




**MARCH INTO
SUMMER**

*Saturday, March 10
10:00 AM - 2:00 PM*



**10%
Discount**

Open House!

Saturday, March 10, 10 AM - 2 PM

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

Online registration for summer programs and camps begins on March 10 at 10 am. The March Into Summer 10% discount will be applied at check out on all paid in full qualifying summer registrations between March 10—13, 2018 at midnight.

March Into Summer is proudly sponsored by

Wegmans

www.westwoodrec.com

JITIN SAHANI DMD MSC BDS NEELA GANDHI DMD BDS

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Evening & Saturday Appointments

SUITE N-110
290 BAKER AVE
CONCORD, MA 01742
978.369.2110

LOWER LEVEL #1
541 HIGH STREET
WESTWOOD, MA 02090
781.320.0300

SUITE 110
1170 BEACON STREET
BROOKLINE, MA 02446
617.383.6593



COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org

Boy Scouts Troop 1 Islington scoutmaster@troop1islington.org

Community Chest <http://wcchest.org/>

Foundation Westwood Education www.foundationforwestwoodeducation.org

Hale Reservation www.halereservation.org

Lions Club of Westwood <http://westwoodlions.org/>

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.lvwwestwoodwalpolededham.org

Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

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 <https://leagueathletics.com/?org=wyh.org>

Westwood Youth Soccer www.westwoodsoccer.org

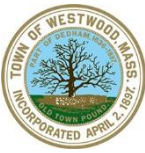
Westwood Youth Softball www.westwoodyouthsoftball.org

Westwood Youth Football www.dswyouthfootball.org

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BOARD OF SELECTMEN

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Michael Jaillet

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Mitchell Katzman

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Recreation Director

Susan Perry
Aquatics Manager

Taryn Crocker
Program Administrator

Kristin Scoble
Program Manager

Zachary Krause
Assistant Aquatics Manager

Richard Adams
Business Manager

Jodi Steverman
Recreation Assistant

REGISTRATION & POLICIES

Page 4

WHEN TO REGISTER

SPRING REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

SUMMER REGISTRATION BEGINS SATURDAY, MARCH 10, 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

new!

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

ENROLLMENT: 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.

- Programs must meet the minimum number of participants seven business days prior to start date or the program will be canceled. To avoid this, register early!
- When a program meets the maximum number of participants, you are encouraged to sign up for the wait list. Recreation will try to accommodate you if the program allows expansion. Westwood residents are given priority placement off the wait list.

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

REFUND/ACCOUNT CREDIT POLICY: When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

| Refund/Credit Policy | Refund | Account 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 |
| Withdraw 7 business days prior to program start date | Full Amount minus \$15 Fee | Full Amount |
| Withdraw less than 7 business days prior to program start date | NO REFUND | NO CREDIT |

PAYMENT PLAN/SCHOLARSHIP APPLICATION

PAYMENT PLAN: Allows families to register for programs and defer the payments. Payment plans must be initiated and set up at the Recreation Department Office with Richard Adams. Approved payment plans offer credit card, check or cash payment options. Please note: The Refund/Credit Policy cited above does apply to all payment plans. If you reserve a space using the pay plan, you are committed to paying fees and will be charged accordingly.

SCHOLARSHIPS: Available to Westwood residents in financial need. To inquire about financial assistance options contact Richard Adams, radams@townhall.westwood.ma.us or 781-355-8098 prior to March 5. The deadline to submit paperwork for Financial Aid is March 10. Applications received after March 10 will be reviewed on a case-by-case exception basis.

WESTWOOD RECREATION

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

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-MailAddress:

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

RECREATION PROGRAMS

[illegible]

POOL MEMBERSHIP

| TYPE | | | DURATION | | | |
|--------------|--------------|-----------------------|-----------------------|----------------|----------------|---------|
| _____ SINGLE | _____ FAMILY | _____ WESTWOOD SENIOR | _____ 1 MONTH YEAR | _____ 3 MONTHS | _____ 6 MONTHS | _____ 1 |

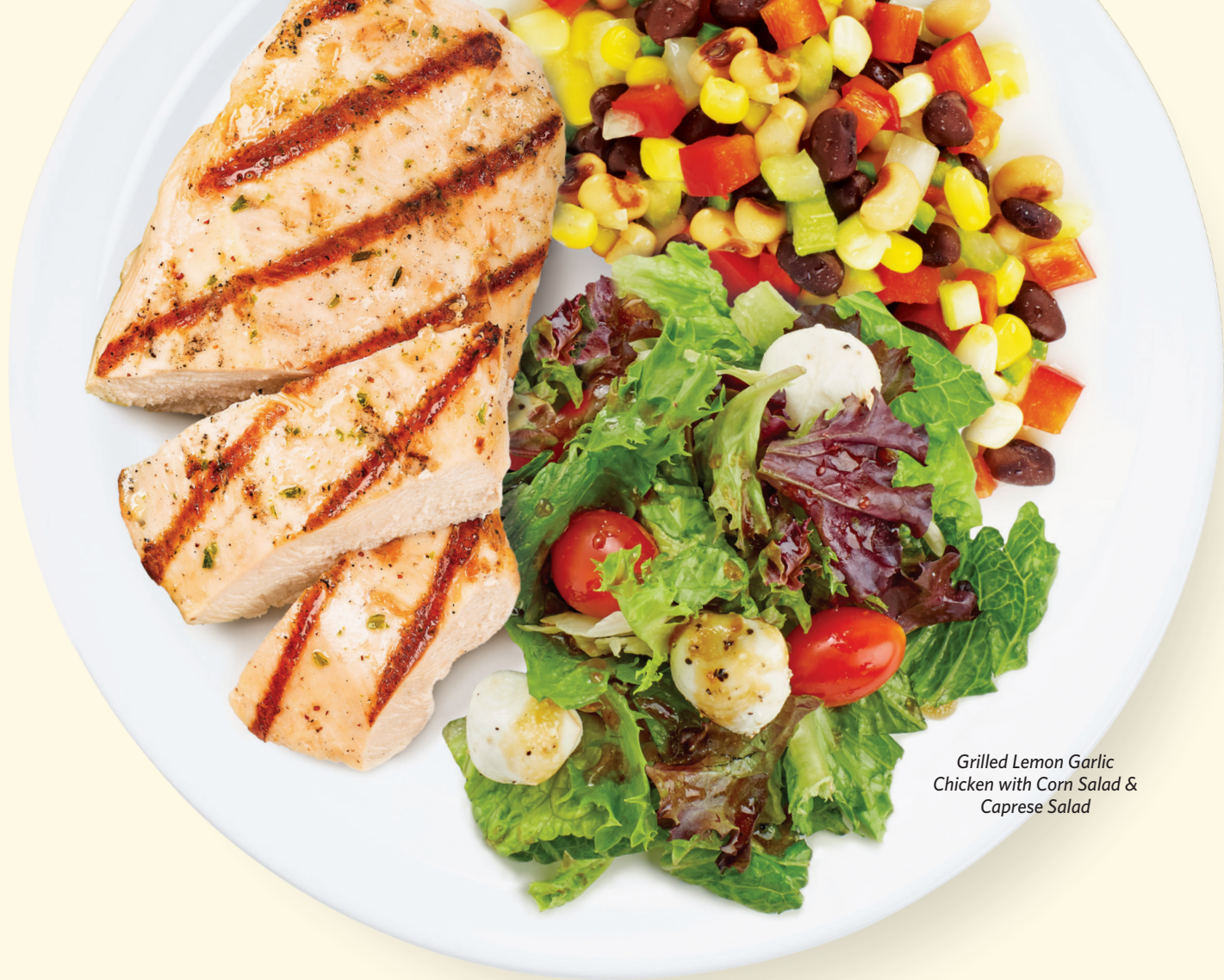
PARTICIPANT ALLERGIES/RESTRICTIONS

| | |
|--------------------|---|
| 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**



Grilled Lemon Garlic
Chicken with Corn Salad &
Caprese Salad

One-of-a-kind shopping

Our goal at Wegmans is to offer you a one-of-a-kind shopping experience. We're committed to **helping you make great meals easy, healthy, and affordable**—with **consistent low prices** you can count on every day.

Wegmans
Food Markets

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MARCH INTO SUMMER



SATURDAY, MARCH 10

10:00 AM - 2:00 PM

WESTWOOD RECREATION DEPARTMENT

FREE AND FUN FOR ALL AGES!

★ **SWIMMING** ★ **INFLATABLES** ★ **CRAFTS** ★ **SPORTS**

SPECIAL REGISTRATION

10% DISCOUNT ON SUMMER PROGRAMS PAID IN FULL
(3/10-3/13 only)

ONLINE: WWW.WESTWOODREC.COM

SATURDAY, MARCH 10 – TUESDAY, MARCH 13

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



WALK IN: WESTWOOD RECREATION

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

MONDAY, MARCH 12, 8:30-4:30 PM

TUESDAY, MARCH 13, 8:30-7:00 PM

Pool

Lap Swim (2 Lanes)

Open Swim (4 Lanes)

Cannon Ball Contest 12:00 – 12:15PM

Tot Dock Exploration

Swim Lesson Evaluations

Gym & Gym Lobby

Inflatables

Art Activity w. Lisa Walker

Behn Basketball

Top Secret Science

*Wegmans

Thank you *Wegmans* for sponsoring this event!

MARCH INTO SUMMER (MIS) FREQUENTLY ASKED QUESTIONS

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. Please note, mailed registrations will be processed on Monday, March 12.

