

FIREMAN'S FOAM!

**Wednesday, July 12
2:00 PM - 3:00 PM
Sheehan School Field**

**Join the fun!
Piles of suds &
Music by DJ Magic Mark!**

Thank you to Westwood Fire Department and our sponsors





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

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

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.lwwestwoodwalpole.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

John M. Hickey, Chairman

Nancy C. Hyde

Michael F. Walsh

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

Paul Aries, Chairman

Joyce Cannon

Lynn Connors

Ann Delaney

Sheila Moylan

Elizabeth Phillips

Robert Phillips

Mitchell Katzman, Associate Member

RECREATION STAFF

Nicole Banks
Recreation Director

Taryn Crocker
Program Administrator

Jan Parr
Recreation Assistant

Susan Perry
Aquatics Manager

Beth Roper
Business Manager

Kristin Scoble
Program Manager



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

SUMMER REGISTRATION IS OPEN AND ON GOING

HOW TO REGISTER



ONLINE: www.westwoodrec.com EASIEST, QUICKEST OPTION!

Select REGISTER FOR PROGRAMS & ONLINE REGISTRATION INSTRUCTIONS

WALK-IN: Public office hours at the Recreation Department, 240 Nahatan Street (part of Westwood High School, use pool entrance). Checks (payable to Town of Westwood), MasterCard, Visa, Discover or cash.

MAIL-IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090. Checks only accepted (payable to Town of Westwood). Please do not mail credit card information. Registration form can be downloaded at [westwoodrec.com/Brochures, Form & Publication](http://westwoodrec.com/Brochures_Form_Publication).

CONFIRMATION: Online registrations receive a receipt via email. All others consider the registration accepted and report to programs unless notified.

POLICIES

- ✓ **NON-RESIDENTS:** Charged an additional fee of \$10 per program per participant.
- ✓ **CANCELED PROGRAMS:** Programs that do not meet the minimum number of participants one week prior to the start date will be canceled. Register early and help us keep the fun alive!
- ✓ **AGE/GRADE REQUIREMENTS:** Participants **MUST** meet age/grade requirement by the first day of the program.
- ✓ There is a \$25 fee for returned checks.

REFUNDS

Full refunds are granted in the following cases only: Program is canceled, the Recreation Department makes a change that prohibits attendance, or an unforeseen medical condition confirmed by a doctor's note.

Cancellation refunds are honored only if the participant can be replaced by a wait list participant. In this case, participants receive a refund minus a \$15 administration fee or a full credit posted to the recreation account to apply for a future program.

REFUND REQUEST REASON	REFUND		CREDIT
Department cancels program	Full Amount	OR	Full Amount
Department changes prohibit attendance	Full Amount	OR	Full Amount
Medical condition confirmed by doctor's note	Full Amount/Prorated	OR	Full Amount/Prorated
Cancellation/replaced by wait list	Full Amount minus \$15 Fee	OR	Full Amount

PAYMENT PLAN/FINANCIAL ASSISTANCE APPLICATION

For questions regarding financial assistance, please 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 _____



Fireman's Foam

Wednesday, July 12

2:00-3:00 PM

Sheehan School Field

All ages love it!

Dance in piles of foam with music by DJ Magic Mark

(Note: Foam is made with dish soap, water and air)

Thank you to Westwood Fire and our sponsors!



PHYSICIANOne
URGENT CARE

Wegmans



Summer Concerts

Westwood Senior Center Lawn

July Mondays at 6:30 PM – FREE!

- July 10: Bubbleman
- July 17: Judy Pancoast
- July 24: Jenny the Juggler
- July 31: Bubbleman

Bring a blanket or lawn chair and enjoy the concert.

Pizza, water, and snow cones available!

WESTWOOD YOUNG WOMEN'S CLUB & WESTWOOD RECREATION DEPARTMENT

SAVE THE DATE!

WESTWOOD DAY



Kick Off - Friday, September 22

Football Game - Westwood vs. Holliston 7:00 PM

Fireworks follow the game approx. 9:00 PM

Saturday, September 23

5K 9 AM and Fun Run 10 AM

10 AM - 3 PM:

Activities - Entertainment - Vendor Village - Food Court

Westwood High School

Rain or Shine



Event 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



WestwoodDay.com

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 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 21-23 (W-F)	\$51			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
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

Thank you for your cooperation.



