

ARLINGTON RECREATION DEPARTMENT



FALL 2019 / WINTER 2020 BROCHURE



Registration Now Open!

Online: www.arlingtonrec.com

Phone: (781) 316-3880

Walk-In: 422 Summer Street, Arlington MA

Office Hours: 8:00 am-4:00 pm, Monday-Friday

**COMING TOGETHER
IS A BEGINNING.**

**KEEPING TOGETHER
IS PROGRESS.**

**WORKING TOGETHER IS
SUCCESS.**

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**PARKS & RECREATION
COMMISSION**

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MEET THE RECREATION STAFF



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MISSION STATEMENT

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

INCLUSION POLICY

The Arlington Recreation Department is committed to creating and promoting inclusion across all public spaces, places, facilities and programs that the department manages. Through the Inclusion Policy, Mission Statement and supporting practices, we aim to ensure that everyone has access to the benefits of quality parks and recreation, including, but not limited to those who have been historically marginalized, those with a physical or cognitive disability, the LGBTQ community, racial and ethnic minorities, and new Americans, or refugees and immigrants.

Arlington Recreation defines inclusion as the process of including all persons, regardless of their ethnic origin, socioeconomic level, color, language or abilities.

CONTACT US... WE WANT TO HEAR FROM YOU!

OFFICE INFORMATION

Phone

(781) 316-3880

Email

recoffice@town.arlington.ma.us

Address

422 Summer Street - Ed Burns Arena

WEBSITES

Registration Site

www.arlingtonrec.com

Informational Site

www.arlingtonma.gov/departments/recreation



GENERAL INFORMATION

Registration and Payment

Please visit www.arlingtonrec.com. First time registrants will need to create a household account via our website. Please call 781-316-3880 if you experience difficulties. Phone registrations welcome! Payment must accompany all registrations. Checks payable to Arlington Recreation.

Course Confirmation

No confirmations will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your account history.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are online at www.arlingtonrec.com.

Inclement Weather

Please visit arlingtonrec.com to receive inclement weather updates on programs. For field notifications you can sign up online for field closing notices. Field closing notices are updated by the Department of Public Works Monday through Friday before 3:00pm. It is our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, a household credit request must be submitted in written form to the Director of Recreation. If you cancel after the start of a program, no credits will be given.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure if a program is the right fit please call us to discuss specifics.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not pack or send items containing nuts.

Program Accessibility

Please note that currently our programs are not always accessible due to architectural barriers at most of our host facilities. The Park and Recreation Commission recently completed an accessibility self-assessment of all facilities under their jurisdiction and is developing a multiyear plan to address the issues highlighted in the report. As facilities are updated and become programmatically accessible they will be highlighted as such within the brochure.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, facilities and age requirements when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Financial Aid

Financial assistance may be available thanks in part to our scholarship fund and assistance we received through the Community Development Block Grant program. For eligibility information, contact the Recreation Office or download the form at arlingtonrec.com

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is to never turn away a participant due to economic hardship. With your help, we will be able to continue this practice.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thank you to everyone who has already given their time and energy!

Gender Inclusive Programming

All programs within the Recreation department welcome participants to attend based on gender identity. Please feel free to contact us at 781-316-3880 to discuss any concerns or just to keep us informed. We look forward to working with you!

KID CARE PROGRAMS

Kid Care Preschool

The Arlington Recreation Department welcomes your preschooler (ages 2.9-5 years) to join us in our licensed preschool program. The Kid Care Preschool Program is located at 352 Mass Avenue. Join us as we explore many activities supporting your child's natural curiosity in an environment that encourages children's artistic, scientific, sensory, verbal and written expression. Your child will enjoy socializing with other children in a safe and welcoming environment.

Our enrollment is currently full for the 2019-2020 school year. Please contact the office at 781.316.3880 to inquire about our waitlist. Registration for the 2020-2021 school year will open by February 2020.

2019-2020 Fees:

1. There is a one-time enrollment fee of \$25.
2. The tuition payment is broken into 10 monthly payments:
 - \$144/month for 1 day per week
 - \$282/month for 2 days per week
 - \$406/month for 3 days per week
 - \$530/month for 4 days per week
 - \$648/month for 5 days per week
3. Extended Day is an additional \$76 per day each month.



Kid Care Afterschool



Arlington Kid Care is licensed by the Department of Early Education and Care and located at the Gibbs School. Children will have time for playing sports and games, music and drama, weekly science experiments, arts and crafts, homework, and a caring staff. Students will also have electives to choose from throughout the year. We currently accept students (K-5) from Brackett, Dallin, Hardy and Thompson Elementary Schools. Transportation is provided from these schools.

The program begins the first day of the school year but is not in session when Arlington Public Schools are closed. We operate from the end of the school day (including early release days) until 6:00pm. You have the option to choose two-five days per week. (There is a 2-day minimum.)

A few limited spaces may be available for the 2019-2020 school year. Please contact the office at 781.316.3880 to inquire about availability. Registration for the 2020-2021 school year will open in February 2020.

2019-2020 Fees:

1. There is a one-time enrollment fee of \$25.
2. The tuition payment is broken into 10 monthly payments:
 - \$233/month for 2 days per week
 - \$336/month for 3 days per week
 - \$438/month for 4 days per week
 - \$535/month for 5 days per week

Arlington
Kid Care

SPECIAL EVENTS

Walter V. Moynihan Run @ Arlington Town Day

Saturday, September 14th

The Town Day Road Race is being held on Saturday, September 14th at Arlington High School. Enjoy this 2.7 mile course as it heads down Mass Ave. and then turns onto the bike path. An automatic timing system will be used. Registration starts at 7:30am. Race begins at 8:30am. Register prior to the event at arlingtonrec.com, or the day of the race. Registration is \$20 per person in advance, \$25 day of the event. This event is sponsored by Cambridge Savings Bank.



Time: 8:30am start, 7:30am-8:00am registration and T-shirts
Location: AHS Main Entrance
Cost: \$20 in advance, \$25 day of the race



Paint the Ice! Sunday, March 15th

Join us on Sunday, March 15th from 2:00pm-6:00pm at the Ed Burns Arena. It will be a fun-filled afternoon. Paint the ice from 2:00-3:30pm and then join us to skate over your creations from 4:15-6:00pm. It's an event the whole family can attend. Snack Bar will be opened. Paint and brushes will be provided!

NOTE: During the painting portion, the ice will be safe for the public to walk on. Skates will only be allowed during the 4:15-6:00pm portion.



Cost: \$10 per person. Price includes public skate.
Ice Skate rentals are available for an additional \$5 per pair.



