

**March into Summer**



**SUMMER KICK OFF - OPEN HOUSE**

**Saturday, March 9  
10:00 AM - 1:00 PM  
Westwood Recreation Department  
Free and fun for all ages!**

★ Swimming ★ Games ★ Photo Booth ★ Crafts ★ Snacks ★

**SPECIAL REGISTRATION**

**10% DISCOUNT ON SUMMER PROGRAMS PAID IN FULL**

(Saturday, March 9 - Tuesday, March 12 only)

**ONLINE: [WWW.WESTWOODREC.COM](http://WWW.WESTWOODREC.COM)**

SATURDAY, MARCH 9 - TUESDAY, MARCH 12

Online registrations is the easiest and most efficient way to register!

**WALK IN: WESTWOOD RECREATION**

SATURDAY, MARCH 9, 10:00-1:00

MONDAY, MARCH 11, 8:30-4:30

TUESDAY, MARCH 12, 8:30-7:00

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## COMMUNITY

- Boy Scouts Troop 3 Westwood [www.troop3westwood.org](http://www.troop3westwood.org)
- Boy Scouts Troop 1 Islington [scoutmaster@troop1islington.org](mailto:scoutmaster@troop1islington.org)
- Community Chest <http://wcchest.org/>
- Foundation Westwood Education [www.foundationforwestwoodeducation.org](http://www.foundationforwestwoodeducation.org)
- Hale Reservation [www.halereservation.org](http://www.halereservation.org)
- Lions Club of Westwood <http://westwoodlions.org/>
- Rotary Club of Westwood [www.westwoodrotary.com](http://www.westwoodrotary.com)
- The Arc of South Norfolk [www.arcsouthnorfolk.org](http://www.arcsouthnorfolk.org)
- Town of Westwood [www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us)
- Westwood Chinese School [www.westwoodcs.org](http://www.westwoodcs.org)
- Westwood Girl Scouts [www.girlscoutseasternmass.org](http://www.girlscoutseasternmass.org)
- Westwood Historical Society [www.westwoodhistoricalsociety.com](http://www.westwoodhistoricalsociety.com)
- Westwood Public Schools [www.westwood.k12.ma.us](http://www.westwood.k12.ma.us)
- Westwood Walpole League of Women Voters  
[www.lvwwestwoodwalpolededham.org](http://www.lvwwestwoodwalpolededham.org)
- Westwood Young Women's Club [www.wywc.org](http://www.wywc.org)
- Westwood Winds Community Band [www.westwoodwinds.org](http://www.westwoodwinds.org)

## YOUTH AND ADULT SPORTS

- Over 30 Men's Softball [fcurran@nemoves.com](mailto:fcurran@nemoves.com)
- Westwood Boys Youth Lacrosse [www.westwoodyouthlacrosse.com](http://www.westwoodyouthlacrosse.com)
- Westwood Girls Youth Lacrosse [westwoodgirlslacrosse@gmail.com](mailto:westwoodgirlslacrosse@gmail.com)
- Westwood Little League Baseball [www.westwoodlittleleague.com](http://www.westwoodlittleleague.com)
- Westwood Track Club [www.trackclinic.com](http://www.trackclinic.com)
- Westwood Youth Basketball [www.westwoodbasketball.org](http://www.westwoodbasketball.org)
- Westwood Youth Hockey <https://leagueathletics.com/?org=wyh.org>
- Westwood Youth Soccer [www.westwoodsoccer.org](http://www.westwoodsoccer.org)
- Westwood Youth Softball [www.westwoodyouthsoftball.org](http://www.westwoodyouthsoftball.org)
- Westwood Youth Football [www.dswyouthfootball.org](http://www.dswyouthfootball.org)

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### SELECT BOARD

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Recreation Director

Susan Perry  
Aquatics Manager

Taryn Crocker  
Program Administrator

Zachary Krause  
Assistant Aquatics Manager

Richard Adams  
Business Manager

Joe Bertone  
Program Manager



### WESTWOOD RECREATION

240 Nahatan Street  
Westwood, MA 02090  
(781) 461-0070

### EMAIL ADDRESS

recreation@townhall.westwood.ma.us

### WEBSITE

[www.westwoodrec.com](http://www.westwoodrec.com)

### OFFICE HOURS

Mondays 8:30 AM-4:30 PM  
Tuesdays 8:30 AM-7:00 PM  
Wednesdays 8:30 AM-4:30 PM  
Thursdays 8:30 AM-4:30 PM  
Fridays 8:30 AM-1:00 PM

## WHEN TO REGISTER

**SPRING REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**

**SUMMER REGISTRATION BEGINS SATURDAY, MARCH 9, 10:00AM**

## HOW TO REGISTER

ONLINE: [www.westwoodrec.com](http://www.westwoodrec.com)

Click Register Now. Click Account to log in using your email and password.

(Create an account. Click Register Now. Click Account and click I would like to create a New Account and enter information as prompted for each family member.)

Click Register and choose Programs or Activities (select program category, season, activity/class) or Purchase or Renew a membership (select New or Renew). Credit Cards: MasterCard, Visa or Discover

WALK IN: Public office hours at the Recreation Department.

Checks (payable to Town of Westwood), MasterCard, Visa, Discover (card must be present) or cash.

MAIL IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.

Checks only accepted (payable to Town of Westwood.) Do not mail in credit card numbers.

CONFIRMATION: Online registrations receive a receipt via email. All others please consider the registration accepted and report to your programs unless the Recreation Department notifies you.

## POLICIES AND PROCEDURES

**NON-RESIDENTS:** An additional fee of \$10 per program per participant will be charged.

**ENROLLMENT:** All fees must be paid in advance. A person is registered when their payment and registration form have been accepted by the Recreation Department or a person has registered online. The Department reserves the right to cancel a program due to insufficient registration or if there are other reasons to prevent an acceptable presentation of an activity. There is a \$25 fee payable to the Town of Westwood for returned checks.

- **Programs must meet the minimum number of participants seven business days prior to start date or the program will be canceled. To avoid this, register early!**
- **When a program meets the maximum number of participants, you are encouraged to sign up for the wait list. Recreation will try to accommodate you if the program allows expansion. Westwood residents are given priority placement off the wait list.**

**AGE/GRADE REQUIREMENTS:** Participants MUST meet age/grade requirement by the first day of the program or session. No exceptions will be made.

**REFUND/ACCOUNT CREDIT POLICY:** When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

Refund/Credit Policy	Refund	Account Credit
Department Cancels Program	Full Amount	Full Amount
Department changes prohibit your attendance	Full Amount	Full Amount
Medical problem confirmed by a doctor's note	Full Amount/Prorated	Full Amount/Prorated
Withdraw <b>7 business days prior</b> to program start date	Full Amount minus \$15 Fee	Full Amount
Withdraw <b>less than 7 business days prior</b> to program start date	<b>NO REFUND</b>	<b>NO CREDIT</b>

## PAYMENT PLAN/SCHOLARSHIP APPLICATION

**PAYMENT PLAN:** Allows families to register for programs and defer the payments. Payment plans must be initiated and set up at the Recreation Department Office with Richard Adams. Approved payment plans offer credit card, check or cash payment options. Please note: The Refund/Credit Policy cited above does apply to all payment plans. If you reserve a space using the pay plan, you are committed to paying fees and will be charged accordingly.

**SCHOLARSHIPS:** Available to Westwood residents in financial need. To inquire about financial assistance options contact Richard Adams, [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us) or 781-355-8098 prior to March 4. The deadline to submit paperwork for Financial Aid is March 9. Applications received after March 9 will be reviewed on a case-by-case exception basis.





## FREQUENTLY ASKED QUESTIONS

### 1. How do I register for a program?

Online registration is the easiest, most efficient way to register. Registration and step by step instructions are at [www.westwoodrec.com](http://www.westwoodrec.com). You may also walk in or mail your registration, see page 4 for office hours and mailing address. Please note, mailed registrations will be processed on Monday, March 11<sup>th</sup>.

### 2. When is Westwood Public School Summer Enrichment Program?

Please note that Enrichment will run the four weeks from July 1 through July 26. If you plan on registering for our afternoon Summer Camp option, these Enrichment dates align with our Summer Camp dates **WEEKS: 2, 3, 4 & 5.**

### 3. When does summer registration begin?

All online and in person registration begins on Saturday, March 9 at 10:00 AM. The March Into Summer (MIS) 10% discount on summer programs paid-in-full ends on Tuesday, March 12 at 11:59 PM. Online registration is encouraged. **Be sure to set up your online account or check your account log in prior to March 9 in preparation for an easy registration process.** For questions on setting up an account or logging in please contact the Recreation Office at 781-461-0070.



### 4. What is the fastest way to register for programming?

The fastest way to register is to use online registration. While registering, add each program to your cart and then check out. Please note that once you add a program to your cart, your spot is secure as long as you actively continue to register. If your account is inactive for more than 15 minutes without checking out, your cart will be cleared. There is no need to register for one program and check out; then register for another program and check out, etc. This will actually slow down your registration process.

### 5. Do I need to attend *March Into Summer* in order to register for summer camp or any other programs?

**No**, you do not need to attend the event in order to register for any of our programs. March Into Summer is designed to help families who have questions, need help with registration and/or would simply like to join us for some family fun! **Online registration is the preferred registration method and opens on Saturday, March 9 at 10:00 AM.**

### 6. Is there a discount for early registration?

Yes! Registrations for summer programs that are **paid in full** and received by Tuesday, March 12 by 11:59 PM receive a 10% discount. The discount **only** applies to **summer programs** (certain programs do not offer a MIS discount and will be noted in the brochure). Registrations accepted online, mailed in or at March Into Summer will receive the 10% discount as long as they are received by the deadline and **paid in full**.

### 7. My registration is eligible for the 10% discount, how will it be applied?

For online registrations, the 10% discount will be automatically applied at check out. Put all items in your "cart".

### 8. I would like to pay by check, can I register online?

No, if paying by check or cash you must register at the Recreation Office during the MIS event or during open office hours.

### 9. Is there financial assistance available for summer programs?

Yes, Financial Assistance is available to Westwood residents in financial need. To inquire about financial assistance options contact Richard Adams, [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us) or 781-355-8098 prior to March 4. The deadline to submit paperwork for Financial Aid is March 9. Applications received after March 9 will be reviewed on a case-by-case exception basis.

### 10. How do I set up a Pay Plan?

Pay Plans allow you to register family members for programs and defer the payments. Payment plans must be initiated and set up at the Recreation Department Office with Richard Adams: [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us). Approved payment plans offer credit card, check or cash payment options. Please note: The Refund/Account Credit Policy does apply. If you reserve a space using the pay plan, you are committed to paying the program fee and will be charged accordingly. A 10% discount will only be applied to the programs paid in full during the MIS dates.

### 11. I was placed on a Waitlist, now what?

If you are waitlisted during the *March Into Summer* event (March 9, 10:00AM – March 12, 11:59 PM) and receive a spot in the program you are waitlisted for AFTER the MIS dates, you will still be eligible for the 10% discount ONLY on the program(s) you were waitlisted for. If you are waitlisted for a camp week and want to add swim lessons, the added extra program will be at full price. Westwood Residents will have first priority off any waitlist. The department will continually look at program waitlists and try to accommodate the best we can, as staffing and space allow.

# March into Summer



Saturday, March 9  
10:00 AM - 1:00 PM  
Westwood Recreation Department  
Free and fun for all ages!

## JOIN US FOR FAMILY FUN, SUMMER PREVIEW AND FESTIVITIES FEATURING

### Pool

Lap Swim (2 Lanes)  
Open Swim (4 Lanes)  
Cannon Ball Contest 12:00 – 12:15PM  
Tot Dock Exploration  
Swim Lesson Evaluations  
Water Basketball

### Pool Lobby and Hallway

Wegmans  
Photo Booth  
Art Activity w. Lisa Walker  
Games  
Behn Basketball  
Top Secret Science

**SPECIAL REGISTRATION - 10% DISCOUNT ON SUMMER PROGRAMS PAID IN FULL (3/9-3/12 only)**

ONLINE: [WWW.WESTWOODREC.COM](http://WWW.WESTWOODREC.COM)

Online registration for summer programs and camps begin on March 9 at 10:00AM. The March Into Summer discount will be applied at check out on all paid in full qualifying summer registrations between March 9-12, 2019 at 11:59PM.

