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The Medford Recreation Department is committed to providing diversified programs, community events, and activities for all ages and physical abilities. Through partnerships with other Medford organizations, the Recreation Department helps enhance our community through promoting events and activities that are available to all Medford residents.

Visit our website!
www.MedfordRecreation.org

Please view our website often as we're continuously adding additional programs.



HOW TO REGISTER FOR PROGRAMS:

Online (preferred method):

Create an account on www.MedfordRecreation.org. Please allow up to 48 hours for your account to be approved. After approval, you may register for any Medford Recreation program online. Payment must be made by debit or credit card. Please note, there is a 3% charge on all online orders.

In Person:

You can register for programs in person at the Recreation Center, located on 30 Forest Street Monday-Saturday from 9am-12pm.

By Mail:

Download the registration form found at www.MedfordRecreation.org or fill out the registration form at the back of this program book. Please mail the registration form along with a check made out to "City of Medford" to:
Medford Recreation
85 George P. Hassett Drive
Medford, MA 02155

Cancellation:

During the school year, if the Medford Public Schools are closed due to weather, Recreation programs will also be cancelled. All other closures of facilities and programs will be posted on the Medford Recreation website and Facebook page. When possible, email blasts will be sent out to people affected by the closure. For programs that are scheduled to be located outdoors, Medford Recreation will attempt to move programs inside during inclement weather. If an indoor location is not available, class will be cancelled.

Low Enrollment:

All program enrollment unless noted in description will be evaluated one week prior to the start of class. If a program needs to be cancelled due to low enrollment, you will be notified via email within six days of the start of class.

Toddler & Preschool Programs & Activities

Treasure Hikes

Are you ready for an adventure? Join our Recreation staff as parents and children hike the Wright's Pond Trail and look for keys to open our treasure chest. We will discover new treasure each time and walk back to the beach to enjoy a nut free snack and water.



Activity	Ages	Days	Dates	Time	Location	Fees
Treasure Hike	3-6	Sat	9/7	8:30am-9:30am	Wright's Pond	Resident: \$5 Drop In
Treasure Hike	3-6	Sat	9/21	9:00am-10:00am	Wright's Pond	Resident: \$5 Drop In
Treasure Hike	3-6	Sat	11/9	9:00am-10:00am	Wright's Pond	Resident: \$5 Drop In

Preschool Soccer

This program introduces children to fundamental soccer principles such as passing, shooting and basic rules of the game. Through fun games, positive reinforcement, respect, and teamwork, this soccer program will provide children with an opportunity to be challenged through fun games and team interactions. Instructor: John Teves



Activity	Ages	Days	Dates	Time	Location	Fees
Preschool Soccer (Fall)	2-5	Mon (8 classes)	9/16-11/18 * No Class 10/14 & 11/11	9:00am-9:45am	Medford Rec Center	Resident: \$80 Non-Resident: \$96
Preschool Soccer (Winter)	2-5	Mon (7 classes)	12/2-2/3 * No Class 12/23, 12/30 & 1/20	9:00am-9:45am	Medford Rec Center	Resident: \$70 Non-Resident: \$82

Little Painters

Each week, kids ages 2-5 can get creative with different painting projects including ceramics, suncatchers, birdhouses, and more. Best of all, you can leave the cleaning to us!

Activity	Ages	Days	Dates	Time	Location	Fees
Little Painters (Fall)	2-5	Mon (8 classes)	9/16-11/18 * No Class 10/14 & 11/11	10:00am-11:00am	Medford Rec Center	Resident: \$ 40 Non-Resident: \$64
Little Painters (Winter)	2-5	Mon (7 classes)	12/2-2/3 * No Class 12/23, 12/30 & 1/20	10:00am-11:00am	Medford Rec Center	Resident: \$35 Non-Resident: \$56

Toddler & Preschool Programs & Activities

Preschool Floor Hockey

This program introduces children to the fundamental hockey principles such as stick holding, passing, shooting and basic rules of the game. Through fun games, positive reinforcement, respect, and teamwork, this floor hockey program will provide children with an opportunity to be challenged through fun games and team interactions.



