

# Melrose Recreation Department PROGRAMS & EVENTS

**SPRING / SUMMER 2014**

**[WWW.CITYOFMELROSE.ORG](http://WWW.CITYOFMELROSE.ORG)**



**MELROSE RECREATION DEPARTMENT**

**562 MAIN STREET, MELROSE, MA 02176**

**PHONE: 781-979-4179**

**EMAIL: [RECREATION@CITYOFMELROSE.ORG](mailto:RECREATION@CITYOFMELROSE.ORG)**

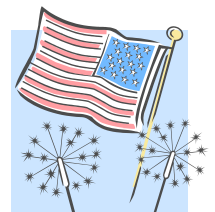
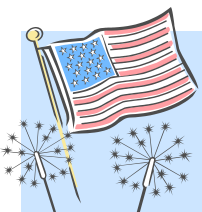
## COME OUT AND PLAY !!!



Neighborhood Night Out at Roosevelt Elementary School – 2013

**ONLINE REGISTRATION AVAILABLE AT  
[WWW.CITYOFMELROSE.ORG](http://WWW.CITYOFMELROSE.ORG)**

**REGISTRATION OPENS MARCH 12th**  
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# INTRODUCTION

## Director's Corner

We are very excited about all we have to offer this summer through the Melrose Recreation Department. We have programs, classes, events, leagues, and tournaments for youth and adults of all ages. We have added a lot of new offerings that we hope you find interesting throughout our Brochure Book. Please take your time and mark your calendars so you don't miss out on a fun experience either trying something new or doing something you already enjoy.

Thank you for your continued support, and we look forward to seeing everyone this spring and summer.

Sincerely,  
Frank Olivieri, CPRP  
Recreation Director

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## Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone .....781-979-4179  
Email.....recreation@cityofmelrose.org

## Recreation Dept. Staff

Frank Olivieri.....Recreation Director  
Justin Kelley.....Recreation Coordinator  
Ashley Aldred.....Recreation Assistant

## Park Commission

Bob Christiansen      John McLaughlin Jr.  
Bill Gardiner (Chair) John Mercer  
Jim Lane

\*The Park Commission meets the second Monday of every month at Mount Hood Golf Course in the Carr Room at 7:00pm. Check city website for changes.

## Office Hours

Mon – Thu      8:30am – 4:00pm  
                         4:00pm – 8:00pm (By appointment)  
  
Fri                8:30am – 12:00pm  
                         12:00pm – 4:30pm (By appointment)

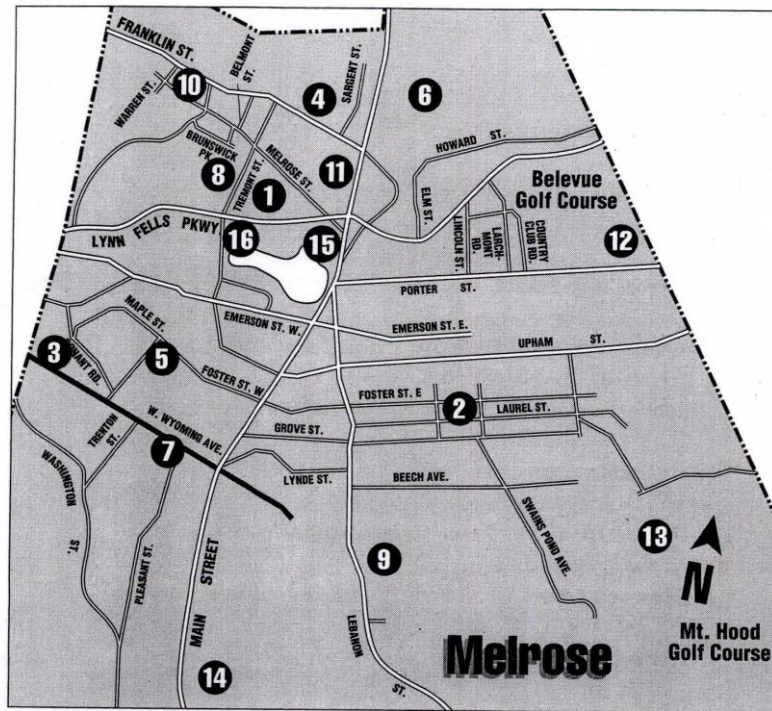
Note: On weekday evenings the Recreation staff visits numerous locations to supervise programs, leagues and events. Please contact us if you would like to schedule an after-hours appointment so we can assure the Recreation Department Office is open for your visit.

## Mission Statement

The Melrose Recreation Department strives to create high quality recreational programs and events that are affordable and safe for citizens of all ages and abilities. With dedicated leadership and pride, we offer resources and opportunities to strengthen our community while striving to increase the social, cultural, and physical well-being of its residents and visitors.



# parks and fields



## Park Locations

### Park Name

1. High School Athletic Complex
2. Common Park
3. Conant Park
4. Dunton Park
5. Gooch Park
6. Hesseltine Park
7. Lincoln Park
8. Messenger's Park
9. Lebanon St. Park
10. Volunteer. Park
11. Franklin School Park
12. Drinkwater Park
13. Mt. Hood Golf Course & Park
14. Pine Banks Park
15. Ell Pond Park – East
16. Ell Pond Park – West

### Amenities

- Football, baseball, track  
 Tot lot, tennis, basketball  
 Play area, ball fields, basketball  
 Tot lot, benches  
 Play area, basketball  
 Tot lot, ball field, basketball, tennis  
 Tot lot, tennis, basketball, field  
 Tot lot, fields, basketball  
 Play area, basketball, softball  
 Tot lot  
 Soccer field, tot lot  
 Tot lot  
 Golf, hiking, fishing, x-country skiing  
 Baseball, hiking, rugby, soccer  
 Tennis, soccer, **Dog Park (new)**  
 Tennis, baseball

### Location

- Lynn Fells Pkwy  
 Laurel & Foster St.  
 Conant Rd.  
 Franklin & Pratt St.  
 Florence, Maple, Vinton St.  
 Hesseltine Ave.  
 Rear Lincoln St.  
 Rear Roosevelt School  
 Lebanon St.  
 Warren & Melrose St.  
 Rear Franklin School  
 Porter & Ellis Farm  
 Stillman Rd.  
 Main St.  
 Lynn Fells Parkway  
 Tremont St.

## Parks Department

Joan Bell      Superintendent of Mt. Hood G.C. & Public Open Space

781-662-0210

## Guide to Use & Maintenance of City Recreational Facilities

<http://www.cityofmelrose.org/departments/parks/Permits/RecFacilityUserGuide.pdf>

# **COMMUNITY CONTACT INFORMATION**

## **City of Melrose Departments & Services**

---

<b><u>Dept. Name</u></b>	<b><u>Phone</u></b>	<b><u>Email</u></b>
Mt. Hood Golf Course	781-665-6656	<a href="mailto:mthood@golfmanagementco.com">mthood@golfmanagementco.com</a>
Melrose Public Library	781-665-2313	
Melrose Memorial Hall	781- 979-4185	<a href="mailto:kpigottbrodeur@cityofmelrose.org">kpigottbrodeur@cityofmelrose.org</a>
Milano Senior Center	781- 665-4304	<a href="mailto:COA@cityofmelrose.org">COA@cityofmelrose.org</a>
Melrose School Dept.	781-662-2000	
Melrose Veterans Services	781-979-4186	<a href="mailto:rmclean@cityofmelrose.org">rmclean@cityofmelrose.org</a>
Melrose City Hall	781-979-4500	<a href="mailto:balverson@cityofmelrose.org">balverson@cityofmelrose.org</a>
Melrose City Yard	781-665-0142	
Melrose Parks Dept.	781-662-0210	<a href="mailto:jbell@cityofmelrose.org">jbell@cityofmelrose.org</a>
Melrose Police Dept.	781-665-1212 (Non-Emergency)	

## **Community Non-Profit Groups**

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<b><u>Group Name</u></b>	<b><u>Website</u></b>	<b><u>Contact Information</u></b>
Melrose Pop Warner	<a href="http://melrosepopwarner.com">melrosepopwarner.com</a>	<a href="mailto:info@melrosepopwarner.com">info@melrosepopwarner.com</a>
Melrose Youth Soccer	<a href="http://melroseyouthsoccer.net">melroseyouthsoccer.net</a>	<a href="mailto:petermortimer@comcast.net">petermortimer@comcast.net</a>
Melrose Youth Softball	<a href="http://melroseyouthsoftball.com">melroseyouthsoftball.com</a>	<a href="mailto:president@melroseyouthsoftball.com">president@melroseyouthsoftball.com</a>
Melrose Incarnation Baseball	<a href="http://incarnationbaseball.org">incarnationbaseball.org</a>	<a href="mailto:info@incarnationbaseball.org">info@incarnationbaseball.org</a>
Melrose National Little League	<a href="http://etamz.com/Melrose">etamz.com/Melrose</a>	<a href="mailto:steve@tarpeyinsurance.com">steve@tarpeyinsurance.com</a>
Churchill American Little League	<a href="http://churchillamerican.org">churchillamerican.org</a>	<a href="mailto:dcosta@windsorcommunities.com">dcosta@windsorcommunities.com</a>
Melrose Youth Lacrosse	<a href="http://myll.org">myll.org</a>	<a href="mailto:info@myll.org">info@myll.org</a>
Melrose Babe Ruth	<a href="http://melrosebaberuth.org">melrosebaberuth.org</a>	<a href="mailto:richard.garron@yahoo.com">richard.garron@yahoo.com</a>
Melrose Sharks Swim	<a href="http://melroseysharks.com">melroseysharks.com</a>	<a href="mailto:melroseysharks@gmail.com">melroseysharks@gmail.com</a>
Melrose Youth Hockey	<a href="http://melroseyouthhockey.com">melroseyouthhockey.com</a>	<a href="mailto:Myh-boardofdirectors@comcast.net">Myh-boardofdirectors@comcast.net</a>
Melrose United Soccer	<a href="http://melroseunited.com">melroseunited.com</a>	<a href="mailto:melroseunitedfc@gmail.com">melroseunitedfc@gmail.com</a>
Men's Good Guys Soccer (50+)		<a href="mailto:sal-chris@comcast.net">sal-chris@comcast.net</a>
Melrose YMCA	<a href="http://melroseymca.org">melroseymca.org</a>	781-665-4360
EMARC	<a href="http://theemarc.org">theemarc.org</a>	781-942-4888
American Red Cross	<a href="http://redcross.org">redcross.org</a>	781-665-4186
Melrose Chamber of Commerce	<a href="http://melrosechamber.com">melrosechamber.com</a>	781-665-3033
North Suburban Child & Family Resource Network		<a href="mailto:kharlow@hallmarkhealth.org">kharlow@hallmarkhealth.org</a>

