

Melrose Recreation Department PROGRAMS & EVENTS

PHASE THREE - 2020

MAYOR PAUL BRODEUR



MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE, MA 02176

OFFICE: 781-979-4179

RECREATION@CITYOFMELROSE.ORG

SUMMER PROGRAMMING

HAVING FUN, BEING SAFE, TOGETHER AS A COMMUNITY

M

REGISTRATION NOW OPEN!
SPACE IS LIMITED!!!

**ONLINE REGISTRATION AVAILABLE AT
WWW.CITYOFMELROSE.ORG**

STATEMENT OF PRECAUTION

Under the guidance of the Mayor of Melrose, the Board of Health, and the Melrose Park Commission, the City of Melrose prioritizes the importance of proper health and safety precautions involving outdoor group gatherings for all Phase Two programming. We strictly follow all guidelines established by the State of Massachusetts in order to ensure the safety of our participants and their families. Our goal is for Melrose residents to have the opportunity to return to the activities they enjoy, while adhering to all necessary precautions.

INTRODUCTION!

Director's Corner

We are very excited about all we have to offer this summer through the Melrose Recreation Department. We have programs, classes, events, leagues, and tournaments for youth and adults of all ages. We have added a lot of new offerings that we hope you find interesting throughout our brochure book. Please take your time and mark your calendars so you don't miss out on a fun experience either trying something new or doing something you already enjoy.

Thank you for your continued support, and we look forward to seeing everyone this summer.

Sincerely,

Frank Olivieri, CPRE
Recreation Director

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.

Table of Contents

Introduction.....	2
Scholarship Fund Sponsors.....	3 - 8
Spring Programs & Events.....	9 - 24
Summer Programs & Events.....	25 - 45
General Information.....	46 - 50

Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone781-979-4179
Email.....recreation@cityofmelrose.org

Recreation Dept. Staff

Frank Olivieri.....Recreation Director
Joe Blotner.....Recreation Coordinator
Haley Gorman.....Recreation Assistant
Julie Pino.....Recreation Assistant

Park Commission

Bob Christiansen John McLaughlin Jr.
Bill Gardiner (Chair) John Mercer
Jim Lane

*The Park Commission meets the second Monday of every month at Mount Hood Golf Course in the Carr Room at 7:00pm. Check city website for changes.

Office Hours

Mon – Thu 9:00am – 2:00pm
 2:00pm – 8:00pm (By appointment)

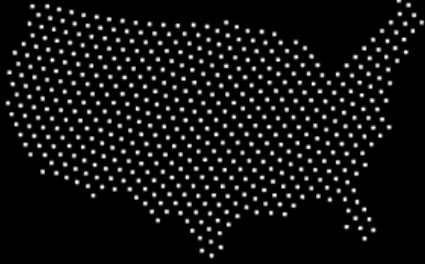
Fri 9:00am – 12:00pm
 12:00pm – 4:30pm (By appointment)

Note: On weekday afternoon and evenings the Recreation staff visits numerous locations to supervise programs, leagues and events. Please contact us if you would like to schedule an after-hours appointment so we can assure the Recreation Department Office is open for your visit.

SCHOLARSHIP FUND SPONSORS

The Melrose Recreation Department is very proud of our Scholarship Fund that allows Melrose kids who cannot afford programs to participate for free. Our goal has always been to never turn away a child due to economic hardship. Each sponsor below represents several scholarships that we will be able to grant this year!

THANK YOU TO ALL OF OUR SPONSORS!!!



Delivering a modern
real estate experience
from coast to coast.

COMPASS

compass.com

Team Agents



Lorraine Gately

781.844.5191



Jill Leeman

781.307.1243

Lorraine Gately

Licensed Real Estate Agent
lorraine.gately@compass.com

M: 781.844.5191

[Work with Lorraine Gately](#)



Jill Leeman

Licensed Real Estate Agent
jill.leeman@compass.com

M: 781.307.1243

[Work with Jill Leeman](#)



Delivering a modern
real estate experience
from coast to coast.

COMPASS

compass.com

SCHOLARSHIP FUND SPONSORS



"Where everyone is a neighbor"

*529 Main St Melrose MA
781-665-9622*

Buckalew's is pleased to help give all kids the
opportunity to play!

SCHOLARSHIP FUND SPONSORS

Our Support for the Scholarship Program:

GATELY FUNERAL HOME
Family Owned And Operated Since 1889



John W. Gately
Cremation Services & Irrevocable Funeral Trusts Available
The Oldest Family Run Business in Melrose

www.gatelyfh.com
(781) 665-1949
79 W. Foster St., Melrose

Eat for a Cause

Turn Meals Into Money

With our new Eat For a Cause Fundraisers, there's no chits or flyers to print. Just schedule your event & you will receive 10% of all food & beverage sales during the 3 hours of your event.



Malden
(781) 333-5449

Wakefield
(781) 321-0200

www.docksiderestaurants.com



We are prepared to handle short notice events that honor your loved one with a reception after a memorial.

Bereavement Packages Starting at \$15 per person

Free Private Function Rooms



SCHOLARSHIP FUND SPONSORS



Century 21
Sexton & Donohue Inc.
781-685-2121 800-244-SOLD



Your local
Neighborhood Realtor.

Proudly supports the
Melrose Recreation
Department
Scholarship Program.



Kevin M. Sexton
29 Essex Street
Melrose, MA 02176
781-640-1484
KevinMSexton@gmail.com



**Mass
in Motion**

MELROSE | WAKEFIELD ©

*Proud supporter of the
Melrose Recreation Department's
Scholarship Fund Program.*

EVERY SEASON STARTS AT



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

SCHOLARSHIP FUND SPONSORS



Northern Bank

Northern Bank is proud to support the Melrose community through the Melrose Recreation Dept. Scholarship Fund.



