

Melrose

RECREATION DEPARTMENT



Fall / Winter Brochure '23-'24



Get Out & Play!
REGISTRATION NOW OPEN!

MELROSE RECREATION DEPARTMENT

562 MAIN STREET, MELROSE MA 02176

781-979-4179 / RECREATION@CITYOFMELROSE.ORG



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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We sell Melrose.



“Do you know what my favorite part of the game is?
The opportunity to play the game.”
— Mike Singletary



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jill.leeman@compass.com

LORRAINE GATELY

Licensed Real Estate Agent
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MEGAN WORLEY

Marketing + Staging Specialist
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fit life



www.fitlifema.com - info@fitlifema.com

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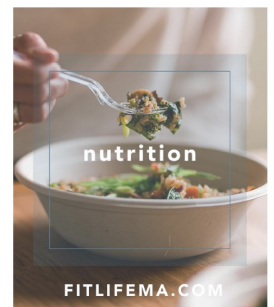
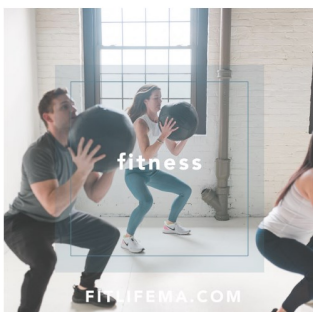
Save 15% off personal training, nutrition coaching, or a group class pass

group classes

- indoor cycling
- fit strength
- fit hiit
- fit fusion
- pilates
- yoga

small group / specialty classes

- Reformer Pilates
- Strength & Conditioning
- Diastasis Recti (Tupler Technique)
- holistic nutrition
- corrective exercise
- whole health coaching



Lisa Howitt
Century 21 Sexton & Donohue Inc.
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Melrose Glass Co.

The logo for Melrose Glass Co. consists of the letters 'MG' in a bold, yellow, stylized font, set against a green diamond-shaped background with a white border.

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Proud Supporters of the

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KevinMSexton@gmail.com

Your Guide to Arts & Culture in Melrose

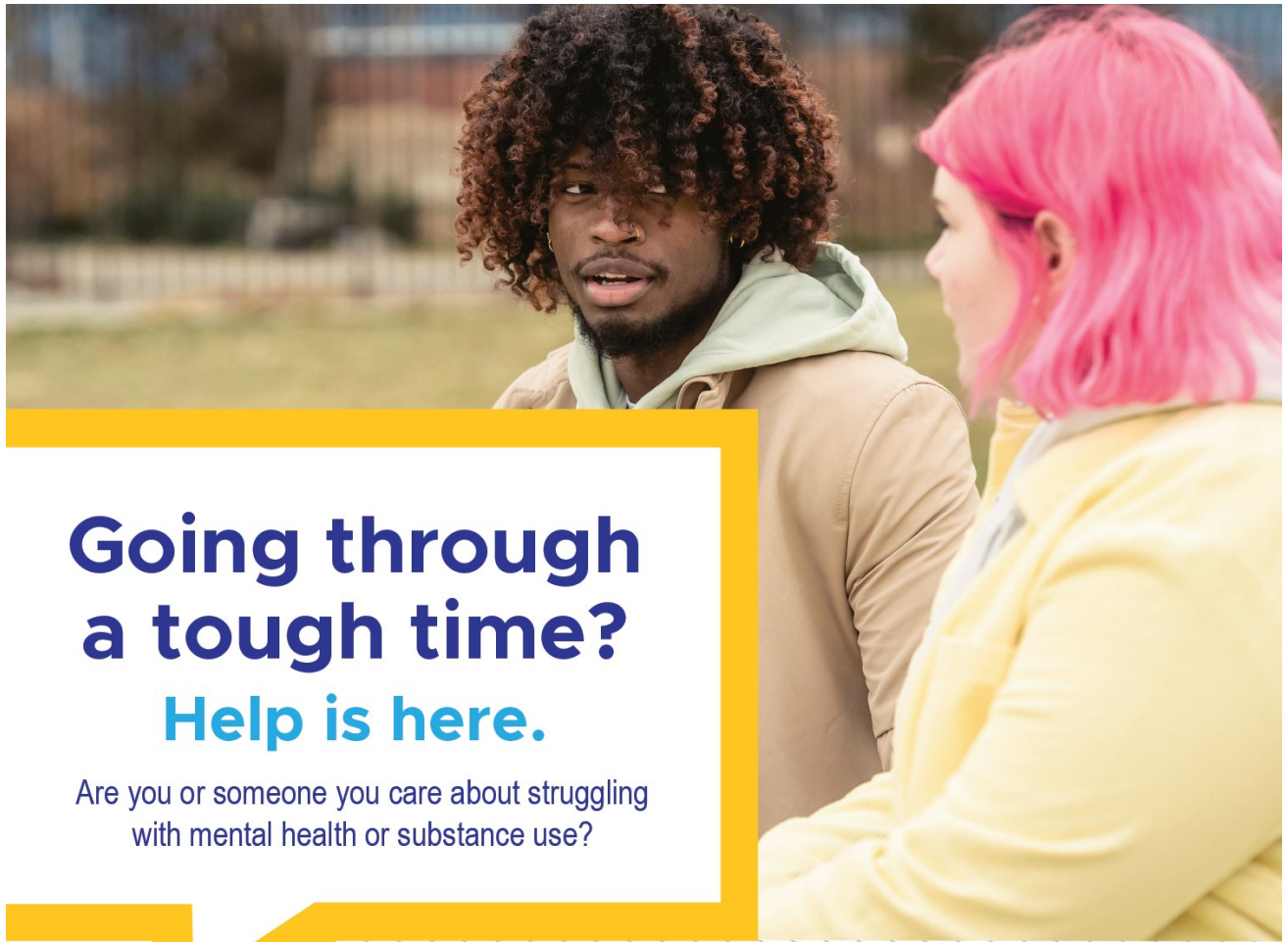


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11	12	13	14	15	16	17
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25	26	27	28	29	30	



www.MelroseCreativeAlliance.org





Going through a tough time? Help is here.

