



War Memorial Recreation Center

Spring 2024 Programming

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



Department of
Human Service Programs



Contents

Rules, Regulations, and Policies	3
Children’s Swim Programs	4
Sea Dawgs Spring Team	8
Youth Programs: Gymnastics	9
Youth Programs: Kenpo Karate	10
Adult Swimming	11
Senior Aqua Aerobics	12
Adult Recreation Programs	13
Birthday Pool Parties	15
Facility Rates	16
Pool Schedule	18
Pool Rules and Regulations	19
Registration Information	20
Registration Form	21
Scholarship Request Form	22

Operating Hours – Spring 2024

Monday – Friday: 5 – 9:15 p.m. *Front door locks at 8:30 p.m.*

Saturday: 8 a.m. – 5:15 p.m. *Front door locks at 4:30 p.m.*

Sunday: 11 a.m. – 5 p.m. *Front door locks at 4:30 p.m.*

Closures

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

- Sunday, March 31
- Monday, April 15
- Monday, May 24 – Monday, May 27
- Wednesday, June 19
- Thursday, July 4

Rules, Regulations, and Policies

Rules and Regulations

- Please bring proof of Cambridge residency to secure resident rate.
- The Recreation Department reserves the right to make schedule changes.
- Classes will be rescheduled if canceled due to the weather or instructor absence.
- The City of Cambridge is not responsible for valuables lost or stolen.
- Inappropriate behavior and use of offensive language will not be tolerated.
- No heeled or marking-soled shoes in the field house.
- Patrons are asked to return all equipment after use.
- No glass is allowed in the building.
- Patrons are required to leave the facility on time.
- The City of Cambridge is not responsible for lost or stolen valuables.

Pool Rules and Regulations are available on page 19.

Refund Policy

Full refunds will be provided if a class is canceled due to low enrollment or a patron can no longer participate due to a medical need and provides a doctor's note. All other requests will result in a credit to your household. Household credit requests must be made no later than the second class and only two household credits will be allowed in a calendar year (January 1 – December 31).

Lock Personal Belongings

War Memorial patrons can use locker rooms located in the building. It is recommended that patrons bring a lock to use when storing personal items in lockers. The War Memorial Recreation Center is not responsible for lost, stolen or damaged personal property.

Food and Drink Policy

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



Children's Swim Programs

Saturdays, March 30 - June 8 (10 weeks) • No class on May 25

Parents are required to be in the pool during toddler/pre-school instruction. Parents of children in Level 1 through Level 6 are asked to leave the pool deck due to swimmer development and pool safety. They can observe the class from the balcony. Please prepare your child in advance for this so s/he has realistic expectations.

Children who are not toilet trained must wear a swim diaper in order to prevent pool contamination. Please change your child in the locker room and not on the pool deck. Only participants

are allowed in the pool during lessons. When a student's lesson is over, they need to leave the water. Please do not interrupt instructors while they are teaching. If you have comments or concerns about instruction or need information from the teacher please address your questions to the swim school manager. All children will be screened for placement at their first class. The swim school manager and the staff assigned will make the determination as to appropriate level and group.



Toddler/Preschool

Ages: 18 months – 4.5 years

Cost: \$70 resident / \$75 non-resident

Schedule: Saturday, 10 – 10:30 a.m.

Registration Code: 310101-01

Schedule: Saturday, 10:30 – 11 a.m.

Registration Code: 310101-02

Schedule: Saturday, 11 – 11:30 a.m.

Registration Code: 310101-03

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

Cost: \$70 resident / \$75 non-resident

Schedule: Saturday, 11:30 a.m. – 12 p.m.

Registration Code: 310104-01

Schedule: Saturday, 12 – 12:30 p.m.

Registration Code: 310104-02

Children participate in this class without parents. If you are interested in this class for your child under the age of 5, your child 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

Cost: \$70 resident / \$75 non-resident

Schedule: Saturday, 12:30 – 1 p.m.

Registration Code: 310105-01

Schedule: Saturday, 1 – 1:30 p.m.

Registration Code: 310105-02

Schedule: Saturday, 1:30 – 2 p.m.

Registration Code: 310105-03

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 life jacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- Enter unassisted, swim 5 yards with barbell, bob 5 times with head fully submerged, safely exit the water, travel along the gutter or “swim”.
- Float on front with support for 3 seconds, roll to back (with assistance), float on back with support for 3 seconds.
- Jump independently, float on back with support for 3 seconds, roll to front with support, and float on front for 3 seconds with support.

