



**OPEN HOUSE – 2013 SUMMER PROGRAMS**

▪SWIMMING ▪INFLATABLES ▪CRAFTS ▪SPORTS ▪INFORMATION BOOTHS ▪SNACK BAR

SATURDAY, MARCH 9, 10:00 AM - 2:00 PM

WESTWOOD RECREATION DEPARTMENT

FUN FOR ALL AGES

**SPECIAL REGISTRATION**

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

**ON-LINE REGISTRATION MARCH 9-13 [www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation) OR**

**WALK IN REGISTRAION AT WESTWOOD RECREATION DEPARTMENT  
MARCH 9, 10:00-1:00 AND MARCH 11-13, REGULAR OFFICE HOURS**

SUMMER PROGRAM FEES POSTED FOR MARCH 9-13 WILL REFLECT THE 10% DISCOUNT.



**SPONSORED BY**



# MARCH INTO SUMMER - MARCH 9

## POOL: 10:00-2:00 ALL AGES

AQUATICS MANAGER-SUSAN PERRY

Bring a suit & towel and treat yourself to a swim!  
Water temperature 82, air temperature 84  
TATTOOS, TREASURE CHEST, GAMES, MUSIC



**OPEN SWIM** – Four Lanes (floats, balls, noodles)

**LAP SWIM** – Two Lanes

**CANNON BALL CONTEST** – All Ages 11:00-11:15

**SPRING BOARD DIVING DEMO** – 12:00-12:15

**SYNCHRONIZED SWIMMING DEMO** – 1:00-1:15

**SWIM LESSONS/EVALUATION** – Come speak with the instructors.  
Uncertain where to place your child in lessons? Let us help. An instructor will evaluate your swimmer and answer your questions.

**AQUA FITNESS** – Speak with the instructor about the variety of classes available and the benefit of water exercise. (Aqua Joggers available)

**PRESCHOOL SWIMMING** – Give your preschool swimmer, ages 3, 4 or 5, the opportunity to try out the yellow docks (elevated platforms placed in the pool to allow young swimmers to explore the water with their feet on the ground). These are to be explored with an adult in the water.

**SWIM TEAM** - Spark your summer up with a little competition. Summer swim team is a great opportunity to introduce your swimmer to competitive swimming or to keep your competitive swimmer in the water. Speak with the coach to see what it is all about.

## GYM LOBBY: 10:00-2:00

### SUMMER DAYS: AGES 3-13

PROGRAM MANAGER-KRISTIN SCOBLE  
COORDINATOR-BRYAN ARIES

### T-SHIRT DECORATING – 10:00-2:00

Experience one of the summer's favorite craft projects. Come decorate a March into Summer T-shirt to bring home. Supply limited.

### PATHFINDERS

COORDINATOR: CORI TROMBLY

Meet Cori and hear all the creative programs designed to complement our existing recreational activities for citizens of Westwood who have special or unique needs.

### MUSICAL THEATRE 10:00-12:00 (AGES 6-14)

INSTRUCTORS-SIOUXSANNA RAMIREZ-CRUZ & JASON WHITING

Meet instructors and hear about this summer's performances.

### PROGRAM INFORMATION BOOTHS/MEET THE COACHES

Meet some of the coaches that will be running sports clinics. A great opportunity to ask questions about the summer.

## GYM: SPORTS

MANAGER OF FITNESS PROGRAMS-MIKE GRIFFIN

### TENNIS - 12:00-1:30 (AGES 5-13)

INSTRUCTOR- JAYSON SELLERS

Grab a racquet and participate in a variety of tennis drills. You're sure to have a swinging good time! Racquets & balls will be available.

### KARATE – 10:30-12:00 (AGES 5 AND OLDER)

INSTRUCTOR-STEVE DIORIO



Steve and his current students will demonstrate the basic fundamentals of karate. Participants will be invited to join the group and explore some of the basic skills.

## SUMMER PLAYLAND

### GYM - 10:00-2:00



### CATEPILLAR CRAZE - AGES 2-6



### OBSTACLE COURSE - AGES 7-99

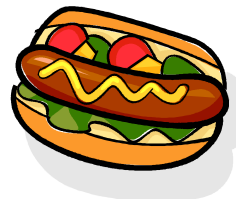


### LAND SLIDE – ALL AGES

## SNACK BAR

### POOL LOBBY - 10:00-2:00

Hot Dogs  
Chips  
Cookies  
Water  
Soda  
Coffee



**Proceeds will benefit  
Recreation Swim Team**



## BOARD OF SELECTMEN

Philip Shapiro, Chairman

Patrick Ahearn

Nancy Hyde

## TOWN ADMINISTRATOR

Michael Jaillet

## RECREATION COMMISSION

Diane Thornton, Chairperson

Tim Adams

Paul Aries

Joyce Cannon

Elizabeth Phillips

Dave Reilly

Paul Tucceri

Ann Delaney, Associate member

PJ Vande Rydt, Associate member

## RECREATION STAFF

David Burnes  
Recreation Director

Susan Perry  
Aquatics Manager

Taryn Crocker  
Business Manager

Mike Griffin  
Manager of Fitness Programs

Kristin Scoble  
Program Manager



## WESTWOOD RECREATION DEPARTMENT

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

### EMAIL ADDRESS

recreation@townhall.westwood.ma.us

### WEBSITE

[www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation)

### 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



## ISLINGTON COMMUNITY CENTER

(781) 326-5347  
Arlene Chase Bonura

# REGISTRATION

## WESTWOOD RESIDENT REGISTRATION

- **SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**
- **SUMMER BEGINS SATURDAY, MARCH 9, 10:00 AM**

**ON-LINE REGISTRATION:** [www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation) Click Online Recreation. Under Main Menu select Register for Activities. Under Register for Activities click program category and select program/class. Residents will need to click the resident button in order to be charged the resident fee.

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

**WALK-IN & FAX REGISTRATION:** Public office hours at the Recreation Department.  
Fax Number: (781) 320-0376

## RESIDENT REGISTRATION PROCEDURE

Please register on-line or use the enclosed registration form for all family members. **USE ONE FORM PER FAMILY.** All registrations will be processed at the Recreation Department. Residents must be listed in the Board of Registrars' "List of Residents." If participants or family members are not listed, an official proof of residency must be brought to the Department upon request.

## NON-RESIDENT REGISTRATION

- **SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**
- **SUMMER BEGINS MARCH 9, 10:00 AM**

### ON-LINE, FAX, MAIL-IN or WALK-IN REGISTRATION:

All programs will be open to non-residents provided space is available.

**There is an additional fee of \$10 per program for non-residents.**

## POLICIES AND PROCEDURES

### PARTICIPANTS

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

### PAYMENTS

Checks: payable to the Town of Westwood or cash.

Credit Cards: MasterCard, Visa or Discover are accepted.

### CONFIRMATION

**NO CONFIRMATIONS ARE SENT OUT. Consider your registration accepted and report to your programs unless the Recreation Department notifies you.**



### FEES AND CANCELLATIONS

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

### REFUND POLICY

When you register for one of our programs, we depend on your participation for a successful program. A total refund will be made only if programs are canceled, participant is replaced by a wait list participant, or if the Department changes prohibit your attendance. If you have an unforeseen medical problem confirmed by a doctor's note that prohibits your participation, we will refund your fee. Notice is needed before the start of the session/program. No other refunds will be issued.

### PAY PLAN - A VALID VISA, DISCOVER OR MASTERCARD NUMBER IS REQUIRED

To use the pay plan, you must fill out a payment plan agreement and submit a valid VISA, Discover or MasterCard credit card number with your registration. This will allow you to register family members for summer programs & defer the payments. Please note: The NO Refund 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.

### PAY PLAN PAYMENTS - YOUR CREDIT CARD WILL BE CHARGED AS SCHEDULED

Weeks: 1 & 2 (June 24-July 3) must be paid at time of registration.

Weeks: 3 & 4 (July 8-19) program fees will be charged or check is due on June 3<sup>rd</sup>

Weeks: 5 & 6 (July 22-Aug 2) program fees will be charged or check is due on July 1<sup>st</sup>

Weeks: 7 & 8 (Aug 5-16) program fees will be charged or check is due on August 1<sup>st</sup>

Parent's Name: \_\_\_\_\_ Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
First Last  
Preferred Number: ( \_\_\_\_\_ ) E-Mail Address: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell/Emergency Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

► Please fill in all program information. ► No confirmations are sent out. Consider your registration accepted & report to your first choice programs UNLESS the department notifies you. Pay plan for summer programs is available for only weeks 3 through 8. All other programs must be paid at the time of registration.

First Name	Last Name	D.O.B.	Gender	Program/Level	Summer Weeks								Dates/Day	Time	Fee	Office Use
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				
		/ /	M F		1	2	3	4	5	6	7	8				

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

Recreational and Volunteers Activities Consent and Release Form

I, the undersigned (name) \_\_\_\_\_, do hereby consent to my participation or minor children participation in voluntary or recreation programs of the Town of Westwood.  
I also agree to forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting or participating in any voluntary or recreation programs 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 the Town of Westwood of voluntary activities or recreation programs.  
I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or minor children or property damage resulting from participation in the Town of Westwood voluntary activities or recreation programs.  
I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Town of Westwood as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities Town of Westwood or recreation programs. \_\_\_\_\_  
Signed Date

**PAY PLAN? NO YES IF YES: YOU MUST FILL OUT A PAYMENT PLAN AGREEMENT & SUBMIT WITH YOUR REGISTRATION FORM.**

Credit Card: Visa, Master Card or Discover \_\_\_\_\_ EXP. \_\_\_\_\_ / \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Card Holder's Name \_\_\_\_\_ Address \_\_\_\_\_

RECREATION OFFICE USE ONLY

Credit Cards	Payment	Payment	Payment	Check #	Check Amount
Amount	\$	\$	\$		
Date Processed CBS					
Date Processed SQL					

# POOL SCHEDULE



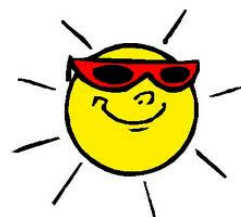
## SPRING

**April 1-June 23** (Closed: April 15, May 27)

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

## SUMMER

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



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

### Membership Discounts

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
Pool Single	\$20	\$54	\$102	\$180	\$5
Pool Family	\$35	\$95	\$179	\$315	
Pool Westwood Senior	\$15	\$45	\$90	\$180	\$5

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month. Membership Forms are available at the Pool, Recreation Department, and online.

