ARLINGTON
BOYS & GIRLS CLUB
FALL 2024

GREAT FUTURES START HERE

ABGCLUB.ORG



REGISTRATION: ONLINE SWIM ONLY: **JULY 30** at **10:00AM**, ONLINE ALL OTHER PROGRAMS: **JULY 31** at **10:00 AM**, WALK-IN, PHONE-IN: **AUG 1** at **10:00 AM**

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Registration Info

1. Online **SWIM** registration begins **Tuesday, July 30th** at **10:00 AM**.
2. Online registration for all other fall programs begins **Wednesday, July 31st** at **10:00 AM**.
3. Walk-in and phone-in registration begins **Thursday, August 1st** at **10:00 AM**.
4. Club membership must be current throughout the program for which you are registering.
5. Classes may be cancelled due to lack of enrollment. Fees will be returned.
6. There are no make-up classes or refunds for cancellation or absences, weather, mechanical failure, or business interruption.
7. **NO REFUNDS** or **CREDITS** for classes or memberships.
8. Financial assistance is available - email Gina at **gduddy@abgclub.org**.

Online Registration

1. Go to **ABGClub.org** and click "Register Online" on the top right.
2. Log-in with your username and password. If you do not know your username and/or password call the Club for a link to reset.
3. To purchase or renew a membership click "Shop" in the top border, then click "Pass Registration" or "Pass Renewal" from the drop-down menu.
4. To register for an activity click "Shop" in the top border, then click "Activity Enrollment" from the drop-down menu.
5. You can also browse activities by clicking on the various photos.

Inclement Weather Policy

- When Arlington Public Schools have a delayed opening, the Club will open at 11:30 AM and conduct afternoon and evening programs as scheduled.
- When Arlington Public Schools are closed, the Club will **ATTEMPT** to open at 11:30 AM and conduct afternoon and evening programs weather permitting. **Check ABGClub.org for status**.

OUR MISSION

Our mission is to provide a fun, safe, supportive place for children to learn and grow; to have ongoing relationships with caring adults; and to take part in life enhancing programs emphasizing leadership, character development, education, health and life skills, sports, fitness and recreation.

SPECIAL EVENTS

Special Events

47th Annual Golf Classic
Winchester Country Club
Monday, September 30th

Calling all golfers! Join us for a fun-filled day on the green at the prestigious Winchester Country Club. This long-standing fundraiser combines world-class golf with a great cause, offering an unforgettable experience at the beautiful and serene course. Your participation includes a round of golf with cart, lunch, dinner, a memento, and exciting raffles. Don't miss this opportunity to give back to the community while enjoying a day of friendly competition on the course. Sponsorship opportunities are also available! For more information contact Derek at **dcurran@abgclub.org**.

Fall Family Festival
Friday, October 18th 6:00 PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 13th Annual Fall Family Festival. There will be fun, seasonal activities, fall-themed outdoor movies, and light food offerings for members and their families. Geared to ages 3-7.

NEW Back to School Music Bingo
Friday, September 6th 6:30 - 8:30 PM

Members and their families are invited to join **DJ Dee** for a night of musical fun and family bonding at our **Back to School Music Bingo** event! Enjoy friendly competition, sing along to your favorite tunes, and win awesome prizes. Children must be accompanied by a caregiver. This event is geared towards elementary school students. Pre-registration required or pay cash at the door. Fee: $20/family.

NEW Tot Halloween Party Ages 1 -5
Wednesday, October 30th 9:30 - 11 AM

Join us for spooky tunes and a dance party courtesy of **DJ Dee**. There will also be simple crafts and age appropriate activities. Children are encouraged to come in their costumes. All children must be members and be accompanied by a caregiver.

ABGC 87th Birthday Celebration Week
November 18th - 22nd

Save the Date! More details to follow at **ABGClub.org**.

Inclusion Statement

At the Arlington Boys & Girls Club, we see the potential in every child, regardless of background. Our core mission is to empower all youth - of every race, ethnicity, gender identity, sexual orientation, ability, socioeconomic status, and religion - to thrive. We provide a safe, positive, and inclusive environment where kids can learn, grow and reach their full potential.

Club Calendar

September 9	M	Session A begins
October 14	M	Indigenous People's Day: Club Closed
October 18	F	Fall Family Festival 6:00 PM Club Kids Program closes at 5:00 PM
October 21	M	Session B begins
October 31	Th	Club closes at 6:00 PM
November 5	Tu	Club closed for staff training
November 11	M	Veterans Day: Club Closed
November 27	W	Club closes at 6:00 PM
November 28	Th	Thanksgiving Day: Club Closed
November 30	Sa	Christmas Tree Sale begins

Winter Registration

- Online preview available **Wednesday, October 30th**.
- Online **SWIM** registration begins **Wednesday, November 6th** at **10:00 AM**.
- Online registration for all other winter programs begins **Thursday, November 7th** at **10:00 AM**.
- Walk-in and phone-in registration begins **Friday, November 8th** at **10:00 AM**.

NEW Kids Night Out Ages 6 - 10
Fridays 6:30 - 8:30 PM

Join us this fall for some exciting **Kids Night Out** special events! These fun themed nights are guaranteed to be a blast for members ages 6 - 10. Pre-registration is required. Check **ABGClub.org** for additional details.

Middle School Madness Grades 6 - 8
Wednesdays 2:00 - 3:30 PM

Spend your early release Wednesdays at the Club! Join us for food, prizes, games, and themed activities. Check social media for specific details. Must be a member to attend. Fall dates include **October 16 & November 27**.

Arlington Boys & Girls Club
After School Program Grades K - 5

This program is for children in grades K-5 and is licensed by the Department of Early Education and Care. The After School program operates September - June and follows the Arlington Public Schools calendar. We offer fun, supervised daily activities under the direction of caring teachers. Some activities include homework help, group games, crafts, and swimming. Participants may also sign up for additional classes at the Club. We currently offer transportation from all Arlington public elementary schools. Participants may select two to five days enrollment. The After School program enrolls in April and is currently full. For more information email **afterschool@abgclub.org**.

