

ARLINGTON BOYS & GIRLS CLUB



SUMMER 2010

Online and mail-in registration begins April 14th

Walk-in and fax-in registration begins May 17th

Phone registration begins May 24th

www.abgclub.org

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Registration Info

1. Online registration begins **April 14th** at www.abgclub.org for most classes.
2. Registration may be mailed to the ABGC anytime after **April 14th**.
3. Mail-in registration must be postmarked after **April 14th** and will be processed at random.
4. Walk-in and fax-in registration begins **May 17th** at 9AM.
5. Phone-in registration begins **May 24th** at 9AM.
6. Club membership must be current throughout the program to register. 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. here are no make-up classes or refunds for cancellation or absences, weather, mechanical failure or business interruption.

Are You Ready to Register On-Line?

Call the club or e-mail gduddy@abgclub.org for your username and password.

Website Registration

- www.abgclub.org. Click on register on-line 2nd choice on left
- Sign-in with username and password
- To register for classes click shop in top border, then choose Activity Enrollment
- To renew membership click shop in top border, then choose pass renewal. Next choose membership type and members name to be renewed.

Arlington Boys & Girls Club Calendar

April 14	W	Summer on-line & mail-in registration begins
April 17	Sa	Last day of Session A
April 18	Su	45th 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 Open House on Full Day and Drop-in Programs 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 Open House on Full Day and Drop-in Programs 6:00 PM
June 4	F	Last Friday Family Swim till September
June 5	Sa	Last Day of Session B
June 5	Sa	Last Saturday open till September
June 5-6	Sa-Su	Relay for Life AHS 6:00 PM
June 7	M	Adult Summer Program begins
June 24	Th	Tentative date club opens for Summer youth program 9:00 AM
June 28	M	B1 session begins
July 1	Th	Weekly Family Swim Begins 7:00-7:45 PM
July 5	M	Fourth of July Observance Clubhouse Closed
August 4	W	Fall registration begins on-line & mail-in
August 25	W	Walk-in and fax-in registration begins
August 27	F	Last Day of Summer Program
September 1	W	Phone-in registration begins
September 6	M	Labor Day Clubhouse Closed
September 13	M	Club Opens for Fall Schedule

Summer Open House

Wednesday, April 28th and Thursday, June 3rd 6:00-7:00 PM: Arlington Boys & Girls Club Staff will be on hand to discuss any questions or concerns parents and children may have about summer activities, programs and special events. Parents and children may also take a tour of the building at this time.

Annual Membership

TOTS: 6 Months to 5.11 years - \$22

Tot membership is required prior to enrolling in any tot class, program or the starting of Pre-School. Parents must accompany tot members since they do not use the building on an open basis.

YOUTH: 6-17 years - \$22

Youth must have reached their 6th birthday. This membership allows youth to participate in the supervised drop in program and register in classes.

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 limit how far they can stray from the Club. Children not mature enough to handle this responsibility should enroll in programs with direct supervision.

General Info for those 17 & under

Summer Hours of Operation for YOUTH Members: Ages 6-17 years - 9AM to 5PM M-F. Guests must be 8 years or older - \$5 per guest (Guests are limited to ONE visit ONLY before membership is required). Members / Guests required to check in.

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.

Drop-in Program

Members must present card daily or purchase a one-day pass for fifty cents (50). The Clubhouse is open for youth members the day after Arlington Schools close and will be open Monday thru Friday 9AM to 5PM thru August 27 for a multitude of activities including, swimming, boating, open gym time, group games, special events and crafts.

Pool Schedule - Open Swim Times

Ages 6-17 Years:

M - F	9:15-10:00 AM
	12:15-1:15 PM
	3:45 - 4:30PM

Gym Schedule - Open Play

Ages 6-17:	M - F 12:00-2:00PM, 3-4:30PM
Dodgeball	M-F 2:00-3:00 PM

Games Room

Ages 6 & up - supervised daily main floor 9AM-4:45PM, lower level 11AM-4:45PM Numerous games and contests.

Sunshine Room

Ages 6 & up - lower floor supervised daily 12:30 to 3PM, air conditioned area for crafts, computers and much more.

Pond Room

Ages 6 & up - main floor supervised daily 9AM-4:45PM, air-conditioned space for board games, computers, etc.

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

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

Violations of 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.

Summer Special Events Start @ 1:15PM

For members ages 6-17 years old

July 8th:	Red vs. Blue Day
July 15th:	Arlington Gold Rush
July 22rd:	Superstar Day
July 29th:	Talent Show
August 5th:	Kids Day
August 11th:	Kayak Races
August 12th:	Sailing Regatta
August 19th:	Mega Dodge Ball

Drop-in Questions

- 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.
- 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.
- What should my child bring to the Club?** Children should bring a bathing suit, towel, sunscreen, and a snack or money for snacks. Pizza is sold daily and 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 the bank at the front desk. Members can take the money out whenever they like. Please take all money out at the end of the day and remember to save a quarter if you need to use the phone to make a call.
- 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. Skateboards and scooters not allowed on club property. If you bring your bicycle to the club, bring a lock.

Family Swims

Family Swims are offered on Thursdays, beginning July 1st. There is a limit of 75 people per swim. Children must be accompanied by parent in water. First come, first serve. Immediate family only, 7:00-7:45 PM.

Youth Swim Classes

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.
- Participants must be at least six years of age to register for youth level classes.
- Parents are allowed to watch the first and last class only.

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
421721-B2	T-F	10-11AM	7/6-7/9	\$48	7/5
421721-B4	M-F	10-11AM	7/19-7/23	\$60	
421721-B6	M-F	10-11AM	8/2-8/6	\$60	
421721-B8	M-F	10-11AM	8/16-8/20	\$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. Bobbing in water, floating and 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
421752-B0	M-F	3-4PM	6/21-6/25	\$60	
421732-B1	M-F	11-12PM	6/28-7/2	\$60	
421722-B2	T-F	10-11AM	7/6-7/9	\$48	7/5
421732-B3	M-F	11-12PM	7/12-7/16	\$60	
421722-B4	M-F	10-11AM	7/19-7/23	\$60	
421742-B4	M-F	2-3PM	7/19-7/23	\$60	
421732-B5	M-F	11-12PM	7/26-7/30	\$60	
421722-B6	M-F	10-11AM	8/2-8/6	\$60	
421732-B7	M-F	11-12PM	8/9-8/13	\$60	
421722-B8	M-F	10-11AM	8/16-8/20	\$60	
421742-B8	M-F	2-3PM	8/16-8/20	\$60	
421732-B9	M-F	11-12PM	8/23-8/27	\$60	

“The Positive Place for Kids!”

