

Arlington Recreation Department Fall 2022 – Winter 2023 Program Guide



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

Registration Now Open! Sign Up Now !

For more information or to register, please visit
www.arlingtonrec.com or call 781-316-3880

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Meet the Arlington Recreation Department Staff

Joseph Connelly, *Director of Recreation*

Matt Curran, *Program Supervisor*

JJ O'Sullivan, *Rink Manager & Facility Supervisor*

Yamir Rodriguez, *Assistant Facility Supervisor*

Maria Day, *Administrative Assistant*

Linda Kirchner, *Administrative Assistant*

Arlington Recreation Department & Ed Burns Ice Arena

Address: 422 Summer Street, Arlington, MA 02474

Main Phone Number: (781) 316-3880

Main Email Address: recoffice@town.arlington.ma.us

Office Hours: Monday – Friday, 8:00am – 4:00pm

Website: www.arlingtonrec.com

Arlington Parks and Recreation Commission

Shirley Canniff • Sara Carrier • Josh Fenollosa • Phil Lasker
Leslie Mayer • Jen Rothenberg • Scott Walker

Special Events

Saturday, September 10

Dog Days of Summer: Music, Food Trucks, & Dogs End of Summer Celebration!!



Please join us for an end-of-summer celebration at the Arlington Reservoir with your four-legged friend. This event will include music, food, and fun! Come on down to the Reservoir and enjoy the last dog days of summer!!! All donations fund the upkeep of the Off-Leash Recreation Area at Thorndike Park.

Time: 11:30am – 3:30pm

Location: Reservoir Beach

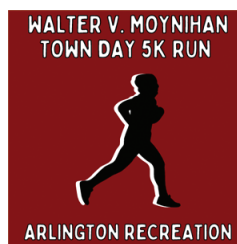
Suggested Donation: \$10 per dog

Saturday, September 17

Walter V. Moynihan Town Day Three-Mile Run around the Res!



Food & Beer Tent! • DJ • Bouncy House • Face Painting and More!



Time: Registration starts at 9:00am.
Race begins at 10:00 am

Where: Arlington Reservoir Beach

Fee: Early registration \$30 per runner

Distance: Three-mile run – three laps around the Res!

Awards: Top male and female in each age division – under 10, 11–15, 16–19, 20–29, 30–39, 40–49, 50–59, 60–69, 70–79, 80-plus and Race Tee Shirts to first 100 runners

Beer Tent: Runners 21+ will receive a beer ticket for Burke's Alewerks



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.

General Information

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.

Inclusion Policy: The Arlington Recreation Department is committed to creating and promoting inclusion across all public spaces, places, facilities and programs that the department manages. Through the Inclusion Policy, Mission Statement and supporting practices, we aim to ensure that everyone has access to the benefits of quality parks and recreation programs.

Registration and Payment: We ask that program registrations occur through our online recreation management software at www.arlingtonrec.com if possible. Please visit www.arlingtonrec.com to view all our program information or to register. First time registrants will need to create a household account via this website (MyRec Household Account).

If you are experiencing difficulties or are more comfortable registering via phone, please call our office at 781-316-3880. Payment is due at the time of registration. Any payments via check (In Person Only or Special Arrangement) can be made payable to Arlington Recreation.

Course Confirmation: Confirmation emails will not be sent for every program registration. A participant is registered only when payment has been received. If there are questions regarding your household account or programs that you individuals are registered for, please log into your account at www.arlingtonrec.com to view your account history.

Cancellations: We reserve the right to cancel or postpone any 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. All program cancellations are online at www.arlingtonrec.com

Cancellation emails for a specific program will be sent to the primary email address on the household of those who are registered (Please note individuals that have opted out of notification emails are not guaranteed to receive cancellation emails. This can be changed anytime online by editing the setting in your household account).

Inclement Weather: Please visit www.arlingtonrec.com to receive inclement weather updates on programs. 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. Field Status updates can be viewed anytime at www.arlingtonma.gov/departments/public-works/parks-fields. It is our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Fall/Winter Refunds (Policy Change): In the event that a participant must cancel out of a program, a refund will be granted minus a \$25 administrative fee (per program cancelled) up until one week before the program begins. After the first day/class of the program a prorated refund will be granted, minus a \$25 administrative fee. After the second day of a program/class neither a refund nor household credit will be issued. A household credit can be requested in place of a refund and the \$25 administrative fee will not be assessed. All household credits are valid until December 31st of the year they are issued. Household credits that remain will be erased on January 1st of each year.

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 specifics.

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

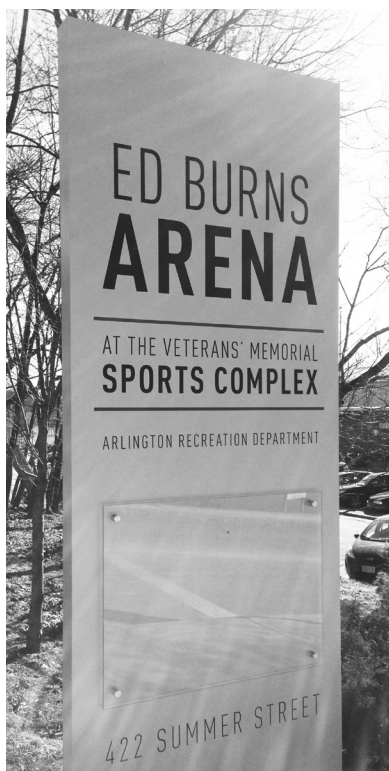
Participants Responsibility: We ask that all participants respect the staff, other participants, program equipment, facilities and age requirements when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right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

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 www.arlingtonrec.com. Scholarships will be awarded on a need basis and requests will be granted for a singular week, session or program so that Arlington Recreation can spread out its available scholarships. If you are requesting a scholarship for a Kid Care program please be advised that the maximum scholarship is 10% of the annual tuition. Payment plans can also be set up to assist with payment options.

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 to never turn away a participant due to economic hardship. With your help, we will be able to continue this practice.

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 available! Contact us for openings. Thank you to everyone who has already given their time and energy!

Ed Burns Ice Skating Arena



The Ed Burns Ice Skating Arena is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85 x197-feet with spectator seating for 1,000. 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 or birthday

party. For rental or event information, contact the Recreation Office at 781-316-3880.

All Ages • Starts September 16, 2022

Public Skating Schedule

The Ed Burns Ice Skating Arena is open to the community for public skating sessions several times a week. Ice skate rentals and sharpening are available. No hockey allowed during public skating. Helmets are not required, but are recommended for all beginners.

Final Public Skating dates and times are subject to change. Please visit www.arlingtonrec.com for the most accurate Public Skating schedule, in addition to information on holiday Public Skates.