Level 2: Primary Skills

Ages: 5 – 12 years

Cost: \$70 resident / \$75 non-resident

Schedule: Saturday, 10:45 – 11:15 a.m.

Registration Code: 310106-01

Schedule: Saturday, 11:15 – 11:45 a.m.

Registration Code: 310106-02

Purpose: Learning proper body positioning and body mechanics. Level 2 participants will learn to:

- Demonstrate proper head position for freestyle and backstroke
- Rotary breathing
- Independently kick with assisted materials
- Perform arm circles with barbell
- Swim freestyle and backstroke
- Demonstrate proper safety skills

Exit skills:

- Independently swim 12 yards of freestyle
- Independently swim 12 yards of backstroke
- Kick independently with assisted device to 25 yards on front
- Streamline underwater for 5 yards
- Jump into deep water independently

Level 3: Stroke Development

Ages: 5 – 13 years

Cost: \$80 resident / \$85 non-resident

Schedule: Saturday, 10 – 10:45 a.m.

Registration Code: 310108-01

Schedule: Saturday, 1:15 – 2 p.m.

Registration Code: 310108-02

Purpose: Refine 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

Cost: \$80 resident / \$85 non-resident

Schedule: Saturday, 11:45 a.m. – 12:30 p.m.

Registration Code: 310110-01

Purpose: Develops confidence and endurance in skills previously learned with focus on technique. In addition to refining freestyle and backstroke, level 4 participants learn to:

- Dive
- Swim breaststroke
- Tread water
- Perform butterfly kick
- Perform open turns on front and back
- Demonstrate proper safety skills

Exit Skills:

- Successfully tread water for extended amount of time
- Perform freestyle for 100 yards
- Perform backstroke for 100 yards
- Perform breaststroke for 50 yards
- Perform butterfly kick for 25 yards
- Standing dive
- Tread water for three minutes

Levels 5 and 6: Skill Proficiency and Endurance Training

Ages: 5 – 14 years

Cost: \$80 resident / \$85 non-resident

Schedule: Saturday, 12:30 – 1:15 p.m.

Registration Code: 310111-01

Purpose: Refines Freestyle, Backstroke, Breaststroke, and Butterfly so students swim them with ease, efficiency, and power over greater distances. Participants also learn front flip turn, backstroke flip turn, competition start from blocks, and how to demonstrate proper safety skills. This level is designed to prepare swimmers for competitive swimming, aquatic activities, synchronized swimming, water polo, and diving.

Exit skills:

- Swim 500 yards continuously using the strokes in the following order: 200 yards of freestyle, 100 yards of backstroke, breaststroke, and butterfly
- 5 minutes of treading water

Sea Dawgs Spring Team

The Sea Dawgs Spring Team welcomes current Winter Sea Dawgs and any interested newcomers ages 5–18 to join our Spring team! It is a great opportunity for current Sea Dawgs to maintain their fitness and further develop and improve their skills. It is also the perfect way for new participants to make a splash into competitive swimming. Sportsmanship and healthy competition will be developed by placing swimmers into small groups based on similar swimmer skill level. The mission of the program is to provide an inclusive environment for all participants through a dedication to sportsmanship and healthy competition. Practices will be twice a week on Mondays and Wednesdays.

Registration for Current Sea Dawgs

Schedule: April 8 – June 12

Mondays: 5:15 – 7:30 p.m. and

Wednesdays: 5:15 – 7:30 p.m.

No practices on Monday, April 15 and Monday, May 27.

Registration Code: 310117-01

Cost: \$150 for first child and \$75 for each additional sibling.

An email will be sent to current Sea Dawgs asking whether or not they will be participating in the Spring Team. Please respond to the email. Registration for current Sea Dawgs will open on Monday, March 4. All current Sea Dawgs need to register by Monday, March 11 so we can determine how many new members we can accept.

Tryouts for New Members

Tryouts to determine which group your swimmer will be placed in will take place for **new members only** on **Monday, April 1, 5:15 p.m. – 6:15 p.m.** and on **Wednesday, April 3, 5:15 p.m. – 6:15 p.m.**

If you are interested in trying out, please fill out our Tryout Registration Form by scanning the QR code or clicking the link below. We will accept submissions Tuesday, March 12 – Monday, March 18.

