

Westwood Recreation

Brochure & Community Guide

Spring + Summer 2020

MARK YOUR CALENDAR
March Into Summer: March 14
Special 10% Off on Paid in Full
Summer Programs

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Program Manager

Kelley Peterson

Program Manager

Richard Adams

Business Manager

Samantha Packard

Aquatics Assistant Manager

Angela Lassig

Recreation Assistant

Brian Macdonald

Aquatics Specialist

.....

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

REGISTRATION + POLICY

WHEN TO REGISTER

SPRING REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

SUMMER REGISTRATION BEGINS SATURDAY, MARCH 14, 10:00 AM

HOW TO REGISTER

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 > 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 his/her 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 14 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 14 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 **14 days prior** to program start date
Withdraw **less than 14 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

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 9. The deadline to submit paperwork for Financial Aid is March 13. Applications received after March 13 will be reviewed on a case-by-case exception basis.

PAYMENT TYPES: CHECK (PAYABLE TO TOWN OF WESTWOOD), MASTERCARD, VISA, DISCOVER (CARD MUST BE PRESENT) OR CASH

Head of Household: _____ First Name _____ Last Name _____ D.O.B. ____/____/____

Address: _____ Town: _____ Zip: _____

Best Number: (____) _____ E-Mail Address: _____

Emergency Contact: _____ Relationship: _____ Cell/Emergency Phone: (____) _____

RECREATION PROGRAMS

FIRST NAME	LAST NAME	D.O.B.	GENDER	PROGRAM	WEEK OR LEVEL	DATES/DAY	TIME	FEE	OFFICE
		/ /	M F	Summer Camp Grade Entering Fall 2020	1 2 3 4 5 6 7				
		/ /	M F	Summer Camp Grade Entering Fall 2020	1 2 3 4 5 6 7				
		/ /	M F	Summer Camp Grade Entering Fall 2020	1 2 3 4 5 6 7				
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						

POOL MEMBERSHIP

TYPE	DURATION
____ SINGLE _____ FAMILY _____ WESTWOOD SENIOR _____	____ 1 MONTH _____ 3 MONTHS _____ 6 MONTHS _____ YEAR

PARTICIPANT ALLERGIES/RESTRICTIONS

Participant's Name _____ Please list any allergies, medications, physical restrictions or conditions you are willing to share that could affect participation in activities.

CONSENT AND RELEASE

I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet. IN CASE OF EMERGENCY, I hereby give my permission to the staff and medical personnel selected by the Recreation Department, to act as my agent to provide care when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment. I AFFIRM that I have read this Consent and Release and that I understand that my participation is voluntary and that I am free to choose not to participate in said activities. By signing this form, I affirm that I have decided to participate in the Town of Westwood's recreation activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE _____

DATE _____

CONTACTS + CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood	www.troop3westwood.org
Boy Scouts Troop 1 Islington	scoutmaster@troop1islington.org
Community Chest	www.wcchest.org
Foundation Westwood Education	www.foundationforwestwoodeducation.org
Hale Reservation	www.halereservation.org
Lions Club of Westwood	www.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 Media Center	www.westwoodmediacenter.tv
Westwood Public Schools	www.westwood.k12.ma.us
Westwood Walpole League of Women Voters	www.lwwestwoodwalpolededham.org
Westwood Young Women's Club	www.wywc.org
Westwood Winds Community Band	www.westwoodwinds.org

YOUTH + ADULT SPORTS

Over 30 Men's Softball	soxpats75@gmail.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	www.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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Photo: studioartephotography

Newly renovated venue for the newly engaged.



**The All New
Tiffany Ballroom**

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

*The Tiffany
Ballroom*



Grilled Lemon Garlic
Chicken with Corn Salad &
Caprese Salad

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Wegmans
Food Markets

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MARCH INTO SUMMER FAQ's

FREQUENTLY ASKED QUESTIONS

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. You may also walk in or mail your registration, see page 3 for office hours and mailing address. Please note, mailed registrations will be processed on Monday, March 16th.

When is Westwood Public School Summer Enrichment Program?

Please note that Enrichment will run the four weeks from June 29 through July 24. 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.

When does summer registration begin?

All online and in person registration begins on Saturday, March 14 at 10:00 AM. The March Into Summer (MIS) 10% discount on summer programs paid-in-full ends on Tuesday, March 17 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 14 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.

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.

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 14 at 10:00 AM.**

Is there a discount for early registration?

Yes! Registrations for summer programs that are paid in full and

received by Tuesday, March 17 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.

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".

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.

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 or 781-355-8098 prior to March 9. The deadline to submit paperwork for Financial Aid is March 13. Applications received after March 13 will be reviewed on a case-by-case exception basis.

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. 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.

I was placed on a Waitlist, now what?

If you are waitlisted during the March Into Summer event (March 14, 10:00 AM – March 17, 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.

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 14 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 14 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 **14 days prior** to program start date
 Withdraw **less than 14 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 17 at 11:59 PM.

March into Summer



OPEN HOUSE

REGISTER THEN JOIN US FOR FAMILY FUN,
SUMMER PREVIEW AND FESTIVITIES
FEATURING:

Pool

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

Lobby & Gym

Wegmans Snacks
Art Activity
Ga-Ga Ball
Behn Basketball
Top Secret Science

Saturday, March 14

10:00 AM - 1:00 PM

Westwood Recreation Department

**10% DISCOUNT ON SUMMER PROGRAMS PAID IN FULL
FROM 3.14.20 TO 3.17.20**

The March Into Summer discount will be applied at check out on qualifying, paid in full registrations between March 14 at 10:00 AM and March 17 at 11:59 PM.

Special Thank You to our Sponsor *Wegmans*

SUMMER CAMP

SUMMER 2020

SUMMER CAMP

Westwood High School
Joe Bertone
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 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 is licensed by the Board of Health.

CAMPER RATIOS AND SPACE:

CAMP STARFISH (ages 3-5) Staff to child ratio is 1:5. 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 K-1st is 1:5 and 2nd-5th is 1:10. 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 AM-12:00 PM lunch excluded) No refrigeration is available.

OPEN SWIM

Campers will be offered daily free swim, 2:00 PM-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 PM-5:30 PM 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.



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 assistance please call 781-461-0070 or visit the Recreation office.

SUMMER CAMP

SUMMER 2020

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

THEME	WEEK	DAYS	7:30-5:30	9:00-3:30	12:00-5:30	
LET THE GAMES BEGIN	1: JUN 23-26 (NO 6/22)	TUE-FRI	\$235	\$195	\$175	
STARS, STRIPES & SMILES	2: JUN 29-JUL 2 (NO 7/3)	MON-THU	\$235	\$195	\$175	Enrichment
TIME TRAVEL	3: JUL 6-10	MON-FRI	\$295	\$245	\$220	Enrichment
SPLISH SPLASH	4: JUL 13-17	MON-FRI	\$295	\$245	\$220	Enrichment
FULL STEAM AHEAD	5: JUL 20-24	MON-FRI	\$295	\$245	\$220	Enrichment
AROUND THE WORLD	6: JUL 27-31	MON-FRI	\$295	\$245	\$220	
WAVES OF FUN	7: AUG 3-7	MON-FRI	\$295	\$245	\$220	

AGES 3-5 (CAMP STARFISH)

Staff to child ratio 1:5 Child requirements: 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	12:00-5:30	
LET THE GAMES BEGIN	1: JUN 23-26 (NO 6/22)	TUE-FRI	\$250	\$220	\$128	
STARS, STRIPES & SMILES	2: JUN 29-JUL 2 (NO 7/3)	MON-THU	\$250	\$220	\$128	Enrichment
TIME TRAVEL	3: JUL 6-10	MON-FRI	\$315	\$275	\$160	Enrichment
SPLISH SPLASH	4: JUL 13-17	MON-FRI	\$315	\$275	\$160	Enrichment
FULL STEAM AHEAD	5: JUL 20-24	MON-FRI	\$315	\$275	\$160	Enrichment
AROUND THE WORLD	6: JUL 27-31	MON-FRI	\$315	\$275	\$160	
WAVES OF FUN	7: AUG 3-7	MON-FRI	\$315	\$275	\$160	

SUMMER CAMP SWIM LESSONS (must be registered in summer camp)

