youth Soccer Curriculum to provide skill improvement and fun through education. The after-school program will teach the basics of soccer in an environment that fosters exponential growth. Players will learn the basics of how to succeed in soccer. For boys and girls; divided by age and skill. Dribble, Pass Strike! Free shirt!



### Sidekick After-School Lacrosse

Grades:1-5

Dates: Tuesdays, September 11-October 16

Where: McClennen Field

Time: 1:30pm-2:30pm

Cost: \$105

Sidekick's professional coaching staff utilizes the US Lacrosse curriculum to provide skill improvement and fun through education. The after-school program will teach the basics of lacrosse in an environment that fosters exponential growth. Players will learn the basics of how to succeed in lacrosse and finish every academy session with a simulated 5x5 or 7x7 game (i.e. scrimmage). For boys and girls; groups divided by age and skill. Cradle, Scoop, Shoot! Free shirt!



# Youth Flag Football League

## Flag Football League

Where: McClennen Field

Dates: Sundays, September 16-November 11

Grades: K-2

Time: 10:30am-11:00am

Grades: 3-5

Time: 11:15am-12:45pm

Grades: 6-8

Time: 1:00pm-2:30pm

Now on Sundays! Players will be evaluated the first session and teams will be as evenly balanced as possible. The following weeks of the program will be game play. Team shirts will be given out at the second session.



## Youth Futsal League

Divisions: Grades 1&2

Grades 3&4

Grades 5&6

Grades 7&8

Divisions to host both boys and girls teams if numbers allow

Dates: Session I: Saturdays, December 8-January 26 (x12/29)

*Registration deadline: November 1, 2018*

Session II: Saturdays, February 2-March 23 (x2/16)

*Registration deadline: January 1, 2019*

Times: Times will range from 8:00am to 6:00pm on Saturdays. Schedule will be available once the number of teams is finalized. Generally, younger divisions play in the morning, older divisions in the afternoon.

Location: Ottoson Middle School

Cost: \$95 per player per session

Futsal in New England has experienced tremendous growth over 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. 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. Arlington Rec will supply team shirts, practice and game balls.

Participants need proper footwear (sneakers or indoor soccer shoes) and shinguards.

Arlington Soccer Club will assist in the creation of the teams this season to create the most balanced and competitive teams possible.



# Competitive Travel Basketball

## 2018-2019 Season

**Grades:** 4-8

**League dates:** Beginning the first week of December and ending approximately March 1, with practice beginning in November.

**Where:** Varies between: Ottoson, Brackett, AHS, Peirce, Gibbs for practices and some home games.

**Cost:** \$445 per participant which includes a new uniform. All players must pre-register prior to try-outs online at [www.arlingtonrec.com](http://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 if you do not make a team.

These are competitive, travel basketball teams. All interested participants must attend tryouts and advanced registration online is required.

Coaches will notify players regarding the outcome of the tryout within one week of the last tryout. Once notified, participants must complete payment to participate in practices.

Each team will practice twice weekly at the following locations: Ottoson, Brackett, AHS, Peirce, Hardy or Gibbs. Practices will NOT be held if school is cancelled due to inclement weather and 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.

Games are held on most Saturdays AND Sundays in December, January and February.

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.



### Travel Basketball Tryout Schedule

Tryouts begin September 24

Boys Grades 5-8 Tryouts are Tues and Thurs, 9/25 and 9/27

Girls Grades 5-8 Tryouts are Mon and Wed, 9/24 and 9/26

Boys and Girls Grade 4 Tryouts are Monday, 10/1

<b>Grade/Gender</b>	<b>Tryout Time</b>	<b>Gym</b>	<b>Days</b>
Grade 4 - Boys	6:00pm-7:15pm	Ottoson Upper	Mon, 10/1
Grade 5 - Boys	6:00pm-7:15pm	Ottoson Lower	Tues/Thurs
Grade 6 - Boys	7:15pm-8:30pm	Ottoson Lower	Tues/Thurs
Grade 7 - Boys	6:00pm-7:15pm	Ottoson Upper	Tues/Thurs
Grade 8 - Boys	7:15pm-8:30pm	Ottoson Upper	Tues/Thurs
Grade 4 - Girls	7:15pm-8:30pm	Ottoson Upper	Mon, 10/1
Grade 5 - Girls	6:00pm-8:30pm	Ottoson Lower	Mon/Wed
Grade 6 - Girls	7:15pm-8:30pm	Ottoson Lower	Mon/Wed
Grade 7 - Girls	6:00pm-7:15pm	Ottoson Upper	Mon/Wed
Grade 8 - Girls	7:15pm-8:30pm	Ottoson Upper	Mon/Wed

