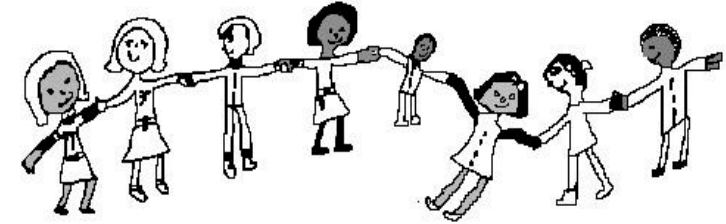


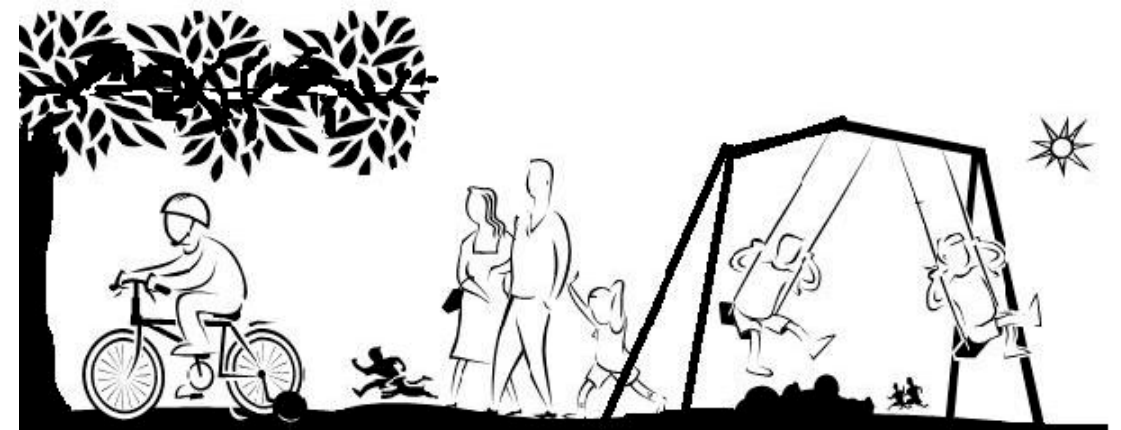


**Living and Thriving in Somerville:
Family Resource Guide to Programs and Activities**

**Produced by the students of Somerville High School
Graphic Communications Department**



**Living and Thriving
in Somerville:
Family Resource Guide to
Programs and Activities**



Welcome to the first edition of:

Living and Thriving in Somerville:

Family Resource Guide to Programs and Activities

a compilation of the Somerville Early Childhood Resource Directory and the
Somerville Physical Activity Guide

Special thanks to the Somerville Public Schools, the Somerville Community Partnerships for Children, The Shape Up Somerville Taskforce, Nomi Davidson, Lisa Brukilacchio, Donna Callahan, Nicole Rioles, Nancy Holmes, Pamela Holmes, Kelly McCarthy, and Chuck Gerlach.

Guide production was supported by the: Massachusetts Department of Elementary and Secondary Education Quality Full Day Kindergarten Grant, Cambridge Health Alliance Community Affairs Department, The Shape Up Somerville Taskforce, the Somerville Health Department, Somerville Recreation Commission.

This guide can be found on the Internet at the following address:

<http://www.somervillema.gov> (Visit Health Department section)
<Http://www.k12.somerville.ma.us> (Visit Parent Information Center section)

Please note that listings in this directory do not imply endorsement. We have strived to provide the most current and accurate information. However, unintended and unavoidable omissions or mistakes may occur. We suggest contacting programs for the most updated information.

Somerville Early Childhood Advisory Council

The Somerville Early Childhood Advisory Council (ECAC), founded in 1986, is a coalition representing a broad range of early childhood, health, and social service programs in Somerville. It serves as a policy-making and networking organization to build a system of early care and education in Somerville. Parents and representatives of local organizations are encouraged to participate in monthly meetings. For more information please call Somerville Public Schools at 617-625-6600, Ext.6966.



Shape Up Somerville

Shape Up Somerville is a city wide campaign to increase daily physical activity and healthy eating through programming, physical infrastructure improvements, and policy work. The campaign targets all segments of our community, including schools, city government, civic organizations, community groups, businesses, and other people who live, work, and play in Somerville. For more information please call Shape Up Somerville at 617-625-6600, Ext. 2414.

Joint sponsors of:

Living and Thriving in Somerville: Family Resource Guide to Programs and Activities
April 2009

Recommendations For A More Physically Active Life

Regular physical activity combined with good nutrition leads to a healthy lifestyle. Physical activity can decrease stress, help improve mental health and self-esteem, help maintain strong bones, and prevent major health problems such as heart disease, high blood pressure, overweight/obesity, and certain cancers.

Aim for 30-60 minutes of moderate to vigorous physical activity on most, if not all, days of the week. Here are suggestions for activities that you, your friends, and family can do on a regular basis:

Walking:

- ◆ Walk to and from school or work
- ◆ Walk during leisure time
- ◆ Park in the last row of the parking lot and walk a little further to the store you plan to shop at; and/or take a lap around the mall or store before you start shopping
- ◆ Explore natural areas; the Alewife Brook/Mystic River area abounds with birds and other wildlife

Biking:

- ◆ Bike to and from school or work
- ◆ Bike during leisure time

Take the Stairs:

- ◆ Use the stairs instead of using an elevator or escalator in office buildings, stores, subway stations, etc.

Gardening and Yard Work:

- ◆ Get outside and rake leaves, mow the lawn, plant and maintain a garden, etc.
- ◆ Shovel snow by hand
- ◆ Help out elderly and disabled neighbors with their yard work

Housework:

- ◆ Burn extra calories while making the house sparkle: sweep, vacuum, dust, wash the floors, etc.
- ◆ Help out elderly and disabled neighbors with these activities

Dancing:

- ◆ Go out dancing, or just turn on the radio and dance in the living room
- ◆ Have dance parties with friends

Play Active Games:

- ◆ Take the kids to the park and play with them
- ◆ Make snow sculptures
- ◆ Set up an obstacle course
- ◆ Jump rope

Play Sports:

- ◆ Get friends together for weekly sports games
- ◆ Sign up for a physical activity program and stick with it

Workout:

- ◆ Stretch and do exercises in your home on a regular basis
- ◆ Become a member of a gym (many health insurance plans now offer discounts on gym memberships)

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Introduction

Shape Up Somerville: Healthy Kids in a Healthy Community

Shape Up Somerville supports a community of healthy children ready to learn in a safe environment that is active, clean, nourishing, and engaged.

Physical activity is important at all stages of life. Unfortunately, over the last few decades, the United States population has become much less active. This trend towards more sedentary lifestyles is a major contributor to increasing rates of diet-related health problems such as bone and joint problems, diabetes, congestive heart failure, and obesity/overweight. Sadly, these problems are no longer reserved for older segments of the population. We are seeing more and more young children who weigh too much based on their height and age, as well as diet-influenced diseases such as diabetes and depression. 2006 data from the Somerville Public Schools shows that 27% of Somerville's 4th-8th grade students were overweight, 20% were at-risk for overweight and only 50% passed the fitness tests done during PE class.

Obesity/overweight results from an imbalance between intake and expenditure. While genetic factors play a role, the current obesity/overweight epidemic in the United States can largely be attributed to environmental factors such as increases in consumption of high-fat, energy-dense foods, and the decline in work-related and leisure time physical activity over the past few decades.

Overall health can be improved by making a habit of physical activity in combination with well-balanced meals high in fruits and vegetables (and by avoiding the use of tobacco products and abuse of drugs and alcohol). A little time spent exercising every day can protect an individual from health complications down the road. The Shape Up Somerville Taskforce has updated this guide to encourage Somerville residents to be more physically active. There are many collaborative projects going on in Somerville that aim to influence the health of the Somerville community, by specifically targeting schools, homes, and community environments. The Shape Up Somerville Taskforce promotes the increase of physical activity as well as consumption of fruits, vegetables, legumes, low-fat dairy products, and whole grains. We hope that by compiling the existing opportunities for exercise in our city, we will increase program awareness and inspire residents of all ages and abilities to seek more exercise.

Important note: We have tried to be comprehensive and accurate. If your program was accidentally left out of this guide, or information presented inaccurately, please contact Shape Up Somerville at (617) 625-6600 ext. 2414.

Street. The park contains the historic Prospect Hill Tower, the site of the raising of the first flag of the American colonies just before the start of the Revolutionary War. The park has recreational space with shade trees, benches, and grassy areas. ▼

Seven Hills Park lies behind the Davis Square MBTA station on Holland Street, adjacent to the Somerville Theatre. The park is composed of a tree-lined brick walk leading to Alewife Linear Park, flowering trees and a grassy area. The park contains wind-activated structures on tall brick and steel towers depicting various Somerville historical scenes. ▼

Somerville Community Growing Center, between Highland Avenue and Summer Street on Vinal Avenue, contains an arboretum and outdoor classroom and performance space.

Stone Place Park is in Union Square between Stone Place, Sanborn Court, and Homer Square. The park was renovated and reopened in fall 2007; it now has a green space with walkways and benches.

111 South Street OLRA is an off-leash recreational area for dogs.

Trum Field is located on Broadway at Franey Road, across from the Department of Public Works building. The field contains two baseball fields and seating, and two basketball courts.

Trum Playground is on the corner of Cedar Street and Franey Road, across from Trum Field. It contains play equipment, benches, and large shade trees. ▼

Tufts Community Garden is on Powerhouse Blvd. near the playing field.

Walnut Street Park, located across from the Somerville Recreation Commission at 19 Walnut Street contains play equipment and a community garden. ▼

Woodstock Playground is located on the corner of Woodstock Street and Alewife Brook Parkway. It contains play equipment

Zero New Washington Street OLRA is Somerville's newest off-leash recreational area for dogs.

Outdoor Track

Tufts University Athletics Department
(617) 627-3232

This track is open to the public for use anytime it is not in use for Tufts athletic events. The track is 1/4 mile long. It is located on College Ave., near Powder House Circle. The entrance to the track can be found by entering the Tufts parking lot on College Ave., and following the fence around to the bleacher section.

Kenney Park, on the corner of Highland Avenue and Grove Street in Davis Square, contains play equipment, a basketball court, and a shaded seating area. ▼

Edward L. Leathers Community Park is on Walnut Street between Medford and Pearl. ▼

Lexington Park is located on Lexington Street between Hancock and Cedar streets. The park was renovated in Fall 2007. It contains play equipment for younger children, a full basketball court, and a recreation area. ▼

Lincoln Park adjacent to Perry Street with play equipment, basketball courts, and two baseball fields. ▼

Marshall Street Playground on the corner of Marshall Street and Mortimer Place. It contains play equipment for tots and older children and a family picnic area. ▼

Morse-Kelley Playground is on the corner of Summer and Craigie streets. It contains play equipment for tots, two basketball courts, a four square, and hopscotch. ▼

Nathan Tufts Park is in historic Powder House Square, at College Avenue and Broadway. It is composed mostly of recreational space and contains a small slide, benches, large shade trees, a small basketball area, paths and stone outcropping. In 2006, the park won an Olmsted Preservation award. ▼

North Street/Veterans Playground is located on North Street near the Veterans Cemetery. It contains play equipment and a half basketball court. ▼

Nunziato Field and OLRA, on Summer Street between Vinal Avenue and Putnam Street, is a grass-covered open space used as a football and soccer field, as well as picnicking. In 2006, the field opened a separate off-lease recreational area, for dogs. ▼

Osgood Park & Community Garden, at the end of Osgood Street off Somerville Avenue, contains play equipment and a community garden. ▼

Otis Playground is a small park on Otis Street adjacent to McGrath Highway. ▼

Palmacci Playground, on the corner of Hanson and Skehan streets was renovated in 2005 and contains play equipment for young children and a seating area with benches, tables, and trees. ▼

Paul Revere Park on Broadway at Main Street: historic park marking Paul Revere's run and the nation's smallest park!

Perry Park is on Washington Street between Dane and Leland streets, was renovated in fall 2007 and it contains two separate play areas with play equipment for older and younger children, a basketball court, and a plaza recreational area, and an open green space with walkways, grass, and trees. ▼

Prospect Hill Park is located on Munroe Street between Prospect Hill Avenue and Walnut

Types of Licensed Care In Massachusetts

Child Care Center

This is a group child care setting for infants, toddlers or preschoolers. Centers group children by age, with class sizes and child/teacher ratios determined by state regulation. Child care centers are usually open all year, and may offer part-day or part-week schedules in addition to full time.

Infants: A child from 1 month to 14 months of age

Toddler: A child from 15 months to 2 years, 8 months of age

Preschooler: A child from 2 years, 9 months to Kindergarten

Preschool/Nursery Schools

These programs offer part-time care (part-week, part-day, or both) for children who are 3 to 5 years old. Generally, these programs run on a school-year schedule, are closed during school vacations, and may or may not offer a summer session.

Independent Family Child Care Providers

Care is provided in the home of a person licensed by the state to care for children in his/her home. There are 3 types of family childcare: Regular family child care – care for up to 6 children

Large family child care – care for up to 10 children with help from at least one approved assistant

Family child care plus – care for 6 children, plus 2 school age children.

Family Child Care System

A sponsoring agency that manages a group of licensed family child care homes and offers training, supervision and support to their family child care providers.

School Age Child Care

A group setting in which care is provided for children in Kindergarten and up, before and/or after school and possibly during school vacations. These programs may be operated by public or private schools, or by community or private agencies. Other types of programs that are not licensed by the state include in-home care, (care is provided by an adult in the child's home), relative care (care is provided by a relative in the relative's home) and programs run by public or private schools. Summer camps are licensed by the Board of Health in each individual city or town.

Additional information and resources for finding early education and care programs are available from the:

**Massachusetts Department of Early Education and Care
Visit www.eec.state.ma.us or call 617-988-6600.**

Somerville Recreation Commission

19 Walnut Street Somerville, MA 02143
617-625-6600 ext: 2980
www.somervillema.gov

Mission: The Somerville Recreation Commission provides active programs and events year-round. Recreation offers affordable, accessible and quality recreational programming that is aimed at embracing diversity, while anticipating and adapting to the changing needs and interests of all segments of the community.

Program descriptions are intentionally brief- for complete, up to date information on these and many other seasonal program offerings please call the Recreation Office.

Tot Time Program: Ages 3 and 4

Program description: Fun activities for young children. Emphasis is on teaching children to play cooperatively. Fall and spring sessions.

Kid Stop Program: Ages 3 – 6

Program description: This Summer preschool program places emphasis on teaching children to play cooperatively with each other. Activities include group games, relays, music, arts and crafts and more. Children should be accompanied by a parent or guardian for all sessions; this is not a daycare. The program is 7 weeks, running from the beginning of July through mid-August.

Evening Playgrounds Program: Ages 12-16

Program description: The Playgrounds Program runs on a drop-in format, and offers supervised activities at multiple playground sites in Somerville.

Special Needs Summer Program: Ages 6-22

Program description: This is a summer sports and recreation program designed for people with special needs. It runs for a month from July through early August.

Summer Fitness and Skills Camp: Middle School and High School Students

Program description: Individual sports skills and fitness classes. Summer program.

Yoga Fitness: Adults 18+

Program description: Based on Hatha Yoga principles Vinyasa style with emphasis on improving fitness, balance, strength, coordination, range of motion, relaxation, core strength, breath link. Year Round.

