

WHAT'S UP



EDITION

2026 SUMMER



**A Roxbury Tenants of Harvard Association
publication of Community Events, Services,
Family trips, and Upcoming Happenings
taking place in your Community!**

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RTH EXECUTIVE OFFICES

11 New Whitney Street
617-232-4306 ext. 100
Hours of Operation: **By Appointment**
Mon - Fri 9:00am - 5:00pm

MISSION PARK / TRINITY MANAGEMENT

835 Huntington Avenue
617-566-0707
Hours of Operation (Closed on Wed.):
Mon, Tue, Thu, Fri 8:30am - 5:00pm

RTH PROPERTIES / TRINITY MANAGEMENT

747 Huntington Avenue
617-232-5910
Hours of Operation(Closed on Wed.):
Mon, Tue, Thu, Fri 8:30am - 5:00pm

RESIDENT SERVICES

Parks Community Building
2 New Whitney Street 2nd Floor
617-232-4306 ext. 305
Hours of Operation: **By Appointment**
Mon - Fri 8:30am - 7:00pm

RTH COMMUNITY CENTER

20A Vining Street
617-232-4306 ext. 200
Hours of Operation:
Sun 10:00am - 3:00pm
Mon - Thu 7:00am - 9:00pm
Fri 7:00am - 10:00pm
Sat 10:00am - 10:00pm

SENIOR SERVICES

805 Huntington Avenue
617-232-4306 ext. 700
Hours of Operation: **By Appointment**
Mon thru Fri 9:00am - 5:00pm

EDUCATION & RESOURCE CENTER (ERC)

25 Mission Park Drive
617-232-4306 ext. 601
Hours of Operation:
Mon - Fri 9:00am - 6:00pm
Sat 9:00am - 12:00pm, 1:00pm – 6:00pm

SECURITY OFFICE

835 Huntington Avenue
617-731-6972
Hours of Operation: Daily/24 Hours

ANONYMOUS CALL TIP LINE

617-232-0436
Please don't hesitate to call if you have any concerns about health, safety, and security.

Dear Residents,

Summer has arrived, bringing sunshine, blooming flowers, and countless opportunities to enjoy the season with family, friends, and neighbors. We encourage you to take advantage of the many activities and events happening throughout our community. From **Music on the Plaza** and the **Ice Cream Social** to **National Night Out**, the **Block Party**, and many other neighborhood gatherings, there are plenty of opportunities to connect, celebrate, and create lasting memories right here in your own neighborhood.

Families seeking summer activities for children can explore our **free RTH Summer Enrichment Program (SEP)**, which provides opportunities for children to make new friends, learn new skills, stay active, and enjoy new experiences. Activities include swimming, arts and crafts, sports and games, martial arts, dance, STEM activities, and weekly field trips.

Looking for a special family getaway this summer? Consider joining us for **Family Camp** on the beautiful shores of **Lake Winnepesaukee**, August 24–28. Unplug, unwind, and reconnect with loved ones while enjoying the beauty of nature and a variety of family-friendly activities.

We are especially excited to introduce a new opportunity for middle school youth this summer. The **RTH Adventure Club** combines fun, learning, leadership development, guest speakers, and field trips, along with the opportunity to earn a stipend for participation. Students will enjoy hands-on experiences, build valuable life and work-readiness skills, and take part in two exciting field trips each week. Please see the **Teen Section** for additional details.

We are also pleased to announce that the **Mary T. Clifford Pool** will soon open for the season. The pool offers swimming lessons, aquatic fitness classes, free swim sessions, and more. Whether you are looking to cool off on a warm day, improve your swimming skills, stay active, or simply relax poolside, there is something for everyone. Be sure to review the aquatics schedule included in this edition or contact the pool desk at extension 300 for additional information.

Looking to try something new this summer? Consider joining one of our cooking classes and discover delicious recipes while meeting fellow community members. Details can be found in the **Community Education & Job Training** section.

If you find a class, program, trip, or event that interests you, we encourage you to register early, as many programs and activities fill quickly.

Summer in New England is a special time that always seems to pass too quickly. We hope you will make the most of the season by enjoying the many opportunities to learn, connect, stay active, and have fun throughout our community.

On behalf of everyone at RTH, we wish you a safe, healthy, and enjoyable summer.

Warm regards,

Karen

Karen T. Gately
Executive Director
Roxbury Tenants of Harvard Association, Inc.



Summer Session Dates (8 Week Session)

Day	Start Session	End Date
Sunday	06-28-2026	08-16-2026
Monday	06-29-2026	08-17-2026
Tuesday	06-30-2026	08-18-2026
Wednesday	07-01-2026	08-19-2026
Thursday	07-02-2026	08-20-2026
Friday	07-03-2026	08-21-2026
Saturday	07-04-2026	08-22-2026

Summer Session Holidays

Holiday	Date	Holiday Closure
Independence Day	Friday, July 3 rd	Closed
Labor Day	Monday, September 7 th	Closed

Events and Meeting Schedule for Summer Session

Day	Date	Weekday	Location
Music on the Plaza	July 8 th 6pm -10pm	Wednesday	Levinson Plaza
Health and Safety	July 15 th 6pm - 8pm	Wednesday	RTHCC Room 117
Ice Cream Social	July 23 rd 5pm – 7:30pm	Thursday	Levinson Plaza
Music on the Plaza	July 29 th 6pm – 10pm	Wednesday	Levinson Plaza
National Night Out	August 4 th 6pm – 9pm	Tuesday	Levinson Plaza
Music on the Plaza	August 12 th 6pm – 10pm	Wednesday	Levinson Plaza
Health & Safety	August 19 th 6pm – 8pm	Wednesday	RTHCC Room 117
Block Party	August 22 nd 12pm – 4pm	Saturday	Mission Park Campus
Teen Pool Party	August 29 th 5pm – 8pm	Saturday	Parks Community Pool
Adult Pool Party	September 5 th 6pm – 10pm	Saturday	Parks Community Pool
Family Pool Party	September 6 th 1pm – 4pm	Sunday	Parks Community Pool

ROXBURY TENANTS OF HARVARD MISSION STATEMENT

To develop, preserve and maintain safe and affordable housing for low- and moderate-income people of diverse backgrounds in the Mission Hill neighborhood. We achieve this through property management, construction and rehabilitation of new properties, provision of resident services, workforce development and community activism. As one of the oldest grassroots, community-based organizations we dedicate ourselves to defending the right to quality, affordable housing for people of diverse races and cultures as well as promoting tenant empowerment through active tenant participation in leadership and development.

Join the Fun!

RTH Website – www.Roxburytenants.org

Three Ways to Register for Programs & Events at RTH

(First Come First Served)

Option 1: Register Online

- Go to www.RoxburyTenants.org and look for programs that interests you
 - Email (welcomedeskstaff@roxburytenants.org)
 - Provide your name and phone number (required)
 - You will receive a email confirmation
- We will call you 24 hours in advance if you register for a class that is already full

Option 2: Register In-Person

Please come to the RTHCC Welcome Desk to register

- Monday thru Thursday 7:00am - 8:00pm
 - Friday 7:00am – 9:00pm
 - Saturday 10:00am – 9:00pm
 - Sunday 10:00am - 3:00pm

Option 3: Register By Phone

Please call the Hotline at 617-232-4306 ext. 200

- Monday thru Thursday 7:00am – 7:00pm
 - Friday 7:00am – 8:00pm
 - Sunday 11:00am - 2:00pm

RTHCC Welcome Center

Programs are designed for RTH Residents of all ages and abilities.

Please note the following:

- **Preschool** programs designed for children ages 0 – 5 - not yet in 1st grade.
- **Youth** programs are designed for children in grades 1 – 5.
- **Middle school** programs are designed for youth in grades 6 – 8.
- **High school** programs are designed for teens in grades 9 – 12.
- **Family** programs are designed for children of all ages when accompanied by their parent or guardian.
- **Adult** programs are designed for adults 19 (and out of high school) to 55.
- **Senior** programs are designed for adults 55+.

If you have any questions regarding registration, please contact RTHCC Welcome Desk. (617)232-4306 x200.

Anti-Harassment:

We strive to provide an environment for our members, program participants and employees free from all forms of harassment. Your membership and participation reflect our commitment to our mission and values.

Anti-Violence Policy:

RTH strives to eliminate unsafe behavior by anticipating and closely supervising any potentially dangerous situation. We believe all persons and staff have the right to be safe from the threat of physical harm or injury, verbal assault, and intimidation. Any act of verbal or physical violence by a member, program participant or staff will result in disciplinary action, from suspension of membership to termination.

Access Keycard:

All members aged 10+ years old will get an access key card. All members will need to scan their keycards at the welcome center desk upon arrival. Keycards are not transferable. A loan of a keycard to another person may result in the forfeiture of membership privileges.

Check-In:

Due to the need for security and safety, children 10 and under will need to be accompanied by an adult age 18 and above unless they are signed up for programs or classes. Everyone must check-in at the welcome desk. All members and guests must check-in; program participants must also sign in.

Comment Cards:

We welcome comments and suggestions about our programs and facilities. Comment cards may be obtained and returned to the Welcome Center or at a drop box in the lobby.

Dress Code:

Appropriate clothing and footwear is required. Street clothing, street shoes, open-toe shoes/sandals, and bare feet are not permitted in the Fitness Center or Group-Exercise classes (barefoot classes excepted).

Food/Drinks:

Allowed in designated areas only.

Inclement Weather:

During inclement weather, RTH reserves the right to close the Community Center or cancel classes at any time if we determine the safety of our members, participants, and/or staff is at risk. If a class is canceled due to inclement weather, we will make every effort to run a make-up class.

Information Changes:

Please let our Welcome Center staff know of a change in address, phone number, emergency contact or email address to ensure prompt receipt of program guides and other information.

Locker Rooms (day use only):

Adult locker rooms on Level 1 in the Wellness Center are for individuals ages 19 years and up. Youth and family locker room on the G level is for youth 18 years and under and their parent or guardian. Children in grades one and up must use the gender-appropriate locker room. RTH Community Center members and program participants are responsible for securing their lockers with their own padlocks. Locks left overnight are subject to removal!

Membership:

All RTH residents are welcome to join RTHCC. Please stop by the Welcome Desk for information and application.

