



Including Westwood Public Library

winter



NEW YEAR'S EVE FIREWORKS

TUESDAY, DECEMBER 31

7:00 PM SHARP

WESTWOOD HIGH SCHOOL

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# WESTWOOD LIBRARY

## REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- Registration begins one month prior to program start date.
- All Library Programs are Free
- Main Library Programs, please call 781-320-1042
- Islington Branch Programs, please call 781-326-5914

## CONTACT

Lizzy McGovern, Main Library Children's Department  
781-320-1042 | [wwdchildrens@gmail.com](mailto:wwdchildrens@gmail.com) | [Westwoodlibrary.org](http://Westwoodlibrary.org)

## MAIN LIBRARY PROGRAMS

### LITTLE LISTENERS

Who: Ages 3-5  
When: Mondays 11:00-11:45  
Session I: January 6-February 10 (No 1/20)  
Session II: March 3-April 7  
Where: Westwood Public Library

Children will hear stories, songs, watch films and make a craft.

### TERRIFIC TWOS

Who: Age 2 and parent/caregiver  
When: Wednesdays 10:30-11:15 a.m.  
Session I: January 8- February 12  
Session II: March 5- April 9  
Where: Westwood Public Library

Children will hear stories, songs, rhymes, and make a craft.

### BABIES AND BOOKS

Who: Ages 0-2 and parent/caregiver  
When: Fridays 10:30-11:00 a.m.  
Session I: January 17- February 14  
Session II: March 7- April 11  
Where: Westwood Public Library



There will be short stories, songs, dance, and puppets.

## NEW! ONE WORLD, MANY STORIES: A MULTICULTURAL PAJAMA STORYTIME

Who: Children ages 3-5 and their families.  
When: Thursdays, 6:15-6:45 p.m., Feb 6, 13, 27, March 6, 13, 20  
Where: Westwood Public Library

Learn about a different culture from around the world each week at this multi-cultural Storytime for children 3-5. Don't forget to wear your PJs!  
**Drop in Program, no registration necessary.**

### CRAFTY KIDS

Who: Children in grades K-2  
When: Tuesdays, 4:00-4:45, Feb 18, April 29, May 6, 13  
Where: Westwood Public Library

Come and make a craft during this fun, laidback craft hour.

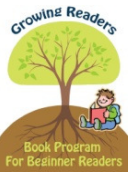
### WISHING WELL

Who: Children in grades K-2  
When: Tuesdays, 4:15-5:00 p.m.  
Session I: January 7- February 11  
Session II: March 4- April 8  
Where: Westwood Public Library

Children will hear traditional folktales, music, make crafts.

## GROWING READERS

Who: Children in 1<sup>st</sup> or 2<sup>nd</sup> grade  
When: Thursday, 4:00-4:45, January 9, March 6, May 8  
Where: Westwood Public Library



Join us at the library for a book program for Beginner readers. Children's librarian Lizzy McGovern will present and talk about some great beginner reader books, read short stories, and have a book themed activity. Remember to have child bring his/her own **library card** as we will have plenty of great books for them to check out at the program!

## NOT YOUR AVERAGE BOOK CLUB

Who: For Children in grades 3-4  
When: Thursdays, 4:00-5:00, Feb 6, March 20, April 17  
Where: Westwood Public Library

Enjoy activities and a light snack with book discussion. Each meeting will be on a different theme. Participants should plan on reading beforehand a book based on the theme or series selected for that date and should bring the book to the meeting ready to discuss it with others. Please call or visit the library to find out the monthly theme ahead of the date.

## E-LIBRARY-BOOKS

Who: Parents and their children aged 8 and up  
When: Tuesday, January 7, 6:30 p.m.  
Where: Westwood Public Library

Come to the library and learn how to use and download e-books from the library's overdrive service. Please bring your device with you.