Yoga for the Young Athlete: Ages 7-13

Program description: Vinyasa style, mind- body-fitness for the emerging or experienced young athlete- or any student interested in learning more about Yoga. Fall/spring sessions.

Baseball and Softball Camps: Ages 5-16

Program description: Spring and summer baseball and softball camps for boys and girls.

Nursing School. The municipal park is composed of a recreational space, benches, large shade trees, and flowering shrubs. ▼

Bikeway Community Garden is located on the Community Path in Davis Square

Central Hill Playground is in front of Somerville High School, at 81 Highland Ave, next to the Somerville Library. It contains separate play areas for young children (ages 1 to 4) and older children (5 to 10).

Conway Park, on Somerville Avenue at Central Street, was renovated in 2007: it contains two basketball courts and two baseball fields, which double as soccer and football fields. The park is recently renovated and expanded with parking, street hockey, and a tot lot. ▼

Corbett-McKenna Park Located on the corner of Munroe Street and Prospect Hill Avenue. It contains play equipment and a full basketball court and a water spray.

Dickerman Playground, on Cragie Street across from the Dante Club. It contains play equipment, a spray pool, picnic area, and basketball court, which is also used for other court games. ▼

Durell Pocket Park and Community Garden is on Beacon Street, adjacent to 245 Beacon Street, near Kent Street, was designed and opened summer 2007.

East Somerville Community Playground is on the corner of Pearl and Cross Streets and contains play equipment for older children and a tot lot, two full basketball courts, two half basketball courts and a small arboretum. ▼

Florence Playground, on Florence Street between Washington and Pearl streets, contains play equipment, a basketball court, and a recreational area that includes benches, trees and a water spray.

Glen Park Playground, on the corner of Glen and Oliver streets, contains play equipment, two basketball courts, soccer field, and a community garden.

Grimmons Playground is on Governor Winthrop Road off Shore Drive. The playground contains play equipment and a half basketball court. ▼

Harris Playground, located at the end of Cross Street East, contains play equipment and a basketball court.

Henry Hanson Memorial Park is a war memorial located on Medford Street at Partridge Avenue

Hodgkins/Curtin Park, on Holland Street between Simpson and Paulina Streets, contains a tot lot, play equipment for older children, and a baseball field. ▼

Hoyt-Sullivan Playground is on Central Street between Pembroke Street and the railroad bridge. The playground contains separate play equipment for tots and older children, as well as a basketball court. ▼

Mystic River twice, once at the Wellington Bridge near the Seven Hills area, and again further upstream. Another path is near the Lower Mystic Lake and runs through parts of Medford and Arlington. Also, there is a path that runs from Boston Ave. to Broadway along Alewife Brook and Rt. 16. Contact 617-727-5380 for more information.

The **Shore Drive Parkland & Boathouse** is located along the Mystic River and Shore Drive. The area contains a boathouse, picnic tables, benches, and public parking. It's owned by the DCR. The Blessing of the Bay Boathouse houses the Boys & Girls Club and Gentle Giant Rowing Club. ▼

Minuteman Bikeway with connection through Linear Park

For a Free Map call the Arlington Bicycle Advisory Committee: (781) 316-3090, or download at <http://www.minutemanbikeway.org/Pages/basics.html>

The Bikeway runs 11 miles through Cambridge, Arlington, Lexington, and into Bedford. It is wheelchair accessible, and is great for walking, jogging, biking, and roller-skating. Linear Park extends the Bikeway into Somerville up to Cedar St. (next to the intersection of Cedar St. and Morrison Ave.). A feasibility study is currently underway to extend the path through east Somerville and into Boston.



Municipal Parks and Playgrounds

City of Somerville Parks Department
(617) 625-6600 x5230

Municipal playing fields are available for use by the public through a permit system. Somerville residents are given first priority for all field permits. There is no charge for the use of the playing fields, but a \$100 refundable forfeit fee must be included with the permit application. This fee will be returned at the end of the season if all field use rules were complied with. Call the Parks Dept. at the above number for a permit application. For information or questions about park and playground activities, call the Somerville Recreation Commission at (617)625-6600, ext. 2980. For questions or concerns about park maintenance, call the Department of Public Works at 625-6600, ext. 5200.

Albion Playground is on Albion Street between Cedar and Lowell streets The municipal playground contains play equipment, a basketball court, hopscotch, a four square and a street hockey court. ▼

Alewife Linear Park, behind Davis Square between Grove and Cedar streets, is a recreation space with a pedestrian/bike path that connects to the Minuteman Bikeway in Arlington to Bedford Center. ▼

30 Allen Street Community Garden: at Allen Street, off Somerville Avenue.

Avon Community Garden: at Avon Street, between School and Central Street.

Bailey Park is located between Belmont and Lowell streets next to the Somerville Hospital

Men's and Women's Slow-Pitch Softball Leagues: Ages Adults 18+

Program description: Individuals put their own teams together and enter the league as teams. League is open to all levels of play. Spring/summer schedule

Boys' Summer Basketball League: Ages 6-11

Program description: Teams are chosen by program staff. There are usually enough players for 6 teams.

Boys' Summer Basketball Camp: Ages 7-14

Program description: 1 week summer day camp.

Girls' Summer Basketball League: Grades 4-8

Program description: Teams are chosen by program staff. There are usually enough players for 6 teams.

Girls' Summer Hoopster Camp: Ages 7-14

Program description: 1 week summer day camp .

Men's Indoor/Outdoor Basketball League: Ages 18+

Program description: Participants enter as teams. Three seasons: Fall (Sept-Dec), Winter (Jan-April), Summer (May-August)

Open Gym Basketball Program: Grades 6-12

Program description: Pick-up basketball games for youth held at different gyms around Somerville. Different age groups attend at different times, and high school students must present a photo ID to participate. Two different seasons: fall and spring.

Rhythmic Gymnastics with Streamers: Grades 2-8

Program Description: Combines music, rhythm, aerobic style dance routines with hand held streamers.

Summer Track Camp: Ages 7-14

Program description: 1 week summer day camp.

Summer Soccer Camp/Advanced Soccer Camp: Ages 7-14

Program description: Skills, techniques and game play– weekly summer day camp.

Quick Start Tennis: Grades K-5

Program description: Tennis instruction for children. Lessons stress basic skills development using short courts and trainer balls. Sessions offered in the fall/spring.

Saturday Morning Tennis: Grades 6-8

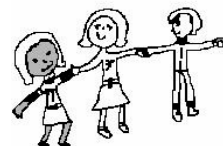
Program description: Tennis instruction for youth. Sessions offered in the fall/spring.

Women's RecXercise / Walking Program: Adults 18+

Early Education and Care and Family Support Programs

Somerville Community Partnerships for Children

c/o Argenziano School
290 Washington Street, Somerville, MA 02143
Phone #: 617-625-6600 Ext.6966
scpc@k12.somerville.ma.us



Population targeted: All Somerville families with young children
Program description: The SCPC is a clearinghouse for early education and care programs and for families of young children. Services include:
1.) Support to families seeking early education and care programs and other early childhood resources; 2.) Professional development training, mental health consultation and developmental screening, NAEYC accreditation support services, and needs assessment information.
Hours of operation: 8 am – 4pm all year

Parent Information Center (PIC)

42 Prescott Street, Somerville, MA 02143
Phone #: 617-625-6600 Ext. 6960
www.somerville.k12.ma.us (click on Schools and Programs, then Registering for Schools)

Population targeted: School age students (Pre K – Grade 12)
Program description: The PIC welcomes new families into the Somerville Public Schools by registering and giving information about all schools, programs and locations. The PIC also serves as a clearinghouse for information and referral services for all families in Somerville.
Hours of operation: Monday –Thursday, 8:00 AM - 4:00 PM
Friday, 10:00 AM – 4:00 PM
Wheelchair access: No
Staff languages: Haitian Creole, Spanish and Portuguese

Child Care Resource Center Inc.

130 Bishop Allen Drive, Cambridge, MA 02139
Phone #: 617-547-1063
www.ccrinc.org

Population targeted: Families Looking for early care and education, afterschool options and professional development for early childhood and afterschool staff.
Program description: Child care information and referral for families; training opportunities for early care and out of school education professionals

Hours of operation: Varies, call for details
Location description: Leave from a CHA Health Clinic
Staff languages: English, Portuguese, some Spanish
Associated costs: Free

Parks/Playgrounds/Pathways

Department of Conservation and Recreation

Main Office: 617-626-1250
<http://www.mass.gov/dcr/>

These parks and playing fields are available for use by the public. Although there is no charge for the use of most of the playing fields (such as baseball, football, and soccer fields), it is necessary to obtain a permit. The only space in Somerville that costs money is the stadium at Dilboy Field. The rental field for Dilboy Stadium is \$87.50 for a 5-hour block of time. Call 617-626-1250 for rental information and permit applications.

▼ Location is handicap accessible.

Dilboy Field: Located near Alewife Brook Parkway and Alewife Brook. It contains play equipment, a swimming pool, 2 baseball fields, 2 tennis courts, a track and field events area, and a football stadium. There are also 2 parking lots. The park is available to the community on Monday and Wednesday from 6-8pm. ▼ (except stadium bleachers).

Draw Seven Park: Located along the Mystic River past the Mystic River Parklands, the park is accessible via Foley Street behind Assembly Square. It contains two large soccer fields, a pedestrian/bike path, a picnic shelter, and parking lot. ▼

Foss Park: Located on McGrath Highway and Broadway. The park contains play equipment, a swimming and wading pool, two baseball fields, basketball courts, a soccer field, lighting, a public park, public restrooms, and a parking lot. ▼

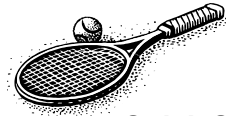
Middlesex Fells Reservation: The Fells Reservation (617-727-1199) offers opportunities for walking, hiking, horseback riding, mountain-biking, cross-county skiing, and rock climbing on over 2,500 acres. There are many entrance points, as the Fells covers parts of Malden, Medford, Winchester, Stoneham, and Melrose. The park is open year-round, dawn to dusk. An area map can be found at the following internet address: <http://www.mass.gov/dcr/parks/metroboston/maps/fells.gif>. More detailed trail maps can be purchased (for \$6) through the Friends of the Middlesex Fells: (781) 662-2340. <http://www.fells.org>

Mystic River Parkland: Located along the shore of the Mystic River behind Assembly Square. It contains paths, benches, and a fishing pier. ▼

Mystic River Reservation: There are several paths in the Mystic River/Mystic Lakes area that can be used for walking, jogging, biking, and roller-skating. One path is a 3.5 mile loop along the river, starting from the Amelia Earhart Dam at Draw 7 Park. The loop crosses the

Scholarships/discounts:

members;
Membership is \$50 per year, and scholarships are available.
Non-member price for youth swimming lessons is \$50.
Scholarships are available for youth memberships, and Harvard
Pilgrim members receive a 20% discount on membership



Tennis

Quick Start Tennis: Somerville Recreation Commission: See Recreation section for more details on page 4

Saturday Morning Tennis: Somerville Recreation Commission: See Recreation section for more details on page 4

Walking

Walking Club

Somerville Council on Aging (SCOA)

167 Holland St. Somerville, MA 02144
(617) 625-6600 x2300

Population targeted: Ages 55 and up
Program description: Weekly drop-in program that focuses on stretching and walking. The walk is approximately 1 mile long, but participants may walk less or more if they choose to. Transportation to site is not provided
Hours of operation: May –October, Fridays: 9-9:45 AM (outdoors)
Location description: Fridays: Bike path (meet at Holland St. first)
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Program coordinator is a trained walking club leader, through the Massachusetts Executive Office of Elder Affairs
Associated costs: Free

**Walking Groups
Cambridge Health Alliance**

Locations vary
(617) 591-6926

Population targeted: Open to all ages
Program description: Weekly walking program during warm weather months. Walks start at 30 minutes, and build up to 1 hour over the course of the program.

Hours of operation: Monday – Friday 9:00 – 5:00
Location description: 1 block from Central Sq. 2nd floor of building
Wheelchair access: Yes, elevator
Staff languages: English, Spanish
Associated costs: Only those related to training

Somerville Public Library

79 Highland Avenue (Main Branch)
115 Broadway (East Branch)
40 College Avenue (West Branch)
Phone #: 617-625-5000 (main number, connects to all branches)
www.somervillepubliclibrary.org

The Children’s Department of the Somerville Public Library provides programs and services for children from birth through age 12 and their caregivers. Programs include: weekly story times for babies, toddlers, and preschool-aged children; monthly book group for children in grades 4-6; evening story times; and craft programs. Special programming during school and summer vacations includes a summer reading club, storytellers, musicians, and puppet shows. Monthly calendars are available at all branches. The Somerville Public Library is a member of the Minuteman Library Network.

Hours for the Main Library: Mon-Thu 9am – 9pm; Fri 9am – 6pm (September to June)
Free or reduced-price passes to a number of Boston-area museums (Children’s Museum, Museum of Science, New England Aquarium, Zoo New England, etc.) are available. Call 617-625-5000 for details.

Early Childhood Programs

Bellas Manitas

59 Cross Street , Somerville, MA 02145
Phone #: 617-440-5002
www.bellasmanitas.com ; aherrera@bellasmanitas.net

Population targeted: Families of children 3 months – 7 years
Program description: Quality childcare for Infants, Toddlers and Preschoolers. Afterschool Care is available. Spanish Bilingual Program.
Hours of operation: 7:30am – 5:30pm Monday - Friday
Location description: First floor of historical building
Wheelchair access: Yes
Staff languages: English, Spanish, Portuguese
Staff qualifications: EEC qualified, CPR & First Aid certified, Bilingual
Associated costs: Infants: \$60./day; Toddlers: \$55./day; Preschool: \$40./day

Broadway Babies

88 Broadway, Somerville MA 02145

617-440-7374

broadwaybabies88@yahoo.com

Population targeted: Infant, Toddler and Pre-School programs. (6 weeks - 6 yrs old)
Hours of operation: 7:00am-6:00pm Monday-Friday Full Time 2, 3, 5 day openings
Wheelchair access: Yes
Staff languages: English, some Spanish
Associated costs: Infants \$310 a week, Toddlers \$260 a week, vouchers

CAAS Head Start

66-70 Union Square #104, Somerville, MA 02143

Phone #: 617-623-7370

www.caasheadstart.org

Population targeted: Somerville Residents Only
Program description: Comprehensive preschool program serving children 3-5 years old in three Somerville locations. Breakfast, lunch and snacks are served daily.
Hours of operation: School year, 4.5 hours daily, usually 8:30 – 1:00 pm. 3 full day programs for working Head Start eligible families.
Location description: Allen St, Mystic Ave and North Street
Wheelchair access: Yes
Staff languages: English, Spanish, Portuguese, Haitian Creole
Staff qualifications: EEC qualified and CPR/ First Aid qualified
Associated costs: Free for income eligible families only

Catholic Charities Family Child Care

187 Central Street, Somerville, MA 02145

Phone #: 617-623-8555 Ext. 117

carolyn_taylor@ccab.org

Population targeted: Children 2 months to 5 years
Program description: System of culturally diverse family child care providers supported by professional staff who provide curriculum, child development and family support.
Hours of operation: 7 am to 5 pm Monday - Friday
Location description: 60 family child care homes in Cambridge, Somerville, Medford, Malden, and Everett
Wheelchair access: Varies with home
Staff languages: English, Spanish, Haitian Creole, Arabic
Staff qualifications: All homes licensed by Department of Early Education and Care (EEC). Many providers with BA's, CDA's or Accredited by the National Association of Family Child Care

