

# Melrose Recreation Department PROGRAMS & EVENTS

SUMMER 2022

MAYOR PAUL BRODEUR



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**MELROSE RECREATION DEPARTMENT**

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

**OFFICE: 781-979-4179**

**RECREATION@CITYOFMELROSE.ORG/RECREATION**

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## **SUMMER PROGRAMS**

*HAVING FUN TOGETHER AS A COMMUNITY*



**REGISTRATION NOW OPEN!**

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

Also be on the lookout for new programs and events that get added throughout the summer! Be sure to register for our Recreation Weekly Newsletter on website. This is a great way to stay informed on upcoming programs, newly released programs, and fun opportunities in Melrose.

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

Sincerely,  
Frank Olivieri  
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 by increasing 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 Phone .....781-979-4179

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 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 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.

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The opportunity to play the game."

— Mike Singletary



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# SCHOLARSHIP SPONSORS!



## fit life



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22 Corety Street Melrose - 781.662.3306

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group fitness - nutrition - personal training - open gym;



Bring this ad in for  
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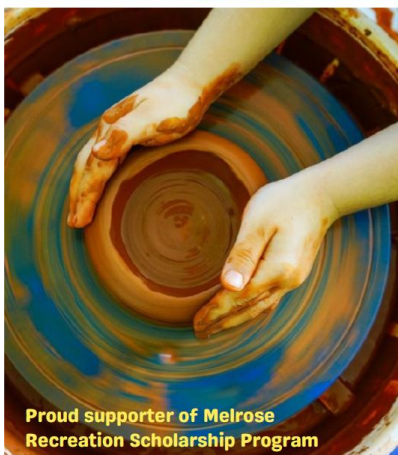
*The Mouradian family  
is a proud supporter of  
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# SCHOLARSHIP SPONSORS!



Proud supporter of Melrose  
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# HINGE

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Department's Scholarship Fund Program**

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# SCHOLARSHIP SPONSORS!



## Mass in Motion

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Melrose Recreation Department's  
Scholarship Fund Program.*

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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:





**CITY OF MELROSE**

**RECREATION DEPARTMENT**

***Saturday, May 21st***

## **Melrose Mixed Doubles Open**

*A Fundraiser for Melrose High School Tennis*



**Match Format: 8 Game Pro-Set**  
**-Open Draw (All Ages & Levels)**  
**-High School Draw (MHS Players Only)**

### Registration Information

- Final Registration- May 16<sup>th</sup>
- Rain Date: Sunday, May 22<sup>nd</sup>
- Free Tennis Sweat Towel
- \$50 per Doubles Team
- Spots **are** limited



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

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



# COMMUNITY EVENT



**JOIN US FOR A LIVE PUPPET SHOW WITH TOM KNIGHT**

**JUNE 11<sup>TH</sup> 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.

# 4<sup>TH</sup> of JULY CELEBRATION!

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

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

Come join 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. We encourage everyone to be creative and to let their American spirit shine!

The parade will begin at 10:00am sharp! However if you are running a little late it is no problem as the parade line does take time get going. Participants can join the end of the line as they arrive. Street parking does fill up fast and we ask everyone to be mindful of neighbor's driveways and parking in legal spots.

At the conclusion of the parade all youth will receive a participation ribbon. We will also have free face painting, music, games, activities, and vendors. Fun for the entire family!



## 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







# YOUTH TENNIS LESSONS

Crystal Street Tennis Courts

## USTA Quick Start Tennis

Quick Start Tennis is an exciting youth 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 all tailored to the age and size of the child.

## Quick Start Tennis I

**Ages:** 5 - 6

**Time:** 9:00am – 9:50am

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.

## Quick Start Tennis II

**Ages:** 7 - 9

**Time:** 10:00am – 10:50am

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 – 11:50am

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!

