



War Memorial Recreation Center

Summer 2023 Programming

1640 Cambridge Street (Door 15), Cambridge, MA 02138
617-349-6279 • askdhsp@cambridgema.gov
www.cambridgema.gov/DHSP/WarMemorial



Department of
Human Service Programs



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Operating Hours — Summer 2023

Monday, June 26 – Friday, August 18

Monday – Friday: 5 – 9 p.m.

Front door locks at 8:30 p.m.

Closures

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

- Monday, June 19
- Tuesday, July 4
- Saturday, August 19 – Monday, September 4

The facility will reopen on Tuesday, September 5.

We anticipate that War Memorial Pools will be closed this summer due to repair work.

We will share more information and a reopening timeline when available on our webpage:
www.cambridgema.gov/DHSP/WarMemorial

Rules, Regulations, and Policies

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

Rules and Regulations

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

Refund Policy

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

Lock Personal Belongings

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

Food and Drink Policy

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

Adult Recreation Programs

Stay Fit Aerobics

Schedule: Monday, 5:30 – 6:30 p.m.

July 3 – August 14 (7 weeks)

Registration Code: 420101-01

Cost: \$70 resident / \$80 non-resident

This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness. This class is geared toward a range of ages and conditioning levels, to address individual fitness goals.

Iaido

Schedule: Monday and Thursday, 7 – 9 p.m.

Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan. Today, Iaido is practiced for developing mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes by Boston Iaido focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information please visit www.bostoniaido.com or email bostoniaido@yahoo.com.

Coed Volleyball (Pick-Up)

Ages: 18 years and older

Cost: \$7 for two-hour session

Schedule: Monday and Friday, 7 – 9 p.m.

Zumba

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

Tuesday and Wednesday, 7 – 8 p.m.

June 27 – August 16 (*No class on July 4*)

Registration Code: 420702-01

Cost: \$120 resident / \$130 non-resident

Tuesday, 7 – 8 p.m. (7 weeks)

June 27 – August 15 (*No class on July 4*)

Registration Code: 420702-02

Cost: \$70 resident / \$80 non-resident

Wednesday, 7 – 8 p.m. (8 weeks)

June 28 – August 16

Registration Code: 420702-03

Cost: \$80 resident / \$90 non-resident

Body Sculpt

Schedule: Tuesday, 5:45 – 6:45 p.m.

June 27 – August 15 (*No class on July 4*)

Registration Code: 420201-01

Cost: \$70 resident / \$80 non-resident

This workout will target upper/lower body and core by using your own body resistance or light weights (2 or 3 pounds recommended). Shape and sculpt every muscle in your body in this heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, back, legs, glutes, abs, and then end with a gentle stretch on your own mat. Mats and weights are provided but feel free to bring your own!

Cambridge Recreation Summer Basketball Leagues

Medina Dixon Instructional League

Girls • Ages: 11 years and under

Location: Donnelly Field (Gold Star Pool)

Schedule: Mondays and Wednesdays,
Skills: 5:30 p.m. • Games: 6 – 8 p.m.

Registration and Scrimmages on Monday,
June 26 and Wednesday, June 28
League begins on Wednesday, July 5

Davonte Neal Instructional League

Co-ed • Ages: 8 – 11 years

Location: Sennott Park (behind Moses
Youth Center)

Schedule: Mondays and Wednesdays,
Skills: 5:30 p.m. • Games: 6 – 8 p.m.

Registration and Scrimmages on Monday,
June 26 and Wednesday, June 28
League begins on Wednesday, July 5

Sharif Moustafa Instructional League

Co-ed • Ages: 9 – 13 years

Location: Glacken Field (next to Fresh Pond
Golf Course)

Schedule: Tuesdays and Thursdays,
Skills: 5:30 p.m. • Games: 6 – 8 p.m.

Registration and Scrimmages on Tuesday,
June 27 and Thursday, June 29
League begins on Thursday, July 6

Fast Break League

Boys • Ages: 12 – 14 years (grades 6 – 8)

Location: Hoyt Field (off of Western Avenue)

Schedule: Tuesdays and Thursdays,
6 – 8:15 p.m.

