Westwood Recreation

FALL 2014

Brochure and Community Guide

WESTWOOD DAY

Kick Off: Friday, September 26

- **Football Game 7:00 PM**

Westwood Wolverines host Medfield Warriors at Flahive Field

- **Fireworks 9:00 PM**

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

Westwood Day: Saturday, September 27

Westwood High School

10:00 AM – 3:00 PM

Rain or Shine

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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 Chinese School www.westwoodcs.org

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.lwvwestwoodwalpole.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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Brochure Advertising 2015

Great opportunity to enhance your business!

Mailed to over 5400 Westwood Households

Options

- Inside Front Cover
- Inside Back Cover
- Full Page
- Half Page
- Quarter Page
- Business Card

2015 Advertising Agreement Forms Available October 1

www.westwoodrec.com select Brochures and Flyers or Contact Taryn tcrocker@townhall.westwood.ma.us

BOARD OF SELECTMEN

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RECREATION COMMISSION

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Elizabeth Phillips

Dave Reilly

Paul Tucceri

Diane Thornton, 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

Jan Parr
Recreation Assistant

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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

REGISTRATION AND PAYMENT TYPES

ONLINE REGISTRATION: www.westwoodrec.com
Click Register Now, Register Online, Log in using your email and password.
Credit Cards: MasterCard, Visa or Discover
Activity Registration: Under Main Menu select Register for Activities. Under Register for Activities click program category and select activity/class.
Pool Membership Registration: Select Membership Tab. Click New or Renew.

WALK-IN REGISTRATION: Public office hours at the Recreation Department.
Checks (payable to Town of Westwood), MasterCard, Visa, Discover (card must be present) or cash.

MAIL-IN REGISTRATION: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.
Checks only accepted (payable to Town of Westwood) do not mail in credit card numbers.

WESTWOOD RESIDENT REGISTRATION

Begins upon receipt of this brochure

NON-RESIDENT REGISTRATION

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

CONFIRMATION

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

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 online. 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.

Like Us: www.facebook.com/ WestwoodRecreation **Follow Us:@ww_Rec**

Westwood Recreation Department, 240 Nahatan Street, Westwood, MA 02090 (P) 781.461.0070 (F) 781.320.0376 www.westwoodrec.com

PAYMENT TYPES: CHECK (PAYABLE TO TOWN OF WESTWOOD), MASTERCARD, VISA, DISCOVER (CARD MUST BE PRESENT) OR CASH

Head of Household : _____ **D.O.B.** _____/_____/_____
First Name Last Name

Address: _____ Town:_____ Zip:_____

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

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

RECREATION PROGRAMS

FIRST NAME	LAST NAME	D.O.B.	GENDER	PROGRAM	LEVEL/AGE GROUP	DATES/DAY	TIME	FEE	OFFICE
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						
		___/___/___	M F						

POOL MEMBERSHIP

TYPE	DURATION
_____ SINGLE _____ FAMILY _____WESTWOOD SENIOR	_____1 MONTH _____3 MONTHS _____6 MONTHS _____1 YEAR

PARTICIPANT ALLERGIES/RESTRICTIONS

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

CONSENT AND RELEASE

I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or minor children or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet. IN CASE OF EMERGENCY, I hereby give my permission to the staff and medical personnel selected by the Recreation Department, to act as my agent to provide first aid care when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment. I AFFIRM that I have read this Consent and Release and that I understand the contents. I understand that my participation is voluntary and that I am free to choose not to participate in said activities. By signing this form, I affirm that I have decided to participate in the Town of Westwood's recreation activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE _____ **DATE** _____

SNEAK PREVIEW

LINE UP AS OF JULY 25. MORE TO COME!

ENTERTAINMENT

MAIN STAGE

10:00 Westwood Swing Band

10:40 Westwood Winds

11:30 Help Wanted

1:00 Board of Selectmen Welcome

1:20 New Sounds Assembly Chorus

2:00 Richard Travers Studio

CHILDRENS STAGE

11:00 Bubble Man

1:20 Ethan Rossiter and the Jamberries

ACTIVITIES

- 5K Road Race and Fun Run
- Transportation Show & Touch a Truck
- Inflatables
- Animal Craze
- Pumpkin Painting
- Caricature Artist
- Valve Car Racers
- Hockey Shoot and Score
- Lacrosse Wall Ball
- Scorpion Soccer
- Soccer Kick Fest
- Eye Mobile
- Giant Twister
- And More to come!

VENDORS

- Becker Glass
- Charles River Running
- Clark House of Fox Hill Village
- Core Asset Fitness Training
- Cutco Cuttery
- Everpresent
- Firefly Yoga Westwood
- Falun Dafa Association of NE
- First Baptist Church
- Gibson Sotheby's International Realty
- Harmony Jewels by Marilyn
- Mass Sport and Spine
- Next Step Living
- Ocean Girls Jewelry
- Russell Kassatly
- Silver N Such
- Storyboard LLC dba The Norwood Theatre
- Troop 3 Westwood, Boy Scouts of America
- Tupperware/Avon
- Westwood Hometown Weekly
- Westwood Rotary Club
- Westwood Young Women's Club
- William E Sheehan PTA

WESTWOOD DAY BUS SHUTTLE

Locations: Hanlon School, 790 Gay Street and Sheehan School, 549 Pond Street

Hanlon School Departures to WHS: Every half hour
9:45, 10:15, 10:45, 11:15, 11:45, 12:15, 12:45, 1:15, 1:45, 2:15

Sheehan School Departures to WHS: Every half hour
9:45, 10:15, 10:45, 11:15, 11:45, 12:15, 12:45, 1:15, 1:45, 2:15

WHS Departures to Hanlon andSheehan: Every half hour
10:00, 10:30, 11:00, 11:30, 12:00, 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30

Pick-up & Drop-off locations will be marked by signs at each location.

