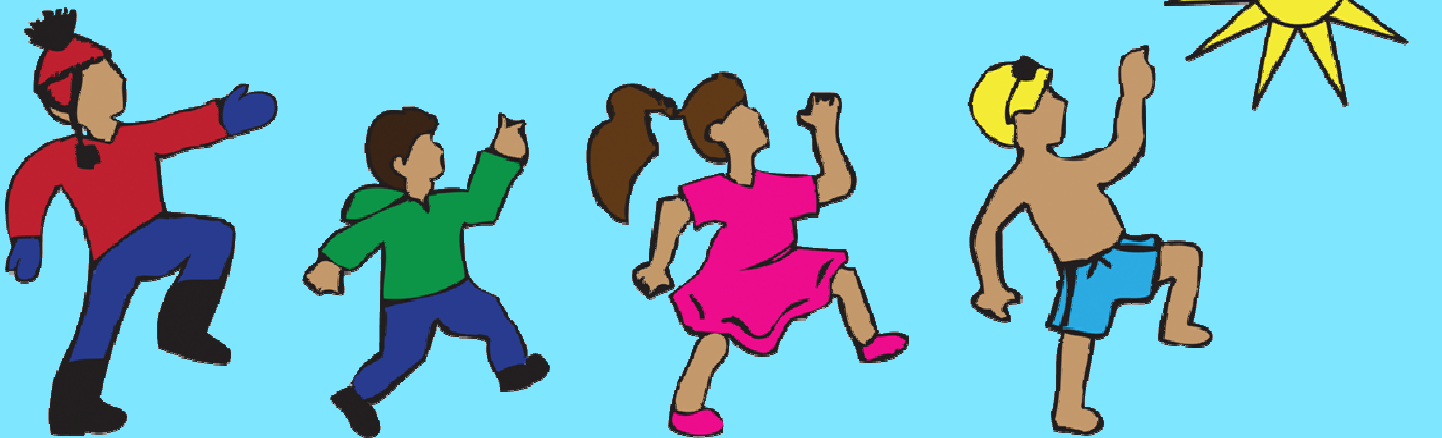


Brochure and Community Guide

**Spring
Summer
2014**

March into Summer



SUMMER KICK OFF – OPEN HOUSE

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

SATURDAY, MARCH 15, 10:00 - 2:00

WESTWOOD RECREATION DEPARTMENT

FUN FOR ALL AGES!

SPECIAL REGISTRATION

10% DISCOUNT ON SUMMER PROGRAMS THAT ARE PAID IN FULL

ON-LINE REGISTRATION: MARCH 15-19 WWW.WESTWOODREC.COM

WALK IN REGISTRATION: WESTWOOD RECREATION DEPARTMENT

MARCH 15, 10:00-1:00 AND MARCH 17-19, REGULAR OFFICE HOURS

THE 10% DISCOUNT WILL BE TAKEN AT CHECKOUT.

10% summer savings

Sponsored By



From broken bones to blisters.
We're here for you.

Need a sports physical by a board-certified medical provider?
How about treatment for a sports injury? At AFC/Doctors Express,
we have incredible medical professionals standing by and
ready to treat you, early or late.



COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org

Community Chest www.wcc.cfsites.org

Foundation Westwood Education www.foundationforwestwoodeducation.org

Hale Reservation www.halereservation.org

Lions Club of Westwood www.westwoodlions.com

Rotary Club of Westwood www.westwoodrotary.com

The Arc of South Norfolk www.arcsouthnorfolk.org

Town of Westwood www.townhall.westwood.ma.us

Westwood Girl Scouts www.girlscoutseasternmass.org

Westwood Historical Society www.westwoodhistoricalsociety.com

Westwood Public Schools www.westwood.k12.ma.us

Westwood Walpole League of Women Voters www.lvwwestwoodwalpole.org

Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

Adult Basketball League mgriffin@townhall.westwood.ma.us

CYO Basketball- Saint Denis www.stdeniswestwood.com

CYO Basketball- Saint Margaret Mary www.saintmmparish.org

Over 30 Men's Softball fcurran@jackconway.com

Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com

Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com

Westwood Little League Baseball www.westwoodlittleleague.com

Westwood Track Club www.trackclinic.com

Westwood Youth Basketball www.westwoodbasketball.org

Westwood Youth Hockey www.wyh.org

Westwood Youth Soccer www.westwoodsoccer.org

Westwood Youth Softball www.westwoodyouthsoftball.org

Westwood/Dover Pop Warner Football www.westwoodpopwarner.com

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SUMMER NOTICE

FLEX WEEK: JUNE 23-27

Programs scheduled FLEX week are subject to change in the event of additional snow days.

**PATRONS WILL BE NOTIFIED
IF CHANGES OCCUR.**



BOARD OF SELECTMEN

Nancy Hyde, Chairman

Patrick Ahearn

Philip Shapiro

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

Diane Thornton, Chairperson

Tim Adams

Paul Aries

Joyce Cannon

Elizabeth Phillips

Dave Reilly

Paul Tucceri

Ann Delaney, Associate Member

Lynn Connors, Associate Member

RECREATION STAFF

Nicole Banks
Recreation Director

Susan Perry
Aquatics Manager

Taryn Crocker
Business Manager

Mike Griffin
Sports and Fitness Manager

Kristin Scoble
Program Manager

Julie Harrington
Aquatics Specialist



WESTWOOD RECREATION DEPARTMENT

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

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

www.westwoodrec.com

OFFICE HOURS

Mondays 8:30 AM-4:30 PM

Tuesdays 8:30 AM-7:00 PM

Wednesdays 8:30 AM-4:30 PM

Thursdays 8:30 AM-4:30 PM

Fridays 8:30 AM-1:00 PM

REGISTRATION

Page 4

WESTWOOD RESIDENT REGISTRATION



- **SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**
- **SUMMER BEGINS SATURDAY, MARCH 15, 10:00 AM**

ONLINE REGISTRATION: www.westwoodrec.com Click Online Registration. Log in 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

NON-RESIDENT REGISTRATION

- **SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**
- **SUMMER BEGINS MARCH 15, 10:00 AM**

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

PAYMENTS

Cash/Checks: payable to the Town of Westwood.

Credit Cards: MasterCard, Visa or Discover are accepted.



CONFIRMATION

On line registrations receive a receipt via email. All others please consider the 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, a participant is replaced by a wait list participant, or if the Department changes prohibit your attendance. If you have an unforeseen medical problem confirmed by a doctor's note that prohibits your participation, we will refund your fee. Notice is needed before the start of the session/program. No other refunds will be issued.

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

To use the pay plan, you must fill out a payment plan agreement and submit a valid VISA, Discover or MasterCard credit card number with your registration. This will allow you to register family members for summer programs & defer the payments. Please note: The NO Refund Policy does apply. If you reserve a space using the pay plan, you are committed to paying the program fee and will be charged accordingly.

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

Weeks: Flex & 1 (June 23-July 3) must be paid at time of registration.

Weeks: 2 & 3 (July 7-18) program fees will be charged or check is due on June 2

Weeks: 4 & 5 (July 21-Aug 1) program fees will be charged or check is due on July 1

Weeks: 6 & 7 (Aug 4-15) program fees will be charged or check is due on August 1



Information: www.westwoodrec.com



Like Us: www.facebook.com/westwooday



Follow Us: @WestwoodDay

Parent's Name: _____ Address: _____ Town: _____ Zip: _____
 First Last

Preferred Number: (_____) E-Mail Address: _____

Emergency Contact: _____ Relationship: _____ Cell/Emergency Phone: (_____) _____

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

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

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

Recreational and Volunteers Activities Consent and Release Form

I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation programs of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport.

I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities.

I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation 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 a Town of Westwood recreation program.

I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Recreation Department program for promotional purposes, including on the internet.

IN CASE OF EMERGENCY, I hereby give my permission to the program staff and medical personnel selected by the Recreation Department and staff, to act as my agent to apply simple first aid when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment.

I AFFIRM that I have read this Consent and Release 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's recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer participating in Town of Westwood recreation programs.