## MUCKY MONDAY

Who: Ages 3-5  
When: Monday, January 13, 1:00-1:45 p.m.  
Where: Westwood Public Library

Join us for ooey gooey fun as we enjoy some sensory play and muck about in the library. **Drop in Program, no registration necessary.**

## READ, PLAY, GROW!

Who: Ages 2-5  
When: Tuesday, January 21, 10:30-11:15 a.m.  
Where: Westwood Public Library

Children and parents will participate in pre-literacy activities based on the *Every Child Ready to Read* initiative. **Drop in Program, no registration necessary.**

## NEW! DADURDAYS

Who: Dads/male caregivers with children ages 2-5  
When: Saturdays, 11:00 a.m.  
January 18: Toddler Bowling, Dads with children ages 2-5  
February 15: Storytime (Dad themed stories) Ages 2 and up  
March 8: Paper Planes (Build & fly) Dads with children ages 7-10  
Where: Westwood Public Library

Come spend some special Dad-time at the library for these awesome Dad themed activities. **First come, First serve basis.** Please Note: Fathers are encouraged to attend these programs with their children, but all parents are welcome to attend. **Drop in Program, no registration necessary.**





# WESTWOOD LIBRARY

## NEW! MOVIES FOR MUNCHKINS

Who: Parent/ Caregiver and pre-school aged children  
When: Tuesdays, 10:30, February 18, March 18, April 22, May 20  
Where: The Westwood Public Library

Come to the children's program room to enjoy picture books on the big screen! We will watch short picture book films perfect for preschoolers.  
**Drop in Program, no registration necessary.**

## FEBRUARY FAMILY MOVIE AFTERNOON

Who: Families with children  
When: Thursday, February 20, 2:00 p.m.  
Where: The Westwood Public Library

Come with the whole family to enjoy a special showing of a rated G family movie. Call the library for movie title and other information.  
**Drop in Program, no registration necessary.**

## WHALEMOBILE: NILE, THE LIFE-SIZED HUMPBACK WHALE

Who: For children ages 7 and up  
When: Wednesday, February 19, 2:00 p.m.  
Where: Westwood Public Library

Children will have the opportunity to go inside an inflatable 42 foot long whale! This fun and interactive presentation focuses on similarity between humans and whales, their adaptations to the marine environment, and current threats they face today.

## NEW! BOARD BOOK SHARE

Who: Parent and baby ages 0-12 months  
When: Mondays, January 27, February 24, March 31, April 28, 1:00 p.m.  
Where: The Westwood Public Library

Come share your favorite board book and rhymes to share with baby, learn about new board books and old favorites at this laid-back, friendly introduction to pre-pre-literacy. **Drop in Program, no registration necessary.**

## ISLINGTON BRANCH PROGRAMS

### STORYTIME

Who: Children ages 2 and up  
When: Thursdays, 9:30-10:15 a.m.  
Session I: January 9 - February 13  
Session II: March 6 - April 10  
Where: Islington Branch Library



Children will participate in stories, songs, films and crafts.

### PJ STORYTIME

Who: Children ages 3 and up  
When: 3<sup>rd</sup> Wednesday of the month, 6:30-7:15pm  
January 15, February 19, March 19, April 16, May 21  
Where: Islington Branch Library

Children can come in their jammies and bring a special stuffed animal and blanket to hear stories and songs.

### LEGO MANIA

Who: Children grades K and up  
When: Tuesdays, 3:45-4:45 p.m., February 4-25  
Where: Islington Branch Library

Come and build Lego creations with library Legos.

# SPECIAL EVENTS

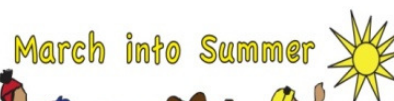


## NEW YEAR'S EVE FIREWORKS BRING IN 2014 WITH A BANG!



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## SAVE THE DATE



**SATURDAY, MARCH 15, 10:00 AM-2:00 PM**

**RECREATION DEPARTMENT**

**ALL AGES WELCOME – FREE**

This is the kick off to the summer season. Activities will include summer program preview, pool activities, inflatables, crafts, and 10% discount on Summer Programs (paid in full).  
**Full details coming this February!**