*Swim lessons will be accommodated according to registration time	JUN 23-26	JUN 29-JUL 2 (NO 7/3)	JUL 6-10	JUL 13-17	JUL 20-24	JUL 27-JUL 31	AUG 3-7
	TUE-FRI	MON-THU	MON-FRI	MON-FRI	MON-FRI	MON-FRI	MON-FRI
SWIM LESSONS (5 classes)	\$80	\$80	\$100	\$100	\$100	\$100	\$100

SUMMER CAMP TENNIS LESSONS (must be registered in summer camp)

	JUN 23-26 (NO 6/22)	JUN 29-JUL 2 (NO 7/3)	JUL 6-10	JUL 13-17	JUL 20-24	JUL 27-JUL 31	AUG 3-7
	TUE-FRI	MON-THU		MON-FRI	MON-FRI	MON-FRI	MON-FRI
TENNIS LESSONS (ages 7-13) 3:30-4:30 PM	\$60	\$60		\$75	\$75	\$75	\$75

ENRICHMENT INFORMATION

Westwood Summer Enrichment Program
summerprogram@westwood.k12.ma.us

Session A: Jun 29-Jul 10 (No 7/3)

Week 2: Jun 29-Jul 2

Week 3: Jul 6-10

Session B: Jul 13-24

Week 4: Jul 13-17

Week 5: Jul 20-24

Westwood Recreation offers afternoon enrollement (12:00 PM-5:30 PM) so that students may take part in the Summer Enrichment Program. Recreation Staff will pick up children at 12:00 PM to walk or will be transported via town vehicle to either WHS for summer camp, or Deerfield School for the Playground Program.



PLAYGROUND

SUMMER 2020

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, and 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

Must pass swim test to participate in open swim

Participants registered until 5:30 PM will be transported in town vehicles to the Westwood High School for the afternoon portion of the program. Pick-up for 5:30 PM 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 5:30 PM pick up will be in the Pool Lobby at Westwood High School.**

SWIM LESSONS (ADDITIONAL FEE)

Must be registered until 5:30 PM

Certified Water Safety Instructors

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



Want to gain
experience
working with
children?

COUNSELOR IN TRAINING

INFO ON PAGE 13

PLAYGROUND: ENTERING K-5

THEME	WEEK	DAYS	7:30-5:30	9:00-3:30	12:00-5:30	
LET THE GAMES BEGIN	1: JUN 23-26 (NO 6/22)	TUE-FRI	\$228	\$188	\$168	
STARS, STRIPES & SMILES	2: JUN 29-JUL 2 (NO 7/3)	MON-THU	\$228	\$188	\$168	Enrichment
TIME TRAVEL	3: JUL 6-10	MON-FRI	\$285	\$235	\$210	Enrichment
SPLISH SPLASH	4: JUL 13-17	MON-FRI	\$285	\$235	\$210	Enrichment
FULL STEAM AHEAD	5: JUL 20-24	MON-FRI	\$285	\$235	\$210	Enrichment
AROUND THE WORLD	6: JUL 27-31	MON-FRI	\$285	\$235	\$210	
WAVES OF FUN	7: AUG 3-7	MON-FRI	\$285	\$235	\$210	

PLAYGROUND SWIM LESSONS (*must be registered in Playground Program until 5:30 PM)

	JUN 23-26 (NO 6/22)	JUN 29-JUL 2 (NO 7/3)	JUL 6-10	JUL 13-17	JUL 20-24	JUL 27-31	AUG 3-7
SWIM LESSONS (K-5) 5 CLASSES	TUE-FRI	MON-THU	MON-FRI	MON-FRI	MON-FRI	MON-FRI	MON-FRI
3:45-4:25PM	\$80	\$80	\$100	\$100	\$100	\$100	\$100



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. You will receive a welcome email with instructions.

If you need assistance please call 781-461-0070 or visit the Recreation office.

YOUTH + COUNSELOR IN TRAINING

SUMMER 2020

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	FEE
5: Jul 20-24	Mon-Fri	9:00 AM-3:00 PM	\$230
6: Jul 27-31	Mon-Fri	9:00 AM-3:00 PM	\$230
10: Aug 24-28	Mon-Fri	9:00 AM-3:00 PM	\$230

SAFETY TOWN *entering K*

Deerfield School
Officer Brad Pindel
\$130 (1 week) Min 15/Max 30

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	FEE
4: Jul 13-17	Mon-Fri	9:00 AM-11:30 AM	\$130
5: Jul 20-24	Mon-Fri	9:00 AM-11:30 AM	\$130

WICKED COOL VET SCHOOL *entering K-5*

Islington Community Center
Wicked Cool for Kids Staff
Week 9: Aug 17-21, 9:00 AM-4:00 PM
\$260 Half-Day: 9:00 AM-12:00 PM
\$400 Full-Day: 9:00 AM-4:00 PM
(1 week) Min 8/Max 25
(No March Into Summer Discount)

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Making amazing models, build big bones and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish.

WICKED COOL ROCKET SCIENCE *entering K-5*

Islington Community Center
Wicked Cool for Kids Staff
Week 8: Aug 10-14, 9:00 AM-4:00 PM
\$260 Half-Day: 9:00 AM-12:00 PM
\$400 Full-Day: 9:00 AM-4:00 PM
(1 week) Min 8/Max 25
(No March Into Summer Discount)

Yes it's Rocket Science! Build and launch Wicked Cool's favorite solid fuel rocket, the customizable E2X: perfect for the young aerospace engineer. Keep a Commander's Log as you investigate the solar system, design a satellite and build a space base for an astronaut. Blast off with a solid, fuel, high flying rocket launch at the end of the week (weather permitting.)

GAMES GALORE *grades K-8*

Recreation Staff
\$250 (1 week) Min 10/Max 50

It's time to play! Children will participate in a variety of games and activities. There will be capture the flag, kick ball, tennis, baseball, human bowling, steal the water balloon, pinball soccer, volleyball and more. Participants will need a water bottle, lunch and a snack.

WEEK	DAYS	TIME	FEE
8: Aug 10-14	Mon-Fri	9:00 AM-3:30 PM	\$250
9: Aug 17-21	Mon-Fri	9:00 AM-3:30 PM	\$250

COUNSELOR IN TRAINING (CIT) *entering grades 9+*

Westwood High School
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 AM-3:30 PM	11:30 AM-5:30 PM
A: Jun 23-Jul 17 (NO 7/3)	\$180	\$165 4 weeks
B: Jul 20-Aug 7	\$160	\$145 3 weeks

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 (brochures, forms and publications), print off the application and return to the Recreation Office by May 1. The application should be completed by the participant. Taking initiative will show commitment and responsibility.
3. Applications received on time will be contacted with a mandatory group interview date. 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.

AQUATICS

SUMMER 2020



WATER BABIES /PARENT AND CHILD (WB/PC)*

ages 9 months +*

Parent/Caregiver and his/her 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

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

PRESCHOOL (PS345) ages 3-5

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. Min 4/Max 8

LEVEL 1 (L1) INTRODUCTION TO WATER ages 4+

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. At this level, 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. At this level 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 8

LEVEL 4 (L4) STROKE IMPROVEMENT

Participants must have passed Level 3. At this level, 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 8

LEVEL 5 (L5) STROKE REFINEMENT

Participants must have passed Level 4. At this level, 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. Min 4/Max 8

LEVEL 6 (L6) SWIMMING & SKILL PROFICIENCY

Participants must have passed Level 5. Participants refine strokes so to swim with greater efficiency and effectiveness. Three options are offered to meet specific interests of the participants. Course may be repeated to explore all three options:

1. **PERSONAL WATER SAFETY OPTION** - offered Weeks 1, 4 & 7 (PWS)
 2. **FUNDAMENTALS OF DIVING OPTION** - offered Weeks 2, 5 & 8 (FD)
 3. **FITNESS SWIMMER OPTION** - offered Weeks 3 & 6 (FS)
- Min 4/Max 8

SWIM LESSON OBSERVATION POLICY

Please join us in the Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below.

Observation Guidelines:

- 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 seated 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!