RTHCC Class Pass:

\$25 per pass with 10 classes. Have a non-resident who wants to participate in group-ex or other drop-in class? Access to all group exercise or drop-in classes with this pass.

Valuables:

We encourage members to leave all valuables at home. Do not leave your personal articles unattended. We recommend using a locker and keeping it locked while you're using the facility. RTH is not responsible for lost or stolen items.

How is RTH making an impact?

What has RTH done to make an impact in the community? Do you have an amazing story, highlight or picture to share? Submit your story for a chance to be highlighted in our next edition of the Telstar newsletter. You can email your story to Roxanne at Rhaecker@roxburytenants.org.



Announcements/Community

Trinity Management Quick Recertification Tips

Old Neighborhood and Mosaic

JSoto@trinitymanagementcompany.com

Office Phone: 617-232-5910



Mission Park

missionpark.com/contact us

Office Phone: 617-566-0707



- All Annual Recertification interviews are conducted by appointment only. A staff member will call you to make an appointment.
- All adult members aged 18+ must be present together at the time of the phone interview.
- Please do not write on verifications, SS or SSI letters, paystubs, bank statements or any other document that you are providing to the office to complete your recertification.
- Photos of documents are not accepted.
- All adult members must provide a photo ID at the time of their appointment in the office.
- If you have any questions about your rent, balance owed, missing documents, status of your certification, Rent Café, please feel free to call or email the office.
- Residents are responsible for providing the necessary documentation to complete their certification.
- Communication with the office is welcomed by walk in, phone, email, or fax.

Francis Street Garden

Hours: Daily 7:00am to Sunset, Weather permitting

The Francis Street Garden, located at 42 Francis Street, is open to the community's quiet enjoyment.

Please note the garden will remain locked if weather conditions create a safety hazard.

Fresh Truck Mobile Market

Day of the week: Wednesday

Time: 3:00pm – 6:00pm

Location: Outside the Parks Community Building

Fresh Truck In-person Shopping

Shop on the Fresh Truck to purchase fresh fruits and vegetables for you and your family to enjoy.

Fresh Truck Lottery

The lottery will take place in the Parks Building in the Community Room at 2:40pm. To receive a lottery ticket, you must be in the Parks Community room by 2:40pm. You must be physically present. (You cannot get a ticket for another person) If you arrive after 2:30pm, you must wait in the lobby. Once the lottery is completed, the numbers will be given out in the order residents to arrive. The drawing will take place at 2:40 p.m.

Do you know?

The Healthy Incentive Program (HIP) puts money back on your EBT card when you use SNAP dollars to buy fruits and vegetables from HIP farm vendors, like at your local farmers' market and Fresh Truck. The monthly amounts are \$40 for households of 1-2 people, \$60 for households of 3-5 people, and \$80 for households of 6+ people.

Resident Room Rental

The Flynn Kitchen will be available for RTH residents to use for private events on Saturdays from 4:00pm – 10:00pm. There is an equipment rental fee of \$100 and a \$100 refundable cleaning/damage deposit.

For reservations and information, please contact the RTHCC Welcome Desk at (617)232-4306 ext.200.

RTH is Hiring!

Join our experienced, professional, and committed team! Visit our website for current information about our open positions!

<https://roxburytenants.isolvedhire.com/jobs/>

RTH Committees and Volunteer Opportunities

Looking for an opportunity to become involved in your community? What skills or interests would you like to share?

We hope you will become engaged and learn about RTH and what makes us so unique. Join us as we work together on projects and issues of interest. We need a range of skills, backgrounds, and experiences that will help the committees with their work.

Consider joining a committee or volunteering. Interested? Watch for flyers announcing dates and times of meetings. For more information, call RTH Executive office at (617)232-4306 x100 or email executiveoffice@roxburytenants.org. Please leave your name, contact information and the committee, program, event, or area you would like to volunteer for.

Walk and Talk with Executive Director

Day of the week: Monday

Time: Jul 6th: 4:00pm - 5:00pm
Aug 17th: 11am - 12pm

Location: RTHCC

Age: Family (All Ages)

Join Executive Director Karen Gately for a walk around the neighborhood! Learn more about RTH history, ask about upcoming projects, or simply take the opportunity to up your step-count. Event is rain or shine – please dress for the weather and meet us in the RTH Community Center Lobby.

Ice Cream Social

Date: Jul 23rd
Day of the Week: Thursday
Time: 5:00pm
Location: Levinson Plaza
Age: Family (All Ages)

Come enjoy free ice cream on a hot summer day! Hang out with your RTH neighbors at this informal community gathering event!



Music on the Plaza

Date: Jul 8th, Jul 29th, Aug 12th, Aug 26th
Day of the Week: Wednesday
Time: 6:00pm
Location: Levinson Plaza
Age: Family (All Ages)

Come join the fun! Enjoy music, games, dance contest and more! Visit the information tables to keep updated on what's happening at RTH.



National Night Out

Date: Aug 4th
Day: Tuesday
Time: 6:00pm
Location: Levinson Plaza
Age: Family (all ages)

National Night out is an annual community building campaign that promotes police-community partnerships and neighborhood camaraderie.



COME AND JOIN US AT OUR

RTH ANNUAL BLOCK PARTY



Music & Entertainment
Delicious Food & BBQ
Games & Activities for Kids



Saturday, Aug. 22nd
12:00pm - 5:00pm



Homebuying 101 is required to apply for any of Boston's homebuyer financial assistance programs. The Boston Home Center takes you through the entire home buying process from beginning to end.

27 Affordable condominiums will be available for sale
120% AMI- Two 2-bedroom units; One 1-bedroom unit
100% AMI- Two 3-bedroom units; Five 2-bedroom units;
Five 1-bedroom units
80 % AMI- Three 3-bedroom units; Four 2-bedroom units;
Five 1-bedroom units

Topics covered include:

- Information on preparing for the mortgage process
- First time homebuyer mortgages
- How to find a home
- The legal aspects of buying a home
- How to work with professionals during the homebuying process.

Homebuying 101 is hosted by the following agencies:

[Massachusetts Affordable Housing Alliance](#)

[Financial Education Associates](#)

[Allston Brighton Community Development](#)

[Urban Edge](#)

Contact rhaecker@roxburytenants.org for more information



TREAT YOURSELF TO GREAT INTERNET



RTH Residents!! 'Tis the season to get fast, reliable internet you can count on.

IT'S EASY TO SWITCH TO STARRY!
VISIT STARRY.COM/RTHHELP
FOR MORE INFORMATION



- ✔ Over 99.9% reliable
- ✔ RTH 200mbps/100mpbs plan FREE
- ✔ Speeds are fantastic for streaming, gaming and working from home!
- ✔ Fast, free installation
- ✔ No contracts, cancel anytime



VIZIO 40 INCH SMART TV GIVEAWAY!
VISIT STARRY.COM/VIZIO
TO ENTER FOR A CHANCE TO WIN



Contact us to learn about this exclusive RTH benefit!

Starry Representative
508.216.0962
HelloBoston@starry.com

Community Education & Job Training

The Community Education & Workforce Development Department helps RTH residents access education, job training, and employment to achieve economic self-sufficiency. We collaborate with Resident Services and institutional partners to overcome barriers and provide career opportunities.

RTH Believe and Achieve Scholarship

RTH residents are eligible for up to \$10,000 to attend accredited post-secondary job or career training programs or college (up to and including bachelor level). Applications are accepted year-round; interviews are conducted quarterly.

Applications are available at the RTH Education and Resource Center, 25 Mission Park Drive, Duggan Building, the RTHCC Welcome Desk, RTH Teen Center, or contact Roxanne at rhaecker@roxburytenants.org if you would like an application emailed to you.

Wentworth Scholarship Opportunity for Mission Hill and Fenway Residents

RTH residents have the opportunity to attend Wentworth Institute of Technology tuition-free. For more information contact Johanna Sena at Senaj@wit.edu or 617-930-3664.



Sushi for Wellness: Light Summer Favorites

Date: Jul 6th
Day of the Week: Monday
Time: 6:30pm - 8:00pm
Location: Flynn Kitchen
Age: Adults (18-55), Seniors (55+)
Language: English

Join Chef Danny G for a hands-on Sushi & California Roll class! Learn rolling techniques, prepare fresh ingredients, and create your own delicious sushi. Space is limited to 20 participants—register early!

SERV Safe Food Handlers Certification Classes

Date: Jun 28th - Aug 22nd
Day of the week: By Appointment
Location: Online
Age: High School (14-17), Adults (18-55), Seniors (55+)
Language: English, Spanish, Chinese

RTH requires those who serve or prepare food for or at community events to have this training. The certification is free if you are a volunteer or Community Events Committee member.

Caribbean style Salmon Croquettes and Summer Slaw

Date: Aug 3rd
Day of the Week: Monday
Time: 6:30pm - 8:00pm
Location: Flynn Kitchen
Age: Adults (18-55), Seniors (55+)
Language: English, Spanish

Experience the vibrant flavors of the Caribbean with Chef Danny G! Learn to prepare savory salmon cakes seasoned with sofrito, cilantro, and fresh lime, paired with a crisp, refreshing slaw. A delicious, heart-healthy meal perfect for summer.

Afro Textured Hair Care w Sirena's Secret

Date: Jun 27th
Day of the Week: Saturday
Time: 6:00pm - 8:00pm
Location: Flynn Kitchen
Age: High School (14-17), Adults (18-55), Seniors (55+)
Language: English, Spanish

Discover how to care for Afro-textured hair with gentle techniques that moisturize, strengthen, and protect against damage. Participants will also receive a bottle of Sirena's Secret Hair Oil to take home and try.

IXL for Summer Learning and Skills Practice

Date: Jun 28th – Aug 22nd
Day of the week: By Appointment
Time: 4:00pm – 5:00pm
Location: Levinson Multi-Purpose Room
Age: Youth (6-10), Middle School (11-13)
Language: English

Keep learning alive this summer with IXL! Fun, interactive lessons help students prevent summer learning loss while building skills and confidence in math, language arts, science, and social studies.

Go Fly a Kite! On Boston Harbor Spectacle Island

Date: Jul 18th
Day of the Week: Saturday
Time: 11:30am - 5:30pm
Location: Outing
Age: Family (All Ages)
Cost: \$50 Mission Hill, \$150 Non-Residents
Language: English, Russian

Escape for a day away on Spectacle Island! Cruise across Boston Harbor and enjoy kite flying, a picnic lunch, live jazz, and stunning waterfront views. A relaxing summer adventure for all ages. Limited to 25 participants.

