



# Cambridge in motion

## 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](http://www.nclbl.org)

#### **East Division**

Kevin Donnelly  
(617) 661-6533  
[www.eclbl.com](http://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/](http://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](http://www.cambridgema.gov)



## BASKETBALL

### **Baby Falcons - Girls Basketball**

Dana Ellcock  
(617) 892-0070

E-mail [danaellcock@yahoo.com](mailto: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](mailto: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](mailto:pryder@cambridgema.gov) or [bgoodwin@cambridgema.gov](mailto:bgoodwin@cambridgema.gov).

## **YMCA Basketball Leagues**

820 Massachusetts Avenue, Cambridge, MA 02139, (617) 661-9622

[www.cambridgeymca.org](http://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>

Offers sailing, kayaking, and windsurfing lessons for adults and children ages 10-18. Welcomes kids of all abilities and backgrounds. Cost dependent on family income. Recently created a sailing program for adults and children with disabilities.

### **Community Rowing**

20 Nonantum Road, Brighton, MA 02135, (617) 779-8267

[www.communityrowing.org](http://www.communityrowing.org) or e-mail at [friendlyperson@communityrowing.org](mailto: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](mailto: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](http://www.cyclekids.org) or e-mail [info@cyclekids.org](mailto: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](mailto: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](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](http://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>

Parent/child gymnastics for children 2-3. Gymnastics classes for youth aged 2-8.

### **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](http://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](http://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](http://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](http://www.greenstreetstudios.org)

A center for movements and dance for students of all ages. Offers classes in Ballet, Modern Dance, Jazz, Hip-Hop, Children's Dance, Latin Dance, Hawaiian Dance, Middle Eastern Dance, Capoeira, and Caribbean Dance. Classes available year round.

## **Gymnastics Academy of Boston**

128 Smith Place, Cambridge, MA 02138, (617) 441-9700

[www.gymnasticacademyofboston.com](http://www.gymnasticacademyofboston.com) or e-mail [gabc.gymnastics@gmail.com](mailto: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](mailto: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](http://www.alicehellerdance.com) or e-mail [aliceheller15@gmail.com](mailto: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](http://www.prometheusdance.org) or e-mail [info@prometheusdance.org](mailto: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](mailto: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](http://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](mailto: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](mailto: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](http://www.freshpondgolf.com) or e-mail [rcarey5858@comcast.net](mailto: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](mailto: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/](http://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](http://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](http://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](http://www.cambridgeyouthhockey.org) or e-mail [web@cambridgeyouthhockey.org](mailto: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/>

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## **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](http://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](http://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](http://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](http://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](http://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](http://www.cambridgeymca.org) or e-mail [kensho.inf@gmail.com](mailto:kensho.inf@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](mailto: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](http://www.tkd-boston.com) or email [jaekim.taekwondo@gmail.com](mailto: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](http://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](http://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](mailto: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](http://www.cambridgeymca.org)

Contact Info: Dana Frost at 617-661-9622 x 702 or e-mail [aquatics@cambymca.org](mailto: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](mailto: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

<http://www.mass.gov/eea/agencies/dcr/massparks/recreational-activities/swimming-pools-wading-pools-and-spray-deck.html>

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](http://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](mailto: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](mailto: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](http://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](http://www.kidsquash.org) or e-mail [info@kidsquash.org](mailto: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](http://www.thetennisacademy.com) or email [info@thetennisacademy.com](mailto: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](http://www.cambridgejetsofma.org) or email [curtis@cambridgejetsofma.org](mailto: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, P.O. 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

Intensive individual instruction for middle and high school volleyball players of all skill levels. [www.active.com/kids/cambridge-ma/volleyball/volleyball-camps/the-volleyball-camp-at-harvard-2015.org](http://www.active.com/kids/cambridge-ma/volleyball/volleyball-camps/the-volleyball-camp-at-harvard-2015.org)

## **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](http://www.cambridgema.gov)

### **Camp Rainbow**

51 Inman Street, Cambridge, MA 02139

Bob Goodwin, (617) 349-6228

[www.cambridgema.gov](http://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](http://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](mailto: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](http://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](http://www.cambridgema.gov/water) and the Friends of Fresh Pond Reservation at [www.friendsoffreshpond.org](http://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](http://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