Dates: September 16, 2022 – end of April, 2023

Times:*	Mondays	12:00pm – 1:50pm
	Thursdays	9:00am – 10:50am
	Fridays	11:00am – 12:50pm 1:45pm – 3:15pm 7:20pm – 9:00pm
	Saturdays	4:00pm – 5:50pm
	Sundays	9:30am – 11:30am 2:00pm – 4:00pm

** Exact times may change throughout year*

Fees:	Children (Ages 16 and Under):	\$5
	Seniors (Ages 60+):	\$5
	Adults:	\$8

Ice Rentals

Organizations and individuals interested in renting ice time must complete and submit an Ed Burns Ice Time Request Form. This form can be found online at <https://arlingtonrec.com/info/dept/> under the rink section or by calling Arlington Recreation at 781-316-3880.

Completed applications can be emailed to the Ed Burns Arena Facility Supervisor, JJ O'Sullivan, at JOSullivan@town.arlington.ma.us. All Ice Time Request Forms will be reviewed and ice times will be approved accordingly. If your group does not have insurance, you will need to indicate this on your application.

Submission of an Ice Time Request Form does not guarantee access. Space will be assigned based off availability, policies and the order outlined below. Group rental fees are as follow:

Ice Rental Fees

Option 1: \$270 per 50-minute time block

Option 2: \$290 per 60-minute time block

For additional information or if you have questions, please feel free to contact Ed Burns Arena Facility Supervisor JJ O'Sullivan at JOSullivan@town.arlington.ma.us or (781)-316-3882.

Skate Rentals and Sharpening

The Ed Burns Ice Skating Arena offers skate rentals for \$5 per pair. Skate rentals are available during public skates and various Recreation Department run classes. Skate sharpening at the Ed Burns Arena is available during public skating hours, regular business hours and by appointment.

Skate Rental Fee: \$5 per pair

Skate Sharpening Fee: \$8 per pair

Advertise Your Business or Sponsor a Special Event!

Would you like Arlington Recreation to help you get the word out about your services or an upcoming event? Need more exposure in Arlington and the surrounding area? Would you like to support Arlington Recreation? There are yearly options available for businesses to advertise at the Ed Burn Arena Ice Rink! Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season!



**Call JJ O'Sullivan at 781-316-3882
for more information.**

Skating Lessons at the Ed Burns Arena

Ages 4 – 18 • Starts September 14

Bay State Skating School Learn To Skate Program

Celebrating Over 50 Years of Teaching Skating to Youth



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

(rentals available). Helmets are required for this program!

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors, offering excellent classes for students ages 4 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A coordinator will in attendance at all times.

Skaters must have sharpened figure, hockey, or recreation skates. NO Double Runners. Skill progression: balancing, falling and getting up, glides, turns, edges, crossovers, spins, jumps and more. Please note this is not a drop-off class and parents/guardians should remain onsite through the program.

Wednesday Sessions

Time: 3:00pm – 3:50pm

Session 1 **Dates:** September 14 – October 12
Fee: \$155 (five-week session)

Session 2 **Dates:** October 19 – November 30
Fee: \$217 (seven-week session)

Session 3 **Dates:** December 7 – January 25 (x 12/28)
Fee: \$217 (seven-week session)

Session 4 **Dates:** February 1 – March 29 (x 2/22)
Fee: \$248 (eight-week session)

Saturday Sessions

Time: 10:50am – 11:40am

Session 1 **Dates:** September 17 – October 15
Fee: \$155 (five-week session)

Session 2 **Dates:** October 22 – November 26
Fee: \$186 (six-week session)

Session 3 **Dates:** December 3 – January 21 (x 12/24 & 12/31)
Fee: \$186 (six-week session)

Session 4 **Dates:** January 28 – March 25 (x 2/18 & 2/25)
Fee: \$217 (seven-week session)

Ages 2.5 and older • Starts October 4

Tot Skating Lessons

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 for all participants. Skate rentals available at the Ed Burns Arena. Child must be accompanied by adult caregiver on the ice.

Days: Tuesdays

Dates: Session 1 October 4 – November 1
Session 2 November 15 – December 13
Session 3 January 3 – January 31
Session 4 February 14 – March 21 (x 2/21)

Time: 9:40am – 10:10am

Days: Fridays

Dates: Session 1 October 7 – November 4
Session 2 November 18 – December 16
Session 3 January 6 – February 3
Session 4 February 17 – March 24 (x 2/24)

Time: 8:15am – 8:45am

Fee: \$110 per person, per session

Ages 18+ • Starts October 4

Adult Ice Skating

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 now required. Skate rentals available at the Ed Burns Arena.



Adult Beginners

Days: Tuesdays

Dates: Session 1 October 4 – November 1
Session 2 November 15 – December 13
Session 3 January 3 – January 31
Session 4 February 14 – March 21 (x 2/21)

Time: 10:30am- 11:15am

Already Skating Adults

Days: Wednesdays

Dates: Session 1 October 5 – November 2
Session 2 November 16 – December 14
Session 3 January 4 – February 1
Session 4 February 15 – March 22 (x 2/22)

Time: 9:00am – 9:45am

Fee: \$110 per five-week session

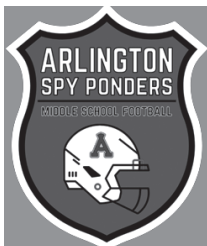
Toddler and Youth Programs

Programs listed in order of start date.

Grades 6 – 8 • Starts end of August

Middle School Football

The Arlington Middle School football program has been part of the Eastern Massachusetts Middle School League for the last 6 years. The first game kicks off September 14 against Winchester. There is an eight-game schedule against local towns. Our program is designed to get athletes prepared for playing football at the high school level. The program teaches and reiterates the basics of contact football including safe heads up play. All participants will be required to complete required health and emergency forms in order to attend practice and games. Contact: Lamont Harris at Lharris0527@gmail.com or call 857-312-1256



Days: Mondays – Fridays
Dates: Season runs from end of August through early November
Times: Practices 6:00pm – 7:45pm
Games Wednesdays 4:00 – 6:00pm
Location: Practice at Pierce Field; games at McClennen Field
Fee: \$300

Ages 5 – 15 • Starts September 11

Veedo Recreational Cricket

through the United Cricket League

Cricket is a perfect, exciting fun and safe sport for girls and boys. This programs focus is to have most fun while learning batting, bowling and fielding skills. Participants learn teamwork, community building and get a thorough fun workout. Perfect for families to be involved with their child as well as the community



Days: Sundays
Dates: September 11 – October 30
Time: 1:00pm – 3:00pm
Location: Poets Corner Field
Fee: \$100 per person

Email program comments, suggestions,
ideas, and concerns to
MattCurran, Program Supervisor,
at mjcurran@town.arlington.ma.us

Grades 1 – 4 • Starts September 12

Kids LAHF: Games Around The World

Themes: North America and South America

Stamp your passports! Each day, “visit” different places around the world and play games that youth play in that region. New games, basic greetings, and cool trivia will be introduced!

At Kids LAHF, we seek to offer a diverse population of youth inclusive and unique enrichment opportunities that promote safe Learning And Having Fun! We encourage all youth to LAHF and play, by trying new experiences and participating in workshops designed to foster positive social engagement, practice self-reflection, enhance literacy and numeracy skills, and increase environmental, multi-cultural and community awareness.



