

# Melrose Recreation Department PROGRAMS & EVENTS

FALL / WINTER 2012 - 2013

[WWW.CITYOFMELROSE.ORG](http://WWW.CITYOFMELROSE.ORG)



## MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE, MA 02176

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

EMAIL: [RECREATION@CITYOFMELROSE.ORG](mailto:RECREATION@CITYOFMELROSE.ORG)



Spring BBQ Kick-Off at Mt. Hood Golf Course – April 2012

**ONLINE REGISTRATION AVAILABLE AT  
[WWW.CITYOFMELROSE.ORG](http://WWW.CITYOFMELROSE.ORG)**

**REGISTRATION OPENS: AUGUST 17<sup>th</sup>  
SPACE IS LIMITED!!!**

# INTRODUCTION

## Managers Corner

We have a lot of new and exciting programs lined up over the next several months that we hope everyone will get to enjoy. Please take your time and browse through our offerings in our new Fall & Winter Brochure Book.

This year marks the 76<sup>th</sup> Anniversary of Mt. Hood Golf Course and Memorial Park. On Oct 15<sup>th</sup> we will be celebrating this occasion with our annual Golf Tournament. The day will be filled with exciting events, music, and food. 100% of the proceeds go to support the Recreation Department Scholarship Fund. Check out page 7 for all the details.

Thank you for your continued participation in all of our programs and we look forward to a great Fall & Winter season!

Sincerely,  
**Frank Olivieri, CPRP**  
**Recreation Manager**

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## Melrose Recreation Dept. Contact Information

562 Main Street, Melrose, MA 02176

Main Phone .....781-979-4179  
Fax.....781-662-4477  
Email.....recreation@cityofmelrose.org  
Parks Dept.....781-662-0210

## Parks & Recreation Staff

Joan Bell.....Superintendent of Parks  
Frank Olivieri.....Recreation Manager  
Michael Kent.....Recreation Leader  
Cindy Brickley.....Administrative Asst.

## Parks & Recreation Commission

Mike Interbartolo (Chairperson)  
Bob Christiansen      John McLaughlin Jr.  
Bill Gardiner              John Mercer

\*The Parks & Recreation Commission meet the second Monday of every month at Mount Hood Golf Course in the Carr Room at 7:00pm.

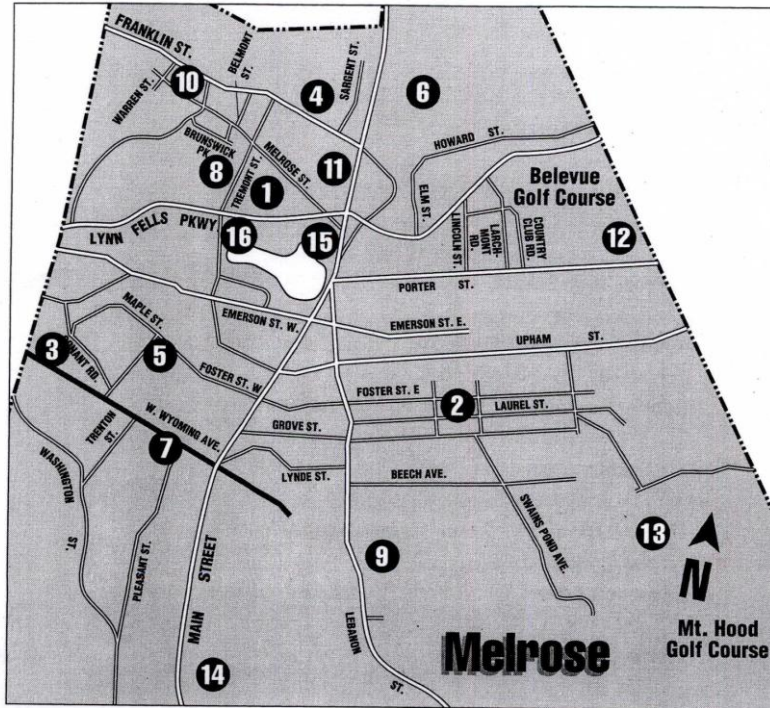
## Office Hours

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

## Mission Statement

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

# parks and fields



## Park Locations

<u>Park Name</u>	<u>Amenities</u>	<u>Location</u>
1. High School Athletic Complex	Football, baseball, track,	Lynn Fells Pkwy
2. Common Park	Tot lot, tennis, basketball	Laurel & Foster St.
3. Conant Park	Play area, ball fields, basketball	Conant Rd.
4. Dunton Park	Tot lot, benches	Franklin & Pratt St.
5. Gooch Park	Play area, basketball	Florence, Maple, Vinton St.
6. Hesseltine Park	Tot lot, ball field, basketball,	Hesseltine Ave.
7. Lincoln Park	Tot lot, basketball, ball field	W. Wyoming & Pleasant St
8. Messenger's Park	Tot lot, fields, basketball	Rear Roosevelt School
9. Lebanon St. Park	Play area, basketball, softball	Lebanon St.
10. Volunteer Park	Tot lot	Warren & Melrose St.
11. Franklin School Park	Soccer field, tot lot	Rear Franklin School
12. Drinkwater Park	Tot lot	Porter & Ellis Farm
13. Mt. Hood Golf Course & Park	Golf, hiking, fishing, x-country skiing	Stillman Rd.
14. Pine Banks Park	Baseball, hiking, rugby, soccer	Main St.
15. East Knoll Park	Tennis, soccer, <b>Dog Park (new)</b>	Lynn Fells Parkway
16. West Knoll Park	Tennis, baseball, soccer	Tremont St.