Activity	Ages	Days	Dates	Time	Location	Fees
Preschool Floor Hockey (Fall)	3-6 (8 classes)	Sat	9/28-11/23 *No class 11/9	1:00pm-1:45pm	Medford Rec Center	Resident: \$64 Non-Resident: \$77
Preschool Floor Hockey (Winter)	3-6 (8 classes)	Sat	12/7-2/8 *No class 12/21 & 12/28	1:00pm-1:45pm	Medford Rec Center	Resident: \$64 Non-Resident: \$77

Micro Wheels

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.



Activity	Ages	Days	Dates	Time	Location	Fees
Micro Wheels	2-4	Sat (8 classes)	9/28-11/23 *No Class 11/9	11:00am-11:50am	Medford Rec Center	Resident: \$100 Non-Resident: \$100

All Sport Sampler

In this all sport sampler, participants will be introduced to several sports (2 classes per sport) including t-ball, soccer, floor hockey, and flag football.

Activity	Ages	Days	Dates	Time	Location	Fees
All Sport Sampler (Fall)	3-5 (8 classes)	Sat	9/28-11/23 *No class 11/9	12:00pm-12:45pm	Medford Rec Center	Resident: \$40 Non-Resident \$64
All Sport Sampler (Winter)	3-5 (8 classes)	Sat	12/7-2/8 *No class 12/21 & 12/28	12:00pm-12:45pm	Medford Rec Center	Resident: \$40 Non-Resident \$64

Toddler & Preschool Programs & Activities

Indoor Play

Come play inside our gym at the Recreation Center this Fall and Winter. Our gym will be set up with tunnels, ride-on toys, soccer balls, little basketball hoops, and more!

FALL

Activity	Ages	Days	Dates	Time	Location	Fees
Indoor Play	2-5	Tue	9/17-11/19	11:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Wed	9/18-11/20	10:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Th	9/19-11/21	11:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Fri	9/20-11/22	10:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Sat	11/9	12:00pm-2:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4



WINTER

Activity	Ages	Days	Dates	Time	Location	Fees
Indoor Play	2-5	Tue	12/2-2/11 *No Class 12/24 & 12/31	11:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Wed	12/4-2/12 *No Class 12/25 & 1/1	10:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Th	12/5-2/13 *No Class 12/26	11:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Fri	12/6-2/14	10:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4
Indoor Play	2-5	Sat	12/7-2/8 *No Class 12/21 & 12/28,	11:00am-12:00pm	Medford Rec Center	Resident Drop In \$2 Non-Resident: Drop In: \$4

Youth Programs & Activities

Intro to Fencing

Fencing has been described as the art of giving without receiving. It's one of just four sports which has never been absent from the Olympic games. Modern foil fencing is based on the 18th-century Italian and French schools of small-sword fencing which in turn derives from rapier fencing. In this introductory course students will learn the basics of footwork, attack, defense, and strategy through drills, games, and bouts. Instructor: Ray Cote

Activity	Grades	Days	Dates	Time	Location	Fees
Intro to Fencing (Fall)	Grade 2-5 (8 classes)	Sat	9/28-11/23 *No class 11/9	12:00pm-12:45pm	Medford Rec Center	Resident: \$112 Non-Resident: \$128
Intro Fencing (Winter)	Grade 2-5 (8 classes)	Sat	12/7-2/8 *No class 12/21 & 12/28	12:00pm-12:45pm	Medford Rec Center	Resident: \$112 Non-Resident: \$128

Flag Football Clinic

The Medford Recreation Department and Pioneer Sports is once again offering flag football clinics this Fall and Winter. This is a non-competitive, six-week clinic to help children develop new skills.

Activity	Grades	Days	Dates	Time	Location	Fees
Flag Football Clinic (Fall)	4-8	Mon (6 classes)	9/16-10/28	5:00pm-6:00pm	Dugger Park	Resident: \$48 Non-Resident: \$60
Flag Football Clinic (Winter)	4-8	Mon (5 classes)	11/18-12/16	7:00pm-8:00pm	Medford Rec Center	Resident: \$40 Non-Resident: \$52



Youth Programs & Activities

Indoor Co-Ed Lacrosse Clinic

Come learn Lacrosse with Medford Recreation and coach Kate Quinn. We will be teaching the basic skills of lacrosse including passing, catching, shooting, and cradling. We will provide basic equipment including lacrosse sticks but please feel free to bring your own if you have one. Participants must provide their own safety equipment including mouth guards and eye protection.



