

Cambridge Recreation Center

3930 Cambridge Street • 89119 • 455-7169

Monday - Friday • 7:00 a.m. - 8:00 p.m.

Saturday • 10:00 a.m. - 2:00 p.m. • Sunday closed

Jeff Burns, Program Supervisor



Classes

Class days and times are subject to change and/or cancellation. For current information on changes or additional classes call 455-7169

DAYS	TIMES	AGES	COST	REG. CODE
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Computers

Computer Fundamentals I (Bilingual)

Tues/Thurs	11:00 – 12:00 p.m.	18 & up	\$25	1523.401
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Computers Fundamentals II (Bilingual)

Tues/Thurs	12:00 – 1:00 p.m.	18 & up	\$25	1523.402
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Private Computer Lessons

Monday-Saturday call for appointment 18 & up \$24/hr

All lessons are by appointment. Time and days are arranged directly with the computer instructor, who is bilingual.

Computer Lab

Cambridge Recreation Center offers free Internet access and word processing to the public for adults 18 and up. A computer waiver must be completed prior to use. Dates and times are subject to change based on classes and activity schedules.

Adults	Mon/Wed	9:00 a.m. – noon
Adults	Tues/Thurs	6:00 p.m. – 7:45 p.m.
Adults 50+	Tues/Thurs	8:00 a.m. – noon
After School Program	Mon/Wed/Fri	3:00 – 5:45 p.m.
Adults	Mon – Thurs	6:00 – 7:45 p.m.

Early Childhood Classes

ABC's & 123's

Mon/Wed	9:00- 10:00 a.m.	3 – 5	\$25	1520.401
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Petite Pioneers

Mon/Wed	10:15- 11:15 a.m.	3 – 5	\$25	1520.402
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Rhythm & Rec

Wed/Fri	11:30- 12:30 p.m.	3 – 5	\$25	1520.403
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NOTE: All classes will incorporate story time and free play time while developing social, cognitive and physical development. Feel free to pack small snacks if needed. Children must be 4 years old by September 30 to enroll in the 4-5 year old classes or 3 years old by September 30 to enroll in the 3-4 year old classes.

Exercise & Fitness

Yoga

Tuesday	6:00 – 7:00 p.m.	16 & up	\$18	1525.401
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Fitness Room

Monday – Friday 7:00 a.m. - 7:50 p.m.

Saturday 10:00 a.m. - 1:50 p.m.

Cambridge Recreation Center fitness room offers commercial fitness equipment at a reasonable price. Memberships may be purchased on a month-to-month basis without long-term contracts or enrollment fees. Equipment includes: treadmills, stationary bikes, elliptical machines, free weights, Smith machines, dumbbells and resistance machines for arms, legs, chest and back.

Adults (18 & up)	\$3 daily	\$12 monthly	\$80 yearly
Teens (16-17)	\$2 daily	\$10 monthly	\$70 yearly
(13 - 15 with parent/guardian supervision only)			
Seniors (50 & up)	\$2 daily	\$10 monthly	\$70 yearly

Martial Arts

Aikido

Mon/Wed	6:30 – 7:30 p.m.	13 & up	\$25	1540.401
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Capoeira I

Saturday	10:30 - 12:00 p.m.	13 & up	\$22	1540.402
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Capoeira II

Saturday	12:00 – 1:30 p.m.	13 & up	\$22	1540.403
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Tae Kwon Do (Beg)

Tues/Thurs	5:30 - 6:30 p.m.	7 & up	\$25	1540.404
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Tae Kwon Do (Int)

Tues/Thurs	6:30 - 7:30 p.m.	7 & up	\$25	1540.405
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Tae Kwon Do (Adv)

Tues/Thurs	6:45 - 7:45 p.m.	7 & up	\$25	1540.406
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Judo (Beg)

Tues/Thurs	5:00- 6:00 p.m.	5 & up	\$18	1540.407
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Judo (Int)

Mon/Wed/Fri	5:00- 6:30 p.m.	5 & up	\$18	1540.408
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Sports

3 on 3 Basketball League

Mondays	6:00 – 8:00 p.m.	Adults	\$35	1576.401
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T- Ball Skills

Wednesdays	6:30 – 7:30 p.m.	3 – 5	\$18	1576.403
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Soccer Skills I

Wednesdays	5:30 – 6:30 p.m.	6 – 12	\$18	1576.404
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