Special Thank you to our Sponsor

## CANCELLATION/ REFUND POLICY FOR ALL PROGRAMS

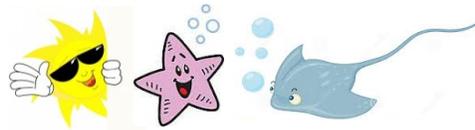
**REFUND/ACCOUNT CREDIT POLICY:** When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

Refund/Credit Policy	Refund	Account Credit
Department Cancels Program	Full Amount	Full Amount
Department changes prohibit your attendance	Full Amount	Full Amount
Medical problem confirmed by a doctor's note	Full Amount/Prorated	Full Amount/Prorated
Withdraw <b>7 business days prior</b> to program start date	Full Amount minus \$15 Fee	Full Amount
Withdraw <b>less than 7 business days prior</b> to program start date	<b>NO REFUND</b>	<b>NO CREDIT</b>

**PROGRAM CHANGES:** The March Into Summer discount will not apply toward any changes to registrations or additional program registrations made after Tuesday, March 12 at 11:59 PM.

## SUMMER CAMP

Westwood High School  
 Joe Bertone  
 Lauren Hillberg  
[summerdays@townhall.westwood.ma.us](mailto:summerdays@townhall.westwood.ma.us)



Westwood Recreation's summer day camp is for children ages 3-5 and grades K-8. Summer Camp provides a variety of age appropriate activities. Participants take part in arts & crafts, sports, games, water activities, recreational play, special events, and theme activities. Our caring, well-trained counselors encourage confidence, creativity, skill development, friendship building and having fun!

*As required by Section 430.190 of the State Sanitary Code, Chapter IV (105 CMR 430.000), this camp complies with regulations of the Massachusetts Department of Public Health and be licensed by the Board of Health.*

### CAMPER RATIOS AND SPACE:

**CAMP STARFISH (Ages 3-5)** Staff to child ratio 1:4. This group will use peanut free preschool rooms, gym, playground and fields. **Child requirement: all participants must be toilet trained. For the health and safety of all, children must be able to use the toilet independently. No pull ups/diapers.**

**CAMP STINGRAY (Entering Grades K-6)** Staff to child ratio 1:7. This group will use WHS classrooms, cafeteria, auditorium, gym, playground and fields.

**CAMP SUMMERTASTICS (Entering Grades 7-8)** Staff to child ratio 1:10. This group will use WHS classrooms, cafeteria, auditorium gym and fields. In addition to daily activities this group is involved with community service projects, volunteer opportunities, and occasional walking trips.

### DROP OFF AND PICK UP

Drop off and pick up will be held at the WHS gymnasium lobby.

### LUNCH & SNACKS

Participants need to bring AM & PM snacks, drinks, and their lunch (9:00-12:00 lunch excluded) No refrigeration is available.

### OPEN SWIM

Campers will be offered daily free swim, 2:00-3:15 PM at the Westwood Pool. All swimming abilities are allowed and tot docks are used for non-swimmers.

### TRIPS (ADDITIONAL FEE)

Grades 4-8 will have the option to participate in weekly trips at an additional cost. Trips are scheduled on Wednesdays and are subject to change in the event of rain.

### SWIM LESSONS (ADDITIONAL FEE)

Certified Water Safety Instructors  
 Swim Lessons for children attending Summer Camp only. Children will be divided into group lessons according to their swim ability and taught by Water Safety Instructors. Counselors will escort children to the pool (Please see the next page.)

### TENNIS LESSONS (ADDITIONAL FEE)

Jayson Sellers, Tennis Pro  
 Lessons focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, and serves. Counselors will escort participants to WHS courts. Parents of children registered until 3:30 will pick up their children at the courts at 4:30. Children attending extended day will be escorted back to camp. In the event of rain, the class will be held in the gym (Please see the next page.)

### 12:00-5:30 AFTERNOON TIME SLOT

Participants attending Westwood Public School Enrichment Program or any other program at the Thurston Middle School will be picked up by Recreation Staff and will either walk or be transported to WHS by town vehicle. Parents who are dropping off children at WHS are to sign in with staff in the gym lobby. Participants will join their groups, have lunch, and participate in afternoon activities that include: swim time, games, sports, crafts, and more.

## ENRICHMENT INFORMATION

### Westwood Summer Enrichment Program!

[Summerprogram@westwood.k12.ma.us](mailto:Summerprogram@westwood.k12.ma.us)

ENRICHMENT 2019		WESTWOOD RECREATION 2019	
Session A	Jul 1-12 (No Thu, Jul 4)	Week 2	Jul 1-5 (No Thu, Jul 4)
		Week 3	Jul 8-12
Session B	July 15-26	Week 4	Jul 15-19
		Week 5	Jul 22-26

Westwood Recreation offers afternoon enrollment (12:00-5:30) so that students may take part in the Summer Enrichment Program. Recreation staff will pick up children at 12:00 to either walk to WHS for Summer Camp or transport via town vehicle to Deerfield School for the Playground Program.

## ENTERING GRADES K-6 (CAMP STINGRAY) 7&8 (SUMMERTASTICS)

Theme	Week	Days	7:30-5:30	9:00-3:30	12:00-5:30	
"Cruise" Into Summer	1: Jun 24-28	Mon-Fri	\$295	\$245	\$220	
All American Blast	2: Jul 1-5 (No 7/4)	M,T,W,F	\$235	\$195	\$175	Enrichment Session A
Decades	3: Jul 8-12	Mon-Fri	\$295	\$245	\$220	Enrichment Session A
Wet 'N Wild	4: Jul 15-19	Mon-Fri	\$295	\$245	\$220	Enrichment Session B
Color Me Crazy	5: Jul 22-26	Mon-Fri	\$295	\$245	\$220	Enrichment Session B
Arts 'N Action	6: Jul 29-Aug 2	Mon-Fri	\$295	\$245	\$220	
Tropical Beach Bash	7: Aug 5-9	Mon-Fri	\$295	\$245	\$220	

## AGES 3-5 (CAMP STARFISH)

CAMP STARFISH (Ages 3-5) Staff to child ratio 1:4.

Child requirement: all participants must be toilet trained. For the health and safety of all, children must be able to use the toilet independently. No pull ups/diapers.

Theme	Week	Days	7:30-5:30	9:00-3:30	9:00-12:00	
"Cruise" Into Summer	1: Jun 24-28	Mon-Fri	\$315	\$275	\$160	
All American Blast	2: Jul 1-5 (No 7/4)	M,T,W,F	\$250	\$220	\$128	Enrichment Session A
Decades	3: Jul 8-12	Mon-Fri	\$315	\$275	\$160	Enrichment Session A
Wet 'N Wild	4: Jul 15-19	Mon-Fri	\$315	\$275	\$160	Enrichment Session B
Color Me Crazy	5: Jul 22-26	Mon-Fri	\$315	\$275	\$160	Enrichment Session B
Arts 'N Action	6: Jul 29-Aug 2	Mon-Fri	\$315	\$275	\$160	
Tropical Beach Bash	7: Aug 5-9	Mon-Fri	\$315	\$275	\$160	

## SUMMER CAMP SWIM LESSONS (Must be registered in summer camp)

	1: JUN 24-28	2: JUL 1-5 (No 7/4)	3: JUL 8-12	4: JUL 15-19	5: JUL 22-26	6: JUL 29-AUG 2	7: AUG 5-9
Swim Lessons Levels	Mon-Fri	Mon-Fri (No Th)	Mon - Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Preschool & Level 1 9:10 - 9:50 AM (5 classes)	\$100	\$80	\$100	\$100	\$100	\$100	\$100
Levels 2, 3, 4 and 5 1:15-1:55 PM (5 classes)	\$100	\$80	\$100	\$100	\$100	\$100	\$100

## SUMMER CAMP TENNIS LESSONS: (Must be registered in summer camp)

	1: JUN 24-28	2: JUL 1-3		4: JUL 15-19	5: JUL 22-26	6: JUL 29-AUG 2	7: AUG 5-9
	Mon- Fri	Mon-Wed		Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Tennis Lessons Ages 7-13 3:30-4:30 (5 classes)	\$75	\$45		\$75	\$75	\$75	\$75



CampDoc.com

CampDoc.com is an electronic health record system for camp and helps us consolidate and integrate camper health information into a centralized and secure location. The system gives the Camp Director, Coordinators and Supervisors instant access to camper health information, a key component in providing quality care. The security, confidentiality and privacy of your camper's personal health information will always be protected. Only assigned Summer Camp staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected.

You will receive a "Welcome E-mail" from CampDoc.com with information about how to complete your camper's health information.

- Click the link in the email to set a new password for your CampDoc.com account
- Follow the instructions and complete the health history for your camper. Alerts will appear for any missing required information
- Upload any required documents to your CampDoc.Com account
- Return to CampDoc.com at any time to make changes/updates to your camper's health information before camp begins.

Please set [register@campdoc.com](mailto:register@campdoc.com) as a 'safe sender,' to avoid accidental delivery to junk and spam folders. CampDoc.Com does not support Internet Explorer, please use Chrome, Safari or Firefox. We are excited to continually evolve – building safer, more productive and more efficient systems to create the best experience for you and your family.

**IF YOU NEED ASSITANCE PLEASE CALL 781-461-0070 OR VISIT THE RECREATION OFFICE**



## PLAYGROUND *entering grades K-5*

Deerfield School, 72 Deerfield Ave  
Recreation Staff

Playground is for participants entering Kindergarten to 5<sup>th</sup> grade. Participants take part in a variety of weekly activities and special events. Our caring, well-trained staff encourages confidence, creativity, developing skills, making new friends, and having fun! To assist parents, this program offers extended hours and transportation from Westwood Public School Enrichment Program.

### SPACE

Deerfield classrooms, gym, cafeteria, fields, playground, outdoor basketball court

### ACTIVITIES

Arts and crafts, sports and games, scavenger hunts, recreation play, water activities, inflatables, and more.

### LUNCH & SNACKS

Participants need to bring **nut free** AM & PM snacks, drinks, and lunch. No refrigeration is available. Water is provided throughout the day.

### DROP OFF/PICK UP

Drop off & pick up takes place in the half circular driveway in the front of the school.

### ENRICHMENT

Playground program **provides transportation** for participants attending the Westwood Public School Enrichment Program. Children are picked up at noon from Thurston Middle School by Recreation Staff and transported to Deerfield in a town vehicle.

### EXTENDED DAY/OPEN SWIM

Participants registered until 5:30 will be transported in town vehicles to the Westwood High School for the afternoon portion of the program. Pick-up for 5:30 will take place in the High School Pool Lobby. The Playground Program will attend Open Swim at the Pool at Westwood High School. All extended day participants will be transported in town vehicle from the Deerfield School to the High School. **The 5:30pm pick up will be in the Pool Lobby at Westwood High School.**

### SWIM LESSONS\* (ADDITIONAL FEE)

\*Must be registered until 5:30

Certified Water Safety Instructors

Swim Lessons for children attending Playground only. Children will be divided into group lessons according to their swim ability.



CampDoc.com is an electronic health record system for camps and helps us consolidate and integrate camper health information into a centralized and secure location. You will receive a welcome email with instructions.

## PLAYGROUND: ENTERING K – 5<sup>TH</sup>

Theme	Week	Days	7:30-5:30	9:00-3:30	12:00-5:30	
"Cruise" Into Summer	1: Jun 24-28	Mon-Fri	\$285	\$235	\$210	
All American Blast	2: Jul 1-5 (No 7/4)	M,T,W,F	\$228	\$188	\$168	Enrichment Session A
Decades	3: Jul 8-12	Mon-Fri	\$285	\$235	\$210	Enrichment Session A
Wet 'N Wild	4: Jul 15-19	Mon-Fri	\$285	\$235	\$210	Enrichment Session B
Color Me Crazy	5: Jul 22-26	Mon-Fri	\$285	\$235	\$210	Enrichment Session B
Arts 'N Action	6: Jul 29-Aug 2	Mon-Fri	\$285	\$235	\$210	
Tropical Beach Bash	7: Aug 5-9	Mon-Fri	\$285	\$235	\$210	

## PLAYGROUND SWIM LESSONS: 3:45-4:25PM

**Must be registered in Playground until 5:30**

	1: Jun 24-28	2: Jul 1-5 (No 7/4)	3: Jul 8-12	4: Jul 15-19	5: Jul 22-26	6: Jul 29-Aug 2	7: Aug 5-9
Swim Lessons	Mon - Fri	M,T,W,F	Mon - Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Gr. K-5 3:45-4:25 PM (5 classes)	\$100	\$80	\$100	\$100	\$100	\$100	\$100

## TOP SECRET SCIENCE *entering K-5*

Islington Community Center  
Top Secret Science Staff  
\$230 (1 week) Min 15/Max 30



Explore up to 20 weird and wacky hands-on science experiments daily and take home at least 8 different projects. Participants will explore weird motions, flying things, air and water pressure, crazy chemistry, light and sound, magic, electricity, magnets, astronomy, and more. Please bring a nut-free lunch, snacks, and drinks.

