

Arlington Recreation Department Fall 2023 – Winter 2024 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

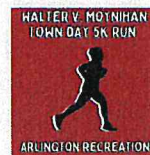
Monday – Thursday: 7:30am – 4:30pm
 Friday: 8:00am – 12:00 noon

Arlington Parks & Recreation Commission

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

SPECIAL EVENT

Saturday, September 23
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 10:00am.
- 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
 Arlington Brewery

DIRECTOR'S MESSAGE

Arlington Recreation is once again excited to bring you our fall and winter recreational offerings. Offerings include traditional favorites such as our tennis program with Matt Siegal, skating lessons with the Bay State Skating School, and some new programs including Floor Hockey and indoor drop-in Pickleball.

Arlington Recreation and the Park and Recreation Commission also are excited about their upcoming capital projects. This fall design and public input will begin for Arlington's first dedicated Mountain Biking area at Hills Hill, Menotomy Rocks Park play and picnic area, and Parallel Park improvements.

Also this fall construction will begin on the Robbins Farm Park playground which will be Arlington's first playground designed with Universal Design principals.

So as we all end our 2023 summer and start the 2023 – 2024 school year, Arlington Recreation would like to say thank you for your continued support and wish each of you a great start to the new school year!

– Joe Connelly, *Director of Recreation*



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.

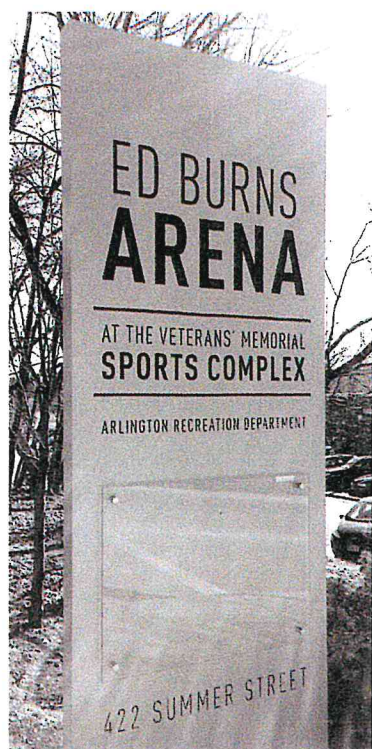
Financial Aid (Policy Change): Financial assistance may be available thanks in part to our scholarship fund and assistance we received through the Community Development Block Grant program. For eligibility information, contact the Recreation Office or download the form at arlingtonrec.com. Scholarships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

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

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 x 197-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 rentals 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.

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 8, 2023 to end of season

Times:* Mondays 12:00pm – 1:50pm
Thursdays 9:00am – 10:50am
Fridays 11:00am – 2:00pm
7:15pm – 9:00pm
Saturdays 4:15pm – 6:00pm
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: \$10

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 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: \$10 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 ED BURNS ARENA

Ages 4 – 18 • Starts September 13

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 be 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

Dates: Session 1 September 13 – October 11

Fee: \$160 (five-week session)

Dates: Session 2 October 18 – November 29

Fee: \$224 (seven-week session)

Dates: Session 3 December 6 – January 24 (x 12/27)

Fee: \$224 (seven-week session)

Dates: Session 4 January 31 – March 27 (x 2/21)

Fee: \$256 (eight-week session)

Saturday Sessions

Time: 10:50am – 11:40am

Dates: Session 1 September 16 – October 14

Fee: \$160 (five-week session)

Dates: Session 2 October 21 – November 25

Fee: \$192 (six-week session)

Dates: Session 3 December 2 – January 2 (x 12/23 12/30)

Fee: \$192 (six-week session)

Dates: Session 4 January 27 – March 23 (x 2/17 & 2/24)

Fee: \$224 (seven-week session)

Ages 2.5 and older • Starts October 3

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.

