

# Arlington Recreation Winter Program 2009

## Registration Information:

**Mail-In, On-Line,  
Fax & Walk-in  
Registration:  
December 15**

**Out-Of-Town  
Residents:  
December 22**

Arlington Recreation  
Department  
422 Summer Street  
[www.arlingtonma.gov](http://www.arlingtonma.gov)  
781-316-3880

Photo courtesy of  
Diane Rosenblum



*Arlington Recreation...Sign Me Up! Register Online at [www.arlingtonma.gov](http://www.arlingtonma.gov)  
or use our 24-hour phone registration line at 781-316-3880.*

# Table of Contents

Trips and Special Events.....	2
Veterans Memorial Sports Center /Skating.....	3 – 4
Toddler and Youth Classes.....	5 – 6
Youth Classes.....	7 – 9
February Vacation Programs.....	10
Family Programs.....	10
Winter Ski Lessons.....	11
Adult Programs.....	12
Arlington Parks, Fields, and Facilities.....	12
General Information.....	13
Registration Form.....	14

## Recreation Department Phone Numbers

Main Number .....	781-316-3880
Fax Number .....	781-641-5495
Field/Program Cancellation .....	781-316-3886
Ice Rink (non-business hours) .....	781-316-3887

## Director's Corner

Welcome to the 2009 Winter Program guide.

Hopefully you will find many new and exciting programs to choose from. The Arlington Recreation staff works hard to offer high quality recreation programs at a reasonable cost to its participants.

New programs this session include tot language classes, after school sport programs, karate for beginners through advanced students and various exciting vacation week programs.

The trends of recreation and leisure services are continually changing. As much as we try to keep up with the trends sometimes we miss new program opportunities. Please be our eyes and ears and let us know if there is a recreation program you would like us to offer.

Sincerely,

**Joseph J. Connelly**

Director of Recreation

**Need A Space  
To Hold Your  
Next Event?**

**Looking for an  
Inclement Weather  
Location?**

## Consider Renting the Gibbs Gymnasium!

*Arlington Recreation rents the Gibbs Gymnasium and Lower Level Classroom to the public. Facility is open Monday - Saturday, 8am - 10pm, Sunday 1pm - 5pm. Single-Use or Long-Term options available! Rental Fee for each space is \$40 per hour .*

**For complete details or to book your space, call Arlington Recreation at 781-316-3884.**

# Trips and Special Events

*All trips are coordinated through Celebration Tours/Prime Travel. Payment is made to the Arlington Recreation Department. If the minimum number of participants is not acquired full refunds will be granted. Trips may now be paid for with cash, check and credit card (Mastercard, Visa, Discover). Whenever possible trip pick-up and drop-off will be from the Arlington Recreation Department at 422 Summer Street. If there are only a few participants signed-up, trip pick-up and drop-off may be at a nearby location. All trip prices include taxes and gratuities for included features except customary gratuities to driver and escort.*

**February 15th**

## **Fiddler on the Roof**

**Cost:** \$149 per person

Enjoy a coach bus to the Providence Performing Arts Center to watch this classic Broadway Show. Trip includes reserved orchestra seating for the afternoon performance and a wonderful Sunday brunch at the Waterplace restaurant in Providence.

**March 14th**

## **St. Patrick's Day Shamrock Festival**

**Cost:** \$99 per person

Celebrate this one of a kind holiday with a trip to the Indian head Resort in Lincoln, NH for the St. Patrick's Day Shamrock Festival. A deluxe coach bus with transport you to this wonderful event. Trip includes a cocktail reception, a full luncheon buffet, and lots of entertainment including Irish Tenor Dan Ryan, the Irish Mist Band and the Flying Irish Dancers.

## **Arlington Town Tennis Association**

Tennis is a growing sport in Arlington. The recreation department has recently increased its tennis programs to include many options for kids, adults and families. Maryanna Foskett, Delores Schueller and the "Slice Girls" tennis group had a successful campaign to upgrade the Spy Pond courts. Their grassroots fundraising effort and collaboration with Arlington Recreation was the key to this very successful upgrade.

In the past ten years we have been a group that has mainly been concerned with funding our high school scholarship program. There have been many ideas discussed on tennis events we could hold if there was a growing interest, this could be the time! Let us know if you have ideas or are interested in any new programs or events surrounding tennis.

### **Tennis Social Nights**

Listed below are the scheduled Saturday night tennis socials. The socials are located at the Winchester Tennis Center and are from 7:00 – 9:00pm. The cost is \$25. You do not have to come with a partner. Feel free to invite a friend. Please bring a food item to share after play.

February 7, 2009	7:00 – 9:00pm	Courts 7,8,9 (bldg 2)
March 28, 2009	7:00 – 9:00pm	Courts 1,2,3 (bldg 1)

## **Daddy/Daughter Dance**



Social for girls of all ages with their fathers, grandfathers, uncles and other guardians,

**Friday, February 6 • 6:00pm – 8:00pm**

**Gibbs Gym • \$5 per ticket**

**Tickets on Sale Now**

**Snow Date: Saturday February 7 • 5:00pm – 7:00pm**

## **Arlington Rocks – Vacation Fun Day Tuesday, December 30th**

Buy your Arlington Rocks Wrist Band for \$4

**9:30am – 11:00 am:** Swim and Gym at the Arlington Boys and Girls Club. Swim time 9:30 to 10:15 am or 10:15 – 11 am

Swims are for youth ages 6-17

The gymnasium will also be set-up for special activities

**1:30pm – 2:30 pm:** Fidelity House Party – Don't miss the fun

**3:10pm – 4:00 pm:** Skating at the Arlington Sport Center

We hope to see you there!!!!

