

Melrose Recreation Department PROGRAMS & EVENTS

SPRING / SUMMER 2020

MAYOR PAUL BRODEUR



MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE, MA 02176

OFFICE: 781-979-4179

RECREATION@CITYOFMELROSE.ORG

Spring / Summer - 2020



**MELROSE 4th of JULY CELEBRATION!
JULY 2019**

REGISTRATION NOW OPEN!
SPACE IS LIMITED!!!

**ONLINE REGISTRATION AVAILABLE AT
WWW.CITYOFMELROSE.ORG**

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, CPRE
Recreation Director

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.

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Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone781-979-4179

Email.....recreation@cityofmelrose.org

Recreation Dept. Staff

Frank Olivieri.....Recreation Director
Joe Blotner.....Recreation Coordinator
Haley Gorman.....Recreation Assistant
Julie Pino.....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 9:00am – 2:00pm
 2:00pm – 8:00pm (By appointment)

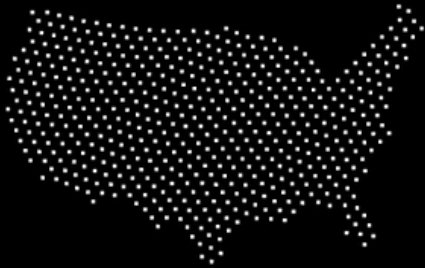
Fri 9:00am – 12:00pm
 12:00pm – 4:30pm (By appointment)

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.

SCHOLARSHIP FUND SPONSORS

The Melrose Recreation Department is very proud of our Scholarship Fund 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 sponsor below represents several scholarships that we will be able to grant this year!

THANK YOU TO ALL OF OUR SPONSORS!!!



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Lorraine Gately

781.844.5191



Jill Leeman

781.307.1243

Lorraine Gately

Licensed Real Estate Agent
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[Work with Lorraine Gately](#)



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[Work with Jill Leeman](#)



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SCHOLARSHIP FUND SPONSORS



HINGE

STRENGTH & CONDITIONING

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

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WWW.HINGEFITNESS.COM

781.205.9204
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INFO@HINGEFITNESS.COM



"Where everyone is a neighbor"

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Buckalew's is pleased to help give all kids the
opportunity to play!

SCHOLARSHIP FUND SPONSORS

Our Support for the Scholarship Program:







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Eat for a Cause

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With our new Eat For a Cause Fundraisers, there's no chits or flyers to print. Just schedule your event & you will receive 10% of all food & beverage sales during the 3 hours of your event.



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Melrose Recreation
Department
Scholarship Program.**



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29 Essex Street
Melrose, MA 02176
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KevinMSexton@gmail.com



**Mass
in Motion**



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

EVERY SEASON STARTS AT



DICK'S SPORTING GOODS
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SCHOLARSHIP FUND SPONSORS



Northern Bank

Northern Bank is proud to support the Melrose community through the Melrose Recreation Dept. Scholarship Fund.

Fiona Nattabi
Branch Manager, AVP
781.569.1582
fnattabi@nbtc.com



Visit our Melrose Branch!
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Melrose, MA 02176

www.nbtc.com 800.273.6908

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TO ALL OF OUR
SPONSORS!!!**

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**Melrose
Recreation
Department
Scholarship Fund
Program**

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100 Main St., Melrose

SCHOLARSHIP FUND SPONSORS



The Recreation Dept. would like to honor Rebecca Dumont for her kind efforts to raise money to support our Melrose Scholarship Fund! As her senior capstone project, Rebecca raised over \$775 in only a few weeks with her GoFundMe page. We would like to thank her and all who contributed. This money will be used to help support families going through financial hardships that want to participate in recreational activities.

Rebecca will be attending the University of New England this fall and will be studying Exercise Science.

We wish her the best of luck and express our deepest gratitude for all of her generosity!

THANK YOU!

SPRING PROGRAMS & EVENTS



**MELROSE HEALTH FAIR !
APRIL 2019**

YOUTH CAMPS, CLINICS, & PROGRAMS

ATHLETICS



Super Soccer Stars Program

Wednesday Classes

Dates: April 29 – June 17
(Rain Date June 24)
Sessions: 8 Classes
Cost: \$160
Location: Gooch Park
(Grass area near basketball courts)

Ages 2 - 3: 9:00am – 9:40am (40 min)

Ages 3 - 4: 9:45am – 10:30am (45 min)

Saturday Classes

Dates: April 25 – June 20
(No Class on May 23)
(Rain Date June 27)
Sessions: 8 Classes
Cost: \$160
Location: Gooch Park
(Grass area near basketball courts)

Ages 2 - 3: 8:30am – 9:10am (40 min)

Ages 3 - 4: 9:15am – 10:00am (45 min)

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 is included!

Run by:

Super Soccer Stars www.supersoccerstars.com

Fit Kids

(NEW)

Ages: 6 - 9
Days: Sundays, 6 Classes
Times: 9:30am – 10:30am
Dates: May 3 – June 14
(No Class on May 24)
(Rain Dates: June 21)
Cost: \$90
Location: Common Park

Age appropriate fitness program where activities, games and imaginative play are used to encourage kids to stay active. Each class will have a specific theme (i.e. muscle group or body part) where the kids will learn how they move... by actually moving! There will also be an interactive nutritional education so kids can learn about how eating healthy helps keep them moving. Participants will need to bring water each day of the program

Run by:

Coach A. (Adam Moss)



YOUTH CAMPS, CLINICS, & PROGRAMS

ATHLETICS



MELROSE RED RAIDERS BASKETBALL

Red Raiders Youth Lacrosse Clinic

Grades: Girls K - 8
Date: Thursday, April 23
Cost: \$25
Location: Fred Green Turf Field
(Field subject to change)

Session I: Grades K – 5
10am – 12pm

Session II: Grades 6 - 8
1pm – 3pm

Come and see what it is like to be a Lady Red Raider lacrosse player. We invite you to join Coach Galusi and the current Red Raider girls lacrosse team and participate in skills, drills and game play situations. Offensive and defensive concepts will be covered and there will even be some contests for prizes! Girls must bring their own stick, goggles, mouth guard and water.

Run by:

Varsity Coach Matt Galusi
& Melrose Red Raider Lacrosse Team

Red Raiders Shootout Basketball Clinic

Ages: 8 - 15
Dates: April 21 – April 23
Days: Tuesday - Thursday
Time: 9:00am – 12:00pm
Cost: \$125
Location: Middle School Gym

The clinic will focus on the primary skills of ball handling, footwork, defense, rebounding and shooting. All kids will get to work on both individual and team skills. Small sided and full court games are also played. All kids looking to improve and work on the game of basketball while having fun should not hesitate to attend.

Run by:

Dan Burns
Boys Varsity Basketball - Head Coach

YOUTH CAMPS, CLINICS, & PROGRAMS

ATHLETICS



Spring Basketball Skills & Drills

Grades: Boys & Girls, Grades 5 - 8

Sessions: 6 Classes

Time: 7:30pm – 8:45pm

Cost: \$130

Location: Marcoux Gym

Session I: Wednesdays
April 29 – June 3
(Potential Makeup on June 10)

Each skills and drills session is 75 minutes. This workout focuses on fundamentals of the game of basketball, including footwork, ball handling skills, shooting form, offensive attack, strength and conditioning. Workouts will vary from week to week, but the focus of improving the form and skill of each player is always the top priority. This workout is adjusted to fit all ages and skill levels. Players will work out on each court with our instructors for increments of time. They will get to work with our instructor throughout the evening and focus on specific skill work depending on the focus of the night. **All participants are required to bring their own basketball to each session.** Please contact the Recreation Department if you need assistance with providing a basketball.

