

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



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### PLEASE READ

#### Sea Dawg's Swim Team Fall Program

If you are looking for a competitive swim program for your child consider the Sea Dawg's. Skills and technique are emphasized in this program as well as good sportsmanship and healthy competition. Children age 5-18 may participate. You must be able to swim twenty-five yards of free style, back stroke and breast stroke. You do not have to be perfect but this is not a learn to swim program. If you cannot do the butterfly the coaches will teach. Parents are a vital part of the program and are required to volunteer at meets as part of their responsibility. It is important that your child comes to as many practices as possible in order that they improve their times and skills as well as participate in conditioning. Their full participation is the only way to have a successful team.

Cost 300.00 for first child each additional is 150.00.

Registration and suit fitting for current members is as follows: last name A-H Monday ,October 5,2009; I-P Tuesday, October 6,2009; and Q-Z Wednesday October 7,2009 from 5:30-7:30pm Practice begins October 14 from 5:45-7:15 (M-W-F) Payment due at registration before suit try on. If you participated during the summer you do not need to tryout.

Additional practice time is being added to the schedule in case the program grows beyond last year's numbers. Practice space was tight last year and additional participants are expected from the summer program. The additional hours are Monday 5:15-7:15 and Sunday 10:30-12:00. It has not been determined yet who will practice at which time slots. It may well be decided by experience and skill level. More coaches will be added if the numbers increase as expected. Also due to the expected increase in numbers it will not be possible to pay for bathing suits. Participants will be required to pay half. It will be 30.00 for the girls and 25.00 for the boys. Checks should be made out to Varsity Swim Shop.

New Members tryout will be Wednesday October 7,2009 and Friday October 9,2009 from 6:15-7:15. Registration and suit fitting will be Wednesday October 14 from 5:45-7:15 and Friday October 16 from 5:45-7:15.

There will be no suit try ons or exchanges after October 16 and registration will be closed. Refer questions to Donna Cameron 617-349-6237.

#### **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.



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#### **Operating Hours**

Monday-Friday the desk opens at 5:15pm 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 11:45 Facility closes at 5:15pm.

The front door is locked 45 minutes before the facility closes based on the clocks in the facility.

#### **Dates Closed**

October 12

November 11, 25-29

December 23-31

January 1, 2-3, 18

February 15

April 4, 19

May 28-31

June 3

July 5

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

War Memorial is fully accessible.



# **Information Page**

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We hope you will enjoy this fantastic facility. There is general information you need to know that will make your use of the facility easy and pleasant. The recreation program now has its own entrance, so please use it when you come to the facility. Please read the rules so you will be aware of your responsibilities while using the War Memorial. The address is 1640 Cambridge Street.

Bring a lock for your locker with a thin stem.

Inside this facility you will find three pools, a gym, basketball, volleyball and tennis courts. Also, new locker rooms, family/ handicapped changing space, a state of the art weight room, classrooms and a facility that is fully accessible 🕹 . The facility is air conditioned and climate controlled.

# **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.

# Food & Drink Policy

This is a brand new facility and there is no food to be brought in by the public or students. We are rid of bugs and rodents and wish to keep it this way. Water is all that is allowed to be brought in. There is to be no coffee, juice, tea, soda or food of any kind. It will be greatly appreciated by the Recreation Department and School Department if everyone will cooperate in keeping the center clean and beautiful. There are minimal events that are sponsored by both departments that are exceptions and they are planned for and contained in specific areas. Thank you again for your cooperation.

