



# FALL 2013

**A community event for all ages!**

**OCTOBER 5TH, 2013**

Westwood High School

10:00 AM – 3:00 PM

Rain or Shine



## Kick Off: Friday, October 4

- **Football Game 7:00 PM**

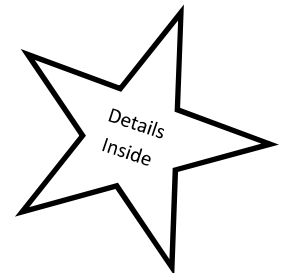
Westwood Wolverines host rival Holliston Panthers at Flahive Field

- **Fireworks 9:00 PM**

Display will follow the football game approximately 9:00 PM at Westwood High School

## Westwood Day: Saturday, October 5

- 5K and Fun Run
- Transportation Show
- Vendor Village
- Food Court
- Buttons
- Activities
- Entertainment
- Adult Volunteers



## Thank You To Our Platinum Sponsors



Westwood Recreation Department  
240 Nahatan Street  
Westwood, MA 02090

**RESIDENTIAL CUSTOMER**  
**WESTWOOD, MA 02090**

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

SAVE PAPER – REGISTER ON LINE at www.westwoodma.gov/recreation

Parent's Name: \_\_\_\_\_ First \_\_\_\_\_ Last \_\_\_\_\_ Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell/Emergency Phone: (\_\_\_\_) \_\_\_\_\_

► Please fill in all program information. ► No confirmations are sent out. Consider your registration accepted and report to your first choice programs UNLESS the department notifies you.

First Name	Last Name	D.O.B.	Gender	Choice	Program/Level	Date(s)	Day	Time	Fee	Office Use
		/ /	M F	1 <sup>st</sup> 2 <sup>nd</sup>						
		/ /	M F	1 <sup>st</sup> 2 <sup>nd</sup>						
		/ /	M F	1 <sup>st</sup> 2 <sup>nd</sup>						
		/ /	M F	1 <sup>st</sup> 2 <sup>nd</sup>						
		/ /	M F	1 <sup>st</sup>						
		/ /	M F	1 <sup>st</sup>						

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

Recreational and Volunteer 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 \_\_\_\_\_

Please charge to Master Card, Visa, or Discover \_\_\_\_\_ EXP. \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

RECREATION OFFICE USE ONLY

Amount	Payment \$	Payment \$	Notes
Date Processed	CyberSource		
Date Processed	SQL		



## BOARD OF SELECTMEN

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Patrick Ahearn

Philip Shapiro

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Interim Recreation Director

Susan Perry  
Aquatics Manager

Taryn Crocker  
Business Manager

Mike Griffin  
Manager of Fitness Programs

Kristin Scoble  
Program Manager

Julie Harrington  
Aquatics Specialist

Tish Healey  
Recreation Specialist



## 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

# REGISTRATION

## WESTWOOD RESIDENT REGISTRATION



### ON-LINE REGISTRATION: **BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**

[www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation) Click Online Recreation. Logon using your email and password. Under Main Menu select Register for Activities. Under Register for Activities click program category and select program/class.

**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

Begins upon receipt of this brochure **EXCEPT** for **SWIM TEAM** which begins October 1. See Swim Team page for details.

### 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: Master Card, 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.



## INTEGRATED PROGRAMS

Westwood Recreation's specially staffed integrated programs aim to provide the children/teens in our community, who have special needs, an opportunity to participate in recreational activities. When registering for an integrated program please note that the "Additional Information" section offers you the space to disclose the existence of a disability or special consideration. Any information provided is confidential. **Restrictions:** All participants must be toilet trained and able to use the bathroom independently.



**LIKE US:** [facebook.com/westwoodrecreation](https://facebook.com/westwoodrecreation)



**FOLLOW US:** @WW\_Rec

# 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 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 Aquatic 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

## Level 6 –Fitness Swimmer

Participants must have passed Level 5. At this level swimmers perform: pre and post swimming assessments; explore the use of a pace clock, pull buoy, and fins; and discuss the principles of a fitness program, training techniques, and target heart rate. Class Size: Min: 4 Max: 10

## **WEEKEND LESSONS**

Inst: Certified Water Safety Instructors

Fee: \$75 (Five 40 minute classes)

### **SATURDAY**

When: Session A: Sep 14-Oct 19 (No 10/5)

Session B: Nov 2-Dec 7 (No 11/30)

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 3	10:30-11:10

### **YOUTH BEGINNER**

Who: Ages 8 -14

When: Sat, 9:45-10:25

Session A: Sep 14-Oct 19 (No 10/5)

Session B: Nov 2-Dec 7 (No 11/30)

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. Min : 4 Max: 8

### **SUNDAY**

When: Session A: Sep 15-Oct 20 (No 10/6)

Session B: Nov 3-Dec 8 (No 12/1)

Level	Time
Preschool 3, 4, and 5	8:15-8:55
Level 1	9:00-9:40
Level 2	9:45-10:25
Level 3	10:30-11:10



## **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**



## **WEEKDAY LESSONS**

Inst: Certified Water Safety Instructors

Fee: \$75 (Five 40 minute classes)

### **MONDAY**

When: Session A: Sep 16 -Oct 21 (No 10/14)

