



A Guide to Health,  
Fitness and Fun for  
Cambridge Kids  
**2013**



# Find Your Fit



Find physical activities that you love and it'll be easy to stick with them. Here are more than 100 ideas. And you can find out more on *BAM! Body and Mind™* at [www.bam.gov](http://www.bam.gov). What are you waiting for? Go have some fun!

- |                   |                  |                   |                       |
|-------------------|------------------|-------------------|-----------------------|
| Acrobatics        | Golf             | Recess            | Tap Dancing           |
| Aerobics          | Gymnastics       | Rock Climbing     | Tennis                |
| Archery           | Hockey Sack      | Roller Hockey     | Tetherball            |
| Badminton         | Handball         | Roller Skating    | Tobogganing           |
| Ballet            | Hiking           | Rowing            | Track and Field       |
| Baseball          | Hopscotch        | Rugby             | Tumbling              |
| Basketball        | Horseback Riding | Scooters          | Ultimate Frisbee      |
| Baton Twirling    | Hula Hooping     | Scuba Diving      | Volleyball            |
| Bicycling         | Hurdling         | Shot Put          | Walking               |
| Boogie Boarding   | Ice Hockey       | Sit Ups           | Water Polo            |
| Bowling           | Inline Skating   | Skateboarding     | Water Skiing          |
| Calisthenics      | Jai Alai         | Ski Jumping       | White-Water Rafting   |
| Canoeing/Kayaking | Javelin          | Skin Diving       | Wrestling             |
| Catch             | Jogging          | Sledding          | Yoga                  |
| Cheerleading      | Judo             | Snorkeling        | Household chores      |
| Clogging          | Jump Rope        | Snow Skiing       | Mowing the lawn       |
| Cricket           | Karate           | Snowboarding      | Raking leaves         |
| Croquet           | Kickball         | Soccer            | Walking the dog       |
| Curling           | Kickboxing       | Softball          | Washing the car       |
| Dancing           | Lacrosse         | Square Dancing    | Working in the garden |
| Discus            | Line Dance       | Squash            |                       |
| Diving            | Logging          | Step Team         |                       |
| Dodge Ball        | Lunges           | Stickball         |                       |
| Drill Team        | Marching Band    | Strength Training |                       |
| Fencing           | Martial Arts     | Stretching        |                       |
| Field Hockey      | Mountain Biking  | Surfing           |                       |
| Figure Skating    | Paddleball       | Swimming          |                       |
| Fishing           | PE Class         | Table Tennis      |                       |
| Flag Football     | Pilates          | Tae Bo            |                       |
| Football          | Pull Ups         | Taekwondo         |                       |
| Four Square       | Push Ups         | T'ai Chi          |                       |
| Frisbee           | Racquetball      | Tag               |                       |



Find out more on *BAM! Body and Mind™* at [www.bam.gov](http://www.bam.gov)

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# The Importance of Physical Activity

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

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

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

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

## General Information

### **INTRODUCTION**

This directory provides information about some of the physical activity resources available to children in Cambridge. The information is subject to change, so please contact the individual organizations to obtain detailed and current information. Please be aware that some organizations have listed their mailing addresses, which may be different than the location where their programs are actually held. Calling first is advised. Many programs also schedule special activities in the summer and during school vacation weeks, which are not listed here. Please call (617) 665-3769 for more information, or to list your program in this directory.

### **FINANCIAL ASSISTANCE**

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

### **DISABILITIES**

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

### **LANGUAGES OTHER THAN ENGLISH**

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

### **SUMMER CAMPS OR SESSIONS**

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

# Physical Activities



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## BASEBALL AND SOFTBALL

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### Little Baseball League and T-Ball - Cambridge

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

#### North Division

Peter McCann  
(617) 497-8287  
<http://www.nclbl.org/index.html>

#### East Division

Jim Coleman  
[yorkbeach2000@comcast.net](mailto:yorkbeach2000@comcast.net)  
<http://eclbl.com/index.php>

#### Babe Ruth Baseball

George Alexander  
(617) 864-1336  
Serves youth aged 13-15.

#### West Division

Ed Chaisson  
(781) 891-1847  
<http://www.wclbl.com>

#### Central Division

Marc McGovern  
(617) 642-1731  
<http://cambridgecentral.org/>

### Cambridge Girls Softball League

Peter Payack  
(617) 512-9196  
Serves girls ages 8-14  
<http://cambgirlssoftball.com/>

### Cambridge Girls Softball T-Ball League

Joe Grassi  
(617) 491-5240  
Serves girls ages 6 -8

### Outdoor Softball Fields (Operated by the Cambridge Recreation Department)

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

**Ahern Field:** Fulkerson Street  
**Danehy Park:** Garden Street  
**Glacken Field:** Huron Ave  
**Hoyt Field:** Western Ave

**Cambridge Common:** Garden Street  
**Donnelly Field:** Berkshire Street  
**St. Peter's Field:** Sherman Street

### Basic Baseball at Danehy Park

Basic Baseball encourages participants to learn the fundamentals of the game at their pace. Specific instruction will be geared toward teaching the correct methods of hitting, fielding, and throwing. Each participant will receive individual attention. Ages 6-12. June 25- June 29. 9:00 am- 3:00pm. For more information/ Registration call Cambridge Recreation Division (617)-349-6228, [www.cambridgema.gov](http://www.cambridgema.gov) or call the camp line directly at (508) 387-7979, [starsbbpride@yahoo.com](mailto:starsbbpride@yahoo.com), [www.starsbb.com](http://www.starsbb.com)

## Move for Youth Indoor Baseball Clinic

<http://www.moveforyouth.com>

Held at the Tobin School, 197 Vassal Lane, Cambridge, MA, 02138

An indoor baseball clinic for ages 7-18 years. For registration, session information, or private lessons contact Randy Foley at [Randy@moveforyouth.com](mailto:Randy@moveforyouth.com)



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## BASKETBALL

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### Baby Falcons - Girls Basketball

Dana Ellcock

(617) 892-0070

[danaellcock@yahoo.com](mailto:danaellcock@yahoo.com)

Serves girls in grades 3-8 and promotes self-reliance and discipline and helps prepare for the level of high school basketball

### L.I.T.E.

Carole Thomas

(617) 661-3329

Offers a summer basketball league for females in grades 7-12.

### Tomorrow's Stars

2 Pearly Lane, Franklin, MA 02038

(508) 387-7979

[starsbbpride@yahoo.com](mailto:starsbbpride@yahoo.com)

<http://www.starsbb.com/>

A two-week summer basketball camp is held at Cambridge Rindge and Latin High School for youth ages 7-15.

### Shoot Straight Basketball Program

1640 Cambridge St, Cambridge, MA 02138, (617) 349-6228

Run by the Department of Human Services Recreation Division

Serves children in grades 3-6 during the winter. For more information contact Bob Goodwin at (617)-349-6228

### YMCA-Basketball Leagues

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

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

Offers a variety of year-round and seasonal basketball leagues for youth and adults. See website for more information.

**Outdoor Basketball Courts** (Operated by the Cambridge Recreation Division [www.cambridgema.gov](http://www.cambridgema.gov)) Contact Bob Goodwin at (617) 349-6228

**Ahern Field:**

**Alberico Park:**

**Anderson Courts:**

**Clement G. Morgan Park:**

**Corporal Burns Park:**

**Costa LopezTaylor Park:**

**Dana Park:**

Fulkerson St.

Pleasant St.

Pemberton St.

Columbia St

Memorial Drive

Charles St.

Magazine St.

**Hoyt Field**

**Larch Road Park:**

**Lindstrom Field:**

**Lowell Park:**

**Lowell School Park:**

**Paine Park:**

**Rafferty Park**

Western Ave.

