# GREAT FUTURES START HERE ABGCLUB.ORG





REGISTRATION: ONLINE SWIM ONLY: JULY 29 at 10:00AM, ONLINE ALL OTHER PROGRAMS: JULY 30 at 10:00AM, WALK-IN, PHONE-IN: JULY 31 at 10:00AM

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## **Registration Info**

- Online SWIM registration begins Tuesday, July 29th at 10:00 AM.
- Online registration for all other fall programs begins Wednesday, July 30th at 10:00 AM.
- Walk-in and phone-in registration begins Thursday, July 31st at 10:00 AM.
- Club membership must be current throughout the program for which you are registering.
- 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.
- Financial assistance is available email Gina at gduddy@abgclub.org.

## **Online Registration**

- Go to ABGClub.org and click "Register Online" on the top right.
- 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.
- 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.
- 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 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

## **Special Events**

# 48th Annual Golf Classic Winchester Country Club Monday, October 6th

Calling all golfers! Join us for a fun-filled day on the green at the prestigious Winchester Country Club. This very popular golf tournament will be **Monday, October 6th**, 11:00 AM registration and lunch, 12:00 PM shotgun start. Foursomes fill up quickly. The Club's website has registration information. Proceeds benefit youth programming at the Club. For additional player or sponsor information email Derek at **dcurran@abgclub.org**.

#### Fall Family Festival Friday, October 17th, 6:00 - 8:00 PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 14th 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 3-6. THANK YOU to Winchester Savings Bank for sponsoring this event!

#### Tot Halloween Party Ages 1 - 5 Wednesday, October 29th, 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 arrive in their costumes. All children must be members and accompanied by a caregiver.

## ABGC 88th Birthday Celebration Week November 17 - 21

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

### **Winter Registration**

- Online preview available Tuesday, October 28th.
- Online SWIM registration begins Tuesday, November 4th at 10:00 AM.
- Online registration for all other winter programs begins
   Wednesday, November 5th at 10:00 AM.
- Walk-in and phone-in registration begins Thursday,
   November 6th at 10:00 AM.

#### **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 8	М	Session A begins
October 2	Th	Club closed for staff training
October 6	М	48th Annual Golf Classic
October 13	М	Indigenous People's Day: Club closed
October 17	F	Fall Family Festival 6:00 PM
		Club Kids Program closes at 5:00 PM
October 20	М	Session B begins
October 31	F	Club closes at 6:00 PM
November 11	Tu	Veterans Day: Club closed
November 26	W	Club closes at 6:00 PM
November 27	Th	Thanksgiving Day: Club closed
November 29	Sa	Christmas Tree Sale begins

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

Join us for **Kids Night Out** special monthly events! These fun, themed nights are guaranteed to be a blast for members ages 6 - 10. Pre-registration is required. Check **ABGClub.org** for 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 15 & November 26**.

### 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 early spring and is currently full. For more information, and to be placed on a waiting list, email afterschool@abgclub.org.

GENERAL INFORMATION GENERAL INFORMATION

#### **General Information**

#### **Annual Child Membership - \$35**

Membership is required before enrolling in classes. Children ages 8–17 are eligible to join the supervised Club Kids Program. Members must bring their membership card and sign in and out with each visit to the Club.

#### **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. This program will begin September 9th.

#### **Family Gym**

Wednesdays & Fridays 9:30-10:45 AM (tots only), Saturdays 2:00-3:00 PM. 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 24th.

### Sign In Procedure

All members, caregivers, and visitors are required to sign in at the front desk each time they visit 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.
- The child may be suspended, depending on the severity of behavior.

#### **Club Kids Information**

A yearly non-refundable fee of \$35 is required of all members. This allows members ages 8 to 17 access to the Club during program hours to participate in daily games, tournaments, open gym, free swim, and special events. All program areas are supervised. Membership fees are renewable one year from date of purchase. The Club has an open-door policy, which means members are allowed to leave independently. **Once they leave, members will not be allowed to re-enter the building until the following day.** While supervised outdoor time will be provided, independent use of the field, tennis courts, bike path, or other nearby areas will not be permitted as part of the Club Kids program. We encourage you to set age-appropriate boundaries with your child to ensure their safety. 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	

#### **Project Learn**

Staff create opportunities for high-yield learning activities to enhance the "Club" experience. All activities are included in our Club Kids program and are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming. **Specific program details coming this fall at ABGclub.org.** 

**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. **Grades 11 & 12 on Mondays, 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.