Fiona Nattabi
Branch Manager, AVP
781.569.1582
fnattabi@nbtc.com

Visit our Melrose Branch!
514-516 Franklin St.
Melrose, MA 02176

www.nbtc.com 800.273.6908

Member FDIC

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

Melrose Glass Co.



169 Main Street

Melrose, MA

781-662-8599

Proud Supporter of the
Melrose Scholarship Fund!

Proud Supporters of the
**Melrose
Recreation
Department
Scholarship Fund
Program**

PHOTO & VIDEO
Hunt's
"A Picture Perfect Experience"
100 Main St., Melrose

4TH of JULY CELEBRATION!

July 4 - 4th of July Celebration

Ages: All Ages **Date:** Sat, July 4
Cost: FREE! **Time:** All Day Celebration!

Location: Common Park All of Melrose!

For the past 50+ years, thousands of residents have joined us for our annual Bike & Carriage Parade around the Common Park. Things are a little different this year and sadly we will not be celebrating together at the Common Park. However we still want to see everyone decorate their bike, wagon, carriage, scooter, skateboard, or other custom rides to continue this great tradition. This year instead of our getting together at the Common we ask our residents to circle their neighborhoods, local parks, and beautiful downtown areas with their fantastic rides. As a community lets light up Melrose with all of our Independence Day spirit!





YOUTH TENNIS LESSONS

Crystal Street Tennis Courts



USTA QuickStart Tennis

QuickStart Tennis is an exciting new play format for learning and playing tennis. It is designed to bring kids to the game by utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age and size of the child.

Quick Start Tennis I

Ages: 5 - 6
Time: 9:00am – 9:55am

Designed for 5 and 6 year olds, this program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket work skills, and rudimentary rallying skills. In addition, they will learn about fairness, and they will begin to understand winning and losing, and how to work with others. Participants need a 19-inch racket.



NEW FAMILY FRIENDLY SCHEDULE

Families can now plan their summer vacation schedule more easily by mixing and matching tennis lessons. We strongly encourage kids to register for at least 4 – 8 total lessons during summer!

SUMMER SESSIONS

WEEK LONG CLINICS

Classes: 4 Lessons
Days: Mon - Thu (Rain Date: Fridays)
Cost: \$50

~~**Week 1:** June 22 – June 25 (cancelled)~~
~~**Week 2:** June 29 – July 2 (cancelled)~~
Week 3: July 6 – July 9
Week 4: July 13 – July 16
Week 5: July 20 – July 23
Week 6: July 27 – July 30

TWICE / WEEK

Classes: 2 Lessons
Cost: \$25

Monday & Wednesday (Rain Date: Fridays)

~~**Week 1:** June 22 – June 24 (cancelled)~~
~~**Week 2:** June 29 – July 1 (cancelled)~~
Week 3: July 6 – July 8
Week 4: July 13 – July 15
Week 5: July 20 – July 22
Week 6: July 27 – July 29

Tuesday & Thursday (Rain Date: Fridays)

~~**Week 1:** June 23 – June 25 (cancelled)~~
~~**Week 2:** June 30 – July 2 (cancelled)~~
Week 3: July 7 – July 9
Week 4: July 14 – July 16
Week 5: July 21 – July 23
Week 6: July 28 – July 30



YOUTH TENNIS LESSONS

Crystal Street Tennis Courts

USTA QuickStart Tennis

QuickStart Tennis is an exciting new play format for learning and playing tennis. It is designed to bring kids to the game by utilizing smaller racquets, slower and lighter balls, shorter court dimensions and modified scoring, all tailored to the age and size of the child.

Quick Start Tennis II

Ages: 7 - 9
Time: 10:00am – 10:55am

Designed for 7 to 9 year olds, this program emphasizes basic athletic skills that apply to many sports, like ball tracking, catching and throwing skills, and body coordination skills. Your children will learn basic racket-work skills, and rudimentary rallying skills as well. They will be taught self-rally skills, 2-person rally skills, serving and receiving skills, and net-play. They will learn the basic rules, simplified scoring, and appropriate behavior as part of their training. They will start to play! Participants need a 21, or 23 inch racket.

Quick Start Tennis III

Ages: 10 -12
Time: 11:00am – 11:55am

Designed for 10, 11, and 12 year olds. This program will help the players develop the skills needed to participate in different tennis situations by teaching proper stroke technique, all basic shots, and basic tennis strategy and tactics. Players will learn assorted racket-work skills, self-rallying and 2-person rallying skills, serving and receiving skills, and net-play. They will learn the rules, including tennis scoring. And they will get to play! Participants will need a 23 or 25-inch



NEW FAMILY FRIENDLY SCHEDULE

Families can now plan their summer vacation schedule more easily by mixing and matching tennis lessons. We strongly encourage kids to register for at least 4 – 8 total lessons during summer!

SUMMER SESSIONS

WEEK LONG CLINICS

Classes: 4 Lessons
Days: Mon - Thu (Rain Date: Fridays)
Cost: \$50

~~**Week 1:** June 22 – June 25 (cancelled)~~
~~**Week 2:** June 29 – July 2 (cancelled)~~
Week 3: July 6 – July 9
Week 4: July 13 – July 16
Week 5: July 20 – July 23
Week 6: July 27 – July 30

TWICE / WEEK

Classes: 2 Lessons
Cost: \$25

Monday & Wednesday (Rain Date: Fridays)

~~**Week 1:** June 22 – June 24 (cancelled)~~
~~**Week 2:** June 29 – July 1 (cancelled)~~
Week 3: July 6 – July 8
Week 4: July 13 – July 15
Week 5: July 20 – July 22
Week 6: July 27 – July 29

Tuesday & Thursday (Rain Date: Fridays)

~~**Week 1:** June 23 – June 25 (cancelled)~~
~~**Week 2:** June 30 – July 2 (cancelled)~~
Week 3: July 7 – July 9
Week 4: July 14 – July 16
Week 5: July 21 – July 23
Week 6: July 28 – July 30

GOLF PROGRAMS



Recreation Youth Golf Lessons

Ages: 5 - 14
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 12:15pm
Cost: \$150
Registration: Register with Rec Dept.

