

Melrose

RECREATION DEPARTMENT



2024 Summer Brochure



Get Out & Play!
REGISTRATION NOW OPEN!



MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE MA 02176

781-979-4179 / RECREATION@CITYOFMELROSE.ORG



RECREATION

Melrose Recreation Dept.

562 Main Street, Melrose, MA 02176

Main Phone 781-979-4179

Email 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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RECREATION



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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
www.cityofmelrose.org/recreation



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 15th
- Rain Date: Sunday, May 21st
- 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

July 4 - 4th of July Celebration



Ages: All Ages
Date: Thursday, July 4
Time: 10:00am – 11:30am
Cost: FREE!
Location: Melrose Common Park

Come join the Rec Dept. for our Annual Bike & Carriage Parade around Common Park. Bring your decorated bike, wagon, carriage, scooter, skateboard, or other custom ride and take part in the festivities. We encourage everyone to be creative and to let their American spirit shine!



The parade will begin at 10:00am sharp! However if you are running a little late it is no problem as the parade line does take time get going. Participants can join the end of the line as they arrive. Street parking does fill up fast and we ask everyone to be mindful of neighbor's driveways and parking in legal spots.

At the conclusion of the parade all youth will receive a participation ribbon & wristband. We will also have free face painting, music, games, activities, and vendors. Fun for the entire family!



SCHEDULE OF EVENTS

10:00am Parade Begins (10:00am Sharp!)
 10:30am Event Festivities Begin
 -Face Painting
 -Music
 -Games, Activities, & Crafts
 11:30am Event Ends





FREE
ACTIVITIES
& MEALS

Join us for
healthy **FREE**
MEALS
this summer!



THE CITY OF MELROSE PRESENTS

2024 MELROSE SUMMER OF WELLNESS: ACTIVITIES & FOOD PROGRAM

Local families are invited to join the City of Melrose and our local Boys & Girls Clubs for **FREE** healthy meals and outdoor fun this summer! This program will provide outdoor wellness activities, special events, and meals for all under the age of 18. No ID is required. Weather permitting.

Wellness Lunch Program Dates:

Weekdays, Activities: 10am-11am
Schedule to be released at a later date
July 6th - August 23rd, 2024

Location:

Hesseltine Playground at
Horace Mann School, Melrose MA

Questions? Email: bartez@bgcstoneham.org



City of
Melrose
MASSACHUSETTS



BOYS & GIRLS CLUBS
OF STONEHAM & WAKEFIELD



Super Soccer Stars

Days: Wednesdays, 4 Classes
Cost: \$88
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)

Session I: June 26 – July 17
(Rain date: July 24)

Session II: July 31 – Aug 21
(Rain date: Aug 28)



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



USTA Quick Start Tennis

Quick Start Tennis is an exciting youth 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 all tailored to the age and size of the child.

Quick Start Tennis I

Ages: 5 - 6
Time: 9:00am – 9:50am

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 racquet.

Quick Start Tennis II

Ages: 7 - 9
Time: 10:00am – 10:50am

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 racquet.

Quick Start Tennis III

Ages: 10 -12
Time: 11:00am – 11:50am

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 racquet.



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 Crystal Street Tennis Courts

TWICE / WEEK

Classes: 2 Lessons
Cost: \$30

Monday & Wednesday (Rain Date: Fridays)

Week 1: June 24 & June 26
Week 2: July 8 & July 10
Week 3: July 15 & July 17
Week 4: July 22 & July 24
Week 5: July 29 & July 31
Week 6: Aug 5 & Aug 7

Tuesday & Thursday (Rain Date: Fridays)

Week 1: June 25 & June 27
Week 2: July 9 & July 11
Week 3: July 16 & July 18
Week 4: July 23 & July 25
Week 5: July 30 & Aug 1
Week 6: Aug 6 & Aug 8



Mt. Hood Youth Golf Lessons

Ages: 6 - 14
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 12:15pm
Cost: \$185
Location: Mt. Hood Golf Course

Session 1: June 24 - June 26
Session 2: July 8 - July 10
Session 3: July 15 - July 17
Session 4: July 22 - July 24
Session 5: July 29 - July 31
Session 6: Aug 5 - Aug 7
Session 7: Aug 12 - Aug 14

Description:

Sagamore Golf Club and Melrose Recreation are partnering to offer three day youth summer golf lessons. Participants will have the opportunity to work with instructors to practice proper covering grip, swing, and game fundamentals. Participants will learn golf etiquette and spend time outdoors getting experience while on the course. Participants will be developing their skills in different areas of Mt. Hood including the putting/chipping greens and the scenic practice area near the tower. Golf lessons are designed to be instructional, social, and fun! These lessons are open to children between the ages of 5 - 14. The group sizes are limited to allow for personalized instruction. Groups are separated based on age / skill levels.

