War Memorial Recreation Center

Fall 2022 Programming

1640 Cambridge Street (Door 15), Cambridge, MA
617-349-6279 • askdhsp@cambridgema.gov
www.cambridgema.gov/DHSP/WarMemorial
Operating Hours – Fall 2022

September 6 – December 23, 2022
Monday – Friday: 5:00 – 9:15 p.m. Front door locks at 8:30 p.m.
Saturday: 8:00 a.m. – 5:15 p.m. Front door locks at 4:30 p.m.
Sunday: 11:00 a.m. – 5:15 p.m. Front door locks at 4:30 p.m.

Closures

The War Memorial Recreation Center will be closed during the following dates:
- Saturday, August 20 – Monday, September 5
- Wednesday, October 5
- Monday, October 10
- Friday, November 11
- Wednesday, November 23 – Sunday, November 27
- Saturday, December 24 – Saturday, December 31
- Sunday, January 1 – Monday, January 2, 2023

The facility will reopen on Tuesday, January 3, 2023.
Rules, Regulations, and Policies

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 rescheduled if canceled due to the weather or instructor absence
- The City of Cambridge is not responsible for valuables lost or stolen
- Inappropriate behavior and use of offensive language will not be tolerated
- No heeled shoes in the field house
- 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

Pool Rules and Regulations are available on page 17.

Refund Policy

Full refunds will be provided if a class is canceled due to low enrollment or a patron can no longer participate due to a medical need and provides a doctor’s note. All other 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 is not responsible for lost, stolen or damaged personal property.

Food & Drink Policy

Food and drinks are not allowed in the facility; with the exception of non-glass containers/bottles for water. Please help us keep the Center as clean as possible.
Children’s Swim Programs

September 17 – November 19 (10 weeks)

Parents are required to be in the pool during toddler/pre-school instruction. Parents of children in Level 1 through Level 6 are asked to leave the pool deck due to swimmer development and pool safety. They can 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. 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.
Toddler/Preschool
Ages: 18 months – 4.5 years
Saturday: 10:00 – 10:30 a.m.
Registration Code: 110101-01
Saturday: 10:30 – 11:00 a.m.
Registration Code: 110101-02
Saturday: 11:00 – 11:30 a.m.
Registration Code: 110101-03
Cost: $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.

Preschool Referral / Level 1
Ages: 3.5 – 6 years
Saturday: 11:30 a.m. – 12:00 p.m.
Registration Code: 110104-01
Saturday: 12:00 – 12:30 p.m.
Registration Code: 110104-02
Cost: $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.

Level 1: Water Exploration
Ages: 5 – 12 years
Saturday: 12:45 – 1:15 p.m.
Registration Code: 110105-01
Saturday: 1:30 – 2:00 p.m.
Registration Code: 110105-02
Cost: $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:
• Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or “swim”.
• Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
• Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.
**Level 2: Primary Skills**

**Ages:** 5 – 12 years  
**Saturday:** 1:00 – 1:30 p.m.  
**Registration Code:** 110106-01

**Saturday:** 1:30 – 2:00 p.m.  
**Registration Code:** 110106-02

**Cost:** $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  
**Saturday:** 10:00 – 10:45 a.m.  
**Registration Code:** 110108-01

**Cost:** $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 4: Stroke Refinement

**Ages:** 5 – 14 years  
**Saturday:** 11:00 – 11:45 a.m.  
**Registration Code:** 110110-01  
**Cost:** $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

Levels 5 and 6: Skill Proficiency and Endurance Training

**Ages:** 5 – 14 years  
**Saturday:** 12:00 – 12:45 p.m.  
**Registration Code:** 110111-01  
**Cost:** $80 resident / $85 non-resident  
**Purpose:** Refines Freestyle, Backstroke, Breaststroke, and Butterfly so students swim them with ease, efficiency, and power over greater distances. Participants also learn front flip turn, backstroke flip turn, competition start from blocks, and how to demonstrate proper safety skills. This level is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and 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  
• 5 minutes of treading water

Private Swim Lessons

• Lessons will be available Monday – Friday from 3:30 – 5:00 p.m.  
• Scheduling varies per instructor and pool availability.  
• A 6 week minimum is required.  
• Half hour lesson $30 / One hour lesson $60  
• Buddy lessons available for one hour, ages 5 – 14 years, $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 Dawgs Cambridge Recreation Swim Team

Join the 2022 – 2023 Season

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.

