



SPRING AND SUMMER 2016

Brochure and Community Guide



March into Summer



SATURDAY, MARCH 12

DETAILS PAGES 6 & 7

Wegmans

SPONSORED BY

169 University Ave.
Westwood MA 02090



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

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

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



JITIN SAHANI DMD MSC BDS



NEELA GANDHI DMD BDS

www.sahanidentical.com

Suite N-110 • 290 Baker Ave • Concord, MA 01742 • 978.369.2110
Suite 110 • 1170 Beacon Street • Brookline, MA 02446 • 617.383.6593
Lower Level #1 • 541 High Street • Westwood, MA 02090 • 781.320.0300

COMMUNITY

- Boy Scouts Troop 3 Westwood www.troop3westwood.org
- Community Chest www.wcc.cfsites.org
- Foundation Westwood Education www.foundationforwestwoodeducation.org
- Hale Reservation www.halereservation.org
- Lions Club of Westwood www.westwoodlions.com
- Rotary Club of Westwood www.westwoodrotary.com
- The Arc of South Norfolk www.arcsouthnorfolk.org
- Town of Westwood www.townhall.westwood.ma.us
- Westwood Chinese School www.westwoodcs.org
- Westwood Girl Scouts www.girlscoutseasternmass.org
- Westwood Historical Society www.westwoodhistoricalsociety.com
- Westwood Public Schools www.westwood.k12.ma.us
- Westwood Walpole League of Women Voters www.lwvwestwoodwalpole.org
- Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

- Adult Basketball League mgriffin@townhall.westwood.ma.us
- CYO Basketball Saint Denis www.stdeniswestwood.com
- CYO Basketball Saint Margaret Mary www.saintmmparish.org
- Over 30 Men's Softball fcurran@jackconway.com
- Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com
- Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com
- Westwood Little League Baseball www.westwoodlittleleague.com
- Westwood Track Club www.trackclinic.com
- Westwood Youth Basketball www.westwoodbasketball.org
- Westwood Youth Hockey www.wyh.org
- Westwood Youth Soccer www.westwoodsoccer.org
- Westwood Youth Softball www.westwoodyouthsoftball.org
- Westwood Youth Football www.dswyouthfootball.org

CONTENTS

Contacts and Contents	3
Registration and Policies	4
Registration Form	5
SUMMER PROGRAMS	
Aquatics	8-9
Summer Camp	10-11
Teen and Adult	12
Performing Arts	13
Youth	13
Sports	14-15
Pool Schedule	35
SPRING PROGRAMS	
Aquatics	18-19
Sports	20-22
Fitness	22-23
Adult and Teen	24
Parent and Child	25
Preschool	25
Youth	26
Performing Arts	26
Pool Schedule	35
SPECIAL EVENTS	
March Into Summer	6-7
Westwood Day	16
Fireman's Foam	17
Summer Concerts	17
PMC Kids Ride	33
Fishing Derby	36
COMMUNITY SERVICES	
Westwood Council On Aging	28
Westwood Board Of Health	29
Westwood Youth & Family Services	30
Westwood Early Childhood	31
Westwood Library	32-33
Deerfield Field	34
ADVERTISERS	
Sahani Dental	2
Sports Authority	22
Dedham Savings	26
Wegmans	27



BOARD OF SELECTMEN

Michael F. Walsh, Chairman

Nancy C. Hyde

Patrick J. Ahearn

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

Paul Aries, Chairman

Joyce Cannon

Lynn Connors

Ann Delaney

Elizabeth Phillips

Robert Phillips

Dave Reilly

Sheila Moylan, Associate Member

Mitchell Katzman, Associate Member

RECREATION STAFF

Nicole Banks
Recreation Director

Susan Perry
Aquatics Manager

Taryn Crocker
Business Manager

Mike Griffin
Sports and Fitness Manager

Kristin Scoble
Program Manager

Julie Harrington
Aquatics Specialist

Jan Parr
Recreation Assistant

WESTWOOD RECREATION DEPARTMENT

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

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

www.westwoodrec.com

OFFICE HOURS

Mondays 8:30 AM-4:30 PM

Tuesdays 8:30 AM-7:00 PM

Wednesdays 8:30 AM-4:30 PM

Thursdays 8:30 AM-4:30 PM

Fridays 8:30 AM-1:00 PM

REGISTRATION & POLICIES

Page 4

WHEN TO REGISTER

SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

SUMMER BEGINS SATURDAY, MARCH 12, 10:00 AM

HOW TO REGISTER

ONLINE: 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: Public office hours at the Recreation Department.

Checks (payable to Town of Westwood), MasterCard, Visa, Discover (card must be present) or cash.

MAIL-IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.

Checks only accepted (payable to Town of Westwood.) Do not mail in credit card numbers.

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.

POLICIES AND PROCEDURES

NON-RESIDENTS: An additional fee of \$10 per program per participant will be charged.

LOW ENROLLMENT: Programs must meet the minimum number of participants one week prior to start date or the program will be canceled. To avoid this, register early!

AGE/GRADE REQUIREMENTS: Participants MUST meet age/grade requirement by the first day of the program or session. No exceptions will be made.

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 due to 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 to make it successful. 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/FINANCIAL ASSISTANCE APPLICATION

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.

FINANCIAL ASSISTANCE: Is available to Westwood residents in financial need. To inquire about financial assistance options please contact Taryn Crocker 781-355-8098. Summer registration opens March 12; applicants are encouraged to apply before March 9. All applicant information is kept confidential. Community Chest applications are also available at the Recreation Department.



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**



SATURDAY, MARCH 12

10:00 AM – 2:00 PM

WESTWOOD RECREATION DEPARTMENT

FREE AND FUN FOR ALL AGES!

★ **SWIMMING** ★ **INFLATABLES** ★ **CRAFTS** ★ **SPORTS** ★ **SNACK BAR**

SPECIAL REGISTRATION

10% DISCOUNT ON SUMMER PROGRAMS PAID IN FULL

ONLINE: WWW.WESTWOODREC.COM

SATURDAY, MARCH 12 – TUESDAY, MARCH 15

WALK IN: WESTWOOD RECREATION

SATURDAY, MARCH 12, 10:00-1:00

MONDAY, MARCH 14, 8:30-4:30

TUESDAY, MARCH 15, 8:30-7:00



10% DISCOUNT APPLIED AT CHECKOUT ON SUMMER PROGRAMS PAID IN FULL.

Westwood residents who request summer program financial assistance are asked to please contact Taryn Crocker 781-355-8098, tcrocker@townhall.westwood.ma.us before March 9. This will allow time to process information before summer registration opens on March 12. Community Chest applications are also available at the Recreation Department.

Thank you to Wegmans for sponsoring this event!



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

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 by 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.



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



PROCEEDS WILL BENEFIT THE RECREATION SWIM TEAM

GYMNASIUM

SPORTS AND FITNESS MANAGER, MIKE GRIFFIN

OPEN GYM

Basketball, and other sports & games led by staff.

INFLATABLES

Jump, bounce, climb, and slide.

INTERACTIVE DEMONSTRATION

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

INSTRUCTOR, JAYSON SELLERS

Grab a racquet and participate in a variety of tennis drills. Racquets & balls provided.



GYM LOBBY

PROGRAM MANAGER, KRISTIN SCOBLE
CIT COORDINATOR, KATELYN RAFTERY

SUMMER CAMP

Information, crafts, and meet staff.

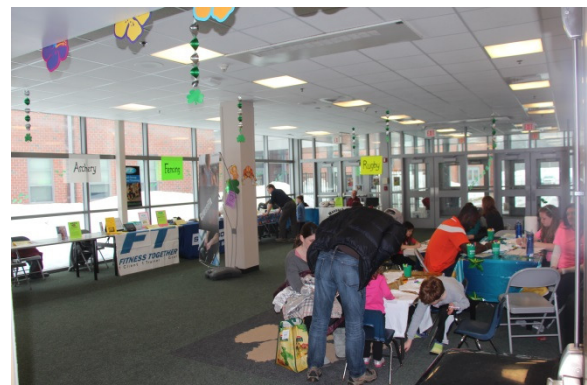
SPORTS CLINICS

Information, demonstrations and meet instructors.

YOUTH AND PERFORMING ARTS

Information and meet staff.

Please note: Not all staff/instructors will be available March 12.





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 must 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	PS3,4,5	L1	L2	L3	L4/L5	YB
1: June 27 – July 1 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
2: July 5 – 8 (T-F)	\$68			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
3: July 11 – 15 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
4: July 18 – 22 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
5: July 25 – 29 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
6: August 1 – 5 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
7: August 8 – 12 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
Sat, Jul 9 – Aug 6	\$85	9:00-9:40	9:00-9:40	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
\$170 Private (1 swimmer)
\$225 Semi-private (2 swimmers)

Week	Days	Time Slots		
1: Jun 27 – Jul 1	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
2: Jul 5 – 8	Tue-Fri	9:15-9:45	9:55-10:25	10:40-11:10
3: Jul 11 – 15	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
4: Jul 18 – 22	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
5: Jul 25 – 29	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
6: Aug 1 – 5	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
7: Aug 8 – 12	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10

Private Lesson Requests may also be made by registering online for dates and/or times that are not listed above.

