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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](http://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](http://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](http://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. In-person registration is available Monday-Friday 9:30a-12:30p and Saturday from 9:30a-2:00p.

# Tufts Pool & Wright's Pond

**Purchase your Wright's Pond or Tufts Pool Membership early this Spring. Memberships will be on sale beginning April 1st.**



## Tufts Pool Memberships:

### RESIDENT

Individual: \$30

Family: \$80

Children 4 and under do not need a pass

### NON-RESIDENT

Individual: \$60

Family: \$135

## NEW! Tufts Pool Daily Fee (pay at the door)

	Adult (18+)	Child (over 4)
Resident	\$4	\$2
Non-Resident	\$8	\$4

**\*New Tufts Pool Renewal (Available Online Only):** If you purchased a pool membership online last year and still have your keytags, simply go to [medfordrecreation.org](http://medfordrecreation.org) and purchase a Tufts Pool Renewal. Upon purchasing, your keytags will become reactivated for Summer 2019.



## Wright's Pond Membership (Medford Residents Only):

**Vehicle Sticker (per vehicle):** \$50 (\$30 for vehicles with handicap placards and for seniors 62 and older)

**Walk-In Pass:** \$20 (admits 1-3 people)

*Please note: For visitors using a vehicle sticker, only one car-load of visitors per day is allowed.*

**\*New Wright's Pond Walk-In Pass Renewal (Available Online Only):** If you purchased a Wright's Pond Walk-In pass online last year and still have your keytag, simply go to [medfordrecreation.org](http://medfordrecreation.org) and purchase a Walk-In Pass Renewal. Upon purchasing, your keytags will become reactivated for Summer 2019. Vehicle passes cannot be renewed online at this time.

# Tufts Pool & Wright's Pond

## How to Purchase a Pond or Pool Pass

### **IN-PERSON**

Visit the Medford Recreation Center located on 30 Forest Street. Passes will be on sale at that location from April 1 - June 21. Hours are Monday-Friday from 9:30am-12:30pm and Saturdays from 9:30am-2:00pm. After June 21, passes can be purchased at Tufts Pool and Wright's Pond during normal operating hours.

#### **Additional In-Person Opportunities:**

The Recreation Department will be selling pond and pool passes at their table during the following events.

Event	Date	Time	Location
Cardboard Boat Race	Saturday, June 1 ( <i>rain date: June 9</i> )	11:00am-4:00pm	Wright's Pond
Medford Day	Sunday, June 2	1:00pm-4:00pm	Andrews Middle School
Wright's Pond Clean Up Day	Saturday, June 15	9:00am-1:00pm	Wright's Pond

### **ONLINE:**

Visit [MedfordRecreation.org](http://MedfordRecreation.org) to purchase a pass. If you do not have a login, please create a household account (Please allow up to 48 hours for your account to be approved). Once your account has been created, you will receive an email confirmation and can then purchase a pass. Please print out your receipt or save the email confirmation. On your first visit to the pond or pool, show the Front Desk your receipt along with proof of residency. Recreation Staff members will issue you the vehicle pass or keytags. **We will not be mailing passes to your home this year.**

#### **Proof of Residency:**

When purchasing a Wright's Pond Pass or a Pool Membership in person at the resident rate, or when you pick up your vehicle sticker/ keytag on your first visit, you will need to provide proof of residency. Please provide your drivers license or Massachusetts ID with a Medford address. If you have recently moved to Medford, you may show a current utility bill that is in your name.

#### **Financial Aid:**

Financial aid is available for Wright's Pond and Tufts Pool Memberships from the Medford Family Network. For more information, please contact Marie Cassidy at 781-393-2106 or [mcassidy@medford.k12.ma.us](mailto:mcassidy@medford.k12.ma.us)

# Aquatics Programs

## Swim Lessons at Tufts Outdoor Pool

### Ages 5-13 | \$35 Residents Only

During the summer, swim lessons are available weekdays at Tufts outdoor pool at Tufts Park. Swim levels are divided into three groups: beginners, intermediate, and advanced. Sign your child up for the level you think is most appropriate and at the first lesson, our instructors will evaluate the children and put them into the appropriate level.

