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CAMBRIDGE RECREATION

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FALL 2014

THE CAMBRIDGE WAR MEMORIAL RECREATION CENTER 1640 CAMBRIDGE ST. CAMBRIDGE, MA 02138

PLEASE READ

WELCOME TO ONLINE REGISTRATION AND WEB TRAC

Cambridge residents are welcome to register for classes online starting August 18, 2014 at midnight. Non-residents may register online beginning August 25, 2014 at midnight.

- For online registration go to www.cambridgema.gov/dhsp2 and click on the link "Recreation Online Registration" in the lower left-hand side of the page.
- If you have never taken 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 need to email you a temporary username and password. Once logged in, the system will prompt you to change it.
- If you have forgotten your password, contact us and we will email it to you.
- We accept only Mastercard and Visa credit cards.
- If you have problems with online registration please call 617 349-6279 during the following hours: Monday-Friday 3:15-8:45 pm, Saturday 8:30 am-4:30 pm, or Sunday 11:45 am-4:30 pm.

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 space for you. All other requests will result in a credit to your household. Request for household credit 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.)

Inclement Weather Policy

If Cambridge Public Schools are closed Recreation Programs are automatically closed.

If a storm begins after school has opened a decision about evening programs will be made by 4:00pm. If classes are cancelled they will be made up. If a storm affects Saturday classes a decision will be made by 7:00am. Saturday classes will be extended one week if this occurs. You will not be called so it is important to pay attention to this material. If a storm affects Sunday programming a decision will be made by 9:00am. Information about closures due to weather will be on voicemail at 617-349-6279 or 617-349-6237 and on Storm Force Sevens teams web page.

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Operating Hours

Monday-Friday the desk opens at 3:15pm

Facility closes at 9:15pm.

Saturday the desk opens at 8:30am. There are occasional adjustments on Saturday opening.

Facility closes at 5:15pm

Sunday the desk opens at 11:30am

Facility closes at 5:15pm

The front door is locked at 8:30pm Monday-Friday and at 4:30pm on Saturday and Sunday based on the clocks in the facility.

Dates Closed

October 13
November 11
November 26-30
December 22-31
January 1, 19
February 17
April 19
May 23-26
July 4

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, door 15.

Bring a lock for your locker.

Inside this facility you will find three pools, a gym, weight room, basketball, volleyball, and tennis courts. The facility also includes a Women's and Men's locker room and a family/handicapped changing space which are 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 or a medical problem arises and a physician's letter accompanies the request. All other requests will result in a credit to your household. Request for household credit must be made no later than the second class. Only two household credits will be allowed in a calendar year (January 1 – December 31.)

Food & Drink Policy

Food and drinks are not allowed in the facility; with the exception of water in a plastic container/bottle. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation Department and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. There are events which are sponsored by both departments that are exceptions and contained in specific areas. Thank you again for your cooperation.

Rules & Regulations

The following rules and regulations need to be followed by all participants at the War Memorial Facility.

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence in order to secure the resident rate
- Please use recreation entrance, door 15 to enter and exit the facility
- The City of Cambridge is not responsible for valuables lost or stolen
- 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
- The Recreation Department reserves the right to make schedule changes
- The Recreation Division does not discriminate on the basis of ability of 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
- No one is allowed to teach private lessons in the Recreation Center Pool
- Adult lap swim is for eighteen and over
- Children seven and under must be accompanied by an adult while in the pool
- Lanes may be pulled for other activities
- Please stay off lane lines
- Please do not engage lifeguards 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 diving 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
- No heels on the Field House floor
- The only swim device allowed on a child is a U. S. Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Speed of lane determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the lap pool as long as you can keep up with the fastest swimmer
- Circle swimming only in the lap pool.
- No diving into lap or small pool
- Lifeguards 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
- Dogs are not allowed in the facility. The only exceptions are seeing eye dogs and working dogs