SESSIONS		SWIM LEVELS						
DATES (5 classes)	FEE	WB/PC	PS 3,4,5	L1	L2	L3	L4/L5	L6 W/OPTION
1: JUN 22-26 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - PWS
2: JUN 29-JUL 2 (NO 7/3) (MON-THU)	\$80		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - FD
3: JUL 6-10 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - FS
4: JUL 13-17 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - PWS
5: JUL 20-24 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - FD
6: JUL 27-31 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - FS
7: AUG 3-7 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - PWS
8: AUG 10-14 (MON-FRI)	\$100		9:55-10:35	9:55-10:35	9:55-10:35	10:40-11:20	10:40-11:20	10:40-11:20 - FD
SAT JUN 20-JUL 25 (NO 7/4)	\$100	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10			

AQUATICS

SUMMER 2020

PRIVATE/SEMI-PRIVATE SWIM LESSONS *ages 4+*

Certified Water Safety Instructors
\$185 Private, 1 swimmer (Five, 30 minute lessons)
\$240 Semi-private, 2 swimmers (Five, 30 minute lessons)

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 are lessons with two swimmers of similar ability.

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*

Samantha Packard, Aquatics Assistant Manager
Week 8: Aug 10-14, Mon-Fri, 9:00 AM-12:00 PM
\$220 (1 week) Min 6/Max 8

Participants must complete a skills evaluation prior to registration for this program demonstrating: free style, back stroke, breast stroke, butterfly and a dive. The clinic will include two daily swim sessions, dry land training, instructional videos and videotaping. Email spackard@townhall.westwood.ma.us to set up an evaluation.

AQUANAUTS *ages 11-14* (MUST HAVE PASSED LEVEL 5)

Susan Perry, Aquatics Manager
Week 5: Jul 20-24, Mon-Thu 9:00 AM-6:00 PM and Fri 9:00 AM-3:00 PM
\$150 (1 week) Min 2/Max 4

The 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 25-Aug 20, 8:00 AM-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	DAYS	TIME	FEE
May 26-Aug 8	6-10	M, T, W, TH	5:00 PM-6:00 PM	\$250
May 26-Aug 8	11-18	M, T, W, TH	6:00 PM-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	DAYS	TIME	FEE
May 27-Aug 5	6-10	M + W	5:00 PM-6:00 PM	\$125
May 27-Aug 5	11-18	M + W	6:00 PM-7:00 PM	\$125

BOOK A POOL PARTY TODAY!

Pool parties are great for all ages and any occasion!

PARTY

To inquire about booking a pool party, email
sperry@townhall.westwood.ma.us

ARTS

SUMMER 2020



MUSICAL THEATRE *entering grades 1-8*

Westwood High School Auditorium
 Scott Gagnon and Recreation Staff
 \$305 (1 week) Min 20/Max 25
 \$245 (Week 1 ONLY)

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.

“STAY TUNED! 2”: Back by popular demand- Another crazy comedy romp through some of everyone’s favorite classic TV shows and themes, including The Brady Bunch, The Flintstones and more!

PINOCCHIO: From wooden puppet to Real Live Boy, join Pinocchio on his daring journey, featuring “When You Wish Upon a Star” and other classics!

IT’S THE MUPPETS SHOW: Wild times and a “Rainbow Connection” with Kermit, Miss Piggy, Fozzie Bear and the whole gang!

MOANA: The Disney smash hit comes to the Westwood stage! Join us for an Island Adventure! All the characters and songs everyone loves! Available in two sessions.

HERCULES: A comedy take on the classic myth with songs from the beloved Disney film. Go the distance!!!

PERFORMANCE	WEEK	DAYS	TIME
“STAY TUNED! 2”	1: Jun 23-26	Tue-Fri	9:00 AM-4:00 PM
PINOCCHIO	3: Jul 6-10	Mon-Fri	9:00 AM-4:00 PM
IT’S THE MUPPETS SHOW	4: Jul 13-17	Mon-Fri	9:00 AM-4:00 PM
MOANA	5: Jul 20-24	Mon-Fri	9:00 AM-4:00 PM
HERCULES	6: Jul 27-31	Mon-Fri	9:00 AM-4:00 PM
MOANA	7: Aug 3-7	Mon-Fr	9:00 AM-4:00 PM



SUMMER ART *grades 2-5*

Deerfield School Art Room
 Lisa Walker
 \$170 (4 classes) Min 6/Max 12

Spend your summer creating art! Each week will be packed with possibilities, imagination and fun as students explore 2D art (drawing, painting, printmaking..) and 3D art (sculpture, weaving, clay). Kids will develop technical skills while exploring an overwhelming variety of media in the visual arts in a fun supportive classroom. No prior experience required. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty.

WEEK	DAYS	TIME
4: Jul 13-16	Mon-Thu	9:00 AM-12:00 PM
5: Jul 20-23	Mon-Thu	9:00 AM-12:00 PM

VIDEO 1

Westwood Media Center – 15 Perwal St. Westwood, MA
 Erica Adams
 Week 4: July 13-17, 9:00 AM-12:00 PM
 \$180 (1 week) Min 3/Max 8
(No March Into Summer Discount)

Do you have a special talent that you would like to share with the world? This is the workshop for you! Showcase one of your special skills in your very own “How to” video... You will learn the production process from creating a storyboard, shooting, and editing. Also included is our game show challenge where you will go head to head in a game show hosted by your peers, and learn the studio switcher! No previous video experience required.

VIDEO 2

Westwood Media Center – 15 Perwal St. Westwood, MA
 Erica Adams
 Week 6: July 27-31, 9:00 AM-12:00 PM
 \$180 (1 week) Min 3/Max 8
(No March Into Summer Discount)

Are you interested in the art of film making? This workshop allows you to learn more about film production, lighting, shot composition, and editing. In this workshop, you will brainstorm an idea for a film, and create a movie trailer for your movie! Also included is our game show challenge where you will go head to head in a game show hosted by your peers, and learn the studio switcher. **Prerequisite: Video 1**



ADULT + TEEN/FITNESS

SUMMER 2020



DOG TRAINING PROGRAMS *owners of all ages*

12 and younger must be accompanied by an adult

Islington Community Center Hall

Susan Lowell, Pet Providers

\$150 (6 classes) Min 4/Max 14

(No March Into Summer Discount)

When registering please register your dog with their ages.

Copies of shots must be provided at the first class.

PUPPY/S.T.A.R. PUPPY *puppies 12 weeks–1 year*

Tue, Jul 7-Aug 11, 7:30-8:30 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.

MANNERS/CANINE GOOD CITIZEN *dogs 1 year or older*

Tue, Jul 7-Aug 11, 6:30-7:30 PM

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.

BEGINNING DOG AGILITY/TRICK *dogs 6+ months*

Thu, Jul 9-Aug 13, 7:00-8:00 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.



DRIVER EDUCATION CLASSES *ages 15 and 9 months+*

Westwood High School

Teachers Driving Academy

\$119 (1 session) Min 10/Max 25

(No March Into Summer Discount)

Registration Procedure:

1. Go directly to TDA's website www.teachersdrivingacademy.com

2. Click on register for classes, scroll down the page and click on Westwood.

Program fee includes the MASS RMV teens driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

***Required Parent & Student Class: see schedules below**

At least one parent/guardian must attend Parent Class. Parents who 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 your birth certificate, a notebook and a pen. Questions: 774-203-3245

SUMMER 2020 SCHEDULE

*Wed, Jun 3, 3:00 PM-5:00 PM

Mon, Jun 22, 8:00 AM-2:30 PM

Tue, Jun 23, 8:00 AM-2:30 PM

Wed, Jun 24, 8:00 AM-2:30 PM

Thu, Jun 25, 8:00 AM-2:30 PM

Fri, Jun 26, 8:00 AM-12:15 PM

***Required parent + student class: Mon, Jun 3, 3:00 PM-5:00 PM**

*Mon, Jul 20, 8:00 AM-2:30 PM

Tue, Jul 21, 8:00 AM-2:30 PM

Wed, Jul 22, 8:00 AM-2:30 PM

Thu, Jul 23, 8:00 AM-2:30 PM

Fri, Jul 24, 8:00 AM-12:15 PM

***Required parent + student class: Mon, Jul 20, 12:30 PM-2:30 PM**

FITNESS

BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field

Core Asset Staff

Session D: Tue & Thu, Jun 23-Aug 6 (No 6/30, 7/2), 6:00 AM-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.

