

GREAT FUTURES START HERE

ABGCLUB.ORG



ARLINGTON
BOYS & GIRLS CLUB

SPRING & SUMMER

2026



Now Updated! Check out our latest brochure including **Summer Swim Programs.**

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Registration Info

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

1. Club membership must be current throughout the program for which you are registering.
2. Classes may be cancelled due to lack of enrollment. Fees will be returned.
3. There are no make-up classes or refunds for cancellation or absences, weather, mechanical failure or business interruption.
4. Financial assistance is available - email Gina at gduddy@abgclub.org.

Club Calendar

January 20	Tu	Summer Stroll 6:30 - 8 PM
February 11	W	31st Annual \$10,000 Raffle 7 PM
February 16	M	Presidents Day: Club closed
February 17-21	Tu-Sa	School Vacation Week, No classes
February 22	Sun	Summer Stroll 1:30 - 3 PM
March 9	M	Spring Session A begins
March 13	F	Club Kids closes at 6 PM
March 20	F	Club Kids closes at 6 PM
April 20	M	Patriots Day: Club closed
April 21-25	Tu-Sa	School Vacation Week, No classes
April 27	M	Spring Session B begins
May 25	M	Memorial Day: Club closed
May 28	Th	Annual Celebration, Club Kids closes at 5 PM
June 19	F	Juneteenth: Club closed
July 3	F	Independence Day Celebration: Club closed

Online Registration

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

Cancellation Policy

Spring: No refunds or credits for classes or memberships.

Summer:

- Membership is non-refundable.
- Cancel programs by 5/1 for a refund or household credit (cancellation includes a \$25 non-refundable processing fee).
- No refunds or credits after 5/1.

STAFF	CONTACT
Amy Carlson & Kristin Davies After School Program Administrators	781-648-1617 x219 afterschool@abgclub.org
Chris Annunciata Operations Director	781-648-1617 x221 cannunciata@abgclub.org
Erin Butts ABC Preschool Director	781-648-1617 x216 abcpreschool@abgclub.org
Ryan Connolly Sports & Fitness Coordinator	781-648-1617 x215 rconnolly@abgclub.org
Derek Curran Executive Director	781-648-1617 x211 dcurran@abgclub.org
Gina Duddy Administrative Assistant	781-648-1617 x214 gduddy@abgclub.org
Lauren Duddy Topham Program Director	781-648-1617 x232 lduddy@abgclub.org
Kevin Flood Assistant Director	781-648-1617 x223 kflood@abgclub.org
Jennifer Goodwin Community Relations & Development	781-648-1617 x220 jgoodwin@abgclub.org
Maggie Hubbard Social Recreation Coordinator / Kids Zone Coordinator	781-648-1617 x213 mhubbard@abgclub.org
Dan Johnson Special Programming Coordinator	781-648-1617 x242 djohnson@abgclub.org
Rebecca Johnson Preschool Admin. Assistant	781-648-1617 x217 abcpreschool@abgclub.org
Dee Lydon Work Force Readiness Coordinator / Extreme Summer Coordinator	781-648-1617 x237 dlydon@abgclub.org
Kim Urquhart Aquatics Director	781-648-1617 x250 kurquhart@abgclub.org

Inclément 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.**

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**ARLINGTON
BOYS & GIRLS CLUB**

College Scholarship Awards

Each year the Club awards multiple scholarships to current or past members who are pursuing post-secondary education. Applications are available **March 1st at ABGClub.org** and must be submitted by **March 31st**. If you or your company is interested in sponsoring a scholarship, contact Derek at **dcurran@abgclub.org**. Scholarships will be presented at our Annual Celebration in the spring.

Fall Registration

- Online preview available **Tuesday, July 21st**.
- Online SWIM registration only
Tuesday, July 28th at 10:00 AM.
- Online registration for all other programs begins
Wednesday, July 29th at 10:00 AM.
- Walk-in and phone-in registration begins
Thursday, July 30th at 10:00 AM.

Inclusion Statement

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

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.

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

Special Events

31st Annual \$10,000 Raffle Wednesday, February 11th, 7 PM

Join the Club for our **virtual** raffle drawing on Wednesday, February 11th at 7:00 PM. The drawing will broadcast on Facebook Live. 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 11th. Stop by or call to purchase your lucky \$10K raffle ticket. The Club is also selling \$10 raffle tickets for 1) 50-50 Raffle, 2) Scratch Ticket Bonanza Basket, and 3) a Little Something for Everyone Package (see the website for details). All winners will be announced on February 11th. 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.

NEW "Glow & Gold" 6th Grade Dance! Friday, March 13th, 7-8:30 PM

Get ready for a fun night of neon lights, music courtesy of DJ Dee, and plenty of glowing energy. The dance ends promptly at 8:30 PM and all children will be released at that time. We'll have pizza, drinks, and snacks for sale (cash only). Since it's March, expect a little extra lucky green glow throughout the night to celebrate the St. Patrick's spirit—no dress code required, just come ready to have fun. **Tickets are \$5 and must be purchased in advance—online or at the front desk.** No tickets will be sold at the door. This event is for members only.

Activity #: 324726-A1

NEW 5th Grade Madness Friday, March 20th, 6:30-8:30 PM

Join us for a special two-hour, 5th-grade-only event that gives students a fun taste of the Club experience. Participants can jump into an exciting dodgeball game in the gym, get creative with hands-on crafts in the Games Room, and enjoy March Madness action playing in the Pond Room. Plus, everyone will enjoy a delicious Raising Cane's dinner. **This event is free for members, but spots are limited, and pre-registration is required.** Come be part of the fun!

Activity #: 324725-A1

Tot Spring Fling Ages 1 - 5 Wednesday, April 8th, 9:30-10:45 AM

Hop into spring at our Tot Spring Fling! Sing along to cheerful tunes courtesy of DJ Dee, get creative with crafts, and enjoy simple activities perfect for tiny tots! All children must be members and accompanied by a caregiver.

NEW Tot Teddy Bear Picnic Ages 1 - 5 Wednesday, May 20th, 9:30-10:45 AM

Join us for a fun-filled morning with DJ Dee! Enjoy donuts, dancing, and a sing-along, plus simple outdoor activities perfect for ages 1–5 and their caregivers. All children must be members and accompanied by a caregiver.

Annual Celebration Thursday, May 28th

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 at **ABGClub.org** as the event draws closer.

Youth Service Awards

Youth Services Awards will be presented at the Annual Celebration. We will present deserving individuals with the following awards. If you would like to nominate an individual or an organization who fits the criteria, applications will be available on our website in early 2026. The application deadline is **Tuesday, March 31st**.

George P. Faulkner Citizens Award for Service to Youth

- Must be over 21 years of age
- Individual or group has given generously of their time and energy volunteering at a non-profit youth activity or organization
- Is a positive role model providing guidance and encouragement
- Instills good morals and promotes citizenship

Youth Service Award

- Must be under 21 years of age
- Individual has given generously of their time and energy volunteering at a non-profit Arlington activity

For more information email Kevin Flood at **kflood@abgclub.org**.

General Information for those 17 & Under

Annual Child Membership - \$35

Membership is required before enrolling in classes. Children ages 8–17 are eligible to join the supervised Club Kids Program. Members must bring their membership card and sign in and out with each visit to the Club. **Please note, during the summer months our Club Kids program is for rising 7th graders through age 17.**

Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club. The last Family Swim for spring will be **Saturday, June 6th.**

Family Gym

Wednesdays & Fridays 9:30-10:45 AM (tots only), Saturdays 2:00-3:00PM. This is an open time for members to run and play! Wednesday & Friday mornings will be designated for tots ages 1-5. On Saturdays we will divide the gym in half allowing tots to play on one side and elementary school children on the other. Children must be accompanied by an adult at all times. The last Family Gym for spring will be **Saturday, May 16th.**

Sign-in Procedure

All members, caregivers, and visitors are required to sign in at the front desk each time they visit the Club.

Club Bank

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

What is the Arlington Boys & Girls Club?