240 Nahatan Street • Westwood, Massachusetts 02090 • Phone: 781.461.0070 • Fax: 781.320.0376  
[www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation) • [recreation@townhall.westwood.ma.us](mailto:recreation@townhall.westwood.ma.us)







# SUMMER AQUATICS

## Observation Policy

Please join us in the Spectator Section of the Pool Area on the first and last scheduled classes of the swimming session. We welcome your excitement and enthusiasm.

During all other classes the Spectator Area will be closed to minimize distractions to the class and improve the attention of the swimmers.

**Observation  
First and Last Day Only**



### Water Babies (9-24 months)\*

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

### Parent and Child (2-3 years)\*

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

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

### Preschool Age 3

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

### Preschool Ages 4 and 5

The child will explore many aspects of the water on and off the 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. Class Size: Min: 4 Max: 8

### Level 1 – Introduction to Water

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. Class Size Min: 4 Max: 8

### Level 2–Fundamental Skills

Participants 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. Class Size Min: 4 Max: 10

### 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. Class Size: Min: 4 Max: 10

### 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. Class Size: Min: 4 Max: 10

### Level 5 – Stroke Refinement

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



## WEEKDAYS

### WK 1: JUN 24-28, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	10:40-11:20
2	9:10-9:50
3	9:55-10:35
4 & 5	10:40-11:20
Preschool 3	9:10-9:50
Preschool 4 & 5	9:55-10:35

### WK 2: JUL 1-3, MON, TUE, WED

Fee: \$45 (Three 40 minute classes)

Level	Time
1	10:40-11:20
2	9:10-9:50
3	9:55-10:35
4 & 5	10:40-11:20
Preschool 3	9:10-9:50
Preschool 4 & 5	9:55-10:35

### WK 3: JUL 8-12, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	9:55-10:35
2	10:40-11:20
3	9:10-9:50
4 & 5	9:55-10:35
Preschool 3	10:40-11:20
Preschool 4 & 5	9:10-9:50

### WK 4: JUL 15-19, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	9:55-10:35
2	10:40-11:20
3	9:10-9:50
4 & 5	9:55-10:35
Preschool 3	10:40-11:20
Preschool 4 & 5	9:10-9:50

### WK 5: JUL 22-26, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	9:10-9:50
2	9:55-10:35
3	10:40-11:20
4 & 5	9:10-9:50
Preschool 3	9:55-10:35
Preschool 4 & 5	10:40-11:20

### WK 6: JUL 29-AUG 2, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	9:10-9:50
2	9:55-10:35
3	10:40-11:20
4 & 5	9:10-9:50
Preschool 3	9:55-10:35
Preschool 4 & 5	10:40-11:20

### WK 7: AUG 5-9, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	10:40-11:20
2	9:10-9:50
3	9:55-10:35
4 & 5	10:40-11:20
Preschool 3	9:10-9:50
Preschool 4 & 5	9:55-10:35

### WK 8: AUG 12-16, MON-FRI

Fee: \$75 (Five 40 minute classes)

Level	Time
1	10:40-11:20
2	9:10-9:50
3	9:55-10:35
4 & 5	10:40-11:20
Preschool 3	9:10-9:50
Preschool 4 & 5	9:55-10:35



# SUMMER AQUATICS

## SATURDAYS

When: Sat, Jul 13-Aug 10  
 Fee: \$75 (Five 40 minute classes)

Level	Time
1	10:30-11:10
2	10:30-11:10
3	8:15- 8:55
4	9:00- 9:40
5 and 6	9:45-10:25
Parent/Child and Water Babies	9:00- 9:40
Preschool 3, 4, and 5	8:15-8:55
Youth Beginner	9:45-10:25

## YOUTH BEGINNER

Who: Ages 8 -14  
 When: Sat, Jul 13-Aug 10, 9:45-10:25  
 Fee: \$75 (Five 40 minute classes)

This beginner swimming class is designed for older children with special needs. The small group setting is conducive to learning. Individualized goals will be set the first day of class.

## PRIVATE LESSONS

Who: Ages 4 & up  
 Inst: Certified Water Safety Instructors  
 Fee: \$150 (Five 30 minute lessons)  
 \*(Three 50 minutes lessons)  
 \$200 Semi-private

Week	When	Time Slots
1 (Jun 24-28)	Mon-Fri	9:15, 10:00, 10:45
*2 (Jul 1-3)	Mon-Wed	9:15, 10:15
3 (Jul 8-12)	Mon-Fri	9:15, 10:00, 10:45
4 (Jul 15-19)	Mon-Fri	9:15, 10:00, 10:45
5 (Jul 22-26)	Mon-Fri	9:15, 10:00, 10:45
6 (Jul 29-Aug 2)	Mon-Fri	9:15, 10:00, 10:45
7 (Aug 5-9)	Mon-Fri	9:15, 10:00, 10:45
8 (Aug 12-16)	Mon-Fri	9:15, 10:00, 10:45



## AQUA FITNESS

Who: Ages 18 & up  
 When: Tue and Thu, 8:00-9:00 AM  
 Jun 25-Aug 15  
 Inst: Susan Perry  
 Fee: Punch Pass \$70 (10 classes)

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



## AQUANAUTS

Who: Ages 12-14 years  
 Prerequisite: Passed Level 5  
 Inst: Susan Perry  
 Fee: \$100 (1 week) Min: 2 Max: 4

Week	When
1 (Jun 24-28)	Mon-Thu 9:00-6:00; Fri 9:00-3:30
3 (Jul 8-12)	Mon-Thu 9:00-6:00; Fri 9:00-3:30
5 (Jul 22-26)	Mon-Thu 9:00-6:00; Fri 9:00-3:30
7 (Aug 5-9)	Mon-Thu 9:00-6:00; Fri 9:00-3:30

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

## CONDITION SWIMMING

Who: Ages 6-18  
 When: Jun 24-Aug 7 (No 7/3)  
 Fee: \$125

Ages	Day	Time
10 & Under	M, W	5:00-6:00 PM
11 & Up	M, W	6:00-7:00 PM

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

## Pool Parties

*A pool party is great  
for all ages and  
any occasion!*

Fee: \$225 (2 hours)  
 The fee includes staff for two hours.  
 Maximum of 50 people. One hour of  
 swimming followed by one hour in the  
 pool lobby. All pool rules apply.

To schedule your pool party email  
[sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)  
 requesting dates and times.

## SWIM TEAM

Who: Ages 6-18  
 When: Jun 24-Aug 10 (No 7/3, 7/4)  
 Fee: \$150

In a relaxed yet productive atmosphere, both the novice and experienced swimmer will be given stroke development and refinement with emphasis on speed and endurance work.

## PRACTICE SCHEDULE

Ages	Day	Time
10 & Under	M, T, W, Th	5:00-6:00 PM
11 & Up	M, T, W, Th	6:00-7:00 PM

There will be two swim meets per week with a total of eleven meets in the season. Four meets will be at home and seven will be away at neighboring towns. At the conclusion of the season there will be Championship Swim Meets in the beginning of August.

## MEET SCHEDULE

Date	Opponent	Location	Time
Jul 2	Walpole	Walpole	6:00 PM
Jul 9	Natick	Natick	5:30 PM
Jul 11	Newton	Westwood	5:30 PM
Jul 16	Needham	Needham	5:30 PM
Jul 18	Canton	Westwood	5:30 PM
Jul 23	Sherborn	Sherborn	6:00 PM
Jul 25	Norwood	Westwood	5:30 PM
Jul 30	Millis	Millis	5:30 PM
Aug 1	Dedham	Dedham	6:00 PM
Aug 6	Medfield	Medfield	6:00 PM
Aug 8	Framingham	Westwood	5:30 PM

## CHAMPIONSHIP SCHEDULE

B Regional	August 3	Newton
A Regional	August 10	Newton

## WATER POLO

Who: Ages 14 & Up  
 When: Wed, 8:30-9:30 PM  
 Jun 26-Aug 14 (No 7/3)  
 Fee: \$30 (7 weeks) or \$5 per night

Meet friends at the pool for a friendly game of water polo.





# SUMMER SPORTS

## AFTERNOON SPORTS

Inst: Recreation Staff  
Where: Middle School Soccer Fields



Ages	Week	When	Fee
8-14	1 (Jun 24-28)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40
8-14	2 (Jul 1-3)	Mon-Wed, 1:00-4:00	\$ 66 (3 days) Min: 12 Max: 40
8-14	3 (Jul 8-12)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40
8-14	4 (Jul 15-19)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40
8-14	5 (Jul 22-26)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40
8-14	6 (Jul 29-Aug 2)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40
8-14	7 (Aug 5-9)	Mon-Fri, 1:00-4:00	\$110 (5 days) Min: 12 Max: 40

Looking for afternoon fun in the sun? Join this ultimate sports experience with your friends! There will be different sports and games each day with tournament day on Friday. Flag Football, Ultimate Frisbee, Soccer, Whiffle Ball and more. Participants will be divided by age and ability. Bring a water bottle and snack. In the event of rain, the program will be held in the gym.

## KARATE MOVIE STUNT WEEK

Inst: Steve DiOrio, Nannadan Kyoshi, 7th Degree Black Belt  
Fee: \$210 (1 week) Min: 8 Max: 50

Ages	Week	When	Where
6 & up	3 (Jul 8-12)	Mon-Fri, 9:00-12:30	Hanlon Gym

Move over Bruce Lee, Westwood stunt fighters are here! Once again, Steve DiOrio will lead a Martial Arts Movie Fighting program that will cover the basic principles and techniques of stunt fight choreography and performance. Over the course of a week, you will learn about acting the fight, reactions, safety, camera awareness, discipline on the set, and more. You'll try different scenarios including one-on-one, brawl with multiple attackers and defenders, and others. Just like in the movies, you'll choreograph, perform and film. Afterwards you'll review the films to refine your choreography and techniques. This program is great exercise, will build reaction skills, and is a lot of FUN! For this program, the ability to follow directions, work in a team/collaborative environment, provide and receive constructive feedback, and play in a non-threatening and safe way is required. No previous martial arts experience is required.

## SELF DEFENSE SEMINAR FOR WOMEN

Inst: Steve DiOrio & Staff  
Fee: \$40 (1 class) Min: 8 Max: 20



Ages	When	Where
Teens & Adults	Sat, Jul 20, 9:00-12:00	Islington Community Center
Teens & Adults	Sat, Aug 17, 9:00-12:00	Islington Community Center

This seminar focuses on personal safety and prevention strategies. How do you handle your body language? Learning physical defense that is quick and effective, using natural body reactions. The goal is to create a quick exit from harm. Please wear comfortable clothes, sneakers and bring a water bottle.