*Participants must bring their own clubs.

To register please visit the Melrose Recreation Dept. at www.cityofmelrose.org/recreation.

Run by:

Sagamore Golf Club





Intro to Golf: Birdie Putt & Chip:

Ages: 3 - 5
Dates: July 8 - Aug 12
 (Rain Date Aug 19)
Days: Mondays
Time: 10:00am - 10:50am
Sessions: 6 Total Sessions
Cost: \$149
Location: Hesseltine 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:



Elementary Fast Track

Ages: 6 - 10
Dates: July 8 - Aug 12
 (Rain Date Aug 19)
Days: Mondays
Time: 11:00am - 12:15pm
Sessions: 6 Total Sessions
Cost: \$159
Location: Hesseltine Park

Description:

In this program, runners of all skill levels will learn the proper techniques of running. Each week will focus on a different track event starting with sprints and ending with distance runs. Participants will reinforce starting technique, proper stride and pace. This program will help teach kids the fundamentals while getting them excited about running track.

After the program, lunch will be provided free of charge for anyone interested. More information will be provided closer to the program.

Run By:





Multi-Sport Champions!

Ages: 7 – 12
Days: Tuesday – Thursday
 (Rain Date: Fri)
Time: 9:00am – 2:00pm
Cost: \$185
Location: Hesseltine Park
 (Horace Mann Elementary)

Session I: July 16 – July 18
 (Rain date July 19)

Session II: Aug 6 – Aug 8
 (Rain date Aug 9)

Sports, games, activities, competition, & fun! We will be staffing the program with Melrose PE teachers and/ or 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.

All participants are required to bring a water, snacks, and sunscreen. Bathroom, water, and cooling stations will be available.

Lunch will be provided free of charge for anyone interested. More information will be provided closer to the program. Participants are welcome to bring their own lunch if preferred.

Run by:
 -Melrose Rec Staff

Summer Street Hockey Club

Grades: Entering Grades 3 - 7
Cost: \$135
Location: Winthrop Outdoor Basketball Court

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

Session I: June 24 – June 27
 Monday - Thursday
 (Rain date: Fri, June 28)

Throw on the rollerblades and jump right into the action! The program will include fun games, shootouts, and scrimmages! This program is a great way to keep playing hockey into the summer. Not a Hockey player? Doesn't matter! All skill levels are encouraged to join. 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)

Instructor:

Andrew Deane (MS Varsity Hockey Coach)

M MELROSE FOOTBALL



**Melrose Middle School Football
 Friday Night Lights**

Grades: 6 – 8
Days: Fridays
Dates: July 26, Aug 2, & Aug 9
Time: 6:30pm – 8:00pm
Location: Fred Green Field (High School)

Cost:
 Free clinic for all Middle School Football Players
 (See next page)

Description:

- Offensive & Defensive skill development
- Position specific mechanics, technique, & footwork
- Conditioning and Speed Development

Staff:

Melrose High School Coaching Staff
 Middle School Football Coaching Staff

**Eastern MASS
 Lineman Football Clinic**

Grades: 9 – 12
Days: Wed - Fri
Dates: June 19, 20, & 21
Time: 10am – 12pm
Cost: \$90
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.**

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.





2024

MELROSE MIDDLE SCHOOL FOOTBALL



REGISTRATION AND INFORMATION

WHO: All students entering the 6th, 7th or 8th grades in September of 2024 who are interested in playing football.

FACTS:

- Varsity team (grades 7 & 8) / Junior Varsity team (grades 6 & 7)
- The team 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, Burlington, Concord, Lexington, Reading, Wilmington, Winchester, Woburn and other Middle School teams in the region.
- **PRESEASON WILL BEGIN ON AUGUST 19th !**
- All home games will be played at Melrose High School and MVMMS complex - Fred Green Field.
- **Practices will be held 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, preseason & 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

REGISTRATION: To register please visit
www.cityofmelrose.org/recreation





FALL 2024

MELROSE FLAG FOOTBALL LEAGUE

REGISTRATION OPEN!

