# **ATHLETICS**



BOYS & GIRLS CLUB OF METRO NORTH

#### LOCATIONS .....

STONEHAM CLUB: 15 DALE CT STONEHAM MA 02180 STONEHAM TEEN CENTER: 79 CENTRAL ST STONEHAM MA 02180 SAUGUS TEEN CENTER: 1201 BROADWAY W135 SAUGUS MA 01906 WAKEFIELD CLUB/TEEN CENTER: 467 MAIN ST WAKEFIELD MA 01880





#### YOUNG ATHLETES: INTRO TO SPORTS

Special Olympics of MA & The Boys & Girls Clubs of Stoneham & Wakefield are excited to be offering Young Athletes Level 1 once again this fall! Young Athletes Level 1 is for children ages 2-7 with and without intellectual disabilities, focusing on fun activities that aid in motor skill development areas such as running, jumping, balancing, kicking, catching, throwing and striking.

Sat: 10AM-10:45AM (2-7 y/o)

Location: Stoneham Club

Cost: Free

#### **INTRO TO VOLLEYBALL:**

Intro to Volleyball for children ages 4-10 focuses on introducing the basics of volleyball in a fun, supportive environment. Through ageappropriate drills and games, kids will develop fundamental skills like passing, serving, and movement, while also learning valuable lessons in teamwork, sportsmanship, and communication. This program fosters a love for the game, promotes physical activity, and helps build confidence in young athletes as they work together and have fun!

Sat: 1:45PM-2:45PM (4-6 y/o) 3:00PM-4:00PM (7-10 y/o)

Cost: \$95/kid

Location: Stoneham Club

#### **INTRO TO TENNIS:**

Intro to Tennis for children ages 3-8 is designed to introduce young players to the basics of tennis in a fun, interactive environment. Using age-appropriate activities and games, kids will learn essential skills like holding the racket, hitting the ball, and simple footwork, while also developing coordination and balance. With a focus on teamwork, sportsmanship, and play, this program helps foster a love for tennis and encourages active, healthy movement from an early age!

Sat: 11:15AM-12PM (3-5 y/o) 12:15PM-1:15PM (6-8 y/o)

Location: Stoneham Club

Cost: \$95/kid

#### **OUTDOOR ARCHERY**

The Intro to Outdoor Archery program for children ages 8-12 introduces young archers to the basics of target shooting in a safe and supportive outdoor setting. Participants will learn essential archery skills, including proper stance, aiming, and technique, while developing focus, patience, and hand-eye coordination. Emphasizing safety, discipline, and teamwork, this program offers a fun and rewarding experience that builds confidence and helps kids connect with nature through the sport of archery.

Sat: 3:30PM-4:15PM (subject to change based on field availability) (8-12 y/o)

Cost: \$95/kid Location: Rec Park Fields: Stoneham, MA



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# **ESPORTS**



BOYS & GIRLS CLUB

#### LOCATIONS •••••

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### SPRING PROGRAMMING

### MAR 29TH - MAY 3RD (6 WEEKS)

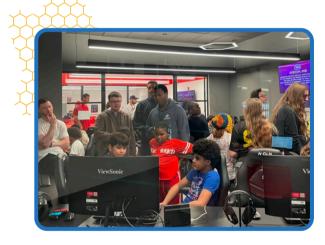
#### LEAGUE OF LEGENDS INTRAMURAL

Join over 150 million players around the world and start your Esport journey by playing League Of Legends! League teaches its players essential skills like teamwork, communication and critical thinking as players work together in teams of 5 to defeat their opponents and master the game. Every game is full of outplays, heartpounding moments, and incredible fun! Pick from a roster of diverse characters as you learn to master the game under the supervision of an Esports Professional and in a fully equipped Esport Arena!

#### Sat: 12:00PM-2:00PM (11-19 y/o)

Location: Saugus Teen Center

Cost: \$150



#### ROCKET LEAGUE INTRAMURAL

Welcome to Rocket League, a sports game like no other! Play fast paced 3v3 soccer, but with rocket powered cars instead of with your feet! Every pass, every play, every goal comes from mastering the physics behind the car. Mastering the fundamentals takes real effort and discipline, but once you do it'll open up a world of possibilities! Begin your Rocket League Journey today with a global 1% ranked coach, and professional level facilities!

Sat: 3:00PM-5:00PM (11-19 y/o)

Location: Saugus Teen Center

Cost: \$150



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## SPRING PROGRAMMING

### MAR 29TH - MAY 3RD (6 WEEKS)

### LARGE SCALE PAINTING: MARCH 29TH-MAY 3RD

This hands-on workshop is designed for beginners eager to explore the world of large scale painting. Whether you're picking up a brush for the first time or looking to refresh your skills, this course will provide a solid foundation in the fundamentals of painting. Through a series of guided exercises, participants will learn essential techniques, including color mixing, brushwork, composition, and basic rendering. The course will introduce a variety of painting mediums, such as acrylics and watercolors, with opportunities to experiment and discover personal style.

Sat: 10AM-11:30AM (11-19 y/o)

Location: Saugus Teen Center

Cost: \$115







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### SPRING PROGRAMMING

### MAR 29TH - MAY 3RD (6 WEEKS)

### **BEGINNER GUITAR: MARCH 29TH-MAY 3RD**

Learn to tune the guitar, basic chords, strumming patterns and all the basic skills and techniques you need to be able to play all your favorite songs!

This class is intended for beginners and first time players. Must bring own guitar.

Sat: 10AM-11:30AM (11-19 y/o)

Location: Saugus Teen Center Cost: \$115







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# SPRING PROGRAMMING

#### APRIL ART CAMP: 2D EXPLORATION

Get ready to unleash your creativity in this exciting art course! Each day brings a brand-new theme and a fresh, non-traditional 2D technique to explore. You'll experiment with all kinds of unexpected materials and tools —think beyond paint and pencil! Whether you're drawing, collaging, or making something entirely wild, you'll be challenged to think outside the box and push the limits of your imagination. Perfect for artists who love to try new things and shake up their routine!

Mon (4/21) - Friday (4/25) : 9:00AM-3:00PM

Locations: Saugus Teen Center | Stoneham Teen Center | Wakfield Teen Center Cost: \$150

#### APRIL BREAK MUSIC CAMP

Come join us and enjoy the experience of collaborative music production! Participants will write and produce an original song using professional grade studio software and equipment through beatmaking, lyric writing, and vocal recording

Mon (4/21) - Friday (4/25) : 9:00AM-3:00PM Locations: Saugus Teen Center | Stoneham Teen Center | Wakfield Teen Center Cost: \$150

APRIL BREAK ESPORTS CAMP

Join over 150 million players around the world and start your Esports journey by playing League Of Legends! League teaches its players essential skills like teamwork, communication and critical thinking as players work together in teams of 5 to defeat their opponents and master the game. Every game is full of outplays, heart-pounding moments, and incredible fun! Pick from a roster of diverse characters as you learn to master the game under the supervision of an Esports Professional and in a fully equipped Esport Arenal Esport Arena!

Mon (4/21) - Friday (4/25) : 9:00AM-3:00PM

Locations: Saugus Teen Center | Stoneham Teen Center | Wakfield **Teen Center** 

Cost: \$150

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**BOYS & GIRLS CLUB** 

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### **APRIL VACATION**







