

Arlington Recreation Department Spring – Summer 2023 Program Guide



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



**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*

Jim Donovan, *Off-Hours 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

Website: www.arlingtonrec.com

Office Hours January 1 – June 11:

Monday – Friday: 8:00am – 4:00pm

New Summer Hours June 12 – September 1

Monday – Thursday: 7:30am – 4:30pm

Friday: 8:00am – 12 noon

Arlington Parks & Recreation Commission

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

DIRECTOR'S MESSAGE

Arlington Recreation is excited to share the hundreds of 2023 spring and summer program offerings! There's a combination of new programs and traditional programs – with a twist.

The biggest change you will see is in our youth programming. Most of our programs are moving to a four-day a week summer schedule. (Some of our programs will have an extra fifth day option, but availability may be limited.)

Why are we doing this? Basically, for two reasons. Our attendance was often low on the last day of the program, so we want to offer a more family-friendly summertime schedule to meet the needs of the community. Also, and even more importantly, we want to continue to provide fantastic staff. What has made our programs such as Club Rec and Kids Corner so popular is not necessarily the curriculum, but the quality staff we have hired year after year. Transitioning to a four-day schedule not only allows us to attract and retain the best counselors, but also keeps the staff fresh and energized all summer long.

The opening of the renovated Reservoir Beach last summer was a huge success. To continue the positive momentum, we are DOUBLING the number of free family concerts and children's performances. The family/adult concerts will remain on Friday evenings and the children's performances will be on Wednesdays. Plus, we will keep the Res open even later in the season!

As always, thank you to the entire Arlington Community for your continued support. Arlington Recreation could not be a fully self-supporting department without it!

— Joe Connelly, *Director of Recreation*

Playground Accessibility

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

Town of Arlington MA Playground Accessibility Checklist

	History Equipment	Recent Equipment	Code Equipment	Rebuilt Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised Equipment	Revised 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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, including, but not limited to those who have been historically marginalized, those with a physical or cognitive disability, the LGBTQ community, racial and ethnic minorities, and new Americans, or refugees and immigrants. Arlington Recreation defines inclusion as the process of including all persons, regardless of their ethnic origin, socioeconomic level, color, language or abilities.

Registration and Payment: We ask that program registrations occur through our online recreation management software at arlingtonrec.com if possible. Please visit 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 individuals are registered for, please log into your account at 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. 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: 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 arlingtonma.gov/departments/public-works/parks-fields. It is our policy that if Arlington Public Schools closes due to weather related issues, our programs will also be cancelled.

Refunds (Policy Change)

In the event that a participant must cancel or transfer out of a program, a refund will be granted minus a \$25 administrative fee (per program cancelled) up until two weeks before the program begins. A household credit can be requested in place of a refund and the \$25 administrative fee will not be assessed.

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 (Policy Change): Financial assistance may be available thanks in part to our scholarship fund and assistance we received through the Community Development Block Grant program. For eligibility information, contact the Recreation Office or download the form at arlingtonrec.com. Scholarships will be awarded on a need basis and requests will be granted for a single week, session, or program so that Arlington Recreation can spread out its available scholarships. Payment plans can also be set up to assist with payment options. If you are requesting a scholarship for a Kid Care program please be advised that the maximum scholarship is 10% of the annual tuition.

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!

SPECIAL EVENTS

Free – Tuesday, April 4

Healthy Eating for Families Presentation

We are pleased to share with you a presentation on establishing healthy eating throughout childhood. Food is a fundamental part of our daily lives, we're here to support your family in getting the best start possible. This program will:

- address typical questions/concerns about introducing solids in infancy and combating toddler selective eating habits
- identify how to build happy feeding relationships at home
- support families in getting access to qualified nutrition benefits through their medical insurance
- provide time for individual questions about childhood feeding and nutrition education



Jessica Spier Dubois is a registered dietitian nutritionist. She practices dietetics across the lifespan, working with clients from pediatrics to geriatrics. She has transitioned between community and clinical hospital care roles, currently working as a community and private practice family dietitian for Lavallee Wellness.

Her specialties include happy feeding relationships, first foods, eating disorder prevention, diet recovery, therapeutic dietary management of chronic disease, and sustainable habit shaping.

Time: 10:00am

Location: Community Center, 27 Maple Street

Fee: This program is FREE for those who would like to attend. Pre-registration is required.

Ages 2 – 9 • Friday, April 7

Community Egg Hunt

Arlington Recreation is excited to bring back the Community Egg Hunt in 2023! Come with your basket ready to find lots of fun treats as the Arlington Recreation Bunny greets everyone who participates. Areas will be divided by ages 2 – 3, 4 – 5, 6 – 7, and 8 – 9.

Time: 9:00am. Please note the hunt last about 10 minutes and will be over by 9:15am so please be on time

Location: McClennen Field

Fee: This program is FREE for those who would like to attend. Pre-registration is required.



Grade 5 • Friday, June 9

Annual 5th Grade Social is Back!

The 5th Grade Socials are an exciting occasion for the up-and-coming middle-schoolers. For some children, it's their first independent event. We want the kids to have fun and celebrate while being safe. Please review our code of conduct and remind your child what is expected from the Recreation Department Staff.



Time: 6:00pm – 8:00pm

Location: Ed Burns Arena

Tickets: \$10 advanced purchase for ticket only, \$15 at the door for ticket only. Additional money will be needed for concession stand items.

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.**



Current Advertising Partners: Arlington Children Fund • Arlington Hockey Club • Arlington Orthodontics • Arlmont Fuel
Arlington Police Patrolman's Association • Courtney Dumpster • Patrick Hourican • Harris Plumbing And Heating • Mal's Towing
Middlesex Yankee Conference • Palmers Garage • Privitera Charitable Foundation • Sports Etc • US Sealcoat • Varallo Orthodontists

KID CARE PROGRAMS

Ages 2.9 – 5

Kid Care Preschool

The Arlington Recreation Department welcomes your preschooler 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 8:30am – 12:30pm. 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:

- \$383/month for two days per week
- \$552/month for three days per week
- \$720/month for four days per week
- \$880/month for five days per week

Preschool Early Drop Off Option

We will be offering an early drop off option for students from 7:30am to 8:30am. Parents may choose one to five days per week.

- \$66/month for one day per week
- \$133/month for two days per week
- \$193/month for three days per week
- \$246/month for four days per week
- \$300/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 one day per week
- \$200/month for two days per week
- \$290/month for three days per week
- \$370/month for four days per week
- \$450/month for 5 days per week



Grades K – 5

Kid Care Afterschool

Registration begins for current families on April 3, 2023 and for new families on April 10, 2023.