Are you or someone you care about struggling
with mental health or substance use?

The Massachusetts Behavioral Health Help Line is here for you.



 **833-773-2445** or
 **masshelpline.com**

Free. Confidential. No health insurance needed.

Here's how it works:

- Call, text or chat with a real person to get the treatment or support you need.
- Deaf or hard of hearing? Contact MassRelay at 711.
- Real-time interpretation in 200+ languages.

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**



**Do you or a loved one
need to see someone now?**
Find your local Community
Behavioral Health Center here.

The Behavioral Health Help Line is a service of the
Commonwealth of Massachusetts, operated by the
Massachusetts Behavioral Health Partnership (MBHP).

BE6929 - English

MELROSE TENNIS OPEN

12th Annual



Singles Weekend

Saturday, Sept 9th & 10th

Doubles Weekend

Saturday, Sept 16th & 17th

Available Draws:

- Men's Singles (A & B Flights)
- Women's Singles
- Junior's Singles (18 & Under)
- \$30 for Singles
- Registration Deadline: Sept. 6
- Rain Date: Sept. 23 & 24

Available Draws:

- Men's Doubles (A & B Flights)
- Women's Doubles
- Junior's Doubles (18 & Under)
- \$50 for Each Team
- Registration Deadline: Sept. 13
- Rain Date: Sept. 23 & 24

Registration Details

- Early Registration - By August 28
(Guaranteed t-shirt size)
- Final Registration - By Sept 6 or Sept 13
(Will receive Adult L)

Tournament Details

- Open to players of all levels!
- Free t-shirts for all registrants!
- Spots are limited!
- Participants cannot play in both flights of one draw

Online registration is available for tournament spots!

www.cityofmelrose.org/recreation



MELROSE FIELD HOCKEY DAY!

Sunday, October 8

Youth & MS Field Hockey Scrimmage

3:00pm – 4:00pm

Melrose Alumni vs. MHS Varsity Team

4:00pm – 5:30pm

The Melrose Field Hockey Day will give youth participants the chance to play in front of current and former MHS Field Hockey players! Our day will begin with our youth and middle school scrimmages (divided by age groups). After the conclusion of our youth scrimmages, MHS Field Hockey alumni and current MHS Field Hockey players will play.



Photo from Melrose Field Hockey Day



Super Soccer Stars

Wednesday Classes

Dates: Sept 6 – Oct 25
 (Rain Date Nov 1 & 8)

Saturday Classes

Dates: Sept 9 – Oct 28
 (Rain Date Nov 4 & 11)

Sessions: 8 Classes
Cost: \$176
Location: Gooch Park
Class Size: Max 14 Kids / Class

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)
 (Saturdays Only)

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-shirts are included! All children are required to bring a soccer ball & water.

Run by:
 Super Soccer Stars www.supersoccerstars.com

Melrose Wrestling Club

Grades: 1 - 5
Day: Mondays
Dates: Dec 4 – Feb 12
 (No Dec 25, Jan 1 & Jan 15)
Cost: \$90
Location: Wrestling Room

Session I:
 Grades 1 - 3
 6:00pm – 6:55pm

Session II:
 Grades 4 – 5
 7:00pm – 7:55pm

Description:
 The Melrose Wrestling Club is open to beginners and experienced wrestlers. Our practices, which stress conditioning and the fundamentals of our sport, are intensive but fun. Practices take place on the high school wrestling mats. Local weekend tournaments are optional.





Girls on the Run is for **EVERY** girl



Girls on the Run is an afterschool program like no other!

Twice per week for 9 weeks, girls will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3rd - 5th-grade girls through interactive lessons and movement activities. The season ends with a celebratory 5K event.







SCAN ME!

Why it matters

It's fun. It's effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships, and feel good about themselves, inside and out.

WHY IT MATTERS?

-  Our programs boost girls' self-worth when they need it most.
-  Girls' self-confidence begins to drop by age 9.
-  Girls' physical activity levels decline starting at age 10.
-  50% of girls ages 10 to 13 experience bullying.

SEASON DETAILS

Site/Team Name: Lincoln School

Dates: 9/19/23-11/16/23

Schedule: Tues. & Thurs. 2:30-4:00 PM

Celebratory 5K: Saturday, 11/18/23

Program Fee: \$240 *

*Sliding fee based on family income. Additional scholarships available upon request.

\$0-\$29,999: \$50 or less	\$30,000-\$44,999: \$80
\$45,000-\$59,999: \$115	\$60,000-\$74,999: \$150
\$75,000-\$99,999: \$210	\$100,000+: \$240

Contact Melrose Recreation to request sliding fee at (781) 979-4179 or recreation@cityofmelrose.org

Learn more and register today at www.cityofmelrose.org/recreation



MELROSE FLAG FOOTBALL LEAGUE

REGISTRATION OPEN!

SPACE IS LIMITED!