Tuesday Sessions

Dates: Session 1 October 3 – October 31

Session 2 November 14 – December 12

Session 3 January 3 – January 31

Session 4 February 14 – March 21 (x 2/21)

Friday Sessions

Dates: Session 1 October 6 – November 3

Session 2 November 17 – December 15

Session 3 January 5 – February 2

Session 4 February 16 – March 23 (x 2/23)

Time: 9:40am – 10:10am

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 3 – October 31

Session 2 November 14 – December 12

Session 3 January 2 – January 30

Session 4 February 13 – March 19 (x 2/20)

Time: 10:30am – 11:15am

Fee: \$110 per five-week session

Already Skating Adults

Days: Wednesdays

Dates: Session 1 October 4 – November 1

Session 2 November 15 – December 13

Session 3 January 3 – January 31

Session 4 February 14 – March 20 (x 2/21)

Time: 9:00am – 9:45am

Fee: \$110 per five-week session

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



Ages 2.9 – 5

Preschool Early Drop Off Option

We offer 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

Ages 2.9 – 5

Preschool Extended Day Option

We offer 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

**Arlington
Kid Care**

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 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:

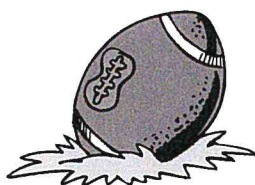
- \$283/month for two days per week
- \$409/month for three days per week
- \$532/month for four days per week
- \$657/month for five days per week

FALL TODDLER AND YOUTH PROGRAMS

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 7 years. There is an 8 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 Head Coach Lamont Harris at lharris0527@gmail.com or Scott Cohen at scohen@hawthornepartners.io

Days: Mondays – Fridays

Dates: End of August through early November

Times: Practices 6:00pm – 7:45pm
Games Wednesdays 4:00 – 6:00pm

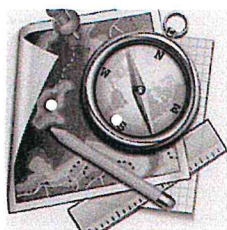
Location: Practice at Pierce Field; games at McClennan Field

Fee: \$300

Grades 1–4 • Starts September 7

Club GEO-TREK

As part of our LAHF TREK series, Club GEO Trek introduces the fun pastime of geocaching. Geocaching is a global scavenger hunt where seekers use an app or GPS device to locate coordinates, solve clues to puzzles and receive hints, which lead them to hidden caches or stashes of collectible items. Some individuals and groups take the next step and hide their own caches for others to find! In this workshop, we will review basic hiking and caching etiquette, (including “leave no trace”), learn how to use one of the Geocache apps, review and learn basic compass & map skills through fun games, mini scavenger hunts, and find local caches while taking walking field trips around Arlington.



Days: Thursdays

Dates: Session 1 September 7– October 19
Session 2 October 26 – December 14 (x 11/23)

Time: 3:30pm – 5:00pm

Location: Kid Care Preschool Building, 352 Mass Ave

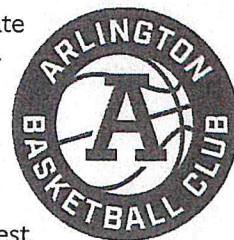
Fee: \$175 per session

Grades K– 8 • Starts September 10

Arlington Basketball Club Skill Clinics

The ABC will offer fun, high quality and supportive basketball programming for kids (PK-8th grade) 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

Dates: September 10 – October 30 (x 9/25 & 10/8)

Gender/Grade	Days	Times
Boys Grades 1 & 2	Mondays	5:00pm – 6:00pm
Boys Grades 3 & 4	Mondays	6:00pm – 7:00pm
Boys Grades 5 & 6	Mondays	7:00pm – 8:00pm
Boys Grades 7 & 8	Mondays	8:00pm – 9:00pm
Girls Grades 1 & 2	Sundays	5:00pm – 6:00pm
Girls Grades 3 & 4	Sundays	5:00pm – 6:00pm
Girls Grades 5 & 6	Sundays	6:00pm – 7:00pm
Girls Grades 7 & 8	Sundays	7:00pm – 8:00pm
Coed Grade K	Sundays	4:00pm – 5:00pm

Location: Ottoson Middle School (Wood Gym)