# **Rules & Regulations**

The following rules and regulations are required of all participants at the War Memorial Facility. Policies for War Memorial Use:

- All patrons are required to check in at the desk
- Please use recreation entrance to enter and leave
- City of Cambridge is not responsible for valuables brought to the facility
- Classes will be made up if cancelled due to the weather or instructor absence
- All patrons are expected to follow the rules
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Division does not discriminate on the basis of ability Auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policy and procedures to persons with disabilities upon request
- No males or females are allowed in the opposite sex locker room. Family changing space is available
- Children under the age of twelve must be accompanied by an adult during family swim

- Adult lap swim is for eighteen and over
- Children seven and under must be accompanied by and adult while in
- Lanes may be pulled for other activities
- Please stay off lane lines
- Please do not engage guards in unnecessary conversation while they are on duty
- Diving only in diving well
- All children will be tested before going into diving well
- One person on the board at a time
- No one may catch someone on the diving board
- No swimming in diving well
- Patrons are required to return all equipment to its proper location
- No glass in pool area or locker rooms
- All patrons are to leave facility on time
- Children who are not toilet trained must wear a swim diaper
- No shoes or strollers on pool deck

- The only swim device allowed on a child is a coast guard approved life jacket and parent/ guardian must be in the pool
- No heels on the Field House floor
- Only white soled sneakers allowed on the Field House floor.
- •Speed of lane determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane as long as you can keep up with the fastest swimmer
- Circle swimming only
- •No diving into lap or small pool
- Lifequards and managers have final say regarding pool questions.
- •Lifeguards will manage speed of lanes and may ask you to move if you are not keeping up with the fastest swimmer.
- Cleansing shower required before entering the pool
- Patrons are not allowed on the diving blocks
- •No one may enter the pool if lifeguards are not present.
- No running, pushing, or rough play allowed.



#### 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 ten need to be accompanied by an adult. All class participants are required to check in at the front desk and check in at the pool and gym (parents of young children may do the checking in and siblings can come, but are not allowed to participate). 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. You will be referred to me for entry after class registration is closed.

#### **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 contamination happens the pool has to be closed for twenty-four hours. 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. 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 balcony 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. 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. 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 617 349-6237.

Sincerely.

Dorra M. Canecor

Donna M. Cameron, Recreation Activities Manager





#### At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. 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 October 3 - December 12 (10 weeks)

No class November 28

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 CS106 Saturday 12:30-1:00pm

Ages: 18 months-4.5 years

\$70 Resident / \$75 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 \$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, 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

Ages: 5-11 years

\$70 Resident / \$75 Non-Resident

Purpose: Helps students feel comfortable 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 and back
- Use a life jacket
- Follow basic water safety

#### Exit skills

- 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".
- 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

\$70 Resident / \$75 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 rhythmic 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.
- Push off and swim using a combination of arm and leg actions for 15 feet on the back.

#### **Level III: Stroke Readiness**

CS111 Saturday 10:00-10:45am CS112 Saturday 12:30-1:15pm

Ages: 5-11 years

\$75 Resident / \$80 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

 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

\$75 Resident / \$80 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

- 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

\$75 Resident / \$80 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

- 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.

#### **Level VI: Skill Proficiency**

CS116 Saturday 1:30-2:15pm

Ages: 5-14 years

\$75 Resident / \$80 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" options 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

- 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.

#### Cambridge Synchronized Swim Team

SST01 Tues. & Thurs. 7:00-9:00pm Saturday 8:00-10:00am

Fee: \$700

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: November 26, Dec. 24, 26 and 31.

Coaches: Emily Kokernak & Jocelyn

**Phillips** 

# Synchronized Swimming Beginner Class

BSS01 Saturday 10:00-11:00am

October 3-December 12

Ages: 6+ years Fee: \$100

Requirements: Students must be comfortable in water that is twelve feet deep.

#### **Private Swim Lessons**

Call or email Donna Cameron 617 349-6237 or dcameron@cambridgema.gov

If you are interested in private lessons please follow the process.

Lessons will be available Monday-Thursday from 3:30-5:30

Lessons are limited and will be on a first come first serve basis 6 week minimum for lessons 1 hr. lesson 40.00 Half hour lesson 20.00

These prices are for a single child Buddy Lessons are only available for 1 hr. and ages 7-12

Both children must have equal swimming ability. This will be determined by the instructor.