Water Babies and Adult Lessons**Kennedy School**

5 Cherry Street, Somerville, MA 02144

(617) 625-6600 x6676

Population targeted: With children from infancy up to age 4
Program description: Water babies is meant to expose infants and toddlers to being in the water, and teaches the most basic of water skills. Courses are run periodically throughout the school year. Monday and Wednesday, morning and evening classes
Hours of operation: Monday and Wednesday, morning and evening classes
Location description: At intersection of Cherry St. and Elm St., pool entrance is on Sartwell St.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Certified lifeguards and water safety instructors, with First Aid/ CPR
Associated costs: 6 classes/session: residents \$45, non-residents \$55
Scholarships/discounts: Assistance is a possibility on a case by case basis

"Y" Swim Lessons for Children**Somerville YMCA**

101 Highland Ave. Somerville, MA 02143

(617) 625-5050

www.somervilleymca.org

Population targeted: Ages 1-13
Program description: Classes emphasize learning how to swim, safety awareness, and character development. There are separate swimming classes for different age groups. Age categories are as follows: parent & child (for children ages 1-3), pre-school (ages 3-5), and youth (ages 6-13). In addition to age categories, lessons are also broken down into appropriate skill level groups. Classes run year round and are broken into several sessions. Fall, Winter, and Spring sessions are 8 weeks long. Classes meet 1-2 times per week.
Hours of operation: Varies depending on age and skill level
Location description: On Highland, between School St. and Central St.; near City Hall
Wheelchair access: Limited
Staff languages: Mostly English, some speak Creole, Haitian Creole, Portuguese and Spanish
Staff qualifications: First Aid/CPR certification, and lifeguard certification
Associated costs: Parent & Child lessons: \$37
 Pre-School lessons: \$37-45
 Youth lessons (ages 6-13): 1 class per week is free for

Metropolitan District Commission (MDC)

Dilboy Field Memorial Pool: (617) 623-9321
 Latta Bros. Memorial Pool, Foss Park: (617) 623-9174
 MDC main office: (617) 727-4708

Population targeted: All ages
Program description: Free public swimming at Dilboy Field Memorial Pool & Latta Brothers Memorial Pool in Foss Park in Somerville from approximately late-June through the end of August. Both pools have a wading pool for young children in addition to a regular size swimming pool.
Hours of operation: Weekdays 11AM-7PM, Weekends 11AM-7PM
Location description: Dilboy Field is located near Alewife Brook Parkway and Alewife Brook; Foss Park is located at the intersection of Broadway and McGrath Hwy.
Wheelchair access: Yes
Staff qualifications: Certified lifeguards
Associated costs: Free

Water Aerobics**Kennedy School**

5 Cherry Street, Somerville, MA 02144
 (617) 625-6600 x6676



Population targeted: Ages 18 and up
Program description: Water aerobics program for adults, involving low to medium impact exercises. Courses are 9 weeks long, with 15-18 sessions per course. Summer sessions are 8 weeks long.
Hours of operation: Mondays & Wednesdays (deep water): 6 - 7 PM
 Tuesdays & Thursdays (shallow water): 6 - 7 PM
 Tuesday & Thursday (advanced deep water) 7-8PM
 Saturday (deep water) 9-10AM
 Summer: Tuesday/Thursday – shallow: 5:45-6:45PM; deep: 6:45-7:45PM
Location description: At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Certified lifeguards and water safety instructors, with First Aid/ CPR
Associated costs: \$80 per course (15-18 sessions depending on the season)
 Summer: residents \$45, non-residents \$55
Scholarships/discounts: Assistance is a possibility on a case by case basis. Senior discounts also available.

Associated costs: \$233.00 to \$257.25 weekly
Scholarships/discounts: EEC contract for sliding fee slots and we accept vouchers

Catholic Charities Preschool

187 Central Street, Somerville, MA 02143
 Phone #: 617-623-8555
www.ccab.org

Population targeted: 3 to 5 year olds
Program description: We are a school year, morning preschool program, offering 2, 3, and 5 morning options. We are an NAEYC accredited program.
Hours of operation: 8:30-11:30 AM
Location description: We are located in a Victorian Home on Central Street.
Wheelchair access: No
Staff languages: English
Staff qualifications: All staff are EEC qualified. All are in the process of getting their associate degree in early childhood education
Associated costs: Private pay and subsidized slots.

Cambridge Economic Opportunity Committee (CEOC)

10 Winslow Street, Somerville, MA 02144
 Phone #: 617-623-2143
ddyer@ceoccambridge.org

Population targeted: 2.9 to 6 year olds
Hours of operation: 7:30-5:30 Full-time only
Location description: Davis Square Area
Wheelchair access: Yes
Staff languages: English, Spanish, Creole
Staff qualifications: EEC qualified and CPR/ First Aid qualified
Associated costs: \$265. per week

Eliot-Pearson Children's School, Tufts University

105 College Avenue, Medford, MA 02155
 Phone #: 617-627-3434

Population targeted: Children ages 2.9-second grade
Program description: The Eliot-Pearson Children's School is the laboratory-demonstration school affiliated with the Elliot Pearson Department of Child Development at Tufts University. The school serves as a model and demonstration facility, providing a training and observation site for new and experienced teachers and a research facility for faculty and supervised students in the Department of Child

Development. The Children's School enrolls approximately 80 children. It has preschool and kindergarten to second grade classes that vary in length and frequency.

Hours of operation: 8:45-3:00 Monday-Friday
Location description: Tufts University Campus
Wheelchair access: yes
Staff languages: Spanish, Greek, Mandarin Chinese
Staff qualifications: Graduate school training, EEC Qualified
Associated costs: Range from approximately \$2,500-\$12,000
Scholarships/discounts: Based on need.

Elizabeth Peabody House

277 Broadway, Somerville, MA 02145
 Phone # : 617-623-5510
www.elizabethpeabodyhouse.org

Population targeted: Youth aged 0-13 and families from Somerville and surrounding communities

Program description: Elizabeth Peabody House operates an Infant Toddler Center, a Preschool Program, an Afterschool Enrichment Program and a summer program at our Camp Gannet in Sharon, MA (transportation provided). Our high-quality programs provide a safe, stimulating, enriching and fun environment for youth with a balance of activities that promote learning and academics, recreation and social-emotional development. We accept vouchers for subsidized childcare.

Hours of operation: Infant/Toddler and Preschool Programs: Monday-Friday, 7:30am – 5:30pm.
 Afterschool: Monday-Friday, 2:30pm – 5:30pm
 Camp Gannet Summer Program: July & August, Monday-Friday, 7:30 –5:30.

Location description: 277 Broadway, Somerville
Wheelchair access: yes
Staff languages: English, Spanish, Portuguese
Staff qualifications: Many of our staff are teacher-certified in the state of Massachusetts
Associated costs: Call for pricing
Scholarships/discounts: We accept voucher and have a limited number of subsidized contract slots. Please call for more information

Wheelchair access: Yes
Staff languages: English
Staff qualifications: Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs: \$50 per course (resident) (5-8 sessions depending on the season), \$65 per course (non-resident), \$45 per course during summer (resident), \$55 per course during summer (non-resident)

**Open Swim / Lap Swim
 Somerville YMCA**

101 Highland Avenue, Somerville, MA 02143
 (617) 625-5050
www.somervilleymca.org

Population targeted: All ages
Program description: Open swimming and lap swimming for youth, adults, and families. Participants need to either be regular members or purchase day passes.

Hours of operation: For Youth (ages 6-13): Open swim Mon., Wed., Fri.: 3 - 3:30 PM; Summer Mon.-Thurs. 11:30-12; School Vacations/Early Release Wednesdays: Monday- Thursday 1:30 - 2 PM
 For Youth (ages 14-17): Lap swim Monday, Wednesday, Friday: 5:30 - 6:30 PM; Sunday: 10 AM - 1:30 PM; Summer Monday-Friday 6-7PM
 For Adults (ages 18+): Lap swim Monday - Friday: 6:30 - 9 AM; 12 - 1:30 PM; Monday, Wednesday, Friday 5:30 - 8 PM; Tuesday & Thursday 6:00-8:30 PM. Saturdays: 7 – 8:30 AM; 1 – 2:30 PM
 Sundays: 11 AM - 1:30 PM
 For Families: Open swim Friday: 8 - 9 PM; Sundays: 1:30 - 3:30 PM

Location description: On Highland, between School St. and Central St.; near City Hall
Wheelchair access: Limited
Staff languages: Mostly English, some speak Creole, Haitian Creole, Portuguese and Spanish
Staff qualifications: Certified lifeguards, First Aid/CPR certification
Associated costs: Family Swim: \$2/adult, \$1/child
 Day Passes: \$1.25 for ages 6-13; \$2.50 for ages 14-17; \$10 for adults
 Membership: See Club Membership in the Aerobics/Fitness Clubs/Yoga section for full listing of membership costs.
Scholarships/discounts: Membership scholarships are available for adults.

Outdoor Public Swimming

Kennedy School

5 Cherry Street, Somerville, MA 02144
 (617) 625-6600 x6676

Population targeted: Adults, ages 18 and up
Program description: Lap swimming for adults. Program is open to both residents and non-residents of Somerville
Hours of operation: School year: Monday, Wednesday, Friday: 6:15 - 7:45 AM (Early Bird Swim); Monday - Thursday: 7 - 8:45 PM; Saturdays: 12 - 3:45 PM
Summer: Monday, Wednesday, Friday: 6:15 - 8 AM (Early Bird Swim); Monday - Fridays: 3 - 5 PM; Monday - Thursdays 6 - 7:40 PM
Location description: At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs: Early Bird Swims: \$5 per Somerville resident per use; \$6 per non-resident
 All other times: \$4 per Somerville resident per use; \$5 per non-resident
Scholarships/discounts: Senior discounts available

Learn to Swim Program**Kennedy School**

5 Cherry Street, Somerville, MA 02144
 (617) 625-6600 x6676

Population targeted: Ages 4-14
Program description: The goal of this program is to teach young children how to swim, teach them about water safety and emergency procedures, and enable them to feel confident in the water. Courses are taught at five different levels, ranging from beginner skills to competitive swimming skills. School-year courses are 8 sessions long, either meeting on weekdays twice a week for 4 weeks, or on Saturdays for 8 weeks. Summer courses run as week-long sessions.
Hours of operation: School year sessions: Mondays & Wednesdays: 5:15 - 6 PM; Tuesdays & Thursdays: 5:15 - 6 PM; 4:40 - 5PM (level 1 only) Saturdays: Classes start at 10:15 & 11:15
Summer sessions: Monday - Friday: mornings (all levels); Monday - Friday: evenings (beginner levels only)
Location description: At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.

The Learning Circle

141 Highland Avenue, Somerville, MA 02143
 Phone #: 617-628-8884 Ext.1

Population targeted: Infant/Toddler/Preschool
Program description: *Philosophy:*The Learning Circle provides a loving, safe, healthy, fun, anti-bias, multi-cultural, educational, and developmentally / individually appropriate environment with a friendly focus.
Hours of operation: 8:30-5:30 and early drop off 8am for extended fee
Location description: 141 Highland Avenue
Wheelchair access: Yes
Staff languages: English
Staff qualifications: EEC Certified, First Aid/CPR Certified, Academic background
Associated costs: Vary according to age
Scholarships/discounts: Sibling discount

Open Center for Children

155 Powderhouse Blvd., Somerville, MA 02144
 Phone #: 617-628-3891

Population targeted: Area families seeking childcare for their 2 ½ through 5 year old children
Program description: Open Center was founded in 1972. We provide a relaxed atmosphere where children learn from a play-based curriculum that challenges their social, cognitive, physical and artistic development. Much attention is focused on helping children develop the skills needed to thrive in our diverse world. Our families and staff come from a variety of cultural backgrounds and this serves to reinforce the value of people without regard to race or ethnicity. The center has two classrooms, one for 9 younger children ages 2 ½ to about 3 ¼ years and another room for 20 children 3 ¼ years until kindergarten age. The younger classroom has two teachers and the older one has a staff of four. Both rooms are fortunate to have volunteers from the Tufts Campus. Parents are encouraged to become involved in all aspects of the program.

**Somerville Child Care Center**

81 Highland Avenue, Somerville, MA 02143
 Phone #: 617-625-6600 Ext. 6235

Population targeted: SPS teachers, Somerville city workers & Somerville residents
Program description: NAEYC accredited program serving children 2.9 - 6 years of age. Small, one classroom center with a 1:8 ratio.
Hours of operation: 7:30-4:30 Full Year Program

Location description: Located at Somerville High School
Wheelchair access: Yes
Staff languages: English
Staff qualifications: EEC Certified, First Aid/CPR Certified
Associated costs: \$75. Registration fee - \$42. Per day



Somerville YMCA Child Care Program

97 Highland Avenue, Somerville, MA 02143
 Phone #: 617-628-1741, 617-625-5050
www.ymca.net

Population targeted: 2.9 – 6 years of age
Hours of operation: 7:30-5:30 Full Year Program
Wheelchair access: Yes
Staff languages: English, Portuguese, French
Staff qualifications: EEC Certified, First Aid/CPR Certified

Tufts Educational Day Care Center

165 Holland Street, Somerville, MA 02144
 Phone # 617-627-3412
 Website: <http://ase.tufts.edu/tedcc>

Population targeted: Children ages 2.9 to 6 years old
Program description: Tufts University Educational Day Care Center offers an innovative year-round, full-day educational preschool and kindergarten program for children from within the Tufts community and its surrounding cities. Each of our four classrooms is staffed by three teachers and by a variety of graduate teaching assistants, student teachers and undergraduate interns. Our program is a laboratory school serving an ethnically diverse and international population of youngsters, where Tufts students and faculty can observe, participate in a variety of practice teaching experiences and conduct research. We also seek to serve children with a wide variety and range of special needs. The curriculum at Tufts addresses the social, emotional, cognitive and physical development of each child, with particular emphasis on creating a strong sense of community among children, teachers and families.
Hours of operation: 8:00-5:30 Monday-Friday
Location description: Near Davis Square
Wheelchair access: Yes
Staff languages: English, Chinese
Staff qualifications: Minimum requirement is a Bachelor's Degree; many have a Master's Degree

Advanced Beginner: Wednesday 5:15-6PM
Intermediate: Tuesday 5-5:45PM
Location description: At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.

Wheelchair access: Yes
Staff languages: English
Staff qualifications: Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs: \$65 for Somerville residents
 \$75 for non-Somerville residents
Scholarships/discounts: Senior discounts available

**Family Swim
 Kennedy School**

5 Cherry Street, Somerville, MA 02144
 (617) 625-6600 x6676

Population targeted: Families, all ages and abilities
Program description: Play time in the pool. Lap swimming is not allowed in the family swim area. Water wheelchairs are available for use, but family members are responsible for all assistance and supervision as staff need to focus attention on entire pool activity.
Hours of operation: School year: Monday - Thursday: 6 - 7:30 PM;
 Saturdays: 12 - 3:45 PM;
Summer: Monday - Friday: 12 - 3:45 PM; Monday - Thursday: 6 - 7:30 PM
Location description: At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs: \$3 per adult per use; \$1 per child per use (Somerville residents)
 \$4 per adult per use; \$ 2 per child per use (non-Somerville residents)
Scholarships/discounts: Senior discounts available



Lap Swim

Wheelchair access: Yes
Staff languages: English, Greek, Portuguese, and Spanish
Staff qualifications: Coaches are encouraged to attend optional training clinics
Associated costs: Intra-City teams: \$50 for player (uniform not included), \$80 for players needing uniform.
 Inter-City Travel teams: \$90 for player (uniform not included), \$120 for player needing uniform.
Scholarships/discounts: Scholarship assistance is available. Individual request for scholarships must be presented in writing.