Local Businesses:
If you are interested in sponsoring this event, please contact the Recreation Office at (781) 316-3880.



NFL YOUTH FLAG FOOTBALL LEAGUE

Come play this fast-growing sport and ideal complement to tackle football development! Our coaches and refs utilizes the USA Football FUNdamentals curriculum and we are an official NFL Flag League! We aim to combine technical development and fundamental techniques with safety and a major focus on fun! Our activities will prepare athletes for flag football through throwing, passing, catching, and tackling (ie. pulling flags), while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Flag Football presents a unique opportunity for players to get more touches on the ball; which leads to more learning and more fun! Please note that the level of play will be novice to moderate play at the younger ages.



Day/Dates: Saturdays from 9/14 - 11/2
Times: 4:30 - 5:15 pm for Grades K-2
 5:30 - 6:15 pm for Grades 3-5
 6:30 - 7:15 pm for Grades 6-8

Location: Peirce Turf Field, behind AHS
Cost: \$145

2019 - 2020 ARLINGTON YOUTH FUTSAL LEAGUE



Futsal has finally been recognized as the sport that best fosters the development of soccer players. Don't miss out on this great opportunity to sharpen your skills this off-season. Please note that the level of play will be novice to moderate travel team play. This will not be a premier select team league. Arlington Recreation will supply team shirts, practice and game balls. Arlington Recreation will work with the Wolves Futsal Club who will help coordinate the clinics for players and coaches and will supply referees weekly. Individuals should be prepared to play with proper footwear (indoor soccer shoes preferred) and shin guards. Sponsored by Arlington Recreation with support from the Arlington Soccer Club and Wolves Futsal Club. **Free Futsal Clinic on Saturday, January 4, 2020 open to all who have registered!**

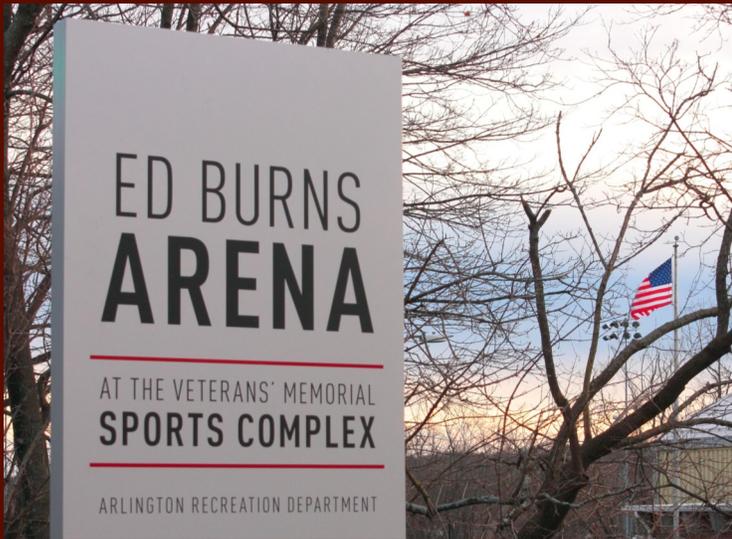
Ages: Pre-K & Kindergarten (Clinic), Grades 1 & 2, Grades 3 & 4, Grades 5 & 6, Grades 7 & 8
Dates: Saturdays, January 11, 2020-March 14, 2020
Registration Deadline: Sunday, December 1, 2019
Times: Times will range from 8:00am to 6:00pm on Saturdays. Schedule will be available after the December break.
Generally, younger divisions tend to play in the morning, older divisions in the afternoon.
Cost: \$145 per player

Please have players register individually and then coaches send their team rosters to Erin Campbell. We will not save spots for players on teams even if the coach sends in their name, they must register by the deadline. **COACHES MUST BE OPEN TO TAKING ADDITIONAL PLAYERS IF THEY REGISTER A TEAM WITH FEWER THAN 10 PLAYERS.**

ED BURNS ICE ARENA

The Ed Burns Arena is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85x197-feet with spectator seating for 1,000. Complete snack bar service (hours vary) and vending machines are available in the main lobby. We also offer skate rental and sharpening services. Team rooms are provided for those renting ice time.

The Ed Burns Arena is open to the public year round with ice activities during the months of August through April. The rink is a great place to host a school field trip, group outing, or birthday party. For rental or event information, contact the Recreation Office: 781-316-3880.



Advertise Your Business at the Ed Burns Arena

Would you like Arlington Recreation to help you get the word out about your services or an upcoming event? Need more exposure in Arlington and the surrounding area? Would you like to support Arlington Recreation or sponsor a special event? There are yearly options available for businesses to advertise at the Veterans Memorial Ice Rink! Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season! If interested in advertising or to receive further information on available options, contact the Recreation Office at 781-316-3880.

Public Skating Schedule

Dates:	September - April	
Admission:	\$4 Children, ages 16 and under	
	\$4 Seniors, ages 60 and older	
	\$6 Adults, ages 17 - 59	
Times:	Mondays	12:00pm-1:50pm
	Tuesdays	1:00pm-2:50pm*
	Thursdays	9:00am-10:50am
	Fridays	11:00am-12:50pm
		2:00pm-3:50pm*
		7:00pm-9:00pm
	Saturdays	4:00pm-6:00pm
	Sundays	9:30am-11:30am
		2:00pm-4:00pm

**Special rate of \$3 per person on Tuesdays & Fridays at certain times. Dates and times are subject to change. Please check our website www.arlingtonrec.com for updates and changes.*

Skate Rentals: \$5 per pair, 10-punch pass \$45
 Skate Sharpening: \$7 per pair, 10-punch pass, \$63

Ice Rental Fees

Group rental fees: \$260 per 50-minute block
 \$280 per 60-minute block

For complete details or an open ice time schedule contact our Facility Supervisor, 781-316-3880



Check our website for our Stick and Puck times!
www.arlingtonrec.com

ICE SKATING LESSONS FOR EVERYONE

2019-2020 Season

Adult Skating Lessons

Adult skating is gaining popularity - join the fun! A great workout and a chance to meet other residents of Arlington and nearby communities! Helmets or other appropriate head protection, such as "Ice Halos" are required. Skate rentals are available

Ages: 18+ years

Day/Time: Tuesdays from 10:30am - 11:15am

Session 1: November 12 - December 10

Session 2: January 7 - February 4

Session 3: February 11 - March 17 (x2/18)

Cost: \$99 per session



Bay State Skating School - Learn to Skate Program

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates (rentals available). Helmets are required! It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 4 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear figure skates or hockey skates. Bay State Skating School provides over 40 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair.

