

ARLINGTON BOYS & GIRLS CLUB



SPRING 2010

Online and mail-in registration begins February 8th

Walk-in and fax-in registration begins March 1st

Phone registration begins March 8th

www.abgclub.org

Table of Contents

General Info	1
Youth Swim classes	3
Youth Gym classes	6
Youth Crafts & More	8
Tot Swim Classes	9
Tot Gym Classes	11
Tot Crafts & More	13
Adult Happenings	14
Adult Program / Adult Classes	15
Tot/Youth Membership Application	16
Registration Application	17

Registration Info

Current members call or email for user name and password to register online.

1. Online registration begins **February 8th at www.abgclub.org** for most classes.
2. Registration may be mailed to the ABGC anytime after **February 8th.**
3. Mail-in registration must be postmarked and will be processed at random.
4. Walk-in and fax-in registration begins **March 1st at 9AM.**
5. Phone-in registration begins **March 8th at 9AM.**
6. Club membership must be current to register for programs. No notification will be given unless class is cancelled or is full.
7. Classes may be cancelled due to lack of enrollment. Fees will be returned.
8. 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. Club-house will open for classes beginning at 9:30 AM.

Scholarship Awards

Each year the Club awards \$500 - \$1000 Scholarships to current or past members whose community activities reflect the Clubs mission. Applications are available mid-February at the Club.

Arlington Boys & Girls Club Calendar

February 8	M	On-line & Mail-in registration begins for Spring Brochure
February 12	F	Tot Valentines Day Party 10:00-11:00 AM
February 15	M	Presidents Day Clubhouse Closed except for \$10,000 raffle at 2 PM
February 19	F	Family Movie Night 6:30-8:00 PM
February 16-20	Tu-Sa	Club opens at 9:00 AM for youth, no classes scheduled
March 1	M	Walk-in & Fax-in registration begins for Session A & B
March 8	M	Phone-in registration begins for session A & B
March 15	M	Session A classes begin
Session A 5 weeks		
March 26	F	Tot Spring Party 10:00-11:00 AM
April 14	W	Summer brochure available, on-line & mail-in begins
April 17	Sa	Last day of Session A
April 18	Su	46th Annual Fun Run
April 19	M	Patriots Day Clubhouse Closed
April 20-24	Tu-Sa	Club opens at 9:00 AM for youth
April 26	M	Session B classes begin
Session B six weeks		
April 28	W	Summer Information Open House at 6:00 PM
May 3	M	17th Annual Alumni Golf Outing Fresh Pond
May 4	Tu	72nd Annual Meeting/ Hilton Boston-Woburn
May 31	M	Memorial Day Clubhouse closed
June 3	Th	Summer Information Open House at 6:00 PM
June 4	F	Last Friday Family Swim until September
June 5	Sa	Last Day of Session B
June 5	Sa	Last Saturday until September
June 5-6	Sa-Su	Relay for Life AHS 6:00 PM
June 7	M	Adult Summer Program begins
June 28	M	Tentative date club opens for Summer youth program

Tot Spring Party

Friday March 26 10:00-11:00 AM. Open to all tot members. Includes sing-a-long and age appropriate crafts. Spring Bunny will be available for pictures. You must bring your own camera. **Due to allergies we request no food at the party.**

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.

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

Power Hour, Ages 6-17

A quiet time for youth members to do homework. Computers with internet and Microsoft Word are available. Youth will be supervised by adult staff and volunteers.

Tue, Wed, Thu 4:00-5:00 PM

Youth Drop-in Schedule

For Youth Members ages 6-17 years

Tue King and Queen of the Games Room
Wed Wii Wednesdays ages 6-11
Thurs Board Game Thursday @ 3:30 PM
Fri Movie Fridays ages 6-11 @ 3:30 PM
Sat Movie day for youth members 12 yrs and up

Drop-in stick ball league @ 2:00 PM starting in April

Gym Schedule for Youth Members 6-17

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

* No gym scheduled on 3/17 and 3/24

Pool Schedule for Youth Members 6-17

Open Swim Times

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

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 members 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 all property belonging to you, other people, 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.

Club Bank

Youth members can deposit any amount of money for the day and withdraw as they need. This prevents accidental loss. 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.

Project Learn: Education Enhancement Program

5 major components

- Homework Help
- High Yield learning and leisure activities
- Parent and adult involvement
- Collaboration with schools
- Incentives

We are incorporating this program in club activities.

Triple Play

A game plan for the mind, body and soul demonstrating how eating right, keeping fit and forming positive relationships create a healthy lifestyle for Club members.

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 program is a one on one program and needs to be set up in advance with Dee or Kevin. For more information contact Dee at dsavioli@abgclub.org or Kevin at kflood@abgclub.org.

National Boys & Girls Club Week March 22-27

"Be the Change you Want to See in the World" Join us as we celebrate Boys & Girls Club Week. Festivities will include

Tue	Funky Fitness Challenge 3:00 PM
Wed	Art Show (Be the Change)
Thu	People Who Change the World Around Us @ 3:30 PM
Fri	Teen Food Drive 6:00 PM
Sat	Kids vs. Staff @ 2:00 PM

Drop-In Program Special Events for youth members 6-17

February 16-20	Club open 9:00 AM for youth members
March 13	Pot of Gold Hunt 2 PM
March 27	Kids vs. Staff Basketball @ 2:00 PM
April 16	Family Red Sox Night
April 20-24	Club opens at 9:00 AM for youth members
May 5	Celebrate the Mexican day of Independence
May 26	Free Slush Day with Card
June 2	Water Basketball @ 5:30 PM
June 11	Be Great Awards Night
June 16	Welcome Summer Special Craft

School Vacation Hours

The Club will be open for youth members ages 6 - 11 from 9:00 AM to 7:30 PM, Tuesday through Friday and for youth members 12 - 17 from 9:00 AM - 9:00 PM Tuesday through Friday. Saturday the Club will be open for youth members from 9:00 AM - 5:00 PM. Check the website for daily schedules.