PARKING

- St. Margaret Mary's Church (High Street)
- First Baptist Church (High Street)
- Thurston Middle School (Nahatan/High Street)
- "The Maze" Side Streets off of Nahatan Street – One side of the street only, will be clearly marked

BUS SHUTTLE AND CARPOOLING ARE HIGHLY RECOMMENDED!

ADULT VOLUNTEERS NEEDED!

YOU CAN VOLUNTEER AND ENJOY THE FESTIVITIES!

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

TO SIGN UP FOR A SHIFT GO TO www.WestwoodDay.com
Click on Westwood Day Adult Volunteers

QUESTIONS
Contact Kristin Scoble at kscoble@townhall.westwood.ma.us
or call 781-461-0070

Volunteers will receive a T-shirt.

YOUR HELP IS GREATLY APPRECIATED!

WESTWOOD DAY

SEPTEMBER 27

5K AND FUN RUN

WESTWOOD HIGH SCHOOL TRACK

5K ROAD RACE 9:00 AM

Register: www.WestwoodDay.com

Online Registration: $15

(Registration closes September 25)

Day of Event Registration: $20

7:30-8:30 AM

FIRST 100 TO REGISTER WILL RECEIVE A 5K T-SHIRT

REGISTER TODAY!

1 MILE CHILDREN'S FUN RUN 10:00 AM

Register: www.WestwoodDay.com

Online Registration: Free

(Registration closes September 25)

Day of Event Registration: Free

7:30-9:30 AM

(Parents are welcome to run with their children.)

School Spirit Trophy

Westwood Day 2013 Winner-Sheehan School

The Elementary School with the greatest number of participants and school spirit will be awarded the perpetual Westwood Day Trophy to proudly display at their school until Westwood Day 2015.

TRANSPORTATION SHOW AND TOUCH A TRUCK

WESTWOOD HIGH SCHOOL 10:00-3:00

5 TROPHIES
SPECTATOR VOTES

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

SPECTATOR VOTING STARTS 10:00

YOUR VOTE COUNTS

TROPHIES AWARDED 2:30

Registration Form: www.WestwoodDay.com

WESTWOOD DAY

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Gables University Station

GOLD
Boston Light & Sound
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Peoples Federal Savings Bank
Roche Bros. Supermarkets
University Station

SILVER
ARCH Orthodontics
Bridges by EPOCH at Westwood
Dedham Savings
Fox Hill Village and White Oak Cottages
Prime Motor Group
Sahani Dental
Wegmans Food Markets

BRONZE
Dental Arts of Westwood
Rackemann Sawyer & Brewster

THANK YOU!

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 diaper, elasticized vinyl pant and swim suit.**

Preschool Age 3
This is a participant'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
Participants 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 and gliding on back and front with recovery, rolling over, alternating arm action and kicking, changing position, treading water, and water safety. Class Size Min: 4 Max: 8

Level 2–Fundamental Aquatic Skills
Participants must have passed Level 1. At this level swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, rotary breathing, floating and gliding front and back, rolling over, 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, breast stroke kick, dolphin kick, scissors kick, and water safety.Class Size: Min: 4 Max: 10

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

Level 5 – Stroke Refinement
Participants must have passed Level 4. At this level swimmers will explore: shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety.
Class Size: Min: 4 Max: 10

Level 6 –Fitness Swimmer
Participants must have passed Level 5. At this level swimmers perform: pre and post swimming assessments; explore the use of a pace clock, pull buoy, and fins; and discuss the principles of a fitness program, training techniques, and target heart rate. Class Size: Min: 4 Max: 10

Weekend Lessons

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

Saturday

When: Ses A: Sep 13-Oct 25 (No 9/27, 10/11)
Ses B: Nov 8-Dec 13 (No 11/29)

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

Youth Beginner

Who: Ages 8 -14
When: Sat, 9:45-10:25
Ses A: Sep 13-Oct 25 (No 9/27, 10/11)
Ses B: Nov 8-Dec 13 (No 11/29)
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: Ses A: Sep 14-Oct 26 (No 9/28, 10/12)
Ses B: Nov 9-Dec 14 (No 11/30)

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)

Monday

When: Ses A: Sep 15-Oct 20 (No 10/13)

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

Tuesday

When: Ses A: Sep 16-Oct 14
Ses B: Oct 28-Dec 2 (No 11/11)

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

Wednesday

When: Ses A: Sep 17-Oct 15

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

Thursday

When: Ses A: Sep 18-Oct 23 (No 9/25)
Ses B: Nov 6-Dec 11 (No 11/27)

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

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

Private Lessons

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

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

Tuesday: 10:45-11:15 AM

When: Ses A: Sep 16-Oct 14
Ses B: Oct 28-Dec 2 (No 11/11)

Thursday: 10:45-11:15 AM

When: Ses A: Sep 18-Oct 23 (No 9/25)
Ses B: Nov 6-Dec 11 (No 11/27)

Springboard Diving

Who: Swimmers, Ages 8 and older
Able to perform a basic headfirst entry from the end of the diving board.
When: Sun, 9:00-10:30 AM
Sep 14-Oct 26 (No 9/28, 10/12)
Inst : Jim Locke
Fee: $80 (5 classes) Min: 2 Max: 6

Diving invites you to challenge yourself in a sport involving skill, precision, self-discipline and courage. Class includes deck and board work.