Dear Parent,

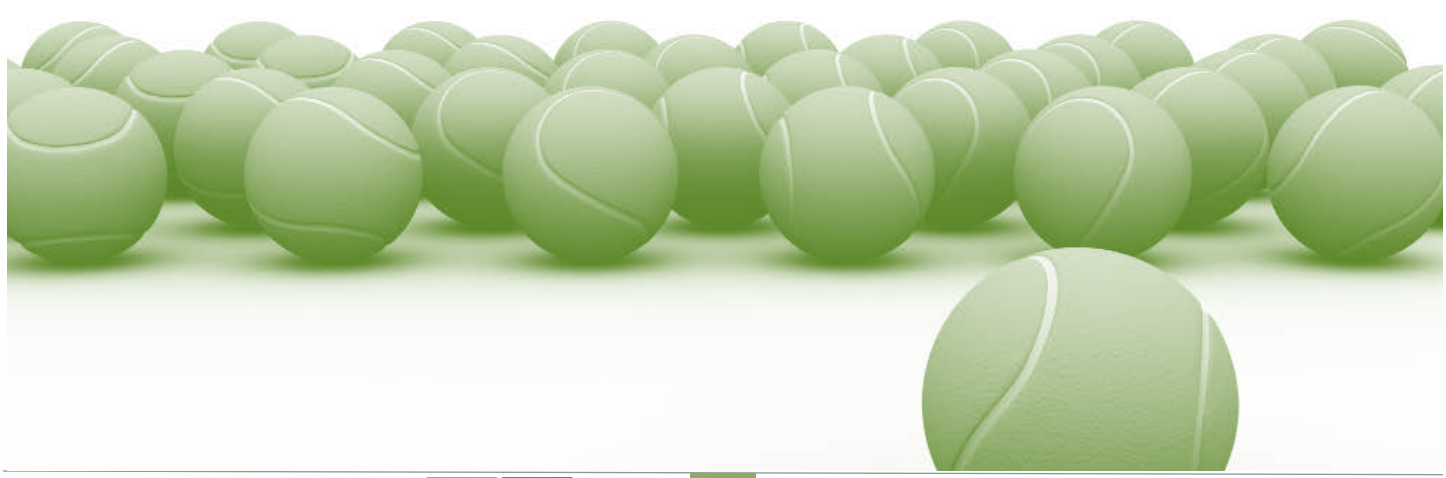
I am pleased to welcome your child into the program. In order that the programs operate smoothly and all the children have a good and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated. **The War Memorial is a very large building located on a very busy street, therefore children under the age of twelve 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.

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 up in the balcony, not on the pool 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 occurs 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 must exit the pool. 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.

Gym Rules

Parents not required to participate in class must sit in the balcony. This also includes any siblings or family members. Children or parents not participating in the class are to be on the gym floor as this causes a distraction as well as safety hazard. No one, including class participants, are to use the 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.



CHILDREN'S SWIMMING

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 September 27 - December 6 (10 weeks)

No Class November 29th.

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

Toddler/ Preschool

Ages: 18 months-4.5 years

110101-01 ..... Saturday 10:00-10:30am

110101-02 ..... Saturday 10:30-11:00am

110101-03 ..... Saturday 11:00-11:30am

$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

Ages: 3.5 - 6 years

110104-01 ..... Saturday 12:00-12:30pm

$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

Ages: 5-11 years

110105-01 ..... Saturday 12:30-1:00pm

$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

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

Level II: Primary Skills

Ages: 5-11 years

110106-01 Saturday 1:00-1:30pm

$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

Exit skills

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

Level III: Stroke Readiness

110108-01 ..... Saturday 10:00-10:45am

Ages: 5-11 years

$80 Resident / $85 Non-Resident

Purpose: Builds on the skills in Level II through additional guided practice.
Level III participants learn to:

- Jump into deep water from the side
- Perform rotary breathing
- Perform butterfly kick and body motion

- Change from vertical to horizontal position on front and back
- Dive from sitting or kneeling position
- Survival float
- Perform HELP and huddle positions
- Submerge fully and retrieve objects
- Swim front crawl
- Perform reaching assists
- Bob with head fully submerged
- Swim back crawl
- Use Check-Call-Care in an emergency

Exit skills

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

Level IV: Stroke Development

110110-01 Saturday 10:45-11:30am

Ages: 5-14

$80 Resident / $85 Non-Resident

Purpose: Develops confidence in the skills learned and improves other aquatic skills.
In addition to improving the front crawl and back crawl, Level IV participants learn to:

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

Exit skills

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

Level V: Stroke Refinement

110111-01 Saturday 11:45-12:30pm

Ages: 5-14 years

$80 Resident / $85 Non-Resident

Introduction of the butterfly, open turns, and perform all previous strokes at increased distances. Class meets in the lap pool.