2. When does summer registration begin?

All online and in person registration begins on Saturday, March 10th at 10:00 AM. The March Into Summer (MIS) 10% discount on summer programs paid-in-full ends on Tuesday, March 13th at 11:59 PM. Online registration is encouraged. **Be sure to set up your online account or check your account log in prior to March 10 in preparation for an easy registration process.** For questions on setting up an account or logging in please contact the Recreation Office at 781-461-0070.

3. 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 10th at 10:00 AM.**

4. Is there a discount for early registration?

Yes! Registrations for summer programs that are paid in **full** and received by Tuesday, March 13th 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 online, mailed in or at March Into Summer will receive the 10% discount as long as they are received by the deadline and paid in full.

5. 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. Put all items in your “cart”.

6. 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.

7. Is there financial assistance available for summer programs?

Yes, Financial Assistance is available to Westwood residents in financial need. To inquire about financial assistance options contact Richard Adams, radams@townhall.westwood.ma.us or 781-355-8098 prior to March 5. The deadline to submit paperwork for Financial Aid is March 10. Applications received after March 10 will be reviewed on a case-by-case exception basis.

8. 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 Richard Adams: radams@townhall.westwood.ma.us. Approved payment plans offer credit card, check or cash payment options. Please note: The Refund/Account 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.

9. I was placed on a Waitlist, now what?

If you are waitlisted during the *March Into Summer* event (March 10, 10:00AM – March 13, 11:59 PM) and receive a spot in the program you are waitlisted for AFTER the MIS dates, you will still be eligible for the 10% discount ONLY on the program(s) you were waitlisted for. If you are waitlisted for a camp week and want to add swim lessons, the added extra program will be at full price. Westwood Residents will have first priority off any waitlist. The department will continually look at program waitlists and try to accommodate the best we can, as staffing and space allow.

new!

CANCELLATION/ REFUND POLICY FOR ALL PROGRAMS

REFUND/ACCOUNT CREDIT POLICY: When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

| Refund/Credit Policy | Refund | Account 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 |
| Withdraw 7 business days prior to program start date | Full Amount minus \$15 Fee | Full Amount |
| Withdraw less than 7 business days prior to program start date | NO REFUND | NO CREDIT |

PROGRAM CHANGES: The March Into Summer discount will not apply toward any changes to registrations or additional program registrations made after Tuesday, March 13 at 11:59 PM.

look what's new

INTRO TO PADDLE BOARDING ages 8 & up (page 26)

YOGA FOR BEGINNERS ages 18 & up (page 27)

SPRING FLOWER ARRANGEMENTS ages 18 & up (page 28)

ADULT PHOTOGRAPHY I WORKSHOP ages 18 & up (page 29)

ADULT PHOTOGRAPHY II WORKSHOP ages 18 & up (page 29)

KIDS AT PLAY ages 3-5 (page 30)

APP MAKING grades 3-8 (page 30)

KIDS PHOTOGRAPHY APRIL VACATION grades 3-8 (page 31)

SLIME TIME grades K-5 (page 31)

EGG CRASH CARS grades K-5 (page 31)

SCIENCE MAGIC grades K-5 (page 31)

SUPER SPORTS grades K-2 (page 32)

SUPER SOCCER STARS ages 2-5 (page 32)

FLAG FOOTBALL grades 3-5 (page 32)

art badge scout party

Islington Community Center

Lisa WB Walker

\$175 for up to eight participants
\$18 for each additional participant
Minimum age 6-years



A deposit of \$50 is required to save your date.
Reservations can only be held with this deposit.

Contact: Kristin Scoble
kscoble@townhall.westwood.ma.us

pool parties

Great for all ages & any occasion!

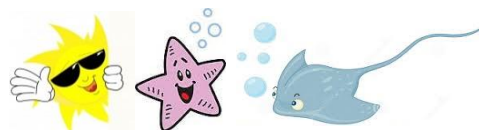


The \$250 fee includes staff for two hours. One hour of swimming followed by one hour in the pool lobby. All pool rules apply. Maximum of 50 people.

To request your pool party, e-mail
sperry@townhall.westwood.ma.us

SUMMER CAMP

Westwood High School
Kristin Scoble
Lauren Hillberg
summerdays@townhall.westwood.ma.us



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, gym, 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, gym, playground and fields.

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

OPEN SWIM

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.

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)

| | | 5 DAYS: MON-FRI | | | |
|-----------------------------|---------------------|----------------------------|-----------|------------|------------|
| Theme | Week | 7:30-5:30 | 9:00-3:30 | 12:00-3:30 | 12:00-5:30 |
| Passport to Fun | 1: Jun 25-29 | \$280 | \$230 | \$160 | \$220 |
| Bold Stripes & Bright Stars | 2: Jul 2-6 (No 7/4) | WK 2 options see next page | | | |
| Adventure Is Out There | 3: Jul 9-13 | \$280 | \$230 | \$160 | \$220 |
| Campers vs. Counselors | 4: Jul 16-20 | \$280 | \$230 | \$160 | \$220 |
| Hollywood Stars | 5: Jul 23-27 | \$280 | \$230 | \$160 | \$220 |
| Backyard Fun | 6: Jul 30-Aug 3 | \$280 | \$230 | \$160 | \$220 |
| Tropical Beach Bash | 7: Aug 6-10 | \$280 | \$230 | \$160 | \$220 |

AGES 3-5 (CAMP STARFISH)

CAMP STARFISH (Ages 3-5) Staff to child ratio 1:4.

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.

| | | 5 DAYS: MON-FRI | | |
|-----------------------------|---------------------|----------------------------|-----------|------------|
| Theme | Week | 7:30-5:30 | 9:00-3:30 | 9:00-12:00 |
| Passport to Fun | 1: Jun 25-29 | \$300 | \$250 | \$150 |
| Bold Stripes & Bright Stars | 2: Jul 2-6 (No 7/4) | WK 2 options see next page | | |
| Adventure Is Out There | 3: Jul 9-13 | \$300 | \$250 | \$150 |
| Campers vs. Counselors | 4: Jul 16-20 | \$300 | \$250 | \$150 |
| Hollywood Stars | 5: Jul 23-27 | \$300 | \$250 | \$150 |
| Backyard Fun | 6: Jul 30-Aug 3 | \$300 | \$250 | \$150 |
| Tropical Beach Bash | 7: Aug 6-10 | \$300 | \$250 | \$150 |

SUMMER CAMP

Summer
Page 11

WEEK 2 **ONLY** OPTIONS – K-8

| | | 4 DAY: MON – FRI (NO WED) | | | |
|--|---------------------|---------------------------|-----------|------------|------------|
| Theme | WEEK 2 ONLY | 7:30-5:30 | 9:00-3:30 | 12:00-3:30 | 12:00-5:30 |
| Bold Stripes & Bright Stars | 2: Jul 2-6 (No 7/4) | \$225 | \$185 | \$130 | \$170 |

WEEK 2 **ONLY** OPTIONS – AGES 3-5

| | | 4 DAY: MON – FRI (NO WED) | | |
|--|--------------------|---------------------------|-----------|------------|
| Theme | WEEK 2 ONLY | 7:30-5:30 | 9:00-3:30 | 9:00-12:00 |
| Bold Stars & Bright Stripes | 3: Jul 2-6(No 7/4) | \$240 | \$200 | \$120 |

SUMMER CAMP SWIM LESSONS (Must be registered in summer camp)

| | 1: JUN 25-29 | 2: JUL 2-6 (No 7/4) | 3: JUL 9-13 | 4: JUL 16-20 | 5: JUL 23-27 | 6: JUL 30- AUG 3 | 7: AUG 6-10 |
|---|--------------|------------------------|-------------|--------------|--------------|------------------|-------------|
| | Mon-Fri | Mon-Fri (No W) | Mon - Fri | Mon-Fri | Mon-Fri | Mon-Fri | Mon-Fri |
| Swim Lessons Ages 3-5 9:10 – 9:50 AM (5 classes) | \$90 | \$72 | \$90 | \$90 | \$90 | \$90 | \$90 |
| Swim Lessons Gr. K - 8 1:15-1:55 PM (5 classes) | \$90 | \$72 | \$90 | \$90 | \$90 | \$90 | \$90 |

SUMMER CAMP TENNIS LESSONS: (Must be registered in summer camp)

| | 1: JUN 25-29 | 2: JUL 2-6 | 3: JUL 9-13 | 4: JUL 16-20 | 5: JUL 23-27 | 6: JUL 30- AUG 3 | 7: AUG 6-10 |
|---|--------------|------------|-------------|--------------|--------------|---------------------|-------------|
| | Mon- Fri | | Mon -Fri | Mon-Fri | Mon-Fri | Mon-Fri | Mon-Fri |
| Tennis Lessons Ages 7-13 3:30-4:30 (5 classes) | \$65 | | \$65 | \$65 | \$65 | \$65 | \$65 |

CampDoc.com



**ELECTRONIC HEALTH RECORD
SYSTEM
IF YOU NEED ASSITANCE
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 *entering grades K-5*

Deerfield School, 72 Deerfield Ave
Kristin Scoble
Shawna Drew



Playground is for participants 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

Deerfield classrooms, gym, cafeteria, fields, playground, outdoor basketball court

ACTIVITIES

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

LUNCH & SNACKS

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

DROP OFF/PICK UP

Drop off & pick up takes place in the half circular driveway in the front of the school.

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 in a town vehicle.

