

Medford 02155 Recreation

WINTER II / SPRING 2023

WINTER II REGISTRATION:

Residents: January 24th

Non-Residents: January 30th

Session: February 6th-April 9th

SPRING REGISTRATION:

Residents: April 4th

Non-Residents: April 11th

Session: April 24th-June 4th

Please Note: This program book is subject to change.
Please view our website for up to date information
and to view new programs and events that did not
make it to the published program book.

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Welcome to Medford Recreation

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MEDFORD YOUTH SPORTS ORGANIZATIONS



MEDFORD YOUTH SOCCER
Website: medfordsc.org
Email: mys.medfordsc@gmail.com



MEDFORD YOUTH HOCKEY
Website: medfordrechockey.com
Email: info@medfordrechockey.com



MEDFORD JR. MUSTANGS
Website: medfordjrmustangs.com
Email: jrmustangsmedford@gmail.com



MEDFORD YOUTH
GIRLS SOFTBALL (MYGS)
Website: tshq.bluesombrero.com/mygs
Email: medforyouthsoftball1@gmail.com



MEDFORD YOUTH BASEBALL
Website: medfordbaseball.com



MEDFORD YOUTH LACROSSE
Website: medforyouthlacrosse.com
Email: medforyouthlacrosse@gmail.com

Contact Information

Website: www.MedfordRecreation.org
Phone: (781) 393-2486
Email: MedfordRecreation@medford-ma.gov

Registration Information

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.

In-Person:

The Recreation Center is open Monday-Saturday from 9:00am-12:00pm for in-person registration (except holidays and no school days) beginning August 30th.

CANCELLATION:

During the School year, if 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 the people effected by the closure. For programs that are scheduled to be located outdoors, Medford Recreation will attempt to move the programs inside during incliment weather. If an indoor location is not available, class will be cancelled. Please view our refund policy for when the Recreation Department will issue credits when a class in cancelled due to inclement weather.

CANCELLATION NOTICE:

When the Recreation Department cancels a program or closes a facility, we will attempts to notify participants via. email. When creating a household account, you must select to opt into email notifications. When closures are unexpected, we will post an alert on the top page of our website (MedfordRecreation.org). The department reccomends participants check our website when their is questionable incliment weather.

LOW ENROLLMENT:

All program enrollment, unless noted in the 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.

REFUND POLICY:

1. Programs under \$20 will not be refunded.
2. Six days prior to a program, the Recreation Department will assess participation numbers. If the minimum enrollment is not met, participations will be notified by email (email is sent to the address you have on your household account) the class is cancelled and will be issued a refund. Please allow up to three weeks for processing. Refunds will be given via check and will be mailed to your home from the Treasury Department.
3. If a participant wishes to cancel a program, they will recieve a credit on their account to be applied for a future recreation activity. All credits must be used within one year.
4. To recieve a full credit when cancelling a Recreation program, the participant must request to withdraw from the class within 7 days prior to the first class and must be in writing. Cancellation requests can be sent to medfordrecreation@medford-ma.gov.

Registration Information

5. Participants who cancel after 7 days, but before the first class, will receive a 50% credit to their account.
6. After the start of the first class, only credits will be issued for medical reasons.
7. Facility Memberships will not be prorated due to facility closures.

RESIDENT / NON-RESIDENT POLICY:

Medford Recreation will offer programs and services that accommodate both residents and non-residents. However, when services are in high demand, non-resident participation is not permitted. Programs and services that can accommodate non-residents are assessed a non-resident fee above the resident rate. The increase percentage rate will be determined based on history of the program, program demand, and fair market value of the services.

For many of our programs, residency will be determined when creating a household account from the Recreation Department. With a Medford address as the permanent address, you will automatically be considered a resident. If you have recently moved into the residency or another person has created an account already using the address, you will need to contact the Recreation Department to show proof of residency before creating an account. The Recreation Department reserves the right to ask the primary account holder to show proof of residency by presenting a current utility bill if necessary. With the high demand of Wright's Pond, residency is determined by presenting documentation each year. Property and business owners are not considered a resident if they do not live in Medford.

NEWSLETTER INFORMATION:

The Recreation Department releases a bi-weekly newsletter about upcoming events, activities, and important dates. To receive our newsletter from Constant Contact, you must opt into email notifications from your household account.



Follow us on Facebook@MedfordMARecreation to receive the latest updates and new programs that might have missed our program book.

Inclusion Services

The Medford Recreation Department Staff is committed to making all reasonable efforts to ensure that its facilities, programs, and services are accessible to and usable by all people, including individuals with disabilities. People of all abilities are welcome to participate in all programs. This includes programs that are not labeled adaptive. Accommodations have successfully been made in programs such as S.A.G.A week, Summer Park Program, Basketball, Parkour, Street Hockey, and Running.

