

Westwood Recreation

Brochure & Community Guide

WINTER 2024



New Year's Eve Fireworks
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Kerrie Francis
Program Manager

Micah Barshay, CTRS
Therapeutic Recreation Specialist

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

Monday 9:00 AM-5:00 PM
Tuesday 9:00 AM-7:30 PM
Wednesday 9:00 AM-5:00 PM
Thursday 9:00 AM-5:00 PM
Friday 9:00 AM-1:30 PM

REGISTRATION + POLICIES

WHEN TO REGISTER

RESIDENTS: WINTER REGISTRATION BEGINS DECEMBER 7, 2023 AT 12:00 PM

NON-RESIDENTS: WINTER REGISTRATION BEGINS DECEMBER 8, 2023 AT 12:00 PM

HOW TO REGISTER

ONLINE: www.westwoodrec.com

Click Register For Programs (below hours banner)> Click Account to log in using your email and password.

-OR- Create an account > Click Create a New Account > Enter email address and enter information as prompted for each family member.

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

WALK IN: Public office hours at the Recreation Department.

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

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

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

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

POLICIES AND PROCEDURES

RESIDENTS: Residents receive a one business day head start when registration opens for each season

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 the 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 (and no make-up class is offered), 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 (no make-up class offered)
Medical problem confirmed by a doctor's note
Withdraw **14 days prior** to program start date
Withdraw **less than 14 days prior** to program start date

Refund

Full Amount
Full Amount/Prorated
Full Amount minus \$15
NO REFUND

Account Credit

Full Amount
Full Amount/Prorated
Fee Full Amount
NO CREDIT

WEATHER POLICY

PROGRAMS: When Westwood Public Schools are closed, all recreation programs are canceled for that day and evening. If a storm develops during the day/weekends, or weather is questionable, please either call the Recreation Office 781-461-0070 or go to www.westwoodrec.com.

POOL FACILITY: In the event of inclement weather please check the lap and open swim schedule updates at www.westwoodrec.com, or call the Recreation Office 781-461-0070.

Program and pool facility information will be updated as follows:

- Morning programs after 5 AM • Afternoon programs after 1 PM • Evening programs after 4 PM



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.

RECREATION JOB OPPORTUNITIES

SUMMER CAMP DIRECTOR

Seeking a dynamic individual to run the Westwood Recreation Summer Camp. The ideal candidate loves camp, fun, smiles, kids and the summer! Flexible planning hours are worked during the school year and a full-time commitment is required during the seven weeks of camp. The camp director works well with children ages 5 to 13 years and their parents, volunteers and staff. An employee discount of 100% on all in-house summer programs is available to full-time staff and their children. Starting at \$25/hour.

SUMMER 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. Starting rates: Supervisor \$17.25/hr, Sr. Supervisor \$19.50/hr, Coordinator \$21.75/hr

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

WESTWOOD RECREATION THERAPY

Are you a fun and enthusiastic person and enjoy working with people with disabilities? Come support your Westwood Recreation Therapy Department! We are looking for volunteers and part-time staff. Programs take place at varied times. Starting rates: Supervisor \$17.25/hr, Sr. Supervisor \$19.50/hr, Coordinators \$21.75/hr

Apply at the Town of Westwood Website

www.townhall.westwood.ma.us/home

-Click on "How do I.."

-Go to "Apply for Jobs"

Questions? Call 781-461-0070 or email recreation@townhall.westwood.ma.us

CONTACTS + CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org
Boy Scouts Troop 1 Islington scoutmaster@troop1islington.org
Community Chest www.wcchest.org
Foundation for Westwood Education
www.foundationforwestwoodeducation.org
Hale Reservation www.halereservation.org
Lions Club of Westwood www.westwoodlions.org
Rotary Club of Westwood www.westwoodrotary.com
The Arc of South Norfolk www.arcsouthnorfolk.org
Town of Westwood www.townhall.westwood.ma.us
Westwood Chinese School www.westwoodcs.org
Westwood Girl Scouts www.gsema.org
www.facebook.com/WestwoodGirlScouts/
Westwood Historical Society
www.westwoodhistoricalsociety.com
Westwood Media Center
www.westwoodmediacenter.tv
Westwood Public Schools www.westwood.k12.ma.us
Westwood Walpole League of Women Voters
www.lwwestwoodwalpolededham.org
Westwood Young Women's Club www.wywc.org
Westwood Winds Community Band www.westwoodwinds.org
Westwood American Legion Post 320
www.westwoodalpost320.com

YOUTH + ADULT SPORTS

Over 30 Men's Softball soxpats75@gmail.com
Westwood Boys Youth Lacrosse
www.westwoodyouthlacrosse.com
Westwood Girls Youth Lacrosse
westwoodgirlslacrosse@gmail.com
Westwood Little League Baseball
www.westwoodlittleleague.com
Westwood Track Club www.trackclinic.com
Westwood Youth Basketball www.westwoodbasketball.org
Westwood Youth Hockey www.wyh.org
Westwood Youth Soccer www.westwoodsoccer.org
Westwood Youth Softball www.westwoodyouthsoftball.org

Registration, Policies + Job Opportunities 3-4
 Contacts & Contents 5
 Registration Form 6

Winter Programs

Therapeutic Recreation 7
 Aquatic Programs 8
 Aquatic Swim Lessons/Pool Memberships 9
 Arts 10
 February Vacation 11
 Adult & Teen 12-13
 Adult Sports + Fitness 13-14
 Preschool/Parent Child 15
 Youth 16-18
 Middle School 19
 Sports 20-21

Special Events

NYE Fireworks: Sponsored by Roche Brothers 2
 Westwood Day: Thank You Sponsors 22

Community Services

Council On Aging 23
 Early Childhood Council 24
 Westwood Public Library 25
 Youth & Family Services 26

Advertisers

Merry Meldoy Music Academy 22
 Northeast Security 27

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					
		/ /	M F					

POOL MEMBERSHIP

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

PARTICIPANT ALLERGIES/RESTRICTIONS

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

CONSENT AND RELEASE

I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or minor children or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/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 _____

THERAPEUTIC RECREATION

INCLYOUSION SPORTS *ages 2-5*

Contractor: InclYOUision Sports
Wentworth Hall
\$130 (4 classes) Min 5/Max 10
9:00 AM-9:50 AM 2-3 years old
10:00 AM-10:50 AM 4-5 years old

Session A: Soccer: Sun, Jan 7-28
Session B: Track & Field: Sun, Feb 4-Mar 3 (No 2/18)
Session C: Floor Hockey: Sun, Mar 10-31

Join us for a fun sports program for children of all abilities to learn the fundamentals of soccer, track & field, and floor hockey! Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. InclYOUision Sports provides all equipment and children only need to bring water and wear comfortable clothes and shoes. This program is designed for children with and without disabilities to learn and play together. Skill building is modified to each child's experience level.

InclYOUision Sports provides inclusive sports enrichment programs to children, using innovative behavioral methods to teach sports, fitness, and social skills. Programs are designed by physical education, behavioral and inclusion experts to introduce all children to a variety of sports through a series of lessons focused on skill building. InclYOUision Sports is on a mission to make high quality sports enrichment programs accessible to all children. Parent participation required unless child can participate independently.

[Please register for this program in SPORTS](#)

SIDE-BY-SIDE KIDS NIGHT OUT! *grades K-5*

Westwood Recreation Staff
Wentworth Hall
\$50 (1 class) Min 12/Max 14

Session A: Fri, Jan 19, 5:30 PM-8:30 PM
Session B: Fri, Feb 9, 5:30 PM-8:30 PM
Session C: Fri, Mar 15, 5:30 PM-8:30 PM

Neurotypical and 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 welcomed! Interested? Email mbarshay@townhall.westwood.ma.us at Westwood Recreation. You will need to complete a brief intake form to help us get to know your kids.

