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Operating Hours

Monday - Friday
the desk opens at 3:15pm
Facility closes at 9:15pm
Front door locks at 8:30pm

Saturday
the desk opens at 8:30 am. There are occasional adjustments on Saturday opening.
Facility closes at 5:15pm
Front door lock at 4:30pm

Sunday
the desk opens at 11:30am
Facility closes at 5:15pm
Front door locks at 4:30pm

The front door is locked at 8:30pm Monday-Friday and at 4:30pm on Saturday and Sunday.

Dates Closed:
December 21-31
January 1
January 20
February 17
April 12
April 20
May 22-25

Contact Us!
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. For more information visit us at:

www.cambridgema.gov/dhsp/warmemorial

The War Memorial is accessible

Register Online

Cambridge residents are welcome to register for classes online starting December 2, 2019 at 2:30pm. Non-Residents may register online beginning December 9, 2019 at 2:30pm.

• For online registration go to www.cambridgema.gov/dhsp/warmemorial and click 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 or click the “Forgotten your Information” link and follow the security prompts.
• If you have problems with online registration please call (617) 349-6279 during the following hours: Monday-Friday 3:15-8:45 pm, Saturday 8:30 am - 4:30 pm, Sunday 11:45am-4:30 pm.
• We accept only Visa and MasterCard

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Winter 2020

1640 Cambridge St. Door 15 (617) 349 6279

12
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 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!

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 1 calendar year (January 1 - December 31).

Rules and Regulations

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence to secure 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 Department does not discriminate on the basis 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
- Only Recreation Department staff are allowed to instruct in facility pools
- Adult lap swim is for persons of 18 years and older
- Children seven and under must be accompanied by an adult while in the pool
- Pool lanes may be pulled for other activities
- Please stay off lane lines
- Please allow lifeguards to focus on keeping the pool safe while they are on duty
- Diving may take place only in the diving well
- All children will be tested before going into the diving well
- One person on the diving board at a time
- Catching people on or off the diving board is prohibited
- No lap swimming in the diving well
- Patrons are asked to return all equipment after use
- No glass is allowed in the building
- Patrons are required to leave the facility on time
- Children who are not toilet trained must use a swim diaper
- No shoes or strollers on the pool deck
- No heels in the field house
- The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Speed of lane is determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
- Circle swimming is permitted only in the lap pool
- No diving into lap or small pool
- Lifeguards and managers have final say in all pool related matters
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
- Cleansing shower required before entering the pool
- Patrons are not allowed on the starting blocks of the lap pool
- No one may enter the pool if the lifeguards are not present
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs
- Proper attire is required at all times on the pool deck. Manager on duty has authority to request removal from the pool in the event of a wardrobe malfunction.

Thank You!

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Food & Drink Policy
Food and drink are not allowed in the facility; with the exception of non-glass container/bottles. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. The are several sponsored events by both departments that are exceptions and contained to certain areas of the facility. Thank you again for your cooperation.

Bring a Lock
Inside the facility you will find three pools, a gym, a weight room and basketball, volleyball and tennis courts. The facility also includes Men’s, Women’s and Family Locker rooms. There is a large volume of foot traffic in our facility. Though theft in our building is rare we do strongly suggest that you bring a lock for your personal belongings.
Dear Parent,

I am pleased to welcome your child into our facility. To ensure that all programs operate smoothly and all the children have a fun 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 we ask that children under the age of twelve 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 are welcome, but are not allowed to participate unless enrolled. Non-registered children and adults are not allowed access to these facilities for security purposes. If you are interested in enrolling, or know someone that is, please approach the front desk and not the instructor as they are not part of the enrollment process.

**SWIMMING**
Parents are required to be in the pool during the toddler/pre-school instruction. There must be one adult per child. Parents of children in pre-school referral class through level six are asked to leave the pool deck due to swimmer development and pool safety. Instead, parents are invited to observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. If contamination happens the pool has to be closed for twenty-four hours to oblige hygienic code. 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.

