



CAMBRIDGE RECREATION

THE CAMBRIDGE WAR MEMORIAL RECREATION CENTER 1640 CAMBRIDGE ST. CAMBRIDGE, MA 02138

SUMMER 2012

PLEASE READ



WELCOME TO ONLINE REGISTRATION AND WEB TRAC

Cambridge residents are welcome to register for classes online starting May 7, 2012 at midnight. Non-residents may register online beginning May 14, 2012 at midnight.

- For online registration go to www.cambridgema.gov/dhsp2 and click on 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.
- We accept only Mastercard and Visa credit cards.
- If you have problems with online registration please call 617 349-6279 during the following hours: Monday-Thursday 3:15-8:45 pm, Friday 5:15-8:45 pm, Saturday 8:30 am-4:30 pm, or Sunday 11:45 am-4:30 pm.
- Please be aware that pool fees, pickup fees, court fees, birthday party, and weight room fees will be increased as of June 25th, the beginning of the summer program.

Refund Policy

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

Synchronized Swim Show

Please come and support the Cambridge Synchronized Swim team at their Spring Show. They will be performing Saturday, June 12 at 2:00 pm and 7:00 pm. Tickets are sold at the door.



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Summer Hours

The Summer Schedule begins June 25

Desk opens at 12:30pm Monday - Friday
June 25 - August 17

Facility door closes at 8:30pm, all patrons
must be out by 9:15pm

The front door is locked 45 minutes before
the facility closes.

Dates Closed

May 25 - 28 Memorial Day weekend

June 15 - 16 (pool only) Synchro Swim Show

July 4 Independence Day

August 18 - September 3

The facility will reopen September 4th.

The Cambridge Recreation Department
telephone number is 617 349-6279.

Staff members are available at this number
during regular operating hours to answer
questions. When the facility is closed there
is a recorded message.

www.CambridgeMA.gov/DHSP2

 War Memorial is fully accessible.



Information Page

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 the facility easy and pleasant. The recreation program now has its own entrance, so please use it when you come to the facility. Please read the rules so you will be aware of your responsibilities while using the War Memorial. The address is 1640 Cambridge Street.

Bring a lock for your locker.

Inside this facility you will find three pools, a gym, basketball, volleyball and tennis courts. Also, new locker rooms, family/handicapped changing space, a state of the art weight room, classrooms and a facility that is fully accessible ♿. The facility is air conditioned and climate controlled.

Rules & Regulations

The following rules and regulations need to be followed by all participants at the War Memorial Facility. **Policies for War Memorial Use:**

- All patrons are required to check in at the desk
- Please bring proof of Cambridge residence in order to secure the resident rate
- Please use recreation entrance to enter and leave
- City of Cambridge is not responsible for valuables brought to the facility
- Classes will be made up if cancelled due to the weather or instructor absence
- All patrons are expected to follow the rules
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Division does not discriminate on the basis of ability 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
- Adult lap swim is for eighteen and over
- Children seven and under must be accompanied by an adult while in the pool
- Lanes may be pulled for other activities
- Please stay off lane lines
- Please do not engage guards in unnecessary conversation while they are on duty
- Diving only in diving well
- All children will be tested before going into diving well
- One person on the board at a time
- No one may catch someone on the diving board
- No swimming in diving well
- Patrons are required to return all equipment to its proper location
- No glass in pool area or locker rooms
- All patrons are to leave facility on time
- Children who are not toilet trained must wear a swim diaper
- No shoes or strollers on pool deck
- No heels on the Field House floor
- The only swim device allowed on a child is a coast guard approved life jacket and parent/guardian must be in the pool
- Speed of lane determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane as long as you can keep up with the fastest swimmer
- Circle swimming only
- No diving into lap or small pool
- Lifeguards and managers have final say regarding pool questions.
- Lifeguards will manage speed of lanes and may ask you to move if you are not keeping up with the fastest swimmer.
- Cleansing shower required before entering the pool
- Patrons are not allowed on the diving blocks
- No one may enter the pool if lifeguards are not present.
- No running, pushing, or rough play allowed.
- Dog are not allowed in the facility. The only exceptions are seeing eye dogs and working dogs

Refund Policy

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

Food & Drink Policy

This is a brand new facility and there is no food to be brought in by the public or students. We are rid of bugs and rodents and wish to keep it this way. Water is all that is allowed to be brought in to the facility. There is to be no coffee, juice, tea, soda or food of any kind. It will be greatly appreciated by the Recreation Department and School Department if everyone will cooperate in keeping the center clean and beautiful. There are minimal events that are sponsored by both departments that are exceptions and they are planned for and contained in specific areas. Thank you again for your cooperation.

