GREAT FUTURES START HERE

ABGCLUB.ORG

ARLINGTON BOYS & GIRLS CLUB

WINTER 2026



REGISTRATION: ONLINE SWIM ONLY: **NOV 3** at **10:00AM**, ONLINE ALL OTHER PROGRAMS: **NOV 4** at **10:00 AM**, WALK-IN, PHONE-IN: **NOV 5** at **10:00 AM**

ARLINGTON
BOYS & GIRLS CLUB

Your support can make a difference

The Arlington Boys & Girls Club (ABGC) provides a fun, safe place for kids to go during out-of-school time. At the Club, kids can be themselves, make friends, develop relationships with caring adults, and develop important life skills. Our programs focus on academic achievement, healthy lifestyles, character development, and citizenship. Donations, in all forms, make a profound difference in the lives of countless children in our community. By investing in the Arlington Boys & Girls Club, you are investing in a brighter tomorrow for our youth. The Arlington Boys & Girls Club is a 501(c)(3) non-profit organization. Your contributions are tax-deductible. Here are some of the ways you can invest in the future of our community:

Donate - Your donation, no matter its form, enables us to serve more young people. You can make a one-time or recurring donation directly to the Club or make a donation through payroll deductions with your company's charitable giving program. You can donate via our website, ABGClub.org, or mail a check payable to: Arlington Boys & Girls Club, 60 Pond Lane, Arlington, MA 02474.

Matching Gifts - Many companies sponsor matching gift programs that will match any charitable contribution made by their employees. Contact your Human Resources Department. Your gift could be doubled or even tripled!

Donor-Advised Fund (DAF) - When you give through your Donor-Advised Fund, you're not just making a donation—you're making a smart, strategic investment in a child's future. In order to make a grant recommendation to the Arlington Boys & Girls Club, you'll need the Club's Tax Id and the Club's address which can be found on the Club's website ABGClub.org.

Tribute Gifts - Memorial and tribute gifts to the Club are a powerful way to honor your loved one, recognize family, special friends, or business colleagues. The Club can help you celebrate a special occasion such as a wedding, anniversary, birthday, retirement, or to remember a deceased loved one.

Estate Plan Giving - You can include the Club in your estate planning through a bequest in a will or revocable trust, a living trust, a beneficiary designation on a life insurance policy, or a gift of stocks, retirement benefits, savings bonds, real property, or other investments. We will be pleased to work confidentially with you and your advisors.

Facebook and Instagram Fundraising - Hosting a fundraiser for the ABGC through your social media network on Facebook and Instagram is a great way to expand your reach by raising awareness of our mission! Please notify and tag the Club if you choose to host a social media fundraiser.

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Registration Info

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

Online Registration

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

STAFF	CONTACT
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Kim Urquhart Aquatics Director	781-648-1617 x250 kurquhart@abgclub.org

Inclement Weather Policy

- When Arlington Public Schools have a delayed opening, the Club will open at 11:30 AM and conduct afternoon and evening programs as scheduled. The ABC Preschool will be closed for the day.
- When Arlington Public Schools are closed, the Club will **ATTEMPT** to open at 11:30 AM and conduct afternoon and evening programs, weather permitting. **Check ABGClub.org for status**.

Scholarship Awards

Each year the Club awards scholarships to current or former members who are pursuing post-secondary education. Applications are available March 1st at **ABGClub.org** and must be submitted by **Wednesday, March 31st**.

Annual Celebration - May 2027

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

Spring Registration

- Online preview available **Monday, January 18th**
- Online **SWIM** registration begins **Monday, January 25th at 10:00 AM.**
- Online registration for all other spring programs begins **Tuesday, January 26th at 10:00 AM.**
- Online **SUMMER** registration for select programs begins **Wednesday, January 27th at 10:00 AM**. More details to follow.
- Walk-in and phone-in registration begins **Thursday, January 28th 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

Arlington Boys & Girls Club Calendar

Nov 11	W	Veterans Day: Club closed.
Nov 16-21	M-Sa	ABGC 89th Birthday Week.
Nov 25	W	Club closes at 6:00 PM.
Nov 26	Th	Thanksgiving Day: Club closed.
Nov 28	Sa	Christmas Tree Sale begins at 9:00 AM.
Nov 30	M	Session A begins.
Dec 24-26	Th-Sa	Club closed.
Dec 28-31	M-Th	No classes. Please refer to vacation schedule.
Jan 1-2	F-Sa	New Years Holiday: Club closed.
Jan 18	M	Martin Luther King Day: Club closed.
Jan 19	Tu	Session B begins.
Feb 3	W	Sweethearts Swim 5:30 - 7:00 PM: Club Kids closes at 5:00 PM.
Feb 13	Sa	Sweethearts Dance 5:30 - 7:00 PM.
Feb 15	M	Presidents Day: Club closed.
Feb 16-20	Tu-Sa	No classes. Please refer to vacation schedule.
Feb 25	Th	$10,000 Raffle Virtual Drawing, 7:00 PM.