Gardening Club

Date: Jun 28th – Aug 16th
Day of the Week: Sunday
Time: 11:00am - 1:00pm
Location: Kempton Park
Age: Family (All Ages)
Language: English

Gardening boosts mental and physical health, reduces stress and anxiety, and builds social connections. Join the gardening group to connect with others, grow your skills, and help cultivate a garden filled with beautiful flowers and vegetables.



Education & Resource Center (ERC) at the Betty Powers Library

Offering faxing, copying & printing services, computer & internet access, technology classes & workshops, and a small book lending library for RTH children and youth.

25 Mission Park Drive, Duggan Building

Open Monday-Friday 9:00 am - 6:00 pm; Saturdays 9:00 am - 12:00 pm and 1:00 pm - 6:00 pm

Resident Services staff are in the center to translate letters and help fill out forms Saturdays

10 am – 11:00 a.m. and in the Flynn Conference Room Tuesdays 10 am – 12 pm.

Computer and internet access 2-hour blocks of time may be reserved by appointment. Walk-ins will be turned away if the center is at capacity. Avoid disappointment! Call 617-232-4306 ext. 601 to make an appointment

Minecraft EDU

Date: Jun 28th – Aug 22nd

Day of the week: Saturday

Time: 3:30pm - 4:30pm

Location: ERC

Age: Youth (6-10), Middle School (11-13)

Language: English, Chinese

Capacity: 12

Jump into a summer of Minecraft fun! Build epic worlds, take on exciting challenges, go on adventures with friends, and let your imagination run wild in Minecraft Education. Create, explore, and play all summer long!

Next Level Seniors: Gaming and Tech Fun

Date: Jul 1st – Aug 19th

Day of the Week: Wednesday

Time: 11:30am - 12:30pm

Location: ERC

Age: Seniors (55+)

Language: English, Chinese

A fun, beginner-friendly computer gaming class for seniors to explore popular games, boost digital skills, and stay mentally sharp. Learn at your own pace in a relaxed, social setting designed for connection and enjoyment

Did you know?

Take free courses online at the Boston Public Library including ESOL, Citizenship, computer classes, test prep courses, Tech Goes Home tutorials, get research and homework help, listen to concerts, or talks by famous authors and scholars.

You can download eBooks and audio books with Overdrive and Kindle, stream movies, TV shows, eBooks and comics or use Hoopla to download to your mobile device, many other free platforms and resources for children, teens, and adults available free at Bpl.org/online-resources

Set up an account at BPL.org with your library card number. Don't have a library card? If you are a MA resident, you can register for an e-card online

Please contact the Betty Powers Library & Resource Center 617-232-4306 x 601 with suggestions, questions, or to arrange individual sessions. We are here to help you access resources!

English Conversation Group

Date: Jul 1st – Aug 19th
Day of the Week: Wednesday
Time: 1:00pm - 2:00pm
Location: ERC
Age: Adults (18-55), Seniors (55+)
Language: English

Join this informal and friendly group where new English learners can practice their speaking skills. Drop-ins welcome.

Marble Runs are Amazing! STEM for Young Engineers

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 3:30pm - 5:00pm
Location: Levinson Multi-Purpose Room
Age: Youth (6-10)
Language: English

Marble runs allow children to construct, manipulate, engineer, explore, and experiment while introducing a beginning understanding of physical principles. Come build a marble run, have fun, and enhance your creativity and problem-solving skills!

Open Access Computer Time

Date: Jun 29th - Aug 21st
Day of the week: Monday - Friday
Time: 9:00am - 5:30pm
Location: ERC
Age: Family (All Ages)
Language: English, Chinese

Our computer lab offers 12 computers with free internet. Friendly staff are here to help! We also provide fax and copy services to make your visit easy and convenient. Stop by and get connected! Computers may not be available during scheduled classes

Open Access Computer Time

Date: Jun 29th – Aug 21st
Day of the Week: Monday - Friday
Time: 9:00am - 5:30pm
Location: ERC
Age: Family (All Ages)
Language: English, Chinese

Our computer lab offers 12 computers with free internet. Friendly staff are here to help! We also provide fax and copy services to make your visit easy and convenient. Stop by and get connected! Computers may not be available during scheduled classes



RTH IS HIRING!

JOIN OUR TEAM

Go to www.RoxburyTenants.org
for open positions and more details.
You can also apply directly on the
website!

Open positions:

CDL Driver, Fitness Floor Staff, Group
Fitness Instructor, Gym Monitor/PE
Instructor, Life Guards, Program
Coordinator Teens, Program Group
Leader, Seasonal Sports Coordinator,
Seasonal Welcome Desk Receptionist.

RTH is not just a great place to
live, it's a great place to work!





JOIN US FOR SUMMER EARLY FOCUS!



**Preschool and
Pre-K4s**

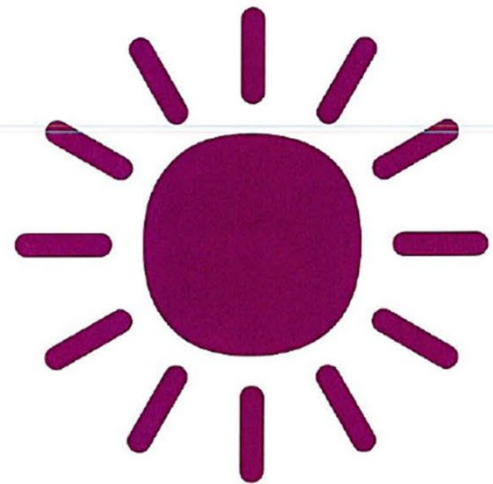
Explore an Ocean Adventure

This summer, our Pre-K 4s will explore Life in the Ocean through stories, science, art, and play. Children will build early literacy and math skills while discovering the amazing world beneath the waves.

Give your child a joyful, engaging summer experience that prepares them for K2!

What Your Child Will Do

- Daily Community Meetings
- Read-alouds + ocean-themed books
- Hands-on Centers and creative play
- Drawing, writing, and early literacy practice
- Math games and problem-solving
- Observe live hermit crabs in the classroom
- Work together to create a giant Ocean Mural for families to view at the end of summer



RTH Early Education Center
82 Fenwood Road, Boston, MA 02115
Contact: Program Director - Brenda Powers
617-851-8226 Bpowers@ymcaboston.org

Registration Information:

Give your child a summer filled with discovery, creativity, and ocean magic. Ask your YMCA site for registration details.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Education & Community Education

The RTH Youth Educational Services and Workforce Development department helps RTH youth build critical skills, explore careers, and ensure they are on a path to education or employment with marketable skills for a more secure future. The department partners with educational institutions and community organizations to create opportunities for RTH youth.

RTH Youth Community Service

Date: Jun 30th – Aug 18th
Day of the week: Tuesday
Time: 5:30pm - 6:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13),
High School (14-17)
Capacity: 20

Earn community service hours for school! Youth meet to serve the community and may share ideas about projects to do. Look for the interest form link on the flyer.

Youth Workforce Office Hours

Date: Jul 10th – Aug 21st
Day of the week: Friday
Time: 2:00pm - 4:00pm
Location: RTHCC Teen Center
Age: Middle School (11-13),
High School (14-17)

Individual support is offered to youth on applying for jobs, interviewing, collecting documents for the process, work permits, and onboarding for summer jobs. Email or call for appointment.

Level Up for Work - Teen Edition

Date: Jun 30th – Aug 18th
Day of the week: Tuesday
Time: 4:00pm - 5:30pm
Location: RTHCC Room 117
Age: Middle School (11-13),
High School (14-17)
Capacity: 5

Teens! Brush up your skills and tools needed to get the job you want! Various topics presented by our partners at Signal Success/Youthworks! Sign up at the Welcome Desk, limited slots available.



Health & Wellness

RTH is committed to fostering optimum physical and behavioral health to all the members of our community. To this end, we maintain educational and recreational facilities, qualified professional staff and a broad scope of programs in our Community Center, swimming pool, library and technology center. Below is an overview of these departments and links to the dedicated sections on our website for more detail and schedules. You should never be bored living at RTH!

SIGN UP FOR THESE FREE RESIDENT FITNESS SERVICES!

Fitness Orientation:

Ages: 14+

Strongly Recommended for all members.

The Fitness Orientation includes a series of tests which assess 5 components of physical fitness: Cardiovascular, Endurance, Muscular Strength, Flexibility and Body Composition. This information helps to design and implement an exercise program to best meet your needs.

Did you miss your chance to have a fitness orientation when you first joined us?

Don't worry! Fitness assessments aren't only for new members. If you think you would benefit from an orientation, please don't hesitate to register for an appointment. By Appointment scheduled at the welcome desk or call (617)232-4306 x200

The InBody Scale

When you step on a scale all you see is a number with no context. Go beyond the scale with the InBody Test, a non-invasive, quick, and accurate body composition analysis. The InBody will help you understand how your weight is broken down into muscle, fat, bone, and body water. Evaluate your results with Health and Wellness Director Zach and develop a plan to reach your health and fitness goals. Come in for an appointment today!

Blood Pressure Screenings

Stop by the fitness center and take a moment for your health! We're offering free blood pressure checks to help you stay informed and feeling your best. It only takes a few minutes, and our team is here to support you. No appointment needed!

Chair Massage

Date: Jun 28th – Aug 22nd

Day of the week: By Appointment

Time: By Appointment

Location: RTHCC Wellness Floor

Age: Adults (18-55)

Register at the Welcome Center Desk for the RTH-Fitness Departments monthly 10-minute chair massages! Appointment required.

Program your Workout with a Personal Trainer with Zach

Date: Jun 29th - Aug 21st

Day of the week: Monday - Friday

Time: By Appointment

Location: RTHCC Wellness Floor

Age: Adults (18-55)

Meet with one of our qualified Fitness Director for a one-on-one consultation to help develop your workout program. Discuss your fitness goals and exercise history to gain a better footing on how to progress safely and effectively with your workout routine.