~~**Session I:** June 29 – July 4 (cancelled)~~
Session II: July 13 – July 15
Session III: July 27 – July 29
Session IV: Aug 10 – Aug 12
Session V: Aug 24 – Aug 26

Melrose Recreation is offering a series of three day youth golf lessons covering grip, swing, and game fundamentals. These lessons are open to all children between the ages of 5 - 14. The class sizes are limited to allow for personalized instruction. Participants must bring their own clubs.

To register for this program please go to the [Recreation Department website](#) or visit the [Recreation Office](#).

Mount Hood Golf Club Junior Golf School

Ages: 5(+)
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 12:15pm
Cost: \$150
Registration: Register with Mt Hood Pro Shop

~~**Session I:** June 22 – June 24 (cancelled)~~
Session II: July 6 – July 8
Session III: July 20 – July 22
Session IV: Aug 3 – Aug 5
Session V: Aug 17 – Aug 19

Mt. Hood Golf Club is offering a series of three day junior golf schools covering grip, swing, game fundamentals, and golf on the course. These lessons are open to children 5 years of age and older, pending on the younger children's golf course experience. The class sizes are limited allow for personalized instruction. Classes consist of golf instruction. Participants must bring their own clubs.

To register, visit the [Mount Hood Pro Shop](#) or call [781-665-6656](tel:781-665-6656).

ALL GOLF PROGRAMS – SAFETY GUIDELINES

Social distancing practices will be used during the program. All children are required to bring a mask and water with them. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.



Photo of Recreation Youth Golf Lesson Orientation

YOUTH CAMPS, CLINICS, & PROGRAMS



Super Soccer Stars - Summer

Days: Wednesdays, 4 Classes
Cost: \$80
Location: Gooch Park

Ages: 3 – Young 4
9:00am – 9:40am (40 min)

Ages: Older 4 – 5
9:45am – 10:30am (45 min)

Session I: July 8 – July 29
(Rain date Aug 5)

Session II: Aug 5 – Aug 26
(Rain date Sept 2)

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Run by:
Super Soccer Stars www.supersoccerstars.com



Story Time & Sing-Along

(Formerly Story Time & Parachutes)

Ages: 3 – 5
Dates: Wednesdays, 5 Classes
Time: 10:00am – 10:30am
Session: July 8 – Aug 5
Cost: \$30
Location: Common Park

Lay your blanket down under a shaded tree or under the hot summer sun and join us the **Family Resource Network** reads new and classic story time books to all in attendance. We will share ideas of things to do with kids at home to reinforce the story and also to keep literacy a part of each day. After we are done reading all participants will have fun singing their favorite songs with our instructors!

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

In partnership with:
North Suburban Child and Family Resource Network

Follow on Facebook at:
www.facebook.com/pg/northsuburbanfamilynetwork



MIDDLE SCHOOL & HIGH SCHOOL WORKOUTS & INTRAMURALS



NEW PROGRAMS!

***MS / HS RED RAIDERS WORKOUTS** (Instructor Paul Capaldo)

Session I:	July 6 – July 22	Mon & Wed	2pm – 2:45pm	\$65 (3 weeks)*	Fred Green Field
Session II:	July 27 – Aug 12	Mon & Wed	2pm – 2:45pm	\$65 (3 weeks)*	Fred Green Field

***HS RUNNING & SPRINTING CLUB** (Instructors Nick Tuccinardi & Alex DeRosa)

Session I:	June 15 – Aug 6	Mon & Thu	10am – 10:50am	\$155 (8 weeks)	Pine Banks Track
------------	-----------------	-----------	----------------	-----------------	------------------

***INTRAMURAL SOCCER**

Middle School	July 6, July 13, July 27, Aug 10	Mon	10:00am – 11:15am	\$45 (4 weeks)	Fred Green Field
High School	July 6, July 13, July 27, Aug 10	Mon	11:30am – 12:45pm	\$45 (4 weeks)	Fred Green Field

***INTRAMURAL FLAG FOOTBALL**

Middle School	July 7, July 14, July 28, Aug 11	Tue	10:00am – 11:15am	\$45 (4 weeks)	Fred Green Field
High School	July 7, July 14, July 28, Aug 11	Tue	11:30am – 12:45pm	\$45 (4 weeks)	Fred Green Field

***INTRAMURAL ULTIMATE FRISBEE**

Middle School	July 8, July 15, July 29, Aug 12	Wed	10:00am – 11:15am	\$45 (4 weeks)	Fred Green Field
High School	July 8, July 15, July 29, Aug 12	Wed	11:30am – 12:45pm	\$45 (4 weeks)	Fred Green Field

***INTRAMURAL KICKBALL**

Middle School	July 9, July 16, July 30, Aug 13	Thu	10:00am – 11:15am	\$45 (4 weeks)	Fred Green Field
High School	July 9, July 16, July 30, Aug 13	Thu	11:30am – 12:45pm	\$45 (4 weeks)	Fred Green Field

*****All program registration fees include a red gator mask to be worn by participants during their activity*****

MANDATORY PARTICIPATION GUIDELINES

Participants are required to follow the outlined guidelines at all times. Participants that do not adhere to these mandatory guidelines will be removed from the program to ensure the safety of all.