# Veterans' Memorial Sports Center

*The Veteran's Memorial Sports Center is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85' x 185' with spectator seating for 1,085 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening. Team rooms are provided for those renting ice time. The Veteran's Memorial Sports Center is open to the public during the months of September through March. The rink is a great place to host a school field trip or birthday party.*

*For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.*

## Public Skating Schedule

September 19 – March 30

**Cost:** \$3.00 children (16 & under) & seniors \$6.00 adults

**Mondays:** 12:00pm – 1:50pm

**Thursdays:** 9:00am – 11:00am

**Fridays:** 11:00am – 1:00pm; 2:30pm – 4:30pm; 7:00pm – 9:00pm

**Saturdays:** 4:00pm – 5:50pm

**Sundays:** 9:30am – 11:30am; 2:00pm – 4:00pm

### NO PUBLIC SKATING HELD

December 13, 21, 26 through 31

January 1, 2 (11:00am – 1:00pm shift), 19

February 21, March 14

## Extra Public Skate, Special Events & Kids Stick Practice

Tuesday, December 2	11:00am – 12:50pm	Public Skate
Wednesday, December 3	11:00am – 12:50pm	Kids Stick and Puck
Thursday, December 4	11:30am – 1:30pm	Public Skate
Tuesday, February 17	9:00am – 10:50am	Kids Stick and Puck
Tuesday, February 17	11:00am – 12:50pm	Public Skate
Wednesday, February 18	10:00am – 11:50am	Kids Stick and Puck
Wednesday, February 18	12:00pm – 1:50pm	Public Skate

## Ice Rental Fees

Call Dave Cunningham, Facility Manager, at 781-316-3882 for complete details or an open ice time schedule. Groups rental fees: \$200.00/50 minute block \$210.00/60 minute block

## Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals & Sharpening for \$5.00 per pair or purchase a 10 punch pass for \$50 (11th service is FREE)!! During public skating, regular business hours, and/or by appointment.

## Men's Stick Practice

**Ages:** 18 years and up

**Date:** Thursdays (x12/4, 12/25, 1/1)

**Time:** 11:45am – 1:45pm

**Cost:** \$5/day per person

Ends on 3/26/09

## Women's Stick Practice

**Ages:** 18 years and up

**Date:** Fridays (x12/26, 1/2)

**Time:** 9:30am – 10:50am

**Cost:** \$5/day per person

Ends on 3/27/09

## Ice Skating Classes

Classes will be held at the Sports Center with students grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5/pair or \$25/session. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves!!! All lessons held at the Veteran's Memorial Skating Rink (422 Summer St).

## Tot Skate

Code 210203

**Ages:** 1-1/2 to 4 years (with parent)

**(A1):** Tuesdays, January 13 – February 10

**(B1):** Tuesdays, February 24 – March 24

**Time:** 9:30am – 10:15am

**Cost:** \$50.00 for a 5-week session or \$12 per drop-in lesson.

Beginning ice skating made simple and fun!!! Introduce your child to the exciting sport of ice skating. Instructors emphasize proper balance and control. Parents and children are required to provide their own single blade skates or rent for an additional \$20.00 per session. Helmets are required!!!

## Tot Hockey

Code: 210404

**Ages:** 3 – 6 years

**(A1):** Mondays, January 12 – February 23 (x1/19, 2/16)

**(B1):** Mondays, March 2 – March 30

**Time:** 11:00am – 11:30am

**Cost:** \$50 for 5 weeks!

This program is intended to help your child develop skills for better balance and foot motion, emphasizing skating concepts and having fun through ice hockey games. Full helmet with cage, knee & elbow pads, gloves, stick, and single blade skates are required.



# Veterans' Memorial Sports Center

## Preschool Skate

Code 220202

**Ages:** 4 – 5 years

<b>(A1):</b> Fridays, Jan. 16 – Feb. 13	<b>Time:</b> 1:00pm – 1:30pm
<b>(B1):</b> Fridays, Jan. 16 – Feb. 13	<b>Time:</b> 1:45pm – 2:15pm
<b>(C1):</b> Wednesdays, Jan. 14 – Feb. 11	<b>Time:</b> 2:30pm – 3:00pm
<b>(D1):</b> Tuesdays, Jan 13 – Feb. 10	<b>Time:</b> 10:30am – 11:00am
<b>(E1):</b> Tuesdays, Jan 13 – Feb. 10	<b>Time:</b> 1:00pm – 1:30pm
<b>(A2):</b> Fridays, Feb. 27 – Mar. 27	<b>Time:</b> 1:00pm – 1:30pm
<b>(B2):</b> Fridays, Feb. 27 – Mar. 27	<b>Time:</b> 1:45pm – 2:15pm
<b>(C2):</b> Wednesdays, Feb. 25 – Mar. 25	<b>Time:</b> 2:30pm – 3:00pm
<b>(D2):</b> Tuesdays, Feb. 24 – Mar. 24	<b>Time:</b> 10:30am – 11:00am
<b>(E2):</b> Tuesdays, Feb. 24 – Mar. 24	<b>Time:</b> 1:00pm – 1:30pm
<b>Cost:</b> \$50 (w/o rentals) \$70 (w/ rentals)	

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates or rent for an additional \$20.00 per session. Helmets are required!!!