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 grades K – 5 from all Arlington elementary schools. Transportation is provided from these schools.

The program begins the first day of the school year and 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:

- \$283/month for two days per week
- \$409/month for three days per week
- \$532/month for four days per week
- \$657/month for five days per week

SPRING YOUTH PROGRAMS

Programs listed in order of start date.

Grades 7 and older • Starts March 22

Youth Fencing

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. The instructor is Michael Tarascio, a former member of the United States World Championship Team. For more information, contact Michael at michael@nefencing.com.



Days: Wednesdays Advanced
Thursdays Introduction/Intermediate

Dates: March 23 – May 24 (x 4/19) for four weeks

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: \$250

Grades 6 – 8 • Starts April 1

Middle School Spy Ponders Volleyball

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 to have a chance to experience what it means to be part of a team and to be a great volleyball player.

Days: Wednesdays and Saturdays for six weeks
Dates: April 1 – May 13 (x 4/18 and 4/22)

Time: Wednesdays 6:00pm – 7:30pm
Saturdays 10:00am – 11:30am

Location: Wednesdays Ottoson Middle School
Saturdays AHS Red Gym

Fee: \$192 per person

Ages 5 – 15 • Starts April 2

Veedo Recreational Cricket

Through the United Cricket League

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



Days: Sundays for 11 weeks
Dates: April 2 – June 25 (x 4/16, 5/28)
Time: 1:00pm – 3:00pm
Location: Poets Corner Field
Fee: \$100 per person



Ages 2 – 5 • Starts April 3

Amazing Athletes

Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes life-time connections to sports and physical activity.

Days: Mondays for seven weeks
Dates: April 3 – June 5 (x 4/17 and 5/29)

Times: 9:00am – 9:40am 2 – 3 years
9:45am – 10:30am 3 – 5 years

Days: Sundays for eight weeks
Dates: April 16 – June 11 (x5/26)

Times: 12:15pm – 1:00pm 3 – young 4
1:05pm – 1:55pm older 4 – 5

Location: Stratton School Greenspace
Fee: \$232

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

Grades K – 5 • Starts April 5

Sidekick Sports After-School Flag Football

Players will combine technical development with safety and a major focus on fun! Our activities will include 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, and 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: Wednesdays for six weeks
Dates: April 5 – May 17 (x 4/19)
Time: 3:30pm – 4:30pm
Location: Hill's Hill Field (beside Ed Burns Arena)
Fee: \$115

Ages 3 – 5 • Starts April 5

Super Soccer Stars Spring Program

At Super Soccer Stars, our goal is to teach soccer skills in a fun, educational environment. Our philosophy is to use soccer to nurture, build self-confidence, and develop teamwork. Our curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at their own rate while having fun.



All sessions are eight-week sessions

Wednesday Spring Sessions

Dates: April 5 – May 31 (x 4/19)
Times: 9.00am – 9.45am 3 – young 4
9.50am – 10.30am 2 – 3 years
10.35am – 11.25am older 4 – 5

Friday Spring Sessions

Dates: April 7 – June 2 (x 4/21)
Times: 9.00am – 9.45am 3 – young 4
9.50am – 10.30am 2 – 3 years
10.35am – 11.25am older 4 – 5

Sunday Spring Sessions

Dates: April 16 – June 11 (x 5/28)

Times:	Field 1	8.30am – 9.15am	3 – young 4
		9.20am – 10.00am	2 – 3 years
		10.05am – 10.45am	2 – 3 years
		10.50am – 11.35am	3 – young 4
Field 2	8.30am – 9.15am	3 – young 4	
	9.20am – 10.10am	older 4 – 5	
	10.15am – 11.15am	5 – 7 years	
	11.20am – 12.10pm	older 4 – 5	

Location: Hills Hill Field (beside Ed Burns Arena)
Fee: \$232

K – 5 • Starts April 6

Sidekick Sports After-School Soccer

Sidekick Sports Academy would like to offer your children the chance to develop their soccer skills. These clinics will focus on teaching a number of age-appropriate technical skills. We will use fun, small-sided games and feature unique trainings finished off with a mini World Cup Tournament! Please note, this program will be using outdoor facilities. In the event of inclement weather, the program will be cancelled.

Days: Thursdays for six weeks
Dates: April 6 – May 18 (x 4/20)
Time: 3:30pm – 4:30pm
Location: Hill's Hill Field (beside Ed Burns Arena)
Fee: \$115

Ages 9 – 14 • Starts April 10

Youth Archery

During this five-week program, participants will learn to shoot a bow and arrow. Archery USA is 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: Mondays for four weeks
Dates: Session 1 April 10 – May 8 (x 4/17)
Session 2 May 22 – June 26 (x 5/29, 6/19)
Time: 3:30pm – 5:00pm
Location: Menotomy Rocks Park (Jason Street Entrance)
Fee: \$175

Grades 3 – 8 • Starts April 15

Top Team Football Clinic

Clinic Director: Frank Roche

Top Team Sports Football Clinic welcomes young athletes to build their skills and knowledge of the ultimate team game through a variety of drills, competitions, and games. Every athlete will be able to tap into experienced coaches who currently coach at the high school level or played college football. Top Team Football Clinic offers tailored coaching for each position on the field so that each athlete is improving their confidence and ability. Players will receive a Top Team Football Clinic t-shirt and compete for the Top Team Championship. Find out more on Instagram @tts.clinics

Days: Sundays for six weeks
Dates: April 15 – May 20
Time: 11:00am – 12:00 noon
Location: McClennen Football Post Field
Fee: \$110

The Arlington Recreation Department Spring/Summer 2023 Program
was designed and produced by SteveMoniakDesign.com

SPRING YOUTH PROGRAMS

K – 8 • Starts April 23

NFL Flag Football – Arlington Metro Boston Flag Football League

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 Jersey, a flag belt, and seven weeks of flag football.

Teams are balanced according to age and year of experience. Each division has at least seven games that will include playoffs.

Days: Sundays for eight weeks

Dates: April 23 – June 18

Times 8:00am – 8:45am Grades K – 2
9:00am – 9:45am Grades 3 – 5
10:00am – 10:45am Grades 6 and up

Location: McClennen Field

Fee: \$215

Grades 6 – 8 • Starts April 25

Middle School Co-Ed Ultimate Frisbee

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. No previous experience required. 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.



For more information about Ultimate, visit usultimate.org/rules/. Spring 2023 games with surrounding Towns TBD.

