

GREAT FUTURES START HERE

ABGCLUB.ORG



ARLINGTON
BOYS & GIRLS CLUB

FALL 2026



REGISTRATION: ONLINE SWIM ONLY: **JULY 28 at 10:00AM**, ONLINE ALL OTHER PROGRAMS: **JULY 29 at 10:00 AM**,
WALK-IN, PHONE-IN: **JULY 30 at 10:00 AM**

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Registration Info

1. Online **SWIM** registration begins **Tuesday, July 28th** at **10:00 AM**.
2. Online registration for all other fall programs begins **Wednesday, July 29th** at **10:00 AM**.
3. Walk-in and phone-in registration begins **Thursday, July 30th** 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

Alumni & Friends Golf Tournament, Wayland Country Club, Monday, October 5th, 8:00 AM

Join alumni, staff, volunteers, and friends of the Club for this fun-filled golf outing. Shotgun start. Raffles. Prizes. Breakfast and grill lunch included. This is a fundraiser for college scholarships for our youth members. Contact Derek at dcurran@abgclub.org or look on our website for player and/or sponsor information. All are welcome!

Fall Family Festival Friday, October 16th, 6:00-8:00 PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 15th 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.

Tot Halloween Party Ages 1 - 5 Wednesday, October 28th, 9:30-10:45 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 89th Birthday Celebration Week November 16 - 20

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

Winter Registration

- Online preview available **Tuesday, October 27th**.
- Online **SWIM** registration begins **Tuesday, November 3rd** at **10:00 AM**.
- Online registration for all other winter programs begins **Wednesday, November 4th** at **10:00 AM**.
- Walk-in and phone-in registration begins **Thursday, November 5th** 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	Tu	Session A begins
September 19	Sa	Club Kids Program closed
September 21	M	Club closed for staff training
October 5	M	Alumni & Friends Golf Tournament
October 12	M	Indigenous People's Day: Club closed
October 16	F	Fall Family Festival 6:00 PM
		Club Kids Program closes at 5:00 PM
October 19	M	Session B begins
November 11	W	Veterans Day: Club closed
November 25	W	Club closes at 6:00 PM
November 26	Th	Thanksgiving Day: Club closed
November 28	Sa	Christmas Tree Sale begins 9:00 AM

6th Grade Dance Friday, September 25th, 7:00-8:30 PM

Get ready to kick off the school year with a fun night of neon lights, music courtesy of DJ Dee, and plenty of glowing energy. The dance ends promptly at 8:30 PM and all children will be released at that time. We'll have pizza, drinks, and snacks included with your ticket. No dress code required, just come ready to glow! **Tickets are \$10 and must be purchased in advance**—online or at the front desk. **No tickets will be sold at the door.** This event is for members only.

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 21, November 18 & 25**.

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. Families may choose a 2, 3, 4, or 5-day schedule. The After School program enrolls each spring and is currently full. For more information, and to be placed on a waiting list, email afterschool@abgclub.org.

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 8th**.

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 23rd**.

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. The remaining balance must be withdrawn at day's end.

GREAT FUTURES START HERE.



**ARLINGTON
BOYS & GIRLS CLUB**

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.



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

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 Ages 8 - 17

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.

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?** 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.
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 cash, 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
Teen 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	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 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 5:15 PM	3:00 - 4:30 PM
Open Gym & Ages 12 - 17		7:00 - 8:45 PM		7:00 - 8:45 PM		

Note: When there is inclement weather, the Open Gym schedule may change. Please call the Club for an update.

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 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.
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 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 or in the pool area.
6. 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.