## Wednesdays

### Beginners/Intermediate Skate

Code 220201

**Ages:** 5 years and up

<b>(A1):</b> Wednesdays, Jan. 14 – Feb. 11	<b>Time:</b> 3:00pm – 3:50pm
<b>(B1):</b> Wednesdays, Feb. 25 – Mar 25	<b>Time:</b> 3:00pm – 3:50pm
<b>(B2):</b> Wednesdays, Feb. 25 – Mar 25	<b>Time:</b> 4:00pm – 4:50pm
<b>Cost:</b> \$60 (w/o rentals) \$80.00 (w/rentals) for a 5-week session	

Join Arlington Recreation's, Alice Nichols and staff for this 50-minute class. Instruction will teach beginner and intermediate skills for youth. Students are grouped according to age and ability. Students will learn basic forward and backward skating, backwards wiggles, and snowplow stops. Participants are required to provide their own single blade skates or rent for an additional \$20.00 per session. Helmets are required!

## Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical!! These passes also make great birthday gifts or stocking stuffers for friends and family.

**Individual Passes:** \$3.00 child & senior, \$6.00 adult

**10-visit punch passes:** \$27.00 child & senior, \$54.00 adult

## Saturdays

### Bay State Skating School Learn To Skate Program

Code 220201

**Ages:** 5 years and up

**(C1):** 10-week session; Saturdays, January 10 – March 14

**Time:** 11:50am – 12:40pm

**Cost:** \$180 (w/o rentals) \$225 (with rentals)

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 5 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear either figure skates or hockey skates. Bay State Skating School provides over 38 years of experience teaching lessons to the public! Helmets are required!

## Adult Skating

Code 220503

**Ages:** 18 + years

**(A1):** Tuesdays, January 13 – February 10

**(B1):** Tuesdays, February 24 – March 24

**Time:** 12:00pm – 12:45pm

**Cost:** \$50 (w/o rentals) \$70 (with rentals) - for a 5-week session



You asked for it, we are delivering!! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity — join the fun! A great workout and a chance to meet other Arlington residents!

## Women's Hockey

Code 220507

**Ages:** 18 + years

**Date:** Wednesdays, January 14 – March 25 (x2/18)

**Time:** **(A1):** Beginners 1:00pm – 1:50pm

**(A2):** Intermediate 12:00 noon — 12:50pm

**Cost:** \$150.00 for 10 weeks!

**Equipment Required:** helmet, skates, hockey gloves, knee & elbow pads, and stick.

Arlington Recreation is now offering an adult recreational, non-contact hockey program for women! The program is designed for beginning/ intermediate levels, focusing on skating, stick handling, shooting and team play. All women are encouraged to join, regardless of past experience! Childcare is available during the program at the rink for those who participate.

# Toddler & Youth Classes

## Snowman Contest

How many of you go out on snowy days and build snowmen? Well, we want to see them. Take a picture of you and your snowman, send it in to the Arlington Recreation Division, and the best submission will be on the cover of the 2010 Winter Recreation Guide. This is open to Arlington Residents only. Send in as many submissions as you'd like but they have to be in by March 31st. Let's see those pictures!!! Mail to Arlington Recreation – Snowman Contest c/o Dan McGrath, 422 Summer Street Arlington, MA 02474. No Fee!

## Toddlers and Two's

**Ages:** 15 – 36 months (with parents)

**When:** Every Wednesday & Friday beginning January 7th  
(x2/18, 2/20, 4/22, 4/24)

**Time:** 9:30am – 11:00am

**Where:** Gibbs Gym

**Cost:** \$45/10 visit pass or \$5 drop-in per child

Come take part in our newly restructured toddler program. This program takes place in an open gymnasium with numerous play stations. There is a kitchen area, an extensive library corner, a bouncy house, multiple riding toys, as well as a large matted area with basic gymnastics equipment, slides, and climbing structures. We will also be offering a new music program with a sing-a-long session and basic instruments, on Wednesdays, in the lower classroom. On Fridays, we will offer an arts program with a scheduled project. Free coffee will also be available. This program will not meet during holidays, school holidays, or inclement weather.

## Fantastic Gymnastics

Code 210102

**Ages:** 18 months – 3 years (with parent)  
(Children should be good walkers)

**(A1):** Tuesdays, January 13 – February 10

**(B1):** Tuesdays, February 24 – March 24

**Time:** 9:30am – 10:10am

**Where:** Gibbs Gym

**Cost:** \$62 for 5 weeks!

This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.

## Fantastic Gymnastics

Code 220103

**Ages:** 3 – 5 years

**(A1):** Tuesdays, January 13 – February 10

**(B1):** Tuesdays, February 24 – March 24

**Time:** 10:15am – 11:00am

**Where:** Gibbs Gym

**Cost:** \$62 for 5 weeks!



This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.

## Mystic River Musik

Code 210205

**Ages:** 6 months – 3 years

**(A1):** 9-week session, Thursdays, January 22 – March 26 (X: 2/19)

**Time:** 9:45am – 10:30am

**Where:** Classes will be held on the first floor of the Arlington Senior Center, Maple Street

**Cost:** \$130 for 9 weeks!

Come join us for a rousing, energetic music and movement class! We will dance, sing, learn fingerplays and lap-bounces, and move to music in varied and exciting ways. Age-appropriate materials and instruments will be used and explored. Siblings welcome, six months and under.