Price: \$160 per player

*For more program information please visit
www.arlingtonbasketballclub.com*

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

FALL TODDLER AND YOUTH PROGRAMS

Grades 6 – 8 • Starts September 12

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 or Fridays

Dates: September 12 – October 27 plus optional mid-week/weekend games TBA

Time: 3:30pm – 5:00pm

Location: Hill's Hill Field

Fee: \$130 for either Tuesdays or Fridays

Ages 7 and older • Starts September 13

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

Dates: Session 1: September 13 – November 1
Session 2: November 8 – January 10
Session 3: January 17 – March 13
Session 4: March 20 – May 15

Days: Thursdays

Dates: Session 1: September 14 – November 2
Session 2: November 9 – January 11
Session 3: January 18 – March 14
Session 4: March 21 – May 16

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 K – 8 • Starts September 16

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. Participants need to register both at arlingtonrec.com and metrobostonssportsgroup.com.



This year participants will have the opportunity to join a private NFL Flag Football tournament at Fenway Park on November 18 for an additional cost. For more info go to www.newtonareaflagfootball.com/store/p73/Fenway_Flag_Bowl_2023.html

Days: Saturdays

Dates: September 16 – November 4 (x10/7)

Times: Grades K – 2 4:30pm – 5:15pm
Grades 3 – 5 5:30pm – 6:15pm
Grades 6 – 8 6:30pm – 7:15pm

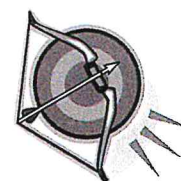
Location: Summer Street Field

Fee: \$199

Ages 9 – 14 • Starts September 18

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: Mondays

Dates: Session 1 September 18 – October 23
(x 9/25, 10/9)
Session 2 October 30 – November 20

Times: 3:30pm – 4:30pm

Location: Menotomy Rocks Park

Fee: \$175

Ages 3 – 5 • Starts September 18

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

Dates: September 18 – November 20 (x 10/9, 11/25)

Times: Ages 3 – 4 9:00am – 9:40am
Ages 4 – 5 9:45am – 10:30am

Location: Hill's Hill Field

Fee: \$232 (eight sessions)

Sunday Sessions

Dates: September 24 – November 12

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

Location: Stratton School Green Space

Fee: \$232 (eight sessions)

Ages 3 – 4 • Starts September 22

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. All uniforms are included in the class fee



Days: Fridays

Dates: Session 1 September 22 – December 22 (x 11/10, 11/24)
Session 2 January 5 – March 29 (x 2/23)

Time: 4:45pm – 5:15pm

Location: Thompson Elementary School

Fee: \$330 (12-class sessions)

Ages 5 – 12 • Starts September 22

Little Ninjas Karate

Days: Fridays

Dates: Session 1: September 22 – December 22 (x 11/10, 11/24)
Session 2: January 5 – March 29 (x 2/23,)

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

Location: Thompson Elementary School

Fee: \$330 (12-class sessions)



Grades 1 – 5 • Starts September 26

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: Tuesdays

Dates: September 26 – October 31

Time: 3:15pm – 4:15pm

Location: Peirce Basketball Courts

Fee: \$125

Grades 1 – 5 • Starts September 26

Sidekick Sports After-School Floor Hockey

Players will learn the position names in hockey: Center, right wing, left wing, defense and goalie. Players will learn how to stickhandle, pass, shoot and have fun. This is a very fun "scrimmage-based" program.