### Level Descriptions:

**Beginners:** This class is for children who are fearful of the water or have no experience. In this class, your child will learn how to put their face in the water, kick on their front, and float.

**Intermediate:** In this class, your child should be comfortable being in the pool and can put their face in the water. They should be able to float on their back independently and kick on their front without instructor support but with a flotation aid.

**Advanced:** Your child should be able to swim about 15 yards on their front independently and without flotation aid.

### Session I

**July 8– July 26 (Monday-Friday)**

#### Beginners:

**10:00-10:55AM**

**11:00-11:55AM**

#### Intermediate:

**10:00-10:55AM**

**11:00-11:55AM**

#### Advanced:

**10:00-10:55AM**

**11:00-11:55AM**

### Session II

**July 29– August 16 (Monday-Friday)**

#### Beginners:

**10:00-10:55AM**

**11:00-11:55AM**

#### Intermediate:

**10:00-10:55AM**

**11:00-11:55AM**

#### Advanced:

**10:00-10:55AM**

**11:00-11:55AM**





# Aquatics Programs

## Adult Swim Lessons

Whether you're young or old, it's never too late to learn how to swim. Medford High Swim Team Varsity Coach Mary Judge will be teaching adult swim lessons this summer. Mary will be working with adults who are fearful or uncomfortable around water to teach the basics of swimming. Topics will include putting your face in the water, floating, kicking on your front, front crawl, and how to swim with a life jacket.

Activity	Ages	Days	Dates	Time	Location	Fees
Adult Swim Lessons	16+	Tues (5 classes)	7/2-7/30 Rain make up: 8/6 & 8/13	5:00pm-7:00pm	Tufts Pool	Resident: \$50 Non-Resident: \$60

## Medford Minnows Swim Team

Medford High Swim Team Varsity Coach Mary Judge will be coaching this Summer's Recreation Swim Team. Children ages 7-17 will practice two days per week, gradually building up their endurance and yardage. In addition, Mary will be working to improve their stroke technique and prepare and build their confidence to join swim team this fall. Children must know front crawl, backstroke, and breaststroke in order to join the swim team and swim a minimum of four lengths of the pool continuously. Make ups and refunds will not be given due to inclement weather.



Activity	Ages	Days	Dates	Time	Location	Fees
Medford Minnows Swim Team	7-17	Mon & Wed (12 practices)	7/8-8/14	5:00pm-7:00pm	Tufts Pool	Resident: \$120 Non-Resident: \$165

## Introduction to Water Polo

Recreation Director Kevin Bailey is running an introduction to Water Polo for children ages 8-12. In this class, children will learn how to swim with a water polo ball, pass, shoot and play defense. Basic rules including fouls, shot clock, and game time will be introduced. Participants must be able to tread water for three minutes and must be able to swim with their head out of the water for two lengths of the pool.

Activity	Ages	Days	Dates	Time	Location	Fees
Intro to Water Polo	8-12	Tue (6 classes)	7/9-8/13	9:00am-10:00am	Tufts Pool	Resident: \$60 Non-Resident: \$85

# Summer Park Program

## July 8 - August 16

All activities will take place Monday - Friday

The City of Medford's FREE Parks Program gives youth ages 5–16 an opportunity to get out and move, play, and create during the summer months. Each park is staffed by two Medford Recreation summer staff who will provide games, activities, arts & crafts and safe summer fun. This program has an open door policy which means no registration is necessary. Children can come and go as they please.

### Park Locations

### Time

Tufts Park

9:00am-4:00pm

McGlynn Elementary School

9:00am-4:00pm

Participants are expected to bring clothing appropriate for physical activities, sunscreen, and bottled water to stay hydrated.

