

March into Summer



Open House!

Saturday, March 11, 10 AM - 2 PM

Join us for family fun and summer preview festivities featuring inflatables, pool party, sport demos, arts & crafts, and snack bar!

Summer Registration Special*

Option 1 - On-line registrations beginning March 11 at 10 am thru March 14 at midnight at www.westwoodrec.com. Discount will be applied at checkout.

Option 2 - In-person registrations at Westwood Recreation Department March 11, 10 AM - 2 PM and March 13 & 14 during regular office hours

See March Into Summer FAQ'S on page 7 for registration details.

**10% discount applied at checkout on all paid in full qualifying summer registrations during March Into Summer 3/11 - 3/14.*



March Into Summer is proudly sponsored by

Wegmans



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.sahanidental.com

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

CONTACTS & CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org

Boy Scouts Troop 1 Islington scoutmaster@troop1islington.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.lwwwestwoodwalpole.org

Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

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

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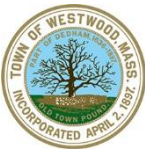
Westwood Recreation



@WestwoodRec



@WW_Rec



BOARD OF SELECTMEN

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John M. Hickey

Michael F. Walsh

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

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Robert Phillips

Mitchell Katzman, Associate Member

RECREATION STAFF

Nicole Banks
Recreation Director

Susan Perry
Aquatics Manager

Beth Roper
Business Manager

Taryn Crocker
Program Administrator

Kristin Scoble
Program Manager

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

WHEN TO REGISTER

SPRING BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

SUMMER BEGINS SATURDAY, MARCH 11, 10:00 AM

HOW TO REGISTER

ONLINE: www.westwoodrec.com

Click Register Now. Click Account to log in using your email and password.

(Create an account. Click Register Now. Click Account and click I would like to create a New Account and enter information as prompted for each family member.)

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 Beth Roper. Approved payment plans offer online payments, check or cash options. 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 contact Beth Roper, broper@townhall.westwood.ma.us/781-355-8097.



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 11

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

(3/11-3/14 only)

ONLINE: WWW.WESTWOODREC.COM

SATURDAY, MARCH 11 – TUESDAY, MARCH 14

***Upgraded CLOUD Server to support increased online registrations!**



WALK IN: WESTWOOD RECREATION

SATURDAY, MARCH 11, 10:00-1:00 PM

MONDAY, MARCH 13, 8:30-4:30 PM

TUESDAY, MARCH 14, 8:30-7:00 PM

- Westwood residents requesting summer program financial assistance are asked to please contact Beth Roper at 781-355-8097, broper@townhall.westwood.ma.us before March 7. This allows time to process information before summer registration opens on March 11. Community Chest applications are also available at the Recreation Department.
- Questions regarding programs or registration? Call or visit the Recreation Office during normal business hours, our staff is happy to assist you.

Thank you *Wegmans* for sponsoring this event!

MARCH INTO SUMMER – FAQ'S

MARCH INTO SUMMER (MIS) FREQUENTLY ASKED QUESTIONS

WE HEARD YOUR FEEDBACK! NEW AND IMPROVED ONLINE SERVER! This year we upgraded to the CLOUD to support a larger volume of online registrations. We are always looking for ways to improve the registration process. Thanks to your comments and survey results, we've compiled a list of frequently asked questions to make registering as easy and smooth as possible.

1. How do I register for a program?

Online registration is the easiest, most efficient way to register. Registration and step by step instructions are at www.westwoodrec.com. You may also walk-in or mail your registration, see page 4 for office hours and mailing address.

2. When does summer registration begin?

All online and in-house registration begins on Saturday, March 11th at 10:00 AM. The March Into Summer (MIS) 10% discount on programs paid in full ends on Tuesday, March 14th at 11:59 PM. Online registration is encouraged. **Be sure to check your account log-in prior to March 11 in preparation for an easy registration process.** For questions please contact the Recreation Office at 781-461-0070.

3. What is the March Into Summer event?

March Into Summer is an open house for families to learn about Recreation Department programs, pool and summer camps. The event will take place on Saturday, March 11th from 10 AM-2 PM at 240 Nahatan Street and includes pool activities, inflatables, crafts and more! Bring your bathing suit! During the event the Recreation Staff will be available to register you for programs and answer questions.

4. Do I need to attend *March Into Summer* in order to register for summer camp or any other programs?

No, you do not need to attend the event in order to register for any of our programs. March Into Summer is designed to help families who have questions, need help with registration and/or would simply like to join us for some family fun! **Online registration is the preferred registration method and opens on Saturday, March 11th at 10:00 AM.**

5. Is there a discount for early registration?

Yes! Registrations for summer programs that are paid in **full** and received by Tuesday, March 14th by 11:59 PM receive a 10% discount. The discount **only** applies to **summer programs** (certain programs do not offer a MIS discount and will be noted in the brochure). Registrations accepted via online, mailed in or at March Into Summer to receive the 10% discount as long as they are received by the deadline and paid in full.

6. Do I have to attend the *March Into Summer* event to receive the 10% discount?

No, any registration paid in full and received by Tuesday, March 14th by 11:59 PM (online, walk-in or at March Into Summer) are eligible for the discount. Please note the discount **only** applies to summer programs (certain summer programs do not offer a MIS discount and will be noted in the brochure.)

7. My registration is eligible for the 10% discount, how will it be applied?

For online registrations, the 10% discount will be automatically applied at check out.

8. Is there financial assistance available for summer programs?

Yes, for Westwood residents requesting summer program financial assistance please contact Beth Roper before Tuesday, March 7th at broper@townhall.westwood.us.ma / 781-355-8097.

9. I would like to pay by check, can I register online?

No, if paying by check or cash you must register at the Recreation Office during the MIS event or during open office hours.

10. How do I set up a Pay Plan?

Pay Plans allow 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 Beth Roper. Approved payment plans offer online payments, check or cash options. 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. A 10% discount will only be applied to the programs paid in full during the MIS dates.

MARCH INTO SUMMER ACTIVITIES

POOL

AQUATICS MANAGER, SUSAN PERRY

Bring a suit & towel and treat yourself to a free swim!
Water temperature 82, air temperature 84

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

LAP SWIM – Two Lanes

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

SWIM LESSONS/EVALUATION – Uncertain where to place your child in lessons? Speak with the instructors and they 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).

TOT DOCK EXPLORATION – 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.

GYM LOBBY

WEGMANS - Stop by our MIS sponsor table for give-a-ways, games and more!

SUMMER CAMP - Camp information available

ART ACTIVITY with Lisa Walker

BEHN BASKETBALL - Meet the staff and get information on their summer camps!

TOP SECRET SCIENCE - See what fun experiments are mixing up!

GYMNASIUM

OPEN GYM

INFLATABLES

Jump, bounce, climb, and slide.

INTERACTIVE DEMONSTRATION

Behn Basketball 11:30-11:45 AM

POOL - OPEN SWIM



PLAYLAND - GYM



POOL LOBBY



- **PIZZA SLICES**
- **DRINKS**
- **SNACKS**
- **COFFEE (FREE)**



Proceeds to benefit the Westwood Recreation Swim Team

Thank you *Wegmans*

Wegmans EZ meals

READY TO EAT

*Dinner's not just delicious,
it's done.*

Wegmans makes busy weeknight dinners easy.
Just choose a chef-made Family Pack entrée, then choose
two veggie bowls and dinner's ready for your family!



Grilled Lemon Garlic
Chicken Breast

Roasted Vegetables
Veggie Bowl

Garlicky Greens
Veggie Bowl

169 University Ave • Westwood, MA 02090
wegmans.com

AQUATICS

SESSION E		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Apr 24-May 22	\$85	9:30-10:10	9:30-10:10	1:15-1:55	4:15-4:55				
Tue, Apr 25-May 23	\$85			1:15-1:55			4:15-4:55		
Wed, Apr 26-May 24	\$85							4:15-4:55	
Thu, Apr 27-May 25	\$85				1:15-1:55	4:15-4:55			
Sat, Apr 29-Jun 3 (no 5/27)	\$85	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Apr 30-Jun 4 (no 5/28)	\$85			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



WATER BABIES (WB) *ages 9-24 months**

Min: 4 Max: 15

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.

PARENT AND CHILD (PC) *ages 2-3**

Min: 4 Max: 15

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.

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

PRESCHOOL (PS345) *ages 3-5*

Min: 4 Max: 8

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.

LEVEL 1 (L1) INTRODUCTION TO WATER *ages 4 & up*

Min: 4 Max: 8

Participants must be four (4) years of age or older and comfortable with going underwater. 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.