- | | |
|---|---|
| • Must be a Melrose resident | • Sanitation stations available |
| • Social distancing (6 – 12 feet) at all times | • No bathrooms available |
| • Gator mask is required & included w/ registration | • Participants may be screened |
| • Bring your own water | • Do not arrive more than 5 minutes prior to start of program |
| • No spectators allowed | • If displaying symptoms, DO NOT ATTEND! |
| • No congregating before or after program | |

STATEMENT OF PRECAUTION

Under the guidance of the Mayor of Melrose, the Board of Health, and the Melrose Park Commission, the City of Melrose prioritizes the importance of proper health and safety precautions involving outdoor group gatherings for all Phase Two programming. We strictly follow all guidelines established by the State of Massachusetts in order to ensure the safety of our participants and their families. Our goal is for Melrose residents to have the opportunity to return to the activities they enjoy, while adhering to all necessary precautions.

YOUTH CAMPS, CLINICS, & PROGRAMS

(NEW)

Rising Star Basketball School

Ages: 9 - 18
Date: July 20 - 23
Days: Monday - Thursday
Time: 8:30am – 3:30pm
Cost: \$290
Location: Melrose Middle School Gym



2020 BASKETBALL SCHOOL
www.risingstarbasketballschoo.com

WHY OUR BASKETBALL SCHOOL?

The RISING STAR Basketball School was founded with the desire to create an atmosphere to teach the game properly. Unlike many camps that emphasize “just playing” or “casual instruction”, RISING STAR continually seeks to improve the ability level of our players by providing them with a superb coaching staff who oversee thorough teaching and proper repetitions. The atmosphere at our camp encourages players to improve their work ethic and skills while always fostering the importance of sportsmanship and team play.

The deterioration of skill development in the in the United States has been attributed to the lack of fundamentals. Players are not being taught properly, if at all. Across the country shooting, ballhandling, passing and overall team concepts have suffered over the last several years.

RISING STAR values improving these very necessary skills that every aspiring player must have, regardless of level.

Teaching that reflects mastering of the fundamentals!

- Fast paced drills that reflect what you would see in a game
- 2 games per day and 8 for the week
- 3 on 3 games with your team everyday

Fundamentals...Skillwork...Confidence...Improvement

CAMP FEATURES

- Focused teaching and coaching by extraordinary staff
- Game like drills to improve your abilities
- Strong emphasis on your improvement “*This is our passion!*”
- Our ballhandling, shooting, and stations have been highly praised
- Extra help workouts “*Hard work breeds confidence and success*”
- 2 fullcourt games a day, competitive 3 on 3 everyday, 1 on 1 moves
- *Teams based on grade*
- *Free TEE SHIRT!*
- Discounts to off season programs. *We want to work with you as much as possible!*



TYPICAL DAY

8:30 a.m. Stretch
8:45 a.m.Ballhandling
9:15 a.m.Team Shooting
10:00 a.m. Stations
(Skill work on offensive and defensive concepts)
11:00 a.m.Morning Games
12:00 noon.....Lunch
12:35 p.mGuest Lecture
1:30 p.m.....RISING STAR SHOOTING contest
1:45 p.m..... Team Drills
2:30 p.m Afternoon Games
3:30 p.m.....Dismissal

** Individual help with a coach available before and after camp.*

STAFF

The Rising Star Basketball School is directed by Kevin O'Brien. He brings a wealth of experience in coaching at the college level and has operated Rising Star for over 20 years.

The staff is recruited based on their ability to teach the game of basket ball in an enthusiastic and professional manner. The theme of the camp is to create an atmosphere in which learning and hard work goes hand-in-hand. This is when improvement occurs.

Melrose: Dan Burns, Head Coach Melrose
Reggie Hobbs, Head Coach Lexington

QUESTIONS

Direct your questions to Kevin O'Brien at (617) 999-0324.

**Group & Multiple Camp Discount Available*

YOUTH CAMPS, CLINICS, & PROGRAMS



Summer Basketball Skills & Drills

Grades: Boys & Girls, Grades 5 - 8
Sessions: 4 Classes
Time: 7:30pm – 9:00pm
Cost: \$90
Location: Marcoux Gym

Session I: Wednesdays
July 15 – Aug 5
(Potential Makeup Day Aug 12)

Each skills and drills session is 75 minutes. This workout focuses on fundamentals of the game of basketball, including footwork, ball handling skills, shooting form, offensive attack, strength and conditioning. Workouts will vary from week to week, but the focus of improving the form and skill of each player is always the top priority. This workout is adjusted to fit all ages and skill levels. Players will work out on each court with our instructors for increments of time. They will get to work with our instructor throughout the evening and focus on specific skill work depending on the focus of the night. **All participants are required to bring their own basketball to each session.** Please contact the Recreation Department if you need assistance with providing a basketball.

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Run by:
Ted Cottrell & Staff

M



MELROSE RED RAIDERS BASKETBALL

(NEW)

Red Raiders Shootout Basketball Clinic

Grades: Entering 3 - 8
Dates: Aug 10 – Aug 13
(Rain Date: Aug 14)
Days: Monday - Thursday
Cost: \$125
Location: TBD

Grades: Entering 3 - 5
9:00am – 10:55am

Grades: Entering 6 - 8
12:00pm – 1:55pm

The clinic will focus on the primary skills of ball handling, footwork, defense, rebounding and shooting. All kids will get to work on both individual and team skills. Small sided and full court games are also played. All kids looking to improve and work on the game of basketball while having fun should not hesitate to attend.

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Run by:
Dan Burns
Boys Varsity Basketball - Head Coach

YOUTH CAMPS, CLINICS, & PROGRAMS

M MELROSE RED RAIDERS FOOTBALL



Eastern MASS Lineman Football Clinic

Grades: 9 - 12
Dates: June 29 – July 1 (Mon – Wed)
Time: 10am – 12pm
Cost: \$85
Location: Fred Green Field (High School Turf)

The Linemen Clinic will provide instruction on Offensive and Defensive play. Both Run Blocking and Pass Protection, Pulling Techniques will be taught. Defensive Linemen will be taught how to defeat blockers, pass rush skills. **Clinic t-shirt is included.**

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Staff:

The Clinic will be staffed by Melrose Head Coach Tim Morris and other Outstanding High School Line Coaches, in addition to expert instruction from College Offensive and Defensive Line Coaches & Players.