## **Lawrence W. Lloyd Memorial Swimming Pool (DCR)**

---

49 Tremont St.  
Melrose, MA 02176  
Open Mid June – End of August  
Open Swim Hours: 11am - 7pm  
Pool Phone: (781) 979-0172  
DCR Greater Boston Phone: (617) 626-1250

# SCHOLARSHIP FUND SPONSORS

The Melrose Recreation Department is very proud of our Scholarship Fund that allows Melrose kids who can not afford programs to participate for free. Our goal has always been to never turn away a child due to economic hardship. Our Melrose community's need for scholarships continues to grow at a very fast pace and we need help to support our mission. Each sponsor below represents 4 - 8 scholarships that we will be able to grant this year!

**THANK YOU TO ALL OUR SPONSORS!!!**



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Melrose MA 02176

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A photograph of an alligator in a grassy area, with the text "'Gators at Stone Zoo!' Summer 2014' and the Stone Zoo logo and website address.



# SCHOLARSHIP FUND SPONSORS



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LYNN FELS PKWY,  
MELROSE MA**



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617.299.3392 [BoatingCamp.com](http://BoatingCamp.com)**

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# SCHOLARSHIP FUND SPONSORS



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Department Scholarship  
program.



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Visit our Melrose office  
514-516 Franklin Street  
781.662.0200



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SCHOLARSHIP FUND!!!**



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Recreation  
Department  
Scholarship Fund  
Program**

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**The Melrose Recreation Department will be hiring seasonal employees for the upcoming summer. We will accept all applications until the closing date of April 8, 2014. Interested candidates must submit an application and a current resume to the Recreation Office located at Melrose City Hall. We are looking for candidates at least 16 years of age with interests and experience in the following areas; arts & crafts, athletics, tennis, fitness, outdoors, games, events, etc. All applicants 18 years of age or older will need to be CORI/SORI checked in order to gain seasonal employment with the City of Melrose.**

<b>(6) Park Instructor</b>	<b>\$10.00 / hour</b>	
June 30 – Aug 8 (Mon – Thu/Fri)	10:00am – 2:00pm	16 - 20 hours / week
*Hours may vary depending on enrollment in programs.		

(Please see Counselor-In-Training Program for students entering grades 8 – 10 on page 21)

<b>(3) Tennis Instructor</b>	<b>\$10.00 / hour</b>	
June 23 – Aug 16 (Mon – Fri)	8:30am – 12:30pm	12 - 20 hours / week
*Hours may vary depending on enrollment in programs.		

**Please submit all applications and resumes to the Melrose Recreation Department by the closing date of April 8, 2014. Applications can be found on the Human Resources website at [http://www.cityofmelrose.org/dept\\_hr\\_employmentoppty.cfm](http://www.cityofmelrose.org/dept_hr_employmentoppty.cfm).**

## COMMUNITY EVENTS

# Join Us for Senior Day at the Park



(free admission)

**When: Tuesday, May 13th,**

**Time: 11 am - 2:00 pm**

Sponsored by the Mt. Hood Park Association, Council on Aging, Melrose Park Dept., Melrose Recreation Dept. and Golf Management Company

To all Seniors - Come join us for a special day at Mount Hood Memorial Park & Golf Course. Activities include: -- lectures by Dr. Bryan Hamlin, Pres. of the NE Botanical Club and Chairman of the Friends of the Fells, on biodiversity of flora and fauna in local woodlands and presentation by Association Pres. Myron Dittmer on the history of the park & golf course, and sightseeing at Slayton Tower for a spectacular view of Boston skyline, Revere Beach, and White Mountains of New Hampshire.



Lunch and refreshments  
provided free of charge!



To attend this event, please call 781-665-8172 to reserve a seat. If  
transportation is required, call 781-662-6886 on weekdays  
between noon - 4pm.

**Reservations must be received before May 9th!**



## COMMUNITY EVENTS



# America's Outdoor Yoga Studio Comes to Boston

**Live Music. Yoga. Mother Nature.**

Sundays June 15-29, 2014

9am at Franklin Park

(Greenleaf Street behind Wholefoods on Main Street, Melrose)

The weekly events feature an ALL-LEVELS 75-minute yoga class (BEGINNERS WELCOME!) featuring the areas most inspiring yoga teachers and kids yoga program, Camp YRP (for your little yogis ages 3-10), accompanied by live music with some of the top and emerging musicians in the country. We also provide unique access to innovators in health & wellness in our vendor village. 75-Minute Flow begins at 9am at Franklin Park.

## **Tickets**

**Adults:** \$12 Advance / \$15 at the park

**Kids:** \$10 or 2-Packs for \$14 (Camp YRP for ages 3-10)

Tickets & info available at [yogarocksthepark.com/boston](http://yogarocksthepark.com/boston)

# COMMUNITY EVENTS



## June 1 - Red Sox Game Day

**Ages:** All Ages **Date:** Sun, June 1 @ Fenway Park

**Cost:** \$16 **Time:** 1:35pm (First Pitch)

Join us for Melrose Community Night at Fenway Park! The Recreation Dept. has 70 tickets available for Melrose residents to attend a Sunday day game between the **Boston Red Sox vs. Tampa Bay Rays**. Seats are located in the upper bleacher section 37 and are grouped together. **Tickets go on sale May 7 at 1pm at the Recreation Office.** Each person will only be allowed to purchase up to six tickets per day. Tickets will be available for pick-up the same day as purchase. All participants are responsible for their own transportation to the game.



## July 4 - 4<sup>th</sup> of July Celebration

**Ages:** All Ages **Date:** Fri, July 4 @ Common Park

**Cost:** FREE! **Time:** 10:30am – 12:30pm

Come join us for our Annual Bike & Carriage Parade around Common Park. Bring your decorated bike, wagon, carriage, scooter, skateboard, or other custom ride and take part in the festivities. Registration starts at 10:00am for the parade and we will begin at 10:30am, sharp so be sure to register early! Parade winners will be announced at 11:15am by Tall Uncle Sam and our live DJ. We will also have free face painting, balloon animals, magic tricks, games, activities, and an open bounce house for all kids in the crowd. Concessions will be available at the event for purchase.

New this year, Mike Piazza will be performing his Flying High Frisbee Dog Show from 11:30am – 12:15pm. Mike Piazza is the #1 K-9 Frisbee performer in the world, has been a world finalist multiple times, and is a former Long Distance World Record holder !

### SCHEDULE OF EVENTS

10:00am	Parade Registration Opens
10:30am	Parade Begins (10:30am Sharp!)
11:00am	Event Festivities Begin
	-Bounce House
	-Face Painting
	-Music
	-Balloon Animals
	-Magic Tricks
	-Games, Activities, & Crafts
	-Concessions
11:15am	Parade Winners Announced
11:30am	Frisbee Dog Show Begins
12:30pm	Event Ends

# COMMUNITY EVENTS

## **Aug 8 - Summer Celebration**

**Ages:** All Ages **Date:** Fri, Aug 8 @ Common Park

**Cost:** FREE! **Time:** 11:00am – 1:00pm

Join us for our giant Summer Celebration. We will have bounce houses, games, activities, music, face painting, prizes, and lots of fun surprises. Don't miss out on the excitement and help us celebrate the last few days of summer.

## **2014**

### **Massachusetts Parks Pass**

Melrose residents may borrow a 2014 Massachusetts Parks Pass free of charge. The Parks Pass entitles the bearer to free parking for one vehicle (excluding buses or vans) at over 50 facilities in the Massachusetts state parks system that charge a day-use parking fee.

Parks Pass is part of the "Use Nature as Your Guide" program sponsored by the Massachusetts Department of Conservation and Recreation (DCR). From Boston to the Berkshires, DCR invites you to enjoy a wide variety of recreational opportunities including hiking, swimming, mountain biking, horseback riding and much more.

Please contact the Recreation Department to reserve the Parks Pass for the 2014 season (Memorial Day to Columbus Day). The pass may be borrowed for one day or one weekend and must be returned by 9:00 a.m. the following day. Passes taken on Friday may be returned the following Monday. A \$35 deposit will be required when you pick up the Park Pass. Your deposit will be refunded to you when you return the pass.

For a list of Massachusetts park facilities where Parks passes may be used, please visit the DCR's webpage at <http://www.mass.gov/dcr/>.

