



CAMBRIDGE RECREATION

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

FALL 2011



PLEASE READ

WELCOME TO ONLINE REGISTRATION AND WEB TRAC

As the headline says you are now able to register online. In order to do this you need to go to www.cambridgema.gov/dhsp2. There will be a link to online registration, click and you are there. It is extremely important that you fill out the forms completely and use the class codes and include date, time, and name of activity. It is extremely important that you provide your email address as it is the only way to receive emails notifying you when new brochures are available. MasterCard and Visa are the only credit cards we accept. Online registration for classes will begin for Cambridge residents on September 1st and September 9th for non residents. Mail and Walk-in registration will continue to be offered. Instructions for both are in the back of the brochure with the registration forms. If you have problems with online registration please call 617 349-6279 during the following hours 5:15pm-8:45pm M-F, 8:30am-4:30pm Saturday, and 12-4:30 on Sunday. Please remember all classes have limits. If you are requesting a scholarship you must still send your request through the mail. Birthday parties are now registered for online. This is for residents only.

Inclement Weather Policy

If Cambridge Public Schools are closed Recreation Programs are automatically closed.

If a storm begins after school has opened a decision about evening programs will be made by 4:00 p.m. If classes are cancelled they will be made up. If a storm affects Saturday classes and programs a decision is made by 7:00am. Saturday classes will be extended one week. You will not be called so it is important to pay attention to this material. If a storm affects Sunday programming a decision will be made by 9:00am. Information about closures due to weather will be on Storm Force on Channel Seven's website at www.whdh.com, or voice mail at 617 349-6279 or 617 349-6237. You can also register online to receive text messages about cancellations with Channel 7.

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 account. Please be sure when you register that you will be able to participate.



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Operating Hours

Monday-Friday the desk opens at 5:15pm
Facility closes at 9:15pm

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

Sunday desk opens at 11:30.
Facility closes at 5:15pm.

The front door is locked 45 minutes before the facility closes based on the clocks in the facility.

Dates Closed

October 10
November 11
November 23-27
December 22-31
January 1-2
January 16
February 20
April 8
April 16
May 25-28
July 4

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.

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 with a thin stem.

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.

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. You will be given a credit for other circumstances. Please make sure that you are able to participate before you register.

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. 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.

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
- The only swim device allowed on a child is a coast guard approved life jacket and parent/guardian must be in the pool
- No heels on the Field House floor
- Only white soled sneakers allowed on the Field House floor.
- 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

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 briefly. 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

CHILDREN'S SWIMMING

At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. The skills listed for each level are directly from Red Cross materials. Level III and IV have become more demanding. 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, 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.

Saturday September 24 - December 3 (10 weeks)

No Class November 26th.

Parents are allowed in the water with children only during toddler and pre-school lessons.

Toddler/ Preschool

110101-01 Saturday
10:00-10:30am
110101-02 Saturday
10:30-11:00am
110101-03 Saturday
11:00-11:30pm

Ages: 18 months-4.5 years

\$70 Resident / \$75 Non-Resident

Parents are required to participate. Children not toilet trained must wear a swim diaper. One child per adult.

Preschool Referral/Level I

110104-01 Saturday
12:00-12:30pm

Ages: 3.5 - 6 years

\$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, he/she must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

Level I: Water Exploration

110105-01 Saturday 12:30-1:00pm

Ages: 5-11 years

\$70 Resident / \$75 Non-Resident

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

Exit skills

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. (Participants can walk, travel along the gutter or "swim".
2. Float on front with support for 3 seconds, roll to back (with assistance) float on back with support for 3 seconds.

Level II: Primary Skills

110106-01 Saturday 1:00-1:30pm

Ages: 5-11 years

\$70 Resident / \$75 Non-Resident

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



Exit skills

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level III: Stroke Readiness

110108-01 Saturday 10:00-10:45am

Ages: 5-11 years

\$80 Resident / \$85 Non-Resident

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

Exit skills

1. Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

Level IV: Stroke Development

110110-01 Saturday 10:45-11:30am

Ages: 5-14

\$80 Resident / \$85 Non-Resident

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

Exit skills

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level V: Stroke Refinement

110111-01 Saturday 11:45-12:30pm

Ages: 5-14 years

\$80 Resident / \$85 Non-Resident

Introduction of the butterfly, open turns, and perform all previous strokes at increased distances. Class meets in the lap pool.

