



ARLINGTON
BOYS & GIRLS CLUB

SUMMER 2024

GREAT FUTURES **START HERE**

ABGCLUB.ORG



REGISTRATION: ONLINE KIDS ZONE & EXTREME SUMMER: **MAR 5** at **10:00AM**,
ONLINE ALL OTHER PROGRAMS: **MAR 6** at **10:00AM**, WALK-IN, PHONE-IN: **MAR 7** at **10:00AM**

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Registration Info

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

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GREAT FUTURES START HERE.



**ARLINGTON
BOYS & GIRLS CLUB**

Club Calendar

March 5	Tu	Online Kids Zone & Extreme Summer registration begins at 10:00AM
March 6	W	Online registration for all other summer programs begins at 10:00 AM
March 7	Th	Summer walk-in and phone-in registration begins at 10:00 AM
April 15	M	Patriots Day - Club Closed
April 16-20	Tu-Sa	School vacation week - no classes
May 16	Th	Annual Celebration - Club closes at 6:00 PM
May 27	M	Memorial Day - Club Closed
June 3	M	Alumni & Friends Golf Tournament
June 8	Sa	Last Saturday until September
June 19	W	Juneteenth - Club Closed
July 4-5	Th-F	Independence Day Celebration - Club Closed
August 8	Th	Kids Day ages 8 - 17, 1:15 - 3:00 PM
August 23	F	Last Day of Summer Program

Fall Registration

1. Online preview available **Tuesday, July 23rd**.
2. Online SWIM registration only **Tuesday, July 30th at 10:00 AM**.
3. Online registration for all other programs begins **Wednesday, July 31st at 10:00 AM**.
4. Walk-in and phone-in registration begins **Thursday, August 1st 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, socio-economic status, and religion – in reaching their full potential.

KIDS DAY!

ALL MEMBERS AGES 8 TO 17 ARE INVITED TO
JOIN US FOR AN AFTERNOON OF FUN AT THE CLUB!
1:15 – 3:00 PM AUGUST 8th



A special THANK YOU to
BrooklineBank
for sponsoring this event!



Special Events



Annual Celebration May 16th

Please mark your calendar for the Club's Annual Celebration on Thursday, May 16th at 7pm. The theme is "Honoring Community Champions: Going for GOLD!", in recognition of this Olympic year. This adult-only event will be held under the tent at the Club. We will honor and celebrate our Outstanding Service to Youth awardee, the Youth Service award winner and our Youth of the Year. It promises to be a super fun night! Please join staff, board members, volunteers and donors at this festive, springtime event. Scrumptious hors d'oeuvres and dessert will be served. We look forward to seeing you! The Annual Celebration is generously sponsored by the Cambridge Savings Charitable Foundation.

Alumni & Friends Golf Tournament, Wayland Country Club

Monday, June 3rd, 8:00 AM. Shotgun start. Proceeds benefit scholarships for graduating high school seniors to further their education. Registration forms available online or at the Club. Contact Derek at dcurran@abgclub.org for player or sponsorship information.

47th Annual Golf Classic, Winchester Country Club

This very popular golf tournament will be held **Monday, September 30th**. Foursomes fill up quickly. In August, look to the Club's website for registration information. Proceeds benefit youth programming at the Club. For additional player or sponsor information email Derek a dcurran@abgclub.org.

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.

General Information

Annual Child Membership - \$35

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.

Club Bank & Snack Bar

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

Sign-in Procedure

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

Program Area Ages 8 - 17

Games Room

Members ages 8 - 17 can take part in activities including bumper pool, air hockey, foosball, and more! Children may also take part in tournaments, table games and coloring.

Sunshine Room

A designated area for members ages 8 - 11 designed to provide members a fun air conditioned 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.

Free Swim

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

Open Gym

Members ages 8 - 17 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.

Program Area Schedule for Summer Session Ages 8 - 17 years

Program Area	Monday	Tuesday	Wednesday	Thursday	Friday
Games Room Ages 8-17	9:00-4:45 PM	9:00-4:45 PM	9:00-4:45 PM	9:00-4:45 PM	9:00-4:45 PM
Sunshine Room Ages 8-11	9:30-12:30 PM 1:00-3:45 PM	9:30-12:30 PM 1:00-3:45 PM	9:30-12:30 PM 1:00-3:45 PM	9:30-12:30 PM 1:00-3:45 PM	9:30-12:30 PM
Pond Room Ages 12-17	11:00-4:30 PM	11:00-4:30 PM	11:00-4:30 PM	11:00-4:30 PM	11:00-4:30 PM
Free Swim Ages 8-17	12:30-1:15 PM	12:30-1:15 PM	12:30-1:15 PM	12:30-1:15 PM	12:30-1:15 PM
Free Swim Ages 8-11	3:45-4:30 PM	3:45-4:30 PM	3:45-4:30 PM	3:45-4:30 PM	3:45-4:30 PM
Teen Swim Ages 12-17	3:00-3:45 PM	3:00-3:45 PM	3:00-3:45 PM	3:00-3:45 PM	3:00-3:45 PM
Open Gym Ages 8-17	12:45-2:45 PM	12:45-2:45 PM	12:45-2:45 PM	12:45-2:45 PM	12:45-2:45 PM
Gym Games Ages 8-11	2:45-3:30 PM	2:45-3:30 PM	2:45-3:30 PM	2:45-3:30 PM	2:45-3:30 PM
Teen Gym Ages 12-17	3:30-4:30 PM	3:30-4:30 PM	3:30-4:30 PM	3:30-4:30 PM	3:30-4:30 PM