ABC Preschool Open House, November 14th, 9:30-10:30 AM

ABC Preschool Open House is Saturday, November 14th from 9:30-10:30 AM with tours running from 9:30-10:00 AM and 10:00-10:30 AM. We offer a preschool schedule of 2, 3, or 5 days as well as a 5-day Pre-K schedule. We also offer early drop off and extended day options. We welcome parent visits! For more information or to schedule a tour, contact **Erin Butts, Preschool Director** at 781-648-1617 x216, **abcpreschool@abgclub.org**.

ABGC 89th Birthday Week Celebrating 89 Years of Great Futures! November 16 - 21

Members are invited to join us all week long as we celebrate the programs that make us GREAT. Not a member? New children and teens can purchase an annual membership for only $8.90! **This deal is valid at the front desk only November 16-21.**

Monday	Birthday Celebrations at ABGC After School
Tuesday	Birthday Festivities at ABC Preschool
Wednesday	Tot Birthday Party 9:30-10:45 AM, Ages 1-5
Thursday	Adult Members Brunch, 10:30-11:30 AM
Friday	Club Kids Birthday Party at 4:00 PM, Ages 8-17
Saturday	Family Swim & Gym, 11:50 AM-3:00 PM *

* Family Swim 11:50 AM-12:30 PM. Family Gym 12:30-3:00 PM. Pre-registration is required for swim only. Both activities require caregiver participation.

Sweethearts Swim, February 3rd, 5:30-7:00 PM

Make a splash this Valentine's Day at our Sweethearts Swim! Families are invited to enjoy a special swim together, with caregivers joining their little ones in the water. After swimming, we'll gather for a delicious pizza dinner (included with admission). This event is geared towards members ages 1–7. All children must be accompanied in the pool by an adult. **Pre-registration required**. Fee: $25/family. **240891-B1**.

Sweethearts Dance, February 13th, 5:30-7:00 PM

Dance along to your favorite tunes courtesy of DJ Dee, enjoy delicious pizza (included with admission), simple crafts, and a photo booth. This event is geared towards members ages 1-7. All children must be accompanied by a caregiver. **Pre-registration required.** Fee $25/family. **240890-B1.**

6th Grade Winter Social, February 26th, 7:00-8:30 PM

Who's ready for round two? Join DJ Dee for our second dance of the school year! There's sure to be plenty of glowing energy. The dance ends promptly at 8:30 PM and all children will be released at that time. We'll have pizza, drinks, and snacks included with your ticket. No dress code required, just come ready to glow! **Tickets are $10 and must be purchased in advance**—online or at the front desk. **There are limited tickets and no tickets will be sold at the door**. This event is for **members only**. **224726-B1**.

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 December. The application deadline is **Wednesday, 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

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.

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.

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**.

Sign-In Procedure

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

Club Bank

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

GREAT FUTURES START HERE.

ARLINGTON
BOYS & GIRLS CLUB

What is the Arlington Boys & Girls Club?

- A place to 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. The child may be suspended, depending on the severity of behavior.

Ways to Stay in Touch!

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



CLUB KIDS INFORMATION

Club Kids Information

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

Club Kids Program Hours

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

Club Kids Questions Ages 8 - 17

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

Program Area Schedule for Winter 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
Teen Room Ages 12 - 17	3:30 - 6:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 7:00 PM	3:30 - 8:30 PM	
Free Swim Ages 8 - 17		5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	5:10 - 5:40 PM	4:05 - 4:35 PM
Open Gym Ages 8 - 17	4:00 - 5:30 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	4:00 - 5:15 PM	3:00 - 4:30 PM
Open Gym Ages 12 -17		7:00 - 8:45 PM		7:00 - 8:45 PM		

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

CLUB KIDS INFORMATION

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. **For more information email Maggie at mhubbard@abgclug.org**.

E-Sports: E-Sports provides a space for individuals to connect, make friends, and build a sense of community around a shared hobby. Members can enjoy a variety of video games including both single-player and multiplayer options from modern consoles to retro games. **Tuesdays, Ages 8-5th Grade, 5:00-6:00 PM & Grade 6-Age 17, 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. **Grade 6-Age 17 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**.

NEW! Pathway to Employment: Build the skills and experience you need to take your first steps into the workforce! Learn how to get a job, create a resume, develop interview skills, gain professional experience, and support Club Kids programs while earning a stipend gift card. **Ages 14–17 on Mondays, 5:00–6:00 PM. By application only**.

Power Hour: Staff provide homework help and encourage members to become self-directed learners. **Ages 8-5th Grade on Mondays & Wednesdays, 4:00-5:00 PM & Grade 6-Age 17, Mondays-Thursdays, 4:00-5:00 PM**.