Youth Level 1: 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	F	4:00-4:30 PM	9/11-11/20	\$236
121071-AB	Sa	2:55-3:25 PM	9/12-11/21	\$236

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	4:00-4:30 PM	9/8-11/17	\$236	
121072-AB	W	4:00-4:30 PM	9/9-11/18	\$215	11/11
121072-AC	Th	4:00-4:30 PM	9/10-11/19	\$236	
121072-AD	F	3:25-3:55 PM	9/11-11/20	\$236	
121072-AE	F	4:00-4:30 PM	9/11-11/20	\$236	
121072-AF	Sa	2:55-3:25 PM	9/12-11/21	\$236	
121072-AG	Sa	3:30-4:00 PM	9/12-11/21	\$236	

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	9/8-11/17	\$236	
121073-AB	Tu	4:00-4:30 PM	9/8-11/17	\$236	
121073-AC	Tu	4:35-5:05 PM	9/8-11/17	\$236	
121073-AD	W	4:00-4:30 PM	9/9-11/18	\$215	11/11
121073-AE	Th	3:25-3:55 PM	9/10-11/19	\$236	
121073-AF	Th	4:00-4:30 PM	9/10-11/19	\$236	
121073-AG	Th	4:35-5:05 PM	9/10-11/19	\$236	
121073-AH	F	3:25-3:55 PM	9/11-11/20	\$236	
121073-AI	F	4:00-4:30 PM	9/11-11/20	\$236	
121073-AJ	Sa	10:40-11:10 AM	9/12-11/21	\$236	
121073-AK	Sa	11:15-11:45 AM	9/12-11/21	\$236	
121073-AL	Sa	3:30-4:00 PM	9/12-11/21	\$236	

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	9/8-11/17	\$236	
121074-AB	Tu	4:00-4:30 PM	9/8-11/17	\$236	
121074-AC	Tu	4:35-5:05 PM	9/8-11/17	\$236	
121074-AD	W	3:25-3:55 PM	9/9-11/18	\$215	11/11
121074-AE	W	4:00-4:30 PM	9/9-11/18	\$215	11/11
121074-AF	W	4:35-5:05 PM	9/9-11/18	\$215	11/11
121074-AG	Th	3:25-3:55 PM	9/10-11/19	\$236	
121074-AH	Th	4:00-4:30 PM	9/10-11/19	\$236	
121074-AI	Th	4:35-5:05 PM	9/10-11/19	\$236	
121074-AJ	F	3:25-3:55 PM	9/11-11/20	\$236	
121074-AK	F	4:35-5:05 PM	9/11-11/20	\$236	
121074-AL	Sa	10:05-10:35 AM	9/12-11/21	\$236	

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	3:25-3:55 PM	9/8-11/17	\$236	
121075-AB	Tu	4:35-5:05 PM	9/8-11/17	\$236	
121075-AC	W	3:25-3:55 PM	9/9-11/18	\$215	11/11
121075-AD	W	4:35-5:05 PM	9/9-11/18	\$215	11/11
121075-AE	Th	3:25-3:55 PM	9/10-11/19	\$236	
121075-AF	Th	4:35-5:05 PM	9/10-11/19	\$236	
121075-AG	F	4:35-5:05 PM	9/11-11/20	\$236	
121075-AH	Sa	9:30-10:00 AM	9/12-11/21	\$236	

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	No Class
121076-AA	W	3:25-3:55 PM	9/9-11/18	\$215	11/11
121076-AB	W	4:35-5:05 PM	9/9-11/18	\$215	11/11
121076-AC	F	4:35-5:05 PM	9/11-11/20	\$236	

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	9/11-11/20	\$338
Ages 12 - 17:				
121101-AA	F	7:10-7:55 PM	9/11-11/20	\$338

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	9/14-11/23	\$233	9/21, 10/12
121181-AB	M	4:20-5:05 PM	9/14-11/23	\$233	9/21, 10/12

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	9/14-11/23	\$233	9/21, 10/12



Youth Sports & Fitness

Karate Ages 5 - 14

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

Activity #	Day Time	Date	Fee
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Ages 5 - 7:

122452-A1 Sa 10:45-11:30 AM 9/12-11/21 \$352

Ages 8 - 14:

122453-A1 Sa 9:45-10:30 AM 9/12-11/21 \$352

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
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122454-A1 Th 6:45-7:30 PM 9/10-11/19 \$352



Beginner & 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	No Class
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122754-A1 W 5:15-6:00 PM 9/9-10/14 \$100