League begins on Thursday, July 6

Eurie Stamps Sr. League

Boys • Ages: 15 – 19 years (grades 9 – 12+)

Location: Hoyt Field (off of Western Avenue)

Schedule: Wednesdays and Fridays,
6 – 8:15 p.m.

League begins on Wednesday, July 5

No games on Tuesday, July 4

Championship Week: Monday, August 14 – Friday, August 18

Application form (see page 6) can be returned to:

- War Memorial Recreation Center at 1640 Cambridge Street (front desk)
- Recreation Department at 51 Inman Street, 3rd floor (front desk)
- Gold Star Pool at 123 Berkshire Street (front desk)

For more information, contact: George Rodrigues at 617-349-6237 or
gerodriguez@cambridgema.gov.

Cambridge Recreation Summer Basketball Leagues — Application Form

Youth Information

Last Name

First Name

Date of Birth

Age

Home Address

City, State, Zip Code

Home Phone Number

Desired League (please check)

Medina Dixon Instructional (Girls, 11 years and under)

Davonte Neal Instructional (Co-ed, 8 – 11 years)

Sharif Moustafa Instructional (Co-ed, 9 – 13 years)

Fast Break (Boys, 12 – 14 years, grades 6 – 8)

Eurie Stamps Sr. (Boys, 15 – 19 years, grades 9 – 12+)

Registration fee for each player is \$10. Please make the check or money order payable to “*City of Cambridge*”.

All registration fees must be paid by the second game or player will not be allowed to participate.

Parent/Guardian Information

Mother/Guardian Name

Father/Guardian Name

Home Address

Home Address

Home Phone Number

Cell Phone Number

Home Phone Number

Cell Phone Number

E-mail Address

E-mail Address

First Aid and Emergency Medical Care Consent

Health Insurance Company

Policy Number

I authorize Cambridge Recreation staff who are trained in the basics of First Aid and/or CPR to give my child First Aid/CPR when appropriate.

I understand that every effort will be made to contact me in the event of an emergency requiring medical attention for my child. However, if I cannot be reached, I hereby authorize the program to transport my child to the nearest medical care facility and/or to _____, and to secure necessary medical treatment for my child.

Does your child have any medical conditions the staff should be aware of? YES / NO If YES, please describe:

Parent/Guardian Signature

Date

For Cambridge Recreation office use only: Payment received: Cash Check # _____

Summer 2023 Open Swim Hours

Beginning Saturday, June 24

Monday - Friday, 2 - 7 p.m.

Saturday - Sunday, 11 a.m. - 7 p.m.

Rules and Regulations

- Capacity is limited at the pool. If the pool reaches maximum capacity, we reserve the right to stop allowing additional patrons into the pool. State law dictates our capacity.
- Swimmies, tubes, and other flotation devices are not allowed in the pool at any time.
- Children who are not toilet trained must wear a swim diaper.
- Children 7 and under must be accompanied by an adult 18 or older to the pool and in the water.
- Food, glass bottles, gum chewing, alcohol, and smoking are not allowed inside the pool area for the health and safety of the patrons.
- Pool checks will be at the discretion of the management staff.
- No running, pushing, ducking, ball playing, or other inappropriate behavior is allowed.
- No diving into the shallow end or from the corners of the pool.
- No spitting on the deck or in the pool.
- Patrons are not allowed in the lifeguard chairs or to jump from them.
- Patrons with eye or other obvious infections, open wounds, impetigo, ring worm, or other communicable disease will not be allowed into the facility.
- Band-Aids cannot be worn in the pool.
- Patrons are not allowed in the office or First Aid area unless receiving treatment.

Thank you for your cooperation in making your visit healthy and safe. We hope to see you this summer!



