

WESTWOOD / DAY 09.29.2018

Kick Off: Friday, September 28

- **Football Game 7:00 PM**

Westwood Wolverines host Norwood at Flahive Field

- **Fireworks 9:00 PM**

Fireworks follow the football game approximately 9:00 PM at Westwood High School

Westwood Day: Saturday, September 29

Westwood High School

10:00 AM – 3:00 PM

Rain or Shine



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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 Page 3

WHEN TO REGISTER

FALL REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

EXCEPTION: NON RESIDENT SWIM TEAM REGISTRATION BEGINS OCTOBER 5

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

WEATHER POLICY

PROGRAMS: When Westwood Public Schools are closed, all recreation programs are canceled for that day and evening. If a storm develops during the day/weekends, or weather is questionable, please either call the Recreation Office 781-461-0070 or go to www.westwoodrec.com, Facebook or Twitter.

POOL FACILITY: In the event of inclement weather please check the lap and open swim schedule updates at www.westwoodrec.com, Facebook, Twitter, or call the Recreation Office 781-461-0070.

Program and pool facility information will be updated as follows:

◆ Morning programs after 5:00 AM ◆ Afternoon programs after 1:00 PM ◆ Evening programs after 4:00 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**

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

Over 30 Men's Softball fcurran@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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SESSION A		SWIM LEVELS						
Dates (5 classes)	Fee	WB/PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Oct 1-Nov 5 (No 10/8)	\$90	9:30-10:10						
Tue, Oct 2-Oct 30	\$90		1:15-1:55 pm					
Wed, Oct 3-31	\$90							
Thu, Oct 4-Nov 1	\$90			1:15-1:55	4:45-5:25	4:45-5:25		
Fri, Oct 5-Nov 2	\$90		10:15-10:55					
Sat, Oct 6-Nov 3	\$90	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10			
Sun, Oct 7-Nov 4	\$90		8:15-8:55	9:00-9:40	9:45-10:25		10:30-11:10	
SESSION B		SWIM LEVELS						
Dates (5 classes)	Fee	WB/PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Nov 19-Dec 17	\$90	9:30-10:10						
Tue, Nov 6-Dec 4	\$90		1:15-1:55 pm					
Wed, Nov 7-Dec 12 (No 11/21)	\$90							
Thu, Nov 8-Dec 13 (No 11/22)	\$90			1:10-1:50				
Fri, Nov 9 -Dec 14 (No 11/23)	\$90		10:15-10:55					
Sat, Nov 10-Dec 15 (No 11/24)	\$90	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Nov 11-Dec 16 (No 11/25)	\$90		8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



WATER BABIES (WB) AGES 9-24 MONTHS*

Parent/Caregiver and their child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name. Min: 4 Max: 15

PARENT AND CHILD (PC) AGES 2-3 YEARS*

Parent/Caregiver and their child will continue to explore: rhythmic breathing, gliding on front and back, combining arm and leg motion on front and back with support. Please register with child's name. Min: 4 Max: 15

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

PRESCHOOL (PS345) AGES 3-5

The child explores many aspects of the water both on and off the teaching docks including: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained. Min: 4 Max: 8

LEVEL 1 (L1) INTRODUCTION TO WATER AGES 4 & UP

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Min: 4 Max: 8

LEVEL 2 (L2) FUNDAMENTAL SKILLS

Participants must have passed Level 1. At this level swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Min: 4 Max: 8

LEVEL 3 (L3) STROKE DEVELOPMENT

Participants must have passed Level 2. At this level swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Min: 4 Max: 10

LEVEL 4 (L4) STROKE IMPROVEMENT

Participants must have passed Level 3. At this level swimmers explore: diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Min: 4 Max: 10

LEVEL 5 (L5) STROKE REFINEMENT

Participants must have passed Level 4. At this level swimmers will explore: shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety. Min: 4 Max: 10

YOUTH BEGINNER (YB) AGES 8-14

This beginner swimming class is designed for older children, ages 8 -14, with special needs. The small group setting is conducive to learning. Individualized goals will be set the first day of class. Min: 4 Max: 8



SWIM 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!



LITTLE DIPPERS *ages 4 & up*

Aquatic Staff

New swimmers are required to be skilled checked.

See **Skill Check Dates** below

Mon and Wed, Sep 17 – Oct 29 (No 9/19, 10/8), 4:30-5:15 PM

\$120 (11 classes) Min 8/Max 20



This is an introductory program for swimmers who wish to explore competitive swimming. Swimmers will begin with swimming shorter distances, (widths of the shallow end of the pool) while exploring the four competitive strokes. As the swimmers progress, distances will increase and swimmers will explore beginning diving.

CONDITION SWIMMING I *ages 10 and under*

Aquatic Staff

New swimmers are required to be skilled checked.