SPORTS

SUMMER 2020

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 weeks 4-7 (5 classes)

*\$70 Weeks 1 & 2 (4 classes) Min 4/Max 6

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 23-26	Tue-Fri	8:00 AM-8:55 AM	Little Lobbers
2: Jun 29-Jul 2	Mon-Thu	8:00 AM-8:55 AM	Beginner
4: Jul 13-17	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers
5: Jul 20-24	Mon-Fri	8:00 AM-8:55 AM	Beginner
6: Jul 27-31	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers
7: Aug 3-7	Mon-Fri	8:00 AM-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 23-26	Tue-Fri	9:00 AM-12:00 PM	\$136 (4 days)
2: Jun 29-Jul 2	Mon-Thu	9:00 AM-12:00 PM	\$136 (4 days)
4: Jul 13-17	Mon-Fri	9:00 AM-12:00 PM	\$170 (1 week)
5: Jul 20-24	Mon-Fri	9:00 AM-12:00 PM	\$170 (1 week)
6: Jul 27-31	Mon-Fri	9:00 AM-12:00 PM	\$170 (1 week)
7: Aug 3-7	Mon-Fri	9:00 AM-12:00 PM	\$170 (1 week)

NO SUN, ALL FUN *ages 9-14*

Middle School Gym

Skills needed: serve, backhand, forehand and volley.

Tennis games with a competitive edge. Players will increase their skills as they receive instruction while playing 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 23-26	Tue-Fri	1:00 PM-2:00 PM (<i>ages 9-11</i>) 2:00 PM-3:00 PM (<i>ages 12-14</i>)	\$60 (4 days)
4: Jul 13-17	Mon-Fri	1:00 PM-2:00 PM (<i>ages 9-11</i>) 2:00 PM-3:00 PM (<i>ages 12-14</i>)	\$75 (1 week)
5: Jul 20-24	Mon-Fri	1:00 PM-2:00 PM (<i>ages 9-11</i>) 2:00 PM-3:00 PM (<i>ages 12-14</i>)	\$75 (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
2: Jun 29-Jul 2	Mon-Thu	9:00 AM-12:00 PM	\$110 (4 days)
3: Jul 6-10	Mon-Fri	9:00 AM-12:00 PM	\$145 (1 week)
4: Jul 13-17	Mon-Fri	9:00 AM-12:00 PM	\$145 (1 week)
5: Jul 20-24	Mon-Fri	9:00 AM-12:00 PM	\$145 (1 week)
6: Jul 27-J31	Mon-Fri	9:00 AM-12:00 PM	\$145 (1 week)
7: Aug 3-7	Mon-Fri	9:00 AM-12:00 PM	\$145 (1 week)

VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym

Justyne Collier, WHS JV Volleyball Coach

Week 2: Jun 29-Jul 2, Mon-Thu, 2:00 PM-5:00 PM

\$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.

LACROSSE-GIRLS *entering grades 2-8*

WHS Flahive Field

Margot Spatola, WHS Girls Varsity Coach

Week 6: Jul 27-30, Mon-Thu, 9:00 AM-12:00 PM

\$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 2: Jun 29-Jul 2, Mon-Thu, 9:00 AM-12:00 PM

\$155 (4 days) 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.

SPORTS

SUMMER 2020

BEHN BASKETBALL CAMPS

Thurston Middle School Gyms
(1 week) Min 25/Max 75
\$225 Half-Day: 9:00 AM-12:00 PM
\$370 Full-Day: 9:00 AM-3:00 PM

BOYS BASKETBALL *ages 8-16*

Director AJ Stephens & Behn Camp coaches
Week 6: Jul 27-31

GIRLS BASKETBALL *ages 8-16*

Behn Camp Coaches
Week 7: Aug 3-7

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

WEEK	DAYS	TIME	FEE
1: Jun 23-26	Tue-Fri	9:00 AM-3:00 PM	\$155 (4 days)
2: Jun 29-Jul 2	Mon-Thu	9:00 AM-3:00 PM	\$155 (4 days)
4: Jul 13-17	Mon-Fri	9:00 AM-3:00 PM	\$195 (1 week)
6: Jul 27-31	Mon-Fri	9:00 AM-3:00 PM	\$195 (1 week)

GOLF-BEGINNER JUNIOR CLINICS *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
\$155 (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
1: Jun 22-25	Mon-Thu	10:00 AM-12:00 PM
2: Jun 29-Jul 2	Mon-Thu	10:00 AM-12:00 PM
3: Jul 6-9	Mon-Thu	10:00 AM-12:00 PM
4: Jul 13-16	Mon-Thu	10:00 AM-12:00 PM
5: Jul 20-23	Mon-Thu	10:00AM-12:00 PM
6: Jul 27-30	Mon-Thu	10:00 AM-12:00 PM
7: Aug 3-6	Mon-Thu	10:00 AM-12:00 PM
8: Aug 10-13	Mon-Thu	10:00 AM-12:00 PM
9: Aug 17-20	Mon-Thu	10:00 AM-12:00 PM
10: Aug 24-27	Mon-Thu	10:00 AM-12:00 PM

CHALLENGER INTERNATIONAL SOCCER CAMP *ages 7-18*

Sheehan School Field
Challenger International Soccer Coaches
Mon-Fri (1 week) Min 20/Max 65
\$200 Half Day: 9:00 AM-12:00 PM
\$250 Full Day: 9:00 AM-4:00 PM



Week 3: Jul 6-10
Week 5: Jul 20-24
Week 7: Aug 3-7

The Challenger International Soccer Camp reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France and have woven them together in a multi-faceted on and off-field coaching experience. All campers receive a FREE soccer ball, camp t-shirt, player evaluation and access to our TopYa Coaching App! Participants will need a lunch, snack and a water bottle. In the event of rain, camp will be held inside the Sheehan School Gym.

JR SOCCER *ages 5-7*

Deerfield School Field
Recreation Staff
Week 1: Jun 23-26, Tue-Fri, 9:00 AM-12:00 PM
\$130 (4 days) 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
Coach Phillips and Staff
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	FEE
1: Jun 22-26	Mon-Fri	9:00 AM-12:00 PM	\$135 (1 week)
4: Jul 13-17	Mon-Fri	9:00 AM-12:00 PM	\$135 (1 week)
5: Jul 20-24	Mon-Fri	9:00 AM-12:00 PM	\$135 (1 week)
6: Jul 27-31	Mon-Fri	9:00 AM-12:00 PM	\$135 (1 week)

PRE-SEASON FLAG FOOTBALL *ages 5-13*

Morrison Park
Coach 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 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. In the event of rain, class will be held in the Islington Community Center.

WEEK	DAYS	TIME
8: Aug 10-14	Mon-Fri	9:00 AM-12:00 PM
9: Aug 17-21	Mon-Fri	9:00 AM-12:00 PM

SPECIAL EVENTS

FREE!

WYWC
SENIOR CENTER LAWN
MONDAYS, 6:30 PM

SUMMER CONCERT SERIES



SAVE THE DATES

July 6: Hugh Hanley

July 13: The Bubble Music Man

July 20: Stacey Peasley

July 27: Vanessa Trien and the Jumping Monkeys



FIREMAN'S FOAM

Thank you Westwood Fire Department!

WEDNESDAY, JULY 8, 2:00-3:00
SHEEHAN SCHOOL FIELD
ALL AGES WELCOME

FOAM IS MADE WITH DISH SOAP, WATER AND AIR

30th ANNUAL WESTWOOD FISHING DERBY

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 heaviest fish caught. Adult participants must obey all Massachusetts Fish & Game regulations. Adults register on the day of the event.

FUN & GAMES
Concessions—Coffee, Doughnuts, Water, Soda, Hot Dogs and more
Dry land fishing games led by North Walpole Fish and Game

Saturday, May 9th, 7-11 AM—Buckmaster Pond



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 14 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 14 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 **14 days prior** to program start date
 Withdraw **less than 14 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 17 at 11:59 PM.