Dear Parent,

I am pleased to welcome your child into the program. In order that the programs operate smoothly and all the children have a good 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 children under the age of ten need to 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 can come, but are not allowed to participate). Non-registered children and parents are not allowed access to these facilities. Please do not ask to speak to instructors, as they are not authorized to allow your child into a class after registration is complete. You will be referred to me for entry after class registration is closed.

Swim Rules

Parents are required to be in the pool during toddler/pre-school instruction. There must be one adult per child in this class. Parents of children in pre-school referral through level six must sit in the balcony not on the deck. Please prepare your child in advance for this so your child 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. 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. If you can not place your child in the correct level due to scheduling conflicts, it would make sense not to register them and wait for a more appropriate time.

Gym Rules

Parents not required to participate in class need to sit in the balcony along with siblings. No children or parents not participating are to be on the gym floor as this causes a distraction as well as safety hazard. No one, including class participants, is to use any gymnastics equipment without the permission of the instructors. Please take into account the significant risk involved when you do not cooperate. Please do not ask instructors to allow non-registered siblings into classes. Please respect all the children's and teachers right to undisturbed instruction. No student is to remain for more classes than they have registered for. If you have questions please speak to the gym manager.

If you have questions or concern please call me, I will be happy to speak to you.

I can be reached at 617 349-6237.

Sincerely,



Donna M. Cameron, Recreation Activities Manager



Gold Star Pool

Opens June 25, Closes August 23
Pool Admission Fee is 75¢ per person

Hours

Monday-Thursday 2:00 - 7:15pm
Friday-Sunday 12:30 - 6:45pm

Pool Rules

- Swimmies, tubes, and other flotation devices are not allowed in the pool at any time.
- Children who are not toilet trained must wear a swim diaper.
- Children 5 and under must be accompanied by an adult 18 or older to the pool and in the water.
- Food, glass bottles, gum chewing, alcohol, or smoking are not allowed inside the pool area for the health and safety of the patrons.
- Pool checks will be at the discretion of the management staff.
- No running, pushing, ducking, ball playing, or other inappropriate behavior is allowed.
- Everyone entering the facility is required to pay the admission fee.
- No diving into the shallow end or from the corners of the pool.
- No spitting on the deck.
- Patrons are not allowed in the lifeguard chairs or to jump from them.
- Patrons with eye or other obvious infections, open wounds, impetigo, ring worm, or other communicable disease will not be allowed into the facility.
- Band-Aids can not be worn in the pool.
- Patrons are not allowed in the office or first aid area unless receiving treatment.
- If the pool reaches maximum capacity we reserve the right to stop allowing you in. State law dictates our capacity.

**Thank you for your cooperation in making
your visit healthy and safe.**

CHILDREN'S SWIMMING

Classes meet Monday - Friday



Swim lessons at the War Memorial

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 managers. Please refer all your questions concerning group and level placement to the swim school manager. Instructors are not part of this process, so please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter. Parents are required to sit in the balcony during lessons. **Sessions are two weeks long.**

Session I

June 25 - July 6 (no class July 4)
2 weeks daily

Session II

July 9 - July 20
2 weeks daily

Session III

July 23 - August 3
2 weeks daily

Session IV

August 6 - August 17
2 weeks daily

Toddler/ Preschool

Session I 410101-01
Session II 410101-02
Session III 410101-03
Session IV 410101-04

2:45 - 3:15 p.m.
\$70 Resident / \$75 Non-Resident

Level I

Session I 410105-01
Session II 410105-02
Session III 410105-03
Session IV 410105-04

4:45 - 5:15 p.m.
\$70 Resident / \$75 Non-Resident

Level II

Session I 410106-01
Session II 410106-02
Session III 410106-03
Session IV 410106-04

4:45 - 5:15 p.m.
\$70 Resident / \$75 Non-Resident

Level III

Session I 410108-01
Session II 410108-02
Session III 410108-03
Session IV 410108-04

3:15 - 4:00 p.m.
\$80 Resident / \$85 Non-Resident

Level IV

Session I 410110-01
Session II 410110-02
Session III 410110-03
Session IV 410110-04

4:00 - 4:45 p.m.
\$80 Resident / \$85 Non-Resident

Level V

Session I 410111-01
Session II 410111-02

Session III 410111-03

Session IV 410111-04

4:00 - 4:45 p.m.