Youth Level 3: Stroke Development

Purpose: Build on Level 2 Skills with additional guided practice. Front and back glide, front and back crawl. 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
421723-B1	M-F	10-11AM	6/28-7/2	\$60	
421743-B2	M-Th	2-3PM	7/6-7/9	\$48	7/5
421723-B3	M-F	10-11AM	7/12-7/16	\$60	
421723-B4	M-F	10-11AM	7/19-7/23	\$60	
421723-B5	M-F	10-11AM	7/26-7/30	\$60	
421743-B6	M-F	2-3PM	8/2-8/6	\$60	
421723-B7	M-F	10-11AM	8/9-8/13	\$60	
421723-B8	M-F	10-11AM	8/16-8/20	\$60	
421723-B9	M-F	10-11AM	8/23-8/27	\$60	

Youth Level 4: Stroke Improvement

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

Code	Day	Time	Date	Fee	No Class
421754-B0	M-F	3-4PM	6/21-6/25	\$60	
421734-B1	M-F	11-12PM	6/28-7/2	\$60	
421724-B2	T-F	10-11AM	7/6-7/9	\$48	7/5
421734-B3	M-F	11-12PM	7/12-7/16	\$60	
421734-B5	M-F	11-12PM	7/26-7/30	\$60	
421724-B6	M-F	10-11AM	8/2-8/6	\$60	
421734-B7	M-F	11-12PM	8/9-8/13	\$60	
421734-B9	M-F	11-12PM	8/23-8/27	\$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	No Class
421735-B1	M-F	11-12PM	6/28-7/2	\$60	
421735-B3	M-F	11-12PM	7/12-7/16	\$60	
421735-B7	M-F	11-12PM	8/9-8/13	\$60	
421735-B9	M-F	11-12PM	8/23-8/27	\$60	

Youth Level 6: Swimming and Skill Proficiency

Purpose: All classes continue to work on strokes and include endurance swim (500 yards). 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	
421736-B1	T-F	11-12PM	6/28-7/2	\$60	Personal
421736-B3	M-F	11-12PM	7/12-7/16	\$60	Lifeguard
421736-B5	M-F	11-12PM	7/26-7/30	\$60	Personal
421736-B9	M-F	11-12PM	8/23-8/27	\$60	Fitness

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					
421046-B1	M-F	2-3PM	6/28-7/2	\$150	
Level 2-3					
421037-B2	T-F	11-12PM	7/6-7/9	\$125	7/5
421047-B3	M-F	2-3PM	7/12-7/16	\$150	
421047-B5	M-F	2-3PM	7/26-7/30	\$150	
421037-B6	M-F	11-12PM	8/2-8/6	\$150	
421047-B7	M-F	2-3PM	8/9-8/13	\$150	
421037-B8	M-F	11-12PM	8/16-8/20	\$150	
421047-B9	M-F	2-3PM	8/23-8/27	\$150	
Level 3-4					
421048-B1	M-F	2-3PM	6/28-7/2	\$150	
421048-B3	M-F	2-3PM	7/12-7/16	\$150	
421038-B4	M-F	11-12PM	7/19-7/23	\$150	
421038-B6	M-F	11-12PM	8/2-8/6	\$150	
421038-B8	M-F	11-12PM	8/16-8/20	\$150	
Level 4-5					
421039-B2	T-F	11-12PM	7/6-7/9	\$125	7/5
421049-B5	M-F	2-3PM	7/26-7/30	\$150	
Level 5-6					
421030-B4	M-F	11-12PM	7/19-7/23	\$150	
421040-B7	M-F	2-3PM	8/9-8/13	\$150	
421040-B9	M-F	2-3PM	8/23-8/27	\$150	

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
421140-B3	M-F	10-12PM	7/12-7/16	\$75

Swim with Kim

For ages 7-13, one must be able to swim 50 yards or have approval of instructor. The clinic will include both in water training and dry-land sessions. In the water, participants will learn stroke mechanics, streamlining techniques, and work-outs to improve their strokes and increase endurance. The dry-land sessions will focus on nutrition, strength training, stretching, and techniques.

Code	Day	Time	Date	Fee
425151-B1	M-F	9:30-12PM	6/28-7/2	\$80
425151-B4	M-F	9:30-12PM	7/19-7/23	\$80
425151-B6	M-F	9:30-12PM	8/2-8/6	\$80
425151-B8	M-F	9:30-12PM	8/16-8/20	\$80

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: e-mail kurquhart@abgclub.org for an appointment. 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

Youth Gymnastics

Focus is on floor exercise and will promote strength and flexibility. Designed for children of all tumbling abilities. Instructor is Donna Sullivan.

Code	Day	Time	Date	Fee
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Ages 5-7

422381-B1	M-F	9:30-10:45AM	6/28-7/2	\$80
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Ages 8 and older

422382-B1	M-F	10:45-Noon	6/28-7/2	\$80
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Biddy Tennis 6-8 yrs

For children ages 6-8. Participants will be taught using the Wilson Pee Wee System with junior tennis rackets and balls. Practice drills are used to teach skills such as forehand, backhand and volleying.

Code	Day	Time	Date	Fee	No Class
422391-B0	M-F	3:15-4:00PM	6/21-6/25	\$55	
422391-B2	T-F	10:15-11AM	7/6-7/9	\$45	7/5
422391-B3	M-F	10:15-11AM	7/12-7/16	\$55	
422391-B5	M-F	10:15-11AM	7/26-7/30	\$55	
422391-B7	M-F	10:15-11AM	8/9-8/13	\$55	
422391-B8	M-F	10:15-11AM	8/16-8/20	\$55	
422391-B9	M-F	10:15-11AM	8/23-8/27	\$55	

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.

Jr. Tennis 9-12 yrs

Designed for ages 9-12. Includes the fundamentals of the game of tennis and practice drills in proper strokes, serves and volley.

Code	Day	Time	Date	Fee	No Class
422401-B0	M-F	4:00-4:45PM	6/21-6/25	\$55	
422401-B3	M-F	9:15-10AM	7/12-7/16	\$55	
422401-B7	M-F	9:15-10AM	8/9-8/13	\$55	
422401-B8	M-F	9:15-10AM	8/16-8/20	\$55	
422401-B9	M-F	9:15-10AM	8/23-8/27	\$55	

Middle School Girls Field Hockey

Introduction to basic field hockey skills. Learn how to dribble, pass and drive the ball and learn the rules of the game. Shin and mouth guards required, eye protection is encouraged. Bring sneakers/cleats and water. Sticks provided if needed. Taught by AHS Field Hockey Coach, Cathy Duddy.

Code	Day	Time	Date	Fee
422748-B3	M-F	4-5:30P	7/12-7/16	\$95

Middle School Athletes Strength Training & Conditioning

Get ready for Fall sports with this total body fitness program. Training includes stretching, strengthening, plyometrics, agility drills and speed development. Taught by Cathy Duddy, Physical Therapist and AHS Field Hockey Coach.