**GYM**
Parents not participating in class with their child (see page 7 for requirements) are invited to observe class from the balcony. This also includes any siblings or family members. We make this request as a safety measure to limit the traffic on the gym floor and also foster the independence of our young athletes. All equipment should be used with the permission of the instructors and only during the time of instruction. Please take into consideration the health and well being of every child participating and taking risks in the class as we try to limit distractions. If you have any questions about this please speak to the Gym Manager.

I look forward to providing a clean, safe and challenging environment for your children this winter. If you have any feedback, questions or concerns on the delivery of this promise please feel free to contact me directly.

I can be reached by phone at 617 349-6237 or by email at dharris@cambridgema.gov

Sincerely,

Derrick Harris
Recreation and Aquatics Manager
Department of Human Services
At the War Memorial
The American Red Cross’ swim program is being used by the Recreation Department. The skills listed for each level are from Red Cross materials. Please do not expect your child to move to the next level in one session; this is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process; please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

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

Saturdays (10 weeks)
January 4th - March 7th

Toddler/Preschool
Ages: 18 months-4.5 years old

$70 Resident/$75 Non-Resident
Parents are required to participate; one child per adult. Children who are not toilet trained must wear a swim diaper.

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Preschool Referral/Level 1
Ages: 3.5-6 years old
210104-01...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, s/he must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

Level 1: Water Exploration
Ages 5-12 years old
210105-01...Saturday 12:30-1:00pm

$70 Resident/$75 Non-Resident
Purpose: Helps students feel comfortable in the water.
Level 1 participants learn to:

- Enter and exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose, and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

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

Level 2: Primary Skills
Ages: 5-12 years old
210106-01...Saturday 1:00-1:30pm

210106-02...Saturday 1:30-2:00pm

$70 Resident/$75 Non-Resident
Purpose: Learning proper body positioning and body mechanics
Level 2 participants will learn to:

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

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently
Level 3: Stroke Development  
Ages: 5-13 years old  

210108-01.....Saturday 10:00-10:45am  

$80 Resident/$85 Non-Resident  
Purpose: Refining level 2 skills and progressing stroke technique.  
Level 3 participants learn to:  
- Refine freestyle  
- Refine backstroke  
- Learn breaststroke kick fundamentals  
- Demonstrate proper safety skills  

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

Level 5: Skill Proficiency  
Ages: 5-14 years old  

210111-01..................Saturday 11:45-12:30pm  

$80 Resident/$85 Non-Resident  
Provides further refinement of the following strokes:  
- Freestyle  
- Backstroke  
- Breaststroke  
Level 5 participants will also learn to perform:  
- Butterfly  
- Front flip turn  
- Backstroke flip turn  
- Competition start from blocks  
- Demonstrate proper safety skills  

Exit skills:  
- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly  
- 5 minutes of treading water  

Level 4: Stroke Refinement  
Ages: 5-14 years old  

210110-01............Saturday 10:45-11:30am  

$80 Resident/$85 Non-Resident  
Purpose: Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke,  
Level 4 participants learn to:  
- Dive  
- Swim breaststroke  
- Tread water  
- Perform butterfly kick  
- Perform open turns on front and back  
- Demonstrate proper safety skills  

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

Level 6: Endurance Training  
Ages: 5-14 years old  

210112-01...............Saturday 11:45-12:30pm  

$80 Resident/$85 Non-Resident  
Purpose: Refines all four strokes so students swim them with ease, efficiency, and power over greater distances. Level 6 is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo & diving  
Exit skills:  
- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly  

Private Swim Lessons  

Private lessons will not be offered during the winter session due to pool availability. They will resume in late February.  
Scheduling varies per instructor and pool availability.  
Half hour lesson $30 / One hour lesson $60  
Buddy lessons available for half hour and one hour for ages 5-14. 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 Spring Practice
Current Sea Dawgs as well as interested newcomers ages 5-18, able to swim 25 yards of continuous freestyle, backstroke, and breaststroke are welcome! Spring season is a great opportunity for current Sea Dawgs to maintain their fitness and further develop and improve their skills. It is also the perfect way for new participants to dabble in competitive swimming. Sportsmanship and healthy competition will be developed in a small group of similar level swimmers. Practice will be twice a week beginning March 30th and end June 10th. Tryouts for new swimmers will be held Monday, March 30th from 5:15-7:15pm. All swimmers will be placed into groups on Monday, March 30th. Registration for current Sea Dawgs will begin February 24th; registration for new participants will begin on April 1st (must have already completed tryouts). Please sign up early as the program is limited due to pool availability.

