

Melrose

## RECREATION DEPARTMENT



# 2024 Spring Brochure



### SUMMER PROGRAMS

BROCHURE RELEASE DATE:

Early April



## Get Out & Play!

REGISTRATION NOW OPEN!



## MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE MA 02176

781-979-4179 / [RECREATION@CITYOFMELROSE.ORG](mailto:RECREATION@CITYOFMELROSE.ORG)

## Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone 781-979-4179

Email [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org)

## Recreation Dept. Staff

Frank Olivieri, CPRE

Director of Recreation

Rob Carrillo

Recreation Coordinator

Julie Pino

Administrative Assistant

## Mission Statement

The Melrose Recreation Department strives to create high quality recreational programs and events that are affordable and safe for residents 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.

## Park Commission

Bob Christiansen

Jim Donohue

Bradley Freeman

Bill Gardiner (Chair)

John Mercer

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

## Office Hours

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

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

### Note:

On weekday afternoon / 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 assist you.

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# Questions about Estate Planning?

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It's about leaving your LEGACY.



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(Initial Consults are always free)

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781.665.8282

445 Franklin Street, Melrose MA 02176

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**Kevin M. Sexton**  
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Melrose, MA 02176  
781-640-1484  
[KevinMSexton@gmail.com](mailto:KevinMSexton@gmail.com)

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**MINIS WITH A MISSION, INC.**

*Connecting Hands, Hearts, and Hooves*

Minis With A Mission provides opportunities for all people to receive the healing and joyful benefits of connection with our rescued mini horses and donkeys.

[www.miniswithamission.com](http://www.miniswithamission.com)

**WED, APRIL 17**  
**THU, APRIL 18**

**11AM - 12:30PM**  
(RAIN CANCELS)

**CABBAGE  
PATCH**  
(FRONT OF MVMMS)

**JOIN US!**

**Free Event & Open to All**

Minis on a Mission and Melrose Rec have teamed up to bring the community a very special experience. Join us this April break to meet and pet some very loving and adorable miniature horses and donkeys. A small pen will be setup in the park and children and adults can engage and connect with these uplifting new friends.



For questions or more information  
please contact Melrose Recreation



**Melrose Recreation Dept.**  
781-979-4179 office  
[recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org)  
[www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation)







# Melrose Collection for Haiti



Sun, April 28  
9:00am – 12:00pm  
Melrose City Hall  
(Between Fire Station & City Hall)



For many years, the Melrose Recreation Department has worked closely with Melrose residents to help support the children of L'Asile, Haiti.

With your help, the Melrose community assisted in providing sporting equipment, school supplies, and in raising funds to support mobile health clinics, rebuilding of schools, and food distributions after a powerful earthquake 2021. This earthquake caused widespread devastation and destruction, with more than 12,000 injuries and 2,200 lives lost, and many homes and schools destroyed. Currently Haiti is dealing with sociopolitical insecurity throughout the country leading to much violence, uncertainty, and struggle for all who call it home.

Our department works directly with the **Haiti Youth Global Partnership (HYGP)**, which is a non-profit organization created and run by the **Zama family**, who are Melrose residents. Many of you have met the Zama family at our collection drives each Spring. With your generous help over the years, Melrose has been able to have a great impact.

Our goal with this drive is to collect new and used supplies so they can be shipped to several schools in Haiti. These supplies will give children and teenagers a chance to play their favorite sport soccer and have enough equipment to actually play a full game. Listed below is a non-exhaustive list of what we are looking to collect.

## \*Soccer Equipment:

- Soccer Balls
- Soccer Cleats
- Melrose Jerseys & Uniforms



## \*School Supplies:

- Pencils, paper, folders, scissors, etc.

## \*Financial Assistance:

- Checks may be made payable to **Haiti Youth Global Partnership** (tax deductible)
- PayPal: [Haitiglobalyouthpartnership@gmail.com](mailto:Haitiglobalyouthpartnership@gmail.com)



For more information, please contact the Melrose Recreation Department



### Saturday Classes

**Dates:** April 27 – June 22  
(No Class on May 25)  
(Rain Date June 29)

**Sessions:** 8 Classes

**Cost:** \$176

**Location:** Gooch Park

**Ages 2 - 3:** 9:00am – 9:40am (40 min)  
(Parent / guardian participation required)

**Age 3 – Young 4:** 9:45am – 10:30am (45 min)

**Age Older 4 - 5:** 10:35am – 11:25am (50 min)

**Age 3 – Young 4:** 11:30am – 12:15pm (45 min)

### Wednesday Classes

**Dates:** April 24 – June 12  
(Rain Date June 19)

**Sessions:** 8 Classes

**Cost:** \$176

**Location:** Gooch Park

**Ages 2 - 3:** 9:00am – 9:40am (40 min)  
(Parent / guardian participation required)

**Age 3 – Young 4:** 9:45am – 10:30am (45 min)

**Age Older 4 - 5:** 10:35am – 11:25am (50 min)

### Program Description:

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. *T-shirt included with registration.*

All children are required to bring a soccer ball and water. Parent / guardian participation is required in our 2-3 year old class.

