

ARLINGTON BOYS & GIRLS CLUB



WINTER 2009

Online and mail-in registration begins November 9th
Walk-in and fax-in registration begins November 23rd
Phone registration begins November 30th
www.abgclub.org

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Registration Info

Registration may be mailed to the ABGC anytime after you receive the brochure.

1. Mail-in registration must be postmarked and will be processed at random.
2. Online registration is available at www.abgclub.org for most classes beginning **November 9th**.
3. Walk-in and fax-in registration begins **November 23rd** at 9AM.
4. Phone-in registration begins **November 30th** at 9AM.
5. Club membership must be current to register for programs. No notification will be given unless class is cancelled or is full.
6. Classes may be cancelled due to lack of enrollment. Fees will be returned.
7. There are no make-up classes for cancellation or absences, weather, mechanical failure or business interruption.

Inclement Weather Policy

- When Arlington Public Schools close due to weather related issues the early morning adult swim, gym and morning tot classes will be CANCELLED! We will attempt to open at 11:30 AM and conduct afternoon and evening classes, weather permitting.
- On Delayed Openings - No adult early morning hours. Clubhouse will open for classes beginning at 9:30 AM.

2nd Annual Youth Leader Holiday Party

Tuesday December 15th 6:30-8:00pm. RSVP to kflood@abgclub.org by December 12th. Dinner will be served. Youth Leaders Only!

Special Events

Christmas Tree Sale

The Annual Christmas Tree Sale begins **Saturday, December 5, seven days a week 9AM to 8PM, at the Clubhouse at Sixty Pond Lane.** A large selection of beautiful trees and an assortment of plain and decorated wreaths are available. All proceeds benefit youth programs and activities. Volunteers needed, contact Derek at dcurran@abgclub.org or **781-648-1617**.

Tot Holiday Party

Friday December 11 10:00-11:00 AM. Open to all tot members. Featuring sing-a-long and age appropriate crafts. Santa will be available for pictures. You must bring your own camera. Due to allergies we request no food at the party.

Tot Valentine's Day Party

Friday February 12 10:00-11:00 AM. Open to all tot members. Featuring a sing-a-long and age appropriate crafts. Due to allergies we request no food at the party.

Family Movie Night

Celebrate your Unbirthday at Movie Night: Please join us in viewing Alice in Wonderland February 19 at 6:30 pm, and celebrate your unbirthday with cupcake decorating. \$5.00 admits 4 and each additional family member will be charged \$1.00.

Arlington Boys & Girls Club Calendar

Nov. 11	W	Club closed Veterans Day
Nov. 26	Th	Club closed Thanksgiving Day
Nov. 27	F	Club opens at 1:00 PM for Youth members
Dec. 5	Sa	Christmas Tree Sale begins 9:00-8:00 PM
Dec. 7	M	Session III begins
Dec. 24-26	Th-Sa	Club closed Christmas Holiday
Dec. 28	M	Club opens for adult program no classes
Dec. 29-31	Tu-Th	Club opens at 9:00 AM for youth members no classes.
Dec. 31	Th	Club closes 6:00 PM
Jan 1-2	F-Sa	Club closed New Years Holiday
Jan 18	M	Club closed Martin Luther King Day
Jan 25	M	Session IV begins
Feb 15	M	Presidents Day Raffle 2:00 PM club closed for classes.
Feb 16-20	T-Sa	Club opens at 9:00 AM for youth members no classes.

General Info for those 17 & under

Membership

Tots [6 months to 5.11 years]: \$22.00 yearly

TOT membership is required prior to enrolling in any tot class. Parents must accompany tot members since they do not use the building on an open basis. This membership will admit the immediate family to Family Swim on Friday evenings.

Youths [6-17 years]: \$22.00 yearly

YOUTHS must have reached their 6th birthday. This membership allows youth to participate in supervised Drop-in program, register in classes, family swims and special events.

Members & Guests

MEMBERS must bring their membership card and check in each time they come to the Club. One Day passes available at 50 cents. Replacement cards \$1. Members may bring a guest (must be 8 years of age). Guests 8-17 years are \$5 per visit. Visitors must be accompanied by a current member. Limit of 1 visit before membership required.

Club Bank

Youth members can deposit any amount of money for the day and withdraw as they need. This prevents accidental loss or the possibility of stolen money. Money must be withdrawn at days end.

Snack Bar

Fridays (5 PM) and Saturdays (11:30 AM), Pizza, teeny drinks, and other assorted snacks are available.

Drop-In Program

For Youth Members ages 6-17 years

	Ages 6-11	Ages 12-17
Tue	2:30-7:30 PM	2:30-8:45 PM
Wed	2:30-7:30 PM	2:30-8:45 PM
Thu	2:30-7:30 PM	2:30-8:45 PM
Fri	2:30-9:00 PM	2:30-9:00 PM
Sat	9 AM-4:45 PM	9 AM-4:45 PM

Games Room Activities ages 6-17

Tue	Trivia Challenge @ 3:30 PM
Wed	Arts & Crafts 4 PM
Thu	Girls Group 12 & up 4:00-5:00 PM
Fri	Movie Day ages 6-11 @ 3:30 PM ages 12 & up @ 6:00 PM
Sat	Games Room Tournaments @ 2PM

Gym Time for Youth Members

	Ages 6-11	Ages 6-17	Ages 12-17
Tue	3:00-4:00	5:30-6:30	7:00-8:45
Wed	3:00-4:00	4:00-4:45	
Thu	3:00-4:00	4:00-4:45	7:00-8:45
Fri	3:00-4:00	3:00-4:30	
Sat		12:00-1:15 3:30-4:30	

Pool Open Swim ages 6-17

Tue	4:30-5:15 PM	
Wed	4:30-5:15 PM	
Thu	4:30-5:15 PM	
Fri	4:30-5:15 & 7:45-8:30 PM	
	Water Sports	Family Swims*
	7-7:45 PM	5:30-6:15 & 6:15-7:00 PM
Sat	12:30-1:15 & 3:45-4:30 PM	

* Family Swims are open to all members and immediate family. Children must be accompanied by a parent in water. Membership required - suggested admission - donation to Food Pantry. **Swim is limited to first 75 people.**

Teen Room

Features computers, TV, stereo and video games!

Tue	3:00-7:00 PM
Wed	3:00-6:00 PM
Thu	3:00-7:00 PM
Fri	3:00-9:00 PM
Sat	12:00-4:30 PM

Drop-in Youth Special Events

Nov. 28th	3rd Annual Turkey Flag Football Game @2pm
Dec. 16th	Holidays around the World @ 4:00 PM
Jan. 27th	Paper Football Superbowl @ 4:00 PM
Feb. 10th	Valentines Day Sweet Treat @ 4:00 PM

King of the Court

Come be part of Arlington Boys & Girls Club's history as two basketball legends battle it out to see who is the better free throw shooter, John Bowler or Kevin Flood. Wednesday December 30th at 6:00 PM. \$1 per person. Raffles, contests and more.