Level	Time
Level 2	6:30-7:10 PM

### **TUESDAY**

When: Session A: Sep 17-Oct 15

Session B: Nov 5-Dec 3

Level	Time
Preschool 3, 4, 5	1:15-1:55 PM

### **WEDNESDAY**

When: Session A: Sep 18-Oct 16

Level	Time
Level 4	6:30-7:10 PM

### **THURSDAY**

When: Session A: Sep 19-Oct 17

Session B: Nov 7-Dec 12 (No 11/28)

Level	Time
Level 1	1:15-1:55 PM

### **FRIDAY**

When: Session A: Sep 20-Oct 25 (No 10/4)

Session B: Nov 8– Dec 13 (No 11/29)

Level	Time
Level 1	9:30-10:10
Preschool 3, 4, 5	1:15-1:55 PM



# AQUATICS



## PRIVATE LESSONS

Who: **Ages 4 through Adult**  
Inst: Certified Water Safety Instructors  
Fee: \$150 (Five 30 minute lessons)

Private lessons are for all abilities. Certified Water Safety Instructors will provide one-on-one instruction.

### MONDAY: 6:30-7:00 PM

When: Session A: Sep 16 – Oct 21 (No 10/14)

### TUESDAY: 10:45-11:15

When: Session A: Sep 17-Oct 15  
Session B: Nov 5– Dec 3

### WEDNESDAY: 6:30-7:00 PM

When: Session A: Sep 18 – Oct 16

### THURSDAY: 10:45-11:15

When: Session A: Sep 19-Oct 17  
Session B: Nov 7– Dec 12 (No 11/28)

### FRIDAY: 10:45-11:15

When: Session A: Sep 20-Oct 25 (No 10/4)  
Session B: Nov 8– Dec 13 (No 11/29)



## CONDITION SWIMMING

Who: Ages 6-18  
When: 6:30-7:10 PM  
Tue and Thu, Sep 17-Oct 24  
Fee: \$100 (12 Classes) Min: 6 Max: 24

The four competitive strokes with starts and turns will be refined. Participants must be able to swim 25 yards of: free, back, breast and fly. This is a great opportunity to refresh and review in preparation for the Winter Swim Team.



## LIFEGUARD TRAINING

Who: Ages 15 and Up  
When: Mon – Fri, 8:00 AM – 3:00 PM  
**Feb 17-21, 2014**  
Inst: Susan Perry  
Fee: \$300 (5 Days) Min: 4 Max: 8

### Pre-skills Screening: Oct 15 at 5:00PM

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included. **Full participation is required.** Candidates must pass a skills screening prior to registration. Registration will open October 16, the day after the pre-skills screening held on Tuesday, October 15 at 5:00PM.



## MASTERS SWIMMING

Who: Ages 18 & up  
When: Mon & Thu, 5:15-6:30 AM and  
Sun 4:30-6:00 PM  
Sep 9-Dec 29 (No 10/14, 11/11, 11/28)  
Inst: Julie Harrington  
Fee: \$60 per month Min: 8 Max: 18

Want to get back into shape? Thinking of joining a team for the first time or coming out of swimming retirement? Westwood Master's program is for you! We provide early-morning swim workouts for competitors, as well as triathletes, and fitness swimmers. The Fee includes a cap as well as a challenging workout with feedback from an experienced swim coach.

## TRIATHLON SWIMMING

### PRACTICE

Who: Ages 18 & up  
When: Sat & Sun 6:30-8:00 AM  
Sep 7-Dec 29 (No 10/5)  
Inst: Julie Harrington  
Fee: \$60 per month Min: 8 Max: 18

Are you a triathlete that is looking for a pool practice year round? We are providing a workout on Saturday and Sunday mornings that is geared directly for triathletes. An experienced coach will provide feedback and design a practice for triathletes.

## AQUA FITNESS

Who: Ages 18 & up  
When: Tue, Wed and Thu, 9:00-10:00 AM  
Sep 10-Dec 19 (No 11/28)  
Inst: Susan Perry  
Fee: **Punch Pass \$70 for ten classes**  
Class Size: 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.



## TRIATHLON KIDS CLUB

Who: Ages 8-15  
When: Tue & Thu, 5:00-6:30 PM, Sep 10-Oct 17  
Inst: Julie Harrington  
Fee: \$110 (12 classes) Min: 10 Max: 20

Triathlons for kids are becoming an extremely popular sport. This class will introduce the kids to the three sports; swimming, biking, and running. The goal of this class is for the participant to compete in a future triathlon. The class will conclude with a biathlon (running and biking) on the last day. Bike, Helmet and running shoes must be provided by the participants. There will be a schedule provided at the beginning of the course so the participants will know what days to bring their bikes. The fee includes a T-shirt and a swim cap.



## SENIOR SWIM

Who: Ages 60 and older  
When: Tue and Thu, 1:00-2:15  
Sep 3-Dec (No 11/28 12/24)  
Fee: \$5 per swim or Current Pool Membership

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

## 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

## Philosophy

The Recreation Swim Team is a competitive team. Emphasis is placed on personal improvement, specifically stroke technique, strength, and speed. The team promotes good sportsmanship and self-discipline. Each swimmer has the opportunity to build self-esteem, physical fitness, team spirit, and new friendships. Ribbons are awarded to swimmers for personal best throughout the season. The season ends with championship meets and an awards and recognition evening in March.

The Westwood Recreation Winter Swim Team competes against other local swim teams. Ten meets, held on weekends, occur over the season. Five meets are at home and five are away. The season concludes with a regional swim meet. The meet schedule is available in October. Practice schedules are modified around the holidays.

