



On Your Mark, Get Rec, Go!



Fireman's Foam

WEDNESDAY, JULY 10, 2:00–3:00

SHEEHAN SCHOOL FIELD

SUDZ OF FUN!

IN MEMORY OF EDDIE THOMSON

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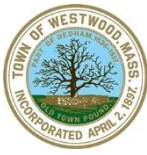
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WESTWOOD RECREATION

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

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

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

SUMMER REGISTRATION IS OPEN AND ON GOING

HOW TO REGISTER – PROGRAMS MARKED IN RED ARE FULL

ONLINE: www.westwoodrec.com

Click Register For Programs (below hours banner). Click Account to log in using your email and password. (OR Create an account. Click Create a New Account. Enter Email address 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.

PHOTO RELEASE: All program registration consent and release waivers include authorization for Westwood Recreation to use any images and statements of/by/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet.

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 7 business days prior to program start date	Full Amount minus \$15 Fee	Full Amount
Withdraw less than 7 business days prior to program start date	NO REFUND	NO CREDIT

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 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.

COMMUNITY

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

YOUTH AND ADULT SPORTS

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

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FIND US ONLINE

Stay updated about classes, special events and cancellations. Follow Westwood Recreation on social media today!



— @WestwoodRecreation



— @Westwoodrec



— @WW_Rec



Construction – Special Events – Weddings



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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 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

LIFEGUARD TRAINING ages 15 & up

Samantha Packard, Aquatics Specialist
 May 24, 25, 26, 2019
 Fri-3-9, Sat-8-6, and Sun-8-6
 \$325 (3 days) Min 4/ Max 12



PRE-SKILLS SCREENING: WEDNESDAY, MAY 22, 2019, 6:15 PM
 This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included. **Full participation required.** Register today, don't delay. Textbooks and first reading assignment will be distributed immediately following the **MANDATORY SKILLS SCREENING ON WEDNESDAY MAY 22, 2019 AT 6:15 PM – WESTWOOD POOL**



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.



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

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

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.

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 - FULL

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.

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-FULL	Mon-Fri	9:00-3:00	\$195 (1 week)
7: Aug 5-9-FULL	Mon-Fri	9:00-3:00	\$195 (1 week)

LACROSSE-GIRLS *entering grades 4-8*

WHS Flahive Field
Margot Spatola, WHS Girls Varsity Coach
Week 6: Jul 29-Aug 1, Mon-Thu, 9:00-12:00
\$155 (4 days) Min 15/Max 40



Designed to teach lacrosse to new players and to improve the skills of experienced players. Focuses on fitness, stick skills, position specific training, and game strategy. Please bring stick, goggles, mouth guard, water bottle and a healthy snack. If heavy rain, the girls will wait in the WHS Cafeteria until conditions improve.

FIELD HOCKEY-GIRLS *entering grades 4-8*

WHS Flahive Field
Heather Joyce, WHS Girls Varsity Coach
Week 3: Jul 8-11, Mon-Thu, 9:00-12:00
\$155 (1 week) Min 12/Max 30



A new opportunity for girls interested in playing field hockey and having fun! Begins with 30 minutes of instruction to learn new skills and work directly with coaches and players to develop your game. Utilizing these skills, participants will split into teams and scrimmage. Please bring a stick, goggles, shin pads, a mouth guard and water bottle.

GOLF-BEGINNER JUNIOR CLINICS *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
\$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.

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-FULL	Mon-Thu	10:00-12:00
7: Aug 5-8	Mon-Thu	10:00-12:00
8: Aug 12-15-FULL	Mon-Thu	10:00-12:00
9: Aug 19-22-FULL	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) Min 10/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-FULL	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

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-FULL	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-FULL	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-FULL	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-FULL
\$150 (1 week) Min 6/Max 20

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

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-FULL	5: Jul 22-25	Mon-Thu	9:00-12:00
2D Art	6: Jul 29-Aug 1	Mon-Thu	9:00-12:00

VIDEO 1 *ages 10-14*

Westwood Media Center - 15 Perwal St, Westwood, MA
Maggie McGinnis
Week 5: July 22-26, Mon-Fri, 9:00-12:00
\$155 (1 week) Min 4/Max 6



Learn video production! This workshop introduces students to film concepts, storyboarding, shooting, and editing. While using our HD camcorders and Adobe editing software, participants will develop technical video skills, as well as learn the various stages of video producing by creating new projects each day. **Participants who attended "WMC's Summer 2017 & 2018 Video 1 Workshop" are exempt from this course, as this would be repetitive.**