Dinner & A Movie

Youth members 12 & up will learn how to cook your own movie night dinners with fun themed recipes. Join us on the following dates. Pre-registration is required at the front desk. Fee \$5.00.

January 22	Rudy
February 26	50 First Dates

Triple Play Bonus Days 2:30 PM

Bring your card and receive a Triple Play Bonus Day Prize. Prizes are on a first come first serve basis.

December 9	Gloves for your cold hands
January 13	Chapstick
February 24	Hot Chocolate Mugs

Youth Leader Trip Ages 12 & up

Snow Tubing. Thursday January 14th at 5:00 pm, \$20 or credits.

What is the Arlington Boys & Girls Club?

- A place to go and have fun
- A place where a child can be a child while learning to understand him/herself
- A place where a child can feel he/she is important
- A place that provides physical fitness, health and athletic programs
- A place that provides arts and crafts to develop skills and talents
- A place that provides leadership development and decision making responsibilities
- A place to develop new friendships

Membership Information

A yearly non-refundable membership fee of \$22 is required of all youth members. This fee allows youth ages 6-17 access to the Club during Club hours to participate in daily games, tournaments, open gym, free swim and special events. Membership fees are renewable one year from date of purchase. Members, ages 6-17, are supervised at the Club. The Club has an open door policy, which means members may go in and out of the building as they please. Parents should set limits as to how far they can stray from the Club. Children not mature enough to handle this responsibility should enroll in other programs with direct supervision.

Code of Conduct

- Be honest/act honestly
- Follow Club rules
- Behave in a respectful manner to each other, club staff, volunteers, and visitors
- Respect property belonging to you, others, and the Club
- Recognize and focus on effort, positive behavior, and excellence
- Honor differences

Members that do not adhere to the Code of Conduct will follow the three strike policy:

1. Staff will sit the child down and explain what rule was broken.
2. Staff will contact parent about child's behavior.
3. Child may be suspended depending on the severity of behavior.

Drop-in Questions:

1. **Are my children Safe?** There are staff members located in all program areas. All Staff have been CORI checked and have CPR and first aid training.
2. **Can my child go outside?** The Club has an open door policy, which means members can go in and out of the building as they please. Parents should set limits as to how far children can stray from the Club, such as staying in front of the building or field across the street.
3. **What should my child bring to the Club?** Children should bring a bathing suit, towel and a snack or money for snacks. Snack machines and drink machines are available. All members belongings can be locked in a locker. If your child brings money please check the money in at bank at the front desk. Money can be taken out as needed. Please take all money out at the end of the day and remember to save a quarter if you need to make a phone call.
4. **What shouldn't my child bring to the Club?** Please do not bring PSPs, Ipods, Game Boys or any other expensive items. The Club is not responsible for lost items.

New Power Hour, Ages 6-17

A quiet time for members to do homework. Computers with internet and Microsoft Word are available. Youth will be supervised by adult staff and volunteers. Homework incentive program for youth participating six times per month. Tue, Wed, Thu 4:00-5:00 PM.

Girls Time

Girls Time provides female club members ages 12 and older the opportunity to get together and talk with each other about issues they face on a day to day basis. Meets Thursdays 4:00-5:00 PM.

Goals for Graduation and Career Launch

Goals for Graduation and Career Launch are two Boys & Girls Clubs of America programs that help high schoolers make sound education and career decisions. Goals for Graduation meets bi-monthly and focuses on all aspects of the college admissions process. Career Launch is designed to explore career opportunities for high school students. This is a one-on-one program and needs to be set up in advance with Dee and Kevin. For more information contact Dee at dsavioli@abgclub.org or Kevin at kflood@abgclub.org.

Youth Swim Classes

Swim Class Registration: Registration is limited to one swim class per session.

1. A wait list will be established once classes are filled for those not in a class session. Once you are enrolled in a class, you cannot be placed on waiting list for similar class in same session.
2. Participants must be at least six years of age to register for youth level classes.
3. Parents are allowed to watch the first and last class only.

Swim Team Style Skills & Drills

Learn stroke mechanics, streamlining techniques, work-outs to improve strokes, diving, turns and timed races all to build endurance.

Code	Day	Time	Date	Fee	No Class
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Ages 6-10

221080-A1	M	5:00-6:15 PM	12/7-3/8	\$100	12/28, 1/18, 2/15
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Ages 11-15

221080-A2	M	5:00-6:15 PM	12/7-3/8	\$100	12/28, 1/18, 2/15
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Semi-Private Swim Lessons

There will be 2-3 children ages 6 and older in each class. The goal is to improve the skills that they have and to introduce new skills. Red Cross Swim Level requirements will be covered.

Code	Day	Time	Date	Fee	No Class
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Level 1-2

221001-V3	Tu-F	3:30-4:30 PM	2/16-2/19	\$125	
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Level 2-3

221001-A4	Th	3:45-4:30 PM	12/10-1/21	\$125	12/24 & 31
221001-A5	Sa	3:00-3:45 PM	12/12-1/23	\$125	12/25, 1/2
221001-B4	Th	3:45-4:30 PM	1/28-3/11	\$150	2/18
221001-B5	Sa	3:00-3:45 PM	1/30-3/13	\$150	2/20

Level 3-4

221001-A6	Th	3:45-4:30 PM	12/10-1/21	\$125	12/24 & 31
221001-A7	Sa	3:00-3:45 PM	12/12-1/23	\$125	12/25, 1/2
221001-B6	Th	3:45-4:30 PM	1/28-3/11	\$150	2/18
221001-B7	Sa	3:00-3:45 PM	1/30-3/13	\$150	2/20
221001-V4	Tu-F	3:30-4:30 PM	2/16-2/19	\$125	

Level 4-5

221001-A8	Th	3:45-4:30 PM	12/10-1/21	\$125	12/24 & 31
221001-B8	Th	3:45-4:30 PM	1/28-3/11	\$150	2/18

Level 5-6

221001-A9	Th	3:45-4:30 PM	12/10-1/21	\$125	12/24 & 31
221001-B9	Th	3:45-4:30 PM	1/28-3/11	\$150	2/18

Youth Level I: Introduction to Water Skills

Purpose: Comfort in water. Basic water safety rules. Bobbing, blowing bubbles, and locating a submerged object. Swimming and floating on front and back.

Code	Day	Time	Date	Fee	No Class
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221071-A1	Tu	3:00-3:45 PM	12/8-1/19	\$60	12/29
221071-A2	Sa	1:15-2:00 PM	12/12-1/23	\$50	12/26, 1/2
221071-B1	Tu	3:00-3:45 PM	1/26-3/9	\$60	2/16
221071-B2	Sa	1:15-2:00 PM	1/30-3/13	\$60	2/20

Youth Level 2: Fundamental Aquatic Skills

Purpose: Success with fundamental skills. Submerging entire head. Front and back glide. Treading water using arms and legs. Water safety rules. Bobbing in water, floating, swimming using combined stroke on front and back. Includes time in the shallow end and the deep end.

