



ATHLETES
UNLIMITED
NEWTON



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



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

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

Summer Fades, Autumn in Focus

Athletes Unlimited had a spectacular summer at Camp Echo Bridge, the City of Newton's largest day camp. We had 303 campers, 80 staff and 35 CITs. For 48 years, the Echo Bridge community has built a legacy of creating joyful memories in Newton Centre—and this summer was undoubtedly one of our finest.

Speaking of summer memories, the 9th Annual Schultz Family Kids Triathlon co-race director Tim Richmond captured the essence of the race the best, "Seeing 225 children of all abilities swimming, biking, running, and crossing the finish line was incredibly rewarding. This event reflects what youth sports should be about – creating an inclusive, welcoming environment where every child has the opportunity to participate, build confidence, and feel like an athlete."

Our adult athletes enjoyed programs and events as well. From puppy yoga and softball to twilight swimming and a luau, summer nights were packed with endless smiles. The smiles continued at the 11th Annual Athletes Unlimited Cornhole Classic. With 40 teams participating, the night was filled with incredible camaraderie, great vibes, and O'Hara's hot dogs and Cabot's ice cream.

As the summer fades, we want to express our deepest gratitude to our incredible staff and volunteers. You are the reason Athletes Unlimited shines so brightly each summer, and we thank you for all you do! As our focus turns to Autumn, programs will include soccer, track, zumba, yoga, weight training, swim, ice skating, spotlights, crafting club and line dancing. The event line-up is set with the AU Fall Ball, a mini golf night, a big screen movie night, and the ever-popular holiday parties.



Siblings Jackie & Campbell Engler brought big smiles and positive energy to Camp Echo Bridge this summer.

Producing all these programs and events requires important financial resources. Thankfully, we have 12 individuals running for Athletes Unlimited at the historic Falmouth Road Race on Sunday, August 16th. We can't thank the team enough for all their training and fundraising efforts. And when we think of running, we are delighted to note our largest fundraiser, Paddy's Road Race, turns the BIG 25 on Sunday, October 18th. Please mark your calendars, start training and get ready for this anniversary shuffle.

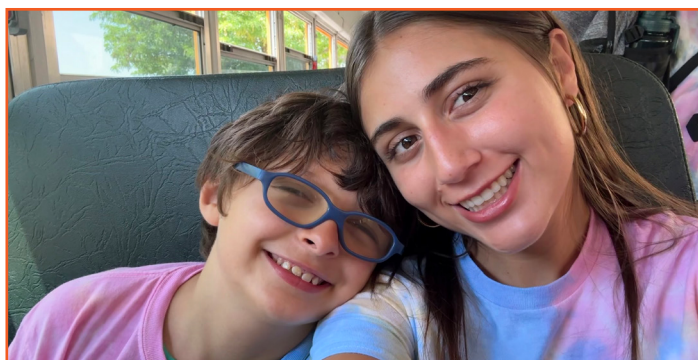
Mark Kelly

FIND US AT:

Mark Kelly
Miranda Morse
Website:
Volunteer Information:
Facebook Page:
Instagram:
YouTube:
Online Registration:

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mmorse@newtonma.gov • 617-796-1538
newtonathletesunlimited.org
athletesunlimited.volunteerhub.com
www.facebook.com/NewtonAthletesUnlimited
NewtonAthletesUnlimited
NewtonAthletesUnlimited
newtonmarec.com

A Fun-Filled Summer!



Soccer • Hockey • Track



Bears Soccer

Bears Soccer will be held on Saturday mornings this fall. We'll practice different soccer drills and skills, while learning to play with teammates! It

is important to note that this program takes place rain or shine as we will utilize Emerson gym if it rains.

When: Saturdays, 9:00am – 10:00am

Location: Emerson Community Center Field,
45 Pettee Street, Newton Upper Falls

Dates: September 12, 19, 26; October 3, 17, 24, 31
(No program Oct 10)

Ages: 8 – 16

Cost: \$50 Newton Resident/\$60 Non-Resident

Tigers Soccer & Floor Hockey



The Tigers are ready to kick off their soccer season with coaches Andy, Dan, Alan & John. It will be followed by the always popular floor hockey program in November and December. It is important to note that this program runs rain or shine as the Tigers head indoors to the Emerson gym if it rains.

When: Saturdays, 10:00am – 11:30am

Location: Emerson Community Center
45 Pettee Street, Newton Upper Falls

Dates: **Soccer** –
September 12, 19, 26;
October 3, 17, 24, 31 (No program Oct 10)
Floor Hockey –
November 7, 14, 21, 28;
December 5, 12, 19

Ages: 20 – 39

Cost: \$50 Newton Resident/\$60 Non-Resident

Hooligans Soccer



The Hooligans Soccer team will practice on Sunday afternoons this fall. We are encouraging all the Hooligans to sign up to walk the Paddy's Road Race on October 18th like in previous years.