AQUATICS

SWING & SWIM *ages 8-13 (see page 15 for details)*

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. Participants must be able to swim independently

PRIVATE LESSONS *ages 4 to adult*

Certified Water Safety Instructors
\$170 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

2017 Summer Suburban Swim League Dual Meet Schedule

Date	Day	Opponent	Location	Arrival Time
July 6, 2017	Thursday	Framingham	Westwood	4:45 PM
July 11, 2017	Tuesday	Natick	Westwood	4:45 PM
July 13, 2017	Thursday	Walpole	Westwood	4:45 PM
July 18, 2017	Tuesday	Millis	Westwood	4:45 PM
July 20, 2017	Thursday	Canton	Westwood	4:45 PM
July 25, 2017	Tuesday	Newton	Newton	TBD
July 27, 2017	Thursday	Norwood	Westwood	4:45 PM
August 1, 2017	Tuesday	Dedham	Dedham	TBD
August 3, 2017	Thursday	Needham	Westwood	4:45 PM
August 8, 2017	Tuesday	Sherborn	Sherborn	TBD
August 10, 2017	Thursday	Medfield	Medfield	TBD
Championship	Day	Date	Location	
#B Regional	Saturday	August 5, 2017	Newton	TBD
#To Qualify: A swimmer must swim 5 meets				
*A Regional	Saturday	August 12, 2017	Netwon	TBD
* To Qualify: A Swimmer must swim 5 meets and a make time cut				

POOL PARTIES!



Great for all ages and any occasion!

Fee: \$250 for two hours

Facility: Westwood Pool and Lobby

Maximum Capacity: 50 Swimmers

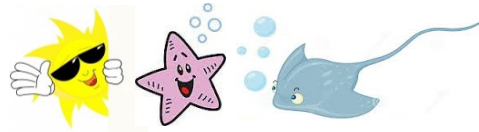
All pool rules apply. Fee includes lifeguarding staff.

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 entering 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

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.

MANY WEEKS ARE FULL WITH WAITLISTS. PLEASE CHECK THE WEBSITE WWW.WESTWOODREC.COM OR CALL 781-461-0070 FOR AVAILABILITY

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	CANCELLED							
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	CANCELLED					
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 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
Stars and Stripes	3: Jul 3 -7 (No 7/4)	\$210	\$170	\$130	\$170	\$160	\$130	\$105	\$130

WEEK 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
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
		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)		\$85	\$51	\$85	\$85	\$85	\$85	\$85
Swim Lessons Gr. K - 8 1:15-1:55 PM (5 classes)		\$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
		Mon-Fri		Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Tennis Lessons Ages 7-13 3:30-4:30 (5 classes)		\$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 efficient systems to create the best experience for you and your family.

PLAYGROUND

PLAYGROUND *grades K-5*

Deerfield School
Recreation Staff

Playground is for children 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's 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. (Also see page 11.)

CampDoc.com

Theme	Week	5 DAYS: MON-FRI				WEEK 1 & 3 ONLY			
		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	CANCELLED							
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 session 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 21-Jul 14 (No 7/4)	\$140	\$130	4 weeks
B	Jul 17-Aug 11	\$155	\$145	4 weeks

FITNESS



BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field

Core Asset Staff

Session D: Tue & Thu, Jun 20-Aug 4 (No 7/4, 7/6), 6:00-7:00 AM

\$150 (12 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.

FENCING *ages 8 & up*

Sheehan Basketball Court

Jim Mullarkey, 3MB Fencing Club

Week 4: Jul 10-14, Mon-Fri, 9:00-11:00

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



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

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 learn new skills and strategies. The week concludes with a tournament. Participants need shin guards, cleats, water bottles, snacks and lunch. In the event of rain, soccer is 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

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

Teaches fundamental soccer skills, promotes sportsmanship, and fun. WHS Coach Tim Chant presents a skills demonstration and kids participate in contests during the week. Friday caps off the week with a tournament! Shin guards are recommended. In the event of rain, the program is held in the gym.



