

# ***Westwood Recreation***

Brochure & Community Guide

Spring + Summer 2023



## **MARK YOUR CALENDAR**

March Into Summer: March 11  
Special 10% Off on Paid in Full  
Summer Programs



# SUMMER JOB OPPORTUNITIES

## LIFEGUARDS

Are you the type of person who loves spending your summer by the pool? Now you won't necessarily be kicking back, but you will be staying active and having plenty of fun! Why not be able to do those things as well as make a difference and provide a safe environment for swimmers at the best indoor pool around! Red Cross Certification Required. Starting at \$17.50/hr

## WATER SAFETY INSTRUCTORS

Are you fun, enthusiastic, outgoing, and have a genuine love for working with people? Join the Recreation Aquatics Team as a water safety instructor where you will use your skills to provide fun and safe swim lessons to all age groups! Red Cross Certification Required. Starting at \$18.50/hr

## CAMP COUNSELORS

Dodgeball, crafts, songs and sports. Summer camp is an age-old tradition for good reason. Come spend your summer having fun in the sun while making a difference in children's lives. Starting at \$15.00/hr

## SPORTS INSTRUCTORS

Love sports? Why not play them all day long! We are hiring Sports Staff to work full-day sports programs in Soccer, Flag Football, and Super Sports. 5-day a week programs run throughout the summer. Starting at \$15.00/hr.

## SUMMER PRESCHOOL COORDINATOR

Have some fun with the little-ones this summer. The Preschool Coordinator plans and manages our Preschool Camp Program called Sunny Days for kids aged 3-5. Sunny Days offers half (9am-12pm) and full day (9am-3pm) options and every child must be potty-trained. Enrich the lives of 20-30 campers and a small dedicated staff team. Starting hourly rate of \$21.75. Employee Discount of 100% on in-house programs, e.g., camp for full-time staff and their immediate family.

## SUMMER HEALTH CARE SUPERVISOR/NURSE

Sometimes campers can get bumps and bruises during their busy camp days. The Medical Supervisor manages minor injuries and illnesses, medicine administration and all medical-related needs at camp. Starting rate commensurate with experience. Employee Discount of 100% on in-house programs, e.g., camp for full-time staff and their immediate family.

## CAMP SUPERVISORS

Take the difference you are making to the next level! Work with a great team to create a fun and safe camp day for 300 Westwood campers.

Supervisor \$17.25/hr Sr. Supervisor \$19.50/hr

## ASSISTANT TENNIS INSTRUCTOR

Love to play tennis? We are hiring a Tennis Instructor to assist in full-day programs alongside our Tennis Pro. 5-day a week programs run throughout the summer. Starting at \$15.00/hr.

***Apply at the Town of Westwood Website***

-Click on "How do I.."

-Go to "Apply for Jobs"

Limited positions available, job postings close when spot is filled. Most positions require a full 7 week summer commitment.

Questions? Call 781-461-0070 or email [recreation@townhall.westwood.ma.us](mailto:recreation@townhall.westwood.ma.us)





#### SELECT BOARD

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Michael F. Walsh

Marianne C. LeBlanc

#### TOWN ADMINISTRATOR

Christopher Coleman

#### RECREATION COMMISSION

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Theresa Laham

Mitchell Katzman

Paul Tucceri

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Richard Adams

Recreation Director

Susan Perry

Assistant Recreation Director

Angela Lassig

Recreation Assistant

Joseph Bertone

Program Manager

Kerrie Francis

Program Manager

Holly Coots

Aquatics Manager

Brian Macdonald

Aquatics Assistant Manager

Sarah Leonard

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 MONDAY, FEBRUARY 27, 10:00 AM**

**SUMMER REGISTRATION BEGINS SATURDAY, MARCH 11, 10:00 AM**

## HOW TO REGISTER

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

**Click Register For Programs (below hours banner)** > Click Account, enter 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 season, program category, activity/class) or Purchase or Renew a membership (select New or Renew). Register by clicking the sign up pad on the far right. Credit Cards: MasterCard, Visa or Discover

**WALK IN:** Public office hours at the Recreation Department. **Office visits are by appointment only.** 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 on-line. 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 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 provided within 14 days of absence.

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 scholarship options contact Richard Adams, [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us) or 781-355-8098 on or before March 3. The deadline to submit paperwork for a scholarship is March 7. Applications received after March 7 will be reviewed on a case-by-case exception basis.



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

# POLICY

## RULES OF CONDUCT:

All participants must meet the age/grade requirement of the program. In addition all participants shall independently or with the provision of reasonable accommodations:

- Understand and follow program rules
- Be able to communicate basic health and safety needs
- Conduct themselves in a manner that upholds the safety of themselves, other participants, and staff
- Be able to participate in the activities of the program
- Engage in scheduled activities for the majority of the time – participation will be encouraged and aided, but not forced
- Follow directions from supervisors and staff
- Remain within the supervised area
- Transition from one activity to another willingly and within a reasonable amount of time
- Show respect to all participants and staff
- Show respect to equipment, supplies and facilities
- Refrain from unwanted, inappropriate or harmful physical contact
- Refrain from abusive, threatening or foul language
- Refrain from destruction/theft of property and personal belongings

Westwood Recreation programs support people with disabilities and health conditions by making reasonable accommodations in compliance with the American with Disabilities Act (Title II).

A positive approach will be used in behavior management. Staff will model good behavior and will review and reinforce rules and expectations with participants on a regular basis. If a participant exhibits unsafe and/or inappropriate behavior, staff will assist the participant in the modification of behavior; for example, providing a participant with choices which will promote appropriate behavior and communicating with participant's caregivers as necessary.

Behaviors which may warrant immediate removal (either temporarily or permanently) from a program include: acts or threats of violence, actions that threaten the health or safety of the participant, other participants or staff; bullying; the theft or destruction of Town property, or any other person's property. Removal from a program will be at the sole discretion of Westwood Recreation Director.



## MARCH INTO SUMMER

**Saturday, March 11, 10:00 AM**

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

## FISHING DERBY

**Saturday, May 6, 7:00 AM-11:00 AM**

**Buckmaster Pond**

## SUMMER CONCERTS

**Monday – July 10, 17 & 24, 6:30 PM**

**Council on Aging Lawn**

## FIREFIGHTER'S FOAM

**Wednesday July 12<sup>th</sup>**

## WESTWOOD DAY 2023

**STAY TUNED FOR MORE INFO**

**[www.westwoodday.org](http://www.westwoodday.org)**

**10:00 AM-3:00 PM**

**Westwood High School**

# CONTACTS + CONTENTS

## COMMUNITY

<b>Boy Scouts Troop 3 Westwood</b>	<a href="http://www.troop3westwood.org">www.troop3westwood.org</a>
<b>Boy Scouts Troop 1 Islington</b>	<a href="mailto:scoutmaster@troop1islington.org">scoutmaster@troop1islington.org</a>
<b>Community Chest</b>	<a href="http://www.westwoodcommunitychest.org">www.westwoodcommunitychest.org</a>
<b>Foundation Westwood Education</b>	<a href="http://www.foundationforwestwoodeducation.org">www.foundationforwestwoodeducation.org</a>
<b>Hale Reservation</b>	<a href="http://www.halereservation.org">www.halereservation.org</a>
<b>Rotary Club of Westwood</b>	<a href="http://www.westwoodrotary.com">www.westwoodrotary.com</a>
<b>The Arc of South Norfolk</b>	<a href="http://www.arcsouthnorfolk.org">www.arcsouthnorfolk.org</a>
<b>Town of Westwood</b>	<a href="http://www.townhall.westwood.ma.us">www.townhall.westwood.ma.us</a>
<b>Westwood Chinese School</b>	<a href="http://www.westwoodcs.org">www.westwoodcs.org</a>
<b>Westwood Girl Scouts</b>	<a href="http://www.girlscoutseasternmass.org">www.girlscoutseasternmass.org</a>
<b>Westwood Historical Society</b>	<a href="http://www.westwoodhistoricalsociety.com">www.westwoodhistoricalsociety.com</a>
<b>Westwood Media Center</b>	<a href="http://www.westwoodmediacenter.tv">www.westwoodmediacenter.tv</a>
<b>Westwood Public Schools</b>	<a href="http://www.westwood.k12.ma.us">www.westwood.k12.ma.us</a>
<b>Westwood Walpole League of Women Voters</b>	<a href="http://www.lwwwestwoodwalpolededham.org">www.lwwwestwoodwalpolededham.org</a>
<b>Westwood Young Women's Club</b>	<a href="http://www.wywc.org">www.wywc.org</a>
<b>Westwood Winds Community Band</b>	<a href="http://www.westwoodwinds.org">www.westwoodwinds.org</a>

## YOUTH + ADULT SPORTS

<b>Over 30 Men's Softball</b>	<a href="mailto:soxpat75@gmail.com">soxpat75@gmail.com</a>
<b>Westwood Boys Youth Lacrosse</b>	<a href="http://www.westwoodyouthlacrosse.com">www.westwoodyouthlacrosse.com</a>
<b>Westwood Girls Youth Lacrosse</b>	<a href="mailto:westwoodgirlslacrosse@gmail.com">westwoodgirlslacrosse@gmail.com</a>
<b>Westwood Little League Baseball</b>	<a href="http://www.westwoodlittleleague.com">www.westwoodlittleleague.com</a>
<b>Westwood Track Club</b>	<a href="http://www.trackclinic.com">www.trackclinic.com</a>
<b>Westwood Youth Basketball</b>	<a href="http://www.westwoodbasketball.org">www.westwoodbasketball.org</a>
<b>Westwood Youth Hockey</b>	<a href="http://www.wyh.org">www.wyh.org</a>
<b>Westwood Youth Soccer</b>	<a href="http://www.westwoodsoccer.org">www.westwoodsoccer.org</a>
<b>Westwood Youth Softball</b>	<a href="http://www.westwoodyouthsoftball.org">www.westwoodyouthsoftball.org</a>

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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 NAME	WEEK or LEVEL (SWIM LESSON)	DATES/DAYS	TIME	FEE
		/ /	M F					
		/ /	M F					
		/ /	M F					
		/ /	M F					
		/ /	M F					
		/ /	M F					
		/ /	M F					

POOL MEMBERSHIP

TYPE		DURATION	
_____ SINGLE	_____ FAMILY	_____ 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 to myself or minor children or property damage resulting from my participation in a Town of Westwood Recreation Department activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/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 the contents. 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 \_\_\_\_\_



## SUMMER REGISTRATION BEGINS ONLINE

**Saturday, March 11 at 10:00 AM**

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

**10% DISCOUNT ON SUMMER PROGRAMS PAID IN  
FULL FROM 3.11.23 TO 3.14.23**

The March Into Summer discount will be applied at check out on qualifying, paid in full registrations between March 11 at 10:00 AM and March 14, 2023 at 11:59 PM.



Additional programs may be added after receipt of this brochure.

Follow us on social media to stay up to date on new programs and registration dates!



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

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



# MARCH INTO SUMMER FAQ's

## SUMMER

### 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](http://www.westwoodrec.com). You may also mail your registration, see page 2 for office hours and mailing address. Please note, mailed registrations received before March 11th will be processed on Monday, March 13th.

#### When does summer registration begin?

All registration begins online on Saturday, March 11 at 10:00 AM. The March Into Summer (MIS) 10% discount on summer programs paid-in-full ends on Tuesday, March 14 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 11 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 online. 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 remain active. 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.

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

Yes! Registrations for summer programs that are received by Tuesday, March 14 by 11:59 PM and paid in full 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).

#### 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.

#### 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 by appointment or during open office hours.

#### Are scholarships available for summer programs?

Yes, scholarships are available to Westwood residents in financial need. To inquire about financial assistance options contact Richard Adams, [radams@townhall.westwood.ma.us](mailto:radams@townhall.westwood.ma.us) or 781-355-8098 prior to March 3. The deadline to submit paperwork for Financial Aid is March 7. Applications received after March 7 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](mailto:radams@townhall.westwood.ma.us). Approved payment plans offer credit card, check or cash payment options. Please note: The Refund/Account Credit Policy does apply. If you reserve a space using the pay plan, you are committed to paying the program fee and will be charged accordingly. A 10% discount will only be applied to the programs paid in full during the MIS dates.

#### I was placed on a Wait list, now what?

If you are wait-listed during the March Into Summer event (March 11, 10:00 AM – March 14, 11:59 PM) and you receive a spot in the program you are wait-listed for AFTER the MIS date ends, you will still be eligible for the 10% discount **ONLY** on the program in which you were wait-listed. If you are wait-listed for a camp week and want to add swim lessons, the added extra program will be at full price. The department will regularly monitor program wait lists and try to accommodate the best we can as staffing and space allow. Westwood Residents will have first priority off any wait list.

### CANCELTION / 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 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 provided within **2 weeks** of absence

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 14 at 11:59 PM.



# AQUATICS

SUMMER



## ADULT AND CHILD *ages 1-3 years\**

Parent/Caregiver and his/her child explore the water; water acclimation including buoyancy, safe entry and exit, gliding on front and back, arm and leg motion on front and back, rolling over, treading, and head submersion. Safety topics will be integrated into each lesson. Please register with child's name. Min 4/Max 8

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

## PRESCHOOL *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 - 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 - FUNDAMENTAL SKILLS *ages 4+*

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 - STROKE DEVELOPMENT *ages 4+*

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 - STROKE IMPROVEMENT *ages 4+*

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 - STROKE REFINEMENT *ages 4+*

Participants must have passed Level 4. Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water. Min 4/Max 8

\* A pool membership is not required to participate.

