War Memorial Recreation Center

Spring 2022 Programming

1640 Cambridge Street, Cambridge, MA
617-349-6279 • askdhsp@cambridgema.gov
www.cambridgema.gov/DHSP/WarMemorial
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Operating Hours

Monday–Friday: 5:15 – 9:15 p.m.
Saturday: 8:30 a.m. – 5:15 p.m.
Sunday: 11:30 a.m. – 5:00 p.m.

Doors lock 30 minutes prior to closure.

Closures

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

• Sunday, April 17
• Monday, April 18
• Thursday, May 26 through Monday, May 30
• Monday, June 20
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
• The City of Cambridge is not responsible for valuables lost or stolen
• Inappropriate behavior and use of offensive language will not be tolerated
• No males or females are allowed in the opposite sex locker room. Family changing space is available
• No heels 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 10.

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 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 Women’s and Men’s 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 drink are not allowed in the facility; with the exception of non-glass containers/bottles for water. 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.
Sea Dawgs Spring 2022 Season

Cambridge Recreation Swim Team

Cost: $200 / swimmer
If you have more than one swimmer joining the team, the first child’s registration will be $200 and each additional sibling’s registration will be $10 / swimmer.

Spring season: Monday, April 11 – Friday, June 17
Practices will be held at least twice a week.

No practice:
Friday, April 15
Monday, April 18
Friday, May 27
Monday, May 30

The Sea Dawgs Spring team welcomes current Winter Sea Dawgs and any interested newcomers ages 5 – 18 to join our team! It 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 make a splash into competitive swimming. Sportsmanship and healthy competition will be developed by placing swimmers into small groups based on similar swimming levels.

Tryout Information
The Sea Dawgs will hold 15–20 minute tryout sessions to determine swimmer groups.

• Tryouts for new members will take place on Monday, April 4th from 5:00 – 7:00 p.m.
• Tryouts for current members will take place on Wednesday, April 6th from 5:00 – 7:00 p.m.

Following all tryouts, families will be notified via email of their swimmer’s group assignment and practice times by Friday, April 8th. If swimmers are able to commit to their group assignment, they can register for the team beginning Friday, April 8th.
Youth Programs: Gymnastics

Classes offered Saturdays, April 9–June 25 (10 weeks) • No class April 16 and May 29

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.

**Ages:** 2–3  
**Cost:** $75 Resident / $80 Non-Resident  
**Saturday:** 8:45–9:30 a.m.  
**Registration Code:** 310301-01

**Saturday:** 9:30–10:15 a.m.  
**Registration Code:** 310301-02

**Ages:** 3–4  
**Cost:** $75 Resident / $80 Non-Resident  
**Saturday:** 10:15–11:00 a.m.  
**Registration Code:** 310301-03

**Saturday:** 11:00–11:45 a.m.  
**Registration Code:** 310301-04

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

**Boys**
**Ages:** 5–8  
**Cost:** $80 Resident / $90 Non-Resident  
**Saturday:** 11:45 a.m.–12:45 p.m.  
**Registration Code:** 310304-01

**Girls**
**Ages:** 5–8  
**Cost:** $80 Resident / $90 Non-Resident  
**Saturday:** 11:45 a.m.–12:45 p.m.  
**Registration Code:** 310304-02

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

**Girls**
**Ages:** 5–8  
**Cost:** $80 Resident / $90 Non-Resident  
**Saturday:** 9:00–10:00 a.m.  
**Registration Code:** 310306-01

Children’s Plus: Gymnastics
Prior participation (1–2 semesters) in gymnastics is required. Children should be able to participate in class without parent involvement. The class will encourage independence and build self-confidence. Parents must be available to take children to the bathroom.

**Ages:** 2–4  
**Cost:** $75 Resident / $80 Non-Resident  
**Saturday:** 10:15–11:00 a.m.  
**Registration Code:** 310301-01
Karate

Classes offered Saturdays, April 9–June 25 (10 weeks) • No class April 16 and May 29

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 $170.00 and one check payable to the City of Cambridge for $25.00.

Little Dragons
Ages: 3–5
Schedule: 9:00–9:30 a.m.
Registration Code: 310201-01

Junior Beginners
Ages: 6–10
Schedule: 9:30–10:15 a.m.
Registration Code: 310201-02

Junior Advanced
Ages: 11–13
Schedule: 10:15–11:00 a.m.
Registration Code: 310201-03

Teens
Ages: 13 and up
Schedule: 11:00–11:45 a.m.
Registration Code: 310201-04
Adult Swim Programs

Non-residents welcome to register; priority given to Cambridge residents

**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. Aqua aerobics utilizes the resistant property of water to yield a challenging workout with minimal impact on joints. The deep-water classes are geared toward a range of ages and conditioning levels in order to address individual fitness goals.

**Cost:** $90 Resident / $100 Non-Resident  
**Monday and Wednesday:** 6:30–7:30 p.m.  
**April 4–June 15** (11 weeks)  
*No class on April 18 and May 30*  
**Registration Code:** 320301-01

**Masters Swim Program**

The Masters Swim Program is designed for people who have at least a Level 5 swim competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. Participants complete posted workouts each class, which involve some combination of freestyle, backstroke, and breaststroke.

**Cost:** $105 Residents / $115 Non-Residents  
**Tuesday and Thursday:** 6:45–8:00 p.m.  
**April 5–June 16**  
**Registration Code:** 320401-01
Adult Recreation Programs

Zumba

April 3–June 16
No class on April 17 or May 29

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.