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2013. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

## Practice Schedule November 4 – March 9, 2014

	5:00 – 6:00 PM	6:00-7:10 PM
<b>Mon</b>	Ages 9-10	Ages 11-12
<b>Tue</b>	Ages 8 and Under	Ages 13-18
<b>Wed</b>	Ages 9-10	Ages 11-12
<b>Thu</b>	Ages 8 and Under	Ages 13-18
<b>Fri</b>	Ages 10 and Under	Ages 11 -18

## Registration Information

If you are a past member of the Westwood Recreation Summer or Winter Swim Team, you do not need to attend the skills assessment. **If you are new to the team**, you must first attend a skills assessment **prior** to registration.

**Westwood Residents** may register upon receipt of this brochure or completion of the skills assessment.

### Non-Resident Registration Begins: October 1, 2013.

Non-Residents may register only if the town in which they reside does not have a team in the league. Any non-resident registering prior to this date will be notified and requested to register on October 1, 2013. **Reminder, if you are new to the Westwood Recreation Swim Team**, you must first attend a skills assessment **prior** to registration.

## Fees

Resident: \$275  
Non-Resident: \$295  
High School or Club Swimmer: \$75



## Commitment

### Swim Team Participant

As a member of the team, you will:

- Attend a minimum of the five dual meets in the season
- Attend a minimum of one practice per week
- Swim assigned events and relays at meets

### Parent

As a parent of a Swim Team Participant you will:

- Assist the swimmer in meeting their commitments
- Volunteer at two meets during the season

## Apparel

All swim team apparel will be purchased through one vendor. Each member of the team will receive a competition cap. It is recommended that each swimmer purchase a practice cap and reserve the team cap for the swim meets. Swimmers are responsible for purchasing their own goggles. A team swim suit is recommended but not required. A representative from the swim shop will be available for suit sizing and advice on your purchases. If you opt not to purchase a team swim suit, we ask that your swimmer to wear a solid black suit for meets. Additional apparel will be available through our vendor.

## Informational Meeting

There will be an informational meeting on **Monday evening, September 16, 6:30 PM** in the pool lobby for all families interested in the Westwood Recreation Winter Swim Team. Parents of returning swimmers, as well as parents of new swimmers are strongly encouraged to attend. This will provide an opportunity to ask specific questions.

## Staff

The team will be overseen by the Aquatics Manager. There will be a recreation staff team administrator, and one head coach for each age group. Assistant coaches will be placed with age groups as needed.



## What is the Skills Assessment?

All new swimmers are asked to demonstrate swimming skills according to their age. The intent of the skills assessment is to ensure the safety and comfort of the swimmers, and to evaluate the swimmers' stroke development.

## Skills Assessment Schedule

A skills assessment is required for all swimmers who are new to the team. The assessment must be completed **prior to registration**.

All ages may be assessed on any one of the following dates:

Saturday, September 21, 2:30-4:00 PM  
Sunday, September 22, 4:00- 5:00 PM  
Monday, September 23, 6:15-7:15 PM



## Skills Assessment By Age

**Ages 8 and Under:** Swim **continuously** for 25 yards (one length of the pool) each of free style with rhythmic breathing, and back stroke. Swim 15 yards of dolphin kick.

**Ages 9 and 10:** Swim **continuously** 25 yards, (one length of the pool) of the following strokes: free style with rotary breathing, and back crawl. Swim 15 yards butterfly. Swim 15 yards breast stroke. Demonstrate a front dive from the side.

**Ages 11 and 12:** Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, and back crawl. Swim continuously 25 yards breast stroke and butterfly. Demonstrate a dive from the block.

**Ages 13 and Older:** Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl, breast stroke, and butterfly. Demonstrate a dive from the block.

The swimmer, parent and the coach will immediately review the skills assessment and discuss the recommendation.



# Fall Pool Schedule

**September 1 – December 31, 2013**

**Closed:** Sep 2; Oct 5, 14; Nov 11, 28; Dec 24, 25

**Early Closing:** Dec 31 at 2:15 PM

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 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Senior 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)			



## Pool Memberships

New membership rates go into effect September 3.

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
Pool Single	\$25	\$65	\$125	\$225	\$5
Pool Family	\$40	\$105	\$200	\$360	
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 at [www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us)

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)





# PATHFINDERS



Moving forward the Pathfinders Programs will now transition into integrated programming. Westwood Recreation's integrated programs aim to provide the children/teens in our community, whom have special needs, an opportunity to participate in recreational activities. These programs are specially staffed and can be identified throughout the brochure by the presence of the icon

When registering for integrated programs please note that the "Additional Information" section offers you the space to disclose the existence of a disability or special consideration. Any information provided is kept confidential.

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

## KIDDIE CAT JAM

Staff: Thundercat Sports Staff  
Fee: \$100 (6 classes) Min: 8 Max: 15



Ages	When	Where
3-6	Wed, 3:30-5:00, Sep 25-Oct 30	Sheehan Gym

Soccer and 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, and fun are the main emphasis. Please bring a water bottle and dress comfortably to run around.

## FENCING

Inst: Jim Mullarkey, 3MB Fencing Club  
Fee: \$110 (8 classes) Min: 8 Max: 20

Ages	When	Where
8 & up	Wed, 7:15-8:30 PM, Sep 18-Nov 6	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.