## BASEBALL

Inst: Brian Whelan, WHS Coach  
Fee: \$110 (1 week) Min: 12 Max: 40



Ages	Week	When	Where
7-9	1 (Jun 24-28)	Mon-Fri, 9:00-12:00	Sheehan Field
10-12	1 (Jun 24-28)	Mon-Fri, 9:00-12:00	Sheehan Field
12-15	1 (Jun 24-28)	Mon-Fri 1:00-4:00	Middle School

Participants will receive individual instruction and be grouped by age and skill level. Instruction will include drills and games emphasizing the fundamentals of: batting, throwing, fielding and pitching. Participants need a baseball glove. In the event of rain, the program will be held in the gym and sneakers are required.

## GOLF CLINICS-JUNIOR INTERMEDIATE

Inst: John Resnick, PGA Instructor  
Fee: \$150 (4 classes) Min: 4 Max: 7

Ages	Week	When	Where
8-14	3 (Jul 8-11)	Mon-Thu, 9:00-11:00	Norwood Country Club
8-14	4 (Jul 15-18)	Mon-Thu, 9:00-11:00	Norwood Country Club
8-14	5 (Jul 22-25)	Mon-Thu, 9:00-11:00	Norwood Country Club
8-14	7 (Aug 5-8)	Mon-Thu, 9:00-11:00	Norwood Country Club
8-14	8 (Aug 12-15)	Mon-Thu, 9:00-11:00	Norwood Country Club
8-14	9 (Aug 19-22)	Mon-Thu, 9:00-11:00	Norwood Country Club

This class is for the more advanced beginner golfer who has experienced some on course play. Class will include instruction on the course and hole by hole management. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

## GOLF CLINIC- JUNIOR BEGINNER

Inst: John Resnick, PGA Instructor  
Fee: \$140 (4 classes) Min: 4 Max: 7

Ages	When	Where
8-14	Sat, Jul 6-27, 9:00-11:00	Norwood Country Club

Students will learn the fundamentals of golf including: swing, putting, chipping, etiquette and pace of play. There will be on course instruction in a relaxed setting. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.



## BASKETBALL-GIRLS

Inst: Sarah Behn & Staff  
Fee: \$186 (5 days) Min: 25 Max: 100

Ages	Week	When	Where
6-15	6 (Jul 29-Aug 2)	Mon-Fri, 9:00-12:00	Middle School Gyms

The Behn Camp's philosophy is to instill confidence in young players by teaching basketball fundamentals, which will raise their individual level of play and make the game more fun. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense, team defense and more! Our experienced coaches create an intense yet 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 practice and succeed. And of course, to have fun!

## SPORTS

Please provide participants with the following items and see specific clinic for equipment needed.

- Water Bottle/Drink & Snack
- Lunch (full day clinics)
- Mouth Guards
- Sunscreen
- Bug Spray







# SUMMER SPORTS

## TENNIS LESSONS-YOUTH

Who: Ages 5-7, 8:00-8:55 or 2:15-3:15

Ages 7-13, 1:00-2:00

Where: WHS Tennis Courts

Inst: Jayson Sellers, Professional Instructor

Week	When	Fee
1 (Jun 24-28)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
2 (Jul 1-3)	Mon-Wed	\$33 (3 classes) Min: 4 Max: 12
3 (Jul 8-12)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
4 (Jul 15-19)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
5 (Jul 22-26)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
6 (Jul 29-Aug 2)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
7 (Aug 5-9)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
8 (Aug 12-15)	Mon-Thu	\$44 (4 classes) Min: 4 Max: 12
9 (Aug 19-22)	Mon-Thu	\$44 (4 classes) Min: 4 Max: 12

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Participant-to-instructor ratio is approximately 4 to 1. Racquets are provided for ages 5-7. All other participants will need their own racquet. In the event of rain: Weeks 1-7 class will be held in the WHS Gym and Weeks 8 & 9 the class make-up will be held on Friday.



## TENNIS CLINICS-YOUTH

Where: WHS Tennis Courts

Inst: Jayson Sellers, Professional Instructor

Ages	Week	When	Fee
7-13	1 (Jun 24-28)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	2 (Jul 1-3)	Mon-Wed, 9:00-12:00	\$ 84 (3 days) Min: 8 Max: 12
7-13	3 (Jul 8-12)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	4 (Jul 15-19)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	5 (Jul 22-26)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	6 (Jul 29-Aug 2)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	7 (Aug 5-9)	Mon-Fri, 9:00-12:00	\$140 (5 days) Min: 8 Max: 12
7-13	8 (Aug 12-15)	Mon-Thu, 9:00-12:00	\$112 (4 days) Min: 8 Max: 12
7-13	9 (Aug 19-22)	Mon-Thu, 9:00-12:00	\$112 (4 days) Min: 8 Max: 12

Clinics will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups will be divided by ability as needed. Participant-to-instructor ratio is approximately 4 to 1. Participants need a tennis racquet. In the event of rain: Weeks 1-7 class will be held in the WHS Gym and Weeks 8 & 9 the class make-up will be held on Friday.



## JR. WOLVERINES

Where: Martha Jones Field

Inst: Recreation Staff

Ages	Week	When	Fee
4-7	1 (Jun 24-28)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40
4-7	2 (Jul 1-3)	Mon-Wed, 8:30-11:30	\$66 (3 days) Min: 12 Max: 40
4-7	3 (Jul 8-12)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40
4-7	4 (Jul 15-19)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40
4-7	5 (Jul 22-26)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40
4-7	6 (Jul 29-Aug 2)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40
4-7	7 (Aug 5-9)	Mon-Fri, 8:30-11:30	\$110 (5 days) Min: 12 Max: 40

This program introduces children to soccer, T-ball, and basketball. Participants will learn basic skills, rules, be introduced to team play, and develop sportsmanship. Bring a peanut free snack, water bottle, hat, and baseball glove. In the event of rain the program will be held in the gym.

### STAY TUNED

Additional programs will be announced in the Summer Brochure 2<sup>nd</sup> Edition scheduled to be released early May.

Todd Schwartz Softball Classic, Cheerleading, Girls and Boys Lacrosse, Track & Field, Volleyball, Fireman's Foam, Band Concerts and more.

## FLAG FOOTBALL

Inst: Recreation Staff

Fee: \$110 (5 classes) Min: 12 Max: 40



Ages	Week	When	Where
7-14	1 (Jun 24-28)	Mon-Fri, 9:00-12:00	Deerfield Field
7-14	3 (Jul 8-12)	Mon-Fri, 9:00-12:00	Deerfield Field
7-14	5 (Jul 22-26)	Mon-Fri, 9:00-12:00	Deerfield Field
7-14	6 (Jul 29-Aug 2)	Mon-Fri, 9:00-12:00	Sheehan Field
7-14	7 (Aug 5-9)	Mon-Fri, 9:00-12:00	Sheehan Field
7-14	8 (Aug 12-16)	Mon-Fri, 9:00-12:00	Morrison Park Field

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. Participants will be grouped according to age and ability. The week ends with a tournament and fun giveaways. In the event of rain the program will be held in the gym except for week 8 which will be held at the Islington Community Center.



## SOCCER

Inst: Tim Chant, WHS Girls Coach

Fee: \$185 (1 week) Min: 12 Max: 40

Ages	Week	When	Where
7-14	3 (Jul 8-12)	Mon-Fri, 9:00-3:00	Sheehan Field
7-14	5 (Jul 22-26)	Mon-Fri, 9:00-3:00	Sheehan Field

Through small group activities, fun games, exercise and modified scrimmages, players will learn new skills and strategies that will improve their game. The week concludes with a tournament. Participants need shin guards, cleats, water bottle, snacks and a lunch. In the event of rain the program will be held in the gym and sneakers are required.

## JR. SOCCER

Inst: Recreation Staff

Fee: \$110 (5 days) Min: 12 Max: 40

Ages	Week	When	Where
5-8	4 (Jul 15-19)	Mon-Fri, 9:00-12:00	Deerfield Field

This clinic promotes having fun while learning fundamental soccer skills. Skills and strategies will also be taught. Friday will cap off the week with a tournament! Shin guards are recommended. In the event of rain, the program will be held in the gym and sneakers are required.

## FENCING

Inst: Jim Mullarkey, 3MB Fencing Club

Fee: \$110 (5 days) Min: 8 Max: 20



Ages	Week	When	Where
8 & up	4 (Jul 15-19)	Mon-Fri, 9:00-12:00	Sheehan Basketball Court

The Olympic sport of Fencing is fast and fun. All aspects of beginning fencing will be taught from footwork through blade work. Teamwork and sportsmanship are also part of the teachings. All safety gear is supplied. Wear loose comfortable pants and sneakers. In the event of rain, the program will be held in the Sheehan Cafeteria.



## ARCHERY

Inst: NAA National Coach

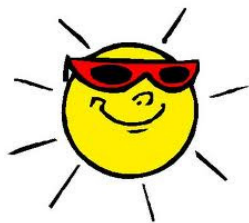
Fee: \$105 (5 days) Min: 12 Max: 20

Ages	Week	When	Fee
8 & up	4 (Jul 15-19)	Mon-Fri, 9:00-11:00 or 11:00-1:00	Hanlon Field

Aim and shoot! Clinic teaches safety fundamentals, proper shooting form, equipment and protective gear. This clinic is an official Junior Olympic Archery Development Program (JOAD). Parents are also welcome and encouraged to sign up. Bring water bottle and snack.



# SUMMER



## SUMMER DAYS

Who: Ages 3 through Grade 8  
 Inst: Kristin Scoble and Bryan Aries  
 Where: WHS

**Ages 3-Pre K** will use the Integrated Preschool Rooms and the staff to participant ratio will be 1:4. This area is peanut free. (It is required that all participants must be toilet trained. For the health and safety of all, children must be able to use the toilet independently. No pull ups/diapers.)

**Entering K-Grade 6** will use HS classrooms, gym, and cafeteria. The staff to participant ratio will range from 1:7 for younger children and 1:10 for older children.

**Entering Grades 7 & 8** will use HS classrooms, gym, and cafeteria. In addition to daily activities this group is involved with community services projects, volunteer opportunities, and an occasional walking trip.

**Drop Off and Pick Up:** will be held at the WHS gymnasium entrance.

**Information Packets:** will be sent to registered families mid-June.

**Activities:** Games, sports, crafts, stories, outside water play, special events, and more.

**Swimming:** Afternoon swim time will be offered daily at the Westwood Pool. All swimming abilities will be allowed to participate. Tot docks will be available for non-swimmers.

