

ATHLETES
UNLIMITED
NEWTON

Marc C. Laredo, Mayor
Marc R. Welch, Acting Commissioner Parks & Recreation



Mark Kelly, Acting Deputy Commissioner
Miranda Morse, Special Needs Recreation Program Manager

Newton Parks & Recreation • 246 Dudley Road, Newton MA 02459 • 617-796-1527

Bright Spring Ahead

As a snowy winter finally comes to a close, we're grateful for the warmth and energy that filled our programs over the past few months. From ice skating, skiing, basketball, and cheerleading to swim lessons, a Valentine's dance, a bingo night and Broadway show, this season has been full of connection, friendship, and fun.

Now, with spring just around the corner, we're looking forward to new beginnings and exciting opportunities. We have three new programs at the Cooper Center in April, including youth multisport, adult crafting and adult pottery. Get excited for the Pajamas & Pancakes Dance on April 17, the Spring Fling Awards Ceremony on May 13, and the Spring Carnival on May 31. Be sure to explore the entire newsletter as we have 12 additional programs for our athletes to enjoy this Spring.

We can't thank our coaches, volunteers, families and community partners enough for helping make each season in the Athletes Unlimited calendar more vibrant than the last. Indeed, a bright Spring is ahead for our athletes.

Ayla Sprague (left) and Grace Flanagan (right) showing off their defensive skills at Bears Basketball. We had 93 athletes participate in our basketball program this Winter.



Our Valentine's Dance was extra sweet as NPD Officers Matt Colella (left) and John Panica (right) came to dance and take pictures with Jillian Mancuso (center) and the other partygoers.



Huge thanks go out to Fessenden School and the BC Women's Hockey team for making our ice-skating program thrive.

FIND US AT:

- Mark Kelly: mkelly@newtonma.gov • 617-796-1527
- Miranda Morse: mmorse@newtonma.gov • 617-796-1538
- Website: newtonathletesunlimited.org
- Volunteer Information: athletesunlimited.volunteerhub.com
- Facebook Page: www.facebook.com/NewtonAthletesUnlimited
- Instagram: NewtonAthletesUnlimited
- YouTube: NewtonAthletesUnlimited
- Online Registration: newtonma.myrec.com

Thank You Annual Fund Supporters

*Newton Athletes Unlimited
was overwhelmed by the
kindness and generosity of
this year's supporters.
You are truly game
changers in the lives of
our athletes and help our
program shine brightly
throughout the year.*



SPRING CARNIVAL!

Presented by the Jaffe Family

Sunday, May 31 • 12:00pm - 2:00pm
Auburndale Cove

Carnival Booths & Games
Inflatables & Sports Activities
Soak'N Wet

What Makes You Happy Art Activity
Hamburgers, Hot Dogs,
Cotton Candy, Cabot's Ice Cream



Parking Lot Across from 104 West Pine Street, Auburndale, MA 02466
Step right up to this free event that will be fun for all!

Zumba · Yoga · Bowling & Baseball · Soccer



Zumba

Put on your dancing sneakers and get ready to move with Judi at Zumba! No dance experience is necessary for this fun, energetic workout experience. Please bring a labeled water bottle. Space is limited so register today!

When: Mondays, 6:15pm – 7:00pm
Location: Zervas School, 30 Beethoven Avenue
Dates: March 30, April 6, 13, 27, (No Program April 20), May 4, 11, 18
Ages: 13 & up
Cost: \$50 Resident/\$60 Non-Resident



Yoga

Ending Monday on our yoga mats is the best way to start the week! Join Sarah each week as we build strength, flexibility, and develop mindfulness & breathing techniques. Please bring a mat if you have one, and a labeled water bottle.

When: Mondays, 7:00pm – 7:45pm
Location: Zervas School, 30 Beethoven Avenue
Dates: March 30, April 6, 13, 27, (No Program April 20), May 4, 11, 18
Ages: 13 & up
Cost: \$50 Resident/\$60 Non-Resident



Tigers Bowling and Baseball

Tigers are back in the alley and back on the baseball field this spring! Get ready for some fun as strikes are thrown each week. Please bring water, and a baseball glove. During baseball season, Tigers will play floor hockey inside in case of inclement weather, so please bring sneakers.