Run by:

Ted Cottrell & Staff



MIDDLE SCHOOL AFTERSCHOOL

6th – 8TH GRADE

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. If you would like more information on any programs or are interested in registering please contact us at recreation@cityofmelrose.org.

FALL

- Football
- Cheerleading
- Cross Country
- Field Hockey
- Weight Room (Open Hours)
- Basketball Skills & Drills
- Babysitters Training
- Safety at Home
- Art Club (Year-Long)
- Lego Robotics Club (Year-Long)

WINTER

- Basketball
- Ice Hockey
- Wrestling
- Weight Room (Open Hours)
- Art Club (Year-Long)
- Lego Robotics Club (Year-Long)

SPRING

- Outdoor Track
- Volleyball
- Weight Room (Open Hours)
- Basketball Skills & Drills
- Babysitters Training
- Safety at Home
- Art Club (Year-Long)
- Lego Robotics Club (Year-Long)

MELROSE



MIDDLE SCHOOL

**ALL SPORTS & ACTIVITIES ARE
LISTED ON THE NEXT FEW PAGES**

*Middle School level sports, programs,
and clubs are independently
run by the Melrose Recreation Department



MELROSE HIGH SCHOOL STRENGTH AND CONDITIONING FACILITY

SPRING HOURS OF OPERATION

MON	5:00PM – 7:00PM
TUE	5:00PM – 7:00PM
WED	5:00PM – 7:00PM
THU	5:00PM – 7:00PM
FRI	CLOSED
SAT	CLOSED
SUN	CLOSED

THE STRENGTH AND CONDITIONING FACILITY WILL BE CLOSED ON DAYS WHEN THERE IS NO SCHOOL. PLEASE CHECK WITH THE FACILITY SUPERVISOR OR CALL THE RECREATION DEPT. FOR A MORE DETAILED SCHEDULE

All participants must enter through the grey doors on the outside of Melrose High School near Melrose Street

Strength and Conditioning Facility

Grades: 7 – 12
Cost: Free!

All participants are required to officially register to utilize the facility. Participants will be required to register once per year online on the Recreation website. There will be no cost associated with registering. Any participant under the age of 18 will require their parent / guardian's online authorization on the registration waiver. All participants are required to check-in upon arrival. If a participant has not officially registered they will not be permitted in the facility until their name is officially listed on the roster. All participants must accept and follow all rules, policies, and code of conduct set by the Recreation Dept.

Register at www.tinyurl.com/MelroseRec

For more information or questions please contact the Melrose Recreation Department
at 781-979-4179 or recreation@cityofmelrose.org



MIDDLE SCHOOL SPRING SPORTS



Middle School Outdoor Track

Grades: 6 – 8
Date: April 13 – June 5
Time: 3:00pm – 4:00pm
Cost: \$90
Location: Melrose Middle School
(Near Fred Green Field)

Description:

- Practices 2 – 3 times per week directly afterschool
- 3 – 4 introductory track meets
- Participants receive a t-shirts for meets



Middle School Volleyball Team (8th Grade)

Grade: 8th only:
Date: March 18 – May 20
(No April 19, April 22)
Cost: \$200
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. Playdays are usually multiple towns playing tournament style for 2 hours. Usually get 2-4 games per playday.
- 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 22 – May 17
(No April 19)

Cost: \$90
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!



2020
MELROSE MIDDLE SCHOOL FOOTBALL
JUNIOR RED RAIDERS



- WHAT:** **REGISTRATION AND INFORMATION SESSION** for the 2020 Season of the MELROSE MIDDLE SCHOOL JUNIOR RED RAIDERS football team.
- WHEN:** **Tuesday, April 7th, 2020 - 6:00pm to 7:30pm**
- WHERE:** Melrose Middle School Cafeteria
- WHO:** All students entering the 6th 7th or 8th grades in September of 2020 and are interested in playing football. Middle School and High School coaches will be on hand to answer questions.

FACTS:

- The Junior Red Raiders will play **GRADE BASED FOOTBALL**. There will be NO weight restrictions - it is open to all 6th 7th and 8th graders.
- The team will play 8 regular season games and participate in the Eastern Massachusetts Middle School Football League. Opponents will include Arlington, Bedford, Belmont, Reading, Wilmington, Winchester, Woburn and other Middle School teams in the region.
- **PRESEASON WILL BEGIN ON AUGUST 24th !**
- All home games will be played at Melrose High School and MVMMS complex - Fred Green Field.
- **Practices will be held immediately after school.**
- All practices and games will be played during the week. No weekends.
- Bus transportation to and from away games.
- Locker room facilities will be provided to the team.
- Program is endorsed by MHS Head Football Coach Tim Morris
- Players will have option to participate in a supervised, pre-season & in-season strength and conditioning program at MHS.
- This program is run by the Melrose Recreation Department and sponsored by the Friends of Melrose Football and the Melrose Veterans Memorial Middle School.

- FEES:** \$300.00 per player
Checks made payable to: **Melrose Recreation Department**

Players signing up for the Junior Red Raiders may not play football for any other school or organization during the season.

YOUTH / TEEN TRAINING PROGRAMS

Babysitter's Training

Ages: 11 - 15 **Date:** Sun, May 17
Cost: \$45 **Time:** 1:00pm – 5:00pm
Location: Melrose City Hall
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.

Safety at Home!

Ages: 8 - 12 **Date:** Sun, June 7
Cost: \$45 **Time:** 1:00pm – 4:00pm
Location: Roosevelt Elementary School
Instructor: Lisa Gentile

Safety at Home, is a 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.

YOUTH / TEEN TRAINING PROGRAMS



Adult and Child CPR / AED Training

Dates: See Below
Ages: 16+
Cost: \$90
Time: 6:30pm – 9:30pm
Location: Melrose City Hall
Class Size: 10 participants max / class
Instructor: Bill DeSimone

Dates:

Wednesday, April 15

The Adult and Child CPR/AED Training course incorporates the latest science and teaches students to recognize and care for a variety of emergencies. The course covers how to respond to breathing and cardiac emergencies to help adult and children victims of any age. Students will engage in discussion, watch situational videos, practice CPR on training dummies, and practice using an AED. Students who successfully complete this course will receive a certificate for Adult and Child CPR/AED which is valid for two years.



2020

Massachusetts Parks Pass

Melrose residents may borrow a 2020 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 2020 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/>.

ADULT PROGRAMS

SPRING / SUMMER LEAGUES

Men's Over Thirty Spring Pick-Up Soccer

Ages: 25(+)
Days: Sundays
Time: 7:15pm - 9:00pm
Cost: \$45
Location: Fred Green Turf Field
Session: April 26 – June 21
(No Game: May 10 & May 24)

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 a two hour period. 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. 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.

Women's Over Thirty Spring Pick-Up Soccer

Ages: 25(+)
Days: Mondays
Time: 8:00pm – 9:30pm
Cost: \$30
Location: Fred Green Turf Field
Session: April 20 – May 18

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. 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. 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 Tennis Association

Ages: 18(+) **Days:** Tue, Wed, & Thu
Cost: \$95 **Time:** 5:30pm – Till Dark
Location: Crystal Street Tennis Courts
Session: May 12 – Sept 10

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. All new players will be evaluated on their first night by a Program Coordinator to confirm the players skill level is appropriate for the association.