LEVEL 2 (L2) FUNDAMENTAL SKILLS

Min: 4 Max: 10

Participants must have passed Level 1. 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.

LEVEL 3 (L3) STROKE DEVELOPMENT

Min: 4 Max: 10

Participants must have passed Level 2. 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.

LEVEL 4 (L4) STROKE IMPROVEMENT

Min: 4 Max: 10

Participants must have passed Level 3. 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.

LEVEL 5 (L5) STROKE REFINEMENT

Min: 4 Max: 10

Participants must have passed Level 4. 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.

YOUTH BEGINNER (YB) *ages 8-14*

Min: 4 Max: 8

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.

SWIM LESSON OBSERVATION POLICY

Please join us in the Spectator Area to observe swim lessons.
We welcome your enthusiasm! Please review the following:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain for the duration of the lesson
- Restrooms are available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

Thank you for your cooperation.

AQUATICS

PRIVATE LESSONS *ages 4 to 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 due when the lesson date/time is confirmed.

CONDITION SWIMMING *ages 6-18*

Certified Water Safety Instructors
\$100 (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 sperry@townhall.westwood.ma.us for a skills check prior to registration.

Day	Dates	Time
Mon	Mar 27-May 22 (No 4/17)	5:00-6:00 PM
Tue	Mar 28-May 23 (No 4/18)	5:00-6:00 PM
Wed	Mar 29-May 24 (No 4/19)	5:00-6:00 PM
Thu	Mar 30-May 25 (No 4/20)	5:00-6:00 PM

UNDERWATER HOCKEY *ages 18 & up*

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

Looking for a great way to have fun and stay healthy? Anyone who likes swimming, snorkeling, or SCUBA will enjoy this non-contact team sport. Underwater Hockey is a team sport played throughout the world. It is a great way to stay in shape, an excellent cardiovascular activity and more interesting than swimming laps! Discounts are available for students and multiple family members. No special equipment is necessary for beginners.

SPRINGBOARD DIVING *all ages*

Jim Locke, Diving Instructor
Mon and Wed, Apr 24-May 24, 3:00-4:30 pm
\$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 & 8*

Fri, Mar 31, 3:30-5:00 PM
\$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 18-21, 1:00-3:00 PM
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 4-June 15 (No 4/18, 4/19, 4/20), 9:00-10:00 AM
\$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 4-Jun 15 (No 4/18, 4/20), 1:00-2:15 PM
\$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!

Fee: \$250 for two hours

Facility: Westwood Pool and Pool Lobby

Maximum Capacity: 50 Swimmers

All Pool Rules Apply / Fee includes lifeguarding staff

To request a pool party date contact Sue Perry at

sperry@townhall.westwood.ma.us.

FITNESS



BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field

Core Asset Staff

Session C: Tue & Thu, May 2-June 15, 6:00-7:00 AM

Session D: Tue & Thu, Jun 20-Aug 10 (No 7/4, 7/6), 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 a mat, light weights and water. In the event of rain, class will be held in WHS Gym.

ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room

Linda Margosian, Certified Hatha Yoga Instructor

Thu, Apr 6-Jun 15 (No 4/20), 7:00-8:30 PM

\$160 (10 classes) Min 5/Max 12

Yoga for everyone! 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.

MOTHER/DAUGHTER YOGA *ages 7 & up*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Apr 2-May 14 (No 4/16, 4/23), 2:30-3:30 PM

\$70 (5 classes) ***Mother and Daughter must each register.*** Min 4/Max 20

This special series, designed for girls ages 7 and up and their moms (or other adult female role model), includes yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class, a 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, comfortable clothing and bring a water bottle, and yoga mat.

STRONG GIRL FITNESS *grades 6-8*

Thurston Middle School Gym and Field

Erin Colleran, Group Exercise Instructor

Mon & Fri, Apr 24-May 19, 2:30-3:30 PM

\$78 (8 classes) Min 5/Max 15



Functional fitness is designed to improve general physical preparedness, build muscle and improve cardio health. The exercises in this program will be mostly body weight movements and are designed in a non-competitive format for all fitness levels. Strong Girl Fitness will provide broad, inclusive fitness to girls in grades 6-8 to boost self-esteem and set them up for a lifetime of fitness. Making fitness fun will be the major focus and the music will be all female artists.

GIRL TWEENS YOGA *ages 8-14*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Apr 2-May 14 (No 4/16, 4/23), 3:45-4:45 PM

\$70 (5 classes) Min 6/Max 20

Tween 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, comfortable clothing and bring a water bottle, and yoga mat.



ADULT AND TEEN

PEDIATRIC FIRST AID & CPR/AED *ages 15 & up*

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



Offered by the American Heart Association, course covers: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants 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
\$120 (8 classes)

*Owners of all ages (12 and younger must have an adult)
Copies of shots must be provided at the first class*

BEGINNING DOG (BD) *dogs 6+ months*

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

DOG AGILITY (DA) *dogs 6+ months*

For all agility levels. Dogs and owners learn the basics of agility equipment and exercise. This course covers the foundation skills to navigate the equipment as a team.

CANINE GOOD CITIZEN (CGC) *dogs 1 year or older*

Builds on what was learned in previous classes and prepares you for the Canine Good Citizens test. Advanced obedience skills are emphasized in the curriculum along with CGC test requirements.

SNIFFING FOR FUN – LEVEL II (SFF) *dogs 6+ months*

Level 2 Sniffing for Fun provides more challenging nose work activities and techniques.

Level	Day	Dates	Time
BD	Mon	Apr 3-Jun 5 (No 4/17, 5/29)	6:00-7:00PM
DA	Mon	Apr 3-Jun 5 (No 4/17, 5/29)	7:00-8:00PM
CGC	Wed	Apr 5-May 31 (No 4/19)	6:00-7:00PM
SFF	Wed	Apr 5-May 31 (No 4/19)	7:00-8:00PM

PASTRY CLASS – TIRAMISU *ages 16 & up*

Deerfield School Kitchen
Ambreen Hasan
Thu, April 6, 7:00-8:30 PM
\$50 (1 class) Min 5/Max 10



Learn to make a traditional Tiramisu and a summer version that will be a show stopper for family and friends! Taught by Ambreen Hasan, graduate of French Culinary Institute in NYC, this class will offer hands on creativity that you can use in your own kitchen.

CRUISIN' COOKING CLASSES *ages 21 & up*

BONEFISH GRILL

174 University Ave, Westwood
Bonefish Chef and Staff
\$25 (1 class) Min 6/Max 16

Westwood's local seafood destination! Chefs will demonstrate how to prepare seasonal specials featuring high quality, fresh ingredients. Each class introduces a new and exciting dish. Register with friends and enjoy a night out and delicious food.

Day	Date	Time
Mon	Apr 24	7:00-8:00 PM
Mon	May 22	7:00-8:00 PM
Mon	Jun 26	7:00-8:00 PM

DRIVER EDUCATION CLASSES *ages 15 and 9 months & up*

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



Parent & Student Class

April Vacation #4: Tue, Mar 28, 6:00-8:00 PM

At least one parent/guardian must attend Parent Class. Parents who already attended a class (Sept 2007 or later) are exempt for up to 5 years). Students must bring a copy of their birth certificate, and must be 15 years and 9 months old to attend. For more information, 877.TDA.DRIVE/ www.teachersdrivingacademy.com

APRIL VACATION #4		
Day	Dates	Time
Tue	Mar 28	6:00-8:00 PM
Wed	Mar 29	5:00-9:15 PM
Tue	Apr 18	8:00-2:30 PM
Wed	Apr 19	8:00-2:30 PM
Thu	Apr 20	8:00-2:30 PM
Fri	Apr 21	8:00-12:15 PM

BALLROOM DANCING *ages 18 & up*

Downey School Cafeteria
Paul Hughes
Tue, Apr 4-May 30 (No 4/18), 7:30-8:30 PM
\$105 (10 classes) Min 6/Max 12

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. 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 required.



SPORTS

TENNIS LESSONS *ages 5-11*

Westwood High School Courts
Jayson Sellers, Tennis Pro
Sat, May 6-Jun 10 (No 5/27)
\$65 (5 lessons) Min 4/Max 6



Little Lobbers: Lessons are for those who are new to tennis or have had little instruction. Specific balls are used to aid in development and consistency. The forehand, backhand and volley will be emphasized in stroke development. Racquets are provided.

Beginner: Players who are new to the game or have had little instruction. Focus on fundamental skills including: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.

In the event of rain, lessons will be canceled and the make-up will be held on Saturday, June 17.