\$80 Resident / \$85 Non-Resident

Level VI

Session I 410112-01

Session II 410112-02

Session III 410112-03

Session IV 410112-04

4:15 - 5:00 p.m.

\$80 Resident / \$85 Non-Resident

Toddler

Ages: 18 months - 3 years

Parents are required to participate.
Children not toilet trained must wear a diaper and rubber pants or a swim diaper.

Preschool

Ages: 4 - 5 years (not in Kindergarten)

Parents are required to participate.
Children not toilet trained must wear a diaper and rubber pants or a swim diaper.

Level I: Water Exploration

Ages: 5 - 11 years

Purpose: Helps students feel comfortable in the water.

Level I 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 life jacket
- Follow basic water safety

Level II: Primary Skills

Ages: 5 - 11 years

Purpose: Gives students success with fundamental skills.

Level II participants learn to:

- Exit water using ladder or side
- Tread Water

- Glide on front and back
- Float on front and back
- Explore swimming on side
- Roll over from front to back, back to front
- Enter water by stepping or jumping from the side
- Open eyes underwater, submerge head to retrieve object
- Swim on front and back using combined strokes
- Move in water while wearing life jacket
- Perform rhythmic breathing

Level III: Stroke Readiness

Ages: 5 - 11 years

Purpose: Builds on the skills in Level II through additional guided practice.

Level III participants learn to:

- Jump into deep water from the side
- Perform rotary breathing
- Perform butterfly kick and body motion
- Change from vertical to horizontal position on front and back
- Dive from sitting or kneeling position
- Survival float
- Perform HELP and huddle positions
- Submerge fully and retrieve objects
- Swim front crawl
- Perform reaching assists
- Bob with head fully submerged
- Swim back crawl
- Use Check-Call-Care in an emergency

Level IV: Stroke Development

Ages: 5 - 14 years

Purpose: Develops confidence in the skills learned and improves other aquatic skills. In addition to improving the front crawl and back crawl.

Level IV participants learn to:

- Dive from compact or stride position
- Swim breaststroke
- Tread water using sculling arm motions and kick
- Swim underwater



- Swim elementary backstroke
- Use safe diving rules
- Perform throwing assists
- Perform feet-first surface dive
- Swim on side using scissors kick
- Care for conscious choking victim
- Coordinate butterfly
- Perform open turns on front and back
- Perform compact jump into water from height wearing a life jacket

Level V: Stroke Refinement

Purpose: Provides further coordination and refinement of the following strokes:

- Front crawl
- Back crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Sidestroke

Level V participants also learn to perform:

- Shallow dive and begin swimming
- Front flip turn
- Treading water with two different kicks
- Backstroke flip turn
- Survival swimming
- Rescue breathing

Level VI: Skill Proficiency

Ages: 5 - 14 years

Purpose: Refines all six strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level VI is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses, or other aquatic activities, such as competitive swimming or diving.

The options include:

- Personal water safety
- Lifeguard readiness
- Fundamentals of diving
- Fitness Swimmer

Sea Dawgs SWIM CAMP

Ages: 6-18

410119-01 Session I: July 9-13

410119-02 Session II: August 6-10

Time: 9:00am - 3:00pm

Cost: \$200.00 per person/per session

Deadline for Registration:
June 4, 2012

**Bobby Reardon coaching
first and second session**

For more information contact Donna
Cameron at 617-349-6237

Emphasis will be on conditioning and swimming. This program is geared to the competitive swimmer. Technique will be a key component of the program. Participants must be able to swim 25 yards without stopping using free style, breaststroke and backstroke. The majority of time will be spent swimming. Participants need to bring bathing suits, towels, flip flops, goggles, and lunch. You may sign up for one session or both. Space is limited.