See **Skill Check Dates** below

Mon and Wed, Sep 17 – Oct 29 (No 9/19, 10/8), 5:15-6:15 PM

\$120 (11 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes and starts. Participants must be able to swim one length, 25 yards, crawl stroke and one length, 25 yards, back stroke, non-stop with some form of rhythmic breathing.

CONDITION SWIMMING II *ages 11 & up*

Aquatic Staff

New swimmers are required to be skilled checked.

See **Skills Check Dates** below

Mon and Wed, Sep 17 – Oct 29 (No 9/19, 10/8), 6:15-7:15 PM

\$120 (11 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes: free, back, breast and butterfly; starts and turns.

SKILLS CHECK DATES:

Tuesday, September 11, 5:00-6:00 PM

Thursday, September 13, 5:00-6:00 PM

Wednesday, September 19, 5:00-6:00 PM

Friday, September 21, 3:30-4:30 PM



AQUA FITNESS *ages 18 & up*

Susan Perry, Aquatics Manager

Tue, Wed, Thu, Sep 4-Dec 20 (No 11/21, 11/22)

8:45-9:45 AM

\$75 Punch Pass (10 classes) Min 6/Max 24

NEW TIME

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.

HIGH SCHOOL PRE-SEASON TRAINING

Aquatic Staff

Mon thru Thu, Nov 5-20 (No 11/12), 2:15-3:15 PM

\$120 (9 classes) Min 12/Max 24

Get back into the water! Intensive 10 day training just prior to your competitive swim season. This program will include stroke refinement, conditioning, and technique work on the four competitive stroke, starts and turns.

SENIOR SWIM *ages 60 & up*

Tue and Thu, Sep 4-Dec 27 (No 11/22, 12/25), 1:00-2:15 PM

\$5 per swim or Current Pool Membership

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



TRIATHLON KIDS CLUB *ages 7-12*

Zachary Krause, Assistant Aquatics Manager

Short Wednesdays, Sep 12, 26, Oct 10, 24; 1:30-3:30 PM

\$100 (4 classes) Min 8/Max 20

Triathlon 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.



PRIVATE/SEMI-PRIVATE SWIM LESSONS *ages 4 & up*

Certified Water Safety Instructors

\$170 Private (Five 30 minute lessons)

\$225 Semi-private, 2 swimmers (Five 30 minute lessons)

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 are lessons with two swimmers of similar ability.

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.

POOL AND PIZZA *ages 4 to 8*

Wed, Sep 19, 10:30-12:30 PM

\$25 (1 class) Min 10/Max 25



Meet your friends at the pool for a swim and lunch. Pizza and drinks are provided. All participants must follow the pool rules. The Tot-Docks will be available for those children who are not able to pass a swim test.

INTRO TO PADDLE BOARDING *ages 8 & up*

Zachary Krause

\$100 Private (One, 1.5 hour lesson)

\$150 Semi-private, 2 swimmers (One, 1.5 hour lesson)

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

Please register online to **REQUEST** private or semi-private paddle boarding 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.



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Value Statement

The Recreation Swim Team is a competitive team. Emphasis is placed on personal improvement, specifically stroke technique, strength, and speed. The team promotes good sportsmanship and self-discipline. Each swimmer has the opportunity to build self-esteem, physical fitness, team spirit, and new friendships. Ribbons are awarded to swimmers for personal best throughout the season. The season ends with championship meets and an awards and recognition evening in March.

The Westwood Recreation Winter Swim Team competes against other local swim teams. Ten meets, held on weekends, occur over the season. Five meets are at home and five are away. The season concludes with a regional swim meet. The meet schedule is available in October. Practice schedules are modified around the holidays.

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2018. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

Practice Schedule November 5, 2018 - March 1, 2019

	5:00 – 6:00 PM	6:00-7:10 PM
Mon	Ages 9-10	Ages 11-12
Tue	Ages 8 and Under	Ages 13-18
Wed	Ages 9-10	Ages 11-12
Thu	Ages 8 and Under	Ages 13-18
Fri	Ages 10 and Under	Ages 11 -18

Registration Information

If you are a past member of the Westwood Recreation Summer or Winter Swim Team, you do not need to attend the skills assessment. **If you are new to the team, you must first attend a skills assessment prior to registration.**

Westwood Residents may register upon receipt of this brochure or completion of the skills assessment.