Level	Time	Ages
Little Lobbers	11:30-12:30 PM	5-6
Beginner	12:30-1:30 PM	7-11

APRIL VACATION TENNIS

Westwood High School Courts
Jayson Sellers, Tennis Pro
Tue-Thu, Apr 18-20, Min 4/Max 6

Beginner: Players who are new to the game or have had little instruction. Focus on fundamental skills including: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.

Clinic: The clinic focuses on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules and etiquette. Participants will need their own racquet.

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 with a focus on the application of strokes and an emphasis on court coverage and placement.

In the event of rain, programs will be canceled and the make-up will be held on Friday, April 21.

Level	Ages	Time	Fee (Min 4/Max 6)
Beginner	7-11	11:30-12:30 PM	\$40 (3 lessons)
Clinic	8-13	12:30-3:30 PM	\$115 (3 days)
Intermediate	11-13	3:30-4:30 PM	\$40 (3 lessons)

PRIVATE TENNIS LESSONS *ages 9 & up*

Westwood High School Courts
Jayson Sellers, Tennis Pro
\$65 per lesson (1 hour)

To schedule private lessons contact tcrocker@townhall.westwood.ma.us

GOLF JR BEGINNER CLINIC *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
\$110 (4 classes) Min 4/Max 7

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

Session	Day	Dates	Time
1	Sat	Apr 1-22	9:00-11:00 AM
2	Sat	May 6-27	9:00-11:00 AM
3	Sat	Jun 3-24	9:00-11:00 AM

GOLF LADIES BEGINNER CLINIC *ages 16 & up*

Norwood Country Club
John Resnick, Golf Pro
\$110 (4 classes) Min 4/Max 7

Clinic covers the full swing, chipping, putting, etiquette and on course instruction in a fun and relaxed setting. Participants 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 1	Session 2	Session 3	Time
Wed	Apr 5-26	May 3-24	Jun 7-28	5:30-6:30 PM
Thu	Apr 6-27	May 4-25	Jun 8-29	5:30-6:30 PM

VOLLEYBALL-GIRLS *grades 5-8*

Westwood High School Gym
Annie Deloid, WHS JV Volleyball Coach
Thu, Apr 6-May 18 (No 4/20), 6:00-8:00 PM
\$75 (6 classes) Min 10/Max 24



Bump! Set! Spike! Learn the game of volleyball or brush up on your technique. Athletes work on techniques of passing, setting, serving and hitting as well as court awareness. Have fun as you improve your skills. Participants are recommended to bring knee pads and water bottle.



SPORTS

SURVIVOR CHALLENGES *ages 7-11*

Downey School Gym
Knucklebones Staff
Tue, Apr 25-Jun 13, 3:30-4:45 PM
\$125 (8 classes) Min 8/Max 25

Not just a TV show; Survivor has created some of the greatest challenges ever. Participants engage in mental, physical and creative tasks as they complete challenges from a giant puzzle to a rolling boulder, knot tying to navigating through a maze. Those who participated in the winter session will experience new challenges.

Staff will be at Downey for 3:10 dismissal to supervise participants attending this program. The actual program begins at 3:30.

SHORT WEDNESDAY SPORTS & GAMES *grades k-5*

Downey School Gym and Field
Taryn Crocker and Recreation Staff
Wed, Apr 12, 26; May 10, 24; Jun 7, 11:50-3:00 PM
\$115 (5 classes) Min 10/Max 25

Games include: pinball, 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.

Staff will be at Downey for 11:50 dismissal to supervise participants attending this program. The actual program begins at 12:30.

T-BALL *ages 4-6*

Downey School Baseball Field
Knucklebones Staff
Wed, Apr 26-Jun 14
Ages 3 and 4: 3:30-4:15 PM
Ages 5 and 6: 4:25-5:10 PM
\$125 (8 classes) Min 8/Max 16

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, program will be held inside at the gym.

SKATEBOARD CLINIC *grades 2-5*

Downey School Outdoor Basketball Court
Knucklebones Staff
Thu, Apr 27-Jun 8, 3:30-4:45 PM
\$115 (7 classes) Min 8/Max 25

Designed for beginner skateboarders with little to no experience, class introduces fundamental skateboarding tricks and skills while concentrating on balance, turning, accelerating, stopping, transitions, dropping in, Ollies, and other skills. Proper safety equipment (helmet, knee and elbow pads, and wrist guards) and skateboards are required. For those that can't bring them, they will be provided. Participants must keep all safety gear on at all times and wear sneakers.

Staff will be at Downey for 3:10 dismissal to supervise participants attending this program. The actual program begins at 3:30.

WACKY GAMES *grades k-5*

Thurston Middle School Gym
Knucklebones Staff
April Vacation: Tue-Fri, Apr 18-21, 9:00-11:30 AM
\$155 (4 classes) Min 10/Max 25

Have you ever played Gaga or Castleball? April vacation has it all happening along with traditional sports, such as hockey & basketball and camp classics, Capture the Flag & Kickball. Participants will be active and have a blast. Please bring a nut free snack and water bottle.

BASEBALL SPRING TRAINING *ages 5-12*

Morrison Park
Bob Phillips and Staff
Mon-Fri, Apr 17-21, 9:00-12:00 PM
\$130 (5 days) Min 15/Max 40

Participants will be grouped by appropriate age and skill levels. Each player will receive individual instruction to follow for the spring season. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Cold drinks and peanut free snacks will be provided. Please bring sneakers/cleats and baseball glove.

PRESCHOOL SPORT CLASSES *ages 3-6*

Morrison Park
Bob Phillips
Tue, Apr 11-Jun 6 (No 4/18), 12:45-1:45 or 1:45-2:45 PM
\$100 (8 classes) Min 10/Max 16



Participants will be taught soccer and baseball motor skill techniques. Instruction will include drills and games emphasizing the fundamentals of sports and teamwork in a supportive and fun environment. Parents are encouraged to stay. In the event of rain, program will be canceled and made up at the end of the session.

PRESCHOOL SPORTS & PLAY *ages 3-6*

School Street Playground
Bob Phillips
Mon-Thu, Jun 5-8, 9:00-12:00 PM
Mon-Thu, Jun 12-15, 9:00-12:00 PM
\$100 (4 days) Min 10/Max 20



Let's play and have fun. Soccer, baseball and playground time will be the featured activities. Snacks and cold drinks will be provided. Thursdays will feature a pizza party. In the event of rain, the day will be canceled and the make-up will be on Friday.



YOUTH

HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, Apr 26, 1:00-3:00 PM
\$55 (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. 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, Apr 26, 3:00-6:00 PM
\$62 (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 receive a book and a sitter checklist. Please bring nut free snack & drink.

SOCIALSKLZ *ages 8-12*

Islington Community Center
Juanita Allen Kingsley, W-EMT, Century Health Systems
Wed, May 10, 1:00-3:00 PM
\$85 (1 Class) Min 4 /Max 8

In this two hour workshop, gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event. This fun, interactive workshop focuses on greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills.

AMERICAN DOLL: SLEEPOVER PARTY *ages 5-9*

Islington Community Center Hall
Event-FULL Staff, Diane Benson and Beth Meditz
Sat, Apr 8, 9:00-12:00 PM
\$58 (1 class) Min 8/Max 15

Bring your special friend (it does not have to be an American Girl Doll - feel free to bring a favorite stuffed animal) and creatively design a sleeping bag, pillow and more! What you make and take home will lead to hours of continued play and enjoyment. Please send your child with a peanut free snack and drink.



TOP SECRET SCIENCE *grades k-5*

Sheehan School Cafeteria
Top Secret Science Staff
April Vacation, Apr 18-21, Tue-Fri, 9:00-3:00 PM
\$160 (4 days) Min 15/Max 30

Explore up to 20 weird and wacky hands-on science experiments and take home at least 8 different projects. Participants 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!

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ARTS

THE LITTLE MERMAID MUSICAL THEATRE *ages 5-13*

Islington Community Center Hall

Aly Pereira

Tue, Apr 25-Jun 13, 3:45-4:45 PM

\$120 (8 classes) Min 5/Max 25

Come join in on the fun of learning how to take part in a musical theatre performance. Children learn to audition for a role in the musical *Ariel's Medley Excerpts*. This play has been rewritten along the theme of the original *The Little Mermaid*. Children sing, dance, and act their way into a world of excitement! Costumes are encouraged, but not necessary.