Days: Mondays
Dates: Session 1 September 12– October 24 (x 10/10)
Session 2 November 7 – December 19
Time: 3:00pm – 4:30pm
Location: Kid Care Preschool Building, 352 Mass Ave
Fee: Session 1 \$75 for six weeks
Session 2 \$95 for seven weeks

Grades 6 – 8 • Starts September 13

Middle School Co-Ed Ultimate Frisbee

Come play for the Arlington Ocelots! The focus of the program is 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. Ultimate is one of the fastest growing sports in the world today, especially in the Boston area.



Learn the basic rules and skills necessary to play in high school, college, and beyond. Fall 2022 scrimmages will be scheduled with surrounding towns, and a local weekend tournament is TBA. For more information about Ultimate, visit www.usultimate.org/rules.

Days: Tuesdays and Fridays,
Dates: September 13 – October 28 plus optional mid-week/weekend games TBA
Time: 3:30pm – 5:00pm
Location: Hill’s Hill Field
Fee: \$125

Ages 7 and older • Starts September 19

Arlington Recreation Fencing Program

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



Fencing Equipment Purchase and Rental Information will be sent out prior to class. For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Days: Wednesdays Advanced
Thursdays Introduction/Intermediate

Dates: Session 1: September 14 – November 9 (x 10/5)
Session 2: November 10 – January 12 (x 11/24, 12/29)
Session 3: January 19 – March 22 (x 2/23)
Session 4: March 23 – May 24 (x 4/20)

Times: Beginner/Intermediate Ages 7 and older
6:15pm – 7:15pm
Beginner/Advanced Ages 12 and older
7:30pm – 8:30pm

Location: Thompson Elementary School

Fee: \$240 per eight-week session

Grades 5 – 9 • Starts September 20

Spy Ponders Volleyball Clinic with AHS Coach Liz Morris

Led by Liz Morris, AHS Boys Varsity Volleyball and AHS Girls Varsity Volleyball Coach, Spy Ponders Volleyball will provide players with the fundamental skills of the sport. Coaches will provide instruction in serving, passing, setting, hitting, blocking, and defense. We will focus on individual skills to make each person a better volleyball player! We will pay special attention to offense and defense which will lead to team-building activities. We want to give every student a chance to experience what it means to be part of a team and to be a great volleyball player.



Days: Tuesdays and Saturdays
Dates: September 20 – October 29
Time: Tuesday 6 pm – 7:30 pm (Ottoson)
Saturday 10 am – 11:30 am (AHS)
Fee: \$250 per person

Ages 3 – 4 • Starts September 23

Little Dragons 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.



Days: Fridays

Dates: Session 1 September 23 – December 16 (x 11/25)
Session 2 January 6 – March 31 (x 2/24)

Time: 4:45pm – 5:15pm

Location: Thompson Elementary School

Fee: \$330 (12-class sessions)

Ages 5 – 12 • Starts September 23

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.



Days: Fridays

Dates: Session 1: September 23 – December 16 (x 11/25)
Session 2: January 6 – March 31 (x 2/24)

Times: Ages 5 – 7 5:15pm – 6:00pm
Ages 8 – 12 6:00pm – 6:45pm

Location: Thompson Elementary School

Fee: \$330 (12-class sessions)

Ages 9 – 14 • Starts September 24

Youth Archery

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



Days: Saturdays
Dates: September 24 – October 29 (10/8)
Times: Session 1 10:00am – 11:30am
Session 2 11:30am – 1:00pm

Days: Mondays
Dates: September 26 – October 31 (x10/10)
Times: 3:30 pm – 5:00 pm

Location: Menotomy Rocks Park

Fee: \$198 per five-week session

Toddler and Youth Programs

All programs listed in order of start date.

Grades K – 8 • Starts September 24

NFL Flag Football

NFL Flag is the premier youth flag football league for both boys and girls, and our program provides young players a fun and exciting opportunity to engage in non-contact action while learning lessons in teamwork. The program is designed to educate young people about football, while emphasizing participation and sportsmanship. Players learn skills and lessons that help them succeed both on and off the field. All games will be coached, scored and refereed, and include playoffs with Super Bowl rings for championship team. Each player will receive an official NFL Flag Jersey, a flag belt, and seven weeks of flag football. Teams are balanced according to age and year of experience, some players may be asked to move divisions based on skill and availability. Each division has at least seven games that will include playoffs. Please note this will be a two step-process.



Days: Saturdays
Dates: September 24 – November 12 (x 10/8)
Times: Grades K – 2 4:30pm – 5:15pm
Grades 3 – 5 5:30pm – 6:15pm
Grades 6 – 8 6:30pm – 7:15pm
Location: Summer Street Field
Fee: \$200

Ages 3 – 5 • Starts September 25

Amazing Athlete's Multi-Sport Program

At Amazing Athletes, we empower children by using sports as a catalyst to engage their inner strengths and abilities so they can confidently pursue an active lifestyle through each stage of development. Through our structured active play, Amazing Athletes advance seven different motor skills: Balancing, Running, Jumping, Throwing, Catching, Kicking and Bowling. Our non-competitive classes let children build confidence in a safe and fun environment while also building teamwork and good sportsmanship.

Monday Sessions

Ages: 3 – 5 years old
Dates: September 26 – November 7 (x 10/10)
Times: Ages 3 – 4 9:00am – 9:45am
Ages 4 – 5 9:50am – 10:40am
Location: Hill's Hill Field
Fee: \$175 (six sessions)

Sunday Sessions

Ages: 3 – 5 years old
Dates: September 25 – October 30
Times: Ages 3 – 4 12:15pm – 1:00pm
Ages 4 – 5 1:05pm – 1:55pm
Location: Stratton School Green Space
Fee: \$175 (six sessions)

Grades 1 – 5 • Starts September 27

Sidekick Sports After-School Flag Football

We combine technical development and fundamental techniques with safety and a major focus on fun! Our activities will prepare athletes for flag football through throwing, passing, catching, and tackling (i.e. pulling flags), while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, a cool-down techniques are all covered in this unique program. Flag Football presents a unique opportunity for players to get more touches on the ball; which leads to more learning and more fun!

Days: Tuesdays
Dates: September 27 – November 1
Time: 3:30pm – 4:30pm
Location: Hill's Hill Field
Fee: \$115



Grades 1 – 5 • Starts September 29

Sidekick Sports After-School Basketball

Players will learn the position names in basketball: Point Guard, Shooting Guard, Small Forward, Power Forward, and Center. Players will learn how to pass and shoot effectively, learn the different ways to defend and block, best strategies for teamwork and efficient play, and be challenged to think and act fast during small sided games at the end of each session. Program not held in inclement weather.

Days: Thursdays
Dates: September 29 – November 3
Time: 3:00pm – 4:00pm
Location: Summer Street Outdoor Basketball Courts
Fee: \$115

Grades 1 – 3 and 4 – 6 • Starts September 29

Kids LAHF Picture-It: An Introduction to Digital Storytelling.