SIGNATURE _____ DATE _____

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

Checks payable to: Town of Westwood (return check fee \$25)

Credit Card: Visa, MasterCard or Discover _____ - _____ - _____ - _____ EXP. ____/____ Signature: _____ Date: _____

Card Holder's Name _____ Address _____

RECREATION OFFICE USE ONLY

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



SWIMMING POOL

AQUATICS MANAGER-SUSAN PERRY

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



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

LAP SWIM – Two Lanes

CANNON BALL CONTEST – All Ages 12:00-12:15 pm

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

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

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

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

GYM LOBBY

SUMMER DAYS: AGES 3-13

PROGRAM MANAGER-KRISTIN SCOBLE

SummerDays T-SHIRT DECORATING – 10:00-2:00

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

MUSICAL THEATRE

INSTRUCTORS-SIOUXSANNA RAMIREZ-CRUZ & JASON WHITING

Meet instructors and hear about this summer's performances and view videos of past shows.

PROGRAM INFORMATION BOOTHS/MEET THE COACHES

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

GYM SPORTS

SPORTS AND FITNESS MANAGER-MIKE GRIFFIN

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

INSTRUCTOR- JAYSON SELLERS

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

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

INSTRUCTOR-STEVE DIORIO

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

PLAYLAND - GYM



ADVENTURE COMBO TWIST - AGES 2-6



HOOP MANIA - AGES 7-99



LAND SLIDE – ALL AGES



PHOTO BOOTH – ALL AGES

SNACK BAR

POOL LOBBY - 10:00-2:00

Hot Dogs
Chips
Cookies
Water
Soda
Coffee



**Proceeds will benefit
Recreation Swim Team**

BIG BANKS, NO THANKS BANK LOCAL

Community banks couldn't be more different than the "big banks".
At Needham Bank our goal is to serve you, not service charge you.

That's why we offer NB Checking, an account with no fees. Plus the convenience of automatic and unlimited ATM fee reimbursements. This gives you the freedom to access any bank's ATM, anywhere in the world, knowing we will reimburse the fees those other banks charge you.

Sound too good to be true?
For more information please contact
Business Development Associate, Julie White at
781-474-5984 or JWhite@NeedhamBank.com.



MEMBER FDIC | MEMBER SIF

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**



**American
Red Cross**

Water Babies (9-24 months)*

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

Parent and Child (2-3 years)*

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

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

Preschool Age 3

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

Preschool Ages 4 and 5

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

Level 1 – Introduction to Water

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Class Size Min: 4 Max: 8

Level 2–Fundamental Skills

Participants have passed Level 1. At this level swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Class Size Min: 4 Max: 10

Level 3 – Stroke Development

Participants must have passed Level 2. At this level swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Class Size: Min: 4 Max: 10

Level 4 – Stroke Improvement

Participants must have passed Level 3. At this level swimmers explore: diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Class Size: Min: 4 Max: 10

Level 5 – Stroke Refinement

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



WEEKDAYS

FLEX WK: JUN 23-27 MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 1: JUN 30-JUL 3, MON-THU

Fee: \$60 (Four 40 minute classes)

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

WK 2: JUL 7-11, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 3: JUL 14-18, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 4: JUL 21-25, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 5: JUL 28-AUG 1, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 6: AUG 4-8, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

WK 7: AUG 11-15, MON-FRI

Fee: \$75 (Five 40 minute classes)

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

SATURDAYS

When: Sat, Jul 12-Aug 9
Fee: \$75 (Five 40 minute classes)

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

YOUTH BEGINNER

Who: Ages 8 -14
When: Sat, Jul 12-Aug 9, 9:45-10:25
Fee: \$75 (Five 40 minute classes)

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

PRIVATE LESSONS

Who: Ages 4 & up
Inst: Certified Water Safety Instructors
Fee: \$150 (Five 30 minute lessons)
*(Four 40 minutes lessons)
\$200 Semi-private (2 swimmers)

Week	When	Time Slots
*FLEX (Jun 24-27)	Tue-Fri	9:15, 10:15, 1:15
*1(Jun 30-Jul 3)	Mon-Thu	9:15, 10:15
2 (Jul 7-11)	Mon-Fri	9:15, 10:00, 10:45
3 (Jul 14-18)	Mon-Fri	9:15, 10:00, 10:45
4 (Jul 21-25)	Mon-Fri	9:15, 10:00, 10:45
5 (Jul 28-Aug 1)	Mon-Fri	9:15, 10:00, 10:45
6 (Aug 4-8)	Mon-Fri	9:15, 10:00, 10:45
7 (Aug 11-15)	Mon-Fri	9:15, 10:00, 10:45, 1:15, 2:00, 2:45

AQUA FITNESS

Who: Ages 18 & up
When: Tue and Thu, 8:00-9:00 AM
Jun 24-Aug 14
Inst: Susan Perry
Fee: Punch Pass \$70 (10 classes)

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



AQUANAUTS

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

Week	When
2 (Jul 7-11)	Mon-Thu 9:00-6:00; Fri 9:00-3:30
4 (Jul 21-25)	Mon-Thu 9:00-6:00; Fri 9:00-3:30
6 (Aug 4-8)	Mon-Thu 9:00-6:00; Fri 9:00-3:30

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

CONDITION SWIMMING

Who: Ages 6-18
When: Jun 23-Aug 6
Fee: \$125

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

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

WATER POLO

Who: Ages 14 & Up
When: Wed, 8:30-9:30 PM
Jun 25-Aug 13
Fee: \$30 (8 weeks) or \$5 per night

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

SWIM TEAM

Who: Ages 6-18
When: May 27-Aug 9 (No 7/3, 7/4)
Fee: \$180 (11 weeks)

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

PRACTICE SCHEDULE

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

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

MEET SCHEDULE

Date	Opponent	Location	Time
Jul 1	Walpole	Westwood	5:30 PM
Jul 8	Natick	Westwood	5:30 PM
Jul 10	Newton	Newton	6:00 PM
Jul 15	Needham	Westwood	5:30 PM
Jul 17	Canton	Canton	6:00 PM
Jul 22	Sherborn	Westwood	5:30 PM
Jul 24	Norwood	Norwood	6:00 PM
Jul 29	Millis	Westwood	5:30 PM
Jul 31	Dedham	Westwood	5:30 PM
Aug 5	Medfield	Westwood	5:30 PM
Aug 7	Framingham	Framingham	6:00 PM

CHAMPIONSHIP SCHEDULE

B Regional	August 2	Newton
A Regional	August 9	Newton



*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
requesting dates and times.

SUMMER DAYS

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

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

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

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

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

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

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

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

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

Trips: Ages 9 & up. Scheduled on Wednesdays.

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

Swim & Tennis Lessons: See details below.

SUMMER DAYS SWIM LESSONS

Inst: Certified Water Safety Instructors
When: 1:15-1:55
Fee: \$75 (Five 40 minute classes)
*\$60 WK1 (Four 40 minute classes)

Week	Week
*1 (Jun 30-Jul 3) Mon-Thu	4 (Jul 21-25) Mon-Fri
2 (Jul 7-11) Mon-Fri	5 (Jul 28-Aug 1) Mon-Fri
3 (Jul 14-18) Mon-Fri	6 (Aug 4-8) Mon-Fri

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

SUMMER DAYS TENNIS LESSONS

Who: Ages 7-13
Inst: Jayson Sellers, Professional Instructor
Fee: \$60 (5 classes)
*\$48 WK 1 (4 classes)

Week	Week
*1 (Jun 30-Jul 3) Mon-Thu	4 (Jul 21-25) Mon-Fri
2 (Jul 7-11) Mon-Fri	5 (Jul 28-Aug 1) Mon-Fri
3 (Jul 14-18) Mon-Fri	6 (Aug 4-8) Mon-Fri

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

SUMMER DAYS DATES AND THEMES

Week	Dates	Theme
*FLEX	TBA	
1	Jun 30-Jul 3 (Mon-Thu)	America
2	Jul 7-11	Treasure Hunters
3	Jul 14-18	Splish Splash
4	Jul 21-25	Hollywood
5	Jul 28-Aug 1	Xtreme Challenge
6	Aug 4-8	Hawaiian Hulaaloo