Non-Resident Registration Begins: October 5
Non-Residents may register only if the town in which they reside does not have a team in the league. Any non-resident registering prior to this date will be notified and requested to register on October 5, 2018. **Reminder, if you are new to the Westwood Recreation Swim Team, you must first attend a skills assessment prior to registration.**

Fees

Resident: \$275
Non-Resident: \$295
High School or Club Swimmer: \$100



Commitment

Swim Team Participant

As a member of the team, you will:

- Attend a minimum of five out of ten dual meets in the season
- Attend a minimum of one practice per week
- Swim assigned events and relays at meets

Parent

As a parent of a Swim Team Participant you will:

- Assist the swimmer in meeting his/hers commitments
- Volunteer at two meets during the season

Apparel

All swim team apparel will be available for purchase through our vendor. Each member of the team will receive a competition cap. It is recommended that each swimmer purchase a practice cap and reserve the team cap for the swim meets. Swimmers are responsible for purchasing their own goggles. A team swim suit is recommended but not required. A representative from the swim shop will be available for suit sizing and advice on your purchases. If you opt not to purchase a team swim suit, we ask that your swimmer wear a solid black suit for meets. Additional apparel will be available through our vendor.

Informational Meeting

There will be an informational meeting in early October for all families interested in the Westwood Recreation Winter Swim Team. The specific location is to be determined. Parents of returning swimmers, as well as parents of new swimmers are strongly encouraged to attend. This will provide an opportunity to ask specific questions.



What is the Skills Assessment?

All new swimmers are asked to demonstrate swimming skills according to their age. The intent of the skills assessment is to ensure the safety and comfort of the swimmers, and to evaluate the swimmers' stroke development.

Skills Assessment Schedule

A skills assessment is required for all swimmers who are new to the team. The assessment must be completed **prior to registration**.

All ages may be assessed on any one of the following dates:

SKILLS ASSESSMENT DATES:

Tue & Wed, Aug 28, 29, 5:00-6:00 PM
Tue, Sep 11, 5:00-6:00 PM
Thu, Sep 13, 5:00-6:00 PM
Wed, Sep 19, 5:00-6:00 PM
Fri, Sep 21, 3:30-4:30 PM

Skills Assessment by Age

Ages 8 and Under: Swim **continuously** for 25 yards (one length of the pool) each of free style with rhythmic breathing, and back stroke. Swim 15 yards of dolphin kick.

Ages 9 and 10: Swim **continuously** 25 yards, (one length of the pool) of the following strokes: free style with rotary breathing, and back crawl. Swim 15 yards butterfly. Swim 15 yards breast stroke. Demonstrate a front dive from the side.

Ages 11 and 12: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, and back crawl. Swim continuously 25 yards breast stroke and butterfly. Demonstrate a dive from the block.

Ages 13 and Older: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl, breast stroke, and butterfly. Demonstrate a dive from the block.

The swimmer, parent and the coach will immediately review the skills assessment and discuss the recommendation.

Staff

The team will be overseen by the Aquatics Manager. There will be a recreation staff team administrator, and one head coach for each age group. Assistant coaches will be placed with age groups as needed.



BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field
Core Asset Staff

Session A: Tue & Thu, Sep 4-Oct 18, 6:00-7:00 AM

Session B: Tue & Thu, Oct 23-Dec 13 (No 11/20, 11/22), 6:00-7:00 AM
\$175 (14 classes) Min 8/Max 30

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

ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Sep 13-Nov 29 (No 9/20, 11/22), 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.

HOLIDAY ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Dec 6-20, 7:00-8:30 PM
\$48 (3 classes) Min 5/Max 12

Join Linda for a calming yoga session during the busy holiday season. 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, Oct 21-Dec 16 (No 11/11, 11/25, 12/2), 2:30-3:30
\$65 (6 classes) **Mother and Daughter must each register.**
Min 6/Max 14

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.



YOGA FOR WOMEN *ages 18 & UP*

Westwood Public Library Conference Room
Elizabeth King, RYT
Sun, Oct 21-Dec 16 (No 11/11, 11/25, 12/2), 3:45-4:45
\$72 (6 classes) Min 5/Max 12

A nurturing yoga class allowing deep relaxation of the body. We will focus on breath work and pose alignment. It will be a mixture of slow flow vinyasana, Kundalini yoga (working with the energy of the body), and restorative/yin yoga (to create space in the fascia of the body). Each week will have a different focus. Great for beginners and all levels of experience. Please wear stretchy, comfortable clothing and bring a water bottle, and yoga mat.



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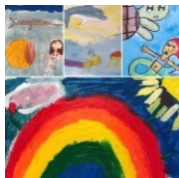
09.29.2018

STUDIO ART *ages 7-10*

Islington Community Center

Lisa Walker

\$35 (1 Class) Mix 4 / Max 8



Date	Theme	Time	Time
Wed, Sep 12	Fall Fun	1:00 – 2:00	2:30 – 3:30
Wed, Oct 24	Halloween	1:00 – 2:00	2:30 – 3:30
Wed, Dec 5	Holidays	1:00 – 2:00	2:30 – 3:30

Young artists explore all media in studio art class. Markers, paint, pencil, collage, model magic, pastels and more to create two dimensional and/or three dimensional artwork. All supplies are provided. Students should bring their imagination and wear clothes that can get dirty.