SPACE IS LIMITED!

Leagues:

Grades K - 2

Grades 3 - 4

Grades 5 - 6

Expected Times:

4:00pm - 4:55pm

4:30pm - 6:00pm

5:30pm - 7:00pm



Days:

Saturdays

Sept 7 - Oct 26

Registration Deadline:

Aug 8

(Wait list once each league is full)



Cost:

\$120 (K-2)

\$140 (3-6)

Location:

Fred Green Field (High School)



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

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

Instructional Program (Grades K - 2)

This program is designed to introduce participants to flag football with a focus on basic fundamentals, socialization, and skill building. Players will have a 30 minute skills and drills session which will be followed with 20 minutes of fun team activities and scrimmages. Volunteer head and assistant coaches will run the session.

MELROSE YOUTH FIELD HOCKEY

FALL 2024

GRADES 3 - 8
Youth & Middle School

\$175 / Player

Registration Deadline: June 15
Optional Pre-season: Sunday afternoons in August
Baystate Fall Season: Early September - Early November



Divisions:
Grades 3 & 4
Grades 5 & 6
Grades 7 & 8

Melrose Youth Field Hockey (MYFH) is excited to be back this fall to build on the player's fundamental skills and competitive game play. MYFH's goal is to bring more athletes to the sport of field hockey while sustaining a quality program. This season will be our second year in the newly created Baystate Field Hockey League.

MYFH is one of 18 programs within the Baystate Field Hockey League. Players of MYFH grades 3-8 are divided into divisions based on grade level. Players will have two practices per week and one game on Sundays. Games are both home in Melrose and away at nearby towns and staffed with a game referee.

Optional pre-season practices will be held on Sunday in August between 1pm - 4pm. The goal of our August Sunday skill sessions is to provide an opportunity to build on proper passing and receiving techniques, goal scoring, and game play. New players are welcome to attend as instruction will be adapted. Having proficiency in basic skills is helpful and attending the July or August skills clinic can really assist with player development going into the season. (See next page for clinics)

MYFH is considering the possibility of creating a Select Teams for 7/8 grades. Please indicate at time of registration if you're potentially interested. Updates will be provided closer to the start of the season.

Players will need their own stick, shin guards, goggles, and mouth guard. Please contact the Recreation Department if you need assistance with equipment.

League Information

Melrose Youth Field Hockey is a member of the Baystate Youth Field Hockey League. This year the League is hosting its first ever Jamboree and is considering more competitive Select Team divisions.

baystateyouthfieldhockey.com



VOLUNTEERS NEEDED!

We are seeking adults interested in supporting the program through coaching and various roles.

recreation@cityofmelrose.org



RECREATION

YOUTH / TEEN

SUMMER 2024

SUMMER FIELD HOCKEY CLINICS

RUN BY THE MELROSE VARSITY & MIDDLE SCHOOL COACHES



Summer Field Hockey Skills & Drills

Entering Grades: 1 - 8
Days: Wednesdays
Dates: July 10 – July 31
Location: Fred Green Field

Session I: Entering Grades 1 - 5
7:00pm - 8:00pm
\$80

Session II: Entering Grades 6 - 8
6:45pm – 8:30pm
\$100

The purpose of the newly added skills sessions is to provide young players an opportunity to build fundamentals, improve specific skills and develop game sense. Players will receive fun and supportive instruction. Players will be grouped by age and ability.

For grades 6-8, there will be a strength and conditioning component. Participants will receive a strength and conditioning program on their first Wednesday night session. They are strongly encouraged to complete their conditioning outside of the Wednesday night sessions.

All players will need to provide their own mouth guard, goggles, shin guards, and stick to participate. If you cannot provide a stick then please contact the Recreation Department for assistance.

Clinic Instructors:
MHS & Melrose Youth Field Hockey Coaching Staff

Pre-Season Field Hockey Clinic

Entering Grades: 1 - 4
Days: Mon - Thu
Dates: Aug 5 – Aug 8
Time: 6:45pm – 7:45pm
Cost: \$85
Location: Fred Green Field

The goal of our August night skill sessions is to provide an opportunity to build on proper passing and receiving techniques, goal scoring, and game play for our youngest MYFH athletes. We look forward to 4 nights of fun, learning and growth. Players will receive intensive instruction through fun and competitive drills. Players will be divided into small groups to gain confidence and direct coaching from MYFH coaches and Melrose High School coaches and players.