VIDEO 2 *ages 10-14*

Westwood Media Center - 15 Perwal St, Westwood, MA
Maggie McGinnis
Week 7: Aug 5-9, Mon-Fri, 9:00-12:00
\$155 (1 week) Min 6/Max 10



Prerequisite: Video 1 (Summer 2018 or 2019), Video 2 Summer 2018, or WMC's Summer 2017 Video

Produce a TV show or short film! Using acquired video production skills, students will create a video project from start to finish. Students will work collaboratively through the entire production process, from screenwriting and storyboarding, to shooting and editing with the use of our HD camcorders and Adobe editing software. Students will strengthen their existing video production skills, as well as gain new experiences with acting and directing. Everyone will also get the chance to compete in a Nintendo Switch Mario Kart Tournament on the last day of the workshop!

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

SAFETY TOWN *entering K*

Deerfield School
Officer Brad Pindel
Recreation Staff

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 High School Pool make this program fun and exciting.

Week	Days	Time	
4: Jul 15-19	Mon-Fr	9:00-11:30am	\$130 Min 10/Max 20
5: Jul 22-26-FULL	Mon-Fr	9:00-11:30am	\$130Min10/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 - FULL

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.



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SKATING ACADEMY



LEARN TO SKATE!

Ice skating & Hockey Skills
Age 4 to adult

Sundays, 2:00pm & 3:00pm

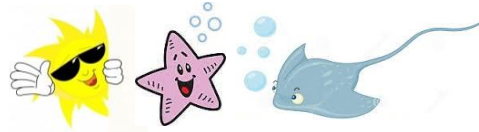
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617-787-5283

SUMMER CAMP

Westwood High School
 Joe Bertone
 Lauren Hillberg
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.

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.**

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



FIRST YEAR CIT

Registration and applications are closed at this time. If you are interested in participating as a first year CIT contact Joe Bertone.
jbertone@townhall.westwood.ma.us

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.**

PLEASE NOTE: WEEKS IN RED BUT NOT MARKED "FULL" HAVE LIMITED AVAILABILITY. TO CHECK AVAILABILITY GO TO www.westwoodrec.com IF YOUR DESIRED GRADE IS FULL PLEASE ADD YOUR CHILD TO THE WAIT LIST

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 - FULL	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 - FULL	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-FULL	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 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 5th 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 – 5TH

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

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



Registration Procedure: Go directly to TDA's website

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

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.



SUMMER CONCERT SERIES

Westwood Senior Center Lawn

Mondays, 6:30 PM – Free

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
Westwood Young Women's Club

**Westwood
Recreation**

Fireman's Foam

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

Sheehan School Field

Sudz of Fun!

(Foam is made with dish soap, water and air)



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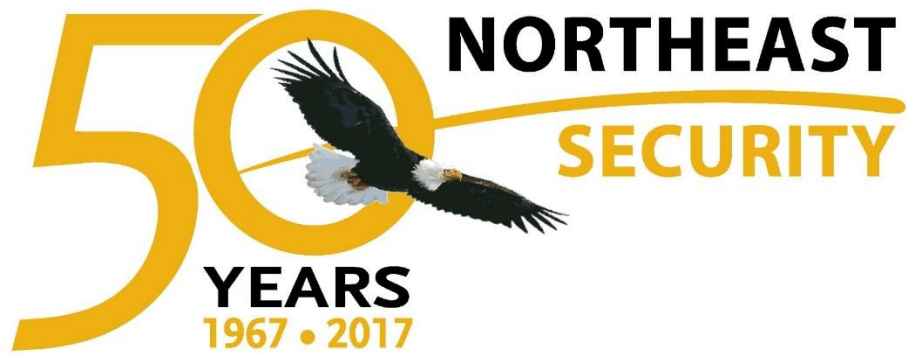
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UPCOMING FREE PROGRAMS

Westwood Youth & Family Services is a Town of Westwood department that provides free community based programs and confidential counseling for the children and families of Westwood.

Register at: www.townhall.westwood.ma.us/yfs

FRIENDS NETWORK



Who: Westwood residents in 3rd, 4th and 5th grades

When: November 2019 – April 2020, Wednesdays from 5:15 – 6:15 PM or 6:30 PM – 7:30 PM

Where: Patricia Carty-Larkin Senior Center, 60 Nahatan Street

What: The Friends Network is a free program that matches young Westwood residents with high school aged residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship and having fun! All participants should feel comfortable and be able to successfully engage in independent, self-directed play in a large group setting.