[Please register for this program in YOUTH](#)

THE UNDERGROUND *grades 6-8*

Westwood Recreation Staff
Wentworth Hall
Fri, Jan 5, Feb 2, Mar 1, 5:30 PM-8:30 PM
\$50 (1 class) Min 8/Max 14

Are you looking for a cool place to come and chill with your friends this winter? Join us once a month in the underground of Wentworth Hall for board games, puzzles, and video games. A pizza dinner will be served before the program. This program is for individuals who are neurotypical and neurodivergent.

[Please register for this program in ADULT + TEEN](#)



INCLUSIVE WEST WOOD DERBY *grades K-5*

Westwood Recreation Staff
Wentworth Hall
Tue-Fri, Feb 20-23, 9:00 AM-12:00 PM
\$250 (4 classes) Min 8/Max 14

Do you have a passion for design and building? Join us for the inclusive Westwood Derby, where you and a teammate will collaborate to create the fastest wooden car in the class. This program not only fosters STEAM concepts but also teaches kids to work together, problem-solve with confidence, and apply self-advocacy skills along with design skills. This program is for individuals who are neurotypical and neurodivergent.

[Please register for this program in FEBRUARY VACATION](#)

PARTY GAMES *grades 3-5*

Westwood Recreation Staff
Recreation Pool Lobby
Mon, Jan 8- Feb 26 (No 1/15, 2/19), 4:00 PM-4:45 PM
\$20 (1 class) Min 5/Max 14

Session A: Jan 8, Karaoke
Session B: Jan 22, Charades
Session C: Jan 29, Pictionary
Session D: Feb 5, Family Feud
Session E: Feb 12, Disney Trivia
Session F: Feb 26, Talent Show

Do you like singing karaoke solo or with your friends? How about playing charades or Family Feud? Join us for an afternoon full of entertaining games and activities. Practice the skills including, confidence, speaking in front of a group, taking turns, socialization, reading, lung capacity, increased mood, stress reduction, and more. This program is for individuals who are neurotypical and neurodivergent.

[Please register for this program in YOUTH](#)



TEEN PARTY GAMES *grades 6-8*

Westwood Recreation Staff
Recreation Pool Lobby
Mon, Jan 8- Feb 26 (No 1/15, 2/19), 5:00 PM-5:45 PM
\$20 (1 class) Min 5/Max 14

Session A: Jan 8, Karaoke
Session B: Jan 22, Charades
Session C: Jan 29, Pictionary
Session D: Feb 5, Family Feud
Session E: Feb 12, Disney Trivia
Session F: Feb 26, Talent Show

Do you like singing karaoke solo or with your friends? How about playing charades or Family Feud? Join us for an afternoon full of entertaining games and activities. Practice the skills including, confidence, speaking in front of a group, taking turns, socialization, reading, lung capacity, increased mood, stress reduction, and more. This program is for individuals who are neurotypical and neurodivergent.

[Please register for this program in ADULT + TEEN](#)

AQUATICS PROGRAMS



American Red Cross

LIFEGUARD TRAINING *ages 15+*

Westwood Recreation Staff
Westwood Recreation Pool
Tue-Fri, Feb 20-23, 9:00 AM-4:00 PM
\$350 (4 classes) Min 4/Max 10

This course is a **blended learning** lifeguard course that teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included. Full participation is required – all 3 (three) days. **eLearning modules are required to be completed before attending In-Person Skill Sessions.** Friday is scheduled time if needed.

To enroll in this course, participants must register for the Lifeguard Training Pre-skills Screening. This evaluation is at no cost. The screening consists of the following skills:

- Swim 300 yards, 12 lengths of the 25-yard pool, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes, using only the legs. Candidates should place their hands under the armpits.
- Complete a timed event within 1 minute and 40 seconds: starting in the water, swim 20 yards. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface in order to breathe (or to get a breath). Exit the water without using a ladder or steps.

Mandatory pre-skills screening: Thu, Jan 18, 7:00 PM-7:30 PM or Sat, Jan 27, 1:30 PM – 2:00 PM

Upon successful completion of the pre-skills screening individuals may then register in person for the Lifeguard Training Course.

TREAT & SWIM: ICE CREAM SUNDAES *ages 7-11*

Westwood Recreation Staff
Westwood Recreation Pool
Fri, Feb 23, 1:30 PM-3:00 PM
\$15 (1 class) Min 6/Max 25

Join us at the pool for a fun afternoon with a treat and a swim! The afternoon will start off with going for a swim and then ending the day with a special sweet treat! This is a free swim structured event with no lesson instruction. Meet in the pool lobby. A swimming skill level 3 or higher is required to participate.

Contact hcoots@townhall.westwood.ma.us for more information or to schedule a swim evaluation before the event.



AQUA FITNESS *ages 18+*

Westwood Recreation Staff: Susan Perry
Westwood Recreation Pool
Tue, Thu, Jan 2 – Mar 28 (No 3/5), 9:15 AM-10:15 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.



TODDLER SWIM TIME! *ages 6 mos-6 yrs w/ adult*

Westwood Recreation Staff
Westwood Recreation Pool
Fri, Jan 26, 9:30 AM-10:30 AM
\$10 (1 class) Min 4/Max 10

This program is offered to those families with children up to age 6 (kids and siblings over age 6 not allowed), who want to enjoy swimming with their younger children, without the crowd and hustle associated with regular open hours. The swim docks and toys will be available to use.

All children must be accompanied by an adult in the water with them. All children who are not fully toilet-trained must wear a swim diaper, elasticized vinyl pant and swim suit.

Contact hcoots@townhall.westwood.ma.us for more information.



AQUATICS SWIM LESSONS



American Red Cross

ADULT AND CHILD *ages 1-3**

Parent/Caregiver and the 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 10

***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 6

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 6

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 6

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 6

ADULT BEGINNER *ages 18+*

This class is designed for adults with little or no swimming experience. Participants will learn basic swimming skills need to stay safe in or around the water including: jumping into water over one's head, recovering, and treading water. Additional skills explored will be: breath control, front and back float, front and back glide with kick, basic swimming on front and back. Min 4/Max 8

SESSION: WINTER 1		SWIM LEVELS					
DAY/DATES (5 classes)	FEE	Adult/Child ages 1-3 Years	Preschool ages 3-5	Level 1	Level 2	Level 3	Adult Beginner
Mon, Jan 8-Feb 12 (No 1/15)	\$125	9:30a-10:10a					
Tue, Jan 9-Feb 6	\$125		1:15p-1:55p				
Wed, Jan 10-Feb 7	\$125						10:00a-10:40a
Thu, Jan 11-Feb 8	\$125			1:15p-1:55p			
Sat, Jan 6-Feb 10 (No 1/13)	\$125	8:15a-8:55a	9:00a-9:40a	9:45a -10:25a	10:30a-11:10a	11:15a-11:55a	

SESSION: WINTER 2		SWIM LEVELS					
DAY/DATES (5 classes)	FEE	Adult/Child ages 1-3 Years	Preschool ages 3-5	Level 1	Level 2	Level 3	Adult Beginner
Mon, Feb 26-Mar 25	\$125	9:30a-10:10a					
Tue, Feb 27-Apr 2 (No 3/5)	\$125		1:15p-1:55p				
Wed, Feb 28-Mar 27	\$125						10:00a-10:40a
Thu, Feb 29-Mar 28	\$125			1:15p-1:55p			
Sat, Feb 24-Mar 23	\$125	8:15a-8:55a	9:00a-9:40a	9:45a -10:25a	10:30a-11:10a	11:15a-11:55a	

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 are available online. Membership is open to Westwood residents and non-residents. Online registration is available at 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. Open swim day passes available, \$10 per person. No Lap swim day passes available.