**Market Street Park:** Market St  
**Memorial Drive Tot Lot:** Mt. Auburn St  
near Memorial Dr  
**North Point Park (Mass DCR):**  
Museum Way  
**Paine Park:** Amory St  
**Pine Street Park:** Pine St  
**Rafferty Park:** Griswold St  
**Raymond Park:** Raymond St

**Reverend Williams Park:** Cedar St  
**Rindge Field:** Pemberton St  
**Riverside Press Park:** River St  
**Russell/Samp Field:** Dudley St  
**Sacramento Field:** Sacramento St  
**Sennott Park:** Broadway  
**Silva Park:** Otis St  
**St. Peter's Park:** Sherman St  
**Wilder-Lee Park:** Lee St

[www.cambridgema.gov](http://www.cambridgema.gov)

## 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](mailto:jburke@cpsd.us).

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

<https://www.cambridgema.gov/DHSP/programsforkidsandyouth/youthcenterprograms.aspx>

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](mailto: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](http://www.bsaboston.org) or e-mail [council@bsaboston.org](mailto: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](mailto: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](http://www.yeskids.org) or e-mail [info@yeskids.org](mailto: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](http://www.amcboston.org), or e-mail [chair@amcboston.org](mailto: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](http://www.cambridgecamping.org) or e-mail [info@cambridgecamping.org](mailto: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](mailto: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  
<http://www.cambridgema.gov/dhsp.aspx>

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](http://www.citysprouts.org) or e-mail [info@citysprouts.org](mailto: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.aspx> or e-mail [cddat344@cambridgema.gov](mailto: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](http://www.mass.gov/dcr) or e-mail [mass.parks@state.ma.us](mailto: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](http://www.imaginecambridge.com) or e-mail [ImagineCambridge@gmail.com](mailto: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](http://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](http://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.aspx>

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

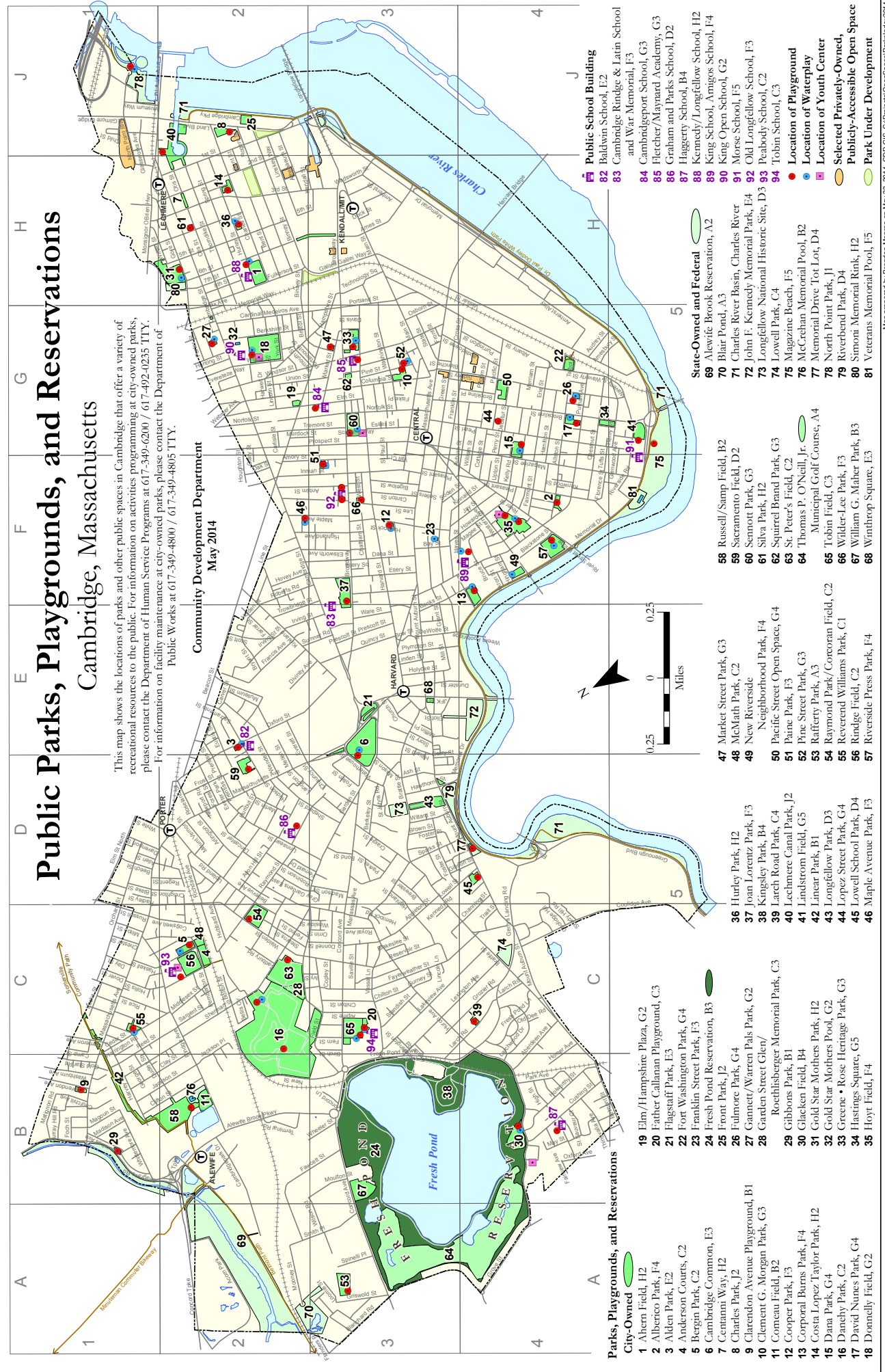
<http://www.cambridgema.gov/CDD/factsandmaps/mapgalleries/openspace.aspx>