When: 10:00am – 11:00am (Bowling)
10:00am – 11:30am (Baseball)
Location: Needham Bowlway,
16 Chestnut Street, Needham
Emerson Community Center
45 Pettee St., Newton Upper Falls
Ages: 23-40
Dates: **Bowling** March 21, 28; April 4, 11, 18 (NO 4/25)
Baseball May 2, 9, 16, 30 (No 5/23); June 6, 13
Cost: \$50 Resident/\$60 Non-Resident



NEW Youth Multisport Program

We are THRILLED to be having a new program for our youth athletes, in partnership with InclYOUision Sports. This program will be an 8-week program, with 4 weeks focusing on flag football, and 4 weeks focusing on floor hockey. No experience required, just be ready to have fun and learn a new sport with your AU friends! Please bring a water bottle and wear comfy clothes!

When: Wednesdays, 5:30pm – 6:30pm
Location: The Cooper Center, 345 Walnut Street
Dates: April 1, 8, 15, 29; May 6, 20, 27
(NO practice 4/22 or 5/13), June 3
Ages: 7-17
Cost: \$50 Resident/\$60 Non-Resident

**SCHOLARSHIPS
AVAILABLE**



No one will be denied access to programs if they cannot pay. Scholarships are available from Athletes Unlimited.



REGISTRATION IS IMPORTANT

Please register prior to coming to programs or call to find out if space is available. Programs fill quickly and we do not want you to miss out! Register by mail or online at:

newtonmarec.com

Baseball • Track • Swim • Weights • Pottery



Hooligans Spring Soccer

Coach Emma is ready for another season with our Hooligans! Join the team for some drills and games on Sunday evenings at Newton North. Please bring a labeled water bottle, wear your Hooligans uniform if you have one, and wear cleats or sneakers.

When: Sundays, 4:30pm – 6:00pm
Location: Newton North High School
457 Walnut Street
Dates: April 26; May 3, 10, 17, 31
(NO practice 5/24); June 7
Ages: 18 & Up
Cost: \$50 Resident/\$60 Non-Resident



Newton Swim Team

Hop in the pool on Tuesday nights to perfect your backstroke, freestyle, and breaststroke! This program is for independent swimmers looking to have fun in the pool while building endurance and confidence in the water. Information about Special Olympics will be available closer to the events.

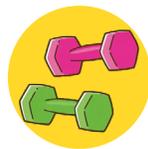
When: Tuesdays, 8:00pm – 9:00pm
Location: Newton North High School
457 Walnut Street
Dates: March 31; April 7, 14, 28 (NO practice 4/21);
May 5, 12, 19, 26; June 2
Ages: 16 & Up
Cost: \$50 Resident/\$60 Non-Resident



NEW Pottery

Knott & Purl is joining us once again for a Pottery Class using the new kilns! We are looking forward to seeing all the creations our AU artists come up with! (Limited to 10 participants)

When: Wednesdays, 6:30pm – 7:30pm
Location: The Cooper Center, 345 Walnut Street
Dates: May 6, 20, 27 (NO class 5/13)
Ages: 18 & Up
Cost: \$50 Resident/\$60 Non-Resident



Weight Training

Come on up to the weight room with Coach Mike to join the fun as you build strength, endurance, and learn proper weight training techniques. Please bring a labeled water bottle. Information about Special Olympics will be available closer to the events.

When: Tuesdays, 7:00pm – 8:00pm
Location: Newton North High School
457 Walnut Street
Dates: March 31; April 7, 14, 28 (NO practice 4/21);
May 5, 12, 19, 26; June 2
Ages: 18 & Up
Cost: \$50 Resident/\$60 Non-Resident



Youth Baseball

Grab your glove and come on down to Emerson for some baseball! This program focuses on developmental baseball skills, with some help from High School Baseball coaches and team members. Bring a glove/bat if you have one, wear cleats or sneakers, and bring a labeled water bottle. We will provide gloves/bats if you don't have one.