Larch Rd.

Brookline St.

Brattle St.

Mount Auburn St.

Amory St.

Griswold St.

<b>David Nunes Park:</b>	Brookline St.	<b>Raymond Park:</b>	Upland Rd.
<b>Donnelly Field:</b>	Berkshire Ave.	<b>Reverend Williams Park</b>	Dudley St.
<b>Father Callanan Playground:</b>	Concord Ave.	<b>Riverside Press Park:</b>	Memorial Drive
		<b>Sacramento Field:</b>	Sacramento St.
<b>Glacken Field:</b>	Huron Ave.	<b>Sennott Park:</b>	Broadway
<b>Gold Star Mothers Park:</b>	Gore St.	<b>St. Peters Field:</b>	Sherman St.




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## BOATING AND ROWING

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### Charles River Canoe and Kayak

2401 Commonwealth Ave, Newton, MA 02466, (617) 965-5110

Other locations: Boston, Cambridge, Natick

[www.paddleboston.com](http://www.paddleboston.com)

Paddling camps designed to give paddling instruction and experience to kids aged 9-14 in a fun day-camp setting. There is also a teen adventure camp available, ages 13-17. Also available: classes for adults, guided tours and rental boats.

### Community Boating Inc.

21 David Mugar Way, Boston (On the Charles River Esplanade between the Hatch Shell and Longfellow Bridge), (617) 523-1038

[www.community-boating.org](http://www.community-boating.org)

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

### Community Rowing

20 Nonantum Road, Brighton (617) 779-8267

[www.communityrowing.org](http://www.communityrowing.org) or email at [friendlyperson@communityrowing.org](mailto:friendlyperson@communityrowing.org)

Offers a variety of rowing classes for children and adults. No previous athletic or rowing experience is necessary. Serves people with physical and intellectual disabilities.




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## BOWLING

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### Lanes and Games

195 Concord Turnpike, Route 2 East, Cambridge, MA 02140, (617) 876-5533

[www.lanesgames.com](http://www.lanesgames.com) or e-mail [lanesandgames@verizon.net](mailto:lanesandgames@verizon.net)

34 candlepin and 20 ten-pin lanes with auto-scoring.

### Sacco's Bowl Haven

45 Day Street, Somerville, MA 02144, (617) 776-0552

15 candlepin lanes in 1950's setting



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## CYCLING

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### **Broadway Bicycle School**

351 Broadway, Cambridge, MA (617) 868-3392

[www.broadwaybicycleschool.com](http://www.broadwaybicycleschool.com)

Classes in bicycle repair are taught by professional bicycle mechanics using a hands-on approach.

### **CYCLEKids**

5 JFK St, Suite 205, Cambridge, MA (617) 661-0908

[www.cyclekids.org](http://www.cyclekids.org) or email [info@cyclekids.org](mailto:info@cyclekids.org)

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



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## Dance, Gymnastics, and Yoga

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### **Ballet Theatre of Boston**

400 Harvard Street, Cambridge, MA, (617) 354-7467.

[www.ballettheatre.org](http://www.ballettheatre.org)

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

### **Boston Dance Company Inc.**

550 Massachusetts Avenue, Cambridge, MA 02139, (617) 491-8615

[www.bostondancecompany.net](http://www.bostondancecompany.net)

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

### **Brazilian Cultural Center of New England**

310 Webster Avenue, Cambridge, MA. 02141, (617) 547-5343

[www.capoeira-angola.com](http://www.capoeira-angola.com)

Dedicated to promoting and preserving Brazilian culture. Offers Capoeira classes for children and adults. Capoeira is an Afro-Brazilian martial art infused with dance.

Webster Ave. address is currently closed for renovations, so classes are being held at 536 Mass Ave. in Central Square. Please call or visit the website for more information.

### **Cambridge School of Ballet, Dance Complex**

536 Massachusetts Avenue, Cambridge, MA

Anna Myer, (617) 547-9699

Beginner ballet classes for teens.

### **Country Dance Society**

1770 Massachusetts Avenue, PMB 282, Cambridge, MA 02140 (mailing address only)

(781) 591-2372

[www.cds-boston.org](http://www.cds-boston.org)



Offers classes in English country dancing, square dancing, and contra dancing. Classes are held at various locations in Arlington, Harvard Square, and Brookline. Please call for more information, or visit the website. Serves all ages and has a summer dance camp and weekend camps for younger children and families.

### **Cambridge Family YMCA**

820 Massachusetts Ave, Cambridge MA (617) 661-9622

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

Offers many yoga and fitness classes, including zumba, tai chi, pilates, boxing and aerobics. Summer programs and afterschool programs available for ages 5-13. There is a pay-as-you-go option for high school students.

### **The Dance Complex**

536 Massachusetts Avenue Cambridge, MA 02139, (617) 547-9363

[www.dancecomplex.org](http://www.dancecomplex.org)

Has an open door policy and offers a variety of dance classes including Jazz, Hip Hop, Funk, Latin, Ballroom, Modern, Ballet, Tap, Belly dance, Zumba, Martial Arts, Children's Dance Classes, Yoga, and African Dance. Serves all ages. Work study is available as an alternate form of payment.

### **Deborah Mason School of Dance**

32 Cottage Park Avenue, Cambridge, MA 02140, (617) 497-1448

[www.deborahmasonschoolofdance.com](http://www.deborahmasonschoolofdance.com)

Offers tap, jazz, ballet, modern, hip-hop, and break dancing classes. Focuses on serving children ages 3-18, but also has some classes for adults. Also runs summer dance camps for ages 5-18.

### **Fresh Pond Ballet**

1798A Massachusetts Avenue, Cambridge, MA 02140, (617) 491-5865

[www.freshpondballet.com](http://www.freshpondballet.com)

Offers ballet classes for adults and children age 2 and up. 8-week programs for children ages 2-3. Older children take classes for a semester, and adults are drop-in. Runs programs in June-July and in the fall and spring. Private lessons are also available. Has served students with hearing impairments and low muscle tone.

### **Green Street Studios**

185 Green Street, Cambridge, MA 02139, (617) 864-3191

[www.greenstreetstudios.org](http://www.greenstreetstudios.org)

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

### **Gymnastics Academy of Boston**

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

[www.gymnasticacademyofboston.com](http://www.gymnasticacademyofboston.com)

Offers gymnastics lessons for people aged 15 months and older. Offers recreational classes which use gymnastics as a vehicle to fitness. Also have upper level classes and competitions. Camps available over summer vacation.

### **Little Namaste Yoga**

120 Vassar St, Cambridge, MA 02139

<http://www.littlenamasteyoga.com/>

Family yoga and kids yoga for ages 18 months-12 years. Visit website for class schedule or e-mail Deanna Skow at [littlenamasteyoga@gmail.com](mailto:littlenamasteyoga@gmail.com)

### **MIT Parent-Child Yoga**

120 Vassar St, Cambridge, MA 02139

<http://mitrecsports.com/index.php/youth-programs/fitness-programs>

Yoga for parents with children ages 18-36 months or 3-6 years. Classes include breathing exercises, yoga poses, yoga songs, fun partner poses, relaxation techniques, and meditation. Classes are held at the Tclub Lounge at MIT. Register online.

