A Guide to Health, Fitness, and Fun for Cambridge Kids

2015

a Mass in Motion Initiative sponsored by the Massachusetts Department of Public Health
http://www.mass.gov/massinmotion
Be active all year long!

**Fall**
» Go on a family hike, and look for leaves and nuts you can collect
» Rake leaves — then jump in them!
» Go apple picking or head to a pumpkin patch

**Winter**
» Go sledding, and make snow angels
» Build a snowman or a snow-house
» Walk across the yard and hop back, landing only on your footprints
» Go ice skating
» Bundle up and go for a stroll

**Spring/Summer**
» Go swimming or jump through the sprinkler
» Camp, hike or bike
» Go miniature golfing or fly a kite
» Have a relay race

For more tips on helping kids eat better and move more, visit [www.mass.gov/MassinMotion](http://www.mass.gov/MassinMotion)

Information adapted from the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, 2006.
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The Importance of Physical Activity

Physical activity is important for children of all ages. An active lifestyle helps children maintain a healthy weight, socialize, and build self-confidence. It can include sport, dance, and active play, on the playground, or in the park. The best physical activity combines aerobic activity, muscle strengthening, and bone strengthening.

Children should have at least 60 minutes of physical activity each day. Some helpful guidelines are:

1. The most important kind of exercise for kids is aerobics, such as running, fast walking, organized sports, or active play.
2. Children should do muscle strengthening such as push-ups or gymnastics at least 3 days per week.
3. Children should do bone strengthening activities such as jump rope or running at least 3 days per week.

While 60 minutes of physical activity per day is the minimum, it is recommended that children get several hours of physical activity each day and are not inactive for periods longer than 2 hours.

General Information

INTRODUCTION

This directory provides information about some of the physical activity resources available to children in Cambridge. The information is subject to change, so please contact the individual organizations to obtain detailed and current information. Please be aware that some organizations have listed their mailing addresses, which may be different than the location where their programs are actually held. Calling first is advised. Many programs also schedule special activities in the summer and during school vacation weeks, which are not listed here. Please call 617-665-3845 for updates or to list your program in this directory.

FINANCIAL ASSISTANCE

Many organizations offer financial aid, even if it is not noted in this guide. Please call individual programs for more information.

DISABILITIES

Many organizations listed in this directory accommodate specific disabilities. For more information, please inquire with the contact listed for a specific activity you are interested in.

LANGUAGES OTHER THAN ENGLISH

If you or someone you know needs help getting information in a language other than English on programs listed please call the Cambridge Public Health Department at (617) 665-3899.

SUMMER CAMPS OR SESSIONS

Many of the organizations listed in this directory offer summer camps or summer sessions. Please contact individual listings for more information.
Physical Activities

BASEBALL AND SOFTBALL

Little Baseball League and T-Ball - Cambridge
The Little League runs baseball programs for children aged 7-12, and has one season from April through June and another one in the summer. T-Ball serves young children.

North Division
Don Kaiser
(617) 719-4678
www.nclbl.org

East Division
Kevin Donnelly
(617) 661-6533
www.eclbl.com

Central Division
Mike Steinkrau
(617) 378-8535
http://cambridgecentral.org/

West Division
Steve Kendall
(617) 335-4589
http://www.wclbl.com

Babe Ruth Baseball
Serves youth aged 13-15
George Alexander
(617) 864-1336

Cambridge Girls Softball League
Serves girls aged 8-14
Peter Payack
(617) 492-2913
www.cambridgegirlssoftball.com/

Cambridge Girls Softball T-Ball League
Serves girls aged 6-8
Joe Grassi
(617) 491-5240

Outdoor Softball Fields (operated by the Cambridge Recreation Department):

Ahern Field: Fulkerson Street
Hoyt Field: Western Ave
Danehy Park: Garden Street

Donnelly Field: Berkshire Street
Glacken Field: Huron Ave
St. Peter's Field: Sherman Street

www.cambridgema.gov

BASKETBALL

Baby Falcons - Girls Basketball
Dana Ellcock
(617) 892-0070
E-mail danaellcock@yahoo.com
Serves girls in grades 3-8 and promotes self-reliance and discipline and helps prepare for the level of high school basketball.
L.I.T.E.
Carole Thomas
(617) 661-3329
Offers a summer basketball league for females in grades 7-12.

Tomorrow’s Stars
2 Pearly Lane, Franklin, MA 02038, (508) 244-1722
http://www.starsbb.com/ or e-mail starsbbpride@yahoo.com
A two-week summer basketball camp is held at Cambridge Rindge and Latin High School for youth aged 7-15.

Shoot Straight Basketball Program
1640 Cambridge Street, Cambridge, MA 02138, (617) 349-6228
Run by the Department of Human Services’ Recreation Division.
Serves children in grades 3-6 during the winter. For more information, contact Bob Goodwin at (617) 349-6228.

Summer Basketball Leagues
Coed for ages: 9–11 and for boys ages 12-19
Run by the Department of Human Services’ Recreation Division
For more information contact Paul Ryder or Bob Goodwin at (617) 349-6200 or pryder@cambridgema.gov or bgoodwin@cambridgema.gov.

YMCA Basketball Leagues
820 Massachusetts Avenue, Cambridge, MA 02139, (617) 661-9622
www.cambridgeymca.org
Offers a variety of year-round and seasonal basketball leagues for youth and adults. See website for more information.

