

Melrose

RECREATION DEPARTMENT



2023 Summer Brochure



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

*The Park Commission meets the second Monday of every month at Mount Hood Golf Course 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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— Mike Singletary



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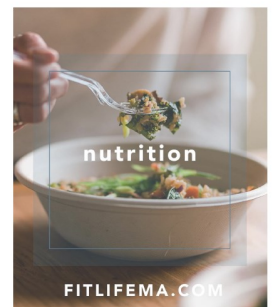
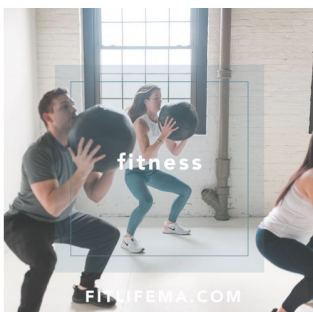
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- fit fusion
- pilates
- yoga

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- Strength & Conditioning
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- whole health coaching



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MELROSE

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The most important measure of how good a game I played was how much better I'd made my teammates play.

-Bill Russell



RECREATION

YOUTH EVENT

SUMMER 2023

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Are you tired of ineffective public discourse?
Would you like to see more productive conversations on issues in Melrose?

Melrose Community Conversations

MELROSE
TOGETHER

Be part of the solution by becoming a **Trained Volunteer Community Facilitator!**

Clear communication, mutual trust, and strong relationships are the necessary foundation for effective collaboration, conflict resolution, and good decision-making.

Volunteer Community Facilitators will learn the skills they need to hold community conversations through a free 2-day training held by Essential Partners, Inc. on June 16 and 17, 2023.

The Community Conversations Planning Team welcomes and encourages Melrose residents of diverse backgrounds, perspectives, and lived experiences to get involved! Ready to work together for a better future?



Send a letter of interest by Friday, April 21 to communityconversations@cityofmelrose.org.



essential
PARTNERS



Get involved!

QUESTIONS? Contact communityconversations@cityofmelrose.org or the Mayor's Office at (781) 979-4440.



presented by the City of Melrose
Melrose Athletic Complex



Saturday, May 6, 2023
10:00 am-1:30 pm

family wellness & fitness fair

FREE samples * education * activities for the whole family



here together.

Melrose Farmer's Market * Sustainable Melrose * local fitness & wellness vendors * organic food samples & food trucks * kids events * fitness events/classes and more.....

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CITY OF MELROSE

RECREATION DEPARTMENT

Saturday, May 20th

Melrose City Hall
Melrose, Massachusetts 02176

Telephone – (781) 979-4179

E-mail – recreation@cityofmelrose.org

Melrose Mixed Doubles Open

A Fundraiser for Melrose High School Tennis



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 Tennis Sweat Towel
- \$50 per Doubles Team
- Spots **are** limited

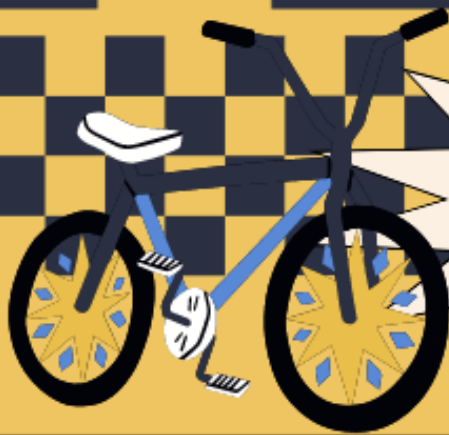


RECREATION

To **register**, or for more information, please contact the Melrose Recreation Department by phone at 781-979-4179 or by email at recreation@cityofmelrose.org. Additional information is also available on our website at www.cityofmelrose.org/recreation.

Online registration is available for tournament spots!

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The Loop & Melrose HS Paths





A program of the Wakefield Public Schools & MelroseWakefield Healthcare
Serving Families and Children from the towns of Lynnfield, Malden, Melrose,
North Reading, Reading, Stoneham, Wakefield, and Winchester.



Join us for a live performance from Talewise:

SCIENCE HEROES: SAVING THE EARTH TOGETHER

Unlikely heroes must work together to save the planet from a super-polluter! Volunteers conduct experiments about the changing states of matter, air pressure, the laws of motion, and more!

JUNE 3rd at 11:00 a.m.