Theme: Exploring Nature

What better way to tell a story than through pictures! Using components of the National Geographic Explorer Mindset and a point and shoot digital camera, youth play indoor/outdoor games and activities, explore their environment, learn basic digital photography concepts, take fun pictures, and create a Story Portfolio to take home at the end of the session. Come with an open mind, be willing to listen, learn, create, participate and Have Fun! (Cameras will be provided for use in the workshop.)

Days: Wednesdays
Dates: Session 1 September 29 – November 3
Session 2 November 2 – December 21 (x 11/23)
Time: 3:00pm – 4:30pm
Location: Kid Care Preschool Building, 352 Mass Ave
Fee: \$95 for seven weeks

Toddler & Youth Fall Soccer Programs

Ages 2 – 5 • Starts September 24

Tiny Tykes 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 young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week.



Days: Saturdays or Sundays

Dates: Saturday Sessions: September 24 – October 29
Sunday Sessions: September 25 – October 30

Times: Ages 2 – 3: Saturdays from 11:00am – 12:00pm
Ages 3 – 5: Saturdays from 12:00pm – 1:00pm
Ages 2 – 5: Sundays from 4:30pm – 5:30pm

Location: Thorndike Field

Fee: \$120 per session (6 Classes)

Ages 1 – 5 • Starts September 28

Sidekick Sports After-School Soccer

Classes are structured around a low pressure, fun environment with an emphasis on skill development. The goal is to become comfortable and confident with the ball while learning specific skills to then be utilized in fun but challenging games. Classes will be broken down to teach both the technical side (foot skills) as well as the tactical side (moving the ball properly to create proper fluidity), and ending with small sided games. Come enjoy the beautiful game with our Nationally Licensed staff!



Days: Wednesdays

Dates: September 28 – November 2

Time: 3:00pm – 4:00pm

Location: Hill's Hill Field

Fee: \$115

See Your Child in the Arlington Recreation Program Guide



The Arlington Recreation Department invites you to submit photographs for use in our program guides. Please mail your submissions to recoffice@town.arlington.ma.us

Ages 3 – 5 • Starts September 28

Super Soccer Stars

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

Wednesday Sections

Ages: 3 – 5 years old

Dates: September 28 – November 2

Times: Ages 3 – 4: 9:00am – 9:45am
Ages 2 – 3: 9:50am – 10:30am
Ages 4 – 5: 10:35am – 11:25am

Friday Sections

Ages: 3 – 5 years old

Dates: September 30 – November 4

Times: Ages 3 – 4: 9:00am – 9:45am
Ages 2 – 3: 9:50am – 10:30am
Ages 4 – 5: 10:35am – 11:25am



Sunday Sections

Ages: 3 – 7 years old

Dates: September 25 – October 30

Times: Ages 3 – 4: 8:30am – 9:15am
Ages 2 – 3: 9:20am – 10:00am
Ages 4 – 5: 10:05am – 10:55am
Ages 5 – 7: 11:00am – 12:00pm

Location: Hill's Hill Field (Wednesdays and Fridays)
Stratton Field (Sundays)

Fee: \$175 (six sessions)

Grades 2 – 6 • Starts November 28

Northeast Futsal Association Winter Skills Clinic

Our futsal-specific curriculum aids players in their skill development. The goal is to become comfortable and confident with the ball while learning specific skills to then be utilized in fun but challenging games. Classes will be broken down to teach both the technical side (foot skills) as well as the tactical side (moving the ball properly to create proper fluidity), and ending with small-sided games. Come enjoy this fast-paced game with our Nationally Licensed staff!

Days: Mondays, six-week sessions

Dates: Session 1: November 28 – January 16
Session 2: January 23 – March 6


Times: Grades 2 – 4: 6:30pm – 7:30pm
Grades 5 – 6: 7:30pm – 8:30pm

Location: Thompson Elementary School

Fee: \$145

Town of Arlington MA Playground Accessibility Checklist

A quick and easy accessibility guide to help playground users assess their playground options

	<div>Bishop Playground</div> <div>25 Columbia Rd.</div> <div></div>	<div>Buzzell Field</div> <div>29 Summer St.</div>	<div>Crosby Park</div> <div>34 Winter St.</div> <div></div>	<div>Reinhart Playground at Cutter Park</div> <div>30 Robbins Rd.</div>	<div>Florence Playground</div> <div>185 Florence St.</div> <div></div>	<div>Hibbert Playground</div> <div>Hibbert St.</div>	<div>Hill's Hill Playground</div> <div>422 Summer St.</div>	<div>Locke Playground</div> <div>51 Davis Rd.</div>	<div>Lussiano Playground</div> <div>60 North Union</div> <div></div>	<div>Magnolia Park</div> <div>40 Hebert Rd.</div>	<div>McClennen Park</div> <div>700 Summer St.</div>	<div>Menotomy Rocks Park Playground</div> <div>129 Jason St.</div>	<div>Parallel Park</div> <div>167 Medford St.</div>	<div>Parmenter Park</div> <div>17 Irving St.</div>	<div>Peirce Playground</div> <div>85 Park Ave.</div> <div></div>	<div>Poets Corner Playground</div> <div>300Wadsworth Rd.</div>	<div>Robbins Farm</div> <div>Eastern Ave.</div> <div></div>	<div>Spy Pond Park</div> <div>21 Pond Lane</div>	<div>Stratton Playground</div> <div>180 Mountain Ave.</div> <div></div>	<div>Waldo Park</div> <div>65 Waldo Rd.</div>	<div>Whittemore Robbins Playground</div> <div>700 Mass Ave</div>
Age Appropriate	2 – 12	2 – 12	5 – 12	5 – 12	2 – 12	2 – 12	2 – 12	2 – 12	5 – 12	2 – 12	2 – 12	5 – 12	2 – 12	5 – 12	5 – 12	2 – 12	2 – 12	2 – 12	2 – 12	2 – 12	2 – 12
SECTION 1: GENERAL SITE ACCESSIBILITY																					
Play Equipment Route to edge of play area	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✓	✗	✗	Under Renovation	✓	✓	✓	Under Renovation	✓	✓	✗
Path to Equipment Route from edge of play to equipment	✓	✓	✗	✗	✓	✗	✓	✓	✓	✗	✓	✗	✗		✓	✓	✗		✓	✗	✗
Accessible Route Surfacing Type	Wood Chips	Wood Chips	N/A	Wood Chips	Rubber	Wood Chips	Asphalt	Asphalt	Rubber	Asphalt/ Wood Chips	Rubber	N/A	N/A		Rubber	Asphalt/ Rubber	Asphalt/ Wood Chips		Asphalt/ Wood Chips	Asphalt/ Wood Chips	N/A
SECTION 2: ACCESS TO GROUND LEVEL EQUIPMENT																					
Ground Level Play (i.e. play houses, swings, play panels, etc.)	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗		✗	✓	✓		✓	✓	✗
Ground Level Play On accessible path	✓	✗	✗	✗	✓	✓	✓	✗	✓	✗	✓	✗	✗		✓	✓	✓		✓	✗	✗
Play Table Clearance Wheelchair accommodation	N/A	N/A	✗	✗	N/A	N/A	✓	✓	✓	✓	✓	N/A	✗		N/A	N/A	✗		N/A	✗	N/A
Accessible Swing	N/A	✓	✗	✗	✓	✗	✗	✓	✓	✓	✗	✗	✓		✗	✗	✓		✗	✗	N/A
Accessible Group Swing	✓	✗	N/A	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗		✗	✗	✗		✗	✗	N/A
SECTION 3: ACCESS TO ELEVATED EQUIPMENT																					
Elevated Play Components	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✗
Transfer/Ramp To elevated play components	✗	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗		✗	✗	✗		✗	✗	✗
Transfer/Ramp	N/A	✓	N/A	N/A	N/A	N/A	✓	✓	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A
SECTION 4: SITE AMENITIES																					
	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✗	✗		✗	✓	✗		✗	✗	✗
	✗	✓	✗	✗	✓	✗	✓	✓	✓	✗	✗	✗	✗		✗	✗	✗		✓	✗	✗
 (seasonal)	✓	✓	✗	✗	✓	✗	✓	✗	✓	✓	✗	✗	✗		✗	✗	✓		✗	✗	✗
	✓	✓	✓	✗	✗	✗	✓	✗	✓	✗	✓	✗	✗		✓	✗	✗		✓	✗	✗
	✓	✗	✗	✗	✗	✓	✗	✓	✗	✗	✗	✗	✗		✗	✗	✗		✗	✓	✗