Code	Day	Time	Date	Fee
422912-B7	M-F	4-5PM	8/9-8/13	\$65

High School Athletes Strength Training & Conditioning

Get ready for Fall sports with this total body fitness program. Training includes stretching, strengthening, plyometrics, agility drills and speed development. Taught by Cathy Duddy, Physical Therapist and AHS Field Hockey Coach.

Code	Day	Time	Date	Fee
422913-B6	M-F	4-5PM	8/2-8/6	\$65

Menotomy Manor Summer Program

The Arlington Boys and Girls Club will be at Menotomy Manor this summer. The program is for youth ages 6 -17 years old. We will be at unit 80 on Gardner street Monday through Friday 9:00a.m-1:00p.m starting June 28th. Join us for games, art & crafts and more. Membership is required.

Biddy Basketball Skills & Drills 6-8 yrs

Ages 6-8: Improve your passing, dribbling, shooting, rebounding techniques, and defense under the direction of John Bowler the AHS Varsity Basketball Coach, and current high school athletes.

Code	Day	Time	Date	Fee
425461-B4	M-F	9-12PM	7/19-7/23	\$125

Jr. Basketball Skills & Drills

Ages 9-13: Improve your passing, dribbling, shooting, rebounding techniques, and defense under the direction of John Bowler the AHS Varsity Basketball Coach, and current high school athletes.

Code	Day	Time	Date	Fee
425462-B6	M-F	9-12PM	8/2-8/6	\$125

Youth Leaders Club

Members ages 12-17 assist in Club activities, earning credits for each hour of work. Positions include pool and gym aids, junior counselors, and kitchen help. Members will work a minimum of two weeks and a maximum of four weeks. Trips and activities will be planned for youth leaders throughout the year. Mandatory meeting Tuesday May 11th at 5:30PM for first time youth leaders, applications will be given out at this time. Applications for returning youth leaders will be available on-line beginning Wednesday May 12th. Questions e-mail Kevin at kflood@abgclub.org.

Code	Day	Time	Date	Fee
425010-B0	M-F	9AM-3PM	6/28-8/27	\$10

Sport-Tivities

Fun filled days for children ages 9-12. One jam packed week of sports activities including, swimming, lacrosse, baseball, ultimate frisbee, and just when you thought you had enough?? We head out on two sport related filed trips per session.

Code	Day	Time	Date	Fee
425272-B2	T-F	9:00-Noon	7/6-7/9	\$100
425272-B5	M-F	9:00-Noon	7/26-7/30	\$125
425272-B7	M-F	9:00-Noon	8/9-8/13	\$125

Project Learn: Education Enhancement Program High-Yield Learning Activities

High-yield learning activities (HYLAs) help young people to see the practical application of lessons taught in the classroom. HYLAs also help them to plan self-directed learning enrichment. We encourage our members to make positive and productive choices about how they spend their leisure time at the Club.

Youth Structured Programs

Adventure Time

A summer of fun, adventure and excitement for children ages 5-8 years old. Participants are grouped according to age and assigned a counselor for each session. Each age group has an air conditioned indoor base, but schedules most of its time around the outdoors. Daily activities include gym sports, swimming, outdoor group games, arts & crafts, walking trips, special events and more.

	Code	Day	Time	Date	Fee
	425870-B1	M-F	9AM-3PM	6/28-7/2	\$165
Early drop-off	425870-1A	M-F	8AM-9AM	6/28-7/2	\$30
Late pick-up	425870-1E	M-F	3-5:30PM	6/28-7/2	\$55
	425870-B2	T-F	9AM-3PM	7/6-7/9	\$130
Early drop-off	425870-2A	T-F	8AM-9AM	7/6-7/9	\$24
Late pick-up	425870-2E	T-F	3-5:30PM	7/6-7/9	\$44
	425870-B3	M-F	9AM-3PM	7/12-7/16	\$165
Early drop-off	425870-3A	M-F	8AM-9AM	7/12-7/16	\$30
Late pick-up	425870-3E	M-F	3-5:30PM	7/12-7/16	\$55
	425870-B4	M-F	9AM-3PM	7/19-7/23	\$165
Early drop-off	425870-4A	M-F	8AM-9AM	7/19-7/23	\$30
Late pick-up	425870-4E	M-F	3-5:30PM	7/19-7/23	\$55
	425870-B5	M-F	9AM-3PM	7/26-7/30	\$165
Early drop-off	425870-5A	M-F	8AM-9AM	7/26-7/30	\$30
Late pick-up	425870-5E	M-F	3-5:30PM	7/26-7/30	\$55
	425870-B6	M-F	9AM-3PM	8/2-8/6	\$165
Early drop-off	425870-6A	M-F	8AM-9AM	8/2-8/6	\$30
Late pick-up	425870-6E	M-F	3-5:30PM	8/2-8/6	\$55
	425870-B7	M-F	9AM-3PM	8/9-8/13	\$165
Early drop-off	425870-7A	M-F	8AM-9AM	8/9-8/13	\$30
Late pick-up	425870-7E	M-F	3-5:30PM	8/9-8/13	\$55
	425870-B8	M-F	9AM-3PM	8/16-8/20	\$165
Early drop-off	425870-8A	M-F	8AM-9AM	8/16-8/20	\$30
Late pick-up	425870-8E	M-F	3-5:30PM	8/16-8/20	\$55
	425870-B9	M-F	9AM-3PM	8/23-8/27	\$165
Early drop-off	425870-9A	M-F	8AM-9AM	8/23-8/27	\$30
Late pick-up	425870-9E	M-F	3-5:30PM	8/23-8/27	\$55

Adventure Time FYI: We ask that all children wear sunscreen and bring a bathing suit and towel. All items should be marked with the child's full name. Please pack your child's backpack with plenty of fluids and extra sunscreen for your child to apply as needed. Staff cannot apply sunscreen. Each day all children must bring a lunch and snack unless otherwise stated. Pizza will be offered daily at the cost of \$1.50 per slice. Teeni drinks may also be purchased for 25 cents. Please be sensitive to food allergies when packing your child's lunch. If your child's lunch does contain peanuts please inform the staff. Drop off and pick up will be in the basketball court.

If your child is six years of age he/she may be a drop-in member at 3:00 p.m. A drop-in permission slip must be signed and returned in order for your child to be a drop-in. Any child participating in the drop-in program must also have his/her membership card. Reminder: The drop-in program ends promptly at 5:00 p.m.

LATE FEE POLICY: There will be a five minute grace period. After five minutes the person picking up will be charged \$1.00 per minute for every minute past 3:05 p.m.

Myth Busters 7-10 years

Play the role of scientist, detective, chemist or engineer. Make it, shake it, or even bake it. Experiment with acids and bases and concoctions. Play with physics and discover sound, take flight and why is a magnet magnetic?