Program Coordinators:
Teresa Mackie & Elizabeth Atkinson

Adult Women's Pick-Up Basketball

Ages: 25(+)
Days: Sundays
Time: 7:00pm – 9:00pm
Location: Marcoux Gym

New Players (Max 5 spots) \$35
Returning Players: \$95

Spring Session:

Date: March 15 – May 31 (10 Weeks)
(No Games on April 19 & May 24)

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

Melrose Basketball League (MBL)

Ages: 18 - 29
Days: Wednesdays
Time: One Hour Games Start at 7:00pm & 8:00pm
Cost: \$80 / player
Size: 10 Players / Team
Location: Roosevelt Gym
Session: May 27 – Aug 5

Registration Deadline: May 15

The league will consist of 8 regular season games plus single elimination playoffs. Teams will play a 40 minute game each week. Each game is staffed with two game officials and a scorekeeper. Game scores, updates, and league news will be sent out weekly via email from the Rec Dept. Each participant is required to have a red/white reversible league jersey this season. If you need a league jersey there is an additional \$15 fee at the time of registration. Jerseys are a one-time fee and can be used from season to season. Participants must be 18 years of age by May 22 to play. The league fills up fast so please do not wait to register or you may be turned away. First come, first serve!

League Sponsors:



Great food, drink, sports and fun for the whole family!

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**Healthy Diets for Athletic Performance,
Weight Loss, & Improved Overall Health**

Open to all ages
FREE
Memorial Hall
7:00pm—8:30pm



Think It's Healthy? Thank Again!

Date: Tuesday, October 15

It's really not about carbs, fat or protein. It's about understanding what your body needs.

Healthy Kids, Healthy World!

Date: Tuesday, February 11

Calling all teachers, caregivers, coaches and parents! Learn how to prevent disease obesity, autoimmune, neurological and behavioral issues with lifestyle changes.

Fads & Trendy Diets, Oh My!

Date: Tuesday, April 7

Are they the quick fix you have been looking for? We have the answers to all your needs.

If interested in attending we kindly ask that you pre-register on our website so we can properly plan for size of the event.

To pre-register online please visit
<http://tinyurl.com/MelroseRec>

Presenter: Jenine Wright:

Jenine Wright has her Masters in Exercise Physiology and is a Nutrition Educator. She is a Certified Exercise Physiologist and a Certified Clinical Exercise Physiologist through American College of Sports Medicine (ACSM). Jenine has worked with a diverse population including high school, college, professional athletes and has trained at the Olympic center in Lake Placid.

For more information email us at
recreation@cityofmelrose.org.

Melrose High School Athletic Complex 360 Lynn Fells Parkway

12TH ANNUAL
SATURDAY MAY 9TH, 2020
10:00 AM - 1:30 PM

**Food
Trucks**

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Samples**

**Fun for the
whole
Family**

healthy melrose
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DJ Phaze

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Over 50 Vendors

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Yoga

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Martial Arts Demos

Pop up Melrose Farmers Market !!

melrose sustainable vendors



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CITY OF MELROSE - Recreation Department

Sporting Good Collection for Haiti

The Melrose Recreation Department is extremely proud and honored to be sponsoring the 7th Annual Sporting Good Collection for Haiti. Each year Melrose residents donate sporting equipment, sporting apparel, school supplies, and donate financial assistance for the children of Haiti. This year we will be holding the even on Sat, June 6.



Youth Wearing Melrose Soccer Uniforms From Last Years Sporting Collection

Saturday, June 6

9:00am – 12:00pm

Melrose City Hall

(562 Main Street)

Our goal with this drive is to collect new and used sporting equipment / apparel and school supplies so they can be shipped to several schools in Haiti. These supplies will give children and teenagers a chance to play their favorite sports, get their first team jersey, and have enough equipment to actually play a full game. Listed below is a non-exhaustive list of what we are looking to collect and send to Haiti. Each year, we are able to send 10+ crates to Haiti filled with supplies that change children's lives for the better. Please help support this wonderful cause this spring!



Collecting For:

Men / Women / Boys / Girls

- ***All Sports Equipment:**
Balls, jerseys, cleats, socks, whistle, air pumps, coach/ referees uniforms;
- ***School Supplies:**
Pencils, paper, folders, scissors, etc.
- ***Financial Assistance:**
Checks may be made payable to "Fhylah, Inc."
(Foundation to Help Youth of L'Asile) (tax deductible)

This drive will be staffed by community volunteers and the Recreation Dept. With your help we hope to send a few truckloads of gear to Haiti to help change children's lives through sports.

If you have any questions please feel free to contact the
Melrose Recreation Department at 781-979-4179 or recreation@cityofmelrose.org.

Thank you for your kind support throughout the years!



Melrose Kids Club

**Enjoy conversation with other parents & caregivers
plus free entertainment for children!**



Where? Memorial Hall, GAR room 2nd floor, 590 Main Street

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

When? Fridays, 10 am – 11 am

February 14, 2020

March 13 2020

April 17, 2020

May 8, 2020

*This 9th Season is sponsored by Mayor Paul Brodeur
and the
Soldiers and Sailors Memorial Building Board of Trustees*



www.melrosememorialhall.com

SUMMER PROGRAMS & EVENTS



**MELROSE AMERICANS COMMUNITY NIGHT
ICE BUCKET CHALLENGE for PETE FRATES FUND
JULY 2019**

4TH of JULY CELEBRATION!

July 4 - 4th of July Celebration

Ages: All Ages **Date:** Sat, July 4 @ Common Park
Cost: FREE! **Time:** 10:00am – 11:30am

Come join Uncle Sam (on stilts) and the Rec Dept. 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. The parade will begin at 10:00am sharp so be sure to arrive early! Parade registration is no longer required. At the conclusion of the parade all youth participants will receive a ribbon. We will also be have free face painting, games and activities. Street parking fills up fast so be sure to arrive a little early.

SCHEDULE OF EVENTS

10:00am	Parade Begins (10:00am Sharp!)
10:30am	Event Festivities Begin
	-Face Painting
	-Music
	-Games, Activities, & Crafts
11:30am	Event Ends



SUMMER PARKS PROGRAMS

(New)

Summer Parks Program

Ages: All Ages
Dates: Monday – Thursday
Time: 9:00am – 12:00pm
Session: June 22 – July 30
Cost: \$10 Summer Long Membership
Location: Crystal Street Park & Tennis Courts

Free Membership with Tennis Program Registration
(see page 26 – 27)

Looking to get your kids outdoors this summer? Come to the Crystal Street Park & Tennis Courts, and we will provide the fun! Melrose Recreation Park Instructors will be there to play, organize games, supervise activities, and set-up arts & crafts projects (see schedule below). 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 park)

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



(New)

FUN WEEKLY SCHEDULE

***Every Monday - School Yard Games!**

School yard days are back! Come play classic outdoor games with our counselors, including Duck, Duck Goose, London Bridge, Red Rover, Freeze Tag, Sharks & Minnows, and many more!

***Every Tuesday - Classic Summertime!**

No school all day means lots of time for games! Join us for our favorite summer games including Capture The Flag, Marco Polo, Simon Says, Pickle, Jackpot, and many more!