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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 raises their individual level of play. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense and 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 are covered. Participants are 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 21-23	Wed-Fri	9:00-12:00 PM	\$80 (3 days)
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	FULL
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 (week 4)	Mon-Thu	9:00-11:00 AM
2: Jul 17-20 (week 5)	Mon-Thu	9:00-11:00 AM
3: Jul 24-27 (week 6)	Mon-Thu	9:00-11:00 AM
4: Aug 7-10 (week 8)	Mon-Thu	9:00-11:00 AM
5: Aug 14-17 (week 9)	Mon-Thu	9:00-11:00 AM
6: Aug 21-24 (week 10)	Mon-Thu	9:00-11:00 AM

VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym
Annie Deloid, WHS JV Volleyball Coach
Week 8: 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. For ability levels from beginner to advanced. Work on techniques of passing, setting, serving, hitting and court awareness. Please 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



Learn the basics of catching, hitting, fielding, and running bases. Girls 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 play a variety of games on the field and in the pool. Capture the flag, kick ball, tennis baseball, human bowling, steal the water balloon, pinball soccer, water basketball, volleyball and more! Parents pick up their children in the pool lobby by 3:30. Please bring swim suit, towel, water bottle, lunch and a snack. In the event of rain, program held in the pool lobby.

LACROSSE-GIRLS *entering grades 3-8*

WHS Multipurpose Field
Margot Spatola, WHS Girls Coach
Week 4: Jul 10-13, Mon-Thu, 9:00-12:00
\$120 (4 days) Min 20/Max 75



Designed to teach lacrosse to new players and to improve the skills of experienced players. Focuses on fitness, stick skills, position specific training, and game strategy. Please bring stick, goggles, mouth guard, water bottle and a healthy snack. If heavy rain, the girls will wait in the WHS Cafeteria until conditions improve.

FIELD HOCKEY-GIRLS *entering grades 3-8*

WHS Flahive Field
Heather Fatcheric, WHS Girls Varsity Coach
Week 7: Jul 31-Aug 4, Mon-Fri, 9:00-12:00
\$135 (1 week) Min 12/Max 30



A new opportunity for girls interested in playing field hockey and having fun! Begins with 30 minutes of instruction to learn new skills and work directly with coaches and players to develop your game. Utilizing these skills, participants will split into teams and scrimmage. Please bring a stick, goggles, shin pads, a mouth guard and water bottle.

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 (5 day) \$39 (3 day) 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 21-23	Wed-Fri	8:00-8:55 AM	Little Lobbers-FULL
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-FULL
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	Little Lobbers
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 21-23	Wed-Fri	9:00-12:00 PM	\$85 (3 days)
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 10

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
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 21-23	Wed-Fri	9:00-12:00 PM	\$80 (3 days)
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

PRESCHOOL

YOUTH

PRESCHOOL 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.

Day	Dates	9:00-1:00
Mon	Jun 12	\$35
Tue	Jun 13	\$35
Wed	Jun 14	\$35
Thu	Jun 15	\$35
Fri	Jun 16	\$35

Dates Added!



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

TOP SECRET SCIENCE *entering 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 FULL

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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/CANINE 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			



ARTS

MUSICAL THEATRE *ages 6-12*

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

Calling all singers, dancers and actors! This five day program covers all the elements of a professional production from auditions to rehearsal as we prepare for the final performance. Family and friends 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 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 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 world-famous story make this a truly fantastic musical.

ALICE IN WONDERLAND

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

THE MUSIC MAN

A true Broadway classic, 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."

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



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

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.



Westwood Recreation



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TOBIN SCHOOL WESTWOOD

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- Open 7:00am - 6:30pm daily, with full-day, early-day and mid-day options – the most flexible summer program around!

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today for early
registration!**

Contact us today to learn more!

Jaclyn Bennett, Senior Director • JBennett@thetobinschool.org
Mary Beth Claus Tobin, Executive Director • MBCTobin@thetobinschool.org



TOBIN SCHOOL WESTWOOD • 781-329-7775 • WWW.TOBIN SCHOOL WESTWOOD.ORG



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**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.*

REGISTER EARLY AND HELP US KEEP THE FUN ALIVE!

THANK YOU!

WESTWOOD CHILDREN'S SCHOOL



LEADERS IN EARLY CHILDHOOD EDUCATION

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- Low student to teacher ratios with experienced educators
- Strong curriculum that includes fine arts, character education, community service, yoga, American Sign Language, and animal science

Contact us today to learn more!