## ADULT BASKETBALL LEAGUE

Who: Ages 18 & up  
When: Tuesdays & Thursday Nights  
Where: Thurston Middle School  
Fee: TBD



If you are interested in playing, or putting a team in the league, e-mail Mike Griffin at [mgriffin@townhall.westwood.ma.us](mailto:mgriffin@townhall.westwood.ma.us)

# SPORTS



## YOUTH TENNIS LESSONS

When: Sat, Sep 21-Oct 26 (No 10/5)  
Where: WHS Courts  
Inst: Jayson Sellers, Tennis Pro

Ages	Time	Fee
5-7	11:30-12:30	\$60 (5 classes) Min: 4 Max 6
7-10	12:30-1:30	\$60 (5 classes) Min: 4 Max 6
11-14	1:30-3:00	\$90 (5 classes) Min: 4 Max 6

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Participant-to-instructor ratio is approximately 6 to 1. Racquets are provided for ages 5-7. All other participants will need their own racquet. If it rains, lessons will be held in the WHS gym.

## ADULT TENNIS LESSONS

Who: Ages 18 & up  
When: Wed & Fri, 11:30-12:30, Sep 18-Oct 18  
Where: WHS Courts  
Inst: Jayson Sellers, Tennis Pro  
Fee: \$120 (10 Classes) Min: 4 Max: 6

Focus is on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, serves, and game strategies. If it rains, we will cancel the lesson and add it to the end of the session.

## JUNIOR GOLF CLINICS

Who: Ages 8-14  
Where: Norwood Country Club  
Inst: John Resnick, PGA Instructor & Staff  
Fee: \$140 (4 classes) Min: 4 Max: 7

Session	Level	When
A	Beginner or Intermediate	Sat, Sep 7-28, 9:00-11:00
B	Beginner or Intermediate	Sat, Oct 5-26, 9:00-11:00

**Beginner:** 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.

**Intermediate:** This clinic is for the 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.

## RECREATION LISTSERV

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

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



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# SPORTS



**KEY: Specially Staffed Integrated Programs. Participants must be able to use the bathroom independently.**

\*Staff will be at Downey and Sheehan Schools for dismissal to supervise participants that attend these programs. The actual programs will begin at 3:30 and Short Wednesday programs will begin at 12:30. In the event of inclement weather, programs will be held in the gym.

## \*SPORTS & GAMES



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



Grades	When	Where
K-5	Thu, 3:30-5:00, Sep 19-Nov 21 (10/31)	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 WEDNESDAY SPORTS & GAMES

Who: Ages 5-12  
Inst: Mike Griffin and Cori Trombly at Downey  
Jenna Cicerone at Sheehan  
Fee: \$140 (7 classes) Min: 10 Max: 25



When: Wednesdays, 11:50-3:00	Where
Sep 25, Oct 9 & 23, Nov 6, 13 & 20, Dec 11	Downey Gym
Sep 25, Oct 9 & 23, Nov 6, 13 & 20, Dec 11	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.

## \*T-BALL



Inst: Mike Griffin and Staff  
Fee: \$55 (5 classes) Min: 12 Max: 24

Ages	When	Where
4-6	Wed, Sep 18-Oct 16 3:30-4:15 or 4:15-5:00	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.

## \*LITTLE HOOPS



Inst: Mike Griffin and Staff  
Fee: \$55 (5 classes) Min: 12 Max: 24

Ages	When	Where
4-6	Wed, Oct 30-Dec 4 (No 11/27) 3:30-4:15 or 4:15-5:00	Downey School

This is a mini basketball clinic for boys and girls. The program promotes having fun while learning basic fundamental skills: dribbling, shooting, and passing. Small sided games will highlight all of these skills in a fun and creative way. 6:1 ratio.

## \*HOOP IT UP CLINIC



Inst: Mike Griffin and Staff  
Fee: \$60 (6 classes) Min: 10 Max: 16

Grades	When	Where
1-2	Tue, 3:30-5:00, Oct 1-Nov 5	Downey Gym

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

## \*FLAG FOOTBALL/DODGEBALL

Inst: F.A.S.T. Athletics  
Fee: \$105 (6 classes) Min: 10 Max: 25

Ages	When	Where
8-12	Mon, 3:30-5:00, Sep 16-Oct 28 (No 10/14)	Downey Field

Participants will learn to work together, strategize, and exercise without even knowing it. Lots of creative dodgeball games will be played. Flag Football will showcase fundamentals in which good sportsmanship and rules are highlighted. Each day ends with a game. If it rains, the class will be in the gym.

## \*SUPER SPORTS

Inst: F.A.S.T. Athletics  
Fee: \$105 (6 classes) Min: 10 Max: 25



Ages	When	Where
7-12	Fri, 3:30-5:00, Sep 20-Oct 25	Downey Field

This popular program offers a variety of sports each week, such as: soccer, basketball, flag football, dodge ball, and kickball. Basic skills of each sport will be emphasized. All classes end with a high energy game of the featured sport. Please wear comfortable clothes.

## KARATE

Inst: Steve DiOrio, *Renshi*-Master Instructor  
Fee: \$225 (22 classes) Min: 10 Max: 30

When	Where
Tue & Thu, Sep 17-Dec 5 (No 10/31, 11/28)	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)

## ARCHERY

Who: Ages 8 & up  
Where: Bay State Archery, 55 Providence Highway  
Inst: Bay State Archery Staff (Formerly Archery USA)  
Fee: \$108 (5 classes)

Session	When
A	Mon, 3:30-5:00, Sep 23-Oct 28 (No 10/14)
B	Mon, 3:30-5:00, Nov 4-Dec 9 (No 11/11)

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.