Our program is open to any child between the ages of 5 – 18 who can swim 25 yards (1 length each) of freestyle, backstroke, and breaststroke without assistance or stopping. A basic understanding of butterfly is also expected. This is not a “learn to swim” program; any swimmer interested in joining our team must have prior swim knowledge and instruction. Fundamentals of each competitive stroke is required.

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 and Tryout Information

The cost is $425 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 2021–2022 swim season.

Tryouts for the 2022–2023 Sea Dawgs:
- Monday, September 19 for swimmers ages 5 – 10 years old
- Tuesday, September 20 for swimmers ages 11 – 12 years old
- Wednesday, September 21 for swimmers 13 years and older.

There will be a makeup tryout date on Friday, September 23. All tryout times will be between 5:30 – 7:30pm.

Once tryouts are completed, groups will be assigned and a practice schedule will be emailed to parents by Sunday, September 25 by midnight.

Suit Fitting and Registration
- Monday, September 26 from 5:30 – 7:00 p.m. for swimmers 5 – 10 years of age
- Wednesday, September 28 from 5:30 – 7:00 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!
Cambridge Synchronized Swimming

September 17 – November 19

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.

All new swimmers must attend our standard preseason evaluation from 12:30 – 1:30 p.m. on Saturday, September 10. The evaluation session is designed to be fun and basic—we look for overall swimming ability; front crawl, back stroke, side flutter and recognizable breast stroke as well as comfort in deep water. This allows our coaches to place your swimmer in the optimal group based on age, swim level and scheduling commitment. Please refer to course descriptions for specific swim and Synchro skill requirements. Swimmers should come prepared to swim, wearing a bathing suit and goggles, and have FUN meeting other new swimmers.

You will be able to register your swimmer at the front desk following the evaluation.

Note: If you register your swimmer for swim classes at the War Memorial Pool during a time that conflicts with the scheduled Synchro swim lesson time(s) and your swimmer is accepted to the Synchro class (Beginner or Novice), we will shift that payment to the Synchro class registration. Please note that many swimmers participate in both the advanced swim lessons as well as the Synchro Beginner/Novice classes.

Practice times and competition dates are subject to change. Competition dates will be shared in October.

Note: Scholarships are available. Please contact CambridgeSynchro@gmail.com for more information!

Beginning Synchro Class
Saturday: 8:30 – 10:00 a.m.
Registration Code: 110113-01
Cost: $135

The Beginner Synchro Class is designed for swimmers who have never done Synchro. Swimmers must be comfortable in water that is 12 feet.

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

Novice Team
Saturday: 8:30 – 10:00 a.m.
Wednesday: 7:15 – 8:30 p.m.
Registration Code: 110113-02
Cost: $185

The Novice Team is open to swimmers who have passed or have learned skills equivalent to the course description for 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. Additional fees for Novice Team members who choose to compete are approximately $200. Practice schedules will be emailed to parents after the evaluation session.
Intermediate Team & 12 and Under Age Group Team

September – June

Registration Code: 110113-03

The Intermediate Team is designed for swimmers who have some experience with Synchro. Intermediate swimmers participate in 4–5 local, regional, and zone level competitions, as well as in our annual show in June. Additional weekly practices and fees will be explained by email to registered families prior to the start of the season. Depending on the number of swimmers in each age category and level, swimmers may be assigned as an alternate to one or more routines and as such will not compete in that routine at every competition. Swimmers who are unable to participate in practices regularly or in all competitions will be selected as alternates.

Private Swim Lessons

Private Synchro lessons are limited and will be on a first come, first serve basis. Based on availability some exceptions may apply.