### Run by:

Super Soccer Stars [www.supersoccerstars.com](http://www.supersoccerstars.com)







## Birdie Putt & Chip: Intro to Golf

**Ages:** 3 - 6  
**Dates:** April 28 - May 19  
**Days:** Sundays  
**Time:** 10:00am - 10:50am  
**Sessions:** 4 Total Sessions  
**Cost:** \$99  
**Location:** Common Park

### Description:

Golf is a lifelong sport. The smell of the fresh-cut grass, the crisp morning air, the feeling of the perfect tee shot – it's hard not to love a few hours on the greens. But what makes golf even better is playing with friends and loved ones. We can't promise that we will produce the next pro golfer in our program, but we can guarantee that your children will have lots of fun, be introduced to traditional golf grips and hitting stances, and get a little practice with putting and chipping. Using the U.S. Kids Golf Early Start program, each class will consist of short lessons followed by small group activities. Our goal is to introduce the children to the game of golf in a fun and interactive way so they can join you on the greens one day!

### Run By:



## High 5 Sports

**Ages:** 3 - 5  
**Dates:** April 28 - May 19  
**Days:** Sundays  
**Time:** 11:00am - 11:50am  
**Sessions:** 4 Total Sessions  
**Cost:** \$99  
**Location:** Common Park

### Description:

Come join the Sports Zone 101 coaches as we get our bodies moving with exciting learning activities and teach the basics of a few of our favorite sports. We will spend time getting to know each other, learn more about the way our bodies move, and explore new ways to stay active and have fun doing it! We will introduce five core sports: Soccer, T-Ball, Touch Football, Frisbee, and Dodgeball, and help develop your child's sensory and gross motor skills in our exciting Preschool program!

### Run By:





## Little Sluggers Baseball

**Dates:** April 22 - May 13  
(Rain Date: May 20)  
**Days:** Mondays  
**Sessions:** 4 Total Sessions  
**Cost:** \$60  
**Location:** Common Park

### Session I:

Ages 2 -3  
9:00am – 9:50pm  
(Parent / guardian participation required)

### Session II:

Ages 4 -5  
10:00am – 10:50am

### Description:

This program will encourage participants to socialize with other 'Little Sluggers' their age while having fun playing baseball! Participants will partake in a series of introductory drills and games that will allow them to practice teamwork while learning basic baseball skills. Participants will be introduced to hitting/swinging, throwing, fielding, running, and much more through this program.

No prior baseball experience is required. All equipment is provided by the Melrose Recreation Department. Participants are encouraged to bring their own baseball glove if they have one.

### Run By:

Recreation Staff



## Youth Basketball Skills & Drills

**Grades:** Grades 1-4  
**Dates:** March 18- April 8  
**Days:** Mondays  
**Sessions:** 4 Total Sessions  
**Cost:** \$60  
**Location:** Lincoln Gym

### Session I:

Grade 1 – 2  
6:15pm – 7:15pm

### Session II:

Grade 3 – 4  
7:30pm – 8:30pm

### Description:

These workouts are designed to be a fun introduction on very basic fundamentals of the game of basketball, including footwork, dribbling, passing, exercise, and some shooting (depending on grade). Each session is adjusted to fit all ages and skill levels.

**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.

### Instructor:

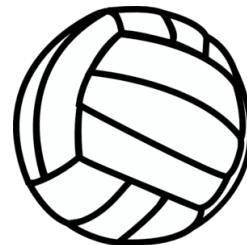
Recreation Staff





## **Middle School** **Outdoor Track (Spring)**

**Grades:** 5 – 8  
**Date:** April 22 – Beginning of June  
**Days:** Monday, Wednesday, Thursday  
**Time:** 3:00pm – 4:15pm  
**Cost:** \$95  
**Location:** Melrose Middle School  
(Near Fred Green Field)



### **Description:**

- Practices directly afterschool
- 2 – 3 introductory track meets

## **Middle School** **Volleyball Team (Spring)**

**Grade:** 8<sup>th</sup> only:  
**Date:** March 14 – May 16  
(No March 31, April 14 & April 18)  
**Cost:** \$280  
**Location:** Melrose Middle School Gym

**Practices:** Thu (8:00pm – 9:30pm)  
**Skills & Drills:** Sun (4:30pm – 6:00pm)  
**Games:** TBD

### **Description:**

- Practices are twice per week.
- Wednesday practices are 8<sup>th</sup> grade only
- Sunday skills & drills are combined with 7<sup>th</sup> & 8<sup>th</sup> grade (S&D included with MS VB Team registration)
- 3 -4 games scheduled against outside towns. Playdays are usually multiple towns playing tournament style.