SWIM CLINIC ages 8–18

Susan Perry, Aquatics Manager
Julie Harrington, Aquatics Specialist
Week 8: Aug 15-19, Mon-Fri, 9:00-3:30
\$225 (1 week) Min 15/Max 30

Participants must have competitive swimming experience and/or have passed American Red Cross Level 4 and be 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.

TRIATHLON WEEK ages 7–12

Julie Harrington, Aquatics Specialist
Week 4: Jul 18-22, Mon-Fri, 2:00-4:00
\$120 (5 classes) Min 6 /Max 12



Triathlons for kids are an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. Bike, helmet and running shoes must be provided by the participants. Bikes will be needed every day of the class. On Friday the camp will conclude with a triathlon. To extend the day, participants may attend open swim from 4:00-5:00 PM.

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 11-15	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120
5: Jul 25-29	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120



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. To compete in team meets you must be a Westwood resident, per league rules. If you are new to the team please email jharrington@townhall.westwood.ma.us for a skills check.

Dates	Ages	Day	Time	Fee
May 31-Aug 13	6-10	M, T, W, Th	5:00-6:00 PM	\$180
May 31-Aug 13	11-18	M, T, W, Th	6:00-7:00 PM	\$180

MEET SCHEDULE

Date	Day	Opponent	Location	Time
Jul 7	Thu	Canton	Canton	6:00 PM
Jul 12	Tue	Walpole	Walpole	6:00 PM
Jul 14	Thu	Sherborn	Westwood	5:30 PM
Jul 19	Tue	Dedham	Westwood	5:30 PM
Jul 21	Thu	Needham	Westwood	5:30 PM
Jul 26	Tue	Framingham	Framingham	6:00 PM
Jul 28	Thu	Millis	Westwood	5:30 PM
Jul 29	Fri	Mile Swim	TBA	TBA
Aug 2	Tue	Medfield	Westwood	5:30 PM
Aug 4	Thu	Newton	Westwood	5:30 PM
Aug 6	Sat	B Regional	Newton	TBA
Aug 9	Tue	Norwood	Norwood	6:00 PM
Aug 11	Thu	Natick	Natick	5:30 PM
Aug 13	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
Jun 1-Aug 10	6-10	M & W	5:00-6:00 PM	\$125
Jun 1-Aug 10	11-18	M & W	6:00-7:00 PM	\$125

AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager
Tue and Thu, 8:00-9:00 AM, Jun 21-Aug 25
\$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.

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.

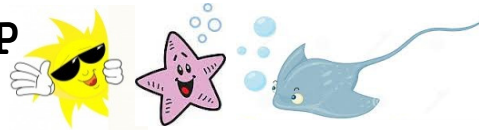


To request your pool party, register online under pool rentals.

www.westwoodrec.com

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. Summer 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

The WHS gymnasium will be resurfaced this summer and unavailable for program use.

CAMP STARFISH (Ages 3–5) Staff to child ratio 1:4. This group will use the peanut free Integrated Preschool Rooms, playground 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, cafeteria, auditorium and fields.

CAMP SUMMERTASTICS (Entering Grades 7–8) Staff to child ratio 1:10. This group will use WHS classrooms, cafeteria, auditorium and fields. In addition to daily activities this group is involved with community service projects, volunteer opportunities, and occasional walking trips.

DROP OFF AND PICK UP

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

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 free swim time, 2:00-3:15 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)

Certified Water Safety Instructors

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. (Please see times below)

TENNIS LESSONS (ADDITIONAL FEE)

Jayson Sellers, Tennis Pro

Tennis lessons are for children attending Summer Camp only. Lessons focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, and serves. Children are 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 camp. In the event of rain, the class will be canceled and made up on Friday.

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–6 (CAMP STINGRAY) 7&8 (SUMMERTASTICS)

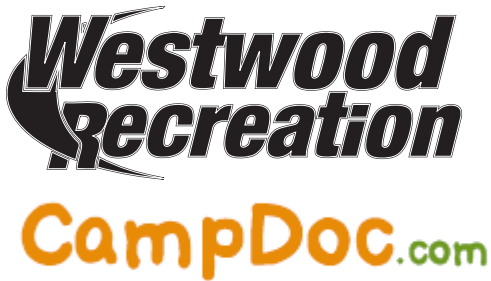
		5 DAYS: MON-FRI				4 DAYS: MON-THU			
Theme	Week	7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30	7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30
Stars, Stripes & Fireworks	1: June 27-July 1	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Campers to the Rescue	2: July 5 – 8 (T-F)					\$210	\$170	\$130	\$170
Water Wipeout	3: July 11 - 15	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Let it Snow!	4: July 18 - 22	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Go for the Gold!	5: July 25 - 29	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Rockstars	6: August 1 - 5	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Dog Days of Summer	7: August 8 - 12	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170

AGES 3–5 (CAMP STARFISH)

		5 DAYS: MON-FRI			4 DAYS: MON-THU			2 DAYS: TUE & THU
Theme	Week	7:30-5:30	9:00-3:30	9:00-12:00	7:30-5:30	9:00-3:30	9:00-12:00	9:00-12:00
Stars, Stripes & Fireworks	1: June 27-July 1	\$250	\$200	\$140	\$210	\$170	\$110	\$80
Campers to the Rescue	2: July 5 – 8 (T-F)				\$210	\$170	\$110	\$80
Water Wipeout	3: July 11 - 15	\$250	\$200	\$140	\$210	\$170	\$110	\$80
Let it Snow!	4: July 18 - 22	\$250	\$200	\$140	\$210	\$170	\$110	\$80
Go for the Gold!	5: July 25 - 29	\$250	\$200	\$140	\$210	\$170	\$110	\$80
Rockstars	6: August 1 - 5	\$250	\$200	\$140	\$210	\$170	\$110	\$80
Dog Days of Summer	7: August 8 - 12	\$250	\$200	\$140	\$210	\$170	\$110	\$80

SWIM AND TENNIS LESSONS

	1: JUN 27-JUL 1	2: JUL 5-8	3: JUL 11-15	4: JUL 18-22	5: JUL 25-29	6: AUG 1-5	7: Aug 8-12
	Mon-Thu	Tue-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Swim Lessons Ages 3-5 9:10 – 9:50 am (5 classes)	\$85	\$68 (4 classes)	\$85	\$85	\$85	\$85	\$85
Swim Lessons Gr. K - 8 1:15-1:55 pm (5 classes)	\$85	\$68 (4 classes)	\$85	\$85	\$85	\$85	\$85
Tennis Lessons Ages 7-13 3:30-4:30 (4 classes)	Mon-Thu \$50	Tue-Fri \$50	Mon-Thu \$50	Mon-Thu \$50	Mon-Thu \$50	Mon-Thu \$50	Mon-Thu \$50



ELECTRONIC HEALTH RECORD SYSTEM

**IF YOU NEED ASSSITANCE
PLEASE CALL 781-461-0070
OR VISIT THE RECREATION OFFICE**

Dear Parents,

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 as a 'safe sender,' to avoid accidental delivery to junk and spam folders. CampDoc.Com does not support Internet Explorer, please use Chrome, Safari or Firefox.

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 placed in all summer programs (Summer Camp, Sports, Musical Theatre & more), with trainings, active group participation, regular feedback and weekly evaluations. 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. **Participants are asked for a full commitment during each session registered.**

FIRST YEAR CIT-NEW APPLICATION PROCESS

1. Register for desired sessions and time.
2. Registered participants are required to fill out a new CIT application. Please go to www.westwoodrec.com (forms and applications) and print off the application and return to the Recreation Office by May 13th.
3. Applications received on time will be contacted with a mandatory group interview date. (Details will be given with application). Applications must be received on time to be eligible for the program.

SECOND YEAR CIT

1. Register for desired sessions and time.
2. Participants will be notified of mandatory June training date.

Please indicate first year or second year.

Session	Dates	8:30-3:30	11:30-5:30	
A	Jun 27-Jul 15 (No 7/4)	\$115	\$115	3 weeks
B	Jul 18-Aug 12	\$150	\$150	4 weeks



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 6-Jul 27	5:30-6:30 PM	\$105 (4 Classes)
Thu	Jul 7-Jul 28	5:30-6:30 PM	\$105 (4 Classes)

DRIVER EDUCATION CLASSES ages 15 & up

Islington Community Center Sanctuary
Teachers Driving Academy
\$99 (1 session) Min 10 / Max 50



Parent & Student Classes

Session 1: Mon, Jul 25, 12:30-2:30 PM
Session 2: Mon, Aug 22, 12:30-2:30 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of ½ hour break built into the schedule. Choose a session that best fits your schedule and register early. At least one parent/guardian must attend the Parent Class. If you have already attended a parent class since September 2007, they count for 5 years. Please let TDA know when your child is dropped off on the first night. If your child misses a certain class, they are allowed to make it up as long as it is the exact class module that they missed. You do not have to book a make-up class with TDA, you can simply walk-in to another class in another community and sign the book there. Students must bring a notebook, pen and copy of their birth certificate. Students may not leave the building and are asked to bring snacks and drinks. If you have any questions, call **877.TDA.DRIVE** or visit their website www.teachersdrivingacademy.com.