Sea Dawg's Swim Team Fall Program

If you are looking for a competitive swim program for your child, consider the Sea Dawg's. Skills and technique are emphasized in this program as well as good sportsmanship and healthy competition. Children age 5-18 may participate. You must be able to swim twenty-five yards of free style, back stroke and breast stroke. You do not have to be perfect but this is not a learn to swim program. If you cannot do the butterfly the coaches will teach you.

Parents are a vital part of the program and are required to volunteer at meets as part of their responsibility. It is important that your child comes to as many practices as possible in order that they improve their times and skills as well as participate in conditioning. Their full participation is the only way to have a successful team. Your child should be prepared to participate in all swim meets and in order to participate they must attend at least 50% of the practices and the three practices preceding a meet. If you and your child are not ready to be full participants this may not be the program for you.

Cost \$300.00 for first child each additional is \$160.00.

Registration and suit fitting for current members is as follows: last name A-H Monday, October 1, 2012; I-P Tuesday, October 2, 2012; and Q-Z Wednesday October 3, 2012 from 5:30 - 7:30pm Practice begins Wednesday October 10, from 5:45 - 7:15. (Monday 5:15 - 7:15, Wednesday 5:45 - 7:15 - Friday 5:45 - 7:15 and Sunday 11:30 - 1).

Payment due at registration before suit try on. Once your child has tried out they will receive their practice schedule.

New Members tryout will be Wednesday October 3, 2012 and Friday October 5, 2012 from 6:15 - 7:15. Registration and suit fitting will be Wednesday October 10 from 5:45-7:15 and Friday October 12 from 5:45 - 7:15.

There will be no suit try ons or exchanges after October 19 and registration will be closed. Refer questions to Donna Cameron 617-349-6237.

There are five regular meets and championships. Four of the meets will be in Cambridge on Sunday mornings, 9 - 1. One meet, including championships will be in Quincy on a Saturday. The schedule is TBA. This program is for residents only.

ADULT SWIMMING



Adult Swim Lessons

CLASS I - 420201-01

Monday June 25 - August 13
(8 weeks) 6:30-7:15
\$75.00 resident/\$85.00 non-resident

CLASS II - 420201-02

Monday June 25 - August 13
(8 weeks) 7:15-8:00
\$75.00 resident/\$85.00 non-resident

CLASS I - 420201-03

Wednesday June 27 - August 15
(7 weeks) 6:30-7:15
No class July 4
\$70.00 resident/\$80.00 non-resident

CLASS II - 420201-04

Wednesday June 27 - August 15
(7 weeks) 7:15-8:00
No class July 4
\$70.00 resident/\$80.00 non-resident



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 round three and a half foot deep pool. 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.

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.

Masters Swim Program 4104731-01

Tuesday & Thursday
6:15-7:30 am
June 26 - August 9 (14 sessions)
\$85 Residents/\$95 Non-Residents
Note: Masters participants will need to pay and be registered by June 18.

Coach Elissa Cadillac

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. If you have any questions, please feel free to contact me. The larger the group, the more motivation to improve. So come swim!

Aqua Aerobics

Why Aquatic Exercise?

Whether you are new to exercise, or maximally fit, 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.

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! Use of buoyant equipment increases cardiorespiratory fitness, as well as muscular strength, toning, and flexibility. Classes are conducted in either a 4-foot deep pool (about chest deep or less) and/or the deep pool, using flotation belts. Aqua shoes are required. Dumbbells, flotation belts, and steps are provided. If you have not considered aquatic exercise please give us a try.

Lifeguards are present during the class.

Deep Water - 420301-01

Monday & Wednesday, 5:30-6:45 pm
June 25 - August 15
15 Sessions
No class July 4
\$85 Residents/\$95 Non-Residents

Deep Water - 420301-02

Monday & Wednesday
6:45 - 8:00 pm
June 25 - August 15
15 Sessions
No class July 4
\$85 Residents/\$95 Non-Residents

Instructor Pam Foggo



SENIOR ADULT PROGRAM

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 Aqua Aerobics.