### **Movin and Groovin**

223 Concord Ave, Cambridge, MA 02138

[www.alicehellerdance.com](http://www.alicehellerdance.com)

Music and movement for babies 6-17 months and 18 months-3 years old and caregiver. Classes held at First Parish UU Church in Harvard Square. Led by Alice Heller, mom, dancer, teacher and Cambridge resident. Contact Alice to join or for more information at [aliceheller15@gmail.com](mailto:aliceheller15@gmail.com) or (617)-620-7654

### **Prometheus Dance**

536 Massachusetts Avenue, Cambridge, MA 02135, (617) 576-5336

[www.Prometheusdance.org](http://www.Prometheusdance.org) or email [info@prometheusdance.org](mailto:info@prometheusdance.org)

Modern dance classes available for all ages, including one specifically for ages 55 and up.



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## **FENCING**

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### **Bay State Fencers**

561 Windsor Street, Suite A401 Somerville, MA 02143 (617) 591-0101

[www.baystatefencers.com](http://www.baystatefencers.com)

Classes available for adults and kids age 6 and up. Private lessons and a competitive program also available. Students learn proper stance, basic footwork, bladework, and tactics. Exercises and games that strengthen the body and improve speed and mobility are an integral part of this program. Students are introduced to the rules, etiquette and formality of the sport. Fencing uniform and equipment are introduced.



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## **FOOTBALL AND CHEERLEADING**

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### **POP Warner Football and Cheerleading**

P.O. Box 4002721, Cambridge, MA 02140

John Bernard, President (617) 576-1441

<http://www.eteamz.com/CambridgePopWarner/>

Serves children ages 5-15.



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## **GOLF**

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### **Fresh Pond Golf Course**

(Dept. of Human Services, Recreation Division)

[www.freshpondgolf.com](http://www.freshpondgolf.com) or email [Rcarey5858@verizon.net](mailto:Rcarey5858@verizon.net)

691 Huron Avenue, Cambridge, MA 02138,

Director of Golf - Bob Carey, (617) 349-6282

Open to public from dawn to dusk on a first come first serve basis. Discounts for Juniors (18 and under) and Seniors (65+), as well as Cambridge residents. Private and group lessons available.

### **Golf Lessons at MIT**

120 Vassar St, Cambridge, MA 02139

Available for ages 7 and up. A parent or guardian must be present for each lesson. Lessons are available by appointment Monday through Saturday 8 am through 9 pm. See website for pricing or e-mail [golflessons@mit.edu](mailto:golflessons@mit.edu) to contact an instructor.



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## **ICE SKATING AND HOCKEY**

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### **Academy of Recreational Skating Club**

Simoni Skating Rink, 155 Gore Street, Cambridge, MA 02137, (617) 354-9523

[www.fmcarenas.com/](http://www.fmcarenas.com/)

Learn to skate classes for kids age 3 and up as well as adults. Hockey programs, figure skating programs and public skating are also available.

### **Bay State Skating School**

Simoni Skating Rink, 155 Gore Street, Cambridge, MA 02139, (617) 354-9523

[www.baystateskatingschool.org](http://www.baystateskatingschool.org)

Beginner, intermediate and advanced skating schools for children ages 4 ½ and up.

### **Cambridge Skating Club**

40 Willard Street, Cambridge, MA 02139, (617) 354-9427

[www.cambridgeskatingclub.org](http://www.cambridgeskatingclub.org)

Memberships open to Cambridge residents. Offers junior hockey clinics, as well as private and/or group instruction in figure skating for ages 4 and up.

### **Cambridge Youth Hockey**

P.O. Box 381872, Cambridge, MA 02138

[www.cambridgeyouthhockey.org](http://www.cambridgeyouthhockey.org) or email [web@cambridgeyouthhockey.org](mailto:web@cambridgeyouthhockey.org)

Learn to skate, instructional hockey, and competitive teams.

### **Charles Hotel Ice Skating**

1 Bennett St, Cambridge, MA 02138

<http://www.charleshotel.com/boston-hotels/things-to-do-in-cambridge.cfm>

Ice rink run by the Charles hotel. Open to the public and hotel guests. Skate rentals, season passes and lessons available. Contact 617-864-1200 for more information.

### **Kendall Square Community Skating**

300 Athenaeum Street, Cambridge, MA 02142 (617) 492-0941

<http://kendallsquare.org/play/details/community-ice-skating>

Learn to Skate classes for adults (11+) and children (3-11). Learn to Skate program is designed for those who have never skated or who have never had formal lessons. Private lessons are also available.

### **MIT Ice Rink**

120 Vassar Street, Cambridge, MA 02139, (617) 452-3690. Open from October to March.

<http://web.mit.edu/zcenter/facilities/johnson.html>

### **Skating Club of Boston**

1240 Soldiers Field Road, Brighton, MA 02135 (617) 782-5900

[www.scboston.org](http://www.scboston.org)

Public skating, ice skating lessons and competitive ice skating.



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## **MARTIAL ARTS**

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### **Aikido New England Aikikai**

2000 Massachusetts Avenue, Cambridge, MA 02140, (617) 661-1959

[www.neaikikai.com](http://www.neaikikai.com)

Offers traditional Japanese instruction for children ages 5-12 and young adults 13 and up. \$95/month rate for unlimited practice. A weekend rate of \$75/month and family rates are available as well.

### **American Jiann Shyong Kung Fu Center**

47 Third Street, Cambridge, MA 02141, (617) 497-4459

[www.jiannshyongkungfu.com](http://www.jiannshyongkungfu.com)

Offers mixed classes for children and adults.

### **Boston Classical Soo Bahk Do**

Located at the Cambridge YWCA, 7 Temple St., Cambridge, MA 02139, (781) 367-8060 [www.bcsbd.com](http://www.bcsbd.com)

Internationally certified instruction in traditional Korean martial arts. Programs available for children (age 7 and up), adults, families, and individuals with special needs. Private lessons also available.

### **C.W. Tae kwon do at Boston**

285 Green St, Cambridge, MA 02139 (617) 876-4853

[www.cwtkd.com](http://www.cwtkd.com)

Classes are taught by certified instructors to children ages 4-13 and teens and adults ages 14 and up. Beginners may enroll in a three month program, which includes up to 4 classes per week.

### **Cambridge Family YMCA**

820 Massachusetts Ave, Cambridge MA (617) 661-9622

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

Karate classes offered for people age 8 and up. Family discounts available.

### **Jae H. Kim Tae Kwon Do Institute**

2000 Massachusetts Avenue, Cambridge, MA 02140, (617) 492-5070

[www.tkd-boston.com](http://www.tkd-boston.com) or email [jaekim.taekwondo@gmail.com](mailto:jaekim.taekwondo@gmail.com)

Offers Tae Kwon Do instruction to adults of all ages and children aged 4 and older. Beginners receive private instruction before joining classes.



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## SOCCER

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### Cambridge Youth Soccer

P.O. Box 390215, Cambridge, MA 02139-0003, (617) 491-4958

[www.cambridgeyouthsoccer.org](http://www.cambridgeyouthsoccer.org)

Offers an in-town recreational league for girls and boys ages 6-14. A beginner program, KickStart, is available for kids age 4-6. A more competitive travel league for players ages 8-18 is also offered. Financial assistance is available.

### Micro-Soccer

Peter Cohen (617) 274-3114

[www.microsoccer.org](http://www.microsoccer.org)

Cambridge Family Micro-Soccer introduces young children to soccer and teaches them how to play. Check the website for registration and eligibility. Most practices and games held at Raymond (Corcoran) Park.

### Soccer Superstars

Headquartered at 1 Thompson Square, Suite 301, Charlestown, MA 02129

<http://boston.supersoccerstars.com/index.php>

A non-competitive soccer program for ages 2-10. Kick and Play, a parent-child pre-soccer and movement program is available for ages 12-24 months. The program is held in multiple locations throughout Cambridge. Please consult the website, e-mail [boston@supersoccerstars.com](mailto:boston@supersoccerstars.com), or call 781-777-7171 for current locations.