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AQUATICS

SPRING 2020

SESSION E				SWIM LEVELS					
DATES (5 classes)	FEE	WB/PC	PS345	L1	L2	L3	L4	L5	L6
Mon, Apr 27-Jun 1 (NO 5/25)	\$100	9:30-10:10							
Tue, Apr 28-May 26	\$100		4:00-4:40	4:00-4:40	4:45-5:25	4:45-5:25			
Short Wed, Mar 25, Apr 8, 29, May 13, 27	\$100			1:30-2:10	1:30-2:10	2:30-3:00	2:20-3:00		
Thu, Apr 30-May 28	\$100						4:00-4:40	4:00-4:40	4:45-5:25
Sat, May 2-Jun 6 (NO 5/23)	\$100	9:00-9:40	8:15-8:55	10:30-11:10	9:45-10:25				
Sun, May 3-Jun 7 (NO 5/24)	\$100			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



**American
Red Cross**

WATER BABIES /PARENT AND CHILD (WB/PC)*

ages 9 months +*

Parent/Caregiver and his/her 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

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

PRESCHOOL (PS345) ages 3-5

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. Min 4/Max 8

LEVEL 1 (L1) INTRODUCTION TO WATER ages 4+

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. At this level, 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. At this level 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 8

LEVEL 4 (L4) STROKE IMPROVEMENT

Participants must have passed Level 3. At this level, 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 8

LEVEL 5 (L5) STROKE REFINEMENT

Participants must have passed Level 4. At this level, 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. Min 4/Max 8

LEVEL 6 (L6) PERSONAL WATER SAFETY

Personal Water Safety is a customized program geared toward swimmers who are preparing for more advanced swimming programs: Lifeguarding, and Water Safety Instructor. Focus will be given on safely managing oneself in and around the water. Min 4 Max 8

SWIM LESSON OBSERVATION POLICY

Please join us in the Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below.

Observation Guidelines:

- 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 seated 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!

AQUATICS

SPRING 2020



CONDITION SWIMMING *ages 6-18*

Certified Water Safety Instructors
Mon and Wed, Mar 30-May 27 (No 4/20, 4/22), 5:00 PM-6:00 PM
\$200 (14 classes) Min 10/Max 30

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 for a skills check prior to registration. Swimmers will be situated in lanes according to ability.

AQUA FITNESS *ages 18+*

Susan Perry, Aquatics Manager
Tue, Wed, Thu, Apr 2-Jun 11 (No 4/21, 4/22, 4/23), 8:45 AM-9:45 AM
\$80 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+Wed, Apr 27-May 20, 3:30 PM-5:00 PM
\$200 (8 classes) Min 4/Max 8

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.

LIFEGUARD TRAINING

ages 15+
Sam Packard, Aquatics Assistant Manager
Fri, May 8, 3:00 PM-9:00 PM
Sat+Sun, May 9+10, 8:00 AM-8:00 PM
\$325, Min 6/Max 9

Pre-Skills Screening Required – Mon, Apr 13, 7:15 PM

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included. Candidates must pass a skill screening prior to registration. **Full attendance required.** Registration is taken after successful completion of the pre-skills screening on April 13 at 7:15 PM.

WATER SAFETY INSTRUCTOR *ages 16+*

Susan Perry, Aquatics Manager
Fri, May 8+15, 3:00 PM-8:00 PM
Sat, May 9+16, 8:00 AM-4:00 PM
\$395 Min 4/ Max 6

Pre-Skills Screening Required – Mon, Apr 6, 7:15 PM

Become a certified American Red Cross Water Safety Instructor just in time for the summer. Pre-skills screening **required** Monday, April 6, 7:15 PM. Upon successful completion of this screening, participants may register for this program. Check your calendars. Full participation is required.

SENIOR SWIM *ages 60+*

Tue+Thu, Apr 2-Jun 11 (No 4/21, 4/23), 1:00 PM-2:15 PM
\$5 Westwood Senior 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+*

Certified Water Safety Instructors (Five 30 minute lessons)
\$185 Private (1 swimmer)
\$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.

ADULT + TEEN

SPRING 2020

ORGANIZING HACKS

Islington Community Center
Patricia Nelson, Owner, Finely Functional Home Organization
Thu, Apr 16, 6:30 PM-8:30 PM
\$30 (1 class) Min 10/Max 20

Tired of losing your keys? Not paying bills on time? Buying duplicate items? Don't know where to put anything? Come learn strategies, tips, and tricks for everyday living and all of those pain points in your home. This is not about perfection, but finding better function and some peace of mind!

THE PAPER ELEPHANT IN THE ROOM

Westwood Public Library
Patricia Nelson, Owner, Finely Functional Home Organization
Wed, Apr 29, 6:30 PM-8:30 PM
\$30 (1 class) Min 10/Max 20

Are you drowning in paper? Don't know how to deal with it all? In this class, we'll discuss ways in which you can reduce some of the incoming paper, sort through what you have, and determine what makes sense for you to keep. We'll also discuss various filing and storage solutions for your unique situation.

SHAKE OFF THE DUST – Spring De-cluttering Boot Camp!

Westwood Public Library
Patricia Nelson, Owner, Finely Functional Home Organization
Tue, May 5+12, 6:30 PM-8:30 PM
\$50 (2 classes) Min 6/Max 10

Are you ready for this? Come join us! We will work on a personal action plan that will hold you accountable and keep you on track. We will also challenge our thinking around our stuff, and address the practical and emotional roadblocks to de-cluttering. In our follow up session, we'll discuss progress, share pictures and troubleshoot together. Private Facebook group will be used so we can all encourage one another along the way. You will get the most of this workshop if you come with a specific project in mind. It's okay to start small.

ARTFUL STRUMMERS *ages 16+*

The Band Gig School of Music and Performance
66 Eastern Ave., Dedham
The Band Gig School Staff
Tue, Mar 31-Jun 2, 6:30 PM-8:00 PM
\$135 (10 classes) Min 5/Max 12

This course is designed to teach a beginner, with no prior musical training, how to play and understand the ukulele. Players will learn positions for open and foundational chords, as well as short scales that will allow them to play and jam along to countless folk and contemporary pop songs. Bring your own Soprano or Alto/ Concert ukulele and music stand. An electronic tuning device such as a Snark Tuner is also recommended.



DRIVER EDUCATION CLASSES *ages 15 and 9 months+*

Westwood High School
Teachers Driving Academy
\$119 (1 session) Min 10/Max 25

Registration Procedure:

1. Go directly to TDA's website www.teachersdrivingacademy.com
2. Click on register for classes, scroll down the page and click on Westwood.

Program fee includes the MASS RMV teens driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

**Required Parent & Student Class: see schedules below*

At least one parent/guardian must attend Parent Class. Parents who 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 your birth certificate, a notebook and a pen. Questions: 774-203-3245

APRIL VACATION SESSION

*Tue, Apr 14, 3:00 PM-5:00 PM
Thu, Apr 16, 5:00 PM-9:15 PM
Tue, Apr 21, 8:00 AM-2:30 PM
Wed, Apr 22, 8:00 AM-2:30 PM
Thu, Apr 23, 8:00 AM-2:30 PM
Fri, Apr 24, 8:00 AM-2:30 PM

***Required Parent + Student Class: Tue, Apr 14, 3:00 PM-5:00 PM**

JUNE 2020 SESSION

*Wed Jun 3, 3:00 PM-5:00 PM
Mon, Jun 22, 8:00 AM-2:30 PM
Tue, Jun 23, 8:00 AM-2:30 PM
Wed, Jun 24, 8:00 AM-2:30 PM
Thu, Jun 25, 8:00 AM-2:30 PM
Fri, Jun 26, 8:00 AM-12:15 PM

***Required Parent + Student Class: Wed, Jun 3, 3:00 PM-5:00 PM**

ADULT + TEEN

SPRING 2020

DOG TRAINING PROGRAMS *owners of all ages*

12 & younger must be accompanied by an adult

Islington Community Center Hall

Susan Lowell, Pet Providers

\$150 (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.

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

Thu, Apr 30-Jun 4 , 6:30 PM-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.

MANNERS/CANINE GOOD CITIZEN *dogs 1 year or older*

Thu, Apr 30-Jun 4 , 7:30 PM-8:30 PM

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.



FIRST AID & CPR/AED *ages 15+*

Islington Community Center

Juanita Allen Kingsley, W-EMT

Wed, Apr 29, 6:00 PM-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.