Swimming & Aquatics

Adult Swim Programs - Swim Lessons, Water Aerobics, & Arthritis Aquatics

Somerville YMCA

101 Highland Avenue, Somerville, MA 02143
 (617) 625-5050
www.somervilleymca.org



Population targeted: Ages 18 and up
Program description: Swim lessons, water aerobics, and arthritis aquatics. Programs meet 1-2 times per week for 8 weeks. Several programs are held each year.
 Swim lessons are year-round. Begin every 8 weeks.
Hours of operation: Swim lessons: Beginners: Thursday: 8:30-9 PM; Intermediate: Thursday 9-9:30 PM
Water exercise: Tuesdays & Thursdays: 11:30-12 PM (after July 1st)
Location description: On Highland, between School St. and Central St.; near City Hall
Wheelchair access: Limited
Staff languages: Mostly English; some speak Creole, Haitian Creole, Portuguese, Spanish
Staff qualifications: First Aid/CPR certification and lifeguard certification
Associated costs: Program costs \$35 for members, and \$68 for non-members.
Scholarships/discounts: Some scholarships are available for adult memberships.

Adult Swim Lessons

Kennedy School

5 Cherry Street, Somerville, MA 02144
 (617) 625-6600 x6676

Population targeted: Ages 18 and up
Program description: Summer swim lessons for adults
Hours of operation: Beginner: Monday 5:15-6PM

Associated costs: Private pay \$1345.00 per month
Scholarships/discounts: Limited Center-based scholarships available, subsidized slots through the Department of Early Education and Care, vouchers accepted

Somerville Public Schools SMILE Program

Capuano Early Childhood Center

150 Glen Street, Somerville, MA 02145
 Phone #: 617-625-6600 Ext.3600

Population targeted: Somerville residents who will be 4 by August 31st
Program description: This is a public preschool program located at the Capuano Early Childhood Center.
Hours of operation: Monday-Friday; 8:45-1:45; September - June
Location description: Public School
Wheelchair access: Yes
Staff languages: English, Spanish, Portuguese, Haitian Creole, Arabic
Staff qualifications: All teachers are certified by the Massachusetts Department of Elementary and Secondary Education
Associated costs: None

Somerville Public Schools Early Childhood Intervention Program (ECIP)

Capuano Early Childhood Center

150 Glen Street, Somerville, MA 02143
 Phone #: 617-625-6600 Ext. 3600

Population targeted: Somerville residents who will be 3 or 4 by August 31st
Program description: This is a public preschool program located at the Capuano Early Childhood Center. There are self-contained classes and integrated classes with typically developing peers and students identified with developmental disabilities. There is a lottery in the spring for children interested in being in the program as Typical Developing Peers.
Hours of operation: M,T,Th,F; 8:30 -1:45; September - June
Location description: Public School
Wheelchair access: Yes
Staff languages: English, Spanish, Portuguese, Haitian Creole, Arabic
Staff qualifications: All teachers are certified by the Massachusetts Department of Elementary and Secondary Education
Associated costs: None

Somerville Public Schools Special Education Parent Advisory Council

8 Bonair Street, Somerville, MA 02145
 Phone #: 617-625-6600 Ext. 6829
www.somerville.k12.ma.us

The Special Education Parent Advisory Council (SPED PAC) is a group of parents with children who receive a wide range of special education services in the Somerville Public Schools and in private placement. The SPED PAC provides support and resources to parents and their children with disabilities. There are monthly meetings and workshops throughout the school year covering various areas in special education. The SPED PAC advises the district on matters that pertain to the education and safety of students with disabilities, participate in planning, development and evaluation of special education programs. Check out our web site for up to date information regarding changes to laws and regulations. If you would like more information or need help, call Debby Higgins, SPED PAC Coordinator at 617-625-6600 x 6829 dhiggins@somerville.mec.edu

Home Visiting

Early Intervention Partnerships Program, The Guidance Center, Inc.

61 Medford Street, Somerville, MA 02143
 Phone #: 617-629-3919 Ext. 190
www.gcinc.org or mpostal@gcinc.org

Population targeted: Pregnant or recently postpartum women who need support
Program description: The Guidance Center, Inc's Early Intervention Partnerships Program (EIPP). is a Massachusetts Department of Public Health pilot project that began in July 2003 to address pregnant women at medical and psychosocial risk. EIPP provides home visiting services to pregnant women, mothers, infants and their families. The EIPP team is made up of a lead maternal and child health nurse, a social worker and a community health worker. The goals of EIPP are to provide: early identification of maternal and infant risk, and linkage of families to services to prevent or mitigate poor health and/or developmental. *EIPP* can begin visiting with a mother during her pregnancy or before the baby turns 2 months.

Hours of operation: M -F 9-5 Some flexibility based on families schedule
Location description: Home visits and some on – site events
Wheelchair access: Yes
Staff languages: Spanish, Portuguese English
Staff qualifications: Nurse, and/or mental health professional

Healthy Families - The Guidance Center, Inc.

61 Medford Street, Somerville, MA 02143
 Phone #: 617-629-3919 Ext.121
www.gcinc.org or conway@gcinc.org

Population targeted: First time parents under 21
Program description: Funded by the Children's Trust Fund, *Healthy Families* helps first-time parents who are 20-years-old and younger build

Scholarships/discounts: per year (new memberships are pro-rated)
 From time to time SRR has assisted runners with race entry and travel expenses; this is done on a case by case basis

Track Camp: Somerville Recreation Commission: See Recreation section for more details on page 4

Soccer



Central America Soccer League Committee of Refugees from El Salvador (CORES)

343 Medford Street, Somerville, MA 02145
 (617) 623-5322

Population targeted: Latinos, ages 18 and up
Program description: Friendly, but competitive amateur soccer league with teams from Somerville and several neighboring locations. Register as teams. There are two divisions, each with 12 teams. Each team plays one 90-minute game per week. Season runs from early May through October.
Hours of operation: Saturdays and Sunday afternoons
Location description: Games are held at Draw 7 Park in Somerville, as well as Chelsea High School in Chelsea, Cambridge, and Brighton
Wheelchair access: Yes
Staff languages: Spanish and English
Associated costs: Approx. \$360 per team
Scholarships/discounts: No

Summer Soccer Camp/ Advanced Soccer Camp
Somerville Recreation Commission: See Recreation section for more details on page 4

Somerville Youth Soccer

Somerville Youth Soccer League
 (781) 391-0442
registrar@oursysl.org
marcrdavidon@mac.com
<http://www.oursysl.org>



Population targeted: Ages 4-18
Program description: Soccer programs with both Intra-City and Inter-City Travel teams. All Somerville youth are eligible. There are both Fall and Spring leagues. Each runs for 8-10 weeks.
Hours of operation: Hours vary by team, practices are usually held 2 times each week
Location description: Practices are held at several fields around Somerville

Location description: Programs meet in designated Reservation parking lots (maps of the Fells are available at Porter Square Books)

Wheelchair access: No

Staff languages: Mainly English, Education specialist with Spanish experience

Staff qualifications: All staff are volunteers who are amateur naturalists, avid hikers, and/or professionally employed in an environmental field, also have professionally trained Department of Conservation and Rec. staff

Associated costs: All programs are free, some may request small donation
Membership is \$15/yr for seniors and students; \$25/yr for individuals; \$25/year for family/household membership

Scholarships/discounts: Occasional assistance is provided

Associated costs: Free

Running

Somerville Road Runners (SRR)
58 Day Street, P.O. Box 2048, Somerville, MA 02144
<http://www.srr.org>



Population targeted: All ages

Program description: Running club that insists no one is too old, too slow, or too large to participate. Runners range from purely recreational to highly competitive, and the atmosphere is very social. Wheelchair runners are also encouraged to join. The group has monthly meetings, sponsors events, and has weekly workouts. Workouts are held indoors during the winter and outdoors during the summer.

Hours of operation: Workouts are held on weekday evenings

Location description:

Mondays:
Bur-Run. 6:45 pm. Leave from Burren Pub & Restaurant 247 Elm St. in Davis.

Tuesdays:
Winter workouts are held at Tufts University, Cousens Gym; Summer workouts are held at the outdoor track at Tufts University

Thursdays:
7:15 pm. Leave from Casey's at 171 Broadway (near intersection of Broadway and Cross St.) 4.13 Mile Run.

Weekends:
Long runs vary by location and distance

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Workouts led by experienced coach

Associated costs: Individual membership: \$20 per year; Family membership: \$30



positive relationships with their children. *Healthy Families* begins during pregnancy to encourage good prenatal care and continuing education or work and provide developmentally-appropriate parenting education until a child turns three-years-old. *Healthy Families* goals include preventing child abuse, preventing repeat pregnancies, attaining education and work goals for a young parent, and developing positive parent-child relationships. Fathers under 20-years-old may participate in all aspects of the program, and older fathers are included in family activities.

Hours of operation: M-F 9-5 Some flexibility based on families schedule

Location description: Home visits and some on – site events

Wheelchair access: Yes

Staff languages: Spanish, English

Parent-Child Home Program

Argenziano School Room 124
290 Washington Street, Somerville, MA 02143
Phone # :617-625-6600 Ext. 6992
fvillar@k12.somerville.ma.us

Program description: The Parent-Child Home Program (PCHP) is an innovative, home-based literacy and parenting program for eligible families in Somerville with children ages 16 months to 3 years old. Trained Home Visitors visit families twice a week for ½ hour sessions over a two year period. In play sessions with the parent and child, the Home Visitor models verbal interaction and learning through play using carefully chosen books and toys which are donated to the parent to continue the interaction between sessions.

Hours of operation: Monday-Friday 8:00-4:00 pm

Location description: PCHP center is located at the Argenziano School, room 124.

Wheelchair access: Yes

Staff languages: English, Portuguese, Spanish, Haitian Creole, French, Punjabi, Urdu

Staff qualifications: Staff is multi-cultural, multi-lingual, trained in early childhood education and home visiting programs

Associated costs: Free to Somerville Residents

SMHA Somerville Early Head Start

474 Broadway, Somerville, MA 02145
Phone #: 617-629-6652
www.somervillementalhealth.org

Population targeted: Pregnant women and children up to 3 years whose families live at 100% or below the Federal Poverty Guidelines for Income

Program description:

SEHS is a home visiting program for pregnant women and families with children under 3 years. The purpose of the program is to support the healthy development of young children and their families. Family Support Workers visit each of their families once a week for 90 minutes during which time the FSW demonstrates an educational activity with the parent and child; may do a nutritional assessment, a health assessment a developmental assessment, a post-partum assessment with a new mother, or may make a social service referral for WIC, Food Stamps, or furniture. SEHS is also a collaborator with Cradles to Crayons and two literacy programs. SEHS also includes parents in the governance of the program through the Parent Policy Council.



Hours of operation:

Monday – Friday 9:00 a.m. to 5:00 p.m.

Location description:

474 Broadway, Somerville, MA, 02145

Wheelchair access:

Yes

Staff languages:

Spanish, Brazilian Portuguese, Haitian Creole, French, Arabic varies from beginning college, Associate’s Degree, Bachelor’s Degree, Master’s Degree and PhD.

Staff qualifications:

Associated costs:

Free

Parent / Child Playgroups

Somerville Family Networks (SFN) Playgroups

42 Prescott St, Cummings School, Room 14, Somerville, MA 02143
Phone #: 617-625-6600 Ext. 6990
jkelly@k12.somerville.ma.us

Population targeted:

Families of Somerville with children ages 0-4 years

Program description:

SFN provides support and information for parents of infants and young children. Books, a lending library, videos and toys are available. Parents and children can come for play, art, snack, and group activities at various Somerville public school locations. Groups are two hours long and are led by playgroup coordinators. Call for schedule and times to register.

Hours of operation:

Monday-Friday 7:30-3:30, Some evenings, call for updates

Location description:

SFN center is located at the Cummings School, room 14. Second door on the right in front of the playground.

Wheelchair access:

Yes

Staff languages:

English, Portuguese, Spanish, Haitian Creole, French, Punjabi, Urdu

Staff qualifications:

Staff is multi-cultural, multi-lingual, trained in early childhood education

Associated costs:

Free to all Somerville residents

Girl Scouts of Eastern MA Council

95 Berkeley Street, Boston, MA 02116
Main council: (800) 882-1662 or 617-482-1078
www.girlscoutseasternmass.org

Population targeted:

Girls, ages 5-17

Program description:

There are 4 troops in Somerville, offered for different age groups: Daisies (Kindergarten), Brownies (grades 1-3), Juniors (grades 4-6), Cadets (grades 7-9). There are also special outreach programs for girls in community locations. Many troops have a physical activity component, and girls can earn recognition awards for involvement in sports and other fitness related exercise such as All is Well. Examples of physical activities include hiking, climbing, ice skating, bowling, double dutch jump roping, orienteering, and swimming. Programs are year-round, depending on the troop.

Hours of operation:

Mostly biweekly: after school or in the early evening, and on weekends.

Location description:

Numerous schools, churches, and community centers in Somerville

Wheelchair access:

Yes

Staff languages:

English, some limited Spanish

Staff qualifications:

All staff have a background in working with youth

Associated costs:

The Girl Scout membership fee is \$10-12/year. Meeting dues vary by troop; most troops collect \$1-2/per meeting. Some activities cost additional money, but troops often hold fundraisers to support their participation.

Scholarships/discounts:

Yes, call main council office with requests for financial assistance

Seasonal Programs at the Middlesex Fells

Friends of the Middlesex Fells Reservation

4 Woodland Road, Stoneham, MA 02180
(781) 662-2340
http://www.fells.org

Population targeted:

All ages

Program description:

The Friends of the Middlesex Fells offers free, guided activities for members and non-members. Typical activities include hiking, walking, snowshoeing, and nature programs (plant investigation, bird watching, animal tracking, geology walks, etc.). Most activities are 2-4 hours long. Some activities require pre-registration, and few are for members only.

Hours of operation:

Varies with each program. Weekday and weekend programs are offered.

kayaking, rock climbing, ropes courses, whitewater rafting, sailing, camping, backpacking, as well as snow shoeing clinics. The focus is on learning basic skills. OE supplies equipment, instruction, transportation (T stop pick-ups) and most meals. There is also a weeklong girl's camp and weekend boy's camp.

Hours of operation: Year-round programs; mostly on weekends
Location description: Various locations in New England
Wheelchair access: Most trips are accessible
Staff languages: English; American Sign Language and additional translation upon request
Staff qualifications: Staff are trained as Wilderness First Responders and/or Wilderness EMTs; they are also trained in outdoor technical skills and disability awareness
Associated costs: Ranges from \$25 to \$475 depending on the trip
Scholarships/discounts: Financial aid available.

