



CAMBRIDGE RECREATION SUMMER 2019

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Summer 2019

1640 CAMBRIDGE ST. CAMBRIDGE MA

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Summer Hours

Open 6 days a week

June 24th - August 17th

Monday – Friday: 6:15am – 8:30pm

Patrons must exit the building by 9:00pm

Saturdays: 9:30am-4:00pm

Patrons must exit the building by 4:30pm

Dates Closed

July 4th

August 18th - September 2nd

The facility will reopen September 3rd

The Cambridge Recreation Department telephone number is 617 349-6279. Staff members are available at this number during regular operating hours to answer questions.

Welcome!

Welcome to the Cambridge War Memorial Recreation Center and Frisoli Field House. We hope you will enjoy this fantastic facility. There is general information you need to know that will make your use of this facility easy and pleasant. The recreation program's entrance is located at DOOR 15 of 1640 Cambridge Street, Cambridge MA 02138. Please take the time to review our rules for use of the facility. We look forward to serving you!

Refund Policy

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

Gold Star Pool Closed

The Gold Star Pool will be closed for construction for one more season. But don't fear! The War Memorial Recreation Center will offer the following specials in the Summer of 2019:

- Extended Adult Lap Swim
- AM Adult Lap Swim
- Extended Family Swim Hours.
- Reduced Rate for Family Swim of \$1.00 per person

Please find our pool & rate schedule on pages 14 for more details.

Food & Drink Policy

Food and drink are not allowed in the facility; with the exception of non-glass container/bottles. Coffee, juice, tea, soda, and foods of any kind are not allowed. It will be greatly appreciated by the Recreation and School Department if everyone will cooperate in keeping the center as beautiful and clean as possible. There are several sponsored events by both departments that are exceptions and contained to certain areas of the facility. Thank you again for your cooperation.

Bring a Lock

Inside the facility you will find three pools, a gym, weight room and basketball, volleyball and tennis courts. The facility also includes Men's, Women's and Family Locker rooms. There is a large volume of foot traffic in our facility. Though theft in our building is rare we do strongly suggest that you bring a lock for your personal belongings.



Rules and Regulations

- All patrons are required to check in at the front desk
- Please bring proof of Cambridge residence to secure resident rate
- Please use recreation entrance, door 15 to enter and exit the facility
- The City of Cambridge is not responsible for valuables lost or stolen
- Classes will be made up if cancelled due to the weather or instructor absence
- Inappropriate behavior and use of offensive language will not be tolerated
- The Recreation Department reserves the right to make schedule changes
- The Recreation Department does not discriminate on the basis of auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policy and procedures to persons with disabilities upon request
- No males or females are allowed in the opposite sex locker room. Family changing space is available
- Children under the age of twelve must be accompanied by an adult during family swim
- Only Recreation Department staff are allowed to instruct in facility pools
- Adult lap swim is for persons of 18 years and older
- Children seven and under must be accompanied by an adult while in the pool
- Pool lanes may be pulled for other activities
- Please stay off lane lines
- Please allow lifeguards to focus on keeping the pool safe while they are on duty
- Diving may take place only in the diving well
- All children will be tested before going into the diving well
- One person on the diving board at a time
- Catching people on or off the diving board is prohibited
- No lap swimming in the diving well
- 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
- Children who are not toilet trained must use a swim diaper
- No shoes or strollers on the pool deck
- No heels in the field house
- 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.
- Speed of lane is determined by fastest swimmer
- Kickboards and pull buoys may be used in any lane of the pool as long as you can keep up with the fastest swimmer
- Circle swimming is permitted only in the lap pool
- No diving into lap or small pool
- Lifeguards and managers have final say in all pool related matters
- Lifeguards will manage speed of lanes and may ask you to move based on the speed of the lane
- Cleansing shower required before entering the pool
- Patrons are not allowed on the starting blocks of the lap pool
- No one may enter the pool if the lifeguards are not preset
- No running, pushing or rough play allowed
- Dogs are not allowed in the facility with exception to certified working and eye dogs

Dear Parent,

I am pleased to welcome your child into the program. To ensure the programs operate smoothly and all the children have a fun and safe experience, there are rules in place to guide behavior. Your cooperation will be both expected and appreciated.

The War Memorial is a very large building located on a very busy street, therefore we ask that children under the age of seven be accompanied by an adult. All class participants are required to check in at the front desk and check in at the pool and gym. Parents of young children may do the checking in and siblings are welcome, but are not allowed to participate unless enrolled. Non-registered children and adults are not allowed access to these facilities for security purposes. If you are interested in enrolling, or know someone that is, please approach the front desk and not the instructor as they are not part of the enrollment process.