## Parks Department

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

781-662-0210

## Guide to Use & Maintenance of City Recreational Facilities

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

# Community Contact Information

## City of Melrose Departments & Services

<u>Dept. Name</u>	<u>Phone</u>	<u>Email</u>
Mt. Hood Golf Course	781-665-6656	<a href="mailto:mthood@golfmanagementco.com">mthood@golfmanagementco.com</a>
Melrose Public Library	781-665-2313	
Melrose Memorial Hall	781- 979-4185	<a href="mailto:kpigottbrodeur@cityofmelrose.org">kpigottbrodeur@cityofmelrose.org</a>
Milano Senior Center	781- 665-4304	<a href="mailto:COA@cityofmelrose.org">COA@cityofmelrose.org</a>
Melrose School Dept.	781-662-2000	
Melrose Veterans Services	781-979-4186	<a href="mailto:rmclean@cityofmelrose.org">rmclean@cityofmelrose.org</a>
Melrose City Hall	781-979-4500	<a href="mailto:balverson@cityofmelrose.org">balverson@cityofmelrose.org</a>
Melrose City Yard	781-665-0142	
Melrose Parks Dept.	781-662-0210	<a href="mailto:jbelle@cityofmelrose.org">jbelle@cityofmelrose.org</a>
Melrose Police Dept.	781-665-1212 (Non-Emergency)	

## Community Non-Profit Groups

<u>Group Name</u>	<u>Website</u>	<u>Contact Information</u>
Melrose Pop Warner	<a href="http://melrosetpopwarner.com">melrosetpopwarner.com</a>	<a href="mailto:info@melrosetpopwarner.com">info@melrosetpopwarner.com</a>
Melrose Youth Soccer	<a href="http://melroseyouthsoccer.net">melroseyouthsoccer.net</a>	<a href="mailto:richaltonga@comcast.net">richaltonga@comcast.net</a>
Melrose Youth Softball	<a href="http://melroseyouthsoftball.com">melroseyouthsoftball.com</a>	<a href="mailto:Michelle.carson@comcast.net">Michelle.carson@comcast.net</a>
Melrose Incarnation Baseball	<a href="http://incarnationbaseball.org">incarnationbaseball.org</a>	<a href="mailto:info@incarnationbaseball.org">info@incarnationbaseball.org</a>
Melrose National Little League	<a href="http://eteamz.com/Melrose">eteamz.com/Melrose</a>	<a href="mailto:briananderson@schepens.harvard.edu">briananderson@schepens.harvard.edu</a>
Churchill American Little League	<a href="http://churchillamerican.org">churchillamerican.org</a>	<a href="mailto:dcosta@windsorcommunity.com">dcosta@windsorcommunity.com</a>
Melrose Youth Lacrosse	<a href="http://myll.org">myll.org</a>	<a href="mailto:jmnubrih@comcast.net">jmnubrih@comcast.net</a>
Melrose Babe Ruth	<a href="http://melrosebaberuth.org">melrosebaberuth.org</a>	339-221-1680
Melrose Flag Football	<a href="http://northshoreflagfootball.com">northshoreflagfootball.com</a>	<a href="mailto:Melrose@northshoreflagfootball.com">Melrose@northshoreflagfootball.com</a>
Melrose Sharks Swim	<a href="http://melroseysharks.com">melroseysharks.com</a>	<a href="mailto:melroseysharks@gmail.com">melroseysharks@gmail.com</a>
Melrose Youth Hockey	<a href="http://melroseyouthhockey.com">melroseyouthhockey.com</a>	<a href="mailto:Myh-boardofdirectors@comcast.net">Myh-boardofdirectors@comcast.net</a>
Melrose YMCA	<a href="http://melroseyymca.org">melroseyymca.org</a>	781-665-4360
N. Suburban Child & Family Resource Network		<a href="mailto:kharlow@hallmarkhealth.org">kharlow@hallmarkhealth.org</a>
EMARC	<a href="http://theemarc.org">theemarc.org</a>	781-942-4888
American Red Cross	<a href="http://redcross.org">redcross.org</a>	781-665-4186
Melrose Chamber of Commerce	<a href="http://melrosechamber.com">melrosechamber.com</a>	781-665-3033

## Lawrence W. Lloyd Memorial Swimming Pool (DCR)

49 Tremont St.

Melrose, MA 02176

Open June 23 - August 26

Open Swim Hours: 11am - 7pm

Pool Phone: (781) 979-0172

DCR Greater Boston Phone: (617) 626-1250

# SCHOLARSHIP FUND SPONSORS

The Melrose Recreation Department is very proud of our Scholarship Fund that allows Melrose kids who can not afford programs to participate for free. Our goal has always been to never turn away a child due to economic hardship. Over the past two years our need for program scholarships has grown by over 300% and we need help to support our mission. Each sponsor below represents several scholarships that we will be able to grant this year!

**THANK YOU TO ALL OUR SPONSORS!!!**

## INDIVIDUAL DONATIONS AND SUPPORT

**DONNA & JIM FOX**

**THANK YOU!!!**

**EVERY SEASON STARTS AT**



**DICK'S SPORTING GOODS**  
**Square One Mall**  
**1201 Broadway**  
**Saugus, MA 01096**  
**(781) 233-0476**



### Mount Hood Golf Club and Function Facility

Book your next function at Mount Hood

Showers, business meetings, birthday parties,  
weddings, christenings, and communions!