Price for a Buddy lesson is 25.00 per. student per hour.

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.

Come and take class with our great teachers. Angelique Smith and Marco Bonilla have been teaching for Cambridge Recreation for many years and are both certified instructors in gymnastics.

#### Children's Class **Kempo Karate**

October 3 - December 12 (10 weeks)

KA101 Saturday 9:00-9:45 am Ages 4-6 years (only)

KA102 Saturday 9:45-10:30 am Ages 7-12 years (only)

Please make checks out to Steve Nugent for 150.00 and a check for 25.00 to City of Cambridge for registration and mail all to fall registration.

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 included in the fee.

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 October 3 - November 21 (8 weeks) Ages: 2-3 \$70 Resident / \$75 Non-Resident

#### GYM 2:

Intro 10:15-11:00am October 3 - November 21 (8 weeks) Ages: 3-4

\$70 Resident / \$75 Non-Resident

# **Safety Awareness**



#### **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 selfconfidence. Parents must be available to take children to the bathroom.

#### **GYM 3:**

Plus 10:15-11:00 am (1-2 semesters of experience required) October 3 - November 21 (8 weeks)

Ages: 2-4

\$70 Resident / \$75 Non-Resident

# **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 October 3 - November 21 (8 weeks) Ages: 5-8 \$75 Resident / \$85 Non-Resident

#### **GYM 7:**

Girls 11:00-12:00pm October 3 - November 21 (8 weeks) Ages: 5-8

\$75 Resident / \$85 Non-Resident

# **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 October 3 - November 21 (8 weeks) Ages: 4-8; Girls \$75 Resident / \$85 Non-Resident

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





\$70 Resident / \$80 Non-Resident October 3 - December 12 (10 weeks) Parents are asked to participate in Pee Wee Classes.

#### **Pee Wee Tennis**

CT102 - Saturday, 9:00-9:45am

Ages: 4-6 years (only)

This class is for students with no previous experience or limited experience.

# **Beginner Tennis**

CT103 - Saturday, 9:45-10:30am

Children's Ages: 7-9 years

This class is for students with absolutely no experience.

# **Beginner Tennis**

CT110 - Saturday, 10:30-11:15am

Ages: 10-12 years

This class is for students with absolutely

no experience.

# **Advanced Beginner Tennis**

CT111 - Saturday, 11:15-12:00pm

Ages: 8-10 years

This class is for students who have taken some lessons, can keep score, and know

the rules of the game.

# **Advanced Beginner Tennis**

CT108 - Saturday, 12:45-1:30pm

Ages: 11-13 years

This class is for students who have taken some lessons, can keep score, and know the rules of the game.

Intermediate Tennis

CT109 - Saturday, 1:30-2:15pm

Ages: 9-13 years

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready

for serving and volleying.

# MIDDLE SCHOOL CLASSES

# Middle School Weight Training

WT101 Saturday 12:30 - 1:30pm October 3 - November 21 (8 weeks)

WT102 Sunday 1:00 - 2:00pm

October 4 - November 22 (8 weeks) Ages 11-13

Fee: \$65.00

This class will introduce middle school students to weight training. The class will be conducted in a safe and responsible manner. Instructor will be certified to work with this age group. Instructors Diego Marigorda and Amanda Balzarini

# Middle School Volleyball

VB101 Saturday 2:30-4:00 pm

Ages 11-13 years

October 3 - November 21 (8 weeks)

Fee: \$50.00

If you play volleyball in school or participate in intramurals, and would like to improve your skills or learn how to play, then this is the class for you. High school coach Kelly Leary will be helping you develop your skills and become a better player. This class is for students who really want to improve.