Days: Tuesdays and Fridays for eight weeks

Dates: April 25 – June 8

Time: 3:30pm – 5:00pm

Location: Hill's Hill Field

Fee: \$125

Ages 3 – 12 • Starts April 28

Youth Karate

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

Little Dragons Karate (3 – 4 year olds)

Days: Fridays for six weeks

Dates: April 28 – June 2

Time: 4:45pm – 5:15pm

Location: Thompson School

Fee: \$174



Little Ninjas Karate (5 – 12 year olds)

Days: Fridays for six weeks

Dates: April 28 – June 2

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

Location: Thompson School

Fee: \$174



Grades 7 – 8 • Starts April 29

Ottoson Middle School Track & Field Team

Athletes (new and experienced) are encouraged to join this team that will inspire a love for being active! This program will combine technical development with a major focus on fun. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Instructors are from Sidekick Sports.

Days: Saturdays for six weeks

Dates: April 29 – June 10 (x 5/27)

Time: 5:00pm – 6:00pm

Location: Arlington High School Track

Fee: \$125.00

Grades K – 6 • Starts April 29

Sidekick Elementary School Track & Field Team

Athletes are encouraged to join this team that will inspire a love for being active! This age-appropriate program will combine technical development with a major focus on fun. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program.

Days: Saturdays for six weeks

Dates: April 29 – June 10 (x 5/27)

Time: 4:00pm – 5:00pm

Location: Arlington High School Track

Fee: \$125

APRIL VACATION PROGRAMS

Ages 5 – 14 • Starts April 17

April Vacation Tennis Program

See tennis program on page 11 for complete details

Grades K – 5 • Starts April 18

April Vacation Kid Care

Arlington Recreation Kid Care is happy to offer a full-day program over school vacation for children in grades K – 5. Space is limited! Please have your child bring a peanut free lunch and snacks. Special Activities include: sports, games, art and science. Registration is available from one to four days.

Days: Tuesday – Friday
Dates: April 18 – April 21
Time: 8:00am – 3:00pm
Location: Gibbs School
Fee: \$105 per day

K – 8 • Starts April 18

Sidekick Sports April Vacation Basketball Camp

The Sidekick Sports Academy Basketball Clinic provides children the opportunity to experience the highest standard of coaching in a fun environment. Our professional coaches will teach fundamentals and how to succeed in basketball. Prizes and Awards will be given daily through the theme of a Jr. NBA tournament! In keeping standings throughout the week, coaches will keep teams as balanced as possible, providing for the best possible experience for all players. Bring plenty of water and snack/lunch everyday.



Days: Tuesday – Friday
Dates: April 18 – April 21
Times: 9:00am – 12:00pm Grades K – 5
Half Day Program
9:00am – 3:00pm Grades 3 – 8
Full Day Program
Location: Full Day – Drop-off at Buzzell Courts and pick-up at Summer Street Basketball Courts*
Half Day – Drop-off and pick-up at Summer Street Courts
Full-Day kids will be supervised by staff walking on the bike path from Buzzell Court to the Summer Street Court where they will be picked up at 3:00pm
Fee: \$165 Grades K – 5 Half Day Program
\$225 Grades 3 – 8 Full Day Program

Ages 7 – 14 • Starts April 18

Box 2 Box Soccer Camp

A fun-focused soccer camp using games based learning and team activities. A variety of soccer specific technical skills, as well as overall athletic performance, will be developed each day at camp. We believe that fun is the cornerstone of this development. Campers are sure to have a great time enhancing their soccer skills with us.



Days: Tuesday – Friday
Dates: April 18 – April 21
Times: 9:00am – 12:00pm Half-Day Program
9:00am – 3:00pm Full-Day Program
Location: Lussiano Field (North Union)
Fee: \$181 Half Day / \$254 Full Day

Grades 3 – 8 • Starts April 18

Top Team Football Clinic

Clinic Director Frank Roche

Top Team Sports Football Clinic welcomes young athletes to build their skills and knowledge of the ultimate team game through a variety of drills, competitions, and games. Every athlete will be able to tap into experienced coaches who currently coach at the high school level or played college football.



Top Team Football Clinic offers tailored coaching for each position on the field so that each athlete is improving their confidence and ability. Players will receive a Top Team Football Clinic t-shirt and compete for the Top Team Championship. Find out more on Instagram @tts.clinics.

Days: Tuesday – Friday
Time: 9:00am – 12:00pm
Dates: April 18 – April 21
Location: McClennen Park
Fee: \$200

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

SPRING ADULT PROGRAMS

Programs listed in order of start date.

Ages 18+ • Starts April 4

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: Tuesdays and/or Fridays for 11 weeks
Dates: Session 2 Tuesdays April 4 – June 27 (x 4/18)
Session 3 Fridays April 14 – June 30 (x 4/21)
Time: 6:30pm – 9:30pm
Location: Dallin School
Fee: \$185 per session. You can also do drop-in classes for \$25 cash at the door.

Ages 18+ • Starts April 26

Free 2 Be Fitness in the Park

Spring is springing for Free 2 Be Fitness. Arlington Recreation and F2BF are excited to continue this eight-week outdoor group fitness program in the park. Wake up Wednesday mornings for a strength and conditioning class that utilizes a mix of cardio and 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.



Minimal equipment required: mat, towel, mini resistance bands and two filled water bottles (or light/medium weights)
Before the first class, new participants must fill out new client forms and have a conversation with the program director.

Days: Wednesdays for eight weeks
Dates: April 26 – June 14
Times: 6:20am – 7:10am
Location: Summer Street Complex
Fee: \$120

Ages 18+ • Starts April 29

Tai Chi

Sponsored by The Friends Of Menotomy Rocks Park

Tai Chi is meditation in motion. It is the practice of moving calmly with awareness and ease. Experience first-hand the mind/body benefits of tai chi and qi gong training in the natural setting of Menotomy Rocks Park. Sessions will include rejuvenating qi gong (energy work) exercises and meditation, an introductory Yang Style Tai Ji and fundamental drills.

Instructor Joshua Grant is a two-time US National Wu Shu Tai Ji Gold Medalist and a former member of the US National Wu Shu Team, US National Tai Ji Team and US Pan Am Wushu Team. His Tai Ji instructional series was #4 on Billboard's Top Fitness videos. He is also the author of Tai Chi for Wimps. Joshua has taught Tai Ji and Wu Shu for over 35 years and leads national and international seminars and retreats. Joshua is the owner of Boston Kung Fu Tai Chi Institute and taichi.com with available on-line classes. He is also a licensed acupuncturist and herbalist.



