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**ARLINGTON**  
BOYS & GIRLS CLUB

SPRING 2024



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

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## Registration Info

Current members call or email for username and password to register online.

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

STAFF	CONTACT
<b>Amy Carlson &amp; Kristin Davies</b> After School Program Administrators	x219 afterschool@abgclub.org
<b>Judy Andrews</b> ABC Preschool Director	x216 abcpreschool@abgclub.org
<b>Chris Annunciata</b> Operations Director	x221 cannunciata@abgclub.org
<b>Ryan Connolly</b> Sports & Fitness Coordinator	x215 rconnolly@abgclub.org
<b>Derek Curran</b> Executive Director	x211 dcurran@abgclub.org
<b>Gina Duddy</b> Administrative Assistant	x214 gduddy@abgclub.org
<b>Lauren Duddy Topham</b> Program Director	x232 lduddy@abgclub.org
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<b>Jeff Jamgochian</b> After School Site Coordinator	x247 jjamgochian@abgclub.org
<b>Dan Johnson</b> Special Programming Coordinator	x242 djohnson@abgclub.org
<b>Rebecca Johnson</b> Preschool Admin. Assistant	x217 abcpreschool@abgclub.org
<b>Dee Lydon</b> Teen Coordinator	x237 dlydon@abgclub.org
<b>Kim Urquhart</b> Aquatics Director	x250 kurquhart@abgclub.org

## 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. The ABC Preschool will be closed for the day.
- 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 website for status.**

## Arlington Boys & Girls Club Calendar

<b>February 8</b>	Th	\$10,000 Virtual Raffle 7:00 PM
<b>February 19</b>	M	Presidents Day - Club Closed
<b>February 20-24</b>	Tu-Sa	School vacation week - no classes
<b>February 27</b>	Tu	Summer preview online
<b>March 2</b>	Sa	Summer Stroll 1:00 PM
<b>March 5</b>	Tu	Summer online <b>Kids Zone &amp; Extreme Summer</b> registration begins at 10:00 AM
<b>March 6</b>	W	All other summer programs online registration begins at 10:00 AM
<b>March 7</b>	Th	Summer walk-in and phone-in registration begins at 10:00 AM
<b>March 11</b>	M	Spring Session A begins
<b>April 15</b>	M	Patriots Day - Club Closed
<b>April 16-20</b>	Tu-Sa	School Vacation Week - No classes
<b>April 29</b>	M	Spring Session B begins
<b>May 27</b>	M	Memorial Day - Club Closed

## Summer Registration

- Online preview available **Tuesday February 27th**.
- Online **Kids Zone & Extreme Summer** registration begins **Tuesday March 5th at 10:00 AM**.
- Online registration for all other summer programs begins **Wednesday March 6th at 10:00 AM**.
- Walk-in & phone-in registration begins **Thursday March 7th at 10:00 AM**.

## Inclusion Statement

We believe every kid has what it takes. The mission and core beliefs of the Arlington Boys & Girls Club fuel our commitment to promoting safe, positive, and inclusive environments for all. The Arlington Boys & Girls Club supports all youth and teens – of every race, ethnicity, gender, gender expression, sexual orientation, ability, socioeconomic status, and religion – in reaching their full potential.

## 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

### \$10,000 Virtual Raffle, Thursday February 8th, 7:00 PM

Join the Club for our virtual raffle drawing on **Thursday, February 8th at 7:00PM**. The drawing will be broadcast on Facebook Live so plan to jump on to hear your number called. Raffle tickets are \$100 each. Only 250 tickets will be sold. Each raffle ticket will be entered into daily drawings during the week leading up to February 8th. Stop by or call to purchase your lucky \$10K Raffle ticket. The Club is also selling \$10 raffle tickets for 1) two roundtrip airline tickets wherever JetBlue flies, 2) A Night on the Town at the Boston Celtics and 3) a \$500 gift card to Great Wolf Lodge. Winners to be announced on February 8th as well. You can purchase these tickets on the Club's website. Proceeds to benefit youth programming at the Club. The \$10,000 Raffle is sponsored by Arbella Insurance and Jamgochian Insurance Agency, Inc.

### Summer Stroll, Saturday March 2nd 1:00 - 3:00 PM

On **Saturday, March 2nd** we invite adults to come "stroll" through the Arlington Boys & Girls Club! Adults can meet our Program Director Lauren, view our building, ask questions about our wildly popular programs, and enjoy a quick tour. This event is open to current and prospective Club families.

## College Scholarship Awards

Each year the Club awards multiple \$500 scholarships to current or past members whose community activities reflect the Club's mission. Applications are available mid-February online and are **due no later than Friday, March 29th**. If you or your company is interested in sponsoring a scholarship, contact Derek at [dcurran@abgclub.org](mailto:dcurran@abgclub.org). Scholarships night will be presented at our Annual Celebration in the spring.

## Annual Celebration - May 2024

Please join the Club at this fun, annual, evening event where we celebrate our generous donors, volunteers, member families, and recognize our service award winners. It is a lovely evening to see old friends, meet new ones, visit with staff, support our community, and help to make great futures! Details will be posted on the website as the event draws closer.

### Alumni & Friends Golf Tournament, Wayland Country Club

**Monday, June 3rd, 8:00 AM.** Shotgun start. Raffles. Prizes. Tons of fun. Contact Derek at [dcurran@abgclub.org](mailto:dcurran@abgclub.org) or look on our website in the Spring for player or sponsor information. All are welcome!

## General Information for those 17 & under

### Annual Child Membership - \$30

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

### Family Swim

**Tuesdays & Thursdays 10:30-11:15 AM (limited 25 people), Saturdays 9:00-9:45 AM (limited to 75 people).** Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club.