American Red Cross

Lifeguard Training

Who: Ages 15 and Up
When: Fri, 6:00-9:00 PM, Oct 17, 24
Sat, 12:00-6:00 PM, Oct 18, 25
Sun, 12:00-6:00 PM, Oct 19, 26
Inst: Susan Perry
Fee: $300 (6 classes) Min: 4 Max: 8

Pre-skills Screening Required:
Tuesday, September 30, 6:30-7:00 PM
This 30 hour course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included.
Full participation is required. Candidates must pass a skills screening prior to registration. Registration will open October 1, the day after the pre-skills screening held on Tuesday, September 30 at 6:30 PM.

Senior Swim

Who: Ages 60 and older
When: Tue and Thu, 1:00-2:15
Sep 2-Dec 30
(No 11/11, 11/27, 12/23, 12/25)
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.

Aqua Fitness

Who: Ages 18 & up
When: Tue, Wed and Thu, 9:00-10:00 AM
Sep 9-Dec 18
(No 9/10, 11/11,11/26, 11/27)
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.

Pool Parties

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

Fee: $225 (2 hours)
To schedule your pool party email sperry@townhall.westwood.ma.us to request dates and times.

Triathlon Kids Club

Who: Ages 7-12
When: Mon and Wed, 4:00-5:00
Sep 8-Oct 15 (No 10/13)
Inst: Julie Harrington
Fee: $110 (11 classes) Min: 10 Max: 20

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

Condition Swimming

Who: Ages 6-18
When: 6:30-7:10 PM
Tue and Thu, Sep 16-Oct 23 (No 9/25)
Fee: $100 (11 Classes) Min: 6 Max: 24

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

POOL MEMBERSHIPS AVAILABLE ONLINE! REGISTER TODAY!

NEW!

www.westwoodrec.com

SWIM TEAM

Philosophy

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

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

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2014. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

Practice Schedule
November 3 – March 8, 2015

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

Registration Information

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

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

Non-Resident Registration Begins: October 1, 2014.
Non-Residents may register only if the town in which they reside does not have a team in the league. Any non-resident registering prior to this date will be notified and requested to register on October 1, 2014. Reminder, **if you are new to the Westwood Recreation Swim Team**, you must first attend a skills assessment **prior** to registration.

Fees

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

Commitment

Swim Team Participant
As a member of the team, you will:
- Attend a minimum of five out of ten dual meets in the season
- Attend a minimum of one practice per week
- Swim assigned events and relays at meets

Parent
As a parent of a Swim Team Participant you will:
- Assist the swimmer in meeting his/hers commitments
- Volunteer at two meets during the season

Apparel

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

Informational Meeting

There will be an informational meeting on **Monday evening, September 15, 6:30 PM** in the pool lobby for all families interested in the Westwood Recreation Winter Swim Team. Parents of returning swimmers, as well as parents of new swimmers are strongly encouraged to attend. This will provide an opportunity to ask specific questions.

Staff

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

What is the Skills Assessment?

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

Skills Assessment Schedule

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

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

Saturday, September 20, 2:30-4:00 PM
Sunday, September 21, 4:00- 5:00 PM
Monday, September 22, 6:15-7:15 PM

Skills Assessment By Age

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

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

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

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

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

Cardio Blast

Who: Ages 18 & up
When: Tue or Thu, 9:00-10:00 AM
Where: WHS Track
Inst: Core Asset Staff

Ses	When	Fee
A	Tue, Sep 9-Oct 21	$88 (7 classes) Min: 8 Max: 12
A	Thu, Sep 11-Oct 30 (No 9/25)	$88 (7 classes) Min: 8 Max: 12
B	Tue, Oct 28-Dec 16 (No 11/11)	$88 (7 classes) Min: 8 Max: 12
B	Thu, Nov 6-Dec 18 (No 11/27)	$75 (6 classes) Min: 8 Max: 12

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

Relaxation & Meditation

Who: Ages 16 & up
When: Sat, 9:00-10:10 AM, Oct 4-Nov 15 (No 10/11)
Where: Islington Community Center Sanctuary
Inst: Guari Agrawal
Fee: $70 (6 classes) Min: 5 Max: 15

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

Adult Yoga

Who: Ages 16 & up
When: Thu, Sep 18-Nov 13 (No 9/25)
Inst: Linda Margosian, Certified Hatha Yoga Instructor
Fee: $120 (8 classes) Min: 5 Max: 12

Ses	Time	Where
AM	11:00-12:30	Islington Community Center
PM	7:00-8:30	Westwood Public Library

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

Boot Camp

Who: Ages 18 & up
When: Tue and Thu, 6:00-7:00 AM
Where: WHS Multipurpose Field
Inst: Core Asset Staff
Fee: $163 (13 classes) Min: 8 Max: 25

Ses	When
A	Sep 9-Oct 23 (No 9/25)
B	Oct 28-Dec 16 (No 11/11, 11/27)

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. It is an ideal cross training addition to a current workout regime. Participants need to bring a mat, light weights and water. If it rains, the class will be held inside the WHS Gymnasium.

Pilates

Who: Ages 14 & up
When: Mat Pilates
Where: Islington Community Center Sanctuary
Inst: Core Asset Staff
Fee: $100 (8 classes) Min: 8 Max: 20

Mat Pilates: Tue, 7:00-8:00 PM, Sep 23-Nov 18 (No 11/11)
It is 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 experience necessary.

Pilates Plus: Wed, 9:00-10:00 AM, Sep 24-Nov 12
Pilates Plus combines the best strengthening of Mat Pilates, the grace and balance of Barre class, and the cardio bursts of circuit training. Please bring a mat, and if you have them, very light weights, up to three pounds.

Fit For Beginners

Who: Ages 18 & up
When: Thu, 10:00-11:00, Sep 18-Nov 13 (No 9/25)
Where: WHS Flahive Field
Inst: Core Asset Staff
Fee: $100 (8 classes) Min: 5 Max: 15

Are you looking for an exercise class geared toward beginners, or have you been out of practice for a while? Join this new class. Bring a mat and weights (3-5 pounds) Focus on circuit training and form to learn and gain strength. If, rain the class will be held at the ICC Sanctuary.

