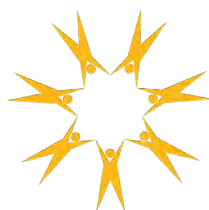




War Memorial Recreation Center

Fall 2023 Programming

1640 Cambridge Street (Door 15), Cambridge, MA
617-349-6279 • askdhsp@cambridgema.gov
www.cambridgema.gov/DHSP/WarMemorial



Department of
Human Service Programs



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Operating Hours – Fall 2023

Tuesday, September 5 – Saturday, December 23, 2023

Monday – Friday: 5 – 9:15 p.m. *Front door locks at 8:30 p.m.*

Saturday: 8 a.m. – 5:15 p.m. *Front door locks at 4:30 p.m.*

Sunday: 11 a.m. – 5:15 p.m. *Front door locks at 4:30 p.m.*

Closures

- The War Memorial Recreation Center **will be closed** during the following dates:
- Saturday, August 19 – Monday, September 4
 - Monday, September 25
 - Monday, October 9
 - Friday, November 10
 - Wednesday, November 22 – Sunday, November 26
 - Sunday, December 24 – Sunday, December 31
 - Monday, January 1, 2024

The facility will reopen on Tuesday, January 2, 2024.

Rules, Regulations, and Policies

Rules and Regulations

- Please bring proof of Cambridge residency to secure resident rate.
- The Recreation Department reserves the right to make schedule changes.
- Classes will be rescheduled if canceled due to the weather or instructor absence.
- The City of Cambridge is not responsible for valuables lost or stolen.
- Inappropriate behavior and use of offensive language will not be tolerated.
- No heeled shoes in the field house.
- Patrons are asked to return all equipment after use.
- No glass is allowed in the building.
- Patrons are required to leave the facility on time.

Pool Rules and Regulations are available on page 20.

Refund Policy

Full refunds will be provided if a class is canceled due to low enrollment or a patron can no longer participate due to a medical need and provides a doctor's note. All other requests will result in a credit to your household. Household credit requests must be made no later than the second class and only two household credits will be allowed in a calendar year (January 1 – December 31).

Lock Personal Belongings

War Memorial patrons can use locker rooms located in the building. It is recommended that patrons bring a lock to use when storing personal items in lockers. The War Memorial Recreation Center is not responsible for lost, stolen or damaged personal property.

Food and Drink Policy

Food and drinks are not allowed in the facility; with the exception of non-glass containers / bottles for water. Please help us keep the Center as clean as possible.