### Family Gym

This is an open time for members to run and play! 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. **Fridays 9:30-11:00 AM** is offered with the support of TOM Mystic Valley Early Intervention and **Saturdays 2:00-3:00 PM**.

## Sign-in Procedure

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

## Club Bank

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

## What is the Arlington Boys & Girls Club?

- A place to go and have fun.
- A place where children can be children while learning to understand themselves.
- A place where children can feel they are important.
- A place that provides physical fitness, health, and athletic programs.
- A place that provides arts and crafts to develop skills and talents.
- A place that provides leadership development and decision-making responsibilities.
- A place to develop new friendships.

## Code of Conduct

- Be honest / act honestly.
- Follow Club rules.
- Behave in a respectful manner to each other, Club staff, volunteers, and visitors.
- Respect 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 sit the child down and explain what rule was broken.
2. Staff will contact caregiver about child's behavior.
3. Child may be suspended depending on the severity of behavior.

## Club Kids Program Information

A yearly non-refundable membership fee of \$30 is required of all members. This fee allows members ages 8-17 access to the Club during program hours to participate in daily games, tournaments, open gym, free swim, and special events. Membership fees are renewable one year from date of purchase. Members ages 8-17 are supervised at the Club. The Club has an open door policy, which means members may go in and out of the building as they please. Caregivers should limit how far their children can stray from the Club. Children not mature enough to handle this responsibility should enroll in other programs with direct supervision.

## Club Kids Program Hours

	Ages 8 - 11	Ages 12 - 17
<b>Mon</b>	2:30-6:00 PM	2:30-6:00 PM
<b>Tue</b>	2:30-7:00 PM	2:30-8:45 PM
<b>Wed</b>	1:00-7:00 PM	1:00-7:00 PM
<b>Thu</b>	2:30-7:00 PM	2:30-8:45 PM
<b>Fri</b>	2:30-7:00 PM	2:30-8:45 PM
<b>Sat</b>	3:00-4:45 PM	3:00-4:45 PM

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**ARLINGTON  
BOYS & GIRLS CLUB**

## Club Kids Frequently Asked Questions Ages 8 - 17

- 1. Is my child safe?** There are staff members located in all program areas. Staff have background checks performed annually and are CPR and First Aid certified.
- 2. Can my child go outside?** The Club has an open door policy, which means members may come and go as they please. Caregivers should limit how far their child can stray from the Club. Children not mature enough to handle this responsibility should enroll in programs with direct supervision. It is imperative you establish and enforce these rules. The Club 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 money, please check the money in 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.

### Project Learn

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

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

**E-Sports:** Play popular games against other youth while developing real-world skills such as teamwork, communication, and critical thinking. **Open to members ages 8-17 on Tuesdays, 6:00-7:00 PM.**

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

**Healthy Habits:** Through small-group learning experiences, Club members are invited to join us in the kitchen to learn more about nutrition and basic cooking skills. **Open to members 12-17 on Mondays, 4:00-5:00 PM.**

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

**Smart Girls:** A small group health, fitness, prevention/education, and self-esteem enhancement program designed to meet the developmental needs of girls. **Open to members ages 8-11 on Tuesdays, 3:45-4:30 PM.**

**The Arts:** Creativity and the arts give people new and unique ways of thinking and expressing. **Open to members ages 8-17 on Wednesdays & Thursdays, 6:00-7:00 PM.**

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

**Weight Lifting:** This class will educate members on how to use gym equipment and learn the proper form for a wide variety of different exercises. **Open to members ages 12-17 on Wednesdays, 6:00-7:00 PM.**

## Program Area Schedule for Spring Session Ages 8 - 17

Program Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Games Room</b>	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
<b>Pond Room Ages 12 - 17</b>	3:30-6:00 PM	3:30-7:00 PM	3:30-6:00 PM	3:30-7:00 PM	3:30-7:00 PM	
<b>Free Swim Ages 8 - 17</b>		5:10-5:40 PM	5:10-5:40 PM	5:10-5:40 PM	5:10-5:40 PM	4:00-4:30 PM
<b>Open Gym Ages 8 - 17</b>	3:30 - 5:30 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:00 PM	3:30 - 4:45 PM	3:00-4:30 PM
<b>Open Gym &amp; Fitness Room Ages 12 - 17</b>		7:00-8:45 PM		7:00-8:45 PM	7:00 - 8:45 PM	

Note that Open Gym schedule is subject to change as a result of inclement weather.

## Youth Swim

### Swim Class Registration

Registration is 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](mailto:kurquhart@abgclub.org).

### Locker Room Safety Rules

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

### Locker Room Access

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

### Youth Level I:

#### Introduction to Water Skills Ages 6 & Up

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

Activity	Day	Time	Date	Fee	No Class
321071-AA	Tu	3:25-3:55 PM	3/12-4/23	\$105	4/16
321071-AB	W	4:00-4:30 PM	3/13-4/24	\$105	4/17
321071-AC	Th	3:25-3:55 PM	3/14-4/25	\$105	4/18
321071-AD	F	4:00-4:30 PM	3/15-4/26	\$105	4/19
321071-AE	Sa	2:45-3:15 PM	3/16-4/27	\$105	4/20
321071-AF	Sa	3:20-3:50 PM	3/16-4/27	\$105	4/20
321071-BA	Tu	3:25-3:55 PM	4/30-6/4	\$105	
321071-BB	W	4:00-4:30 PM	5/1-6/5	\$105	
321071-BC	Th	3:25-3:55 PM	5/2-6/6	\$105	
321071-BD	F	4:00-4:30 PM	5/3-6/7	\$105	
321071-BE	Sa	2:45-3:15 PM	5/4-6/8	\$105	
321071-BF	Sa	3:20-3:50 PM	5/4-6/8	\$105	

