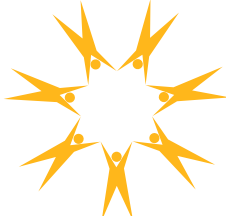




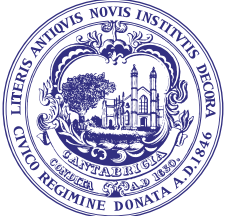
# War Memorial Recreation Center

## Winter 2025 Programming

1640 Cambridge Street (Door 15), Cambridge, MA  
617-349-6279 • [askdhsp@cambridgema.gov](mailto:askdhsp@cambridgema.gov)  
[www.cambridgema.gov/WarMemorial](http://www.cambridgema.gov/WarMemorial)



Department of  
Human Service Programs



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# Operating Hours – Winter 2025

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

# Closures

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

- Monday, December 23 through Wednesday, January 1
- Monday, January 20
- Monday, February 17
- Sunday, April 20
- Monday, April 21

# Rules, Regulations, and Policies

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## 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 21.*

## 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 or bottles for water. Please help us keep the Center as clean as possible.





# Children's Swim Programs

---

## Programs offered Saturdays, January 4 - March 8 (10 weeks)

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:** 210101-01

**Schedule:** Saturday, 10:30 – 11 a.m.

**Registration Code:** 210101-02

**Schedule:** Saturday, 11 – 11:30 a.m.

**Registration Code:** 210101-03

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

**Saturday:** 11:30 a.m. – 12 p.m.

**Registration Code:** 210104-01

**Saturday:** 12 – 12:30 p.m.

**Registration Code:** 210104-02

Children participate in this class without parents. If you are interested in this class for your child under the age of 5, s/he must have participated in previous classes and must be approved by staff to participate. Class size depends on instructor availability.

