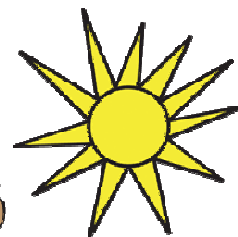
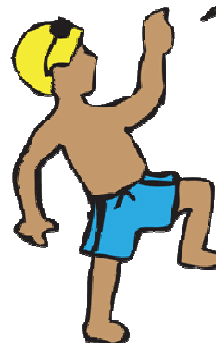


### March into Summer



### SUMMER KICK OFF – OPEN HOUSE

Saturday, March 14

10:00 AM - 2:00 PM

Westwood Recreation Department

Free and fun for all ages!

★ Swimming ★ Crafts ★ Inflatables ★ Sports ★ Snack Bar ★

#### March Into Summer Registration Special

10%\* Discount on Summer programs paid in full during March Into Summer

##### Walk-in Registrations:

Westwood Recreation Department

March 14, 10 AM - 1 PM

& March 16 & 17, Regular Office Hours

##### On-line Registrations:

March 14 - 17 at [www.westwoodrec.com](http://www.westwoodrec.com)

\*10% Discount applied at checkout on all paid in full March Into Summer registrations.

Save 10%



Proudly sponsored by

*Opening in Westwood this Fall*

**Nearby in  
Dedham!**



**A well doctor visit  
is the best way  
to avoid having  
a sick one.**



**No Appointment  
Needed**

**X-Ray & Lab  
Services On-Site**

**Vaccinations  
& Physicals**

**Most Insurance  
Plans Accepted**

**Prescription  
Medications  
Available**

 **Doctors  
Express®**  
**URGENT CARE**

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



**Corner of Washington Street & Route 1 North**  
370 Providence Highway, Dedham

Open 7 days a week: M-F 8-8, S-S 8-5  
781.461.0200 | [DoctorsExpressDedham.com](http://DoctorsExpressDedham.com)

## COMMUNITY

Boy Scouts Troop 3 Westwood [www.troop3westwood.org](http://www.troop3westwood.org)

Community Chest [www.wcc.cfsites.org](http://www.wcc.cfsites.org)

Foundation Westwood Education [www.foundationforwestwoodeducation.org](http://www.foundationforwestwoodeducation.org)

Hale Reservation [www.halereservation.org](http://www.halereservation.org)

Lions Club of Westwood [www.westwoodlions.com](http://www.westwoodlions.com)

Rotary Club of Westwood [www.westwoodrotary.com](http://www.westwoodrotary.com)

The Arc of South Norfolk [www.arcsouthnorfolk.org](http://www.arcsouthnorfolk.org)

Town of Westwood [www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us)

Westwood Chinese School [www.westwoodcs.org](http://www.westwoodcs.org)

Westwood Girl Scouts [www.girlscoutseasternmass.org](http://www.girlscoutseasternmass.org)

Westwood Historical Society [www.westwoodhistoricalsociety.com](http://www.westwoodhistoricalsociety.com)

Westwood Public Schools [www.westwood.k12.ma.us](http://www.westwood.k12.ma.us)

Westwood Walpole League of Women Voters [www.lwvwestwoodwalpole.org](http://www.lwvwestwoodwalpole.org)

Westwood Young Women's Club [www.wywc.org](http://www.wywc.org)

## YOUTH AND ADULT SPORTS

Adult Basketball League [mgriffin@townhall.westwood.ma.us](mailto:mgriffin@townhall.westwood.ma.us)

CYO Basketball Saint Denis [www.stdeniswestwood.com](http://www.stdeniswestwood.com)

CYO Basketball Saint Margaret Mary [www.saintmmparish.org](http://www.saintmmparish.org)

Over 30 Men's Softball [fcurran@jackconway.com](mailto:fcurran@jackconway.com)

Westwood Boys Youth Lacrosse [www.westwoodyouthlacrosse.com](http://www.westwoodyouthlacrosse.com)

Westwood Girls Youth Lacrosse [westwoodgirlslacrosse@gmail.com](mailto:westwoodgirlslacrosse@gmail.com)

Westwood Little League Baseball [www.westwoodlittleleague.com](http://www.westwoodlittleleague.com)

Westwood Track Club [www.trackclinic.com](http://www.trackclinic.com)

Westwood Youth Basketball [www.westwoodbasketball.org](http://www.westwoodbasketball.org)

Westwood Youth Hockey [www.wyh.org](http://www.wyh.org)

Westwood Youth Soccer [www.westwoodsoccer.org](http://www.westwoodsoccer.org)

Westwood Youth Softball [www.westwoodyouthsoftball.org](http://www.westwoodyouthsoftball.org)

Westwood/Dover Pop Warner Football [www.westwoodpopwarner.com](http://www.westwoodpopwarner.com)

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## BOARD OF SELECTMEN

Patrick J. Ahearn, Chairman

Nancy C. Hyde

Michael F. Walsh

## TOWN ADMINISTRATOR

Michael Jaillet

## RECREATION COMMISSION

Paul Aries, Chairman

Joyce Cannon

Lynn Connors

Ann Delaney

Elizabeth Phillips

Dave Reilly

Paul Tucceri

## 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

## WESTWOOD RECREATION DEPARTMENT

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

## EMAIL ADDRESS

recreation@townhall.westwood.ma.us

## WEBSITE

[www.westwoodrec.com](http://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

## REGISTRATION AND PAYMENT



### ONLINE REGISTRATION: [www.westwoodrec.com](http://www.westwoodrec.com)

Click Register Now. Click Account to log in using your email and password. Click Register and choose Programs or Activities (select program category, season, activity/class) or Purchase or Renew a membership (select New or Renew). Credit Cards: MasterCard, Visa or Discover

**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

- **SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**
- **SUMMER BEGINS SATURDAY, MARCH 14, 10:00 AM**

## NON-RESIDENT REGISTRATION

*There is an additional fee of \$10 per program for non-residents. All programs will be open to non-residents provided space is available. Spring begins upon receipt of this brochure and Summer begins Saturday, March 14, 10:00 AM.*

## 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 accepted 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 fee payable to the Town of Westwood for returned checks.



### REFUND/CREDIT POLICY

When you register for one of our programs, we depend on your participation for a successful program. A full refund will be made only if: programs are canceled, the Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Withdrawal requests from a program will only be honored if the participant can be replaced by a wait list participant. In this situation you have a choice. Receive a refund minus a \$15 administration fee or receive a full credit posted to your recreation account to use for a future program. Notice is needed before the start of the session/program. No other refunds will be issued.

Refund/Credit Policy	Refund	Credit
Department Cancels Program	Full Amount	Full Amount
Department changes prohibit your attendance	Full Amount	Full Amount
Medical problem confirmed by a doctor's note	Full Amount/Prorated	Full Amount/Prorated
Withdrawal Request/Replaced by wait list	Full Amount minus \$15 Fee	Full Amount

### PAYMENT PLAN APPLICATION

A payment plan allows you to register family members for programs and defer the payments. Payment plans must be initiated and set up at the Recreation Department Office with Taryn Crocker. Approved payment plans offer online payments, check or cash options. March Into Summer 10% discount does not apply to summer programs on a payment plan. Please note: The Refund/Credit 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.



Like Us: [www.facebook.com/ WestwoodRecreation](https://www.facebook.com/WestwoodRecreation)



Follow Us: @WW\_Rec



**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

[illegible]

## POOL MEMBERSHIP

TYPE			DURATION			
<input type="checkbox"/> SINGLE	<input type="checkbox"/> FAMILY	<input type="checkbox"/> WESTWOOD SENIOR	<input type="checkbox"/> 1 MONTH	<input type="checkbox"/> 3 MONTHS	<input type="checkbox"/> 6 MONTHS	<input type="checkbox"/> 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 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**



## POOL

AQUATICS MANAGER, SUSAN PERRY  
AQUATICS SPECIALIST, JULIE HARRINGTON

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). Children must be accompanied in the water with an adult.

**SWIM TEAM** - Spark up your summer 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

PROGRAM MANAGER, KRISTIN SCOBLE

### SUMMER CAMP - AGES 3-13

#### SUMMER CAMP T-SHIRT DECORATING

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

#### MIXED MEDIA/CLAY

Instructor, Lisa W.B. Walker

Come play with clay and see pieces you yourself could create this summer.

#### PROGRAM INFORMATION/MEET THE COACHES

Meet some of the coaches that will be instructing sports clinics. It's a great opportunity to ask questions about summer programs.

## GYM SPORTS

SPORTS AND FITNESS MANAGER, MIKE GRIFFIN

### TENNIS - 12:30-1:30 (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 – 11:00-12:00 (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



**FROZEN BOUNCY HOUSE**  
**AGES 2-8**



**ARCHERY HOVERBALL**  
**ALL AGES**



**LAND SLIDE**  
**ALL AGES**



- HOT DOGS
- CHIPS
- COOKIES
- WATER
- SODA
- COFFEE (FREE)
- POPCORN



**PROCEEDS WILL BENEFIT  
RECREATION SWIM TEAM**

**Thank you Wegmans!**  
**March Into Summer Sponsor**

making a  
difference  
in every  
community  
we serve

At Wegmans, we strive to make a difference in every community we serve. Part of that effort is supporting local, regional, and national organizations. We're glad we can help.