TRIPS

New York City Shopping ONLY $69

Saturday, November 15 (approx. time 6:00AM-11:00PM)
Round Trip deluxe motor coach transportation and a full day of shopping around Rockerfeller Plaza and Canal Street/Little Italy.

New York City 2 Days/1 Night ONLY $379

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

Christmas In Newport ONLY $89

Sunday, December 14 (approx. time 8:00 AM-10:00 PM)
Admission to two historical mansions decorated for the holidays, brunch at the Atlantic Beach Club, visit to La Salette Shrine lighting display, and round trip deluxe motor coach transportation.

For complete details go to Brochures and Flyers at www.westwoodrec.com

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

*Sports & Games

Who: Grades K-5
When: Thu, 3:30-5:00, Sep 18-Nov 20, (No 9/25)
Where: Downey School Gym
Inst: Recreation Staff
Fee: $99 (9 classes) Min: 10 Max: 25

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
When: Wed, 11:50-3:00, Sep 10, 24; Oct 8, 22; Nov 5, 12, 19; Dec 3, 17
Where: Downey School Gym
Inst: Mike Griffin & Staff
Fee: $180 (9 classes) Min: 10 Max: 25

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.

*Mini-Athletes

Who: Grades K-2
When: Mon, 3:30-4:15 or 4:15-5:00
Sept 15-Oct 27 (No 10/13)
Where: Downey School Gym
Inst: Mini-Athletes Staff
Fee: $100 (6 classes) Min: 6 Max: 15

Mini Athletes is a sports program that encourages young kids to stay active while having fun. Mini Athletes knows how important physical activity is to enhancing a child's emotional, social and cognitive well-being. Through our six week program we will teach and play: soccer, football, kickball, turf hockey, t-ball, and lacrosse (sports subject to change.)

Karate

Who: Ages 4 & up
When: Tue and Thu, Sep 16-Dec 9 (No 9/25, 11/11, 11/27)
Where: Deerfield School Gym
Inst: Kristina Ortloff and Steve DiOrio, *Renshi*-Master Instructor
Fee: $225 (22 classes) Min: 10 Max: 30

Beginner Karate: Ages 4-7, 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: Ages 6-10, 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: Ages 10 & up, 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 and bullies. It enhances their physical ability, coordination, and develops real world self-defense skills. We are honored to have produced over 40 Black Belts through our program. For more information, visit our website at www.sensei-steve.com

*Hoop it Up Clinic

Who: Grades 1-2
When: Tue, 3:30-5:00, Oct 7-Nov 25 (No 11/4, 11/11)
Where: Downey School Gym
Inst: Mike Griffin and Staff
Fee: $60 (6 classes) Min: 10 Max: 16

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

Lil Stingers

Who: Ages 3-4, 1:15-2:00 and Ages 5-6, 2:00-2:45
When: Wed, Sep 17-Oct 22
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 creative way. Bring a water bottle. In the event of inclement weather you will be notified by 12:00 PM via email. Canceled classes will be added to the end of the session.

*Flag Football

Who: Ages 8-12
When: Fri, 3:30-5:00, Sep 19-Oct 24
Where Sheehan School
Inst: F.A.S.T. Athletics
Fee: $105 (6 classes) Min: 10 Max: 25

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

T-Ball

Who: Ages 4-6
When: Wed, 3:30-4:15 or 4:15-5:00, Sep 17-Oct 15
Where: Downey Baseball Field
Inst: Mike Griffin and Staff
Fee: $55 (5 classes) Min: 12 Max: 24

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

Little Hoops

Who: Ages 4-6
When: Wed, 3:30-4:15 or 4:15-5:00, Oct 29-Dec 3 (No 11/26)
Where: Downey School Gym
Inst: Mike Griffin and Staff
Fee: $55 (5 classes) Min: 12 Max: 24

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

Kiddie Cat Jam

Who: Ages 3-6
When: Wed, 3:45-5:00, Sep 17-Nov 5
Where: Sheehan School Gym
Staff: Thundercat Sports Staff
Fee: $130 (8 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, softee 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 emphases. Please bring a water bottle and dress comfortably to run around.

Knucklebones Micro Athletics

Who: Ages 2-4
When: Wed, 9:30-10:30, Sep 18-Oct 30 (No 9/25)
Where: Morrison Park Field
Inst: Knucklebones Staff
Fee: $85 (6 classes) Min: 9 Max: 15

Micro Athletics is a program to enhance gross motor skills, athletic fundamentals, physical exercise, and creative movement. Each class your child will play a myriad of different skill enhancing activities and games. Sneakers are required. Water bottle is recommended. In the event of inclement weather you will be notified by 8:30 AM via email. Canceled classes will be added to the end of the session.

Fencing

Who: Ages 8 & up
When: Wed, 7:30-8:30 PM, Sep 17-Nov 5
Where: Downey School Cafeteria
Inst: Jim Mullarkey, 3MB Fencing Club
Fee: $110 (8 classes) Min: 8 Max: 20

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.

Youth Tennis Lessons

When: Sat, Sep 13-Oct 25 (No 9/27)
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.

Archery

Who: Ages 8 & up
When: Ses A: Mon, 3:30-5:00, Sep 22-Oct 27 (No 10/13)
Ses B: Mon, 3:30-5:00, Nov 3-Dec 1
Where: Bay State Archery, 55 Providence Highway, Norwood
Inst: Bay State Archery Staff
Fee: $108 (5 classes)

Aim and shoot. Learn safety fundamentals, proper shooting form, and how to use equipment and protective gear. This class is an official Junior Olympic Archery Development Program (JOAD). Parents are encouraged to sign up.