GENERAL INFORMATION

General Information for those 17 & under

Annual Child Membership - $35

Membership is required prior to enrolling in classes or participating in activities. Children ages 8 - 17 can participate in the supervised Club Kids Program (see Club Kids information on page 3). Members must bring their card and check in each time they arrive at the Club. Members may bring a guest (must be at least 8 years of age). Guests 8-17 years are $5. Guests must be accompanied by a current member and limited to one visit before membership is required.

Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club.

Family Gym

Wednesdays & Fridays 9:30-11:00 AM (tots only), Saturdays 2:00-3:00PM. This is an open time for members to run and play! Wednesday & Friday mornings will be designated for tots ages 1-5. On Saturdays we will divide the gym in half allowing tots to play on one side and elementary school children on the other. Children must be accompanied by an adult at all times. **This program will begin September 25th**.

Sign-In Procedure

All members and guests must sign in when entering the Club.

Club Bank

Youth members can deposit any amount of money for the day and withdraw as they need. Money must be withdrawn at day's end.

What is the Arlington Boys & Girls Club?

- A place to go and have fun.
- A place where children can be children while learning to understand themselves.
- A place where children can feel they are 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, others, 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 take a moment with the child to talk about what happened and remind them of our expectations.
2. Staff will contact caregiver about the child's behavior.
3. The child may be suspended, depending on the severity of behavior.

Club Kids Information

A yearly non-refundable membership fee of $35 is required of all members. This fee allows members ages 8-17 access to the Club during program 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 8-17 are supervised inside the Club. The Club has an open door policy, which means members may go in and out of the building as they please. Caregivers should limit how far their children can stray from the Club. Children not mature enough to handle this responsibility should enroll in other programs with direct supervision.

Club Kids Program Hours

	Ages 8 - 11	Ages 12 - 17
Mon	2:30-6:00 PM	2:30-6:00 PM
Tues	2:30-7:00 PM	2:30-8:45 PM
Wed	1:00-7:00 PM	1:00-7:00 PM
Thu	2:30-7:00 PM	2:30-8:45 PM
Fri	2:30-7:00 PM	2:30-8:45 PM
Sat	3:00-4:45 PM	3:00-4:45 PM

CLUB KIDS PROGRAM INFORMATION

Project Learn

Our Club staff uses all areas and programs in the Club to create opportunities for high yield learning activities to enhance the "Club" experience for our members. All activities are included in our Club Kids program. All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming. No pre-registration is required.

Diplomas to Degrees: Provides a range of services to guide teens as they work toward high school graduation and prepare for post-secondary education and career success. **Open to members in grades 11 & 12 on Tuesdays, 6:00-8:00 PM.**

E-Sports: Play popular games against other youth while developing real-world skills such as teamwork, communication, and critical thinking. **Open to members ages 12-17. Schedule TBA.**

Girls Open Gym: This girls-only time slot allows female members to practice their skills and improve their confidence in the gym. Girls can shoot hoops, practice soccer, softball, volleyball, or learn how to use the equipment in the Fitness Room. **Open to members ages 12-17 on Wednesdays, 7:00-8:00 PM.**

Healthy Habits: Through small-group learning experiences, Club members are invited to join us in the kitchen to learn more about nutrition and basic cooking skills. **Open to members in grades 6-12 on Mondays, 4:00-5:00 PM.**

Power Hour: Making Minutes Count helps Club members achieve academic success by providing homework help and encouraging members to become self-directed learners.

Keystone: With staff's guidance, members are presented with opportunities to make leadership decisions, actively engage in academic and career experiences, and promote and participate in community service. **Open to members in grades 9-12. Schedule TBA.**

Smart Girls: A small group health, fitness, prevention/education, and self-esteem enhancement program designed to meet the developmental needs of girls. **Open to members ages 8-11. Schedule TBA.**

Torch Club: Provides opportunities for members to demonstrate the positive impact youth and teens can have on their communities. Leadership, self care, and service sessions allow members to explore, practice, and strengthen critical leadership skills and form close knit relationships with peers. **Open to members in grades 5-8. Schedule TBA.**

Triple Play: Implemented into our daily programs as we strive to improve the overall health of members by increasing their daily physical activity, teaching nutrition, and helping develop healthy relationships.

Club Kids Questions Ages 8 - 17

1. **Is my child safe?** There are staff members located in all program areas. Staff have background checks performed annually and are CPR and First Aid certified.
2. **Can my child go outside?** The Club has an open door policy, which means members may come and go as they please. Caregivers should limit how far their child can stray from the Club. Children not mature enough to handle this responsibility should enroll in programs with direct supervision. It is imperative you establish and enforce these rules. The Club is not responsible for members prior to arrival or if they leave voluntarily.
3. **What should my child bring to the Club?** Children should bring a bathing suit, towel, and a snack or money for snacks. Vending machines are available. If your child brings money, please check in the money at the Club bank.
4. **What shouldn't my child bring to the Club?** Please do not bring expensive items to the Club. The Club is not responsible for lost or stolen items.

Program Area Schedule for Fall Session Ages 8 - 17

Program Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Games Room Ages 8 -17	2:30 - 6:00 PM	2:30 - 7:00 PM	1:00 - 7:00 PM	2:30 - 7:00 PM	2:30 - 7:00 PM	3:00 - 4:30 PM
Pond Room Ages 12 - 17	3:30 - 6:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	
Free Swim Ages 8 - 17		5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	4:05 - 4:35 PM
Open Gym Ages 8 - 17	3:30 - 5:30 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:00 PM	3:30 - 4:45 PM	3:00 - 4:30 PM
Open Gym & Fitness Room Ages 12 - 17		7:00 - 8:45 PM		7:00 - 8:45 PM	7:00 - 8:45 PM	

Youth Swim Classes

Swim Class Registration

Limited to one swim class per session.

1. A waitlist will be established once classes are filled.
2. Participants must be at least six years of age to register for youth level classes.
3. Concerned about what level to register for? Contact Kim at **kurquhart@abgclub.org**.