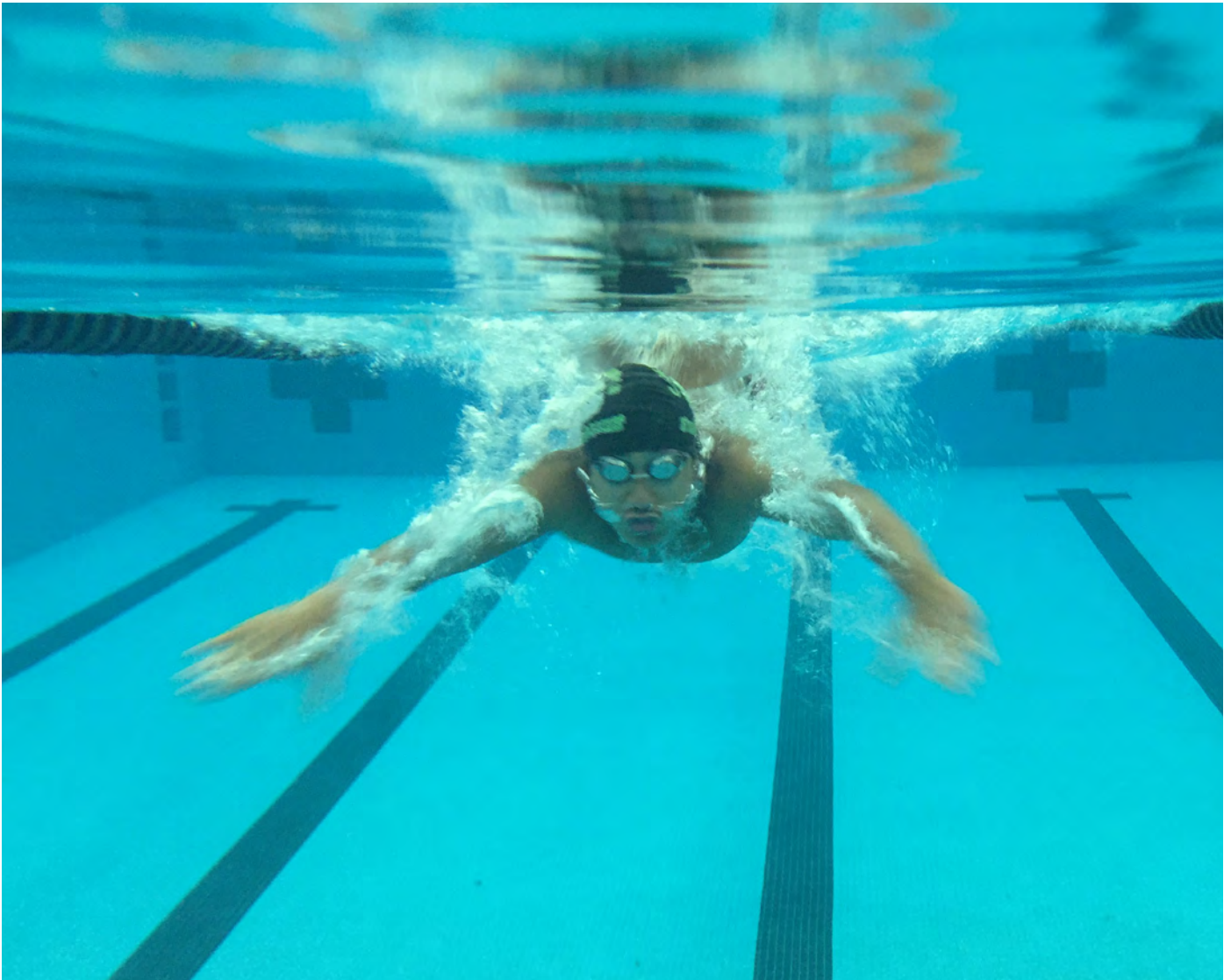
Children's Swim Programs

September 16 – November 18 (10 weeks)

Parents are required to be in the pool during toddler/pre-school instruction. Parents of children in Level 1 through Level 6 are asked to leave the pool deck due to swimmer development and pool safety. They can observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. 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.



Toddler/Preschool

Ages: 18 months – 4.5 years

Saturday: 10 – 10:30 a.m.

Registration Code: 110101-01

Saturday: 10:30 – 11 a.m.

Registration Code: 110101-02

Saturday: 11 – 11:30 a.m.

Registration Code: 110101-03

Cost: \$70 resident / \$75 non-resident

Parents are required to participate; one child per adult. **Children who are not toilet trained must wear a swim diaper.**

Preschool Referral / Level 1

Ages: 3.5 – 6 years

Saturday: 11:30 a.m. – 12 p.m.

Registration Code: 110104-01

Saturday: 12 – 12:30 p.m.

Registration Code: 110104-02

Cost: \$70 resident / \$75 non-resident

Children participate in this class without parents. If you are interested in this class for your child under the age of 5, s/he must have participated in previous classes and must be approved by staff to participate.

Level 1: Water Exploration

Ages: 5 – 12 years

Saturday: 12:30 – 1 p.m.

Registration Code: 110105-01

Saturday: 1 – 1:30 p.m.

Registration Code: 110105-02

Saturday: 1:30 – 2 p.m.

Registration Code: 110105-03

Cost: \$70 resident / \$75 non-resident

Purpose: Helps students feel comfortable in the water. Level 1 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 and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or "swim".
- Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
- Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.

Level 2: Primary Skills

Ages: 5 – 12 years

Saturday: 10:45 – 11:15 a.m.

Registration Code: 110106-01

Saturday: 11:15 – 11:45 a.m.

Registration Code: 110106-02

Cost: \$70 resident / \$75 non-resident

Purpose: Learning proper body positioning and body mechanics. Level 2 participants will learn to:

- Demonstrate proper head position for freestyle and backstroke
- Rotary breathing
- Independently kick with assisted materials
- Perform arm circles with barbell
- Swim freestyle and backstroke
- Demonstrate proper safety skills

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently

Level 3: Stroke Development

Ages: 5 – 13 years

Saturday: 10 – 10:45 a.m.

Registration Code: 110108-01

Saturday: 1:15 – 2 p.m.

Registration Code: 110108-02

Cost: \$80 resident / \$85 non-resident

Purpose: Refining level 2 skills and progressing stroke technique. Level 3 participants learn to:

- Refine freestyle
- Refine backstroke
- Learn breaststroke kick fundamentals
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle with rotary breathing for 50 yards
- Continuously swim backstroke with proper head alignment for 50 yards
- Perform proper breaststroke kick
- Perform kneeling dive



Level 4: Stroke Refinement

Ages: 5 – 14 years

Saturday: 11:45 a.m. – 12:30 p.m.