Club Kids Program Information

A yearly non-refundable membership fee of \$35 is required of all members. This fee allows members ages 8 - 17 access to the Club during program hours to participate in daily games, tournaments, open gym, free swim, and special events. Membership fees are renewable one year from date of purchase. Members ages 8 - 17 are supervised 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.

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, other people, 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 Questions Ages 8 - 17

1. **Are my children 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. We also sell ice cream treats. 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.

Summer Gym Games Ages 8 - 11, 2:45 - 3:30 PM

Club Kids ages 8 - 11 are invited to join Coach Ryan daily in the gym. No pre-registration required.

Monday - Dodgeball

Tuesday - Tournament Tuesday

Wednesday - Soccer

Thursday - Kickball

Friday - Fun Friday

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. 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 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.

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 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.
3. Locker rooms are closed to adults from 9:00-5:00 PM when our youth programs are in session.
4. During these hours children will need to use the locker rooms independently or the individual changing stalls available next to the Learning Center
5. During these hours all adults must use the individual restroom available next to the Learning Center.
6. Children are welcome to use the locker room that best aligns with their gender identity.

Semi-Private Swim Lessons

There will be 2-3 children ages 6 and older in each class. The goal is to improve the skills that they have and to introduce new skills. Red Cross Swim Level requirements will be covered.

Activity #	Day	Time	Date	Fee
Level 2				
421012-B1	M-Th	9:30-10:15 AM	6/24-6/27	\$229
421012-B2	M-W	9:30-10:15 AM	7/1-7/3	\$191
421022-B2	M-W	11:10-11:55 AM	7/1-7/3	\$191
421012-B3	M-Th	9:30-10:15 AM	7/8-7/11	\$229
421012-B4	M-Th	9:30-10:15 AM	7/15-7/18	\$229
421022-B4	M-Th	11:10-11:55 AM	7/15-7/18	\$229
421012-B5	M-Th	9:30-10:15 AM	7/22-7/25	\$229
421012-B6	M-Th	9:30-10:15 AM	7/29-8/1	\$229
421022-B6	M-Th	11:10-11:55 AM	7/29-8/1	\$229
421012-B7	M-Th	9:30-10:15 AM	8/5-8/8	\$229
421012-B8	M-Th	9:30-10:15 AM	8/12-8/15	\$229
421022-B8	M-Th	11:10-11:55 AM	8/12-8/15	\$229
421012-B9	M-Th	9:30-10:15 AM	8/19-8/22	\$229
Level 3				
421023-B2	M-W	11:10-11:55 AM	7/1-7/3	\$191
421023-B4	M-Th	11:10-11:55 AM	7/15-7/18	\$229
421023-B6	M-Th	11:10-11:55 AM	7/29-8/1	\$229
421023-B8	M-Th	11:10-11:55 AM	8/12-8/15	\$229
Level 4				
421014-B1	M-Th	9:30-10:15 AM	6/24-6/27	\$229
421014-B2	M-W	9:30-10:15 AM	7/1-7/3	\$191
421024-B2	M-W	10:20-11:05 AM	7/1-7/3	\$191
421014-B3	M-Th	9:30-10:15 AM	7/8-7/11	\$229
421014-B4	M-Th	9:30-10:15 AM	7/15-7/18	\$229
421024-B4	M-TH	10:20-11:05 AM	7/15-7/18	\$229
421014-B5	M-Th	9:30-10:15 AM	7/22-7/25	\$229
421014-B6	M-Th	9:30-10:15 AM	7/29-8/1	\$229
421024-B6	M-Th	10:20-11:05 AM	7/29-8/1	\$229
421014-B7	M-Th	9:30-10:15 AM	8/5-8/8	\$229
421014-B8	M-Th	9:30-10:15 AM	8/12-8/15	\$229
421024-B8	M-Th	10:20-11:05 AM	8/12-8/15	\$229
421014-B9	M-Th	9:30-10:15 AM	8/19-8/22	\$229
Level 5				
421025-B2	M-W	10:20-11:05 AM	7/1-7/3	\$191
421025-B4	M-Th	10:20-11:05 AM	7/15-7/18	\$229
421025-B6	M-Th	10:20-11:05 AM	7/29-8/1	\$229
421025-B8	M-Th	10:20-11:05 AM	8/12-8/15	\$229