Boy Scouts of America

123 Washington Street, Winchester, MA 01890
 Regional Office: (617) 615-0004
<http://www.bsaboston.org>

Population targeted: Boys, ages 7-20; Girls, ages 14-20
Program description: There are 3 programs offered: Cub Scouts for boys ages 7-10, Boy Scouts for boys ages 11-17, and a co-ed Venturing program for teens ages 14-20. All programs are outdoor-oriented, promoting character development, citizenship, and fitness. Camping, hiking, skiing, rafting, and canoeing are examples of activities. Program is year-round, with more outings than meetings in the summer.
Hours of operation: Cub and Boy Scouts meet weekly in the evenings, and some weekends; Differs depending on troop
 Venturing meets twice a month in the evenings, and some weekends
Location description: Locations for troops include College Ave. United Methodist Church, East Somerville Community School and St. Ann's Church
Wheelchair access: Yes
Staff languages: Mainly English, but troops have parent-leaders that speak other languages; have multilingual literature and paperwork
Staff qualifications: Staff receive scout-related training
Associated costs: There is a national scout fee of \$10/year. Additional dues range from about \$25-30/year. Some activities cost additional money, but troops often hold fundraisers to support their participation.
Scholarships/discounts: Yes, scholarships available for camp

Parent / Adult / Family Education

Children With Voices, The Guidance Center Inc.

A Child Witness to Violence Program
 617-354-22750 Ext.139
www.gcinc.org (under child & adolescent services)

Serving the communities of Somerville and Cambridge, Children With Voices offers services to children who have witnessed domestic violence and their non-offending parents. Services include individual, family and group therapy and are offered in English and Spanish at locations in Somerville and Cambridge. For more information call the Director of the program, Dr. Amrani-Cohen at the number above.

COPE, Cooperative Parenting Education

81 Highland Ave, Rm. 341, Somerville, MA 02143
 Phone #: 617-625-6600 Ext. 6156
jhenneman@challiance.org or cope_shs@yahoo.com

Population targeted: Pregnant or Parenting Teens in the Somerville School District
Program description: A comprehensive program for teen parents that helps to provide resources, agency referrals and workshops for teen parents in the Somerville School District. Working with area agencies, we make sure the young teens have food, housing and educational opportunities while they work towards achieving their high school diploma or GED. Each case is tailored to the teen parent and is handled by an in-house Case Manager.
Hours of operation: Monday-Friday 8-4pm, All year
Location description: The COPE office is housed in the Somerville High School on the third floor. Access to the office is granted by obtaining a visitor pass in the front office.
Wheelchair access: There is wheelchair access via the school elevator
Staff languages: English, Spanish and Portuguese translation is available upon request through a translation service.
Staff qualifications: The COPE staff are trained health educators with experience in both clinical and educational settings.

Somerville Family Network

42 Prescott Street, Somerville, MA 02143
 Phone #: 617-625-6600 Ext.6990
www.somerville.k12.ma.us (click on Early Childhood, then Somerville Family Network)

Population targeted: Somerville Residents with children ages 0-4 years
Program description: The Somerville Family Network (SFN) is a multi-service family organization. The SFN offers many program services,

including parent-child playgroups, monthly Family Fun Nights, a lending library, ESL classes and parent workshops. In addition, SFN staff can help parents locate other resources in the community. English, French, Haitian Creole, Portuguese and Spanish are spoken in all programs and services are free.

Hours of operation: Monday-Friday 7:30-3:30 - Some evenings, call for updates

Location description: SFN center is located at the Cummings School, room 14. Second door on the right in front of the playground.

Wheelchair access: Yes

Staff languages: English, Portuguese, Spanish, Haitian Creole, French, Punjabi, Urdu

Staff qualifications: Staff is multi-cultural, multi-lingual trained in early childhood education

Associated costs: Free to all Somerville residents

Somerville Lead Hazard Abatement Program

Office of Strategic Planning and Community Development, Housing Division,
City Hall Annex 50 Evergreen Avenue, Somerville, MA 02145
Phone #: 617.625.6600 Ext. 2577

Population targeted: Somerville residents including tenants and homeowners

Program description: The City of Somerville has funds to help property owners make their properties lead-safe. The cost of de-leading takes the form of a forgivable grant. Homeowners do not pay for the cost of the de-leading. While the property is being de-leaded the cost of relocation and food will be reimbursed. Eligibility is based on the number of units and the income of the tenants who live there. Help make Somerville homes lead safe.

Hours of operation: Monday – Wednesday, 8:30 – 4:30. Thursday – 8:30 – 7:30 pm
Friday – 8:30 – 12:30 pm

Location description: City Hall Annex, 50 Evergreen Ave.

Wheelchair access: elevator accessed via parking lot at rear of building

Staff languages: English, Spanish, Haitian Creole

Associated costs: None. Income eligible client can access federal funds to make their homes lead safe.



Location description: Children's classes: Monday, Wednesday & Friday 7-8:30 PM
Just outside Union Sq.

Wheelchair access: No

Staff languages: Chinese, English, Greek, Italian, Japanese, Korean, and Spanish

Staff qualifications: Instructors are certified black belts

Associated costs: There is a mandatory \$50 annual registration fee (includes membership with the United States Judo Federation); Classes cost \$25/month for children, and \$50/month for adults. Fee enables participation in as many classes per week as desired.

Scholarships/discounts: Discounts are offered for families and college students

Oom Yung Doe

260 Elm St., Davis Square Plaza, Somerville, MA 02144
(617) 629-5888

Population targeted: Ages 6 to seniors.

Program description: Oom Yung Doe combines 8 forms of martial arts

Hours of operation: Children's Lessons (ages 5-10): Mon., Wed., Fri 4:15-5:00PM; Sat. 9-9:45AM
Juniors Lessons (ages 11-16): Tues. and Wed. 6-6:45PM
Adult Lessons: Mon-Fri 7-8PM and 12:30 – 1:30PM; Sat. 11-2PM

Location description: Davis Sq. Plaza

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Certified Black Belts

Associated costs: \$100/month (juniors/children)
\$290/2 months (adults)

Scholarships/discounts: 20% off for each additional child in a family

Outdoor Adventure & Scouting

Adventure Trips

Outdoor Explorations (OE)
98 Winchester Street, Medford, MA 02155
(781) 395-4999 TTY: 781-395-4184
Email for Info: info@outdoorex.org
<http://www.outdoorex.org>

Population targeted: Ages 8 and up, with and without disabilities

Program description: Approx. 20 different day and weekend trips. Trips (lasting 1-5 days) explore environments such as the greater Boston area, Maine and Southern New Hampshire. Activities offered include:

Hours of operation: Monday - Friday: 4-9 PM; Weekends: 9 AM-1:30 PM
Location description: Union Square, accessible from Somerville Ave on Allen St.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Trained professional staff
Associated costs: Kids (ages 5-14): \$75/month
Scholarships/discounts: Discounts are available for low-income individuals, call for details

Sityodtong Muay Thai Academy
 100 Broadway, Somerville, MA 02145
 (617) 627-9678



<http://www.sityodtong.com>

Population targeted: Ages 10 and up
Program description: Instructional programs specializing in Muay Thai Kick Boxing, Brazilian Jiu-Jitsu, Indonesian Martial Arts, Filipino Martial Arts, Boxing, and the Art and Philosophy of Bruce Lee (JKD).

Hours of operation: Monday - Friday: 6-9 PM; Saturdays: 10 AM-3 PM
Location description: East Somerville, on Broadway between Glen Street and Franklin Street

Staff languages: English, French, Italian, Spanish, and Thai
Staff qualifications: Trained professional staff
Associated costs: \$50 Registration Fee - Memberships are unlimited
 Adults: 1 year, \$125/month
 6 months, \$150/month
 3 months, \$175/month
 Kids (ages 10-15): 1 year, \$100/month
 6 months, \$125/month

Private lessons: \$125 per hour
Pay by the class: 10 classes, \$175
Scholarships/discounts: Discounts are available for low-income individuals, call for details

Tohoku Judo Club
 444 Somerville Avenue, Somerville, MA 02143
 (617) 776-9060
<http://home.earthlink.net/~judoka/>

Population targeted: Ages 4 and up
Program description: Group classes for children and adults interested in either competitive or non-competitive Judo.

Hours of operation: Adult classes: Monday - Thursday: 7:30-9:15 PM

General Programs - Not Activity Specific

Scholarship Resource: The Child Care Resource Center usually obtains grant money each year to help Somerville families pay for after school programs for their school-aged children. Some of the programs listed in this section accept payment vouchers administered by the Child Care Resource Center. Vouchers are awarded to families on a first-come first-served basis, and are based on income and family size. More information can be obtained by contacting the Child Care Resource Center 617-547-1063 or www.ccrinc.org.

Somerville Community After-School Program Somerville Community Schools Program

167 Holland Street, Somerville, MA 02144
 617-625-6600 x6970
www.somerville.k12.ma.us

Population targeted: Grades pre-K to 5th
Program description: Includes special classes, homework, outdoor sports and recreational clubs. The courses focused on physical activity range from Dance and Gymnastics to team sports such as Basketball and Soccer. It is not necessary for kids to be enrolled in one of the Somerville Public Schools in order to participate.

Hours of operation: Mon., Tues., Thurs., and Fri.: 2:30- 5:30 PM; Every other Wed.: 12-5:30 PM

Location description: Courses are offered at most elementary schools in Somerville.

Wheelchair access: Yes, but only at some locations

Staff languages: Mainly English and some Spanish.

Staff qualifications: ---

Associated costs: \$115 per 5-day week; \$69 for any 3 days (except for Weds.)

Scholarships/discounts: Vouchers accepted and there are sliding scale fees with more than one child in program.

Drop-In Program Somerville YMCA

101 Highland Avenue, Somerville, MA 02143
 617-625-5050
www.somervilleyymca.org

Population targeted: Ages 6-13
Program description: This program includes many recreational activities such as gym sports and swimming. Activities are supervised but not structured. Children can come and go as they please.

Hours of operation: School- year: Monday-Friday - 2:30 - 6 PM

Summer: Monday- Friday – 1- 4PM

Location description: On Highland Avenue, between School St. and Central St.; near City Hall

Wheelchair access: No

Staff languages: Mainly English; some staff speaks Haitian Creole, Portuguese, and Spanish
Staff qualifications: First Aid, CPR certification
Associated costs: Program is free with membership, or a day pass can be purchased for \$1.25; Membership costs \$50/year per child.
Scholarships/discounts: Scholarships are available through an application process

Elizabeth Peabody House School Age Program

Elizabeth Peabody House

277 Broadway, Somerville, MA 02145

617-623-5510

www.elizabethpeabodyhouse.org

Population targeted: Ages 5-14
Program description: Year-round after-school and vacation program that integrates physical activities into the overall curriculum. Transportation is provided from the Somerville schools. Full day programs are provided on snow days, and during school year vacations and summer vacations.
Hours of operation: Monday - Friday: 2:30 - 5:30 PM; Early Release Wednesdays: 12- 5:30 PM
Snow days: 8:30-5:30; school year vacations and summer: 7:30 AM - 5:30 PM
Location description: Winter Hill, corner of Grant St. and Broadway; in summer, part of the day is also spent at Lakefront Campgrounds in Sharon, MA
Wheelchair access: Yes
Staff languages: English, Spanish and Portuguese
Staff qualifications: First Aid/CPR certified, and Early Education and Care certified
Associated costs: \$31/day including transportation fee (minimum 2 days/week)
Scholarships/discounts: no, but vouchers accepted

Gym Activities

Boys and Girls Club of Somerville

181 Washington Street, Somerville, MA 02143

617-628-4665

www.kidsclubs.org

Population targeted: Ages 6-18
Program description: Gym activities are part of an overall youth program that also offers opportunities such as homework help, computer use, arts and crafts, a teen center, a teen dance club, and special trips. The Athletic Director implements age appropriate competitive and non-competitive games each day. Additionally, seasonal leagues are available throughout the school year.

Population targeted: Ages 6 and over
Program description: Group classes in Shotokan Karate, Kung Fu Martial Arts, Tai Chi, Qigong, kids classes, and summer program
Hours of operation: Kid's Martial Arts classes: Monday - Friday afternoons; Adult classes: Monday - Friday evenings; Saturday mornings
*No classes July or August
Location description: Saturday classes meet outdoors in 7 Hills Park during the summer; all other classes are held in Davis Sq. studio
Wheelchair access: No
Staff languages: English, some French and Italian
Staff qualifications: Instructors are certified black belts
Associated costs: Approx. \$60 per month for ages 5-7; \$77 per month for ages 8 and up; \$60-90 per month for adults (depends on program, number of classes per week, and length of enrollment).
Scholarships/discounts: Discount for second child in a family

Red Tiger Dojo Karate

278 Broadway, 2nd floor, Somerville, MA 02145

(617) 776-6224

www.redtigerdojokarate.com

Population targeted: Ages 3 and up
Program description: Group or private classes, specializing in Shotokan Karate and Cardio Kickboxing
Hours of operation: Monday - Friday: 4-9 PM
Location description: Winter Hill, next to the fire department
Wheelchair access: Limited; only at the front door
Staff languages: English, Portuguese, and Spanish
Staff qualifications: Instructors are certified black belts
Associated costs: A year commitment at a cost of \$110/month entitles one to 3 classes per week. Private classes cost extra; call for details.
Scholarships/discounts: Family discounts available. Call for details.

Shobu Aikido of Boston

34 Allen Street, Somerville, MA 02143

(617) 718-1918

www.shobu.org

Population targeted: Ages 5 and up
Program description: Instructional programs specializing in Aikido and Yoga. Aikido is an art which can be practiced by young and old, male and female alike. Rather than fostering a spirit of competition, it utilizes partner practice to nurture a spirit of harmony and mutual assistance.

Martial Arts

Tai Chi programs are listed in the Aerobics / Fitness/ Yoga & Mediation section

Brazilian Martial Arts Center

700 Mystic Ave. 2nd Floor, Somerville, MA 02145
(617) 628-3800
www.brazilianmartialartscenter.com

Population targeted: Ages 2- and up
Program description: Karate, Brazilian Jiu-Jitsu, Muay Thai, Vale Tudo, and a kids class (includes lessons in safety, life skills, as well as, physical martial arts skills)
Hours of operation: 7 Days a week, 10 AM- 10 PM, Sunday open mat
Location description: Mystic Avenue, Somerville
Wheelchair access: No
Staff languages: Portuguese, Spanish and English
Staff qualifications: Black belts in Karate, Judo, Brazilian Jiu-Jitsu, and Muay Thai
Associated costs: Depends on type and number of classes
Scholarships/discounts: Yes

Central Institute of Tae Kwon Do

1161 Broadway, Somerville, MA 02144
(617) 776-6161

Population targeted: Ages 7 and up
Program description: Martial arts programs for beginner and advanced levels. Children age 7 need to be accompanied by an adult.
Hours of operation: Beginner classes: Monday, Wednesday, Friday evenings, & Saturday: 9 – 10:30 am;
Advanced classes: Tuesday & Thursday evenings, & Saturday mornings
Location description: Teele Sq.
Wheelchair access: Yes
Staff languages: English
Staff qualifications: 9th Degree Black Belts
Associated costs: \$150 for 3 months; participants can attend 3-4 classes each week; includes uniform, belt and badge.
Scholarships/discounts: A \$50 discount is offered for additional family members

House of Samurai Shotokan Karate & Davis Square Martial Arts

408 Highland Avenue, Somerville, MA 02144
(617) 591-9656
www.davissquaremartialarts.com

Hours of operation: Monday - Friday: 2:30 - 6:00 PM for age 6 thru 8th graders
Early release Weds: 12:00 - 6:00 PM for age 6 thru 8th graders
Monday - Friday: 6:30 - 9:00 PM for teens ages 13-18
Location description: Washington St. between Union Sq. and McGrath Hwy.
Wheelchair access: Yes
Staff languages: English, Haitian Creole, and Spanish
Staff qualifications: First Aid/CPR certification
Associated costs: \$30 for membership during the school year
Scholarships/discounts: Granted on a case by case basis; call office with requests

Intramural and School-Based After School Programs

Somerville School Department

See below for phone numbers

Population targeted: Students, grades K-12
Program description: All schools offer intramural sports. The High School offers additional competitive sports opportunities, and K-8 schools offer additional short-term school programs that focus on sports as well as other enrichment activities. There is no central office for these programs; each school chooses its own activities and raises funds to support them.
Hours of operation: Weekday afternoons (after school); times and days vary
Wheelchair access: Yes
Associated costs: Free

Somerville Public Schools: Call (617) 625-6600 - Individual extension numbers listed below:

- Albert F. Argenziano School: x6680
- Brown School: x6400
- Capuano Early Childhood Center: x3600
- East Somerville @Cummings School: x6425
- East Somerville @ Edgerly: x6500
- Healey School: x6530
- Kennedy School: x6600
- West Somerville Neighborhood School: x6440
- Winter Hill Community School: x6750
- Somerville High School Athletics: x6161



Prospect Hill Academy Charter School 617-625-5800 www.prospecthillacademy.org

School Age Child Care Program (After School & Summer Camp)

Mystic Learning Center

530 Mystic Avenue, Somerville, MA 02145
617-623-0110
www.mysticlearningcenter.org

Population targeted: Ages 5-12, and up to age 16 for children with special needs (must turn 5 by September to participate in summer)

Program description: After-school: Healthy snacks, homework help, and club activities such as Hip Hop, Mystic Youth Chorus, Jr. Books of Hope, fitness and games, team sports, cooking, and art. Transportation is arranged from the Healy School on foot. The program operates year-round.
Vacation week/Summer programs: Activities include local trips, beach trips, summer reading, club activities, morning exercise, circle time, trips to parks and playgrounds, preparation for annual summer picnic and talent show, and free play. Breakfast, lunch and snack are served. Parent drop off and pick up required.

