



**BOYS & GIRLS CLUB  
OF METRO NORTH**

# 2025 PROGRAM GUIDE

## FALL PROGRAMMING: SESSION 1



**STONEHAM CLUB**  
15 DALE CT  
STONEHAM MA 02180  
(781) 438-6770

**STONEHAM TEEN CENTER**  
79 CENTRAL ST  
STONEHAM MA 02180  
(781) 832-3303

**SAUGUS TEEN CENTER**  
1201 BROADWAY W135  
SAUGUS MA 01906  
(781) 835-8241

**WAKEFIELD TEEN CENTER**  
467 MAIN ST  
WAKEFIELD MA 01880  
(781) 246-1343



**BOYS & GIRLS CLUB  
OF METRO NORTH**



# STEM



**BOYS & GIRLS CLUB**  
OF METRO NORTH

## LOCATIONS

STONEHAM CLUB  
STONEHAM TEEN CENTER  
SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

## \$75

### YOUTH ASTRONET

In this amazing program with Harvard and the Smithsonian, youth get to control real robotic telescopes around the world and capture real images of outer space! The adventure wraps up with a fun display of their space photos and creative work.

Stoneham Teen  
Center:  
9/9/25-10/2/25

Tues/Thurs: 4:00PM - 6:00PM |  
Middle School - High School

## \$100

### 3D PRINTING 101

Learn how to bring your ideas to life with 3D printing! In this hands-on, 3-session series, you'll explore 3D pens, FDM printing, and basic web apps for 3D modeling. By the end, you'll create and take home custom projects that once needed entire factories to make!

Location: TBD  
9/11/25-9/25/25

Thurs: 6:00PM-7:30PM |  
Middle School - High School

## \$50

### DIY PASTA NIGHT

Pasta! Let's get messy, and delicious! Learn to make home made pasta and fillings. We will cover techniques and recipes for plain noodles, or stuffed raviolis. Lemon-ricotta is the flavor of the night, but the recipe can easily be modified for those who prefer something else. **Please contact with any concerns regarding allergies or dietary restrictions.**

Stoneham Teen  
Center:  
9/29/25 and  
10/3/25

Mon/Fri: 6:00PM-7:00PM |  
Middle School - High School

## \$100

### 3D BOOT CAMP

Jump into the world of digital sculpting with TinkerCAD and Blender! You'll learn cool skills that work with other programs like ZBrush and Maya too. We'll dive into polygon modeling, freehand sculpting, and even how to apply materials to sculpted projects. By the end, you'll have 3D creations ready for animation, CGI, or 3D printing!

Stoneham Teen  
Center:  
10/2/25 - 10/16/25

Thurs: 6:00PM-7:30PM |  
Middle School - High School



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# FALL PROGRAMMING

# SESSION 1

**\$95**

## TINY TIKES SOCCER

Kick, run, and have fun! Through playful, soccer-based activities, kids build coordination and motor skills, improving eye-foot coordination, teamwork, and confidence in an active and encouraging environment. With lots of laughs and movement, it's the perfect first step into sports for energetic little ones!

- Note that based on enrollment, courses will be combined if minimum enrollment is not met.

Stoneham Rec Park Fields:  
9/15/25-10/20/25

**Mondays**  
Option A: 11:30AM-12:15PM  
Option B: 4:30PM-5:15PM  
3-4 y/o



**\$95**

## LIL SPARTANS SOCCER

Ready to kick, run, and score? Lil Spartans teaches soccer basics like dribbling, passing, and shooting through fun, play-based activities. Kids will build skills, teamwork, and confidence—all while having a blast! It's the perfect way to learn the game and make new friends.

Stoneham Rec Park Fields:  
9/16/25-10/21/25

Tues: 5:00PM-6:00PM |  
5-6 y/o



**\$95**

## THE GREEN MONSTERS SOCCER

Green Monsters is all about building skills and having fun! Players will work on ball control, passing, shooting, and learning positions through high-energy drills and scrimmages. With a focus on teamwork, strategy, sportsmanship, and game-play development, it's the perfect way to grow in the game and stay active!

Stoneham Rec Park Fields:  
9/18/25-10/23/25

Thurs: 5:00PM-6:00PM |  
7-8 y/o



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# FALL PROGRAMMING

# SESSION 1

## FREE

### KIDS FUN RUN CLUB

Get moving, make friends, and have fun! A playful and energetic running club where kids stay active and build healthy habits—one step at a time!

