

Melrose Recreation Department PROGRAMS & EVENTS

FALL / WINTER 2013 - 2014

WWW.CITYOFMELROSE.ORG



MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE, MA 02176

PHONE: 781-979-4179 ~ FAX: 781-662-4477

EMAIL: RECREATION@CITYOFMELROSE.ORG



WINTER FESTIVAL AT MT. HOOD PARK – 2013

(Wicked Local Staff Photos by Nicole Goodhue Boyd reprinted with permission of the Melrose Free Press, a GateHouse Media New England Production)

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

**REGISTRATION OPENS: AUGUST 15th
SPACE IS LIMITED!!!**

INTRODUCTION

Manager's Corner

We are very excited about all we have to offer this fall & winter 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.

If you are looking to stay informed please sign-up for our weekly "Upcoming Programs & Events" email that we send out every Friday. This is a great way to be reminded of activities that are starting. You can sign-up for our newsletter by visiting the Recreation Department new webpage at www.cityofmelrose.org or by emailing us at recreation@cityofmelrose.org.

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

Sincerely,
Frank Olivieri, CPRP
Recreation Manager

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Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone781-979-4179
Fax.....781-662-4477
Email.....recreation@cityofmelrose.org

Recreation Dept. Staff

Frank Olivieri, CPRP....Recreation Director
Michael Kent.....Recreation Leader
Ashley Aldred.....Recreation Assistant

Park Commission

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

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

Office Hours

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

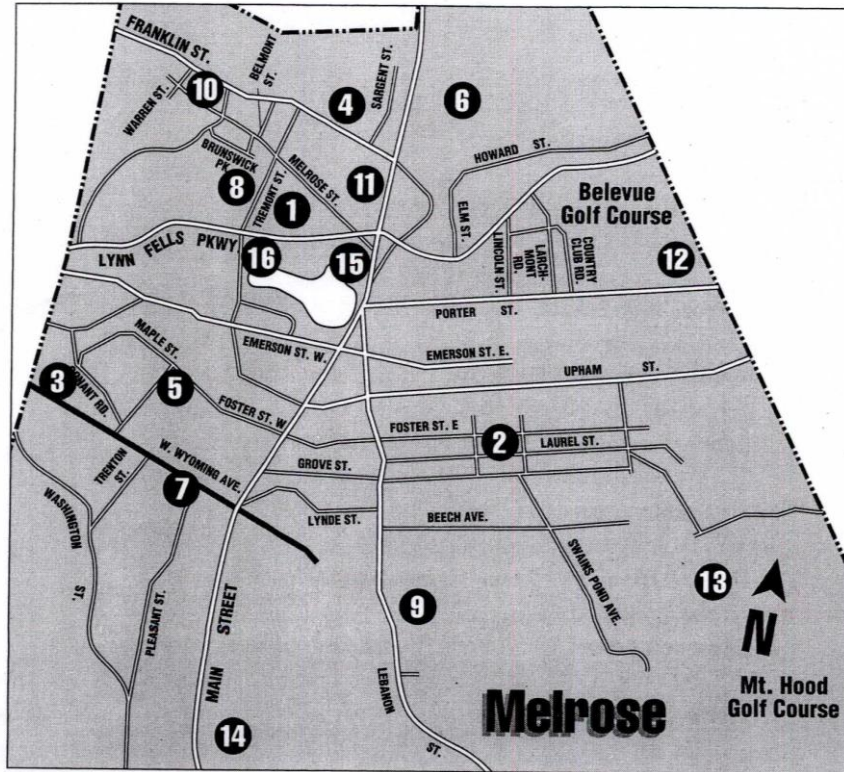
Fri 8:30am – 12:00pm
 12:00pm – 4:30pm (By appointment)