Hours of operation: Monday - Friday: 2:30 - 5:30 PM; Early release Wednesdays: 12 - 5:30 PM;
 Summer Schedule: Monday - Friday 8 AM - 5:30 PM

Location description: Mystic Housing Development

Wheelchair access: Yes

Staff languages: English, Haitian Creole, Spanish, French, and Somalian

Staff qualifications: First Aid, CPR certification; education training and experience

Associated costs: \$21.60 per day

Scholarships/discounts: Some subsidized slots are available each year; vouchers from the Child Care Resource Center (617-547-1063) are also accepted. Limited Scholarships available

School Age Childcare Program

Somerville YMCA
 101 Highland Avenue, Somerville, MA 02143
 617-625-5050
 www.somervilleymca.org

Population targeted: Ages 5-13

Program description: This program includes recreational activities, gym sports, swim lessons, and field trips. Transportation is provided from most Somerville schools.

Hours of operation: Monday - Friday: 2:30 – 5:30 PM; Early release Wednesdays: 12 - 5:30 PM

Location description: On Highland, between School St. and Central St.; near City Hall

Wheelchair access: Limited

Staff languages: Mainly English; some Haitian Creole, Portuguese, and Spanish

Staff qualifications: First Aid, EEC qualified, CPR, and lifeguard certification

Associated costs: \$120/week

Scholarships/discounts: Some financial assistance is available, and vouchers from the Child Care Resource Center (617-547-1063) are accepted

Hours of operation: includes 2-hour lessons once a week for 16 weeks. Program runs from early November through March.
 Saturdays: 7-9 AM or 9-11 AM

Location description: DCR rink on Somerville Ave. next to Conway Park (near Central Ave.)

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Coaches are 18 and older, and have undergone a Criminal Offender Record Inquiry (CORI), youth coaches are also on hand

Associated costs: Visit website: www.somervilleyouthhockey.org Click on Learn to Skate Program

Scholarships/discounts: Assistance is available on a case by case basis

Youth Gym Hockey

Somerville YMCA
 101 Highland Avenue, Somerville, MA 02143
 (617) 625-5050
 www.somervilleymca.org

Population targeted: Ages 5-13

Program description: Instructional gym hockey program for youth. Programs run for 8 weeks.

Hours of operation: Saturdays: 10 - 11 AM

Location description: On Highland, between School St. and Central St.; near City Hall

Wheelchair access: Limited

Staff languages: Mostly English, but some Creole, Haitian Creole, Spanish, and Portuguese

Staff qualifications: First Aid/CPR certification

Associated costs: \$40 for members (depending on program length)
 \$60 for non-members (depending on program length)

Scholarships/discounts: Scholarships are available



Location description: Veterans Memorial Rink, on Somerville Ave. next to Conway Park (near Central Ave.)

Wheelchair access: No

Staff languages: English

Staff qualifications: Professional Instructors

Associated costs: For children: Approx. \$114-170, depending on session length
For adults: Approx. \$126-189, depending on the session length

Scholarships/discounts: Call for more information.

Somerville Youth Hockey League
Somerville Youth Hockey Association
 P.O. Box 440506, Somerville, MA 02144
 (617) 628-8367
 www.somervilleyouthhockey.org



Population targeted: Ages 5-17

Program description: Hockey league for Somerville youth. Games are played against other cities and towns. There are approximately 30 games, 60 regular practices, and 10-15 power skating sessions each season. Practices start in September, and the season runs through April.

Hours of operation: Practices are weekday evenings from 6-9 PM; games are on weekends

Location description: Practices are held at the rink on Somerville Ave. next to Conway Park (near Central Ave.). Games are played at rinks in the Greater Boston area.

Wheelchair access: Yes

Staff languages: Mainly English

Staff qualifications: Coaches are 18 and older, have undergone a Criminal Offender Record Inquiry (CORI), have completed an emergency medical training (EMT) session, and have been through a coaching program given by the USA Hockey Clinics.

Associated costs: Approximately \$780 per player, please visit www.somervilleyouthhockey for updated fees

Scholarships/discounts: Assistance is a possibility on a case by case basis; college scholarships are awarded annually to several high school seniors who were league players

Somerville Youth Hockey - Billy Johnson Learn to Skate Program
Somerville Youth Hockey Association
 P.O. Box 440506, Somerville, MA 02144
 (617) 628-8367

Population targeted: Ages 3-12

Program description: Skating lessons for hockey players and anyone who wants to learn how to skate. Program is divided into two levels and

Somerville Community Youth Program
 165 Broadway, Somerville, MA 02145
 (617) 625-6600 x2256

Population targeted: Ages 12-18

Program description: Physical activities are included as part of the overall program to foster development and education in Somerville youth. Current activities include group games, field trips to sporting events, etc. Snacks served daily.

Hours of operation: Summer: Monday – Friday, 3- 7 PM
School-year: Monday-Friday, 2:30-7PM; ½ day Wednesdays, 12:00PM – 7PM

Location description: Cross St. Youth Center, on Broadway, near intersection with Cross St.

Wheelchair access: Not currently, but plans are being made to put in an elevator

Staff languages: English, some Spanish

Associated costs: Free

Empowering Competent Youth (Teen Choice Club/Pre-Teen Choice Club)
 Mystic Learning Center
 530 Mystic Ave., Rm. 103, Somerville, MA 02145
 (617) 623-011
 www.mysticlearningcenter.org

Population targeted: Ages 13-21

Program description: This program fosters youth development and leadership. Physical activities include sports, games, and field trips. The summer basketball league is specifically for those between the ages of 7 and 19.

Hours of operation: Teen Choice Club: Monday 6-8:45PM, Wednesday 6-8PM, Friday 6 - 9 PM
Pre-Teen Choice Club: Tuesday & Thursday from 6-8PM
Summer basketball league: Tuesday and Thursday from 6-8:30PM

Location description: Mystic Housing Development

Wheelchair access: Yes

Staff languages: English, Haitian Creole, and Spanish

Staff qualifications: Previous experience working with youth

Associated costs: Program is free for teens that join the Teen Council. The Teen Council meets once a month and is the governing body of the club.

Tot Time Program: Somerville Recreation Commission: See Recreation Commission section for more details on page 3

Summer Programs - Not Activity Specific

NOTE: The following programs are not the only summer programs listed in this guide. Only general summer programs are listed here. Other summer programs, which focus on just one sport, are listed under the appropriate activity category. Also, some of the General Programs operate in summer as well as during the school-year.

SCHOLARSHIP RESOURCE: The Child Care Resource Center usually obtains grant money each year to help Somerville families pay for summer day-camp for their school-aged children. Families can receive tuition assistance for between 30-60% of the cost of the camp. Funds are administered on a first-come first-served basis from mid-April up until a certain date in early June, when a lottery is held for any remaining slots. Several local day camps participate in this program, so there is a choice of programs. More information about this assistance can be obtained by calling the Child Care Resource Center @617-547-1063 or www.ccrccinc.org.

**Adventure Somercamp
Somerville Community Schools Program**
167 Holland Street, Somerville, MA 02144
(617) 625-6600 x6970

Population targeted: Ages 5-13
Program description: Two days a week the campers visit beaches, lakes and State Parks for swimming and beach games. The other days are spent playing sports, dancing, doing arts and crafts, and pool swimming. The campers also put on one show for their families during the summer. There are eight 1-week sessions; campers can attend for just 1 week or for all 8.
Hours of operation: Monday - Friday: 8 AM - 5:30 PM
Location description: Call for location
Wheelchair access: Yes
Staff languages: English, Spanish, French
Staff qualifications: Head staff is First Aid/CPR certified
Associated costs: \$190/week; \$180/week for extended hours
Scholarships/discounts: Vouchers from the Child Care Resource Center (CCRC) are accepted

**Camp Gannett
Elizabeth Peabody House**
277 Broadway, Somerville, MA 02145
(617) 623-5510
www.elizabethpeabodyhouse.org

Population targeted: Ages 5-14
Program description: Camp activities include swimming, boating, arts and crafts, science and nature, and sports. Transportation is provided from Somerville to the camp in Sharon. Breakfast and lunch are



enrollment: \$40 for one child and \$50 per child. Class costs range from \$180- \$425. Payment periods are broken down into four ten week quarters. All fees can be prorated based on a students start date.
Open Gym: \$5 members; \$10 non-members
Scholarships may be available

Scholarships/discounts:

Hockey & Skating

**Free Public Skating
Department of Recreation and Conservation (DRC)**
570 Somerville Ave. Somerville, MA 02143
Rink phone: (617) 623-3523
DCR main office: (617) 727-4708

Population targeted: All ages
Program description: Free public skating from mid-November through mid-March. Rental skates are available on site at some rinks. The rink also rents ice time for leagues and skating parties.
Hours of operation: Tuesday and Thursday: 1:30-2:30PM; Fridays: 6-7:50PM; Saturdays: 5-6:30PM; Sundays: 2-3:50PM; School Vacations: Monday – Friday (12:30 – 1:50)
Location description: Veterans Memorial Park, On Somerville Ave., next to Conway Park
Wheelchair access: Yes
Associated costs: Free public skating; rental skates cost \$4 per person; rental of the whole rink is available (call for details).

**Ice Skating Lessons
Bay State Skating School**
393 Totten Pond Rd. Waltham, MA 02451
(781) 890-8480
www.baystateskatingschool.org

Population targeted: Ages 4.5 and up
Program description: The Bay State Skating School runs skating classes for children and adults in the Boston area. Classes in Somerville are held at the Department of Conservation & Recreation (DCR) ice rink on Somerville Ave. Classes are held for 6-9 week sessions, and there are 2 or 3 sessions a year beginning in October and usually running through mid-March. Each class includes a 25-minute lesson and 25 minutes of practice. Participants are broken down into small groups based on ability levels. It is necessary to have your own skates (figure or hockey skates).
Hours of operation: Somerville classes meet on Sundays from 1-1:50 PM

Location description: Various sites in Somerville and travel to other Groundwork Trusts in New England
Staff languages: Mainly English
Staff qualifications: Varied
Associated costs: Students are paid \$9/hour

Gymnastics

Beginner's Gymnastics

Somerville YMCA

101 Highland Avenue, Somerville, MA 02143
 (617) 625-5050
 www.somervilleymca.org

Population targeted: Ages 5 -13
Program description: Gymnastics program for youth. Programs run for 8 weeks.
Hours of operation: Saturdays: 8:45 - 10 AM
Location description: On Highland, between School St. and Central St.; near City Hall
Wheelchair access: Limited
Staff languages: Mostly English, but some Creole, Haitian Creole, Spanish, and Portuguese
Staff qualifications: First Aid/CPR certification
Associated costs: \$48 for members
 \$69 for non-members
Scholarships/discounts: Scholarships are available



Gymnastics Classes

Gymnastic Academy of Boston

128 Smith Place, Cambridge, MA 02138
 (617) 441-9700
 www.gymnasticacademyofboston.com

Population targeted: Ages 12 months – 10 years
Program description: Gymnastics classes and summer camps for youth. Children are taught basic gymnastic positions and skills which are broken down into their smallest learnable parts
Hours of operation: Classes are ongoing from September through June, call for schedule details. Also summer camp programs. Open Gym: Sunday through Friday, 11:30AM-1PM
Location description: 128 Smith Place in Cambridge
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Certified gymnastics coaches
Associated costs: A non-refundable annual registration fee is due upon

also provided, but kids may choose to bring their own lunch if they wish. The camp lasts 8 weeks, running from end of June - late August.

Hours of operation: Monday - Friday: 8 AM - 4:30 PM
Location description: Lakefront Campgrounds in Sharon, MA
Wheelchair access: No
Staff languages: English, Spanish and Portuguese
Staff qualifications: First Aid/CPR certified and pre-camp orientation and training program
Associated costs: \$195/week
Scholarships/discounts: Scholarships are available through an application process

Kid Stop Program: Somerville Recreation Commission: See Recreation section for more details on page 3

Open Air Circus

27 Village Street, Somerville, MA 02143
 (617) 666-9479 or (617) 947-1191
 www.openaircircus.org

Population targeted: Ages 3 and up
Program description: Summer workshops for children and adults in circus arts. Some of the activities offered include tumbling, clowning, juggling, stilt walking, and hip hop. Classes are held weekly from late June through July, with a performance in early August. Members of the Open Air Circus may also participate in other performances throughout the year, but the main training sessions are in the summer from late June through July.