# CAMBRIDGE INTRODUCES ELITE AND RECREATION FUTSAL AT THE CAMBRIDGE WAR MEMORIAL RECREATION CENTER

#### **Our Program**

The league will include boys and girls ages 10 through 13 Recommended team size is 8-11 players

Individuals without a team can register and be placed on a team

Session I: November 7- December 19 (Saturday games) 3:00-5:00pm

Session II: January 9- March 13 (Saturday games) 3:00-5:00pm

Official refereed games in accordance with FIFA rules Fee \$675 per team Session I. \$725 per team Session II

#### 5 v 5 Futsal

Quimars Hedaytian, head coach of AC Arlington, a top Massachusetts Premier League Club with two MA State Futsal Championships, brings elite and recreational Futsal to Cambridge.

Many of the top European players like Robinho and Ronaldinho developed their skills on the Futsal court. Now bring your team to the War Memorial Recreation Center conveniently located in Cambridge and develop your player's touch and games tactics before the spring season. Teams will play on the state of the art large courts.

Easy registration online at WWW.AC-ARLINGTON.COM Questions? Call 617-669-5585 or e-mail CHEMACK@AOL.COM



# ADULT CLASSES

# **Beginner/Advanced Beginner Tennis**

AT101 - Thursday, 7:15-8:15pm October 1 - November 19 (8 weeks) \$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 October 1 - November 19 (8 weeks) \$70 Residents / \$80 Non-Residents This class is for students with experience and will provide the opportunity to advance skills. Instructor: John Reale

#### laido

# Monday and Thursday 7:15PM to 9:15PM Ages 18 and over

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

Today, laido is practiced to develop mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes 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 our school website at bostoniaido.com; or, by email at bostoniaido@yahoo.com.

#### Zumba

Zumba is an exhilarating class that combines dance, Latin music and gerobics. You'll burn 400-700 calories in one hour of fun. The class feels more like a party then a gym workout. When you leave you will feel happy and energized. Beginners' and all age adults, shapes and sizes are welcome. All you need is a fun loving attitude and a desire to move.

#### Instructor Lauren Summers

AZ 101 Tuesday & Friday 6:00-7:00pm September 29 - December 8 (10 weeks)

Twice a week \$120.00 Resident \$130.00 Non-resident

Once a week \$60.00 Resident \$70.00 Non-resident

Student must choose either Tuesday or Friday if participating only once a week. There is no drop in option.







#### **Adult Swim Lessons**

Monday September 28 – November 23 (8 week session) No class October 12 \$60.00 resident / \$70.00 non-resident

#### 6:30-7:15 Class I AS110

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 round three and a half foot deep pool. 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, and begin to learn the front and back crawl, and many other skills.

#### 7:15-8:00pm Class II AS111

This class is for you if you can swim 25 yards, are comfortable 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.

Instructor Jason Ramos

# **ADULT SWIMMING**

#### **Aqua Aerobics**

- 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 order to 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 the diving pool, using flotation belts. Resistance bells and flotation belts are provided. If you have not considered aqua aerobics please give us a try.
- Lifeguards are present during the class. Our Instructor is Pam Foggo.

#### **Deep Water Workout**

AQ101 – Monday and Wednesday

5:30-6:45pm

September 28 - December 14

No class Oct 12 and Nov 11 & 25 \$90 Residents / \$100 Non-Residents

AQ102 – Monday and Wednesday

6:45-8:00pm

Septeber 28 - December 14

(10 weeks)

No class Oct 12 and Nov 11 & 25 \$90 Residents / \$100 Non-Residents

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.

# **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 28 - December 17 (20 sessions)

No class Oct 6, Nov 3 & 26, Dec 1 \$95 Residents / \$105 Non-Residents Coach: Flissa Cadillic

If you wish to participate in masters swim and use the pool for swimming during regularly scheduled open swim, you may register to do so. The cost is \$150.00 and is for one semester only.

# **Senior Adult Program**

These classes are available to students ages 55 and over. Come and enjoy class with our instructor Sean Kilbridge.

Please follow the registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics.