POTTERY CLASS *grades 2 & Up*

Islington Community Center

Lisa Walker

Wed, Sep 26, 1:00 – 2:30 or 3:00 – 4:30

\$35 (1 Class) Min 4/Max 8



If your child is interested in learning the basics of pottery, a clay class is a great way to try it out. Each student will use their imagination to create a hand-built piece of pottery. The finished work will be left with instructor to apply clear glaze and fire it in a kiln. Families will be contacted when art is ready for pick up.

STUDIO ART 2D/3D: HARVEST *ages 7-10*

Islington Community Center

Lisa Walker

Wed, Nov 7 & 14, 1:00 – 2:00 or 2:30 – 3:30

\$45 (2 Classes) Min 4 /Max 8

Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create 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. Wear clothes that can get dirty.

MUSIC LESSONS *ages 5 & up*

The Band Gig School of Music and Performance

66 Eastern Ave, Dedham

The Band Gig School Staff

September – December Session

\$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.*

“DESCENDANTS 2” MUSICAL THEATRE*ages 5-13*

Islington Community Center Hall

Aly Pereira

Tue, Sep 25-Nov 20 (No 11/6), 3:45-4:45

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

Join in the fun; take part in a musical theatre performance. Children will learn the basics of putting together a production. Participants will audition for a role in the musical "Mal's Medley Excerpts 2." This play has been rewritten along the theme of the original "Descendants 2." Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.

HIP HOP *ages 5-13*

Islington Community Center Hall

Aly Pereira

Fri, Sep 21-Nov 16 (No 11/9), 5:00-6:00

\$120 (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

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



ARTFUL STRUMMERS INTRO TO: UKULELE CLASS *ages 16 & up*

The Band Gig School of Music and Performance
66 Eastern Ave, Dedham
The Band Gig School Staff
Tue, Sep 11-Oct 23, 7:00 – 8:30 PM
\$85 (7 Classes) Min 3 / Max 10



Have you always wanted to play an instrument? Join THE ARTFUL STRUMMERS for 7 weeks of fun and learn the fundamentals to start your musical journey on the UKULELE. No prior musical experience necessary. You will learn basic chords, rhythms, and strums that will enable you to play songs in no time! Bring your own SOPRANO or ALTO/CONCERT ukulele and music stand. An electronic tuning device such as a Snark Tuner is also recommended. (Note: This program is geared towards Soprano or Alto/Concert Ukulele's only because the tuning for baritone and tenor ukulele's is different and therefore the chords will also be different.).

If you have any questions about this course or to obtain a recommendation on a ukulele, contact Nick Vecchio at nick@band-gig.com or call 781-686-1526.

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

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Sept 12, 6:00-9:00 PM or
Wed, Oct, 24, 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.

THANKSGIVING CENTERPIECE *ages 18 & up*

Westwood Gardens Flower Shop, 934 High Street
Ivis Quinchia
Thu, Nov 1, 7:00-8:30 PM
\$55 (1 class) Min 6/Max 10



Grab a friend and join us at Westwood Gardens Flower Shop and learn how to create a lovely silk Fall centerpiece in a wooden box for your holiday table. This is a wonderful opportunity to develop floral arranging skills and share the beauty with family and friends.



DOG TRAINING PROGRAMS

Islington Community Center Hall
Susan Lowell, Pet Providers
Owners of all ages
(12 and younger must be accompanied by an adult)
\$110 (6 classes) Min 4/Max 10
When registering please register your dog with their ages. Copies of shots must be provided at the first class.

DOG AGILITY *dogs 6+ months*

Mon, Sep 17 – Oct 29 (No 10/8), 6:00 – 7:00 PM

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

CANINE GOOD CITIZEN *dogs 1 year or older*

S1: Wed, Sep 12 – Oct 17, 6:30 – 7:30 PM
S2: Wed, Nov 7 – Dec 19 (No 11/21), 6:30 – 7:30 PM

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

SNIFFING FOR FUN *dogs 6+ months*

S1: Wed, Sep 12 – Oct 17, 7:30 – 8:30 PM
S2: Wed, Nov 7 – Dec 19 (No 11/21), 7:30 – 8:30 PM

Dogs have an amazing sense of smell why not tap into their natural ability to hunt? The class is to have fun with your dog and build their natural ability to hunt and find food, objects and toys. It's a great way to build your dog's confidence and burn energy mentally and physically.

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

S1: Thu, Sep 13 – Oct 18, 6:30 – 7:30 PM
S2: Thu, Nov 8 – Dec 20 (No 11/22), 6:30 – 7:30 PM

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.