The following services are available with advanced notice. Some requests may take up to two weeks to secure.

Inclusion services are available by contacting Kate Quinn in the office and/or requesting accommodations using the Medford Recreation Inclusion and Accessibility Services Request Form. Once a request has been received, a Recreation Staff Member will contact you.

ACCOMMODATIONS INCLUDE:

- | | |
|---|------------------------------------|
| 1. Large Print, Braille Materials, or Readers | 6. Resources and Information |
| 2. Service Animals Allowed in Program | 7. Cue Cards |
| 3. Sign language Interpreters | 8. Individualized Activity Support |
| 4. Adaptive Equipment | 9. Extra Staff |
| 5. Program Modification | 10. Program Schedule |

FACILITY ACCESSIBILITY:

The following equipment has been added to our facilities to increase accessibility

WRIGHT'S POND: During the season, DPW installs a Mobi-Mat: a rubber walkway that lays on top of the sand. This mat can be used for anyone who has difficulty moving on the sand. In addition to the mobi-mat, a beach wheelchair is stationed next to the bathhouse. This wheelchair is designed to go into the pond. Please check in with the staff when you arrive. Changing benches are available in the accessible bathroom stall.



TUFTS POOL: In 2020, a staircase was purchased for the pool in addition to a chair lift for accessibility into the pool. Automatic doors were also installed to the accessible bathrooms, locker rooms, and pool deck.



LOCONTE RINK: We are working closely with the Department of Conservation and Recreation (DCR) Universal Access Program to increase accessibility at our ice rink. Keep an eye out for new adaptive skating equipment and other accessibility improvements.



FOR MORE INFORMATION ABOUT FACILITY ACCESSIBILITY OR PROGRAM ACCOMMODATIONS, PLEASE CONTACT KATE QUINN AT KQUINN@MEDFORD-MA.GOV OR (781) 393-2486



EMPLOYMENT OPPORTUNITIES

DURING THE SUMMER MONTHS, THE RECREATION DEPARTMENT HIRES ABOUT EIGHTY SEASONAL STAFF MEMBERS TO HELP MANAGE OUR FACILITIES AND PROGRAMS. TO APPLY FOR SEASONAL OR PART TIME POSITIONS, PLEASE FILL OUT AN APPLICATION ON OUR WEBSITE (MEDFORDRECREATION.COM) UNDER THE DEPARTMENT INFO TAB.

SUMMER APPLICATIONS MUST BE TURNED IN BY JUNE 1ST.

SUMMER POSITIONS:

Lifeguards (Wright's Pond and Tufts Pool): Ages 16+ | Free Lifeguard Training available

Bath House Attendant: Ages 14+

Counselor: Ages 16+

Lead Counselor: Ages 18+

Park Ranger: Ages 18+

PART TIME POSITIONS (year round):

Skate Guard: Ages 16+

Zamboni Driver: Ages 18+

Skate Shop / Rink Attendant: Ages 14+

Recreation Supervisor: Ages 18+

Employment / Volunteer:

The Recreation Department relies on volunteers and employees to help assist participants in our adaptive programs.

For more information about employment opportunities, please contact Daniel Fowkes at dfowkes@medford-ma.gov or (781) 393-2486. If you would like to take a Free Lifeguard class to become a lifeguard at Wright's Pond or Tufts Pool, please contact Kevin Bailey at kbailey@medford-ma.gov.

Summer Park Program

REGISTRATION BEGINS JANUARY 24TH

PLEASE REGISTER FOR ONLY TWO OF THE SIX WEEKS. IF MORE SPACE IS

AVAILABLE AFTER FEBRUARY 28, YOU CAN REGISTER FOR ADDITIONAL WEEKS.

The Recreation Department offers a full day park program! Located at Tufts Park, this Summer Program will run Monday-Friday from 8:30am-4:30pm for children ages 5-10. Groups will be seperated by ages 5-7 and 8-10. Spend the day swimming, playing games in the park, and creating crafts. This program will be going to Tufts Pool for swim lessons in the morning and open swim in the afternoon.

REGISTRATION DATE	ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Tuesday, January 24 at 9:00am	Week 1	5-10	M-F	7/3-7/7 *No 7/4	8:30am-4:30pm	Tufts Park	Resident: \$250
Tuesday, January 31at 9:00am	Week 2	5-10	M-F	7/10-7/14	8:30am-4:30pm	Tufts Park	Resident: \$250
Tuesday, February 7at 9:00am	Week 3	5-10	M-F	7/17-7/21	8:30am-4:30pm	Tufts Park	Resident: \$250
Tuesday, February 14 at 9:00am	Week 4	5-10	M-F	7/24-7/28	8:30am-4:30pm	Tufts Park	Resident: \$250
Tuesday, February 21 at 9:00am	Week 5	5-10	M-F	7/31-8/4	8:30am-4:30pm	Tufts Park	Resident: \$250
Tuesday, February 28 at 9:00am	Week 6	5-10	M-F	8/7-8/11	8:30am-4:30pm	Tufts Park	Resident: \$250