Cost:
Half hour lesson: $25
One hour lesson: $45 for 1 swimmer / $30 each for 2 or 3 swimmers.

If interested in Private Synchro Lessons, please contact Head Coach Katie Rice at CambridgeSynchro@gmail.com.
Adult Swimming

**Aqua Aerobics (deep water)**

**Monday and Wednesday, 6:30 – 7:30 p.m.**
**September 12 – November 21 (10 weeks)**
*No class on October 8 and October 5*

**Registration Code:** 120301-01  
**Cost:** $90 Resident / $100 Non-Resident

Aquatic exercise is safe, fun, and effective! 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.

**Masters Swim Program**

**Tuesday and Thursday, 6:45 – 8:00 p.m.**
**September 20 – December 15 (10 weeks)**
*No class on November 24 and 3 other dates TBA*

**Registration Code:** 120401-01  
**Cost:** $105 Resident / $115 Non-Resident

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. The larger the group, the more motivation to improve. **So come swim!**

Coach: Elissa Cadillic
Youth Programs

Kenpo Karate

September 17 – November 19 (10 weeks)

Little Dragons
Ages: 3 – 4 years
Schedule: Saturday, 9:00 – 9:30 a.m.
Registration Code: 110201-01

Junior Beginners
Ages: 5 – 8 years
Schedule: Saturday, 9:30 – 10:15 a.m.
Registration Code: 110201-02

Junior Advanced
Ages: 9 years and older
Schedule: Saturday, 10:15 – 11:00 a.m.
Registration Code: 110201-03

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

Registration must be done by mail or in person. Online registration is not available for this class. Please make one check payable to Steve Nugent for $170 and one check payable to the City of Cambridge for $25.
Youth Programs: Gymnastics

Classes offered Saturdays, September 17–November 19 (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.

Children’s Plus Gymnastics
Prior participation in gymnastics (1–2 semesters experience) 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.

**Ages:** 2 – 4 years
**Cost:** $75 Resident / $80 Non-Resident
**Saturday:** 10:15 – 11:00 a.m.
**Registration Code:** 110303-01

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.

**Ages:** 2 – 3 years
**Cost:** $75 Resident / $80 Non-Resident
**Saturday:** 8:45 – 9:30 a.m.
**Registration Code:** 110301-01

**Ages:** 3 – 4 years
**Cost:** $75 Resident / $80 Non-Resident
**Saturday:** 10:15 – 11:00 a.m.
**Registration Code:** 110301-02

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

**Boys**
**Ages:** 5 – 8 years
**Cost:** $80 Resident / $90 Non-Resident
**Saturday:** 11:45 a.m. – 12:45 p.m.
**Registration Code:** 110304-01

**Girls**
**Ages:** 5–8 years
**Cost:** $80 Resident / $90 Non-Resident
**Saturday:** 11:45 a.m. – 12:45 p.m.
**Registration Code:** 110304-02

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

**Ages:** 5 – 8 years
**Cost:** $80 Resident / $90 Non-Resident
**Saturday:** 9:00 – 10:00 a.m.
**Registration Code:** 110306-01
Adult Recreation Programs

Iaido

Ages: 18 years and older
Monday and Thursday, 7:15 – 9:15 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 to develop 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](http://www.bostoniaido.com) or email bostoniaido@yahoo.com.

Fencing

Thursday, 7:15 – 9:15 p.m.

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 the Greater Boston chapter of the SCA at fence-marshall@carolingia.eastkingdom.org to register, reserve gear or with any questions.

Find additional info on their website [https://carolingia.eastkingdom.org](https://carolingia.eastkingdom.org).
Middle Eastern Dance

Thursday, 7:15 – 9:15 p.m.

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 https://carolingia.eastkingdom.org.

Coed Volleyball (Pick-Up)

Ages: 18 years and older
Cost: $7.00 for two hour session
Monday, 7:15 – 9:15 p.m.
Friday, 7:15 – 9:15 p.m.
Sunday, 12:00 – 2:00 p.m.