## Little Monet's

Code 210401

**Ages:** 2 – 4 years (with parent)

**(A1):** Thursdays, January 15 – February 12

**(B1):** Thursdays, February 26 – March 26

**Time:** 10:15am – 11:00am

**Where:** Gibbs Gym, Lower Level Classroom

**Cost:** \$64 for 5 weeks!

Join us for a jam-packed five weeks of ooey, gooey arts, crafts, stories, and songs. Make a mess & have some fun as your child creates age appropriate treasures. Each week the children will make new seasonal projects.

*Email comments, suggestions,  
ideas, and concerns to  
[dmcgrath@town.arlington.ma.us](mailto:dmcgrath@town.arlington.ma.us)*

# Toddler & Youth Classes

## Mini-Play Soccer

Code 220105

**Ages:** 3 – 5 years

**(A1):** Tuesdays, January 13 – February 10

**(B1):** Tuesdays, February 24 – March 24

**Time:** 2:30pm – 3:00pm

**Where:** Gibbs Gym

**Cost:** \$65 for 5-weeks!



This 5-week soccer program is designed to be an introduction to the sport of soccer for the budding superstar! The learning outcomes include trust, communication, social interaction, patience and a general improved interest in the sport of soccer. The technical outcomes are agility, balance, and coordination. Parents are encouraged to participate.

## Lets Learn French

### Les Petits Amis: 2 – 5 years

Code 220910

#### Classes for Tots and Preschoolers

Join instructor Lisa Richtman for this new fun class full of enrichment and language development. Lisa has been teaching French to preschoolers for the last nine years in a private pre-school. Lisa has her teaching degree from Columbia University and several certifications from the Office of Child Care.

**Ages:** 2 – 5 years

**(A1):** 8 Sessions, Wednesdays, January 21 – March 18 (x2/18)

**(A2):** 8 Sessions, Thursdays, January 22 – March 19 (x2/19)

**Time:** 10:45am – 11:30am

**Where:** Fox Library

**Cost:** \$150 for 8 weeks!

This class will introduce French to young children, using music and songs, movement, games, puppets, and stories. Children will learn basic concepts such as greetings, colors, numbers, family, food, and animals. Class size limited to ten children and their parents/caretakers.

## Ask for Adam At Adams!!



Call for a  
Complimentary  
Market Analysis  
of your Home

75 Park Ave \* Arlington  
781-648-6900

Email: arosenbaum@c21adams.com



## 1-2-3 Spanish Together

Code 220911

1-2-3 Spanish Together™ is an early language program that combines music, games, movement, puppets and stories to expose children to Spanish in a fun and natural way!!! Children's to build their own language and social development. The earlier the better!

### Grandes y pequeños (big ones and little ones)

**Ages:** 6 months – 4 years old (Mixed age group)

**(A1):** Monday, January 26 – March 23 (x2/16)

**(A2):** Monday, March 30 – June 1 (x4/20, 5/25)

**Time:** 9:15 am – 10:00am

**Where:** Fox Library

**Cost:** \$135 for 8 Sessions!

This is the perfect setting for families to have fun together enjoying a new language. Music, play and movement are the key elements that bring Spanish alive. An original music CD from the program is included to extend the learning and fun at home!

### Grandes (Big kids)

**Ages:** 4 to 6 years old

**(B1):** January 26 – March 23 (x2/16)

**(B2):** March 30 – June 1 (x4/20, 5/25)

**Time:** 10:15am -11:00am

**Where:** Fox Library

**Cost:** \$135 for 8 Sessions

In this class children will explore Spanish in a fun and relaxed way. This class is more theme- based but a lot of music, movement and art activities are still involved. Parents are also welcome to attend but are not required to do so. An original music CD from the program is included to extend the learning and fun at home!

### After School Grandes (Big kids)

**Ages:** 4 to 6 years old

**(C1):** January 26 – March 23 (x2/16)

**(C2):** March 30 – June 1 (x4/20, 5/25)

**Time:** 3:15am – 4:00pm

**Where:** Gibbs Gym Classroom

**Cost:** \$135 for 8 Sessions

In this class children will explore Spanish in a fun and relaxed way. This class is more theme- based but a lot of music, movement and art activities are still involved. Parents are also welcome to attend but are not required to do so. An original music CD from the program is included to extend the learning and fun at home!

# Youth Classes

## Biddie Basketball

Code 210302

**Ages:** 4 – 7 years

**(A1):** Wednesdays, January 14 – February 11

**(B1):** Wednesdays, February 25 – March 25

**Time:** 3:00pm – 3:45pm

**Where:** Gibbs Gym

**Cost:** \$50 for 5 weeks!



This program is designed to introduce the basic skills and game concepts for basketball. Modified hoops and smaller balls will be used for better handling and play. Unique games will be introduced.

## Kindersports

Code 220301

**Ages:** 4 – 6 years

**(A1):** Thursdays, January 15 – February 12

**(B1):** Thursdays, February 26 – March 26

**Time:** 3:00pm – 3:45pm

**Where:** Gibbs Gym

**Cost:** \$50.00 for 5 weeks!

If your child is unsure what his/her sport is or likes variety, join Kindersports! Introductory drills and unique games will be played in a fun, non-competitive atmosphere. Kids will also have the opportunity to make up games and activities on their own.