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

Code of Conduct

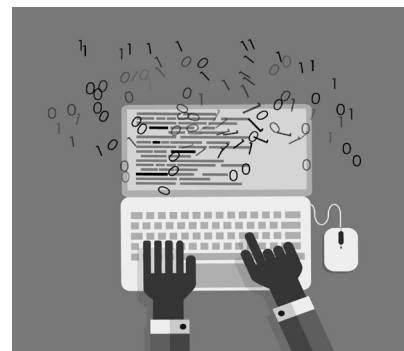
- Be honest / act honestly.
- Follow Club rules.
- Behave in a respectful manner to each other, Club staff, volunteers, and visitors.
- Respect all property belonging to you, others, and the Club.
- Recognize and focus on effort, positive behavior, and excellence.
- Honor differences.

Violations of the Code of Conduct will follow the three strike policy

1. Staff will take a moment with the child to talk about what happened and remind them of our expectations.
2. Staff will contact caregiver about child's behavior.
3. Child may be suspended depending on the severity of behavior.

Ways to Stay in Touch!

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



Spring Club Kids Information

A yearly non-refundable fee of \$35 is required of all members. This allows members ages 8 to 17 access to the Club during program hours to participate in daily games, tournaments, open gym, free swim, and special events. All program areas are supervised. Membership fees are renewable one year from date of purchase. The Club has an open-door policy, which means members are allowed to leave independently. **Once they leave, members will not be allowed to re-enter the building until the following day.** While supervised outdoor time will be provided, independent use of the field, tennis courts, bike path, or other nearby areas will not be permitted as part of the Club Kids program. We encourage you to set age-appropriate boundaries with your child to ensure their safety. Children not mature enough to handle this responsibility should enroll in other programs with direct supervision. **Please note, during the summer months our Club Kids program is for rising 7th graders through age 17.**

Club Kids Program Hours

This schedule is valid through Saturday, June 6th.

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

Club Kids Questions Ages 8 - 17

- 1. Is my child safe?** There are staff members located in all program areas. Staff have background checks performed annually and are CPR and First Aid certified.
- 2. Can my child go outside?** Members will not be allowed to re-enter the building once they leave the building or go outside unsupervised. While supervised outdoor time will be provided, independent use of the field, tennis courts, bike path, or other nearby areas will not be permitted as part of the Club Kids program. Should your child choose to leave the building independently, they will be unable to return to the Club Kids program until the following day. It is imperative that caregivers establish and enforce these rules. The Club cannot be responsible for members prior to arrival or if they leave voluntarily.
- 3. What should my child bring to the Club?** Children should bring a bathing suit, towel, and a snack or money for snacks. Vending machines are available. If your child brings money, please check in the money at the Club bank.
- 4. What shouldn't my child bring to the Club?** Please do not bring expensive items to the Club. The Club is not responsible for lost or stolen items.

Program Area Schedule for Spring Session Ages 8 - 17

Program Area	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Games Room	2:30 - 6:00 PM	2:30 - 7:00 PM	1:00 - 7:00 PM	2:30 - 7:00 PM	2:30 - 7:00 PM	3:00 - 4:30 PM
Pond Room Ages 12 - 17	3:30 - 6:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 8:30 PM	
Free Swim Ages 8 - 17		5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	4:05 - 4:35 PM
Open Gym Ages 8 - 17	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 5:15 PM	3:00 - 4:30 PM
Open Gym Ages 12 - 17		7:00 - 8:45 PM		7:00 - 8:45 PM		

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

Project Learn

Staff create opportunities for high-yield learning activities to enhance the “Club” experience. All activities are included in our Club Kids program and are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Comic Creator: We will introduce how to create imaginative characters and stories through experimentation with various art concepts all at a beginner level. **Ages 8-5th Grade on Wednesdays, 4:00-5:00 PM.**

E-Sports: Members can enjoy a variety of video games, including single player and multiplayer options, from modern consoles to retro games. We will offer tournaments, mini-brackets, and other forms of friendly competition. **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. **Ages 12-17 on Wednesdays, 7:00-8:00 PM.**

Healthy Habits: Explore how to take care of your body and mind! Learn life skills as you transition into your adulthood. **Grades 6-12 on Fridays, 4:00-5:00 PM.**

Life & Workforce Readiness: Plan for the next steps after high school with a group of like-minded members! Create community, plan for the future, and find ways to reach your dreams. **Grades 11 & 12 on Mondays, 6:00-8:00 PM.**

Podcast Crew: With staff’s guidance, join us as we create our very own podcast focusing on the interests of our members.

Grades 5-8, on every other Wednesday, 6:00-7:00 PM.

Power Hour: Staff provide homework help and encourage members to become self-directed learners. **Ages 8-17 on Mondays & Thursdays, 4:00-5:00 PM.**

Smart Moves: A small group leadership, fitness, self-esteem and interest-based program focused on meeting the developmental needs of upper elementary school members. Join us for activities that empower, excite, and build friendships within our community. **Ages 8-5th Grade on Tuesdays, 4:00-5:00 PM.**

Torch Club: Provides opportunities for members to demonstrate how tweens can make a positive impact in their community and learn life skills. Leadership, fun, and service create the foundation for an inclusive and close-knit group. This year we are focusing on food skills and multigenerational connections. **Grades 5th-8th on 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 physical activity, teaching nutrition, and helping develop healthy relationships.

April School Vacation Club Kids Ages 8 - 17

The Club Kids Program will be open Tuesday through Friday from 9 AM-4:45 PM during school vacation for youth ages 8-17 years old. Participants can enjoy a full day of fun with scheduled activities in the pool, gym, and games room. For more information and to view the schedule of events, please visit ABGClub.org



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

Youth Level 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
321071-AA	W	4:00-4:30 PM	3/11-4/15	\$118
321071-AB	F	4:00-4:30 PM	3/13-4/17	\$118
321071-AC	Sa	2:55-3:25 PM	3/14-4/18	\$118
321071-AD	Sa	3:30-4:00 PM	3/14-4/18	\$118
321071-BA	W	4:00-4:30 PM	4/29-6/3	\$118
321071-BB	F	4:00-4:30 PM	5/1-6/5	\$118
321071-BC	Sa	2:55-3:25 PM	5/2-6/6	\$118
321071-BD	Sa	3:30-4:00 PM	5/2-6/6	\$118

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
321072-AA	Tu	3:25-3:55 PM	3/10-4/14	\$118
321072-AB	Tu	4:00-4:30 PM	3/10-4/14	\$118
321072-AC	W	3:25-3:55 PM	3/11-4/15	\$118
321072-AD	W	4:00-4:30 PM	3/11-4/15	\$118
321072-AE	Th	3:25-3:55 PM	3/12-4/16	\$118
321072-AF	Th	4:00-4:30 PM	3/12-4/16	\$118
321072-AG	F	3:25-3:55 PM	3/13-4/17	\$118
321072-AH	F	4:00-4:30 PM	3/13-4/17	\$118
321072-AI	Sa	2:55-3:25 PM	3/14-4/18	\$118
321072-AJ	Sa	3:30-4:00 PM	3/14-4/18	\$118
321072-BA	Tu	3:25-3:55 PM	4/28-6/2	\$118
321072-BB	Tu	4:00-4:30 PM	4/28-6/2	\$118
321072-BC	W	3:25-3:55 PM	4/29-6/3	\$118
321072-BD	W	4:00-4:30 PM	4/29-6/3	\$118
321072-BE	Th	3:25-3:55 PM	4/30-6/4	\$118
321072-BF	Th	4:00-4:30 PM	4/30-6/4	\$118
321072-BG	F	3:25-3:55 PM	5/1-6/5	\$118
321072-BH	F	4:00-4:30 PM	5/1-6/5	\$118
321072-BI	Sa	2:55-3:25 PM	5/2-6/6	\$118
321072-BJ	Sa	3:30-4:00 PM	5/2-6/6	\$118

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, and scissors kick. Sitting and kneeling dive. Rotary breathing. Survival float and back float. **This class is in the deep end.**