Family Swim

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

Parent & Child Drop-in Swim

Parents must accompany child in water. Swim is limited to first 25 people. Tuesdays 10:30-11:15 AM February 2 - June 1 Fee: \$5 per child.

Special Events

Middle School Girls Conference

Saturday May 15th 1:00-4:00 PM. This day is designed to help middle school girls become leaders within their own communities by learning skills in building self-esteem, healthy relationships and interest in the world around them.

Girls Night Ages 6-11

Wednesday April 14th 6:00-8:00 PM. Come join us for a craft night. We'll start off with a swim from 6:00-6:45 PM, next we will enjoy a pizza party. Finally, we will make a spring creation. Pre-registration is required. 324726 A1 Fee: \$3.00

Boys Night Ages 6-11

Wednesday April 7th 6:00-8:00 PM. Come join us for a Red Sox night. We'll start off with a swim from 6:00-6:45 PM, next we will enjoy a pizza party. Finally, we will end the night by watching the Red Sox play at 7:05 AM. Pre-registration is required. 324727 A1 Fee: \$3.00

Youth Swim Classes

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

1. A waitlist 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 per session.

**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.

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
------	-----	------	------	-----	----------

Level 1-2

321001-A1	M	3:45-4:30 PM	3/15-4/12	\$125	
321001-B1	M	3:45-4:30 PM	4/26-5/24	\$125	5/31
321001-V1	T-F	3:15-4:15 PM	4/20-4/23	\$150	

Level 2-3

321001-A2	M	4:30-5:15 PM	3/15-4/12	\$125	
321001-A3	Sa	3:00-3:45 PM	3/20-4/17	\$125	
321001-B2	M	4:30-5:15 PM	4/26-5/24	\$125	5/31
321001-B3	Sa	3:00-3:45 PM	5/1-6/5	\$150	

Level 3-4

321001-A4	M	3:45-4:30 PM	3/15-4/12	\$125	
321001-A5	M	4:30-5:15 PM	3/15-4/12	\$125	
321001-B4	M	3:45-4:30 PM	4/26-5/24	\$125	5/31
321001-B5	M	4:30-5:15 PM	4/26-5/24	\$125	5/31
321001-V2	T-F	3:15-4:15 PM	4/20-4/23	\$150	

Level 4-5

321001-A6	M	4:30-5:15 PM	3/15-4/12	\$125	
321001-A7	Sa	3:00-3:45 PM	3/20-4/17	\$125	
321001-B6	M	4:30-5:15 PM	4/26-5/24	\$125	5/31
321001-B7	Sa	3:00-3:45 PM	5/1-6/5	\$150	

Level 5-6

321001-A8	M	3:45-4:30 PM	3/15-4/12	\$125	
321001-B8	M	3:45-4:30 PM	4/26-5/24	\$125	5/31

**Youth Level 1:
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
------	-----	------	------	-----

321071-A1	Tu	3:00-3:45 PM	3/16-4/13	\$50
321071-A2	Th	3:00-3:45 PM	3/18-4/15	\$50
321071-A3	Sa	1:15-2:00 PM	3/20-4/17	\$50
321071-B1	Tu	3:00-3:45 PM	4/27-6/1	\$60
321071-B2	Th	3:00-3:45 PM	4/29-6/3	\$60
321071-B3	Sa	1:15-2:00 PM	5/1-6/5	\$60

**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
------	-----	------	------	-----

321072-A1	Tu	3:45-4:30 PM	3/16-4/13	\$50
321072-A2	W	3:45-4:30 PM	3/17-4/14	\$50
321072-A3	Th	3:45-4:30 PM	3/18-4/15	\$50
321072-A4	F	3:00-3:45 PM	3/19-4/16	\$50
321072-A5	Sa	1:15-2:00 PM	3/20-4/17	\$50
321072-A6	Sa	2:00-2:45 PM	3/20-4/17	\$50
321072-B1	Tu	3:45-4:30 PM	4/27-6/1	\$60
321072-B2	W	3:45-4:30 PM	4/28-6/2	\$60
321072-B3	Th	3:45-4:30 PM	4/29-6/3	\$60
321072-B4	F	3:00-3:45 PM	4/30-6/4	\$60
321072-B5	Sa	1:15-2:00 PM	5/1-6/5	\$60
321072-B6	Sa	2:00-2:45 PM	5/1-6/5	\$60
321072-C1	M-F	3:00-4:00 PM	6/7-6/11	\$60

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
------	-----	------	------	-----

321073-A1	Tu	3:45-4:30 PM	3/16-4/13	\$50
321073-A2	W	3:00-3:45 PM	3/17-4/14	\$50
321073-A3	Th	3:45-4:30 PM	3/18-4/15	\$50
321073-A4	F	3:00-3:45 PM	3/19-4/16	\$50
321073-A5	Sa	10:30-11:15AM	3/20-4/17	\$50
321073-A6	Sa	1:15-2:00 PM	3/20-4/17	\$50
321073-B1	Tu	3:45-4:30 PM	4/27-6/1	\$60
321073-B2	W	3:00-3:45 PM	4/28-6/2	\$60
321073-B3	Th	3:45-4:30 PM	4/29-6/3	\$60
321073-B4	F	3:00-3:45 PM	4/30-6/4	\$60
321073-B5	Sa	10:30-11:15AM	5/1-6/5	\$60
321073-B6	Sa	1:15-2:00 PM	5/1-6/5	\$60
321073-C2	M-F	3:00-4:00 PM	6/14-6/18	\$60