## Little Dragons Karate

Code 220902

**Ages:** 3 – 4 years

**(A1):** Fridays, January 16 – March 27 (x2/20)

**Times:** 5:15pm – 5:45pm

**Where:** Brackett Elementary School Gym

**Cost:** \$216 for 10 weeks!



One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

## Kans for Kids.

Donate clean, returnable bottles and cans to benefit Recreation's Youth Activities.

Saturdays, 10:00am – 1:00pm.

Dates: January 24 and March 21

Drop Off Location: Skating Rink (422 Summer Street)

## Animal Adventures

Code 220918

**Grades:** 1 – 5

**(A1):** Wednesdays, January 21 – February 11

**Time:** 3:15 – 4:15pm

**Where:** Dallin School

**Cost:** \$75 for 4 weeks!

Come and meet animals from around the world. Each week students will be hands-on with animals from Australia, Africa, South America, Madagascar and animals from here in the United States. With Animal Adventures professional handlers they will learn not only about reptiles and mammals but they will learn about working and interacting with animals as well. Come and join us for a wild time! Join the Animal Adventures staff as they bring you a variety of new and exciting animals each week

## Good Sports

Code 220311

**Grades:** 1 – 3

**(A1):** Mondays, January 26 – March 9 (x2/16)

**Time:** 2:30pm – 3:30pm

**Where:** Bishop School Gymnasium

**Cost:** \$60 for 6 weeks!

Sports, sports, and more sports! Grab your friends and sign up for this great program. Each week we discover a new sport, meet new friends, and seek new challenges. We play new and old games and have lots of fun learning about sportsmanship, team play, exercise, and skill development. Games may include basketball, floor hockey, new games, interactive play, relays and more!

## Fun Games and Fitness

Code 220916

**Grades:** 1-5

**(A1):** Tuesdays, January 27 – March 10 (x2/17)

**Time:** Right After School – 4 PM

**Where:** Stratton School Gymnasium

**Cost:** \$60 for 6 weeks

Remember the days of hula-hoops, jump ropes, beanbags and more. This new class will bring back some of those individual and group games to our kids. Join us for hula-hoop contests, jump rope marathons and much more. We play new and old games and have lots of fun learning about sportsmanship, exercise, and skill development.

# Youth Classes

## Level Gymnastics

Code 220101

**Ages:** 5 years and up

**(A1):** Saturdays, January 10 – February 7

**(B1):** Saturdays, February 28 – March 28

**Where:** Gibbs Gym

**Time:** 9:00am – 11:00am

**Cost:** \$75 for 5 weeks!

This new and improved level gymnastics class is a great way to learn proper gymnastics skills for all gymnasts' levels 1-5. Gymnasts will be placed in levels appropriate to their skills and will move to higher levels upon completion of the USGA routines. This class will be taught by Tanya Dall and her seasoned staff of gymnasts.

## Advanced Tumbling

Code 220101

**Ages:** 7 years and up

**(A2):** Saturdays, January 10 – February 7

**(B2):** Saturdays, February 28 – March 28

**Time:** 11:00am – 12:30pm

**Where:** Gibbs Gym

**Cost:** \$60 for 5 weeks!

This is a program for tumblers working intermediate to advanced skills. Tanya Dall and her seasoned gymnastics staff will be teaching skills from back handsprings to tucks as well as specialty passes with one or more elements in them. There will be extensive conditioning and flexibility drills.

## Thundercat Sports Jam (basketball, soccer, and floor hockey)

Code 220912

**Grades:** K-5

**(A1):** Thursday, January 22 – March 5 (x2/19)

**Time:** 2:45pm- 4pm

**Where:** Stratton School

**Cost:** \$80 for 6 weeks!

**(B2):** Extended Day 4:00pm – 5:00pm; **Cost:** \$25 for 6 weeks!

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun non-competitive atmosphere. The program culminates with tournament day! Program is coed and participants will receive a sport related item. Please bring athletic clothing, sneakers, and a water bottle. For more information please visit [www.thundercatsports.com](http://www.thundercatsports.com).

## Mad Science® of Greater Boston (NASA), "Academy of Future Space Explorers"

Code 220405

**Ages:** 6 – 10 years

**(A1):** Mondays, January 26 – March 23 (x2/16)

**Time:** 3:00pm – 4:00pm

**Where:** Fox Library Lower Level Meeting Room

**Cost:** \$110 for 8 weeks!

Explore the Earth, Moon, Mars ... and beyond! Mad Science brings you the excitement and wonder of space in the Academy of Future Space Explorers After School Program, featuring exciting student activities from the NASA Langley Center for Distance Learning. The Academy of Future Space Explorers takes children on a voyage of discovery. With unique hands-on activities, amazing demonstrations and fun educational take-homes, this is one experience that is truly out of this world! Topics include: Planets & Moons, Atmosphere & Beyond, Space Phenomena, Sun & Stars, Rocket Science, Space Travel, Space Technology, and Living in Space.

## Fencing

Code 220501

10-Week Session, Thursdays, January 15 – March 26 (x: 2/19)

**(A1): Ages:** 7 – 11 years **Time:** 5:00pm – 6:00 pm

**(B1): Ages:** 11 years – up **Time:** 6:00pm – 7:00pm

**Where:** Gibbs Gym

**Cost:** \$150 for 10-week session



Join us for this exciting sport — one of the fastest growing in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.