# Public Parks, Playgrounds, and Reservations Cambridge, Massachusetts

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 Public Works at 617-349-4800 / 617-349-4805 TTY.

Community Development Department  
May 2014



## Parks, Playgrounds, and Reservations

- City-Owned**
  - 19 Elm/Hampshire Plaza, G2
  - 20 Father Callahan Playground, C3
  - 21 Flagstaff Park, E3
  - 22 Fort Washington Park, G4
  - 23 Franklin Street Park, F3
  - 24 Fresh Pond Reservation, B3
  - 25 Front Park, J2
  - 26 Fulmore Park, G4
  - 27 Gannett/Warren Pals Park, G2
  - 28 Garden Street Glen/Roethlisberger Memorial Park, C3
  - 29 Glacien Field, B1
  - 30 Gibbons Park, B1
  - 31 Gold Star Mothers Park, H2
  - 32 Gold Star Mothers Pool, G2
  - 33 Greene + Rose Heritage Park, G3
  - 34 Hastings Square, G5
  - 35 Hoyt Field, F4
  - 36 Hurley Park, H2
  - 37 Joan Lorentz Park, F3
  - 38 Kingsley Park, B4
  - 39 Larch Road Park, G4
  - 40 Lechmere Canal Park, J2
  - 41 Lindstrom Field, G5
  - 42 Linear Park, B1
  - 43 Longfellow Park, D3
  - 44 Lopez Street Park, G4
  - 45 Lowell School Park, D4
  - 46 Maple Avenue Park, F3
  - 47 Market Street Park, G3
  - 48 McMath Park, C2
  - 49 New Riverside Neighborhood Park, F4
  - 50 Pacific Street Open Space, G4
  - 51 Paine Park, F3
  - 52 Pine Street Park, G3
  - 53 Rafferty Park, A3
  - 54 Raymond Park/Corcoran Field, C2
  - 55 Reverend Williams Park, C1
  - 56 Rindge Field, C2
  - 57 Riverside Press Park, F4
  - 58 Russell/Samp Field, B2
  - 59 Sacramento Field, D2
  - 60 Sennott Park, G3
  - 61 Silva Park, H2
  - 62 Squirrel Brand Park, G3
  - 63 St. Peter's Field, C2
  - 64 Thomas P. O'Neill, Jr. Municipal Golf Course, A4
  - 65 Tobin Field, C3
  - 66 Wilder-Lee Park, F3
  - 67 William G. Malher Park, B3
  - 68 Winthrop Square, E3
- State-Owned and Federal**
  - 69 Alewife Brook Reservation, A2
  - 70 Blair Pond, A3
  - 71 Charles River Basin, Charles River
  - 72 John F. Kennedy Memorial Park, E4
  - 73 Longfellow National Historic Site, D3
  - 74 Lowell Park, C4
  - 75 Magazine Beach, F5
  - 76 McCrehan Memorial Pool, B2
  - 77 Memorial Drive Tot Lot, D4
  - 78 North Point Park, J1
  - 79 Riverbank Park, D4
  - 80 Simoni Memorial Park, H2
  - 81 Veterans Memorial Pool, F5
- Public-Owned**
  - 19 Elm/Hampshire Plaza, G2
  - 20 Father Callahan Playground, C3
  - 21 Flagstaff Park, E3
  - 22 Fort Washington Park, G4
  - 23 Franklin Street Park, F3
  - 24 Fresh Pond Reservation, B3
  - 25 Front Park, J2
  - 26 Fulmore Park, G4