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

Mission Statement

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

parks and fields



Park Locations

Park Name

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

Amenities

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

Location

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

Parks Department

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

781-662-0210

Guide to Use & Maintenance of City Recreational Facilities

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

Community Contact Information

City of Melrose Departments & Services

| <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 | |
| Melrose Memorial Hall | 781- 979-4185 | kpigottbrodeur@cityofmelrose.org |
| Milano Senior Center | 781- 665-4304 | COA@cityofmelrose.org |
| Melrose School Dept. | 781-662-2000 | |
| Melrose Veterans Services | 781-979-4186 | rmclean@cityofmelrose.org |
| Melrose City Hall | 781-979-4500 | balverson@cityofmelrose.org |
| Melrose City Yard | 781-665-0142 | |
| Melrose Parks Dept. | 781-662-0210 | jbelle@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 Pop Warner | melrosepopwarner.com | info@melrosepopwarner.com |
| Melrose Youth Soccer | melroseyouthsoccer.net | richaltonga@comcast.net |
| Melrose Youth Softball | melroseyouthsoftball.com | Michelle.carson@comcast.net |
| Melrose Incarnation Baseball | incarnationbaseball.org | info@incarnationbaseball.org |
| Melrose National Little League | eteamz.com/Melrose | steve@tarpeyinsurance.com |
| Churchill American Little League | churchillamerican.org | dcosta@windsorcommunities.com |
| Melrose Youth Lacrosse | myll.org | info@myll.org |
| Melrose Babe Ruth | melrosebaberuth.org | 339-221-1680 |
| Melrose Flag Football | northshoreflagfootball.com | Melrose@northshoreflagfootball.com |
| Melrose Sharks Swim | melroseysharks.com | melroseysharks@gmail.com |
| Melrose Youth Hockey | melroseyouthhockey.com | Myh-boardofdirectors@comcast.net |
| Melrose United Soccer | melroseunited.com | melroseunitedfc@gmail.com |
| Melrose YMCA | melroseymca.org | 781-665-4360 |
| EMARC | themarc.org | 781-942-4888 |
| American Red Cross | redcross.org | 781-665-4186 |
| Melrose Chamber of Commerce | melrosechamber.com | 781-665-3033 |
| North Suburban Child & Family Resource Network | | kharlow@hallmarkhealth.org |

Lawrence W. Lloyd Memorial Swimming Pool (DCR)

49 Tremont St.

Melrose, MA 02176

Open June 24 - August 25

Open Swim Hours: 11am - 7pm

Pool Phone: (781) 979-0172

DCR Greater Boston Phone: (617) 626-1250

SCHOLARSHIP FUND SPONSORS

The Melrose Recreation Department is very proud of our Scholarship Fund that allows Melrose kids who can not afford programs to participate for free. Our goal has always been to never turn away a child due to economic hardship. Each sponsor below represents several scholarships that we will be able to grant this year!

THANK YOU TO ALL OUR SPONSORS!!!

DUNKIN' DONUTS AND THE SCRIVANOS FAMILY

*Are proud to help support the
Melrose Recreation Department and
The Scholarship Program*

Come Visit Us:

348 Main Street, Melrose

470 Lynn Fells Pkwy, Melrose

**For Employment
Opportunities,
Please Visit:
www.qhire.net/coffeejobs**



SCHOLARSHIP FUND SPONSORS

Proud Supporters of the
**Melrose Recreation
Department
Scholarship Fund
Program**
Fall/Winter 2013-14

PHOTO & VIDEO
Hunt's
"A Picture Perfect Experience"
100 Main St., Melrose



We believe in making a difference within the communities we serve and support those who share the same hard work and dedication.



108 Main Street
781.979.0010 ebsb.com

Member FDIC Member DIF Equal Housing Lender

**Neighbors
you can
bank on.**

Proud to support the
Melrose Recreation
Department Scholarship
program.



**Northern Bank
& Trust Company**

Neighbors you can bank on.

NBTC.com - 781.937.5400

Visit our Melrose office

514-516 Franklin Street

781.662.0200



Member FDIC

EVERY SEASON STARTS AT



DICK'S SPORTING GOODS

Square One Mall

1201 Broadway

Saugus, MA 01096

(781) 233-0476

COMMUNITY EVENTS

Aug 17 & 18 - Melrose Tennis Open

Dates: Saturday, August 17 and Sunday, August 18

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

Time: Starting 8am both days

Location: Crystal Street Courts / Tremont Street Courts

Divisions:

Men's Singles (Flights A and B)

Men's Doubles (Flights A and B)

Women's Singles

Women's Doubles

Juniors 14 and under

The Second Annual Melrose Tennis Open is a sure way to show off your skills on the court. All abilities and skill levels welcomed, and the Tennis Open will hold single elimination men's, women's, and junior's matches. Each participant will receive a free t-shirt, as well as new balls for their matches. Online Registration is now available. Early registration ends August 2nd which guarantees your shirt size. Registration deadline is August 15th. All registrations after August 15th will be slotted as space allows.

