

Medford 02155 Recreation

SPRING 2019

March - June

02155



02155

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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.

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.

We've Moved!

The Medford Recreation Department has moved out of City Hall and is now located at the Medford Recreation Center located on 30 Forest Street, below the Chevalier Theater.

Employment Opportunities

Summer Employment (seasonal):

During the Summer, the City employs over 70 seasonal employees for Wright's Pond, Tufts Pool, and our summer programs. We are currently hiring Lifeguards, Bathhouse Attendants and Park Instructors for the 2019 Summer Season. Applications can be found online at medfordma.org.



If you would like to become a lifeguard but are not currently certified, please learn about our training program on page 8.

Part-Time Positions (year-round):

The City continuously offers employment opportunities for instructors for our year-round programs. Please check medfordma.org for opportunities. If you have an additional program or activity you would like to offer through the Recreation Department, please contact us at medfordrecreation@medford-ma.gov.



For more information, please contact the Recreation Department. Job Applications can be found at medfordma.org

Toddler & Preschool Programs and Activities

All toddler and preschool programs require adult supervision.
Tables and chairs are available at the Medford Recreation Center for parents to use during their child's class.

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	2-5	Mon	3/4-5/6 *No Class 4/15	10:00am-11:00am	Medford Recreation Center	Resident: \$5 Drop-In Non-Resident: \$8 Drop-In

Treasure Hikes

Are you ready for an adventure? Join our Recreation Directors as parents and children hike the Wright's Pond Trail and look for keys to open our treasure chest. We will discover new treasure 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	5/4	10:00am-11:00am	Wright's Pond	Resident: \$3 Drop-In Non-Resident: \$5 Drop-In
Treasure Hike	3-6	Wed	5/22	10:00am-11:00am	Wright's Pond	Resident: \$3 Drop In Non-Resident: \$5 Drop-In

Indoor Play

Keep your little ones active this winter and spring and bring them to the Medford Recreation Center for some free play time with equipment such as little basketball hoops, soccer balls, tunnels, and scooters!



Activity	Ages	Days	Dates	Time	Location	Fees
Indoor Play	2-5	Wed & Fri	3/6-5/17 * No Class 4/17 & 4/19	10:00am-12:00pm	Medford Recreation Center	Resident: \$2 Drop-In Non-Resident: \$4 Drop-In

Toddler & Preschool Programs and Activities

Preschool Floor Hockey

This program introduces children to 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	3-6	Sat (8 classes)	3/2-5/25 *No Class 3/9, 3/23, 4/13, 4/20	12:00pm-12:45pm	Medford Recreation Center	Resident: \$64 Non-Resident: \$77

Toddler 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.



Activity	Ages	Days	Dates	Time	Location	Fees
Toddler Soccer	2-5	Fridays (6 classes)	3/8-4/12	9:00am-9:45am	Medford Recreation Center	Resident: \$60 Non-Resident: \$72
Toddler Soccer	2-5	Mondays (6 classes)	4/22-6/3 *No Class 5/27	9:00am-9:45am	TBD	Resident: \$60 Non-Resident: \$72

Youth Programs & Activities

Introduction 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	Ages	Days	Dates	Time	Location	Fees
Intro to Fencing	7-12	Sat (5 classes)	3/2-4/13 *No Class 3/9 & 3/23	11:00am-12:00pm	Medford Recreation Center	Resident \$70 Non-Residents: \$91

Archery for Children

Sign up for indoor archery classes this spring 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.



Activity	Ages	Day	Dates	Time	Location	Fees
Archery for Children	10-18	Wed (4 classes)	3/20-4/10	7:00pm-8:00pm	Medford Recreation Center	Resident & Non-Residents: \$110
Archery for Children	10-18	Wed (4 classes)	5/1-5/22	7:00pm-8:00pm	Medford Recreation Center	Resident & Non-Residents: \$110

Irish Step Dance

This 8-week course will introduce the basics of Irish Step Dance. Children will practice dancing on their own and with a partner or group. A strong emphasis will be placed on the connection between music and dance, and children will dance to reels, jigs, and hornpipes over the course of the class. Instructor Hannah DeRusha has been dancing for 25 years and currently teaches with O'Riley Irish Dance in Medford and Cambridge.