\$35 once a week | \$50 twice a week
\$65 three times a week

Aqua Aerobics Schedule

430101-01 Tuesday, Wednesday & Thursday
3:30 - 4:30pm

430101-02 Tuesday & Thursday
3:30 - 4:30pm

430101-03 Tuesday
3:30 - 4:30pm

430101-04 Wednesday
3:30 - 4:30pm

Instructor Steven Adcock

Class Schedule

TUESDAY	THURSDAY
June 26	June 28
July 3	July 5
July 10	July 12
July 17	July 19
July 24	July 26
July 31	Aug 2
Aug 7	Aug 9
Aug 14	Aug 16

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.

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety.
Thank you for your cooperation.

Pool Fees	Resident	Non-Resident
Per Swim Child	1.25	1.25
Per Swim Adult	4.50	5.50
Per Swim Senior	1.75	2.00
Per Swim Couple	6.00	7.00
Per Swim Family	7.00	8.50
10 Swim Adult	40.00	50.00
10 Swim Senior	12.00	16.00
10 Swim Couple	55.00	65.00
10 Swim Family	65.00	75.00
24 Week Adult	160.00	180.00
24 Week Senior	50.00	75.00
24 Week Couple	185.00	200.00
24 Week Family	200.00	225.00
48 Week Adult	210.00	230.00
48 Week Senior	75.00	100.00
48 Week Couple	300.00	325.00
48 Week Family	350.00	400.00

Weight & Cardio Rm	Resident	Non-Resident
Per Visit Student	1.00 (High School, only with ID)	
Per Visit Adult	4.50	5.50
Per Visit Couple	6.00	7.00
Per Visit Senior	1.75	2.00
10 Visit Adult	40.00	50.00
10 Visit Couple	55.00	65.00
10 Visit Senior	12.00	16.00
24 Week Adult	160.00	180.00
24 Week Couple	185.00	200.00
24 Week Senior	50.00	75.00
48 Week Adult	210.00	230.00
48 Week Couple	300.00	325.00
48 Week Senior	75.00	100.00

Comb Weight / Cardio / Pool	Resident	Non-Resident
Per Visit Adult	5.25	6.25
Per Visit Couple	6.50	7.50
Per Visit Senior	2.25	2.50
10 Visit Adult	50.00	60.00
10 Visit Couple	65.00	75.00
10 Visit Senior	20.00	30.00
24 Week Adult	180.00	200.00
24 Week Couple	200.00	225.00
24 Week Senior	70.00	100.00
48 Week Adult	250.00	275.00
48 Week Couple	350.00	375.00
48 Week Senior	90.00	120.00

- * Children's fee-from birth to 17 years.
- ** Senior citizen rates are for those 60 years and above. Proof of age must be shown when ticket or passes are purchased.
- *** A couple constitutes two people living at the same address. Proof must be shown by both people.

Children's fee must be paid from birth -17 years.

Senior Citizen rates are for those 60 and over as well as participants with a disability with suitable documentation.

Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID.

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.

Important Dates to Remember

Pool closed July 4

Pool closed Weekends June 30 - September 1

Pool reopens September 4

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15am - 7:30am Masters		6:15am - 7:30am Masters	
Children's Open & Family Swim 12:45 - 2:15pm	Children's Open & Family Swim 12:45 - 2:15pm	Children's Open & Family Swim 12:45 - 2:15pm	Children's Open & Family Swim 12:45 - 2:15pm	Children's Open & Family Swim 12:45 - 2:15pm
Children's Lessons 3:00 - 5:00pm	Children's Lessons 3:00 - 5:00pm	Children's Lessons 3:00 - 5:00pm	Children's Lessons 3:00 - 5:00pm	Children's Lessons 3:00 - 5:00pm
Aqua Zumba 5:30 - 6:15pm	Senior Aqua 3:30 - 4:30	Aqua Zumba 5:30 - 6:15pm	Senior Aqua 3:30 - 4:30	
Adult lap swim 6:30 - 8:45pm	Adult lap swim 5:30 - 8:45pm	Adult lap swim 6:30 - 8:45pm	Adult lap swim 5:30 - 8:45pm	Adult lap swim 5:30 - 8:45pm
Aquatic Exercises, diving tank 5:30 - 8:00pm		5:30-8:00pm Aquatic Exercises, small pool & diving tank		
Adult Lessons 6:30 - 7:15pm 7:15 - 8:00pm	Family Swim (Lap pool not Available) 5:30 - 8:30pm	Adult Lessons 6:30 - 7:15pm 7:15 - 8:00pm	Family Swim (Lap pool not Available) 5:30 - 8:30pm	Family Swim (Lap pool not Available) 5:30 - 8:30pm
Family swim (Small Pool only, Lap pool and diving well not available.) 7:15-8:30pm		Family swim (Small Pool only, Lap pool and diving well not available.) 7:15-8:30pm		