HIP HOP *ages 5-13*

Islington Community Center Hall

Aly Pereira

Fri, Apr 7-Jun 16 (No 4/14, 4/21, 5/26), 5:00-6:00 PM

\$110 (8 classes) Min 5/Max 20

Learn the latest dance moves to today's popular music! Class incorporates choreography from different forms of freestyle movement. At the end of the session there will be a short performance to showcase participant's talent and hard work

CLAY CLASSES *grades 1-5*

Islington Community Center

Lisa WB Walker

Red, White & Blue: Wed, May 24, 1:00-2:00 PM

Summer Fun: Wed, Jun 7, 1:00-2:00 PM

\$30 (1 class) Min 4/Max 6

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

MUSIC LESSONS *ages 5 & up*

The Real School of Music, 66 Eastern Ave, Dedham

The Real School Staff

April - June Sessions

\$148 (Five 30 min lessons)

Ever thought about playing a musical instrument? Now is your chance to get started! The Real School of Music offers introductory private music instruction to Westwood residents at discounted pricing. Lessons are offered to anyone who has an interest in learning an instrument or getting back into playing one.

Instruments offered: Voice, Piano, Guitar, Bass, Drums, Ukulele, Strings, Saxophone, Violin and many more! *Register online under Music Lessons. Choose preferred day of the week and instrument. The Real School Staff will contact you to schedule your lessons*

STUDIO MIXED MEDIA *ages 7-10*

Islington Community Center

Lisa WB Walker

Theme: Spring

Wed, Apr 26, 1:00-2:30 PM

\$40 (1Class) Min 4/Max 8

Calling all artists! If your child has a passion for creating things with their hands, this class is a must! Students will create individual pieces in 3D and 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media 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. Wear clothes that can get dirty.

FISHING DERBY

ITS' A "REEL' GREAT TIME

SATURDAY, MAY 13

7:00-11:00 AM

BUCKMASTER POND



DETAILS ON BACK COVER

PARENT/CHILD

MESSY MASTERPIECES *ages 2-5*

Islington Community Center

Jenny Slocum, M.Ed.

Tue, Mar 28-May 23 (No 4/18), 9:30-10:15 AM

\$70 (8 classes) Min 6/Max 10

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

MUSIC & MOVEMENT *ages 2-4*

Islington Community Center

Jenny Slocum, M.Ed.

Tue, Mar 28-May 23 (No 4/18), 10:45-11:30 AM

\$70 (8 classes) Min 6/Max 10

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

ANIMAL ADVENTURERS *ages 2-5*

Islington Community Center

Jenny Slocum, M.Ed.

Wed, Mar 29-May 24 (No 4/19), 10:45-11:30 AM

\$70 (8 classes) Min 6/Max 10

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

BOPPIN' BABIES *ages 0-18 months*

Islington Community Center

Jenny Slocum, M.Ed.

Thu, Mar 30-May 25 (No 4/20), 9:30-10:15 AM

\$70 (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.

Wed, Mar 29-May 24 (No 4/19), 9:30-10:30 AM or

Thu, Mar 30-May 25 (No 4/20), 10:30-11:30 AM

\$78 (8 classes) Min 6/Max 10

Join us for a relaxed class featuring free play, singing, dancing and a craft.



PRESCHOOL

***PLEASE NOTE: PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED.**

ADVENTURE DAYS *ages 3-5*

Islington Community Center

Recreation Staff

Min 6/Max 12

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. Participants need to bring nut free snacks and lunch.

Day	Dates	9:00-1:00
Tue	Apr 18	\$35
Wed	Apr 19	\$35
Thu	Apr 20	\$35
Day	Dates	9:00-1:00
Mon	Jun 12	\$35
Tue	Jun 13	\$35
Wed	Jun 14	\$35



JUNIOR SCIENTISTS *ages 3-5*

Islington Community Center

Jenny Slocum, M.Ed.

Tue, Apr 25-May 30, 1:15-2:15 PM or

Fri, Apr 28-Jun 2, 1:15-2:15 PM

\$65 (6 classes) Min 5/Max 8



Calling all scientists! How can you make an egg float? Can air lift and power objects? Can you create a fizzing, bubbling, eruption? Come learn about science concepts through fun hands-on explorations that will foster curiosity and encourage creative thinking. Participants attending MMO will be picked up by staff at their classroom.

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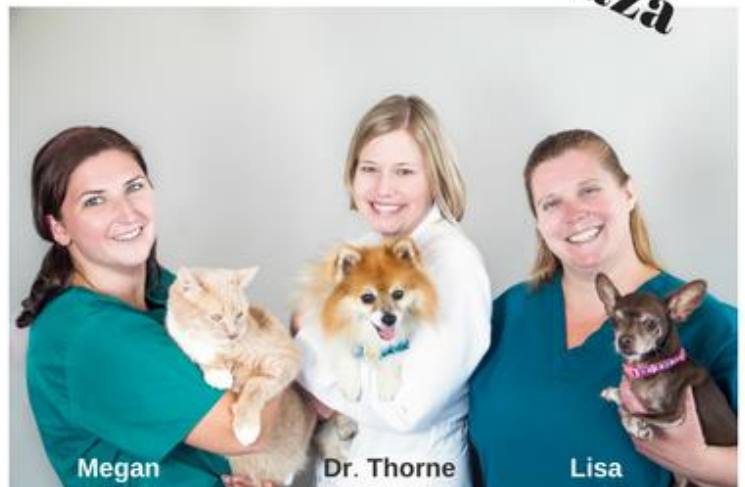
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AQUATICS



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**

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 (PS 3/4/5) *ages 3-5*

This is a child's independent water experience on the docks exploring 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. 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. 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. 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. 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. Swimmers 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

Week	Fee	SWIM LEVELS							
		WB	PC	PS3,4,5	L1	L2	L3	L4/L5	YB
1: Jun 19-23 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
2: Jun 26-30 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
3: Jul 5-7 (W-F)	\$51			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
4: Jul 10-14 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
5: Jul 17-21 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
6: Jul 24-28 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
7: Jul 31-Aug 4 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
8: Aug 7-11 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
Saturdays, Jul 8-Aug 5	\$85	9:00-9:40	9:00-9:40	8:15-8:55	10:30-11:10				9:45-10:25

SWIM LESSON OBSERVATION POLICY

Please join us in the Spectator Area to observe swim lessons. We welcome your enthusiasm! Please review the following:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain for the duration of the lesson
- Restrooms are available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

Thank you for your cooperation.



AQUATICS

PRIVATE LESSONS *ages 4 to 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.

SWIM CLINIC *ages 8-18*

Susan Perry, Aquatics Manager
Week 9: Aug 14-18, Mon-Fri, 9:00-3:30 PM
\$225 (1 week) Min 10/Max 20

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.

AQUANAUTS *ages 12-14* (MUST HAVE PASSED LEVEL 5)

Susan Perry, Aquatics Manager



Aquanauts 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
4: Jul 10-14	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120
6: Jul 24-28	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120

AQUA FITNESS *ages 18 & up*

Susan Perry, Aquatics Manager
Tue and Thu, Jun 20-Aug 24 (No 7/4) 8:00-9:00 AM
\$75 Punch Pass (10 classes)

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

CONDITION SWIMMING *ages 6-18*

Aquatic Staff

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

Dates	Ages	Day	Time	Fee
May 31-Aug 9	6-10	M & W	5:00-6:00 PM	\$125
May 31-Aug 9	11-18	M & W	6:00-7:00 PM	\$125



SWIM TEAM *ages 6-18*

Aquatic Staff

In a relaxed yet productive atmosphere, both novice and experienced swimmers 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 at home and five 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 sperry@townhall.westwood.ma.us for a skills check.

Dates	Ages	Day	Time	Fee
May 30-Aug 10	6-10	M, T, W, Th	5:00-6:00 PM	\$180
May 30-Aug 10	11-18	M, T, W, Th	6:00-7:00 PM	\$180

MEET SCHEDULE – Dual meets are on weekday nights typically Tuesday and Thursday nights, 5:00-7:00 pm. Championship meets are on the first two Saturdays in August.

POOL PARTIES!



Great for all ages and any occasion!

Fee: \$250 for two hours

Facility: Westwood Pool and Pool Lobby

Maximum Capacity: 50 Swimmers

All Pool Rules Apply. Fee includes lifeguarding staff

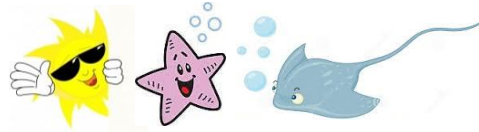
To request a pool party date contact Sue Perry at

sperry@townhall.westwood.ma.us.

SUMMER CAMP

SUMMER CAMP

Westwood High School
Kristin Scoble



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:

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 on the next page.)

TENNIS LESSONS (ADDITIONAL FEE)

Jayson Sellers, Tennis Pro

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 held in the gym. (Please see times on the next page.)

