

FIREMAN'S FOAM

In Memory of Eddie Thomson



Wednesday, July 11 / 2:00 - 3:00 PM
Sheehan School Field
Suds of Fun & DJ Magic Mark

Special thanks to:
The Westwood Fire Department
& Wegmans



www.westwoodrec.com

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Assistant Aquatics Manager

Richard Adams
Business Manager

Jodi Steverman
Recreation Assistant

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

REGISTRATION & POLICIES

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WHEN TO REGISTER

REGISTRATION IS OPEN AND ON GOING

HOW TO REGISTER

ONLINE: www.westwoodrec.com

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

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

Click Register and choose Programs or Activities (select program category, season, activity/class) or Purchase or Renew a membership (select New or Renew). Credit Cards: MasterCard, Visa or Discover

WALK IN: Public office hours at the Recreation Department.

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

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

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

CONFIRMATION: Online registrations receive a receipt via email. All others please consider the registration accepted and report to your programs unless the Recreation Department notifies you.

POLICIES AND PROCEDURES

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

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

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

Westwood Winds Community Band www.westwoodwinds.org

YOUTH AND ADULT SPORTS

CYO Basketball Saint Margaret Mary www.saintmmparish.org

Over 30 Men's Softball fcurren@nemoves.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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**WESTWOOD PUBLIC SCHOOLS
LAST DAY IS JUNE 25**

**WEEK 1: PROGRAM ADJUSTMENTS ARE
HIGHLIGHTED IN YELLOW.**

FULL PROGRAMS: ARE MARKED IN RED





Construction – Special Events – Weddings



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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

INTRO TO PADDLE BOARDING

ages 8 and older*
Zachary Krause, Assistant Aquatics Manager
\$95 (1 class) Min: 2 Max: 3

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
Fri	Jul 20	5:00-7:00 PM
Mon	Aug 20	9:00-11:00 AM
Tue	Aug 21	9:00-11:00 AM
Wed	Aug 22	9:00-11:00 AM





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

		SWIM LEVELS							
Week	Fee	WB	PC	PS3,4,5	L1	L2	L3	L4/L5	YB
1: Jun 26-29 (T-F)	\$72			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 Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below.

Observation Guidelines:

- 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 seated 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!



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 - FULL
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)

VOLLEYBALL-GIRLS *entering grades 6-8*

Middle School Gym
Justyne Collier, WHS JV Volleyball Coach
Week 7: Aug 6, 7, 8, 10, Mon, Tue, Wed, Fri, 9:00-3:00 (No Thu)
\$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.

FIELD HOCKEY-GIRLS *entering grades 4-8*

WHS Flahive Field
Heather Fatcheric, WHS Girls Varsity Coach
Week 4: Jul 16-20, 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.

LACROSSE-GIRLS *entering grades 4-8*

WHS Flahive Field
Margot Spatola, WHS Girls Varsity Coach
Week 5: Jul 23-26, Mon-Thu, 9:00-12:00
\$135 (4 days) Min 15/Max 40



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

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 - FULL
5: Jul 23-26	Mon-Thu	10:00-12:00 - FULL
7: Aug 6-9	Mon-Thu	10:00-12:00
8: Aug 13-16	Mon-Thu	10:00-12:00 - FULL

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 Jun 26-29	Mon Tue-Fri	1:30-4:30 FULL 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

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-FULL
\$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.

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*

Week 1: \$45 (3 days) Min 4/Max 6

Weeks 3-7: \$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 27-29	Wed-Fri	8:00-8:55 AM	Little Lobbers
3: Jul 9-13	Mon-Fri	8:00-8:55 AM	Beginner-FULL
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-FULL
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*

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	Fee
1: Jun 27-29	Wed-Fri	9:00-12:00	\$93 (3 days)
3: Jul 9-13	Mon-Fri	9:00-12:00	\$155 (1 week)
4: Jul 16-20	Mon-Fri	9:00-12:00	\$155 (1 week)
5: Jul 23-27	Mon-Fri	9:00-12:00	\$155 (1 week)
6: Jul 30-Aug 3	Mon-Fri	9:00-12:00	\$155 (1 week)
7: Aug 6-10	Mon-Fri	9:00-12:00	\$155 (1 week)