All players will need to provide their own mouth guard, goggles, shin guards, and stick to participate. If you cannot provide a stick then please contact the Recreation Department for assistance.

Clinic Instructors:
MHS & Melrose Youth Field Hockey Coaching Staff



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Melrose Recreation Department
Summer 2024

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

SUMMER 2024

Melrose Volleyball Summer Academy

Grades: Girls entering grades 5 - 9
Days: Tuesday - Thursday
Dates: July 9 - July 11
Cost: \$225
Time: 12:30pm – 4:30pm
Location: MVMMS Gym



Description:

The purpose of the academy is to provide young players an opportunity to learn volleyball fundamentals and improve specific skills. Players will receive twelve hours of intensive instruction in the proper fundamentals of serving, setting, attacking, passing, defensive play, and offensive play. At the academy, players will do the same drills and learn the same fundamentals that are taught to Melrose High players each fall. The drills presented are designed to help each player improve her skills and performance and to gain confidence. Players will be divided into small groups, by age and by ability, to ensure individualized instruction. **Our goal for the academy is for each player to improve and to have fun.**

This is a terrific opportunity for young volleyball players to receive expert training at a modest cost. Join our academy and learn the game of volleyball in a fun and structured environment. This is a perfect time for players to have some fun and sharpen their skills for the upcoming volleyball season. We hope that you will join us!



To register please visit the Melrose Recreation Dept. at www.cityofmelrose.org/recreation.

ACADEMY STAFF

Scott Celli - Academy Director:

The Summer Academy director is “2011 Massachusetts Girls Volleyball Coaches Association Hall of Fame Inductee” Scott Celli, 24-year high school coach, and his staff that has lead his team to 22 Middlesex League Championships, 10 Division II North Championships, and its first ever **Division 2 State Championship in 2012.**

*Additional staff includes MHS Volleyball coaching staff and varsity team.



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Melrose Recreation Department

Summer 2024

Register at www.cityofmelrose.org/recreation



Grades: Rising Grades 3 - 8
Days: Tue, Wed, Thu
Dates: Aug 13 - Aug 15
Cost: \$200
Time: 9:00am – 1:00pm
Location: Marcoux Gym

Description:

Girls from Melrose and surrounding towns are invited to join Girls Varsity Head Coach Andrea Razi-Thomas and members of the high school program this summer at Melrose High for a 3-day basketball clinic. Attendees will learn fundamentals of the game and sharpen their skills alongside role model student-athletes from MHS. Come play some basketball and learn with friends.

The format of the day will involve stations and competitive drills as well as 3v3 and 5v5 tournament style games. The emphasis will be on fun, learning and team play! Players should bring a basketball, water, a snack, and a reversible jersey if they have one.

Melrose Girls Basketball is on the rise! Sign up and be part of the future.

Instructors:

Andrea Razi-Thomas – Girls Varsity Basketball Coach
Players from the MHS Basketball Team

Andrea Razi-Thomas – Girls Varsity Basketball Coach

Coach Razi-Thomas brings passion and energy to the game along with years of experience on the hardwood as a former D1 player and coach.

M MELROSE SOCCER



M MELROSE BASKETBALL



Melrose Athletics - Youth Soccer Clinic

Entering Grades: 3 - 8
Dates: Aug 19 – Aug 22
Days: Monday - Thursday
 (Rain Date: Fri, Aug 23)
Cost: \$85
Location: West Knoll Field

Session I: Grades 3 - 5
 6:30pm – 7:45pm

Session II: Grades 6 - 8
 8:00pm – 9:15pm

Kids 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. All participants are required to bring their own ball. If you do not have a ball please contact the Recreation Department.

Staff:
 Rob Mahoney (Varsity Head Coach)
 Girls Soccer Coaching Staff
 High School Girls Soccer Team

Melrose Athletics – Jump Start Basketball Clinic

Entering Grades: 3 – 8, Boys & Girls
Days: Monday - Thursday
 (Rain Date: Friday)
Cost: \$90
Location: Common Park

Session I: July 29 - Aug 1
 Grades 3 - 5
 8:00am – 9:30am

Session II: July 29 - Aug 1
 Grades 6 - 8
 9:30am – 11:00am

Session III: Aug 12 - Aug 15
 Grades 3 - 5
 8:00am – 9:30am

Session IV: Aug 12 - Aug 15
 Grades 6 - 8
 9:30am – 11:00am

The clinic is designed to help boys and girls who are interested in improving their basketball skills. Any child looking to make a certain team or just looking to have fun and learn the game of basketball are encouraged. The skills of shooting, passing, footwork, rebounding and ball handling will be incorporated in a variety of ways. Skills and drills, shooting competitions will take place for the hour the clinic runs.