Hours of operation: There are nine 1-hour class sessions each week. Classes are held on Tuesday, Wednesday and Thursday between 4:30 and 7:30PM.
Location description: 3 sites: Nunziato Field/Growing Center, Foss Park, Nathan Tufts Park
Wheelchair access: Program located outside
Staff languages: Mostly English
Associated costs: \$15 per child, or \$30 per family. Fee enables participation in as many classes as desired throughout the season.
Scholarships/discounts: Won't turn anyone away; Discounts may be offered

Evening Playgrounds Program: Somerville Recreation Commission: See Recreation section for more details on page 3

Special Needs Summer Program: Somerville Recreation Commission

**Summer Day Camp
Somerville YMCA**

101 Highland Avenue, Somerville, MA 02143
(617) 625-5050
www.somervilleymca.org

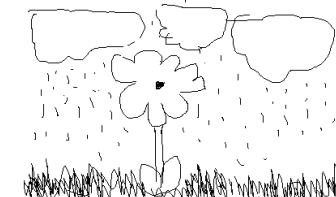
Population targeted: Ages 6-13
Program description: Summer day camp that runs from late June through late August. Activities include arts and crafts, sports, hiking, swim lessons and trips to beaches and state parks.
Hours of operation: Monday - Friday: 8 AM - 4 PM; Extended Care available until 5 PM
Location description: On Highland, between School St. and Central St.; near City Hall
Wheelchair access: Limited
Staff languages: Mostly English, but some Creole, Haitian Creole, Spanish, and Portuguese
Staff qualifications: First Aid/CPR and lifeguard certification
Associated costs: \$120 per week; extended care is \$15 extra per week
Scholarships/discounts: Scholarships are available

**Summer Trip Camp Program
The Boys and Girls Club of Middlesex**

181 Washington Street, Somerville, MA 02143
(617) 628-4665
www.kidsclubs.org

Population targeted: Age 6 to 8th graders
Program description: Four days per week the children take field trips to lakes, historical sites, and amusement parks. Thursdays are spent in the clubhouse participating in arts and crafts, gym activities, and education activities. Water sports are also part of the program. This day-camp lasts for eight 1-week sessions.
Hours of operation: Monday - Friday: 9AM – 4PM; Extended care available at 7:45 AM and until 5:30PM
Location description: Varies
Wheelchair access: Clubhouse is accessible
Staff languages: English, Haitian Creole, Spanish
Staff qualifications: First Aid/CPR certification
Associated costs: \$115/week, \$25/week extra for extended day.
Scholarships/discounts: Call office for details

are the Prospect Hill Academy and the Kennedy School.
Wheelchair access: Yes
Staff languages: Mainly English
Staff qualifications: Varied
Associated costs: Most programming is free



**Somerville Garden Club (SGC)
P.O. Box 441895 , Somerville, MA 02144**
Membership information: (617) 623-7896
somervillegardenclub.org

Population targeted: Adults with interest in gardening, novice to master gardener
Program description: Monthly meetings focus on gardening pleasure and education with lectures and demonstrations on garden subjects, a plant roundtable of shared knowledge, and a raffle of plants and garden items. With support from the City, volunteers in the SGC Public Planting Program design and maintain garden sites at the Main Branch Library, the West Branch Library, the Bikeway, Powder House Circle, Wilson Square, and at the "Welcome to Somerville" signs at the following intersections: Beech & Elm, Broadway & McGrath, and Broadway & Rt. 16. The club holds a plant sale in September, produces a newsletter, and occasionally organizes private garden tours to members' and other specially selected gardens.
Hours of operation: Meetings: 2nd Wednesday of every month: 7-9 PM
Location description: Meetings are at the Tufts Administration Building (TAB), 167 Holland St., near Davis Sq.
Wheelchair access: Yes
Associated costs: \$25 per year for membership (April-March)
Scholarships/discounts: No

**Green Team
Groundwork Somerville**
240 Elm St., Suite B7, Somerville, MA 02144
(617) 628-9988
www.groundworksomerville.org

Population targeted: Somerville residents, ages 14-17
Program description: Groundwork Somerville will be hiring 12 high school students this summer to participate in a 7-week long environmental job skills program. Students bike to work and complete projects that include: Community Tree Planting and Upkeep, Soil Testing and Remediation, and Green Roof Installation.
Hours of operation: June - August, 2009; each student will commit to working 16-20 hours per week between 9AM and 4PM, and will also complete 20 hours of community service over the course of the summer

**Somerville Community Growing Center Programs
Somerville Conservation Commission**

Garden address: 22 Vinal Avenue, Somerville, MA
Office phone: (617) 666-2969
www.thegrowingcenter.org



Population targeted: All ages and abilities
Program description: The Somerville Community Growing Center is a city owned property that has been created to foster educational programs and community events. Several community work days are held each year and volunteers are always welcome to help out on their own time frame. The Growing Center works closely with Somerville schools and community agencies to promote learning about organic gardening, nutrition, and environmental issues. Annual gardening programs include an April vacation program, Spring and Fall after-school programs, and a summer program called Art in the Garden. Cultural events are largely arranged and supported by The Friends of the Growing Center and the Somerville Arts Council. For more information about programs, events, or volunteering call the office at the above number.

Hours of operation: Open Hours: Early May through Early October. Saturdays: 9 AM - 12 PM
Call to arrange access for volunteering or visits at other times.

Location description: On Vinal Ave., between Summer St. and Highland Ave., near Union Sq.

Wheelchair access: Yes
Staff languages: Mainly English
Associated costs: Almost all garden programs are free

**Growing Healthy Gardens
Groundwork Somerville**

240 Elm St., Suite B7, Somerville, MA 02144
(617) 628-9988
www.groundworksomerville.org



Population targeted: Public school students, K-8th grade
Program description: The program provides in-school, after-school and summer programming focused on local, healthy foods, school yard and urban gardening, micro-enterprise experience, and active living.

Hours of operation: In-school, after-school and during vacation; specific times vary
Location description: There are five schoolyard gardens with two more in the works: Healey School, Argenziano School, East Somerville Community School, Winter Hill Community School and the Brown School. The two schools in various stages of creation

Aerobics / Fitness / Yoga & Meditation

**Chi Gong Classes for Seniors
Somerville Council on Aging (SCOA)**

167 Holland Street, Somerville, MA 02144
(617) 625-6600 x2300

Population targeted: Ages 55 and up
Program description: Exercise program for elders focusing on meditative movements and breathing exercises. Program runs year-round.

Hours of operation: Mondays: 10:30 – 11:30 AM, at the Tufts Administration Building

Location description: Senior Center in the Tufts Administration Building, 167 Holland St.

Wheelchair access: Yes
Staff languages: English
Staff qualifications: Certified instructor
Associated costs: \$2 per class
Scholarships/discounts: No

Gold's Gym- Somerville

14 McGrath Highway, Somerville, MA 02143
(617) 625-9566
www.goldsgym.com/somervillema

Population targeted: Ages 17 and up
Program description: Aerobics, yoga, weight lifting and cardiovascular work-out equipment. Members can participate in group courses, train independently, or enroll in a personalized training program. Memberships are sold in 6-month blocks.

Hours of operation: Monday - Thursday: 5AM-midnight; Friday: 5AM-10PM; Saturdays and Sundays: 7 AM - 7 PM

Location description: Twin City Plaza

Wheelchair access: Yes
Staff languages: Mainly English, some Portuguese, Haitian Creole, and Spanish
Staff qualifications: All trainers and instructors are certified
Associated costs: \$20.00 per month (\$49.00 down for 6 months; \$99.00 down for 12 months, cancel at any time). Personalized training programs cost extra.

Scholarships/discounts: May offer discounts or promotions



**Exercise for Seniors
Somerville Council on Aging (SCOA)**

167 Holland Street, Somerville, MA 02144

Population targeted: Ages 55 and up
Program description: Weekly drop-in programs that focuses on stretching, light aerobic activity, and light weight lifting. Programs meet year-round.
Hours of operation: Tuesdays 9:15 – 10:30 AM
Location description: Senior Center in the Tufts Administration Building, 167 Holland Street
Wheelchair access: Yes
Staff languages: English
Staff qualifications: Registered instructor
Associated costs: \$2 per class
Scholarships/discounts: No

Fitness and Skills Camp: Somerville Recreation Commission: See Recreation section for more details on page 3

O₂ Yoga Studio

288 Highland Avenue, Somerville, MA 02143
 (617) 625-0267
<http://www.o2yoga.com>

Population targeted: Ages 18 and up, with special classes for kids ages 4-13 and Yoga for Babies (for parent with baby)
Program description: Group or individual yoga training for adults. All classes are based on the Astanga style, and involve vigorous exercise. Over 25 courses are offered each week. Please arrive at least 10 min early to classes.

Hours of operation: Morning and/or evening classes are held 7 days/week
Location description: Intersection of Highland Ave. and Cedar St.
Wheelchair access: Yes, but there is no adaptive yoga program for people with disabilities
Staff languages: English
Staff qualifications: Certified yoga instructors
Associated costs: \$14 per class; \$110 for 10 classes; \$105 dollars for unlimited monthly membership
Scholarships/discounts: Monthly membership discounts are available for students (\$95/month), couples (\$112.50 per person/month), and groups of 3 or more people (\$105 per person/month).

Prenatal Yoga

Harvard Vanguard Medical Associates
 40 Holland Street, Somerville, MA 02144
 Central office for registration: 1-877-439-5465

Gardening

Somerville Community Gardens

Somerville Conservation Commission
 City Hall Annex, 50 Evergreen Ave. Somerville, MA 02145
 Call: 311

Population targeted: All ages and abilities
Program description: Somerville has eight typical community gardens that are divided up into plots for individuals to tend to. Each of these community gardens has 1 to 4 garden coordinators who work with the Somerville Conservation Commission to ensure that the gardens are maintained. As the gardens are usually filled to capacity each year, most garden coordinators maintain waiting lists so new gardeners can obtain plots as they open up. For more information about obtaining a plot in a community garden, call the Somerville Conservation Commission at the above number.

Hours of operation: Gardens are open to plot holders at all times.

Location description: See below.

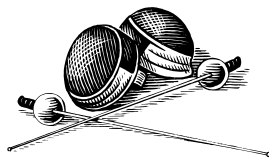
Wheelchair access: The following gardens are accessible: Avon Garden, Mystic Community Garden, Osgood Garden, and Walnut St. Garden. The Walnut St. Garden has area with a bed raised to wheelchair level.

Associated costs: A small fee of approximately \$15-30 each season is requested from each gardener to help defray maintenance costs.

Individual Garden Sites:

- ◆ **Allen St. Garden** (15 plots in Union Square, off Somerville Ave.)
- ◆ **Avon St. Garden** (10 plots near Avon and Central Streets, behind Somerville Home for the Aged)
- ◆ **Bikeway Garden** (24 plots in Davis Square on the bike path in the rear of Rite-Aid Pharmacy)
- ◆ **Durell Community Garden** (18 plots on Beacon St., between Kent and Ivaloo)
- ◆ **Glen Garden** (24 plots on Glen St. in East Somerville)
- ◆ **Mystic Community Garden** (20 plots in the Mystic Housing Development, open to MHD residents only).
- ◆ **Osgood Garden** (20 plots in Osgood St. Park, near intersection with Somerville Ave.)
- ◆ **Tufts Garden** (28 plots on Tufts University property along Powder House Blvd.)
- ◆ **Walnut St. Garden** (20 plots in Giles Park on Walnut St., near Union Square)

Fencing



Moe Fencing Club

290 R Broadway, Somerville, MA 02145
(617) 666-1412

Population targeted:	All ages and experience levels
Program description:	A 5500 square foot state of the art fencing facility devoted to the development of recreational and elite fencers through instruction, facilitation and community.
Hours of operation:	<u>Classes:</u> Youth: Tuesdays and Fridays 5:30-6:30PM; Adults: Thursdays 8-9PM. <u>Competitive Training:</u> Mondays and Wednesdays 7:00-9:30PM. <u>Open Fencing:</u> Mon-Fri 6:30-10:30PM.
Location description:	East Somerville
Staff languages:	English
Associated costs:	Monthly membership: \$65.00; Daily pass: \$10.00; Classes: \$100 per month.
Scholarships/discounts:	No child will be turned away from participation

Football & Cheerleading



Somerville Pop Warner Football and Cheerleading

Pop Warner
P.O. Box 440028, Somerville, MA 02144
(617) 764-0335

Population targeted:	Ages 5-15
Program description:	Tackle football league and cheerleading program for youth. There are approximately 8 games played against other local cities and towns. The season starts with practices August 1 st and continues through the Fall.
Hours of operation:	<u>Practices:</u> Monday-Thursday 5:30-8PM at Foss Park; Tuesday, Wednesday, Thursday 6-8PM at Conway Park <u>Home Games:</u> Sundays
Location description:	Foss Park (August 1 st -Sept. 4th) and Conway Park (starting Sept. 9th) are used for practices; Home Games are at Dilboy Stadium
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Head coaches certified by USA football
Associated costs:	\$70 registration fee. Boys need to buy cleats as well, while girls need to buy competition sneakers.
Scholarships/discounts:	No child will be turned away from participation

Population targeted:
Program description:

Pregnant women
This yoga program is based on the Iyengar style, and is meant to help women improve their posture and alleviate discomforts associated with pregnancy. The program is open to the public. Programs run for 7-8 weeks, and several programs are taught each year. Participants need to bring 3 blankets and a yoga mat. Women should have their doctor's consent before enrolling.

Hours of operation: Mar 31- May 19; May 26 -June 30. Tuesdays from 5:45-7:15PM
Location description: Davis Sq.
Wheelchair access: Yes, but individuals with disabilities should call ahead to make sure course is appropriate for them

Staff languages: English; Portuguese
Staff qualifications: Certified yoga instructor
Associated costs: 8-week sessions - \$115; \$100 HVMA/HPHC discount. 6- week sessions - \$85; \$75 HVMA/HPHC discount. 4- week sessions - \$55; \$50 HVMA/HPHC discount. - plus the cost of a yoga mat if one is not already owned.

Yoga/ Fitness: Yoga for the Young Athlete
Somerville Recreation Commission: See Recreation section for more details on page 3

Somerville YMCA

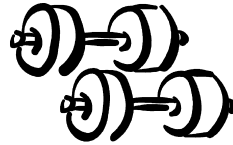
101 Highland Avenue, Somerville, MA 02143
(617) 625-5050
www.somervilleymca.org

Population targeted:	Ages 6 and up
Program description:	Membership includes use of pool, indoor track, exercise equipment, and weight room (for ages 13 and up only). Adult members can also participate in pick-up basketball and one women's exercise class each week for no extra cost, and receive a discount on swim programs. Children can participate in one swim class per week and the drop-in program (for ages 6-13) at no extra cost, and receive a discount on other structured programs such as basketball, gym hockey, and gymnastics.
Hours of operation:	Monday - Friday: 6 AM - 10 PM; Saturdays: 7 AM - 7 PM; Sunday: 10 AM - 4 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, but some Creole, Haitian Creole, Spanish, and Portuguese
Staff qualifications:	First Aid/CPR and lifeguard certification

Associated costs: Youth ages 14-17: \$65 per year; Youth ages 6-13: \$50 per year; Adults: \$270- \$475 per year; College Students and Service persons ages 18-22: \$220 per year; Seniors: \$140-\$240 per year; Family: \$410 for 2 adults + 1 child, or \$280 per year for single parent + 1 child
*each additional child costs \$35 (6-13) - \$50 (14-17)

Scholarships/discounts: Scholarships are available for kids and some adults.

Boston Sports Club
One Davis Square Somerville, MA 02144
(617) 776-0086
<http://www.mysportsclubs.com>



Population targeted: Ages 16 and up
Program description: Basic membership includes studio classes, use of weight-lifting and cardiovascular work-out equipment, and personal instruction on use of fitness equipment. Personalized training programs are also available. Classes include: yoga, boot camp, spinning, step, kickboxing, and circuit.

Hours of operation: Monday-Thursday 5:30am-10:00pm; Friday 5:30am-9:00pm; Saturday- Sunday 8:00am-8:00pm

Location description: Davis Sq.
Wheelchair access: Yes
Staff languages: English and Spanish
Staff qualifications: Personal trainers are ACE and AFFA certified
Associated costs: \$39 registration fee; monthly plans vary from \$73/month- \$96/month

Scholarships/discounts: None

Tree of Life Tai Chi Center
440 Somerville Ave. Somerville, MA 02143
(617) 623-1173
www.treeoflifetaichi.com

Population targeted: Ages 15 and up
Program description: Curriculum focuses on Tai Chi Ch'uan, Qigong, Thunderball, Teacher Training and Taoist Meditation. Group courses range from long-term study programs to one-day workshops. Classes for individuals, small groups, and corporations can be made by appointment. An instructor training program is also offered.