SWING & SWIM *ages 8-13*

Participants must be able to swim independently

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	Fee
1: Jun 27-29	Wed-Fri	1:00-5:00	\$99 (3 days)
3: Jul 9-13	Mon-Fri	1:00-5:00	\$165 (1 week)
4: Jul 16-20	Mon-Fri	1:00-5:00	\$165 (1 week)
5: Jul 23-27	Mon-Fri	1:00-5:00	\$165 (1 week)
6: Jul 30-Aug 3	Mon-Fri	1:00-5:00	\$165 (1 week)
7: Aug 6-10	Mon-Fri	1:00-5:00	\$165 (1 week)



MINISPORTS *ages 3-6*

Deerfield School Field

F.A.S.T Athletics Staff

Min 10/Max 24

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	Fee
1: Jun 27-29	Wed-Fri	9:00-12:00	\$81 (3 days)
3: Jul 9-13	Mon-Fri	9:00-12:00	\$135 (1 week)
5: Jul 23-27	Mon-Fri	9:00-12:00	\$135 (1 week)
6: Jul 30-Aug 3	Mon-Fri	9:00-12:00	\$135 (1 week)

SOCCER *ages 7-14*

Sheehan Field

Jon Grant, WHS Boys Coach, Week 1

Tim Chant, WHS Girls Coach Weeks 3 and 5

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	Fee
1: Jun 27-29	Wed-Fri	9:00-3:00	\$135 (3 days)
3: Jul 9-12	Mon-Thu	9:00-3:00	\$180 (4 days)
5: Jul 23-26	Mon-Thu	9:00-3:00	\$180 (4 days)

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)

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 26-29	Tue-Fri	9:00-4:00 PM-FULL
The Little Mermaid	3: Jul 9-13	Mon-Fri	9:00-4:00 PM-FULL
The Pirates of Penzance	4: Jul 16-20	Mon-Fri	9:00-4:00 PM-FULL
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-FULL
The Little Mermaid	7: Aug 6-10	Mon-Fri	9:00-4:00 PM-FULL

JOIN A BAND SUMMER SESSION

The Band Gig School of Music and Performance
66 Easter Ave, Dedham
The Band Gig School Staff
WK3: July 9 - 13, Mon-Fri, 9:00-4:00
WK6: July 30 - Aug 3, Mon-Fri, 9:00-4:00
WK7: Aug 6-10, Mon-Fri, 9:00-4:00
\$599 (1 Week)
Lunch offered for \$6 per day (payable onsite)



This one-of-a-kind experience all under the expert guidance of Band Gig's Instructors. You'll form a band, write and record original music, Enjoy a daily Master Class, and to cap it all off, you'll perform your music LIVE for all your friends and family at a local establishment. Playing in a band and in a recording environment improves your playing faster than any other experience. Spend this summer with others that share the same passion, while studying with New England's most talented musicians. Students are placed into bands or groups according to their age and skill level. Once placed, they will experience a five day creative journey writing and recording original music, and preparing for a live performance at the end of the week.



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-FULL
2D Art	5: Jul 23-26	Mon-Thu	9:00-12:00-FULL

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

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.

VIDEO 1 *ages 10-14*

Westwood Media Center- [15 Perwal St. Westwood, MA](#)
Maggie McGinnis
Week 3: Mon-Fri, July 9-13, 9:00-12:00
\$150 (1 week) Min 4/Max 6



Learn video production! This workshop introduces students to film concepts, storyboarding, shooting, and editing. While using our HD camcorders and Adobe editing software, participants will develop technical video skills, as well as learn the various stages of video producing by creating new projects each day. **Participants who attended WMC's Summer 2017 Video Workshop are exempt from Video 1, as this would be repetitive.**

VIDEO 2 *ages 10-14*

Westwood Media Center- [15 Perwal St. Westwood, MA](#)
Maggie McGinnis
Week 5: Mon-Fri, July 23-27, 9:00-12:00
\$150 (1 week) Min 6/Max 10



Prerequisite: Video 1, WMC's Summer 2017 Video Workshop, or Thurston News after-school program.