**Girls Open Gym:** This girls-only time slot allows female members to practice their skills and improve their confidence in the gym. **Ages 12-17 on Wednesdays, 7:00-8:00 PM.** 

**Healthy Habits:** Through small-group learning experiences, members are invited to join us in the kitchen to learn more about nutrition and basic cooking skills.

**Keystone:** With staff's guidance, members make leadership decisions, actively engage in academic and career experiences, and promote and participate in community service.

**Power Hour:** Staff provide homework help and encourage members to become self-directed learners.

**Podcast Crew:** With staff's guidance, join us as we create our very own podcast focusing on the interests of our members and the well being of the community.

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

**Torch Club:** Provides opportunities for members to demonstrate the positive impact youth can have on their communities. Leadership, self-care, and service sessions allow members to explore, practice, and strengthen skills and form close knit relationships.

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

#### **Club Kids Questions Ages 8 - 17**

- 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? Members will not be allowed to re-enter the building once they leave the building or go outside unsupervised. While supervised outdoor time will be provided, independent use of the field, tennis courts, bike path, or other nearby areas will not be permitted as part of the Club Kids program. Should your child choose to leave the building independently, they will be unable to return to the Club Kids program until the following day. It is imperative that
- caregivers establish and enforce these rules. The Club cannot be responsible for members prior to arrival or if they leave voluntarily.
- 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.
- 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 - 8:30 PM	
Free Swim Ages 8 - 17		5:10 - 5:40 PM	4:05 - 4:35 PM			
Open Gym Ages 8 - 17	3:30 - 4:45 PM	3:30 - 5:15 PM	3:00 - 4:30 PM			
Open Gym & Fitness Room Ages 12 - 17		7:00 - 8:45 PM		7:00 - 8:45 PM		

YOUTH SWIM YOUTH SWIM

#### **Youth Swim Classes**

#### **Swim Class Registration**

Limited to one swim class per session.

- 1. A waitlist will be established once classes are filled.
- Participants must be at least six years of age to register for youth level classes.
- 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.
- 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.
- The contents of the lockers will be removed daily and unclaimed items will be donated to charity.
- 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**

- We encourage families to have children come to the Club dressed in their bathing suits to make for an easier transition into the pool for your lesson.
- Children five years of age or younger may enter the locker room of the opposite gender.
- 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 caregiver.
- 4. Locker rooms are closed to adults when our After School and Club Kids programs are in session.
- 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 or in the pool area.
- During After School and Club Kids hours all adults must use the individual restrooms available next to the Learning Center.
- 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
121071-AA	W	4:00-4:30 PM	9/10-10/15	\$114
121071-AB	F	4:00-4:30 PM	9/12-10/17	\$114
121071-AC	Sa	2:55-3:25 PM	9/13-10/18	\$114
121071-AD	Sa	3:30-4:00 PM	9/13-10/18	\$114
121071-BA	W	4:00-4:30 PM	10/22-11/26	\$114
121071-BB	F	4:00-4:30 PM	10/24-11/28	\$114
121071-BC	Sa	2:55-3:25 PM	10/25-11/29	\$114
121071-BD	Sa	3:30-4:00 PM	10/25-11/29	\$114



### **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. This program will begin September 9th.

YOUTH SWIM YOUTH SWIM

# 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	9/9-10/14	\$114	
121072-AB	Tu	4:00-4:30 PM	9/9-10/14	\$114	
121072-AC	W	3:25-3:55 PM	9/10-10/15	\$114	
121072-AD	W	4:00-4:30 PM	9/10-10/15	\$114	
121072-AE	Th	3:25-3:55 PM	9/11-10/16	\$95	10/2
121072-AF	Th	4:00-4:30 PM	9/11-10/16	\$95	10/2
121072-AG	F	3:25-3:55 PM	9/12-10/17	\$114	
121072-AH	F	4:00-4:30 PM	9/12-10/17	\$114	
121072-AI	Sa	2:55-3:25 PM	9/13-10/18	\$114	
121072-AJ	Sa	3:30-4:00 PM	9/13-10/18	\$114	
121072-BA	Tu	3:25-3:55 PM	10/21-11/25	\$95	11/11
121072-BB	Tu	4:00-4:30 PM	10/21-11/25	\$95	11/11
121072-BC	W	3:25-3:55 PM	10/22-11/26	\$114	
121072-BD	W	4:00-4:30 PM	10/22-11/26	\$114	
121072-BE	Th	3:25-3:55 PM	10/23-11/20	\$95	
121072-BF	Th	4:00-4:30 PM	10/23-11/20	\$95	
121072-BG	F	3:25-3:55 PM	10/24-11/28	\$114	
121072-BH	F	4:00-4:30 PM	10/24-11/28	\$114	
121072-BI	Sa	2:55-3:25 PM	10/25-11/29	\$114	
121072-BJ	Sa	3:30-4:00 PM	10/25-11/29	\$114	