Youth Level 1: Introduction to Water Skills Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
421071-AA	M-Th	3:25-4:10 PM	6/10-6/13	\$105	
421071-AB	M-Th	3:25-4:10 PM	6/17-6/20	\$88	6/19
421711-B1	M-Th	10:20-11:05 AM	6/24-6/27	\$105	
421711-B3	M-Th	10:20-11:05 AM	7/8-7/11	\$105	
421711-B5	M-Th	10:20-11:05 AM	7/22-7/25	\$105	
421711-B7	M-Th	10:20-11:05 AM	8/5-8/8	\$105	
421711-B9	M-Th	10:20-11:05 AM	8/19-8/22	\$105	

Youth Level 2: Fundamental Aquatic Skills Ages 6 & Up

Purpose: Submerging entire head. Front & back glide. Treading water using arms & legs. Water safety rules. Bobbing in water, floating, swimming using combined stroke on front & back. Includes time in the shallow-end & the deep-end.

Activity #	Day	Time	Date	Fee	No Class
421072-AA	M-Th	4:15-5:00 PM	6/10-6/13	\$105	
421072-AB	M-Th	4:15-5:00 PM	6/17-6/20	\$88	6/19
421722-B1	M-Th	11:10-11:55 AM	6/24-6/27	\$105	
421722-B3	M-Th	11:10-11:55 AM	7/8-7/11	\$105	
421722-B5	M-Th	11:10-11:55 AM	7/22-7/25	\$105	
421722-B7	M-Th	11:10-11:55 AM	8/5-8/8	\$105	
421722-B9	M-Th	11:10-11:55 AM	8/19-8/22	\$105	

Youth Level 3: Stroke Development Ages 6 & Up

Purpose: Build on Level 2 skills with additional guided practice. Front and back glide, front crawl, elementary backstroke. Sitting and kneeling dive. Rotary breathing. Survival float & back float, scissor/dolphin/breast stroke kick. **This is a deep-end class.**

Activity #	Day	Time	Date	Fee	No Class
421073-AA	M-Th	3:25-4:10 PM	6/10-6/13	\$105	
421073-AB	M-Th	3:25-4:10 PM	6/17-6/20	\$88	6/19
421723-B1	M-Th	11:10-11:55 AM	6/24-6/27	\$105	
421723-B3	M-Th	11:10-11:55 AM	7/8-7/11	\$105	
421723-B5	M-Th	11:10-11:55 AM	7/22-7/25	\$105	
421723-B7	M-Th	11:10-11:55 AM	8/5-8/8	\$105	
421723-B9	M-Th	11:10-11:55 AM	8/19-8/22	\$105	

Youth Level 4: Stroke Improvement Ages 6 & Up

Purpose: Develop confidence in strokes & aquatic skills. Safe diving rules. Dive from a compact & stride position. Survival float, back float, elementary backstroke, breaststroke, butterfly, side stroke & throwing assist. Front & back crawl, open turn on front & back. **Swim 25 yards.**

Activity #	Day	Time	Date	Fee	No Class
421074-AA	M-Th	4:15-5:00 PM	6/10-6/13	\$105	
421074-AB	M-Th	4:15-5:00PM	6/17-6/20	\$88	6/19
421714-B1	M-Th	10:20-11:05 AM	6/24-6/27	\$105	
421714-B3	M-Th	10:20-11:05 AM	7/8-7/11	\$105	
421714-B5	M-Th	10:20-11:05 AM	7/22-7/25	\$105	
421714-B7	M-Th	10:20-11:05 AM	8/5-8/8	\$105	
421714-B9	M-Th	10:20-11:05 AM	8/19-8/22	\$105	

Diving Clinic Ages 8 - 12

Child must be able to pass the 25 yard deep end test: Starting from the basics of a sitting dive all the way through a competitive dive. This 45 minute clinic will include various ways to teach as well as improve diving.

Activity #	Day	Time	Date	Fee
421181-B1	F	11:00-11:45 AM	6/28	\$25
421181-B3	F	11:00-11:45 AM	7/12	\$25
421181-B5	F	11:00-11:45 AM	7/26	\$25
421181-B7	F	11:00-11:45 AM	8/9	\$25
421181-B9	F	11:00-11:45 AM	8/23	\$25

Flip Turn Clinic Ages 8 - 12

Child must be at least a Level 4 swimmer. This 45 minute clinic's main focus will be learning/improving front crawl & back crawl flip turns.

