

Melrose Recreation Department PROGRAMS & EVENTS

SPRING 2022

MAYOR PAUL BRODEUR



MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE, MA 02176

OFFICE: 781-979-4179

RECREATION@CITYOFMELROSE.ORG

SPRING PROGRAMS

HAVING FUN, BEING SAFE, TOGETHER AS A COMMUNITY



SUMMER
PROGRAMS

BROCHURE RELEASE DATE:
Early April

REGISTRATION NOW OPEN!

ONLINE REGISTRATION AVAILABLE AT
WWW.CITYOFMELROSE.ORG

INTRODUCTION

Director's Corner

We are very excited about all we have to offer this spring through the Melrose Recreation Department. We have programs, classes, events, and leagues for youth and adults of all ages. Be sure to take advantage of all Melrose has to offer to be active, engaged, and social all while having fun!

Additionally, we plan to release our summer brochure book by later March or early April so please be on the lookout for our summer announcements.

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

Sincerely,

Frank Olivieri, CPRE
Recreation Director

Mission Statement

The Melrose Recreation Department strives to create high quality recreational programs and events that are affordable and safe for residents 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.

Table of Contents

Introduction.....	2
Scholarship Fund Sponsors.....	3 - 8
Community Events	9 - 10
Youth Programs	11 - 15
Adult Programs	16 - 18
General Information.....	19 - 20

Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone781-979-4179

Email.....recreation@cityofmelrose.org

Recreation Dept. Staff

Frank Olivieri.....Recreation Director

Julie Pino.....Recreation Assistant

Rob Carrillo.....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 at 7:00pm. Check City website for changes.

Office Hours

Mon – Thu 9:00am – 2:00pm
 2:00pm – 8:00pm (By appointment)

Fri 9:00am – 12:00pm
 12:00pm – 4:30pm (By appointment)

Note:

On weekday afternoon / 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 assist you.

SCHOLARSHIP SPONSORS

**Buckalew's is proud to support
the Melrose Recreation
Department Scholarship Fund!**



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We sell Melrose.



"Do you know what my favorite part of the game is?
The opportunity to play the game."

— Mike Singletary



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Licensed Real Estate Agent
781.307.1243
jill.leeman@compass.com

LORRAINE GATELY

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SCHOLARSHIP SPONSORS



fit life



www.fitlifema.com - info@fitlifema.com
22 Corety Street Melrose - 781.662.3306

body. mind. soul

group fitness - nutrition - personal training - open gym;



Bring this ad in for
3 complimentary group classes and 1 open gym visit
(intro offer) \$80.00 value



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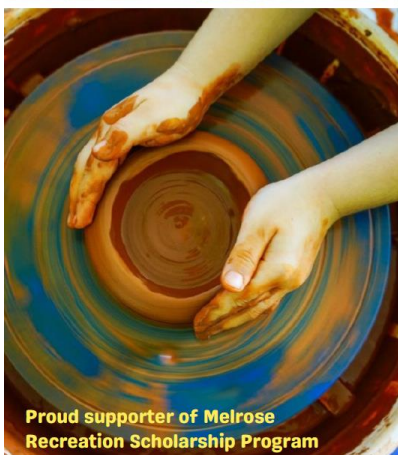
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*The Mouradian family
is a proud supporter of
the Melrose Recreation
Scholarship Program*



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SCHOLARSHIP SPONSORS



Proud supporter of Melrose
Recreation Scholarship Program

**Host Your Next Event at
The Big Yellow House!**



**Birthday Parties
Fundraisers**

Scout Meetings

Writers Groups

Community Events

www.fyamelrose.org



HINGE

STRENGTH & CONDITIONING

**Proud supporter of the Melrose Recreation
Department's Scholarship Fund Program**

171 TREMONT ST. • SUITE 4
MELROSE, MA 02176
WWW.HINGEFITNESS.COM

781.205.9204
HINGE_FITNESS
INFO@HINGEFITNESS.COM

SCHOLARSHIP SPONSORS

The Melrose Recreation Department is very proud of our scholarships that allows Melrose kids who cannot afford programs to participate for free.

Our goal has always been to never turn away a child due to economic hardship.

Each one of our sponsors represents several scholarships that we will be able to grant this season!

Thank you to all of our generous sponsors for their continued support!!!

Proud Supporters of the
**Melrose
Recreation
Department
Scholarship Fund
Program**

PHOTO & VIDEO
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**Your local
Neighborhood Realtor.**

**Proudly supports the
Melrose Recreation
Department
Scholarship Program.**



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781-640-1484
KevinMSexton@gmail.com

**Melrose
Glass Co.** 

169 Main Street
Melrose, MA
781-662-8599

**Proud Supporter of the
Melrose Scholarship Fund!**



presented by the City of Melrose
Melrose Athletic Complex



Saturday, May 7, 2022

10:00 am-1:30 pm

rain date (Sunday 5.15.22)

family wellness & fitness fair

FREE samples * education * activities for the whole family



here together.