GRADES ENTERING K-8

***FLEX WEEK: DATES & FEES TO BE ANNOUNCED MAY 1.**
DATES ARE DETERMINED BY THE NUMBER OF SNOW DAYS.

9:00-3:30	7:30-3:30	7:30-5:30	12:00-5:30
TBA	TBA	TBA	TBA

WEEKS 1-6

Time	5 Days Mon- Fri	4 Days Mon- Thu	Week 1 Mon-Thu (no 7/4)
9:00-3:30	\$180	\$150	\$150
7:30-3:30	\$205	\$170	\$170
7:30-5:30	\$230	\$190	\$190
12:00-5:30	\$180	\$150	\$150

AGES 3-5 ONLY

***FLEX: DATES & FEES TO BE ANNOUNCED MAY 1.**
DATES ARE DETERMINED BY THE NUMBER OF SNOW DAYS.

WEEKS 1-6

Options	5 Days	4 Days & Week 1	3 Days	2 Days
Time	Mon-Fri	Mon-Thu	Mon, Wed, Fri	Tue & Thu
9:00-3:30	\$180	\$150	\$140	\$100
7:30-3:30	\$205	\$170		
7:30-5:30	\$230	\$190		
12:00-5:30	\$180	\$150		
9:00-12:00	\$120	\$100	\$95	\$70

LDP



LEADERSHIP DEVELOPMENT PROGRAM

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

Please indicate 1st Year or 2nd Year.

Ses	Weeks	When	Fee
A	FLEX-3: Jun 25-Jul18 (No 7/4) (4 week commitment)	Mon-Fri, 8:30-3:30 or Mon-Fri, 11:30-5:30	\$125
B	4-6: Jul 21 – Aug 8 (3 week commitment)	Mon-Fri, 8:30-3:30 or Mon-Fri, 11:30-5:30	\$105

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

PARENT/CHILD

TODDLER TIME

Who: Ages 18 mo.- 3 years
 When: Thu, July 10 – Aug 7, 10:15 – 11:15
 Where: Islington Community Center
 Inst: Kirsten Boger, M.Ed.
 Fee: \$55 (5 classes) Min: 5 Max: 10

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

BOPPIN' BABIES

Who: Ages 0-18 mo.
 When: Thu, July 10 – Aug 7, 9:15 – 10:00
 Where: Islington Community Center
 Inst: Kirsten Boger, M.Ed.
 Fee: \$45 (5 classes) Min: 5 Max: 10

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

PERFORMING ARTS

MUSICAL THEATRE

Who: Ages 6-12
 Inst: SiouxSanna Ramirez-Cruz and Jason Whiting
 Where: WHS Auditorium
 Fee: \$220 (1 week) Min: 12 Max: 25

Performance	Week	When
Aesop's Unplugged	2 (Jul 7-11)	Mon-Fri, 9:00-4:00
Bye Bye Birdie	4 (Jul 21-25)	Mon-Fri, 9:00-4:00
The Wiz	6 (Aug 4-8)	Mon-Fri, 9:00-4:00

Calling all singers, dancers and actors!! This five day musical theatre bootcamp covers all the elements of a professional production from auditions to rehearsal as we prepare a final performance for family and friends. Students receive an Actors Package: script, lyrics, and CD. Your family and friends may join us for a final performance on the last day of the session. All levels of experience welcome. Please bring two snacks, water bottle, and a lunch.

Aesop's Unplugged: We bring to life Aesop's timeless stories and characters with music by The Muppets!

Bye Bye Birdie: Take a blast to the past as we travel to 1958 to the small and quiet town of Sweet Apple, Ohio where rock star Conrad Birdie is about to get everyone to shake, rattle and roll!

The Wiz: Adapted from *The Wizard of Oz*, join us as we take Dorothy out of Kansas and into the city!

HIP HOP

Who: Ages 5-13
 Inst: Aly Pereira
 Fee: \$125 (1 week) Min: 6 Max: 20

Week	When	Where
8 (Aug 18-22)	Mon-Fri, 9:00-12:00	WHS Softball Field

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

YOUTH

TOP SECRET SCIENCE

Who: Grades Entering K-5
 Where: Islington Community Center
 Inst: Top Secret Science Staff
 Fee: \$195 (1 week) Min: 15 Max: 40

Week	When
5 (Jul 28-Aug 1)	Mon-Fri, 9:00-3:00
7 (Aug 11-15)	Mon-Fri, 9:00-3:00



Each day the kids will explore up to 20 weird and whacky hands-on science experiments and will take home at least 8 different projects. They will explore weird motions, flying things, air and water pressure, crazy chemistry, light and sound, magic, electricity, magnets, astronomy, and more. Be prepared for lots of fun. Please bring a nut-free lunch, snacks, and drinks. **At least 50% of the experiments are brand new.**

CHILDREN'S ART STUDIO: MIXED MEDIA

Who: Ages 7-10
 When: Week 3: July 14-17, Mon-Thu, 9:00-12:00
 Where: WHS Cafe
 Inst: SiouxSanna Ramirez-Cruz
 Fee: \$136 (4 classes) Min: 6 Max: 12



Calling all artists! Students will create individual and group pieces in graphite, color pencil, watercolor, mixed media and more! No Prior experience required, but a passion for creating things with your hands a must! All supplies provided. Students should bring a water bottle.

SAFETY TOWN

Who: Entering K
 Inst: Cori Trombly & Officer Brad Pindel
 Fee: \$150 (5 classes) Min: 12 Max: 25

Week	When	Where
3 (Jul 14-18)	Mon-Fri, 9:00-12:00	Westwood Fire Station

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



SPORTS

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

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



TENNIS LESSONS-YOUTH

Who: Ages 5-7, 8:00-8:55 or 2:15-3:15
Ages 7-13, 1:00-2:00
Where: WHS Tennis Courts
Inst: Jayson Sellers, Professional Instructor

Week	When	Fee
FLEX (Jun 23-27)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
1 (Jun 30-Jul 3)	Mon-Thu	\$44 (4 classes) Min: 4 Max: 12
2 (Jul 7-11)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
3 (Jul 14-18)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
4 (Jul 21-25)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
5 (Jul 28-Aug 1)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
6 (Aug 4-8)	Mon-Fri	\$55 (5 classes) Min: 4 Max: 12
7 (Aug 11-14)	Mon-Thu	\$44 (4 classes) Min: 4 Max: 12
8 (Aug 18-21)	Mon-Thu	\$44 (4 classes) Min: 4 Max: 12

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Participant-to-instructor ratio is approximately 4 to 1. Racquets are provided for ages 5-7. All other participants will need their own racquet. In the event of rain: Weeks FLEX-6 class will be held in the WHS Gym and Weeks 7 & 8 the class make-up will be held on Friday.

TENNIS CLINICS-YOUTH

Who: Ages 7-13
Where: WHS Tennis Courts
Inst: Jayson Sellers, Professional Instructor



Week	When	Fee
FLEX (Jun 23-27)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
1 (Jun 30-Jul 3)	Mon-Thu, 9:00-12:00	\$120 (4 days) Min: 8 Max: 12
2 (Jul 7-11)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
3 (Jul 14-18)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
4 (Jul 21-25)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
5 (Jul 28-Aug 1)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
6 (Aug 4-8)	Mon-Fri, 9:00-12:00	\$150 (5 days) Min: 8 Max: 12
7 (Aug 11-14)	Mon-Thu, 9:00-12:00	\$120 (4 days) Min: 8 Max: 12
8 (Aug 18-21)	Mon-Thu, 9:00-12:00	\$120 (4 days) Min: 8 Max: 12

Clinics will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups will be divided by ability as needed. Participant-to-instructor ratio is approximately 4 to 1. Participants need a tennis racquet. In the event of rain: Weeks FLEX-6 class will be held in the WHS Gym and Weeks 7 & 8 the class make-up will be held on Friday.

Please Note

Programs scheduled during FLEX Week are subject to change in the event of additional snow days.

Patrons will be notified if changes occur.

