

Arlington Recreation Department Fall 2024 – Winter 2025 Program Guide

*Registration
opens
August 20*



*Arlington
Recreation...
Sign Me Up!*



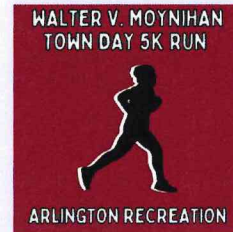
**For more information or to register,
please visit arlingtonrec.com**

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Special Event

Saturday, September 21



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

- Time:** Registration starts at 9:00am.
Race begins at 10:30am
- Where:** Arlington Reservoir Beach
- Fee:** Early registration \$25 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.

Meet the Arlington Recreation Department Staff

- Natasha Waden, *Interim 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*
- Julie Loffler, *Assistant Preschool Director*
- Ellie Murphy, *Director of Afterschool Operations*
- Ellen Contini, *Director of Afterschool Curriculum*

Arlington Recreation Department

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

Arlington Recreation is once again excited to bring you their fall and winter recreational offerings. Our offerings included some of our traditional favorites such as our tennis program with Matt Siegal and skating lessons with the Bay State Skating School.

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 2024 summer and start the 2024 – 2025 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!

– **Natasha Waden, Interim 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 85x197-feet with spectator seating for 1,000. Complete snack bar service (hours vary) and vending machines are available in the main lobby. We also offer skate rental and sharpening services. Team rooms are provided for those renting ice time.

The Ed Burns Arena is open to the public year round with ice activities during the months of August through April. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact the Recreation Office at 781-316-3880.

All Ages • Starts September 6, 2024

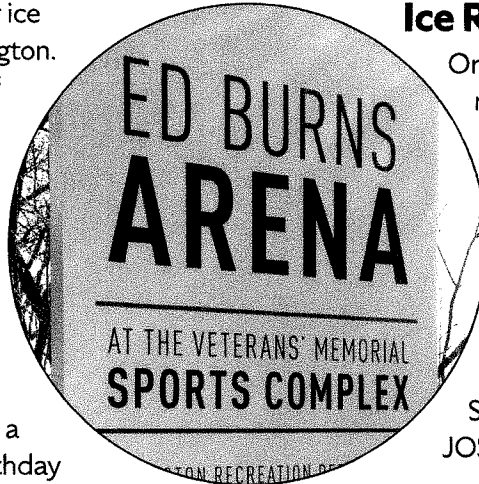
Public Skating Schedule

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 arlingtonrec.com for the most accurate Public Skating schedule, in addition to information on Holiday Public Skates.

Dates:	September 6, 2024 to end of season	
Times:*	Mondays	12:00pm – 1:50pm
	Thursdays	9:00am – 10:50am
	Fridays	11:00am – 2:00pm
		7:15 pm – 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 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: \$275 per 50-minute time block
- Option 2: \$295 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 by email at JOSullivan@town.arlington.ma.us or call (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 Burns Arena Ice Rink! Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season.



Skating Lessons at Ed Burns Arena

Ages 4 – 18 • Starts September 11

Bay State Skating School Learn To Skate Program

Celebrating Over 50 Years of Teaching Skating to Youth Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates (rentals available). Helmets are required for this program!



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

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

Wednesday Sessions

- Time:** 3:00pm – 3:50pm
- Dates:** Session 1 September 11 – October 9
Fee: \$160 (five-week session)
- Dates:** Session 2 October 16 – November 22
Fee: \$192 (six-week session)
- Dates:** Session 3 November 27 – January 22 (x12/25, 1/1)
Fee: \$224 (seven-week session)
- Dates:** Session 4 January 29 – March 26 (x2/19)
Fee: \$256 (eight-week session)

Saturday Sessions

- Time:** 10:50am – 11:40am
- Dates:** Session 1 September 14 – October 12
Fee: \$160 (five-week session)
- Dates:** Session 2 October 19 – November 23
Fee: \$192 (six-week session)
- Dates:** Session 3 November 30 – January 25 (x12/21 12/28)
Fee: \$224 (seven-week session)
- Dates:** Session 4 February 1 – March 29 (x2/15, 2/22)
Fee: \$224 (seven-week session)