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
- Tuck and pike surface dives

Exit skills

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level VI: Skill Proficiency

110112-01 Saturday

12:30-1:15pm

Ages: 5-14 years

\$80 Resident / \$85 Non-Resident

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

Exit skills

1. Swim 500 yards continuously using the strokes in the following order: front crawl, 100 yards; back crawl, 100 yards; breaststroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice of stroke, 100 yards.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.



Private Swim Lessons

Call or email Donna Cameron
617 349-6237 or
dcameron@cambridgema.gov

If you are interested in private lessons please follow the process.

Lessons will be available Monday-Thursday from 3:30-5:30

Lessons are limited and will be on a first come first serve basis

6 week minimum for lessons
1 hr. lesson 40.00
Half hour lesson 20.00

These prices are for a single child
Buddy Lessons are only available for 1 hr. and ages 7-12

Both children must have equal swimming ability. This will be determined by the instructor.

Price for a Buddy lesson is 25.00 per student per hour.

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 \$150.00.

Registration and suit fitting for current members is as follows: last name A-H Monday ,October 3, 2011; I-P Tuesday, October 4, 2011; and Q-Z Wednesday October 5,2011 from 5:30 - 7:30pm Practice begins Wednesday October 12, 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. Have receipt to show at suit tryon, parents please be prepared to help your child.

New Members tryout will be Wednesday October 5, 2011 and Friday October 7, 2011 from 6:15 - 7:15. Registration and suit fitting will be Wednesday October 12 from 5:45-7:15 and Friday October 14 from 5:45 - 7:15.

Suit Fee \$30-Girls and \$25-Boys.
Make Check Payable to Varsity Swim.
Checks due at suit fitting.

There will be no suit try ones or exchanges after October 15 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, 8:30 - 1. One meet, including championships will be in Quincy on a Saturday. The Cambridge meets are December 4, January 8, 22 and February 5.

Synchronized Swimming

Imagine...a gymnast performing underwater- A 400 meter runner, running without breathing- An ice skater perfecting figure movements in an unstable medium- A dancer's artistic flair, in choreographing routines- A water polo player's power and strength needed to extend out of the water- A long distance swimmer's lung capacity developed for endurance- Add to that the combination of grace, fluidity and synchronization of an entire team and you have just imagined....**SYNCHRONIZED SWIMMING!**

If you love to swim, be creative, dance, and love music, then consider trying synchronized swimming! Cambridge Synchro has been in existence for over twenty years, and every year we have grown in size and become more competitive. Over the past four years we have traveled to competitions around Massachusetts and New Hampshire, to New York and Connecticut, and even Indiana and Florida. In order to continue our upward trend however, we need more swimmers! If you are comfortable in deep water and interested in trying something new, consider trying our team! First year swimmers practice once a week for an hour, full-fledged team members practice three days a week for a total of six hours. We compete in the local area a few times a year, and have our annual show.

Synchronized Swimming Beginner Class

110113-01 Saturday
10:00-11:00am
Sept 24 - Dec 3
Ages: 6+ years
Fee: \$100
Requirements:
Students must be comfortable in water that is twelve feet deep.

Cambridge Synchronized Swim Team

110113-02 Tues. & Thurs.
6:30-9:00pm
Saturday 8:00-10:00am
Payment is due Sept 27
Fee: \$700
Start date September 27
Team members will participate in competitions and the final show of the season.
Team members unable to participate in all meets will be selected as alternates.
No practice on the following dates: November 23, Dec. 22, 27 and 29.

Children's Class Kempo Karate

Can only be registered for by mail or walk-in.

September 24 - December 3 (10 weeks)

110201-01 Saturday 9:00-9:45am
Ages 4-6 years (only)

110201-02 Saturday 9:45-10:30am
Ages 7-12 years (only)

Please make checks out to Steve Nugent for 150.00 and a check for 20.00 to City of Cambridge for registration and mail all to fall registration. **On-line registration not available for this class.**

No Class November 26th.

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 included in the fee.



Come and take class with our great teachers. Angelique Smith and Marco Bonilla have been teaching for Cambridge Recreation for many years and are both certified instructors in gymnastics.

Gymnastics

Saturdays Sept 24 - Dec 10
(10 weeks) No class Oct1 & Nov 26

Safety Awareness

In all gymnastics classes children will build strength and 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 cooperate with our effort to 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.

110301-01 Intro 9:30 -10:15am
Ages: 2-3

\$75 Resident / \$80 Non-Resident

110301-02 Intro 10:15-11:00am
Ages: 3-4

\$75 Resident / \$80 Non-Resident

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.