Outdoor Basketball Courts
Contact Bob Goodwin at (617) 349-6228. Operated by the Cambridge Recreation Division:

- **Ahern Field**: Fulkerson St
- **Alberico Park**: Pleasant St
- **Anderson Courts**: Pemberton St
- **Clement G. Morgan Park**: Columbia St
- **Corporal Burns Park**: Memorial Dr
- **Costa Lopez Taylor Park**: Charles St
- **Dana Park**: Magazine St
- **David Nunes Park**: Brookline St
- **Donnelly Field**: Berkshire Ave
- **Fr. Callanan Playground**: Concord Ave
- **Glacken Field**: Huron Ave
- **Gold Star Mothers Park**: Gore St
- **Hoyt Field**: Western Ave

- **Larch Road Park**: Larch Rd
- **Lindstrom Field**: Brookline St
- **Lowell Park**: Brattle St
- **Lowell School Park**: Mount Auburn St
- **Paine Park**: Amory St
- **Rafferty Park**: Griswold St
- **Raymond Park**: Upland Rd
- **Reverend Williams Park**: Dudley St
- **Riverside Press Park**: Memorial Dr
- **Sacramento Field**: Sacramento St
- **Sennott Park**: Broadway
- **St. Peter’s Field**: Sherman St
BOATING AND ROWING

Charles River Canoe and Kayak
15 Broad Canal Way, Cambridge, Massachusetts 02142, (617) 965-5110
Other locations: Boston, Newton, Waltham
http://www.paddleboston.com/
Offers classes and rentals for youth and adults, as well as a variety of summer programs providing paddling instruction and experience to kids ages 9–16.

Community Boating Inc.
21 David Mugar Way, Boston, MA 02114 (On the Charles River Esplanade between the Hatch Shell and Longfellow Bridge), (617) 523-1038
http://www.community-boating.org

Community Rowing
20 Nonantum Road, Brighton, MA 02135, (617) 779-8267
www.communityrowing.org or e-mail friendlyperson@communityrowing.org
Offers a variety of rowing classes for children and adults. No previous athletic or rowing experience is necessary. Serves people with physical and intellectual disabilities.

BOWLING

Lanes and Games
195 Concord Turnpike, Route 2 East, Cambridge, MA 02140, (617) 876-5533
http://lanesgames.com/ or e-mail lanesandgames@verizon.net
34 candlepin and 20 ten-pin lanes with auto-scoring.

Sacco’s Bowl Haven
45 Day Street, Somerville, MA 02144, (617) 776-0552
15 candlepin lanes in 1950s setting.

CYCLING

Broadway Bicycle School
351 Broadway, Cambridge, MA 02139, (617) 868-3392
http://broadwaybicycleschool.com/
Classes in bicycle repair are taught by professional bicycle mechanics using a hands-on approach.
CYCLEKids
5 JFK Street, Suite 205, Cambridge, MA 02138, (617) 661-0908
www.cyclekids.org or e-mail info@cyclekids.org

CYCLEKids is an independent, nonprofit organization designed to introduce children to the joys of cycling, healthy eating and fitness, environmental awareness, and the world of physical science.

Cambridge Community Development Department

Offers no-cost classroom and on-bike workshops for youth and adults. Schedules can be found at http://www.cambridgema.gov/CDD/Transportation/bikesincambridge/bicycleworkshops.aspx

For more information contact Jennifer Lawrence at jlawrence@cambridgema.gov or (617) 349-4671.
Also, if you run a youth group and want to host a workshop, contact Jennifer Lawrence.

DANCE, GYMNASTICS, and YOGA

Ballet Theatre of Boston
400 Harvard Street, Cambridge, MA 02138, (617) 354-7467
http://www.ballettheatre.org/school_ydp

The school is composed of the Young Dancers Program, Summer Program, and Open Class Program for adults. Summer Dance Program runs from 4-5 weeks. The summer program includes the intensive division for students aged 10-21 as well as an elementary division for students aged 3-12. Offers a full range of ballet classes for youths aged 3-18.

Boston Dance Company Inc.
550 Massachusetts Avenue, Cambridge, MA 02139, (617) 491-8615
www.bostondancecompany.net

Offers various levels of ballet and jazz dance lessons for adults and children. Also has a creative movement class for children aged 3-5, a pre-ballet class for children aged 7-9, and introduction to dance for children aged 4-6. 5-week summer program for advanced dancers age 13 and up.

Cambridge Recreation Program

War Memorial Pool, 1640 Cambridge Street (Cambridge Rindge & Latin School), Cambridge, MA, (617) 349-6279
http://www.cambridgema.gov/dhsp/warmemorial


Cambridge School of Ballet, Dance Complex
536 Massachusetts Avenue, Cambridge, MA 02139, (617) 547-9699
http://www.theschoolofclassicalballet.com/

Beginner ballet classes for teens.

Cambridge Family YMCA
820 Massachusetts Avenue, Cambridge, MA 02139, (617) 661-9622
www.cambridgeymca.org

Offers many yoga and fitness classes, including zumba, tai chi, pilates, boxing and aerobics. Summer and afterschool programs available for ages 5-13. Pay-as-you-go option for high school students.
The Dance Complex
536 Massachusetts Avenue Cambridge, MA 02139, (617) 547-9363
www.dancecomplex.org
Has an open door policy and offers a variety of dance classes including Jazz, Hip Hop, Funk, Latin, Ballroom, Modern, Ballet, Tap, Belly dance, Zumba, Martial Arts, Children’s Dance Classes, Yoga, and African Dance. Serves all ages. Work study is available as an alternate form of payment.

Fresh Pond Ballet
1798A Massachusetts Avenue, Cambridge, MA 02140, (617) 491-5865
www.freshpondballet.com
Fresh Pond Ballet offers eight levels of classes beginning with three-year-olds, and continues through teens and adults. Older children take classes for a semester, and adults are drop-in. Runs programs in June-July and in the fall and spring. Private lessons are also available. Has served students with hearing impairments and low muscle tone.