Grade Groups:

Grades: K - 2 (Instructional Program)

Grades: 3 - 4

Grades: 5 - 6

Expected Times:

4:00pm - 4:50pm

4:30pm - 6:00pm

5:30pm - 7:00pm

Days:

Saturdays

Registration Deadline:

Limited spots remaining!
(Wait list once each league is filled)

Cost:

\$115 per person (K - 2)

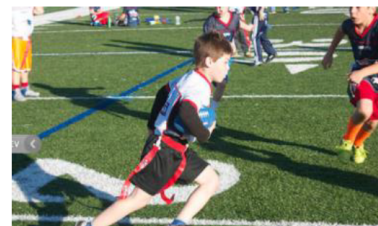
\$135 per person (3 - 6)

Locations:

Fred Green Field (High School)

Practices and Games:

Starts beginning of September
through beginning of November



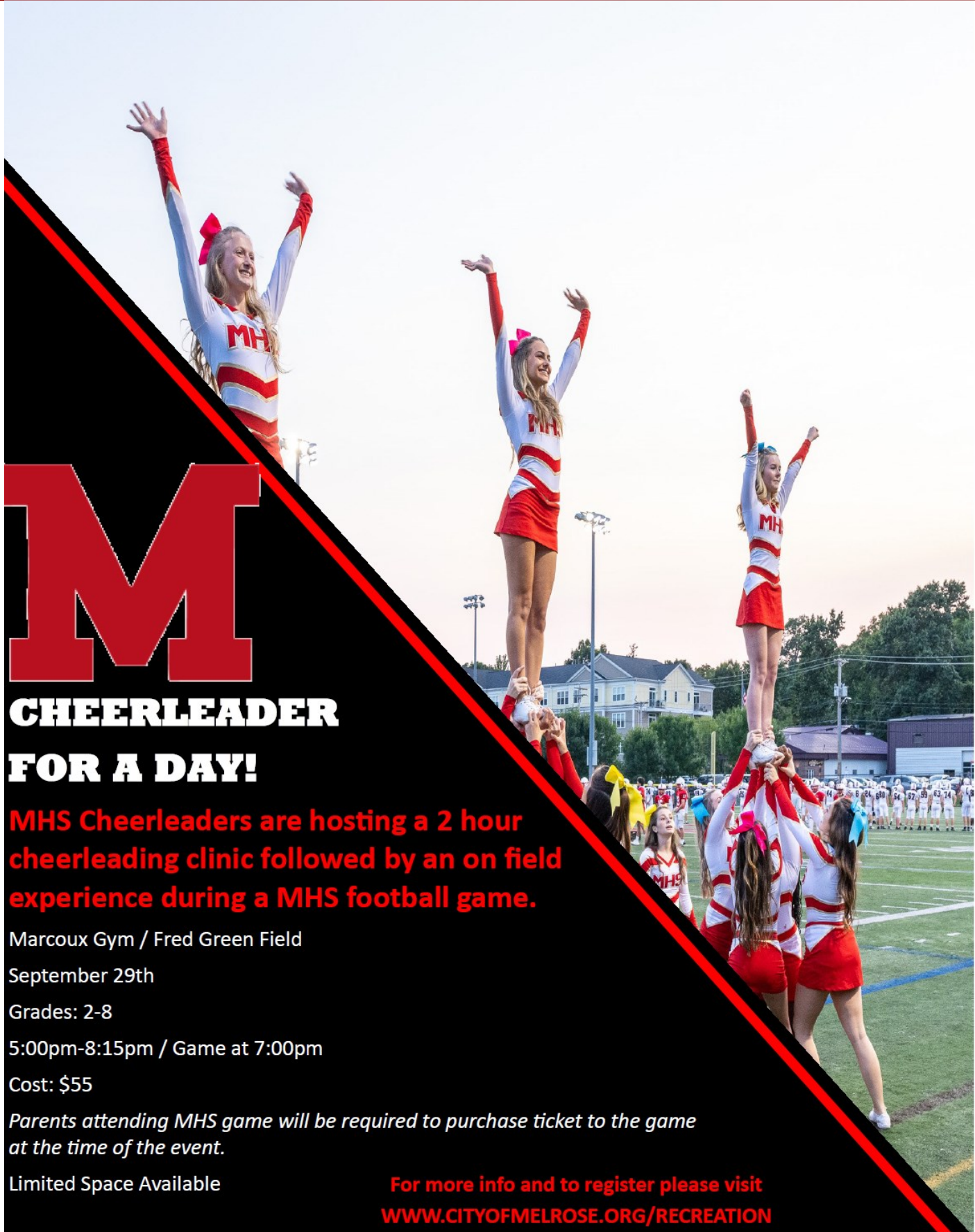
Flag Football League (Grades 3 - 4) / (Grades 5 - 6)

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

Instructional Program (Grades K - 2)

This program is designed to introduce kindergarten, Grade 1 and Grade 2 students to flag football. The program focuses on basic fundamentals, socialization, and skill building. Students will have a 30 minute skills and drills session which will be followed with 20 minutes of fun team activities and team scrimmages. Volunteer head and assistant coaches will run the practices.

To register or for more information please contact the Melrose Recreation Department
At www.cityofmelrose.org/recreation or by email at recreation@cityofmelrose.org.



M

**CHEERLEADER
FOR A DAY!**

MHS Cheerleaders are hosting a 2 hour cheerleading clinic followed by an on field experience during a MHS football game.