Linda Byrne, Senior Director • LByrne@westwoodchildrensschool.org
Mary Beth Claus Tobin, Executive Director • MBCTobin@thetobinschool.org



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LIBRARY

REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- All Library Programs are Free, and generously sponsored by the Friends of the Westwood Public Library.
- Main Library Programs, please call 781-326-7562.
- Islington Branch Programs, please call 781-326-5914.

MAIN LIBRARY CHILDRENS PROGRAMS

WIGGLE AND GIGGLE

Who: For all ages.
When: Tuesdays 10:30- 11:15
July 11- August 15
Where: Westwood Public Library
Kids and their caregivers are welcomed to come and wiggle and giggle with us as we enjoy music, movement, storytelling, and more!

WONDROUS WEDNESDAYS STORYTIME

Who: All Ages
When: Wednesdays 10:30-11:00 a.m.
July 12th-August 16
Where: Westwood Public Library
This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities. **No Registration required.**

BABY RHYME TIME

Who: Ages 0-24 months and parent/caregiver
When: Fridays 10:30-11:00 a.m.
July 14-August 18th
Where: Westwood Public Library
There will be short stories, songs, dance, and puppets.
No Registration Required.

READ, PLAY, SING STORYTIME

Who: For all ages and parent/caregiver, no registration.
When: Wednesdays, 4:00pm
July 12th – August 16th
Where: Westwood Public Library
Join us as we read, sing, and play in this storytime filled with movement, music, and craft activities!

ROLIE POLY GUACAMOLE

Who: For kids of all ages & their families, no registration needed.
When: Thursday, July 20th @ 6:30pm.
Where: Westwood Public Library
Rolie Polie Guacamole is straight out of New York and will be up to rock your socks off at the library! Get ready to listen to some great tunes and dance to the beat (or to your own).

SUMMER READING 2017: BUILD A BETTER WORLD

Who: Children in grades K- 6th
When: Begins Monday June 5th 2017
Where: Westwood Public Library
Come to the library to sign up for the Summer Reading Program!
Read all summer and earn raffle tickets for great prizes!

MAIN LIBRARY TEEN PROGRAMS

ROOM ESCAPE: TEEN SUMMER READING KICKOFF

Who: Students entering grades 7-12
When: Monday, June 26, 3:00 PM-4:00 PM or 4:30-5:30 PM
Where: Westwood Public Library
Build a Better World Through Team Work! Join with friends and/or friends - to-be to in solving puzzles and riddles before time runs out. This teen game is based on the popular "locked room mystery phenomenon sweeping the country." Sign up for a session if you are up to the challenge! (Limit 10 teens each session). **Registration is required- call 781-320-1045 to sign-up!**

MAIN LIBRARY ADULT PROGRAMS

2nd ANNUAL ADULT SUMMER READING PROGRAM

Who: Adults
When: Begins Monday June 5, 2017
Where: Westwood Public Library
The Westwood Public Library invites you to take part of the 2nd Annual Adult Summer Reading Program! No registration is required- all you need to do is read what you'd normally read and tell us about it! You could win one of library's major prizes! The theme for this year's reading challenge is "Build a Better World." Open to all 18+. Visit the Library's website or call 781-320-1045 for more information!

ADULT STUMP TRIVIA

Who: Adults
When: Thursday, June 8, 7:00 PM
Where: Westwood Public Library
Are you ready for the Summer Reading Challenge? Mark your calendars for Stump Trivia Night at Westwood Library! This is a fun, competitive event that will get you talking and laughing. With a wagering system, picture round and bonus questions, everyone is in it until the end. Earn chances to enter our summer long raffle to win one of the major Summer Reading Challenge prizes. This trivia night is open to all patrons 18+. **Registration is required- gather your friends and call 781-320-1045 to sign-up!**

AUTHOR TALK: BRUNONIA BARRY

Who: Adults
When: Tuesday, June 13th, 7:00pm
Where: Westwood Public Library
Brunonia Barry is the New York Times and international bestselling author of *The Lace Reader* and *The Map of True Places*. *The Fifth Petal* is the third novel of Barry's set in Salem, Massachusetts and is about the investigation of the murder of a teenager that has eerily similarities to a series of murders that occurred twenty years previously. Copies of *The Fifth Petal* will be available for purchase and signing. **No registration required.**