*Wegmans*

wegmans.com



## WATER BABIES (WB) AGES 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. Min: 4 Max: 15

## PARENT AND CHILD (PC) AGES 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. Min: 4 Max: 15

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

## PRESCHOOL (PS3) 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 (PS4/5) 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. Min: 4 Max: 8

## LEVEL 1 (L1) INTRODUCTION TO WATER AGES 4 & UP

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. Min: 4 Max: 8

## LEVEL 2 (L2) 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. Min: 4 Max: 10

## LEVEL 3 (L3) 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. Min: 4 Max: 10

## LEVEL 4 (L4) 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. Min: 4 Max: 10

## LEVEL 5 (L5) 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. Min: 4 Max: 10

## YOUTH BEGINNER (YB) AGES 8-14

This beginner swimming class is designed for older children, ages 8 -14, 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

SWIM LEVELS										
Week	Fee	WB	PC	PS3	PS4/5	L1	L2	L3	L4/L5	YB
1: TBA										
2: June 29-July 2 (M-Th)	\$64			9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	
3: July 6-10 (M-F)	\$80			10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	
4: July 13-17 (M-F)	\$80			10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	
5: July 20-24 (M-F)	\$80			9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	
6: July 27-31 (M-F)	\$80			9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	
7: August 3-7 (M-F)	\$80			9:10-9:50	9:55-10:35	10:40-11:20	9:10-9:50	9:55-10:35	10:40-11:20	
Sat, Jul 11-Aug 8	\$80	9:00-9:40	9:00-9:40	8:15-8:55	8:15-8:55	10:30-11:10				9:45-10:25

## OBSERVATION POLICY

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

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

**Observation First and Last Class Only**





## PRIVATE LESSONS AGES 4 & UP

Certified Water Safety Instructors  
\$165 Private (1 swimmer)  
\$220 Semi-private (2 swimmers)

Week	Days	Time Slots		
1: TBA				
2: Jun 29-Jul 2	Mon-Thu	9:15-9:55	10:00-10:40	10:45-11:25
3: Jul 6-10	Mon-Fri	9:15-9:45	10:00-10:30	10:45-11:15
4: Jul 13-17	Mon-Fri	9:15-9:45	10:00-10:30	10:45-11:15
5: Jul 20-24	Mon-Fri	9:15-9:45	10:00-10:30	10:45-11:15
6: Jul 27-31	Mon-Fri	9:15-9:45	10:00-10:30	10:45-11:15
7: Aug 3-7	Mon-Fri	9:15-9:45	10:00-10:30	10:45-11:15

Private lessons beginning August 10 and beyond will be scheduled on an individual basis. Please e-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) to arrange your time and dates.

## SWIM CLINIC AGES 8-18

Susan Perry, Aquatics Manager  
Julie Harrington, Aquatics Specialist



**Participants must have competitive swimming experience and/or have passed American Red Cross Level 4 and are proficient in all four competitive strokes.** The week will include two daily swim sessions, dry land training, instructional videos and underwater videotaping. To extend the day, participants may attend open swim from 3:30-5:00 PM.  
Min 15/Max 30

Week	Day	Time	Fee
8: Aug 10-14	Mon-Fri	9:00-3:30	\$225
9: Aug 17-21	Mon-Fri	9:00-3:30	\$225

## AQUA FITNESS AGES 18 & UP

Susan Perry, Aquatics Manager  
Tues and Thu, 8:00-9:00 AM, Jun 23-Aug 27  
\$75 Punch Pass (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.

## WATER POLO AGES 14 & UP

Certified Aquatic Supervisor  
Wed, 8:30-9:30 PM, Jun 24-Aug 12  
\$30 (8 weeks) or \$5 per night

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

## AQUANAUTS AGES 12-14 (MUST HAVE PASSED LEVEL 5)

Susan Perry, Aquatics Manager

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. Min 2/Max 4

Week	Days	Fee
3: Jul 6-10	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$110
6: Jul 27-31	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$110



## SWIM TEAM AGES 6-18

Julie Harrington, Aquatics Specialist

In a relaxed yet productive atmosphere, both the novice and experienced swimmer will learn stroke development and refinement with emphasis on speed and endurance work. There will be two swim meets per week with a total of eleven meets in the season. Six meets will be at home and five will be away at neighboring towns. At the conclusion of the season there will be A and B Regional Championship Meets. If you are new to the team please email [harrington@townhall.westwood.ma.us](mailto:harrington@townhall.westwood.ma.us) for a skills check.

Dates	Ages	Day	Time	Fee
May 26-Aug 8	6-10	M, T, W, Th	5:00-6:00 PM	\$180
May 26-Aug 8	11-18	M, T, W, Th	6:00-7:00 PM	\$180

## MEET SCHEDULE

Date	Day	Opponent	Location	Time
Jul 2	Thu	Norwood	Westwood	5:30 PM
Jul 7	Tue	Natick	Westwood	5:30 PM
Jul 9	Thu	Framingham	Westwood	5:30 PM
Jul 14	Tue	Needham	Needham	5:30 PM
Jul 16	Thu	Canton	Westwood	5:30 PM
Jul 21	Tue	Dedham	Dedham	6:00 PM
Jul 23	Thu	Walpole	Walpole	6:00 PM
Jul 24	Fri	Mile Swim	TBA	TBA
Jul 28	Tue	Millis	Westwood	5:30 PM
Jul 30	Thu	Sherborn	Sherborn	6:00 PM
Aug 1	Sat	B Regional	Newton	TBA
Aug 4	Tue	Medfield	Medfield	6:00 PM
Aug 6	Thu	Newton	Westwood	5:30 PM
Aug 8	Sat	A Regional	Newton	TBA

## CONDITION SWIMMING AGES 6-18

Julie Harrington, Aquatics Specialist

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.

Dates	Ages	Day	Time	Fee
May 27-Aug 5	6-10	Mon & Wed	5:00-6:00 PM	\$125
May 27-Aug 5	11-18	Mon & Wed	6:00-7:00 PM	\$125

## POOL PARTY GREAT FOR ALL AGES AND ANY OCCASION!

The \$250 fee includes staff for two hours. Maximum of 50 people. All pool rules apply. One hour of swimming followed by one hour in the pool lobby.

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



## SUMMER CAMP

Westwood High School  
Kristin Scoble, Camp Director



Westwood Recreation's summer day camp is for children ages 3-5 and grades K-8. Camp provides a variety of age appropriate activities.

Participants take part in arts & crafts, sports & games, water activities, recreational play, special events, and theme activities. Our caring, well-trained counselors encourage confidence, creativity, developing skills, making new friends and having fun!

*As required by Section 430.190 of the State Sanitary Code, Chapter IV (105 CMR 430.000), this camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the Board of Health.*

### CAMPER RATIOS AND SPACE

**CAMP STARFISH (Ages 3-5)** Staff to child ratio 1:4. This group will use the peanut free Integrated Preschool Rooms, playground, gym and fields. *Child requirement: 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.*

**CAMP STINGRAY (Entering Grades K-6)** Staff to child ratio 1:7. This group will use WHS classrooms, gym, cafeteria and fields.

**CAMP SUMMERTASTICS (Entering Grades 7-8)** Staff to child ratio 1:10. This group will use WHS classrooms, gym, cafeteria and fields. 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

Drop off and pick up will be held at the WHS gymnasium entrance.

### LUNCH & SNACKS

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

### SWIMMING

Campers will be offered daily swim time, 2:00-3:00 PM, at the Westwood Pool. All swimming abilities are allowed and tot docks are used for non-swimmers.

### TRIPS (additional fee)

Grades 4-8 will have the option to participate in weekly trips at an additional cost. Trips are scheduled on Wednesdays and are subject to change in the event of rain.

### SWIM LESSONS (additional fee)

Swim Lessons for children attending Summer Camp only. Children will be divided into group lessons according to their swim ability. Counselors will escort children to the pool.

### TENNIS LESSONS (additional fee)

Tennis lessons for children attending Summer Camp 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. Counselors will escort participants to WHS courts. Parents of children registered until 3:30 will pick up their children at the courts at 4:30. Children attending extended day will be escorted back to that location. If it rains, lessons will be held in the WHS Gym.

### 12:00-5:30 AFTERNOON TIME SLOT

Participants attending Westwood Public School Enrichment Program or any other 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.

## GRADES ENTERING K-8 (CAMP STINGRAY & SUMMERTASTICS)

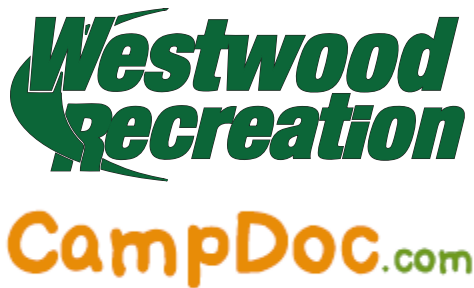
Theme	Week	5 DAYS: MON-FRI				4 DAYS: MON-THU			
		7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30	7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30
Cruisin' Into Summer America!	1: TBA								
	2: June 29-July 2					\$200	\$160	\$120	\$160
Summer Expedition	3: July 6-10	\$240	\$190	\$150	\$190	\$200	\$160	\$120	\$160
Campers Choice Awards	4: July 13-17	\$240	\$190	\$150	\$190	\$200	\$160	\$120	\$160
Wacky Water	5: July 20-24	\$240	\$190	\$150	\$190	\$200	\$160	\$120	\$160
Let the Games Begin	6: July 27-31	\$240	\$190	\$150	\$190	\$200	\$160	\$120	\$160
FUNtastic Finale	7: August 3-7	\$240	\$190	\$150	\$190	\$200	\$160	\$120	\$160

## AGES 3-5 (CAMP STARFISH)

Theme	Week	5 DAYS: MON-FRI			4 DAYS: MON-THU			2 DAYS: TUE & THU	
		7:30-5:30	9:00-3:30	9:00-12:00	7:30-5:30	9:00-3:30	9:00-12:00	9:00-3:30	9:00-12:00
Cruisin' Into Summer America	1: TBA								
	2: June 29-July 2				\$200	\$160	\$100	\$110	\$80
Summer Expedition	3: July 6-10	\$240	\$190	\$130	\$200	\$160	\$100	\$110	\$80
Campers Choice Awards	4: July 13-17	\$240	\$190	\$130	\$200	\$160	\$100	\$110	\$80
Wacky Water	5: July 20-24	\$240	\$190	\$130	\$200	\$160	\$100	\$110	\$80
Let the Games Begin	6: July 27-31	\$240	\$190	\$130	\$200	\$160	\$100	\$110	\$80
FUNtastic Finale	7: August 3-7	\$240	\$190	\$130	\$200	\$160	\$100	\$110	\$80

## SWIM AND TENNIS LESSONS

WEEK	1: TBA	2: JUN 29-JUL 2	3: JUL 6-10	4: JUL 13-17	5: JUL 20-24	6: JUL 27-31	7: AUG 3-7
		Mon-Thu	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Swim Lessons Ages 3-13 Certified Water Safety Inst. 1:15-1:55 ( 5 classes)	TBA	\$64 (4 classes)	\$80	\$80	\$80	\$80	\$80
Tennis Lessons Ages 7-13 Jayson Sellers, Tennis Pro 3:30-4:30 ( 5 classes)	TBA	\$50 (4 classes)	\$60	\$60	\$60	\$60	\$60



Dear Parents,

Beginning this summer, in our continuous efforts to provide the best possible care to our campers and staff, Westwood Recreation Summer Camp is partnering with CampDoc.com.