Registration Code: 110110-01

Cost: \$80 resident / \$85 non-resident

Purpose: Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke, level 4 participants learn to:

- Dive
- Swim breaststroke
- Tread water
- Perform butterfly kick
- Perform open turns on front and back
- Demonstrate proper safety skills

Exit Skills:

- Successfully tread water for extended amount of time
- Perform freestyle for 100 yards
- Perform backstroke for 100 yards
- Perform breaststroke for 50 yards
- Perform butterfly kick for 25 yards
- Standing dive
- Tread water for three minutes

Levels 5 and 6: Skill Proficiency and Endurance Training

Ages: 5 – 14 years

Saturday: 12:30 – 1:15 p.m.

Registration Code: 110111-01

Cost: \$80 resident / \$85 non-resident

Purpose: Refines Freestyle, Backstroke, Breaststroke, and Butterfly so students swim them with ease, efficiency, and power over greater distances. Participants also learn front flip turn, backstroke flip turn, competition start from blocks, and how to demonstrate proper safety skills. This level is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and diving.

Exit skills:

- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly
- 5 minutes of treading water

Private Swim Lessons

- Lessons will be available Monday – Friday from 3 – 5 p.m.
- Scheduling varies per instructor and pool availability.
- A 6-week minimum is required.
- Half hour lesson \$30 / One hour lesson \$60

If interested in Private Swim Lessons, please contact:

Mark Santoro, msantoro@cambridgema.gov

Sea Dawgs Cambridge Recreation Swim Team

Join the 2023 – 2024 Season

If you are looking for a competitive swim program for your child, consider the Sea Dawgs, a 100% volunteer non-profit organization that promotes competitive swimming for the children from Cambridge and surrounding towns! The mission of the program is to provide an inclusive environment for all participants through a dedication to sportsmanship and healthy competition.

Our program is open to any child between the ages of 5 – 18 years.

- **10 years and under:** swim a continuous 25 yards (1 length) of freestyle, backstroke, and breaststroke; perform butterfly kick and understand fundamentals.
- **11 years and older:** swim 50 yards (2 lengths) of all competitive strokes legally (freestyle, backstroke, breaststroke and butterfly)

The swim season runs from late September through mid-March. Swimmers are expected to attend 3 practices a week and 6 regular season meets, in addition to a championship meet at the end of the season. The coaching staff expects an attendance rate of 75% or more for practices and 100% attendance for meets; this allows swimmers the chance to chart their progress and see improvements towards their individual and team goals. Parents/guardians and children should heavily consider this commitment before registering. Practices will be a combination of Mondays, Wednesdays, Fridays, Saturdays, and Sundays.

For us to continue to provide a swim team at a reasonable cost, we rely on parent volunteers. We enjoy a swim meet schedule that requires a minimal amount of out-of-town travel. In turn, we provide officials, timers, scorekeeper and several other roles that are involved in running a meet. We require parents to volunteer at least three times throughout the season. Parents can sign up a week in advance by contacting cambridgeseadawgs@cambridgema.gov.

Cost and Tryout Information

The cost is \$450 for the first child and \$225 for each additional child. Additionally, there will be a suit cost that will be determined at the beginning of the season. The cost is partly subsidized by both the City of Cambridge and thanks to the parent volunteers and swimmers who fundraised throughout the 2022 – 2023 swim season.

Tryouts for the 2023 – 2024 Sea Dawgs

If you are interested in trying out, you must click this link and fill out the form online:

<https://forms.gle/ebpSkZsVeytRzv3WA>

- Monday, September 18, 5:30–7:30 p.m.
for swimmers aged 10 years and under
- Wednesday, September 20, 5:30–7:30 p.m.
for swimmers aged 11 years and older

There will be a makeup tryout date on Thursday, September 21, 5:30 – 6:30 p.m.

Once tryouts are completed, groups will be assigned and a practice schedule will be emailed to parents by Sunday, September 24 by midnight.

Suit Fitting and Registration

- Tuesday, September 26, 5:30 – 7 p.m.
for swimmers aged 10 years and under
- Wednesday, September 27, 5:30 – 7 p.m.
for swimmers aged 11 years and older

Please do not come in on a day other than what has been assigned for try outs and for suit registration. This is a busy time for the front desk, coaches, and those helping with the team. We look forward to meeting you and your swimmers on the pool deck!

The Sea Dawgs is looking to add coaches with competitive swimming or coaching experience!