## Level 1: Water Exploration

**Ages:** 5 – 12 years

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

**Schedule:** Saturday, 12:30 – 1 p.m.

**Registration Code:** 210105-01

**Schedule:** Saturday, 1 – 1:30 p.m.

**Registration Code:** 210105-02

**Schedule:** Saturday, 1:30 – 2 p.m.

**Registration Code:** 210105-03

**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:** 210106-01

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

**Registration Code:** 210106-02

**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:** 210108-01

**Schedule:** Saturday, 1:15 – 2 p.m.

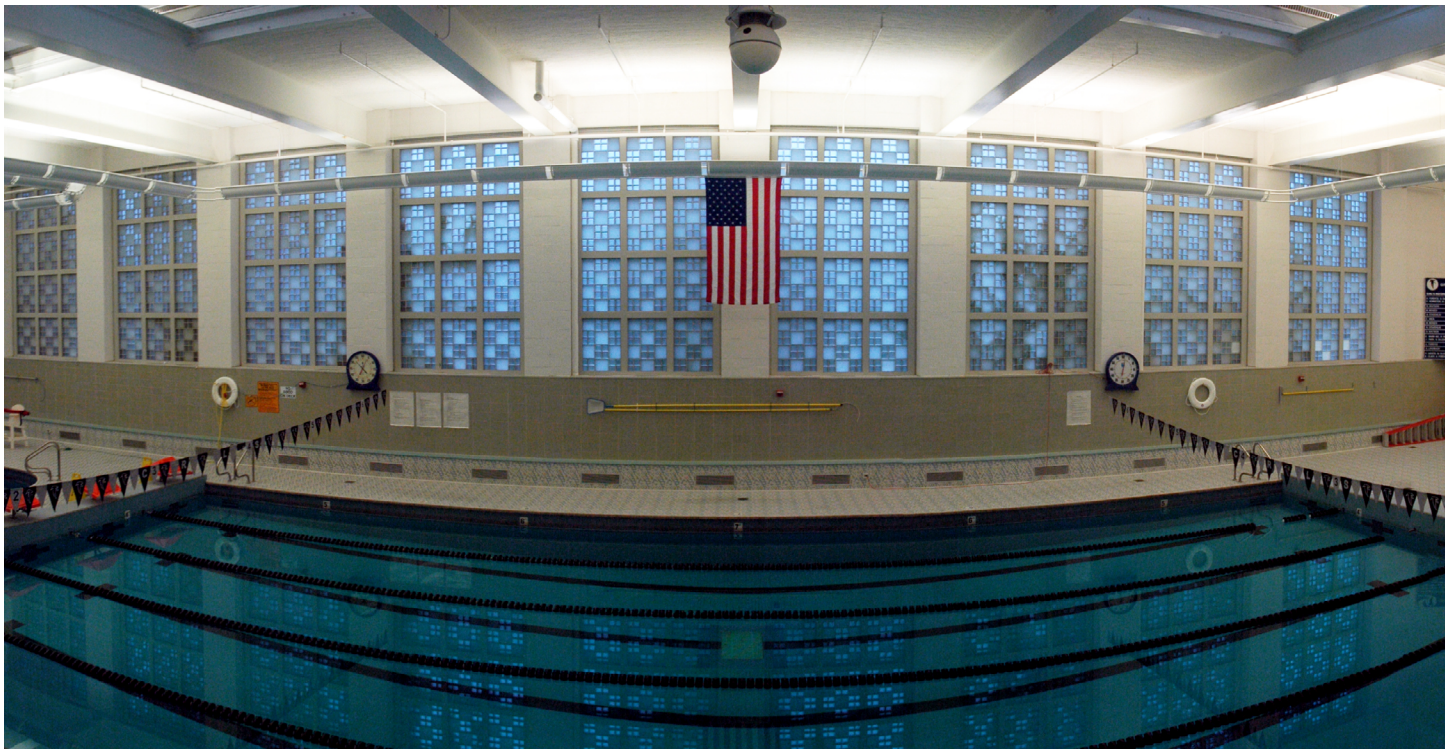
**Registration Code:** 210108-02

**Purpose:** Refining level 2 skills and progressing stroke technique. Level 3 participants learn to:

- Refine freestyle
- Refine backstroke
- Learn breaststroke kick fundamentals
- Demonstrate proper safety skills

### Exit skills:

- Continuously swim freestyle with rotary breathing for 50 yards
- Continuously swim backstroke with proper head alignment for 50 yards
- Perform proper breaststroke kick
- Perform kneeling dive





## Level 4: Stroke Refinement

**Ages:** 5 – 14 years

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

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

**Registration Code:** 210110-01

**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:** 210111-01

**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

# Cambridge Synchro (Synchronized Swimming)

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If you love music, swimming, dancing, gymnastics, or being creative, then synchronized swimming might be for you! **Cambridge Synchro** has been in existence for 30 years. We offer many levels of instruction, from beginner through competition team. Our club competes throughout New England and nationally. For more detailed program and fee information, please email [CambridgeSynchro@gmail.com](mailto:CambridgeSynchro@gmail.com) or visit our website [www.CambridgeSynchro.org](http://www.CambridgeSynchro.org).

## Beginning Synchro Class

**January 4 – June 7**

**Schedule:** Saturday, 8:30 – 10 a.m.

**Registration Code:** 210113-01

**Cost:** \$270

The beginner class is designed for swimmers who have never done synchro. Swimmers must be comfortable in water that is 12 feet deep.

**Note:** If your swimmer has not already passed Level 2 swim lessons (or equivalent), we strongly recommend that you register your swimmer for Level 2 swim lessons and then sign up for the Beginning Synchro Class in January. In many instances, a swimmer will need further basic swim stroke training before they can fully enjoy and participate in Synchro swim training.

## Novice Team

**January 4 – June 7**

**Schedule:**

Wednesday: 7:15 – 8:30 p.m.

Saturday, 8:30 – 10 a.m.

**Registration Code:** 210113-02

**Cost:** \$370

**Prerequisite:** Swimmers must have participated in the Beginning Synchro Class or Novice Team during the Fall.

The Novice Team is open to swimmers who have passed or have learned skills equivalent to the course description for Swimming Level 5 (see description under Swim Lessons on 7). Swimmers will participate in one local competition in the Spring and our annual show in June. Additional fees for Novice Team members who choose to compete are approximately \$200.