Days: Tuesdays

Dates: September 26 – October 31

Time: 3:15pm – 4:15pm

Location: Stratton Elementary School

Fee: \$125

Grades 1 – 5 & 6 – 8 • 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: Wednesdays

Dates: September 27 – November 1

Time: 3:15pm – 4:15pm










Location: Hill's Hill Field

Fee: \$125

*The Arlington Recreation Department Fall 2023 – Winter 2024
Program was designed and produced by SteveMoniakDesign.com*

Town of Arlington MA Playgrounds

A quick and easy accessibility guide to help plan your visit

	Bishop Playground 25 Columbia Rd. 	Buzzell Field 29 Summer St.	Crosby Park 34 Winter St. 	Reinhart Playground at Cutter Park 30 Robbins Rd.	Florence Playground 185 Florence St. 	Hibbert Playground Hibbert St.	Hill's Hill Playground 422 Summer St.	Locke Playground 51 Davis Rd.	Lussiano Playground 60 North Union 	Magnolia Park 40 Heber
Age Appropriate	2 – 12	2 – 12	5 – 12	5 – 12	2 – 12	2 – 12	2 – 12	2 – 12	5 – 12	2 – 12
SECTION 1: GENERAL SITE ACCESSIBILITY										
Play Equipment Route to edge of play area	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓
Path to Equipment Route from edge of play to equipment	✓	✓	✗	✗	✓	✗	✓	✓	✓	✗
Accessible Route Surfacing Type	Rubber	Wood Chips	N/A	Wood Chips	Rubber	Wood Chips	Asphalt	Asphalt	Rubber	Asphalt
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	✓	✓	✓	✓
Accessible Swing	N/A	✓	✗	✗	✓	✗	✗	✓	✓	✓
Accessible Group Swing	✓	✗	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
SECTION 4: SITE AMENITIES										
	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓
	✓	✓	✗	✗	✓	✗	✓	✓	✓	✗
 (seasonal)	✓	✓	✗	✗	✓	✗	✓	✗	✓	✓
	✓	✓	✓	✗	✗	✗	✓	✗	✓	✗
	✓	✗	✗	✗	✗	✓	✗	✓	✗	✗

The Town of Arlington Park Commission is committed to accessibility best practices

Round Accessibility Checklist

Playground users assess their playground options

Location	McClennen Park 700 Summer St.	Menotomy Rocks Park Playground 129 Jason St.	Parallel Park 167 Medford St.	Parmenter Park 17 Irving St.	Peirce Playground 85 Park Ave. 	Poets Corner Playground 300 Wadsworth Rd.	Robbins Farm Eastern Ave. 	Spy Pond Park 21 Pond Lane	Stratton Playground 180 Mountain Ave. 	Waldo Park 65 Waldo Rd.	Whittemore Robbins Playground 700 Mass Ave
Age Group	2 – 12	5 – 12	2 – 12	5 – 12	5 – 12	2 – 12	2 – 12	2 – 12	2 – 12	2 – 12	2 – 12
Accessibility	✓	✗	✗	Under Renovation	✓	✓	✓	Under Renovation	✓	✓	✗
Surface	✓	✗	✗		✓	✓	✗		✓	✗	✗
Material	Rubber	N/A	N/A		Rubber	Asphalt/ Rubber	Asphalt/ Wood Chips		Rubber	Asphalt/ Wood Chips	N/A
Play Structure	✓	✓	✗		✗	✓	✓		✓	✓	✗
Swing Set	✓	✗	✗		✓	✓	✓		✓	✗	✗
Slide	✓	N/A	✗		N/A	N/A	✗		N/A	✗	N/A
Other	✗	✗	✓		✗	✗	✓		✓	✗	N/A
Other	✗	✗	✗		✗	✗	✗		✓	✗	N/A
Other	✓	✓	✓		✓	✓	✓		✓	✓	✗
Other	✗	✗	✗		✗	✗	✗		✓	✗	✗
Other	N/A	N/A	N/A		N/A	N/A	N/A		N/A	N/A	N/A
Other	✓	✗	✗		✗	✓	✗		✓	✗	✗
Other	✗	✗	✗		✗	✗	✗		✓	✗	✗
Other	✗	✗	✗		✗	✗	✓		✓	✗	✗
Other	✓	✗	✗		✓	✗	✗		✓	✗	✗
Other	✗	✗	✗		✗	✗	✗		✗	✓	✗

Practices and will continue to make improvements and upgrades as necessary.