If interested, please email:
cambridgeseadawgs@cambridgema.gov.

Cambridge Synchronized Swimming

Cambridge Synchro has been in existence for 30 years. We offer many levels of instruction, from beginner through competition team. Our club competes throughout New England and nationally! For more detailed program and fee information, please email CambridgeSynchro@gmail.com or visit our website www.CambridgeSynchro.org.

All new swimmers must attend our standard preseason evaluation from 12:30 – 1:30 p.m. on Saturday, September 9. The evaluation session is designed to be fun and basic — we look for overall swimming ability; front crawl, back stroke, side flutter and recognizable breast stroke as well as comfort in deep water. This allows our coaches to place your swimmer in the optimal group based on age, swim level and scheduling commitment. Please refer to course descriptions for specific swim and Synchro skill requirements. Swimmers should come prepared to swim, wearing a bathing suit and goggles, and have FUN meeting other new swimmers.

You will be able to register your swimmer at the front desk following the evaluation.

Note: If you register your swimmer for swim classes at the War Memorial Pool during a time that conflicts with the scheduled Synchro swim lesson time(s) and your swimmer is accepted to the Synchro class (Beginner or Novice), we will shift that payment to the Synchro class registration. Please note that many swimmers participate in both the advanced swim lessons as well as the Synchro Beginner/Novice classes.

Practice times and competition dates are subject to change. Competition dates will be shared in October.

Note: Scholarships are available. Please contact CambridgeSynchro@gmail.com for more information!

Beginning Synchro Class

Saturday: 8:30 – 10 a.m

Registration Code: 110113-01

Cost: \$135

The Beginner Synchro Class is designed for swimmers who have never done Synchro. Swimmers must be comfortable in water that is 12 feet.

Note: If your swimmer has not already passed Level 2 swim lessons (or equivalent), we strongly recommend that you register your swimmer for Level 2 swim lessons and then sign up for the Beginning Synchro Class in January. In many instances, a swimmer will need further basic swim stroke training before they can fully enjoy and participate in Synchro swim training.

Novice Team

Saturday: 8:30 – 10 a.m.

Wednesday: 7:15 – 8:30 p.m.

Registration Code: 110113-02

Cost: \$185

The Novice Team is open to swimmers who have passed or have learned skills equivalent to the course description for Swimming Level 5 (see description under Swim Lessons in this brochure). Swimmers will participate in one local competition in the Spring and our annual show in June. Additional fees for Novice Team members who choose to compete are approximately \$200.

Practice schedules will be emailed to parents after the evaluation session.

Cambridge Synchronized Swimming

Intermediate Team and 12 and Under Age Group Team

September – June

Registration Code: 110113-03

Cost: \$810

The Intermediate Team is designed for swimmers who have some experience with Synchro. Intermediate swimmers participate in 4–5 local, regional, and zone level competitions, as well as in our annual show in June. Additional weekly practices and fees will be explained by email to registered families prior to the start of the season. Depending on the number of swimmers in each age category and level, swimmers may be assigned as an alternate to one or more routines and as such will not compete in that routine at every competition. Swimmers who are unable to participate in practices regularly or in all competitions will be selected as alternates.

Private Swim Lessons

Private Synchro lessons are limited and will be on a first come, first serve basis. Based on availability some exceptions may apply.

Cost:

Half hour lesson: \$25

One hour lesson: \$45 for 1 swimmer / \$30 each for 2 or 3 swimmers.

If interested in Private Synchro Lessons, please contact CambridgeSynchro@gmail.com.



Adult Swimming

Aqua Aerobics (deep water)

September 11 – November 20 (10 weeks)

No class on September 25 and October 9

Registration Code: 120301-01

Schedule: Mondays and Wednesdays,
5:30 – 6:30 p.m.

Cost: \$90 Resident / \$100 Non-Resident

Registration Code: 120301-02

Schedule: Mondays and Wednesdays,
6:45 – 7:45 p.m.

Cost: \$90 Resident / \$100 Non-Resident

Aquatic exercise is safe, fun, and effective! Whether you are new to exercise or in peak physical condition, 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.

These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals.

Masters Swim Program

Tuesday and Thursday, 6:45 – 8 p.m.

September 19 – December 14

No class on November 23 and 3 other dates TBA

Registration Code: 120401-01

Cost: \$115 Resident / \$125 Non-Resident

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. The larger the group, the more motivation to improve. **So come swim!**

Coach: Elissa Cadillac

Adult Swim Lessons

Level I

September 14 – November 2 (8 weeks)

Registration Code: 120201-01

Schedule: Thursday, 6:30 – 7:15 p.m.

