Fall FITNESS 2006

Cambridge Recreation

The War Memorial 1640 Cambridge Street Cambridge, MA 02138

Swimming Lessons | Synchronized Swimming | Aqua Aerobics | Volleyball | Tennis

Important Information, Please Read

REFUND POLICY

A full refund will be given under the following circumstances: class is cancelled due to low enrollment, a medical problem arises and a physician's letter accompanies the request, or a class is fully enrolled and there is no room for you.

You may be given a refund for other circumstances but there will be a $25.00 administrative fee charged for each refund you request and it will take four to six weeks to process. Please make sure that you are able to participate before you register.

INCLEMENT WEATHER POLICY

Since inclement weather is not that far in the future please read the policy and save it. If Cambridge Public Schools are closed Recreation Programs are automatically closed. If a storm begins after school has opened a decision about evening programs will be made by 4:00 p.m. If classes are cancelled they will be made up. If a storm affects Saturday classes and programs a decision is made by 7:00 a.m. Saturday classes will be extended one week. You will not be called so it is important to pay attention to this material. If a storm affects Sunday programming a decision will be made by 9:00 a.m. Information about closures due to weather will be on Storm Force on Channel Seven, or voice mail at 617 349-6279 or 617 349-6237.

Sea Dawgs

Fall is approaching and we are getting ready for the second season of the Cambridge Sea Dawgs. I f you are looking for a competitive swim team check us out. Children 6-18 years of age are welcome. If you are 6-8 you need to swim twenty five yrds. All participants must have a basic knowledge of the freestyle, back crawl and breast stroke. Younger children will be taught the butterfly and children nine and over should have rudimentary skills. All skills and techniques will be worked on at practice. Please keep in mind that this is not a learn to swim program.

Tryouts for the team will be held October 2nd and 4th from 5:45-6:45p.m. at the War Memorial Pool. Practice will begin October 9 the and be held Monday, Wednesday, and Friday from 5:45-6:45p.m. The fee is $300.00 which will be split into two payments of 150.00 each. The first payment is due October 9,2006 and the second payment is due December 20,2006.

If you have questions about this program please call 617 349-6237.

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Operating Hours

Monday-Friday the desk opens at 5:30pm Facility closes at 9:15pm

Saturday desk opens at 8:30am. There are occasional adjustments on Saturday opening. Facility closes at 5:15pm.

Sunday desk opens at 12:00 noon. Facility closes at 5:15pm.

The front door is locked 45 minutes before the facility closes based on the clocks in the facility. Pool re-openes September 11

Dates Closed

October 9

November 10, 22-26

December 21-31

January 1, 15

February 19

April 16

May 25-28

June 7

The Cambridge Recreation department telephone number is 617 349-6279. Staff members are available at this number during regular operating hours to answer questions. TTY/TDD: 617 492-0235. When the facility is closed there is a recorded message available.

www.CambridgeMA.gov/DHSP2

Children's Swimming

At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. Class descriptions have changed and Level VII has been eliminated. Your child may be required to move back a level if they are missing any of the listed skills. The skills listed for each level are directly from Red Cross materials. Level III and IV have become more demanding. Please do not expect your child to move to the next level in one session. This is highly unlikely.

Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process, so please raise only progress concerns with them and not placement concerns.Thank you for your cooperation in this matter.

Parents are required to sit in the balcony during lessons.

Saturday September 30-December 9 (10 weeks)

No class November 25.

Parents are allowed in the water with children only during toddler and pre-school lessons.

Toddler/ Preschool

CS101 Saturday 10:00-10:30am
CS119 Saturday 10:30-11:00am
Ages: 18 months-4.5 years
$60 Resident / $65 Non-Resident
Parents are required to participate. Children not toilet trained must wear a swim diaper. One child per adult.

Preschool Referral/Level I

CS103 Saturday 1:00-1:30pm
Ages: Toddler/Preschool/5 & 6 years
$60 Resident / $65 Non-Resident
Children participate in this class without parents. If you are interested in this class for your child he/she must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

Level I: Water Exploration

CS104 Saturday 11:15-11:45am
CS106 Saturday 12:30-1:00pm
Ages: 5-11 years
$60 Resident / $65 Non-Resident
Purpose: Helps students feel comforatble in the water.

Level I participants learn to:

- Enter and Exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front andback
- Use a life jacket
- Follow basic water safety

Exit skills

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim").
2. Float on front with support for 3 seconds, roll to back (with assistance) float on back with support for 3 seconds.

Level II: Primary Skills

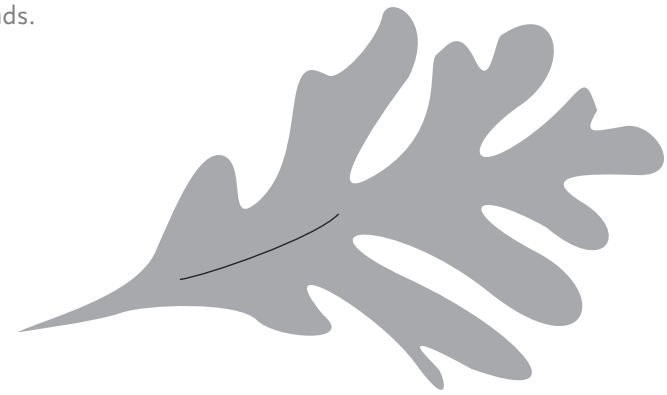
CS107 Saturday 11:45-12:15pm
CS108 Saturday 1:45-2:15pm
Ages: 5-11 years
$60 Resident / $65 Non-Resident
Purpose: Gives students success with fundamental skills.