Activity	Grade	Days	Dates	Time	Location	Fees
Co-Ed Lacrosse Clinic (Fall)	1-5	Sat (8 classes)	9/28-11/23 *No Class 11/9	2:15pm-3:00pm	Medford Rec Center	Resident: \$64 Non-Resident \$ \$80
Co-Ed Lacrosse Clinic (Winter)	1-5	Sat (8 classes)	12/7-2/8 *No Class 12/21 & 12/28	2:15pm-3:00pm	Medford Rec Center	Resident: \$64 Non-Resident \$80

Children's Archery

Sign up for archery classes and experience the exhilarating feeling of shooting a bow and arrow! Our passionate and energetic instructors modernize this timeless Olympic sport and give it a fresh and enthusiastic twist to keep you challenged and engaged throughout the entire course. Each week learn something new while focusing on the form more than the results. All equipment is provided. All skill levels welcome. Lessons provided by "On The Mark" archery.



Activity	Ages	Days	Dates	Time	Location	Fees
Children's Archery	10-18	Wed (4 classes)	9/18-10/9	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Children's Archery	10-18	Wed (4 classes)	10/23-11/13	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Children's Archery (Winter I)	10-18	Wed (4 classes)	12/4-1/8 *No Class 12/25 & 1/1	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Children's Archery	10-18	Wed (4 classes)	1/15-2/5	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125

Youth Programs & Activities

Kids' Test Kitchen

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to *redefine kid food*; one lesson, and one child at a time! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Lessons are planned to celebrate seasonal produce – warm you on a brisk Fall day and offer ideas for quick and healthy family meals. At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned! Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is *always* optional.

Each session arrives with fresh new recipes and ideas to inspire your healthy eater!

Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.



****Please clearly disclose all food allergies and/or dietary restrictions upon registration.***

Activity	Grades	Days	Dates	Time	Location	Fees
Kids' Test Kitchen (Fall)	1-5	Sat (8 classes)	9/28-11/23 *No Class 11/9	10:00am-11:00am	Medford Rec Center	Residents: \$160 Non-Resident: \$180
Kids' Test Kitchen (Winter)	1-5	Sat (8 classes)	12/7-2/8 *No Class 12/21 & 12/28	10:00am-11:00am	Medford Rec Center	Resident: \$160 Non-Resident: \$180

Dodgeball

Come into our gym this Winter on Monday nights for some dodgeball! Our Instructors from Pioneer Sports will get everyone moving and have a great time!

Activity	Grades	Days	Dates	Time	Location	Drop In Fees
Dodgeball	4-8	Mon (5 classes)	11/18-12/16	8:00pm-9:00pm	Medford Rec Center	Resident: \$40 Non-Resident: \$52

Fall Tennis Lessons

Coach Sue Fowler-Finn will be teaching tennis lessons this summer for middle school children. All tennis equipment will be provided. Please bring a water bottle to each class

Activity	Grades	Days	Dates	Time	Location	Drop In Fees
Fall Tennis Lessons	6-8	Th	9/26-10/24 *No Class 10/3	3:30pm-4:30pm	Dugger Park	Resident: \$40 Non-Resident: \$52

Afterschool Programs

Babysitter Training

The Babysitting Basics course from the American Red Cross gives those ages eleven and older a foundation on which to build their babysitting business. Designed for new babysitters, this course delivers information clearly, concisely and interactively-and it's the perfect way for young people to learn about all the responsibilities that come with the job. Students will be meeting in a classroom at the McGlynn School. Classroom number will be announced one week prior to the class. Students must attend the entire class time in order to become certified. Please bring a nut-free dinner and snack to class.