### RECREATION LISTSERV

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

Electronic Brochures and Flyers

Program Updates

Special Events

New Programs



**LIKE US:** facebook.com/WestwoodRecreation

**FOLLOW US:** @WW\_Rec

**FASTEST WAY TO RECEIVE RECREATION INFO!**





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Patrick Ahearn

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Joyce Cannon

Elizabeth Phillips

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Paul Tucceri

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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  
Administrative Assistant



## 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

## 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.

## WEATHER POLICY

If Westwood Public Schools are closed or a storm develops during the day/weekends, or weather is questionable, please call (781) 461-0070 for a taped program report or view the website [www.westwoodma.gov/recreation](http://www.westwoodma.gov/recreation)

- ◆ Morning programs call after 5:00 AM
- ◆ Afternoon programs call after 1:00 PM
- ◆ Evening programs call after 4:00 PM



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**FOLLOW US:** @WW\_Rec

SAVE PAPER – REGISTER ON LINE [www.westwoodma.gov/recreation](http://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>						
				2nd						
		/ /	M F	1 <sup>st</sup>						
				2nd						
		/ /	M F	1 <sup>st</sup>						
				2nd						
		/ /	M F	1st						
				1st						
		/ /	M F	1st						
				1st						

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 EXP. / Signature: Date:

Please charge to Master Card, Visa, or Discover Card Holder's Name Address

RECREATION OFFICE USE ONLY

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

# PARENT/ CHILD & PRESCHOOL

## \*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, Jan 14 – Mar 25 (No 2/18)  
Fee: \$75 (10 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, Jan 16 – Mar 27 (No 2/20)  
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, Jan 14 – Mar 25 (No 2/18)  
Fee: \$75 (10 classes) Min: 6 Max: 10

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

## \*ACTIVE TOTS

Who: Ages 2-4 years  
When: Fri, 11:00-11:45, Jan 17 – Mar 28 (No 2/21)  
Fee: \$75 (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, Jan 16 – Mar 27 (No 2/20)  
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, Jan 11-Mar 8 (No 2/22)  
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, Jan 15-Mar 12 (No 2/19)  
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.

## ADVENTURE DAYS



Who: Ages 3-5  
Where: Islington Community Center  
Inst: Kirsten Boger, M.Ed.  
Fee: \$25 (1 class) Min: 6 Max: 12



February Vacation		Time
Tue	Feb 18	9:00-12:00
Wed	Feb 19	9:00-12:00
Thu	Feb 20	9:00-12:00

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  
When: Fri, 1:00-2:45, Jan 17-Mar 28 (No 2/21)  
Where: Islington Community Center  
Inst: Cori Trombly and Annie Shea  
Fee: \$90 (10 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 with a signed permission form.) Participants must be toilet trained.

## PRESCHOOL PLAY DATE

Who: Ages 3-5  
When: Fri, 9:30-10:45, Jan 17-Mar 28 (No 2/21)  
Where: Islington Community Center  
Inst: Kirsten Boger, M. Ed.  
Fee: \$100 (10 classes) Min: 6 Max: 12

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

## KIDDIE CAT JAM



Who: Ages 3-6  
When: Wed, 3:30-5:00, Mar 12-Apr 9  
Where: Sheehan Gym  
Inst: Thundercat Sports Staff  
Fee: \$100 (5 classes) Min: 8 Max: 15

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.



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



# YOUTH & PERFORMING ARTS

## CLAY CLASSES



Who: Grades 1-5  
Where: Islington Community Center  
Inst: Lisa W B Walker  
Fee: \$25 (1 class) Min: 4 Max: 6



Day	Dates	Theme	Time Slots
Wed	Jan 29	Valentine's Day	1:00 – 2:00 or 2:30 – 3:30
Wed	Mar 12	Think Spring!	1:00 – 2:00 or 2:30 – 3:30

Learning the basics of pottery! Students will create a hand-built item from a pound of clay. The finished work will be left with instructor to apply clear glaze and fire it in a kiln. Families will be contacted when art is ready for pick up at the recreation department. Each theme teaches new techniques.

## VIDEO GAME DESIGN

Who: Grades 3-8  
When: Tue, 4:45-5:45, Jan 14-Mar 11 (No 2/18)  
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, Jan 14-Mar 11 (No 2/18)  
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, Jan 15, 1:00-3:00 or Tue, Mar 11, 3:00-5:00  
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, Jan 15, 3:00-6:00 or Thu, Mar 13, 3:00 – 6:00  
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. Bring a nut free snack and drink.