Activity #	Day	Time	Date	Fee
421182-B4	F	11:00-11:45 AM	7/19	\$25
421182-B6	F	11:00-11:45 AM	8/2	\$25
421182-B8	F	11:00-11:45 AM	8/16	\$25



Youth Boating

Summer 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. Boating tests offered at the beginning of each free swim, beginning February 27th. If inclement weather, program will be cancelled and made-up on Friday.**

Activity #	Day	Time	Date	Fee
425160-B1	M-Th	9:30 AM-12:00 PM	6/24-6/27	\$214
425160-C1	M-Th	12:30-3:00 PM	6/24-6/27	\$214
425160-B2	M-W	9:30AM-12:00 PM	7/1-7/3	\$161
425160-C2	M-W	12:30-3:00 PM	7/1-7/3	\$161
425160-B3	M-Th	9:30 AM-12:00 PM	7/8-7/11	\$214
425160-C3	M-Th	12:30-3:00 PM	7/8-7/11	\$214
425160-B4	M-Th	9:30 AM-12:00 PM	7/15-7/18	\$214
425160-C4	M-Th	12:30-3:00 PM	7/15-7/18	\$214
425160-B5	M-Th	9:30 AM-12:00 PM	7/22-7/25	\$214
425160-C5	M-Th	12:30-3:00 PM	7/22-7/25	\$214
425160-B6	M-Th	9:30 AM-12:00 PM	7/29-8/1	\$214
425160-C6	M-Th	12:30-3:00 PM	7/29-8/1	\$214
425160-B7	M-Th	9:30 AM-12:00 PM	8/5-8/8	\$214
425160-C7	M-Th	12:30-3:00 PM	8/5-8/8	\$214
425160-B8	M-Th	9:30 AM-12:00 PM	8/12-8/15	\$214
425160-C8	M-Th	12:30-3:00 PM	8/12-8/15	\$214
425160-B9	M-Th	9:30 AM-12:00 PM	8/19-8/22	\$214
425160-C9	M-Th	12:30-3:00 PM	8/19-8/22	\$214

What to Bring:

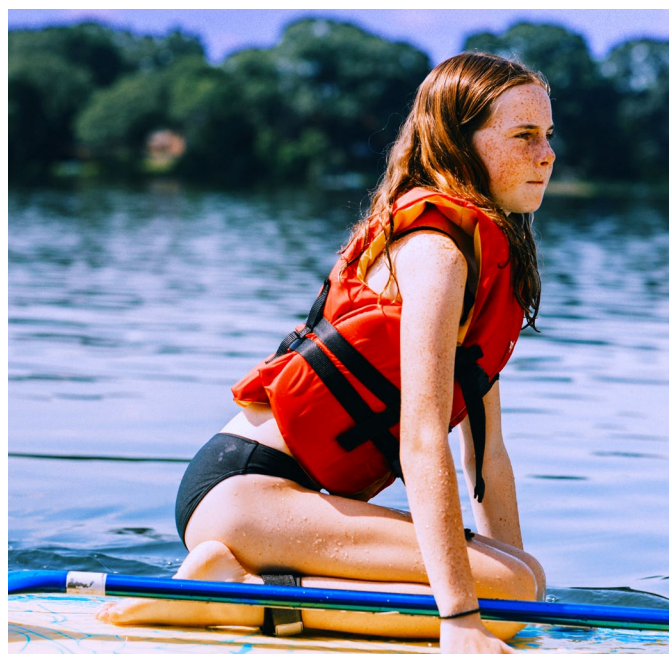
- Sunscreen
- Snack and extra water
- Bathing suit and towel

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, and a caregiver must sign boating permission slip at the front desk. **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.**

Multi-Visit Punch Card:

- 1 visit: \$10
- 3 visits: \$27
- 5 visits: \$40
- Unlimited visits: \$80



Youth Sports & Fitness

Biddy Basketball Skills & Drills Grades 1 - 3

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

Activity #	Day	Time	Date	Fee
422460-A1	Tu, Th	5:05-5:50 PM	6/11-6/20	\$57

Basketball Clinic

Players will learn the traditional ball handling, shooting, rebounding, and defensive skills. We will also begin to develop advanced individual moves and build on each player's basketball IQ. The week will consist of drills, games, and contests.

Activity #	Day	Time	Date	Fee
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Ages 6 - 8

425461-B3	M-F	9:30AM-12:00PM	7/8-7/12	\$162
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Ages 9 -13

425462-B5	M-F	9:30AM-12:00PM	7/22-7/26	\$162
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All Star Sports Clinic Ages 6 - 8

A fun program that will cover a wide range of sports throughout the week including soccer, basketball, baseball, and more! The week will consist of drills, games, and contests.