Melrose Farmer's Market * Sustainable Melrose * local fitness & wellness vendors * organic food samples & food trucks * kids events * fitness events/classes and more.....

proudly
sponsored by:



COMMUNITY EVENT



JOIN US FOR A LIVE PUPPET SHOW WITH TOM KNIGHT

JUNE 11TH at 11:00 a.m.

Ell Pond Park – Melrose

**This show is sponsored in collaboration with Melrose Recreation
&
The Family Resource Network**

Tom Knight's shows celebrate libraries and reading ("the Library Boogie"), the environment ("the Garbage Monster"), and science ("The Solar System"), with hand-made puppets, funny stories, catchy songs, and a high degree of audience participation. Tom Knight's original, interactive, musical puppet show will leave young people awestruck and belly laughing.



This program is supported by a grant from the Melrose Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

YOUTH PROGRAMS



Saturday Classes

Dates: April 16 – June 11
(No Class on May 28)
(Rain Date June 18)
Sessions: 8 Classes
Cost: \$172
Location: Gooch Park

Ages 2 - 3: 9:00am – 9:40am (40 min)
(Parent / guardian participation required)

Age 3 – Young 4: 9:45am – 10:30am (45 min)

Age Older 4 - 5: 10:35am – 11:25am (50 min)

Age 3 – Young 4: 11:30am – 12:15pm (45 min)

Wednesday Classes

Dates: April 27 – June 15
(Rain Date June 22)
Sessions: 8 Classes
Cost: \$172
Location: Gooch Park

Ages 2 - 3: 9:00am – 9:40am (40 min)
(Parent / guardian participation required)

Age 3 – Young 4: 9:45am – 10:30am (45 min)

Age Older 4 - 5: 10:35am – 11:25am (50 min)

Program Description:

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. *T-shirt included with registration.*

All children are required to bring a soccer ball and water. Parent / guardian participation is required in our 2-3 year old class.

Run by:

Super Soccer Stars www.supersoccerstars.com



YOUTH PROGRAMS

Music Makers

Ages: 12 months – 5 years
Day: Mondays
Dates: March 7 – June 13
(No class 4/18 & 5/30)
Time: 10:00am – 10:45am
Cost: Free!
Location: Common Park

Program Description:

Come and enjoy the magic of music with your child. Activities include playing rhythm instruments, having fun with finger plays, and singing and dancing to music of different styles, and exploring a variety of instruments. Please bring a blanket to sit on.

To Register:

You must pre-register for each class via our e-newsletter. To register, go to our website at [nsfamilynetwork.org](https://www.nsfamilynetwork.org) to sign up or receive our e-newsletters by texting FAMILYNETWORK to 22828 and you will be prompted to register via a link.

In partnership with:

North Suburban Child and Family Resource Network

Follow on Facebook at:

www.facebook.com/pg/northsuburbanfamilynetwork

Hello Baby,

Now What – Walk & Talk

Ages: Birth – 12 months
Day: Mondays
Dates: March 7 – June 13
(No class 4/18 & 5/30)
Time: 11:00am – 12:00pm
Cost: Free!
Location: Common Park

Program Description:

Join the Family Resource Network to talk, share joys and challenges of becoming a new parent (parents with multiple children are also welcome), and make new friends. Please bring a blanket to sit on.

To Register:

You must pre-register for each class via our e-newsletter. To register, go to our website at [nsfamilynetwork.org](https://www.nsfamilynetwork.org) to sign up or receive our e-newsletters by texting FAMILYNETWORK to 22828 and you will be prompted to register via a link.

In partnership with:

North Suburban Child and Family Resource Network

Follow on Facebook at:

www.facebook.com/pg/northsuburbanfamilynetwork



YOUTH PROGRAMS

Safety at Home

Ages: 8 - 12
Date: Sun, April 10
Time: 1:00pm – 4:00pm
Cost: \$55
Location: Roosevelt Café
Instructor: Lisa Gentile

Safety at Home, is a designed 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 worksheets. 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
- Having 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
- How to handle real-life situations and emergencies
- Snacks & meals
- When & how to get help
- Being aware of your surroundings
- Things to do while you are home alone
- And more

It is recommended to bring a snack. Pamphlets and handouts will be provided.

Babysitter's Training

Ages: 11 - 15
Date: Sun, May 15
Time: 1:00pm – 5:00pm
Cost: \$65
Location: Roosevelt Cafe
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.