***Every Wednesday - Bring Your Own Games!**

Come challenge counselors and new friends with your favorite games from home, and try out new ones at the park! Everything from Kan Jam and Paddle Ball to Guess Who and UNO cards. Bring your favorites for some friendly competition!

***Every Thursday - Thursday Bash!**

Come join us for some Thursday fun! There will be music playing, face painting for everyone, fun games to play, a parachute, and ice pops to cool you down!

Family Social Meet-Up! **(New)**

We know it can be challenging for families with young children to meet other families in their community, and what better way than to meet at the park! Each week, parents can come drink their coffee, have their kids play, and meet other parents looking to socialize. There will be set blocks of time each week for different age groups (see below). Included with Summer Parks Program membership!

Age 2	Mon at 9:30am & Thu 9:30am
Age 3	Tue at 9:30am & Thu at 9:30am
Age 4	Mon at 10:30am & Thu at 10:30am
Age 5	Tue at 10:30am & Thu at 10:30am



YOUTH TENNIS LESSONS

Crystal Street Tennis Courts



USTA QuickStart Tennis

QuickStart Tennis is an exciting new play format for learning and playing tennis. It is designed to bring kids to the game by utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age and size of the child.

Quick Start Head Start! (New)

Ages: 3 - 4
Time: 8:15am – 8:55am

The goal of these fun lessons and practice sessions is to help children coming to tennis for the first time to learn the basic skills and principles of the game and enjoy the experience of hitting balls back and forth, even if this is not always over a net. Children of this age have slower reactions and little experience, so they need time and patient coaching to learn to receive and hit a ball. This will be along the ground or over a low barrier before they graduate to the low net itself.

Quick Start Tennis I

Ages: 5 - 6
Time: 9:00am – 9:55am

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.



NEW FAMILY FRIENDLY SCHEDULE

Families can now plan their summer vacation schedule more easily by mixing and matching tennis lessons. We strongly encourage kids to register for at least 4 – 8 total lessons during summer!

FREE SUMMER PARKS MEMBERSHIP

Free Summer Parks Program Membership when you register for any summer Tennis Program!
(see page 25)

SUMMER SESSIONS

WEEK LONG CLINICS

Classes: 4 Lessons
Days: Mon - Thu (Rain Date: Fridays)
Cost: \$50

Week 1: June 22 - June 25
Week 2: June 29 – July 2
Week 3: July 6 – July 9
Week 4: July 13 – July 16
Week 5: July 20 – July 23
Week 6: July 27 – July 30

TWICE / WEEK

Classes: 2 Lessons
Cost: \$25

Monday & Wednesday (Rain Date: Fridays)

Week 1: June 22 - June 24
Week 2: June 29 – July 1
Week 3: July 6 – July 8
Week 4: July 13 – July 15
Week 5: July 20 – July 22
Week 6: July 27 – July 29

Tuesday & Thursday (Rain Date: Fridays)

Week 1: June 23 - June 25
Week 2: June 30 – July 2
Week 3: July 7 – July 9
Week 4: July 14 – July 16
Week 5: July 21 – July 23
Week 6: July 28 – July 30



YOUTH TENNIS LESSONS

Crystal Street Tennis Courts

USTA QuickStart Tennis

QuickStart Tennis is an exciting new play format for learning and playing tennis. It is designed to bring kids to the game by utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age and size of the child.

Quick Start Tennis II

Ages: 7 - 9

Time: 10:00am – 10:55am

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.

Quick Start Tennis III

Ages: 10 -12

Time: 11:00am – 11:55am

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



NEW FAMILY FRIENDLY SCHEDULE

Families can now plan their summer vacation schedule more easily by mixing and matching tennis lessons. We strongly encourage kids to register for at least 4 – 8 total lessons during summer!

FREE SUMMER PARKS MEMBERSHIP

Free Summer Parks Program Membership when you register for any summer Tennis Program!
(see page 25)

SUMMER SESSIONS

WEEK LONG CLINICS

Classes: 4 Lessons

Days: Mon - Thu (Rain Date: Fridays)

Cost: \$50

Week 1: June 22 - June 25

Week 2: June 29 – July 2

Week 3: July 6 – July 9

Week 4: July 13 – July 16

Week 5: July 20 – July 23

Week 6: July 27 – July 30

TWICE / WEEK

Classes: 2 Lessons

Cost: \$25

Monday & Wednesday (Rain Date: Fridays)

Week 1: June 22 - June 24

Week 2: June 29 – July 1

Week 3: July 6 – July 8

Week 4: July 13 – July 15

Week 5: July 20 – July 22

Week 6: July 27 – July 29

Tuesday & Thursday (Rain Date: Fridays)

Week 1: June 23 - June 25

Week 2: June 30 – July 2

Week 3: July 7 – July 9

Week 4: July 14 – July 16

Week 5: July 21 – July 23

Week 6: July 28 – July 30

GOLF PROGRAMS



Recreation Youth Golf Lessons

Ages: 5 - 14
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 12:15pm
Cost: \$150
Registration: Register with Rec Dept.

Session I: June 29 – July 1
Session II: July 13 – July 15
Session III: July 27 – July 29
Session IV: Aug 10 – Aug 12
Session V: Aug 24 – Aug 26

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 the **Recreation Department** website or visit the Recreation Office.



Photo of Recreation Youth Golf Lesson Orientation

Mount Hood Golf Club Junior Golf School

Ages: 5(+)
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 3:15pm
Cost: \$295
Registration: Register with Mt Hood Pro Shop

Session I: June 22 – June 24
Session II: July 6 – July 8
Session III: July 20 – July 22
Session IV: Aug 3 – Aug 5
Session V: Aug 17 – Aug 19

Mt. Hood Golf Club is offering a series of three day junior golf schools covering grip, swing, game fundamentals, and golf on the course. These lessons are open to children 5 years of age and older, pending on the younger children's golf course experience. The class sizes are limited to allow for personalized instruction. Classes consist of golf 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.

Junior League

Ages: 12 & Under
Days: Tuesdays & Thursdays
Time: Starting at 11am
Cost: *See Below
Registration: Register with Mt Hood Pro Shop

Session: Mid June – Mid August

The junior must be able to play a round of golf while keeping pace with the rest of the course. There is minimal supervision. This very popular league averages between 30 and 40 juniors a day. The league runs throughout the summer. Juniors pay the standard green fee and a \$5.00 league fee. Pre-registration is required. To register, visit the **Mount Hood Pro Shop** or call 781-665-6656.

YOUTH CAMPS, CLINICS, & PROGRAMS



Super Soccer Stars - Summer

Days: Wednesdays, 4 Classes
Cost: \$80
Location: Gooch Park

Ages 2 – 3 9:00am – 9:40am (40 min)
Ages 3 – 4 9:45am – 10:30am (45 min)

Session I: July 8 – July 29
(Rain date Aug 5)

Session II: Aug 5 – Aug 26
(Rain date Sept 2)

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 is included!

Run by:
Super Soccer Stars
www.supersoccerstars.com



(NEW)

Throw, Kick, Pass, Run...Play!!!

Ages: 3 - 5
Time: 9:30am – 10:15am
Days: Tue & Thu, 5 Classes
Dates: July 21 – Aug 4
(Rain Date: Aug 6)
Cost: \$65
Location: Common Park

This program provides a social non-competitive environment for children to learn the basic fundamental skills of most sports. Participants will need to bring water each day of the program.

