

Spring 2016



WAR MEMORIAL RECREATION CENTER



TUMBLE IN!!

1640 CAMBRIDGE ST. CAMBRIDGE MA
www.cambridgema.gov/DHSP/WarMemorial

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Operating Hours

Monday- Friday the desk opens at 3:15pm
Facility closes at 9:15pm

Saturday the desk opens at 8:30 am. There are occasional adjustments on Saturday opening.
Facility closes at 5:15pm

Sunday the desk opens at 11:30am.
Facility closes at 5:15pm.

The front door is locked at 8:30pm Monday-Friday and at 4:30pm on Saturday and Sunday.

Dates Closed:

March 27

April 18

May 27-30

July 4

Contact Us!

The Cambridge Recreation Department telephone number is (617) 349 6279. Staff members are available at this number during regular operating hours to answer questions. TTY/TDD: (617) 492-0235. When the facility is closed there is a recorded message available. For more information visit us at:

www.cambridgema.gov/dhsp/warmemorial

The War Memorial is  accessible

Register Online



Cambridge residents are welcome to register for classes online starting March 7, 2016 at 2:30pm. Non-Residents may register online beginning March 14, 2016 at 2:30pm.

- For online registration go to www.cambridgema.gov/dhsp/warmemorial and click the link "Recreation Online Registration" in the lower left-hand side of the page.
- If you have never taken an activity with us, click the "Need an Account" link and fill out the form completely.
- If you have taken an activity with us but never enrolled online, we will need to email you a temporary username and password. Once logged in, the system will prompt you to change it.
- If you have forgotten your password, contact us and we will email it to you or click the "Forgotten your Information" link and follow the security prompts.
- If you have problems with online registration please call (617) 349-6279 during the following hours: Monday-Friday 3:15-8:45 pm, Saturday 8:30 am - 4:30 pm, Sunday 11:45am-4:30 pm.
- We accept only Visa and MasterCard



Enroll Online! Credit cards accepted

www.cambridgema.gov/dhsp/warmemorial




Spring 2016

1640 Cambridge St. Door 15
(617) 349 6279

Information Page

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We hope you will enjoy this fantastic facility. There is general information you need to know that will make your use of this facility easy and pleasant. The recreation program's entrance is located at DOOR 15 of 1640 Cambridge Street, Cambridge MA 02138. Please take the time to review our rules for use of the facility. We look forward to serving you!

Refund Policy

A full refund will be given under the following circumstances: class is cancelled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no space for you. All other requests will result in a credit to your household. Request for household credit must be made no later than the second class and only two household credits will be allowed in one calendar year (January 1 - December 31).

Rules and Regulations

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence to secure resident rate
- Please use recreation entrance, door 15 to enter and exit the facility
- The City of Cambridge is not responsible for valuables lost or stolen
- Classes will be made up if cancelled due to the weather or instructor absence
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Department does not discriminate on the basis of auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policy and procedures to persons with disabilities upon request
- No males or females are allowed in the opposite sex locker room. Family changing space is available
- Children under the age of twelve must be accompanied by an adult during family swim
- Only Recreation Department staff are allowed to instruct in facility pools
- Adult lap swim is for persons of 18 years and older
- Children seven and under must be accompanied by an adult while in the pool
- Pool lanes may be pulled for other activities
- Please stay off lane lines
- Please allow lifeguards to focus on keeping the pool safe while they are on duty
- Diving may take place only in the diving well
- All children will be tested before going into the diving well
- One person on the diving board at a time
- Catching people on or off the diving board is prohibited
- No lap swimming in the diving well
- Patrons are asked to return all equipment after use
- No glass is allowed in the building
- Patrons are required to leave the facility on time
- Children who are not toilet trained must use a swim diaper
- No shoes or strollers on the pool deck
- No heels in the field house
- The only swim device allowed on a

Food & Drink Policy

Food and drink are not allowed in the facility; with the exception of non-glass container/bottles. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. There are several sponsored events by both departments that are exceptions and contained to certain areas of the facility. Thank you again for your cooperation.

Bring a Lock

Inside the facility you will find three pools, a gym, a weight room and basketball, volleyball and tennis courts. The facility also includes Men's, Women's and Family Locker rooms. There is a large volume of foot traffic in our facility. Though theft in our building is rare we do strongly suggest that you bring a lock for your personal belongings.

- child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Speed of lane is determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
- Circle swimming is permitted only in the lap pool
- No diving into lap or small pool
- Lifeguards and managers have final say in all pool related matters
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
- Cleansing shower required before entering the pool
- Patrons are not allowed on the starting blocks of the lap pool
- No one may enter the pool if the lifeguards are not present
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs

Thank You!

Dear Parent,

I am pleased to welcome your child into our facility. To ensure that all programs operate smoothly and all the children have a fun and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated.

The War Memorial is a very large building located on a very busy street, therefore we ask that children under the age of twelve be accompanied by an adult. All class participants are required to check in at the front desk and check in at the pool and gym. Parents of young children may do the checking in and siblings are welcome, but are not allowed to participate unless enrolled. Non-registered children and adults are not allowed access to these facilities for security purposes. If you are interested in enrolling, or know someone that is, please approach the front desk and not the instructor as they are not part of the enrollment process.