Adult Tennis Lessons

Who: Ages 18 & up
When: Wed and Fri, 11:30-12:30, Sep 17-Oct 17
Where: WHS Courts
Inst: Jayson Sellers, Tennis Pro
Fee: $120 (10 Classes) Min: 4 Max: 6

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

Adult Basketball League

Who: Ages 18 & up
When: Tue and Thu Nights, dates and times TBA
Where: Thurston Middle School
Fee: TBA

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

Junior Golf Clinics

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

Session	Level	When
A	Beginner or Intermediate	Sat, Sep 6-27, 9:00-11:00
B	Beginner or Intermediate	Sat, Oct 4-25, 9:00-11:00

Beginner: Students will learn the fundamentals of golf including: swing, putting, chipping, etiquette and pace of play. There will be on course instruction in a relaxed setting.

Intermediate: This clinic is for the advanced beginner golfer who has experienced some on course play. Class will include instruction on the course and hole by hole management.

Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

COMING THIS FALL

Short Wednesday Middle School trips

Spend your afternoon with your friends! It will be a blast!

- Pumpkin picking
- Indoor rock climbing
- Jump Trax
- Splitsville @ Patriots Place
- And more

Trip schedule and information on these funtastic activities will be distributed through Thurston Middle School, promoted on facebook, posted on recreation website and forwarded on Recreation listserv the beginning of September.

Participants will depart from the Thurston Middle School at dismissal and be transported to their destination by the Recreation Van and return to the Recreation Department for pick-up.

Boppin' Babies

Who: Ages 0-18 months
When: Tue, 9:30-10:15, Sep 16-Nov 25 (No 11/11)
Where: Islington Community Center
Inst: Lauren Hillberg
Fee: $55 (10 classes) Min: 6 Max: 10

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

Toddler Time

Who: 18 months- 4 years
When: Thu, 9:30-10:30, Sep 18-Dec 4 (No 9/25, 11/27)
Where: Islington Community Center
Inst: Lauren Hillberg
Fee: $70 (10 classes) Min: 6 Max: 10

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

Music & Movement

Who: Ages 2-4 years
When: Thu, 10:45-11:30, Sep 18-Dec 4 (No 9/25, 11/27)
Where: Islington Community Center
Inst: Lauren Hillberg
Fee: $55 (10 classes) Min: 6 Max: 10

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

Toddler Yoga

Who: Ages 2-4 years
When: Sat, 10:15-11:00, Oct 4-Dec 6 (No 10/11)
Where: Islington Community Center Sanctuary
Inst: Guari Agrawal
Fee: $80 (8 classes) Min: 5 Max: 15

Yoga movements associated with nursery rhymes and short stories will allow children to explore their own imaginations. Please bring a mat.

Adventure Days

Who: Ages 3-5 years
Where: Islington Community Center
Inst: Laura Brooks, Lauren Hillberg Min: 8 Max: 12

Day	Date	9:00-1:00	1:00-3:30	Day	Date	9:00-1:00
Mon	Dec 1	$30	$20	Mon	Dec 29	$30
Mon	Dec 15	$30	$20	Tue	Dec 30	$30
Tue	Dec 16	$30	$20	Wed	Dec 31	$30
Thu	Dec 18	$30	$20			
Fri	Dec 19	$30	$20			

It is all about having fun! Enjoy a fun packed day of crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play. 9:00-1:00 participants need to bring drinks, nut free snack and lunch. 1:00-3:30 participants need to bring a drink and nut free snack. **Participants must be toilet trained.**

Kids At Play

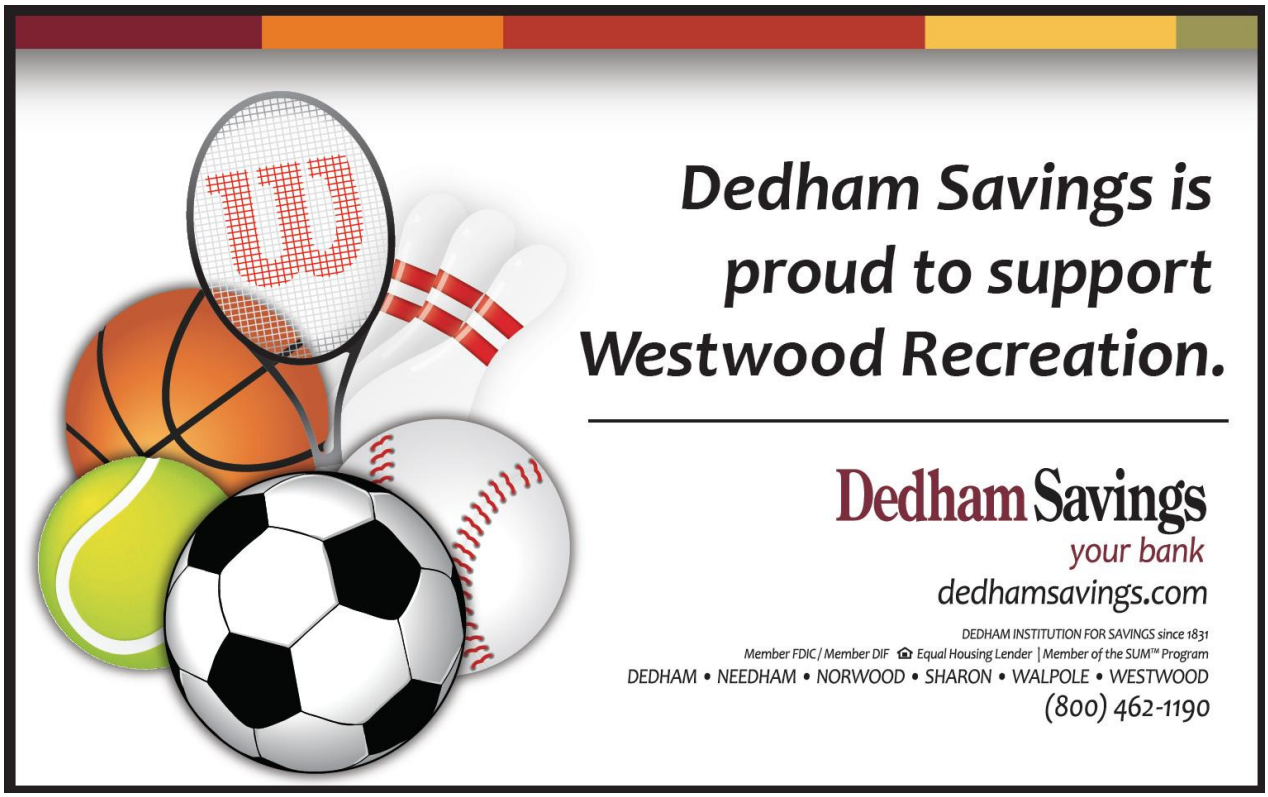
Who: Ages 4-6 years
When: Wed, 1:00-2:45, Sep 17-Nov 19 or Fri, 1:00-2:45, Sep 19-Nov 21
Where: Islington Community Center
Inst: Laura Brooks, Lauren Hillberg
Fee: $115 (10 classes) Min: 8 Max: 16

