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**Register Online**

Cambridge residents are welcome to register for classes online starting August 5, 2019 at 2:30pm. Non-Residents may register online beginning August 12, 2019 at 2:30pm.

- For online registration go to [www.cambridgema.gov/dhsp/warmemorial](http://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

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**Operating Hours**

**Monday- Friday** the desk opens at 3:15pm
Facility closes at 9:15pm

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

**Sunday** the desk opens at 11:30am.
Facility closes at 5:00 pm.

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

**Dates Closed:**
- Aug. 18th-Sept. 2nd
- Oct. 14th
- Nov. 11th & 27th – 30th
- Dec. 1st & 21st – 31st
- Jan. 1st

**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. When the facility is closed there is a recorded message available. For more information visit us at: [www.cambridgema.gov/dhsp/warmemorial](http://www.cambridgema.gov/dhsp/warmemorial)

The War Memorial is accessible.
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!

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.

Food & Drink Policy
A full refund will be given under the following circumstances: class is cancelled due to low enrollment, a medical problem arises and a physician’s letter accompanies the request, or a class is fully enrolled and there is no space for you. All other requests will result in a credit to your household. Request for household credit must be made no later than the second class and only two household credits will be allowed in a calendar year (January 1 – December 31).

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.

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 preset
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs

Thank You!
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 8 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,

[Signature]

Recreation and Aquatics Manager
Department of Human Service Programs
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)
September 21st – November 23rd

Toddler/Preschool
Ages: 18 months-4.5 years old
110101-01…Saturday 10:00-10:30am
110101-02…Saturday 10:30-11:00am
110101-03…Saturday 11:00-11:30am
$70 Resident/$75 Non-Resident
Parents are required to participate; one child per adult. Children who are not toilet trained must wear a swim diaper.

Preschool Referral/Level 1
Ages: 3.5-6 years old
110104-01…Saturday 12:00-12:30pm
$70 Resident/$75 Non-Resident
Children participate in this class without parents. If you are interested in this class for your child under the age of 5, 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
110105-01…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
110106-01…Saturday 1:00-1:30pm
110106-02…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

Enroll Online! Credit cards accepted www.cambridgema.gov/dhs/parks/PC2019
Level 3: Stroke Development  
Ages: 5-13 years old  
110108-01.....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 4: Stroke Refinement  
Ages: 5-14 years old  
110110-01.............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 5: Skill Proficiency  
Ages: 5-14 years old  
110111-01.............Saturday 11:45-12:30pm  
$80 Resident/$85 Non-Resident  
Purpose: 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 6: Endurance Training  
Ages: 5-14 years old  
110112-01.............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, 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  

Private Swim Lessons  
Lessons will be available Monday - Friday from 3:30-5:30pm  
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, $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

If you are looking for a competitive swim program for your child, consider the Sea Dawgs. The Cambridge Sea Dawgs is a 100% volunteer non-profit organization that promotes competitive swimming for the children of Cambridge and the 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 of freestyle, backstroke, and breaststroke without assistance or stopping. A basic understanding of butterfly is also expected. Please, remember 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 three practices a week and six 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.

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 through an interactive online signup sheet sent via email. For more information, please email msantoro@cambridgema.gov.

Tryout Info

The Cost is $425.00 for the first child and $225 for each additional child. Additionally, there will be a suit cost of $15 per female suit and $5 per male suit. The suit fee will be collected during registration. The cost is partly subsidized by both the city of Cambridge and thanks to the parent volunteers who organized and worked the concession stands throughout the 2017-2018 swim season.

Tryouts for 2019-2020 Sea Dawgs – for current Sea Dawg members (those who participated in the 2018-2019 Winter team and the 2019 Spring team) will be as follows: Monday September 16th for those with the last name beginning A-H, Tuesday September 17th for those with the last name beginning I-P and Wednesday September 18th for those with the last name beginning Q-Z. The time is 5:30-7:30pm. New swimmer’s will tryout on Friday September 20th. Those with the last name beginning A-M will come between 5:15-6:15 on Friday September 20th. Those with the last name beginning N-Z will come between 6:15-7:15pm. Group assignments and the practice schedule will be emailed to parents by Sunday at midnight.