BEGINNING DOG *dogs 6+ months*

S1: Thu, Sep 13 – Oct 18, 7:30 – 8:30 PM
S2: Thu, Nov 8 – Dec 20 (No 11/22), 7:30 – 8:30 PM

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

INTRO PHOTOGRAPHY WORKSHOP *ages 18 & up*

Westwood Recreation – Pool Lobby

Melanie Guerra

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

Day	Date	Time
Mon	Sep 24	9:00 – 11:00
Mon	Oct 1	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 also learn tricks of composition and focus, plus how to take great indoor photos without using a flash. 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!

BALLROOM DANCING *ages 15 & up*

Thurston Middle School Cafeteria

Paul Hughes

Tue, Oct 2-Nov 20, 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.



DRIVER EDUCATION CLASSES

ages 15 and 9 months & up

Islington Community Center Sanctuary

Teachers Driving Academy

\$119 (1 session) Min 10 /Max 50



NEW Registration Procedure: Go directly to TDA's website

www.teachersdrivingacademy.com

Click on register for classes, scroll down the page and click on Westwood. Program fee includes the MASS RMV teen's driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

*Required Parent & Student Class

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. Information 877.TDA.DRIVE

FALL 2018			DECEMBER 2018		
Day	Date	Time	Day	Date	Time
*Tue	Oct 2	6:00-8:00PM	*Thu	Dec 13	3:00-5:00
Thu	Oct 4	5:00-9:15PM	Tue	Dec 18	3:00-7:15
Tue	Oct 9	5:00-9:15PM	Wed	Dec 19	3:00-7:15
Thu	Oct 11	5:00-9:15PM	Thu	Dec 20	3:00-5:00
Tue	Oct 16	5:00-9:15PM	Wed	Dec 26	8:00-2:30
Thu	Oct 18	5:00-9:15PM	Thu	Dec 27	8:00-2:30
Tue	Oct 23	5:00-9:15PM	Fri	Dec 28	8:00-2:30
Tue	Oct 25	5:00-9:15PM			

Grand Opening

Meet Dr. Mina Schafft



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321 Washington St, Westwood 781-686-9789

Call today for an appointment



No time like the present

REGISTER TODAY

&

KEEP THE FUN ALIVE

Programs must meet the minimum number of participants seven business days prior to start date or the program will be canceled.

www.westwoodrec.com

PINZ FIELD TRIP *grades 4 - 8*

Westwood Recreation Pool Lobby (drop off and pick up)
Recreation Staff
Wed, Sep 19, 9:00 – 3:00
\$78 (1 class) Min 13/Max 26



No school, so let's have fun! Join us for a trip to Pinz Bowling in Milford, MA. There will be bowling, arcade games, and pizza lunch! All is included in the fee. Participants will be transported by town vehicles.

DAVE & BUSTER'S FIELD TRIP *grades 4 - 8*

Westwood Recreation Pool Lobby (drop off and pick up)
Recreation Staff
Mon, Nov 26, 9:00 – 3:00
\$78 (1 class) Min 13/Max 26



Extend your Thanksgiving break playing interactive and arcade games at the Dave & Busters in Braintree. Games and lunch is included in the fee. The fun continues with an afternoon swim at the Westwood pool. Participants need to bring a swim suit and towel. Participants will be transported by town vehicles.

PUMPKIN DECORATING *ages 6-10*

Islington Community Center
Recreation Staff
Tue, Oct 30, 4:00 – 5:30
\$40 (1class) Min 6/Max 20



Come ready to create a spooky or colorful pumpkin to display the next day! Pumpkins and materials are provided. Please wear clothes that may get dirty or dress in your Halloween Costume!



GINGERBREAD HOUSE DECORATING

ages 7-10

Islington Community Center
Recreation Staff
Thu, Dec 20, 4:00 – 5:30
\$40 (1class) Min 6/Max 20



Join your friends for a fun afternoon of decorating your own Gingerbread House for the Holidays. Choose from lots of different edible treats. **Please let us know if your child has any food allergies.**



SLIME TIME *grades K-5*

Islington Community Center
Recreation Staff
Tue, Oct 16, 3:45 – 5:00: Spooky Slime
Tue, Dec 11, 3:45 – 5:00: Wonderful Winter Slime
\$40 (1 Class) Min 6 /Max 20



Get ready to get gooey at Slime Time! You will make more than just regular slime, in this class learn to take slime to the next level.