110303-01 Plus 10:15-11:00am
(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.

110304-01 Boys 11:00-12:00pm
Ages: 5-8

\$80 Resident / \$90 Non-Resident

110304-02 Girls 11:00-12:00pm
Ages: 5-8

\$80 Resident / \$90 Non-Resident

Advanced Beginner Gymnastics

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

110306-01 Saturday

9:00-10:00am

Ages: 4-8; Girls

\$80 Resident / \$90 Non-Resident

CHILDRENS TENNIS

\$70 Resident / \$75 Non-Resident

September 24 - December 10

(10 weeks)

Parents are asked to participate
in Pee Wee Classes.

No Class Oct 1 and Nov 26.

Pee Wee Tennis

110401-01 Saturday, 9:00-9:45am

Ages: 4-7 years (only)

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

Pee Wee Tennis Advanced

110501-02 Saturday,
9:45-10:30pm

Ages: 4-7 years

Students in this class must have been
in at least two regular Pee Wee
classes.

Beginner Tennis

110402-01 Saturday,
10:30-11:15am

Children's Ages: 8-11 years

This class is for students with absolutely
no experience.

Advanced Beginner Tennis

110403-01 Saturday, 11:00
11:15-12:00pm

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 Lessons

110404-01 Saturday,
12:00-12:45pm

Ages: 12-14 years

This class is for beginners or those
with limited experience.

ADULT TENNIS CLASSES

Beginner/Advanced Beginner Tennis

120101-01 Thursday, 7:15-8:15pm

September 29 - November 17

(8 weeks)

\$75 Residents / \$85 Non-Residents

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

Intermediate/Advanced Tennis

120102-01 Thursday 8:15-9:15pm

September 29 - November 17

(8 weeks)

\$75 Residents / \$85 Non-Residents

This class is for students with experience
and will provide the opportunity to
advance skills.

Instructor: John Reale



ADULT SWIMMING

Adult Swim Lessons

CLASS I – 120201-01

Monday Sept 26 - Nov 21
(8 weeks)
6:30-7:15pm
No class October 10
\$75.00 resident / \$85.00
non-resident

CLASS II – 120201-02

Monday Sept 26 - Nov 21
(8 weeks)
No class October 10
7:15-8:00pm
\$75.00 resident / \$85.00 non-resident

CLASS I – 120201-03

Wednesday Sept 28 - Nov 16
(8 weeks)
6:30-7:15pm
\$75.00 resident / \$85.00 non
resident

CLASS II – 120201-04

Wednesday Sept 28 - Nov 16
(8 weeks)
7:15-8:00pm
\$75.00 resident / \$85.00 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.

Aqua Aerobics

- 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 cardio-respiratory fitness, as well as muscular strength, toning, and flexibility.
- Classes are conducted in the diving pool, using flotation belts. Resistance bells and flotation belts are provided. If you have not considered aqua aerobics please give us a try.
- Lifeguards are present during the class. Our Instructor is Pam Foggo.

Deep Water Workout

120301-01 Monday and Wednesday
5:30-6:45pm
September 26 - December 7
(10 weeks)
No class October 10 and
November 23
\$90 Residents / \$100 Non-Residents

120301-02 Monday and Wednesday
6:45-8:00pm
September 26 - December 7
(10 weeks)
No class October 10 and
November 23
\$90 Residents / \$100 Non-Residents

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

120401-01 Tuesday & Thursday
6:45-8:00pm
September 27 - December 15
(20 sessions)
\$95 Residents / \$105 Non-Residents
Coach: Elissa Cadillic
No Classes: October 4, November 1,
24, December 6



SENIOR ADULT PROGRAM

Class Schedule

TUESDAY	THURSDAY
September 27	September 29
October 4	October 6
October 11	October 13
October 18	October 20
October 25	October 27
November 1	November 3
November 8	November 10
November 15	November 17
November 22	November 24 (No class)
November 29	December 1
	December 8

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.



Senior Adult Program

These classes are available to students ages 55 and over.

\$45 once a week

\$65 twice a week

Senior Aqua (shallow)

This class is primarily a cardiovascular workout incorporating a randomly organized low, medium, high intensity circuit training formula. The individual circuits include: muscle strength and endurance; joint integrity (hip, knee and shoulder focus); neuromuscular re-patterning and proprioception enhancement. Also included is postural restoration and locomotion skills through cross body movement drills. Throughout the circuit, balance is integrated with stability and mobility foundation exercises. If you are serious and committed to working hard, getting results and feeling better, the Senior Aqua Shallow class is for you!