Ell Pond Park – Melrose



Melrose Public Library
Beebe School -263 West Foster Street - Melrose MA - C

This program is supported in part by a grant from the Melrose Cultural Council, a local agency supported by the Mass Cultural Council, a state agency. Registration not required.

July 4 - 4th of July Celebration



Ages: All Ages
Date: Tuesday, 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





THE CITY OF MELROSE PRESENTS
**MELROSE SUMMER OF
WELLNESS PROGRAM**

The City of Melrose, Melrose Recreation, and the Boys and Girls Clubs of Stoneham & Wakefield are partnering to present a summer of wellness! Along with a free lunch, we are offering various activities that focus on mental and physical wellness. Full schedule and location to be announced.

**PROGRAM DATES: WEEKDAYS, JULY 10TH - AUGUST 11TH 2023
FOR MORE INFORMATION EMAIL BARTEZ@BGCSTONEHAM.ORG**





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: July 5 – July 26
 (Rain date TBD)

Session II: Aug 2 – Aug 23
 (Rain date Aug 30)

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



**Story Time & Sing-Along
 w/ the Family Resource Network**

Ages: 2 – 5
Dates: Wednesdays, 6 Classes
Time: 10:00am – 10:45am
Session: July 12 – Aug 16
 (Rain Date: Aug 23)
Cost: \$40
Location: Common Park

Lay your blanket down under a shaded tree or under the hot summer sun and join the Family Resource Network staff for a fun play & learn group. We will read new and classic story time books to all in attendance and have fun singing our favorite songs! After we are done reading & singing, all participants will have a chance to work off that energy by playing group movement games and running under the big parachute.

In partnership with: North Suburban Child and Family Resource Network

<https://www.nsfamilynetwork.org/>
www.facebook.com/pg/northsuburbanfamilynetwork



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

WEEK LONG CLINICS

Classes: 4 Lessons
Days: Mon - Thu (Rain Date: Fridays)
Cost: \$55

- Week 1:** June 26 – June 29
- Week 2:** July 10 – July 13
- Week 3:** July 17 – July 20
- Week 4:** July 24 – July 27
- Week 5:** July 31 – Aug 3
- Week 6:** Aug 7 – Aug 10

TWICE / WEEK

Classes: 2 Lessons
Cost: \$30

Monday & Wednesday (Rain Date: Fridays)

- Week 1:** June 26 & June 28
- Week 2:** July 10 & July 12
- Week 3:** July 17 & July 19
- Week 4:** July 24 & July 26
- Week 5:** July 31 & Aug 2
- Week 6:** Aug 7 & Aug 9

Tuesday & Thursday (Rain Date: Fridays)

- Week 1:** June 27 & June 29
- Week 2:** July 11 & July 13
- Week 3:** July 18 & July 20
- Week 4:** July 25 & July 27
- Week 5:** Aug 1 & Aug 3
- Week 6:** Aug 8 & Aug 10

Mt. Hood Youth Golf Lessons

Ages: 5 - 14
Days: 3 Sessions, Mon – Wed
Time: 9:15am – 12:15pm
Cost: \$180
Location: Mt. Hood Golf Course

Session 1: June 26 - June 28
Session 2: July 10 - July 12
Session 3: July 17 - July 19
Session 4: July 24 - July 26
Session 5: July 31 - Aug 2
Session 6: Aug 7 - Aug 9
Session 7: Aug 14 - Aug 16

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





Multi-Sport Champions!

Ages: 7 – 14
Days: Tuesday – Thursday
 (Rain Date: Fri)
Time: 9:00am – 2:00pm
Cost: \$180
Location: Fred Green Football Field

Session I: July 18 – July 20
 (Rain date July 21)

Session II: Aug 8 – Aug 10
 (Rain date Aug 11)

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, lunch, and sunscreen. Bathrooms, water, and cooling stations will be available.

Run by:
 -Melrose PE Staff
 -Melrose Rec Staff

Potential Change of Location:
 Due to work scheduled to be done on Fred Green Field this summer there is a possibility of certain days being moved to a different location in Melrose (Pine Banks, etc.). If changes are made participants will be notified in advance by the Rec Dept.