SUMMER SESSION 1			SUMMER SESSION 2		
Day	Dates	Time	Day	Dates	Time
Mon	Jul 25	8:00-2:30	Mon	Aug 22	8:00-2:30
Tue	Jul 26	8:00-2:30	Tue	Aug 23	8:00-2:30
Wed	Jul 27	8:00-2:30	Wed	Aug 24	8:00-2:30
Thu	Jul 28	8:00-2:30	Thu	Aug 25	8:00-2:30
Fri	Jul 29	8:00-12:15	Fri	Aug 26	8:00-12:15

DOG TRAINING PROGRAMS

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.

Susan Lowell, Pet Providers
\$110 (8 classes) Min 6/Max 12

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.

BEGINNING DOG (BD) dogs 6 months or older

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

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.

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.

CHAMPION DOG (CD) dogs 1 year or older

This course is for dogs that are all off leash.
Dogs studying to become a service dog should also attend.



Level	Day	Dates	Time	Location
PT	Tue	Jun 28-Aug 16	9:30-10:30 AM	Sheehan School Fenced Area
BD	Wed	Jun 29-Aug 17	6:00-7:00 PM	Sheehan School Fenced Area
AD	Thu	Jun 30-Aug 18	6:00-7:00 PM	Islington Community Center
DA	Tue	Jun 28-Aug 16	6:00-7:00 PM	Islington Community Center
CD	Thu	Jun 30-Aug 18	7:00-8:00 PM	Islington Community Center

MUSICAL THEATRE ages 6–12

Islington Community Center
Jason Whiting and Scott Gagnon



Calling all singers, dancers and actors!! This five day musical theatre 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 (peanut free). Min 18/Max 25

Willy Wonka and the Chocolate Factory - You have the golden ticket to Willy Wonka's Chocolate Factory in this delightful adaptation of Roald Dahl's classic story! Join Charlie and his Grandpa as they tour Willy Wonka's factory with other children from around the world in hopes of winning a lifetime supply of chocolate!

Back to the 80's! - Head back to school, 80's style! All the songs are here and will keep you movin' and groovin'!

You're A Good Man, Charlie Brown - It's a day in the life of Charlie Brown! Come join Snoopy and the rest of the Peanuts Gang in their crazy adventures and as they show what "Happiness" truly is.

Once On This Island - With a beautiful story and exciting music, join us as we follow Ti Moune, a peasant girl saved by the Gods, who uses the power of love to bring together the people of a tropical island.

Grease - "Grease is the word!" in this throwback to fun and excitement of the 1950's! Go back to school at Rydell High as we do the hand jive with Danny, Sandy, and the whole gang!

Performance	Week	Days	Time	Fee
Willy Wonka and the Chocolate Factory	1: Jun 27-Jul 1	Mon-Fri	9:00-4:00	\$260
Back to the 80's!	3: Jul 11-15	Mon-Fri	9:00-4:00	\$260
You're A Good Man, Charlie Brown	4: Jul 18-22	Mon-Fri	9:00-4:00	\$260
Once On This Island	6: Aug 1-5	Mon-Fri	9:00-4:00	\$260
Willy Wonka and the Chocolate Factory	7: Aug 8-12	Mon-Fri	9:00-4:00	\$260
Grease	8: Aug 15-19	Mon-Fri	9:00-4:00	\$260

ART STUDIO 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	3: July 11 - 14	Mon-Thu	9:00-12:00	\$160
2D Art	4: July 18 - 21	Mon-Thu	9:00-12:00	\$160

SAFETY TOWN entering K

Deerfield School
Officer Brad Pindel and Shawna Drew, Recreation Program Supervisor

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
4: Jul 18-22	Mon-Fri	9:00-11:30	\$125
5: Jul 25-29	Mon-Fri	9:00-11:30	\$125

PLAYGROUND ages 5–10

Recreation Staff



It's BACK!!! The second year of this awesome program; where fun is always in the air. The Playground program offers a variety of activities each day. There will be arts & crafts, sports & games, walks, scavenger hunts, free play, water play and Friday pizza. Special highlights of the week may include: guest demonstrations, shows, workshops, inflatables, and other fun activities. Participants need to bring nut free snacks, drinks, water bottle, lunch, bathing suit, towel & change of clothes. It is recommended that sunscreen is applied to participants before being dropped off and to pack additional sunscreen in your child's backpack. No refrigeration is available.

Weeks	Days	<ul style="list-style-type: none"> • LOCATION • TIMES • FEES TO BE ANNOUNCED
1: Jun 27-Jul 1	Mon-Fri	
2: Jul 5-8	Tue-Fri	
3: Jul 11-15	Mon-Fri	
4: Jul 18-22	Mon-Fri	
5: Jul 25-29	Mon-Fri	
6: Aug 1-5	Mon-Fri	
7: Aug 8-12	Mon-Fri	

TOP SECRET SCIENCE entering grades k–5

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

Week	Days	Time	Fee	Location
5: Jul 25-29	Mon-Fri	9:00-3:00	\$200	Islington Community Center
7: Aug 8-12	Mon-Fri	9:00-3:00	\$200	Sheehan Cafeteria

HIP HOP ages 5–13

Morrison Softball Field

Aly Pereira

Week 9: Aug 22-26, Mon-Fri, 9:00-12:00

\$125 (1 week) Min 6/Max 20 (No March Into Summer discount)

Join the fun and rock out to the most popular music. Participants will learn dances to songs which will incorporate choreography and forms of freestyle. On the last day, the participants will put on a short performance. In the event of rain, the program will be held inside at the Islington Community Center. Please bring a water bottle and nut-free snack.

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 Week 8 which will be held at the Islington Community Center. Min 12/Max 40



Week	Days	Time	Fee	Location
1: Jun 27-Jul 1	Mon-Fri	9:00-12:00	\$125	Sheehan Field
2: Jul 5-8	Tue-Fri	9:00-12:00	\$100	Sheehan Field
4: Jul 18-22	Mon-Fri	9:00-12:00	\$125	Sheehan Field
5: Jul 25-29	Mon-Fri	9:00-12:00	\$125	Sheehan Field
6: Aug 1-5	Mon-Fri	9:00-12:00	\$125	Sheehan Field
7: Aug 8-12	Mon-Fri	9:00-12:00	\$125	Sheehan Field
8: Aug 15-19	Mon-Fri	9:00-12:00	\$125	Morrison Field

BASKETBALL-GIRLS ages 6-15

Thurston Middle School Gyms

Sarah Behn and Staff

Week 5: Jul 25-29, Mon-Fri, 9:00-12:00

\$190 (1 week) Min 25/Max 100



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.

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 11-14	Mon-Thu	9:00-11:00	\$95 (4 classes)
4: Jul 18-21	Mon-Thu	9:00-11:00	\$95 (4 classes)
5: Jul 25-28	Mon-Thu	9:00-11:00	\$95 (4 classes)
6: Aug 1-4	Mon-Thu	9:00-11:00	\$95 (4 classes)
7: Aug 8-11	Mon-Thu	9:00-11:00	\$95 (4 classes)
9: Aug 22-25	Mon-Thu	9:00-11:00	\$95 (4 classes)

GOLF CLINICS ages 7-14

Learn the fundamentals of golf; swinging, putting, chipping, etiquette and pace of play. There will be on course instruction in a relaxed setting. Intermediate players receive 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 2-23	Sat	12:00-2:00	\$95 (4 classes)
Intermediate	Jul 2-23	Sat	2:00-4:00	\$95 (4 classes)

LACROSSE-GIRLS entering grades 3-9

WHS Multipurpose Field

Leslie Frank, WHS Girls Coach

Week 5: Jul 25-29, Mon-Fri, 9:00-12:00

\$125 (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: 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

FENCING ages 8 & up

Sheehan Basketball Court

Jim Mullarkey, 3MB Fencing Club

Week 3: Jul 11-15, Mon-Fri, 9:00-11:00

\$135 (1 week) Min 8/Max 20

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

ARCHERY ages 8 & up

Hanlon School Field

Bay State Archery Staff

\$120 (1 week) Min 10/Max 20

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. In the event of rain, the program will be canceled by 8:00 AM and made up on Friday.

Week	Days	Time
3: Jul 11-14	Mon-Thu	9:00-11:00 or 11:00-1:00
8: Aug 15-18	Mon-Thu	9:00-11:00 or 11:00-1:00

VOLLEYBALL-GIRLS entering grades 3-8

Middle School Gym

Ashley Fedun, WHS Varsity Girls Volleyball Coach

Bump! Set! Spike! Want to learn how to play volleyball or brush up on your technique? This volleyball course is offered to all ability levels from beginners to advanced athletes. We will work on passing, setting, serving and hitting technique as well as court awareness. Work hard, have fun and improve your skills. Participants are recommended to bring knee pads and mouth guard. Please bring snacks and a water bottle. Min 10/Max 24

Grades	Week	Days	Time	Fee
3-5	7: Aug 8-10	Mon-Wed	8:00-12:00	\$100 (3 classes)
6-8	7: Aug 8-10	Mon-Wed	12:00-4:00	\$100 (3 classes)



TENNIS PROGRAMS

Westwood High School Tennis Courts
Jayson Sellers, Tennis Pro

In the event of rain, tennis classes will be canceled and made up on Friday. Participants will be called at least one hour before program start time. The WHS gymnasium will be resurfaced this summer and unavailable for program use.