Strength Equipment 101

Date: Jun 28th - Aug 22nd

Day of the week: By Appointment

Time: By Appointment

Location: RTHCC Wellness Floor

Age: Adults (18-55)

New to the gym or unsure how to use the strength machines? This resident offering, led by our trained fitness staff, will teach you the basics of leg press, chest press, leg curl, leg extension, a crunch machine and more!

Fit Check 2026

Date: Jun 28th - Aug 22nd
Day of the week: By Appointment
Time: By Appointment
Location: RTHCC Wellness Floor
Age: High School (14-17), Adults (18-55)
Language: English

Meet with our expert Fitness Staff today to create personalized goals and a tailored program that will help you unlock your best self.

Fitness Rewards Hub

Date: Jun 28th - Aug 22nd
Day of the week: By Appointment
Time: By Appointment
Location: RTHCC Wellness Floor
Age: Adults (18-55)

RTH Fitness has a reward hub where residents gain and receive points to their account based on utilization, scheduling assessments/orientations and other offerings that will get residents access to our fitness fridge!

Spin w/Elaine

Date: Jun 30th - Aug 21st
Day of the week: Tuesday, Thursday, Friday
Time: Tue/Thu: 9:00am - 10:00am
Friday: 6:00pm - 7:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

Spin is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging 60-minute ride.

Chair Yoga w/Elise

Date: Jul 1st - Aug 21st
Day of the week: Wednesday, Friday
Time: 11:00am - 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

A modified form of yoga that uses a chair for support to perform poses and breathing exercises while seated. This gentle workout on the joints is accessible for people with limited mobility.

Healthy Moves w/Elaine

Date: Jun 29th - Aug 21st
Day of the week: Monday, Wednesday, Friday
Time: 10:00am - 11:00am
Location: RTHCC Foyer
Age: Adults (18-55)

This exercise program is great for our aging population, enabling this community to stay healthy and fit. The class works on improving strength, endurance, and flexibility. Included is a pre- and post-assessment.

Muscle Works w/Elaine

Date: Jul 2nd - Aug 20th
Day of the week: Monday
Time: 8:00am - 9:00am
Location: RTHCC Main Studio
Age: Adults (18-55)

Start the week off right with a set of high volume and low resistance exercises aimed at targeting major muscle groups of the body. The class utilizes handheld dumbbells and bands to promote muscle function.

Muscle Works w/Sandy

Date: Jul 2nd - Aug 20th
Day of the week: Thursday
Time: 6:00pm - 7:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

End the workday and start the weekend with a session of high volume (reps) and low resistance (weight) exercises targeting major muscle groups of the body.

Jui Jitsu

Date: Jul 6th - Aug 24th
Day of the week: Monday
Time: 5:30pm - 6:30pm
Location: RTHCC Main Studio
Age: Family (All Ages)

This Jiu-Jitsu class welcomes all ages and skill levels. Participants learn Brazilian Jiu-Jitsu fundamentals, self-defense, fitness, discipline, and confidence in a supportive environment that encourages growth, learning, and community.

Yoga w/Noreen

Date: Jun 30th - Aug 18th
Day of the week: Tuesday
Time: 11:00am - 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

Our yoga class welcomes all levels and will feature a variety of poses with modifications giving participants options to make each position more challenging or simpler. This class will focus on opening the body through controlled movements.

Full Body Workout w/Elaine

Date: Jun 30th - Aug 20th
Day of the week: Tuesday, Thursday
Time: 8:00am - 9:00am
Location: RTHCC Main Studio
Age: Adults (18-55)

This is a workout that aims to hit all the major muscle groups in one single class. Incorporating cardio movements, strengthening core, and balancing exercises.

Tabata w/Sandy

Date: Jun 30th - Aug 18th
Day of the week: Tuesday
Time: 6:00pm - 7:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

This class is a moderate-high intensity interval training with alternating fun, high energy cardio exercises, and short durations of rest in between.

Zumba w/Neri

Date: Jul 2nd - Aug 20th
Day of the week: Thursday
Time: 7:00pm - 8:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

Family Zumba w/Param

Date: Jul 1st – Aug 19th
Day of the week: Wednesday
Time: 6:00pm - 7:30pm
Location: RTHCC Main Studio
Age: Adults (18-55)
Language: Spanish

Family Zumba gives you and your family a chance to be active together. It's a full body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a dose of awesome each time you leave class.

Journal Yoga Tea w/ Elise

Date: Jul 2nd – Aug 20th
Day of the week: Thursday
Time: 11:00am – 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

This unique yoga experience blends movement, intention, and community. Designed for all levels—from beginners to advanced practitioners—where participants are invited to share reflections, intentions, and build community in a supportive environment.

Foam Rolling w/Sandy

Date: Jun 30th - Aug 18th
Day of the week: Tuesday
Time: 7:00pm - 8:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

This class incorporates a self-myofascial release or self-massage technique using a foam roller that aids in alleviating muscle tension and soreness.

Total Body Boot Camp with Ali

Date: Jun 28th – Aug 17th
Day of the week: Saturday
Time: 5:00pm - 6:00pm
Location: RTHCC Wellness Floor
Age: Adults (18-55)

This class will cover the ultimate workout going round for round bootcamp style. You will perform a variety of compound movements testing your anaerobic and aerobic fitness levels.

Walking Group and Exercise Club

Date: Jun 30th – Aug 21st
Time: Tues/Thu (Eng/Chi) - 3:00pm - 4:00pm
Thu (Spa) - 6:00pm - 7:00pm
Fri (Rus) - 3:00pm - 4:00pm
Location: RTHCC Room 117
Age: Adults (18-55)
Language: English, Chinese, Spanish, Russian

All ARE WELCOME! Led in 4 languages. Attend one or all. Lace up your shoes and get ready to walk your way to better health, meet new friends, and have fun! Bad weather? No problem! We can walk indoors too.

Classical Ballet and Jazz Dance

Date: Jul 12th – Aug 23rd
Day of the week: Sunday
Time: 1:00pm - 2:00pm
Location: RTHCC Main Studio
Age: Youth (6-10), Middle School (11-13),
High School (14-17)

This youth dance class introduces ballet, lyrical, and jazz fundamentals while building coordination, flexibility, rhythm, and confidence. Students develop technique, creativity, teamwork, and self-expression in a positive, supportive environment.

Morning Stretch w/ Zach

Date: Jul 10th – Aug 27th
Day of the week: Friday
Time: 8:00am - 8:30am
Location: RTHCC Main Studio
Age: Adults (18-55)

Start your day with a 30-minute Morning Stretch class focused on flexibility, mobility, and wellness. Gentle stretches and movement help reduce muscle tension, improve range of motion, and leave you feeling refreshed and energized.

Chair Yoga w/Elise

Date: Jul 1st – Aug 21st
Day of the week: Wednesday, Friday
Time: 11:00am - 12:00pm
Location: RTHCC Main Studio
Age: Adults (18-55)

A modified form of yoga that uses a chair for support to perform poses and breathing exercises while seated. This gentle workout on the joints is accessible for people with limited mobility or those who find it difficult to stand for long periods.

Kung Fu Sword

Date: Jun 29th - Aug 21st
Day of the week: Monday - Friday
Time: 9:00am - 10:00am
Location: RTHCC Main Studio
Age: Adults (18-55)

Kung Fu Sword is a unique martial art exercise class that blends the movements of Taiji boxing and other martial arts and dances. The movements are strong and flexible, aggressive and defensive, full of elegance and beauty.

Teen Sports Conditioning Bootcamp w/ Zach

Date: Jun 29th – Aug 17th
Day of the week: Monday
Time: 6:00pm – 7:00pm
Location: RTHCC Main Studio
Age: Youth (6-10), Middle School (11-13),
High School (14-17)

Sports Conditioning Bootcamp helps teens build strength, speed, agility, and endurance through sport-inspired drills, exercises, and team challenges. This fun, motivating class improves fitness, confidence, coordination, and athletic performance.



RTHCC FITNESS DEPARTMENT

Summer Member Appreciation Events



JULY: Sun Safety & Summer Fitness



Member Appreciation Day

Wednesday, July 15th

Starting at 9:00 AM

Celebrate sun safety & summer fitness with us!
Join for activities, giveaways & wellness tips.

AUGUST: National Wellness Month



Member Appreciation Day

Wednesday, August 12th

Starting at 9:00 AM

Celebrate National Wellness Month with us! Enjoy wellness screenings, fitness demos & healthy refreshments.



We appreciate YOU! Come celebrate with the RTHCC Fitness & Welcome Center!



MOVE, GROOVE, & GROW!

CLASSICAL BALLET & JAZZ DANCE



Learn **ballet** and **jazz dance** while building **confidence**, **coordination**, **flexibility**, **rhythm**, **teamwork**, and **self-expression** in a fun and supportive environment.



DATES:

July 12 – August 23



DAY OF THE WEEK:

Sunday



TIME:

1:00 PM – 2:00 PM



LOCATION:

RTHCC Main Studio



AGES:

- Youth (6–10)
- Middle School (11–13)
- High School (14–17)

REGISTER TODAY!



REGISTER AT
RTHCC WELCOME DESK



(617) 232-4306 EXT. 201

Resident Services

We can assist with a wide range of services and facilitate connections to agencies like Social Security, SSI, SSDI, Food Stamps, Meals on Wheels, and Health, Medicare, prescription drug programs, move making, home health and budgeting and much more. Please call to see how we can assist you.

Translations and Interpretation Services

Date: Jun 30th - Aug 22th
Day of the week: Tuesday, Saturday
Time: 10:00am - 12:00pm
Location: Tue: Flynn Conference Room
Thu: ERC
Age: Family (All Ages)
Language: English, Chinese, Russian, Spanish

Translation services are available for Chinese, Russian & and Spanish-speaking residents. You may have your email translated; management and facilities notices interpreted and discuss what is important to you with members of the Resident Services Staff.

Coffee Hours

Date: Jul 23rd - Duggan
Aug 27th - Neville
Time: 3:00pm – 4:00pm
Age: Family (All Ages)

Please come and join us at our coffee hours at our different buildings. Meet our Resident Service Staff and learn about new programs, benefits, and how we can assist you. We will have information about services and programs at our table.

Resident Services In-House Food Pantry

Date: By Appointment
Location: Parks Community Building
Age: Family (All Ages)

If you are experiencing food insecurities and in need of a few items to get you through a tough time, please visit us and we will be happy to help. This food pantry stocks only dry foods (non-perishable).

