



War Memorial Recreation Center

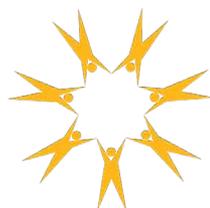
Winter 2022 Programming

1640 Cambridge Street, Cambridge, MA

Phone: 617-349-6279

Email: askdhsp@cambridgema.gov

www.cambridgema.gov/DHSP/WarMemorial



Department of
Human Service Programs



Contents

- 1 Rules, Regulations, Policies, and COVID-19 Safety Protocols
- 3 Children's Swim Programs
- 6 Sea Dawgs Competitive Swimming
- 7 Youth Programs: Gymnastics
- 8 Karate
- 9 Adult Swim Programs: Aqua Aerobics, Masters Swim
- 10 Adult Recreation Programs: Zumba, Pick-Up Volleyball, and Weight & Cardio
- 11 Facility Rates
- 13 Pool Schedule
- 14 Pool Rules & Regulations
- 15 Registration Information
- 17 Scholarship Request Form

Operating Hours

Monday–Friday: 5:15 – 9:15 p.m.

Saturday: 8:30 a.m. – 5:15 p.m.

Sunday: 11:30 a.m. – 5:00 p.m.

Doors lock 30 minutes prior to closure.

Closures

The War Memorial Recreation Center will be closed during the following dates:

- Thursday, December 23 through Sunday, January 2
- Monday, January 17
- Monday, February 21
- Sunday, April 17
- Monday, April 18



Rules, Regulations, Policies and COVID-19 Safety Protocols

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We are eager for you to enjoy this fantastic facility. There is general information you need to know that will make your use of this facility easy and pleasant. The Recreation Program's entrance is located at Door 15 of 1640 Cambridge Street, Cambridge MA 02138. Please take the time to review our rules for use of the facility. We look forward to serving you!

Resident and Non-Resident Access

During Winter 2022, only Cambridge residents are eligible to enroll in youth classes or programs. Adult classes are open to non-residents, but with priority given to Cambridge residents.

COVID-19 Safety Protocols

During Winter 2022, capacity at the War Memorial Recreation Center will be limited to 70% or less. Visitors to the War Memorial and participants in activities must follow these safety protocols:

- **Masks are required for all staff and visitors inside the building, except when swimming.**
- **All patrons must check-in and sign in.**
 - Patrons should arrive at the facility no sooner than 5 minutes before their activity is scheduled to start and come ready to participate.
 - Patrons should enter and exit the facility through Door 15 on Cambridge Street.
 - A health screening will be posted at the Front Desk as patrons check in for their activity.
 - After checking/signing in, patrons will be directed to their activity.
- Patrons should maintain a distance of 3 feet from anyone not in their group.

- Children under 8 must have a parent or caregiver (limited to 1 person) present at all times and will be directed to observe their children from designated areas.
- No food or drink (except water) is permitted in the facility.
- Patrons must bring their own clearly marked water bottle.
- The Dance Studio is not currently in use.
- Patrons may access the locker rooms **after** their activity. A passing time of 30 minutes will be built in to scheduled programming to reduce clusters of people throughout the building.

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 made up if cancelled due to the weather or instructor absence
- Inappropriate behavior and use of offensive language will not be tolerated
- No heeled or marking-soled shoes in the field house
- Patrons must return all equipment after use
- No glass is allowed in the building
- Patrons are required to leave the facility on time
- The City of Cambridge is not responsible for lost or stolen valuables.

Pool Rules and Regulations are available on page 14.

Refund Policy

Full refunds will be provided if a class is cancelled due to low enrollment or a patron can no longer participate due to a medical need and provides a doctor's note. All other refund 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 and the City of Cambridge are not responsible for lost, stolen or damaged personal property.

Food & Drink Policy

Food and drink are not allowed in the facility except for non-glass containers or bottles for water. Recreation and School Department staff appreciate patrons' cooperation in keeping the center as clean as possible.



Children's Swim Programs

Programs offered Saturdays, January 8–March 12 (10 weeks)

During Winter 2022, Children's programs are open to Cambridge residents only

The Cambridge Recreation Department uses the American Red Cross's swim program to set the levels of each swim class offered at the War Memorial. 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; please only raise progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

Parents are invited to observe from designated areas. Parents are allowed in the water with children only during Toddler/Preschool classes.

Toddler/Preschool

Ages: 18 months–4.5 years old

Cost: \$70 per child (must be Cambridge resident)

Saturday: 12:00–12:30 p.m.

Registration Code: 210101-01

Saturday: 12:30–1:00 p.m.

Registration Code: 210101-02

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

Level 1: Water Exploration

Ages: 5–12 years old

Cost: \$70 per child (must be Cambridge resident)

Saturday: 10:00–10:40 a.m.