CHILDRENS TENNIS

All Classes Meet for 8 Weeks
\$75 Resident / \$80 Non-Resident

Pee-Wee Tennis

410401-01 – Tuesday, 3:45 -
4:30pm
June 26 - August 14
Ages: 4-7 years

This class is for students with absolutely no experience.

Beginner Tennis

410402-01 – Tuesday, 4:30 -
5:15pm
June 26 - August 14
Ages: 8-11 years

This class is for students with absolutely no experience.

Advanced Beginner Tennis

410403-01 – Tuesday, 5:15-6:00pm
June 26 - August 14
Ages: 8-11 years

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

Middle School Tennis

410404-01 – Tuesday, 6:00-6:45pm
June 26 - August 14
Ages: 10-14 years

This class is for beginners and those with limited experience.

Intermediate Tennis

410405-01 – Thursday, 6:45-7:30pm
June 26 - August 14
Ages: 7-14 years

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

Instructor John Reale

ADULT TENNIS CLASSES

Beginner/Advanced Beginner Tennis

420101-01 – Thursday, 7:00-8:00pm
June 28 – August 16
\$75 Residents / \$85 Non-Residents

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

Intermediate/Advanced Tennis

420102-01 – Thursday 8:00-9:00pm
June 28 – August 16
\$75 Residents / \$85 Non-Residents

Students in this class have taken several sessions and progressed beyond forehand and backhand and are ready for serving and volleying.

Instructor: John Reale



IAIDO

Monday and Thursday,
7:00PM to 9:00PM
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 please visit our school website at bostoniaido.com; or, by email at bostoniaido@yahoo.com.

AQUA ZUMBA

Aqua Zumba is the "pool party" workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land based exercise system into traditional aqua based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slower than normal tempo. Still, the exercises are intense yet safe. A 45 minute class is thoroughly exhausting and exhilarating. You will kick, tap, shuffle and shimmy to Latin and world dance rhythms.

420801-02 Monday

5:30pm-6:15pm (8 weeks)
\$80.00 Resident/\$90.00 Non-Resident
June 25 - Aug 13

420801-01 Wednesday

5:30-6:15pm (7 weeks)
\$75.00 Resident/\$85.00 Non-Resident
June 27- Aug 15
No class July 4
Instructor: Steven Adcock

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 than a gym workout. When you leave you will feel happy and energized. Beginners' and all age adults, shapes and sizes are welcome. All you need is a fun loving attitude and a desire to move.

420702-01 Tuesday & Thursday

June 26 - August 16 (16 sessions)
7:00-8:00pm
\$130.00 resident/ \$150.00 non-resident

420702-02 Tuesday

June 26 - August 14 (8 weeks)
7:00-8:00
\$65.00 resident/ \$75.00 non-resident

420702-03 Thursday

June 28 - August 16 (8 weeks)
7:00-8:00
\$65.00 resident/ \$75.00 non-resident
Instructor: Katherine Roof

ZUMBA TONING (ADULTS ONLY)

Monday and Thursday,
7:00PM to 9:00PM
Ages 18 and over

Takes the original Zumba dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks or dumbbells. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance. Zumba Toning creates the same party atmosphere as every other Zumba program because the rhythm of the dance is the passion and foundation which keeps the participant engaged and coming back. Zumba Toning is fun, different, challenging and effective and provides for the participant a new avenue to weighted activity.

Bring water for hydration and a towel. Dress as you would for a regular Zumba class. Class participants should bring two 1 to 3 lbs hand-held weights (dumbbells). Alternatively, Zumba toning sticks can be purchased from the instructor for \$20.

420502-01 Monday

June 25 - August 13 (8 weeks) 7:00 - 8:00pm
\$65.00 resident/ \$75.00 non-resident

Instructor: Steven Adcock





WEIGHT AND CARDIO ROOM

June 25-August 17

Monday-Friday 6:00 - 9:00pm

The weight room is for adults and high school students. Participants using the weight room must return weights to the proper location. Wipes are available to clean machines. Please do so for the next person.