Ages: 4 - 18 years old

Day/Time: Wednesdays from 3:30pm - 3:50pm

Session 1: 9/11 - 10/9, 5 weeks, \$135

Session 2: 10/16 - 11/20, 6 weeks, \$162

Session 3: 9/27 - 1/22 (x12/25, 1/1), 7 weeks, \$189

Session 4: 1/29 - 3/25 (x2/19), 8 weeks, \$216

Day/Time: Saturdays from 10:50am - 11:40am

Session 1: 9/14 - 10/12, 5 weeks, \$135

Session 2: 10/19 - 11/23, 6 weeks, \$162

Session 3: 11/30 - 1/18 (x12/21, 12/28), 6 weeks, \$162

Session 4: 1/25 - 3/28 (x2/15, 2/22), 8 weeks, \$216



Tot Skate with Carol

Beginning ice skating made simple and fun! Introduce your child to the exciting sport of ice skating and explore ways to help your child while on the ice. Instructors emphasize proper balance and control. Helmets are required. Skate rentals are available

Ages: 2.5 and up (with adult caregiver on the ice)

Day/Time: Tuesdays from 9:40am - 10:20am

Session 1: November 12 - December 10

Session 2: January 7 - February 4

Session 3: February 11 - March 17 (x2/18)

Cost: \$99 per session



TENNIS PROGRAMS FOR ALL AGES

TENNIS FUN for EVERYONE! Juniors and Adults will enjoy our top quality recreational tennis programs. This is our 12th year running our community-based tennis program in Arlington and the number of participants just keeps growing!

Arlington is fortunate to have some of the best public tennis courts in the area, including six new ones at Spy Pond and the newly resurfaced Crosby courts on Winter St. So get out and enjoy this SPORT for a LIFETIME! And take some tennis classes to improve your skills so you will have even more FUN.

Both our Junior and Adult programs are under the administration of Gordon Graham, former Harvard women's tennis coach, AHS boys coach, founder of The Tennis Camps at Harvard and former women's tennis coach at the University at Albany (NY).

The Junior After-School and Sat. AM programs will be directed by Matt Siegel. Matt is the Associate Director of GCT and has been working with us for 12 years!! He also coaches the Arlington HS Boys' Tennis Team and is doing a great job building that program as well as growing tennis in Arlington with GCT.

Adult programs will be directed by Steve Baccari, certified tennis professional. Steve is in his second year teaching with GCT and has done a great job helping players improve. His classes are very popular and always fill up.

Adult Beginner Class

This program is for the person who is just starting out and wants to learn tennis quickly. We will teach you basic technique and strategy.

Ages: Adults, 18 and older

Day/Dates: Tuesdays, 9/10 - 10/15

Time: 8:00-8:50pm

Location: Grove Street Courts

Cost: \$99

Adult Advanced Beginner Class

If you have played a bit and want to improve your technique and strategy, or if it has been a few years since you last played... give this a try!

Ages: Adults, 18 and older

Day/Dates: Tuesdays, 9/10 - 10/15

Time: 7:00-7:50pm

Location: Grove Street Courts

Cost: \$99

Adult Intermediate/Advanced Class

If you have played for a few years and you want to learn better strategy, tactics and technique...we will help you ramp up your game!

Ages: Adults, 18 and older

Day/Dates: Tuesdays, 9/10 - 10/15

Time: 6:00-6:50pm

Location: Grove Street Courts

Cost: \$99



Private and Small Group Lessons

Days/Times: To be arranged to fit your schedule and that of the tennis professional.

Cost: \$65/hr for 1 person

\$75/hr for 2 people

\$85/hr for 3 people

\$95/hr for 4 people

Tennis Pro: Steve Baccari; certified professional

To book initial lesson: Contact Gordon Graham, gordoncgraham@gmail.com, OR 617-312-9833.

TENNIS PROGRAMS FOR ALL AGES



Junior Tennis - Saturday Programs

These programs will give participants a successful jump start into the game. We emphasize FUN and use a lot of games and drills to teach the age-appropriate basics of tennis. Matt Siegel will head up this program, with experienced teachers Bella Pajevic, Matt Johnstone and Aadya Paudel assisting.

Day/Dates: Saturdays, 9/7 - 10/26

Times: 5-6 years, 9:00am-9:50am

7-9 years, 10:00am-10:50am

10-14 years, 11:00am-11:50am

Location: Spy Pond Courts

Cost: \$129

Junior Tennis - Tuesday Programs

See Saturday's class description.

Day/Dates: Tuesdays, 9/3 - 10/22

Times: 5-6 years, 3:00pm-3:50pm

7-9 years, 4:00pm-4:50pm

10-14 years, 5:00pm-5:50pm

Location: Spy Pond Courts

Cost: \$129

Junior Tennis - Thursday Programs

See Saturday's class description.

Day/Dates: Thursdays, 9/5 - 10/24

Times: 5-6 years, 3:00pm-3:50pm

7-9 years, 4:00pm-4:50pm

10-14 years, 5:00pm-5:50pm

Location: Spy Pond Courts

Cost: \$129

Middle/High School Club Tennis

This program is geared for players who want to prepare to play for their high school team and/or who are Advanced Beginners, or higher. (For middle-schoolers who are beginners, we recommend the Tues./Thurs. after school program and/or the Sat. AM program.) It is structured to emphasize the team aspect of tennis. Whether players are preparing to make their high school tennis team, or just want to have a FUN social experience learning this great game, CLUB TENNIS is the way to go!!

Ages: Grades 6-12

Dates: Mondays, 9/9 - 10/28 AND/OR

Wednesdays, 9/4 - 10/23

Times: 4:40pm-6:00pm

Location: Spy Pond Courts

Cost: \$179 for one-day/week, \$339 for two-days/ week

High School Team Afterschool Program

This program is open to boys and girls who are on a high school team. It is structured to enhance players' technical and tactical abilities, and to give players a jump start toward the high school tennis season. We emphasize the 'team' aspect of tennis.

Ages: Grades 10-12

Dates: Mondays, 9/9 - 10/28 AND/OR

Wednesdays, 9/4 - 10/23 AND/OR

Fridays, 9/6 - 10/25

Times: 3:15pm-4:35pm

Location: Spy Pond Courts

Cost: \$179 for 1 day, \$339 for 2 days, \$489 for 3 days



METROWEST BASKETBALL LEAGUE



Welcome to the Metrowest Basketball league. This league serves our winter youth basketball travel teams in grades 4 to 8. These are a competitive, travel basketball teams. All interested participants must attend all tryout dates and advanced registration online is required. Our teams welcome participants to attend based on gender identity. Please feel free to choose what is best for your child.