## **July 26 & 27- Melrose Tennis Open**

**Dates:** Saturday, July 26 and Sunday, July 27

**Rain Date:** Sat, Aug 16 & Sun, Aug 17

**Cost:** \$25 Singles / \$40 Doubles (per team)

**Time:** Starting 8am both days

**Location:** Crystal Street Courts / Tremont Street Courts

### Divisions:

Men's Singles (Flights A and B)

Men's Doubles (Flights A and B)

Women's Singles

Women's Doubles

Juniors 14 and under

The Third Annual Melrose Tennis Open is a sure way to show off your skills on the court. All abilities and skill levels welcomed, and the Tennis Open will hold single elimination men's, women's, and junior's matches. Each participant will receive a free t-shirt, as well as new balls for their matches. Online Registration is now available. Early registration ends July 4 which guarantees your shirt size. Registration deadline is July 23. All registrations after July 23 will be slotted as space allows.

Over 70 players competed in 2013



(See Melrose Tennis Open Flyer on Page 17)



# **COMMUNITY EVENTS**

## **Free Movie Nights** **Melrose Memorial Hall**

Presented By:  
Mayor Dolan & Melrose Recreation Dept.

**Wednesday, August 13 6 pm**

Ages: All Ages

**Wednesday, August 20 6 pm**

Ages: All ages

**Come join us for a relaxing evening of fun!**

**View a great movie, on a large screen (9'x16'), in our air conditioned main hall for Free. Families are encouraged to bring their own blankets so they can layout and watch. Seating will also be available.**

**Admission is free. Bring your own snacks!**

***Movie viewings made possible by the generosity of the  
Victoria McLaughlin Foundation, Inc.***

Please visit [www.melrosememorialhall.com](http://www.melrosememorialhall.com) for information and movie titles.

# COMMUNITY EVENTS



## Melrose Kids Club

*Come and enjoy coffee, conversation with other parents & caregivers plus free entertainment for children!*



**Where?** Memorial Hall, 590 Main Street

**Who?** Kids age 5 and under, accompanied by parents or caregivers

**When?** Fridays, 10 am – 11 am

**March 14, 2014**

**April 11, 2014**

**May 9, 2014**



*Sponsored by Mayor Rob Dolan  
and the  
Board of Aldermen  
[www.melrosememorialhall.com](http://www.melrosememorialhall.com)*



CITY OF MELROSE

***Saturday, July 26<sup>th</sup>***  
***Sunday, July 27<sup>th</sup>***

RECREATION DEPARTMENT

Melrose Recreation Department

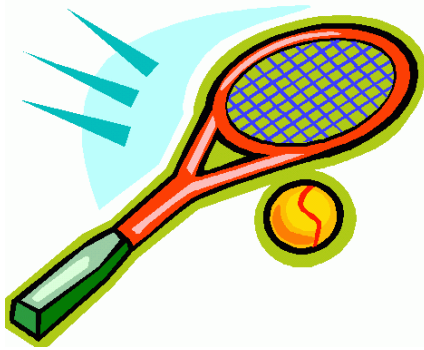
Melrose City Hall

Melrose, Massachusetts 02176

Telephone - (781) 979-4179

E-mail – [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org)

## 3rd Annual Melrose Tennis Open



- Men's Singles (A & B Flights)
- Men's Doubles (A & B Flights)
- Women's Singles
- Women's Doubles
- Junior Singles (14 and under)



Location:

Crystal Street and  
Tremont Street courts in  
Melrose

- Open to all players at all levels!
- Free tee shirts for all applicants
- \$25 for singles
- \$40 for doubles (per team)
- New can of balls included for each match

Registration Deadline:

- Friday, July 4 - Early Registration (Guaranteed shirt size)
- Wednesday, July 23 (Will receive Adult L tee shirt)
- All registrations after July 23 will be slotted as space allows

To register or for more information please contact the Melrose Recreation Department by phone at 781-979-4179 or by email at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org). Additional information is also available on our website at [www.cityofmelrose.org](http://www.cityofmelrose.org).

**Online registration is available for tournament spots!**



# **MELROSE TEEN NIGHTS**

**SEPT - JUNE**

Every Friday throughout the school year, the **Melrose Recreation Department**, **Melrose YMCA**, and **MVMMS PTO** will be running events and activities for Melrose teens. Listed below is a breakdown of the monthly schedule.

## **Chaperones and volunteers needed for all events!**

If interested please contact the Melrose Recreation Department or Melrose YMCA (Subject to CORI/SORI Check)

### **1<sup>ST</sup> FRIDAY OF MONTH**

#### **Common Ground Teen Center**

**Grades:** 6<sup>th</sup> – 8<sup>th</sup>  
**Cost:** FREE  
**Days:** 1<sup>st</sup> Friday of Month  
**Times:** 7:00pm – 10:00pm  
**Location:** Melrose YMCA on Main Street

The Common Ground is open to all Melrose teens in grades 6 – 8 and is located at the Melrose YMCA on Main Street. Qualified staff supervise the center and coordinates activities. The center offers a safe environment for teens to hang out with friends and provides billiards, ping pong, air hockey, video games, computers, and several other center activities. A full size gym is used for basketball, dodge ball, and other games. Each Common Ground night will feature a new theme. For a full theme night schedule please visit the Recreation Department or Melrose YMCA website.

### **2<sup>nd</sup> or 3<sup>rd</sup> FRIDAY OF MONTH**

#### **No Teen Activities Scheduled**

There will be no Teen Center activities scheduled on Middle School Dance nights.

## **Sponsored By:**



**Melrose Family YMCA**  
497 Main Street  
Melrose, MA 02176  
781-665-4360

### **2<sup>nd</sup> or 3<sup>rd</sup> FRIDAY OF MONTH**

#### **Teen Trip Night**

**Grades:** 6<sup>th</sup> – 8<sup>th</sup>  
**Cost:** \$10 per trip  
**Days:** 2<sup>nd</sup> Friday of Month  
**Bus Load:** 6:30pm – 7:00pm  
**Departure:** 7:00pm Sharp!  
**Return:** 9:00pm – 9:30pm  
**Location:** Melrose Middle School

Join us for one of our Teen Trip Nights! We will be leaving from the Melrose Middle School at 7pm and taking registered participants on field trips to fun hangout destinations. All trips cost \$10 and include bus transportation and entry fees. Each field trip will include Recreation Department staff and chaperones. For a full field trip schedule please visit the Recreation Department or School Departments website.

### **4<sup>th</sup> FRIDAY OF MONTH**

#### **Wild Card Teen Night**

**Grades:** 6<sup>th</sup> – 8<sup>th</sup>  
**Cost:** FREE to \$10 per night  
(Based on Activity Scheduled)  
**Days:** 4<sup>th</sup> Friday of Month  
**Times:** 7:00pm – 10:00pm  
**Location:** Various Locations!

On the 4<sup>th</sup> Friday of each month we will have a new event or activity scheduled for the community. Events range from movie nights, open gym nights, pool nights, band nights, sports games, fitness classes, and many more. For a full wild card schedule please visit the Recreation Departments or School Departments website.

# **MIDDLE SCHOOL AFTERSCHOOL**

## **Athletics, Programs, & Clubs**

The Melrose Recreation Department is proud to be running the following After School Sports, Programs, and Clubs for all Middle School students during the upcoming school year. Please be sure to check the Melrose Recreation Departments main website for announcements and flyers on all activities [www.cityofmelrose.org](http://www.cityofmelrose.org). If you would like more information on any programs or are interested in registering please contact Justin Kelley at [jkelley@cityofmelrose.org](mailto:jkelley@cityofmelrose.org).

### **FALL SPORTS**

- Football
- Cheerleading
- Cross Country
- Field Hockey
- Volleyball



### **WINTER SPORTS**

- Basketball
- Ice Hockey
- Wrestling

### **SPRING SPORTS**

- Spring Track

### **AFTER SCHOOL CLUBS / PROGRAMS**

- School Newspaper
- Art Club
- I Love to Draw
- Robotics and Lego League
- Ballroom Dancing
- Babysitter's Training
- Home Alone Safety Training
- Band Gig Music Program
- Plus many more.....

# YOUTH / TEEN TRAINING PROGRAMS

## **Babysitter's Training**

**Ages:** 11 - 15 **Date:** Sun, May 4

**Cost:** \$45 **Time:** 1:00pm – 5:00pm

**Location:** Melrose City Hall  
Mayor's Conference Room (3<sup>rd</sup>Floor)

**Instructor:** Debbie LaFlamme

Babysitters Training will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends.

This course discusses

- Learn the basics for interviewing with parents
- Learn infant and toddler care (diapering and feeding techniques, creative reading, activities for young children, and appropriate snacks)
- Handle bedtime issues\
- Choose safe and age-appropriate toys & games
- Perform basic First Aid (choking, cuts, puncture wounds, bruises, eye injuries, nosebleeds, tooth injuries, burns, seizures, poisoning, bites)
- Learn tips for having a safe babysitting experience including setting up a "code" with your parents in case of an emergency.

**All participants receive a certificate for completing the course.**

It is recommended to bring a snack.

## **Babysitting – Debbie LaFlamme**

Debbie LaFlamme is a licensed day care provider in Woburn, MA. With her degree in Early Childhood Education, she has over 20 years of experience in caring for children of all ages in her home. About ten years ago, she created this babysitting class. In the past 5 years, it has grown tremendously and is now being offered to many local schools, church groups, and organizations.