EXTENDED DAY/OPEN SWIM

Participants registered until 5:30 will be transported in town vehicles to the Westwood High School for the afternoon portion of the program. Pick-up for 5:30 will take place in the High School Pool Lobby. The Playground Program will attend Open Swim at the Pool at Westwood High School. All extended day participants will be transported in town vehicle from the Deerfield School to the High School. **The 5:30pm pick up will be in the Pool Lobby at Westwood High School.**

SWIM LESSONS* (ADDITIONAL FEE)

*Must be registered until 5:30

Certified Water Safety Instructors

Swim Lessons for children attending Playground only. Children will be divided into group lessons according to their swim ability.

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 a welcome email with instructions.



CampDoc.com

PLAYGROUND: ENTERING K - 5TH

| | | 5 DAYS: MON-FRI | | | |
|------------------------|---------------------|------------------------|-----------|------------|------------|
| Theme | Week | 7:30-5:30 | 9:00-3:30 | 12:00-3:30 | 12:00-5:30 |
| Welcome Aboard | 1: Jun 25-29 | \$270 | \$210 | \$160 | \$210 |
| Holiday Hullabaloo | 2: Jul 2-6 (No 7/4) | WK 2 options see below | | | |
| To Infinity and Beyond | 3: Jul 9-13 | \$270 | \$210 | \$160 | \$210 |
| Adventure Land | 4: Jul 16-20 | \$270 | \$210 | \$160 | \$210 |
| Spirit Week | 5: Jul 23-27 | \$270 | \$210 | \$160 | \$210 |
| Water World | 6: Jul 30-Aug 3 | \$270 | \$210 | \$160 | \$210 |
| Summer Fiesta | 7: Aug 6-10 | \$270 | \$210 | \$160 | \$210 |

WEEK 2 **ONLY** OPTIONS

| | | 4 DAY: MON - FRI (NO WED) | | | |
|--------------------|---------------------|---------------------------|-----------|------------|------------|
| Theme | WEEK 2 ONLY | 7:30-5:30 | 9:00-3:30 | 12:00-3:30 | 12:00-5:30 |
| Holiday Hullabaloo | 2: Jul 2-6 (No 7/4) | \$225 | \$185 | \$130 | \$170 |

PLAYGROUND SWIM LESSONS: 3:45-4:25PM

***Must be registered until 5:30**

| | 1: JUN 25-29 | 2: JUL 2-6 (No 7/4) | 3: JUL 9-13 | 4: JUL 16-20 | 5: JUL 23-27 | 6: JUL 30- AUG 3 | 7: AUG 6-10 |
|--|--------------|------------------------|-------------|--------------|--------------|------------------|-------------|
| | Mon - Fri | Mon-Fri (No W) | Mon - Fri | Mon-Fri | Mon-Fri | Mon-Fri | Mon-Fri |
| Swim Lessons Gr. K-5 3:45-4:25 PM (5 classes) | \$90 | \$72 | \$90 | \$90 | \$90 | \$90 | \$90 |

TOP SECRET SCIENCE *entering K-5*

Islington Community Center
Top Secret Science Staff
\$230 (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. Please bring a nut-free lunch, snacks, and drinks. **At least 50% of the experiments are brand new.**

| Week | Days | Time |
|-----------------|---------|-----------|
| 6: Jul 30-Aug 3 | Mon-Fri | 9:00-3:00 |
| 8: Aug 13-17 | Mon-Fri | 9:00-3:00 |



SAFETY TOWN *entering K*

Deerfield School
Officer Brad Pindel
Shawna Drew, Program Coordinator
\$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. Art projects, stories, movies, and field trips to the fire department, police department, library and Westwood High School Pool make this program fun and exciting.

| Week | Days | Time |
|--------------|---------|---------------|
| 4: Jul 16-20 | Mon-Fri | 9:00-11:30 AM |
| 5: Jul 23-27 | Mon-Fri | 9:00-11:30 AM |



COUNSELOR IN TRAINING (CIT)

Entering Grades 9 & Up (Open to non-residents)
Westwood High School
Katelyn Raftery, CIT Coordinator

The Counselor in Training program is designed to assist teens in the development of their leadership skills, with a desire to work with kids, adults and their own peers. 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 April 27. *The application should be processed by only the participant.* Taking the initiative and responsibility will show the commitment and dedication.
3. Applications received on time will be contacted with a mandatory group interview the week of May 14. 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 25 – Jul 20 (No 7/4) | \$180 | \$140 | 4 weeks |
| B | Jul 23 – Aug 10 | \$160 | \$120 | 3 weeks |



MUSICAL THEATRE *grades entering 1-8*

Westwood High School Auditorium
Scott Gagnon, Christina Listro, Gealyn Clegg and Recreation Staff
\$290 (1 week) Min 20/Max 25

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.

CINDERELLA: The timeless story comes to life in an exciting musical inspired by the scenes and characters from the Walt Disney animated film and songs from the Rodgers and Hammerstein musical! Before the clock strikes midnight, everyone will have a ball!

THE LITTLE MERMAID: The story of Ariel the Mermaid who wished to see the world above features beloved songs and characters from the animated film and Broadway musical! Join us for fun and excitement "Under the Sea!"

GUYS AND DOLLS: One of the most popular musicals in Broadway history in a special kids' version that includes classic characters like Sky Masterson, Nicely Nicely Johnson and Miss Adelaide, and songs: "Luck Be a Lady", "Sit Down", and "You're Rockin' the Boat!"

THE PIRATES OF PENZANCE: Ahoy, mates! We'll be seeking a pirate crew for swashbuckling adventure and songs old and new! Pirate fun for all! Characters include Mabel and all of her sisters, the band of pirates and their Pirate King, and Her Majesty's Royal Police!

BEACH PARTY, USA! In the spirit of the classic "Frankie and Annette" beach movies of the 60's, this crazy new summer musical features songs like "Surfin' USA," "Good Vibrations" and "Wipe Out!"

| Performance | Week | Days | Time |
|-------------------------|-----------------|---------|--------------|
| Cinderella | 1: Jun 25-29 | Mon-Fri | 9:00-4:00 PM |
| The Little Mermaid | 3: Jul 9-13 | Mon-Fri | 9:00-4:00 PM |
| The Pirates of Penzance | 4: Jul 16-20 | Mon-Fri | 9:00-4:00 PM |
| Guys and Dolls | 5: Jul 23-27 | Mon-Fri | 9:00-4:00 PM |
| Beach Party, USA! | 6: Jul 30-Aug 3 | Mon-Fri | 9:00-4:00 PM |
| The Little Mermaid | 7: Aug 6-10 | 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 |
|--------|--------------|---------|------------|
| 2D Art | 3: Jul 9-12 | Mon-Thu | 9:00-12:00 |
| 3D Art | 4: Jul 16-19 | Mon-Thu | 9:00-12:00 |
| 2D Art | 5: Jul 23-26 | Mon-Thu | 9:00-12:00 |

HIP HOP *ages 5-13*

Morrison Softball Field
Aly Pereira
Week 9: Aug 20-24, Mon-Fri, 9:00-12:00
\$140 (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.



NOW OPEN

Meet Dr. Mina Schafft



CHILDREN'S
DENTISTRY OF
WESTWOOD



321 Washington St. Westwood 781-686-9789

Call today for an appointment



DOG TRAINING PROGRAMS

Susan Lowell, Pet Providers

*\$100 (6 classes) Min 4/Max 10

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/ S.T.A.R. PUPPY (PT) puppies 12 weeks-1 yr.

The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start; and is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class.

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.

CAINE GOOD CITIZEN /TRICK COMBO (CGC/T)

dogs 1 year +

*\$115 (6 Classes) Min 4/Max 10

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.

| Level | Day | Dates | Time | Location |
|-------|-----|---------------|--------------|----------------------------|
| PT | Thu | Jul 12-Aug 16 | 6:30-7:30 PM | Islington Community Center |
| BD | Thu | Jul 12-Aug 16 | 7:30-8:30 PM | Islington Community Center |
| DA | Tue | Jul 10-Aug 14 | 6:00-7:00 PM | TBA |
| | Sat | Jul 14-Aug 18 | 8:30-9:30AM | TBA |
| CGC/T | Tue | Jul 10-Aug 14 | 7:30- 8:30PM | Islington Community Center |



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 #4: Tue, Jun 14, 6:00-8:00 PM

Summer B #5: Mon, Jul 23, 12:30-2:30 PM

At least one parent/guardian must attend Parent Class. Parents who already attended a class within the past 5 years are exempt. **Students must be 15 years and 9 months old to attend;** bring a copy of birth certificate, notebook, and pen. For more information, 877.TDA.DRIVE/ www.teachersdrivingacademy.com

| SUMMER A 2018, #4 | | | SUMMER B 2018, #5 | | |
|-------------------|--------|--------------|-------------------|--------|-----------|
| Day | Dates | Time | Day | Dates | Time |
| Tue | Jun 14 | 6:00-8:00 PM | Mon | Jul 23 | 8:00-2:30 |
| | TBA | 8:00-2:30 | Tue | Jul 24 | 8:00-2:30 |
| | TBA | 8:00-2:30 | Wed | Jul 25 | 8:00-2:30 |
| | TBA | 8:00-2:30 | Thu | Jul 26 | 8:00-2:30 |
| | TBA | 8:00-2:30 | Fri | Jul 27 | 8:00-2:30 |
| | TBA | 8:00-12:15 | | | |

Snow days have effected session A. Dates will be announced in April.

FITNESS



BOOT CAMP ages 18 & up

Westwood High School Multipurpose Field

Core Asset Staff

Session D: Tue & Thu, Jun 19 – Aug 9 (No 7/3, 7/5), 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.