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

Youth Level 4: Stroke Development

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

Code	Day	Time	Date	Fee
321074-A1	Tu	3:00-3:45 PM	3/16-4/13	\$50
321074-A2	W	3:00-3:45 PM	3/17-4/14	\$50
321074-A3	Th	3:45-4:30 PM	3/18-4/15	\$50
321074-A4	F	3:45-4:30 PM	3/19-4/16	\$50
321074-A5	Sa	9:00-9:45 AM	3/20-4/17	\$50
321074-B1	Tu	3:00-3:45 PM	4/27-6/1	\$60
321074-B2	W	3:00-3:45 PM	4/28-6/2	\$60
321074-B3	Th	3:45-4:30 PM	4/29-6/3	\$60
321074-B4	F	3:45-4:30 PM	4/30-6/4	\$60
321074-B5	Sa	9:00-9:45 AM	5/1-6/5	\$60
321074-C1	M-F	3:00-4:00 PM	6/7-6/11	\$60

Youth Level 5: Stroke Refinement

Purpose: 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
321075-A1	W	3:45-4:30 PM	3/17-4/14	\$50
321075-A2	Th	3:00-3:45 PM	3/18-4/15	\$50
321075-A3	F	3:45-4:30 PM	3/19-4/16	\$50
321075-A4	Sa	9:45-10:30 AM	3/20-4/17	\$50
321075-B1	W	3:45-4:30 PM	4/28-6/2	\$60
321075-B2	Th	3:00-3:45 PM	4/29-6/3	\$60
321075-B3	F	3:45-4:30 PM	4/30-6/4	\$60
321075-B4	Sa	9:45-10:30 AM	5/1-6/5	\$60
321075-C2	M-F	3:00-4:00 PM	6/14-6/18	\$60

Family Swim

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

Youth Level 6: Swimming and Skill Proficiency

Purpose: 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	Type
321076-A1	W	3:45-4:30 PM	3/17-4/14	\$50	PW
321076-A2	F	3:45-4:30 PM	3/19-4/16	\$50	FS
321076-A3	Sa	11:15-Noon	3/20-4/17	\$50	LG
321076-B1	W	3:45-4:30 PM	4/28-6/2	\$60	PW
321076-B2	F	3:45-4:30 PM	4/30-6/4	\$60	FS
321076-B3	Sa	11:15-Noon	5/1-6/5	\$60	LG

Guard Start

This program is designed for youth ages 11-14 who have completed the 5th grade. Guard Start concentrates on 5 areas of development: prevention, fitness, response, leadership and professionalism. Participants must demonstrate these skills: Swim the front crawl 25 yards continuously while breathing front or side; tread water for 1 minute using arms and legs; submerge and swim a distance of 10 feet underwater.

Code	Day	Time	Date	Fee
221140-B1	W	5:15-7:15 PM	2/24-3/31	\$75

Swim Like a Champ

Swim program for children ages 8-14 featuring: timed swim exercises, various stroke, turn and diving drills, weekly intramural swim meets and games.

Code	Day	Time	Date	Fee
Ages 8-10				
221091-B1	T,Th	5:15-6:15 PM	2/23-4/15	\$120
Ages 11-14				
221092-B1	T,Th	6:15-7:15 PM	2/23-4/15	\$120

Swim Team Style Skills & Drills

Participants ages 6-15 will learn stroke mechanics, streamlining techniques, work-outs to improve their strokes, diving, turns and timed races all while building endurance.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

Ages 6-10

321080-A1	M	5:15-6:15 PM	3/15-5/24	\$100
-----------	---	--------------	-----------	-------

Ages 11-15

321080-A2	M	5:15-6:15 PM	3/15-5/24	\$100
-----------	---	--------------	-----------	-------

Kayaks & Kids in the Pool

For 6-14 year olds. Its not yet time for summer boating, so lets float the kayaks in the pool! Kayaks & Kids teaches safe boating habits, paddling and handling techniques, and fun kayak games. Must pass deep-end test (25 yards).

Code	Day	Time	Date	Fee
------	-----	------	------	-----

321160-A1	T,W,Th	5:30-7:00 PM	4/20-4/22	\$45
-----------	--------	--------------	-----------	------

Kayaks & More on the Pond

For 10-13 year olds. All children must pass the 75 yard boating test. Children will learn basic kayak skills. Weekly races and games. Includes a scenic tour around the shore of Spy Pond.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

321161-B1	Th	3:15-4:15 PM	5/13-6/3	\$40
-----------	----	--------------	----------	------

321161-B2	Sa	1:00-2:00 PM	5/15-6/5	\$40
-----------	----	--------------	----------	------

Red Cross Lifeguard Training Recertification

Participants achieve recertification in Lifeguard Training without having to take the full course. This course includes First Aid and CPR for the Professional Rescuer. Questions should be directed to J. Duddy at 781-648-1617 x33. Must present current Lifeguard Training Certificate, First Aid Certificate and CPR for the Professional Rescuer at time of registration. Materials if needed extra.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

321131-A1	T-Th	5:15-9:00 PM	4/27-4/29	\$150
-----------	------	--------------	-----------	-------

321131-A2	T-Th	10:00-2:00 PM	6/15-6/17	\$150
-----------	------	---------------	-----------	-------

Check us out on Facebook and Twitter

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

Red Cross Lifeguard Training & Waterfront Module

In addition to training participants for pool settings this course will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a waterfront environment.