CampDoc.com is an electronic health record system for camp, and will help us consolidate and integrate camper health information into a centralized and secure location. Their system will give the Camp Director, Coordinators and Supervisors instant access to camper health information, a key component in providing quality care.

The security, confidentiality and privacy of your camper's personal health information will always be protected. Only assigned Summer Camp staff will have access to camper health information, and the CampDoc.com site is secure, encrypted and password protected.

You will receive a "Welcome E-mail" from CampDoc.com with information about how to complete your camper's health information.

- Click the link in the email to set a new password for your CampDoc.com account
- Follow the instructions and complete the health history for your camper. Alerts will appear for any missing required information
- Upload any required documents to your CampDoc.Com account
- Return to CampDoc.com at any time to make changes/updates to your camper's health information before camp begins.

Please set [register@campdoc.com](mailto:register@campdoc.com) as a 'safe sender,' to avoid accidental delivery to junk and spam folders.

We are excited to continually evolve – building safer, more productive and more efficient systems to create the best experience for you and your family.

Kristin Scoble  
Camp Director  
Westwood Recreation  
KScoble@townhall.westwood.ma.us





## COUNSELOR IN TRAINING (CIT)

Entering Grades 9 & Up (Westwood Residents Only)  
Westwood High School  
Katelyn Raftery, Program Coordinator

Counselor In Training program is designed to assist teens in the development of their leadership skills while gaining volunteer hours. The participants will be immersed in our summer programs (Summer Camp, Sports, Musical Theatre & More), 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 during each session. The program allows the participants to witness a range of activities and interactions, which will assist their growth and confidence. The focus of the CIT Program is to provide the participants with the training and experiences needed to feel confident and prepared to transition into employment/workforce. We ask for the full commitment during each session registered to be able to gain the most experience.

Session	Dates	8:30-3:30	11:30-5:30	
A	Jun 29-Jul 17 (No 7/3)	\$125	\$125	3 weeks
B	Jul 20-Aug 7	\$125	\$125	3 weeks

## DOG TRAINING PROGRAMS

Sheehan School Fenced Area (Rain location is the ICC)  
Susan Lowell, Pet Providers  
Owners of all ages (children 12 and under must be with an adult)  
*50% Discount for Service Dog. Proof must be shown to the Recreation Department for the discount.*

### PUPPY TRAINING (PT) PUPPIES 12 WEEKS-1 YEAR

This course is designed to help owners and their dogs understand one another through basic commands and motions. Min 6/Max 12

### BEGINNING DOG (BD) DOGS 6 MONTHS OR OLDER

Dogs and owners will learn the basics of agility equipment above puppy training. Min 6/Max 12

### ADVANCED DOG (AD) DOGS 1 YEAR OR OLDER

Learn to have better control over your dog, leashed or unleashed. This class will help you advance to Canine Good Citizen and agility classes. Min 6/Max 12

### DOG AGILITY (DA) DOGS 6 MONTHS OR OLDER

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. Min 6/Max 12

### CANINE GOOD CITIZEN (CGC) DOGS 1 YEAR OR OLDER

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. Dogs must pass all ten items listed in the CGC records at the American Kennel Club and meet the standard for visiting nursing homes, schools, and other venues to be certified. Min 6/Max 12

### FOCUS & CLICKER TRAINING (FCT) PUPPIES OR OLDER

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. Min 6/Max 12

Level	Day	Dates	Time	Fee
PT	Sat	Jul 11-Aug 22	8:00-9:00 AM	\$110 (7 classes)
BD	Sat	Jul 11- Aug 22	9:00-10:00AM	\$110 (7 classes)
AD	Tue	Jul 7-Aug 18	6:00-7:00 PM	\$110 (7 classes)
DA	Wed	Jul 8-Aug 19	6:00-7:00 PM	\$110 (7 classes)
CGC	Wed	Jul 8-Aug 19	7:00-8:00 PM	\$180 (7 classes)
FCT	Tue	Jul 7-Aug 18	7:00-8:00 PM	\$110 (7 classes)

## GOLF-LADIES BEGINNER AGES 18 & UP

Norwood Country Club  
John Resnick, PGA Professional & Norwood CC Staff

Classes will cover the full swing, chipping, putting, etiquette and on course instruction. 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. Min 4/Max 14

Day	Dates	Time	Fee
Wed	Jul 8-Jul 29	5:30-6:30 PM	\$105 (4 Classes)
Thu	Jul 9-Jul 30	5:30-6:30 PM	\$105 (4 Classes)
Wed	Aug 5-26	5:30-6:30 PM	\$105 (4 Classes)
Thu	Aug 6-27	5:30-6:30 PM	\$105 (4 Classes)

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## MUSICAL THEATRE AGES 6-12

Westwood High School Auditorium  
Jason Whiting and Scott Gagnon



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. Your family and friends may join us for this performance on the last day of the session. All levels of experience welcome. Students receive an Actors Package: script, lyrics, and CD. Please bring two snacks, water bottle, and a lunch.  
Min 18/Max 25

**ANNIE:** The show about the lovable orphan who wins the heart of Daddy Warbucks, with such songs as "Tomorrow", "You're Never Fully Dressed Without A Smile", and "It's A Hard Knock Life"!

**BROADWAY BOUND:** Dori wants to be on stage, but the Phantom keeps messing things up! Come join the Peanuts Gang, Judy Garland, and other musical theater characters as they help Dori learn what being on stage is all about!

**THE LION KING:** Come be a part of the Disney classic as we follow Simba, Pumba, Timon on all of their adventures!

**SCHOOLHOUSE ROCK:** Based on the popular TV shorts from the late 1970's and early 1980's, Schoolhouse Rock helps you learn all about science, grammar, math, and government through such rockin' songs as "Three Is A Magic Number", "I'm Just A Bill", and "Conjunction Junction"!

Performance	Week	Days	Time	Fee
Annie	3: Jul 6-10	Mon-Fri	9:00-4:00	\$250
Broadway Bound	4: Jul 13-17	Mon-Fri	9:00-4:00	\$250
The Lion King	5: Jul 20-24	Mon-Fri	9:00-4:00	\$250
Schoolhouse Rock	7: Aug 3-7	Mon-Fri	9:00-4:00	\$250
Annie	8: Aug 10-14	Mon-Fri	9:00-4:00	\$250

## HIP HOP AGES 5-13

Westwood High School Softball Field  
Aly Pereira  
Week 10: Aug 24-28, Mon-Fri, 9:00-12:00  
\$125 (1 week)

Join the fun and rock out 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. Min 6/Max 20

## ART STUDIO MIXED MEDIA AGES 7-10

Islington Community Center  
Lisa Walker



Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in both 3D and 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty. Min 6/Max 12

Class	Week	Days	Time	Fee
3D Art	4: July 13-16	Mon-Thu	9:00-12:00	\$150
2D Art	5: July 20-23	Mon-Thu	9:00-12:00	\$150

## PLAYGROUND AGES 6-10

Hanlon School  
Recreation Staff



Summer is here! Kids it's time to kick back and just play. The Playground program offers a variety of activities each day. There will be arts & crafts, sports & games, nature walks & scavenger hunts, free play, water play, and Friday pizza. Activities will use the gym, cafeteria, playground, field, basketball court and woods. Participants need to bring nut free snacks, drinks and lunch. No refrigeration is available.

Week	Days	Time	Fee
3: Jul 6-10	Mon-Fri	9:00-3:00	\$150
4: Jul 13-17	Mon-Fri	9:00-3:00	\$150
5: Jul 20-24	Mon-Fri	9:00-3:00	\$150
6: Jul 27-31	Mon-Fri	9:00-3:00	\$150
7: Aug 3-7	Mon-Fri	9:00-3:00	\$150

## TOP SECRET SCIENCE

Islington Community Center  
Top Secret Science Staff



Explore up to 20 weird and whacky hands-on science experiments daily and take home at least 8 different projects. Participants 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.** Min 15/Max 40

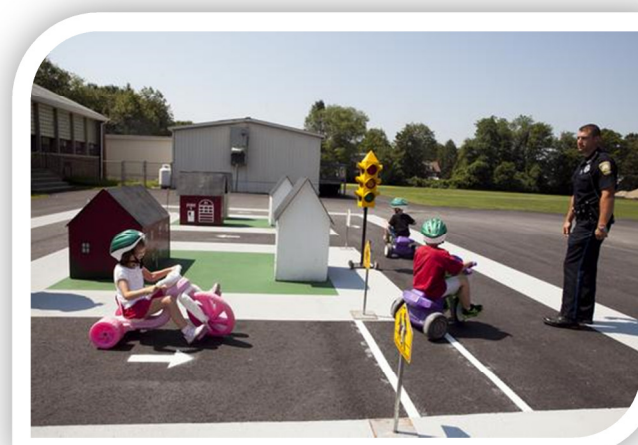
Grades	Week	Days	Time	Fee
Entering K-5	6: Jul 27-31	Mon-Fri	9:00-3:00	\$200
Entering K-5	8: Aug 10-14	Mon-Fri	9:00-3:00	\$200
Entering 6-8	10: Aug 24-28	Mon-Fri	9:00-3:00	\$200

## SAFETY TOWN ENTERING K

Westwood Fire Station  
Officer Brad Pindel and Laura Brooks

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.  
Min 10/Max 20

Week	Days	Time	Fee
5: July 20-24	Mon-Fri	9:00-11:30	\$150
6: Jul 27-31	Mon-Fri	9:00-11:30	\$150



**BASKETBALL GIRLS AGES 6-15**

Thurston Middle School Gyms  
Sarah Behn and Staff  
Week 6: Jul 27-31, Mon-Fri, 9:00-12:00  
\$190 (1 week)