Suit Fitting and Registration

Monday September 23rd from 5:30-7:00pm for swimmers with the last name ending A-M.

Wednesday September 25th from 5:30-7:00pm for swimmers with the last name ending N-Z

Please do not come in on a day other than what has been assigned. This is a busy time for the front desk, coaches, and those helping with the suit fitting. Please fill out your registration form in advance and be ready with your child’s bathing suit size. Knowing the approximate size in advance will help save time. The swimsuit kit, provided for try on, is limited to 1 suit per size.
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 12:30-1:30pm on Saturday, September 14th. 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 Red Cross swim classes at the War Memorial Pool 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 Red Cross swim lessons as well as the synchro Beginner/Novice classes.

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

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

Beginning Synchro Class – 110113-01
10 sessions, $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 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 January. In many instances, a swimmer will need further basic swim stroke training before they can fully enjoy and participate in synchro swim training.

Practice schedules will be emailed to parents after the evaluation session. Please contact CambridgeSynchro@gmail.com with questions.

NOVICE TEAM – 110113-02
10 sessions, $185
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. Additional fees for Novice Team members who choose to compete are approximately $150.

Practice schedules will be emailed to parents after the evaluation session. Please contact CambridgeSynchro@gmail.com with questions.

INTERMEDIATE TEAM – 110113-03
September-June, $810
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 fees will be explained at the first parent meeting in October.

AGE GROUP TEAM – 110113-03
September-June, $810
The Age Group Team is for our most experienced swimmers who are ready to swim at a more competitive level. Age group swimmers participate in 6-7 local, regional, zone, and national competitions, as well as in our annual show in June. Additional fees will be explained at the first parent meeting in October.

Practice schedules will be emailed to parents. Please contact CambridgeSynchro@gmail.com with questions.

Depending on the number of swimmers in each age group and team, 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 Synchro Lessons
Private lessons are limited and will be on a first come, first serve basis. Based on availability some exceptions may apply.
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.
Youth Programs

Pee Wee Soccer

$70 Resident/$75 Non-Resident
September 21st – November 23rd (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...110501-02
Ages: 5-7 (new to the game)

Young Ballers Basketball

$60 Resident/$65 Non-Resident
September 21st – November 23rd (10 weeks)

Learn the fundamentals of Basketball! Test what you’ve learned in a competitive league that combines skill development, coaching, and competitive play!

--1:00-1:45 warm up and drills
--1:45-2:15 team practice
--2:25-2:55 games

Saturday 1:00-3:00pm......110601-01
Ages: 5-9

Hip Hop Dance Class

The Rhythmic Beat Squad Dance Team/Class

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. The 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.....110701-01
Ages: 4-9 $50 Resident/$55 Non-Resident
September 21st – November 23rd (10 weeks)

Youth Tennis

$70 Resident / $75 Non-Resident
Sept 21st – Nov 23rd (10 weeks)

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

Pee Wee Tennis (I)
Ages: 4-7 years
Saturday, 9:00-9:45am........110401-01

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.....110401-02

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

Advanced Beginner Tennis
Ages: 8-11 years
Saturday, 11:15-12:00pm...110403-01

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

Beginner Tennis
Ages: 8-11 years
Saturday, 10:30-11:15am...110402-01

This class is for students with absolutely no experience.

Middle School Lessons
Ages: 12-14 years
Saturday, 12:00-12:45pm...110404-01

This class is for beginners or those with limited experience.
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........... 110301-01
Intro 9:30 - 10:15am........... 110301-02
Intro 10:15-11:00am........... 110301-03
Intro 11:00-11:45am........... 110301-04

Ages: 2-3
$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........... 110303-01
(1-2 semesters of experience required)
Ages: 2-4
$75 Resident / $80 Non-Resident

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

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

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

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

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

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 can only be done by mail or in person. On-line registration not available for this class.