BEGINNER TENNIS LESSONS ages 5-13

Lessons focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, and rules. Instructor to participant ratio is approx. 1 to 4. Racquets are provided. Min 4/Max 12

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	8:00-8:55	\$50
2: Jul 5-8	Tue-Fri	8:00-8:55	\$50
3: Jul 11-14	Mon-Thu	8:00-8:55	\$50
4: Jul 18-21	Mon-Thu	8:00-8:55	\$50
5: Jul 25-28	Mon-Thu	8:00-8:55	\$50
6: Aug 1-4	Mon-Thu	8:00-8:55	\$50
7: Aug 8-11	Mon-Thu	8:00-8:55	\$50
8: Aug 15-18	Mon-Thu	8:00-8:55	\$50
9: Aug 22-25	Mon-Thu	8:00-8:55	\$50

TENNIS CLINICS ages 7-13

Clinics are for players of all levels with the focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups will be divided by ability as needed. Instructor to participant ratio is approx. 1 to 4. Min 8/Max 12

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	9:00-12:00	\$130
2: Jul 5-8	Tue-Fri	9:00-12:00	\$130
3: Jul 11-14	Mon-Thu	9:00-12:00	\$130
4: Jul 18-21	Mon-Thu	9:00-12:00	\$130
5: Jul 25-28	Mon-Thu	9:00-12:00	\$130
6: Aug 1-4	Mon-Thu	9:00-12:00	\$130
7: Aug 8-11	Mon-Thu	9:00-12:00	\$130
8: Aug 15-18	Mon-Thu	9:00-12:00	\$130
9: Aug 22-25	Mon-Thu	9:00-12:00	\$130

TENNIS LESSONS ages 5-13

Beginner: Players who are new to the game or have played very little without any instruction. Focus on fundamental skills to include: ready stance, grip, forehand, backhand and serve

Advanced Beginner: Players able to sustain a rally of slow pace with other players of the same ability. This is an extension of the Beginner level with emphasis on stroke production for consistency and placement. Rules and court etiquette will also be covered.

Intermediate: Players, who demonstrate proper form for forehand, backhand and serve while being able to direct their shots. Introduction to midcourt and net play will be covered. Stroke application of their overall game, court coverage and ball placement will be emphasized.

Racquets are provided for beginner players if needed. All other participants will need their own racquet. Min 4/Max 6

Week	Days	Beginner \$50	Advanced Beginner/Intermediate \$50
1: Jun 27-30	Mon-Thu	1:00-2:00	2:00-3:00
2: July 5-8	Tue-Fri	1:00-2:00	2:00-3:00
3: Jul 11-14	Mon-Thu	1:00-2:00	2:00-3:00
4: Jul 18-21	Mon-Thu	1:00-2:00	2:00-3:00
5: Jul 25-28	Mon-Thu	1:00-2:00	2:00-3:00
6: Aug 1-4	Mon-Thu	1:00-2:00	2:00-3:00
7: Aug 8-11	Mon-Thu	1:00-2:00	2:00-3:00
8: Aug 15-18	Mon-Thu	1:00-2:00	2:00-3:00
9: Aug 22-25	Mon-Thu	1:00-2:00	2:00-3:00

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

JR. WOLVERINES ages 4-7

Recreation Staff

This program introduces children to soccer, T-ball, and basketball. Participants learn the basic skills, rules, team play, and develop sportsmanship. Bring peanut free snack, water bottle, hat, and baseball glove. Min 12/Max 25

Week	Time	<ul style="list-style-type: none"> • LOCATION • DAYS • FEES TO BE ANNOUNCED
1: Jun 27-30	8:30-11:30	
2: July 5-8	8:30-11:30	
4: Jul 18-21	8:30-11:30	
5: Jul 25-28	8:30-11:30	
6: Aug 1-4	8:30-11:30	
7: Aug 8-11	8:30-11:30	
8: Aug 15-18	8:30-11:30	

JR SOCCER ages 5-8

Sheehan Field
Recreation Staff

Week 3: Jul 11-15, Mon-Fri, 9:00-12:00
\$125 (1 week) Min 12/Max 25

This clinic teaches fundamental soccer skills, promotes sportsmanship, and fun. WHS Coach Tim Chant will present a skills demonstration and kids will participate in contests during the week. 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 cafeteria.

SOCCER ages 7-14

Sheehan Field
Jon Grant, WHS Boys Coach, Week 1
Tim Chant, WHS Girls Coach, Weeks 3 and 5

Through small group activities, 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, please have sneakers available. Min 12/Max 65

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	9:00-3:00	\$160
3: Jul 11-14	Mon-Thu	9:00-3:00	\$160
5: Jul 25-28	Mon-Thu	9:00-3:00	\$160

BASEBALL CLINIC ages 5-12

Morrison Park
Bob Phillips and Staff
Week 1: Jun 27-Jul 1, Mon-Fri, 9:00-12:00
\$130 (1 week) Min 10/Max 30



Participants will be grouped by age and skill level. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Primary goal is for the players to have fun. Please bring sneakers/cleats and baseball glove. Cold drinks and peanut free snacks will be provided.



SEPTEMBER 24, 2016

SAVE THE DATE!



WWW.WESTWOODDAY.COM

CONTACTS

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



FIREMAN'S FOAM IT'S SUDZ OF FUN!

Wednesday, July 13, 2:00-3:00

Sheehan School Field

All ages love it!

Dance in piles of foam with DJ- Magic Mark

SPECIAL THANK YOU TO WESTWOOD FIRE DEPARTMENT



MARK YOUR CALENDARS

MARCH INTO SUMMER, SATURDAY, MARCH 12 – DETAILS PAGES 6 & 7

FISHING DERBY, SATURDAY, MAY 7 – DETAILS BACK COVER

WESTWOOD DAY, SATURDAY, SEPTEMBER 24



SUMMER CONCERT—LINE UP

MONDAYS, 6:30 PM, WESTWOOD COUNCIL ON AGING

July 11: Bubbleman

July 18: The Jitterbugs

July 25: Jedlie's Totally Interactive Magic Circus

SPONSORED BY WESTWOOD YOUNG WOMENS CLUB

MORE DETAILS TO BE ANNOUNCED IN THE SUMMER BROCHURE

SESSION E				SWIM LEVELS					
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Mar 7-Apr 4	\$80				4:15-4:55				
Tue, Mar 8-Apr 5	\$80						4:15-4:55		
Wed, Mar 9-Apr 6	\$80							4:15-4:55	
Thu, Mar 10-Apr 7	\$80					4:15-4:55			
SESSION F									
Mon, Apr 25 – May 23	\$80	9:30-10:10	9:30-10:10		4:15-4:55				
Tue, Apr 26 – May 24	\$80			1:15-1:55			4:15-4:55		
Wed, Apr 27- May 25	\$80							4:15-4:55	
Thu, Apr 28 – May 26	\$80				1:15-1:55	4:15-4:55			
Sat, Apr 30 - Jun 4 (no 5/28)	\$80	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, May 1-Jun 5 (no 5/29)	\$80			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



**American
Red Cross**

WATER BABIES (WB) ages 9–24 months*

Parent/Caregiver and 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 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 must 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

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.

Please register online to **REQUEST** private or semi-private lessons. You will be contacted with lesson options based on pool and instructor availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.

TRIATHLON KIDS CLUB ages 7–12

Julie Harrington
Tue, Apr 5 - Jun 14 (No 4/19) 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 ages 6–18

Certified Water Safety Instructors
\$85 (8 classes) Min 10/Max 20

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 jharrington@townhall.westwood.ma.us for a skills check prior to registration.

Day	Dates	Ages	Time
Mon	Mar 28-May 23 (No 4/18)	6-10	5:00-6:00 PM
Tue	Mar 29-May 24 (No 4/19)	6-10	5:00-6:00 PM
Wed	Mar 30-May 25 (No 4/20)	6-10	5:00-6:00 PM
Thu	Mar 31-May 26 (No 4/21)	6-10	5:00-6:00 PM
Mon	Mar 28-May 23 (No 4/18)	11-18	6:00-7:00 PM
Tue	Mar 29-May 24 (No 4/19)	11-18	6:00-7:00 PM
Wed	Mar 30-May 25 (No 4/20)	11-18	6:00-7:00 PM
Thu	Mar 31-May 26 (No 4/21)	11-18	6:00-7:00 PM

UNDERWATER HOCKEY ages 18 & up

Greater Boston Underwater Hockey League
Mondays, 8:30-10:30 PM
Registration Contact: Larry Colson 508-344-6747
\$20 per person per night

Dive into the ultimate underwater experience! Looking for a great way to have fun and stay healthy? Anyone who likes swimming, snorkeling, or SCUBA will enjoy this fun non-contact team sport.

No special equipment is necessary for beginners. Padded gloves (for your stick hand so you don't scrape your hand on the pool bottom) and stick will be provided to beginners. If you have a mask, snorkel or fins bring them, if not let us know and we can provide it for you.

Underwater Hockey is a team sport played throughout the world. For a detailed description go to usauwh.org or YouTube.com. It is a great way to stay in shape, is an excellent cardiovascular activity and more interesting than swimming laps. Discounts are available for students and multiple family members. There is no charge for first timers. Stop by and see the action!

SPRINGBOARD DIVING ages 12–18

Jim Locke, Diving Instructor
Mon and Wed, Apr 25-May 25, 2:45-4:15
\$190 (10 classes) Min 2/Max 6

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.