Purpose: Provides further coordination and refinement of the following strokes:

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

Level V participants also learn to perform:

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

Exit skills

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

Level VI: Skill Proficiency

110112-01 Saturday 11:45-12:30pm

Ages: 5-14 years

$80 Resident / $85 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

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100

Synchronized Swimming

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 just imagined synchronized swimming.

Synchronized Swimming

If you love to swim, be creative, dance and love music, then consider trying synchronized swimming! Cambridge Synchro has been 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.

Novice Class

Saturday.....110113-01
9:00-10:00am Sept 27- Dec 6
Ages: 8+ years Fee: $125

Requirements: Students must be able to swim all strokes twenty-five yards and be over their head

Cambridge Synchro Swim Team

Tues & Thurs 110113-02
6:30-9:00pm Saturday 8:00-10:00am
Payment is due Sept 23
Fee: $800 Practice begins Sept.23

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 27 & 29, Dec 13, 20, 23, 25, 27, & 30.

Private Swim Lessons

Lessons will be available Monday through Friday 3:30-5:30.

Private lessons are limited and will be on a first come, first serve basis.

*Based on availability some exceptions may apply.

6 week minimum for a single child

Half hour lesson $30

One hour lesson $60

Buddy lessons available for one hour, ages 7-12, $35 per swimmer.

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

If interested in Private Swim Lessons, please contact Mark Santoro: msantoro@cambridgema.gov

Sea Dawg's Swim Team Fall Program

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. It is important that you make a commitment to the team and be ready to swim from October to mid March. If a swimmer and their parents are not committed then you let down the other team memebers that are depending on you to help the team win.

Children age 5-18 may participate in this program as long as they can swim twenty five yards of free style, backstroke, and breast stroke. The butterfly will be taught by the coaches if your child does not know the stroke. The swimmers strokes do not have to be perfect but remember this is not a learn to swim program. Strokes will be tweaked as needed.

Parents are a vital part of the program and are required to volunteer at meets as part of your responsibility. It is unfair to expect other parents to carry the responsibility while others do not contribute. If your child does not want to compete in swim meets, this is not the program for them. Precious time is spent coaching and the end result is that children compete. If your child does not want to compete but you want them to become a better swimmer, swim lessons would be a more appropriate program for them to participate in. Children need to attend at least 75% of practices and three preceding a meet.

The Cost is $400.00 for first child and each additional child is $200.00.

The cost for girls suits is $30.00 and the cost for boys is $25.00

Registration and suit fitting for Sea Dawg team members and those that participated in spring practice 2014 will be as follows: Monday September 29 for those with the last name beginning A-H, Tuesday September 30 for those with the last name begining I-P and Wednesday October 1 with the last name beginning Q-Z. The time is 5:30-7:30 pm.

Please do not come in on a day other than what has been assigned. This is a busy time for the front desk as well as for the person helping with suit fitting. Please fill out your registration form in advance and be ready with your childs bathing suit size. Knowing the approximate size in advance will help save time. The suits provided for try on are limited to one per size and they are not team suits so they must be returned so other participants can use them. Please have your child prepared to swim after the suit try on so they can be assigned to their group and coach. They must bring their own suit.

The final day for Sea Dawg registration will be on October 3, so please plan accordingly.

Tryouts for new members will be on Wednesday, October 1 and Friday October 3 from 6:15-7:15pm. If your child is told they have made the team you can register and try on a suit. They will also recieve a practice schedule.