MEMBERSHIP	ONE MONTH	THREE MONTHS	SIX MONTHS	ONE YEAR
SINGLE	\$35	\$85	\$155	\$270
FAMILY	\$50	\$130	\$240	\$425
WESTWOOD SENIOR	\$20	\$50	\$105	\$205

ARTS

MUSIC LESSONS *ages 5+*

Contractor: The Band Gig School of Music and Performance
66 Eastern Ave, Dedham
Jan-Mar Session
\$160 (5, 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

SCULPTURE - AIR DRY CLAY *grades 1-5*

Westwood Recreation Staff: Artist, Lisa Walker
Wentworth Hall
Mon, Feb 26-Apr 1, 3:45 PM-4:45 PM
\$120 (6 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.

PHONETOGRAPHY *ages 8-12*

Contractor: Ana Viana, Owner/Photographer, Lovely Pictures Studio
Wentworth Hall & Nearby Parks
Wed, Feb 28-Mar 20, 4:00 PM-5:15 PM
\$156 (4 classes) Min 2/Max 10

Phonetography - Whether you're interested in composition techniques for taking the best photos possible, or learning about new apps for capturing and editing pro-quality photos on your phone, this Phonetography Class is meant to master your phone photography.

*The course requires a smart phone

Course includes:

- One digital student portrait and one digital group photo from the course.
- Photography workbook with lessons from the course in digital format.

PHOTOGRAPHY FOR KIDS *ages 8-12*

Contractor: Ana Viana, Owner/Photographer, Lovely Pictures Studio
Wentworth Hall & Nearby Parks
Wed, Jan 24-Feb 14, 4:00 PM-5:15 PM
\$156 (4 classes) Min 2/Max 10

Designed to inspire youth ages 8-12. Learn the elements of photography in an experience-based group environment from a professional photographer. 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.

*The course requires a camera (i.e. compact camera/DLSLR; no phones or iPads)

Course includes:

- One digital student portrait and one digital group photo from the course.
- Photography workbook with lessons from the course in digital format.

AFTERSCHOOL ARTS *grades 1-5*

Westwood Recreation Staff: Artist, Lisa Walker
Deerfield Elementary
Min 5/Max 10

Session A: Wed, Jan 3-17, 3:45 PM-4:45 PM \$60 (3 classes)
Session B: Wed, Mar 6-Apr 3, 3:45 PM-4:45 PM, \$100 (5 classes)

Join us afterschool at Deerfield for a fun Arts and Crafts class led by Professional Artist, Lisa Walker. Crafts will be made using various mediums.

***SESSION A ONLY: Deerfield Students may be dismissed directly from school to Recreation Dept Staff! (Except on Short Wed)**

SNOWMAN SCULPTURE *grades 1-5*

Westwood Recreation Staff: Artist, Lisa Walker
Wentworth Hall
Mon, Jan 8, 3:45 PM-4:45 PM
\$25 (1 class) Min 5/Max 10

Come and create an air-dry clay snowman with us. Students will create their masterpiece and then use acrylic paint to complete their artwork. One day make and take!

"CHARLIE & THE CHOCOLATE FACTORY" THEMED MUSICAL THEATRE CLASS *ages 5-13*

Contractor: Aly Pereira
Wentworth Hall
Tue, Jan 16-Mar 19 (No 2/20 & 3/5), 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 "Charlie's Medley Excerpts." This play has been rewritten along the theme of the original "Charlie & The Chocolate Factory." Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.

HIP-HOP DANCE CLASS *ages 5-13*

Contractor: Aly Pereira
Wentworth Hall
Fri, Jan 19-Mar 15 (No 2/23), 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.

FEBRUARY VACATION

SPORTS AND GAMES *grades 1-5*

Westwood Recreation Staff
Thurston Middle School Gyms
\$40 (1 class) Min 20/Max 40

Session A: Tue, Feb 20, 9:00 AM-12:00 PM
Session B: Wed, Feb 21, 9:00 AM-12:00 PM
Session C: Thu, Feb 22, 9:00 AM-12:00 PM

It's fast moving fun with a variety of sports and games including basketball, soccer, dodgeball, wacky relay races, capture the flag and more. Talk it up with your friends; let's have a blast during vacation! Participants need to bring a peanut/nut free snack and water bottle. Please wear sneakers and active clothing.

Kids who also register for the Extreme Craze and/or the Bowling Trips can be transferred directly by Recreation Staff.

METROCRAFT *grades 2-5*

Contractor: Right Brain Curriculum
Wentworth Hall
Tue-Fri, Feb 20-23, 9:00 AM-12:00 PM
\$210 (4 classes) 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:
www.youtube.com/watch?v=H_STArKpHTE

XTREME CRAZE FIELD TRIP *grades 1-5*

Recreation Staff: Joe Bertone
Xtreme Craze, Foxboro
Wed, Feb 21, 12:00 PM-4:00 PM (including transport)
\$55 (1 trip) Min 5/Max 12

Xtreme Craze is the coolest indoor fun center around. The inflatable park is similar to a trampoline park or ninja course but with 1 difference... it's 100% inflatable! No hard surfaces that can lead to injury. Throw in laser tag and an arcade; and this trip is sure to be a blast.

Kids who are registered for both Sports & Games and this trip can be transferred directly by Recreation Staff.

INCLUSIVE WEST WOOD DERBY *grades K-5*

Westwood Recreation Staff
Wentworth Hall
Tue-Fri, Feb 20-23, 9:00 AM-12:00 PM
\$250 (4 classes) Min 8/Max 14

Do you have a passion for design and building? Join us for the inclusive Westwood Derby, where you and a teammate will collaborate to create the fastest wooden car in the class. This program not only fosters STEAM concepts but also teaches kids to work together, problem-solve with confidence, and apply self-advocacy skills along with design skills. This program is for individuals who are neurotypical and neurodivergent.



MUSEUM OF SCIENCE TRIP *grades 4-8*

Recreation Staff: Joe Bertone
Museum Of Science, Boston
Thu, Feb 22, 11:00 PM- 4:00 PM (including transport)
\$60 (1 trip) Min 5/Max 12

This museum isn't just any old science center — it's a can't-miss science experience. Filled to the brim with activities, design challenges, science and technology exhibits, and programming for all ages, it's worth the trip.

BOWLING + ARCADE TRIP *grades 1-5*

Recreation Staff: Joe Bertone
Ryan Family Amusement, Millis
Tue, Feb 20, 12:00 PM-4:00 PM (including transport)
\$45 (1 trip) Min 5/Max 12

Come join us at Ryan Family Amusement for a fun day of bowling and arcade. Admission includes 1 hour of bowling and a \$10 game card

Kids who are registered for both Sports & Games and this trip can be transferred directly by Recreation Staff.



ADULT + TEEN

DOG TRAINING PROGRAMS *owners of all ages*

Contractor: Susan Lowell, Pet Providers
Wentworth Hall
\$150 (6 classes)

When registering please note your dog's name and age. 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 *7 weeks+*

Session A1: Mon, Jan 22-Mar 4 (No 2/19), 7:15 PM-8:15 PM
Session A2: Sat, Jan 6-Feb 10, 9:00 AM-10:00 AM
Session B1: Sat, Mar 2-Apr 6, 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.

