Arlington Recreation Department Spring – Summer 2024 Program Guide



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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
Kim Grubb, Preschool Director

Ellie Murphy, Director of Afterschool Operations
Ellen Contini, Director of Afterschool Curriculum

Arlington Recreation Department & Ed Burns Ice Arena

Current Office Address & Rink Address:

422 Summer Street, Arlington, MA 02474

Future Office Address:

17 Irving Street, Arlington, MA 02476

Main Phone Number: (781) 316-3880

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

Website: ArlingtonRec.com

Office Hours:

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

Hello Arlington!

As we enter into our spring and summer programming season I want to announce a very exciting and positive change for Arlington Recreation. Arlington Recreation and our Kid Care Afterschool and Preschool programs will be moving to the old Parmenter School building located at 17 Irving Street. Arlington Recreation will be occupying the space vacated by the Menotomy Preschool program which is moving back to Arlington High School.

This new facility will give both our licensed afterschool and preschool programs much needed additional space and will allow both programs to grow and adapt to the changing needs of the community. The Arlington Park & Recreation Commission also recently completed a renovation of the playground space at the Parmenter School which can now be fully utilized by both programs.

Arlington Recreation will continue to utilize the Ed Burns Arena for skating lessons and off season programming and will now have available classroom space for a variety of recreational offerings throughout the day and evening hours.

This will be a slow transition over the next several months but our hope is that by September of 2024 the move will be completed to the new facility. Arlington Recreation is excited to work with our new neighbors at the Arlington Children's Center and we would like to thank both Town and School Administrations for their full support of this new venture!

- 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																					
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Play Equipment Route to edge of play area	1	1	1	×	1	×	1	1	1	1	1	×	×	1	1	1	1	1	1	1	×
Path to Equipment Route from edge of play to equipment	1	1	×	×	1	×	1	1	1	×	1	×	×	1	1	1	1	1	1	×	×
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To view the study, google "Town of Arlington MA Playground Accessibility Checklist"

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: In the event that a participant must cancel of 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.

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

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. 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.

In this play-based program, children will construct knowledge and understanding of their world by using open-ended materials, participating in hands-on activities, and interacting with classmates and teachers.

This developmental approach celebrates individuality, self-expression and creativity fostering relationships with other children.

We offer Yoga and Spanish once per week and Music/ Movement twice per month.

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:

- \$390/month for two days per week
- \$499/month for three days per week
- \$580/month for four days per week
- \$725/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.

- \$60/month for one day per week
- \$120/month for two days per week
- \$180/month for three days per week
- \$240/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 3:30pm (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.

- \$130/month for one day per week
- \$245/month for two days per week
- \$340/month for three days per week
- \$440/month for four days per week
- \$550/month for 5 days per week

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

Grades K - 5

Kid Care Afterschool

At our brand new location, formerly the Parmenter School (17 Irving Street), children will have time to play different exciting sports and games, spend time outside, and enjoy the recently renovated playground.

Our program will be split into three different age groups: Kindergarten and First Grade, Second and Third grade, and Fourth and Fifth grade. Throughout the day there will be opportunities for kids to have a chance to mingle with other age groups to play and create together.



Children will be able to explore their creativity with guided and open- ended arts and crafts projects, as well as dramatic play and music activities. We will have a seasonal mural that students will help design, as well as other themed decorative crafts throughout the

year. Artists will have a chance to have their work displayed around the program.

Students will also have the opportunity to become scientists and experiment with different materials. Some activities include making slime, playdough, oobleck, and even exploding volcanoes! We will have many hands-on sensory experiences for our students! Participants will also be able to practice their culinary skills in making a variety of tasty snacks and treats.

Students will have different exciting activities to choose from and participate in throughout the year and will have themed weeks such as space exploration, dinosaurs, rainforest and more! Optional designated homework time/quiet time where students can receive help from staff is offered daily.



Kid Care Afterschool Registration

Registration is open to families currently in our program from April 1, 2024 - April 7, 2024.

Registration for NEW families will be Tuesday, April 9, 2024 from 11:30 am to 1:30 pm. If space is still available, registration will re-open after that day.

New families will be asked to pay the \$50 per child enrollment fee per child and select a 5, 4, 3 or 2 day program preference. Enrollment priority will be given to those students needing five-day care, then four-day care, and then three- and two-day care. Arlington Recreation staff will contact each family for final registration.