Meet schedules are as follows:

Sunday December 7, 2014 9:00am-12:30pm

Sunday January 11, 2015 9:00am-12:30pm

Sunday January 25, 2015 9:00am-12:30pm

Saturday February 7, 2015 2:00pm-5:00pm

Sunday February 8, 2015 9:00am-12:30pm

Sunday March 1, 2015 9:00am-12:30pm

CAMBRIDGE SEA DAWGS

KENPO KARATE

Can only be registered for by mail or walk-in.
September 27-December 6
No class November 29

Little Dragons
Saturday 9:00-9:45am..... 110201-01
Ages 3-4.11 years

Junior Beginners
Saturday 9:45-10:30am..... 110201-02
Ages 5-14.11 years

Junior Advanced
Saturday 10:30-11:15am..... 110201-03
Ages 5-14.11 years
(To qualify for this class participants must have a blue belt or above.

Please make one check payable to Steve Nugent for $150.00 and one check payable to the City of Cambridge for $20.00.
Registration maybe done by mail or in person. On-line registration not available for this class.

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.

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.

GYMNASTICS

Saturdays Sept 27 - Dec 6
No class November 29

Safety Awareness

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

Preschool Intro: 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.

Intro 8:45 -9:30am 110301-01

Intro 9:30 -10:15am 110301-02
Ages: 2-3
$75 Resident / $80 Non-Resident

Intro 10:15-11:00am 110301-03

Intro 11:00-11:45am..... 110301-04
Ages: 3-4
$75 Resident / $80 Non-Resident

Children's Plus: Gymnastics

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

Plus 10:15-11:00am..... 110303-01
(1-2 semesters of experience required)
Ages: 2-4
$75 Resident / $80 Non-Resident

Beginner Gymnastics

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

Boys 11:45-12:45pm..... 110304-01
Ages: 5-8
$80 Resident / $90 Non-Resident

Girls 11:45-12:45pm 110304-02
Ages: 5-8
$80 Resident / $90 Non-Resident

Advanced Beginner Gymnastics

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

Saturday 9:00-10:00am..... 110306-01
Ages: 5-8; Girls
$80 Resident / $90 Non-Resident

CHILDRENS SOCCER

$70 Resident/$75 Non-Resident

September 27-December 6 (10 weeks)

No Class Nov 29

Learn the fundamentals of soccer! These classes are designed for students with limited or no previous experience. Students will learn the rules, basic skills, and team work while building self confidence.

Pee Wee Soccer

Ages: 3.5-5

Saturday 2:00-2:45pm…1101501-01

3:00-3:45pm…1101501-02

Beginner Soccer

Ages: 5-7

Saturday 4:00-4:45pm…1101501-03

CHILDRENS TENNIS

$70 Resident / $75 Non-Resident
September 27 - December 6
(10 weeks)

Parents are asked to participate in Pee Wee Classes if necessary.

No Class Nov 29

Pee Wee Tennis

Ages: 4-7 years (only)

Saturday, 9:00-9:45am.....110401-01

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

Pee Wee Tennis

Ages: 4-7 years

Saturday, 9:45-10:30pm....110401-02

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

Beginner Tennis

Children's Ages: 8-11 years

Saturday, 10:30-11:15am..110402-01

This class is for students with absolutely no experience.

Advanced Beginner Tennis

Ages: 8-11 years

Saturday, 11:15-12:00pm..110403-01

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

Middle School Lessons

Ages: 12-14 years

Saturday, 12:00-12:45pm..110404-01

This class is for beginners or those with limited experience.

ADULT TENNIS CLASSES

Beginner/Advanced Beginner Tennis

Thursday, 7:15-8:15pm 120101-01

September 25-November 13 (8 weeks)

$75 Residents / $85 Non-Residents

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

Intermediate/Advanced Tennis

Thursday 8:15-9:15pm.....120102-01

September 25- November 13 (8 weeks)

$75 Residents / $85 Non-Residents

This class is for students with experience and will provide the opportunity to advance skills.

ADULT SWIMMING

Class I

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.