SWIMMING

Parents are required to be in the pool during the toddler/pre-school instruction. There must be one adult per child. Parents of children in pre-school referral class through level six are asked to leave the pool deck due to swimmer development and pool safety. Instead, parents are invited to observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. If contamination happens the pool has to be closed for twenty-four hours to oblige hygienic code. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group.

GYM

Parents not participating in class with their child (see page 8 for requirements) are invited to observe class from the balcony. This also includes any siblings or family members. We make this request as a safety measure to limit the traffic on the gym floor and also foster the independence of our young athletes. All equipment should be used with the permission of the instructors and only during the time of instruction. Please take into consideration the health and well being of every child participating and taking risks in the class as we try to limit distractions. If you have any questions about this please speak to the Gym Manager.

I look forward to providing a clean, safe and challenging environment for your children this winter. If you have any feedback, questions or concerns on the delivery of this promise please feel free to contact me directly. I can be reached by phone at 617 349-6237 or by email at acorbeil@cambridgema.gov.

Sincerely,



Adam Corbeil
Recreation and Aquatics Manager
Department of Human Services





At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. The skills listed for each level are from Red Cross materials. Please do not expect your child to move to the next level in one session; this is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process; please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

Parents are invited to observe from the balcony. Parents are allowed in the water with children only during Toddler/Preschool classes.

Saturdays (10 weeks)

April 9th – June 25th

No class 4/16 & 5/28

Toddler/Preschool

Ages: 18 months-4.5 years old

310101-01...Saturday 10:00-10:30am

310101-02...Saturday 10:30-11:00am

310101-03...Saturday 11:00-11:30am

\$70 Resident/\$75 Non-Resident
Parents are required to participate; one child per adult. Children who are not toilet trained must wear a swim diaper.

Preschool Referral/Level 1

Ages: 3.5-6 years old

310104-01...Saturday 12:00-12:30pm

\$70 Resident/\$75 Non-Resident
Children participate in this class without parents. If you are interested in this class for your child under the age of 5, s/he must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

Level 1: Water Exploration

Ages 5-12 years old

310105-01...Saturday 12:30-1:00pm

(ages 5-7)

\$70 Resident/\$75 Non-Resident
Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose, and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or "swim".
- Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
- Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.

Level 2: Primary Skills

Ages: 5-12 years old

310105-01...Saturday 1:00-1:30pm

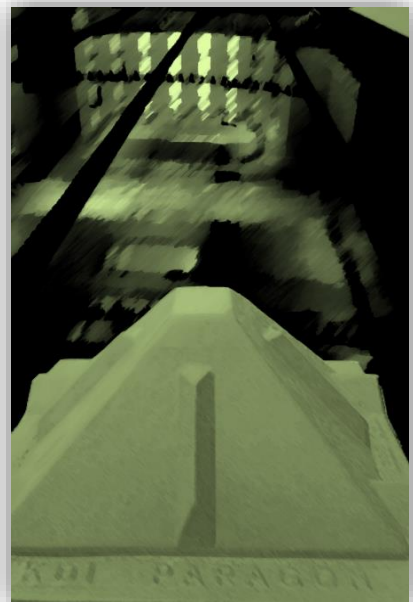
310106-02...Saturday 1:30-2:00pm

\$70 Resident/\$75 Non-Resident
Purpose: Learning proper body positioning and body mechanics
Level 2 participants will learn to:

- Demonstrate proper head position for freestyle and backstroke
- Rotary breathing
- Independently kick with assisted materials
- Perform arm circles with barbell
- Swim freestyle and backstroke
- Demonstrate proper safety skills

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently



CHILDREN'S SWIMMING (Continued)

Level 3: Stroke Development

Ages: 5-13 years old

310108-01.....Saturday 10:00-10:45pm

\$80 Resident/\$85 Non-Resident

Purpose: Refining level 2 skills and progressing stroke technique. Level 3 participants learn to:

- Refine freestyle
- Refine backstroke
- Learn breaststroke kick fundamentals
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle with rotary breathing for 50 yards
- Continuously swim backstroke with proper head alignment for 50 yards
- Perform proper breaststroke kick
- Perform kneeling dive

Level 4: Stroke Refinement

Ages: 5-14 years old

310110-01.....Saturday 10:45-11:30am

\$80 Resident/\$85 Non-Resident

Purpose: Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke, level 4 participants learn to:

- Dive
- Swim breaststroke
- Tread water
- Perform butterfly kick
- Perform open turns on front and back
- Demonstrate proper safety skills

Exit Skills:

- Successfully tread water for extended amount of time
- Perform freestyle for 100 yards
- Perform backstroke for 100 yards
- Perform breaststroke for 50 yards
- Perform butterfly kick for 25 yards
- Standing dive
- Tread water for three minutes

Level 5: Skill Proficiency

Ages: 5-14 years old

310112-01.....Saturday 11:45-12:30pm

\$80 Resident/\$85 Non-Resident

Provides further refinement of the following strokes:

- Freestyle
- Backstroke
- Breaststroke

Level 5 participants will also learn to perform:

- Butterfly
- Front flip turn
- Backstroke flip turn
- Competition start from blocks
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly
- 5 minutes of treading water

Level 6: Endurance Training

Ages: 5-14 years old

310112-01.....Saturday 11:45-12:30pm

\$80 Resident/\$85 Non-Resident

Purpose: Refines all four strokes so students swim them with ease, efficiency, and power over greater distances. Level 6 is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and diving.