### Youth Level 2:

#### Fundamental Aquatic Skills Ages 6 & Up

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

Activity	Day	Time	Date	Fee	No Class
321072-AA	Tu	3:25-3:55 PM	3/12-4/23	\$105	4/16
321072-AB	Tu	4:00-4:30 PM	3/12-4/23	\$105	4/16
321072-AC	W	3:25-3:55 PM	3/13-4/24	\$105	4/17
321072-AD	W	4:00-4:30 PM	3/13-4/24	\$105	4/17
321072-AE	W	6:20-6:50 PM	3/13-4/24	\$105	4/17
321072-AF	Th	3:25-3:55 PM	3/14-4/25	\$105	4/18
321072-AG	Th	4:00-4:30 PM	3/14-4/25	\$105	4/18
321072-AH	F	3:25-3:55 PM	3/15-4/26	\$105	4/19
321072-AI	F	4:00-4:30 PM	3/15-4/26	\$105	4/19
321072-AJ	F	5:45-6:15 PM	3/15-4/26	\$105	4/19
321072-AK	Sa	2:45-3:15 PM	3/16-4/27	\$105	4/20
321072-AL	Sa	3:20-3:50 PM	3/16-4/27	\$105	4/20

**[Youth Level 2 continued]**

321072-BA	Tu	3:25-3:55 PM	4/30-6/4	\$105	
321072-BB	Tu	4:00-4:30 PM	4/30-6/4	\$105	
321072-BC	W	3:25-3:55 PM	5/1-6/5	\$105	
321072-BD	W	4:00-4:30 PM	5/1-6/5	\$105	
321072-BE	W	6:20-6:50 PM	5/1-6/5	\$105	
321072-BF	Th	3:25-3:55 PM	5/2-6/6	\$105	
321072-BG	Th	4:00-4:30 PM	5/2-6/6	\$105	
321072-BH	F	3:25-3:55 PM	5/3-6/7	\$105	
321072-BI	F	4:00-4:30 PM	5/3-6/7	\$105	
321072-BJ	F	5:45-6:15 PM	5/3-6/7	\$105	
321072-BK	Sa	2:45-3:15 PM	5/4-6/8	\$105	
321072-BL	Sa	3:20-3:50 PM	5/4-6/8	\$105	

### Youth Level 3: Stroke Development Ages 6 & Up

**Purpose:** Build on Level 2 skills by additional guided practice. Front and back glide, front crawl, elementary backstroke & scissors kick. Sitting and kneeling dive. Rotary breathing. Survival float & back float. **This class is in the deep end.**

Activity	Day	Time	Date	Fee	No Class
321073-AA	Tu	3:25-3:55 PM	3/12-4/23	\$105	4/16
321073-AB	Tu	4:35-5:05 PM	3/12-4/23	\$105	4/16
321073-AC	W	4:00-4:30 PM	3/13-4/24	\$105	4/17
321073-AD	W	5:45-6:15 PM	3/13-4/24	\$105	4/17
321073-AE	Th	3:25-3:55 PM	3/14-4/25	\$105	4/18
321073-AF	Th	4:00-4:30 PM	3/14-4/25	\$105	4/18
321073-AG	Th	4:35-5:05 PM	3/14-4/25	\$105	4/18
321073-AH	F	4:00-4:30 PM	3/15-4/26	\$105	4/19
321073-AI	F	5:45-6:15 PM	3/15-4/26	\$105	4/19
321073-AJ	Sa	11:10-11:40 AM	3/16-4/27	\$105	4/20
321073-AK	Sa	11:45-12:15 PM	3/16-4/27	\$105	4/20
321073-BA	Tu	3:25-3:55 PM	4/30-6/4	\$105	
321073-BB	Tu	4:35-5:05 PM	4/30-6/4	\$105	
321073-BC	W	4:00-4:30 PM	5/1-6/5	\$105	
321073-BD	W	5:45-6:15 PM	5/1-6/5	\$105	
321073-BE	Th	3:25-3:55 PM	5/2-6/6	\$105	
321073-BF	Th	4:00-4:30 PM	5/2-6/6	\$105	
321073-BG	Th	4:35-5:05 PM	5/2-6/6	\$105	
321073-BH	F	4:00-4:30 PM	5/3-6/7	\$105	
321073-BI	F	5:45-6:15 PM	5/3-6/7	\$105	
321073-BJ	Sa	11:10-11:40 AM	5/4-6/8	\$105	
321073-BK	Sa	11:45-12:15 PM	5/4-6/8	\$105	

### 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 & throwing assist. Front and back crawl, open turn on front & back, and diving. **Swim 25 yards.**

Activity	Day	Time	Date	Fee	No Class
321074-AA	Tu	4:35-5:05 PM	3/12-4/23	\$105	4/16
321074-AB	W	3:25-3:55 PM	3/13-4/24	\$105	4/17
321074-AC	W	7:00-7:30 PM	3/13-4/24	\$105	4/17
321074-AD	Th	4:35-5:05 PM	3/14-4/25	\$105	4/18
321074-AE	F	3:25-3:55 PM	3/15-4/26	\$105	4/19
321074-AF	F	6:20-6:50 PM	3/15-4/26	\$105	4/19
321074-AG	Sa	10:00-10:30 AM	3/16-4/27	\$105	4/20
321074-AH	Sa	10:35-11:05 AM	3/16-4/27	\$105	4/20
321074-BA	Tu	4:35-5:05 PM	4/30-6/4	\$105	
321074-BB	W	3:25-3:55 PM	5/1-6/5	\$105	
321074-BC	W	7:00-7:30 PM	5/1-6/5	\$105	
321074-BD	Th	4:35-5:05 PM	5/2-6/6	\$105	
321074-BE	F	3:25-3:55 PM	5/3-6/7	\$105	
321074-BF	F	6:20-6:50 PM	5/3-6/7	\$105	
321074-BG	Sa	10:00-10:30 AM	5/4-6/8	\$105	
321074-BH	Sa	10:35-11:05 AM	5/4-6/8	\$105	