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:
 Dan Burns (Varsity Basketball Head Coach)



**Lazer Lax -
 Youth Lacrosse Clinic**

Entering Grades: 1 - 9, Boys & Girls
Days: Tuesday - Thursday
Dates: July 9 – July 11
 (Rain Date: Fri, July 12)
Time: 9:00am – 12:00pm
Cost: \$170
Location: Fred Green Field



Once again Lazer Lax will be running a three day Lacrosse clinic in Melrose! Join Coach James to participate in skills, drills, and game play situations.

Fun, instructional and competitive curriculum that is grouped by age and ability. Drills and activities that keep our campers moving. Skills competitions, player awards and individual player evaluations. Campers receive instruction from High School coaches, collegiate players and current players from the Melrose High School program. Daily goalie pavilion: small group or individual goalie work ranging from experienced to first time goal tenders.

- Girls must bring their own stick, goggles, mouth guard and water.
- Boys must bring a stick, helmet, as well shoulder pads, elbow pads, gloves, and water

First time players, goalies, and prospective goalies are all encouraged to attend! The clinic is open to any athlete no matter playing experience.

Run by:
 Boys Varsity Coach Matt James



Summer Strength & Conditioning

Grades: 6 - 12
Free!

STARTS: MON, JUNE 17

OPEN:
MONDAY - THURSDAY
(Closed Fri - Sun)

MS & FEMALE ATHLETES
3:00pm – 4:00pm

ALL HS ATHLETES
4:00pm – 7:00pm

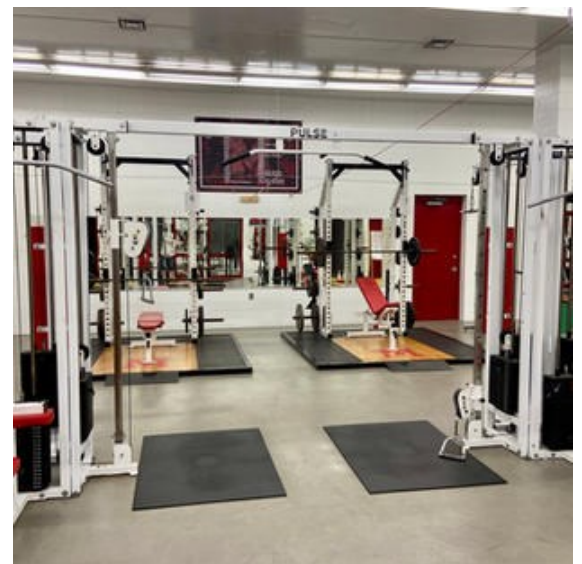
All participants must enter through the grey doors on the outside of Melrose High School near Melrose Street

MHS Athletics and the Recreation Dept., 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.

Summer 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.



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. If you would like more information on any programs or are interested in registering please contact us at recreation@cityofmelrose.org.

FALL

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

WINTER

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

SPRING

- Outdoor Track
- Volleyball
- Ultimate Frisbee
- Strength & Conditioning



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.**



Build, Modify, Code Lego Amusement Thrill Rides & Stop Motion Animation (WK#1)

Ages: 6 - 8
Days: Mon – Fri
Cost: \$425
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week I: July 8 – July 12
Week III: July 22 – July 26

Channel your inner Master Builder and create your very own LEGO amusement park thrill rides where Everything is Awesome! Before each LEGO brick creation, staff will discuss key engineering and physics concepts with the children and how they relate to our LEGO rides. Students will build LEGO brick cars using axles, gears, pulleys, battery packs, and motors. In addition, children will code their LEGO builds using a drag-and-drop-based interface using Bluetooth technology. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using Professional Stop Motion Animation software.

Children may register for both weeks and individual weeks. Each week has different LEGO builds and lessons.