Activity #	Day	Time	Date	Fee	No Class
321073-AA	Tu	3:25-3:55 PM	3/10-4/14	\$118	
321073-AB	Tu	4:00-4:30 PM	3/10-4/14	\$118	
321073-AC	Tu	4:35-5:05 PM	3/10-4/14	\$118	
321073-AD	W	4:00-4:30 PM	3/11-4/15	\$118	
321073-AE	Th	3:25-3:55 PM	3/12-4/16	\$118	
321073-AF	Th	4:00-4:30 PM	3/12-4/16	\$118	
321073-AG	Th	4:35-5:05 PM	3/12-4/16	\$118	
321073-AH	F	4:00-4:30 PM	3/13-4/17	\$118	
321073-AI	Sa	10:40-11:10 AM	3/14-4/18	\$118	
321073-AJ	Sa	11:15-11:45 AM	3/14-4/18	\$118	
321073-BA	Tu	3:25-3:55 PM	4/28-6/2	\$118	
321073-BB	Tu	4:00-4:30 PM	4/28-6/2	\$118	
321073-BC	Tu	4:35-5:05 PM	4/28-6/2	\$118	
321073-BD	W	4:00-4:30 PM	4/29-6/3	\$118	
321073-BE	Th	3:25-3:55 PM	4/30-6/4	\$118	
321073-BF	Th	4:00-4:30 PM	4/30-6/4	\$118	
321073-BG	Th	4:35-5:05 PM	4/30-6/4	\$118	
321073-BH	Th	5:45-6:15 PM	4/30-6/4	\$98	5/28
321073-BI	F	4:00-4:30 PM	5/1-6/5	\$118	
321073-BJ	Sa	10:40-11:10 AM	5/2-6/6	\$118	
321073-BK	Sa	11:15-11:45 AM	5/2-6/6	\$118	

Youth Level 4: Stroke Improvement Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
321074-AA	Tu	3:25-3:55 PM	3/10-4/14	\$118	
321074-AB	Tu	4:35-5:05 PM	3/10-4/14	\$118	
321074-AC	W	3:25-3:55 PM	3/11-4/15	\$118	
321074-AD	W	4:35-5:05 PM	3/11-4/15	\$118	
321074-AE	Th	3:25-3:55 PM	3/12-4/16	\$118	
321074-AF	Th	4:35-5:05 PM	3/12-4/16	\$118	
321074-AG	F	3:25-3:55 PM	3/13-4/17	\$118	
321074-AH	F	4:35-5:05 PM	3/13-4/17	\$118	

321074-AI	Sa	9:30-10:00 AM	3/14-4/18	\$118	
321074-AJ	Sa	10:05-10:35 AM	3/14-4/18	\$118	
321074-BA	Tu	3:25-3:55 PM	4/28-6/2	\$118	
321074-BB	Tu	4:35-5:05 PM	4/28-6/2	\$118	
321074-BC	W	3:25-3:55 PM	4/29-6/3	\$118	
321074-BD	W	4:35-5:05 PM	4/29-6/3	\$118	
321074-BE	Th	3:25-3:55 PM	4/30-6/4	\$118	
321074-BF	Th	4:35-5:05 PM	4/30-6/4	\$118	
321074-BG	Th	6:20-6:50 PM	4/30-6/4	\$98	5/28
321074-BH	F	3:25-3:55 PM	5/1-6/5	\$118	
321074-BI	F	4:35-5:05 PM	5/1-6/5	\$118	
321074-BJ	Sa	9:30-10:00 AM	5/2-6/6	\$118	
321074-BK	Sa	10:05-10:35 AM	5/2-6/6	\$118	

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
321075-AA	Tu	4:00-4:30 PM	3/10-4/14	\$118
321075-AB	Tu	4:35-5:05 PM	3/10-4/14	\$118
321075-AC	W	3:25-3:55 PM	3/11-4/15	\$118
321075-AD	W	4:35-5:05 PM	3/11-4/15	\$118
321075-AE	Th	4:00-4:30 PM	3/12-4/16	\$118
321075-AF	Th	4:35-5:05 PM	3/12-4/16	\$118
321075-AG	F	4:35-5:05 PM	3/13-4/17	\$118
321075-BA	Tu	4:00-4:30 PM	4/28-6/2	\$118
321075-BB	Tu	4:35-5:05 PM	4/28-6/2	\$118
321075-BC	W	3:25-3:55 PM	4/29-6/3	\$118
321075-BD	W	4:35-5:05 PM	4/29-6/3	\$118
321075-BE	Th	4:00-4:30 PM	4/30-6/4	\$118
321075-BF	Th	4:35-5:05 PM	4/30-6/4	\$118
321075-BG	F	4:35-5:05 PM	5/1-6/5	\$118



Youth Level 6: Fitness Swimmer Ages 6 & Up

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

Activity #	Day	Time	Date	Fee
321076-AA	W	4:35-5:05 PM	3/11-4/15	\$118
321076-AB	F	3:25-3:55 PM	3/13-4/17	\$118
321076-AC	F	4:35-5:05 PM	3/13-4/17	\$118
321076-BA	W	4:35-5:05 PM	4/29-6/3	\$118
321076-BB	F	3:25-3:55 PM	5/1-6/5	\$118
321076-BC	F	4:35-5:05 PM	5/1-6/5	\$118

Mission: Swim Possible Ages 10 - 17

A learn-to-swim class focusing on water safety for youth who have never learned to swim or are not comfortable in deep water.

Activity #	Day	Time	Date	Fee
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Ages 10 - 12

321100-AA	F	6:20-7:05 PM	3/13-4/17	\$169
321100-BA	F	6:20-7:05 PM	5/1-6/5	\$169

Ages 12 - 17

321101-AA	F	7:10-7:55 PM	3/13-4/17	\$169
321101-BA	F	7:10-7:55 PM	5/1-6/5	\$169

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	3/9-6/1	\$256	4/20, 5/25
321181-AB	M	4:20-5:05 PM	3/9-6/1	\$256	4/20, 5/25

Intramural Swim Team Grades 6 - 12

This is a great option for children in grades 6-12 who want a swim team experience. This 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	3/9-6/1	\$256	4/20, 5/25

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. **Participants must be able to swim at least 75 yards.**

Activity #	Day	Time	Date	Fee
321140-AA	Th	5:45-7:15 PM	3/12-4/16	\$150

Swim Team Prep Clinic Grades 2 - 5

This class is designed for strong swimmers. 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
321093-AA	Tu	5:45-6:45 PM	3/10-4/14	\$206
321093-BA	Tu	5:45-6:45 PM	4/28-6/2	\$206

Swim Team Prep Clinic Grades 6 - 12

This class is designed for strong swimmers. 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
321094-AA	Tu	6:45-7:45 PM	3/10-4/14	\$206
321094-BA	Tu	6:45-7:45 PM	4/28-6/2	\$206

Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club. The last Family Swim for spring will be **Saturday, June 6th.**

Spring Youth Sports & Fitness

Karate Ages 5 - 14

This class is taught by Jared Blake, a Black Belt with over 20 years of teaching experience, with assistance from Sensei Keira. In this martial arts class, we pull the best from multiple forms of defense systems including Kenpo karate, Shoto Kan, Tae Kwon Do, and Jujitsu. Advantages include physical exercise, conditioning, and the development of life skills. Uniform fee \$45, payable to the instructor at first class.

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

322452-A1	Sa	10:45-11:30 AM	3/14-6/6	\$366	4/25
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Ages 8 - 14

322453-A1	Sa	9:45-10:30 AM	3/14-6/6	\$366	4/25
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Advanced Karate Ages 8 - 14

This advanced karate class is for all students purple belt and above. Students are encouraged to take this new course in addition to the Saturday class, as the basic course allows them time to master the basic techniques. This class will focus on real life application of techniques, takedowns, jujitsu, and safe falling practices allowing youth to build up a large repertoire of techniques. Uniform fee \$45, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
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322454-A1	Th	6:45-7:30 PM	3/12-6/4	\$336	4/22, 5/28
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Biddy Basketball Skills & Drills Grades 1 - 3

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

322460-A1	M	5:00-5:45 PM	3/9-4/13	\$95	
322460-B1	M	5:00-5:45 PM	4/27-6/1	\$79	5/25

Biddy Basketball Ages Grades 1 - 3

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

322461-A1	Sa	3/14-5/16	\$138	4/25
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Week 1 & 2 will be skills and drills sessions, **Saturdays 11 AM-12 PM**. For remainder of season, children will attend for 1 hour each Saturday. **Start times will vary between 10 AM-1 PM**. Please refer to schedule given out on March 21st.