Marcoux Gym / Fred Green Field

September 29th

Grades: 2-8

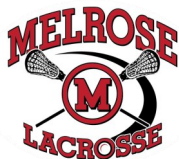
5:00pm-8:15pm / Game at 7:00pm

Cost: \$55

Parents attending MHS game will be required to purchase ticket to the game at the time of the event.

Limited Space Available

**For more info and to register please visit
WWW.CITYOFMELROSE.ORG/RECREATION**



Melrose Athletics - Youth Lacrosse Clinic

Ages: 5 – 14, Boys & Girls
Dates: Sept 10 – Oct 1
Days: Sundays
Cost: \$60
Location: Franklin Field (lower field)

Boys: 9:00am – 10:15am

Girls: 10:30am – 11:45am

Join the Melrose Girls and Boys Lacrosse program for instructional 5 v 5 games. Games will be broken up by age groups and will be a great chance to improve game play, stick skills, and improve Lacrosse IQ. This will be a great opportunity for new players to be introduced to a fast paced, instructional, and supportive game that will allow for maximum touches and opportunities to learn. Experienced players will be able to compete in the fall in a lower stakes game. New players will receive 15 minutes of small group instruction to help develop basic skills and will join their assigned team after. Experienced players will play in a 4 quarter game with 15 minute running time. High School coaches and players will instruct, coach and officiate games to ensure everyone is learning and getting an opportunity to play.

Boys: Beginners will need to bring a helmet, gloves and a stick. Previous playing experience full equipment.

Girls: All will need a stick, goggles, and mouthguard.

Run by:

Boys Varsity Coach Matt James
Girls Varsity Coach Matt Galusi

Melrose Athletics - Field Hockey Skills Clinic

Still in development:
More information to be released later this Fall

Instructors:
Melrose Youth Field Hockey Coaches

Pre-Season Basketball Skills & Drills

Grades: Boys & Girls, Grades 1-4
Dates: Nov 29 – Dec 21
Sessions: 4 Total Sessions
Cost: \$65

Session I:

Grade 1 – 2
Wednesdays
6:15pm – 7:15pm
Roosevelt Gym

Session II:

Grade 1 – 2
Thursdays
6:15pm – 7:15pm
Lincoln Gym

Session III:

Grade 3 – 4
Wednesdays
7:30pm – 8:30pm
Roosevelt Gym

Session IV:

Grade 3 – 4
Thursdays
7:30pm – 8:30pm
Lincoln Gym

Description:

This is a great way to prepare for the MYB seasons!
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 & Instructors





RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Kindergarten Basketball

Dates: Jan 7 – March 10
Days: Sundays
Practices: 1:00pm – 5:00pm (1 hour block)
Location: Lincoln Gym
Cost: \$130

Girls Kindergarten Basketball

Dates: Jan 7 – March 10
Days: Sundays
Practices: 1:00pm – 5:00pm (1 hour block)
Location: Lincoln Gym
Cost: \$130

Kindergarten Program Description

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

For each team, 8 practices are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics two extra practices (10 total practices) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Dec 12

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Grade 1 Basketball

Dates: Jan 6 – March 9
Days: Saturdays
Practices: 12:00pm – 5:00pm (1 hour block)
Location: Lincoln Gym
Cost: \$130

Boys Grade 2 Basketball

Dates: Jan 6 – March 9
Days: Saturdays
Practices: 3:00pm – 7:00pm (1 hour block)
Location: Lincoln Gym
Cost: \$130

Girls Grade 1 -2 Basketball

Dates: Jan 6 – March 9
Days: Saturdays
Practices: 8:00am – 1:00pm (1 hour block)
Location: Lincoln Gym
Cost: \$130

Grades 1-2 Program Description

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

For each team, 8 practices are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics two extra practices (10 total practices) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Nov 30

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



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Melrose Recreation Department

Fall / Winter 23'-24'

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RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Grade 3 Basketball

Dates: Jan 6 – March 9
Days: Saturdays
Practices: 8:00am– 12:00pm
(1 hour block)
Location: Roosevelt Gym
Cost: \$140

Girls Grade 3 Basketball

Dates: Jan 6 – March 9
Days: Saturdays
Practice: 11:00am – 4:00pm
(1 hour block)
Location: Roosevelt Gym
Cost: \$140

Grade 3 Program Description

This program is designed to introduce kids to playing in a formal basketball league. There is a strong focus on fundamentals and instruction taught by the coaches and game officials. Kids will have a 20 minute practice which will be followed by a 20 minute instructional scrimmage (Four - 5 minute quarters). We want all participants to be exposed to playing the game correctly with sportsmanship, teamwork, and fun. No score will be kept and will not be the focus of these games. The league includes a one hour practice / scrimmage game. A certified basketball official will be present at each game.

For each team, 8 practices / scrimmages are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics two extra practices (10 total practices) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Nov 30

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



RECREATION

recreation@cityofmelrose.org

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Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Grade 4 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 5:30pm – 8:00pm
(1 hour block)
Games: Saturdays, 11:00am – 4:00pm
(1 hour block)
Location: TBD
Cost: \$175

Girls Grade 4 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 5:30pm – 8:00pm
(1 hour block)
Games: Saturdays, 2:00pm – 7:00pm
(1 hour block)
Location: TBD
Cost: \$175

Grade 4 Program Description

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

For each team, 8 practices and 8 games are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics one extra practice (9 total practices) and one extra games (9 total games) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Nov 30

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Grade 5 - 6 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 6:00pm – 8:30pm
(1 hour block)
Games: Saturdays, 2:00pm – 6:00pm
(1 hour block)
Location: TBD
Cost: \$175