# Ed Burns Arena

The Ed Burns Arena is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85x197-feet with spectator seating for 1,000. Complete snack bar service (hours vary) and vending machines are available in the main lobby. We also offer skate rental and sharpening services. Team rooms are provided for those renting ice time. The Ed Burns Arena is open to the public year round with ice activities during the months of August through April. The rink is a great place to host a school field trip, group outing, or birthday party. For rental of event information, contact the Recreation Office: 781-316-3880.

## Public Skating Schedule

Dates: September - April (final date TBD)

Admission: \$4 Children (16 and under);  
\$4 Seniors (60 and older);  
\$6 Adults

Times: Mondays	12:00pm-11:50pm
Thursdays	9:00am-10:50am
Fridays	11:00am-12:50pm 2:00pm-3:30pm 7:40pm-9:10pm
Saturdays	4:00pm-5:50pm
Sundays	9:30am-11:30am 2:00pm-4:00pm

Dates and times are subject to change. Please check our website [www.arlingtonrec.com](http://www.arlingtonrec.com) for Holiday and Public skating times.



**Skate Rentals:** \$5 per pair, 10-punch pass \$45

**Skate Sharpening:** \$7 per pair, 10-punch pass, \$63

Available during public skating, regular business hours, and by appointment.

## Ice Rental Fees

Group rental fees: \$255 per 50-minute block  
\$275 per 60-minute block

For complete details or an open ice time schedule contact our Facility Supervisor, 781-316-3880

Check our website for Kids Stick and Puck, Men's Stick and Puck and Women's Stick and Puck times! [www.arlingtonrec.com](http://www.arlingtonrec.com)



## Advertise Your Business!

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

If interested in advertising or to receive further information on available options, contact the Rec Office 781-316-3880.

# Ice Skating Lessons

## Tot Skate with Carol

Ages: 2.5 and up (with parent)

Dates: Tuesdays November 13-December 11  
January 8-February 5  
February 12-March 19 (x2/19)

Time: 9:40am-10:20am

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 and explore ways to help your child while on the ice. Instructors emphasize proper balance and control. Helmets are required.

## Bay State Preschool Skate

Ages: 3-4 year olds

Time: 1:00pm-1:25pm (Beginners)  
1:25pm-1:50pm (Beginner + Intermediate)

Dates: Series II: Fridays, Oct 19-Nov 16 (x11/23)

Cost: \$130

Dates: Series III: Fridays, Nov 30-Jan 18 (x12/28)

Cost: \$182

Dates: Series IV: Fridays, Jan 25-Mar 29 (x2/15, 2/22)

Cost: \$208

*Beginner:* Learn to balance on two skates, marching and balancing on one foot, then the other, and forward skating.

*Beginner + Intermediate:* Skating forward, gliding, pushing with one foot then the other, stopping, sculling forward and backward.

Basic instruction and open skate for youth, without parents. Participants are required to provide their own single-blade skates or rent a pair. Helmets are required!

## Adult Skating Lessons

Ages: 18 and up

Dates: Tuesdays November 13-December 11  
January 8-February 5  
February 12-March 19 (x2/19)

Time: 10:30am-11:15am

Cost: \$99 per 5-week session

Adult skating is gaining popularity - join the fun! A great workout and a chance to meet other residents of Arlington and nearby communities! Helmets or other appropriate head protection, such as "Ice Halos" are required.



## Bay State Skating School Learn to Skate Program

Ages: 4.5 to 18 year olds

### Wednesdays

Time: 3:00pm-3:50pm

Dates: Series I: September 12-October 10

Cost: \$130

Dates: Series II: October 17-November 21

Cost: \$156

Dates: Series III: November 28-January 16 (x12/26)

Cost: \$182

Dates: Series IV: January 23-March 27 (x 2/20)

Cost: \$234

### Saturdays

Time: 11:50am-12:40pm

Dates: Series I: September 15-October 13

Cost: \$130

Dates: Series II: October 20-November 24

Cost: \$156

Dates: Series III: December 1-January 19 (12/22, 12/29)

Cost: \$156

Dates: Series IV: January 26-March 30 (x2/16, 2/23)

Cost: \$208

Participants are required to provide their own single blade skates or rent a pair. Helmets are required. 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!