Each team will practice twice weekly at various gym locations throughout town. Practices WILL NOT BE held if school is cancelled due to inclement weather and during vacation weeks. However, practices WILL BE held on early release days.

Please remember that all schedules are subject to change and may occasionally be affected by special school activities and inclement weather. If you have questions or are unsure about your schedule, please contact your coach directly.

Ages: Grades 4 - 8

Dates: Beginning the first week of December and ending approximately March 1, with practice beginning in November.

Cost: \$450 per participant which includes a new uniform

All players must pre-register prior to try-outs online at www.arlingtonrec.com. A \$50 registration fee is charged at the time of registration. This fee will be deducted from your total invoice upon notification of team selection and refunded to you if you do not make a team.

Coaches will notify players regarding the outcome of the tryout within one week of the last try-out. Once notified, participants must pay the balance for the before being allowed to participate in practices.



Travel Basketball Tryout Schedule

All tryouts are the week of September 23 at the Ottoson Middle School Gyms. See chart below for dates and times:

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TUESDAY
	9/23/19	9/24/19	9/25/19	9/26/19	10/1/19
6:00 - 7:15 PM	Grade 7	Grade 7	Grade 7	Grade 7	Grade 4
UPPER GYM	Girls	Boys	Girls	Boys	Boys
6:00 - 7:15 PM	Grade 5	Grade 5	Grade 5	Grade 5	
LOWER GYM	Girls	Boys	Girls	Boys	
7:15 - 8:30 PM	Grade 8	Grade 8	Grade 8	Grade 8	Grade 4
UPPER GYM	Girls	Boys	Girls	Boys	Girls
7:15 - 8:30 PM	Grade 6	Grade 6	Grade 6	Grade 6	
LOWER GYM	Girls	Boys	Girls	Boys	

NASHOBA VALLEY SKI & SNOWBOARD LESSONS

Winter Lessons at Nashoba Valley



Grades: 3 – 5

Dates: Tuesdays, January 7 – January 28

Time: 2:00pm – 6:30pm (approximately)

Lessons are scheduled for 4:15pm

Cost: \$295 per participant.

Each week participants will have time for free ski before lessons begin. The Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA. Participants should be independent, able to keep track of their possessions, and keep to a schedule.

Equipment Rental

There will be a mandatory fitting in early December in the lobby of the Ed Burns Arena. Rentals are estimated to be \$105.00 for the season, checks payable the night of the fitting directly to Nashoba Valley (additional to registration fee). If you plan on renting through Nashoba and do not make the date of the fitting, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will be sold at the fitting for \$60. Helmets can also be rented for \$45.

Transportation

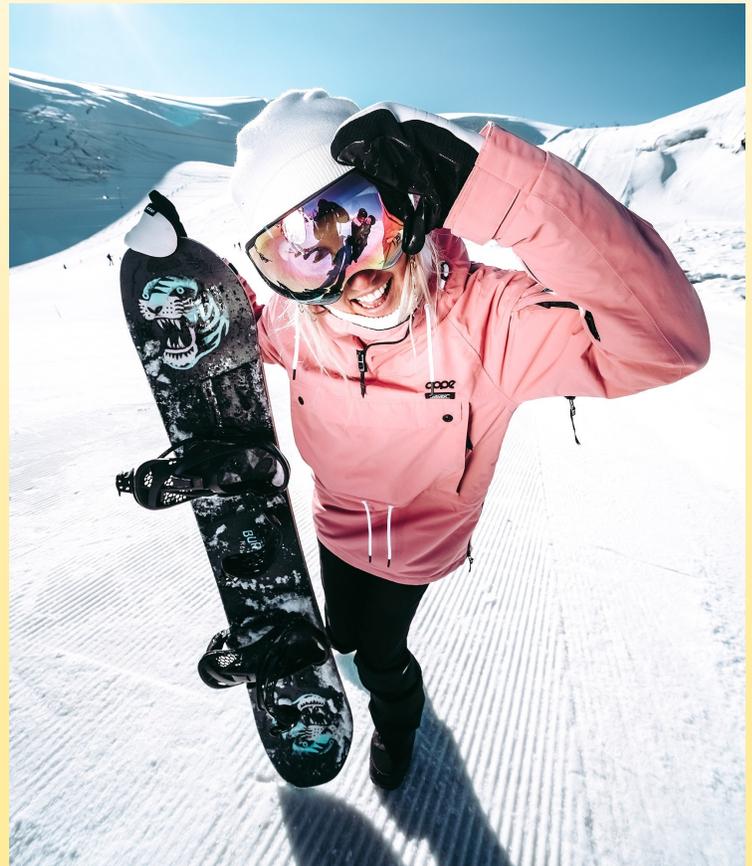
The bus will meet at the Ed Burns Arena, 422 Summer St. We will begin boarding at approximately 1:50pm. Return location will be the same. If a session needs to be canceled due to inclement weather, the session will be made up the next consecutive Tuesday.

Registration Note

Please note that registration numbers are limited and accepted on a first-come, first-serve basis.

Parent Volunteers

Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley. Parent volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at RecOffice@town.arlington.ma.us.



PRESCHOOL PROGRAMS

Amazing Athletes

Amazing Athletes is empowering children aged 2 ½ to 6 years old to reach developmental milestones at an individual pace.

During our 30-35 minute weekly classes, children learn the importance of patience, teamwork, and self-confidence in a non-competitive, earning-based

environment that fosters a love of healthy living. Through our structured active play, Amazing Athletes advance 7 different motor skills: Balancing, Running, Jumping, Throwing, Catching, Kicking and Bowling. Research shows that structured physical activity in children promotes better physical health and boosts brain power and assists in the development of important social skills and character traits including sharing, empathy, focus, dedication, commitment, and drive. Our non-competitive classes let children build confidence in a safe and fun environment while also building teamwork and good sportsmanship.