MARCH INTO SUMMER

SATURDAY, MARCH 14, 10:00 AM –1:00 PM

WESTWOOD RECREATION

FISHING DERBY

SATURDAY, MAY 9, 7:00 –11:00 AM

BUCKMASTER POND

FIREMAN'S FOAM

WEDNESDAY, JULY 8, 2:00-3:00 PM

SHEEHAN SCHOOL FIELD

SUMMER CONCERTS

MONDAYS, MONTH OF JULY, 6:30 PM

SENIOR CENTER LAWN

WESTWOOD DAY

SATURDAY, SEPTEMBER 26, 10:00 AM-3:00 PM

WESTWOOD HIGH SCHOOL

FITNESS

SPRING 2020



BOOT CAMP *ages 18+*

Westwood High School Multi-Purpose Field
Core Asset Staff

Session C: Tue+Thu, May 7-Jun 23, 6:00 AM-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 High School Gym.



SPORTS TRAINING *ages 18+*

Westwood High School Tennis Courts
Merry Abbott, Certified Personal Trainer
\$85 (6 classes) Min 8/Max 20

How often have you heard, "If you want to improve your game, you need to improve your footwork"?! This is a workout to develop speed/agility and power for better performance in all sports. We will do footwork drills to improve your movement on the field or court and core exercises to build your strength power and balance. It is an appropriate workout for women and men of all fitness levels. Participants will need a towel and water. In the event of rain class will meet in the Recreation Pool Lobby.

DAYS	SESSION
Mon+Wed	A: May 18-Jun 8 (No 5/25)
Mon+Wed	B: Jun 10-29

TIME
6:30 PM-7:15 PM
6:30 PM-7:15 PM

YOGA FOR EVERYONE *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Yoga Instructor
Sun, Apr 5-May 17 (No 4/12); 2:30 PM-4:00 PM
\$105 (6 classes) Min 5/Max 12

Gain health and happiness. Participants will relax their body and mind through modifiable yoga poses. All abilities welcome. Please bring a yoga mat and a blanket.



ADULT HATHA YOGA *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Apr 2-Jun 11 (No 4/23), 7:00 PM-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.

PARENT-CHILD, PRE-K + YOUTH

SPRING 2020

PARENT-CHILD

EARLY EXPLORERS *ages 12mo-24mo*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Apr 1-May 27 (No 4/22), 9:30 AM-10:30 AM
\$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.

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Apr 2-May 28 (No 4/23), 10:30 AM-11:30 AM
\$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 1-May 27 (No 4/22), 10:45 AM-11:30 AM
\$85 (8 classes) Min 6/Max 10

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

MUSIC + MOVEMENT *ages 2-5*

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Apr 2-May 28 (No 4/23) 9:30 AM-10:15 AM
\$85 (8 classes) Min 6/Max 10

Let your inner musician shine! Join the fun with singing, dancing, movement and instruments. Plus, some weeks children will make instruments to use during class and take home.

PRE-K

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	Time	Fee
Thu	Jun 11	9:00 AM-1:00 PM	\$45 (1 class)
Fri	Jun 12	9:00 AM-1:00 PM	\$45 (1 class)

YOUTH

SHORT WEDNESDAY CREATIVE CRAFTS! *grades K-5*

Downey School Art Room
Lisa Walker + Recreation Staff
Short Wed, Apr 8, 29; May 13, 27; Jun 10, 11:50 AM-3:00 PM
\$125 (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!

HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Apr 29, 12:30 PM-2:15 PM
\$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
Juanita Allen Kingsley, W-EMT
Wed, Apr 29, 2:30 PM-5:15 PM
\$65 (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.



LEGO® JEDI ENGINEERING *ages 5-12*

Downey School
PlayWell Staff
Mon, Apr 13-Jun 15 (No 4/20, 5/25), 3:15 PM-4:45 PM
\$185 (8 classes) Min 11/Max 16

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles with LEGO® materials as we construct the Ewok Village on Endor, fly through space on our X-Wings, and defend the Echo Base on Hoth. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

APRIL VACATION

SPRING 2020

VACATION ART *grades 2-5*

Thurston Middle School Cafeteria
Lisa Walker
Tue-Thu, Apr 21-23, 9:00 AM-12:00 PM
\$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 half-day April Vacation Club 12:00 PM-3:00 PM option below.

APRIL VACATION CLUB *grades K-6*

Thurston Middle School Cafeteria / Recreation Pool Lobby
Recreation Staff
Tue-Thu, Apr 21-23, 9:00 AM-3:00 PM
\$150 (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 lunch, peanut/nut free snack and water bottle. Sneakers required. Do not need full day care? See half day option.

HALF DAY OPTION

Don't need a full day of care? 9:00 AM-12:00 PM and 12:00 PM-3:00 PM options are also available. (\$100)

FRIDAY FIELD TRIP *grades K-6*

URBAN AIR – Adventure Park
Recreation Staff
Fri, Apr 24, 9:00 AM-3:00 PM
\$80 Min 12/Max 24

Urban Air is a Trampoline and Adventure Park with fun and challenging attractions that you don't see every day, like an indoor zip line and Ninja Warrior Course. Come join us for an adventure! Admission included. Participants need to bring a lunch, peanut/nut free snack and water bottle.

- Sky Rider Coaster
- Climbing Walls
- Warrior Obstacle Course
- Tubes Playground
- Ropes Course
- Battle Beam
- Trapeze
- Trampolines

VIDEO GAME WORKSHOP *grades 6-8*

Westwood Media Center
Connor Lynch
Tue-Thu, Apr 21-23, 9:00 AM-12:00 PM
\$78 (3 classes) Min 3/ Max 6

Do you love to build in Minecraft? Then this workshop is just for you. You'll be challenged to build a property and make a video to sell to potential buyers. You will get to use your existing building skills and learn editing techniques using Adobe Premiere. Also included is our Mario Kart Challenge where drivers will go head to head while your friends announce commentary and learn the studio switcher. Prior experience using Minecraft is recommended but not mandatory.

JR BEGINNER GOLF CLINIC *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
Tue-Fri, Apr 21-24, 10:00 AM-12:00 PM
Tue-Fri, Apr 21-24, 1:00 PM-3:00 PM
\$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.** Min 6/Max 12

DAY	DATES	TIME	FEE
Tue	Apr 21	9:00 AM-1:00 PM	\$45 (1 class)
Wed	Apr 22	9:00 AM-1:00 PM	\$45 (1 class)
Thu	Apr 23	9:00 AM-1:00 PM	\$45 (1 class)
Fri	Apr 24	9:00 AM-1:00 PM	\$45 (1 class)

APRIL VACATION TENNIS

Westwood High School Courts
Jayson Sellers, Tennis Pro
Tue-Thu, Apr 21-23, 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 24.

LEVEL	AGES	TIME	FEE
Beginner	7-11	11:30 AM-12:25 PM	\$45 (3 lessons)
Clinic	8-13	12:30 PM-2:30 PM	\$105 (3 classes)

BASEBALL SPRING TRAINING *ages 5-12*

Morrison Park
Coach Phillips and Staff
Mon-Fri, Apr 20-24, 9:00 AM-12:00 PM
\$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 a baseball glove.

ARTS

SPRING 2020

"SING" MUSICAL THEATRE *ages 5-13*

Islington Community Center Hall

Aly Pereira

Tue, Apr 14-Jun 9 (No 4/21) 3:45 PM-4:45 PM

\$120 (8 classes) Min 5/Max 25

Come join in on 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 "Buster's Medley Excerpts." This play has been rewritten along the theme of the original "Sing." Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.

HIP HOP *ages 5-13*

Islington Community Center Hall

Aly Pereira

Fri, Apr 3-Jun 12 (No 4/10, 4/24, 5/22), 5:00 PM-6:00 PM

\$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+*

The Band Gig School of Music and Performance

66 Eastern Ave, Dedham

The Band Gig School Staff

Apr-Jun 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.

SINGERS ANONYMOUS *ages 16+*

Custom Art Framing, 45 Central Street, Norwood

Halley Elwell

Thu, Apr 2-Jun 4, 7:00 PM-8:30 PM

\$99 (10 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).