Swim Practice 310117-01
- March 30 - June 10
- No class May 22 & 25
- Mondays 5:30 - 7:30pm
- Wednesdays 5:30 - 7:30pm
- Fridays 5:45 – 7:15pm
- Cost: 150.00 first child & 75.00 for each additional sibling.

Cambridge Synchro
If you love music, swimming, dancing, gymnastics, or being creative...then synchronized swimming might be for you! Cambridge Synchro has been in existence for 30 years! We offer many levels of instruction, from beginner through competition team. Our club competes throughout New England and Nationally! For more detailed program and fee information, please email CambridgeSynchro@gmail.com or visit our website: www.CambridgeSynchro.org. Scholarships are available. Contact cambridgesynchro@gmail.com for more info.

Beginning Synchro/Pre-Team.................210113-01
January 4th – March 7th (10 weeks) $135 Ages 6+

The Beginner Class is designed for swimmers who have never done synchro. Swimmers must be comfortable putting their heads underwater.

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

Practice schedules will be determined by age and will be emailed to parents. Please contact Cambridgesynchro@gmail.com with questions.

Novice Team.................210113-02
Wednesday 7:15 - 8:30pm
Saturday 10:00-11:00am
January 4th – June 14th $370

Prerequisite: Swimmers must have participated in the Beginning Synchro class or Novice Team during the Fall.

The Novice Team is open to swimmers who have passed or have learned skills equivalent to the course description for Red Cross Swimming Level 5 (see description under Swim Lessons in this brochure). Swimmers will participate in one local competition in the Spring and our annual show in June. There will be some additional fees for novice team members who choose to compete.

Practice times and competition dates are subject to change. Annual Show and Competition dates will be distributed in January.

NOTE: Scholarships are available. Please contact Cambridgesynchro@gmail.com for more information.
Youth Programs

**Pee Wee Soccer**
$70 Resident / $75 Non-Resident  
January 4th – March 7th (10 weeks)

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.

Saturday 4:00-4:45pm...210501-02  
Ages: 5-7 (new to the game)

**Premier Hoops: Skills Training**

The mission of Premier Hoops is to train and nurture youth basketball players through conditioning and developing skills, while instilling the importance of setting goals, working hard, and being a good citizen. During the course of the 8-week winter clinic, your child will be instructed by former D1, D2, and D3 college players on how to improve their shooting, passing, ball-handling and much more!

Dates: December 7th – March 7th  
2:45-3:45 for Ages 7-10  
3:45-4:45 for Ages 11-16  
To register please contact Premier Hoops:  
781-724-8125  
premierhoops@gmail.com  
www.premierhoopsters.com

**Hip Hop Dance Class**

The Rhythmic Beat Squad Dance Team/Class  
$50 Resident / $55 Non-Resident  
January 4th – March 7th (10 weeks)

Our vision is to bring the art of dance into Cambridge. Both instructors work as after-school teachers and have seen a lot of kids with great dancing talent, but with no way to show it off. This class provides a place where kids of all different skill levels who just love to dance can come together and have fun doing what they love to do. This will let the kids who haven’t been able to be a part of extracurricular activities and have a hidden love for dance come back into the light.

Saturday 12:00-2:00pm...210701-01  
Ages: 4-9

**Middle School Lessons**

Ages: 12-14 years  
Saturday, 12:00-12:45pm...210404-01  
This class is for beginners or those with limited experience.

**Youth Tennis**

**Pee Wee Tennis (I)**  
Ages: 4-7 years  
Saturday, 9:00-9:45am.....210401-01  
This class is for students with no previous experience or limited experience.