Please note, the non-refundable tuition for September will be due at that time. See ArlingtonRec.com for complete registration instructions.

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 1:00pm Wednesday release days) until 5:30pm. 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 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:

- \$303/month for two days per week
- \$438/month for three days per week
- \$569/month for four days per week
- \$698/month for five days per week

Arlington Kid Care moves to the Parmenter School at 17 Irving Street

Same great programs, better location!

Arlington Recreation is excited to announce that beginning next school year the Parmenter School at 17 Irving Street will be the new home for Arlington Kid Care. Once again both our Preschool and Afterschool programs will be under the same roof. This new facility will allow both programs to grow and adapt to the growing needs of the Arlington community.

Although some changes will take place over the next couple of years, starting next year our preschool will be offering some expanded hour options and the afterschool program will be moving towards a grade-based program. Although afterschool Kid Care students will still do some activities together, grades will be combined (K/1, 2/3, 4/5) and each grade grouping will enjoy their own classroom space, dedicated teachers, and unique activities.

The Arlington Park and Recreation Commission also just completed a \$500,000 playground renovation at the Parmenter School in 2023 which will be available for both Kid Care Programs.

Another benefit of the new facility is that the Parmenter School will also be the administrative base for the Arlington Recreation Department. This will allow our administrative staff to be readily available to



assist our Kid Care program participants, parents, and staff.

SPRING YOUTH PROGRAMS

Programs listed in order of start date.

Grades K - 8 • Starts March 17

Arlington Basketball Club Skills Clinics

The ABC will offer fun, high-quality and supportive basketball programming for kids 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.

Boys

Davs: Mondays for six weeks **Dates:** March 18 – April 29 (x4/15)

Times: Grades 1 – 2 5:00pm - 6:00pm

> Grades 3 - 4 6:00pm - 7:00pm Grades 5 - 6 7:00pm - 8:00pm Grades 7 - 8 8:00pm - 9:00pm

Location: Ottoson Middle School

Fee: \$160

Girls & Kindergarten

Days: Sundays for six weeks

Dates: March 17 – May 5 (x3/31 and 4/14)

Times: Kindergarten: 4:00pm - 5:00pm Grades 1 – 2 5:00pm - 6:00pm Grades 3 – 4 5:00pm - 6:00pm Grades 5 - 6 6:00pm - 7:00pm

Grades 7 – 8 6:00pm - 7:00pm

Location: Ottoson Middle School

Fee: \$160

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

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 problemsolving. 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

Session 1: May 22 – June 27 for six weeks Dates:

Session 2: July 10 - August 29 for eight 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: \$200 for Session 1 (6-weeks)

\$260 for Session 2 (8-weeks)

Ages 2 - 5 • Starts April 1 **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 eight weeks

Dates: April 1 - June 3 (x4/15 and 5/27)

9.00am - 9.40am Times: 2-3 years

9.45am - 10.30am 3 – 5 years

Sundays for eight weeks Days: April 7 – June 2 (x5/26)Dates:

Times: 12.15pm - 1.00pm 3 - young 4

1.05pm - 1.55pm older 4-5

Location: Stratton School Greenspace

Fee: \$248 Grades K - 5 • Starts April 1

Sidekick Sports After-School Lacrosse

Our professional coaches will teach the fundamentals of lacrosse (such as clamping, cradling, passing and scooping) and how to succeed in this fast growing sport. We utilize the USA Lacrosse player development curriculum and are celebrating more than 12 years of operation. Program not held in inclement weather.

Days:Mondays for six weeksDates:April 1 – May 13 (x4/15)Times:3:30pm – 4:30pm

Location: Hills Hill Field (beside Ed Burns Arena)

Fee: \$135

Grades K - 5 • Starts April 2

Sidekick Sports After-School Basketball

Players will learn how to pass and shoot effectively, learn the different ways to defend, rebound 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. We utilize the jr. NBA's player development curriculum. Program not held in inclement weather.