Activity	Ages	Days	Dates	Time	Location	Fees
Irish Step Dance	7-12	Thurs (8 classes)	3/21-5/23 *No Class 4/18 & 4/25	6:00pm-7:00pm	Medford Senior Center	Resident: \$64 Non-Resident: \$80

Youth Programs & Activities

Family Open Gym

Spend some time on Saturday afternoon and drop into the Medford Recreation Center. Our gym will be set up for half court basketball and a variety of activities.

Activity	Ages	Days	Dates	Time	Location	Fees
Family Open Gym	All	Sat	3/2-4/27 *No Open Gym 3/9, 3/23, 4/13, 4/20	2:00pm-3:00pm	Medford Recreation Center	Residents Only \$2 per family

Track Club

Get your running shoes ready and join the Recreation Department Saturday mornings at Hormel Stadium. Each week we will practice different running events including short (100m & 200m), middle (800m), and long distances (1-2 mile).

Activity	Grade	Days	Dates	Time	Location	Fees
Elementary School Track Club	3-5	TBD	TBD	TBD	TBD	TBD
Middle School Track Club	6-8	TBD	TBD	TBD	TBD	TBD

Indoor Flag Football Clinic

The Medford Recreation Department and Pioneer Sports have teamed up to offer a non-competitive 8-week flag football clinic. Join the coaches and owners of Pioneer Sports to learn how to play the game, practice skills, and simply have fun and stay active!

Activity	Ages	Days	Dates	Time	Location	Fees
Flag Football Clinic	8-13	Mon (7 classes)	3/11-4/29 *No Class 4/15	7:00pm-8:00pm	Medford Recreation Center	Resident: \$64 Non-Resident: \$74

Youth Programs & Activities

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.

For each sport we cover, a representative from the youth sport organization will be invited to help coach and to talk to the parents and participants if they are interested in registering and being involved in the Medford Youth Sport.

Activity	Ages	Days	Dates	Time	Location	Fees
All Sport Sampler	5-7	Sat (8 Classes)	3/2-5/18 * No Class 3/9, 3/23, 4/13, & 4/20	1:00pm-2:00pm	Medford Recreation Center	Residents: \$20

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 week we'll 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. As the weather warms, we are presented with a variety of fresh and delicious ingredients to work with. We'll be recreating savory favorites and introducing a dessert that pleases the senses and the body! As usual, 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	Grade	Days	Dates	Time	Location	Fees
Kids Test Kitchen	1-5	Sat (4 classes)	3/2-4/6 No Class 3/9 & 3/16	10:00am-11:00am	Medford Recreation Center	Resident: \$80 Non-Resident: \$90
Kids Test Kitchen	1-5	Sat (4 classes)	5/4-5/25	10:00am-11:00am	Medford Recreation Center	Resident: \$80 Non-Resident: \$90

Youth Programs & Activities

American Red Cross CPR & First Aid

This Community CPR class is specifically designed for young adults who would like to learn the basics of CPR and First Aid. Upon completion, students will receive their CPR certification in Adult, Child, and Infant along with Standard First Aid. Having your CPR certification can help secure jobs including babysitting and camp counseling. Please note: some jobs including lifeguarding require a professional CPR certification.