MARCH MADNESS–WATER BASKETBALL grades 6, 7 and 8

Fri, Mar 18, 3:30-5:00
\$10 per swimmer. Min 10/ Max 40



In keeping with the season, meet a friend at the pool for coed water basketball. Snacks and drinks will be served after the game.

APRIL VACATION OPEN SWIM all ages

Tue-Fri, Apr 19-22, 1:00-3:00
Current membership or daily fee of \$5 per swimmer

Join your friends at the pool and make a splash. Participants must be able to swim independently or be accompanied by an adult.

AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager
Tue, Wed and Thu, Apr 5 - Jun 16 (No 4/19, 4/20, 4/21), 9:00-10:00
\$75 Punch Pass (10 classes) Min 6/Max 24

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

SENIOR SWIM ages 60 & up

Tue and Thu, Apr 5-Jun 16 (No Apr 19, 21), 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.

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 request your pool party, register online under pool rentals. www.westwoodrec.com

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

*SPORTS & GAMES

Downey School Gym
Mike Griffin & Recreation 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 26-Jun 14	3:30-5:00	K-3	\$96 (8 classes)
Thu	Apr 28-Jun 16	3:30-5:00	2-5	\$96 (8 classes)

*SHORT WEDNESDAY SPORTS & GAMES ages 5-12

Downey School Gym and Sheehan School Gym
Mike Griffin & Recreation Staff
Wed, Apr 13, 27; May 11, 25; Jun 8, 11:50-3:00
\$100 (5 classes) Min 10/Max 25

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.

T-BALL ages 4-6

Downey School Field
Mike Griffin & Recreation Staff
Wed, Apr 27-Jun 1, 3:30-4:15 or 4:15-5:00
\$72 (6 classes) Min 12/Max 24

Let's play ball! Have fun while learning the basic skills. Participants will receive individual instruction with hitting, throwing, fielding, base running and learning positions. Bring a hat, glove and water bottle. In the event of rain, the program will be held inside at the gym.



ARCHERY ages 8 & up

Bay State Archery, 55 Boston Providence Turnpike, Norwood
Bay State Archery Staff
Mon, Apr 25-Jun 6 (No 5/30), 3:30-5:00
\$130 (6 classes) Min 10/Max 20

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

SOCCER CLINICS grades 1-5

Downey School Gym
John Kendall
\$55 (6 classes) Min 10/Max 20

The focus is strictly on individual ball technique: ball control, possession dribbling, attack dribbling, striking, passing and receiving. Please bring sneakers, shin guards, and a water bottle. No cleats.

Grades	Day	Dates	Time
1-2	Mon	Apr 25-Jun 6 (No 5/30)	4:00-4:45 or 4:45-5:30
3-5	Fri	Apr 29-Jun 3	4:00-4:45 or 4:45-5:30

KARATE ages 5-14

Deerfield School Gym
Darryl Hinthorne, Kenpo Center for Martial Arts

Kenpo Martial Arts teaches the students techniques and skills to defend themselves. It also instills the confidence and discipline to practice these skills making them as effective as possible. Classes are designed to encourage respect, effort, etiquette, sincerity, character and above all discipline and self-control. Students may also compete in tournaments with the World Martial Arts Federation which holds two tournaments a year in Boston, MA. They may also compete in other local tournaments which will be discussed during the session. The training is a great way to get in shape and challenge yourself. Each class covers a variety of topics about self-defense. Min 5/Max 20

Master Hinthorne is a 5th degree Black belt in Kenpo (fist law) Karate. He has been furthering his studies in the Martial Arts for over 33 years. Awarded Instructor of the year in Action Martial Arts Magazine, 2005. Life Time Achievement Award from USA Hall of Induction, 2007. Awarded 5th degree Black belt and title of Master Instructor, 2008.

Ages	Time	Days	Dates	Fee
5-8	4:30-5:15	Wed & Fri	Apr 27-May 27	\$110 (10 classes)
9-14	5:30-6:15	Wed & Fri	Apr 27-May 27	\$110 (10 classes)

PLAYMAKER SOCCER

Morrison Softball Field
Farid Issa
Wed, Apr 27-Jun 1, Ages 3-4: 1:15-2:00; Ages 5-6: 2:00-2:45
\$76 (6 classes) Min 8/Max 15

Playmaker Soccer introduces the basic skills of soccer through fun games and drills. Small games will highlight skills in a creative way. Bring a water bottle, size 3 soccer ball and wear sneakers or cleats. In the event of rain, the program will be held inside the Islington Community Center Hall.

MINI ATHLETES ages 3-4

Athletic Republic, 290 Vanderbilt Ave, Norwood
Mini-Athletes Staff
Thu, Apr 28-Jun 16, 12:30-1:20
\$145 (8 classes) Min 6/Max 15



With our "chin up, shoulders back" philosophy we take a positive unique approach to getting young ones active while promoting self-confidence and improving self-discipline. Children play a new sport each week. Soccer, tennis, basketball, floor hockey, kickball, flag football. There will also be some time to play silly type games to promote spirit and smiles. The importance of teamwork will be emphasized. Children should wear comfortable clothes and shoes.



TENNIS LESSONS ages 5-13

Westwood High School Courts
Jayson Sellers, Tennis Pro
\$60 (5 lessons) Min 4/Max 6

Skills Check: Saturdays, April 16 or 30 from 11:30-1:00 at WHS Courts
Please email Mike Griffin at mgriffin@townhall.westwood.ma.us to schedule a skills check before registering. It takes about 10 minutes.

Beginner: For players who are new to the game or have played very little without any instruction. Focus on fundamental skills to include: ready stance, grip, forehand, backhand and serve.

Advanced Beginner: For players who are able to sustain a rally of slow pace with other players of the same ability. An extension of the Beginner level with emphasis on stroke production for consistency and placement. Rules and court etiquette will also be covered.

Intermediate: For players, who demonstrate proper form for forehand, backhand and serve while being able to direct their shots. Introduction to midcourt and net play will be covered. Application of strokes to the overall game with emphasis on court coverage and placement.

Racquets are provided for beginner players if needed. All other participants will need their own racquet. If it rains, lessons will be held in the WHS gym.

Day	Dates	Beginner	Adv Beginner	Intermediate
Sat	May 7-Jun 18 (No 5/28, 6/11)	12:30-1:30	1:30-2:30	2:30-3:30
Sun	May 8-Jun 19 (No 5/29, 6/5)	12:30-1:30	1:30-2:30	2:30-3:30

APRIL VACATION TENNIS ages 5-13

Westwood High School Courts
Jayson Sellers, Tennis Pro

Please refer to the Beginner & Intermediate level description above before registering. The clinic focuses 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 4/Max 6

Program	Day	Dates	Ages	Time	Fee
Clinic	Tue-Fri	Apr 19-22	7-13	12:30-3:30	\$120 (4 days)
*Beginner	Tue-Thu	Apr 19-21	5-13	3:30-4:30	\$ 35 (3 days)
*Intermediate	Tue-Thu	Apr 19-21	5-13	4:30-5:30	\$ 35 (3 days)

GOLF-JR BEGINNER CLINIC ages 8-14

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/Max14

Session	Day	Dates	Time	Fee
A	Sat	Apr 2-23	12:00-2:00	\$95 (4 Classes)
B	Sat	May 7-28	12:00-2:00	\$95 (4 Classes)
C	Sat	Jun 4-25	12:00-2:00	\$95 (4 Classes)

GOLF-JR 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/Max14

Session	Day	Dates	Time	Fee
A	Sat	Apr 2-23	2:00-4:00	\$95 (4 Classes)
B	Sat	May 7-28	2:00-4:00	\$95 (4 Classes)
C	Sat	Jun 4-25	2:00-4:00	\$95 (4 Classes)

APRIL VACATION FENCING ages 8 & up

Thurston Middle School Cafeteria
Jim Mullarkey, 3MB Fencing Club Coach
Tue-Fri, Apr 19-22, 10:00-12:00
\$105 (4 classes) Min 6/Max 20

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.

SPRING TRAINING BASEBALL ages 5-12

Morrison Baseball Field
Bob Phillips
Tue-Fri, Apr 19-22, 9:00-12:00
\$90 (4 days) Min 10/Max 20



Each participant will receive an individual baseball plan to follow for the spring season. The plans will provide instructions on how to succeed in all phases of the game. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Please bring sneakers/cleats and baseball glove. Cold drinks and peanut free snacks will be provided.

APRIL VACATION GOLF CLINICS ages 6-14

Norwood Country Club
John Resnick, PGA Professional
Tue-Fri, Apr 19-22, 10:00-12:00 or 1:00-3:00
\$105 (4 days) Min 4/Max 7 per level/per time slot

Beginner: 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.

Intermediate: 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. Clubs provided for the beginner level if needed.

FENCING ages 8 & older

Sheehan Cafeteria
Jim Mullarkey
Fri, Apr 15-Jun 10 (No 4/22) 6:30-7:30 PM
\$110 (8 classes) Min 8/Max 20



The Olympic sport of Fencing is offered by Coach Mullarkey of the 3MB Fencing Club. It's fast and fun. All aspects of beginning fencing will be taught from footwork thru blade work. Teamwork and sportsmanship are also part of the teachings. All safety gear supplied. Wear loose comfortable pants and sneakers.