Requirements: Minimum age 15 years old. Swim 550 yards continuously using these strokes in the following order:

- 200 yards of front crawl using rhythmic breathing and stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
- 200 yards breaststroke using a pull, breathe, kick and glide sequence.
- 150 yards either front crawl or breaststroke. This 150 yards may be a combination of front crawl and breaststroke.
- Swim 20 yards starting in the water, surface dive 7-10 ft, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.
- Swim 5 yards; submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water; resurface; and swim 5 yards to the side of the pool.

MANDATORY SWIM TEST WEDNESDAY APRIL 7th AT 5:15 PM.
Class fee includes \$25.00 non-refundable fee.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

321130-A1	T-F	9:00-5:00 PM	4/20-4/23	\$325
-----------	-----	--------------	-----------	-------

321130-B1	T-Th	5:00-9:00 PM	5/5-5/27	\$325
-----------	------	--------------	----------	-------

421130-A1	M-F	9:00-5:00 PM	6/7-6/11	\$325
-----------	-----	--------------	----------	-------

Youth Gym Classes

Biddy Lacrosse

For 6-8 year olds. The class is designed for beginner to intermediate players. Each week the children will learn basic lacrosse skills and rules. Each week will also include a contest and game.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

322201-A1	W	4:00-4:45 PM	3/17-4/14	\$47
-----------	---	--------------	-----------	------

Girls Volley Ball

For girls ages 9-13. This is a beginner level program which introduces basic volleyball skills including serving, passing, setting, hitting and blocking. Weekly games included.

Code	Day	Time	Date	Fee
------	-----	------	------	-----

322754-A1	Tu	4:15-5:15 PM	3/16-4/13	\$47
-----------	----	--------------	-----------	------

Girls Basketball

For girls ages 9-13. This program includes skill building activities and organized games. Skills such as dribbling, passing, shooting, and defense will be emphasized. The instructor for this program is Kevin Flood.

Code	Day Time	Date	Fee
322501-B1	Tu 4:15-5:15 PM	4/27-6/1	\$55

Intermediate Golf League

For members ages 11-17. This class will meet at the club and travel by club van to Stone Meadow Golf Course in Lexington. Each child will hit a bucket of golf balls at the driving range and play the par three golf course each week. Designed for children who have some golfing experience. No golf clubs required.

Code	Day Time	Date	Fee
322449-B1	Th 3:30-5:30 PM	4/29-6/3	\$75

Biddy Tennis Lessons

Designed for children ages 6, 7 and 8. Practice drills are used to teach skills such as forehand, backhand and volleying. We will provide tennis rackets if needed.

Code	Day Time	Date	Fee
322390-B1	Tu 3:15-4:00 PM	4/27-6/1	\$55
322390-B2	W 3:15-4:00 PM	4/28-6/2	\$55
322390-C1	M-F 3:30-4:30 PM	6/7-6/11	\$55

Jr. Tennis

This class is designed for ages 9, 10, 11, and 12. The fundamentals of the game of tennis will be introduced. Practice drills in proper strokes, serves, and volley will be included.

Code	Day Time	Date	Fee
322400-B1	W 4:00-4:45 PM	4/28-6/2	\$55
322400-C2	M-F 3:30-4:30 PM	6/14-6/18	\$55

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

Gymnastics

The program will focus on floor exercise and will promote strength and flexibility, designed for children of all tumbling abilities. Parents are allowed to watch the first and last class only.

Code	Day Time	Date	Fee
Age 5 & 6:			
322380-A1	M 3:00-3:45 PM	3/15-4/12	\$55
Age 7 & 8:			
322380-A2	M 3:45-4:30 PM	3/15-4/12	\$55
Age 9 & up:			
322380-A3	M 4:30-5:15 PM	3/15-4/12	\$55

Karate

Instruction in Tae Shoto Kan Karate is offered for those ages 6 and up. The Tae-Sho Karate is a combination of Tai Kwan Do and Shoto Kan. The purpose of this class is to learn discipline, structure and self defense. Some of the 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
322451-A1	W	6:15-7:15 PM	3/17-6/2	\$100	4/21
322451-A2	Sa	8:45-9:45 AM	3/20-6/5	\$100	4/24
322451-A3	W, Sa		3/17-6/5	\$165	4/21, 4/24

46th Annual Fun Run 342800-A1

Sunday April 18th 8:45 AM. 2.7 mile run along Mass Ave from the Lexington line. Fun for the entire family.

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
322461-A1	Sa 10 AM-12 PM	3/20-6/5	\$75	4/24

Week 1 & 2 Saturday 10:00-11:30 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
322462-A1	W,Th or F	5, 6 and 7 PM	3/17-6/4	\$75	4/21-4/23

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
322463-A1	W,Th or F	5,6,7 or 8 PM	3/18-6/4	\$75	4/21-4/23

Week 1 & 2 Thursday 5:00-6:30 PM. For remainder refer to schedule given out on the second week.

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. This class also will introduce the children to the use of basic carpentry tools.

Code	Day	Time	Date	Fee	Project
323552-A1	W	3:00-4:00 PM	3/24	\$17	Letter Holder
323552-A2	W	3:00-4:00 PM	4/7	\$17	Butterfly House
323552-B1	W	3:00-4:00 PM	5/5	\$17	Periscope
323552-B2	W	3:00-4:00 PM	5/19	\$17	Kids Choice

Cooking with Flat Stanley 6-8 yrs

Travel with Flat Stanley all across the United States and explore regional cuisines. Each week your 6-8 year old will join his fellow chefs and create recipes from different regions across this country and will correspond with students across the country! Supplies included.