Weight & Cardio Room

Monday–Friday, 6:00 – 9:00 p.m.
Saturday, 2:00 – 5:00 p.m. Hours occasionally extend, check with front desk.
Sunday, 12:00 – 5:00 p.m.

Zumba

Sunday and Wednesday
Sunday 12:30 – 1:30 p.m., Wednesday 7 – 8 p.m.
September 11 – November 16
No class October 5
Registration Code: 120702-01
Cost: $150 Resident / $170 Non-Resident, 19 sessions

Sunday, 12:30 – 1:30 p.m.
September 11 – November 13
Registration Code: 120702-02
Cost: $90 Resident / $100 Non-Resident, 10 sessions

Wednesday, 7:00 – 8:00 p.m.
September 14 – November 16
No class October 5
Registration Code: 120702-03
Cost: $81 Resident / $91 Non-Resident, 9 sessions

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

Zumba Gold

Sunday, 11:30 – 12:15 p.m.
September 11 – November 13
Registration Code: 120703-01
Cost: $65 Resident / $75 Non-Resident, 10 sessions

This class is catered to seniors and individuals with mobility issues.
## Facility Rates

### Resident Rates

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<th>Weight &amp; Cardio Room</th>
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## Facility Rates

### Non-Resident Rates

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Pool Schedule (Fall 2022)

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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<tr>
<td>Adult Lap Swim  5:15 – 6:30 p.m.</td>
<td>Adult Lap Swim  5:15 – 6:30 p.m.</td>
<td>Family Swim  5:30 – 8:30 p.m.</td>
<td>Family Swim Lessons  10 a.m. – 2 p.m.</td>
<td>Children’s Swim Lessons  10 a.m. – 2 p.m.</td>
<td>Family Swim  12:30 – 4:30 p.m.</td>
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<tr>
<td>Sea Dawgs  5:30 – 7:30 p.m.</td>
<td>Family Swim  5:30 – 7:30 p.m.</td>
<td>Sea Dawgs  5:30 – 7:30 p.m.</td>
<td>Family Swim  5:30 – 7:30 p.m.</td>
<td>Sea Dawgs  5:30 – 7:30 p.m.</td>
<td>Family Swim  2 – 4:30 p.m.</td>
<td>Adult Lap Swim  12:30 – 4:45 p.m.</td>
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<tr>
<td>Aqua Aerobics  6:30 – 7:30 p.m.</td>
<td>Aqua Aerobics  6:30 – 7:30 p.m.</td>
<td>Adult Lap Swim  7:30 – 8:45 p.m.</td>
<td>Adult Lap Swim  2 – 4:45 p.m.</td>
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<tr>
<td>Masters Swim  6:45 – 8 p.m.</td>
<td>Adult Lap Swim  7:30 – 8:45 p.m.</td>
<td>Masters Swim  6:45 – 8 p.m.</td>
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<tr>
<td>Adult Lap Swim  7:30 – 8:45 p.m.</td>
<td>Cambridge Synchro  6:30 – 9 p.m.</td>
<td>Cambridge Synchro  6:30 – 9 p.m.</td>
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</table>
Pool Rules & Regulations

• No one may enter the pool if the lifeguards are not present
• No running, pushing or rough play allowed
• All children will be evaluated for swimming ability before going into the diving well
• Children under the age of eight must be accompanied by an adult (limit 1) during family swim
• Children seven and under must be accompanied by an adult while in the pool
• Children who are not toilet trained must use a swim diaper
• The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child
• Only Recreation Department staff are allowed to instruct in facility pools
• Cleansing shower required before entering the pool
• Adult lap swim is for persons 18 years and older
• Pool lanes may be pulled for other activities
• Please stay off pool lane lines