Level II participants learn to:

- Exit water using ladder or side
- Tread Water
- Glide on front and back
- Float on front and back
- Explore swimming on side
- Roll over from front to back, back to front
- Enter water by stepping or jumping from the side
- Open eyes underwater, submerge head to retrieve object
- Swim on front and back using combined strokes
- Move in water while wearing life jacket
- Perform rhyhmic breathing

Exit skills

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the back.



Children's Swimming

Level III: Stroke Readiness

CS111 Saturday 10:00-10:45am
CS112 Saturday 12:30-1:15pm
Ages: 5-11 years
$65 Resident / $70 Non-Resident
Purpose: Builds on the skills in Level II through additional guided practice.
Level III participants learn to:

- Jump into deep water from the side
- Perform rotary breathing
- Perform butterfly kick and body motion
- Change from vertical to horizontal position on front and back
- Dive from sitting or kneeling position
- Survival float
- Perform HELP and huddle positions
- Submerge fully and retrieve objects
- Swim front crawl
- Perform reaching assists
- Bob with head fully submerged
- Swim back crawl
- Use Check-Call-Care in an emergency

Exit skills

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

Level IV: Stroke Development

CS113 Saturday 10:45-11:30am
Ages: 5-14
$65 Resident / $70 Non-Resident
Purpose: Develops confidence in the skills learned and improves other aquatic skills.
In addition to improving the front crawl and back crawl, Level IV participants learn to:

- Dive from compact or stride position
- Swim breastroke
- Tread water using sculling arm motions and kick
- Swim underwater
- Swim elementary backstroke
- Use safe diving rules
- Perform throwing assists
- Perform feet-first surface dive
- Swim on side using scissors kick
- Care for conscious choking victim
- Coordinate butterfly
- Perform open turns on front and back
- Perform compact jump into water from height wearing a life jacket

Exit skills

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level V: Stroke Refinement

CS115 Saturday 11:45-12:30pm
Ages: 5-14 years
$65 Resident / $70 Non-Resident
Introduction of the butterfly, open turns, and perform all previous strokes at increased distances. Class meets in the lap pool.
Purpose: Provides further coordination and refinement of the following strokes:

- Front crawl
- Back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Sidestroke

Level V participants also learn to perform:

- Shallow dive and begin swimming
- Front flip turn
- Treading water with two different kicks
- Backstroke flip turn
- Survival swimming
- Rescue breathing
- Tuck and pike surface dives

Exit skills

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

"With so many classes to choose from Cambridge Recreation easily fits into my busy schedule"

Marge Unterhaller

Children's Swimming

Level VI: Skill Proficiency

CS116 Saturday 1:30-2:15pm
Ages: 5-14 years
$65 Resident / $70 Non-Resident
Purpose: Refines all six strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "menu" opions that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses, or other aquatic activities, such as competitive swimming or diving. The options include:

- Personal water safety
- Lifeguard readiness
- Fundamentals of diving
- Fitness Swimmer

Exit skills

1. swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.

Imagine...a gymnast performing underwater- A 400 meter runner, running without breathing- An ice skater perfecting figure movements in an unstable medium- A dancer's artistic flair, in choreographing routines- A water polo player's power and strength needed to extend out of the water- A long distance swimmer's lung capacity developed for endurance- Add to that the combination of grace, fluidity and synchronization of an entire team and you have just imagined....SYNCHRONIZED SWIMMING!.

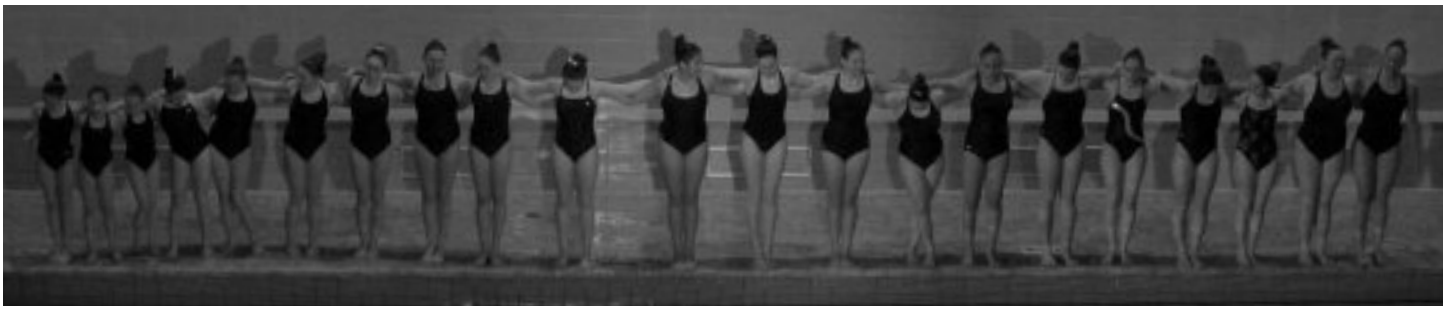
If you love to swim, be creative, dance, and love music, then consider trying synchronized swimming! Cambridge Synchro has been in existence for over twenty years, and every year we have grown in size and become more competitive. Over the past four years we have traveled to competitions around Massachusetts and New Hampshire, to New York and Connecticut, and even Indiana and Florida. In order to continue our upward trend however, we need more swimmers! If you are comfortable in deep water and interested in trying something new, consider trying our team! First year swimmers practice once a week for an hour, full-fledged team members practice three days a week for a total of six hours. We compete in the local area a few times a year, and have our annual show in March.