Ages 2.5 and older • Starts October 1

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 1 – October 29
Session 2 November 12 – December 10
Session 3 December 31 – January 28
Session 4 February 11 – March 18 (x2/18)
- Time:** 8:45am – 9:15am

Friday Sessions

- Dates:** Session 1 October 4 – November 1
Session 2 November 15 – December 13
Session 3 January 3 – January 31
Session 4 February 14 – March 21 (x2/21)
- Time:** 9:00am – 9:30am
Fee: \$110 per person, per session

Ages 18+ • Starts October 1

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 1 – October 29
Session 2 November 12 – December 10
Session 3 December 31 – January 28
Session 4 February 11 – March 18 (x2/18)
- Time:** 9:15am – 10:00am

Already Skating Adults

- Days:** Wednesdays
- Dates:** Session 1 October 2 – October 30
Session 2 November 13 – December 11
Session 3 January 8 – February 4
Session 4 February 12 – March 19 (x2/19)
- Times:** 9:00am – 9:45am
9:45am – 10:30am
- Fee:** \$110 per five-week session

Kid Care Programs

Arlington Kid Care is licensed by the Massachusetts Department of Early Education and Care. Space is limited, call for availability.

Ages 2.9 – 5

Kid Care Preschool

At our brand new location, formerly the Parmenter School (17 Irving Street), 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



Ages 2.9 – 5

Preschool Early Drop Off Option

We will be offering an early drop off option for students for 7:30 am - 8:30 am. Parents may choose one to five days per week for early drop off. We do need a minimum of five students per day to offer this service.

- \$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 5 days per week

Ages 2.9 – 5

Preschool Extended Day Option

We will be offering an extended day option for students from 12:30pm – 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



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.



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).

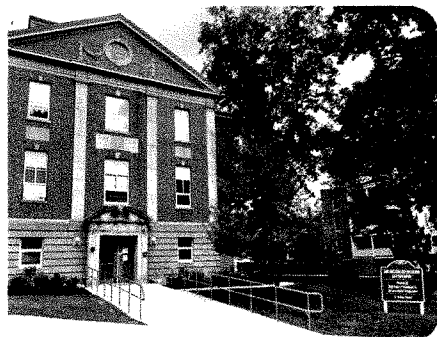
There is a one-time enrollment fee of \$50 for Kid Care Afterschool. The tuition payment is broken into 10 monthly payments. The monthly tuition for Kid Care Afterschool based off the number of days attending is as follows:

- \$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 Recreation Kid Care has moved to the former Parmenter School at 17 Irving Street

Same great programs, better location!

Arlington Recreation is excited to announce that as of Fall 2024 the site of the former 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 this fall 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 has also completed a \$500,000 playground renovation at the Parmenter School in 2023 which is now 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.

Fall Toddler and Youth Programs

Programs listed in order of start date.

Ages 2 – 10 • Starts September 8

INCLYOUSION SPORTS

Soccer and Baseball New Program

Inclyouision Sports provides inclusive sports enrichment programs to children using innovative behavioral methods to teach sports, fitness, and social skills. Classes are fun and non-competitive, so that children can be successfully introduced to new sports and have opportunities to build friendships. Skill building can be modified for each child, so that children of all abilities can participate and be successful.



Inclyouision Sport Coaches complete a robust program of behavioral and inclusion training to ensure children with diverse abilities are supported and challenged with age and developmentally appropriate skill building activities.

This Fall Arlington Recreation and Inclyouision Sports will offer Baseball and Soccer instruction to children 2 – 10 years. Each sport will have its own four-week curriculum.

Days: Sundays

Dates: September 8 – November 3 (x10/13)

Times: Ages 2 – 4 years 9:00am – 9:50am
Ages 5 – 7 years 10:00am – 10:50am
Ages 8 – 10 years 11:00am – 11:50am

Location: Hurd Field

Fee: \$265

Grades 2–5 • Starts September 10

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 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.



Days: Tuesdays

Dates: Session 1 September 10 – October 29 (8 weeks)
Session 2 November 5 – December 17 (7 weeks)

Time: 3:30pm – 5:00pm

Location: 17 Irving Street

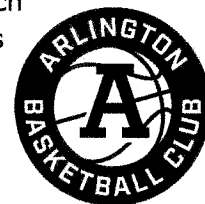
Fee: Session 1 \$200
Session 2 \$175

Grades 1– 9

Boys start September 9, Girls start September 15

Arlington Basketball Club Fall Skill Clinics

The ABC offers 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 program (participating in 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.