Amusement Park Thrill Rides & Stop Motion Animation (WK#2)

Ages: 6 - 8
Days: Mon – Fri
Cost: \$425
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week II: July 15 – July 19
Week IV: July 29 – Aug 2

Become a master amusement park designer as we create LEGO Amusement Thrill Rides. Students will use STEM principles to create and modify Merry Go Rounds, Teacups Rides, Tilt A Whirl, bumper cars and more. Before each lesson will use gears and motors to learn about mechanical devices such as levers, wheels, and axles. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using Professional Stop Motion Animation software.

Children may register for both weeks and individual weeks. Each week has different LEGO builds and

LET GO YOUR MIND - IMPORTANT NOTES

1. All children are required to bring water and lunch.
2. At lunchtime, the program will go outside to Mary Foley Park located across the street from Memorial Hall.
3. There will be a \$50 refund fee for anyone who registers for more than one week of this program and later cancels. This is to limit people from signing up for multiple weeks as a placeholder for their child locking out other participants.



RECREATION

YOUTH / TEEN

SUMMER 2024



Robotics Challenge, Stop Motion Animation & Minecraft (WK#1)

Ages: 9 - 13
Days: Mon – Fri
Cost: \$425
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week I: July 8 – July 12

Week III: July 22 – July 26

Join us as we design, build, modify, and program robots that interact, perform complex tasks and respond to challenges. Students will partner up and use LEGO® Robots to compete in challenges robot races, mazes and wiffle ball challenges. In addition, students will use Minecraft to complete tasks such as building mazes filled with traps and defenses to protect them from arch enemies. They will learn to use Command Blocks and Redstone to create traps and other obstacles. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using Professional Stop Motion Animation software.

Children may register for both weeks and individual weeks. Each week has different LEGO builds & lessons.

Minute to Win It Robotics Challenges, Stop Motion Animation & Minecraft (WK#2)

Ages: 9 - 13
Days: Mon – Fri
Cost: \$425
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week II: July 15 – July 19

Week IV: July 29 – Aug 2

Join us as we design, build, modify, and program robots that interact, perform complex tasks and respond to challenges. Students will partner up and use LEGO® Robots to compete in challenges Swept Away, Warbots and wiffle ball challenges. In addition, students will use Minecraft to complete tasks such as building mazes filled with traps and defenses to protect them from arch enemies. They will learn to use Command Blocks and Redstone to create traps and other obstacles. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using Professional Stop Motion Animation software.

Children may register for both weeks and individual weeks. Each week has different LEGO builds & lessons.

LET GO YOUR MIND - IMPORTANT NOTES

1. All children are required to bring water and lunch.
2. At lunchtime, the program will go outside to Mary Foley Park located across the street from Memorial Hall.
3. There will be a \$50 refund fee for anyone who registers for more than one week of this program and later cancels. This is to limit people from signing up for multiple weeks as a placeholder for their child locking out other participants.



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Summer 2024

Register at www.cityofmelrose.org/recreation



Youth Summer Photography Program



Ages: 12 - 16
Days: Monday - Friday
Time: 10:00am - 12:00pm
Cost: \$135
Location: Hunt's Photography (Melrose)

Session I: July 15 - July 19
Session II: Aug 5 - Aug 9

Description:

Do you have a budding photographer that you want to encourage this summer break? Join Hunt's Photo Education for a week-long 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 five days, we will cover a wide range of topics, from composition & perspective to depth of field & movement. Every day we'll have a brief introduction to a topic followed by a fun practical exercise. Our goal is to get your photographers outside and taking pictures as much as possible! At the end of the day, we'll look back on the images to see what we liked about them. And at the end of the week, we'll print and display images from all of our students in our Hunt's Photo Gallery for all to see.

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!

Students will be required to have some kind of camera. We generally recommend a DSLR or mirrorless camera, but it can also be a cell phone or a point and shoot camera. Pretty much any digital camera that works is acceptable!

This will be a fun week with experienced instruction. We look forward to seeing you there!