### Outdoor Soccer Fields (Operated by the Cambridge Recreation Department, [www.cambridgema.gov](http://www.cambridgema.gov))

<b>Ahern Field:</b>	Fulkerson Street	<b>Hoyt Field:</b>	Western Avenue
<b>Cambridge Common:</b>	Garden Street	<b>Sacramento Field:</b>	Sacramento Street
<b>Corcoran Field:</b>	Raymond Street	<b>Sennott Park</b>	Broadway
<b>Danehy Park:</b>	Garden Street	<b>Russell Field</b>	Rindge Avenue
<b>Donnelly Field:</b>	Willow Street		
<b>Glacken Field:</b>	Huron Avenue		
<b>Gold Star Mothers Park:</b>	Willow Street		



## SWIMMING AND AQUATICS: POOLS, LESSONS, AND CLUBS

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### Cambridge Family YMCA Aquatics

820 Massachusetts Ave, Cambridge MA (617) 661-9622

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

Classes and programs for children, adults, and seniors, all open to non-members. Recreation and lap swims available to members only. Group and private swim lessons for children ages 4 and above. Parent/infant lessons (aged 6-24 mos) & parent/toddler lessons (aged 2-4 years) available. Adult programs include aqua aerobics and group/private swim lessons. Please see website for schedules.

### Cambridge Recreation Program,

War Memorial Pool 1640 Cambridge Street (Cambridge Rindge & Latin School) [www.cambridgema.gov/dhsp2](http://www.cambridgema.gov/dhsp2)  
Cambridge, MA, (617) 349-6279

Offers a variety of programs throughout the year, including swim lessons, competitive swimming, synchronized swimming, adult swim, karate, gymnastics, tennis, and aerobic and fitness classes. The programs offered may vary from season to season so make sure to check the brochure. The newly renovated facility offers 3 pools: a lap pool, diving tank, and round instructional pool.

### **DCR Pools (Department of Conservation and Recreation)**

Veterans Pool: 719 Memorial Drive, (617) 354-9381

McCrehan Pool: 359 Rindge Avenue, (617) 354-9154 or (617) 576-2081.

Call for hours and more information. Both pools only open in the summer.

### **Gold Star Pool**

[www.cambridgema.gov/dhsp2](http://www.cambridgema.gov/dhsp2)

Corner of Berkshire and Cambridge Streets, (617) 349-6310

Hours: Mon-Thurs 2:00PM to 7:15 PM Fri-Sun 12:30 PM to 6:45 PM

Offers swimming for kids, adults, and families. Pool is only open for about 8 weeks in the summer.

### **Harvard University Swim School**

65 North Harvard Street, Boston, MA 02163

[www.athletics.harvard.edu/swimschool/](http://www.athletics.harvard.edu/swimschool/) or email [kdmiller@fas.harvard.edu](mailto:kdmiller@fas.harvard.edu)

Keith Miller (617) 496-8790

The Swim School provides programs for all levels of swimming and diving ability, and is taught by members of the Harvard Men's and Women's Swimming and Diving Teams, under the supervision of the Varsity Coaching Staff. The purpose of the school is to give individualized instruction for participants ages 5 and up. Classes last 35-40 minutes and each class includes a daily swimming demonstration.

### **MIT Swimming Programs**

120 Vassar St, Cambridge, MA 02139

<http://mitrecsports.com/index.php/youth-programs>

Register in person at the Zesiger Sports and Fitness Center or the Alumni Wang Fitness Center.



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## **TENNIS AND RACQUET SPORTS**

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### **Cambridge Recreation Program**

1640 Cambridge Street (Cambridge Rindge & Latin School), Cambridge, MA, (617) 349-6279

[www.cambridgema.gov/dhsp2](http://www.cambridgema.gov/dhsp2)

The Cambridge Recreation Program offers tennis lessons for children ages 4 and older, as well as for adults.

### **Cambridge Athletic Club Squash**

215 First Street, Cambridge, MA, (617) 491-8989

<http://www.cambridgeathletic.com/squash>

Offers many squash programs for both experienced and new players. Group and private lessons available.

### **Kidsquash**

Harvard Murr Center, 65 North Harvard St, Boston, MA 02163.

A community squash program for young, aspiring squash players. Please visit [www.kidsquash.org](http://www.kidsquash.org) to register online. For more information e-mail [info@kidsquash.org](mailto:info@kidsquash.org)

### **The Tennis Academy at Harvard**

Beren Tennis Center at Harvard, 65 North Harvard St, Boston, MA 02163, (617) 678-0142

[www.thetennisacademy.com](http://www.thetennisacademy.com) or email [info@thetennisacademy.com](mailto:info@thetennisacademy.com)

Runs summer camps for children ages 4 and older and offers evening lessons for adults. Camps are done by the week and take place at the Harvard tennis facilities.

**Outdoor Tennis Courts** (Operated by the Cambridge Recreation Department, [www.cambridgema.gov](http://www.cambridgema.gov))  
(617) 349-6228

<b>Anderson Courts:</b>	Pemberton Street
<b>Glacken Field:</b>	Huron Ave
<b>Harvard Street Park:</b>	Harvard Street
<b>Hoyt Field:</b>	Western Avenue
<b>Joan Lorentz Park :</b>	Cambridge Public Library/Broadway



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## TRACK & FIELD

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### **Cambridge Jets Track & Field Team**

Gordon Track at Harvard, 65 North Harvard St, Boston, MA 02163

Curtis Jackman (617) 201-5306

[www.cambridgejets.org](http://www.cambridgejets.org) or E-mail [curtis@cambridgejets.org](mailto:curtis@cambridgejets.org)

Private youth track team. Indoor season held at Harvard's Gordon Track Facility. Outdoor season held at Danehy Park.

### **Title IX Girl's Running Club**

Danehy Park and Gordon Center at Harvard University

65 North Harvard St, Boston, MA 02163

<http://titleixgirls.org/>



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## VOLLEYBALL

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### **Cambridge Family YMCA Volleyball League**

820 Massachusetts Ave, Cambridge MA (617) 661-9622

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

Co-ed indoor volleyball league. Teams play one game each week of the season.

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## PARKS WITH WATERPLAY

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

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

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

General questions about waterplay please call Community Development at (617) 349-4600