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SPORTS

SPRING 2020

SHORT WEDNESDAY SPORTS & GAMES *grades K-5*

Downey School Gym and Field
Recreation Staff

Wed, Apr 8, 29; May 13, 27; Jun 10, 11:50 AM-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.**

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

MiniHawk T-BALL

Downey School Baseball Field
SkyHawks Staff

Tue, Apr 7-May 19 (No 4/21)
Ages 3 and 4: 3:30 PM-4:15 PM
Ages 5 and 6: 4:30 PM-5:30 PM
\$100 (6 classes) Min 8/Max 10



Learn the fundamentals of fielding, catching, throwing, hitting, and base running — all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Please bring a glove, water bottle, and sunscreen.

VOLLEYBALL-GIRLS *grades 5-8*

Westwood High School Gym
Justyne Collier, WHS JV Volleyball Coach
Thu, Apr 2-May 14 (NO 4/23), 5:30 PM-7:30 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.

TMS AFTERSCHOOL SPORTS *grades 6-8*

Thurston Middle School Gym & Fields
Recreation Staff
Tue, Apr 7-May 19 (No 4/21), 2:30 PM-3:30 PM
\$35 (6 classes) Min 10/Max 30

Intramural sports give students the opportunity to engage in physical activity in a fun and relaxed environment. These exciting games will provide a place for students to be active with friends. We will play a different game every week. Games will include Dodgeball, Matball, Gatorball and more. Students can request games ahead of time to Joe: jbortone@townhall.westwood.ma.us



AFTERSCHOOL TENNIS *grades 1-5*

Downey School Tennis Court
Jayson Sellers, Tennis Pro
Thu, Apr 30; May 7, 14, 21, 28, 3:30 PM-5:00 PM
\$110 (5 classes) Min 6/Max 14

Players who are new to the game or have had minor instruction. Focus on fundamental skills including: ready stance, grip, forehand, backhand and serve. Racquets will be provided but you are invited to bring your own. Bring a water bottle. In the event of rain, program will be held inside at the Islington Community Center, with transportation for Downey students provided and pick up at the ICC.

MULTIPLE SPORTS *grades 1-4*

Downey School Field
Coach Phillips
Thu, Apr 30-Jun 4, 3:15 PM-4:30 PM
\$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 (AT SCHOOL STREET) *ages 3-6*

School Street Field
Coach Phillips
Mon, Apr 27-Jun 8 (No 5/25), 1:45 PM-2:45 PM
Tue, Apr 28-Jun 2, 1:45 PM-2:45 PM
\$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.

PRESCHOOL SPORTS (AT DOWNEY) *ages 3-6*

Downey School Field
Coach Phillips
Wed, Apr 29-Jun 3
Ages 3+4, 3:30 PM-4:20 PM
Ages 5+6, 4:30 PM-5:20 PM
\$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 held inside the gym.

SPORTS & PLAYGROUND *ages 3-6*

School Street Field and Playground
Coach Phillips
Mon-Thu, Jun 8-11, 9:00 AM-12:00 PM
Mon-Thu, Jun 15-18, 9:00 AM-12:00 PM
\$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.

SPORTS

SPRING 2020

TENNIS LESSONS

Westwood High School Courts
Jayson Sellers, Tennis Pro
Sat, Apr 25-May 30 (No 5/23)
\$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
Older Beginners	8:30 AM-9:30 AM	13+
Little Lobbers	9:45 AM-10:45 AM	5-6
Little Lobbers	10:45 AM-11:45 AM	7-8
Beginner	11:45 AM-12:45 PM	9-12

TENNIS PRIVATE LESSONS *ages 9+*

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

To schedule private lessons contact:
kpeterson@townhall.westwood.ma.us

SOCCER TOTS *ages 2-5*

Morrison Softball Field
SkyHawks Staff
Sat, Apr 18-May 30 (No 5/23)
\$100 (6 classes) Min 8/Max 10



Class	Ages	Time
Koalas	ages 2-3.5	10:00 AM-10:45 AM
Bears	ages 3.5-4.5	11:00 AM-11:45 AM
Grizzlies	ages 4.5-5	12:00 PM-12:45 PM

Koalas ages 2-3.5 10:00 AM-10:45 AM

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. We use a variety of fun games to develop balance, movement, motor, and soccer skills as well as listening to instructions. Very active and fun! ***parent participation.**

Bear ages 3.5-4.5 11:00 AM-11:45 AM

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. The goal of this class is to develop kicking, running control, and dribbling. It also teaches listening and following instructions. The class uses a variety of fun games with lots of physical activity.

Grizzlies ages 4.5-5 12:00 PM-12:45 PM

These soccer-themed motor skill classes are very easy for youngsters to get into. This class develops kicking, balance, dribbling, foot-eye coordination and running control by playing fun games. Some small-sided scrimmaging is played.

FIELD HOCKEY *grades 4-7*

Downey Field
Heather Joyce, WHS Varsity Coach + Recreation Staff
Mon, Apr 27-Jun 8 (No 5/25), 3:30 PM-5:00 PM
\$135 (6 classes) Min 10/Max 24



Suitable for participants of varying skill levels. This is a clinic-based program where participants learn the fundamentals of the game as a group. Participants will begin with ball control drills, dribbling and dodging drills, passing drills and defensive attack drills and transition to "corner" play drills, one-on-one practice and game play. Girls and boys are welcome to participate. Sticks, shin guards and mouth guards will be provided. Eye protection is encouraged. **Bring a water bottle.** In the event of rain class will be cancelled and made up at the end of the session.

GOLF- LADIES BEGINNER CLINICS *ages 16+*

Norwood Country Club
John Resnick, Golf Pro
\$155 (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.

Session	Day	Dates	Time
A	Wed	Apr 1-22	5:30 PM-6:30 PM
B	Thu	Apr 2-23	5:30 PM-6:30 PM
C	Wed	May 6-27	5:30 PM-6:30 PM
D	Thu	May 7-28	5:30 PM-6:30 PM
E	Wed	Jun 3-24	5:30 PM-6:30 PM
F	Thu	Jun 4-25	5:30 PM-6:30 PM



GIRLS LACROSSE *grades 1-2*

Multipurpose Field
Recreation Staff
Sun, Apr 26-Jun 14, 5:00 PM-6:00 PM (No 5/24)
\$100 (7 classes) Min 20/Max 60



This program will be focused on teaching the game of girls lacrosse in a fun no-contact environment. Players will be introduced to basic skills including; throwing/shooting, scooping, cradling and running with the ball through a variety of fun drills. We will also use a portion of the session to scrimmage with each other and learn the rules and positions of the game. Sticks will be provided. Participants may bring eye protection but are not required to. **Bring a water bottle.** In the event of rain class will be cancelled and made up at the end of the session.



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SEPTEMBER 26, 2020

- **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**

www.WestwoodDay.com

CONTACTS

SPONSORSHIP:	Nicole Banks: nbanks@townhall.westwood.ma.us
VENDOR VILLAGE:	Samantha Packard: spackard@townhall.westwood.ma.us
FOOD COURT:	Sue Perry: sperry@townhall.westwood.ma.us
ENTERTAINMENT:	Richard Adams: radams@townhall.westwood.ma.us
ACTIVITIES:	Kelley Peterson: kpeterson@townhall.westwood.ma.us
VOLUNTEERS:	Angela Lassig: alassig@townhall.westwood.ma.us
LOGISTICS:	Joe Bertone: jbertone@townhall.westwood.ma.us Brian Macdonald: bmacdonald@townhall.westwood.ma.us



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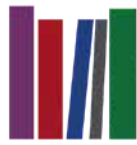
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LIBRARY



Westwood Public Library

Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.

All library programs are free. Check www.westwoodlibrary.org for an up-to-date schedule.

Main Library Children's & Teen Programs

Storytimes:

- Wiggle & Giggle: Tuesdays, 10:30 AM
March 3rd-April 7th and April 28- May 19
- Wondrous Wednesdays: Wednesdays, 10:30 AM
March 4-April 8th and April 29-May 20
- Baby Rhyme Time: For babies 0-24 months and a caregiver.
Fridays, 10:30 AM March 6th- April 10th and May 1- May 22
- Saturday Storytime: Select Saturdays, 10:30AM March 14, April 25, May 16

Dads and Donuts: Families with young children are invited to join us to read stories, play games, and have coffee and donuts and meet other families.