The Behn Camp philosophy is to instill confidence in young players by teaching basketball fundamentals, which will raise their individual level of play. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense, and team defense. Our experienced coaches create a structured and 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 succeed while having fun. Min 25/Max 100

**GOLF CLINICS**

Norwood Country Club  
John Resnick, PGA Instructor

**JUNIOR INTERMEDIATE AGES 8-14**

This class is for the advanced beginner golfer who has experienced some on course play. Class includes course instruction and hole by hole management. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Participants will need their own clubs. Min 4/Max 14

Week	Days	Time	Fee
3: Jul 6-9	Mon-Thu	9:00-11:00	\$95 (4 classes)
4: Jul 13-16	Mon-Thu	9:00-11:00	\$95 (4 classes)
5: Jul 20-23	Mon-Thu	9:00-11:00	\$95 (4 classes)
6: Jul 27-30	Mon-Thu	9:00-11:00	\$95 (4 classes)
7: Aug 3-6	Mon-Thu	9:00-11:00	\$95 (4 classes)
8: Aug 10-13	Mon-Thu	9:00-11:00	\$95 (4 classes)
9: Aug 17-20	Mon-Thu	9:00-11:00	\$95 (4 classes)

**GOLF CLINICS AGES 7-14**

Learn the fundamentals of golf; 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. Min 4/Max 14

Week	Dates	Day	Time	Fee
Beginner	Jul 11-Aug 1	Sat	12:00-2:00	\$95 (4 classes)
Intermediate	Jul 11-Aug 1	Sat	2:00-4:00	\$95 (4 classes)

**LACROSSE-GIRLS ENTERING GRADES 3-9**

WHS Flahive Field  
Leslie Frank, WHS Girls Coach  
Week 6: Jul 27-31, Mon-Fri, 9:00-12:00  
\$115 (1 week)

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 WHS Cafeteria until conditions improve. Min 20/Max 100

**FIELD HOCKEY-GIRLS ENTERING GRADES 3-9**

WHS Flahive Field  
Melissa Levine, WHS Girls Coach  
Week 4: Jul 13-17, Mon-Fri, 9:00-11:00  
\$80 (1 week)

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 and 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, a mouth guard and water bottle. Min 10/Max 30

**KARATE STUNT MOVIE AGES 6 & UP**

Sheehan School Gym  
Steve DiOrio, *Hachidan, Hanshi*  
Week 3: Jul 6-10, Mon-Fri, 9:30-12:30  
\$195 (1 week)

Move over Bruce Lee, Westwood stunt fighters are here! Steve DiOrio will lead a Martial Arts Movie Fighting program that will cover the basic principles and techniques of stunt fight choreography and performance. Participants will learn how to act out a fight and be safe. The group will try different scenarios including one-on-one, brawl with multiple attackers and defenders. Afterwards participants will review the films to refine their choreography and techniques. This program is great exercise, builds reaction skills, and is a lot of FUN! Participants need to be able to follow directions, work in a team/collaborative environment, and demonstrate playing in a non-threatening way. No previous martial arts experience is required. Min 8/Max 50

**VOLLEYBALL-GIRLS AGES 8-18**

Sheehan School Gym  
Diane Medeiros

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 multiple snacks and a water bottle. Min 10/Max 24

Ages	Week	Days	Time	Fee
8-12	7: Aug 3-5	Mon-Wed	8:00-12:00	\$95 (3 classes)
13-18	7: Aug 3-5	Mon-Wed	12:00-4:00	\$95 (3 classes)

**FENCING AGES 8 & UP**

Sheehan Basketball Court  
Jim Mullarkey, 3MB Fencing Club  
Week 3: Jul 13-17, Mon-Fri, 9:00-11:00  
\$135 (1 week)

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. Min 8/Max 20

**ARCHERY AGES 8 & UP**

Bay State Archery, 55 Providence Highway  
Bay State Archery Staff (Formerly Archery USA)  
Week 3: Jul 13-17, Mon-Fri, 9:00-11:00 or 11:00-1:00  
\$120 (1 week)

Aim and shoot! Clinic teaches safety fundamentals and proper shooting form. Equipment and protective gear provided. This clinic is an official Junior Olympic Archery Development Program (JOAD). Parents are welcomed and encouraged to sign up. Min 12/Max 20

**SPORTS PROGRAMS**

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

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



**TENNIS PROGRAMS**

Westwood High School Tennis Courts  
Jayson Sellers, Tennis Pro

**TENNIS LESSONS AGES 5-7**

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Instructor to participant ratio is approximately 1 to 5. Racquets are provided. In the event of rain: Weeks 1-7 class will be held in the WHS Gym. Weeks 8-10 the class make-up is Friday. Min 5/Max 12

Week	Days	Time	Fee
1: TBA			
2: Jun 29-Jul 2	Mon-Thu	8:00-8:55	\$50
3: Jul 6-10	Mon-Fri	8:00-8:55	\$60
4: Jul 13-17	Mon-Fri	8:00-8:55	\$60
5: Jul 20-24	Mon-Fri	8:00-8:55	\$60
6: Jul 27-31	Mon-Fri	8:00-8:55	\$60
7: Aug 3-7	Mon-Fri	8:00-8:55	\$60
8: Aug 10-13	Mon-Thu	8:00-8:55	\$50
9: Aug 17-20	Mon-Thu	8:00-8:55	\$50
10: Aug 24-27	Mon-Thu	8:00-8:55	\$50

**TENNIS CLINICS AGES 7-13**

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. In the event of rain: Weeks 1-7 class will be held in the WHS Gym. Weeks 8-10 the class make-up is Friday. Min 8/Max 12

Week	Days	Time	Fee
1: TBA			
2: Jun 29-Jul 2	Mon-Thu	9:00-12:00	\$128
3: Jul 6-10	Mon-Fri	9:00-12:00	\$160
4: Jul 13-17	Mon-Fri	9:00-12:00	\$160
5: Jul 20-24	Mon-Fri	9:00-12:00	\$160
6: Jul 27-31	Mon-Fri	9:00-12:00	\$160
7: Aug 3-7	Mon-Fri	9:00-12:00	\$160
8: Aug 10-13	Mon-Thu	9:00-12:00	\$128
9: Aug 17-20	Mon-Thu	9:00-12:00	\$128
10: Aug 24-27	Mon-Thu	9:00-12:00	\$128

**New!**

**JR. DEVELOPMENT TENNIS AGES 7-13**

This program is for players who can hit their forehand and backhand consistently. Emphasis will be on ball placement, hitting with power, and maintaining ball control. Serving techniques utilizing spin and ball placement will be taught. The last 30 minutes of each day will focus on playing games. Participants will need their own racquet. In the event of rain: Weeks 1-7 class will be held in the WHS Gym. Weeks 8-10 the class make-up is Friday. Min 5/Max 12

Week	Days	Time	Fee
1: TBA			
2: Jun 29-Jul 2	Mon-Thu	1:00-3:00	\$88
3: Jul 6-10	Mon-Fri	1:00-3:00	\$110
4: Jul 13-17	Mon-Fri	1:00-3:00	\$110
5: Jul 20-24	Mon-Fri	1:00-3:00	\$110
6: Jul 27-31	Mon-Fri	1:00-3:00	\$110
7: Aug 3-7	Mon-Fri	1:00-3:00	\$110
8: Aug 10-13	Mon-Thu	1:00-3:00	\$88
9: Aug 17-20	Mon-Thu	1:00-3:00	\$88
10: Aug 24-27	Mon-Thu	1:00-3:00	\$88

**FLAG FOOTBALL AGES 7-14**

Recreation Staff

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 giveaways. In the event of rain the program will be held in the gym except for weeks 8-9 which will be held at the Islington Community Center. Min 12/Max 40



Week	Days	Time	Fee	Location
1: TBA				Deerfield Field
3: Jul 6-10	Mon-Fri	9:00-12:00	\$115	Sheehan Field
5: Jul 20-24	Mon-Fri	9:00-12:00	\$115	Deerfield Field
6: Jul 27-31	Mon-Fri	9:00-12:00	\$115	Deerfield Field
7: Aug 3-7	Mon-Fri	9:00-12:00	\$115	Sheehan Field
8: Aug 10-14	Mon-Fri	9:00-12:00	\$115	Morrison Park Field
9: Aug 17-21	Mon-Fri	9:00-12:00	\$115	Morrison Park Field

**JR. WOLVERINES AGES 4-7**

Martha Jones School Field  
Recreation Staff

This program introduces children to soccer, T-ball, and basketball. Participants will learn the basic skills, rules, 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. Min 12/Max 40

Week	Days	Time	Fee
1: TBA			
2: Jun 29-Jul 2	Mon-Thu	8:30-11:30	\$95
3: Jul 6-10	Mon-Fri	8:30-11:30	\$115
4: Jul 13-17	Mon-Fri	8:30-11:30	\$115
5: Jul 20-24	Mon-Fri	8:30-11:30	\$115
6: Jul 27-31	Mon-Fri	8:30-11:30	\$115
7: Aug 3-7	Mon-Fri	8:30-11:30	\$115

**JR SOCCER AGES 5-8**

Deerfield Field  
Recreation Staff  
Week 4: Jul 13-17, Mon-Fri, 9:00-12:00  
\$115 (1 week)

This clinic promotes having fun while learning fundamental soccer skills. 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. Participants can bring their own ball if they want to. Min 12/Max 40

**SOCCER AGES 7-14**

Sheehan Field  
Jon Grant, WHS Boys Coach, Week 2  
Tim Chant, WHS Girls Coach, Weeks 4 and 6

Through small group activities, fun games, exercises and modified scrimmages, players will learn new skills and strategies to 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, soccer will be held in the gym and sneakers are required. Min 12/Max 65

Week	Days	Time	Fee
2: Jun 29-Jul 2	Mon-Thu	9:00-3:00	\$150
4: Jul 13-16	Mon-Thu	9:00-3:00	\$150
6: Jul 27-30	Mon-Thu	9:00-3:00	\$150



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## CARDIO BLAST AGES 18 & UP