Enroll Online! Credit cards accepted
www.cambridgema.gov/dph/warmemorial
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......................120201-01
Monday Sept 16th – Nov 18th
(8 weeks) No Class 10/14 & 11/11
6:30-7:15pm
$75.00 Resident / $85.00 Non-Resident

Class I......................120201-03
Wednesday Sept 18th – Nov 6th
(8 weeks)
6:30-7:15pm
$75.00 Resident / $85.00 Non-Resident

Class II
This class is for you if you can swim 25 yards, are comfortable over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps, this class will help you become more effective with stroke improvement. The better your strokes the less energy you will expend. Come take this class and learn to enjoy the time you spend swimming. Instructor: Gregory Rubin

Class II......................120201-02
Monday Sept 16th – Nov 18th
(8 weeks) No Class 10/14 & 11/11
7:30-8:15pm
$75.00 Resident / $85.00 Non-Resident

Class II......................120201-04
Wednesday Sept 18th – Nov 6th
(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 .........................120301-01
$90 Resident / $100 Non-Resident
September 16th – December 2nd
(10 weeks)
No Class on 10/14, 11/11 & 11/27

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. The larger the group, the more motivation to improve. So come swim!
Coach: Elissa Cadillic

Tuesday & Thursday
6:45- 8:00 pm .........................120401-01
$105 Residents / $115 Non-Residents
September 17th – December 12th
(22 sessions)
No Class Nov 28th and 3 more TBA

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 slow than normal tempo. Still, the exercises are intense yet safe. A 45-60 minutes class is thoroughly exhausting and exhilarating. You will kick, tap, shuffle and shimmy to Latin and World dance rhythms. When you take an Aqua Zumba® class, you will need a bathing suit, towel and aqua or exercise type shoes.

Wednesday
5:30-6:15pm .......................120801-01
$90 Resident / $100 Non-Resident
September 18th – November 20th
(10 weeks)
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
NO Class Oct. 14th, Nov. 11th & 28

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-marsh@carolingia.eastkingdom.org to register, reserve gear or with any questions. Find additional info: http://carolingia.eastkingdom.org/.

Thursday: 7:15-9:15pm
Sunday: 2:00-5:00pm

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/.

**AM Adult Lap Swim**
**Monday- Wednesday- Friday**
6:15 am – 7:30am

$5.00 Cambridge residents $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/warmemorial
For the most up to date information on emergency closings Like us on facebook @:
War Memorial Recreation Center, Cambridge MA

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

Monday....................................................120501-01
September 16th – December 2nd (10 Weeks)
No class 10/14 & 11/11

7:00-8:00pm
$90 resident/$100 non-resident

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

1640 Cambridge St. Door 15
(617) 349 6279

Fall 2019

11
Adult Programs

**Adult Tennis**

**Beginner/Advanced Beginner Tennis**

**Thursday, 7:15-8:15pm...........120101-01**
September 19th – November 7th (8 weeks)

$75 Residents / $85 Non-Residents
This class is for students with no previous experience or limited experience

**Intermediate/Advanced Tennis**

**Thursday 8:15-9:15pm.............120102-01**
September 19th – November 7th (8 weeks)

$75 Residents / $85 Non-Residents
This class is for students with experience and will provide the opportunity to advance skills.

**Volleyball**

Adult Coed Volleyball (Pick Up)
Ages 18 and above

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

**Adult Coed Volleyball (league)**

Monday: 7:15 – 9:15 pm
Fee: $400.00 per team

No games on 10/14, 11/11, 12/23, 12/30
League play begins Sept. 9 and ends Jan. 13

League Director:
Kelley Leary (617) 349-6279

**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.........................120702-01**
September 15th – November 19th (10 weeks)
Sundays 12:00pm-1:00pm
Tuesdays 7:00pm-8:00pm
$150 Resident/ $170 Non-Resident

**Sunday.......................................120702-02**
September 15th – November 17th (10 weeks)
12:00pm-1:00pm
$90 Resident/ $100 Non-Resident

**Tuesday......................................120702-03**
September 17th – November 19th (10 weeks)
7:00pm-8:00pm
$90 Resident/ $100 Non-Resident

**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 14

**BSSC Basketball & Volleyball**

Boston Ski & Sports Club offers Coed Basketball & Volleyball leagues on Tuesday & Wednesday nights. Leagues run year round with new sessions starting every 8-12 weeks. Teams & Individuals welcome. Visit us at www.bssc.com and register
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...............130101-01

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

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

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

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

Senior Adult Class Schedule

September
9th, 11th, 13th, 16th, 18th, 20th, 23rd, 25th, 27th, 30th

October
2nd, 4th, 7th, 9th, 11th, 16th, 18th, 21st, 23rd, 25th, 28th, 30th

November
1st, 4th, 6th, 8th, 13th, 15th, 18th, 20th, 22nd, 25th

December
2nd, 4th, 6th, 9th, 11th, 13th

No class on: Oct. 14th, Nov. 11th, 27th, & 29th

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.
### Our Rates

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<tr>
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<th>Combo Weight Cardio Pool</th>
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### Non-Resident

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</table>
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.