Locker Room Safety Rules

1. Food, gum, beverages, and glass items are NOT allowed.
2. Do NOT stand on the benches.
3. NO running or chasing in the Locker Room.
4. Shower before entering the pool.
5. Use of a cell phone in any of the locker room areas is NOT allowed.
6. The Club is NOT responsible for lost or stolen items.
7. Report all losses or injury to the front desk staff.
8. The contents of the lockers will be removed daily and unclaimed items will be donated to charity.
9. Lockers may not be used to store items overnight. Personal locks will be cut off and discarded and items will be confiscated.

Locker Room Access

1. We encourage families to have children come dressed in their bathing suits in order to make for an easier transition into the pool for your lesson.
2. Children five years of age or younger may enter the locker room of the opposite gender.
3. Children age six or older are not allowed in the locker room of the opposite gender; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from parent / caregiver.
4. Locker rooms are closed to adults when our After School and Club Kids programs are in session.
5. During After School and Club Kids hours, children age six or older will need to use locker rooms independently or the individual changing rooms available next to the Learning Center.
6. During After School and Club Kids hours all adults must use the individual restroom available next to the Learning Center.
7. Children are welcome to use the locker room that best aligns with their gender identity.

Youth Level I: Introduction to Water Skills Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
121071-AA	Tu	3:25-3:55 PM	9/10-10/15	$108	
121071-AB	W	4:00-4:30 PM	9/11-10/16	$108	
121071-AC	Th	3:25-3:55 PM	9/12-10/17	$108	
121071-AD	F	4:00-4:30 PM	9/13-10/18	$108	
121071-AE	Sa	2:55-3:25 PM	9/14-10/19	$108	
121071-AF	Sa	3:30-4:00 PM	9/14-10/19	$108	
121071-BA	Tu	3:25-3:55 PM	10/22-11/26	$90	11/5
121071-BB	W	4:00-4:30 PM	10/23-11/27	$108	
121071-BC	Th	3:25-3:55 PM	10/24-11/21	$90	
121071-BD	F	4:00-4:30 PM	10/25-11/29	$108	
121071-BE	Sa	2:55-3:25 PM	10/26-11/30	$108	
121071-BF	Sa	3:30-4:00 PM	10/26-11/30	$108	



Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club.

Youth Level 2: Fundamental Aquatic Skills Ages 6 & Up

Purpose: Success with fundamental skills. Water safety rules. Bob in water, float, swim using combined stroke on front and back, and tread water. Includes time in the shallow end and the deep end.

Activity #	Day	Time	Date	Fee	No Class
121072-AA	Tu	3:25-3:55 PM	9/10-10/15	$108	
121072-AB	Tu	4:00-4:30 PM	9/10-10/15	$108	
121072-AC	W	3:25-3:55 PM	9/11-10/16	$108	
121072-AD	W	4:00-4:30 PM	9/11-10/16	$108	
121072-AE	Th	3:25-3:55 PM	9/12-10/17	$108	
121072-AF	Th	4:00-4:30 PM	9/12-10/17	$108	
121072-AG	F	3:25-3:55 PM	9/13-10/18	$108	
121072-AH	F	4:00-4:30 PM	9/13-10/18	$108	
121072-AI	F	5:45-6:15 PM	9/13-10/11	$90	
121072-AJ	Sa	2:55-3:25 PM	9/14-10/19	$108	
121072-AK	Sa	3:30-4:00 PM	9/14-10/19	$108	
121072-BA	Tu	3:25-3:55 PM	10/22-11/26	$90	11/5
121072-BB	Tu	4:00-4:30 PM	10/22-11/26	$90	11/5
121072-BC	W	3:25-3:55 PM	10/23-11/27	$108	
121072-BD	W	4:00-4:30 PM	10/23-11/27	$108	
121072-BE	Th	3:25-3:55 PM	10/24-11/21	$90	
121072-BF	Th	4:00-4:30 PM	10/24-11/21	$90	
121072-BG	F	3:25-3:55 PM	10/25-11/29	$108	
121072-BH	F	4:00-4:30 PM	10/25-11/29	$108	
121072-BI	F	5:45-6:15 PM	10/25-11/29	$108	
121072-BJ	Sa	2:55-3:25 PM	10/26-11/30	$108	
121072-BK	Sa	3:30-4:00 PM	10/26-11/30	$108	

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ARLINGTON BOYS & GIRLS CLUB

Youth Level 3: Stroke Development Ages 6 & Up

Purpose: Build on Level 2 skills. Rotary breathing, front crawl, elementary backstroke, scissors, breast stroke, and dolphin kick. Sitting and kneeling dive. **This class is in the deep end**.

Activity #	Day	Time	Date	Fee	No Class
121073-AA	Tu	3:25-3:55 PM	9/10-10/15	$108	
121073-AB	Tu	4:35-5:05 PM	9/10-10/15	$108	
121073 AC	T&Th	5:45-6:15 PM	9/10-9/26	$108	
121073-AD	W	4:00-4:30 PM	9/11-10/16	$108	
121073-AE	Th	3:25-3:55 PM	9/12-10/17	$108	
121073-AF	Th	4:00-4:30 PM	9/12-10/17	$108	
121073-AG	Th	4:35-5:05 PM	9/12-10/17	$108	
121073-AH	F	4:00-4:30 PM	9/13-10/18	$108	
121073-AI	F	5:45-6:15 PM	9/13-10/11	$90	
121073-AJ	Sa	10:40-11:10 AM	9/14-10/19	$108	
121073-AK	Sa	11:15-11:45 AM	9/14-10/19	$108	
121073-BA	Tu	3:25-3:55 PM	10/22-11/26	$90	11/5
121073-BB	Tu	4:35-5:05 PM	10/22-11/26	$90	11/5
121073-BC	W	4:00-4:30 PM	10/23-11/27	$108	
121073-BD	Th	3:25-3:55 PM	10/24-11/21	$90	
121073-BE	Th	4:00-4:30 PM	10/24-11/21	$90	
121073-BF	Th	4:35-5:05 PM	10/24-11/21	$90	
121073-BG	F	4:00-4:30 PM	10/25-11/29	$108	
121073-BH	F	5:45-6:15 PM	10/25-11/29	$108	
121073-BI	Sa	10:40-11:10 AM	10/26-11/30	$108	
121073-BJ	Sa	11:15-11:45 AM	10/26-11/30	$108	

Ways to Stay in Touch!