(NEW) Multi-Sport Champions!

Ages: 7 – 14
Days: Tuesday – Thursday
Time: 8:30am – 3:00pm
Cost: \$175
Location: Fred Green Football Field

Session I: July 21 – July 23
(Rain date July 24)

Session II: Aug 4 – Aug 6
(Rain date Aug 7)

Sports, games, activities, competition, & fun! We will be staffing the program with Melrose PE teachers and Recreation staff who will be running continuous sports based activities all day long. If you are looking to be outside and play a variety of sports like flag football, kickball, soccer, ultimate frisbee, whiffle ball, capture the flag, etc. then come join us for these three days of action.

Participants will need to bring water and snacks each day of the program.

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Run by:

Paul Capaldo

-Melrose Physical Education Dept.
-Varsity Football Assistant Coach
-Varsity Baseball Assistant Coach

YOUTH CAMPS, CLINICS, & PROGRAMS



(NEW)

Summer Street Hockey Club

Grades: Grades 3 - 7
Days: Monday – Thursday
(Rain Date: Friday)
Cost: \$125
Location: Winthrop Outdoor Basketball Court

Entering Grades 3 – 5 8:00am – 9:55am
Entering Grades 5 - 7 10:00am – 11:55am

Session I: ~~June 22 – June 25~~ (cancelled)
(~~Rain date June 26~~)

Session II: Aug 17 – Aug 20
(Rain date Aug 21)

Enjoyed your time on the ice this past winter, while now show off your skills outdoors this summer. Kids will have an opportunity to continue their Hockey season during the summer heat with friends and fellow classmates. Not a Hockey player? Doesn't matter! Throw on the rollerblades and jump right into the action! The program will include fun games, shootouts, and scrimmages with Middle School Hockey Coach Andrew Deane! Hockey Nets, goalie equipment, and street hockey balls will be provided! Space is limited and first come, first serve!

Equipment Needed: Roller blades, Hockey Stick, Hockey Helmet with Cage or Shield, Hockey or Lacrosse Gloves, (Knee and Elbow Pads are recommended)

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Instructor: Andrew Deane
MS Varsity Hockey Coach

M MELROSE **RED RAIDERS** **SOCCER**

Red Raiders Youth Soccer Clinic

Entering Grades: 3 - 8
Dates: Aug 17 – Aug 20
Days: Monday - Thursday
(Rain Date: Fri, Aug 21)
Time: 7:00pm – 8:30pm
Cost: \$80
Location: Fred Green Field
(High School Turf Field)

Girls entering grade 3 – 8 are invited to participate in this fun clinic run by Melrose High School Girls soccer team and coaches. Participants will take part in dribbling, passing, and shooting drills as well as games to enhance their soccer ball skills and game awareness.

Social distancing practices will be used during the program. All children are required to bring a mask and water with them to the class. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Instructors: Rob Mahoney
Varsity Girls Soccer Head Coach



YOUTH CAMPS, CLINICS, & PROGRAMS

SUMMER FIELD HOCKEY CLINICS

RUN BY MELROSE VARSITY AND MIDDLE SCHOOL COACHES!



Youth Field Hockey Clinic

Entering Grades: 3 - 5
Dates: Aug 10 – Aug 13
(Rain Date Aug 14)
Time: 6:15pm – 8:00pm
Cost: \$75
Location: Fred Green Field
(High School Turf Field)

This clinic is open to all skill levels. No experience required to learn this great game! Girls will learn the basics of dribbling, elimination skills, push passes, hits, and shooting. Small games and fun competitions will be played each day. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition. The camp would culminate in a game their parents could come watch. All players will need to provide their own stick to participate. If you cannot provide a stick then please contact the Recreation Department for assistance.

Instructor: Erin Parker
Varsity Field Hockey – Head Coach

FIELD HOCKEY CLINIC – SAFETY GUIDELINES

Social distancing practices will be used during the program. All children are required to bring a mask and water with them. Children may need to wear a mask at certain times during the program if instructed. Sanitation station available.

Middle School Field Hockey Clinic

Entering Grades: 6 - 9
Dates: Aug 10 – Aug 13
(Rain Date Aug 14)
Time: 6:15pm – 8:00pm
Cost: \$75
Location: Fred Green Field
(High School Turf Field)

Our Middle School Field Hockey Clinic is designed for students to prepare for their upcoming Fall Season. This camp offers a great way for girls to learn and improve their basic fundamental skills, work with their coaches, and practice with their teammates. The clinic is offered to participants ranging from 6th-9th grade, first time beginners to advanced players. Included in the clinic will be conditioning drills, individual skills, small game play and team competitions! Emphasis will be on 1v1 skills, passing and receiving and shooting. The goal of the camp is to provide an opportunity to teach field hockey in a fun, competitive and team based environment. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition. All players will need to provide their own stick to participate.

Instructor: Annalise Conti (w/ Erin Parker)
MS Field Hockey – Head Coach



2020
MELROSE MIDDLE SCHOOL FOOTBALL
JUNIOR RED RAIDERS



- WHAT:** **REGISTRATION AND INFORMATION SESSION** for the 2020 Season of the MELROSE MIDDLE SCHOOL JUNIOR RED RAIDERS football team.
- WHEN:** **Tuesday, April 7th, 2020 - 6:00pm to 7:30pm**
- WHERE:** Melrose Middle School Cafeteria
- WHO:** All students entering the 6th 7th or 8th grades in September of 2020 and are interested in playing football. Middle School and High School coaches will be on hand to answer questions.