**Pee Wee Tennis (II)**  
Ages: 4-7 years  
Saturday, 9:45-10:30am.....210401-02  
This class is for students with no previous experience or limited experience.

**Beginner Tennis**  
Ages: 8-11 years  
Saturday, 10:30-11:15am...210402-01  
This class is for students with absolutely no experience.

**Advanced Beginner Tennis**  
Ages: 8-11 years  
Saturday, 11:15-12:00pm...210403-01  
This class is for students who have taken some lessons, can keep score, and know the rules of the game.

Enroll Online! Credit cards accepted  
www.cambridgema.gov/dhsp/warmemorial  
1640 Cambridge St. Door 15  
(617) 349 6279  
Winter 2020
Gymnastics

January 4th – March 7th (10 weeks)

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

Preschool Intro: Gymnastics
Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

Saturday
Intro 8:45 -9:30am............ 210301-01
Intro 9:30 -10:15am........... 210301-02
Ages 2-3
$75 Resident / $80 Non-Resident
Intro 10:15-11:00am........... 210301-03
Intro 11:00-11:45am........... 210301-04
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.

Saturday
Plus 10:15-11:00am........... 210303-01
(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.

Saturday
Boys 11:45-12:45pm........... 210304-01
Ages: 5-8
$80 Resident / $90 Non-Resident
Girls 11:45-12:45pm........... 210304-02
Ages: 5-8
$80 Resident / $90 Non-Resident

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

Saturday
9:00-10:00am..... 210306-01
Ages: 5-8; Girls
$80 Resident / $90 Non-Resident

Kenpo Karate

January 4th – March 7th (10 weeks)

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

Please make one check payable to Steve Nugent. for 170.00 and one check payable to the City of Cambridge for 25.00. Registration must be done by mail or in person. On-line registration is not available for this class.

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Little Dragons
Saturday
9:00-9:30am...110201-01
Ages 3-5 years

Junior Beginners
Saturday
9:30-10:15am...110201-02
Ages 6-10 years

Junior Advanced
Saturday
10:15-11:00am...110201-03
Ages 11-13 years

Teens
Saturday
11:00-11:45am...410201-04
Ages 13 years and up

Winter 2020
1640 Cambridge St. Door 15
(617) 349 6279

7
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 pool with a maximum depth of 3 ½ feet. In the security of this pool you will learn to feel comfortable in the water, float on your back and front, put your face in the water, and begin to learn the front and back crawl, and many other skills.
Instructor: Gregory Rubin

Class I........................220201-01
Monday January 6th – March 9th (8 weeks) No class 1/20 & 2/17
6:30-7:15pm
$75 resident / $85 non-resident

Class I........................220201-03
Wed January 8th - February 26th (8 weeks)
6:30-7:15pm
$75 resident/ $85 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.
Instructor: Gregory Rubin

Class II.....................220201-02
Monday January 6th – March 9th (8 weeks) No class 1/20 & 2/17
7:30-8:15pm
$75 resident / $85 non-resident

Class II.....................220201-04
Wed January 8th - February 26th (8 weeks)
7:30-8:15pm
$75.00 resident/ $85.00 non resident

Aqua Aerobics (deep water)
Whether you are new to exercise, or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints. These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals. Aquatic exercise is safe, fun, and effective!

Monday & Wednesday
6:30 - 7:30 pm ..........220301-01
$90 Resident / $100 Non-Resident
January 6th – March 18th (10 weeks)
No Class on 1/20 & 2/17

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.

Tuesday & Thursday .......220401-01
January 7th – March 19th
6:45-8:00pm
(20 sessions)
No Class TBD (2 sessions)
$95 Residents / $105 Non-Residents
Coach: Elissa Cadillic

Aqua Zumba
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 slower 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.