Catholic Charities Food Pantry

Date: Jul 1st - Aug 19th
Day of the week: Wednesday
Time: 10:00am - 11:30am
Location: Parks Community Building
Age: Family (All Ages)

Catholic Charities' food pantry in Dorchester is a source of free food for the community. Prepared bags with balanced food items will aid in preparation. You must sign up one day prior. A minimum of five residents must participate. Please bring your ID.

Fresh Food Monthly Distribution

Date: Jul 16th, Aug 20th
Day of the week: Thursday
Time: 1:00pm
Location: Parks Community Building
Age: Family (All Ages)

60 Bags of fresh groceries will be distributed to seniors and individuals who are handicapped and homebound, single moms with small children and any individuals who are experiencing food insecurities. No need to sign up, the food pantry team will contact you.



Senior Services

Seniors, we want to hear from you! What ideas do you have for day trips? Do you have an idea for a new senior program? Any questions about services or programs, please call Laura Adams, Director of Senior Services (617) 232-4306 ext. 700.

Senior Chat Programs

Seniors gather to socialize, play games, plan events, watch movies in the language of their choice, and enjoy talks or performances. You must register to attend

Various Locations:

Joy Luck Club, Chinese language focus

Date: Jul 10th - Aug 7th
Day of the week: 1st Friday of the month
Time: 1:00pm - 3:00pm
Location: RTHCC Room 117

Russian Tea Room, Russian language focus

Date: Jul 15th - Aug 19th
Day of the week: 2nd Wednesday of the month
Time: 5:00pm - 7:00pm
Location: Flynn Kitchen, 1st floor

Chit Chat Meeting, English language focus

Date: Jul 10th - Aug 14th
Day of the week: 2nd Friday of the month
Time: 12:00pm - 2:00pm
Location: Flynn Kitchen, 1st floor

Spanish Chat Meeting, Spanish language focus

Date: Jul 17th - Aug 21st
Day of the week: 3rd Friday of the month
Time: 12:00pm - 2:00pm
Where: Flynn Kitchen, 1st floor

Senior Center Drop-in

Date: Jul 3rd - Aug 21st
Day of the week: Friday
Time: 11:00am - 2:00pm
Location: Flynn Kitchen
Age: Seniors (55+)

Drop by the Senior Center for a cup of coffee, conversation, play a game or make a card. Fridays from 11 - 2pm. See the Senior calendar for scheduled activities.

Mystery Trip July

Date: Jul 22nd
Day of the week: Wednesday
Time: 11:00am - 3:30pm
Location: Outing
Age: Seniors (55+)
Cost: \$25
Capacity: 12

Mystery Trip Hint: Lunch

Senior Karaoke

Date: Jul 30th
Day of the week: Thursday
Time: 6:00pm - 8:00pm
Location: Levinson Plaza
Age: Seniors (55+)

Join us for an enjoyable evening, Light refreshments and Karaoke. Limited space. Sign up at the RTHCC Front desk.

Senior Game Night

Date: Jun 29th - Aug 17th
Day of the week: Monday
Time: 4:00pm - 5:00pm
Age: Seniors (55+)
Location: Flynn Kitchen, 1st floor

Join us for game night on 2nd and 4th Monday of the month. Lots of fun and laughter. Snacks provided.

Senior Movie night

Date: Jul 1st - Aug 19th
Day of the week: Friday
Time: 5:30pm - 7:30pm
Age: Seniors (55+)
Location: Flynn Kitchen, 1st floor

Join us for movie night. Snacks provided. Movie suggestions are requested.

Senior Monthly Shopping Trips

Please call RTHCC at (617) 232-4306 ext. 200 to register for shopping trips.

Market Basket

Date: Jul 7th - Aug 18th
Day of the week: 1st and 3rd Tuesday of the month
Time: 9:30am - 1:30pm
Meet in Levinson Tower lobby at 9:20am

Chinatown Shopping

Date: Jul 9th - Aug 13th
Day of the week: 2nd and 4th Thursday of the month
Time: 10:00am - 1:30pm
Meet at Levinson Lobby at 9:45am

Kam Man Supermarket Quincy, Ma

Date: Jul 2nd - Aug 20th
Day of the week: 1st and 3rd Thursday of the month
Time: 10:00am - 3:00pm
Meet at Levinson Lobby at 9:50am

Monthly Shopping trip to Mall

Date: Jul 14th - Aug 18th
Day of the week: 2nd and 4th Tuesday of the month
Time: 9:30am - 1:30pm
Meet in Levinson Tower lobby at 9:20am

Monthly Shopping Trip Super 88 & 99

Date: Jul 15th, Aug 19th
Day of the week: Wednesday
Time: 10:00am - 1:00pm
Meet in Levinson Tower lobby at 9:20am

Senior Taxi Coupons

Date: Jul 7th - Aug 4th
Day of the week: First Tuesday of the month
Time: 12:00pm
Location: Flynn Kitchen, 1st floor
Age: Seniors (60+)
Cost: \$5.00 for \$10.00 worth of coupons. 2 books limit

1st Tuesday of the month. Discounted taxi coupons are available for Boston residents aged 60 and over. Coupons can be used in taxis licensed by the City of Boston. Seniors are allowed to purchase a maximum of four books per month.

Arts and Crafts Seniors

Date: Jul 1st - Aug 19th
Day of the Week: Wednesday
Time: 11:30am - 1:30pm
Location: Flynn Kitchen
Age: Seniors (55+)

Everyone is an artist. Our arts and crafts class welcomes all seniors, no experience necessary. Arts and Crafts classes consist of painting, jewelry, card design, ceramics, holiday crafts, floral designs, art history, drawing, and more.

Senior Bingo

Date: Jun 29th - Aug 20th
Day of the week: Monday, Thursday, Sunday
Time: 2:00pm - 5:00pm
Location: Senior Drop-in Center
Age: Seniors (55+)
Language: English, Spanish

Sunday Bingo starts at 1pm. Come early to buy your Bingo cards, grab a good seat, and hang out with your friends. No admittance into Bingo after 15 minutes of the start time.

Christmas in July

Date: Jul 25th
Day of the week: Saturday
Time: 1:00pm - 3:00pm
Location: Levinson Plaza
Age: Seniors (55+)

Come celebrate Christmas in July with us! Be Merry and Joyful!

Castle Island

Date: Jul 8th, Aug 12th
Day of the week: Wednesday
Time: 11:00am - 12:30pm
Location: Outing
Age: Seniors (55+)

Enjoy the nice weather, enjoy the scenery, and take a walk.

Armchair Traveler

Date: Aug 31st
Day of the week: Monday
Time: 1:30pm - 2:30pm
Location: Flynn Kitchen
Age: Seniors (55+)

Travel the world without leaving your seat. No passport required. Last Monday of the month.

Desserts by Netta

Date: Aug 18th
Day of the week: Tuesday
Time: 3:00pm - 4:30pm
Location: Senior Drop-in Center
Age: Seniors (55+)
Capacity: 12

Come create your dessert with Netta.

Salad making Class

Date: Jun 29th – Aug 24th
Day of the week: Monday
Time: 11:00am - 1:00pm
Location: Flynn Kitchen
Age: Seniors (55+)

New cooking class; Simple Dishes: Salads. Learn how to make easy salads. Limit to 12.

Desserts by Netta

Date: Aug 18th
Day of the week: Tuesday
Time: 3:00pm - 4:30pm
Location: Senior Drop-in Center
Age: Seniors (55+)

Come create your dessert with Netta. Limited to 12.

Lemonade and Talk

Date: Jul 18th
Day of the week: Saturday
Time: 1:00pm - 2:00pm
Location: Senior Drop-in Center
Age: Seniors (55+)

Come have lemonade with the Senior Department.

Golden Club - Chinese Focus

Date: Jul 2nd – Aug 20th
Day of the week: Thursday
Time: 5:30pm - 7:30pm
Location: Flynn Kitchen
Age: Seniors (55+)

A welcoming gathering for Chinese speaking seniors to enjoy friendships and fun activities.

Golden Club – English Focus

Date: Jun 29th – Aug 17th
Day of the week: Monday
Time: 5:30pm – 7:30pm
Location: Senior Drop-in Center
Age: Seniors (55+)

A welcoming gathering for English speaking seniors to enjoy friendships and fun activities.

Age Well Discussion Group

Date: Jun 29th - Aug 17th
Day of the week: Monday
Time: 12:00pm - 1:00pm
Location: Flynn Conference Room
Age: Seniors (55+)

Join us for meaningful conversation, connection, and support as we explore ways to live well, and age with confidence.

Prayer Group

Date: Jul 6th
Day of the week: Monday
Time: 6:30pm - 7:30pm
Location: Senior Drop-in Center
Age: Seniors (55+)

People of all faith backgrounds are welcome to share prayers, build friendships and find peace, hope and encouragement.

Senior Ice Cream Social

Date: Jul 10th
Day of the week: Friday
Time: 3:00pm – 4:00pm
Location: Senior Drop-in Center
Age: Seniors (55+)

Come enjoy a sundae with your neighbors.

DA JIA LE @ Senior Drop-In Center

Date: Jun 30th – Aug 21st
Day of the week: Tuesday, Wednesday
Time: Tue: 3:00pm – 7:00pm
Wed: 4:00pm – 8:00pm
Location: Senior Drop-in Center
Age: Seniors (55+)

Come socialize and play Mar-Jong and Chinese chess with fellow residents and friends. Feel free to bring your poker cards. Happy Together!

Roof Deck

Date: Jun 29th - Aug 28th
Day of the week: Monday - Sunday
Time: Mon: 10:30am to 1:30pm
Tue: 4:00pm to 7:00pm
Wed: 11:00 to 2:00pm
Thu: 4:00pm to 7:00pm
Fri: 3:00pm to 6:00pm
Sat: 1:00pm to 4:00pm
Sun: 11:00am to 2:00pm
Location: Senior Drop-in Center
Age: Adults (18-55), Seniors (55+)

Come enjoy the roof deck. Eat lunch, read a book, enjoy the view.



Family Programs

Families that play together..... Recreation plays an important role in the lives of many families. Research has demonstrated that family recreation and leisure are associated with several positive outcomes in families – increased satisfaction, stability, improved communication and overall family functioning. RTH's family programs are designed to bring your family together!