Registration Code: 210105-01

This class 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 old

Cost: \$70 per child (must be Cambridge resident)

Saturday: 11:00–11:40 a.m.

Registration Code: 210106-01

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 Readiness

Ages: 5–13 years old

Cost: \$80 per child (must be Cambridge resident)

Saturday: 12:00–12:40 p.m.

Registration Code: 210108-01

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 Development

Ages: 5–14 years old

Cost: \$80 per child (must be Cambridge resident)

Saturday: 1:00–1:40 p.m.

Registration Code: 210110-01

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

Level 5: Skill Refinement

Ages: 5–14 years old

Cost: \$80 per child (must be Cambridge resident)

Saturday: 1:00–1:40 p.m.

Registration Code: 210111-01

Purpose: Provides further refinement of the following strokes:

- Freestyle
- Backstroke
- Breaststroke

Level 5 participants will also learn to perform:

- Butterfly
- Front flip turn
- Backstroke flip turn
- Competition start from blocks
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly
- 5 minutes of treading water
- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly

Sea Dawgs 2021–2022 Season

Cambridge Recreation Swim Team

Cambridge residents only.

Limited spots available during Winter 2022.

Cost: \$260 for first child, \$130 for each additional sibling

January 10–March 11

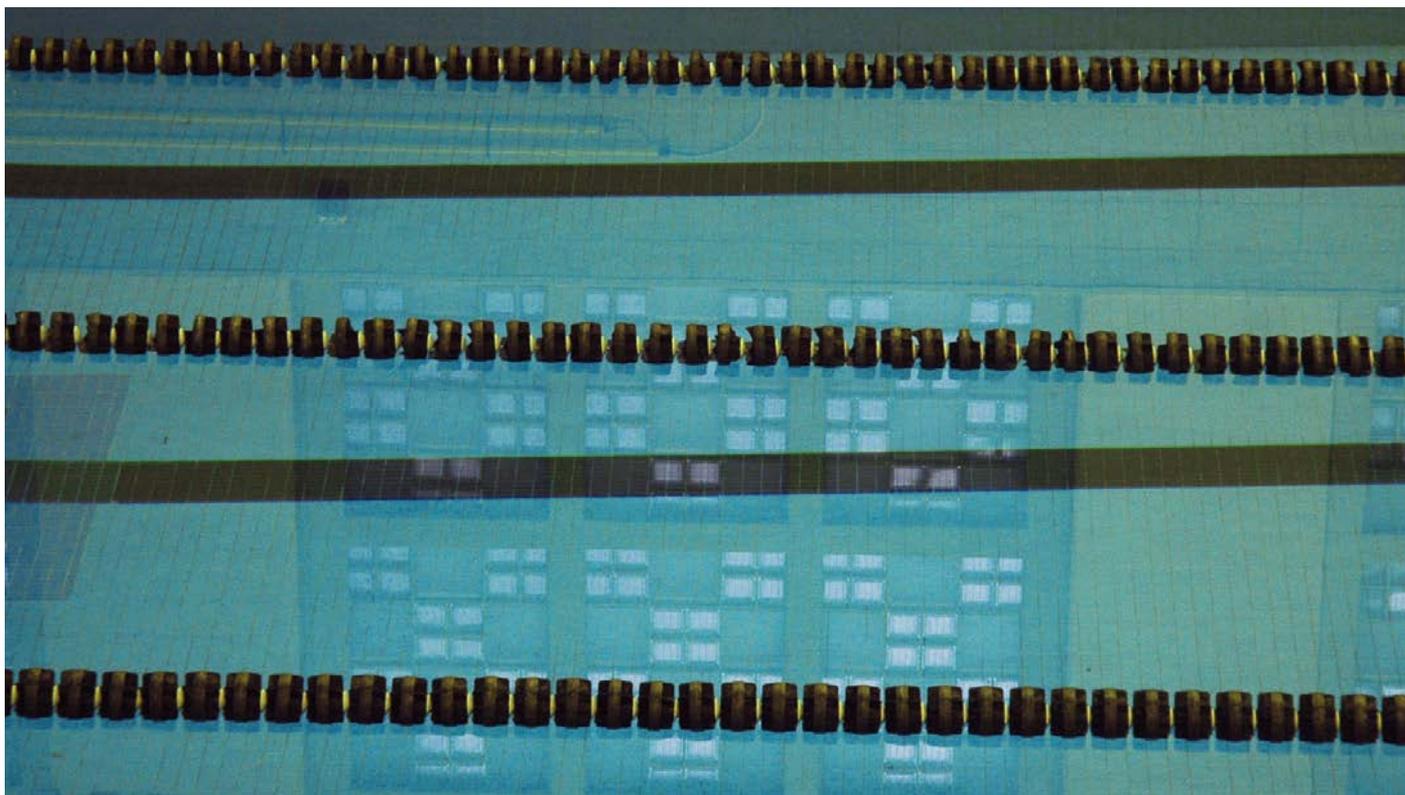
(No Class: January 17, February 21)

Schedule: Mondays 5:30–7:30 p.m. |
Wednesdays 5:30–7:30 p.m. | Fridays 5:30– 7:30 p.m.