Over 60 players competed in 2012

2012 Champions!

| | |
|------------------|----------------------------------|
| Youth Singles: | E.J. Kelley |
| Women's Singles: | Julie Fox |
| Women's Doubles: | Kate Arkins & Heidi Kemery |
| Men's A Singles: | Joe Dunn / Sam Pollack |
| Men's B Singles: | Ryan Barrows |
| Men's A Doubles: | Stu Clemons & Robert McKinley |
| Men's B Doubles: | Zack Bachiri & Sam Pham |



Aug 22 – Class of 2026

Ages: New Kindergarten Students (Starting 2013)

Date: Thu, Aug 22

Location: Common Park

Cost: FREE **Time:** 6:00pm – 8:00pm

Mayor Robert J. Dolan invites all incoming kindergarten students to celebrate the beginning of school with a welcome party at Melrose Common. Come meet all of your new classmates from the Melrose High School class of 2026. The current Melrose varsity athletes will be in attendance to play games, introduce new sports, and will have different arts & crafts activities such as face painting and drawing.

Rain location: Middle School Gym.

Aug 30 - Passport to Safety Town

Ages: New Kindergarten Students (Starting 2013)

Date: Fri, Aug 30 (**New Date!**)

Cost: FREE **Time:** 9:30am – 12:00pm

Location: Common Park Tot Lot

Through activities and guest visits, the Safety Town program trains children to evaluate the "safe" from the "unsafe." Under the guidance of volunteers and local organizations, children practice and experience their lessons in Safety Town. Topics discussed during the day include Bicycle Safety, Car Cares (seatbelts & car seats), First Aid Band-Aid, Fire Attire, Weather Worries, Pedestrian Place, Don't Tip the Boat, Animal Mayhem, Stranger Danger, Playground Playmates, along with personal and home safety. Children are visited by community program specialists, community safety professionals, including police officers, firefighters, paramedics, and health care professionals.

COMMUNITY EVENTS

Halloween Costume Party Event

Ages: All Ages!

Cost: FREE

Date: Sunday, October 27

Time: 4:00pm – 6:00pm

Location: Mt. Hood Golf Course - Club House

We invite everyone to dress up in their amazing Halloween costumes and join us for our special party event. Mt. Hood will be decorated and ready for a good time. Come enjoy our kid's entertainers and special characters that will be available for photos and fun. We will have snacks, refreshments, and spooky cookies that kids can design, bake, and eat all in the same night. Music and surprises should definitely be expected!

We encourage everyone to participate in our Pumpkin Carving Contest! Carve your best pumpkin at home with your family and bring it to the event. We will have it lit up and on display for the crowd to judge and see your work of art. You just might win Top Halloween Pumpkin!

In partnership with:

Melrose Parks Commission

Melrose Recreation Department

Melrose Parks Department

Golf Management Company, LLC



2013 - Massachusetts Parks Pass

Melrose residents may borrow a 2013 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 Melrose Recreation Department to reserve the Parks Pass for the 2013 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/>.



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

COMMUNITY EVENTS

Pond Hockey Tournament (4 v 4)

Ages: 30(+)

Date: Sun, Jan 26 (Weather Permitting)

Cost: FREE! (\$50 Deposit required per team)

Time: 9:00am – 1:00pm

Location: Mt. Hood Memorial Park – First Pond

Registration Deadline: Jan 20 or Until Filled

To Register:

Must sign-up at the Recreation Office
(Office is located at City Hall)

Tournament Details:

- 8 Team Tournament
 - Round #1 (9am – 11am)
 - Round #2 (11am – 12pm)
 - Championship Game (12pm – 1pm)
- 4 on 4 (Max 6 players per team)
- 3 Periods / 15 Minutes Each (Running Time)
- Referees for each game
- Teams must wear matching uniforms
- First 8 teams to officially register are in the tourney!!!
- Must register as a team
- Championship trophy to winning team!
- Weather permitting!

Tournament Schedule

| | | | | |
|------|----------------|----|----------------|---------|
| 9am | Team #1 | vs | Team #2 | Rink #1 |
| 9am | Team #3 | vs | Team #4 | Rink #2 |
| 10am | Team #5 | vs | Team #6 | Rink #1 |
| 10am | Team #7 | vs | Team #8 | Rink #2 |
| 11am | Winner of 9am | | Winner of 9am | |
| 11am | Winner of 10am | | Winner of 10am | |
| 12pm | Winner of 11am | | Winner of 11am | |

Melrose Winter Festival

Ages: Open to All Ages

Cost: FREE

Date: Thursday, Feb 20

Time: 12:00pm – 2:30pm

Location: Mt. Hood Golf Course - Club House

Get out of the house and help us celebrate the winter at Mount Hood Memorial Park. Come take in the sights, sounds, and all of the beautiful winter views that the park has to offer. We will be having games, activities, entertainment, balloon animals, music, face painting, ice skating (weather permitting), snow shoeing, trail walking, s'mores, hot coco, and a huge free BBQ for all who attend. Don't miss out on all of the fun and surprises that we have in store. Dress warm and we look forward to seeing everyone there!!!