STEAM Club: In STEAM Club you'll get to experiment, invent, build, design, and solve challenges while having a ton of fun! **Ages 8-12 on Tuesdays & Thursdays, 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. **Grades 5-8 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.



Level 99! Grades 5 & 6, November 13th, 4:45-8:45 PM

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

Activity #	Day	Time	Date	Fee
125010-B1	F	4:45-8:45 PM	11/13	$70

School Vacation Club Kids Ages 8 - 17

The Club Kids Program will be open from 9:00 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**

Youth Swim

Swim Class Registration

Limited to one swim class per session.

1. A waitlist will be established once classes are filled.
2. Participants must be at least six years of age to register for youth level classes.
3. Concerned about what level to register for? Contact Kim at **kurquhart@abgclub.org**.

Locker Room Safety Rules

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

Locker Room Access

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

Semi-Private Swim Lessons Ages 6 & Up

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				
221002-D1	M-Th	9:45-10:25 AM	12/28-12/31	$213
Level 3				
221003-D1	M-Th	9:45-10:25 AM	12/28-12/31	$213
221003-D2	M-Th	10:30-11:10 AM	12/28-12/31	$213
Level 4				
221004-D1	M-Th	10:30-11:10 AM	12/28-12/31	$213

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

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

Activity #	Day	Time	Date	Fee	No Class
221071-AA	F	4:00-4:30 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221071-AB	Sa	2:55-3:25 PM	12/5-2/27	$215	12/26, 1/2, 2/20

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.



YOUTH SWIM

Youth Level 2: Fundamental Aquatic Skills Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
221072-AA	Tu	4:00-4:30 PM	12/1-2/23	$236	12/29, 2/16
221072-AB	W	4:00-4:30 PM	12/2-2/24	$236	12/30, 2/17
221072-AC	Th	4:00-4:30 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221072-AD	F	3:25-3:55 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221072-AE	F	4:00-4:30 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221072-AF	Sa	2:55-3:25 PM	12/5-2/27	$215	12/26, 1/2, 2/20
221072-AG	Sa	3:30-4:00 PM	12/5-2/27	$215	12/26, 1/2, 2/20

Youth Level 3: Stroke Development Ages 6 & Up

Purpose: Build on Level 2 skills. Rotary breathing, front crawl, elementary backstroke, scissors, breast stroke, and dolphin kick. Sitting and kneeling dive. **This class is in the deep end**.

Activity #	Day	Time	Date	Fee	No Class
221073-AA	Tu	3:25-3:55 PM	12/1-2/23	$236	12/29, 2/16
221073-AB	Tu	4:00-4:30 PM	12/1-2/23	$236	12/29, 2/16
221073-AC	Tu	4:35-5:05 PM	12/1-2/23	$236	12/29, 2/16
221073-AD	W	4:00-4:30 PM	12/2-2/24	$236	12/30, 2/17
221073-AE	Th	3:25-3:55 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221073-AF	Th	4:00-4:30 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221073-AG	Th	4:35-5:05 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221073-AH	F	3:25-3:55 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221073-AI	F	4:00-4:30 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221073-AJ	Sa	10:40-11:10 AM	12/5-2/27	$215	12/26, 1/2, 2/20
221073-AK	Sa	11:15-11:45 AM	12/5-2/27	$215	12/26, 1/2, 2/20
221073-AL	Sa	3:30-4:00 PM	12/5-2/27	$215	12/26, 1/2, 2/20

Youth Level 4: Stroke Improvement Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
221074-AA	Tu	3:25-3:55 PM	12/1-2/23	$236	12/29, 2/16
221074-AB	Tu	4:00-4:30 PM	12/1-2/23	$236	12/29, 2/16
221074-AC	Tu	4:35-5:05 PM	12/1-2/23	$236	12/29, 2/16
221074-AD	W	3:25-3:55 PM	12/2-2/24	$236	12/30, 2/17
221074-AE	W	4:00-4:30 PM	12/2-2/24	$236	12/30, 2/17
221074-AF	W	4:35-5:05 PM	12/2-2/24	$236	12/30, 2/17
221074-AG	Th	3:25-3:55 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221074-AH	Th	4:00-4:30 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221074-AI	Th	4:35-5:05 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221074-AJ	F	3:25-3:55 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221074-AK	F	4:35-5:05 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221074-AL	Sa	10:05-10:35 AM	12/5-2/27	$215	12/26, 1/2, 2/20

Youth Level 5: Stroke Refinement Ages 6 & Up

Purpose: Provide coordination and refine strokes, survival swimming, shallow angle dive, front and back crawl. Tuck and pike surface dive. Front crawl and backstroke, flip turns. Elementary backstroke, butterfly, breaststroke, sidestroke. **Swim 50 yards.**