Toddler & Preschool Programs and 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 and 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	TIMES	LOCATION	FEES
Preschool Hockey (Winter II)	3-5	Sat (8 classes)	2/11-4/8 *No Class 2/25	10:15am-11:00am	Rec Ctr	Resident: \$64 Non-Resident: \$80
Preschool Hockey (Spring)	3-5	Sat (5 classes)	4/29-6/3 *No Class 5/27	10:00am-10:45am	Rec Ctr	Resident: \$40 Non-Resident: \$50

LITTLE KICKERS

This program introduces children to fundamental 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. Taught by Danny Fowkes

ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Little Kickers (Winter II)	2-4	Wed (7 classes)	2/8-4/5 No Class 2/22 & 3/29	9:00am-9:30am	Rec Ctr	Resident: \$56 Non-Resident: \$70
Little Kickers (Winter II)	2-4	Wed (7 classes)	2/8-4/5 No Class 2/22 & 3/29	10:00am-10:30am	Rec Ctr	Resident: \$56 Non-Resident: \$70
Little Kickers (Spring)	2-4	Wed (6 classes)	4/26-5/31	9:00am-9:30am	Rec Ctr	Resident: \$48 Non-Resident: \$60
Little Kickers (Spring)	2-4	Wed (6 classes)	4/26-5/31	10:00am-10:30am	Rec Ctr	Resident: \$48 Non-Resident: \$60

Toddler & Preschool Programs and 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 a new treasure each time in our chest and walk back to the beach.

ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Treasure Hike	3-6	Tu	6/6	3:30pm-5:00pm	Wright's Pond	Resident: \$5
Treasure Hike	3-6	W	6/7	3:30pm-5:00pm	Wright's Pond	Resident: \$5
Treasure Hike	3-6	Sat	6/10	12:00pm-1:30pm	Wright's Pond	Resident: \$5

INDOOR PLAY

Keep your little ones active this Winter and bring them to the Recreation Center's gym for free play. Toys and equipment such as scooters, slides, basketball hoops, and soccer nets will be placed around the gym for toddlers and preschool aged children.



ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Indoor Play (Winter II)	2-6	Mon	2/6-4/3 *No 2/20	12:15pm-1:45pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Indoor Play (Winter II)	2-6	Tu	2/7-4/4 *No 2/21	12:15-2:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Indoor Play (Winter II)	2-6	Th	2/9-4/6 *No 2/23 & 3/3	11:00am-1:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Indoor Play (Winter II)	2-6	Fri	2/10-4/7 *No 2/24	9:00am-1:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Indoor Play (Winter II)	2-6	Sun	2/12-4/2 * No 2/20	12:30pm-2:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4

Toddler & Preschool Programs and Activities

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	TIMES	LOCATION	FEES
Little Painters (Winter II)	2-5	Tu (8 classes)	2/7-4/4 *No Class 2/21	11:30am-12:15pm	Rec Ctr	Resident: \$64 Non-Resident: \$80
Little Painters (Winter II)	2-5	Sat (8 classes)	2/11-4/8 *No Class 2/25	9:00am-9:45am	Rec Ctr	Resident: \$64 Non-Resident: \$80
Little Painters (Spring)	2-5	Sat (5 classes)	4/29-6/3 *No Class 5/27	11:00am-11:45am	Rec Ctr	Resident: \$40 Non-Resident: \$50

LITTLE BIKERS

In this bicycle class, children ages 2-5 will practice how to properly balance and prepare for bike riding. Each week we will progressively transition from a tricycle, scooter, and balance bike. Each class, obstacle courses will be set up, along with fun games to learn about bicycle safety.

Class will be at the Tufts Park basketball courts, behind the swimming pool.

Please bring a water bottle and bicycle helmet to class.



ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Little Bikers (Spring)	2-5	Tu (6 classes)	4/25-5/30	2:00pm-2:45pm	Tufts Park	Resident: \$30 Non-Resident: \$60
Little Bikers (Spring)	2-5	Th (6 classes)	4/27-6/1	1:30pm-2:15pm	Tufts Park	Resident: \$30 Non-Resident: \$60

Toddler & Preschool Programs and Activities

PUDDLESTOMPERS

Explore the wonders of nature with your young naturalist! Learn who is buzzing in the air and how animals keep cool in the heat. Investigate who is a sun lover and who prefers to stay on the shady forest floor. Weekly classes include a hands-on nature exploration, active movement and play, snack and story. Exceptions to age groupings may be granted by PUDDLESTOMPERS to allow siblings to take class together.



ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Puddlesompers (Spring)	2-5	W (6 classes)	4/26-5/31	9:30am-10:25am	Wright's Pond	Resident: \$168 Non-Resident: \$168

ALL SPORT SAMPLER

In this All Sport Sampler class, students will be introduced to multiple sports. Depending on the session, sports may include t-ball, soccer, floor hockey, basketball or flag football.

ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
All Sport Sampler (Winter II)	3-6	Sat (8 classes)	2/11-4/8 *No Class 2/25	12:00pm-12:45pm	Rec Ctr	Resident: \$64 Non-Resident: \$80
All Sport Sampler (Spring)	3-6	Sat (5 classes)	4/29-6/3 *No Class 5/27	12:00pm-12:45pm	Rec Ctr	Resident: \$40 Non-Resident: \$50

PARENT / CHILD LITTLE SKATERS

A parent/guardian is required to be on the ice with their child and must be wearing skates. Adult skates are available to rent at the Skate Shop for \$5.

In this new recreation program, Kate Quinn will be facilitating your child how to ice skate. Each week, we will have fun activities and games to help get your child become comfortable on the ice in a fun atmosphere.

Due to limited preschool skate sizes, participants must provide there own skates. Please contact us if you are unable to provide skates. We will try to accomidate.



ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Little Skaters (Winter II)	3-6	W (8 classes)	2/8-4/5 *No Class 2/22	2:00pm-2:45pm	LoConte Rink	Resident: \$80 Non-Resident: \$96

Youth Programs & Activities

FLAG FOOTBALL

Medford Recreation is excited to offer flag football right afterschool for middle school students. High School Football Coach, John Curley will help condition and refine skills. Scrimmages will also be incorporated into the class. Prior football experience is not necessary to sign up for this class.



ACTIVITY	GRADE	DAYS	DATES	TIMES	LOCATION	FEES
Flag Football	6-8	M (5 classes)	4/24-5/22	3:00pm-4:00pm	Hormel Stadium	Resident: \$40 Non-Resident: \$50

GRADE SCHOOL FLOOR HOCKEY

This program introduces children to street hockey such as passing, shooting and the rules of the game. Through fun games, positive reinforcement, respect, and teamwork, this hockey program will create an opportunity to be challenged and have fun.



ACTIVITY	GRADE	DAYS	DATES	TIMES	LOCATION	FEES
Grade School Hockey (Winter II)	K-3	Saturday (8 classes)	2/11-4/8 *No Class 2/25	11:00am-11:45am	Rec Ctr	Resident: \$64 Non-Resident: \$80
Grade School Hockey (Spring)	K-3	Saturday (6 classes)	4/29-6/3 *No Class 5/27	9:00am-9:45am	Rec Ctr	Resident: \$48 Non-Resident: \$60

TENNIS WITH MEDFORD REC

In this beginners tennis program, Recreation staff will teach the basics of the game through fun games and drills. All equipment will be provided.

ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	FEES
Tennis with Medford Rec (Spring)	5-8	Tu (6 classes)	4/25-5/30	5:00pm-5:45pm	Morrison Park	Resident: \$80 Non-Resident: \$95
Tennis with Medford Rec (Spring)	9-12	Tu (6 classes)	4/25-5/30	6:00pm-6:45pm	Morrison Park	Resident: \$80 Non-Resident: \$95

Youth Programs & Activities

LET'S CREATE

In this arts & crafts program, children will use their creativity each week to complete a new art project. Projects include ceramics, paintings, sketches, and jewelry making.



ACTIVITY	GRADE	DAYS	DATES	TIMES	LOCATION	FEES
Let's Create! (Winter II)	K-3	Th (7 classes)	2/9-4/6 *No Class 2/23& 3/2	6:00pm-6:45pm	Rec Ctr	Resident: \$70 Non-Resident: \$84
Let's Create! (Winter II)	K-3	Sat (8 classes)	2/11-4/8 *No Class 2/25	10:30am-11:15am	Rec Ctr	Resident: \$80 Non-Resident: \$96
Let's Create! (Spring)	K-3	Sa (5 classes)	4/29-6/3 *No Class 5/27	1:00pm-1:45pm	Rec Ctr	Resident: \$50 Non-Resident: \$60

SENSORY ART

In this new Sensory Art Program, Kate Quinn and assisting staff will be teaching unique art projects to our participants. Sensory Art is the use of coloring tools and other sensory media to produce creative “works of art”. These activities improve a child’s sensory processing skills in an enjoyable manner.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	FEES
Sensory Friendly Art (Winter II)	5-14	Sat (8 classes)	2/11-4/8 *No Class 2/25	1:00pm-1:45pm	Rec Ctr	Resident: \$64 Non-Resident: \$80