Day/Dates: Mondays, 9/9 - 11/4 (x10/14) @ Hill's Hill

Ages 2-3: 9:50am - 10:30am

Ages 3-4: 9:00am - 9:45am

Ages 4-5: 10:35am - 11:25am

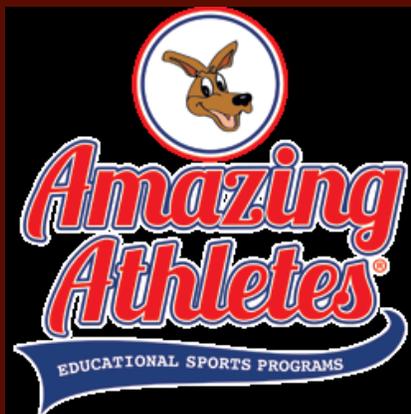
Day/Dates: Saturdays, 9/14- 11/9 @ Stratton School

Ages 2-3: 9:50am - 10:30am

Ages 3-4: 9:00am - 9:45am

Ages 4-5: 10:35am - 11:25am

Cost: \$275



Little Dragons Karate

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Ages: 3 - 4 years

Day/Time: Fridays from 4:45pm-5:15pm

Session 1: 9/6 - 12/6 (x11/29), 13 weeks

Session 2: 1/3 - 3/3 (x2/21), 13 weeks

Location: Senior Center, Main Room

Cost: \$320

Super Soccer Stars - Outdoors

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Dates, Ages & Times: see chart below

Wednesday & Friday Location: Hill's Hill

Sunday Location: Poet's Corner Field

Cost: \$275

AGES	WED	FRI	SUN
	9/4 - 11/6	9/6 - 11/8	9/8 - 11/10
1 - 2	8:30 - 9:10	8:30 - 9:10	
2 - 3	9:15 - 9:55	9:15 - 9:55	9:20 - 10:00
3 - 4		10:00 - 10:45	8:30 - 9:15
4 - 5			10:05 - 10:55
5 - 7			11:00 - 12:00
SHINE	<i>See below for the description of our SHINE program.</i>		12:05 - 1:05
			Ages 6 - 12

Super Soccer Stars - Indoors

See SSS - Outdoor class description.

Day/Dates: Sundays, 11/17 - 12/22

Ages 2-3: 9:20am - 10:00am

Ages 3-4: 8:30am - 9:15am

Ages 4-5: 10:05am - 10:55am

Ages 5-7: 11:00am - 12:00pm

Ages 6-12: 12:05pm-1:05pm SHINE program!

Location: Pierce Gym

Cost: \$175

Super Soccer Stars - SHINE

SSS Shine Program uses soccer as a vehicle to teach life to individuals with developmental and intellectual disabilities including but not limited to: Autism Spectrum Disorders, Down Syndrome, ADHD and Sensory Processing Disorder. We work with a developmentally-appropriate curriculum designed by educators and therapists that promotes the complete growth of individuals and encourages players to improve at their own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential. Our low ratios ensure that individuals receive support and personal attention.

PRESCHOOL PROGRAMS

TinyTykes Soccer

Our soccer experts and child development professionals have designed a curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our coaches will combine soccer with fun games, stories and music.

Day/Dates: Saturdays, 9/14 - 10/19 @ North Union

Ages: 2-3 years, 11:15am - 12:00pm

Ages: 3-5 years, 12:00pm - 1:00pm

Day/Dates: Sundays, 9/15 - 10/27 @ McClennen

Ages: 2-5 years, 4:30pm-5:30pm

Cost: \$110



Tot Soccer with Paige

Our soccer expert and child development professional Paige has designed an innovative curriculum that introduces young soccer stars to the basic skills needed as well as developing their motor, social, and psychological skills. Paige is an expert at creating an environment that will include story telling and use of imagination through soccer and fun games.

Ages: 2-5 years

Day/Dates: Saturdays, 2/29 - 3/21

Time: 10:00am-11:00am

Location: Ottoson Middle School (Blue Gym)

Cost: \$65



Viking T-ball

Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs to build children's confidence and coordination in a safe manner. Please bring a glove and a water bottle!

Dates: Mondays, 9/16 - 10/28 (x10/14)

Ages: 4-5 years, 3:00pm - 3:50pm

Ages: 5-7 years, 4:00pm - 4:50pm

Location: Poet's Corner

Cost: \$99



Want to see your kids in the our Spring/Summer 2020 Program Brochure?!!

The Arlington Recreation Department invites you to submit photographs at any time to be considered for use in our programs. Photos should be in full color and high-resolution.



YOUTH PROGRAMS



After-School Ninja Warrior

Stay active with Viking Fitness! These high energy clinics are where Boot Camp meets Ninja Warrior. Kids will engage in a variety of activities that improve cardiovascular fitness, strength, and agility. During each clinic, kids will perform a specific set of exercises that will help them tackle the Viking Ninja Warrior obstacle course at the conclusion of each class. Fitness is made fun by supporting coaches who engage the campers ensuring everyone stays on task and improves. All participants receive a Viking T-Shirt.

Day/Dates: Tuesdays from 9/17 - 10/22

Grades K - 2: 1:30pm - 2:30pm

Grades 3 - 5: 2:45pm - 3:45pm

Location: Poet's Corner Field

Cost: \$99

Archery

During this five-week program, participants will learn to shoot a bow and arrow Archery USA in the Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

Ages: 9-14

Day/Dates: Mondays, 9/16 - 10/21 (x10/14)

Time: 3:15pm-4:30pm

Location: Menotomy Rocks Park

Cost: \$150



Arlington Recreation Fencing Program

You will develop endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not com-

fortable.) T-shirt, or other lightweight top. Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

Fee includes recreational membership in the US Fencing Association. For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Session 1: Thursdays from 9/12 - 10/31

Session 2: Thursdays from 11/7 - 1/16 (x11/28, 12/16, 1/2)

Session 3: Thursdays from 1/23 - 3/19 (x2/20)

Session 4: Thursdays from 3/26 - 5/21 (x4/23)

Ages 7 and up: 6:00-7:15pm, Beginner to Intermediate

Ages 12 and up: 7:15-8:30pm, Beginner to Advanced

Location: Thompson Elementary School

Cost: \$200



ASC Winter Soccer Skills Clinic

Are you looking for a local opportunity to improve your soccer skills over the winter? The Arlington Soccer Club and Arlington Rec are partnering to provide you with an opportunity to develop your technical skills and speed of play. The sessions will be dynamic and fast-paced and will cover all areas of technical development, and they will be fun! Though program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department. Class led by Coach Paige Forster. Paige has several US and UK coaching licenses as well as experience coaching at professional clubs such as Liverpool F.C

Session 1: Mondays from 1/20 - 2/10

Session 2: Mondays from 2/24 - 3/16

Grades 1 - 2: 5:30pm - 6:30pm

Grades 3 - 4: 6:30pm - 7:30pm

Grades 5 - 6: 7:30pm - 8:30pm

Location: Ottoson School Gym

Cost: \$99



YOUTH PROGRAMS

Badminton

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, and more energetic than the "backyard badminton" that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use.

Ages: 18 and under

Day/Dates: Mondays, 9/9 - 12/9

Times: 6:20pm-7:10pm

Location: Dallin School

Cost: \$125



Badminton - Just Families

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.

Ages: All families welcome!