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## PLAYGROUNDS

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

<b>Ahem Field:</b>	Charles St.	<b>Haggerty School</b>	110 Cushing St.
<b>Alberico Park:</b>	Pleasant St/Allston St.	<b>Hoyt Field:</b>	Western Ave/Howard St
<b>Alden Park:</b>	Sacramento St.	<b>Hurley Park</b>	Hurley St/Fourth St
<b>Bergin Park:</b>	Haskell St.	<b>Joan Lorentz Park</b>	Cambridge Public Library - Broadway
<b>Cambridge Common:</b>	Garden St.	<b>King School</b>	100 Putnam Ave.
<b>Cambridgeport School</b>	89 Elm St.	<b>Larch Road Park</b>	Larch Rd
<b>Cambridge Rindge &amp; Latin School and War Memorial</b>	459 Broadway	<b>Lechmere Canal Park</b>	First St/Otis St
<b>Charles Park</b>	Land Blvd/Rogers St.	<b>Lindstrom Field</b>	Brookline St/Granite St
<b>Clarendon Ave Playground</b>	Mass Ave/Clarendon Ave.	<b>Lopez St Park</b>	Lopez St
<b>Clement G. Morgan Park</b>	Columbia St/Washington St.	<b>Lowell School Park</b>	Mount Auburn St/Lowell St
<b>Comeau Field</b>	Rindge Ave.	<b>Maple Avenue Park</b>	Maple Ave/Marie Ave
<b>Cooper Park:</b>	Hancock St.	<b>Market Street Park</b>	Market St/Bristol St
<b>Corcoran Tot Lot:</b>	Raymond/Walden St.	<b>Memorial Drive Tot Lot</b>	Mt. Auburn St near Memorial Dr.
<b>Corporal Burns Park</b>	Memorial Dr/Flagg St	<b>North Point Park</b>	North Point Blvd./Charles River
<b>Costa Lopez Taylor Park</b>	Charles St/Lopez Ave	<b>Paine Park</b>	Amory St/St Mary Rd.
<b>Dana Park:</b>	Magazine St.	<b>Pine Street Park</b>	School St/Pine St
<b>Danehy Park</b>	Garden St.	<b>Rafferty Park</b>	Griswold St.
<b>David Nunes Park</b>	Brookline St/Allston St	<b>Raymond Park/Corcoran Field</b>	Upland Rd/Raymond St.
<b>Donnelly Field</b>	Berkshire St/York St	<b>Rev. Williams Park</b>	Dudley St/Cedar St
<b>Father Callanan Playground</b>	Concord Ave/Fern St	<b>Rindge Field</b>	Pemberton St/Yerxa Rd
<b>Fletcher/Maynard Academy</b>	225 Windsor St.	<b>Riverside Press Park</b>	Memorial Dr/River St.
<b>Fulmore Park</b>	Sidney St/Putnam Ave	<b>Russell/Samp Field</b>	Clifton St/Dudley St.
<b>Gannett/Warren Pals Park</b>	Jefferson St	<b>Sacramento Field</b>	Sacramento St.



**Gibbons Park**  
**Glacken Field/Tot Lot:**  
**Gold Star Mothers Park**  
**Graham and Parks School**  
**Greene Rose Heritage Park**

Columbus Ave/Kimball St  
Huron Ave.  
Gore St/Sixth St  
44 Linnaean St.  
Harvard St/Moore St

**Sennott Park**  
**Silva Park**  
**St. Peter's Field**  
**Wilder-Lee Park**

Broadway/Norfolk St.  
Otis St/Sciarappa St.  
Sherman St.  
Lee St/West St.

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

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## PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS

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### **Cambridge Family YMCA Sit Down & Dance!**

820 Massachusetts Ave, Cambridge MA (617) 661-9622

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

Sit Down & Dance! Class for individuals with limited lower body mobility or those in wheelchairs. Open to high school members and adult members. Non-members may drop in for a fee. See website for more information.

### **The Cambridge Program**

680 Huron Ave, Cambridge, MA 02138

The Cambridge Program offers various programs throughout the school year including Saturday Recreation Program, Health & Fitness, and Bowling. The Cambridge Program is affiliated with the Massachusetts Special Olympics and provides training throughout the year for several sports. See website for more information.

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

### **Camp Rainbow**

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

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

### **Special Olympics**

680 Huron Ave, Cambridge, MA 02138

Sponsored by the Massachusetts Special Olympics. Participants train and compete throughout the year in a variety of events including bowling, swimming, basketball, power lifting, volleyball, tennis, and track and field.

# Cambridge Public School Resources

## **Public School Physical Education Department**

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

*For information about programs at each elementary school:*

Call Annie Powers (617) 349-6690

*For information about programs at the Cambridge Rindge & Latin School:*

Call Chris Aufiero (617) 349-6691

## **Community Schools**

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

School	Director	Phone
<b>Amigos-Cambridgeport Community School</b>	Carmen Mouza	(617) 349-6824
<b>Agassiz Community School, at Baldwin School</b>	Michelle Quinlan	(617) 349-6287x11
<b>Elm Street Community School</b>	Wade Lindhorst	(617) 349-6307
<b>Fitzgerald Community School, at Peabody School</b>	Caroline Rodrigues	(617) 349-6302
<b>Fletcher Maynard Community School</b>	Yulyia Goncharov	617) 349-6295
<b>Haggerty Community School</b>	Amanda Kierce	(617) 349-6264
<b>Harrington Community School at King Open</b>	Crisalida Rebelo	617) 349-6305
<b>Kennedy Community School at Kennedy-Longfellow School</b>	Shirley Santos	(617) 349-6308
<b>King Community School</b>	Catherine Park	(617) 349-6269
<b>Linnaean Community School at Graham &amp; Parks</b>	Mary Ellen Breen	617) 349-6267
<b>Longfellow Community School</b>	Sikha Sen	(617) 349-6260
<b>Morse Community School</b>	Stan Rogers	(617) 349-6291
<b>Tobin Community School</b>	Liz Lewis	617) 349-6300

# Youth Development Programs

## Cambridge Youth Program

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

The Cambridge Youth Program is available in each Public School through the Human Services Department providing a range of recreational, leisure, and personal development programming for Cambridge preteens and teens ages 9-19. A fee of \$20.00 is required for 12 weeks. Telephone (617) 349-6200 for more information.

### Area 4 Youth Center

243 Harvard Street, Cambridge, 02139, (617) 349-6262

### Frisoli Youth Center

61 Willow Street, Cambridge, MA 02140, (617) 349-6312

### Gateley Youth Center

70R (Rear) Rindge Avenue, Cambridge, MA, (617) 349-6277

### Russell Youth Center

680 Huron Ave, Cambridge, MA, (617) 349-6314

### Willis D. Moore Youth Center

12 Gilmore St. – off Western Avenue, Cambridge, MA 02139, (617) 349-6273

## The Boy Scouts

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

Cambridge office located at 1950 Mass Ave., 3<sup>rd</sup> Floor (Masonic Hall). Cambridge, MA

[www.bsaboston.org](http://www.bsaboston.org), or email [jcornier@bsaboston.org](mailto:jcornier@bsaboston.org)

Offers programs for boys in 1<sup>st</sup> – 12<sup>th</sup> grade. Involves a strong focus on outdoor physical activity, including camping, rock climbing, etc.

## The Girl Scouts

95 Berkley Street, Suite 404, Boston, MA 02116, (617) 482-1078 or 1-800-882-1662

<http://www.girlscoutseasternmass.org/>

### **Junior Forester Program**

<http://www.cambridgema.gov/theworks/ourservices/urbanforestry/programsandvolunteering/juniorforesterprogram.aspx>

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

For more information, contact David Lefcourt, City Arborist, at 617.349.6433 or at [dlefcourt@cambridgema.gov](mailto:dlefcourt@cambridgema.gov)

### **Outback Summer Program**

Aggasiz Baldwin Community Building, 20 Sacramento St, Cambridge, MA.

Runs the last week in June or first week in July for eight weeks. Offers a variety of sports activities, drama, arts, and dance for children entering kindergarten through the sixth grade.

### **Youth Enrichment Services (Y.E.S.)**

412 Massachusetts Avenue, Boston, MA 02118, (617) 267-5877

[www.yeskids.org](http://www.yeskids.org) or email [info@yeskids.org](mailto:info@yeskids.org)

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

Offers a broad range of programs for girls, ages 5-18, which include the outdoors, health, and fitness.

- **The Venture Program** – A co-ed program for youth ages 14-20. Activity programming very similar to traditional Boy Scouts, and involves an equally strong focus on outdoor physical activity. Both boys and girls are encouraged to participate!