The Cambridge Sea Dawgs is a 100% volunteer non-profit organization that promotes competitive swimming as well as an active lifestyle and introduces swimming as a lifetime sport! The mission of the program is to provide an inclusive environment for all participants through dedication to sportsmanship and healthy competition.

Our program is open to any child between the ages of 6–18 who can successfully swim a continuous 25 yards of freestyle, backstroke, and breaststroke (without assistance or stopping). A basic understanding of butterfly is also expected. Please keep in mind this is **not** a learn to swim program; any swimmer interested in joining our team must have prior swim knowledge and instruction. Fundamentals of each competitive stroke is required.

For more information, please email
cambridgeseadawgs@cambridgema.gov



Youth Programs: Gymnastics

Classes offered Saturdays, January 8–March 12, 2022 (10 weeks)

During Winter 2022, Children's programs are open to Cambridge residents only

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 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 (must be Cambridge resident)

Cost: \$75

Saturday: 8:45–9:30 a.m.

Registration Code: 210301-01

Saturday: 9:45–10:30 a.m.

Registration Code: 210301-02

Ages: 3–4 (must be Cambridge resident)

Cost: \$75

Saturday: 10:45–11:30 a.m.

Registration Code: 210301-03

Beginner Gymnastics

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

Boys

Ages: 5–8 (must be Cambridge resident)

Cost: \$80

Saturday: 11:45 a.m.–12:45 p.m.

Registration Code: 210304-01

Girls

Ages: 5–8 (must be Cambridge resident)

Cost: \$80

Saturday: 11:45 a.m.–12:45 p.m.

Registration Code: 210304-02

Advanced Beginner Gymnastics

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

Girls

Ages: 5–8 (must be Cambridge resident)

Cost: \$80

Saturday: 9:00–10:00 a.m.

Registration Code: 210306-01

Karate

Classes offered Saturdays, January 8 – March 12, 2022 (10 weeks)

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 \$170.00 and one check payable to the City of Cambridge for \$25.00.

Little Dragons

Ages: 3–5

Schedule: 9:00–9:30 a.m.

Registration Code: 210201-01

Junior Beginners

Ages: 6–10

Schedule: 9:30–10:15 a.m.

Registration Code: 210201-02

Junior Advanced

Ages: 11–13

Schedule: 10:15–11:00 a.m.

Registration Code: 210201-03

Teens

Ages: 13 and up

Schedule: 11:00–11:45 a.m.

Registration Code: 210201-04



Adult Swim Programs

Non-residents welcome to register; priority given to Cambridge residents

Aqua Aerobics (Deep Water)

Whether you are new to exercise, or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. Aqua aerobics utilizes the resistant property of water to yield a challenging workout with minimal impact on joints. The deep-water classes are geared toward a range of ages and conditioning levels in order to address individual fitness goals.

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

Monday & Wednesday: 6:30–7:30 p.m.

January 3–March 16 (11 weeks)

No class on January 17 and February 21

Registration Code: 220301-01

Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 5 swim competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. Participants complete posted workouts each class, which involve some combination of freestyle, backstroke, and breaststroke.

Cost: \$105 Residents / \$115 Non-Residents

Tuesday and Thursday: 6:45–8:00 p.m.

January 11–March 17 (10 weeks)

Registration Code: 220401-01



Adult Recreation Programs

Zumba

January 9 – March 9 (9 weeks)

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.

Cost for 1 day/week:

\$90 Residents / \$100 Non-Residents

Sunday: 12:00–1:00 p.m.

Registration Code: 220702-02

Wednesday: 7:15–8:15 p.m.

Registration Code: 220702-03

Cost for 2 days/week:

\$150 Residents / \$170 Non-Residents

Sunday & Wednesday

Registration Code: 220702-01

Adult Coed Volleyball (Pick-Up)

Ages 18 and over

Cost: \$7.00 per session

Monday: 7:15–9:15 p.m. (starting January 3)

Friday: 7:15–9:15 p.m.