## Sea Dawgs – Spring 2025 Team

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At the time of this printing, information for the Spring 2025 Sea Dawgs is not available. Program information will be included in the Spring 2025 Brochure.



# Youth Programs: Gymnastics

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Classes offered Saturdays, January 4 - March 8 (10 weeks)

## 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:** 210301-01  
**Schedule:** Saturday, 9:30 – 10:15 a.m.  
**Registration Code:** 210301-02

**Ages:** 3 – 4 years  
**Cost:** \$75 Resident / \$80 Non-Resident  
**Schedule:** Saturday, 10:15 – 11 a.m.  
**Registration Code:** 210301-03  
**Schedule:** Saturday, 11 – 11:45 a.m.  
**Registration Code:** 210301-04

## 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:** 210303-01

## 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:** 210304-01

**Girls**  
**Ages:** 5–8 years  
**Cost:** \$80 Resident / \$90 Non-Resident  
**Schedule:** Saturday, 11:45 a.m. – 12:45 p.m.  
**Registration Code:** 210304-02

## 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:** 210306-01

# Youth Programs: Kenpo Karate

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## Classes offered Saturdays, January 4 - March 8 (10 weeks)

### Little Dragons

**Ages:** 3 – 4 years

**Schedule:** Saturday, 9 – 9:30 a.m.

**Registration Code:** 210201-01

### Junior Beginners

**Ages:** 5 – 8 years

**Schedule:** Saturday, 9:30 – 10:15 a.m.

**Registration Code:** 210201-02

### Junior Advanced

**Ages:** 9 years and older

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

**Registration Code:** 210201-03

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

### **Registration must be done by mail or in person.**

Online registration is not available for this class.

Please make one check payable to Steve Nugent for \$170 and one check payable to the City of Cambridge for \$25.





# Youth Programs: Tennis

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Classes offered Saturdays, January 4 - March 8 (10 weeks)

## Pee Wee Tennis (I)

This class is for students with no previous experience or limited experience. Parents may be asked to participate in Pee Wee classes if necessary.

**Ages:** 4 – 7 years only

**Cost:** \$70 Resident / \$75 Non-Resident

**Schedule:** Saturday, 9:30 – 10:15 a.m.

**Registration Code:** 210401-01

## Beginner Tennis

This class is for students with absolutely no experience.

**Ages:** 8 – 11 years

**Cost:** \$70 Resident / \$75 Non-Resident

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

**Registration Code:** 210402-01

## Advanced Beginner Tennis

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

**Ages:** 8 – 11 years

**Cost:** \$70 Resident / \$75 Non-Resident

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

**Registration Code:** 210403-01

## Middle School Lessons

This class is for beginners or those with limited experience.