SWIMMING

Parents are required to be in the pool during toddler/pre-school instruction. There must be one adult per child in this class. Parents of children in Level one through level six are asked to leave the pool deck due to swimmer development and pool safety. Instead, parents are invited to 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. If contamination happens the pool has to be closed for twenty-four hours to oblige hygienic code. 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.

I look forward to providing a clean, safe and challenging environment for your children this Summer. If you have any feedback, questions or concerns on the delivery of this promise please feel free to contact me directly. I can be reached by phone at 617 349-6237 or by email at dharris@cambridgema.gov.

Sincerely,



Derrick Harris
Director of Operations and Programs
Department of Human Services
1640 Cambridge Street
City of Cambridge
(617) 349 6237

Youth Recreation Programs

SUMMER BASKETBALL LEAGUES

"Davonte Neal Instructional League" Co-ed ages 8-11

Mondays and Wednesday

5:30pm Skills,

6:00pm – 8:00pm Games

Sennott Park (behind 243 Harvard Street)

League begins July 1st 2019

"Sharif Moustafa Instructional League" Co-ed ages 9-13

Tuesdays and Thursdays

5:30pm Skills

6:00 – 8:00 Games

Located at: Glacken, 691 Huron Ave

(next to Fresh Pond Golf Course)

League begins July 2nd 2019

"Fast Break"

Boys ages 12 – 14 (grades 6-8)

Tuesday and Thursdays 6:00 pm – 8:15 pm

Hoyt Field (off of Western Ave)

League begins July 2nd 2019

"Crunch Time"

Boys ages 15 – 19 (grades 9-12+)

Wednesdays and Fridays 6:00pm – 8:15pm

Hoyt Field (off of Western Ave)

League begins July 3rd 2019

Applications returned to:
War Memorial Recreation Center
1640 Cambridge St. Door 15
Cambridge, MA 02139

For more information contact:
Vladimir Pierre at:
(617) 349-6228

vpierre@cambridgema.gov



Premier Hoops

The mission of Premier Hoops is to train and nurture youth basketball players through conditioning and developing skills, while instilling the importance of setting goals, working hard, and being a good citizen. During the course of the 6-week winter clinic, your child will be instructed by former D1, D2, and D3 college players on how to improve their shooting, passing, ball-handling and much more!

Saturdays

June 29th - August 3rd

10AM-1PM

To register please contact:

premierhoops@gmail.com

www.premierhoopsters.com

[781-724-8125](tel:781-724-8125)



CHILDREN'S SWIMMING

Session I

June 24 - July 5 (**July 4 Closed**)
2 weeks, held daily

Session II

July 8 - July 19
2 weeks, held daily

Session III

July 22 - August 2
2 weeks, held daily

Session IV

August 5 - August 16
2 weeks, held daily

At the War Memorial

The American Red Cross' swim program is being used by the Recreation Department. The skills listed for each level are from Red Cross materials. Please do not expect your child to move to the next level in one session; this is highly unlikely. Final decisions concerning student placement are made by the manager. Please refer all your questions concerning group and level placement to this staff member. Instructors are not part of this process; please raise only progress concerns with them and not placement concerns. Thank you for your cooperation in this matter.

Parents are invited to observe from the balcony. Parents are allowed in the water with children only during Toddler/Preschool classes.

Level I

Session I 410105-01
Session II 410105-02
Session III 410105-03
Session IV 410105-04
5:15 - 5:45 p.m.
\$70 Resident / \$75 Non-Resident

Level II

Session I 410106-01
Session II 410106-02
Session III 410106-03
Session IV 410106-04
5:15 - 5:45 p.m.
\$70 Resident / \$75 Non-Resident

Level III

Session I 410108-01
Session II 410108-02
Session III 410108-03
Session IV 410108-04
3:45 - 4:30 p.m.
\$80 Resident / \$85 Non-Resident

Level IV

Session I 410110-01
Session II 410110-02
Session III 410110-03
Session IV 410110-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

Level V

Session I 410111-01
Session II 410111-02
Session III 410111-03
Session IV 410111-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

Level VI

Session I 410112-01
Session II 410112-02
Session III 410112-03
Session IV 410112-04
4:30 - 5:15 p.m.
\$80 Resident / \$85 Non-Resident

!!NEW!!

Toddler/ Preschool Now on Saturdays!