## ROYAL CORONATION TEA PARTY



Who: Ages 4-8  
When: Wed, Feb 19, 11:00-12:30  
Where: Islington Community Center  
Inst: Janet L. Parnes, Etiquette Consultant  
Fee: \$35 (1 class) Min: 6 Max: 10

The magic of a royal coronation blends with the charm of a children's tea party to produce an event that will enrapture any little girl/boy who has dreams of becoming a Princess/Knight. Pink & silver prevail at this event, which includes a craft, red-carpet coronation, review of table manners (using china/linens, not paper) and introductions; treats, tiaras/crowns; a tea-party tale; and the hilarious "The Polka-Dot Princess" story and game. Parents are welcome to drop off children or stay and watch the festivities

## KEY BOARD LESSONS

Who: Ages 7 & up  
When: Sat, Jan 25-Mar 29 (No 2/15, 2/22), 9:30, 10:00, 10:30, 11:00, 11:30  
Where: Islington Community Center  
Inst: Jason Whiting  
Fee: \$300 (Eight 30 minute lessons)

Private lessons for beginner to advanced levels and are taught on a 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
C	Mon, Jan 6 – Feb 10 (No 1/20)	6:00, 6:30, 7:00, 7:30
D	Mon, Mar 3 – Mar 31	6:00, 6:30, 7:00, 7:30
C	Wed, Jan 8 – Feb 5	6:00, 6:30, 7:00, 7:30
D	Wed, Mar 5 – Apr 2	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.

## SCHOOLHOUSE ROCK

Who: Ages 6-12  
When: Sunday, 1:00-3:30, Jan 26-Mar 30 (No 2/16, 2/23)  
Where: Islington Community Center  
Inst: SiouxSanna Ramirez-Cruz, Jason Whiting  
Fee: \$210 (8 classes) Min: 12 Max: 20

SCHOOLHOUSE ROCK is the story of a teacher on his first day of school, and his new friends that teach him about grammar, math, science and more! With memorable songs and interesting facts, we will sing and dance our way through this timeless interpretation of the hit TV show. 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 peanut/nut-free snack, and your imagination.

## SEUSSICAL THE MUSICAL



Who: Ages 6-12  
When: Tue-Fri, Feb 18-21, 9:00-4:00  
Where: Islington Community Center  
Inst: SiouxSanna Ramirez-Cruz, Jason Whiting  
Fee: \$210 (4 classes) Min: 15 Max: 25

Join the Cat In The Hat as he takes us on a musical journey of the Dr. Seuss classic "Horton Hears A Who". Monkeys, turtles, and Who's are welcome! Students will experience a mini production process culminating in a final presentation for family and friends - no previous experience required. Students receive an actor's package. Please provide a lunch, two peanut/nut-free snacks and a water bottle.

# 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.

## \*SPORTS & GAMES



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



Grades	When	Where
K-5	Thu, 3:30-5:00, Jan 9-Mar 13 (2/20)	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: \$120 (6 classes) Min: 10 Max: 25



When	Where
Wednesdays, 11:50-3:00	
Jan 15, 29; Feb 12, 26; Mar 12, 26	Downey Gym
Jan 15, 29; Feb 12, 26; Mar 12, 26	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.

## \*LITTLE HOOPS



Who: Ages 4-6  
Inst: Mike Griffin and Staff  
Fee: \$88 (8 classes) Min: 12 Max: 24

When	Where
Wed, Jan 8-Mar 5 (No 2/19), 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: \$80 (8 classes) Min: 10 Max: 16

Grades	When	Where
1-2	Tue, 3:30-5:00, Jan 7-Mar 4 (no 2/18)	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.