Class I 120201-01

Monday - September 22 - November 24
(8 weeks)

No class October 13 and November 10

6:30-7:15pm

$75.00 resident / $85.00 non-resident

Class I 120201-03

Wednesday - September 24
November 12
(8 weeks)
6:30-7:15pm
$75.00 resident/ $85.00 non resident

Class II

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.

Class II 120201-02

Monday - September 22 - November 24
(8 weeks)

No class October 13, November 10

7:15-8:00pm

$75.00 resident/ $85.00 non-resident

Class II 120201-04

Wednesday - September 24
November 12
(8 weeks)

7:15-8:00pm

$75.00 resident/$85.00 non-resident

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

Monday and Wednesday
6:00-7:15pm 120301-01

September 22 - December 8
(10 weeks)

No class October 13, November 10 and 26

$90 Residents / $100 Non-Residents

Masters Swim Program

The Masters Swim Program is designed for people who have at least a Level 6 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. Butterfly is optional.

120401-01 ..... Tuesday
September 9 - Thursday
December 18 6:45-8:00pm
(25 sessions)

No class September 18, October 16, November 4, 11, 27.

$120 Residents / $130
Non-Residents
Coach: Elissa Cadillic

SENIOR ADULT

These classes are available to students ages 55 and over. Please follow the registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics.

$60 once a week | $75 twice a week

$90 three times a week

Aqua Aerobics Schedule

Monday, Wednesday & Friday
3:30 - 4:30pm 130101-01

Monday & Wednesday
3:30 -4:30pm 130101-02

Monday
3:30 - 4:30pm 130101-03

Wednesday
3:30 - 4:30pm 130101-04

Friday
3:30 - 4:30pm 130101-05

Senior Adult Class Schedule

Monday	Wednesday	Friday
Sept. 8	Sept. 10	Sept. 12
Sept. 15	Sept. 17	Sept. 19
Sept. 22	Sept. 24	Sept. 26
Sept. 29	Oct. 1	Oct. 3
Oct. 6	Oct. 8	Oct. 10
Oct.13 (no class)	Oct. 15	Oct.17
Oct. 20	Oct. 22	Oct. 24
Oct. 27	Oct. 29	Oct. 31
Nov. 3	Nov. 5	Nov. 7
Nov. 10	Nov. 12	Nov. 14
Nov. 17	Nov. 19	Nov. 21
Nov. 24	Nov. 26 (no class)	Nov. 28 (no class)
Dec. 1	Dec. 3	Dec. 5
Dec. 8	Dec. 10	Dec. 12
Dec. 15	Dec. 17	Dec. 19

Although you may miss a class it still must be paid for. There are no make-ups 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.

IAIDO

Monday and Thursday
7:15-9:15pm
Ages 18 and over

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 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 aerobics. 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.

Tuesday & Thursday.....120702-01

September 23 - December 18
(12 weeks)

No class November 11 and November 27

7:00-8:00pm

$165.00 resident/ $185.00 non-resident

Tuesday.....120702-02

September 23 - December 16
(12 weeks)

No class November 11

7:00-8:00

$90.00 resident/ $100.00 non-resident

Thursday.....120702-03

September 25 - December 18
(12 weeks)

No class November 27

7:00-8:00pm

$90.00 resident/ $100.00 non-resident

Instructor: Katherine Roof

AQUA ZUMBA® ADULT CLASS

Wednesdays 5:30-6:15pm 120801-01

$90 Resident / $100 Non-Resident

Start date September 24 - December 3

(10 weeks)

Aqua Zumba is the “pool party” workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land-based exercise system into traditional aqua-based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slow than normal tempo. Still, the exercises are intense yet safe. A 45-60 minutes class is thoroughly exhausting and exhilarating. You will kick, tap, shuffle and shimmy to Latin and world dance rhythms. When you take an Aqua Zumba® class, you will need a bathing suit, towel and aqua or exercise type shoes.

VINYASA YOGA

Vinyasa means “breath-synchronized movement” and in this dynamic practice, students will focus on linking powerful breath with energetic and mindful movement to create a series of asanas (poses). In a vinyasa yoga class students will awaken their power, balance, energy, and flexibility in a fun, non-judgmental atmosphere.