#### **GREAT FUTURES START HERE.**



### 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	9/9-10/14	\$114	
121073-AB	Tu	4:00-4:30 PM	9/9-10/14	\$114	
121073-AC	Tu	4:35-5:05 PM	9/9-10/14	\$114	
121073 AD	T&Th	5:45-6:15 PM	9/9-9/25	\$114	
121073-AE	W	4:00-4:30 PM	9/10-10/15	\$114	
121073-AF	Th	3:25-3:55 PM	9/11-10/16	\$95	10/2
121073-AG	Th	4:00-4:30 PM	9/11-10/16	\$95	10/2
121073-AH	Th	4:35-5:05 PM	9/11-10/16	\$95	10/2
121073-AI	F	4:00-4:30 PM	9/12-10/17	\$114	
121073-AJ	Sa	10:40-11:10 AM	9/13-10/18	\$114	
121073-AK	Sa	11:15-11:45 AM	9/13-10/18	\$114	
121073-BA	Tu	3:25-3:55 PM	10/21-11/25	\$95	11/11
121073-BB	Tu	4:00-4:30 PM	10/21-11/25	\$95	11/11
121073-BC	Tu	4:35-5:05 PM	10/21-11/25	\$95	11/11
121073-BD	W	4:00-4:30 PM	10/22-11/26	\$114	
121073-BE	Th	3:25-3:55 PM	10/23-11/20	\$95	
121073-BF	Th	4:00-4:30 PM	10/23-11/20	\$95	
121073-BG	Th	4:35-5:05 PM	10/23-11/20	\$95	
121073-BH	F	4:00-4:30 PM	10/24-11/28	\$114	
121073-BI	Sa	10:40-11:10 AM	10/25-11/29	\$114	
121073-BJ	Sa	11:15-11:45 AM	10/25-11/29	\$114	

#### **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 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	3:25-3:55 PM	9/9-10/14	\$114	
121074-AB	Tu	4:35-5:05 PM	9/9-10/14	\$114	
121074-AC	W	3:25-3:55 PM	9/10-10/15	\$114	
121074-AD	W	4:35-5:05 PM	9/10-10/15	\$114	
121074-AE	Th	3:25-3:55 PM	9/11-10/16	\$95	10/2
121074-AF	Th	4:35-5:05 PM	9/11-10/16	\$95	10/2
121074-AG	F	3:25-3:55 PM	9/12-10/17	\$114	
121074-AH	F	4:35-5:05 PM	9/12-10/17	\$114	
121074-AI	Sa	9:30-10:00 AM	9/13-10/18	\$114	
121074-AJ	Sa	10:05-10:35 AM	9/13-10/18	\$114	
121074-BA	Tu	3:25-3:55 PM	10/21-11/25	\$95	11/11
121074-BB	Tu	4:35-5:05 PM	10/21-11/25	\$95	11/11
121074-BC	W	3:25-3:55 PM	10/22-11/26	\$114	
121074-BD	W	4:35-5:05 PM	10/22-11/26	\$114	
121074-BE	Th	3:25-3:55 PM	10/23-11/20	\$95	
121074-BF	Th	4:35-5:05 PM	10/23-11/20	\$95	
121074-BG	F	3:25-3:55 PM	10/24-11/28	\$114	
121074-BH	F	4:35-5:05 PM	10/24-11/28	\$114	
121074-BI	Sa	9:30-10:00 AM	10/25-11/29	\$114	
121074-BJ	Sa	10:05-10:35 AM	10/25-11/29	\$114	

### 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	9/9-10/14	\$114	
121075-AB	Tu	4:35-5:05 PM	9/9-10/14	\$114	
121075-AC	W	3:25-3:55 PM	9/10-10/15	\$114	
121075-AD	W	4:35-5:05 PM	9/10-10/15	\$114	
121075-AE	Th	4:00-4:30 PM	9/11-10/16	\$95	10/2
121075-AF	Th	4:35-5:05 PM	9/11-10/16	\$95	10/2
121075-AG	F	4:35-5:05 PM	9/12-10/17	\$114	