09.29.2018

TENNIS

Westwood High School Tennis Courts

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

Jayson Sellers, Tennis Pro and Recreation Staff

LESSONS *ages 5-11*

\$75 (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 25-29 | Mon-Fri | 8:00-8:55 AM | Little Lobbers |
| 3: Jul 9-13 | Mon-Fri | 8:00-8:55 AM | Beginner |
| 4: Jul 16-20 | Mon-Fri | 8:00-8:55 AM | Little Lobbers |
| 5: Jul 23-27 | Mon-Fri | 8:00-8:55 AM | Beginner |
| 6: Jul 30-Aug 3 | Mon-Fri | 8:00-8:55 AM | Little Lobbers |
| 7: Aug 6-10 | Mon-Fri | 8:00-8:55 AM | Beginner |

CLINICS *ages 8-13*

\$155 (1 week) Min 8/Max 12

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.

| Week | Days | Time |
|-----------------|---------|------------|
| 1: Jun 25-29 | Mon-Fri | 9:00-12:00 |
| 3: Jul 9-13 | Mon-Fri | 9:00-12:00 |
| 4: Jul 16-20 | Mon-Fri | 9:00-12:00 |
| 5: Jul 23-27 | Mon-Fri | 9:00-12:00 |
| 6: Jul 30-Aug 3 | Mon-Fri | 9:00-12:00 |
| 7: Aug 6-10 | Mon-Fri | 9:00-12:00 |

SWING & SWIM *ages 8-13***Participants must be able to swim independently**

\$165 (1 week) Min 6/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 |
|-----------------|---------|-----------|
| 1: Jun 25-29 | Mon-Fri | 1:00-5:00 |
| 3: Jul 9-13 | Mon-Fri | 1:00-5:00 |
| 4: Jul 16-20 | Mon-Fri | 1:00-5:00 |
| 5: Jul 23-27 | Mon-Fri | 1:00-5:00 |
| 6: Jul 30-Aug 3 | Mon-Fri | 1:00-5:00 |
| 7: Aug 6-10 | Mon-Fri | 1:00-5:00 |

**MINISPORTS** *ages 3-6*

Deerfield School Field

F.A.S.T Athletics Staff

\$135 (1 week) Min 10/Max 24

new!

This program is a combination of warm-up games and sports such as soccer, kickball, and T-ball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class will have new and exciting games. **Participants MUST be toilet trained.** Bring peanut free snack, water bottle, hat, and wear sunscreen. In the event of rain, program will be held in the gym.

| Week | Days | Time |
|-----------------|---------|------------|
| 1: Jun 25-29 | Mon-Fri | 9:00-12:00 |
| 3: Jul 9-13 | Mon-Fri | 9:00-12:00 |
| 5: Jul 23-27 | Mon-Fri | 9:00-12:00 |
| 6: Jul 30-Aug 3 | Mon-Fri | 9:00-12:00 |

GAMES GALORE & SWIMMING *ages 6-13***Participants must be able to swim independently**

Westwood Recreation Pool Lobby

Recreation Staff

Week 8: Mon-Fri, Aug 13-17, 9:00-3:30

\$210 (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.

VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym

Justyne Collier, WHS JV Volleyball Coach

Week 7: Aug 6-9, Mon-Thu, 9:00-3:00

\$180 (4 days) Min 12/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.

BEHN BASKETBALL CAMPS

Thurston Middle School Gyms
\$370 (1 week) Min 25/Max 100

GIRLS BASKETBALL *ages 8-16*

Director, Jill Johnson & Behn Camp coaches
Week 5: Jul 23-27, Mon-Fri, 9:00-3:00

BOYS BASKETBALL *ages 8-16*

Director AJ Stephens & Behn Camp coaches
Week 6: Jul 30-Aug 3, Mon-Fri, 9:00-3:00



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. Participants need to bring water bottle, nut free snacks, lunch and will have the option to order \$2 pizza slices, maximum of 2 slices.

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. 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 |
|----------------------------|----------|-----------|----------------|
| 2: Jul 2-6 (No 7/4) | M/T/Th/F | 9:00-3:00 | \$145 (4 days) |
| 4: Jul 16-20 | Mon-Fri | 9:00-3:00 | \$180 (1 week) |
| 6: Jul 30-Aug 3 | Mon-Fri | 9:00-3:00 | \$180 (1 week) |
| 7: Aug 6-10 | Mon-Fri | 9:00-3:00 | \$180 (1 week) |

GOLF-INTERMEDIATE ACADEMY *ages 8-14*

Norwood Country Club
John Resnick, Golf Pro
\$115 (4 classes) Min 4/Max 7

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.**

| Week | Days | Time |
|---------------------|---------|-------------|
| 3: Jul 9-12 | Mon-Thu | 10:00-12:00 |
| 4: Jul 16-19 | Mon-Thu | 10:00-12:00 |
| 5: Jul 23-26 | Mon-Thu | 10:00-12:00 |
| 7: Aug 6-9 | Mon-Thu | 10:00-12:00 |
| 8: Aug 13-16 | Mon-Thu | 10:00-12:00 |

SOCCER *ages 7-14*

Sheehan Field
Jon Grant, WHS Boys Coach, Week 1
Tim Chant, WHS Girls Coach Weeks 3 and 5
\$180 (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.

| Week | Days | Time |
|---------------------|---------|-----------|
| 1: Jun 25-28 | Mon-Thu | 9:00-3:00 |
| 3: Jul 9-12 | Mon-Thu | 9:00-3:00 |
| 5: Jul 23-26 | Mon-Thu | 9:00-3:00 |

JR SOCCER *ages 5-8*

Deerfield School Field
Recreation Staff

This clinic teaches fundamental soccer skills, promotes sportsmanship, and fun. 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. Min10/Max 24

| Week | Days | Time | Fee |
|----------------------------|-------------|------------|----------------|
| 2: Jul 2-6 (No 7/4) | M, T, Th, F | 9:00-12:00 | \$115 (4 days) |
| 4: Jul 16-20 | Mon-Fri | 9:00-12:00 | \$145 (1 week) |

BASEBALL CLINICS *ages 5-13*

Morrison Park
Bob Phillips and Staff
\$135 (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 |
|------------------------|---------|------------|
| 1: Jun 25-29 | Mon-Fri | 9:00-12:00 |
| 4: Jul 16-20 | Mon-Fri | 9:00-12:00 |
| 5: Jul 23-27 | Mon-Fri | 9:00-12:00 |
| 6: Jul 30-Aug 3 | Mon-Fri | 9:00-12:00 |

FIELD HOCKEY-GIRLS *entering grades 4-8*

WHS Flahive Field
Heather Fatcheric, WHS Girls Varsity Coach
Week 6: Jul 30-Aug 3, Mon-Fri, 9:00-12:00
\$145 (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.



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: 8

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 25-29 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 2: Jul 2- 6 (No Wed 7/4) | \$72 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 3: Jul 9-13 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 4: Jul 16-20 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 5: Jul 23-27 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 6: Jul 30-Aug 3 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 7: Aug 6-10 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| 8: Aug 13-17 (M-F) | \$90 | | | 9:55-10:35 | 9:10-9:50 | 9:55-10:35 | 10:40-11:20 | 10:40-11:20 | |
| Saturdays, Jul 14-Aug 11 | \$90 | 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.



PRIVATE AND SEMI PRIVATE LESSONS

ages 4 to adult

Certified Water Safety Instructors
\$170 Private (Five 30 minute lessons)
\$225 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 8-14*

Susan Perry, Aquatics Manager
Week 8: Aug 13-17, Mon-Fri, 9:00-3:30 PM
\$225 (1 week) Min 6/Max 12

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 |
|------------------------|-------------------------------------|-------|
| Wk 3: Jul 9-13 | Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00 | \$120 |
| Wk 5: Jul 23-27 | 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 19-Aug 23, **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.



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 29-Aug 9 | 6-10 | M, T, W, Th | 5:00-6:00 PM | \$180 |
| May 29-Aug 9 | 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.

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 30-Aug 8 | 6-10 | M & W | 5:00-6:00 PM | \$125 |
| May 30-Aug 8 | 11-18 | M & W | 6:00-7:00 PM | \$125 |

POOL PARTIES

Great for all ages and any occasion!

The \$250 fee includes staff for two hours. One hour of swimming followed by one hour in the pool lobby. All pool rules apply. Maximum of 50 people. To request your pool party, e-mail sperry@townhall.westwood.ma.us

FISHING DERBY

SATURDAY, MAY 12
7:00-11:00 AM
BUCKMASTER POND

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

Fireman's Foam



WEDNESDAY, JULY 11

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 + air)

SPECIAL THANK YOU TO
WESTWOOD FIRE DEPARTMENT

new!