Activity	Grades	Days	Dates	Time	Location	Fees
Babysitter Training	6-8	Wed	12/11	12:30pm-8:00pm	McGlynn Middle School	Resident: \$50
Babysitter Training	6-8	Wed	2/5	12:30pm-8:00pm	McGlynn Middle School	Resident: \$50

Afterschool Soccer

Join Coach John Teves in this afterschool program where students will learn and implement the fundamental soccer principles such as passing, dribbling and shooting. The soccer program will provide students with an opportunity to be challenged through fun games and team interactions. Coach Teves will meet all participants at the Andrews Middle School Cafeteria. Depending on the weather, we will play outside in the field behind the middle school or gym.



Activity	Grades	Days	Dates	Time	Location	Fees
Afterschool Soccer	6-8	Mon & Wed (18 classes)	9/16-11/20 *No Class 10/14 & 11/11	2:30pm-3:30pm	Andrews Middle School	Resident: \$75

Afterschool Tennis

Coach Powers will be back again this Fall for afterschool tennis at Hickey Park. Students will meet a Recreation staff member at the playground behind the Roberts Elementary School during dismissal. We will walk the children to Hickey Park for the tennis lesson. Parents will pick up the students at Hickey Park at 4:00pm.



Activity	Grades	Days	Dates	Time	Location	Fees
Afterschool Tennis	2-5	Tu (9 classes)	9/24-11/19	School dismissal- 4pm	Hickey Park	Resident: \$72

No School Day Activities

RECREATION **S . A . G . A** **SPORTS ARTS GAMES ACTIVITIES**

Medford Recreation offers full day S.A.G.A program during Medford Public School's vacation weeks and Professional Development Day. Throughout the day, children will have a minimum of two options. One is to play a sport (baseball, basketball, flag football, dodgeball, etc) inside the gym or participate in a game or craft inside the cafeteria. Depending on the weather, sports will be played outside. A nut-free snack is provided but please bring a non-refrigerated, nut-free lunch.

Activity	Grades	Days	Dates	Time	Location	Fees
November S.A.G.A. Day	1-6	Tue	11/5	8:30am-4:30pm	Andrews Middle School	Residents: \$35
December S.A.G.A Day	1-6	Fri	12/27	8:30am-4:30pm	Andrews Middle School	Resident: \$35
December S.A.G.A Day	1-6	Mon	12/30	8:30am-4:30pm	Andrews Middle School	Resident: \$35
December S.A.G.A Day	1-6	Tue	12/31	8:30am-2:00pm	Andrews Middle School	Resident: \$35
February S.A.G.A Week	1-6	Mon-Fri	2/17-2/21	8:30am-4:30pm	Andrews Middle School	Resident: \$135



No School Day Activities

Intro to STEM

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: boats, snowmobiles, catapults, and merry-go-rounds. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

Activity	Grade	Days	Dates	Time	Location	Fees
Intro to STEM	K & 1	Tue	11/5	8:30am-4:30pm	Andrews Middle School	Resident: \$90 Non-Resident: \$90

Circuit Makers

In this junior hands-on-electronics class, students will gain experience creating their own electronics and will design custom light-up greeting cards, electric games, mazes, and even musical instruments. Each day consists of a circuitry lesson and a hand-on-electronics project, using components such as lights, buzzers, switches, motors, and sensors.

Activity	Grade	Days	Dates	Time	Location	Fees
Circuit Makers	K-2	Mon & Tue	12/30 & 12/31	8:30am-4:30pm	Andrews Middle School	Resident: \$175 Non-Resident: \$175

Jedi Engineering with LEGO

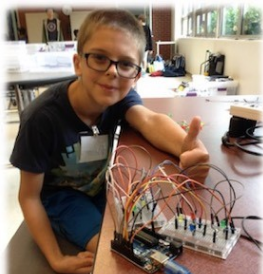
The Force awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO® materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Activity	Grade	Days	Dates	Time	Location	Fees
Jedi Engineering with Lego	K-3	Mon & Tu	2/17 & 2/18	8:30am-4:30pm	Andrews Middle School	Resident: \$160 Non-Resident: \$160

Batman Gotham Gadgets

Take on Gotham's villains by designing and building Batman's favorite crime-fighting machines! Build the Bat Tumbler, craft a Batwing, and design your very own Batcave, all out of LEGO® materials. Then use your projects to help save the city. Be the super-hero or super-heroine Gotham needs while learning how the world works through STEM concepts!