Activity	Ages	Days	Dates	Time	Location	Fees
Community CPR and First Aid	12-21	Wed	5/15/19	1:00pm-5:30pm	Medford High School. Room V222	Residents: \$75 Non-Resident: \$90

American Red Cross Lifeguard Training

Would you or someone you know like to work this Summer as a lifeguard for the Recreation Department? We are offering a reduced-rate lifeguard training class for Medford Residents who would like to lifeguard this Summer for Wright's Pond or Tufts Pool. Our classes are discounted to \$50 (regularly priced between \$200-\$350) in exchange for working the Summer of 2019. Students must first pass the lifeguard class and interview before being offered a lifeguard position for this Summer. For questions and to receive more information regarding the lifeguard class, please email the Recreation Department at MedfordRecreation@medford-ma.gov

Activity	Ages	Days	Dates	Time	Location	Fees
Lifeguard Training	16+	TBD	TBD	TBD	TBD	Resident: \$50

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. When delivering your child to the class, please walk them into the classroom and make certain that the instructor has a good emergency contact number for you. A one-hour lunch break is planned into the day. Please remember to send a lunch (nut-free) with your child.



Activity	Ages	Days	Dates	Time	Location	Fees
Babysitter Training (Early release day)	11-15	Wed	3/20	12:15pm-7:30pm	McGlynn Middle School	Resident: \$50
Babysitter Training	11-15	Sat	4/27	8:00am-4:30pm	Medford Recreation Center	Resident: \$90 Non-Resident: \$100

Afterschool Programs

Flag Football

Medford Recreation and Pioneer Sports is excited to offer flag football right afterschool for Middle School students. Our Instructors from Pioneer Sports will meet all participants at the Andrews Middle School Cafeteria. Depending on the weather, we will play in the field behind the middle school or inside the gym.



Activity	Grade	Days	Dates	Time	Location	Fees
Afterschool Flag Football	6-8	Tue (8 classes)	4/23-6/11	2:15pm-3:00pm	Behind Andrews Middle School	Residents: \$50

Soccer Clinic

Join Coach Teves in this afterschool program where students will learn and implement the fundamental soccer principles such as passing, dribbling, and shooting. This 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 inside the gym.

Activity	Grade	Days	Dates	Time	Location	Fees
Afterschool Soccer Clinic	6-8	Wed (8 classes)	4/24-6/12	2:15pm-3:00pm	Behind Andrews Middle School	Resident: \$50

Floor Hockey

In this afterschool program, Coach Teves will be running basic skills and scrimmages for street hockey. Participants will meet Coach Teves at the McGlynn Middle School Cafeteria and depending on weather, will play at the Hormel Street Hockey Rink or inside the Andrews Middle School gym. All equipment will be provided.



Activity	Grade	Days	Dates	Time	Location	Fees
Afterschool Floor / Street Hockey	6-8	Th (8 classes)	4/25-6/13	2:15pm-3:00pm	Hormel Street Hockey Rink / Andrews Middle School Gym.	Resident: \$50

No School Day - March 12

On Tuesday, March 12th, Medford Public Schools will be closed for Teacher Professional Development Day.

March 12 Multisport Class

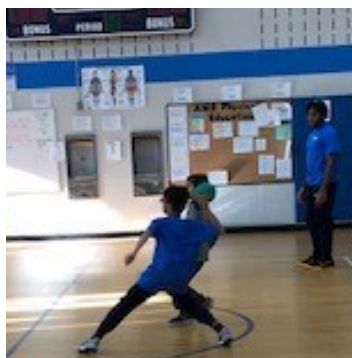
Spend the day with Medford Recreation as we run a full day with action packed sports including soccer, floor hockey, dodge ball, flag football and basketball. Games will also be available throughout the day. At the end of each day, we will watch "The Incredibles". Please bring a non-refrigerated, nut-free lunch. Two snacks will be provided by the Recreation Department (pretzels, chips and water).

Activity	Ages	Days	Dates	Time	Location	Fees
Multisport Class	7-11	Tu	3/12	8:30am-4:30pm	Andrews Middle School	Resident: \$35

Circuitry Day

Spark your interest in electronics with this workshop from Circuit Lab! Participants will discover basic circuitry and programming concepts, and then apply them to creative, expandable projects. We will learn about basic circuitry principles using Snap Circuits, experiment with computer programming using ScratchJr, and each participant will apply their new knowledge to create a take-home custom flashlight from individual circuitry components - all facilitated by experienced Circuit Lab instructors.