Cost for 1 day/week:
$90 Residents / $100 Non-Residents
Sunday: 12:00–1:00 p.m., April 3–June 19
No class on April 17 or May 29
Registration Code: 320702-02
Wednesday: 7:00–8:00 p.m., April 6–June 8
Registration Code: 320702-03

Cost for 2 days/week:
$150 Residents / $170 Non-Residents
Sunday and Wednesday, April 3–June 19
No class on April 17 or May 29
Registration Code: 320702-01

Adult Coed Volleyball (Pick-Up)

Ages 18 and over
Cost: $7.00 per 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.
Sunday: 2:00–5:00 p.m.

Enroll online at www.cambridgema.gov/DHSP/WarMemorial
### Facility Rates

#### Resident Rates

| Resident                  | Pool  | Weight & Cardio Room | Combo  
|---------------------------|-------|----------------------|-------
| 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

<table>
<thead>
<tr>
<th>Non-Resident</th>
<th>Pool</th>
<th>Weight &amp; Cardio Room</th>
<th>Combo (Pool Weight &amp; Cardio Room)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Visit Adult</td>
<td>$6.00</td>
<td>$6.00</td>
<td>$6.50</td>
</tr>
<tr>
<td>Single Visit Senior</td>
<td>$2.25</td>
<td>$2.25</td>
<td>$3.00</td>
</tr>
<tr>
<td>Single Visit Couple</td>
<td>$7.50</td>
<td>$7.50</td>
<td>$8.00</td>
</tr>
<tr>
<td>10 Visit Adult</td>
<td>$55.00</td>
<td>$55.00</td>
<td>$65.00</td>
</tr>
<tr>
<td>10 Visit Senior</td>
<td>$21.00</td>
<td>$21.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>10 Visit Couple</td>
<td>$70.00</td>
<td>$70.00</td>
<td>$80.00</td>
</tr>
<tr>
<td>24 Week Adult</td>
<td>$185.00</td>
<td>$185.00</td>
<td>$205.00</td>
</tr>
<tr>
<td>24 Week Senior</td>
<td>$80.00</td>
<td>$80.00</td>
<td>$105.00</td>
</tr>
<tr>
<td>24 Week Couple</td>
<td>$205.00</td>
<td>$205.00</td>
<td>$230.00</td>
</tr>
<tr>
<td>48 Week Adult</td>
<td>$235.00</td>
<td>$235.00</td>
<td>$280.00</td>
</tr>
<tr>
<td>48 Week Senior</td>
<td>$105.00</td>
<td>$105.00</td>
<td>$125.00</td>
</tr>
<tr>
<td>48 Week Couple</td>
<td>$330.00</td>
<td>$330.00</td>
<td>$380.00</td>
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</tbody>
</table>
### Spring 2022 Pool Schedule (March–June 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>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>
|        | Adult Lap Swim  
(Lap Pool)  
5:15 – 6:30 p.m. | Adult Lap Swim  
(Lap Pool)  
5:15 – 6:30 p.m. | Adult Lap Swim  
(Lap Pool)  
5:15 – 6:30 p.m. | Family Swim  
(Diving Well & Circle Pool)  
5:30 – 8:30 p.m. | Children’s Swim Lessons  
(All Pools)  
10 a.m.–2 p.m. | Family Swim  
(Diving Well & Circle Pool)  
1:30 – 4:30 p.m. |
| Sea Dawgs  
(Lap Pool)  
5:30 – 7:30 p.m. | Family Swim  
(Diving Well & Circle Pool)  
5:15 – 6:30 p.m. | Sea Dawgs  
(Lap Pool)  
5:30 – 7:30 p.m. | Family Swim  
(Diving Well & Circle Pool)  
5:15 – 6:30 p.m. | Sea Dawgs  
(Lap Pool)  
5:30 – 7:30 p.m. | Synchronized Swimming  
(Diving Well)  
9:00 – 10:00 a.m. | Adult Lap Swim  
(Lap Pool)  
1:30 – 4:45 p.m. |
| Aqua Aerobics  
(Diving Well)  
6:30 – 7:30 p.m. | Synchronized Swimming  
(Diving Well)  
6:30 – 9:00 p.m. | Aqua Aerobics  
(Diving Well)  
6:30 – 7:30 p.m. | Synchronized Swimming  
(Diving Well)  
6:30 – 9:00 p.m. | . | Family Swim  
(Diving Well & Circle Pool)  
2:00 – 4:30 p.m. |
| Masters Swim  
(Lap Pool)  
6:45 – 8:00 p.m. | Adult Lap Swim  
(Lap Pool)  
7:30 – 8:45 p.m. | Masters Swim  
(Lap Pool)  
6:45 – 8:00 p.m. | . | . | . |
| Adult Lap Swim  
(Lap Pool)  
7:30 – 8:45 p.m. | Synchronized Swimming / Novice Level  
(Diving Well & Circle Pool)  
7:15 – 8:30 p.m. | Adult Lap Swim  
(Lap Pool)  
7:30 – 8:45 p.m. | . | . | . |
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 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 12)
A postmark is required (no hand delivery please). Please mail registrations to:
Spring 2022 War Memorial Registration
Department of Human Service Programs
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 Information

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: Adam Corbeil • Spring 2022 War Memorial Registration
Department of Human Service Programs, 51 Inman St, Cambridge, MA 02139

Program Name__________________________________________________________
Child’s 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.
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