Week	Days	Time	
<b>6: Jul 29-Aug 2</b>	Mon-Fri	9:00-3:00	\$230 (1 week) Min 15/Max 30
<b>8: Aug 12-16</b>	Mon-Fri	9:00-3:00	\$230 (1 week) Min 15/Max 30
<b>9: Aug 19-23</b>	Mon-Fri	9:00-3:00	\$230 (1 week) Min 15/Max 30

## SAFETY TOWN *entering K*

Deerfield School  
Officer Brad Pindel  
Joe Bertone

Safety Town is an early childhood program designed to introduce safety awareness for bicycles, cars and fire safety. Children will learn through directed explorations. Tot-sized cars, miniature villages and traffic signs will be used as learning tools. Art projects, stories, movies, and field trips to the fire department, police department, library and Westwood High School Pool make this program fun and exciting.

Week	Days	Time	
<b>4: Jul 15-19</b>	Mon-Fri	9:00-11:30 AM	\$130 Min 10/Max 20
<b>5: Jul 22-26</b>	Mon-Fri	9:00-11:30 AM	\$130 Min 10/Max 20

## WICKED COOL MED SCHOOL *entering K-5*

Islington Community Center  
Wicked Cool for Kids Staff  
Week 4: Jul 15-19, 9:00-3:00  
\$375 (1 week) Min 8/Max 25  
(No March Into Summer Discount)

**new!**

Wicked Cool Med School Is there a doctor in the house? Follow the progress of your own "patient" all week as we journey into the inner workings of the human body. Keep medical charts and become an anatomy specialist while learning the body systems. Create a "slime" cell, big bones, moving joints, and 3-D eyeballs.



## COUNSELOR IN TRAINING (CIT)

Entering Grades 9 & Up (Open to non-residents)  
Westwood High School  
Katelyn Raftery, CIT Coordinator

The Counselor in Training program is designed to assist teens in the development of their leadership skills, with a desire to work with kids, adults and their own peers. The participants will be assigned in all summer programs (Summer Camp, Sports, Musical Theatre & more) with trainings, active group participation, regular feedback and weekly evaluations. Trainings will be provided in activity planning, presentations, discipline, conflict resolution, job search, and interview skills. Participants will plan and run activities several times during each session. The program allows the participants to experience a range of activities and interactions, which will assist their growth and confidence. The focus of the CIT Program is to provide the participants with the training and experiences needed to feel confident and prepared to transition into employment/workforce. **Participants are asked for a full commitment during each session registered.**

### FIRST YEAR CIT- APPLICATION PROCESS

1. Pre-register for desired sessions and time.
2. Registered participants are required to fill out a CIT application. Please go to [www.westwoodrec.com](http://www.westwoodrec.com) (brochures, forms and publications) and print off the application and return to the Recreation Office by April 26. *The application should be processed by only the participant.* Taking the initiative and responsibility will show the commitment and responsibility.
3. Applications received on time will be contacted with a mandatory group interview the week of May 13. Details will be given after the application has been received. Applications must be received on time to be eligible for the program.

### SECOND YEAR CIT

1. Register for desired session and time.
2. Participants will be notified of mandatory June training date.

**Please indicate first year or second year when registering.**

Session	Dates	8:30-3:30	11:30-5:30	
A	Jun 24 – Jul 19 (No 7/4)	\$180	\$165	4 weeks
B	Jul 22 – Aug 9	\$160	\$145	3 weeks





**WATER BABIES (WB) ages 9-24 months\***

Parent/Caregiver and their child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name. Min: 4 Max: 15

**PARENT AND CHILD (PC) ages 2-3\***

Parent/Caregiver and their child will continue to explore: rhythmic breathing, gliding on front and back, combining arm and leg motion on front and back with support. Please register with child's name. Min: 4 Max: 15

\*All children who are not fully toilet-trained must wear a swim diaper, elasticized vinyl pant and swim suit.

**PRESCHOOL (PS 3/4/5) ages 3 -5**

This is a child's independent water experience on the docks exploring water safety, entry and exit, buoyancy, breath control, submersion, front and back floats, and arm and leg action. All participants must be fully toilet-trained. Min: 4 Max: 8

**LEVEL 1 (L1) INTRODUCTION TO WATER ages 4 & up**

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Min: 4 Max: 8

**LEVEL 2 (L2) FUNDAMENTAL SKILLS**

Participants must have passed Level 1. Swimmers explore jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Min: 4 Max: 8

**LEVEL 3 (L3) STROKE DEVELOPMENT**

Participants must have passed Level 2. Swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Min: 4 Max: 10

**LEVEL 4 (L4) STROKE IMPROVEMENT**

Participants must have passed Level 3. Swimmers explore diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Min: 4 Max: 10

**LEVEL 5 (L5) STROKE REFINEMENT**

Participants must have passed Level 4. Swimmers explore shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety. Min: 4 Max: 10

Week	Fee	WB	PC	PS3,4,5	L1	L2	L3	L4/L5
1: Jun 24-28 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
2: Jul 1-5 (No7/4, MTWF)	\$80			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
3: Jul 8-12 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
4: Jul 15-19 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
5: Jul 22-26 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
6: Jul 29-Aug 2 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
7: Aug 5-9 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
8: Aug 12-16 (M-F)	\$100			9:55-10:35	10:40-11:20	9:55-10:35	10:40-11:20	10:40-11:20
Sat, Jun 29-Aug 3 (No 7/6)	\$100	9:00-9:40	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10		

**SWIM LESSON OBSERVATION POLICY**

Please join us in the Spectator Area to observe swim lessons. We welcome your enthusiasm! Please review the following:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain for the duration of the lesson
- Restrooms are available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

Thank you for your cooperation.



## PRIVATE AND SEMI PRIVATE LESSONS

ages 4 to adult

Certified Water Safety Instructors  
 \$185 Private (Five 30 minute lessons)  
 \$240 Semi-private (2 swimmers)



Private lessons are for individuals of all abilities ages 4 through adult. American Red Cross Water Safety Instructors provide one-on-one instruction. Semi-private lessons, lessons with two swimmers of similar ability, are also available.

Please register online to **REQUEST** private or semi-private lessons. You will be contacted with lesson options based on pool and instructor availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.

## SWIM CLINIC ages 8-14

Susan Perry, Aquatics Manager  
 Week 8: Aug 12-16, Mon-Fri, 9:00-12:00 PM  
 \$220 (1 week) Min 6/Max 12

Participants must have competitive swimming experience and/or have passed American Red Cross Level 4 and be proficient in all four competitive strokes. The week will include two daily swim sessions, dry land training, instructional videos and underwater videotaping.

## AQUANAUTS ages 12-14 (MUST HAVE PASSED LEVEL 5)

Susan Perry, Aquatics Manager  
 Week 3: Jul 8-12, Mon-Thu 9:00-6:00 and Fri 9:00-3:00  
 \$150 (1 week) Min 2/Max 4



Aquanauts provides swimmers the opportunity to explore a variety of aquatic occupations. Discussion, practice, and hands-on participation will allow them to discover the responsibilities of employment in the aquatic environment. Specific attention will be given to life guard readiness, water safety instructor aide and assistant swim team coaching skills.

## AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager  
 Tue and Thu, Jun 18-Aug 22, 8:00-9:00 AM  
 \$80 Punch Pass (10 classes)

This is a water workout for all abilities. Focus is given to posture, major muscle groups and range of motion. Participants work at their own speed. Varying intensities will be presented.



## SWIM TEAM ages 6-18

Aquatic Staff

In a relaxed yet productive atmosphere, both novice and experienced swimmers will learn stroke development and refinement with emphasis on speed and endurance work. There will be two swim meets per week with a total of eleven meets in the season. Six meets at home and five away at neighboring towns. At the conclusion of the season there will be A and B Regional Championship Meets. To compete in team meets you must be a Westwood resident, per league rules. If you are new to the team please email [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) for a skills check.

Dates	Ages	Day	Time	Fee
May 28-Aug 8 (No 7/3, 7/4)	6-10	M, T, W, Th	5:00-6:00 PM	\$250
May 28-Aug 8 (No 7/3, 7/4)	11-18	M, T, W, Th	6:00-7:00 PM	\$250

**MEET SCHEDULE - Dual meets are on weekday nights typically Tuesday and Thursday nights, 5:00-7:00 PM. Championship meets are on the first two Saturdays in August.**

## CONDITION SWIMMING ages 6-18

Aquatic Staff

This provides a practice only option for those swimmers who are unable to participate in the swim team meets, but would like to continue to practice and condition with the team.

Dates	Ages	Day	Time	Fee
May 29-Aug 7 (No 7/3)	6-10	M & W	5:00-6:00 PM	\$125
May 29-Aug 7 (No 7/3)	11-18	M & W	6:00-7:00 PM	\$125

**POOL PARTIES**   
 Great for all ages and any occasion!

To request your pool party, e-mail  
[sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)

## MUSICAL THEATRE *grades entering 1-8*

Westwood High School Auditorium  
 Scott Gagnon and Recreation Staff  
 \$305 (1 week) Min 20/Max 25

This five day musical theatre covers all the elements of a professional production from auditions to rehearsal as we prepare a final performance. Your family and friends may join us for this performance on the last day of the session. All levels of experience welcome. Please bring nut free AM & PM snacks, lunch and drinks.

**THE WIZARD OF OZ:** Dorothy and her friends travel Over the Rainbow to the Emerald City in this timeless classic.

**"STAY TUNED!":** In this exciting new musical, two kids find themselves inside their television set, meeting characters and singing the TV themes from classic TV series like "Gilligan's Island", "The Addams Family", and "The Brady Bunch!"

**ALADDIN:** The classic Disney film and recent Broadway smash comes to our stage with all of the beloved songs!

**FROZEN:** One of the most popular animated films of all time and one of the most requested camp titles is finally here!

**SNOW WHITE AND THE SEVEN DWARFS:** The beloved story comes to life with classics like "Heigh-Ho" and "Whistle While You Work!"

Performance	Week	Days	Time
The Wizard of Oz	1: Jun 24-28	Mon-Fri	9:00-4:00 PM
"Stay Tuned!"	3: Jul 8-12	Mon-Fri	9:00-4:00 PM
Aladdin	4: Jul 15-19	Mon-Fri	9:00-4:00 PM
Frozen	5: Jul 22-26	Mon-Fri	9:00-4:00 PM
Snow White and the Seven Dwarfs	6: Jul 29-Aug 2	Mon-Fri	9:00-4:00 PM
Frozen	7: Aug 5-9	Mon-Fri	9:00-4:00 PM

## HIP HOP *ages 5-13*

Morrison Softball Field  
 Aly Pereira  
 Week 9: Aug 19-23, Mon-Fri, 9:00-12:00  
 \$150 (1 week) Min 6/Max 20  
 (No March Into Summer Discount)

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Learn various dances that incorporate choreography and different forms of freestyle movement. At the end of the week session, the children will have a short performance of their hard work. Please bring water and a nut free snack!



## ART STUDIO *grades 2-5*

Deerfield School Art Room  
 Lisa Walker  
 \$170 (4 classes) Min 6/Max 12  
 (No March Into Summer Discount)

Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in both 3D and 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty.

Class	Week	Days	Time
2D Art	4: Jul 15-18	Mon-Thu	9:00-12:00
3D Art	5: Jul 22-25	Mon-Thu	9:00-12:00
2D Art	6: Jul 29-Aug 1	Mon-Thu	9:00-12:00



## MARCH INTO SUMMER

SATURDAY, MARCH 9, 10:00-1:00  
 WESTWOOD RECREATION

## FISHING DERBY

SATURDAY, MAY 11, 7:00-11:00  
 BUCKMASTER POND

## FIREMAN'S FOAM

WEDNESDAY, JULY 10, 2:00-3:00  
 SHEEHAN SCHOOL FIELD

## SUMMER CONCERTS

MONDAYS, MONTH OF JULY, 6:30  
 WESTWOOD SENIOR CENTER LAWN

## WESTWOOD DAY

SATURDAY, SEPTEMBER 21, 10:00-3:00  
 WESTWOOD HIGH SCHOOL

## DOG TRAINING PROGRAMS

Susan Lowell, Pet Providers  
 Dog Owners of all ages (12 & younger must be "accompanied by" an adult)  
 \$125 (6 classes) Min 4/Max 14  
**When registering please register your dog with their ages. Copies of shots must be provided at the first class.**

### BEGINNING DOG AGILITY/TRICK *dogs 6+ months*

Location TBA  
 Tue, Jul 9 – Aug 13, 6:30 – 7:30 PM  
 Sat, Jul 13 – Aug 17, 9:30 – 10:30 AM

This class is for beginning agility level 1. Dogs and owners learn the basics of dog agility equipment and exercise. This course covers the foundation skills to navigate the equipment as a team.