Recommended age requirements

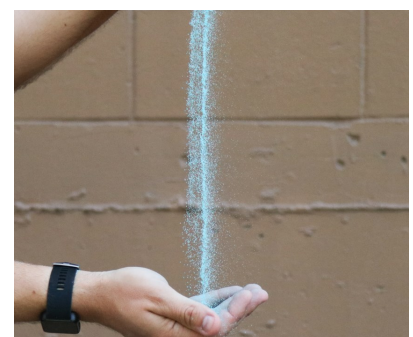
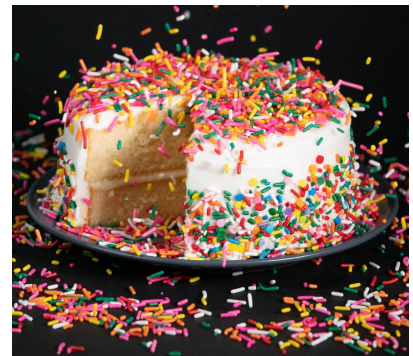
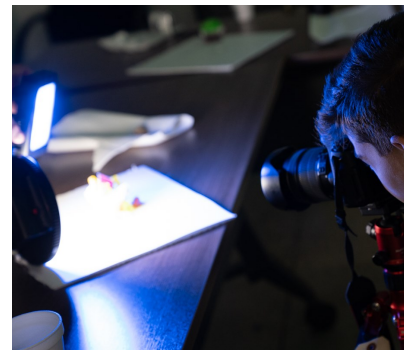
Our age requirement is very general. A certain maturity level is helpful. Younger students with interest and a level of responsibility are welcome to attend. As we mention, we will scaffold instruction for any age range.

Instructors:

Hunt's Photography in Melrose

Hunt's

PHOTO WALKS
 WORKSHOPS
 ADVENTURES
 EDUCATION



Filmmaking Classes

FOR AGES
10-14



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

DATE:

Monday- Friday
July 8th - July 12th

TIME:

9AM – 3PM

LOCATION:

MMTV
360 Main Street
Melrose, MA 02176

COST:

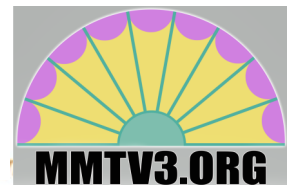
\$400

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 in the class will be submitted to the Boston International Kids Film Festival for an opportunity to be selected and screened in November of 2024

To register, please visit the Melrose Rec Department website at

www.cityofmelrose.org



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



recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department
Summer 2024

Register at www.cityofmelrose.org/recreation

New Addition

**For ages
12-14**

Filmmaking: Green Screen & Special Effects



presented by the creators of the **Boston International Kids Film Festival**

In this class, students will learn a new way to approach filmmaking. Not only will they collaborate to make their own short film but they will also learn a new skill that will expand their creative approach to filmmaking. This class will focus on all things special effects using tools such as green screens, movie props, camera techniques and professional editing software to bring their imagination to life. Together they will write, shoot, and edit a film in the genre of their choosing

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
www.cityofmelrose.org



<u>DATE:</u>	<u>TIME:</u>	<u>LOCATION:</u>	<u>COST:</u>
Monday-Friday July 15- July 19	9AM-3PM	MMTV 360 Main Street Melrose, MA 02176	\$400



recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department
Summer 2024

Register at www.cityofmelrose.org/recreation

Communitas

Adaptive Family Kickball

Ages: All Ages!
Dates: Aug 8 - Sept 26
Days: Thursdays
Time: 5:30pm – 7:00pm
Cost: \$50
Location: Lincoln Baseball Field

Looking for a great way to keep your family active this summer? This is a great opportunity to meet other families and get to know Communitas staff while having fun with a good old-fashioned game of kickball! We'll split up into teams each week and have a lot of laughs. All ages and abilities welcome.

*This is not a drop off program. Participants should come with their families, a friend, or staff.

*Please bring a water bottle, wear sneakers and comfortable clothes you can work out in!

*Minimum of 6 families. Preregistration required!

Initial registration needs to be completed through Communitas. Prior to the start of the program a second waiver will need to be signed with Melrose Recreation. A link or form will be provided at that time.

Communitas Registration:
<https://communitas.recdesk.com/Community/Program>

Registration opens first week of July

Adaptive Bootcamp

Ages: 16+
Dates: Aug 5 - Sept 30
(No Sept 2)
Days: Mondays
Time: 6:00pm – 7:00pm
Cost: \$50
Location: Franklin Field

This circuit-style partner fitness class will include a combination of cardio and strengthening exercises, challenging each participant at their own level, with high energy music to get everyone moving, sweating, and having fun!

Participants should bring a helper, or “buddy” (family member, or aide) to join in the workout fun at no extra charge! This is not a drop off program!