**\*\*FOR CAMP SPECIFIC SWIM LESSON INFORMATION, PLEASE REFER TO THE CAMP SECTION\*\***

SWIM LESSONS								
WEEK	FEE	Adult/Child	Preschool	Level 1	Level 2	Level 3	Level 4	Level 5
1: Jun 26-Jun 30 (M-F)	\$125		10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	9:00-9:40 AM
2: Jul 3-7 (M-F) (No class 7/4)	\$100	9:00-9:40 AM	10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	
3: Jul 10-14 (M-F)	\$125		10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	9:00-9:40 AM
4: Jul 17-21 (M-F)	\$125	9:00-9:40 AM	10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	
5: JUL 24-28 (M-F)	\$125		10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	9:00-9:40 AM
6: JUL 31-AUG 4 (M-F)	\$125	9:00-9:40 AM	10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	
7: AUG 7-11 (M-F)	\$125		10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	9:00-9:40 AM
8: Aug 14-18 (M-F)	\$125	9:00-9:40 AM	10:30-11:10 AM	10:30-11:10 AM	9:00-9:40 AM	10:30-11:10 AM	9:00-9:40 AM	



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SUMMER 9

# AQUATICS

## SUMMER

### AQUA FITNESS *ages 18+*

Westwood Recreation Staff: Susan Perry  
Westwood Recreation Pool  
Tue, Thu, Jun 27-Aug 24 (No 7/4), 8:00 AM-9:00 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. A pool membership is not required to participate.



### AQUANAUTS *ages 12-14*

Westwood Recreation Staff: Holly Coots, Aquatics Manager  
Week 3: Jul 10-14, Mon, Wed, Fri 9:00 AM- 12:00 PM  
Tue, Thu 4:30 PM – 7:30 PM  
\$200 (1 week) Min 3/Max 8

Aquanauts provides the young adult swimmer the opportunity to explore a variety of aquatic occupations. Discussion, practice, and hands-on participation will allow the Aquanaut 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.

### SWIM CLINIC *ages 10-14*

Westwood Recreation Staff  
Westwood Recreation Pool  
Week 8, Mon – Fri, Aug 14-18, 9:00 AM-12:00 PM  
\$220 (1 week) Min 5/Max 8

Participants must have competitive swimming experience and/or have passed American Red Cross Level 4, and be proficient in all four competitive strokes. The week will include swim sessions, dry land training, and instructional videos. A pool membership is not required to participate.



### SWIM TEAM *ages 6-18*

Westwood Recreation Staff  
Westwood Recreation Pool  
Mon – Thu, May 30-Aug 12 (No 6/19, 7/3)  
\$250 (11 weeks) Min 40/Max 200

AGES	TIME
6-10	5:00 PM-6:00 PM
11-18	6:00 PM-7:00 PM

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 Sarah Leonard:  
sleonard@townhall.westwood.ma.us for a skills check.

**MEET SCHEDULE** – Dual meets are on weekday nights typically Tuesday and Thursday nights, 5:00-7:00 PM. Championship meets are typically on the second Saturday August.

\*A pool membership is not required to participate.



### CONDITION SWIMMING *ages 6-18*

Westwood Recreation Staff  
Westwood Recreation Pool  
Mon, Wed, May 31-Aug 2 (No 6/19 or 7/3)  
\$125 (11 weeks) Min 6/Max 15

Ages	Time
6-10	5:00 PM-6:00 PM
11-18	6:00 PM-7:00 PM

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. This is also a great opportunity for non-residents to continue to swim with the Westwood team, but cannot compete in meets due to the residency requirement. A pool membership is not required to participate.

\*All individuals who are new to the program must complete a skills evaluation. Please email hcoots@townhall.westwood.ma.us for a skills evaluation.



# AQUATICS

SUMMER

## UNDERWATER SPORTS: UNDERWATER HOCKEY & UNDERWATER RUGBY *ages 18+*

Boston Underwater Hockey & Boston Narwhals Rugby  
Westwood Recreation Pool

Jul 10-Aug 28, Mon, Underwater Hockey 7:00 PM-8:30 PM,  
Underwater Rugby 8:30 PM -10:00 PM

Did you know hockey and rugby are played underwater? Underwater hockey is a great way to have fun and stay healthy! Underwater sticks and pucks are used. Underwater rugby uses a weighted ball, this sport is high intensity and low impact! Both sports are coed and played wearing mask, fins and snorkel (UWH players wear padded gloves).

New players are welcome. There is no charge for the first visit/play, \$20 nightly drop in fee. Equipment may be borrowed first visit. Stop by and see the action or check out either sport on the internet: Boston Narwhals and Boston Underwater Hockey League. A pool membership is not required to participate. For more information, e-mail: [hcoots@townhall.westwood.ma.us](mailto:hcoots@townhall.westwood.ma.us)



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

Westwood Recreation Staff  
Westwood Recreation Pool

Jul-Aug, \$190 Private, \$280 Semi-Private (two 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. A pool membership is not required to participate.

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.

## INCLUSIVE SWIM REQUEST

The Westwood Recreation Department is committed to the inclusion model giving people of all ages and abilities access to our swimming programs. Families with neurodivergent individuals interested in swimming programs should register online under the Aquatics Inclusion Information Request Tab. You will be contacted with information upon your registration request. A plan will then be created for the individual so they can successfully immerse into a swimming program where they can learn, thrive and grow.



## OUTDOOR PADDLE BOARD ADVENTURE *ages 8+*

Westwood Recreation Staff: Brian Macdonald, Aquatics Asst Manager  
Location, Dates and Times to be announced.

Check our website for updated information.

\$50 per person/per outing – includes paddle board, lifejacket and instructor/lifeguard

Min 4/Max 4 per outing

With the supervision of trained staff, come join us and paddle board in the great outdoors! Participants are accompanied by one instructor/lifeguard, Brian. Participants are required to wear a lifejacket and must have basic swimming competency. \*

\*Uncertain of your swimming skill, set up a brief swimming competency evaluation with Brian : [bmacdonald@townhall.westwood.ma.us](mailto:bmacdonald@townhall.westwood.ma.us)



# SUMMER CAMP

## SUMMER

### SUMMER CAMP *entering grades K-8*

Westwood Recreation Staff  
Program Manager: Joe Bertone  
Camp Director: CJ Weinacht  
Westwood High School  
summerdays@townhall.westwood.ma.us

Camp Mon-Fri 9:00 AM-3:30 PM  
Pre-Camp: 7:30 AM-9:00 AM  
Post-Camp: 3:30 PM-5:30 PM

Westwood Recreation's summer day camp is for children entering grades K-8. Summer Camp provides a variety of age appropriate activities. Participants take part in sports, games, arts & crafts, swimming, 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.

#### DROP OFF AND PICK UP

Drive-thru Drop off and Pick up will be held at the Westwood High School Gymnasium

#### LUNCH & SNACKS

Participants need to bring AM & PM snacks, drinks, and their lunch. No refrigeration is available.

#### GROUPS

Register your child by the week of camp you want them to attend. We will then create the groups based on camper's grades, registration time, and friend requests. When creating groups, we will make every effort to keep campers of the same grade together.

\*Our registration system (ActivityReg) just added functionality for a child's grade level. Please log in to your account and verify their grade is correct. Groups will be made based on these grades.

#### EXTENDED HOURS (additional fee)

The "main" camp day is 9:00 AM-3:30 PM. You can also sign your child up for early morning extended day care (Pre-Camp) from 7:30 AM-9:00 AM and/or late afternoon (Post-Camp) from 3:30 PM-5:30 PM.

Extended care is considered "rolling" drop off and pick up, so parents can feel free to arrive anytime during that period. During extended day campers will have snack time and participate in games and activities.

Pre-Camp – 7:30 AM-9:00 AM

Post-Camp – 3:30 PM-5:30 PM

#### FRIEND REQUESTS

We will be accepting requests for campers to be placed in the same group with their friends. Requests can be made via a Google Form that will be sent out later this Spring. We do not guarantee that we can fulfill every request, but we will make our best effort to accommodate.

#### SWIM

Open Swim – Campers will have free swim in the afternoon between 1:00 PM-2:00 PM. All swimming abilities allowed upon completion of a swim evaluation. Pre-season evaluation times will be available. Tot-docks available for non-swimmers.

#### Swim Lessons (Additional Fee)

Swim Lessons for children attending summer camp only. Children will be divided into group lessons according to their swim ability. Lessons taught by certified Water Safety Instructors. Camp staff will walk campers to their lesson.

#### TENNIS LESSONS (Additional Fee)

Lessons focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, and serves. Counselors will escort participants to Westwood High School courts. Parents of children registered until 3:30 PM will pick up their children at the courts at 4:30 PM. Children attending post camp will be escorted back to camp. In the event of rain, the class will be held in the gym.

#### TRIPS (additional fee)

Campers entering grades 2-8 will have the option to sign up for weekly field trips at an additional cost. Select trips will have an age requirement depending on the trip destination. Trips are subject to change in the event of rain. Details and registration to be released closer to summer via email.

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

Parents will sign their child in at the Westwood High School Gymnasium. Participants will join their groups, have lunch, and participate in afternoon activities including water games, sports, crafts, and more. They will join post-camp activities after 3:30 PM.

## CAMP FEES

THEME	WEEK	DAYS	CAMP 9:00-3:30	AFTERNOON 12:00-5:30	PRE-CAMP 7:30-9:00	POST-CAMP 3:30-5:30	PRE & POST 7:30-9:00 & 3:30-5:30
Jumpstart Summer	1: JUN 26 - 30	MON-FRI	\$280	\$245	\$40	\$50	\$75
Holidays	2: JUL 5 - 7	WED-FRI	\$168	\$147	\$24	\$30	\$45
Mystery week	3: JUL 10 - 14	MON-FRI	\$280	\$245	\$40	\$50	\$75
Color Competition	4: JUL 17 - 21	MON-FRI	\$280	\$245	\$40	\$50	\$75
Camp's Got Talent	5: JUL 24 - 28	MON-FRI	\$280	\$245	\$40	\$50	\$75
Under The Sea	6: JUL 31 - AUG 4	MON-FRI	\$280	\$245	\$40	\$50	\$75
STEAMing up the Summer	7: AUG 7 - 11	MON-FRI	\$280	\$245	\$40	\$50	\$75



# SUMMER CAMP

SUMMER

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

Westwood Recreation Staff: Ed Finch, CIT Sr. Supervisor  
Westwood High School  
Mon-Fri, 8:30 AM-3:45 PM

The Counselor in Training program is designed to assist teens develop their leadership skills with kids, adults and their peers. Utilizing trainings, active group participation, regular feedback and weekly evaluations. CITs will get education as well as real life experience working with children and being in a real work environment. Trainings will include activity planning, facilitation, behavior management, conflict resolution, and interview skills. Participants will plan and run group activities for camp groups several times during each session. Most participants will be assigned to Summer Camp. They will also have the opportunity to request to work with Sports, Musical Theatre or Preschool during their mock interview. CITs may attend Pre-Camp or Post Camp free of charge. Apply any time.

### SESSION DATES

A: Jun 26-Jul 21 (No 7/4) - 4 weeks, \$300  
B: Jul 24-Aug 11 - 3 weeks, \$225

### CIT "APPLICATION"

1. Pre-register for desired sessions at WestwoodRec.com
2. Fill out an electronic CIT application - Go to [www.westwoodrec.com](http://www.westwoodrec.com) (brochures, forms and publications) and complete application.
3. Once the application is received, you will be contacted to set up a mock interview in April.

## CAMP INTERN PROGRAM *entering grades 10+*

Westwood Recreation Staff: Ed Finch, CIT Sr. Supervisor  
Westwood High School

Formerly called CIT 2, this is the next step toward becoming a counselor. Camp Interns are individuals who have a genuine interest in working with children and becoming a Camp Counselor. Interns will be assigned to groups and will assist the counselors in all aspects of running the group. Experience working with children required and CIT experience strongly preferred. Participants must apply and be accepted to this all day volunteer position. Interns are required to attend mandatory staff trainings after school the week of June 12th and are expected to commit to at least 5 weeks of the summer. Apply by April 1st. Email [jbertone@townhall.westwood.ma.us](mailto:jbertone@townhall.westwood.ma.us) if after April 1st.

### INTERN APPLICATION

1. Fill out an electronic Intern application - Go to [www.westwoodrec.com](http://www.westwoodrec.com) (brochures, forms and publications) and complete application.
2. Once we receive applications we will reach out to set up a group interview/info night in late April.



# CampDoc.com

SUMMER CAMP INFORMATION FORMS

IN ORDER TO ATTEND CAMP, CAMPER'S MUST HAVE ALL REQUIRED FORMS COMPLETED PRIOR TO THE START OF CAMP.

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

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

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

Please set [register@campdoc.com](mailto:register@campdoc.com) as a 'safe sender,' to avoid accidental delivery to junk and spam folders. CampDoc.Com does not support Internet Explorer, please use Chrome, Safari or Firefox. If you need assistance please call 781-461-0070 or visit the Recreation office.