COED VOLLEYBALL

(Pick up)

Ages 18 and above

Friday, 7:00 - 9:00pm

\$5 (2 hour session)

Dates: June 29 - August 17.

Adult Coed Volleyball League

Monday 7:00-9:00pm

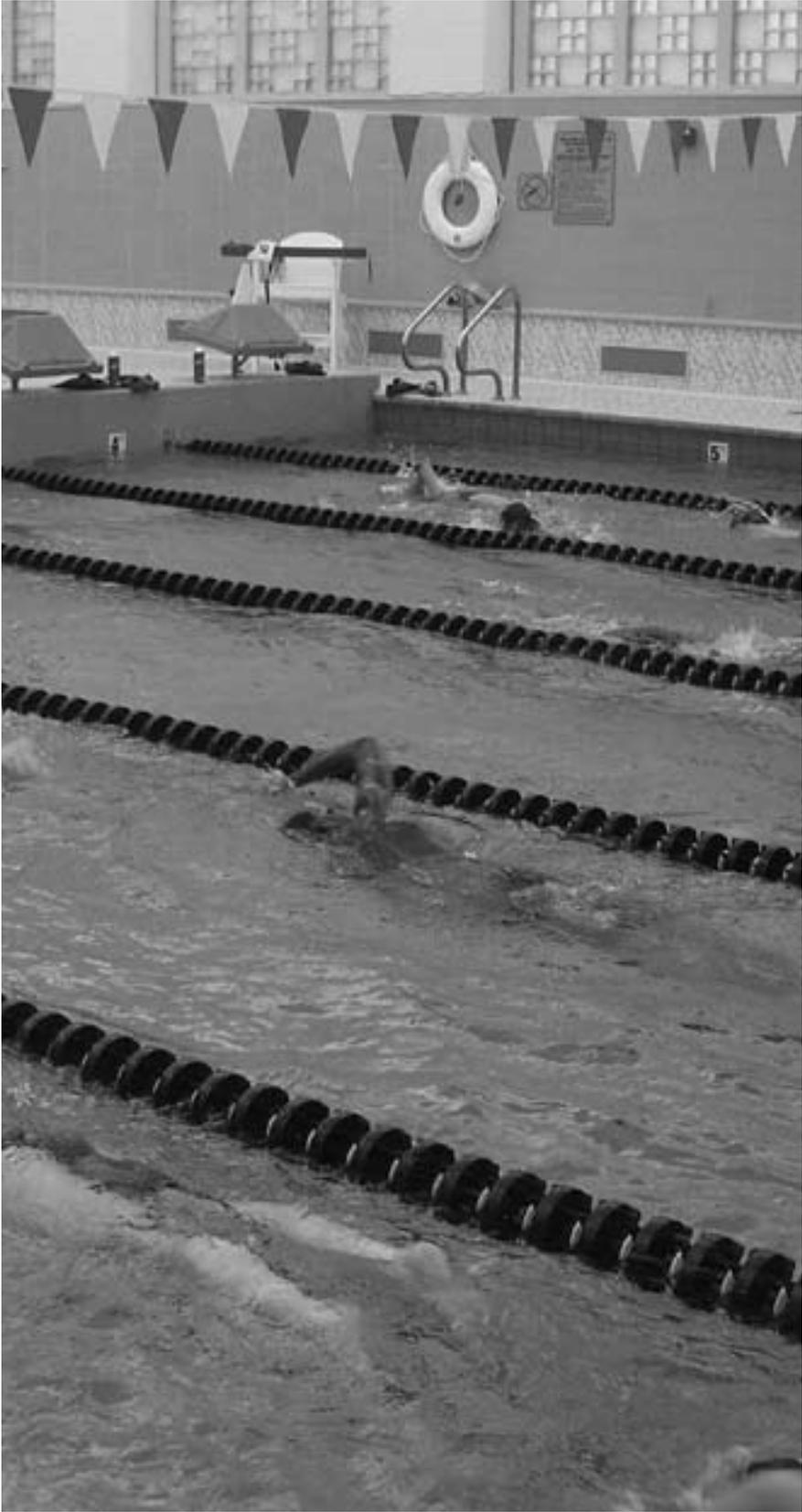
Fee: \$230.00

Must be paid by May 21 or your team will not be scheduled.