## **Home Alone Safety**

**Ages:** 8 - 12 **Date:** Sun, June 8

**Cost:** \$45 **Time:** 1:00pm – 4:00pm

**Location:** Melrose City Hall  
Mayor's Conference Room (3<sup>rd</sup>Floor)

**Instructor:** Lisa Gentile

Home Alone Safety, is a newly formed readiness program to better prepare your children to be alone before and after school. This program is a stepping stone for younger kids, to prepare them for what is to come, and for older kids that are seeking a better understanding and that need reinforcement of what they are experiencing. This course will teach basic safety rules and help build self-confidence, sense of responsibility and decision-making abilities through a variety of fun interactive activities and discussions, including acting and role playing. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child. Topics include but are not limited to:

This course discusses:

- Child safety
- Strategies to look after yourself for short periods of time
- Maintaining an emergency contact list
- Arriving home safely
- How to prevent injuries or problems by creating a safe and positive environment
- Fire safety
- Key, Internet, and Telephone Safety
- Stranger danger & not-so-stranger danger
- Basic first aid
- How to handle real-life situations and emergencies
- When & how to get help
- Being aware of your surroundings
- 10 Things to do while you are home alone
- And more

It is recommended to bring a snack. Pamphlets and handouts will be provided. **Certificates will be given at end of course.**

\*Massachusetts law states that all children must be at least 10 years old to stay home alone. Children ages 8 – 12 are welcome to take part in this course as a way to build awareness and education for their own home and personal safety\*



# YOUTH / TEEN TRAINING PROGRAMS

## Counselor-In-Training Program (C.I.T.)

**For Students Entering Grades 8 - 10**

### **PROGRAM DESCRIPTION**

Melrose Recreation C.I.T.'s will be actively involved in assisting with our Summer Parks Programs (pages 22-25), Summer Events, and working with our trained Summer Park Instructors. C.I.T.'s will assist with running pick-up games, activities, park events (Water Day, Luau Day, Summer Celebration, etc.), arts & crafts, board games, structured programs (Little Kickers Soccer, School Yard Games, Boys/Girls Basketball, etc.), and other summer activities. C.I.T.'s will move around as needed throughout their assigned schedule set by our Recreation Staff. This program is designed to give youth entering the 8<sup>th</sup>, 9<sup>th</sup>, or 10<sup>th</sup> grade a summertime work experience that is fun, but also teaches responsibility, leadership, and good communication skills. Please note that this program insists that its participants are assertive and self-motivated. The success of this program depends on the willingness of each C.I.T. to communicate with recreation staff and parks participants effectively. C.I.T.'s will be trained with staff and must conduct themselves in a professional manner.

Space will be reserved on a first-come, first serve basis. C.I.T.'s may register for more than one session if they are interested in gaining additional experience.

### **SUMMER VOLUNTEERS:**

The Recreation Dept. will be using C.I.T.'s for all of our structured Summer Parks Programs (School Yard Games, Boys/Girls Basketball, etc.). We will continue to use summer youth volunteers at the Common Park, but involvement will be on a limited base. Volunteers will not receive staff shirts or any of the training like our C.I.T.'s. If interested in volunteering please contact the Rec Dept. for more information. C.I.T.'s and youth volunteers will earn community service hours for the time they work in this program.

\*Counselors-In-Training are not guaranteed positions as Melrose Recreation Park Instructors in future years.

### **C.I.T. REGISTRATION INFO:**

**Registration Deadline:** June 13

### **OPTION #1: SUMMER PARKS PROGRAMS**

**Session I:** Mondays & Wednesdays  
June 23 – Aug 6 (14 work days)

**Session II:** Tuesdays & Thursdays  
June 24 – Aug 7 (14 work days)

**Time:** 10am – 2pm  
**Location:** Common Park  
**Fee:** \$45 / Session  
**Space:** Max 8 C.I.T.'s / Session

### **OPTION #2: COMMUNITY EVENTS**

**Session I:** Wednesdays, Thursdays. & Fridays  
July 9 – Aug 8 (14 work days)

**Time:** Wed & Thu 5:30pm – 8:30pm  
Fridays 10:00am – 1:00pm  
**Location:** Various Community Parks  
**Fee:** \$45 / Session  
**Space:** Max 8 C.I.T.'s / Session

### **INCLUDES:**

Two C.I.T. Work Shirts (Mandatory to Work)  
Whistle with Lanyard  
Training  
Education  
Mentoring  
Supervision  
Scheduling  
Summer Camp Culture  
Community Service Hours  
Food & Drink at Events for CIT's

### **C.I.T. COMMITMENT:**

CIT's cannot miss more than 4 work days during their session or they will be dismissed from the program with no refund. Commitment is very important for running a successful C.I.T. program.

# SUMMER PARKS PROGRAMS

## **\*FREE! Open Park Program\***

**Ages:** All Ages **Dates:** Monday – Thursday  
(Friday Events – See Below)

**Cost:** FREE! **Time:** 10:00am – 2:00pm

**Session:** June 30 – Aug 8

**Location:** Common Park

Melrose Recreation will be staffing the Common Park with several instructors all summer! Our Park Instructors will be available to play sports, organize games, run activities, and setup arts & crafts projects for all who are interested. Just show up and we will provide the fun. Bring your friends or come and meet new ones. It is our mission to get all Melrose kids outside and into our beautiful parks to play and socialize. (Program may close early if no participants are in the park)

**\*Supervision is very limited. A guardian must accompany any child under the age of 10, and must remain for the duration of participation.\***

## **Pizza Party Friday's**

**Ages:** All Ages **Dates:** Fridays, July 11 – Aug 8

**Cost:** \*See Below **Time:** 11:00am – 1:00pm

**Location:** \*See Below

Every Friday our Parks Instructors will be running fun free events and activities at our parks. Play games, jump in our supervised bounce house, meet friends, and just go crazy!

We will be serving hot pizza from 12:00pm – 1:00pm for \$1 per slice as well as cold drinks for \$1 each. Be sure to take advantage of the day and kick your weekend off right! See you between 11am – 1pm.

### Dates & Locations for Pizza Party Friday's

July 11	Gooch Park
July 18	Hesseltine Park
July 25	Volunteer Park (Warren St Park)
Aug 1	Lincoln Park
Aug 8	Common Park

\*Location for this program changes each Friday\*



## **Pizza Party Friday Event**

## **Story Time & Parachutes**

**Ages:** 2 – 5

**Dates:** Fridays, 5 Sessions

**Cost:** \$14

**Time:** 10:15am – 11:00am

**Session I:** July 11 – Aug 8

**Location:** \*See Below

Lay your blanket down under a shaded tree or under the hot summer sun and join us **as Kathy Harlow from the Family Resource Network** reads new and classic story time books to all in attendance. Kathy will share ideas of things to do with kids at home to reinforce the story and also to keep literacy a part of each day. After we are done reading all participants will have a chance to work off that energy by running underneath and all around our giant parachute. Our story time and parachute is led by our Park Instructors, but parents are encouraged to jump in to help. After the class, stay and enjoy our Pizza Party Friday event with our supervised bounce house!

### Dates & Locations for Story Time & Parachutes

July 11	Gooch Park
July 18	Hesseltine Park
July 25	Volunteer Park (Warren Street Park)
Aug 1	Lincoln Park
Aug 8	Common Park

\*Location for this program changes each Friday\*

### **Story Time & Parachutes is in partnership with:**

North Suburban Child and Family Resource Network  
[www.halmarkhealth.org](http://www.halmarkhealth.org) (See page 36 for more info)

# SUMMER PARKS PROGRAMS

## School Yard Games

**Ages:** 3 - 5      **Dates:** Mon & Wed @ Common Park

**Cost:** \$24      **Time:** 10:15am – 11:00am

**Session II:** July 21 – Aug 6

Remember all of your classic school yard games such as duck, duck goose; London bridges; red rover, red rover; sharks and minnows; etc? Well now it's your kids turn to learn how to play these old time favorites.

## Learn to Throw, Kick, & Run

**Ages:** 3 - 5      **Dates:** Tue & Thu @ Common Park

**Cost:** \$24      **Time:** 10:15am – 11:00am

**Session I:** July 1 – July 17

Learn the fundamentals needed for all sports. This program will teach kids the proper way to throw, kick, and run by using different equipment and games. Program runs for six sessions and focuses on teaching proper form from beginning to end.

## Little Kickers Soccer

**Ages:** 3 – 5

**Cost:** \$24

**Location:** Common Park

**Session I:** July 1 – July 17 (Tue & Thu)  
11:15am – 12:00pm,

**Session II:** July 21 – Aug 6, (Mon & Wed)  
11:15am – 12:00pm

**Session II:** July 22 – Aug 7, (Tue & Thu)  
10:15am – 11:00am

This energetic program gives kids the opportunity to learn the fundamentals of soccer. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship and muscle coordination. Shin guards are optional.

## Inclement Weather

All weather announcements and updates will be made via email to registered participants. Please check your email regularly to find out the status of your programs and field conditions.

## \*SUMMER SESSIONS\*

### SESSION I:

**Mon & Wed**      **June 30 – July 16**  
**Tue & Thu**      **July 1 – July 17**

**Rain Date:** Mon – Fri (TBD)

### SESSION II:

**Mon & Wed**      **July 21 – Aug 6**  
**Tue & Thu**      **July 22 – Aug 7**

**Rain Dates:** Mon – Fri (TBD)

**\*Each Program Runs for 6 Sessions\***

## Boys - Little Shooters Basketball

**Ages:** 3 - 5      **Dates:** Mon & Wed @ Common Park

**Cost:** \$24      **Time:** 11:15am – 12:00pm

**Session I:** June 30 – July 16

Beginners program designed to teach kids the proper way to dribble, pass, shoot, and most importantly have fun! Kids will use a smaller basketball and the court will have lowered hoops so all participants can reach the basket. Great way to get involved in the game!