Exit skills:

- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly

Private Swim Lessons

Lessons will be available Monday-Friday 3:30-5:30

Scheduling varies per instructor and pool availability. A 6 week minimum is required.

Half hour lesson \$30 / One hour lesson \$60

Buddy lessons available for one hour, ages 5-14, \$35 per swimmer. Both children must have equal swimming ability. This will be determined by the instructor.

If interested in Private Swim Lessons, please contact
Mark Santoro: msantoro@cambridgema.gov



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1640 Cambridge St. Door 15
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YOUTH SWIM TEAMS

Cambridge Swan's Synchro Team

Cambridge Synchro has been in existence for 30 years and every year has grown and become more competitive. We offer many levels of instruction, from beginner through competition team. Our club has competed throughout New England and Nationally! For more detailed program and fee information, please email CambridgeSynchro@gmail.com or visit our website: www.CambridgeSynchro.org. Scholarships are available!

Beginning Synchro Class (diving tank) – 310113-01

Spring April 9th – June 25th , 10 sessions, \$125

No class 4/16 & 5/28

The Novice Class is designed for swimmers who have never done synchro or who have some basic synchro knowledge. Swimmers must be comfortable in water that is 12 ft deep and be able to do breaststroke.

Ages 7+

Saturday 10:00-11:00

NOVICE TEAM 310113-02

April 9th – June 25th

No class 4/16 & 5/28

The Novice Team is open to swimmers who have never done synchro or who have some basic synchro knowledge. Swimmers will participate in one local competition in the spring and our annual show in June. Additional fees for novices who choose to compete are approximately \$150.

Wednesday 7:15 -8:30

Saturday 10:00-11:00

Sunday 5:00-7:30 – (Medford High school)

Sea Dawg Spring Practice

Sea Dawg's and newcomers are welcome. Practice will be twice a week and begin March 16 and end June 17th . This is an opportunity for current team members to stay in shape and keep improving skills and for new participants to try the program out and see if competitive swimming is for them. Ages 6-18 are welcome as long as you can swim twenty five yards of each stroke without stopping. If you are new and do not know the butterfly you will be taught. The limit for the program is 60 due to limited pool space.

Swim Practice 310117-01

March 28th - June 013th

No classes 4/18th and 5/30th

Monday

5:30 – 7:30 pm

Wednesday

5:30 - 7:30 pm

Cost:

150.00 first child & 75.00 for each additional sibling.



YOUTH PROGRAMS

Premier Hoops

The mission of Premier Hoops is to train and nurture youth basketball players through conditioning and developing skills, while instilling the importance of setting goals, working hard, and being a good citizen. During the course of the 8-week winter clinic, your child will be instructed by former D1, D2, and D3 college players on how to improve their shooting, passing, ball-handling and much more!

Saturdays

March 5 – May 28 | No Sessions 4/23
2:45-3:45pm (Jr. Skills)
3:45-4:45pm (Elite Skills)

Fridays

April 1 – May 27 | No Sessions 4/22
7:00-8:00pm (Jr. Skills)
8:00-9:00pm (Elite Skills)

To register please contact
premierhoops@gmail.com
www.premierhoopsters.com
[781-724-8125](tel:781-724-8125)



Pee Wee Soccer

\$70 Resident/\$75 Non-Resident
April 9th – June 25th (10 weeks)
No class 4/16 & 5/28



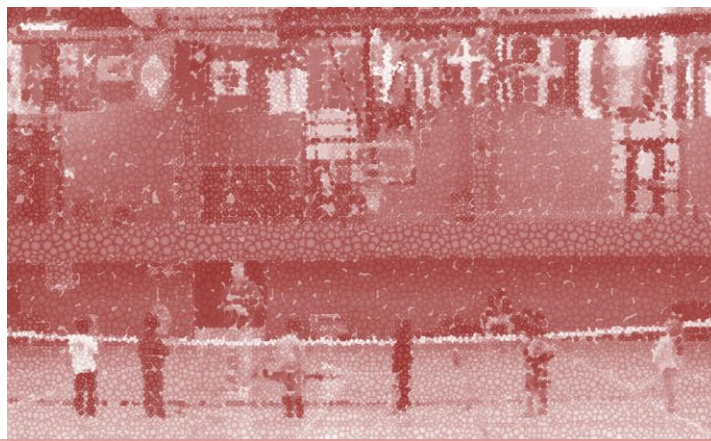
Learn the fundamentals of soccer! These classes are designed for students with limited or no previous experience. Students will learn the rules, basic skills, and team work while building self confidence.