Activity #	Day	Time	Date	Fee	No Class
221075-AA	Tu	3:25-3:55 PM	12/1-2/23	$236	12/29, 2/16
221075-AB	Tu	4:35-5:05 PM	12/1-2/23	$236	12/29, 2/16
221075-AC	W	3:25-3:55 PM	12/2-2/24	$236	12/30, 2/17
221075-AD	W	4:35-5:05 PM	12/2-2/24	$236	12/30, 2/17
221075-AE	Th	3:25-3:55 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221075-AF	Th	4:35-5:05 PM	12/3-2/25	$215	12/24, 12/31, 2/18
221075-AG	F	4:35-5:05 PM	12/4-2/26	$215	12/25, 1/1, 2/19
221075-AH	Sa	9:30-10:00 AM	12/5-2/27	$215	12/26, 1/2, 2/20

Youth Level 6: Fitness Swimmer Ages 6 & Up

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

Activity #	Day	Time	Date	Fee	No Class
221076-AA	W	3:25-3:55 PM	12/2-2/24	$236	12/30, 2/17
221076-AB	W	4:35-5:05 PM	12/2-2/24	$236	12/30, 2/17
221076-AC	F	4:35-5:05 PM	12/4-2/26	$215	12/25, 1/1, 2/19

Mission: Swim Possible Ages 10 - 17

This is a learn-to-swim class for youth who have never learned to swim or are not comfortable in deep water. One of the main focuses will be on water safety.

Activity #	Day	Time	Date	Fee	No Class
Ages 10 - 12					
221100-AA	F	6:20-7:05 PM	12/4-2/26	$307	12/25, 1/1, 2/19
Ages 12 - 17					
221101-AA	F	7:10-7:55 PM	12/4-2/26	$307	12/25, 1/1, 2/19

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
221181-AA	M	3:30-4:15 PM	11/30-3/1	$256	12/28, 1/18, 2/15
221181-AB	M	4:20-5:05 PM	11/30-3/1	$256	12/28, 1/18, 2/15

Intramural Swim Team Grades 6 - 12

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

Activity #	Day	Time	Date	Fee	No Class
221182-AA	M	5:10-5:55 PM	11/30-3/1	$256	12/28, 1/18, 2/15

Red Cross Lifeguard Training Ages 15 - 17

Course Description: The course will provide training for pool settings. 100% attendance, with full participation in all in-person scheduled classes (21 hours 30 minutes), as well as completing the online portion (6 hours), successful completion of all critical skills, and written exams (with an 80% or better) will certify the candidate in American Red Cross Lifeguard Training with First Aid and CPR for the Professional Rescuer (valid for two years).

Requirements: Minimum age 15 years old.

- 150 yards of front crawl, breaststroke or a combination of both; maintain position at the surface of the water for 2 minutes by treading water using only the legs; swim 5O yards using front crawl, breaststroke or a combination of both.
- Swim 20 yards starting in the water, surface dive 7-10 ft, retrieve a 10lb object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

Class fee includes $50.00 non-refundable fee. The test will be given at the beginning of the first class. **Class will be held on February 16 & 17 from 9:00 AM-5:00 PM and February 18 from 9:00 AM-2:30 PM**.

Activity #	Day	Date	Fee
221130-F1	Tu-Th	2/16-2/18	$400



YOUTH SPORTS & FITNESS

Youth Sports & Fitness

Biddy Basketball Grades 1 - 3

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

Activity #	Day	Time	Date	Fee
222461-A1	Sa	See Below	12/5-3/6	$160

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

Holiday Hoops! Grades 1 - 3, December 19th, 10:00 AM-1:00 PM

Drop your kids off for a morning of basketball fun at *Holiday Hoops!* This festive clinic features skill-building drills, exciting games, and fun competitions—perfect for players of all levels. While they play and learn, you can take care of your last-minute holiday errands stress-free! A pizza lunch will be included.

Activity #	Day	Time	Date	Fee
225461-A1	Sa	12/19	10:00-1:00 PM	$30

Celtics Watch Party Ages 9 - 13, December 18th, 6:30-10:00 PM

Calling all Boston Celtics fans! Members ages 9–13 are invited to cheer on the Celtics as they take on the Utah Jazz—LIVE on our big screen! Join us for an action-packed night. We'll kick things off in the Games Room, then settle in for pizza, snacks, and treats while we watch the game together. At halftime, we will head to the gym for some fun activities and friendly competition.

Activity #	Day	Time	Date	Fee
224723-A1	F	6:30-10:00 PM	12/18	$30

Jr. Basketball One & Two Grades 3 - 8

An intramural league designed for fun and stresses the importance of individual and team sportsmanship. Everyone plays! Fundamentals are emphasized. Focus is placed on cooperation, not competition. This is a program that involves respect for eveyone 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 **rconnolly@abgclub.org**.