### 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
321075-AA	Tu	4:00-4:30 PM	3/12-4/23	\$105	4/16
321075-AB	W	4:35-5:05 PM	3/13-4/24	\$105	4/17
321075-AC	F	4:35-5:05 PM	3/15-4/26	\$105	4/19
321075-BA	Tu	4:00-4:30 PM	4/30-6/4	\$105	
321075-BB	W	4:35-5:05 PM	5/1-6/5	\$105	
321075-BC	F	4:35-5:05 PM	5/3-6/7	\$105	

#### Family Swim

**Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 9:00-9:45 AM (limited to 75 people).**

Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club.

## Youth Level 6: Fitness Swimmer 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
321076-AA	W	4:35-5:05 PM	3/13-4/24	\$105	4/17
321076-AB	F	4:35-5:05 PM	3/15-4/26	\$105	4/19
321076-BA	W	4:35-5:05 PM	5/1-6/5	\$105	
321076-BB	F	4:35-5:05 PM	5/3-6/7	\$105	

## Mission: Swim Possible Ages 10 - 17

A Learn-to-Swim class focusing on water safety for children that have never learned to swim or are not comfortable in deep water.

Activity	Day	Time	Date	Fee	No Class
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### Ages 10 - 12

321100-AA	F	6:20-7:05 PM	3/15-4/26	\$151	4/19
321100-BA	F	6:20-7:05 PM	5/3-6/7	\$151	

### Ages 12 - 17

321101-AA	F	7:10-7:55 PM	3/15-4/26	\$151	4/19
321101-BA	F	7:10-7:55 PM	5/3-6/7	\$151	

## Level 5+ Ages 6 & Up

This class is designed for participants that have previously taken Level 5. The main focus will be on proper stroke refinement for breaststroke, sidestroke and butterfly as well as designated time for flip turns.

Activity	Day	Time	Date	Fee	No Class
321175-AA	Tu	5:45-6:30 PM	3/12-4/23	\$151	4/16
321175-BA	Tu	5:45-6:30 PM	4/30-6/4	\$151	

## Level 6+ Ages 6 & Up

Ease, efficiency, power, and smoothness through different water exercises. All classes work on strokes and endurance.

Activity	Day	Time	Date	Fee	No Class
321176-AA	Tu	5:45-6:30 PM	3/12-4/23	\$151	4/16
321176-BA	Tu	5:45-6:30 PM	4/30-6/4	\$151	

## American Red Cross Jr. Lifeguarding Ages 11 - 14

American Red Cross Jr. Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes, and skills for future lifeguards.

Activity	Day	Time	Date	Fee	No Class
321140-AA	Th	5:45-7:15 PM	3/14-5/23	\$220	4/18

## 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
321181-AA	M	3:30-4:15 PM	3/11-6/3	\$229	4/15, 5/27
321181-AB	M	4:20-5:05 PM	3/11-6/3	\$229	4/15, 5/27

## Intramural Swim Team Grades 6 - 12

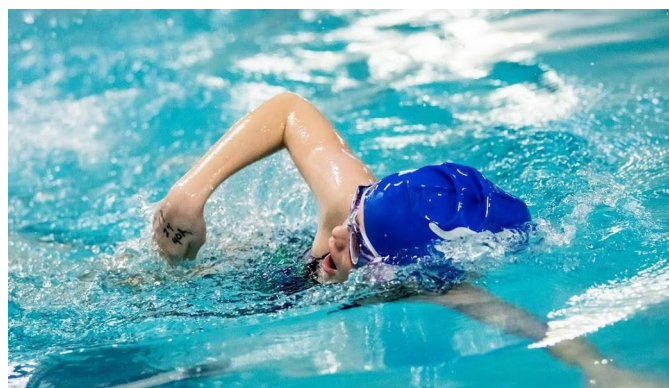
This is a great option for children in grades 6-12 who want a swim team experience. Each team will feature stroke development & refinement, turn/diving drills, and timed swims. **Participants must be able to swim 50 yards in deep water.**

Activity	Day	Time	Date	Fee	No Class
321182-AA	M	5:10-5:55 PM	3/11-6/3	\$229	4/15, 5/27

## Swim Team Prep Clinic Grades 6 - 12

This class is designed for strong swimmers, in grades 6-12, there will be a different workout provided each week as well as focusing on starts, turns, and water safety. Class will model a typical swim team practice. **Participants must be able to swim at least 75 yards.**

Activity	Day	Time	Date	Fee	No Class
321093-AA	Tu	6:35-7:20 PM	3/12-4/23	\$151	4/16
321093-BA	Tu	6:35-7:20 PM	4/30-6/4	\$151	



## 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 \$35, payable to the instructor at first class.

Activity	Day	Time	Date	Fee	No Class
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#### Ages 5 - 7

322452-A1	Sa	8:45-9:30 AM	3/16-6/8	\$330	4/20
322452-A2	Sa	10:45-11:30 AM	3/16-6/8	\$330	4/20