Youth Programs & Activities

ARCHERY FOR CHILDREN

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 results. All equipment is provided. All skill levels welcome. Lessons provided by “On the Mark” Archery.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Archery (Winter II)	10-18	Tu (4 classes)	2/8-3/8 *No Class 2/22	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180
Archery (Winter II)	10-18	Tu (4 classes)	3/14-4/4	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180
Archery (Spring)	10-18	M (4 classes)	4/24-5/15	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180

DRAWING 101

At the end of the course, students will have developed a strong mental framework to guide drawings for any medium of art they choose to specialize in. Each chapter will be designed to showcase the different thought processes and elements of art that are utilized by experienced artists to minimize their mistakes and efficiently learn from them as well. The design of each chapter focuses on taking what students already know and guiding them in a direction that will elevate their art as well as providing strategies to efficiently try new things while minimizing bad habits. This is to allow artists of any skill level to find value in the course, while participating at their fullest, and allowing beginners to explore their creativity with a better understanding of fundamental concepts related to art and drawing.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Drawing 101 (Winter II)	10-12	Th (8 classes)	2/9-4/6 *No Class 2/23	6:00pm-7:00pm	Rec Ctr	Resident: \$90 Non Resident: \$108
Drawing 101 (Winter II)	14-18	Th (8 classes)	2/9-4/6 *No Class 2/23	7:15pm-8:15pm	Rec Ctr	Resident: \$90 Non-Resident: \$108

Youth Programs & Activities

PARKOUR

This class is for children of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's coordination, strength, spacial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. What to bring comfortable athletic clothing and a water bottle. Instructor: Parkour Generations.

ACTIVITY	AGES	DAYS	DATES	TIMES	LOCATION	FEES
Indoor Parkour (Winter II)	6-9	Th (8 classes)	2/3-3/30 *No Class 2/23	6:00pm-6:50pm	Rec Ctr	Resident: \$160 Non-Resident: \$180
Indoor Parkour (Winter II)	10-13	Th (8 classes)	2/3-3/30 *No Class 2/23	7:00pm-7:50pm	Rec Ctr	Resident: \$160 Non-Resident: \$180
Parkour April Vaca	8-13	Tu-F	4/18-4/21	9:00am-12:00pm	Andrews Middle School	Resident: \$175 Non-Resident: \$200
Parkour (Winter II)	8-12	Tu (10 classes)	4/4-6/13 *No Class 4/18	3:30pm-4:30pm	Tufts Park (playground)	Resident: \$160 Non-Resident: \$180
Parkour (Winter II)	12-16	Tu (10 classes)	4/4-6/13 *No Class 4/18	4:30pm-5:30pm	Tufts Park (playground)	Resident: \$160 Non-Resident: \$180

CHESS WIZARDS

Enter into the magical and exciting world of Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends- Chess Wizards is the place for you!



ACTIVITY	GRADE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Chess Wizards (Winter II)	1-5	Sun (8 classes)	2/5-4/2 *No Class 2/26	11:30am-12:30pm	Rec Ctr	Resident: \$162 Non Resident: \$162

Youth Programs & Activities

KIDS TEST KITCHEN

On a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients!

We are redefining kid food! Each class presents students with opportunity to explore

new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient - or a sample of the finished dish - so they can show off what they learned!

Even the most reluctant eaters enjoy Kids' Test Kitchen, where participation is encouraged, and the choice to taste is always one's own.

Lessons are planned to celebrate seasonal produce, whole grains, and legumes. Things are warming up – and along with the thaw we'll start to see mint and chives, and in a few weeks, we'll be pulling parsnips and picking watercress!

* Spring Menu – March & April: Victorian tea sandwiches, Dressy Melon, Root Cellar Soup, and more!

**Menu subject to change to accommodate dietary restrictions or product availability.*

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.



Kids' Test Kitchen
inspire healthy eaters



ACTIVITY	GRADE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Kids Test Kitchen (Winter II)	1-5	Sa (6 classes)	3/4-4/8	12:00pm-1:00pm	Rec Ctr	Resident: \$150 Non Resident: \$160
Kids Test Kitchen (Winter II)	6-8	Sat (6 classes)	3/4-4/8	1:15pm-2:15pm	Rec Ctr	Resident: \$150 Non Resident: \$160

Youth Programs & Activities

FAMILY FISHING CLINIC

In this clinic, families will be introduced to fishing. We will teach children how to cast a fishing pole, bait a worm, and reel in a fish! We will provide all the fishing poles and bait, you provide the fun!