781-665-6656 ext 3

# SCHOLARSHIP FUND SPONSORS

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

PHOTO & VIDEO  
**Hunt's**

*"A Picture Perfect Experience"*

100 Main St., Melrose



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

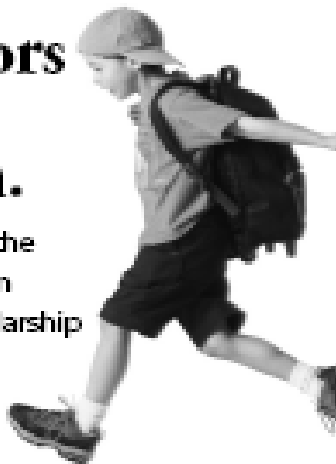


108 Main Street  
781.979.0010 ebsb.com

Member FDIC Member DIF Equal Housing Lender

**Neighbors  
you can  
bank on.**

Proud to support the  
Melrose Recreation  
Department Scholarship  
program.



**Northern Bank  
& Trust Company**

*Neighbors you can bank on.*

NBTC.com - 781.937.5400

Visit our Melrose office

514-516 Franklin Street

781.662.0200



Member FDIC

**DUNKIN' DONUTS  
AND THE SCRIVANOS FAMILY**

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

**Come Visit Us:**

348 Main Street, Melrose

470 Lynn Fells Pkwy, Melrose

*For Employment  
Opportunities,  
Please Visit:  
[www.qhire.net/coffeejobs](http://www.qhire.net/coffeejobs)*



# MT. HOOD GOLF TOURNAMENT

**SUPPORT THE MELROSE RECREATION DEPT. SCHOLARSHIP FUND**

## **Mt. Hood's 76<sup>TH</sup> Anniversary Golf Tournament**

**Ages:** 14 - Adult

**Cost:** \$125 per Adult

\$45 per Junior (Ages 14 – 17)

**Date:** Saturday, October 13

**Time:** 10:00am (Shotgun Start)

**Location:** Mt. Hood Golf Course - Club House

### **Registration Periods:**

Melrose Residents: Aug 18 – Oct 10

Non-Residents: Sept 17 – Oct 10

We are excited to celebrate and host the 76<sup>th</sup> Anniversary Golf Tournament at Mt. Hood Golf Course on Oct 13. The tournament field will hold the first 144 participants to fill the field. At 10am we will kick off the day with a shotgun start scramble format tournament. Players may register individually or as a team.

Singles/doubles will be assigned to a team. We will have a closest to the pin and longest drive competition, and hole in one contest! Each participant will receive several gifts. Carts will be provided. After the event, join us at the club house for food, drink, and entertainment. Additional lunch guests are \$20 per person.

All proceeds from the tournament will go to support the Melrose Recreation Scholarship Fund.

Sponsorship opportunities are also available for businesses and individuals for \$100 per sign.

To register to play please visit the Recreation Department office or website to sign-up online. For sponsorship info call 781-979-4179.

In partnership with:

**Mayor Rob Dolan**

**Melrose Parks Commission**

**Melrose Recreation Dept.**

**Melrose Parks Dept.**

**Golf Management Company, LLC**



**Joe Kirkland teeing off on the first hole (above)**



**Rollie Hancock putting at the 1928 US Open (above)**  
**(Rollie was the Golf Professional at Mt Hood from 1936 – 1973)**



**Photo the 19<sup>th</sup> Hole upstairs patio in 1938**

# **MT. HOOD EVENTS**

## **MT. HOOD GOLF COURSE AND MEMORIAL PARK**

### **2012 - Massachusetts Parks Pass**

Melrose residents may borrow a 2012 Massachusetts Parks Pass free of charge. The Parks Pass entitles the bearer to free parking for one vehicle (excluding buses or vans) at over 50 facilities in the Massachusetts state parks system that charge a day-use parking fee.

Parks Pass is part of the "Use Nature as Your Guide" program sponsored by the Massachusetts Department of Conservation and Recreation (DCR). From Boston to the Berkshires, DCR invites you to enjoy a wide variety of recreational opportunities including hiking, swimming, mountain biking, horseback riding and much more.

Please contact the Melrose Recreation Department to reserve the Parks Pass for the 2012 season (Memorial Day to Columbus Day). The pass may be borrowed for one day or one weekend and must be returned by 9:00 a.m. the following day. Passes taken on Friday may be returned the following Monday. A \$35 deposit will be required when you pick up the Park Pass. Your deposit will be refunded to you when you return the pass.

For a list of Massachusetts park facilities where Parks passes may be used, please visit the DCR's webpage at <http://www.mass.gov/dcr/>.

### **Back to School Trail Days**

**Ages:** Open to All Ages

**Cost:** FREE

**Date:** Sunday, September 16

**Time:** 1:00pm (Departure from Club House)

**Location:** Mt. Hood Golf Course – Front Lawn

#### **Hiking & Trail Day (Part I)**

Drop off the kids so they can shake off the nerves of the first couple of weeks of school. We will go on an adventure walk through the woods of Mt. Hood. Hiking is a fun and active way to get outside and experience the wonders of nature first hand. It's a sport geared towards all ages and abilities with little cost to get started. Join us for a leisurely hike and discover what it takes to plan your next family hike with confidence.