12:00-3:30/5:30 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.

ENTERING GRADES K-6 (CAMP STINGRAY) 7&8 (SUMMERTASTICS)

Theme	Week	5 DAYS: MON-FRI				4 DAYS: MON-THU			
		7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30	7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30
Adventure Awaits	1: Jun 21 - 23	WK 1 options see next page							
Treasure Island	2: Jun 26-30	\$260	\$210	\$170	\$200	\$210	\$170	\$130	\$170
Stars and Stripes	3: Jul 3-7 (No 7/4)	WK 3 options see next page							
Olympic Week	4: Jul 10-14	\$260	\$210	\$170	\$200	\$210	\$170	\$130	\$170
Splish Splash	5: Jul 17-21	\$260	\$210	\$170	\$200	\$210	\$170	\$130	\$170
Fun In The Sun	6: Jul 24-28	\$260	\$210	\$170	\$200	\$210	\$170	\$130	\$170
Westwood's Got Talent	7: Jul 31-Aug 4	\$260	\$210	\$170	\$200	\$210	\$170	\$130	\$170
Summer Fiesta	8. Aug 7-11	\$260	\$210	\$170	\$210	\$210	\$170	\$130	\$170

AGES 3-5 (CAMP STARFISH)

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.**

Theme	Week	5 DAYS: MON-FRI			4 DAYS: MON-THU		
		7:30-5:30	9:00-3:30	9:00-12:00	7:30-5:30	9:00-3:30	9:00-12:00
Adventure Awaits	1: Jun 21 - 23	WK 1 options see next page					
Treasure Island	2: Jun 26-30	\$260	\$210	\$150	\$210	\$170	\$110
Stars and Stripes	3: Jul 3 -7 (No 7/4)	WK 3 options see next page					
Olympic Week	4: Jul 10-14	\$260	\$210	\$150	\$210	\$170	\$110
Splish Splash	5: Jul 17-21	\$260	\$210	\$150	\$210	\$170	\$110
Fun In The Sun	6: Jul 24-28	\$260	\$210	\$150	\$210	\$170	\$110
Westwood's Got Talent	7: Jul 31-Aug 4	\$260	\$210	\$150	\$210	\$170	\$110
Summer Fiesta	8. Aug 7-11	\$260	\$210	\$150	\$210	\$170	\$110

SUMMER CAMP

WEEK 1 & 3 OPTIONS ONLY – K-8

		4 DAY: MON, WED-FRI				3 DAYS: WED-FRI			
Theme		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
Adventure Awaits	1: Jun 21 - 23					\$160	\$130	\$105	\$130
Stars and Stripes	3: Jul 3 - 7 (No 7/4)	\$210	\$170	\$130	\$170	\$160	\$130	\$105	\$130

WEEK 1 & 3 OPTIONS ONLY – AGES 3-5

		4 DAY: MON, WED-FRI			3 DAYS: WED-FRI		
Theme		7:30-5:30	9:00-3:30	9:00-12:00	7:30-5:30	9:00-3:30	9:00-12:00
Adventure Awaits	1: Jun 21 - 23				\$160	\$130	\$85
Stars and Stripes	3: Jul 3 - 7 (No 7/4)	\$210	\$170	\$110	\$160	\$130	\$85

SUMMER CAMP SWIM LESSONS

	1: JUN 21-23	2: JUN 26-30	3: JUL 3-7	4: JUL 10-14	5: JUL 17-21	6: JUL 24-28	7: JUL 31-AUG 4	8: AUG 7-11
	Wed-Fri	Mon-Fri	Wed-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Swim Lessons Ages 3-5 9:10 – 9:50 AM (5 classes)	\$51	\$85	\$51	\$85	\$85	\$85	\$85	\$85
Swim Lessons Gr. K - 8 1:15-1:55 PM (5 classes)	\$51	\$85	\$51	\$85	\$85	\$85	\$85	\$85

SUMMER CAMP TENNIS LESSONS

	1: JUN 21-23	2: JUN 26-30	3: JUL 3-7	4: JUL 10-14	5: JUL 17-21	6: JUL 24-28	7: JUL 31-AUG 4	8: AUG 7-11
	Wed-Fri	Mon-Fri		Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Tennis Lessons Ages 7-13 3:30-4:30 (5 classes)	\$33	\$55		\$55	\$55	\$55	\$55	\$55

CampDoc.com



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

CampDoc.com is an electronic health record system for camp and helps us consolidate and integrate camper health information into a centralized and secure location. The system gives 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.

PLAYGROUND

PLAYGROUND *grades K-5*

Deerfield School
Recreation Staff

Playground is for grades entering Kindergarten to 5th Grade. Participants take part in a variety of weekly activities and special events. Our caring, well-trained staff encourages confidence, creativity, developing skills, making new friends, and having fun! To assist parents, this program offers extended hours and transportation from Westwood Public School Enrichment Program.

SPACE

Gym, cafeteria, classrooms, fields, playground, outdoor basketball court

ACTIVITIES

Arts and crafts, sports and games, scavenger hunts, recreation play, water activities, inflatables, and more.

WALKING TRIPS

Walking trips to the library, fire department, and/or police department may occur. Trail walks to Rice Reservation for campfire and toasted marshmallows. Parents will be notified ahead of time.

LUNCH AND SNACKS

Participants need to bring **nut free** AM & PM snacks, drinks, and lunch. No refrigeration is available. Water is provided throughout the day.

ENRICHMENT

Playground program **provides transportation** for participants attending the Westwood Public School Enrichment Program. Children are picked up at noon from Thurston Middle School by Recreation Staff and transported to Deerfield School by a town vehicle.

CAMPDOC.COM

CampDoc.com is an electronic health record system for camps and helps us consolidate and integrate camper health information into a centralized and secure location. You will receive an email with instructions.

CampDoc.com

		5 DAYS: MON-FRI				WEEK 1 & 3 ONLY			
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
Cruisin' Into Summer	1: Jun 21- 23	Wed – Fri Only Cost →				\$150	\$115	\$85	\$115
Wacky Water	2: Jun 26-30	\$250	\$200	\$160	\$200				
Stars and Stripes	3: Jul 5-7	Wed – Fri Only Cost →				\$150	\$115	\$85	\$115
Summer Expedition	4: Jul 10-14	\$250	\$200	\$160	\$200				
Olympic Week	5: Jul 17-21	\$250	\$200	\$160	\$200				
Treasure Hunters	6: Jul 24-28	\$250	\$200	\$160	\$200				
Rockstars	7: Jul 31-Aug 4	\$250	\$200	\$160	\$200				
Summer Luau	8: Aug 7-11	\$250	\$200	\$160	\$200				

COUNSELOR IN TRAINING (CIT)

Entering Grades 9 & Up (Now open to non-residents)
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 assigned in all summer programs (Summer Camp, Sports, Musical Theatre & more) with trainings, active group participation, regular feedback and weekly evaluations. Trainings 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 experience 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- APPLICATION PROCESS

1. Pre-register for desired sessions and time.
2. Registered participants are required to fill out a CIT application. Please go to www.westwoodrec.com (forms and applications) and print off the application and return to the Recreation Office by May 5.
3. Applications received on time will be contacted with a mandatory group interview the week of May 22. Details will be given after the application has been received. 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 when registering.

Session	Dates	8:30-3:30	11:30-5:30	
A	Jun 19-Jul 14 (No 7/4)	\$155	\$145	4 weeks
B	Jul 17-Aug 11	\$155	\$145	4 weeks

ARTS

MUSICAL THEATRE *ages 6-12*

Westwood High School Auditorium
Scott Gagnon and Recreation Staff
\$270 (1 week) Min 18/Max 25

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. Please bring nut free AM & PM snacks, lunch and drinks.

THE JUNGLE BOOK

The Disney classic comes to life with favorite songs like "Bare Necessities" and "I Wanna Be Like You!" We'll have a wild time bringing Mowgli and all of his animal friends to the stage in this stage adaptation of the popular Disney movie. There's never been a stage safari like this!

BEAUTY AND THE BEAST

Whether you're a fan of the classic animated film, the hit Broadway musical or the upcoming live-action release, you'll want to "Be Our Guest" as we bring Belle, the Beast, Mrs. Potts, Chip, Lumiere and Cogsworth to the stage. Unforgettable hit songs and a world-famous story make this one of the truly fantastic musicals ever written.

ALICE IN WONDERLAND

On her trip "down the rabbit hole," Alice encounters all sorts of crazy characters in this classic adventure! Featuring songs like "I'm Late," "The Unbirthday Song" and "Golden Afternoon" and characters like White Rabbit, Mad Hatter, Cheshire Cat and of course, Her Majesty the Queen of Hearts!