The Town of Arlington Park Commission is committed to accessibility best practices and will continue to make improvements and upgrades as necessary.

Youth & Adult Fall Tennis Programs

with Matt Siegel Tennis, LLC

We create a fun, safe and welcoming learning environment at Matt Siegel Tennis, LLC. Offering a variety of programming (camps, clinics, private and group lessons, hitting sessions, etc) to juniors and adults of ALL skill levels. Our goal is to have every participant reach their full potential in the lifelong sport of tennis through an experienced and enthusiastic coaching staff led by Matt Siegel. Players are given the foundation to fall in love with the game, and play with a whole lot of heart.

Matt Siegel is a former college tennis player who has worked with Arlington Recreation Tennis for the past 10 years. He is currently the Arlington High Boy's Tennis coach and has led the team to seven straight state tournament appearances.

ADULT PROGRAMS

Starts September 13

Adult Tennis 101 (Beginner)

Times: 6:00pm – 6:50pm

Adult Advanced Beginner

Times: 7:00pm – 7:50pm

Adult Intermediate

Times: 8:00pm – 8:50pm

Days: Tuesdays

Dates: September 13 – October 18 (6 sessions)

Location: Grove Street Tennis Courts

Fee: \$99

Min/Max: 6/16

SOCIAL TENNIS

Adult Social Tennis:

Advanced Beginners

(NTRP Rating 2.5 – 3.0)

Times: 6:00pm – 7:20pm

Adult Social Tennis:

Intermediate/Advanced

(NTRP Rating 3.5+)

Times: 7:30pm – 8:50pm

Days: Wednesdays

Dates: September 14 – October 19 (6 sessions)

Location: Grove Street Tennis Courts

Price: \$159

Min/Max: 6/16



JUNIOR TENNIS PROGRAMS

Min/Max for all Junior Tennis Programs: 12/24

Ages 5 – 14 • Starts September 10

Saturday Morning Juniors

Beginner/Advanced Beginner Programs

Dates: September 10th – October 29th (8 sessions)

Ages & Times:

5 – 6 year olds	9:00am – 9:50am
7 – 9 year olds	10:00am – 10:50am
10 – 14 year olds	11:00am – 11:50am

Location: Spy Pond Tennis Courts

Fee: \$139



Elementary & Gibbs School Students • Starts September 13

Afterschool Tennis Programming

Days: Tuesdays

Dates: September 13 – November 1 (8 sessions)

Days: Thursdays

Dates: September 15 – November 3 (8 sessions)

Ages & Times:

5 – 6 year olds	3:00pm – 3:00pm
7 – 9 year olds	4:00pm – 4:50pm
10 – 12 year olds	5:00pm – 5:50pm

Location: Grove Street Tennis Courts

Fee: \$139

Grade 6 – 8 • Starts September 12

Middle School Programs

Days/Dates:

Mondays	September 12 – October 31
Wednesdays	September 14 – November 2
Fridays	September 16 – November 4

Times: 5:00pm – 5:50pm

Location: Grove Street Tennis Courts

Fee: \$139



Grade 9 – 12 • Starts September 12

High School Programs

Days/Dates:

Mondays	September 12 – October 31
Wednesdays	September 14 – November 2
Fridays	September 16 – November 4

Times: 3:30pm – 4:50pm

Location: Grove Street Tennis Courts

Price: \$179

To schedule private lessons, or for any lesson-related questions, contact Matt Siegel at mattsiegel@gmail.com

Pickleball Programs at the Crosby Courts

with Eric Kevorkian

Dates: Session 1 September 19 – October 21 (x 10/10)
Session 2: October 24 – November 25 (x 11/11, 11/24)

Skill Levels: See breakdowns to help choose which classes you should signing up.

Equipment: Players DO NOT need to provide their own equipment for classes. Eric has everything players need to get started.



Beginners and Improving Beginners

Intro to Pickleball/Coached Beginners Doubles

This intro class is aimed at teaching new players the game, as well as helping build confidence for improving players who may not feel comfortable joining social groups just yet. 90-minute sessions allow for ample instruction and playing actual games at each class! Partner not necessary to attend.

Days: Monday and Fridays sessions (four weeks each)
Time: 10:00am – 11:30am
Fee: \$35 per session

Improving Beginners and Intermediates

Skills And Drills

This 90-minute session will go more in depth regarding strategy and execution on court. We will focus on specific aspects of the game each week, and implement drills to help hammer home those concepts on court. Each class will be ~45 minutes of drills and ~45 minutes of game-play!

Days: Monday and Fridays sessions (four weeks each)
Time: 12:00pm – 1:30pm
Fee: \$35 per session

Improving Beginners, Intermediates, and Advanced

Social Doubles Meet Up

Come play games and meet new players in a fun and casual setting! Participants in these sessions should have a solid understanding of the game, rules, and scoring. Players will rotate in and out of games based on the number of attendees on a weekly basis. **These sessions are not for beginners.**

Days: Monday and Fridays sessions (four weeks each)
Time: 5:00-7:00
Fee: \$30 per session

Skill Levels Breakdowns

Wondering what class you should be registering for? Please see the basic descriptions below to help guide you in the right direction. If you have any questions as to which class you should take, please contact Coach/Instructor Eric Kevorkian at erickevorkian@gmail.com

Beginner Levels

True Beginner: New to the game OR minimal experience. You don't know, or have a vague understanding of the rules, scoring, or how to play the game. You would NOT feel comfortable playing a game without someone helping you with scoring or telling you how/where to play.

Improving Beginner: You know how to play the game/the general rules and know how to score, where to generally stand but remain inconsistent in your ability to sustain rallies. You do not play at the Non-Volley Zone line a lot and feel more comfortable staying back in the court.