Wednesdays
5:30-6:15pm………………..220801-01
$90 Resident / $100 Non-Resident
January 8th – March 11th (10 weeks)

AM Adult Lap Swim
Mondays, Wednesdays & Fridays
6:15 am – 7:30am
$5.00 Resident / $6.00 Non- Residents

*Does not include scheduled closure for holidays or closings due to inclement weather. For the most up to date schedule please refer to the brochure on our webpage: www.cambridgema.gov/dhsp/war memorial
For the most up to date information on emergency closings Like us on facebook @:
War Memorial Recreation Center, Cambridge MA

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/war memorial

Winter 2020
IAIDO
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 and registration please visit our school website at www.bostoniaido.com; or, by email at bostoniaido@yahoo.com.

Monday and Thursday
7:15-9:15pm

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.

Mondays.........................220501-01
January 6th – March 23rd (10 Weeks)
No class January 20th & February 17th
7:00-8:00pm
$90 resident/$100 non-resident

FENCING
Ever wished you could sword fight like the Three Musketeers or swashbuckle like a pirate? Learn to duel as they did during the Renaissance with Boston’s local Society for Creative Anachronism (SCA) group. Loaner gear is available for beginners looking to try it out. Contact: fence-marshall@carolingia.eastkingdom.org to register, reserve gear or with any questions. Find additional info: http://carolingia.eastkingdom.org/.

Thursdays:7:15-9:15pm

MIDDLE EASTERN DANCE
Learn the dances as done through the ages from North African through the Middle East. Wear comfortable clothes for ease of movement. Join our dance practice with Boston’s local Society for Creative Anachronism (SCA) group. We start with a warm up, focus on several steps/concepts and close with open dance and cool down stretch. Contact serene@neotheo.com or erzulie@erzuliedancer.com with any questions. Additional info about the Boston SCA group at http://carolingia.eastkingdom.org/

Thursdays:7:15-9:15pm

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! Beginners and adults of all age, shape & size are welcome. All you need is a fun loving attitude and a desire to move.

Sunday & Tuesday.....................220702-01
January 5th – March 10th (10 weeks)
Sundays 12:00pm-1:00pm
Tuesdays 7:00pm-8:00pm
$150 resident/ $170 non-resident

Sunday.................................220702-02
January 5th – March 8th (10 weeks)
12:00pm-1:00pm
$90 resident/ $100 non-resident

Tuesday.................................220702-03
January 7th – March 10th (10 weeks)
7:00pm-8:00pm
$90 resident/ $100 non-resident
Adult Programs

Adult Tennis

Beginner/Advanced Beginner Tennis
This class is for students with no previous experience or limited experience

Thursday.................220101-01
January 9th – February 27th (8 weeks)
7:15-8:15pm
$75 Residents / $85 Non-Residents

Intermediate/Advanced Tennis
This class is for students with experience and will provide the opportunity to advance skills

Thursday ......................220102-01
January 9th – February 27th (8 weeks)
8:15-9:15pm
$75 Residents / $85 Non-Residents

Volleyball

Adult Coed Volleyball (Pick Up)
Ages 18 and above

Friday, 7:15–9:15 pm
$7:00 (2 hour session)
Sunday, 12:00 – 2:00 pm
$7:00 (2 hour session)

Adult Coed Volleyball (league)
Monday: 7:15 – 9:15 pm
Fee: $400.00 per team

No games on February 17 & May 25
League play begins February 3 and ends June 1

League Director:
Kelley Leary (617) 349-6279

Weight & Cardio Room

Mon – Fri 6:00 – 9:00 pm
Saturday 2:00 -5:00 pm
Sunday 2:00 – 5:00 pm
See rates on Page 12

Fit League
Social Boston Sports Fit League is an innovative, team-based fitness program lead by certified trainers that will get you working hard, moving and sweating week after week.

Sunday Basketball
Since there will be no more Sunday Football to watch, get off the couch and play in a full-court Men's Basketball League with SBS.

Sunday Dodgeball
Come dodge, dip, duck, dive, dodge at SBS Dodgeball! Get in a sweat playing the classic recess game and then head to the bar afterwards every week to hang out with the people in the league. Dodgeball is surprisingly one of the most social sports SBS offers. All you need is a pair of sneakers to play.