South School, Colonial  
Park, Robinhood:  
9/16/25-10/23/25

South School (Tuesday), Colonial  
Park (Wednesday), Robinhood  
(Thursday) : 3:00PM-4:00PM |  
Ages K-4

**\$35**

### INTRO TO TENNIS

Serve up some fun this fall with our Intro to Tennis program designed just for teens! Whether you're brand new to the game or looking to build on the basics, this class will teach proper grip, footwork, strokes, and game rules in a fun and supportive environment. Players will develop skills through drills, games, and match play while building confidence on the court.

Stoneham Club:  
9/16/25 -10/23/25

Tues/Thurs: 6:00PM-7:00PM |  
Middle School - High School

## FREE

### HEALTH, FIT FUN

This empowering program helps teens build strong, balanced, and healthy lives. With guided weight training, nutrition tips, and wellness discussions, participants learn safe strength-building techniques, healthy eating habits, and how fitness supports mental health. Each session boosts confidence, body awareness, and lifelong wellness—building a strong foundation in and out of the gym.

Metro North Teen  
Centers:  
9/22/25/-11/21/25

Mon/Wed/Thurs:  
3:00PM-4:00PM |  
Stoneham Teen Center (Monday)  
Wakefield Teen Center (Wednesday)  
Saugus Teens Center (Friday)

**\$40**

### INTRO TO SPORTS

Get active and have fun with our Intro to Sports program! This class gives kids the chance to try a variety of sports in a supportive and engaging environment. Each week focuses on different skills such as running, throwing, catching, kicking, and teamwork, while introducing the rules and fundamentals of popular games. Perfect for building confidence, coordination, and a love for being active!

Stoneham Club:  
9/20/25 - 10/25/25

Sat: 2-4 y/o: 9:00AM-9:30AM  
Sat: 5-7 y/o: 9:45AM-10:30AM  
Sat: 8-10 y/o: 10:45AM-11:30AM



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# ESPORTS



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## LOCATIONS

STONEHAM CLUB  
STONEHAM TEEN CENTER  
SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

**\$100**

## VALORANT PREMIER TEAM

Learn the ins and outs of Valorant, one of the most popular Esports Colleges are recruiting for, and see if you have what it takes to become a Radiant! Practice once a week under an Esport Coach as you learn the essential teamwork skills it takes to be a top Esport Player.

Saugus Teen  
Center:  
9/6/25-10/11/25

Sat: 1:00PM-2:30PM |  
Ages 13 and up



**\$42**

## LEAGUE OF LEGENDS TEAM M/W

Learn the Esport that has sold out arenas, and created global superstars, League of Legends! Join a team of 5 as you pick your champion, and come together to test your skills against rival teams! You'll need teamwork, quick thinking, and nerves of steel to become a Legend of the Rift!

Saugus Teen  
Center:  
9/8/25-10/15/25

Mon/Wed 5:30PM-7:00PM |  
Middle School - High School



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# ESPORTS



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STONEHAM CLUB  
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SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

**\$42**

## LEAGUE OF LEGENDS TEAM (M/W)

Join the action in the global phenomenon that's packed arenas and made legends—League of Legends! Join a team of 5, pick your champion, and sharpen your skills. Teams will practice under an esports professional and once during their session.

Stoneham Teen  
Center |  
9/8/25-10/15/25

Mon/Wed: 5:00PM - 6:30PM |  
Middle School - High School

**\$42**

## MARVEL RIVALS TEAM (T/TH)

Learn the exciting new Esport, Marvel Rivals! Play as some of the most iconic Marvel Characters of all time as you battle across timelines to defeat your opponents! Pick your Hero, or Villain, and learn the skills you need to become "One Above All."

Stoneham Teen  
Center |  
9/9/25-10/16/25

Tues/Thurs: 5:00PM-6:30PM |  
Middle School - Highschool

**\$42**

## LEAGUE OF LEGENDS TEAM (T/TH)

Join the action in the global phenomenon that's packed arenas and made legends—League of Legends! Join a team of 5, pick your champion, and sharpen your skills. Teams will practice under an esports professional and once during their session.