Monday & Wednesday......120501-01

September 22-December 15 (12 weeks)

No class October 13

7:00-8:00pm

$165 resident/$185 non-resident

Monday.....120501-02

September 22-December 15 (12 weeks)

No class October 13

7:00-8:00pm

$90 resident/$100 non-resident

Wednesday.....120501-03

September 24-December 10 (12 weeks)

7:00-8:00pm

$90 resident/$100 non-resident

Instructor: Melissa Costello

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.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID.

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 Drivers License or ID, utility bill, or rent receipt. This is all that will be accepted.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Small pool & Diving Tank Not Available		Small Pool & Diving Tank Not Available			Sea Dawgs 12:00-1:30	Sea Dawgs 11:30-1:00
Sea Dawgs 5:30 – 7:00pm	Adult Lap Swim 5:15 – 6:30pm	Aqua Aerobics 6:00 – 7:15pm	Adult Lap Swim 5:15 – 6:30pm	Family Swim 5:30 – 8:30pm	SYNCHRO 9:00-10:00am	
Aqua Aerobics 6:00 – 7:15pm	Family Swim 5:15 – 6:30pm	Adult Lap Swim 7:30 – 8:45pm	Family Swim 5:15 – 6:30pm	Adult Lap Swim 5:30 - 6:15pm 7:15 - 8:45pm	Children Swim Lessons 10:00-1:30pm	Family Swim 1:30 – 4:30pm
Adult Lap Swim 7:15 – 8:45pm		Aqua Zumba 5:30 – 6:15pm		Sea Dawgs 5:45 – 7:15pm		Adult Lap Swim 1:30 – 4:45pm
		Sea Dawgs 6:00 – 7:30pm		Birthday Parties 5:30 - 7:30pm	Family Swim 1:45 – 4:30pm	Birthday Parties 1:30 - 3:30pm
	Masters Swim 6:45 – 8:00pm		Masters Swim 6:45 – 8:00pm		Adult Lap Swim 1:45 – 4:45pm	
Adult Swim Lessons 6:30 - 7:15pm 7:15 - 8:00pm	SYNCHRO 6:30 – 9:00pm	Adult Swim Lessons 6:30 - 7:15pm 7:15 - 8:00pm	SYNCHRO 6:30 – 9:00pm		Birthday Parties 2:15 - 3:30pm	

Pool Fees	Resident	Non-Resident
Per Swim Child	1.25	1.25
Per Swim Adult	5.00	6.00
Per Swim Senior	2.00	2.25
Per Swim Couple	6.50	7.50
Per Swim Family	7.50	9.00
10 Swim Adult	45.00	55.00
10 Swim Senior	17.00	21.00
10 Swim Couple	60.00	70.00
10 Swim Family	70.00	80.00
24 Week Adult	165.00	185.00
24 Week Senior	55.00	80.00
24 Week Couple	190.00	205.00
24 Week Family	205.00	230.00
48 Week Adult	215.00	235.00
48 Week Senior	80.00	105.00
48 Week Couple	305.00	330.00
48 Week Family	355.00	405.00
Weight & Cardio Rm	**Resident**	**Non-Resident**
Per Visit Student	1.00 (High School, only with ID)	
Per Visit Adult	5.00	6.00
Per Visit Couple	6.50	7.50
Per Visit Senior	2.00	2.25
10 Visit Adult	45.00	55.00
10 Visit Couple	60.00	70.00
10 Visit Senior	17.00	21.00
24 Week Adult	165.00	185.00
24 Week Couple	190.00	205.00
24 Week Senior	55.00	80.00
48 Week Adult	215.00	235.00
48 Week Couple	305.00	330.00
48 Week Senior	80.00	105.00
Comb Weight / Cardio / Pool	**Resident**	**Non-Resident**
Per Visit Adult	5.75	6.50
Per Visit Couple	7.00	8.00
Per Visit Senior	2.75	3.00
10 Visit Adult	55.00	65.00
10 Visit Couple	70.00	80.00
10 Visit Senior	25.00	35.00
24 Week Adult	185.00	205.00
24 Week Couple	205.00	230.00
24 Week Senior	75.00	105.00
48 Week Adult	255.00	280.00
48 Week Couple	355.00	380.00
48 Week Senior	95.00	125.00

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

** Senior citizen rates are for those 55 years and above.
Proof of age must be shown when ticket or passes are purchased.