Contact: Mary Ellen LaRose at (781) 320-1006 or mlarose@townhall.westwood.ma.us

GIRLS GROUPS

Who: Westwood girls in 4th – 6th grade

When: Fall 2019 – Spring 2020, one afternoon per week from 4:00 – 5:00 PM

Where: Islington Community Center

What: These 12-week free of charge groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways! All participants should feel comfortable and be able to be successful in a 1:6 adult-to-child ratio.

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



STRUCTURED PLAY GROUPS



Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2019 – Spring 2020, one afternoon per week from 4:00 – 5:00 PM

Where: Islington Community Center; Hanlon, Sheehan and Martha Jones Extended Day programs

What: These 8-week free of charge 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 reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, communication, decision-making, as well as appreciating one's own strengths and the differences of others. All participants should feel comfortable and be able to be successful in a 1:4 adult-to-child ratio.

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

CREATIVE CRAFT CLUB

Who: Rising 1st – 6th grade Westwood residents (grouped by 1st-3rd grade and 4th-6th grade)

When: Summer 2019, one afternoon per week from 11:00 AM – 12:00 PM or 1:00 – 2:00 PM

Where: Islington Community Center

What: Enjoy the summer at Creative Craft Club! This 6-week free of charge program includes crafts focused on mindfulness, goal setting, and do-it-yourself projects. All participants should feel comfortable and be able to be successful in a 1:5 adult-to-child ratio.

Contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

Did you know?

In April the Westwood Health Department welcomed a new Health Director, Jared Orsini and a new Food Inspector, Jason Belmonte.

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, email us at 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-12:00PM. If you would like to contact Tiffany to make an appointment, she can be reached at 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.

Mercury Collection Program

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. The program is in place to remove mercury containing items from residential trash. Button batteries, mercury thermometers, thermostats, switches, and products that contain liquid mercury can be brought to the Board of Health office to be recycled properly. Fluorescent bulbs are collected at Household Hazardous Waste Day in the fall.

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 for more information.

A Universe of Stories!

June 3rd-August 23rd

SUMMER READING 2019 @ WESTWOOD LIBRARY

PRE - K

Ages 0 - 3

Read together!



Log hours spent reading!

KIDS

Grades K - 6

TEENS

Grades 6 - 12

Read & Recommend!

Read & Recommend!

ADULTS

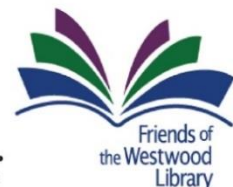
Ages 18+

 Westwood Public Library
660 High Street
Westwood, MA 02090
Reference: (781) 320-1045
Kids' Department: (781) 320-1040

 Islington Branch Library
280 Washington Street
Westwood, MA 02090
(781) 326-5914

Visit the library this summer for out of this world programs, books, and prizes for reading!

Summer Reading Prizes generously provided by:





Oh the places we go!! Summer is a great time to travel and the Center is heading to NYC, Martha's Vineyard, Plymouth, Maine, Niagara Falls, and lots of other great cities ... So why not grab a friend and join us! Fliers are available at the Center and buses fill up fast so don't be left behind. We also 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

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

VENDOR VILLAGE: Zach Krause zkrause@townhall.westwood.ma.us

FOOD COURT: Sue Perry sperry@townhall.westwood.ma.us

ENTERTAINMENT: Richard Adams radams@townhall.westwood.ma.us

ACTIVITIES: Taryn Crocker tcrocker@townhall.westwood.ma.us

LOGISTICS: Joe Bertone jbertone@townhall.westwood.ma.us

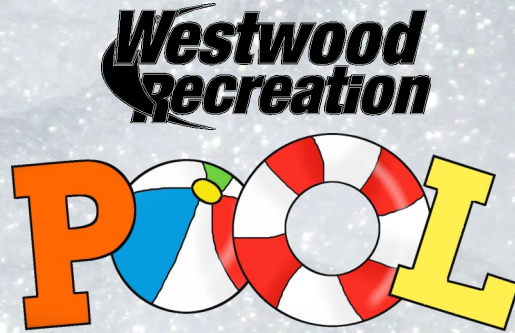


www.WestwoodDay.com

Westwood Recreation Department
 240 Nahatan Street
 Westwood, MA 02090

Nonprofit
 U.S. Postage
 Paid
 Westwood, MA
 Permit #30

**RESIDENTIAL CUSTOMER
 WESTWOOD, MA 02090**



**Summer Schedule
 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 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