## SUMMER SESSIONS

### WEEK LONG CLINICS

**Classes:** 4 Lessons

**Days:** Mon - Thu (Rain Date: Fridays)

**Cost:** \$50

**Week 1:** June 27 – June 30

**Week 2:** July 11 – July 14

**Week 3:** July 18 – July 21

**Week 4:** July 25 – July 28

**Week 5:** Aug 1 – Aug 4

### TWICE / WEEK

**Classes:** 2 Lessons

**Cost:** \$25

### Monday & Wednesday (Rain Date: Fridays)

**Week 1:** June 27 & June 29

**Week 2:** July 11 & July 13

**Week 3:** July 18 & July 20

**Week 4:** July 25 & July 27

**Week 5:** Aug 1 & Aug 3

### Tuesday & Thursday (Rain Date: Fridays)

**Week 1:** June 28 & June 30

**Week 2:** July 12 & July 14

**Week 3:** July 19 & July 21

**Week 4:** July 26 & July 28

**Week 5:** Aug 2 & Aug 4

Children may be required to bring a mask and water with them to the class.

# YOUTH GOLF LESSONS

MT. HOOD GOLF COURSE



## Recreation Youth Golf Lessons

**Ages:** 5 - 14  
**Days:** 3 Sessions, Mon – Wed  
**Time:** 9:15am – 12:15pm  
**Cost:** \$175  
**Registration:** Register with Rec Dept.

**Session I:** July 5 – July 7 (Tue – Thu)  
**Session II:** July 18 – July 20  
**Session III:** Aug 1 – Aug 3  
**Session IV:** Aug 15 – Aug 17

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. Participants must bring their own clubs.

To register for this program please go to the **Recreation Department** website or visit the Recreation Office.



## Mount Hood Golf Club Junior Golf School

**Ages:** 5 - 14  
**Days:** 3 Sessions, Mon – Wed  
**Time:** 9:15am – 12:15pm  
**Cost:** \$175  
**Registration:** Register with Mt Hood Pro Shop

**Session I:** June 27 – June 29  
**Session II:** July 11 – July 13  
**Session III:** July 25 – July 27  
**Session IV:** Aug 8 – Aug 10

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. Participants must bring their own clubs.

To register, visit the **Mount Hood Pro Shop** or call 781-665-6656.





# YOUTH PROGRAMS



## Super Soccer Stars

**Days:** Wednesdays, 4 Classes  
**Cost:** \$85  
**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)

**Session I:** July 6 – July 27  
(Rain date TBD)

**Session II:** Aug 3– Aug 24  
(Rain date Aug 31)

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](http://www.supersoccerstars.com)



## Story Time & Sing-Along w/ the Family Resource Network

**Ages:** 2 – 5  
**Dates:** Wednesdays, 6 Classes  
**Time:** 10:00am – 10:45am  
**Session:** July 13 – Aug 17  
(Rain Date: Aug 24)  
**Cost:** \$40  
**Location:** Common Park

Lay your blanket down under a shaded tree or under the hot summer sun and join the Family Resource Network staff for a fun play & learn group. We will read new and classic story time books to all in attendance and have fun singing our favorite songs! After we are done reading & singing, all participants will have a chance to work off that energy by playing group movement games and running under the big parachute.

**In partnership with:**  
North Suburban Child and Family Resource Network

Follow on Facebook at:  
[www.facebook.com/pg/northsuburbanfamilynetwork](https://www.facebook.com/pg/northsuburbanfamilynetwork)



# YOUTH PROGRAMS



## **Multi-Sport Champions!**

**Ages:** 7 – 14  
**Days:** Tuesday – Thursday  
(Rain Date: Fri)  
**Time:** 9:00am – 2:00pm  
**Cost:** \$175  
**Location:** Fred Green Football Field

**Session I:** July 19 – July 21  
(Rain date July 22)

**Session II:** Aug 9 – Aug 11  
(Rain date Aug 12)

Sports, games, activities, competition, & fun! We will be staffing the program with Melrose PE teachers and/or 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.

### **Run by:**

-Melrose PE Staff  
-Melrose Rec Staff

## **Summer Street Hockey Club**

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

Entering Grades 3 – 5                      8:00am – 10:00am  
Entering Grades 5 - 7                      10:00am – 12:00pm

**Session I:** June 27 – June 30  
(Rain date July 1)

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! This program is a great way to keep playing hockey into the summer. Not a Hockey player? Doesn't matter! All skill levels are encouraged to join. 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 & Staff  
MS Varsity Hockey Coach



# YOUTH PROGRAMS



## **Lazer Lax - Youth Lacrosse Clinic**

**Entering Grades:** 1 - 9, Boys & Girls  
**Dates:** July 12 – July 14  
(Rain Date: Fri, July 15)  
**Days:** Tue – Thu  
**Time:** 9:00am – 12:00pm  
**Cost:** \$165  
**Location:** Fred Green Field (Turf)

Once again Lazer Lax will be running a three day Lacrosse clinic in Melrose! Join Coach Galusi, Coach James to participate in skills, drills, and game play situations.