1. "Like" us on Facebook at Arlington Boys & Girls Club
2. Follow us on Instagram at @ArlingtonBGC
3. Follow us on X at @ABGClub



YOUTH SWIM

Youth Level 4: Stroke Improvement Ages 6 & Up

Purpose: Develop confidence in strokes and aquatic skills. Survival float, back float, elementary backstroke, breaststroke, butterfly, side stroke, and throwing assist. Front and back crawl, open turn on front & back, and diving. **Swim 25 yards.**

Activity #	Day	Time	Date	Fee	No Class
121074-AA	Tu	4:35-5:05 PM	9/10-10/15	$108	
121074-AB	W	3:25-3:55 PM	9/11-10/16	$108	
121074-AC	Th	4:35-5:05 PM	9/12-10/17	$108	
121074-AD	F	3:25-3:55 PM	9/13-10/18	$108	
121074-AE	F	6:20-6:50 PM	9/13-10/11	$90	
121074-AF	Sa	9:30-10:00 AM	9/14-10/19	$108	
121074-AG	Sa	10:05-10:35 AM	9/14-10/19	$108	
121074-BA	Tu	4:35-5:05 PM	10/22-11/26	$90	11/5
121074-BB	W	3:25-3:55 PM	10/23-11/27	$108	
121074-BC	Th	4:35-5:05 PM	10/24-11/21	$90	
121074-BD	F	3:25-3:55 PM	10/25-11/29	$108	
121074-BE	F	6:20-6:50 PM	10/25-11/29	$108	
121074-BF	Sa	9:30-10:00 AM	10/26-11/30	$108	
121074-BG	Sa	10:05-10:35 AM	10/26-11/30	$108	

Youth Level 5: Stroke Refinement Ages 6 & Up

Purpose: Provide coordination and refine strokes, survival swimming, shallow angle dive, front and back crawl. Tuck and pike surface dive. Front crawl and backstroke, flip turns. Elementary backstroke, butterfly, breaststroke, sidestroke. **Swim 50 yards.**

Activity #	Day	Time	Date	Fee	No Class
121075-AA	Tu	4:00-4:30 PM	9/10-10/15	$108	
121075-AB	W	4:35-5:05 PM	9/11-10/16	$108	
121075-AC	F	4:35-5:05 PM	9/13-10/18	$108	
121075-BA	Tu	4:00-4:30 PM	10/22-11/26	$90	11/5
121075-BB	W	4:35-5:05 PM	10/23-11/27	$108	
121075-BC	F	4:35-5:05 PM	10/25-11/29	$108	

Youth Level 6: Fitness Swimmer Ages 6 & Up

Purpose: Ease, efficiency, power, & smoothness through different exercises in the water. All classes work on strokes and endurance.

Activity #	Day	Time	Date	Fee
121076-AA	W	4:35-5:05 PM	9/11-10/16	$108
121076-AB	F	4:35-5:05 PM	9/13-10/18	$108
121076-BA	W	4:35-5:05 PM	10/23-11/27	$108
121076-BB	F	4:35-5:05 PM	10/25-11/29	$108

Mission: Swim Possible Ages 10 - 17

This is a learn-to-swim class for youth who have never learned to swim or are not comfortable in deep water. One of the main focuses will be on water safety.

Activity #	Day	Time	Date	Fee
Ages 10 - 12:				
121100-AA	F	6:20-7:05 PM	9/13-10/11	$130
121100-BA	F	6:20-7:05 PM	10/25-11/22	$130
Ages 12 - 17:				
121101-AA	F	7:10-7:55 PM	9/13-10/11	$130
121101-BA	F	7:10-7:55 PM	10/25-11/22	$130

Intramural Swim Team Grades 2 - 5

This is a great option for children in grades 2-5 who want a swim team experience. Each team will feature stroke development & refinement, turn/diving drills, and timed swims. **Participants must be able to swim 50 yards in deep water**.

Activity #	Day	Time	Date	Fee	No Class
121181-AA	M	3:30-4:15 PM	9/9-11/25	$215	10/14, 11/11
121181-AB	M	4:20-5:05 PM	9/9-11/25	$215	10/14, 11/11

Intramural Swim Team Grades 6 - 12

This is a great option for children in grades 6-12 who want a swim team experience. Each team will feature stroke development & refinement, turn/diving drills, and timed swims. **Participants must be able to swim 50 yards in deep water**.

Activity #	Day	Time	Date	Fee	No Class
121182-AA	M	5:10-5:55 PM	9/9-11/25	$215	10/14, 11/11



YOUTH SPORTS & FITNESS

Youth Sports & Fitness

Karate Ages 5 - 14

This class is taught by Jared Blake, a Black Belt with over 20 years of teaching experience, with assistance from Sensei Keira. In this martial arts class, we pull the best from multiple forms of defense systems including Kenpo karate, Shoto Kan, Tae Kwon Do, and Jujitsu. Advantages include physical exercise, conditioning, and the development of life skills. Uniform fee $35, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
Ages 5 - 7:					
122452-A1	Sa	8:45-9:30 AM	9/14-11/23	$290	9/21
122452-A2	Sa	10:45-11:30 AM	9/14-11/23	$290	9/21
Ages 8 - 14:					
122453-A1	Sa	9:45-10:30 AM	9/14-11/23	$290	9/21

NEW Advanced Karate Ages 8 - 14

This advanced karate class is for all students **purple belt and above. Students are encouraged to take this new course in addition to Saturday, as the basic course allows them time to master the basic techniques**. This class will focus on real life application of techniques, takedowns, jujitsu, and safe falling practices allowing youth to build up a large repertoire of techniques. Uniform fee $35, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee
122454-A1	Th	7:15-8:00 PM	9/12-11/21	$319