Dates: Mondays, 9/9 - 12/9, 7:10pm-8:00pm

Tuesdays, 9/3 - 12/10, 6:20pm-7:10pm

Thursdays, 9/5 - 12/12, 6:20pm-7:10pm

Location: Dallin School

Cost: \$225 (for 2 family members)

Brazilian Futsal

We are bringing one of our Professional Brazilian coaches to town this year to show our players how Futsal is played in the country it originated. During this 6-week program your soccer player will improve their confidence on the ball, receiving a pass under pressure, decision-making in 1v1 situations and ball retention. There are all important fundamental skills that we look to develop in young soccer players. Spaces are limited.

Day/Dates: Fridays from 11/1 - 12/6 (x11/22)

Grades 3 & 4: 6:00pm - 6:50 pm

Grades 5 & 6: 7:00pm - 7:50 pm

Grades 7 & 8: 8:00pm - 8:50 pm

Location: Stratton School Gym

Cost: \$90

Fall Elementary Track

Join us for instruction in running track events for youngsters! A great way to introduce children to sprinting and track workouts. Participants will focus on sprinting starts and running technique. Program not held in inclement weather.

Day/Dates:

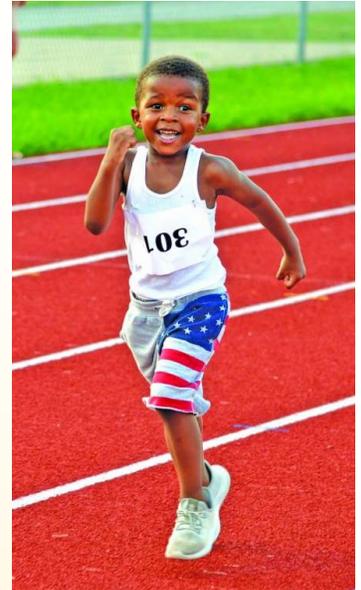
Wednesdays, 9/11 - 10/9

Grades K-1: 5:30pm - 6:30pm

Grades 2-4: 6:30pm - 7:30pm

Location: AHS Track

Cost: \$75



Field Hockey Clinic

Field hockey for all levels! Beginners more than welcome to come learn this fun and aerobic sport! Please bring a stick, shin guards, mouth guard and goggles. We will focus on all aspects of field hockey: stick skills, positions, offensive/defensive strategy, and game-play. Players will be split into groups according to age and skill level. A limited number of sticks will be available for use at the clinic.

Ages: Grades 2 - 8

Day/Dates: Thursdays, 8/29-9/26

Times: 6:00pm-7:15pm

Location: Summer St. Field

Cost: \$100



YOUTH PROGRAMS

Little Dragons Karate

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness.



Ages: 5 - 7 years

Day/Time: Fridays from 5:15pm - 6:00pm

Session 1: 9/6 - 12/6 (x11/29), 13 weeks

Session 2: 1/3 - 3/3 (x2/21), 13 weeks

Location: Senior Center, Main Room

Cost: \$320

Sidekicks - Afterschool Basketball

Players will learn the position names in basketball: Point Guard, Shooting Guard, Small Forward, Power Forward, and Center. Players will learn how to pass and shoot effectively, learn the different ways to defend and block, best strategies for teamwork and efficient play, and be challenged to think and act fast during small sided games at the end of each session. Program not held in inclement weather.

Ages: Grades 1-5

Day/Dates: Thursdays, 9/19 - 10/24

Time: 3:00pm-4:00pm

Location: Dallin School Outdoor Basketball Court

Cost: \$105

Sidekicks - Afterschool Flag Football

We aim to combine technical development and fundamental techniques with safety and a major focus on fun! Our activities will prepare athletes for flag football through throwing, passing, catching, and tackling (ie. pulling flags), while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, a cool-down techniques are all covered in this unique program. Flag Football presents a unique opportunity for players to get more touches on the ball; which leads to more learning and more fun!

Ages: Grades 1-5

Day/Dates: Tuesdays, 9/17 - 10/22

Time: 1:30pm-2:30pm

Location: Hill's Hill

Cost: \$105

Sidekicks - Afterschool Soccer

Classes are structured around a low pressure, fun environment with an emphasis on skill development. The goal is to become comfortable and confident with the ball while learning specific skills to then be utilized in fun but challenging games. Classes will be broken down to teach both the technical side (foot skills) as well as the tactical side (moving the ball properly to create proper fluidity), and ending with small sided games. Come enjoy the beautiful game with our Nationally Licensed staff!



Ages: Grades 1-5

Day/Dates: Wednesdays, 9/18 - 10/23

Time: 3:00pm-4:00pm

Location: Hill's Hill

Cost: \$105

Sidekicks - Sunday Basketball

Join us for the second year of this program! Each weekly session begins with a clinic to teach new skills and strategies and ends with scrimmages!

Ages: Grades 2-3

Day/Dates: Sundays, 12/1 - 2/9 (x12/29)

Session 1: 12:30pm-2:00pm

Session 2: 2:00pm - 3:30pm

Location: Hardy School Gym

Cost: \$150



YOUTH PROGRAMS

Street Soccer with Paige

Coach Paige is back again this winter with her fantastic program, Street Soccer with Paige! During these sessions you will learn new moves, gain thousands of touches on the ball, and sharpen up your skills. Coach Paige will help you play with confidence and encourage you to execute those skills within a game setting environment. This session was very popular last year with every slot taken, so be sure to sign up as spaces are limited!

Days/Dates: Tuesdays, 2/25 - 3/24

Day/Dates: Wednesdays, 2/26 - 3/25

Day/Dates: Thursdays, 2/27 - 3/26

Grades 2-4: 6:00pm - 7:00pm

Grades 5-8: 7:05pm - 8:05pm

Location: Stratton School Gym

Cost: \$125 per session

Ultimate Frisbee

Come play for the Arlington Ocelots! The focus of the program is on skill development, sportsmanship, and Spirit of the Game - the foundation of Ultimate which places the responsibility of fair play on every member of the team. Ultimate is one of the fastest growing sports in the world today, especially in the Boston area. Learn the basic rules & skills necessary to play in high school, college, and beyond. Fall 2019 scrimmages will be scheduled with surrounding towns, and a local weekend tournament is TBA. For more information about Ultimate, visit <https://www.usultimate.org/rules/>.