  - 27 Gannett/Warren Pals Park, G2
  - 28 Garden Street Glen/Roethlisberger Memorial Park, C3
  - 29 Glacien Field, B1
  - 30 Gibbons Park, B1
  - 31 Gold Star Mothers Park, H2
  - 32 Gold Star Mothers Pool, G2
  - 33 Greene + Rose Heritage Park, G3
  - 34 Hastings Square, G5
  - 35 Hoyt Field, F4
  - 36 Hurley Park, H2
  - 37 Joan Lorentz Park, F3
  - 38 Kingsley Park, B4
  - 39 Larch Road Park, G4
  - 40 Lechmere Canal Park, J2
  - 41 Lindstrom Field, G5
  - 42 Linear Park, B1
  - 43 Longfellow Park, D3
  - 44 Lopez Street Park, G4
  - 45 Lowell School Park, D4
  - 46 Maple Avenue Park, F3
  - 47 Market Street Park, G3
  - 48 McMath Park, C2
  - 49 New Riverside Neighborhood Park, F4
  - 50 Pacific Street Open Space, G4
  - 51 Paine Park, F3
  - 52 Pine Street Park, G3
  - 53 Rafferty Park, A3
  - 54 Raymond Park/Corcoran Field, C2
  - 55 Reverend Williams Park, C1
  - 56 Rindge Field, C2
  - 57 Riverside Press Park, F4
  - 58 Russell/Samp Field, B2
  - 59 Sacramento Field, D2
  - 60 Sennott Park, G3
  - 61 Silva Park, H2
  - 62 Squirrel Brand Park, G3
  - 63 St. Peter's Field, C2
  - 64 Thomas P. O'Neill, Jr. Municipal Golf Course, A4
  - 65 Tobin Field, C3
  - 66 Wilder-Lee Park, F3
  - 67 William G. Malher Park, B3
  - 68 Winthrop Square, E3
- Public Schools**
  - 82 Baldwin School, E2
  - 83 Cambridge Rindge & Latin School and War Memorial, F3
  - 84 Cambridgeport School, G3
  - 85 Fletcher/Maynard Academy, G3
  - 86 Graham and Parks School, D2
  - 87 Haggerty School, B4
  - 88 Kennedy/Longfellow School, H2
  - 89 King School, Amigos School, F4
  - 90 King Open School, G2
  - 91 Morse School, F5
  - 92 Old Longfellow School, F3
  - 93 Peabody School, C2
  - 94 Tobin School, C3
- Other**
  - 78 North Point Park, J1
  - 79 Riverbank Park, D4
  - 80 Simoni Memorial Park, H2
  - 81 Veterans Memorial Pool, F5

# Waterplay Locations Cambridge, Massachusetts

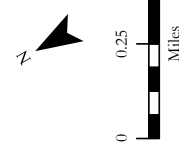
Looking for a break from the summer heat? The City of Cambridge invites you to visit any of our 28 parks that have waterplay facilities. These facilities include a variety of sprinkler, spray, and shower configurations located in parks throughout the city. All waterplay facilities are free and open to the public during the summer months.

May 2014



**Waterplay**

- Small waterplay designed for children age 5 and under
- Public swimming pool



- 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 McCreehan 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.