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 nut free snack and drink. (Given parental permission, students of MMO have the option of being picked up directly from lunch bunch.) **Participants must be toilet trained.**

Preschool Play Date

Who: Ages 3-5 years
When: Fri, 9:15-12:45, Sep 19-Nov 21
Where: Islington Community Center
Inst: Laura Brooks, Lauren Hillberg
Fee: $240 (10 classes) Min: 8 Max: 12

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



Video Game Design

Who: Grades 3-8
When: Tue, 6:00-7:00, Sep 16-Nov 4
Where: WHS, Room 149-English Wing
Inst: Empow Studios
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 knowledgeable instructors to master programming and make their own games. Once 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.

Lego Animation

NEW!

Who: Grades 1-2
When: Tue, 4:45-5:45, Sep 16-Nov 4
Where: WHS Room 149-English Wing
Inst: Empow Studios
Fee: $195 (8 classes) Min: 8 Max: 12

Make movies with Legos! Create story, chose your mini figures, and make movie magic! Instructors work with students to develop story-telling skills, learn professional software, and capture the action of their Lego movies. After filming, students work on the post-production process to add titles, transitions, sounds and make their movie complete! All final movies will be available for home viewing. Non-violence policy enforced.

Home Alone Safety

Who: Ages 8-11
When: Wed, 1:00-3:00, Oct 8 or Nov 19
Where: Islington Community Center
Inst: Juanita Allen, W-EMT, Century Health Systems
Fee: $50 (1 class) Min: 6 Max: 15

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

BLAST-Babysitter Safety

Who: Ages 11-15
When: Wed, 3:00-6:00, Oct 8 or Nov 19
Where: Islington Community Center
Inst: Juanita Allen, W-EMT, Century Health Systems
Fee: $60 (1 class) Min: 6 Max: 12

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

Hip Hop

Who: Ages 5-13
When: Fri, 5:00-6:00, Oct 10-Dec 12 (No 10/31, 11/28)
Where: Downey Cafeteria
Inst: Aly Pereira
Fee: $110 (8 classes) Min: 5 Max: 20

Come and learn the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. At the end of the 8 week session, the children will have a short performance to show their hard work.

Art Studio

Where: Islington Community Center
Inst: Lisa WB Walker

Literacy Art

NEW!

Who: Ages 6-8
When: Thu, 3:30-4:30, Oct 9-Nov 6
Fee: $75 (5 classes) Min: 6 Max: 12

Aspiring artists will use their imagination as they create art projects relating to children's books. Each class will teach techniques in media that might include pastel, paint, collage and more! No prior experience required just a passion for art. All supplies provided. Students are encouraged to bring a sketchbook and a smock if desired.

Masterpieces

NEW!

Who: Ages 8-10
When: Thu, 3:30-5:00, Nov 13-Dec 18 (No 11/27)
Fee: $90 (5 classes) Min: 6 Max: 12

Aspiring artists will create art in response to learning about famous artists, their work and the techniques they use. Each class will teach techniques in media that might include watercolor, acrylics, pastels and more! No prior experience required just a passion for art. All supplies provided. Students are encouraged to bring a sketchbook and a smock if desired.

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
Oct 8	Halloween
Nov 5	Thanksgiving
Dec 3	Holidays

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

Key Board Lessons

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

Day	Dates	Time Slots
Sat	Oct 4-Dec 6 (No 10/11, 11/29)	9:30, 10:00, 10:30, 11:00, 11:30

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

Guitar & Bass Lessons

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

Want to be a guitar hero? Sign-up for private lessons that are uniquely tailored to each individual. Lessons are for beginner to advanced levels. Participants need to bring their own guitar.
Please contact Kristin Scoble to schedule your private lessons.
kscoble@townhall.westwood.ma.us

DOG TRAINING PROGRAMS

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

Puppy Training

Who: Puppies 12 weeks-1 year
When: Mon, 7:00-8:00 PM, Sep 22–Nov 17 (No 10/13)
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: Mon, 8:00-9:00 PM, Sep 22–Nov 17 (No 10/13)
Fee: $110 (8 classes) Min: 6 Max: 12

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

Advanced Dog

Who: Dogs 1 year or older
When: Wed, 7:00-8:00 PM, Sep 24-Nov 12
Fee: $110 (8 classes) Min: 6 Max: 12

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

Canine Good Citizen

Who: Dogs 1 year or older
When: Wed, 8:00-9:00 PM, Sep 24-Nov 12
Fee: $180 (8 classes) Min: 6 Max: 12

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

Pediatric First Aid & CPR/AED

Who: Ages 15 & up
When: Wed, Oct 8 or Nov 19, 6:00-9:00 PM
Where: Islington Community Center
Inst: Juanita Allen, W-EMT
Century Health Systems
Fee: $75 (1 class) Min: 5 Max: 10

Focusing on children, this course offered by the American Heart Association will cover: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

Westwood Youth & Family Services is a town department that provides community based programs and confidential counseling services for the children and families of Westwood. All of our programs are free to Westwood residents.