Summer Street Hockey Club

Grades: Entering Grades 3 - 7
Cost: \$125
Location: Winthrop Outdoor Basketball Court

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

Session I: June 26 – June 29
 Monday - Thursday
 (Rain date: Fri, June 30)
w/ Andrew Deane

Session II: July 11 – July 27
 Tuesdays & Thursdays
 (No rain date as extra days built in!)
w/ Stefan Ceccherini

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)
 & Stefan Ceccherini (Recreation Staff)



MELROSE FOOTBALL



Melrose Middle School Football Friday Night Lights

Grades: 6 – 8
Days: Fridays
Dates: TBD (announced closer to summer)
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: Mon – Wed
Dates: June 26 – June 28
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.

Potential Change of Location:
 Due to work scheduled to be done on Fred Green Field this summer there is a possibility of certain days being moved to a different location in Melrose (Pine Banks, etc.). If changes are made participants will be notified in advance by the Rec Dept.





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.



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:

August 8

(Wait List once each league is full)

Cost:

\$115 per person (K - 2)

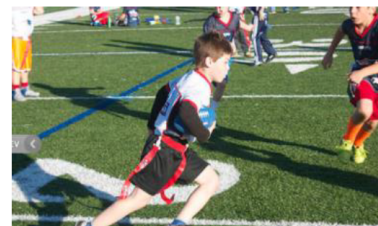
\$135 per person (3 - 6)

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.

SUMMER FIELD HOCKEY CLINICS

RUN BY THE MELROSE VARSITY & MIDDLE SCHOOL COACHES



Youth Field Hockey Clinic

Entering Grades: 3 – 5
Days: Mon - Thu
Dates: Aug 7 – Aug 10
 (Rain Date Aug 11)
Time: 6:30pm – 8:15pm
Cost: \$85
Location: Pine Banks Park - BB2

This clinic is open to all skill levels. No experience required to learn this great game! Girls will learn the basics of dribbling, elimination skills, push passes, hits, and shooting. Small games and fun competitions will be played each day. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition. The camp would culminate in a game their parents could come watch.

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

Potential Change of Location for Both Programs:
 Due to work scheduled to be done on Fred Green Field this summer there is a possibility of certain days being moved to a different location in Melrose (Pine Banks, etc.). If changes are made participants will be notified in advance by the Rec Dept.

Middle School Field Hockey Clinic

Entering Grades: 6 - 9
Days: Mon - Thu
Dates: Aug 7 – Aug 10
 (Rain Date Aug 11)
Time: 6:30pm – 8:15pm
Cost: \$85
Location: Pine Banks Park - BB2

Our clinic is designed for students to prepare for their upcoming fall season. This clinic offers a great way for girls to learn and improve their basic fundamental skills, work with their coaches, and practice with their teammates. The clinic is offered to first time beginners to advanced players. Included in the clinic will be conditioning drills, individual skills, small game play and team competitions! Emphasis will be on 1v1 skills, passing and receiving and shooting. The goal of the camp is to provide an opportunity to teach field hockey in a fun, competitive and team based environment. Coaches will group players by skill level and differentiate activities to ensure athletes receive an appropriate level of competition.

All players will need to provide their own 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

MELROSE YOUTH FIELD HOCKEY

FALL 2023

GRADES 3 - 8
Youth & Middle School

\$125 / Player

Registration Deadline: July 1, 2023
Optional Pre-season: August
Baystate Fall Season: September - November

Divisions:

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

Melrose Youth Field Hockey (MYFH) is in our second year of expanding our program to students as young as third grade. We are excited to be back this fall to build on the player's fundamental skills and competitive game play. MYFH goal is to bring more athletes to the sport of field hockey with a focus on player development.

Skill development includes:

- Proper passing & receiving techniques
- Footwork
- Shooting styles
- Offensive & defensive strategies

Optional pre-season practices will be held in August. During the fall season, instructional practices will take place during the week with games on the weekends. Participants will also have the opportunity to play in the annual alumni game in October. *A more detailed schedule will be released at a further date.*

New this season, MYFH will be joining the Baystate Field Hockey League for all grade levels. We will be playing against surrounding communities with referees at each game.

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



ANNOUNCEMENT!

We are very excited to share that Melrose Youth Field Hockey is now a member of the Baystate Youth Field Hockey League!

baystateyouthfieldhockey.com



VOLUNTEERS NEEDED!

We are seeking adults interested in supporting the program through coaching and other areas of Melrose Youth Field Hockey.

recreation@cityofmelrose.org



RECREATION

YOUTH / TEEN

SUMMER 2023



Melrose Volleyball Summer Academy Scott Celli & MHS Volleyball Team

Grades: Girls entering grades 5 - 9
Days: Tuesday - Thursday
Dates: July 11 - July 13
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, 23-year coach at Melrose High School, and his staff that has lead the Melrose Volleyball team to 21 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.