June 29TH - August 17TH

10:00 - 10:30am. 410101-01
10:30 - 11:00am. 410101-02
11:00 - 11:30am. 410101-03

\$70 Residents
\$75 Non-Residents

Preschool Ref/ Level I Now on Saturdays!

June 29TH - August 17TH

11:30 - 12:00pm. 410104-01

\$70 Residents
\$75 Non-Residents

Toddler/Preschool

Ages: 18 months-4.5 years old

This summer Toddler preschool will operate outside of the normally scheduled sessions. **Due to popular demand it will be offered for 8 Saturdays** that span the length of our summer programming.

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 old

This summer Preschool Referral/Level 1 will operate outside of the normally scheduled sessions. **Due to popular demand it will be offered for 8 Saturdays** that span the length of our summer programming.

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 5-11 years old

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.

Session I

June 25 - July 5 (**July 4 closed**)
2 weeks, held daily

Session II

July 8 - July 19
2 weeks, held daily

Session III

July 22 - August 2
2 weeks, held daily

Session IV

August 5 - August 16
2 weeks, held daily



CHILDREN'S SWIMMING (Continued)

Level 2: Primary Skills

Ages: 5-12 years old

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 4: Stroke Refinement

Ages: 5-14

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

Level 4 participants will 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

Level 5: Skill Proficiency

Ages: 5-14

Provides further refinement of the following strokes:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Front flip turn
- Backstroke flip turn
- Competition start from blocks
- Demonstrate proper safety skills

Exit skills:

- Continuously swim freestyle, backstroke, breaststroke, and 50 yards of butterfly
- 5 minutes of treading water

Level 3: Stroke Development

Ages: 5-13 years old

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 6: Endurance Training

Ages: 5-14

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

Level 6 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

2019-2020 Season

Sea Dawg's Cambridge Recreation Swim Team



SEA DAWGS

If you are looking for a competitive swim program for your child, consider the Sea Dawg's. The Cambridge Sea Dawgs is a 100% volunteer non-profit organization that promotes competitive swimming for the children of Cambridge and the 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 who can swim 25 yards of freestyle, backstroke, and breaststroke without assistance or stopping. A basic understanding of butterfly is also expected. Please, remember this is not a learn to swim program; any swimmer interested in joining our team must have prior swim knowledge and instruction. Fundamentals of each competitive stroke is required.

The swim season runs from late September through mid-March. Swimmers are expected to attend three practices a week and six regular season meets, in addition to a championship meet at the end of the season. The coaching staff expect an attendance rate of 75% or more for practices and 100% attendance for meets; this allows swimmers the chance to chart their progress and see improvements towards their individual and team goals. Parents/ guardians and children should heavily consider this commitment before registering.

For us to continue to provide a swim team at a reasonable cost we rely on parent volunteers. We enjoy a swim meet schedule that requires a minimal amount of out-of-town travel we in turn have to provide officials, timers, scorekeeper and several other roles that are involved in running a meet properly. We require parents to volunteer at least three times throughout the season. Parents can sign up a week in advance through an interactive online signup sheet sent via email.

For more information, please email msantoro@cambridgema.gov.

Tryout Info

The Cost is \$425.00 for the first child and \$225 for each additional child. Additionally, there will be a suit cost of \$15 per female suit and \$5 per male suit. The suit fee will be collected during registration. The cost is partly subsidized by both the city of Cambridge and thanks to the parent volunteers who organized and worked the concession stands throughout the 2018-2019 swim season.

Tryouts for 2019-2020 Sea Dawgs – for current Sea Dawg members (those who participated in the 2017-2018 winter team and the 2018 Spring team) will be as follows: Monday September 16th for those with the last name beginning A-H, Tuesday September 17th for those with the last name beginning I-P and Wednesday September 18th with the last name beginning Q-Z. The time is 5:30-7:30pm. New swimmer's will tryout on Friday September 20th. Those with the last name beginning A-M will come between 5:15-6:15pm on Friday September 20th. Those with the last name beginning N-Z will come between 6:15-7:15pm. Group assignments and the practice schedule will be emailed to parents by Sunday at midnight.

Suit Fitting and Registration

Monday September 23rd from 5:30-7:00pm for swimmers with the last name ending A-M

Wednesday September 25th from 5:30-7:00pm for swimmers with the last name ending N-Z

Please do not come in on a day other than what has been assigned. This is a busy time for the front desk, coaches, and those helping with suit fitting. Please fill out your registration form in advance and be ready with your child's bathing suit size. Knowing the approximate size in advance will help save time. The swimsuit kit, provided for try on, is limited to 1 suit per size.