SNIFFING FOR FUN *6 months+*

Session A: Wed, Jan 3-Feb 7, 6:00 PM-7:00 PM
Session B: Wed, Feb 28-Apr 3, 6:00 PM-7:00 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.

OFF LEASH SKILLS *7 months+*

Session A1: Wed, Jan 3-Feb 7, 7:00 PM-8:00 PM - Beginner
Session A2: Sat, Jan 6-Feb 10, 12:00 PM-1:00 PM - Beginner
Session B1: Wed, Feb 28-Apr 3, 7:00 PM-8:00 PM - Adv Beginner
Session B2: Sat, Mar 2-Apr 6, 12:00 PM-1:00 PM - Adv Beginner

Teach your dog to behave while off leash. We will work on following commands, staying with their owner and not be distracted by all that's going on in the world around them while off leash. Most classes will take place in a confined environment but we will work towards being off leash in more open and public places if the dogs are ready.

Beginner – We learn the basics and pick up from where the basic Puppy/Beginner Dog class left off

Advanced Beginner – Dogs will be challenged more in their off-leash obedience and may include field trips to practice being off-leash

BEGINNER *7 months+*

Session A1: Sat, Jan 6-Feb 10, 10:00 AM-11:00 AM
Session B1: Sat, Mar 2-Apr 6, 10:00 AM-11:00 AM

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, Jan 6-Feb 10, 11:00 AM-12:00 PM

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.

URBAN CANINE GOOD CITIZEN *1 year+*

Session A1: Mon, Jan 22-Mar 4 (No 2/19), 6:15 PM-7:15 PM
Session B1: Sat, Mar 2-Apr 6, 11:00 AM-12:00 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.



ADULT + TEEN

FIRST AID & CPR/AED *ages 15+*

Contractor: Juanita Allen Kingsley, W-EMT
Recreation Pool Lobby
Wed, Mar 20, 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.



LINE DANCING *ages 15+*

Contractor: Paul Hughes
Westwood Council on Aging
Tue, Jan 23-Mar 19 (No 2/20), 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!



TEEN PARTY GAMES *grades 6-8*

Westwood Recreation Staff
Recreation Pool Lobby
Mon, Jan 8-Feb 26 (No 1/15, 2/19), 5:00 PM-5:45 PM
\$20 (1 class) Min 5/Max 14

Session A: Jan 8, Karaoke
Session B: Jan 22, Charades
Session C: Jan 29, Pictionary
Session D: Feb 5, Family Feud
Session E: Feb 12, Disney Trivia
Session F: Feb 26, Talent Show

Do you like singing karaoke solo or with your friends? How about playing charades or Family Feud? Join us for an afternoon full of entertaining games and activities. Practice the skills including, confidence, speaking in front of a group, taking turns, socialization, reading, lung capacity, increased mood, stress reduction, and more. This program is for individuals who are neurotypical and neurodivergent.



THE UNDERGROUND *grades 6-8*

Westwood Recreation Staff
Wentworth Hall
Fri, Jan 5, Feb 2, Mar 1, 5:30 PM-8:30 PM
\$50 (1 class) Min 8/Max 14

Are you looking for a cool place to come and chill with your friends this winter? Join us once a month in the underground of Wentworth Hall, for board games, puzzles, and video games. A pizza dinner will be served before the program. This program is for individuals who are neurotypical and neurodivergent.

ADULT SPORTS + FITNESS

BOOT CAMP *ages 18+*

Contractor: Colleran Coaching
Westwood High School Multipurpose Field and Gym
\$220 (14 classes) Min 8/Max 30

Session A: Tue & Thu, Jan 2-Feb 15, 6:00 AM-7:00 AM
Session B: Tue & Thu, Feb 27-Apr 11, 6:00 AM-7:00 AM

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 temps require.

SATURDAY MORNING BOOT CAMP *ages 18+*

Contractor: Colleran Coaching & Lauren Leonard Health
WHS Track / Wentworth Hall
Sat, Jan 6-Feb 24, 7:00 AM-8:00 AM
\$210 (8 classes) Min 10/Max 15

Colleran Coaching and Lauren Leonard Health are excited to work together to get Westwood moving on Saturday mornings. Lauren and Erin share the same philosophy when it comes to fitness and health. Their combined expertise will get you stronger, more confident while and well rounded. Take some time for yourself before the day starts!

Participants need to bring a mat, weights and water. Class will be held inside at Wentworth Hall when weather or temps require.

ADULT SPORTS + FITNESS

MEN'S BASKETBALL LEAGUE *ages 18+*

Westwood Recreation Staff
League Coordinator: James Perry
Westwood High School Gym
Wed and Thu, Mar 6-May 30, 8:00 PM or 9:00 PM games
\$1300/team (10 weeks, plus playoffs)

Schedule: Teams will play a 10-game schedule. Top 6 teams will make the playoffs. Players must play a minimum of five games to be eligible to play in the playoffs. Certified referees will referee the games with a scorekeeper. High School rules with modifications will be followed.

Registration: Must register by team. Each team will have a designated captain who will be responsible for sharing information to players. Teams must have a minimum of 5 players and the maximum is 12.

Contact: Kerrie Francis at kfrancis@townhall.westwood.ma.us

ESSETRICS FITNESS *ages 18+*

Contractor: Blanche Teyssier, Certified Instructor
Wentworth Hall
\$82 (7 classes) Min 4/Max 20

Session A: Wed, Jan 3-Feb 14, 6:00 PM-7:00 PM
Session B: Wed, Feb 28-Apr 10, 6:00 PM-7:00 PM

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 from 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 Essentrics go to: BodyBalanceBlanche.Me

WESTWOOD FITNESS PROJECT *ages 18+*

Contractor: Collieran Coaching
Westwood High School Multipurpose Field and Gym
\$110 (7 classes) Min 8/Max 20

Session A: Fri, Jan 5-Feb 16, 6:00 AM-7:00 AM
Session B: Fri, Mar 1-Apr 26 (No 3/29 or 4/19), 6:00 AM-7:00 AM

A great way to stay in shape during the cold MA winter! If you are looking to kickstart your healthy life choices, look no further. This group will meet on Friday mornings to move, lift, jump and run their way to better fitness. Being a part of a group will give you a sense of accountability and will encourage you to keep moving. This group welcomes people of all ages, genders, shapes, sizes and fitness levels to get out of bed and get moving. Join us!!



WEIGHTLIFTING FOR BEGINNERS *ages 18+*

Contractor: Collieran Coaching
Location: Recreation Pool Lobby
\$220 (14 classes) Min 8/Max 30

Session A: Tue & Thu, Jan 2-Feb 15, 9:15 AM-10:15 AM
Session B: Tue & Thu, Feb 27-Apr 11, 9:15 AM-10:15 AM

Specifically designed to teach weight training to beginners, this class will teach you exactly how to lift weights with good technique, how to make regular progress and get excellent results. You will learn everything you need to know to start lifting free weights with confidence. From mastering perfect technique in the squat, deadlift, chest press and other exercises, you know EXACTLY what to do and how to do it when you are working out.

