



War Memorial Recreation Center

Fall 2024 Programming

1640 Cambridge Street (Door 15), Cambridge, MA

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www.cambridgema.gov/WarMemorial



Department of
Human Service Programs



Contents

Rules, Regulations, and Policies	3
Children’s Swim Programs	4
Cambridge Sea Dawgs Recreation Swim Team.....	8
Cambridge Synchronized Swimming	10
Adult Swim Lessons	12
Youth Programs: Karate.....	14
Youth Programs: Gymnastics	15
Adult Recreation Programs	16
War Memorial Pool — Fall 2024 Schedule.....	18
War Memorial Pool — Rates, Rules and Regulations.....	20
Birthday Pool Parties	21
Facility Rates	22
Registration Information.....	24
Registration Form	25
Scholarship Request Form	26

Operating Hours – Fall 2024

Tuesday, September 3 – Sunday, December 22, 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. – 5:15 p.m. *Front door locks at 4:30 p.m.*

Closures

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

- Saturday, August 17 – Monday, September 2
- Monday, October 14
- Monday, November 11
- Wednesday, November 27 – Sunday, December 1
- Monday, December 23 – Tuesday, December 31
- Wednesday, January 1, 2025

The facility will reopen on Thursday, January 2, 2025.

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 on page 20.

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, September 14 – November 16 (10 weeks)

Parents are required to be in the pool during toddler/preschool 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

Saturday: 10 – 10:30 a.m.

Registration Code: 110101-01

Saturday: 10:30 – 11 a.m.

Registration Code: 110101-02

Saturday: 11 – 11:30 a.m.

Registration Code: 110101-03

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

Parents are required to participate; one child per adult. **Children who are not toilet trained must wear a swim diaper.**

Preschool Referral / Level 1

Ages: 3.5 – 6 years

Saturday: 11:30 a.m. – 12 p.m.

Registration Code: 110104-01

Saturday: 12 – 12:30 p.m.

Registration Code: 110104-02

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

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

Level 1: Water Exploration

Ages: 5 – 12 years

Saturday: 12:30 – 1 p.m.

Registration Code: 110105-01

Saturday: 1 – 1:30 p.m.

Registration Code: 110105-02

Saturday: 1:30 – 2 p.m.

Registration Code: 110105-03

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

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Float on front and back
- Open eyes underwater, submerge to pick up object
- Submerge mouth, nose, and eyes
- Explore arm and hand movements
- Exhale underwater
- Explore swimming on front and back
- Use a lifejacket
- Explore forward and backward motion without barbell
- Learn proper body position on front and back
- Demonstrate proper safety skills

Exit skills:

- 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

Saturday: 10:45 – 11:15 a.m.

Registration Code: 110106-01

Saturday: 11:15 – 11:45 a.m.

Registration Code: 110106-02

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

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

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

Exit skills:

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

Level 3: Stroke Development

Ages: 5 – 13 years

Saturday: 10 – 10:45 a.m.

Registration Code: 110108-01

Saturday: 1:15 – 2 p.m.