# FITNESS

## CARDIO BLAST

Who: Ages 18 & up  
Where: WHS Track  
Inst: Core Asset Staff  
Fee: \$88 (7 classes) Min: 8 Max: 12



Session	When
A	Tue, 8:45-9:45, Sep 10-Oct 22
A	Thu, 7:45-8:45, Sep 12-Oct 24
A	Thu, 8:45-9:45, Sep 12-Oct 24
B	Tue, 8:45-9:45, Oct 29-Dec 10
B	Thu, 7:45-8:45, Oct 31-Dec 19 (No 11/28)
B	Thu, 8:45-9:45, Oct 31-Dec 19 (No 11/28)

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. If it rains, class will be held at the Islington Community Center Hall.

## BOOT CAMP

Who: Ages 18 & up  
Where: Multipurpose Field  
Inst: Core Asset Staff  
Fee: \$175 (14 classes) Min: 8 Max: 25



Session	When
A	Tue & Thu, 6:00-7:00 AM, Sep 10-Oct 24
B	Tue & Thu, 6:00-7:00 AM, Oct 29-Dec 17 (No 11/28)

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. If it rains, the class will be held inside the High School Gymnasium.

## MAT PILATES

Who: Ages 14 & up  
When: Mon, 7:00-8:00 PM, Sep 23-Nov 18 (No 10/14, 11/11)  
Where: Islington Community Center Hall  
Inst: Core Asset Staff  
Fee: \$88 (7 classes) Min: 8 Max: 20



Join us for Pilates, a wonderful exercise that utilizes the core, including abs, back, hips and shoulders. Using small movements, breathing and precise alignment, you will obtain long, strong muscles and a powerful core. This class is appropriate for all fitness levels, no prior Pilates experience necessary. Please bring a mat, and if you have them, very light weights, up to three pounds. Cushioned mats will be provided for use below your sticky mat, as well as other equipment as required. Sign up with a friend! Bring a water bottle.

## RELAXATION & MEDITATION

Who: Ages 16 & up  
When: Sat, 9:00-10:10 AM, Sep 21-Nov 2 (No 10/5)  
Where: Islington Community Center Sanctuary  
Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15

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.

## ZUMBA

Who: Ages 18 & up  
When: Tue, 9:45-10:45, Oct 8-Nov 19  
Where: Islington Community Center Sanctuary  
Inst: Meghan Collins  
Fee: \$81 (7 classes) Min: 5 Max: 20

Zumba is a Latin-inspired dance fitness class that incorporates Latin and international music with 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

Who: Ages 16 & up  
Inst: Linda Margosian, Certified Hatha Yoga Instructor  
Fee: \$120 (8 classes) Min: 5 Max: 12

When	Where
AM Thu, 11:00-12:30, Sep 19-Nov 7	Islington Community Center
PM Thu, 7:00-8:30, Sep 19-Nov 7	Westwood Public Library

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.

## KICKBOXING

Who: Ages 18 & up  
When: Wed, 7:00-8:00 PM, Sep 25-Nov 13  
Where: Sheehan Cafeteria  
Inst: Ari Cassarino  
Fee: \$90 (8 classes) Min: 5 Max: 15

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.

## STRIKE A BALANCE—RUNNING & YOGA

Who: Ages 16 & up  
When: Wed, 6:15-7:15 AM, Sep 4-Oct 23  
Where: Pool Lobby  
Inst: Lauren Leonard, RYT 200  
Fee: \$120 (8 classes) Min: 5 Max: 10



While all runners can greatly benefit from yoga, many are not willing to give up their morning run to do so. Now you don't have to! This class is the perfect morning workout, offering a thirty-minute group run followed by a thirty-minute yoga class. The runs are open to runners and walkers of all abilities. The yoga portion of the session focuses on movements that both strengthen and stretch the quads, hamstrings, core and other key running muscles. No flexibility or prior experience needed.

## YOUNG YOGA

Who: Ages 9-16  
When: Wed, 6:00-7:00 PM, Sep 25-Oct 30  
Where: Islington Community Center Sanctuary  
Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15



Classes allow children an opportunity to focus on themselves in an environment that encourages a balance between pushing their boundaries and accepting where they are today. Meditation at the end is an essential part of the class to feel refreshed and relaxed. We will cover yoga asana, breathing techniques, mudras, meditation, etc...Various fun themes will be used so that children will have longer recall and enjoy practicing at home.

# ADULTS/TEENS

## DOG TRAINING PROGRAMS

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



### PUPPY TRAINING

Who: Puppies 12 weeks-1 year  
When: Sat, Sep 21-Nov 23 (No 10/5, 10/12), 8:00-9:00 AM  
Fee: \$110 (8 classes) Min: 6 Max: 12

This course is designed to help owners and their dogs understand one another through basic commands and motions.

### BEGINNING DOG

Who: Dogs 6 months or older  
When: Sat, Sep 21-Nov 23 (No 10/5, 10/12), 9:00-10:00 AM  
Fee: \$110 (8 classes) Min: 6 Max: 12

Dogs and owners will learn the basics of agility equipment above puppy training.

### BEGINNING DOG AGILITY

Who: Dogs 6 months or older  
When: Sat, Sep 21-Nov 23 (No 10/5, 10/12), 10:00-11:00 AM  
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: Wed, Sep 18-Nov 6, 7:00-8:00 PM  
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.