Synchronized Swimming

Beginner Class September 30-December 9 (10 weeks).
BSS01 Saturday 10:00-11:00am
Ages: 6+ years Fee: $75
No class November 26
Requirements: Students must be comfortable in water that is twelve feet deep.

Cambridge Synchronized Swim Team

September 26, 2006
SST01 Tues. & Thurs. 7:00-9:00pm
Saturday 8:00-10:00am
Fee: $650
Team members will participate in competitions and the final show of the season. Team members unable to participate in all meets will be selected as alternates. No practice on the following dates: Nov. 23, Dec. 26 and 28. Payment of $650.00 fee is due by September 8th. No one will be enrolled after December 1st. No team member will be allowed into the first practice if the required payment has not been made. Please do not drop your child off on September 26th without the payment.
Failure to pay on time will result in your account being turned over to a collection agency.



Gymnastics

Safety Awareness

In all gymnastics classes children will build strength and flexibility, balance, and coordination while they learn new skills. It is extremely important that your child be on time for class and not miss the warm-up period. If your child is not properly warmed up, injury may occur. Please cooperate with our effort to provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro:

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities.No experience required, but parent and child must be ready to participate together.
GYM 1:
Intro 9:30-10:15am
September 30-November 18
(8 weeks)
Ages: 2-3
$60 Resident / $65 Non-Resident
No class November 25

GYM 2:

Intro 10:15-11:00am
September 30-November 18
(8 weeks)
Ages: 3-4
$60 Resident / $65 Non-Resident
No class November 25

Children's Plus:

Prior participation in gymnastics is required. Children should be able to participate in class without parent involvement. It will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.

Please register early to avoid disappointment

GYM 3:

Plus 10:15-11:00 am
(1-2 semesters of experience required)
September 30-November 18
(8 weeks)
Ages: 2-4
$60 Resident / $65 Non-Resident
No class November 25

Beginner:

Classes will focus on building strength, flexibility, and endurance while learning the basics of gymnastics and tumbling.

GYM 6:

Boys 11:00-12:00pm
September 30-November 18
(8 weeks)
Ages: 5-8
$65 Resident / $70 Non-Resident
No class November 25

"After a lazy summer of barbeques and sun tanning it's great to get active again."

Pamela Peebles

GYM 7:

Girls 11:00-12:00pm
September 30-November 18
(8 weeks)
Ages: 5-8
$65 Resident / $70 Non-Resident
No class November 25

Advanced Beginner:

Prior participation in Beginner gymnastics, including cartwheel on both sides, forward and backward roll and bridge.

GYM 8:

Saturday 9:00-10:00am
September 30-November 18
(8 weeks)
Ages: 4-8; Girls
$65 Resident / $70 Non-Resident
No class November 25

If you are interested in intermediate or advanced levels of gymnastics
Call: (617)354-5780

Children's Tennis

All Classes Meet for 10 Weeks
$60 Resident / $65 Non-Resident
September 30-December 9
No class November 25
Parents are asked to participate in Pee Wee Classes.

Pee Wee Tennis - Group I
CT102 – Saturday, 9:00-9:45am
Ages: 4-6 years (only)
This class is for students with no previous experience.

Pee Wee Tennis - Group II & III
CT103 – Saturday, 9:45-10:30am
Children's Ages: 4-6 years (only)
This class is for students with minimum experience (at least two sessions).

Beginner Tennis
CT110 – Saturday, 10:30-11:15am
Ages: 7-14 years
This class is for students with absolutely no experience.

Advanced Beginner Tennis
CT111 – Saturday, 11:15-12:00pm
Ages: 7-14 years
This class is for students who have taken some lessons, can keep score, and know the rules of the game.

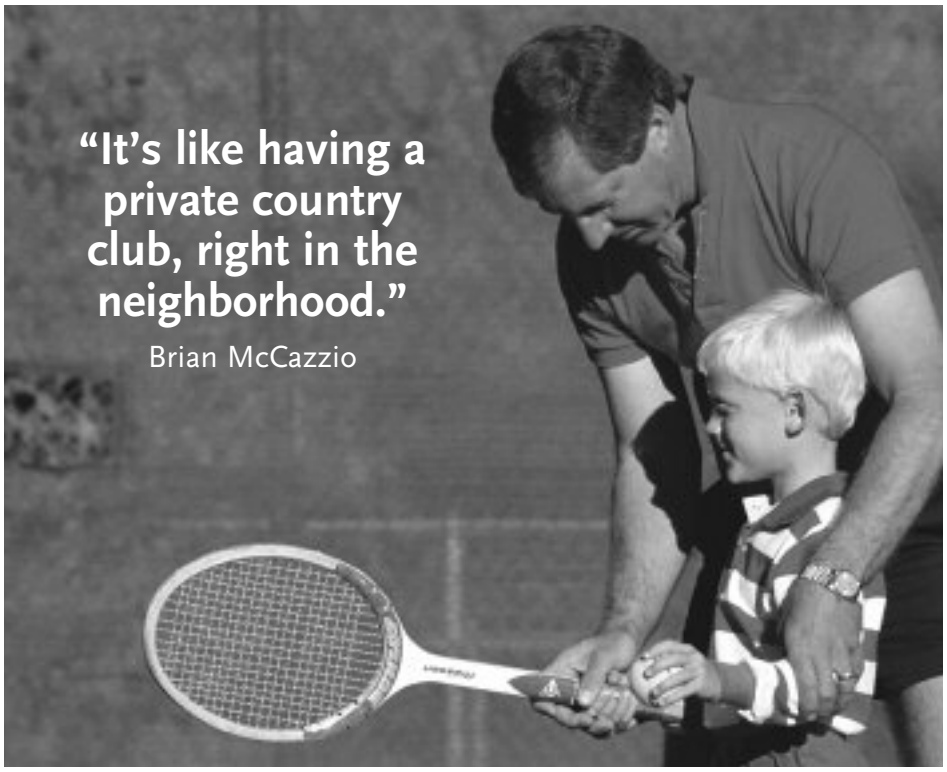
Intermediate Tennis
CT108 – Saturday, 12:45-1:30pm
Ages: 7-14 years
Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