Code	Day	Time	Date	Fee	No Class
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221072-A1	Tu	3:45-4:30 PM	12/8-1/19	\$60	12/29
221072-A2	F	3:45-4:30 PM	12/11-1/22	\$50	12/25, 1/1
221072-A3	Sa	1:15-2:00 PM	12/12-1/23	\$50	12/26, 1/2
221072-A4	Sa	2:00-2:45 PM	12/12-1/23	\$50	12/26, 1/2
221072-B1	Tu	3:45-4:30 PM	1/26-3/9	\$60	2/16
221072-B2	F	3:45-4:30 PM	1/29-3/12	\$60	2/19
221072-B3	Sa	1:15-2:00 PM	1/30-3/13	\$60	2/20
221072-B4	Sa	2:00-2:45 PM	1/30-3/13	\$60	2/20

Youth Level 3: Stroke Development

Purpose: Build on Level 2 skills with additional guided practice. Front and back glide, front and back crawl. Sitting or kneeling dive. Rotary breathing in horizontal position. Survival float, back float, butterfly-kick and body motion. This class is in the deep-end.

Code	Day	Time	Date	Fee	No Class
221073-A1	Tu	3:45-4:30 PM	12/8-1/19	\$60	12/29
221073-A2	Th	3:00-3:45 PM	12/10-1/21	\$50	12/24, & 31
221073-A3	Sa	10:30-11:15AM	12/12-1/23	\$50	12/26, 1/2
221073-A4	Sa	1:15-2:00 PM	12/12-1/23	\$50	12/26, 1/2
221073-B1	Tu	3:45-4:30 PM	1/26-3/9	\$60	2/16
221073-B2	W	3:45-4:30 PM	1/27-3/10	\$60	2/17
221073-B3	Th	3:00-3:45 PM	1/28-3/11	\$60	2/18
221073-B4	Sa	10:30-11:15AM	1/30-3/13	\$60	2/20
221073-B5	Sa	1:15-2:00 PM	1/30-3/13	\$60	2/20

Youth Level 4: Stroke Improvement

Develop confidence in strokes & aquatic skills. Safe diving rules. Dive from a compact or stride position. Survival float, back float, elementary backstroke, breaststroke, butterfly, scissor line kick, throwing assist. Feet-first surface dive. Front & back crawl, open turn on front & back.

Code	Day	Time	Date	Fee	No Class
221074-A1	Tu	3:00-3:45 PM	12/8-1/19	\$60	12/29
221074-A2	F	3:45-4:30 PM	12/11-1/22	\$50	12/25, 1/1
221074-A3	Sa	9:00-9:45 AM	12/12-1/23	\$50	12/26, 1/2
221074-B1	Tu	3:00-3:45 PM	1/26-3/9	\$60	2/16
221074-B2	W	3:45-4:30 PM	1/27-3/10	\$60	2/17
221074-B3	F	3:45-4:30 PM	1/29-3/12	\$60	2/19
221074-B4	Sa	9:00-9:45 AM	1/30-3/13	\$60	2/20

Youth Level 5: Stroke Refinement

Provide coordination and refine strokes, survival swimming, standing dive, front and back crawl. Perform rescue breathing. Tuck and pike surface dive. Front crawl and backstroke, flip turns. Elementary backstroke, butterfly, breaststroke, sidestroke.

Code	Day	Time	Date	Fee	No Class
221075-A1	Th	3:00-3:45 PM	12/10-1/21	\$50	12/24, & 31
221075-A2	F	3:45-4:30 PM	12/11-1/22	\$50	12/25, 1/1
221075-A3	Sa	9:45-10:30AM	12/12-1/23	\$50	12/26, 1/2
221075-B1	Th	3:00-3:45 PM	1/28-3/11	\$60	2/18
221075-B2	F	3:45-4:30 PM	1/29-3/12	\$60	2/19
221075-B3	Sa	9:45-10:30 PM	1/30-3/13	\$60	2/20

Youth Level 6: Swimming & Skill Proficiency

Ease, Efficiency, Power, Smoothness offered in three separate classes. All classes continue to work on strokes and include endurance swim (500 yards/20 lengths). A child can register for any of the three options. No specific order required to pass.

1. Lifeguard Readiness: basics of how to save someone.
2. Personal Water Safety: how to help yourself or others in dangerous situations involving water.
3. Fitness Swimmer: Different ways to exercise in water.

Code	Day	Time	Date	Fee	No Class
Type: PW					
221076-A1	Sa	11:15-12 PM	12/12-1/23	\$50	12/26, 1/2
Type: FS					

221076-B1	W	3:45-4:30 PM	1/27-3/10	\$60	2/17
Type: LG					

221076-B2	Sa	11:15-12 PM	1/30-3/13	\$60	2/20
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Youth Gym Classes

Indoor Soccer

Indoor Soccer League play for those 9-13 years..

Code	Day	Time	Date	Fee	No Class
222361-A1	Sa	1:30-3:30 PM	12/12-3/13	\$60	12/26, 1/2, 2/20

Girls Volleyball ages 9-13

A beginner level program which introduces basic volleyball skills including serving, passing, setting, hitting and blocking. Each class offers skill building activities along with an assortment of volley ball games.

Code	Day	Time	Date	Fee	No Class
222754-A1	Tu	4:15-5:15 PM	12/8-1/19	\$55	12/29

Middle School Girls Lacrosse

The class is designed for beginner to intermediate players. Children will learn basic lacrosse skills and rules and apply them to weekly contests and games under the direction of Cathy Duddy, Woburn HS JV coach. Mouth guards required, sticks and goggles available if needed.

Code	Day	Time	Date	Fee	No Class
222208-B1	Tu	4:15-5:15 PM	1/26-3/9	\$60	2/16

Gymnastics

Focus in on floor exercise and will promote strength and flexibility. Designed for children of all tumbling abilities. The program is under the direction of Donna Sullivan.

Code	Day	Time	Date	Fee	No Class
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Age 5 & 6:

222380-A1	M	3:00-3:45 PM	12/7-3/8	\$99	12/28, 1/18, 2/15
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Age 7 & 8:

222380-A2	M	3:45-4:30 PM	12/7-3/8	\$99	12/28, 1/18, 2/15
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Age 9 & up:

222380-A3	M	4:30-5:15 PM	12/7-3/8	\$99	12/28, 1/18, 2/15
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Strength Training & Conditioning for Middle School

Promoting total fitness, increased muscular strength, improved cardiovascular efficiency, flexibility and sound nutritional habits.