Activity	Grade	Days	Dates	Time	Location	Fees
Batman Gotham Gadgets	K-2	Wed & Th	2/19 & 2/20	8:30am-4:30pm	Andrews Middle School	Resident: \$160 Non-Resident: \$160



Adult and Senior Programs

Pickleball

Join Medford Recreation and the Medford Council on Aging for Pickleball this Fall and Winter. There will be two courts set up – one for beginners and the other for intermediate/advanced players. Round-trip transportation will be available from the Medford Senior Center. Reservations are required – call 781-396-6010 to reserve your space. **Indoor Pickleball will begin on Tuesday, September 17th.**

Activity	Ages	Days	Dates	Time	Location	Fees
Pickleball (Fall)	18+	Tu & Th	9/17-11/19	9:00am-11:00am	Medford Rec Center	Drop-In Res: \$2.00 Drop-In Non-Res: \$4.00
Pickleball (Fall)	18+	Sat	9/17-11/19 *No Class 9/9	8:30am-11:00am	Medford Rec Center	Drop-In Res: \$2.00 Drop-In Non-Res: \$4.00
Pickleball (Winter)	18+	Tu & Th	12/3-2/13 *No Class 12/24, 12/26 & 1/31	9:00am-11:00am	Medford Rec Center	Drop-In Res: \$2.00 Drop-In Non-Res: \$4.00
Pickleball (Winter)	18+	Sat	12/3-2/13 *No Class 12/21 & 12/28	8:30am-11:00am	Medford Rec Center	Drop-In Res: \$2.00 Drop-In Non-Res: \$4.00

Archery for Adults

Sign up for archery classes and experience the exhilarating feeling of shooting a bow and arrow! Our passionate and energetic instructors modernize this timeless Olympic sport and give it a fresh and enthusiastic twist to keep you challenged and engaged throughout the entire course. Each week learn something new while focusing on the form more than the results. All equipment is provided. All skill levels welcome. Lessons provided by “On The Mark” archery.



Activity	Ages	Days	Dates	Time	Location	Fees
Archery for Adults (Fall I)	18+	Wed	9/18-10/9	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Archery for Adults (Fall II)	18+	Wed	10/23-11/13	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Archery for Adults (Winter I)	18+	Wed	12/4-1/8 *No Class 12/25 & 1/1	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125
Archery for Adults (Winter II)	18+	Wed	1/15-2/5	7:00pm-8:00pm	Medford Rec Center	Resident: \$110 Non-Resident: \$125

Adult and Senior Programs

Adult Drop-In Basketball

This Fall the Recreation Department will be offering drop in basketball on Monday nights. Please check our Facebook Page this Fall for additional drop-in times. Depending on the popularity of the program, we will continue the offer times during the Winter session.



Activity	Ages	Days	Dates	Time	Location	Fees
Adult Drop-In Basketball	18+	Mon	9/16-11/4 *No Class 10/14	7:00pm-8:30pm	Medford Rec Center	Resident Drop In: \$5

Adult Tennis (Jack's Abby) Social Tennis League

The Jack's Abby Social Tennis League was founded in 2015 to provide social and competitive play opportunities to young professionals in Boston. This year, in partnership with the New England Tennis Association and Medford Recreation, we are bringing this league to Playstead Park. Medford Residents will receive a \$10 discount on the registration fee. To register through the USTA, please visit

<https://www.usta.com/en/home/play/adult-tennis/programs/newengland/jacks-abby-social-tennis-league-medford.html>

Activity	Ages	Days	Dates	Time	Location	Fees
Jacks Abby Adult Social Tennis League	18+	Sat (7 classes)	9/14-10/26	10:00am-1:00pm	Medford Rec Center	Resident: \$60 Non-Resident: \$70

Lifeguard Training

It might be cold outside, but the Recreation Department is already preparing for the 2020 Summer season! Are you interested in lifeguarding this Summer at Wright's Pond or Tufts Pool? Take the lifeguard course with us! This class is at a reduced rate for students who wish to be employed by the Rec Department this Summer as a lifeguard. Please email medfordrecreation@medford-ma.gov for details about the lifeguard classes.