How to Register: Go to www.socialbostonsports.com/leagues and filter by Cambridge Rindge and Latin School. Click “Register” and follow the steps. Memberships are free and Cambridge residents get $10 off the league when they use the code Cambridge2020 when registering.
SENIOR AQUA AEROBICS

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 Senior Aqua.

$60 once a week | $75 twice a week | $90 three times a week

Aqua Aerobics Schedule

Monday, Wednesday & Friday
3:30 - 4:30pm..............230101-01

Monday & Wednesday
3:30 - 4:30pm..............230101-02

Monday
3:30 - 4:30pm..............230101-03

Wednesday
3:30 - 4:30pm..............230101-04

Friday
3:30 - 4:30pm..............230101-05

Senior Adult Class Schedule

January
Jan 6, Jan 8, Jan 10, Jan 13, Jan 15, Jan 17, Jan 22, Jan 24, Jan 27, Jan 29, Jan 31

February
Feb 3, Feb 5, Feb 7, Feb 10, Feb 12, Feb 14, Feb 19, Feb 21, Feb 24, Feb 26, Feb 28

March
Mar 2, Mar 4, Mar 6, Mar 9, Mar 11, Mar 13, Mar 16

No class on: Jan 20th & Feb 17th

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.
<table>
<thead>
<tr>
<th>Resident</th>
<th>Pool</th>
<th>Weight &amp; Cardio Room</th>
<th>Combo Weight Cardio Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Visit Child</td>
<td>$1.25</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Single Visit Adult</td>
<td>$5.00</td>
<td>$5.00</td>
<td>$5.75</td>
</tr>
<tr>
<td>Single Visit Senior</td>
<td>$2.00</td>
<td>$2.00</td>
<td>$2.75</td>
</tr>
<tr>
<td>Single Visit Couple</td>
<td>$6.50</td>
<td>$6.50</td>
<td>$7.00</td>
</tr>
<tr>
<td>Single Visit Family</td>
<td>$7.50</td>
<td>N/A</td>
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</tr>
<tr>
<td>10 Visit Adult</td>
<td>$45.00</td>
<td>$45.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>10 Visit Senior</td>
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<td>$25.00</td>
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<td>10 Visit Couple</td>
<td>$60.00</td>
<td>$60.00</td>
<td>$70.00</td>
</tr>
<tr>
<td>10 Visit Family</td>
<td>$70.00</td>
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</tr>
<tr>
<td>24 Week Adult</td>
<td>$165.00</td>
<td>$165.00</td>
<td>$185.00</td>
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<td>24 Week Senior</td>
<td>$55.00</td>
<td>$55.00</td>
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</tr>
<tr>
<td>24 Week Couple</td>
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<tr>
<td>24 Week Family</td>
<td>$205.00</td>
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<td>N/A</td>
</tr>
<tr>
<td>48 Week Adult</td>
<td>$215.00</td>
<td>$215.00</td>
<td>$255.00</td>
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<td>48 Week Senior</td>
<td>$80.00</td>
<td>$80.00</td>
<td>$95.00</td>
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<tr>
<td>48 Week Couple</td>
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<tr>
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<td>$355.00</td>
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<th>Weight &amp; Cardio Room</th>
<th>Combo Weight Cardio Pool</th>
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</thead>
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<td>$1.25</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Single Visit Adult</td>
<td>$6.00</td>
<td>$6.00</td>
<td>$6.50</td>
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<td>Single Visit Senior</td>
<td>$2.25</td>
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<tr>
<td>Single Visit Couple</td>
<td>$7.50</td>
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<td>$8.00</td>
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<tr>
<td>Single Visit Family</td>
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<td>10 Visit Adult</td>
<td>$55.00</td>
<td>$55.00</td>
<td>$65.00</td>
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<tr>
<td>10 Visit Senior</td>
<td>$21.00</td>
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<td>$35.00</td>
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<tr>
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<td>$80.00</td>
</tr>
<tr>
<td>10 Visit Family</td>
<td>$80.00</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>24 Week Adult</td>
<td>$185.00</td>
<td>$185.00</td>
<td>$205.00</td>
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<td>24 Week Senior</td>
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<td>$80.00</td>
<td>$105.00</td>
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<tr>
<td>24 Week Couple</td>
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<tr>
<td>24 Week Family</td>
<td>$230.00</td>
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<td>N/A</td>
</tr>
<tr>
<td>48 Week Adult</td>
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<td>$235.00</td>
<td>$280.00</td>
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<td>48 Week Senior</td>
<td>$105.00</td>
<td>$105.00</td>
<td>$125.00</td>
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<tr>
<td>48 Week Couple</td>
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<td>$380.00</td>
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<tr>
<td>48 Week Family</td>
<td>$405.00</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>
**Pool Schedule**