## FREE LUNCH PROGRAM

The Malden YMCA sponsors lunches for kids and teens ages 18 years old and younger at no cost, Monday through Friday. From July 8 - August 16, lunch will be available at 12 PM at the above locations throughout the summer. This program is part of a larger federal nutrition program called the Summer Food Service Program, and is an excellent resource to help prepare students for the upcoming school year. Visit [www.meals4kids.org/find-summer-meal-site](http://www.meals4kids.org/find-summer-meal-site) for an interactive map showing meal locations and times.



# 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 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	7/13	8:30am-9:30pm	Wright's Pond	Resident: \$5 Drop In
Treasure Hike	3-6	Sat	8/10	8:30am-9:30pm	Wright's Pond	Resident: \$5 Drop In
Treasure Hike	3-6	Sat	9/7	8:30am-9:30pm	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	2-4	Mon & Tue (14 classes)	7/8-8/20	9:00am-9:45am	Tufts Park	Resident: \$80 Non-Resident: \$112

# Youth Programs & Activities

## Children's 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
Children's Soccer	5-7	Mon & Tue (14 classes)	7/8-8/20	10:00am-10:45am	Tufts Park	Resident: \$80 Non-Resident: \$112

## Street Hockey

Street Hockey is back again this Summer at Hormel.

Participants will practice some techniques and scrimmage each other in a rotational time limit, allowing everyone to have equal playing time. All equipment will be provided.

Instructor: Josh Gilliona



Activity	Ages	Days	Dates	Time	Location	Fees
Street Hockey Clinic	10-15	Mon-Fri	7/15-7/19	9:00am-12:00pm	Hormel Street Hockey Rink	Resident: \$55 Non-Resident: \$75

## Tennis Lessons

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



Activity	Entering Grades	Days	Dates	Time	Location	Fees
Elementary Tennis Lessons	3-5	Tues (8 classes)	7/9-8/27	5:00pm-6:00pm	Dugger Park	Resident: \$40 Non-Resident: \$52
Middle School Tennis Lessons	6-8	Tues (8 classes)	7/9-8/27	6:00pm-7:00pm	Dugger Park	Resident: \$40 Non-Resident: \$52



# Youth Programs & Activities

## Girls Lacrosse Clinic

In this clinic taught by coach Brianna Burke, students will learn the basics skills of lacrosse including passing, catching, shooting, and cradling. This is a great clinic for anyone who would like to learn the basics of the sports. We will provide 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. Instructor: Brianna Burke



Activity	Ages	Days	Dates	Time	Location	Fees
Girls Lacrosse Clinic	6-13	Mon-Fri	8/5-8/9	9:00am-12:00pm	Tufts Park	Resident: \$55 Non-Resident \$75

## Flag Football

Medford Recreation is offering two great flag football programs this Summer. Medford High School Varsity Football will be back again offering a one week flag football clinic lead by coach John Curly.

Our second offering is a flag football season through Pioneer Sports. Teams will practice two nights per week (Tue + Thurs) from 5:30pm-7:30pm and games on Saturday from 10:00am-1:00pm.



Activity	Ages	Days	Dates	Time	Location	Fees
Flag Football Clinic	8-13	Mon-Fri	7/8-7/12	9:00am-1:00pm	Hormel Stadium	Resident: \$55 Non-Resident: \$75
Flag Football Season	9-12	Tue /Th/ Sat	7/9-8/24 (21 classes)	Tue /Th 5:30pm-7:30pm Sat 10:00am-1:00pm	Dugger Park	Resident: \$75 Non-Resident: \$100

## Parkour: FULL DAY

Parkour Generations offers one week of parkour, climbing, adventure, and more. Kids receive instruction on basic movement of Parkour and a number of strength and conditioning exercises. They'll develop strength, speed, endurance, precision, spatial awareness, dynamism and creativity.