Activity	Age	Days	Dates	Time	Location	Fees
Lifeguard Training	15+ (16 by summer)	TBD	2/17-2/21	TBD	Medford High School Pool	Prospective Employee: \$50 Non-Employee: \$200

Riverside Plaza

The Riverside Plaza in Medford Square is a great place to relax, enjoy some takeout from any of Medford's great restaurants, and hang out with friends. Come down and join us at some upcoming city events.



EVENING CONCERTS

6:30pm-8:00pm

Friday, September 20th

Friday September 27th

Friday, October 4th

COFFEE IN THE PARK

10:00am-12:00pm

Join Medford Recreation at Riverside Plaza for coffee and games in the Park. Enjoy bocce, croquet, horseshoes, giant checkers and chess set up in the park for entertainment.

Thursday, September 12th

Thursday, September 19th

Thursday, September 26th



Medford High School

Medford High School Pool
489 Winthrop Street
781-393-2280



**For more information about the High School Pool, please
contact Rachel Perry at rperry@medford.k12.ma.us**

Senior / Lap Swim

Monday - Friday: 7:00am-10:00am and 7:30pm-9:00pm

Saturdays: 8:00am-2:30pm

Family Swim / Youth Lap Swim:

Monday, Wednesday & Friday: 5:00pm-6:00pm

Aqua Fitness

Wednesday: 7:30pm-8:15pm

Adult Swim Lessons:

Monday: 7:30pm-8:30pm

Child Swim Lessons:

Ages 4+

Saturdays: Available class times: 8am, 9am, 10am, 11am, 12:30pm & 1:30pm

50 minute classes for 8 weeks

Session I: September 21-November 9. Registration September 14 from 12pm-2pm

Session II: January 11-February 29. Registration January 4 from 12pm-2pm

Birthday Parties:

Saturdays by Appointment: 2:50pm-5:00pm (50 minute pool time)

50 minute pool time and one Hour Café time

LoConte Rink

LoConte Rink
97 Locust Street
781-393-2380

Free Skate Schedule:

Tuesday - Thursday 10:00am-12:00pm

(Beginning December 3rd)

Saturdays 7:00pm-9:00pm

Sundays 2:00pm-4:00pm

Skate rental is available for \$5



**Book a Birthday Party at
LoConte Rink!**

Please call (781) 393-2380

For more information about programs below, please go to

LEARN TO SKATE PROGRAM:

Boys and Girls ages 4-12 will be taught to ice skate as well as the basics of youth hockey. Classes are on Thursday at 6:00pm and Saturday at 12:00pm.

LEARN TO PLAY PROGRAM:

This program is for boys and girls ages 4-12 with basic ice skating skills. Players are added throughout the season from the Learn to Skate and Development Clinic. Teams practice on Friday nights, skate skills on Saturday afternoon and play cross ice type games on Sunday

FIGURE SKATING PROGRAM:

Girls and boys ages 5-15 from Medford and surrounding communities can participate in a US Figure Skating "Basic Skills Badge Program" which teaches participants to skate in a fun, challenging, and rewarding environment. Classes are on Saturday mornings at 10:00 AM and 11:00 AM. Skaters will be assigned to class based on ability.

Medford Senior Center

Medford Council on Aging / Senior Center

101 Riverside Avenue

781-396-6010

www.ourseniorcenter.com

type in Medford Council on Aging for latest newsletter

All programs are for ages 60+



Zumba Gold ®

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit needs of the active older member.

Mondays @ 10:00am | \$5 Drop-in

Dance Fitness /Yoga Dance

Combines Yoga, dance, breath and energy with great music. This class brings tons of fun and healing to body, mind and spirit.

Wednesdays @ 10:00am | \$3 Drop-in

Yoga Classes with Rosa Brown

This class offers seated, standing, and floor yoga poses. This is an amazing group of seniors who are willing to stretch, and able to get down on the floor.

Mondays @ 12:45pm | \$3 Drop-in

Chair Yoga

Seated and standing yoga poses that are adapted to the needs of the group. We stretch, strengthen, challenge our balance and take time to relax.