Run by:
Coach A. (Adam Moss)

Story Time & Parachutes

Ages: 2 – 5
Dates: Wednesdays, 5 Classes
Time: 10:00am – 11:00am
Session: July 8 – Aug 5
Cost: \$30
Location: Common Park

Lay your blanket down under a shaded tree or under the hot summer sun and join us the **Family Resource Network** reads new and classic story time books to all in attendance. We 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.



In partnership with:
North Suburban Child and Family Resource Network
Follow on Facebook at:
www.facebook.com/pg/northsuburbanfamilynetwork

YOUTH CAMPS, CLINICS, & PROGRAMS

Mind-Craft:

Motorized LEGO Brick Creations

Ages: 4 – 5
Days: Mon – Fri
Cost: \$165
Time: 9:00am – 12:00pm
Location: Memorial Hall
Session I: July 6 – July 10
Session II: July 13 – July 17

Our 4 to 5 programs are a perfect way to introduce your child to STEM based principles while having fun and building with LEGO bricks! Each day children will learn STEM based concepts that correlate with the build they are creating using axles, gears, motors and battery packs. Working in pairs, students will follow the teacher's instructions, step by step, to assemble their build. Once their build is complete students will have time to modify and experiment with their LEGO brick creation any way they would like!

Mine-Craft:

Motorized LEGO Brick Creations & Stop Motion Animation

Ages: 6 - 8
Days: Mon – Fri
Cost: \$325
Time: 9:00am – 3:00pm
Location: Memorial Hall
Session I: July 6 – July 10
Session II: July 13 – July 17
Session III: July 20 – July 24

Join us as we travel through biomes and learn how to create, build, and modify motorized LEGO brick machines! Before each LEGO brick creation staff will discuss key engineering and physics concepts with the children and how they relate to our builds. Students will then build their LEGO brick creations using axles, gears, battery packs and motors. Working in pairs, students will build mine carts, beacons, lava traps, and much more. In the afternoon, children will have the opportunity to produce their own LEGO stop motion animation. Students will be able to build their own movie sets and develop their own plot using LEGO mini figures, LEGO bricks and professional stop motion animation software!



Mine-Craft: Battlebots, Stop-Motion Animation & Minecraft

Ages: 9 - 13
Days: Mon – Fri
Cost: \$325
Time: 9:00am – 3:00pm
Location: Memorial Hall
Session I: July 6 – July 10
Session II: July 13 – July 17
Session III: July 20 – July 24

Come and join us as we battle EV3 bots that can help defeat the Enderman. In our 9 to 13 program students will learn how to build and code EV3 robots using LEGO MINDSTORM. Each day, students will apply STEM based principles and build several versions of their EV3 bots to battle villain bots and their peers. Students will also learn C-based programming and use problem solving skills to help them solve different challenges they may face with their EV3 bots. During the day children will use Minecraft to complete tasks such as building mazes that are filled with traps and defenses to protect them from arch enemies. They will learn how to use Command Blocks and Redstone to create traps and other cool defenses. In the afternoon, children will have the opportunity to produce their own LEGO stop motion animation. Students will be able to build their own movie sets and devise their own plot, with LEGO mini figures and other LEGO bricks, using professional stop motion animation software.

EARLY DROP OFF IS NOW AVAILABLE!

Drop off will be from 7:45am – 9:00am each morning of the program. Drop off will be run by the Recreation Department. The cost will be \$50 per week. Spots are limited and on a first come basis. Please contact Rec for more information.

Filmmaking Classes

For ages
10 - 14



DATES

Monday - Friday
Jul. 20 - Jul. 24

Monday - Friday
Jul. 27 - July 31

TIME

9:00am - 3:00pm

LOCATION

MMTV
360 Main Street
Melrose, MA

COST: \$375

To register visit
[Melrose Recreation](#)

Presented by the creators of the
BOSTON INTERNATIONAL KIDS FILM FESTIVAL

Please join FC Academy, in partnership with MMTV, in a filmmaking class this summer! In this class, students will be flexing their creative muscles and making a film in a fun and collaborative environment. Students will learn skills in storyboarding, scriptwriting, camera skills and editing. This is a great opportunity for the kids to work with REAL studio camera equipment, green screens, and professional audio equipment—a fantastic supplement to any previous filmmaking classes they have taken. As always, the group will write, shoot and edit a film in a genre of their choosing on the professional editing software, Adobe Premiere.

*All final films will be eligible to be screened at the **Boston International Kids Film Festival***

For more information about this class, contact:

laura@filmmakerscollab.org | 781-662-1102



Visit **www.bikff.org** to learn more about the
Boston International Kids Film Festival.

The BIKFF is presented by Filmmakers Collaborative, which encourages and supports the making of great films and media projects by people of all ages and experience levels. FC offers grants management, mentoring and workshops to a diverse and national community that includes award-winning PBS documentarians, first-time producers and directors, and young people just discovering the power and potential of visual media. For more information please go to: www.filmmakerscollab.org.

YOUTH CAMPS, CLINICS, & PROGRAMS

(NEW)

Rising Star Basketball School

Ages: 9 - 18
Date: July 20 - 23
Days: Monday - Thursday
Time: 8:30am – 3:30pm
Cost: \$290
Location: Melrose Middle School Gym



2020 BASKETBALL SCHOOL
www.risingstarbasketballschoo.com

WHY OUR BASKETBALL SCHOOL?

The RISING STAR Basketball School was founded with the desire to create an atmosphere to teach the game properly. Unlike many camps that emphasize "just playing" or "casual instruction", RISING STAR continually seeks to improve the ability level of our players by providing them with a superb coaching staff who oversee thorough teaching and proper repetitions. The atmosphere at our camp encourages players to improve their work ethic and skills while always fostering the importance of sportsmanship and team play.

The deterioration of skill development in the in the United States has been attributed to the lack of fundamentals. Players are not being taught properly, if at all. Across the country shooting, ballhandling, passing and overall team concepts have suffered over the last several years.

RISING STAR values improving these very necessary skills that every aspiring player must have, regardless of level.

Teaching that reflects mastering of the fundamentals!

- Fast paced drills that reflect what you would see in a game
- 2 games per day and 8 for the week
- 3 on 3 games with your team everyday

Fundamentals...Skillwork...Confidence...Improvement

CAMP FEATURES

- Focused teaching and coaching by extraordinary staff
- Game like drills to improve your abilities
- Strong emphasis on your improvement *"This is our passion!"*
- Our ballhandling, shooting, and stations have been highly praised
- Extra help workouts *"Hard work breeds confidence and success"*
- 2 fullcourt games a day, competitive 3 on 3 everyday, 1 on 1 moves
- *Teams based on grade*
- *Free TEE SHIRT!*
- Discounts to off season programs. *We want to work with you as much as possible!*



TYPICAL DAY

8:30 a.m. Stretch
8:45 a.m. Ballhandling
9:15 a.m. Team Shooting
10:00 a.m. Stations
(Skill work on offensive and defensive concepts)
11:00 a.m. Morning Games
12:00 noon..... Lunch
12:35 p.m. Guest Lecture
1:30 p.m..... RISING STAR SHOOTING contest
1:45 p.m..... Team Drills
2:30 p.m. Afternoon Games
3:30 p.m..... Dismissal

** Individual help with a coach available before and after camp.*

STAFF

The Rising Star Basketball School is directed by Kevin O'Brien. He brings a wealth of experience in coaching at the college level and has operated Rising Star for over 20 years.