THE 45 MILLION-DOLLAR-FLOWER PASTEL WORKSHOP

Who: Adults
When: Monday, July 24th, 10:30am
Where: Westwood Public Library
Award-winning pastel artist Gregory John Maichack presents his newest workshop: Pastel Paint the 45-Million-Dollar Flower. This two-hour pastel painting workshop will have all participants producing their own rendition of Georgia O'Keeffe's elegant Jimson flower. This program is supported by a grant from the MA Cultural Council. **Registration is required- call 781-320-1045 to sign-up!**

ISLINGTON BRANCH PROGRAMS

LEGO- MANIA

Who: Children ages 5 and up.
When: Tuesdays, 3:45-4:30 p.m.,
July 11th – August 29th
Where: Islington Branch Library
Come and build Lego creations with library Legos. Call the branch for specific details. **No Registration required.**

BRANCH STORYTIME

Who: For kids ages 2 & up.
When: Thursdays, 9:30 – 10:15 AM
July 6th - August 17th
Where: Islington Branch Library
Children will participate in stories, songs, movement activities, films, & crafts.

FIREFLY STORYTIME @ THE PARK

Who: For kids ages 3 & up, no registration.
When: 3rd Wednesday of the month, 6:30 – 7:15 PM July 19 & August 16
Where: School Street Playground
Come join Jenny at the School Street Playground and bring a special stuffed animal or blanket to hear stories and songs in the warm evening air. You may even see a firefly or two!

COUNCIL ON AGING



The Center offers many ways to keep you connected, healthy and informed! *Check out our special and regular programs (your first class is always free!). We have many day trips all summer long, an overnight trip to Niagara Falls in June, as well as an African Safari next spring, details at the Center. We are also partnering with Powisett Farm in Dover for cooking classes and of course, we will host a fun BBQ this summer to celebrate the COAs 50th Anniversary!* 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 one of our newsletters 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

Monday-Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2 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

BOARD OF HEALTH

Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM to 4:30 PM on Mondays, Wednesdays and Thursdays; 8:30 AM 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.

EARLY CHILDHOOD COUNCIL



Little Free Libraries available at Local Playgrounds This Summer!

Westwood Early Childhood is pleased to announce the installation of two Little Free Libraries. These libraries are now on display and ready for visitors! Little Free Libraries are free take a book-leave a book exchanges. Visit the School Street Playground at 43 School St. and/or the Tot Lot on Nahatan St. any time this summer and enjoy a book! The little free libraries are there for you and your family and the entire community to share! Pick a familiar favorite or a new one that sparks your interest. Read it during a break from play or take it home with you. Reading to a child stimulates their imagination and expands their understanding of the world. It helps them develop language, listening skills and comprehension. We hope you'll participate often and share many stories together. *Little Free Library* is an organization whose mission is to promote a sense of community, reading for children, literacy for adults and libraries around the world. For more information on Little Free Libraries, visit their website at <https://littlefreelibrary.org/>. The Little Free Library project was made possible thanks to the generous funding from the Foundation for Westwood Education.



Westwood High School sophomores Madi Brady and Hannah Shaby were the talented artists that decorated them. 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.

YOUTH AND FAMILY SERVICES



UPCOMING PROGRAMS

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

Register at: www.townhall.westwood.ma.us/yfs

FRIENDS NETWORK



Who: Westwood residents in 3rd, 4th and 5th grades

When: November 2017 – April 2018, Wednesdays from 5:15 – 6:15 PM or 6:30 PM – 7:30 PM

Where: Patricia Carty-Larkin Senior Center, 60 Nahatan Street

What: The Friends Network program matches young Westwood residents with high school aged residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship

and having fun!

Contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

GIRLS GROUPS

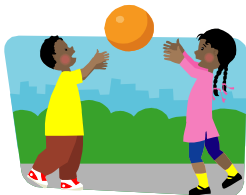
Who: Westwood girls in 4th – 6th grade

When: Fall 2017 – Spring 2018, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center

What: These 12-week groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways!

Contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us



STRUCTURED PLAY GROUPS

Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2017 – Spring 2018, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center; Hanlon and Martha Jones Extended Day programs

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.

Contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

Westwood Youth & Family Services ♦ 288 Washington Street Westwood, MA 02090

P: 781-320-1006 ♦ F: 781-251-9360 ♦ youth@townhall.westwood.ma.us





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Pool Schedule

Membership registration is available online at westwoodrec.com, at the pool, or in the Recreation office.

Spring: April 1 - June 18 Closed dates: 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 date: July 4

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

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