Summer Enrichment Program

Our Summer Enrichment Program is back in full swing. We have thirty participants joining us for seven fun-filled weeks of games, sports, cooking class, arts & crafts and yoga. We've also taken some fun field trips to the newly renovated Garvey Park, USS Constitution Museum, The Waterworks Museum, Spectacle Island and George's Island. We are so lucky to have an energetic staff of youth counselors from Boston Center For Youth & Families and Madison Park Dewitt Center helping us man this amazing program.

ADSL Summer Enrichment
JULY 5 - AUGUST 20
MON-FRI 9AM - 4PM

Fun In The Sun Drop-in
JULY 19-AUGUST 20
MON-THUR 11AM-2PM

Summer Circuit Basketball
MON & WED 6PM

Girls Fit First
JULY 15 - AUGUST 20
TUE & THUR 3PM

Summer Soccer
JULY 7 - AUGUST 4
MON & WED 4PM

www.alldorchestersports.org
(617)287-1601
Fun In The Sun Drop-in Program

There is always an overwhelming interest in our Summer Enrichment Program but because of limited staff and space, we are forced to put a cap on the program. In efforts to accommodate those families who did not register in time, we created an outdoor drop-in program which is a modified version of Summer Enrichment. Our goal was not to turn anyone away who may be looking for a summer program. The program is Monday through Thursday, 11AM -2PM (weather permitting).

Fit Kitchen

Once a week we offer a Fit Kitchen lesson to our program participants. Healthy eating is essential to a happy and long life. At ADSL we don’t just focus on fitness and exercise but also on what we put in our bodies. Our Fit Kitchen class is a hands-on experience that focuses on good eating habits and fun tasty alternatives to today’s unhealthy fast foods.
ADSL Soccer

ADSL Soccer is back and so is our wonderful Coach Manny! We had so many participants this summer that we had to split the group into two sessions. It’s not too late to sign up for fall soccer on our website and join in the fun. Stay tuned for our next newsletter to read more about our amazing coach!

Our new Girls Fit First Program is a resource for youth girls ages 14-17 in the Boston area to stay active while school is in summer recess. Girls Fit First will be providing fitness classes along with youth development classes that in tandem emphasize mind and body wellness. Our goal is to provide a safe space for young ladies that facilitates healthy lifestyles and hard work.

The fitness classes are geared towards young women’s fitness goals and take a different approach to working out in a gym setting. Classes will include Zumba, guided HIIT workouts, Barre, Yoga and other fitness classes.

The youth development component will include lessons that focus on civic engagement, development of interpersonal skills, and emphasize healthy lifestyle choices when making decisions regarding nutrition and sexual health. Through Girls Fit First young ladies will build confidence & leadership skills in an empowering environment.

Participants will receive stipends upon completion of program.

ADSL has a new girls fitness program!

READ THE DESCRIPTION BELOW FOR MORE INFORMATION ON OUR NEW PROGRAM
A Visit From The Attorney General

Recently, Attorney General Maura Healey took time out of her busy schedule to visit ADSL and see what we’re all about. After a quick tour of our facility, she talked to our program participants and even enjoyed a fun game of kickball with all of us. To date, the AG’s Office has provided more than $1.5 million in funding through 359 grants to 177 organizations in 82 cities and towns across the state. This has resulted in more than 800 jobs for young people. We are grateful to receive some of this funding so we can hire youth in our community to support our summer programs.
ADSL Welcomes Thomas Conroy

ADSL welcomes Thomas Conroy as our new Baseball Coordinator! Thomas has been a part of ADSL programs for years as they continue to grow and change. He played baseball for ADSL as a child and returned to volunteer for our after school program as a Boston College High School student. We were thrilled when he later reached out to us to coach a woodbat baseball team with his friends last season and even more excited that he decided to stay on as a coordinator for our baseball and t-ball programs. Thank you Thomas for your support!
2021 Softball

We had a successful softball season this year with over 225 participants and 40 coaches who were on the field rain or shine giving it their all. We would like to thank our dedicated staff, coaches, parents, players and sponsors for all of their support this season. We could not have done it without your help.
STAY TUNED FOR OUR FALL PROGRAMS