Wakefield Teen  
Center |  
9/9/25 - 10/16/25

Tues/Thurs: 5:00PM-6:30PM |  
Middle School - High School

**\$42**

## LEAGUE OF LEGENDS TEAM (M/W)

Join the action in the global phenomenon that's packed arenas and made legends—League of Legends! Join a team of 5, pick your champion, and sharpen your skills. Teams will practice under an esports professional and once during their session.

Wakefield Teen  
Center |  
9/8/25 - 10/15/25

Mon/Wed: 5:00PM-6:30PM |  
Middle School - High School



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BOYS & GIRLS CLUB  
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# MUSIC



BOYS & GIRLS CLUB  
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## LOCATIONS

STONEHAM CLUB  
STONEHAM TEEN CENTER  
SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

## \$75

### GROUP GUITAR LESSONS

Ready to rock? Learn how to tune your guitar, play basic chords, strumming patterns, and all the must-know skills and techniques to start playing your favorite songs. This class is perfect for beginners and first-time players—just don't forget to **bring your own guitar** and get strumming!

Stoneham Teen  
Center.  
9/13/25-10/18/25

Sat: 12:00PM - 12:45PM |  
Middle School - High School

## \$75

### ROCK BAND

Jam with fellow musicians as you learn to play a song together over 5 rehearsals, ending in a mini "concert" performance! Open to youth 11 and up with experience on guitar, drums, bass, or keyboard. Need an instrument? Guitars and bass guitars are available to rent for an extra fee.

Stoneham Teen  
Center.  
9/13/25-10/18/25

Sat: 1:00PM-2:00PM |  
Ages 11 and up

## \$20

### AUDITION PREP

Auditioning for a band, play, or chorus? Sign up for a mock audition and mini lesson with our professional music staff to sharpen your skills and boost your chances of landing the part!

Stoneham Teen  
Center.  
9/13/25 - 11/29/25

Tues/Wed/Thurs: 5:00PM-  
7:00PM |  
Middle School - High School

## \$75

### GROUP UKE LESSONS

Learn how to hold and tune your ukulele, play basic chords and strumming patterns, and jam along to fun beginner songs! Perfect for beginners and first-time players. **Bring your own ukulele, or use a Club instrument for a small fee!**

Stoneham Teen  
Center.  
9/13/25 - 10/18/25

Sat: 11:00AM-11:45AM |  
Middle School - High School



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# MUSIC



BOYS & GIRLS CLUB  
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## LOCATIONS

STONEHAM CLUB  
STONEHAM TEEN CENTER  
SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

**\$100**

## EEC RHYTHM GAMES

Youth ages 6–10 will explore music through 45 minutes of fun rhythm and movement games—perfect for getting bodies moving and beats grooving!

Stoneham Teen  
Center:  
9/13/25–10/18/25

Sat: 10:00AM – 10:45AM |  
6–10 y/o

**\$75**

## BEATMAKING 101

Learn how to create your own beats and songs using pro-grade computers, music hardware, and software. Bring your creativity and get ready to make some noise!

Saugus Teen  
Center:  
9/13/25–10/18/25

Sat: 10:30AM–11:15PM |  
Middle School – High School

## FREE TO MEMBERS

### SONGWRITING AND RECORDING

Saugus Club members will team up to create an original song from start to finish—ending with a fully produced, ready-to-release track! The group meets twice a week on Tuesdays and Thursdays to write, record, and produce together!

Saugus Teen  
Center:  
9/9/25 – 10/9/25

Tues/Thurs: 3:30PM–5:00PM |  
Saugus Club Members

## FREE TO MEMBERS

### PODCASTING

Saugus Club members can team up to plan, record, and edit a multi-episode podcast series! Meetings are twice a week on Tuesdays and Thursdays!

Saugus Teen  
Center:  
10/14/25 – 11/10/25

Tues/Thurs: 3:30PM–5:00PM |  
Saugus Club Members



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# FALL PROGRAMMING

# SESSION 1

**\$25**

## T-SHIRT MAKING

Dive into the fun world of custom T-shirt making in this hands-on, creative course! You'll learn everything from sketching designs to using heat press, vinyl, and fabric paints. We'll show you how to pick the right materials and apply them like a pro. By the end, you'll rock your own unique tees and have the skills to keep creating at home!