Instructor: Steven Adcock

Aqua Aerobics Schedule

130101-01 Tuesday & Thursday
3:30-4:30pm

130101-02 Tuesday
3:30-4:30pm

130101-03 Thursday
3:30-4:30pm

Zumba Gold Class (for seniors 60 plus)

Zumba Gold was designed for the older active adult, a person who hasn't been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba Basic is that Zumba Gold is done at a much lower intensity. The Zumba Gold program strives to improve balance, strength, flexibility and most importantly, the heart. This class will also offer a workout variation that you perform on a chair for those individuals who are sedentary or are in a wheelchair. This is a great benefit for those individuals who are in an assisted-living and/or short and long-term care facilities. A typical Zumba Gold class is usually a little shorter than the Zumba basic class lasting approximately 45 minutes. It utilizes longer warm up and cool down times, (the Zumba basic class is usually 10 to 15 minutes). The Zumba Gold instructors for this class are trained to be more aware of any physical changes in their students or if they are suffering any discomfort during the workout.

130109-01 Monday

3:30-4:15pm

September 26 - December 5
(10 weeks)

No class October 10

\$60 Residents / \$70 Non-Residents

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.

IAIDO

Monday and Thursday
7:15-9:15pm
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® Adult Class

120801-01

Wednesdays 5:30-6:15pm

\$90 Resident / \$100 Non-Resident
Start date September 28 - December 7
(10 weeks) No class November 23.

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.

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.

120702-01 Tuesday & Thursday

September 27 - December 8 (10 weeks)
No class November 24 or
December 6
6:00-7:00pm
\$150.00 resident/ \$170.00
non-resident

120702-02 Tuesday

September 27 - November 29
(10 weeks)
6:00-7:00
\$75.00 resident/ \$85.00 non-resident

120702-03 Thursday

September 29 - December 8
(10 weeks)
No class November 24
6:00-7:00pm
\$75.00 resident/ \$85.00 non-resident
Instructor: Katherine Roof

Intro to KETTLEBELLS (adults only)

Kettlebell training is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance and agility. In kettlebell training you target every aspect of fitness using functional movement. You will gain tighter legs, glutes, back, arms and abdominals. We will use traditional cast iron kettlebells ranging in weight from 10lbs to 25lbs. The class will focus on the basics of the One and Two Hand Swing, the Turkish Get Up, Windmill and numerous variations. Emphasis will be placed on technique and safety. All participants should have a basic fitness level and will be required to sign an

ZUMBA TONING (adults only)

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.

120502-01 Monday

September 26 - December 5
(10 weeks)
No class October 10
6:00-7:00pm
\$75.00 resident/ \$85.00 non-resident
Instructor: Steven Adcock

additional medical waiver. Kettlebells will be provided and the floor will be covered with mats. Attire should consist of regular workout wear and smooth soled fitness shoes. Training in bare feet is an option and encouraged, (although not required). Class size is limited.

120501-01 Wednesday

September 28 - December 7
(10 weeks)
No class November 23
7:00-8:00pm
\$120.00 resident/ \$130.00
non-resident
Instructor: Steven Adcock

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.

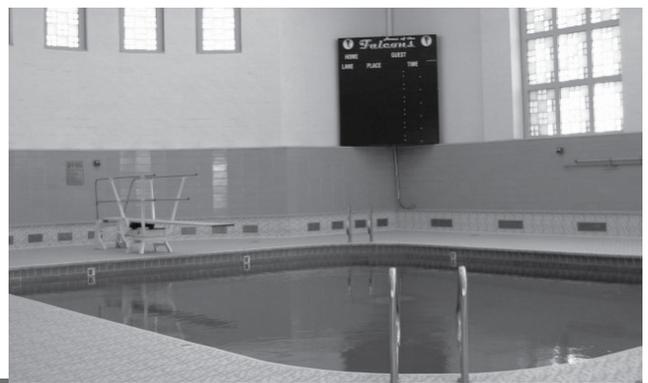
Proof of age must be shown when ticket or passes are purchased. MBTA CARD, MA Drivers License or ID.