Activity #	Day	Time	Date	Fee
425271-B4	M-F	9:30AM-12:00PM	7/15-7/19	\$162
425271-B6	M-F	9:30AM-12:00PM	7/29-8/2	\$162

Boys Lacrosse Clinic Ages 8 - 12

A fun program for players of all skill levels. We will practice basic lacrosse skills including passing, catching, cradling, shooting and dodging. The week will consist of drills, games, and contests. Goggles and sticks provided. All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming. **Mouth guards required.**

Activity #	Day	Time	Date	Fee
425200-B8	M-F	9:30AM-12:00PM	8/12-8/16	\$162

Girls Volleyball Clinic Ages 11 - 14

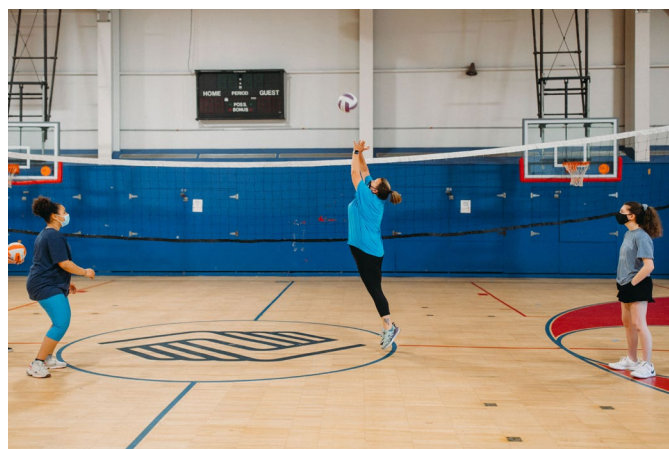
Players will practice the proper fundamentals of the game in a fun environment! Skills such as serving, passing, setting, hitting, and blocking will be covered. The week will consist of drills, games, and contests. All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Activity #	Day	Time	Date	Fee
425754-B1	M-F	9:30AM-12:00PM	6/24-6/28	\$162

Strength & Conditioning Ages 12 - 17

This clinic will educate members on the proper form for a wide variety of different exercises. We will work on strength, speed, and agility using various equipment. This is a great way to get in shape for the fall sport season!

Activity #	Day	Time	Date	Fee
425911-B7	M-F	10:00AM-12:00PM	8/5-8/9	\$162



Structured Programs

Kids Zone for Ages 5 - 9

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

Daily activities include:

- Outdoor play including various group games, ball games, chalk, and water play
- Indoor play including various group games, LEGOS, board games, tournaments, and coloring
- Arts & crafts projects
- Free swim with a short swim safety lesson included
- Choice time where children can select from two or more activities
- Weekly special events and fun theme days

Kids Zone takes place primarily outside utilizing the Club's basketball court, field across the street, Spy Pond playground, and local walking field trips. A short swim safety lesson will be included at the start of free swim daily with an emphasis on improving individual skills and teaching children to be safe around water.

What to bring:

- Sunscreen (Staff *CANNOT* apply sunscreen)
- Lunch, snack, and water
- Bathing suit and towel

We do not offer early morning or extended day. Children ages 8-9 have the option of remaining at the Club until 4:45pm as part of the Club Kids "drop-in" program with permission from a guardian. Please be aware this program has an open door policy and children will no longer be under direction supervision.

Questions? Email Maggie at mhubbard@abgclub.org.

Activity #	Time	Date	Fee
425870-B1	9AM-4PM	6/24-6/28	\$352
425870-B2	9AM-4PM	7/1-7/3	\$211
425870-B3	9AM-4PM	7/8-7/12	\$352
425870-B4	9AM-4PM	7/15-7/19	\$352
425870-B5	9AM-4PM	7/22-7/26	\$352
425870-B6	9AM-4PM	7/29-8/2	\$352
425870-B7	9AM-4PM	8/5-8/9	\$352
425870-B8	9AM-4PM	8/12-8/16	\$352
425870-B9	9AM-4PM	8/19-8/23	\$352



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.**

Details:

- We have two featured trips each week.
- The remaining three days will include local hikes, spray parks, playgrounds, and more.
- Each day will conclude at the Club with free swim.

B3 Featured Trips: Boda Borg & Urban Air
425890-B3 M-F 9AM-4PM 7/8-7/12 \$380

B4 Featured Trips: Canobie Lake Park & Apex
425890-B4 M-F 9AM-4PM 7/15-7/19 \$380

B5 Featured Trips: Boundless Adventures & Kimball Farm
425890-B5 M-F 9AM-4PM 7/22-7/26 \$380

B6 Featured Trips: Canobie Lake Park & Extreme Craze
425890-B6 M-F 9AM-4PM 7/29-8/2 \$380

B7 Featured Trips: Urban Air & In The Game
425890-B7 M-F 9AM-4PM 8/5-8/9 \$380

B8 Featured Trips: Boda Borg & Launch Woburn
425890-B8 M-F 9AM-4PM 8/12-8/16 \$380

All trips are subject to change.

What to bring:

- Sunscreen
- Lunch, snack, and extra water
- Bathing suit and towel

Questions? Email Jeff at jjamgochian@abgclub.org.