ADULT GOLF—LADIES BEGINNER
ages 18 & up

Norwood Country Club
John Resnick, PGA Professional and Norwood CC Staff
\$105 (4 classes) Min 4/Max 14

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.

Day	Session A	Session B	Session C	Time
Wed	Apr 6-Apr 27	May 4-25	Jun 1-22	5:30-6:30 PM
Thu	Apr 7-Apr 28	May 5-26	Jun 2-23	5:30-6:30 PM

ADULT TENNIS LESSONS ages 18 & up

We are unable to schedule lessons at this time. Please check back in April or contact Mike Griffin at mgriffin@townhall.westwood.ma.us if you are interested. An announcement will be made once we finalize details.

ADULT TENNIS PRIVATE LESSONS

ages 18 & up

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

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

ADULT KICKBOXING ages 18 & up

Atlantis Sports Club Staff, 25 Allied Drive, Dedham Hilton
Tue, Apr 5-Jun 28, 5:30-6:30 PM
\$89 (13 classes) Min 5/Max 10



For those of who want to sweat, try this high energy kickboxing class. Kick & punch pounds away. This is a great workout and always fun to do with a friend. Bring a water bottle and get ready to move. All levels are welcome.

SPIN CLASS ages 15 & up

Atlantis Sports Club Staff, 25 Allied Drive, Dedham Hilton
Sat, Apr 9-Jul 2, 7:00-7:45 AM
\$89 (13 classes) Min 3/Max 8

Stationary bike workout, with great music and energy! Excellent for building endurance, cut body fat, and tone your core. All levels are welcome.

ZUMBA CLASS ages 15 & up

Atlantis Sports Club Staff, 25 Allied Drive, Dedham Hilton
Mon, Apr 4-Jun 27, 7:00-7:45 AM
\$89 (13 classes) Min 3/Max 8



Dance + Aerobics = Zumba! A fun Cardio workout with a Latin flair, you won't even know you're working out! Please bring a water bottle.

JUNIOR ACCELERATION ages 8-11

Athletic Republic, 290 Vanderbilt Ave, Norwood
Athletic Republic Personal Trainers
Tue & Thu, April 26-June 16, 4:30-5:30 or 5:30-6:30
\$240 (16 classes) Min 6/Max 12



Learn proper running form and technique in this small group training. Drills will be fun and light weight medicine balls will be incorporated. Wear comfortable clothing and bring a water bottle.

**SPORTS
AUTHORITY.**

Join Us for an Exclusive
**Savings
Event**

Celebrating Sports Authority Westwood's
One Year Anniversary!

March 19-20, 2016
281 University Ave.

20% OFF
YOUR
ENTIRE
PURCHASE

Valid 03/19/16–03/20/16

MORE EXCLUSIONS MAY APPLY.
VISIT SPORTSAUTHORITY.COM/EXCLUSIONS
OR SEE STORE FOR DETAILS.

[illegible]**SPORTS
AUTHORITY**



CARDIO BLAST ages 18 & up

Flahive Field
Core Asset Staff
Session E: Tue, May 10-Jun 21, 9:15-10:15 AM
\$88 (7 classes) Min 8/Max 12

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! If rain, the program will be held inside at the Islington Community Center Sanctuary. Participants need to bring a towel, mat, and water.

BOOT CAMP ages 18 & up

Westwood High School Multipurpose Field
Core Asset Staff
Session E: Tue & Thu, May 10-Jun 23, 6:00-7:00 AM
\$175 (14 classes) Min 8/Max 30

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

MAT PILATES ages 14 & up

Sheehan Cafeteria
Core Asset Staff
Session E: Wed, May 11-Jun 22, 7:00-8:00 PM
Fee: \$88 (7 classes) Min 8/Max 20



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.

PILATES PLUS ages 14 & up

Islington Community Center Sanctuary
Core Asset Staff
Session E: Wed, May 11-Jun 22, 9:15-10:15 AM
Fee: \$88 (7 classes) Min 8/Max 20

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.

MENS YOGA ages 14 & up

Thurston Middle School Cafeteria Annex
Core Asset Staff
Thu, May 5-Jun 16, 7:30-8:30 PM
\$88 (7 classes) Min 8/Max 20

Join us for a specialized yoga class designed for men. The class is a flowing practice that utilizes naturally occurring strength and eases the body into progressive stretches. Yoga is beneficial for sedentary men, athletes and weekend warriors. It is a perfect complement to running and triathlon training. Stress relief is a bonus, and who couldn't use some of that? No experience necessary and the instructor will modify for existing injuries. Please bring a mat and water. If you have a yoga block and/or strap, they will be helpful. We have a few to share.

TRX BODY BURN ages 18 & up

Islington Community Center Sanctuary (ICC)
Core Asset Staff
Session E: Thu, May 12-Jun 16, 9:15-10:15 AM
\$90 (6 classes) Min 4/Max 8



Free Trial Classes: Thu, Mar 3 & Apr 28, 9:15 AM at the ICC

Join us for a full body workout utilizing the TRX suspension system. TRX uses body weight to target core and extremity muscles like no other fitness equipment. We will also incorporate resistance and cardio intervals into the class to make it a full workout experience. No experience necessary and the instructor will modify for existing injuries. Come ready to work hard and sweat! Please bring a mat, water and a set of weights (5-8 pounds).

MOTHER/DAUGHTER YOGA ages 7 & up

Open Doors Yoga, 258 Providence Highway, Westwood
Elizabeth King, RYT
Session D: Sun, Apr 24-Jun 12 (No 5/8, 5/29), 3:30-4:30
\$78 (6 classes) *Mother and Daughter must each register.* Min 6/Max 20

This special series, designed for girls ages 7 and up and their mothers (or any adult female role model), will include yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class. Vinyasa is the gradual progression or step by step approach that connects one pose to another. The series of poses moves you through the power of movement and breathing. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat. If you do not have a mat you can rent one for \$1.

TEEN YOGA ages 13-19

Open Doors Yoga, 258 Providence Highway, Westwood
Elizabeth King, RYT
Session D: Sun, Apr 24-Jun 12 (No 5/8, 5/29), 6:30-7:30 PM
\$78 (6 classes) Min 6/Max 20

Teen Yoga will focus and incorporate mind-body practices such as Yoga poses, breathing exercises, techniques, deep relaxation and guided meditation. Social and emotional skills including stress management, self-appreciation, confidence and strong peer relationships will be covered. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat. If you do not have a mat you can rent one for \$1.

ADULT YOGA ages 16 & up

Westwood Public Library
Linda Margosian, Certified Hatha Yoga Instructor
Session D: Thu, April 14-June 23, (No 4/21) 7:00-8:30 PM
\$150 (10 classes) Min 5/Max 12

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

BALLROOM DANCING ages 18 & up

Downey School Cafeteria
Paul Hughes
Tue, April 5-May 31 (no class 4/19), 7:30-8:30 PM
\$105 (8 classes) Min 6/Max 12

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation. It's a full body workout for the mind, body, and spirit. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha. No partner necessary.



PEDIATRIC FIRST AID & CPR/AED

ages 15 & up

Islington Community Center
Juanita Allen, W-EMT, Century Health System
Wed, May 25, 6:00-9:00 PM
\$75 (1 class) Min 5/Max 10

With focus 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.

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	Mon	Apr 4 -June 6 (No 4/18, 5/30)	6:00 – 7:00PM	\$110 (8 classes)
BD	Mon	Apr 4 -June 6 (No 4/18, 5/30)	7:00 – 8:00PM	\$110 (8 classes)
AD	Wed	Apr 6 – June 1 (No 4/20)	6:00 – 7:00PM	\$110 (8 classes)
DA	Wed	Apr 6 – June 1 (No 4/20)	7:00 – 8:00PM	\$110 (8 classes)
CGC	Mon	Apr 4 -June 6 (No 4/18,5/30)	8:00 – 9:00PM	\$180 (8 classes)

DRIVER EDUCATION CLASSES ages 15 & up

Islington Community Center Sanctuary
Teachers Driving Academy
\$99 (1 session) Min 10 / Max 50



Parent & Student Classes
Session 4: Wed, Mar 30, 6:00-8:00 PM
Session 5: Tue, Jun 14, 6:00-8:00 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of ½ hour break built into the schedule. Choose a session that best fits your schedule and register early. At least one parent/guardian must attend the Parent Class. If you have already attended a parent class since September, 2007, they count for 5 years. Please let TDA know when your child is dropped off on the first night. If your child misses a certain class, they are allowed to make it up as long as it is the exact class module that they missed. You do not have to book a make-up class with TDA, you can simply walk-in to another class in another community and sign the book there. Students must bring a notebook, pen and copy of their birth certificate. Students may not leave the building and are asked to bring snacks and drinks. If you have any questions, call 877.TDA.DRIVE or visit their website www.teachersdrivingacademy.com.

SESSION 4			SESSION 5		
Day	Dates	Time	Day	Dates	Time
Wed	Mar 30	6:00-8:00 PM	Tue	Jun 14	6:00-8:00 PM
Mon	Apr 18	8:00-2:30	Mon	Jun 20	8:00-2:30
Tue	Apr 19	8:00-2:30	Tue	Jun 21	8:00-2:30
Wed	Apr 20	8:00-2:30	Wed	Jun 22	8:00-2:30
Thu	Apr 21	8:00-2:30	Thu	Jun 23	8:00-2:30
Fri	Apr 22	8:00-12:15	Fri	Jun 24	8:00-12:15

HAND LETTERING ages 15 & up

Islington Community Center
SiouxSanna Ramirez-Cruz
Mon & Wed, Jun 20 & 21, 6:30 – 8:00
\$78 (2 classes) Min 4/Max 8



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.