Days: Saturdays for eight weeks
Dates: April 29 – June 24 (x 5/27)
Times: 9:00am – 10:00am
Location: Menotomy Rocks Park (Green Space)
Fee: This program is FREE for those who would like to attend. Pre-registration is required

Magnolia Community Garden Information

Magnolia Community Garden is made up of 58 plots which are available to Arlington residents. Each year, returning gardeners are given the opportunity to renew their plot. If you are interested in a plot, please register for the waitlist online. Please note that there is currently a very long waitlist for plots. It may be 2 – 3 years before you have access to a plot. Open plots are offered to wait list registrants, in order, as they become available. For more information contact Program Supervisor Matt Curran at mjcurran@town.arlington.ma.us.



Ages 18+ • Starts May 1

Pickleball for Beginners

This class is for players with minimal to no knowledge of the game – if you would not feel comfortable playing a game of Pickleball on your own with no help, this class is for you! Players will learn rules/scoring, and play games of rotating doubles each week! Partner not necessary to attend!

Days: Mondays for six weeks
Dates: May 1 – June 12 (x 5/29)
Time: 10:00am – 11:00am
Location: Crosby Tennis Courts
Fee: \$195



Pickleball for Advanced Beginner/Intermediate

Not for beginners

This class is designed for players who already know the rules and scoring of the game, and are able to play games on their own with no assistance. Players will participate in competitive games rotating of doubles while receiving tips regarding concepts and shot selection.

Days: Mondays for six weeks
Dates: May 1 – June 12 (x 5/29)
Time: 11:15am – 12:15pm
Location: Crosby Tennis Courts
Fee: \$195

Ages 60+ • Starts May 10

Arlington Reservoir Walking and Fitness Program for Seniors

Pre-registration is required at Arlingtonrec.com or by calling 781-316-3800

Arlington Recreation and the Arlington Senior Center invite all interested participants to come and enjoy this new program. Participants can enjoy the newly-renovated, fully-accessible path along the beautiful Arlington Reservoir which measures one mile in length and participate in some fun and simple fitness exercises along the way.

The program will start and finish at the Arlington Reservoir beach. This program is free to Arlington seniors and will be funded through a grant from the Arlington Recreation Department. Space is limited so make sure you register early! Thank you everyone for your support of the Arlington Reservoir Renovation project

Days: Wednesdays for six weeks
Dates: May 10 – June 14
Time: 1:00pm (about 60 minutes)
Location: Arlington Reservoir Beach Area
Fee: Free program sponsored by Arlington Recreation
Participants to receive their own fitness band.



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 1 and 2 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 on Courts 1 and 2.
- 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.

SPRING & SUMMER 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 life-long sport of tennis through an experienced and enthusiastic coaching

SPRING ADULT TENNIS PROGRAMS

Location: Spy Pond Tennis Courts **Fee:** \$109.00 per class

Ages 18+ • Starts April 25

Adult Tennis 101 (Beginner)

These classes are intended for those with no (or very little) tennis experience. Learn the basic stroke technique, grips, scoring, positioning and court terminology. This class will help you work on your tennis footwork, get familiar with scoring, and tennis etiquette. Each class will let players get a chance to practice their moves during point play. This group lesson is designed to be fun and informative for everyone involved.

Days: Tuesdays for 6 weeks

Dates: Tuesdays, April 25 – May 30

Time: 8:15am – 9:05am

Ages 18+ • Starts April 26

Adult Advanced Beginner Classes

This is the perfect class if you're looking to get back into the game. A player in this class should have the ability to sustain a short rally, be able to start a point by serving, could keep score and have some knowledge of the rules. Class time will focus on consistency in strokes, and strategy in playing singles and doubles. Each class will let players get a chance to practice what they learned with point play.

Days: Wednesdays for 6 weeks

Dates: April 26 – May 31

Time: 8:15am – 9:05am

Ages 18+ • Starts April 27

Adult Intermediate Classes

This class is for players exhibiting improved consistency and variety on moderate shots, have directional control, and are beginning to develop a spin. The player has achieved stroke dependability and direction on shots within reach. Class time will focus on being able to hold an extended rally, more advanced singles and doubles strategies and advanced shots such as overheads and top spin.

Days: Thursdays for 6 weeks

Dates: April 27 – June 1

Times: 8:15am – 9:05am

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 is a former college tennis player who has worked with Arlington Recreation Tennis for the past 12 years. He is currently the Arlington High Boy's Tennis coach and has led the team to seven straight state tournament appearances.

SPRING ADULT SOCIAL TENNIS

Location: Grove Street Tennis Courts **Fee:** \$159 per class

Ages 18+ • Starts April 25

Beginners

(NTRP Rating 2.5 – 3.0)

Open to Recreation players who are looking to not only play some tennis but meet new tennis friends. Each class will consist exclusively of doubles and singles round-robin point play. Class will be held one day a week for 90 minutes. This program is for beginners. Please know your NTRP rating before signing up.

Days: Tuesdays for 6 weeks

Dates: April 25 – May 30

Time: 7:30pm – 9:00pm

Ages 18+ • Starts April 26

Intermediate to Advanced

(NTRP Rating 3.5+)

Open to Recreation players who are looking to not only play some tennis but meet new tennis friends. Each class will consist exclusively of doubles and singles round robin point play. Class will be held one day a week for 90 minutes). Please know your NTRP rating before signing up.

Days: Wednesdays for 6 weeks

Dates: April 26 – May 31

Time: 7:30pm – 9:00pm

Ages 18+ • Starts April 27

Adult Social Tennis Advanced

(NTRP Rating 4.5+)

Open to advanced tennis players only. Each class will consist of ONE doubles or singles match per class. Best of three sets will be played (with a 10 point tie breaker for the third set). Please know your rating before signing up.

Days: Thursdays for 6 weeks

Dates: April 27 – June 1

Time: 7:00pm – 8:30pm

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

SPRING JUNIOR TENNIS PROGRAMS

Ages 5-14 • Starts April 1

Saturday Morning Juniors for Beginner/Advanced Beginners

Days: Saturdays for eight weeks

Dates: April 1 – May 20

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

Fees: \$149

Grades 6 – 8 • Starts April 4

Spring Middle School Programs

This entry-level program is for beginners and advanced beginners. It emphasizes the “team” aspect of tennis and gives players a fun, social experience learning this great game. Club Tennis is the way to go for this age group!

Days: Tuesdays for eight weeks

Dates: April 4 – May 23

Times: 6:40pm – 7:30pm

Days: Wednesdays, for eight weeks

Dates: Wednesdays, April 5 – May 24

Times: 6:40pm – 7:30pm

Location: Grove Street Tennis Courts

Fee: \$149

Ages 5 – 14 • Starts April 17

April Vacation Week

An always popular program, structured like our Junior Summer Tennis Weeks! The class will consist of tennis drills, games and fun. This class will be Monday – Thursday with Friday being a rain make-up day (if necessary).