## Girls - Little Shooters Basketball

**Ages:** 3 - 5      **Dates:** Mon & Wed @ Common Park

**Cost:** \$24      **Time:** 10:15am – 11:00am

**Session I:** June 30 – July 16

Beginners program that is designed to teach kids the proper way to dribble, pass, shoot, and most importantly have fun! Kids will use a smaller basketball and the basketball court will have lowered hoops so all participants can reach the basket. Great way to get involved in the game!



# SUMMER PARKS PROGRAMS

## Cheerleading

**Ages:** 3 - 5     **Dates:** Tue & Thu @ Common Park

**Cost:** \$24     **Time:** 11:15am – 12:00pm

**Session II:** July 22 – Aug 7

Get your pom pom's ready because its time to start cheering! Join us for our new cheerleading program designed to teach participants basic cheers, techniques, coordination, and fun. Our energetic and experienced staff will show you the true meaning behind team spirit. This is a great way to get exposure to the sport in a friendly and safe environment.

## Rookie Player

**Ages:** 3 - 5     **Dates:** Tue & Thu @ Common Park

**Cost:** \$24     **Time:** 12:15pm – 1:00pm

**Session II:** July 22 – Aug 7

Here is your chance to play not only one sport, but four! This beginners program focuses on giving participants a taste of four major sports throughout the summer; soccer, basketball, baseball, and football. The class will rotate between sports being sure to play two different sports each session. A great for kids who are still exploring or have a passion for all sports.

## Pro Player

**Ages:** 5 - 7     **Dates:** Tue & Thu @ Common Park

**Cost:** \$24     **Time:** 1:15pm – 2:00pm

**Session II:** July 22 – Aug 7

You think you made it through our Rookie Program with flying colors, well now it's your chance to advance your skills to the Pro level. This program is for beginner and intermediate players looking to participate in soccer, basketball, baseball, and football during the summer. The classes rotate between sports, ensuring that two sports are played each session. Great for kids who are still exploring or have a passion for all sports.

## Inclement Weather

All weather announcements and updates will be made via email to registered participants. Please check your email regularly to find out the status of your programs and field conditions.

## \*SUMMER SESSIONS\*

### SESSION I:

**Mon & Wed**     **June 30 – July 16**  
**Tue & Thu**     **July 1 – July 17**

**Rain Date:** Mon – Fri (TBD)

### SESSION II:

**Mon & Wed**     **July 21 – Aug 6**  
**Tue & Thu**     **July 22 – Aug 7**

**Rain Dates:** Mon – Fri (TBD)

**\*Each Program Runs for 6 Sessions\***

## Boys – Basketball Clinic

**Ages:** 6 - 8     **Dates:** Mon & Wed @ Common Park

**Cost:** \$24     **Time:** 12:15pm – 1:00pm

**Session II:** July 21 – Aug 6

Time to hoop it up! Join us for our skills and drills basketball clinic in the parks. We will be focusing on dribbling, passing, shooting, teamwork, sportsmanship, and fun. Great way to touch up and improve your basic basketball skills, and to learn some new drills in the process. Sign-up quick as this program fills up fast!

## Girls – Basketball Clinic

**Ages:** 6- 8     **Dates:** Mon & Wed @ Common Park

**Cost:** \$24     **Time:** 12:15am – 1:00pm

**Session I:** June 30 – July 16

Time to hoop it up! Join us for our skills and drills basketball clinic in the parks. We will be focusing on dribbling, passing, shooting, teamwork, sportsmanship, and fun. Great way to touch up and improve your basic basketball skills, and to learn some new drills in the process. Sign-up quick as this program fills up fast!



# SUMMER PARKS PROGRAMS

## **Boys – Soccer Clinic**

**Ages:** 6 - 8      **Dates:** Tue & Thu @ Common Park

**Cost:** \$24      **Time:** 12:15pm – 1:00pm

**Session I:** July 1 – July 17

This energetic program 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. Come polish up your skills! Open to all skill levels and abilities.

## **Girls – Soccer Clinic**

**Ages:** 6 - 8      **Dates:** Tue & Thu @ Common Park

**Cost:** \$24      **Time:** 1:15pm – 2:00pm

**Session I:** July 1 – July 17

This energetic program 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. Come polish up on your skills! Open to all levels and abilities.

## **Host a Private Parks Party +++**

**Ages:** All Ages      **Dates:** June 1 – Sept 30

**Cost:** \$325      **Time:** 2 Hour Time Block

### **Description:**

The Melrose Recreation Department will be available to host private parties for Melrose residents. At a party, we will bring our bounce house, face painting supplies, various recreational equipment, and 3-4 staff members to run the supervised event. Each party will need to select a City park to hold their event (based on permit availability). The Recreation Dept. will setup 30 minutes prior to the start time and clean-up / breakdown after the two hour rental has finished. One staff member will supervise the bounce house, one-two staff members will face paint, and one-two staff members will run various activities. All parties will be responsible for supervision of their participants and will need to assist with clean-up (not breakdown) concluding the event. Food is allowed, but alcohol is strictly prohibited. To check on availability and for additional information please call the Recreation Dept. at 781-979-4179.

## **\*SUMMER SESSIONS\***

### **SESSION I:**

**Mon & Wed**      **June 30 – July 16**  
**Tue & Thu**      **July 1 – July 17**

**Rain Date:** Mon – Fri (TBD)

### **SESSION II:**

**Mon & Wed**      **July 21 – Aug 6**  
**Tue & Thu**      **July 22 – Aug 7**

**Rain Dates:** Mon – Fri (TBD)

**\*Each Program Runs for 6 Sessions\***



## **Inclement Weather**

All weather announcements and updates will be made via email to registered participants. Please check your email regularly to find out the status of your programs and field conditions.

# YOUTH CAMPS, CLINICS, & PROGRAMS

## LEGO / ROBOTICS



### **Super Hero Sidekick** (New)

**Ages:** 4 – 5  
**Days:** Mon – Fri  
**Cost:** \$150  
**Time:** 9:00am – 12:00pm  
**Location:** Memorial Hall  
**Session:** July 14 – July 18

Become part of a heroic comic book adventure as you create your own hero and build gear to help him save the city. Make your hero hover, reach far distances, and fly! Build different vehicles for your hero, and race against other heroes. “Become part of a heroic adventure”

### **Super Hero League** (New)

**Ages:** 6 - 9  
**Days:** Mon – Fri  
**Cost:** \$295  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall  
**Session:** July 14 – July 18

Create your own hero and become part of a team of heroes just like the Justice League and the Avengers! Build your own team headquarters and superhero LEGO machines to save the world and capture the bad guys. During the afternoon get ready to build different types of vehicles for your superhero, including a LEGO hovercraft, planes, cars and dragsters

**FOR MORE INFORMATION PLEASE VISIT**  
[www.letgoyourmind.com](http://www.letgoyourmind.com)

(New)

### **Minecraft Robotics & Hovercrafts**

**Ages:** 9 - 13  
**Days:** Mon – Fri  
**Cost:** \$295  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall  
**Session:** July 14 – July 18

Play real life Minecraft as you build, clear and change landforms to create a city that can withstand natural and villain based disasters. Save the city by creating your own hero and feel like Iron Man as you build robots to perform super hero challenges in your city. Create and program a robot that can lift heavy objects, leap tall buildings in a single bound, and follow a villain’s trail. During the afternoon students will create many types of motorized vehicles and hovercrafts using magnetic levitation.



All Letgo Your Mind participants need an updated physical form and vaccination records from their physician turned into the Melrose Recreation Dept. Office by **July 7**. No child will be allowed to participate without these forms being turned in to the office.



# YOUTH CAMPS, CLINICS, & PROGRAMS

## **LEGO / ROBOTICS**



**(New)**

### **Code Your Super Heroes into Action & Create LEGO Stop Animation Movies**

**Ages:** 6 - 9  
**Days:** Mon – Fri  
**Cost:** \$295  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall  
**Session:** July 21 – July 25

Build a crane as strong as the Hulk, a car as fast as the Flash, a plane that can fly like Superman, and construct a goalie and kicker and compete in a robotic soccer game. You'll also bring your Lego superheroes to life by powering them through a computer.

In the afternoon, students will build their own mini movie set and create an animated movie using LEGO mini figures. The students will also learn how to edit their movies and add sound and titles using our new professional software similar to what was used to make the movie Wallace and Gromit

#### For parents:

*Camp participants will learn about simple machines and the basics of programming, code and sensors as they make their Lego creations move and interact with their environment. Participants will also gain experience using problem solving skills while debugging their programs, and use their creativity to modify their projects. Each child will bring home a Lego hero of their own creation, a Flash Photo Album and a camp tee shirt.*

**(New)**

### **Create LEGO Stop Animation Movies & Video Games**

**Ages:** 9 - 12  
**Days:** Mon – Fri  
**Cost:** \$295  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall  
**Session:** July 21 – July 25

Do you know someone who likes to play video games? Have you ever thought about being a game designer? Learn how to create your first video game and bring it to life through Scratch animation! Learn how to create and draw your characters, paint or import backgrounds, create sounds and then program characters to move around the screen.

In the afternoon, students will build their own mini movie set and create an animated movie using LEGO mini figures. The students will also learn how to edit their movies and add sounds and titles using our new professional software similar to what was used to make the movie Wallace and Gromit

**\*All Letgo Your Mind participants need an updated physical form and vaccination records from their physician turned into the Melrose Recreation Dept. Office by July 7. No child will be allowed to participate without these forms being turned in to the office.**



# YOUTH CAMPS, CLINICS, & PROGRAMS

ADDITIONAL COMMUNITY OPPORTUNITIES!!!



