

Melrose

RECREATION DEPARTMENT



# Winter Brochure '23-'24

2023 - 2024



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

## Recreation Dept. Staff

Frank Olivieri, CPRE	Director of Recreation
Rob Carrillo	Recreation Coordinator
Julie Pino	Administrative Assistant

## Mission Statement

The Melrose Recreation Department strives to create high quality recreational programs and events that are affordable and safe for residents of all ages and abilities. With dedicated leadership and pride, we offer resources and opportunities to strengthen our community while striving to increase the social, cultural, and physical well-being of its residents and visitors.

## Park Commission

Bob Christiansen  
 Jim Donohue  
 Bradley Freeman  
 Bill Gardiner (Chair)  
 John Mercer

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

## Office Hours

Mon – Thu	9:00am – 2:00pm 2:00pm – 8:00pm (By appointment)
Fridays	9:00am – 12:00pm 12:00pm – 4:30pm (By appointment)

### Note:

On weekday afternoon / evenings the Recreation staff visits numerous locations to supervise programs, leagues and events. Please contact us if you would like to schedule an after-hours appointment so we can assist you.

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# Do you have questions about Estate Planning?

LET'S TALK ABOUT IT!

At Nobles Law, our mission is to make Estate Planning (wills, trusts, asset protection, health care planning, and more) as stress-free as possible by normalizing difficult conversations. To us, estate planning is about much more than money. It's about protecting your family from conflict, ensuring that your family has a trusted advisor to turn to, and making sure your children are protected **no matter what**.

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The opportunity to play the game.”  
— Mike Singletary



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Licensed Real Estate Agent  
781.307.1243  
jill.leeman@compass.com

**LORRAINE GATELY**

Licensed Real Estate Agent  
781.844.5191  
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**MEGAN WORLEY**

Marketing + Staging Specialist  
617.285.6472  
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# fit life



[www.fitlifema.com](http://www.fitlifema.com) - [info@fitlifema.com](mailto:info@fitlifema.com)

22 Corey Street Melrose MA 02176  
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## a fit life is not just about exercise

community. nutrition. clean living.

Fitness, nutrition and wellness experts provide you with the coaching, instruction, education and tools to create a results driven, sustainable fit life.

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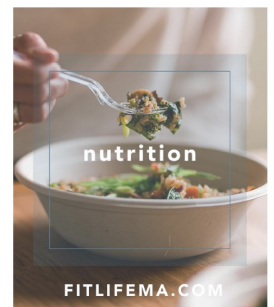
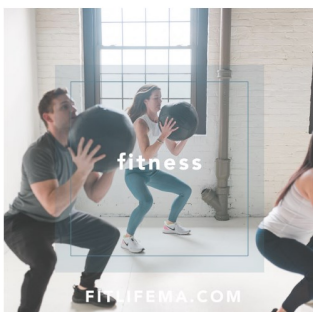
Save 15% off personal training, nutrition coaching, or a group class pass

### 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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## Tradition



## ALEXANDER ZEDROS

### Realtor

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**Email: [alexander.zedros@c21traditions.com](mailto:alexander.zedros@c21traditions.com)**

**476 Main St, Suite C. Melrose, MA 02176**





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# Melrose Recreation Department Scholarship Fund Program

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**Kevin M. Sexton**  
467 Main Street  
Melrose, MA 02176  
781-640-1484  
KevinMSexton@gmail.com