- Park with Waterplay Location**
- Ahern Field - 125 Brookline Avenue - Brookline
  - Alden Park - 1000 Cambridge St - Cambridge
  - Bergin Park - 1000 Cambridge St - Cambridge
  - Cambridge Common - 1000 Cambridge St - Cambridge
  - Cooper Park - 1000 Cambridge St - Cambridge
  - Corporal Burns Park - 1000 Cambridge St - Cambridge
  - Dana Park - 1000 Cambridge St - Cambridge
  - Danehy Park - 1000 Cambridge St - Cambridge
  - David Numess Park - 1000 Cambridge St - Cambridge
  - Donnelly Field - 1000 Cambridge St - Cambridge
  - Franklin Street Park - 1000 Cambridge St - Cambridge
  - Fulmore Park - 1000 Cambridge St - Cambridge
  - Gannett/Warren Pals Park - 1000 Cambridge St - Cambridge
  - Glacken Field - 1000 Cambridge St - Cambridge
  - Gold Star Mothers Park - 1000 Cambridge St - Cambridge
  - Hoyt Field - 1000 Cambridge St - Cambridge
  - Hurley Park - 1000 Cambridge St - Cambridge
  - King School - 1000 Cambridge St - Cambridge
  - Maple Avenue Park - 1000 Cambridge St - Cambridge
  - New Riverside Neighborhood Park - 1000 Cambridge St - Cambridge
  - North Point Park - 1000 Cambridge St - Cambridge
  - Paine Park - 1000 Cambridge St - Cambridge
  - Reverend Williams Park - 1000 Cambridge St - Cambridge
  - Riverside Press Park - 1000 Cambridge St - Cambridge
  - Sennott Park - 1000 Cambridge St - Cambridge
  - War Memorial Pool (Indoor) - 1000 Cambridge St - Cambridge
  - Warren Memorial Pool - 1000 Cambridge St - Cambridge
  - Williams Park - 1000 Cambridge St - Cambridge



# Safe Routes to School



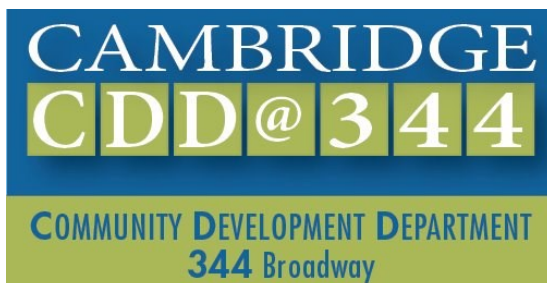
*Walking and bicycling to school with your child has many benefits!*



***no GAS  
REQUIRED***

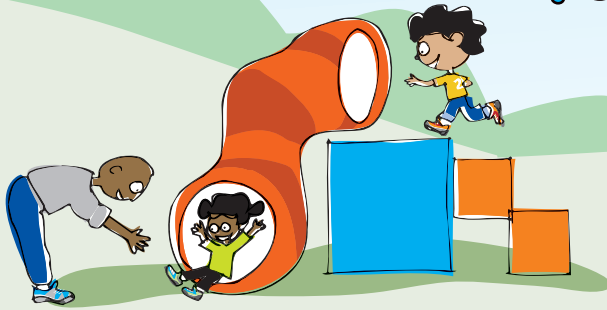
- ◆ *Save money and buy less gas*
- ◆ *Help the environment by leaving your car at home*
- ◆ *Improve kids' memory & concentration*
- ◆ *Get fit together as a family*
- ◆ *Catch up with your kids during the walk*

*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

# Healthy Tips for Active Play



## 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.

Yes No

I make sure my child's TV and screen time is less than 2 hours a day.

Yes No

I make sure my child is actively moving for at least 60 minutes a day.

Yes No

When actively playing, my child breathes quickly or sweats.

Yes No

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

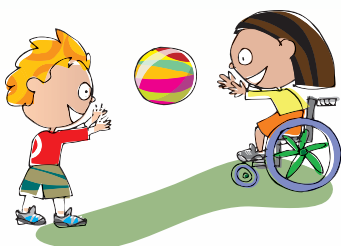
- Act out a story
- Turn up the music and dance
- Walk inside a shopping mall
- Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

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: \_\_\_\_\_



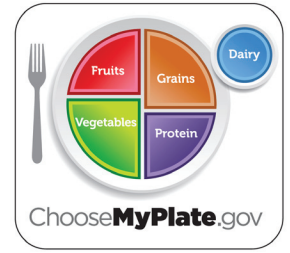
For more great tips on these  
and other subjects, go to:  
[ChooseMyPlate.gov/preschoolers/](http://ChooseMyPlate.gov/preschoolers/)

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**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.

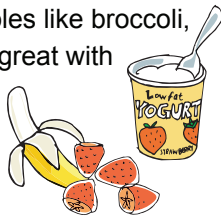
### 1 smoothie creations

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.