# Fencing

## Arlington Recreation Fencing Program

Dates: Thursdays: Session 1: September 13 - November 1.....\$200  
Session 2: November 8 - January 10 (x11/22, 12/27)...\$200  
Session 3: January 17 - March 14 (x2/21).....\$200  
Session 4: March 21 - May 16 (x4/18).....\$200  
Session 5: May 23 - June 13 (4-week session).....\$100

Times: 6:30pm - 7:45pm Beginner - Intermediate: Ages 7 and older  
7:15pm - 8:30pm Beginner - Advanced: Ages 12 and older  
7:15pm - 8:30pm Beginner - Advanced: Adults

Where: Thompson School Gym

Join us for this exciting sport, one of the fastest growing in the world. People of all ages are fascinated by the movements and excitement of fencing and are eager to find a place that they can go and learn this original, modern sport. Fencing develops physical fitness, the ability to create a strategy, concentration, as well as camaraderie and respect.



## Nashoba Valley Ski/Snowboard Lessons

Grades: 3-5

Dates: Four Tuesdays: January 8 - January 29

Time: 2:00pm-6:30pm

Lessons are scheduled for 4:15pm

Cost: \$275

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. Participants should be independent, able to keep track of their possessions, and keep to a schedule.

### Equipment Rentals

There will be a mandatory fitting in early December in the lobby of the Ed Burns Arena. Rentals are estimated to be \$95 (\$135 with helmet) for the season, check payable the night of the fitting directly to Nashoba Valley (additional to registration fee). If you plan on renting through Nashoba and do not make the date of the fitting, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will be sold at the fitting for \$60 each.

### Transportation

The bus will meet at the Ed Burns Arena, 422 Summer St. We will begin boarding at approximately 1:50pm. Return location will be the same. If a session needs to be cancelled due to inclement weather, the session will be made up the next consecutive Tuesday.

### Parent Volunteers

Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program and ride the bus. Parent volunteers 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 [RecOffice@town.arlington.ma.us](mailto:RecOffice@town.arlington.ma.us).

### Registration Note

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



# Super Soccer Stars Winter Programs

Get the ball rolling for ages 1 and up with Super Soccer Stars in Arlington! 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, build self-confidence, and 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.

## Sunday Program

### Session 1

Dates: Session 1: 11/25-12/16

Time: 8:30am – 9:10am	Ages: 2-3 years
9:15am – 10:05am	4-5 years
10:10am - 10:55am	3-4 years
11:00am - 12:00pm	5-7 years

Cost: \$115

Where: Peirce School

### Session 2

Dates: 1/6-4/7 (x1/20, 2/17)

Time: 8:30am – 9:10am	Ages: 2-3 years
9:15am – 9:55am	4-5 years
10:00am - 10:45am	3-4 years
10:50am - 11:50am	5-7 years

Cost: \$315

Where: Peirce School



## Winter Soccer

### ASC Winter Soccer Skills Clinic

Grades: 1-6

Dates: Session 1, Mondays, January 14-February 11 (5-weeks)  
Session 2, Mondays, February 25-March 25 (5-weeks)

Times: Grades 1-2	5:30pm-6:30pm
Grades 3-4	6:30pm-7:30pm
Grades 5-8	7:30pm-8:30pm

Where: Ottoson Middle School

Cost: \$99

Arlington Soccer Club and Arlington Rec are partnering 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!

### Tot Soccer With Paige (Indoors)

Ages: 2-5

Dates: Saturdays, March 9-March 30

Times: 11:00am-12:00pm

Where: Ottoson Middle School Lower Gym

Cost: \$70

Our soccer expert and child development professional, Coach Paige, has 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. Coach Paige makes soccer a fun and story-telling environment for your tiny tots. Spaces are limited.