## **Middle School Volleyball** **Skills & Drills (Spring)**

**Grades:** 5<sup>th</sup> & 6<sup>th</sup> (3pm – 4:30pm)  
**Grades:** 7<sup>th</sup> & 8<sup>th</sup> (4:30pm – 6:00pm)

**Days:** Sundays  
**Date:** March 17 – May 12  
(No March 31 & April 14)

**Cost:** \$130  
**Location:** Melrose Middle School Gym

### **Description:**

The programs main focus is to teach basic volleyball skills, practice those skills, and have fun. Many of the days will start with a skills session or review and then end with mini scrimmages. All are welcome from beginners who have never played volleyball to those who are more skilled. Any 8<sup>th</sup> graders who are registered for the MS VB Team are already registered for this program. If you are an 8<sup>th</sup> grader not playing on the MS VB Team you are still welcomed to register for Skills & Drills!



## Middle School Ultimate Frisbee

## **BOYS & GIRLS CLUBS** OF STONEHAM & WAKEFIELD

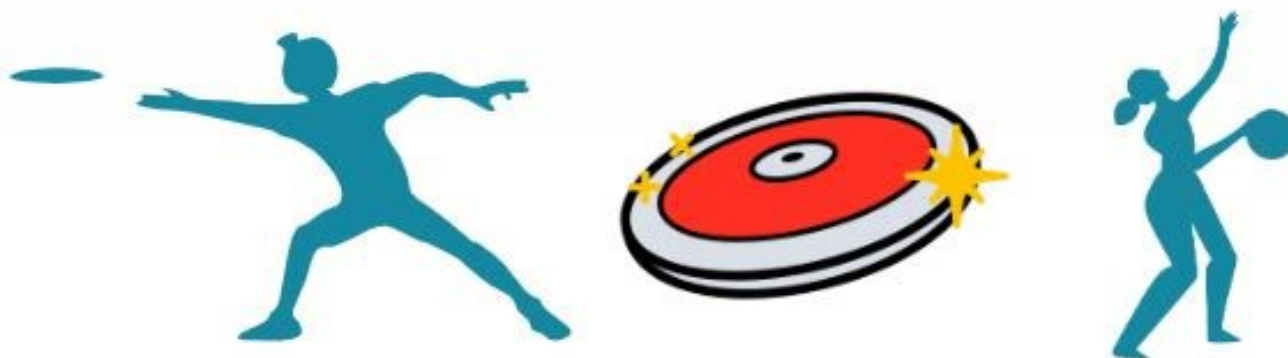
**Grades:** 6 - 8  
**Dates:** April 22 - June 3  
(No May 27)  
(Rain Date: June 10)  
**Days:** Mondays  
**Time:** 3:00pm - 4:00pm  
**Sessions:** 6 Total Sessions  
**Cost:** \$45  
**Location:** Cabbage Patch Field

# ULTIMATE

### Description:

Come learn and play the action packed sport of ultimate frisbee! This club is open to all skill levels. Staff will be onsite to assist with team warm-ups and intramural games. If you are looking to have fun then join us this spring!

To register please visit [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation).



## **MHS Strength & Conditioning**

### **\*Open Hours\***

**Grades:** MHS Students  
MVMMS Students  
**Days:** Monday – Thursday  
**Dates:** Open till Last Day of School  
**Times:** 3:00pm – 5:00pm  
**Cost:** Free!