Days: Monday – Thursday

Dates: April 17 – April 20

Ages: 5 – 6

Times: 9:00am – 10:30am

Location: Spy Pond Tennis Courts

Fee: \$115

Ages: 7 – 9

Times: 9:00am – 12:00pm

Location: Grove Street Tennis Courts

Fee: \$215

Ages: 10 – 14

Times: 9:00am – 12:00pm

Location: Spy Pond Tennis Courts

Fee: \$215

SUMMER ADULT TENNIS PROGRAMS

*All Adult Summer Tennis Programs start
June 6 for Session 1 and July 25 for Session 2*

Times: 6:00pm – 6:50pm

Adult Tennis 101 (Beginner)

These classes are intended for those with no (or very little) tennis experience. Learn the basic stroke technique, grips, scoring, positioning and court terminology. This class will help you work on your tennis footwork, get familiar with scoring, and tennis etiquette. Each class will let players get a chance to practice their moves during point play. This group lesson is designed to be fun and informative for everyone involved.

Times: 7:00pm – 7:50pm

Adult Advanced Beginner Classes

This is the perfect class if you're looking to get back into the game. A player in this class should have the ability to sustain a short rally, be able to start a point by serving, could keep score and have some knowledge of the rules. Class time will focus on consistency in strokes, and strategy in playing singles and doubles. Each class will let players get a chance to practice what they learned with point play.

Times: 8:00pm – 8:50pm

Adult Intermediate Classes

This class is for players exhibiting improved consistency and variety on moderate shots, have directional control, and are beginning to develop a spin. The player has achieved stroke dependability and direction on shots within reach. Class time will focus on being able to hold an extended rally, more advanced singles and doubles strategies and advanced shots such as overheads and top spin.

Days: Tuesdays for six weeks

Dates: Session 1 June 6 – July 11 (Class on 7/4 will be held on 7/6 instead)

Session 2: July 25 – August 29

Location: Grove Street Tennis Courts

Fee: \$109



SUMMER TENNIS PROGRAMS

SUMMER ADULT SOCIAL TENNIS

All Adult Summer Social Tennis Programs start June 7 for Session 1 and July 26 for Session 2

Times: 6:00pm – 6:50pm

Beginners (NTRP Rating 2.5 – 3.0)

Open to Recreation players who are looking to not only play some tennis but meet new tennis friends. Each class will consist exclusively of doubles and singles point play. Class will be held one day a week for 90 minutes. Please know your NTRP rating before signing up. You should know how to serve, keep score and court positioning before joining this class.

Times: 7:00pm – 7:50pm

Intermediate to Advanced (NTRP Rating 3.5+)

Open to Recreation players who are looking to not only play some tennis but meet new tennis friends. Each class will consist exclusively of doubles and singles point play. . Class will be held one day a week for 90 minutes Please know your NTRP before signing up.

Days: Wednesdays for six weeks

Dates: Session 1: June 7 – July 12
Session 2: July 26 – August 30

Location: Grove Street Tennis Courts

Fee: \$159

SUMMER JUNIOR TENNIS CLINICS

Grades 10 – 12 • Starts July 11

High School Tennis Summer Clinic

These classes are open to all students grades 10 –12 (rising 10 graders are allowed) who played on their High School tennis team. If your child is did not play high school tennis or is a 9th grader who would like to join, please email Matt before signing up. Half of the class will be drills and instructions and the other half will be for single and doubles point play. Focus will be on strategies, footwork, and in match tactics.

Time: 12:30pm –1:50pm

Location: Spy Pond

Fee: \$139

Summer Session 1

Days: Tuesdays for four weeks

Dates: July 11 – August 1

Days: Thursdays for four weeks

Dates: July 13 – August 3

Summer Session 2

Days: Tuesdays for four weeks

Dates: August 8 – August 29

Days: Thursdays for four weeks

Dates: Thursday, August 10 – August 31

SUMMER JUNIOR TENNIS CAMPS WEEKS PROGRAM

Ages 6 – 16 • Starts June 12 • Five-days a week

Like our Spring Vacation Week Program, these weeks will feature lots of tennis, drills, games and fun! This program features experienced staff and special “FUN Fridays”! Matt Siegel and staff will run this program.

Dates:

Week 1	June 12 – June 16
Week 2	June 19 – June 23
Week 3	June 26 – June 30
Week 4	July 3 – July 7
Week 5	July 10 – July 14
Week 6	July 17 – July 21
Week 7	July 24 – July 28
Week 8	July 31 – August 4
Week 9	August 7 – August 11
Week 10	August 14 – August 18
Week 11	August 21 – August 25
Week 12	August 28 – August 31 **

**Week 12 is Monday – Thursday with Friday being a rain make-up (if necessary)

Ages 5 – 6

Beginners

Time: 9:00am – 10:30am (1.5 hours)

Location: Spy Pond Tennis Courts

Fee: \$139 (Week 12 is \$115)

Ages 7 – 10

Beginner/Advanced Beginners:

Time: 9:00am – 12:00pm (three hours)

Location: Wellington Park

Fee: \$259 (Week 12 is \$215)

Ages 11 – 16

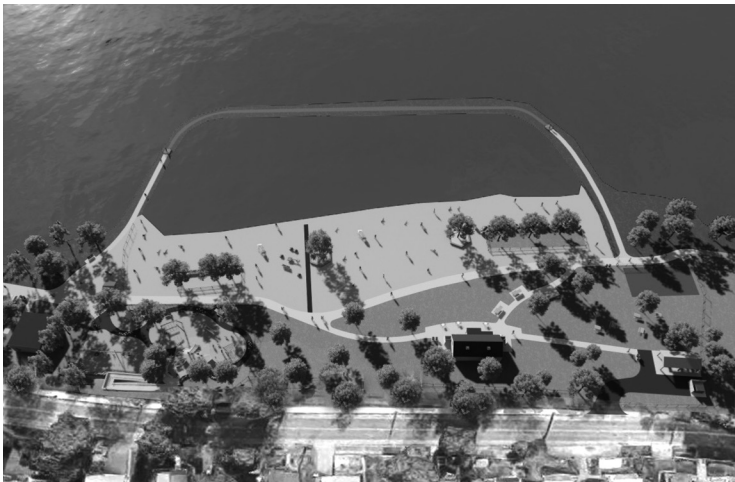
Beginner/Advanced Beginners/Intermediates:

Time: 9:00am – 12:00pm (three hours)

Location: Spy Pond Tennis Courts

Fee: \$259 (Week 12 is \$215)

ENJOY SUMMER 2023 AT THE NEW RESERVOIR BEACH



Enjoy the newly renovated Reservoir Beach including the brand-new bath house, picnic pavilion, playground, water play area, sport court, and new lawn areas. The beach is supervised by certified lifeguards and other beach staff while open. Only U.S. Coast Guard lifesaving devices are allowed. Everyone over one (1) year of age must display tags to the gate attendant or purchase a daily pass to be admitted to the beach area. Reservoir Beach is open to residents and non-residents. Once again this year the Reservoir Beach will allow beach goers to use some water toys not permitted in the past. Inflatables will not be allowed!