# Adult Tennis

## Graham Community Tennis Programs

Spring & Summer Tennis Programs for Juniors and Adults

We offer top-quality recreational tennis programs for Juniors and Adults. Run by Graham Community Tennis, LLC (GCT), serving Arlington since 2008. All programs are under the administration of Gordon Graham and his certified professional staff. Gordon, coached college tennis for 35 years at Harvard, Pacific and Albany, and coached the AHS boys' tennis team (2009-11). He is also the founder of The Tennis Camps at Harvard.

The Junior Afterschool and Adult programs will be directed by Steve Baccari, certified tennis professional. Steve taught for GCT all spring and summer and has done a great job helping players improve. He will be assisted in the Junior Afterschool program by Aadya Paudel, AHS team member, and experienced tennis instructor for GCT

The GCT philosophy for building this high energy, community-based tennis program is to offer a FUN and SAFE learning environment run by staff who are chosen for their ability to work well with children and/or adults in a positive, reinforcing manner. Our tennis instruction is based on scientific principles. We believe in teaching strategy and tactics as well as proper technique from the outset with our juniors and adults. In all GCT programs, we reserve the right to move players to different groups to make the best fit for all enrollees. In case of inclement weather, all enrollees will be notified of class cancellation by email and given makeup options.

## Fall Adult Tennis Programs

All adult tennis fall classes run for 6-weeks starting September 13 and running through October 18. All classes will be held at the Grove St. Courts.

### Fall Adult Beginner Classes

Dates: Thursdays, Sept 13 through Oct 18

Time: 8:00pm-8:50pm

Cost: \$99

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

### Fall Adult Advanced Beginner Classes

Dates: Thursdays, Sept 13 through Oct 18

Time: 7:00pm-7:50pm

Cost: \$99

If you have played a bit and want to improve your technique and strategy, or if it has been a few years since you last played... give this a try!



### Fall Adult Intermediate/Advanced Classes

Dates: Thursdays, Sept 13 through Oct 18

Time: 6:00-6:50pm

Cost: \$99

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

# Junior Tennis

## Fall Saturday Programs for Beginners/ Advanced Beginners

Dates: Saturdays, Sept 8- Oct 27 (8 sessions)

Times: 5 – 6 yr. olds 9:00am – 9:50am  
7 – 9 yr. olds 10:00am – 10:50am  
10 – 12 yr. olds 11:00am – 11:50am

Where: Spy Pond Courts

Cost: \$129

This program will be directed by Bella Pajevic, a junior at Boston University who has taught with GCT for several years and is a former AHS team member. She will be assisted by Aadya Paudel.

## Beginner/Adv. Beginner Afterschool Program

Dates: Tues, Sept 4- Oct 23 (8 sessions)

Times: 5 – 6 yr. olds 3:00pm – 3:50pm  
7 – 9 yr. olds 4:00pm – 4:50pm  
10 – 12 yr. olds 5:00pm – 5:50pm

Where: Spy Pond Courts

Cost: \$129



## Middle School/High School Club Tennis

Grades: 6 - 12

Dates: Mon and/or Thur, Sept 6 - Oct 29(8/16 sessions)

Times: 4:55pm – 6:15pm

Where: Spy Pond Courts

Cost: \$179 for one day/week; \$339 for two days/week

This program is geared for players who want to prepare to play for their high school team and/or players who are just getting started with tennis. It is structured to emphasize the “team” aspect of tennis.

## High School Team Tennis

### Afterschool Program

Grades: 10-12

Dates: Mon and/or Thurs and/or Fri (8-24 sessions)  
September 6-October 29

Times: 3:30pm-4:50pm

Where: Spy Pond Courts

Cost per session: \$179 for one day/week; \$339 for two days/week; \$489 for three days/week

This program is open to players who are on a high school team. It is structured to enhance players technical and tactical abilities. We emphasize the “team” aspect of tennis.

## Lessons For Adults and/or Juniors

You can schedule lessons with GCT staff members to fit your needs, schedule and group size. To book tennis lessons, contact Gordon Graham at: [gordoncgraham@gmail.com](mailto:gordoncgraham@gmail.com).

Instructional Lessons Cost:

\$65/hour for one person; \$75/hour for two people;

\$85/hour for three people; and \$95/hour for four people

## Hitting Lessons:

Cost: \$45/hour for one person

# Kid Care

## Pre-School



The Arlington Recreation Department welcomes your preschooler to join us in our licensed preschool program now located at 352 Massachusetts Avenue. Come and take part in the many different subjects such as arts and crafts, reading, foreign language classes, story time, sports and games, and much more! Your little student will enjoy socializing with other children in a structured, safe and welcoming environment. Students between the ages of 2.9 and 5 years are eligible to enroll.