Activity	Ages	Days	Dates	Time	Location	Fees
Parkour	8-14	Mon-Fri	8/12-8/16	9:00am-4:00pm	Medford High School	Resident: \$180 Non-Resident: \$200

# Youth Programs & Activities

## Basketball Clinic

Medford High School varsity basketball Coach Skerry and team members will be offering a one week long basketball clinic. This clinic will provide individual instruction, daily drill stations & games, individual contests, and Q & A with the coaches.

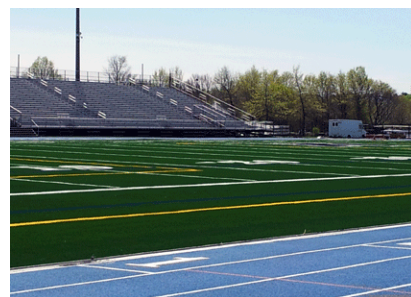
Instructor: John Skerry



Activity	Ages	Days	Dates	Time	Location	Fees
Basketball Clinic	10-15	Mon-Fri	8/12-8/16	9:00am-12:00pm	McGlynn Middle School	Residents: \$55 Non-Resident: \$75

## Track Clinic

Get your running shoes on and join Medford Recreation for our track clinic at Hormel Stadium. We will be teaching the fundamentals of proper running form, proper stretching, injury prevention, sprint mechanics and training for the one and two-mile runs.



Activity	Ages	Days	Dates	Time	Location	Fees
Track Clinic	8-13	Mon-Fri	8/12-8/16	9:00am-12:00pm	Hormel Stadium	Resident: \$55 Non-Resident: \$75

## Adventures in Space

This program will focus on rocket building, the universe, and making science fun. Participants will get a glimpse of what it is like to live and work in space and a space station, learn about the principles of flight and design, wear an astronaut suit, and launch their rocket. On the last day of class (Friday), parents will be invited to come back at 10:30am to watch their child launch their rocket outside.

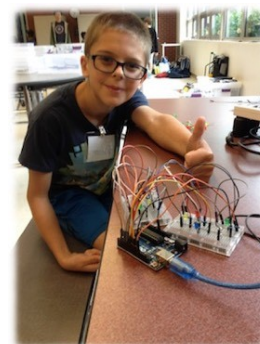


Activity	Grade	Days	Dates	Time	Location	Fees
Adventures in Space	1-5	Mon-Fri	8/5-8/9	9:00am-12:00pm	Andrews Middle School	Resident: \$90 Non-Resident: \$110

# Youth Programs & Activities

## Circuit Makers 101

In this junior hands-on electronics class, students will gain experience with creating their own electronics and will design custom light-up greeting cards, electronic games, mazes, and even musical instruments. Each day consists of a circuitry lesson and a hands-on electronics project using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they will be proud of each day. Most class days include a take-home project.



Activity	Ages	Days	Dates	Time	Location	Fees
Circuit Makers 101	6-8	Mon-Fri	7/22-7/26	9:00am-12:00pm	Andrews Middle School	Residents: \$150 Non-Resident: \$175

## Viking Sports Program: FULL DAY

**This Class will be cancelled two weeks from the first day of class if there is low enrolment.**

Join Vikings Sports for an action-packed week of activities and games at the McGlynn Middle School.



Activity	Ages	Days	Dates	Time	Location	Fees
Viking Sports Program	5-12	Mon-Fri	6/17-6/21	8:00am-4:00pm	McGlynn Middle School	Resident: 200

## App Inventors

**This Class will be cancelled two weeks from the first day of class if there is low enrolment.**

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 design with the support of Circuit Lab instructors.

Activity	Ages	Days	Dates	Time	Location	Fees
App Inventors	9-12	Mon-Fri	7/22-7/26	1:00pm-4:00pm	Andrews Middle School	Resident: \$150 Non-Resident: \$175

# Youth Programs & Activities

**The following classes on this page will be cancelled two weeks from the start of class if there is low enrollment.**

## STEM + Jedi w/ LEGO® Materials: FULL DAY

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines close to home such as Trains, Helicopters, Treehouses, and Beam Bridges. Then build X-Wings, Energy Catapults, and Defense Turrets from a galaxy far, far away! Learn about BOTH kinds of The Force in this new full-day themed engineering camp for LEGO® fanatics!