122754-B1 W 5:15-6:00 PM 10/21-11/18 \$67 11/11

Intermediate & 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	No Class
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122755-A1 W 6:15-7:00 PM 9/9-10/14 \$100

122755-B1 W 6:15-7:00 PM 10/21-11/18 \$67 11/11

Girls Open Gym Ages 12 - 17

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

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	No Class
122460-A1	M	5:00-5:45 PM	9/14-11/23	\$150	9/21, 10/12

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	9/12-11/21	\$160	9/19

Week 1 & 2 will be skills and drills sessions. **On September 12th players with last names A-K 10:00-11:00 AM and last names L-Z 11:30 AM-12:30 PM.** On September 26th all players 10:00-11:00 AM. 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 26th.



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	9/15-11/20	\$160

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. **On September 15th players with last names A-K meet 4:45-5:45 PM and last names L-Z Fridays 6:00-7:00 PM.** On September 22nd all players meet 6:00-7:00 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 22nd.

Jr. Two Grades 6 - 8

Activity #	Day	Time	Date	Fee
122463-A1	Th	See below	9/17-11/19	\$160

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 24th.

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 23rd.**

Youth Enrichment

NEW Witches Brew Pumpkin Slime Grades K - 5

Brew up a magical Halloween slime inspired by pumpkin patches and bubbling potions! Kids will mix orange and gold slime with glitter, tiny foam beads, and pumpkin scent for a perfect creation full of gooey fun. *This class is instructed by Kidcreate Studio.*

Activity #	Day	Time	Date	Fee
123590-B1	W	2:00-3:00PM	10/28	\$25



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 check-mate boredom together! *This class is instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee	No Class
123691-B1	W	3:45-4:45 PM	10/21-11/18	\$170	11/11

Minecraft World Builder Grades K - 2

Unleash your child's creativity in our exciting Minecraft World Builder program designed specifically for young explorers! In this fun and engaging course, students will learn the fundamentals of Minecraft while developing important skills in planning, building, and creative thinking. Young Minecraft explorers will learn how to safely navigate the Minecraft world while gathering resources, crafting items, and building their first creative structures. Through individual and collaborative projects, participants will develop planning, problem-solving, and teamwork skills while exploring basic geometric concepts through hands-on 3D building. *This class is instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee
123690-B1	Th	4:00-5:00 PM	10/22-11/19	\$213

VEX Robotics Club Grades 2 - 6

In this hands-on program, young innovators dive into the exciting world of VEX Robotics! **Students will build real robots using the VEX GO or VEX IQ platform, learn the basics of engineering and design, and bring their creations to life using block-based coding.** Each week, kids will work in teams to solve fun challenges, navigate obstacle courses, and explore how robots are used in the real world. It's the perfect blend of STEM learning, teamwork, and creativity—no prior experience needed! *This class is instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee
223691-B2	Th	5:00-6:00 PM	10/22-11/19	\$213

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. Families may choose a 2, 3, 4, or 5-day schedule. The After School program enrolls each spring and is currently full. For more information, and to be placed on a waiting list, email afterschool@abgclub.org.

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 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.
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 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 or in the pool area.
6. 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	No Class
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Ages 6 - 24 months:

111011-AA	Sa	9:30-10:00 AM	9/12-10/17	\$108	
111011-BA	Sa	9:30-10:00 AM	10/24-11/28	\$108	

Ages 24 - 36 months:

111012-AA	Sa	10:05-10:35 AM	9/12-10/17	\$108	
111012-AB	Sa	10:40-11:10 AM	9/12-10/17	\$108	
111012-BA	Sa	10:05-10:35 AM	10/24-11/28	\$108	
111012-BB	Sa	10:40-11:10 AM	10/24-11/28	\$108	

Ages 36 - 48 months:

111013-AA	Sa	11:15-11:45 AM	9/12-10/17	\$108	
111013-BA	Sa	11:15-11:45 AM	10/24-11/28	\$108	

Ages 6 months - 4 years:

111014-AA	W	10:20-10:50AM	9/9-10/14	\$108	
111014-AB	F	10:20-10:50AM	9/11-10/16	\$108	
111014-BA	W	10:20-10:50AM	10/21-11/25	\$90	11/11
111014-BB	F	10:20-10:50AM	10/23-11/27	\$108	

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	No Class
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111030-AA	W	10:55-11:25 AM	9/9-10/14	\$129	
111030-AB	F	10:55-11:25 AM	9/11-10/16	\$129	
111030-BA	W	10:55-11:25 AM	10/21-11/25	\$107	11/11
111030-BB	F	10:55-11:25 AM	10/23-11/27	\$129	



Tadpole Ages 4 - 5

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

Activity #	Day	Time	Date	Fee
111041-AA	Tu	1:15-1:45 PM	9/8-10/13	\$129
111041-AB	F	1:15-1:45 PM	9/11-10/16	\$129
111041-AC	Sa	1:10-1:40 PM	9/12-10/17	\$129
111041-AD	Sa	1:45-2:15 PM	9/12-10/17	\$129
111041-AE	Sa	2:20-2:50 PM	9/12-10/17	\$129
111041-BA	Tu	1:15-1:45 PM	10/20-11/24	\$129
111041-BB	F	1:15-1:45 PM	10/23-11/27	\$129
111041-BC	Sa	1:10-1:40 PM	10/24-11/28	\$129
111041-BD	Sa	1:45-2:15 PM	10/24-11/28	\$129
111041-BE	Sa	2:20-2:50 PM	10/24-11/28	\$129

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
111042-AA	Tu	1:15-1:45 PM	9/8-10/13	\$129
111042-AB	F	1:15-1:45 PM	9/11-10/16	\$129
111042-AC	Sa	1:10-1:40 PM	9/12-10/17	\$129
111042-AD	Sa	2:20-2:50 PM	9/12-10/17	\$129
111042-BA	Tu	1:15-1:45 PM	10/20-11/24	\$129
111042-BB	F	1:15-1:45 PM	10/23-11/27	\$129
111042-BC	Sa	1:10-1:40 PM	10/24-11/28	\$129
111042-BD	Sa	2:20-2:50 PM	10/24-11/28	\$129

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	9/12-10/17	\$129
111043-BA	Sa	1:45-2:15 PM	10/24-11/28	\$129



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 8th**.

Tot Sports & Fitness

NEW Tot Gym Together Ages 2 - 3.5 with Caregiver

Children and caregivers participate together in fun, age-appropriate games and activities that introduce basic sports skills and physical activity. Using a variety of equipment and props, children will build coordination, balance, and confidence through active play. Each class concludes with 15 minutes of open play, giving children and caregivers time to socialize and connect.

Activity #	Day	Time	Date	Fee
112302-A1	Tu	10:30-11:15 AM	9/8-10/13	\$100
112302-B1	Tu	10:30-11:15 AM	10/20-11/24	\$100

Tot Tumble Bumble, Ages 2 - 3 with Caregiver

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	No Class
112380-A1	M	9:30-10:15AM	9/14-11/23	\$162	9/21, 10/12
112380-A2	M	10:20-11:05AM	9/14-11/23	\$162	9/21, 10/12

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
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Tumblers I: Ages 3 - 4 years

112311-A1	M	11:10-11:55AM	9/14-11/23	\$162	9/21, 10/12
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Tumblers II: Ages 4 - 5 years

112312-A1	M	12:30-1:15 PM	9/14-11/23	\$162	9/21, 10/12
112312-A2	M	1:20-2:05 PM	9/14-11/23	\$162	9/21, 10/12

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
112272-A1	Tu	12:30-1:15 PM	9/8-10/13	\$100
112272-B1	Tu	12:30-1:15 PM	10/20-11/24	\$100

Karate Ages 5 - 7

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

Activity #	Day	Time	Date	Fee
122452-A1	Sa	10:45-11:30 AM	9/12-11/21	\$352

Hot Shots Basketball

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

Activity #	Day	Time	Date	Fee	No Class
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Ages 4-5