IMPORTANT: If you are attending this event and are over the age of 18, you need a fishing license to fish. If you come and help your child(ren) fish, you do not need a license. But the moment you take the rod and cast out into the water, a license is required. You can purchase one online at <https://massfishhunt.mass.gov/>



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	FEES
Fishing Clinic	All	Th	6/1	5:30pm-7:30pm	Wright's Pond	Resident: \$10
Fishing Clinic	All	Tu	6/6	6:00pm-8:00pm	Wright's Pond	Resident: \$10
Fishing Clinic	All	W	6/7	6:00pm-8:00pm	Wright's Pond	Resident: \$10
Fishing Clinic	All	Sat	6/10	9:00am-11:00am	Wrights Pond	Resident: \$10

Youth Programs & Activities

SKI TRIP WITH MEDFORD REC

Medford Recreation will be taking two ski trips to Ski Bradford this Winter! Participants must have prior ski experience and the ability to be on the mountain independently. Thank you to the Medford Council on Aging for providing us with the transportation.

Trip Info:

3:00pm departure from LoConte Rink

8:00pm estimated pick up time at Loconte Rink

Please Note: Rentals are an additional cost:

Ski Rental: \$42

Helmet Rental: \$12



ACTIVITY	GRADE	DAY	DATE	TIME	LOCATION	FEE
Ski Trip	5-8	Tu	2/7	3:00pm-8:00pm	Ski Bradford	Resident: \$60
Ski Trip	5-8	Tu	2/14	3:00pm-8:00pm	Ski Bradford	Resident: \$60
Ski Trip	5-8	Tu	2/28	3:00pm-8:00pm	Ski Bradford	Resident: \$60
Ski Trip	5-8	Tu	3/7	3:00pm-8:00p	Ski Bradford	Resident: \$60



S.A.G.A



Medford Recreation offers a day of sports, arts, games and activities during Medford Public Schools school vacation weeks and Professional Development days. 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. We will also walk to LoConte Rink each day for ice skating. A nut-free snack is provided but please bring a non-refrigerated, nut-free lunch.

ACTIVITY	AGE	DAY	DATE	TIME	LOCATION	FEE
SAGA Feb Vaca (Winter II)	K-5	T-F	2/21-2/24	8:30am-4:30pm	Andrews Middle School	Resident: \$200
SAGA April Vaca (Spring)	K-5	T-F	4/18-4/21	8:30am-4:30pm	Andrews Middle School	Resident: \$200



Adaptive Programs

ADAPTIVE BASKETBALL

Shoot some hoops in our winter adaptive basketball program. Each week, we will spend time practicing dribbling, defense and shooting.

For questions or to volunteer please email our Program Manager, Kate Quinn at kquinn@medford-ma.gov



ACTIVITY	AGE	DAY	DATE	TIME	LOCATION	FEE
Adaptive Basketball (Winter II)	5-18	W (6 weeks)	2/15-4/5 *No Class 2/22 & 3/29	6:30pm-7:30pm	Rec Ctr	Resident: \$56 Non-Resident: \$70

ADAPTIVE KICKBALL

Interested in learning how to play kickball? Come join Coach Kate, staff and volunteers this Spring! Coach Kate will work on skills, drills and rules the first three class and will use the last three classes to get the game rolling.

For questions or to volunteer please email our Program Manager, Kate Quinn at kquinn@medford-ma.gov



ACTIVITY	AGE	DAY	DATE	TIME	LOCATION	FEE
Adaptive Kickball (Spring)	5-18	W (6 weeks)	4/26-5/31	6:00pm-7:00pm	Hormel Stadium	Resident: \$56 Non-Resident: \$70

SENSORY FRIENDLY OPEN GYM

Our Sensory Friendly Open Gym is a time when the gym will not have other activities or music that can create loud noises. In addition, lights can be turned off upon request.

ACTIVITY	AGE	DAY	DATE	TIME	LOCATION	FEE
Sensory Friendly Open Gym	5-18	Sa	2/11-4/8 No 2/25	3:00pm-4:00pm	Rec Ctr	Resident: Free

Adult & Senior Programs

INDOOR PICKLEBALL

Play one of the fastest growing sports in America! This fun and social sport is quickly growing popularity and is a great way for adults to stay active. If you have never seen pickleball before, the best way to describe the game is a cross between tennis and ping pong.

The Recreation Center is lined with two pickleball courts. One court is for beginners while the other is for intermediate/advanced players. New players are welcomed and many of our veteran players will help teach you the game.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Pickleball (Winter II)	All	Tu & Th	2/7-4/6 *No 2/21 & 2/23	8:00am-11:00am	Rec Ctr	Resident: \$2 Non-Resident: \$4
Pickleball (Winter II)	All	Saturday	2/11-4/8 *No 2/25	8:00am-10:00am	Rec Ctr	Resident: \$2 Non-Resident: \$4

COMMUNITY PICKLEBALL TIME

Looking to play more pickleball? Tennis Court 1 & 2 (lined for pickleball) at Dugger Park are reserved for pickleball every morning from 8:30am-11:00am throughout the Winter and Spring (until their is snow). Drop into this FREE program and meet fellow pickleball players for pick up games. Players must provide thier own equipment including pickleball nets.