Fun, instructional and competitive curriculum that is grouped by age and ability. Drills and activities that keep our campers moving. Skills competitions, player awards and individual player evaluations. Campers receive instruction from High School coaches, collegiate players and current players from the Melrose High School program. Daily goalie pavilion: small group or individual goalie work ranging from experienced to first time goal tenders.

- Girls must bring their own stick, goggles, mouth guard and water.
- Boys must bring a stick, helmet, as well shoulder pads, elbow pads, gloves, and water

First time players, goalies, and prospective goalies are all encouraged to attend! The clinic is open to any athlete no matter playing experience.

### **Run by:**

Boys Varsity Coach Matt James  
Girls Varsity Coach Matt Galusi

## **M MELROSE SOCCER**



## **Melrose Athletics - Youth Soccer Clinic**

**Entering Grades:** 3 - 8  
**Dates:** Aug 15 – Aug 18  
**Days:** Monday - Thursday  
(Rain Date: Fri, Aug 19)  
**Cost:** \$80  
**Location:** Fred Green Field (Turf)

**Session I:** Grades 3 - 5  
6:30pm – 7:45pm

**Session II:** Grades 6 - 8  
8:00pm – 9:15pm

Kids 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. All participants are required to bring their own ball. If you do not have a ball please contact the Recreation Department.

- Staff:**
- Rob Mahoney (Varsity Head Coach)
  - Melrose Girls Soccer Coaching Staff
  - Melrose High School Girls Soccer Team



# YOUTH PROGRAMS

## **M** **MELROSE** **BASKETBALL**



### **Melrose Athletics – Jump Start Basketball Clinic**

**Entering Grades:** 3 – 8, Boys & Girls

**Dates:** July 25 – July 28

**Days:** Monday - Thursday  
(Rain Date: Friday)

**Cost:** \$90

**Location:** Common Park

**Session I:** Grades 3 - 5  
8:00am – 9:30am

**Session II:** Grades 6 - 8  
9:30am – 11:00am

The clinic is designed to help boys and girls who are interested in improving their basketball skills. Any child looking to make a certain team or just looking to have fun and learn the game of basketball are encouraged. The skills of shooting, passing, footwork, rebounding and ball handling will be incorporated in a variety of ways. Skills and drills, shooting competitions will take place for the hour the clinic runs.

**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.

**Instructor:** Dan Burns  
Varsity Basketball Head Coach

### **Summer Basketball Skills & Drills**

**Entering Grades:** 3 – 8

**Dates:** June 29 – Aug 10

(No July 27)

(Rain Date: Aug 17)

**Sessions:** Wednesdays, 6 Classes

**Cost:** \$60

**Location:** Common Park

**Session I:** Grades 3 - 4  
9:00am – 10:00am

**Session II:** Grades 5 - 6  
10:00am – 11:00am

**Session III:** Grades 7 - 8  
11:00am – 12:00pm

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.

**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



# YOUTH PROGRAMS

## **SUMMER FIELD HOCKEY CLINICS**

**RUN BY MELROSE VARSITY AND MIDDLE SCHOOL COACHES!**



### **Youth Field Hockey Clinic**

**Entering Grades:** 3 – 5  
**Days:** Mon - Thu  
**Dates:** Aug 8 – Aug 11  
(Rain Date Aug 12)  
**Time:** 6:30pm – 8:15pm  
**Cost:** \$85  
**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:**

Claire Grogan (Varsity Field Hockey -Head Coach)  
Annalise Conti (MS Field Hockey – Head Coach)  
MHS Field Hockey Team

### **Middle School Field Hockey Clinic**

**Entering Grades:** 6 - 9  
**Days:** Mon - Thu  
**Dates:** Aug 8 – Aug 11  
(Rain Date Aug 12)  
**Time:** 6:30pm – 8:15pm  
**Cost:** \$85  
**Location:** Fred Green Field

Our clinic is designed for students to prepare for their upcoming fall season. This clinic 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 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 play.