**Ages:** 12 – 14 years

**Cost:** \$70 Resident / \$75 Non-Resident

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

**Registration Code:** 210404-01



# Adult Swimming

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## Level I

### Session 1: January 9 – February 6 (4 weeks)

*No class on January 23*

**Registration Code:** 220201-01

**Schedule:** Thursday, 6:30 – 7:15 p.m.

**Cost:** \$40 Resident / \$45 Non-Resident

### Session 2: February 27 – March 20 (4 weeks)

**Registration Code:** 220201-02

**Schedule:** Thursday, 6:30 – 7:15 p.m.

**Cost:** \$40 Resident / \$45 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

### Session 1: January 9 – February 6 (4 weeks)

*No class on January 23*

**Registration Code:** 220202-01

**Schedule:** Thursday, 5:30 – 6:15 p.m.

**Cost:** \$40 Resident / \$45 Non-Resident

### Session 2: February 27 – March 20 (4 weeks)

**Registration Code:** 220202-02

**Schedule:** Thursday, 5:30 – 6:15 p.m.

**Cost:** \$40 Resident / \$45 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:** January 6 – March 12 (10 weeks)

*No class on January 20, January 27, and February 17*

**Registration Code:** 220301-01

**Time:** Monday and Wednesday, 5:30 – 6:30 p.m.

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

**Registration Code:** 220301-02

**Time:** Monday and Wednesday, 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:** January 9 – March 27

*No class on January 21 and January 23; 2 other dates to be announced*

**Time:** Tuesday and Thursday, 6:45 – 8 p.m.

**Registration Code:** 220401-01

**Cost:** \$115 Resident / \$125 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:** January 9 – March 18 (9 weeks)

*No class on January 21, January 23, February 18, and February 20*

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

**Registration Code:** 230101-01

**Cost:** \$64 Resident / \$72 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

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## laido

**Ages:** 18 years and older

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

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

Today, laido 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 laido 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](http://www.bostoniaido.com) or email [bostoniaido@yahoo.com](mailto:bostoniaido@yahoo.com).