When: Saturdays, 9:00am – 10:00am
Location: Emerson Community Center Field
45 Pettee St. Newton Upper Falls
Dates: May 2, 9, 16, 30 (NO practice 5/23); June 6, 13
6-15
Cost: \$50 Resident/\$60 Non-Resident



Track Training/ Walking Club

Time to get your steps in! Run, walk, laugh, and maybe even dance your way around the track this spring with fellow AU Athletes and Volunteers! We'll start the season at the indoor track, and hopefully move outdoors once it gets warmer. Please wear comfortable clothes and sneakers and bring a water bottle. Information about Special Olympics will be available closer to the events.

When: Tuesdays, 7:00pm – 8:00pm
Location: Newton North High School
457 Walnut Street
Dates: March 31; April 7, 14, 28 (NO practice 4/21);
May 5, 12, 19, 26; June 2
Cost: \$50 Resident/\$60 Non-Resident



Tennis • Track • Crafts • Spotlight • Movie • Dance



Tennis

We are ready to serve up the fun again at the Warren/McGrath Courts this Spring! Whether you've been playing for years or are brand new to the sport, this program is for you! Please bring a racquet if you have one, a labeled water bottle, and wear sneakers/comfortable clothes. Information about Special Olympics will be available closer to the events.

When: Wednesdays
Location: Warren/McGrath Courts
1600 Washington Street
Dates: April 29; May 6, 20, 27 (NO practice 5/13); June 3
Session A: Youth ages 6-15, 5:00pm – 5:45pm
Session B: Adult ages 16 & Up, 5:45pm – 6:45pm
Cost: \$50 Resident/\$60 Non-Resident



ATHLETES UNLIMITED
LEGENDS

Legends Dinner & Movie Night



Calling all AU Athletes ages 45+! Come join us at the Cooper Center for dinner & a movie! We will be watching Pixar's "Coco" and having burritos and chips and salsa from neighboring Los Amigos Taqueria.

When: Wednesday, June 10th, 5:30pm – 7:30pm
Location: The Cooper Center, 345 Walnut Street
Ages: 45 & Up
Cost: \$20 Resident/\$25 Non-Resident

NEW Crafting Club

We're excited to connect once again with Tracy from Knot & Purl for a 4-week crafting program! Get the creative juices flowing, and we'll see you in the art room!



When: Wednesdays, 6:30pm – 7:30pm
Location: The Cooper Center, 345 Walnut Street
Dates: April 1, 8, 15, 29 (No class 4/22)
Ages: 13 & Up
Cost: \$50 Resident/\$60 Non-Resident

Pajamas & Pancakes Dance



Back by popular demand, put on your cozy pj's and join us for some delicious pancakes and of course, all the toppings, and dance the night away!

When: Friday, April 17th, 6:30pm – 8:00pm
Location: American Legion Post 440, 295 California St
Ages: 5 & Up
Cost: \$10 Resident/\$10 Non-Resident



Youth Track

Run, sprint, walk, and maybe even dance with Coach Dan on Sunday evenings at Newton North! Practices will be on the outdoor track and are the perfect way to get a fun workout with friends on Sunday nights. Please wear sneakers, comfortable clothes, and bring a labeled water bottle.

When: Sundays, 5:00pm – 6:00pm
Location: Newton North High School
Outdoor Track, Parking on Elm Road
Dates: April 26; May 3, 10, 17, 31 (NO Practice 5/24); June 7, 14
Ages: 6-17
Cost: \$50 Resident/\$60 Non-Resident



Spotlighters

It's time to tune your voices! Spotlighters will be back with Laura at the helm once again. This year's theme, "Whatever the Weather", is very on brand for spring. Can't wait to see these stars shine!