Westwood Youth & Family Services

UPCOMING PROGRAMS
REGISTER NOW!
www.townhall.westwood.ma.us/yfs

MENTOR VOLUNTEER PROGRAMS

Who: Westwood residents in grades 9th-12th
When: September 2014 – June 2015
What: A variety of opportunities for Westwood residents to volunteer as mentors and serve as role models to younger students in the community. Students may apply to one or more of the following programs: Thurston Thursday Club, Teen Center, Friends Network, Body Safety Theater or Bullying Prevention Theater. For more information about these programs, please visit the Youth & Family Services website at www.townhall.westwood.ma.us/yfs.
Contact: Joanna Bengel, LICSW, at (781) 320-1006 or jbengel@townhall.westwood.ma.us

STRUCTURED PLAYGROUPS

Who: Westwood residents in grades Kindergarten-5th
When: Fall 2014-Spring 2015; Tuesdays, Wednesdays or Thursdays from 4:00 PM – 5:00 PM
Where: Islington Community Center; Hanlon and Martha Jones Extended Day programs
What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.
Contact: Joanna Bengel, LICSW at (781) 320-1006 or jbengel@townhall.westwood.ma.us

GIRLS ONLY! GROUPS

Who: Westwood girls in grades 4th-6th
When: Fall or Winter, one afternoon per week from 4:00 PM-5:00 PM
Where: Islington Community Center – 288 Washington Street
What: These 12-week groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem.
We will utilize art projects, video discussions and games to help reinforce these important topics in fun and creative ways!
Contact: Joanna Bengel, LICSW at (781) 320-1006 or jbengel@townhall.westwood.ma.us

FRIENDS NETWORK

Who: Westwood residents in 3rd, 4th and 5th grades
When: November 2014 – April 2015, Wednesdays from 6:30 PM – 7:30 PM
Where: Westwood Senior Center – 60 Nahatan Street
What: The Friends Network program matches young Westwood residents with high school aged residents in 1:1 same-gender pairs that meet weekly to play games and do activities in a relaxed setting. This is a great way for younger children to engage with a positive older role model while forming a special friendship and having fun!
Contact: WY&FS Office at (781) 320-1006 or youth@townhall.westwood.ma.us

The Westwood Council on Aging, located in the Patricia Carty-Larkin Senior Center, is a town department that identifies and meets the social, emotional, economic, and health needs of the senior population (age 60 and older) in our community. Through our staff and volunteers, we offer a wide variety of social, recreational and educational programs; transportation services; and information and referral services for social supports. The Council on Aging is an advocate to enhance the quality of life, promote the rights and help maintain independence for older adults in our community.

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Transportation to and from Council on Aging

Fitness, Health & Wellness Classes

- Health Screenings & Clinics
- Fun Fit Exercise
- Low Impact Exercise
- Tai Chi
- Chair Yoga for Strength, Flexibility, Balance and Relaxation

Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm
Friday 8:00 am – 3:15 pm

Phone (781) 329-8799
Fax (781) 329-5949

www.townhall.westwood.ma.us

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance
- Legal Assistance
- SNAP (Food Stamps)
- SHINE Counselor
- Food Pantry
- Tax Preparation Assistance

Activities

- Lectures
- Movies
- Trips-Museums, Historic Sites, Others
- Art Classes
- Whist & Bridge
- Bingo
- Knit & Crochet
- Quilting
- Wii Bowling
- Crafts

REGISTRATION

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

CONTACT

Lizzy McGovern, Main Library Children's Department
781-320-1042 I wwdchildrens@gmail.com I **Westwoodlibrary.org**

MAIN LIBRARY PROGRAMS

LITTLE LISTENERS

Who: Ages 3-5
When: Tuesdays, 10:30-11:15
Sept 9th-Oct 14th
Nov 4th-Dec 9th (No 11/11)
Where: Westwood Public Library

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

TERRIFIC TWOS

Who: Age 2 and parent/caregiver
When: Wednesdays, 10:30-11:15
Sept 10th-Oct 15th
Nov 5th-Dec 10th
Where: Westwood Public Library

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

BABIES AND BOOKS

Who: Ages 0-2 and parent/caregiver
When: Fridays, 10:30-11:00
Sept 12th- Oct 17th
Nov 7th-Dec 12th
Where: Westwood Public Library

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

CREATIVE KIDS

Who: Children in grades K-1st
When: Thursdays, 4:00-4:45
Sept 11th-Oct 16th
Nov 6th-Dec 11th
Where: Westwood Public Library

Children will have lots of creative fun as they participate in creative dramatics and arts & crafts activities.

CHALK IN HAND

Who: Preschoolers with parent/caregiver
When: Monday, 10:30, Sept 8th
Where: Westwood Public Library

An outdoor chalk activity held in the Children's Reading Garden.
Drop in Program, no registration necessary.