**Wakefield Teen Center.**  
9/10/25-10/1/25

**Wed: 5:00PM-6:00PM |**  
Middle School - High School



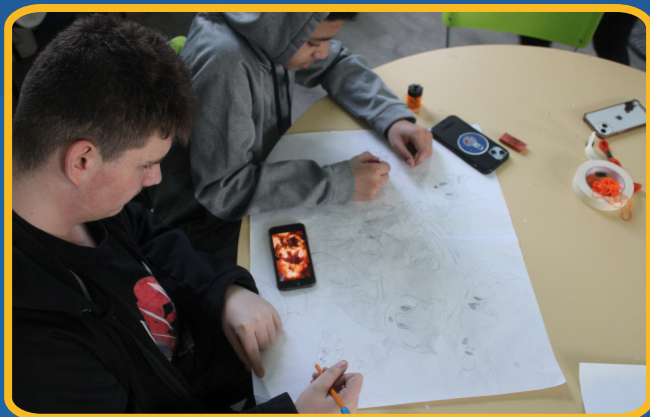
**\$25**

## MEDIA EXPLORATION

Discover your creative potential in this hands-on Media Exploration course! Experiment with a variety of mediums like drawing, painting, printmaking, photography, and digital design to see which inspires you most. Build skills, confidence, and a unique artistic voice as you create a collection of original work.

**Stoneham Teen Center.**  
9/10/25-10/1/25

**Wed: 5:00PM-6:00PM |**  
Middle School - High School



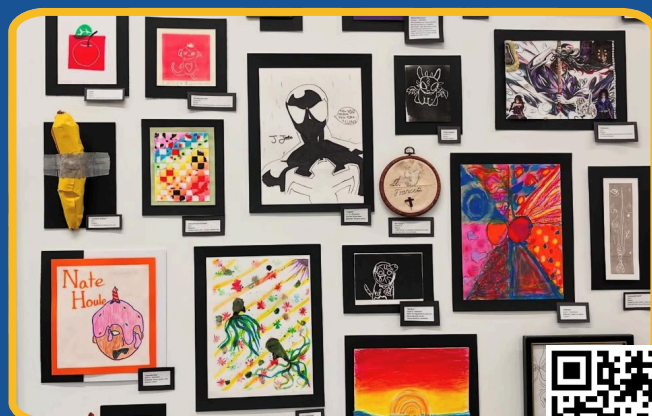
**\$100**

## PORTFOLIO DEVELOPMENT

Calling all high school Juniors and Seniors! This focused, hands-on event is designed to help you build a standout art portfolio for college applications. You'll leave with a developed and polished portfolio!

**Saugus Teen Center.**  
9/6/25-9/27/25

**Sat: 10:15AM-12:15PM |**  
Middle School - High School



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# ART



**BOYS & GIRLS CLUB**  
OF METRO NORTH

## LOCATIONS

STONEHAM CLUB  
STONEHAM TEEN CENTER  
SAUGUS TEEN CENTER  
WAKEFIELD TEEN CENTER

# FALL PROGRAMMING

# SESSION 1

**\$42**

## TRASH ART

"Trash Art" is a fun and funky workshop where junk turns into genius! Dive into bins of cardboard, bottle caps, broken toys, and other tossed treasures to create wild, one-of-a-kind masterpieces. It's all about getting messy, being creative, and seeing trash in a whole new light. No art skills needed, just imagination and a love for turning "ew" into "ooh!" Come ready to glue, build, and laugh your way through a creative recycling adventure!

**Saugus Teen Center.**  
9/6/25-10/11/25

**Sat. 2:00PM-3:00PM |**  
Middle School - High School



**\$42**

## JELLY PRINTS

Jelly Printing is a hands-on, colorful art adventure where kids use soft, squishy gel plates to create one-of-a-kind prints. By layering paints, textures, and patterns, every pull from the plate reveals a surprise masterpiece. It's messy, creative, and full of "wow" moments that spark imagination and artistic confidence!

**Saugus Teen Center:**  
9/6/25-9/27/25

**Sat. 12:30PM-1:30PM |**  
Middle School - High School

**\$80**

## LARGESCALE PAINTING WORKSHOP

New to painting or ready for a creative refresh? This beginner-friendly workshop covers the fundamentals—from color mixing and brushwork to composition and basic rendering. Explore different mediums like acrylics and watercolors through guided exercises, and start developing your own personal style along the way. No experience needed—just bring your curiosity!

**Stoneham Teen Center.**  
9/6/25-10/11/25

**Sat. 10:00AM-12:00PM |**  
Middle School - High School



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