Activity	Ages	Days	Dates	Time	Location	Fees
Circuitry Day	5-7	Tu	3/12	8:30am-4:30pm	Andrews Middle School	Resident: \$70



April Vacation Programs

Below are programs offered during April School Vacation week. Please be sure to register for these programs early. Classes will be cancelled by April 1st if there is low enrollment.

April Vacation Multisport Class

Join Medford Recreation as we run multiple sporting activities including soccer, floor hockey, dodgeball, flag football and basketball. Games and crafts will also be available throughout the day. At the end of each day, we will watch a movie. Please bring a non-refrigerated, nut-free lunch. Two snacks will be provided (pretzels, chips and water).

Activity	Ages	Days	Dates	Time	Location	Fees
Multisport Class	7-11	Tu-Fri	4/16-4/19	8:30am-4:30pm	Andrews Middle School	Resident: \$120

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	Ages	Days	Dates	Time	Location	Fees
Circuit Makers	6-8	Tu & Wed	4/16-4/17	8:30am-4:30pm	Andrews Middle School	Resident & Non-Resident: \$175

Creative Computing

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own

Activity	Ages	Days	Dates	Time	Location	Fees
Creative Computing	11-14	Th & Fri	4/18-4/19	8:30am-4:30pm	Andrews Middle School	Resident & Non-Resident: \$175

Jedi Engineering

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	Ages	Days	Dates	Time	Location	Fees
Jedi Engineering	5-7	Th & Fri	4/18-4/19	8:30am-4:30pm	Andrews Middle School	Resident: \$190 Non-Resident: \$200

Family Open Gym

Spend some family time on Saturday during April vacation and drop into the Medford Recreation Center.

Activity	Ages	Days	Dates	Time	Location	Fees
Family Open Gym	All	Sat	4/20	9:00am-1:00pm	Medford Recreation Center	Resident: \$2 Drop-in fee

Adult and Senior Programs

Adult Zumba

Zumba is a dance fitness class that is fun, energetic and makes you feel amazing! Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Classes at the Senior Center are open to all Medford residents and non-residents as well. All fitness levels and teens & adults are welcome to attend. Classes are taught by Nanci Palladino, an experienced Zumba instructor from Medford.

Activity	Ages	Days	Dates	Time	Location	Fees
Adult Zumba	13+	Thurs (8 classes)	3/21-5/23 *No Class 4/18 & 4/25	7:15pm-8:15pm	Medford Senior Center	Drop-in Fee: \$5 Resident & Non-Resident

Archery for Adults

Sign up for indoor archery classes this spring 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 course. Each week learn something new while focusing on the form more than the results. All equipment is provided.



Activity	Ages	Day	Dates	Time	Location	Fees
Archery for Adults	18+	Wed (4 classes)	3/20-4/10	7:00pm-8:00pm	Medford Recreation Center	Resident & Non-Residents: \$110
Archery for Adults	18+	Wed (4 classes)	5/1-5/22	7:00pm-8:00pm	Medford Recreation Center	Resident & Non-Residents: \$110

Pickleball

Join Medford Recreation and the Medford Council on Aging for Pickleball at the Medford Recreation Center this spring. 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. The drop-in fee at the door is \$2 for residents, and \$4 for non-residents.

Day	Time	Location
Tuesdays	9:00-11:00am	Medford Recreation Center
Thursdays	9:00-11:00am	Medford Recreation Center
Saturday	9:30am-11:00am	Medford Recreation Center

***No Class 3/9, 3/23, 4/16, 4/18, 4/20, 4/27**

Outdoor Pickleball information will be announced in May.