Curious Creatures

Date: Jul 11th
Day of the week: Saturday
Time: 12:30pm - 1:30pm
Location: Kempton Street Garden
Ages: Youth (6-10), Middle School (11-13)
Cost: \$10.00 for non-residents

Family event where families can enjoy the weather while interacting with animals. It's a fun opportunity to learn, explore, and bond with nature! Kids gain knowledge about animals and nature, fostering a sense of curiosity and responsibility.

Ladies First

Date: Jul 7th, Jul 27th, Aug 4th, Aug 18th
Day of the week: Tuesday
Time: 6:00pm - 8:00pm
Location: RTHCC Room 117
Ages: Adults (18-55)

Ladies First is a weekly program designed for women of the RTH community. We will create powerful and enriching experiences, provide bonding opportunities, and promote unity.

Jujitsu

Date: Jul 6th – Aug 24th
Day of the week: Monday
Time: 5:30pm – 6:30pm
Location: RTHCC Main Studio
Ages: Family (All Ages)
Cost: \$5.00 for non-residents

This Jiu Jitsu class welcomes all ages and skill levels. Participants learn Brazilian Jiu-Jitsu fundamentals, self-defense, fitness, discipline, and confidence in a supportive environment that encourages growth, learning, and community.

Mindful Fun/Martial Arts

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 2:00pm - 3:00pm
Location: RTHCC Teen Center
Ages: Child (0-5), Youth (6-10)

RTH youth are invited to get into great shape while learning self-defense skills, learn techniques and skills like stance, strikes, blocks, and kicks. Sessions will include Martial Arts disciplines incorporating Mindfulness strategies as well.

Child Watch

Date: Jun 30th – Aug 20th
Day of the week: Tuesday, Wednesday, Thursday
Time: 6:00pm - 8:00pm
Location: Levinson Multipurpose Room
Ages: Child (0-5), Youth (6-10)

Need someone to look after your children while you work out or join a class? Look no further. RTHCC is here to welcome your children to our child watch program while you take some time for yourself.

Friday Night Family Movie

Date: Jul 10th – Aug 21st
Day of the Week: Friday
Time: 6:00pm - 8:00pm
Location: RTHCC Room 117
Age: Family (All Ages)
Cost: \$5.00 for non-residents

End the week and start the weekend with some popcorn, treats, and a family-oriented movie adventure. Bring a soft pillow, stuff animals, or blanket. This is a great way to spend time with family and friends. Parents, we'll have staff on hand.

Summer Enrichment Program & Middle School Adventure Club

Date: Jun 29th – Aug 22nd
Day of the week: Monday - Friday
Time: 8:00am - 6:00pm
Location: Afterschool School Program & Teen Center (MS Adventure Club)
Age: Child (0-5), Youth (6-10), Middle School (11-13)
Cost: Free for RTH residents

Join us for a summer enrichment program running Monday to Friday for nine weeks, packed with swimming, hands-on-learning, and exciting field trips. It's the perfect way for kids to have fun while exploring and discovering new things.

Karaoke Fun

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 3:00pm – 4:00pm
Location: RTHCC Room 117
Ages: Youth (6-10)

Join us for an indoor karaoke session for kids aged 6-14 every Saturday afternoon! Come sing along to fun and creative songs and let your voices shine!

Classical Ballet and Jazz Dance

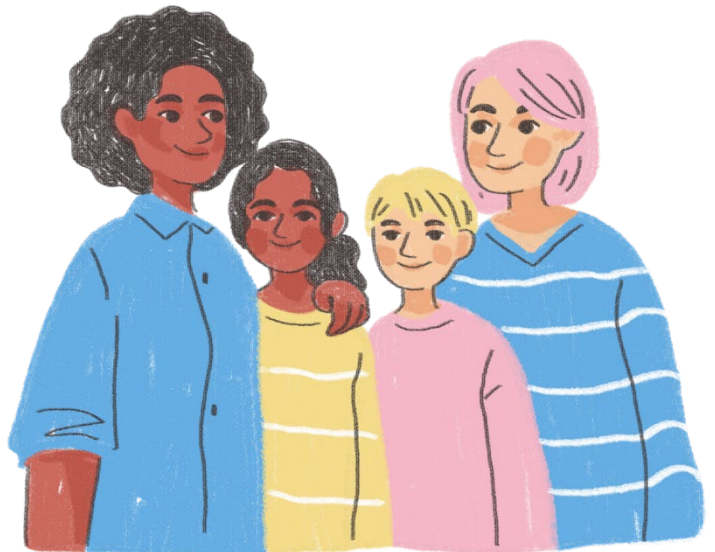
Date: Jul 12th – Aug 23rd
Day of the week: Sunday
Time: 1:00pm - 2:00pm
Location: RTHCC Main Studio
Age: Youth (6-10), Middle School (11-13), High School (14-17)

This youth dance class introduces ballet, lyrical, and jazz fundamentals while building coordination, flexibility, rhythm, and confidence. Students develop technique, creativity, teamwork, and self-expression in a positive, supportive environment.

Monthly Community Paint Night

Date: Jul 2nd, Aug 6th
Day of the Week: Thursday
Time: 6:30pm - 7:30pm
Location: RTHCC Room 117
Age: Family (All Ages)

Join us for a fun-filled night of painting, snacks, and socializing with your friends. Whether you're a painting enthusiast or just looking for a relaxing evening, this is perfect for teens who want to unwind and enjoy a form of self-expression in a lively atmosphere.



BCYF Camp Joy – Summer 2026

A fun, supportive summer camp for children and young adults with special needs.

Who can join? Boston residents ages 3–15 (siblings ages 3–7 welcome)

Program highlights: 4-week, full-day summer camp, Safe and inclusive environment, Fun and enriching activities that build friendships and confidence, Nutritious breakfast & lunch provided, Door-to-door transportation available, Licensed nurse on site, Caring, trained, CPR-certified staff

Spots are limited! First come, first served (completed applications only).

Contact: Roberta Smalls, Program Manager

Roberta.Smalls@boston.gov, 617-961-6952

Apply now and make this summer one to remember! RTH will pay camp fee!



Lake Winnepesaukee, New Hampshire

North Woods Family Camp

AUGUST 24TH-28TH 2026

Available for a special family getaway, Family Camp is your chance to unplug, unwind, and connect, with loved ones, new friends, and nature. Our rustic, electricity-free cabins are tucked under tall pines along the peaceful shoreline of Lake Winnepesaukee. Families of all backgrounds are welcomed into a safe, supportive, and fun environment where you can relax, play, and grow together.

This one-of-a-kind program encourages:

- Family involvement
- Respect for individual differences
- Skill-building through hands-on activities
- An appreciation for the natural world



2026 RATES

- Reduced Resident Rate: \$50/person
- Reduced Friend of RTH (Non-Resident): \$300/person
Limited number of slots available.

TRANSPORTATION

- A bus will be provided to and from RTH.
- Families may also choose to provide their own transportation.

DON'T MISS OUT ON

- ROPES COURSE
- ARCHERY
- COOKOUTS
- ARTS AND CRAFTS
- WATERSKIING
- HORSEBACK RIDING
- CANOEING
- KIDS CLUBS



DEADLINE TO REGISTER: August 1st, 2026

TO REGISTER EMAIL:

Curtis Williams (cwilliams@roxburytenants.org) or
Roxanne Haecker (rhaecker@roxburytenants.org)

North Woods
YMCA Overnight Camps
P.O. Box 10
Mirror Lake, NH 03853
603.569.2725
campingservices@ymcaboston.org
<https://ymcaboston.org/camps/>





FREE!

MIDDLE SCHOOL SUMMER PROGRAM/ADVENTURE CLUB

- ✓ Complete a Multi-Media Project (podcasting, vlogging, DJing, and more)
- ✓ Go on Fields Trips (Boundless Adventure, Zip Line, Extreme Craze, Canobie Lake, and more)
- ✓ Experience Guest Speakers
- ✓ Take part in Leadership Training
- ✓ Explore Career Options
- ✓ Earn Certificates (CPR, First Aid, Babysitting, Water Safety, Fitness, and more)

**6/29 - 8/28
MONDAY - FRIDAY
8:00AM - 6:00PM**



**All campers completing the FUN Job Readiness sessions may be eligible for a weekly \$25 stipend!
For more info, call (617)232-4306 ext.400.**

Teen Center

The Teen Center is a vibrant space where RTH teens can connect, engage in a variety of programs, and enhance their knowledge, talents, and skills. In addition to enriching activities, the center offers exciting trips that give teens the opportunity to explore the city, have fun, and create lasting memories!

Teen Center Drop-in Hours

Monday - Thursday 5:00pm - 9:00pm
Friday, Saturday 5:00pm - 10:00pm
Sunday Closed

Middle School Student grade 6 – 8

High School Student grade 9-12

Drop by and hang out and have fun with your friends. Note we will be offering some new programs and activities for you!

Middle School will be welcomed in the teen center. Check the board for new activities and schedule.

RTH Teen Community Service Youth Council

Date: Jun 30th – Aug 21st
Day of the Week: Tuesday, Friday
Time: 5:30pm - 6:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13), High School (14-17)

Earn Community Service hours. Join the Community Service Youth council to share your ideas, help plan and support programs and events, build leadership skills, and make a difference in your community.

Teen Game Night

Date: Jul 4th - Aug 22nd
Day of the Week: Saturday
Time: 5:30pm - 6:30pm
Location: RTHCC Teen Center
Age: High School (14-17)

Bring your game face, challenge your friends, enjoy snacks and see who has skills that could pay the bills at the Teen Center!

Pre-Teen Game Night

Date: Jul 4th - Aug 22nd
Day of the Week: Saturday
Time: 6:30pm – 8:00pm
Location: RTHCC Teen Center
Age: Middle School (11-13)

Bring your game face, challenge your friends, enjoy snacks and see who has skills that could pay the bills at the Teen Center!

Adolescence to Adulthood; Discipline and Development

Date: Jul 2nd - Aug 21st
Day of the Week: Friday
Time: 6:30pm - 8:00pm
Location: RTHCC Teen Center
Age: Middle School (11-13), High School (14-17)

Develop the focus, self-discipline, and resilience needed to overcome obstacles, make good decisions, and grow into the adults you want to become.