Sea Dawgs Recreation Swim Team

Join the 2023 – 2024 Season (Beginning September 2023)

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

Swimmer Prerequisites

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

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

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

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



Cost

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

Tryout Information for the 2023 – 2024 Sea Dawgs

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

If you are interested in trying out, you must click this link or scan the QR code below and fill out the form online:

<https://forms.gle/ebpSkZsVeytRzv3WA>



There will be a makeup tryout date on Thursday, September 21, 5:30 – 6:30 p.m. Once tryouts are completed, groups will be assigned and a practice schedule will be emailed to parents by Sunday, September 24 by midnight.

Suit Fitting

- **Monday, September 25**, 5:30 – 7 p.m. for swimmers 10 years and under
- **Wednesday, September 27**, 5:30 – 7 p.m. for swimmers 11 years and older

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

Birthday Pool Parties (available September 2023 – June 2024)

Host a pool party for your child's next birthday at the War Memorial Recreation Center! Patrons can reserve the War Memorial Recreation Center pools for birthday parties scheduled in September 2023 – June 2024.

(Reservations are not available during summer months.)

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

Location and Setup Information

Saturday Parties

1:30 p.m. : Setup

2 – 3:30 p.m. : Pool available

4 p.m. : Vacate building

Sunday Parties

1:30 p.m. : Setup

2 – 3:30 p.m. : Pool available

4 p.m. : Vacate building

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

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

Birthday Pool Party Rules and Regulations

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

Facility Rates

Resident Rates

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

Facility Rates

Non-Resident Rates

Non-Resident	Pool	Weight and Cardio Room	Combo (Pool and Weight and Cardio Room)
Single Visit Adult	\$6.00	\$6.00	\$6.50
Single Visit Senior	\$2.25	\$2.25	\$3.00
Single Visit Couple	\$7.50	\$7.50	\$8.00
Single Visit Family	\$9.00	N/A	N/A
10 Visit Adult	\$55.00	\$55.00	\$65.00
10 Visit Senior	\$21.00	\$21.00	\$35.00
10 Visit Couple	\$70.00	\$70.00	\$80.00
10 Visit Family	\$80.00	N/A	N/A
24 Week Adult	\$185.00	\$185.00	\$205.00
24 Week Senior	\$80.00	\$80.00	\$105.00
24 Week Couple	\$205.00	\$205.00	\$230.00
24 Week Family	\$230.00	N/A	N/A
48 Week Adult	\$235.00	\$235.00	\$280.00
48 Week Senior	\$105.00	\$105.00	\$125.00
48 Week Couple	\$330.00	\$330.00	\$380.00
48 Week Family	\$405.00	N/A	N/A

Registration Information

Register Online

- Visit www.cambridgema.gov/DHSP/WarMemorial
- Click “Register for War Memorial Programs”
- If you have never participated in an activity with us, click the “Need an Account” link and fill out the form completely.
- If you have taken an activity with us but never enrolled online, we will email you a temporary username and password. Once logged in, the system will prompt you to change it.
- If you have forgotten your password, click the “Forgotten your Information” link and follow the security prompts.
- If you have problems with online registration, please call 617-349-6279 during these hours:
Monday – Friday: 5:15 – 8:45 p.m.
Saturday: 8:30 a.m. – 4:30 p.m. (until June 25)
Sunday: 11:45 a.m. – 4:30 p.m. (until June 26)

Walk-in Registration

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



Registration Form

Please fill using CAPITAL letters.

Head of Household

Last Name: _____ First Name: _____

Address: _____

City/Town: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email address for notification purposes: _____

Cambridge Resident Non-resident Change of address

Emergency Contact

Name: _____ Phone: _____

Child Participant

Child's Name: _____

Age: _____ Date of Birth: _____

Class Code: _____ Title: _____

Day: _____ Time: _____ Fee: _____

Class Code: _____ Title: _____

Day: _____ Time: _____ Fee: _____

Adult Participant

Name: _____ Date of Birth: _____

Class Code: _____ Title: _____

Day: _____ Time: _____ Fee: _____

Class Code: _____ Title: _____

Day: _____ Time: _____ Fee: _____

Second Choice if Class is Full

Class Code: _____ Title: _____

Day: _____ Time: _____ Fee: _____

Media Release

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

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

_____ Date: _____

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