**Location:** MHS Weight Room

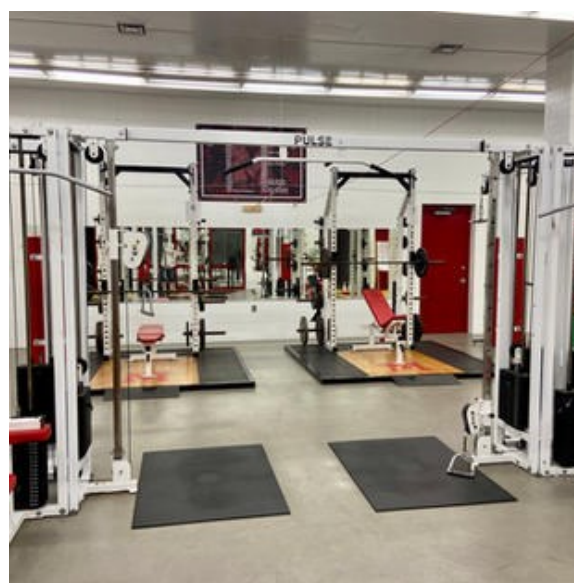
MHS Athletics, Recreation Dept., and Boys & Girls Club are offering open hours at the MHS Strength and Conditioning facility. Students will have an opportunity to workout afterschool to improve overall fitness, wellness, athletic ability, and socialize with others. The facility includes cardio, exercise machines, calisthenics, weight lifting equipment. Workout routines will be provided for students who need guidance on a workout program for the day.

There will be a supervisor overseeing safety protocols and the operations of the facility. All participants must accept and follow all rules, policies, and code of conduct set by the Recreation Department and Melrose Athletics. MHS Weight Room is closed on days when there is no school or school is cancelled due to inclement weather.

***Annual school year registration is required*** for all participants utilizing this facility. If a participant has not officially registered, they will not be permitted in the facility. Any participant under the age of 18 will require their parent / guardian's online authorization on the registration waiver. To register please visit the Melrose Recreation Dept. at [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation).



**BOYS & GIRLS CLUBS**  
OF STONEHAM & WAKEFIELD





The **Melrose Recreation Department** is proud to be running the following After School Sports for all Middle School students during the upcoming school year. Please be sure to check the Melrose Recreation Departments main website for announcements and flyers on all activities [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation). If you would like more information on any programs or are interested in registering please contact us at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org).

### FALL

- Football
- Cross Country
- Field Hockey
- Volleyball
- Strength & Conditioning

### WINTER

- Basketball
- Ice Hockey
- Wrestling
- Ski Club (partnership w/ Boys & Girls Club)
- Strength & Conditioning

### SPRING

- Outdoor Track
- Volleyball
- Strength & Conditioning

**MELROSE**



**MIDDLE SCHOOL**

ALL MS SPORTS & ACTIVITIES ARE  
LISTED ON THE NEXT FEW PAGES

\*Middle School level sports, programs, and clubs are  
independently run by the Melrose Rec Dept.

## **Safety at Home**

**Ages:** 8 - 12  
**Date:** Sun, March 3  
**Time:** 1:00pm – 4:00pm  
**Cost:** \$55  
**Location:** Milano Center - Tierney Hall  
**Instructor:** Lisa Gentile

Safety at Home program is to better prepare your children to be home alone. This program is a stepping stone for younger kids and assists older kids in better understanding the safety and responsibility needed while home. This course will teach basic safety rules, help build self-confidence, create a sense of responsibility, and heighten decision-making abilities through a variety of fun interactive activities, discussions, acting, and worksheets. 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:

- Basic home safety
- Strategies to look after yourself for short periods of time
- Having an emergency contact list
- Arriving home safely
- How to prevent injuries or problems by creating a safe and positive environment
- Fire safety
- Key, Internet, and Telephone Safety
- How to handle real-life situations and emergencies
- Snacks & meals
- When & how to get help
- Being aware of your surroundings
- Things to do while you are home alone

It is recommended to bring a snack. Pamphlets and handouts will be provided.

## **Babysitter's Training**

**Ages:** 11 - 15  
**Date:** Sat, May 4  
**Time:** 9:00am – 1:00pm  
**Cost:** \$65  
**Location:** Milano Center - Tierney Hall  
**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 fifteen years ago, she created this babysitting class. In the past 10 years, it has grown tremendously and is now being offered to many local schools, church groups, and organizations.

## Youth Photography Program

**Ages:** 12 - 16  
**Days:** Thursdays  
**Session I:** March 7 - March 28  
**Session II:** April 4 - May 2 (No April 18)  
**Time:** 4:00pm - 5:15pm  
**Cost:** \$99  
**Location:** Hunt's Photography (Melrose)

### Description:

Do you have a budding photographer that you want to encourage? Join Hunt's Photo Education for a 4-session photography program aimed at strengthening their interest, improving their photography, and getting them truly excited about being the artist, the creator, and the family photographer!