<https://camb.ma/49szlUi>



Swimmers must be able to swim 1 length of continuous freestyle as well as 1 length of continuous backstroke to try out for our spring team. They will also be asked to attempt breaststroke as well as butterfly to best determine groups.

Once all swimmers tryout, they will be placed into groups. Families will be notified via email of group assignments and practice times by **Friday, April 5**. If you are able to commit to your group assignment schedule, you can register for the team starting Saturday, April 6.

Youth Programs: Gymnastics

Saturdays, March 30 – June 15 (10 weeks) • No class on May 18 and 25

Safety Awareness

In all gymnastics classes, children will build strength, flexibility, balance, and coordination while they learn new skills. **It is extremely important that your child be on time for class and not miss the warm-up period.** If your child is not properly warmed up, injury may occur. Please help us provide a safe and healthy experience for your child. Please enroll your child in the appropriate age and skill level.

Preschool Intro Gymnastics

Parent and child will have fun discovering gymnastics together through obstacle courses, games, and group activities. No experience required, but parent and child must be ready to participate together.

Ages: 2 – 3 years

Cost: \$75 Resident / \$80 Non-Resident

Schedule: Saturday, 8:45 – 9:30 a.m.

Registration Code: 310301-01

Schedule: Saturday, 9:30 – 10:15 a.m.

Registration Code: 310301-02

Ages: 3 – 4 years

Cost: \$75 Resident / \$80 Non-Resident

Schedule: Saturday, 10:15 – 11 a.m.

Registration Code: 310301-03

Schedule: Saturday, 11 – 11:45 a.m.

Registration Code: 310301-04

Children's Plus Gymnastics

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

Ages: 2 – 4 years

Cost: \$75 Resident / \$80 Non-Resident

Schedule: Saturday, 10:15 – 11 a.m.

Registration Code: 310303-01

Beginner Gymnastics

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

Boys

Ages: 5 – 8 years

Cost: \$80 Resident / \$90 Non-Resident

Schedule: Saturday, 11:45 a.m. – 12:45 p.m.

Registration Code: 310304-01

Girls

Ages: 5–8 years

Cost: \$80 Resident / \$90 Non-Resident

Schedule: Saturday, 11:45 a.m. – 12:45 p.m.

Registration Code: 310304-02

Advanced Beginner Gymnastics

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

Ages: 5 – 8 years

Cost: \$80 Resident / \$90 Non-Resident

Schedule: Saturday, 9 – 10 a.m.

Registration Code: 310306-01

Youth Programs: Kenpo Karate

Saturdays, March 30 – June 8 (10 weeks) • No class on May 25

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

- **Registration must be done by mail or in person.** Online registration is not available for this class. Write the class codes when filling out your registration form.
- Please make one check payable to Steve Nugent for \$170 and one check payable to the City of Cambridge for \$25.

Little Dragons

Ages: 3 – 4 years

Schedule: Saturday, 9 – 9:30 a.m.

Registration Code: 310201-01

Junior Beginners

Ages: 5 – 8 years

Schedule: Saturday, 9:30 – 10:15 a.m.

Registration Code: 310201-02

Junior Advanced

Ages: 9 years and older

Schedule: Saturday, 10:15 – 11 a.m.

Registration Code: 310201-03



Adult Swimming

Level I

Schedule: April 4 – May 30 (8 weeks)

Thursday, 6:30 – 7:15 p.m.

No class on April 18

Registration Code: 320201-01

Cost: \$80 Resident / \$85 Non-Resident

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 3½ 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, begin to learn the front and back crawl, and many other skills.

Level II

Schedule: April 4 – May 30 (8 weeks)

Thursday, 5:30 – 6:15 p.m.

No class on April 18

Registration Code: 320201-02

Cost: \$80 Resident / \$85 Non-Resident

This class is for you if you can swim 25 yards, are comfortable in water 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 (deep water)

Schedule: April 1 – June 12

Monday and Wednesday

No class on April 15 and May 27

Registration Code: 320301-01

Time: 5:30 – 6:30 p.m.

Cost: \$90 Resident / \$100 Non-Resident

Registration Code: 320301-02

Time: 6:45 – 7:45 p.m.