### AKC S.T.A.R. PUPPY

Who: Puppies up to 18 weeks old  
When: Wed, Sep 18-Oct 23, 8:00-9:00 PM  
Fee: \$75 (6 classes) Min: 6 Max: 12



At the American Kennel Club®, we're not just champion dogs. We're the dogs' champion. We believe that all dogs deserve training and a responsible owner. The goal is to reward responsible dog ownership. The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start. The AKC S.T.A.R. Puppy Program is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class. The benefits of training, teaches you how to best communicate with your puppy. Organized training classes also provide an opportunity for your dog to socialize with other dogs. In classes aimed at earning the AKC S.T.A.R. Puppy distinction, you'll be able to get information on all of your puppy-raising questions including housetraining, chewing, and the most effective way to teach practical skills such as coming when called.

### CANINE GOOD CITIZEN

Who: Dogs 1 year or older  
When: Wed, Sep 18-Oct 23, 6:00-7:00 PM  
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.

## WILLS, TRUSTS, AND ESTATE PLANNING

Who: Ages 18 & up  
When: Tue, Oct 22, 7:00-8:30 PM  
Where: Champagne Room, Carby Street Building  
Inst: Attorney Sarah Raymond  
Fee: \$15 (one class) Min: 5 Max: 25



Is your estate in order? Careful planning makes a difference. Join Dover Attorney, Sarah Raymond, in this seminar on trusts and estate planning. Topics include estate tax planning, probate avoidance, and incapacity documents such as health care proxy, living wills, and durable power of attorney.

Sarah Raymond is an attorney who specializes in Estate Planning, Probate and Elder Law. Sarah works with individuals and families to tailor their estate plan to meet the client's long-term goals. Sarah received her Juris Doctorate from Boston University School of Law in 1995.

## PEDIATRIC FIRST AID & CPR/AED

Who: Ages 15 & up  
When: Wed, Oct 23, 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, 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.



## TRIPS

### Want to Get Away?

#### New York City Shopping ONLY \$69

Saturday, November 16 (approx. time 6:00AM-11:00PM)  
Round Trip deluxe motor coach transportation and a full day of shopping around Rockefeller Plaza and Canal Street/Little Italy.

#### New York City 2 Days/1 Night ONLY \$369

Saturday-Sunday, December 7-8 (approx. time 6:00AM-11:00PM)  
Radio City Music Hall Christmas Show featuring the famous Rockettes, shopping, browsing, hotel accommodations, and round trip deluxe motor coach transportation.

#### Christmas In Newport ONLY \$89

Sunday, December 8 (approx. time 8:00 AM-10:00 PM)  
Admission to two historical mansions decorated for the holidays, brunch at the Atlantic Beach Club, visit to La Salette Shrine lighting display, and round trip deluxe motor coach transportation.

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



# YOUTH

## VIDEO GAME DESIGN

Who: Grades 3-8  
When: Tue, 4:45-5:45, Sep 17-Nov 5  
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, but 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. A strict non-violence policy is enforced.

## STOP MOTION ANIMATION

Who: Grades 3-8  
When: Tue, 6:00-7:00, Sep 17-Nov 5  
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 to 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, Oct 23, Nov 20 or Dec 11  
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, Oct 23, Nov 20 or Dec 11  
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 nut free snack and drink.

## BUILD AND CREATE!

Inst: Cori Trombly, M.Ed.  
Fee: \$27 (3 classes) Min: 5 Max: 10



Ages	When	Where
5-8	Tue, 3:45-5:00, Oct 8, Nov 12, Dec 10	Islington Community Center

Let your imagination run wild as you create and build amazing projects, using legos, model magic, flubber and more!



**KEY: Specially Staffed Integrated Programs.**  
Participants must be able to use the bathroom independently.

# PERFORMING ARTS

## KEY BOARD LESSONS

Who: Ages 7 & up  
Where: Islington Community Center  
Inst: Jason Whiting  
Fee: \$300 (Eight 30 minute lessons)

Day	Dates	Time Slots
Sat	Sep 21-Nov 23 (No 10/5, 10/12)	9:30, 10:00, 10:30, 11:00, 11:30

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)



Session	Dates	Time Slots
A	Mon, Sept 16 – Oct 21 (No 10/14)	6:00, 6:30, 7:00, 7:30
B	Mon, Nov 4 – Dec 16 (No 11/11, 12/2)	6:00, 6:30, 7:00, 7:30
A	Wed, Sept 18 – Oct 16	6:00, 6:30, 7:00, 7:30
B	Wed, Nov 6 – Dec 11 (No 11/27)	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: Tues, 4:30-5:30, Sep 24-Nov 12  
Where: Downey Cafeteria  
Inst: Aly Pereira  
Fee: \$115 (8 classes) Min: 5 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.

## MIDDLE SCHOOL SHORT WEDNESDAY TRIP

### PINZ (BOWLING/LAZER TAG/ARCADE)

Who: Grades 6-8  
When: Short Wednesday, Nov 6  
School Dismissal-5:30 PM  
Inst: Kristin Scoble & Recreation Staff  
Fee: \$40 (1 class) Min: 10 Max: 13

Spend your short Wednesday with your friends! It will be a blast! The afternoon includes: one hour bowling, Lazer Tag, \$10 arcade card, pizza and drinks.