Activity	Ages	Days	Dates	Time	Location	Fees
STEM + Jedi w/ LEGO	5-8	Mon-Fri	7/29-8/2	9:00am-4:00pm	Andrews Middle School	Resident: \$370 Non-Resident: \$390

## STEM + Minecraft w/ LEGO® Materials: FULL DAY

**This Class will be cancelled two weeks from the first day of class if there is low enrollment.**

Power on your STEM concepts and Minecraft gaming skills for a full day of LEGO® fun! Learn about architecture and engineering by building Trains, Helicopters, Treehouses, and Beam Bridges. Then Mine, Craft, and Build your way to fun in the Adventure mode of our unique Minecraft gaming experience!

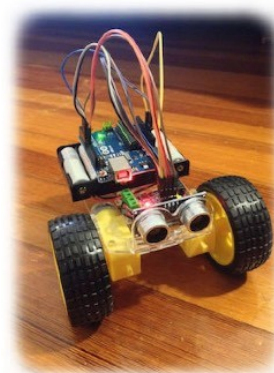


Activity	Ages	Days	Dates	Time	Location	Fees
STEM + Minecraft w/ LEGO	5-8	Mon-Fri	8/12-8/16	9:00am-4:00pm	Andrews Middle School	Resident: \$370 Non-Resident: \$390

## Hands on Electronics: FULL DAY

**This Class will be cancelled two weeks prior to the first day of class if there is low enrollment.**

Tinker with electronics while learning the basics of computer programming. Participants begin by experimenting with the fundamentals of electronics and circuitry, and will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants a chance to design a hands-on project with the guidance of skilled Circuit Lab Instructors.



Activity	Ages	Days	Dates	Time	Location	Fees
Hands on Electronics	9-12	Mon-Fri	8/19-8/23	9:00am-4:00pm	Andrews Middle School	Resident: \$300 Non-Resident: \$350



# Adult and Senior Programs

## Pickleball

Join Medford Recreation and the Medford Council on Aging for Pickleball this summer. 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. Our outdoor session runs from Tuesday, June 25th to September 7th. We will then follow our regular indoor schedule. **We will not have Pickleball on Thursday, July 4th.**

Day	Time	Location
Tuesdays	9:00am-11:00am	Barry Park
Thursdays	9:00am-11:00am	Barry Park
Saturday	9:30am-12:30pm	Hickey Park

### Drop-In Fee

Resident: \$2

Non-Resident \$4

## Free Yoga by Borealis

Start your morning right with relaxing yoga classes at Wright's Pond offered by Medford's own Borealis Yoga. Please bring your own mat. Classes are free but please pre-register at [www.borealisyoga.com](http://www.borealisyoga.com)



Activity	Ages	Days	Dates	Time	Location	Fees
Free Yoga by Borealis	15+	Sat	7/13-8/31	8:00am-9:00am	Wright's Pond	Resident: Free Non-Resident: Free

## Free Medford Yoga from Lauren Farenga

Yoga Instructor Lauren Ferenga will once again be offering free yoga on Saturdays at the Condon Shell. Please note the new time this year will be from 9:30am-10:30am.

Activity	Ages	Days	Dates	Time	Location	Fees
Free Medford Yoga	14+	Sat	6/1-8/31	9:30am-10:30am	Condon Shell	Resident: Free Non-Resident: Free

[www.MedfordRecreation.org](http://www.MedfordRecreation.org) | 781-393-2486 | [medfordrecreation@medford-ma.gov](mailto:medfordrecreation@medford-ma.gov)

# Family Fun Activities

## Free Outdoor Movie Nights

Mayor Stephanie M. Burke invites you to join the Mayor's staff and the Recreation Department for our movie night series. All movies will begin at sun down. Lawn games, music and free popcorn will be available one hour before the start of the movie. Please bring a blanket, drinks, and bug spray.