Cost: \$80 Resident / \$85 Non-Resident

Are you afraid of the water? Did you not have the opportunity to learn how to swim? Then this class is for you. Lessons will take place in our small pool with a maximum depth of 3½ feet. In the security of this pool, you will learn to feel comfortable in the water, float on your back and front, put your face in the water, begin to learn the front and back crawl, and many other skills.

Level II

September 14 – November 2 (8 weeks)

Registration Code: 120201-02

Schedule: Thursday, 5:30 – 6:15 p.m.

Cost: \$80 Resident / \$85 Non-Resident

This class is for you if you can swim 25 yards, are comfortable in water over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps, this class will help you become more effective with stroke improvement. The better your strokes, the less energy you will expend.

Come take this class and learn to enjoy the time you spend swimming.

Youth Programs

Kenpo Karate

September 16 – November 18 (10 weeks)

Little Dragons

Ages: 3 – 4 years

Schedule: Saturday, 9 – 9:30 a.m.

Registration Code: 110201-01

Junior Beginners

Ages: 5 – 8 years

Schedule: Saturday, 9:30 – 10:15 a.m.

Registration Code: 110201-02

Junior Advanced

Ages: 9 years and older

Schedule: Saturday, 10:15 – 11 a.m.

Registration Code: 110201-03

Recognized as one of the top martial arts programs in the country, four-time world champion Steve Nugent brings his teachings and philosophy to Cambridge Recreation. The program focuses on respect, discipline, and integrity. Students are taught traditional stances, blocks, kicks, and strikes. In addition, emphasis is placed on proper breathing, health and nutrition, stretching, exercise, and proper conduct. Also, the classes cover stranger awareness, fire safety and the importance of academic achievement. All uniforms, belts, and patches are included.

Registration must be done by mail or in person.

Online registration is not available for this class. Please make one check payable to Steve Nugent for \$170 and one check payable to the City of Cambridge for \$25.



Youth Programs: Gymnastics

Classes offered Saturdays, September 16 – November 18 (10 weeks)

Safety Awareness

In all gymnastics classes, children will build strength, 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 help us provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro Gymnastics

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.

Ages: 2 – 3 years

Cost: \$75 Resident / \$80 Non-Resident

Saturday: 8:45 – 9:30 a.m.

Registration Code: 110301-01

Saturday: 9:30 – 10:15 a.m.

Registration Code: 110301-02

Ages: 3 – 4 years

Cost: \$75 Resident / \$80 Non-Resident

Saturday: 10:15 – 11 a.m.

Registration Code: 110301-03

Saturday: 11 – 11:45 a.m.

Registration Code: 110301-04

Children's Plus Gymnastics

Prior participation in gymnastics (1–2 semesters experience) 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.

Ages: 2 – 4 years

Cost: \$75 Resident / \$80 Non-Resident

Saturday: 10:15 – 11 a.m.

Registration Code: 110303-01

Beginner Gymnastics

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

Boys

Ages: 5 – 8 years

Cost: \$80 Resident / \$90 Non-Resident

Saturday: 11:45 a.m. – 12:45 p.m.

Registration Code: 110304-01

Girls

Ages: 5–8 years

Cost: \$80 Resident / \$90 Non-Resident

Saturday: 11:45 a.m. – 12:45 p.m.

Registration Code: 110304-02

Advanced Beginner Gymnastics

Prior participation in Beginner Gymnastics required; must be able to cartwheel on both sides, forward and backward roll, and bridge.

Ages: 5 – 8 years

Cost: \$80 Resident / \$90 Non-Resident

Saturday: 9 – 10 a.m.

Registration Code: 110306-01

Adult Recreation Programs

Iaido

Ages: 18 years and older

Monday and Thursday, 7:15 – 9:15 p.m.

Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan.

Today, Iaido is practiced to develop mental discipline, awareness, and physical harmony.

This is achieved through diligent practice and control of body and sword movements. Classes by Boston Iaido focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information please visit www.bostoniaido.com or email bostoniaido@yahoo.com.

Fencing

Thursday, 7:15 – 9:15 p.m.

Ever wished you could sword fight like the Three Musketeers or swashbuckle like a pirate? Learn to duel as they did during the Renaissance with Boston's local Society for Creative Anachronism (SCA) group. Loaner gear is available for beginners looking to try it out.

Contact the Greater Boston chapter of the SCA at fence-marshall@carolingia.eastkingdom.org to register, reserve gear or with any questions.

Find additional info on their website <https://carolingia.eastkingdom.org>.



Middle Eastern Dance

Thursday, 7:15 – 9:15 p.m.