CANCELLATION/ REFUND POLICY FOR ALL PROGRAMS

REFUND/ACCOUNT CREDIT POLICY: When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15.00 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

Refund/Credit Policy

Department Cancels Program

Department changes prohibit your attendance

Medical problem confirmed by a doctor's note

Withdraw **7 business days prior** to program start date

Withdraw **less than 7 business days prior** to program start date

Refund

Full Amount

Full Amount

Full Amount/Prorated

Full Amount minus \$15 Fee

NO REFUND

Account Credit

Full Amount

Full Amount

Full Amount/Prorated

Full Amount

NO CREDIT

PROGRAM CHANGES: The March Into Summer discount will not apply toward any changes to registrations or additional program registrations made after Tuesday, March 13 at 11:59 PM.



www.WestwoodDay.com



FRIDAY, SEPTEMBER 28

- Football Game 7:00 PM
- Fireworks 9:00 PM

SATURDAY, SEPTEMBER 29

- 5K 9:00 and Fun Run 10:00
- Activities 10:00-3:00
- Vendor Village 10:00-3:00
- Food Court 10:00-3:00

CONTACTS:

SPONSORSHIP: Nicole Banks nbanks@townhall.westwood.ma.us

VENDOR VILLAGE: Zach Krause zkrause@townhall.westwood.ma.us

FOOD COURT: Sue Perry sperry@townhall.westwood.ma.us

ENTERTAINMENT: Richard Adams radams@townhall.westwood.ma.us

ACTIVITIES: Taryn Crocker tcrocker@townhall.westwood.ma.us

VOULENTEERS: Jodi Steverman jsteverman@townhall.westwood.ma.us

LOGISTICS: Kristin Scoble kscoble@townhall.westwood.ma.us



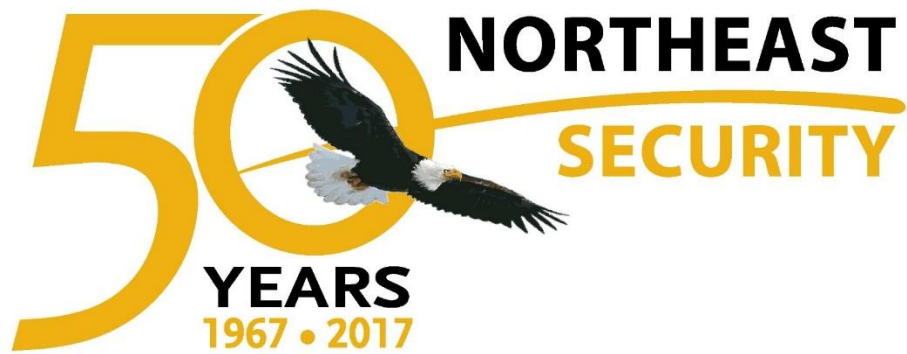


Construction – Special Events – Weddings



Photography: Damianos Photography

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| SESSION E | | SWIM LEVELS | | | | | | | |
|--------------------------------|------|-------------|------------|-----------|-----------|------------|-------------|-------------|------------|
| Dates (5 classes) | Fee | WB | PC | PS345 | L1 | L2 | L3 | L4/L5 | YB |
| Mon, Apr 23-May 21 | \$90 | 9:30-10:10 | 9:30-10:10 | | | | | | |
| Tue, Apr 24-May 22 | \$90 | | | 1:15-1:55 | 4:00-4:40 | 4:45-5:25 | 5:30-6:10 | 6:15-6:55 | |
| Wed, Apr 25-May 23 | \$90 | | | | | | | | |
| Thu, Apr 26-May 24 | \$90 | | | | 4:00-4:40 | 4:45-5:25 | 5:30-6:10 | 6:15-6:55 | |
| Sat, Apr 28-Jun 2 (No 5/26) | \$90 | 9:00-9:40 | 9:00-9:40 | 8:15-8:55 | | | | 10:30-11:10 | 9:45-10:25 |
| Sun, Apr 29-Jun 3 (No 5/27) | \$90 | | | 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: 8

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.

PRIVATE AND SEMI-PRIVATE LESSONS

ages 4 & up

Certified Water Safety Instructors (Five 30 minute lessons)

\$170 Private (1 swimmer)

\$225 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.

CONDITION SWIMMING *ages 6-18*

Certified Water Safety Instructors

\$100 (8 classes) Min 10/Max 20

Sign up for one or two 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 | Ages | Dates | Time |
|-----|--------------|-------------------------|-----------|
| Mon | 10 & Younger | Mar 26-May 21 (No 4/16) | 5:00-6:00 |
| Mon | 11 & Older | Mar 26-May 21 (No 4/16) | 6:00-7:00 |
| Wed | 10 & Younger | Mar 28-May 23 (No 4/18) | 5:00-6:00 |
| Wed | 11 & Older | Mar 28-May 23 (No 4/18) | 6:00-7:00 |



TRIATHLON KIDS CLUB *ages 7-12*

Zachary Krause, Assistant Aquatics Manager

Short Wednesdays, Apr 11, 25, May 9, 23; 1:30-3:30

\$100 (5 classes) Min 8/Max 20

Triathlons for kids is an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. The goal is for participants to compete in a future triathlon. The final class will be a triathlon. Bike, helmet and running shoes must be provided by the participants. There will be a schedule provided at the beginning of the course so the participants will know what days to bring their bikes. The fee includes a T-shirt.

SPRINGBOARD DIVING *all ages*

Jim Locke, Diving Instructor

Mon and Wed, Apr 23 – May 23, 3:30-5:00

\$190 (10 classes) Min 3/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.

WATER SAFETY AIDE *ages 11-14*

Tue, Apr 24 - May 22, 3:45-5:00

Susan Perry, Aquatics Manager

\$50 (5 classes) Min: 3 Max: 6

Do you love the water and working with young children? This course is for you! This course provides the participant with knowledge and skills required to assist an instructor in swimming lessons. Full participation is required.

MARCH MADNESS - WATER BASKETBALL

grades 6-8

Fri, Mar 30, 3:30-5:00

\$10 per participant. 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 17-20, 1:00-3:00

Current membership or daily fee of \$7 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, Thu, Apr 3-June 21 (No 4/17, 4/18, 4/19), 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 4/17, 4/19), 1:00-2:15

\$5 per swim or Current Pool Membership

A relaxed and tranquil atmosphere, the pool offers a perfect opportunity to swim laps, walk or gently stretch in the water. Call a friend and meet at the pool.

POOL PARTIES!



Great for all ages and any occasion!

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



LIFEGUARDING REVIEW

Ages 17 or Older with Current Lifeguarding Certification
Mon-Fri, Jun 4-8, 3:00-6:00
Susan Perry, Aquatics Manager
\$150 (15 hours) Min: 4 Max: 8

This course provides individuals, currently certified in American Red Cross Lifeguarding, the opportunity to review their skills and refresh their knowledge in Lifeguarding. Individuals must fully participate in the class, complete all skills checks, achieve 80% or higher on the two written exams and successfully complete the final water scenarios. Upon successful completion, participants will receive American Red Cross Lifeguarding certification including CPR/AED and First Aid. This certification is valid for two years.

WATER SAFETY INSTRUCTOR ages 16 & up

Susan Perry, Aquatics Manager
Mon-Fri, Jun 11-21 (No 6/16, 6/17), 3:00-6:00
\$375 (10 classes) Min 4/ Max 6

PRE-SKILLS SCREENING: MONDAY, MAY 7, 7:00 PM

Become a certified American Red Cross Water Safety Instructor just in time for the summer. Pre-skills screening **required** Monday, May 7, 7:00 PM. Upon successful completion of this screening, participants may register for this program. Check your calendars. Full participation is required.

INTRO TO PADDLE BOARDING ages 8 and older*

Zachary Krause, Assistant Aquatics Manager
\$95 (1 class) Min: 2 Max: 4

new!

Have you ever gone on vacation and wanted to try paddle boarding, but did not know how? This course is for you. You will learn the basics of how to paddle board in a controlled environment under the support and direction of an instructor. Course content includes: safety, set-up, launching, paddling, navigating, and disembarking. Sense of humor is helpful, but not required! (Inflatable paddle boards will be used for instruction) *Participants must have **Basic Swimming Competency**: (1) entry with total submersion; (2) recovery to the surface and float or tread for at least 1 min; (3) turn 360° and orient toward an exit point; (4) level off and move on front and/or on back position for at least 25 yards; and (5) exit from the water.



| Day | Date | Time |
|-----|--------|-----------|
| Wed | Apr 18 | 3:00-5:00 |
| Fri | Apr 27 | 3:00-5:00 |
| Sun | May 6 | 2:30-4:30 |
| Fri | Jun 8 | 5:00-7:00 |

WORLD CLASS MATH YOUR CHILD WILL LOVE



RSM-Westwood Now Enrolling!



Schedule a FREE
Math Evaluation!



Spring and Summer
Classes Now Enrolling!



The Russian School of Mathematics is an award-winning, afterschool math enrichment program for K-12 students; we help children of all levels build a solid math foundation and develop critical-thinking and problem solving skills.

**RSM is "among the top 10
schools in the world."**

-Johns Hopkins Center
for Talented Youth

RSM-Westwood

(617) 332-8243

www.RussianSchool.com/Westwood



BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field

Core Asset Staff

Session B: Tue & Thu, Mar 6-Apr 26 (No 4/17, 4/19), 6:00-7:00 AM

Session C: Tue & Thu, May 1- Jun 14, 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.



YOGA FOR BEGINNERS *ages 18 & up*

Core Asset Studio – 40 Hartford Street, Westwood

Core Asset Staff

Thu, Mar 8 – Apr 12, 10:00-11:00 AM

\$90 (6 Classes) Min 5 /Max 15

new!

Have you always wanted to try yoga but not sure about the basics? We will work on the flow of a vinyasa yoga class from beginning to end, working on mastering the fundamentals. You will be ready after six weeks to attend any yoga class with confidence! We have mats and props to borrow or feel free to bring your own.

STRONG GIRL FITNESS *grades 6-8*

Thurston Middle School Gym and Field

Erin Colleran, Group Exercise Instructor

Mon & Fri, Apr 23-May 18, 2:30-3:20

\$80 (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.

ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room

Linda Margosian, Certified Hatha Yoga Instructor

Thu, Apr 5-Jun 14 (No 4/19), 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 yoga mat and blanket.

MOTHER/DAUGHTER YOGA *ages 7 & up*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Apr 8-May 20 (No 4/15, 5/13), 2:30-3:30

\$65 (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.