Drop-In Fee (pay at the door)

Resident: \$2

Non-Resident \$4

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

Lap Swim:

Monday - Friday: 7:00am-10:00am and 7:30pm-9:00pm
Saturdays: 8:00am-2:30pm

Family Swim:

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

Adult Swim Lessons:

Mondays | March 25-May 20 | 7:30pm-8:30pm | \$150

Children Swim Lessons:

Saturdays | March 23-May 11 | \$115

- Registration is on March 16 from 12:00-2:00pm
- All children must be swim tested before registration

Free MHS Student Swim Days

March 20 | May 15 | June 12 | 12:15-2:15pm (open to MHS students only)

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

Strength and Balance

Focus on your strength and balance. Use of light weights, seated chair program for beginners as well.

Wednesdays @ 1:15pm | Free!

Core and Balance Workout

Stop in and try our new invigorating exercise class!

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

Tai 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**



More details about the following programs can be found online at www.calendarwiz.com/mfnschedule. Information will be available in the Spring 2019 Medford Family Network Newsletter. All programs are FREE to those who live/work in Medford.

Parent Education Programs with Child Care

These leader-led groups provide children a safe environment where they can explore their world and develop new friendships. They are designed to offer parents and caregivers social connections and opportunities to be resources for each other. Registration required. Ages 8 months - 5 years

Drop-in Playtime at the MFN Family Center

Drop-in playtime is a wonderful opportunity to play and interact with your child(ren). Enjoy the company of other families while playing in our playroom. Books, puzzles, toys, blocks, and more! For ages birth to 5.

Friday Nights with Families, Friends and Knucklebones

Here is your chance to connect with other parents and children in a very active as well as interactive environment each month, September 2018 – April 2019. *Knucklebones... for the love of play* will guide the way to lots of fun and lots of play. For ages birth to 8.

Circle Time Story Time at the Medford Public Library

Circle time, story time, songs with movement. For ages birth to 2 year: 9:30 – 10:30 am. For ages 2 to 5 years: 11:00 am – Noon. Drop-in format. Program goes through June.

Traveling Playgroups in the Park

Come travel around the city to family-friendly parks, joining other families in a semi-structured play and learn group setting. FREE books and a community resource area. For ages birth to 8. Program begins in May.

Medford Public Library

Medford Public Library
111 High Street
781-395-7950



**Medford
Public
Library**

The following programs require registration.

***Please call the Medford Public Library
at (781) 395-7950 to register.***

Baking Lessons

We're going to try out some simple recipes together! Learn some basic skills and explore the art of great food!

Monday | April 22 | 3:30pm | Registration Required | Ages 6+

Magnificent Mice

Mice are nice! Join us and learn about mouse families and behaviors with our friends from Drumlin Farm.

Wednesday | April 17 | 11:00am | Registration Required | Ages 6+

The following programs do not require registration

Star Wars Crafts

Get ready for Star Wars Day on May 4th! Come and make awesome Star Wars themed crafts with us.

Friday | May 3 | 3:00pm | Ages 5+

Build Your Own Fairy House

Make sure your favorite magical creatures have a great place to stay in this fun afternoon building program.

Friday | March 15 | 3:00pm | All Ages

Drop-in Jigsaw Puzzle Afternoon

Bring your friends and family to the library and we will bring our favorite challenging jigsaw puzzles.

Saturday | March 9 | 2:00pm-4:00pm | All Ages

Imagination Buildings

You can build *anything* out of cardboard. Bring your biggest, craziest ideas and we will give you the cardboard and tools to make them happen.

Tuesday | April 16 | 11:00am | Ages 5+

Special Event

Patriots' Day

Monday, April 15 | 10:00am-1:00pm | Medford Square

Come to Medford Square on Patriots' Day to meet Paul Revere and learn about his famous ride through Medford. Events begin at the Medford Square Burying Ground next to Riverside Plaza as we pay tribute to the soldiers who lost their lives during the revolutionary war. The ceremony will be followed by free activities in the square while we wait for Paul Revere to arrive.