Girls Grade 5 - 6 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 6:00pm – 8:30pm
(1 hour block)
Games: Saturdays, 2:00pm – 6:00pm
(1 hour block)
Location: TBD
Cost: \$175

Grades 5-6 Program Description

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

For each team, 8 practices and 8 games are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics one extra practice (9 total practices) and one extra games (9 total games) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Nov 30

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



RECREATION

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Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Boys Grade 7 - 8 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 7:00pm – 9:30pm
(1 hour block)
Games: Saturdays, 4:00pm – 8:00pm
(1 hour block)
Location: TBD
Cost: \$175

Girls Grade 7 - 8 Basketball

Dates: Jan 6 – March 9 (No Feb 19 – 23)
Practices: Weekday, 7:00pm – 9:30pm
(1 hour block)
Games: Saturdays, 4:00pm – 8:00pm
(1 hour block)
Location: TBD
Cost: \$175

Grades 7-8 Program Description

This program focuses on playing skills, teamwork, and basic game strategies. The league includes a weekday practice and an hour long weekend game. The league includes a weekday practice and an hour long weekend game. We do not keep standings for this league. Two certified basketball official will be present at each game.

For each team, 8 practices and 8 games are expected to be played throughout the season. Due to potential gym cancellations from weather and HS athletics one extra practice (9 total practices) and one extra games (9 total games) have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Nov 30

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.

Youth Basketball Description:

The Melrose Recreation Department is gearing up for another exciting season of the Melrose Youth Basketball. These leagues are designed to provide families with a high quality and affordable basketball program for the entire community. We pride ourselves in promoting sportsmanship, teamwork, skill development, and equal playing time for all who participate. The Rec staff puts together teams based on the skills rating given by the parents when they register. Leagues may need to be combined depending on enrollment. The Recreation Department will do its best to honor any player or coach requests that may be made but due to the amount of participants in the programs we cannot guarantee that this will be accomplished. We hope all enjoy the season and we look forward to another great year!



****Basketball Coaches Needed!!!****

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

Needed to Volunteer:

- Add yourself as a volunteer coach during online registration for M.Y.B.
- Submit a completed CORI form to Recreation Department

Description:

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



RECREATION

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781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation

High School Pick-Up Basketball

Grades: 9 - 12
Dates: Jan 6 – March 9
Day: Saturdays
Practices: 5:00pm - 8:00pm
(One hour block)
Location: TBD
Cost: \$80

Description:

This program focuses on giving high school students an opportunity to socialize, exercise, and play basketball on Saturday evenings. Participants will be placed in a cohort of other players based on playing skill level and availability. This program is designed to be fun and focuses on equal playing time and sportsmanship. Cohorts will not play against other cohorts throughout the session. Games will be supervised by adult volunteers and Recreation staff.

Due to potential gym cancellations from weather and HS athletics extra nights have been built into the schedule. If we do experience gym cancellations the practices or games affected will not be rescheduled.

Registration Deadline: Dec 15

After deadline interested participants must visit the Rec Dept. office to be assigned to the wait list. To be placed on the WL a registration form and check is required. No guarantee of placement.





RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

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

- Basketball
- Ice Hockey
- Wrestling
- Strength & Conditioning

SPRING

- Outdoor Track
- Volleyball
- Strength & Conditioning



MIDDLE SCHOOL ATHLETICS

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

*Middle School level sports are
independently run by the
Recreation Department



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation

MHS Strength & Conditioning

Open Hours

Grades: MHS Students
MVMMS Students

Days: Monday – Thursday

Dates: Start date still TBD - End of School Year
(Will announce start date this Fall)

Times: 3:00pm – 5:30pm

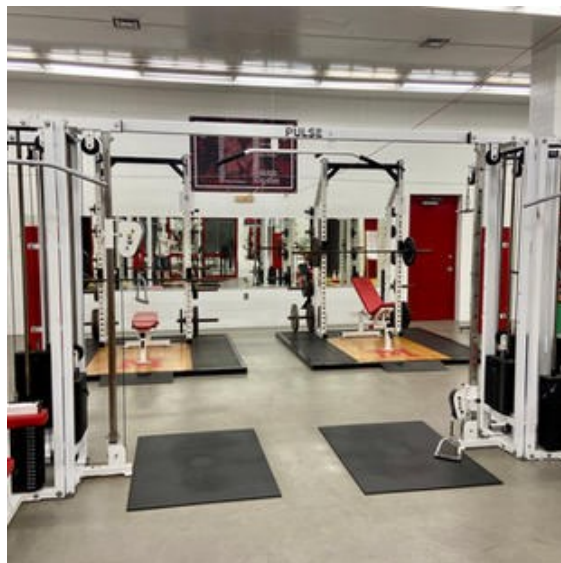
Cost: Free!

Location: MHS Weight Room

The MHS 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. 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.





2023

MELROSE MIDDLE SCHOOL FOOTBALL



REGISTRATION AND INFORMATION

2023 Season of the MELROSE MIDDLE SCHOOL football team

WHO: All students entering the 6th, 7th or 8th grades in September of 2023 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, Concord, Lexington, Reading, Wilmington, Winchester, Woburn and other Middle School teams in the region.
- **PRESEASON WILL BEGIN ON AUGUST 21st !**
- All home games will be played at Melrose High School and MVMMS complex - Fred Green Turf 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 the Melrose Recreation Dept. website at www.cityofmelrose.org/recreation.