Meet schedules are not available as of this printing.

CHILDRENS KENPO KARATE

June 29TH – August 17TH (8 weeks)

Little Dragons

Saturday

9:00-9:30am..410201-01

Ages 3 & 4 years

Junior Beginners

Saturdays

9:30-10:15am...410201-02

Ages 5-7 years

Junior Advanced

Saturdays

10:15-11:00am...410201-03

Ages 8-12 years

Teens

Saturday

11:00-11:45am..410201-04

Ages 13 years and up



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.

Please make one check payable to Steve Nugent. for 150.00 and one check payable to the City of Cambridge for 20.00. Registration maybe done by mail or in person. On-line registration not available for this class. Can only be registered for by mail or walk-in.

Adult Swim Lessons

CLASS II – 420201-02

Mondays June 24 - August 12

(8 Weeks) 7:30-8:15pm

\$75.00 Resident / \$85.00 Non-Resident

CLASS I – 420201-03

Wednesdays June 26 - August 14

(8 Weeks) 6:30-7:15pm

\$75.00 Resident / \$85.00 Non-Resident

CLASS II – 420201-04

Wednesdays June 26 - August 14

(8 weeks) 7:30-8:15pm

\$75.00 Resident / \$85.00 Non-Resident

Class I

Are you afraid of the water? Did you not have the opportunity to learn how to swim? Then this class is for you. Lessons will take place in our small round instructional pool, which is three and a half feet deep. 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.

Class II

This class is for you if you can swim 25 yards, are comfortable over your head, and need to work on your skills. If you would like to swim for exercise but tire after a couple of laps this class will help you become more effective with stroke improvement. The better your strokes the less energy you will expend. Come take this class and learn to enjoy the time you spend swimming.

Aqua Aerobics

Whether you are new to exercise, or 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. Aquatic exercise is safe, fun, and effective!

420301-01

Mondays & Wednesdays June 24th – August 14th

(8 Weeks) 6:30-7:30pm

\$80 Resident / \$90 Non-Resident

Aqua Zumba

Aqua Zumba is the "pool party" workout for all ages. It is a class that integrates a fun, challenging and effective water-based workout converting the Zumba land-based exercise system into traditional aqua-based conditioning program. Due to the resistance and buoyancy of the water, the dance-based movements are executed in a slow than normal tempo. Still, the exercises are intense yet safe.

420801-01

Wednesdays June 26th – August 14th

(8 weeks) 5:30-6:15 pm

\$80 Resident / \$90 Non-Resident

Adult Cardio Classes

Iaido

Ages 18+ 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. Classes focus on correct breathing and posture, stretching and exercise, proper mental attitude, and mutual respect. For detailed information please visit our school website at www.bostoniaido.com; or, by email at bostoniaido@yahoo.com.

Monday and Thursday

7pm-9pm

(See above for registration details)

VINYASA YOGA

Vinyasa means "breath-synchronized movement" and in this dynamic practice, students will focus on linking powerful breath with energetic and mindful movement to create a series of asanas (poses). In a vinyasa yoga class students will awaken their power, balance, energy, and flexibility in a fun, non-judgmental atmosphere.

420502-02

Mondays June 24 - August 12

(8 Weeks) 7:00-8:00pm

\$80 Resident/\$90 Non-Resident

Instructor: Melissa Costello

Coed Volleyball

(Pick up)

Ages 18 and above

Friday, 7:00 - 9:00pm

\$7 (2 hour session)

Zumba

Is the exhilarating class that combines dance and aerobics. You'll burn 400-700 calories in one hour of fun! This class feels more like a party than a gym workout. When you leave you'll feel happy and energized. Beginners and all age adults, shapes and sizes are welcome. All you need is a fun loving attitude and a desire to move.