Career Launch Program Ages 14 - 17

Learn how to be a leader and gain firsthand experience with the opportunity to work with children ages 5-12. Participants will be exposed to a work environment that will teach them job skills including leadership, responsibility, and working with others. Participants will function as junior staff assigned to a specific program. They will be responsible for assisting Club Staff in leading activities and various other duties.

This volunteer position can serve as community service hours. Participants must record their hours worked each week. Each participant is required to submit a Career Launch application, participate in mandatory training sessions, and must have a current Club membership. **Applications will be available online Wednesday, March 27th and must be submitted by Friday, April 12th.** Spaces are limited. Participants will receive a minimum of three weeks of volunteer experience.

Questions? Email Lauren at lduddy@abgclub.org.

Activity #: 425011-B0

Fee: \$53



GREAT FUTURES START HERE.



**ARLINGTON
BOYS & GIRLS CLUB**



Gadgets & Contraptions Ages 7 - 9

Design, build, and experiment with classic moving gadgets and investigate how they work. Tinker with tops and construct zany ziplines. Create cars that move with magnets. Conquer kinetic energy with wind-ups and rubber band-powered playthings. Build a Rube Goldberg machine and engineer extraordinary buildings. Classes taught by Wicked Cool for Kids.

Activity #	Day	Time	Date	Fee
425691-B4	M-F	9:00 AM-12:00 PM	7/15-7/19	\$330

Rocket Science Ages 7 - 9

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, solid fuel rockets and rockets that blast off via chemical reaction! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting). Classes taught by Wicked Cool for Kids.

Activity #	Day	Time	Date	Fee
425691-B6	M-F	9:00 AM-12:00 PM	7/29-8/2	\$330

Wicked Cool Science Ages 7 - 9

These kid-approved top STEAM experiments are sure to be a hit with any junior scientist. Grow giant glowing cubes, concoct crazy chemical reactions, make glow sticks glow brighter and delight your friends with science magic. Make an array of colorful slime. Classes taught by Wicked Cool for Kids.

Code	Day	Time	Date	Fee
425691-B8	M-F	9:00 AM-12:00 PM	8/12-8/16	\$330



Design Your Own Roblox Games Ages 8 - 12

Anyone can build a game in Roblox! Roblox studio has all the tools to make your wildest gaming imaginations a reality. You tell us what game you want to make and we'll teach you the fundamentals and coach you through bringing that game to life! Whether you're new to coding or have some experience, you will be challenged and have fun while bringing your game to life. Through drag and drop techniques or pure scripting, you'll be creating extensions to the Roblox game while fostering your creativity and learning real-world computer coding. Classes taught by The Code Wiz.

Code	Day	Time	Date	Fee
425692-B5	M-F	9:00 AM-12:00 PM	7/22-7/26	\$350

Make Your Own Games & Animations: Ages 8 - 12

Dive into the world of code by coding your own space shooter games, trivia games, music bands, beautiful computer-generated art and math simulations or tell a story! Coding can be for kids of all ages! Even beginners who have no prior coding experience before are able to jump in and learn too! Kids learn to code using visual code blocks that represent real programming concepts that scale from easy to advanced. They learn about sequencing, loops, infinite loops, conditionals, events and more. With our Drag and Drop Platform, kids learn to code by creating their own games! Kids will get to see all these skills in action when they learn to program and fly their own drones! Classes taught by The Code Wiz.

Code	Day	Time	Date	Fee
425692-B7	M-F	9:00 AM-12:00 PM	8/5-8/9	\$350

Modding with Minecraft: Ages 8 - 12

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. Classes taught by The Code Wiz.

Code	Day	Time	Date	Fee
425692-B9	M-F	9:00 AM-12:00 PM	8/19-8/23	\$350

Wicked Cool for Kids and The Code Wiz provide on-site enrichment programs for elementary school children. They work with community-based organizations to provide high quality experiences.

Tot Swim

Swim Class Registration

Limited to one swim class per session.

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

Locker Room Safety Rules

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

Locker Room Access

1. We encourage families to have children come dressed to the Club in their bathing suits in order to make for an easier transition into the pool for your lesson.
2. 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.
3. Locker rooms are closed to adults from 9:00-5:00 PM when our youth programs are in session.
4. During these hours children will need to use the locker rooms independently or the individual changing stalls available next to the Learning Center
5. During these hours all adults must use the individual restroom available next to the Learning Center.
6. Children are welcome to use the locker room that best aligns with their gender identity.

Semi Private Swim Lessons Ages 3 - 5

There will be 2-3 children in each class. These classes are designed for beginners. Child must meet height requirement of 34 inches to chin level.