# Additional Resources



## **Appalachian Mountain Club (AMC)**

5 Joy Street, Boston, MA 02108, (617) 523-0655

[www.amcboston.org](http://www.amcboston.org), or email Paul Dale at [chair@amcboston.org](mailto:chair@amcboston.org)

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

## **Cambridge Camping Association**

99 Bishop Allen Drive, Cambridge, MA 02139, (617) 864-0960

[www.cambridgecamping.org](http://www.cambridgecamping.org) or email [info@cambridgecamping.org](mailto:info@cambridgecamping.org)

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

## **Cambridge Youth Sports Commission**

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

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

## **City of Cambridge Department of Human Services Programs**

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

<http://www.cambridgema.gov/dhsp.aspx>

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

## **CitySprouts**

678 Massachusetts Ave, Cambridge, MA, 02139, (617) 876-2436

[www.citysprouts.org](http://www.citysprouts.org) or email [info@citysprouts.org](mailto:info@citysprouts.org)

Schoolyard gardens with family volunteer opportunities. Also offers summer internships for children ages 11-14.

## **City of Cambridge Community Development Department**

344 Broadway, Cambridge, MA 02139, (617) 349-4600

<http://cambridgema.gov/CDD.aspx>

Provides GIS mapping of open space and other resources available in Cambridge.

## **Community Schools**

City of Cambridge Department of Human Services – Community and Youth Division, 51 Inman Street, Cambridge, MA 02139, (617) 349-6230

<http://www.cambridgema.gov/DHSP/programsforkidsandyouth/ages6to10/communityschools.aspx>

Sponsors a variety of recreational and youth development programs at local schools. Call for more information.

## **Department of Conservation and Recreation (DCR)**

251 Causeway St, Boston, MA 02114

Charles and Mystic District, (617) 727-5114, ext. 501

[www.mass.gov/dcr](http://www.mass.gov/dcr)

The DCR offers a variety of recreational programs and facilities in Cambridge and the Greater Boston area.

**Play It Again Sports**

630 Washington St.(Rt. 1),Dedham, MA 02026 (781) 493-6796

62 East Montvale Ave., Stoneham, MA 02180 (781) 438-2399

[www.playitagainsports.com](http://www.playitagainsports.com)

Buys and sells used sporting equipment.

**Red Auerbach Youth Foundation**

101 Arch Street, 9th Floor, Boston, MA 02110, (617) 345-8998

[www.redauerbach.org](http://www.redauerbach.org)

Aims to involve children in sports who would not otherwise participate. Runs educational workshops on coaching double Dutch, the components of exercise, and fundraising. Also sponsors double Dutch tournaments and a kick-off event where people can learn more about double Dutch. Visit website for schedule of events.

**Summer Food Service Program**

51 Inman Street Cambridge, MA 02139 (617) 349-6247

<http://www.ci.cambridge.ma.us/DHSP/programsforfamilies/summerfoodprogram.aspx>

Helps ensure that children continue to receive nutritious meals in the summer when school is not in session. Provides up to two free meals per day for children 18 years old and younger.

# Maps

**Cambridge Open Space Map Gallery includes maps of:**

Public Parks, playgrounds, and reservations

Waterplay locations

Community gardens

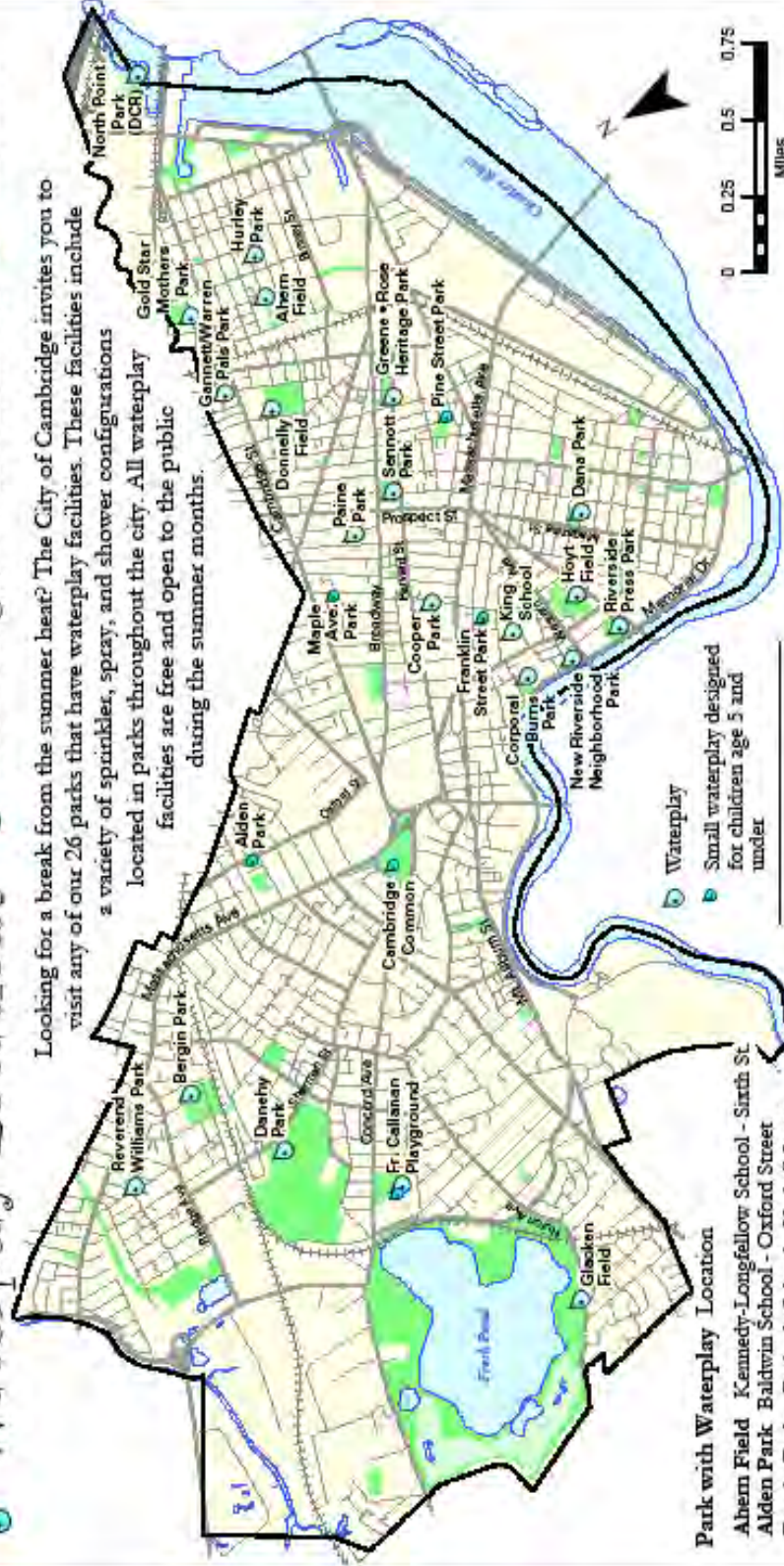
Off-leash locations

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



# Waterplay Locations Cambridge, Massachusetts May 2012

Looking for a break from the summer heat? The City of Cambridge invites you to visit any of our 26 parks that have waterplay facilities. These facilities include a variety of sprinklers, spray, and shower configurations located in parks throughout the city. All waterplay facilities are free and open to the public during the summer months.