#### Ages 8-14

322453-A1	Sa	9:45-10:30 AM	3/16-6/8	\$330	4/20
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### Girls Volleyball Grades 6 - 8

This program covers basic volleyball skills including serving, passing, setting, hitting, and blocking. 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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322755-A1	W	6:15-7:00 PM	3/13-4/24	\$86	4/17
322755-B1	W	6:15-7:00 PM	5/1-6/5	\$86	

### Boys Volleyball Grades 6 - 8

This program covers basic volleyball skills including serving, passing, setting, hitting, and blocking. 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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322756-A1	W	5:15-6:00 PM	3/13-4/24	\$86	4/17
322756-B1	W	5:15-6:00 PM	5/1-6/5	\$86	

### D&D Adventures Lonesome Lake, NH Day Trip Ages 11-17

Travel by Club van to Lonesome Lake to enjoy the view of the Franconia Ridge. Picnic lunch at the AMC Hut. If the snow is deep the Club will provide snow shoes at no extra cost. This is a 3.5 mile round trip with an elevation gain of 1030 feet. A list of appropriate gear/clothing will be provided after registration.

Activity	Day	Time	Date	Fee
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322900-A1	W	7:00-5:00 PM	4/17	\$85
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### Biddy Basketball Skills & Drills Grades 1 - 3

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

322460-A1	Th	4:00-4:45 PM	3/14-4/25	\$86	4/18
322460-B1	Th	4:00-4:45 PM	5/2-6/6	\$86	

### Biddy Basketball Grades 1 - 3

Designed for players in grades 1-3. On game day, there is a skills and drills session at their scheduled game time each week. 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 needed.** Email Ryan at [rcconnolly@abgclub.org](mailto:rcconnolly@abgclub.org).

322461-A1	Sa	10:00-1:00PM	3/16-5/18	\$138	4/20
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**Week 1 & 2** will be skills and drills sessions. **Players with last names A-K: 10-11 AM and last names L-Z: 11:30 AM-12:30 PM.** For remainder of the season please refer to the schedule given out at week two session.

### Jr. Basketball One & Two Grades 3 - 8

An intramural league designed for fun and stresses the importance of individual and team sportsmanship. The most important concept in our program is that we play to have fun. 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 needed.** Email Ryan at [rcconnolly@abgclub.org](mailto:rcconnolly@abgclub.org).

#### Junior One Grades 3 - 5:

322462-A1	Tu & F	5 or 6 PM	3/15-5/17	\$138	4/16 & 4/19
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Players in 3rd grade should be comfortable playing on a 10 foot hoop. Less experienced players should start with the Biddy Basketball League. **Week 1 & 2 will be skills and drills sessions, Fridays 6:00-7:00 PM.** For remainder of the season please refer to the schedule given out at week two session.

#### Junior Two Grades 6 - 8:

322463-A1	Th	5 or 6 PM	3/14-5/16	\$138	4/18
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**Week 1 & 2 will be skills and drills sessions, Thursdays 6:00-7:00 PM.** For remainder of the season please refer to the schedule given out at week two session.

## Youth Enrichment

### Modding with Minecraft Grades 2 - 5

Explore, create or survive! Mine deep into the Minecraft world and create the future! In this creative class, challenge the odds, craft your own kinds of weapons and build dream worlds using code. Do this while also learning fundamental programming concepts, level design and problem-solving skills. You will make use of Ready-made coding blocks to create mini versions of Minecraft games. Your child will learn how to develop skills in problem-solving and finding the best solutions to a targeted goal. They will have an understanding of programming within the context of Minecraft Modding, and will learn game design all within the comfort of Minecraft.

Activity	Day	Time	Date	Fee	No Class
323693-A1	Th	4:45-5:45 PM	3/14-4/25	\$200	4/18

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

Registration for **new families** for the **2024-2025 school year will occur by email April 1st - April 15th**. Please note the time we receive the email does not matter. All applications should be emailed specifically to the after school program at **afterschool@abgclub.org**. We enter all applications received April 1st - April 15th into a lottery. The lottery will be conducted after April 15th and families will receive an email no later than May 1st as to the status of their application. Applications will be available on our website and at the front desk beginning April 1st. Spaces will be filled and a waitlist will be started. Families that receive a spot and choose to accept it will pay a non-refundable registration fee of \$75.00. Current families register in March and spaces are extremely limited for new families registering in April. We fill any available spaces and begin a waitlist. Rates and other information will be available in mid-March. Please email any questions to the after school program at **afterschool@abgclub.org**.

## Youth April Vacation April 16 -19

### Vacation Club K - 5th Grade

This full day program for members in grades K-5 will include designated gym time, swim time, arts and crafts, and outdoor play (weather permitting). Required paperwork is needed once registered. \*ABGC After School participants do not need to submit additional paperwork, but must register for desired day(s). For more information please contact Jeff at **jjamgochian@abgclub.org**.