Boys:

Days: Mondays for six weeks

Dates: September 9th – October 28th (x9/30, 10/14)

Times: Grades 1 – 2 5:00pm – 6:00pm
Grades 3 – 4 6:00pm – 7:00pm
Grades 5 – 6 7:00pm – 8:00pm
Grades 7 – 9 8:00pm – 9:00pm

Girls:

Days: Sundays for six weeks

Dates: September 15th – October 28th (x10/13)

Times: Grades 1 – 3 4:00pm – 5:00pm
Grades 4 – 6 5:00pm – 6:00pm
Grades 6 – 9 6:00pm – 7:00pm

Location: Ottoson Middle School

Fee: \$150

*For more program information please visit
arlingtonbasketballclub.com*

Grades 6 – 8 • Starts September 10

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 2024 scrimmages will be scheduled with surrounding towns, and a local weekend tournament is TBA. For more information about Ultimate, visit usultimate.org/rules.

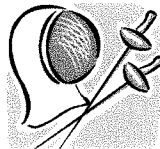


Days: Tuesdays and/or Fridays,
Dates: Tuesdays September 10 – October 22
Fridays September 13 – October 25
*plus optional mid-week/weekend games TBA
Time: 3:30pm – 5:00pm
Location: Hill's Hill Field
Fee: \$150

Ages 7 and older • Starts September 11

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 11 – October 30
Session 2: November 6 – January 15 (x11/27, 12/25, 1/1)
Session 3: January 22 – March 19 (x2/19)
Session 4: March 26 – May 21 (x4/23)
Days: Thursdays
Dates: Session 1: September 12 – October 31
Session 2: November 7 – January 16 (x11/28, 12/26, 1/2)
Session 3: January 23 – March 20 (x2/2)
Session 4: March 27 – May 22 (x4/23)
Times: Beginner/Intermediate Ages 7 and older
6:15pm – 7:15pm
Beginner/Advanced Ages 12 and older
7:30pm – 8:30pm
Beginner/Advanced for Adults
7:30pm – 8:30pm
Location: Thompson Elementary School
Fee: \$275 per eight-week session

Ages 3 – 4 • Starts September 13

Little Dragons Karate

Little Dragons and Little Ninjas Karate are two 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 13 – December 13 (x11/29)
Session 2 January 10 – April 11 (x2/21)
Time: 5:00pm – 5:30pm
Location: Thompson Elementary School
Fee: \$350 (13-class session)



Ages 5 – 12 • Starts September 13

Little Ninjas Karate

Days: Fridays
Dates: Session 1 September 13 – December 13 (x11/29)
Session 2 January 10 – April 11 (x2/21)
Times: Ages 5 – 6 5:30pm – 6:15pm
Ages 7 and up 6:15pm – 7:00pm
Location: Thompson Elementary School
Fee: \$350 (13-class session)

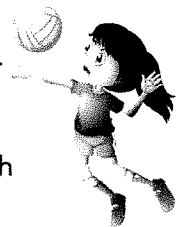


Grades 5 – 9 • Starts September 14

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, Wednesdays, and Saturdays
Dates: September 14 – October 30
Tuesdays September 17, October 1
Wednesdays September 25, October 9, 16, 30
Saturdays September 14, 28, October 5, 12, 19, 26
Times: Tuesdays 6:00pm – 7:30pm
Wednesdays 6:00pm – 7:30pm
Saturdays 10:00am – 11:30am
Location: Ottoson Wood Gym
Fee: \$260 per person

Fall Toddler and Youth Programs

Programs listed in order of start date.

Grades K – 8 & High School • Starts September 14

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 metrobstonsportsgroup.com.