## Your Guide to Arts & Culture in Melrose

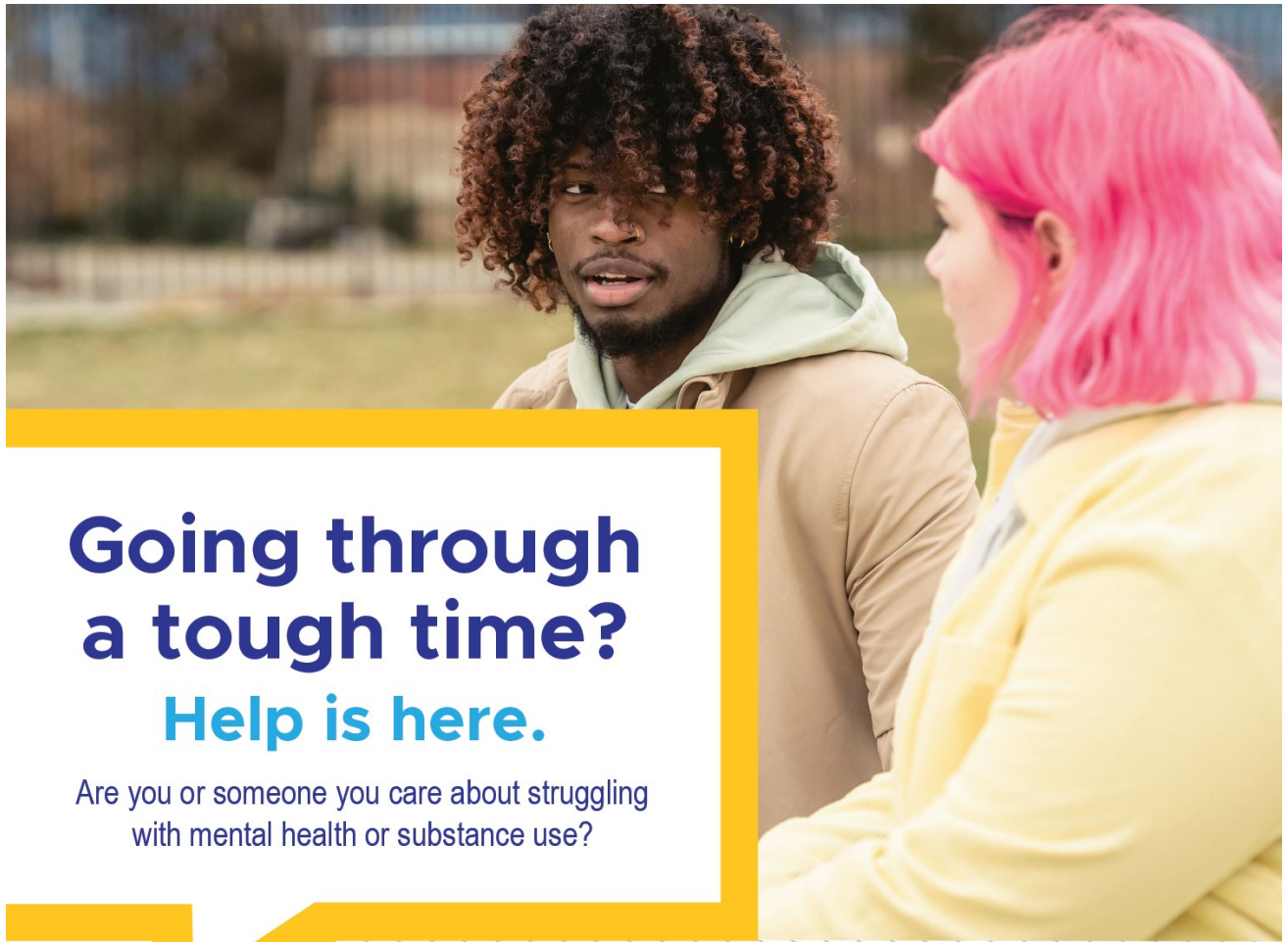


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[www.MelroseCreativeAlliance.org](http://www.MelroseCreativeAlliance.org)





# 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 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 K - 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.

## Middle School Wrestling

**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





RECREATION

YOUTH / TEEN

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

Winter 23'-24'

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



RECREATION

YOUTH / TEEN

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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RECREATION

YOUTH / TEEN

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.



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RECREATION

YOUTH / TEEN

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.



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RECREATION

YOUTH / TEEN

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.



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RECREATION

YOUTH / TEEN

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:**

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### **\*\*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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Winter 23'-24'

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## **High School Pick-Up Basketball**

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**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

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](http://www.cityofmelrose.org/recreation). If you would like more information on any programs or are interested in registering please contact us at [recreation@cityofmelrose.org](mailto:recreation@cityofmelrose.org).

### **FALL**

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

### **WINTER**

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- Basketball
- Ice Hockey
- Wrestling
- Strength & Conditioning

### **SPRING**

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- 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](mailto:recreation@cityofmelrose.org)

781-979-4179

Melrose Recreation Department

Winter 23'-24'

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

## MHS Strength & Conditioning

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

**Grades:** MHS Students  
MVMMS Students  
**Days:** Monday – Thursday  
**Dates:** Nov 27 - Last Day of School  
**Times:** 3:00pm – 5:00pm  
**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](http://www.cityofmelrose.org/recreation).