Saturday 2:00-2:45pm...310501-01

Ages: 3.5-5

Saturday 3:00-3:45pm...310501-02

Ages: 5-7 (new to the game)



Youth Tennis

\$70 Resident / \$75 Non-Resident
April 9th – June 25th (10 weeks)
No class 4/16 & 5/28

Parents are asked to participate in Pee Wee Classes if necessary.

Pee Wee Tennis (I)

Ages: 4-7 years (only)

Saturday, 9:00-9:45am.....310401-01

This class is for students with no previous experience or limited experience.



Pee Wee Tennis (II)

Ages: 4-7 years

Saturday, 9:45-10:30pm.....310401-02

This class is for students with no previous experience or limited experience.

Beginner Tennis

Ages: 8-11 years

Saturday, 10:30-11:15am...310402-01

This class is for students with absolutely no experience.

Advanced Beginner Tennis

Ages: 8-11 years

Saturday, 11:15-12:00pm...310403-01

This class is for students who have taken some lessons, can keep score, and know the rules of the game.

Middle School Lessons

Ages: 12-14 years

Saturday, 12:00-12:45pm...310404-01

This class is for beginners or those with limited experience.



Little Dragons

Saturday

9:00-9:45am.....310201-01

Ages 3 & 4 years

Junior Beginners

Saturday

9:45-10:30am.....310201-02

Ages 5-7 years

Junior Advanced

Saturday

10:30 -11:15am...310201-03

Ages 8 years and up



Recognized as one of the top martial arts programs in the country, four-time world champion Steve Nugent brings his teachings and philosophy to Cambridge Recreation. The program focuses on respect, discipline, and integrity. Students are taught traditional stances, blocks, kicks, and strikes. In addition, emphasis is placed on proper breathing, health and nutrition, stretching, exercise, and proper conduct. Also, the classes cover stranger awareness, fire safety and the importance of academic achievement. All uniforms, belts, and patches are included.

Please make one check payable to Steve Nugent. for 150.00 and one check payable to the City of Cambridge for 20.00. Registration maybe done by mail or in person. On-line registration not available for this class. Can only be registered for by mail or walk-in.

Gymnastics April 9th – June 25th (10 weeks) No class 4/16 & 5/28

Safety Awareness

In all gymnastics classes children will build strength, flexibility, balance, and coordination while they learn new skills. It is extremely important that your child be on time for class and not miss the warm-up period. If your child is not properly warmed up, injury may occur. Please help us provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro: Gymnastics

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

Saturday

Intro 8:45 -9:30am..... 310301-01

Intro 9:30 -10:15am..... 310301-02

Ages: 2-3

\$75 Resident / \$80 Non-Resident

Intro 10:15-11:00am..... 310301-03

Intro 11:00-11:45am..... 310301-04

Ages: 3-4

\$75 Resident / \$80 Non-Resident

Children's Plus: Gymnastics

Prior participation in gymnastics is required. Children should be able to participate in class without parent involvement. It will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.

Saturday

Plus 10:15-11:00am..... 310303-01

(1-2 semesters of experience required)

Ages: 2-4

\$75 Resident / \$80 Non-Resident

Beginner Gymnastics

Classes will focus on building strength, flexibility, and endurance while learning the basics of gymnastics and tumbling.

Saturday

Boys 11:45-12:45pm..... 310304-01

Ages: 5-8

\$80 Resident / \$90 Non-Resident

Girls 11:45-12:45pm..... 310304-02

Ages: 5-8

\$80 Resident / \$90 Non-Resident

Advanced Beginner Gymnastics

Prior participation in Beginner gymnastics and skills including, cartwheel on both sides, forward and backward roll and bridge.

Saturday

9:00-10:00am..... 310306-01

Ages: 5-8; Girls

\$80 Resident / \$90 Non-Resident



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7



1640 Cambridge St. Door 15
(617) 349 6279

ADULT SWIMMING

Class I

Are you afraid of the water? Did you not have the opportunity to learn how to swim? Then this class is for you. Lessons will take place in our small pool with a maximum depth of 3 ½ feet. In the security of this pool you will learn to feel comfortable in the water, float on your back and front, put your face in the water, and begin to learn the front and back crawl, and many other skills. Instructor: Gregory Rubin

Class I.....320201-01

Monday March 28th – May 23rd
(8 weeks)

No class 4/18
6:30-7:15pm
\$75.00 resident / \$85.00 non-resident

Class I.....320201-03

Wednesday March 30th – May 18th
(8 weeks)

6:30-7:15pm
\$75.00 resident/ \$85.00 non resident

Class II

This class is for you if you can swim 25 yards, are comfortable over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps this class will help you become more effective with stroke improvement. The better your strokes the less energy you will expend. Come take this class and learn to enjoy the time you spend swimming. Instructor: Gregory Rubin

Class II.....320201-02

Monday March 28th – May 23rd
(8 weeks)

No class 4/18
7:30-8:15pm
\$75.00 resident / \$85.00 non-resident

Class II.....320201-04

Wednesday March 30th– May 18th
(8 weeks)

7:30-8:15pm
\$75.00 resident / \$85.00 non-resident

Aqua Aerobics (deep water)

Whether you are new to exercise, or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints. These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective! Instructor: Michelle Deutsch.