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.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Small pool & Diving Tank Not Available	Diving Tank Not Available	Small Pool & Diving Tank Not Available	Diving Tank Not Available			Sea Dawgs 11:30-1:00
Sea Dawgs 5:30 - 7:15pm	Adult Lap Swim 5:30 - 6:45pm	Aqua Aerobics 5:30 - 6:45pm	Adult Lap Swim 5:30 - 6:45pm	Family Swim 5:30 - 8:30pm	SYNCHRO 8:00-11:00am	Children Open Swim Ages 9+ 1:00 - 4:30pm (no lap pool available)
Aqua Aerobics 5:30 - 6:45pm	Family Swim 5:30 - 6:45pm (no lap pool available)	Adult Lap Swim 7:15 - 8:45pm	Family Swim 5:30 - 6:45pm	Adult Lap Swim 5:30 - 6:15pm 7:15 - 8:45pm	Children Swim Lessons 10:00-1:15pm	Family Swim 1:00 - 4:30pm
Adult Lap Swim 7:15 - 8:45pm		Aqua Zumba 5:30 - 6:15pm	Masters Swim 6:45 - 8:00pm	Sea Dawgs 5:45 - 7:15pm	Children Open Swim Ages 9+ 1:30 - 4:30pm	Adult Lap Swim 1:00 - 4:45pm
Aqua Aerobics 6:45 - 8:00pm		Sea Dawgs 5:45 - 7:15pm	SYNCHRO 6:30 - 9:00pm	Birthday Parties 5:30 - 7:30pm	Family Swim 1:30 - 4:30pm	Birthday Parties 1:00 - 3:00pm
	Masters Swim 6:45 - 8:00pm	Aqua Aerobics 6:45 - 8:00pm			Adult Lap Swim 1:30 - 4:45pm	
Adult Swim Lessons 6:30 - 7:15pm 7:15 - 8:30pm	SYNCHRO 6:30 - 9:00pm	Adult Swim Lessons 6:30 - 7:15pm 7:15 - 8:00pm			Birthday Parties 2:30 - 3:30pm	

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

Weight and Cardio Room Schedule

Monday-Friday 6:00-9:00pm

Saturday 2:00-5:00pm

Sunday 2:00-5:00pm

The weight room is for adults only. Middle schoolers that have taken weight class may use the weight room on completion of the program and pay the student fee. Middle school students will be under the supervision of weight room staff. 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.

Adult Coed Volleyball (Pick up)

Ages 21 and above

Friday, 7:15-9:15pm

\$5 (2 hour session)

Sunday, 12:00-2:00pm

\$5 (2 hour session)

Begins: September 16 and 18

Closed Nov 11, 25 & 27

Dec 23, 25 and 30 Jan 1

(Practice courts will be available on Sunday afternoon from 2-4pm. Call Donna Cameron at 617 349-6237 to make arrangements. \$40 per court.)

Adult Coed Volleyball League

Monday, 7:15-9:15

Fee: \$300.00

Must be paid on September 12 or your team will not be scheduled.

Organizational Evening September 12
League begins September 19 and ends December 14

Rosters are due with the payment.

No meeting October 10

League Director: Kelley Leary



THROW YOUR BIRTHDAY 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.

Rules will be provided on your receipt. Parties are not available from June 27 – September 11.

Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online and reservations will be open on July 15.

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 classes."

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 from Property 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 Jan. 1, 2010 and Dec. 1, 2010. **Mail in your registration form, scholarship request form, and a copy of your 2010 tax return.**

Please do not send a check at this time. If you receive a scholarship you will be billed when your confirmation is mailed and at that time you will be required to send a check to the Recreation Department.

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 • Winter 2009 Registration • 51 Inman Street • Cambridge, MA 02139



REGISTRATION

How to register

By mail

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

Donna Cameron
 Fall 2011 Registration
 51 Inman Street
 Cambridge, MA 02139

Please make check payable to:
The City of Cambridge

Walk-In

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

Registration for children's classes is final on Friday, September 23. There will be no further registration after this date.

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.

Wait Lists

If you are wait listed please understand this does not mean you will get into a class. Once the children's classes have begun the wait lists are defunct. A child can only replace someone if notification is made before September 23.

Registration Form 2011 (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**

Online registration is now available. Information is on the inside front cover

Registration Form 2011 (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 Participantchild's name _____ sex male female

age _____ DOB _____

Class Code

title _____ day _____ time _____ fee _____

Class Code

title _____ day _____ time _____ fee _____

Adult Participantname _____ 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 registrations are received

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

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.

Scholarships

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

Refund policy

The policy is on the Information page.

Please read it.

Please register online to avoid disappointment

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



David P. Maher
Mayor
Henrietta Davis
Vice Mayor

City Council
Leland Cheung
Marjorie C. Decker
Craig A. Kelley
Kenneth E. Reeves
Sam Seidel
E. Denise Simmons
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