2023 Beach Dates

Days: Seven days a week (weather permitting)
Dates: June 17 – August 25
Times: 10:00am – 7:00pm, subject to change based on staffing availability and daylight hours

How to Get Beach Tags

Arlington Recreation will be selling bands starting on February 7. Beach tags can be purchased online at arlingtonrec.com and picked up at the beach once it is open or in person at the Recreation Office during office hours.

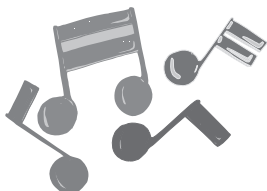
Season Beach Tags Fees

Adult	Ages 18 years and over	\$70
Children	Ages 1 – 17 years	\$55
Seniors	Ages 60 years and over	\$45
Family	Includes two adults and two children	\$200
	\$20 for each additional child	

Daily Fees: \$8 per adult over 18 years of age – 59 years of age, \$6 per child under 18 years of age and seniors 60+ years of age

Birthday and Family Parties at the Res

Book your next summertime party or family gathering at Reservoir Beach! Fees are \$200 for a two-hour block for Arlington residents during beach season and \$300 for non-residents. This includes beach admission for 25 guests. Fees are \$50 an hour for a two-hour block for residents during beach off-season and \$300 for non-residents.



See the back cover for schedules for the Wednesday Afternoon Kids Events and Friday Night Concerts at Reservoir Beach.

ARLINGTON RECREATION YOUTH SUMMER CAMPS

Ages 2.9 – 5 years (by June 26, 2023)

Kids Corner: Preschool Summer Program

Four-day program, Monday – Thursday

Space is limited early registration is encouraged.

Calling all preschoolers to come and enjoy a fun and exciting summer experience in a loving and caring atmosphere. Explore and discover new friends, activities, and adventure. Participants will enjoy non-competitive games, water fun, crafts, songs, outdoor play, and preschool activities held indoors and out. The children will enjoy many opportunities to develop social skills such as cooperation and sharing. They will enjoy getting to know one another in the age-appropriate environment provided.

Participants will enjoy choosing from a variety of planned activities each day. Experienced, trained counselors will supervise activities out-doors on our large playground and extensive indoor areas. When outdoors, children will enjoy playing in the water, having art activities and exploring some of nature's wonders as well as picnics outdoors. When indoors, participants will be in a safe, supportive atmosphere that encourages learning, excitement, and exploration, arts and crafts, and enjoy special entertainment.

You must provide a daily snack and lots of fluids.

Time: Monday – Thursday 8:30am – 12:00pm
AM Care 7:30am – 8:30am
PM Care 12:00pm – 2:00pm
Friday Care 7:30am – 12:00pm

Location: Kid Care Preschool, 352 Mass Ave.

Fees: \$168 per week – four days (\$84 for Week 2)
\$48 per week for AM Care – four days (\$24 for Week 2)
\$96 per week for PM Care – four days (\$48 for Week 2)
\$54 per week for Friday Care – one day



Youth Summer Program Dates for Club Rec & Kids Corner

Please note new four-day a week schedule with half-day Friday option details below in program descriptions.

Days: Monday – Thursday

Dates: Week 1 June 26 – June 29
Week 2 July 5 and July 6 (Two-day program for Kids Corner, HRC Week for Club Rec)
Week 3 July 10 – July 13
Week 4 July 17 – July 20
Week 5 July 24 – July 27
Week 6 July 31 – August 3
Week 7 August 7 – August 10
Week 8 August 14 – August 17

Entering Grades K – 5 Club Rec

*Four-day program,
Monday – Thursday*

There is something for everyone! Each day includes water activities at Arlington Reservoir, science and nature, sports and games, arts and crafts, and more. Child-to-counselor ratio is approximately 10:1. Space is limited, early registration is encouraged.

Times: Monday – Thursday 9:00am – 3:00pm
AM Care 7:30am – 9:00am
PM Care 3:00pm – 5:00pm
Friday Care 7:30am – 12:00pm

Location: Dallin Elementary School

Fees: \$288 per week for Club Rec (four days)
\$72 per week for AM Care (four days)
\$96 per week for PM Care (four days)
\$66 for Friday Care (one day)



Entering Grades K – 5

Super Sports at Club Rec

Four-day program, Monday – Thursday

Super Sports is for Grades K – 5 only. If you like Club Rec but want the emphasis to be on sports and games rather than participate in some of the other morning activities then this newer program is for you!



Entering Grades 1 – 5

Theatre at Club Rec

*Four-day program, Monday – Thursday**

Watch as your children blossom and shine! The performers will be working on their production 9:00am – 12:00pm and will join Club Rec in the afternoon for swimming, fun and games at the Arlington Reservoir or Thompson Spray Park. Theatre at Club Rec culminates with a performance of our work for new friends and family on the final day each week. *Theatre Camp will meet on Fridays at 9:00am for their performance at 12 noon.



Entering Grades 6 – 8

Club Rec CIT – Counselor in Training

Four-day program, Monday – Thursday

Help out at Club Rec and develop leadership and self-esteem while learning how to work with young children and plan/execute program activities. CITs must be able to work with minimal supervision.

Time: 8:00am – 3:00pm

Location: Dallin School

Fee: \$288 per week



Entering Grades 6 – 8

Summer Exploration

*Four-day program, Monday – Thursday
(Friday make-up day)*

Each week, participants will enjoy a day at Water Country or Canobie Lake, hiking, and a beach day. We will round out the week with other activities such as high ropes climbing, paint-ball, escape the room, Kimball's Farm, or go-carting.



Rainy weather? No problem! We'll also add in indoor fun like bowling and roller-skating! Space is limited! Check out our website for our trip details. Please note, trips are subject to change if necessary.