Monday & Wednesday

6:00- 7:15 pm320301-01

\$90 Resident / \$100 Non-Resident
March 28th – June 8th
(10 weeks)

No Class on 4/18 & 5/30

Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. The larger the group, the more motivation to improve. **So come swim!**

Tuesday & Thursday320401-01

March 29th – June 9th 6:45-8:00pm
(20 sessions)
No Class 4/5 & 6/2
\$95 Residents / \$105 Non-Residents
Coach: Elissa Cadillic

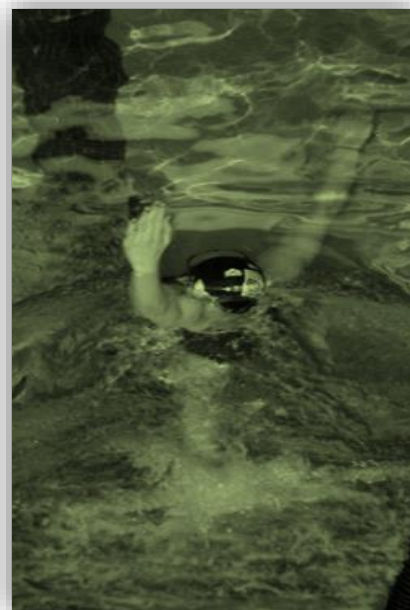
Aqua Zumba

Aqua Zumba is the “pool party” workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land-based exercise system into traditional aqua-based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slow than normal tempo. Still, the exercises are intense yet safe. A 45-60 minutes class is thoroughly exhausting and exhilarating. You will kick, tap, shuffle and shimmy to Latin and World dance rhythms. When you take an Aqua Zumba® class, you will need a bathing suit, towel and aqua or exercise type shoes. Instructor: Justin Falxa

Wednesdays

5:15-6:00pm..320801-01

\$90 Resident / \$100 Non-Resident
March 30th – June 1st (10 weeks)



ADULT PROGRAMS

IAIDO

Ages 18 and over

Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan.

Today, Iaido is practiced to develop mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information and registration please visit our school website at

www.bostoniaido.com; or, by email at bostoniaido@yahoo.com.

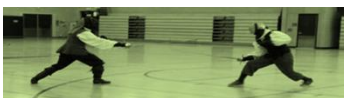
Monday and Thursday

7:15-9:15pm

FENCING

Ever wished you could sword fight like the Three Musketeers or swashbuckle like a pirate? Learn to duel as they did during the Renaissance with Boston's local Society for Creative Anachronism (SCA) group. Loaner gear is available for beginners looking to try it out. Contact:

fence-marshall@carolingia.eastkingdom.org to register, reserve gear or with any questions. Find additional info: <http://carolingia.eastkingdom.org/>.



Thursday: 7:00-9:00pm

Sunday: 2:00-5:00pm

MIDDLE EASTERN DANCE

Learn the dances as done through the ages from North African through the Middle East. Wear comfortable clothes for ease of movement. Join our dance practice with Boston's local Society for Creative Anachronism (SCA) group. We start with a warm up, focus on several steps/concepts and close with open dance and cool down stretch. Contact

serene@neotheo.com or erzulie@erzulie@dancer.com with any questions. Additional info about the Boston SCA group at <http://carolingia.eastkingdom.org/>.

Thursdays

from 7-9pm.

VINYASA YOGA

Vinyasa means "breath-synchronized movement" and in this dynamic practice, students will focus on linking powerful breath with energetic and mindful movement to create a series of asanas (poses). In a vinyasa yoga class students will awaken their power, balance, energy, and flexibility in a fun, non-judgmental atmosphere.

Monday.....320501-01

March 28th – June 13th (10 Weeks)

No class April 18th & May 30th

7:00-8:00pm

\$90 resident/\$100 non-resident

ZUMBA

Zumba is an exhilarating class that combines dance, Latin music and aerobics. You'll burn 400-700 calories in one hour of fun. The class feels more like a party than a gym workout! Beginners' and adults of all age, shape & size are welcome. All you need is a fun loving attitude and a desire to move.

\$150 resident/ \$170 non-resident

Tuesday..... 320702-01

March 29th – May 31st (10 weeks)

7:00-8:00

\$90 resident/ \$100 non-resident

Instructor: Emily McLaughlin

AM Adult Lap Swim

Monday- Friday

6:15 am – 7:30am

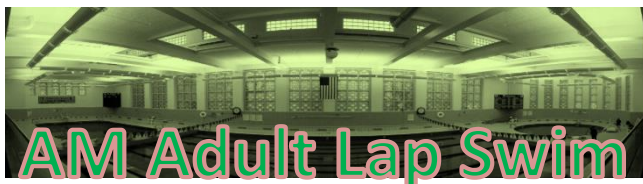
\$5.00 Cambridge residents \$6.00 non residents