When: Sundays, 4:30pm – 6:00pm

Location: Newton North High School Turf Field
(inside of the outdoor track)
457 Walnut Street, Newtonville

Dates: September 13, 20, 27;
October 4, 25 (no program Oct. 11 or 18)

Ages: 18 & Up

Cost: \$50 Newton Resident/\$60 Non-Resident

Youth Track

Coach Dan is ready to walk, run, dance, and play games with everyone on Sunday mornings. We'll work hard and always end with a good ole Cha

Cha Slide! We are encouraging everyone to take part in the Paddy's Road Race on Sunday, October 18th. See registration information on page 2.

When: [NOTE NEW TIME](#) Sundays, 8:00am – 9:00am

Location: Newton North High School Outdoor Track
457 Walnut Street, Newtonville

Dates: September 13, 20, 27; 4, 25
(No program Oct 11th or 18th)

Ages: 8 – 16

Cost: \$30 Newton Resident/\$40 Non-Resident



SCHOLARSHIPS AVAILABLE

No one will be denied access to programs due to inability to pay Scholarships are available from Athletes Unlimited Newton. Call or email Mark mkelly@newtonma.gov 617.796.1527.

Zumba • Yoga • Track • Weights



Zumba

Zumba is always a party on Monday night, so get ready to dance the night away

and work up a sweat. Be ready to have fun with friends, move and groove and get a great workout in.

When: Mondays, 6:15pm – 7:00pm

Location: Zervas Elementary School
30 Beethoven Avenue, Waban

Dates: September 21, 28
October 5, 26 (no program Oct 12; 19)
November 2, 9, 16, 23, 30

Ages: 13 & Up

Cost: \$50 Newton Resident/\$60 Non-Resident

Yoga

Mondays are made for relaxation! We'll be practicing different poses, working on our strength, and mindfulness at yoga. Bring a mat if you have one and wear comfortable clothes!



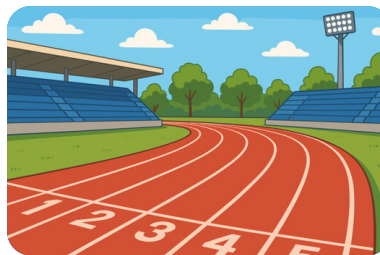
When: Mondays, 7:00pm – 7:45pm

Location: Zervas Elementary School
30 Beethoven Avenue, Waban

Dates: September 21, 28
October 5, 26 (no program Oct 12, 19)
November 2, 9, 16, 23, 30

Ages: 13 & Up

Cost: \$50 Newton Resident/\$60 Non-Resident



Track Training

Join the fun on Tuesday night with all your friends! We'll be walking, talking, jogging, and even

dancing on the track at Newton North. Wear sneakers and comfortable clothes and be ready for a great Tuesday night.

When: Tuesdays, 7:00pm – 8:00pm

Location: Newton North High School Indoor Track
457 Walnut Street, Newtonville

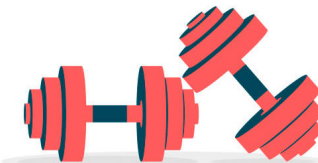
Dates: October 27
November 3, 10, 17, 24
December 1, 8, 15

Ages: 16 & Up

Cost: \$50 Newton Resident/\$60 Non-Resident

Weight Training

Come work out with Coach Mike and friends on Tuesday nights! Learn proper weight lifting techniques while socializing with friends. Wear comfortable clothing, sneakers and bring a water bottle.



When: Tuesdays, 7:00pm – 8:00pm

Location: Newton North High School
457 Walnut Street, Newtonville

Dates: October 27
November 3, 10, 17, 24
December 1, 8, 15

Ages: 18 & Up

Cost: \$50 Newton Resident/\$60 Non-Resident



ATHLETES
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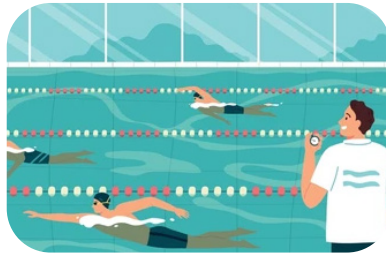
To view all programs and register go to:
newtonmarec.com

**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.

Swim • Skate • Spotlight • Craft • Dance

Newton Swim Team



Our Newton Swim Team practices building endurance for laps, and perfecting different strokes with Coach Liz and all our incredible volunteers. Space is very limited so please register immediately.