Registration Code: 110108-02

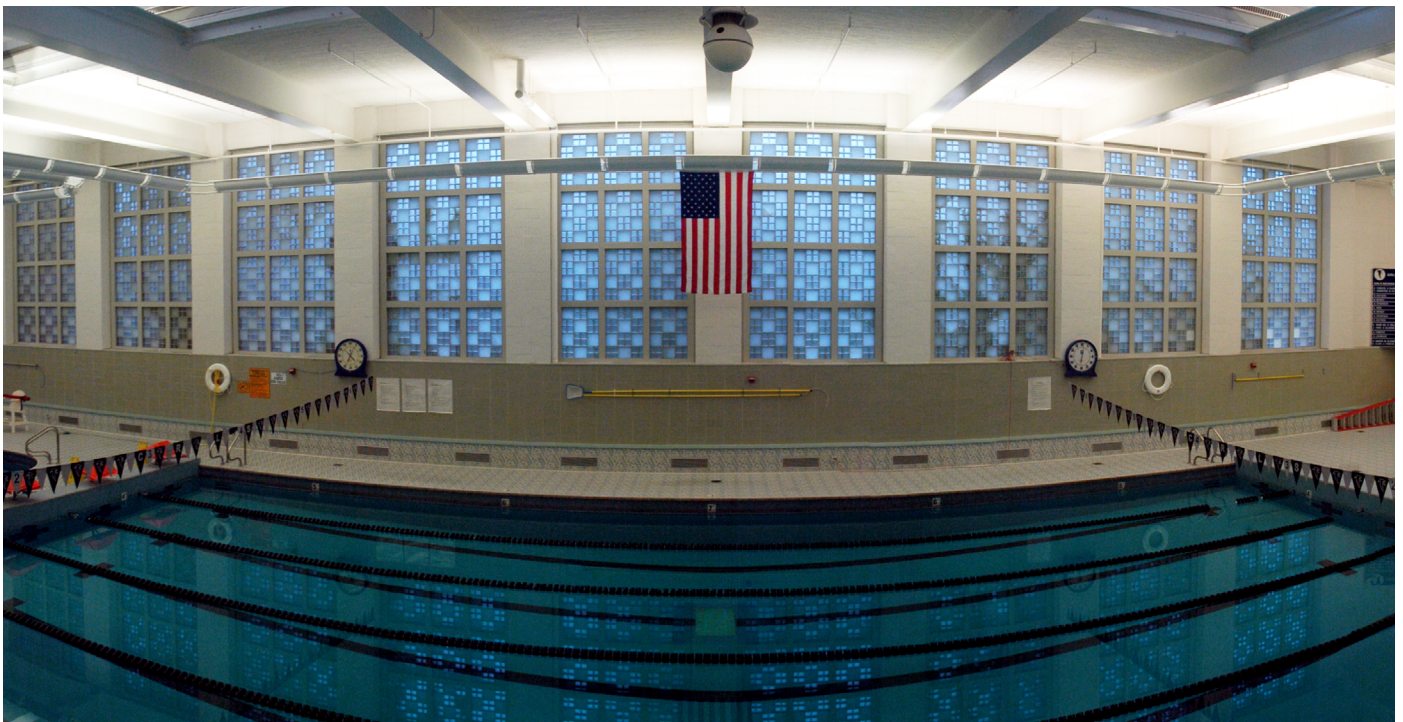
Cost: \$80 resident / \$85 non-resident

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

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

Exit skills:

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



Level 4: Stroke Refinement

Ages: 5 – 14 years

Saturday: 11:45 a.m. – 12:30 p.m.

Registration Code: 110110-01

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

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

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

Exit Skills:

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

Levels 5 and 6: Skill Proficiency and Endurance Training

Ages: 5 – 14 years

Saturday: 12:30 – 1:15 p.m.

Registration Code: 110111-01

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

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 Sea Dawgs Recreation Swim Team

Join the 2024-2025 Competition Season

If you are looking for a competitive swim team program for your child, consider the Sea Dawgs program! Sea Dawgs is a 100% volunteer, non-profit organization that promotes competitive swimming for the youth of Cambridge and surrounding towns. The mission of the program is to provide an inclusive environment for all participants through a dedication to sportsmanship and healthy competition.

Our program is open to any child between the ages of 5–18 years of age who can meet the following requirements:

- **8 years of age and younger:** must be able to complete 25 yards (1 length) of continuous freestyle, backstroke, and breaststroke. They must be able to perform butterfly kick and attempt the butterfly stroke.
- **9–10 years of age:** must be able to complete 50 yards (2 lengths) of continuous freestyle and backstroke; must be able to complete a continuous 25 yards (1 length) of breaststroke and butterfly with the correct mechanics.
- **11–12 years of age:** must be able to complete 75 yards (3 lengths) of continuous freestyle, backstroke; must be able to complete 50 yards (2 lengths) of continuous and legal breaststroke and butterfly.
- **13 years and up:** must be able to complete 100 yards (4 lengths) of continuous freestyle and backstroke; must be able to 50 yards (2 lengths) of continuous and legal breaststroke and butterfly.

Swimmers may be asked to attempt a dive and flip turn if appropriate.

The season runs from late September-mid March. Practices are 3x/week, on Mondays, Wednesdays, and Fridays, with competitions taking place on Sunday mornings. Swimmers are expected to attend practice on a consistent basis, with an attendance rate of at least 75% and 100% for all swim meets. This allows swimmers the opportunity to chart their progress and see improvements towards their individual and team goals. Caregivers and swimmers should heavily consider this time commitment before registering. Groups will be determined after tryouts, and are based on swim abilities, not age. Group 1 typically practices between 5:15–6:15 p.m., and Group 2 between 6–7:30 p.m.

We enjoy a swim meet schedule that requires minimal out-of-town travel, and we rely heavily on caregiver volunteers to keep program costs reasonable. Volunteer opportunities generally take place during swim meets, and involve timing lanes, scorekeeping, stroke/turn judging, donating items to a concession stand, and several other roles. More information on volunteering opportunities will be provided throughout the season, however it is an expectation that if your swimmer makes the team, that all caregivers volunteer at least twice throughout the season.