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

WEIGHT/CARDIO

Weight and Cardio Room Schedule

Monday-Friday 6:00-9:00pm
Saturday 12:00-5:00pm
Sunday 12:00-5:00pm

The weight room is for adults and high school students. 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.

VOLLEYBALL

Adult Coed Volleyball (Pick up)

Ages 18 and above
Friday, 7:15-9:15pm
$7 (2 hour session)
Sunday, 12:00-2:00pm
$7 (2 hour session)
Begins: September 12 & 14
Closed November 28, December 26 & 28

(Practice courts will be available on Sunday afternoon from 2:00 - 4:00 pm. $50 per two hour court time.)

Adult Coed Volleyball League

Monday, 7:15-9:15
Fee: $400.00
Must be paid on September 8 or your team will not be scheduled.
Organizational Evening September 8
League begins September 15 and ends January 5
Rosters are due with the payment.
No meeting October 13, December 22 & 29

League Director: Kelley Leary

Throw your Birthday party at the War Memorial Pool

Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Hours for Friday 5:30 - 8:45, Saturday 2:15 - 4:45, Sunday 1:30 - 4:45.

The fee is $60 for a pool party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather. If you cancel a party, we must have a month's notice or you will not receive a credit.

Rules will be provided on your receipt. Parties are not available from June 30 – September 11. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online. For online registration please visit www.cambridgema.gov/dhsp, click "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. Online parties will open on July 21 at 12:00 midnight. If you cannot access a date then it is unavailable.

But hurry, space is limited and arrangements must be made in advance.

For more information please call

617 349-6237

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 accompany this application. Please report the income of ALL adults in 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 _____ # of Adults _____ # 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 $_____

****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 _____

Are all adults working? Yes _____ No _____ If no, please explain

_____

"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 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July. 1, 2014 and June 30, 2015. **Mail in your registration form, scholarship request form, and a copy of your 2013 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").

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: Adam Corbeil • Fall 2014 Registration • 51 Inman Street • Cambridge, MA 02139

REGISTRATION

How to register

By mail

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

Adam Corbeil
Fall 2014 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins August 25 and ends September 19.

Please make check payable to:
The City of Cambridge

Walk-In

Walk-in registration begins Tuesday, September 3 from 5:15-8:30pm at the Rec Center 1640 Cambridge Street. Cash, checks, or credit cards are accepted at walk-in registration.

Correct Address

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. Please do not send mail to 1640 Cambridge Street.

Online registration is explained on the front inside cover.

Registration Form 2014 (please print)

Head of Household

last name | first name | sex ☐ male ☐ female

address

town/city | 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 ☐ male ☐ female

age | DOB

Class Code

title | day | time | fee

Class Code

title | day | time | fee

Adult Participant

name | sex ☐ male ☐ female

DOB

Class Code

title | day | time | fee

Class Code

title | day | time | fee

Second Choice if Class is full

Class Code

title | day | time | fee

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

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.

ENTIRE FORM MUST BE SUBMITTED

Enroll online. Credit cards accepted

REGISTRATION

Additional Information

Confirmations will be mailed as soon as registrations are received.