The staff is recruited based on their ability to teach the game of basket ball in an enthusiastic and professional manner. The theme of the camp is to create an atmosphere in which learning and hard work goes hand-in-hand. This is when improvement occurs.

Melrose: Dan Burns, Head Coach Melrose
Reggie Hobbs, Head Coach Lexington

QUESTIONS

Direct your questions to Kevin O'Brien at (617) 999-0324.

**Group & Multiple Camp Discount Available*

YOUTH CAMPS, CLINICS, & PROGRAMS

Summer

Basketball Skills & Drills



Grades: Boys & Girls, Grades 5 - 8

Sessions: 4 Classes

Time: 7:00pm – 8:30pm

Cost: \$90

Location: Marcoux Gym

Session I: Wednesdays
July 15 – Aug 5
(Potential Makeup Day Aug 12)

Each skills and drills session is 75 minutes. This workout focuses on fundamentals of the game of basketball, including footwork, ball handling skills, shooting form, offensive attack, strength and conditioning. Workouts will vary from week to week, but the focus of improving the form and skill of each player is always the top priority. This workout is adjusted to fit all ages and skill levels. Players will work out on each court with our instructors for increments of time. They will get to work with our instructor throughout the evening and focus on specific skill work depending on the focus of the night. **All participants are required to bring their own basketball to each session.** Please contact the Recreation Department if you need assistance with providing a basketball.

Run by:

Ted Cottrell & Staff



(NEW)

Multi-Sport Champions!

Ages: 7 – 14
Days: Tuesday – Thursday
Time: 8:30am – 3:00pm
Cost: \$175
Location: Fred Green Football Field

Session I: July 21 – July 23
(Rain date July 24)

Session II: Aug 4 – Aug 6
(Rain date Aug 7)

Sports, games, activities, competition, & fun! We will be staffing the program with Melrose PE teachers and Recreation staff who will be running continuous sports based activities all day long. If you are looking to be outside and play a variety of sports like flag football, kickball, soccer, ultimate frisbee, whiffle ball, capture the flag, etc. then come join us for these three days of action.

Participants will need to bring water and snacks each day of the program.

Run by:

Paul Capaldo

- Melrose Physical Education Dept.
- Varsity Football Assistant Coach
- Varsity Baseball Assistant Coach

YOUTH CAMPS, CLINICS, & PROGRAMS



(NEW)

Summer Street Hockey Club

Grades: Grades 3 - 7
Days: Monday – Thursday
(Rain Date: Friday)
Cost: \$125
Location: Winthrop Outdoor Basketball Court

Entering Grades 3 – 5 8:00am – 9:55am
Entering Grades 5 - 7 10:00am – 11:55am

Session I: June 22 – June 25
(Rain date June 26)

Session II: Aug 17 – Aug 20
(Rain date Aug 21)

Enjoyed your time on the ice this past winter, while now show off your skills outdoors this summer. Kids will have an opportunity to continue their Hockey season during the summer heat with friends and fellow classmates. Not a Hockey player? Doesn't matter! Throw on the rollerblades and jump right into the action! The program will include fun games, shootouts, and scrimmages with Middle School Hockey Coach Andrew Deane! Hockey Nets, goalie equipment, and street hockey balls will be provided! Space is limited and first come, first serve!

Equipment Needed: Roller blades, Hockey Stick, Hockey Helmet with Cage or Shield, Hockey or Lacrosse Gloves, (Knee and Elbow Pads are recommended)

Instructor: Andrew Deane
MS Varsity Hockey Coach

M

MELROSE RED RAIDERS SOCCER



Red Raiders Youth Soccer Clinic

Entering Grades: 3 - 8
Dates: Aug 17 – Aug 20
Days: Monday - Thursday
(Rain Date: Fri, Aug 21)
Time: 7:00pm – 8:30pm
Cost: \$80
Location: Fred Green Field
(High School Turf Field)

Girls entering grade 3 – 8 are invited to participate in this fun clinic run by Melrose High School Girls soccer team and coaches. Participants will take part in dribbling, passing, and shooting drills as well as games to enhance their soccer ball skills and game awareness.

Instructors: Rob Mahoney
Varsity Girls Soccer Head Coach



YOUTH CAMPS, CLINICS, & PROGRAMS

M MELROSE RED RAIDERS CHEERLEADING



M MELROSE RED RAIDERS CHEERLEADING



Red Raiders Youth Cheerleading Clinic

Entering Grades: 1 - 5
Dates: June 22 – June 25
Time: 5:00pm – 6:55pm
Days: Monday - Thursday
Cost: \$80
Location: Marcoux Gym

The Melrose Varsity Cheerleaders will give your young cheerleader a great glimpse into the world of cheer with a positive experience and options for every level. This exciting and fun camp will help ignite the inner cheerleader in each participant. We will work on the fundamentals of cheerleading, stunting, jumps, cheers and a half time dance. We will be sure to take your cheerleader to new heights.

On the last day of the clinic there will be a showcase for friends and family.

Athletes should wear socks, sneakers and athletic attire. Please make sure to bring a water bottle, a smile and enthusiasm. Also, all jewelry should be removed before the start of camp.

Instructor: Julie Pino and Meaghan DelGenio
Varsity Cheerleading Head Coaches

Middle School Cheerleading Team (Football Games)

Entering Grades: 6 – 8
Date: Sep 8 – Nov 6
Time: 3:00pm – 4:00pm
Cost: \$150
Location: Melrose Middle School
(Near Fred Green Field)

Description:

- Practices 2x / week directly afterschool.
- Cheer at all home MS Football games.
- Use of team uniforms and pom poms.
- Participants will receive crop tops & board shorts.
- Participant are responsible for sneakers / footwear



YOUTH CAMPS, CLINICS, & PROGRAMS

SUMMER FIELD HOCKEY CLINICS

RUN BY MELROSE VARSITY AND MIDDLE SCHOOL COACHES!



Youth Field Hockey Clinic

Entering Grades: 3 - 5
Dates: Aug 10 – Aug 13
(Rain Date Aug 14)
Time: 6:15pm – 8:00pm
Cost: \$75
Location: Fred Green Field
(High School Turf Field)

This clinic is open to all skill levels. No experience required to learn this great game! Girls will learn the basics of dribbling, elimination skills, push passes, hits, and shooting. Small games and fun competitions will be played each day. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition. The camp would culminate in a game their parents could come watch. All players will need to provide their own stick to participate. If you cannot provide a stick then please contact the Recreation Department for assistance.

Instructor: Erin Parker
Varsity Field Hockey – Head Coach

Middle School Field Hockey Clinic

Entering Grades: 6 - 9
Dates: Aug 10 – Aug 13
(Rain Date Aug 14)
Time: 6:15pm – 8:00pm
Cost: \$75
Location: Fred Green Field
(High School Turf Field)

Our Middle School Field Hockey Clinic is designed for students to prepare for their upcoming Fall Season. This camp offers a great way for girls to learn and improve their basic fundamental skills, work with their coaches, and practice with their teammates. The clinic is offered to participants ranging from 6th-9th grade, first time beginners to advanced players. Included in the clinic will be conditioning drills, individual skills, small game play and team competitions! Emphasis will be on 1v1 skills, passing and receiving and shooting. The goal of the camp is to provide an opportunity to teach field hockey in a fun, competitive and team based environment. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition. All players will need to provide their own stick to participate.