Intermediate Level

You have a firm understanding of how to play the game and are able to sustain rallies with moderate consistency. You play, or attempt to play, at the Non-Volley Zone on a consistent basis and look to put points away whenever possible. You attempt to control shots and apply dink shots.

Advanced Level

You know how to play aggressively and do the following with consistency:

- Serve with varying depths, speed, and control
- Return serves with varying degrees of depth, speed, and control, and go to the Non-Volley Zone immediately upon return of serve
- Understand and apply dinks, drop-shots, and lobs on a consistent basis

Fall Adult Programs

Ages 18+ • Starts September 8

Early Morning Yoga at Stratton Field

This all-levels yoga class is ideal for those who want a great start to their day. We'll wake up the body and mind with gentle but challenging postures, movement and breathwork.

Bring your yoga mat and a warm layer for Savasana. Yoga blocks are helpful but not required. Please let the instructor know before class of any injuries, pregnancies, or other medical situations so she can offer modifications.

Instructor Lenore Wadman is a Registered Yoga Teacher (RYT) with Yoga Alliance. Lenore has been teaching yoga in the Greater Boston Area for nearly 15 years.

Days: Thursdays
Dates: September 8 – October 13
Time: 6:30am – 7:30am
Location: Stratton School Field
Fee: \$110 per participant



Ages 18+ • Starts September 9

Arlington Drop-in Badminton at Dallin School

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

Days: Fridays nights
Dates: September 9 – December 16 (x 11/11, 11/25)
If any session is cancelled it will be made up on 12/23
Time: 6:30pm – 9:30pm
Location: Dallin School
Fee: \$185. You can also do drop-in classes for \$25 cash at the door.



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

Ages 18+ • Starts September 13

Expressive Dance Class

Sophie Leurent, originally from France, invites you to dance weekly starting in September! Two classes inspired by Haitian dancer and choreographer HERN Duplan, and 20th-century American choreographer and anthropologist Catherine Denam: one at lunch break during the week and one on Fridays' late afternoon for a “Happy Hour – Happy Dance” to celebrate the beginning of the weekend!

Come and wake-up the sleeping dancer in you, all thanks to rhythm and joie-de-vivre in this dance that links movements and voice. A great moment to let it all go...to reconnect to yourself, to others and to the nature that surrounds us! Accessible to all levels. Oui, oui, let's practice together!

Days: Tuesdays and Fridays (six-week sessions)
Dates: Session A Tuesdays September 13 – October 18
Session B Fridays September 9 – October 14
Times: Tuesdays 12:00 pm – 1:00 pm
Fridays 5:15 pm – 6:15 pm
Location: Tuesdays Menotomy Rocks Park
Fridays Arlington Reservoir
Fee: \$120 per participant

Ages 18+ • Starts September 21

Fall into Fitness with Free 2 Be Fitness (“F2BF”) in the Park!

Fall is coming to Free 2 Be Fitness (“F2BF”)! Arlington Recreation and F2BF are excited to continue this eight-week outdoor group fitness program in the park. Wake up Wednesday morning for a total body strength and conditioning class that utilizes a mix of cardio and strength/total body weight exercises. F2BF's motto “start where you are – use what you have – do what you can” means just that. F2BF in the park is intended for anyone interested in working out with a group in a safe and supportive environment.

For more information on the program, please feel free to check out www.free2befitness.com

Minimal equipment required for both courses: mat, towel, mini resistance bands and two filled water bottles. Before the first class, participants must have an initial movement screen with the program director.

Days: Wednesdays
Dates: September 21 – November 9
Time: 6:20am – 7:10am
Location: Summer Street Complex Basketball Court (Located next to the Ed Burns Arena, right off the Minuteman Bike Trail)
Fee: \$120 per participant

Youth Winter Soccer Programs

Grades 1– 8 • Starts December 5

ASC Winter Soccer Skills Clinic

Are you looking for a local opportunity to improve your soccer skills over the winter? Arlington Soccer Club and Arlington Recreation are partnering to provide an opportunity to develop your technical skills and speed of play. The sessions will be dynamic, fun, and fast-paced and will cover all areas of technical development. This program is led by Coach Paige Forster, who has a USSF B License and other FA and UEFA coaching badges in addition to over 10 years of experience as a professional coach.



Days: Mondays

Dates: Session 1 December 5 – January 9 (x 12/26, 1/2)
Session 2 January 23 – February 13
Session 3 February 27 – March 20

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

Location: Ottoson Middle School

Fee: \$120

Grades 3– 8 • Starts December 13

Indoor Street Soccer with Coach Paige

This ever-popular program is designed to give you thousands of touches on the ball so that you can learn new moves and sharpen your skills. Coach Paige will help you play with confidence and encourage you to execute those skills within a game setting. Sessions will be offered on Tuesdays and Wednesdays with limited enrollment. These sessions always sell out, so reserve your spot ASAP!



Days: Tuesdays and Wednesdays

Times: Grades 3 – 4 6:00pm – 7:00pm
Grades 5 – 8 7:05pm – 8:05pm

Dates: **Session 1**

Tuesdays December 13 – January 10 (x 12/27)

Wednesdays December 14 – January 11 (x 12/28)

Session 2

Tuesdays January 24 – February 14

Wednesdays January 25 – February 15

Session 3

Tuesdays February 28 – March 21

Wednesdays March 1 – March 22

Location: Hardy School Gymnasium

Fee: \$120 per four-week session

Grades 1 – 8 • Starts January 14

Arlington Youth Futsal League

Under the guidance of Coach Paige, Arlington Soccer Club (ASC) will again partner with Arlington Recreation to offer an 8-week in-town winter futsal league! This fun-focused recreational league offers a tremendous opportunity for players to gain touches and confidence in a playing environment where development is emphasized over results.



Players must register individually. At the time of registration, players will be prompted to specify whether they are enrolling as a member of a team (and if so, the name of their coach) or as an unaffiliated player. Unaffiliated players will be grouped into new teams or placed onto pre-formed teams that have space on their roster. Roster sizes will be capped at 10 players; a minimum of eight players per team is required.

The Arlington Youth Futsal League focuses on the needs and experiences of recreational (i.e. non-select) teams and players; teams may carry up to two select players on their rosters, but select teams are not permitted to enter the league as a team.

Arlington Recreation will supply game balls and gymnasium space. ASC will provide uniforms and oversee all league activities. Games are officiated by local Arlington referees.

Please have players register individually.

Deadline to register: Sunday, December 4, 2022.

Divisions: Grades 1 & 2, Grades 3 & 4, Grades 5 & 6, Grades 7 & 8

Boys and girls will compete separately at all ages. Some grade groupings may be realigned to ensure sufficient numbers for a league experience.