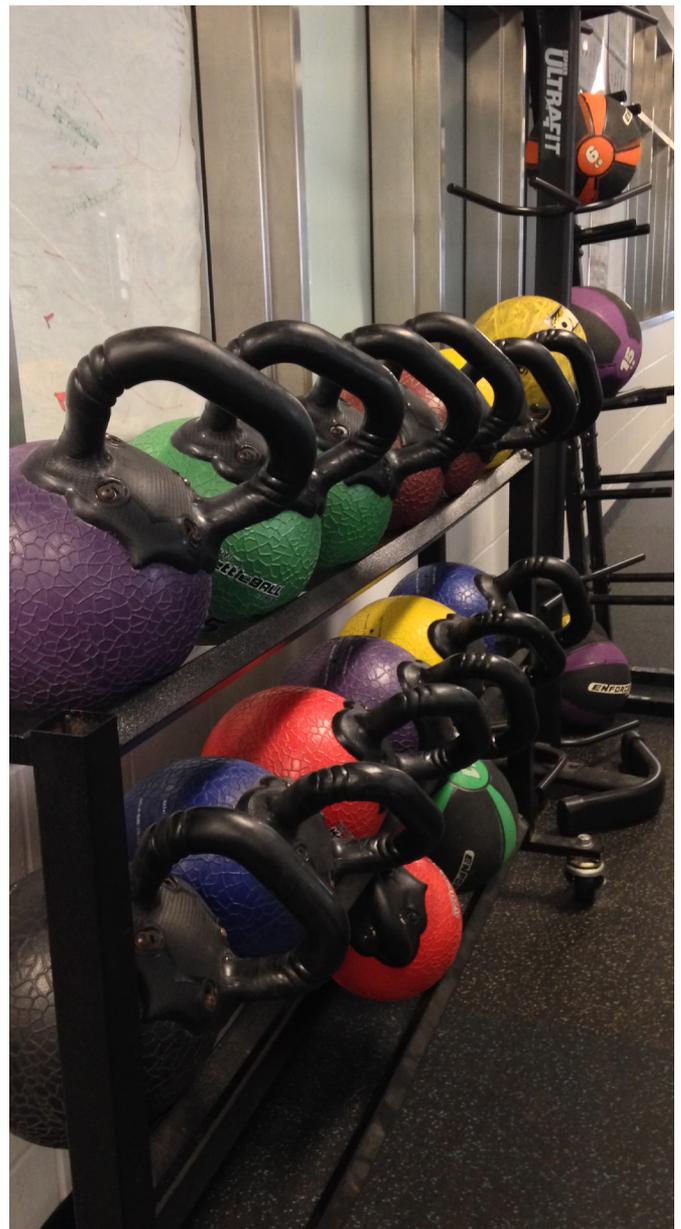
Sunday: 12:00–2:00 p.m.

Weight & Cardio Room

Monday–Friday: 6:00–9:00 p.m.

Saturday: 2:00–5:00 p.m.

Sunday: 2:00–5:00 p.m.



Facility Rates

Resident Rates

Resident	Pool	Weight & Cardio Room	Combo (Pool Weight & 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 & Cardio Room	Combo (Pool Weight & 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

Winter 2022 Pool Schedule

- 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
	Adult Lap Swim 5:15–6:30 p.m.		Adult Lap Swim 5:15–6:30 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 1:30–4:30 p.m.
Sea Dawgs 5:30- 7:30 p.m.	Family Swim 5:15–6:30 p.m. (lap pool not available)	Sea Dawgs 5:30–7:30p.m.	Family Swim 5:15–6:30 p.m. (lap pool not available)	Adult Lap Swim 7:30-8:45 p.m.		Adult Lap Swim 1:30–4:45 p.m.
Aqua Aerobics 6:30-7:30 p.m.		Aqua Aerobics 6:30-7:30 p.m.		Sea Dawgs 5:30–7:30 p.m.	Family Swim 2–4:30 p.m.	
	Masters Swim 6:45-8:00 p.m.	Adult Lap Swim 7:30- 8:45 p.m.	Masters Swim 6:45-8:00 p.m.		Adult Lap Swim 2–4:45 p.m.	
Adult Lap Swim 7:30–8:45 p.m.						

Pool Rules & 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 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: 5:15–8:45 p.m., Saturday: 8:30 a.m.–4:30 p.m., Sunday: 11:45 a.m.–4:30 p.m.

Register by Mail

(See registration form on page 16)

Please mail registrations to:

Derrick Harris
Winter 2022 Registration
51 Inman Street
Cambridge, MA 02139

Postmark required. 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 _____

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 _____

Age _____ Date of Birth _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Adult Participant

Name _____

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: Derrick Harris * Winter 2022 Registration, 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 received scholarship assistance. Children 3–12 years old are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2021 and June 30, 2022. Mail in your completed registration form, scholarship request form, and a copy of your 2020 tax return.

Please do not send a check at this time. If you receive a scholarship, you will be requested to pay when your confirmation is received and at that time you will be required to send a check to the War Memorial (made payable to the City of Cambridge).

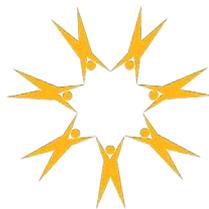
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