### CANINE GOOD CITIZEN *dogs 1 year or older*

Islington Community Center Hall  
 Tue, Jul 9 – Aug 13, 7:30 – 8:30 PM  
 AKC fees will be paid at class for certification

This AKC class builds on what was learned in previous classes and prepares you for the Canine Good Citizens test. Advanced obedience skills are emphasized in the curriculum along with CGC test requirements. Max 12

### PUPPY/ S.T.A.R. PUPPY *puppies 12 weeks-1 yr.*

Islington Community Center Hall  
 Thu, Jul 11 – Aug 15, 6:30 – 7:30 PM

The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start. Help your puppy become a well behaved member of your family and the community. This is the first step for dogs moving on to Canine Good Citizen.

### BEGINNING DOG *dogs 6 months +*

Islington Community Center Hall  
 Thu, Jul 11 – Aug 15, 7:30 – 8:30 PM

Your dogs will accompany you to all six classes and they will learn 'go to your place', train with distractions, attention and much more.



## DRIVER EDUCATION CLASSES

*ages 15 and 9 months & up*  
**Westwood High School**  
**Parent & Student Class held in Professional Development Rm**  
**Student Classes held in Room #103**  
 Teachers Driving Academy  
 \$119 (1 session) Min 10 /Max 25  
 (No March Into Summer Discount)



**Registration Procedure:** Go directly to TDA's website [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com)  
**Click on register for classes, scroll down the page and click on Westwood. Program fee includes the MASS RMV teen's driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!**

### \*Required Parent & Student Class

**Tuesday, June 11, 3:00-5:00**  
 At least one parent/guardian must attend Parent Class. Parents who have already attended a class within the past 5 years are exempt. **Students must be 15 years and 9 months old to attend;** bring a copy of birth certificate, notebook, and pen.  
 Questions: 774-203-3245

### SUMMER SESSION

Day	Date	Time	Westwood High Room
*Tue	Jun 11	3:00-5:00	Professional Development
Mon	Jun 24	8:00-2:30	103
Tue	Jun 25	8:00-2:30	103
Wed	Jun 26	8:00-2:30	103
Thu	Jun 27	8:00-2:30	103
Fri	Jun 28	8:00-12:00	103

# FITNESS



### BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field  
 Core Asset Staff  
 Session D: Tue & Thu, Jun 25 – Aug 8 (No 7/2, 7/4), 6:00-7:00 AM  
 \$155 (12 classes) Min 8/Max 30  
 (No March Into Summer discount)

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. Boot Camp is an ideal cross training addition to a current workout regime. Participants need to bring a mat, light weights and water. In the event of rain, class will be held in WHS Gym.

## TENNIS

Westwood High School Tennis Courts

**In the event of rain, tennis will be held in the WHS gym.**

Jayson Sellers, Tennis Pro and Recreation Staff

### LESSONS *ages 5-11*

\$85 (1 week) Min 4/Max 6

\*\$50 Week 2 Only (3 classes)



### LITTLE LOBBERS *ages 5-6*

Lessons are for those new to tennis or have had little instruction. Specific balls are used to aid in development and consistency. The forehand, backhand and volley will be emphasized in stroke development. Racquets are provided.

### BEGINNER *ages 7-11*

For players who are new to the game or have had little instruction. Focus on fundamental skills will include: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.

Week	Days	Time	Level
1: Jun 24-28	Mon-Fri	8:00-8:55 AM	Little Lobbers
*2: Jul 1-3	Mon-Wed	8:00-8:55 AM	Beginner
4: Jul 15-19	Mon-Fri	8:00-8:55 AM	Little Lobbers
5: Jul 22-26	Mon-Fri	8:00-8:55 AM	Beginner
6: Jul 29-Aug 2	Mon-Fri	8:00-8:55 AM	Little Lobbers
7: Aug 5-9	Mon-Fri	8:00-8:55 AM	Beginner

### CLINICS *ages 8-13*

For all levels with focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups divided by ability as needed. Participants need to bring a racquet, snack, and water bottle. Min 8/Max 12

Week	Days	Time	Fee
1: Jun 24-28	Mon-Fri	9:00-12:00	\$170(1 week)
2: Jul 1-3	Mon-Wed	9:00-12:00	\$105 (3 days)
4: Jul 15-19	Mon-Fri	9:00-12:00	\$170 (1 week)
5: Jul 22-26	Mon-Fri	9:00-12:00	\$170 (1 week)
6: Jul 29-Aug 2	Mon-Fri	9:00-12:00	\$170 (1 week)
7: Aug 5-9	Mon-Fri	9:00-12:00	\$170 (1 week)

### KING/QUEEN OF THE COURT *ages 10-14*

**Skills needed: serve, backhand, forehand and volley.**

**new!**

Tennis games with a competitive edge. Players will increase their skills as they receive instruction while play the following games: King/Queen of the Court, Peace Out, Up & Down the River, Touch the Fence and more. Min 6/Max 12

Week	Days	Time	Fee
1: Jun 24-28	Mon-Fri	1:00-3:15	\$150 (1 week)
2: Jul 1-3	Mon-Wed	1:00-3:15	\$90 (3 days)
4: Jul 15-19	Mon-Fri	1:00-3:15	\$150 (1 week)
5: Jul 22-26	Mon-Fri	1:00-3:15	\$150 (1 week)
6: Jul 29-Aug 2	Mon-Fri	1:00-3:15	\$150 (1 week)
7: Aug 5-9	Mon-Fri	1:00-3:15	\$150 (1 week)

## MINISPORTS *ages 3-6*

Deerfield School Field

F.A.S.T Athletics Staff

This program is a combination of warm-up games and sports such as soccer, kickball, and T-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class will have new and exciting games. **Participants MUST be toilet trained.** Bring peanut free snack, water bottle, hat, and wear sunscreen. In the event of rain, program will be held in the gym. Min 10/Max 24

Week	Days	Time	Fee
1: Jun 24-28	Mon-Fri	9:00-12:00	\$145 (1 week)
2: Jul 1-3	Mon-Wed	9:00-12:00	\$90 (3 days)
3: Jul 8-12	Mon-Fri	9:00-12:00	\$145 (1 week)
5: Jul 22-26	Mon-Fri	9:00-12:00	\$145 (1 week)
6: Jul 29-Aug 2	Mon-Fri	9:00-12:00	\$145 (1 week)

## GAMES GALORE & SWIMMING *ages 6-13*

**Participants must be able to swim independently**

Westwood Recreation Pool Lobby

Recreation Staff

Week 8: Mon-Fri, Aug 12-16, 9:00-3:30

\$235 (1 week) Min 15/Max 25

It's time to play! Participants will play a variety of games on the field and in the pool. There will be capture the flag, kick ball, tennis baseball, human bowling, steal the water balloon, pinball soccer, water basketball, volleyball and more. Parents are to pick up their children in the pool lobby by 3:30. Participants need swim suit, towel, water bottle, lunch and a snack. In the event of rain, the program will be held in the pool lobby.

## VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym

Justyne Collier, WHS JV Volleyball Coach

Week 1: Jun 24-27, Mon-Thu, 9:00-3:00

\$195 (4 days) Min 12/Max 24

Bump! Set! Spike! Learn the game of volleyball or brush up on your technique. This clinic is offered to ability levels beginner to advance. Athletes work on techniques of passing, setting, serving and hitting as well as court awareness. Participants need to bring knee pads, snacks, lunch and water bottle.



## BEHN BASKETBALL CAMPS

Thurston Middle School Gyms  
\$370 (1 week) Min 25/Max 75

### BOYS BASKETBALL *ages 8-16*

Director AJ Stephens & Behn Camp coaches  
Week 6: Jul 29-Aug 2, Mon-Fri, 9:00-3:00

### GIRLS BASKETBALL *ages 8-16*

Behn Camp Coaches  
Week 7: Aug 5-9, Mon-Fri, 9:00-3:00



The Behn Camp philosophy is to instill confidence in young players by teaching basketball fundamentals which will raise their individual level of play. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense, and team defense. Our experienced coaches create a structured and comfortable atmosphere that encourages learning and development. The goal is for each player to leave camp with improved skills, increased confidence and acquired knowledge on how to succeed while having fun. Participants need to bring water bottle, nut free snacks, lunch and will have the option to order \$2 pizza slices, maximum of 2 slices.

## FLAG FOOTBALL *ages 7-14*

Sheehan School Field  
Recreation Staff  
Min 12/Max 40

Come and play this unique style of football. No tackling, no rough play, just a lot of fun. Team play, catching, passing and de-flagging skills will be covered. The week ends with a tournament and giveaways. In the event of rain, the program will be held in the gym.

Week	Days	Time	Fee
2: Jul 1-5 (No 7/4)	MTWF	9:00-3:00	\$155 (4 days)
4: Jul 15-19	Mon-Fri	9:00-3:00	\$195 (1 week)
6: Jul 29-Aug 2	Mon-Fri	9:00-3:00	\$195 (1 week)
7: Aug 5-9	Mon-Fri	9:00-3:00	\$195 (1 week)

## GOLF-BEGINNER JUNIOR CLINICS *ages 8-14*

Norwood Country Club  
John Resnick, Golf Pro  
\$150 (4 classes) Min 4/Max 7  
(No March Into Summer Discount)

Learn the fundamentals of golf: swing, putting, chipping, etiquette and pace of play. Clinic includes course instruction in a relaxed setting. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

Week	Days	Time
3: Jul 8-11	Mon-Thu	10:00-12:00
4: Jul 15-18	Mon-Thu	10:00-12:00
5: Jul 22-25	Mon-Thu	10:00-12:00
7: Aug 5-8	Mon-Thu	10:00-12:00
8: Aug 12-15	Mon-Thu	10:00-12:00
9: Aug 19-22	Mon-Thu	10:00-12:00
10: Aug 26-29	Mon-Thu	10:00-12:00

## SOCCER *ages 7-14*

Sheehan Field  
Jon Grant, WHS Boys Coach, Week 1  
Tim Chant, WHS Girls Coach Weeks 3 and 5  
\$195 (4 days) Min 12/Max 65

Through small group activities, games, exercises and modified scrimmages, players will learn new skills and strategies to improve their game. The week will conclude with a tournament. Participants need shin guards, cleats, water bottles, snacks and lunch. In the event of rain, soccer will be held in the gym.

Week	Days	Time
1: Jun 24-27	Mon-Thu	9:00-3:00
3: Jul 8-11	Mon-Thu	9:00-3:00
5: Jul 22-25	Mon-Thu	9:00-3:00

## JR SOCCER *ages 5-7*

Deerfield School Field  
Recreation Staff  
Week 4: Jul 15-19, Mon-Fri, 9:00-12:00  
\$155 (1 week) Min10/Max 24

This clinic teaches fundamental soccer skills, promotes sportsmanship, and fun. Friday will cap off the week with a tournament! Shin guards are recommended. In the event of rain, the program will be held in the gym.

## BASEBALL CLINICS *ages 5-13*

Morrison Park  
Bob Phillips and Staff  
\$135 (1 week) Min 15/Max 40



Participants will be grouped by appropriate age and skill level. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Primary goal is for the players to have fun while learning baseball. Please bring sneakers/cleats and baseball glove. Cold drinks and peanut free snacks will be provided. In the event of rain, the program will be held at Hanlon School Gym and participants will be notified via email no later than 8:00AM.

Week	Days	Time
1: Jun 24-28	Mon-Fri	9:00-12:00
4: Jul 15-19	Mon-Fri	9:00-12:00
5: Jul 22-26	Mon-Fri	9:00-12:00
6: Jul 29-Aug 2	Mon-Fri	9:00-12:00

## PRE-SEASON FLAG FOOTBALL *ages 5-13*

Morrison Park  
Bob Phillips and staff  
Week 8: Aug 12-16, Mon-Fri, 9:00-12:00  
\$135 (1 week) Min 15/ max 40

**new!**

Participants will be grouped by appropriate age and skill level. Instruction will include drills and games emphasizing the fundamentals of passing, catching and flag removal skills. Cold drinks and peanut free snacks will be provided. Please bring sneakers/cleats and flag belt. Flag belts will be provided if you don't have one.



SUMMER CONCERT SERIES  
Westwood Senior Center Lawn  
Mondays, 6:30 PM – Free

### SAVE THE DATES

- July 8: Vanessa Trien and the Jumping Monkeys
- July 15: Karen K and the Jitterbugs
- July 22: Stacey Peasley
- July 29: The Bubble Music Man

WYWC

## Fireman's Foam

Wednesday, July 10, 2:00-3:00

Sheehan School Field

All Ages Love It!