Green Street Studios
185 Green Street, Cambridge, MA 02139, (617) 864-3191
www.greenstreetstudios.org

Gymnastics Academy of Boston
128 Smith Place, Cambridge, MA 02138, (617) 441-9700
www.gymnasticacademyofboston.com or e-mail gabc.gymnastics@gmail.com
Offers gymnastics lessons for people aged 15 months and older. Offers recreational classes which use gymnastics as a vehicle to fitness. Also have upper level classes and competitions. Camps available over summer vacation.

Little Namaste Yoga
http://www.littlenamasteyoga.com/ or e-mail littlenamasteyoga@gmail.com
Family yoga and kids yoga for ages 18 months-12 years. Visit website for class schedule.

Movin and Groovin
3 Church Street, Cambridge, MA 02138, (617)-620-7654
www.alicehellerdance.com or e-mail aliceheller15@gmail.com
Music and movement for babies 6-17 months and 18 months-3 years old and caregiver. Classes held at First Parish UU Church in Harvard Square. Led by Alice Heller, mom, dancer, teacher and Cambridge resident.

Prometheus Dance
536 Massachusetts Avenue, Cambridge, MA 02135
www.prometheusdance.org or e-mail info@prometheusdance.org
Modern dance classes available for all ages, including one specifically for ages 55 and up.
SHINE for Girls
84 Massachusetts Avenue (3rd Floor), Cambridge, MA 02139
http://www.shineforgirls.org/ or e-mail shineboard@mit.edu
Combination of math and dance for middle school students. Dance choreography is designed for
students of all skill levels and performed for parents at an end-of-program recital. Program is every
Monday from 3:30-6pm, however please visit website or contact program director to confirm open
dates.

FENCING

Bay State Fencers
561 Windsor Street, Suite A401, Somerville, MA 02143, (617) 591-0101
www.baystatefencers.com
Classes available for adults and kids age 6 and up. Private lessons and a competitive program
also available. Students learn proper stance, basic footwork, bladework, and tactics. Exercises and
games that strengthen the body and improve speed and mobility are an integral part of this program.
Students are introduced to the rules, etiquette and formality of the sport. Fencing uniform and
equipment are introduced.

Olympia Fencing
127 Smith Place, Cambridge, MA 02138, (617) 945-9448 or info@olympiafencingcenter.com
http://olympiafencingcenter.com
Fencing classes for youth starting for age 5 and up, and camps during some school vacations.

FOOTBALL AND CHEERLEADING

Cambridge Youth Flag Football
Russell Field, Rindge Avenue, North Cambridge, MA 02140, (617) 803-6097
http://www.cambridgeyouthflagfootball.org/ or e-mail CYFFL@outlook.com
Offers flag football to boys and girls aged 12 and under.

POP Warner Football and Cheerleading
P.O. Box 4002721, Cambridge, MA 02140
http://www.eteamz.com/CambridgePopWarner/
Kwame Dance, (781)-308-8888
Serves children ages 5-15.

GOLF

Fresh Pond Golf Course
691 Huron Avenue, Cambridge, MA 02138, (617) 349-6282
www.freshpondgolf.com or e-mail rcarey5858@comcast.net
Open to public from dawn to dusk on a first come, first served basis. Discounts for Juniors (18 and
under) and Seniors (65+), as well as Cambridge residents. Private and group lessons available.
Golf Lessons at MIT
120 Vassar Street, Cambridge, MA 02139
http://www.mitrecsports.com/index.php/youth-programs/golf or email golflessons@mit.edu
Lessons are available by appointment Monday through Saturday 8am to 9pm.

ICE SKATING and HOCKEY

Academy of Recreational Skating Club
Simoni Skating Rink, 155 Gore Street, Cambridge, MA 02137, (617) 354-9523
www.fmcarenas.com/
Learn to skate classes for kids age 3 and up as well as adults. Hockey programs, figure skating programs and public skating are also available.

Bay State Skating School
Simoni Skating Rink, 155 Gore Street, Cambridge, MA 02139, (617) 354-9523
www.baystateskatingschool.org
Beginner, intermediate, and advanced skating schools for children aged 4 ½ and up.

Cambridge Skating Club
40 Willard Street, Cambridge, MA 02139, (617) 354-9427
www.cambridgeskatingclub.org
Memberships open to Cambridge residents. Offers junior hockey clinics, as well as private and/or group instruction in figure skating for ages 4 and up.

Cambridge Youth Hockey
P.O. Box 381872, Cambridge, MA 02138
www.cambridgeyouthhockey.org or e-mail web@cambridgeyouthhockey.org
Learn to skate, instructional hockey, and competitive teams.

Charles Hotel Ice Skating
1 Bennett Street, Cambridge, MA 02138, (617) 864-1200
http://www.charleshotel.com/services-and-amenities/seasonal-activities
Ice rink run by the Charles Hotel. Open to the public and hotel guests. Skate rentals, season passes and lessons available.

Harvard University Ice Skating
The Plaza adjacent to the Harvard Science Center
Seasonal ice rink run by Harvard University as part of the Common Spaces program. Free admission to the public. Skate rentals available.
http://www.commonspaces.harvard.edu/

(cont’d)
Kendall Square Community Skating
300 Athenaeum Street, Cambridge, MA 02142, (617) 492-0941
http://kendallsquare.org/play/details/community-ice-skating
Learn to Skate classes for adults (11+) and children (3-11). Learn to Skate program is designed for those who have never skated or who have never had formal lessons. Private lessons also available.

MIT Ice Rink
120 Vassar Street, Cambridge, MA 02139, (617) 452-3690
http://www.mitrecsports.com/
Open from October to March. Lessons available for beginners and more advanced ice skaters.

Skating Club of Boston
1240 Soldiers Field Road, Brighton, MA 02135, (617) 782-5900
www.scboston.org
Public skating, ice skating lessons and competitive ice skating.