THE MUSIC MAN

One of the great classics of the Broadway stage, Meredith Wilson's "The Music Man" tells the story of Harold Hill, Marion the Librarian and the first River City Kids' Marching Band with popular songs like "76 Trombones," "Trouble" and "Till There Was You." An American classic, and a funny, unpredictable show from beginning to end!

Performance	Week	Days	Time
Jungle Book	2: Jun 26-30	Mon-Fri	9:00-4:00 PM
Beauty and the Beast	4: Jul 10-14	Mon-Fri	9:00-4:00 PM
Alice In Wonderland	5: Jul 17-21	Mon-Fri	9:00-4:00 PM
Music Man	7: Jul 31-Aug 4	Mon-Fri	9:00-4:00 PM
Beauty and the Beast	8: Aug 7-11	Mon-Fri	9:00-4:00 PM



ART STUDIO *ages 7-10*

Islington Community Center
Instructor: Lisa Walker
\$160 Min 6/Max 12

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.

Class	Week	Days	Time
3D Art	4: Jul 10-13	Mon-Thu	9:00-12:00 PM
2D Art	5: Jul 17-20	Mon-Thu	9:00-12:00 PM



HIP HOP *ages 5-13*

Morrison Softball Field
Aly Pereira
Week 10: Aug 21-25, Mon-Fri, 9:00-12:00 PM
\$130 (1 week) Min 6/Max 20 (No March Into Summer discount)

Join the fun and rock out to the most popular music. Participants learn dances to songs which incorporate choreography and forms of freestyle. On the last class, participants do a short performance. In the event of rain, program is held inside the Islington Community Center. Please bring water and a nut free snack.

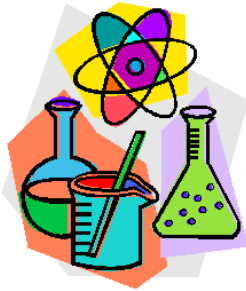
YOUTH

TOP SECRET SCIENCE *k-5*

Islington Community Center
Top Secret Science Staff
\$210 (1 week) Min 15/Max 30

Explore up to 20 weird and wacky 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.**

Week	Days	Time
6: Jul 24-28	Mon-Fri	9:00-3:00
9: Aug 14-18	Mon-Fri	9:00-3:00



SAFETY TOWN *entering K*

Deerfield School
Officer Brad Pindel and Shawna Drew, Recreation Program Supervisor
\$125 Min 10/Max 20

Safety Town is an early childhood 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 to the fire department, police department and library make this program fun and exciting.

Week	Days	Time
4: Jul 10-14	Mon-Fri	9:00-11:30 AM
5: Jul 17-21	Mon-Fri	9:00-11:30 AM



Join Westwood STEAM Program

to improve academic performance and strengthen STEAM skills

Register spring classes now!



Classes: Science, Mathematics, Computer Programming, Engineering, Robotics (Lego), Chess, Creative Arts, and Drawing

When: After school 3:30pm to 5:30pm, Mondays to Fridays

Location: Westwood High School

Visit us at: www.ussteam.org for class listing, schedule, and registration

Contact us: Email: contact@ussteam.org Phone: (781) 888-6182

TEEN AND ADULT

DOG TRAINING PROGRAMS

Susan Lowell, Pet Providers

\$120 (8 classes) Min 4/Max 12

Owners of all ages (children 12 and under must be with an adult).

When registering please register your dog with their ages. Copies of shots must be provided at the first class.

50% Discount for service dog with proof submitted to Recreation office.

PUPPY TRAINING (PT) *puppies 12 wks -1 yr*

This course is designed to help owners and their dogs understand one another through basic commands and motions.

BEGINNING DOG (BD) *dogs 6 months +*

Your dogs will accompany you to all six classes and they will learn 'go to your place', train with distractions, attention and much more.

DOG AGILITY (DA) *dogs 6 months +*

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.

SNIFFING FOR FUN- LEVEL II (SFF) *dogs 6 months +*

Is your dog looking for more sniffing for fun? Enroll him or her in our Level 2 Sniffing for Fun class for hours of fun!

ADVANCED/CAINE GOOD CITIZEN COMBO (AD)

dogs 1 year +

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



DRIVER EDUCATION CLASSES

ages 15 and 9 months & up

Islington Community Center Sanctuary

Teachers Driving Academy

\$99 (1 session) Min 10 /Max 50



Parent & Student Classes

Summer A #5: Mon, Jun 19, 6:00-8:00 PM

Summer B #6: Mon, Jul 24, 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. At least one parent/guardian must attend the Parent Class unless the parent has attended one within 5 years. **Students must bring a notebook, pen, copy of their birth certificate, and must be 15 years and 9 months old to take the class.** 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.

Level	Day	Dates	Time	Location
PT	Mon	Jun 26-Aug 21 (No 7/3)	6:00-7:00 PM	Islington Community Center
BD	Mon	Jun 26-Aug 21 (No 7/3)	7:00-8:00 PM	Islington Community Center
DA	Tue	Jun 27-Aug 22 (No 7/4)	6:00-7:00 PM	TBA
AD	Wed	Jun 28-Aug 16	6:00-7:00 PM	Islington Community Center
SFF	Wed	Jun 28-Aug 16	7:00-8:00 PM	Islington Community Center

SUMMER A 2017, #5			SUMMER B 2017, #6		
Day	Dates	Time	Day	Dates	Time
Mon	Jun 19	6:00-8:00 PM	Mon	Jul 24	8:00-2:30 PM
Wed	Jun 21	8:00-2:30 PM	Tue	Jul 25	8:00-2:30 PM
Thu	Jun 22	8:00-2:30 PM	Wed	Jul 26	8:00-2:30 PM
Fri	Jun 23	8:00-2:30 PM	Thu	Jul 27	8:00-2:30 PM
Mon	Jun 26	8:00-2:30 PM	Fri	Jul 28	8:00-2:30 PM
Tue	Jun 27	8:00-12:00 PM			



SPORTS

TENNIS LESSONS

Westwood High School Tennis Courts

In the event of rain, tennis will be held in the WHS gym.

Jayson Sellers, Tennis Pro

\$65 (1 week) Min 4/Max 6

LITTLE LOBBERS *ages 5-6*

Lessons are for those new to tennis or have had little instruction. Specific balls are used to aid in development and consistency. The forehand, backhand and volley will be emphasized in stroke development. Racquets are provided.

BEGINNER *ages 7-11*

For players who are new to the game or have had little instruction. Focus on fundamental skills will include: ready stance, grip, forehand, backhand and serve. Participants need to bring a racquet.

Week	Days	Time	Level
1: Jun 19-23	Mon-Fri	8:00-8:55 AM	Little Lobbers
2: Jun 26-30	Mon-Fri	8:00-8:55 AM	Beginner
4: Jul 10-14	Mon-Fri	8:00-8:55 AM	Little Lobbers
5: Jul 17-21	Mon-Fri	8:00-8:55 AM	Beginner
6: Jul 24-28	Mon-Fri	8:00-8:55 AM	Little Lobbers
7: Jul 31- Aug 4	Mon-Fri	8:00-8:55 AM	Beginner
8: Aug 7-11	Mon-Fri	8:00-8:55 AM	Little Lobbers

TENNIS CLINICS *ages 8-13*

For all levels with focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups divided by ability as needed. Participants need to bring a racquet, snack, and water bottle. Min 8/Max 12

Week	Days	Time	Fee
1: Jun 19-23	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
2: Jun 26-30	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
3: Jul 5-7	Wed-Fri	9:00-12:00 PM	\$85 (3 days)
4: Jul 10-14	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
5: Jul 17-21	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
6: Jul 24-28	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
7: Jul 31- Aug 4	Mon-Fri	9:00-12:00 PM	\$140 (1 week)
8: Aug 7-11	Mon-Fri	9:00-12:00 PM	\$140 (1 week)



SWING & SWIM *ages 8-13*

Participants must be able to swim independently

Westwood High School Tennis Court and Pool

Jayson Sellers, Tennis Pro and Recreation Staff

Min 8/Max 12

Tennis Time: 1:00-3:15 Participants receive instruction, participate in drills, and play matches. In the event of rain, tennis classes are held in the WHS gym. **Pool Time: 3:30-5:00** Participants snack and then it's time to swim. Parents pick up children in the pool lobby by 5:00. Bring tennis racquet, swim suit, towel, water bottle and a snack.