- Days:** Saturdays
- Dates:** September 14 – November 2 (x10/5)
- Times:**
 - Grades K – 2 4:30pm – 5:15pm
 - Grades 3 – 5 5:30pm – 6:15pm
 - Grades 6 – 8 6:30pm – 7:15pm
 - High School 6:30pm – 7:15pm
- Location:** Summer Street Field
- Fee:** \$199

Ages 3 – 5 • Starts September 17

Amazing Athlete's Multi-Sport Program

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



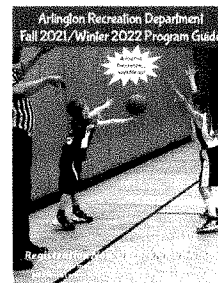
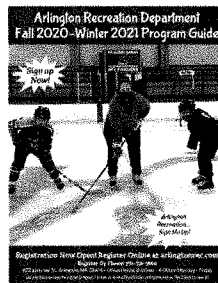
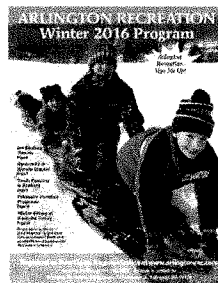
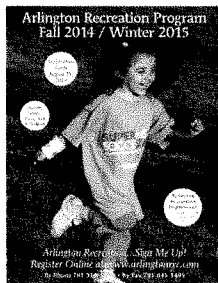
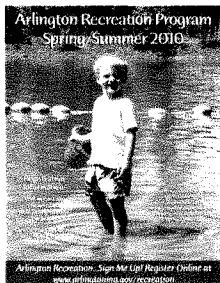
Monday Sessions

- Ages:** 3 – 5 years old
- Dates:** September 9 – November 4 (x10/14)
- Times:**
 - Ages 3 – 4 9:00am – 9:40am
 - Ages 4 – 5 9:45am – 10:30am
- Location:** Hill's Hill Field
- Fee:** \$248 (eight sessions)

Sunday Sessions

- Ages:** 3 – 5 years old
- Dates:** September 15 – November 3
- Times:**
 - Ages 3 – 4 12:15pm – 1:00pm
 - Ages 4 – 5 1:05pm – 1:55pm
- Location:** Stratton School Green Space
- Fee:** \$248 (eight sessions)

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

Grades 1 – 5 • Starts September 23

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. Equipment is provided by Sidekick Sports!



Days: Mondays
Dates: September 23 – November 4
Time: 3:15pm – 4:15pm
Location: Hill's Hill Field
Fee: \$135

Grades 1 – 5 • Starts September 24

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
Dates: September 24 – October 29
Time: 3:15pm – 4:15pm
Location: Peirce Basketball Courts
Fee: \$135

Grades 1 – 5 & 6 – 8 • Starts September 25

Sidekick Sports After-School Flag Football

We combine technical development and fundamental techniques with safety and a major focus on fun! We will prepare athletes for success in flag football through throwing, passing, catching, and tackling (i.e. pulling flags) activities, while inspiring a love for running and being active. 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 25 – October 30
Time: 3:15pm – 4:15pm
Location: Hill's Hill Field
Fee: \$135

Arlington Youth Sports Organizations

ARLINGTON BABE RUTH

Arlington Babe Ruth

Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13 – 19.

For more info: arlingtonbrb.org

Arlington Hockey Club (AHC)



The Arlington 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 4.

For more info: Arlingtonice.com



Arlington Soccer Club (ASC)

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.

For more info: arlingtonsoccerclub.com



Arlington Youth Lacrosse (AYL)

Arlington Youth Lacrosse 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.

For more info: arlingtonlax.org

Arlington Youth Baseball & Softball

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. of age or older.

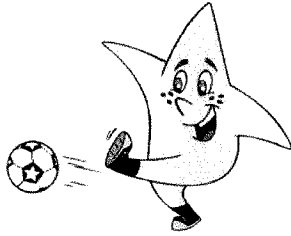
For more info: aybsaonline.org

Toddler & Youth Fall Soccer Programs

Ages 3 – 5 • Starts September 11

Super Soccer Stars

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



Wednesday Sections

Ages: 3 – 5 years old
Dates: September 11 – October 30
Times: Ages 3 – 4 9:00am – 9:45am
Ages 2 – 3 9:50am – 10:30am
Ages 4 – 5 10:35am – 11:25am