Movie	Day	Dates	Time	Location
Zootopia	Fri	6/28	8:15pm	Condon Shell
The Sandlot	Fri	7/19	8:15pm	Tufts Park
Muppet Treasure Island	Fri	8/23	7:30pm	Wright's Pond



## Free Summer Concerts

Bring a blanket, grab some food from the Farmers Market and enjoy free concerts presented by Mayor Stephanie M. Burke.

Performer	Day	Dates	Time	Location
Jennifer Truesdale	Thurs	6/27	6:30pm-8:00pm	Condon Shell
Lydia Harrell	Thurs	7/25	6:30pm-8:00pm	Condon Shell
Kevin So	Thurs	8/29	6:30pm-8:00pm	Condon Shell



## Free Family Sports Nights

Medford Recreation invites all Medford families to come down to the park for some classic summer games. Each game is designed to be family friendly and non-competitive.

Sport	Day	Dates	Time	Location
Wiffle Ball	Wed	7/10	6:00pm-7:00pm	Condon Shell
Kickball	Wed	7/24	6:00pm-7:00pm	Carr Park
Wiffle Ball	Wed	7/31	6:00pm-7:00pm	Duggar Park
Kickball	Wed	8/7	6:00pm-7:00pm	Barry Park
Wiffle Ball	Wed	8/14	6:00pm-7:00pm	Hickey Park



# 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](mailto:rperry@medford.k12.ma.us)**

**Lap Swim (July):**

Monday - Friday: 6:00am-10:00am and 7:30pm-9:00pm

**Family Swim (July):**

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

**Lap Swim (August):**

Monday - Friday: 6:00am-10:00am and Monday-Thursday 5:00pm-7:00pm

**Family Swim (August):**

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

**Adult Swim Lessons:**

Mondays | June 3-July 20 | 7:30pm-8:30pm | \$150

# Medford Senior Center

## **Medford Council on Aging / Senior Center**

**101 Riverside Avenue**

**781-396-6010**

**[www.ourseniorcenter.com](http://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](http://www.calendarwiz.com/mfnschedule). More information will be in our Summer Newsletter. All programs are Free!**

## **Family Concerts**

Join the Medford Family Network for free family concerts with music directed for preschoolers and toddlers. All concerts begins at 5:00pm with children's activities and community table. Performers begins at 6:00pm and ends around 7:00pm

### **Wright's Pond Dates**

July 16  
July 23  
July 30

### **Condon Shell Dates**

August 6  
August 13  
August 20

## **Summer 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.

## **Parent Education Programs with Child Care**

Parent Education programs focus on enhancing parenting practices and strategies. Focus is on developing and practicing positive discipline techniques, learning age-appropriate child development skills, and effective interaction between parents and children. Discussion includes locating and accessing community services and supports.

## **July Drop-in Story Time at the MFN Family Center**

In collaboration with the Medford Public Library, we will offer weekly story times on Friday mornings as well as themed grab-and-go bags (contain several books on a particular subject) for families to borrow.

## **August S.T.E.A.M at the MFN Family Center**

In collaboration with the Medford Public Library, we will offer weekly science projects for children ages 4, 5, and 6 on Friday mornings.

# Summer Camps / Full Day Programs

***All participants should register with the organization offering the Summer Program***

## **Medford Summer Fun Program**

Medford Community Schools offers a popular summer vacation program at Medford High School under the Director Anthony Petrelis and staff. Your child will participate in a number of activities including sports, arts & crafts, games, movies, swimming and more. \$145 per week. Students must register for one or more weeks -there are no daily rates available. Student drop-off is 7:30am, pickup at 4:30pm. Please visit [www.medfordpublicschools.edu](http://www.medfordpublicschools.edu) for more information.