Week	Days	Time	Fee
1: Jun 19-23	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
2: Jun 26-30	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
3: Jul 5-7	Wed-Fri	1:00-5:00 PM	\$90 (3 days)
4: Jul 10-14	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
5: Jul 17-21	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
6: Jul 24-28	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
7: Jul 31-Aug 4	Mon-Fri	1:00-5:00 PM	\$145 (1 week)
8: Aug 7-11	Mon-Fri	1:00-5:00 PM	\$145 (1 week)

JR. WOLVERINES *ages 4-7*

Deerfield School Field

Recreation Staff

Min 12/Max 25

Introducing 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. In the event of rain, program will be held in the gym.

Week	Days	Time	Fee
1: Jun 19-23	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
2: Jun 26-30	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
3: Jul 5-7	Wed-Fri	9:00-12:00 PM	\$80 (3 days)
4: Jul 10-14	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
5: Jul 17-21	Mon-Fri	12:30-3:30 PM	\$135 (1 week)
6: Jul 24-28	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
8: Aug 7-11	Mon-Fri	9:00-12:00 PM	\$135 (1 week)

BASEBALL CLINICS *ages 5-13*

Morrison Park

Bob Phillips and Staff

\$130 (1 week) Min 15/Max 40

Participants will be grouped by appropriate 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 while learning baseball. Please bring sneakers/cleats and baseball glove. Cold drinks and peanut free snacks will be provided.

Week	Days	Time
2: Jun 26-30	Mon-Fri	9:00-12:00 PM
5: Jul 17-21	Mon-Fri	9:00-12:00 PM
6: Jul 24-28	Mon-Fri	9:00-12:00 PM
7: Jul 31-Aug 4	Mon-Fri	9:00-12:00 PM

SPORTS

BASKETBALL CAMPS

Thurston Middle School Gyms
\$190 (1 week) Min 25/Max 100

GIRLS BASKETBALL *ages 8-16*

Director, Jill Johnson & Behn Camp coaches
Week 6: Jul 24-28, Mon-Fri, 9:00-12:00

BOYS BASKETBALL *ages 8-16*

Behn Camp coaches
Week 7: Jul 31-Aug 4, Mon-Fri, 9:00-12:00

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.

FLAG FOOTBALL *ages 7-14*

Sheehan School Field
Recreation Staff
Min 12/Max 40

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.



Week	Days	Time	Fee
1: Jun 19-23	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
3: Jul 5-7	Wed-Fri	9:00-12:00 PM	\$80 (3 days)
5: Jul 17-21	Mon-Fri	9:00-12:00 PM	\$135 (1 week)
7: Jul 31-Aug 4	Mon-Fri	9:00-3:00 PM	\$170 (1 week-full day)
8: Aug 7-11	Mon-Fri	9:00-12:00 PM	\$135 (1 week)

GOLF-INTERMEDIATE ACADEMY *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
\$110 (4 classes) Min 4/Max 14

This program is for the advanced beginner golfer who has experienced some on course play. Class includes course instruction and management. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Students need their own clubs.

Session	Days	Time
1: Jul 10-13	Mon-Thu	9:00-11:00 AM
2: Jul 17-20	Mon-Thu	9:00-11:00 AM
3: Jul 24-27	Mon-Thu	9:00-11:00 AM
4: Aug 7-10	Mon-Thu	9:00-11:00 AM
5: Aug 14-17	Mon-Thu	9:00-11:00 AM
6: Aug 21-24	Mon-Thu	9:00-11:00 AM



VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym
Annie Deloid, WHS JV Volleyball Coach
Week 7: Aug 7-11, Mon-Fri, 9:00-3:00 PM
\$ 165 (1 week) Min 10/Max 24

Bump! Set! Spike! Learn the game of volleyball or brush up on your technique. This clinic is offered to ability levels beginner to advance. Athletes work on techniques of passing, setting, serving and hitting as well as court awareness. Participants need to bring knee pads, snacks, lunch and water bottle.

SOFTBALL INTRODUCTION *entering grades K-2*

Deerfield Softball Field
Tom Alessi, ACE Certified Coach &
WYS Player and Coach Development Coordinator
Week 5: Jul 17-21, Mon-Fri, 9:30-12:00 PM
\$110 (1 week) Min 12/Max 20



This clinic is an introduction to softball. Learn the basics of catching, hitting, fielding, and running bases. Girls will have fun while they learn the sport. Please bring a glove, water bottle and snack.

GAMES GALORE & SWIMMING *ages 6-13*

Participants must be able to swim independently
Westwood High School Softball Field and Pool
Recreation Staff
Week 9: Mon-Fri, Aug 14-18, 9:00-3:30 PM
\$190 (1 week) Min 15/Max 25



It's time to play! Participants will play a variety of games on the field and in the pool. There will be capture the flag, kick ball, tennis baseball, human bowling, steal the water balloon, pinball soccer, water basketball, volleyball and more. Parents are to pick up their children in the pool lobby by 3:30. Participants need swim suit, towel, water bottle, lunch and a snack. In the event of rain, the program will be held in the pool lobby.



SPORTS

SOCCER *ages 7-14*

Sheehan Field

Jon Grant, WHS Boys Coach, Week 2

Tim Chant, WHS Girls Coach Weeks 4 and 6

\$170 (4 days) Min 12/Max 65

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 bottles, snacks and lunch. In the event of rain, soccer will be held in the gym.

JR SOCCER *ages 5-8*

Deerfield School Field

Recreation Staff

Week 7: Jul 31-Aug 4, Mon-Fri, 9:00-12:00 PM

\$135 (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 gym.

Week	Days	Time
2: Jun 26-29	Mon-Thu	9:00-3:00 PM
4: Jul 10-13	Mon-Thu	9:00-3:00 PM
6: Jul 24-27	Mon-Thu	9:00-3:00 PM



 **The Skating Club of Boston**
SKATING ACADEMY



LEARN TO SKATE!

Year-round programs
for children and adults!

Boston • Beverly • Brookline
Dedham • Foxboro • Frog Pond
North End • Somerville

Enroll Today!

SkatingAcademy.org



Improving Security. Managing Risk. Delivering Value.



Security Guards • Investigators • Concierge Services

Security Consulting • Security Management

SPECIAL EVENTS



FIREMAN'S FOAM

IT'S SUDZ OF FUN!

Wednesday, July 12

2:00-3:00 PM

Sheehan School Field

All ages love it!

Dance in piles of foam with DJ Magic Mark

Foam is made with dish soap, water and air

**SPECIAL THANK YOU TO
WESTWOOD FIRE DEPARTMENT**



Join us to Pedal for a Cure!

Sunday, May 21

9:00-11:00 AM

Martha Jones School

Show your support for those fighting cancer

Register to Ride or Volunteer

Westwood's 10th

PMC KIDS RIDE

kids.pmc.org/westwood



**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, programs must reach a minimum number.

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

Keep the fun alive and register early!

WESTWOOD DAY

A community event for all ages!
Westwood High School
Rain or Shine



KICK OFF FRIDAY, SEPTEMBER 22

- FIREWORKS 7:30 PM

SATURDAY, SEPTEMBER 23

- 5K 9:00 and Fun Run 10:00
- ACTIVITIES 10:00-3:00
- ENTERTAINMENT 10:00-3:00
- VENDOR VILLAGE 10:00-3:00
- FOOD COURT 10:00-3:00

SAVE THE DATE

CONTACTS

- ACTIVITIES: Taryn Crocker tcrocker@townhall.westwood.ma.us
- ENTERTAINMENT: Kristin Scoble kscoble@townhall.westwood.ma.us
- FOOD COURT VENDORS: Sue Perry sperry@townhall.westwood.ma.us
- VENDOR VILLAGE: Beth Roper broper@townhall.westwood.ma.us
- SPONSORS: Nicole Banks nbanks@townhall.westwood.ma.us
- VOLUNTEERS: Jan Parr jparr@townhall.westwood.ma.us

www.WestwoodDay.com



YOUTH AND FAMILY SERVICES

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 for 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. The deadline to be considered for the 2017 award is March 31, 2017.

Nominee(s): _____ Age: _____

Address: _____

Phone number: _____ Email Address: _____

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, 2017.**

EARLY CHILDHOOD COUNCIL



Janet Lucey, Coordinator

<http://www.westwood.k12.ma.us/early-childhood-council/>

jlucey@westwood.k12.ma.us

(781) 461-9548

We have had an exciting Season with numerous programs and events for families with young children! We hope you have had the opportunity to participate in Family Playgroup, Little Yogis, STEM Workshops, Babies in the Mix, our Sign Language Series, or our new Farm to Table Intergenerational Program. To find out about spring programs go to <http://www.westwood.k12.ma.us/early-childhood-council/>.