## \*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, Jan 10-Feb 14	Downey Cafeteria

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: 6 Max: 30

When	Where
Tue & Thu, Jan 7-Mar 27 (No 2/18 & 2/20)	Deerfield Cafeteria & 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. Students will be able to demonstrate their skills at the March Into Summer Event at the High School on March 15. For more information, visit our website at [www.sensei-steve.com](http://www.sensei-steve.com)



## FENCING

Who: Ages 8 and older  
When: Wed, Jan 15-Mar 12 (No 2/19)  
Intermediate 6:00-7:00 PM, Beginner 7:00-8:00 PM  
Where: Downey Cafeteria  
Inst: Jim Mullarky  
Fee: \$110 (8 classes) Min: 8 Max: 20



The Olympic sport of Fencing is offered by Coach Mullarky of the 3MB Fencing Club. Its fast and fun. All aspects of beginning fencing will be taught from footwork thru blade work. Teamwork and sportsmanship are also part of the teachings. All safety gear supplied. Wear loose comfortable pants and sneakers. If you have taken Fencing with Jim previously, please sign up for the Intermediate level.



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.

# SPORTS & FITNESS

## SOCCER CLINICS

Inst: Jon Grant



## SHEEHAN SCHOOL GYM

Grade	When	Fee
1 & 2	Wed, 3:30-4:30, Jan 8-Feb 5	\$45 (5 classes) Min: 10 Max: 20
3	Wed, 4:30-5:30, Jan 8-Feb 5	\$45 (5 classes) Min: 10 Max: 20

## DOWNEY SCHOOL GYM

Fee: \$45 (6 classes) Min: 10 Max: 20

Grade	When
4	Mon, 4:00-4:45, Feb 10-Mar 24, (No 2/20)
4	Fri, 4:00-4:45, Feb 14-Mar 28 (No 2/24)
5	Mon, 4:45-5:30, Feb 10-Mar 24 (2/20)
5	Fri, 4:45-5:30, Feb 14-Mar 28 (2/24)

The focus is strictly on individual ball technique: ball control, possession dribbling, attack dribbling, striking, passing and receiving. Please bring sneakers and a water bottle.

## VACATION VARIETY



Who: Grades K-5  
When: February Vacation, Tue-Thu, Feb 18-20, 9:00-3:00  
Where: Thurston Middle School  
Inst: F.A.S.T. athletics and Recreation Staff  
Fee: \$145 (3 days) Min: 15 Max: 60

It's fast moving fun with a variety of games and fitness activities including basketball, soccer, dodgeball, pillow 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. \*In the event of a cancellation due to inclement weather the make-up day will be Friday, February 21.

## ARCHERY

Who: Ages 8 & up  
Where: Bay State Archery, 55 Providence Highway  
Inst: Bay State Archery Staff (Formerly Archery USA)  
Fee: \$120 (5 classes) Min: 10 Max: 15

Session	When
C	Mon, 3:30-5:00, Jan 13-Feb 24 (No 1/20 & 2/17)
D	Mon, 3:30-5:00, Mar 10-Apr 7

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.



## HEATED VINYASA FLOW



Who: Ages 16 & up  
When: Sat, 9:00-10:30 AM  
Where: Firefly Yoga, 311 Washington St, Westwood  
Inst: Marci Noller, Firefly Staff  
Fee: \$130 (10 classes) Max: 20

Session	When
C	Jan 4-Mar 8
D	Mar 15-May 17

In a heated Vinyasa class, students develop skills of concentration and patience that help focus the mind as they increase physical strength, stamina, flexibility and overall health through a dynamic practice of continuous movements. All levels are welcomed. The room will be between 90-98 degrees with 40-50% humidity. Please bring a mat, towel and water.

## TEEN YOGA



Who: Teenagers  
When: Mon, 3:30-4:30 PM  
Where: Firefly Yoga, 311 Washington St, Westwood  
Inst: Firefly Staff  
Fee: \$90 (6 classes) Min: 5 Max: 20

Session	When
C	Jan 6-Feb 10
D	Mar 3-Apr 7

This class offers a balanced of focus and fun. They will learn to grow and develop an understanding of incorporating breath to their everyday lives. They will work with the poses and breathing to know how to interact and connect with their minds and bodies. It will be Vinyasa style based and all levels are welcomed. Please bring a mat, towel and water.