When: Tuesdays, 8:00pm – 9:00pm
Location: Newton North High School Pool
457 Walnut Street, Newtonville
Dates: October 27
November 3, 10, 17, 24
December 1, 8, 15
Ages: 16 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident

Ice Skating



We're ready to skate and slide around on the ice with Fessenden hockey players and BC Women's Hockey Team! Skaters (and any parent/family/staff chaperones) **MUST** wear helmets and bring their own skates. Please register immediately as space is limited to 30 athletes!

When: Thursdays, 6:00pm – 6:50pm
Location: Fessenden School Rink
450 Crafts Street, West Newton
Dates: December 3, 10, 17; January 7, 14, 21, 28; February 4
Ages: 6 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident

Spotlighters

Come join director Laura Gunning for this fall's theme, Counting on Broadway. We will sing some of our favorite songs from musicals featuring numbers. Whether it's One or 525,600, we can always count on having a great time singing with Spotlighters. Performers will receive a folder with lyrics to practice at home. At the end of the session, we'll have a performance for all our family and friends!

When: Thursdays, 6:30pm – 7:45pm
Location: Zervas Elementary School
30 Beethoven Avenue, Waban
Dates: September 24; October 1, 8, 15, 22, 29;
November 5, 12;
November 19th performance at 7:30pm
Ages: 18 & Up
Cost: \$60 Newton Resident/\$70 Non-Resident



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, 6:00pm – 7:00pm
Location: The Cooper Center,
345 Walnut Street, Newtonville
Dates: September 23; October 7, 14, 28
Ages: 13 & Up
Cost: \$50 Newton Resident/\$60 Non-Resident

Line Dancing

Get ready to boot, scoot and boogie at our fun filled line dancing program. It will feature hits like the macarena, chicken dance and electric slide. This 4-week program will take place in the fitness studio.



When: Wednesdays, 7:00pm – 8:00pm
Location: The Cooper Center,
345 Walnut Street, Newtonville
Dates: September 23; October 7, 14, 28
Ages: 13 & Up
Cost: \$25 Newton Resident/\$30 Non-Resident



**ATHLETES UNLIMITED
NEWTON**

LIFE WITHOUT LIMITS

Socials



AU Fall Ball

Come have bushels of fun at the AU Fall Ball. Think autumn colors, plaid shirts, and tons of fun with your friends. Please eat dinner beforehand but save room for dessert as we will be serving apple cider, cider donuts, and fall flavored ice cream. The DJs will be playing all your favorite dance tunes and there will be some fall crafts to create as well.

When: Wednesday, 6:30pm – 8:00pm

Location: American Legion Post 440
295 California Street, Newton

Date: September 30

Ages: All ages

Cost: Free, but you must RSVP

Big Screen Movie Night

The Holiday Movie this year will be “Klaus”. Join your friends for this beautifully animated film that offers a touching origin story for Santa Claus. Wear PJs or comfy clothes and bring a sleeping bag or blanket to lay on the gym floor. We will serve pizza, hot chocolate, and sugar cookies.



When: Wednesday, 6:00pm – 8:30pm

Location: The Cooper Center,
345 Walnut Street, Newtonville

Date: December 2

Ages: 13 & Up

Cost: \$20 Newton Resident/\$25 Non-Resident

Mini Golf Night

Mini Golf On The Go is bringing their 18-hole mini golf course to the Cooper Center this fall. Challenging obstacles like windmills, ramps, buildings, loops, and LED lighting will make for a super fun night.



When: Wednesday, 6:00pm – 8:00pm

Location: The Cooper Center,
345 Walnut Street, Newtonville

Dates: November 18th

Ages: 13 & Up

Cost: \$15 Newton Resident/\$20 Non-Resident

Holiday Parties



Come join us for fun nights of food, dancing and more. In October, dress up in your favorite Halloween

Costume and maybe win a prize for: Best, Scariest, Most Creative or Funniest Costume. In December, dress up and be in the holiday spirit as Santa always likes to visit! Pizza, drinks and dessert will be served. These parties are generously donated by the Nonantum Children's Christmas Party Association in memory of Fat Pellegrini.

When: Wednesday Nights

Location: American Legion Post 440,
295 California Street, Newton

Dates: **Halloween Party:**
October 21, 6:30pm – 8:00pm

Holiday Party:
December 16, 6:30pm – 8:30pm

Ages: All ages

Cost: Free, but must RSVP – please include number of staff if applicable. This year we will be holding a food drive to benefit the Newton Food Pantry. We will send a list of their most needed items to all who sign up.