When: Thursdays, 6:30pm – 7:45pm
Location: Zervas School Cafetorium
30 Beethoven Avenue
Dates: March 26; April 2, 9, 16, 30 (NO class 4/23); May 7, 14, 21 (Show)
Ages: 18 & Up
Cost: \$60 Resident/\$70 Non-Resident



ATHLETES UNLIMITED
NEWTON

To view all programs go to:
newtonmarec.com

**ATHLETES UNLIMITED NEWTON
AWARDS CEREMONY**

CELEBRATING ATHLETES, COACHES, VOLUNTEERS & FAMILIES

SPRING 
Fling

WEDNESDAY, MAY 13, 2026

6:00PM – 9:00PM

American Legion Post 440
295 California Street, Newton

Dancing • Awards • Raffles • Silent Auction
Spring Photo Booth

Finger Sandwiches • Chicken Fingers • Caesar Salad • Fruit
Cabot's Sundaes & Cake

Invitations will go in the mail in April • Spring Attire Encouraged



Newton Parks & Recreation • Therapeutic Recreation

Spring 2026 Program Registration Form

(Please write clearly in pen)

Name _____ Date of Birth _____ Age _____

Address _____

Home Phone _____ Participant Cell Phone _____

Parent Phone _____ Group Residence Phone _____

Parent Email _____ Participant Email _____

Group Residence Email _____

Programs	Ages	Resident	Non-Resident	Check Off
1. Crafting Club	13 & Up	\$50	\$60	1. _____
2. Hooligans Spring Soccer	18 & Up	\$50	\$60	2. _____
3. Legends Dinner & Movie	45 & Up	\$20	\$25	3. _____
4. Newton Swim Team	16 & Up	\$50	\$60	4. _____
5. Pajamas & Pancakes Dance	5 & Up	\$10	\$10	5. _____
6. Pottery	18 & Up	\$50	\$60	6. _____
7. Spotlights	18 & Up	\$60	\$70	7. _____
8. Tennis (Adult)	16 & Up	\$50	\$60	8. _____
9. Tennis (Youth)	6-15	\$50	\$60	9. _____
10. Tigers Bowling/Baseball	23-40	\$50	\$60	10. _____
11. Track Training/Walking Club	16 & Up	\$50	\$60	11. _____
12. Weight Training	18 & Up	\$50	\$60	12. _____
13. Yoga	13 & Up	\$50	\$60	13. _____
14. Youth Baseball	7-16	\$50	\$60	14. _____
15. Youth Multisport	7-17	\$50	\$60	15. _____
16. Youth Track	6-17	\$50	\$60	16. _____
17. Zumba	13 & Up	\$50	\$60	17. _____
Total Amount of Check Enclosed			\$	_____

Make all checks payable to: CITY OF NEWTON

Mail registration forms and payment to: Newton Parks, Recreation & Culture, 246 Dudley Road Newton, MA 02459
or go to newtonma.myrec.com and register online.

CONSENT FORM

Parental Consent, Release from Liability and Indemnity for Newton Parks and Recreation Special Needs Program

I/we, the undersigned father and mother, or guardian(s) of _____, a minor, do hereby consent to his/her participation in the Therapeutic Recreation Program of the Newton Parks & Recreation Department. I/we forever RELEASE, acquit, discharge and covenant to hold harmless the City of Newton, a municipal corporation of the Commonwealth of Massachusetts, and its successors, departments, officers, employees, servants and agents, of and from any and all actions, causes of actions, claims, demands, damages, costs, loss of services, expenses and compensation on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damages which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor, and also all claims or rights of actions or damages which said minor has or hereafter may acquire, either before or after his/her participation in Therapeutic Recreation Program. FURTHERMORE, I/we hereby agree to protect the City of Newton and its successors, departments, officers, employees, servants and agents against any and all claims for damages, compensation or otherwise on the part of said minor growing out of or resulting from injury to said minor in connection with his/her participation in the Therapeutic Recreation Program and to INDEMNIFY, reimburse or make good to the City of Newton or its successors, departments, officers, employees, servants and agents any loss or damage or cost, including attorney's fees, the City of Newton or its representatives may have to pay if any litigations arise from said minor's participation in and field trips with, the said Therapeutic Recreation Program.