Days: Saturdays

Dates: January 14 – March 11 (x 2/18)

Times: Times will range from 8:00am to 6:00pm on Saturdays. In general, girls games will be held in the afternoons, while boys game could occur at any time. Schedule will be available once the number of teams is finalized and is subject to change as the league forms

Location: Ottoson Middle School

Fee: \$160 for eight weeks of play

The Arlington Recreation Department Fall 2022/Winter 2023
Program was designed and produced by
SteveMoniakDesign.com

Youth Basketball Programs

Grades K to 8 • Starts September 11

Arlington Basketball Club Skill Clinics

The Arlington Basketball Club is excited to continue in the Fall of 2022! The ABC will offer fun, high-quality and supportive basketball programming for boys and girls to develop, learn and play basketball. ABC strives to provide age-appropriate and skill-appropriate player development and coaching.

We teach solid fundamentals and foundational skills as part of our travel (played through the Arlington Recreation Department as part of the MetroWest Basketball League) and developmental programs. This approach enables us to have a strong, sustainable program which will develop basketball skills earlier with consistency over time.

Run by qualified youth coaches, this Arlington-based, and supported program will teach kids basketball skills while promoting fun, teaching the game and developing skills. Instruction by Josh Smith and qualified youth coaches

Choose either a weekday or weekend option; each individual program is eight total sessions

Days: Sundays or Mondays (8 sessions)

Dates: Sundays September 11 – October 23 (x 10/9)
Mondays September 11 – October 23 (x 9/26)

Location: Ottoson Middle School (Wood Gym)

Fee: \$150 per player

Grades	Days	Times
Boys Grades 1 & 2	Monday	5:00pm – 6:00pm
Boys Grades 3 & 4	Monday	6:00pm – 7:00pm
Boys Grades 5 & 6	Monday	7:00pm – 8:00pm
Boys Grades 7 & 8	Monday	8:00pm – 9:00pm
Girls Grades 1 & 2	Sunday	5:00pm – 6:00pm
Girls Grades 3 & 4	Sunday	5:00pm – 6:00pm
Girls Grades 5 & 6	Sunday	6:00pm – 7:00pm
Girls Grades 7 & 8	Sunday	7:00pm – 8:00pm
Coed K	Sunday	4:00pm – 5:00pm

For more program information please visit
www.arlingtonbasketballclub.com



Grades 3 to Grade 8 • Practices begin in November

Competitive Travel Basketball 2022 – 2023 Season

Grade 3 new this season!

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 try-out. Once notified, participants must pay the balance of the fee before being allowed to participate in practices.

Each team will practice one or two times per week. The new third-grade program will have one practice per week. Teams will play on average of one/two games per weekend and they will play away games. Practices WILL NOT BE held if school is cancelled due to inclement weather and during school vacation weeks; however, individual coaches may opt to hold special practices during this time at alternate locations. Practices WILL BE held on early release days. Please remember that all schedules are subject to change and may occasionally be affected by special school activities and inclement weather. If you have questions or are unsure about your schedule, please contact your coach directly.

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

Location: Varies

Fee: \$455 per participant (uniform to be purchased separately). All players must pre-register prior to try-outs online. Register at www.arlingtonrec.com. Financial assistance and payment plans are available, please contact Arlington Recreation for details.

Travel Basketball Tryout Information

(Dates and times are subject to change)

Dates: Grades 5 – 8 Week of September 26
Grade 3 – 4 Week of October 3

Location: Ottoson Middle School

Grades	Gender	Days	Times
Grade 5	Girls	Monday & Wednesday	6:00 pm – 7:15pm
	Boys	Monday & Wednesday	7:30pm – 9:00pm
Grade 6	Girls	Tuesday & Thursday	6:00pm – 7:15pm
	Boys	Tuesday & Thursday	7:30pm – 9:00pm
Grade 7	Girls	Monday & Wednesday	6:00pm – 7:15pm
	Boys	Monday & Wednesday	7:30pm – 9:00pm
Grade 8	Girls	Tuesday & Thursday	6:00pm – 7:15pm
	Boys	Tuesday & Thursday	7:30pm – 9:00 pm
Grade 3	Girls	Tuesday & Thursday	5:00pm – 6:15pm
	Boys	Tuesday & Thursday	5:00pm – 6:15pm
Grade 4	Girls	Tuesday & Thursday	6:30pm – 7:45pm
	Boys	Tuesday & Thursday	6:30pm – 7:45pm

Nashoba Valley Ski & Snowboard Program

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.

Grades: 3 – 5
Days: Wednesdays
Dates: Four sessions, January 11 – February 1
Time: 2:00pm – 6:30pm (times are approximate).
Lessons are scheduled for 4:15pm.
Fee: \$375 per participant. Each week participants will have time for free ski before lessons begin.

Equipment Rental: There will be a mandatory fitting in early December in the lobby of the Ed Burns Arena. Rentals are estimated to be \$125 for the season, checks 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. Helmets can also be rented.

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

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

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



February Vacation Programs

Grade 2 – 8 • Starts February 21

Challenger Soccer Day Program

Join Challenger Soccer for this energetic program that gives participants the opportunity to learn the fundamentals of soccer in a non-competitive, fun environment. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and coordination. Participants should bring plenty of water and a lunch (if participating in full-day program) each day.

Days: Tuesday – Friday
Dates: February 21 – February 24
Times: Full-Day 9:00am – 3:00pm
Half-Day 9:00am – 12:00pm
Location: Ottoson Middle School
Fees: Full-Day \$210
Half-Day \$174

Grade K – 8 • Starts February 21

Sidekick Sports Academy All-Sports Camp

We combine technical development and fundamental techniques with a major focus on fun! Our activities will prepare athletes for basketball, flag football, futsal (soccer), and track and field, while inspiring a love for being active. Your children will develop their athletic skills through professional coaches who will focus on teaching a number of age-appropriate technical skills. We will use fun, small-sided games and feature unique training. We will combine everything as part of a week-long Olympics Tournament!

Days: Tuesday – Friday
Dates: February 21 – February 24
Times: Full-Day 9:00am – 3:00pm
Half-Day 9:00am – 12:00pm
Location: Gibbs School
Fee: Half Day \$185
Full Day \$245

Community Sports Organizations

Arlington Babe Ruth

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 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. 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.”

Arlington Hockey Club (AHC)

Arlingtonice.com

The Hockey Club offers a high quality, affordable opportunity for girls and boys to play hockey from ages five to high school, with instructional starting at age four. 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 our website to learn more about playing hockey in Arlington.

Arlington Soccer Club (ASC)

arlingtonsoccerclub.com

The Arlington Soccer Club provides an opportunity for children in Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship. We have 1,900 players, ranging 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. For more details about the various programs we offer, to register your child to play with our club, or to contact us, please visit our website.



ARLINGTON BABE RUTH

of ARLINGTON, MA



Arlington Town Tennis Association

arlingtontowntennis.com

Do you play tennis? Would you like to meet others who play tennis? The mission of the Arlington Town Tennis Association (ATTA), a non-profit organization is to promote and support the sport of tennis for all ages in the town of Arlington. The ATTA will strive to collaborate with other town organizations in the promotion of its mission. ATTA is a volunteer organization. Visit our web site to learn more about the 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.

Arlington Youth Baseball and Softball (Little League)

aybsaonline.org

The Arlington Youth Baseball (ages 4 – 12) and Softball (ages 4 – 14) 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. 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.