Jr. Basketball One & Two Grades 3 - 8

An intramural league designed for fun that 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.

Junior One Grades 3 - 5:

322462-A1	Tu & F	3/10-5/15	\$138	4/21, 4/24
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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, **Tuesdays 5:30-6:30 PM**. For remainder of the season, players will attend for 1 hour on either Tuesday or Friday. **Start times will vary between 5-7:30 PM**. Please refer to the schedule given out on March 17th.

Junior Two Grades 6 - 8:

322463-A1	Th	3/12-5/14	\$138	4/23
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Week 1 & 2 will be skills and drills sessions, **Thursdays 6-7 PM**. For remainder of the season, players will attend for 1 hour on Thursdays either at **5 PM or 6 PM**. Please refer to the schedule given out on March 19th.

Beginner & Intermediate Girls Volleyball Grades 5 - 8

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

Activity #	Day	Time	Date	Fee
322754-A1	W	5:15-6:00 PM	3/11-4/15	\$95
322754-B1	W	5:15-6:00 PM	4/29-6/3	\$95

Intermediate & Advanced Girls Volleyball Grades 5 - 8

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

Activity #	Day	Time	Date	Fee
322755-A1	W	6:15-7:00 PM	3/11-4/15	\$95
322755-B1	W	6:15-7:00 PM	4/29-6/3	\$95

NEW Level 99! Grades 5 & 6 Friday, April 3rd 12-4 PM

Join us for a special trip to Level 99 in Natick, designed for those in grades 5 and 6! Enjoy a tasty pizza lunch before heading off for two full hours of exciting challenges, teamwork, and play.

Activity #	Day	Time	Date	Fee
325010-A1	F	12:00-4:00 PM	4/3	\$70

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

Spend your early release Wednesdays at the Club! Join us for food, prizes, games, and themed activities. Check social media for specific details. Must be a member to attend. Spring dates include **March 25 & April 29.**

Spring Youth Enrichment

NEW Luck O' the Rainbow Slime Grades K - 5

Celebrate St. Patrick's Day with a colorful art class where kids in grades K-5 can make their own dazzling rainbow glitter slime. This colorful, hands-on class blends creativity and fun as artists make their own luck of the rainbow glitter slime! *This class is instructed by Kidcreate Studio.*

Activity #	Day	Time	Date	Fee
323590-A1	W	2:00-3:00 PM	3/18	\$25

Chess Hero Grades 2 - 6

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

Activity #	Day	Time	Date	Fee
323691-A1	W	3:45-4:45 PM	3/11-4/15	\$234

NEW Minecraft Mania Grades 2 - 6

Dive into a full season of creativity in the world of Minecraft! Kids build, explore, and get introduced to Minecraft modding with MCreator, while also participating in fun team-building activities. This is a great fit for young builders who love to explore, collaborate, and bring their ideas to life. *This class is instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee
323691-A2	Th	4:00-5:00 PM	3/12-4/16	\$234

Visual Coding with Python Grades 4 - 8

Do you love playing games? Do you want to learn how to code? Well, you are in the right place! In our Game-Based Python course, you'll learn to code by playing a game and solving coding puzzles that get increasingly challenging. As you go, you'll get to create your own game in Python using the skills and problem solving skills you have just gained! *This class instructed by The Code Wiz.*

Activity #	Day	Time	Date	Fee
323692-A1	Th	5:00-6:00 PM	3/12-4/16	\$234

Youth April Vacation April 21 - 25

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).

Activity #	Day	Time	Date	Fee
755208-A1	Tu	9:00-4:30 PM	4/21	\$95
755208-A2	W	9:00-4:30 PM	4/22	\$95
755208-A3	Th	9:00-4:30 PM	4/23	\$95
755208-A4	F	9:00-4:30 PM	4/24	\$95

Club Kids Ages 8 - 17

The Club Kids Program will be open Tuesday through Friday from 9 AM-4:45 PM during school vacation, for ages 8-17 years old. Fun activities will be scheduled for the pool, gym, and games room. Please visit ABGClub.org for more information and a schedule of events and special programs.

Family Activities

Family Swim & Family Gym will be offered during school vacation. These special events are open to members and their immediate families. A caregiver must accompany children at all times. Please visit ABGClub.org for more information and a specific schedule.

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

Registration for the lottery for new after school families for the 2026-2027 school year will be held in late March/early April. Families register for the lottery according to elementary school. Rates and other information will be available online in mid-February. Please email any questions to the after school program at afterschool@abgclub.org. *Please note, current families register prior to the lottery, and spaces are extremely limited for new families. We will fill any available spaces and begin a waitlist from the lottery.*

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

Tot Water Babies with caregiver

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

Activity #	Day	Time	Date	Fee
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Ages 6 - 24 months:

311011-AA	Sa	9:30-10:00 AM	3/14-4/18	\$108
311011-BA	Sa	9:30-10:00 AM	5/2-6/6	\$108

Ages 24 - 36 months:

311012-AA	Sa	10:05-10:35 AM	3/14-4/18	\$108
311012-AB	Sa	10:40-11:10 AM	3/14-4/18	\$108
311012-BA	Sa	10:05-10:35 AM	5/2-6/6	\$108
311012-BB	Sa	10:40-11:10 AM	5/2-6/6	\$108

Ages 36 - 48 months:

311013-AA	Sa	11:15-11:45 AM	3/14-4/18	\$108
311013-BA	Sa	11:15-11:45 AM	5/2-6/6	\$108

Ages 6 months - 4 years:

311014-AA	W	10:20-10:50 AM	3/11-4/15	\$108
311014-AB	F	10:20-10:50 AM	3/13-4/17	\$108
311014-BA	W	10:20-10:50 AM	4/29-6/3	\$108
311014-BB	F	10:20-10:50 AM	5/1-6/5	\$108

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
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311030-AA	W	10:55-11:25 AM	3/11-4/15	\$118
311030-AB	F	10:55-11:25 AM	3/13-4/17	\$118
311030-BA	W	10:55-11:25 AM	4/29-6/3	\$118
311030-BB	F	10:55-11:25 AM	5/1-6/5	\$118

Family Swim

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

Tadpole Ages 4 - 5

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

Activity #	Day	Time	Date	Fee
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311041-AA	Tu	1:15-1:45 PM	3/10-4/14	\$118
311041-AB	F	1:15-1:45 PM	3/13-4/17	\$118
311041-AC	Sa	1:10-1:40 PM	3/14-4/18	\$118
311041-AD	Sa	1:45-2:15 PM	3/14-4/18	\$118
311041-AE	Sa	2:20-2:50 PM	3/14-4/18	\$118
311041-BA	Tu	1:15-1:45 PM	4/28-6/2	\$118
311041-BB	F	1:15-1:45 PM	5/1-6/5	\$118
311041-BC	Sa	1:10-1:40 PM	5/2-6/6	\$118
311041-BD	Sa	1:45-2:15 PM	5/2-6/6	\$118
311041-BE	Sa	2:20-2:50 PM	5/2-6/6	\$118

Pollywog Ages 4 - 5:

Fundamental Aquatic Skills

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

Activity #	Day	Time	Date	Fee
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311042-AA	Tu	1:15-1:45 PM	3/10-4/14	\$118
311042-AB	F	1:15-1:45 PM	3/13-4/17	\$118
311042-AC	Sa	1:10-1:40 PM	3/14-4/18	\$118
311042-AD	Sa	2:20-2:50 PM	3/14-4/18	\$118
311042-BA	Tu	1:15-1:45 PM	4/28-6/2	\$118
311042-BB	F	1:15-1:45 PM	5/1-6/5	\$118
311042-BC	Sa	1:10-1:40 PM	5/2-6/6	\$118
311042-BD	Sa	2:20-2:50 PM	5/2-6/6	\$118

Froggy Ages 4 - 5: Stroke Development

Child will be swimming independently in the **DEEP END**.