## **Tufts University**

Did you know Tufts University offers a variety of summer camp options? Please visit the Center for Engineering Education and Outreach Summer Programs for Children ([www.cceo.tufts.edu](http://www.cceo.tufts.edu)) for more information.

## **Graceworks School Age 2019 Summer Program**

GraceWorks School Age Summer Program will offer 10 one week sessions from June 17 - August 23, for children entering 1st grade through 14 years old. Each week will include two field trips, two swim days at the Tufts Pool, Theme days, and a variety of enrichment activities that include sports, games, arts/crafts, math/science, dance/music and team building activities

## **Camp Six Acres**

Camp Six Acres, located right next to Medford High School offers summer camp to children ages 5-13.

## **Power Kids Summer Enrichment Program**

Since 2007, Power Kids has been helping children support their peers and community. It's different from other summer programs; our lead counselors are experienced classroom teachers who teach positive social skills while the kids have summertime fun. Unlock your child's potential by enrolling them today and give your Kids the POWER to succeed.

## **Friends of the Fells Youth Programs**

Friends of the Fells offers Summer outdoor camps for children (ages 4-12) at two DCR locations, Flynn Rink and Botume House, both located on the Medford/Stoneham line. Visit [www.friendsofthefells.org/youth-programs/](http://www.friendsofthefells.org/youth-programs/) for details.

# Special Events

## **Medford Day**

**Sunday | June 2 | 1:00PM-4:00PM**

**Location: Behind 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.

## **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](http://www.medfordfarmersmarket.org) and [facebook.com/medfordfarmersmarket](https://facebook.com/medfordfarmersmarket)

## **Circle the Square**

**Thursday | June 20 | 3:30PM-7:30PM**

**Location: Medford Square**

Circle the Square is a free summer street festival that lights up Medford Square with live music, art, and activities for all ages. Explore Medford Square, enjoy a performance, shop, eat, play, and delight in everything the Square has to offer: [www.circlethesquare.org](http://www.circlethesquare.org).

## **Super Hero Sundae**

**Sunday | July 14 | 1:00PM-3:00PM**

**Location: Tufts Park**

Medford Recreation and Colleens Ice Cream and Sandwich Shop invites the Medford community to Super Hero Sunday! Wear your favorite super hero costume and enjoy fun games and crafts at Tufts Park. We may even have a super hero make an appearance at this event! Colleens (located on 61 High Street) will be providing free ice cream for this event along with sundae toppings.

## **Hoops & Hope**

**Sunday | August 25**

**Location: Dugger Park, West Medford**

Celebrating its fourth year, this event will honor and support the young people of Medford through youth basketball tournaments, numerous youth sports clinics, a silent auction, and other activities for children and families. Celebrity hosts and coaches making an appearance will include NBA players and other local celebrities. Visit [www.hoopsandhope.org](http://www.hoopsandhope.org) for more info.

## **Redemption Hill Church - Soccer Nights**

**Week-Long | June 10-14 | 6:00PM-8:00PM**

**Location: Behind Andrews Middle School**

A week-long FREE program for kids ages 5-12, which brings communities together around the joy of soccer, promoting athletic skill, leadership development, and citywide unity across Greater Boston and the US. Visit [soccernights.org](http://soccernights.org) or email [soccernights@redemtinhillchurch.com](mailto:soccernights@redemtinhillchurch.com)

# 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.



**Tufts Park / Outdoor Pool**  
**449 Main Street**

**Parking:** Parking is allowed behind the Curtis School next to the pool. You can view the pool schedule at [MedfordRecreation.org](http://MedfordRecreation.org) under the facilities tab.



**Medford High School**  
**489 Winthrop Street**

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



**Wright's Pond**  
**Elm Street**

**Parking:** Parking is for vehicle with Wright's Pond stickers only.

**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.







## Summer 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**