Teen Movie Night

Date: Jul 4th – Aug 22nd
Day of the Week: Saturday
Time: 6:00pm - 8:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13), High School (14-17)

Join us for fun-filled nights of cinema, snacks, and socializing with your friends. Whether you're a film enthusiast or just looking for a relaxing evening, this is perfect for teens who want to unwind and enjoy a great movie in a lively atmosphere.

Monthly Community Paint Night

Date: Jul 2nd, Aug 6th
Day of the Week: Thursday
Time: 6:30pm - 7:30pm
Location: RTHCC Room 117
Age: Family (All Ages)

Join us for a fun-filled night of painting, snacks, and socializing with your friends. Whether you're a painting enthusiast or just looking for a relaxing evening, this is perfect for teens who want to unwind and enjoy a form of self-expression in a lively atmosphere.

Parent Advisory Group

Date: Jul 14th, Aug 11th
Day of the Week: Tuesday
Time: 6:30pm - 7:30pm
Location: RTHCC Teen Center
Age: Adults (18-55)

Meeting the 2nd Wednesday of every month, the Parent Advisory Group for RTH Teen Programming is a collaborative committee of parents who provide insight, feedback, and support to help shape programs and services designed for our teens.

Creator's Lab/Multi-Media Room

Date: Jul 8th – Aug 20th
Day of the Week: Wednesday, Thursday
Time: 4:30pm - 6:00pm
Location: RTHCC Teen Center
Age: High School (14-17)
Cost: Free for Residents, \$10 for Non-Residents

Welcome to the RTH Multi-Media Production Room at the RTH Teen Center! The purpose of this project is to provide a safe space for creative and career exploration in live media, digital recording, and media production.

Express Yourself

Date: Jul 1st – Aug 20th
Day of the week: Wednesday, Thursday
Time: 6:30pm - 7:30pm
Location: RTHCC Teen Center
Age: Middle School (11-13)
Cost: Free for Residents

Safe space to create and combine lessons learned and build your Podcast, produce your own music or movie ideas with others; express yourself in visual and other art mediums; virtual and in-person sessions

Teen Spin w/ Ali

Date: Jul 4th – Aug 22nd
Day of the week: Saturday
Time: 6:00pm - 7:00pm
Location: RTHCC Teen Center
Age: Middle School (11-13), High School (14-17)

Spin for Teens is a highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging 60-minute ride to energizing music. It's an opportunity to get your heart pumping.



EXPLORE

CREATE

RTH TEEN CENTER

LAUNCH YOUR MEDIA CAREER!

Do you want to...

- ✓ Be a DJ?
- ✓ Run a Radio Station?
- ✓ Professionally upload to YouTube and TikTok?
- ✓ Have your own Podcast?
- ✓ Interview members of the RTH community?
- ✓ Report on current events?

 Starting Soon @ The Teen Center



Wednesdays & Thursdays

July 8th – August 27th

• 8 Weeks of Hands-On Learning & Fun!

FREE TRAINING COURSE

- Podcasting • DJing • Blogging
- YouTube • TikTok • Videography • Voiceover

PLUS:

- Technical media skills
- On-air presence
- Broadcast ethics
- Career development



REGISTER NOW

Sign up at the RTH Welcome Desk

• Space is limited — sign up today!

QUESTIONS? 617-232-4306 EXT. 200

RTH
TEEN CENTER



RTH
TEEN CENTER



Aquatics

Splash into summer with our community aquatic program! Designed for all ages and skill levels, we offer free swim lessons, water aerobics, and open family swim times right in your neighborhood. It's the perfect way to stay active, cool off, and connect with neighbors and learn to swim!

Child/Parent Swim Lessons

Date: Jun 25th – Aug 21st
Day of the week: Monday, Thursday, Friday
Time: Mon: 2:00pm – 2:45pm
Thu: 1:00pm – 1:45pm
Fri: 6:00pm – 6:45pm
Location: Parks Community Building
Age: Child (0-5)

Parent & Child Swim Class is for children ages 6 months to 4 years and their parents or caregiver. This interactive program helps young swimmers become comfortable and confident in the water through songs, games, and basic water safety activities.

Beginner Youth Swim Lessons

Date: Jun 29th - Aug 22nd
Day of the week: Monday - Saturday
Time: 6:00pm - 6:45pm
Location: Parks Community Building
Age: Youth (6-10)

Beginner Youth Swim Lessons teach water safety, floating, kicking, breathing, and basic swim strokes in a fun, supportive setting. Certified instructors build confidence and water skills while helping each child progress at their own pace.

Teen/Adult Swim Lessons

Date: Jun 29th – Aug 22nd
Day of the week: Monday - Saturday
Time: 7:00pm - 7:45pm
Location: RTHCC Gymnasium
Age: High School (14-17), Adults (18-55), Seniors (55+)

Teen & Adult Swim Lessons help swimmers of all levels build water safety, stroke skills, endurance, and confidence. Instructors tailor lessons to individual goals, creating a supportive environment for learning, fitness, and lifelong swimming success.

Differently-Abled Swim Lessons (by appt.)

Date: Jun 30th – Aug 21st
Day of the week: Tuesday, Thursday, Friday
Time: By Appointment
Location: Parks Community Building
Age: Family (All Ages)

Adaptive Swim Lessons provide individualized instruction for children, teens, and adults with differing abilities. Swimmers build water safety, confidence, and skills in a supportive environment tailored to their unique needs and goals.

Aquasize

Date: July 1st – Aug 21st
Day of the week: Wednesday, Friday
Time: Wed: 5:30pm - 7:00pm
Fri: 7:00pm – 7:40pm
Location: Parks Community Building
Age: Adults (18-55), Seniors (55+)

Aqua Size Fitness is a low-impact water workout for adults of all fitness levels. Classes improve strength, endurance, flexibility, and balance using water resistance, providing a fun, joint-friendly way to stay active and healthy.

Sports & Enrichment Programs

The department focus is to teach, develop, organize, manage, and offer RTH residents the opportunity to learn fundamentals sports skills, while instilling life lessons and values of teamwork, disciplines, respect, sportsmanship, child development. We believe in the power of inclusivity, ensuring that every child has the opportunity to play. No matter what their skill level, we'll provide a supportive environment that encourages growth and celebrates each child's unique talent.

Table Tennis

Date: Jun 29th – Aug 22nd
Day of the week: Monday - Sunday
Time: Mon – Fri : 8:00am – 6:00pm
Sat: 10:00am – 8:00pm
Sun: 10:00am – 2 :00pm
Location: RTHCC Foyer
Age: Family (All Ages)

Table Tennis, otherwise known as Ping-Pong, is a multiskilled sport in which players must beat their opponents using various tactics. This sport involves fast thinking, gives way to increase eye-hand coordination, agility and response time.

Open Gym

Date: Jun 29th – Aug 19th
Day of the Week: Monday, Wednesday, Sunday
Time: Mon, Wed: 3:00pm - 4:15pm
Sun: 10:00am – 12:00pm
Location: RTHCC Gymnasium
Age: Mon, Wed: Youth (6-10), High School (14-17)
Family (All Ages)

Open Gym offers a safe, supervised space for all ages to stay active, play sports, and enjoy recreation. Participants can practice skills, join pickup games, exercise, and socialize in a welcoming community environment.

Youth Instructional Basketball League

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 12:00pm - 2:00pm
Location: RTHCC Gymnasium
Age: Youth (6-10)

Instructional league will host a skills and drills camp the start the day then break up into games. Halfway through we will create teams and replace skills and drills with a mini practice and roll into league games.

Middle School Basketball - Co-Ed Skills and Drill

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 2:00pm - 4:00pm
Location: RTHCC Gymnasium
Age: Middle School (11-13)

Co-Ed Middle School Basketball will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. Middle School players of all levels are invited to come and develop the fundamentals of basketball.

Middle School Basketball – Practice

Date: Jul 10th – Aug 21st
Day of the week: Friday
Time: 5:30pm - 7:00pm
Location: RTHCC Gymnasium
Age: Middle School (11-13)

Middle School Basketball open play will focus on promoting healthy active play while placing value on participation, competition, and sportsmanship. This is a time for RTH Middle School students to play against neighbors and friends.

Adult Basketball

Date: Jun 30th – Aug 20th
Day of the week: Tuesday, Thursday
Time: 7:00pm – 9:00pm
Location: RTHCC Gymnasium
Age: Adults (18-55)

Come enjoy our open program for adults of all skill levels. An opportunity to connect with fellow basketball enthusiasts. Whether you're polishing skills or starting fresh, experience the perfect mix of competition and camaraderie in our community.

Teens/HS/MS Pick-Up Basketball

Date: Jun 29th - Aug 21st
Day of the week: Monday, Tuesday, Wednesday, Friday, Saturday
Time: Mon: 4:00pm - 8:00pm
Tues: 4:00pm – 7:00pm
Wed: 4:00pm – 6:00pm
Fri: 7:00pm - 9:00pm
Sat: 6:00pm – 9:00pm
Location: RTHCC Gymnasium
Age: High School (14-17)

Teen Pick-Up B-Ball will focus on promoting healthy active play placing value on participation, competition, and sportsmanship. This is a time for RTH teens to play against neighbors and friends, enhance their skills on the court.

High School Basketball – Practice

Date: Jul 11th – Aug 22nd
Day of the week: Saturday
Time: 10:00am - 2:00pm
Location: RTHCC Gymnasium
Age: High School (14-17)

This is a structured, fast-paced session focused on building individual skills and team play. Our goal is to prepare teens for league games. This is an opportunity to represent RTH in competition against neighbors, friends, and other communities.

Soccer Skills and Drills

Date: Jun 28th – Aug 16th
Day of the week: Sunday
Time: 10:00am - 12:00pm
Location: RTHCC Gymnasium
Age: Youth (6-10), Middle School (11-13), High School (14-17)

In this introductory class you will learn the fundamental rules and skills of soccer as you gain appreciation of the sport. You will learn and master core soccer skills - ball control, dribbling, passing, shooting, and defending.

Women's Only Basketball - All Ages

Date: Jul 1st - Aug 22nd
Day of the week: Wednesday, Saturday
Time: Wed: 6:00pm - 8:00pm
Sat: 3:00pm – 4:15pm
Location: RTHCC Gymnasium
Ages: Youth (6-10), High School (14-17)
Cost: Non-Residents \$25.00 guest pass required

Women's Open Basketball offers a welcoming space for women and girls of all skill levels to play, practice, and enjoy the game. Participants build fitness, skills, teamwork, and confidence through pickup games and court activities.