Code	Day	Time	Date	Fee
425690-B8	M-F	9AM-Noon	8/16-8/20	\$150

The Great Kitchen Mystery 7-10 years

How to think like a chef begins right here. Solve the club mystery as we work our way through homemade ketchup, mayonnaise, ranch & caesar dressings and crunchy baked chicken fingers; hand-made, homemade burgers & buns. Grilled pizza from the dough up! Summer salads and smoothies, s'mores... with homemade marshmallows and much more! Our week will end with a mystery solved and a sit down dinner to be devoured.

Code	Day	Time	Date	Fee
425560-B9	M-F	9AM-Noon	8/23-8/27	\$150

“Be Great!”

Summer Boating Exploration

A boating adventure for children ages 8 -12. Offered in nine, one week sessions. Activities include sailing, canoeing and kayaking lessons. The children will also participate in boat races, games and exploration of the pond. **Participants must pass the boating swim test (swim 75 yards) prior to registering for this program.** Test given at the beginning of each free swim starting April 14. Registration available at the front desk once you pass the test.

	Code	Day	Time	Date	Fee
	425160-B1	M-F	9AM-12PM	6/28-7/2	\$160
Early drop-off	425160-1A	M-F	8AM-9AM	6/28-7/2	\$30
	425160-B2	T-F	9AM-12PM	7/6-7/9	\$130
Early drop-off	425160-2A	T-F	8AM-9AM	7/6-7/9	\$24
	425160-B3	M-F	9AM-12PM	7/12-7/16	\$160
Early drop-off	425160-3A	M-F	8AM-9AM	7/12-7/16	\$30
	425160-B4	M-F	9AM-12PM	7/19-7/23	\$160
Early drop-off	425160-4A	M-F	8AM-9AM	7/19-7/23	\$30
	425160-B5	M-F	9AM-12PM	7/26-7/30	\$160
Early drop-off	425160-5A	M-F	8AM-9AM	7/26-7/30	\$30
	425160-B6	M-F	9AM-12PM	8/2-8/6	\$160
Early drop-off	425160-6A	M-F	8AM-9AM	8/2-8/6	\$30
	425160-B7	M-F	9AM-12PM	8/9-8/13	\$160
Early drop-off	425160-7A	M-F	8AM-9AM	8/9-8/13	\$30
	425160-B8	M-F	9AM-12PM	8/16-8/20	\$160
Early drop-off	425160-8A	M-F	8AM-9AM	8/16-8/20	\$30
	425160-B9	M-F	9AM-12PM	8/23-8/27	\$160
Early drop-off	425160-9A	M-F	8AM-9AM	8/23-8/27	\$30

Boating Exploration FYI: Boating Exploration meets out back along the pond. Children should apply sunscreen before coming. Participants need to bring a snack and towel daily. Registered participants are welcome to take part in open boating from 12:30-4:30 PM during the week they register for.

Close date

The club will be closed on Monday July 5th.

Youth Boating 8 & up

Open to youth members 8-17, daily beginning June 21, 12:30 PM to 4:30 PM. Sailing, canoeing, paddle boats, and kayaks available. All participants must pass 75 yard, non-stop swim test, and return signed boating form and attend boating instructions. Boating instructions offered daily beginning at 12:30 PM, throughout the summer for those new to the program. Boating test given at the beginning of each free swim starting April 14th. Registration available at the front desk once you pass the test.

	Code	Day	Time	Date	Fee	No Class
	421160-BO	M-F	12:30-4:30PM	6/21-8/27	\$65	7/5

Semi-Private Boating Lessons

Ages 8 and older. Must pass 75 yard boating test. Great for beginners or experienced boaters that want to fine tune their boating skills. Children will learn water safety, self rescue, tacking, jibing, boating knots and much more. They will learn to sail, canoe and kayak. Class size will be 1-2 boaters. Boating test offered beginning April 14th at the beginning of each free swim. Registration available at the front desk once you pass the test.

	Code	Day	Time	Date	Fee
	421161-B1	M-F	1:00-2:00 PM	6/28-7/2	\$150
	421162-B1	M-F	2:00-3:00 PM	6/28-7/2	\$150
	421161-B3	M-F	1:00-2:00 PM	7/12-7/16	\$150
	421162-B3	M-F	2:00-3:00 PM	7/12-7/16	\$150
	421161-B5	M-F	1:00-2:00 PM	7/26-7/30	\$150
	421162-B5	M-F	2:00-3:00 PM	7/26-7/30	\$150
	421161-B7	M-F	1:00-2:00 PM	8/9-8/13	\$150
	421162-B7	M-F	2:00-3:00 PM	8/9-8/13	\$150

Be sure we have your current e-mail address

Send updated e-mails to gduddy@abgclub.org.

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.

Super Summer for ages 9-11 years

Weekly theme age appropriate activities for boys & girls. Program will include trips, water activities, games, contests and a daily free swim.

Explore & Create: During the week we will use our creative abilities in a variety of ways. We will be cooking, sculpting, painting, berry picking and much more. Gamewright will be visiting us to test out some new games and help us create our own.

Code	Day	Time	Date	Fee	No Class
425880-B2	T-F	9AM-4PM	7/6-7/9	\$200	7/5
425880-2A	T-F	8AM-9AM	7/6-7/9	\$24	7/5

Compete & Contend: The week will consist of a variety of physical and mental challenges. We will be traveling to Kimball Farm for a game of mini golf. We will also test our bowling skills.

Code	Day	Time	Date	Fee
425880-B3	M-F	9AM-4PM	7/12-7/16	\$230
425880-3A	M-F	8AM-9AM	7/12-7/16	\$30

In & Around Boston: We will be taking various trips around the area. We will utilize the MBTA for a majority of our trips. One of our many fun activities will be experiencing Boston by land and by sea aboard a Duck boat.

Code	Day	Time	Date	Fee	No Class
425880-B4	M-F	9AM-4PM	7/19-7/23	\$240	
425880-4A	M-F	8AM-9AM	7/19-7/23	\$30	

Fun & Science: This week will be exciting and surprising. We will conduct various experiments. We will be traveling to the MIT museum to make our own creation.

Code	Day	Time	Date	Fee
425880-B5	M-F	9AM-4PM	7/26-7/30	\$220
425880-5A	M-F	8AM-9AM	7/26-7/30	\$30

Sports Week: During the week we will play a variety of games. We will travel to Rhode Island for a Paw Sox Game and visit the Hall at Patriot Place.

Code	Day	Time	Date	Fee
425880-B6	M-F	9AM-4PM	8/2-8/6	\$230
425880-6A	M-F	8AM-9AM	8/2-8/6	\$30

Animals & More: We will travel to a variety of habitats including the Franklin Park Zoo. We will also have a visit from the Aquarium among other fun activities.

Code	Day	Time	Date	Fee	No Class
425880-B7	M-F	9AM-4PM	8/9-8/13	\$230	
425880-7A	M-F	8AM-9AM	8/9-8/13	\$30	

Outdoor Adventure: Be ready to get down and dirty. We will try our hand at fishing, hiking and rock climbing at the Woburn Rock Gym, just to name a few.