League begins on June 4 and ends on August 13. Rosters are due with payment.

League Director: Kelley Leary







HOW TO HAVE A HAPPY BIRTHDAY

Throw your party at the War Memorial Pool

But hurry, space is limited and arrangements must be made in advance. Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Hours for Friday 5:15 - 8:45, Saturday 2:15 - 4:45, Sunday 1:00 - 4:45.

The fee is \$50 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 29 – September 9.

Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online. For on-line registration please visit www.cambridgema.gov/dhsp2, click on "War Memorial" and navigate to "Recreation and Lessons" on the left-hand side, click on "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. Online parties will open on July 18 at 12:00 midnight. If you cannot access a date then it is unavailable. For more information please call 617 349-6237



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

Program Name _____

Child's Name _____ Child's Name _____

Address of Child/Children _____

Family Information

1. Parent(s)/Guardian's Name _____ Social Security _____

Address _____ Home Phone _____

Place of Employment _____ Work Phone _____

2. Parent(s)/Guardian's 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 _____ # of Adults _____ # 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 _____ If no, please explain _____

"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, 2012 and June 30, 2013. **Mail in your registration form, scholarship request form, and a copy of your 2011 tax return.**

Please do not send a check at this time. If you receive a scholarship you will be requested to pay when your confirmation is received and at that time you will be required to send a check to the War Memorial (made payable to: "The City of Cambridge").

Hand delivered requests will not be accepted. Please do not request scholarships at walk-in registration. Scholarship applications may only be made during mail registration.

Mail to: Donna Cameron • Summer 2012 Registration • 51 Inman Street • Cambridge, MA 02139



REGISTRATION

How to register

By mail

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

Donna Cameron

Summer 2012 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins May 8 and ends June 21.

Please make check payable to:

The City of Cambridge

Walk-In

Walk-in registration begins Monday, May 7 from 5:15-8:30pm at the Rec Center 1640 Cambridge Street. Cash, checks, or credit cards are accepted at walk-in registration.

Correct Address

Please be careful when you address your envelope. Make sure you use the exact address listed above or your registration may not be received until after the deadline. Please do not send mail to 1640 Cambridge Street.

Online registration is explained on the front inside cover.

Registration Form 2012 (please print)

Received Confirmed

Head of Household

last name first name sex male female

address

town/city 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 male female

age DOB

Class Code

title day time fee

Class Code

title day time fee

Adult Participant

name sex male female

DOB

Class Code

title day time fee

Class Code

title day time fee

Second Choice if Class is full

Class Code

title day time fee

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

ENTIRE FORM MUST BE SUBMITTED

Registration Form 2012 (please print)

Received Confirmed



Head of Household

last name first name sex male female

address

town/city zip code

home phone cell phone work phone

emergency contact/name contact number

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name sex male female

DOB

Class Code

title day time fee

Class Code

title day time fee

Second Choice if Class is full

Class Code

title day time fee

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

REGISTRATION

Additional Information

Confirmations will be mailed as soon as registrations are received.

Register as soon as possible to assure space in the class of your choice. Most classes have enrollment limits.

Scholarships may only be requested by mail during the two-week mail in registration period. Please remember to include all the proper documentation before you send in your request.

Please include a second choice for classes. If you have taken a class with us before, check the appropriate box. It will make your registration smoother. If you have changed your address since the last time you registered, please let us know.

Refund policy

The policy is on the Information page and inside the front cover. Please read as a change has been made.

Please read it.

CAMBRIDGE RECREATION

SUMMER 2012



City of Cambridge
Department of
Human Services
Programs
Recreation Division
51 Inman Street
Cambridge, MA 02139



Henrietta Davis
Mayor

E. Denise Simmons
Vice Mayor

City Council

Leland Cheung
Marjorie C. Decker
Craig A. Kelley
David P. Maher
Kenneth E. Reeves
Timothy J. Toomey Jr.
Minka VanBeuzekon

Robert W. Healy
City Manager

Richard C. Rossi
Deputy City Manager

Ellen Semonoff
Assistant City Manager for
Human Services