SCRAPBOOKING *grades 3 -5*

Islington Community Center
Shawna Drew and Recreation Staff
\$55 (3 classes) Min 4/Max 10



Session	Day	Date	Time
1	Mon	Oct 1 - 22 (No 10/8)	3:45 – 5:15
2	Mon	Oct 29 - Nov 19 (No 11/12)	3:45 – 5:15
3	Mon	Dec 3 - 17	3:45 – 5:15

Learn scrapbooking layout and design your own masterpiece. Scrap bookers of all skill levels are invited to use their imaginations to create a stylish page. Bring your favorite pictures of family, friends, vacation or pets. All other material will be provided.

HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Sep 12, 1:00 – 3:00 or Wed, Oct 24, 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 Kingsley, W-EMT
Wed, Sep 12, 3:00 – 6:00 or Wed, Oct 24, 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.

CREATIVE CRAFTS & MORE! *grades K-5*

Downey School Cafeteria
Shawna Drew and Recreation Staff
Short Wed, Sep 12, 26 Oct 10, 24, Nov 7, 14, Dec 5, 19, 11:50-3:00
\$180 (8 classes) Min 10/Max 25

Join us on short Wednesdays for DIY projects, holiday crafts, jewelry making, 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.

SUPER SCIENTISTS *ages 2.5-5*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Sep 26 – Nov 14, 10:45 – 11:30
\$85 (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.

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Sep 26 – Nov 28 (No 11/21) 9:30-10:30 **or**
Thu, Sep 27 – Nov 29 (No 11/22), 10:30-11:30
\$90 (9 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.

BOPPIN' BABIES *ages 0-18 months*

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Sep 27 – Nov 29 (No 11/22), 9:30-10:15
\$85 (9 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
Jenny Slocum, M.Ed. & Shawna Drew
\$45 (1 class) Min 6/Max 15

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	Dec Dates	Dec Dates	Time
Mon	Dec 10	Dec 17	9:00-1:00
Tue	Dec 11	Dec 18	9:00-1:00
Wed	Dec 12	Dec 19	9:00-1:00
Thu	Dec 13	Dec 20	9:00-1:00
Fri	Dec 14	Dec 21	9:00-1:00

KIDS AT PLAY *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed. & Shawna Drew
Fri, Sep 21 – Nov 16, 1:00-2:30
\$165 (9 classes) Min 5/Max 10

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.)

PRESCHOOL CRAFT *ages 3-5*

Islington Community Center
Shawna Drew and Recreation Staff
\$30 (1 class) Min 5/Max 10



Day	Dates	Theme	Time
Tue	Sep 18	Back to School	1:30 – 3:00
Thu	Oct 25	Halloween	1:30 – 3:00
Thu	Nov 8	Fall Fun	1:30 – 3:00
Tue	Nov 20	Animal Tracks	1:30 – 3:00
Thu	Dec 6	Snow	1:30 – 3:00

Afternoon of crafts and music. Children will bring out their imaginations with each theme day. Sign-up for one or all! Please provide a nut safe snack and water bottle.



SHORT WEDNESDAY SPORTS & GAMES*grades k-5*

Downey School Gym and Field

Taryn Crocker and Recreation Staff

Wed, Sep 12, 26; Oct 10, 24; Nov 7, 14; Dec 5, 19; 11:50-3:00 PM

\$180 (8 classes) Min 12/Max 30

Activities include: capture the flag, dynamite, dodgeball, flag football, soccer 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.

FLAG FOOTBALL *grades 3-5*

Downey School Field

James Perry and Recreation Staff

Thu, Sep 20-Oct 25 (No 9/27), 3:15-5:00

\$80 (5 classes) Min 10/Max 30



It's football season, let's play. Warm up drills and then its Game On! Team play, catching, passing and de-flagging skills will be covered. The session ends with a tournament and giveaways. In the event of rain, the program will be held in the gym. **Bring a water bottle.**

SOCCER *grades K-2*

Downey School Field

James Perry and Recreation Staff

Tue, Sep 18-Oct 23, 3:15-5:00

\$95 (6 classes) Min 10/Max 20

Through group activities, games, and drills this program will teach fundamental soccer skills and promote sportsmanship. Shin guards are recommended. In the event of rain, program will be held inside at the gym. Bring a water bottle.

DODGEBALL *grades k-5*

Downey School Gym

James Perry and Recreation Staff

Mon, Oct 22-Dec 10 (No 11/5, 11/12, 11/26); 3:15-5:00

\$80 (5 classes) Min 10/Max 20



There are oodles of creative and competitive dodgeball games to play. Participants will work together, strategize and exercise without even knowing it! Using their creativity, teams will create their own Dodgeball game. Bring a water bottle.