Code	Day	Time	Date	Fee	No Class
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222919-A1	M,W	4:00-5:00 PM	12/7-1/20	\$99	12/28 & 30, 1/18
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222919-B1	M,W	4:00-5:00 PM	1/25-3/10	\$99	2/15, 2/17
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Karate ages 6 and up

The Tae-Sho Karate is a combination of Tai Kwan Do and Shoto Kan. Children will learn discipline, structure and self defense.

Advantages are the physical exercise, conditioning and building self confidence. Children ages 6-8 must have approval of instructor prior to registering. Instructor is Michael Vartebedian, black belt in the art of Karate and former Golden Glove Boxer.

Code	Day	Time	Date	Fee	No Class
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222451-A1	W	6:15-7:15 PM	12/9-3/10	\$100	12/30, 2/17
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222451-A2	Sa	8:45-9:45 AM	12/12-3/13	\$100	12/26, 1/2, 2/20
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222451-A3	W, Sa	Both times	12/9-3/13	\$165	See above
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Donate Your Unwanted Vehicle and HELP A CHILD!



Donate your unwanted car, truck, trailer or boat to the Arlington Boys & Girls Club. Your vehicle will be towed away free of charge and you can help the Arlington Boys & Girls Club. Tell your friends and neighbors. For more information or to arrange a pick-up call. 1-800-246-0493.

Biddy Basketball

Designed for boys and girls 6 to 8 years old. On game day, there is a Skills and Drills Session at their scheduled game time each week. Skill sessions last about 15 minutes, followed by a game consisting of (2) 16 minute halves. Games officiated by coaches. Time will be spent learning the rules that apply to the game of basketball. Volunteer Coaches are always needed.

Code	Day	Time	Date	Fee	No Class
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222461-A1	Sa	9:00AM-12PM	12/12-3/13	\$75	12/26, 1/2, 2/20
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Week 1 & 2 Saturday 9:30-11:00 AM. For remainder refer to schedule given out on the second week.

Jr. One Basketball

Designed for boys and girls ages 9 and 10 years old. An intramural league designed for fun and stresses the importance of individual and team sportsmanship. The most important concept in our program is that we play to have fun. Everyone plays. Fundamentals are emphasized. Focus is placed on cooperation, not competition. This is a program that involves respect for everyone and a clear understanding of the rules by players, coaches, referees, and parents. Games will be played at 5:00 PM, 6:00 PM, and 7:00 PM.

Code	Day	Time	Date	Fee	No Class
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222462-A1	W, Th or F	5, 6 & 7 PM	12/11-3/12	\$75	12/25, 1/1, 2/19
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Week 1 & 2 Wednesday 5:00-6:30 PM. For remainder refer to schedule given out on the second week.

Jr. Two Basketball

Designed for boys and girls ages 11 to 13 years old. An intramural league designed for fun and stresses the importance of individual and team sportsmanship. The most important concept in our program is that we play to have fun. Everyone plays. Fundamentals are emphasized. Focus is placed on cooperation, not competition. This is a program that involves respect for everyone and a clear understanding of the rules by players, coaches, referees, and parents. Games will be played at 5:00 PM, 6:00 PM, 7:00 PM and 8:00 PM.

Code	Day	Time	Date	Fee	No Class
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222463-A1	W, Th or F	5, 6, 7 or 8 PM	12/11-3/12	\$75	12/25, 1/1, 2/19
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Week 1 & 2 Thursday 5:00-6:30 PM. For remainder refer to schedule given out on the second week.

Check us out on Facebook and Twitter

Follow us at twitter.com/abgclub and on **Facebook** for the latest ABGC info!

Youth Crafts & More

Wood Crafts 6-8 yrs

Children will build simple projects. They will learn about the type of wood they are using and how to sand the project with the grain of the wood. Children will learn to use basic carpentry tools.

Code	Day	Time	Date	Fee	No Class
223552-A1	W	3-4:00 PM	1/20	\$17	Sports Rack
223552-B1	W	3-4:00 PM	1/27	\$17	Letter Box
223552-B2	W	3-4:00 PM	2/10	\$17	Heart Shape Holder
223552-B3	W	3-4:00 PM	3/3	\$17	Coat Rack

Allie Finkles Rules for Girls

For ages 7-9 years. Be great, be creative, be you!! A class to inspire, motivate and celebrate your unique self. Discover yourself through art, cooking and much more.

Code	Day	Time	Date	Fee	No Class
223736-A1	Tu	3:30-4:30 PM	12/8-1/19	\$60	12/29
223736-B1	Tu	3:30-4:30 PM	1/26-3/9	\$60	2/16

Holiday Treats Ages 5-6

Includes measuring mixing and baking seasonally selected treats.

Code	Day	Time	Date	Fee
223883-A1	W	3:00-4:30 PM	12/9	\$17
223883-B1	W	3:00-4:30 PM	2/3	\$17

Holiday Treats, Ages 7-9

Includes measuring mixing and baking seasonally selected treats.

Code	Day	Time	Date	Fee
223884-A1	W	3:00-4:30 PM	12/16	\$17
223884-A2	W	3:00-4:30 PM	12/23	\$17
223884-B1	W	3:00-4:30 PM	2/10	\$17

Cooking with Flat Stanley 6-8

Travel with Flat Stanley all across the United States and explore regional cuisines. Each week your child will join his fellow chefs and create recipes from different regions across the country and will correspond with students across the country! Supplies included.

Code	Day	Time	Date	Fee	No Class
223592-A1	F	3:30-4:30 PM	12/11-1/22	\$63	12/25, 1/1

Flat Stanley World Travler 6-8

Stanley Lambchop jumped in the pilot's seat or was that the pilot's pocket. Come taste the world Lambchop style!

Code	Day	Time	Date	Fee	No Class
223592-B1	F	3:30-4:30 PM	1/29-3/12	\$75	2/19

Eat it Science

Kitchen chemistry starts right here! Salt and baking soda and yeast oh my! Join us and make a drink and snack!

Code	Day	Time	Date	Fee	Age
223690-B1	Wed	9-10:30 AM	2/17	\$20	5-6 years
223690-B2	Wed	10:30-Noon	2/17	\$20	7-9 years

Tot Swim Classes

Swim Class Registration

Registration is limited to one swim class per session.

- A wait list will be established once classes are filled for those not in a class session. Once you are enrolled in a class, you cannot be placed on waiting list for similar class in same session.
- Children who register for a tot swim class without a parent must be at least thirty four (34) inches to chin level.
- Children not toilet trained must wear swim diapers or rubber pants over diapers.
- Parents are allowed to watch the first and last class ONLY.

Tot Water Babies I

Ages 6 - 24 months. Designed to introduce children into the aquatic atmosphere at a very early age. Skills include blowing bubbles, kicking on stomach and back, paddling arms/splashing, sliding/jumping in and going underwater. Includes group skills, free play, games & song time.