Beginner Girls Volleyball Grades 5 - 8

This program covers basic volleyball skills including serving, passing, setting, hitting, and blocking. Ideal for the beginner or recreational student. Games will be played with the primary focus of building and improving the skill sets of each participant. All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Activity #	Day	Time	Date	Fee
122754-A1	W	5:15-6:00 PM	9/11-10/16	$90
122754-B1	W	5:15-6:00 PM	10/23-11/20	$75

NEW Intermediate Girls Volleyball Grades 5 - 8

This program focusses on applying skills in a higher intensity game setting, allowing students to learn how to play as a team, and expand on their volleyball knowledge with players at a similar level. **All players must have some type of volleyball experience to register**. All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Activity #	Day	Time	Date	Fee
122755-A1	W	6:15-7:00 PM	9/11-10/16	$90
122755-B1	W	6:15-7:00 PM	10/23-11/20	$75



D & D Adventures Day Trip Ages 11 - 17 Pawtuckaway State Park, Nottingham, NH

Travel by Club van to Pawtuckaway State Park and enjoy a leisurely hike to the South Mountain Lookout Tower where we will enjoy a picnic lunch. Hike is approximately 5 miles with an elevation gain of 800 feet. No prior hiking experience required.

Activity #	Day	Time	Date	Fee
122900-A1	Th	9:00 AM-4:00 PM	10/3	$85

Biddy Basketball Skills & Drills Grades 1 - 3

Participants will learn/review basic basketball skills and apply them to a variety of drills. Games will be played. The primary focus will be to build on and improve the skill set of each participant. They will learn the rules and be able to apply them in game settings.

Activity #	Day	Time	Date	Fee
122460-A1	Th	4:00-4:45 PM	9/12-10/17	$90
122460-B1	Th	4:00-4:45 PM	10/24-11/21	$75

Biddy Basketball League Grades 1 - 3

Designed for players in grades 1-3. Each week, there is a skills and drills session at their scheduled game time. Skill sessions last about 15 minutes, followed by a game consisting of (2) 16 minute halves. Games will be played on lowered hoops and officiated by experienced Club staff. Time will be spent learning the rules that apply to the game of basketball. Volunteer coaches are needed. Email Ryan at **rconnolly@abgclub.org**.

Activity #	Day	Time	Date	Fee	No Class
122461-A1	Sa	10:00-1:00PM	9/14-11/23	$145	9/21

Week 1 & 2 will be skills and drills sessions. **Players with last names A-K, 10:00-11:00 AM and last names L-Z, 11:30 AM - 12:30 PM.** For remainder of season please refer to schedule distributed on week two.

Jr. Basketball One & Two Grades 3 - 8

An intramural league designed for fun that stresses the importance of individual and team sportsmanship. Everyone plays! Fundamentals are emphasized. Focus is placed on cooperation, not competition. This is a program that involves respect for everyone and a clear understanding of the rules by players, coaches, referees, and caregivers. Games will be played once per week. Volunteer coaches are needed. Email Ryan at **rconnolly@abgclub.org**.

Activity #	Days	Times	Date	Fee
Jr One Grades 3 - 5:				
122462-A1	Tu & F	5 or 6 PM	9/20-11/22	$145

Players in 3rd grade should be comfortable playing on a 10 foot hoop. Less experienced players should start with the Biddy Basketball League.

Week 1 & 2 will be skills and drills sessions, Fridays 6:00-7:00 PM. For remainder of season please refer to schedule distributed on week two.

Jr Two Grades 6 - 8 :				
122463-A1	Th	5 or 6 PM	9/19-11/21	$145

Week 1 & 2 will be skills and drills sessions, Thursdays 6:00-7:00 PM. For remainder of season please refer to schedule distributed on week two.

Youth Enrichment

NEW Swifty Science! Grades 2 - 5

Attention Swifties! Turn some of your favorite Swifty songs into a science expedition! We'll Shake it Off to study earthquakes, and make Sparks Fly while lighting up circuits. Steer clear of Bad Blood with a model of the human heart and circulatory system. Experiment with the power of the sun with daylight, and keep your Eyes Open to examine predators and prey. *Instructed by Wicked Cool For Kids*.

Activity #	Day	Time	Date	Fee	No Class
123691-B1	W	3:30-4:30 PM	10/30-12/4	$170	11/27

LEGO BriQ Motion 1 Grades 2 - 5

LEGO BricQ Motion 1 is an exploration of forces and motion through investigations. We will determine whether design solutions work as intended by testing and then engineering a change in the speed or direction of an object with a push or a pull. Create an obstacle course for a dog and compete in the LEGO Olympics in a relay race, bobsled competition, and hockey game. *Instructed by Wicked Cool For Kids.*

Activity #	Day	Time	Date	Fee	No Class
123691-B2	W	4:45-5:45 PM	10/30-12/4	$170	11/27

Modding with Minecraft Grades 2 - 5

Explore, create, or survive! Mine deep into the Minecraft world and create the future! In this creative class, challenge the odds, craft your own kinds of weapons, and build dream worlds using code. Do this while also learning fundamental programming concepts, level design, and problem-solving skills. You will make use of ready-made coding blocks to create mini versions of Minecraft games. *Instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee
123693-B1	Th	4:45-5:45 PM	10/24-11/21	$195



TOT SWIM

Tot Swim

Swim Class Registration

Limited to one swim class per session.

1. A waitlist will be established once classes are filled.
2. Children who register for a tot swim class without a caregiver must be at least 34 inches to chin level.
3. Children not toilet trained must wear swim diapers or rubber pants over diapers.
4. Concerned about what level to register for? Contact Kim at **kurquhart@abgclub.org**.