City Nature Challenge

Saturday, April 27 | 10:00am-11:00am | Wright's Pond Hiking Trail

The City Nature Challenge 2019 is a national program where cities and towns across the United States will compete to record the most nature observations between April 26th-29th. To celebrate this event, Medford Recreation will be hosting a special nature walk open to all ages. Prior to the nature walk, download the iNaturalist app for the iPhone or Android. Using the app, we will take pictures of plants and wildlife during the walk to share on the app and have it identified by the iNaturalist community. To learn more about the City Nature Challenge, visit www.zoonewengland.org/citynaturechallenge.

Medford Bicycle Commission– Bike Rodeo

Saturday, April 27 | 2:00pm-4:30pm | Medford Recreation Center

Join members of the Medford Bicycle Commission for our bike rodeo for children. Before the weather gets warm, learn how to safely ride a bike and what type of protective equipment is available. There will also be a limited amount of bike helmets distributed to children for free!

Cardboard Boat Race

Saturday, June 1 | 11:00am-4:00pm (rain date June 9) | Wright's Pond

Students of the Fells and Medford Recreation invite you to "Float your Boat" at the 2019 Cardboard Boat Races at Wright's Pond. You can build your own cardboard boat to race or come visit the pond to watch the races and enjoy activities for children on the beach, music, outdoor gear drive and food. More details will be released this Spring.

Medford Day

Sunday, June 2 | 1:00pm-4:00pm | Behind the Andrews Middle School

Medford Day is a celebration of Medford and the many programs and activities available to the community. The event takes place behind the Andrews Middle School and includes live music, food, inflatables, games, activities for all ages, and information about Medford organizations, programs, and recreational opportunities.

Wright's Pond Cleanup Day

Saturday, June 15 | 9:00am-1:00pm | Wright's Pond

Medford Recreation will be hosting a cleanup day at Wright's Pond in preparation for the 2019 Summer Season. Join us on Saturday morning as we clean the grounds, plant flowers, and paint.

Special Event

World's Largest Swim Lesson

Thursday, June 20, 2019

5:00pm-6:00pm at Tufts Pool

Medford Recreation will be participating as a host for the World's Largest Swim Lesson at Tufts Pool on June 20th. This free 30-minute swim lesson will take place in hundreds of locations in more than 20 countries to help raise awareness about drowning and the fact that swimming is a vital life-saving skill that every child should learn. Medford Recreation invites all residents to attend (even if you do not go into the pool). If you would like to help support our swim lessons at Tufts Pool, we will be collecting donations for our Tufts Swim Lessons Scholarships Fund. This Scholarship Fund will be used to help low-income families receive access to free swim lessons at Tufts Pool this summer.

WHY THIS MATTERS

The Problem is Real

Per the Center for Disease Control, drowning remains the leading cause of unintended, injury-related death for U.S. children ages 1-4, and the second leading cause for children under 14; drowning is an even greater threat in other countries around the world.

Many Lack Basic Swimming Skills

In 2014, a survey completed by the American Red Cross found that more than half of all Americans (54 percent) either can't swim or don't have the basic swimming skills.

Parental Supervision is Key

According to a SafeKids Worldwide 2016 report, despite the fact that lack of supervision plays a role in the majority of drowning deaths, less than half of parents (49 percent) indicate they remain within arms' reach of their child in the water.

For more information, please contact the Recreation Department at (781) 393-2486 or MedfordRecreation@medford-ma.gov



Facilities

Medford Recreation Center at the Gene Mack Gym 30 Forest Street

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.



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 picking up their child.



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 before picking up their child.



Medford High School 489 Winthrop Street

Parking: Free parking is available.
Entrance: All Recreation Participants should enter the building from the Community School Entrance.



Medford Senior Center 101 Riverside Ave

Parking: Parking is available at the side of the building or across the street in the municipal lot.





Spring 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