Dates:	Week 1	June 26 – June 29
	Week 2	July 10 – July 13
	Week 3	July 17 – July 20
	Week 4	July 24 – July 27
	Week 5	July 31 – August 3
	Week 6	August 7 – August 10

Time: 9:00am – 4:00pm

Location: Meet at the Ed Burns Arena

Fee: \$500 per week

Entering Grades 1 – 6 • July 5 & July 6

H.R.C. Summer Experience – Health, Recreation, Community Safety

The Arlington Recreation Department, Arlington Police Department, Arlington Fire Department and Arlington Youth Health and Safety Coalition are collaborating on this very special summer program offering. The program includes a variety of fun and educational sports and games, art and crafts, public safety awareness, health and fitness, and swimming/water play. Staff from all four departments will run programs such as finger printing and forensics, substance abuse prevention activities, and emergency vehicle day.

Days: Wednesday & Thursday

Dates: July 5 and July 6

Time: 9:00am – 3:00pm

Location: Dallin School and Arlington Reservoir

Fee: \$144



MORE ARLINGTON RECREATION SUMMER CAMPS & CLINICS

Ages 5 – 16 • Starts June 12

Junior Tennis Camps

See page 12 for complete details

Grades 3 – 8 • Starts July 24

Top Team Football Clinic

Clinic Director Frank Roche

Top Team Sports Football Clinic welcomes young athletes to build their skills and knowledge of the ultimate team game through a variety of drills, competitions, and games. Every athlete will be able to tap into experienced coaches who currently coach at the high school level or played college football. Top Team Football Clinic offers tailored coaching for each position on the field so that each athlete is improving their confidence and ability. Drills will be separated by age and skill as much as possible.

Players will receive a Top Team Football Clinic t-shirt and compete for the Top Team Championship. Find out more on Instagram @tts.clinics

Days: Monday – Thursday

Dates: July 24 – July 27

Time: 9:00am – 12:00pm

Location: McClennen Park

Fee: \$180



Ages 6 – 14 • Starts July 10

Sidekick Sports Track & Field Camp

Athletes will combine technical development and fundamental techniques with safety and a major focus on fun! Our activities prepare athletes for cross-country and track and field through events, such as distance running, sprints and javelin throws, while inspiring a love for being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Athletes will put it all together at the end of the week at the Sidekick Jr. Olympics!



Days: Monday – Thursday

Dates: July 10 – July 13

Times: 9:00am – 12:00pm

Location: Arlington High School Track

Fee: \$185

Ages 6 – 14 • Starts July 17

Sidekick Sports Basketball Camp

These energetic sessions, led by our USA Basketball certified coaching staff, will provide children the opportunity to learn the fundamentals for success. This will be done using small-sided games and feature a week-long Jr. NBA tournament!



Days: Monday – Thursday

Dates: July 17 – July 20

Options	Times	Fees
Full Day Option	9:00am – 3:00pm	\$245
Half Day Option	9:00am – 12:00pm	\$185

Location: Full Day Drop-off at Buzzell Courts and pick-up at Summer Street Basketball Courts*

Half Day: Drop-off and pick-up at Summer Street Courts

*Full-day kids will be supervised by staff walking on the bike path from Buzzell Court to the Summer Street Court where they will be picked up at 3:00pm.

Entering Grades 8 – 10 • Starts July 17

Learn to Row

See page 19 for complete details

Ages 6 – 14 • Starts August 7

Sidekick Sports Flag Football Camp

Come play football with the same fitness and competitive benefits of tackle football, but with less risk of injury! In partnership with NFL Flag, the country's most recognizable youth flag football program, professional coaches have fun and challenging activities that include 5v5 games every session with a week-ending Super Bowl!

Days: Monday – Thursday

Dates: August 7 – August 10

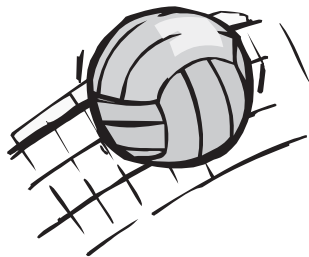
Options	Times	Fees
Full Day Option	9:00am – 3:00pm	\$245
Half Day Option	9:00am – 12:00pm	\$185

Location: Hill's Hill Field (beside Ed Burns Arena)

Entering Grades 6 – 12 • Starts August 7

Spy Ponder Volleyball

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: Monday – Thursday
Dates: August 7 – August 10
Time: 9:00am – 3:00pm
Location: Arlington High School (Red Gym)
Fee: \$225

Entering Grades 1 – 9 • Starts August 14

Swish Town Basketball

At Swish Town players will learn the traditional ball handling, shooting, rebounding, and defensive skill, but we will also begin to develop advanced individual moves and build on each player's basketball IQ.



The four-day clinic will consist of drills, games, contests, guest speakers, and lots more. Every player will also receive a Swish Town t-shirt. If you are looking for a fun basketball clinic experience Swish Town is the clinic for you. AHS varsity boys basketball coach Jack Woods will direct camp and staff will include AHS coaches, alumni and current players.

Days: Monday – Thursday,
Dates: August 14 – August 17
Grades: 1 – 4
Time: 9:00am – 12:00pm
Location: Hardy Elementary School
Fee: \$180 includes Swishtown shirt
Grades: 5 – 9
Times: Half Day 9:00am – 12:00pm
Full Day: 9:00am – 3:00pm
Location: Arlington High School
Fee: Half Day \$180
Full Day \$300
Fees includes Swishtown shirt!

Entering Grades K – 6 • Starts August 28

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: Monday – Thursday
Dates: August 28 – August 31

Options	Times	Fees
Full Day Option	9:00am – 3:00pm	\$245
Half Day Option	9:00am – 12:00pm	\$185

Location: Hill's Hill Field (beside Ed Burns Arena)

Entering Grades 2 – 6 • Starts August 21

A-Town Hockey Program

We invite hockey players to the Ed Burns Arena to get away from the hot summer heat and get ready for their upcoming seasons. This program will offer participants on ice instruction and will be filled with skill/drills/and games!



Participants must have full hockey equipment including helmet with face mask and should have played at least one year of organized hockey. Program is run by Rachel Shirlock; to register please email Rachel at white12712@gmail.com.

Days: Monday – Thursday
Dates: August 21 – August 24
Times: 9:00am – 12:00pm
Location: Ed Burns Ice Arena
Fee: \$275



ARLINGTON RECREATION SUMMER SOCCER CAMPS

Ages: 6 – 14 • Starts June 26

Sidekick Sports Soccer Camp

Your children will develop their soccer 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, finished off with a mini World Cup Tournament! In keeping standings throughout the week, coaches will keep teams as balanced as possible, providing for the best possible experience for all players.