Locker Room Safety Rules

1. Food, gum, beverages, and glass items are NOT allowed.
2. Do NOT stand on the benches.
3. NO running or chasing in the Locker Room.
4. Shower before entering the pool.
5. Use of a cell phone in any of the locker room areas is NOT allowed.
6. The Club is NOT responsible for lost or stolen items.
7. Report all losses or injury to the front desk staff.
8. The contents of the lockers will be removed daily and unclaimed items will be donated to charity.
9. Lockers may not be used to store items overnight. Personal locks will be cut off and discarded and items will be confiscated.

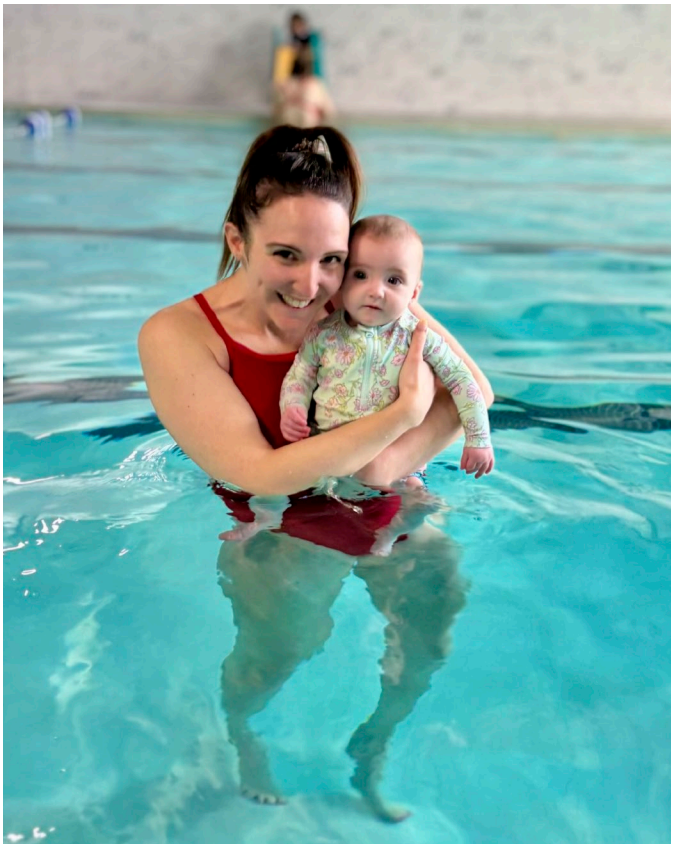
Locker Room Access

1. We encourage families to have children come dressed in their bathing suits in order to make for an easier transition into the pool for your lesson.
2. Children five years of age or younger may enter the locker room of the opposite gender.
3. Children age six or older are not allowed in the locker room of the opposite gender; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from parent / caregiver.
4. Locker rooms are closed to adults when our After School and Club Kids programs are in session.
5. During After School and Club Kids hours, children age six or older will need to use locker rooms independently or the individual changing rooms available next to the Learning Center.
6. During After School and Club Kids hours all adults must use the individual restroom available next to the Learning Center.
7. Children are welcome to use the locker room that best aligns with their gender identity.

Tot Water Babies with Caregiver

Designed to introduce children to the aquatic atmosphere at a young age. Skills include blowing bubbles, kicking on stomach and back, paddling arms, sliding/jumping in, gliding, floating and going underwater. Includes group skills, free play, games & songs.

Activity #	Day	Time	Date	Fee
Ages 6 - 24 months:				
111011-AA	Sa	9:30-10:00 AM	9/14-10/19	$100
111011-BA	Sa	9:30-10:00 AM	10/26-11/30	$100
Ages 24 - 36 months:				
111012-AA	Sa	10:05-10:35 AM	9/14-10/19	$100
111012-AB	Sa	10:40-11:10 AM	9/14-10/19	$100
111012-BA	Sa	10:05-10:35 AM	10/26-11/30	$100
111012-BB	Sa	10:40-11:10 AM	10/26-11/30	$100
Ages 36 - 48 months:				
111013-AA	Sa	11:15-11:45 AM	9/14-10/19	$100
111013-BA	Sa	11:15-11:45 AM	10/26-11/30	$100
Ages 6 months - 4 years:				
111014-AA	W	10:20-10:50AM	9/11-10/16	$100
111014-AB	F	10:20-10:50AM	9/13-10/18	$100
111014-BA	W	10:20-10:50AM	10/23-11/27	$100
111014-BB	F	10:20-10:50AM	10/25-11/29	$100



TOT SWIM

Fish Ages 3 - 4 without caregiver

Children must be 34 inches to chin level. Comfort in water. Basic water safety rules. Enter and exit water independently. Bobbing, blowing bubbles, and locating a submerged object. Swimming, floating, and gliding on front and back.

Activity #	Day	Time	Date	Fee
111030-AA	W	10:55-11:25 AM	9/11-10/16	$108
111030-AB	F	10:55-11:25 AM	9/13-10/18	$108
111030-BA	W	10:55-11:25 AM	10/23-11/27	$108
111030-BB	F	10:55-11:25 AM	10/25-11/29	$108

Tadpole Ages 4 - 5

Refer to Fish description, only difference is ages 4 - 5 years.

Activity #	Day	Time	Date	Fee	No Class
111041-AA	Tu	1:15-1:45 PM	9/10-10/15	$108	
111041-AB	F	1:15-1:45 PM	9/13-10/18	$108	
111041-AC	Sa	1:10-1:40 PM	9/14-10/19	$108	
111041-AD	Sa	1:45-2:15 PM	9/14-10/19	$108	
111041-AE	Sa	2:20-2:50 PM	9/14-10/19	$108	
111041-BA	Tu	1:15-1:45 PM	10/22-11/26	$90	11/5
111041-BB	F	1:15-1:45 PM	10/25-11/29	$108	
111041-BC	Sa	1:10-1:40 PM	10/26-11/30	$108	
111041-BD	Sa	1:45-2:15 PM	10/26-11/30	$108	
111041-BE	Sa	2:20-2:50 PM	10/26-11/30	$108	

Pollywog Ages 4 - 5: Fundamental Aquatic Skills

Purpose: Success with fundamental skills. Water safety rules. Bob in water, float, swim using combined stroke on front and back, and tread water. Includes time in the shallow end and the deep end.