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

Middle School Cross Country (Fall)

Grades: 5 – 8
Date: Sept 11 – End of Oct
(No Oct 9)
Days: Mon, Wed, & Thu
Time: 3:00pm – 4:15pm
Cost: \$95
Location: Melrose Middle School
(Near Fred Green Field)

Description:

- Practices directly afterschool
- 2 - 3 competitive meets will be scheduled
- Participants receive a XC shirts for meets

Middle School Volleyball Team (Fall)

Grades: 7 - 8
Day: Wednesdays & Sundays
Dates: Sept 20- Nov 5 (No Oct 8)
Time: 8:00pm-9:30pm (Wed)
6:00pm-8:00pm (Sun)
Cost: \$280
Location: Melrose Middle School Gym
(Away Games TBD)

Description:

- Practices are twice per week.
- 5 - 6 games scheduled against outside towns.
- Playdays are usually multiple towns playing tournament style
- No tryouts, as all 7th & 8th grade girls will make the team

Coach & Staff:

Shannon Glass-Smythe & MHS Varsity Volleyball Team

Middle School Ice Hockey (Winter)

Grades: 6 – 8
(Bantam Age Level Rules)
Dates: Mid Nov - End of March
Cost: \$350 (\$10 tryout fee)
Tryouts: Friday, Nov 10
8am - 10am
Flynn Rink
*Preregistration is required

Description:

- Practices: 2 hours of team practices will be held towards the beginning of the season of Saturday mornings (7am - 7:50am)
- VMSHL game schedule including playoffs
- Participants cannot miss more than 4 games in a season
- Pre-registration is required to participate in tryouts (\$10 tryout fee).

Middle School Wrestling (Winter)

Grades: 6 – 8
Date: Dec 5 – Feb 15
(No Dec 26, Dec 27, Dec 28)
Days: Tuesday, Wednesday, Thursday
(Wednesdays potentially added)
Time: 6:00pm – 7:45pm
Cost: \$95
Location: HS Wrestling Room

Description:

- Practices held Tuesdays & Thursdays (potentially Wednesdays will be added)
- There will be several meets scheduled during the season

*Middle School level sports, programs, & clubs are independently run by the Melrose Recreation Dept.



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation

MELROSE TRAVEL BASKETBALL (MTB)

SPECIAL ANNOUNCEMENT:

We want to announce some exciting news! With the demand for higher levels of competitive basketball rising, it has become necessary to increase the available opportunities for kids to play travel basketball. A group of parents with the support, collaboration and encouragement of the Melrose Recreation Department, have been working hard for several months to create a new entity called the **Melrose Travel Basketball (MTB) Association, Inc.** After months of hard work, we are ready to announce publicly that our organization will provide an enhanced and expanded travel basketball program for girls and boys in grades 5-8 beginning this fall.

We want to share some initial details:

1. We will be offering 2 teams per grade for both boys and girls. There will be a RED and WHITE team at each grade level for both boys and girls. In grade 5, the teams will be equally mixed. Teams will have 9-12 members.
2. Tryouts will be held in September and hosted by independent evaluators without coaches or parents present.
3. **Tryouts will be held Sun, Sept. 24 and Sun, Oct 1.** The MTB Board will email players of their roster placement after the tryouts. PLEASE SAVE THE DATE. Sign up for our newsletter below to get notified when tryout registration is open.
4. Volunteer coaches will be assigned to teams after the rosters are completed. Coaches can apply and express interest in being part of the coaching staff by emailing the Board at melrosetravelbasketball@gmail.com by 9/30/23. Coaches must include a letter of interest and coaching resume/experience in order to be considered.
5. Practices will start in November. Grades 6-8 will have two practices per week. Grade 5 teams will have 1-2 practices per week and a slightly lower fee. **Players will have the option to also play Melrose Youth Basketball with the Recreation Dept. over the winter season (Jan - March) if they choose.**
6. We are working on a robust website that will host: registration information, by laws, policies, uniform ordering and more.

All grade 5-8 players will be invited to register for tryouts in the upcoming weeks. The nonrefundable fee will be \$15 per player.

Please visit the MTB website <https://leagues.bluesombrero.com/melrosetravelbasketball> and register for our newsletters. By doing this you will receive our periodic newsletter with exciting developments and be notified as soon as it is time to register for tryouts.

Please feel free to reach out to melrosetravelbasketball@gmail.com with any questions.

With excitement,
MTB Board



RECREATION

YOUTH / TEEN

FALL / WINTER 23'-24'

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 Monday, Wednesday, Thursday directly afterschool
- 2 – 3 introductory track meets
- Participants receive a team shirt for meets



Middle School Volleyball Team (Spring)

Grade: 8th only:
Date: March 13 – May 15
(No March 31, April 14 & April 17)
Cost: \$280
Location: Melrose Middle School Gym

Practices: Wed (8pm – 9:30pm)
Skills & Drills: Sun (6pm – 7:30pm)
Games: TBD

Description:

- Practices are twice per week.
- Wednesday practices are 8th grade only
- Sunday skills & drills are combined with 7th & 8th 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: 5th & 6th (4:30pm – 6:00pm)
Grades: 7th & 8th (6:00pm – 7:30pm)

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 8th graders who are registered for the MS VB Team are already registered for this program. If you are an 8th grader not playing on the MS VB Team you are still welcomed to register for Skills & Drills!

*Middle School level sports, programs, & clubs are independently run by the Melrose Recreation Dept.