Advanced Tennis/ Teens Advanced Tennis
CT109 – Saturday, 1:30-2:15pm
Ages: 9-17 years
Students who have progressed into serving and volleying will be drilling and playing games focused on strategy in singles and doubles.

Adult Tennis

Beginner/Advanced Beginner Tennis
AT101 – Thursday, 7:15-8:15pm
September 28-December 7
(10 weeks)
No class November 23
$70 Residents / $80 Non-Residents
This class is for students with no previous experience or limited experience.

Intermediate/Advanced Tennis
AT102 – Thursday 8:15-9:15pm
September 28-December 7
(10 weeks)
No class November 23
$70 Residents / $80 Non-Residents
This class is for students with experience and will provide the opportunity to advance skills.



Adult Swimming

Aquatic Exercise Classes Choreographed Routines aerobics and deep water work out

AQ101 – Monday and Wednesday
5:30-6:45pm
September 18-December 4
(11 weeks)
No class October 9 or
November 22
$85 Residents / $95 Non-Residents

Step/Deep Water Workout

AQ102 – Monday and Wednesday
6:45-8:00pm
September 25-December 4
(10 weeks)
No class October 9 or
November 22
$85 Residents / $95 Non-Residents

Please register early to avoid disappointment

Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. If you have any questions, please feel free to contact me. The larger the group, the more motivation to improve. So come swim!
AS104 – Tuesday & Thursday
6:45-8:00pm
September 26-December 14
(20 sessions)
No class October 2, November 7 and 23 December 5
$80 Residents / $85 Non-Residents

Why Aquatic Exercise?

- Whether you are new to exercise, or maximally fit, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints.
- Classes are geared toward a range of ages and conditioning levels, in orderto address individual fitness goals. Aquatic exercise is safe, fun, and effective! Use of buoyant equipment increases cardio-respiratory fitness, as well as muscular strength, toning, and flexibility.
- Classes are conducted in either a 4-foot deep pool (about chest deep or less) and/or the deep pool, using flotation belts. Aqua shoes are required. Dumbbells, ankle weights, flotation belts, and steps are provided. If you have not considered aquatic exercise please give us a try.
- Our instructors are certified by the Aquatic Exercise Association. Lifeguards are present during the class.

"The facilities are outstanding, I love this place."

Abbey Slover

Senior Adult Swimming

Senior Adult Program

These classes are available to students ages 55 and over. Mail registrations begin on August 22 and ends September 8
Please follow your registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics.
Please note that registration is by mail only. Registration is based on first come, first serve basis.
Note: Registrations postmarked after September 8 will be returned.
$35 once a week
$55 twice a week

Aqua Aerobics Schedule

AQ103 Tuesday & Friday
3:30-4:30pm
AQ104 Tuesday
3:30-4:30pm
AQ105 Friday
3:30-4:30pm

Class Schedule

Tuesday	Thursday
September 26	September 28
October 3	October 5
October 10	October 12
October 17	October 19
October 24	October 26
October 31	November 2
November 7	November 9
November 14	November 16
November 21	No class Nov. 23
November 28	November 30
	December 5

If you are registering for Aqua Aerobics, please follow the schedule and prices as

they appear in the book or your registration will be returned as incorrect. Registrations that do not include a check for the full amount for ten or twenty sessions will not be accepted. Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. The enrollment has been increased to cover dropouts as well as absenteeism. Please come to classes only on the day(s) you have registered for. Thank you for your cooperation in this matter.

Walk-in registration will be available at the War Memorial on the first day of class, so please call in advance and check to see if space is available. This will make it easier for those of you who miss mail registration. Please do not pay the instructor. The maximum number that will be registered for Aqua Aerobics is eighteen per day. If you have any questions concerning any of this information, please call Donna Cameron at (617) 349-6237. If you do not reach me, please leave a message on my voice mail.

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation.