#### **Instructor:**

Claire Grogan (Varsity Field Hockey -Head Coach)  
Annalise Conti (MS Field Hockey – Head Coach)  
MHS Field Hockey Team



# Melrose Varsity Cheerleading Clinics



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

## MIDDLE SCHOOL CHEERLEADING STUNT CLINIC

Grade 5-8

**\$75**

- Fun Stunts
- Technique
- Transitions
- Dismounts
- Pyramids

**When:** June 20<sup>th</sup>  
**Time:** 4-7pm  
**Where:** Marcoux Gym

**\*\*Experience a Friday Night under the lights cheering with the MHS Varsity Cheerleaders at a football game this coming season.**

## Melrose Youth Cheerleading Clinic

Grade 2-4

**\$75**

- Fun new cheers
- Fundamentals of Stunting
- Jumps
- Fun Games
- Dance

**When:** June 21<sup>st</sup> – 23<sup>rd</sup>  
**Time:** 5pm – 6pm  
**Where:** Marcoux Gym

Your young cheerleader will work side by side with the Melrose High School Varsity Cheerleaders. During this fun and exciting clinic, we will ignite the inner cheerleader in each young athlete. They will learn fun new cheers, jumps, fundamentals of stunting, tumbling and a dance.

# YOUTH PROGRAMS

# M

## MELROSE FOOTBALL



# M

## MELROSE FOOTBALL



### **Melrose Middle School Football Friday Night Lights**

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**Grades:** 6 – 8  
**Days:** Fridays  
**Dates:** July 15, July 29, Aug 5  
**Time:** 6:30pm – 8:00pm

**Cost:** \$55

(Cost is free if player is registered for Recreation Middle School Football Team – See next page)

**Location:** Fred Green Field (High School)

**Description:**

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

**Staff:**

-Melrose High School & Middle School Football Coaching Staff

### **Eastern MASS Lineman Football Clinic**

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**Grades:** 9 – 12  
**Days:** Mon – Wed  
**Dates:** June 27 – June 29  
**Time:** 10am – 12pm  
**Cost:** \$90  
**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. **Clinic t-shirt is included.**

**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.





# 2022 MELROSE MIDDLE SCHOOL FOOTBALL



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## REGISTRATION AND INFORMATION for the 2022 Season of the MELROSE MIDDLE SCHOOL FOOTBALL TEAM

**WHO:** All students entering the 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grades in September of 2022 who are interested in playing football.

**FACTS:**

- Melrose will play **GRADE BASED FOOTBALL**. There will be NO weight restrictions - it is open to all 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 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, Concord, Reading, Wilmington, Winchester, Woburn and other Middle School teams in the region.
- **PRESEASON WILL BEGIN ON AUGUST 22nd !**
- All home games will be played at Melrose High School and MVMMS complex - Fred Green Field.
- **Practices will be held 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, preseason & 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

**REGISTRATION:** To register please visit the Melrose Recreation Dept. website at [www.cityofmelrose.org](http://www.cityofmelrose.org) or [Melrose Recreation website](#).

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





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 - 4:50pm

4:30pm - 6:00pm

5:30pm - 7:00pm



**Days:**

Saturdays

**Registration Deadline:**

August 1

(Wait List once each league is full)

**Cost:**

\$115 per person (K - 2)

\$135 per person (3 - 6)

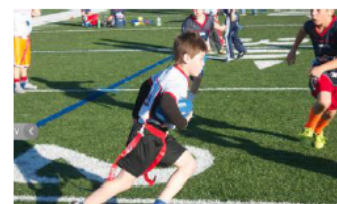


**Locations:**

Fred Green Field (High School)

**Practices and Games:**

Starts Beginning of September through Mid-November



**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, Grade 1 and Grade 2 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 [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation) or by email at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org).