*Does not include scheduled closure for holidays or closings due to inclement weather. For the most up to date schedule please refer to the brochure on our webpage:

www.cambridgema.gov/dhsp/warmemorial

For the most up to date information on emergency closings Like us on facebook @:

War Memorial Recreation Center, Cambridge MA



AM Adult Lap Swim

Enroll Online! Credit cards accepted

www.cambridgema.gov/dhsp/warmemorial



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Spring 2016

1640 Cambridge St. Door 15
(617) 349 6279

ADULT PROGRAMS

Adult Tennis

Beginner/Advanced Beginner Tennis

Thursday, 7:15-8:15pm.....320101-01
March 31st– May 19th (8 weeks)

\$75 Residents / \$85 Non-Residents
This class is for students with no previous experience or limited experience

Intermediate/Advanced Tennis

Thursday 8:15-9:15pm.....320102-01
March 31st– May 19th (8 weeks)

\$75 Residents / \$85 Non-Residents
This class is for students with experience and will provide the opportunity to advance skills.

Volleyball

Adult Coed Volleyball (Pick Up)
Ages 18 and above

Friday, 7:15–9:15 pm
\$7:00 (2 hour session)
Sunday, 12:00 – 2:00
\$7:00 (2 hour session)

Adult Coed Volleyball (league)

Monday: 7:15 – 9:15 pm
Fee: \$400.00 per team

League Organization Night: Sept 14
No games on October 12 & December 28
League play begins Sept 21 and ends Jan 4

League Director:
Kelley Leary (617) 349-6279



Weight & Cardio Room
 Mon – Fri 6:00 – 9:00 pm
 Saturday 2:00 -5:00 pm
 Sunday 2:00 – 5:00 pm
 See rates on Page 11



BOSTON SKI & SPORTS CLUB

BSSC Basketball & Volleyball
Boston Ski & Sports Club offers Coed Basketball & Volleyball leagues on Tuesday & Wednesday nights. Leagues run year round with new sessions starting every 8-12 weeks. Teams & Individuals welcome. Visit us at www.bssc.com and register today!



Mind & Body Boot Camp

Social Boston Sports Mind & Body Boot Camp is an innovative, team-based fitness program lead by certified trainers that will get you working hard, moving and sweating week after week.

Sunday Basketball

Since there will be no more Sunday Football to watch, get off the couch and play in a full-court Men's Basketball League with SBS.

Sunday Dodgeball

Come dodge, dip, duck, dive, dodge at SBS Dodgeball! Get in a sweat playing the classic recess game and then head to the bar afterwards every week to hang out with the people in the league. Dodgeball is surprisingly one of the most social sports SBS offers. All you need is a pair of sneakers to play.

How to Register: Go to www.socialbostonsports.com/leagues and filter by Cambridge Rindge and Latin School. Click "Register" and follow the steps. Memberships are free and Cambridge residents get \$10 off the league when they use the code **Cambridge2016** when registering.



SENIOR AQUA AEROBICS

These classes are available to students ages 55 and over. Please follow the registration process as it appears in the brochure and use the forms provided when you register for Senior Aqua.

\$60 once a week | \$75 twice a week | \$90 three times a week

Aqua Aerobics Schedule

Monday, Wednesday & Friday
3:30 - 4:30pm.....330101-01

Monday & Wednesday
3:30 -4:30pm.....330101-02

Monday
3:30 - 4:30pm.....330101-03

Wednesday
3:30 - 4:30pm.....330101-04

Friday
3:30 - 4:30pm.....330101-05

Senior Adult Class Schedule

March

Mar 28, Mar 30

April

Apr 1, Apr 4, Apr 6, Apr 8, Apr 11, Apr 13, Apr 15, Apr 20, Apr 22, Apr 25,
Apr 27, Apr 29

May

May 2, May 4, May 6, May 9, May 11, May 13, May 16, May 18,
May 20, May 23, May 25

June

June 1, June 3, June 6, June 8, June 10, June 13, June 15, June 17

No class on: April 18th, May 27, & May 30

Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. Please come to classes only on the day(s) you have registered for.

Thank you for your cooperation in this matter.

Resident

Resident	Pool	Weight & Cardio Room	Combo Weight Cardio Pool
Single Visit Child	\$1.25	N/A	N/A
Single Visit Adult	\$5.00	\$5.00	\$5.75
Single Visit Senior	\$2.00	\$2.00	\$2.75
Single Visit Couple	\$6.50	\$6.50	\$7.00
Single Visit Family	\$7.50	N/A	N/A
10 Visit Adult	\$45.00	\$45.00	\$55.00
10 Visit Senior	\$17.00	\$17.00	\$25.00
10 Visit Couple	\$60.00	\$60.00	\$70.00
10 Visit Family	\$70.00	N/A	N/A
24 Week Adult	\$165.00	\$165.00	\$185.00
24 Week Senior	\$55.00	\$55.00	\$75.00
24 Week Couple	\$190.00	\$190.00	\$205.00
24 Week Family	\$205.00	N/A	N/A
48 Week Adult	\$215.00	\$215.00	\$255.00
48 Week Senior	\$80.00	\$80.00	\$95.00
48 Week Couple	\$305.00	\$305.00	\$355.00
48 Week Family	\$355.00	N/A	N/A