## KICKBOXING

Who: Ages 18 & up  
When: Wed, 7:00-8:00 PM, Jan 8-Mar 5 (No 2/19)  
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.

## CROSSFIT KIDS

Where: Reebok Crossfit, 106 Adams St, Medfield  
Inst: Reebok Crossfit Staff  
Fee: \$100 (8 classes) Max: 20



Ages	When	Dates
5-12	Thu, 4:00-4:45pm	Jan 9-Feb 27
5-12	Tue, 4:00-4:45pm	Jan 7-Feb 25

It is a strength and conditioning program that is specifically designed for kids to help them develop a lifelong love for fitness. In a group setting, they will participate in fun and engaging workouts that deliver measurable results and prepare them to be well-rounded individuals. Stop by on Thursday, January 2 at 4:00pm for a FREE trial class or just watch one if you are interested in learning more. Kids should bring a water bottle.





# FITNESS

## RELAXATION & MEDITATION

Who: Ages 16 & up  
When: Sat, 9:00-10:10 AM  
Where: Islington Community Center Sanctuary  
Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15

Session	When
C	Jan 11-Feb 15
D	Mar 1-Apr 12 (No 3/15)

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.

## YOUNG YOGA

Who: Ages 9-16  
When: Wed, 6:00-7:00 PM, Jan 8-Feb 12  
Where: Islington Community Center Sanctuary  
Inst: Guari Agrawal  
Fee: \$70 (6 classes) Min: 5 Max: 15



Classes allow 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 participant will have longer recall and enjoy practicing at home.

## ADULT YOGA

Who: Ages 16 & up  
Where: AM Thu, 11:00-12:30, Islington Community Center  
PM Thu, 7:00-8:30, Westwood Public Library  
Inst: Linda Margosian, Certified Hatha Yoga Instructor  
Fee: \$120 (8 classes) Min: 5 Max: 12

Session	When
C	Jan 2-Feb 27 (No 2/20)
D	Mar 13-May 8 (No 4/24)

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.

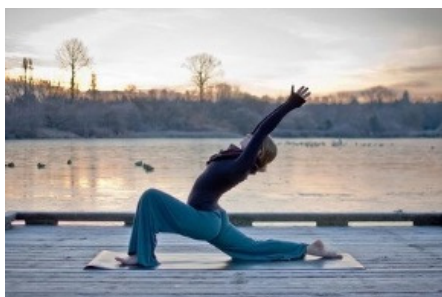
## WARM POWER FLOW

Who: Ages 16 & up  
When: Tue, 6:00-7:00 AM  
Where: Firefly Yoga, 311 Washington St, Westwood  
Inst: Kate Bush, Firefly Staff  
Fee: \$130 (10 classes) Max: 20

Session	When
C	Jan 7-Mar 18 (No 2/18)
D	Mar 18-May 27 (No 4/22)



A challenging and dynamic sequence of postures to work the entire body, build strength and flexibility while providing a profound release. Suitable for all levels of practice. The class will be a warm 85-88 degrees in the room with 40-50% humidity. Please bring a mat, towel and water.



## CARDIO BLAST

Who: Ages 18 & up  
Where: Islington Community Center  
Inst: Core Asset Staff  
Fee: \$125 (10 classes) Min: 8 Max: 12

Session	When
C	Tue, 8:45-9:45 AM, Jan 7-Mar 18 (No 2/18)
C	Thu, 7:45-8:45 AM, Jan 9-Mar 20 (No 2/20)
C	Thu, 8:45-9:45 AM, Jan 9-Mar 20 (No 2/20)

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.

## BOOT CAMP

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

Session	When
C	Tue & Thu, 6:00-7:00 AM, Jan 7-Feb 27 (No 2/18, 2/20)
D	Tue & Thu, 6:00-7:00 AM, Mar 11-May 1 (No 4/22, 4/24)

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.

## MAT PILATES

Who: Ages 16 & up  
When: Mon, 7:00-8:00 PM, Jan 6 – Mar 24 (No 1/20, 2/17)  
Where: Islington Community Center Hall  
Inst: Core Asset Staff  
Fee: \$125 (10 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.