SIGNATURE PARENT/GUARDIAN

RELATIONSHIP

DATE

Photo Release: For all participants in any program. Permission is given for my child's picture to be taken with the possibility of being published, reproduced or otherwise used for publicity, educational or other purposes. Yes _____ No _____

Medical Information Sheet

(Please write clearly in pen)

Medical Diagnosis _____

Primary Care Physician _____

Known allergies to food _____

Known allergies to medicine _____

Does Participant have seizures? Yes ____ No ____ If yes, how often? _____

What type? _____

Date of last seizure _____

Emergency Contact Name _____

Telephone _____

List all medications participant is taking below:

Please note: Data provided on this form is for information purposes only. In the event of an emergency this form will be given to medical personnel. Newton Parks, Recreation & Culture Department is **not authorized** to administer any medications.

Medication	Time	Dosage

Spring 2026 Calendar

March

S	M	T	W	T	F	S
22	23	24	25	26 Spotlighters	27	8 Tigers Bowling
29	30 Zumba Yoga	31 Track Weight Training Swim				

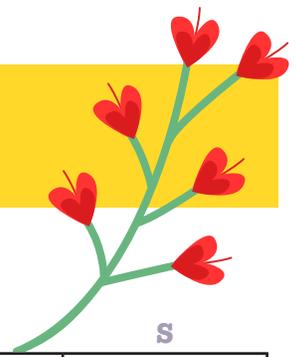
April

S	M	T	W	T	F	S
			1 Passover Starts Youth Multisport Crafting Club	2 Spotlighters	3	4 Tigers Bowling
5 Easter	6 Zumba Yoga	7 Track Weight Training Swim	8 Youth Multisport Crafting Club	9 Spotlighters	10	11 Tigers Bowling
12	13 Zumba Yoga	14 Track Weight Training Swim	15 Youth Multisport Crafting Club	16 Spotlighters	17 Pancakes & PJs Dance	18 Tigers Bowling
19	20 Patriot's Day Boston Marathon	21	22	23	24	25
26 Hooligans Soccer Youth Track	27 Zumba Yoga	28 Track Weight Training Swim	29 Tennis Youth Multisport Crafting Club	30 Spotlighters		

May

S	M	T	W	T	F	S
					1	2 Tigers Baseball Youth Baseball
3 Hooligans Soccer Youth Track SO Swim Meet	4 Zumba Yoga	5 Track Weight Training Swim	6 Tennis Youth MultiSport Pottery	7 Spotlighters	8	9 Tigers Baseball Youth Baseball
10 Mother's Day Hooligans Soccer Youth Track	11 Zumba Yoga	12 Track Weight Training Swim	13  AU Awards Ceremony	14 Spotlighters	15	16 Tigers Baseball Youth Baseball
17 Hooligans Soccer Youth Track SO Track Meet	18 Zumba Yoga	19 Track Weight Training Swim	20 Tennis Youth MultiSport Pottery	21 Spotlighters Performance	22	23
24 Spring Carnival Hooligans Soccer Youth Track 31	25 Memorial Day	26 Track Weight Training Swim	27 Tennis Youth MultiSport Pottery	28	29	30 Tigers Baseball Youth Baseball

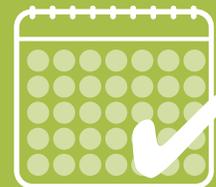
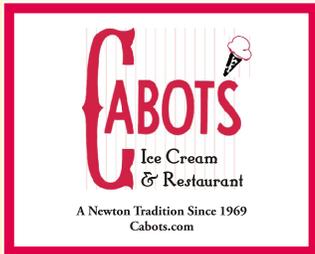
Spring 2026 Calendar



June

S	M	T	W	T	F	S
	1	2 Track Weight Training Swim	3 Tennis Youth MultiSport Pottery	4	5	6 SO Summer Games Youth Baseball Tigers Baseball
7 SO Summer Games Hooligans Soccer Youth Track	8	9	10 Legends Dinner & Movie @ Cooper Center	11	12	13 Youth Baseball Tigers Baseball
14 Hooligans Soccer Youth Track	15	16	17	18	19	20
21 Father's Day	22	23	24	25	26	27
28	29 Camp Echo Bridge Starts	30				

Support our 3 Favorite Places this Spring



Save The Dates:

Schultz Family Triathlon
Thursday, July 23

Cornhole Classic
Thursday, July 30

Paddy's Road Race
Sunday, October 18