In partnership with:

Mayor Robert Dolan

Melrose Parks Commission

Melrose Recreation Department

Melrose Parks Department

Golf Management Company, LLC



WINTER FESTIVAL – FEB 2013

COMMUNITY EVENTS



Melrose Kids Club

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



Where? Memorial Hall, 590 Main Street

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

When? Fridays, 10 am - 11 am

September 13, 2013

October 11, 2013

November 8, 2013

January 10, 2014

February 14, 2014

March 14, 2014

April 11, 2014

May 9, 2014



*Sponsored by Mayor Rob Dolan
and the
Board of Aldermen
www.melrosememorialhall.com*

MELROSE FLAG FOOTBALL LEAGUE

Melrose Flag Football League

Age Groups: 5 – 6 years old
7 – 8 years old
9 – 11 years old
12 – 14 years old

Days: Saturdays

Time: 4:00pm – 7:00pm
(45 minute practice followed by 1 hour game)

Cost: \$95 per person

Location: Fred Green Football Field (High School)

Registration Opened: July 22

Registration Closed: Aug 23

Skills Combine: Sept 7, 4pm – 6pm
(Starts 4pm sharp!)

Practices & Games: Sept 14th – Nov 16th
(No 10/12 or 11/09)

Our youth flag football leagues focus on socialization, playing skills, teamwork, and basic game strategies. The leagues will run for an eight week season which includes playoffs (5 – 6 year olds will not have playoffs). All players are required to attend the Skills Combine day. This is a fun day that allows kids to meet others in the league and to demonstrate their athletic ability through skills and drills run by our coaches. By having kids attend the Skills Combine it assists us in being able to try and create balanced teams in the league. All practices and games will take place on Saturday afternoons on Fred Green Field. Players will have a 45 minute team practice immediately leading into their team game. Each game will be staffed with referees. Each player will receive their own game jersey. Team scores, standings, pictures, and game videos will be posted on the new Melrose Flag Football website for parents and players to enjoy. At the end of the season all players will receive football trophy for participating.

In Partnership:

National Football League (NFL)
USA Football

League Note:

This program was previously run by North Shore Flag Football League (NSFFL) and is now being run by the Melrose Recreation Department.

****Football Coaches Needed!!!****

Ages: Coaches needed at all levels (Ages 5 - 14)

Application Deadline: August 30th

Forms Needed:

1. Coaching Application
2. CORI Form
3. Photo of Driver's License

Applications and forms found on Recreation website

Directly deliver to Recreation Dept. Office

Description:

Volunteer head and assistant coaches are needed for every league. Head coaches will be responsible for attending skills combine, running team practices and games, recruiting assistant coaches and team parents, communicating and checking emails daily for league updates, and conducting themselves in a professional and courteous manner while dedicating their time.



MELROSE TEEN NIGHTS

SEPTEMBER – JUNE

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

Chaperones and volunteers needed for all events!

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

1ST FRIDAY OF MONTH

Common Ground Teen Center

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

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

3rd FRIDAY OF MONTH

No Teen Activities Scheduled

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

Sponsored By:



2nd FRIDAY OF MONTH

Teen Trip Night

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

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

4th FRIDAY OF MONTH

Wild Card Teen Night

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

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

RECREATION MIDDLE SCHOOL

AFTERSCHOOL PROGRAMS

6th – 8TH GRADE

The Melrose Recreation Department is proud to be running the following After School Sports, Programs, and Clubs for all Melrose Middle School students during the upcoming school year. Please be sure to check the Melrose Veterans Memorial Middle School main website at <http://www.melroseschools.com/mms/index.cfm> for announcements on all activities. If you would like more information on any programs or are interested in registering please contact Michael Kent at mkent@cityofmelrose.org.

FALL SPORTS

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



WINTER SPORTS

- Basketball
- Ice Hockey
- Wrestling

SPRING SPORTS

- Spring Track

AFTER SCHOOL CLUBS / PROGRAMS

- School Newspaper
- Art Club
- I Love to Draw
- VEX Robotics and Lego League
- Ballroom Dancing
- Training & Fitness
- Babysitter's Training
- Band Gig
- Plus many more.....