Code	Day	Time	Date	Fee	No Class
425880-B8	M-F	9AM-4PM	8/16-8/20	\$230	
425880-8A	M-F	8AM-9AM	8/16-8/20	\$30	

Explore & Create: We will use our creative abilities in a variety of ways. We will be cooking, sculpting, painting and more.

Code	Day	Time	Date	Fee	No Class
425880-B9	M-F	9AM-4PM	8/23-8/27	\$220	
425880-9A	M-F	8AM-9AM	8/23-8/27	\$30	

Super Summer FYI: Meets in preschool room #2 at 9:00 AM. A daily free swim is scheduled from 3:00-3:45 PM. Children need a bathing suit and towel, a lunch, extra water, sunscreen and a backpack daily. Participants get from place to place by walking, MBTA or club van. The program ends the day at 4:00 PM in room #2. Children need to sign-out before leaving the building. Children may check into the club as a drop-in with written permission. Club closes promptly at 5PM.

Explore & Discover ages 11-13 years

Designed for pre-teen and teenage club members. The field trips provide members with chances to explore and discover Arlington, Boston and Massachusetts through walking, hiking, shopping trips and more. Transportation provided by either club vans or MBTA. Each day will end with a daily free swim.

Shore Week: This week we'll be enjoying all the sights and sounds around the wonderful coast of Massachusetts with a trip to Rockport for shopping and an adventurous ride on Boston Harbor's Codzilla. We'll also enjoy a day at Castle Island and building sand castles at the Revere Beach Sand Castle Contest.

Code	Day	Time	Date	Fee
425890-B3	M-F	9AM-4PM	7/12-7/16	\$235
425890-3A	M-F	8AM-9AM	7/12-7/16	\$30

Give it the Old College Try Week: We'll be exploring some of the wonderful Massachusetts Universities and Colleges. We'll be traveling to MIT to the Robot Museum as well as take a class! Take in a scenic Duck Tour, shop in Harvard Square and get a VIP tour of BU.

Code	Day	Time	Date	Fee
425890-B4	M-F	9AM-4PM	7/19-7/23	\$240
425890-4A	M-F	8AM-9AM	7/19-7/23	\$30

Phantom Gourment: Based off the popular local restaurant review show, we'll be exploring different restaurants throughout the week and running our own right here at the Club. At the end of the week the profits made will go towards a trip of the groups choice.

Code	Day	Time	Date	Fee
425890-B5	M-F	9AM-4PM	7/26-7/30	\$220
425890-5A	M-F	8AM-9AM	7/26-7/30	\$30

Champion Week: This week is all about sports! We'll be taking in a Paw Sox Game and heading to Patriots Place. If the schedule allows we'll even take in Patriots Training Camp.

Code	Day	Time	Date	Fee
425890-B6	M-F	9AM-4PM	8/2-8/6	\$230
425890-6A	M-F	8AM-9AM	8/2-8/6	\$30

Amusement Week: This week is for kids who like adventure & excitement! We'll be going to Six Flags New England, York Beach Funarama and Salem Willows. We'll also plan and host our own penny carnival for the entire Club!

Code	Day	Time	Date	Fee
425890-B7	M-F	9AM-4PM	8/9-8/13	\$255
425890-7A	M-F	8AM-9AM	8/9-8/13	\$30

Reality TV Week: During this week we'll compete in different reality TV shows like the Amazing Race, One Minute to Win it, American Idol, and much more. We'll even get "Lost" at the Davis Mega Maze.

Code	Day	Time	Date	Fee
425890-B8	M-F	9AM-4PM	8/16-8/20	\$220
425890-8A	M-F	8AM-9AM	8/16-8/20	\$30

Explore & Discover FYI: Meets in the lower level games room at 9:00 AM. A daily free swim is scheduled from 3:00-3:45 PM. Children need a bathing suit and towel, a lunch, extra water, sunscreen and a backpack daily. Participants get from place to place by walking, MBTA or club van. The program ends the day at 4:00 PM. Children need to sign-out with a staff member. Children may check into the club as a drop-in with written permission. Club closes at 5PM.

Teen Scene Trips for 11-15 year-olds

Code	Day	Time	Date	Fee
Laser Quest				
425891-C1	T	9AM-5PM	6/29	\$50
425891-1A	T	8AM-9AM	6/29	\$6

Code	Day	Time	Date	Fee
Canobie Lake Park				
425891-C2	W	9AM-5PM	6/30	\$60
425891-2A	W	8/AM-9AM	6/30	\$6

Code	Day	Time	Date	Fee
Fenway Park & Batting Cages				
425891-C3	Th	9AM-5PM	7/1	\$50
425891-3A	Th	8AM-9AM	7/1	\$6

Code	Day	Time	Date	Fee
Twilight: Eclipse @ Chunky's Movie Theater with Lunch				
425891-C4	T	9AM-5PM	7/6	\$60
425891-4A	T	8AM-9AM	7/6	\$6

Code	Day	Time	Date	Fee
Water Country				
425891-C5	W	9AM-5PM	7/7	\$60
425891-5A	W	8AM-9AM	7/7	\$6

Code	Day	Time	Date	Fee
Six Flags New England				
425891-C6	Th	7AM-5PM	7/8	\$70

Code	Day	Time	Date	Fee
Kimball's Farm mini golf & bumper boats				
425891-C7	T	9AM-5PM	8/24	\$50
425891-7A	T	8AM-9AM	8/24	\$6

Code	Day	Time	Date	Fee
Paintball at Friendly Fire				
425891-C8	W	9AM-5PM	8/25	65
425891-8A	W	8AM-9AM	8/25	\$6

Code	Day	Time	Date	Fee
Canobie Lake Park				
425891-C9	Th	9AM-5PM	8/26	\$60
425891-9A	Th	8AM-9AM	8/26	\$6

Tot Swim Classes

Registration is limited to one swim class per session.

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

Tot 6 months - 4 yrs with parent

Designed to introduce your child into the aquatic atmosphere. Every class includes group skills, free play, games and song time.

Code	Day	Time	Date	Fee
411110-B0	M-F	10-10:30AM	6/21-6/25	\$60
411110-B1	M-F	10-10:30AM	6/28-7/2	\$60
411110-B3	M-F	10-10:30AM	7/12-7/16	\$60
411110-B5	M-F	10-10:30AM	7/26-7/30	\$60
411110-B7	M-F	10-10:30AM	8/9-8/13	\$60
411110-B9	M-F	10-10:30AM	8/23-8/27	\$60

3 - 4 yrs Swim without parent Fish

The child must meet height requirement of 34 inches to chin level. Skills taught: learning to balance in water, kicking on stomach and back, paddling arms, floating, use of barbells, noodles and kickboards, jumping, blowing bubbles, going underwater and confidence building techniques. Includes water games and songs.