## Little Ninjas Karate

Code 220902

**Ages:** 5 – 12 years

**(B1):** Fridays, January 16 – March 27 (x2/20)

**Times:** 5:45pm – 6:30pm

**Where:** Brackett School Gym

**Cost:** \$216 for 10 weeks!

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

# Youth Classes

## Learn To Cook True Italian Style II

Code 220913

**Ages:** 7 – 12 years (Max: 10)

**(A1):** Thursday, February 5 – February 26 (x2/19)

Week 1: Spaghetti and Sauces – Olive Oil, Pesto, Alfredo

Week 2: Soups and Salads – Prepare a traditional Italian soup and salad

Week 3: Dessert! Fruit and Sweets

**Time:** 3:00pm – 5:00pm

**Where:** Fox Library Lower Level

**Cost:** \$100

Italians love to eat! Come to this three-week class to see what the fuss is all about. Learn how to create your own Italian feast, all from scratch. Each class, participants will leave with a dish that they have created in class, to be enjoyed in your kitchen at home!

## Baby Sitting Training with Winchester Hospital

Code 220914

**Grades:** 5 – 8

**(A1):** Monday – Thursdays, January 26 – January 29

**(B1):** Monday – Thursdays, March 16 – March 19

**Where:** Senior Center on Academy St.

**Times:** 3:00pm – 4:30pm

**Cost:** \$90 per 4-day session!

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: Characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Winchester Hospital

## Backyard Rules WIFFLE® Ball

Code 220316

**Grades:** 6-8

**(A1):** Thurs, March 12-April 16

**Time:** 4:00pm-5:00pm

**Where:** Gibbs Gym

**Cost:** \$60 for 6 weeks!

Join Recreation staff member Dan McGrath for this fun and exciting wiffle®ball extravaganza. Games, Homerun Derby, and other "Backyard" style rules will be played. Teams will be made the first day with prizes going to the home run derby champ of the week and winning team! Register quickly as there are only a few spots available.

## Boys Lacrosse Clinic

Code 220904

**Who:** Grades 5-8

**(A2):** Tues & Thurs, March 3, 5, 10, and 12th

**Time:** 4:00pm – 6:00pm

**Cost:** \$60 for 4 Sessions

**Where:** AHS Gymnasium



Arlington Youth Lacrosse runs this popular program. Participants will learn the basic skills of the game, as well as participate in friendly competitive play. Please bring lacrosse stick and sneakers. Also please note that boy's grades 1 – 8 can register at [www.arlingtonlax.org](http://www.arlingtonlax.org).

## Girls Lacrosse Clinic

Code 220904

**Grades:** 3-8

**(A1):** Mon & Wed, March 2, 4, 9, and 11th

**Time:** 4:00pm – 6:00pm

**Cost:** \$60 for 4 Sessions

**Where:** AHS Gymnasium

Arlington Girls Lacrosse Club ([www.aglax.org](http://www.aglax.org)) runs this popular program. Participants will learn the basic skills of the game, as well as participate in friendly competitive play. Please bring lacrosse stick, goggles, and a colored mouthguard.

## Gear Up for Winter!

## Youth Basketball Programs Basketball Clinic

Code 220401

**Grades:** K – 2

**Clinic Dates:** Saturdays, January 10, 2009 – February 28, 2009

**(A1):** Kindergarten, 11:30am – 12:15pm

**(A2):** Grade 1, 12:30pm – 1:15pm

**(A3):** Grade 2, 1:30am – 2:15pm

**(A4):** Grade 1 and 2, 2:30pm – 3:15pm

**Location:** Gibbs Gym

**Program Fee:** \$64 per participant (T-shirts provided)

Basic skills will be introduced using drills and games. Instruction and games will be emphasized using 8-foot baskets and youth balls. Volunteer coaches are needed. If you are interested in assisting with the program, please contact Arlington Recreation at 781-316-3880. Please note that this program relies on volunteers... we'd love your help!!!

# February Vacation Programs

Tuesday - Friday, February 17 - 20

## Mad Science Vacation Program Code 220407

**Ages:** 7 - 12 years

**When:** Tuesday through Friday, February 17-20

**Time:** 9:00am - 12pm

**Where:** Fox Library

**Cost:** \$150.00

Join the Mad Science® hands-on science fun. We're crazy about science...and hope you are too! We'll have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. Each day we'll have a different science theme with exciting activities, experiments and related games. Space, slippery science, nature, and chemical magic are just a few of the exciting activity topics that kids can look forward to this vacation. The children will get a chance to play with our "cool" equipment and participate in some "hot" demonstrations. And the science doesn't stop when the Mad Scientist goes back to the laboratory...we'll have take-home creations so the fun and learning can continue

## Thundercat Basketball Code 220915

**Ages:** 7-12 years

**When:** Tuesday through Friday, February 17-20

**Where:** Ottoson Lower Gym

**Cost:** (A1) - Half Day - 9:00 - 12 noon - \$119

(B1) - Full Day - 9:00am - 3:00pm - \$150

3, 2, 1...swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her. Skills emphasized will be dribbling / ball handling, passing, shooting, defense, and more. Theme days, trivia, and a NCAA tournament at the end of the program add to the excitement! Program is coed, and every participant receives a sport related item. For more information please visit [www.thundercatsports.com](http://www.thundercatsports.com).