TRAINING COURSES

Home Alone Safety

Ages: 8 - 12 **Date:** Sun, Sept 29

Cost: \$45 **Time:** 9:00am – 12:00pm

Location: Melrose City Hall
Mayor's Conference Room (3rd Floor)

Instructor: Lisa Gentile

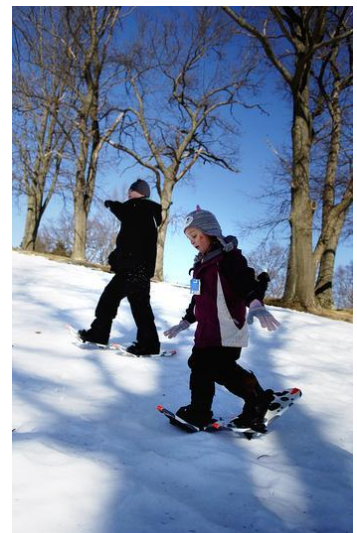
Home Alone Safety, is a newly formed readiness program to better prepare your children to be alone before and after school. This program is a stepping stone for younger kids, to prepare them for what is to come, and for older kids that are seeking a better understanding and that need reinforcement of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

This course discusses:

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

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

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



WINTER FESTIVAL – FEB 2013



ART PROGRAMS

Partnership with Melrose Arts



melrose arts

Young Artists (Grades K - 2)

Days: Saturdays, 8 Sessions

Time: 9:30am – 10:30am

Cost: \$143 (\$135 Tuition plus \$8 Material Fee)

Location: Milano Senior Center

Spots Available: 9 participants

Session I: Sept 21 – Nov 16
(No class Oct 13)

Session II: Jan 11 – March 8
(No class Feb 15)

Explore the world around you through art! In this class students will be introduced to the elements of art and create exciting projects that develop skills and encourage self-expression.

Instructor: Julie Fox

Young Artists (Grades 3-5)

Days: Saturdays, 8 Sessions

Time: 11:00am – 12:15pm

Cost: \$155 (\$145 Tuition plus \$10 Material Fee)

Location: Milano Senior Center

Spots Available: 9 participants

Session I: Sept 21 – Nov 16
(No class Oct 13)

Session II: Jan 11 – March 8
(No class Feb 15)

Students will have the opportunity to work with a variety of media such as pencil, pastel, and paint while developing confidence and exploring individual interests in art.

Instructor: Julie Fox

I Love to Draw (Grades 6 – 10)

Days: Mondays, 8 Sessions

Time: 3:45pm – 5:15pm

Cost: \$130 (\$120 Tuition plus \$10 Material Fee)

Location: MVMMS Art Room (Middle School)

Spots Available: 8 participants

Session I: Sept 16 – Nov 18
(No class Oct 14 & Nov 11)

Session II: Jan 27 – March 24
(No class Feb 17)

This class will focus on improving drawing skills and making drawings more dynamic through lessons in composition and materials use while emphasizing creative thinking. Students will also have an opportunity to experiment with mixed media projects, printmaking, and watercolor. Small class size allows for the individual interests of each student to be explored.

Instructor: Julie Fox

Art Staff – Julie Fox

Julie Fox is a painter and ceramicist who has exhibited extensively in galleries and at fine craft shows. Before moving to Melrose in 2006 she was faculty at the Pelham Art Center in New York and was juried onto Westchester Arts Council roster of teaching artists. She currently teaches at the New Art Center in Newton, MA. Julie recently completed three year tenure on the board of the Melrose Cultural Council.

LEGO & ROBOTICS PROGRAM



Lego Amusement Park (New)

Ages: 4 – 5
Days: Saturday
Cost: \$65
Time: 9:00am – 3:00pm
Location: Memorial Hall
Session: Feb 22

Step right up and build your LEGO amusement park. Students will learn how to use motors and gears that will create thrill rides for their park.

Throughout the day camp students will be introduced to key engineering concepts. You'll take home lots of new ideas and fun memories, but not your Lego creations. This camp will be led by certified teachers from our friends at Letgoyourmind.



FOR MORE INFORMATION PLEASE VISIT

www.letgoyourmind.com

Lego Amusement Park (New)

Ages: 6 - 10
Days: Saturday
Cost: \$65
Time: 9:00am – 3:00pm
Location: Memorial Hall
Session: Feb 22

Step right up and build your LEGO amusement park. Students will learn how to use motors and gears that will create thrill rides for their park.

Throughout the day camp students will be introduced to key engineering concepts. You'll take home lots of new ideas and fun memories, but not your Lego creations. This camp will be led by certified teachers from our friends at Letgoyourmind.