Updated 6/30/2023

TODDLER & YOUTH FALL SOCCER PROGRAMS

Ages 3 – 5 • Starts September 20

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 Sessions at Hills Hill Field

Ages: 3 – 5 years old
Dates: September 20 – November 8

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

Friday Sessions at Hills Hill Field

Ages: 3 – 5 years old
Dates: September 22 – November 17 (x 11/10)

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

Sunday Sessions at Stratton

Ages: 3 – 7 years old
Dates: September 24 – October 29

Times: Field #1	Ages 2 – 3	8:30am – 9:15am
	Ages 3 – 4:	9:20am – 10:00am
	Ages 2 – 3:	10:05am – 10:55am
	Ages 3 – 4:	11:00am – 12:00pm
Field #2	Ages 3 – 4:	8:30am – 9:15am
	Ages 4 – 5:	9:20am – 10:00am
	Ages 5 – 7:	10:05am – 10:55am
	Ages 4 – 5:	11:00am – 12:00pm

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

Fee: \$232 (eight sessions)

Arlington Recreation...Sign Me Up!

Register Online at arlingtonrec.com

Ages ? • Starts Sept 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!

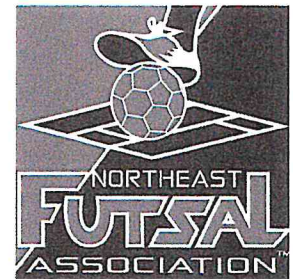


Days: Thursdays
Dates: September 28 – November 2
Time: 3:15pm – 4:15pm
Location: Hill's Hill Field
Fee: \$125

Grades 2 – 6 • Starts November 20

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 20 – January 8 (x 12/25, 1/1)
Session 2 January 22 – March 4 (x 2/18)
Times: Grades 2 – 4 6:30pm – 7:30pm
Grades 5 – 6 7:30pm – 8:30pm
Location: Peirce Elementary School
Fee: \$125

FALL ADULT PROGRAMS

Ages 18+ • Starts September 8

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 8 – December 15 (x 11/10, 11/24)
If any session is cancelled it will be made up on 12/22

Time: 6:30pm – 9:30pm

Location: Dallin School

Fee: \$185. You can also do drop-in classes for \$25 cash at the door.

Ages 18+ • Starts September 9

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 40 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: September 9 – October 28

Times: 9:00am – 9:45am

Location: Menotomy Rocks Park (Green Space)

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

Ages 18+ • Starts September 11

Expressive Dance Class

In a playful dance, let's move to great music and enjoy the energy of the community! Disconnect to reconnect with yourself, and have fun with others through easy, powerful movements, repetitions and sounds inspired by Haitian dancer and choreographer Herve Duplan and 20th-century American choreographer and anthropologist Katherine Dunham.

Through rhythmic breathwork, vocal release, stretching and meditation calm your mind and release any tension that can be stocked in your body. Experience this amazing way to align mind, body and heart and amplify your inner power! No experience necessary, just a willingness to just let go and be ready to change how you feel! Let life surprise you in a great way. Instructor: Sophie Leurent

Days: Mondays and Wednesdays

Dates: Mondays September 11 – October 2
Wednesdays September 6 – October 11

Times: Mondays 12:30pm – 1:30pm
Wednesdays 6:00pm – 7:00pm

Location: Mondays Menotomy Rocks Park
Wednesdays Arlington Reservoir

Fee: Mondays: \$64 per participant
Wednesdays: \$96 per participant
(\$20 a week drop-in for either day)

Ages 18+ • Starts September 13

Free 2 Be Fitness in the Park Fall Session

Fall into Fitness with Free 2 Be Fitness (“F2BF”) in the Park! Arlington Recreation and F2BF are excited to continue this eight-week outdoor group fitness program in the park. Wake up Wednesday morning for a strength and conditioning class that utilizes a mix of cardio and bodyweight 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: September 13 – November 1

Times: 6:20am – 7:10am

Location: Summer Street Complex

Fee: \$150

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

Ages 18+ • Starts September 12

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 12 – October 17 (six sessions)

Location: Grove Street Tennis Courts

Fee: \$109

Min/Max: 6/16



ADULT SOCIAL TENNIS

Advanced Beginners

(NTRP Rating 2.5 – 3.0)

Times: 6:00pm – 7:30pm

Intermediate/Advanced

(NTRP Rating 3.5+)

Times: 7:30pm – 9:00pm

Days: Wednesdays

Dates: September 13 – October 18 (6 sessions)

Location: Grove Street Tennis Courts

Price: \$159

Min/Max: 6/16

JUNIOR TENNIS PROGRAMS

All Junior Tennis programs are eight sessions.