Adult & Senior Programs

BADMINTON

The Recreation Department offers drop in badminton throughout the Winter. Badminton nets will be set up on the pickleball lined court for free play. One court will be designated for beginners The other is for intermediate/advanced play. All skills welcomed. Registration is not required.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Badminton (Winter II)	18 +	Mon	2/6-4/3 *No 2/20	11:00am-12:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Badminton (Winter II)	18 +	Sun	2/5-4/9 *No 2/26	11:00am-12:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4
Badminton (Spring)	18+	Mon	4/24-5/22	11:00am-12:00pm	Rec Ctr	Resident: \$2 Non-Resident: \$4

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 results. All equipment is provided. All skill levels welcome. Lessons provided by “On the Mark” Archery.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Archery (Winter II)	10+	Tu (4 classes)	2/8-3/8 *No Class 2/22	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180
Archery (Winter II)	10+	Tu (4 classes)	3/14-4/4	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180
Archery (Spring)	10+	M (4 classes)	4/24-5/15	6:00pm-7:00pm	Rec Ctr	Resident: \$150 Non Resident: \$180

LoConte Rink



PUBLIC SKATE

The hockey rink is open to public skate throughout the winter. Admission is free.

***Please view public calender at MedfordRecreation.org for additional dates and times including school vacation weeks.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Public Skate (Weekday)	All	Tu-F	2/7-4/14 No 2/21-2/24	10:00am-12:00pm	LoConte Rink	Resident: Free Non-Resident: Free
Public Skate (Saturday)	All	Sat	2/4-4/15	7:00pm-9:00pm	LoConte Rink	Resident: Free Non-Resident: Free
Public Skate (Sunday)	All	Sun	2/5-4/16 No 3/19	2:00pm-4:00pm	LoConte Rink	Resident: Free Non-Resident: Free
Public Skate (Feb Vaca)	All	M-F	2/20-2/24	11:00am-3:00pm	LoConte Rink	Resident: Free Non-Resident: Free
Public Skate (April Vaca)	All	M-F	4/17-4/21	10:00am-3:00pm	LoConte Rink	Resident: Free Non-Resident: Free

BIRTHDAY PARTIES AT LOCONTE RINK

Book your next birthday party at LoConte Rink! Party includes one hour of open skate and thirty minutes in the lobby for food and cake. To book a party, please fill out a party request form, located on our website MedfordRecreation.org under the LoConte Rink Page. Please give at least one week notice when submitting a request. Please contact John Curley, Facilities Coordinator at jcurley@medford-ma.gov



LoConte Rink

SKATE WITH FROSTY

Frosty the Snowman is coming to Public Skate on February 5th from 2pm-4pm. Get your photo taken with Frosty and create a snow themed craft in the lobby.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Skate with Frosty	All	Sun	2/5	2:00pm-4:00pm	LoConte Rink	Resident: Free Non-Resident: Free

PAINT THE ICE

Participate in Medford Recreation's Paint the Ice Event! Families will receive a box of paint at the event to paint the ice with any artwork you desire. Be sure to take pictures at the end of the event, the paint will be cleared by the Zamboni. No skating experience is necessary.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Paint the Ice	All	Sun	4/23	5:00pm-6:00pm	LoConte Rink	Resident Adult: \$5 Resident Child: \$3

STICK AND PUCK

This scheduled stick and puck time is for free play on the ice with hockey sticks and pucks. Everyone on the ice must wear protective equipment including a helmet, mouth guard, and gloves. Checking and hands on contact will not be permitted. Goalies can attend stick and puck for free.



ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Adult Stick & Puck	18 +	Su	2/5-4/23 No 2/26	8:30pm-9:30pm	LoConte Rink	Resident: \$10 Non-Resident: \$12
Teen Stick & Puck	13-18	W	3/8-4/12	3:00pm-4:30pm	LoConte Rink	Resident: \$10 Non-Resident: \$12
Children Stick & Puck	9-12	M	3/6-4/10	3:30pm-5:00pm	LoConte Rink	Resident: \$10 Non-Resident: \$12

Hormel

HORMEL STADIUM

Hormel Stadium offers a turf field, lined for football, soccer, and lacrosse. The stadium offers home and visitor locker rooms, public restrooms, scoreboard, press box and wireless sound system. Rentals are available. Cost is \$150 per hour for outside organizations and \$75 for Medford Youth Sports. Permit applications can be found on the Recreation website under the Facilities tab.



HORMEL TRACK

Did you know the track at Hormel Stadium is open to the public everyday from dawn to dusk (except holidays and when covered in snow). The track can be used for running or walking but please do not use for bicycling, roller blading, etc.. as it damages the rubber. Please Note: At times when there are large events and games, the track might become limited for use. Please check the Hormel Calendar on the Recreation website for events.