121075-BA	Tu	4:00-4:30 PM	10/21-11/25	\$95 11/11
121075-BB	Tu	4:35-5:05 PM	10/21-11/25	\$95 11/11
121075-BC	W	3:25-3:55 PM	10/22-11/26	\$114
121075-BD	W	4:35-5:05 PM	10/22-11/26	\$114
121075-BE	Th	4:00-4:30 PM	10/23-11/20	\$95
121075-BF	Th	4:35-5:05 PM	10/23-11/20	\$95
121075-BG	F	4:35-5:05 PM	10/24-11/28	\$114

# 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.

Day	Time	Date	Fee
W	4:35-5:05 PM	9/10-10/15	\$114
F	3:25-3:55 PM	9/12-10/17	\$114
F	4:35-5:05 PM	9/12-10/17	\$114
W	4:35-5:05 PM	10/22-11/26	\$114
F	3:25-3:55 PM	10/24-11/28	\$114
F	4:35-5:05 PM	10/24-11/28	\$114
	W F F W	F 3:25-3:55 PM F 4:35-5:05 PM W 4:35-5:05 PM F 3:25-3:55 PM	W 4:35-5:05 PM 9/10-10/15 F 3:25-3:55 PM 9/12-10/17 F 4:35-5:05 PM 9/12-10/17 W 4:35-5:05 PM 10/22-11/26 F 3:25-3:55 PM 10/24-11/28

#### 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	No Class
Ages 10 - 12	2:				
121100-AA	F	6:20-7:05 PM	9/12-10/10	\$137	
121100-BA	F	6:20-7:05 PM	10/24-11/21	\$110	10/31
Ages 12 - 1	7:				
121101-AA	F	7:10-7:55 PM	9/12-10/10	\$137	
121101-BA	F	7:10-7:55 PM	10/24-11/21	\$110	10/31

#### **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	М	3:30-4:15 PM	9/8-11/24	\$249	10/13
121181-AB	М	4:20-5:05 PM	9/8-11/24	\$249	10/13

#### **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	М	5:10-5:55 PM	9/8-11/24	\$249	10/13

## **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 \$45, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
Ages 5 - 7:					
122452-A1	Sa	10:45-11:30 AM	9/13-11/22	\$306	10/18
Ages 8 - 14	:				
122453-A1	Sa	9:45-10:30 AM	9/13-11/22	\$306	10/18
122453-A2	Sa	11:45-12:30 PM	9/13-11/22	\$306	10/18

#### **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 the Saturday class, 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 \$45, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
122454-A1	Th	6:45-7:30 PM	9/11-11/20	\$275	10/2, 10/16

# D & D Adventures Ages 11 - 17 Day Trip Welch Dickey, Waterville NH

This is a moderate hike that leads to the rocky summits of Welch and Dickey Mountains, offering stunning White Mountain views in every direction, where we will enjoy a picnic lunch. Hike is approximately a 4 mile loop, with an elevation gain of 1,751.

Activity #	Day	Time	Date	Fee	
122900-A1	Tu	8:00 AM-5:00 PM	9/23	\$95	

# Beginner and Intermediate Girls Volleyball Grades 5 - 8

This program covers basic volleyball skills including serving, passing, setting, hitting, and blocking. **Ideal for the beginner or recreational player.** 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	9/10-10/15	\$95
122754-B1	W	5:15-6:00 PM	10/22-11/19	\$79

# Intermediate and Advanced Girls Volleyball Grades 5 - 8

This program focuses on applying skills in a higher intensity game setting, allowing players 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	9/10-10/15	\$95
122755-B1	W	6:15-7:00 PM	10/22-11/19	\$79

## Biddy Basketball Skills & Drills Grades 1 - 3

Participants will learn and practice basic basketball skills through drills and games, with a focus on improving their skill sets and understanding the rules for gameplay.