JR. WOLVERINES

Who: Ages 4-7
Where: Martha Jones Field
Inst: Recreation Staff

Week	When	Fee
FLEX (Jun 23-27)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
1 (Jun 30-Jul 3)	Mon-Thu, 8:30-11:30	\$95 (4 days) Min: 12 Max: 40
2 (Jul 7-11)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
3 (Jul 14-18)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
4 (Jul 21-25)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
5 (Jul 28-Aug 1)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
6 (Aug 4-8)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40
7 (Aug 11-15)	Mon-Fri, 8:30-11:30	\$115 (5 days) Min: 12 Max: 40

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

FLAG FOOTBALL

Who: Ages 7-14
Inst: Recreation Staff
Fee: \$115 (1 week) Min: 12 Max: 40

Week	When	Where
FLEX (Jun 23-27)	Wed-Fri, 9:00-12:00	Deerfield Field
2 (Jul 7-11)	Mon-Fri, 9:00-12:00	Sheehan Field
4 (Jul 21-25)	Mon-Fri, 9:00-12:00	Deerfield Field
5 (Jul 28-Aug 1)	Mon-Fri, 9:00-12:00	Deerfield Field
6 (Aug 4-8)	Mon-Fri, 9:00-12:00	Sheehan Field
7 (Aug 11-15)	Mon-Fri, 9:00-12:00	Morrison Park Field

Come and play this unique style of football. No tackling, no rough play, just a lot of fun. Team play, catching, passing and de-flagging skills will be covered. Participants will be grouped according to age and ability. The week ends with a tournament and fun giveaways. In the event of rain the program will be held in the gym except for week 7 which will be held at the Islington Community Center.

JR SOCCER

Inst: Recreation Staff
Fee: \$115 (1 week) Min: 12 Max: 40

Ages	Week	When	Where
5-8	3 (Jul 14-18)	Mon-Fri, 9:00-12:00	Deerfield Field

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



KARATE MOVIE STUNT WEEK

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

Ages	Week	When	Where
6 & up	2 (Jul 7-11)	Mon-Fri, 9:30-12:30	Hanlon Gym

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

SELF DEFENSE SEMINAR

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

Ages	When	Where
Teens & Adults	Sat, Jul 19, 9:00-12:00	Islington Community Center
Teens & Adults	Sat, Aug 16, 9:00-12:00	Islington Community Center

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

AFTERNOON SPORTS

Who: Ages 6-12
 Inst: Recreation Staff
 Where: Thurston Middle School Soccer Fields

Week	When	Fee
1 (Jun 30-Jul 3)	Mon-Thu, 12:00-4:00	\$ 96 (4 days) Min: 12 Max: 40
2 (Jul 7-11)	Mon-Fri, 12:00-4:00	\$120 (5 days) Min: 12 Max: 40
3 (Jul 14-18)	Mon-Fri, 12:00-4:00	\$120 (5 days) Min: 12 Max: 40
4 (Jul 21-25)	Mon-Fri, 12:00-4:00	\$120 (5 days) Min: 12 Max: 40
5 (Jul 28-Aug 1)	Mon-Fri, 12:00-4:00	\$120 (5 days) Min: 12 Max: 40
6 (Aug 4-8)	Mon-Fri, 12:00-4:00	\$120 (5 days) Min: 12 Max: 40

Looking for afternoon fun in the sun? Join this ultimate sports experience with your friends! There will be different sports and games each day with a tournament day on Friday followed by an Ice Cream Party and Prizes. Flag Football, Ultimate Frisbee, Soccer, Whiffle Ball and more. Participants will eat their lunch and then be divided by age and ability for afternoon sports. Bring a lunch, water bottle and snack. In the event of rain or extreme heat, the program will be held in the gym. **Participants attending Westwood Public School Enrichment Program will meet recreation staff in the small gym.**

**BASKETBALL-GIRLS**

Who: Ages 6-15
 Inst: Sarah Behn and Staff
 Fee: \$190 (1 week) Min: 25 Max: 100

Week	When	Where
5 (Jul 28-Aug 1)	Mon-Fri, 9:00-12:00	Thurston Middle School Gyms

The Behn Camp's philosophy is to instill confidence in young players by teaching basketball fundamentals, which will raise their individual level of play and make the game more fun. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense, team defense and more! Our experienced coaches create an intense yet comfortable atmosphere that encourages learning and development. The goal is for each player to leave camp with improved skills, increased confidence and acquired knowledge on how to practice and succeed. And of course, to have fun!

GOLF CLINICS-JUNIOR INTERMEDIATE

Who: Ages 8-14
 Inst: John Resnick, PGA Instructor
 Fee: \$95 (4 classes) Min: 4 Max: 14

Week	When	Where
2 (Jul 7-10)	Mon-Thu, 9:00-11:00	Norwood Country Club
3 (Jul 14-17)	Mon-Thu, 9:00-11:00	Norwood Country Club
4 (Jul 21-24)	Mon-Thu, 9:00-11:00	Norwood Country Club
6 (Aug 4-7)	Mon-Thu, 9:00-11:00	Norwood Country Club
7 (Aug 11-14)	Mon-Thu, 9:00-11:00	Norwood Country Club
8 (Aug 18-21)	Mon-Thu, 9:00-11:00	Norwood Country Club

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

GOLF CLINICS

Who: Ages 8-14
 Inst: John Resnick, PGA Instructor
 Fee: \$95 (4 classes) Min: 4 Max: 14

Level	When	Where
Beginner	Sat, Jul 5-26, 12:00-2:00	Norwood Country Club
Intermediate	Sat, Jul 5-26, 2:00-4:00	Norwood Country Club

Students will learn the fundamentals of golf including: swing, putting, chipping, etiquette and pace of play. There will be on course instruction in a relaxed setting. Intermediate players include more extensive on course instruction. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Please bring your own set of clubs.

BASEBALL

Inst: Brian Whelan, WHS Coach
 Fee: \$115 (1 week) Min: 12 Max: 40

Ages	Week	When	Where
7-9	FLEX (Jun 23-27)	Mon-Fri, 9:00-12:00	Sheehan Field
10-12	FLEX (Jun 23-27)	Mon-Fri, 9:00-12:00	Sheehan Field
12-15	FLEX (Jun 23-27)	Mon-Fri, 1:00-4:00	Middle School

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

VOLLEYBALL-GIRLS

Where: Thurston Middle School Gym
Inst: Diane Medeiros
Fee: \$95 (1 week) Min: 10 Max: 24



Ages	Week	When
8-12	6 (Aug 4-7)	Mon-Thu, 9:00-12:00
13-18	6 (Aug 4-7)	Mon-Thu, 12:00-3:00

Bump! Set! Spike! This clinic is for all levels of players. Passing, spiking, serving are among the skills that will be covered. Blocking, digging, hitter's and back row responsibilities will be introduced. There will be discussion during drills and play to help fine tune your overall game. Positioning and rules of the game are other dynamics that players will learn. Diane has years of experience as a coach, and is a volleyball state official. Participants are recommended to bring knee pads and mouth guard. Please bring a snack and water bottle.

LACROSSE-BOYS

Who: Boys Entering Grades 6-8
Where: Flahive Field
Inst: Todd Zahurak, WHS Boys Coach
Fee: \$95 (4 classes) Min: 12 Max: 40

Week	When
1 (Jun 30-Jul 3)	Mon-Thu, 9:00-12:00

The focus will be on individual skill development, beginner to intermediate levels. Areas that will be covered include passing, catching, scooping, ground balls, and shooting with emphasis on individual stick skills. There will also be some small sided games incorporated. Daily lessons will be tailored to fit the needs of the participants. Participants need to bring their own equipment, snack and water bottle.

SOCCER

Who: Ages 7-14
Where: Sheehan Field
Inst: Week 1: Jon Grant, WHS Boys Coach
Week 3, 5: Tim Chant, WHS Girls Coach

Week	When	Fee
1 (Jun 30-July 3)	Mon-Thu, 9:00-3:00	\$150 (4 days) Min: 12 Max: 65
3 (Jul 14-17)	Mon-Thu, 9:00-3:00	\$150 (4 days) Min: 12 Max: 65
5 (Jul 28-31)	Mon-Thu, 9:00-3:00	\$150 (4 days) Min: 12 Max: 65

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

FIELD HOCKEY

Who: Girls entering Grades 3-9
Where: Flahive Field
Coach: Melissa Levine, WHS Coach
Fee: \$75 (1 week) Min: 10 Max: 30

Week	When
3 (Jul 14-18)	Mon-Fri, 10:00-12:00

This clinic offers a unique opportunity for girls interested in playing field hockey while having fun. It starts with 30 minutes of instruction where you will learn new skills; work directly with coaches and players to develop your game. Utilizing these skills, participants will split into teams and scrimmage. Please bring a stick, goggles, shin pads and a mouth guard.