LACROSSE

Cambridge Youth Lacrosse
Danehy Park, Cambridge, MA 02140
http://www.cambridgeyouthlacrosse.org/
Local lacrosse to promote the growth of boys and girls grades K-8 through efficient skill development, mini-games, and competitive play. Visit website to register.

MARTIAL ARTS

Aikido New England Aikikai
2000 Massachusetts Avenue, Cambridge, MA 02140, (617) 661-1959
www.neaikikai.com
Offers traditional Japanese instruction for children aged 5-12 and young adults 13 and up.

American Jiann Shyong Kung Fu Center
47 Third Street, Cambridge, MA 02141, (617) 497-4459
www.jiannshyongkungfu.com
Offers mixed classes for children and adults.

Boston Classical Soo Bahk Do
Cambridge YWCA, 7 Temple Street, Cambridge, MA 02139, (781) 367-8060
www.bcsbd.com
Internationally certified instruction in traditional Korean martial arts. Programs available for children (age 7 and up), adults, families, and individuals with special needs. Private lessons also available.
C.W. Taekwondo at Boston
285 Green Street, Cambridge, MA 02139, (617) 876-4853
www.cwtkd.com
Classes are taught by certified instructors to children ages 4-13 and teens and adults ages 14 and up. Beginners may enroll in a three month program, which includes up to 4 classes per week.

Cambridge Recreation Program
War Memorial Pool 1640 Cambridge Street (Cambridge Rindge & Latin School), Cambridge, MA, (617) 349-6279
http://www.cambridgema.gov/dhsp/warmemorial
Beginner and advanced Kenpo Karate classes for youth aged 3-14.

Cambridge Family YMCA
820 Massachusetts Avenue, Cambridge, MA, (617) 661-9622
Larry Friedman at 781-248-9712
www.cambridgeymca.org or e-mail kensho.lnf@gmail.com
Karate classes offered for people age 8 and up. Family discounts available.

Crimson Kicks Youth Martial Arts
536 Massachusetts Avenue, Cambridge, MA 02139
http://crimsonkicks.com/ or e-mail crimsonkicks@gmail.com
Program for kids age 3-6 years old to learn elements of taekwondo and several other martial arts through fun games and intense drills. The classes strive to improve kids’ coordination and fitness, focus and respect, flexibility and agility, and confidence and discipline.

Jae H. Kim Taekwon-do Institute
2000 Massachusetts Avenue, Cambridge, MA 02140, (617) 492-5070
www.tkd-boston.com or email jaekim.taekwondo@gmail.com
Offers Tae Kwon Do instruction to adults of all ages and children aged 4 and older. Beginners receive private instruction before joining classes.

ROCK CLIMBING

Central Rock Gym Cambridge
127 Smith Place, Cambridge, MA 02138, (857) 285 6997
https://www.centralrockgym.com/cambridge.php
A rock climbing fitness facility that offers state of the art climbing wall terrain for people aged 14 and up. There are bouldering routes designed for beginner, intermediate, and advanced climbers.
SOCCER

Cambridge Youth Soccer
P.O. Box 390215, Cambridge, MA 02139-0003, (617) 491-4958
www.cambridgeyouthsoccer.org
Offers an in-town recreational league for girls and boys ages 6-14. A beginner program, KickStart, is available for kids age 4-6. A more competitive travel league for players ages 8-18 is also offered. Financial assistance is available.

Micro-Soccer
Peter Cohen, (617) 497-7180
www.microsoccer.org
Cambridge Family Micro-Soccer introduces young children to soccer and teaches them how to play. Check the website for registration and eligibility. Most practices and games held at Raymond (Corcoran) Park.

Soccer Superstars
Headquartered at 1 Thompson Square, Suite 301, Charlestown, MA 02129, (781) 777-7171
http://boston.supersoccerstars.com/index.php or e-mail boston@supersoccerstars.com
A non-competitive soccer program for ages 2-10. Kick and Play, a parent-child pre-soccer and movement program is available for ages 12-24 months. The program is held in multiple locations throughout Cambridge.

Outdoor Soccer Fields
Operated by the Cambridge Recreation Department:

- **Ahern Field**: Fulkerson St
- **Cambridge Common**: Garden St
- **Corcoran Field**: Raymond St
- **Danehy Park**: Garden St
- **Donnelly Field**: Willow St
- **Glacken Field**: Huron Ave
- **Gold Star Mothers Park**: Gore St
- **Hoyt Field**: Western Ave
- **Sacramento Field**: Sacramento St
- **Sennott Park**: Broadway
- **Russell Field**: Rindge Ave

SWIMMING and AQUATICS: POOLS, LESSONS, AND CLUBS

Cambridge Family YMCA Aquatics
820 Massachusetts Avenue, Cambridge MA (617) 661-9622
www.cambridgeymca.org
Contact Info: Dana Frost at 617-661-9622 x 702 or e-mail aquatics@cambymca.org
Group and private swim lessons for children ages 4 and above. Parent/infant lessons (aged 6-24 mos) & parent/toddler lessons (aged 2-4 years). Recreation and lap swims available to members only.
Cambridge Recreation Program
War Memorial Pool, 1640 Cambridge Street (Cambridge Rindge & Latin School), Cambridge, MA, (617) 349-6279
http://www.cambridgema.gov/dhsp/warmemorial
Offers a variety of programs throughout the year, including swim lessons, competitive swimming, synchronized swimming and recreational swim. The newly renovated facility offers 3 pools: a lap pool, diving tank, and round instructional pool.

Crimson Water Polo
Blodgett Pool, 65 North Harvard Street, Boston, MA 02163, (714) 904-4906
http://crimsonwaterpolo.com/ or e-mail churnsidec@gmail.com
Year round, coach-run United States Water Polo affiliated club. Open to males and females of all skill levels aged 8-18 years old who are interested in learning the sport.