MIDDLE SCHOOL SPRING SPORTS



Middle School Outdoor Track

Grades: 5 – 8
Date: April 25 – Beginning of June

Time: 3:00pm – 4:00pm
Cost: \$95
Location: Melrose Middle School
(Near Fred Green Field)

Description:

- Practices Monday, Wednesday, Friday directly afterschool
- 2 – 3 introductory track meets
- Participants receive a team shirt for meets



Middle School Volleyball Team (8th Grade)

Grade: 8th only:
Date: March 16 – May 18
(No April 17 & April 20)
Cost: \$275
Location: Melrose Middle School Gym

Practices: Wed (8pm – 9:30pm)
Skills & Drills: Sun (6pm – 7:30pm)
Games: TBD

Description:

- Practices are twice per week.
- Wednesday practices are 8th grade only
- Sunday skills & drills are combined with 7th & 8th grade (S&D included with MS VB Team registration)
- 3 -4 games scheduled against outside towns. Play days are usually multiple towns playing tournament style.
- No tryouts, as all 8th grade girls will make the team

Middle School Volleyball Skills & Drills (5 - 8 Grade)

Grades: 5th & 6th (4:30pm – 6:00pm)
Grades: 7th & 8th (6:00pm – 7:30pm)

Days: Sundays
Date: March 20 – May 15
(No April 17)

Cost: \$125
Location: Melrose Middle School Gym

Description:

The programs main focus is to teach basic volleyball skills, practice those skills, and have fun. Many of the days will start with a skills session or review and then end with mini scrimmages. All are welcome from beginners who have never played volleyball to those who are more skilled. Any 8th graders who are registered for the MS VB Team are already registered for this program. If you are an 8th grader not playing on the MS VB Team you are still welcomed to register for Skills & Drills!

***Middle School level sports, programs,
And clubs are independently
Run by the Melrose Recreation Dept.**



MELROSE WEIGHT ROOM



Melrose Weight Room

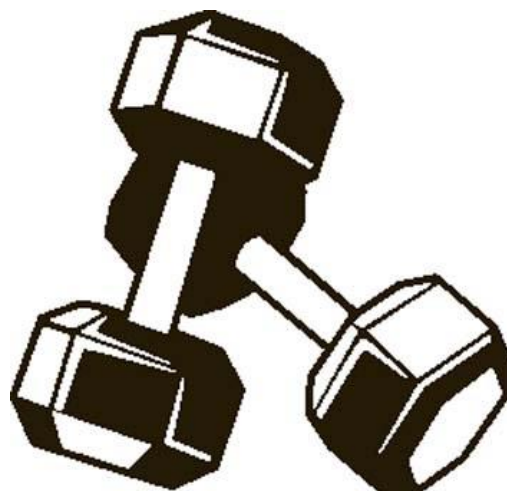
Grades: MHS Student Athletes
MVMMS Student Athletes
Days: Monday – Thursday
Times: 3:00pm – 4:45pm
Cost: \$30 (roughly \$1 / day)
In-season Spring Athletes (No fee)

Location: MHS Weight Room

Spring I: March 21 – May 12

Spring II: May 16 – June 23

Registration is required for all participants utilizing this facility including in-season athletes. There will be a supervisor overseeing safety protocols and the operations of the facility. A nominal fee is being charged to cover the expenses of the facility being open, supervised, and cleaned. If a participant has not officially registered, they will not be permitted in the facility. Any participant under the age of 18 will require their parent / guardian's online authorization on the registration waiver. All participants must accept and follow all rules, policies, and code of conduct set by the Recreation Department and Melrose Athletics. MHS Weight Room is closed on days when there is no school or school is cancelled due to inclement weather.



Register at

www.cityofmelrose.org/recreation

For financial assistance please contact the Recreation Department at recreation@cityofmelrose.org.

ADULT PROGRAMS

SPRING / SUMMER LEAGUES

Women's Pick-Up Soccer

Ages: 30(+)
Days: Sundays
Time: 7:15pm - 8:15pm
Cost: \$45
Location: Fred Green Turf Field
Session: April 24 – June 19
(No Game: May 8 & May 29)

Every pick-up game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Games will be continuously running for the duration of the session. 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. Rain dates have been built into the schedule as extra days. If nights are cancelled due to weather or HS athletics they will not be made-up.

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.

Men's Pick-Up Soccer

Ages: 30(+)
Days: Sundays
Time: 8:30pm - 9:30pm
Cost: \$45
Location: Fred Green Turf Field
Session: April 24 – June 19
(No Game: May 8 & May 29)

Every pick-up game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Games will be continuously running for the duration of the session. 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. Rain dates have been built into the schedule as extra days. If nights are cancelled due to weather or HS athletics they will not be made-up.

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

SPRING / SUMMER LEAGUES

Melrose Pickleball Association

More information available soon!