Mondays @ 2:00pm | \$3 Drop-in

Line Dancing

All levels of dance are welcome. Have fun learning some new moves!

Tuesdays @ 10:00am | \$3 Drop-in

Core and Balance Workout

Stop in and try our new invigorating exercise class!

Thursdays @ 10:00am | \$3 Drop-in

Tai Chi Chi Kung with Marie Favorito

Tai Chi is an ancient Chinese tradition that today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Fridays @ 9:45am | \$5 Drop-in

Medford Family Network

**Medford Family Network
Medford High School
489 Winthrop Street
781-393-2106**

Check the online Calendar for full details of these programs and many other FREE programs: www.calendarwiz.com/mfnschedule. More information call Marie Cassidy at (781) 393-2106 or email mcassidy@medford.k12.ma.us

Play and Learn Groups

Play groups are offered in the Fall and Winter for children 8-80 months. Caregivers and Children together.

Drop-In Time at the Family Center

Parents and caregivers enjoy free time in a beautiful family-friendly environment.

Ages and Stages Questionnaire

Personalized “snapshot” of children’s development (2 months to 5 years). Fine motor, gross motor, communication, personal/social and problem solving.

Parent Education Workshops

- Learn how to talk so kids will listen and learn how to listen so kids will talk.
- Systematic Training for Effective Parenting (STEP.)
- Social/Emotional Skills Keynote Speaker Series.
- Coffee, Conversation and Child Care.

New Parents Program

Programming specific to first-time new moms and dads for children who are up to one year in age. Programs meet weekly and is year long.

Information and Referral Services

Confidential consultation, referrals, and support

Special Events

- Friday Family Nights
- Story Walks in the Middlesex Falls
- Valentine Ice Cream Social
- Citywide Events with Knucklebones

Support Groups

Parents and Grandparents of children with Autism Spectrum Disorder

Medford Youth Sports Organizations

The City of Medford has many youth sports organizations for children to participate in. Each organization below is managed by parents and volunteers, and not the City. For more information, please contact the organization directly.



Medford Youth Soccer

Website: medfordsc.org

Email: info@medfordsc.org



Medford Little League

Website: leagues.bluesombrero.com/medfordll

Email: Medfordllinfo@gmail.com



Medford Youth Hockey

Website: medfordrechockey.com

Email: info@medfordrechockey.com



Medford Jr Mustangs Cheer and Football

Website: medfordjrmustangs.com

Email: jrmustangsmedford@gmail.com



Medford Youth Girls Softball (MYGS)

Website: <http://tshq.bluesombrero.com/mygs>

Email: medforyouthsoftball1@gmail.com

Saint Raphael & Saint Joseph Basketball

Website: medfordsc.org

Email: Straysbball@gmail.com

Saint Francis Basketball

Website: leaguelineup.com/welcome.asp?url=saintfrancisinhouse

Special Events

MEDFORD FARMERS MARKET

Thursdays | June 6 - October 24 | 3:00PM-7:00PM

Location: Condon Shell Park, 2501 Mystic Valley Parkway

The Medford Farmers Market brings farmers, crafters, and other food producers to Medford so residents can have access to locally grown and produced goods including fresh fruits, vegetables, meats, eggs, breads, sweets, wine, flowers, jewelry, and more. Each market includes live music and activities for all ages. For weekly updates, go to www.medfordfarmersmarket.org and facebook.com/medfordfarmersmarket

MYSTIC RIVER CELEBRATION

Saturday | Sept 21 | 12:00PM-4:00PM

Location: Condon Shell

Spend the afternoon at the Condon Shell at Medford's biggest arts festival! Watch live music and dance performances, browse local artisan crafts, get to know local business and organizations, eat food, and take part in any number of fun activities for all ages! medfordfestival.org

TUFTS COMMUNITY DAY

Sunday | Sept 22 | 11:00AM-3:00PM

Location: Academic Quad (labeled as "The Green" in google maps)

Join neighbors, families, and friends at the 17th Annual Tufts Community Day. Live performances, children's activities, quidditch for kids, campus tours, and Free BBQ!