Tuesday & Wednesday.....420702-01

June 25 - August 14 (8 Weeks)

7:00-8:00pm

\$130 Resident / \$140 Non-Resident

Tuesday.....420702-02

June 25 - August 13 (8 Weeks)

7:00-8:00pm

\$80 Resident/\$90 Non-Resident

Wednesday.....420702-03

June 26 - August 14 (8 Weeks)

7:00-8:00pm

\$80 Resident / \$90 Non-Resident

Instructor: Orisa Teixeira

Adult Tennis

Beginner/Advanced Beginner Tennis

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

Thursday.....420101-01

June 27 - August 15 (8 weeks)

7:00-8:00pm

\$75 Residents / \$85 Non-Residents

Intermediate/Advanced Tennis

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

Thursday.....420102-01

June 27 - August 15 (8 weeks)

8:00-9:00pm

\$75 Residents / \$85 Non-Residents

Weight Room/Cardio Room

June 24 - August 17

Monday-Friday 6pm - 9pm

Saturday 12:30pm - 4:30pm

SENIOR AQUA

These classes are available to students ages 55 and over. Please follow the registration process as it appears in the brochure and use the forms provided when you register for Aqua Aerobics. \$35 once a week | \$50 twice a week \$65 three times a week.

CLASS OPTIONS

Monday, Wednesday & Friday

430101-01

4:00 - 5:00pm

DATES CLASSES ARE HELD

Monday & Wednesday

430101-02

4:00 -5:00pm

Monday Wednesday Friday

June 24 June 26 June 28

July 1 July 3 July 5

July 8 July 10 July 12

July 15 July 17 July 19

July 22 July 24 July 26

July 29 July 31 Aug 2

Aug 5 Aug 7 Aug 9

Aug 12 Aug 14 Aug 16

Monday

430101-03

4:00 - 5:00pm

Wednesday

430101-04

4:00 - 5:00pm

Friday

430101-05

4:00-5:00pm

Students participating in the aqua aerobics classes are not to enter the pool until the instructor is present. This is for your safety. Thank you for your cooperation. **Although you may miss a class it still must be paid for. There are no make-ups for classes you miss. Please come to classes only on the day(s) you have registered for.**

Pool Schedule



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 Drivers 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 Drivers 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
Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Adult AM Lap Swim 6:15-7:30 am	Children's Swim Lessons 10am -12pm
Children's Swim Lessons 3:45pm-5:45pm	Children's Swim Lessons 3:45pm-5:45pm	Children's Swim Lessons 3:45pm-5:45pm	Children's Swim Lessons 3:45pm-5:45pm	Children's Swim Lessons 3:45pm-5:45pm	
Senior Aqua 4:00-5:00 pm		Senior Aqua 4:00-5:00 pm		Senior Aqua 4:00-5:00 pm	
Family Swim 6:00-8:30 pm (lap pool not available)	Family Swim 6:00-8:30 pm (lap pool not available)	Family Swim 7:15-8:30 pm (lap pool not available)	Family Swim 6:00-8:30 pm (lap pool not available)	Family Swim 6:00-8:30 pm (lap pool not available)	
Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	Adult Lap Swim 5:30 -8:30pm	
		Aqua Zumba 5:30- 6:15			Family Swim 12:30 - 4pm
Aqua Aerobics 6:30-7:30 pm		Aqua Aerobics 6:30-7:30 pm			Adult Lap Swim 12:30 - 4pm
Adult swim Lesson 6:30-7:15 pm 7:30-8:15 pm		Adult swim Lesson 6:30-7:15 pm 7:30-8:15 pm			



Resident

Resident	Pool	Weight & Cardio Room	Combo Weight Cardio Pool
Single Visit Child	\$1.00	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

SPECIAL: Family Swim will Cost \$1.00 per person per visit.



Non-Resident

Non-Resident	Pool	Weight & Cardio Room	Combo Weight Cardio Pool
Single Visit Child	\$1.00	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





Throw your Birthday party at the War Memorial Pool

Dates must fall on a Friday, Saturday or Sunday. Only one party per day. Time of rental listed below:

Friday
5:30 - 8:45

Saturday
2:15 - 4:45

Sunday
1:30 - 4:45

The fee is \$60 for a pool party. The Cambridge Recreation department reserves the right to cancel any party due to mechanical failure or inclement weather. If you cancel a party, we must have a month's notice or you will not receive a credit. Rules will be provided on your receipt. Parties are not available from July 1 - September 1. Due to the high demand for parties, non-residents can no longer be accommodated. Parties are available online. For online registration please visit www.cambridgema.gov/dhsp, click "On-Line" registration. If you haven't already registered you must create a user ID and password to begin shopping for party dates. If you cannot access a date then it is unavailable.