Produce a TV show or short film! Using acquired video production skills, students will create a video project from start to finish. Students will work collaboratively through the entire production process, from screenwriting and storyboarding, to shooting and editing with the use of our HD camcorders and Adobe editing software. Students will strengthen their existing video production skills, as well as gain new experiences with acting and directing.

TOP SECRET SCIENCE *entering K-5*

Islington Community Center
Top Secret Science Staff
Week 6: Mon-Fri, Jul 30-Aug 3, 9:00-3:00-FULL
Week 8: Mon-Fri, Aug 13-17, 9:00-3:00-FULL
\$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.**

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 FULL

PRESCHOOL

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	June Dates	June Dates	Time
Mon	June 11	June 18	9:00-1:00
Tue	June 12	June 19	9:00-1:00
Wed	June 13	June 20	9:00-1:00
Thu	June 14	June 21	9:00-1:00
Fri	June 15	June 22	9:00-1:00

**PRESCHOOL PROGRAM PARTICIPANTS
MUST BE TOILET TRAINED.**



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with a mental health professional
about resources and/or receive
personalized matched referrals, or
visit interface.williamjames.edu.

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 27-29 (W-F)	\$165	\$130	\$100	\$130
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
	Wed - 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)	\$55	\$72	\$90	\$90	\$90	\$90	\$90

COUNSELOR IN TRAINING (CIT)

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



Session A (4 weeks): Jun 27-Jul 20 (No7/4)

8:30-3:30: \$180
11:30-5:30: \$140

Session B (3 weeks): Jul 23-Aug 10

8:30-3:30: \$160
11:30-5:30: \$120

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

Registration and applications are closed at this time. If you are interested in participating as a first year CIT contact Kristin Scoble.
kscoble@townhall.westwood.ma.us

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.

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RSM-Westwood
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-Johns Hopkins Center for Talented Youth

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Summer Classes Now Enrolling!

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

AGES 3-6: Staff to child ratio 1:5

AGES 7 & older: Staff to child ratio 1:10

CAMP STARFISH (Ages 3-5) 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) 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.

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 27-29 (W-F)	\$170	\$140	\$100	\$130
Bold Stripes & Bright Stars	2: Jul 2-6 (No 7/4)	\$225	\$185	\$130	\$170
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 27-29 (W-F)	\$180	\$150	\$90
Bold Stripes & Bright Stars	2: Jul 2-6 (No 7/4)	\$240	\$200	\$120
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

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

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

	1: JUN 27-29	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
	Wed-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)	\$55	\$72	\$90	\$90	\$90	\$90	\$90
Swim Lessons Gr. K - 8 1:15-1:55 PM (5 classes)	\$55	\$72	\$90	\$90	\$90	\$90	\$90

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

	1: JUN 27-29	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
	Wed - Fri		Mon -Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Tennis Lessons Ages 7-13 3:30-4:30 (5 classes)	\$40		\$65	\$65	\$65	\$65	\$65

PLEASE NOTE: Some weeks may be open, but certain grades might be filled. Please go onto our website to see the availability. If a grade is filled, please place your child on the waitlist for your preferred time.

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.

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	Wed	Jul 11-Aug 15	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
Tue	Jun 26	8:00-2:30	Tue	Jul 24	8:00-2:30
Wed	Jun 27	8:00-2:30	Wed	Jul 25	8:00-2:30
Thu	Jun 28	8:00-2:30	Thu	Jul 26	8:00-2:30
Fri	Jun 29	8:00-2:30	Fri	Jul 27	8:00-2:30
Sat	Jun 30	8:00-12:15			

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



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UPCOMING PROGRAMS

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

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

FRIENDS NETWORK



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

When: November 2018 – April 2019, Wednesdays from 5:15 – 6:15 PM or 6:30 PM – 7:30 PM

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

What: The Friends Network program matches young Westwood residents with high school aged residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship and having fun! All participants should feel comfortable and be able to successfully

engage in independent, self-directed play in a large group setting.

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

GIRLS GROUPS

Who: Westwood girls in 4th – 6th grade

When: Fall 2018 – Spring 2019, one afternoon per week from 4:00 – 5:00 PM

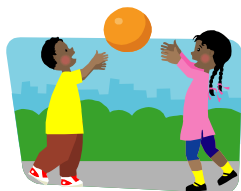
Where: Islington Community Center

What: These 12-week groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways! All participants should feel comfortable and be able to be successful in a 1:6 adult-to-child ratio.