FACTS:

- The Junior Red Raiders will play **GRADE BASED FOOTBALL**. There will be NO weight restrictions - it is open to all 6th 7th and 8th graders.
- The team will play 8 regular season games and participate in the Eastern Massachusetts Middle School Football League. Opponents will include Arlington, Bedford, Belmont, Reading, Wilmington, Winchester, Woburn and other Middle School teams in the region.
- **PRESEASON WILL BEGIN ON AUGUST 24th !**
- All home games will be played at Melrose High School and MVMMS complex - Fred Green Field.
- **Practices will be held immediately after school.**
- All practices and games will be played during the week. No weekends.
- Bus transportation to and from away games.
- Locker room facilities will be provided to the team.
- Program is endorsed by MHS Head Football Coach Tim Morris
- Players will have option to participate in a supervised, pre-season & in-season strength and conditioning program at MHS.
- This program is run by the Melrose Recreation Department and sponsored by the Friends of Melrose Football and the Melrose Veterans Memorial Middle School.

FEES: \$300.00 per player
 Checks made payable to: **Melrose Recreation Department**

Players signing up for the Junior Red Raiders may not play football for any other school or organization during the season.

Filmmaking Classes

For ages
10 - 14



DATES

Monday - Friday
Jul. 20 - Jul. 24

Monday - Friday
Jul. 27 - July 31

TIME

9:00am - 3:00pm

LOCATION

MMTV
360 Main Street
Melrose, MA

COST: \$375

To register visit
[Melrose Recreation](http://MelroseRecreation.org)

Presented by the creators of the
BOSTON INTERNATIONAL KIDS FILM FESTIVAL

Please join FC Academy, in partnership with MMTV, in a filmmaking class this summer! In this class, students will be flexing their creative muscles and making a film in a fun and collaborative environment. Students will learn skills in storyboarding, scriptwriting, camera skills and editing. This is a great opportunity for the kids to work with REAL studio camera equipment, green screens, and professional audio equipment—a fantastic supplement to any previous filmmaking classes they have taken. As always, the group will write, shoot and edit a film in a genre of their choosing on the professional editing software, Adobe Premiere.

All final films will be eligible to be screened at the Boston International Kids Film Festival

For more information about this class, contact:

laura@filmmakerscollab.org | 781-662-1102



Visit www.bikff.org to learn more about the
Boston International Kids Film Festival.

The BIKFF is presented by Filmmakers Collaborative, which encourages and supports the making of great films and media projects by people of all ages and experience levels. FC offers grants management, mentoring and workshops to a diverse and national community that includes award-winning PBS documentarians, first-time producers and directors, and young people just discovering the power and potential of visual media. For more information please go to: www.filmmakerscollab.org.



Melrose City Hall
Melrose, Massachusetts 02176
Telephone – (781) 979-4179
E-mail – recreation@cityofmelrose.org



LEGO from Home w/ Lego Kits!

Ages: 6 - 8
Days: Mon – Fri
Time: 9:00am – 12:00pm
Max Cap: 18 Students
Location: Virtual Zoom w/ Instructors & Kits
Cost: \$250, plus \$75 deposit (\$325)
(Deposit refunded once kit is returned)

Session I: July 6 – July 10
Session II: July 13 – July 17
Session III: July 20 – July 24
Session III: July 27 – July 31

Join us from home as we build wacky motorized LEGO brick Amusement Park rides! From the Runnah, using conveyor belt LEGO pieces, to the Spinnah, using crown gears, to the Flingah, using force to fling objects! We have ten NEW LEGO brick builds for children to participate in! Build alongside as we use ZOOM, instructional videos and powerpoints. While learning how to use axles, gears, battery packs and motors! Receive a sanitized LEGO kit for the week and join the fun!

Details

1. Register for your desired week
2. Pick up a sanitized LetGoYourMind LEGO Home brick building kit a few days before the program starts
3. Receive an email with a zoom link and a link to our drop box that will contain video instructions and PowerPoints.
4. Return the LetGoYourMind LEGO brick building kit to Recreational Department
5. If there are pieces missing from the kit: we will deduct any costs off your deposit.

LEGO from Home w/ Lego Kits!

Ages: 9 - 11
Days: Mon – Fri
Time: 9:00am – 12:00pm
Max Cap: 18 Students
Location: Virtual Zoom w/ Instructors & Kits
Cost: \$250, plus \$75 deposit (\$325)
(Deposit refunded once kit is returned)

Session I: July 6 – July 10
Session II: July 13 – July 17

Join us from home as we build wacky motorized LEGO brick Amusement Park rides! From the Runnah, using conveyor belt LEGO pieces, to the Spinnah, using crown gears, to the Flingah, using force to fling objects! We have ten NEW LEGO brick builds for children to participate in! Build alongside as we use ZOOM, instructional videos and powerpoints. While learning how to use axles, gears, battery packs and motors! Receive a sanitized LEGO kit for the week and join the fun!

Details

1. Register for your desired week
2. Pick up a sanitized LetGoYourMind LEGO Home brick building kit a few days before the program starts
3. Receive an email with a zoom link and a link to our drop box that will contain video instructions and PowerPoints.
4. Return the LetGoYourMind LEGO brick building kit to Recreational Department
5. If there are pieces missing from the kit: we will deduct any costs off your deposit.



Melrose City Hall
Melrose, Massachusetts 02176
Telephone – (781) 979-4179

E-mail – recreation@cityofmelrose.org



Minecraft Game Design Master!