HARVEST YOUR ENERGY FESTIVAL

Saturday | October 17 | 3:00PM-7:00PM

Location: Riverbend Park

The festival is a great opportunity to come support local organizations and learn about their green products and practices, as well as enjoy a beautiful day on the banks of the Mystic River. There will be activities for the whole family to enjoy, including live music and a free raffle!

MYSTIC MUSIC FEST

Saturday | October 6 | 1:00-6:00 PM

Location: Condon Shell

Medford residents and passionate musicians will once again present the annual Mystic Music Fest, a family friend event at the Condon Shell. Performers will be announced. Rain or Shine

The Office of Mayor Stephanie M. Burke &
Medford Recreation Presents

HALLOWEEN

MOVIE NIGHT

Feature Film: Hotel Transylvania

Saturday, October 26th

Location: Medford High School ~ Field of Dreams

Activities start at 5:00 PM



Pumpkin Painting

Graveyard Ring Toss

Popcorn

Halloween Crafts

Lawn Games



COSTUMES ENCOURAGED!



MAYOR STEPHANIE M. BURKE
INVITES YOU TO

HOLIDAY *glow*

WEDNESDAY, DECEMBER 4

5:00 - 7:00 PM

MEDFORD CITY HALL

CITY HALL LIGHTING | CRAFTS FOR SALE

JINGLE BELL FESTIVAL TREE AUCTION

KIDS ACTIVITIES | FACEPAINTING | LIVE MUSIC

TOYS FOR TOTS DRIVE

Caroling
**AT RIVERSIDE
PLAZA!**

Join us at Riverside Plaza to sing carols before Holiday Glow. Caroling will begin at 4:45pm and singers will then make their way to City Hall for the official lighting.



Candy Cane Hunt

Friday, December 13 from 6pm-8pm

Join Medford Recreation for our first Candy Cane Hunt, along with music, holiday crafts and free hot chocolate.



Candy Cane Hunt	
Ages	Time
2-5	6:00pm-6:20pm
6-9	6:30pm-6:50pm
10-13	7:00pm-7:20pm

Facilities

Medford Recreation Center
at the Gene Mack Gym
30 Forest Street
(located in the Chevalier Theater Building)

Parking: Free parking is available in the lot next to the building and metered parking is available on-street and in municipal lots in Medford Square. Free parking after 6pm.



McGlynn Middle School
3002 Mystic Valley Parkway

Parking: Free parking is available in front of the school. All parents and guardians will need to check in at the main entrance before dropping off or picking up their child.



Andrews Middle School
3000 Mystic Valley Parkway

Parking: Free parking is available in front of the school. All parents and guardians will need to check in at the main entrance before dropping off or picking up their child.



Hormel Stadium
90 Locust Street

Parking: Free parking is available.



Wright's Pond
Elm Street

Parking: Vehicle parking sticker required.

Walk-In: If walking to Wright's Pond, you can cross Elm street at the cross walk to Aquavia Road. The gate will be open for walk in's during operational hours.





Fall / Winter 2019 Program Registration

Household Primary Member (Adult, Parent, or Guardian):

First Name: _____ Last Name: _____ Date of Birth: _____
Address: _____ Apt/Unit: _____ City: _____
State: _____ Zip Code: _____
Email Address: _____ Primary Phone: _____

Registration Member (person who is being registered for the class):

First Name: _____ Last Name: _____ Date of Birth: _____
Address: _____ City: _____ Grade: _____

Activity Registration:

Activity Name:	Days	Dates	Time	Location

AGREEMENT (Please sign)

In consideration for being permitted to use the City of Medford's facilities, I agree, for myself and/or for any minors in my care, to fully and completely release the City of Medford, its officials, employees, boards, departments, agents, and affiliated entities from any and all claims, liabilities or actions, for any personal injuries to me, personal injuries to minors in my care, and/or any loss or damage to my personal property or the personal property of any such minors arising from our use of City of Medford facilities.

Signature of Applicant _____ Date _____

Signature of Parent or Guardian (if under 18) _____ Date _____

Please mail in the form along with a check (made out to the City of Medford) to
Medford Recreation
85 George P. Hassett Drive
Medford, MA 02155