Cost

The cost of the program for one participant is \$450, and \$225 for each additional sibling. There will be a bathing suit cost that will be determined at the beginning of the season. The cost is partially subsidized by both the City of Cambridge, and thanks to the caregiver volunteers and swimmers who fundraised throughout the 2023–2024 season.

Registering for Tryouts

If you are interested in trying out for the team, please register for tryouts by clicking on the link below, or by using the QR code. **Registration for tryouts closes on Friday, September 6.**

Tryout slot times will be emailed out by Monday, September 9.

Link: <https://forms.gle/mGP872A4EWDjHgQA8>

QR Code:



Tryouts for ages 10 and under:

Monday, September 16, 5–7:30 p.m.

Tryouts for ages 11 and up:

Wednesday, September 18, 5–7:30 p.m.

Make-up Tryout:

Friday, September 20, 5–6:30 p.m.

Due to the growing size of the team, swimmers must attend the tryout date that correlates with their age. Accommodations cannot be made. Once tryouts are complete, group assignments will be made and emailed out to families by midnight on Sunday, September 22.

Cambridge Synchronized Swimming

Cambridge Synchro has been in existence for 30 years. We offer many levels of instruction, from beginner through competition team. Our club competes throughout New England and nationally! For more detailed program and fee information, please email CambridgeSynchro@gmail.com or visit our website www.CambridgeSynchro.org.

All new swimmers must attend our standard preseason evaluation from 11 a.m. – 12 p.m. on Sunday, September 8. The evaluation session is designed to be fun and basic — we look for overall swimming ability; front crawl, back stroke, side flutter and recognizable breast stroke as well as comfort in deep water. This allows our coaches to place your swimmer in the optimal group based on age, swim level and scheduling commitment. Please refer to course descriptions for specific swim and Synchro skill requirements. Swimmers should come prepared to swim, wearing a bathing suit and goggles, and have FUN meeting other new swimmers.

You will be able to register your swimmer at the front desk following the evaluation.

Note: If you register your swimmer for swim classes at the War Memorial Pool during a time that conflicts with the scheduled Synchro swim lesson time(s) and your swimmer is accepted to the Synchro class (Beginner or Novice), we will shift that payment to the Synchro class registration. Please note that many swimmers participate in both the advanced swim lessons as well as the Synchro Beginner/Novice classes.

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

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

Beginning Synchro Class

Saturday: 8:30 – 10 a.m

Registration Code: 110113-01

Cost: \$135

The Beginner Synchro Class is designed for swimmers who have never done Synchro. Swimmers must be comfortable in water that is 12 feet.

Note: If your swimmer has not already passed Level 2 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

Saturday: 8:30 – 10 a.m.

Wednesday: 7:15 – 8:30 p.m.

Registration Code: 110113-02

Cost: \$185

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 in this brochure). Swimmers will participate in one local competition in the Spring and our annual show in June. Additional fees for Novice Team members who choose to compete are approximately \$200.

Practice schedules will be emailed to parents after the evaluation session.

Intermediate Team and 12 and Under Age Group Team

September – June

Registration Code: 110113-03

Cost: \$810

The Intermediate Team is designed for swimmers who have some experience with Synchro. Intermediate swimmers participate in 4–5 local, regional, and zone level competitions, as well as in our annual show in June. Additional weekly practices and fees will be explained by email to registered families prior to the start of the season. Depending on the number of swimmers in each age category and level, swimmers may be assigned as an alternate to one or more routines and as such will not compete in that routine at every competition. Swimmers who are unable to participate in practices regularly or in all competitions will be selected as alternates.



Adult Swim Lessons

Level I

Session 1: September 12 – October 17 (5 weeks)

No class on September 19

Registration Code: 120201-01

Schedule: Thursday, 6:30 – 7:15 p.m.

Cost: \$50 Resident / \$55 Non-Resident

Session 2: October 24 – November 21 (5 weeks)

Registration Code: 120201-02

Schedule: Thursday, 6:30 – 7:15 p.m.

Cost: \$50 Resident / \$55 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: September 12 – October 17 (5 weeks)

No class on September 19

Registration Code: 120202-01

Schedule: Thursday, 5:30 – 6:15 p.m.

Cost: \$50 Resident / \$55 Non-Resident

Session 2: October 24 – November 21 (5 weeks)

Registration Code: 120202-02

Schedule: Thursday, 5:30 – 6:15 p.m.

Cost: \$50 Resident / \$55 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)

September 9 – November 20 (10 weeks)

No class on October 14 and November 11

Registration Code: 120301-01

Schedule: Mondays and Wednesdays, 5:30 – 6:30 p.m.