#### **Backpack Ideas, Snack Ideas, & Organizational Skills (Part II)**

After the hike, kids will come back and learn how to get organized for a successful school year. Learn after school snack and lunch box ideas. Learn how to organize your backpack for the school day and get ideas for room organization. By having things organized gives students more time to spend with friends and family.

### **3<sup>rd</sup> Annual Pumpkin Patch & Halloween City Event**

**Ages:** 2 – 13 years old

**Cost:** FREE

**Date:** Friday, October 19

**Time:** 5:00pm – 7:00pm

**Location:** Mt. Hood Golf Course - Club House

Join us for our Halloween City adventure!

Halloween costumes welcome, Halloween activities, face painting, pumpkin decorating, pumpkin carving (let's make our own 1<sup>st</sup> of a kind Halloween Pumpkin Wall). Pumpkin carving basics will be demonstrated. Hot chocolate or hot cider available for all.

In partnership with:

**Melrose Parks Commission**

**Melrose Recreation Department**

**Melrose Parks Department**

**Golf Management Company, LLC**

### **Winter Camping & Snowshoeing Trail Days**

**Ages:** Open to all ages

**Cost:** FREE

**Date:** Thursday, December 27

**Time:** 1:00pm – 3:00pm

**Location:** Mt. Hood Golf Course - Club House

Join us for interactive adventure in backpacking, camping and winter hiking. Don't let the cold weather stop you from exploring the backcountry. Winter traction such as snowshoes or micro spikes will help you stay put on frozen or snow covered surfaces. Learn about gear used for winter camping such as double walled tents, cold weather sleeping bags, insulated hiking boots, food facts, and layering properly for extended winter adventures. Check out gear and learn how to extend your hiking and camping season. Snowshoes for kids and adults will be available to demo on site!

In partnership with:

**Melrose Parks Commission**

**Melrose Recreation Department**

**Melrose Parks Department**

**Golf Management Company, LLC**



# MT. HOOD EVENTS

## MT. HOOD GOLF COURSE AND MEMORIAL PARK

### Snowshoeing Race (New)

**Ages:** 6 – Adult (Separate Age Categories)  
**Cost:** \$10 Pre-registration Fee (Online Registration)  
\$15 In-line registration day of race  
**Date:** Sunday, February 17 (Weather Permitting)  
**Time:** 10:00am Race Start Time  
(Registration Opens at 9:00am)  
**Distance:** 1/2 Mile (Turnaround Course)  
**Location:** Mt. Hood Golf Course - Club House  
**Registration:** Preregister online prior to race or  
Register in-line day of race.

Join us for our new winter Snowshoeing Classic. Participants will snowshoe through Mt. Hood Golf Course competing in different age categories for prizes and fun. The race will consist of approximately a 1/2 mile loop through the park. After the race all runners will have the opportunity to check their times and where they placed in the classic. Participants are encouraged to bring their own snowshoes, but we will have pairs available on-site. The race is open to the first 75 participants to register.

In partnership with:

**Mayor Robert Dolan**  
**Melrose Parks Commission**  
**Melrose Recreation Department**  
**Melrose Parks Department**  
**Golf Management Company, LLC**



### Snowman Building Contest (New)

**Ages:** Open to All Ages  
**Cost:** FREE  
**Date:** Wed, February 20 (Weather Permitting)  
**Time:** 3:00pm – 5:00pm  
**Location:** Mt. Hood Golf Course - Club House

1. This contest is open to all Melrose residents. Entrants are to build their snowman at Mt. Hood Golf Course on Wed, Feb 17 or in their own yard.
2. Teams may use any accessories to add to their snowman. Snowman must be suitable for all viewing audiences.
3. Each entrant must build their snowman beginning with the first snowfall in the 2012/2013 Winter season and prior to Feb 17, 2012. All photographs of snowman must be entered by Sunday, February 17. All entries should consist of a photograph of the snowman and must have at least one of the builders in the photo for scale.
4. Contest will be concluded at our live event on Wednesday, February 20, 2012 with a live snowman building contest (permitting there is snow on the ground). The remainder of the photos will be taken that day and all snowman will be judged. Prizes will be given in three categories. Simple Snowman (no decorations), Originality (design or style) and Creativity (unique by artistry).
5. Entrants are encouraged to add their own creative touches that will make their snowman unique. Judging will be based on originality and creativity. Prizes will be awarded!
6. By submitting an entry, contestants grant the City of Melrose permission and authority to use said pictures in any reasonable advertising or promotional activities.
7. To enter the event, please submit your photos by email to [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org) or attend the Snowman Building Contest on February 20<sup>th</sup>.

In partnership with:

**Mayor Robert Dolan**  
**Melrose Parks Commission**  
**Melrose Recreation Department**  
**Melrose Parks Department**  
**Golf Management Company, LLC**

# MT. HOOD EVENTS

**MT. HOOD GOLF COURSE AND MEMORIAL PARK**

**(New)**

## **Melrose Winter Festival - Pond Hockey Tournament (4 v 4)**

**Ages:** 30(+)

**Date:** Thursday, February 21 (Weather Permitting)

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

**Time:** 9:00am – 1:00pm

**Location:** Mt. Hood Memorial Park – First Pond

**Registration Deadline:** Feb 14 or Until Filled

**To Register:**

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

### **Tournament Details:**

- 8 Team Tournament

- Round #1 (9am – 11am)
- Round #2 (11am – 12pm)
- Championship Game (12pm – 1pm)

- 4 on 4 (Max 6 players per team)

- 3 Periods / 15 Minutes Each (Running Time)

- Referees for each game

- Teams must wear matching uniforms

- First 8 teams to officially register are in the  
tourney!!!