Islington Community Center Sanctuary  
Core Asset Staff

Cardio Blast is a fun, always changing, total body workout. After warming up, we 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.  
Min 8/Max 12

### SESSION E

Day	Dates	Time	Fee
Tue	May 5-Jun 16	9:00-10:00 AM	\$88 (7 classes)
Thu	May 7-Jun 18	9:00-10:00 AM	\$88 (7 classes)

## BOOT CAMP AGES 18 & UP

Westwood High School Multipurpose Field  
Core Asset Staff

Session E: May 5-Jun 18, Tue, Wed, Thu (choice of 2 days), 6:00-7:00 AM  
\$175 (14 classes)

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. This is a two day a week program. You pick the days each week that work for you. Wednesdays have been added for flexibility reasons in the event you need to miss a class on a Tuesday or Thursday a certain week or if you prefer a Tues/Wed or Wed/Thu setup. Attendance will be taken at each class. Participants need to bring a mat, light weights and water. In the event of rain, class will be held in WHS Gym. Min 8/Max 30

## POWER YOGA AGES 18 & UP

Islington Community Center Sanctuary  
Core Asset Staff

Fri, Apr 10-Jun 19 (No 4/24), 9:30-10:30  
\$125 (10 classes)

One hour of Vinyasa flow-style yoga that will move and stretch your muscles and joints, build strength, and improve your balance and concentration. Ellen O'Hara is RYT 200 certified. Any level yogi is welcome. Please bring a mat and water. Min 5/Max 15

## PILATES AGES 14 & UP

Islington Community Center Sanctuary  
Core Asset Staff

### MAT PILATES

It's a wonderful exercise that utilizes the core, abs, back, hips and shoulders. Using small movements, breathing and precise alignment, you'll obtain long, strong muscles and a powerful core. This class is appropriate for all fitness levels, no prior experience necessary. Min 8/Max 20

### PILATES PLUS

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. Min 8/Max 20

Pilates	Day	Dates	Time	Fee
Mat	Tue	Apr 7-Jun16 (No 4/21)	7:00-8:00 PM	\$125 (10 classes)
Plus	Wed	Apr 8-Jun 17 (No 4/22)	9:00-10:00 AM	\$125 (10 classes)



## ADULT YOGA AGES 16 & UP

Linda Margosian, Certified Hatha Yoga Instructor

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 a sense of inner calm and well-being. All abilities welcome. Please bring a sticky mat and blanket. Min 5/Max 12

	AM Session 11:00-12:30	PM Session 7:00-8:30
Location	Islington Community Center Sanctuary	Westwood Library
Dates	Apr 9-Jun18 (No 4/23)	Apr 9-Jun18 (No 4/23)
Day	Thu	Thu
Fee	\$150 (10 classes)	\$150 (10 classes)

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- Summer due out May 8
- Fall due out August 7

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## DOG TRAINING PROGRAMS

Islington Community Center Hall  
Susan Lowell, Pet Providers  
Owners of all ages (children 12 and under must be with an adult)  
*50% Discount for Service Dog. Proof must be shown to the Recreation Department for the discount.*

### PUPPY TRAINING (PT) PUPPIES 12 WEEKS-1 YEAR

This course is designed to help owners and their dogs understand one another through basic commands and motions. Min 6/Max 12

### BEGINNING DOG (BD) DOGS 6 MONTHS OR OLDER

Dogs and owners will learn the basics of agility equipment above puppy training. Min 6/Max 12

### ADVANCED DOG (AD) DOGS 1 YEAR OR OLDER

Learn to have better control over your dog, leashed or unleashed. This class will help you advance to Canine Good Citizen and agility classes. Min 6/Max 12

### DOG AGILITY (DA) DOGS 6 MONTHS OR OLDER

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. Min 6/Max 12

### CANINE GOOD CITIZEN (CGC) DOGS 1 YEAR OR OLDER

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. Dogs must pass all ten items listed in the CGC records at the American Kennel Club and meet the standard for visiting nursing homes, schools, and other venues to be certified. Min 6/Max 12

Level	Day	Dates	Time	Fee
PT	Sat	May 2-Jun 27 (No 5/23)	8:00-9:00 AM	\$110 (8 classes)
BD	Mon	Apr 27 – June 22 (No 5/25)	7:00-8:00 PM	\$110 (8 classes)
AD	Mon	Apr 27 – June 22 (No 5/25)	8:00-9:00 PM	\$110 (8 classes)
DA	Sat	May 2 – June 27 (No 5/23)	9:00-10:00 AM	\$110 (8 classes)
CGC	Sat	May 2 – June 27 (No 5/23)	10:00-11:00 AM	\$180 (8 classes)

## ADULT CLAY CLASS AGES 16 & UP

Islington Community Center  
Lisa W.B. Walker  
Thu, May 21, 7:00-8:00 PM  
\$30 (1 Class)



Interested in working with clay? This is a great starter class that will let you get your hands muddy, teach you basic techniques and let you explore clay in a sculptural manner. Students will work with low fire clay. Instructor will glaze and fire ceramic work. Please bring an oversized shirt from home to wear while working with the clay. Min 4/Max 6

## ADULT STUDIO ART CLASSES AGES 16 & UP

Islington Community Center  
SiouxSanna Ramirez-Cruz

### STUDIO ART 1: CHALKBOARD LETTERING

Have you been wanting to create a chalkboard sign for a special event, to add to your home, office or to gift but don't know where to start? In this two part workshop learn the basics to get you started! \*Required: Chalkboard of any size that will fit your announcement, phrase or note, a white chalkboard marker and the text you would like to use. Min 4/Max 10

### STUDIO ART 2: HAND LETTERING

In this two part workshop we will replace the electronic gadget with the original and classic communicator: the pen! Leave your mark on invitations, your next event menu, gift tags, and or stationary all through the art of hand lettering. Min 4/Max 10

Studio	Day	Dates	Time	Fee
Art 1	Mon	Jun 1 & 8	6:30-8:30 PM	\$82
Art 2	Mon	Jun 15 & 22	7:00-9:00 PM	\$82

## PEDIATRIC FIRST AID & CPR/AED AGES 15 & UP

Islington Community Center  
Juanita Allen, W-EMT, Century Health System  
Wed, Mar 18 or Apr 29, 6:00-9:00 PM  
\$75 (1 class)



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. Min 5/Max 10

## TRIPS

### I Love Lucy! Live On Stage ONLY \$115

Sunday, March 1  
Round trip transportation to the Providence Performing Arts Center to see *I Love Lucy!* Live on stage. Luncheon buffet included.

### Cape Cod Irish Village 2 Days/1 Night

Saturday, March 14 – Sunday, March 15  
Enjoy the weekend away down in West Yarmouth. Trip includes accommodations, Banquet dinner Saturday night for St. Patty's day with live Irish entertainment at the Village and full breakfast on Sunday. Twin \$175, Triple \$169, and Single \$205.

### Washington, D.C. 4 Days / 3 Nights

Wednesday, April 8 – Saturday, April 11  
This fun packed trip includes the annual Cherry Blossom Parade, Visit the Capitol, Smithsonian Institute & World War II Memorial and more. Plus a Bruins/Capital Hockey Game!  
Twin \$559, Triple \$549, Quad \$539, Single \$699, Child under 12 sharing with 2 adults \$399

### Nantucket 2 Days/1 Night

Sunday, May 31 – Monday, June 1  
Enjoy a relaxing trip over to the Island of Nantucket where you will enjoy the historical sites, fine dining, tour of the Whaling Museum and more!  
Twin \$299, Triple \$289, Quad \$279, Single \$359

**For complete details go to Trips**  
**[www.westwoodrec.com](http://www.westwoodrec.com)**

## GOLF-LADIES BEGINNER AGES 18 & UP

Norwood Country Club  
John Resnick, PGA Professional and Norwood CC Staff



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. Min 4/Max 14

Day	Dates	Time	Fee
Wed	Apr 1-Apr 22	5:30-6:30 PM	\$105 (4 Classes)
Thu	Apr 2-Apr 23	5:30-6:30 PM	\$105 (4 Classes)
Wed	May 6-27	5:30-6:30 PM	\$105 (4 Classes)
Thu	May 7-28	5:30-6:30 PM	\$105 (4 Classes)
Wed	Jun 3-24	5:30-6:30 PM	\$105 (4 Classes)
Thu	Jun 4-25	5:30-6:30 PM	\$105 (4 Classes)

## TENNIS CLINICS-ADULTS 18 & UP

Westwood High School Courts  
Jayson Sellers, Tennis Pro

Each clinic concentrates on specific skills. A variety of drills will be covered and games will be played. Sign up with a friend. Min 4/Max 6

Skills	Day	Dates	Time	Fee
Backhand/Forehand	Fri	Apr 17	12:45-2:00	\$15
Net Play/Overhead	Fri	May 1	12:45-2:00	\$15
Serve	Fri	May 8	12:45-2:00	\$15
Volley/Stroke Refinement	Fri	May 15	12:45-2:00	\$15
Backhand/Forehand	Fri	May 22	12:45-2:00	\$15
Net Play/Overhead	Fri	May 29	12:45-2:00	\$15
Serve	Fri	Jun 5	12:45-2:00	\$15
Volley/Stroke Refinement	Fri	Jun 12	12:45-2:00	\$15

## TENNIS LESSONS-ADULT AGES 18 & UP

Westwood High School Courts  
Jayson Sellers, Tennis Pro  
Wed & Fri, May 6-Jun 5, 11:30-12:30  
\$120 (10 lessons)



Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Min 4/Max 6

## TENNIS-PRIVATE LESSONS

Westwood High School Courts  
Jayson Sellers, Tennis Pro  
\$52 per lesson

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

## TENNIS LESSONS-YOUTH

Westwood High School Courts  
Jayson Sellers, Tennis Pro

Lessons will focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. 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. Min 4/Max 6

Day	Dates	Ages	Time	Fee
Sat	May 2-Jun 13 (No 5/23)	5-7	11:30-12:30	\$72 (6 classes)
Sat	May 2-Jun 13 (No 5/23)	7-10	12:30-1:30	\$72 (6 classes)
Sat	May 2-Jun 13 (No 5/23)	11-14	1:30-3:00	\$108 (6 classes)