**Departure:** Participants will depart from the Thurston Middle School at dismissal and be transported to Pinz (Milford, MA) by the Recreation Van.

**Parent Pick-up:** Participants are to be picked up at the Recreation Department Pool Lobby at 5:30 PM.



# PARENT/CHILD

## \*PARENT CHILD PROGRAMS

Where: Islington Community Center  
Inst: Kirsten Boger, M.Ed.

## \*BOPPIN' BABIES

Who: Ages 0-18 months  
When: Tue, 9:30-10:15, Sep 17 – Dec 3  
Fee: \$71 (12 classes) Min: 6 Max: 10

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

## \*TODDLER TIME

Who: 18 months- 4 years  
When: Thu, 9:30-10:30, Sep 19-Nov 21  
Fee: \$90 (10 classes) Min: 6 Max: 10

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

Who: Ages 2-4 years  
When: Tue, 10:30 -11:15, Sep 17 – Dec 3  
Fee: \$71 (12 classes) Min: 6 Max: 10



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

## \*ACTIVE TOTS

Who: Ages 2-4 years  
When: Fri, 9:30-10:30, Sep 20 – Nov 22  
Fee: \$90 (10 classes) Min: 6 Max: 10

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!

## \*DROP IN SOCIAL

Who: Ages 0-4 years  
When: Thu, 10:45 – 11:30, Oct 3 – Dec 12 (No 11/28)  
Fee: \$5 (1 Class, pay as you go)

What are you doing Thursday? Drop in and have a spontaneous play date. It will be great fun for you and your child(ren). Pay as you go!

## TODDLER YOGA

Who: Ages 2-4 years  
When: Sat, 10:15-11:00, Sep 21-Nov 16 (No 10/5)  
Where: Islington Community Center Sanctuary  
Inst: Guari Agrawal  
Fee: \$80 (8 classes) Min: 5 Max: 15

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

Who: Ages 2-4 years  
When: Wed, 3:45-4:30, Sep 25-Nov 13  
Where: Sheehan School Cafeteria  
Inst: Knucklebones Staff  
Fee: \$115 (8 classes) Min: 9 Max: 15

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 using balance beams, balancing stones, street signs, and an obstacle course help to develop the skills needed to ride safely and successfully! Sneakers and long pants are required.

# PRESCHOOL

## ADVENTURE DAYS

Where: Islington Community Center  
Inst: Kirsten Boger, M.Ed.  
Fee: \$25 (1 class) Min: 6 Max: 12

Ages	When
3-5	Mon, 9:00-12:00, Dec 16
3-5	Tue, 9:00-12:00, Dec 17
3-5	Wed, 9:00-12:00, Dec 18
3-5	Thu, 9:00-12:00, Dec 19

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, and a nut free snack. Participants must be toilet trained.

## KIDS AT PLAY



Who: Ages 4-6  
Where: Islington Community Center  
Inst: Cori Trombly, M.Ed.

When	Fee
Fri, 1:00-2:45, Sep 20-Nov 22	\$90 (10 classes) Min: 8 Max: 15
Wed, 1:00-2:45, Sep 18, Oct 2, 16, 30	\$36 (4 classes) Min: 8 Max: 15

Calling ALL Kids...let's play! There will be lots of action going on in this kid driven program. Participants will enjoy free play, games, activities, music, and more. Please bring a peanut/nut free snack and drink. (Given parental permission, students of MMO have the option of being picked up directly from lunch bunch.) Participants must be toilet trained.

## SNUG AS A BUG



Inst: Cori Trombly, M.Ed.  
Fee: \$27 (3 classes) Min: 5 Max: 15



Ages	When	Where
4-6	Tue, 4:00-5:00, Oct 1, Nov 5, Dec 3	Islington Community Center

Bring your favorite blanket and stuffed animal to cuddle up with during this very special story time. Participants will get cozy while enjoying an array of seasonal, rhyming and downright silly stories. Hey kids...don't be surprised if we have a mystery reader or two and maybe even a trip to the branch library.

## PRESCHOOL PLAY DATE



Inst: Kirsten Boger, M. Ed.  
Fee: \$100 (10 classes) Min: 6 Max: 12

Ages	When	Where
3-5	Fri, 10:45 – 12:00, Sept 20 – Nov 22	Islington Community Center

Enjoy a fantastic morning with music, dancing, books, crafts and free play. Participants must be toilet trained.



**KEY: Specially Staffed Integrated Programs.**  
Participants must be able to use the bathroom independently.



# FESTIVITIES

LINE UP AS OF AUGUST 16. MORE TO COME!

## FOOD COURT

- **The Big Freezy**  
Shaved Ice – Snow Cones
- **Bubbling Brook Restaurant**  
Ice cream, Coffee
- **Captain Marden's**  
Clam Chowder, Fish & Chips, Lobster Rolls, Poached Salmon, Fried Clams, Green Salads, Calamari
- **Chiara**  
Sausages, Soup, Soda
- **House of Lo Catering**  
Peking Raviolis, Fried Dough Chicken w/vegetable Lo Mein, Soda, Water
- **Jake N' Joes Sports Grille**  
Chicken Wings N' Sauces, Cheeseburger Sliders
- **The Chateau Restaurant**  
Italian Sauté and Cheese
- **Pete's Push Carts**  
French Fries, Chicken Fingers, Fried Dough, Sausages, Hot Dogs, Fresh Lemonade
- **Victoria's**  
Pizza, Sandwiches, Chips, Soda, Water
- **High Street Market**  
Sandwiches, Pizza Dogs, Fruit, Slush Cups, Brownies
- **Lions Club Eye Mobile**  
Cotton Candy and Popcorn