DCR (Department of Conservation and Recreation) Pools
Veterans Pool: 719 Memorial Drive, (617) 661-0564
McCrehan Pool: 359 Rindge Avenue, (617) 661-0670
Both pools only open in the summer. Check the website or call for hours and more information.

Gold Star Pool
Corner of Berkshire and Cambridge Streets, Cambridge, MA 02141, (617) 349-6310
www.cambridgema.gov/dhsp2
Hours: Mon-Thurs 2:00PM to 7:15 PM Fri-Sun 12:30 PM to 6:45 PM
The pool, which operates for nine weeks during the summer months, is unheated and has a depth range of 2.5 ft.-9ft. Admission fee is $0.75 per person. Children ages eight and under must be accompanied by an adult and children ages five years or younger must have an adult in the pool with them at all times. Note: This pool is scheduled to close for renovation after summer 2015. Please check the website.

MIT Swimming Programs
120 Vassar Street, Cambridge, MA 02139
http://mitrecsports.com/index.php/youth-programs or email aqualessons@mit.edu
Group and private lessons for youth 2.5 – 14 years old. Parent-child classes for kids 6- 30 months.

Technique Swim Academy
Harvard University, Blodgett Pool, 65 North Harvard Street, Boston, MA 02163
http://www.techniqueswimacademy.com/
mike@techniqueswimacademy.com or (617) 484-0550
Summer swim camp for youth ages 7-16.

Wellbridge Athletic Center
5 Bennett Street, Cambridge, MA 02139, (617) 441-0800
https://www.wellbridge.com/wellbridge-athletic-club/cambridge/fitness-wellness
A rooftop pool that offers year-round aquatic activities, including private and group instruction. (con’t)
(con’t) (Programs available for children as young as 6 months.

**TENNIS and RACQUET SPORTS**

**Cambridge Recreation Program**

1640 Cambridge Street (Cambridge Rindge & Latin School), Cambridge, MA 02138, (617) 349-6279
www.cambridgema.gov/dhsp2 or http://www.cambridgema.gov/dhsp/warmemorial
The Cambridge Recreation Program offers tennis lessons for children ages 4 -14, as well as for adults.

**Cambridge Athletic Club Squash**

215 First Street, Cambridge, MA 02142, (617) 491-8989
http://www.cambridgeathletic.com/squash
Offers many squash programs for both experienced and new players. Group and private lessons available.

**Kidsquash**

Harvard Murr Center, 65 North Harvard Street, Boston, MA 02163
www.kidsquash.org or e-mail info@kidsquash.org
A community squash program for young, aspiring squash players.

**The Tennis Academy at Harvard**

Beren Tennis Center at Harvard, 65 North Harvard Street, Boston, MA 02163, (617) 763-9764
www.thetennisacademy.com or email info@thetennisacademy.com
Runs summer camps for children ages 7–17 and offers evening lessons for adults. Camps are done by the week and take place at the Harvard tennis facilities.

**Outdoor Tennis Courts**

Operated by the Cambridge Recreation Department, (617) 349-6228
A number of the playgrounds will be staffed by the Recreational Department during the summer July and August from 9:00 am – 4:00 pm. Evening activities will also be offered from 5:00 pm – 7:30 pm at selected sites. Sites:

- **Anderson Courts**: Pemberton St
- **Glacken Field**: Huron Ave
- **Harvard Street Park**: Harvard St
- **Hoyt Field**: Western Ave
- **Joan Lorentz Park**: Broadway / Cambridge Public Library
- **Rafferty Park**: Griswold St
- **Rindge Field**: Pemberton St
- **Riverside Press Park**: Memorial Dr
TRACK and FIELD

**Cambridge Jets Track & Field Team**

Gordon Track at Harvard Indoor track at: 65 North Harvard Street, Allston, MA 02134
Curtis Jackman (617) 380-8080
www.cambridgejetsofma.org or email curtis@cambridgejetsofma.org
Private youth track team. Indoor season held at Harvard’s Gordon Track Facility. Outdoor season held at Danehy Park.

**Title IX Girl’s Running Club**

Danehy Park and Gordon Center at Harvard University: Indoor track at: 65 North Harvard Street
Allston, MA 02134, (617) 312-1058
Title IX Girls Running Club, PO. Box 391535, Cambridge, MA 02139
http://titleixgirls.org/
Title IX Girls Running Club has full and partial scholarships available for girls ages 9-15 years old enrolled in public school that receive free/reduced lunch and/or have an IEP.

VOLLEYBALL

**The Volleyball Camp at Harvard**

39 Holyoke Street, Cambridge, MA 02138

PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS

**The Cambridge Program**

680 Huron Ave, Cambridge, MA 02138
David A. Tynes, M.Ed, Director, (617) 349-6829
The Cambridge Program offers various programs throughout the school year including Saturday Recreation Program, Health & Fitness, and Bowling. The Cambridge Program is affiliated with the Massachusetts Special Olympics and provides training throughout the year for several sports. www.cambridgema.gov

**Camp Rainbow**

51 Inman Street, Cambridge, MA 02139
Bob Goodwin, (617) 349-6228
www.cambridgema.gov
Camp Rainbow is a summer camp program for participants ages 6 and above. The camp is in operation Monday through Friday from 9:00 am-3:00 pm for seven weeks during July and August. Transportation is provided. For further information or registration forms, please contact Bob Goodwin.

**Special Olympics**

680 Huron Avenue, Cambridge, MA 02138, (617) 349-6829 (con’t)
(con’t) www.cambridgema.gov
Sponsored by the Massachusetts Special Olympics. Participants train and compete throughout the year in a variety of events including bowling, swimming, basketball, power lifting, volleyball, tennis, and track and field.