Instructor: Annalise Conti (w/ Erin Parker)
MS Field Hockey – Head Coach

YOUTH CAMPS, CLINICS, & PROGRAMS

M

MELROSE RED RAIDERS FOOTBALL



M

MELROSE RED RAIDERS FOOTBALL



Melrose Football Preseason Skills & Drills Clinic

Grades: 5 – 8
Dates: TBD
(Rain Date: TBD)
Time: TBD
Cost: TBD
Location: Fred Green Field (High School)

Description:

- Offensive & Defensive skill development
- Position specific mechanics, technique, & footwork
- 7 on 7 & Team Competition
- Conditioning and Speed Development

Staff:

MHS Head Football Coach - Tim Morris
MHS Asst. Football Coach – Paul Capaldo

**Please check Recreation Dept.
website for more information!**

Eastern MASS Lineman Football Clinic

Grades: 9 - 12
Dates: June 29 – July 1 (Mon – Wed)
Time: 10am – 12pm
Cost: \$85
Location: Fred Green Field (High School Turf)

The Linemen Clinic will provide instruction on Offensive and Defensive play. Both Run Blocking and Pass Protection, Pulling Techniques will be taught. Defensive Linemen will be taught how to defeat blockers, pass rush skills.

Staff:

The Clinic will be staffed by Melrose Head Coach Tim Morris and other Outstanding High School Line Coaches, in addition to expert instruction from College Offensive and Defensive Line Coaches & Players.





MELROSE HIGH SCHOOL STRENGTH AND CONDITIONING FACILITY

SUMMER HOURS OF OPERATION

HIGH SCHOOL ATHLETES
MIDDLE SCHOOL

BEGINS JUNE 15
BEGINS JUNE 29

	<u>MS STUDENTS</u>	<u>ALL HS ATHLETES</u>
MON	3:30pm – 4:30pm	5:00pm – 7:00pm
TUE	3:30pm – 4:30pm	5:00pm – 7:00pm
WED	3:30pm – 4:30pm	5:00pm – 7:00pm
THU	3:30pm – 4:30pm	5:00pm – 7:00pm
FRI	CLOSED	5:00pm – 7:00pm
SAT	CLOSED	CLOSED
SUN	CLOSED	CLOSED

THE STRENGTH AND CONDITIONING FACILITY WILL BE CLOSED ON:
JULY 3

All participants must enter through the grey doors on the outside of Melrose High School near Melrose Street

Strength and Conditioning Facility

Grades: 7 – 12
Cost: Free!

All participants are required to officially register to utilize the facility. Participants will be required to register once per year online on the Recreation website. There will be no cost associated with registering. Any participant under the age of 18 will require their parent / guardian's online authorization on the registration waiver. All participants are required to check-in upon arrival. If a participant has not officially registered they will not be permitted in the facility until their name is officially listed on the roster. All participants must accept and follow all rules, policies, and code of conduct set by the Recreation Dept.

Register at www.tinyurl.com/MelroseRec

For more information or questions please contact the Melrose Recreation Department
at 781-979-4179 or recreation@cityofmelrose.org



CITY OF MELROSE

RECREATION DEPARTMENT

MELROSE FLAG FOOTBALL LEAGUE

REGISTRATION OPEN!

SPACE IS LIMITED!

Grade Groups:

Grades: K - 2 (Instructional Program)

Grades: 3 - 4

Grades: 5 - 6

Expected Times:

4:00PM - 5:00PM

5:00PM - 6:00PM

6:00PM - 7:00PM



Days:

Saturdays

Registration Deadline:

August 1

(Wait List once each league is full)

Cost:

\$120 per person

Locations:

Fred Green Field (High School)

Practices and Games:

Starts Beginning of September through Mid-November

(Expected to play 8 Saturdays throughout Fall)



Flag Football League (Grades 3 - 4) / (Grades 5 - 6)

Our youth flag football leagues focus on socialization, playing skills, teamwork, and basic game strategies. All practices and games will take place on Saturday afternoons on the Cabbage Patch Field and Fred Green Field. Players will have a 30 minute team practice immediately leading into their team game of two halves of 20 minutes running time. Each game will be staffed with referees. Each player will receive their own game jersey. Players will need to supply their own mouth piece.

Instructional Program (Grades K - 2)

This program is designed to introduce kindergarten and Grade 1 students to flag football. The program focuses on basic fundamentals, socialization, and skill building. Students will have a 30 minute skills and drills session which will be followed with 20 minutes of fun team activities and team scrimmages. Volunteer head and assistant coaches will run the practices.

To register or for more information please contact the Melrose Recreation Department
At <http://tinyurl.com/MelroseRec> or by email at recreation@cityofmelrose.org.

ADULT PROGRAMS

SPRING / SUMMER LEAGUES

MELROSE Pickleball

What is Pickleball?

Pickleball is one of the fastest growing sports in the country. It is a fun and exciting (and addictive) racquet sport, which differs from tennis by utilizing a court a third the size of a tennis court. It is primarily played as a doubles sport which means each person only has to cover about ten feet of court side-to-side. The rules are few & simple and the game utilizes an underhand serve, perforated plastic ball and "no-smash zone," seven feet in front of the net which allows for an easy-to-learn sport. Players range up to the 80's as placement is more effective than power.

The sport is played with wooden or composite paddles that are about twice the size of a ping pong paddle and a perforated plastic ball similar to a wiffle ball. New players generally pick up the game quickly and will be competing the first session.



In partnership with the

Melrose Council on Aging

Pickleball

Ages: 25+
Days: Tuesdays & Thursdays
Dates: May 19 – Oct 8
Time: 5:30pm – 7:30pm
Location: Foss Park
Cost: \$5 Drop-In

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. Due to limited court space prior experience is required. Paddles and balls will be provided. Games typically last between 10 – 15 minutes before rotation. Games are almost always played as doubles competition. Sneakers are required.



RAIN CANCELCATION POLICY

When a class is cancelled due to inclement weather the class will not be made up and refunds will not be issued. Participants will have the ability to make up the class by attending a class at a different time or on a different day.

ADULT PROGRAMS

SUMMER PROGRAMS / LEAGUES

Men's Over Thirty Summer Baseball League

Ages: 30(+)
Days: Sundays
Session: June 14 – Sept 20 (No July 5)
Time: 8:00am or 10:15am game
Cost: \$130
Location: Pine Banks – Turf Field

Registration Deadline: June 10

New 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 20 instead of Sept 6. If any nights are cancelled due to weather they will not be made-up this season due to the additional games.

Games start on June 14 with potential for a league practice on June 7. Each game is staffed with a certified umpire. 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 early!

Men's Over Thirty – Summer Pick-Up Basketball

Ages: 30(+)
Days: Mondays
Time: 7:00pm – 9:00pm
Cost: \$90
Location: Roosevelt Gym
Session: June 22 – Aug 17

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.

Look What's Happening Melrose

is the new online community calendar for all the wonderful events that happen right here in Melrose!

Check out LookWhatsHappening.org to find out what's happening at the Melrose Recreation Department.