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

**Trips:** Ages 9 & up. Scheduled on Wednesdays.

**12:00-5:30:** Participants attending Westwood Public School Enrichment Program at the Thurston Middle School will be picked up by Recreation Staff and will either walk or be transported to WHS by the recreation van. Parents who are dropping off children at WHS are to sign in with staff in the gym lobby. Participants will join their groups, have lunch, and participate in afternoon activities that include: swim time, games, sports, crafts, and more.

**Swim & Tennis Lessons:** See details below.

## SUMMER DAYS SWIM LESSONS

Inst: Certified Water Safety Instructors  
 Fee: \$75 Weeks 1, 3, 4, 5, 6, 7 (Five 40 minute classes)  
 \$45 Week 2 (Three 40 minute classes)

Week	When	Week	When
1 (Jun 24-28)	Mon-Fri, 1:15-1:55	5 (Jul 22-26)	Mon-Fri, 1:15-1:55
2 (Jul 1-3)	Mon-Wed, 1:15-1:55	6 (Jul 29-Aug 2)	Mon-Fri, 1:15-1:55
3 (Jul 8-12)	Mon-Fri, 1:15-1:55	7 (Aug 5-9)	Mon-Fri, 1:15-1:55
4 (Jul 15-19)	Mon-Fri, 1:15-1:55		

These swim lessons are for children attending Summer Days only. Children will be divided into group lessons according to their swim ability. Staff will escort children to the pool and be present during their lessons. At the time of registration please indicate your child's swim level.

## SUMMER DAYS TENNIS LESSONS

Who: Ages 7-13  
 Inst: Jayson Sellers  
 Fee: \$60 Weeks 1, 3, 4, 5, 6, 7 (5 classes) Min: 8 Max: 24  
 \$36 Week 2 (3 classes) Min: 8 Max: 24

Week	When	Week	When
1 (Jun 24-28)	Mon-Fri, 3:35-4:30	5 (Jul 22-26)	Mon-Fri, 3:35-4:30
2 (Jul 1-3)	Mon-Wed, 3:35-4:30	6 (Jul 29-Aug 2)	Mon-Fri, 3:35-4:30
3 (Jul 8-12)	Mon-Fri, 3:35-4:30	7 (Aug 5-9)	Mon-Fri, 3:35-4:30
4 (Jul 15-19)	Mon-Fri, 3:35-4:30		

These tennis lessons are for children attending Summer Days only. Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, and serves. Children will be divided according to their ability. Staff will escort participants to WHS courts and be present during their lessons. Parents of children registered till 3:30 are to pick up their children at the courts. Children attending extended day will be escorted back to that location. If it rains, lessons will be held in the WHS Gym.

## SUMMER DAYS THEMES

Week	Dates	Theme
1	Jun 24-28	Flip Flop Into Summer
*2	July 1 -3 (3 Days)	Party in the USA
3	Jul 8-12	Back In Time/Decades
4	Jul 15-19	Wacky and Wild
5	Jul 22-26	Rocks Stars of Recreation
6	Jul 29-Aug 2	Olympic Week
7	Aug 5-9	Tropical Paradise

## GRADES ENTERING K-8

Time	5 Days Mon, Tue, Wed, Thu, Fri	4 Days Mon, Tue, Wed, Thu	*Week 2 Mon, Tue, Wed
9:00-3:30	\$170	\$140	\$130
7:30-3:30	\$195	\$160	\$150
7:30-5:30	\$220	\$180	\$170
12:00-5:30	\$170	\$140	\$130

## AGES 3-5 ONLY

Options	5 Days	4 Days	3 Days	2 Days
Time	Mon-Fri	Mon-Thu	Mon, Wed, Fri	Tue & Thu
9:00-3:30	\$170	\$140	\$130	\$90
7:30-3:30	\$195	\$160		
7:30-5:30	\$220	\$180		
12:00-5:30	\$170	\$140		
9:00-12:00	\$110	\$90	\$85	\$60

# LDP

## LEADERSHIP DEVELOPMENT PROGRAM

Who: Entering Grades 9 & Up (Westwood Residents Only)  
 Inst: Michelle Hebner  
 Where: WHS

Please indicate 1<sup>st</sup> Year or 2<sup>nd</sup> Year.

Ses	Weeks	When	Fee
A	1-4 (4 week commitment) Jun 24-Jul 19 (No 7/4 & 7/5)	Mon-Fri, 8:30-3:30 or Mon-Fri, 11:30-5:30	\$125
B	5-7 (3 week commitment) Jul 22 - Aug 9	Mon-Fri, 8:30-3:30 or Mon-Fri, 11:30-5:30	\$105

Would you like to develop leadership skills; help children of all ages and do something rewarding this summer? The Leadership Development Program is designed to assist teens in the development of their leadership skills while volunteering. The participants will be immersed in our summer program, with trainings, active group participation, and regular feedback. Training will be provided in activity planning, presentations, discipline, conflict resolution, job search, and interview skills. Participants will plan and run activities several times each session. The program allows the participants to witness a range of activities and interactions, which will assist their growth and confidence. The aim of the Leadership Development Program is to provide the participants with the training and experiences needed to feel confident and prepared to transition into employment/workforce. With expanded sessions the growth will be more dramatic, allowing for a full and rewarding experience.





# SUMMER

## PARENT/CHILD

### TODDLER TIME

Who: Ages 18 mo.- 3 years  
 When: Tue, July 2-Aug 6, 9:15-10:15  
 Where: Islington Community Center  
 Inst: Kirsten Boger, M.Ed.  
 Fee: \$65 (6 classes) Min: 5 Max: 20

Come and enjoy the fun of an action packed class featuring circle time, singing, dancing, stories, and crafts. There is something new every week.

### MUSIC & MOVEMENT

Who: Ages 2-4  
 When: Fri, July 12-Aug 9, 10:15-11:00  
 Where: Islington Community Center  
 Inst: Kirsten Boger, M.Ed.  
 Fee: \$45 (5 Classes) Min: 5 Max: 10



Come join the fun with singing, dancing and playing instruments.

### BOPPIN' BABIES

Who: Ages 0-18 mo.  
 When: Fri, July 12-Aug 9, 9:15-10:00  
 Where: Islington Community Center  
 Inst: Kirsten Boger, M.Ed.  
 Fee: \$45 (5 classes) Min: 5 Max: 10

Sing, Dance, Play! Get your bodies moving in a class just for babies!

## PRESCHOOL

### SAFETY TOWN

Who: Entering K  
 Inst: Recreation Staff  
 Fee: \$150 (5 classes) Min: 12 Max: 25



Week	When	Where
4 (Jul 15-19)	Mon-Fri, 9:00-12:00	Westwood Fire Station

Safety Town is an early childhood safety education program designed to introduce safety awareness for bicycles, cars, fire safety and animals. Children will learn through directed explorations. Tot-sized cars, miniature villages and traffic signs will be used as learning tools. Songs, art projects, stories, movies, and field trips make this program fun and exciting.

## YOUTH

### TOP SECRET SCIENCE

Who: Grades Entering K-5  
 Inst: Top Secret Science Staff  
 Fee: \$185 (1 week) Min: 15 Max: 40



Week	When	Where
8 (Aug 12-16)	Mon-Fri, 9:00-3:00	Islington Community Center

Each day the kids will explore up to 20 weird and whacky hands-on science experiments and will take home at least 8 different projects. They will explore weird motions, flying things, air and water pressure: crazy chemistry, light and sound, magic, electricity, magnets, astronomy and more. Be prepared for lots of fun stuff. Please bring a nut-free lunch, snacks, and drinks.

## PERFORMING ARTS



### MUSICAL THEATRE

Who: Ages 6-14  
 Inst: SiouxSanna Ramirez-Cruz and Jason Whiting  
 Where: WHS Auditorium  
 Fee: \$210 (1 week) Min: 12 Max: 25

Performance	Week	When
James and the Giant Peach	3 (Jul 8-12)	Mon-Fri, 9:00-4:00
Mulan	4 (Jul 15-19)	Mon-Fri, 9:00-4:00
You're A good Man Charlie Brown	6 (Jul 29-Aug 2)	Mon-Fri, 9:00-4:00
James and the Giant Peach	7 ( Aug 5-9)	Mon-Fri, 9:00-4:00

Do you like to sing, dance or act? Join us for an energetic singing, dancing, and acting program. All experience levels are welcome. Students receive an Actor's Package: script, lyrics, and CD. Your family and friends may join us for a final performance on the last day of the session. Please bring snacks, drinks, and a lunch.

**James and the Giant Peach:** Based on the children's novel by Roald Dahl, *James and the Giant Peach* is about a young orphan who finds an unlikely family amongst the insects living inside a gigantic, magical peach.

**Mulan:** Based on the Chinese legend of Hua Mulan, Fa Mulan impersonates a man to take her father's place to help stop an invasion by the Huns. Join Mulan and her guardian dragon, Mushu, in this exciting tale!

**You're A Good Man, Charlie Brown:** Join Charlie Brown, Lucy, Linus, all the gang, and all the music in this show based on the Charles Schulz comic strip.

### HIP HOP

Who: Ages 5-13  
 Inst: Aly Pereira  
 Fee: \$120 (5 classes) Min: 6 Max: 20

Week	When	Where
9 (Aug 19-23)	Mon-Fri, 9:00-12:00	WHS Softball Field

Join the fun and learn the latest dance moves to the most popular music. Participants will learn various dances to songs which will incorporate choreography and different forms of freestyle movements. On the last day, the participants will put on a short performance. In the event of rain, the program will be held in the pool Lobby.

## RECREATION LISTSERV

[www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation)

- Electronic Brochures and Flyers
- Program Updates
- Special Events
- New Programs

**FASTEST WAY TO RECEIVE RECREATION INFO!**





# AQUATICS

## Water Babies (9-24 months)\*

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

## Parent and Child (2-3 years)\*

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

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

## Preschool Age 3

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

## Preschool Ages 4 and 5

The child will explore many aspects of the water on and off the docks including: safety, entry and exit, buoyancy, breath control, head submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained. Class Size: Min: 4 Max: 8



## Level 1 – Introduction to Water

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. Class Size Min: 4 Max: 8

## Level 2–Fundamental Skills

Participants 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. Class Size Min: 4 Max: 10

## Observation Policy

Please join us in the Spectator Section of the Pool Area on the first and last scheduled classes of the swimming session. We welcome your excitement and enthusiasm.

During all other classes the Spectator Area will be closed to minimize distractions to the class and improve the attention of the swimmers.