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation

Safety at Home

Ages: 8 - 12
Date: Sun, Sept 24
Time: 1:00pm – 4:00pm
Cost: \$55
Location: Milano Center

Safety at Home, is a designed to better prepare your children to be alone before and after school. This program is a stepping stone for younger kids, to prepare them for what is to come, and for older kids that are seeking a better understanding and that need reinforcement of what they are experiencing. This course will teach basic safety rules and help build self-confidence, sense of responsibility and decision-making abilities through a variety of fun interactive activities and discussions, including 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:

- Child 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
- And more+

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

Babysitter's Training

Ages: 11 - 15
Date: Sat, Oct 21
Time: 9:00am – 1:00pm
Cost: \$65
Location: Milano Center
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
 - Intro to basic first aid (choking, cuts, puncture wounds, bruises, eye injuries, nosebleeds, tooth injuries, burns, seizures, poisoning, bites)
- Learn tips for having a safe babysitting experience including setting up a "code" with your parents in case of an emergency.

All participants receive a certificate for completing the course.

It is recommended to bring a snack.

Babysitting – Debbie LaFlamme

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

FREE MENTAL HEALTH FIRST AID CLASSES

FALL 2023

Identify. Understand. Respond.

Mental Health First Aid (MHFA) is a nationally recognized skills-based training course that teaches participants about mental health and substance-use challenges.

Build skills and confidence to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate resources. **Sign up today!**

Adult MHFA

Mon, Sept 11 & Wed,
Sept 13
5PM-9PM
Milano Center
Reg. deadline: Sept 1

Adult MHFA

Mon, Nov 13 &
Wed, Nov 15
5PM - 9PM
Location: TBD
Reg. deadline: Nov 3

**To register for
adult classes:**

cityofmelrose.org/recreation



Older Adult MHFA

Wed, Oct 4 & Wed, Oct 11
12PM-4PM
Milano Center
Reg. deadline: Sept 24

**To register for older
adult class:**

Please sign up with the Milano Center,
either in person or by calling
781-662-6886.

- Light refreshments will be served.
- Must be 18+ years old to attend.
- Must be Melrose resident or work in Melrose.
- Certificate upon completion.



BOYS & GIRLS CLUBS
OF STONEHAM & WAKEFIELD



HEALTHY AGING
Physical Therapy

STRONGER • FITTER • FUNCTIONAL



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

TuftsMedicine
MelroseWakefield Hospital

MINDFULNESS-BASED STRESS REDUCTION

FALL 2023

Many of us feel burned out, stressed, overworked, and exhausted. Not only does this affect our bodies and minds, but it can negatively impact our work performance, relationships with others, and ability to be present with those around us. Mindfulness has the ability to positively affect the quality of your life.

MBSR is an 8-week, evidence based program designed to instruct participants in mindfulness for improved overall well-being and self-care. Participants will engage in a variety of guided yoga and meditation practices, self-reflection exercises, group discussion, home practices, and an optional guided half-day silent retreat. Participants will learn how to implement effective tools and techniques to mindfully approach stress, anxiety, fear, pain, illness, relationships, and the continual demands of everyday life. Setting an intention to tune into their body, calm the mind, regulate the nervous system, and establish a deeper connection with themselves. This course is designed to meet the needs of each individual on their mindfulness journey, and all levels and experience are encouraged to join.

CLASS DETAILS:

- Days: Tuesdays
- Dates: Sept 19 - Nov 14
- Instructor: Frank Olivieri

Session I:

10am - 12pm
Virtual

Session II:

7pm - 9pm
Milano Center

MINDFULNESS

Potential Benefits

- Reduce stress & anxiety
- Improve physical health
- Improve mental cognition
- Improve emotional state
- Increased attention & creativity
- Increased sense of connection to self and others

Cost Options:

- \$250 (Tuition)(\$350 value!)
- *\$150 (Partial Scholarship)
- *\$350 (Supporter tuition)

*By paying what you can, you help others who are less financially able to do so. Additional financial aid may be available.



Register / Info:



Full program description and registration:
www.cityofmelrose.org/recreation

Only Limited
Seats Available!

Mindfulness Meditation **Weekly Sitting Group (Virtual)**

Days: Every Monday
Time: 8:00pm – 8:30pm
(Meditation starts at 8:05pm)
Cost: Drop-in is Free!
Location: Zoom / Virtual

Description:

Join us for our weekly virtual sitting group. The zoom room will open at 8pm followed by a brief welcome, some basic instructions, and a guided meditation practices that will last about 20 – 25 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 anyone interested in attending. Join at anytime. Interested participants need to register their first time to receive the zoom link. We will be using the same link each week.

Instructor:

Frank Olivieri

Mindfulness Meditation **Weekly Sitting Group (In-person)**

Days: Every Thursdays
Time: 7:00pm – 7:45pm
(Meditation starts at 7:10pm)
Cost: Drop-in is Free!
(*Optional: 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 – 25 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 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



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
Dates: Sept 11 - Oct 30
Cost: \$65
Max: 8 participants / session
Location: Foss Park - Pickleball Courts

Session I: 10:00am - 11:00am (6 - 8 lessons)

Session II: 11:00am - 12:00am (6 - 8 lessons)

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.)

Two rain dates have been built into the schedule as extra days. If there are no cancellations due to weather participants will have 8 total lessons.

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.

Beginners II

Ages: 18(+)
Days: Wednesdays
Dates: Sept 13 - Nov 1
Time: 10am - 11am
Cost: \$65 (6 - 8 lessons)
Max: 8 participants / session
Location: Foss Park - Pickleball Courts

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.