Saturdays: March 21st, April 18, May 30 @10:30 AM

Read to a Dog: Children in grades K-4 can sign up for a 15-minute "appointment" to read aloud to a certified therapy dog. Sign up starting two weeks before the program, at the children's desk or on the phone. ***Registration Required**

Select Saturdays, March 28th, April 11, May 9 from 10:30-11:30am

Mother-Daughter Book Club: For kids in grades 3-5 and a female adult. Share your enthusiasm for reading with other book lovers and join us for a lively discussion, a game of Pictionary, snacks, and fun! Email Lizzy at ehmcgovern@minlib.net to register or for more info.
Wednesdays, March 18 and April 15 @ 6:30 PM

Teen Book Club: For teens and tweens in grades 6 and up. Join Felicia and Lizzy every 2nd Half-day Wednesday at the library for snacks and discussion of the book of the month! March 11, April 8, May 13 at 1:45PM.

YABOI: Youth Advisory Board of Improvement

Calling all teens in grades 6-12! Join YABOI to get involved with the library. Share what you want to see in the library, earn service hours, and eat pizza! First Thursday of the month, at 6:30PM. Email Teen Librarian Felicia O'Keefe at Fokeefe@minlib.net if you are interested in coming.

Main Library Adult Programs

What is Music Therapy?: Come learn what Music Therapy is, what settings and populations music therapy benefits, and hear about some common misconceptions about the practice. Graduate Research Assistants from the Music Therapy department at Berklee College of Music will present all this and a brief overview of the history of music therapy in the United States, as well as a description of the music therapy program at Berklee. No registration is required and all are welcome.

Main Library: Wednesday, March 25 @ 7:00 pm8.

The Road to the Vote: Join us for a fascinating look at the history of women's suffrage. The program will feature a slide show entitled "The Road to the Vote" prepared by the Boston Women's Heritage Trail. Learn about the arrest of suffragists during President Wilson's visit to Boston in 1919, and the 1915 suffrage parade. Presentation will feature information about historical figures including Lucy Stone, Alice Stone Blackwell, Julia Ward Howe, and others.

Main Library: Wednesday, May 13 @ 7:00 PM

Armchair Travel with Barry Pell: Tuesday Mornings coffee and refreshments at 10, travel program begins at 10:30

March 24: Travels in Argentina and Ecuador

April 7: The Incredible Beauty of Switzerland

May 5: Finland - From Helsinki to Lapland

Attracting Native Pollinators: Pollinators are the lifeblood for good production. Representatives from Blackstone Valley Veggie Gardens will discuss ways to attract bees, butterflies, hummingbirds and other beneficials to your garden. No registration is required, and all are welcome. **Main Library:**

Thursday, April 2 @ 7:00 pm

The Organic Approach: Bugs taking over your life? Weary of spraying the wrong stuff on your food? Representatives from Blackstone Valley Veggie Gardens will discuss ways to help take all the guesswork out of everything. No registration is required, and all are welcome.

Main Library: Thursday, May 7 @ 7:00 pm

Islington Branch Library

Islington Branch hours Tuesday & Thursday 1-5, Wednesday 1-8. 781-326-5914

Historical Fiction Book Group: 1st Tuesday of the month @ 10 AM, meet at Dunkin Donuts in Islington

Islington Branch Book Club: 2nd Wednesday of the month @ 6:30 PM

Sit and Knit: Thursday 10:30 temporarily meeting at the Main Library

Lego Tuesday: @ 3:45 Come listen to a story and build around a theme

Pajama Story Time: @ 6:30 PM, 3rd Wednesday of the month

Ice Cream Social: @ 4PM Join Ms Caitlyn for stories and a treat at Bertie's Creative Creamery. Registration Required.

COUNCIL ON AGING

SPRING 2020



Winter can be cold and lonely, but not if you get out of your home (in good weather) and join us! We have classes and programs from A-Y (art to yoga) and try to offer a little something for everyone. And if you are interested in trying a new class or program, your first time is always free! We also offer lots of services (from helping with fuel assistance to transportation opportunities) that can keep you healthy and connected.

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 (see newsletter for details)

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
- BINGO & Book Group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club,
- Intergenerational Programs
- Waxing and Manicurist
- Spotlight on Community Club
- Chorus & Line Dancing

EARLY CHILDHOOD

SPRING 2020

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/>

Baby Kneads (Birth- 6 months)

What: Join Sheryl White of "Baby Kneads" along with other parents of infants for this welcoming group! Topics include infant development, baby sign language, infant massage and more!

Where: Westwood Main Library Meeting Room

When: Mondays- Feb. 24, March 9, 23, April 6, 13, 27 @ 10:30 am

Little Music Makers (all ages)

What: Join Megan McQuirvy for an interactive childrens' sing and sign class. Children and parents/caregivers will clap, sing, and sign to new and familiar songs

Where: Temple Beth David

When: Thursdays- Feb. 25, March 3, 10, 17, 24, 31 @ 10:00 am

Family Playgroup (18 months and up)

What: Create, build, and pretend with other children and their families. Tarynne Steenkamp will provide activities that enhance language development, motor coordination, and social interaction in a preschool environment.

Where: Westwood Integrated Preschool

When: Wednesdays- March 4, 11, 18, 25, April 1, 8 @ 10:00 am

Fine Motor Fun (3-5 years)

What: Children with parent/caregiver will join Janet Lucey in fun activities to develop & strengthen the small muscles of the fingers and hands.

Where: Temple Beth David

When: Thursdays- March 12, April 2, May 14 @ 1:30

Saturday Active Gym Play (3 - 5 years)

What: Gym teacher Pat Foley organizes fun, non-traditional games and activities. Children and their parent/caregiver participate in group games using balls, hoops and parachutes. Join him for the famous Cat and Mouse game!

Where: Deerfield School Gym

When: Saturday, March 21 @10:00 am & 11:00 am

Little Yogis (3 - 7 years)

What: Children and their parents will learn simple yoga poses as they act out animals or characters from familiar stories. Erin Mann is a certified yoga instructor.

Where: Westwood Main Library Children's Activity Room

When: Saturdays- March 7, April 4 @ 10:30 am

Save The Date

Portraits in the Park with Caroline Maguire Our annual portrait fundraiser will be on **Sunday, May 17th 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.

YOUTH & FAMILY SERVICES

SPRING 2020



STRUCTURED PLAY GROUPS

Kindergarten/1st Grade

Tuesdays, March 17-May 12, 4:00-5:00pm at Hanlon Elementary School

Thursdays, February 27-April 16, 4:00-5:00pm at Islington Community Center

2nd/3rd grade

Wednesday, February 26 - April 15, 4:00-5:00pm at Islington Community Center

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: Emily Greco, LCSW at (781) 320-1006 or egreco@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 31st, 2020**. Nomination forms will be accepted online, via email and by mail. For more information go to www.townhall.westwood.ma.us/yfs.



POOL SCHEDULE

SPRING April 1 – June 21



Closed: April 12 – Easter; April 20 – Patriot’s Day; May 25 – Memorial Day

Closed June 7 from 11:30 AM to end of day – WHS Graduation and Closed June 10, 1:00 PM-3:00 PM

MON	TUE	WED	THUR	FRI	SAT	SUN
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 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim
1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open Swim	1:00-2:15 PM Open Swim	1:00-2:15 PM 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		

SUMMER June 22-August 31

Closed: July 3+4–Independence Day

MON	TUE	WED	THUR	FRI	SAT	SUN
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 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim
3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	3:30-5:00 PM Open Swim	1:00-2:15 PM Open Swim	1:00-2:15 PM 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		

MEMBERSHIPS

	1 Month	3 Months	6 Months	1 Year	1 Daily
Single	\$30	\$75	\$135	\$235	\$7
Family	\$45	\$115	\$210	\$370	
Westwood Senior	\$15	\$45	\$90	\$180	\$5

Membership registration is available at the Pool, Recreation Office, and online at www.westwoodrec.com



Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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30th ANNUAL WESTWOOD



FISHING DERBY

Saturday, May 9th, 7-11 AM

@ Buckmaster Pond

Youth Division – FREE & prizes for all

Adult Division – \$10 entry fee & cash prize

Additional Details on page 20

Sponsored by North Walpole Fish and Game, Westwood Permanent Firefighters Local 1994, Bass Pro Shops