Activity #	Day	Time	Date	Fee
Junior One Grades 3 - 5:				
222462-A1	Tu & F	See below	12/1-3/5	$160

Players in 3rd grade should be comfortable playing on a 10 foot hoop. Less experienced players should start with the Biddy Basketball League.

Week 1 & 2 will be skills and drills sessions. **Players with last names A-K: Tuesdays 6:00-7:00 PM and last names L-Z: Fridays 6:30-7:30 PM**. For remainder of the season, players will attend for 1 hour on either Tuesday or Friday. Start times will vary between **5:00-7:30 PM**. Please refer to the schedule given out on December 8th or 11th.

Junior Two Grades 6 - 8:				
222463-A1	Th	See below	12/3-3/4	$160

Week 1 & 2 will be skills and drills sessions, **Thursdays 6:00-7:00 PM**. For remainder of the season, players will attend for 1 hour on Thursdays either at **5:00 PM or 6:00 PM**. Please refer to the schedule given out on December 10th.



YOUTH SPORTS & FITNESS

Karate Ages 5 - 14

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

Activity #	Day	Time	Date	Fee	No Class
Ages 5 - 7					
222452-A1	Sa	10:45-11:30 AM	12/5-2/27	$320	12/26, 1/2, 2/20
Ages 8 - 14					
222453-A1	Sa	9:45-10:30 AM	12/5-2/27	$320	12/26, 1/2, 2/20

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
222454-A1	Th	6:45-7:30 PM	12/3-2/25	$320	12/24, 12/31, 2/18





Beginner & Intermediate Girls Volleyball Grades 5 - 8

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

Activity #	Day	Time	Date	Fee	No Class
222754-A1	W	5:15-6:00 PM	12/2-1/13	$100	12/30
222754-B1	W	5:15-6:00 PM	1/20-3/3	$100	2/17

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	No Class
222755-A1	W	6:15-7:00 PM	12/2-1/13	$100	12/30
222755-B1	W	6:15-7:00 PM	1/20-3/3	$100	2/17

Girls Open Gym Ages 12 - 17

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

Youth Enrichment

NEW Bouncy Ball Slime Grades K - 5

Get ready to mix, stretch, squish, and BOUNCE in this action-packed slime class! Young artists will create their own colorful bouncy ball from slime - experimenting with texture and enjoying plenty of ooey-gooey fun. It's the perfect hands-on activity for curious kids who love art, science, and taking home an amazing creation! *This class is instructed by Kidcreate Studio*.

Activity #	Day	Time	Date	Fee
223590-B1	W	2:00-3:00 PM	1/20	$25

NEW Junior Coders Club, Grades K - 2

Ready, Set, Code! Our Junior Coders program is the perfect introduction to coding and robotics for young learners! Designed for young kids, this program blends hands-on exploration with fun challenges using beginner-friendly tools like VEX 123, Scratch Jr, Lego Spike Bots, Ozobots, and more. Through interactive activities, storytelling, and creative problem-solving, campers will build foundational coding skills while having a blast! *This class is instructed by The Code Wiz*.

Activity #	Day	Time	Date	Fee	No Class
223690-B1	Th	4:00-5:00 PM	1/21-3/4	$255	2/18

Chess Hero Grades 2 - 6

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

Activity #	Day	Time	Date	Fee	No Class
223691-B1	W	3:45-4:45 PM	1/20-3/3	$255	2/17

VEX Robotics Club Grades 2 - 6

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

Activity #	Day	Time	Date	Fee	No Class
223691-B2	Th	5:00-6:00 PM	1/21-3/4	$255	2/19

Babysitting Course Ages 11 - 15

Designed to prepare students to manage young children, feed, diaper, and care for infants, respond to emergency situations, and make good decisions under pressure. Children will receive a certificate upon completion.

Activity #	Day	Time	Date	Fee
223640-B1	M	3:30-4:30 PM	3/1-3/29	$84

Galentine's Day Party! Ages 6 - 10, January 22nd, 6:30-8:30 PM

Girls ages 6–10 are invited to join us for a fun and festive Galentine's Day Party! We'll kick off the Valentine's Day season with sweet treats, indulge in some self-care with activities like nail painting, and wind down with a short, kid-friendly show. It's the perfect night to celebrate friendship, relax, and have some fun—PJs encouraged! All programs are inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Activity #	Day	Time	Date	Fee
224722-B1	F	6:30-8:30 PM	1/22	$30

Middle School Madness Grades 6 - 8 Wednesdays 2:00-3:30 PM

Spend your early release Wednesdays at the Club! Join us for food, prizes, games, and themed activities. Check social media for specific details. Must be a member to attend. Winter dates include **December 9, January 13, 27 & February 24**.