Two rain dates have been built into the schedule as extra days. If there are no cancellations due to weather participants will have 8 total lessons.

Intermediate I

Ages: 18(+)
Days: Wednesdays
Dates: Sept 13 - Nov 1
Time: 11am - 12pm
Cost: \$65 (6 - 8 lessons)
Max: 8 participants / session
Location: Foss Park - Pickleball Courts

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.

Two rain dates have been built into the schedule as extra days. If there are no cancellations due to weather participants will have 8 total lessons.

Melrose Pickleball Association

Ages: 25+
Cost: \$40 / session
Max: 20 participants / session
Location: Foss Park - Pickleball Courts

Fall I: Tuesdays
Sept 5 - Oct 31
4:00pm - 6:00pm

Fall II: Thursdays
Sept 7 - Nov 2
4:00pm - 6:00pm

Attendance Note:

*You can only attend the specific session / day that you have officially registered. You cannot 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.





RECREATION

ADULT

FALL / WINTER 23'-24'

Men's Fall Pick-Up Soccer

Ages: 25(+)
Days: Sundays
Time: 6:00pm – 7:30pm
Cost: \$80
Location: Fred Green Field
Session: September 10 – November 19
(No Oct 8)

8 Sunday Pick-up Nights (plus two rain dates)

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 entire time period. Uniforms are not included in the registration fee (see below). Rain dates have been built into the schedule as extra days. If night(s) 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 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. You can use your jersey for all future seasons.



Women's Fall Pick-Up Soccer

Ages: 25(+)
Days: Sundays
Time: 7:30pm – 9:00pm
Cost: \$80
Location: Fred Green Field
Session: September 10 – November 19
(No Oct 8)

8 Sunday Pick-up Nights (plus two rain dates)

We welcome all women to join our adult pickup soccer program. This program is about soccer, exercise, and having a fun time. Each game is staffed with a referee and will be played under the lights on the turf at Fred Green Field. No prior experience required. Rain dates have been built into the schedule as extra days. If night(s) 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 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. You can use your jersey for all future seasons.



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department

Fall / Winter 23'-24'

Register at www.cityofmelrose.org/recreation

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

Ages: 30(+)
Days: Sundays
Time: 4:30pm – 8:30pm (one hour game)
Cost: \$130
Location: Roosevelt Gym

Fall Session: Sept 17 – Dec 10
 (No Games Oct 8 & Nov 26)

Registration Deadline: Sept 10

8 game regular season plus playoff

Each game is staffed with two certified referees and a scorekeeper. Two 20 minute halves are played per game. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. The league fills up fast so please do not wait to register.

If you need a new reversible team jersey there is an additional \$15 fee. When you register please be sure to include your jersey size (if you are purchasing a new jersey), your playing experience, your height, and DOB.



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

Ages: 30(+)
Days: Sundays
Time: 4:30pm – 8:30pm (one hour game)
Cost: \$130
Location: Roosevelt Gym

Winter: Jan 21 – April 7
 (No Games Feb 11, Feb 18, & March 31)

Registration Deadline: Jan 10

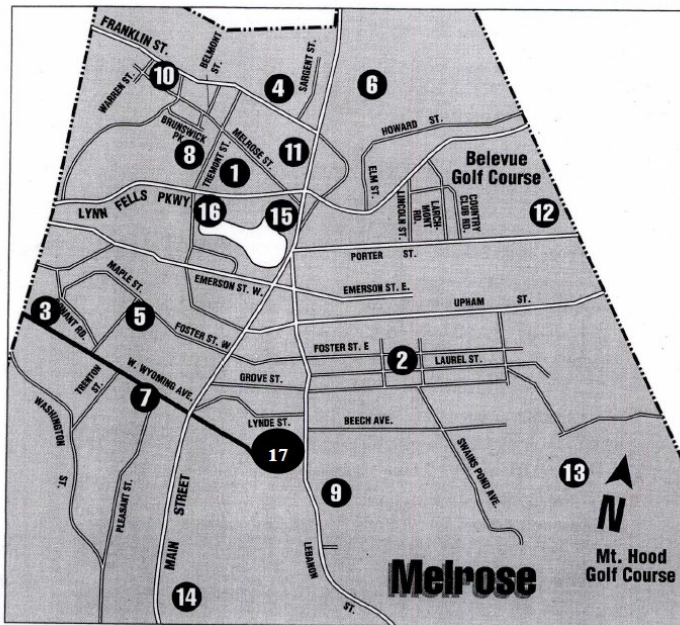
8 game regular season plus playoff

Each game is staffed with two certified referees and a scorekeeper. Two 20 minute halves are played per game. Space is limited to the first 48 players before they are placed on the waiting list in hopes of opening up additional teams. The league fills up fast so please do not wait to register.

If you need a new reversible team jersey there is an additional \$15 fee. When you register please be sure to include your jersey size (if you are purchasing a new jersey), your playing experience, your height, and DOB.



parks and fields



Park Locations

Park Name

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

Amenities

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

Location

- Lynn Fells Pkwy
 Laurel & Foster St.
 Conant Rd.
 Franklin & Pratt St.
 Florence, Maple, Vinton St.
 Hesseltine Ave.
 Rear Lincoln St.
 Rear Roosevelt School
 Lebanon St.
 Warren & Melrose St.
 Rear Franklin School
 Porter & Ellis Farm
 Stillman Rd.
 Main St.
 Lynn Fells Parkway
 Tremont St.
 Malvern St.

Parks Department

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

781-979-4169

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!!!