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



STRUCTURED PLAY GROUPS



Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2018 – Spring 2019, one afternoon per week from 4:00 – 5:00 PM

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

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, communication, decision-making, as well as appreciating one's own strengths and the differences of others. All participants should feel comfortable and be able to be successful in a 1:4 adult-to-child ratio.

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

CREATIVE CRAFT CLUB

Who: Rising 1st – 6th grade Westwood residents (grouped by 1st-3rd grade and 4th-6th grade)

When: Summer 2018, one afternoon per week from 11:00 AM – 12:00 PM or 4:00 – 5:00 PM

Where: Islington Community Center

What: Enjoy the summer at Creative Craft Club! This 6-week program includes crafts focused on mindfulness, goal setting, and do-it-yourself projects. All participants should feel comfortable and be able to be successful in a 1:5 adult-to-child ratio.

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

Save the Date!

In honor of skin cancer awareness month in May, the Westwood Health Department is hosting the Dana-Farber Blum Family Resource Center Van on Friday, May 25, 2018 from 10:00 AM to 2:00 PM at the Westwood Senior Center, 60 Nahatan Street. Visitors can get a free exam by a dermatologist and a digital photo to show damage to the skin and learn about skin cancer screening and prevention. This is a first come, first seen event. Call 781-320-1027 for more information.

Contact Information

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

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.

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.



Westwood Early Childhood Office

Janet Lucey, Coordinator
Westwood Public Schools

jlucey@westwood.k12.ma.us

(781) 461-9548

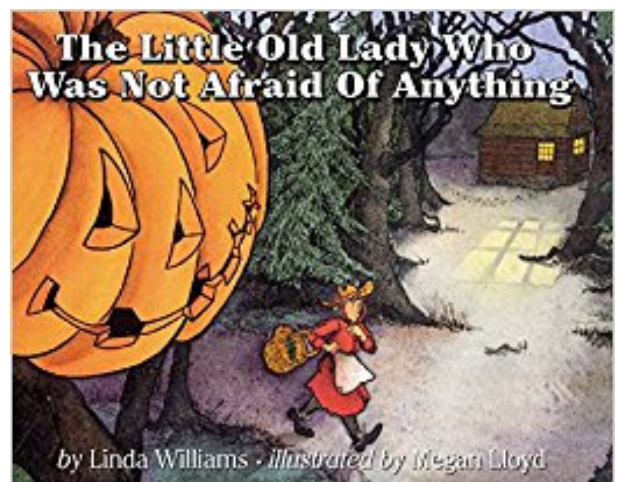
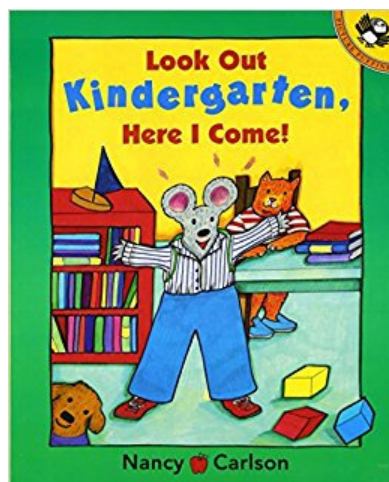
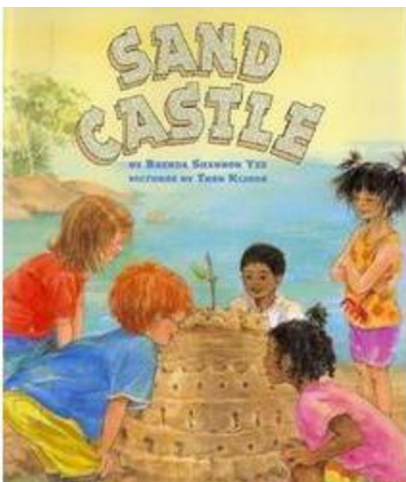
<http://www.westwood.k12.ma.us/early-childhood-council/>

Announcing a New Collection of StoryWalks®

Thanks to generous grant funding from the Foundation for Westwood Education, we are pleased to introduce our new collection of StoryWalks® to the Westwood Community. This summer and throughout the year, families can enjoy StoryWalks® at various locations throughout the town of Westwood.