## GOLF-JUNIOR BEGINNER CLINIC AGES 7-14

Norwood Country Club  
John Resnick, PGA Professional and Norwood CC Staff

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. Min 4/Max 14

Session	Day	Dates	Time	Fee
A	Sat	Apr 4-25	12:00-2:00	\$95 (4 Classes)
B	Sat	May 2-23	12:00-2:00	\$95 (4 Classes)
C	Sat	Jun 6-27	12:00-2:00	\$95 (4 Classes)

## GOLF-JUNIOR INTERMEDIATE CLINIC AGES 8-14

Norwood Country Club  
John Resnick, PGA Professional

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. Min 4/Max 14

Session	Day	Dates	Time	Fee
A	Sat	Apr 4-25	2:00-4:00	\$95 (4 Classes)
B	Sat	May 2-23	2:00-4:00	\$95 (4 Classes)
C	Sat	Jun 6-27	2:00-4:00	\$95 (4 Classes)

## APRIL VACATION GOLF CLINICS AGES 6-14

Norwood Country Club  
John Resnick, PGA Professional  
Tue-Fri, Apr 21-24, 9:00-11:00  
\$105 (4 days)

Participants will be grouped by ages 6-10 and 11-14. This instructional clinic teaches the fundamentals: 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. Min 4/Max 14

## APRIL VACATION TENNIS PROGRAMS AGES 5-13

Westwood High School Courts  
Jayson Sellers, Tennis Pro

Clinics and Lessons 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 the clinic will be held in the WHS Gym and \*lessons would be canceled and the make-up would be on Friday. Min 5/Max 6

Program	Day	Dates	Ages	Time	Fee
Clinic	Tue-Fri	Apr 21-24	7-13	12:30-3:30	\$120 (4 days)
*Lessons	Tue-Thu	Apr 21-23	5-7	3:30-4:30	\$ 33 (3 days)
*Lessons	Tue-Thu	Apr 21-23	7-10	4:30-5:30	\$ 33 (3 days)

## APRIL VACATION FENCING AGES 8 & UP

Middle School Cafeteria  
Jim Mullarkey, 3MB Fencing Club Coach  
Tue-Fri, Apr 21-24, 10:00-12:00  
\$110 (4 classes)

It's fast and fun. All aspects of beginning fencing will be taught from footwork to 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. Min 6/Max 20



\*Staff will be at Downey School for dismissal to supervise participants attending these programs. The actual programs begin at 3:30 and Short Wednesday programs will begin at 12:30.

### \*ROOKIE RUGBY GRADES 3-6

Downey School Field  
USA Rugby Staff  
Mon, Apr 27-Jun 8 (No 5/25), 3:30-5:00  
\$65 (6 classes)



This is a fun, coed, non-contact team game that develops a range of skills, including ball handling, running, catching and passing. Players will learn the importance of teamwork, respect for opponents, coaches, and referees, in a positive, supportive environment. In the event of rain, the program will be held in the gym. Min 10/Max 21

### \*SPORTS & GAMES

Downey School Gym  
Mike Griffin, Sports and Fitness Manager and Staff

Participants play a variety of games: capture the flag, blob, kickball, whiffle ball, dodge ball, flag football, handball, and more. Program promotes sportsmanship and teamwork. Min 10/Max 25

Day	Dates	Time	Grades	Fee
Tue	Apr 28-Jun 9	3:30-5:00	K-2	\$82 (7 classes)
Thu	Apr 30-Jun 11	3:30-5:00	3-5	\$82 (7 classes)

### \*SHORT WEDNESDAY SPORTS & GAMES AGES 5-12

Downey School Gym  
Mike Griffin, Sports and Fitness Manager and Staff  
Wed, Apr 1, 15; May 6, 20; Jun 10, 11:50-3:00  
\$100 (5 classes)

Games include: capture the flag, kickball, dodgeball, and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch and then play. Please bring **peanut/nut free** snacks, lunch, water bottle and drinks. Min 10/Max 25

### \*MINI-ATHLETES GRADES K-2

Downey School Baseball Field  
Mini-Athletes Staff  
Mon, Apr 27-Jun 8 (No 5/25), 3:30-4:15 or 4:15-5:00  
\$100 (6 classes)



Mini Athletes encourages young kids to stay active while having fun. Through this six week program we will instruct and play: soccer, football, kickball, turf hockey, t-ball, and lacrosse (sports subject to change.) In the event of rain, the program will be held inside at the cafeteria. Min 6/Max 15

### \*SUPER SPORTS GRADES 3-5

Downey School Gym  
F.A.S.T. Athletics  
Fri, Session C: May 1-Jun 5, 3:30-4:30  
\$90 (6 classes)

F.A.S.T. Athletics offers a variety of sports such as: soccer, basketball, pillo polo, dodgeball, mat ball, and kickball. Programs include proper stretching, warm-up games, and basic skills. Each class ends with a high energy game of the sport played that day. Min 10/Max 25

### SUPER SPORTS APRIL VACATION GRADES 3-5

Middle School Gym  
F.A.S.T. Athletics  
Tue-Thu, Apr 21-23, 9:00-3:00  
\$108 (3 days)



This sports program includes games and tournaments. All children stretch, shoot hoops, play catch, run, and participate in exciting games of handball, pillo polo, soccer and dodgeball. Please bring **peanut/nut free** snacks, lunch, water bottle and drinks. Min 10/Max 25

### KARATE AGES 4 & UP

Deerfield School Gym  
Kristina Ortloff and Steve DiOrio *Hachidan, Hanshi*  
Tue and Thu, Apr 14-Jun 18 (No 4/21, 4/23)  
\$189 (18 classes)

**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. Min 10/Max 30  
For more information, visit our website at [www.sensei-steve.com](http://www.sensei-steve.com)

### LIL STINGERS

Morrison Softball Field  
Scorpion Soccer Staff



Lil Stingers introduces the basic skills of soccer through fun games and drills. Small games will highlight skills in a creative way. Bring a water bottle. In the event of rain, the program will be held inside the Islington Community Center Hall. Min 8/Max 15

Day	Dates	Time	Ages	Fee
Wed	Apr 29-Jun 3	1:15-2:00	3-4	\$66 (6 classes)
Wed	Apr 29-Jun 3	2:00-2:45	5-6	\$66 (6 classes)

### T-BALL AGES 4-6

Downey School Field  
Mike Griffin, Sports and Fitness Manager and Staff  
Wed, Apr 29-Jun 3, 3:30-4:15 or 4:15-5:00  
\$70 (6 classes)

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. Bring a hat, glove and water bottle. In the event of rain, the program will be held inside at the gym. Min 12/Max 24

### KIDDIE CAT JAM AGES 3-6

Sheehan School Cafeteria  
Thundercat Sports Staff  
Wed, Apr 15-Jun 10 (No 4/22), 3:45-5:00  
\$142 (8 classes)



Soccer and basketball will be the core sports played. Other sports include: t-ball, softie hockey, balloon ball and more. Basic skills, hand-eye coordination, self-esteem, teamwork, and fun are the main emphases. Bring a water bottle and dress comfortably to run around. Min 8/Max 15





## KEY BOARD LESSONS AGES 7 & UP

Islington Community Center  
Jason Whiting  
Sat, May 2-Jun 27 (No 5/23), Time Slots: 9:30, 10:00, 10:30, 11:00, 11:30  
\$300 (Eight 30 minute lessons)

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 AGES 8 & UP

Islington Community Center  
Joseph Hart  
\$140 (Five 30 minute lessons)

Are you a beginner? Learn the easy and fun way! Are you more advanced? With over 20 years as a professional musician and teacher, Joe can bring your playing to the next level! Participants need to bring their own guitar. Please contact Kristin Scoble to schedule your private lessons.

[kscoble@townhall.westwood.ma.us](mailto:kscoble@townhall.westwood.ma.us)

## HIP HOP AGES 5-13

Islington Community Center Hall  
Aly Pereira  
Fri, Apr 17-Jun 12 (No 4/24), 5:00-6:00  
\$110 (8 classes)

Learn the latest dance moves to today's popular music! The class incorporates choreography and different forms of freestyle movement. At the end of the session there will be a short performance to show off the participants' talent and hard work. Min 5/Max 20

## ACTING WORKSHOP AGES 6-12

Islington Community Center  
SiouxSanna Ramirez-Cruz  
Sat, May 2-June 13 (No 5/23), 1:00 – 2:00  
\$95 (6 Classes)

This introductory acting workshop will focus on improvisation, voice, movement, and script writing through text and imagination. Students will create a final piece to share on Saturday, June 13 at 2:00 PM with family and friends. Min 6/Max 12

## CLAY CLASSES GRADES 1-5

Islington Community Center  
Lisa WB Walker  
Nature: Wed, May 20, 2:30-3:30  
Think Summer: Wed, June 10, 2:30-3:30  
\$25 (1 class)

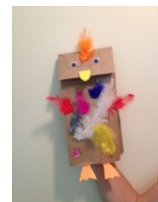
Learn the basics of pottery! Students will create a hand-crafted item from a pound of clay. Projects will be left with instructor to apply clear glaze and fire in a kiln. Families will be contacted when art is ready for pick up at the Recreation Department. Each theme teaches new techniques. Min 4/Max 6



## TEA PARTY! GRADES K-2

### I THINK YOU'RE WONDERFUL

Islington Community Center  
Janet L. Parnes, Etiquette Consultant  
Tue, May 19, 3:45-5:15  
\$35 (1 class)



Children learn that we all are beautiful in our own way; we're just different! Our outside beauty and inside "jewels" (kindness, happiness, helpfulness, etc.) combine to make us wonderful! Lady J tells The Ugly Duckling fairy tale to launch a conversation about friendship, kindness, and recognizing the inner and outer beauty in others and ourselves. Min 6/Max 10

## HOME ALONE SAFETY AGES 8-11

Islington Community Center  
Juanita Allen, W-EMT, Century Health Systems  
Wed, March 18, 1:00-3:00  
\$50 (1 class)