December & February Vacation Club K - 5th Grade

This full day program 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-D1	M	9:00-4:30 PM	12/28	$100
755208-D2	Tu	9:00-4:30 PM	12/29	$100
755208-D3	W	9:00-4:30 PM	12/30	$100
755208-D4	Th	9:00-4:30 PM	12/31	$100
755208-F1	T	9:00-4:30 PM	2/16	$100
755208-F2	W	9:00-4:30 PM	2/17	$100
755208-F3	Th	9:00-4:30 PM	2/18	$100
755208-F4	F	9:00-4:30 PM	2/19	$100

Club Kids Ages 8 - 17

The Club Kids Program will be open from 9:00 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**.

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 a specific schedule.

Sweethearts Swim, February 3rd, 5:30-7:00 PM

Make a splash this Valentine's Day at our Sweethearts Swim! Families are invited to enjoy a special swim together, with caregivers joining their little ones in the water. After swimming, we'll gather for pizza. This event is geared towards members ages 1–7. All children must be accompanied in the pool by an adult. **Pre-registration required**. Fee: $25/family. **240891-B1**.

Sweethearts Dance, February 13th, 5:00-6:30 PM

Dance along to your favorite tunes courtesy of DJ Dee, enjoy delicious pizza (included with admission), simple crafts, and a photo booth. This event is geared towards members ages 1-7. All children must be accompanied by a caregiver. **Pre-registration required**. Fee $25/family. **240890-B1.**

How You Can Help

Spread Some Holiday Cheer

There is nothing like Christmas trees to launch you into a festive mood! Spend a few hours volunteering at the Arlington Boys & Girls Club Christmas Tree Sale! Our annual Christmas Tree Sale begins **Saturday, November 28th** and runs daily until we sell out of trees! Volunteer your time greeting customers and displaying trees to view. Assist families with finding that perfect tree for their home and then help secure the tree to their vehicle. If you cannot lift a tree, we also need cashiers. All proceeds benefit youth activities. Register to volunteer through the Sign-Up Genius link at **ABGClub.org**. For more information please contact Chris at **cannunciata@abgclub.org** or 781-648-1617 x221.

Holiday Help

The holiday season is a time for giving, and we're seeking your support to help bring joy to children in need. Whether through a donated gift or a monetary contribution to our Holiday Help Program, your generosity will make a lasting impact. For details on how you can help, please reach out to Lauren at **lduddy@abgclub.org** or Kim at **kurquhart@abgclub.org**. Thank you for helping us spread holiday cheer!



Tot Swim

Swim Class Registration

Limited to one swim class per session.

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

Locker Room Safety Rules

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

Locker Room Access

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

Tot Water Babies with Caregiver

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

Activity #	Day	Time	Date	Fee	No Class
Ages 6 - 18 months:					
211011-AA	Sa	9:30-10:00 AM	12/5-1/16	$90	12/26, 1/2
211011-BA	Sa	9:30-10:00 AM	1/23-3/6	$108	2/20
Ages 18 - 36 months:					
211012-AA	Sa	10:05-10:35 AM	12/5-1/16	$90	12/26, 1/2
211012-AB	Sa	10:40-11:10 AM	12/5-1/16	$90	12/26, 1/2
211012-BA	Sa	10:05-10:35 AM	1/23-3/6	$108	2/20
211012-BB	Sa	10:40-11:10 AM	1/23-3/6	$108	2/20
Ages 36 - 48 months:					
211013-AA	Sa	11:15-11:45 AM	12/5-1/16	$90	12/26, 1/2
211013-BA	Sa	11:15-11:45 AM	1/23-3/6	$108	2/20
Ages 6 months - 4 years:					
211014-AA	W	10:20-10:50 AM	12/2-1/13	$108	12/30
211014-AB	F	10:20-10:50 AM	12/4-1/15	$90	12/25, 1/1
211014-BA	W	10:20-10:50 AM	1/20-3/3	$108	2/17
211014-BB	F	10:20-10:50 AM	1/22-3/5	$108	2/19

Fish Ages 3 - 4 without Caregiver

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

Activity #	Day	Time	Date	Fee	No Class
211030-AA	W	10:55-11:25 AM	12/2-1/13	$129	12/30
211030-AB	F	10:55-11:25 AM	12/4-1/15	$107	12/25, 1/1
211030-BA	W	10:55-11:25 AM	1/20-3/3	$129	2/17
211030-BB	F	10:55-11:25 AM	1/22-3/5	$129	2/19

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	No Class
211041-AA	Tu	1:15-1:45 PM	12/1-1/12	$129	12/29
211041-AB	F	1:15-1:45 PM	12/4-1/15	$107	12/25, 1/1
211041-AC	Sa	1:10-1:40 PM	12/5-1/16	$107	12/26, 1/2
211041-AD	Sa	1:45-2:15 PM	12/5-1/16	$107	12/26, 1/2
211041-AE	Sa	2:20-2:50 PM	12/5-1/16	$107	12/26, 1/2
211041-BA	Tu	1:15-1:45 PM	1/19-3/2	$129	2/16
211041-BB	F	1:15-1:45 PM	1/22-3/5	$129	2/19
211041-BC	Sa	1:10-1:40 PM	1/23-3/6	$129	2/20
211041-BD	Sa	1:45-2:15 PM	1/23-3/6	$129	2/20
211041-BE	Sa	2:20-2:50 PM	1/23-3/6	$129	2/20