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Adult AM Lap Swim 6:15-7:30 am</td>
<td>Adult AM Lap Swim 6:15-7:30 am</td>
<td>Adult AM Lap Swim 6:15-7:30 am</td>
<td>Adult AM Lap Swim 6:15-7:30 am</td>
<td>The Cambridge Program 8:00-10:00</td>
<td>Cambridge Swans 8-11am</td>
<td>Sea Dawgs 11:45-1:15 pm</td>
</tr>
<tr>
<td>Senior Aqua 3:30-4:30 pm</td>
<td>Senior Aqua 3:30-4:30 pm</td>
<td>Senior Aqua 3:30-4:30 pm</td>
<td>Senior Aqua 3:30-4:30 pm</td>
<td>Cambridge Swans 10a-2pm</td>
<td></td>
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</tr>
<tr>
<td>Adult Lap Swim 5:15-6:30 pm</td>
<td>Aqua Zumba 5:30-6:15 pm</td>
<td>Adult Lap Swim 5:15-6:30 pm</td>
<td>Family Swim 5:30-8:30 pm (lap pool not available)</td>
<td>Children's Swim Lessons 10a-2pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sea Dawgs 5:30-7:30 pm</td>
<td>Family Swim 5:30-7:30pm</td>
<td>Sea Dawgs 5:30-7:30pm</td>
<td>Adult Lap Swim 5:30-6:15 pm</td>
<td>7:15-8:45 pm</td>
<td></td>
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</tr>
<tr>
<td>Aqua Aerobics 6:30-7:30 pm</td>
<td>Aqua Aerobics 6:30-7:30 pm</td>
<td>Sea Dawgs 5:30-7:30 pm</td>
<td>Sea Dawgs 5:30-7:30 pm</td>
<td>Family Swim 6:15-7:15pm</td>
<td></td>
<td>Birthday Parties 1:30-3:30 pm</td>
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<tr>
<td>Adult swim Lesson 6:30-7:15 pm 7:30 – 8:15 pm</td>
<td>Masters Swim 6:45-8:00 pm</td>
<td>Adult Lap Swim 6:30-7:45 pm</td>
<td>Masters Swim 6:45-8:00 pm</td>
<td>Birthday Parties 5:30-7:30 pm</td>
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<td></td>
</tr>
<tr>
<td>Adult Lap Swim 7:30-8:45 pm</td>
<td>Cambridge Swans 6:30 – 9pm</td>
<td>Adult Swim Lesson 6:30-7:15 pm</td>
<td>Cambridge Swans 6:30 – 9:00 pm</td>
<td>Birthday Parties 2-3:30 pm</td>
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</tr>
</tbody>
</table>

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Winter 2020
1640 Cambridge St. Door 15
(617) 349 6279
Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Time of rental listed below:

**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 28 - September 8. 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. If you cannot access a date then it is unavailable.  

For more information please call  
617 349-6279
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/Guardian Name: __________________________      Social Security:   ____________
   Address: __________________________________________     Home Phone:     ____________
   Place of Employment: ________________________________     Work Phone:      ____________

2. Parent/ Guardian 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, without holding information, under reporting income, or submitting false information will result in disqualification of your scholarship request.