Days: Tuesdays for six weeks
Dates: April 2 – May 14 (x4/16)
Times: 3:30pm – 4:30pm
Location: Peirce School Basketball

Fee: \$135

Grades K - 5 • Starts April 3

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 3 – May 15 (x4/17) **Time** 3:30pm – 4:30pm

Location: Hills Hill Field (beside Ed Burns Arena)

Fee: \$135

Ages 3 – 5 • Starts April 3

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-tocoach 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 3 – May 29 (x4/17)

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 5 – May 31 (x4/19)

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 7 – June 2 (x4/14 and 5/26)

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: \$248

Grades 6 - 8 • Starts April 3

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 3 – May 18 (x4/17, 4/20 and 5/15)

Times: Wednesdays 6:00pm – 7:30pm

Saturdays 10:00am – 11:30am

Location: AHS Red Gym **Fee:** \$270 per person

SPRING YOUTH PROGRAMS

Programs listed in order of start date.

K-5 • Starts April 4

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 training 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 4 – May 16 (x4/18) **Times:** 3:30pm – 4:30pm

Location: Hills Hill Field (beside Ed Burns Arena)

Fee: \$135

Grades 3 - 6 • Starts April 9

Coed Flag Rugby

Arlington Youth Rugby provides both boys and girls in grades 3 – 6 a fun opportunity to learn non-contact flag rugby. Flag rugby is a fun, safe, team game that develops a range of ball handling, running and evasion skills. Participants learn the importance of teamwork and respect for opponents, coaches and referees. No previous experience is required.

Days: Tuesdays and Fridays for seven weeks **Dates:** April 9 – May 31 (x4/16 and 4/19)

Times: 6:00pm – 7:30pm **Location**: Lussiano Field

Fee: \$130

Grades 7 - 8 • Starts April 9

Tackle Rugby

Arlington Youth Rugby provides both boys and girls in Grades 7 and 8 a fun and safe opportunity to learn tackle

rugby. Our USA Rugby certified coaches safely manage the transition from non-contact to contact rugby. Safety is paramount and participants are taught the fundamentals of tackle rugby using tackle pads or donuts, before progressing onto tackle drills with teammates and eventually into competitive games, only as they are ready. Participants

learn the importance of teamwork and respect for opponents, coaches and referees. No previous experience is required.

Days: Tuesdays and Fridays for seven weeks **Dates:** April 9 – May 31 (x4/16 and 4/19)

Times: 6:00pm – 7:30pm **Location**: Lussiano Field

Fee: \$150

K-8 • Starts April 23

NFL Flag Football – Arlington Metro Boston Flag Football League

Flag football is now an Olympic sport and NFL Flag Football is the premier youth flag football league for both boys and

girls!! Our recreational 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 and develop skills



that transfer to other sports while emphasizing participation and sportsmanship. Players learn techniques 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 teams. Each player will receive an official NFL Jersey, a flag belt, and seven weeks of flag football. Teams are balanced according to friend requests as well as age, athletic ability, and years of experience.

Days: Sundays for seven weeks **Dates:** April 21 – June 9 (x5/26)

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 23

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 usaultimate.org/rules/. The USAU Player Health and Safety Packet is also available for viewing and download at ArlingtonRec.com. Printed copies of this packet at the first practice session. Spring 2023 games with surrounding Towns TBD.

Days: Tuesdays and Fridays

Dates: Tuesdays April 23 – June 4

Fridays April 26 – June 7

Times: 3:30pm – 5:00pm **Location**: Hill's Hill Field

Fee: \$199



Ages 3 – 12 • Starts April 26

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.

Location: Thompson School **Fee:** \$174

Little Dragons Karate (3 – 4 year olds)

Days:Fridays for six weeksDates:April 26 – May 31Times:4:45pm – 5:15pm



Little Ninjas Karate (5 – 12 year olds)

Days: Fridays for six weeks **Dates:** April 26 – May 31

Times: 5:15pm – 6:00pm 5 – 7 years old

6:00pm - 6:45pm 8 - 12 years old

Spring Youth Programs continued on page 8

APRIL VACATION PROGRAMS

Ages 5 - 14 • Starts April 15

April Vacation Week Tennis Program

See tennis programs on page 11 for complete details.