Code	Day	Time	Date	Fee
323592-A1	F	3:30-4:30 PM	3/19-4/16	\$63

Flat Stanley Explorers-Science 6-8 yrs

Flat Stanley heads off to the lab! Maybe he will go to MIT someday??? Join us as we discover exciting adventures in physics, chemistry, biology and more!

Code	Day	Time	Date	Fee
323593-A1	Tu	3:30-4:30 PM	3/16-4/13	\$63

Natural Explorers 6-8 yrs

Discovery Earth is our mission. This fun and exciting class will explore the Earth and living sciences. During our mission we will travel outside and on a special field trip to do some animal tracking!

Code	Day	Time	Date	Fee
323691-B1	Tu	3:30-4:30 PM	4/27-6/1	\$75

Scientist for Hire! 7-12 yrs

Saturday 1:00-3:00 PM Free Studios. Come join the Go Fetch Club! This open class emphasizes learning about the wide world of science. Each week we discover chemistry, biology, physics and engineering and so much more. Different projects will be covered each week in the lab! E-mail Anne Resmini at aresmini@abgclub.org to register.

In the Night Kitchen 7-10 yrs

The wild things are right here! Join us as we work our way through a jungle full of Max's favorite recipes!

Code	Day	Time	Date	Fee
323565-B1	F	3:30-4:30 PM	4/30-6/4	\$60

Girls' Clique Cooking 10-14 yrs

"Are you in the Clique?" Catch up with old friends and meet some new ones. For the chef at home who is ready to do more in the kitchen. We create delicious food to eat and have a fun activity planed each night!

Code	Day	Time	Date	Fee	Theme
323562-A1	F	6:00-8:00 PM	3/19	\$25	Party Foods
323562-A2	F	6:00-8:00 PM	4/9	\$25	Crazy Italian
323562-A3	F	6:00-8:00 PM	4/23	\$25	Dinner & Movie

Grown up Gourmet 9-12 yrs

The big chefs join us in the kitchen and use their imagination as we create a menu for the perfect party. Watch out Food Network! Here we come.

Code	Day	Time	Date	Fee
323561-A1	Sa	11:00-12:30PM	3/20-4/17	\$63
323561-B1	Sa	11:00-12:30PM	5/1-6/5	\$75

Holiday Treats 5-6 yrs

Activities include measuring mixing and baking seasonally selected treats.

Code	Day	Time	Date	Fee
323883-A1	Th	3:00-4:30 PM	3/25	\$17

Holiday Treats 7-10 yrs

Activities include measuring mixing and baking seasonally selected treats.

Code	Day	Time	Date	Fee
323884-A1	W	3:00-4:30 PM	3/17	\$17
323884-A2	W	3:00-4:30 PM	3/31	\$17

CPR/AED & CPR/AED for the Professional Rescuer Review 323840-B1

You must have CPR/AED certification that has not been expired for more than a year to participate.

Wednesday June 2nd 5:00-9:00 PM. Fee: \$60

Tot Swim Classes

Swim Class Registration

Registration is limited to one swim class per session.

- A waitlist 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 to 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 groups skills, free play, games & song time.

Code	Day	Time	Date	Fee	No Class
311011-A1	M	9:30-10:00 AM	3/15-4/12	\$50	
311011-A2	Sa	9:00-9:30 AM	3/20-4/17	\$50	
311011-A3	Sa	9:30-10:00 AM	3/20-4/17	\$50	
311011-B1	M	9:30-10:00 AM	4/26-5/24	\$50	5/31
311011-B2	W	9:30-10:00 AM	4/28-6/2	\$60	
311011-B3	Sa	9:00-9:30 AM	5/1-6/5	\$60	
311011-B4	Sa	9:30-10:00 AM	5/1-6/5	\$60	

Tot Swim Water Babies II

Ages 24 to 48 months. Designed for toddlers and preschoolers. It will teach the parent/guardian specific skills to practice with their child. 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
311012-A1	W	10:00-10:30 AM	3/17-4/14	\$50
311012-A2	F	10:45-11:15 AM	3/19-4/16	\$50
311012-A3	Sa	10:00-10:30 AM	3/20-4/17	\$50
311012-A4	Sa	10:30-11:00 AM	3/20-4/17	\$50
311012-B1	W	10:00-10:30 AM	4/28-6/2	\$60
311012-B2	F	10:45-11:15 AM	4/30-6/4	\$60
311012-B3	Sa	10:00-10:30 AM	5/1-6/5	\$60
311012-B4	Sa	10:30-11:00 AM	5/1-6/5	\$60

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
311013-A1	Th	10:00-10:45 AM	3/18-4/15	\$55*
311013-A2	Th	10:00-10:45 AM	3/18-4/15	\$70**
311013-B1	Th	10:00-10:45 AM	4/29-6/3	\$65*
311013-B2	Th	10:00-10:45 AM	4/29-6/3	\$80**

* member rate ** non-member rate

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
------	-----	------	------	-----

Ages 3-4

321000-A1	Th	1:30-2:00 PM	3/18-4/15	\$125
-----------	----	--------------	-----------	-------

Ages 4-5

321000-A2	Tu	1:30-2:00 PM	3/16-4/13	\$125
321000-A3	Sa	3:00-3:30 PM	3/20-4/17	\$125
321000-B1	Tu	1:30-2:00 PM	4/27-6/1	\$150
321000-B2	Sa	3:00-3:30 PM	5/1-6/5	\$150

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
311030-A1	Tu	1:00-1:30 PM	3/16-4/13	\$50
311030-A2	W	10:30-11:00 AM	3/17-4/14	\$50
311030-A3	Sa	11:00-11:30 AM	3/20-4/17	\$50
311030-A4	Sa	11:30 AM-Noon	3/20-4/17	\$50
311030-B1	Tu	1:00-1:30 PM	4/27-6/1	\$60
311030-B2	W	10:30-11:00 AM	4/28-6/2	\$60
311030-B3	Sa	11:00-11:30 AM	5/1-6/5	\$60
311030-B4	Sa	11:30 AM-Noon	5/1-6/5	\$60

Turtles 4 & 5 year swim

Basic water adjustment.