## Viking Sports - Multi Sport Code 220917

**Grades:** 1-5

**When:** Tuesday through Friday, February 17-20

**Time:** 9am-3pm

**Where:** Gibbs Gym

**Cost:** \$ 165

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

## Family Programs

### Snowshoeing/Winter Hiking Code 140408

**Dates:** Sundays, January 4, 11, & 18

**Time:** 3:30pm - 5:30pm

**Where:** To be announced

**Cost:** (A1) Adult \$85.00 (B1) Parent/child \$115.00

Winter in New England is unique. Come learn a fun and healthy way to enjoy and appreciate this special time of year! Explore local conservation areas as a family, couple or individual. Get outdoors, get some exercise and enjoy a new favorite pastime while learning the basics of snowshoeing and winter hiking. Snowshoes will be provided for all adults and those children who are capable of effectively moving on their own for extended periods. Parents should bring sleds or baby backpacks to carry younger children. This course is designed to run whether or not there is snow.

## Advertise Your Business or Sponsor a Special Event!!!

There are yearly options available for businesses to advertise at the Veteran's Memorial Sports Center.

Options include banners, illuminated signage, Zamboni, scoreboard, and message board.

If interested in advertising or to receive further information on available options,

**Contact Dave at 781-316-3882.**

# Winter Ski Lessons at Nashoba Valley Ski Area

**The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.**

Code 220906

**When:** Four Wednesdays, January 7-January 28

**Time:** 3:30pm – 7:30pm (times are approximate).  
Lessons are scheduled for 5:15pm.

**Fee:** \$179 per participant. Each week participants will have time for free ski before lessons begin.

**Who:** The program is open to boys and girls in grades 3 – 8.

**Transportation:** Busses will meet and load in front of the Arlington Sports Center. Grades 3-8 will begin boarding at approximately 3:30pm. Return location will be McClennan Park (located on Summer Street on the Arlington/Lexington line).

**If a session needs to be cancelled due to inclement weather, the session will be made up the following Wednesday.**

**Please note that registration numbers are limited** and accepted on a first-come, first-serve basis. Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley. Volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.



**Equipment Rental:** There will be a mandatory fitting on Monday, December 8th from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$70.00 for the season, checks payable the night of the fitting directly to Nashoba Valley. If you do not make this fitting date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$50.00.

## BIRTHDAY PARTY AT THE GIBBS GYM!!!

Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks and come with an experienced birthday party coordinator.

**PLEASE CALL US AT  
781-316-3880**

for more information or contact by email  
at [dmcgrath@town.arlington.ma.us](mailto:dmcgrath@town.arlington.ma.us)



**Quebrada  
Baking Co.**

208 Massachusetts Avenue ~ Arlington, MA 02474  
781-648-0700

[www.quebradabakingco.com](http://www.quebradabakingco.com)

THE ARLINGTON RECREATION DEPARTMENT WINTER PROGRAM 2009 WAS DESIGNED AND COMPOSED BY

 **Lightning Design**  
PRINT DESIGN AND PRODUCTION  
[lightningdesign@comcast.net](mailto:lightningdesign@comcast.net)

# Adult Programs

## Open Basketball

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**Ages:** 18 & up

**Date:**

Every Tuesday starting January 6th

**Time:**

7:00pm – 9:00pm

**Where:**

Ottoson Middle School, Upper Gym

**Cost:**

\$8/day OR \$75/10 nights

## Meet the Recreation Department Staff

**Joseph Connelly**

*Director of Recreation*

**Dan McGrath**

*Program Supervisor*

**Laura Munsey**

*Administrative Assistant*

**Dave Cunningham**

*Facility Supervisor*

**Mark Linskey**

*Maintenance Craftsman*

### Parks & Recreation Commission

**Nancy Campbell**

**Leslie Mayer**

**Jim Robillard**

**Jen Rothenberg**

**Don Vitters**

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# Arlington Parks, Fields, And Facilities

***Inclement Weather/Field Closing Line: 781-316-3886 (sign up online for field closing notice)***

***To request the use of a field or park for special event or outing, please submit a field permit request to Dan McGrath, Program Supervisor, at [www.arlingtonma.gov](http://www.arlingtonma.gov), "recreation," "parks and fields," "field use request." Downloadable permit form can also be found on Rec website.***

**Bishop Field:** Bishop School (25 Columbia Road). Summer Street to Dunkin Donuts, left onto Mystic street, take another left onto Columbia Road.

**Buck Field:** 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink).

**Buzzell Field:** 29 Summer Street.

**Florence Field:** Dallin School-185 Florence Avenue. Coming From Mass Avenue, turn on to Park Avenue then turn right onto Florence Avenue.

**Gibbs Gym:** Mass. Ave towards Cambridge. Second left after Walgreen's onto Tufts St.

**Hibbert Playground:** Hibbert Street.

**Hill's Hill Field:** 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field).

**Hurd Field:** Located on Drake Rd. going down Mass Ave towards the Heights, behind Trader Joes and Walgreen's.

**Lussiano Field:** North Union Street at Thompson School. Off Broadway in East Arlington take left after Dunkin Donuts.

**Magnolia Field:** On Herbert St. /Magnolia St. Take Mass Ave. towards Cambridge, after the Lake St. intersections take your 4th right.