YOUTH WRESTLING PROGRAM

Melrose Wrestling Club

Grades: 1 - 5 **Day:** Mondays, 10 Classes

Cost: \$60 **Time:** 6:00pm – 7:55pm

Location: Wrestling Room - Marcoux Gym

Session: Nov 25 – Feb 24

No Class On:

(Dec 23, Dec 30, Jan 20, Feb 17)

The Melrose Wrestling Club is open to beginners and experienced wrestlers and looks forward to building on the success of last year's season. Our practices, which stress conditioning and the fundamentals of our sport, are intensive but fun. Practices take place on the high school wrestling mats. Local weekend tournaments are optional.



(Photos from Wrestling Club Tournaments)





M.B.A. BASKETBALL

Description & Coaches



M.B.A. Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the M.B.A. Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. A Skills Assessment and Player Draft are used by our staff and volunteers to put together properly balanced teams to improve league practices and games. The Recreation Department will do its best to honor any player requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. Leagues may need to be combined depending on enrollment. We hope all enjoy the season and we look forward to another great year!

Basketball Coaches Needed!!!

Grades: Coaches needed at all levels (K – 12)

Application Deadline: October 28

Forms Needed:

1. Coaching Application (On Rec Website)
2. CORI Form (On Rec Website)
3. Photo of Drivers License

Directly deliver to Recreation Dept. Office

Description:

Volunteer head and assistant coaches are needed for every league. Head coaches will be responsible for attending skills assessment and blind drafts, running team practices and games, recruiting assistant coaches and team parents, communicating and checking emails daily for league updates, and conducting themselves in a professional and courteous manner while dedicating their time.

M.B.A. BASKETBALL

Kindergarten

Kindergarten Program Description

This program is designed to introduce kindergarten students to the game of basketball. The program focuses completely on basic fundamentals, socialization, and skill building. Nets are lowered and smaller basketballs are used for age appropriateness. Kids will have a 40 minute skills and drills session which will be followed with 20 minutes of fun team activities and inner squad games. No games will be played against opposing teams in this program. Volunteer head and assistant coaches will run the practices.

Registration Deadline: Nov 26

Cost: \$100

(Cost After Registration Deadline - \$120)

Boys Kindergarten Basketball

Dates: Jan 5 – March 16
(No Feb 2 & Feb 23)

Days: Sundays

Practices: 1:00pm – 4:00pm (1 hour block)

Location: Lincoln Gym

Girls Kindergarten Basketball

Dates: Jan 5 – March 16
(No Feb 2 & Feb 23)

Days: Sundays

Practices: 1:00pm – 4:00pm (1 hour block)

Location: Lincoln Gym



M.B.A. BASKETBALL

Grade 1 – Grade 4



Grades 1-2 Program Description

This program focuses on fundamentals, socialization, and skill building. Nets are lowered and smaller basketballs are used for age appropriateness. Kids will have a 40 minute skills and drills session which will be followed up with a 20 minute scrimmage against a new opposing team each week (5 minute quarters). Playing time is equal and is all instructional. Volunteer head and assistant coaches will run the practices and games. Please be sure to list the school that your child is attending.

Registration Deadline: Nov 26

Cost: \$100

(Cost After Registration Deadline - \$120)

Boys Grade 1 Basketball

Dates: Jan 4 – March 15
(No Feb 22)

Days: Saturdays

Practices: 8:00am – 12:00pm (1 hour block)

Location: Lincoln Gym

Boys Grade 2 Basketball

Dates: Jan 4 – March 15
(No Feb 22)

Days: Saturdays

Practices: 11:00am – 3:00pm (1 hour block)

Location: Lincoln Gym

Girls Grade 1 -2 Basketball

Dates: Jan 4 – March 15
(No Feb 22)

Days: Saturdays

Practices: 2:00pm – 6:00pm (1 hour block)

Location: Lincoln Gym

Grades 3-4 Program Description

This program is designed to introduce kids to playing in a formal basketball league. There is a strong focus on fundamentals and instruction taught by the coaches and officials. We want all participants to be exposed to playing the game correctly with sportsmanship, teamwork, and fun. The score will only be kept for the second half of the season and will not be the focus of the games. The league includes a weekday practice and an hour long weekend game.