Activity #	Day	Time	Date	Fee
Ages 3 & 4				
411021-B1	M-Th	9:30-10:00 AM	6/24-6/27	\$153
411021-B2	M-W	9:30-10:00 AM	7/1-7/3	\$115
411021-B3	M-Th	9:30-10:00 AM	7/8-7/11	\$153
411021-B4	M-Th	9:30-10:00 AM	7/15-7/18	\$153
411021-B5	M-Th	9:30-10:00 AM	7/22-7/25	\$153
411021-B6	M-Th	9:30-10:00 AM	7/29-8/1	\$153
411021-B7	M-Th	9:30-10:00 AM	8/5-8/8	\$153
411021-B8	M-Th	9:30-10:00 AM	8/12-8/15	\$153
411021-B9	M-Th	9:30-10:00 AM	8/19-8/22	\$153

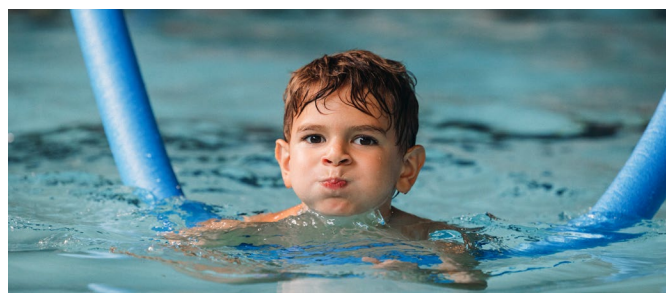
Ages 4 & 5

411022-B2	M-W	10:05-10:35 AM	7/1-7/3	\$115
411022-B4	M-Th	10:05-10:35 AM	7/15-7/18	\$153
411022-B6	M-Th	10:05-10:35 AM	7/29-8/1	\$153
411022-B8	M-Th	10:05-10:35 AM	8/12-8/15	\$153

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
411310-B1	M-Th	10:40-11:10 AM	6/24-6/27	\$70
411310-B2	M-W	10:40-11:10 AM	7/1-7/3	\$53
411310-B3	M-Th	10:40-11:10 AM	7/8-7/11	\$70
411310-B4	M-Th	10:40-11:10 AM	7/15-7/18	\$70
411310-B5	M-Th	10:40-11:10 AM	7/22-7/25	\$70
411310-B6	M-Th	10:40-11:10 AM	7/29-8/1	\$70
411310-B7	M-Th	10:40-11:10 AM	8/5-8/8	\$70
411310-B8	M-Th	10:40-11:10 AM	8/12-8/15	\$70
411310-B9	M-Th	10:40-11:10 AM	8/19-8/22	\$70



Turtles Ages 4 - 5

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

Activity #	Day	Time	Date	Fee
411420-B1	M-Th	11:15-11:45 AM	6/24-6/27	\$70
411420-B2	M-W	11:15-11:45 AM	7/1-7/3	\$53
411420-B3	M-Th	11:15-11:45 AM	7/8-7/11	\$70
411420-B4	M-Th	11:15-11:45 AM	7/15-7/18	\$70
411420-B5	M-Th	11:15-11:45 AM	7/22-7/25	\$70
411420-B6	M-Th	11:15-11:45 AM	7/29-8/1	\$70
411420-B7	M-Th	11:15-11:45 AM	8/5-8/8	\$70
411420-B8	M-Th	11:15-11:45 AM	8/12-8/15	\$70
411420-B9	M-Th	11:15-11:45 AM	8/19-8/22	\$70

Penguins Ages 4 - 5

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

Activity #	Day	Time	Date	Fee
411520-B1	M-Th	10:05-10:35 AM	6/24-6/27	\$70
411520-B3	M-Th	10:05-10:35 AM	7/8-7/11	\$70
411520-B5	M-Th	10:05-10:35 AM	7/22-7/25	\$70
411520-B7	M-Th	10:05-10:35 AM	8/5-8/8	\$70
411520-B9	M-Th	10:05-10:35 AM	8/19-8/22	\$70

Tot Sports & Fitness

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
412290-A1	Tu & Th	4:15-5:00 PM	6/11-6/20	\$58

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.

Activity #	Day	Time	Date	Fee
412271-A1	M-Th	12:30-1:15 PM	6/10-6/13	\$58
412271-A2	M-Th	1:20-2:05 PM	6/10-6/13	\$58

Preschool

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 an extended day option until 3:00 PM (space is very limited).

Our program has made a great impact on many families:

"I'm so glad I decided to enroll my child at ABC Preschool. We basically speak only Portuguese at home so she started school to improve her English and make friends. Fast forward 2 weeks and her English was already amazing! Three months later and I still can't believe all the progress she has made. The teachers are amazing and really care for the kids. I recommend ABC preschool 100%."

- ABC Preschool Parent

"My son has attended the preschool at the ABGC for two years. We have had an amazing experience. The teachers and staff have made his transition to school an easy one. He continues to grow and reach milestones and it's been exciting to watch. Thank you ABGC!"