Dance in piles of suds with DJ  
(Foam is made with dish soap, water and air)



THANK YOU TO WESTWOOD FIRE DEPARTMENT

## CANCELLATION/ REFUND POLICY FOR ALL PROGRAMS

**REFUND/ACCOUNT CREDIT POLICY:** When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

### Refund/Credit Policy

- Department Cancels Program
- Department changes prohibit your attendance
- Medical problem confirmed by a doctor's note
- Withdraw **7 business days prior** to program start date
- Withdraw **less than 7 business days prior** to program start date

### Refund

- Full Amount
- Full Amount
- Full Amount/Prorated
- Full Amount minus \$15 Fee
- NO REFUND**

### Account Credit

- Full Amount
- Full Amount
- Full Amount/Prorated
- Full Amount
- NO CREDIT**

**PROGRAM CHANGES:** The March Into Summer discount will not apply toward any changes to registrations or additional program registrations made after Tuesday, March 12 at 11:59 PM.



*Grilled Lemon Garlic  
Chicken with Corn Salad &  
Caprese Salad*

## One-of-a-kind shopping

Our goal at Wegmans is to offer you a one-of-a-kind shopping experience. We're committed to **helping you make great meals easy, healthy, and affordable**—with **consistent low prices** you can count on every day.

*Wegmans*  
Food Markets

169 University Ave • Westwood, MA 02090 • [wegmans.com](http://wegmans.com)



## UKULELE CLASS LEVEL 1 *ages 16 & up*

The Band Gig School of Music and Performance  
 45 Central Street, Norwood  
 The Band Gig School Staff  
 Tue, Apr 16-May 28, 6:00 – 7:30 PM  
 \$99 (7 Classes) Min 3 / Max 10

Learn the fundamentals to start your musical journey on the ukulele. No prior musical experience necessary. You will learn basic chords, rhythms, and strums that will enable you to play songs in no time! Bring your own Soprano or Alto/Concert Ukulele\* and music stand. An electronic tuning device such as Snark Tuner is also recommended but not necessary. Don't have a ukulele? Have Questions? Call [781-686-1526](tel:781-686-1526), we've got you covered!

## SINGERS ANONYMOUS *ages 16 & up*

Custom Art Framing, 45 Central Street, Norwood  
 Halley ElWell  
 Thu, Apr 18-May 30, 7:00 – 8:30 PM  
 \$99 (7 Classes) Min 5 / Max 10

Would you like to sing but you're not sure where to get started? In this class we will explore the voice in a friendly and supportive environment as you unlearn everything you thought you knew about singing! Have fun, get to know your unique voice better, and come away with more confidence as you learn how to gain control of your voice through exercises, ear training, and group and solo singing. (Optional group karaoke outing at the end of 7 weeks)

If you have any questions about this course contact Nick Vecchio at [nick@band-gig.com](mailto:nick@band-gig.com) or call 781-686-1526.

## DRIVER EDUCATION CLASSES

*ages 15 and 9 months & up*

**Westwood High School**  
**Parent & Student Class held in Professional Development Rm**  
**Student Classes held in Room #103**  
 Teachers Driving Academy  
 \$119 (1 session) Min 10 /Max 25



**Registration Procedure:** Go directly to TDA's website [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com)

Click on register for classes, scroll down the page and click on Westwood. Program fee includes the MASS RMV teen's driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

### \*Required Parent & Student Class

**Tuesday, April 9, 3:00-5:00**

At least one parent/guardian must attend Parent Class. Parents who have already attended a class within the past 5 years are exempt. **Students must be 15 years and 9 months old to attend;** bring a copy of birth certificate, notebook, and pen.

Questions: 774-203-3245

### APRIL VACATION SESSION

Day	Date	Time	Westwood High Room
*Tue	April 9	3:00-5:00	Professional Development
Wed	Apr 10	3:00-7:00	103
Thu	Apr 11	3:00-7:00	103
Fri	Apr 12	3:00-5:00	103
Tue	Apr 16	8:00-2:30	103
Wed	Apr 17	8:00-2:30	103
Thu	Apr 18	8:00-2:30	103

## DOG TRAINING PROGRAMS

Islington Community Center Hall  
Susan Lowell, Pet Providers  
Dog Owners of all ages (12 & younger must be accompanied by an adult)  
\$125 (6 classes) Min 4/Max 14

**When registering please register your dog with their ages.  
Copies of shots must be provided at the first class.**

### CANINE GOOD CITIZEN *dogs 1 year or older*

Session A: Sat, Mar 2 – Apr 6, 9:30 – 10:30 AM  
Session B: Sat, Apr 27 – Jun 1, 9:30 – 10:30 AM  
AKC fees will be paid at class for certification

This AKC class builds on what was learned in previous classes and prepares you for the Canine Good Citizens test. Advanced obedience skills are emphasized in the curriculum along with CGC test requirements. Max 12

### ADVANCED DOG *dogs 1 year or older*

Session A: Sat, Mar 2 – Apr 6, 10:30 – 11:30 AM  
Session B: Sat, Apr 27 – Jun 1, 10:30 – 11:30 AM

Learn better control over your dog, leashed or unleashed. This class will help you advance to Canine Good Citizen and agility classes.

### GOOD MANNERS *dogs 6+ months*

Session A: Sat, Mar 2 – Apr 6, 11:30 – 12:30 AM  
Session B: Sat, Apr 27 – Jun 1, 11:30 – 12:30 AM

Does your dog lunge, bark and growl at dog or people when out in public? This class is designed to teach you skills and tools to help your dog have control when faced with everyday triggers. Your dog will learn to stay, down, recall, and heel.

### SNIFFING FOR FUN *dogs 6+ months*

Session A: Wed, Mar 6 – Apr 10, 6:30 – 7:30 PM  
Session B: Wed, Apr 24 – May 29, 6:30 – 7:30 PM

Dogs have an amazing sense of smell why not tap into their natural ability to hunt? This class objective is to have fun with your dog and build their natural ability to hunt and find food, objects and toys. It's a great way to build your dog's confidence and burn energy mentally and physically.

### BEGINNING DOG AGILITY/TRICK *dogs 6+ months*

Session A: Wed, Mar 6 – Apr 10, 6:30 – 7:30 PM  
Session B: Wed, Apr 24 – May 29, 7:30 – 8:30 PM

This class is for beginning agility level 1. Dogs and owners learn the basics of dog agility equipment and exercise. This course covers the foundation skills to navigate the equipment as a team.

### PUPPY/ S.T.A.R. PUPPY *puppies 12 weeks-1 yr.*

Session A: Thu, Mar 7 – Apr 11, 6:30 – 7:30 PM  
Session B: Thu, Apr 25 – May 30, 6:30 – 7:30 PM

The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start. Help your puppy become a well behaved member of your family and the community. This is the first step for dogs moving on to Canine Good Citizen.

### BEGINNING DOG *dogs 6+ months*

Session A: Thu, Mar 7 – Apr 11, 7:30 – 8:30 PM  
Session B: Thu, Apr 25 – May 30, 7:30 – 8:30 PM

Your dogs will accompany you to all six classes and they will learn 'go to your place', train with distractions, attention and much more.

## BALLROOM DANCING *ages 15 & up*

Thurston Middle School Cafeteria  
Paul Hughes  
Tue, Apr 2-May 28 (No 4/16), 7:30-8:30 PM  
\$115 (8 classes) Min 6/Max 12

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation. It's a full body workout for the mind, body, and spirit. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha.

## PEDIATRIC FIRST AID & CPR/AED

*ages 15 & up*

Islington Community Center  
Juanita Allen Kingsley, W-EMT  
Wed, Apr 24, 6:00-9:00 PM  
\$90 (1 class) Min 5/Max 10

With focus on children, this course will cover: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

## FIRST AID FOR GRANDPARENTS

Westwood Council On Aging Center  
Juanita Allen Kingsley, W-EMT  
Mon, Jun 17 and Jun 24, 10:00-11:30 AM  
Must attend both days  
\$90 (2 classes) Min 6/Max 10



If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. In two sessions, you'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. We'll learn about allergies and epipens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.



SESSION E		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	L6
Mon, Apr 29-Jun 3 (No 5/27)	\$90	9:30-10:10	9:30-10:10						
Tue, Apr 30-May 28	\$90			1:15-1:55	4:00-4:40	4:00-4:40	4:45-5:25	4:45-5:25	
Thu, May 2-30	\$90				4:00-4:40	4:00-4:40			4:45-5:25
Sat, Apr 27-Jun 1 (No 5/25)	\$90	9:00-9:40	9:00-9:40	8:15-8:55	10:30-11:10			9:45-10:25	
Sun, Apr 28-Jun 2 (No 5/26)	\$90			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



### WATER BABIES (WB) *ages 9-24 months\**

Min: 4 Max: 15

Parent/Caregiver and child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name.

### PARENT AND CHILD (PC) *ages 2-3\**

Min: 4 Max: 15

Parent/Caregiver and child will continue to explore: rhythmic breathing, gliding on front and back, combining arm and leg motion on front and back with support. Please register with child's name.

**\*All children who are not fully toilet-trained must wear a swim diaper, elasticized vinyl pant and swim suit.**

### PRESCHOOL (PS345) *ages 3-5*

Min: 4 Max: 8

The child explores many aspects of the water both on and off the teaching docks including: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained.

### LEVEL 1 (L1) INTRODUCTION TO WATER *ages 4 & up*

Min: 4 Max: 8

Participants must be four (4) years of age or older and comfortable with going underwater. Swimmers explore blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety.



### LEVEL 2 (L2) FUNDAMENTAL SKILLS

Min: 4 Max: 8

Participants must have passed Level 1. Swimmers explore jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety.

### LEVEL 3 (L3) STROKE DEVELOPMENT

Min: 4 Max: 10

Participants must have passed Level 2. Swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety.

### LEVEL 4 (L4) STROKE IMPROVEMENT

Min: 4 Max: 10

Participants must have passed Level 3. Swimmers explore diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety.

### LEVEL 5 (L5) STROKE REFINEMENT

Min: 4 Max: 10

Participants must have passed Level 4. Swimmers will explore shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety.

### LEVEL 6 (L6) FITNESS SWIMMER

Min: 4 Max: 10

Fitness Swimmer is a customized program geared toward swimmers who are preparing for more advanced swimming programs: Lifeguarding, Water Safety Instructor, and/or competitive swimming. Focus will be given on the principles of training, and the evaluation of one's fitness level.

## SWIM LESSON OBSERVATION POLICY

Please join us in the Spectator Area to observe swim lessons. We welcome your enthusiasm! Please review the following:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain for the duration of the lesson
- Restrooms are available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

Thank you for your cooperation.



## CONDITION SWIMMING *ages 6-18*

Certified Water Safety Instructors  
 Mon and Wed, Apr 1-May 22 (No 4/15, 4/17), 5:00-6:00 PM  
 \$200 (14 classes) Min 10/Max 20

Maintain your condition or get in shape for the summer. The four competitive strokes, starts, turns and finishes will be reviewed. \*If you are new to the program, please e-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) for a skills check prior to registration. Swimmers will be situated in lanes according to ability.

## TRIATHLON KIDS CLUB *ages 7-12*

Zachary Krause, Assistant Aquatics Manager  
 Short Wednesdays, Apr 10, 24, May 8, 22, from 1:30-3:30  
 And Mini Triathlon held on Jun 5 starting at 2:00  
 \$125 (5 classes) Min 8/Max 20



Triathlons for kids is an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. The goal is for participants to compete in a future triathlon. The final class will be a triathlon. Bike, helmet and running shoes must be provided by the participants. There will be a schedule provided at the beginning of the course so the participants will know what days to bring their bikes. The fee includes a T-shirt.

## AQUA FITNESS *ages 18 & up*

Susan Perry, Aquatics Manager  
 Tue, Wed, Thu, Apr 2-June 13 (No 4/16, 4/17, 4/18), 8:45-9:45 AM  
 \$75 Punch Pass (10 classes) Min 6/Max 24

This is a water workout for all abilities. Focus is given to posture, major muscle groups, and range of motion. Participants work at their own speed. Varying intensities will be presented. Aqua belts provided for deep water work option.

## SPRINGBOARD DIVING *all ages*

Jim Locke, Diving Instructor  
 Mon and Wed, Apr 22 - May 22, 3:30-5:00  
 \$200 (10 classes) Min 3/Max 6

Swimmers must be able to perform a basic headfirst entry from the end of the diving board. Diving invites you to challenge yourself in a sport involving skill, precision, self-discipline and courage. Class includes deck and board work.