***All information must be completed prior to attending camp.***



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

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# SUMMER CAMP - LESSONS

SUMMER



## SUMMER CAMP TENNIS LESSONS (MUST BE REGISTERED FOR SUMMER CAMP)

WEEK	1: JUN 26-30 (M-F)	2: JUL 5-7 (W-F)	3: JUL 10-14 (M-F)	4: JUL 17-21 (M-F)	5: JUL 24-28 (M-F)	6: JUL 31 - AUG 4 (M-F)	7: AUG 7-11 (M-F)
Tennis Lessons ages 7-13 3:30 PM-4:30 PM	\$90	\$54	\$90	\$90	\$90	\$90	\$90

## SUMMER CAMP SWIM LESSONS (MUST BE REGISTERED FOR SUMMER CAMP)

WEEK	1: JUL 26-30 (M-F)	2: JUL 5-7 (W-F)	3: JUL 10-14 (M-F)	4: JUL 17-21 (M-F)	5: JUL 24-28 (M-F)	6: JUL 31 - AUG 4 (M-F)	7: AUG 7-11 (M-F)
Levels 1, 2, 3, 4 & 5 9:45 AM-10:25 AM, or 2:10 PM-2:50 PM	\$125	\$75	\$125	\$125	\$125	\$125	\$125



### LEVEL 1 - 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.

### LEVEL 2 - 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.

### LEVEL 3 - 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.

### LEVEL 4 - 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.

### LEVEL 5 - STROKE REFINEMENT

Participants must have passed Level 4. Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.



# PRE-K

SUMMER

**For the health and safety of all, participants must be toilet trained to participate in the following programs. No pull ups/diapers.**

## SUNNY DAYS *ages 3-5*

Westwood Recreation Staff  
Deerfield Elementary  
Min 10/Max 20

It's all about fun and making friends! Little ones will enjoy a day filled with games, art, stories, dramatic play, outdoor activities, songs and more. Program is available for children not yet entering kindergarten.

### SUNNY DAYS FEES

WEEK	DAYS	9:00 AM-3:00 PM	9:00 AM-12:00 PM
1: JUN 26 - 30	MON-FRI	\$360	\$185
2: JUL 3 - 7 (No 7/4)	M, W-F	\$288	\$148
3: JUL 10 - 14	MON-FRI	\$360	\$185
4: JUL 17 - 21	MON-FRI	\$360	\$185
5: JUL 24 - 28	MON-FRI	\$360	\$185
6: JUL 31 - AUG 4	MON-FRI	\$360	\$185
7: AUG 7 - 11	MON-FRI	\$360	\$185



## MINISPORTS *ages 3-6*

Contractor: F.A.S.T Athletics Staff  
Deerfield Elementary Fields  
Min 10/Max 24

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 teach them the importance of teamwork! Each class will have new and exciting games. Participants MUST be toilet trained. Bring a peanut-free snack, water bottle, hat, and wear sunscreen. In the event of rain, the program will be held inside the Deerfield Elementary School gym.

WEEK	DAYS	TIME	FEE
1: Jun 26-30	Mon-Fri	9:00 AM-12:00 PM	\$185(1 week)
2: Jul 5-7	Wed-Fri	9:00 AM-12:00 PM	\$120 (3 days)
3: Jul 10-14	Mon-Fri	9:00 AM-12:00 PM	\$185 (1 week)
4: Jul 17-21	Mon-Fri	9:00 AM-12:00 PM	\$185 (1 week)
5: Jul 24-28	Mon-Fri	9:00 AM-12:00 PM	\$185 (1 week)
6: Jul 31- Aug 4	Mon-Fri	9:00 AM-12:00 PM	\$185 (1 week)
7: Aug 7-11	Mon-Fri	9:00 AM-12:00 PM	\$185 (1 week)



## TOP SECRET SCIENCE *ages 3-5*

Contractor: Top Secret Science  
Deerfield Elementary  
Week 6: Jul 31- Aug 4, Mon-Fri, 9:00 AM-12:00 PM  
\$210 (1 week) Min 12/Max 40

Come join this very cool and fun summer program for preschoolers! Over the past 25 years, Top Secret Science ([www.TopSecretScience.org](http://www.TopSecretScience.org)) has worked hands-on with over 1.5 million local children. Each day the kids will explore up to 10 weird and wacky hands-on science experiments and will make and take home at least 5 different projects. The scientists are fast-paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light, and sound, science magic, electricity, magnets, astronomy, and more. Be prepared for lots of fun stuff. Each child receives Scientist Trading Cards and a Free Top Secret Science Tee Shirt! A wonderful 3 hours of science each day. Hope to see you there!!



# YOUTH

## SUMMER

### JULY 3RD FUN DAY *entering grades K-8*

Westwood Recreation Staff  
Westwood High School  
Mon, Jul 3, 9:00 AM-3:30 PM  
\$55 (1 day) Min 20/Max 250

Join us for a day of crafts and games before the fun of the 4th! Sports, field games, inflatables and swimming will help make it a day to remember. Please bring a water bottle, snack and lunch.



### TOP SECRET SCIENCE *entering grades K-5*

Contractor: Top Secret Science  
Wentworth Hall  
Mon-Fri (1 week) Min 12/Max 40  
Half Day--9:00 AM-12:00 PM: \$210  
Full Day--9:00 AM-3:00 PM: \$365

Week 8: Aug 14-18  
Week 9: Aug 21-25

Come join this very cool and fun elementary school summer program! Over the past 25 years, Top Secret Science ([www.TopSecretScience.org](http://www.TopSecretScience.org)) has worked hands-on with over 1.5 million local children. Each day the kids will explore up to 20 weird and wacky hands-on science experiments and will make and take home at least 10 different projects. The scientists are fast-paced and funny and your kids will be thoroughly entertained (they'll even learn some interesting things too). We will explore weird motions and flying things, air and water pressure; crazy chemistry, light and sound, science magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff. Each child receives Scientist Trading Cards and a Free Top Secret Science Tee Shirt! Hope to see you there!!



### SAFETY TOWN *entering Kindergarten*

Westwood Recreation Staff & Officer Brad Pindel  
Deerfield Elementary  
Mon-Fri, 9:00 AM-11:30 AM  
\$150 (1 week) Min 10/Max 20

Week 4: Jul 17-21  
Week 5: Jul 24-28

Safety Town is an early childhood program designed to introduce safety awareness for bicycles, cars and fire safety. Children will learn through directed explorations. Miniature villages and traffic signs will be used as learning tools. Activities include art projects, stories, movies, and learning about the fire department, police department, library and the Pool. We will even take walking field trips to the Police Dept, Fire Dept and Library.

### GAMES GALORE *entering grades K-8*

Westwood Recreation Staff  
Westwood High School Fields + First Parish Church Classrooms  
Mon-Fri, 9:00 AM-3:30 PM  
\$285 (1 week) Min 20/Max 50

Week 8: Aug 14-18  
Week 9: Aug 21-25

It's time to play! Children will play a variety of games and activities as well as a daily swim period. Games will include capture the flag, kick ball, tennis, baseball, human bowling, world cup soccer, volleyball and more. Participants will need a water bottle, lunch and a snack.





# YOUTH

SUMMER

## **BUSINESS SHARKS** *entering grades 2-5*

Contractor: Right Brain Curriculum  
Deerfield Elementary

Week 1: Mon-Fri, Jun 26-30, 9:00 AM-12:00 PM  
\$250 (1 week) Min 8/Max 14

Step into the Shark Tank!

Got an idea for a side-less taco, a shirt that never stains or a no-spill baby bottle? Then it's time to put on your inventor's hat and design the business of your dreams! As our Right Brain Curriculum teachers get you up to speed on business plans, competition, budgets, and presentation skills, you will bring your one-of-a-kind idea to life. You will design your flagship store, write and perform in your own TV commercial and create a prototype of a product that will change the lives of millions. Armed with your "elevator pitch" you will present your business, persuading your audience to get behind your big idea! So get those wheels turning, it's time to take care of business! Check out the program in action: <https://www.youtube.com/watch?v=4yruYv-ClnA>



## **METROCRAFT** *entering grades 2-5*

Contractor: Right Brain Curriculum  
Deerfield Elementary

Week 6: Mon-Fri, Jul 31-Aug 4, 9:00 AM-12:00 PM  
\$250 (1 week) Min 8/Max 14

A Minecraft City Comes to Life!

Join our community as we build and govern a world-class Minecraft city, complete with everything needed for incoming residents! Build, budget and furnish your own house. Plan a marketing campaign as you build your own business. Serve on the city council and vote to shape the city's future as you help create a constitution of laws for your citizens. Our Right Brain Curriculum teachers will guide you through – demonstrating how math, economics and community-building are key to a successful, working urban environment. STEM skills have never been so much fun! Check out the program in action: [https://www.youtube.com/watch?v=H\\_STArKpHTE](https://www.youtube.com/watch?v=H_STArKpHTE)

## **CHESS WIZARDS CLUB** *entering grades 2-5*

Contractor: Chess Wizards  
Deerfield Elementary



Mon-Fri, (1 week)

Half Day AM: 9:00 AM-12:00 PM - \$255 Min 5/Max 5

Half Day PM: 12:00 PM-3:00 PM - \$255 Min 5/Max 5

Full Day: 9:00 AM-3:00 PM - \$385 Min 5/Max 5

Week 3: Mon-Fri, Jul 10-14

Week 7: Mon-Fri, Aug 7-11

Chess Wizards offers summer and holiday vacation clubs for children entering grades 2-5. As much as we love chess, especially it's cognitive and character benefits, we don't believe it is asking children to stay inside for 3 to 6 hours and just play chess during their vacation. So we've developed an interactive format that includes all kinds of activities to keep kids both physically and mentally engaged during their time.

Team chess games, puzzles, skill-building, and physical games are just some of the ways we integrate the whole person into our camp activities. A sample day might include exploration of a technical chess concept, fun group challenges which hone specific chess thinking patterns, a snack, a mini-tournament, capture-the-flag, blob tag, or creating and designing your own chess piece to be used in a practice game with your new friends. After all, it's summer... we want our students to make memories that they will carry with them through the upcoming school year and beyond. Each child will receive: A Trophy, Chess Wizards T-shirt, and more.



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

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# ARTS

## SUMMER

### MUSICAL THEATRE *entering grades 1-8*

Westwood Recreation Staff: Scott Gagnon  
Sheehan Elementary Auditorium  
\$350 (1 week) Min 20/Max 25

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

#### PERFORMANCE

WILLY WONKA AND THE CHOCOLATE FACTORY  
ALICE IN WONDERLAND  
THE JUNGLE BOOK  
FROZEN (show one)  
AMERICAN IDOL!  
FROZEN (show two)

#### WEEK

1: Jun 26- Jun 30  
3: Jul 10-14  
4: Jul 17-21  
5: Jul 24-28  
6: Jul 31-Aug 4  
7: Aug 7-11

#### DAYS

Mon-Fri  
Mon-Fri  
Mon-Fri  
Mon-Fri  
Mon-Fri  
Mon-Fri

#### TIME

9:00 AM-4:00 PM  
9:00 AM-4:00 PM  
9:00 AM-4:00 PM  
9:00 AM-4:00 PM  
9:00 AM-4:00 PM  
9:00 AM-4:00 PM



### MUSIC LESSONS *ages 5+*

Contractor: The Band Gig School of Music and Performance  
66 Eastern Ave, Dedham  
Jul-Aug Session  
\$148 (Five, 30 min lessons)

Ever thought about playing a musical instrument? Now is your chance to get started! The Band Gig School of Music 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 Staff will contact you to schedule your lessons.

### HIP HOP DANCE *ages 5-13*

Contractor: Aly Pereira  
School Street Field  
Week 9: Mon-Fri Aug 21-25, 9:00 AM-12:00 PM  
\$165 (1 week) Min 5/Max 25 (No March Into Summer Discount)

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. Different dances taught every session! No experience necessary! Please bring water & a snack! (In the event of rain, Wentworth Hall will be used.)





# SPORTS

SUMMER

## TENNIS LESSONS *ages 5-11*

Westwood Recreation Staff: Jayson Sellers, Tennis Pro  
Westwood High School Tennis Courts  
\$100 (1 week)  
\*\$60 Week 2 ONLY (3 days) 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 26-30	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers
2: *Jul 5-7	Wed-Fri	8:00 AM-8:55 AM	Beginner (3 days)
3: Jul 10-14	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers
4: Jul 17-21	Mon-Fri	8:00 AM-8:55 AM	Beginner
5: Jul 24-28	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers
6: Jul 31-Aug 4	Mon-Fri	8:00 AM-8:55 AM	Beginner
7: Aug 7-11	Mon-Fri	8:00 AM-8:55 AM	Little Lobbers

## TENNIS CLINICS *ages 8-13*

Westwood Recreation Staff: Jayson Sellers, Tennis Pro  
Westwood High School Tennis Courts  
\$180 (1 week)  
\*\$108 (3 days) Min 8/Max 12

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.

WEEK	DAYS	TIME
1: Jun 26-30	Mon-Fri	9:00 AM-12:00 PM
2: *Jul 5-7	Wed-Fri	9:00 AM-12:00 PM (3 days)
3: Jul 10-14	Mon-Fri	9:00 AM-12:00 PM
4: Jul 17-21	Mon-Fri	9:00 AM-12:00 PM
5: Jul 24-28	Mon-Fri	9:00 AM-12:00 PM
6: Jul 31- Aug 4	Mon-Fri	9:00 AM-12:00 PM
7: Aug 7-11	Mon-Fri	9:00 AM-12:00 PM



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

Contractor: Bob Phillips and Staff  
Westwood High School Baseball Field  
\$150 (1 week) Min 20/ Max 60

WEEK	DAYS	TIME
6: Jul 31-Aug 4	Mon-Fri	9:00 AM-12:00 PM
7: Aug 7-11	Mon-Fri	9:00 AM-12:00 PM
8: Aug 14-18	Mon-Fri	9:00 AM-12:00 PM

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 a flag belt. Flag belts will be provided if you don't have one. In the event of inclement weather, if no indoor space is available, the class will be made up by extending existing scheduled days.