## Observation First and Last Day Only

## 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. Class Size: Min: 4 Max: 10

## 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. Class Size: Min: 4 Max: 10

## Level 5 – Stroke Refinement

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



## WEEKEND GROUP LESSONS

Inst: Certified Water Safety Instructors  
Fee: \$75 (Five 40 minute classes)

**SATURDAY:** Apr 27 – May 25

Level	Time
Preschool 3, 4, and 5	8:15-8:55
Water Babies and Parent/Child	9:00-9:40
Youth Beginner	9:45-10:25
Level 1	10:30-11:10

**SUNDAY:** Apr 21 – May 19

Level	Time
Preschool	8:15-8:55
Water Babies and Parent Child	9:00-9:40
Level 1	9:45-10:25
Level 2	10:30-11:10

## WEEKDAY GROUP LESSONS

Inst: Certified Water Safety Instructors  
Fee: \$75 (Five 40 minute classes)

## MONDAY

When: S1: Feb 25 – Mar 25  
S2: Apr 8 – May 13 (No 4/15)

Level	Time
Level 2	3:30-4:10
Level 3	4:15-4:55

## TUESDAY

When: S1: Feb 26 – Mar 26  
S2: Apr 9 – May 14 (No 4/16)  
S3: May 21 – Jun 18

Level	Time
Preschool 3, 4, 5	1:15-1:55 (No S1)
Level 3	3:30-4:10
Level 4	4:15-4:55

## WEDNESDAY

When: S1: Feb 27 – Mar 27  
S2: Apr 10 – May 15 (No Apr 17)  
S3: May 22 – Jun 19

Level	Time
Youth Beginner	3:30-4:10
Level 5	4:15-4:55

## THURSDAY

When: S1: Feb 28 – Mar 28  
S2: Apr 11 – May 16 (No 4/18)  
S3: May 23 – Jun 20

Level	Time
Level 1	1:10-1:50 (No S1)
Level 4	3:30-4:10
Level 2	4:15-4:55



# AQUATICS

## SEMI OR PRIVATE LESSONS

Semi-private (two participants) or private lessons (one participant) are for all abilities from beginner to advanced, both recreational and competitive. Semi-private participants are to be at or near similar ability.

Who: **Ages 4 through Adult**  
 Inst: Certified Water Safety Instructor  
 Private: \$150 (Five, 30 minute lessons)  
 Semi Private: \$200 (Five, 30 minute lessons)

## MONDAY

S1: Feb 25 – Mar 25  
 Times: 3:45 or 4:25  
 S2: Apr 8 – May 13 (No 4/15)  
 Times: 3:45, 4:25, 5:45 or 6:30

## TUESDAY

S1: Feb 26 – Mar 26  
 Times: 3:45 or 4:25  
 S2: Apr 9 – May 14 (No 4/16)  
 Times: 10:45, 3:45, 4:25, 5:45 or 6:30  
 S3: May 21 – Jun 18  
 Times: 10:45, 3:45, 4:25, 5:45 or 6:30

## SHORT WEDNESDAYS

S1: Mar 13, 27 Apr 3, 10, May 1  
 Time: 2:15

## WEDNESDAY

S1: Feb 27 – Mar 27  
 Times: 3:45 or 4:25  
 S2: Apr 10 – May 15 (4/17)  
 Times: 3:45, 4:25, 5:45, or 6:30  
 S3: May 22 – Jun 19  
 Times: 3:45, 4:25, 5:45, or 6:30

## THURSDAY

S1: Feb 28 – Mar 28  
 Times: 3:45 or 4:25  
 S2: Apr 11 – May 16 (No 18)  
 Times: 10:45 am, 3:45, 4:25, 5:45, or 6:30  
 S3: May 23 – Jun 20  
 Times: 10:45 am, 3:45, 4:25, 5:45, or 6:30



## AFTERNOON SENIOR SWIM



Who: Ages 60 and older  
 When: Tue and Thu, 2:00-3:15, Mar 5-May 30  
 Fee: \$5 per swim or Current Pool Membership

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

## AQUA FITNESS

Who: Ages 18 and older  
 When: Tue, Wed, Thu, 9:00-10:00  
 Apr 2 – Jun 20 (No 4/17, 4/19)  
 Inst: Susan Perry  
 Fee: Punch Pass \$70 (10 classes)  
 Min: 6 Max: 24

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



## PRE-SEASON CONDITION SWIMMING

Who/When: Ages 6 to 10, 5:00-5:40\*  
 Ages 11 to 18, 5:45-6:25\*  
 Inst: Staff Coaches  
 Fee: \$75 (8 classes) Min: 10 Max: 20

Day	Dates	Fee
Mon	Mar 25-May 20 (No 4/15)	\$75
Tue	Mar 26-May 21 (No 4/16)	\$75
Wed	Mar 27-May 22 (No 4/17)	\$75
Thu	Mar 28-May 23 (No 4/18)	\$75

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



## SPRINGBOARD DIVING

Who: Ages 12 and Older  
 When: Fri, 3:30-5:00, Mar 1-Apr 11 (No 3/29)  
 Inst: Jim Locke  
 Fee: \$90 (6 classes) Min: 4 Max: 8

Join the fun! Challenge yourself in a sport involving skill, confidence, precision, and self-discipline. Learn the basics of board work, somersaulting, twisting, entries and more. Knowledge of a basic forward dive off the diving board is required.



## WATER SAFETY AIDE

Who: Ages 11-14 (Must have passed ARC Level 4 or higher.)  
 When: Mon, Feb 25, 3:30-5:00  
 And a Five Day Class Assignment, TBD  
 Inst: Susan Perry  
 Fee: \$40 (6 classes) Min: 3 Max: 6

Learn to be a Water Safety Instructor Aide. Class includes: one day training and a 5 class practical at a mutually agreed upon time. Feb 25 will be a combination of classroom and water training. Bring a swimsuit and towel. Participants must be comfortable in the water and enjoy working with children. Full participation is required.



**"LIKE" US ON FACEBOOK**

[www.facebook.com/WestwoodRecreation](http://www.facebook.com/WestwoodRecreation)

## Pool Parties

A pool party is great for all ages and any occasion!

Fee: \$225 (2 hours)  
 The fee includes staff for two hours. Maximum of 40 people. One hour of swimming followed by one hour in the pool lobby. All pool rules apply.

To schedule your pool party email [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) requesting dates and times.

# SPORTS

\*Staff will be at Downey School for dismissal to supervise participants that attend these programs. The actual programs will begin at 3:30 and Short Wed program begins at 12:30. In the event of inclement weather, programs will be held in the Downey Gym.

## \*SPORTS & GAMES

Inst: Recreation Staff  
Fee: \$100 (9 classes) Min: 10 Max: 25



Grades	When	Where
K-5	Thu, 3:30-5:00, Apr 11-Jun 13 (No 4/18)	Downey Gym

Participants will play a variety of games: capture the flag, blob, kickball, whiffle ball, dodge ball, flag football, handball and more. Program promotes sportsmanship and teamwork.

## \*SHORT WED SPORTS & GAMES

Inst: Mike Griffin at Downey  
Jenna Cicerone at Sheehan  
Fee: \$100 (5 classes) Min: 10 Max: 25

Ages	When	Where
5-12	Wed, 11:50-3:00, Apr 3, 10; May 1, 22; Jun 5	Downey Gym
5-12	Wed, 11:50-3:00, Apr 3, 10; May 1, 22; Jun 5	Sheehan Gym

Participants will eat their lunch and then play a variety of games. At 1:30 there will be a snack break and then it's time for more games. Games will include: capture the flag, kickball, dodge ball, and varieties of different sports with modifications which will promote good sportsmanship and teamwork. Please bring a nut free lunch, snack and drinks.

## KARATE

Inst: Steve DiOrio, *Renshi*-Master Instructor  
Fee: \$175 (16 classes) Min: 10 Max: 30

When	Where
Tue & Thu, Apr 11-Jun 11 (No 4/16, 4/18)	Deerfield Gym



**Beginner Karate: 4:30-5:15** Fundamentals! (beginner through yellow belt). This class will teach the basic skills of karate while giving students a good workout and instilling confidence.

**Intermediate Karate: 5:15-6:00** Growth! (higher yellow belts through blue belt). This class continues with more challenging karate skills with emphasis on "Virtues over Violence." Karate forms are introduced based on Uechi-Ryu Karate Do.

**Advanced Karate: 6:00-6:45** Accomplishment! (blue belt through black belt) This class stresses mastery of karate skills and prepares the student to test for Junior Black Belt with emphasis on personal achievement.

For over 15 years our program has taught Uechi-Ryu karate, an Okinawan based martial art. Uechi-Ryu is much more than teaching kicks and punches. We increase kids' confidence and self-esteem, show them how to handle peer pressure, bullies, enhance their physical ability, coordination, and develop real world self-defense skills – all while having fun. We are honored to have produced over 40 Black Belts through our program. For more information, visit our website at [www.sensei-steve.com](http://www.sensei-steve.com)

## \*FLAG FOOTBALL

Inst: F.A.S.T. Athletics  
Fee: \$105 (7 classes) Min: 10 Max: 25

Ages	When	Where
8-12	Fri, 3:30-5:00, Apr 26-Jun 7	Downey Field

F.A.S.T. Athletics will teach game strategies, catching techniques and most importantly how to work together as a team. The students will participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters.

## ARCHERY

Inst: Archery USA Staff  
Fee: \$108 (5 classes) Min: 12 Max: 20

Ages	When	Where
8 & up	S1: Mon, 3:30-5:00, Apr 1-May 6 (No 4/15)	Downey Field
8 & up	S2: Mon, 3:30-5:00, May 13-Jun 17 (No 5/27)	Downey Field

Aim and shoot. Learn safety fundamentals, proper shooting form, how to use equipment and protective gear. This class is an official Junior Olympic Archery Development Program (JOAD). Parents are encouraged to sign up too. In the event of inclement weather, program will be held inside the gym.

## KIDDIE CAT JAM

Staff: Thundercat Sports Staff  
Fee: \$88 (6 classes) Min: 8 Max: 15



Ages	When	Where
3-6	Wed, 3:30-5:00, Apr 24-May 29	Sheehan Gym



Soccer & Basketball will be the core sports played in which basic skills will be emphasized. Other sports include: t-ball, softie hockey, balloon ball and more. Our energetic coaches will keep things moving fast and exciting in a safe and non-competitive atmosphere. Basic skills, hand-eye coordination, self-esteem, teamwork & fun are the main emphasis. Please bring a water bottle and dress comfortably to run around.

## JR. SLUGGERS BASEBALL/SOFTBALL

Inst: Sluggers Academy Staff  
Fee: \$185 (8 classes) Min: 5 Max: 15



Ages	When	Where
5-8	Thu, 3:45-4:30, Mar 14-May 9 (No 4/18)	Sluggers Academy, Medfield

Preparing athletes for in-town recreation leagues is our objective. Focus is on FUN, rules of the game, and TEAMWORK. Hand-eye coordination, flexibility, proper techniques and fundamentals are instructed. Please bring a glove & water bottle.