- Must register as a team

- Championship trophy to winning team!

- Free BBQ after the Championship Game for  
everyone who attends!

- Stay for Melrose Winter Festival after the  
games (12pm – 3pm)!

- Weather permitting!

### **Tournament Schedule**

9am Team #1 vs Team #2 Rink #1

9am Team #3 vs Team #4 Rink #2

10am Team #5 vs Team #6 Rink #1

10am Team #7 vs Team #8 Rink #2

11am Winner of 9am Winner of 9am

11am Winner of 10am Winner of 10am

12pm Winner of 11am Winner of 11am

## **Melrose Winter Festival**

**Ages:** Open to All Ages

**Cost:** FREE

**Date:** Thursday, Feb 21

**Time:** 12:00pm – 3:00pm

**Location:** Mt. Hood Golf Course - Club House

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

In partnership with:

**Mayor Robert Dolan**

**Melrose Parks Commission**

**Melrose Recreation Department**

**Melrose Parks Department**

**Golf Management Company, LLC**



SPRING BBQ KICK-OFF – APRIL 2012

# **PRIVATE PARTIES/ADULT EDUCATION**

## **Host a Private Parks Party (New)**

**Ages:** All Ages

**Dates:** June 4 – Aug 17

**Cost:** \$325

**Time:** 2 Hour Time Block

### **Description:**

New this year, the Melrose Recreation Department will be available to host private parties for Melrose residents. At a party, we will bring our bounce house, face painting supplies, various recreational equipment, and 3-4 staff members to run the supervised event. Each party will need to select a City park to hold their event (based on permit availability). The Recreation Dept. will setup 30 minutes prior to the start time and clean-up / breakdown after the two hour rental has finished. One staff member will supervise the bounce house, one-two staff members will face paint, and one-two staff members will run various activities. All parties will be responsible for supervision of their participants and will need to assist with clean-up (not breakdown) concluding the event. Food is allowed, but alcohol is strictly prohibited. To check on availability and for additional information please call the Recreation Dept. at 781-979-4179.



## **Melrose Continuing Adult Education (MCAE)**

**Classes & Programs Starting—September 2012**

**Please check the Recreation Department's webpage the beginning of September for a complete class listing and updates.**

### **Now Accepting Class Proposals!**

The Melrose Recreation Department is looking to expand its class offering in Adult Education. If you have a talent, skill, or expertise and are interested in teaching a new class or program please contact us by email at [mcae@cityofmelrose.org](mailto:mcae@cityofmelrose.org) to request a Program Proposal Form. The deadline for all proposals for the Fall Sessions (Sept - Nov of 2012) is September 5, 2012.

# MELROSE TEEN NIGHTS

SEPTEMBER - JUNE

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

## Chaperones and volunteers needed for all events!

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

### 1<sup>ST</sup> FRIDAY OF MONTH

#### Common Ground Teen Center

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

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

### 3<sup>rd</sup> FRIDAY OF MONTH

#### No Teen Activities Scheduled

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

### 2<sup>nd</sup> FRIDAY OF MONTH

#### Teen Trip Night (New)

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

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

### 4<sup>th</sup> FRIDAY OF MONTH

#### Wild Card Teen Night (New)

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

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

## Sponsored By:



# MELROSE KIDS CLUB

SEPTEMBER – DECEMBER



## Melrose Kids Club

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



**Where?** Memorial Hall, 590 Main Street

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

**When?** 10 am – 11:30 am

September 14, 2012; Music with Dara

October 12, 2012; Jeannie Mack

November 9, 2012; Roman Music Therapy

December 14, 2012; Kidzfun



*Sponsored by Mayor Rob Dolan  
and the  
Board of Aldermen  
[www.melrosememorialhall.com](http://www.melrosememorialhall.com)*

# YOUTH PROGRAMS

## Elementary

### **Melrose Wrestling Club**

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

**Cost:** \$60        **Time:** 6:00pm – 7:55pm

**Location:**        Wrestling Room - Marcoux Gym

**Session:**        Nov 26 – Feb 28

**No Class On:**

(Dec 24, Dec 31, Jan 21, Feb 18)

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



(Photos from Wrestling Club Tournaments)



### **Melrose Memorial Hall now accepting Fall & Winter Rentals!**

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

**Please email Kathy at [memorialhall@cityofmelrose.org](mailto:memorialhall@cityofmelrose.org) or call 781-979-4185 to inquire about availability. We would love to host your next event.**

**[www.melrosememorialhall.com](http://www.melrosememorialhall.com)**

# TEEN TRAINING COURSE

## Home Alone Safety (New)

**Ages:** 7 - 12    **Date:** Sun, Sept 30  
**Cost:** \$45      **Time:** 1:00pm – 5:00pm  
**Location:** Melrose City Hall  
Mayor's Conference Room (3<sup>rd</sup>Floor)  
**Instructor:** Lisa Gentile

This class is designed to teach children who are home alone the importance of behaving responsibly. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child. Topics include but are not limited to:

This course discusses:

- Strategies to look after themselves for short periods of time
- Arriving home safely
- How to prevent injuries or problems by creating a safe and positive environment
- Internet safety
- Telephone safety
- Stranger danger & Not-so-stranger danger
- Basic first aid
- What to do when a stranger comes to the door
- How to handle real-life situations and emergencies
- Maintaining an emergency contact list
- When & how to get help
- Keeping your house key safe
- Being aware of your surroundings
- And more

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



## Babysitter's Training

**Ages:** 11 - 15    **Date:** Sun, Oct 21  
**Cost:** \$45      **Time:** 1:00pm – 6:00pm  
**Location:** Melrose City Hall  
Mayor's Conference Room (3<sup>rd</sup>Floor)  
**Instructor:** Debbie LaFlamme

Babysitters Training will better prepare young teens to be a more responsible, trustworthy babysitter for family and friends.