Arlington Kid Care Pre-School follows the Arlington Public School calendar and school cancellation schedule. The program will begin the first full week of public school. For more information on enrollment, please contact the Recreation Office at 781-316-3880.



## After-School

The Arlington Recreation Department is proud to offer our licensed, extended-day program for children in grades K-5. The program is based out of the Gibbs School, located at 41 Foster Street. There are 5-day, 4-day, 3-day and 2-day options. 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 midday 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.

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

There is currently a waitlist for the 2018-2019 school year. Please call 781-316-3880 to be added to the waitlist.

*Arlington Kid Care is licensed by the Department of Early Education and Care*



# Adult Programs

## Adult Open Basketball

Ages: 18+

Dates: Tuesdays, October 23-April 16

Times: 7:00pm-9:00pm

Cost: \$10/night

Where: Thompson School Gym

Dates: Sundays, December 1-February 23

Times: 10:30am-12:30pm

Cost: \$10/day

Where: Hardy School Gym

Pick-up basketball games for adults on Tuesday nights and late Sunday mornings. Pay each week as you enter the gym. Sessions not held over school vacations.

## Adult Fencing Program

Dates: Thursdays:

Session 1: September 13 - November 1.....\$200

Session 2: Nov 8 - January 10 (x11/22, 12/27).....\$200

Session 3: January 17 - March 14 (x2/21).....\$200

Session 4: March 21 - May 16 (x 4/18).....\$200

Session 5: May 23 - June 13 (4-weeks).....\$100

Times: 7:15pm - 8:30pm

Where: Thompson School Gym

Join us for this exciting sport, one of the fastest growing in the world. People of all ages are fascinated by the movements and excitement of fencing and are eager to find a place that they can go and learn this original, modern sport. Fencing develops physical fitness, the ability to create a strategy, concentration, as well as camaraderie and respect.

# Community Organizations

## Arlington Babe Ruth Baseball Association (ABA)

[www.Arlingtonbb.org](http://www.Arlingtonbb.org)

Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13 – 19. The program is designed to allow the players to learn and advance their baseball skills in an environment where fair play and competition is encouraged, so as to advance them into mature young adults on and beyond the fields of baseball. Our spring program offers two levels of competitive play, so that any player of any skill has a place to play. We then move into the summer program with teams who play against some surrounding towns. The fall comes and we have teams who are made up of current and new players. It is a great transition for the recent Cal Ripken grads to get a taste of the “big diamond.” Games are against surrounding towns. In addition to our base programs, we offer a more competitive AAU alternative at a cost that is generally less than other AAU programs. This AAU alternative allows players the opportunity to get more workouts and to play at a more competitive level against other AAU teams. Finally, we offer a program for our older kids (15-19) in the very competitive Middlesex League

## Arlington Hockey Club (AHC)

[www.Arlingtonice.com](http://www.Arlingtonice.com)

The Hockey Club offers a high quality, affordable opportunity for girls and boys to play hockey from ages 5 to High School. We provide age-appropriate and skill-appropriate player development and coaching and strive to build solid foundational skills as part of our travel, developmental and in-house programs, which enables us to have a strong, sustainable program year after year. Please visit [Arlingtonice.com](http://Arlingtonice.com) to learn more about playing hockey in Arlington.

# Community Organizations

## **Arlington Soccer Club (ASC)**

[www.arlingtonsoccerclub.com](http://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](http://www.arlingtonsoccerclub.com). If you have a specific question you can find email contact information for our board members on our website.

## **Arlington Youth Lacrosse (AYL)**

[arlingtonlax.usl.la](http://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 boy’s 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 Youth Baseball and Softball (AYBSA)**

[aybsaonline.org](http://aybsaonline.org)

The Arlington Youth Baseball and Softball Association is a non-profit organization for Arlington children who enjoy the game of baseball, centered on the ideals of good sportsmanship, honesty, loyalty, courage and respect. Our program offers spring, summer and fall baseball and softball programs to 1,100 kids from ages 5 to 14 years old. The League is intended to teach basic skills including throwing, hitting, catching flies, fielding grounders, and base running. We also offer umpire opportunities to our graduating players 12 years of age or older. For more details about the various programs we offer, or to register your child to play, please visit our website. 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](http://www.attatennis.org)

Do you play tennis? Would you like to meet others who play tennis? Visit our web site 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](http://www.attatennis.org) to sign up for updates as well as the ATTA newsletter.