Non-Resident

Non-Resident	Pool	Weight & Cardio Room	Combo Weight Cardio Pool
Single Visit Child	\$1.25	N/A	N/A
Single Visit Adult	\$6.00	\$6.00	\$6.50
Single Visit Senior	\$2.25	\$2.25	\$3.00
Single Visit Couple	\$7.50	\$7.50	\$8.00
Single Visit Family	\$9.00	N/A	N/A
10 Visit Adult	\$55.00	\$55.00	\$65.00
10 Visit Senior	\$21.00	\$21.00	\$35.00
10 Visit Couple	\$70.00	\$70.00	\$80.00
10 Visit Family	\$80.00	N/A	N/A
24 Week Adult	\$185.00	\$185.00	\$205.00
24 Week Senior	\$80.00	\$80.00	\$105.00
24 Week Couple	\$205.00	\$205.00	\$230.00
24 Week Family	\$230.00	N/A	N/A
48 Week Adult	\$235.00	\$235.00	\$280.00
48 Week Senior	\$105.00	\$105.00	\$125.00
48 Week Couple	\$330.00	\$330.00	\$380.00
48 Week Family	\$405.00	N/A	N/A



Pool Schedule



Children's fee must be paid from birth - 17 years.

Senior Citizen rates are for those 55 and over as well as participants with a disability with suitable documentation.

Lap swim may be impacted from time to time for regularly scheduled swim meets.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID accepted.

A couple constitutes two people living at the same address. Proof must be shown by both participants.

To purchase a family ticket all family members must have proof they live at the same address.

To receive the resident rate on any activity proof of residence must be shown. Proof of residence is a valid MA Drivers License or ID, utility bill, or rent receipt. This is all that will be accepted.

Please be aware that our pool is a shared space and this schedule may shift as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	The Cambridge Program 8:00-10:00	
Senior Aqua 3:30-4:30 pm		Senior Aqua 3:30-4:30 pm		Senior Aqua 3:30-4:30 pm	Cambridge Swans 8:00 – 11:00am	Sea Dawgs 11:45-1:15 pm
	Adult Lap Swim 5:15 -6:30 pm	Aqua Zumba 5:15 -6:00 pm	Adult Lap Swim 5:15 -6:30 pm	Family Swim 5:30 8:30 pm (lap pool not available)	Children's Swim Lessons 10:00 am – 2:00 pm	Family Swim 1:30 – 4:30 pm
Sea Dawgs 5:30- 7:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Sea Dawgs 5:30 - 7:30pm Cambridge Swans 7:15-8:30 pm	Family Swim 5:15 - 6:30 pm (lap pool not available)	Adult Lap Swim 5:30 -6:15 pm 7:15-8:45 pm	Sea Dawgs 12:00-1:30 pm	Adult Lap Swim 1:30 – 4:45 pm
Aqua Aerobics 6:00-7:15 pm		Aqua Aerobics 6:00-7:15 pm		Sea Dawgs 6:15 - 7:15 pm	Family Swim 2:00 - 4:30 pm	Birthday Parties 1:30 - 3:30 pm
Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm	Masters Swim 6:45-8:00 pm	Adult Lap Swim 7:30- 8:45 pm	Masters Swim 6:45-8:00 pm	Birthday Parties 5:30 -7:30 pm	Adult Lap Swim 2:00 – 4:45pm	
Adult Lap Swim 7:30 -8:45 pm	Cambridge Swans 6:30 – 9:00 pm	Adult Swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm	Cambridge Swans 6:30 – 9:00 pm		Birthday Parties 2:15- 3:30 pm	





Throw your Birthday party at the War Memorial Pool

Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Time of rental listed below:

Friday

5:30 - 8:45

Saturday

2:15 - 4:45

Sunday

1:30 - 4:45

The fee is \$60 for a pool party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather. If you cancel a party, we must have a month's notice or you will not receive a credit. Rules will be provided on your receipt. Parties are not available from June 30 - September 11. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online. For online registration please visit www.cambridgema.gov/dhsp, click "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. If you cannot access a date then it is unavailable.

For more information please call

617 349-6279



Enroll Online! Credit cards accepted

www.cambridgema.gov/dhsp/warmemorial



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Spring 2016

1640 Cambridge St. Door 15
(617) 349 6279



Program Name: _____

Child's Name: _____ Child's Name: _____

Address of Child/Children: _____

Family Information:

1. Parent/Guardian Name: _____ Social Security: _____
Address: _____ Home Phone: _____
Place of Employment: _____ Work Phone: _____

2. Parent/ Guardian Name: _____ Social Security: _____
Address: _____ Home Phone: _____
Place of Employment: _____ Work Phone: _____

Income Information

*Proof of Residency and documentation of income must accompany this application. Please report the income of ALL adults in household. Failure to do so, without holding information, under reporting income, or submitting false information will result in disqualification of your scholarship request.