SAFE ROUTES TO SCHOOL

Safe Routes to School Cambridge

Walking and bicycling to school has many benefits, including the opportunity to be physically active. The City of Cambridge recently started a Safe Routes to School initiative to promote walking and cycling to school. To learn more about current programming, or find out how to start a program at your school, please contact Justin Schreiber at 617-349-6012 or jschreiber@cambridgema.gov.

NATURE AND OUTDOOR EXPLORATION

American Academy of Arts and Sciences

136 Irving St, Cambridge, MA 02138
The American Academy of Arts and Science (between Irving and Beacon street), is a fabulous wooded area to roam around and play. It is enclosed by a fence/wall but there are several entrances and it is open to the public. It is on the 83 bus line.

The Alewife Reservation

The Alewife Reservation is a unique natural resource for the communities of Belmont, Arlington and Cambridge and home to hundreds of species, including hawks, coyotes beavers, snapping turtles, wild turkeys and muskrats, the reservation is a unique natural resource for the community. Accessible from the Alewife T stop or 83 bus. For updates on events and volunteer opportunities visit http://www.friendsofalewifereservation.org/

Fresh Pond Reservation

Managed by the Cambridge Water Department
250 Fresh Pond Pkwy, Cambridge, MA 02138
(617) 349-4799
www.cambridgema.gov/water
Fresh Pond Reservation is a protective land buffer around Fresh Pond – Cambridge’s drinking water – and a green oasis for wildlife and human recreation. Pathways allow for walking, running and slow bicycling, and locations such as Black’s Nook provide quiet places for nature investigation and reflection. Well-behaved, Cambridge-licensed dogs under voice control may be off-leash on some Reservation pathways. Parking is available for Cambridge residents only; green transit is encouraged as parking is limited. Alewife T, bus routes 71, 72, 73, 74, 75, and 78 all are within walking distance of Fresh Pond, which is also located on the Fresh Pond Parkway bike path.

For updates on nature programming and volunteer opportunities on the Reservation, visit www.cambridgema.gov/water and the Friends of Fresh Pond Reservation at www.friendsoffreshpond.org.
PARKS WITH WATERPLAY

Ahern Field: Fulkerson St
Alden Park: Sacramento St
Bergin Park: Haskell St
Cambridge Common*: Waterhouse St
Cooper Park: Hancock St
Corporal Burns Park: Flagg St
Dana Park: Magazine St
Danehy Park: Sherman St
Donnelly Field: Willow St
Fr. Callanan Playground*: Concord Ave
Franklin Street Park*: Franklin St
Gannett-Warren Pals Park: Jefferson St
Glacken Field: Huron Ave
Gold Star Mothers Park: Gore St
Greene-Rose Heritage Park: Harvard St
Hoyt Field: Western Ave
Hurley Park: Hurley St
King School: Putnam Ave
Maple Avenue Park*: Maple Ave
New Riverside Neighborhood Park: Western Ave
North Point Park (Mass DCR): Museum Way
Paine Park: Amory St
Pine Street Park: Pine St
Raymond Park: Upland Rd
Reverend Williams Park: Cedar St
Riverside Press Park: River St
Sennott Park: Broadway

www.cambridgema.gov

*Franklin Street Park, Maple Avenue Park, Pine Street Park, Fr. Callanan Playground, and Cambridge Common have smaller waterplay facilities designed for very young children (aged 5 and under).

For general questions about waterplay, please call the Community Development Department at (617) 349-4600.

PLAYGROUNDS

Please call the Recreation Department at 617-349-6228 for program dates.

Ahern Field: Fulkerson St
Alberico Park: Pleasant St
Alden Park: Sacramento St
Bergin Park: Haskell St
Cambridge Common: Waterhouse St
Cambridgeport School: 89 Elm St
Cambridge Rindge & Latin School and War Memorial: 459 Broadway
Charles Park: Rogers St
Clarendon Ave Playground: Clarendon Ave
Clement G. Morgan Park: Columbia St
Comeau Field: Rindge Ave
Cooper Park: Hancock St
Corcoran Tot Lot: Walden St.
Corporal Burns Park: Memorial Dr
Costa Lopez Taylor Park: Charles St
Dana Park: Magazine St
Danehy Park: Garden St
David Nunes Park: Brookline St
Donnelly Field: Berkshire Ave
Fr. Callanan Playground: Concord Ave
Fletcher/Maynard Academy: 225 Windsor St
Fulmore Park: Sidney St
Gannett-Warren Pals Park: Jefferson St
Gibbons Park: Columbus Ave
Glacken Field / Tot Lot: Huron Ave
Gold Star Mothers Park: Gore St
Graham and Parks School: 44 Linnaean St
Greene-Rose Heritage Park: Harvard St
Haggerty School: 110 Cushing St
Hoyt Field: Western Ave
Hurley Park: Hurley St
Joan Lorentz Park: Broadway / Cambridge Public Library
King School: 100 Putnam Ave
Larch Road Park: Larch Rd
Lechmere Canal Park: First St
Lindstrom Field: Brookline St
Lopez Street Park: Lopez St
Lowell School Park: Mount Auburn St
Maple Avenue Park: Maple Ave
Cambridge Public School Resources

PUBLIC SCHOOL PHYSICAL EDUCATION DEPARTMENT

Each public school offers seasonal after-school sports and activities that are run by the Physical Education Department.

For information about programs at each elementary and upper schools contact Joel Burke at (617) 349-6696 or jburke@cpsd.us.

For information about programs at the Cambridge Rindge & Latin School contact Scott Cody at (617) 349-6196 or scody@cpsd.us.