March Mindfulness

Have you had enough of the madness? Join us with your children ages 5-8 for “March Mindfulness”. In this program, participants learn about Mindfulness and Sensory Awareness through Engaging Activities. This 4 part family workshop series is designed to teach parents how to learn to relax and help their families enjoy the benefits from relaxation as well. Special guest presenter Sheryl White will teach participants about meditation and mindfulness and how to use it in your life in a practical way. Sheryl demonstrates simple and fun activities in this interactive series to encourage relaxation. Learn how mindfulness can help with focus, concentration, stress, anxiety, sleep, self-control, self-regulation, and can ultimately help everyone in a family be more peaceful. This program is sponsored by the Westwood Early Childhood Council, Westwood Public Library, and Westwood Youth and Family Services. The workshops are held at the Westwood Public Library on Sundays at 3:00 pm throughout the month of March. (March 5th, 12th, 19th, 26th) Registration is required and available here:

<http://tinyurl.com/weccmarchmind>

For questions contact Janet Lucey (781) 461-9548, jlucey@westwood.k12.ma.us

The Westwood Early Childhood Office is funded through the Department of Early Education and Care: Coordinated Family and Community Engagement Grant, local grants and generous donations. It is supported by the Westwood Public Schools. Through fundraising, we are able to offer monthly programs free of charge to Westwood families with young children.



COUNCIL ON AGING



Spring is the best time of the year to get out and get moving! The Center offers many ways to keep you connected, healthy and informed! Check out our special as well as regular programs (your first class is always free!); moreover, we have added numerous day and overnight trips which fill up fast, so sign up early! Our bi-monthly newsletter is sent to Westwood households (60 and older); this newsletter is available at the Center and around town with program listings that are unique and diverse. Outreach Counseling is offered four days a week and van rides to medical appointments are available most weekdays. For further information pick up our newsletter or check us out online at the Town website.

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.

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
- Zumba Gold & Low Impact Exercise
- Tai Chi and Meditation
- Yoga (chair and floor)
- iPad Classes (beginners and advanced)
- Current Events Discussions
- Special monthly lectures and luncheons

Westwood Council on Aging
60 Nahatan Street,
Westwood, MA 02090
Mon-Thur 8:00 am – 4:00 pm
Friday 8:00 am – 2:00 pm
Phone (781) 329-8799
Fax (781) 329-5949

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/Meals on Wheels

Activities

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

LIBRARY

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
- **Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.**

MAIN LIBRARY CHILDRENS PROGRAMS

LITTLE LISTENERS

Who: Ages 3-5.
When: Tuesdays 10:30- 11:15 a.m.
March 7th-April 11th and May 2nd-May23rd
Where: Westwood Public Library
Children will hear stories, songs, watch films and make a craft.

WONDROUS WEDNESDAYS STORYTIME

Who: All Ages
When: Wednesdays 10:30-11:00 a.m.
March 8th-April 12th and May 3rd-May24th
Where: Westwood Public Library
This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities. **No Registration required.**

BABIES AND BOOKS

Who: Ages 0-2 and parent/caregiver
When: Fridays 10:30-11:00 a.m.
March 10th-April 14th and May 5th- May 26th
Where: Westwood Public Library
There will be short stories, songs, dance, and puppets.
No Registration Required.

MOTHER/DAUGHTER BOOKCLUB

Who: Children in grades3-5 and female adult
When: Tuesdays, 6:30pm
March 7th, April 4th, May2nd
Where: Westwood Public Library
Share your enthusiasm for reading with other book lovers and join us for lively discussion, a game of pictiography, snacks and fun! Check the library website for book selection title. Books will be available to check out at the Children's ASK! Desk. For more information or to let Lizzy know you are coming, email ehmcgovern@minlib.net

WHALEMOBILE

Who: Kids in grades K-5th
When: Tuesday, April 18th at 2p.m.
Where: Westwood Public Library
Come meet Nile, the life-sized Humpback Whale. Children will have the opportunity to go inside a 42 foot inflatable whale! This presentation focuses on similarity between humans and whales, their adaptations to marine environment, and current threats they face today. **Registration Required.**

MAIN LIBRARY TEEN PROGRAMS

SCRIBBLES & SCRAPS

Who: Students in grades 5-9
When: Select Wednesday evenings @ 7:00PM
March 29th, April 26th, May 24th
Where: Westwood Public Library
Design a scrap book journal. Each month listen to a new prompt for writing, drawing, or any other artistic expression. Fill your journal with your thought and become inspired by music & words. Registration required- please call 781-320-1045 to sign-up. **Registration Required.**

MAIN LIBRARY ADULT PROGRAMS

JFK WITH DR. GARY HYLANDER

Who: Adults
When: Wednesdays, 7:00pm
March 1st (Cuban Missile Crisis), April 5th (Civil Rights & JFK's Legacy)

Where: Westwood Public Library
Professor Gary Hylander will present a series of historical lectures about John F. Kennedy. A professor of history at Framingham State University, Hylander specializes as a Presidential Historian. He is a frequent presenter at library forums and is often featured as a commentator on local cable news and radio. **No registration necessary.**

AN EVENING WITH JANET APPLEFIELD SINGER

Who: Adults
When: Tuesday, March 21st, 7:00 PM
Where: Westwood Public Library
Please join us to hear the incredible story and journey of Janet Applefield Singer. Janet will share her perspective on what it means to be a Holocaust survivor and the wonderful blessings and heavy burdens that accompany this legacy. Come here this incredible story of hope. **No registration necessary.**

GENERAL GENEALOGY AND FAMILY HISTORY

Who: Adults
When: Tuesday, March 22nd, 7:00pm
Where: Westwood Public Library
This lecture covers the basics of starting out in the search of one's ancestry. Basic methodology will be explained along with the first steps to beginning research. A few tips towards organizing a large genealogical project will be given. Record sources such as vital records will be explored along with census, passenger lists, naturalizations, and cemeteries. Recent advances in the field such as DNA and the internet with popular websites will be discussed. **No registration necessary.**

AN AFTERNOON WITH LYNNE VITI & HEATHER BRYANT

Who: Adults
When: Sunday, April2nd, 3:00pm
Where: Westwood Public Library
Celebrate National Poetry Month by listening to local poets Lynne Viti and Heather Bryant read from their recent publications. Viti's first collection of poems, "Baltimore Girls" was recently released by Finishing Line Press. She is a senior lecturer in the Writing Program at Wellesley College. Heather Bryant is also a lecturer in the Writing Program at Wellesley College. My Wedding Dress" is Bryant's new poetry collection. **No registration necessary.**

ISLINGTON BRANCH PROGRAMS

FAMILY YOGA

Who: Children ages 3 -6 and parent/caregiver
When: Thursday, February 23rd and April 20th and 9:30-10:30 a.m.
Where: Islington Branch Library
Families with young children are welcome to participate in an easy and fun yoga session together. **Registration Required.**

PJ STORYTIME

Who: Children ages 3 and up.
When: 3rd Wed. of the month, 6:30-7:15pm
Where: Islington Branch Library.
Children can come the Branch library in their PJs (and bring a favorite stuffed animal or two) to hear stories and songs. **No Registration required.**

LEGO- MANIA

Who: Children grades K and up.
When: Tuesdays, 3:45-4:30 p.m.,
March-May
Where: Islington Branch Library
Come and build Lego creations with library Legos. Call the branch for specific details. **No Registration required.**

FORT NIGHT

Who: Children grades K and up.
When: Wednesday, April 19th 6:30 p.m.,
Where: Islington Branch Library
Come and build a blanket fort at the branch! Wear your favorite PJs and bring a blanket and a flashlight to family fort night. **No Registration required**

BOARD OF HEALTH

Contact Information

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

Monthly Blood Pressure Clinic

The Westwood 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 24 hours a day, 7 days a week in the sharps collection kiosk that has been installed outside at the Police Station on High Street. The kiosk at the Islington Fire Station on Washington Street has been removed, due to construction. The Health Department provides red one-liter sharps disposal containers free of charge to residents. They are available at the Westwood Health Department, the Westwood Town Hall and the Senior center during regular business hours.

Medication Collection Program

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

Mercury Collection Program

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

Mosquito Control

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



POOL SCHEDULE

SPRING April 1 - June 18 (Closed: April 16, 17, May 29, June 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
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 19 - 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%)	One Year (25%)	Daily
Pool Single	\$25	\$65	\$125	\$225	\$5
Pool Family	\$40	\$105	\$200	\$360	
Pool Westwood Senior	\$15	\$45	\$90	\$180	\$5

Membership registration is available at the Pool, Recreation Office, and online

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!



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**