Cost: \$90 Resident / \$100 Non-Resident

Aquatic exercise is safe, fun, and effective! Whether you are new to exercise or in peak physical condition, aquatic exercise is an excellent and diverse form of fitness training. This exercise form utilizes the resistant property of water to yield a challenging workout, with minimal impact on the joints. These deep water classes are geared toward a range of ages and conditioning levels, in order to address individual fitness goals.

Masters Swim Program

Schedule: April 4 – June 6

Tuesday and Thursday, 6:45 – 8 p.m.

Registration Code: 320401-01

Cost: \$105 Resident / \$115 Non-Resident

The Masters Swim Program is designed for people who have at least a Level 5 competence. The program is set up to accommodate a range of swimmers, varying in speed and endurance. You have to want to swim the workout posted each time, which involves some combination of freestyle, backstroke, and breaststroke. The larger the group, the more motivation to improve. So come swim!

Senior Aqua Aerobics

Schedule: April 30 – June 13

Tuesday and Thursday, 3:30 – 4:30 p.m.

Registration Code: 330101-01

Cost: \$60 Resident / \$70 Non-Resident

This class is available to students ages 55 and older and takes place in the 3.5 foot circular pool.

This is a low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.



Adult Recreation Programs

Iaido

Ages: 18 years and older

Schedule: Monday and Thursday, 7:15 – 9:15 p.m.

Iaido, the way of the sword, is the art of drawing and using the traditional Japanese sword. Our group practices Muso Jikiden Eishin-Ryu Iaido, the most widely practiced style of Iaido and the second oldest martial art form in Japan.

Today, Iaido is practiced to develop mental discipline, awareness, and physical harmony. This is achieved through diligent practice and control of body and sword movements. Classes by Boston Iaido focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. This is emphasized by fostering a sense of camaraderie in a collegial and friendly atmosphere. For detailed information please visit www.bostoniaido.com or email bostoniaido@yahoo.com.

Fencing

Schedule: Thursday, 7:15 – 9:15 p.m.

Ever wished you could sword fight like the Three Musketeers or swashbuckle like a pirate? Learn to duel as they did during the Renaissance with Boston's local Society for Creative Anachronism (SCA) group. Loaner gear is available for beginners looking to try it out.

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

Find additional info on their website <https://carolingia.eastkingdom.org>.



Middle Eastern Dance

Schedule: Thursday, 7:15 – 9:15 p.m.

Learn the dances as done through the ages from North Africa 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. For additional info about the Boston SCA group, visit their website: <https://carolingia.eastkingdom.org>.

Zumba

Sunday and Wednesday, April 7 – June 16

No class on May 26

Schedule: Sunday, 11:30 a.m.– 12:30 p.m. and Wednesday, 7 – 8 p.m.

Registration Code: 320702-01

Cost: \$150 Resident / \$170 Non-Resident

Sunday, April 7 – June 16

No class on May 26

Schedule: 11:30 a.m.– 12:30 p.m.

Registration Code: 320702-02

Cost: \$90 Resident / \$100 Non-Resident

Wednesday, April 10 – June 12

Schedule: 7 – 8 p.m.

Registration Code: 320702-03

Cost: \$90 Resident / \$100 Non-Resident

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

Yoga

Schedule: April 2 – June 4

Tuesday, 7 – 8 p.m.

Registration Code: 320501-01

Cost: \$90 Resident / \$100 Non-Resident

In this class, postures are practiced to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

Coed Volleyball (Pick-Up)

Ages: 18 years and older

Cost: \$7 for two hour session

Schedule:

Monday: 7:15 – 9:15 p.m.

Friday: 7:15 – 9:15 p.m.

Sunday: 12 – 2 p.m.

Weight and Cardio Room

Schedule:

Monday – Friday: 6 – 9 p.m.

Saturday: 12 – 5 p.m. *Hours occasionally extend, check with front desk.*

Sunday: 12 – 5 p.m.



Birthday Pool Parties

Available by Reservation September - June

Host a pool party for your child's next birthday at the War Memorial Recreation Center! Patrons can reserve the War Memorial Recreation Center pools for birthday parties through June 2024.

(Reservations are not available July – August.)

- The fee for a pool party is \$100.
- Pool parties are limited to 25 kids.

Registration

Register in person at the War Memorial Recreation Center or register online through RecTrac:

- [Online registration](#) is open for pool parties scheduled through June 2024.
- [Online registration](#) for pool parties between September 2024 – January 2025 will open on July 22 at 5 p.m.
- [Online registration](#) for pool parties between February 2025 – June 2025 will open on December 16 at 5 p.m.