755208-A1	Tu	8:30-4:45 PM	4/16	\$85
755208-A2	W	8:30-4:45 PM	4/17	\$85
755208-A3	Th	8:30-4:45 PM	4/18	\$85
755208-A4	F	8:30-4:45 PM	4/19	\$85

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

### Locker Room Access

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

## Tot Water Babies with Caregiver

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

Activity	Day	Time	Date	Fee	No Class
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### Ages 6 - 24 months:

311011-AA	Sa	10:00-10:30 AM	3/16-4/27	\$97	4/20
311011-BA	Sa	10:00-10:30 AM	5/4-6/8	\$97	

### Ages 24 - 36 months:

311012-AA	Sa	10:35-11:05AM	3/16-4/27	\$97	4/20
311012-AB	Sa	11:10-11:40AM	3/16-4/27	\$97	4/20
311012-BA	Sa	10:35-11:05AM	5/4-6/8	\$97	
311012-BB	Sa	11:10-11:40AM	5/4-6/8	\$97	

### Ages 36 - 48 months:

311013-AA	Sa	11:45-12:15PM	3/16-4/27	\$97	4/20
311013-BA	Sa	11:45-12:15PM	5/4-6/8	\$97	

### Ages 6 months - 4 years:

311014-AA	W	10:20-10:50AM	3/13-4/24	\$97	4/17
311014-AB	F	10:20-10:50AM	3/15-4/26	\$97	4/19
311014-BA	W	10:20-10:50AM	5/1-6/5	\$97	
311014-BB	F	10:20-10:50AM	5/3-6/7	\$97	

## Fish Ages 3 - 4 without caregiver

**Children must be 34 inches to chin level.** Skills: safety, learning to balance & maneuver, kicking on stomach & back, paddling arms, floating, use of barbells, noodles and kickboards, jumping, blowing bubbles, going underwater & confidence building. Includes water games and songs. Taught in the shallow end.

Activity	Day	Time	Date	Fee	No Class
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311030-AA	W	10:55-11:25 AM	3/13-4/24	\$105	4/17
311030-AB	F	10:55-11:25 AM	3/15-4/26	\$105	4/19
311030-BA	W	10:55-11:25 AM	5/1-6/5	\$105	
311030-BB	F	10:55-11:25 AM	5/3-6/7	\$105	

### Family Swim

**Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 9:00-9:45 AM (limited to 75 people).** 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.

## Turtles Ages 4 - 5

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

Activity	Day	Time	Date	Fee	No Class
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311041-AA	Tu	1:15-1:45 PM	3/12-4/23	\$105	4/16
311041-AB	F	1:15-1:45 PM	3/15-4/26	\$105	4/19
311041-AC	Sa	1:00-1:30 PM	3/16-4/27	\$105	4/20
311041-AD	Sa	1:35-2:05 PM	3/16-4/27	\$105	4/20
311041-AE	Sa	2:10-2:40 PM	3/16-4/27	\$105	4/20
311041-BA	Tu	1:15-1:45 PM	4/30-6/4	\$105	
311041-BB	F	1:15-1:45 PM	5/3-6/7	\$105	
311041-BC	Sa	1:00-1:30 PM	5/4-6/8	\$105	
311041-BD	Sa	1:35-2:05 PM	5/4-6/8	\$105	
311041-BE	Sa	2:10-2:40 PM	5/4-6/8	\$105	

## Penguins Ages 4 - 5

Child must be able to swim on front without support and comfortable on their back in 4 feet of water.

Activity	Day	Time	Date	Fee	No Class
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311042-AA	Tu	1:15-1:45 PM	3/12-4/23	\$105	4/16
311042-AB	Sa	1:00-1:30 PM	3/16-4/27	\$105	4/20
311042-AC	Sa	2:10-2:40 PM	3/16-4/27	\$105	4/20
311042-BA	Tu	1:15-1:45 PM	4/30-6/4	\$105	
311042-BB	Sa	1:00-1:30 PM	5/4-6/8	\$105	
311042-BC	Sa	2:10-2:40 PM	5/4-6/8	\$105	

## Dolphins Ages 4 - 5

Child will be swimming independently in the **DEEP END**. They **MUST** be able to swim the width of the pool doing both front crawl and back crawl.

Activity	Day	Time	Date	Fee	No Class
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311043-AA	Sa	1:35-2:05 PM	3/16-4/27	\$105	4/20
311043-BA	Sa	1:35-2:05 PM	5/4-6/8	\$105	



## Tot Sports & Fitness

### Tot Tumble Bumble Ages 2 - 3

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

Activity	Day	Time	Date	Fee	No Class
312380-A1	M	9:30-10:15 AM	3/11-4/22	\$92	4/15
312380-A2	M	10:20-11:05 AM	3/11-4/22	\$92	4/15
312380-B1	M	9:30-10:15 AM	4/29-6/3	\$77	5/27
312380-B2	M	10:20-11:05 AM	4/29-6/3	\$77	5/27

### 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.

**Dress Code:** 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
<b>Tumblers Ages 3 - 4</b>					
312311-A1	M	11:10-11:55 AM	3/11-4/22	\$92	4/15
312311-B1	M	11:10-11:55 AM	4/29-6/3	\$77	5/27

### Tumblers Ages 4 - 5

312312-A1	M	12:30-1:15 PM	3/11-4/22	\$92	4/15
312312-A2	M	1:20-2:05 PM	3/11-4/22	\$92	4/15
312312-B1	M	12:30-1:15 PM	4/29-6/3	\$77	5/27
312312-B2	M	1:20-2:05 PM	4/29-6/3	\$77	5/27

### All Star Sports Ages 3 - 5

A fun-filled class that introduces children to a variety of sports and games. Each class will include a new sport and a variety of games.

Activity	Day	Time	Date	Fee	No Class
312272-A1	Tu	1:15-2:00 PM	3/12-4/23	\$86	4/16
312272-B1	Tu	1:15-2:00 PM	4/30-6/4	\$86	

### Serve & Learn Tennis Ages 4 - 5

Introduces 4 & 5 year olds to basic tennis skills such as forehand and backhand.

Activity	Day	Time	Date	Fee	No Class
312260-A1	F	1:15-2:00 PM	3/15-4/26	\$86	4/19
312260-B1	F	1:15-2:00 PM	5/3-6/7	\$86	

### 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
312290-A1	Sa	9:00-9:45 AM	3/16-4/27	\$86	4/20
312290-B1	Sa	9:00-9:45 AM	5/4-6/8	\$86	

## Tot Enrichment

### Tot Stay & Play Ages 2 - 3.5

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. A simple snack is provided.