Code	Day	Time	Date	Fee	No Class
311041-A1	M	3:15-3:45 PM	3/15-4/12	\$50	
311041-A2	Tu	3:00-3:30 PM	3/16-4/13	\$50	
311041-A3	W	1:00-1:30 PM	3/17-4/14	\$50	
311041-A4	Th	10:45-11:15AM	3/18-4/15	\$50	
311041-A5	Sa	12:00-12:30PM	3/20-4/17	\$50	
311041-A6	Sa	2:00-2:30 PM	3/20-4/17	\$50	
311041-B1	M	3:15-3:45 PM	4/26-5/24	\$50	5/31
311041-B2	Tu	3:00-3:30 PM	4/27-6/1	\$60	
311041-B3	W	1:00-1:30 PM	4/28-6/2	\$60	
311041-B4	Th	10:45-11:15AM	4/29-6/3	\$60	
311041-B5	Sa	12:00-12:30PM	5/1-6/5	\$60	
311041-B6	Sa	2:00-2:30 PM	5/1-6/5	\$60	

Penguins 4 & 5 year swim

Child swims slightly on own. Need staff recommendation

Code	Day	Time	Date	Fee	No Class
311042-A1	M	3:15-3:45 PM	3/15-4/12	\$50	
311042-A2	W	1:30-2:00 PM	3/17-4/14	\$50	
311042-A3	W	3:15-3:45 PM	3/17-4/14	\$50	
311042-A4	Th	1:00-1:30 PM	3/18-4/15	\$50	
311042-A5	Sa	12-12:30 PM	3/20-4/17	\$50	
311042-A6	Sa	2:30-3:00 PM	3/20-4/17	\$50	
311042-B1	M	3:15-3:45 PM	4/26-5/24	\$50	5/31
311042-B2	W	1:30-2:00 PM	4/28-6/2	\$60	
311042-B3	W	3:15-3:45 PM	4/28-6/2	\$60	
311042-B4	Sa	12-12:30 PM	5/1-6/5	\$60	
311042-B5	Sa	2:30-3:00 PM	5/1-6/5	\$60	

Parent & Child Drop-in Swim

Parents must accompany child in water. Swim is limited to first 25 people. Tuesdays 10:30-11:15 AM February 2 - June 1
Fee: \$5 per child.

Dolphins 4 & 5 year swim

Swims on own for 10 yards. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
311043-A1	M	3:15-3:45 PM	3/15-4/12	\$50	
311043-A2	Tu	3:30-4:00 PM	3/16-4/13	\$50	
311043-A3	W	1:30-2:00 PM	3/17-4/14	\$50	
311043-A4	W	3:15-3:45 PM	3/17-4/14	\$50	
311043-A5	Th	3:15-3:45 PM	3/18-4/15	\$50	
311043-A6	Sa	11:30-Noon	3/20-4/17	\$50	
311043-A7	Sa	2:30-3:00 PM	3/20-4/17	\$50	
311043-B1	M	3:15-3:45 PM	4/26-5/24	\$50	5/31
311043-B2	Tu	3:30-4:00	4/27-6/1	\$60	
311043-B3	W	1:30-2:00 PM	4/28-6/2	\$60	
311043-B4	W	3:15-3:45 PM	4/28-6/2	\$60	
311043-B5	Th	3:15-3:45 PM	4/29-6/3	\$60	
311043-B6	Sa	11:30 AM-Noon	5/1-6/5	\$60	
311043-B7	Sa	2:30-3:00 PM	5/1-6/5	\$60	

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
311051-A1	W	1:00-1:30 PM	3/17-4/14	\$50
311051-A2	F	3:15-3:45 PM	3/19-4/16	\$50
311051-A3	Sa	2:00-2:30 PM	3/20-4/17	\$50
311051-B1	W	1:00-1:30 PM	4/28-6/2	\$60
311051-B2	F	3:15-3:45 PM	4/30-6/4	\$60
311051-B3	Sa	2:00-2:30 PM	5/1-6/5	\$60

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
311052-A1	Tu	4:00-4:30 PM	3/16-4/13	\$50
311052-A2	Sa	2:00-2:30 PM	3/20-4/17	\$50
311052-B1	Tu	4:00-4:30 PM	4/27-6/1	\$60
311052-B2	Sa	2:00-2:30 PM	5/1-6/5	\$60

Tot Gym Classes

Tot Gym Time

Open gym time for tots ages 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
312300-A1	Th	10:30-11:30 AM	3/18-4/15	\$47
312300-B1	Th	10:30-11:30 AM	4/29-6/3	\$55

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
312211-A1	Th	9:00-10:00 AM	3/18-4/15	\$47
312211-B1	Th	9:00-10:00 AM	4/29-6/3	\$55

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
312301-A1	W	9:30-10:15 AM	3/17-4/14	\$47
312301-B1	W	9:30-10:15 AM	4/28-6/2	\$55

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
312380-A1	M	9:30-10:15 AM	3/15-5/24	\$90	4/19
312380-A2	W	10:30-11:15 AM	3/17-5/26	\$90	4/21

Check out our web page for more information about new programs and special events: www.abgclub.org

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
312302-A1	Tu	10:15-11:00 AM	3/16-4/13	\$47
312302-B1	Tu	10:15-11:00 AM	4/27-6/1	\$55

Tot Games & More

For for children ages 3 & 4 without parent. Children will be introduced to a variety of sports and games.