RECREATION

recreation@cityofmelrose.org

781-979-4179

Melrose Recreation Department
Summer 2023

Register at www.cityofmelrose.org/recreation



RECREATION

YOUTH / TEEN

SUMMER 2023



MELROSE SOCCER



MELROSE BASKETBALL



Melrose Athletics - Youth Soccer Clinic

Entering Grades: 3 - 8
Dates: Aug 21 – Aug 24
Days: Monday - Thursday
 (Rain Date: Fri, Aug 25)
Cost: \$80
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)
 Melrose Girls Soccer Coaching Staff
 Melrose High School Girls Soccer Team

Melrose Athletics – Jump Start Basketball Clinic

Entering Grades: 3 – 8, Boys & Girls
Dates: July 24 – July 27
Days: Monday - Thursday
 (Rain Date: Friday)
Cost: \$90
Location: Common Park

Session I: Grades 3 - 5
 8:00am – 9:30am

Session II: 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
 Boys Varsity Basketball Head Coach



RECREATION



Lazer Lax - Youth Lacrosse Clinic

Entering Grades: 1 - 9, Boys & Girls
Dates: July 11 – July 13
 (Rain Date: Fri, July 14)
Days: Tue – Thu
Time: 9:00am – 12:00pm
Cost: \$165
Location: Fred Green Field or Pine Banks Park (RF1)

Once again Lazer Lax will be running a three day Lacrosse clinic in Melrose! Join Coach Galusi, 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
 Girls Varsity Coach Matt Galusi

Summer Basketball Skills & Drills

Entering Grades: 3 – 8
Sessions: Wednesdays, 6 Classes
Cost: \$60
Location: Common Park

Dates: June 28 – Aug 9
 (No July 26)
 (Rain Date: Aug 16)

Session I: Grades 3 - 4
 9:00am – 10:00am

Session II: Grades 5 - 6
 10:00am – 11:00am

Session III: Grades 7 - 8
 11:00am – 12:00pm

This workout focuses on fundamentals of the game of basketball, including footwork, ball handling skills, shooting form, offensive attack, strength and conditioning. Workouts will vary from week to week, but the focus of improving the form and skill of each player is always the top priority. This workout is adjusted to fit all ages and skill levels.

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.





RECREATION

YOUTH / TEEN

SUMMER 2023

Safety at Home

Ages: 8 - 12
Date: Sun, May 7
Time: 1:00pm – 4:00pm
Cost: \$55
Location: Melrose Milano Center
Instructor: Lisa Gentile

Safety at Home program is to better prepare your children to be home alone. This program is a stepping stone for younger kids and assists older kids in better understanding the safety and responsibility needed while home. This course will teach basic safety rules, help build self-confidence, create a sense of responsibility, and heighten decision-making abilities through a variety of fun interactive activities, discussions, acting, and worksheets. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child. Topics include but are not limited to:

This course discusses:

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

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

Babysitter's Training

Ages: 11 - 15
Date: Sun, May 21
Time: 1:00pm – 5:00pm
Cost: \$65
Location: Melrose 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
- Perform basic First Aid (choking, cuts, puncture wounds, bruises, eye injuries, nosebleeds, tooth injuries, burns, seizures, poisoning, bites)
- Learn tips for having a safe babysitting experience including setting up a "code" with your parents in case of an emergency.

All participants receive a certificate for completing the course.

It is recommended to bring a snack.

Babysitting – Debbie LaFlamme

Debbie LaFlamme is a licensed day care provider in Woburn, MA. With her degree in Early Childhood Education, she has over 20 years of experience in caring for children of all ages in her home. About fifteen years ago, she created this babysitting class. In the past 10 years, it has grown tremendously and is now being offered to many local schools, church groups, and organizations.



RECREATION



LEGO Master Engineers & Stop Animation

Ages: 6 - 8
Days: Mon – Fri
Cost: \$410
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week I: July 10 – July 14

Week III: July 24 – July 28

Become a master superhero builder as we create LEGO vehicles, structures, and machines. Using STEM principles students will engineer ways to protect themselves by constructing superhero cars, magnet levitation trains, pulleys, and more! Students will use gears and motors to learn about mechanical devices such as levers, magnets, wheel and axles. In the afternoon, students will build 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 movies, attach music, and add titles/credits using Professional Stop Animation software. PLEASE NOTE: Any programs listed as WK1 or WK2, that means they are interchangeable and the lessons, builds and curriculum will be different. You are NOT required to register for week one (WK1) to participate and understand week two (WK2) and vice versa.