Activity #	Day	Time	Date	Fee
122460-A1	М	5:00-5:45 PM	9/8-10/6	\$79
122460-B1	М	5:00-5:45 PM	10/20-11/24	\$95



YOUTH SPORTS & FITNESS YOUTH ENRICHMENT

#### 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	See below	9/13-11/22	\$152	9/20

**Week 1 & 2** will be skills and drills sessions. **Players with last names A-K 10-11am and last names L-Z 11:30am-12:30pm.**For remainder of the season, children will attend for 1 hour each Saturday. **Start times will vary between 10:00 AM - 1:00 PM.**Please refer to schedule distributed on September 27th.

#### 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**.

#### Jr One Grades 3 - 5

Activity #	Days Time	Date	Fee	
122462-A1	Tu & F See below	9/19-11/21	\$152	

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. Players with last names A-K Fridays 5:30-6:30 PM and last names L-Z Fridays 7:00-8:00 PM. For remainder of the season, players will attend for 1 hour on either Tuesday or Friday. Start times will vary between 5:00 - 7:30 PM. Please refer to the schedule given out on September 26th.

#### Jr Two Grades 6 - 8

Activity #	Day	Time	Date	Fee
122463-Δ1	Th	See helow	9/18-11/20	\$152

**Week 1 & 2** will be skills and drills sessions, **Thursdays 6:00 - 7:00 PM.** For remainder of the season, players will attend for 1 hour on Thursdays either at **5:00 PM or 6:00 PM.** Please refer to the schedule given out on September 25th.

#### **Youth Enrichment**

## NEW Manga Card Mania Grades K - 3

Dive into the magical world of manga cards creating iconic characters like Jigglypuff and Magikarp. Each class will be filled with sketching, painting, sculpting, and more, as you embark on a vibrant exploration of artistic expression. *This class is instructed by Kidcreate Studio*.

Activity #	Day	Time	Date	Fee
123590-B1	М	4:00-5:00 PM	10/20-11/24	\$219

#### **NEW** Chess Hero Grades 2 - 6

Unleash Your Inner Grandmaster! Whether you're a pawn-pusher novice or a budding knight, this weekly class is perfect for students of all skill levels, from beginners eager to learn the fundamentals to experienced players looking to enhance their game. Let's checkmate boredom together! *This class is instructed by The Code Wiz.* 

Activity #	Day	Time	Date	Fee
123691-B1	W	3:30-4:30 PM	10/22-11/26	\$234

#### Minecraft World Builder Grades 2 - 6

Explore, create or survive! This engaging and educational class is designed to introduce kids to the captivating world of Minecraft, fostering creativity, teamwork, and problem-solving skills. In this program, beginners will embark on an exciting journey, learning the fundamentals of Minecraft gameplay, including crafting, building, and exploration. This class is instructed by The Code Wiz.

Activity #	Day	Time	Date	Fee
123691-B2	Th	4:00-5:00 PM	10/23-11/20	\$195

# **NEW** Python Prodigy: Beginner to Advanced Coding: Grades 5 - 8

This introductory Python programming class is designed for students who are eager to learn one of the world's most popular and versatile programming languages. Python is a powerful, yet beginner-friendly language, perfect for young coders to develop problem-solving skills and gain a solid foundation in computer science. The course will include a mix of instructor-led lessons, collaborative coding exercises, and individual project time. *This class is instructed by The Code Wiz.* 

Activity #	Day	Time	Date	Fee
123693-B1	Th	5:00-6:00 PM	10/23-11/20	\$195

TOT SWIM TOT SWIM

#### **Tot Swim**

#### **Swim Class Registration**

Limited to one swim class per session.

- 1. A waitlist will be established once classes are filled.
- Children who register for a tot swim class without a caregiver must be at least 34 inches to chin level.
- Children not toilet trained must wear swim diapers or rubber pants over diapers.
- 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.
- 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.
- 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**

- We encourage families to have children come to the Club dressed in their bathing suits 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.
- 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 caregiver.
- 4. Locker rooms are closed to adults when our After School and Club Kids programs are in session.
- 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 or in the pool area.
- During After School and Club Kids hours all adults must use the individual restrooms 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	mont	ths:		
111011-AA	Sa	9:30-10:00 AM	9/13-10/18	\$105
111011-BA	Sa	9:30-10:00 AM	10/25-11/29	\$105
Ages 24 - 3	6 moı	nths:		
111012-AA	Sa	10:05-10:35 AM	9/13-10/18	\$105
111012-AB	Sa	10:40-11:10 AM	9/13-10/18	\$105
111012-BA	Sa	10:05-10:35 AM	10/25-11/29	\$105
111012-BB	Sa	10:40-11:10 AM	10/25-11/29	\$105
Ages 36 - 4	8 moi	nths:		
111013-AA	Sa	11:15-11:45 AM	9/13-10/18	\$105
111013-BA	Sa	11:15-11:45 AM	10/25-11/29	\$105
Ages 6 mor	nths -	4 years:		
111014-AA	W	10:20-10:50AM	9/10-10/15	\$105
111014-AB	F	10:20-10:50AM	9/12-10/17	\$105
111014-BA	W	10:20-10:50AM	10/22-11/26	\$105
111014-BB	F	10:20-10:50AM	10/24-11/28	\$105