Over the course of four sessions, we will cover a wide range of topics, from composition & perspective to depth of field & movement. In every session we'll have a brief introduction to a topic followed by a fun practical exercise. Our goal is to get your photographers taking pictures as much as possible! At the end of each session, we'll give an assignment for the following week, and at the start of the next session, we'll look back on the images to see what we liked about them.

Our goal in this program is to have a lot of fun and not bog students down with too much technical stuff. However, we will also scaffold instruction, so if an attendee wants to know more about the technical aspects, they still can!

**Please note: This course is geared towards students aged 12-16 years old.** Our age requirement is general and a certain maturity level is helpful. Younger students with interest and a level of responsibility are welcome to attend.

**Camera Requirements:** Students will be required to have a DSLR, mirrorless camera, or "bridge" camera (that's a high end point and shoot camera that doesn't have interchangeable lenses). Please note: This class will not cover cell phone photography. We may offer a class like this in the future, but this is not centered around cell phones.

This will be a fun program with experienced instruction. It is encouraged to take his class multiple times to build up different skill levels as time goes on.

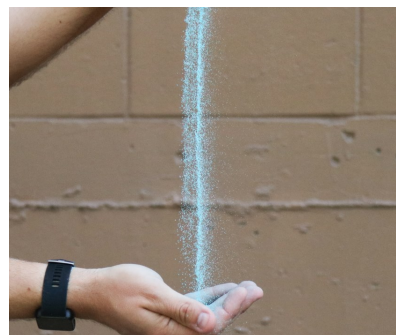
### Instructors:

Hunt's Photography in Melrose  
[Edu.huntsphoto.com](http://Edu.huntsphoto.com)



# Hunt's

PHOTO WALKS  
 WORKSHOPS  
 ADVENTURES  
 EDUCATION





# Filmmaking Classes

FOR AGES  
10-14

NEW!



presented by the creators of the **BOSTON INTERNATIONAL KIDS FILM FESTIVAL**

**DATE:**

Monday-Friday  
April 15-19

**TIME:**

9AM – 12PM

**LOCATION:**

MMTV  
360 Main Street  
Melrose, MA 02176

**COST:**

\$300

In this class, students will bring creativity to life in a fun, collaborative and exciting environment. They will learn skills in scriptwriting, storyboard sketching, improvisation and camera skills. Together they will write, shoot and edit a film in a genre of their choosing and edit their project together using the professional editing software Adobe Premiere. All equipment is provided, all you need to bring is your creativity!

*All projects made are eligible for submission into the 12th Annual Boston International Kids Film Festival in November of 2024!*

To register, please visit the Melrose Rec Department website at [www.cityofmelrose.org](http://www.cityofmelrose.org)

For any questions, please contact: Natalia Morgan, Program Coordinator  
[natalia@filmmakerscollab.org](mailto:natalia@filmmakerscollab.org)



Visit [www.bikff.org](http://www.bikff.org) to learn more about the Boston International Kids Film Festival.



[recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org)

781-979-4179

Melrose Recreation Department  
Spring 2024

Register at [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation)



## Go Camping!

The Recreation Dept. wants to provide you with the essential gear necessary so you can Go Camping! Spending time in nature can be a special experience and we want to make sure everyone has this opportunity to connect with the outdoors. One of the biggest obstacles can be investing in camping gear especially if you are new to the activity. Melrose residents will have the ability to borrow any of the following supplies from our office.

- Camping Tent (4-person)
- Sleeping Pads & Pump
- Camping Lanterns
- Hiking Pack
- First Aid Kit
- Massachusetts State Park Pass (*Free admission!*)
- Local Hiking Maps
- Resource Kit
- *Available starting April 1, 2024*



Whether you want to try camping in the backyard or at a local campsite, our equipment list will make it possible. If you would like to reserve equipment for a certain date please contact the Rec Dept. in advance at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org). All equipment is first come, first serve. A \$50 deposit (fully refunded upon return of equipment), a photo of your driver's license, and a signed usage agreement is required. All equipment should be returned to our department within 3 - 5 days of being borrowed. We ask that all equipment be returned dry and clean to the best of your ability. Resources for setting up a tent and equipment will be available. All borrowers will also get a community quest book to document some of their memorable camping experiences. *Additional fees from campsites may apply. Be sure to secure a campsite, firewood, etc. directly from the site itself. Melrose Rec will only be supplying the basic necessary gear for your visit.*



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## Mindfulness Meditation Weekly Sitting Group

**Days:** Every Thursdays  
**Time:** 7:00pm – 7:45pm  
(Meditation starts at 7:10pm)  
**Cost:** Drop-in is Free!  
(Donations accepted)  
**Location:** Melrose Milano Center

### Description:

Join us for our weekly in-person sitting group. Doors will open around 7pm so participants will have time to settle in before we begin. At 7:10pm, there will be a welcome, some basic instructions, followed by a guided mindfulness meditation practices that will last about 20 minutes. After the meditation, there will be a short period for anyone to share or ask questions. This group is open to all experience levels and for anyone interested in attending. Join at anytime. No pre-registration is required as participants will be asked to sign in upon arrival.