# YOUTH PROGRAMS



## **Master Builder and Coders with Stop Motion Animation:**

**Ages:** 6 - 8  
**Days:** Mon – Fri  
**Cost:** \$385  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall

**Week I:** July 11 – July 15  
**Week III:** July 25 – July 29

Join us and become a Master Builder. 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 following PowerPoint presentations. In addition, children will learn how to code their LEGO builds using a drag-and-drop based interface using Bluetooth technology. 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.

### **LET GO YOUR MIND - IMPORTANT NOTES**

1. All children are required to bring water and lunch.
2. At lunchtime, the program will go outside to Mary Foley Park located across the street from Memorial Hall.
3. There will be a \$50 refund fee for anyone who registers for more than one week of this program and later cancels. This is to limit people from signing up for multiple weeks as a placeholder for their child locking out other participants.

## **EV3 LEGO Robotics and Minecraft with Stop Motion Animation:**

**Ages:** 9 - 13  
**Days:** Mon – Fri  
**Cost:** \$385  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall

**Week I:** July 11 – July 15  
**Week III:** July 25 – July 29

Come join us as students build multiple robots that can swing, smash, tilt, spin and launch LEGO and mini figs across the room! Each day children will use LEGO, motors, gears, and sensors to code their robots. After each build students will have the opportunity to apply what they learned using STEM-based principles to experiment with the coding and modifying their LEGO creation. During the Minecraft portion of the day, students will be tasked with building a maze. A maze that is filled with traps, tricks, and tactics to protect them from archenemies. Instructors will use Command Blocks and Redstone to teach students how create cool defenses to use throughout their maze. At the end of the week students will try to solve each other's mazes. In addition, children will have the opportunity to produce their own LEGO stop motion animation. Students will build movie sets and devise their own plot with LEGO mini figures and other LEGO bricks, using professional stop motion animation software.

# YOUTH PROGRAMS



## **LEGO Engineering and Coding with Stop Animation:**

**Ages:** 6 - 8  
**Days:** Mon – Fri  
**Cost:** \$385  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall

**Week II:** July 18 – July 22

**Week IV:** Aug 1 – Aug 5

A continuation of week one with new LEGO brick builds and more stop motion animation action! Channel your inner Master Builder and create your very own LEGO brick robotic machines and stop motion animation movie. No experience needed for pt. II. Join us and become a Master Builder. 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 following PowerPoint presentations. In addition, children will learn how to code their LEGO builds using a drag-and-drop based interface using Bluetooth technology. In the afternoon, children will have the opportunity to produce their own LEGO stop motion animation.

### **LET GO YOUR MIND - IMPORTANT NOTES**

1. All children are required to bring water and lunch.
2. At lunchtime, the program will go outside to Mary Foley Park located across the street from Memorial Hall.
3. There will be a \$50 refund fee for anyone who registers for more than one week of this program and later cancels. This is to limit people from signing up for multiple weeks as a placeholder for their child locking out other participants.

## **Mission to Mars with Stop Motion Animation:**

**Ages:** 9 - 13  
**Days:** Mon – Fri  
**Cost:** \$385  
**Time:** 9:00am – 3:00pm  
**Location:** Memorial Hall

**Week II:** July 18 – July 22

**Week IV:** Aug 1 – Aug 5

Three, Two, One ... Lift-Off! Students will design and program a LEGO built rover. They will tackle the challenges and adventures of space robotic exploration. Participants will modify and code the EV3 robot using color and sonic sensors to help maneuver through the unknown land! They will work in teams of two to complete six missions that prompt creative problem-solving, communication, and teamwork.

During the Minecraft portion, students will learn more tips and tricks to create an even bigger and more complex space maze. Students will learn movie magic, including rigging, jumping, easing and many more effects to help bring their stop motion animation alive.

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.



# Filmmaking Classes

FOR AGES  
10-14



presented by the creators of the **BOSTON INTERNATIONAL KIDS FILM FESTIVAL**

## DATE

Monday-Friday

### Session I

July 18 - July 22

### Session II

July 25 - July 29

## TIME

9:00am – 3:00pm

## LOCATION

MMTV

360 Main Street  
Melrose, MA 02176

## COST:

\$385 (per session)

In this class, students will bring creativity to life in a fun, collaborative and exciting environment. They will learn skills in scriptwriting, storyboard sketching, improvisation and camera skills. Students who have previously participated in our program will be able to expand on their filmmaking skills. Together they will write, shoot and edit a film in a genre of their choosing and edit their project together using the professional editing software Adobe Premiere.