## \*T-BALL

Inst: Mike Griffin and Staff  
Fee: \$66 (Six 45 minute classes) Min: 12 Max: 24

Ages	When	Where
4-6	Wed, May 1-Jun 5, 3:30 or 4:45	Downey Baseball Field

Let's play ball! Have fun while learning the basic skills. Participants will receive individual instruction with hitting, throwing, fielding, base running and learning positions. Please bring a hat, glove and water bottle.

## FENCING

Inst: Jim Mullarkey, 3MB Fencing Club  
Fee: \$105 (8 classes) Min: 8 Max: 20

Ages	When	Where
8 & up	Wed, 7:15-8:30 PM, Apr 10-Jun 5 (No 4/17)	Downey Cafeteria

The Olympic sport of Fencing is fast and fun. All aspects of beginning fencing will be taught from footwork through blade work. Teamwork and sportsmanship are also part of the teachings. All safety gear is supplied. Wear loose comfortable pants and sneakers.

## \*HOOP IT UP CLINIC

Inst: Mike Griffin and Staff  
Fee: \$80 (8 classes) Min: 10 Max: 16



Grades	When	Where
1-2	Tue, 3:30-5:00, Apr 9-Jun 4 (No 4/16)	Downey Gym

This clinic is designed for emphasizing fundamental skills, rules of the game, defense & strategy. There will be modified scrimmages to further skills. All levels welcome. Please dress accordingly.

# ADULTS/TEENS



## DOG TRAINING PROGRAMS

Who: Owners Ages 14 & up  
Where: Islington Community Center Hall  
Inst: Susan Lowell, Pet Providers

### PUPPY & DOG TRAINING

Who: Puppies 12 weeks-1 year, 6:00-7:00 PM  
Dogs 1 year and older, 7:00-8:00 PM  
When: Wed, Mar 20-May 15 (No 4/17)  
Fee: \$110 (8 classes) Min: 6 Max: 12



These courses are designed to help owners and their dogs understand one another through basic commands and motions.

### BEGINNING DOG AGILITY

Who: Dogs 6 months or older  
When: Mon, 6:00-7:00 PM, Mar 18-May 13 (No 4/15)  
Fee: \$110 (8 classes) Min: 6 Max: 12

This is an introductory course to agility. Dogs and owners will learn the basics of agility equipment. This course will cover the foundation skills to navigate the equipment as a team.

### ADVANCED DOG

Who: Dogs 1 year or older  
When: Mon, 7:00-8:00 PM, Mar 18-May 13 (No 4/15)  
Fee: \$110 (8 classes) Min: 6 Max: 12

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

### CANINE GOOD CITIZEN

Who: Dogs 1 year or older  
When: Sat, 10:15-11:15, Mar 16-May 4 (No 4/13, 4/20)  
Fee: \$130 (6 classes) Min: 6 Max: 25



The Canine Good Citizen Program is designed to teach responsible ownership and certify dogs that have the training and behaviors needed to be reliable, well-behaved members of their families and communities. The ten training/testing areas are: 1. Accepting a friendly stranger, 2. Sitting politely for petting, 3. Appearance and grooming, 4. Out for a walk, 5. Walking through a crowd, 6. Sit and down command/staying in place, 7. Coming when called, 8. Reaction to another dog, 9. Reaction to distractions, 10. Supervised Separation. Dogs that pass all ten items are listed in the CGC records at the American Kennel Club and allow dogs to visit nursing homes, schools, and other venues.

## PEDIATRIC FIRST AID & CPR/AED

Who: Ages 15 & up  
When: Wed, Apr 10, 6:00-9:00 PM  
Where: Islington Community Center  
Inst: Juanita Allen, W-EMT  
Century Health Systems  
Fee: \$75 (1 class) Min: 5 Max: 10

Focusing on children, this course offered by the American Heart Association will cover: CPR, 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.



## INTERIOR DESIGNERS WORKSHOP

Who: Ages 12 & up  
When: Wed, 5:30-8:30 PM, April 3 and 10  
Where: Champagne Room, Carby Street  
Inst: Meghan Ratnam, Ratnam Interiors  
Fee: \$50 (2 classes) Min: 10 Max: 15



Looking to redesign your bedroom or another room? You will create a space that reflects your personal style and that you'll love. Participants will create a concept board tailored to their space; learn about layout, space planning, color scheme, lighting, coordination fabrics and incorporating items to keep the room organized. Parent and child are welcome to attend together and each work on their own custom design.

## FOUNDATION PLANTINGS & ENTRYWAY DESIGN

Who: Ages 15 & up  
When: Mon, Apr 8, 7:00-8:30 PM  
Where: Champagne Room, Carby Street  
Inst: Linda Walter, Terrain Landscape Design  
Fee: \$25 (1 class) Min: 10 Max: 25



Spring brings on a new look! Whether you are looking to provide a welcoming transition area from outside to inside; wanting to disguise unattractive concrete foundations; or simply crave a beautiful element to your yard this workshop will get you started. Learn about site analysis, what to do with existing plantings, choosing appropriate plants, testing soil, pruning and more. Bring photos and dimensions to class for discussion.



## 4 SEASONS LANDSCAPE DESIGN & CONTAINERS

Who: Ages 15 & up  
When: Mon, May 6, 7:00-8:30 PM  
Where: Champagne Room, Carby Street  
Inst: Linda Walter, Terrain Landscape Design  
Fee: \$25 (1 class) Min: 10 Max: 25



Design your landscape to be both functional and beautiful year round. Learn how to design your space according to sun exposure, cold-hardiness, and soil with gardening tips about planting and maintenance. Topics for discussion will be: Hardscape Elements (walls, boulders, sheds, patios), Recommended Seasonal Plants, Variety of Colors, Massing and more. Come to class with photos and dimensions for discussion.

## TRIPS

### Treat Yourself to a Get Away

- Sister Act, Providence Arts Center, April 14, \$99
- Lion King, NY City, April 17, \$169
- NY City, Ground Zero, Ellis Island & more; May 4-5, \$259-\$329
- Red Sox Game, Baltimore, June 14-16, \$379-\$509
- Martha's Vineyard, July 20, \$89

For complete details go to Brochures and Flyers at  
[www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation)



# PARENT/CHILD

## BOPPIN' BABIES

Inst: Kirsten Boger, M.Ed.  
 Fee: Mon \$60 (8 classes) Min: 5 Max: 10  
 Fri \$75 (10 classes) Min: 5 Max: 10

Ages	When	Where
0-18 mo	Mon, 9:30-10:15, Apr 1-Jun 3 (No 4/15, 5/27)	Islington Community Center
0-18 mo	Fri, 9:30-10:15, Apr 5-Jun 14 (No 4/19)	Islington Community Center

Sing, Dance, Play! Get your bodies moving in a class just for babies!

## TODDLER TIME

Inst: Kirsten Boger, M.Ed.  
 Fee: \$90 (10 classes) Min: 5 Max: 10

Ages	When	Where
18 mo-4yrs	Fri, 10:30-11:30, Apr 5-Jun 14 (No 4/19)	Islington Community Center

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

## MUSIC & MOVEMENT

Inst: Kirsten Boger, M.Ed.  
 Fee: Mon \$60 (8 classes) Min: 5 Max: 10  
 Wed \$75 (10 classes) Min: 5 Max: 10



Ages	When	Where
2-4	Mon, 10:30-11:15, Apr 1-Jun 3 (No 4/15, 5/27)	Islington Community Center
2-4	Wed, 10:45-11:30, Apr 3-Jun 12 (No 4/17)	Islington Community Center

Come join the fun with singing, dancing and playing instruments.

## ACTIVE TOTS

Inst: Kirsten Boger, M.Ed.  
 Fee: \$90 (10 classes) Min: 5 Max: 10

Ages	When	Where
2-4	Wed, 9:30-10:30, Apr 3-Jun 12 (No 4/17)	Islington Community Center

Get out and get moving! Come join us in a space where little ones can run, jump, throw, catch, play games and get all those wiggles out!

## TODDLER YOGA

Inst: Guari Agrawal  
 Fee: \$60 (6 classes) Min: 5 Max: 15

Ages	When	Where
2-4	Sat, 9:00-9:45, Apr 27-Jun 8 (No 5/25)	Islington Community Center

Toddlers are amazingly flexible. Nursery rhymes and small stories are associated with yoga movements. Children will be allowed to explore their own imaginations. This is a parent/child class. Please bring a mat.

## KNUCKLEBONES MICRO WHEELS

Inst: Knucklebones Staff  
 Fee: \$115 (8 classes) Min: 9 Max: 15

Ages	When	Where
2-4	Wed, 3:45-4:30, Apr 24-Jun 12	Sheehan Cafeteria

Micro Wheels teaches the fundamentals of learning to ride a bicycle (without training wheels)! A variety of unique wheeled and non-wheeled products are used to help build gross motor skills, balance and confidence. Activities involve: scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. Diverse games include using balance beams, balancing stones, street signs, an obstacle course and more, to help develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.

# PRESCHOOL

## ADVENTURE DAYS

Inst: Kirsten Boger, M.Ed.  
 Where: Islington Community Center  
 Fee: \$25 (1 class) Min: 5 Max: 12

Ages	When
3-5	Tue, 9:00-12:00, Apr 16
3-5	Wed, 9:00-12:00, Apr 17
3-5	Thu, 9:00-12:00, Apr 18
3-5	Fri, 9:00-12:00, Apr 19
3-5	Mon, 9:00-12:00, Jun 17
3-5	Tue, 9:00-12:00, Jun 18
3-5	Wed, 9:00-12:00, Jun 19
3-5	Thu, 9:00-12:00, Jun 20
3-5	Fri, 9:00-12:00, Jun 21



It is all about having fun! Enjoy a fun packed day of activities such as: crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play and need to bring drinks, nut safe snack. Participants must be toilet trained.

## KIDS AT PLAY

Inst: Cori Trombly, M.Ed.  
 Fee: \$90 (10 classes) Min: 8 Max: 15

Ages	When	Where
3-5	Fri, 1:15-2:45, Apr 5-Jun 14 (No 4/19)	Islington Community Center

Calling ALL Kids...lets play! There will be lots of action going on in this integrated program. Kids will learn new games, move to the music and just have fun. Participants must be toilet trained.