BASKETBALL *grades K-5*

Downey School Gym

James Perry and Recreation Staff

\$95 (6 classes) Min 10/Max 20

Grades	Day	Dates	Time
K-2	Tue	Oct 30-Dec 11 (No 11/6)	3:15-5:00
3-5	Thu	Nov 1-Dec 13 (No 11/22)	3:15-5:00

Defense, passing, dribbling, shooting and teamwork are the name of the game - all while having a blast! Players will work on skills and then its game time. All abilities welcome. **Bring a water bottle.**

GAMES GALORE *ages 3-6*

Downey School Field

James Perry and Recreation Staff

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

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

Session A: Wed, Sep 26-Oct 24

Session B: Wed, Nov 7-Dec 12 (No 11/21)

\$60 (5 classes) Min 8/Max 20



Let's run, play and have fun. A variety of age appropriate games will be played such as What Time is it Mr. Fox, Messy Backyard, Fishy Fishy, Tag and more. Please bring a water bottle. In the event of rain, program will be held inside at the gym.

LITTLE LAXERS *boys grades K-1*

WHS Multipurpose Field

Ted Dempsey & Westwood Youth Lacrosse Coaches

Sun, Sep 16-Oct 14 (No 10/7), 5:00-6:00 PM

\$50 (4 classes) Min 10/Max 30



Little Laxers provides an opportunity for beginner players in grades K & 1 to try out lacrosse in a fun, relaxed, no-contact environment. During the program, players will be introduced to basic skills including scooping, cradling and running with the ball through a variety of fun games. **No equipment necessary;** youth sticks will be provided. Players just come ready to have fun and play! All players will receive a Little Laxers T-Shirt to keep.

PRESCHOOL SPORTS *ages 3-6*

Morrison Park

Bob Phillips

Mon, Sep 17-Oct 29 (No 10/8), 1:45-2:45

Tue, Sep 18-Oct 23, 1:45-2:45

\$105 (6 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.

MULTIPLE SPORTS *ages 7-9*

Morrison Park

Bob Phillips

Thu, Sep 20-Oct 25, 4:00-5:00

\$105 (6 classes) Min 10/Max 16

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



SUPER SOCCER STARS *ages 1-5*

Morrison Park-Softball Outfield
 Super Soccer Staff
 Fri, Sep 21-Oct 26
 Sat, Sep 15-Oct 27 (No 9/29)
 \$180 (6 classes) Min 3/Max 12



Ages	Time
12-24 months & Parent	9:00-9:45 *Kick & Play
3 years to young 4	9:50-10:35
2-3 years	10:40-11:20
Older 4 years-5	11:25-12:15

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.**

***Kick & Play** is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

**ADULT BASKETBALL LEAGUE** *ages 18 & up*

Where: Westwood High School Gymnasium, 200 Nahatan Street
League Coordinator: James Perry
Start Date: Schedule TBA in October and Fee TBA

Game Nights (subject to change):

Tue and Wed, 8:30-9:30 PM & 9:30-10:30 PM

Schedule: Teams will play a 10 game schedule. Top 6 teams will make the playoffs. Players must play a minimum of five games to be eligible to play in the playoffs. Certified referees will referee the games with a scorekeeper. High School rules with modifications will be followed.

Registration: Must register by team. Each team will have a designated captain and who will be responsible for coordinating information to players. Teams must have a minimum of 5 players and the maximum is 12. All players will be required to sign and submit a Consent and Release

Teams interested in playing please email Taryn Crocker
tcrocker@townhall.westwood.ma.us



The Skating Club of Boston
SKATING ACADEMY



LEARN TO SKATE!

Ice skating & Hockey Skills
Ages 4 to adults
 Sundays, 2:00pm & 3:00pm

**SIGN UP
 TODAY!**

Dedham Campus
 Boch Ice Center

SkatingAcademy.org

House Decorating Contest

How to enter:

1. Email a picture of the house to recreation@townhall.westwood.ma.us
2. Include the address of the decorated house in your email
3. If your house has outside lights, take a picture in the day time and night
4. Pictures must be received by the deadlines below
5. 1st Place winners will receive a local gift card

Houses will be posted on Facebook and Instagram. Lets see who has the scariest, brightest, most inflatables, traditional & more!



Boo-tiful House



Deadline: Friday, October 26

Winter Wonderland



Deadline: Monday, December 17

Happy New Year! 2019

Ring in the New Year with Westwood's Annual Fireworks
Monday, December 31, 7:00PM
Westwood High School

The Tiffany Ballroom



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

Visit our website for more information and to register:

www.townhall.westwood.ma.us/yfs

ELEMENTARY & MIDDLE SCHOOL STUDENT PROGRAMS



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: 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!

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

Questions contact: Mary Ellen LaRose at (781) 320-1006 or mlarose@townhall.westwood.ma.us

STRUCTURED PLAY GROUPS

Who: Westwood residents in Kindergarten – 5th grade

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

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

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc. Groups consist of approximately 6-8 children & are co-led by two clinical staff from our department. All children should feel comfortable and be able to be successful in a 1:4, adult-to-child ratio.