Ages: 8 – 10
Days: Mon – Fri
Time: 9:00am – 12:00pm
Max Cap: 18 Students
Location: Virtual Zoom w/ Instructors
Cost: \$125

Session I: Ages 8 - 10
July 20 – July 24

In this week long program your child will learn to master one of their favorite games. From within our Minecraft Kingdom students will construct castles, towers, villages, and mazes! Students will learn how to use redstone to build circuits and machines, use command blocks to enhance maps. Children will develop a basic understanding of game design, while also applying previous learned skills such as teamwork, cooperation, and healthy/good natured competition, all while having fun and building amazing creations! All programs will have a maximum of 18 students, in which they will work together/separately . We will also make use of the breakout sessions for small groups or 1:1 instruction. Our instructors will provide direction, inspiration, and interaction throughout the week during the Zoom sessions!

Online Course Requirements:
-Mac or Windows PC only
-Minecraft account
-Stable internet connection with access to Zoom Video Conferencing

Minecraft Game Design Master!

Ages: 9 - 14
Days: Mon – Fri
Time: 9:00am – 12:00pm
Max Cap: 18 Students
Location: Virtual Zoom w/ Instructors
Cost: \$125

Session II: Ages 9 - 14
July 27 – July 31

In this week long program your child will learn to master one of their favorite games. From within our Minecraft Kingdom students will construct castles, towers, villages, and mazes! Students will learn how to use redstone to build circuits and machines, use command blocks to enhance maps. Children will develop a basic understanding of game design, while also applying previous learned skills such as teamwork, cooperation, and healthy/good natured competition, all while having fun and building amazing creations! All programs will have a maximum of 18 students, in which they will work together/separately . We will also make use of the breakout sessions for small groups or 1:1 instruction. Our instructors will provide direction, inspiration, and interaction throughout the week during the Zoom sessions!

Online Course Requirements:
-Mac or Windows PC only
-Minecraft account
-Stable internet connection with access to Zoom Video Conferencing



MELROSE FLAG FOOTBALL LEAGUE

REGISTRATION OPEN!

SPACE IS LIMITED!

Grade Groups:

Grades: K - 2 (Instructional Program)

Grades: 3 - 4

Grades: 5 - 6

Expected Times:

4:00PM - 5:00PM

5:00PM - 6:00PM

6:00PM - 7:00PM



Days:

Saturdays

Registration Deadline:

August 1

(Wait List once each league is full)

Cost:

\$120 per person

Locations:

Fred Green Field (High School)

Practices and Games:

Starts Beginning of September through Mid-November

(Expected to play 8 Saturdays throughout Fall)



Flag Football League (Grades 3 - 4) / (Grades 5 - 6)

Our youth flag football leagues focus on socialization, playing skills, teamwork, and basic game strategies. All practices and games will take place on Saturday afternoons on the Cabbage Patch Field and Fred Green Field. Players will have a 30 minute team practice immediately leading into their team game of two halves of 20 minutes running time. Each game will be staffed with referees. Each player will receive their own game jersey. Players will need to supply their own mouth piece.

Instructional Program (Grades K - 2)

This program is designed to introduce kindergarten and Grade 1 students to flag football. The program focuses on basic fundamentals, socialization, and skill building. Students will have a 30 minute skills and drills session which will be followed with 20 minutes of fun team activities and team scrimmages. Volunteer head and assistant coaches will run the practices.

To **register** or for more information please contact the Melrose Recreation Department
At <http://tinyurl.com/MelroseRec> or by email at recreation@cityofmelrose.org.

ADULT PROGRAMS

SPRING / SUMMER LEAGUES

Pickleball

Ages: 25+
Days: Tuesdays & Thursdays
Dates: July 7 – Oct 8
Time: 5:30pm – 7:30pm
Cost: \$5 Drop-In
Location: Foss Park

Description:

This is a fun and social league where skill levels may vary. Participants should enjoy friendly competition, maintain a lengthy rally, and are skilled at both the soft and hard game strategies. These players play at the NVZ, get 80% of their serves in and have played competitively in other locations. Due to limited court space prior experience is required. Paddles and balls will be provided. Games typically last between 10 – 15 minutes before rotation. Games are almost always played as doubles competition. Sneakers are required.

Social distancing practices will be used during the program. All participants are required to bring a mask and water with them to the class. Participants may need to wear a mask at certain times during the program. Sanitation station will be available.



Melrose Tennis Association

Ages: 18(+)
Days: Tue & Thu
Time: 5:30pm – Till Dark
Dates: July 7 – Sept 10
Cost: \$60
Location: Crystal Street Tennis Courts

Description:

M.T.A is a non-competitive social group for intermediate & advanced tennis players. The group meets two times a week to play doubles and/or singles matches. On Tuesdays and Thursdays, a Program Coordinator will be on-site to supply new tennis balls and to assist in setting up matches for players. Players may need to supply their own tennis balls on these evenings. All new players will be evaluated on their first night by a Program Coordinator to confirm the player's skill level is appropriate for the association.

Social distancing practices will be used during the program. All participants are required to bring a mask and water with them to the class. Participants may need to wear a mask at certain times during the program. Sanitation station will be available.

Program Coordinators:

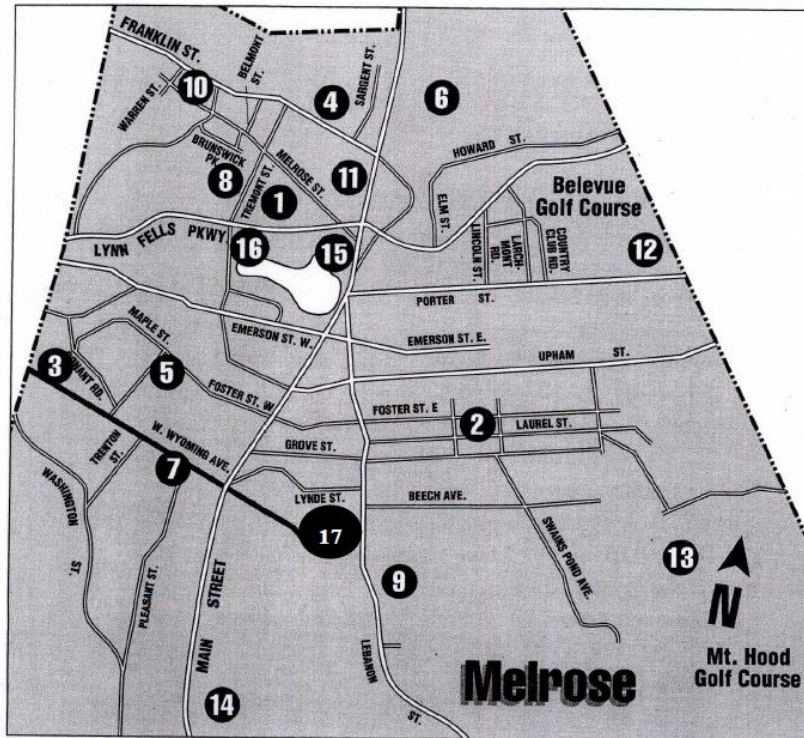
Teresa Mackie & Elizabeth Atkinson

RAIN CANCELATION POLICY

When a class is cancelled due to inclement weather the class will not be made up and refunds will not be issued. Participants will have the ability to make up the class by attending a class at a different time or on a different day.

GENERAL INFORMATION

parks and fields



Park Locations

Park Name

1. High School Athletic Complex
2. Common Park
3. Conant Park
4. Dunton Park
5. Gooch Park
6. Hesseltine Park
7. Lincoln Park
8. Messenger's Park
9. Lebanon St. Park
10. Volunteer. Park
11. Franklin School Park
12. Drinkwater Park
13. Mt. Hood Golf Course & Park
14. Pine Banks Park
15. Ell Pond Park – East
16. Ell Pond Park – West
17. Foss Park

Amenities

- Football, baseball, track
 Tot lot, basketball, softball
 Play area, ball fields
 Tot lot, benches
 Play area, basketball
 Tot lot, ball field, basketball, tennis
 Tot lot, tennis, basketball, ball field
 Tot lot, fields, basketball
 Play area, basketball, softball
 Tot lot
 Soccer field, tot lot
 Tot lot
 Golf, hiking, fishing, x-country skiing
 Baseball, hiking, rugby, soccer
 Tennis, soccer, Dog Park
 Tennis, baseball
 Basketball, pickleball, baseball, play area

Location

- Lynn Fells Pkwy
 Laurel & Foster St.
 Conant Rd.
 Franklin & Pratt St.
 Florence, Maple, Vinton St.
 Hesseltine Ave.
 Rear Lincoln St.
 Rear Roosevelt School
 Lebanon St.
 Warren & Melrose St.
 Rear Franklin School
 Porter & Ellis Farm
 Stillman Rd.
 Main St.
 Lynn Fells Parkway
 Tremont St.
 Malvern 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	mthood@golfmanagementco.com
Melrose Public Library	781-665-2313	library@cityofmelrose.org
Melrose Memorial Hall	781- 979-4185	memorialhall@cityofmelrose.org
Milano Senior Center	781- 662-6886	COA@cityofmelrose.org
Melrose School Dept.	781-662-2000	school@cityofmelrose.org
Melrose Veterans Services	781-979-4186	kburke@cityofmelrose.org
Melrose City Hall	781-979-4500	mayorsoffice@cityofmelrose.org
Melrose City Yard	781-665-0142	publicworks@cityofmelrose.org
Melrose Parks Dept.	781-662-0210	jbelle@cityofmelrose.org
Melrose Police Dept.	781-665-1212 (Non-Emergency)	

Community Non-Profit Groups

<u>Group Name</u>	<u>Website</u>	<u>Contact Information</u>
Melrose Youth Soccer	melroseyouthsoccer.net	MYSPresident@outlook.com
Melrose Youth Softball	melroseyouthsoftball.com	president@melroseyouthsoftball.com
Melrose Incarnation Baseball		incarnation.baseball@gmail.com
Melrose Youth Lacrosse	myll.org	info@myll.org
Melrose Little League	melroselittleleague.org	melroselittleleague@gmail.com
Melrose Babe Ruth	melrosebaberuth.org	melrosebaberuth@gmail.com
Melrose Youth Football & Cheer	melroseyouthfootball.com	info@melroseyouthfootball.com
Melrose Sharks Swim	melroseysharks.com	melroseysharks@gmail.com
Melrose Youth Hockey	melroseyouthhockey.pucksystems.com	Myh-boardofdirectors@comcast.net
Melrose United Soccer	melroseunited.com	melroseunitedfc@gmail.com
Men's Good Guys Soccer		ccharry@sma.com
North Suburban Resource Network	hallmarkhealth.org	nsfamilynet@hallmarkhealth.org
Melrose YMCA	ymcametronorth.org/	781-665-4360
Communitas	communitas.org	781-942-4888 781-587-2200
American Red Cross	redcross.org	781-665-4186 781 665 1351
Melrose Chamber of Commerce	melrosechamber.org	781-665-3033

Lawrence W. Lloyd Memorial Swimming Pool (DCR)

49 Tremont St.
Melrose, MA 02176
Open Mid June – End of August
Open Swim Hours: 11am - 7pm
Pool Phone: (781) 979-0172
DCR Greater Boston Phone: (617) 626-1250

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, and Visa are accepted for all online registrations. All printable registrations forms can be found on our website at 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 781-979-4179.

Scholarships & Financial Aid

Scholarships are provided for families who qualify for the Free or Reduced Lunch Program through the Melrose School System. Other financial assistance may be available to interested participants. For eligibility information, please contact the Melrose Recreation Department by phone or email.

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 Funding

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. Thank you.