LACROSSE-GIRLS

Who: Girls entering Grades 3-9
Where: Flahive Field
Inst: Leslie Frank, WHS Girls Coach
Fee: \$115 (1 week) Min: 20 Max: 100

Week	When
5 (Jul 28-Aug 1)	Mon-Fri, 9:00-12:00

This clinic is designed to teach lacrosse to new players and to improve the skills of experienced players. It will focus on fitness, stick skills, position specific training, and game strategy. Participants should bring: a stick, goggles, mouth guard, water bottle and a healthy snack. Guest coaches include collegiate players who are recent graduates of WHS. If heavy rain, the girls will wait in the High School Cafeteria until conditions improve.

FENCING

Who: Ages 8 & up
Inst: Jim Mullarkey, 3MB Fencing Club
Fee: \$130 (1 week) Min: 8 Max: 20

Week	When	Where
3 (Jul 14-18)	Mon-Fri, 9:00-11:00	Sheehan Basketball Court

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

ARCHERY

Who: Ages 8 & up
Where: Bay State Archery, 55 Providence Highway
Inst: Bay State Archery Staff (Formerly Archery USA)
Fee: \$120 (1 week) Min: 12 Max: 20

Week	When
3 (Jul 14-18)	Mon-Fri, 9:00-11:00 or 11:00-1:00

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



Pedal for a world without cancer!

**WESTWOOD'S 7TH ANNUAL
PMC KIDS RIDE**

Sunday, June 8, 9:00 - 11:30 AM

Martha Jones School

Ages 3-15

kids.pmc.org/Westwood

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MARK YOUR CALENDAR!

Friday, September 26, 2014
Football Game and Fireworks

Saturday, September 27, 2014
10:00 AM – 3:00 PM

Westwood High School

CONTACTS

- **ACTIVITIES:** Taryn Crocker tcrocker@townhall.westwood.ma.us
- **FOOD COURT VENDORS:** Sue Perry sperry@townhall.westwood.ma.us
- **VENDOR VILLAGE:** Julie Harrington jharrington@townhall.westwood.ma.us
- **SPONSORSHIPS:** Nicole Banks nbanks@townhall.westwood.ma.us
- **VOLUNTEERS:** Kristin Scoble kscoble@townhall.westwood.ma.us



Information: www.WestwoodDay.com



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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 E: May 3 – Jun 7 (No 5/24)

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 E: May 3-Jun 7 (No 5/24)
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 E: May 4 – Jun 8 (No 5/25)

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 E

Monday: Apr 28-Jun 2 (No 5/26)

Level	Time
Level 1	4:15-4:55

Tuesday: Apr 29-May 27

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

Wednesday: Apr 30-May 28

Level	Time
Level 4 & 5	4:15-4:55

Thursday: May 1-29

Level	Time
Level 1	1:15-1:55
Level 2	4:15-4:55

Friday: May 2-30

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



PRIVATE LESSONS

Who: Ages 4 through Adult
Inst: Certified Water Safety Instructors
Fee: \$150 (Five 30 minute lessons)
\$200 Semi-private (2 swimmers)

SESSION E

Mon	Apr 28-Jun 2 (No 5/26)	10:45 AM, 6:30 PM
Tue	Apr 29-May 27	10:45 AM, 6:30 PM
Wed	Apr 30-May 28	10:45 AM, 6:30 PM
Thu	May 1-29	10:45 AM, 6:30 PM
Fri	May 2-30	10:45 AM

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



LIFEGUARDING REVIEW

Who: Ages 17 or Older with
Current Lifeguarding Certification
When: Mon-Fri, May 12-16, 3:00-6:00 or
Mon-Fri, Jun 2-6, 3:00-6:00
Inst: Susan Perry
Fee: \$150 (15 hours) Min: 4 Max: 8

This course provides individuals, currently certified in American Red Cross Lifeguarding, the opportunity to review their skills and refresh their knowledge in Lifeguarding. Individuals must fully participate in the class, complete all skills checks, achieve 80% or higher on the two written exams and successfully complete the final water scenarios. Upon successful completion, participants will receive American Red Cross Lifeguarding certification including CPR/AED and First Aid. This certification is valid for two years.



AQUA FITNESS

Who: Ages 18 & up
When: Tue, Wed and Thu, 9:00-10:00 AM
Apr 1-Jun 19 (No Apr 22, 23, 24)
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.



**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

TRIATHLON KIDS CLUB

Who: Ages 7-11
When: Mon & Wed, 4:00-5:00
Apr 28-Jun 9 (No 5/26)
Inst: Julie Harrington
Fee: \$110 (12 classes) Min: 8 Max: 20



Triathlons for kids are becoming an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. The goal is for participants to compete in a future triathlon. The final class will be a triathlon. 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.



MASTERS SWIMMING

Who: Ages 18 & up
When: Apr 1 – Jun 19
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? Have a triathlon this summer? Westwood Master's program is for you! We provide early-morning swim workouts for competitors, triathletes, and fitness swimmers. The fee includes a challenging workout with feedback from an experienced swim coach. Min: 8 Max: 18

APRIL 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	Apr 22	Music Mania
Wed	Apr 23	Fabulous Floats
Thu	Apr 24	Oodles of Noodles
Fri	Apr 25	Mystery

Join in the fun with friends at the pool!



SENIOR SWIM

Who: Ages 60 and older
When: Tue and Thu, 1:00-2:15
Apr 1- Jun 19 (No Apr 22, 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.

CONDITION SWIMMING

Who/When: Ages 6 to 10, 5:00-6:00 PM
Ages 11 to 18, 6:00-7:00 PM
Inst: Staff Coaches
Fee: \$75 (8 classes) Min: 10 Max: 20

Day	Dates	Fee
Mon	Mar 24-May 19 (No 4/21)	\$75
Tue	Mar 25-May 20 (No 4/22)	\$75
Wed	Mar 26-May 21 (No 4/23)	\$75
Thu	Mar 27-May 22 (No 4/24)	\$75

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

SPRINGBOARD DIVING

Who: Ages 12 and Older
When: Sun, 9:00-10:30, Mar 2-Apr 6
Inst: Jim Locke
Fee: \$100 (6 classes) Min: 4 Max: 8

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



*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, Apr 8-Jun 3 (No 4/22)
Fee: \$60 (8 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, Apr 10-Jun 5 (No 4/24)
Fee: \$78 (8 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, Apr 8-Jun 3 (No 4/22)
Fee: \$60 (8 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, May 2-Jun 6
Fee: \$52 (6 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, Apr 10-Jun 5 (No 4/24)
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, May 3-Jun 21
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, Apr 16-Jun 11 (No 4/23)
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. Helmets are provided or you may bring your own.

ADVENTURE DAYS

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

April Vacation		Time
Tue	Apr 22	9:00-12:00
Wed	Apr 23	9:00-12:00
Thu	Apr 24	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, May 2 – Jun 6
Where: Islington Community Center
Inst: Cori Trombly and Annie Shea
Fee: \$78 (6 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, May 2 – Jun 6
Where: Islington Community Center
Inst: Kirsten Boger, M. Ed.
Fee: \$78 (6 classes) Min: 6 Max: 12

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

KIDDIE CAT JAM



Who: Ages 3-6
When: Wed, 3:30-5:00, May 7-Jun 4
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.

CLAY CLASSES

Who: Grades 1-5
When: Wed, 2:30-3:30
Where: Islington Community Center
Inst: Lisa WB Walker
Fee: \$25 (1 class) Min: 4 Max: 6



Dates	Theme
Apr 9	Celebrate Mom's and Dad's
May 14	The Ocean

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, Apr 15-Jun 10 (No 4/22)
Where: WHS 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, Apr 15-Jun 10 (No 4/22)
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, May 28, 1:00 - 3:00
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, May 14, 2:00 - 5:00
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.