# ADULTS

## DOG TRAINING PROGRAMS

Who: Owners Ages 13 & up or  
Ages 12 and under must be accompanied by an adult  
Where: Islington Community Center Hall  
Inst: Susan Lowell, Pet Providers



### PUPPY TRAINING

Who: Puppies 12 weeks-1 year  
When: Sat, Feb 8–Apr 12 (No 2/15, 2/22), 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, Jan 25 – Mar 29 (No 2/15, 2/22), 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, Jan 25 – Mar 29 (No 2/15, 2/22), 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, Jan 15 – Mar 12 (No 2/19), 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.

### CLICKER TRAINING

Who: Puppies and older  
When: Wed, Jan 15 – Feb 26 (No 2/19), 8:00-9:00 PM  
Fee: \$75 (6 classes) Min: 6 Max: 12

Clicker training, a common form of positive reinforcement, is a simple and effective training method. The clicker is a metal strip inside a small plastic box that makes a distinct clicking sound when pressed. The click is much more distinct than saying "good dog" and more effective than using treats alone. Puppies must have received prior training before taking this class.

### CANINE GOOD CITIZEN

Who: Dogs 1 year or older  
When: Sat, Jan 25 – Mar 15 (No 2/15, 2/22), 11:00-12:00  
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 training/testing areas include: accepting a friendly stranger, sitting politely for petting, walking through a crowd, coming when called, reaction to another dog, reaction to distractions, and supervised separation. Dogs that pass are listed in the CGC records at the American Kennel Club and allow dogs to visit nursing homes, schools, and other venues.



## ADULT CLAY CLASS

Who: Ages 16 & up  
When: Mon, 7:00-8:30, Feb 3  
Where: Islington Community Center  
Inst: Lisa W B Walker  
Fee: \$45 (1 class) Min: 5 Max: 6



Have fun learning about clay by exploring surface decoration using textures and stamps with hand drawn elements. Students will hand build using high fire clay and colored slip to create a functional piece. Instructor will finish piece with a clear glaze and fire it in a kiln. Participants will be contacted when art is ready for pick up at the recreation department.

## PEDIATRIC FIRST AID & CPR/AED

Who: Ages 15 & up  
When: Wed, Jan 15, 6:00-9:00 PM or  
Wed, Mar 12, 6:00-9:00PM  
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.

## RECREATION NEWS

### NEW FAMILY CHANGING ROOM

The Westwood Recreation Department is pleased to announce the addition of two Family Changing Rooms to the Westwood Swimming Pool complex. The Family Changing Rooms provide patrons private space to assist their children of the opposite gender who are too young to manage themselves in the Women's and/or Men's Locker Rooms. These rooms also provide private space for individuals with disabilities who have an assistant of the opposite gender. Each changing room is fully ADA compliant equipped with a toilet, sink, shower, and bench. Lockers are provided for temporary storage of patrons belongings.



# 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

## 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

## WEEKEND LESSONS

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

### SATURDAY

When: Session C: Jan 11 – Feb 8  
Session D: Mar 1 – Apr 5 (No 3/15)

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 4	10:30-11:10

### YOUTH BEGINNER

Who: Ages 8 -14  
When: Sat, 9:45-10:25  
Session C: Jan 11 – Feb 8  
Session D: Mar 1 – Apr 5 (No 3/15)  
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 C: Jan 12 – Feb 9  
Session D: Mar 2 – Apr 6 (No 3/16)

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



## WEEKDAY LESSONS

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

### SESSION C

**Monday: Jan 6 – Feb 10 (No 1/20)**

Level	Time
Adult Swim Lessons	10:00-10:40 AM

**Tuesday: Jan 7 – Feb 4**

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

**Thursday: Jan 9 – Feb 6**

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

**Friday: Jan 10 – Feb 7**

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



### SESSION D

**Monday: Mar 3 - 31**

Level	Time
Adult Swim Lessons	10:00-10:40 AM
Level 2	4:00-4:40 PM

**Tuesday: Mar 4 - Apr 1**

Level	Time
Preschool 3, 4, 5	1:15-1:55 PM
Level 3	4:00 – 4:40 PM

**Wednesday: Mar 5 - Apr 2**

Level	Time
Level 4	4:00 -4:40 PM

**Thursday: Mar 6 - Apr 3**

Level	Time
Level 1	1:15-1:55 PM
Level 2	4:00 – 4:40 PM

**Friday: Mar 7 - Apr 4**

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.