## VOLLEYBALL *ages 10-14*

Contractor: Skyhawks  
Thurston Middle School Gym  
Week 4: Jul 17-21, Mon-Fri, 9:00 AM-12:00 PM  
\$155 (1 week) Min 8/Max 24

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginner to intermediate player.

## FIELD HOCKEY-GIRLS *entering grades 4-8*

Westwood Recreation Staff  
Westwood High School Multipurpose Field  
Week 3: Jul 10-13, 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 a water bottle.



# SPORTS

## SUMMER

### BASEBALL CLINICS *ages 5-13*

Contractor: Bob Phillips and Staff  
Morrison Baseball Field  
\$150 (1 week) Min 20/ Max 54

WEEK	DAYS	TIME
1: Jun 26-30	Mon-Fri	9:00 AM-12:00 PM
4: Jul 17-21	Mon-Fri	9:00 AM-12:00 PM
5: Jul 24-28	Mon-Fri	9:00 AM-12:00 PM

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. The primary goal is for the players to have fun while learning baseball. Please bring sneakers/ cleats and a baseball glove. Cold drinks and peanut-free snacks will be provided.



### BEHN BASKETBALL CAMPS *ages 8-16*

Contractor: Behn Basketball  
Thurston Middle School Gyms  
\$390 (1 week) Min 20/Max 80

GIRLS BASKETBALL: Week 5: Jul 24-28, 9:00 AM-3:00 PM  
BOYS BASKETBALL: Week 6: Jul 31-Aug 4, 9:00 AM-3:00 PM

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 a water bottle, nut-free snacks, and a lunch.



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

Contractor: John Resnick, Golf Pro  
Norwood Country Club  
\$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. The 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
0: Jun 19-22	Mon-Thu	10:00 AM-12:00 PM
1: Jun 26-29	Mon-Thu	10:00 AM-12:00 PM
3: Jul 10-13	Mon-Thu	10:00 AM-12:00 PM
4: Jul 17-20	Mon-Thu	10:00 AM-12:00 PM
5: Jul 24-27	Mon-Thu	10:00 AM-12:00 PM
6: Jul 31-Aug 3	Mon-Thu	10:00 AM-12:00 PM
7: Aug 7-10	Mon-Thu	10:00 AM-12:00 PM
8: Aug 14-17	Mon-Thu	10:00 AM-12:00 PM
9: Aug 21-24	Mon-Thu	10:00 AM-12:00 PM
10: Aug 28-31	Mon-Thu	10:00 AM-12:00 PM



### FLAG FOOTBALL *ages 7-14*

Westwood Recreation Staff  
Sheehan Elementary Fields  
Min 20/Max 60

WEEK	DAYS	TIME	FEE
2: Jul 5-7	Wed-Fri	9:00 AM-3:00 PM	\$130 (3 days)
5: Jul 24-28	Mon-Fri	9:00 AM-3:00 PM	\$215 (1 week)

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 Super Bowl. Participants need cleats, water bottles, snacks, and lunch. In the event of rain, flag football will be held in the gym.





# SPORTS

SUMMER

## **SOCCER** *ages 7-14*

Westwood Recreation Staff  
Sheehan Elementary Fields  
\$215 (1 week) Min 20/Max 60

WEEK	DAYS	TIME
1: Jun 26-30	Mon-Fri	9:00 AM-3:00 PM
4: Jul 17-21	Mon-Fri	9:00 AM-3:00 PM
7: Aug 7-11	Mon-Fri	9:00 AM-3:00 PM

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



## **SUPER SPORTS** *ages 7-14*

Westwood Recreation Staff  
Sheehan Elementary Fields  
\$215 (1 week) Min 20/Max 60

WEEK	DAYS	TIME
3: Jul 10-Jul 14	Mon-Fri	9:00 AM-3:00 PM
6: Jul 31-Aug 4	Mon-Fri	9:00 AM-3:00 PM

Join us for a variety of sports throughout the week including soccer, basketball, kickball, flag football, and Wiffle Ball! Please send your child with cleats, sneakers, a water bottle, snacks, and lunch. In the event of rain, Super Sports will be held in the gym.

## **SKYHAWKS STEM & PLAY: BASKETBALL** *ages 9-14*

Contractor: Skyhawks  
Morrison Basketball Court  
Week 9: Aug 21-25, Mon-Fri, 9:00 AM-12:00 PM  
\$179 (1 week) Min 8/Max 20

This program combines strategic STEM-based activities with traditional Skyhawks basketball instruction and a focus on life skills such as teamwork and sportsmanship. The STEM Sports® basketball curriculum educates children on subjects including velocity and acceleration, basketball shoe design, tracking with technology and much, much more! Participants will also learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

## **SKYHAWKS SAND VOLLEYBALL** *ages 7-12*

Contractor: Skyhawks  
Westwood High School Sand Volleyball Court  
Week 1: Jun 26-30, 9:00 AM-12:00 PM  
\$155 (1 week) Min 8/Max 20

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player. Please bring a water bottle, peanut-free snack, and sunscreen.



## **TENNIS: PRIVATE LESSONS** *ages 7+*

Westwood Recreation Staff  
Westwood High School Tennis Courts  
Summer Session (Jul-Aug)  
Days and Times TBD

30-minute Private Lesson - \$40  
60-minute Private Lesson - \$65

Private lessons are for individuals of all abilities ages 7 through adult. One of our Tennis Professionals will provide one-on-one instruction. Semiprivate lessons, lessons with two players or more of similar ability, are also available. For more information, please contact Kerrie Francis: [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us)





# ADULT SPORTS + FITNESS

SUMMER

## TENNIS PRIVATE LESSONS *ages 18+*

Westwood Recreation Staff  
Westwood High School Tennis Courts  
Summer Session (Jul-Aug)  
Days and Times TBD

30-minute Private Lesson - \$40  
60-minute Private Lesson - \$65

Private lessons are for individuals of all abilities. One of our Tennis Professionals will provide one-on-one instruction. Semiprivate lessons, lessons with two players or more of similar ability, are also available.

For more information, please contact Kerrie Francis: [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us)



## PICKLEBALL GAME PLAY *ages 18+*

Westwood Recreation Staff: Coach Paul Francis  
Downey Tennis Courts  
\$100 (7 classes) Min 8/Max 20

Class 1: Mon, Jul 10-Aug 21, 6:00 PM-7:00 PM  
Class 2: Mon, Jul 10-Aug 21, 7:00 PM-8:00 PM  
Class 3: Tue, Jul 11-Aug 22, 6:00 PM-7:00 PM  
Class 4: Tue, Jul 11-Aug 22, 7:00 PM-8:00 PM

Come join us for a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Fun, social and friendly.

## PICKLEBALL LESSONS *ages 18+*

Westwood Recreation Staff: Coach Paul Francis  
Downey Tennis Courts  
\$100 (7 classes) Min 8/Max 20

Class 5: Beginner Lessons, Tue, Jul 11-Aug 22, 5:00 PM-6:00 PM

Have fun learning the fastest growing sport in the world with Pickleball Instructor, Paul Francis. Be prepared to learn the basics of the game including court boundaries and rules of the court. Learn how to serve, volley, dink, and hit punch shots. Scoring and general positioning on the court will be taught as well. This course is designed for anyone who is interested in the game basics.

Class 6: Advanced Lessons, Mon, Jul 10-Aug 21, 5:00 PM-6:00 PM

After completing the Beginner's Pickleball Lessons or if you are looking for strategies in improving your game, this class is for you. Lessons will include proper spacing, rotations, attacking the net, improving your dinking capabilities, and advanced serving methods (i.e. over spin, back spin, slices, and draws). You will also be taught the benefits of stacking. Please be aware this course is recommended for players that are familiar with pickleball fundamentals.





# ADULT + TEEN

SUMMER

## DOG TRAINING PROGRAMS *owners of all ages*

Contractor: Susan Lowell, Pet Providers  
Pet Providers HQ (Wentworth Hall in the event of rain)  
\$150 (6 classes) **(No March Into Summer Discount)**

When registering please register your dog with their ages. Copies of shots must be provided prior to or at first class. Owners <12 years must be accompanied by an adult

### S.T.A.R. PUPPY *8 weeks - 1 yr*

Session A: Thu, Jul 13-Aug 17, 5:30 PM-6:30 PM  
Session B: Sat, Jul 15-Aug 19, 9:00 AM-10:00 AM

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.

### BEGINNER *7 months+*

Session A: Tue, Jul 11-Aug 15, 6:30 PM-7:30 PM  
Session B: Sat, Jul 15-Aug 19, 11:00 AM-12:00 PM

Beginner is a good place for dogs to begin in obedience. Walking nicely on a leash, acting mannerly while being petted, performing a stay and coming when called are skills that will be taught in this class.

### SMELLING FOR FUN *6 months+*

Wed, Jul 12-Aug 16, 5:30 PM-6:30 PM

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

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

Session A: Tue, Jul 11-Aug 15, 5:30 PM-6:30 PM  
Session B: Thu, Jul 13-Aug 17, 6:30 PM-7:30 PM  
Session C: Sat, Jul 15-Aug 19, 10:00 AM-11:00 AM

Dogs and owners learn the basics of dog agility equipment and exercise. This course covers the foundation of skills to navigate the equipment as a team.

### TRICK CLASS *6 months+*

Wed, Jul 12-Aug 16, 6:30 PM-7:30 PM

Do you and your dog love to be the life of the party by showing off their arsenal of tricks? Then they might be perfectly primed to earn AKC Trick Dog titles! Tricks including High Five, Push Up, Spin & Twist, and many more.



### LINE DANCING *ages 15+*

Contractor: Paul Hughes  
Westwood Council On Aging Center  
Tue, Jun 27-Aug 22 (No 7/4), 7:00 PM-8:00 PM  
\$110 (8 classes) Min 6/Max 12

60-minute beginner line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner, it is something for everyone and no experience is necessary!



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

SUMMER 23

# SPECIAL EVENTS

## Westwood Annual FISHING DERBY

Buckmaster Pond  
Saturday May 6<sup>th</sup>  
7:00-11:00am



Youth Division Ages 15 and under:  
FREE & Prizes for all

Adult Division Ages 16+:  
\$10 Entry Fee & Cash Prize



SUMMER CONCERT SERIES  
FREE!!  
WYWC  
COUNCIL ON AGING LAWN

MONDAYS 6:30

JULY 10

JULY 17

JULY 24





# ADULT + TEEN

SPRING

## DOG TRAINING PROGRAMS *owners of all ages*

Contractor: Susan Lowell, Pet Providers  
Pet Providers HQ (Wentworth Hall in the event of rain)  
\$150 (6 classes)

When registering please register your dog with their ages. Copies of shots must be provided prior to or at first class. If National, State or Local guidance requires that the class not meet in person then classes will continue virtually. Owners <12 years must be accompanied by an adult

## S.T.A.R. PUPPY *8 weeks - 1 yr*

Session A: Mon, Apr 24-Jun 5 (No 5/29), 6:30 PM-7:30 PM  
Session B: Sat, Apr 29-Jun 10 (No 5/27), 9:00 AM-10:00 AM

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.

## BEGINNER *7 months+*

Session A: Mon, Apr 24-Jun 5 (No 5/29), 7:30 PM-8:30 PM – Advanced  
Session B: Sat, Apr 29-Jun 10 (No 5/27), 11:00 AM-12:00 PM

Beginner is a good place for dogs to begin in obedience. Walking nicely on a leash, acting mannerly while being petted, performing a stay and coming when called are skills that will be taught in this class.

## FLYBALL *7 months+*

Sat, Apr 29-Jun 10 (No 5/27), 10:00 AM-11:00 AM

Flyball is all the rage! A canine team sport founded on the activities that dogs love to do: run, jump, retrieve, compete and most of all, please their owners. The sport is a relay race between two teams of four dogs.

Each dog must jump over four hurdles, retrieve a ball by triggering a flyball box and then return with the ball over the hurdles to the start/finish line. This class is an introduction to the sport, the focus will be on the skills of the game such as jumping hurdles, retrieving and returning. Focus on the competition itself will be in future classes.

Any dog, regardless of breed, size, shape or formal training, can participate and join in the fun. Flyball is pure fun for everyone, the dogs, handlers and spectators. View it yourself, search "Flyball" on Youtube or your search engine.

## TRICK CLASS *6 months +*

Fri, Apr 28-Jun 2, 4:00 PM-5:00 PM

Do you and your dog love to be the life of the party by showing off their arsenal of tricks? Then they might be perfectly primed to earn AKC Trick Dog titles! Tricks including High Five, Push Up, Spin & Twist, and many more.

## REAL LIFE SITUATIONS *1 year+*

Thu, Apr 27-Jun 1, 6:30 PM-7:30 PM

Does your dog suffer from separation anxiety or fear new things? This class may help your dog be more comfortable in situations he/she may encounter in life. We will meet at different locations each week and practice using real experiences to conquer your dog's phobias. Class will take place outside and inside public places to replicate Real Life situations.