## Get out and play!



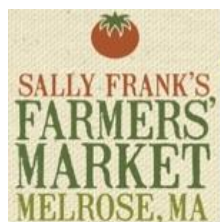
The Melrose Recreation Department is pleased to offer EMARC Recreation programs as an additional opportunity for Melrose individuals of all ages with disabilities. EMARC Recreation offers year-round programming that includes:

- *Special Olympics*
- *Social outings*
- *Music therapy*
- *Dances*
- *Creative Movement*
- *Family events*
- *Swimming lessons*
- *Sibling programs*

*and much more!*

For more information, please visit [www.theemarc.org](http://www.theemarc.org) (click 'Services', then 'Recreation') or contact Chenine Peloquin, CTRS, at 781.587.2382, or at [rec@theemarc.org](mailto:rec@theemarc.org)

EMARC's mission is to support, serve, and advocate for people with developmental disabilities and their families to ensure they are valued, respected, and have the opportunity to fully participate in their communities. For more about EMARC, visit [www.theemarc.org](http://www.theemarc.org)



**THURS. 1-7 PM \* JUN 12 - OCT 30**  
**BOWDEN PARK ON W. EMERSON ST. AT CEDAR PARK**

# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS

# GIRLS YOUTH BASKETBALL CLINICS



### **Clinics Instructed By:**

Lindsay Shanahan

Melrose Varsity Field Hockey Coach

Melrose Varsity Basketball Coach

### **Girls Youth Basketball Clinic**

**Grades:** 2 - 5  
**Dates:** Sat, June 7 – June 28  
**Time:** 9:00am – 10:00am  
**Cost:** \*FREE  
**Location:** Common Basketball Courts

Come join us on Saturday mornings for skills and drills. Participants will learn basic basketball skills and fundamentals. Players will partake in drills, controlled scrimmages and fun competitions.

### **Girls Youth Basketball Clinic**

**Grades:** 6 - 8  
**Dates:** Sat, June 7 – June 28  
**Time:** 10:30am – 12:00pm  
**Cost:** \*FREE  
**Location:** Common Basketball Courts

Come join us on Saturday mornings for skills and drills. Participants will learn basic basketball skills and fundamentals. Players will partake in drills, controlled scrimmages and fun competitions.

# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS



### Citi Rob Gronkowski Youth Football Clinic

**Grades:** 1 - 8  
**Dates:** Sat, May 31 & Sun, June 1  
**Time:** 9:00am – 12:30pm  
**Cost:** \$179 when you use code "Melrose" when registering (Originally \$199)  
**Location:** Fred Green Field (High School Turf) & Surrounding Fields

Star Tight End Rob Gronkowski of the New England Patriots is coming to Melrose. During the two-day clinic participants will learn fundamental football skills and have the opportunity to meet and interact with the tight end. Each attendee will receive an autograph from Rob and a team photo with Rob. Gronkowski will be on-site to direct the event and will be joined by a selection of prep and college coaches from the area. The clinic is open to boys and girls of all skill levels in grades 1-8. Cost of the clinic is \$199 but if you use the code "Melrose" when registering it drops the price to \$179 per participant.

#### Included with the Clinic:

- A Limited Edition Rob Gronkowski Clinic T-Shirt
- Learn from and Interact with Gronk
- Exclusive Autographed Clinic Team Photo with Gronk
- Expert Instruction
- Opportunity to Win Contests and Prizes
- A Fun and Educational Experience

#### To Register:

Visit [GronkClinic.com](http://GronkClinic.com) and use promo code "Melrose" to save \$20! (Melrose price \$179)

**Clinic Run By:** PRO CAMPS  
[www.procamps.com](http://www.procamps.com)

#### ***Inclement Weather Policy***

In the event of heavy rain or inclement weather, the clinic will be moved to a nearby indoor facility. Instruction and other related activities will continue inside the facility. Parents will be notified of the indoor location in the Clinic Bulletin that they receive at check-in on the first day of the clinic. Alternate days, make-up sessions, and refunds will not be offered. The decision to modify the schedule rests solely with the director and clinic management team.



# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS



### Daniel Nava Baseball Clinic

**Grades:** 1 - 8  
**Dates:** Thu, July 31  
**Time:** 9:00am – 12:30pm  
**Cost:** \$89  
**Location:** Fred Green Field (High School Turf)  
& Morrelli Baseball Field (HS Field)



Melrose, here is your chance to meet and interact with **Boston Red Sox Daniel Nava (OF)** at his youth instructional baseball clinic in your hometown! The Daniel Nava Baseball Clinic is on July 31<sup>st</sup> at the Melrose High School Athletic Fields. Nava will be on site to direct clinic activities, provide instruction, and give lectures highlighting the finer points of the game of baseball and beyond. Nava will also be accompanied by some of the areas' best high school and college coaches that will run various stations and drills, specializing in the fundamental skills of baseball. Individual groups will be small to assure that each participant gets maximum instruction from the top baseball coaches in the Boston area. The clinic is open to boys and girls grades 1 - 8. In the event of heavy rain or inclement weather, the clinic will be moved to a nearby indoor facility (Marcoux / HS Gym).

- A Limited Edition Daniel Nava Clinic T-Shirt
- Learn from and Interact with Daniel Nava
- Exclusive Autographed Clinic Team Photo with Daniel Nava
- Expert Instruction
- Opportunity to Win Contests and Prizes
- A Fun and Educational Experience

#### To Register:

Visit [DanielNavaClinic.com](http://DanielNavaClinic.com) and use promo code "Melrose" to save \$10! (Melrose price \$89)

**Clinic Run By:** PRO CAMPS  
[www.procamps.com](http://www.procamps.com)



Photos of Daniel Nava Baseball Clinic  
(Melrose - 2013)



# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS



### Kick & Play Soccer Program

**Ages:** 12 months – 24 months  
**Days:** Wednesdays, 6 Sessions  
**Dates:** July 9 – Aug 13  
(Rain Date Aug 20)  
**Time:** 8:30am – 9:10am (40 min)  
**Cost:** \$120  
**Location:** Common Park

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

**Run by:**

Super Soccer Stars  
[www.supersoccerstars.com](http://www.supersoccerstars.com)



### Super Soccer Stars Program

**Ages:** 2 – 3 years old  
**Days:** Wednesdays, 6 Sessions  
**Dates:** July 9 – Aug 13  
(Rain Date Aug 20)  
**Time:** 9:20am – 10:00am (40 min)  
**Cost:** \$120  
**Location:** Common Park

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. For ages 2 and up!

**Run by:**

Super Soccer Stars  
[www.supersoccerstars.com](http://www.supersoccerstars.com)



# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS



### Total Play Multi Sports Clinic

**Ages:** 7 - 14  
**Dates:** July 14 – July 18  
**Full Day:** \$185 (9:00am – 4:00pm)  
**Location:** Fred Green Field (High School Turf)

Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. Campers will receive technical instruction, have the chance experience the sport in a realistic game situation, and will participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate. This is the only sports camp truly dedicated to children of all abilities. Each child will receive a free t-shirt, soccer ball, and a participant certificate.

**All participants need an updated physical form and vaccination records from their physician turned into the Melrose Recreation Dept. Office by July 7. No child will be allowed to participate without these forms being turned in to the office.**

**Run by:** US Sports Institute  
[www.ussportsinstitute.com](http://www.ussportsinstitute.com)

\*This camp must comply with regulations of the Mass Dept. of Public Health and be licensed by the local board of health.

**For more information on USSI programs  
please visit [www.ussportsinstitute.com](http://www.ussportsinstitute.com).**

### Total Sports Squirts Clinic

**Dates:** July 14 – July 18  
**Location:** Cabbage Patch Field  
(In front of Middle School)

**Age:** 3-4  
**Cost:** \$85  
**Time:** 4:30pm – 5:30pm

**Ages:** 5 – 6  
**Cost:** \$85  
**Time:** 4:30pm – 5:30pm

The Total Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, basketball, lacrosse, hockey and T-Ball. All classes will take place in a safe, structured environment which is sure to encourage learning and skill development. Games and drills are designed to capture each child's imagination. Whether it is trying to find Nemo, sending Shrek into a spin or capturing jellyfish with Sponge Bob Square Pants, there's fun to be had by all. All activities promote hand-eye coordination, movement, balance and most importantly Fun, Fun, Fun! Each child will receive a free t-shirt, soccer ball, and a participant certificate.

**Run by:**  
US Sports Institute [www.ussportsinstitute.com](http://www.ussportsinstitute.com)



# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS



### **First Play Soccer Clinic**

**Dates:** July 28 – Aug 1  
**Location:** Fred Green Field (High School Turf)  
(July 31 – Location TBD)

**Ages:** 7 – 12  
**Cost:** \$155  
**Time:** 9:00am – 12:30pm

Experience the excitement of the world's most popular sport at US Sports Institute's First Play Soccer Camp. Children will thrive on the exciting and enjoyable atmosphere generated by our qualified, international coaches. Participants will engage in a variety of fun games and challenges designed to enhance basic soccer skills; dribbling, passing, shooting and field awareness. Each day culminates in our World Cup tournament, where players have the chance to put their skills to the test in small sided and regular soccer scrimmages. The sole focus is on developing a basic understanding of the game and experiencing the excitement of soccer through the freedom of play. Each child will receive a free t-shirt, soccer ball, and a participant certificate.