CHALKBOARD LETTERING ages 15 & up

Islington Community Center
SiouxSanna Ramirez-Cruz
Mon & Wed, June 6 & 8, 6:30 -8:00
\$78 (2 classes) Min 4/Max 8



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.



CREATIVE KIDS ages 3–5

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Apr 5 – May 31 (No 4/19), 9:30 -10:30
\$73 (8 classes) Min 6/ Max 10

Get crafty and bring your singing and dancing moves. Stories, songs, crafts and fun!

MESSY MASTERPIECES ages 2–5

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Apr 5 – May 31 (No 4/19), 10:45 – 11:30
\$65 (8 classes) Min 6/Max 10

Paint! Glue! Glitter! All of the creative mess with none of the clean up!

ANIMAL ADVENTURERS ages 2–5

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Apr 6 – June 1 (No 4/20), 9:30 – 10:15
\$65 (8 classes) Min 6/Max 10



Explore this amazing animal world through stories, songs, crafts and fun.

MUSIC & MOVEMENT ages 2–4

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Apr 6 – June 1 (No 4/20), 10:30 -11:15
\$65 (8 classes) Min 6/Max 10

Let your inner musician shine! Join the fun with singing, dancing and playing instruments.

BOPPIN' BABIES ages 0 – 18 months

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Apr 7 – June 2 (No 4/21), 9:30 -10:15
\$65 (8 classes) Min 6/ Max 10

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

TERRIFIC TOTS ages 18 – 36 months

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Apr 7 – June 2 (No 4/21), 10:30 -11:30
\$73 (8 classes) Min 6/ Max 10

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



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 6/Max 12

Day	Dates	9:00-1:00	1:00-3:30	9:00-3:30
Tue	Apr 19	\$35	\$25	\$55
Wed	Apr 20	\$35	\$25	\$55
Thu	Apr 21	\$35	\$25	\$55
Fri	Apr 22	\$35	\$25	\$55
Mon	June 13	\$35	\$25	\$55
Tue	June 14	\$35	\$25	\$55
Wed	June 15	\$35	\$25	\$55
Thu	June 16	\$35	\$25	\$55
Fri	June 17	\$35	\$25	\$55

MICRO WHEELS ages 2–4

Sheehan School Cafeteria
Knucklebones Staff
Wed, Apr 27-Jun 15, 3:45-4:30
\$120 (8 classes) Min 9/Max 15

Micro Wheels teaches the fundamentals of learning to ride a bicycle (without training wheels!) A variety of unique wheeled and non-wheeled products are used to help build gross motor skills, balance, and confidence. Activities involve: scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. 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.



**KEEP
CALM
AND
REGISTER
EARLY**

PROGRAM ENROLLMENT

Programs that do not meet the minimum number of participants **ONE WEEK** before the start date will be cancelled. For budgeting and staffing reasons, each program must reach a minimum number of registrants to be held.

Unfortunately, programs have been cancelled due to low enrollment simply because people did not register in time.

TO AVOID THIS PLEASE REGISTER EARLY AND KEEP THE FUN ALIVE!

HOME ALONE SAFETY ages 8–11

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, May 25, 1:00-3:00
\$50 (1 class) Min 6/Max 15

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

BLAST-BABYSITTING SAFETY ages 11–15

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, May 25, 3:00-6:00
\$60 (1 class) Min 6/Max 12

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

MAGIC WORKSHOP ages 6 & up

Downey School Library
Joe Carota
Wed, Apr 27 or May 25, 1:30-2:45
\$20 (1 class) Min 5/Max 15

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 participant will have a bag full of tricks to take home.



HIP HOP ages 5–13

Islington Community Center Hall
Aly Pereira
Fri, Apr 29-Jun 17, 5:00-6:00
\$110 (8 classes) Min 5/Max 20

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.

CLAY CLASSES grades 1–5

Islington Community Center
Lisa WB Walker
Animal Sculptures: Wed, May 25, 1:30 – 2:30
Summer Fun: Wed, June 8, 1:30 – 2:30
\$30 (1 class) Min 4/Max 6

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.

Dedham Savings is proud to support Westwood Recreation.

Dedham Savings
your bank
dedhamsavings.com

Member FDIC | Member DIF | Equal Housing Lender | Member of the SUMM® Program
DEDHAM • NEEDHAM • NORWOOD • SHARON • WALPOLE • WESTWOOD
(800) 462-1190

BROCHURE ADVERTISING 2016

Great opportunity to enhance your business!

Mailed to over 5400 Westwood Households!

OPTIONS

- FULL PAGE
- HALF PAGE
- QUARTER PAGE
- BUSINESS CARD

UPCOMING ISSUES

- Summer due out May 10
- Fall due out August 16

2016 ADVERTISING AGREEMENT FORMS

Contact Taryn Crocker at 781-355-8098 or
tcrocker@townhall.westwood.ma.us



Something for everyone

Can't agree on where to go for a quick, fresh meal? Come to our Market Café. Our variety of freshly made foods ranges from quick grabs like pizza, subs, and Asian classics to comfort-food favorites, salads, and sandwiches. Family-friendly foods at budget-friendly prices — that's Wegmans.

Wegmans
helping you make great meals easy



The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well. A bi-monthly newsletter is sent to Westwood households (60 and older) and is available at the Center and around town with programs that are unique and diverse. Outreach Counseling is available four days a week and van rides to medical appointments are available most weekdays. *Along with our regular programs the Center will be focusing on this year's Presidential Election with special lectures and programs including hosting Gary Hylander to speak on past elections, Current Conversation (an opportunity to discuss what is happening), and special day trips (local and not so local). We will also be hosting special programs including a lecture on long-term health care, and a Day of Beauty at Blue Hills Vocational School, to name a few.* So come join us and stay healthy, connected and informed. For further information and complete listings, pick up one of our newsletters or check it out online at the Town Website.

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Lift-Equipped van available

Programs at the Center

- Watercolor Classes
- Aerobic Exercise and Mat Exercise Classes
- Low Impact Exercise
- Tai Chi and Meditation
- Yoga (chair and floor)/Laughing Yoga
- iPad Classes (beginners and advanced)
- Current Conversations Discussions

Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090

Monday-Thursday, 8:00 am – 4:00 pm
Friday 8:00 am – 2 pm

Phone (781) 329-8799

Fax (781) 329-5949

www.townhall.westwood.ma.us/coa

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, Hearing and Podiatry Clinics
- SHINE Counselor
- AARP Tax Help

Activities

- Special Monthly Lectures, Lunches & Programming
- Monthly Day Trips
- Beginning & Advanced Watercolor
- Bridge & Mah Jongg & Movies
- Bingo , Movies, & Book group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Woman's Club & Garden Club
- Intergenerational Programs
- Waxing and Manicurist

Contact Information

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

Monthly Blood Pressure Clinic

The Public Health Nurse conducts a blood pressure clinic every 3rd 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 anytime in the sharps collection kiosk located outside the Westwood Police Station, 590 High 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.

Mercury Collection Program

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. 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. If you **do not** want your property sprayed you must notify the Westwood Town Clerk, 580 High Street, Westwood, MA 02090 in writing, with a copy to the Norfolk County Mosquito Control District, Building 34 Endicott Street, Norwood, MA 02062, by March 1, 2016, although the district will honor requests at any time. State law requires this notification as well as a requirement to post your property. This is very important if you **do not** want adult control so that District personnel can exclude your property from these applications. Visit the District's website at www.norfolkcountymosquito.org for more information.




Summer Camps

The Westwood Board of Health would like to inform parents that summer camps, including day, residential, sports, travel and trip camps, are governed by 105 CMR 430.000 of the State Sanitary Code, Chapter IV, Minimum Sanitation Standards for Recreational Camps for Children and are licensed by the local Board of Health. In order to protect campers and ensure that they have a fun, safe experience, camp operators are required to conduct criminal background checks on staff and volunteers, provide a Health Care Consultant and a health supervisor to care for injured and ill campers to name a few of the requirements. Contact the Health Department for more information.

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, or at WY&FS located at 288 Washington Street and at Westwood Town Hall. The deadline to submit a nomination is **March 31, 2016.**

WESTWOOD EARLY CHILDHOOD WELCOMES...



Charlie Appelstein, MSW

A well known national speaker, author and consultant



Help Your Kids Be All That They Can Be Positive Approaches to Parenting Challenges (Birth – Grade 3)

Monday Nights
March 14, March 21, April 4, April 11
6:30pm-8:30pm
Westwood Main Library

This four-part workshop series will present a host of principles and techniques that help parents maximize the greatness that exists in every child and family. Topics covered:

- What is strength-based parenting?
- How can parents create energizing mindsets in young children?
- What are some key communication techniques?
- What strategies enhance self-esteem in young children?
- How do parents implement structure and discipline? (consequences vs punishment)
- How do parents manage their own emotions and responses (respond instead of react) and teach children self-management techniques?

Engaging, honest and practical advice. Charlie is a must-see"! Faye Lundberg, Westwood Montessori School

Light refreshments provided.