\$45 once a week \$65 twice a week

#### **Aqua Aerobics Schedule**

AQ103 Tuesday & Thursday 3:30-4:30pm

AQ104 Tuesday

3:30-4:30pm

**AQ105 Thursday** 3:30-4:30pm



Class Schedule	
TUESDAY	THURSDAY
Sept 29	Oct 1
Oct 6	Oct 8
Oct 13	Oct 15
Oct 20	Oct 22
Oct 27	Oct 29
Nov 3	Nov 5
Nov 10	Nov 12
Nov 17	Nov 19
Nov 24	Nov 26 NO CLASS
Dec 1	Dec 3
Dec 8	

Although you may miss a class it still must be paid for. There are no makeups for classes you miss. Please come to classes only on the day(s) you have registered for. Thank you for your cooperation in this matter.







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			Sea Dawgs 10:30-12:00
Sea Dawgs 5:15 – 7:15pm	Adult Lap Swim 5:30 – 6:45pm	Aqua Aerobics 5:30 – 6:45pm	Adult Lap Swim 5:30 – 6:45pm	Family Swim 5:30 – 8:30pm (no lap pool available)	SYNCHRO 8:00-11:00am	Children Open Swim Ages 9+ 12:00 – 4:30pm (no lap pool available)
Aqua Aerobics 5:30 – 6:45pm	Family Swim 5:30 – 6:45pm (no lap pool available)	Adult Lap Swim 5:30 – 6:15pm 7:15 – 8:45pm	Family Swim 5:30 – 6:45pm	Adult Lap Swim 5:30 - 6:15pm 7:15 - 8:45pm	Children Swim Lessons 10:00am-2:15pm	Family Swim 12:00 - 4:30pm
Adult Lap Swim 7:15 – 8:45pm		Sea Dawgs 5:45 – 7:15pm	Masters Swim 6:45 – 8:00pm	Sea Dawgs 5:45 – 7:15pm	Children Open Swim Ages 9+ 2:30 – 4:30pm	Adult Lap Swim 12:00 – 4:45pm
Aqua Aerobics 6:45 – 8:00pm			SYNCHRO 7:00 – 9:00pm	Birthday Parties 5:30 - 7:30pm	Family Swim 2:30 – 4:30pm	Birthday Parties 12:00-3:00pm
	Masters Swim 6:45 – 8:00pm	Aqua Aerobics 6:45 – 8:00pm			Adult Lap Swim 2:30 – 4:45pm	
Adult Swim Lessons 6:30 - 7:15pm 7:15 - 8:00pm	SYNCHRO 7:00 – 9:00pm				Birthday Parties 2:30 - 3:30pm	

# 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 \$40 for a pool party and is payable two weeks before your party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather.

On Sunday gym parties will be available from 12:00 - 2:00pm. The fee is \$50. Games will be provided and led by a staff member.

Rules and Reservation will be provided.

For more information please call 617 349-6237



Pool Fees	Resident	Non-Resident
Per Swim Child	1.25	1.25
Per Swim Adult	4.50	5.50
Per Swim Senior	1.75	2.00
Per Swim Couple	6.00	7.00
Per Swim Family	7.00	8.50
10 Swim Adult	40.00	50.00
10 Swim Senior	12.00	16.00
10 Swim Couple	55.00	65.00
10 Swim Family	65.00	75.00
24 Week Adult	160.00	180.00
24 Week Senior	50.00	75.00
24 Week Couple	185.00	200.00
24 Week Family	200.00	225.00
48 Week Adult	210.00	230.00
48 Week Senior	75.00	100.00
48 Week Couple	300.00	325.00
48 Week Family	350.00	400.00

Weight & Cardio Rm	Resident	Non-Resident
Per Visit Student	1.00 (Hiç	gh School, only with ID)
Per Visit Adult	4.50	5.50
Per Visit Couple	6.00	7.00
Per Visit Senior	1.75	2.00
10 Visit Adult	40.00	50.00
10 Visit Couple	55.00	65.00
10 Visit Senior	12.00	16.00
24 Week Adult	160.00	180.00
24 Week Couple	185.00	200.00
24 Week Senior	50.00	75.00
48 Week Adult	210.00	230.00
48 Week Couple	300.00	325.00
48 Week Senior	75.00	100.00