Location and Setup Information

Saturday and Sunday Party Schedule

Setup: 1:30 p.m.

Pool Available: 2 – 3:30 p.m.

Vacate Building by 4 p.m.

The lounge area is available for refreshments. No one is to go into this area until they are dry and dressed. Refreshments are to be served after the pool portion of the party is over.

The lounge area will be setup in advance for your party. **Please do not rearrange the space.** You may decorate the lounge area but do not tape anything to the painted walls or surfaces as this will cause damage

Birthday Pool Party Rules and Regulations

- A minimum of 2 adults needs to be present at all times.
 - 1 adult per child if the child is using a life jacket.
- A pool party that involves children under the age of 8 will require adults in the pool. Children under the age of 8 will be required to use life jackets provided by the facility. No outside life jackets or other items may be used in the facility. No toys are allowed in the pool. Please inform your guests.
- The lap pool is not available. If children wish to use the diving well, they must pass a test by swimming 25 yards without stopping. Staff will determine if a child qualifies.
- Guests must put all belongings in lockers in the locker room. Items left on the floor, tables, or chairs are tripping hazards.
- The Recreation Center may cancel parties due to weather or mechanical failure. Money will be refunded unless another date that is feasible is available.
- Guests are responsible for following the party rules and the general facility rules (see page 3). Failure to follow rules will result in no further bookings.

Facility Rates

Resident Rates

Resident	Pool	Weight and Cardio Room	Combo (Pool, Weight and Cardio Room)
Single Visit Child	\$1.25	N/A	N/A
Single Visit Adult	\$5.00	\$5.00	\$5.75
Single Visit Senior	\$2.00	\$2.00	\$2.75
Single Visit Couple	\$6.50	\$6.50	\$7.00
Single Visit Family	\$7.50	N/A	N/A
10 Visit Adult	\$45.00	\$45.00	\$55.00
10 Visit Senior	\$17.00	\$17.00	\$25.00
10 Visit Couple	\$60.00	\$60.00	\$70.00
10 Visit Family	\$70.00	N/A	N/A
24 Week Adult	\$165.00	\$165.00	\$185.00
24 Week Senior	\$55.00	\$55.00	\$75.00
24 Week Couple	\$190.00	\$190.00	\$205.00
24 Week Family	\$205.00	N/A	N/A
48 Week Adult	\$215.00	\$215.00	\$255.00
48 Week Senior	\$80.00	\$80.00	\$95.00
48 Week Couple	\$305.00	\$305.00	\$355.00
48 Week Family	\$355.00	N/A	N/A

Facility Rates

Non-Resident Rates

Non-Resident	Pool	Weight and Cardio Room	Combo (Pool, Weight and Cardio Room)
Single Visit Child	\$1.25	N/A	N/A
Single Visit Adult	\$6.00	\$6.00	\$6.50
Single Visit Senior	\$2.25	\$2.25	\$3.00
Single Visit Couple	\$7.50	\$7.50	\$8.00
Single Visit Family	\$9.00	N/A	N/A
10 Visit Adult	\$55.00	\$55.00	\$65.00
10 Visit Senior	\$21.00	\$21.00	\$35.00
10 Visit Couple	\$70.00	\$70.00	\$80.00
10 Visit Family	\$80.00	N/A	N/A
24 Week Adult	\$185.00	\$185.00	\$205.00
24 Week Senior	\$80.00	\$80.00	\$105.00
24 Week Couple	\$205.00	\$205.00	\$230.00
24 Week Family	\$230.00	N/A	N/A
48 Week Adult	\$235.00	\$235.00	\$280.00
48 Week Senior	\$105.00	\$105.00	\$125.00
48 Week Couple	\$330.00	\$330.00	\$380.00
48 Week Family	\$405.00	N/A	N/A