Days: Monday – Thursday

Dates: June 26 – June 29

Options	Times	Fees
Full Day Option	9:00am – 3:00pm	\$245
Half Day Option	9:00am – 12:00pm	\$185

Location: Hill's Hill Field (beside Ed Burns Arena)

Ages: 6 – 14 • Starts July 31 & August 21

Box 2 Box Soccer Camp

This camp is for all ages and abilities, from beginner to travel and elite players. Players are grouped by age and ability to be coached according to their developmental needs.

On day one campers will carry out a range of individual and small-group based activities to set them up for the following three days; defensive duties, midfield competency and, finally, attacking threat. Our goal is to develop the full player and enhance their knowledge and abilities all across the field.

Days: Monday – Thursday

Dates: Session 1 July 31 – August 3

Session 2 August 21 – August 24

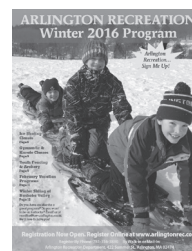
Ages	Options	Times	Fees
6 – 14	Half Day Option	9:00am – 12:00pm	\$181
8 – 14	Full Day Option	9:00am – 3:00pm	\$254

Location: Session 1 Thorndike Field
Session 2 McClennen Soccer Field



See Your Child in the Arlington Recreation Program Guide!

The Arlington Recreation Department is looking for photos for our bi-annual Program Guides and invites you to submit photographs showing participation in Rec Dept or local youth program activities. Please mail your submissions to recoffice@town.arlington.ma.us



SUMMER GENERAL PROGRAMS

Ages 2 – 7 • Starts July 5

Super Soccer Stars

At Super Soccer Stars, our goal is to teach soccer skills in a fun, educational environment. Our philosophy is to use soccer to nurture, build self-confidence, and develop teamwork. Our curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at their own rate while having fun.



All sessions run for four weeks

Wednesday Summer Sessions

Dates: Session 1 July 5 – July 26
Session 2 August 9 – August 30

Times: 9:00am – 9:45am 3 – young 4
9:50am – 10:30am 2 – 3 years
10:35am – 11:25am older 4 – 5
11:30am – 12:30pm 5 – 7 years

Friday Summer Sessions

Dates: Session 1 July 7 – July 28
Session 2 August 11 – September 1

Times: 9:00am – 9:45am 3 – young 4
9:50am – 10:30am 2 – 3 years
10:35am – 11:25am older 4 – 5
11:30am – 12:30pm 5 – 7 years

Sunday Summer Sessions

Dates: Session 1 Sunday July 9 – July 30
Session 2 Sunday August 6 – August 27

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

Location: Hills Hill Field (beside Ed Burns Arena)

Fee: \$116



Ages 2 – 5 • Starts July 10

Amazing Athletes

Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes life-time connections to sports and physical activity.

All sessions run for four weeks

Monday Summer Sessions

Dates: Session 1 July 10 – July 31
Session 2 August 7 – August 28

Times: 9:00am – 9:40am 2 – 3 years
9:45am – 10:30am 3 – 5 years

Sunday Summer Sessions

Dates: Session 1 July 9 – July 30
Session 2 August 6 – August 27

Times: 12:15pm – 1:00pm 3 – young 4
1:05pm – 1:55pm older 4 – 5

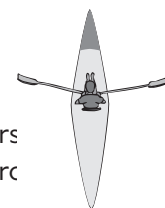
Location: Hills Hill Field (Summer Street Complex)

Fee: \$116

Entering Grades 8 – 10 • Starts July 17

Learn to Row Summer Camp

Explore the oldest collegiate sport in the country! Register for the AB Crew Learn to Row program this summer. Open to all incoming (Fall 2023) 8th, 9th and 10th graders. We offer four one-week sessions to choose from. Choose one week or multiple weeks.



AB Crew coaches and rowers will teach you everything you need to know. For those entering high school, the program will prepare you to start rowing competitively or to become a coxswain for the AB Crew novice team this fall. Space is limited! Register today! All participants must bring proof of passing a basic level swim test (100 yards and tread water for 5 minutes). Resources permitting, we will try to offer periodic swim tests at the Boys and Girls Club.

Days: Monday – Thursday, Rain Date Friday

Dates: Session I July 17 – 20
Session II July 24 – 27
Session III July 31 – August 3
Session IV August 7 – 10

Times: 10:00am – 12:00pm

Location: Spy Pond Boat Ramp

Fee: \$150

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 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 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)

www.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](http://arlingtonma.gov/Recreation/Parks%20and%20Fields/Field%20Use%20Request). 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: Located at Dallin School on 185 Florence Avenue. Area has a little league/softball field, green space, playground, and basketball area.

Gibbs Gym: 41 Foster Street. Area has a basketball court.

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. 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 & 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, summertime movies in the park, and a 4 of July celebration.

Robillard Field: 422 Summer Street. 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.

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SPECIAL EVENTS AT THE ARLINGTON RESERVOIR

All Ages • Starts June 28

Wednesday Afternoon Kids Events at the Reservoir Beach

All shows start at 11: 00am

Dates:	June 28	Johnny The K
	July 12	T.B.D.
	July 19	Cheryl Arena Band
	July 26	T.B.D.
	August 2	Ben Rudnick
	August 9	T.B.D



JOHNNY THE K



CHERYL ARENA BAND



BEN RUDNICK

Youth and Family • Starts July 1

Friday Night Concerts at Reservoir Beach

All shows start at 6 00pm

Arlington Recreation invites the entire family to attend these free events as a thank you for continued support of the Arlington Reservoir Renovation project. Grab your lawn chair and your dancing flip flops and come on down to the Res for some free fun performances the entire family can enjoy. This summer Arlington Recreation will also be working with Arlington Brewing Company and local food trucks to provide concert goers with the option for food and beverages during concert nights!

Dates:	June 30	Ben Rudnick
	July 7	Cheryl Arena Band
	July 14	Coffee to Cocktails
	July 21	Wicked Pickers
	July 28	Classic Groove
	August 11	The C#s



We're building the dream of
a world-class brewery
in Arlington, MA.



COFFEE TO COCKTAILS



WICKED PICKERS



CLASSIC GROOVE



Youth and Family • Saturday, August 26 Reservoir Dogs– Brews and Dogs End of Summer Celebration!!

Please join us for an end-of-summer celebration at the Arlington Reservoir and don't forget to bring your four-legged friend. This event will include live music, brews from Burkes Brewery and hot dogs and other food items from various local vendors. 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



422 Summer Street
Arlington, MA 02474

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

For more information please call 781-316-3880