## CANINE GOOD CITIZEN *1 year+*

Sat, Apr 29-Jun 10 (No 5/27), 12:00 PM-1:00 PM

This AKC Class builds on what was learned in previous classes and prepares you for the Canine Good Citizens test. AKC Urban CGC requires that the dog demonstrate CGC skills and beyond in a setting that includes traffic, crowds, noises, smells and other distractions that are present in a city or town. As with Canine Good Citizen, AKC Urban CGC is a 10-step test of skills that dogs must pass to earn the official AKC Urban CGC title. Advanced obedience skills are emphasized in the curriculum along with CGC test requirements.



## FIRST AID & CPR/AED *ages 15+*

Contractor: Juanita Allen Kingsley, W-EMT  
Westwood Recreation Pool Lobby  
Wed, May 24, 6:00 PM-8:30 PM  
\$90 (1 class) Min 5/Max 10

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

## FIRST AID FOR GRANDPARENTS *ages 60+*

Contractor: Juanita Allen Kingsley, W-EMT  
Westwood Council On Aging Center  
Tue, May 2, 10:00 AM-12:30 PM  
\$90 (1 class) Min 5/Max 10

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

Westwood COA Discount: This class is underwritten by the Westwood Council on Aging. Residents who are 60+ can sign up at the COA for only \$15. Space is limited. Visit 60 Nahatan St or call (781) 329-8799

## LINE DANCING *ages 15+*

Contractor: Paul Hughes  
Westwood Council On Aging Center  
Tue, Apr 4-May 30 (No 4/18), 7:00 PM-8:00 PM  
\$110 (8 classes) Min 6/Max 12

60-minute beginner line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner, it is something for everyone and no experience is necessary!

# AQUATICS

## CONDITION SWIMMING *ages 6-18*

Westwood Recreation Staff  
Westwood Recreation Pool  
Mon, Tue, Wed, Thu, May 1-May 25  
5:00 PM-6:00 PM ages 10 and under  
6:00 PM-7:00 PM ages 11-18  
\$65 for one night/week (4 Classes) Min 8/Max 30

Sign up for one or more nights! Maintain your condition or get in shape for the summer. The four competitive strokes, starts, turns and finishes will be reviewed. A pool membership is not required to participate.

\*If you are new to the program, please e-mail [hcoots@townhall.westwood.ma.us](mailto:hcoots@townhall.westwood.ma.us) for a skills check prior to registration. Swimmers will be situated in lanes according to ability.



## UNDERWATER HOCKEY & UNDERWATER RUGBY *ages 18+*

Boston Underwater Hockey & Boston Narwhals Rugby  
Westwood Recreation Pool  
Mon, Apr 24–Jun 26,  
Underwater Hockey 7:00 PM-8:30 PM,  
Underwater Rugby 8:30 PM -10:00 PM

Did you know hockey and rugby are played underwater? Underwater hockey is a great way to have fun and stay healthy! Underwater sticks and pucks are used. Underwater rugby uses a weighted ball, this sport is high intensity and low impact! Both sports are coed and played wearing mask, fins and snorkel (UWH players wear padded gloves).

New players are welcome. There is no charge for the first visit/play, \$20 nightly drop in fee. Equipment may be borrowed first visit. Stop by and see the action or check out either sport on the internet: Boston Narwhals and Boston Underwater Hockey League. A pool membership is not required to participate. For more information, e-mail: [hcoots@townhall.westwood.ma.us](mailto:hcoots@townhall.westwood.ma.us)



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

Westwood Recreation Staff  
Westwood Recreation Pool  
Apr – Jun, \$190 Private, \$280 Semi-Private (two 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. A pool membership is not required to participate.

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 are confirmed.



## AQUA FITNESS *ages 18+*

Westwood Recreation Staff: Susan Perry  
Westwood Recreation Pool  
Tue, Thu, Apr 25 – Jun 22, 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. A pool membership is not required to participate.

## INCLUSIVE SWIM REQUEST

The Westwood Recreation Department is committed to the inclusion model giving people of all ages and abilities access to our swimming programs. Families with neurodivergent individuals interested in swimming programs should register online under Aquatics the Inclusion Information Request Tab. You will be contacted with information upon your registration request. A plan will then be created for the individual so they can successfully immerse into a swimming program where they can learn, thrive and grow.



# AQUATICS SWIM LESSONS

SPRING

SESSION Spring 2		SWIM LEVELS					
DAY/DATES (5 classes)	FEE	Adult/Child Ages 1-3 Years	Preschool Ages 3-5	Level 1	Level 2	Level 3	Level 4
Mon, Apr 24 - May 22	\$125	9:30 AM-10:10 AM	4:00 PM-4:40 PM				
Tue, Apr 25 - May 23	\$125		1:15 PM-1:55 PM	4:00 PM-4:40 PM			
Wed, Apr 26 - May 24	\$125						4:00 PM-4:40 PM
Thu, Apr 27 - May 25	\$125			1:15 PM-1:55 PM	4:00 PM-4:40 PM	4:00 PM-4:40 PM	
Sat, Apr 29 - Jun 3 (No 5/27)	\$125	8:15 AM-8:55 AM	9:00 AM-9:40 AM 10:30 AM-11:10 AM 11:15 AM-11:55 AM	9:45 AM -10:25 AM 10:30 AM-11:10 AM	9:00 AM-9:40 AM 11:15 AM-11:55 AM	9:45 AM -10:25 AM	8:15 AM-8:55 AM

\* A pool membership is not required to participate



American Red Cross



## ADULT AND CHILD *ages 1-3\**

Parent/Caregiver and his/her child explore the water; water acclimation including buoyancy, safe entry and exit, gliding on front and back, arm and leg motion on front and back, rolling over, treading, and head submersion. Safety topics will be integrated into each lesson.

Please register with child's name. Min 4/Max 20

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

## PRESCHOOL *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 - 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 - 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 - 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 - 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



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

SPRING 27



*Community  
Band*



**WestwoodWinds Community Band is returning to live rehearsals and concerts for 2023**

♪ Do you miss playing your instrument?

♪ Do you miss playing in a band?

♪ Not sure about your skills

♪ Not sure you will fit in?

♪ We welcome new members to join other musicians who share a common love for performing pop, jazz, patriotic, TV/Movie themes and semi-classic music in a fun, supportive environment

♪ Participation is open to all residents of Westwood and surrounding communities from age 14 to retirees

♪ No audition to join

**For more information, go to:**

**[www.westwoodwinds.org](http://www.westwoodwinds.org) or <https://www.facebook.com/Westwood>**

## MERRY MELODY MUSIC ACADEMY



### REMOTE & IN-HOME MUSIC LESSONS

**20 Years of Service to Thousands of Students  
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Well-Trained & Experienced Instructors  
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**781.366.1708 | [merrymelodyma@gmail.com](mailto:merrymelodyma@gmail.com)**

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



# ARTS

SPRING

## AFTERSCHOOL ARTS *grades 1-5*

Westwood Recreation Staff: Artist, Lisa Walker  
Deerfield Elementary  
Wed, Apr 26-May 17, 3:45 PM-4:45 PM  
\$75 (4 classes) Min 5/Max 10

Join us afterschool at Deerfield for a fun Arts and Crafts class led by Professional Artist, Lisa Walker.

\*Deerfield Students can be dismissed directly from school to Recreation Dept Staff! (Except on Short Weds)

## SCULPTURE - AIR DRY CLAY *grades 1-5*

Westwood Recreation Staff: Artist, Lisa Walker  
Wentworth Hall  
Mon, Apr 24-May 15, 3:45 PM-4:45 PM  
\$85 (4 classes) Min 5/Max 10

Learn about sculpture using air dry clay. Students will be instructed to make pinch pots, roll coils and build with slabs to make fun projects like animals, coil pots and more! Students will use acrylic paint to complete their artwork. Materials provided.

## HIP HOP DANCE *ages 5-13*

Contractor: Aly Pereira  
Wentworth Hall  
Fri, Apr 14-Jun 9 (No 4/21), 5:00 PM-6:00 PM  
\$145 (8 classes) Min 8/Max 25

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. New dances are taught every session! At the end of the 8-week session, the children will have a short performance of their hard work.

## "MARY POPPINS" MUSICAL THEATER CLASS *ages 5-13*

Contractor: Aly Pereira  
Wentworth Hall  
Tue, Apr 4-May 30 (No 4/18), 3:45 PM-4:45 PM  
\$145 (8 classes) Min 8/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 "Mary's Medley Excerpts." This play has been rewritten along the theme of the original "Mary Poppins." 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.



## MUSIC LESSONS *ages 5+*

Contractor: The Band Gig School of Music and Performance  
66 Eastern Ave, Dedham  
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 of Music 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 Staff will contact you to schedule your lessons.



## UKULELE CLASS *ages 16+*

Contractor: The Band Gig School of Music and Performance  
45 Central Street, Norwood  
Wed, Mar 29-May 31, 6:30 PM -8:00 PM  
\$150 (10 Classes) Min 5/ Max 12

Join The Artful Strummers for 10 weeks of fun. Learn the fundamentals to start your musical journey on the ukulele. No prior musical experience necessary. You will learn basic chords, rhythms, and strums that will enable you to play songs in no time! Bring your own Soprano or Alto/Concert Ukulele and music stand. An electronic tuning device such as Snark Tuner is also recommended but not necessary. Don't have a ukulele? Call The Band Gig School at 781-686-1526, we've got you covered!

## PHOTOGRAPHY FOR KIDS *ages 8-16*

Contractor: Ana Viana, Owner/Photographer, Lovely Pictures Studio  
Wentworth Hall & Nearby Parks  
\$156 (4 classes) Min 2/Max 10

Session A: Wed, Apr 26-May 17, 3:45 PM-5:00 PM  
Session B: Wed, May 24-Jun 14, 3:45 PM-5:00 PM

Photography for Kids is designed to inspire youth ages 8-16 years old. They will learn the basic elements of photography in an experience-based group environment from a professional photographer. During the course, students will learn how to use their camera, how to create impactful images and tell stories through their camera lens. Students will photograph in real-life situations and practice their new skills in natural environments in order to become better photographers.

Course includes:

- Complimentary Photography for Kids T-Shirt
- One digital student portrait and one digital group photo from the course.
- Photography workbook with lessons from the course in digital format.

\*The course requires a camera (phone, compact camera OR DSLR).

# ADULT SPORTS + FITNESS

SPRING



## BOOT CAMP *ages 18+*

Contractor: Colleran Coaching  
Westwood High School Multipurpose Field and Gym  
Session A: Tue, Thu, Mar 14-May 18 (No 4/18, 4/20), 6:00 AM-7:00 AM  
\$280 (18 classes) Min 8/Max 30  
Session B: Tue, Thu, May 23-Jun 15, 6:00 AM-7:00 AM  
\$125 (8 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, weights and water. Class will move inside the high school gym when weather or temperatures require.

## ESSENTRICS FITNESS *ages 18+*

Contractor: Blanche Teyssier, Certified Instructor  
Wentworth Hall  
Session A: Wed, Mar 8-Apr 19, 6:00 PM-7:00 PM, \$82 (7 classes)  
Session B: Wed, May 24-Jun 21, 6:00 PM-7:00 PM, \$58 (5 classes)  
Min 4/Max 15

Essentrics Fitness method conditions and balances every muscle and joint in the body. The method uses eccentric and concentric contractions, stretching, and techniques for relaxation and conditioning connective tissue to create and maintain a strong, lean, flexible, and resilient body. The movements are drawn for Tai Chi, Yoga, Ballet, Pilates, and Physio-therapy. This mindful workout focuses on strengthening abdominals, improving posture, alignment, and balance. Each class is accompanied by an enjoyable, diverse playlist. For more information on this class go to: BodyBalanceBlanche.Me

## YOGA FOR BACK CARE *ages 18+*

Contractor: Ellen O'Hara, Core Asset Fitness Training  
Wentworth Hall  
Tue, Apr 25-Jun 6 (No 5/9), 12:00 PM – 1:00 PM  
\$80 (6 classes) Min 4/Max 12

Yoga for the Back is a gentle yoga class designed to focus on back care. We will work and move the entire body, but back stretches and strengtheners will be the main objective. Whether you have had back problems in the past, struggle with on again/ off again issues, or just want to be stronger and more flexible, this class is for you! No yoga experience necessary. Please bring 2 blocks and a yoga blanket or beach towel. (Please note, if you are having acute back pain of under two weeks' duration without a diagnosis, please do not take this class. We will be happy to see you when that stage is over.)

Ellen O'Hara, RN, MS is a personal trainer and yoga instructor. She is 200 hour certified and also holds specialty certificates in Yoga for Athletes and Yoga for Warriors, a trauma based yoga program. She enjoys sharing the powerful benefits of yoga with all types of people.

## PICKLEBALL LESSONS *ages 18+*

Westwood Recreation Staff: Coach Paul Francis  
Downey Tennis Courts  
\$100 (8 classes) Min 8/Max 20

Class 3: Beginner Lessons, Tue, Apr 25-Jun 13, 5:30 PM-6:30 PM

Have fun learning the fastest growing sport in the world with Pickleball Instructor, Paul Francis. Be prepared to learn the basics of the game including court boundaries and rules of the court. Learn how to serve, volley, dink, and hit punch shots. Scoring and general positioning on the court will be taught as well. This course is designed for anyone that is interested in the game basics.