MANNERS FOR A 5 STAR MOTHER'S DAY

Who: Ages 8-11
When: Wed, Apr 23, 11:00-12:30 (April vacation)
Where: Islington Community Center
Inst: Janet L. Parnes, Etiquette Consultant
Fee: \$45 (1 class) Min: 5 Max: 10

Children will learn skills that help them to be naturally respectful and considerate at home and away. Topics will include how to introduce ourselves, dining skills and how to be a gracious host /guest. In honor of Mother's Day, the Children will finish the Workshop prepared to treat Mom (or a special lady in their lives) as the Guest of Honor at a family meal.

KEY BOARD LESSONS

Who: Ages 6 & up
When: Sat, Apr 12-Jun 21 (No 4/19, 4/26, 5/24)
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
When: Session E: Mon, Apr 14-Jun 9 (No 4/21, 5/26), 6:00, 6:30, 7:00, 7:30
Where: Islington Community Center
Inst: Joseph Hart
Fee: \$180 (Seven 30 minute lessons)

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.

VISUAL ART

Who: Ages 7-10
Where: Islington Community Center
Inst: SiouxSanna Ramirez-Cruz
Fee: \$90 (3 classes) Min: 6 Max: 12



CHILDREN'S ART STUDIO 1: Sat, 1:00-3:00, May 3-17

Aspiring visual artists will sketch, doodle and place their imaginations on the page in this three-day studio workshop. Students will investigate dry media by exploring techniques in graphite, color pencil, pastel, pen and charcoal and present and critique. No prior experience required just a passion for drawing required! All supplies provided. Students are encouraged to bring a sketchbook and water bottle to class.

CHILDREN'S ART STUDIO 2: Sat, 1:00-3:00, May 31-Jun 14

Aspiring visual artists will sketch, doodle and place their imaginations on the page in this three-day studio workshop. Students will investigate wet media by exploring techniques in watercolour, gouache, marker and acrylics. No prior experience required just a passion for doodling! All supplies provided, students are encouraged to bring a sketchbook, a big shirt that can protect their clothing and a water bottle to class.

MUSICAL THEATRE - MARY POPPINS

Who: Ages 6-12
When: Tue-Fri, Apr 22 - 25, 9:00-4:00 (April vacation)
Where: Islington Community Center
Inst: SiouxSanna Ramirez-Cruz, Jason Whiting
Fee: \$210 (4 classes) Min: 15 Max: 25

About the show: The Banks Family is in for a surprise when their newest nanny, Mary Poppins, spins their lives into a perfect ending. 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.

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, May 3 – Jun 28 (No 5/24), 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: Wed, Apr 30 – Jun 18, 7:00-8:00 PM
Fee: \$110 (8 classes) Min: 6 Max: 12

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

DOG AGILITY

Who: Dogs 6 months or older
When: Sat, May 3 – Jun 28 (No 5/24), 10:00-11:00 AM
Fee: \$110 (8 classes) Min: 6 Max: 12

This is a course for all agility levels. Dogs and owners will learn the basics of agility equipment and exercise. This course will cover the foundation skills to navigate the equipment as a team.

ADVANCED DOG

Who: Dogs 1 year or older
When: Sat, May 3 – Jun 28 (No 5/24), 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.

FOCUS & CLICKER TRAINING

Who: Puppies and older
When: Wed, Apr 30 – Jun 18 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.



PEDIATRIC FIRST AID & CPR/AED

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

Day	Dates	Time
Wed	May 14	6:00 – 9:00
Wed	May 28	3:00 – 6:00
Wed	May 28	6:00 – 9:00



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.

BETTER BANKING FOR STUDENTS

Who: High School Students & Parents
Where: Champagne Room, Carby Street
When: Wed, May 7, 6:00-7:00PM
Inst: Needham Bank
Fee: Free – Sponsored by **NB NeedhamBank**

Is your child looking to open a checking account, starting a new job, or going away to college? Come to this informational session with Needham Bank to help your child develop the tools for financial independence while learning about the different checking and saving account options. Seating is limited; please reserve space by registering online. If desired, accounts can be opened on site.

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Westwood location.
690 Canton Street, Ste. 300
Westwood, MA 02090

Hours: 8 a.m. to 5 p.m.
Monday - Friday

Call for a free quote.
Mark T. LoVullo, CPCU, LUTCF
(781) 251-0963



PROUD PARTNER

Did you know Liberty Mutual is one of few insurance carriers to offer a 12-month rate guarantee for auto or home insurance?¹ We also offer many other benefits, including discounts for multiple policies and savings during important life events such as marriage, retirement, and relocation.² Call today to consult with a licensed expert who can help you choose the right coverage.

¹ Rate guaranteed for six months in AR.
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PER 165 2013/07 36 USC 220506



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, Apr 3-Jun 5 (4/24)	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: \$100 (5 classes) Min: 10 Max: 25



When: Wednesdays, 11:50-3:00	Where
Apr 9, 30; May 14, 28; Jun 11	Downey Gym
Apr 9, 30; May 14, 28; Jun 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



Who: Ages 4-6
Inst: Mike Griffin and Staff
Fee: \$88 (8 classes) Min: 12 Max: 25

When	Where
Wed, Apr 16-Jun 11 (No 4/23), 3:30-4:15 or 4:15-5:00	Downey School

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.

*HOOP IT UP CLINIC



Inst: Mike Griffin and Staff
Fee: \$80 (8 classes) Min: 10 Max: 20

Grades	When	Where
1-2	Tue, 3:30-5:00, Apr 15-Jun 10 (No 4/22)	Downey Gym

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



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.

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.

*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, May 2-Jun 6	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 and Kristina Ortloff
Fee: \$165 (16 classes) Min: 6 Max: 30

When	Where
Tue & Thu, Apr 15-Jun 12 (No 4/22 & 4/24)	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

FENCING

Who: Ages 8 and older
When: Wed, Apr 9-Jun 4 (No 4/23)
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.



Rotary Club of Westwood
Annual Pancake
Breakfast with
Characters

Bring your camera!
April 13, 2014
8AM-Noon

Westwood High School
Admission \$5
Children under 3 - Free
music by Jeanne Mack
from 9:30-11
(sponsored by Dedham Savings)

GOLF-LADIES BEGINNER

Who: Ages 18 & older
 When: 5:30-6:30 PM
 Where: Norwood Country Club
 Inst: John Resnick, PGA Professional & Norwood CC Staff
 Fee: \$105 (4 Classes) Min: 4 Max: 14

Session	Day	Dates
A	Wed	Apr 2-Apr 23
A	Thu	Apr 3-Apr 24
B	Wed	May 7-28
B	Thu	May 8-29
C	Wed	Jun 4-25
C	Thu	Jun 5-26

Classes will cover the full swing, chipping, putting, etiquette and on course instruction in a fun and relaxed setting. Students are taught how to navigate the course as beginners. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

GOLF-JUNIOR BEGINNER CLINIC

Who: Ages 8-14
 When: Sat, 12:00-2:00
 Where: Norwood Country Club
 Inst: John Resnick, PGA Professional & Norwood CC Staff
 Fee: \$95 (4 Classes) Min: 4 Max: 14

Session	Dates
A	Apr 5-26
B	May 3-24
C	June 7-28

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

GOLF-JUNIOR INTERMEDIATE CLINIC

Who: Ages 8-14
 When: Sat, 2:00-4:00
 Where: Norwood Country Club
 Inst: John Resnick, PGA Professional
 Fee: \$95 (4 classes) Min: 4 Max: 14

Session	Dates
A	Apr 5-26
B	May 3-24
C	June 7-28



This is for the more advanced beginner golfer who has some on course experience. This will include on course instruction and course management. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. You will need your own golf clubs.

APRIL VACATION FENCING

Who: Ages 8 and older
 When: Tue-Fri, Apr 22-25, 10:00-12:00
 Where: Middle School Cafeteria
 Inst: Jim Mullarky
 Fee: \$110 (4 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. Please bring a nut free snack and drink.