Pool Schedule – Spring 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Senior Aqua Aerobics 3:30–4:30 p.m.		Senior Aqua Aerobics 3:30–4:30 p.m.		Cambridge Synchro 8–10 a.m.	Family Swim 12:30–4:30 p.m.
	Adult Lap Swim 5:15–6:45 p.m.		Adult Lap Swim 5:15–6:45 p.m.	Adult Lap Swim 7:30–8:45 p.m. Effective March 22: 5:15–8:45 p.m.	Children’s Swim Lessons 10 a.m. – 2 p.m.	Adult Lap Swim 12:30–4:45 p.m.
Sea Dawgs 5:15–7:30 p.m.	Family Swim 5:15–6:30 p.m. (lap pool not available)	Sea Dawgs 5:15–7:30 p.m.	Family Swim 5:15–6:30 p.m. (lap pool not available)	Family Swim 5:15–8:30 p.m. (lap pool not available)	Family Swim 2–4:30 p.m.	
Aqua Aerobics 5:30 – 7:45 p.m.	Cambridge Synchro 6:15–9 p.m.	Aqua Aerobics 5:30–7:45 p.m.	Cambridge Synchro 6:15–9 p.m.		Adult Lap Swim 2–4:45 p.m.	
	Masters Swim 6:45–8 p.m.	Cambridge Synchro 7–8:30 p.m.	Masters Swim 6:45–8 p.m.			
Adult Lap Swim 7:30–8:45 p.m.		Adult Lap Swim 7:30–8:45 p.m.				

Pool Rules and Regulations

- No one may enter the pool if the lifeguards are not present.
- No running, pushing or rough play allowed.
- All children will be evaluated for swimming ability before going into the diving well.
- Children under the age of eight must be accompanied by an adult (limit 1) during family swim.
- Children seven and under must be accompanied by an adult while in the pool.
- Children who are not toilet trained must use a swim diaper.
- The only swim device allowed on a child is a US Coast Guard approved life jacket and parent/guardian is required to be in the water with the child.
- Only Recreation Department staff are allowed to instruct in facility pools.
- Cleansing shower required before entering the pool.
- Adult lap swim is for persons 18 years and older.
- Pool lanes may be pulled for other activities.
- Please stay off pool lane lines.
- Diving may take place only in the diving well.
- One person on the diving board at a time.
- No diving into lap or small pool.
- Catching people on or off the diving board is prohibited.
- No lap swimming in the diving well.
- No shoes or strollers on the pool deck
- Speed of lane is determined by the fastest swimmer.
- Circle swimming is permitted only in the lap pool.
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer.
- Please allow lifeguards to focus on keeping the pool safe while they are on duty.
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane.
- Lifeguards and managers have final say in all pool related matters.
- Patrons are not allowed on the starting blocks of the lap pool.



Registration Information

Register Online

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

Register by Mail

See registration form on page 21.

A postmark is required (no hand delivery please).

Please mail registrations to:

Vladimir Pierre
Spring 2024 Registration
51 Inman Street
Cambridge, MA 02139

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



Registration Form

Please fill using CAPITAL letters.

Head of Household

Last Name _____ First Name _____

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Email address for notification purposes _____

Cambridge Resident Non-resident Change of Address

Emergency Contact

Name _____ Phone _____

Child Participant

Child's Name _____

Age _____ Date of Birth _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Adult Participant

Name _____ Date of Birth _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Second Choice if Class is Full

Class Code _____ Title _____

Day _____ Time _____ Fee _____

Media Release

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

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

_____ Date _____

Scholarship Request Form

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

Mail to: Vladimir Pierre • Spring 2024 Registration, 51 Inman St, Cambridge, MA 02139

Program Name _____

Child's Name _____ Child's Name _____

Address of Child/Children _____

Family Information

1. Parent/Guardian Name _____ Social Security Number _____

Address _____ Home Phone _____

Place of Employment _____ Work Phone _____

2. Parent/Guardian Name _____ Social Security Number _____

Address _____ Home Phone _____

Place of Employment _____ Work Phone _____

Income Information

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

Total Number in Family _____ Number of Adults _____ Number of Children _____

Are all adults working? Yes No

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 _____

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 _____

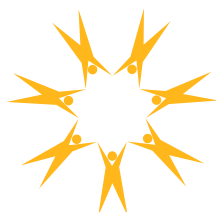
Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3–12 years old are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2023, and June 30, 2024. Mail in your completed registration form, scholarship request form, and a copy of your 2023 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)

War Memorial Recreation Center

1640 Cambridge Street (Door 15), Cambridge, MA

617-349-6279 • askdhsp@cambridgema.gov

www.cambridgema.gov/DHSP/WarMemorial



Department of
Human Service Programs