StoryWalks® are a free and convenient way to enjoy early literacy, physical activity, and family time together in nature. Laminated pages from a children's book are attached to wooden stakes, which are installed along an outdoor path. As you stroll down the trail, you're directed to the next page in the story. Children's book selections are chosen to center around specific themes. Themes include seasons, nature, family diversity, and social emotional learning. Simply visit the site of the StoryWalks® and enjoy reading the pages of a children's book as you walk along an outdoor path at your leisure. Many families chose to pack a picnic and extend their stay or meet friends at the site. StoryWalks® are self-directed and no registration is required. Our featured StoryWalks® this summer include *Sand Castle* by Brenda Shannon Yee and *Look Out Kindergarten, Here I Come* by Nancy Carlson.

Stay tuned for our fall StoryWalk, *The Little Old Lady Who Was Not Afraid of Anything* by Linda Williams. Details including a full list of books, specific dates and locations are available on the Early Childhood Office website. StoryWalk® was created by Anne Ferguson of Montpelier, VT and was developed with the help of Rachel Senechal, Kellogg-Hubbard Library. StoryWalks® have been installed in 50 states and 12 countries including, Germany, Canada, England, Bermuda, Russia, Malaysia, Pakistan and South Korea!



REGISTRATION

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

MAIN LIBRARY CHILDRENS PROGRAMS

WIGGLE AND GIGGLE

Who: For all ages.
When: Tuesdays 10:30- 11:15
July 10- August 14
Where: Westwood Public Library
Kids and their caregivers are welcomed to come and wiggle and giggle with us as we enjoy music, movement, storytelling, and more!

WONDROUS WEDNESDAYS STORYTIME

Who: All Ages
When: Wednesdays 10:30-11:00 a.m.
July 11-August 15
Where: Westwood Public Library
This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities. **No Registration required.**

BABY RHYME TIME

Who: Ages 0-18 months and parent/caregiver
When: Fridays 10:30-11:00 a.m.
July 13-August 17th
Where: Westwood Public Library
There will be short stories, songs, dance, and puppets.
No Registration Required.

DINOMAN

Who: For ages 5 and up with parent/caregiver, no registration.
When: Thursday July 12th, 4:00pm
Where: Westwood Public Library

Learn all about dinosaurs and see GIANT inflatable Dinosaurs at the library!

ROLIE POLY GUACAMOLE

Who: For kids of all ages & their families, no registration needed.
When: Thursday, August 8th @ 6:15pm.
Where: Westwood Public Library

Rolie Polie Guacamole is straight out of New York and will be up to rock your socks off at the library! Get ready to listen to some great tunes and dance to the beat (or to your own).

HAMPSTEAD STAGE CO.: TREASURE ISLAND

Who: For kids ages 5 and up & their families, no registration needed.
When: Thursday, July 27th @ 2:00PM
Where: Westwood Public Library

The Hampstead Players will perform the classic Treasure Island! Children will meet Long John Silver and his band of marauding pirates, and take an exciting journey across the seven seas. They may even need an extra player or two from the audience! So don't miss this highlight of the summer.

SUMMER READING 2017: LIBRARIES ROCK!

Who: Children in grades K- 6th
When: Begins Monday June 4th 2018
Where: Westwood Public Library
Come to the library to sign up for the Summer Reading Program!
Read all summer and earn raffle tickets for great prizes!

HANDS ON DRUMMING

Who: Families with children
When: Monday, July 19, 1:30PM
Where: Westwood Public Library

Join us for a drumming circle with Craig Norton from Hands on Drumming. No experience necessary, all ages are welcome!

MAIN LIBRARY TEEN & ADULT PROGRAMS

TEEN SUMMER READING

Who: Teens in grades 6-12
When: Begins Monday June 4th 2018
Where: Westwood Public Library
No matter where you end up this summer, you can take part of the Library's Summer Reading Program! Earn raffle tickets by writing a brief book review to display! Check out our website, Facebook or Instagram for more information! Sign up: At the Reference Desk, email wwdmail1@minlib.net or call 781-320-1045. Registration begins June 4th.