Flag Football

Date: Jul 2nd – Aug 22nd
Day of the Week: Thursday, Saturday
Time: Thu: 5:30pm - 7:00pm
Sat: 2:00pm – 4:00pm
Location: RTHCC Gymnasium
Age: Thu: High School (14-17)
Sat: Middle School (11-13)

Flag Football teaches passing, catching, teamwork, and game fundamentals in a fun, non-contact setting. Players of all skill levels build confidence, fitness, and sportsmanship through drills, activities, and friendly games.

Pickleball

Date: Jul 1st – Aug 20th
Day of the week: Wednesday, Thursday
Time: 4:00pm – 5:30pm
Location: RTHCC Gymnasium
Age: Family (All Ages)

Pickleball is a paddle sport for 2 to 4 players that combines elements of tennis, badminton, and ping-pong. Pickleball is popular because it is easy to learn and accessible to players of all ages, making it a low-impact and fun sport.

Free things to do this summer

Top Kid-Friendly Outdoor Activities in Boston

If you want to keep the family closer to downtown, these highly engaging outdoor spaces offer completely free admission:

- **Martin's Park (Seaport):** Play on a massive, fully inclusive wooden pirate ship. Kids can scale cargo nets, slide down embankments, and explore pedestrian bridges next to the Boston Children's Museum.
- **Frog Pond Spray Pool (Boston Common):** Cool off in the city's premier giant wading pool. It features a large, central spray plume that is continuously monitored by on-duty lifeguards throughout July and August.
- **Rose Kennedy Greenway Fountains:** Splash through the rings of water at the Christopher Columbus Park spray frame, or run through the choreographed ground-level geysers at the Greenway Carousel plaza.
- **Castle Island & Fort Independence (South Boston):** Watch massive airplanes fly low overhead as they land at Logan Airport. Families can run along the expansive Pleasure Bay beach loop or take free guided tours of the historic granite fort on Saturdays and Sundays
- [USS Constitution Museum](#) Charlestown Navy Yard Boston, MA 02129m Old Ironsides is one of the most famous ships in the history of the United States. Learn about the legacy of the USS Constitution ship, the world's oldest commissioned warship, at the USS Constitution Museum. The museum of this historic vessel is open to the public for free throughout the week. While they don't require admission, they do request donations and any amount is greatly appreciated. Hours: 10 am - 4 pm
- **FIFA Fan Festival (Thru June 27):** Catch free watch parties, music, and soccer culture at Boston City Hall Plaza for the World Cup.
- **Sail Boston (July 11–16):** View the international fleet of Tall Ships across Boston Harbor, enjoy crew sports tournaments, and catch the July 11 and July 15 fireworks off Fan Pier for \$0.
- **Free Friday Flicks at the DCR Hatch Shell:** Grab a blanket and catch free outdoor movies at dusk all summer long.
- **Harborwalk Sounds (Thursdays in July & Aug):** Enjoy free contemporary outdoor concerts featuring Berklee College of Music musicians at the Institute of Contemporary Art.
- **BPL Courtyard Concerts:** Experience free live music in the beautiful central courtyard of the Boston Public Library





MARY T. CLIFFORD COMMUNITY POOL SUMMER 2026

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim 11a-1p	MS Water Safety Instruction 10:45-11:45	MS Swim Lessons 11a-11:45a	Family Swim 11a-1p	Family Swim 11a-1p	Family Swim 11a-1p	Family Swim 11a-1p
Open Swim w/Lap Swim 1p-8p	SEP Orange Swim Lessons 11a-11:45a	SEP Green Swim Lessons 11a-11:45a	POOL CLOSED FOR STAFF MEETING 1p-2p	Open Swim w/Lap Swim 11a-8p	SEP Orange Swim Lessons 11a-11:45a	Beginner/Youth Lessons 11a-11:45a
	Open Swim w/Lap Swim 12p-8p	Open Swim w/Lap Swim 12p-8p	Open Swim w/Lap Swim 2p-8p	SEP Green Swim Lessons 11a-11:45a	Open Swim w/Lap Swim 1p-8p	Teen/Adult Lessons 12p-12:45p
	Child/Parent Lessons 2p-2:45p	SEP Orange Swim Lessons 3:15p-4p	Aquasize 2p-2:45p	Differently Abled Swim w/Lap Swim 12p-12:45p	SEP Green Swim Lessons 1:15p-2p	Open Swim w/Lap Swim 1p-8p
	Beginner/Youth Lessons 6p-6:45p	Differently Abled Swim Lessons (by appt) 5p-5:45p	Beginner/Youth Lessons 6p-6:45p	Child/Parent Lessons w/Lap Swim 1p-1:45p	MS Swim Lessons 3p-3:45p	Aqua Basketball 4p-5p
	Teen/Adult Lessons 7p-7:45p	Beginner/Youth Lessons 6p-6:45p	Teen/Adult Lessons 7p-7:45p	Beginner/Youth Lessons 6p-6:45p	Differently Abled Swim Lessons (by appt) 5p-5:45p	
		Teen/Adult Lessons 7p-7:45p		Teen/Adult Lessons 7p-7:45p	Child/Parent Lessons 6p-6:45p	
					Aquasize 7p-7:45p	

Programs subject to change as determined by the weather and lifeguards on duty. |



MARY T. CLIFFORD COMMUNITY POOL SUMMER 2026

July 2026

Lessons - All Lessons - Price: Residents = Free, Non-resident = \$2 a class - Class Limit: 20 people

- **Beginner/Youth** - The Learn to swim program comprises all levels from beginner to advanced. Swimmers will learn and perform basic swimming strokes, skills, and safety habits. At this age, children should already have cognitive and motor skills to learn proper swimming skills such as treading on water, floating, and swimming towards an endpoint. Patrons are given assessment tests to determine level and must master all skills in the level to advance to the next skill level. Safety lessons and instructor demonstrations included. Ages: 5-12 years old.
- **Child/Parent** - With assistance from an instructor, caregiver and child will swim together to ensure a positive connection with swimming. Lessons will be given as a group. Parent and child swim lessons offer numerous benefits, including enhanced physical development, improved water safety skills, and strengthened parent-child bonds. These lessons provide a fun and engaging way for toddlers to stay active while building crucial motor skills and confidence in the water. Furthermore, the shared experience fosters a stronger connection between parent and child, creating positive memories and promoting a healthy lifestyle. Ages: 6 months- 3 years old.
- **Differently Able** - Adaptive swimming lessons with assistance from instructors focusing on independence in the water while using basic safety and skills. All Ages.
- **Pre-School** - The Learn to swim program comprises all levels from beginner to advanced. The right age to start swimming lessons varies for each child, but many experts agree that starting as early as 3 years old can be beneficial. Lessons vary for each child, but the child at this age will become comfortable in the water and begin developing basic water safety skills. Patrons are given assessment tests to determine level and must master all skills in the level to advance to the next skill level. Safety lessons and instructor demonstrations included. Ages: 3-5 years old.
- **Teen and Adult** - The Learn to swim program comprises all levels from beginner to advanced. Teen swimming lessons offer a range of physical, mental, and social benefits. They enhance physical health through improved cardiovascular fitness, muscular strength, and endurance, while also promoting stress reduction, increased confidence, and improved sleep. Moreover, swimming lessons instill valuable life-saving skills and foster a sense of accomplishment and social connection. Patrons are given assessment tests to determine level and must master all skills in the level to advance to the next skill level. Safety lessons and instructor demonstrations included. Ages: 13 years old and up.
- **Aquasize** - Jump in and use the resistance of the water to strength your body! Patrons will be given an assessment test to determine skill. Safety lessons and demonstrations are also included. All Ages.

Open Hours

- **Aqua Basketball** - A leisurely activity for teens. This structured recreational activity offers a fun and active way to enjoy the sport of basketball while benefiting from the unique properties of water. This activity promotes positive youth development skills in social interaction, among other abilities. Ages: 13-17.
- **Family Swim** - Experience a peaceful activity for families with small children, toddlers, and infants. Toys and games will be provided for those desiring to participate. Ages: All Ages. Children under 12 years old must be accompanied by an adult.
- **Open Swim** - For all members of the community to engage in social and recreational activities. Swim, exercise, relax, have fun with your neighbors! Ages: All Ages. Children under 12 years old must be accompanied by an adult.
- **Lap Swim** – Open during all activities at the discretion of the lifeguards on duty.

Programs subject to change as determined by the weather and lifeguards on duty. |

RTH Directory

Executive Office - Neville House

11 New Whitney Street, 1st Floor

Karen T. Gately, *Executive Director*
617-232-4306 ext. 104

Donna Desmond, *Chief Financial Officer*
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Jenni Shaw, *Human Resources Director*
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Irving Burday, *Chief Information Officer*
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Patricia Haran, *Controller*
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Anindita Majumdar, *Staff Accountant*
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RTH Community Center

20A Vining Street (Welcome Desk ext. 200)

Stephen Fulton, *Senior Program Director*
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Curtis Williams, *Welcome Desk Administrator*
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Zachary McCulloch, *Health & Wellness Director*
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Darius Cortez-Ricco, *P.E. & Aquatic Director*
DCortezRicco@roxburytenants.org 617-232-4306 ext. 205

Craig McClay, *Director of Teen Programs*
CMcClay@roxburytenants.org 617-232-4306 ext. 206

Education & Resource Center at the Betty Powers Library

25 Mission Park Drive (ERC) (Front Desk ext. 601)

Roxanne Haecker, *Director of Community Education & Workforce Development*

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Xing Zhou, *Program Coordinator*
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Jennifer Lewis, *Youth Educational Services & Workforce Development Specialist*
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Senior Services, Flynn House

805 Huntington Avenue, 1st Floor

Laura Adams, *Director of Senior Services*
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Mary O'Connor, *Aging Well Manager*
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Resident Services Parks Community Building

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Liz Verasamy, *Office Coordinator*
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RTH After School Program Recreation Exploration Center

835 Huntington Avenue

Yolking Hallie, *Youth & Family Director*
YHallie@roxburytenants.org (617) 232-4306 ext. 401