Pool Fees

	Cambridge Resident	Non Resident
Per swim child*	**1.00**	1.25
Per swim adult	**3.25**	3.75
Per swim senior**	**1.50**	1.75
Per swim couple***	**4.75**	5.75
Per swim family	**5.00**	6.00
10 swim adult	**25.00**	30.00
10 swim senior	**10.00**	13.00
10 swim couple	**40.00**	45.00
10 swim family	**45.00**	50.00
30 day pass adult	**40.00**	45.00
30 day pass senior	**25.00**	30.00
30 day pass couple	**65.00**	80.00
30 day pass family	**70.00**	85.00
24 week adult	**110.00**	135.00
24 week senior	**40.00**	60.00
24 week couple	**130.00**	155.00
24 week family	**135.00**	160.00
48 week child	**35.00**	55.00
48 week adult	**140.00**	180.00
48 week senior	**60.00**	85.00
48 week couple	**180.00**	255.00
48 week family	**185.00**	265.00

*Children's fee-from birth to 17 years.

**Senior citizen rates are for those 60 years and above. proof of age must be shown when ticket or passes are purchased.

***A couple constitutes two people living at the same address. Proof must be shown by both people.

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Small pool & Diving Tank Not Available	Diving Tank Not Available	Small Pool & Diving Tank Not Available	Diving Tank Not Available			
Swim Team 5:45 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Family Swim 6:00 – 8:30pm	SYNCHRO 8:00-11:00am	Children Open Swim Ages 9+ 12:00 – 4:30pm
Aqua Aerobics 5:30 – 6:45pm	Family Swim 5:45 – 6:45pm	Adult Lap Swim 6:45 – 9:00pm	Family Swim 5:45 – 6:45pm	Adult Lap Swim 6:45 – 9:00pm	Children Swim Lessons 10:00am-2:15pm	Family Swim 12:00 – 4:30
Adult Lap Swim 6:45 – 9:00pm		Swim Team 5:45 – 6:45pm	Masters Swim 6:45 – 8:00pm	Swim Team 5:45 – 6:45pm	Children Open Swim Ages 9+ 2:30 – 4:30	Adult Lap Swim 12:00 – 5:00pm
Aqua Aerobics 6:45 – 8:00pm		Special Needs 6:30 – 7:30pm	SYNCHRO 7:00 – 9:00pm		Family Swim 2:30 – 4:30pm	
	Masters Swim 6:45 – 8:00pm	Aqua Aerobics 6:45 – 8:00pm			Adult Lap Swim 2:30 – 5:00pm	
	SYNCHRO 7:00 – 9:00pm					

How to Have a Happy Birthday

Throw your party at the War Memorial Pool

But hurry, space is limited and arrangements must be made in advance. Dates must fall on a Friday, Saturday or Sunday. Only one party per day please.

The fee is $1.50 per person and is payable upon arrival. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather.

Pool-only parties are available on Fridays from December 8-March 3. There is no classroom available.

Since the classroom used for the birthday parties is now on the second floor, it is necessary for the children to be dressed and finished with their pool activities before going to the second floor classroom.)

For more information please call **617 349-6237**

Weight and Cardio Room

Weight and Cardio Room Schedule

Monday – Thursday 6:00 – 8:15pm
Saturday 2:00 – 5:00pm
Sunday 2:00 – 5:00pm

Weight Room Fees

Per visit student $1.00 (High School)

	Cambridge Resident	Non Resident
Per visit adult	**3.25**	3.75
Per visit couple	**5.50**	6.25
Per visit senior	**1.25**	1.50
10 visit adult	**25.00**	30.00
10 visit couple	**45.00**	55.00
10 visit senior	**10.00**	12.50
30 day adult	**40.00**	55.00
30 day couple	**55.00**	70.00
30 day senior	**20.00**	40.00
24 week adult	**90.00**	100.00
24 week couple	**140.00**	160.00
24 week senior	**30.00**	50.00
48 week student	**25.00**	25.00
48 week adult	**125.00**	145.00
48 week couple	**170.00**	190.00
48 week senior	**45.00**	65.00

Combination Weight, Cardio and Pool Fees

	Cambridge Resident	Non Resident
Per visit adult	**4.25**	5.25
Per visit couple	**6.75**	8.75
Per visit senior	**2.00**	2.50
10 visit adult	**40.00**	50.00
10 visit couple	**62.50**	82.50
10 visit senior	**12.50**	15.00
30 day adult	**55.00**	65.00
30 day couple	**75.00**	90.00
30 day senior	**35.00**	45.00
24 week adult	**120.00**	145.00
24 week couple	**180.00**	230.00
24 week senior	**50.00**	60.00
48 week adult	**175.00**	190.00
48 week couple	**220.00**	280.00
48 week senior	**80.00**	90.00

Please register early to avoid disappointment

Volleyball

Co-ed Volleyball

Ages 21 and above
Friday, 7:15– 9:15pm
$4 (2 hour session)
Sunday, 12:00-2:00pm
$4 (2 hour session)
Start Date: September 29 & October 1
End Date: May 18 & 20
Closed on November 10, 24, 26, December 22, 24, 29, 31 and April 8.

(Practice courts will be available on Sunday afternoon from 2-4pm effective October 1, 2006. Call Donna Cameron at 617 349-6237 for price and to make arrangements.)

Parent Letter

Dear Parent,

I am pleased to welcome your child into the program. In order that the programs operate smoothly and all the children have a good and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated. The War Memorial is a very large building located on a very busy street, therefore children under the age of eight need to be accompanied by an adult. All class participants are required to sign in at the front desk and check in at the pool and gym(parents of young children may do the signing and checking in and siblings can come). Non-registered children and parents are not allowed access to these facilities. Please do not ask to speak to instructors, as they are not authorized to allow your child into a class after registration is complete. Check the registration information in the back of the brochure and you will find the final date for registration in children's classes listed. The only exception to that date will be people who are wait listed and notified at the last minute that a space is available.