GIRL TWEEN YOGA *ages 8-14*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Apr 8-May 20 (No 4/15, 5/13), 3:45-4:45

\$65 (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.



**WILLIAM JAMES
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**Learn how you can access Mental
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9:00 am–5:00 pm to consult
with a mental health professional
about resources and/or receive
personalized matched referrals, or
visit interface.williamjames.edu.

DOG TRAINING PROGRAMS

Islington Community Center Hall

Susan Lowell, Pet Providers

Owners of all ages

(12 and younger must be accompanied by an adult)

*\$130 (8 classes) Min 4/Max 10

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

PUPPY/ S.T.A.R. PUPPY puppies 12 weeks-1 yr.

Sat, Apr 28 - Jun 23 (No 5/26), 8:30 - 9:30

The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start; and is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class.

CANINE GOOD CITIZEN/TRICK

dogs 1 year or older

Sat, Apr 28 - Jun 23 (No 5/26), 10:30 - 11:30

*\$145 (8 classes) Min 6/Max 12

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. Tricks are a great way to make training extra fun for you and your dog! This class will use multiple positive reinforcement training methods to teach your dog fun tricks such as, paws up, spin, crawl, hold, hand signals and more!

BEGINNING DOG dogs 6+ months

Sat, Apr 28 - Jun 23 (No 5/26), 9:30 - 10:30

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

GOOD MANNERS dogs 6+ months

Thu, Apr 26 - Jun 14, 7:30 - 8:30 PM

Does your dog lunge, bark and growl at dog or people when out in public? This class is designed to teach you skills and tools to help your dog control himself when faced with every day triggers. Your dog will learn to stay, down, recall, heel, and polite manners.

ADVANCED DOG dogs 1 yr. or older

Thu, Apr 26 - Jun 14, 6:30 - 7:30 PM

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



BALLROOM DANCING ages 15 & up

Thurston Middle School Cafeteria

Paul Hughes

Thu, Apr 5-May 31 (No 4/19), 7:30-8:30 PM

\$110 (8 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.

PEDIATRIC FIRST AID & CPR/AED

ages 15 & up

Islington Community Center

Juanita Allen Kingsley, W-EMT, Natick VA

Wed, Apr 25, 6:00-9:00 PM

\$90 (1 class) Min 5/Max 10

With focus on children, this course will cover: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

SPRING FLOWER ARRANGEMENTS

ages 18 & up

Westwood Gardens Flower Shop, 934 High Street

Ivis Quinchia

Wed, Apr 11, 7:00-8:30 PM

\$52 (1 class) Min 6/Max 10

new!



Grab a friend and join us at Westwood Gardens Flower Shop to learn the art of arranging gorgeous fresh cut flowers!! Enjoy this flower arranging workshop, at the end of the night take home your spring bouquet and fresh tips & tricks!

DRIVER EDUCATION CLASSES

ages 15 and 9 months & up

Islington Community Center Sanctuary

Teachers Driving Academy

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



Required Parent & Student Class

April Vacation #3: Wed, Apr 11, 6:00-8:00 PM

At least one parent/guardian must attend Parent Class. Parents who already attended a class within the past 5 years are exempt. **Students must be 15 years and 9 months old to attend;** bring a copy of birth certificate, notebook, and pen. For more information, 877.TDA.DRIVE/ www.teachersdrivingacademy.com

| APRIL VACATION | | |
|----------------|--------|---------------|
| Day | Dates | Time |
| Wed | Apr 11 | 6:00-8:00 PM |
| Thu | Apr 12 | 5:00-9:15 PM |
| Tue | Apr 17 | 8:00-2:30 PM |
| Wed | Apr 18 | 8:00-2:30 PM |
| Thu | Apr 19 | 8:00-2:30 PM |
| Fri | Apr 20 | 8:00-12:15 PM |

ADULT PHOTOGRAPHY I WORKSHOP

ages 18 & up

Westwood Recreation – Pool Lobby

Melanie Guerra

\$97 (1 class) Min 4/Max 12

new!

| Day | Date | Time |
|-----|--------|--------------|
| Mon | Apr 9 | 9:00 – 11:00 |
| Mon | Apr 30 | 9:00 – 11:00 |
| Wed | May 9 | 9:00 – 11:00 |

This workshop will help you understand how to use the settings on your Digital SLR camera to take better photos! You will learn how to fully control the light entering your camera using the three major components of your camera. Take photos without your pop-up flash! You will also learn tricks of composition and focus. Also get an overview of lenses and their uses. Whether you are taking family photos, picking up photography as a hobby, or wondering if photography is something you'd like to pursue, this workshop will help you understand basic principles of photography and allow you to take more polished, professional looking shots!



ADULT PHOTOGRAPHY II WORKSHOP

ages 18 & up

Westwood Recreation – Pool Lobby

Melanie Guerra

\$97 (1 class) Min 4/Max 12

new!

| Day | Date | Time |
|-----|--------|--------------|
| Wed | Apr 11 | 9:00 – 11:00 |
| Wed | May 2 | 9:00 – 11:00 |
| Thu | May 10 | 9:00 – 11:00 |

Students will build on their knowledge from Workshop I and turn their attention to the details of making better photographs. We will discuss composition, lenses, and lighting and explore subject matter, mood and contrast in images.

Prerequisite: Photography I: Unlocking the Mysteries of your DSLR. Students with knowledge of their cameras and basic principles of working with a DSLR may join at the discretion of the instructor.

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SUPER SCIENTISTS *ages 2.5-5*

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Apr 3-May 29 (No 4/17), 9:30-10:15
\$76 (8 classes) Min 6/Max 10

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.

MUSIC & MOVEMENT *ages 2-4*

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Apr 3 - May 29 (No 4/17), 10:45-11:30
\$76 (8 classes) Min 6/Max 10

Let your inner musician shine! We will explore creative movement, play instruments, sing, and dance to foster your child's natural musical curiosity.

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Apr 4 - May 30 (No 4/18), 9:30-10:30 **or**
Thu, Apr 5 - May 31 (No 4/19), 10:30-11:30
\$80 (8 classes) Min 6/Max 10

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

ANIMAL ADVENTURERS *ages 2-5*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Apr 4 - May 30 (No 4/18), 10:45-11:30
\$76 (8 classes) Min 6/Max 10

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

BOPPIN' BABIES *ages 0-18 months*

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Apr 5 - May 31 (No 4/19), 9:30-10:15 AM
\$76 (8 classes) Min 6/Max 10

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



PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED.

ADVENTURE DAYS *ages 3-5*

Islington Community Center
Recreation Staff
\$40 (1 class) Min 6/Max 14

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 | April Dates | June Dates | Time |
|-----|-------------|------------|-----------|
| Mon | | Jun 11 | 9:00-1:00 |
| Tue | Apr 17 | Jun 12 | 9:00-1:00 |
| Wed | Apr 18 | Jun 13 | 9:00-1:00 |
| Thu | Apr 19 | Jun 14 | 9:00-1:00 |
| Fri | | Jun 15 | 9:00-1:00 |

KIDS AT PLAY *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed.
Fri, Apr 6 - Jun 1 (No 4/20), 1:00-2:30
\$120 (8 classes) Min 5/Max 8

new!

Calling ALL Kids...let's play! There will be lots of action going on in this kid driven program. Participants will enjoy free play, games, activities, music, and more. Please bring a peanut/nut free snack and drink. (Given parental permission, students of MMO have the option of being picked up directly from their classroom by Recreation Staff.)

YOUTH

APP MAKING *grades 3-8*

Thurston Middle School Annex
Tinker and Create Staff
Mon, Apr 30-Jun 11 (No 5/28), 4:00-5:00
\$139 (6 classes) Min 10/Max 20

new!

Welcome to app making part one. These classes will help your child learn how to use simple coding commands to create an app. The class will decide what app to make. Will they choose to make a homework and school projects organizer app? Will they make a book club app? An app to help less fortunate kids get books for free? What will they decide to make? The class will work on the MIT App Inventor platform. By Tinker and Create. More details at www.tinkerandcreate.com.



HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, Apr 25, 1:00-3:00
\$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 25, 3:00-6:00
\$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
Tue, Apr 24, 3:45 – 5:45
\$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.

CREATIVE CRAFTS & MORE! *grades K-5*

Downey School Cafeteria
Shawna Drew and Recreation Staff
Short Wed, Apr 11, 25; May 9; Jun 6, 11:50-3:00
\$110 (4 classes) Min 10/Max 25

Not always into sports? Join us on short Wednesdays for crafts like scrapbooking, holiday crafts, jewelry making, board games and more! Program promotes imagination and creativity! Participants will eat their lunch before activities. Please bring a peanut/nut free snack, lunch and water bottle!

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

SLIME TIME *grades K-5*

Islington Community Center
Wicked Cool for Kids Staff
Short Wednesday, Apr 11, 1:00-3:30
\$52 (1 Class) Min 10 /Max 20



Slime Time is all the rage and we have the coolest formulas! Create six amazing samples: glow in the dark slime, super smelly putty, polka dot slime, color explosion goop, undersea slime, and a bouncy ball. Please bring a nut free snack and water.

KIDS PHOTOGRAPHY WORKSHOP *grades 3-5*

Islington Community Center – Room A
Melanie Guerra
Sat, Apr 28, 9:00 – 11:00
\$98 (1class) Min 4/Max 6

This will be a creative, fun-filled workshop where kids will learn about camera settings, composition, the importance of lighting, photographing motion and more. We will play some photography games, experiment with what we've learned and even learn a little bit about film photography and see a collection of old cameras and flashes! This will definitely be a "learn by doing" experience! Kids can use **any** digital camera with settings (CoolPix, PowerShot or other "point and shoot" or a mirrorless or a DSLR! Sorry, smart phone cameras won't work in this workshop), and access to a computer for downloading their work is preferable.