Ages 5 – 14 • Starts September 10

Saturday Morning Juniors

Beginner/Advanced Beginner Program

Dates: September 9 – October 28

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: \$149

Min/Max: 12/24

Grade 1 – 6 • Starts September 13

Afterschool Tennis Programming

Days/Dates: Tuesdays September 12 – October 31
Thursdays September 14 – November 2

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: \$149

Min/Max: 12/24

Grade 6 – 8 • Starts September 11

Middle School Programs

Days/Dates: Mondays September 11 – October 30
Wednesdays September 13 – November 1
Fridays September 15 – November 3

Times: 5:00pm – 5:50pm

Location: Grove Street Tennis Courts

Fee: \$149

Min/Max: 12/24

Grade 9 – 12 • Starts September 11

High School Programs

Days/Dates: Mondays September 11 – October 30
Wednesdays September 13 – November 1
Fridays September 15 – November 3

Times: 3:30pm – 4:50pm

Location: Grove Street Tennis Courts

Price: \$179

Min/Max: 12/24



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

Town of Arlington TENNIS COURT RULES & REGULATIONS

Tennis Hours: 7:00am – Dusk (Grove St. 9:00pm)
Pickleball Hours: 8:00 am – Dusk (Grove St. 9:00pm)

- 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!

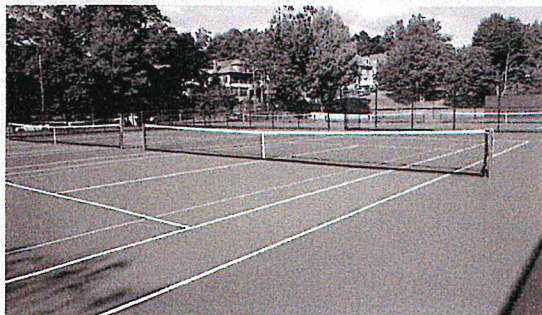


- Priority is given to players with proof of a reservation.
- Players, please use the honor system. Play is limited to 60 minutes for Singles, and 90 minutes for Doubles.
- Players waiting to use a court should indicate that they are waiting, and players on the courts should be respectful of those waiting.
- 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



FALL PICKLEBALL PROGRAMS

with Eric Kevorkian

Ages 18+ • Starts September 19

Pickleball for Beginners

For players with minimal to no knowledge of Pickleball, and are looking to learn how to play, or need more court-time/ game repetitions in order to feel comfortable to join social groups!

Days: Tuesdays or Wednesdays

Dates: Session 1: September 19 – October 10
 Session 2: October 17 – November 14

Times: 10:00am – 11:00am and 12:30pm – 1:30pm

Location: Crosby Tennis Courts

Fee: \$175

Ages 18+ • Starts September 19

Pickleball for Advanced Beginner/Intermediate

*For players who already know
the rules/scoring and how to play.*

This class is for players who already know how to play, but need help with individual tips and general game-play strategy! Shot selection, court positioning, and playing as a team are a few of the concepts highlighted during classes!

*Players that register for the wrong class may be removed at coaches discretion



Days: Tuesdays or Wednesday

Dates: Session 1: September 19 – October 10
 Session 2: October 18 – November 14

Times: 11:15am – 12:15pm and 1:45pm – 2:45pm

Location: Crosby Tennis Courts

Fee: \$175

Ages 18+ • Starts September 20

Arlington Drop-in Pickle Ball at Hardy

Pre-register online for class!