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

Registration Code: 120301-02

Schedule: Mondays and Wednesdays, 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: September 10 – December 5

No class on November 28 and on

3 other dates to be announced (TBA)

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

Registration Code: 120401-01

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!**

Coach: Elissa Cadillac

Senior Aqua Aerobics

Schedule: September 10 – November 14
(10 weeks)

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

Registration Code: 130101-01

Cost: \$80 Resident / \$90 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.



Youth Programs: Karate

Kenpo Karate

September 14 – November 16 (10 weeks)

Little Dragons

Ages: 3 – 4 years

Schedule: Saturday, 9 – 9:30 a.m.

Registration Code: 110201-01

Junior Beginners

Ages: 5 – 8 years

Schedule: Saturday, 9:30 – 10:15 a.m.

Registration Code: 110201-02

Junior Advanced

Ages: 9 years and older

Schedule: Saturday, 10:15 – 11 a.m.

Registration Code: 110201-03

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: Gymnastics

Classes offered Saturdays, September 14 – November 16 (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

Saturday: 8:45 – 9:30 a.m.

Registration Code: 110301-01

Saturday: 9:30 – 10:15 a.m.

Registration Code: 110301-02

Ages: 3 – 4 years

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

Saturday: 10:15 – 11 a.m.

Registration Code: 110301-03

Saturday: 11 – 11:45 a.m.

Registration Code: 110301-04

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

Saturday: 10:15 – 11 a.m.

Registration Code: 110303-01

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

Saturday: 11:45 a.m. – 12:45 p.m.

Registration Code: 110304-01

Girls

Ages: 5–8 years

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

Saturday: 11:45 a.m. – 12:45 p.m.

Registration Code: 110304-02

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

Saturday: 9 – 10 a.m.

Registration Code: 110306-01

Adult Recreation Programs

Iaido

Ages: 18 years and older

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

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-marsh@carolingia.eastkingdom.org to register, reserve gear or with any questions.

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



Middle Eastern Dance

Thursday, 7:15 – 9:15 p.m.

Learn the dances as done through the ages from North African through the Middle East. Wear comfortable clothes for ease of movement. Join our dance practice with Boston's local Society for Creative Anachronism (SCA) group. We start with a warm up, focus on several steps/ concepts and close with open dance and cool down stretch.

Contact: serene@neotho.com or erzulie@erzuliedancer.com with any questions. Additional info about the Boston SCA group at <https://carolingia.eastkingdom.org>.

Coed Volleyball (Pick-Up)

Ages: 18 years and older

Cost: \$7 for two-hour session

Monday: 7:15 – 9:15 p.m.

Friday: 7:15 – 9:15 p.m.

Sunday: 12 – 2 p.m.

Weight and Cardio Room

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: September 10 – November 12

Time: Tuesday, 7 – 8 p.m.

Registration Code: 120501-01

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

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

September 8 – November 13

Registration Code: 120702-01

Cost: \$150 Resident / \$170 Non-Resident,
20 sessions

Sunday, 11:30 a.m. – 12:30 p.m.

September 8 – November 10

Registration Code: 120702-02

Cost: \$90 Resident / \$100 Non-Resident,
10 sessions

Wednesday, 7 – 8 p.m.

September 11 – November 13

Registration Code: 120702-03

Cost: \$90 Resident / \$100 Non-Resident,
10 sessions

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.

War Memorial Pool – Fall 2024 Schedule

Please Note:

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

Pool/Facility Closures:

- Saturday, August 17 – Monday, September 2
- Monday, October 14
- Monday, November 11
- Wednesday, November 27 – Sunday, December 1
- Monday, December 23 – Tuesday, December 31
- Wednesday, January 1, 2025

Adult Lap Swim Schedule

Tuesday, September 3 – Friday, September 6:
5:15–8:45 p.m.

Effective Saturday, September 7 – Sunday, December 22:

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

Tuesday, September 3 – Friday, September 6:
5:15–8:30 p.m. *(lap pool not available)*

Effective Saturday, September 7 – Sunday, December 22:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15–6:30 p.m. <i>(lap pool not available)</i>		5:15–6:30 p.m. <i>(lap pool not available)</i>	5:30–8:30 p.m. <i>(lap pool not available)</i>	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

Pool Rates (see Facility Rates on pages 22 – 23 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.

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 20 kids.

Registration

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

- [Online registration](#) for pool parties between September 2024 – January 2025 is currently open.
- [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

Registration Information

Register Online

- Visit:
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 page 25.

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

Vladimir Pierre
Fall 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 • Fall 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 _____

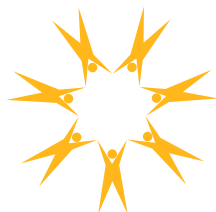
Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3–12 years old are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2023, and June 30, 2024. Mail in your completed registration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



Department of
Human Service Programs