## WATER SAFETY AIDE *ages 12-14*

Tue, Apr 30 - May 28, 3:30-4:45  
 Susan Perry, Aquatics Manager  
 \$50 (5 classes) Min 2/Max 4

Do you love the water and working with young children? This course is for you! This course provides the participant with knowledge and skills required to assist an instructor in swimming lessons. Full participation is required.

## WATER SAFETY INSTRUCTOR *ages 16 & up*

Susan Perry, Aquatics Manager  
 Mon-Fri, May 13-24, 3:00-6:00  
 \$395 (10 classes) Min 4/ Max 6

## PRE-SKILLS SCREENING: MONDAY, APRIL 1, 7:00 PM

Become a certified American Red Cross Water Safety Instructor just in time for the summer. Pre-skills screening **required** Monday, April 1, 7:00 PM. Upon successful completion of this screening, participants may register for this program. Check your calendars. Full participation is required.

## SENIOR SWIM *ages 60 & up*

Tue and Thu, Apr 2-Jun 13 (No 4/16, 4/18), 1:00-2:15  
 \$5 per swim or Current Pool Membership

A relaxed and tranquil atmosphere, the pool offers a perfect opportunity to swim laps, walk or gently stretch in the water. Call a friend and meet at the pool.

## PRIVATE AND SEMI-PRIVATE LESSONS

*ages 4 & up*  
 Certified Water Safety Instructors (Five 30 minute lessons)  
 \$170 Private (1 swimmer)  
 \$225 Semi-private (2 swimmers)

Private lessons are for individuals of all abilities ages 4 through adult. American Red Cross Water Safety Instructors provide one-on-one instruction. Semi-private lessons, lessons with two swimmers of similar ability, are also available.

Please register online to **REQUEST** private or semi-private lessons. You will be contacted with lesson options based on pool and instructor availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.

## POOL PARTIES!



Great for all ages and any occasion!

To request a pool party date contact Sue Perry at [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)

## BOOT CAMP *ages 18 & up*

Westwood High School Gym  
Core Asset Staff



Session C: Tue & Thu, May 7-Jun 20, 6:00-7:00 AM  
\$180 (14 classes) Min 8/Max 30

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. Boot Camp is an ideal cross training addition to a current workout regime. Participants need to bring a mat, light weights and water. In the event of rain, class will be held in Thurston Middle School Gym.

## STROLLER STRONG *ages 18 & up*

Core Asset Staff  
Flahive Field & Track

Thu, Apr 25-May 23, 11:00-11:50 AM  
\$65 (5 classes)



Work out with your baby or toddler! Full body outdoor workout to get you and your little one moving! In the event of rain the program will be held at Core Asset Fitness Training, 40 Hartford street.

## ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room  
Linda Margosian, Certified Hatha Yoga Instructor  
Thu, Apr 4-Jun 13 (No 4/18), 7:00-8:30 PM  
\$160 (10 classes) Min 5/Max 12

Yoga for everybody! Embark on a journey that unites body, mind, and spirit. The practice of yoga creates strength, balance, focus, coordination, and flexibility. At the same time it brings a sense of inner calm and well-being. All abilities welcome. Please bring a sticky mat and blanket.



## TENNIS SPEED/AGILITY/POWER *ages 18 & up*

Westwood High School Tennis Courts  
Merry Abbott, Certified Personal Trainer



How often have you heard, "If you want to improve your game, you need to improve your footwork"?! Bring your tennis game to the next level with this workout that is designed to develop your footwork skills through exercises that build your speed, agility and power on the court! It will also improve core strength. It is appropriate for players of all levels and is beneficial for all court sports. Don't be fooled, this is a workout! Participants will need a racquet to simulate realistic game movement (**but will not be hitting balls**), a towel and water. In the event of rain class will meet in the Recreation Pool Lobby. Min 8/Max 20

Days	Session	Time	Fee
Mon & Wed	A: May 1-29 (No 5/27)	8:00-8:45 AM	\$105 (8 classes)
Mon & Wed	B: Jun 3-26	8:00-8:45 AM	\$105 (8 classes)

## YOGA FOR WOMEN *ages 18 & UP*

Westwood Public Library Conference Room  
Elizabeth King, RYT  
Sun, Mar 10-Apr 7; 3:45-4:45  
\$60 (5 classes) Min 6/Max 12

A nurturing yoga class allowing deep relaxation of the body. We will focus on breath work and pose alignment. It will be a mixture of slow flow vinyasana, Kundalini yoga (working with the energy of the body), and restorative/yin yoga (to create space in the fascia of the body). Each week will have a different focus. Great for beginners and all levels of experience. Please wear stretchy, comfortable clothing and bring a water bottle, and yoga mat.

## MOTHER/DAUGHTER YOGA *ages 7 & up*

Westwood Public Library Conference Room  
Elizabeth King, RYT  
Sun, Mar 10-Apr 7; 2:30-3:30  
\$60 (5 classes) **Mother and Daughter must each register.**  
Min 6/Max 14

This special series, designed for girls ages 7 and up and their moms (or other adult female role model), includes yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class, a gradual progression or step by step approach that connects one pose to another. The series of poses moves you through the power of movement and breathing. Please wear stretchy, comfortable clothing and bring a water bottle, and yoga mat.

## TERRIFIC TOTS *ages 18-36 months*

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Wed, Apr 3-May 29 (No 4/17) 9:30-10:30 **or**  
 Thu, Apr 4-May 30 (No 4/18), 10:30-11:30  
 \$85 (8 classes) Min 6/ Max 10

Join us for a relaxed class featuring free play, singing, dancing and a craft. It's a great way to socialize and make new friends.

## ANIMAL ADVENTURERS *ages 2-5*

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Wed, Apr 3-May 29 (No 4/17), 10:45-11:30  
 \$85 (8 classes) Min 6/Max 10



Explore the amazing animal world through stories, songs, crafts and fun.

## MESSY MASTERPIECES *ages 2-5*

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Fri, Apr 5-May 31 (No 4/19) 9:30-10:15  
 \$85 (8 classes) Min 6/Max 10

Tired of the typical craft activity? Want to foster creativity and a love of art? Join us for a class where kids create unique and original art projects. This class focuses on the exploration of materials and techniques rather than the end product. Kids will be guided on a creative journey to make art that is entirely their own.

## SUPER SCIENTISTS *ages 2-5*

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Fri, Apr 5-May 31 (No 4/19), 10:45-11:30  
 \$85 (8 classes) Min 6/Max 10

Calling all scientists! How can you make an egg float? Can air lift and power objects? Can you create a fizzing, bubbling, eruption? Come learn about science concepts through fun hands-on explorations that will foster curiosity and encourage creative thinking

# PRESCHOOL

**PRESCHOOL PROGRAM PARTICIPANTS  
 MUST BE TOILET TRAINED.**

## ADVENTURE DAYS *ages 3-5*

Islington Community Center  
 Jenny Slocum, M.Ed. & Recreation Staff  
 \$45 (1 class) Min 6/Max 16

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play. Participants need to bring nut free snacks and lunch.

Day	Dates	Fee
Mon	Jun 10	\$45 (1 class) Min 6/Max 16
Tue	Jun 11	\$45 (1 class) Min 6/Max 16
Wed	Jun 12	\$45 (1 class) Min 6/Max 16
Thu	Jun 13	\$45 (1 class) Min 6/Max 16
Fri	Jun 14	\$45 (1 class) Min 6/Max 16

## CREATIVE CRAFTS & MORE! *grades K-5*

Downey School Art Room  
 Recreation Staff  
 Short Wed, Apr 10, 24; May 8, 22; Jun 5, 11:50-3:00  
 \$150 (5 classes) Min 10/Max 25

Join us on short Wednesdays for crafts like holiday crafts, jewelry making, board games and more! Program promotes imagination and creativity! Participants will eat their lunch before activities. Please bring a peanut/nut free snack, lunch and water bottle!

## SOCIALSKLZ *ages 8-12*

Islington Community Center – Room F  
 Juanita Allen Kingsley, W-EMT  
 Thu, May 23, 3:45-5:45  
 \$85 (1 Class) Min 4 /Max 8



While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. **socialsklz:-)** equips children with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence.

## HOME ALONE SAFETY *ages 8-11*

Islington Community Center – Room F  
 Juanita Allen Kingsley, W-EMT  
 Wed, Apr 24, 1:00 – 3:00  
 \$55 (1 class) Min 6/Max 15

Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door. Internet safety, first aid techniques, accident prevention, and fire protection will be discussed. Participants will watch a short video and be involved in role-play.

## BLAST-BABYSITTING SAFETY *ages 11-15*

Islington Community Center – Room F  
 Juanita Allen Kingsley, W-EMT  
 Wed, Apr 24, 3:00-6:00  
 \$62 (1 class) Min 6/Max 12

This course covers the basics of infant and childcare safety. Learn how to react responsibly to medical emergencies/injuries and perform first aid. Learn how to set up and run your own babysitting business. Participants will receive a book and a sitter checklist. Please bring a nut free snack & drink

## MY FIRST FIRST-AID COURSE *ages 8-11*

Islington Community Center  
 Juanita Allen Kingsley, W-EMT  
 Wed, May 29, 3:30-5:00 PM  
 \$55 (1 class) Min 6/Max 10



Children as young as 8 should know how to call 911 and how to talk to an injured person in a reassuring manner. We'll also learn what to do with bleeding, choking, bumped heads and other first aid events. Lots of hands-on practice and a chance to make your own first aid kit.

**VACATION ART** *grades 2-5*  
 Thurston Middle School Cafeteria  
 Lisa Walker  
 Tue-Thu, Apr 16-18, 9:00-12:00  
 \$140 (3 classes) Min 6/Max 12



Calling all artists! Youth that have a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in 3D and 2D. 3D Art explores while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty. Looking to extend your day? See Full day option.

**FUN N' GAMES** *grades k-6*  
 Thurston Middle School Gym  
 Recreation Staff  
 Tue-Thu, Apr 16-18, 9:00-12:00  
 \$70 (3 classes) Min 12/Max 40

It's fast moving fun with a variety of sports and games activities including basketball, soccer, dodgeball, wacky relay races, capture the flag and more. There will be contests and tournaments with fun prizes. Talk it up with your friends; let's have a blast during vacation! Participants need to bring a peanut/nut free snack and water bottle. Sneakers required. Looking to extend your day? See Full day option.

**LUNCH N' POOL** *grades k-6*  
**Participants must be able to swim independently**  
 Westwood Pool and Pool Lobby  
 Aquatics and Recreation Staff  
 Tue-Thu, Apr 16-18, 12:00-3:00  
 \$140 (3 classes) Min 10/Max 25

Have lunch with friends and then jump in the pool for free play, water basketball, cannonballs, under water scavenger hunt and more. Lunch time and Trivia 12:00-1:15; Pool Time 1:15-2:30, Snack Time 2:30-3:00. Participants need to bring bathing suit, towel and food listed below. Parents are to pick up their children in the pool lobby by 3:00.

Day	Date	Provided	Participant Needs
Tue	Apr 16	Ice Cream Sundae Snack	Lunch & Drink
Wed	Apr 17	Hot Dog Lunch	Snack
Thu	Apr 18	Pizza Lunch	Snack

### FULL DAY OPTION

Looking for a full day of activities 9:00-3:00? Choose either Vacation Art Camp or Fun N' Games from 9:00-12:00 and then sign up for Lunch N' Pool for 12:00-3:00. Participants registered for a morning program at Thurston and registered for the Lunch N' Pool program will be transported by Town of Westwood vehicles from Thurston School to the Westwood Pool.

**JR BEGINNER GOLF CLINIC** *ages 8-14*  
 Norwood Country Club  
 John Resnick, Golf Pro  
 Tue-Fri, Apr 16-19, 10:00-12:00  
 \$150 (4 classes) Min 4/Max 7

Learn the fundamentals of golf: swing, putting, chipping, etiquette and pace of play. Clinic includes course instruction in a relaxed setting. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

**ADVENTURE DAYS** *ages 3-5*  
 Islington Community Center  
 Recreation Staff

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play and need to bring drinks, nut free snack and lunch. **Participants must be toilet trained.**

Day	Dates	Time	Fee
Tue	Apr 16	9:00-1:00	\$45 (1 class) Min 6/Max 12
Wed	Apr 17	9:00-1:00	\$45 (1 class) Min 6/Max 12
Thu	Apr 18	9:00-1:00	\$45 (1 class) Min 6/Max 12

### APRIL VACATION TENNIS

Westwood High School Courts  
 Jayson Sellers, Tennis Pro  
 Tue-Thu, Apr 16-18, Min 4/Max 6

**Beginner:** Players who are new to the game or have had little instruction. Focus on fundamental skills including: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.  
**Clinic:** The clinic focuses on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Participants will need their own racquet.  
**In the event of rain, programs will be canceled and the make-up will be held on Friday, April 19.**

Level	Ages	Time	Fee Min 4/Max 6)
Beginner	7-11	11:30-12:25	\$45 (3 lessons)
Clinic	8-13	12:30-2:30	\$105 (3 classes)

### BASEBALL SPRING TRAINING

*ages 5-12*

Morrison Park  
 Bob Phillips and Staff  
 Mon-Fri, Apr 15-19, 9:00-12:00  
 \$135 (5 days) Min 15/Max 40

Participants will be grouped by appropriate age and skill levels. Each player will receive individual instruction to follow for the spring season. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Cold drinks and peanut free snacks will be provided. Please bring sneakers/cleats and baseball glove.