Swim Rules

Parents are required to be in the pool during toddler/pre-school instruction. There must be one adult per child in this class. Parents of children in pre-school referral through level six must sit in the balcony not on the deck. Please prepare your child in advance for this so your child has realistic expectations. Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. If this happens the pool has to be closed for twenty-four hours to superchlorinate and allow for sufficient filtration, so the water quality is returned to an acceptable level. Please change your child in the locker room and not on the pool deck. Only participants are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group. Please do not request that your child be placed in an inappropriate level, as it is unsafe as well as non-beneficial. If you can not place you child in the correct level due to scheduling conflicts, it would make sense not to register them and wait for a more appropriate time.

Gym Rules

Parents not required to participate in class need to sit in the bleachers along with siblings. No children or parents not participating are to be on the gym floor as this causes a distraction as well as safety hazard. Let me suggest that if it is difficult to keep a sibling busy, you use the tot lot in good weather. No one, including class participants, is to use any gymnastics equipment without the permission of the instructors. Please take into account the significant risk involved when you do not cooperate. Please do not ask instructors to allow non-registered siblings into classes. No basketball playing, tennis practice or other type of activity is allowed in the field house or any other part of the building during classes. Please respect all the children's and teachers right to undisturbed instruction. No student is to remain for more classes than they have registered for. If you have questions please speak to the gym manager.

If you have questions or concern please call me, I will be happy to speak to you.
I can be reached at 349-6237.

Sincerely,

Donna M. Cameron

Donna M. Cameron, Recreation Activities Manager

Recreation Department Rules

1) All patrons are required to sign-in at the Desk before proceeding to classes or activities. If you fail to do so you will be sent back immediately. Please be prepared to show your pass.

2) Please use the Main Cambridge Street entrance to enter and leave the facility. All other doors are emergency exits only and if they are opened, it is impossible to control who enters the facility.

3) Please do not bring valuables to the facility as the City of Cambridge can not accept responsibility for patron's possessions, so please do not ask to leave valuables in the Office or at the Front Desk. It is also important that you bring a lock for your locker each time you use the facility.

4) If your class is cancelled due to the weather or teacher absence it will be made up. Every effort will be made to hold the make-up on your regular class meeting day and to give you as much notice as possible

5) All patrons of the War Memorial are expected to follow the rules when using the facility. Inappropriate behavior or offensive language will not be tolerated and will result in the suspension of facility privelidges. Please remember you are a guest at the War Memorial.

6) The Recreation Division reserves the right to make changes in the schedule by either adding or deleting programs. This will be done to meet new program needs and at the discretion of the Recreation Activities Manager.

7) If the Cambridge Public Schools are closed due to inclement weather, all War Memorial Programs are cancelled. If a storm begins during the day or affects weekend programs, cancellations will be on WRKO Radio and channel 7 Storm Force.There will also be a message on 349-6279 and 349-6237.

8) The City of Cambridge, Recreation Division, does not discriminate on the basis of disability.The War Memorial will provide auxiliary aids and services, written materials in alternative formats,and reasonable modifications in policies and procedures to persons with disabilities upon request.

9) No one is allowed to use the War Memorial facility to teach private lessons and earn money doing so. All instruction provided here is through the Recreation Department

Children:

1) No males over the age of 5 are allowed into the women's locker room, and likewise, females over the age of 5 are not allowed in the men's locker room.

2) Children under 12 will not be admitted into family swim if not accompanied by an adult. Children 13 and older will be allowed in without a parent. Failure to behave will require that a parent be there for future visits.

3) Adult lap swim is for adults 18 and older. Children can only use the lap pool for lap swimming during family swim hours.

4) Children 8 and under must be accompanied in the pool by an adult unless the child is a competent swimmer. This will be evaluated by the pool staff.

5) Children not toilet trained must wear rubber pants and diapers.

6) Please do not leave children in strollers unattended.

7) The only floatation devices allowed in the pool are US Coast Guard approved life jackets in aiding your child to swim. If your child wears a life jacket you must accompany them in the pool. Bubbles, water wings/swimmies, and water tubes are not allowed.

To Our Pool Patrons:

All participants would like to benefit equally from using the pool for workouts. For this to occur in a productive way, all patrons need to behave in a considerate and cooperative manner towards each other. To help facilitate this as well as create a safe and more pleasant environment, some simple rules and premises are being established.

1) Speed of a lane is based on the fastest swimmer as well as the decision of management staff. If you are being lapped, you will be asked to move to a slower lane.

2) Kickboards and pull buoys may be used in any lane as long as you can keep up with the speed of the lane. Otherwise, you will be asked to move into a slower lane.

3) Circle swimming only, lanes may not be split. Swimmers should swim counter-clockwise regardless of how many people are in a lane.

4) Pool entry should be by pool ladders or by sliding in. Please do not jump or dive off ends as the pool is too shallow, and you may injure yourself as well as an on-coming swimmer.

5) Lifeguards and managers have the final say, and may revoke your swimming privileges if you fail to follow their directions.

6) If you are unsure of which lane is appropriate for you, please ask a guard for help.