Ages: Grades 6-8

Day/Dates: Fridays, 9/13 - 11/1

Time: 2:45pm-4:15pm

Where: Hill's Hill

Cost: \$88



YMCA Middle School Cross Country Team

The North Suburban YMCA is teaming up with Winchester and Arlington Recreation Department to a cross country program for grades 6-8! Our athletes will learn basics, appropriate warm up, cool down, and stretching techniques to promote total body health and fitness. Members of the Cross Country team will utilize the field space at the YMCA, the fitness area, gym, and take daily runs along Horn Pond and the immediate area. The team will celebrate the athletes' hard work by running the annual 5k race at the YMCA on November 3rd and individual athletes can also qualify for the Massachusetts State Middle School Cross Country Invitational held in Devens, MA on November 9th. Each athlete will receive a team t-shirt, entry fee to the YMCA 5k race, and entry fee and transportation to the State Meet on November 3rd. Come experience the exciting sport of cross country and represent your community in this fun new program.

Age: Grades 6 - 8

Days: Tuesdays and Thursdays

Dates: 9/24 - 11/9 (x10/31)

Time: 3:45 pm - 5:15 pm

Where: North Suburban YMCA (Woburn, MA)

Fee: \$100

Viking T-ball

Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs to build children's confidence and coordination in a safe manner. Please bring a glove and a water bottle!

Dates: Mondays, 9/16 - 10/28 (x10/14)

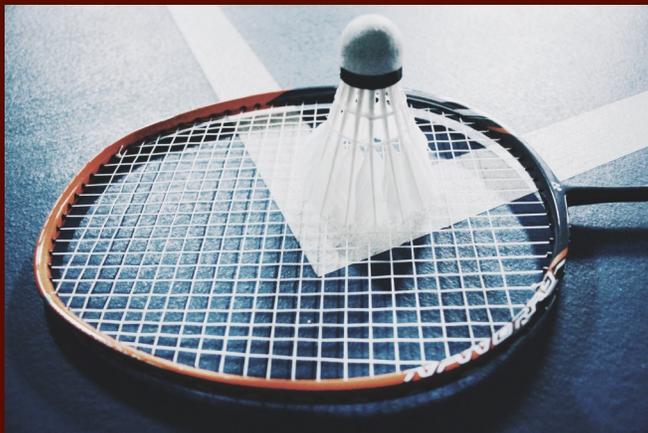
Ages: 4-5 years, 3:00pm - 3:50pm

Ages: 5-7 years, 4:00pm - 4:50pm

Location: Poet's Corner

Cost: \$99

ADULT PROGRAMS



Badminton - Doubles Court

Play is almost exclusively doubles, but there are not regular partnerships. Instead a "Ladder System" is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. There is no coaching; however Chauncy Liu as well as other experienced players from the Winchester Club will be playing with the group.

Day/Dates: Mondays, 9/9 - 12/9

Times: 7:10pm-9:50pm

Location: Dallin School

Cost: \$115

Badminton - Intermediate/Advanced

See description above.

Day/Dates: Tuesdays, 9/3 - 12/10

Day/Dates: Thursdays, 9/5 - 12/12

Times: 7:10pm - 9:50pm

Location: Dallin School

Cost: \$145

Badminton - Just Families

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.

Ages: All families welcome!

Dates: Mondays, 9/9 - 12/9, 7:10pm-8:00pm

Tuesdays, 9/3 - 12/10, 6:20pm-7:10pm

Thursdays, 9/5 - 12/12, 6:20pm-7:10pm

Location: Dallin School

Cost: \$225 (for 2 family members)

Fencing

Day/Times: Thursdays, 7:15pm-8:30pm

Location: Thompson School Gym

Session 1: March 11-May 16, Cost: \$200

Session 2: May 23-June 13, Cost: \$100

Session 3: August 1-22, Cost: \$100

Join us for this exciting sport, one of the fastest growing in the world! The program is designed to teach fencing through activities, games, and exercises that develop coordination, flexibility, and focus. Participants will have fun! We supply all fencing gear. A complementary, noncompetitive membership is included. The instructor is Michael Tarascio, a former member of the United States World Championship Team in Men's Foil. For more info, please contact Michael Tarascio at michael@nefencing.com.

Pickleball - Drop Ins

Stay active this fall/winter by joining fellow pickleball enthusiasts at the Hardy School! Drop-in play weekly. Program not held when school is not in session, including snow days.

Dates: Tuesdays, 10/8- 2/11

Times: 6:30pm-8:30pm

Location: Hardy School Gym

Cost: \$5 per night



FEBRUARY VACATION PROGRAMS



Challenger Soccer

Join Challenger Soccer for this energetic program that gives participants the opportunity to learn the fundamentals of soccer in a non-competitive, fun environment. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and coordination. Participants should bring plenty of water and a lunch each day.

Dates: Tuesday, 2/18 - Friday, 2/21

Ages: Grades 2 - 8

Times: 9:00am-12:00pm or 9:00am-3:00pm

Location: Ottoson Middle School

Cost: \$174 Half-day / \$210 Full-day

Kid Care - Preschool

Kid Care Preschool is happy to announce a vacation program for February Break! Registration is available for 1 to 4 days.

Dates: Tuesday, 2/18 - Friday, 2/21

Ages 2-5 years

Time: 8:00am-1:00pm

Location: 352 Mass Ave

Cost: \$40 per day

Kid Care - Grades K-5

Arlington Kid Care is happy to offer a full day program over school vacation for children in grades K-5. Program will meet in the Gibbs School Cafeteria. Space is limited! Please have your child bring a peanut free lunch and snacks. Special trip or activity each day!

Dates: Tuesday, 2/18 - Friday, 2/21

Ages: Grades K-5

Time: 8:00am-6:00pm

Location: Gibbs School Cafeteria

Cost: \$75 per day. (Registration is available for 1 to 4 days)

Viking Sport Clinic

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, wiffle ball, capture the flag, and many other sports and games!

Dates: Tuesday, 2/18 - Friday, 2/21

Ages: Grades 1 - 5

Time: 9:00am - 3:00pm

Location: Gibbs Gymnasium

Cost: \$225



ARLINGTON PARKS, FIELDS & FACILITIES

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/ little league field, open field area used for soccer, hardtop basketball area, and a playground.

Brackett School: 66 Eastern Avenue. Playground and a hardtop basketball area.

Buck Field: 422 Summer Street. Park has a softball/little league field, access to bike path.

Buzzell Field: 229 Summer Street. Area has two little league/ softball fields, a playground, picnic tables, a basketball court, and access to bike path.

Crosby School/Tennis Courts: Winter Street . Area has tennis courts, pickleball courts, a playground, and a medium green space.

Cutter School Park: Between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar, vending machines, skate rentals and skate sharpening.

Florence Field: 185 Florence Avenue. Area has a little league/ softball field, green space, playground, and basketball area.

Gibbs Gym: 41 Foster Street. Area has a basketball court.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two the Waldorf School and Lexington Christian Academy. Area has walking trails.