Pollywog Ages 4 - 5: Fundamental Aquatic Skills

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

Activity #	Day	Time	Date	Fee	No Class
211042-AA	Tu	1:15-1:45 PM	12/1-1/12	$129	12/29
211042-AB	F	1:15-1:45 PM	12/4-1/15	$107	12/25, 1/1
211042-AC	Sa	1:10-1:40 PM	12/5-1/16	$107	12/26, 1/2
211042-AD	Sa	2:20-2:50 PM	12/5-1/16	$107	12/26, 1/2
211042-BA	Tu	1:15-1:45 PM	1/19-3/2	$129	2/16
211042-BB	F	1:15-1:45 PM	1/22-3/5	$129	2/19
211042-BC	Sa	1:10-1:40 PM	1/23-3/6	$129	2/20
211042-BD	Sa	2:20-2:50 PM	1/23-3/6	$129	2/20

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	No Class
211043-AA	Sa	1:45-2:15 PM	12/5-1/16	$107	12/26, 1/2
211043-BA	Sa	1:45-2:15 PM	1/23-3/6	$129	2/20

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
212380-A1	M	9:30-10:15AM	11/30-1/11	$107	12/28
212380-A2	M	10:20-11:05AM	11/30-1/11	$107	12/28
212380-B1	M	9:30-10:15AM	1/25-3/1	$90	2/15
212380-B2	M	10:20-11:05AM	1/25-3/1	$90	2/15

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
Tumblers I: Ages 3 - 4					
212311-A1	M	11:10-11:55 AM	11/30-1/11	$107	12/28
212311-B1	M	11:10-11:55 AM	1/25-3/1	$90	2/15
Tumblers II: Ages 4 - 5					
212312-A1	M	12:30-1:15 PM	11/30-1/11	$107	12/28
212312-A2	M	1:20-2:05 PM	11/30-1/11	$107	12/28
212312-B1	M	12:30-1:15 PM	1/25-3/1	$90	2/15
212312-B2	M	1:20-2:05 PM	1/25-3/1	$90	2/15

Tot Gym Together Ages 2-3.5 with Caregiver

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

Activity #	Day	Time	Date	Fee	No Class
212302-A1	Tu	10:30-11:15 AM	12/1-1/12	$100	12/29
212302-B1	Tu	10:30-11:15 AM	1/19-3/2	$100	2/16

All Star Sports Ages 3 - 5

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

Activity #	Day	Time	Date	Fee	No Class
212272-A1	Tu	12:30-1:15PM	12/1-1/12	$100	12/29
212272-B1	Tu	12:30-1:15 PM	1/19-3/2	$100	2/16

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					
212290-A1	F	12:30-1:15 PM	12/4-1/15	$84	12/25, 1/1
212290-B1	F	12:30-1:15 PM	1/22-3/5	$100	2/19
Ages Pre-K* - Kindergarten					
212291-A1	Sa	9:00-9:45 AM	1/9-3/6	$134	2/20
212291-A2	Sa	10:00-10:45 AM	1/9-3/6	$134	2/20

*** Must be Kindergarten eligible September 2027.**

Karate Ages 3 - 5

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
212451-A1	Th	12:30-1:00 PM	1/7-2/25	$147	2/18

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.

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
213651-A1	Tu	9:30-11:30 AM	12/1-2/23	$425	12/29, 2/16
213651-A2	Th	9:30-11:30 AM	12/3-2/25	$386	12/24, 12/31, 2/18

Stay & Play FYI:

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

NEW Let it Snow! Slime Ages 3 - 5

Get ready for a flurry of fun as we mix up soft, stretchy cloud slime in a frosty shade of icy blue! Kids will squish, stretch, and customize their own snow-inspired slime while discovering what makes this fluffy texture so cool. Every young artist will head home with a wintery creation and a big smile! *This class is instructed by Kidcreate Studio.*

Activity #	Day	Time	Date	Fee
213590-B1	W	12:30-1:30 PM	1/20	$25



Sweethearts Swim, February 3rd, 5:30-7:00 PM

Make a splash this Valentine's Day at our Sweethearts Swim! Families are invited to enjoy a special swim together, with caregivers joining their little ones in the water. After swimming, we'll gather for a delicious pizza dinner (included with admission). This event is geared towards members ages 1–7. All children must be accompanied in the pool by an adult. **Pre-registration required**. Fee: $25/family. **240891-B1**.