Total number in Family: _______     Number of adults: ______     Number of Children: _____

Wage Earner #1
Gross weekly income $________________

Wage Earner #2
Gross weekly income $________________

Other Family income (monthly)

WIC  Welfare  Child Support  Rents  Alimony  Unemployment  Other

Total Monthly Income: $_____________________________

*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 _____

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, 2019 and June 30, 2020. Mail in your completed scholarship registration form, scholarship request form and a copy of your 2017 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: Derrick Harris * Winter Registration * 51 Inman Street  * Cambridge MA 02139

Enroll Online! Credit cards accepted
www.cambridgema.gov/dhsp/warmemorial

Winter 2020

(617) 349 6279
**Registration**

How to register

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

Derrick Harris
Winter 2020 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on December 2nd. All forms are processed in the order they are received and classes often fill up. Mailing in your registration does not guarantee a spot on our enrollment.

**On the Web**
The most effective way to register is by visiting our website at: [www.cambridgema.gov/dhsp](http://www.cambridgema.gov/dhsp)
For more information about registering online please reference the inside cover of this brochure.

**Walk-in**
Walk-in registration begins December 9. Please feel free to stop by from the hours of 3:30 to 8:30 pm Monday – Friday and 12:30 - 4:30 on Saturday and Sunday. Please take note of the days in which the Center is closed for Holidays listed on the Table of Contents in this brochure before coming in. Our front desk is located behind Door 15 of the Rec. Center located at 1640 Cambridge MA. Cash, checks and credit cards are accepted for walk-in registration.

---

**Registration Form** *(please print)*

**Head of Household (please print)**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Sex: Male</th>
<th>Female</th>
</tr>
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<tbody>
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<table>
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<tr>
<th>Address</th>
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<table>
<thead>
<tr>
<th>City/Town</th>
<th>Zip Code</th>
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<table>
<thead>
<tr>
<th>Home Phone</th>
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<th>Work Phone</th>
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<table>
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<tr>
<th>Emergency contact/Name</th>
<th>Contact Number</th>
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<tr>
<th>Email address for notification purposes</th>
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</tbody>
</table>

- [ ] Cambridge Resident
- [ ] Non-resident
- [ ] Change of Address

**Child Participant**

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>Sex: Male</th>
<th>Female</th>
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<table>
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<tr>
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</table>

<table>
<thead>
<tr>
<th>Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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**Adult Participant**

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<tr>
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<th>Female</th>
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<tr>
<th>Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tr>
<th>Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
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</table>

**Second Choice if Class is Full**

<table>
<thead>
<tr>
<th>Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
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</tbody>
</table>

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

Participant Signature: ____________________________
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.

Enroll Online! Credit cards accepted
[www.cambridgema.gov/dhsp/warmemorial](http://www.cambridgema.gov/dhsp/warmemorial)

1640 Cambridge St. Door 15
(617) 349 6279
**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 makes the enrollment process go smoother. If you have changed your address since the last time you registered, please let us know.

---

**Registration Form (please print)**

<table>
<thead>
<tr>
<th>Head of Household (please print)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Name</td>
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<tr>
<td>Address</td>
</tr>
<tr>
<td>City/Town</td>
</tr>
<tr>
<td>Home Phone</td>
</tr>
<tr>
<td>Emergency contact/Name</td>
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- [ ] Non-resident
- [ ] Change of Address

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<td>DOB</td>
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<tr>
<td>Class Code</td>
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</tr>
</tbody>
</table>

**Second Choice if Class is Full**

<table>
<thead>
<tr>
<th>Title</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
</table>

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

Date:

**Media Release:**

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Winter 2020

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1640 Cambridge St. Door 15
(617) 349 6279
Thomas J. O’Callaghan was a Cambridge resident who was K.I.A during World War I. According to letters written to his mother he gave his life protecting our country and two of younger soldiers. His name is among many other Cambridge residents written on the walls of our War Memorial. More information about Mr. O’Callaghan’s history can be found at the Cambridge Public Library.

(Election results not finalized at time of printing)