Class 4: Advanced Lessons, Mon, Apr 24-Jun 19 (No 5/29), 6:30 PM-7:30 PM

After completing the Beginner's Pickleball Lessons or if you are looking for strategies in improving your game, this class is for you. Lessons will include proper spacing, rotations, attacking the net, improving your dinking capabilities, and advanced serving methods (i.e. over spin, back spin, slices, and draws). You will also be taught the benefits of stacking. Please be aware this course is recommended for players that are familiar with pickleball fundamentals.



## PICKLEBALL GAME PLAY *ages 18+*

Westwood Recreation Staff: Coach Paul Francis  
Downey Tennis Courts  
\$100 (8 classes) Min 8/Max 20

Class 1: Game Play Only, Mon, Apr 24-Jun 19 (No 5/29), 5:30 PM-6:30 PM  
Class 2: Game Play Only, Tue, Apr 25-Jun 13, 6:30 PM-7:30 PM

Come join us for a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Fun, social and friendly.





# ADULT SPORTS + FITNESS

SPRING



## ADULT TENNIS LEAGUE *ages 18+*

Westwood High School Tennis Courts

Sun, Tue, Jun 4-Oct 1, (No 7/2, 7/4, 9/3, 9/5) 6:00 PM-8:00 PM

\$100 (16 weeks) Min 20/Max 20

Minimum USTA rating of 3.5 is required.

Westwood Recreation is hosting a mixed doubles league for players with an established USTA rating of 3.5 and above. Players without a formal USTA rating must contact the Recreation Department to coordinate an evaluation of their level of play. The league meets on Sunday and Tuesday nights from 6:00 PM-8:00 PM and the format of play is round robin. Once the roster is complete, players will be required to sign up through Signup Genius each week for a total of 12 players per session, with at least a 48-hour notice should you need to cancel. For questions, please contact Kerrie Francis at [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us)



## WOMEN'S BASKETBALL LEAGUE *ages 18+*

Westwood Recreation Staff

Morrison Basketball Court

Wed, Apr 5-Jun 14, (No 4/19) 7:30 PM-8:30 PM & 8:30 PM-9:30 PM

\$120 (10 weeks, including playoffs) Min 40/Max 50

Schedule: Teams will play an 8 game schedule, plus playoffs. Includes certified referees, scorekeeper, and jersey. High School rules with modifications will be followed. Registration: Each individual must register online [www.westwoodrec.com](http://www.westwoodrec.com), We will have pickup games on March 29th, and will make teams this night. Please indicate on your registration if you would like to be on the same team with another player.

Any questions? Contact Kerrie at [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us)

## GOLF- LADIES BEGINNER CLINICS *ages 16+*

Contractor: John Resnick, Golf Pro

Norwood Country Club

\$155 (4 classes) Min 4/Max 7

The 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 5-26	5:30 PM-6:30 PM
B	Thu	Apr 6-27	5:30 PM-6:30 PM
C	Wed	May 3-24	5:30 PM-6:30 PM
D	Thu	May 4-25	5:30 PM-6:30 PM
E	Wed	Jun 7-28	5:30 PM-6:30 PM
F	Thu	Jun 1-22	5:30 PM-6:30 PM



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# APRIL VACATION

SPRING

## BASEBALL SPRING TRAINING *ages 5-13*

Contractor: Bob Phillips and Staff  
Morrison Baseball Field  
Mon-Fri, Apr 17-21, 9:00 AM-12:00 PM  
\$150 (5 days) Min 25/Max 54

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.



## FRIENDS CONNECT! *ages 5-10*

Westwood Recreation Staff  
Wentworth Hall  
Tue-Fri, Apr 18-21, 9:00 AM-12:00 PM  
\$250 (4 days) Min 8/Max 14 per age group



Interested in building LEGOs while building friendships? Friends Connect is a new inclusive social opportunity that empowers children to explore motion and force through their shared passion for LEGOs. In this inclusive concept, a neurotypical child is teamed up with one of their neurodiverse peers to collaborate, advocate, negotiate and problem solve with self-confidence, as they take turns being the “engineer” or “builder” and construct a thrilling BricQ® Lego model. During each build, the pair will be fully supported by adults who have comprehensive training in facilitating learning through play, and the team composition will remain the same during each successive session. This program is thoughtfully designed to promote more meaningful and engaging social interactions among all children in a secure, joyful, intuitive setting with on-the-spot coaching. Connect with new friends as you build a dog obstacle course, play a game of hockey, and compete in a push car derby in 2023! Please bring a nut free snack and a water bottle.

## DISC GOLF TRIP *grades 3-8*

Westwood Recreation Staff: Joe Bertone  
Dacey Disc Golf Course, Franklin MA  
Thu, Apr 20, 12:00 PM-5:00 PM (Including transport)  
\$35 (1 class) Min 6/Max 12

Frisbee isn't just a backyard game anymore; Disc Golf is quickly becoming the latest trend in sports. Tournaments are even being broadcast on ESPN. We will drive to Franklin in the Recreation Van and warm up before playing this wooded 18-hole course. Note: course is wooded, walking is like a hike and may be muddy, please wear appropriate clothing. All abilities welcome, players must know the general scoring of golf and should know how to throw a frisbee. Discs provided if needed. In the event of rain, we will do an indoor activity instead. In this scenario additional fees may apply.

## APRIL VACATION SOCCER CLINIC *ages 5-13*

Contractor: Seacoast United Staff  
Thurston Middle School Fields  
Mon-Thu, Apr 17-20



5-6-year-olds: 9:00 AM-10:30 AM: \$100 (4 days) Min 10/Max 20  
7-13-year-olds: 9:00 AM-12:00 PM: \$160 (4 days) Min 20/Max 100

The Westwood Recreation Department is excited to announce that this year we will be teaming up with Seacoast United to run an April Vacation soccer clinic! Open to all levels, this program will be skills-based with fun games and scrimmages to wrap up each day. Please bring an age-appropriate-sized ball, cleats, a nut-free snack, and plenty of water.

## JR BEGINNER GOLF CLINIC *ages 8-14*

Contractor: John Resnick, Golf Pro  
Norwood Country Club  
Tue-Fri, Apr 18-21, 10:00 AM-12:00 PM  
\$150 (4 classes) Min 4/Max 7

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

## ADVANCED BEGINNER TENNIS CLINICS *ages 5-13*

Westwood Recreation Staff: Leah and Phil Kadesch, Tennis Professionals  
Westwood High School Courts  
Tue-Thu, Apr 18-20 (3 classes)

Ages	Time	Fee	Min/Max
5-6	9:00 AM-10:00 AM	\$90	Min 3/Max 4
7-9	10:00 AM-11:30 AM	\$100	Min 8/Max 12
10-13	11:30 AM-1:00 PM	\$100	Min 8/Max 12

Advanced Beginner Lessons: Players must be able to hit the ball with both forehand and backhand strokes, and be able to rally to play points. Requirements also include the skills of volleying and overhead serving, except for the 5-6-year-old group.

## BLUE HILLS HIKE *grades 3-8*

Westwood Recreation Staff: Joe Bertone  
Tue, Apr 18, 12:00 PM – 5:00 PM (Including transport)  
\$40 (1 class) Min 6/Max 12

Come along for a hike at the beautiful Blue Hills Reservation.

Transportation provided in Recreation van. Hike approximately 4 hours of relatively steep terrain. Dress appropriately, bring a water bottle and lunch that you can carry.

In the event of rain, we will do an indoor activity instead. In this scenario additional fees may apply.





# PRE-K

SPRING

**For the health and safety of all, participants must be toilet trained to participate in the following programs. No pull ups/diapers.**

## GRASSROOTS SOCCER CLINICS *ages 2-5*

Contractor: Seacoast United  
Deerfield Elementary Fields  
\$110 (4 classes) Min 10/Max 30



Session A: Sat, Apr 1- 22  
Session B: Sat, May 6- Jun 3 (No 5/27)

Class	Age	Time
Class 1	Ages 2-3	9:00 AM-9:45 AM
Class 2	Ages 4-5	10:00 AM-10:45 AM

The Grassroots Soccer Clinics through Seacoast United Soccer Club are a unique opportunity for young children to get involved in the game of soccer. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future. The program ranges from ages 2 to 5 years, and offers an inclusive, friendly atmosphere for all involved in each session. All age groups are appropriately challenged with specifically designed developmental games and activities. Parent participation required for ages 2-3 years.

## LIL NINJA *ages 3-5*

Contractor: Knucklebones  
Deerfield Elementary  
Thu, Apr 27-Jun 8 (No 6/1), 4:55 PM-5:45 PM  
\$195 (6 classes) Min 6/Max 10

Does your child love to run, jump, climb and tumble? Then this "play" on American Ninja Warrior is the perfect class. Each week your child will participate in stretching, elements, obstacles and games to help gross motor skills, fitness and fun. From swinging on a high bar to balance beams, climbing structures and tumbling on mats to leaping into a ball pit - your child is sure to have a blast!

## SPORTS & PLAYGROUND *ages 3-6*

Contractor: Bob Phillips  
School Street Field and Playground  
Mon-Thu, Jun 12-15, 9:00 AM-12:00 PM  
\$105 (4 days) Min 10/Max 25

Let's play and have fun. Soccer, baseball, and playground time will be the featured activities. Peanut-free 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.

## PRESCHOOL SPORTS *ages 3-6*

Contractor: Bob Phillips  
School Street Field  
\$105 (6 classes) Min 10/Max 16

Class 1: Tue, Apr 25-May 30, 1:45 PM-2:45 PM  
Class 2: Wed, Apr 26-May 31, 10:00 AM-11:00 AM

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, the program will be canceled and made up at the end of the session. Bring a water bottle.



## PRE-K MINISPORTS *ages 3-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Wed, Apr 26-May 31, 5:00 PM-5:45 PM  
\$105 (6 classes) Min 10/Max 20

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 F.A.S.T. Athletics will have new and exciting games planned for the students.



## PRE-K SOCCER *ages 3-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Mon, Apr 24-Jun 5 (No 5/29), 5:00 PM-5:45 PM  
\$105 (6 classes) Min 10/Max 20

Our soccer program will teach the fundamental skills of dribbling, trapping, passing and shooting. The students will work on these fundamentals through a variety of unique, nontraditional games. Parents are also encouraged to participate if their child needs the extra support.

## PRE-K T-BALL *ages 3-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Session A: Tue, Apr 25-Jun 6 (No 5/23), 5:00 PM-5:45 PM  
Session B: Fri, Apr 28-Jun 9 (No 6/2), 5:00 PM-5:45 PM  
\$105 (6 classes) Min 10/Max 20

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities. Class will be held outside but move into the gym if the weather is inclement.



**INTRO TO PICKLEBALL** *ages 10-13*

Westwood Recreation Staff: Coach Paul Francis  
Downey Tennis Courts  
\$100 (6 classes) Min 8/Max 16

Class 1: Mon, Apr 24-Jun 5 (No 5/29), 4:00 PM-5:00 PM  
Class 2: Tue, Apr 25-May 30, 4:00 PM-5:00 PM

Come join us for a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Fun, social and friendly.

**TENNIS PRIVATE LESSONS** *ages 7+*

Westwood Recreation Staff  
Westwood High School Tennis Courts  
Spring Session (Apr-Jun)  
Days and Times TBD

30-minute Private Lesson - \$40  
60-minute Private Lesson - \$65

Private lessons are for individuals of all abilities ages 7 through adult. One of our Tennis Professionals will provide one-on-one instruction. Semiprivate lessons, lessons with two players or more of similar ability, are also available.

For more information, please contact Kerrie Francis: kfrancis@townhall.westwood.ma.us

**MULTIPLE SPORTS** *grades 2-5*

Contractor: Bob Phillips  
Morrison Baseball Field  
Thu, Apr 27-Jun 1, 3:30 PM-4:30 PM  
\$105 (6 classes) Min 10/Max 16

Soccer, Baseball, Basketball, and Touch Football will be played. The program promotes sportsmanship and teamwork. In the event of rain, the program will be canceled and made up at the end of the session. Please bring a water bottle.

**NINJA WARRIOR** *grades K-2*

Contractor: Knucklebones  
Deerfield Elementary  
Thu, Apr 27-Jun 8 (No 6/1), 3:45 PM-4:45 PM  
\$195 (6 classes) Min 6/Max 12

Knucklebones Ninja is a blend of strength, skill, flexibility, fitness and fun. Throughout class participants will engage in various games, drills, elements and obstacle courses. From scaling up cargo nets on a truss to walking across balance beams, climbing over the A-frame to hanging on monkey bars, this class allows participants to have fun while progressing through the basics of ninja warrior elements.

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

**INCLYOUSION SPORTS** *ages 2-10*

Contractor: InclYOUSion Sports  
Lodge Field  
Sun, Apr 30-Jun 25 (No 5/28)  
\$260 (8 classes) Min 8/Max 8

Ages 2-5, 9:00 AM-9:50 AM  
Ages 6-10, 10:00 AM-10:50 AM



InclYOUSion Sports provides inclusive mobile sports enrichment programs using innovative behavioral methods to teach sports, fitness and social skills.

The curriculum is designed so that each month classes focus on one sport. For eight weeks, children practice the basic skills within each sport in addition to strengthening appropriate social skills.