This course discusses

- Learn the basics for interviewing with parents
- Learn infant and toddler care (diapering and feeding techniques, creative reading, activities for young children, and appropriate snacks)
- Handle bedtime issues\
- Choose safe and age-appropriate toys & games
- Perform basic First Aid (choking, cuts, puncture wounds, bruises, eye injuries, nosebleeds, tooth injuries, burns, seizures, poisoning, bites)
- Learn tips for having a safe babysitting experience including setting up a "code" with your parents in case of an emergency.

**All participants receive a certificate for completing the course.**

It is recommended to bring a snack.

## Babysitting – Debbie LaFlamme

Debbie LaFlamme is a licensed day care provider in Woburn, MA. With her degree in Early Childhood Education, she has over 20 years of experience in caring for children of all ages in her home. About ten years ago, she created this babysitting class. In the past 5 years, it has grown tremendously and is now being offered to many local schools, church groups, and organizations.



# ART PROGRAMS

Partnership with Melrose Arts



## melrose arts

### Young Artists (Grades K - 2)

**Days:** Saturdays, 8 Sessions

**Time:** 9:30am – 10:30am

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

**Location:** Milano Senior Center

**Spots Available:** 9 participants

**Session I:** Sept 22 – Nov 17 (No class Oct 6)

**Session II:** Jan 12 – March 9 (No class Feb 16)

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

Instructor: Julie Fox

### Young Artists (Grades 3-5)

**Days:** Saturdays, 8 Sessions

**Time:** 11:00am – 12:30pm

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

**Location:** Milano Senior Center

**Spots Available:** 9 participants

**Session I:** Sept 22 – Nov 17 (No class Oct 6)

**Session II:** Jan 12 – March 9 (No class Feb 16)

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

Instructor: Julie Fox

### I Love to Draw (Grades 6 – 10)

**Days:** Mondays, 8 Sessions

**Time:** 3:45pm – 5:15pm

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

**Location:** MVMMS Art Room (Middle School)

**Spots Available:** 8 participants

**Session I:** Sept 17 – Nov 19

(No class Oct 8 & Nov 12)

**Session II:** Jan 28 – March 25 (No class Feb 18)

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

Instructor: Julie Fox

### Art Staff – Julie Fox

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



# **RECREATION MIDDLE SCHOOL**

## **AFTERSCHOOL PROGRAMS**

6<sup>th</sup> – 8<sup>TH</sup> GRADE

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

### **FALL SPORTS**

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



### **WINTER SPORTS**

- Basketball
- Ice Hockey
- Wrestling

### **SPRING SPORTS**

- Volleyball
- Tennis
- Spring Track
- Spring Basketball

### **AFTER SCHOOL CLUBS / PROGRAMS**

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



# M.B.A. BASKETBALL

## Description & Coaches



### M.B.A. Basketball Description:

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

### \*\*Basketball Coaches Needed!!!\*\*

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

**Application Deadline:** October 22

**Forms Needed:**

1. Coaching Application (On Rec Website)
2. CORI Form (At Rec Office or by email)
3. Photo of Drivers License

\*Directly deliver to Recreation Dept. Office\*

### Description:

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

# M.B.A. BASKETBALL

## Kindergarten

### Kindergarten Program Description

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

**Registration Deadline: Nov 14**

**Cost: \$100**

**(Cost After Registration Deadline - \$120)**

### Boys Kindergarten Basketball

**Dates:** Dec 9 – March 10 (11 Sessions)  
(No Practice: 12/23, 02/03, 02/17)

**Days:** Sundays

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

**Location:** Lincoln Gym

### Girls Kindergarten Basketball

**Dates:** Dec 9 – March 10 (11 Sessions)  
(No Practice: 12/23, 02/03, 02/17)

**Days:** Sundays

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

**Location:** Lincoln Gym



# M.B.A. BASKETBALL

Grade 1 – Grade 4



## Grades 1-2 Program Description

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

**Registration Deadline: Nov 14**

**Cost: \$100**

**(Cost After Registration Deadline - \$120)**

## Boys Grade 1 Basketball

**Dates:** Dec 8 – March 9

(No Practice: 12/22, 02/16, 02/23)

**Days:** Saturdays

**Practices:** 8:00am – 6:00pm (1 hour block)

**Location:** Lincoln Gym

## Girls Grade 1 Basketball

**Dates:** Dec 8 – March 9

(No Practice: 12/22, 02/16, 02/23)

**Days:** Saturdays

**Practices:** 8:00am – 6:00pm (1 hour block)

**Location:** Lincoln Gym

## Boys Grade 2 Basketball

**Dates:** Dec 8 – March 9

(No Practice: 12/22, 02/16, 02/23)

**Days:** Saturdays

**Practices:** 8:00am – 6:00pm (1 hour block)

**Location:** Lincoln Gym

## Girls Grade 2 Basketball

**Dates:** Dec 8 – March 9

(No Practice: 12/22, 02/16, 02/23)