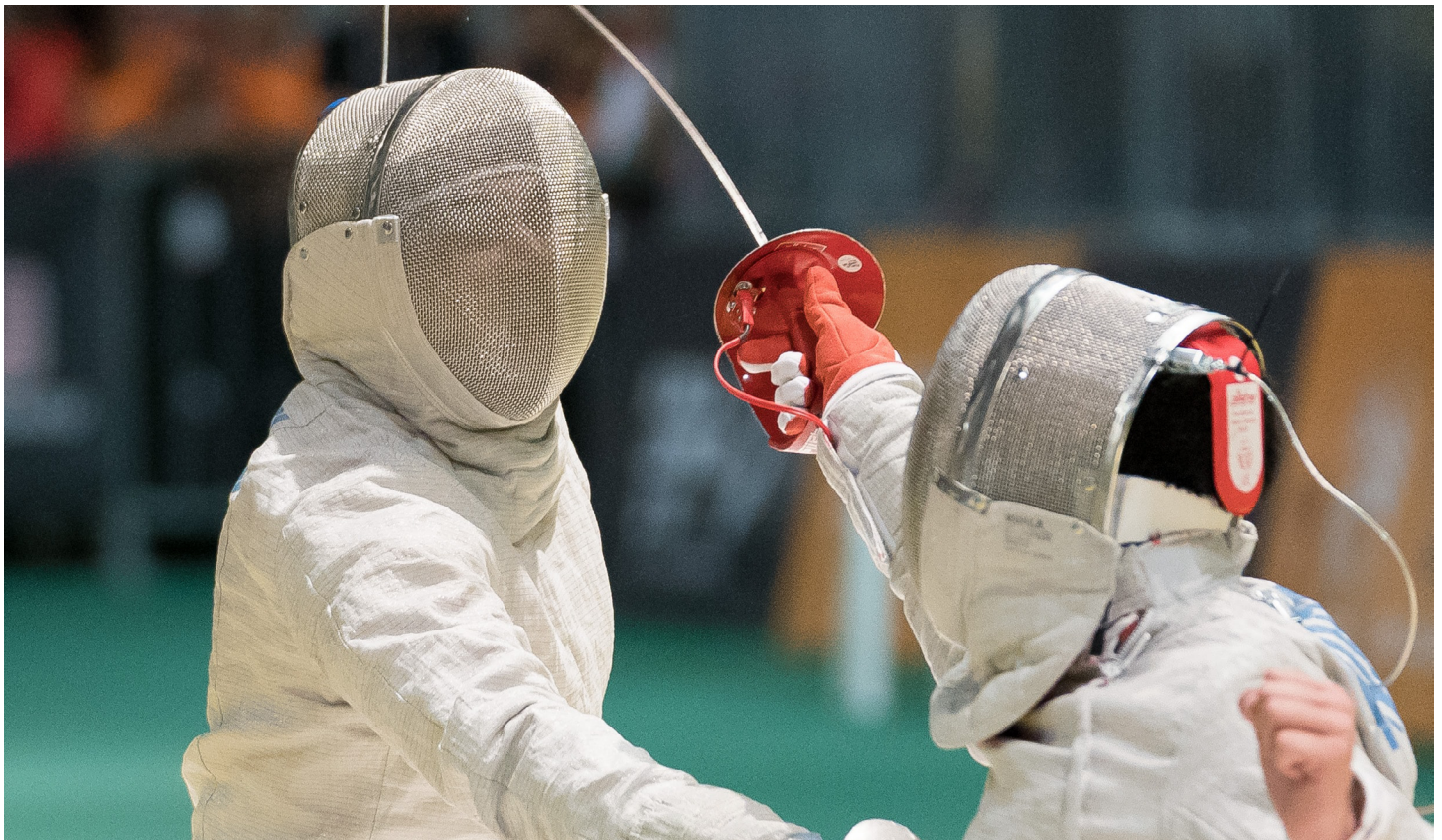
## Fencing

**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](mailto: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](mailto:serene@neotheo.com) or [erzulie@erzuliedancer.com](mailto:erzulie@erzuliedancer.com) with any questions. For additional info about the Boston SCA group, visit their website: <https://carolingia.eastkingdom.org>.

## 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.

## Yoga

**Schedule:** January 7 – March 11

Tuesday, 7 – 8 p.m.

**Registration Code:** 220501-01

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

**Drop-in option available:**

\$10 Resident / \$12 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.

## Zumba

**Sunday and Wednesday, January 5 – March 12**

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

**Registration Code:** 220702-01

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

**Sunday, January 5 – March 9**

**Schedule:** 11:30 a.m.– 12:30 p.m.

**Registration Code:** 220702-02

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

**Wednesday, January 8 – March 12**

**Schedule:** 7 – 8 p.m.

**Registration Code:** 220702-03

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

**Drop-in option available:**

\$10 Resident / \$12 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.

# Birthday Pool Parties

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## Available September 2024 - June 2025

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 scheduled in September 2024 – June 2025.

*(Reservations are not available during summer months.)*

- The fee for a pool party is \$100.
- Pool parties are limited to 20 kids.
- [Online registration](#) for pool parties from September 2024 – January 2025 is currently open.
- [Online registration](#) for pool parties from February 2025 – June 2025 will open on December 16, 2024 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



# War Memorial Pool – Winter 2025 Schedule

**Please note:** Our pool is a shared space and scheduling changes may occur. Lap swim may be impacted by scheduled swim meets.

## Pool Schedule – Altered Hours

The Pool will have altered hours on the following dates for high school swim meets:

- **Friday, December 20:**  
Family Swim starts at 7:30 p.m.
- **Friday, January 3:**  
Family Swim starts 7:30 p.m.
- **Tuesday, January 7:**  
No Family Swim or Lap Swim
- **Friday, January 10:**  
Family Swim starts at 7:30pm
- **Tuesday, January 21:**  
No Family Swim or Lap Swim
- **Thursday, January 23:**  
No Family Swim or Lap Swim

## Pool/Facility Closures

- Monday, December 23 – Tuesday, December 31
- Wednesday, January 1, 2025
- Monday, January 20
- Monday, February 17
- Sunday, April 20
- Monday, April 21

## Adult Lap Swim Schedule

**Note:** Adult Lap Swim will have altered hours on some days due to high school swim meets. Please see **Pool Schedule — Altered Hours** above for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30–8:45 p.m.	5:15–6:45 p.m.	7:30–8:45 p.m.	5:15–6:45 p.m.	7:30–8:45 p.m.	2–4:45 p.m.	12:30–4:45 p.m.

## Family Swim Schedule

**Note:** Family Swim will have altered hours on some days due to high school swim meets. Please see **Pool Schedule — Altered Hours** above for details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15–6:30 p.m. (lap pool not available)		5:15–6:30 p.m. (lap pool not available)	5:30–8:30 p.m. (lap pool not available)	2–4:30 p.m.	12:30–4:30 p.m.