## SESSION C

Tue	Jan 7-Feb 4	10:45 AM
Wed	Jan 8-Feb 5	10:45 AM
Thu	Jan 9-Feb 6	10:45 AM
Fri	Jan 10-Feb 7	10:45 AM

## SESSION D

Mon	Mar 3-31	6:30 PM
Tue	Mar 4-Apr 1	10:45 AM, 6:30 PM
Wed	Mar 5-Apr 2	10:45 AM, 6:30 PM
Thu	Mar 6-Apr 3	10:45 AM, 6:30 PM
Fri	Mar 7-Apr 4	10:45 AM



## WATER SAFETY INSTRUCTOR

Who: Ages 16 & up  
 When: Tue, Wed, Thu, 3:00-6:00 PM  
**Mar 11-Apr 10, 2014**  
 Inst: Susan Perry  
 Fee: \$350 (15 classes) Min: 4 Max: 6

Become a certified American Red Cross Water Safety Swimming Instructor. Course includes Fundamental Instructor Training. Check your calendars. **Full participation is required.**



## MASTERS SWIMMING

Who: Ages 18 & up  
 When: Jan 2-Mar 31  
 Tue & Thu, 5:15-6:30 AM and  
 Sun 6:30-8:00 AM  
 Inst: Julie Harrington  
 Fee: \$60 (per month)  
 \$150 (3 months)  
 \$10 (Sunday drop in fee)

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 challenging workout with feedback from an experienced swim coach.  
 Min: 8 Max: 18

## SENIOR SWIM

Who: Ages 60 and older  
 When: Tue and Thu, 1:00-2:15  
 Jan 2 - Mar 27 (No 2/18 or 2/20)  
 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.



*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.

## AQUA FITNESS

Who: Ages 18 & up  
 When: Tue, Wed and Thu, 9:00-10:00 AM  
 Jan 2-Mar 27 (No 2/18, 2/19, 2/20)  
 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.

## FEBRUARY VACATION

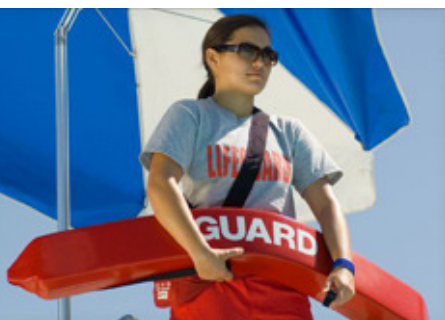


### OPEN SWIM!

Who: Must be able to swim independently or accompanied by an adult swimmer  
 When: 1:00-2:15  
 Fee: Current membership or \$5 per daily swimmer

Day	Date	Theme
Tue	Feb 18	Messy Back Yard
Wed	Feb 19	Music Madness
Thu	Feb 20	Olympics
Fri	Feb 21	Mystery

Join in the fun with friends at the pool !



## 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: Jan 7, 7:15 pm

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 January 8, the day after the pre-skills screening held on Tuesday, January 7, 2014 at 7:15 pm.

# Westwood Recreation

January 1 - March 30, 2014

Closed: Jan 1, 20; Feb 17; Mar 15

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

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
<b>Pool Single</b>	<b>\$25</b>	<b>\$65</b>	<b>\$125</b>	<b>\$225</b>	<b>\$5</b>
<b>Pool Family</b>	<b>\$40</b>	<b>\$105</b>	<b>\$200</b>	<b>\$360</b>	
<b>Pool Westwood Senior</b>	<b>\$15</b>	<b>\$45</b>	<b>\$90</b>	<b>\$180</b>	<b>\$5</b>

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)





Westwood Recreation Department  
240 Nahatan Street  
Westwood, MA 02090

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OCTOBER 5TH, 2013