Space is Limited...Register early at

<http://tinyurl.com/wecccapp>

For questions or if you need childcare during the workshops, contact Janet Lucey, Westwood Early Childhood Coordinator at jlucey@westwood.k12.ma.us or (781) 461-9548.

Funded by a generous grant from Foundation for Westwood Education.

Sponsored by the Westwood Early Childhood Council, Westwood Public Library, Westwood Public Schools, and MA Department of Early Education and Care.



REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- All Library Programs are Free
- Main Library Programs, please call 781-326-7562
- Islington Branch Programs, please call 781-326-5914
www.westwoodlibrary.org

MAIN LIBRARY CHILDRENS PROGRAMS

LITTLE LISTENERS

Children ages 3-5
Tuesdays, 10:30-11:15, March 1-April 5, April 26-May 23
Westwood Public Library

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

WONDROUS WEDNESDAYS STORYTIME

Children ages 2-5
Wednesdays, 10:30-11:00, March 2-April 6, April 27-May 24
Westwood Public Library

This drop-in Storytime will feature stories, rhymes, and songs and participate in other fun activities. **No Registration required.**

BABIES AND BOOKS

Children ages 0-2 and parent/caregiver
Fridays, 10:30-11:00, March 4-April 8, April 29-May 26
Westwood Public Library

There will be short stories, songs, dance, and puppets.
No Registration Required.

SATURDAY STORYTIME

Children all ages
Saturdays, 10:30-11:00, February 20, March 26, April 9, May 14
Westwood Public Library

Children will hear stories, songs, and interactive rhymes.
No registration required.

SHAKE, RATTLE, AND ROLL

Children ages 2-4
Fridays, 11:30, March 4, 11, 18, 25
Westwood Public Library

This movement program will feature music & dancing, rhythm instruments and organized movement activities.
No registration required

FARM STORYTIME

Children all ages
Mondays, 11:00, April 4, 11, 25,
Powisset Farm, 37 Powisset Street, Dover



Come visit the librarians as we have storytime in the thick of all the action at Powisset Farm. Powisset Farm has graciously agreed to host us for this fun, interactive storytime on a real, working farm. Storytime will be outside, weather depending, so bundle up and dress weather appropriate.
No Registration required.

CREATIVE KIDS

Children grades K-1st
Thursdays, 4:00-4:45, March 3 – April 7, April 28-May 25
Westwood Public Library

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

MAIN LIBRARY TEEN PROGRAMS

KARAOKE WITH KEVIN CAIN

Grades 6 -12
Friday, 3:00 - 4:00, March 18
Westwood Public Library

Karaoke with on - screen lyrics, wireless microphone systems and an electronic music database (for instant song search).

Sign up at the Reference Desk, call 781-320-1045 or email wwdmail1@minlib.net

MEET THE FRISBEE GUY

Grades 6 - 12
Friday, 3:00 - 4:00, April 15
Westwood Public Library

Gary Aeubach is a "Freestyle" World Frisbee champion. He will demonstrate his advanced skills by doing moves, tricks, and stunts to captivate his audience. He finishes with a "Hands on Frisbee Fun activity."

Sign up at the Reference Desk, call 781-320-1045 or email wwdmail1@minlib.net

MAIN LIBRARY ADULT PROGRAMS

CONCERT: CELEBRATING IRELAND IN STORY & SONG

All ages
Wednesday, 7:00 PM, March 2
Westwood Public Library



Celebrating Ireland in Story & Song is an all Irish program which embraces Irish history and culture in story and song—you may see a jig or two! This program is open to all; from kids to seniors! **No Registration Required.**
Generously Sponsored by Westwood Cultural Council

EASTER FLOWERS WITH RICK & SUZIE CANALE

Adults
Tuesday, 7:00 PM, March 22
Westwood Public Library

With Rick and Suzie's experience, come to the library to create a beautiful Spring centerpiece for your home. This program is generously sponsored by the Friends of the Westwood Library. **Registration required. Sign up at the Reference Desk, call 781-320-1045 or email wwdmail1@minlib.net**

GREAT DECISIONS

Teens & Adults
Wednesdays, 7:00- 8:30 PM
March 23 - Topic: The Rise of ISIS
April 13 - Topic: The Future of Kurdistan
May 18- Topic: Migration
Westwood Public Library

Great Decisions is America's largest discussion program on world affairs. Teens, seniors, and all those in-between are encouraged to join. This program is generously sponsored by the Foundation for Westwood Education. **Registration required. Sign up at the Reference Desk, call 781-320-1045 or email wwdmail1@minlib.net**

UNLAUNCH'D VOICES, AN EVENING WITH WALT WHITMAN

Adults
Wednesday, April 6, 7:00 PM
Westwood Public Library

Stephen Collins returns to the Library, this time performing as Walt Whitman! This program is generously sponsored by the Friends of the Westwood Library. **No Registration Required.**

AUTHOR TALK: PETER ZHEUTLIN

All ages
Wednesday, April 20, 7:00 PM
Westwood Public Library

Meet Peter Zheutlin, author of *Rescue Road: One Man, Thirty Thousand Dogs, and a Million Miles on the Last Hope Highway*. Join journalist Peter Zheutlin as he travels with others to the Gulf Coast on his Rescue Road Trips to bring dogs from the South to "forever families" up north. The book will be available for purchase and autographing following the presentation. All are welcome! **No Registration Required.**

ISLINGTON BRANCH**STORYTIME**

Children ages 2 and up
Thursdays, 9:30-10:15, March 3-April 7, April 28- May 25
Islington Branch Library

Children will participate in stories, songs, films and crafts. **No Registration required.**

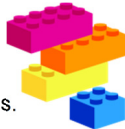
PJ STORYTIME

Children ages 2 and up.
3rd Wednesday of the month, 6:30-7:15 PM, March 16th, April 20th, May 18th
Islington Branch Library

Children can come in their jammies and bring a special stuffed animal and blanket to hear stories and songs. **No Registration required.**

LEGO-MANIA

Children grades K and up
Tuesdays, 3:45-4:45, March-May
Islington Branch Library
Come and build Lego creations with library Legos.
No Registration required.

**ISLINGTON BRANCH BOOK SHARE**

Adults
Tuesdays, 10:30 AM, March 15th, May 17th

Come with the title of a good book you have read and leave with a list of recommendations for your next good book! **No Registration required.**

SIT & KNIT AT ISLINGTON BRANCH LIBRARY

Adults
Thursday, 10:30 AM

Bring your latest knitting, crocheting, or needlepoint project to work on while enjoying the comfort and company of the library. **No Registration required.**

ISLINGTON BRANCH LIBRARY BOOK CLUB

Adults
Wednesdays, 6:30 PM
March 9: Anthony Doerr's *All the Light We Cannot See*
April 13: Jhumpa Lahiri's *The Lowland*

Join us for lively book discussions. Copies of the book are available at the Branch. **No Registration required.**



Save the Date...

Sunday, May 22nd

9:00-11:00 AM

Martha Jones

Join us to Pedal for a Cure!
Show your support for those fighting cancer.
**Register to Ride or Volunteer for
Westwood's 9th PMC Kids Ride**
[go to kids.pmc.org/westwood](http://kids.pmc.org/westwood)



PMC Pedal Partners: Alexa Kelly & Allisa Freiburger

DEERFIELD FIELD REDEVELOPMENT UPDATE

The Deerfield Field redevelopment project is nearly complete. The new field space has been expanded and hosts two softball fields complete with backstops, skinned infields and irrigation. The fields are now properly graded to facilitate drainage. The entire field area has been covered with sod. The warm and dry weather this past fall has allowed for the completion of the sod installation in a timely manner.

Other improvements include a perimeter walking path that connects the school with the public library and the walking path to High Street. This footpath diverts foot traffic off of the playing fields and includes 1/3 mile circuit of trail for exercise. The walking path to High Street will be maintained throughout the winter to ensure safe passage for students as they travel to and from school.

The Deerfield field project was funded through a housing mitigation payment made to the town by University Station. The Department of Public Works, Recreation Department and School Department worked collaboratively to plan and oversee the project with significant input from neighbors, abutters and sport user groups. Sodding the field was made possible by the very generous support of Westwood Youth Soccer, Westwood Youth Softball and Westwood Youth Boys Lacrosse.





POOL SCHEDULE

SPRING: APRIL 1 – JUNE 26 (Closed: April 18; May 30; June 5)

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 27 – AUGUST 31 (Closed: July 4)

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

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

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month.
Membership Forms are available at the Pool, Recreation Department, and online at www.westwoodrec.com

Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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

**RESIDENTIAL CUSTOMER
WESTWOOD, MA 02090**

FISHING DERBY

IT'S A "REEL" GREAT TIME!



*Charlie Goodman,
Youth Winner 2015*

YOUTH DIVISION ages 15 & under - FREE

Prizes will be awarded! Participants must bring their own fishing pole.

ADULT DIVISION ages 16 & up - \$10

Prizes will be awarded for largest fish caught. Adult participants must obey all Massachusetts Fish & Game regulations. Adults register on the day of the event at the Concession Stand.

CONCESSION STAND

Coffee, Donuts, Water, Soda, Hot Dogs and WORMS!

**Sponsored by
North Walpole Fish and Game
Westwood Permanent Firefighters Local 1994
Bass Pro Shops**