TO THOUSE COLLIES	, 0.00	
Comb Weight / Cardio / Pool	Resident	Non-Resident
Per Visit Adult	5.25	6.25
Per Visit Couple	6.50	7.50
Per Visit Senior	2.25	2.50
10 Visit Adult	50.00	60.00
10 Visit Couple	55.00	65.00
10 Visit Senior	20.00	30.00
24 Week Adult	180.00	200.00
24 Week Couple	200.00	225.00
24 Week Senior	70.00	100.00
48 Week Adult	250.00	275.00
48 Week Couple	350.00	375.00
48 Week Senior	90.00	120.00

# Weight and Cardio Room Schedule

Monday-Friday 6:00-9:00pm Saturday 2:00-5:00pm Sunday 2:00-5:00pm

The weight room is for adults only. Middle schoolers that have taken weight class may use the weight room on completion of the program and pay the student fee. Middle school students will be under the supervision of weight room staff. Participants using the weight room must return weights to the proper location. Wipes are available to clean machines. Please do so for the next person.

# Adult Coed Volleyball (Pick up)

Ages 21 and above Friday, 7:15-9:15pm \$4 (2 hour session) Sunday, 12:00-2:00pm \$4 (2 hour session)

Begins: September 18 and 20

Closed Nov 27 & 29, Dec 25 & 27, Jan 1 & 3

(Practice courts will be available on Sunday afternoon from 2-4pm. Call Donna Cameron at 617 349-6237 to make arrangements. \$40 per court.)

# **Adult Coed Volleyball League**

Monday, 7:15-9:15

Fee: \$300.00

Must be paid on September 28 or your

team will not be scheduled.

Organizational Evening September 28 League begins October 5 and ends

December 14

Rosters are due with the payment.

No meeting October 12 League Director: Kelly Leary







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

Program Name	
Child's Name	Child's Name
Address of Child/Children	
Family Information	
1. Parent(s)/Guardian's Name	Social Security
Address	Home Phone
Place of Employment	Work Phone
2. Parent(s)/Guardian's Name	Social Security
Address	Home Phone
Place of Employment	Work Phone
Income Information	
*Proof of Residency and documentation of income must accompant in household. Failure to do so, withholding information, under rep disqualification of your scholarship request.	
Total number in family # of Adults	# of Children
Wage Earner #1 Gross weekly income \$	The first of the second
Wage Earner #2 Gross weekly income \$	
Other Family income monthly	
☐ WIC ☐ Welfare ☐ Child Support ☐ Rents from Pro	perty 🗖 Alimony 🗖 Unemployment 🗖 Other
Total Monthly Income \$	
*ALL of the above information for each adult in the household must	t be documented in writing.*
Have you been awarded a DHSP Scholarship in the past? Yes	No
	gram
Are all adults working? Yes No	If no, please explain
"I state UNDER THE PENALTIES OF PERJURY that the above infor	mation is true and accurate to the best of my knowledge."
Parent/Guardian Signature	Date
Partial scholarships are available. Two children per family per se eligible for scholarship assistance. No more than two scholarship 2009. <b>Mail in your registration form, scholarship requ</b>	ips per child will he granted between Jan. 1, 2009 and Dec. 1,
Please do not send a check at this time. If you receive a scholars time you will be required to send a check to the Recreation Depo	ship you will be billed when your confirmation is mailed and at that artment.

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 • Winter 2009 Registration • 51 Inman Street • Cambridge, MA 02139



# 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 2009 Registration 51 Inman Street Cambridge, MA 02139

All registrations are on a first come, first serve basis.