Purpose: Build on Pollywog skills. Rotary breathing, front crawl, elementary backstroke, scissors, breast stroke, and dolphin kick. Sitting and kneeling dive.

Activity #	Day	Time	Date	Fee
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311043-AA	Sa	1:45-2:15 PM	3/14-4/18	\$118
311043-BA	Sa	1:45-2:15 PM	5/2-6/6	\$118



Spring Tot Sports & Fitness

Tot Tumble Bumble

Ages 2 - 3 with caregiver

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

Activity #	Day	Time	Date	Fee	No Class
312380-A1	M	9:30-10:15 AM	3/9-4/13	\$102	
312380-A2	M	10:20-11:05 AM	3/9-4/13	\$102	
312380-B1	M	9:30-10:15 AM	4/27-6/1	\$85	5/25
312380-B2	M	10:20-11:05 AM	4/27-6/1	\$85	5/25

Tumblers Ages 3 - 5

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

Activity #	Day	Time	Date	Fee	No Class
312311-A1	M	11:10-11:55 AM	3/9-4/13	\$102	
312311-B1	M	11:10-11:55 AM	4/27-6/1	\$85	5/25

Tumblers Ages 3 - 4

312311-A1	M	11:10-11:55 AM	3/9-4/13	\$102	
312311-B1	M	11:10-11:55 AM	4/27-6/1	\$85	5/25

Tumblers Ages 4 - 5

312312-A1	M	12:30-1:15 PM	3/9-4/13	\$102	
312312-A2	M	1:20-2:05 PM	3/9-4/13	\$102	
312312-B1	M	12:30-1:15 PM	4/27-6/1	\$85	5/25
312312-B2	M	1:20-2:05 PM	4/27-6/1	\$85	5/25

Baby Beats

Ages 6 - 18 months with caregiver

Sing, dance, and play together in this joyful with caregiver music class! Enjoy singing, gentle dancing, and interactive play that encourages bonding and supports early development through rhythm and sound.

Activity #	Day	Time	Date	Fee
312700-A1	Th	11:30 AM-12:00 PM	3/12-4/16	\$63
312700-B1	Th	11:30 AM-12:00 PM	4/30-6/4	\$63

My First Dance Class

Ages 18 - 36 months with caregiver

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

Activity #	Day	Time	Date	Fee
312701-A1	Th	10:30-11:15 AM	3/12-4/16	\$95
312701-B1	Th	10:30-11:15 AM	4/30-6/4	\$95

My First Gym Class Ages 3 - 5

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

Activity	Day	Time	Date	Fee
312270-A1	Tu	10:30-11:15 AM	3/10-4/14	\$95
312270-B1	Tu	10:30-11:15 AM	4/28-6/2	\$95

All Star Sports Ages 3 - 5

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

Activity #	Day	Time	Date	Fee
312272-A1	Tu	12:30-1:15 PM	3/10-4/14	\$95
312272-B1	Tu	12:30-1:15 PM	4/28-6/2	\$95

Hot Shots Basketball

Ages 4 - Kindergarten

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

Activity #	Day	Time	Date	Fee	No Class
Ages 4 - 5					
312290-A1	F	12:30-1:15 PM	3/13-4/17	\$79	4/3
312290-B1	F	12:30-1:15 PM	5/1-6/5	\$95	

Ages Pre-K* - Kindergarten

312291-A1	Sa	9:00-9:45 AM	3/14-4/18	\$95
312291-B1	Sa	9:00-9:45 AM	5/2-6/6	\$95

* Must be Kindergarten-eligible for September 2026.

Karate Ages 3 - 7

This class is taught by Jared Blake, a Black Belt with over 20 years of teaching experience. In this martial arts class, we pull the best from multiple forms of defense systems including Kenpo karate, Shoto Kan, Tae Kwon Do, and Jujitsu. Advantages include physical exercise, conditioning, and the development of life skills. Uniform fee \$45, payable to the instructor at first class.

Activity #	Day	Time	Date	Fee	No Class
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Ages 3 - 5

312451-A1	Th	12:30-1:00 PM	3/12-5/21	\$200	4/23
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Ages 5 - 7

322452-A1	Sa	10:45-11:30 AM	3/14-6/6	\$366	4/25
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Spring 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.

Activity #	Day	Time	Date	Fee	No Class
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313651-A1	Tu	9:30-11:30AM	3/10-6/2	\$441	4/21
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313651-A2	Th	9:30-11:30AM	3/12-6/4	\$441	4/23
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Stay & Play FYI:

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

NEW Pot of Green & Gold Slime

Ages 3 - 5

In this festive St. Patrick's Day art class kids can create their own shimmering pot of green and gold glitter slime. Celebrate the luck of the Irish with hands-on fun, sparkly surprises, and plenty of creative magic! *This class is instructed by Kidcreate Studio.*

Activity #	Day	Time	Date	Fee
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313590-A1	W	12:30-1:30 PM	3/18	\$25
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ABC Preschool Ages 2.9 - 5

ABC Preschool has been a proud member of the community for over 40 years. Our program is licensed by the Department of Early Education and Care (EEC) and our staff members are EEC certified and trained in First Aid and CPR.

ABC Preschool welcomes children ages 2.9 through Pre-K. Entering ABC Preschool at the Arlington Boys & Girls Club is the beginning of a lifelong connection. Children enter an amazing place where teachers and staff are dedicated to helping children be their best from preschool to high school and beyond.

Applications for the 2026-2027 school year are currently being accepted, however 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, while having fun!

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

ABC Preschool offers a preschool schedule of 2, 3 or 5 days as well as a 5-day Pre-K schedule. School hours are 8:30 AM – 12:30 PM. We also offer early drop off starting at 7:45 AM and extended day options until 4:00 PM.

Our program has made a great impact on many families:

"My son literally runs to school every day. And every day he's greeted with warm and friendly smiles and comes home happy!"

- ABC Preschool Parent

We welcome parent visits! For more information or to schedule a tour, contact Preschool Director Erin Butts at 781-648-1617 Ext. 216 or email at abcpreschool@abgclub.org.

Tot Spring Fling Ages 1 - 5

Wednesday, April 8th, 9:30-10:45 AM

Hop into spring at our Tot Spring Fling! Sing along to cheerful tunes courtesy of DJ Dee, get creative with crafts, and enjoy simple activities perfect for tiny tots! All children must be members and accompanied by a caregiver.

NEW Tot Teddy Bear Picnic Ages 1 - 5

Wednesday, May 20th, 9:30-10:45 AM

Join us for a fun-filled morning with DJ Dee! Enjoy donuts, dancing, and a sing-along, plus simple outdoor activities perfect for ages 1-5 and their caregivers. All children must be members and accompanied by a caregiver.

Spring Adult Program

Membership

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

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

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

Adult Swim Hours

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

Adult Gymnasium Hours

The gymnasium is available for adult members to enjoy open use, including basketball, walking the gym, and general exercise during designated hours.

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

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

Multi-visit Punch Card

A punch card can be used for daily swim, aquacize, and gymnasium.