Activity	Day	Time	Date	Fee	No Class
313651-A1	Th	9:30-11:30AM	3/14-6/6	\$396	4/18

#### 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 from the classroom. Caregivers are requested to come into the room to pick up the children.



#### Family Gym

This is an open time for members to run and play! 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. **Fridays 9:30-11:00 AM and Saturdays 2:00-3:00 PM.**

## ABC Preschool Ages 2.9 - 5

ABC Preschool - a proud member of the community for over 40 years. We are licensed by the Department of Early Education and Care (EEC) and our staff members are experienced, EEC-certified, and trained in first aid/CPR.

**Applications for the 2024-2025 school year** are currently being accepted, spaces are filling up fast! Our preschool program focuses on the social/emotional growth of our students, teaching self-help skills and fostering independence. Our Pre-Kindergarten program continues to nurture these skills while focusing on Kindergarten readiness - all while having fun!

ABC Preschool's bright, colorful classrooms are located on the ground floor of the Arlington Boys & Girls Club and provide a beautiful view overlooking Spy Pond. All classes spend time outdoors in our private playground or exploring the area surrounding the Club with walks down the bike path, trips to Robbins Library, and more. We offer an introduction to age-appropriate technology, play time in the gym, and simple cooking projects. Other areas we enjoy include the basketball court, and the field adjacent to the Club.

ABC Preschool offers a variety of schedules at affordable prices. We have 2, 3 and 5 day preschool programs and a Pre-K program that meets 5 days per week. Our regular hours are 8:30 AM - 12:30 PM with and extended day option until 3:00 PM (space is very limited).

### Our program has made a great impact on many families:

*"We have found ABC Preschool to be a warm, joyful place for our son. The teachers are generous with their attention and care. Our son has stories to share every day about the art projects he worked on, toys he played with, stories that were read and who he played with inside and out. We appreciate that he gets to play outside as often as possible, including in the snow! We couldn't be happier with Judy and her team, they really create something special for the community with this school."*

- ABC Preschool Parent

*"Our daughter has had a wonderful experience in the Pre-K program. The teachers are warm and nurturing, and she really loves them. The class is very active, with a lot of time outside and in the gym on rainy days. Our family is new to Arlington, and we have enjoyed meeting other families and getting to know about other events and activities that take place at the Boys and Girls Club. It has been a great connection to the community here! Thank you for all you do to create such a nurturing environment every day!"*

- ABC Preschool Parent

**For more information contact Preschool Director Judy Andrews at 781-648-1617 x 216 or email [abcpreschool@abgclub.org](mailto:abcpreschool@abgclub.org).**

## Summer Preview

Summer Programs are tentatively scheduled to begin the week of **June 24th**. The complete summer brochure will be available for viewing online beginning **Tuesday, February 27th**.

### Summer Stroll, Saturday March 2nd

On **Saturday, March 2nd 1:00 - 3:00 PM** we invite adults to come "stroll" through the Arlington Boys & Girls Club! Adults can meet our Program Director Lauren, view our building, ask questions about our wildly popular programs, and enjoy a quick tour. This event is open to current and prospective Club families.

### Summer Registration

- Online preview available **Tuesday February 27th**.
- Online **Kids Zone & Extreme Summer** registration begins **Tuesday March 5th at 10:00 AM**.
- Online registration for all other summer programs begins **Wednesday March 6th at 10:00 AM**.
- Walk-in and phone-in registration begins **Thursday March 7th at 10:00 AM**.

### Swim Classes for Children

Make sure your child is safe in and around the water. The Club offers swim lessons for children of various ages. Sessions run weekly Monday - Thursday.

### Sports Clinics Ages 6 - 13

We will offer a variety of 1/2 day sports clinics Monday - Friday, 9:30 AM-Noon. Please see summer brochure for specific themes and age groups.



## Summer Structured Programs

### Kids Zone Ages 5 - 9

Children will explore, create, and stay active this summer! Participants will be grouped by age. Daily activities include:

- Indoor & outdoor games
- Arts & crafts
- Free swim & swim safety lesson

Kids Zone takes place primarily outside utilizing the Club's basketball court, field across the street, Spy Pond playground, and local walking field trips. **This program is offered in one week sessions, from 9:00 AM-4:00 PM. Tentative schedule: June 24 - August 23. Fee \$352 per week.**

### Extreme Summer Ages 10 - 12

How about adding an extreme adventure to your summer? This program has it all for your 10-12 year old. Whether you're adventurous, sporty, or a nature lover, we have fun-filled trips planned for you! Transportation is provided by Club vans, MBTA, or walking. **This program is offered in one week sessions, from 9:00 AM-4:00 PM. Tentative schedule: July 8 - August 16. Fees \$380 per week.** Details:

- Each week includes a wide-range of field trips. Featured trips will be named in summer brochure.
- Each day will conclude at the Club with free swim.