Recreation Center

The Medford Recreation Center is located on 30 Forest Street, below the Chevalier Theater. This building is where the Main Office is located for the Recreation Department. Programs are offered in the gym seven days a week in the morning, evening, and weekends. In partnership with the Mystic Valley YMCA, the facility also offers an afterschool program for Medford Residents through the YMCA weekdays from 2:00pm-6:00pm.



OPEN GYM

The basketball court is open for free play on Sunday evenings. Children under the age of 12 must be accompanied by an adult. Basketballs will be available for use. Open to Medford Residents Only. Teen Membership (free) is required for age 13-18.

ACTIVITY	AGE	DAYS	DATES	TIMES	LOCATION	DROP IN FEES
Open Gym (Winter II)	6-12	Sun	2/5-4/2 No 2/19	3:00pm-4::30pm	Rec Ctr	Resident: Free
Open Gym (Winter II)	13-18	Sun	2/5-4/2 No 2/19	4:30pm-6:00pm	Rec Ctr	Resident: Free

Condon Shell

The Condon Shell is located on 2501 Mystic Valley Parkway. It is owned by the Department of Conservation and Recreation (DCR) but is maintained and managed by The City of Medford. Events are happening all the time at the Shell. To view the calander, please visit MedfordRecreation.org and click on the calender icon on the home page. If you would like to host an activity or event at the shell, please contact the Recreation Department for a permit.



FARMERS MARKET

THURSDAYS | JUNE - OCTOBER | 3:00PM-7:00PM

The Medford Farmers Market brings farmers, crafters, and other food producers to Medford. Each market includes live music and activities for all ages. For weekly updates, got to www.medfordfarmersmarket.org and facebook.com/medfordfarmersmarket

Recreation Operated Facilities

BOCCE COURTS

121 RIVERSIDE AVE

The City of Medford and Medford Housing Authority built two new bocce courts on 121 Riverside Ave, behind the building. Individuals can use the bocce courts when desired but are asked to limit to a maximum of four hours per day. Permits are also available through the Recreation Department to reserve your spot. You can view the facility calendar on the Recreation website (medfordrecreation.org) and click on the calendar icon on the Main Page.



CONDON SHELL

2501 MYSTIC VALLEY PARKWAY

The Condon Shell is located on 2501 Mystic Valley Parkway. It is owned by the Department of Conservation and Recreation (DCR) but is maintained and managed by The City of Medford. Events are happening all the time at the Shell. To view the Calendar, please visit MedfordRecreation.org and click on the calendar icon on the home page. If you would like to host an activity or event at the shell, please contact the Recreation Department for a permit.



MEDFORD RECREATION CENTER

30 FOREST STREET

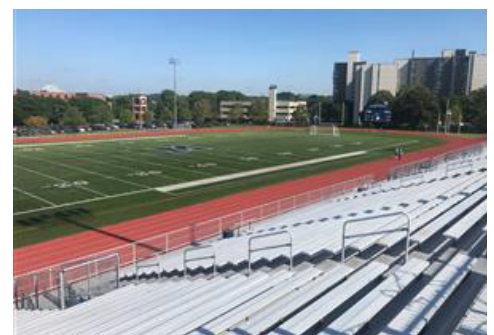
This facility is where the Main Office is located for the Recreation Department. Programs are scheduled throughout the year in the gym and classrooms. The facility is also home to the YMCA Afterschool and Summer Program.



HORMEL STADIUM

90 LOCUST STREET

Hormel Stadium has been reassigned to be managed by the Recreation Department. The track is open to the public from dawn to dusk each day for walking and running (please no bikes, scooters, etc..).



Recreation Operated Facilities

LOCONTE ICE RINK

97 LOCUST STREET

LoConte Rink has been reassigned to be managed by the Recreation Department. Please visit our website to view the public calendar including public skate hours. If you would like to reserve the rink, please email John Curley at Jcurley@medford-ma.gov



TUFTS POOL

449 MAIN STREET

Tufts Pool is open from mid-June to the end of August. The main pool is a seven lane, 25 meter pool with a small deep end section. The facility also has a 2 inch wading pool for young children. Family and Individual Memberships are available, along with daily passes.



WRIGHT'S POND

140 ELM STREET

Wright's Pond is located in North Medford. The Pond is open for swimming mid-June to the end of August. Passes are available to Medford Residents only.



CITY PARKS

All City Parks are maintained by the Parks Department. Recreation issues permits that are approved by the Parks Commission. If you would like to get a field permit, please fill out an application on the Parks Division Page on the City's website. The Parks Commission meets on the third Tuesday of each month with the exception of December & January.



Medford 02155 Recreation