Code	Day	Time	Date	Fee
312921-A1	Tu	9:15-10:00 AM	3/16-4/13	\$47
312921-B1	Tu	9:15-10:00 AM	4/27-6/1	\$55

Tot Sports & Games 3 & 4 years

This program will introduce 3 & 4 year olds to a variety of sports and games. It includes group games and activities.

Code	Day	Time	Date	Fee
312271-A1	Tu	12:30-1:15PM	3/16-4/13	\$47
312271-B1	Tu	12:30-1:15PM	4/27-6/1	\$55
312271-C2	M-F	12:30-1:15 PM	6/14-6/18	\$55

Tumblers

Tumblers I - III: An introductory gymnastics program for ages 3-5 years 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
------	-----	------	------	-----	----------

Tumblers I: Ages 3 years

312310-A1	M	10:15-11:00 AM	3/15-5/24	\$90	4/19
-----------	---	----------------	-----------	------	------

Tumblers II: Ages 3 & 4 years

312310-A2	M	11:00-11:45 AM	3/15-5/24	\$90	4/19
312310-A4	W	11:15-12:00 PM	03/17-5/26	\$90	4/21

Tumblers III: Ages 4 & 5 years

312310-A3	M	12:30-1:15 PM	3/15-5/24	\$90	4/19
-----------	---	---------------	-----------	------	------

Tot T-Ball

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

Code	Day	Time	Date	Fee
312250-A1	Tu	1:15-2:00 PM	3/16-4/13	\$47
312250-B1	Tu	1:15-2:00 PM	4/27-6/1	\$55
312250-B2	Sa	9:00-9:45 AM	5/1-6/5	\$55
312250-C1	M-F	1:15-2:00 PM	6/7-6/11	\$55

Tot Sports & Games 4 & 5 years

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

Code	Day	Time	Date	Fee
312270-A1	W	12:30-1:15 PM	3/17-4/14	\$47
312270-B1	W	12:30-1:15 PM	4/28-6/2	\$55
312270-C1	M-F	12:30-1:15 PM	6/7-6/11	\$55

Tot Soccer

Teaches 4 and 5 year olds basic skills such as passing, dribbling, and shooting in a fun game situation.

Code	Day	Time	Date	Fee
312330-A1	F	1:15-2:00 PM	3/19-4/16	\$47
312330-B1	F	1:15-2:00 PM	4/30-6/4	\$55
312330-C2	M-F	1:15-2:00 PM	6/14-6/18	\$55

Tot Basketball

Introduces 4 & 5 year olds basic skills of basketball including passing, dribbling and shooting in a fun game situation.

Code	Day	Time	Date	Fee
312290-A1	W	1:15-2:00 PM	3/17-4/14	\$47
312290-A2	Sa	9-9:45 AM	3/20-4/17	\$47

Tot Tennis

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

Code	Day	Time	Date	Fee
312260-B1	W	1:15-2:00 PM	4/28-6/2	\$55

Tot Crafts & More

Tot Doodle

Designed for children ages 15 months through 36 months with parent/caregiver. Each week a theme based art activity will be offered. This parent/child playgroup also includes age appropriate games, toys, science activities and more.

Code	Day	Time	Date	Fee
313570-A1	Tu	9:30-10:15 AM	3/16-4/13	\$47
313570-A2	Tu	10:30-11:15 AM	3/16-4/13	\$47
313570-B1	Tu	9:30-10:15 AM	4/27-6/1	\$55
313570-B2	Tu	10:30-11:15 AM	4/27-6/1	\$55

Music & Movement with Jeff Jam

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

Code	Day	Time	Date	Fee
313890-B1	Th	9:30-10:15 AM	4/29-6/3	\$75

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
313651-A1	M	9:30-11:30 AM	3/15-5/24	\$275	4/19
313651-A2	Tu	9:30-11:30 AM	3/16-5/25	\$275	4/20
313651-A3	W	9:30-11:30 AM	3/17-5/26	\$275	4/21
313651-A4	Th	9:30-11:30 AM	3/18-5/27	\$275	4/22

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.

Tot Treats 3 & 4 years

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
313601-A1	M	9:30-10:30 AM	3/15-4/12	\$50	
313601-A2	M	11:00-Noon	3/15-4/12	\$50	
313601-A3	Th	9:30-10:30 AM	3/18-4/15	\$60	
313601-B1	M	9:30-10:30 AM	4/26-5/24	\$50	5/31
313601-B2	M	11:00-Noon	4/26-5/24	\$50	5/31
313601-B3	Th	9:30-10:30 AM	4/29-6/3	\$60	

Cows in the Kitchen 3-5 yrs

This is a without parent class. Moo Cow Moo! Moove on up and we'll show you how to cook some yummy things and eat them too!

Code	Day	Time	Date	Fee
313560-A1	Sa	9:30-10:30 AM	3/20-4/17	\$50
313560-B1	Sa	9:30-10:30 AM	5/1-6/5	\$60

Holiday Treats 5-6 yrs

Activities include measuring mixing and baking seasonally selected treats.