For more information: http://www.cpsd.us/cms/One.aspx?pageId=3416489

COMMUNITY SCHOOLS

After-school activities are available in each Public School through the Human Services Department Community Schools program. Contact the director at each school for physical activity offerings. For more information, call (617) 349-6200.

Community School Directors:

Amigos-Cambridgeport Community School: Carmen Mouza, (617) 349-6824

Agassiz Community School at the Baldwin School: Maria LaPage, (617) 349-6287 x11

Elm Street Community School: Wade Lindhorst, (617) 349-6307

Fitzgerald Community School at Peabody School: Caroline Rodrigues, (617) 349-6302

Fletcher-Maynard Community School: Jessica Pegg, (617) 349-6295

Haggerty Community School: Amanda Kierce, (617) 349-6264

Harrington Community School at King Open: Crisalida Rebelo, (617) 349-6305

Kennedy Community School at Kennedy-Longfellow School: Shirley Santos, (617) 349-6308
Linnaean Community School at Graham & Parks: Mary Ellen Breen, (617) 349-6267

Longfellow Community School: Sikha Sen, (617) 349-6260

MLK Jr Community School: Catherine Park, (617) 349-6269

Morse Community School: Stan Rogers, (617) 349-6291

Tobin Community School: Katie Gladfelter, (617) 349-6300

Youth Development Programs

**Cambridge Youth Center Programs**


The Cambridge Youth Center Programs provide a range of recreational, leisure, and personal development programming for Cambridge preteens and teens ages 9-19. For more information check the website or call (617) 349-6200.

*Area 4 Youth Center:* 243 Harvard Street, Cambridge, MA 02139; (617) 349-6262

*Frisoli Youth Center:* 61 Willow Street, Cambridge, MA 02140; (617) 349-6312

*Gately Youth Center:* 70 Rindge Avenue, Cambridge, MA 02140; (617) 349-6277

*Russell Youth Center:* 680 Huron Ave, Cambridge, MA 02138; (617) 349-6314

*Moore Youth Center:* 12 Gilmore Street (off Western Avenue), Cambridge, MA 02139; (617) 349-6273

**Middle School Activities Club**

A citywide club, sponsored by the Cambridge Youth Programs, which organizes fun, social, and recreational events for all Cambridge Middle School Students. The club is open to all Cambridge residents in grades 6-8 (both public and private school). For information, contact Patricia Bradshaw at (617) 498-1289 or pbradshaw@cambridgema.gov.

**Boy Scouts**

Boston Minuteman Council, 411 Unquity Road, Milton, MA 02186. (617) 615-0004 x316

Cambridge office located at 1950 Mass Avenue, 3rd Floor (Masonic Hall), Cambridge, MA www.bsaboston.org or e-mail council@bsaboston.org. Offers programs for boys in 1st – 12th grade. Involves a strong focus on outdoor physical activity, including camping, rock climbing, etc.

**The Girl Scouts**

95 Berkley Street, Suite 404, Boston, MA 02116, 1-800-882-1662

http://www.girlscoutseasternmass.org/

Provides girls grades K-12 with age-appropriate programs, helping them to connect with others and take action to make a difference.
Junior Forester Program

City Arborist: David Lefcourt, (617) 349-6433 https://www.cambridgema.gov/theworks/ or e-mail dlefcourt@cambridgema.gov.

The Junior Forester Program is open to local youth aged 5-13 that are interested in learning more about trees and caring for trees in their neighborhood.

Youth Enrichment Services (Y.E.S.)

412 Massachusetts Avenue, Boston, MA 02118, (617) 267-5877
www.yeskids.org or e-mail info@yeskids.org

Provides outdoor experiences including skiing, snowboarding, mountain biking, canoeing, and camping for children and adolescents. Serves individuals and groups.

Additional Resources

Appalachian Mountain Club (AMC)

5 Joy Street, Boston, MA 02108, (617) 523-0655
www.amcboston.org or e-mail chair@amcboston.org.

Serves people of all ages and abilities. Offers a broad range of activities, including skiing, biking, hiking, climbing, and kayaking. Also offers recreational information and workshops.

Cambridge Camping Association

99 Bishop Allen Drive, Cambridge, MA 02139, (617) 864-0960
www.cambridgecamping.org or e-mail info@cambridgecamping.org.

Runs 2 day camps for Cambridge youth. Also publishes a list of summer day camps available in the Boston area and provides scholarships to 5 area camps.

Cambridge Youth Sports Commission

Contact Paul Ryder at (617) 349-6229 or pryder@cambridgema.gov

The Cambridge Youth Sports Commission is comprised of representatives of all Cambridge youth sports organizations along with representatives from Cambridge Rindge and Latin athletics. The main focus is to provide training opportunities for coaches from all organizations and to promote strong relationships among youth and CRLS coaches.

City of Cambridge Department of Human Services Programs

51 Inman Street, Cambridge, MA 02139, (617) 349-6200

Publishes a resource guide that describes its programs and services, which include many seasonal activities and summer camps. Guides are often distributed to local libraries.

CitySprouts

678 Massachusetts Avenue, Cambridge, MA, 02139, (617) 876-2436
www.citysprouts.org or e-mail info@citysprouts.org.

Schoolyard gardens with family volunteer opportunities. Also offers summer internships for children aged 11-14.
City of Cambridge Community Development Department
344 Broadway, Cambridge, MA 02139, (617) 349-4600
http://cambridgema.gov/CDD.asp or e-mail cddat344@cambridgema.gov.
Provides GIS (Geographic Information System) mapping of open space and other resources available in Cambridge.

Department of Conservation and Recreation (DCR)
251 Causeway Street, Boston, MA 02114, (617) 626-1250
www.mass.gov/dcr or e-mail mass.parks@state.ma.us.
The DCR offers a variety of recreational programs and facilities in Cambridge and the Greater Boston area.