Days: Monday – Thursday **Dates:** April 15 – April 18



Grades 1 - 4 • Starts April 16

Kids LAHF/Geo Trek April Break Camp

The week will include lunch time, snack time, team challenges, games, a Friday Field Trip (Playstead Park, West Medford) and arts and crafts (origami and other types of paper folding, jewelry making, painting and water-colors) as well as components of the following Kids LAHF workshops:



Club Geo Trek: (featuring a mystery room and/or photo scavenger hunts and geocaching)

Cooks with Tales: (Multicultural folktales accompanied by creating tasty snacks

D is for Drums: (Learning about various percussion instruments and creating their own)

Design-it/Build-it (STEM challenges)

Days: Tuesday – Friday
 Dates: April 16 – April 19
 Times: 9:00am – 3:00pm
 Location: Gibbs School Cafe

Fee: \$295

Ages 7 – 14 · Starts April 16 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 16 – April 19

Times: 9:00am – 12:00pm Half-Day Program

9:00am – 3:00pm Full-Day Program

Location: Lussiano Field (North Union) **Fee:** Full Day \$288 Half Day \$199

K-8 • Starts April 16

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 16 – April 19

Times: Grades K – 5 9:00am – 12:00pm Half-Day Program

Grades 3 – 8 9:00am – 3:00pm Full-Day Program

Location: Peirce School Basketball Court **Fee:** Full Day \$250 Half Day \$195

SPRING YOUTH PROGRAMS

Grades K - 6 • Starts April 27

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 27 – June 8 (x5/25) **Times:** 4:00pm – 5:00pm

Location: Arlington High School Track

Fee: \$135



Grades 6 – 8 • Starts April 27

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.

Days: Saturdays for six weeks **Dates:** April 27 – June 8 (x5/25), **Times:** 5:00pm – 6:00pm

Location: Arlington High School Track

Fee: \$135.00



Ages 9 - 14 • Starts May 29

Youth Archery (new instructor)

Come join us this fall and learn one of the fastest growing sports in the country. This archery program is taught by a certified USA Archery National Training System Coach from On Site Archery. In this program, you will



learn proper archery range procedures, safety and how to shoot a bow and arrow through a step-by-step approach. Beginners and all skill levels are welcome. All equipment will be provided by On Site Archery.

Days: Wednesdays for five weeks

Dates: May 29 – June 26 **Times**: 7:00pm – 8:00pm

Location: Menotomy Rocks Park (Jason Street Entrance)

Fee: \$210

SPRING ADULT PICKLEBALL PROGRAMS

with Eric Kevorkian

Ages 18+ • Starts April 1

Intro to Pickleball

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: Mondays or Thursdays

Dates: Session 1 April 1 – April 29 (x4/15)

Session 2 May 9 – June 10 (x5/27)

Times: 10:00am – 11:00am and 1:45pm – 2:45pm

Location: Crosby Tennis Courts

Fee: \$175

Ages 18+ • Starts April 1

Pickleball Skills & Drills

Skills and Drills is a class designed for players who already know how to play/score but need to work on shot concepts, development, and consistency. This is a drill-heavy session. Areas of focus include (but no limited to) Dinking, Volleying, Serving/Returning, Groundstrokes, and Drives! *Not for beginners*.

Days: Mondays or Thursdays

Dates: Session 1 April 1 – April 29 (x4/15)

Session 2 May 9 – June 10 (x5/27)

Times: 12:30pm – 1:30pm **Location:** Crosby Tennis Courts

Fee: \$175

Ages 18+ • Starts April 1

Pickleball Coached Play

Coached Play is a class designed for players who already know how to play/score but need to work on consistency and general game-play strategies. This is a game-heavy session where players will be getting in-game coaching tips to help improve your overall abilities and strategy on court! **Not for beginners.**

Days: Mondays or Thursdays

Dates: Session 1 April 1 – April 29 (x4/15)

Session 2 May 9 – June 10 (x5/27)

Times: 11:15am – 12:15pm **Location:** Crosby Tennis Courts

Fee: \$175

SPRING ADULT PROGRAMS

Programs listed in order of start date.