*Please bring a water bottle, wear sneakers and comfortable clothes you can work out in!

Initial registration needs to be completed through Communitas. Prior to the start of the program a second waiver will need to be signed with Melrose Recreation. A link or form will be provided at that time.

Communitas Registration:
<https://communitas.recdesk.com/Community/Program>

Registration opens first week of July



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
- Camping Lanterns
- Hiking Pack
- First Aid Kit
- Massachusetts State Park Pass (*Free admission!*)
- Local Hiking Maps
- Resource Kit



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. 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.*





BOYS & GIRLS CLUBS
OF STONEHAM & WAKEFIELD



**LOCATED AT ELL POND - LYNN FELS PKY - MELROSE
(NEXT TO THE MELROSE DOG PARK - DOGS WELCOME!)**

FOR MORE INFORMATION CONTACT US AT:
BOATING@BGCWAKEFIELD.ORG
OR VISIT OUR WEBSITE: MELROSEBOATING.COM





Mindfulness Meditation

Weekly Sitting Group

Days: Every Thursdays
Time: 7:00pm – 7:45pm
(Meditation starts at 7:10pm)
Cost: Drop-in is Free!
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

Melrose Pickleball Association

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

Summer I: Tuesdays
June 25 - Aug 27
5:00pm - 7:00pm

Summer II: Thursdays
June 27 - Aug 29
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.

The use of USA Pickleball approved quiet paddles are required during play, however quiet paddles and 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.



Women's Pick-Up Soccer

Ages: 30(+)
Days: Sundays
Session: June 23 – Aug 11
Time: 5:00pm - 7:00pm
Cost: \$90
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: June 23 – Aug 11
Time: 7:00pm - 9:00pm
Cost: \$90
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 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.

Men's Over Thirty Summer Pick-Up Basketball

Ages: 30(+)
Days: Mondays
Session: June 24 – July 29
Time: 7:00pm – 8:45pm
Cost: \$80
Location: Middle School Gym

We will be running continuous pick-up games from 7:00pm – 8:45pm for registered participants. There will be a volunteer league coordinator on-site to assist with organizing games and teams. Several formats may be used to organize games and teams each night.

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 new jersey. All players are required to own a Recreation Dept. reversible jersey to participate.

Men's Over Thirty Summer Baseball League

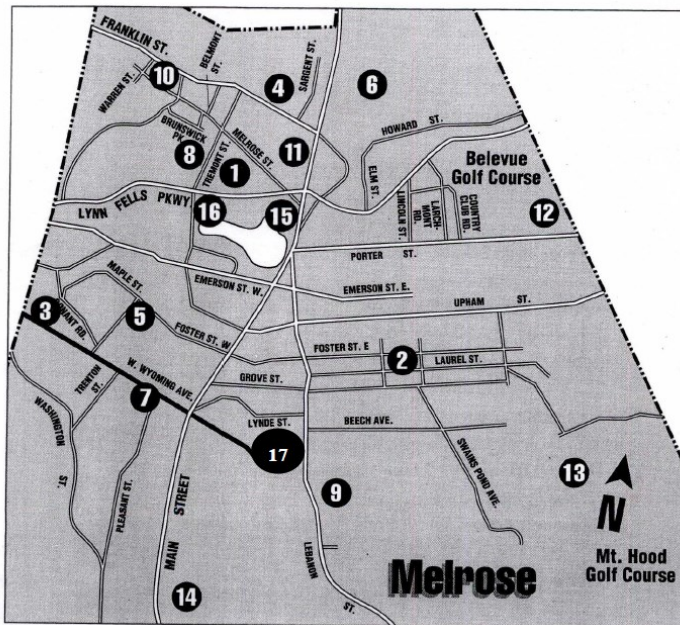
Ages: 30(+)
Days: Sundays
Session: June 2 – Sept 15
Time: 8:00am or 10:15am game
Cost: \$140
Location: Pine Banks Turf Field

Each game is staffed with a certified umpire. All players receive a team jersey and hat. Wooden bats only. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. We encourage all to register early!

Weather permitting, there will be 12 regular season games starting on Sunday, June 2nd - with 2 playoffs games to determine the league champion. No games will be played Labor day weekend, Sunday, September 2nd. An additional week has been built into the season to account for cancellations due to weather or conflicts - cancellations will not be made up during the year.



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. 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.

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!!!