## Park with Waterplay Location

- Ahern Field Kennedy-Longfellow School - Sixth St
- Alden Park Baldwin School - Oxford Street
- Bergin Park Peabody School - Haskell Street
- Cambridge Common Waterhouse Street
- Cooper Park Hancock Street
- Corporal Burns Park Flagg Street
- Dana Park Magazine Street
- Danehy Park Sherman Street
- Donnelly Field King Open School - Willow Street
- Fr. Callanan Playground Tobin School - Concord Ave.
- Franklin Street Park Franklin Street
- Gannett/Warren Pals Park Jefferson Street
- Glacken Field Huron Avenue
- Gold Star Mothers Park Gore Street
- Greene • Rose Heritage Park Harvard Street

## Waterplay

- Small waterplay designed for children age 5 and under
- Hoyt Field Montague Street
- Hurley Park Hurley Street
- King School Putnam Avenue
- Maple Avenue Park Maple Avenue
- New Riverside
- Neighborhood Park Western Avenue
- North Point Park (Mass. DCR) Museum Way
- Paine Park St. Mary Road
- Pine Street Park Pine Street
- Reverend Williams Park Cedar Street
- Riverside Press Park River Street
- Sennott Park Broadway

For questions about waterplay maintenance and operation, including when waterplay will be turned on, call Public Works at (617) 349-4800.

For questions about North Point Park, contact the Massachusetts Department of Conservation and Recreation (DCR) at (617) 626-1413.

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

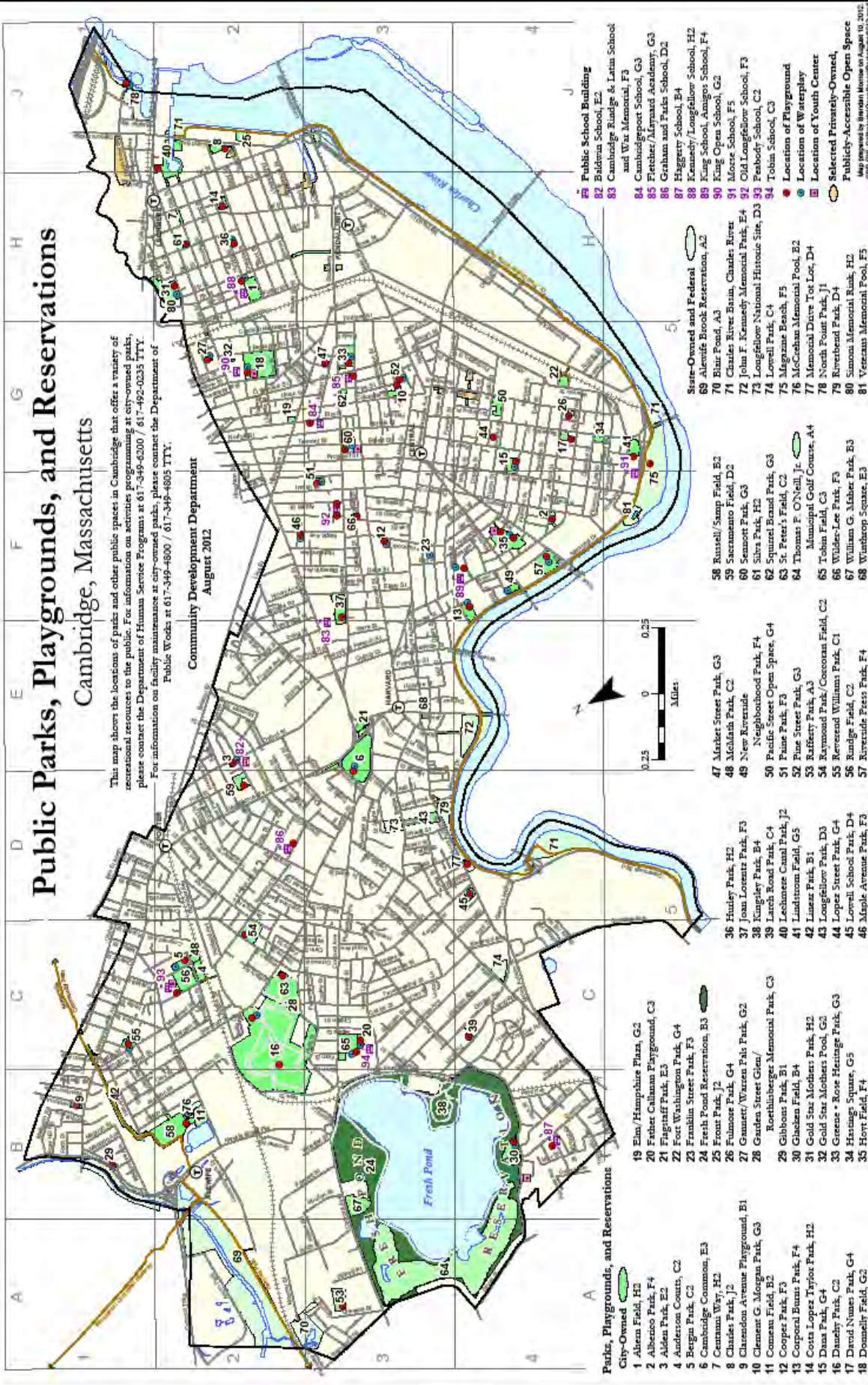
Map prepared by Brendan Monroe on May 8, 2012. CDD GIS C:\Projects\OpenSpace\Waterplay\2012.mxd



# Public Parks, Playgrounds, and Reservations Cambridge, Massachusetts

This map shows the locations of parks and other public spaces in Cambridge that offer a variety of recreational resources to the public. For information on active programming at city-owned parks, please contact the Department of Human Services Programs at 617-349-6200 / 617-492-0233 TTY. For information on facility maintenance at city-owned parks, please contact the Department of Public Works at 617-349-4800 / 617-349-4803 TTY.