**All participants need an updated physical form and vaccination records from their physician turned into the Melrose Recreation Dept. Office by July 21. No child will be allowed to participate without these forms being turned in to the office.**

This camp must comply with regulations of the Mass Dept. of Public Health and be licensed by the local board of health.

### **Soccer Squirts Clinic**

**Dates:** July 28 – Aug 1  
**Location:** Fred Green Field (High School Turf)  
(July 31 – Location TBD)

**Age:** 3-4  
**Cost:** \$85  
**Time:** 1:00pm – 2:00pm

**Ages:** 5 – 6  
**Cost:** \$85  
**Time:** 2:00pm – 3:30pm

Often Imitated, Never Duplicated. US Sports Institute's Soccer Squirts camp provides an introduction to the beautiful game, in a fun filled, safe environment for children aged 3-5. The program is a 5 day mini camp, comprising of enjoyable and imaginative games and scrimmages. Soccer Squirts is designed to develop motor skills, balance and coordination within a low pressure social environment. The Soccer Squirts camp schedule includes a range of games based upon, short passing, dribbling, turning and of course shooting. As well as not forgetting the most important aspect... FUN, FUN, FUN! Each child will receive a free t-shirt, soccer ball, and a participant certificate.

**Run by:**  
US Sports Institute [www.ussportsinstitute.com](http://www.ussportsinstitute.com)



# YOUTH CAMPS, CLINICS, & PROGRAMS

## ATHLETICS

### 2014 Soccer Skills Developmental Program

Sponsored by the City of Melrose Recreation Department and under the direction of Mr. Vito La Francesca- the Women's Soccer Coach at Lasell College in Newton the Soccer Skills Developmental Program will take place in Melrose the week of August 11-15.

Feedback that has been received from the last couple of year's participants has been very positive – there is no doubt that this has been a good lead-in to the high school soccer preseason camp that will begin the following week on Thursday August 21<sup>st</sup>.

***This program will be available to all high school girl soccer players.***

Don't miss out on this opportunity to train in a program –  
***that is cost effective - close to home- and beneficial to the player.***

**Monday August 11th thru Friday August 15th**

**FIVE SESSIONS TOTAL**

**Times: 6:00 pm to 7:30 pm**

**Location: Fred Green Field at Melrose High School**

**Cost: \$100.00**

**Participants are required to bring/wear the following;**

- **White or Grey T-Shirt- NO COLORED "T's"**
- **Soccer Cleats or Turf Shoes**
- **Shin Pads**
- **Bring a #5 Soccer Ball**
- **Snack, Water or Sports Drink and Sunscreen**

**Checks for \$100.00 are payable to "Melrose Recreation Department"**

**Please Complete Registration Form- and Mail/Deliver with Check to:**

**Bill DeSimone**

**121 Whitman Ave- Melrose, MA 02176**

**Please do not send to the Melrose Recreation Department**

**DEADLINE IS MONDAY AUGUST 4<sup>TH</sup> – 2014**

Direct questions to Bill DeSimone at [wdesimone@hotmail.com](mailto:wdesimone@hotmail.com) or 617-678-5857





# **TENNIS PROGRAMS**

## **CRYSTAL STREET TENNIS COURTS**



Melrose Recreation is excited to bring back our Summer Tennis program. Last year over 250 participants bounced, dribbled, and rallied on our Crystal Street courts. The QuickStart Tennis program developed by the United States Tennis Association was a huge success last summer. QuickStart Tennis looked at the popularity of skateboarding and invented a way of learning tennis which emulates its fun and independence. Based on group dynamics instead of instructor-centric instruction the kids remain in motion. The goal of playing tennis is achieved through participation and not demonstration. QuickStart succeeds by using age appropriate balls and equipment aimed at making tennis fun and easy to learn. This summer's program will be inviting for new students as well as challenging to our returning players. Our new programs based on Quickstart will allow kids to feel they have "graduated" into another level. Whether it be beginners lessons or our new offering Drill and Play we hope to welcome as many adults to our programming as we have kids!

### **QuickStart I**

**Ages:** 5 - 6      **Dates:** 8 Sessions, 2x / week  
**Cost:** \$85      **Time:** 9:00am – 10:00am  
**Session I:** July 7 – July 30 (Mon & Wed)  
**Session II:** July 8 – July 31 (Tue & Thu)

Designed for 5 and 6 year olds, this program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket work skills, and rudimentary rallying skills. In addition, they will learn about fairness, and they will begin to understand winning and losing, and how to work with others. Participants need a 19-inch racket.



### **QuickStart II**

**Ages:** 7 - 9      **Dates:** 8 Sessions, 2x / week  
**Cost:** \$85      **Time:** 10:00am – 11:00am  
**Session I:** July 7 – July 30 (Mon & Wed)  
**Session II:** July 8 – July 31 (Tue & Thu)

Designed for 7 to 9 year olds, this program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket-work skills, and rudimentary rallying skills as well. They will be taught self-rally skills, 2-person rally skills, serving and receiving skills, and net-play. They will learn the basic rules, simplified scoring, and appropriate behavior as part of their training. They will start to play! Participants need a 21, or 23 inch racket.

### **QuickStart III**

**Ages:** 10 - 12      **Dates:** 8 Sessions, 2x / week  
**Cost:** \$85      **Time:** 11:00am – 12:00pm  
**Session I:** July 7 – July 30 (Mon & Wed)  
**Session II:** July 8 – July 31 (Tue & Thu)

Designed for 10, 11, and 12 year olds. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, all basic shots, and basic tennis strategy and tactics. Players will learn assorted racket-work skills, self rallying and 2-person rallying skills, serving and receiving skills, and net-play. They will learn the rules, including tennis scoring. And they will get to play! Participants will need a 23 or 25-inch racket.

### **Rain Dates**

Rain dates have been reserved for later that afternoon or Fridays between 10:00am – 1:00pm. You will be notified by email on all cancellations and rescheduling of classes. No partial refunds.

**SEE NEXT PAGE FOR WEEK LONG CLINICS**



# **TENNIS PROGRAMS**

## **CRYSTAL STREET TENNIS COURTS**



### **WEEK LONG CLINICS**

#### **QuickStart II**

**Ages:** 7 - 9      **Info:** Mon – Thu, 4 Sessions  
**Cost:** \$45      **Time:** 9:00am – 10:00am  
**Session I:** June 23 – June 26 (Mon - Thu)  
**Session II:** Aug 11 – Aug 14 (Mon - Thu)

Designed for 7 to 9 year olds, this program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket-work skills, and rudimentary rallying skills as well. They will be taught self-rally skills, 2-person rally skills, serving and receiving skills, and net-play. They will learn the basic rules, simplified scoring, and appropriate behavior as part of their training. They will start to play! Participants need a 21, or 23 inch racket.

### **WEEK LONG CLINICS**

#### **QuickStart III**

**Ages:** 10 - 12      **Dates:** Mon - Thu, 4 Sessions  
**Cost:** \$85      **Time:** 10:00am – 11:55am  
**Session I:** June 23 – June 26 (Mon - Thu)  
**Session II:** Aug 11 – Aug 14 (Mon - Thu)

Designed for 10, 11, and 12 year olds. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, all basic shots, and basic tennis strategy and tactics. Players will learn assorted racket-work skills, self rallying and 2-person rallying skills, serving and receiving skills, and net-play. They will learn the rules, including tennis scoring. And they will get to play! Participants will need a 23 or 25-inch racket.



North Suburban Child & Family Resource Network is funded by a grant through the Wakefield public schools in collaboration with the Melrose and the Stoneham public schools and Hallmark Health System.

The Network supports and educates families and caregivers of young children from birth through entering kindergarten. The Network is proud to collaborate with the Melrose Recreation Department.

 **Hallmark Health System**  
[www.hallmarkhealth.org](http://www.hallmarkhealth.org)



### **Mount Hood Golf Club & Function Facility**

Book your next function at Mount Hood

Showers, business meetings, birthday parties, weddings, christenings, and communions!

781-665-6656 ext 3

Space still available for graduations!



# **GOLF PROGRAMS**

## **YOUTH & ADULTS**



### **Mount Hood Golf Course**

Mt. Hood Golf Course is an 18-hole public course owned by the City of Melrose. The course consists of 226-acres which includes a memorial park, tot lot, memorial tower, nature trails, and restaurant/bar.



Photo of Recreation Youth Golf Lesson Orientation (2012)

### **Recreation Youth Golf Lessons**

**Ages:** 5 - 14      **Days:** 3 Sessions, Mon - Wed

**Cost:** \$130      **Time:** 9:15am – 12:15pm

**Session I:** June 30 – July 2

**Session II:** July 14 – July 16

**Session III:** July 28 – July 30

**Session IV:** Aug 11 – Aug 13

**Session V:** Aug 25 – Aug 27

Melrose Recreation is offering a series of three day youth golf lessons covering grip, swing, and game fundamentals. These lessons are open to all children between the ages of 5 - 14. The class sizes are limited to allow for personalized instruction. To register for this program please go to [www.cityofmelrose.org](http://www.cityofmelrose.org) or visit the Recreation Department Office.



### **Mount Hood Golf Staff**

The Mt. Hood Golf Staff has been running its summer golf programs since 1992. In that time more than 1000 children and adult have participated in our lesson, clinics, and schools. The golf staff prides itself on providing quality instruction for players of all ages and abilities, and can train the most basic beginners to become advanced golfers.