7) If a guard requests that you switch lanes, please do not respond that you "have been swimming in that lane for years;" that is not relevant. The swimmer's speed is the measure of who belongs in a lane, and that varies on every visit.

8) Recreation patrons are not allowed off the diving blocks.

Thank you for your cooperation.

War Memorial Rules

The following rules and regulation are required for the safety of all participants at the War Memorial Facility

Pool Rules:

1) Patrons are not to enter the pool area if a lifeguard is not present.

2) Running, pushing, or rough play is not allowed.

3) Lanes may be pulled for programs at the discretion of the Recreation Division.

4) Please stay off lane lines.

5) Do not engage guards in unnecessary conversation while they are on duty.

6) Patrons are requested to observe all the rules and follow the instructions of the staff on duty.

Diving Rules:

1) Diving is only permitted in the diving pool.

2) All children will be tested. A child must swim 25 yards nonstop using only breaststroke or front crawl. This must be done to the satisfaction of the guard on duty.

3) All divers must surface immediately after their dive and swim over to the far ladder.

4) Only one person at a time on the diving board.

5) No one may catch another swimmer who is going off the diving board, regardless of age.

6) The diving tank is not for lap swimming.

7) The diving tank is not available at all times, so please check with the desk staff before purchasing a ticket.

Pool Etiquette:

1) All patrons are to shower before entering the pool per order of the Health Department.

2) Patrons are required to return all equipment to its proper location.

3) Lanes are marked for speed; therefore, patrons are to choose the lane appropriate for their ability, fast lanes are for high performance swimmers. Patrons requested by staff to change lanes need to do so immediately.

4) No glass containers are to be brought into the locker rooms or pool area.

5) All patrons need to leave the pool and locker room on time: Please be considerate of the staff as well as our commitment to the school department to live with our schedule.

The War Memorial

Where is the War Memorial

The War Memorial is part of Cambridge Rindge and Latin High School. It is located at 1640 Cambridge

What Will I Find There?

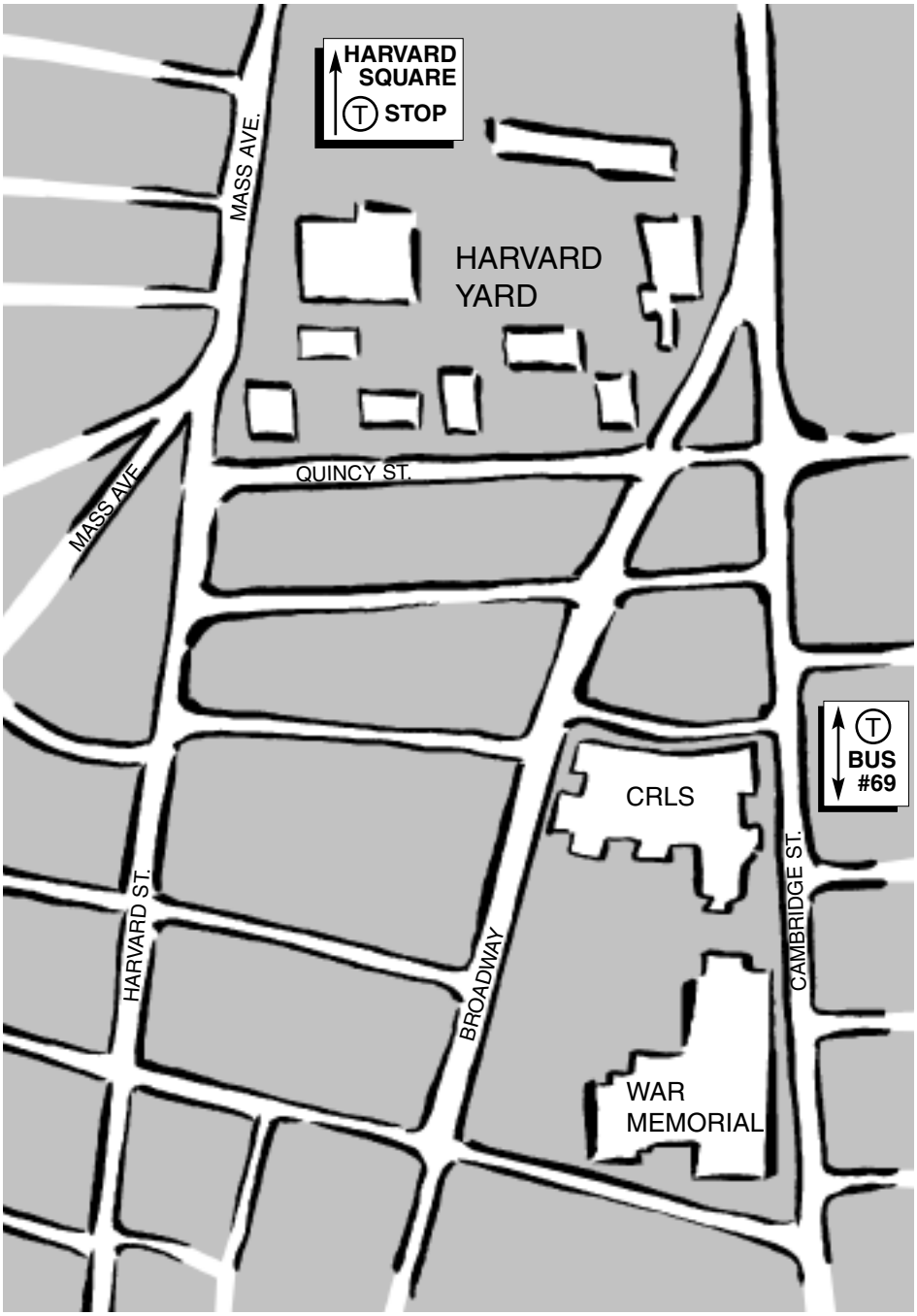
There are three swimming pools. The lap pool is six lanes and 25 yards long.The water temperature is 80 degrees. Diving tank - one diving board, 12 feet deep. Round instructional pool is 84 degrees, Three-and a half feet deep. Life guards are always present.