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

Family Gym

Wednesdays & Fridays 9:30-10:45 AM (tots only), Saturdays 2:00-3:00PM. This is an open time for members to run and play! Wednesday & Friday mornings will be designated for tots ages 1-5. On Saturdays we will divide the gym in half allowing tots to play on one side and elementary school children on the other. Children must be accompanied by an adult at all times. The last Family Gym for spring will be **Saturday, May 16th.**

Spring Adult Classes

Adult Swim Lessons

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

Activity #	Day	Time	Date	Fee	No Class
331100-AA	M	7:20-7:50 PM	3/9-4/13	\$159	
331100-AB	M	7:55-8:25PM	3/9-4/13	\$159	
331100-BA	M	7:20-7:50 PM	4/27-6/1	\$133	5/25
331100-BB	M	7:55-8:25 PM	4/27-6/1	\$133	5/25

Adult Advanced Swim Lessons

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

Activity #	Day	Time	Date	Fee	No Class
331101-AA	M	8:30-9:00 PM	3/9-4/13	\$159	
331101-BA	M	8:30-9:00 PM	4/27-6/1	\$133	5/25

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.

Family Swim

Tuesdays & Thursdays 10:30-11:15 AM (limited to 25 people), Saturdays 8:35-9:15 AM and 11:50 AM-12:30 PM (limited to 75 people). Pre-registration required for Saturday swims. Registration will open online every Wednesday at noon for the upcoming Saturday. Open to all members and immediate family. Children must be accompanied by an adult in the water. One person in the family must be a current member of the Club. The last Family Swim for spring will be **Saturday, June 6th.**



A NOTE FROM OUR DIRECTOR

Looking Ahead to an Exciting Summer 2026

Dear Families,

We wanted to share a quick update about our **Summer 2026 programming** and talk with you about an upcoming change. We know how much families rely on summer programs, and we truly appreciate the trust you place in our Club year after year.

During the summer months only, the **Club Kids Drop-In Program will no longer be offered for members ages 8–11**. We understand that this may be disappointing for some families, and we want you to know this decision was made thoughtfully and with the best interests of our members in mind.

This change allows us to focus our energy on providing a more consistent, structured summer experience. With dedicated staff, appropriate supervision, and well-planned activities, we can continue creating a space where kids feel safe, supported, and excited to spend their summer days.

We're happy to continue offering weekly summer programs for members from preschool age through 8th grade, along with a **Teen Drop-In Program** for rising 7th graders through age 17. Space will be limited to help us maintain quality and care. **Registration opens on Wednesday, January 28, and scholarships are available for qualifying families**, please see website for more information or reach out to **Gina** at gduddy@abgclub.org.

Thank you for being such an important part of our Club community. We truly value your understanding and partnership, and our team is always here if you have questions or want to talk through options. We're looking forward to another fun, positive, and memorable summer together.

Sincerely,

Derek F. Curran
Executive Director

Summer Youth Structured Programs

NEW Mini Zone for Rising First Graders

Join us for Mini Zone, a modified version of our Kids Zone summer program designed just for rising first graders, since Kindergarten ends early. Kids will explore, create, and stay active each day with outdoor play, indoor games, free swim with a daily swim safety lesson, choice time, and more.

What to bring:

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

Questions? Email Maggie at mhubbard@abgclub.org.

	Activity #	Day	Time	Date	Fee
	425860-B1		9AM-4PM	6/22-6/26	\$390
Early drop-off	425860-1A		8AM-9AM	6/22-6/26	\$40

Kids Zone for Rising Grades 1 - 6

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

- Outdoor play such as group games, ball games, chalk, and water play
- Indoor play including group games, LEGOS, board games, tournaments, and coloring
- STEAM activities
- Free swim with a brief daily swim safety lesson
- Choice time with two or more activity options
- Themed weeks with special events and Fun Friday dress-up days
- Local walking field trips
- Free pizza lunch every Friday

Kids Zone takes place primarily outdoors, using the Club's basketball court, the field across the street, Spy Pond playground, and nearby walking destinations. A short swim safety lesson will be offered each day before free swim, focusing on improving skills and promoting water safety. For older participants, we'll also use the upstairs Games Room and Pond Room, and take weekly walking field trips to local parks and businesses. These community-based experiences will help build key life skills for our tweens.

What to bring:

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

Questions? Email Maggie at mhubbard@abgclub.org

	Activity #	Time	Date	Fee
	425870-B2	9AM-4PM	6/29-7/2	\$312
Early drop-off	425870-2A	8AM-9AM	6/29-7/2	\$32
	425870-B3	9AM-4PM	7/6-7/10	\$390
Early drop-off	425870-3A	8AM-9AM	7/6-7/10	\$40
	425870-B4	9AM-4PM	7/13-7/17	\$390
Early drop-off	425870-4A	8AM-9AM	7/13-7/17	\$40
	425870-B5	9AM-4PM	7/20-7/24	\$390
Early drop-off	425870-5A	8AM-9AM	7/20-7/24	\$40
	425870-B6	9AM-4PM	7/27-7/31	\$390
Early drop-off	425870-6A	8AM-9AM	7/27-7/31	\$40
	425870-B7	9AM-4PM	8/3-8/7	\$390
Early drop-off	425870-7A	8AM-9AM	8/3-8/7	\$40
	425870-B8	9AM-4PM	8/10-8/14	\$390
Early drop-off	425870-8A	8AM-9AM	8/10-8/14	\$40
	425870-B9	9AM-4PM	8/17-8/21	\$390
Early drop-off	425870-9A	8AM-9AM	8/17-8/21	\$40

You must be enrolled in the 9 AM-4 PM program in order to register for early drop-off.



Extreme Summer for Rising Grades 5 - 8

Extreme Summer is a field-trip-based adventure program designed around the Five Key Elements of Positive Youth Development: a safe, positive environment; supportive relationships; fun and belonging; recognition; and opportunities and expectations. Each day starts at ABGC in our Teen Center and ends with a free swim in the pool. **Members are grouped into Team Fire (Grades 5–6) and Team Ice (Grades 7–8)**, where they build friendships, teamwork, and confidence. Weekly adventures include our two featured trips, local hikes, spray parks, playgrounds, and more. Workforce Wednesdays give members a chance to visit local businesses and explore career paths, fostering leadership and responsibility. Transportation is provided by Club vans, the MBTA, or walking. Extreme Summer runs in one-week sessions from 9 AM–4 PM.

All trips are subject to change.

Activity #	Day	Time	Date	Fee
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B3 Featured Trips: Canobie Lake & Level 99

Rising Grades 5 - 6

	425890-B3	M-F	9AM-4PM	7/6-7/10	\$420
Early drop	425890-3A	M-F	8AM-9AM	7/6-7/10	\$40

Rising Grades 7 - 8

	425891-B3	M-F	9AM-4PM	7/6-7/10	\$420
Early drop	425891-3A	M-F	8AM-9AM	7/6-7/10	\$40

B4 Featured Trips: Richardsons & Urban Air

Rising Grades 5 - 6

	425890-B4	M-F	9AM-4PM	7/13-7/17	\$420
Early drop	425890-4A	M-F	8AM-9AM	7/13-7/17	\$40

Rising Grades 7 - 8

	425891-B4	M-F	9AM-4PM	7/13-7/17	\$420
Early drop	425891-4A	M-F	8AM-9AM	7/13-7/17	\$40

B5 Featured Trips: APEX & Kimballs

Rising Grades 5 - 6

	425890-B5	M-F	9AM-4PM	7/20-7/24	\$420
Early drop	425890-5A	M-F	8AM-9AM	7/20-7/24	\$40

Rising Grades 7 - 8

	425891-B5	M-F	9AM-4PM	7/20-7/24	\$420
Early drop	425891-5A	M-F	8AM-9AM	7/20-7/24	\$40

B6 Featured Trips: Fun City & Lazer Quest

Rising Grades 5 - 6

	425890-B6	M-F	9AM-4PM	7/27-7/31	\$420
Early drop	425890-6A	M-F	8AM-9AM	7/27-7/31	\$40

Rising Grades 7 - 8

	425891-B6	M-F	9AM-4PM	7/27-7/31	\$420
Early drop	425891-6A	M-F	8AM-9AM	7/27-7/31	\$40

B7 Featured Trips: Level 99 & Canobie Lake

Rising Grades 5 - 6

	425890-B7	M-F	9AM-4PM	8/3-8/7	\$420
Early drop	425890-7A	M-F	8AM-9AM	8/3-8/7	\$40

Rising Grades 7 - 8

	425891-B7	M-F	9AM-4PM	8/3-8/7	\$420
Early drop	425891-7A	M-F	8AM-9AM	8/3-8/7	\$40

B8 Featured Trips: Lazer Quest & APEX

Rising Grades 5 - 6

	425890-B8	M-F	9AM-4PM	8/10-8/14	\$420
Early drop	425890-8A	M-F	8AM-9AM	8/10-8/14	\$40

Rising Grades 7 - 8

	425891-B8	M-F	9AM-4PM	8/10-8/14	\$420
Early drop	425891-8A	M-F	8AM-9AM	8/10-8/14	\$40

You must be enrolled in the 9 AM-4 PM program in order to register for early drop-off.