## FIT 4 FUN 4 PRESCHOOLERS

Inst: Carol Jackson, Fit 4 Fun  
 Fee: \$90 (6 classes) Min: 6 Max: 15



Ages	When	Where
3-5	Thu, 2:30-3:30, Apr 25-May 30	Islington Community Center

Activities and games will include fitness and movement class for potty-trained, pre-school aged kids, with a focus on fun and interactive play. This class aims to make active play fun and encourage the students to make healthy choices and exercise a way of life. Music and games are used in conjunction to introduce a variety of skills that will be helpful in sports or PE classes, as well for general coordination, strength, flexibility and cardiac stamina. The class will conclude with 10 minutes of yoga which will end the class on a happy and healthy note. Bring a water bottle.

## PLAY DATE

Inst: Kirsten Boger, M.Ed.  
 Fee: \$100 (8 classes) Min: 5 Max: 10



Ages	When	Where
3-5	Tue, 9:00-10:30, Apr 2-May 28 (No 4/16)	Islington Community Center

Enjoy a fantastic morning with music, dancing, books, crafts, and free play. Please bring a drink and nut safe snack. Participants must be toilet trained





# YOUTH

## INTERIOR DESIGNERS WORKSHOP

Who: Ages 12 & up  
When: Wed, 5:30-8:30 PM, April 3 and 10  
Where: Champagne Room, Carby Street  
Inst: Meghan Ratnam, Ratnam Interiors  
Fee: \$50 (2 classes) Min: 10 Max: 15



Looking to redesign your bedroom or another room? You will create a space that reflects your personal style and that you'll love. Participants will create a concept board tailored to their space; learn about layout, space planning, color scheme, lighting, coordination fabrics and incorporating items to keep the room organized. Parent and child are welcome to attend together and each work on their own custom design.

## VIDEO GAME DESIGN

Who: Grades 3-8  
When: Tue, 5:00-6:00, Apr 23-Jun 11  
Where: High School, Room 149-English Wing  
Inst: Children's Technology Staff  
Fee: \$195 (8 classes) Min: 8 Max: 12

It's one thing to play video games, try making one yourself! Students work with self-paced tutorials and our knowledgeable instructors to master programming and make their own games. Once their games are complete, students learn the art of game customization and different methods of game creation. Experienced programmers can work with scripted coding, or try their hand at 3D game-making. Games can be played at home (MS Windows-only), and software used in class is available for free download (MAC and PC) for those who want to continue working on their games at home. Our non-violence policy is enforced.

## STOP MOTION ANIMATION

Who: Grades 3-8  
When: Tue, 6:15-7:15, Apr 23-Jun 11  
Where: WHS Room 149-English Wing  
Inst: Children's Technology Staff  
Fee: \$195 (8 classes) Min: 8 Max: 12



Learn the science and art of stop-motion animation by making two short films. Students will work in pairs to write their own story and script, plan out a story board, and create their artwork. Laptops, cameras and special software are used to explore various animation techniques and capture their footage. After filming, students work on the post-production process to add titles, transitions, and sounds. Experienced animators can build on their previous skills to create timeless masterpieces of animation. All movies are available to take home. A strict non-violence policy is enforced.

## HOME ALONE SAFETY

Who: Ages 8-11  
When: Wed, 1:00-3:00, Apr 10  
Where: Islington Community Center  
Inst: Juanita Allen, W-EMT, Century Health Systems  
Fee: \$50 (1 class) Min: 6 Max: 15

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

## BLAST-BABYSITTER SAFETY

Who: Ages 11-15  
When: Wed, 3:00-6:00, Apr 10  
Where: Islington Community Center  
Inst: Juanita Allen, W-EMT, Century Health Systems  
Fee: \$60 (1 class) Min: 6 Max: 12

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

# PERFORMING ARTS

## MUSICAL THEATRE THE JUNGLE BOOK

Who: Ages 6-12  
When: Sat, 12:30-2:30, Apr 6 – May 18 (No 4/20)  
Where: Islington Community Center  
Inst: SiouxSanna Ramirez-Cruz and Jason Whiting  
Fee: \$150 (6 classes) Min: 12 Max: 20

Join Mowgli as he finds adventures with Baloo, Kaa and Shere Khan in the jungle in this adaptation of the Disney Classic, *The Jungle Book*! Students are introduced to the key elements of musical theatre, teamwork and performance through a mini production process culminating in a final presentation for family and friends - no previous experience required. Students receive an actor's package. Please bring a water bottle and your imagination.

## KEY BOARD LESSONS

Who: Ages 7 & up  
Where: Islington Community Center  
Inst: Jason Whiting  
Fee: \$225 (Six 30 minute lessons)



Day	Dates	Time Slots
Sat	Apr 6-June 1 (No 4/20, 5/18, 5/25)	9:30, 10:00, 10:30, 11:00

These are private lessons for beginner to advanced levels. Lessons are taught on a Casio Privia Digital Piano (88 full-size keys). Student must have access to a key board or piano for practicing.

## GUITAR & BASS LESSONS

Who: Ages 8 & up  
Where: Islington Community Center  
Inst: Joseph Hart  
Fee: \$130 (Five 30 minute lessons)

Day	Dates	Time Slots
Mon	S1: Apr 8 – May 13 (No 4/15)	6:00, 6:30, 7:00, 7:30
Mon	S2: May 20 – June 24 (No 5/27)	6:00, 6:30, 7:00, 7:30
Wed	S1: Apr 10 – May 15 (No 4/17)	6:00, 6:30, 7:00, 7:30
Wed	S2: May 22 – June 19	6:00, 6:30, 7:00, 7:30

Want to be a real guitar hero? Sign-up for some lessons! These private lessons are uniquely tailored to each individual student. Lessons are for beginner to advanced levels. Participants need to bring their own guitar.

## HIP HOP

Who: Ages 5-13  
When: Mon, 4:30-5:30, Apr 8-Jun 10 (No 4/15, 5/27)  
Where: Downey Cafeteria  
Inst: Aly Pereira  
Fee: \$110 (8 classes) Min: 6 Max: 20

Join the fun and learn the latest dance moves to the most popular music. Participants will learn various dances to songs which will incorporate choreography and different forms of freestyle movements. On the last day of the session, the participants will put on a short performance.



# PATHFINDERS

**Mission Statement:** To provide the special needs children/teens of Westwood and our surrounding communities the opportunity to participate in social and creative recreational activities.

**Restrictions:** All participants must be toilet trained and able to use the bathroom independently.

## KIDS AT PLAY

Inst: Cori Trombly, M.Ed.  
Fee: \$90 (10 classes) Min: 8 Max: 15



Ages	When	Where
3-5	Fri, 1:15-2:45, Apr 5-Jun 14 (No 4/19)	Islington Community Center

Calling ALL Kids...let's play! There will be lots of action going on in this integrated program. Kids will learn new games, move to the music and just have fun. Participants must be toilet trained. In this integrated program, our PathFinder participants will be included in the Active Play (as seen on the preschool page).

## SHORT WED SPORTS & GAMES

Inst: Cori Trombly, M. Ed.  
Fee: \$100 (5 classes) Min: 3 Max: 6

Ages	When	Where
5-12	Short Wed, 11:50-3:00, Apr 3, 10, May 1, 22, Jun 5	Downey Gym

In this integrated program, our PathFinder participants will be included in the Short Wed Sports & Games (as seen on the Sports page). Participants will eat their lunch and then play a variety of games. At 1:30 there will be a snack break and then it's time for more games. Games will include: capture the flag, kickball, dodge ball, and a variety of different sports with modifications which will promote good sportsmanship and teamwork. Staff will be at Downey School for dismissal to supervise participants that attend. The actual programs will begin at 12:30. In the event of inclement weather, programs will be held in the Downey Gym. **Please bring a peanut/nut safe lunch, snack and drinks.**

## YOUTH BEGINNER SWIM LESSONS

Inst: Certified Water Safety Instructors  
Fee: \$75 (Five 40 minute classes) Min: 4 Max: 6

Ages	When	Where
8-16	Sat, 9:45-10:25, Apr 27-May 25	Westwood Pool

This beginner swimming class is designed for older children with special needs. The small group setting is conducive to learning. Individualized goals will be set the first day of class.

## FIT 4 FUN

Inst: Carol Jackson, Fit 4 Fun  
Fee: \$90 (6 classes) Min: 6 Max: 15



Ages	When	Where
7-12	Thu, 3:45-5:15, April 25-May 30	Islington Community Center Hall

Fit 4 Fun is a positive experience that combines physical games with lessons on healthy eating. Participants will learn about easy and healthy snacks. Activities such as kickball, dodge ball, tag, obstacle courses and fitness related movements. At the end of each program there will be a 10-15 minute stretch/yoga to give your child a chance to unwind, relax and reflect. **There will be a FREE class offered on Thursday, April 11<sup>th</sup>**, for your child to attend and meet Carol and ask any questions pertaining to the program. All snacks are nut-free. For more information visit [www.fit4funkids.com](http://www.fit4funkids.com)

# FITNESS

## CARDIO BLAST

Inst: Ellen O'Hara, ACE Personal Trainer  
Fee: \$88 (7 classes) Min: 8 Max: 12



Ages	When	Where
18 & up	S1: Tue, 8:45-9:45, Mar 12-Apr 30 (No 4/16)	WHS Track
18 & up	S1: Thu, 8:45-9:45, Mar 14-May 2 (No 4/18)	WHS Track
18 & up	S2: Tue, 8:45-9:45, May 7-June 18	WHS Track
18 & up	S2: Thu, 8:45-9:45, May 9-June 20	WHS Track

Cardio Blast is a fun, always changing, total body workout. After warming up, we will do intense bursts of cardio interspersed with strengthening moves, such as: pushups, triceps dips, medicine ball drills, and resistance bands. If you want more energy, better sleep, and some great body toning then this is the class for you! Participants need to bring a towel, mat, and water. In the event of rain, class will be held at the Islington Community Center Hall.



## BOOT CAMP

Inst: Ellen O'Hara, ACE Personal Trainer  
Fee: \$175 (14 classes) Min: 8 Max: 25

Ages	When	Where
18 & up	Tue & Thu, 6:00-7:00 AM, Mar 12-May 2 (No 4/16, 4/18)	WHS Gym
18 & up	Tue & Thu, 6:00-7:00 AM, May 7-Jun 20	WHS Gym

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. It is an ideal cross training addition to a current workout regime. Participants need to bring a mat, light weights and water.