**Days:** Saturdays

**Practices:** 8:00am – 6:00pm (1 hour block)

**Location:** Lincoln Gym

## Grades 3-4 Program Description

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

**Registration Deadline: Oct 17**

**Cost: \$120**

**(Cost After Registration Deadline - \$140)**

## Boys Grade 3 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 6:00pm – 6:55pm

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

**Skills Assessment Date:** Nov 10 & Nov 11,  
Time & Location "TBD"

## Girls Grade 3 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 6:00pm – 6:55pm

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

**Skills Assessment Date:** Nov 10 & Nov 11,  
Time & Location "TBD"

## Boys Grade 4 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 6:00pm – 6:55pm

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

**Skills Assessment Date:** Nov 10 & Nov 11,  
Time & Location "TBD"

## Girls Grade 4 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 6:00pm – 6:55pm

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

**Skills Assessment Date:** Nov 10 & Nov 11,  
Time & Location "TBD"



# M.B.A. BASKETBALL

Grade 5 – Grade 8

## Grades 5-6 Program Description

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

**Registration Deadline: Oct 14**

**Cost: \$120**

**(Cost After Registration Deadline - \$140)**

## Boys Grade 5 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 7:00 – 7:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Girls Grade 5 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 7:00 – 7:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Boys Grade 6 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 7:00 – 7:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Girls Grade 6 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 7:00 – 7:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Grades 7-8 Program Description

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

**Registration Deadline: Oct 14**

**Cost: \$120**

**(Cost After Registration Deadline - \$140)**

## Boys Grade 7 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 8:00pm – 8:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Girls Grade 7 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 8:00pm – 8:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Boys Grade 8 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 8:00pm – 8:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

## Girls Grade 8 Basketball

**Dates:** Nov 26 – March 9

(No Activities 12/22 – 12/28, 02/16 – 02/24)

**Practices:** Weekday, 8:00pm – 8:55pm

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

**Skills Assessment Date:** Nov 17 & Nov 18,  
Time & Location “TBD”

# ADULT PROGRAMS & LEAGUES

## **Boys High School Basketball League**

**Grades:** 9 - 12

**Dates:** Jan 4 – March 23

(No Activities 02/16 – 02/23)

**Cost:** \$120

(Cost After Registration Deadline - \$140)

**Practices:** Weekday, 8:00pm – 8:55pm

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

**Game Location:** Roosevelt Gym

**Skills Assessment Date:** Date, Time, & Location TBD

**Registration Deadline:** Dec 12

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

## **Women's Over Thirty Fall Soccer League (New)**

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

**Cost:** \$80 **Time:** 8pm or 9pm

**Location:** Fred Green Field

**Session:** September 10 – November 5

(No October 8)

(Rain Dates: Sun, 8pm or 9pm)

**Registration Deadline:** Aug 30

-8 game schedule

We welcome all women to join our new adult soccer league. This league is about soccer, exercise, and having a fun time. Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Space is limited to the first 52 players before being placed on a waiting list. Uniforms are included. No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

## **Men's Over Thirty Fall Soccer League (New)**

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

**Cost:** \$85 **Time:** 6pm or 7pm

**Location:** Fred Green Field

**Session:** September 9 – November 18

(No October 7 or November 11)

(Rain Dates: Sun, 8pm or 9pm)

**Registration Deadline:** Aug 30

-8 game schedule with playoffs

Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. The league is an 8 game regular season with playoffs. Space is limited to the first 52 players before they are placed on the waiting list in hopes of opening up two additional teams of 11-13 players. Uniforms are included. No prior experience required. If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

## **(New) Adult Coed Fall Soccer League**

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

**Cost:** \$80 **Time:** 8pm or 9pm

**Location:** Fred Green Field

**Session:** September 11 – November 6

(No October 9)

(Rain Dates: Sun, 8pm or 9pm)

**Registration Deadline:** Aug 30

-8 game schedule

We welcome all men and women to join our new coed adult soccer league. This league is about soccer, exercise, and having a fun time. Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Space is limited to the first 52 players before being placed on a waiting list. Uniforms are included. No prior experience required.

# ADULT PROGRAMS & LEAGUES

## Zumba (New)

**Ages:** 18(+)  
**Days:** Wednesdays, 12 Sessions  
**Time:** 7:00pm – 8:00pm  
**Cost:** \$60  
**Location:** Memorial Hall (GAR Room, 2<sup>nd</sup> Floor)  
**Spots Available:** Max 35 Participants

**Free Trial Day:** Sept 5 (Drop-In Class)

**Fall Session:** Sept 12 – Dec 19  
(No Oct 31, Nov 21, Nov 28)

**Winter Session:** Jan 2 – March 20

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

**Instructor:**  
Sharon Gately

## Adult Women's Fall/Winter Drop-In Volleyball

**Ages:** 25(+)  
**Cost:** \$85  
**Location:** Middle School Gym

**Fall Session:**  
**Date:** Sept 20 – Dec 20 (12 Weeks)  
(No Games on Nov 21)

**Times:** 7:30pm – 9:30pm  
**Days:** Thursdays

**Winter Session:**  
**Date:** Jan 3 – March 28 (12 Weeks)  
(No Games on Feb 21)  
**Times:** 7:30pm – 9:30pm  
**Days:** Thursdays

We will be running continuous pick-up games from 7:30pm – 9:30pm in the fall and winter. There will be a league coordinator on-site to organize games and teams. Several formats will be used to organize games and teams depending on how many players show up each night to participate. This league is about playing volleyball, exercising, socializing, and having fun. No experience is required.