Friday Sections

Ages: 3 – 5 years old
Dates: September 13 – November 1
Times: Ages 3 – 4 9:00am – 9:45am
Ages 2 – 3 9:50am – 10:30am
Ages 4 – 5 10:35am – 11:25am

Sunday Sections

Ages: 3 – 7 years old
Dates: September 15 – November 3
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: \$245 (eight sessions)

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

Grades 2 – 6 • Starts November 25

Northeast Futsal Association 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 25 – January 13
Session 2 January 27 – March 10
Times: Grades 2 – 4 6:30pm – 7:30pm
Grades 5 – 6 7:30pm – 8:30pm

Location: Peirce Elementary School

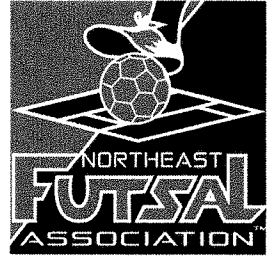
Fee: \$135

Grades 1 – 5 • Starts September 26

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 26 – October 31
Time: 3:15pm – 4:15pm
Location: Hill's Hill Field
Fee: \$135



Fall Adult Programs

Ages 18+ • Starts September 4
Outdoor Wake-up Dance

Connect your body and breath to the rhythm of powerful, inspiring music. Dance in a supportive environment, aligning body, mind, and soul with nature as we move outdoors. Through guided movements and symbolic gestures, embark on a joyful and healing journey! Wake up and stretch into your day with this invigorating morning class. All levels and ages (18 and up) are welcome; no experience necessary.



- Days:** Wednesdays
- Dates:** September 4 – October 16
- Time:** 9:00am – 10:00am
- Location:** Menotomy Rocks Park
- Fee:** \$95 per participant (\$15 a week drop in)

Ages 18+ • Starts September 4
Early-Morning Yoga

Start your day the best way, with outdoor yoga! This all-level yoga class is ideal for those who want a great start to the day. Work out any stiffness in the hips, shoulders, and back. We'll practice gentle and invigorating postures, dynamic movement, and breathwork. Bring your yoga mat, a towel (helpful when the grass is wet), and a warm layer for Savasana. Yoga blocks are also helpful but not required. Bio: Instructor, Lenore Wadman is a Registered Yoga Teacher with Yoga Alliance. She's taught in the Boston area since 2007.

- Days:** Wednesdays
- Dates:** September 4 – October 16
- Time:** 6:45 a.m. - 7:45 a.m.
- Location:** Stratton School field
- Fee:** \$110 per participant



Ages 18+ • Starts September 6
Arlington Drop-in Badminton

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 6 – December 6 (x11/29)
- 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 7th
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 7 – October 26
- Time:** 9:00am – 9:45 am
- 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
Free 2 Be Fitness 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:** September 11 – October 30
- Time:** 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 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 12 years. He is currently the Arlington High Boy's Tennis coach and has led the team to 11 straight state tournament appearances.

ADULT SOCIAL TENNIS PROGRAMS

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 players with an NTRP Rating levels 2.5 and 3.0. Please know your rating before signing up.

Ages 18+ • Starts September 10

Advanced Beginners (NTRP Rating 2.5 – 3.0)

Days: Tuesdays and Wednesdays

Dates: Tuesday September 10 – October 15
Wednesday September 11 – October 16

Time: 6:00pm – 7:30pm

Location: Grove Street Tennis Courts
Fee: \$159



Ages 18+ • Starts September 10

Intermediate/Advanced (NTRP Rating 3.5+)

Days: Tuesdays and Wednesdays

Dates: Tuesday September 10 – October 15
Wednesday September 11 – October 16

Time: 7:30pm – 9:00pm

Location: Grove Street Tennis Courts
Fee: \$159

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

ADULT TENNIS PROGRAMS

Ages 18+ • Starts September 10

Tennis 101 Class (Beginner)