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TOT SWIM 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	9/10-10/15	\$114
111030-AB	F	10:55-11:25 AM	9/12-10/17	\$114
111030-BA	W	10:55-11:25 AM	10/22-11/26	\$114
111030-BB	F	10:55-11:25 AM	10/24-11/28	\$114

#### **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	9/9-10/14	\$114	
111041-AB	F	1:15-1:45 PM	9/12-10/17	\$114	
111041-AC	Sa	1:10-1:40 PM	9/13-10/18	\$114	
111041-AD	Sa	1:45-2:15 PM	9/13-10/18	\$114	
111041-AE	Sa	2:20-2:50 PM	9/13-10/18	\$114	
111041-BA	Tu	1:15-1:45 PM	10/21-11/25	\$95	11/11
111041-BB	F	1:15-1:45 PM	10/24-11/28	\$114	
111041-BC	Sa	1:10-1:40 PM	10/25-11/29	\$114	
111041-BD	Sa	1:45-2:15 PM	10/25-11/29	\$114	
111041-BE	Sa	2:20-2:50 PM	10/25-11/29	\$114	

### 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	9/9-10/14	\$114	
111042-AB	F	1:15-1:45 PM	9/12-10/17	\$114	
111042-AC	Sa	1:10-1:40 PM	9/13-10/18	\$114	
111042-AD	Sa	2:20-2:50 PM	9/13-10/18	\$114	
111042-BA	Tu	1:15-1:45 PM	10/21-11/25	\$95	11/11
111042-BB	F	1:15-1:45 PM	10/24-11/28	\$114	
111042-BC	Sa	1:10-1:40 PM	10/25-11/29	\$114	
111042-BD	Sa	2:20-2:50 PM	10/25-11/29	\$114	

#### 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	9/13-10/18	\$114
111043-BA	Sa	1:45-2:15 PM	10/25-11/29	\$114



#### **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. This program will begin September 9th.

# 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

TOT SPORTS & FITNESS 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 beginner gymnastic skills. We roll, climb, jump, and have fun.

Activity #	Day	Time	Date	Fee
112380-A1	М	9:30-10:15AM	9/8-10/6	\$85
112380-A2	М	10:20-11:05AM	9/8-10/6	\$85
112380-B1	М	9:30-10:15AM	10/20-11/24	\$102
112380-B2	М	10:20-11:05AM	10/20-11/24	\$102

#### **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			
Tumblers I: Ages 3 - 4 years							
112311-A1	М	11:10-11:55AM	9/8-10/6	\$85			
112311-B1	М	11:10-11:55AM	10/20-11/24	\$102			
Tumblers II	: Age	s 4 - 5 years					
112312-A1	М	12:30-1:15 PM	9/8-10/6	\$85			
112312-A2	М	1:20-2:05 PM	9/8-10/6	\$85			
112312-B1	М	12:30-1:15 PM	10/20-11/24	\$102			
112312-B2	М	1:20-2:05 PM	10/20-11/24	\$102			

#### 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	No Class
112701-A1	Th	10:30-11:15 AM	9/11-10/16	\$79	10/2
112701-B1	Th	10:30-11:15 AM	10/23-11/20	\$79	

#### 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 sports-inspired games and activities.

Activity #	Day	Time	Date	Fee	No Class
112270-A1	Tu	10:30-11:15 AM	9/9-10/14	\$95	
112270-B1	Tu	10:30-11:15 AM	10/21-11/25	\$79	11/11

#### 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	9/9-10/14	\$95	
112272-B1	Tu	12:30-1:15 PM	10/21-11/25	\$79	11/11

#### 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	Sa	9:00-9:45 AM	9/13-10/18	\$79	9/20
112290-B1	F	12:30-1:15 PM	10/24-11/21	\$79	
112290-B2	Sa	9:00-9:45 AM	10/25-11/22	\$79	

#### **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 \$45, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
122452-A1	Sa	10:45-11:30	AM 9/13-11/22	\$306	10/18

TOT ENRICHMENT TOT ENRICHMENT

#### **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	No Class
113651-A1	Tu	9:30-11:30AM	9/16-11/25	\$331	11/4, 11/11
113651-A2	Th	9:30-11:30AM	9/18-11/20	\$294	10/2, 11/6

#### Stay & Play FYI:

- Children will be dropped off in the classroom located in the lower level of the building.
- 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.