Field House

4 Volleyball Courts
3 Indoor and 3 Outdoor Tennis Courts
2 Basketball Courts
Upstairs Gym
Full Regulation Basketball Court and Several Side Courts
Wood Floor
Weight Room
Treadmill, Nautilus Machines
Cardio Room
Many Free Weights
Locker Rooms and Bathrooms.

How Can I Get There?

You can reach the facility by the T – the 69 bus stops almost in front of the door.You can take the Red line to Harvard and walk, which takes about 10-15 minutes. You can drive, but street parking is limited.There are meters on both side of the street. However, if you have a resident sticker, you can use off street parking.



Cambridge Recreation Program

Scholarship Request Form

All information is kept strictly confidential

Child's Name _____

Mother's Name _____

Father's Name _____

Please List all others living in the home: _____

_____

_____

_____

_____

_____

_____

Scholarships are available to Cambridge Residents who meet one of the following guidelines:

- ❑ Recipients of Transitional Assistance
- ❑ Medicare Recipients
- ❑ S.S.I. Recipients
- ❑ WIC Recipients
- ❑ Fuel Assistance Recipients
- ❑ Unemployment

Please include documentation that you receive one or more of the above.

All documentation concerning family income must be included.

To the best of my knowledge, the above information is correct.

Signature _____ Date _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will he granted between July 1, 2006 and May 1, 2007. **Mail in your registration form, scholarship request form, and a copy of your 2005 tax return.**

Please do not send a check at this time. If you receive a scholarship you will be billed when your confirmation is mailed and at that time you will be required to send a check to the Recreation Department.

Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration.
Scholarship applications may only be made during mail registration.

Mail to: Donna Cameron • Fall 2006 Registration • 51 Inman Street • Cambridge, MA 02139

Fall FITNESS 2006
Cambridge Recreation

Registration

How to register

By mail

All registrations are to be mailed. A postmark is required (no hand delivery please). Please mail registrations to:

Donna Cameron
Fall 2006 Registration
51 Inman Street
Cambridge, MA 02139
All registrations are on a first come, first serve basis.

Mail registration begins August 21 and ends September 8. All mail must be post marked by September 8 or it will be returned.

Please make check payable to:
The City of Cambridge

Walk-In

Walk-in registration begins Wednesday, September 13 from 5:30-8:30pm at the War Memorial.

Registration for children's classes is final on Thursday September 28. There will be no further registration after this date.

Please be careful when you address your envelope. make sure you use the exact address listed above or your registration may not be received until after the deadline.

If you are wait listed please understand this does not mean you will get into a class. Once the children's classes have begun the wait lists are defunct. A child can only replace someone if notification is made before September 28th.

Please register early to avoid disappointment

Registration Form 2006 (please print)

☐ Received ☐ Confirmed

Participant

last name | first name | sex ☐male ☐female
address
town/city | zip code
home phone | work phone
emergency contact | emergency phone
D.O.B. | parents name

Check all that apply

☐ Cambridge resident ☐ non-resident ☐ new address
☐ add me on your mailing list ☐ scholarship award ☐ this is my first class

Course information

course code | title | day | time
fee

second choice

participant signature (parent/guardian signature if participant is under 18 years of age) | date

Registration Form 2006 (please print)

☐ Received ☐ Confirmed

Participant

last name | first name | sex ☐male ☐female
address
town/city | zip code
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Course information

course code title day time

fee

second choice

participant signature (parent/guardian signature if participant is under 18 years of age) date

Registration

Additional Information

Preference is given to Cambridge residents. Non-resident mail will be date-stamped and placement in a class will be made at the end of the two weeks of registration if space is available.

Confirmations will be mailed on September 12

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It will make your registration smoother. If you have changed your address since the last time you registered, please let us know.

Please write one check for every class you register. If a class is full, refunding you will be faster.

Please make checks payable to:

The City of Cambridge

Refund policy

The policy is on the front inside cover.

Please read it.

Please register early to avoid disappointment

Fall FITNESS 2006

Cambridge Recreation

City of Cambridge
Department of
Human Services
Programs
Recreation Division
51 Inman Street
Cambridge, MA 02139

City Council
Kenneth E. Reeves
Mayor

Timothy J. Toomey, Jr.
Vice Mayor

Henrietta Davis
Majorie C. Decker
Anthony D. Galluccio
Craig A. Kelley
Brian Murphy
E. Denise Simmons
Michael A. Sullivan

Robert W. Healy
City Manager

Richard C. Rossi
Deputy City Manager

Ellen Semonoff
Assistant City Manager
for Human Services

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STANDARD
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CAMBRIDGE, MA

Postmaster Please Note: Material is date sensitive. Must be delivered before September 4, 2006.