Mail registration begins August 24 and ends September 11. All mail must be post marked by September 11 or it will be returned.

Please make check payable to:

#### The City of Cambridge

#### Walk-In

Walk-in registration begins Monday, September 14 from 5:30-8:30pm at the War Memorial.

Registration for children's classes is final on Thursday, September 24. 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 24.

# Please register early to avoid disappointment

Registration	Form 2009 (please print)	Received	Confirmed
Participant			
last name	first name	S	exmalefemale
address			
town/city		z	ip code
home phone	work	phone	
emergency contact	emei	rgency phone	
D.O.B.	parei	nts name	
email address			
☐ Cambridge r☐ add me on y  Course information	our mailing list 🔲 scholarshi	_	
course code	title	day	time
fee			
	second choice		
participant signature	(parent/guardian signature if part	icipant is under 18 years o	of age) date

participant signature	parent/guardian	signature if participant is	under 18 years of	age) date
Registration	Form 200	9 (please print)	Received	Confirmed
Participant				
last name		first name	sex	a ☐male ☐female
address				
town/city			zip	code
home phone		work phone		
emergency contact		emergency pho	one	
D.O.B.		parents name		
email address				
Check all that app Cambridge r add me on y	esident	non-resident [ scholarship award[	new address this is my fir	
Course information	n			
course code	title		day	time
fee				
	second choice	:		
participant signature	(parent/guardian	signature if participant is	under 18 years of	age) date

	Orm 2009 (please print)		
Participant			
last name	first name	sex	malefema
address ———————————————————————————————————			
town/city		zip	code
home phone	work phone		
emergency contact D.O.B.	emergency phone	e 	
email address	parents name		
errian address			
Check all that apply  Cambridge resion  add me on your		new address this is my firs	t class
Course information			
course code t	title	day	time
participant signature (pai	second choice  rent/guardian signature if participant is un	der 18 years of a	ige) date  Confirmed
participant signature (pai			
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participant signature (pai Registration For Participant ast name	rent/guardian signature if participant is un  Orm 2009 (please print)	Received sex	Confirmed  male fem
Participant signature (pail	rent/guardian signature if participant is un  OPM 2009 (please print)  first name	Received sex	Confirmed
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Participant signature (participant signature)  Participant sat name saddress sown/city shome phone semergency contact D.O.B.	orm 2009 (please print)  first name  work phone	Received sex zip	Confirmed malefem
Participant signature (participant last name laddress lawn/city lame phone laddress	rent/guardian signature if participant is un  Orm 2009 (please print)  first name  work phone emergency phone parents name	Received sex zip	Confirmed  male fem
Participant signature (participant signature)  Participant last name address  town/city home phone emergency contact  D.O.B. email address  Check all that apply	rent/guardian signature if participant is un  OFM 2009 (please print)  first name  work phone emergency phone parents name  dent  non-resident	Received sex zip	Confirmed  male fem
Participant signature (participant last name laddress lawn/city last name laddress lawn/city last name laddress lawn/city last name laddress lawn/city lawn laddress	rent/guardian signature if participant is un  OFM 2009 (please print)  first name  work phone emergency phone parents name  dent  non-resident	Received sex zip	Confirmed  male fem
Participant signature (participant ast name address cown/city nome phone emergency contact D.O.B.  Check all that apply	rent/guardian signature if participant is un  OFM 2009 (please print)  first name  work phone emergency phone parents name  dent  non-resident  r mailing list scholarship award	Received  sex  zip	Confirmed  male fem  code
Participant signature (participant ast name address cown/city nome phone emergency contact D.O.B.  Check all that apply	rent/guardian signature if participant is un  OFM 2009 (please print)  first name  work phone emergency phone parents name  dent  non-resident  r mailing list scholarship award	Received  sex  zip	Confirmed  male fem  code



# 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 15, 2009** 

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.

# **Refund policy**

The policy is on the Information page.

Please read it.

Please register early to avoid disappointment