PICKLEBALL OPEN PLAY *ages 18+*

Westwood Recreation Staff: Coach Paul Francis
Deerfield Elementary Gym
\$100 (6 classes) Min 6/Max 8

Session A1: Intermediate: Tue, Jan 9-Feb 13, 6:00 PM-7:30 PM
Session A2: Advanced: Tue, Jan 9-Feb 13, 7:30 PM-9:00 PM
Session A3: Advanced: Thu, Jan 11-Feb 15, 6:00 PM-7:30 PM
Session A4: Intermediate: Thu, Jan 11-Feb 15, 7:30 PM-9:00 PM

Session B1: Intermediate: Tue, Feb 27-Apr 2, 6:00 PM-7:30 PM
Session B2: Advanced: Tue, Feb 27-Apr 2, 7:30 PM-9:00 PM
Session B3: Advanced: Thu, Feb 29-Apr 4, 6:00 PM-7:30 PM
Session B4: Intermediate: Thu, Feb 29-Apr 4, 7:30 PM-9:00 PM

GENTLE YOGA *ages 18+*

Contractor: Ellen O'Hara, Core Asset Fitness Training
Wentworth Hall
\$80 (6 classes) Min 6/Max 15

Session A: Tue, Jan 9-Feb 13, 12:00 PM-1:00 PM
Session B: Wed, Jan 10-Feb 14, 5:00 PM-6:00 PM
Session C: Tue, Feb 27-Apr 2, 12:00 PM-1:00 PM
Session D: Wed, Feb 28-Apr 3, 5:00 PM-6:00 PM

Gentle Yoga is a basic yoga practice that integrates breath and movement. We transition between poses with intention, never rushing. We stretch, strengthen and bring awareness to major muscle groups. Seated, kneeling, standing and lying poses are utilized. No yoga experience necessary. Not recommended if you currently have an acute injury. Please bring a mat, 2 yoga blocks and a blanket or beach towel.

WOMEN'S BASKETBALL LEAGUE *ages 18+*

Recreation Staff
Westwood High School Gym
Tue, Mar 5-May 14, 8:00 PM or 9:00 PM games
\$120 (8 weeks, plus playoffs) Min 40/Max 50

Schedule: Teams will play an 8-game schedule, plus playoffs. Includes certified referees, scorekeeper, and t-shirt. High School rules with modifications will be followed.

Registration: Each individual must register online www.westwoodrec.com. We will have pickup games on March 5th, and will make teams this night. Please indicate on your registration if you would like to be on the same team with another player.

Please contact Kerrie at kfrancis@townhall.westwood.ma.us

PRESCHOOL

PARTICIPANTS ARE REQUIRED TO BE TOILET TRAINED OR ACCOMPANIED BY A CAREGIVER FOR THE FOLLOWING PROGRAMS:

PRE-K BASKETBALL *ages 3-5*

Contractor: F.A.S.T. Athletics
Deerfield Elementary
\$105 (6 classes) Min 10/Max 20

Session A1: Mon, Jan 8-Feb 12 (No 1/15), 5:00 PM-5:45 PM, \$88 (5 classes)
Session A2: Fri, Jan 12-Feb 16, 5:00 PM-5:45 PM
Session B1: Wed, Feb 28-Apr 3, 5:00 PM-5:45 PM
Session B2: Fri, Mar 1-Apr 5 (No 3/29), 5:00 PM-5:45 PM \$88, (5 classes)

Minihoops, miniballs and a ton of fun! This class is created for 3-5 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program.



PRE-K MINISPORTS *ages 3-5*

Contractor: F.A.S.T. Athletics
Deerfield Elementary
\$105 (6 classes) Min 10/Max 20

Session A: Tue, Jan 9-Feb 13, 5:00 PM-5:45 PM
Session B: Tue, Feb 27-Apr 2, 5:00 PM-5:45 PM

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.

LIL NINJA *ages 3-5*

Contractor: Knucklebones
Deerfield Elementary
\$195 (6 classes) Min 6/Max 10
Session A: Thu, Jan 11-Feb 15, 4:55 PM-5:45 PM
Session B: Thu, Feb 29-Apr 4, 4:55 PM-5:45 PM

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!



PARENT-CHILD

PARENT PARTICIPATION IS REQUIRED FOR THE FOLLOWING PROGRAMS:

PUDDLESTOMPERS NATURE EXPLORATION *ages 2.5-5*

Contractor: Puddlestompers
Westwood Recreation Pool Lobby and High School Grounds
Mon, Jan 29-Mar 11 (No 2/19), 9:30 AM-10:25 AM
\$180 (6 classes) Min 4/Max 10

Winter is a magical time to explore nature! This class is designed to allow children to explore and learn about the natural world from inside, with outdoor exploration as temperatures permit. Learn about how animals survive the winter and why evergreens keep their leaves. Look for animal tracks and other signs of winter activity. Search the skies for winter birds and listen for their songs. Observe changes in light through shadows and rainbows. In each class, we will focus on a specific theme using hands-on activities, crafts, games and creative movement. Each class will end with a snack and story. Come enjoy the beauty of winter with your energetic child at the Westwood Recreation Department in Westwood!



YOUTH



CHESS WIZARDS *grades 1-5*

Contractor: Chess Wizards
Deerfield Elementary
\$155 (6 classes) Min 10/Max 14

Session A1: Thu, Jan 11-Feb 15, 3:45 PM-4:45 PM
Session A2: Thu, Jan 11-Feb 15, 5:00 PM-6:00 PM
Session B1: Thu, Feb 29-Apr 4, 3:45 PM-4:45 PM
Session B2: Thu, Feb 29-Apr 4, 5:00 PM-6:00 PM

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. 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!

***SESSION A ONLY:** For 3:45 PM classes, Deerfield Students may be dismissed directly from school to Recreation Dept Staff!

SIDE-BY-SIDE KIDS NIGHT OUT! *grades K-5*

Westwood Recreation Staff
Wentworth Hall
\$50 (1 class) Min 12/Max 14

Session A: Fri, Jan 19, 5:30 PM-8:30 PM
Session B: Fri, Feb 9, 5:30 PM-8:30 PM
Session C: Fri, Mar 15, 5:30 PM-8:30 PM

Neurotypical and 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 welcomed! Interested? Email mbarshay@townhall.westwood.ma.us at Westwood Recreation. You will need to complete a brief intake form to help us get to know your kids.

CARDBOARD CONSTRUCTION CREW *grades K-3*

Westwood Recreation Staff
Wentworth Hall
Wed, Jan 10-Feb 14, 5:15 PM-6:00 PM
\$120 (6 classes) Min 10/Max 14

Do you like to build things, out of cardboard like forts, cars, houses, and more? In this program, we will use specially designed cardboard construction tools and fasteners to lead kids in weekly building projects. Design, build, and imagine with us! We will meet in the middle room of Wentworth Hall. This program is for individuals who are neurotypical and neurodivergent.



PARTY GAMES *grades 3-5*

Westwood Recreation Staff
Recreation Pool Lobby
Mon, Jan 8-Feb 26 (No 1/15, 2/19), 5:00 PM-5:45 PM
\$20 (1 class) Min 5/Max 14

Session A: Jan 8, Karaoke
Session B: Jan 22, Charades
Session C: Jan 29, Pictionary
Session D: Feb 5, Family Feud
Session E: Feb 12, Disney Trivia
Session F: Feb 26, Talent Show

Do you like singing karaoke solo or with your friends? How about playing charades or Family Feud? Join us for an afternoon full of entertaining games and activities. Practice the skills including, confidence, speaking in front of a group, taking turns, socialization, reading, lung capacity, increased mood, stress reduction, and more. This program is for individuals who are neurotypical and neurodivergent.