Hibbert Playground: Hibbert Street. Area has a playground.

Hill's Hill Field: 422 Summer Street. Open field for various sports or activities, with access to bike path, and a playground.

Hurd Field: Located on Drake Road behind Trader Joes. Area has two softball/little league fields, large open field, as well as access to bike path and the Reservoir.

Locke School Playground: David Road behind Locke School condos.

Lussiano Field: North Union Street. Area has a playground, basketball court, picnic tables, softball/little league field, baseball field, and a big open field used. The spray park located here is open from June to August.

Magnolia Field: On Herbert & Magnolia Street. Area has a playground, basketball court, a large open field, community gardens area, and access to the bike path.

McClennen Park: Summer Street, Lexington line. Area has playground, skate park, walking trail, soccer fields, and little league field.

Menotomy Rocks Park: Jason Street. Area has open green spaces, picnic area, playground, walking trails and fishing.

Ottoson Middle School: 630 Acton Street. Area has a softball/little league field in back and practice area in front.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court.

Peirce School: 85 Park Avenue Extension. Area has a playground, basketball court, and green space. Parking available after 3:00pm.

Poet's Corner: 175 Dow Avenue. Area has a playground, softball/ little league field, and basketball courts.

Reservoir Beach: Lowell Street. Seasonal beach & concession stand. Year-round playground and walking path.

Robbins Farm: 166 Eastern Avenue. Area has a baseball diamond, large green space, basketball court, pickleball court, playground, summer-time movies in the park, and a 4th of July celebration.

Robillard Field: 422 Summer St. Area has a baseball diamond.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space.

Scannell Field: 90 Linwood Street. Area has a softball/little league field and access to the bike path.

Spy Pond Field: 66 Pond Lane. Area has a baseball diamond, little league field, a large open field, five full-size tennis courts and one tennis mini-court.

Spy Pond Park: Pond Lane. The area has a playground, boat ramp and access to bike path.

Stratton School: 180 Mountain Avenue. Area has a playground, basketball court, and a small green space.

Summer Street: 422 Summer Street. Area has an outdoor exercise park, basketball court, baseball diamond (Robillard Field), large open field used, and access to the bike path.

Thorndike Field/Off-Leash Dog Park: Margaret Street. Area has fields for soccer & lacrosse, Off-Leash Dog Park, and access to the bike path.

Turkey Hill: Dodge Street. Passive recreation and trails.

W. A. Peirce Turf Field: 869 Mass Ave. A turf field, six-lane track, baseball field, softball/little league field, multi-purpose practice field, and basketball courts.

Waldo Park: Teal Street. Area has playground, basketball court and small open area for play.

Wellington Park: Grove Street. Area has tennis courts, climbing wall and passive recreation area.

Whittemore Robbins House: 700 Mass Ave. Area has a playground and a small green space.

ARLINGTON COMMUNITY ORGANIZATIONS

Arlington Babe Ruth Baseball Association (ABA)

www.arlingtonbb.org Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13-19. The program is designed to allow the players to learn and advance their skills in an environment where fair play and competition is encouraged, so as to advance them into mature young adults on and beyond the fields of baseball. Our spring program offers two levels of competitive play. We then move into the summer program with teams who play against some surrounding towns. The fall comes and we have teams who are made up of current and new players. It is a great transition for the recent Cal Ripken grads to get a taste of the "big diamond." Games are against surrounding towns. In addition to our regular programs, we offer a more competitive AAU alternative at a cost that is generally less than other AAU programs. This AAU alternative allows players the opportunity to get more workouts and to play at a more competitive level against other AAU teams. Finally, we offer a program for our older kids (15-19) in the very competitive Middlesex League.

Arlington Hockey Club (AHC)

www.arlingtonice.com The Hockey Club offers a high quality, affordable opportunity for children to play hockey from ages 5 & up. We provide age-appropriate and skill-appropriate player development. Our coaches strive to build foundational skills as part of our travel, developmental and in-house programs, which enables us to have a strong, sustainable program. Please visit our website to learn more about hockey in Arlington.

Arlington Pop Warner (APW)

www.leaguelineup.com/welcome.asp?url=arlingtonpw Arlington Pop Warner football and cheer registration is open to all children ages 5 to 15 who live in Arlington and/or attend school in Arlington. Pop Warner football is the only nationally organized program that sets and enforces strict age and weight guidelines to promote player safety. There are no tryouts and everyone plays. Pop Warner football and cheer programs teach fundamental values, skills and knowledge that young people will use throughout their lives.

Arlington Soccer Club (ASC)

www.arlingtonsoccerclub.com The Arlington Soccer Club is a volunteer organization that provides an opportunity for the youth of Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship. We offer both a spring and fall season for players of all skill levels. We offer in town leagues for our younger players, pre-K through 4th grade. Our older teams participate in the BAYS soccer league and travel to other towns for games. We also employ local referees to officiate our games, both youth and adult. For more details about the various programs we offer, or to register your child to play with our club, please visit our website at www.arlingtonsoccerclub.com. If you have a question you can find contact information on our website.

Arlington Town Tennis Association (ATTA)

www.arlingtontowntennis.com Do you play tennis? Would you like to meet others who play? The Arlington Town Tennis Association organizes tennis events and tournaments. Visit arlingtontowntennis.com to sign up to be on the mailing list of for more information. Email: arltowntennis@gmail.com.

Arlington Youth Baseball and Softball (AYBSA)

www.aybsaonline.org The Arlington Youth Baseball and Softball Association is a non-profit organization centered on the ideals of good sportsmanship, honesty, loyalty, courage and respect. Our program offers spring, summer and fall baseball and softball programs. The League is intended to teach basic skills including throwing, hitting, catching flies, fielding grounders, and base running. We also offer umpire opportunities to our graduating players 12 years of age or older. For more details about the various programs we offer, or to register your child to play, please visit our website.

Arlington Youth Lacrosse (AYL)

www.arlingtonlax.usl.la Arlington Youth Lacrosse ("AYL") is a volunteer-based organization comprised of student-athletes, parents, coaches and supporters that provides opportunities to learn about the game of lacrosse, to develop their skills through practice and competition, and to enjoy team play. We welcome all comers regardless of skill level or Experience. Arlington Girls Lacrosse ("AGLAX") has recently joined forces with Arlington Youth Lacrosse to form a unified lacrosse organization for Arlington. We are excited to bring together these organizations that have fostered the expansion of lacrosse and we look forward to providing an ever-growing number of our youth with opportunities to learn and participate in the fastest growing sport.

ARLINGTON RECREATION

422 Summer Street,
Arlington, MA 02474

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