- ABC Preschool Parent

**For more information contact Preschool Director
Judy Andrews at 781-648-1617 x 216 or email
abcpreschool@abgclub.org.**

Adult Program

Membership

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

	Yearly	9Mo.	3Mo.	1Mo.
Adult 18-64	\$310	\$295	\$152	\$63
Students /	\$210	\$179	\$105	\$63
Seniors 65 & up				

Swimming and Fitness Room

Shutdown August 26th through September 8th.

■ Monday - Friday 6:00 - 8:30 AM

Multi-Session Punch Card

A punch can be used for daily swim and/or the fitness room.

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

Special Needs Basketball

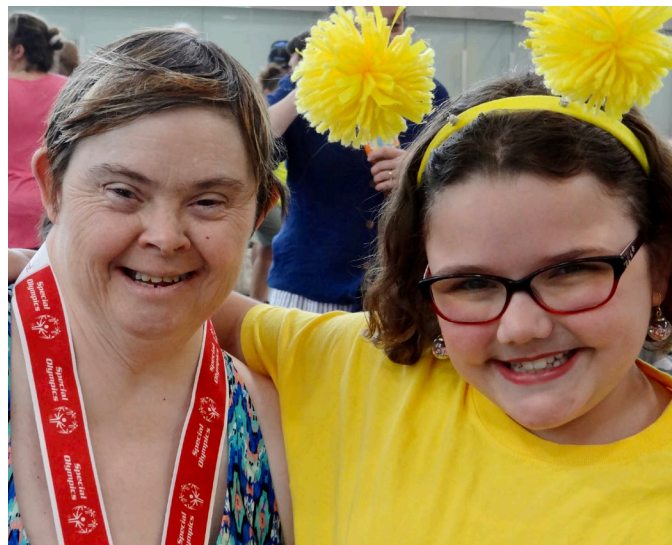
Recreational basketball skills, drills, and games. **Membership required to participate.**

Activity #: 432460-B1 Dates to be announced. **Fee:** \$50

Special Needs Sailing

Four classes. All participants MUST pass a 75 yard swim test.
Membership required to participate.

Activity #: 431160-B1 Dates to be announced. **Fee:** \$35



Annual Celebration May 16th

Please mark your calendar for the Club's Annual Celebration on Thursday, May 16th at 7pm. The theme is "Honoring Community Champions: Going for GOLD!", in recognition of this Olympic year. This adult-only event will be held under the tent at the Club. We will honor and celebrate our Outstanding Service to Youth awardee, the Youth Service award winner and our Youth of the Year. It promises to be a super fun night! Please join staff, board members, volunteers and donors at this festive, springtime event. Scrumptious hors d'oeuvres and dessert will be served. We look forward to seeing you! The Annual Celebration is generously sponsored by the Cambridge Savings Charitable Foundation.

Alumni & Friends Golf Tournament, Wayland Country Club

Monday, June 3rd, 8:00 AM. Shotgun start. Proceeds benefit scholarships for graduating high school seniors to further their education. Registration forms available online or at the Club. Contact Derek at dcurran@abgclub.org for player or sponsorship information.

47th Annual Golf Classic, Winchester Country Club

This very popular golf tournament will be held **Monday, September 30th**. Foursomes fill up quickly. In August look to the Club's website for registration information. Proceeds benefit youth programming at the Club. For additional player or sponsor information email Derek at dcurran@abgclub.org.

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

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

PLEASE JOIN US

Annual Celebration

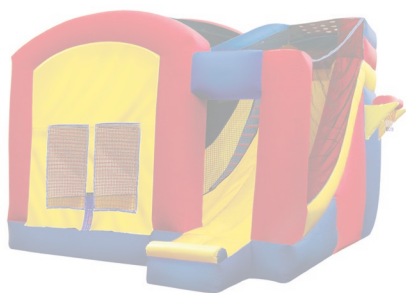
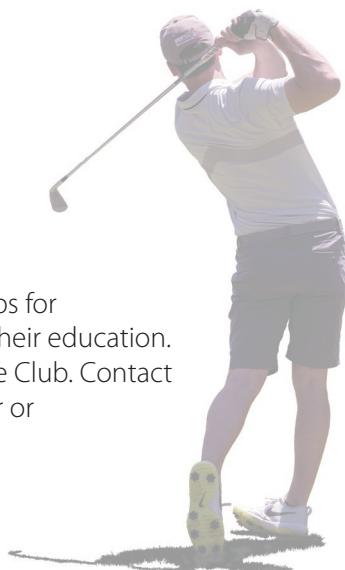
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KIDS DAY!

August 8th, 1:15-3:00 PM

Calling all members ages 8 to 17! You are invited to one of the greatest days of the year. Moon bounces, inflatable water slides and obstacle courses, dunk tank, slush, and more! Get ready for some fun!

A special THANK YOU to **BrooklineBank** for sponsoring this event!

GREAT FUTURES START **HERE.**



**ARLINGTON
BOYS & GIRLS CLUB**

Arlington Boys & Girls Club
Sixty Pond Lane
Arlington, MA 02474-6586
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