YOUTH

LEGO ADVENTURES *grades K-2*

Contractor: Right Brain Curriculum
Wentworth Hall
Mon, Jan 22-Mar 4 (No 2/19), 4:00 PM-5:30 PM
\$180 (6 classes) Min 8/Max 14

Get Your Lego Game On! Are you a Lego master? If so, it's time to show off your skills! Each week in Lego Adventures, there is a new challenge to build: From skyscrapers to farms, bridges to airports, space stations to main streets, and everything in between! First, our Right Brain Curriculum instructors will review the history of what we are about to build: How airports graduated from landing strips to vast travel networks, how Depression-era farms survived hordes of grasshoppers, how aeroelasticity explains why the Tacoma bridge nicknamed "Galloping Gertie" collapsed. Then, it's time to build! You will create a model of each type of structure out of an enormous assortment of provided Legos, then present your creation as we photograph and document it. Learning and Legos: A perfect match!



BUILDWAVE *grades K-5*

Contractor: Buildwave
Wentworth Hall
\$260 (8 classes)



Session A: Mon, Jan 22-Mar 18 (No 2/19), 3:45 PM-4:45 PM
Session B: Mon, Jan 22-Mar 18 (No 2/19), 5:00 PM-6:00 PM

Want to foster your child's interest in STEM, while igniting their creative spark at the same time? Buildwave is a creative building program that feels like a video game! Over the course of the series kids will create with over a dozen different building materials, including Lego®, PlusPlus®, and custom-made Buildwave materials. The workshop is structured like a video game, with an audiovisual setup featuring animations and music that guide students through the different building waves. As your child creates with wave after wave of new objects, they build creative confidence, become better collaborators, and encounter design and engineering fundamentals in a unique and memorable context. Learn more by visiting buildwave.com



SPLAT! *grades 3-5*

Contractor: Wicked Cool for Kids
Wentworth Hall
Thu, Jan 18-Feb 15, 4:00 PM-5:00 PM
\$165 (5 classes) Min 8/Max 14

Splat! Is where science and art meet. We will create and design colorful projects while learning science concepts. Construct a kinetic motion-based marble painting, colorful kaleidoscopes, and use chromatography to find hidden colors. Experiment with primary and secondary colors while growing polymers and create a shimmering undersea scene.

BUSINESS SHARKS: *grades 2-5*

Contractor: Right Brain Curriculum
Wentworth Hall
Mon, Jan 22-Mar 4 (No 2/19), 5:45 PM-7:15 PM
\$180 (6 classes) 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-CInA>



POTION MAKERS *grades K-2*

Contractor: Wicked Cool for Kids
Wentworth Hall
Thu, Jan 18-Feb 15, 5:15 PM-6:15 PM
\$165 (5 classes) Min 8/Max 14

Engaging hands-on chemistry projects will encourage kids to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lotions and potions. Explore how chemists create formulas and make your own cool products to take home. Learn about chemical properties and reactions while making fizzing potions and secret solutions!



YOUTH

BLAST-BABYSITTING SAFETY + CPR *ages 11-15*

Contractor: Juanita Allen Kingsley, W-EMT
Recreation Pool Lobby
\$95 (1 class) Min 6/Max 12

Session A: Wed, Feb 14, 2:30 PM-5:15 PM
Session B: Wed, Mar 20, 2:30 PM-5:30 PM



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.

HOME ALONE SAFETY *ages 8-11*

Contractor: Juanita Allen Kingsley, W-EMT
Recreation Pool Lobby
\$65 (1 class) Min 6/Max 15

Session A: Wed, Feb 14, 12:30 PM-2:00 PM
Session B: Wed, Mar 20, 12:30 PM-2:00 PM



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.



COOKING CLASS *ages 8-11*

Contractor: Kids' Test Kitchen Staff, Registered Dietician
Wentworth Hall
\$185 (6 classes) Min 8/Max 12

Session A1: Wed, Jan 10-Feb 14, 3:45 PM-4:45 PM
Session A2: Wed, Jan 10-Feb 14, 5:00 PM-6:00 PM
Session B1: Wed, Feb 28-Apr 3, 3:45 PM-4:45 PM
Session B2: Wed, Feb 28-Apr 3, 5:00 PM-6:00 PM

Kids' Test Kitchen is on a mission to get young eaters cooking, tasting, and thinking about healthy ingredients! Let's continue to redefine kid food; one lesson, and one child at a time!

Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. Lessons are planned to celebrate seasonal produce, warm you on a cold winter day and offer ideas for quick and healthy family meals. At the end of class your aspiring chef will receive the main ingredient, or a sample of the finished dish, and the recipe so that they can show off what they've learned!

Even the most reluctant eaters enjoy KTK, where participation is expected, but tasting is always optional.

Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. Please clearly disclose all food allergies and/or dietary restrictions upon registration.

SHORT WED TRIP – HOMETOWN ARCADE *grades 2-5*

Recreation Staff: Joe Bertone
Hometown Arcade, Norwood
Short Wed, Feb 14, 12:30 PM-3:30 PM (including transport)
\$40 (1 class) Min 10/Max 20

Experience unlimited playtime on your favorite arcade games and more at Hometown Arcade. With a wide selection of over 50 classic arcade games, 12 pinball machines, Skee-ball, bubble hockey, air hockey, arcade basketball and modern gaming consoles (PSS, Nintendo Switch, and Xbox), all kids can enjoy the ultimate gaming experience on a Short Wednesday!

SHORT WED TRIP – ROCK SPOT CLIMBING *grades 2-5*

Recreation Staff: Joe Bertone
Rock Spot Climbing Gym – Dedham
Short Wed, Jan 24, 12:30 PM-4:00 PM (including transport)
\$55 (1 class) Min 6/Max 12

Come monkey around with us. Right in our back yard, Rock Spot Dedham is an awesome place to learn to climb. Great for beginners as well as experienced climbers. Climbing is fun for all ages. We will get 90 minutes of climbing on the rockwall and bouldering wall, as well as play fun team building activities lead by Rock Spot staff.

SHORT WED TRIP - XTREME CRAZE *grades 1-5*

Recreation Staff: Joe Bertone
Xtreme Craze, Foxboro
Short Wed, Jan 10, 12:30 PM- 4:00 PM (including transport)
\$55 (1 trip) Min 5/Max 12

Xtreme Craze is the coolest indoor fun center around. The inflatable park is similar to a trampoline park or ninja course but with 1 difference... it's 100% inflatable! No hard surfaces that can lead to injury. Throw in laser tag and an arcade; and this trip is sure to be a blast.

A LITTLE BIT SPA AND MORE *grades 2-5*

Contractor: Elizabeth Denman
Deerfield Elementary School
\$315 (6 classes) Min 5/Max 10

Session A: Tue, Jan 9-Feb 13, 3:45 PM-5:45 PM
Session B: Tue, Feb 27-Apr 2, 3:45 PM-5:45 PM

Come join us for some fun creating natural products to take home for personal use. Learn how to make: melt and pour soap, bubble bath, shower melts using coconut oil, foaming hand soap, essential oils, candles, lip balm and beeswax. Make your own labels for your products and more . . .

***SESSION A ONLY: Deerfield Students may be dismissed directly from school to Recreation Dept Staff!**

MIDDLE SCHOOL

BLAST-BABYSITTING SAFETY + CPR *ages 11-15*

Contractor: Juanita Allen Kingsley, W-EMT
Recreation Pool Lobby
\$95 (1 class) Min 6/Max 12

Session A: Wed, Feb 14, 2:30 PM-5:15 PM
Session B: Wed, Mar 20, 2:30 PM-5:30 PM



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.

Please register for this program in **YOUTH**

MIDDLE SCHOOL BASKETBALL *grades 6-8*

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

Session A: Mon, Jan 8-Feb 12 (No 1/15), 6:00 PM-7:00 PM, \$88 (5 classes)
Session B: Wed, Feb 28-Apr 3, 6:00 PM-7:00 PM, \$105 (6 classes)

F.A.S.T.'s Middle School basketball is for those who know the game of basketball and want to get right into the games. Focus will be more about playing the game and less on basic skills. We will start each class with some of the classic basketball games like Knock-Out, HORSE and 21; and we will finish class with a scrimmage.