Imagine Cambridge
23 Bay State Road, Cambridge, MA 02138, (617) 661-0077
www.imaginecambridge.com or e-mail ImagineCambridge@gmail.com.
A center for community and the arts. Featuring creative playspace, kids’ clubs, sing-a-longs and more. Please visit website for admission/membership rates and other information.

Play It Again Sports
630 Washington Street (Rt. 1), Dedham, MA 02026, (781) 493-6796
62 East Montvale Avenue, Stoneham, MA 02180, (781) 438-2399
www.playitagainsports.com
Buys and sells used sporting equipment.

Red Auerbach Youth Foundation
101 Arch Street, 9th Floor, Boston, MA 02110, (617) 345-8998
www.redauerbach.org
Aims to involve children in sports who would not otherwise participate. Runs educational workshops on coaching double Dutch, the components of exercise, and fundraising. Also sponsors Double Dutch tournaments and a kick-off event where people can learn more about Double Dutch. Visit website for schedule of events.

Summer Food Service Program
51 Inman Street, Cambridge, MA 02139, (617) 349-6247
http://www.ci.cambridge.ma.us/DHSP/programsforfamilies/summerfoodprogram.asp
The Cambridge Summer Food Service Program provides free lunch to anyone under age 19 during the summer when school is out. Lunch is served 11:30 – 12:30, Monday thru Friday (weather permitting) at Danehy Park, Hoyt Field, Sennott Park, Greene-Rose Heritage Park and Gold Star Mother’s Park. Incorporating Michelle Obama’s Lets Move! initiative, an hour of exercise and movement is conducted lunch is served. Each week a major dance or exercise event is being held at one of the sites. Two field days, staffed by the Recreation department, include sack races, jump rope, soccer and hula hooping as well as other popular games that involve movement.

The Cambridge Summer Food Program is also collaborating with the Agenda for Children Literacy Initiative to bring books to kids of all ages...by bike!
Maps

The Cambridge Open Space Map Gallery includes maps of:

- public parks, playgrounds, and reservations
- waterplay locations
- community gardens
- off-leash locations

This map shows the locations of parks and other public spaces in Cambridge that offer a variety of recreational resources to the public. For information on activities programming at city-owned parks, please contact the Department of Human Service Programs at 617-349-6200 / 617-492-0235 TTY.

For information on facility maintenance at city-owned parks, please contact the Department of Community Development Department.

Map prepared by Brendan Monroe on May 22, 2014. CDD GIS C:\Projects\OpenSpace\ParksIndex2014.mxd
Looking for a break from the summer heat? The City of Cambridge invites you to visit any of our 28 parks that have waterplay facilities. These facilities include a variety of sprinkler, spray, and shower configurations located in parks throughout the city. All waterplay facilities are free and open to the public during the summer months.

- For questions about waterplay maintenance and operation, including when waterplay will be turned on, call Public Works at 617-349-4800.
- For questions about Gold Star Mothers Pool or War Memorial Pool, contact the Recreation Division at 617-349-6200.
- For questions about North Point Park, Veterans Memorial Pool, or McCrehan Pool, contact the Massachusetts Department of Conservation and Recreation (DCR) at 617-626-1250.
- For general questions about waterplay, call Community Development at 617-349-4600.

Map prepared by Brendan Monroe on May 22, 2014.
Walking and bicycling to school with your child has many benefits!

- Save money and buy less gas
- Help the environment by leaving your car at home
- Improve kids’ memory & concentration
- Get fit together as a family
- Catch up with your kids during the walk

To learn more about current programming or find out how to start a program at your school, please contact:

Justin Schreiber
617/349-6012
jschreiber@cambridgema.gov
Community Development Department
344 Broadway, 3rd Floor
Cambridge, MA 02138
Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.

Your child loves to move!

Encourage your child to play actively several times each day.
Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.

Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.  
I make sure my child’s TV and screen time is less than 2 hours a day.  
I make sure my child is actively moving for at least 60 minutes a day.  
When actively playing, my child breathes quickly or sweats.  

If you can usually answer yes to these statements, your child is probably getting enough active play.
How can you raise an active child?

- **Make active play fun for the whole family.** Let your child help plan the fun.
- **Focus on fun, not performance.** All children like to play. They will win when they move, have fun, and are active daily.
- **Set limits on TV and computer time.** Limit TV and other screen time to less than 2 hours a day, as advised by many doctors. Try reading during inactive time rather than watching TV.
- **Be active yourself.** Active parents tend to raise active children. You influence your child’s behavior, attitudes, and future habits. Be more active and limit your own time watching TV. Set the example by using safety gear, like bike helmets.

As children grow, they may be ready for new activities.

By **age 2**, they can run, walk, gallop, jump, and swim with adult help.

By **age 3**, they can hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, and catch, throw, bounce, and kick a ball.

By **age 4**, they can skip, swim, and complete an obstacle course.

There are many activities you can do with your child. Here are some ideas of how to be active with your child. Write down your own ideas, too!

**Indoor play**
- Act out a story
- Turn up the music and dance
- Walk inside a shopping mall
- Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Your family ideas: __________________________

**Outdoor play**
- Family walks after dinner
- Play catch
- Take a nature hike
- Games in the yard or park
- Kick a ball

Your family ideas: __________________________

For more great tips on these and other subjects, go to: ChooseMyPlate.gov/preschoolers/
Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1. **smoothie creations**
   Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!

2. **delicious dippers**
   Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.

3. **caterpillar kabobs**
   Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4. **personalized pizzas**
   Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5. **fruity peanut butterfly**
   Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6. **frosty fruits**
   Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7. **bugs on a log**
   Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8. **homemade trail mix**
   Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.

9. **potato person**
   Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10. **put kids in charge**
    Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

Go to www.ChooseMyPlate.gov for more information.