Our classes are fun and non-competitive, so that children can be successfully introduced to new sports and have opportunities to build friendships. Skill building can be modified for each child, so that children of all abilities can participate and be successful. Parent participation required unless child can participate independently. In the event of rain, classes will be held at Wentworth Hall

**FIELD HOCKEY CLINIC** *grades 6-8*

Westwood Recreation Staff: Coach Jane Singh  
Flahive/Thurston Middle School Fields  
Short Wed's: Mar 29; Apr 12 & 26; May 10 & 24, 1:30 PM-2:30 PM  
\$60 (5 classes) Min 6/Max 20

Westwood Field Hockey is growing – join the fun. Each session we will meet at Flahive Field and work on skills, drills, small games and scrimmages. Coach Singh played field hockey most of her life and continued coaching for the next decade. She coached the newly formed 7th/8th grade Westwood team this past Fall in the Commonwealth League. Beginners and Field Hockey veterans alike will both grow from these clinics, all skill levels welcome. Players will need goggles, shin guards, mouth guard and sticks.





# SPORTS

SPRING

## BASKETBALL *grades 2-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Wed, Apr 26-May 31, 6:00 PM-6:45 PM  
\$105 (6 classes) Min 10/Max 24

3.....2.....1.....bzzzz. F.A.S.T.'s basketball program will help increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races, and hot hands. Class will be held outside unless weather is inclement.



## SOCCER *grades K-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
\$105 (6 classes) Min 10/Max 24

Grades K-1: Mon, Apr 24-Jun 5 (No 5/29), 3:45 PM-4:45 PM  
Grades 2-5: Tue, Apr 25-Jun 6 (No 5/23), 3:45 PM-4:45 PM

Our soccer program will teach the fundamental skills of dribbling, trapping, shooting, and passing by teaching them in a very nontraditional and energetic way. Not only will the students learn the rules and positions of one of the most popular games in the world but they will have the chance to scrimmage each other as well as have shoot outs, breakaway's, and 1 on 1's! Class will be held outside but move into the gym if the weather is inclement.

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

## ULTIMATE SPORTS *grades 1-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Mon, Apr 24-Jun 5 (No 5/29), 6:00 PM-6:45 PM  
\$105 (6 classes) Min 10/Max 24

If you are getting tired of playing the same old sports every day, this is definitely the program for you. The non-traditional style of games/competitions will keep all participants on their toes learning new games as they get further into this program. Have you ever heard of Fort Knox? Or Ultimate Frisbee? What about Army Dodgeball? Get together with F.A.S.T. Athletics and see what all the hype is about!!! This unique program will also put emphasis on physical fitness, proper stretching techniques and team work. Class will be held on outside court unless weather is inclement.

## T-BALL *grades K-1*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Fri, Apr 28-Jun 9, (No 6/2) 3:45 PM-4:45 PM  
\$110 (6 classes) Min 10/Max 24

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. Learning and skill development are our priorities and the goal will be to for the kids to "graduate" to coach pitch. Class will be held outside but move into the gym if the weather is inclement.

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

## SUPER SPORTS *grades K-5*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Wed, Apr 26-May 31, 3:45 PM-4:45 PM  
\$105 (6 classes) Min 10/Max 24

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. Class will be held outside but move into the gym if the weather is inclement.

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

## STREET HOCKEY *grades 1-4*

Contractor: F.A.S.T. Athletics  
Deerfield Elementary  
Tue, Apr 25-Jun 6 (No 5/23), 6:00 PM-6:45 PM  
\$105 (6 classes) Min 10/Max 24

Come join F.A.S.T. Athletics for some street hockey fun. Fundamentals of hockey will be taught through training stations during the first portion of the course. One-timers, passing, shooting and dribbling will be some of the training focus in the beginning. After the instructional period is over, each day will end with a good old fashion street hockey game. At the beginning of class, we will remind the students of safety and good sportsmanship.



**HOME ALONE SAFETY** *ages 8-11*

Contractor: Juanita Allen Kingsley, W-EMT  
 Westwood Recreation Pool Lobby  
 Wed, May 24, 12:30 PM-2:00 PM  
 \$65 (1 class) Min 6/Max 15

Learn the basics of being safe when home alone for short periods of time. We will 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 + CPR** *ages 11-15*

Contractor: Juanita Allen Kingsley, W-EMT  
 Westwood Recreation Pool Lobby  
 Wed, May 24, 2:30 PM-5:30 PM  
 \$95 (1 class) Min 6/Max 12

The BLAST! (Babysitter Lessons and Safety Training) program provides training in First Aid, in household safety, and some fundamentals of childcare. In addition, this course helps prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, and begin babysitting safely and competently. We will cover choking prevention and relief and how to call 911. Participants will also be certified in CPR/AED. Participants should bring a drink

**COMMUNITY FARMING** *ages 7-10*

Westwood Recreation Staff  
 Westwood Recreation Pool Lobby  
 Thu, Apr 27-May 18, 4:30 PM-6:00 PM  
 \$150 (4 classes) Min 6/Max 10

Join us in a new inclusive programming for children of all abilities to learn about planting and farming! Children will be given the opportunity to plant and take care of their own plants, visit two different farms to pick their own crops, and create at home garden accessories! At the end of the four weeks, children will bring their creations home.

**SIDE-BY-SIDE KIDS NIGHT OUT** *ages 5-10*

Westwood Recreation Staff  
 Wentworth Hall  
 Fri, May 12, 5:30 PM-8:30 PM  
 \$50 (1 class) Min 6/Max 12 per age group (5-7 & 8-10)

The parents get the night off while Westwood's neurotypical & neurodiverse kids are empowered to have fun together and make social connections supervised by Westwood Recreation Staff. Each night's theme is thoughtfully designed to promote meaningful, engaging social interactions among all children in a secure, joyful, and intuitive setting with on-the-spot coaching. The staff has comprehensive training on fostering friendships while celebrating neurodiversity and developing a growth mindset. Enjoy a pizza dinner and connect with new friends while doing arts & crafts, Legos, playing board games, watching movies etc. PJs and sleeping bags are not required but are allowed & encouraged!

Interested? Email [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us) at Westwood Recreation. You will need to complete a brief intake process to help us get to know your kids.

**CHESS WIZARDS** *grades 1-5*

Contractor: Chess Wizards  
 Deerfield Elementary  
 Thu, Mar 23-May 11 (No 4/20), 3:45 PM-4:45 PM  
 \$180 (7 classes) Min 10/Max 14

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone first through fifth grade. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

**FOOD SCIENCE** *grades 1-5*

Westwood Recreation Staff: Camp Dir./Science Teacher, CJ Weinacht  
 Deerfield Elementary  
 Tue, Apr 25-Jun 6 (No 5/23), 3:45 PM-4:45 PM  
 \$105 (6 classes) Min 5/Max 12

Join Camp Director and Thurston Middle School Science Teacher CJ Weinacht in a fun, scrumptious exploration of the foods we eat and the science behind them. More science than cooking, there will be some taste testing in this class but mostly fun and learning.

Deerfield Students can be dismissed directly from school dismissal to Recreation Dept. Staff!

**LEGO CHALLENGES** *grades 2-5*

Contractor: Right Brain Curriculum  
 Wentworth Hall  
 Wed, Apr 5-May 17 (No 4/19), 3:45 PM-5:15 PM  
 \$180 (6 classes) Min 8/Max 14

Ready, Set, Le-go! If you love building with Legos, this is the class for you! Each week you will be challenged to create a sensational Lego scene. Each challenge is a mystery that your teacher will reveal – A helicopter rescue scene? A space shuttle launch site? Lego Godzilla attacking a city?? Best be ready for anything! Then it's off to the races as you and a partner have limited time to create your scene and present it to the class. Presentation skills will be key as you try to persuade your classmates that your Lego creation is #1. Our Right Brain Curriculum Instructors will help you use persuasive language, eye contact and proper posture for perfected presentations. Legos and Public Speaking, now that's a match!

**SURVIVOR** *grades 3-5*

Contractor: Knucklebones  
 Deerfield Elementary  
 Thu, Apr 27-Jun 8 (No 6/1), 6:00 PM-7:00 PM  
 \$195 (6 classes) Min 6/Max 12

With over 250 seasons from the US & abroad, Survivor has created some of the greatest challenges on television. Manipulating various challenges, participants will work to outwit, outplay and outlast through mental, physical and creative tasks. Working in groups, pairs and individuals, participants will be presented with their very own season of Survivor.



# THERAPEUTIC RECREATION

SPRING

## COMMUNITY FARMING *ages 7-10*

Westwood Recreation Staff  
Westwood Recreation Pool Lobby  
Thu, Apr 27-May 18, 4:30 PM-6:00 PM  
\$150 (4 classes) Min 6/Max 10

Join us in a new inclusive program for children of all abilities to learn about planting and farming! Children will be given the opportunity to plant and take care of their own plants, visit two different farms to pick their own crops, and create at home garden accessories! At the end of the four weeks, children will bring their creations home.

Please register for this program in YOUTH.



## INCLYOUSION SPORTS *ages 2-10*

Contractor: InclYOUSion Sports  
Lodge Field  
Sun, Apr 30-Jun 25 (No 5/28)  
\$260 (8 classes) Min 8/Max 8

Ages 2-5, 9:00 AM-9:50 AM  
Ages 6-10, 10:00 AM-10:50 AM

# INCLYOUSION SPORTS

InclYOUSion Sports provides inclusive mobile sports enrichment programs using innovative behavioral methods to teach sports, fitness and social skills.

The curriculum is designed so that each month classes focus on one sport. For eight weeks, children practice the basic skills within each sport in addition to strengthening appropriate social skills.

Our classes are fun and non-competitive, so that children can be successfully introduced to new sports and have opportunities to build friendships. Skill building can be modified for each child, so that children of all abilities can participate and be successful. Parent participation required unless child can participate independently. In the event of rain, classes will be held at Wentworth Hall

Please register for this program in SPORTS.

## INCLUSIVE SWIM REQUEST

The Westwood Recreation Department is committed to the inclusion model giving people of all ages and abilities access to our swimming programs. Families with neurodivergent individuals interested in swimming programs should register online under Aquatics the Inclusion Information Request Tab. You will be contacted with information upon your registration request. A plan will then be created for the individual so they can successfully immerse into a swimming program where they can learn, thrive and grow.

Please register for this program in AQUATICS.

## FRIENDS CONNECT! *ages 5-10*

Westwood Recreation Staff  
Wentworth Hall  
Tue-Fri, Apr 18-21, 9:00 AM-12:00 PM  
\$250 (4 days) Min 8/Max 14 per age group

Interested in building LEGOs while building friendships? Friends Connect is a new inclusive social opportunity that empowers children to explore motion and force through their shared passion for LEGOs. In this inclusive concept, a neurotypical child is teamed up with one of their neurodiverse peers to collaborate, advocate, negotiate and problem solve with self-confidence, as they take turns being the "engineer" or "builder" and construct a thrilling BricQ® Lego model. During each build, the pair will be fully supported by adults who have comprehensive training in facilitating learning through play, and the team composition will remain the same during each successive session. This program is thoughtfully designed to promote more meaningful and engaging social interactions among all children in a secure, joyful, intuitive setting with on-the-spot coaching. Connect with new friends as you build a dog obstacle course, play a game of hockey, and compete in a push car derby in 2023! Please bring a nut free snack and a water bottle.

Please register for this program in APRIL VACATION.



## SIDE-BY-SIDE KIDS NIGHT OUT *ages 5-10*

Westwood Recreation Staff  
Wentworth Hall  
Fri, May 12, 5:30 PM-8:30 PM  
\$50 (1 class) Min 6/Max 12 per age group (Age Groups: 5-7, 8-10)

The parents get the night off while Westwood's neurotypical & neurodiverse kids are empowered to have fun together and make social connections supervised by Westwood Recreation Staff. Each night's theme is thoughtfully designed to promote meaningful, engaging social interactions among all children in a secure, joyful, and intuitive setting with on-the-spot coaching. The staff has comprehensive training on fostering friendships while celebrating neurodiversity and developing a growth mindset. Enjoy a pizza dinner and connect with new friends while doing arts & crafts, Legos, playing board games, watching movies etc. PJs and sleeping bags are not required but are allowed & encouraged!

Interested? Email [kfrancis@townhall.westwood.ma.us](mailto:kfrancis@townhall.westwood.ma.us) at Westwood Recreation. You will need to complete a brief intake process to help us get to know your kids.

Please register for this program in YOUTH.

**Deadline**  
**March 31, 2023**



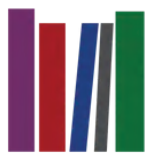
# R.A.Y. (Recognize-A-Youth) Award Program

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.

Nomination forms can be found online at  
[www.townhall.westwood.ma.us/departments/youth-family-services](http://www.townhall.westwood.ma.us/departments/youth-family-services)







# 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](http://www.westwoodlibrary.org) for an up-to-date schedule.

## Main Library Children's & Teen Programs

**\*Registration required for most children's programs. Check the website for updated information, lots more programs, and to register. \***

### Babies, Toddlers and Preschoolers

**Branch Books and Boogie @ 10:30** Join us for songs and stories in this all-ages storytime held at the Islington Branch Library. **March 6-April 10; May 1-22.**

**Move and Groove @ 10:30:** Join Miss Caitlyn for some music and movement in this all ages program that teaches a love of music and rhythm! **March 7-April 11; May 2-23.**

**Toddler Tales and Tunes @ 10:30** Join Miss Kristy for stories, songs and movement for all ages. **March 8-April 12; May 3-24.**

**Baby Rhyme Time @ 10:30:** Babies 0-18 months are invited to join us for a lapsit with songs and rhymes, followed by open play. Thursdays, **March 9-April 13; May 4-25.**

### School Age Kids

#### Steam Team : Buildwave

Kids will compete in building challenges that combine the spirit of an art program, the materials of a hands-on building workshop, and the elements of a video game to create a high energy, interactive experience! This program is funded in cooperation with the Westwood Cultural Council. Registration starts Feb. 20.