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

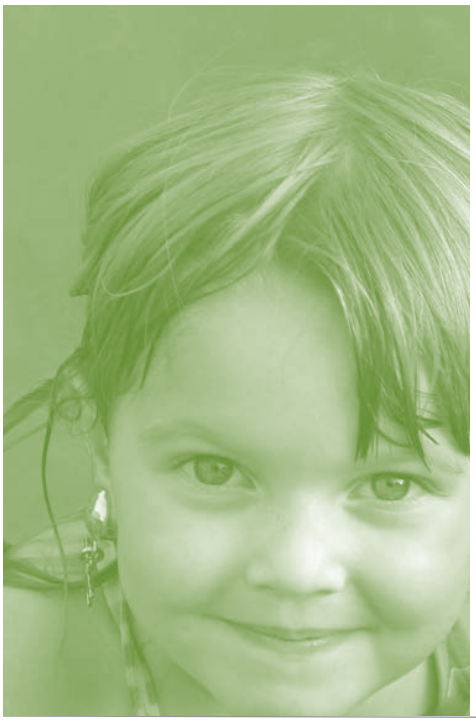
Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

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 and inside the front cover. Please read as a change has been made.

Please read it.



Registration Form 2014 (please print)

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last name | first name | sex ☐ male ☐ female

address

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child's name | sex ☐ male ☐ female

age | DOB

Class Code

title | day | time | fee

Class Code

title | day | time | fee

Adult Participant

name | sex ☐ male ☐ female

DOB

Class Code

title | day | time | fee

Class Code

title | day | time | fee

Second Choice if Class is full

Class Code

title | day | time | fee

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

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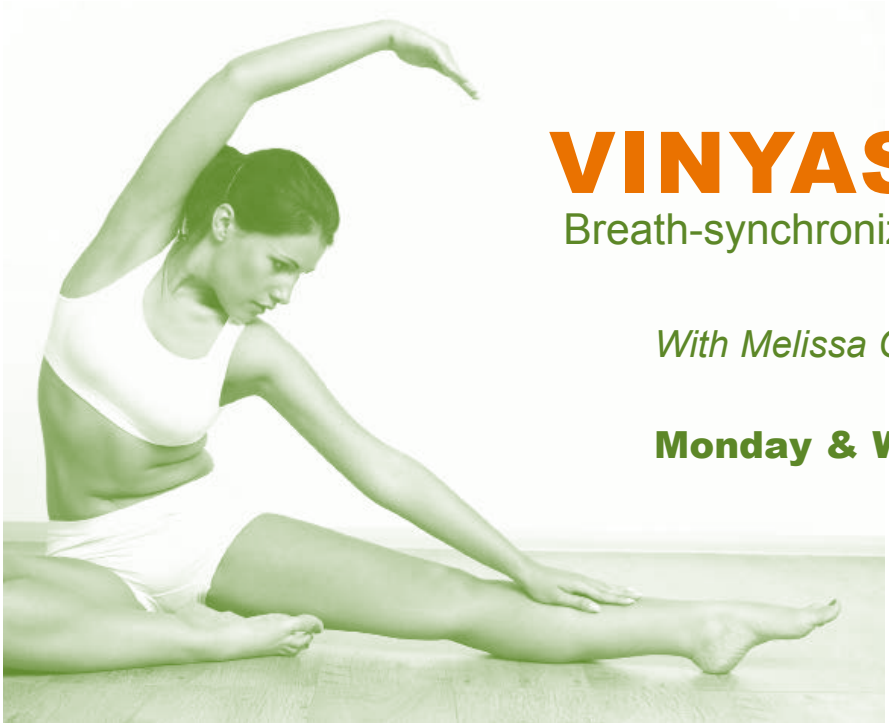
ENTIRE FORM MUST BE SUBMITTED



VINYASA YOGA

Breath-synchronized movement

With Melissa Costello

Monday & Wednesday

WEIGHT/CARDIO

Monday-Friday 6:00-9:00pm

Saturday and Sunday 12:00-5:00pm

City of Cambridge
Department of Human Services Programs

Recreation Division
51 Inman Street
Cambridge, MA 02139

David P. Maher
Mayor

Dennis A. Benzan
Vice Mayor

City Council

Dennis J. Carlone
Leland Cheung
Craig A. Kelley
Nadeem A. Mazen
Marc C. McGovern
E. Denise Simmons
Timothy J. Toomey Jr.

Richard C. Rossi
City Manager

Lisa Peterson
Deputy City Manager

Ellen Semonoff
Assistant City Manager for Human Services