## HOOP" THERE IT IS

Inst: Carolyn Brancato  
Fee: \$80 (6 classes) Min: 10 Max: 20

Ages	When	Where
16 & up	Mon, 7:00-8:00 PM, Apr 29-Jun 10 (No 5/27)	Islington Community Center Hall

Hula hoop exercise is a great way to obtain a full body workout. It is known to enhance your mood and is a great way to connect yourself both physically and mentally. Dress in comfortable clothes, ready for a workout. **Please join us for a FREE class on Monday, April 22<sup>nd</sup>.**



## FAMILY CIRCUITS

Inst: Ellen O'Hara, ACE Personal Trainer  
Fee: \$90 per family (6 classes) Min: 6 Max: 20

Ages	When	Where
5 & up	Sat, 9:00-10:00 AM, April 27-June 8 (No 5/25)	Islington Community Center Hall

Come with your child and exercise like you were a kid again. Join us for calisthenics, body weight exercise and more. Class instruction is always changing by using jump ropes, hula hoops, balls, bands, music, and other things to help burn calories, and work on strength while having fun. Bring water and a mat (parent and child can share one mat).

## RELAXATION & MEDITATION

Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15

Ages	When	Where
16 & up	Sat, 10:00-11:10, Apr 27-Jun 8 (No 5/25)	Islington Community Center

Come cleanse the mind. Learn mind exercises that will control thoughts, dissolve negative feelings, and enhance your outlook. Classes are comprised of gentle subtle yoga, breathing techniques and guided meditation.

# FITNESS

## ZUMBA

Inst: Meghan Collins  
Fee: \$70 (6 classes) Min: 5 Max: 20

Ages	When	Where
18 & up	Tue, 9:45-10:45, Mar 12-Apr 23 (No 4/16)	Islington Community Center
18 & up	Tue, 9:45-10:45, May 7-June 11	Islington Community Center

Zumba is a Latin-inspired dance fitness class that incorporates Latin & international music and dance movements. The dance routines are easy to follow and it's a great workout. Please wear sneakers/ dance shoes, fitness attire and bring a water bottle.

## ADULT YOGA

Inst: Linda Margosian, Certified Hatha Yoga Instructor  
Fee: \$120 (8 classes) Min: 5 Max: 12

Ages	When	Where
16 & up	Thu, 11:00-12:30, Apr 25-Jun 13	Islington Community Center
16 & up	Thu, 7:00-8:30 PM, Apr 25-Jun 13	WHS Room 149

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



## KIDS YOGA

Inst: Danielle Slaney  
Fee: \$100 (8 classes) Min: 5 Max: 20

Ages	When	Where
8-13	Thu, 6:00-7:00 PM, Apr 25-Jun 13	WHS Room 149

Learn a series of poses and postures that help build strength, coordination, develop confidence and concentration. This will be a fun, interactive and imaginative class that will enhance both the mind and the body. Please bring a mat and water.

## PRENATAL YOGA AM

Who: Women who are pregnant  
Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15



When	Where
Wed, 9:45-10:45, Apr 24-May 29	Islington Community Center Sanctuary

Yoga has numerous benefits if practiced during pregnancy. Gentle stretches renovate the body. The simple subtle yoga exercises of ankle and hands prevent the swelling generally occurred during the 3rd trimester. Meditation and relaxation techniques help the mind to relax. Breathing techniques will ease labor pain when practiced beforehand. Please bring a mat and water bottle.

## PRENATAL YOGA PM

Who: Pregnant women or women who have given birth within a year  
Inst: Lauren Leonard, RYT 200  
Fee: \$105 (8 classes) Min: 5 Max: 10

When	Where
Wed, 7:00-8:15 PM, April 24-June 12	Recreation Activity Room

Feel great during your pregnancy and beyond. Move your way through the aches and pains associated with changes a woman's body undergoes during pregnancy, while also strengthening and toning the muscles needed for labor and beyond. Embrace the strength and beauty of the pregnant body by creating a deeper connection to your mind, body, breath and baby. Participants need to bring their own yoga mat.

## KICKBOXING

Inst: Ari Cassarino  
Fee: \$90 (8 classes) Min: 5 Max: 15



Ages	When	Where
18 & up	Wed, 7:00-8:00 PM, Apr 24-Jun 12	Sheehan Cafeteria

This kickboxing class will start you off with the basics and progressively get more intense with each session. Watch your body, confidence, and fighting skills transform before your eyes while getting an extreme workout and physical conditioning.

## PILATES MAT

Inst: Sandy Williams  
Fee: \$80 (8 classes) Min: 4 Max: 12

Ages	When	Where
16 & up	Mon, 7:00-8:00 PM, Apr 22-Jun 17 (No 5/27)	Sheehan Gym

Pilates dramatically transforms the way your body looks, feels and performs. A fun and invigorating workout that teaches a series of controlled movements using core muscles. This class is designed to increase strength, flexibility, and balance with an emphasis on posture. All levels of fitness are encouraged. Please bring a mat and water.

## BUGGY BABIES

Who: Parent & Child  
Inst: Lauren Leonard, RYT 200  
Fee: \$120 (8 classes) Min: 5 Max: 10

When	Where
Wed, 4:30-5:30, Apr 24-Jun 12	Sheehan Cafeteria

Open to moms of all fitness levels, Buggy Babies turns your stroller into a portable piece of exercise equipment for a total body workout. Lose weight, get toned, and bond with your child through this fun and interactive fitness program. Classes combine fat burning work with strength training elements and end with tummy time for both moms and baby.

## YOGA FOR RUNNERS

Inst: Lauren Leonard, RYT 200  
Fee: \$120 (8 classes) Min: 5 Max: 10



Ages	When	Where
16 & up	Mon, 6:00-7:00 AM, Mar 18-May 13 (No 4/15)	Pool Lobby

This Marathon season, add yoga to your training program and become a stronger, healthier, more focused runner. Whether you are just starting to jog or plan on running your 20<sup>th</sup> Boston Marathon, yoga for runners will be the perfect compliment. Focusing on movements that will both strengthen and stretch those key running muscles; specifically the quads, hamstrings, and core. Additionally, you will learn how to relax your mind and body so that you can run more efficiently and not get overwhelmed with pre-race jitters. So strike a balance this spring and add yoga for runners to your calendar!

## FIT GIRLZ

Inst: Ellen O'Hara, ACE Personal Trainer  
Fee: \$60 (6 classes) Min: 5 Max: 20



Grades	When	Where
7-12 Girls	Tue, 2:30-3:15, Apr 9-May 21 (No 4/16)	Middle School Cafeteria

A fun and total body workout for girls! This class is perfect for the girl who wants a little more exercise in her life, or the athlete who is looking for added conditioning. We will use bands, balls, resistance training, agility drills, cardio and even games. Each class will be a different format, boredom is not an option! Sign up with a friend! Bring a water bottle.

# APRIL VACATION



## MOVIE STUNT CLINIC

Inst: Steve DiOrio, Nannadan Kyoshi, 7th Degree Black Belt  
 Fee: \$165 (3 classes) Min: 8 Max: 50

Ages	When	Where
6 & up	Tue-Thu, Apr 16-18, 9:00-1:00	Deerfield Gym

Move over Bruce Lee, Westwood stunt fighters are here! Once again, Steve DiOrio will lead a Martial Arts Movie Fighting program that will cover the basic principles and techniques of stunt fight choreography and performance. Over the course of a week, you will learn about acting the fight, reactions, safety, camera awareness, discipline on the set, and more. You'll try different scenarios including one-on-one, brawl with multiple attackers and defenders, and others. Just like in the movies, you'll choreograph, perform and film. Afterwards you'll review the films to refine your choreography and techniques. This program is great exercise, will build reaction skills, and is a lot of FUN! For this program, the ability to follow directions, work in a team/collaborative environment, provide and receive constructive feedback, and play in a non-threatening and safe way is required. No previous martial arts experience is required.

## MUSICAL THEATRE ONCE UPON A TIME

Inst: SiouxSanna Ramirez-Cruz and Jason Whiting  
 Fee: \$210 (4 classes) Min: 15 Max: 25

Ages	When	Where
6-14	Tue-Fri, Apr 16-19, 9:00-4:00	Islington Community Center

Once Upon A Time is a musical adventure based on four fairy tales by the Brothers Grimm. Please bring a water bottle, nut-safe lunch and two snacks.

## SPECTACULAR OPEN SWIM!

Current membership or \$5 per daily swimmer

Tue, Apr 16 Open Swim 1:00-2:15  
 Cannon Ball Contest

Wed, Apr 17 Open Swim 1:00-2:15  
 Music Madness

Thu, Apr 18 Open Swim 1:00-2:15  
 Poker Chip Pick-up

Fri, Apr 19 Open Swim 1:00-2:15  
 Oodles of Noodles



## VACATION VARIETY

Inst: F.A.S.T. athletics and Recreation Staff  
 Fee: \$145 (3 days) Min: 15 Max: 60

Grade	When	Where
K-5	Tue-Thu, Apr 16-18, 9:00-3:00	Middle School Gym & Fields

It's fast moving fun with a variety of games and fitness activities including basketball, soccer, dodge ball, pillo polo and many more traditional and non-traditional sports and games. Grab your buddy and come have fun with F.A.S.T. (fitness, agility, skills, teamwork) athletics! Participant's confidence, aerobic activity will increase along with a greater sense of teamwork and sportsmanship. Quiet play options will also be available such as board games and crafts. A Scavenger Hunt will also take place during one of the days. Participants need to bring a peanut/nut free lunch, snack, drink and water bottle.

### 7:30-9:00 AM EXTENDED DAY

Fee: \$15 (3 days) Min: 8 Max: 25

Drop off at the Thurston Middle School Gym. Participants will enjoy free play and quiet games.

### 3:00-5:30 PM EXTENDED DAY

Fee: \$40 (3 days) Min: 8 Max: 25

Participants will be transported by van to the Recreation Department for swimming, board games, crafts, outdoor play, and movies. **To partake in swimming, participants must be able to swim independently.** Non swimmers will have a variety of choices including outdoor play. Participants need to bring swim suit & towel and be prepared for outdoor play. Parents are to pick up their children in the Recreation Pool Lobby by 5:30 PM. Afternoon snacks will be provided.

## SAVE THE DATE



**SATURDAY, OCTOBER 5, 2013**

**10:00-3:00**

### STAY INFORMED

[www.facebook.com/westwoodday](http://www.facebook.com/westwoodday)

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

## FISHING DERBY

IT'S A "REEL" GOOD TIME

**SATURDAY, MAY 11**

**7:00-11:00 AM**

**BUCKMASTER POND**



**YOUTH DIVISION** Free: Ages 15 & under

Prizes will be awarded. Participants must bring their own poles.

### ADULT DIVISION

Fee: \$10. Ages 16 & older

Prize will be awarded for the largest fish caught. Adults must obey all Massachusetts Fish & Game regulations. Adult division is required to register at Buckmaster Pond that day.

### CONCESSION STAND

Coffee, donuts, soda, hot dogs and worms.

### SPONSORED BY

**North Walpole Fish and Game**