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. Min 6/Max 15

## BLAST-BABYSITTING SAFETY AGES 11-15

Islington Community Center  
Juanita Allen, W-EMT, Century Health Systems  
Wed, March 18 or April 29, 3:00-6:00  
\$60 (1 class)

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. Min 6/Max 12

## MAGIC WORKSHOP AGES 6 & UP

Middle School Cafeteria  
Joe Carota  
Wed, Apr 22, 1:00-2:15  
\$20 (1 class)



The art of magic develops confidence, poise and enhances creativity. Learn how to be one step ahead of others when performing. Along with hands-on instruction, each participant will receive all the props and written instructions necessary to perform each trick. At the end of the workshop each will have a bag full of tricks to take home. **You will not believe what you will be able to do after this workshop!** Min 5/Max 15



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## BIG HANDS, LITTLE HANDS AGES 3-5

Islington Community Center  
Lisa W.B. Walker  
Tue, June 9, 9:30-10:30  
\$25 (1 class)



Children with a caregiver will explore the possibilities of working with clay. Adults will be paired with their young ones as they push, pinch, roll, squish and play with the clay. Children build skills in this unique sensory experience as well as a work of art! Class includes all materials and firing. Min 4/Max 6

## MICRO WHEELS AGES 2-4

Sheehan School Cafeteria  
Knucklebones Staff  
Wed, Apr 15-Jun 10 (No 4/22), 3:45-4:30  
\$120 (8 classes)

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. 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. Min 9/Max 15

## PARENT CHILD PROGRAMS

Parent/Child Schedule will be coming soon!  
Check the website for updated information!  
[www.westwoodrec.com](http://www.westwoodrec.com)

## ADVENTURE DAYS AGES 3-5

Islington Community Center  
Recreation Staff



It is all about having fun! Enjoy a packed day with 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.** Min 8/Max 12

Day	Dates	9:00-1:00	1:00-3:30
Tue	Apr 21	\$30	\$20
Wed	Apr 22	\$30	\$20
Thu	Apr 23	\$30	\$20
Fri	Apr 24	\$30	\$20
Mon	June 8	\$30	\$20
Tue	June 9	\$30	\$20
Wed	June 10	\$30	\$20
Thu	June 11	\$30	\$20
Fri	June 12	\$30	\$20
Mon	June 15	\$30	\$20
Tue	June 16	\$30	\$20
Wed	June 17	\$30	\$20
Thu	June 18	\$30	\$20
Fri	June 19	\$30	\$20



### PICK UP YOUR FAVORITE FLAVOR TODAY!

The High Street Market, *Westwood* • Volante Farms,  
*Needham* • Brothers Marketplace, *Medfield and Weston* •  
Allandale Farm, *Chestnut Hill* • Mocha Java, *Dedham*

### LOOK FOR OUR NEW WELSH CAKE MIXES, COMING TO STORES IN FEBRUARY!

Visit our website to find out if we'll be at your local Farmers Market!

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



### WHAT IS A WELSH CAKE?

Welsh Cakes are a traditional breakfast food and tea-time snack from Wales. They combine the best elements of a scone and a biscuit, but they're cooked on a griddle like a pancake! We love them served warm with a dab of butter, a drop of jam or a drizzle of honey. They're the perfect addition to a rustic cheese plate and are a natural pairing alongside tea, coffee, even wine!



## WATER BABIES (WB) AGES 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. Min: 4 Max: 15

## PARENT AND CHILD (PC) AGES 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. Min: 4 Max: 15

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

## PRESCHOOL (PS345) AGES 3-5

The child explores many aspects of the water both on and off the teaching 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. Min: 4 Max: 8

## LEVEL 1 (L1) INTRODUCTION TO WATER AGES 4 & UP

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. Min: 4 Max: 8

### Observation Policy

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

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

**Observation  
First and Last Day Only**



## LEVEL 2 (L2) 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. Min: 4 Max: 10

## LEVEL 3 (L3) 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. Min: 4 Max: 10

## LEVEL 4 (L4) 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. Min: 4 Max: 10

## LEVEL 5 (L5) 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. Min: 4 Max: 10

## YOUTH BEGINNER (YB) AGES 8-14

This beginner swimming class is designed for older children, ages 8 -14, 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

SESSION E		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, May 4-Jun 8 (no 5/25)	\$80				4:15-4:55				
Tue, May 5-Jun 2	\$80			1:15-1:55			4:15-4:55		
Wed, May 6-Jun 3	\$80							4:15-4:55	
Thu, May 7-Jun 4	\$80				1:15-1:55	4:15-4:55			
Fri, May 1-29	\$80			10:30-11:10					
Sat, May 2-Jun 6 (no 5/23)	\$80	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, May 3-Jun 7 (no 5/24)	\$80			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		

**POOL CLOSED  
FOR  
RENOVATIONS  
APRIL 18-26**



Like Us!

**Want to stay current with  
Westwood Recreation  
news and updates?**



Follow us!



## PRIVATE LESSONS AGES 4 -ADULT

Certified Water Safety Instructors  
\$165 Private (Five 30 minute lessons)  
\$220 Semi-private (2 swimmers)

Private lessons are for individuals of all abilities ages 4 through adult. American Red Cross Water Safety Instructors provide one-on-one instruction. Semi-private lessons, lessons with two swimmers of similar ability, are also available.

**All private lessons will be scheduled on an individual basis.**  
Please e-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) to arrange your time and dates.

## TRIATHLON KIDS CLUB AGES 7-11

Julie Harrington  
Mon & Wed, Apr 27-Jun 1 (No 5/25), 4:00-5:00  
\$120 (10 classes)

Triathlons for kids are 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. Min 10/Max 20



## CONDITION SWIMMING

Certified Water Safety Instructors

Day	Dates	Age	Time	Fee
Mon	Mar 23-May 18 (No 4/20)	6-10	5:00-6:00 PM	\$80 (8 classes)
Tue	Mar 24-May 19 (No 4/21)	6-10	5:00-6:00 PM	\$80 (8 classes)
Wed	Mar 25-May 20 (No 4/22)	6-10	5:00-6:00 PM	\$80 (8 classes)
Thu	Mar 26-May 21 (No 4/23)	6-10	5:00-6:00 PM	\$80 (8 classes)
Mon	Mar 23-May 18 (No 4/20)	11-18	6:00-7:00 PM	\$80 (8 classes)
Tue	Mar 24-May 19 (No 4/21)	11-18	6:00-7:00 PM	\$80 (8 classes)
Wed	Mar 25-May 20 (No 4/22)	11-18	6:00-7:00 PM	\$80 (8 classes)
Thu	Mar 26-May 21 (No 4/23)	11-18	6:00-7:00 PM	\$80 (8 classes)

Sign up for one or more evenings. Maintain your condition or get in shape for the summer. The four competitive strokes, starts, turns and finishes will be reviewed. \*If you are new to the program, please e-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) for a skills check prior to registration. Min 10/Max 20

## MASTERS SWIMMING AGES 18 & UP

Chelsea Nolan, Certified Water Safety Instructor  
Mon, Wed, and Fri, Apr 1-May 29 (No 4/20, 4/22, 4/24, 5/25), 5:15-6:30 AM  
\$75 (one month) or \$ 125 (two months)



Have a triathlon this summer? Westwood's Master program is for you! Early-morning swim workouts provide competitors, triathletes, and fitness swimmers a challenging workout. Min 8/Max 18



## AQUA FITNESS AGES 18 & Up

Susan Perry, Aquatics Manager  
Tue, Wed and Thu, Apr 1-Jun 18 (No 4/21, 4/22, 4/23), 9:00-10:00 AM  
\$75 Punch Pass (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. Min 6/Max 24

## SENIOR SWIM AGES 60 & UP

Tue and Thu, Apr 1- Jun 18 (No Apr 21, 23), 1:00-2:15  
\$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.

## SPRINGBOARD DIVING AGES 12-18

Jim Locke, Diving Instructor  
Mon and Wed, Mar 23-Apr 15, 2:45-4:15  
\$150 (8 classes)

Swimmers must be able to perform a basic headfirst entry from the end of the diving board. Diving invites you to challenge yourself in a sport involving skill, precision, self-discipline and courage. Class includes deck and board work. Min 2/Max 6

## WATER POLO AGES 12-18

Certified Aquatic Supervisor  
Tue and Thu, Apr 2-16 and May 5-19, 2:45-4:00 PM  
\$75 (10 classes)

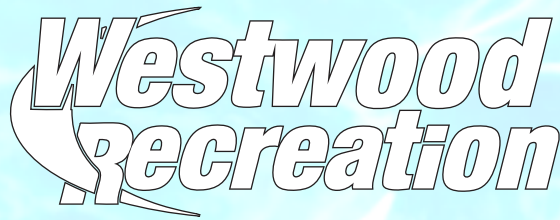
Join your friends at the pool for a fun time and a great workout. All abilities welcome. The basic rules and skills for water polo will be taught.

## POOL PARTIES



**Great for all ages and any occasion!**

The \$250 fee includes staff for two hours. One hour of swimming followed by one hour in the pool lobby. All pool rules apply. Maximum of 50 people. To schedule your pool party email requesting dates and times to [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)



# POOL SCHEDULE

## SPRING: APRIL 1 - JUNE 21 (Closed: April 5, 18-26; May 25; June 7)

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 22 - AUGUST 31 (Closed: July 3, 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](http://www.westwoodrec.com)



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





# Join Our Team

AND BUILD A CAREER YOU'LL LOVE

**NOW HIRING** full-time positions  
for our **NEW Westwood store!**


We're so excited to be a part of the Westwood community!  
Working at Wegmans means flexible, family-friendly scheduling,  
opportunities to grow and incredible benefits.

**Apply online at [wegmans.com/careers](https://wegmans.com/careers)**

## R.A.Y. (Recognize-A-Youth) Program


Westwood Rotary and Westwood Youth & Family Services (WY&FS) are seeking the public's help in identifying young people in our community that have demonstrated a commitment to helping others. We would like to celebrate these individuals by honoring them with the R.A.Y. (Recognize-A-Youth) Award. Recipients will have distinguished themselves through their initiative and commitment to community service and have demonstrated an ethic of caring for others that is essential to the health of our community. If you know of a young person that should be honored please nominate them for a R.A.Y. Award.