### Instructors:

Frank Olivieri & Ruth Valley



# Mental Health Programming

## Spring 2024

### 40 Developmental Assets

The developmental assets framework identifies 40 research-based, positive experiences and qualities that contribute to the healthy development of our young people. When we build a community focused on building assets, we are building a community our young people can thrive in.

#### Session Details:

Thu, April 25th

6pm-8pm

Milano Center

Free for All Parents  
& Grandparents!

### Mental Health 101

#### Session Details:

Thu, May 9 or

Thu, May 23

6pm-8pm

Milano Center

Free & Open to All!

May is Mental Health Month. Join Melrose HHS and Melrose Recreation in spreading awareness of mental health. This program will teach attendees about signs and symptoms, stigma, self-care, and how to help someone.



**Tufts**Medicine  
MelroseWakefield Hospital



REGISTER AT:

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





## Women's Pick-Up Soccer

**Ages:** 30(+)  
**Days:** Sundays  
**Session:** April 7 – June 9  
(No Game: May 26)  
**Time:** 7:30pm - 9:00pm  
**Cost:** \$80  
**Location:** Fred Green Turf Field

Every pick-up game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. Games will be continuously running for the duration of the session. No prior experience required.

Rain dates have been built into the schedule as extra days. If nights are cancelled due to weather or HS athletics they will not be made-up.

If you need a new reversible team jersey there is an additional \$15 fee at time of online registration. Be sure to include your jersey size if you are purchasing a league jersey. All players are required to own a Recreation Dept. reversible jersey to participate. You can use your jersey for all future seasons.

If under the age of 30 please contact the Recreation Department for more information on how you can join the league.



## Men's Pick-Up Soccer

**Ages:** 30(+)  
**Days:** Sundays  
**Session:** April 7 – June 9  
(No Game: May 26)  
**Time:** 7:00pm - 9:00pm  
**Cost:** \$80  
**Location:** Pine Banks Turf Field

Every pick-up game is staffed with a referee and will be played under the lights on the turf at Pine Banks. Each week participants will either play at 6:30pm or 8:00pm depending on your groupings schedule. All games are pick-up format and teams can be mixed up each week depending on attendance. No prior experience required.

Rain dates have been built into the schedule as extra days. If nights are cancelled due to weather or HS athletics they will not be made-up.

If you need a new reversible team jersey there is an additional \$15 fee at time of online registration. Be sure to include your jersey size if you are purchasing a league jersey. All players are required to own a Recreation Dept. reversible jersey to participate. You can use your jersey for all future seasons.

If under the age of 30 please contact the Recreation Department for more information on how you can join the league.

# PICKLEBALL LESSONS

Currently pickleball is the fastest growing sport in America - come see what all of the hype is about! Pickleball combines tennis, badminton, and table tennis (ping-pong), but you don't need a sports background to learn how to play and have fun on the pickleball court.

## Beginners I

**Ages:** 18(+)  
**Days:** Mondays  
**Time:** 10:00am - 11:00am  
**Cost:** \$65 (4 lessons)  
**Max:** 8 participants / session  
**Location:** Foss Park - Pickleball Courts

**Session I:** April 8 - April 29  
(Rain date: May 6)

**Session II:** May 13 - June 3  
(Rain date: June 10)

In this class you will learn how to hold the paddle, basic stroke mechanics, fundamental shots, rules, scoring, and etiquette for doubles pickleball. You will also learn the basics of court positioning, as pickleball is mainly played as a doubles game. All necessary court equipment will be provided, but please wear appropriate footwear. (Tennis or outdoor court shoes are ideal.)

## Beginners II

**Ages:** 18(+)  
**Days:** Mondays  
**Time:** 11:00am - 12:00pm  
**Cost:** \$65 (4 lessons)  
**Max:** 8 participants / session  
**Location:** Foss Park - Pickleball Courts

**Session I:** April 8 - April 29  
(Rain date: May 6)

**Session II:** May 13 - June 3  
(Rain date: June 10)

Players in this class should have already learned the basics of the rules and scoring of pickleball and are interested in starting to learn more about pickleball strategy. Teaching will focus on drills to help develop better mechanics and more consistency with the fundamental shots (serves/returns, dinks, and volleys), footwork, and court positioning. Players will start to learn strategies to help their team to gain the advantage in a point.