# **NEW** Bluey with Kidcreate Studio Ages 3 - 5

Your Bluey fan will love getting messy as they paint, cut, and collage a portrait of Bluey, all on a real canvas board! We'll make Bluey's other friends each week using mixed-media. *This class is instructed by Kidcreate Studio.* 

Activity #	Day	Time	Date	Fee
113590-B1	F	12:30-1:30 PM	10/24-11/14	\$181

### NEW Manga Card Mania Grades K - 3

Dive into the magical world of manga cards creating iconic characters like Jigglypuff and Magikarp. Each class will be filled with sketching, painting, sculpting, and more, as you embark on a vibrant exploration of artistic expression. *This class is instructed by Kidcreate Studio.* 

Activity #	Day	Time	Date	Fee
123590-B1	М	4:00-5:00 PM	10/20-11/24	\$219

#### **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 2026/2027 school year will open early November 2025. 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**.



#### **Family Gym**

Wednesdays & Fridays 9:30-10:45 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 24th. ADULT PROGRAM ADULT CLASSES

## **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.	ЗМо.	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 8 - 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

<sup>\*</sup> Adult swim weekday hours during December, February, and April public school vacations are 6:00 - 8:30 AM. No mid-day hours.

# ADULT FITNESS ROOM HOURS: September 8 - 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

<sup>\*</sup> Fitness room hours during December, February, and April public school vacations are 6:00 - 8:30 AM.

#### ADULT GYM HOURS: September 8 - Mid June

Morning:	W, F	6:00 - 8:45 AM *
	Tu, Th	7:00 - 8:45 AM *
	Sat	7.00 - 8.45 AM

<sup>\*</sup> Gym hours during December, February, and April public school vacations 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 and toning in the pool to lively music. 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 Beginner 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-AA	М	6:30-7:00 PM	9/8-9/29	\$103
131100-AB	М	7:00-7:30 PM	9/8-9/29	\$103
131100-BA	М	7:20-7:50 PM	10/20-11/24	\$154

#### **Adult Advanced Swim Lessons**

Designed for those comfortable in the deep end who want to improve their strokes while building endurance. The instructor will focus on each person's individual needs. Membership not required.

Activity #	Day	Time	Date	Fee	
131101-AA	М	7:30-8:00 PM	9/8-9/29	\$103	

### **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	М	6:30-7:15 PM	10/6-6/8/26	\$189	10/13

# 48th Annual Golf Classic Winchester Country Club Monday, October 6th

Calling all golfers! Join us for a fun-filled day on the green at the prestigious Winchester Country Club. This very popular golf tournament will be **Monday**, **October 6th**, **11:00 AM registration** and lunch, 12:00 PM shotgun start. Foursomes fill up quickly. The Club's website has registration information. Proceeds benefit youth programming at the Club. For additional player or sponsor information email **Derek at dcurran@abgclub.org**.

Now accepting applications for the 2025 / 2026 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 early and extended day options, 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 >

## 48th Annual Golf Classic at Winchester Country Club, October 6th

Calling all golfers! Join us for a fun-filled day on the green at the prestigious Winchester Country Club. This very popular golf tournament will be Monday, October 6th, 11:00 AM registration and lunch, 12:00 PM shotgun start. Foursomes fill up quickly. The Club's website has registration information. Proceeds benefit youth programming at the Club. For additional player or sponsor information email Derek at dcurran@abgclub.org.

# Fall Family Festival October 17th, 6PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 14th 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 3-6. A special THANK YOU to Winchester Savings Bank for sponsoring this event!



# Annual Christmas Tree & Wreath Sale Begins November 29th

Our Annual Christmas Tree Sale will begin on Saturday, November 29th. 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 Sixty Pond Lane Arlington, MA 02474-6586 Phone 781-648-1617 Fax 781-648-5064 E-mail abgclub@abgclub.org ABGClub.org