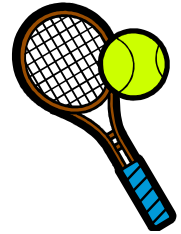
TENNIS-PRIVATE LESSONS

Where: WHS Courts
 Inst: Jayson Sellers, Tennis Pro
 Fee: \$52 per private

Contact Mike Griffin mgriffin@townhall.westwood.ma.us to schedule a private lesson or if interested in lessons for a group of adults.

TENNIS CLINICS-ADULTS

Who: Ages 18 & up
 When: Fri, 11:30-12:45 or 12:45-2:00
 Where: WHS Courts
 Inst: Jayson Sellers, Tennis Pro
 Fee: \$15 (1 Class) Min: 4 Max: 6



Date	1.2Skill
Apr 11	Backhand/Forehand
May 2	Net Play/Overhead
May 9	Serve
May 16	Volley/Stroke Refinement
May 23	Backhand/Forehand
May 30	Net Play/Overhead
Jun 6	Serve
Jun 13	Volley/Stroke Refinement

Each clinic concentrates on specific skills. A variety of drills will be covered and games will be played. Sign up with a friend.

TENNIS LESSONS

When: Sat, May 3-Jun 14 (No 5/24)
 Where: WHS Courts
 Inst: Jayson Sellers, Tennis Pro

Ages	Time	Fee
5-7	11:30-12:30	\$72 (6 classes) Min: 4 Max: 6
7-10	12:30-1:30	\$72 (6 classes) Min: 4 Max: 6
11-14	1:30-3:00	\$108 (6 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.

APRIL VACATION YOUTH TENNIS CLINIC

Who: Ages 7-13
 When: Tue-Fri, Apr 22-25, 12:30-3:30
 Where: WHS Courts
 Inst: Jayson Sellers and Recreation Staff
 Fee: \$115 (4 classes) Min: 8 Max: 12

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Participants will need their own racquet. In the event of rain class will be held in the WHS Gym. Please bring a nut free snack and water bottle.

TENNIS LESSONS - DOWNEY

Who: Ages 6-10, 3:45-4:45
 Ages 11-14, 5:00-6:00
 When: Mon, May 5-Jun 16 (No 5/26)
 Where: Downey Tennis Courts
 Inst: Jayson Sellers
 Fee: \$72 (6 lessons) 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. If it rains, lessons will be held inside the gym.

LIL STINGERS



Who: Ages 3-6
When: Wed, Apr 30-Jun 4, 1:15-2:00 or 2:15-3:00
Where: Morrison Softball Field
Inst: Scorpion Soccer Staff
Fee: \$66 (6 classes) Min: 8 Max: 15



Lil Stingers introduces the basic skills of soccer through fun games and drills. Small sided games will highlight these skills in a fun and creative way. Bring a water bottle. If rain or wet conditions, the class will be held inside the Islington Community Center Hall.

VACATION VARIETY

Who: Grades K-5
When: April Vacation, Tue-Fri, Apr 22-25, 9:00-3:00
Where: Thurston Middle School
Inst: Mike Griffin and Recreation Staff
Fee: \$145 (3 days) Min: 15 Max: 60

Come and participate in a variety of sports, games & crafts. There will be many fun competitions and tournaments surrounding different games with fun prizes for all. Please pack nut free snacks, lunch, and a water bottle. Lunch will be from 12:00-12:30pm. Drop off and pick up will take place in the big gym of the Middle School.

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
D	Mon, 3:30-5:00, Mar 10-Apr 7
E	Mon, 3:30-5:00, Apr 28-Jun 2 (No 5/26)

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.



CROSSFIT KIDS

Who: Ages 5-12
Where: Reebok Crossfit, 106 Adams St, Medfield
Inst: Reebok Crossfit Medfield Staff

When	Dates	Fee
Tue, 4:00-4:45	May 6-Jun 10	\$ 90 (6 classes)
Thu, 4:00-4:45	May 1-Jun 5	\$ 90 (6 classes)
Tue & Thu, 4:00-4:45	May 1-Jun 10	\$120 (12 classes)

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 Thursday, April 24 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.

STRIKE A BALANCE

RUNNING AND YOGA COME TOGETHER

Who: Ages 18 & up
When: Wed, 5:45-6:45 AM, Apr 23-Jun 18 (No 4/30)
Where: High School Pool Lobby
Inst: Lauren Leonard
Fee: \$120 (8 classes) Min: 5 Max: 15



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. Bring your own mat.

BUGGY BABIES

STROLLER FITNESS FOR MOM & NEW BABY

When: Thu, 10:00-11:00, May 8-Jun 26
Where: Flahive Field
Inst: Lauren Leonard
Fee: \$130 (8 classes) Min: 4 Max: 15



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

KICKBOXING

Who: Ages 18 & up
When: Wed, 7:00-8:00 PM, Apr 16-Jun 11 (No 4/23)
Where: Sheehan Cafeteria
Inst: Ari Cassarino
Fee: \$90 (8 classes) Min: 5 Max: 15

Kickboxing provides Physical Fitness, Cardiovascular, and Fat-Burning Muscle Tone for Men and Women while you learn some Intense advanced fighting skills in this exciting class!! All Levels welcome from Beginners to Elite.

HEATED VINYASA FLOW

Who: Ages 16 & up
When: Sat, 9:00-10:30 AM, Session D: Mar 15-May 17
Where: Firefly Yoga, 311 Washington St, Westwood
Inst: Marci Noller, Firefly Staff
Fee: \$130 (10 classes) Max: 10

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.

TEEN YOGA

Who: Teenagers
When: Mon, 3:30-4:30
Session D: Mar 3-Apr 7
Session E: Apr 28-Jun 9 (No 5/26)
Where: Firefly Yoga, 311 Washington St, Westwood
Inst: Firefly Staff
Fee: \$90 (6 classes) Min: 5 Max: 20

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.

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
D	Mar 1-Apr 12 (No 3/15)
E	May 3-Jun 14 (No 5/24)

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,
 Where: Islington Community Center Sanctuary
 Inst: Guari Agrawal
 Fee: \$70 (6 classes) Min: 5 Max: 15

Session	When
D	Mar 12-Apr 16
E	May 7-Jun 11

Classes allow an opportunity to focus on yourself in an environment that encourages a balance between pushing your 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

Session	When	Fee
D	Mar 13-May 8 (No 4/24)	\$120 (8 classes) Min: 5 Max: 15
E	May 15-Jun 19	\$90 (6 classes) Min: 5 Max: 15

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, Session D: Mar 18-May 27 (No 4/22/2)
 Where: Firefly Yoga, 311 Washington St, Westwood
 Inst: Kate Bush, Firefly Staff
 Fee: \$130 (10 classes) Max: 20

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: Flahive Field
 Inst: Core Asset Staff
 Fee: \$125 (10 classes) Min: 8 Max: 12

Session	When
D	Tue, 9:00-10:00 AM, Apr 1-Jun 10 (No 4/22)
D	Thu, 9:00-10:00 AM, Apr 3-Jun 12 (No 4/24)

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: Multipurpose Field
 Inst: Core Asset Staff
 Fee: \$175 (14 classes) Min: 8 Max: 25

Session	When
D	Tue & Thu, 6:00-7:00 AM, Mar 11-May 1 (No 4/22, 4/24)
E	Tue & Thu, 6:00-7:00 AM, May 6-Jun 19

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 there is inclement weather class will be held in the WHS gymnasium.

MAT PILATES

Who: Ages 16 & up
 Where: Islington Community Center Hall
 Inst: Core Asset Staff
 Fee: \$100 (8 classes) Min: 8 Max: 20

Session	When
E	Mon, 7:00-8:00 PM, Apr 14-Jun 16 (No 4/21, 5/26)
E	Wed, 9:00-10:00 AM, Apr 16-Jun 11 (No 4/23)

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.





It is not uncommon for patients to cry with joy and hug staff upon seeing their new smiles for the first time! Patients tell us they are filled with self confidence, they feel more outgoing, and they simply can't stop smiling!

The entire staff at the office of Dr. Jitin Sahani can't wait to see your enthusiasm about your new smile. This is the real reason they are so passionate about what they do. Being involved in such a life-changing area of dentistry is significant and rewarding for Dr. Sahani and each member of the entire team. It's this passion that fuels the pursuit of excellence that it takes to be one of the premier practitioners of cosmetic dentistry in Massachusetts.