**\*Additional Lesson on Next Page\***

### Instructor Bio:

Tina Lech was first introduced to pickleball in 2019 at the Melrose YMCA. She was hooked immediately and has since become a student of the game, attending clinics, playing tournaments, running skills/drills sessions, and becoming certified to teach pickleball. Her sports background includes squash, Ultimate Frisbee, and running, and she is also a Registered Dietitian. She is particularly drawn to the amazing community of pickleball players of all ages and backgrounds she has had the pleasure to meet. Tina is certified through the IPTPA as a Level 1 teaching professional.



# PICKLEBALL LESSONS

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## Intermediate I

**Ages:** 18(+)  
**Days:** Mondays  
**Time:** 12:00pm - 1:00pm  
**Cost:** \$65 (4 lessons)  
**Max:** 8 participants / session  
**Location:** Foss Park - Pickleball Courts

**Session I:** April 8 - April 29  
(Rain date: May 6)

**Session II:** May 13 - June 3  
(Rain date: June 10)

This class will focus on helping players to level up in their pickleball game by introducing more intentionality and consistency through skills and drills of some of the fundamental shots in pickleball. Players should already have the ability to sustain a rally for more than 4 shots (serve, return, 3rd shot, and 4th shot) with consistency. Topics will include point construction, shot selection, footwork, court awareness, and partner positioning to gain point advantage. The key to improvement in pickleball is through drills and practice, and this class will provide the drills and tools for all players to improve the level of their game.

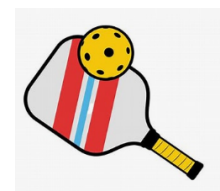
## Pickleball - Skills & Drills

**Ages:** 18(+)  
**Days:** Fridays  
**Time:** 12:00pm - 1:00pm  
**Cost:** \$65 (4 lessons)  
**Max:** 8 participants / session  
**Location:** Foss Park - Pickleball Courts

**Session I:** April 14 - May 3  
(Rain date: May 10)

**Session II:** May 17 - June 7  
(Rain date: June 14)

This class is for players who are already having success in sustaining longer rallies and are interested in learning more about point strategy and construction, shot selection, speed-ups, and defensive and reset shots. The soft, dinking game will be a primary focus as well as footwork and partner positioning.



**\*Beginners Lesson on Previous Page\***

### Instructor Bio:

Tina Lech was first introduced to pickleball in 2019 at the Melrose YMCA. She was hooked immediately and has since become a student of the game, attending clinics, playing tournaments, running skills/drills sessions, and becoming certified to teach pickleball. Her sports background includes squash, Ultimate Frisbee, and running, and she is also a Registered Dietitian. She is particularly drawn to the amazing community of pickleball players of all ages and backgrounds she has had the pleasure to meet. Tina is certified through the ITPA as a Level 1 teaching professional.

## **Melrose Pickleball Association**

**Ages:** 25+  
**Cost:** \$45 / session  
**Max:** 20 participants / session  
**Location:** Foss Park - Pickleball Courts

**Spring I:** Tuesdays  
April 16 - June 18  
5:00pm - 7:00pm

**Spring II:** Thursdays  
April 18 - June 20  
5:00pm - 7:00pm

### **Attendance Note:**

\*You can only attend the specific session / day that you have officially registered. You can not attend other days unless registered for that session. Drop-in is not permitted for this program (must be officially registered to participate).

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 semi-competitively in other locations. Games typically last between 10 – 15 minutes before rotation. Players will be rotated by the on-site coordinators. Games are almost always played as doubles competition. Due to limited court space prior experience is required.

Participants should bring their own paddles, however balls will be provided. Sneakers are required.

Two rain dates have been built into the schedule as extra days. If nights are cancelled due to weather they will not be made-up.

We ask all participants to avoid parking on Malvern Street to assist with traffic flow.





