



FIDELITY HOUSE NEWS

Jan. 7,
2025

NEIGHBORHOOD BASKETBALL LEAGUE-

Offered on Saturday Afternoons, January 4 – February 8 (6 sessions) at Arlington Catholic. Each session will include an individual skills clinic, team drills and game. Kindergarten - 2nd graders attend 4 – 5 p.m., 3rd – 5th graders attend 5 – 6 p.m. NBL will use Junior Size basketballs to introduce basketball skills & proper technique. Grades K-2 will also use 8-foot hoops.

JANUARY FULL DAY PROGRAM-



Fidelity House's School Age Child Care Program will be offering a Full day program on Monday, January 20 (Martin Luther King, Jr. Day).

Hours are 8 – 5:45 p.m. The program is open to kindergarten and up. Age appropriate activities are always part of the day. The program is open to kindergarten thru 6th grade.

Registration in advance is required.

FOR the PRESCHOOL/PREK CROWD- Fidelity House will also be offering a **Preschool/Pre-K/Program on Monday, January 20, 8:30 – 12:30 p.m. or 8:30 a.m. – 5 p.m. options.** 8 a.m. early drop off is available. A minimum number of children registered is required by **Thursday, Jan. 16.**

Start 2025 with a GREAT JOB!



Senior Staff
positions working
with children &
Preschool
Teacher
available



afternoon hours

Give us a call at 781-648-2005 or stop on by!



HELP US WRAP UP THIS GYM FOR 2025!

Donations still needed, welcomed & appreciated!

Donations accepted at Fidelity House, 25 Medford Street, Arlington, MA 02474 & online at fidelityhouse.org



POP UP PROGRAMS-

One to two class POP UP Programs for kids will be offered periodically that are fun, offer a chance to try something new and do not require a big time commitment. Upcoming 3:15 – 4 p.m. program for Grades k -2, 4—4:45 p.m. programs for Grades 3—6 are **Tuesday, January 14 - Puppet Theater & Tuesday, February 4-February 11, Masking Tape Animals.**





NEW YEAR...NEW PROGRAMS...Starting THIS WEEK!



STRENGTH & CONDITIONING- Strengthening & conditioning program for 2nd—6th graders offered on Tuesdays, 3:15—4 p.m., January 7—February 11.

GAGA BALL —Fast paced kinder variation of dodgeball played in an octagonal pit on Tuesday, 3:15—4 p.m., k—2nd grade. January 7—February 11.

PILLO POLO/HOCKEY- Pillo Polo is a popular recreation and physical education game that has been around for over 40 years. Pillo Polo has all the ingredients of floor hockey, but uses a lightweight Pillo Polo stick which features a foam head on the end for accurate contact with the ball. Offered for k—2nd grade Wednesdays, 3:15—4 p.m., January 8—February 12.

Gr. 2 – 6 CHESS CLUB-The Chess Club gives 2nd—6th graders an opportunity to play friendly games of chess against their peers in a low-stress environment. Offered Tuesdays, 3:15—4 p.m., January 7—February 11.

ARCHERY- This fun, recreational program for grades 2—6 will feature weekly drills and skill games to become better archers! Tuesdays, 4—4:45 p.m., January 7—February 11.

BILLIARDS/POOL CLUB- This program is designed to introduce youth to the game of billiards (often referred to as pool), providing them with a fun environment to learn basic skills, practice shots, and participate in friendly competition. It will focus on understanding the game, developing hand-eye coordination, strategic thinking, and sportsmanship. Offered for grade 2—6 on Wednesdays, 1:30—2:45 p.m.. January 8—February 12.



NEW PROGRAMS...JUST STARTED...



POLAR BEAR FOOTBALL—Flag Football games played on Fridays, 3:15—4 p.m., Outdoor activity, dress appropriately. Grades 2—6, Continues thru February 14.

GIRLS IN THE HOUSE —Girls only action for K—2nd grade, on Thursdays, 3:15—4 p.m., 3rd – 6th grade 4 – 4:45 p.m. Sports & group games will be incorporated into the fun. Continues thru February 13.

YOGA-Kids yoga for Gr. k—6 is a fun, exercise-based yoga class for children that incorporates poses, breathing, and creative activities to help children develop strength, flexibility, and coordination. Fridays, 3:15—4 p.m., thru February 14.

CUP STACKING CLUB- Yes, cup stacking, also known as sport stacking, is a sport! The goal of the sport is to stack and unstack cups as quickly as possible. It requires both speed, creativity and there are unlimited challenges associated with it. Offered for K—2nd grade, on Fridays, 3:15—4 p.m., 3rd – 6th grade at 4 – 4:45 p.m. Continues thru February 14.

LEGO CLUB- Design, build & finish your own/group lego creations working off a different theme each week. Offered Thursdays for Grades k -2, 3:15—4:00 pm, 4 - 4:45 pm. for Grades 3 - 6, thru February 13.

K – 1st gr. CHESS CLUB-The Chess Club gives K—1st graders an opportunity to play friendly games of chess against their peers in a low-stress environment. Offered Thursdays, 3:15—4 p.m., thru February 13,

PING PONG CLUB- Learn & improve ping pong skills while having fun and playing in tournament action. Offered on Mondays, 3:15—4 p.m., grades 3—6th grade. Thru February 10 (No 1/20).

Good to Know!!

Kids Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- better sleep
- a better outlook on life

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful.

Be ACTIVE at FIHO this WINTER!