Please register for this program in **SPORTS**

TEEN PARTY GAMES *grades 6-8*

Westwood Recreation Staff
Recreation Pool Lobby
Mon, Jan 8- Feb 26 (No 1/15, 2/19), 5:00 PM-5:45 PM
\$20 (1 class) Min 5/Max 14

Session A: Jan 8, Karaoke
Session B: Jan 22, Charades
Session C: Jan 29, Pictionary
Session D: Feb 5, Family Feud
Session E: Feb 12, Disney Trivia
Session F: Feb 26, Talent Show

Do you like singing karaoke solo or with your friends? How about playing charades or Family Feud? Join us for an afternoon full of entertaining games and activities. Practice the skills including, confidence, speaking in front of a group, taking turns, socialization, reading, lung capacity, increased mood, stress reduction, and more. This program is for individuals who are neurotypical and neurodivergent.

Please register for this program in **ADULT + TEEN**

THE UNDERGROUND *grades 6-8*

Westwood Recreation Staff
Wentworth Hall
Fri, Jan 5, Feb 2, Mar 1, 5:30 PM-8:30 PM
\$50 (1 class) Min 8/Max 14

Are you looking for a cool place to come and chill with your friends this winter? Join us once a month in the underground of Wentworth Hall, for board games, puzzles, and video games. A pizza dinner will be served before the program.

Please register for this program in **ADULT + TEEN**

PHONETOGRAPHY *ages 8-12*

Contractor: Ana Viana, Owner/Photographer, Lovely Pictures Studio
Wentworth Hall & Nearby Parks
Wed, Feb 28-Mar 20, 4:00 PM-5:15 PM
\$156 (4 classes) Min 2/Max 10

Phonotography - Whether you're interested in composition techniques for taking the best photos possible, or learning about new apps for capturing and editing pro-quality photos on your phone, this Phonotography Class is meant to master your phone photography.

*The course requires a smart phone

Course includes:

- One digital student portrait and one digital group photo from the course.
- Photography workbook with lessons from the course in digital format.

Please register for this program in **ART**

PHOTOGRAPHY FOR KIDS *ages 8-12*

Contractor: Ana Viana, Owner/Photographer, Lovely Pictures Studio
Wentworth Hall & Nearby Parks
Wed, Jan 24-Feb 14, 4:00 PM-5:15 PM
\$156 (4 classes) Min 2/Max 10

Designed to inspire youth ages 8-12. Learn the elements of photography in an experience based group environment from a professional photographer. 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. *The course requires a camera (i.e. compact camera/DLSLR; no phones or iPads)

Course includes:

- One digital student portrait and one digital group photo from the course.
- Photography workbook with lessons from the course in digital format.

Please register for this program in **ART**



GIRLS WHO LIFT *grades 7-8*

Contractor: Colleran Coaching
WHS Fitness Center
Short Wed, Jan 10 & 24, Feb 14, Mar 6 & 20, 1:45 PM-2:45 PM
\$160 (5 classes) Min 6/Max 10

The weight room can be an intimidating place, especially for young people. This class will empower girls to feel confident walking into a weight room. Girls will learn basic lifts in multiple variations focusing on proper form and safety prior to adding weight. The goal of the program is for girls to gain knowledge of proper lifting technique and to set a base line for future fitness.

Please register for this program in **SPORTS**

SPORTS



SUPER SPORTS *grades K-3*

Contractor: F.A.S.T. Athletics
Deerfield Elementary
Tue, Jan 9-Feb 13, 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.

***Deerfield Students may be dismissed directly from school to Recreation Dept Staff!**

GAGA/DODGEBALL/MATBALL *grades 1-5*

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

Session A: Wed, Jan 10-Feb 14, 6:00 PM-7:00 PM
Session B: Tue, Feb 27-Apr 2, 3:45 PM-4:45 PM

Who couldn't use more classic fun in their lives? We will cycle weekly through these 3 popular gym class games!

Gaga - This fast paced sport is played in an octagonal pit. With focus on dodging, running, jumping and avoiding the dodgeballs that the players are hitting with their hands aiming below their opponents' knees!

Dodgeball - Students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodgeballs will be used which are proven to be the safest dodgeballs out there!

Matball - Similar to kickball, but teams can have as many players as they choose on a base at any given time. Just like in kickball, the games are played with 3 outs and up to 6 innings per class. Teamwork, great base running and strategic kicking are the keys to success!

SHORT WEDNESDAY SPORTS & FITNESS *grades K-5*

Contractor: Monahan Sports
Athletic Republic Norwood
Wed, Jan 10 + 24, Feb 14, Mar 6 + Mar 20
\$260 (5 classes)

Session A: grades K-1, 1:00 PM-4:00 PM, Min 8/Max 20
Session B: grades 2-5, 1:00 PM-4:00 PM, Min 8/Max 25

Join Sports Performance Coaches from Athletic Republic Norwood & Monahan Sports Group in a fun approach to sports, fitness and competition. Sports and games will include kickball, small ball soccer, speed ball, wiffleball, relay races, dodge ball and much more. Fitness activities will be comprised of speed, agility, and quickness drills, plyometrics, core exercises, endurance training, mobility and flexibility. Competition activities will be Olympic themed where students will compete in their age group in individual events. For instance, the long jump, push-ups, sit-ups, 40yard dash, endurance run, softball throw, shuttle run (5-10- 5), and vertical jump will be part of the day. **NEW FEATURE-** arts and crafts time!!

NINJA WARRIOR *grades K-2*

Contractor: Knucklebones
Deerfield Elementary
\$195 (6 classes) Min 6/Max 12

Session A: Thu, Jan 11-Feb 15, 3:45 PM-4:45 PM
Session B: Thu, Feb 29-Apr 4, 3:45 PM-4:45 PM

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.

****SESSION A ONLY: Deerfield Students may be dismissed directly from school to Recreation Dept Staff!**



GIRLS WHO LIFT *grades 7-8*

Contractor: Colleran Coaching
WHS Fitness Center
Short Wed, Jan 10 + 24, Feb 14, Mar 6 + 20, 1:45 PM-2:45 PM
\$160 (5 classes) Min 6/Max 10

The weight room can be an intimidating place, especially for young people. This class will empower girls to feel confident walking into a weight room. Girls will learn basic lifts in multiple variations focusing on proper form and safety prior to adding weight. The goal of the program is for girls to gain knowledge of proper lifting technique and to set a base line for future fitness.

SPORTS

BASKETBALL *grades K-5*

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

grades K-1

Session A1: Mon, Jan 8-Feb 12 (No 1/15), 3:45 PM-4:45 PM, \$88 (5 classes)
Session A3: Wed, Jan 10-Feb 14, 5:00 PM-6:00 PM
Session A4: Fri, Jan 12-Feb 16, 3:45 PM-4:45 PM
Session B2: Mon, Feb 26-Apr 1, 5:00 PM-6:00 PM
Session B3: Wed, Feb 28-Apr 3, 3:45 PM-4:45 PM
Session B4: Fri, Mar 1-Apr 5, (No 3/29) 3:45 PM-4:45 PM \$88 (5 classes)

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.