**For more information please call
617 349-6279**



Program Name: _____

Child's Name: _____ Child's Name: _____

Address of Child/Children: _____

Family Information:

1. Parent/Guardian Name: _____ Social Security: _____
 Address: _____ Home Phone: _____
 Place of Employment: _____ Work Phone: _____

2. Parent/ Guardian Name: _____ Social Security: _____
 Address: _____ Home Phone: _____
 Place of Employment: _____ Work Phone: _____

Income Information

*Proof of Residency and documentation of income must accompany this application. Please report the income of ALL adults in household. Failure to do so, without holding 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: _____

Wage Earner #1 Gross weekly income \$ _____

Wage Earner #2 Gross weekly income \$ _____

Other Family income (monthly)

WIC Welfare Child Support Rents Alimony Unemployment Other

Total Monthly Income: \$ _____

*All of the above information for each adult in the household must be documented in writing.

Have you been awarded a DHSP scholarship in the past? Yes _____ No _____

If yes, when? Year: _____ Amount _____ Program _____

Are all adults working? Yes: _____ No _____

* I state UNDER THE PENALTIES OF PERJURY that the above information is true and accurate to the best of my knowledge.

Parent/ Guardian Signature: _____ Date: _____

Partial scholarships are available. Two children per family per semester may receive scholarship assistance. Children 3-12 are eligible for scholarship assistance. No more than two scholarships per child will be granted between July 1, 2018 and June 30, 2019. Mail in your completed scholarship registration form, scholarship request form and a copy of your 2018 tax return.

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

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

Mail to: Derrick Harris * Summer Registration * 51 Inman Street * Cambridge MA 02139



Registration

How to register

By Mail

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

Derrick Harris
Summer 2019 Registration
51 Inman Street
Cambridge, MA 02139

Mail registration begins on June 3rd. All forms are processed in the order they are received and classes often fill up. Mailing in your registration does not guarantee a spot on our enrollment.

On the Web

The most effective way to register is by visiting our website at:

www.cambridgema.gov/dhsp

For more information about registering on-line please reference the inside cover of this brochure.

Walk-in

Walk-in registration begins June 10 Please feel free to stop by from the hours of 3:30 to 8:30 pm Monday – Friday and 12:30 - 4:30 on Saturday and Sunday. Please take note of the days in which the Center is closed for Holidays listed on the Table of Contents in this brochure before coming in. Our front desk is located behind Door 15 of the Rec. Center located at 1640 Cambridge MA.

Cash, checks and credit cards are accepted for walk-in registration.

Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male Female

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

Cambridge Resident Non-resident Change of Address

Child Participant

Child's Name _____ Sex: Male Female

Age _____ DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Adult Participant

Name: _____ Sex: Male Female

DOB _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Class Code _____

Title _____ Day _____ Time _____ Fee _____

Second Choice if Class is Full

Title _____ Day _____ Time _____ Fee _____

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

Date: _____

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

Registration

Additional Information

Confirmations will be mailed as soon as registrations are received.

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

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

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



Registration Form (please print)

Head of Household (please print)

Last Name _____ First Name _____ Sex: Male Female

Address _____

City/Town _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Emergency contact/Name _____ Contact Number _____

Email address for notification purposes _____

Cambridge Resident Non-resident Change of Address

Child Participant

Child's Name _____ Sex: Male Female

Age _____ DOB _____

Class Code _____

Title	Day	Time	Fee
-------	-----	------	-----

Class Code _____

Title	Day	Time	Fee
-------	-----	------	-----

Adult Participant

Name: _____ Sex: Male Female

DOB _____

Class Code _____

Title	Day	Time	Fee
-------	-----	------	-----

Class Code _____

Title	Day	Time	Fee
-------	-----	------	-----

Second Choice if Class is Full

Title	Day	Time	Fee
-------	-----	------	-----

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

Date: _____

Media Release:

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Honored Veteran

WAR MEMORIAL RECREATION CENTER



One from our Wall: John E Attridge

(June 4th 1894 – to September 12th 1918)

John E. Attridge was a Veteran of World War I, Cambridge High & Latin Alumni and resident of East Cambridge. Though he was taken by the War, his memory resides on the Wall of Honor in our War Memorial Hall. Your Legacy will live forever.

Salute!

City of Cambridge

Department of Human
Services Programs

Recreation Department
51 Inman Street
Cambridge, MA

Marc C McGovern

Mayor

Jan Devereux

Vice Mayor

City Counsel

Dennis J. Carlone

Craig A. Kelley

Alanna M. Mallon

Sumbul Siddiqui

E. Denise Simmons

Timothy J. Toomey Jr.

Quinton Y. Zondervan

Louis DePasquale

City Manager

Lisa Peterson

Deputy City Manager

Ellen Semonoff

*Assistant City Manager,
Human Services*