Ages 18+ • Starts April 2

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 1 Tuesdays April 2 – June 25 (x4/16)

Session 2 Fridays April 12 – June 28 (x4/19)

Times: 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 24

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 24 – June 12 **Times:** 6:20am – 7:10am

Location: Summer Street Complex

Fee: \$150

Ages 18+ • Starts May 4th

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 has taught Tai Ji and Wu Shu for over 35 years. He 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. 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:** May 4 – June 22 (x5/25) **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 60+ • Starts May 8

Arlington Reservoir Walking and Fitness Program for Seniors

Pre-registration is not required

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 8 – June 12

Times: 1:00pm (about 60 minutes) **Location:** Arlington Reservoir Beach Area

Fee: Free program sponsored by Arlington Recreation

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 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 13 years. He is currently the Arlington High Boy's Tennis coach and has led the team to 10 straight state tournament appearances.

SPRING ADULT TENNIS PROGRAMS

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

Ages 18+ • Starts April 23

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 six weeks **Dates:** Tuesdays, April 23 – May 28

Times: 8:15am – 9:05am *Ages 18+* • *Starts April 24*

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 six weeks

 Dates:
 April 24 – May 29

 Times:
 8:15am – 9:05am

 Ages 18+
 Starts April 25

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 six weeks **Dates:** April 25 – May 30 **Time** 8:15am – 9:05am

SPRING ADULT SOCIAL TENNIS

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

Ages 18+ • Starts April 23

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 advanced beginners. Please know your NTRP rating before signing up.

Days: Tuesdays for six weeks
Dates: April 23 – May 28
Times: 7:30pm – 9:00pm

Ages 18+ • Starts April 24

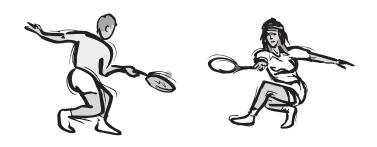
Intermediate to Advanced

(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 six weeks

Dates: April 24 – May 29 **Times:** 7:30pm – 9:00pm



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

SPRING JUNIOR TENNIS PROGRAMS

Ages 5-14 • Starts April 6

Saturday Morning Juniors for Beginner/Advanced Beginners

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.

Days: Saturdays for six weeks

Dates: April 6 – May 11

Times: 5 – 6 year olds 9:00am – 10:00am

7 – 9 year olds 10:00am – 11:00am 10 – 14 year olds 11:00am – 12:00pm

Location: Spy Pond Tennis Courts

Fees: \$149

Grades 6 – 8 • Starts April 9

Spring Middle School Programs

Our middle-school programs are designed for advanced beginners and intermediate/advanced players. It emphasizes the strategic and technical aspect of tennis.

Days: Tuesdays for six weeks **Dates:** April 9 – May 21 (x4/16) **Times:** 6:30pm – 7:30pm

Days: Wednesdays for six weeks **Dates:** April 10 – May 22 (x4/17) **Times:** 6:30pm – 7:30pm

Location: Grove Street Tennis Courts

Fee: \$149

Ages 5 - 14 · Starts April 15

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 15 – April 18

Ages: 5 - 6

Times: 9:00am -10:30am **Location:** Spy Pond Tennis Courts

Fee: \$125 **Ages:** 7 – 10

Times: 9:00am – 12:00pm

Location: Grove Street Tennis Courts

Fee: \$225 **Ages:** 11 – 14

Times: 9:00am – 12:00pm **Location:** Spy Pond Tennis Courts

Fee: \$225

SUMMER ADULT TENNIS PROGRAMS

All Adult Summer Tennis Programs start June 4 for Session 1 and July 23 for Session 2

Ages: 18+

Days: Tuesdays for six weeks

Dates: Session 1 June 4 – July 9

Session 2 July 23 – August 27

Location: Grove Street Tennis Courts

Fee: \$109

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.



SUMMER TENNIS PROGRAMS

SUMMER ADULT SOCIAL TENNIS

Times: 6:00pm - 7:30pm

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: 7:30pm -9:00pm

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.



Session 2 July 24 - August 28

Session 1 June 5 – July 10

Location: Grove Street Tennis Courts

Fee: \$159

Dates:





SUMMER JUNIOR TENNIS CLINICS

Grades 10 - 12 • Starts July 9

High School Tennis Summer Clinic

These classes are open to all students grades 10 -12 (rising 10th graders are allowed) who played on their High School tennis team. If your child did not play high school tennis or they are 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.