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.

Minecraft Missions: Stop Motion Animation & Minecraft

Ages: 9 - 13
Days: Mon – Fri
Cost: \$410
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week I: July 10 – July 14

Week III: July 24 – July 28

Come and join us as we design, build, and program robots that interact, perform complex tasks, and respond to challenges. Students will use LEGO® MINDSTORMS® EV3 motors, sensors and gears to enhance their robotics skills by completing missions within the Minecraft World. Come all Minecrafters and help us battle and defeat the Enderman! Dur-ing the after-noon students will cre-ate their very own LEGO Stop Animations. Students will build their own mini movie set and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their movies, add sound and add titles/credits using Professional Stop Animation software. During the afternoon children will use Minecraft to complete tasks such as building mazes that are filled with traps and defenses to protect them from arch enemies. They will learn how to use Command Blocks and Redstone to create traps and other cool defenses. In addition, in the afternoon, children will have the opportunity to produce their own LEGO stop motion animation. Students will be able to build their own movie sets and devise their own plot, with LEGO mini figures and other LEGO bricks, using professional stop motion animation software. PLEASE NOTE: Any programs listed as WK1 or WK2, that means they are interchangeable and the lessons, builds and curriculum will be different. You are NOT required to register for week one (WK1) to participate and understand week two (WK2) and vice versa.



Build, Modify, Code LEGO Motorized Cars & Stop Motion Animation

Ages: 6 - 8
Days: Mon – Fri
Cost: \$410
Time: 9:00am – 3:00pm
Location: Memorial Hall

Week II: July 17 – July 21

Week IV: July 31 – Aug 4

Join us as race into the world of CARS and learn how to create, build, and modify motorized LEGO brick machines! Before each LEGO brick creation staff will discuss key engineering and physics concepts with the children and how they relate to our builds. Students will then build their 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 build 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 movies, attach music, and add titles/credits using Professional Stop Animation software. PLEASE NOTE: Any programs listed as WK1 or WK2, that means they are interchangeable and the lessons, builds and curriculum will be different. You are NOT required to register for week one (WK1) to participate and understand week two (WK2) and vice versa.

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Filmmaking Classes

FOR AGES
10 - 14



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

DATE:

Session 1:

July 10-14, 2023

Session 2:

July 17-21, 2023

TIME:

9AM – 3PM

LOCATION:

MMTV- 360 Main Street,
Melrose, MA

COST:

\$400 per student

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. Students who have previously participated in our program will be able to expand on their filmmaking 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 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 2023!

*For any questions, please contact: Natalia Morgan, Program Coordinator
natalia@filmmakerscollab.org*



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

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

Youth Summer Photography Program

NEW!

Ages: 12 - 16
Days: Monday - Friday
Session: July 24 - July 28
Time: 10:00am - 12:00pm
Cost: \$135
Location: Hunt's Photography (Melrose)

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:

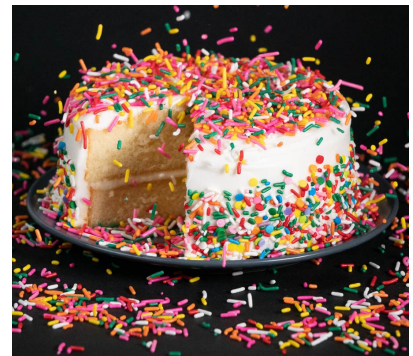
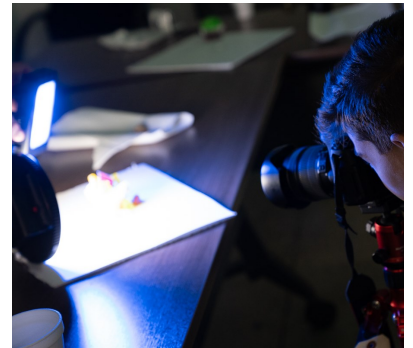
Hunt's Photography in Melrose
Edu.huntsphoto.com

(Register with Melrose Recreation Dept. for this specific program)

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Hunt's

PHOTO WALKS
WORKSHOPS
ADVENTURES
EDUCATION



NEW

Silver Lake - Breakheart Reservation

Melrose Hiking Club

Ages: 18+ Adult (Dog friendly trips)

Session I: Thursday, June 22
6:45am – 7:45am (2 mi)
The Ridge Trail
Breakheart Reservation
\$5 total

Session II: Sunday, June 25
8:30am – 2:00pm (8 mi)
Rock Circuit Trail to Crystal Springs Trail
Middlesex Fells Reservation
\$10 total



Additional hikes will be added for July & August over the next few months

Description:

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine into trees."