Learn the dances as done through the ages from North African through the Middle East. Wear comfortable clothes for ease of movement. Join our dance practice with Boston's local Society for Creative Anachronism (SCA) group. We start with a warm up, focus on several steps/ concepts and close with open dance and cool down stretch.

Contact: serene@neotheo.com or erzulie@erzuliedancer.com with any questions. Additional info about the Boston SCA group at <https://carolingia.eastkingdom.org>.

Coed Volleyball (Pick-Up)

Ages: 18 years and older

Cost: \$7 for two hour session

Monday, 7:15 – 9:15 p.m.

Friday, 7:15 – 9:15 p.m.

Sunday, 12 – 2 p.m.

Weight and Cardio Room

Monday – Friday, 6 – 9 p.m.

Saturday, 12 – 5 p.m. *Hours occasionally extend, check with front desk.*

Sunday, 12 – 5 p.m.

Yoga

Tuesday, 7 – 8 p.m.

September 12 – November 14

Registration Code: 120501-01

Cost: \$90 Resident / \$100 Non-Resident

In this class, postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

Zumba

Sunday and Wednesday

Sunday 11:30 a.m. – 12:30 p.m. and

Wednesday 7 – 8 p.m.

September 10 – November 15

Registration Code: 120702-01

Cost: \$150 Resident / \$170 Non-Resident, 20 sessions

Sunday, 11:30 a.m. – 12:30 p.m.

September 10 – November 12

Registration Code: 120702-02

Cost: \$90 Resident / \$100 Non-Resident, 10 sessions

Wednesday, 7 – 8 p.m.

September 13 – November 15

Registration Code: 120702-03

Cost: \$90 Resident / \$100 Non-Resident, 10 sessions

Zumba is an exhilarating class that combines dance, Latin music, and aerobics. You'll burn 400–700 calories in one hour of fun. The class feels more like a party than a gym workout! Beginners and adults of all ages, shapes, and sizes are welcome. All you need is a fun-loving attitude and a desire to move.

Birthday Pool Parties

Available September 2023 – June 2024

Host a pool party for your child's next birthday at the War Memorial Recreation Center!

Patrons can reserve the War Memorial Recreation Center pools for birthday parties scheduled in September 2023 – June 2024.

(Reservations are not available during summer months.)

- The fee for a pool party is \$100.
- Pool parties are limited to 30 kids.
- Online registration for pool parties from September 2023 – January 2024 opened on July 19, 2023, at 5 p.m.
- Online registration for pool parties from February 2024 – June 2024 will open on December 6, 2023, at 5 p.m.

Location and Setup Information

Saturday Parties

1:30 p.m. : Setup
2 – 3:30 p.m. : Pool available
4 p.m. : Vacate building

Sunday Parties

1:30 p.m. : Setup
2 – 3:30 p.m. : Pool available
4 p.m. : Vacate building

The lounge area is available for refreshments. No one is to go into this area until they are dry and dressed. Refreshments are to be served after the pool portion of the party is over.

The lounge area will be setup in advance for your party. **Please do not rearrange the space.** You may decorate the lounge area but do not tape anything to the painted walls or surfaces as this will cause damage

Birthday Pool Party Rules and Regulations

- A minimum of 2 adults needs to be present at all times.
 - 1 adult per child if the child is using a lifejacket.
- A pool party that involves children under the age of 8 will require adults in the pool. Children under the age of 8 will be required to use lifejackets provided by the facility. No outside lifejackets or other items may be used in the facility. Please inform your guests.
- The lap pool is not available. If children wish to use the diving well, they must pass a test by swimming 25 yards without stopping. Staff will determine if a child qualifies.
- Guests must put all belongings in lockers in the locker room. Items left on the floor, tables, or chairs are tripping hazards.
- The Recreation Center may cancel parties due to weather or mechanical failure. Money will be refunded unless another date that is feasible is available.
- Guests are responsible for following the party rules and the general facility rules (see page 3). Failure to follow rules will result in no further bookings.