Code	Day	Time	Date	Fee	No Class
211011-A1	W	10:00-10:30 AM	12/9-1/20	\$60	12/30
211011-A2	Sa	9:30-10:00 AM	12/12-1/23	\$50	12/26, 1/2
211011-B1	W	10:00-10:30 AM	1/27-3/10	\$60	2/17
211011-B2	Sa	9:00-9:30 AM	1/30-3/13	\$60	2/20
211011-B3	Sa	9:30-10:00 AM	1/30-3/13	\$60	2/20

Updates and additional info can be found at www.abgclub.org!

Tot Swim Water Babies II

Ages 24 to 48 months. Designed for toddlers and preschoolers. Skills include blowing bubbles, kicking on stomach and back, paddling arms, jumping, gliding, going underwater and eventually free floating with a barbell. Includes group skills, free play, games and song time.

Code	Day	Time	Date	Fee	No Class
211012-A1	M	9-9:30 AM	12/7-1/11	\$50	12/28, 1/18
211012-A2	Sa	10-10:30 AM	12/12-1/23	\$50	12/26, 1/2
211012-A3	Sa	10:30-11 AM	12/12-1/23	\$50	12/26, 1/2
211012-B1	M	9-9:30 AM	1/25-3/8	\$60	2/15
211012-B2	Sa	10-10:30 AM	1/30-3/13	\$60	2/20
211012-B3	Sa	10:30-11 AM	1/30-3/13	\$60	2/20

MOMswim 4 - 24 mo

A Pilates-infused water work-out for Moms & Babies/Toddlers ages 4 months through 24 months. Provides Moms a great workout. Held in shallow water only, MOMswim includes singing, strength training and signing (ASL).

Code	Day	Time	Date	Fee	No Class
211013-A1	Th	10-10:45 AM	12/10-1/21	\$55*	12/24 & 31
211013-A2	Th	10-10:45 AM	12/10-1/21	\$70**	12/24 & 31
211013-B1	Th	10-10:45 AM	1/28-3/11	\$65*	2/18
211013-B2	Th	10-10:45 AM	1/28-3/11	\$80**	2/18

* member rate ** non-member rate

Fish 3 & 4 years without parent

Children must be 34 inches to chin level. Skills: safety, learning to balance and maneuver, kicking on stomach & back, paddling arms, floating, use of barbells, noodles and kickboards, jumping, blowing bubbles, going underwater & confidence building. Includes water games and songs. Taught in the shallow end.

Code	Day	Time	Date	Fee	No Class
211030-A1	Tu	1:00-1:30 PM	12/8-1/19	\$60	12/29
211030-A2	W	10:30-11 AM	12/9-1/20	\$60	12/30
211030-A3	Sa	11-11:30 AM	12/12-1/23	\$50	12/26, 1/2
211030-A4	Sa	11:30-12 PM	12/12-1/23	\$50	12/26, 1/2
211030-B1	Tu	1-1:30 PM	1/26-3/9	\$60	2/16
211030-B2	W	10:30-11 AM	1/27-3/10	\$60	2/17
211030-B3	Sa	11-11:30 AM	1/30-3/13	\$60	2/20
211030-B4	Sa	11:30-12 PM	1/30-3/13	\$60	2/20

Semi Private Swim Lessons

There will be 2-3 children in each class. The goal is to improve the skills that they have and to introduce new skills. Child must meet height requirement of 34 inches to chin level.

Code	Day	Time	Date	Fee	No Class
Ages 3-4					
221001-A1	Th	1:30-2:00 PM	12/10-1/21	\$125	12/24 & 31
221001-B1	Th	1:30-2:00 PM	1/28-3/11	\$150	2/18
221001-V1	Tu-F	3:30-4:00 PM	2/16-2/19	\$125	
Ages 4-5					
221001-A2	Tu	1:30-2:00 PM	12/8-1/19	\$150	12/29
221001-A3	Sa	3:00-3:30 PM	12/12-1/23	\$125	12/26, 1/2
221001-B2	Tu	1:30-2:00 PM	1/26-3/9	\$150	2/16
221001-B3	Sa	3:00-3:30 PM	1/30-3/13	\$150	2/20
221001-V2	Tu-F	4:00-4:30 PM	2/16-2/19	\$125	

Turtles 4 & 5 year swim

Basic water adjustment.

Code	Day	Time	Date	Fee	No Class
211041-A1	Tu	3-3:30 PM	12/8-1/19	\$60	12/29
211041-A2	W	1-1:30 PM	12/9-1/20	\$60	12/30
211041-A3	Th	10:45-11:15 AM	12/10-1/21	\$50	12/24 & 31
211041-A4	Sa	12-12:30 PM	12/12-1/23	\$50	12/26, 1/2
211041-A5	Sa	2-2:30 PM	12/12-1/23	\$50	12/26, 1/2
211041-B1	Tu	3-3:30 PM	1/26-3/9	\$60	2/16
211041-B2	W	1-1:30 PM	1/27-3/10	\$60	2/17
211041-B3	Th	10:45-11:15 AM	1/28-3/11	\$60	2/18
211041-B4	Sa	12-12:30 PM	1/30-3/13	\$60	2/20
211041-B5	Sa	2-2:30 PM	1/30-3/13	\$60	2/20

Penguins 4 & 5 year swim

Swims slightly on own. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
211042-A1	W	1:30-2:00 PM	12/9-1/20	\$60	12/30
211042-A2	Th	1:00-1:30 PM	12/10-1/21	\$50	12/24 & 31
211042-A3	Th	3:15-3:45 PM	12/10-1/21	\$50	12/24 & 31
211042-A4	Sa	12-12:30 PM	12/12-1/23	\$50	12/26, 1/2
211042-A5	Sa	2:30-3:00 PM	12/12-1/23	\$50	12/26, 1/2

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211042-B1	W	1:30-2:00 PM	1/27-3/10	\$60	2/17
211042-B2	Th	1:00-1:30 PM	1/28-3/11	\$60	2/18
211042-B3	Th	3:15-3:45 PM	1/28-3/11	\$60	2/18
211042-B4	Sa	12-12:30 PM	1/30-3/13	\$60	2/20
211042-B5	Sa	2:30-3:00 PM	1/30-3/13	\$60	2/20

Dolphins 4 & 5 year swim

Swims on own for 10 yards. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
211043-A1	Tu	3:30-4:00 PM	12/8-1/19	\$60	12/29
211043-A2	W	1:30-2:00 PM	12/9-1/20	\$60	12/30
211043-A3	Sa	11:30-12 PM	12/12-1/23	\$50	12/26, 1/2
211043-A4	Sa	2:30-3:00 PM	12/12-1/23	\$50	12/26, 1/2
211043-B1	Tu	3:30-4:00 PM	1/26-3/9	\$60	2/16
211043-B2	W	1:30-2:00 PM	1/27-3/10	\$60	2/17
211043-B3	Sa	11:30-12 PM	1/30-3/13	\$60	2/20
211043-B4	Sa	2:30-3:00 PM	1/30-3/13	\$60	2/20