This class is 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

Dates: September 10 – October 15

Time: 8:15am – 9:05am

Location: Spy Pond Tennis Courts

Fee: \$109



JUNIOR TENNIS PROGRAMS

Ages 5-14 • Starts September 7

Beginner/Advanced Beginner Saturday Program

Days: Saturdays

Dates: September 7 – October 12

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

Fee: \$149

Ages 5-14 • Starts September 10

Afterschool Tennis Programming Elementary School and Gibbs School

Days: Tuesdays

Dates: September 10 – October 15

Times: 7 – 9 year olds: 4:00pm – 5:00pm
10 – 14 year olds 5:00pm – 6:00pm

Location: Grove Street Tennis Courts

Days: Thursdays

Dates: September 12 – October 17

Times: 5 – 6 year olds: 3:00pm – 4:00pm
7 – 9 year olds: 4:00pm – 5:00pm
10 – 14 year olds: 5:00pm – 6:00pm

Location: Grove Street Tennis Courts

Fee: \$149

Grades 6 – 8 • Starts September 9

Middle School Programs

Days: Mondays
Dates: September 9 – October 14
Days: Wednesdays
Dates: September 11 – October 16
Days: Fridays
Dates: September 13 – October 18
Time: 5:00pm – 6:00pm
Location: Grove Street Tennis Courts
Fee: \$149

HIGH SCHOOL PROGRAMS

Grades 9 – 12 • Starts September 10

High School Beginner Class

This Tuesday afternoon class is geared for high school students who are not currently on their high school team but are looking to learn the game or improve on their skills.

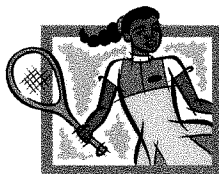


Days: Tuesdays
Dates: September 10 – October 15
Time: 3:00pm – 4:00pm
Location: Grove Street Tennis Courts
Fee: \$149

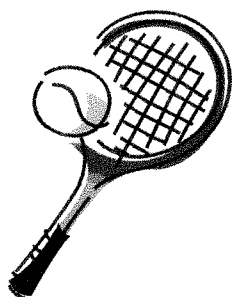
Grades 9 – 12 • Starts September 9

High School Advanced Classes

**Must be on your school's high school tennis team to register for these classes unless given approval by instructor Matt Siegal.



Days: Mondays
Dates: September 9 – October 14
Days: Wednesdays
Dates: September 11 – October 16
Days: Fridays
Dates: September 13 – October 18
Time: 3:30pm – 5:00pm
Location: Grove Street Tennis Courts
Fee: \$179



Fall Pickleball Programs

with Eric Kevorkian

For all Pickleball Programs

Ages: 18+
Days: Mondays and/or Thursdays for four weeks
Dates: Session 1 September 16 – October 10
Session 2 October 28 – November 25
Location: Crosby Tennis Courts
Fee: \$175

Pickleball Coached Play (Not for beginners!)

- 1) Already know the basic rules of Pickleball
- 2) Already know how to keep score
- 3) The ability to maintain a rally of at least a few strokes

Coached Play is designed for players who already know the rules/scoring but are looking to improve their overall understanding of Pickleball concepts and strategies.

Participants will be playing rotating games of doubles while receiving in-game coaching tips to apply for better success on court.

Major areas of focus will be on shot selection, court positioning, and ball placement! This is a play-heavy session. For more drill-based repetitions, register for Skills and Drills!

Time: 10:00am – 11:00am



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!

Times: 11:15am – 12:15pm & 12:30pm – 1:30pm

Pickleball Skills & Drills (Not for beginners!)

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 not limited to) Dinking, Volleying, Serving/Returning, Groundstrokes, and Drives!

Time: 1:45pm – 2:45pm

Youth Winter Soccer Programs

Grades 1– 8 • Starts December 2

ASC Winter Soccer Skills Clinic

Are you looking for a local opportunity to improve your soccer skills over the winter? The 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 2, 9, 16, January 6
 Session 2 January 13, 27, February 3, 10 (x1/20)
 Session 3 February 24, March 2, 10, 17

Times: Grades 1 & 2 6:00pm – 7:00pm
 Grades 3 & 4 7:00pm – 8:00pm
 Grades 5-8 8:00pm – 9:00pm