Tot Valentines Day Party Ages 1 - 5, February 10th, 9:30 - 10:45 AM

Join us for a dance party courtesy of **DJ Dee**. There will also be simple crafts and age appropriate activities. All children must be members and accompanied by a caregiver.

Sweethearts Dance, February 13th, 5:30-7:00 PM

Dance along to your favorite tunes courtesy of DJ Dee, enjoy delicious pizza (included with admission), simple crafts, and a photo booth. This event is geared towards members ages 1-7. All children must be accompanied by a caregiver. **Pre-registration required.** Fee $25/family. **240890-B1.**





ABC Preschool

Great Futures Start Here!

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

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

We offer a preschool schedule of 2, 3 or 5 days as well as a 5-day Pre-K schedule. We also offer early drop off and extended day options. Registration for the 2027/2028 school year will open Monday, November 16, 2026. Preschool Open House is Saturday, November 14th from 9:30-10:30 AM with tours running from 9:30-10:00 AM and 10:00-10:30 AM.

We welcome parent visits! For more information or to schedule a tour, contact **Erin Butts, Preschool Director** at 781-648-1617 x216, **abcpreschool@abgclub.org**.

Adult Program

Membership

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

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

Adult Basketball Membership: Saturday mornings 7:00-8:45 AM. September through Mid June. Fee: $185

Adult Swim Hours

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

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

Adult Gymnasium Hours

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

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

Multi - Visit Punch Card

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

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

Second Annual Alumni Day at ABGC Christmas Tree Sale

Join us on **December 5th** for our First Annual Alumni Day at the Arlington Boys & Girls Club Christmas Tree Sale. Lend a hand, spread holiday cheer, and support the Club. Sign-up for a shift at **ABGClub.org**.

Adult Classes

Aquacize

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

Adult Swim Lessons

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

Activity #	Day	Time	Date	Fee	No Class
231100-AA	M	7:20-7:50 PM	11/30-1/11	$159	12/28
231100-BA	M	7:20-7:50 PM	1/25-3/1	$133	2/15

Inclement Weather Policy

- When Arlington Public Schools have a delayed opening the Club will open at 11:30 AM and conduct afternoon and evening programs as scheduled. The ABC preschool will be closed.
- When Arlington Public Schools are closed the Club will ATTEMPT to open at 11:30 AM and conduct afternoon and evening programs weather permitting. Check **ABGClub.org** for status.

How You Can Help

Spread Some Holiday Cheer

There is nothing like Christmas trees to launch you into a festive mood! Spend a few hours volunteering at the Arlington Boys & Girls Club Christmas Tree Sale! Our annual Christmas Tree Sale begins **Saturday, November 28th** and runs daily until we sell out of trees! Volunteer your time greeting customers and displaying trees to view. Assist families with finding that perfect tree for their home and then help secure the tree to their vehicle. If you cannot lift a tree, we also need cashiers. All proceeds benefit youth activities. Register to volunteer through the Sign-Up Genius link at **ABGClub.org**. For more information please contact Chris at **cannunciata@abgclub.org** or 781-648-1617 x221.

Holiday Help

The holiday season is a time for giving, and we're seeking your support to help bring joy to children in need. Whether through a donated gift or a monetary contribution to our Holiday Help Program, your generosity will make a lasting impact. For details on how you can help, please reach out to Lauren at **lduddy@abgclub.org** or Kim at **kurquhart@abgclub.org**. Thank you for helping us spread holiday cheer!

Accepting applications for the 2027 / 2028 year beginning Nov 16

ABC PRESCHOOL

ABC Preschool is a school year (10 month) 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. We also offer early morning extended day from 7:45-8:30 AM and afternoon extended day until 3:00 or 4:00 PM. For more information contact **Preschool Director Erin Butts** at 781-648-1617 x216, **abcpreschool@abgclub.org** or visit our website at **ABGClub.org**.

JOIN US ⟩

Christmas Trees & Wreaths On Sale

7 days a week

Come find that perfect tree or wreath to decorate your home! All proceeds benefit youth activities at the Arlington Boys & Girls Club. **Beginning Saturday November 28th**, 60 Pond Lane, Arlington, MA.

Register to volunteer through the Sign-Up Genius link at **ABGClub.org**. For more information please contact Chris at **cannunciata@abgclub.org** or 781-648-1617 x221.

$10,000 Raffle Virtual Drawing

Thursday, February 25th, 7 PM

What would you do with $10,000? Join us on Facebook Live to hear your winning ticket called! Door prizes for virtual attendees! The $10,000 Raffle is sponsored by Arbella Insurance/ Jamgochian Insurance Agency. Purchase your ticket in advance because only 250 tickets will be sold. For more information contact Jen at **jgoodwin@ABGClub.org**.

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ARLINGTON BOYS & GIRLS CLUB

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