Walrus Advanced 4 & 5 year swim

This is a deep-end class. The child needs to build confidence in deep water, and build endurance. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
211051-A1	W	1:00-1:30 PM	12/9-1/20	\$60	12/30
211051-A2	Th	3:15-3:45 PM	12/10-1/21	\$50	12/24 & 31
211051-A3	Sa	2:00-2:30 PM	12/12-1/23	\$50	12/26, 1/2
211051-B1	W	1:00-1:30 PM	1/27-3/10	\$60	2/17
211051-B2	Th	3:15-3:45 PM	1/28-3/11	\$60	2/18
211051-B3	Sa	2:00-2:30 PM	1/30-3/13	\$60	2/20

Seals Advanced 4 & 5 year swim

A deep-end class. The child is ready to learn more advanced skills. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
211052-A1	Tu	4:00-4:30 PM	12/8-1/19	\$60	12/29
211052-A2	Sa	2:00-2:30 PM	12/12-1/23	\$50	12/26, 1/2
211052-B1	Tu	4:00-4:30 PM	1/26-3/9	\$60	2/16
211052-B2	Sa	2:00-2:30 PM	1/30-3/13	\$60	2/20

Parent & Child Drop-in Swim

Parents must accompany child in water. Limited to first 25 people. Tuesdays 10:30-11:15 AM December 8 - March 9 Fee: \$5 per child.

Tot Gym Classes

Tot Gym Time

Open gym time for tots 15 to 36 months and their parent. Large motor activities will be provided. Each class concludes with parachute circle time.

Code	Day	Time	Date	Fee	No Class
212300-A1	Th	10:30-11:30AM	12/10-1/21	\$47	12/24 & 31
212300-B1	Th	10:30-11:30AM	1/28-3/11	\$55	2/18

Tot Wee Wigglers

This class is offered for children ages 18-36 months with a parent or caregiver. Each session will include gross motor play, music, circle time and social interaction for tots with an adult.

Code	Day	Time	Date	Fee	No Class
212301-A1	W	9:30-10:15AM	12/9-1/20	\$55	12/30
212301-B1	W	9:30-10:15AM	1/27-3/10	\$55	2/17

Jump, Jiggle & Jive

A music and movement program for children ages 15-33 months and their parent. The focus of the program is on the process of adults and children having fun while making music together.

Code	Day	Time	Date	Fee	No Class
212211-A1	Th	9-10:00 AM	12/10-1/21	\$47	12/24 & 31
212211-B1	Th	9-10:00 AM	1/28-3/11	\$55	2/18

Tot Tumble Bumble

This class is for ages 2-3 years with a caregiver. Adults will guide children through an obstacle course, where they will learn beginning gymnastics skills. We roll, climb, jump and have fun.

Code	Day	Time	Date	Fee	No Class
212380-A1	M	9:30-10:15AM	12/7-3/8	\$99	12/28, 1/18,2/15
212380-A2	W	10:30-11:15AM	12/9-3/10	\$99	12/30, 2/17

Tot Gym Together

For ages 2.6 -4 years with a parent or caregiver. Children and adults will participate in age appropriate large motor activities and games using a wide range of equipment and props.

Code	Day	Time	Date	Fee	No Class
212302-A1	Tu	10:15-11 AM	12/8-1/19	\$55	12/29
212302-B1	Tu	10:15-11 AM	1/26-3/9	\$55	2/16

Buddy & Me Dance Time

For children ages 2 to 3 years old with a parent. The child and adult will explore creative movement and simple dance steps. Please wear socks and comfortable clothing. The instructor is Elizabeth Cammarata of Alton Street Dance Studio.

Code	Day	Time	Date	Fee	No Class
212700-A1	Tu	9:30-10:00AM	12/8-1/19	\$60	12/29
212700-B1	Tu	9:30-10:00AM	1/26-3/9	\$60	2/16

Tot Games & More

For children ages 3 & 4 years old without parent. It is designed to introduce children to a variety of sports and games. It includes group games and fun activities using a variety of equipment.

Code	Day	Time	Date	Fee	No Class
212921-A1	Tu	9:15-10 AM	12/8-1/19	\$55	12/29
212921-B1	Tu	9:15-10 AM	1/26-3/9	\$55	2/16

Tot Sports & Games 3 & 4 years

Introduces 3 & 4 year olds to a variety of sports and games.

Code	Day	Time	Date	Fee	No Class
212271-A1	Tu	12:30-1:15PM	12/8-1/19	\$55	12/29
212271-B1	Tu	12:30-1:15PM	1/26-3/9	\$55	2/16

Tumblers

Tumblers I-III: An introductory gymnastics program for ages 3-5 without parent. Includes tumbling and use of equipment. Designed to enhance body awareness, balance, and gross motor development through movement, running, jumping, simple games and basic gymnastic skills. The program is conducted by Donna Sullivan.

Code	Day	Time	Date	Fee	No Class
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Tumblers I Ages 3 years

212310-A1	M	10:15-11 AM	12/7-3/8	\$99	12/28, 1/18, 2/15
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Tumblers II Ages 3 & 4 years

212310-A2	M	11-11:45 AM	12/7-3/8	\$99	12/28, 1/18, 2/15
212310-A4	W	11:15-12 PM	12/9-3/10	\$99	12/30, 2/17

Tumblers III Ages 4 & 5 years

212310-A3	M	12:30-1:15 PM	12/7-3/8	\$99	12/28, 1/18, 2/15
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Creative Movement

For children 3 to 4 year olds without parent. Children will express themselves through music & movement. Games & activities played will help develop coordination and large motor skills. Please wear socks and comfortable clothing. The instructor is Elizabeth Cammarata of Alton Street Dance Studio.

Code	Day	Time	Date	Fee	No Class
212701-A1	Tu	10:00-10:30	12/8-1/19	\$60	12/29
212701-B1	Tu	10:00-10:30	1/26-3/9	\$60	2/16

Tot Hockey

This program is intended to teach 4 & 5 year olds basic fundamentals of indoor hockey. Sessions will include drills and games.

Code	Day	Time	Date	Fee	No Class
212280-A1	Tu	1:15-2:00 PM	12/8-1/19	\$55	12/29
212280-B1	Tu	1:15-2:00 PM	1/26-3/9	\$55	2/16

Tot Sports & Games 4 & 5 years

Introduces 4 & 5 year olds to a variety of sports and games.

Code	Day	Time	Date	Fee	No Class
212270-A1	W	12:30-1:15 PM	12/9-1/20	\$55	12/30
212270-B1	W	12:30-1:15 PM	1/27-3/10	\$55	2/17

Tot Soccer

This program is intended to teach 4 and 5 year olds basic skills such as passing, dribbling, and shooting in a fun game situation.