This spring, members of the Westwood Rotary will select the outstanding young people to be recognized from the pool of nominees. Recipients will be honored at a Rotary luncheon, receive a certificate of appreciation and a small gift, courtesy of the Westwood Rotary. The R.A.Y. Program will recognize more than one person should a group of young people be nominated for a group community service effort.



**R.A.Y. (Recognize-A-Youth) Program**

**Nomination Form**



The Westwood Rotary and Westwood Youth & Family Services celebrate young people in our community who have demonstrated a commitment to helping others, by honoring them with the R.A.Y. (Recognize-A-Youth) award. Recipients have distinguished themselves through their initiative and commitment to community service and have demonstrated an ethic of caring for others that is essential to the health of our community. Nominations may be completed and returned to Westwood Youth & Family Services at any point throughout the year. Each spring, members of the Westwood Rotary will select the outstanding young people to be recognized from that year's pool of nominees. Recipients will receive a certificate of appreciation and a small gift, courtesy of the Westwood Rotary. The R.A.Y. Program will recognize more than one person should a group of young people be nominated for a group community service effort.

Nominee(s): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

How do you know the Nominee?

\_\_\_\_\_

\_\_\_\_\_

What do you feel makes this R.A.Y. nominee shine so brightly?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In what school activities is the Nominee involved?

\_\_\_\_\_

\_\_\_\_\_

In what community activities is the Nominee involved?

\_\_\_\_\_

\_\_\_\_\_

Name of nominating person: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Nomination Forms may be mailed to Westwood Youth & Family Services (WY&FS),  
288 Washington St., Westwood, MA 02090 or emailed to youth @townhall.westwood.ma.us.  
Please email or call WY&FS at (781) 320-1006 with any questions. Thank you!



Find the full-scale version of the nomination form and a set of guidelines at [www.townhall.westwood.ma.us/yfs](http://www.townhall.westwood.ma.us/yfs), or at WY&FS located at 288 Washington Street and at Westwood Town Hall.



Janet Lucey, Coordinator  
Westwood Public Schools

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

[jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us)

(781) 461-9548

## CELEBRATING BRAIN BUILDING IN PROGRESS

*"KIDS AT PLAY...BRAINS AT WORK"*

*Westwood Coordinated Family & Community Engagement Program*

*Provides resources and activities to support families and promote early learning*

Mark your calendar.... April 4th – 18<sup>th</sup>, 2015



The Town of Westwood is joining communities across the state in hosting special events to recognize the importance of early child development. The Department of Early Education and Care, the United Way and the Westwood Early Childhood Council are creating an awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on Massachusetts' economic development and prosperity.

The Early Childhood Council is coordinating activities together with local businesses and organizations to provide enriching and engaging environments that offer learning opportunities for young children.

Some programs will be found in obvious child settings (The Children's Room at the Westwood Public Library) as well as in restaurants, and banks. Some free programs will include...

Little Yogi's – Let's Dance – A Storywalk – Making Cents  
Family Safety – Parachute Play –Gym Play – and more!

We hope to bring families together, to offer information on how to foster healthy child development, and to provide opportunities to learn more about programs in the area that support young children and their families. Watch for specific dates and times.

Visit <http://www.brainbuildinginprogress.org> or contact Janet Lucey for more information.



## WESTWOOD SINGS

You are invited to an intergenerational musical performance featuring the talented students from the WHS Tri-M Music Honor Society. This show is sure to entertain children, their parents/grandparents, caregivers and the senior members of our town. Join us on Tuesday, 3/17/15 from 10:15 -10:45 at the Westwood Senior Center. Register at <http://tinyurl.com/weccsings15>

## WALK, TALK AND READ

Welcome Spring by joining Lizzy McGovern, Children's Librarian and a Naturalist from Hale Reservation for a story pertaining to nature and a short walk through Hale discussing the theme on Animals Emerging Monday March 30, 2015 from 10:00 – 10:45! This parent/child program is sponsored by the Early Childhood Council in collaboration with the Westwood Public Library and Hale Reservation. Register at

<http://tinyurl.com/weccwtread15>



## 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 | [wwwchildrens@gmail.com](mailto:wwwchildrens@gmail.com) | [Westwoodlibrary.org](http://Westwoodlibrary.org)

## MAIN LIBRARY PROGRAMS

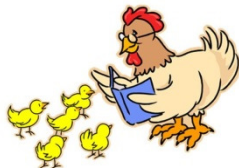
### LITTLE LISTENERS

Who: Ages 3-5.  
When: Tuesdays 10:30- 11:15  
March 24<sup>th</sup> - May 12<sup>th</sup>  
Where: Westwood Public Library

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

### TERRIFIC TWOS

Who: Age 2 and parent/caregiver  
When: Wednesdays 10:30-11:15 a.m.  
March 25<sup>th</sup> - May 13<sup>th</sup>  
Where: Westwood Public Library



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

### BABIES AND BOOKS

Who: Ages 0-2 and parent/caregiver  
When: Fridays 10:30-11:00 a.m.  
March 27<sup>th</sup> - May 15<sup>th</sup>  
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 p.m.  
March 5<sup>th</sup> - April 9<sup>th</sup>  
Where: Westwood Public Library

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

## APRIL VACATION PROGRAMS

### CREATE YOUR OWN BOOK WORKSHOP

Who: Children in grades 3-4.  
When: Tuesday, April 21<sup>st</sup> 2:00 p.m.-3:30p.m.  
Where: The Westwood Public Library

Aspiring authors unite! In this fun workshop, kids will learn how to create their very own storybooks utilizing skills within writing, illustrating and most importantly, imagination!

### PLANT THE SEEDS OF SUMMER

Who: PreK-1<sup>st</sup> grade and parent/caregiver.  
When: Wednesday, April 22<sup>nd</sup> 2:00p.m.  
Where: The Westwood Public Library

Come celebrate Earth Day with us by listening to a springtime story or two & help us plant the seeds that will be planted into our Reading Garden later in the spring. This program is part of the Full STEAM Ahead series funded through a grant from the Foundation for Westwood Education.

## SCIENCE EXPLORERS

Who: Children in grades 2-3.  
When: Thursday, April 23<sup>rd</sup> 2:00 p.m.  
Where: The Westwood Public Library

Children will use their scientific powers to explore myths involving chemistry and physics with fun hands-on activities.

## FUN WITH FOLKTALES

Who: Children in grades K-2.  
When: Friday, April 24<sup>th</sup> 2:00 p.m.  
Where: The Westwood Public Library

Children will listen to folktales and make a craft.

## KIDS MOVIE AFTERNOON

Who: Families with children.  
When: Friday, April 24<sup>th</sup> 3:00 p.m.  
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.**

## SPRING CRAFTERNOON

Who: All ages and their parents/caregivers.  
When: Saturday, April 25<sup>th</sup> 1:00-4:00 p.m.  
Where: The Westwood Public Library

The library welcomes all young crafters, artists and DIYers to come and make a fun craft to take home during one of our Crafternoons. Program is offered during the hours listed, while supplies last. **Drop in Program, no registration necessary.**

## ISLINGTON BRANCH PROGRAMS

### PJ STORYTIME

Who: Children ages 3 and up.  
When: 3<sup>rd</sup> Wednesday of the month, 6:30-7:15pm  
March 18<sup>th</sup>, April 15<sup>th</sup>, May 13<sup>th</sup>  
Where: Islington Branch Library

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

**Drop in Program, no registration necessary.**

### LEGO MANIA

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

Come and build Lego creations with library Legos.

**Drop in Program, no registration necessary.**

### STORYTIME

Who: Children ages 2 and up.  
When: Thursdays, 9:30-10:15 a.m.  
March 26<sup>th</sup> - May 14<sup>th</sup>  
Where: Islington Branch Library

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

**Drop in Program, no registration necessary.**





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](http://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

## 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](http://www.townhall.westwood.ma.us), email us at [mrc@townhall.westwood.ma.us](mailto:mrc@townhall.westwood.ma.us) or call 781-320-1027.

## MONTHLY BLOOD PRESSURE CLINIC

The Westwood Public Health Nurse conducts a blood pressure clinic every 3<sup>rd</sup> Wednesday of the month at the Westwood Senior Center 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 Senior Center 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](http://www.norfolkcountymosquito.org) for more information.



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**2015 DATE TO BE RELEASED SOON**



**WWW.WESTWOODDAY.COM**

**CONTACTS**

- **SPONSORSHIPS:** Nicole Banks [nbanks@townhall.westwood.ma.us](mailto:nbanks@townhall.westwood.ma.us)
- **FOOD COURT VENDORS:** Sue Perry [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)
- **VENDOR VILLAGE:** Julie Harrington [jharrington@townhall.westwood.ma.us](mailto:jharrington@townhall.westwood.ma.us)
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- **VOLUNTEERS:** Jan Parr [jparr@townhall.westwood.ma.us](mailto:jparr@townhall.westwood.ma.us)



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*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!*

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**NEELA GANDHI DMD BDS**

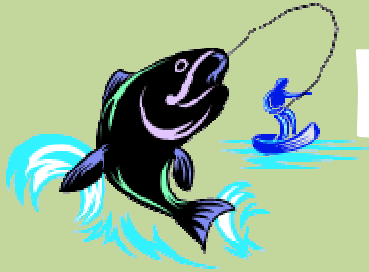
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# FISHING DERBY

## CELEBRATING 25 YEARS

**SATURDAY, MAY 9  
7:00-11:00 AM  
BUCKMASTER POND**



YOUTH WINNER 2014

## IT'S A "REEL" GREAT TIME

### **YOUTH DIVISION AGES 15 & UNDER - FREE**

PRIZES WILL BE AWARDED. PARTICIPANTS MUST BRING THEIR OWN POLES.

### **ADULT DIVISION AGES 16 & UP - \$10**

PRIZES 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, WATER, HOT DOGS AND WORMS!

**SPONSORED BY**

**NORTH WALPOLE FISH AND GAME**

**WESTWOOD PERMANENT FIREFIGHTERS LOCAL 1994**