Registration Deadline: Nov 26

Cost: \$120

(Cost After Registration Deadline - \$140)

Boys Grade 3 Basketball

Dates: Jan 6 – March 15
(No Activities Feb 17 – Feb 23)

Practices: Weekday, 6:00pm – 6:55pm

Games: Saturdays, 8:00am– 12:00pm (1 hour block)

Skills Assessment Date: Dec 14
Time & Location "TBD"

Boys Grade 4 Basketball

Dates: Jan 6 – March 15
(No Activities Feb 17 – Feb 23)

Practices: Weekday, 6:00pm – 6:55pm
(Potentially 7:00pm – 7:55pm)

Games: Saturdays, 11:00am – 4:00pm(1 hour block)

Skills Assessment Date: Dec 14
Time & Location "TBD"

Girls Grade 3 - 4 Basketball

Dates: Jan 6 – March 15
(No Activities Feb 17 – Feb 23)

Practices: Weekday, 6:00pm – 6:55pm

Games: Saturdays, 1:00pm – 7:00pm (1 hour block)

Skills Assessment Date: Dec 14
Time & Location "TBD"



M.B.A. BASKETBALL

Grade 5 – Grade 8

Grades 5-6 Program Description

This program is designed to be a transition style league from basic instructional basketball to playing in moderately competitive games. The focus still remains on teamwork and fun, and now begins to implement general game play and strategies. The league includes a weekday practice and an hour long weekend game. A certified basketball official will be present at each game.

Registration Deadline: Nov 26

Cost: \$120

(Cost After Registration Deadline - \$140)

Boys Grade 5 - 6 Basketball

Dates: Jan 6 – March 15

(No Activities Feb 17 – Feb 23)

Practices: Weekday, 7:00 – 7:55pm

Games: Saturdays, 12:00pm – 6:00pm (1 hour block)

Skills Assessment Date: Dec 14

Time & Location "TBD"

Girls Grade 5 - 6 Basketball

Dates: Jan 6 – March 15

(No Activities Feb 17 – Feb 23)

Practices: Weekday, 7:00 – 7:55pm

Games: Saturdays, 12:00pm – 6:00pm (1 hour block)

Skills Assessment Date: Dec 14

Time & Location "TBD"

Grades 7-8 Program Description

This program focuses on playing skills, teamwork, and basic game strategies. Players must attend the skills assessment day to help the coaches create balanced teams. The league includes a weekday practice and an hour long weekend game. All teams make the playoffs and are seeded randomly as we do not keep official standings. A certified basketball official will be present at each game.

Registration Deadline: Nov 26

Cost: \$120

(Cost After Registration Deadline - \$140)

Boys Grade 7 - 8 Basketball

Dates: Jan 6 – March 15

(No Activities Feb 17 – Feb 23)

Practices: Weekday, 8:00pm – 8:55pm

Games: Saturdays, 12pm – 6:00pm (1 hour block)

Skills Assessment Date: Dec 14

Time & Location "TBD"

Girls Grade 7 - 8 Basketball

Dates: Jan 6 – March 15

(No Activities Feb 17 – Feb 23)

Practices: Weekday, 8:00pm – 8:55pm

Games: Saturdays, 12pm – 6:00pm (1 hour block)

Skills Assessment Date: Dec 14

Time & Location "TBD"



ADULT PROGRAMS & LEAGUES

Men's Over Thirty Fall Soccer League

Ages: 30(+) **Days:** Sundays
Cost: \$70 **Time:** 6pm or 7pm Game
(Potential Games @ 8pm)

Location: Fred Green Field
Session: September 8 – November 17
(No Sept 22)

Registration Deadline: Aug 29

-8 game schedule with playoffs
Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. The league is an 8 game regular season with playoffs. 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. No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

If you need a new reversible team jersey there is an additional \$15 fee at time of 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. You can use your jersey for all future seasons.

Women's Over Thirty Fall Soccer League

Ages: 30(+) **Days:** Sundays
Cost: \$70 **Time:** 4pm - 6pm
Location: Fred Green Field
Session: September 8 – November 17
(No Sept 22)

Registration Deadline: Sept 4

-10 Monday Pick-up Nights
We welcome all women to join our adult pickup soccer program. This program is about soccer, exercise, and having a fun time. Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Space is limited to the first 35 players before being placed on a waiting list. No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

If you need a new reversible team jersey there is an additional \$15 fee at time of 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. You can use your jersey for all future seasons.



ADULT PROGRAMS & LEAGUES

Adult Women's Fall/Winter Drop-In Volleyball

Ages: 25(+)

Cost: \$80

Location: Middle School Gym

Fall Session:

Date: Sept 26 – Dec 12 (10 Weeks)

(No Games on Nov 28)

Times: 7:30pm – 9:30pm

Days: Thursdays

Winter Session:

Date: Jan 3 – March 13 (10 Weeks)

(No Games on Feb 20)

Times: 7:30pm – 9:30pm

Days: Thursdays

We will be running continuous pick-up games from 7:30pm – 9:30pm in the fall and winter. 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. This league is about playing volleyball, exercising, socializing, and having fun. No experience is required.