KIDS PHOTOGRAPHY APRIL VACATION WORKSHOP

Westwood Recreation – Pool Lobby
Melanie Guerra
Tue & Wed, Apr 17 & 18
Grades 3-5, 9:00 -11:00
Grades 6-8, 12:30 – 2:30
\$130(2 classes) Min 4/Max 6

new!

This will be a creative, fun-filled workshop where kids will learn about camera settings, composition, the importance of lighting, photographing motion and more. We will play some photography games, experiment with what we've learned and even learn a little bit about film photography and see a collection of old cameras and flashes! This will definitely be a "learn by doing" experience! Kids can use **any** digital camera with settings (CoolPix, PowerShot or other "point and shoot" or a mirrorless or a DSLR! Sorry, smart phone cameras won't work in this workshop), and access to a computer for downloading their work is preferable.

EGG CRASH CARS *grades K-5*

Islington Community Center
Wicked Cool for Kids Staff
Short Wednesday, May 23, 1:00-3:30
\$52 (1 Class) Min 10 /Max 20

new!

Accept the design challenge! As the engineer you'll design a race car. Your car needs to be sleek, fast, and most importantly safe. Why? Because you'll have a very important passenger... an EGG! Can you build a car safe enough to keep the egg from crashing? Please bring a nut free snack and water.

SCIENCE MAGIC *grades K-5*

Sheehan School Cafeteria
Wicked Cool for Kids Staff
Apr Vacation, Tue-Fri, Apr 17-20, 9:00-12:00
\$199 (4 days) Min 10 /Max 20

new!

How did you do that? Explore some fascinating science "magic" while we make water disappear, grow glowing cubes and reveal beasts that expand to 800 times their size. Create shimmering crystals that grow on a sponge. Watch colors change before your eyes and make balloons and toothpicks move using the power of science! Please bring a nut free snack and water.

SHORT WEDNESDAY SPORTS & GAMES*grades k-5*

Downey School Gym and Field

Taryn Crocker and Recreation Staff

Wed, Apr 25; May 9; Jun 6, 11:50-3:00 PM

\$75 (3 classes) Min 10/Max 30

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 3-6*

Downey School Baseball Field

Knucklebones Staff

Wed, Apr 25-Jun 6 (No 5/23)

Ages 3 and 4: 3:30-4:15 PM

Ages 5 and 6: 4:25-5:10 PM

\$100 (6 classes) Min 8/Max 10

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.

FLAG FOOTBALL *grades 3-5*

Downey School Field

Fast Athletics Staff

Tue, May 1-Jun 5, 3:15-5:00

\$155 (6 classes) Min 10/Max 30

Game strategies, catching techniques and most importantly how to work together as a team are all part of the sport. Learn by participating in different game situations such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! In the event of rain, program will be held inside at the gym.

SUPER SPORTS *grades K-2*

Downey School Field

Fast Athletics Staff

Thu, May 3-Jun 7, 3:15-5:00

\$155 (6 classes) Min 10/Max 30

Get up, get going, get active! F.A.S.T. Athletics offers a variety of sports each week such as: Soccer, Mat Ball, Basketball, Dodgeball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. In the event of rain, program will be held inside at the gym.

**SUPER SOCCER STARS** *ages 2-5*

Morrison Park

Super Soccer Staff

Fri, Apr 27-Jun 8

Ages 3 to young 4: 9:00-9:45

Ages 2-3: 9:50-10:30

Ages Older 4-5: 10:35-11:25

\$180 (7 classes) Min 3/Max 12

new!

Super Soccer Stars teaches soccer skills in a fun, non-competitive, educational environment. The philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. The specially designed curricula uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. In the event of rain, program will be canceled and made up at the end of the session.

MULTIPLE SPORTS *ages 7-9*

Morrison Park

Bob Phillips

Thu, Apr 12-Jun 7 (No 4/19) 4:00-5:00

\$105 (8 classes) Min 10/Max 16

Soccer, Baseball and Touch Football will be played. Program promotes sportsmanship and teamwork. In the event of rain, program will be canceled and made up at the end of the session.

BASEBALL SPRING TRAINING *ages 5-12*

Morrison Park

Bob Phillips and Staff

Mon-Fri, Apr 16-20, 9:00-12:00

\$135 (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 SPORTS *ages 3-6*

Morrison Park

Bob Phillips

Tue, Apr 10-May 29 (No 4/17), 1:45-2:45

\$105 (7 classes) Min 10/Max 16

Participants will be taught soccer, baseball and 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.

SPORTS & PLAYGROUND *ages 3-6*

School Street Field and Playground

Bob Phillips

Mon-Thu, Jun 4-7, 9:00-12:00

Mon-Thu, Jun 11-14, 9:00-12:00

\$105 (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 held on Friday.



TENNIS LESSONS *ages 5-11*

Westwood High School Courts
Jayson Sellers, Tennis Pro
Sat, May 5-Jun 9 (No 5/26)
\$75 (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 16.**

| 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 17-19, 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.

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.

In the event of rain, programs will be canceled and the make-up will be held on Friday, April 20.

| Level | Ages | Time | Fee (Min 4/Max 6) |
|-----------------------|------|-------------|-------------------|
| Little Lobbers | 5-6 | 11:30-12:30 | \$45 (3 lessons) |
| Beginner | 7-11 | 12:30-1:30 | \$45 (3 lessons) |
| Clinic | 8-13 | 1:00-3:00 | \$105 (3 days) |

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 INSTRUCTION

Norwood Country Club
John Resnick, Golf Pro
Min 4/Max 10

JR BEGINNER CLINIC *ages 8-14*

Learn the fundamentals of golf: swing, putting, chipping, etiquette and pace of play. Clinic includes course instruction in a relaxed setting. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed.

| Day | Dates | Time | Fee |
|------------|----------|-------------|-------------------|
| Sat | May 5-26 | 10:00-12:00 | \$115 (4 classes) |
| Sat | Jun 2-23 | 10:00-12:00 | \$115 (4 classes) |

JR INTERMEDIATE CLINIC *ages 8-14*

This clinic will reinforce what was taught in the Junior Beginner clinic, and will include more extensive on course instruction. Participants should have some on course experience and will need their own set of golf clubs. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended.

| Day | Dates | Time | Fee |
|------------|----------|------------|-------------------|
| Sat | May 5-26 | 12:30-2:30 | \$115 (4 classes) |
| Sat | Jun 2-23 | 12:30-2:30 | \$115 (4 classes) |

LADIES BEGINNER CLINIC *ages 16 & up*

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 2 | Session 3 | Time | Fee |
|------------|-----------|-----------|-----------|-------------------|
| Wed | May 2-23 | Jun 6-27 | 5:30-6:30 | \$125 (4 classes) |
| Thu | May 3-24 | Jun 7-28 | 5:30-6:30 | \$125 (4 classes) |

VOLLEYBALL-GIRLS *grades 5-8*

Westwood High School Gym
Justyne Collier, WHS JV Volleyball Coach
Thu, Apr 5-May 17 (No 4/19), 6:00-8:00 PM
\$130 (6 classes) Min 12/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.





THE LION KING MUSICAL THEATRE

ages 5-13

Islington Community Center Hall

Aly Pereira

Tue, Apr 24-Jun 12, 3:45-4:45

\$130 (8 classes) Min 5/Max 25

Join in on the fun of learning how to take part in a musical theatre performance. Learn the basics of putting together a production. Boys and girls will audition for a role in the musical "Simba's Medley Excerpts." This play has been rewritten along the theme of the original "Lion King." Participants will 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 13-Jun 15 (No 4/20, 5/25), 5:00-6:00

\$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

MUSIC LESSONS *ages 5 & up*

The Band Gig School of Music and Performance

66 Eastern Ave, Dedham

The Band Gig 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*

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Greater Boston EGG DROP

March 24 - 1:00-3:00pm
Barnes Memorial Park, Dedham

Register for your free tickets at
www.encounterchurch.com/egg

Pre-registration is required. As with every community event hosted by Encounter Church there is no religious presentation or content.

encounterchurch.com

WESTWOOD CHILDREN'S SCHOOL



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Stephanie Beaudet, Executive Director • SBeaudet@tobinbeaudet.com



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SUMMER AT TOBIN SCHOOL WESTWOOD



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- Swim lessons Monday, Wednesday and Friday, Special Visitors, Themed Days and more!
- Open 7:00am - 6:30pm daily, with full-day, early-day and mid-day options – the most flexible summer program around!
- For children age eligible for PreK, JrK and K (you do not need to attend Tobin during the school year to attend the summer program)

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(included in tuition)



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Jaclyn Bennett, Senior Director • JBennett@thetobinschool.org ~ Stephanie Beaudet, Executive Director • SBeaudet@thetobinschool.org

TOBIN SCHOOL WESTWOOD • 781-329-7775 • www.TobinSchoolWestwood.org



The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program. Our goal is to support parents as their child's first teacher and provide free programs that are inclusive and supportive to all Westwood children and families. In addition to our regular monthly activities, we are pleased to announce the following special programs coming this spring! Please visit our website to learn more at <http://www.westwood.k12.ma.us/early-childhood-council/>

Special Programs

Farm to Table Intergenerational Exploration



Westwood Early Childhood and Westwood Council on Aging have partnered with Powisset Farm once again this spring! Children ages 5-8, along with a parent/caregiver will join senior citizens for a Farm to Table Intergenerational event at Powisset Farm. Children and seniors will work together to explore the farm, collect eggs, seasonal vegetables, and herbs and cook a Sunday Brunch to enjoy together. Space is limited and registration is required. Dates are as follows. Sundays March 4th, April 8th, May 6th from 12:00noon -2:00 pm. Sign up with the Early Childhood Office (781) 461-9548 or jlucey@westwood.k12.ma.us

Strong Beginnings



Calling all new mothers and babies! Brooke Reilly, OTR/L shares her heart-led mission of supporting women through the transition to motherhood. Join us for this 6 -week series. Weekly themes include "Navigating the 4th Trimester", "Building Your Village", "Introducing Solids", "Strong Parenting Partnerships" and more! Dates are as follows: Tuesdays March 6th through April 10th 9:30-10:30 am Islington Branch Library Sign up with the Early Childhood Office (781) 461-9548 or jlucey@westwood.k12.ma.us

Save the Dates!