**McClennan Park:** On Summer Street near Lexington border

**Menotomy Rocks Park:** On Mass Ave going towards Cambridge, take right on Jason St. and go straight through the four-way stop. Park on right.

**Ottoson Field:** Take left after Saint James Church on to Appleton and left on Acton St.

**Poet's Corner:** Off Route 2 on Dow Ave.

**Robbins Farm:** Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School.

**Robbins Library:** 700 Mass Ave.

**Scannell Field:** Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of Lights onto Linwood St.

**Spy Pond Field:** Turn onto Pond Lane across from the Boy's and Girl's Club.

**Summer Street Field:** 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest

**Thorndike Field:** On Margaret St. Take Lake St. Off of Mass Ave. go past Hardy School and take left onto Margaret Street all the way to the end.

**W. A. Peirce Field:** Behind Arlington High School.

**Whitmore Robbins House:** 700 Mass Ave. Turn into the Robbin's Library parking lot and follow drive.

# General Information

## Payment

Payment must accompany all registrations. Checks should be made payable to "Arlington Recreation." MasterCard, Visa, and Discover are accepted. If registering via fax (781-641-5495), please use the downloadable registration form at [www.arlingtonma.gov](http://www.arlingtonma.gov) under "downloadable forms and permits." If choosing to register on-line, please visit [www.arlingtonma.gov](http://www.arlingtonma.gov) (Town Website) and click "recreation" to navigate to our homepage.

If registering for the first time with Arlington Recreation, you will need to create a household account. Please call 781-316-3880 if you experience difficulties. Phone registrations now welcome!

Non-residents are assessed an additional \$5 fee on each program.

## Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at [www.arlingtonma.gov](http://www.arlingtonma.gov).

## Refunds

There will be NO REFUNDS unless a program is cancelled by Arlington Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. \*If you cancel after the start of a program, no credits or refunds will be given\*. Please note that there is a \$5 administrative fee for all refunds unless the program is canceled by Arlington Recreation.

## Participants Responsibility

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

## Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

**Arlington Recreation now accepts 24-hour a day phone registration. If you do not have access to a computer or fax machine and can not make it into the Recreation Office during normal business hours, you can register by phone by calling 781-316-3880 24-hours a day!**

## Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation. Sign up online for field closing notice.

The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Sign up online for field closing

## Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds or program credits will not be given, however we will do our best to reschedule.

## Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto [www.arlingtonma.gov](http://www.arlingtonma.gov) to view your household account history.

## Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

## Volunteer Opportunities

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

## Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form. Thank you!

# Registration Form

## Recreation Department Phone Numbers

Main Number  
781-316-3880

Fax Number  
781-641-5495

Field/Program Cancellation  
781-316-3886

Ice Rink  
781-316-3887

## Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities.

Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

**COLDWELL BANKER**

## Residential Brokerage

**Lynne Lowenstein**  
637 Mass. Ave.  
Arlington, MA 02476  
Mobile: 781.603.6260



Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F DOB:		
Allergies/Medications/Limitations?:			
<b>PARENT/GUARDIAN INFORMATION</b>			
Guardian:	Cell Phone:		
Business Phone:	Email:		
<b>EMERGENCY INFORMATION</b>			
Name:	Phone:		
<b>PROGRAM REGISTRATION SECTION</b>			
CLASS	SECTION	TIME	FEE
1.			
2.			
3.			
<p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington - Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or rec. programs.</p>			
SIGNATURE _____			
Credit Card Payment: MC or VISA: Card # _____			
EXP. _____ SIGNATURE _____			

**Downloadable application forms and field permit applications online at [www.arlingtonma.gov](http://www.arlingtonma.gov)**

## Print Aspects Ad

### Advertise Your Business at the Veteran's Memorial Skating Rink!!!

Would you like Arlington Recreation to help you  
get the word out about your services or an upcoming event?  
Need more exposure in Arlington and the surrounding area?

Would you like to support Arlington Recreation?

**There are yearly options available for businesses to  
advertise at the Veterans Memorial Ice Rink!!!**

Options include banners, illuminated signage, Zamboni,  
scoreboard, or seasonal brochure.

Over 12,500 copies distributed each season!

**Call Dan McGrath at 781-316-3884 for more information.**

### Current Advertising Participants

ARLINGTON CAL RIPKEN  
ARLINGTON CHILDRENS FUND  
ARLINGTON HOCKEY CLUB  
ARLINGTON PATROLMAN'S ASSOCIATION  
BOSTON PROPERTY 123.COM  
CENTRAL BANK  
CENTURY 21  
COLDWELL BANKER  
HOLOVAK & COUGHLIN  
LEADER BANK  
MIDDLESEX YANKEE CONFERENCE GIRLS LEAGUE  
MUNROE CONSTRUCTION  
MYSTIC VALLEY ORTHODONTICS  
N-STAR  
PALMER'S GARAGE  
PATRICK HOURICAN PLASTERING  
PMI CONSTRUCTION  
PREFERRED MECHANICAL  
PRIVITERA CHARITABLE FOUNDATION  
RUSSELL TREMBLAY ELECTRICAL  
SEABOARD MECHANICAL  
SPORTS ETC.  
TARANTINO INSURANCE  
US SEAL COAT

Arlington Recreation Department  
422 Summer Street  
Arlington, MA 02474

**Arlington Recreation...**  
**Sign Me Up!**  
**Register Online at**  
**[www.arlingtonma.gov](http://www.arlingtonma.gov)**

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