Code	Day	Time	Date	Fee
323883-A1	Th	3:00-4:30 PM	3/25	\$17

ABC Preschool

ABC Preschool, sponsored by and located at the Arlington Boys & Girls Club, is accepting applications for the 2010/2011 school year. ABC Preschool offers two, three, and five days/preschool programs as well as a pre-k program which meets five days/week. 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. Call Judy Andrews at 781-648-1617 ext. 17 for more information and appointment.

Adult Happenings

15th Annual Presidents Day \$10,000 Raffle

Monday February 15th 2:00 PM at the Boys & Girls Club. Only 250 tickets will be sold. \$100 per ticket.

46th Annual Fun Run 342800-A1

Sunday April 18th 8:45 AM. 2.7 mile run along Mass Ave from the Lexington line. Fun for the entire family.

17th Annual Alumni Golf Outing

Monday May 3rd 1PM. Proceeds benefit Alumni Scholarships and the Mentoring Programs.

72nd Annual Meeting of the Arlington Boys & Girls Club May 4th at the Hilton Boston-Woburn

Presentation of the George P. Faulkner Annual Citizens Award For Outstanding Service to Youth & Youth Service Award and Scholarship Awards Presentation. Purchase tickets through club office.

Relay for Life Team

The Arlington Boys & Girls Club sponsors the Relay for Life Team Bianchi's Club Buddies. Relay for Life is an over night event on June 5-6 to raise funds for cancer research, educational and patient support programs. We are looking for parents, children and families to walk in support of the fight for cancer. For more information contact Dee at dsavioli@abgclub.org.

Red Cross Lifeguard Training Recertification

The purpose of this course is to help participants achieve recertification in Lifeguard Training without having to take the full content course. This review course includes First Aid and CPR for the Professional Rescuer. Questions should be directed to J. Duddy at 781-648-1617 x33. Must present current Lifeguard Training Certificate, First Aide Certificate and CPR for the Professional Rescuer at time of registration. Materials if needed extra.

Code	Day Time	Date	Fee
321131-A1	T-Th 5:15-9:00 PM	4/27-4/29	\$150
321131-B1	T-Th 10:00-2:00 PM	6/15-6/17	\$150

Red Cross Lifeguard Training & Waterfront Module

In addition to training participants for pool settings this course will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a waterfront environment.

Requirements: Minimum age 15 years old. Swim 550 yards continuously using these strokes in the following order:

- 200 yards of front crawl using rhythmic breathing and stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or to the front.
- 200 yards breaststroke using a pull, breathe, kick and glide sequence.
- 150 yards either front crawl or breaststroke. This 150 yards may be a combination of front crawl and breaststroke.
- Swim 20 yards starting in the water, surface dive 7-10 ft, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.
- Swim 5 yards; submerge and retrieve three dive rings placed 5 yards apart in 4-7 feet of water; resurface; and swim 5 yards to the side of the pool.

MANDATORY SWIM TEST WEDNESDAY APRIL 7th AT 5:15 PM.

Class fee includes \$25.00 non-refundable fee.

Code	Day Time	Date	Fee
321130-A1	T-F 9:00-5:00 PM	4/20-4/23	\$325
321130-B1	T-Th 5:00-9:00 PM	5/5-5/27	\$325
421130-A1	M-F 9:00-5:00 PM	6/7-6/11	\$325

MOMswim 4 - 24 mo

A Pilates-infused water work-out that allows Moms to enjoy a great workout while Babies/Toddlers experience water exploration. Held in the shallow water only. MOMswim includes singing, water dancing, and signing (ASL) with babies close to us at all times.

Code	Day Time	Date	Fee
311013-A1	Th 10:00-10:45 AM	3/18-4/15	\$55 *
311013-A2	Th 10:00-10:45 AM	3/18-4/17	\$70 **
311013-B1	Th 10:00-10:45 AM	4/29-6/3	\$65 *
311013-B2	Th 10:00-10:45 AM	4/29-6/3	\$80 **

* member rate ** non-member rate

Adult Program

Membership

Six options available. Membership includes use of pool, gym, and 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					

ADULT SWIM HOURS: Sept - May Summer hours begin June 7th

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 AM-1:00 PM *
Evening:	M-Th	8:00-9:00 PM **

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

** Clubhouse closes May 4th at 6 PM

FITNESS RM HOURS: Sept - May Summer hours begin June 7th

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 Summer hours begin June 7th

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 *

* Clubhouse closes May 4th at 6 PM

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.

Adult Classes

Arthritis Aquatics 331170

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.

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
331100-A1	Tu	7:15-8:00 PM	3/16-4/13	\$63	
331100-A2	Th	7:15-8:00 PM	3/18-4/15	\$63	
331100-B1	Tu	7:15-8:00 PM	4/27-6/1	\$63	5/4
331100-B2	Th	7:15-8:00 PM	4/29-6/3	\$75	

CPR/AED & CPR/AED for the Professional Rescuer Review 323840-B1

You must have CPR/AED certification that has not been expired for more than a year to participate.

Wednesday June 2nd 5:00-9:00 PM. Fee: \$60

Parent & Child Drop-in Swim

Parents must accompany child in water. Swim is limited to first 25 people. Tuesdays 10:30-11:15 AM February 2 - June 1 Fee: \$5 per child.

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.

Registration Info

1. Mail-in registration must be postmarked.
2. Online registration begins **February 8th** at abgclub.org for most classes.
3. Walk-in and fax-in registration begins **March 1st** at 9AM.
4. Phone-in registration begins **March 8th** 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
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: _____	

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