Girls High School Volleyball League (NEW)

Ages: High School Students

Cost: \$80

Location: Middle School Gym

Fall Session:

Date: Sept 26 – Dec 12 (10 Weeks)

(No Games on Nov 28)

Times: 7:30pm – 9:30pm

Days: Thursdays

We will be running continuous pick-up games from 7:30pm – 9:30pm in the Fall. There will be a league coordinator on-site to help 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. This league is about playing volleyball, exercising, socializing, and having fun. No experience is required.

Adult Women's Pick-Up Basketball

Ages: 25(+) **Days:** Sundays

Cost: \$115 **Time:** 7:00pm – 9:00pm

Location: Marcoux Gym

Fall Session:

Date: Sept 8 – Nov 24 (12 Weeks)

Winter Session:

Date: Dec 8 – March 9 (12 Weeks)

(No Games on Dec 22, Feb 2, Feb 23)

Spring Session:

Date: March 16 – June 8 (12 Weeks)

(No Games on April 27)

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

Program Coordinator:

Kathie Downey

kathiedowney@comcast.net



ADULT PROGRAMS & LEAGUES

Boys High School Basketball League

Grades: 9 - 12

Dates: Jan 6 – March 15
(No Activities Feb 17 – Feb 23)

Cost: \$120
(Cost After Registration Deadline - \$140)

Practices: Weekday, 8:00pm – 8:55pm

Games: Saturdays, 3:00pm – 7:00pm (1 hour block)

Game Location: Roosevelt Gym

Skills Assessment Date: Dec 14,
Time & Location TBD

Registration Deadline: Dec 11

This program focuses on developing individual playing skills, general teamwork, and basic game strategies. This is an exciting competitive league that focuses on equal playing time and sportsmanship. Games will closely follow all high school rules. Players must attend the skills assessment days to help the coaches create balanced teams. The league includes a weekday practice and an hour long weekend game. Playoffs will conclude the end of the regular season. All teams make the playoffs and are seeded randomly as we do not keep official standings. Two certified basketball officials will be present at each game.

Men's Over Thirty Fall / Winter Basketball League

Ages: 30(+) **Days:** Sundays

Cost: \$100 **Time:** 5:00pm – 9:00pm

Location: Roosevelt Gym

Fall Session: Sept 22 – Dec 15
(No Games Oct 13, Nov 10, & Dec 1)
Registration Deadline: Sept 6

Winter Session: Jan 26 – April 13
(No Games Feb 2 & Feb 23)
Registration Deadline: Jan 9

-8 game regular season plus playoff
Each game is staffed with two certified referees and a scorekeeper. Two 20 minute halves are played per game. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. The league fills up fast so please do not wait to register or you may be turned away.

If you need a new reversible team jersey there is an additional \$15 fee. When you register please be sure to include your jersey size (if you are purchasing a new jersey), your playing experience, your height, and DOB.



ADULT PROGRAMS & LEAGUES

Zumba

Ages: 18(+)

Days: Wednesdays

Time: 7:00pm – 8:00pm

Location: Memorial Hall (GAR Room, 2nd Floor)

Spots Available: Max 35 Participants

Fall Session:

Sept 4 – Nov 20

Sessions: 12 Classes

Cost: \$60

Winter Session:

Dec 11 – Feb 12

(No Dec 25 & Jan 1)

Sessions: 8 Classes

Cost: \$40

Spring Session:

Feb 26 – May 21

(No April 23)

Sessions: 12 Sessions

Cost: \$60

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

Instructor:

Sharon Gately



Melrose Memorial Hall now accepting Fall & Winter Rentals!

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

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

GENERAL INFORMATION

Payment

Payment must accompany all program registrations. Cash, checks, and credit card (online only) are all accepted. Checks should be made payable to “Melrose Recreation Department.” Mastercard, Visa, and Discover are accepted for all online registrations. All printable registrations forms can be found on our website at www.cityofmelrose.org. 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.

Financial Aid

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

Refunds

Because our classes are supported solely by fees, no refunds will be given after a class or a session begins unless for a medical condition. If you cancel for other reasons, you must do so **before two weeks prior to the first class** for a refund (minus administrative fee). Request must be in writing with a short explanation. Refunds may take 4 – 6 weeks for processing. An administrative fee of \$10.00 will be retained per person per program for all withdrawals from programs. If you cancel after the start of a program, no credit or refunds will be given.

Participants Responsibility

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

Attention Parents

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

Inclement Weather

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

Cancellations

Melrose Recreation reserves the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds or program credits will not be given, however we will do our best to reschedule.

Course Confirmation

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

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Volunteer Opportunities

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

Scholarship Fund

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