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

## Middle School Volleyball Skills & Drills (Spring)

**Grades:** 5<sup>th</sup> & 6<sup>th</sup> (4:30pm – 6:00pm)  
**Grades:** 7<sup>th</sup> & 8<sup>th</sup> (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 8<sup>th</sup> graders who are registered for the MS VB Team are already registered for this program. If you are an 8<sup>th</sup> grader not playing on the MS VB Team you are still welcomed to register for Skills & Drills!

\*Middle School 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](http://www.cityofmelrose.org/recreation)

**Just Added!**

**Introduction to Mindfulness**

**Days:** Thursdays  
**Dates:** Jan 18 - Feb 8  
**Time:** 7:00pm – 8:30pm  
**Classes:** 4 classes  
**Cost:** \$40 (\$120 value)  
**Location:** Melrose Milano Center

**Description:**

This weekly mindfulness program is designed to help reduce stress by using a variety of guided practices, self-reflection exercises, short lectures, and group discussion. You will learn to use your focused attention to tune into your body, help calm the mind, self-regulate the nervous system, and establish a deeper connection with yourself. Each participant will develop a home-based practice (5 – 20 minutes daily) with support from class and available recordings. This course is designed to meet the needs of each individual on their mindfulness journey, from beginners to those with experience. All participants will move at their own pace and comfort level. Classes will be held in-person and we ask that you commit to attending all 4 classes to the best of your ability. All are welcome and encouraged to join!

**Potential Benefits**

- Reduce stress, anxiety, & depression
- Improve physical health & well-being
- Improve cognition & mental stamina
- Improve awareness & emotional state
- Greater attention & creativity
- Greater job satisfaction & enhanced performance

**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!  
(*Donations accepted*)  
**Location:** Melrose Milano Center

**Description:**

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

**Instructors:**

Frank Olivieri & Ruth Valley







RECREATION

ADULT

WINTER 23'-24'

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

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**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.**



RECREATION

recreation@cityofmelrose.org

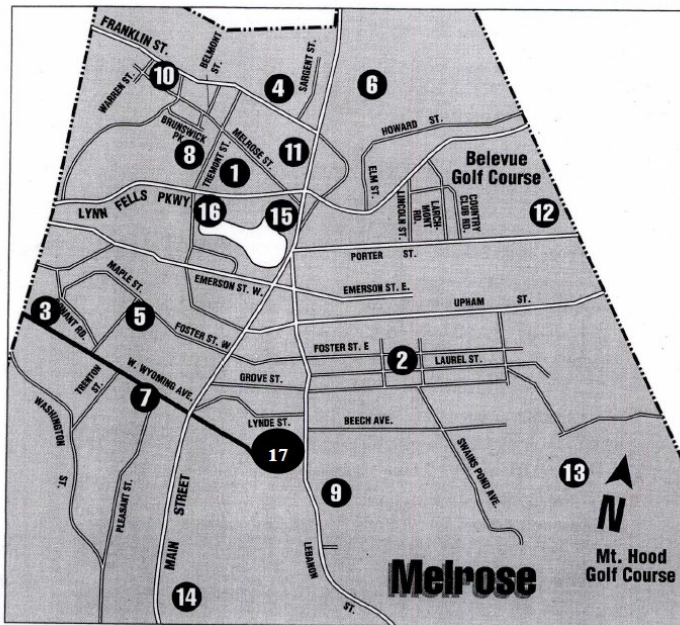
781-979-4179

Melrose Recreation Department

Winter 23'-24'

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

## 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](http://www.cityofmelrose.org/recreation). To register online visit our website (listed above) and click on the "Register Here." If you have any difficulties please contact us at 781-979-4179.

## Course Confirmation

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

## Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Melrose Recreation. If participants fail to cooperate with the rules, Melrose Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

## Refunds

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

## Cancellations

Melrose Recreation reserves the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, the program may be rescheduled to a new date and time.

## Inclement Weather

All weather announcements and updates will be made via email to registered participants. Please check your email regularly to find out the status of your programs and field conditions.

## Snacks & Drinks

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

## Special Accommodations

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

## Scholarships & Financial Aid

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

## Volunteer Opportunities

Melrose Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thank you to all who have already given their time and energy!!!