Code	Day	Time	Date	Fee
411320-B0	M-F	10-10:30AM	6/21-6/25	\$60
411320-B1	M-F	10:30-11AM	6/28-7/2	\$60
411320-B3	M-F	10:30-11AM	7/12-7/16	\$60
411320-B5	M-F	10:30-11AM	7/26-7/30	\$60
411320-B7	M-F	10:30-11AM	8/9-8/13	\$60
411320-B9	M-F	10:30-11AM	8/23-8/27	\$60

Family Swims

Family Swims are offered on Thursdays, beginning July 1st. There is a limit of 75 people per swim. Children must be accompanied by parent in water. First come, first serve. Immediate family only, 7:00-7:45PM.

Turtles 4 & 5 year Swim

Basic water adjustment.

Code	Day	Time	Date	Fee	No Class
411430-B0	M-F	10:30-11AM	6/21-6/25	\$60	
411420-B1	M-F	10-10:30AM	6/28-7/2	\$60	
411430-B1	M-F	10:30-11AM	6/28-7/2	\$60	
411440-B2	T-F	2-2:30PM	7/6-7/9	\$48	7/5
411430-B3	M-F	10:30-11AM	7/12-7/16	\$60	
411440-B4	M-F	2-2:30PM	7/19-7/23	\$60	
411420-B5	M-F	10-10:30AM	7/26-7/30	\$60	
411430-B5	M-F	10:30-11AM	7/26-7/30	\$60	
411440-B6	M-F	2-2:30PM	8/2-8/6	\$60	
411430-B7	M-F	10:30-11AM	8/9-8/13	\$60	
411440-B8	M-F	2-2:30PM	8/16-8/20	\$60	
411420-B9	M-F	10-10:30AM	8/23-8/27	\$60	
411430-B9	M-F	10:30-11AM	8/23-8/27	\$60	

Penguins 4 & 5 year swim

Child swims slightly on own. Need staff recommendation.

Code	Day	Time	Date	Fee	No Class
411530-B0	M-F	10:30-11AM	6/21-6/25	\$60	
411540-B0	M-F	11-11:30AM	6/21-6/25	\$60	
411530-B1	M-F	10:30-11AM	6/28-7/2	\$60	
411550-B2	T-F	2:30-3PM	7/6-7/9	\$48	7/5
411520-B3	M-F	10-10:30AM	7/12-7/16	\$60	
411530-B3	M-F	10:30-11AM	7/12-7/16	\$60	
411550-B4	M-F	2:30-3PM	7/19-7/23	\$60	
411530-B5	M-F	10:30-11AM	7/26-7/30	\$60	
411550-B6	M-F	2:30-3PM	8/2-8/6	\$60	
411520-B7	M-F	10-10:30AM	8/9-8/13	\$60	
411530-B7	M-F	10:30-11AM	8/9-8/13	\$60	
411550-B8	M-F	2:30-3PM	8/16-8/20	\$60	
411530-B9	M-F	10:30-11AM	8/23-8/27	\$60	

Dolphins 4 & 5 year swim

Swims on own for 10 yards. Need staff recommendation.

Code	Day	Time	Date	Fee
411640-B0	M-F	11-11:30AM	6/21-6/25	\$60
411630-B1	M-F	10:30-11AM	6/28-7/2	\$60
411630-B3	M-F	10:30-11AM	7/12-7/16	\$60
411630-B5	M-F	10:30-11AM	7/26-7/30	\$60
411630-B7	M-F	10:30-11AM	8/9-8/13	\$60
411630-B9	M-F	10:30-11AM	8/23-8/27	\$60

Walrus Advanced 4 & 5 year swim

A deep-end class. The child needs to build confidence in deep water, needs to build endurance. Need staff recommendation.

Code	Day	Time	Date	Fee
411720-B1	M-F	10-10:30AM	6/28-7/2	\$60
411720-B5	M-F	10-10:30AM	7/26-7/30	\$60
411720-B9	M-F	10-10:30AM	8/23-8/27	\$60

Seals Advanced 4 & 5 year swim

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

Code	Day	Time	Date	Fee
411820-B1	M-F	10-10:30AM	6/28-7/2	\$60
411820-B5	M-F	10-10:30AM	7/26-7/30	\$60
411820-B9	M-F	10-10:30AM	8/23-8/27	\$60

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.

Code	Day	Time	Date	Fee	No Class
Ages 3-4 years					
411033-B0	M-F	11:30-12PM	6/21-6/25	\$150	
411033-B2	T-F	11-11:30AM	7/6-7/9	\$125	7/5
411033-B4	M-F	11-11:30AM	7/19-7/23	\$150	
411033-B6	M-F	11-11:30AM	8/2-8/6	\$150	
411033-B8	M-F	11-11:30AM	8/16-8/20	\$150	

Ages 4-5 years

411034-B0	M-F	11:30-12PM	6/21-6/25	\$150	
411034-B2	T-F	11:30-12PM	7/6-7/9	\$125	7/5
411034-B4	M-F	11:30-12PM	7/19-7/23	\$150	
411034-B6	M-F	11:30-12PM	8/2-8/6	\$150	
411034-B8	M-F	11:30-12PM	8/16-8/20	\$150	

Be sure we have your current e-mail address

Send updated e-mails to gduddy@abgclub.org.

Tot Gym Classes

Tot T-Ball 4-5yrs

This program will introduce 4 & 5 year olds to the game of baseball.

Code	Day	Time	Date	Fee
412250-B3	M-F	9:15-10AM	7/12-7/16	\$55
412250-B8	M-F	9:15-10AM	8/16-8/20	\$55

Tot Tennis 4-5yrs

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

Code	Day	Time	Date	Fee
412260-B3	M-F	10:15-11AM	7/12-7/16	\$55

Tot Basketball 4-5yrs

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

Code	Day	Time	Date	Fee	No Class
412290-B2	T-F	9:15-10AM	7/6-7/9	\$44	7/5

Tot Soccer 4-5yrs

This program will teach 4 & 5 year olds basic soccer skills such as passing, dribbling, and shooting in a fun games situation.

Code	Day	Time	Date	Fee
412330-B5	M-F	9:15-10AM	7/26-7/30	\$55
412330-B9	M-F	9:15-10AM	8/23-8/27	\$55

Tumble Bumbles 2-3yrs

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. Instructor is Donna Sullivan.

Code	Day	Time	Date	Fee
412380-B0	M-F	9:30-10:15AM	6/21-6/25	\$60

Check us out on Facebook and Twitter

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Tumblers

Introductory gymnastics program for tots without a parent or caregiver. 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 instructor is Donna Sullivan.