**"MOANA" MUSICAL THEATRE** *ages 5-13*

Islington Community Center Hall  
 Aly Pereira  
 Tue, Apr 2-May 28 (No 4/16) 3:45-4:45  
 \$120 (8 classes) Min 5/Max 25

Join in the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Moana's Medley Excerpts." This play has been rewritten along the theme of the original "Moana." Children will sing, dance, and act their way into a world of excitement. No experience required. Costumes are encouraged, but not necessary.

**HIP HOP** *ages 5-13*

Islington Community Center Hall  
 Aly Pereira  
 Fri, Apr 5-Jun 7 (No 4/19, 5/31), 5:00-6:00  
 \$120 (8 classes) Min 5/Max 20

Learn the latest dance moves to today's popular music! Class incorporates choreography from different forms of freestyle movement. New dances are taught every session. At the end of the session there will be a short performance to showcase participant's talent and hard work.

**MUSIC LESSONS** *ages 5 & up*

The Band Gig School of Music and Performance  
 66 Eastern Ave, Dedham  
 The Band Gig School Staff  
 January-March Session  
 \$148 (Five 30 min lessons)



Ever thought about playing a musical instrument? Now is your chance to get started! The Band Gig School offers introductory private music instruction to Westwood residents at discounted pricing. Lessons are offered to anyone who has an interest in learning an instrument or getting back into playing one. Instruments offered: Voice, Piano, Guitar, Bass, Drums, Ukulele, Strings, Saxophone, Violin and many more! *Register online under Music Lessons. Choose preferred day of the week and instrument. The Band Gig School Staff will contact you to schedule your lessons.*

**ART BADGE SCOUT PARTY**

Islington Community Center  
 Lisa WB Walker  
 \$175 for up to eight participants  
 \$18 for each additional participant  
 Minimum age 6-years



Contact: Taryn Crocker [tcrocker@townhall.westwood.ma.us](mailto:tcrocker@townhall.westwood.ma.us)

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**Contact Us For A Free Trial Lesson Today!**

**SHORT WEDNESDAY SPORTS & GAMES***grades k-5*Downey School Gym and Field  
Recreation StaffWed, Apr \*10, 24; May 8, 22; Jun 5, 11:50-3:00 PM  
\$150 (5 classes) Min 15/Max 30

Activities include: capture the flag, dynamite, dodgeball, scatter, pinball basketball and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch and then play. **Please bring peanut/nut free snacks, lunch, water bottle and drinks.**

\*The Downey Gym is not available 4/10 because of the gymnastic equipment therefore; participants will be transported to Deerfield School Gym after lunch and transported back to Downey for 3:00PM pick up.

Staff will be at Downey for 11:50 dismissal to supervise participants attending this program. The actual program begins at 12:30.

**SUPER SOCCER STARS** *ages 1-5*

Morrison Park-Softball Outfield

Super Soccer Staff

Fri, Apr 26-May 31

\$180 (6 classes) Min 3/Max 12

Ages	Time
12-24 months & Parent	9:00-9:45 *Kick & Play
3 years to young 4	9:50-10:35
2-3 years	10:40-11:20
Older 4 years-5	11:25-12:15

Super Soccer Stars teaches soccer skills in a fun, non-competitive, educational environment. The philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. The specially designed curricula uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. **In the event of rain, program will be canceled and made up at the end of the session.**

\***Kick & Play** is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

**T-BALL**

Downey School Baseball Field

Knucklebones Staff

Wed, Apr 24-May 29

Ages 3 and 4: 3:30-4:20 PM

Ages 5 and 6: 4:30-5:20 PM

\$110 (6 classes) Min 8/Max 10

Let's play ball! Have fun while learning the basic skills. Participants will receive individual instruction with hitting, throwing, fielding, base running and learning positions. Bring a hat, glove and water bottle. In the event of rain, program will be held inside the gym.

**VOLLEYBALL-GIRLS** *grades 5-8*

Westwood High School Gym

Justyne Collier, WHS JV Volleyball Coach

Thu, Apr 4-May 16 (No 4/18), 6:00-8:00 PM

\$150 (6 classes) Min 12/Max 24

Bump! Set! Spike! Learn the game of volleyball or brush up on your technique. Athletes work on techniques of passing, setting, serving and hitting as well as court awareness. Have fun as you improve your skills. Participants are recommended to bring knee pads and water bottle.

**ACTIVE GAMES** *grades K-5*

Downey School Field

Joe Bertone

Tue, Apr 23-May 28, 3:15-4:30

\$105 (6 classes) Min 10/Max 20



Call them New Games, call them Playground games, call them whatever you like, one thing's for sure; these games will be high energy and tons of fun. From Gaga to Capture the Flag, these classics are sure to be plenty of play for any child. Emphasis is on teamwork and sportsmanship. Please bring a water bottle.

**MULTIPLE SPORTS** *grades 1-4*

Downey School Field

Bob Phillips

Thu, Apr 25-May 30, 3:15-4:30

\$105 (6 classes) Min 10/Max 16

Soccer, Baseball and Touch Football will be played. Program promotes sportsmanship and teamwork. In the event of rain, program will be held in the gym.

**PRESCHOOL SPORTS** *ages 3-6*

School Street Field

Bob Phillips

Mon, Apr 22-Jun 3 (No 5/27), 1:45-2:45

Tue, Apr 23-May 28, 1:45-2:45

\$105 (6 classes) Min 10/Max 16

Participants will be taught soccer, baseball and motor skill techniques. Instruction will include drills and games emphasizing the fundamentals of sports and teamwork in a supportive and fun environment. Parents are encouraged to stay. In the event of rain, program will be canceled and made up at the end of the session.

**SPORTS & PLAYGROUND** *ages 3-6*

School Street Field and Playground

Bob Phillips

Mon-Thu, Jun 10-13, 9:00-12:00

Mon-Thu, Jun 17-20, 9:00-12:00

\$105 (4 days) Min 10/Max 20

Let's play and have fun. Soccer, baseball and playground time will be the featured activities. Snacks and cold drinks will be provided. Thursdays will feature a pizza party. In the event of rain, the day will be canceled and the make-up will be held on Friday.



## TENNIS LESSONS

Westwood High School Courts  
 Jayson Sellers, Tennis Pro  
 Sat, Apr 27-Jun 1 (No 5/25)  
 \$85 (5 lessons) Min 4/Max 6



**Adult Beginner:** Lessons emphasizes body position, swing pattern and footwork. Forehand, backhand, volley, serve and game play will be covered. Participants need to bring a racquet.

**Little Lobbers:** Lessons are for those who are new to tennis or have had little instruction. Specific balls are used to aid in development and consistency. The forehand, backhand and volley will be emphasized in stroke development. Racquets are provided.

**Beginner:** Players who are new to the game or have had little instruction. Focus on fundamental skills including: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.

In the event of rain, lessons will be canceled and the make-up will be held on Saturday, June 8.

Level	Time	Ages
Adult Beginner	8:30-9:30	16 & up
Little Lobbers	9:45-10:45	5-6
Little Lobbers	10:45-11:45	5-6
Beginner	11:45-12:45	7-11

## GOLF- LADIES BEGINNER CLINICS *ages 16 & up*

Norwood Country Club  
 John Resnick, Golf Pro  
 \$150 (4 classes) Min 4/Max 7

Clinic covers the full swing, chipping, putting, etiquette and on course instruction in a fun and relaxed setting. Participants are taught how to navigate the course as beginners. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

Day	Dates	Time
Wed	Apr 3-24	5:30-6:30 PM
Wed	May 1-22	5:30-6:30 PM
Wed	Jun 5-26	5:30-6:30 PM
Thu	Apr 4-25	5:30-6:30 PM
Thu	May 2-23	5:30-6:30 PM
Thu	Jun 6-27	5:30-6:30 PM

## TENNIS PRIVATE LESSONS *ages 9 & up*

Westwood High School Courts  
 Jayson Sellers, Tennis Pro  
 \$65 per lesson (1 hour)

To schedule private lessons contact  
[tcrocker@townhall.westwood.ma.us](mailto:tcrocker@townhall.westwood.ma.us)



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## Did you know?

The Westwood Health Department will have sunscreen dispensers at the School Street Playground, Morrison Field and the Tot Lot this summer. For More information please contact the Westwood Health Department at [mrc@townhall.westwood.ma.us](mailto:mrc@townhall.westwood.ma.us) or call 781-320-1027.

## Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-4:30PM on Mondays, Wednesdays and Thursdays, 8:30PM -7:00PM on Tuesdays and 8:30 AM-1:00 PM on Fridays. For more information, please visit our web site at [www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us), email us at [mrc@townhall.westwood.ma.us](mailto:mrc@townhall.westwood.ma.us) or call 781-320-1027.

## Public Health Nurse

Tiffany McCarthy, BSN has an office located at 50 Carby Street and her hours are Monday-Thursday, 8:30 AM to 4:30 PM. She is at the Senior Center on Tuesdays from 9:00AM-11:00AM. If you would like to contact Tiffany to make an appointment, she can be reached at [tmccarthy@townhall.westwood.ma.us](mailto:tmccarthy@townhall.westwood.ma.us) or 781-251-2576.

## Sharps Collection Program

The Westwood Board of Health Sharps Collection Box is available inside the Police Station lobby. The Health Department provides red one-liter sharps disposal containers **free** of charge to residents. Please do not put loose needles or any other type of containers in the collection box. The approved containers are available at the Westwood Health Department, the Westwood Town Hall and the Senior Center during regular business hours.

## Medication Collection Program

The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station and is available 24 hours a day, 7 days a week for residents.

## Mosquito Control

The Town of Westwood is a member of the Norfolk County Mosquito Control District which provides mosquito control activities. The District conducts surveillance to detect disease, water management to prevent breeding of mosquitoes in existing drainage swales and systems, larval control to control mosquitoes before they become flying adults, and adult control to manage mosquitoes. Aerial larval applications are conducted over wetlands for nuisance control in the spring. Adult Control (Adulticiding) is conducted from truck-mounted equipment (mosquito spraying) and is conducted on a weekly basis, weather permitting in the evenings after sunset by request only. Visit the District's website at [www.norfolkcountymosquito.org](http://www.norfolkcountymosquito.org) for more information.





*Spring is just around the corner, and with outdoor chores on the horizon, it is time to get back in shape. Come join one of our many exercise, yoga or try tai chi classes; your first class is always free. Details are on the Town website and in our newsletter.*

*We offer numerous fun exercise programs (from aerobics to yoga), lots of interesting classes (from cooking to estate planning) and so much more. Many of our programs and classes sell out so please remember to sign up in advance!*

*The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well. Check out our bi-monthly newsletter (on the town website-copies and also available at the Center) for further information on all of our regular and special programs. Or just stop by and check us out ... we are warm, welcoming and would love to meet you!*

## **Transportation Services**

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Lift-Equipped van available

## **Programs at the Center**

- Aerobic and Pilates Exercise Classes
- Low Impact Exercise
- Tai Chi and Meditation
- Yoga – both chair and floor
- iPad Classes (all levels)
- Current Events Discussions
- Special monthly lectures and luncheons

## **Westwood Council on Aging**

**60 Nahatan Street**

**Westwood, MA 02090**

**Monday-Thursday 8:00 am – 4:00 pm**

**Friday 8:00 am – 2 pm**

**Phone (781) 329-8799**

**Fax (781) 329-5949**

## **Social Services**

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, and Public Nurse Hours (every Tuesday 9-12noon)
- SHINE Counselor/Meals on Wheels

## **Activities**

- Special Monthly Lectures, Lunches & Programming
- Day & Overnight Trips
- Beginning & Advanced Watercolor
- Bridge, Mah Jongg & Movies
- BINGO, Movies, & Book Group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club, Garden Club
- Intergenerational Programs
- Waxing and Manicurist

**REGISTRATION**

- **REGISTRATION IS NOT REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- Main Library Programs, please call 781-326-7562
- Islington Branch Programs, please call 781-326-5914  
[www.westwoodlibrary.org](http://www.westwoodlibrary.org)
- **Library Programs are Free and made possible by the generosity of the Friends of the Westwood Public Library.**

**MAIN LIBRARY CHILDRENS PROGRAMS****WIGGLE AND GIGGLE STORYTIME**

Who: All Ages  
 When: Tuesdays 10:30- 11:15  
 March 5-April 9  
 April 30-May 28<sup>d</sup>  
 Where: Westwood Public Library  
 Children will hear stories, songs, and dance those giggles out.