MELROSE FARMERS' MARKET

EST. 1994 BY SALLY FRANK

**Every Thursday, June-October
2pm-7pm at Bowden Park**

Your local source for nutrition-packed food, live music, yoga, and kids activities! Shop for fresh produce, fish, meat, cheese, bread, pasta, pastries, coffee, prepared foods, herbals, crafts, and more.

melrosefarmersmarket.org



**\$10 SNAP Match
Available**

ADULT PROGRAMS

SUMMER PROGRAMS / LEAGUES

Men's Over Thirty Summer Pick-Up Soccer

Ages: 30(+)
Days: Sundays
Time: 7:15pm - 9:00pm
Cost: \$45
Location: Fred Green Turf Field
Summer: June 28 – Aug 9

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 a two hour period. 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. 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.



Women's Over Thirty Summer Soccer League

Ages: 30(+)
Days: Wednesdays
Cost: \$60
Location: Fred Green (HS Football Field)
Session: May 27 – July 29

4 Pick-up Nights

May 27 – June 17
6:00pm – 7:30pm

6 Game Schedule

June 24 – July 29
7:15pm – 9:00pm

Description:

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.

Game Cancellation Policy:

Two extra nights has been built into the original game schedule as extra days. If any nights are cancelled due to weather or HS athletics they will not be made-up this season.

New Roster Policy:

Each player may only submit one player request to be on their team this season. We will be restructuring all rosters by June 24 this season to help balance play in the league.

Uniforms:

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.



CITY OF MELROSE

RECREATION DEPARTMENT

Saturday, July 18th
Sunday, July 19th

Melrose City Hall
Melrose, Massachusetts 02176
Telephone – (781) 979-4179
E-mail – recreation@cityofmelrose.org

9th Annual Melrose Tennis Open



Available Draws:

- Men's Singles (A & B Flights)
- Women's Singles (A & B Flights)
- Men's Doubles (A & B Flights)
- Women's Doubles
- Mixed Doubles
- Junior Singles (14 & Under)

- Open to players of all levels!
- Free t-shirts for all registrants
- \$25 for singles
- \$40 for doubles (per team)
- Spots **are** limited!

Rain Dates:

August 1 & August 2

Registration Information:

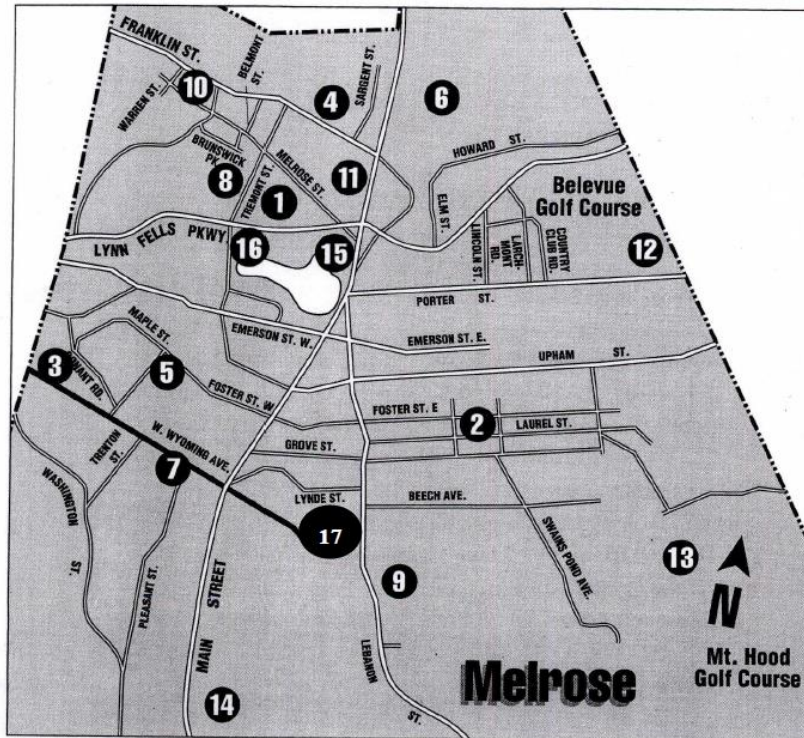
- Early Registration—June 30
 - Guaranteed t-shirt size
- Final Registration—July 14
 - Will receive Adult L t-shirt
- Participants can only register for **two total draws**
- Participants **cannot** play in both flights of one draw

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. Additional information is also available on our website at www.cityofmelrose.org.

Online registration is available for tournament spots!

GENERAL INFORMATION

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>

COMMUNITY CONTACT INFORMATION

City of Melrose Departments & Services

<u>Dept. Name</u>	<u>Phone</u>	<u>Email</u>
Mt. Hood Golf Course	781-665-6656	mthood@golfmanagementco.com
Melrose Public Library	781-665-2313	library@cityofmelrose.org
Melrose Memorial Hall	781- 979-4185	memorialhall@cityofmelrose.org
Milano Senior Center	781- 662-6886	COA@cityofmelrose.org
Melrose School Dept.	781-662-2000	school@cityofmelrose.org
Melrose Veterans Services	781-979-4186	kburke@cityofmelrose.org
Melrose City Hall	781-979-4500	mayorsoffice@cityofmelrose.org
Melrose City Yard	781-665-0142	publicworks@cityofmelrose.org
Melrose Parks Dept.	781-662-0210	jbell@cityofmelrose.org
Melrose Police Dept.	781-665-1212 (Non-Emergency)	

Community Non-Profit Groups

<u>Group Name</u>	<u>Website</u>	<u>Contact Information</u>
Melrose Youth Soccer	melroseyouthsoccer.net	MYSPresident@outlook.com
Melrose Youth Softball	melroseyouthsoftball.com	president@melroseyouthsoftball.com
Melrose Incarnation Baseball		incarnation.baseball@gmail.com
Melrose Youth Lacrosse	myll.org	info@myll.org
Melrose Little League	melroselittleleague.org	melroselittleleague@gmail.com
Melrose Babe Ruth	melrosebaberuth.org	melrosebaberuth@gmail.com
Melrose Youth Football & Cheer	melroseyouthfootball.com	info@melroseyouthfootball.com
Melrose Sharks Swim	melroseysharks.com	melroseysharks@gmail.com
Melrose Youth Hockey	melroseyouthhockey.pucksystems.com	Myh-boardofdirectors@comcast.net
Melrose United Soccer	melroseunited.com	melroseunitedfc@gmail.com
Men's Good Guys Soccer		ccharry@smma.com
North Suburban Resource Network	hallmarkhealth.org	nsfamilynet@hallmarkhealth.org
Melrose YMCA	ymcametronorth.org/	781-665-4360
Communitas	communitas.org	781-942-4888 781-587-2200
American Red Cross	redcross.org	781-665-4186 781 665 1351
Melrose Chamber of Commerce	melrosechamber.org	781-665-3033

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

MELROSE RENTAL HALLS



Mount Hood Golf Club and Function Facility

Book your next function at Mount Hood

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

781-665-6656 ext 3



Melrose Memorial Hall

Host your next event in our historical building located in downtown Melrose!
Our full air conditioned facility includes a stage, dressing rooms, main hall and upstairs
room with a commercial kitchen, is perfectly suited for events from 25 – 800 people.
Now with free public Wi-Fi!

Please email Kathy at memorialhall@cityofmelrose.org or call 781-979-4185
to inquire about availability. We would love to host your next event!

www.melrosememorialhall.com
590 Main Street, Melrose. MA 02176



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

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.