Code	Day	Time	Date	Fee
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Tumblers II ages 3-4 years

412311-B0	M-F	10:15-11AM	6/21-6/25	\$60
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Tumblers III ages 4-5 years

412312-B0	M-F	11-11:45AM	6/21-6/25	\$60
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Tot Structured Programs

Tots Play

For children ages 2 to 3 years without a parent or care giver. Age appropriate activities that promote creativity and independence including crafts, music and movement, large and small motor activities, stories and songs. The day begins outside in our fenced in playground, and then moves to an air conditioned classroom.

Code	Day	Time	Date	Fee	No Class
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413610-BA	M,W	9:30-11:30AM	6/7-6/16	\$125	
413610-BB	T,Th	9:30-11:30AM	6/8-6/17	\$125	
413610-BC	M,W	9:30-11:30AM	6/21-6/30	\$125	
413610-BD	T,Th	9:30-11:30AM	6/22-7/1	\$125	
413610-BE	M,W	9:30-11:30AM	7/7-7/14	\$95	7/5
413610-BF	T,Th	9:30-11:30AM	7/6-7/15	\$125	
413610-BG	M,W	9:30-11:30AM	7/19-7/28	\$125	
413610-BH	T,Th	9:30-11:30AM	7/20-7/29	\$125	
413610-BI	M,W	9:30-11:30AM	8/2-8/11	\$125	
413610-BJ	T,Th	9:30-11:30AM	8/3-8/12	\$125	

Tots Play FYI: Designed to give children an opportunity to play with others in a relaxed, fun environment. We ask that parents and siblings leave the program area.

Daily Schedule

1. Large motor play in the playground (weather permitting)
2. Choice time - play dough, puzzles, housekeeping area, blocks, etc.
3. Craft- a simple craft will be offered during choice time
4. Clean up
5. Group Time- stories & songs
6. Bathroom & snack

7. Music & dancing
8. Good Bye - please come into the room to greet your child when we open the door.

Creative Explorers Ages 3-5

Come explore a variety of theme based activities through open ended creative educational stations. Also includes daily outdoor play. Featuring: Wednesday Science with Anne, Fitness Fridays with Coach Kevin or John, weekly special events and cooking projects. This program is operated out of the air conditioned preschool rooms 3 & 4.

	Code	Time	Date	Fee
Finding Nemo	415851-A1	9AM-12PM	6/7-6/11	\$140
Early drop-off	415851-AA	8AM-9AM	6/7-6/11	\$30
Late pick-up	415851-AE	12PM-3PM	6/7-6/11	\$90
Going on Safari	415851-A2	9AM-12PM	6/14-6/18	\$140
Early drop-off	415851-BA	8AM-9AM	6/14-6/18	\$30
Late pick-up	415851-BE	12PM-3PM	6/14-6/18	\$90
It's A Bugs Life	415851-A3	9AM-12PM	6/21-6/25	\$140
Early drop-off	415851-CA	8AM-9AM	6/21-6/25	\$30
Late pick-up	415851-CE	12PM-3PM	6/21-6/25	\$90
Red, White & Blue	415851-B1	9AM-12PM	6/28-7/2	\$140
Early drop-off	415851-1A	8AM-9AM	6/28-7/2	\$30
Late pick-up	415851-1E	12PM-3PM	6/28-7/2	\$90
Super Heros	415851-B2	9AM-12PM	7/6-7/9	\$110
Early drop-off	415851-2A	8AM-9AM	7/6-7/9	\$24
Late pick-up	415851-2E	12PM-3PM	7/6-7/9	\$72

Creative Explorers FYI: Children meet in Pre-K room #4 located on the ground level of the clubhouse at 9:00 A.M.

Children are dismissed from the back of the building in the sand area promptly at Noon. If you will be sending someone else to pick-up your child you must inform the counselor in writing. Children will not be released to anyone without written permission.

We request that your child wear their bathing suit and water shoes to this program. We will be offering water activities daily weather permitting. Children should also bring a labeled towel and labeled extra set of clothing. Each child should have their belongings in a bag or backpack. Sunscreen should be applied by the parent before Creative Explorers. We provide a daily snack. If your child has food allergies please provide your own snack.

Check-out our web page

For more information about new programs and special events:
www.abgclub.org

Tot-Tivities Ages 3 & 4

A summer of fun, one week adventures for children ages 3-4 years old. This program emphasizes socialization, circle time, outdoor play, arts & crafts and new experiences. Special features include Wednesday Science with Anne, Fitness Fridays with Coach Kevin or John, weekly special events and cooking projects. Tot-Tivities is operated out of preschool room 3 which is air conditioned and located on the ground level of the clubhouse.

	Code	Time	Date	Fee
Let's Make Music	415850-B3	9AM-12PM	7/12-7/16	\$140
Early drop-off	415850-3A	8AM-9AM	7/12-7/16	\$30
Late pick-up	415850-3E	12PM-3PM	7/12-7/16	\$90
Lost in Space	415850-B4	9AM-12PM	7/19-7/23	\$140
Early drop-off	415850-4A	8AM-9AM	7/19-7/23	\$30
Late pick-up	415850-4E	12PM-3PM	7/19-7/23	\$90
Winter Wonderland	415850-B5	9AM-12PM	7/26-7/30	\$140
Early drop-off	415850-5A	8AM-9AM	7/26-7/30	\$30
Late pick-up	415850-5E	12PM-3PM	7/26-7/30	\$90
Circus	415850-B6	9AM-12PM	8/2-8/6	\$140
Early drop-off	415850-6A	8AM-9AM	8/2-8/6	\$30
Late pick-up	415850-6E	12PM-3PM	8/2-8/6	\$90
Ocean Life	415850-B7	9AM-12PM	8/9-8/13	\$140
Early drop-off	415850-7A	8AM-9AM	8/9-8/13	\$30
Late pick-up	415850-7E	12PM-3PM	8/9-8/13	\$90
Dinosaurs	415850-B8	9AM-12PM	8/16-8/20	\$140
Early drop-off	415850-8A	8AM-9AM	8/16-8/20	\$30
Late pick-up	415850-8E	12PM-3PM	8/16-8/20	\$90
Amazon Rain Forest	415850-B9	9AM-12PM	8/23-8/27	\$140
Early drop-off	415850-9A	8AM-9AM	8/23-8/27	\$30
Late pick-up	415850-9E	12PM-3PM	8/23-8/27	\$90

Tot-Tivities FYI: Children meet in preschool room #3 located on the ground level of the clubhouse at 9:00 A.M.

Children are dismissed from the classroom promptly at Noon. If you will be sending someone else to pick-up your child you must inform the counselor in writing. Children will not be released to anyone without written permission.

We request that your child wear their bathing suit and water shoes to this program. We will be offering water activities daily weather permitting. Children should also bring a labeled towel and labeled extra set of clothing. Each child should have their belongings in a bag or backpack. Sunscreen should be applied by the parent before Tot-Tivities if weather permits. We provide a daily snack. If your child has food allergies please provide your own snack.