Activity #	Day	Time	Date	Fee	No Class
111042-AA	Tu	1:15-1:45 PM	9/10-10/15	$108	
111042-AB	Sa	1:10-1:40 PM	9/14-10/19	$108	
111042-AC	Sa	2:20-2:50 PM	9/14-10/19	$108	
111042-BA	Tu	1:15-1:45 PM	10/22-11/26	$90	11/5
111042-BB	Sa	1:10-1:40 PM	10/26-11/30	$108	
111042-BC	Sa	2:20-2:50 PM	10/26-11/30	$108	

Froggy Ages 4 - 5: Stroke Development

Child will be swimming independently in the **DEEP END**.
Purpose: Build on Pollywog skills. Rotary breathing, front crawl, elementary backstroke, scissors, breast stroke, and dolphin kick. Sitting and kneeling dive.

Activity #	Day	Time	Date	Fee
111043-AA	Sa	1:45-2:15 PM	9/14-10/19	$108
111043-BA	Sa	1:45-2:15 PM	10/26-11/30	$108



Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club.

TOT SPORTS & FITNESS

Tot Sports & Fitness

Tot Tumble Bumble Ages 2 - 3

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

Activity #	Day	Time	Date	Fee	No Class
112380-A1	M	9:30-10:15AM	9/9-10/7	$81	
112380-A2	M	10:20-11:05AM	9/9-10/7	$81	
112380-B1	M	9:30-10:15AM	10/21-11/25	$81	11/11
112380-B2	M	10:20-11:05AM	10/21-11/25	$81	11/11

Tumblers Ages 3 - 5

This class teaches the fundamentals of gymnastics in a fun and safe environment. It is designed to develop strength, coordination, and flexibility. Basic skills are taught through an obstacle course. Children should wear leotards or t-shirts tucked into shorts, and must have bare feet. Long hair must be pulled back tight. Please do not wear jeans, dresses, footed tights, or socks.

Activity #	Day	Time	Date	Fee	No Class
Tumblers I: Ages 3 - 4 years					
112311-A1	M	11:10-11:55AM	9/9-10/7	$81	
112311-B1	M	11:10-11:55AM	10/21-11/25	$81	11/11
Tumblers II: Ages 4 - 5 years					
112312-A1	M	12:30-1:15 PM	9/9-10/7	$81	
112312-A2	M	1:20-2:05 PM	9/9-10/7	$81	
112312-B1	M	12:30-1:15 PM	10/21-11/25	$81	11/11
112312-B2	M	1:20-2:05 PM	10/21-11/25	$81	11/11



NEW My First Dance Class Ages 18 - 36 months

This **with caregiver** class allows toddlers the time and space to explore basic dance movements through fun, interactive activities to music. Designed to foster creativity and physical development, this class provides a supportive and joyful environment where little ones can build confidence, coordination, and practice following simple directions. Each class will conclude with 15 minutes of open play allowing children and caregivers time for socialization.

Activity #	Day	Time	Date	Fee
112701-A1	Th	10:30-11:15 AM	9/12-10/17	$90
112701-B1	Th	10:30-11:15 AM	10/24-11/21	$75

NEW My First Gym Class Ages 3 - 5

Calling all future athletes ages 3-5! Join us for this high-energy gym class designed to introduce your child to the exciting world of sports and physical activity. This program focuses on developing fundamental movement skills, coordination, and teamwork through a variety of games and activities.

Activity #	Day	Time	Date	Fee	No Class
112270-A1	Tu	10:30-11:15 AM	9/10-10/15	$90	
112270-B1	Tu	10:30-11:15 AM	10/22-11/26	$75	11/5

All Star Sports Ages 3 - 5

A fun filled class that introduces children to various sports and games. Each class will include a new sport and variety of games including soccer, t-ball, basketball, floor hockey, and more!

Activity #	Day	Time	Date	Fee	No Class
112272-A1	Tu	12:30-1:15 PM	9/10-10/15	$90	
112272-B1	Tu	12:30-1:15 PM	10/22-11/26	$75	11/5

Hot Shots Basketball: Pre-K - Kindergarten

Introduces basic skills of basketball including passing, dribbling, and shooting in a fun game situation.

Activity #	Day	Time	Date	Fee	No Class
112290-A1	F	12:30-1:15 PM	9/13-10/18	$90	
112290-A2	Sa	9:00-9:45 AM	9/14-10/19	$75	9/21
112290-B1	F	12:30-1:15 PM	10/25-11/29	$90	
112290-B2	Sa	9:00-9:45 AM	10/26-11/23	$75	

NEW Karate Ages 3 - 5

This class is taught by Jared Blake, a Black Belt with over 20 years of teaching experience. In this martial arts class, we pull the best from multiple forms of defense systems including Kenpo karate, Shoto Kan, Tae Kwon Do, and Jujitsu. Advantages include physical exercise, conditioning, and the development of life skills. Uniform fee $35, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee
112451-A1	F	9:30-10:00 AM	9/13-11/22	$210

Karate Ages 5 - 7

This class is taught by Jared Blake, a Black Belt with over 20 years of teaching experience, with assistance from Sensei Keira. In this martial arts class, we pull the best from multiple forms of defense systems including Kenpo karate, Shoto Kan, Tae Kwon Do, and Jujitsu. Advantages include physical exercise, conditioning, and the development of life skills. Uniform fee $35, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
122452-A1	Sa	8:45-9:30 AM	9/14-11/23	$290	9/21
122452-A2	Sa	10:45-11:30 AM	9/14-11/23	$290	9/21

Family Gym

Wednesdays & Fridays 9:30-11:00 AM (tots only), Saturdays 2:00-3:00PM. This is an open time for members to run and play! Wednesday & Friday mornings will be designated for tots ages 1-5. On Saturdays we will divide the gym in half allowing tots to play on one side and elementary school children on the other. Children must be accompanied by an adult at all times. **This program will begin September 25th**.