Facility Rates

Resident Rates

Resident	Pool	Weight and Cardio Room	Combo (Pool, Weight and Cardio Room)
Single Visit Child	\$1.25	N/A	N/A
Single Visit Adult	\$5.00	\$5.00	\$5.75
Single Visit Senior	\$2.00	\$2.00	\$2.75
Single Visit Couple	\$6.50	\$6.50	\$7.00
Single Visit Family	\$7.50	N/A	N/A
10 Visit Adult	\$45.00	\$45.00	\$55.00
10 Visit Senior	\$17.00	\$17.00	\$25.00
10 Visit Couple	\$60.00	\$60.00	\$70.00
10 Visit Family	\$70.00	N/A	N/A
24 Week Adult	\$165.00	\$165.00	\$185.00
24 Week Senior	\$55.00	\$55.00	\$75.00
24 Week Couple	\$190.00	\$190.00	\$205.00
24 Week Family	\$205.00	N/A	N/A
48 Week Adult	\$215.00	\$215.00	\$255.00
48 Week Senior	\$80.00	\$80.00	\$95.00
48 Week Couple	\$305.00	\$305.00	\$355.00
48 Week Family	\$355.00	N/A	N/A

Facility Rates

Non-Resident Rates

Non-Resident	Pool	Weight and Cardio Room	Combo (Pool, Weight and Cardio Room)
Single Visit Adult	\$6.00	\$6.00	\$6.50
Single Visit Senior	\$2.25	\$2.25	\$3.00
Single Visit Couple	\$7.50	\$7.50	\$8.00
10 Visit Adult	\$55.00	\$55.00	\$65.00
10 Visit Senior	\$21.00	\$21.00	\$35.00
10 Visit Couple	\$70.00	\$70.00	\$80.00
24 Week Adult	\$185.00	\$185.00	\$205.00
24 Week Senior	\$80.00	\$80.00	\$105.00
24 Week Couple	\$205.00	\$205.00	\$230.00
48 Week Adult	\$235.00	\$235.00	\$280.00
48 Week Senior	\$105.00	\$105.00	\$125.00
48 Week Couple	\$330.00	\$330.00	\$380.00

Pool Schedule (Fall 2023)

- Children's fee must be paid from birth–17 years.
- Senior Citizen rates are for those 55 and over as well as participants with a disability with suitable documentation.
- Lap swim may be impacted from time to time for regularly scheduled swim meets.
- Proof of age must be shown when ticket or passes are purchased. MBTA card, MA Driver's License or ID accepted.
- A couple constitutes two people living at the same address. Proof must be shown by both participants.
- To purchase a family ticket all family members must have proof they live at the same address.
- To receive the resident rate on any activity proof of residence must be shown. Proof of residence is a valid MA Driver's License or ID, utility bill, or rent receipt. This is all that will be accepted.
- Please be aware that our pool is a shared space and this schedule may shift as needed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					The Cambridge Program 8 – 10 a.m.	
					Cambridge Synchro 8:30 – 10 a.m.	
	Adult Lap Swim 5:15 – 6:45 p.m.		Adult Lap Swim 5:15 – 6:45 p.m.	Family Swim 5:30 – 8:30 p.m. (lap pool not available)	Children's Swim Lessons 10 a.m. – 2 p.m.	Family Swim 12:30 – 4:30 p.m.
Sea Dawgs 5:30 – 7:30 p.m.	Family Swim 5:15 – 6:30 p.m. (lap pool not available)	Sea Dawgs 5:30 – 7:30 p.m. Cambridge Swans 7:15 – 8:30 p.m.	Family Swim 5:15 – 6:30 p.m. (lap pool not available)	Sea Dawgs 5:30 – 7:30 p.m.	Family Swim 2 – 4:30 p.m.	Adult Lap Swim 12:30 – 4:45 p.m.
Aqua Aerobics 5:30 – 7:45 p.m.		Aqua Aerobics 5:30 – 7:45 p.m.		Adult Lap Swim 7:30 – 8:45 p.m.	Adult Lap Swim 2 – 4:45 p.m.	
	Masters Swim 6:45 – 8 p.m.	Adult Lap Swim 7:30 – 8:45 p.m.	Masters Swim 6:45 – 8 p.m.			
Adult Lap Swim 7:30 – 8:45 p.m.	Cambridge Synchro 6:30 – 9 p.m.		Cambridge Synchro 6:30 – 9 p.m.			

Pool Rules and Regulations

- No one may enter the pool if the lifeguards are not present.
- No running, pushing or rough play allowed.
- All children will be evaluated for swimming ability before going into the diving well.
- Children under the age of eight must be accompanied by an adult (limit 1) during family swim.
- Children seven and under must be accompanied by an adult while in the pool.
- Children who are not toilet trained must use a swim diaper.
- The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Only Recreation Department staff are allowed to instruct in facility pools.
- Cleansing shower required before entering the pool.
- Adult lap swim is for persons 18 years and older.
- Pool lanes may be pulled for other activities.
- Please stay off pool lane lines.
- Diving may take place only in the diving well.
- One person on the diving board at a time.
- No diving into lap or small pool.
- Catching people on or off the diving board is prohibited.
- No lap swimming in the diving well.
- No shoes or strollers on the pool deck
- Speed of lane is determined by the fastest swimmer.
- Circle swimming is permitted only in the lap pool.
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer.
- Please allow lifeguards to focus on keeping the pool safe while they are on duty.
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane.
- Lifeguards and managers have final say in all pool related matters.
- Patrons are not allowed on the starting blocks of the lap pool.