*All final projects are eligible for submission into the Boston International Kids Film Festival in November 2022*

To register please visit the Melrose Recreation Dept. website at [www.cityofmelrose.org](http://www.cityofmelrose.org)

*For more information about this class, please contact:  
Natalia Morgan, Program Coordinator  
[natalia@filmmakerscollab.org](mailto:natalia@filmmakerscollab.org)*



Visit **[www.bikff.org](http://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](http://www.filmmakerscollab.org).

# 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.

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

**Ages:** 30(+)  
**Days:** Mondays  
**Time:** 7:00pm – 8:45pm  
**Cost:** \$90  
**Location:** Middle School Gym  
**Session:** June 20 – Aug 15  
(No July 4 or Aug 1)

We will be running continuous pick-up games from 7:00pm – 8:45pm for registered participants. There will be a volunteer league coordinator on-site to assist with organizing games and teams. Several formats may be used to organize games and teams each night.

Two rain dates has been built into the schedule as extra days. If nights are cancelled due to weather, HS athletics, or summer gym maintenance 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 new jersey. All players are required to own a Recreation Dept. reversible jersey to participate.**

# ADULT PROGRAMS

## SPRING / SUMMER LEAGUES

### **Men's Over Thirty Summer Pick-Up Soccer**

**Ages:** 30(+)  
**Days:** Sundays  
**Time:** 7:15pm - 9:00pm  
**Cost:** \$60  
**Location:** Fred Green Turf Field  
**Summer:** June 26 – Aug 14  
(No July 3)

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. 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 Women Summer Pick-Up Soccer**

**Ages:** 30(+)  
**Days:** Wednesdays  
**Time:** 7:15pm - 9:00pm  
**Cost:** \$60  
**Location:** Fred Green Turf Field  
**Session:** June 22 – Aug 3

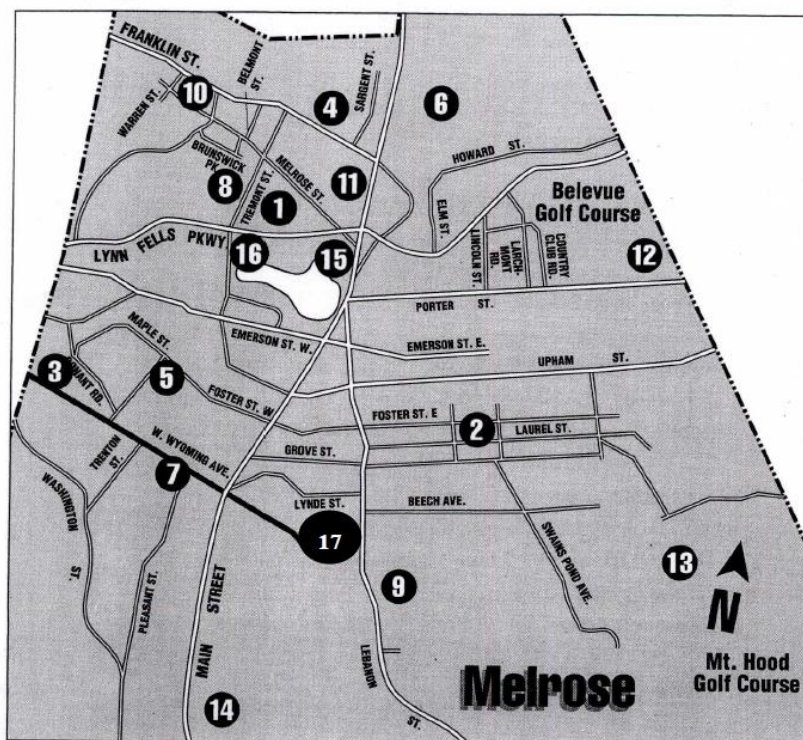
Every pick-up game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Games will be continuously running for the duration. No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join 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.





# parks and fields



## Park Locations

### Park Name

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

781-979-4169

## 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](http://www.cityofmelrose.org). To register online visit our website (listed above) and click on the "Online Registration" link. If you have any difficulties please contact us at 781-979-4179.

## **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.