## After Drop-Off Adult Tennis (New)

**Ages:** 25(+) **Days:** 8 Sessions, 2x / week  
**Cost:** \$95 **Time:** 8:30am – 9:30am  
**Location:** Crystal Street Tennis Courts  
**Session I:** Sept 10 – Oct 3 (Mon & Wed)  
**Session II:** Sept 11 – Oct 4 (Tue & Thu)  
Looking to get back in the swing of things? Drop your kids off at school and head on down to the tennis courts! This program is designed for the stay at home parent with little to no tennis experience. Learn the basics or refresh what you already learned. The main emphasis is to learn to rally. Proper stroke production is taught to avoid injury and enhance enjoyment. The class sizes are limited to only 4 players. Sign up as a group of friends and stay late for more practice! Additional classes maybe offered at 9:30 dependent upon demand.  
**Instructor:**  
James Renier

## Women's Over Thirty Pick-Up Basketball (New)

**Ages:** 30(+) **Days:** Sundays  
**Cost:** \$95 **Time:** 7:00pm – 9:00pm  
**Location:** Marcoux Gym

**Fall Session:**  
**Date:** Sept 16 – Dec 2 (10 Weeks)  
(No Games on Oct 7 & Nov 25)

**Winter Session:**  
**Date:** Dec 9 – March 3 (10 Weeks)  
(No Games on Dec 23, Dec 30, Feb 17)

**Spring Session:**  
**Date:** March 10 – June 9 (10 Weeks)  
(No Games on  
March 17, March 31, April 21, May 26)

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

**Program Coordinator:**  
Kathie Downey  
[kathiedowney@comcast.net](mailto:kathiedowney@comcast.net)

# ADULT PROGRAMS & LEAGUES

## **Men's Over Thirty Fall Basketball League**

**Ages:** 30(+)    **Days:** Sundays  
**Cost:** \$100    **Time:** 5:00pm – 9:00pm

**Location:** Roosevelt Gym

**Session:** Sept 16 – Dec 16  
(No games Oct 7, Nov 11, & Nov 25)

**Registration Deadline:** Sept 5

-8 game regular season plus playoff

Each game is staffed with two certified referees and a scorekeeper. Two 20 minute halves are played per game. Playoffs are scheduled for Dec 9 & Dec 16 and all teams make the playoffs. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. The league fills up fast so please do not wait to register or you may be turned away. **If you need a new reversible team jersey there is an additional \$15 fee. When you register please be sure to include your jersey size (if you are purchasing a new jersey), your playing experience, your height, and DOB.**

## **Men's Over Thirty Winter Basketball League**

**Ages:** 30(+)    **Days:** Sundays  
**Cost:** \$100    **Time:** 5:00pm – 9:00pm

**Location:** Roosevelt Gym

**Session:** Jan 27 – April 21  
(No games Feb 3, Feb 17, & Mar 31)

**Registration Deadline:** Jan 9

-8 game regular season plus playoff

Each game is staffed with two certified referees and a scorekeeper. Two 20 minute halves are played per game. Playoffs are scheduled for April 14 & April 21 and all teams make the playoffs. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. The league fills up fast so please do not wait to register or you may be turned away. **If you need a new reversible team jersey there is an additional \$15 fee. When you register please be sure to include your jersey size (if you are purchasing a new jersey), your playing experience, your height, and DOB.**

## **Men's Pick-Up Basketball (New)**

**Ages:** 19(+)    **Days:** Wednesdays  
**Cost:** \$85    **Time:** 7:15pm – 9:15pm

**Location:** Middle School Gym

**Session:** Nov 28 – March 6  
(No games Dec 26 & Feb 20)

**Registration Deadline:** Nov 25

We will be running continuous pick-up games from 7:15pm – 9:15pm for registered participants. There will be a league coordinator on-site to organize games and teams. Several formats will be used to organize games and teams depending on how many players show up each night to participate. A reversible jersey is included in the price and is required to participate in pick-up games. All participants must be out of high school to register. This is a friendly and competitive program and all skill levels are welcome to join.

## **Melrose Continuing Adult Education**

### **Classes Starting September 2012**

Please check the Recreation Department's webpage the beginning of September for a complete class listing and updates.

### **Now Accepting Class Proposals!**

The Melrose Recreation Department is looking to expand its class offering in Adult Education. If you have a talent, skill, or expertise and are interested in teaching a new class or program please contact us by email at [mcae@cityofmelrose.org](mailto:mcae@cityofmelrose.org) to request a Program Proposal Form. The deadline for all proposals for the Fall Sessions (Sept - Nov of 2012) is September 5, 2012.

# GENERAL INFORMATION

## Payment

Payment must accompany all program registrations. Cash, checks, and credit card (online only) are all accepted. Checks should be made payable to "Melrose Recreation Department." Mastercard, Visa, and Discover are accepted for all online registrations. All printable registrations forms can be found on our website at [www.cityofmelrose.org](http://www.cityofmelrose.org). To register online visit our website (listed above) and click on the "Online Registration" link. If you have any difficulties please contact us at 781-662-9511.

## Financial Aid

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

## Refunds

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

## Participants Responsibility

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

## Attention Parents

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

## Inclement Weather

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

## Cancellations

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

## Course Confirmation

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

## Special Needs

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

## Volunteer Opportunities

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

## Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Melrose Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form. Thank you.