## **Annual Soap Box Derby**

Arlington Soap Box Derby is held once each year as a “hands-on” event to teach children about physics and engineering by having them build and then competitively drive their gravity powered car down a hill in Arlington. This event is open to all Massachusetts children from the ages of 7 to 20. There are 3 divisions that are categorized by age and size of child. The event is held each spring on Eastern Ave near Robbins farm. Children are provided the car (which they are required to build from a kit – about the same level of complexity as an advanced Lego kit) and training as to how to race this car against all of the other kids in their division. Arlington Soap Box Derby is the Massachusetts Local race for the National Soap Box Derby in Akron, Ohio. Car kits are rented for \$75 and there is a \$75 entrance fee. Trophies are awarded to the top 6 participants in each of the three divisions. The winner of each division advances to Akron, Ohio for the International Race. For more information go to: [www.arlingtonsoapbox.com](http://www.arlingtonsoapbox.com).

# Arlington Parks, Fields, & Facilities

Sign up online for field closing notices at [www.arlingtonma.gov](http://www.arlingtonma.gov)

To request the use of a field or park for special event or outing, please submit a request on [arlingtonrec.com](http://arlingtonrec.com).

**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 soft-ball/little league field, access to bike path. Parking available.

**Buzzell Field:** 229 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: Park is located between Robbins Road and School Street. Area has a playground.

**Ed Burns Arena:** 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 Field:** Located at Dallin School at 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 Mass Ave. 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 Field:** Located behind Buck Field on the far right of Arlington Sports Center at 422 Summer Street. Open field for various sports or activities, with access to bike path, and has a playground. Parking available.

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

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

**Lussiano Field:** Located at Thompson School on North Union Street. 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 Field:** 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 available.

**Menotomy Rocks Park:** Main entrance on Jason Street. Area has two open green spaces, a picnic area, play-ground, walking trails and fishing. On-street parking available.

**Ottoson Middle School:** 630 Acton Street off Appleton 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, soft-ball/little league field, basketball courts, and tennis courts.

**Reservoir Beach:** On Lowell Street. Seasonal beach, playground, concession stand. Walking path year round. Off-street parking available.

**Robbins Farm:** 166 Eastern Avenue, off Park Avenue in the Heights and 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.

**Robillard Field:** 422 Summer St. Area has a baseball diamond. Parking available.

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

**Scannell: Field:** 90 Linwood Street, off Mass Ave. 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. On-street parking available.

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

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

**Summer Street:** 422 Summer Street on the left of the Sports Center (skating rink) on the corner of Forest St. Area has an outdoor exercise park, a basketball court, a baseball diamond (Robillard Field), a large open field used for field hockey, and access to the bike path. Parking available.

**Thorndike Field:** At the end of Margaret Street, off Lake Street. Area has a large field for soccer and lacrosse, Off-Leash Dog Park, and access to the bike path. Parking available.

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

**W. A. Peirce Turf Field:** Behind Arlington High School located on 869 Mass Ave. 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.

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# Special Events

Saturday, September 15

## Walter V. Moynihan Town Day Run

The Town Day Road Race is being held on Saturday, September 15th at 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 will start at 7:30am with race start time at 8:30am. Register in advance online for \$20 per person, or day of the race for \$25 per person.

Saturday, March 23

## Daughter Dance

Social for girls of all ages, accompanied by a parent or guardian. Everyone is welcome to attend the Daughter Dance!

Time: 5:00pm-7:00pm  
Where: Ottoson Middle School  
Cost: \$10 per ticket

## Department Phone Numbers

Main Number  
781-316-3880

Fax Number  
781-641-5495

Ice Rink  
781-316-3880

Arlington Recreation Department  
422 Summer Street  
Arlington, MA 02474

*Arlington Recreation...Sign Me Up!*  
*Register Online [www.arlingtonrec.com](http://www.arlingtonrec.com)*

## Recreation Department 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.