Photo of participants & staff from Junior Golf School (2012)

### **Mount Hood Golf Club Junior Golf School**

**Ages:** 5(+)      **Days:** 3 Sessions, Mon - Wed

**Cost:** \$275      **Time:** 9:15am – 3:15pm

**Session I:** June 23 – June 25

**Session II:** July 7 – July 9

**Session III:** July 21 – July 23

**Session IV:** Aug 4 – Aug 6

**Session V:** Aug 18 – Aug 20

Mt. Hood Golf Club is offering a series of four day junior golf schools covering grip, swing, game fundamentals, and nine holes of golf. These lessons are open to children (male & female) 5 years of age and older, pending on the younger children's golf course experience. The class sizes are limited allow for personalized instruction. Classes consist of golf instruction (9:15am – 12:15pm), followed by lunch, and then course play (1:15pm – 3:15pm). To register, visit the Mount Hood Pro Shop or call 781-665-6656.

### **Golf - Online Registration**

To register online for golf programs please visit [www.playgolfne.com](http://www.playgolfne.com), click on Mt. Hood Golf Course, and click on instruction.



# **ADULT PROGRAMS**

## **SPRING PROGRAMS / LEAGUES**



David Ortiz Baseball Clinic – Melrose 2013

### **Men's Over Thirty Spring Soccer League**

**Ages:** 30(+) **Days:** Sundays  
**Cost:** \$60 **Time:** 7:15 pm or 8:15pm Games  
**Location:** Fred Green Field  
**Session:** April 6 – June 22  
(No April 20, May 11, or May 25)  
(Rain Date: Sun, June 29)

**Registration Deadline:** March 29

-9 game schedule

Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. The league is a 8 game regular season. Space is limited to the first 52 players before they are placed on the waiting list. Uniforms are NOT included in registration fee (see below). No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

If you need a new reversible team jersey there is an additional \$15 fee at time of online registration. Be sure to include your jersey size if you are purchasing a league jersey. All players are required to own a Recreation Dept. reversible jersey to participate. You can use your jersey for all future seasons.

### **Melrose Tennis Association**

**Ages:** 18(+) **Days:** Tue, Wed, & Thu  
**Cost:** \$90 **Time:** 5:30pm – Till Dark  
**Location:** Crystal Street Tennis Courts  
**Session:** May 27 – Sept 18

M.T.A is a non-competitive social group for intermediate & advanced tennis players. The group meets three times a week to play doubles and singles matches. On Tuesdays and Thursdays, a Program Coordinator will be on-site to supply new tennis balls and to assist in setting up matches for players. Wednesdays will be an open tennis evening for M.T.A. participants. Players may need to supply their own tennis balls on these evenings.

**Program Coordinators:**

Teresa Mackie & Elizabeth Atkinson

### **Women's Over Thirty Spring Pick-Up Soccer**

**Ages:** 30(+) **Days:** Mondays & Wednesdays  
**Cost:** \$60 **Time:** 8:00pm – 9:30pm  
**Location:** Fred Green Field Turf Field  
**Session:** April 21 – May 28  
(Rain Date: June 4 & 9)

-12 Total Pick-up Nights

We welcome all women to join our adult pickup soccer program. This program is about soccer, exercise, and having a fun time. Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Space is limited to the first 48 players before being placed on a waiting list. Uniforms are NOT included in registration fee (see below). No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

If you need a new reversible team jersey there is an additional \$15 fee at time of online registration. Be sure to include your jersey size if you are purchasing a league jersey. All players are required to own a Recreation Dept. reversible jersey to participate. You can use your jersey for all future seasons.



# **ADULT PROGRAMS**

## **SUMMER PROGRAMS / LEAGUES**

### **Adult Women's Pick-Up Basketball**

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**Ages:** 25(+)    **Days:** Sundays  
**Cost:** \$115    **Time:** 7:00pm – 9:00pm  
**Location:** Marcoux Gym

#### **Spring Session:**

**Date:** March 16 – June 8 (12 Weeks)  
(No Games on April 27)

Two hours of fun, competitive pick-up basketball games for registered intermediate to advanced players. On-site coordinator will organize teams and games based on how many players show up each night. The number of part of participants will be capped at 20 to maximize playing time.

#### **Program Coordinator:**

Kathie Downey  
[kathiedowney@comcast.net](mailto:kathiedowney@comcast.net)

### **Women's Over Thirty Summer Soccer League**

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**Ages:** 30(+)    **Days:** Wednesdays  
**Cost:** \$45    **Time:** 7:15pm or 8:15pm Games  
**Location:** Fred Green Field (HS Football Field)  
**Session:** June 11 – Aug 13  
**Registration Deadline:** June 2

-10 game schedule

We welcome any woman over 30, no prior experience required. This league is about soccer, exercise, and having a fun time. Each game is staffed with a referee. Uniforms are NOT included in registration fee (see below). Space is limited to the first 52 players before they are placed on the waiting list in hopes of opening up two additional teams of 11-13 players.

#### **WOT Spring Pickup & WOT Summer League**

If you need a new reversible team jersey there is an additional \$15 fee at time of registration. Be sure to include your jersey size if you are purchasing a league jersey. All players are required to own a Recreation Dept. reversible jersey to participate. You can use your jersey for all future seasons.

### **Men's Over Thirty – Summer Pick-Up Basketball**

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**Ages:** 30(+)    **Days:** Mondays  
**Cost:** \$80    **Time:** 7:00pm – 9:00pm  
**Location:** Roosevelt Gym  
**Session:** June 23 – Aug 25  
**Registration Deadline:** June 19

We will be running continuous pick-up games from 7:00pm – 9:00pm for registered participants. There will be a league coordinator on-site to organize games and teams. Several formats will be used to organize games and teams depending on how many players show up each night to participate.

**If you need a new reversible team jersey there is an additional \$15 fee at time of online registration. Be sure to include your jersey size if you are purchasing a new jersey. All players are required to own a Recreation Dept. reversible jersey to participate.**

### **Men's Over Thirty Summer Baseball League**

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**Ages:** 30(+)    **Days:** Sundays  
**Cost:** \$85    **Time:** 8:00am or 10:15am  
**Location:** Pine Banks – Turf Field or Grass Field  
**Session:** June 22 – Aug 24  
**Registration Deadline:** June 12

-9 game schedule

June 22 is an optional practice day. Games start on June 29. Each game is staffed with a certified umpires. All players receive a free team jersey and hat. Wooden bats only. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. We encourage all to register.

# **ADULT PROGRAMS**

## **SUMMER PROGRAMS / LEAGUES**

### **Zumba**

**Ages:** 18+  
**Days:** Wednesdays  
**Time:** 7:00pm – 8:00pm  
**Location:** Memorial Hall (GAR Room)  
**Spots Available:** Max 35 Participants

### **Spring Session:**

April 9 – May 21

(No April 23)

**Sessions:** 6 Sessions  
**Cost:** \$30

### **Summer Session I:**

June 4 – July 9

(June 11 class 8pm – 9pm)

**Sessions:** 6 Sessions  
**Cost:** \$30

### **Summer Session II:**

July 30 – Sept 3

(Aug 13 class 8pm – 9pm)

(Aug 20 class 8pm – 9pm)

**Sessions:** 6 Sessions  
**Cost:** \$30

Zumba is a fun and energetic way to burn calories while having fun. Based on Latin dance moves this class will teach you to salsa, merengue, and more! Zumba is exercise in disguise. No previous dance experience is required. Join the party!

### **Instructor:**

Sharon Gately



## **Melrose Memorial Hall Accepting Spring/Summer Rentals!**

Host your next event in a classic historic building. Our full service facility, which includes a stage, dressing rooms, main hall and upstairs room with a commercial kitchen is perfectly suited for events from 25 – 800 people.

Please email Kathy at  
[memorialhall@cityofmelrose.org](mailto:memorialhall@cityofmelrose.org)  
or call 781-979-4185 to inquire about  
availability. We  
would love to host your next event.

[www.melrosememorialhall.com](http://www.melrosememorialhall.com)

# GENERAL INFORMATION

## Payment

Payment must accompany all program registrations. Cash, checks, and credit card (online only) are all accepted. Checks should be made payable to "Melrose Recreation Department." Mastercard, Visa, and Discover are accepted for all online registrations. All printable registrations forms can be found on our website at [www.cityofmelrose.org](http://www.cityofmelrose.org). To register online visit our website (listed above) and click on the "Online Registration" link. If you have any difficulties please contact us at 781-662-9511.

## Financial Aid

Financial assistance may be available to interested participants. For eligibility information, please contact Melrose Recreation by phone or email.

## Refunds

Because our classes are supported solely by fees, no refunds will be given after a class or a session begins unless for a medical condition. If you cancel for other reasons, you must do so **before two weeks prior to the first class** for a refund (minus administrative fee).

Request must be in writing with a short explanation. Refunds may take 4 – 6 weeks for processing. An administrative fee of \$10.00 will be retained per person per program for all withdrawals from programs. If you cancel after the start of a program, no credit or refunds will be given.

## Participants Responsibility

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

## Attention Parents

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

## Inclement Weather

All weather announcements and updates will be made via email to registered participants. Please check your email regularly to find out the status of your programs and field conditions.

## Cancellations

Melrose Recreation reserves 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, refunds, or program credits will not be given, however we will do our best to reschedule.

## Course Confirmation

A participant is registered ONLY when payment is received. If at any time, there are questions regarding your enrollment status please contact Melrose Recreation either by phone or email.

## 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 about program registration, call regarding specifics.

## Volunteer Opportunities

Melrose Recreation greatly depends on volunteers to support all of 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 all who have already given their time and energy!!!

## Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Melrose Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form. Thank you.