Brain Building In Progress

Our 5th Annual Brain Building In Progress Celebration will take place throughout the week of April 8th Enjoy enriching activities and special events as we join in this statewide campaign. Check website for specific details on special event dates and times. <http://www.westwood.k12.ma.us/early-childhood-council/>

Annual Portrait Fundraiser!



"Portraits in the Park" will take place Sat and Sun. May 5th and 6th. Have your family or individual photos taken in an outdoor setting featuring professional photographer and Westwood resident Caroline Maguire. Choose a digital option, photo prints package or both! Funds raised go directly to monthly parent/child programs and special events. Help support WECC! Registration will be available on the website. <http://www.westwood.k12.ma.us/early-childhood-council/>



Do you feel down this brutal winter? Then think Spring! We are heading to the Boston Flower Show in March to celebrate all things green! For \$90 you will be transported on a luxury bus, enjoy a delicious lunch and get inspired for your summer garden as you walk around the Flower Show. We also have many other fun trips planned all spring and summer long. Moreover, we have an overnight trip planned to visit Saratoga Springs in August and a Five Day Trip to enjoy Canyon Country in October. Stop by the Center for further information (detailed fliers available at the front entrance).

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. Check out our bi-monthly newsletter (on the town website-copies also available at the Center) for further information on all of our regular and special programs. Or just stop by and check us out ... we are warm, welcoming and would love to meet you!

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) and Pilates
- 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
- Intergenerational Programs
- Waxing and Manicurist

REGISTRATION

- **REGISTRATION IS NOT 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

WIGGLE AND GIGGLE STORYTIME

Who: All Ages
When: Tuesdays 10:30- 11:15
March 6-April 10
May 1-22nd
Where: Westwood Public Library

Children will hear stories, songs, and dance those giggles out.

WONDROUS WEDNESDAYS STORYTIME

Who: Children ages 2-5
When: Wednesdays 10:30-11:00 a.m.
March 7-April 11
May 2-23rd
Where: Westwood Public Library

This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities.

BABY RHYME TIME

Who: Ages 0-2 and parent/caregiver
When: Fridays 10:30-11:00 a.m.
March 9-April 13
May 4-25th
Where: Westwood Public Library

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

CREATIVE KIDS

Who: Children in grades K-1st
When: Thursdays, 4:00-4:45 p.m.
March 8-April 12
Where: Westwood Public Library

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

MOTHER-DAUGHTER BOOKCLUB

Who: Children in grades 3-5 and female adult
When: Tuesdays, 6:30pm
March 6th, April 10th, May 8th
Where: Westwood Public Library

Share your enthusiasm for reading with other book lovers and join us for lively discussion, a game of pictionary, snacks and fun! Books will be available at the Children's ASK! Desk. Email Lizzy @ ehmcgovern@minlib.net for more info.

MAIN LIBRARY TEEN PROGRAMS

TEEN BOOKCLUB

Who: Students in grades 5-8
When: 2nd Early Release Wednesday of the month
March 28th, April 25th, May 23rd, June 6th
Where: Westwood Public Library

Take a break from homework and join Lizzy to talk about books & enjoy snacks!!! Books will be available at the library. More information to follow.

MAIN LIBRARY ADULT PROGRAMS

DR. GARY HYLANDER PRESENTS AMERICA: 1968

Who: Adults
When: Wednesday, March 7th, March 21st and April 4th at 7:00 PM
Where: Westwood Public Library

2018 marks the passage of 5 decades since 1968, a turbulent year in American History. In this three-part series Dr. Hylander will discuss the Tet Offensive (3/7), the Assassinations of Dr. Martin Luther King Jr. and Robert F. Kennedy (3/21) and the Presidential Election of 1968 (4/4). Come to one or come to all the lectures! No registration is required and all are welcome!

IRISH GENEALOGY WITH MICHAEL BROPHY

Who: Adults
When: Wednesday, March 28 at 7:00 PM
Where: Westwood Public Library

A broad overview of Irish genealogy with three major religious groups will be presented: Catholic, Presbyterian and Anglican. The lecture will start with the central event in the history of Irish genealogy, the destruction of the Public Records Office in Dublin on June 30, 1922. The effects of this, including unique challenges and realistic expectations for Irish ancestral research will be discussed. Vital records, immigration documentation, and unique resources will be presented. This is a program intended for beginners. Registration is required - please call 781-320-1045 to register.

AUTHOR TALK: BENJAMIN LUDWIG & GINNY MOON

Who: Teens & Adults
When: Thursday, April 12 at 7:00 PM
Where: Westwood Public Library

Based loosely on the author's personal life and family, *Ginny Moon* is the story of an exceptional 14 year old girl with autism who, having bounced from one foster care placement to another, has finally landed at her "Forever Home." But there are complications, and through Ginny's eyes, we glimpse an often-confounding and confusing world, with adults who misunderstand, a system that frequently fails her, and, underneath all, deep wounds that desperately need healing.

April is Autism Awareness Month and this book talk is scheduled in conjunction with the Library's April gallery exhibit sponsored by the May Institute: Faces, Voices and Lives of the May Institute. This program is made possible through the support of the Friends of the Westwood Public Library and the May Institute. Copies of the book will be available for purchase and signing.

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up.
When: Thursdays, 9:30-10:15 a.m.
March 8-April 12
May 3rd-24th
Where: Islington Branch Library

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

PJ STORYTIME

Who: Children ages 3 and up.
When: 3rd Wed. of the month, 6:30-7:15pm March 21st, April 18th, May 16th
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.

LEGO - MANIA

Who: Children grades K and up.
When: Tuesdays, 3:45-4:45 p.m.,
March-May
Where: Islington Branch Library Come and build Lego creations with library Legos.

Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-3:00 PM on Mondays, Wednesdays and Thursdays; 8:30 AM to 3:00 PM and 5:00 to 7:00 PM 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.

Public Health Nurse

Tiffany McCarthy, BSN has been hired as the new Public Health Nurse. Her office has been relocated to 50 Carby Street and her hours are Monday-Thursday, 8:30 AM to 4:30 PM. She will be at the Senior Center on the 2nd and 4th Tuesdays of the month from 8:30AM-12:30PM. If you are in need of nursing services please contact Tiffany to make an appointment. She can be reached at tmccarthy@townhall.westwood.ma.us or 781-251-2576.

Sharps Collection Program

The Westwood Board of Health Sharps Collection Box is currently not available as it is being repaired. Residents can bring their sharps to the Health Department at 50 Carby Street during business hours. The Box will be located inside the Police Station lobby once it is repaired. 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 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.



STRUCTURED PLAY GROUPS – Kindergarten/1st Grade
Thursdays, March 1-April 26, 4:00-5:00 PM at Hanlon Elementary
Wednesdays, March 14-May 9, 4:00-5:00 PM at Islington Community Center

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.

Contact: Nina Banozic, LICSW at (781) 320-1006 or nbanozic@townhall.westwood.ma.us

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. 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 for nominations is **March 31st, 2018**. Nomination forms can be found at www.townhall.westwood.ma.us/yfs.



R.A.Y. (Recognize-A-Youth) Program Nomination Form



The Westwood Rotary and Westwood Youth & Family Services salutes young people in our community who have demonstrated a commitment to helping others, by honoring them with the R.A.Y. (Recognize-A-Youth) award. Recipients have distinguished themselves through their initiative and commitment to community service and have demonstrated an ethic of caring for others that is essential to the health of our community. Nominations may be completed and returned to Westwood Youth & Family Services at any point throughout the year. Each spring, members of the Westwood Rotary will select the outstanding young people to be recognized from that year's pool of nominees. Recipients will receive a certificate of appreciation and a small gift courtesy of the Westwood Rotary. The R.A.Y. Program will recognize more than one person should a group of young people be nominated for a group community service effort. The deadline to be considered for the 2018 award is March 31, 2018.

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 services is the Nominee involved?

In what community services is the Nominee involved?

Name of nominating person: _____

Phone Number: _____ Email: _____

Nomination forms may be mailed to Westwood Youth & Family Services (WY&FS), 268 Washington St., Westwood, MA 02090 or e-mailed to youth@townhall.westwood.ma.us. Please email or call WY&FS at (781) 320-1006 with any questions. Thank you!





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POOL SCHEDULE

SPRING April 1 - June 24 (Closed: April 1, 16, May 28, June 3)

| 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 25 - 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 | Six Months | One Year | Daily |
|----------------------|-----------|--------------|------------|----------|-------|
| Pool Single | \$30 | \$75 | \$135 | \$235 | \$7 |
| Pool Family | \$45 | \$115 | \$210 | \$370 | |
| 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

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FISHING DERBY

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Saturday, May 12
7:00-11:00 AM
Buckmaster Pond



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!

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