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<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 8-10am</td>
<td>Cambridge Synchro 11:45-1:15pm</td>
<td>Cambridge Synchro 11:45-1:15pm</td>
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<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 8 – 11am</td>
<td>Sea Dawgs 11:45-1:15pm</td>
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<th>Monday</th>
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<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 10am -2pm</td>
<td>Family Swim 1:30 – 4:30pm</td>
<td>Family Swim 1:30 – 4:30pm</td>
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<tr>
<td>Sea Dawgs 5:30- 7:30 pm</td>
<td>Family Swim 5:30- 7:30 pm (lap pool not available)</td>
<td>Sea Dawgs 5:30 -7:30 pm</td>
<td>Family Swim 5:30 -6:15 pm 7:15-8:45 pm</td>
<td>Adult Lap Swim 5:30 -6:15 pm 7:15-8:45 pm</td>
<td>Sea Dawgs 12-1:30 pm</td>
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<tr>
<td>Aqua Aerobics 6:30-7:30 pm</td>
<td>Aqua Aerobics 6:30-7:30 pm</td>
<td>Sea Dawgs 6:15 -7:15pm</td>
<td>Family Swim 2 - 4:30pm</td>
<td>Birthday Parties 1:30 - 3:30 pm</td>
<td>Birthday Parties 1:30 - 3:30 pm</td>
<td>Birthday Parties 1:30 - 3:30 pm</td>
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<tr>
<td>Adult Swim Lesson 6:30 -7:15pm 7:30 – 8:15pm</td>
<td>Masters Swim 6:45-8:00 pm</td>
<td>Adult Lap Swim 7:30- 8:45 pm</td>
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<td>Birthday Parties 5:30 -7:30 pm</td>
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<tbody>
<tr>
<td>Adult Lap Swim 7:30 -8:45 pm</td>
<td>Cambridge Synchro 6:30 – 9:00 pm</td>
<td>Adult Swim Lesson 6:30 - 7:15pm 7:30 – 8:15pm</td>
<td>Cambridge Swans 6:30 – 9:00 pm</td>
<td>Cambridge Synchro 6:30 – 9:00 pm</td>
<td>Birthday Parties 2:15- 3:30pm</td>
<td>Birthday Parties 2:15- 3:30pm</td>
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</table>
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 30 - September 11. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online.

For online registration please visit www.cambridgema.gov/dhsp, click “On-Line” registration. If you haven’t already registered you must create a user ID and password to begin shopping for party dates. If you cannot access a date then it is unavailable.

For more information please call
617 349-6279
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, 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: $_____________________________

  *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).

Mail to: Derrick Harris  * Fall Registration  *  51 Inman Street   * Cambridge MA 02139

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

How to register

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

Derrick Harris
Fall 2019 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on August 5th. 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
For more information about registering online please reference the inside cover of this brochure.

Walk-in
Walk-in registration begins August 12th Please feel free to stop by from the hours of 3:30 to 8:30pm Monday – Friday and 12:30 -4:30pm on Saturday. 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 at Door 15 of the Rec. Center located at 1640 Cambridge St Cambridge MA.
Cash, checks and credit cards are accepted for walk-in registration.

Registration Form (please print)

Head of Household (please print)

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<th>First Name</th>
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<table>
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Email address for notification purposes

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Child Participant

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Adult Participant

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Second Choice if Class is Full

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

Date:

Media Release:

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Kenneth Headley
US ARMY VETERAN
United States Army
Served: February 1971 - March of 1973
Born and bred in Cambridge. Also an artist who has had his work displayed at City Hall.