Tot Enrichment

Tot Stay & Play Ages 2 - 3.5 years

Offered for children ages 2 years to 3.5 years without caregiver. The program is designed to promote independence in a relaxed, fun environment. Activities include crafts, fine motor play, music & movement, and outdoor play.

Activity #	Day	Time	Date	Fee
113651-A1	Th	9:30-11:30AM	9/19-11/21	$350

Stay & Play FYI:

1. Children will be dropped off in the classroom located in the lower level of the building.
2. Each child's belongings may be left on hooks outside the classroom. It is suggested that each child have a backpack with a change of clothes and diapers, if needed. Jackets and hats should be left on the hooks since outdoor play is scheduled each day, weather permitting.
3. A simple snack (goldfish and water) will be provided each day.
4. Children will be dismissed in the classroom. Caregivers are requested to come into the room to pick up the children.

ABC Preschool

Great Futures Start Here! ABC Preschool welcomes children ages 2.9 through Pre-K. Entering ABC Preschool at the Arlington Boys & Girls Club is the beginning of a lifelong connection. Children enter an amazing place where everyone is dedicated to helping them be their best from preschool to high school & beyond.

Our sunny, spacious, air conditioned classrooms are located in the lower level of the Arlington Boys & Girls Club. We have a private, fenced in playground overlooking beautiful Spy Pond and are able to utilize the facilities at the Club such as the gym and heated indoor swimming pool.

We offer a preschool schedule of either 2, 3 or 5 days as well as a 5 day Pre-K. **Registration for the 2025/2026 school year** will open early November 2024. We welcome parent visits! To schedule a tour or for more information, contact **Judy Andrews, Preschool Director at (781) 648-1617 x216, abcpreschool@abgclub.org**.

NEW Tot Halloween Party Ages 1 -5 Wednesday, October 30th 9:30 - 11 AM

Join us for spooky tunes and a dance party courtesy of **DJ Dee**. There will also be simple crafts and age appropriate activities. Children are encouraged to come in their costumes. All children must be members and be accompanied by a caregiver.

Adult Program

Membership

Membership includes use of pool, gym, fitness room. **Guest Fee:** $8.00 per day, or purchase a multi-visit punch card.

	Yearly	9Mo.	3Mo.	1Mo.
Adult 18 - 64	$310	$295	$152	$63
Students/Seniors	$210	$179	$105	$63

Adult Basketball Membership: Saturday mornings 7:00-8:45 AM. September through Mid June. Fee: $185

ADULT SWIM HOURS: September 9 - Mid June

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

* Adult swim weekday hours during December, February, and April public school vacation are 6:00 - 8:30 AM. No mid-day hours.

ADULT FITNESS ROOM HOURS: September 9 - Mid June

Morning:	M, W, F	6:00 AM - 1:00 PM *
	Tu, Th	7:00 AM - 1:00 PM *
	Sat	7:00 - 8:45 AM

* Fitness room hours during December, February, and April public school vacation are 6:00 - 8:30 AM.

ADULT GYM HOURS: September 9 - Mid June

Morning:	W, F	6:00 - 8:45 AM
	Tu, Th	7:00 - 8:45 AM
	Sat	7:00 - 8:45 AM

Gym hours during December, February, and April public school vacation are 6:00 - 8:30 AM.

Multi - Visit Punch Card

A punch card can be used for daily swim, aquacize, gym, and the fitness room.

- 4 visits: $29 non-members, $24 members
- 8 visits: $57 non-members, $44 members
- 12 visits: $84 non-members, $63 members

Adult Classes

Aquacize

Stretching, toning in the pool. Daytime classes Tue, Wed, Thu, and Fri 9:30-10:15 AM. Fee: $8.00 per class, or purchase a multi-visit punch card.

Adult Swim Lessons

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

Activity #	Day	Time	Date	Fee
131100-BA	M	7:20-7:50 PM	10/21-11/25	$122

Special Needs Swim Training

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

Activity #	Day	Time	Date	Fee	No Class
131110-AA	M	6:30-7:15 PM	10/7-6/9/25	$180	10/14

47th Annual Golf Classic Winchester Country Club

Monday September 30th: This fabulous outing includes eighteen holes of golf with cart, lunch, golf memento, and raffles at the prestigious Winchester Country Club. All proceeds from this tournament directly support youth programs at the Club. Sponsorship opportunities are welcomed and available. Registration information will be available at **ABGClub.org**.

DONATE YOUR UNWANTED VEHICLE & 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 Club. Tell your friends and neighbors! For more information or to schedule a pick-up call 1-855-824-2227

Now accepting applications for the 2024 / 2025 school year

ABC PRESCHOOL

ABC Preschool is a school year program offering classes for children ages 2.9 to 5 years old. We offer two, three, and five day preschool programs, a five day pre-k program and extended day options until 3:00 PM, at affordable prices. For more information contact Preschool Director Judy Andrews at 781-648-1617 x216 or visit our website at **ABGClub.org**.

SAVE THE DATES ⟩

47th Annual Golf Classic at Winchester Country Club September 30th

This fabulous outing includes eighteen holes of golf with cart, lunch, dinner, a memento, and exciting raffles at the prestigious Winchester Country Club. All proceeds from this tournament directly support youth programs at the Club. Sponsorship opportunities are welcomed and available. Registration information will be available at **ABGClub.org**.

Fall Family Festival October 18th, 6:00 PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 13th Annual Fall Family Festival. There will be fun, seasonal activities, fall-themed outdoor movies, and light food offerings for members and their families. Geared to ages 3-7.

Annual Christmas Tree & Wreath Sale Begins November 30th

Our Annual Christmas Tree Sale will begin on Saturday, November 30th. Trees and Wreaths will be on sale seven days a week. Stay tuned for more information and volunteer opportunities!

GREAT FUTURES START HERE.

ARLINGTON BOYS & GIRLS CLUB

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Phone 781-648-1617
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