• Diving may take place only in the diving well
• One person on the diving board at a time
• No diving into lap or small pool
• Catching people on or off the diving board is prohibited
• No lap swimming in the diving well
• No shoes or strollers on the pool deck
• Speed of lane is determined by the fastest swimmer
• Circle swimming is permitted only in the lap pool
• Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
• Please allow lifeguards to focus on keeping the pool safe while they are on duty
• Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
• Lifeguards and managers have final say in all pool related matters
• Patrons are not allowed on the starting blocks of the lap pool
**Registration Information**

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

**Register by Mail**
(See registration form on page 19)
A postmark is required (no hand delivery please).
Please mail registrations to:
  - Vladimir Pierre
  - Fall 2022 Registration
  - 51 Inman Street
  - Cambridge, MA 02139

Mailing in your registration does not guarantee a spot on our enrollment.

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

Please fill using CAPITAL letters.

Head of Household

Last Name__________________________ First Name__________________________ Sex: □ Female □ Male
Address__________________________
City/Town__________________________ Zip Code__________________________
Home Phone__________________________ Cell Phone__________________________ Work Phone__________________________
Emergency Contact/Name__________________________ Contact Number__________________________
Email address for notification purposes__________________________

☐ Cambridge Resident ☐ Non-resident ☐ Change of Address

Child Participant

Child’s Name__________________________ Sex: □ Female □ Male
Age__________________________ Date of Birth__________________________
Class Code__________________________ Title__________________________
Day__________________________ Time__________________________ Fee__________________________
Class Code__________________________ Title__________________________
Day__________________________ Time__________________________ Fee__________________________

Adult Participant

Name__________________________ Sex: □ Female □ Male
Date of Birth__________________________
Class Code__________________________ Title__________________________
Day__________________________ Time__________________________ Fee__________________________
Class Code__________________________ Title__________________________
Day__________________________ Time__________________________ Fee__________________________

Second Choice if Class is Full

Class Code__________________________ Title__________________________
Day__________________________ Time__________________________ Fee__________________________

Media Release

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

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

__________________________________________ Date_________
Scholarship Request Form

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

Mail to: Vladimir Pierre • Fall 2022 Registration
Department of Human Service Programs, 51 Inman St, Cambridge, MA 02139

Program Name

Child’s Name

Address of Child/Children

Family Information
1. Parent/Guardian Name __________________________ Social Security Number __________________________
   Address ________________________________________ Home Phone __________________________
   Place of Employment __________________________ Work Phone __________________________

2. Parent/Guardian Name __________________________ Social Security Number __________________________
   Address ________________________________________ Home Phone __________________________
   Place of Employment __________________________ Work Phone __________________________

Income Information
Proof of residency and documentation of income must accompany this application. Please report the income of ALL adults in the household. Failure to do so, withholding information, under-reporting income, or submitting false information will result in disqualification of your scholarship request.

Total Number in Family __________________________ Number of Adults __________________________ Number of Children __________________________

Wage Earner #1 Gross Weekly Income $ __________________________
Wage Earner #2 Gross Weekly Income $ __________________________
Other Family Income (Monthly) __________________________

☐ WIC ☐ Welfare ☐ Child Support ☐ Rents ☐ Alimony ☐ Unemployment ☐ Other

Total Monthly Income $ __________________________

Are all adults working? ☐ Yes ☐ No

All of the above information for each adult in the household must be documented in writing.

Have you been awarded a DHSP scholarship in the past? ☐ Yes ☐ No
If yes, when? Year ______________ Amount $ ______________ Program __________________________

I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.

Parent/Guardian Signature __________________________ Date __________________________

Partial scholarships are available. Two children per family per semester may received scholarship assistance. Children 3 – 12 years old are eligible for scholarship assistance. No more than two scholarships per child will be granted during a calendar year. Additional documentation will be required to confirm scholarship eligibility. Please do not send a check for payment until your scholarship is confirmed. Contact 617-349-6279 or askdhsp@cambridgema.gov if you have questions about the scholarship application process.
War Memorial Recreation Center
1640 Cambridge Street (Door 15), Cambridge, MA
617-349-6279 • askdhsp@cambridgema.gov
www.cambridgema.gov/DHSP/WarMemorial