3rd ANNUAL ADULT SUMMER READING PROGRAM

Who: Adults
When: Begins Monday June 5, 2017
Where: Westwood Public Library
The Westwood Public Library invites you to take part of the 3rd Annual Adult Summer Reading Program! No registration is required— all you need to do is read what you'd normally read and tell us about it! You could win one of our major prize baskets! The theme for this year's reading challenge is "Libraries Rock"! Complete a Patron Picks Bookmark for our Patron Picks Display! There is no limit on how many book reviews an individual may submit. Patron Pick Review Bookmarks are available at the Main & Islington Libraries beginning June 4th. Once you complete a Patron Picks Reviews, come to the Main Library Circulation Desk, the 2nd Floor Information Desk, or the Islington Circulation Desk for your tickets! Open to all ages 18+. Visit the Library's website or call 781-320-1045 for more information. The Adult Summer Reading Challenge is generously sponsored by the Friends of the Westwood Library.

FRIDAY MORNING BOOK CLUB

Who: Adults
Where: Westwood Public Library
Join our book discussion group on Friday mornings! No sign-up necessary - read the book, join the conversation! We are looking for members, please join us! Books will be available at Main Library at the Circulation Desk and at the Islington Branch Library.
Friday, June 22, 2018: *Delicious!* by Ruth Reichl
Friday, July 27, 2018: *Maine* by J. Courtney Sullivan
Friday, Aug. 24, 2018: *Hillbilly Elegy : a memoir of a family and culture in crisis* by J.D. Vance.

ISLINGTON BRANCH PROGRAMS

LEGO- MANIA

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

BRANCH STORYTIME

Who: For kids ages 2 & up.
When: Thursdays, 9:30 – 10:15 AM
July 12th - August 16th
Where: Islington Branch Library
Children will participate in stories, songs, movement activities, films, & crafts.

FIREFLY STORYTIME @ THE PARK

Who: For kids ages 3 & up, no registration.
When: 3rd Wednesday of the month, 6:30 – 7:15 PM July 18 & August 15
Where: School Street Playground
Come join Jenny at the School Street Playground and bring a special stuffed animal or blanket to hear stories and songs in the warm evening air. You may even see a firefly or two!



Summer is finally here! And here at the Senior Center we are celebrating the warm weather with lots of special programs. From fun days trips to Newport, Gloucester and Nantucket, to special programs on music and art appreciation and a spring chorus concert to name a few. We also will be offering a two part series on understanding how to prepare for a loved one's funeral; discussions will include health directives, legal responsibilities and costs. And of course, we will celebrate our Veterans with a free Veteran's breakfast on Friday May 25th. Details are in our May/June Newsletter.

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 and 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



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WESTWOOD DAY

09.29.2018



FRIDAY, SEPTEMBER 28

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

SATURDAY, SEPTEMBER 29

- 5K 9:00 and Fun Run 10:00
- Activities/Vendors/Food 10:00-3:00

CONTACTS: www.WestwoodDay.com

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

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

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

Summer Concerts!

Westwood Senior Center Lawn
Monday's in July at 6:30 PM - FREE!

July 9: Vanessa Trien and the Jumping Monkeys

July 16: The Bubble Music Man

July 23: Stacey Peasley Band

July 30: Karen K & the Jitterbugs

Bring a blanket or a lawn chair and enjoy the concert.
Pizza, water and snow cones will be available!

Thank you to the Concert Sponsors:

Grand Sponsor: Dedham Savings

Which Wich

Miller Chiropractic Offices

Tobin and Westwood Children's School

Kids Sports

**Westwood
Recreation**

WYWC
Westwood Young Women's Club



June 23, 2018

Flahive Field at
Westwood High School
200 Nahatan St. Westwood, MA

Ages: 7 – 14

(must be age 7 by June 23, 2018)

Event is FREE

Space limited to first 300 registrants
Registration deadline: June 15, 2018

Event Schedule:

8am: Check-In
9am – 12pm: Football Clinic
12pm – 1pm: Snack and Meet Patrick

Register Online at

www.westwoodrec.com

Questions please call 781-461-0070



in partnership with



Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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

RESIDENTIAL CUSTOMER WESTWOOD, MA 02090



Summer Schedule 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 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