# Melrose Mixed Doubles Open

*A Fundraiser for Melrose High School Tennis*

## *Saturday, May 18*

**Match Format: 8 Game Pro-Set**

**-Open Draw (All Ages & Levels)**

**-High School Draw (MHS Players Only)**

### **Registration Information**

- Final Registration- May 15<sup>th</sup>
- Rain Date: Sunday, May 21<sup>st</sup>
- Free Gift!
- \$50 per Doubles Team
- Spots **are** limited



**Online registration is available for tournament spots!**

To register, or for more information, please contact the Melrose Recreation Department

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**NEW!**



## Melrose Tennis Association

**Ages:** 18(+)  
**Dates:** May 28 - Sept 26  
**Time:** 5:30pm – Till Dark  
**Location:** Crystal Street Tennis Courts

**Session I:** Tuesdays & Thursday  
 \$110

**Session II:** Wednesdays  
 \$55

### Description:

M.T.A is a non-competitive social group for intermediate & advanced tennis players. The group meets to play doubles and/or singles matches. A program coordinator will be on-site to supply new tennis balls and to assist in setting up matches for players.

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.

**New this season.** In order to accommodate a large waiting list evenings have been separated into two sessions (Tue/Thu or Wed). Players are only permitted to register for a single session unless open spots are made available to members after the start of the season.

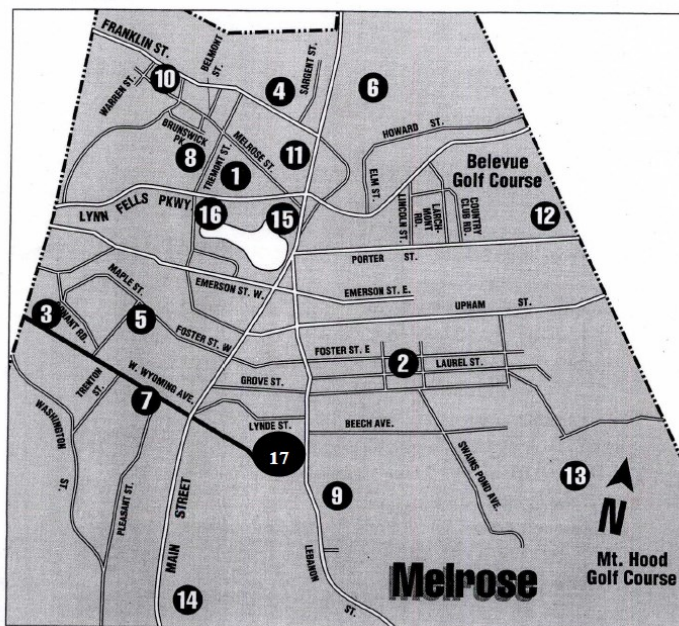
Two rain dates have been built into the schedule as extra days. If nights are cancelled due to weather they will not be made-up.

Program Coordinators:  
 Teresa Mackie & Elizabeth Atkinson





# 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, basketball, softball	Laurel & Foster St.
3. Conant Park	Play area, ball fields	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, tennis	Hesseltine Ave.
7. Lincoln Park	Tot lot, tennis, basketball, ball field	Rear Lincoln 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. Ell Pond Park – East	Tennis, soccer, Dog Park	Lynn Fells Parkway
16. Ell Pond Park – West	Tennis, baseball	Tremont St.
17. Foss Park	Basketball, pickleball, baseball, play area	Malvern St.

## Parks Department

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

781-662-0210

## **Payment**

Payment must accompany all program registrations. Cash, checks, and credit card are all accepted. Checks should be made payable to "Melrose Recreation Department." All printable registrations forms can be found on our website at [www.cityofmelrose.org/recreation](http://www.cityofmelrose.org/recreation). To register online visit our website (listed above) and click on the "Register Here." If you have any difficulties please contact us at 781-979-4179.

## **Course Confirmation**

A participant is official registered ONLY after they have completed all paperwork, waivers, and payment has been received. If at any time, there are questions regarding your enrollment status please contact Melrose Recreation.

## **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.

## **Refunds**

Full refunds will not be given after a class or a session begins. Pro-rated refunds may be available depending on certain programs. If you would like to cancel a registration for a full refund you must do so at least two weeks prior to the start of the program. Request must be made directly to the office (not to instructors, coaches, etc.). Refunds may take 4 – 6 weeks for processing.

## **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, the program may be rescheduled to a new date and time.

## **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.

## **Snacks & Drinks**

All program participants are encouraged to bring water and snacks to programs, however, all programs are nut-free.

## **Special Accommodations**

Participants who need special accommodations are encouraged to participate in all of our programs. Staff members are sensitive to needs and will do everything possible to best serve. If you are unsure regarding program specifics please contact us.

## **Scholarships & Financial Aid**

Scholarships and financial assistance may be available to interested participants. Melrose Recreation's goal is to never turn away an interested participant due to financial hardship. For eligibility information, please contact the Melrose Recreation Department by phone or email at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org).

## **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!!!