Code	Day	Time	Date	Fee	No Class
212330-A1	F	1:15-2:00 PM	12/11-1/22	\$47	12/25, 1/1
212330-B1	F	1:15-2:00 PM	1/29-3/12	\$55	2/19

Tot Tennis

Teaches 4 & 5 year olds basic tennis skills using junior tennis rackets.

Code	Day	Time	Date	Fee	No Class
212260-A1	W	1:15-2:00 PM	12/9-1/20	\$55	12/30
212260-B1	W	1:15-2:00 PM	1/27-3/10	\$55	2/17

Tot Crafts & More

Tot Doodle

For children ages 15 months through 36 months with parent/caregiver. Weekly theme-based art activities. This playgroup also includes age appropriate games, toys, science activities and more.

Code	Day	Time	Date	Fee	No Class
213570-A1	Tu	9:30-10:15AM	12/15-1/19	\$47	12/8 & 29
213570-A2	Tu	10:30-11:15AM	12/15-1/19	\$47	12/8 & 29
213570-B1	Tu	9:30-10:15AM	1/26-3/9	\$55	2/16
213570-B2	Tu	10:30-11:15AM	1/26-3/9	\$55	2/16

Tot Stay & Play

This program is designed for children ages 2 years to 3.5 years an opportunity to learn to play with others in a relaxed, fun environment that fosters independence. Activities are designed to promote independence and may include crafts, fine motor play, music and movement, group time and outdoor play.

Code	Day	Time	Date	Fee	No Class
213651-A1	M	9:30-11:30AM	12/14-3/8	\$275	12/28, 1/18, 2/15
213651-A2	Tu	9:30-11:30AM	12/15-3/9	\$305	12/29, 2/16
213651-A3	W	9:30-11:30AM	12/16-3/10	\$305	12/30, 2/17
213651-A4	Th	9:30-11:30AM	12/17-3/11	\$275	12/24 & 31, 2/18

Stay & Play FYI:

1. Children will be dropped off in the classroom located in the lower level of the building.
2. Each child's belonging may be left in lockers outside the classroom. It is suggested that each child have a backpack with a change of clothes and diapers, if needed. Jackets and hats should be left in the locker since outdoor play is scheduled each day, weather permitting.
3. A snack of juice and goldfish will be provided each day. Special snacks may be offered occasionally.
4. Children will be dismissed in the classroom. Parents are requested to come into the room to pick up the children.

Chrysanthemum Cooks ages 4-6

Join Lily, Owen and Chrysanthemum as they cook up spectacular treats for all their friends.

Code	Day	Time	Date	Fee	No Class
213561-A1	Sa	10:45-11:45AM	12/12-1/23	\$50	12/26, 1/2
213561-B1	Sa	10:45-11:45AM	1/30-3/13	\$60	2/20

Tot Treats 3 & 4 years

This cooking class is designed for children ages 3 and 4 without parent. Children measure, pour and mix a variety of tasty treats.

Code	Day	Time	Date	Fee	No Class
213601-A1	M	9:30-10:30AM	12/7-1/11	\$50	12/28, 1/18
213601-A2	Th	9:30-10:30AM	12/10-1/21	\$50	12/24 & 31
213601-B1	M	9:30-10:30AM	1/25-3/8	\$60	2/15
213601-B2	Th	9:30-10:30AM	1/28-3/11	\$60	2/18

Strega Nonna's Kitchen

This is a without parent class for children ages 3 - 5. Bubble, bubble pasta pot! Come see what's hot! Join Big Anthony as he puts on his chef's hat and steps into Strega's kitchen.

Code	Day	Time	Date	Fee	No Class
213560-A1	Sa	9:30-10:30AM	12/12-1/23	\$50	12/26, 1/2
213560-B1	Sa	10:30-11:30AM	1/30-3/13	\$60	2/20

Music & Movement with Jeff Jam

Jeff Jam leads 2-4 year olds in singing, clapping, humming, dancing, bouncing and laughing. He is a certified Music Together® teacher, who performs weekly at Stella Bella toy stores in Cambridge.

Code	Day	Time	Date	Fee	No Class
213890-A1	Th	9:30-10:15AM	12/10-1/21	\$63	12/24 & 31
213890-B1	Th	9:30-10:15AM	1/28-3/11	\$75	2/18

ABC Preschool

ABC Preschool, sponsored by and located at the Arlington Boys & Girls Club, will begin accepting applications for the 2010/2011 school year on Tuesday, December 1, 2009. ABC Preschool offers two, three, and five days/preschool programs as well as a pre-k program which meets five days/week. All classrooms are air conditioned. All programs include water adjustment classes in the club's heated pool, regularly scheduled gym times and an introduction to computers using age appropriate software.

Open House Schedule:

Thursday November 12	1:00-2:00 PM
Monday November 16	1:00-2:00 PM

If the above dates are not possible you can schedule an appointment with Judy Andrews by calling 781-648-1617 x17. Please note that classes are filled on a first come first served basis.

Adult Program

Membership

Six options available. Membership includes use of pool, gym, fitness room. Guest Fee: \$7.00 per day

	Yearly	9Mo.	6Mo.	3Mo.	1Mo.
Adult 18-64	\$280	\$265	\$220	\$130	\$55
Students	\$190	\$160	\$130	\$95	\$55
Seniors 65 & up	\$190	\$160	\$130	\$95	\$55

ADULT SWIM HOURS: Sept-May

Morning:	M,W,F	6:00-9:15 AM
	T, Th	7:00-9:15 AM
	Sat	7:00-8:45 AM
Midday:	M-F	11:30-1:00 PM *
Evening:	M-Th	8:00-9:00 PM

* No adult mid-day hours during public school vacations (Dec, Feb, Apr)

FITNESS ROOM HOURS: Sept-May

Morning:	M,W,F	6:00 AM-1:00 PM *
	T, Th	7:00 AM-1:00 PM *
	Sat	7:00-8:45 AM
Evening:	T, W, TH	7:00-9:00 PM

* Fitness room closes at 9:00 AM during public school vacations (Dec, Feb, Apr)

ADULT GYM HOURS: Sept-May

Morning:	M,W,F	6:00-8:45 AM
	T,Th	7:00-8:45 AM
	Sat	7:00-8:45 AM
Evening:	T, Th	7:00-9:00 PM

Adult Low Impact Aerobics

Full body work-out Fridays 10:30-11:15 AM Fee:\$7.00 per class. Passes available.

Aquacize

Stretching, toning in the pool. Daytime classes Tue, Thu, Fri 9:30-10:15 AM, or evenings Mon at 7:00-7:45 PM and Wed 7:15-8:00 PM. Fee: \$7.00 per class. Passes available.