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APRIL VACATION 2014 IS WESTWOOD LIBRARY'S MINI COMIC-CON

Attention all fantasists, gamers, comic book lovers, and superhero fans!
This April vacation come to the library and meet up with other enthusiasts and
show off your passion for your favorite books, shows, and comics!
All ages included — there's something for everybody

SUPERHERO STORYTIME

Who: Children ages 3-5
When: Monday, April 21st, 11:00-11:30
Where: Westwood Public Library

Join us for a special storytime featuring superhero stories! It is sure to be a super time!
Costumes encouraged!

CRAFTERNOON: SUPERHERO EDITION

Who: All Ages
When: Monday, April 21st, 1:00-5:00
Where: Westwood Public Library

Come by the Children's Department for some great super hero crafts! We will have
plenty of cool crafts to outfit any hero: masks, capes, cuffs, and so much more. Design
and make up your very own Hero persona. First come, first served basis. Come while
supplies last. **Drop in Program, no registration necessary.**

AVENGERS ASSEMBLE: A COMIC BOOK WORKSHOP

Who: Children 8-12
When: Tuesday, April 22nd, 2:30
Where: Westwood Public Library

Calling all Superhero fans! Experience a fun event with your host, Dana Perkins, writer
of *The Mighty Thor Saga* (published by Marvel Comics) who will share his knowledge
and answer questions about the phenomenon known as Super Heroes, from their not-
so humble beginnings, to their current incarnations today. You will find out how Thor,
Hercules, and Zeus, share a lot more in common than you think with comic and movie
superstar attractions like *Iron Man*, *Spider-Man*, and *Superman*! Then, children will
have fun creating their own characters and comic strip! Bring your superhero themed
questions, anything you've always wondered, something you need explained, he will be
here to chit chat with you about it.

SUPERHERO MOVIE DAY

Who: All ages.
When: Wednesday, April 23rd, Showings will be at 10:30, 2:00, and 6:00
Where: Westwood Public Library

Come to the library and spend the day watching your favorite superheroes! We will be
showing:

Super Buddies (G) at 10:30, **Sky High** (PG) at 2:00, and **The Avengers** (PG13) at
6:00. There will be something for everyone in the family. It will be a day of Epic
proportions! Costumes always encouraged!
Drop in Program, no registration necessary.

HEROES VS. VILLAINS!

Who: Children ages 8 and up.
When: Thursday, April 24th, 2:00
Where: Westwood Public Library

What do you think makes a cool hero?
Laser eyes? An awesome costume? Ninja skills?
What do you think makes a dastardly villain?
Robot hands? A swooshing cape? An evil pet?
What's the difference between how heroes and villains act?
Join us as we talk about graphic novels and participate in a comic jam activity where
together we will design awesome heroes and villains create short comics about them!

SUPERHERO TRIVIA AND COSTUME CONTEST

Who: Children ages 7 and up
When: Friday, April 25th, 2:00
Where: Westwood Public Library

Think you know everything about superheroes? Where they
come from, their secret identities? Throw on your favorite
costume/outfit, meet up with other enthusiasts and share your
knowledge during an afternoon of trivia, contests, snacks and
more. Cosplayers (costumed players) of any and all fandoms are
welcome and encouraged to attend in costume. We will be
holding a cosplay contest, where you can compete in one of
three categories:

- Most Creative
- Best Handmade
- Best In-Character

Come dressed up and answer questions to win some prizes!

FANDOM FRENZY

Who: All Ages
When: April 21st-April 25th, all day
Where: Westwood Public Library

Star Trek, Star Wars, Doctor Who, Sherlock, Minecraft? Which is
the best fandom, who has the most fans? Show your support by
coming to the library and casting your vote! All week long visit
the library to vote for your favorite fandom and we will see who
Westwood thinks is the greatest.



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

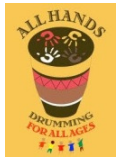
CONTACT

Lizzy McGovern, Main Library Children's Department
Phone: 781-320-1042
Email: wwdchildrens@gmail.com
Website: Westwoodlibrary.org



The Westwood Early Childhood Office is a Coordinated Family and Community Engagement (CFCE) Program of the Westwood Public Schools serving families and children birth through school age. The program provides parent education, educator support, and assistance with family needs, community collaboration and early literacy programs. Families can access child development information, parent/child activity sessions, resources and referrals, transition information and supports, and assistance in periods of crisis.

UPCOMING EVENTS - SAVE THE DATES



WESTWOOD CONNECTIONS CELEBRATING FAMILY DIVERSITY

Saturday, March 22
10:30 am – 12:00 pm
Westwood Main Public Library
All families are unique!



KIDS AT PLAY-BRAINS AT WORK

Sunday, April 6
3:00 – 5:00 pm
Westwood Main Public Library
Community resources that help children learn!



MAKING "CENTS"

Tuesday, April 8
6:30 – 8:00 pm
Westwood Main Public Library
Co-sponsored with the Dedham Savings Bank
Learn how to teach your children about money!



"PAINLESS PORTRAITS" BY LISA HULL

Individual and/or Family Photos –Outdoor Setting
May 17 and 18
9:30 – 3:00 pm
Annual Fundraising Event

CONTACT: Janet Lucey, Early Childhood Coordinator (781) 461-9548 / jlucey@westwood.k12.ma.us

REGISTRATION & INFORMATION: <http://www.westwood.k12.ma.us/index.cfm?pid=14678>

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PROGRAM EVALUATION FORM

The Westwood Recreation Department would like to thank you for your participation in our programs. Please take a few minutes to evaluate the program you or your child participated in. Feedback is important to our department and staff. Your response is valued information that is used to make program improvements/adjustments and to develop new programs. **Please return form to: Westwood Recreation, 240 Nahatan Street, Westwood, MA 02090**

Program/Level

Date/Session

Instructor(s)

Please rate the program below:	Excellent	Good	Fair	Poor
Program met expectations				
Participant(s) enjoyed the program				
Program met needs/interests				
Instructor was knowledgeable, prepared and organized				
Instructor provided an enjoyable experience for the participant				
Communication between instructors, participants and parents was effective				
Registration procedures were convenient and clear				
Brochure provided you with adequate information				
Fee for program was reasonable				
Would you recommend this program to a friend? YES NO				

What did you like best about the program? _____

What could be improved (program, brochure, other)? _____

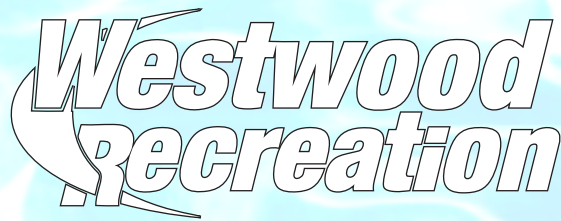
Additional comments: _____

Name (optional) _____ Email (optional) _____

240 Nahatan Street • Westwood, Massachusetts 02090 • Phone: 781.461.0070 • Fax: 781.320.0376

www.westwoodrec.com • recreation@townhall.westwood.ma.us





SPRING: APRIL 1 - JUNE 22 (Closed: April 21, May 26, June 1)

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)	Enjoy your swim!		

SUMMER: JUNE 23 - AUGUST 31 (Closed: July 4)

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

Membership	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.westwoodrec.com



www.westwoodrec.com

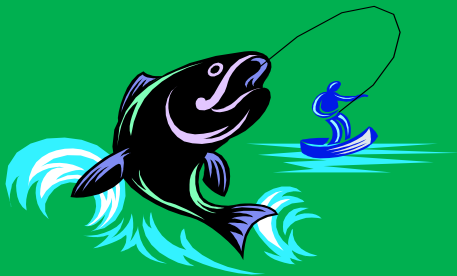
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Westwood, MA 02090

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FISHING DERBY

IT'S A "REEL" GOOD TIME



SATURDAY, MAY 10

7:00-11:00 AM

BUCKMASTER POND

YOUTH DIVISION Ages 15 and Under FREE

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

ADULT DIVISION Ages 16 and Older \$10 FEE

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

CONCESSION STAND

Coffee, donuts, soda, hot dogs and worms!!!

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ADULT WINNER 2013



YOUTH WINNER 2013