What to bring:

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

Questions? Email **Dee** at dlydon@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 3-13. 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. **Registration will open online on March 2nd. Once registered, you will receive a link to an online application for the participant to complete. Applications are due April 11th.** Participants will receive a minimum of three weeks of volunteer experience. Questions? Email **Lauren** at lduddy@abgclub.org. **Activity # 425011-B0 Fee: \$53**

Summer Youth Boating

Summer Boating Exploration Rising Grades 3 - 8

Join us for boating adventures on Spy Pond. It will be offered in one week sessions available 9 AM-12 PM or 12:30-3:30 PM. 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 9th**. Boating tests are offered at the beginning of each free swim, beginning **January 20th**.

	Activity #	Day	Time	Date	Fee
Early drop	425160-2A	M-Th	8 AM-9 AM	6/29-6/2	\$32
	425160-B2	M-Th	9 AM-12 PM	6/29-7/2	\$200
	425160-C2	M-Th	12:30-3:30 PM	6/29-7/2	\$200
Early drop	425160-3A	M-F	8 AM-9 AM	7/6-7/10	\$40
	425160-B3	M-F	9 AM-12 PM	7/6-7/10	\$250
	425160-C3	M-F	12:30-3:30 PM	7/6-7/10	\$250
Early drop	425160-4A	M-F	8 AM-9 AM	7/13-7/17	\$40
	425160-B4	M-F	9 AM-12 PM	7/13-7/17	\$250
	425160-C4	M-F	12:30-3:30 PM	7/13-7/17	\$250
Early drop	425160-5A	M-F	8 AM-9 AM	7/20-7/24	\$40
	425160-B5	M-F	9 AM-12 PM	7/20-7/24	\$250
	425160-C5	M-F	12:30-3 PM	7/20-7/24	\$250
Early drop	425160-6A	M-F	8 AM-9 AM	7/27-7/31	\$40
	425160-B6	M-F	9 AM-12 PM	7/27-7/31	\$250
	425160-C6	M-F	12:30-3:30 PM	7/27-7/31	\$250
Early drop	425160-7A	M-F	8 AM-9 AM	8/3-8/7	\$40
	425160-B7	M-F	9 AM-12 PM	8/3-8/7	\$250
	425160-C7	M-F	12:30-3:30 PM	8/3-8/7	\$250
Early drop	425160-8A	M-F	8 AM-9 AM	8/10-8/14	\$40
	425160-B8	M-F	9 AM-12 PM	8/10-8/14	\$250
	425160-C8	M-F	12:30-3:30 PM	8/10-8/14	\$250

You must be enrolled in the 9 AM-12 PM program in order to register for early drop-off.

What to bring:

- Sunscreen (staff CANNOT apply sunscreen)
- Snack and extra water
- Bathing suit and towel

Summer Youth Sports & Fitness

Basketball Clinic Rising Grades 4 - 8

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
	425462-B2	M-Th	9 AM-12:30 PM	6/29-7/2	\$152
Early drop	425462-2A	M-Th	8 AM-9 AM	6/29-7/2	\$32
	425462-B5	M-F	9 AM-12:30 PM	7/20-7/24	\$190
Early drop	425462-5A	M-F	8 AM-9 AM	7/20-7/24	\$40

You must be enrolled in the 9 AM-12:30 PM program in order to register for early drop-off.



Summer Tot Structured Programs

Creative Explorers Ages 2.9 - Rising Kindergarteners

Creative Explorers is a summer program for children ages 2.9-5 years old (Preschool, Pre-K, and rising Kindergarteners). Creative Explorers will take your imaginative little ones on a week-long adventure through our theme-based approach to learning and playing. Each session will inspire children to use their creativity as they engage in unique learning experiences in math, science, art, cooking, and water fun each day! Creative Explorers will follow a similar model of the preschool school day and is intended to support children in continuing learning and growing throughout the summer months. The extended day portion of Creative Explorers will include a brief rest time (20 minutes), classroom free play, a snack, and an afternoon theme-based activity.

Theme	Activity #	Time	Date	Fee
Red White & Blue	415851-B1	8:30-12:30 PM	6/22-6/26	\$290
Early drop-off	415851-1A	8:00-8:30 AM	6/22-6/26	\$20
Extended day	415851-1E	12:30-3:30 PM	6/22-6/26	\$145
Ocean	415851-B3	8:30-12:30PM	7/6-7/10	\$290
Early drop-off	415851-3A	8:00-8:30 AM	7/6-7/10	\$20
Extended day	415851-3E	12:30-3:30 PM	7/6-7/10	\$145
Pirates	415851-B4	8:30-12:30 PM	7/13-7/17	\$290
Early drop-off	415851-4A	8:00-8:30 AM	7/13-7/17	\$20
Extended day	415851-4E	12:30-3:30 PM	7/13-7/17	\$145
Camping	415851-B5	8:30-12:30 PM	7/20-7/24	\$290
Early drop-off	415851-5A	8:00-8:30 AM	7/20-7/24	\$20
Extended day	415851-5E	12:30-3:30 PM	7/20-7/24	\$145
Rain Forest	415851-B6	8:30-12:30PM	7/27-7/31	\$290
Early drop-off	415851-6A	8:00-8:30 AM	7/27-7/31	\$20
Extended day	415851-6E	12:30-3:30 PM	7/27-7/31	\$145
Outer Space	415851-B7	8:30-12:30 PM	8/3-8/7	\$290
Early drop-off	415851-7A	8:00-8:30 AM	8/3-8/7	\$20
Extended day	415851-7E	12:30-3:30 PM	8/3-8/7	\$145
Superheroes	415851-B8	8:30-12:30 PM	8/10-8/14	\$290
Early drop-off	415851-8A	8:00-8:30 AM	8/10-8/14	\$20
Extended day	415851-8E	12:30-3:30 PM	8/10-8/14	\$145
Water Wonders	415851-B9	8:30-12:30 PM	8/17-8/21	\$290
Early drop-off	415851-9A	8:00-8:30 AM	8/17-8/21	\$20
Extended day	415851-9E	12:30-3:30 PM	8/17-8/21	\$145

You must be enrolled in the 8:30 AM-12:30 PM program in order to register for early drop-off and/or the extended day.

Creative Explorers Information

Program will meet in preschool rooms 3 and 4 on the ground level of the clubhouse. At the end of the day, children will be dismissed from the playground area in the back of the building. Children will only be released to parents or caregivers that are authorized to pick up. Families must notify counselors in writing (email or written note) if someone else will be picking up. Children should wear their bathing suit and water shoes as water activities are offered each day (weather permitting). Children must also bring a towel labeled with their name and an extra set of clothing. All children's belongings should be in a backpack which is labeled with their name. Sunscreen must be applied by parents or caregivers before the program begins. **Creative Explores is a nut-free program.** Children must also bring their own snack, lunch, and a labled water bottle daily. Extended day children should bring a small blanket and stuffy for rest time.