Arthritis Aquatics 231170

Offers range-of-motion exercises, strengthening, conditioning & endurance exercises. Promotes: increase mobility/flexibility, increase strength, improve function and the ability to do daily activities and improve balance and coordination. **Monday and Friday 1-1:45 PM. Fee: \$7.00 per class. Passes available.**

Adult Classes

Teen/Adult Swim Lessons

This class is designed for people that can't swim and people who want to improve their swimming ability. The instructor will focus on each persons individual needs. Membership not required.

Code	Day	Time	Date	Fee	No Class
231100-A1	Tu	7:15-8:00 PM	12/8-1/19	\$75	12/29
231100-A2	Th	7:15-8:00 PM	12/10-1/21	\$63	12/24 & 31
231100-B1	Tu	7:15-8:00 PM	1/26-3/9	\$75	2/16
231100-B2	Th	7:15-8:00 PM	1/28-3/11	\$75	2/18

Special Olympics Swim Training 231110-A1

Program trains athletes for pre-competitive and competitive swim team. Encourages working as a team and striving for improvement. Must meet program criteria to participate including the ability to pass 25 yard unassisted swim test. New members must meet with coaches before enrolling.

Code	Day	Time	Date	Fee	No Class
231110-A1	M	6:15-7:00 PM	1/4-3/22	\$45	1/18, 2/15

MOMswim 4 - 24 mo 211013

A pilates-infused workout for Moms and Babies/Toddlers. Thursdays 10:00-10:45 AM, see description on Tot Swim page.

Parent & Child Drop-in Swim

Parents must accompany child in water. Limited to first 25 people. Tuesdays 10:30-11:15 AM December 8 - March 9 Fee: \$5 per child.

Family Swim

Fridays 5:30-6:15 or 6:15-7:00 PM

Open to all members and immediate family. Children must be accompanied by a parent in water. One person in the family must be a current member of the Boys & Girls Club. Suggested admission donation to the Arlington Food Pantry. Swim is limited to first 75 people.

Tot and Youth Membership Application

Membership is valid from one year from registration date. Membership must be active through-out the duration of programs. Membership fee for tots and youth is \$22.00.

Last Name: _____ First Name: _____ Grade: _____
Address: _____ Town: _____ Zip: _____ Phone: _____
Date of Birth: ___/___/___ Age: ___ Male/Female: ___ Language: _____ Race/Ethnicity: _____

Does your child have any medical or physical disabilities which limit participation? YES ___ NO ___

If yes please describe below, under **Medical History**.

Allergies: _____

Parent/Guardian: _____ Address: _____
Home Phone: _____ Cell Phone: _____ Work Phone: _____
E-mail: _____

Parent/Guardian: _____ Address: _____
Home Phone: _____ Cell Phone: _____ Work Phone: _____
E-mail: _____

Person To Contact If Parent Cannot Be Reached: _____ Relationship: _____
Phone: _____

How did you hear about the Boys & Girls Club? _____

I hereby give my permission for my child to join the Arlington Boys & Girls Club and participate in all Club activities and acknowledge that my child is fit and capable of participating in these activities. I waive all rights for claims that I may have against the Arlington Boys & Girls Club, Inc. its staff or Board of Directors for damages or injuries, which may occur while my child participates in Club, sponsored activities. I understand that the Arlington Boys & Girls Club does not carry personal injury or accident insurance.

Signature: _____ Date: _____

01/04

Medical History: All parents are encouraged to complete this optional medical form. In the event of a medical emergency, the Boys & Girls Club will provide this information to emergency service personnel caring for your child. The Boys & Girls Club does not assume the responsibility of verifying or updating the information provided, the parents or guardian are urged to inform the Boys & Girls Club of any changes in the physical condition.

Serious Diseases: _____

Physical Limitations: _____

Medications: _____

Hospitalizations: _____

Physician: _____

Any additional medical information the Boys & Girls Club should have: _____

***** FOR OFFICE USE ONLY *****

New: _____	Renew: _____	New: _____	Renew: _____	New: _____	Renew: _____	New: _____	Renew: _____
Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	Date: _____
Amt Paid: _____	Amt Paid: _____	Amt Paid: _____	Amt Paid: _____	Amt Paid: _____	Amt Paid: _____	Amt Paid: _____	Amt Paid: _____
Staff: _____	Staff: _____	Staff: _____	Staff: _____	Staff: _____	Staff: _____	Staff: _____	Staff: _____

Registration Info

1. Mail-in registration must be postmarked.
2. Online registration begins **November 9th** at abgclub.org for most classes.
3. Walk-in and fax-in registration begins **November 23rd** at 9AM.
4. Phone-in registration begins **November 30th** at 9AM.
5. Club membership must be current to register for programs.

No notification will be given unless class is cancelled or is full.

Payment

Payment by check, cash or credit card is due in full at the time of registration.

1. Make checks payable to Arlington Boys & Girls Club.
2. Financial assistance is available - inquire at desk!
3. NO REFUNDS for classes or memberships. Withdrawal within seven (7) days prior to the start of program will result in a fifty percent (50%) credit only.

Registration Application

Last Name: _____	First Name: _____	Phone: _____	60 Pond Lane Arlington, MA 02474-6586 T. 781 648-1617 F. 781 648-5064 www.abgclub.org
Street: _____	Town: _____	Zip: _____	
Current Membership required to register!			
Class #	Session#	Class Name	Fee
1. _____			
2. _____			
3. _____			
I hereby give my permission for my child to join the Arlington Boys & Girls Club and to participate in all Club activities and acknowledge that my child is fit and capable of participating in these activities. I waive all rights and claims against the Arlington Boys & Girls Club, Inc., its Staff or Board of Directors, for all damages or injuries which may occur while my child participates in Club sponsored activities. I have received a copy of the policies and have read the rules and regulations of the Arlington Boys & Girls Club.			
Signature of Parent and/or Guardian: _____		Date: _____	
[Fee Paid: \$ _____ Date: _____ Staff: _____]			

Credit Card Payment: MasterCard, Visa, Discover or American Express			
Name: _____		Signature: _____	
Card Number: _____		Exp Date: _____	

Last Name: _____	First Name: _____	Phone: _____	60 Pond Lane Arlington, MA 02474-6586 T. 781 648-1617 F. 781 648-5064 www.abgclub.org
Street: _____	Town: _____	Zip: _____	
Current Membership required to register!			
Class #	Session#	Class Name	Fee
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Signature of Parent and/or Guardian: _____		Date: _____	
[Fee Paid: \$ _____ Date: _____ Staff: _____]			

Credit Card Payment: MasterCard, Visa, Discover or American Express			
Name: _____		Signature: _____	
Card Number: _____		Exp Date: _____	

Arlington Boys & Girls Club
Sixty Pond Lane
Arlington, MA 02474-6586
Phone 781-648-1617
Fax 781-648-5064
E-mail abgclub@comcast.net
www.abgclub.org



OR CURRENT RESIDENT

Non-Profit Org.
U.S. Postage
PAID
Boston, MA
Permit No 457