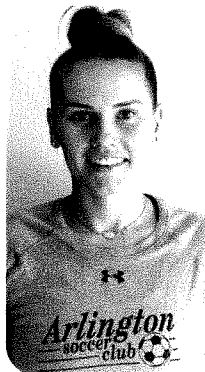
Location: Hardy School Gym

Fee: \$120

Grades 3– 8 • Starts December 3

Indoor Street Soccer with Coach Paige

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



Days: Tuesdays and Wednesdays

Dates: Session 1 Tuesday Dec, 3, 10, 17, Jan. 7
 Wednesday Dec. 4, 11, 18, Jan. 8
 Session 2 Tuesday Jan 21, 28, Feb. 4, 11
 Wednesday Jan. 22, 29, Feb. 5, 12
 Session 3 Tuesday Feb. 25, March 4, 11, 18
 Wednesday Feb. 26, March 5, 12, 19

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 11

Arlington Youth Futsal League

Under the guidance of Coach Paige Forster, the 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 total ASC A/B /C select players from teams 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. The ASC will provide uniforms and oversee all league activities. Games are officiated by local Arlington referees.

Please have players register individually.

Deadline to register: Sunday, December 8, 2024.

Divisions: Grades 1 & 2, 3 & 4, 5 & 6, 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 11 – March 8 (x2/22)

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

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

Nashoba Valley Ski & Snowboard Program

Grades 3 – 5 • Starts January 8

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.

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 Wednesday.

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

Days: Wednesdays

Dates: Four sessions, January 8 – January 29

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

Fee: \$500 per participant. Each week participants will have time for free ski before lessons begin.

February Vacation Programs

Grades K– 8 • Starts February 1

Sidekick Sports Academy All-Sports February Vacation 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 & 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!

Dates: February 18 – February 21

Days: Tuesday – Friday

Grades: K – 8

Location: Gibbs Gym

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



Grades K– 5 • Starts February 18

Arlington Recreation Day Program

Arlington Recreation is happy to offer a full-day program over school vacation for children in grades K – 5. Registration is by day and space is limited! A variety of activities, including a special activity, will occur each day. This program will be staffed by Kids Care Afterschool Program Staff.

Grades: K – 5

Days: Tuesday, Wednesday & Thursday

Dates: February 18 – 20

Time: 8:00am – 4:00pm

Location: Parmenter School

Fee: \$100 per person, per day

*The Arlington Recreation Department
Fall 2024 – Winter 2025 Program was designed
and produced by SteveMoniakDesign.com*

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 Natasha Waden, Interim Director of Registration 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.

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 Street. Area has a baseball diamond.

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

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

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

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

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

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

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

Turkey Hill: Dodge Street. Passive recreation and trails.

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

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

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

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

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Arlington Recreation Winter Basketball Programs

Grades 1 – 2 • Starts December 1

Arlington Basketball Club 1st/2nd Grade Basketball League

This new ABC program is a 9-week basketball league for 1st and 2nd graders. Registration is individual and players will be placed on a team and be on that same team throughout the season. Each week will feature a 30-minute practice followed by a 32-minute game each against another team. Games are played 4-4 and will be played on 8.5-foot hoops. Coaches will be volunteers. If you are interested in being a coach please contact arlingtonbasketballclub@gmail.com.

The emphasis of this program will be on teaching the participants how to play rather than running plays and winning games. Each week, we will build on the previous week's skills and concepts, and then play games



with a referee so players can learn and get used to how basketball is played.

Days: Sundays
Dates: Dec. 1, 2023 – Feb. 9, 2025
(x12/22, 12/25)
Times: Girls 9:00am – 10:15am
Boys 10:30am – 11:45am
Location: Hardy Elementary School
Fee: \$150

Grades 3 – 8 • Practices begin in November, Games begin in December

Competitive Travel Basketball 2024 – 2025 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 third-grade program will have one practice per week. Teams will play on average one/two games per weekend and they will play away games (half of the games are home games in Arlington, half are away in neighboring towns). Practices WILL NOT BE held if school is canceled due to inclement weather and during school vacation weeks; practices WILL BE held on early release days.

Please remember that all schedules are subject to change and may occasionally be affected by special school activities and

inclement weather. If you have questions or are unsure about your schedule, please contact your coach directly.



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

Fee: \$499 per participant (uniform to be purchased separately). All players must pre-register prior to try-outs online. Register at 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 23
Grade 3 – 5 Week of September 30

Locations: Ottoson Middle School, Brackett Elementary, Hardy Elementary



422 Summer Street
Arlington, MA 02474

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