**WONDROUS WEDNESDAYS STORYTIME**

Who: Children ages 2-5  
 When: Wednesdays 10:30-11:00 a.m.  
 March 6-April 10  
 May 1-29  
 Where: Westwood Public Library  
 This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities.

**BABY RHYME TIME**

Who: Ages 0-2 and parent/caregiver  
 When: Fridays 10:30-11:00 a.m.  
 March 8-April 12  
 May 3-31st  
 Where: Westwood Public Library  
 There will be short stories, songs, dance, and puppets.

**CREATIVE KIDS**

Who: Children in grades K-1st  
 When: Thursdays, 4:00-4:45 p.m.  
 March 7-April 11  
 Where: Westwood Public Library  
 Children will have lots of creative fun as they participate in creative dramatics and arts & crafts activities. **Registration Required.**

**\*READ TO A DOG**

Who: Children in grades K-4  
 When: Select Saturdays  
 March 16, April 27, May 18 @ 10:30AM-11:30AM  
 Where: Westwood Public Library  
 Children in grades K-4 can sign up for a 15-minute "appointment" to read aloud to a certified therapy dog. Families and siblings wait outside, while the child gets valuable one on one time with a furry companion. **Registration required. Sign up starting two weeks before the program, at the children's desk or on the phone.**

**SEUSSICAL THE MUSICAL**

When: May 9 at 6:00 pm (Westwood Public Library - Free),  
 Where: Westwood Public Library  
 Westwood Players is proud to present Seussical! Seussical (Theatre for Young Audiences) is a fantastical, magical, musical extravaganza! Seussical TYA is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. Other Performances: May 10 at 7 pm, May 11 at 2 pm & 6 pm (Westwood High School Little Theatre - \$10/ticket)  
 To reserve/purchase tickets or to learn more about Westwood Players, visit [www.westwoodplayers.com](http://www.westwoodplayers.com).

**MAIN LIBRARY TEEN PROGRAMS****TEEN BOOKCLUB**

Who: Students in grades 6-8  
 When: 1<sup>st</sup> Early Release Wednesday of the month  
 March 13<sup>th</sup>, April 10<sup>th</sup>, May 8<sup>th</sup>  
 Where: Westwood Public Library  
 Take a break from homework and join Lizzy to talk about books & enjoy snacks! Books will be available at the library.

**GAMING TOURNAMENT: SUPER SMASH BROS & JUST DANCE**

Who: Students in grades 6-8  
 When: Early Release Wednesdays: February 27<sup>th</sup> & March 13  
 Where: Westwood Public Library  
 Middle school students are welcome to join OneUP Games in a Super Smash Bros and/or Just Dance tournament! Have what it takes? Come see if you make it to the last round!

**MAIN LIBRARY ADULT PROGRAMS****SAIL AWAY ON THE CRAFT OF PASTEL PAINTING**

When: Tuesday, April 9<sup>th</sup> at 6:00 PM  
 Where: Westwood Public Library  
 Using references & instructor Greg Maichack's pastel version of Monet's Impressionist painting, "Sailboat at Le Petit-Gennevilliers," you'll create your own 12" x 18" pastel painting to take home. This project is supported in part by a grant from the Westwood Cultural Council, a local agency which is supported by the MA Cultural Council, a state agency." **Registration Required**

**AUTHOR TALK: JANE HEALEY & THE BEANTOWN GIRLS**

When: Wednesday, April 10<sup>th</sup> at 7:00 PM  
 Where: Westwood Public Library  
 From the author of *The Saturday Evening Girls Club* comes a new novel of love, courage, and danger unfolds as World War II's brightest heroines--the best of friends--take on the front lines. Copies of the book will be available for purchase and signing courtesy of Haley Booksellers.

**AUTHOR TALK: ERICA BOYCE & THE FIFTEEN WONDERS OF DANIEL GREEN**

When: Tuesday, April 30<sup>th</sup> at 7:00 PM  
 Where: Westwood Public Library  
 Come support Westwood resident Erica Boyce & her debut novel! For readers seeking the warmth of *The Readers of Broken Wheel Recommend* blended with the creative spark of Rachel Joyce, *The Fifteen Wonders of Daniel Green* explores the unexplainable bonds of family & life's mysteries. Copies of the book will be available for purchase and signing courtesy of Haley Booksellers.

**ISLINGTON BRANCH PROGRAMS STORYTIME**

Who: Children ages 2 and up.  
 When: Thursdays, 9:30-10:15 a.m.  
 March 7-April 11 and or May 2<sup>nd</sup>-May 30  
 Where: Islington Branch Library  
 Children will participate in stories, songs, and crafts.

**PJ STORYTIME**

Who: Children ages 2 and up.  
 When: 3<sup>rd</sup> Wed. of the month, 6:30-7:15pm March 21<sup>st</sup>, April 18<sup>th</sup>, May 16<sup>th</sup>  
 Where: Islington Branch Library.  
 Children can come the Branch library in their PJs (and bring a favorite stuffed animal or two) to hear stories and songs.

**LEGO- MANIA**

Who: Children grades K and up.  
 When: Tuesdays, 3:45-4:45 p.m.,  
 March-May  
 Where: Islington Branch Library  
 Come and build Lego creations with library Legos.

The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program. Our goal is to support parents as their child's first teacher. We provide free programs for families of children age birth-8 that are inclusive and supportive to all Westwood children and families. Please see below for our regular monthly activities, as well as some special programs coming this spring! Registration is required for all programs. Please visit our website to register and learn more.

<http://www.westwood.k12.ma.us/early-childhood-council/>

**Musical Mondays** (all ages)

Westwood Main Library Meeting Room  
10:30 am; March 4, April 1, May 6

**Fun with Friends** (2.9 - 5 years)

Westwood Main Library Children's Activity Rm  
1:30 pm; March 12, April 23, May 21

**Walk, Talk, and Read** (all ages)

Hale Reservation  
10:00 am; March 25, April 29

**Family Playgroup** (all ages)

WPS Integrated Preschool  
10:00 am; March 6, April 3, May 1

**STEM Investigations** (3 - 5 years)

Westwood Main Library Children's Activity Rm  
1:30 pm; March 14, April 25, May 16

**Run & Fun Playtime** (12 months and up)

Westwood Main Library Meeting Room  
10:30 am; March 22

**Saturday Active Gym Play** (3 - 4 years)

Deerfield School Gym  
10:00 am & 11:00 am; March 9, April 27

**Little Yogis** (3 - 7 years)

Westwood Main Library Children's Activity Rm  
10:30 am; March 2, April 6

**Baby Kneads** (birth - 6 months)

Westwood Main Library Children's Activity Rm  
10:30 am; March 11, April 8, May 13

## Special Events

**Ms Money & The Coins March 28 @ Hanlon School; 6:30 pm.** An interactive family musical that teaches about financial literacy--saving and spending money in a fun, memorable and age appropriate way! Geared for children ages 5-10 with a parent/caregiver.

**Annual Brain Building Event "Kids at Play Brains at Work" April 3 @ Westwood Main Library Meeting Room; 3:30 pm.** Join staff from local early childhood education programs as they present fun, multi-sensory activities and games! Designed for children ages 3-7 with a parent/caregiver.

**"Little Yogis" Pajama Yoga April 25 @ Westwood Main Library, 6:30 pm.** Join Erin Mann for stories, relaxing poses and calming music to help your little yogi get ready for bed. Wear pajamas and bring a favorite lovey. For children ages 3-7 with a parent/caregiver.

**Portraits in the Park with Caroline Maguire** Our annual portrait fundraiser will be on **Sunday, May 19th from 8:30-5:00 at Sen Ki Lot!** Have your family or individual photos taken in an outdoor setting, featuring professional photographer and Westwood resident Caroline Maguire. Choose a digital option, photo prints package, or both! Funds raised will go directly to monthly parent/child programs, special events and children's scholarships. Registration will be available on the website.

<http://www.westwood.k12.ma.us/early-childhood-council/>



## STRUCTURED PLAY GROUPS

### Kindergarten/1<sup>st</sup> Grade

Wednesday, March 27-May 22, 4:00-5:00 PM at Islington Community Center

### 2<sup>nd</sup>/3<sup>rd</sup> grade

Tuesday, March 5- April 30, 4:00-5:00 PM at Martha Jones Elementary

These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others. All groups are free of charge to Westwood residents.



**Contact:** Nina Banozic, LICSW at (781) 320-1006 or [nbanozic@townhall.westwood.ma.us](mailto:nbanozic@townhall.westwood.ma.us)



## Recognize-A-Youth Award

### R.A.Y.



Westwood Rotary and Westwood Youth & Family Services (WY&FS) are seeking the public's help in identifying young people in our community that have demonstrated a commitment to helping others. We would like to celebrate these individuals by honoring them with the R.A.Y. (Recognize-A-Youth) Award. Recipients will have distinguished themselves through their initiative and commitment to community service and have demonstrated an ethic of caring for others that is essential to the health of our community. If you know of a young person that should be honored please nominate them for a R.A.Y. Award. The R.A.Y. Program will recognize more than one person should a group of young people be nominated for a group community service effort. The deadline for nominations is **March 31<sup>st</sup>, 2019**. Nomination forms will be accepted online, via email and by mail. For more information go to [www.townhall.westwood.ma.us/yfs](http://www.townhall.westwood.ma.us/yfs).





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Jason Corey - Photographer



(781) 255-3159  
contact@fourpointsnorwood.com  
tiffanyballroom.com

*The Tiffany  
Ballroom*

# WESTWOOD / DAY

SEPTEMBER 21, 2019



## FRIDAY, SEPTEMBER 20

- Football Game 7:00 PM
- Fireworks 9:00 PM

## SATURDAY, SEPTEMBER 21

- 5K 9:00 and Fun Run 10:00
- Activities 10:00-3:00
- Vendor Village 10:00-3:00
- Food Court 10:00-3:00

## CONTACTS:

SPONSORSHIP: Nicole Banks [nbanks@townhall.westwood.ma.us](mailto:nbanks@townhall.westwood.ma.us)

VENDOR VILLAGE: Zach Krause [zkrause@townhall.westwood.ma.us](mailto:zkrause@townhall.westwood.ma.us)

FOOD COURT: Sue Perry [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)

ENTERTAINMENT: Richard Adams [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us)

ACTIVITIES: Taryn Crocker [tcrocker@townhall.westwood.ma.us](mailto:tcrocker@townhall.westwood.ma.us)

LOGISTICS: Joe Bertone [jbertone@townhall.westwood.ma.us](mailto:jbertone@townhall.westwood.ma.us)



[www.WestwoodDay.com](http://www.WestwoodDay.com)



# POOL SCHEDULE

**SPRING April 1 – June 23 (Closed: April 15, 21; May 27, June 2)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	Enjoy your swim!					

**SUMMER June 24 - August 31 (Closed: July 4)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	3:30-5:00 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	*7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	*7:15-8:30 PM Open & Lap Swim (3)	*May be delayed due to swim meet.		

Membership	One Month	Three Months	Six Months	One Year	Daily
Pool Single	\$30	\$75	\$135	\$235	\$7
Pool Family	\$45	\$115	\$210	\$370	
Pool Westwood Senior	\$15	\$45	\$90	\$180	\$5

Membership registration is available at the Pool, Recreation Office, and online

[www.westwoodrec.com](http://www.westwoodrec.com)

Westwood Recreation Department  
240 Nahatan Street  
Westwood, MA 02090

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# FISHING DERBY

IT'S A "REEL" GREAT TIME!



**YOUTH DIVISION** ages 15 & under - FREE

Prizes will be awarded! Participants must bring their own fishing pole.

**ADULT DIVISION** ages 16 & up - \$10

Prizes will be awarded for largest fish caught. Adult participants must obey all Massachusetts Fish & Game regulations. Adults register on the day of the event at the Concession Stand.

**CONCESSION STAND**

Coffee, Donuts, Water, Soda, Hot Dogs and WORMS!

Sponsored by

North Walpole Fish and Game

Westwood Permanent Firefighters Local 1994

Bass Pro Shops