Description:

This is a fun and social league where skill levels may vary. Participants should enjoy friendly competition, maintain a lengthy rally, and are skilled at both the soft and hard game strategies. These players play at the NVZ, get 80% of their serves in and have played competitively in other locations. Prior experience is required. Participants should provide their own paddles. Games typically last between 10 – 15 minutes before rotation. Games are almost always played as doubles competition. Sneakers are required

Pickleball for Beginners

More information available soon!

Description:

This program is designed for beginners to get more experience playing with other beginners. Players will learn the basics of the game, improve their playing skills, socialize, and have fun. There is limited instruction at these sessions but there will be a coordinator on site to provide assistance and guidance. Players need to bring their own paddles. Sneakers are required.

Melrose Tennis Association

Ages: 18(+)

Days: Tue, Wed, & Thu

Dates: May 10 – Sept 8

Time: 6:00pm – Till Dark (May)
5:30pm – Till Dark (June – Sept)

Cost: \$95

Location: Crystal Street Tennis Courts

Description:

M.T.A is a non-competitive social group for intermediate & advanced tennis players. The group meets two times a week to play doubles and/or 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. All new players will be evaluated on their first night by a Program Coordinator to confirm the player's skill level is appropriate for the association.

Program Coordinators:

Teresa Mackie & Elizabeth Atkinson

ADULT PROGRAMS

SPRING / SUMMER LEAGUES

Men's Over Thirty Summer Baseball League

Ages: 30(+)
Days: Sundays
Session: June 12 – Sept 18
Time: 8:00am or 10:15am game
Cost: \$130
Location: Pine Banks and/or Morelli Field
(Walsh Field in Wakefield may be used)

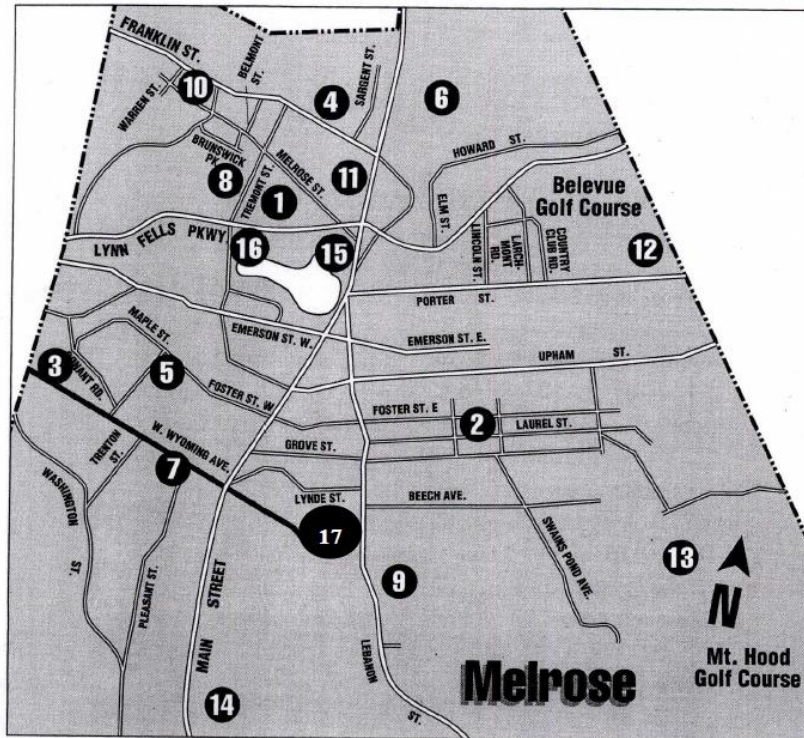
14 Game Schedule! Additional games have been built into the season. This season we have extended the season two extra weeks and will be ending on Sept 18 instead of Sept 4. If any nights are cancelled due to weather or conflicts they will not be made-up this season due to the additional games.

Games start on June 12 with potential for a league practice on June 5. July 3 will be an optional practice / scrimmage day with no umpires.

Each game is staffed with a certified umpire. All players receive a 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 early!



parksand 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
17. Foss Park

Amenities

- Football, baseball, track
 Tot lot, basketball, softball
 Play area, ball fields
 Tot lot, benches
 Play area, basketball
 Tot lot, ball field, basketball, tennis
 Tot lot, tennis, basketball, ball 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
 Tennis, baseball
 Basketball, pickleball, baseball, play area

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.
 Malvern 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>

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, and Visa are accepted for all online registrations. All printable registrations forms can be found on our website at 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 781-979-4179.

Scholarships & Financial Aid

Scholarships are provided for families who qualify for the Free or Reduced Lunch Program through the Melrose School System. Other financial assistance may be available to interested participants. For eligibility information, please contact the Melrose Recreation Department by phone or email.

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 / Guardians

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 Funding

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. Thank you.