Summer Session 1

Days: Tuesdays for four weeks

Dates: July 9 - July 30

Days: Thursdays for four weeks

July 11 – August 1 Dates:

Summer Session 2

Days: Tuesdays for four weeks Dates: August 6 - August 27 Thursdays for four weeks Days:

August 8 - August 29 Dates:

12:30pm -1:50pm Times:

Location: Spy Pond Fee: \$139





SUMMER JUNIOR TENNIS CAMPS WEEKS PROGRAM

Ages: 5 – 16 • Starts June 10

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.

Week 1 June 10 - June 14 Dates:

> June 17 - June 21 Week 2 Week 3 June 24 – June 28

Week 4 July 1 – July 4 ** (no class Friday, 7/5)

Week 5 **July 8 – July 12** Week 6 July 15 – July 19 July 22 - July 26 Week 7 Week 8 July 29 - August 2 Week 9 August 5 – August 9 Week 10 August 12 - August 16 August 19 - August 23 Week 11 August 26 – August 29 Week 12

**Monday – Thursday with Friday being a rain make-up (if needed)

**Week 4 and week 12 are Monday – Thursday

Ages 5 - 6 **Beginners**

Times: 9:00am - 10:30am (1.5 hours) **Location:** Spy Pond Tennis Courts

Fee: \$139 (Week 4 and week 12 are \$125)

Ages 7 - 10

Beginner/Advanced Beginners

9:00am - 12:00pm (three hours)

Location: Wellington Park

\$259 (Week 4 and week 12 are \$225) Fee:

Ages 11 - 16

Beginner/Advanced Beginners/ Intermediates

Times: 9:00am - 12:00pm (three hours)

Location: Spy Pond Tennis Courts

Fee: \$259 (Week 4 and week 12 are \$225)

ENJOY SUMMER 2024 AT THE NEW RESERVOIR BEACH

Enjoy Arlington's Reservoir Beach including the new bath house, picnic pavilion, playground, water play area, basketball 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 two (2) years 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!

2024 Beach Dates

Days: Seven days a week (weather permitting)

Dates: June 17 – August 23

Times: New Beach Hours 9:00am – 6:30pm

(Water closes at 6:30pm, beach closes at 7:00pm), subject to change based on staffing availability.

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	\$75
Children:	Ages 2 – 17 years	\$60
Seniors:	Ages 60 years and over	\$60
Family:	Includes two adults and two children	\$225

\$25 for each additional child

Daily Fees: \$10 per adult over 18 years of age – 59 years of age, \$5 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 \$250 for a two-hour block for Arlington residents during beach season and \$400 for non-residents. This includes beach admission for 50 guests. Fees are \$50 an hour for a two-hour block for residents during beach off-season and \$150 an hour for non-residents.

ARLINGTON RECREATION THURSDAY NITE RES SUMMER CONCERT SERIES

MUSIC-BEER GARDEN-FOOD

All shows start at 6:30pm, Beer Garden open 6:00pm – 8:30pm

Back by popular demand but with a twist on a different day of the week. Arlington Recreation invites the entire family to attend these free events. 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. Arlington Recreation will again be working with Arlington Brewing Company and local food vendors to provide

concert goers with the option for food and beverages during concert nights!

Concerts will be every other Thursday Night with Friday Nights being the Rain Date!

Donations accepted at the door, all proceeds will go to support the summer concert series.

Dates & Performers

June 27Coffee to Cocktails

July 11 Classic Groove

July 25

Sure, Why Not?

August 8

Coffee to Cocktails

August 22 Ben Rudnick





CLASSIC GROVE





SURE, WHY NOT?

BEN RUDNICK

ARLINGTON RECREATION YOUTH SUMMER CAMPS

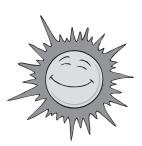
Ages 2.9 – 5 years (by June 26, 2024) • Starts July 1

Kids Corner: Preschool Summer Program

New Location Parmenter School

Space is limited early registration in 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 outdoors 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.

Days: Monday – Thursday

Times: All Morning 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, Parmenter School

17 Irving Street

Fees: All Morning \$175 per week for four days

(\$135 for Week 2)

AM Care \$48 per week for four days

(\$36 for Week 2)

PM Care \$96 per week for four days

(\$72 for Week 2)

Friday Care \$58 per week for one day

(No Friday Care Week 2)

Youth Summer Program Dates for Kids Corner & Club Rec

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

Days: Monday - Thursday

Dates: Week 1 June 25 – June 27 (Club Rec / HRC Only)

Week 2 July 1 – July 3 (3 day week)

Week 3 July 8 – July 11
Week 4 July 15 – July 18
Week 5 July 22 – July 25
Week 6 July 29 – August 1
Week 7 August 5 – August 8
Week 8 August 12 – August 15

Entering Grades K – 5 • Club Rec & HRC Start June 25

Club Rec, HRC, SuperSports and

Theatre at Club Rec

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.