**Mondays @ 4pm; March 6-April 10**

#### Read to a Dog

Kids in grades K-5 are invited to sign up for a 15-minute "appointment" with a therapy dog to practice their reading. \*Registration required, starting two weeks in advance. **Select Saturdays, between 11am-12pm. March 11, April 8, May 13.**

### Teens

**Cover to Cover Book Club:** For grades 7 - 12.

Join Felicia the 2nd Early Release Wednesday at the library for snacks and discussion of the book of the month!

**Gamer Lounge with One Up Games:** Join us after school on half-Wednesdays for open game play.

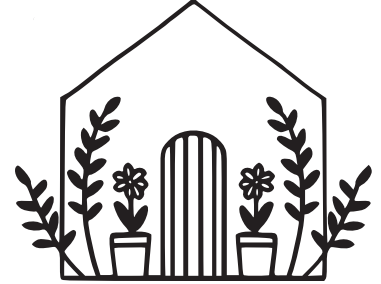
**Wednesdays Jan. 11, Feb. 8, Mar. 1, Apr. 12, and May 10, from 2 - 4pm.**

## Main Library Adult Programs

**Living Library:** Our series of Living Library plant programs (formerly "Bloom Zoom") brings you floral and gardening programs. Upcoming Programs Include:

- Houseplants 101
- Air plant Crafting
- Seedlings 101
- Pollinator Garden
- Intro to Perennials
- 2nd Annual Plant Swap
- Summer Beachy Crafts

**Topics subject to change. Check website for details.**



**Open Mic Poetry:** Celebrate National Poetry Month with an evening of poetry! Members of our Westwood Poets Writing Group will read poems they've workshopped over the past months. If you are a poet, or a poetry fan with a favorite poem to share, sign up for the open mic in advance by emailing Lynne Viti at [lviti@wellesley.edu](mailto:lviti@wellesley.edu). Open to poets and readers of all ages. **Tuesday April 25 @ 6:30PM**

## Islington Branch Programs

**Historical Fiction Book Group:** Join Claire for a discussion of historical fiction selections spanning every era.

*1st Tuesday of the month @ 10 AM.*

**Islington Branch Book Club:** Join Claire for a discussion of books new and old with this Wednesday evening book club.

*2nd Wednesday of the month @ 6:30 PM.*

**True Crime Book Club:** Do you always know the culprit before they are revealed? Join us the *3rd Wednesday of the month @ 6:30 PM.* New!

**Mystery Book Club:** Come join us at the Islington Branch to discuss mystery and thriller reads on the *4th Tuesday of each month @ 10 AM.* NEW!

**Sit & Knit:** Join a friendly group to knit and chat. *Weekly on Thursdays @ 10:00 AM*

# Summer Reading 2023

Starts June 1



Kids, Teens and Adults  
can read and complete  
activities for the chance  
to win prizes.

Follow us!       
**@WestwoodPLMA**

# WESTWOOD COUNCIL ON AGING



*Spring is a great time to focus on your health and we can help you here at the Center. We offer aerobic exercise three times a week, low impact exercise twice a week, yoga (chair and floor) twice a week and Tai Chi once a week (and don't forget your first class is always free).*

*We also have a registered nutritionist that comes in once a month to help you understand what you need to stay healthy. So, no matter where you are on your fitness journey, we have something for everyone.*

*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 and copies are available at the Center) for further information on all of our regular and special programs.*

*We are warm and welcoming ...  
so come join us this spring!*

## **Programs at the Center**

### **Regular Programs**

- Aerobic and Pilates Exercise Classes
- Low Impact Exercise
- Tai Chi
- Yoga – both chair and floor
- Current Events Discussions

### **Other Activities Include:**

- Weekly Lectures, Lunches & Programming
- Beginning & Advanced Art Classes
- Bridge & Mah Jong
- BINGO & Book Group
- Knitting, Quilting & Crafts
- Women's Club
- Cooking Classes and Demonstrations
- Waxing

**And so much more!!!**



**Westwood Council on Aging**  
**60 Nahatan Street**  
**Westwood, MA 02090**  
**Monday- Thursday**  
**8:00 am – 4:00 pm**  
**Friday**  
**8:00am - 1:00pm**  
**Phone (781) 329-8799**  
**Fax (781) 329-5949**

## **Social Services**

- Friendly Visitor Program
- Fuel Assistance
- Quarterly Legal Assistance
- Housing & SNAP information
- SHINE Counselor
- Veteran's Assistance
- Meals on Wheels – call HESSCO to sign up at 781-784-4944.

## **TRANSPORTATION SERVICES**

*If you are interested in our transportation services for seniors, please call the Center and remember you must sign up two business days in advance.*

Medical Appointments  
Weekly Trips to area Supermarkets  
Local Errands (5-mile radius)  
Lift-Equipped van available



# Westwood Early Childhood | Spring/Summer 2023

## Activities & Events

Registration is required for all programs and available to all Westwood residents.

**Baby Kneads:** (birth-6 months) Join Sheryl White as she helps parents learn to soothe, connect, and communicate with their babies.

Walpole Public Library: Mondays March 6, 13, 20, 27 April 3, 10 @ 11AM-11:45AM. Register: <https://tinyurl.com/cfcebaby>

**Parent Cafes:** Conversations to keep your family strong. Join us for fun casual gatherings to discuss the joys and challenges of parenting. Take away tips and tools to strengthen your family! Refreshments provided. Tuesdays: March 7, April 4 7:00-8:30  
<https://tinyurl.com/wpparentcafes>

## Coming this Summer!

**Summer Sensory Program:** (ages 3-5) Have fun with art, water tables, sensory bins and more in this collaborative program with Westwood Public Library. Select Wednesdays 10:30-11:30 am at Westwood Main Library Register with the library

**Fine Motor Fun:** (ages 3-5) Take a break from the sun and join us for some fine motor fun! Select Thursdays 4:00-5:00 pm at Wentworth Hall Register at <https://tinyurl.com/weccfmf>





**Construction – Special Events – Weddings**



Photography: Damianos Photography

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New England Office  
(Corporate Headquarters)  
617-739-1500

Mid-Atlantic Office  
800-457-1510

# NORTHEAST SECURITY



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## Northeast Security, Inc.

was founded by a retired FBI agent in 1967 in Brookline, Massachusetts and has grown to become one of the most highly regarded, full-service security providers serving the Northeastern region of the United States. Recognized for Service Excellence by the Building Owners & Managers Association (BOMA), we provide contract security, intelligence and technology solutions that help organizations and property owners improve security, manage risk and deliver value.

Our **Clients First** service culture, with its unyielding focus on service quality and customer satisfaction, is the driving force behind our service offerings that include uniformed security officers, concierge services, patrols, security assessment and advisory services, investigative and intelligence services, emergency preparedness & life safety training programs and security technology solutions. These services are delivered by security experts with backgrounds in commercial real estate, property management, higher education, hospitality, private security, US Military Special Forces, FBI and local law enforcement.

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- Corporate Campuses
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- ASIS International (ASIS)
- Building Owners & Managers Association (BOMA)
- Corporate Emergency Access System (CEAS)
- Cities Readiness Initiative (CRI)
- North East Disaster Recovery Exchange (NEDRIX)

## CONTACT US TODAY!

617-739-1500

or visit

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

## SECURITY TECHNOLOGY



LIGHTHOUSE INTEGRATORS

Technological advancements are creating new opportunities to enhance physical security. However, when security technology is installed without full consideration of total security goals & the existing technology environment, the solution becomes less effective and more costly. Lighthouse Integrators will design, install, maintain and service your physical security platform to keep your assets safe and secure.

## INTELLIGENCE & INVESTIGATIONS



**Northeast**  
INTELLIGENCE GROUP, INC.

Security threats and events in business operations frequently require expert support in the areas of Corporate Investigations, Litigation Support, Fraud and Financial Investigations, Background Investigations and Data Forensics. With a national presence and global reach, Northeast Intelligence Group and our professional teams gather facts, analyze intelligence and deliver solutions virtually anywhere in the world to help prevent or limit catastrophic situations and mitigate these risks.

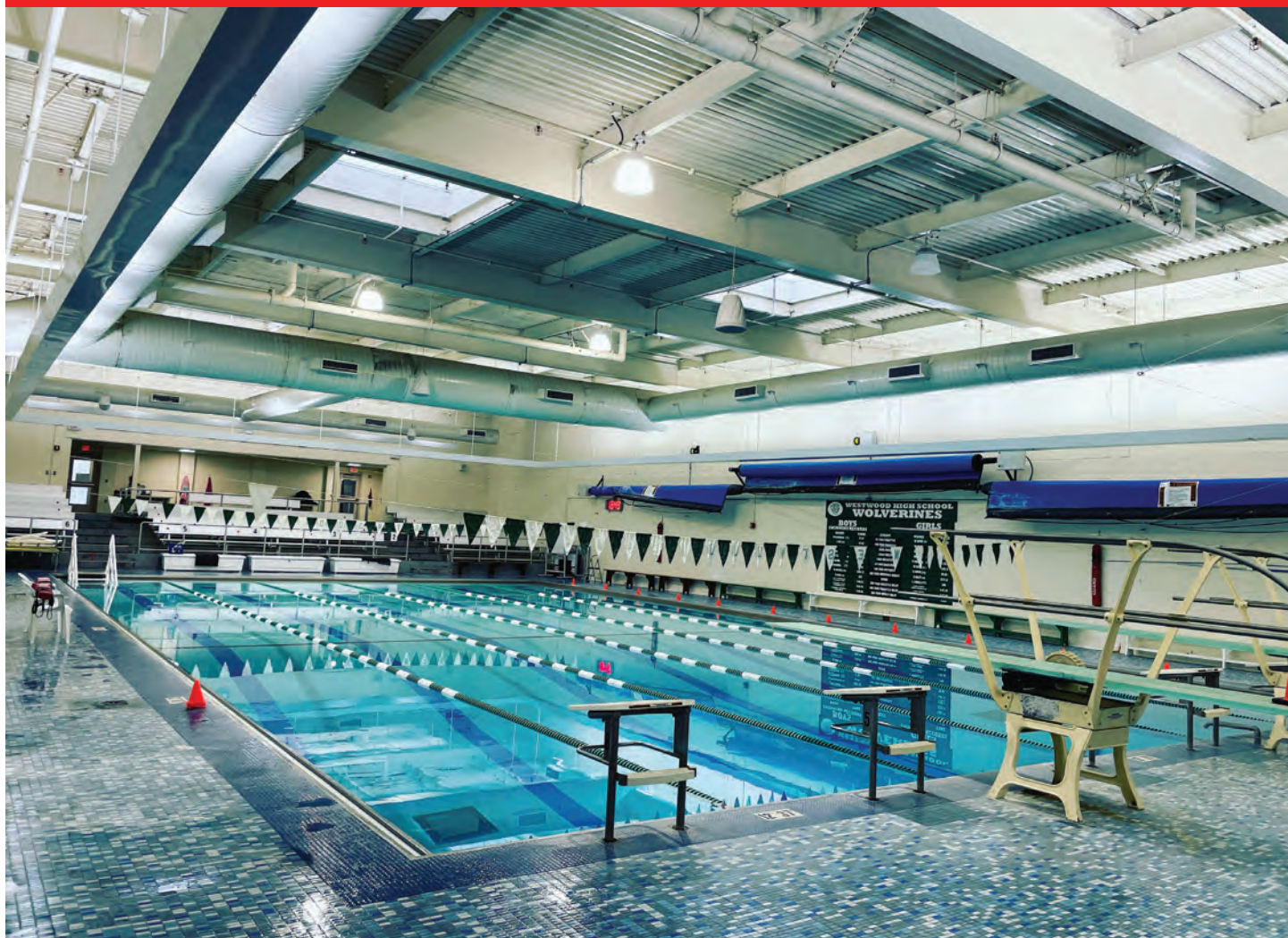


Westwood Recreation Department  
240 Nahatan Street  
Westwood, MA 02090

**RESIDENTIAL CUSTOMER  
WESTWOOD, MA 02090**

**Nonprofit  
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Westwood, MA  
Permit #30**

# AQUATICS MEMBERSHIPS



## WESTWOOD POOL MEMBERSHIP

The Westwood Recreation Pool is located at the Westwood High School at 240 Nahatan Street. Membership is available on a monthly, quarterly, semi-annual or annual basis. Membership provides access to the pool for Lap Swim by on-line reservation only. Pool hours for lap swim are available online. Membership is open to Westwood residents and non-residents. Online registration is available at [www.westwoodrec.com](http://www.westwoodrec.com). Once you have registered for a membership, you will be given a key fob at the Pool or in the Recreation Office. Key fobs are required each time you visit the Pool.

MEMBERSHIP	ONE MONTH	THREE MONTHS	SIX MONTHS	ONE YEAR	DAILY (NOT CURRENTLY AVAILABLE)
POOL SINGLE	\$35	\$85	\$155	\$270	\$10
POOL FAMILY	\$50	\$130	\$240	\$425	
POOL WESTWOOD SENIOR	\$20	\$50	\$105	\$205	\$5