****SESSION A ONLY: For 3:45 PM classes, Deerfield Students may be dismissed directly from school to Recreation Dept Staff!**

INCLYOUSION SPORTS *ages 2-5*

Contractor: InclYOUision Sports
Wentworth Hall
\$130 (4 classes) Min 5/Max 10
9:00 AM-9:50 AM 2-3 years old
10:00 AM-10:50 AM 4-5 years old



Session A: Soccer: Sun, Jan 7-28
Session B: Track & Field: Sun, Feb 4-Mar 3 (No 2/18)
Session C: Floor Hockey: Sun, Mar 10-31

Join us for a fun sports program for children of all abilities to learn the fundamentals of soccer, track & field, and floor hockey! Classes are non-competitive and are perfect for beginners or for children who are looking for small class sizes taught by well-trained coaches. Inclusion Sports provides all equipment and children only need to bring water and wear comfortable clothes and shoes. This program is designed for children with and without disabilities to learn and play together. Skill building is modified to each child's experience level.

Inclusion Sports provides inclusive sports enrichment programs to children, using innovative behavioral methods to teach sports, fitness, and social skills. Programs are designed by physical education, behavioral, and inclusion experts to introduce all children to a variety of sports through a series of lessons focused on skill building. Inclusion Sports is on a mission to make high quality sports enrichment programs accessible to all children. Parent participation required unless child can participate independently.



grades 2-5

Session A2: Wed, Jan 10-Feb 14, 3:45 PM-4:45 PM
Session B1: Mon, Feb 26-Apr 1, 3:45 PM-4:45 PM

FLOOR HOCKEY *grades 1-5*

Contractor: F.A.S.T. Athletics
Deerfield Elementary
Mon, Feb 26-Apr 1, 6:00 PM-7:00 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 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.

MIDDLE SCHOOL BASKETBALL *grades 6-8*

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

Session A: Mon, Jan 8-Feb 12 (No 1/15), 6:00 PM-7:00 PM, \$88 (5 classes)
Session B: Wed, Feb 28-Apr 3, 6:00 PM-7:00 PM, \$105 (6 classes)

F.A.S.T.'s Middle School basketball is for those who know the game of basketball and want to get right into the games. Focus will be more about playing the game and less on basic skills. We will start each class with some of the classic basketball games like Knock-Out, HORSE and 21; and we will finish class with a full court scrimmage.



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WESTWOOD COUNCIL ON AGING



BRRR ... it is definitely getting cold out there; but here at the Center we are warm and welcoming. We offer you a packed schedule full of regular and special programming... our goal is to offer a little 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.

So come in from the cold and join us!

WELCOME 2024!



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

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

Programs at the Center

Regular Programs

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

Special Activities

- 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!!!

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



MASSACHUSETTS Department
of Early Education and Care
Coordinated Family and
Community Engagement (CFCE)

Little Yogis Saturday Sessions



Join Erin Mann, a certified yoga teacher, with your children (Ages 3-6)

Children will learn yoga poses as they act out animals or characters from familiar stories. Please bring a yoga mat, towel or blanket.

Saturdays
12/9 & 1/27
10:15am - 11:15am
Westwood Main Library
Community Room



Registration required:
<http://tinyurl.com/weccly>

For more info:
Janet Lucey, Coordinator
(781) 329-6904
<http://www.westwood.k12.ma.us/early-childhood-council/>
jlucey@westwood.k12.ma.us



Westwood Public Library

Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.
All library programs are free. Check www.westwoodlibrary.org for an up-to-date schedule.

Main Library Children's & Teen Programs

This is just a sample of our programs! Check the website for details, dates and more programs for all ages.

Baby, Toddler and Preschool Programs

Move and Groove **Tuesdays @ 10:30**

Registration required

Join Miss Caitlyn for some music and movement in this all ages program that teaches a love of music and rhythm!
January 2-February 13; March 5-April 9

Branch Books and Boogie **Wednesdays @ 10:30 (at the branch)**

Join Miss Caitlyn for songs, stories and dancing.
January 3-February 14; March 6-April 10

Baby Rhyme Time **Thursdays @ 10:30**

Babies 0-18 months are invited to join us for a lapsit with songs and rhymes, followed by open play. January 3-February 15; March 7-April 11

Preschool Storycraft **Select Mondays at 3:30**

Join Miss Janet from Westwood Early Childhood and Miss Kristy from the library for a fun parent-child storytime and craft for kids age 3-5 years old. Jan. 29; Feb. 26; March 25

School Age Programs ***Registration required***

Read to a Dog **Select Saturdays @ 11am**

Kids in grades K-5 are invited to sign up for a 15 minutes appointment with a therapy dog. Register in person or on the phone!
Jan. 20; Feb 10; March 16

STEAM TEAM

Each month we will have a different program featuring Science, Technology, Engineering, Art, and/or Math! These programs are geared at kids in grades 2-5, depending on the program.

Check website for dates and registration information.

Teen Programs

Friays, Main Library

Come hang out with your friends and relax. Eat, play video or board games, listen to music and catch up on new movies and books. Most Fridays after school. Drop in program, no registration.

Gamer Lounge with One Up Games: Join us after school on half-Wednesdays for open game play. Drop in program, no registration.
Jan. 10 and 24; Feb. 14; March 20

Main Library Adult Programs

***Sundae Scaries:** Embrace a new kind of Sunday scaries and join Molly Riportella at Comella's on High Street for a discussion of speculative fiction selections, from sci-fi to historical fiction and anything else that asks, "What if?" Visit website for titles and dates.
Selected Sundays @ 2:00 PM

***Readers Digest:** Join Sean the third Thursday of every month for our Cookbook Club! Pick a dish from this month's book and bring it to the library to share, discuss, and digest. Each meeting we vote on a new cookbook for the next month. Visit website to find out more. This event is not licensed or inspected by the Board of Health. *Third Thursday of every month @ 6:00 PM*

***Great Decisions:** Great Decisions is America's largest discussion program on world affairs. *Third Thursdays of the month @ 6:30 PM.* See website for dates, topics and registration.

Monday Mattinees: Join us on the first Monday of every month for an afternoon movie! Bring your own snack to enjoy during the movie. *First Monday of every month @ 2 PM*

***Main Library Tech Help:** "Tech Help" is available for general troubleshooting of phones, tablets, and laptop computers as well as library apps, databases and website navigation. Sign up online or call 781-320-1045 to register for a 45 minute appointment. *Mondays from 10:00AM - 12:45PM, by appointment.*

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.*

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

Sit & Knit: Join a friendly group to knit and chat. *Weekly on Thursdays @ 10:00 AM & last Wednesday of the month @ 6 PM.*

Registration required



Author Talk | Elizabeth Millane

Join us for a talk with Elizabeth Millane author of *Sixty Blades of Grass*, January 13th @ 11am. Details coming soon!

Follow us! 
@WestwoodPLMA

MATCHING TO MENTAL HEALTH PROVIDERS OFFERING
IN-PERSON, TELEHEALTH & VIDEO APPOINTMENTS

Are you a Westwood
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888-244-6843

<http://interface.williamjames.edu/community/westwood>

Who

Open to All Westwood Residents

What

Referrals to Mental Health Providers
and information about local
Social Services

When

Available Monday - Friday
9:00 AM - 5:00 PM

What to Expect When You Call:

Call

Speak with a resource and referral
counselor about your needs

Connect

Receive information about
potential matches within 2 weeks

Care

Follow-up call to make sure you
have made a successful match



Funded by:
The Town of Westwood,
The Westwood Public Schools,
Youth & Family Services, Board of Health,
and The Council on Aging



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

NORTHEAST SECURITY

Mid-Atlantic Office
800-457-1510



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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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- Cities Readiness Initiative (CRI)
- North East Disaster Recovery Exchange (NEDRIX)

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INTELLIGENCE & INVESTIGATIONS



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

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***Westwood
Recreation***

WINTER 2024