Hours of operation: Classes are offered Sunday-Friday. Hours vary by day.
Location description: Union Sq., On Somerville Ave., near intersection with School St.
Wheelchair access: No
Staff languages: English

Wheelchair access: Yes
Staff languages: English
Staff qualifications: All teachers are certified by dance institutions
Associated costs: Monthly tuition is \$30/child and \$35/family. Tuition is divided into 9 equal payments for each month of the program. \$65.00 deposit for all costumes and \$75.00 total for each costume.

Moving Celebrations
Center for the Arts at the Armory
191 Highland Avenue, Somerville, MA
617-625-9158
www.movingcelebrations.com

Population targeted: Kids and adults
Program description: See Movement Section.
Hours of operation: Hours vary throughout the full week.
Location description: Highland Ave between Somerville Hospital and City Hall. #88 busline

Wheelchair access: Yes
Staff languages: Mainly English
Staff qualifications: Years of experience
Associated costs: \$7-15 per class
Scholarships/discounts: Discount with class card of multiple sessions



Tango Society of Boston
16 Bow St, 2FL, Somerville, MA
617-699-6246
www.bostontango.org

Population targeted: Adults
Program description: Argentine Tango Dance Break weekly, 7-8 Introductory, 8-9 intermediate class, dancing 9-11:45
Tango workshops, every 3rd weekend, see calendar for details
Special events in the Greater Boston area, per calendar

Hours of operation: Wed 7-11:45PM
Location description: Union Square for Wed classes, other venues for special events
Wheelchair access: Yes
Staff languages: Spanish and English
Staff qualifications: Years of experience
Associated costs: \$10, prices vary if special event or artist in residence
Scholarships/discounts: Discount for members

Group discount (min. 8 people): \$20/hour, shoes included, 4 people per lane

Dancing

Jody's School of Dancing

407 R Mystic Ave. #34C., Medford, MA 02155
(781) 396-8180
www.jodysdance.com

- Population targeted:** Ages 2 and up; Most programs are for kids and teens, but occasionally adult programs are offered
- Program description:** Group classes in ballet, tap, jazz, pointe, acrobatics, lyrical, ballroom, Irish step, and hip-hop. Classes are once a week for 30-45 minutes, and run from September through June. Summer mini dance camp is offered for 2.5 – 8 year-olds. Summer dance classes are offered for ages 8 and up.
- Hours of operation:** School year classes are held after school and on weekends; Summer dance class meets Thursdays 5:30-7pm (July 24-August 14)
- Staff languages:** English
- Location description:** Off Broadway, near Ball Sq.
- Wheelchair access:** No
- Staff qualifications:** Teachers are certified through the Dance Teachers Club of Boston
- Associated costs:** The cost for taking 1 class is \$44/month. Summer classes are \$90 for a 4-week session.
- Scholarships/discounts:** Discounts available for families depending on the number of classes taken.

Mary Flynn Murphy Dance Studio

156 Highland Avenue, Somerville, MA 02145
(617) 628-6727
Www.mfmdancestudio.com

- Population targeted:** Ages 2-18, but several classes are also open to adults
- Program description:** Instructional classes in ballet, tap, jazz, lyrical dance, point, and hip-hop. Classes for toddlers focus on fostering creativity, coordination, and social skills. Boy's Hip-Hop class and Mommy & Me class for 2 year-olds. Courses run for approximately 9 months, starting in September. Class performances are held at the end of May and beginning of June.
- Hours of operation:** Monday - Thursday: 3 - 8 PM; Saturdays 9 - 5PM
- Location description:** Highland Ave and Central

- Staff qualifications:** All staff have advanced degrees and instructor training
- Associated costs:** Prices for group classes range from \$175 - \$225 for 1 class per week over a 3-month period. For unlimited access to classes each week (available only for introductory level courses), prices range from \$200 - \$225.
- Scholarships/discounts:** No

Planet Fitness

5 Middlesex Ave. Suite 203 Somerville, MA 02145
(617) 628-4272
www.planetfitness.com

- Population targeted:** Ages 16 and up
- Program description:** Basic membership includes use of weight-lifting and cardiovascular work-out equipment, and personal instruction on use of fitness equipment. Personalized training programs are also available.
- Hours of operation:** Monday - Friday: 5 AM - 10 PM; Saturdays & Sundays: 7 AM - 7 PM
- Location description:** Near Assembly Sq.
- Wheelchair access:** Yes
- Staff languages:** English, Italian, and Spanish
- Staff qualifications:** Personal trainers are ACE and AFFA certified
- Associated costs:** \$119/year, monthly plans vary from \$15/month- \$20/month
- Scholarships/discounts:** None

Baseball/Softball

Baseball and Softball Camps

Men's and Women's Slow-Pitch Softball Leagues; Somerville Recreation Commission details on page 4

Outdoor Softball League

Boston Ski and Sports Club

70 Birmingham Parkway, Brighton, MA 02135
(617) 789-4070

- Population targeted:** Ages 18 and up
- Program description:** Co-ed softball league with umpired games. People can register individually and will be assigned to teams. Teams play one game each week. A number of fields around Boston are used (see location description below). Teams may request ball field preference, but some traveling will be necessary. There are 6-



10 regular season games and then the playoffs, depending on the league.

Hours of operation: Most games are on weeknights, but some are on weekends.

Location description: Games are played at Trum field in Somerville, as well as at fields in Allston, Brighton, Medford, Newton

Wheelchair access: Yes

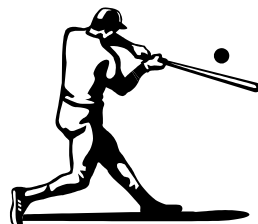
Associated costs: \$600-900 per team (\$50-75 per person), includes team shirts, game balls, bases, and prizes to division winners

Scholarships/discounts: No

- Boston Ski and Sports Club also offers other programs including Basketball, Dodge ball, Floor Hockey, Football, Golf, Kick Ball, Soccer, Softball, Tennis, Ultimate Frisbee, and Volleyball
- Please view website at www.bssc.com

**Somerville Little League
Little League of Somerville**

PO Box 45054. Somerville, MA 02145
(617) 625-1101
www.somervillelittleleague.org



Population targeted: Ages 5-16

Program description: Organized coed baseball and girls' softball leagues for Somerville youth. There are a number of different leagues, accommodating different age groups and skill levels. Practices start in early April and regular games end in early July. League teams play approximately 20 games each season. City championships and All-Star tournaments are in late July/early August.

Hours of operation: Practices on weeknights & weekends. Games are usually on weeknights.

Location description: Practices and games are held at several outdoor fields in Somerville

Wheelchair access: Yes

Staff languages: Mainly English, with some Creole and Spanish

Staff qualifications: Coaches are 16 and older, and have undergone a Criminal Offender Record Inquiry (CORI).

Associated costs: Approximately \$45 for ages 5-6 in baseball; Approximately \$75 for ages 7-8 in baseball; Approximately \$105 of ages 8-12 in baseball, Approximately \$125 for ages 13-16 in baseball; Approximately \$105 for girls ages 9-16 in softball

Scholarships/discounts: Discounts for volunteers and families; college scholarships are awarded annually to several high school seniors who were league players

Gentle Giant Rowing Club

Medford, MA 02155
617-320-9107
www.gentlegiantrowing.org



Population targeted: Youth and adult programs

Program description: Rowing programs at all levels for youth and adults. Row to learn, row for fitness, row to win! Register online.

Hours of operation: Adults Novice/Recreational: Monday-Thursday, 6-7:30AM and 6-8:30 PM
Adult Intermediate/Competitive: Monday-Saturday, 6-8:30 AM and PM

Location description: Check website for specifics. The club has moved to the Malden River.

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Red Cross CPR and first aid certified; coaches are enrolled in US Rowing's coaching certification program

Associated costs: Youth: \$55/month, \$110/season, \$300/year; Adults: \$115/month, \$230-\$345/season, \$640/year

Bowling



Sacco's Bowl Haven

45 Day Street, Somerville, MA 02144
(617) 776-0552 Email: Sacco873@aol.com
www.saccosbowlhaven.com

Population targeted: All ages

Program description: Candle-pin bowling with 15 lanes, bowling tournaments every Tuesday and pool tables

Hours of operation: Mondays: 9 AM - 11:30 PM; Tuesdays: 9 AM - Midnight; Wednesdays: 9:30 AM - Midnight; Thursday: 9:30AM – Midnight; Friday: 10 AM - Midnight; Saturdays: 10:00 AM - Midnight; Sundays: Noon - 11:30 PM

Location description: Davis Sq.

Wheelchair access: Not without assistance; there is a small step up

Associated costs: Daytime rate: \$2.75 per string (10 frames) per person; \$1.50 for shoe rental;
After 5 PM: \$3.00 per string per person; \$1.50 for shoe rental
Pool: \$7.50/hr

Scholarships/discounts: Senior discount: 3 strings for \$7, shoes included;
Kids discount (ages 16 and under): 3 strings for \$8, shoes included

Boating

Blessing of the Bay Clubhouse

Boys and Girls Club of Somerville

32 Shore Drive

Somerville, MA 02145

Clubhouse: (617) 623-6137 Main Office: (617) 628-4665



Population targeted:

All ages, family-oriented

Program description:

Nature/ ecology: In conjunction with the Mystic Watershed campers learn about the Mystic river, the water cycle, water testing, local wildlife

Art: Formal landscape drawing instruction from professional local artists. Program will host a summer art gallery exhibit at the Boathouse. Also offering arts and crafts projects using supplies and things found in nature.

Fitness and wellness: Pedometers provided for walks around the Mystic River as part of STEP IT UP challenge. Members will log their steps and work with staff to convert steps into miles to receive an award at the end of the summer.

Boating: In conjunction with the U.S. Canoe Association members will learn correct paddling form and experience the difference between canoes, kayaks and skulls. Members will train with volunteers for weekly races along the Mystic. (Expansion of the boating program for public hours pending.)

Literacy and Education: Members will take part in high yield learning activities supported by The Boston Children's Museum learning kits.

Hours of operation:

July 9-August 21, 2009

Everyday from 9am-5pm

Location description:

Shore Drive Park in 10 Hills Area, just up from intersection of Shore Drive and Mystic Ave.

Wheelchair access:

Yes

Staff languages:

English and Spanish

Staff qualifications:

CPR and first aid certified

Associated costs:

\$75/week (12:00-5:00PM)

\$90/week (9:00AM-5:00PM)

*camperships and financial aid information will be released closer to opening

Basketball

Boys' Summer Basketball League

Somerville Recreation Commission: See Recreation section for more details on page 4

Boys' Basketball Camp

Somerville Recreation Commission

Girls' Summer Basketball League

Somerville Recreation Commission

Girls' Hoopster Camp

Somerville Recreation Commission

Men's Indoor/Outdoor Basketball League

Somerville Recreation Commission

Open Gym Basketball Program

Somerville Recreation Commission

Pick-Up Basketball

Somerville YMCA

101 Highland Avenue, Somerville, MA 02143

(617) 625-5050

www.somervilleymca.org

Population targeted:

Ages 18 and up

Program description:

Pick-up basketball games. To participate, one must either be a member or purchase a day pass. Program usually runs year-round.

Hours of operation:

Monday - Friday: 12 - 2 PM; Mon., Wed., Fri.: 6 - 9 PM (Open Gym w/ high school members allowed); Saturdays: 1 - 3:30 PM

Location description:

On Highland, between School St. and Central St.; near City Hall

Wheelchair access:

Limited

Staff languages:

Mostly English, but some Creole, Haitian Creole, Spanish, and Portuguese

Staff qualifications:

First Aid and CPR certified

Associated costs:

Free for members. Adult Day Pass: \$10; High School Day Pass (ages 14-17): \$2.50

Scholarships/discounts:

A few membership scholarships are also available for all.



**Youth Basketball
Somerville YMCA**

101 Highland Avenue, Somerville, MA 02143

(617) 625-5050

www.somervilleyymca.org

Population targeted:

Ages 5 -13

Program description:

Instructional basketball program for youth. Separate classes for different abilities. Membership is not necessary for participation.

Hours of operation:

Beginner class: Saturdays: 11AM - 12 PM;

Advanced class: Saturdays: 12 - 1 PM

Location description:

On Highland, between School St. and Central St.; near City Hall

Wheelchair access:

Limited

Staff languages:

Mostly English, some Haitian Creole, Portuguese and Spanish

Staff qualifications:

First Aid/CPR certification

Associated costs:

\$40.00 for members

\$60.00 for non-members

Scholarships/discounts:

Scholarships are available

Mystic Basketball

Mystic Learning Center

530 Mystic Ave., Rm. 103, Somerville, MA 02145

(617) 623-0110

www.mysticlearningcenter.org

Population targeted:

Ages 7-19

Program description:

The Mystic Learning Center offers a seven week summer basketball program for youth between the ages of 7-19. We will be playing on a newly renovated court this summer. This program is going into its 4th summer and is privately funded. We provide a safe, supervised, no cost summer sports activity for all youth living at the Mystic Housing Development.

Hours of operation:

We play at the Mystic Housing Development every Tuesday and Thursday evening from 6:00-8:30 PM. Call Center for exact dates. Summer basketball league: Tuesday and Thursday from 6-8:00PM

Location description:

Mystic Housing Development

Wheelchair access:

Yes

Staff languages:

English, Haitian Creole, and Spanish

Staff qualifications:

Previous experience working with youth

Associated costs:

There is no cost to play and every player receives a team t-shirt and at the end of this program, all youth get a backpack and a trophy.



Bicycling

See the Parks/Playgrounds/Pathways section for bike path options

Tour de Somerville

Somerville Bicycle Committee

Office of Housing and Community Development (OHCD)

Contact Person: Steve Winslow

(617) 625-6600 ext. 2519

Population targeted:

All ages

Program description:

The Somerville Bicycle Committee offers a guided 2.5 hour bike ride through Somerville every year. The Committee is working to make all Somerville streets safe for on-road biking.

Hours of operation:

Fall event: typically the 3rd Saturday in October

Location description:

The route changes every year.

Wheelchair access:

No

Staff languages:

English

Staff qualifications:

Program led by experienced cyclists

Associated costs:

Free

Historic Bike Tour

Somerville Bicycle Committee

Office of Housing and Community Development (OHCD)

City Hall, 93 Highland Ave. Somerville, MA 02143

Contact Person: Steve Winslow

(617) 625-6600 ext. 2519

Population targeted:

All ages

Program description:

An historic tour of Somerville hosted by The Somerville Bicycle Committee and the Somerville Historic Preservation Committee held in May (usually on a Saturday 10AM-1PM). The tour leaves from City Hall to explore parts of the city concentrating on historic properties and sites. Refreshment stop at the Historic Bed & Breakfast in E. Somerville, and concludes at The Somerville Museum on Westwood Rd. Walking tours also provided to allow people to see different aspects of the city. Spring event: typically the 3rd Saturday in May for bike tour. Leaves from City Hall, ends at The Somerville Museum

Hours of operation:

Location description:

Wheelchair access:

No

Staff languages:

English

Staff qualifications:

Program led by experienced cyclists

Associated costs:

Donation Appreciated