*Please see next page for Pool Schedule for Classes, Programs and Teams →*

## Pool Schedule for Classes, Programs and Teams

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Swim Lessons				5 – 6:45 p.m.		
Children's Swim Lessons						10 a.m.–2 p.m.
Aqua Aerobics	5:30 – 7:45 p.m.		5:30 – 7:45 p.m.			
Senior Aqua Aerobics		3:30 – 4:30 p.m.		3:30 – 4:30 p.m.		
The Cambridge Program						8 – 10 a.m.
Cambridge Synchro		6:30 – 9 p.m.	7:15 – 8:30 p.m.	6:30 – 9 p.m.		8:30 – 10 a.m.
Masters Swim		6:45 – 8 p.m.		6:45 – 8 p.m.		
Sea Dawgs	5:30 – 7:30 p.m.		5:30 – 7:30 p.m.		5:30 – 7:30 p.m.	

# War Memorial Pool – Rates, Rules and Regulations

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## Pool Rates (see Facility Rates on pages 17–18 for details)

- Children’s fee applies to children and youth ages birth –17 years.
- Senior Citizen fee applies to people ages 55 and older and participants with a disability (suitable documentation required).
- Proof of age must be shown when pool use passes are purchased. MBTA card, MA Driver’s License or other ID are accepted.
- **To receive the resident rate**, provide a valid MA Driver’s License or ID, utility bill, or rent receipt showing your Cambridge address. This is all that will be accepted.
- A “couple” constitutes two people living at the same address. To be eligible for a “Couple” rate, proof of address must be shown by both participants.
- To purchase a Family ticket, all family members must show proof of living at the same address.

## 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 12 must be accompanied by an adult (limit 1) during family swim.
- Children 7 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.

# Resilience Sports Foundation



We began coaching girls basketball in 2013 and were extremely inspired by their drive, discipline, and excitement around the game. They showed an eagerness similar to that of ourselves at that age but seemed to lack the support from many to achieve their goals. At the time there weren't many consistent coaches or programs geared towards helping these young ladies improve and even less within the next 5-7 years. This prompted us to develop our own programs to support young women interested in playing basketball.

After years of brainstorming and getting input from players, parents and other community members, the idea of the Resilience Sports Foundation was born. As of right now we run three programs (Smaller Ballers, She Got Game, and Elevate Your Game) throughout the year serving over 150 participants, with plans to develop more.

## OUR FOUNDERS



Reece Freeman, Cortland Townes, MacClure Powell

## CORE PROGRAMS

### SMALLER BALLERS



"Smaller Ballers" is a co-ed instructional basketball program for children ages 4-7 years old. The program is held annually for 6 weeks starting in July.

### ELEVATE YOUR GAME



"Elevate Your Game" is an all girls instructional program for girls in grades 4-12. The program is held for 10 weeks starting in April.

### SHE GOT GAME



"She Got Game" is an All Girls Summer Program ages 14-19. It focuses on the development of 21st century skills as well as basketball facilitating and coaching skills.

Find us here!



[resiliencesportsfoundation@gmail.com](mailto:resiliencesportsfoundation@gmail.com)



[@resiliencesportsfoundation](https://www.instagram.com/resiliencesportsfoundation)



**REGISTER NOW FOR  
WINTER SESSIONS**



**WAR MEMORIAL EVERY SATURDAY  
STARTING DEC.7 THRU FEB. 22 2025  
REGISTER @ ELITEHOOPLAB.COM  
FULL DETAILS ON WEBSITE**

# Registration Information

## Register Online

- Visit: [www.cambridgema.gov/WarMemorial](http://www.cambridgema.gov/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.

## Register by Mail

*Registration by mail is only available for Karate.*

*See registration form on 25.*

A postmark is required (no hand delivery please).

Please mail registrations to:

Vladimir Pierre  
Winter 2025 Registration  
51 Inman Street  
Cambridge, MA 02139

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



# Registration Form

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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 • Winter 2025 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, 2024, and June 30, 2025. 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)

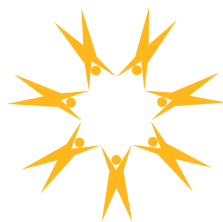


# War Memorial Recreation Center

1640 Cambridge Street (Door 15), Cambridge, MA

617-349-6279 • [askdhsp@cambridgema.gov](mailto:askdhsp@cambridgema.gov)

[www.cambridgema.gov/WarMemorial](http://www.cambridgema.gov/WarMemorial)



Department of  
Human Service Programs