MOVIES FOR MUNCHKINS

Who: Parent/ Caregiver and pre-school aged children
When: Mondays, 10:30
Sept 29th, Oct 27th, Nov 24th, Dec 29th
Where: The Westwood Public Library

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

KIDS MOVIE AFTERNOON

Who: Families with children
When: Wednesdays, 2:00
Sept 10th, Oct 8th, Nov 5th, Dec 3rd
Where: The Westwood Public Library

Come to the library to enjoy a fun movie afternoon. BYO drinks and nibbles. Call the library or check the website for movie details.
Drop in Program, no registration necessary.

GET CONNECTED WITH DIGITAL MEDIA @ YOUR LIBRARY

Who: Children ages 8 and up with a parent or caregiver
When: Fridays, 4:00-5:00
3rd Friday of month: Sep 19th, Oct 17th, Nov 21st, Dec 19th
Where: Westwood Public Library

Would you like to learn how to download free eBooks, audiobooks, and more to your tablet, computer and mobile device? Come to the children's department to find out how!

CELEBRATE GOING BACK TO SCHOOL!

Who: Elementary aged students
When Wednesday, 6:30 PM, Sept 10th
Where: Westwood Public Library

Visit the library and get ready for success this school year. Enjoy some family friendly games, a library scavenger event, and learn about how the library can help you with homework and school projects!
Drop in Program, no registration necessary.

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up
When: Thursdays, 9:30-10:15
Sept 11th- Oct. 16th
Nov. 6th –Dec. 11th
Where: Islington Branch Library

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

PJ STORYTIME

Who: Children ages 3 and up
When: 3rd Wednesday of the month, 6:30-7:15 PM
Sept 17th, Oct 15th, Nov 19th, Dec 17th
Where: Islington Branch Library

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

LEGO MANIA

Who: Children grades K and up
When: Tuesdays, 3:45-4:45
Sept 9th-Oct 14th
Nov 4th-Dec 9th
Where: Islington Branch Library

Come and build Lego creations with library Legos.

Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-3:00 PM on Mondays, Wednesdays and Thursdays; 8:30 AM to 3:00 PM and 5:00 to 7:00PM on Tuesday and 8:30 AM to 1:00 PM on Friday. For more information, please visit our web site at www.townhall.westwood.ma.us, email us at mrc@townhall.westwood.ma.us or call 781-320-1027.

Save the Date-October 18, 2014-Annual Family Flu Clinic

The Westwood Health Department is pleased to announce that the 2014 Annual Family Flu Clinic will be held on **Saturday, October 18, 2014** in the Westwood High School gymnasium from 9:00 am to 12:00 noon. The clinic is open to all Westwood residents five years of age and older. There is no cost for the vaccine but we ask that you bring your insurance card with you so that we may bill your insurance company.

Monthly Blood Pressure Clinic

The Westwood Public Health Nurse conducts a blood pressure clinic every 3rd Wednesday of the month at the Westwood Council on Aging located at 60 Nahatan St. from 9:00AM-11:00AM. No appointment necessary.

Sharps Collection Program

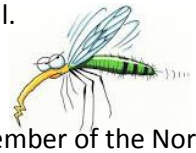
The Westwood Board of Health provides a Sharps Collection Program for Westwood residents. Residents can dispose of their sharps 24 hours a day, 7 days a week in the sharps collection kiosks that have been installed outside at the Town Hall on High Street and at the Islington Fire Station on Washington Street. The Health Department provides red one-liter sharps disposal containers free of charge to residents. They are available at the Westwood Health Department, the Westwood Town Hall and the Council on Aging during regular business hours.

Medication Collection Program

The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station at 590 High Street and is available 24 hours a day, 7 days a week for residents.

Mercury Collection Program

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. The program is in place to remove mercury containing items from residential trash. Button batteries, mercury thermometers, thermostats, switches, and products that contain liquid mercury can be brought to the Board of Health office to be recycled properly. Fluorescent bulbs are collected at Household Hazardous Waste Day in the fall.



Mosquito Control

The Town of Westwood is a member of the Norfolk County Mosquito Control District which provides mosquito control activities. The District conducts surveillance to detect disease, water management to prevent breeding of mosquitoes in existing drainage swales and systems, larval control to control mosquitoes before they become flying adults, and adult control to manage mosquitoes. Aerial larval applications are conducted over wetlands for nuisance control in the spring. Adult Control (Adulticiding) is conducted from truck-mounted equipment (mosquito spraying) and is conducted on a weekly basis, weather permitting in the evenings after sunset by request only. Visit the District's website at www.norfolkcountymosquito.org for more information.

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.

WE ARE PLEASED TO ANNOUNCE THE ADDITION OF OUR NEW LOCATION IN WESTWOOD, MA

JITIN SAHANI DMD MSC BDS

NEELA GANDHI DMD BDS

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Suite 110 • 1170 Beacon Street • Brookine, MA 02446 • 617.383.6593
Lower Level #1 • 541 High Street • Westwood, MA 02090 • 781.320.0300

Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

RESIDENTAL CUSTOMER
WESTWOOD, MA 02090

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

Westwood Recreation

FALL POOL SCHEDULE

SEPTEMBER 2-DECEMBER 31, 2014

- CLOSED: SEP 1, 27; OCT 13; NOV 11, 27; DEC 24, 25
- EARLY CLOSING: DEC 31 AT 2:15 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)			

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
Single	$25	$65	$125	$225	$5
Family	$40	$105	$200	$360	
Westwood Senior (60 or older)	$15	$45	$90	$180	$5

NEW!

MEMBERSHIP REGISTRATION IS AVAILABLE ONLINE! NEW OR RENEWAL!
www.westwoodrec.com CLICK POOL, REGISTER FOR POOL MEMBERSHIP, SELECT MEMBERSHIP TAB
REGISTRATION IS ALSO AVAILABLE AT THE POOL AND RECREATION OFFICE.