112290-B1	F	12:30-1:15 PM	10/23-11/20	\$84	
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Ages Pre-K* - Kindergarten

112291-A1	Sa	9:00-9:45 AM	9/12-10/17	\$84	9/19
112291-B1	Sa	9:00-9:45 AM	10/24-11/21	\$84	
112291-B2	Sa	10:00-10:45 AM	10/24-11/21	\$84	

* Must be Kindergarten-eligible for September 2027



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	9/15-11/17	\$348	11/3
113651-A2	Th	9:30-11:30AM	9/17-11/19	\$348	11/5

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.



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 23rd.**

NEW Monster Mash Slime Ages 3 - 5

Mix up a monstrously fun batch of stretchy slime! Kids will swirl in neon colors, googly eyes, spooky confetti, and glitter to create their own silly monster slime to squish, stretch, and show off. *This class is instructed by Kidcreate Studio.*

Activity #	Day	Time	Date	Fee
113590-B1	W	12:30-1:30 PM	10/28	\$25



ABC Preschool

Great Futures Start Here! ABC Preschool welcomes children ages 2.9 through Pre-K. Enrolling in ABC Preschool at the Arlington Boys & Girls Club is the beginning of a lifelong connection. Children enter an amazing place where teachers and staff are dedicated to helping children 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, heated indoor swimming pool and the fenced-in outdoor basketball court area.

We offer a preschool schedule of 2, 3 or 5 days as well as a 5-day Pre-K schedule. We also offer early drop-off and extended day options. **Registration for the 2027/2028 school year** will open in November 2026. A Preschool Open House will be held in October and individual tours are available by appointment starting in October.

For more information or to schedule a tour, contact **Erin Butts, Preschool Director** at (781) 648-1617 x216, abcpreschool@abgclub.org

Tot Halloween Party Ages 1 - 5 Wednesday, October 28th, 9:30-10:45 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.

Adult Program

Membership

Membership includes use of pool and gym. **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

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 *

* Swim and Gymnasium weekday hours during December, February, and April public school vacations are 6:00 - 8:30 AM

Adult Gymnasium Hours

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

* Swim and Gymnasium weekday 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, and gym.

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

Alumni & Friends Golf Tournament, Wayland Country Club, Monday, October 5th, 8:00 AM

Join alumni, staff, volunteers, and friends of the Club for this fun-filled golf outing. Shotgun start. Raffles. Prizes. Breakfast and grill lunch included. This is a fundraiser for college scholarships for our youth members. Contact Derek at dcurran@abgclub.org or look on our website for player and/or sponsor information. All are welcome!

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	No Class
131100-AA	M	7:20-7:50 PM	9/14-11/23	\$239	9/21, 10/12

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	10/5-6/21/27	\$198	10/12

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 2026 / 2027 school year

ABC PRESCHOOL

ABC Preschool is a school year half-day program offering affordable preschool and Pre-K for children ages 2.9-5 years old. We offer two, three and five day schedules for preschool and a five day schedule for Pre-K, from 8:30 AM-12:30 PM. We also offer early morning extended day from 7:45-8:30 AM and afternoon extended day until 3:00 or 4:00 PM. For more information contact Preschool Director Erin Butts at 781-648-1617 x216, abcpreschool@abgclub.org, or visit our website at ABGClub.org.

Alumni & Friends Golf Tournament, Wayland Country Club

Monday, October 5th,
8 AM

Shotgun start. Raffles. Prizes. Lunch. Tons of fun. This is a fundraiser for college scholarships for our youth members. Contact Derek at dcurran@abgclub.org or look on our website for player and/or sponsor information. All are welcome!

15th Annual Fall Family Festival

Friday, October 16th,
6 PM

Come celebrate the spirit of the season at the Arlington Boys & Girls Club for the 15th 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!

Annual Christmas Tree & Wreath Sale Begins

Saturday, November 28th,
9 AM

Our Annual Christmas Tree Sale will begin on Saturday, November 28th. 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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