Arlington Youth Lacrosse (AYL)

arlingtonlax.org

Arlington Youth Lacrosse 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 everyone regardless of skill level or experience, and offer in-town and travel-based spring programs for students ranging from Grades 1 – 8.

Arlington Parks, Fields, and Facilities

Sign up online for field closing notices at arlingtonma.gov

To request the use of a field or park for special event or outing, please submit a field permit request to Joe Connelly, Director of Recreation at arlingtonma.gov / Recreation / Parks and Fields / Field Use Request. Downloadable permit form can also be found 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.

Brackett School: 66 Eastern Avenue. Playground and a hardtop basketball court.

Buck Field: 422 Summer Street. Park has a softball/little league field, access to bike path.

Buzzell Field: 229 Summer Street. Area has two little league/softball fields, a playground, picnic tables, a basketball court, and access to bike path.

Crosby School/Tennis Courts: Winter Street. Area has tennis courts, pickleball courts, a playground, and a medium green space.

Cutter School Park: 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, vending machines, skate rentals and skate sharpening.

Florence Field: 185 Florence Avenue. Area has a little league/softball field, green space, playground, and basketball area.

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

Hibbert Playground: Hibbert Street. Area has a playground.

Hill's Hill Field: 422 Summer Street. Open field for various sports or activities, with access to bike path, and a playground.

Hurd Field: Located on Drake Road behind Trader Joes. Area has two softball/ little league fields, large open field, as well as access to bike path and the Reservoir.

Locke School Playground: David Road behind Locke School condos.

Lussiano Field: North Union Street. Area has a playground, basketball court, picnic tables, softball/little league field, baseball field, and a big open field used. The spray park located here is open from June to August.

Magnolia Field: On Herbert and Magnolia Street. Area has a playground, basketball court, a large open field, community gardens area, and access to the bike path.

McClennen Park: Summer Street, Lexington line. Area has playground, skate park, walking trail, soccer fields, and little league field.

Menotomy Rocks Park: Jason Street. Area has open green spaces, picnic area, playground, walking trails and fishing.

Ottoson Middle School: 630 Acton Street. Area has a softball/little league field in back and practice area in front.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court.

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

Poet's Corner: 175 Dow Avenue. Area has a playground, softball/little league field, and basketball courts.

Reservoir Beach: Lowell Street. Seasonal beach and concession stand. Year-round playground and walking path open to public.

Robbins Farm: 166 Eastern Avenue. Area has a baseball diamond, large green space, basketball court, pickleball court, playground, summer-time movies in the park, and a 4th of July celebration.

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

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

Scannell Field: 90 Linwood Street. Area has a softball/little league field and access to the bike path.

Spy Pond Field: 66 Pond Lane. Area has a baseball diamond, little league field, a large open field, five full-size tennis courts and one tennis mini-court.

Spy Pond Park: Pond Lane. The area has a playground, boat ramp and access to bike path.

Stratton School: 180 Mountain Avenue. Area has a playground, basketball court, and a small green space.

Summer Street: 422 Summer Street. Area has an outdoor exercise park, basketball court, baseball diamond (Robillard Field), large open field, and access to the bike path.

Thorndike Field/Off-Leash Dog Park: Margaret Street. Area has fields for soccer and lacrosse, Off-Leash Dog Park, and access to the bike path.

Turkey Hill: Dodge Street. Passive recreation and trails.

W. A. Peirce Turf Field: 869 Mass Ave. A turf field, six-lane track, baseball field, softball/little league field, multi-purpose practice field, and basketball courts.

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

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

Whittemore Robbins House: 700 Mass Ave. Area has a playground and a small green space.

Town of Arlington Tennis Court Rules & Regulations

Hours: 7:00am – 9:00pm daily

- Courts are available for tennis and pickleball use only.
- Arlington Recreation programs take priority.
- Arlington residents may reserve courts for guaranteed usage. To make a reservation, go to playlocal.com. Reservations can be made for 60 minutes only!
- Priority is given to players with proof of a reservation.
- Players, please use the honor system. Play is limited to 60 minutes for Singles, and 90 minutes for Doubles.



- Players waiting to use a court should indicate that they are waiting, and players on the courts should be respectful of those waiting.
- Private and semi-private lessons are NOT allowed on town courts.
- Place all trash and recycling in proper receptacles.
- No sports, games, or recreational activities other than tennis or pickleball are allowed on tennis courts. No dogs allowed at any time on or off leash.



PER ORDER PARKS AND RECREATION COMMISSION

Please call 781-316-3880 to report needed court repair

Arlington Recreation Kid Care After-School & Pre-School Programs 2022–2023

Ages 2.9 – 5

Kid Care Preschool

The Arlington Recreation Department welcomes your preschooler (ages 2.9 – 5 years) to join us in our licensed preschool program. The Kid Care Preschool Program is located at 352 Mass Avenue in Arlington. Join us as we explore many activities supporting your child's natural curiosity in an environment that encourages children's artistic, scientific, sensory, verbal and written expression. Your child will enjoy socializing with other children in a safe and welcoming environment.



The program is open to children 2.9 – 5 years old. Regular hours are 8:30 am – 12:30 pm. You have the option to choose two to five days per week (two-day minimum, no single day option available). There is a one-time enrollment fee of \$50 for Kid Care Preschool. The tuition payment is broken into (10) monthly payments. The monthly tuition based off the number of days attending is as follows:

- \$365/month for two days per week
- \$526/month for three days per week
- \$686/month for four days per week
- \$839/month for five days per week

Preschool Extended Day Option: We will be offering an extended day option for students from 12:30pm to 2:00pm (12:30pm – 1:00pm will include a time to eat lunch or a snack provided from home and a quiet period.). Parents may choose one to five days per week for extended day. We do need a minimum of five students per day to offer this service.

- \$100/month for 1 day per week
- \$200/month for 2 days per week
- \$290/month for 3 days per week
- \$370/month for 4 days per week
- \$450/month for 5 days per week

Grades K – 5

Kid Care Afterschool

Arlington Kid Care, which is licensed by the Department of Early Education and Care, is located at the Gibbs School. Children will have time for playing sports and games, music and drama, weekly science experiments, arts and crafts, homework, and a caring staff. Students will also have electives to choose from throughout the year. We currently accept students (K – 5) from all Arlington elementary schools. Transportation is provided from these schools.

The program begins the first day of the school year but is not in session when Arlington Public Schools are closed. We operate from the end of the school day (including early release days) until 6:00pm. You have the option to choose two to five days per week (two-day minimum, no single-day option available).

There is a one-time enrollment fee of \$50 for Kids Care Afterschool. The tuition payment is broken into (10) monthly payments. The monthly tuition for Kid Care Afterschool based off the number of days attending is as follows:

- \$270/month for 2 days per week
- \$390/month for 3 days per week
- \$507/month for 4 days per week
- \$626/month for 5 days per week

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

Arlington Recreation Department
422 Summer Street
Arlington, MA 02474

For more information please call 781–316–3880