-John Muir

We are excited to be starting a Melrose Hiking Club! Our vision is to provide guided and local scenic hikes while building a group of Melrose residents who are ready to explore the outdoors together. One of the "jewels" of Melrose and often underutilized assets are the woods. In fact, most of us can be in nature within 5-10 minutes of our homes. But, many of us don't take advantage of it. Now is the opportunity to get out, get some fresh air, let nature clear your mind and re-charge you, and meet others in our community.

This will be a great opportunity to see what hiking has to offer including the potential to increase your overall wellness, lower your stress response, improve your sense of connectedness, and awaken you to all of the serenity and beauty always present in nature. We are hoping many interested participants will join us for these guided trips.

Guide - Tina Teodorescu:

A life time hiker, nature lover, and a Melrose resident since 1998 will be our starting guide. Tina hikes several times a week in the Fells and Breakheart with her 2 Great Pyrenees dogs, Joey and Loralie, and her husband, Razvan. In addition, Tina, Razvan, Joey, and Loralie have hiked in multiple National Parks and have completed 21 of the 48 NH 4000 footers.

Melrose Pickleball Association

Ages: 25+
Cost: \$35 / session
Max: 16 participants / session
Location: Foss Park - Pickleball Courts

Summer I: Tuesdays
June 27 - Aug 29
5:00pm - 7:00pm

Summer II: Wednesdays
June 28 - Aug 30
10:00am - 12:00pm

Summer III: Thursdays
June 29 - Aug 31
5:00pm - 7:00pm



Attendance Note:

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

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

Participants should bring their own paddles, however balls will be provided. Sneakers are required. Rain dates are built into the schedule / price.



Men's Over Thirty – Summer Pick-Up Basketball

Ages: 30(+)
Days: Mondays
Time: 7:00pm – 8:45pm
Cost: \$90
Location: Middle School Gym
Session: June 26 – Aug 14
 (No July 3)

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.

One rain dates has been built into the schedule as an extra day. If nights are cancelled due to weather, HS athletics, or summer gym maintenance 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 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 4 – Sept 17
Time: 8:00am or 10:15am game
Cost: \$135
Location: Pine Banks Turf Field

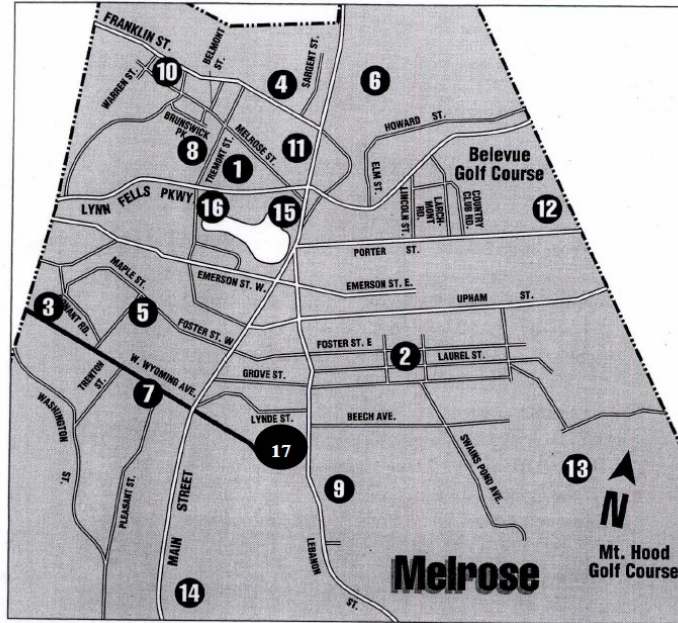
14 Game Schedule! Additional games have been built into the season. If any nights are cancelled due to weather or conflicts they will not be made-up this season due to two additional games being added to the schedule.

Games start on June 11 with potential for a league practice on June 4. July 2 will be an optional practice / scrimmage day with no umpires.

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!



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!!!