Total number in Family: _____ Number of adults: _____ Number of Children: _____

Wage Earner #1 Gross weekly income \$ _____

Wage Earner #2 Gross weekly income \$ _____

Other Family income (monthly) _____

WIC Welfare Child Support Rents Alimony Unemployment Other

Total Monthly Income: \$ _____

*All of the above information for each adult in the household must be documented in writing.

Have you been awarded a DHSP scholarship in the past? Yes _____ No _____

If yes, when? Year: _____ Amount _____ Program _____

Are all adults working? Yes: _____ No _____

* I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.

Parent/ Guardian Signature: _____ Date: _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2015 and June 30, 2016. Mail in your completed scholarship registration form, scholarship request form and a copy of your 2014 tax return.

Please do not send a check at this time. If you receive a scholarship you will be requested to pay when your confirmation is received and at that time you will be required to send a check to the War Memorial (made payable to the City of Cambridge). Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration. Scholarship applications may only be made during mail registration.

Mail to: Adam Corbeil * Spring Registration * 51 Inman Street * Cambridge MA 02139



Registration

How to register

By Mail

Registrations can be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Adam Corbeil
Spring 2016 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on March 7th. All forms are processed in the order they are received and classes often fill up. Mailing in your registration does not guarantee a spot on our enrollment.

On the Web

The most effective way to register is by visiting our website at:

www.cambridgema.gov/dhsp

For more information about registering online please reference the inside cover of this brochure.

Walk-in

Walk-in registration begins March 14. Please feel free to stop by from the hours of 3:30 to 8:30 pm Monday – Friday and 12:30 – 4:30 on Saturday and Sunday. Please take note of the days in which the Center is closed for Holidays listed on the Table of Contents in this brochure before coming in. Our front desk is located behind Door 15 of the Rec. Center located at 1640 Cambridge MA.

Cash, checks and credit cards are accepted for walk-in registration.



Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male Female

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

Cambridge Resident Non-resident Change of Address

Child Participant

Child's Name _____ Sex: Male Female

Age _____ DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Medical Considerations: _____

Adult Participant

Name: _____ Sex: Male Female

DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Second Choice if Class is Full

Title _____ Day _____ Time _____ Fee _____

Participant Signature (parent/guardian signature if participant is under 18 years of age) _____

Date: _____

Media Release:

I do I do not give permission to the City of Cambridge and War Memorial Recreation Center to use photographic and video reproductions for publicity purposes.

Registration

Additional Information

Confirmations will be mailed as soon as registrations are received.

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It makes the enrollment process go smoother. If you have changed your address since the last time you registered, please let us know.



Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male Female

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

Cambridge Resident Non-resident Change of Address

Child Participant

Child's Name _____ Sex: Male Female

Age _____ DOB _____

Class Code _____

Title	Day	Time	Fee

Class Code _____

Title	Day	Time	Fee

Medical Considerations: _____

Adult Participant

Name: _____ Sex: Male Female

DOB _____

Class Code _____

Title	Day	Time	Fee

Class Code _____

Title	Day	Time	Fee

Second Choice if Class is Full

Title	Day	Time	Fee

Participant Signature (parent/guardian signature if participant is under 18 years of age) _____

Date: _____

Media Release:

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1640 Cambridge St. Door 15
(617) 349 6279

Honored Veteran

WAR MEMORIAL RECREATION CENTER



Our recreation programs are made possible by the brave service of people like:

Peter Parise
Cambridge Veteran

United States Army
October 1961- August 1962

Peter is a life long Cambridge resident and member of the Warren Street Pals. Salute!

AM Adult Lap Swim
One Free Swim

Offer limited to persons over the age of 18. Limit one per household. Offer is valid through July 1, 2016
Please be sure to review current facility schedule by:
Calling (617)- 349- 6279
Visiting us at 1640 Cambridge Street, Door 15
Accessing our brochure on line at:
www.cambridgema.gov/DHSP/WarMemorial



Vinyasa Yoga
One Free Class

Offer limited to persons over the age of 18. Limit one per household. Offer is valid through March 26, 2016
Please be sure to review current facility schedule by:
Calling (617)- 349- 6279
Visiting us at 1640 Cambridge Street, Door 15
Accessing our brochure on line at:
www.cambridgema.gov/DHSP/WarMemorial

!!!ZUMBA!!!
One Free Class

Offer limited to persons over the age of 18. Limit one per household. Offer is valid through July 1, 2016
Please be sure to review current facility schedule by:
Calling (617)- 349- 6279
Visiting us at 1640 Cambridge Street, Door 15
Accessing our brochure on line at:
www.cambridgema.gov/DHSP/WarMemorial

City of Cambridge
Department of Human
Services Programs

Recreation Department
51 Inman Street
Cambridge, MA

David P. Maher
Mayor

Dennis A. Benzan
Vice Mayor

City Counsel

Dennis J. Carlone
Leland Cheung
Craig A. Kelley
Nadeem A. Mazen
Marc C. McGovern
E. Denise Simmons
Timothy J. Toomey, JR.

Richard C. Rossi
City Manager

Lisa Peterson
Deputy City Manager

Ellen Semonoff
Assistant City Manager,
Human Services