Newton Parks & Recreation • Therapeutic Recreation

Fall 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. Bears Soccer	8 – 16	\$50	\$60	1. _____
2. Big Screen Movie Night: Klaus	13 & Up	\$20	\$25	2. _____
3. Crafting Club	13 & Up	\$25	\$30	3. _____
4. AU Fall Ball	All Ages	Free	Free	4. _____
5. Halloween Party	All Ages	Free	Free	5. _____
6. Holiday Party	All Ages	Free	Free	6. _____
7. Hooligans Soccer	18 & Up	\$50	\$60	7. _____
8. Ice Skating	6 & Up	\$50	\$60	8. _____
9. Line Dancing	13 & Up	\$25	\$30	9. _____
10. Mini-Golf Night	13 & Up	\$15	\$20	10. _____
11. Newton Swim Team	16 & Up	\$50	\$60	11. _____
12. Spotlighters	18 & Up	\$60	\$70	12. _____
13. Tigers Soccer/Floor Hockey	20 – 39	\$50	\$60	13. _____
14. Track Training/Walking Club	16 & Up	\$50	\$60	14. _____
15. Weight Training	18 & Up	\$50	\$60	15. _____
16. Yoga	13 & Up	\$50	\$60	16. _____
17. Youth Track	8 – 16	\$30	\$40	17. _____
18. Zumba	13 & Up	\$50	\$60	18. _____

Total Amount of Check Enclosed \$ _____

Make all checks payable to: CITY OF NEWTON

Mail registration forms and payment to: Newton Parks & Recreation, 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 & 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 Department is **not authorized** to administer any medications.

Medication	Time	Dosage

Fall 2026 Calendar

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Rosh Hashanah	12 Bears Soccer Tigers Soccer
13 Hooligans Soccer Youth Track	14	15	16 AU Board Meeting	17	18	19 Bears Soccer Tigers Soccer
20 Hooligans Soccer Youth Track Yom Kippur	21 Zumba Yoga	22	23 Crafting Club Line Dancing	24 Spotlighters	25	26 Bears Soccer Tigers Soccer
27 Hooligans Soccer Youth Track	28 Zumba Yoga	29	30 AU Fall Ball			

October

S	M	T	W	T	F	S
				1 Spotlighters	2	3 Bears Soccer Tigers Soccer
4 Hooligans Soccer Youth Track	5 Zumba Yoga	6	7 Crafting Club Line Dancing	8 Spotlighters	9	10
11	12 Columbus Day/ Indigenous Peoples Day	13	14 Crafting Club Line Dancing	15 Spotlighters	16	17 Bears Soccer Tigers Soccer
18 Paddy's Road Race	19	20	21 Halloween Party	22 Spotlighters	23	24 Bears Soccer Tigers Soccer
25 Hooligans Soccer Youth Track	26 Zumba Yoga	27 Track Weight Training Swim	28 Crafting Club Line Dancing	29 Spotlighters	30	31 Bears Soccer Tigers Soccer Happy Halloween

Fall 2026 Calendar

November

S	M	T	W	T	F	S
1	2 Zumba Yoga	3 Track Weight Training Swim	4 AU Board Meeting	5	6	7 Tigers Floor Hockey
8	9 Zumba Yoga	10 Track Weight Training Swim	11 Veterans Day	12 Spotlighters	13	14 Tigers Floor Hockey
15	16 Zumba Yoga	17 Track Weight Training Swim	18 Mini Golf Night	19 Spotlighter's Performance	20	21 Tigers Floor Hockey
22	23 Zumba Yoga	24 Track Weight Training Swim	25	26 Thanksgiving	27	28 Tigers Floor Hockey
29	30 Zumba Yoga					

December

S	M	T	W	T	F	S
30		1 Track Weight Training Swim	2 AU Holiday Movie Night @ The Cooper Center	3 Ice Skating	4 1st Night of Hanukkah	5 Tigers Floor Hockey
6	7	8 Track Weight Training Swim	9	10 Ice Skating	11	12 Tigers Floor Hockey
13	14	15 Track Weight Training Swim	16 Holiday Party	17 Ice Skating	18	19 Tigers Floor Hockey
20	21	22	23	24	25 Christmas	26
27	28	29	30	31		



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Wattham, MA



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If you or your company would like to sponsor this year's race on Sunday, October 18, 2026 please call 617-796-1527. To sign up and learn more about the race visit us online at paddysroadrace.com

The O'Hara family and the Athletes Unlimited program would like to thank our 2025 Gold and Signature sponsors.



The O'Hara family and the Athletes Unlimited program would like to thank our 2025 Platinum sponsors. If you or your company would like to sponsor this year's race on Sunday, October 18, 2026, please call 617-796-1527. To sign up and learn more about the race visit us online at paddysroadrace.com