Days: Monday – Thursday

Times: All Day 9:00am – 3:00pm

AM Care 7:30am - 9:00am (x Week 1) PM Care 3:00pm - 5:00pm (x Week 1) Friday Care 7:30am - 12:00pm (x Week 1 & 2)

Location: Dallin Elementary School

Fees: All Day \$292 per week for four days

(\$219 for Weeks 1 & 2)

Theater at Club Rec \$312 per week

AM Care \$72 per week for four days

(\$54 for Week 2)

PM Care \$96 per week for four days

(\$72 for Week 2)

Friday Care \$66 for one day

(No Friday Care Weeks 1 & 2)



Entering Grades K - 5 • Starts June 25 - June 27

H.R.C. Summer Experience @ Club Rec: 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.

Entering Grades K-5 • Starts July 1 Super Sports at Club Rec

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 • Starts July 1

Theatre at Club Rec

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 11:00am



Entering Grades 6 - 8 • Starts July 1

Club Rec CIT - Counselor in Training

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.

Days: Monday – ThursdayTimes: 8:30am – 3:00pmLocation: Dallin School

Fee: \$292 per week for Club Rec (four days)

(\$219 for Weeks 1 & 2)

Entering Grades 6 - 8 • Starts July 1

Summer Exploration

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 mini-golfing.



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.

Days: Monday – Thursday

(Rain Date Friday)

Dates: Week 1 July 1 – July 3

Week 2 July 8 – July 11 Week 3 July 15 – July 18 Week 4 July 22 – July 25 Week 5 July 29 – August 1 Week 6 August 5 – August 8

Times: 9:00am – 4:00pm

Location: Meet at the Ed Burns Arena

Fee: \$500 per week



MORE ARLINGTON RECREATION SUMMER CAMPS & CLINICS

Ages 5 - 16 • Starts June 1

Junior Tennis Camps

See page 12 for complete details

Ages 6 - 14 • Starts July 8

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 8 – July 11

 Options
 Times
 Fees

 Full Day Option:
 9:00am - 3:00pm
 \$250

 Half Day Option:
 9:00am - 12:00pm
 \$195

Location: Arlington High School Track

Entering Grades 8 – 10 • Starts July 15

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 2024) 8th, 9th and 10th graders.

We offer four one-week sessions to choose from; you can 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 five 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 15 – 18

Session II July 22 – 25 Session III July 29 – August 1 Session IV August 5 – 8

Times: 10:00am – 12:00pm **Location:** Spy Pond Boat Ramp

Fee: \$180

Ages 6 - 14 · Starts July 15

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 15 - 18

 Options
 Times
 Fees

 Full Day Option:
 9:00am - 3:00pm
 \$250

 Half Day Option:
 9:00am - 12:00pm
 \$195

Location: Peirce School Basketball Courts

Ages 6 - 14 • Starts July 22

Sidekick Sports Lacrosse Camp

Our professional coaches will teach the fundamentals of lacrosse (such as clamping, cradling, passing and scooping) and how to succeed in this fast growing sport. Prizes and Awards will be given daily through the theme of a Junior Lacrosse 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 every day.

Days: Monday – Thursday

Dates: July 22 - 25

OptionsTimesFeesFull Day Option:9:00am - 3:00pm\$250Half Day Option:9:00am - 12:00pm\$195Location:Hill's Hill Field (beside Ed Burns Arena)

Ages 6 - 14 • Starts August 5

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 5 - 8

 Options
 Times
 Fees

 Full Day Option:
 9:00am - 3:00pm
 \$250

 Half Day Option:
 9:00am - 12:00pm
 \$195

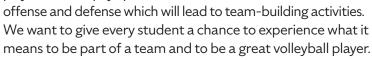
Entering Grades 6 – 12 • Starts August 5

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



Days:Monday – ThursdayDates:August 5 – August 8Times:9:00am – 3:00pm

Location: Arlington High School (Red Gym)

Fee: \$250

Entering Grades 1 – 9 • Starts August 12

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 12 – August 15

Grades: 1 – 4

Times: 9:00am – 12:00pm **Location:** Ottoson Middle 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

Includes Swishtown shirt!