Community Development Department  
August 2012



## Parks, Playgrounds, and Reservations

- |                                   |                                                         |                                                        |                                          |
|-----------------------------------|---------------------------------------------------------|--------------------------------------------------------|------------------------------------------|
| <b>City-Owned</b>                 | 19 Elm/Hampshire Plaza, G2                              | Public School Building                                 | 82 Baldwin School, E2                    |
| 1 Alben Field, H2                 | 20 Father Callahan Playground, C3                       | 83 Cambridge Rindge & Latin School and Via Merritt, F3 | 84 Cambridgeport School, G3              |
| 2 Albeno Park, F4                 | 21 Flagstaff Park, E5                                   | 85 Fletcher/Alpharet Academy, G3                       | 86 Graham and Patis School, D2           |
| 3 Alden Park, E2                  | 22 Fort Washington Park, G4                             | 87 Haggerty School, B4                                 | 88 Kennedy/Longfellow School, H2         |
| 4 Anderson Courts, C2             | 23 Franklin Street Park, F3                             | 89 King School, Amigos School, F4                      | 90 King Open School, G2                  |
| 5 Burgin Park, C2                 | 24 Fresh Pond Reservation, B3                           | 91 Morse School, F5                                    | 92 Old Longfellow School, F3             |
| 6 Cambridge Common, E3            | 25 Front Park, J2                                       | 93 Peabody School, C2                                  | 94 Tobin School, C3                      |
| 7 Centman Way, H2                 | 26 Fulmore Park, G4                                     | Size-Owned and Federal                                 | 69 Alvarado Book Reservation, A2         |
| 8 Charles Park, J2                | 27 Gannett/Warren Park, G2                              | 70 Blair Pond, A3                                      | 71 Charles River Basin, Charles River    |
| 9 Clarendon Avenue Playground, B1 | 28 Gaudin Street Plaza/Roethlisberger Memorial Park, C3 | 72 John F. Kennedy Memorial Park, E4                   | 73 Longfellow National Historic Site, D3 |
| 10 Clineart G. Morgan Park, G3    | 29 Gibbons Park, B1                                     | 74 Lowell Park, C4                                     | 75 Magzme Beach, F5                      |
| 11 Conness Field, E2              | 30 Glacien Park, E4                                     | 76 McCuehan Memorial Pool, E2                          | 77 Memorial Drive Tot Lot, D4            |
| 12 Cooper Park, F3                | 31 Gold Star Mothers Park, H2                           | 78 North Point Park, J1                                | 79 Rensselaer Park, D4                   |
| 13 Corporal Burns Park, F4        | 32 Gold Star Mothers Pool, G2                           | 80 Sunnyside Memorial Park, H2                         | 81 Veterans Memorial Pool, F5            |
| 14 Costa Lopez Taylor Park, H2    | 33 Greene - Rose Heritage Park, G3                      | 38 Russell/Samp Field, E3                              | 39 Sacramento Field, D2                  |
| 15 Dana Park, G4                  | 34 Hastings Square, G5                                  | 40 Pacific Street Open Space, G4                       | 41 Pine Park, F3                         |
| 16 Dauby Park, C2                 | 35 Hoyt Field, G2                                       | 42 Lechmere Canal Park, J2                             | 43 Pine Street Park, G3                  |
| 17 David Nunez Park, G4           | 36 Hudley Park, H2                                      | 44 Lindstrom Field, G5                                 | 45 Ruffery Park, A3                      |
| 18 Donnelly Field, G2             | 37 Joan Lorenz Park, F3                                 | 46 Lincoln Park, B1                                    | 47 Raymond Park/Corcoran Field, C2       |
|                                   | 38 Kinglet Park, B4                                     | 47 Market Street Park, G3                              | 48 McMath Park, C2                       |
|                                   | 39 Larch Road Park, C4                                  | 48 Market Street Park, G3                              | 49 New Riveride                          |
|                                   | 40 Lechmere Canal Park, J2                              | 49 New Riveride                                        | 50 Pacific Street Open Space, G4         |
|                                   | 41 Lindstrom Field, G5                                  | 50 Pacific Street Open Space, G4                       | 51 Pine Park, F3                         |
|                                   | 42 Linear Park, B1                                      | 51 Pine Park, F3                                       | 52 Pine Street Park, G3                  |
|                                   | 43 Longfellow Park, D3                                  | 52 Pine Street Park, G3                                | 53 Ruffery Park, A3                      |
|                                   | 44 Lopez Street Park, G4                                | 53 Ruffery Park, A3                                    | 54 Raymond Park/Corcoran Field, C2       |
|                                   | 45 Lopez Street Park, G4                                | 54 Raymond Park/Corcoran Field, C2                     | 55 Reverend Williams Park, C1            |
|                                   | 46 Maple Avenue Park, F3                                | 55 Reverend Williams Park, C1                          | 56 Ruffery Field, C2                     |
|                                   |                                                         | 56 Ruffery Field, C2                                   | 57 Riverside Press Park, F4              |
|                                   |                                                         | 57 Riverside Press Park, F4                            |                                          |



# HEALTH AND FITNESS INFORMATION

**BAM!**  
Body and Mind™  
www.bam.gov



## Fuel Up

**You've got choices.  
Give your body  
the right fuel.**



### Eat a Variety of Foods.

**You need more:**

- Fruits
- Veggies
- Whole Grains (like whole-grain bread or cereal)
- Low-Fat Dairy (like yogurt, milk, and cheese)

**Round out your diet with some:**

- Protein (like lean meats and poultry, fish, beans, nuts, and seeds)



### Quench Your Thirst.

**Drink mostly water or low-fat milk and avoid soda.**

A soda packs more than eight teaspoons of sugar—that's a lot of empty calories, not to mention what it can do to your teeth. Save soda for special occasions, not every day.



### Snack Smart.

**Pick healthy snacks that keep you revved up between meals.**

- Fresh veggies like carrots or celery sticks
- Pretzels
- Low-fat yogurt
- Crackers—try graham crackers, animal crackers, or saltines
- Bagels
- Fig bars
- Fruit juice boxes—make sure you choose 100% pure fruit juice, or for an added boost, try juice with added calcium
- Small packages of trail mix
- Fresh fruits such as apples, bananas, oranges, grapes, or berries

Find out more on **BAM! Body and Mind™** at [www.bam.gov](http://www.bam.gov)



# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

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



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

### 1 smoothie creations

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



### 2 delicious dippers

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



### 3 caterpillar kabobs

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

### 4 personalized pizzas

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

### 5 fruity peanut butterfly

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

### 6 frosty fruits

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

### 7 bugs on a log

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

### 8 homemade trail mix

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



### 9 potato person

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

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



# Healthy Tips for Active Play



## Why is active play important?

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

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



## Your child loves to move!

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




## Do you wonder if your child is active enough?

My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child’s TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

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



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Revised May 2012





## How can you raise an active child?

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



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

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

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

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

## There are many activities you can do with your child.

Here are some ideas of how to be active with your child.

Write down your own ideas, too!

### Indoor play

Act out a story

Turn up the music and dance

Walk inside a shopping mall

Play games, such as duck-duck-goose, hide and seek, follow the leader, Simon says

Your family ideas: \_\_\_\_\_

### Outdoor play

Family walks after dinner

Play catch

Take a nature hike

Games in the yard or park

Kick a ball

Your family ideas: \_\_\_\_\_



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

# balancing tv and computer time with *play time*

1 to 2 hours each day  
watching *quality* TV, playing video games, or using the computer.

Children under the age of 2 should *not* watch TV.

## TV and Your Child: Q & A

*Do educational shows make babies smarter?*

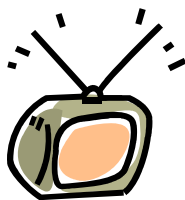
**NO.** TV can be *harmful* for children under the age of 2, even “educational” TV and videos. Watching TV can negatively affect brain and language development.

*Do children learn English by watching TV?*

**NO.** Kids who learn another language at home will learn English by talking to their teachers and friends, not by watching TV.

*Does TV help children fall asleep?*

**NO.** The opposite is true—the more TV children watch, the more problems they may have sleeping and napping.



*Does TV have any impact on kids' health?*

**YES!** Children who watch *less* TV eat better and have more time to be active.

## What Can You Do?

*As a parent, you can...*

- ✓ Choose not to have a TV in your child's bedroom.
- ✓ Know what your kids are watching – and watch with them!
- ✓ Turn the TV off during meal times and after a show ends.

*You can also...*

- ✓ Limit your own TV time!
- ✓ Use music instead of TV as background.
- ✓ Choose positive, non-violent shows.

*Together with your child, you can...*

- ✓ Play games and read books!
- ✓ Take walks outside!
- ✓ Go to the library or the park!

**REMEMBER:** Kids with parents who set limits on TV feel better about themselves and do better in school. Setting limits is important!

# Watch and talk together!

When your children do watch TV, make sure you talk to them and ask them questions. After the program is over, turn the TV off and help your children think about and understand what they watched. This is a great way to start conversations about what is important to you and your family. Some questions to ask might be:

- Can you tell me the story of what happened during the show?
- What was your favorite part?
- Who was your favorite character?
- What did you like, and why?
- What didn't you like, and why?
- Is this one of your favorite shows?
- What would you tell your friend about this show?

Share your own thoughts with your children and ask them what they think too!

# Keep track of time

Planning out TV time is a great way to make more time for other family activities. Use this TV/computer log with your children to write down the programs they want to watch and the computer activities they want to do. Make sure TV and computer time add up to no more than 1 to 2 hours per day. And remember: Children under age 2 should *not* watch TV!

<i>Days of the Week</i>	<i>Program/Computer/Video Game</i>	<i>Time watched/played</i>
Monday		Total time:
Tuesday		Total time:
Wednesday		Total time:
Thursday		Total time:
Friday		Total time:
Saturday		Total time:
Sunday		Total time:

Adapted from a booklet published by the *Childhood Obesity Prevention with Asian Families*, University of California, Berkeley, July 2005.