Days: Wednesdays for eight weeks

Dates: September 20 – November 8

Time: 6:00pm – 9:00pm

Location: Hardy School

Fee: \$100

YOUTH WINTER SOCCER PROGRAMS

Grades 1– 8 • Starts December 4

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 in a positive environment. 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 4 – January 15 (x 12/18, 12/25, 1/1)
Session 2 January 29 – February 19
Session 3 March 4 – 25

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 5

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. These sessions always sell out, so reserve your spot ASAP!



Days: Tuesdays and Wednesdays

Dates: Session 1 Tuesday December 5 – January 16 (x 12/19, 12/26, 1/2)
Session 1 Wednesday December 6 – January 17
Session 2 Tuesday January 30 – February 20
Session 2 Wednesday January 31 – February 21
Session 3 Tuesday March 5 – March 26
Session 3 Wednesday March 6 – March 27

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

Location Hardy School Gymnasium

Fee: \$120 per four-week session

Grades 1– 8 • Starts January 13

Arlington Youth Futsal League

Deadline to register: Sunday, December 9, 2023.

Please have players register individually.

Under the guidance of Coach Paige Forster, 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 plenty of 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 preformed teams that have space on their roster. Roster sizes will be capped at 11 players; a minimum of eight players per team is required.



The ASC Youth Futsal League focuses on the needs and experiences of recreational (i.e. non-select) teams and players; teams may carry up to two ASC A/B select players (Select C for 7th/8th grade) on their rosters, but entire 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.

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 13 – March 9 (x 2/17)

Times: Times will range from 8:00am to 6:00pm on Saturdays. In general, girls games will be held in the afternoons, while boys games 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

YOUTH WINTER BASKETBALL PROGRAMS

Grades 3 to Grade 8 • Practices begin in November

Competitive Travel Basketball 2023 – 2024 Season

*Co-sponsored by Arlington Basketball Club
& Arlington Recreation*

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.

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

Location: Varies

Fee: \$499 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

(Exact dates for each grade will be sent out at a later date to those who have registered)

Dates: Grades 6 – 8 Week of September 25
Grades 3 – 5 Week of October 2

Location: Ottoson Middle School

FEBRUARY VACATION PROGRAMS

Grades: K – 8 • Starts February 19

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 20 – February 23

Times: Full-Day 9:00am – 3:00pm
Half-Day 9:00am – 12:00pm

Location: Ottoson Middle School (Wood Gym)

Fee: Half Day \$195
Full Day \$255

See Your Child in the Arlington Recreation Program Guide!



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

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: 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.

ARLINGTON COMMUNITY SPORTS ORGANIZATIONS

ARLINGTON BABE RUTH

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 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 travel teams as well as 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 youth and adult referees to officiate our games. Please visit our website for more details and to register your child to play.



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 Youth Baseball and Softball Association (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. Please visit our website for more details and to register your child to play.



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.



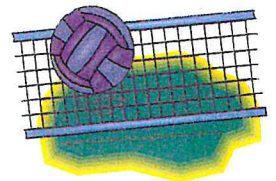
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MORE ARLINGTON RECREATION FALL & WINTER PROGRAMS

Grades 5 – 9 • Starts September 16

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 16 – October 28 (x 10/4)

Times: Tuesdays 6:00pm – 8:00pm

Location: Arlington High School

Saturdays 10:00am – 11:30am

Fee: \$260 per person

Grades 3– 5 • Starts January 10

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.

Days: Wednesdays

Dates: Four sessions, January 10 – January 31

Time: 2:00pm – 6:30pm (times are approximate). Lessons are scheduled for 4:15pm.

Fee: \$490 per participant. Each week participants will have time for free ski before lessons begin.

Please note we acknowledge the large fee increase and it is due to transportation cost and increased fees by the mountain. This occurred after last year's fees were set. Last year Arlington Recreation ran the program at a deficit but is unable to absorb the expense this season.

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 McClennen Park. 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 mjcurran@town.arlington.ma.us***



422 Summer Street
Arlington, MA 02474

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