Kids Squad Ages 4 & 5

Summer adventures for 4 & 5 year olds. Kids Squad includes theme based literature projects, science experiments, circle time, outdoor play and new experiences. Featuring Wednesday Science with Anne, Fitness Fridays with Coach Kevin or John, weekly special events and cooking projects. Children will bring their lunch to this program. Kids Squad is operated out of the air conditioned Pre-K classroom #4.

	Code	Time	Date	Fee
Let's Make Music	415860-B3	9AM-1PM	7/12-7/16	\$150
Early drop-off	415860-3A	8AM-9AM	7/12-7/16	\$30
Late pick-up	415860-3E	1PM-3PM	7/12-7/16	\$60
Lost in Space	415860-B4	9AM-1PM	7/19-7/23	\$150
Early drop-off	415860-4A	8AM-9AM	7/19-7/23	\$30
Late pick-up	415860-4E	1PM-3PM	7/19-7/23	\$60
Winter Wonderland	415860-B5	9AM-1PM	7/26-7/30	\$150
Early drop-off	415860-5A	8AM-9AM	7/26-7/30	\$30
Late pick-up	415860-5E	1PM-3PM	7/26-7/30	\$60
Circus	415860-B6	9AM-1PM	8/2-8/6	\$150
Early drop-off	415860-6A	8AM-9AM	8/2-8/6	\$30
Late pick-up	415860-6E	1PM-3PM	8/2-8/6	\$60
Ocean Life	415860-B7	9AM-1PM	8/9-8/13	\$150
Early drop-off	415860-7A	8AM-9AM	8/9-8/13	\$30
Late pick-up	415860-7E	1PM-3PM	8/9-8/13	\$60
Dinosaurs	415860-B8	9AM-1PM	8/16-8/20	\$150
Early drop-off	415860-8A	8AM-9AM	8/16-8/20	\$30
Late pick-up	415860-8E	1PM-3PM	8/16-8/20	\$60
Amazon Rain Forest	415860-B9	9AM-1PM	8/23-8/27	\$150
Early drop-off	415860-9A	8AM-9AM	8/23-8/27	\$30
Late pick-up	415860-9E	1PM-3PM	8/23-8/27	\$60

Kids Squad FYI: The children are to meet in the Pre-K room #4 located on the ground level of the clubhouse at 9:00 A.M.

Children are dismissed from the back of the building in the sand area promptly at 1:00PM. If you will be sending someone else to pick-up your child you must inform the counselor in writing. Children will not be released to anyone without written permission.

We request that your child wear their bathing suit and water shoes to this program. We will be offering water activities daily weather permitting. Children should also bring a labeled towel and labeled extra set of clothing and labeled lunch. Each child should have their belongings in a bag or backpack. Sunscreen should be applied by the parent before Kids Squad. We provide a daily snack. If your child has food allergies please provide your own snack.

Miscellaneous

17th Annual Alumni Golf Outing

Monday May 3rd 1PM. Proceeds benefit Alumni Scholarships and the Mentoring Programs. Applications available in the office or online.

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. Tickets available in the office.

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 clubs heated pool, regularly scheduled gym times and an introduction to computers using age appropriate software.

Kids Care Club

The Kids Care Club is THE PLACE for EEC licensed after school care. Kids Care is open to Club members kindergarten through grade five. Supervised activities include homework help, group games, crafts, swimming and computer time. Five day program 2:30-6PM. One may select two to five days enrollment, transportation available from most Arlington schools. For more information check our website at www.abgclub.org.

Volunteer Opportunities

Do you have a few extra hours? Are you looking for something to do? We are looking for adults (18 years & older) to assist with programs and special events. Contact Derek at dcurran@abgclub.org or 781-648-1617 x23.

Fall Registration Information

- Online and mail-in registration begins Wednesday August 4th at abgclub.org
- Walk-in and fax-in registration begins Wednesday August 25th
- Phone registration begins Wednesday September 1st

it just takes | one.

This is our annual fundraising campaign to keep programs affordable and provide financial assistance for memberships, classes and child care programs. "One" campaign resources are also used to make building improvements and meet unexpected repairs and replacements over and above general maintenance.

This campaign ensures the doors will remain open and accessible to all children and the Club is able to provide:

- a safe place where kids can be themselves
- life enhancing programs and experiences which build character and self esteem
- relationships with caring adults, creating positive memories that can last a lifetime

Donations to the **It Just Takes One** campaign may be given online at abgclub.org or through the Club office.

The 2010 Annual Campaign for the Arlington Boys & Girls Club

Yes! I want to support the 2010 Annual Campaign - charge my credit card!

Card Number _____ Expiration Date _____

Signature _____ Date _____
(We accept VISA, MasterCard, American Express, Discover)

Please accept my donation of _____

My company will match my gift _____
Company Name

Name _____ Date _____

Address _____ Town & Zip _____

Email Address _____

Funds will be used for general operating expenses unless otherwise noted. The Boys & Girls Club is exempt from federal income tax under Section 501 (c) (3) of the Internal Revenue Code and contributions are tax deductible to the extent of the law. Arlington Boys & Girls Club tax identification: 04-2149320.

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					

Swimming, Gymnasium and Fitness Room

Summer hours **June 7th through August 27th.**
Shutdown August 28th through September 12th.

- Monday thru Friday 6-8:30AM
- Monday thru Friday 5-7:00PM

Aquacize: Stretching & toning in the pool (cardiovascular exercise)

June, July & August. Mondays & Wednesdays 7-7:45PM. Purchase a monthly pass:

- 4 sessions: \$25 non-members, \$20 members
- 8 sessions: \$49 non-members, \$36 members
- 12 sessions: \$73 non-members, \$52 members

Teen/Adult Swim Instruction

Teen/Adult Swim Instruction Offered in one six week session. No membership required.

Code	Day	Time	Date	Fee
431100 B1	Tu	7-7:45PM	7/6-8/10	\$75

Special Olympics Basketball

Recreational basketball skills, drills and games. Membership required to participate.

Code	Day	Time	Date	Fee
432460 B1	Th	5:30-7PM	7/8- 8/12	\$40

Special Olympic Sailing

Four classes. All participants MUST pass a 75 yard swim test.

431160 B1	Dates to be announced.	Fee: \$30
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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**

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: e-mail kurquhart@abgclub.org for an appointment. 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

Red Cross Lifeguard Recertification

Get recertified without retaking the full course. Includes First Aid and CPR for the Professional Rescuer. Direct questions to J. Duddy at 781-648-1617 x33. Must present current Lifeguard Training Certificate, First Aid Certificate and CPR for the Professional Rescuer at 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

Registration Info

1. Mail-in registration must be postmarked.
2. Online registration begins **April 14th** at abgclub.org for most classes.
3. Walk-in and fax-in registration begins **May 17th** at 9AM.
4. Phone-in registration begins **May 24th** 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



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