Registration Information

Register Online

- Visit:
www.cambridgema.gov/DHSP/WarMemorial
- Click "Register for War Memorial Programs"
- If you have never participated in an activity with us, click the "Need an Account" link and fill out the form completely.
- If you have taken an activity with us but never enrolled online, we will email you a temporary username and password. Once logged in, the system will prompt you to change it.
- If you have forgotten your password, click the "Forgotten your Information" link and follow the security prompts.
- If you have problems with online registration please call 617-349-6279 during the following hours:
Monday – Friday: 5 – 8:30 p.m.
Saturday: 8:30 a.m. – 4:30 p.m.
Sunday: 11:30 a.m. – 4:30 p.m.

Register by Mail

(See registration form on page 22)

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

Vladimir Pierre
Fall 2023 Registration
51 Inman Street
Cambridge, MA 02139

Mailing in your registration does not guarantee a spot on our enrollment.

Walk-in Registration

Completed registration forms can be brought to the War Memorial's Front Desk at 1640 Cambridge St, Cambridge, MA. Please enter through Door 15. Cash, checks and credit cards are accepted for walk-in registration.



Registration Information

Registration Form

Please fill using CAPITAL letters.

Head of Household

Last Name _____ First Name _____ Sex: ☐ Female ☐ Male

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency Contact/Name _____ Contact Number _____

Email address for notification purposes _____

☐ Cambridge Resident ☐ Non-resident ☐ Change of Address

Child Participant

Child's Name _____ Sex: ☐ Female ☐ Male

Age _____ Date of Birth _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Adult Participant

Name _____ Sex: ☐ Female ☐ Male

Date of Birth _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Second Choice if Class is Full

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Media Release

☐ I do ☐ I do not give permission to the City of Cambridge and War Memorial Recreation Center to use photographic and video reproductions for publicity purposes.

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

_____ Date _____

Scholarship Request Form

City of Cambridge Department of Human Service Programs Recreation Department Scholarship Request Form

Mail to: Vladimir Pierre • Fall 2023 Registration

Department of Human Service Programs, 51 Inman St, Cambridge, MA 02139

Program Name _____

Child's Name _____ Child's Name _____

Address of Child/Children _____

Family Information

1. Parent/Guardian Name _____ Social Security Number _____

Address _____ Home Phone _____

Place of Employment _____ Work Phone _____

2. Parent/Guardian Name _____ Social Security Number _____

Address _____ Home Phone _____

Place of Employment _____ Work Phone _____

Income Information

Proof of residency and documentation of income must accompany this application. Please report the income of ALL adults in the household. Failure to do so, withholding information, under-reporting income, or submitting false information will result in disqualification of your scholarship request.

Total Number in Family _____ Number of Adults _____ Number of Children _____

Wage Earner #1 Gross Weekly Income \$ _____

Wage Earner #2 Gross Weekly Income \$ _____

Other Family Income (Monthly) \$ _____

☐ WIC ☐ Welfare ☐ Child Support ☐ Rents ☐ Alimony ☐ Unemployment ☐ Other

Total Monthly Income \$ _____

Are all adults working? ☐ Yes ☐ No

All of the above information for each adult in the household must be documented in writing.

Have you been awarded a DHSP scholarship in the past? ☐ Yes ☐ No

If yes, when? Year _____ Amount \$ _____ Program _____

I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.

Parent/Guardian Signature _____ Date _____

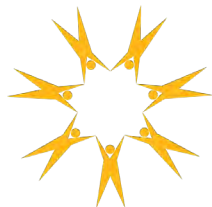
Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3 – 12 years old are eligible for scholarship assistance. No more than two scholarships per child will be granted during a calendar year. Additional documentation will be required to confirm scholarship eligibility. Please do not send a check for payment until your scholarship is confirmed. Contact 617-349-6279 or askdhsp@cambridgema.gov if you have questions about the scholarship application process.

War Memorial Recreation Center

1640 Cambridge Street (Door 15), Cambridge, MA

617-349-6279 • askdhsp@cambridgema.gov

www.cambridgema.gov/DHSP/WarMemorial



Department *of*
Human Service Programs