## VENDOR VILLAGE

- Becker Glass
- Blue Hills Regional Technical School
- Century 21 Commonwealth - Westwood
- Core Asset Fitness
- Cutco Cutlery
- Errands N' Such
- Ever Present
- Folsom Funeral Service
- Foundation for Westwood Education
- Friends of the Westwood Performing Arts
- Gibson Sotheby's International Realty
- Hale Reservation
- Julia Ruth House
- Liberty Mutual
- Lia Sophia
- Mary Kay
- Mass Sport and Spine
- Miss Joslyn's Dance
- Natures Stone and Sweets
- New Sound Barber Assembly Chorus
- Newpro
- Next Step Living
- On Pointe Dancewear N' Apparel
- Russell Kassatly – Toys
- The Arc of South Norfolk
- Stella & Dot
- Stone Street Tye-Dye
- Temple Beth David
- Tupperware
- Westwood Environmental Action Committee
- Westwood Hometown Weekly
- Westwood Land Trust
- Westwood Press
- Westwood Young Women's
- William E. Sheehan PTA Association



## ACTIVITIES

### Friday Night Activities (October 4)

- Football Game (7:00 PM)
- Fireworks (Approx. 9:00 PM)

### Saturday Activities

- 5K
- 1 Mile Children's Fun Run
- "Awesome Rob" (magic and juggling)
- Barn Babies
- Running Bases
- Bean Bag Toss
- Bingo
- Book Sale and Raffle
- Cheerleading Demo
- Children's Craft
- Drawing Table and Playground
- Duck Pond Game
- Dunk Tank
- Eye Mobile
- Face Painting
- Field Goal Kicks
- Football Obstacle Course
- Glitter Tattoos
- Henna Tattoos
- Hockey Shoot and Score
- Inflatables
- Lacrosse Wall Ball, Shooting Contest, Relay Races
- Miss Joslyn's Dance Activities
- Orvis Fly-Casting
- Plinko
- Radio Disney
- Sack Races
- Soccer Kick Fest
- Transportation Show/Touch A Truck
- Yoga Fun

## ENTERTAINMENT

Ethan Rossiter & The Jamberries

Help Wanted

New Sound Assembly Barbershop Chorus

Westwood Swing Band

Westwood Winds

### SCHEDULE TO BE ANNOUNCED

 Follow Us @WestwoodDay

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

 [wwwWestwoodDay.com](http://wwwWestwoodDay.com)







# 5K AND FUN RUN

**WESTWOOD HIGH SCHOOL**

## **5K ROAD RACE 9:00**

**Register: [www.WestwoodDay.com](http://www.WestwoodDay.com)**

**On-line Registration: \$15**

(Registration closes October 2<sup>nd</sup>)

**Day of Event Registration: \$20**

**7:30-8:30 AM**

### **Registration Includes:**

- **Entrance pin to Westwood Day**
- **Race T-shirt first 200 to register**
- **Free on-line registration**



## **1 MILE CHILDREN'S FUN RUN 10:00**

**Register: [www.WestwoodDay.com](http://www.WestwoodDay.com)**

**On-line Registration: Free**

(Registration closes October 2<sup>nd</sup>)

**Day of Event Registration: Free**

**7:30-9:30 AM**

(Parents are welcome to run with their children.)

### **School Spirit Trophy**

Westwood Day 2012 Winner-Sheehan School

The Elementary School with the greatest number of participants and school spirit will be awarded the perpetual Westwood Day Trophy to proudly display at their school until Westwood Day 2014.

# TRANSPORTATION SHOW AND TOUCH A TRUCK

**WESTWOOD HIGH SCHOOL 10:00-3:00**

**5 TROPHIES  
SPECTATOR VOTES**

Best Paint  
Peoples' Choice  
Best in Show  
Most Unique  
Best Engine



**SPECTATOR  
VOTING STARTS  
10:00**

**YOUR VOTE COUNTS**

**TROPHIES  
AWARDED  
2:30**

**Registration Form: [www.WestwoodDay.com](http://www.WestwoodDay.com)**



# WESTWOOD DAY

OCTOBER 5TH, 2013

## **GENERAL ADMISSION BUTTONS AND BRACELETS**

\$4 September 9-October 1

\$5 Day of Event, October 5

\$20 Family Maximum

Ages 4 and under: FREE

Ages 60 and older: FREE



## **AVAILABLE AT:**

- Town Clerks Office, Town Hall
- Westwood Recreation Department
- High Street Market

**Westwood Day Merchandise: Hats and T-shirts will be sold October 5.**

## **ADULT VOLUNTEERS NEEDED!**

### **YOU CAN VOLUNTEER AND ENJOY THE FESTIVITIES!**

Looking for assistance with Friday and Saturday Set-up, Saturday Activities, and Clean-up.

**TO SIGN UP FOR A SHIFT GO TO** [www.WestwoodDay.com](http://www.WestwoodDay.com)

Click on Westwood Day Adult Volunteers

### **QUESTIONS**

Contact Tish Healey at [phealey@townhall.westwood.ma.us](mailto:phealey@townhall.westwood.ma.us)  
or call 781-461-0070

**Volunteers will receive a T-shirt.**



## **YOUR HELP IS GREATLY APPRECIATED!**