### Open Boating Ages 8 - 17

Offered daily for members ages 8 - 17 from 3:30 to 4:30 PM. Sailing, kayaking, and paddle boarding available with basic instructions given to new boaters. Boating games and island adventures offered throughout the summer! Participants **MUST** pass a 75 yard, non-stop swim test in our pool. **Boating test offered at the beginning of each free swim, beginning February 27th. Day pass, multi-visit punch cards, and unlimited passes available for purchase.**

### Boating Exploration Ages 8 - 12

Join us for boating adventures on Spy Pond. This program is designed for children ages 8 to 12. It will be **offered in one week sessions available 9:30 AM-Noon or 12:30-3:00PM.** Activities include sailing, kayaking, and paddle board lessons. Children will participate in boating games and exploration of the pond. **Participants MUST pass the boating swim test (75 yards) by May 11th. Failure to do so will result in removal from the program. Boating tests offered at the beginning of each free swim, beginning February 27th. Tentative schedule: June 24 - August 23. Fee \$214 per week.**

## Summer Enrichment Programs

### STEAM Classes Ages 8-12

We will offer a variety of 1/2 day STEAM classes Monday - Friday, 9AM-Noon. These classes may be instructed by Wicked Cool for Kids or The Code Wiz. Please see summer brochure for specific themes and age groups.

## Summer Club Kids Program Ages 8 - 17

Join in on the summer fun! **The Club is open 9:00 AM to 4:45 PM Monday through Friday for members ages 8 to 17.** If your child is a member, they are a Club Kid and can take part in a wide range of fun activities offered each day throughout the summer. The Club has an open door policy, which means members may go in and out of the building as they please. Caregivers should limit how far their children can stray from the Club. Children not mature enough to handle this responsibility should enroll in other programs with direct supervision. See below for a preview of what your child can do during the summer months, at no additional charge.

### Games Room

Members can take part in activities including foosball, bumper pool, air hockey and more! Children may also take part in arts & crafts and table games.

### Free Swim

Swimming will be offered **twice a day** for children ages 8 to 17. All swimmers must pass a 25 yard deep end test in order to swim in the deep end of the pool.

### Open Gym

Members will be able to participate in open gym. There will be a variety of games played each day at the discretion of the gym staff.

### Sunshine Room

A designated area for members ages 8-11 designed to provide members a fun space to play and take part in arts & crafts, games, and more!

### Pond Room

This room, located right on the pond, is designed specifically for members ages 12-17. Play cards, board games, video games, or simply cool-off in this air conditioned space.

## Adult Program

### Membership

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

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

**Adult Basketball Membership:** Saturday mornings 7:00-8:45 AM. September through May, Fee: \$175.

### ADULT SWIM HOURS

<b>Morning:</b>	M,W,F	6:00-9:15 AM
	T, Th	7:00-9:15 AM
	Sat	7:00-8:45 AM
<b>Midday:</b>	M-F	11:30-1:00 PM *

\* Adult swim weekday hours during December, February, and April public school vacation are 6:00-8:30 AM

### FITNESS ROOM HOURS

<b>Morning:</b>	M,W,F	6:00 AM-1:00 PM *
	Tu, Th	7:00 AM-1:00 PM *
	Sa	7:00-8:45 AM

\* Fitness room closes at 8:30 AM during public school vacations (Dec, Feb, Apr).

### ADULT GYM HOURS

<b>Morning:</b>	W,F	6:00-8:45 AM
	Tu,Th	7:00-8:45 AM
	Sa	7:00-8:45 AM

### Multi - Visit Punch Card

A punch can be used for daily swim, aquacize, gym, and 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

### Adult Swim Lessons

This class is designed for people that 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
331100-AA	M	7:20-7:50 PM	3/11-4/22	\$99	4/1, 4/15
331100-AB	M	7:55-8:25 PM	3/11-4/22	\$99	4/1, 4/15
331100-BA	M	7:20-7:50 PM	4/29-6/3	\$99	5/27
331100-BB	M	7:55-8:25 PM	4/29-6/3	\$99	5/27

### Aquacize

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

### 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

### Alumni & Friends Golf Tournament, Wayland Country Club

**Monday, June 3rd, 8:00 AM.** Shotgun start. Raffles. Prizes. Tons of fun. Contact Derek at [dcurran@abgclub.org](mailto:dcurran@abgclub.org) or look on our website in the Spring for player or sponsor information. All are welcome!

Now accepting applications for the 2024 / 2025 school year

# ABC PRESCHOOL

ABC Preschool offers classes for children ages 2.9 to 5 years old. ABC Preschool offers a variety of schedules at affordable prices. These include two, three, and five day preschool programs and a five day pre-k program. For more information contact Preschool Director Judy Andrews at 781-648-1617 x216 or visit our website at **ABGClub.org**.

## \$10,000 Raffle

Virtual Drawing  
Thursday, February 8th, 7 PM

Join the Club for our virtual raffle drawing, broadcast on Facebook Live. Plan to jump on to hear your number called! Each raffle ticket will be entered into daily drawings during the week leading up to February 8th. Stop by or call to purchase your lucky \$10K raffle ticket. The Club is also selling \$10 raffle tickets for 1) two roundtrip airline tickets wherever JetBlue flies, 2) A Night on the Town at the Boston Celtics and 3) a \$500 gift card to Great Wolf Lodge. Winners to be announced on February 8th as well. You can purchase these tickets on the Club's website. The \$10,000 Raffle is sponsored by Arbella Insurance and Jamgochian Insurance Agency, Inc.

## Summer Stroll

AB&GC  
Saturday, March 2nd, 1-3 PM

We invite adults to come "stroll" through the Arlington Boys & Girls Club! Adults can meet our Program Director Lauren, view our building, ask questions about our wildly popular programs, and enjoy a quick tour. This event is open to current and prospective Club families.

## Alumni & Friends Golf Tournament

Monday, June 3rd, 8 AM

Shotgun start. Raffles. Prizes. Tons of fun. Contact Derek at **dcurran@abgclub.org** or look on our website in the Spring for player or sponsor information. All are welcome!

**GREAT FUTURES START HERE.**



**ARLINGTON  
BOYS & GIRLS CLUB**

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