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 to the Club dressed in their bathing suits 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; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from 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 rooms available next to the Learning Center or in the pool area.
5. During these hours all adults must use the individual restrooms 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 1				
421031-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421031-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421031-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421031-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
Level 2				
421012-B1	M-F	9:10-9:40 AM	6/22-6/26	\$213
421012-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
421032-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421012-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
421032-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421012-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
421032-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421012-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213
421032-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
Level 3				
421033-B1	M-F	10:20-10:50 AM	6/22-6/26	\$213
421033-B2	M-Th	10:20-10:50 AM	6/29-7/2	\$170
421033-B4	M-F	10:20-10:50 AM	7/13-7/17	\$213
421033-B6	M-F	10:20-10:50 AM	7/27-7/31	\$213
421033-B8	M-F	10:20-10:50 AM	8/10-8/14	\$213
Level 4				
421024-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
421024-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
421024-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
421024-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213
Level 5				
421025-B1	M-F	9:45-10:15 AM	6/22-6/26	\$213
421025-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
421025-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
421025-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
421025-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213
Level 6				
421016-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
421016-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
421016-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
421016-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213

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
421071-AA	M-F	3:30-4:00 PM	6/8-6/12	\$99
421071-AB	M-Th	3:30-4:00 PM	6/15-6/18	\$79
421711-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
421711-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
421711-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
421711-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

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
421072-AA	M-F	4:05-4:35 PM	6/8-6/12	\$99
421072-AB	M-Th	4:05-4:35 PM	6/15-6/18	\$79
421722-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
421722-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
421722-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
421722-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99

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
421073-AA	M-F	3:30-4:00 PM	6/8-6/12	\$99
421073-AB	M-Th	3:30-4:00 PM	6/15-6/18	\$79
421743-B1	M-F	3:30-4:00 PM	6/22-6/26	\$99
421723-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
421733-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
421723-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
421733-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
421723-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
421733-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
421723-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99
421733-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99

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
421074-AA	M-F	4:05-4:35 PM	6/8-6/12	\$99
421074-AB	M-Th	4:05-4:35 PM	6/15-6/18	\$79
421744-B1	M-F	3:30-4:00 PM	6/22-6/26	\$99
421754-B1	M-F	4:05-4:35 PM	6/22-6/26	\$99
421714-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
421714-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
421714-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
421714-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

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
421755-B1	M-F	4:05-4:35 PM	6/22-6/26	\$99
421735-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
421735-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
421735-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
421735-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99



Tot Swim

Swim Class Registration

Limited to one swim class per session.

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

Locker Room Safety Rules

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

Locker Room Access

1. We encourage families to have children come to the Club dressed in their bathing suits to make for an easier transition into the pool for your lesson.
2. Children age six or older are not allowed in the locker room of the opposite gender; two individual restrooms and changing rooms are available next to the Learning Center for those who still require assistance from caregiver.
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 rooms available next to the Learning Center or in the pool area.
5. During these hours all adults must use the individual restrooms 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				
411011-B1	M-F	9:10-9:40 AM	6/22-6/26	\$213
411011-B2	M-Th	9:10-9:40 AM	6/29-7/2	\$170
411011-B4	M-F	9:10-9:40 AM	7/13-7/17	\$213
411011-B6	M-F	9:10-9:40 AM	7/27-7/31	\$213
411011-B8	M-F	9:10-9:40 AM	8/10-8/14	\$213

Ages 4 & 5

411022-B1	M-F	9:45-10:15 AM	6/22-6/26	\$213
411032-B1	M-F	10:20-10:50 AM	6/22-6/26	\$213
411022-B2	M-Th	9:45-10:15 AM	6/29-7/2	\$170
411022-B4	M-F	9:45-10:15 AM	7/13-7/17	\$213
411022-B6	M-F	9:45-10:15 AM	7/27-7/31	\$213
411022-B8	M-F	9:45-10:15 AM	8/10-8/14	\$213

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-F	9:10-9:40 AM	6/22-6/26	\$99
411310-B3	M-F	9:10-9:40 AM	7/6-7/10	\$99
411310-B5	M-F	9:10-9:40 AM	7/20-7/24	\$99
411310-B7	M-F	9:10-9:40 AM	8/3-8/7	\$99
411310-B9	M-F	9:10-9:40 AM	8/17-8/21	\$99

Tadpole Ages 4 - 5

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

Activity #	Day	Time	Date	Fee
411420-B1	M-F	9:45-10:15 AM	6/22-6/26	\$99
411420-B3	M-F	9:45-10:15 AM	7/6-7/10	\$99
411420-B5	M-F	9:45-10:15 AM	7/20-7/24	\$99
411420-B7	M-F	9:45-10:15 AM	8/3-8/7	\$99
411420-B9	M-F	9:45-10:15 AM	8/17-8/21	\$99

Pollywog Ages 4 - 5: Fundamental Aquatic Skills

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

Activity #	Day	Time	Date	Fee
411530-B1	M-F	10:20-10:50 AM	6/22-6/26	\$99
411530-B3	M-F	10:20-10:50 AM	7/6-7/10	\$99
411530-B5	M-F	10:20-10:50 AM	7/20-7/24	\$99
411530-B7	M-F	10:20-10:50 AM	8/3-8/7	\$99
411530-B9	M-F	10:20-10:50 AM	8/17-8/21	\$99



Tot Sports & Fitness

All Star Sports Ages 3 - 5

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

Activity #	Day	Time	Date	Fee
412272-A1	M-F	12:30-1:15 PM	6/8-6/12	\$79

Summer Structured Program

NEW Mini Zone for Rising First Graders

Join us for Mini Zone, a modified version of our Kids Zone summer program designed just **for rising first graders**, since Kindergarten ends early. Kids will explore, create, and stay active each day with outdoor play, indoor games, free swim with a daily swim safety lesson, choice time, and more.

What to bring:

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

Questions? Email Maggie at mhubbard@abgclub.org.

	Activity #	Day	Time	Date	Fee
	425860-B1		9AM-4PM	6/22-6/26	\$390
Early drop-off	425860-1A		8AM-9AM	6/22-6/26	\$40

Summer Club Kids Information

A yearly non-refundable fee of \$35 is required of all members. Beginning this summer, our **Club Kids program will serve rising 7th graders through age 17**. Younger members must enroll in structured programs with direct supervision; financial aid is available. This membership allows teens access to the Club during program hours to participate in open gym, free swim, and hang in our teen center. All program areas are supervised. Membership fees are renewable one year from the date of purchase. The Club has an open-door policy, which means members are allowed to leave independently. **Members will not be allowed to re-enter the building once they leave until the following day.**

Club Kids Program Hours Rising 7th Graders through Age 17

Come hang out at the Club 12:30-4:30 PM, Monday-Friday, June 29th - August 21st (start date subject to change based on the Arlington Public Schools schedule).

Program Area Schedule Monday - Friday Rising 7th Graders through Age 17

Program Area	Hours
Teen Room	12:30 - 4:30 PM
Teen Gym	1:00 - 4:00 PM
Teen Swim	3:45 - 4:30 PM

Important Facility Update: A New Teen Space is Coming!

As a reminder, our fitness room will permanently close on January 18th as we begin construction on an exciting new, dedicated teen space. Join us this summer to experience a beautiful space thoughtfully designed for our teen community!

Summer Adult Program

Membership

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

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

Adult Swim Hours

Monday thru Friday 6:00 - 8:30AM.
Closed August 22nd - September 7th.

Adult Gymnasium Hours

The gymnasium is available for adult members to enjoy open use, including basketball, walking the gym, and general exercise during designated hours.

Monday thru Friday 6:00 - 8:30AM.
Closed August 22nd - September 7th.

Multi-visit Punch Card

A punch card can be used for daily swim and gymnasium.

- 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
Tuesdays: June 16 at 6:00 PM, June 23, 30, July 7, 14, 21 at 5:00 PM

Ways to Stay in Touch!

- Like us on Facebook at Arlington Boys & Girls Club
- Follow us on Instagram at @ArlingtonBGC
- Follow us on X at @ABGClub

Now accepting applications for the 2026 / 2027 school year

ABC PRESCHOOL

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

Annual Celebration

May 28th

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 at ABGClub.org as the event draws closer.

Summer Stroll

January 20th 6:30-8 PM &
February 22nd 1:30-3 PM

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

GREAT FUTURES START HERE.



**ARLINGTON
BOYS & GIRLS CLUB**

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