The Arlington Recreation Department Spring – Summer 2024 Program Guide was designed and produced by SteveMoniakDesign.com

Grades 1 - 6 • Starts August 19th

Club Geo Trek

As part of our LAHF TREK series, Club GEO Trek introduces

hiking and the fun pastime of collecting geocaches! Geocaching is a global scavenger hunt where you can look for caches, or hidden stashes of objects. Geocachers use a GPS app that offers coordinates, clues and puzzles to solve, in order



SIDEKICK

to locate caches and/or place their own caches.

In this workshop, we will review basic hiking and caching etiquette, learn how to use one of the geocache apps, go on Kids LAHF scavenger hunts, solve puzzles in Mystery Rooms and attempt to locate caches in Arlington and its surrounding area. Field Trips to local caches!

Days: Session I Monday- Friday

Session II Monday-Thursday

Dates: Session I August 19 – 23

Session II August 26 – 29

Times: 9:00am – 3:00pm
Location: Parmenter School
Fee: Session I \$350

Session II \$295

Ages 6 – 14 • Starts August 26

Sidekick Sports 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,

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 26 - 29

 Options
 Times
 Fees

 Full Day Option:
 9:00am - 3:00pm
 \$250

 Half Day Option:
 9:00am - 12:00pm
 \$195

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

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

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 24 – June 27

 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 29 & August 19 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 29 – August 11

Session 2 August 19 - 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

Advertise Your Business or Sponsor a Special Event at the Ed Burns Arena!

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

ARLINGTON COMMUNITY YOUTH 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.

ARLINGTON PARKS, FIELDS, AND FACILITIES

Sign up online for field closing notices at arlingtonma.gov

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

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground.

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

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

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

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

Cutter School Park: Between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: 422 Summer Street. An indoor ice facility, regulation-size rink, spectator seating for 1,085 people, complete snack bar, vending machines, skate rentals and skate sharpening.

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

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

Hibbert Playground: Hibbert Street. Area has a playground.

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

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

Locke School Playground: David Road behind Locke School condos.

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

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

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

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

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

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

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

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

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

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

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

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. **Scannell Field:** 90 Linwood Street. Area has a softball/little league field and access to the bike path.

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

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

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

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

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

Turkey Hill: Dodge Street. Passive recreation and trails.

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

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

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

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

Town of Arlington Tennis CourtsRules & Regulations

Hours: Tennis 7:00am – 9:00pm daily Pickleball 8:00am – 9:00am daily

- · Courts are available for tennis and pickleball use only.
- · Arlington Recreation programs take priority.
- To make a reservation, go to playlocal.com. Reservations can be madefor 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.

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 at arlingtonma.myrec.com / Programs

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.



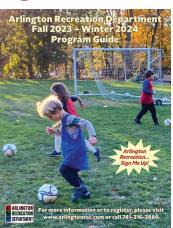


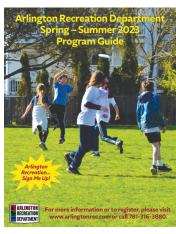
See Your Child in the Arlington Recreation Program Guide

















The Arlington Recreation Department is always looking for photographs for our bi-annual Program Guide.

Please email your photos to recoffice@town.arlington.ma.us

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SPECIAL EVENTS SPRING/SUMMER 2024



Ages 2 – 9 • Friday, March 29
Community Egg Hunt!

Event Sponsored by Super Soccer Stars and Amazing Athletes! Arlington Recreation is excited to bring back the Community Egg Hunt in 2024! 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.

Times: 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 7

Annual 5th Grade Social

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.

Pizza, Soda, Ticket Combo \$15 Advanced Sale only



Youth and Family • Sunday, August 25

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 music, brews from Arlington

Brewery and of course everyone's summer favorite "hot dogs." 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: 12:00pm – 2:00pm **Location**: Reservoir Beach

Donation: Suggested donation \$10



Register Online at ArlingtonRec.com

For more information please call 781-316-3880