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

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

GIRLS GROUP

Who: Westwood girls in 4th – 6th grade

When: Fall/Winter, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center

What: This 12-week group will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and exploring topics such as body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways. Groups consist of approximately 8-12 girls & are co-led by two clinical staff from our department. All children should feel comfortable and be able to be successful in a 1:6, adult-to-child ratio.

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

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



HIGH SCHOOL MENTOR PROGRAMS

BODY SAFETY THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 3rd graders, which teach basic rules about body safety and sexual abuse prevention. "Auditions" are typically held in January and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the winter months. Performances are typically in early May.

BULLYING PREVENTION THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 6th graders, which teach various aspects of social problem-solving and bullying prevention. "Auditions" are typically in September and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the fall. The performances are typically in January.

FRIENDS NETWORK

Who: All high school students

What: Friends Network thoughtfully matches each Mentor ("Big Friend") with a student in the 3rd, 4th, or 5th grade ("Little Friend"). Pairs meet to play games, talk, engage in art activities, and have fun together.

When: The Big Friend/Little Friend pairs meet weekly on Wednesday evenings at the Council on Aging from 5:15-6:15 PM or 6:30-7:30 PM November – April. Friends Network Mentors must be able to keep this weekly commitment as their little friend will be relying on them to be there!

THURSTON AFTER SCHOOL ACTIVITIES

Who: Sophomores, Juniors & Seniors only

What: Mentors will assist TMS staff with after school clubs and activities such as homework club, open gym and math drop in. Responsibilities could include assisting staff with activities, games, set up, clean up and serving as role models.

When: Tuesdays and/or Thursdays from 2:30-3:30 PM

THURSTON MIDDLE SCHOOL DANCES

Who: Juniors & Seniors only

What: TMS Dances aims to provide safe, fun dances for 6th-8th grade middle school students. Mentors serve as chaperones and role models for the middle school students. Other responsibilities include helping with set up, clean up and facilitating structured activities such as basketball.

When: Dances occur approximately 4-6 Fridays throughout the year. Mentors volunteer on a rotating basis and participate from 6:30PM-10:30 PM on the Friday evenings they are scheduled.

TEEN SCENE @ THE LIBRARY

Who: Sophomores, Juniors & Seniors only

What: Mentors volunteer after school at the main library serving as positive role models to middle school student visitors. Mentors can play games, do homework and hang out with middle school students.

When: Short Wednesdays 1:30-4:00 PM or Fridays 2:30-4:30 PM

For more information please call (781) 320-1006 or email us at youth@townhall.westwood.ma.us.

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
 Sept. 11-Oct. 16
 Nov. 6-Dec. 11
 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.
 Sept. 12-Oct. 17
 Nov. 7-Dec. 12
 Where: Westwood Public Library
 This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities. **No Registration required.**

PRESCHOOL STORYCRAFT

Who: Preschool children and parent/caregiver
 When: Wednesdays 4:00-4:45 p.m.
 Sept. 12-Oct. 17
 Nov. 7-Dec. 12
 Where: Westwood Public Library
 This drop-in (no registration) storytime perfect for preschool aged children and their families will feature stories, rhymes, songs and a craft activity.
No Registration required.

BABY RHYME TIME

Who: Ages 0-18 months and parent/caregiver
 When: Fridays 10:30-11:00 a.m.
 Sept. 14-Oct. 19
 Nov. 9-Dec. 14
 Where: Westwood Public Library
 There will be short stories, songs, dance, and puppets.
No Registration Required.

***CREATIVE KIDS**

Who: Children in grades K-1st
 When: Thursdays, 4:00-4:45 p.m.
 Sept 13-Oct 18
 Nov. 8-Dec. 13
 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
 Sept. 11, Oct. 9, Nov. 6
 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.

***BOOKS AND BITES**

Who: For kids in 2nd and 3rd grade
 When: Fridays, Sept 21, Oct 19, Nov. 16, Dec 14, @ 4:00PM
 Where: Westwood Public Library

Who loves books?! Who loves snacks?! Who loves book-themed snacks?! Each month 2nd and 3rd graders will read a chosen book and participate in discussion, activities, and themed snacks. Email Kristy @ Kpasquariello@minlib.net for more info.

***Registration Required**

MAIN LIBRARY ADULT PROGRAMS**AUTHOR EVENT: J. COURTNEY SULLIVAN**

Who: Adults
 When: Tuesday, Sept. 11 @ 7:00 PM
 Where: Westwood Public Library
 J. Courtney Sullivan is the New York Times bestselling author of the novels *Commencement*, *Maine*, *The Engagements*, and *Saints For All Occasions*. Her latest novel, *Saints For All Occasions*, was named one of the ten best books of the year by the Washington Post, a New York Times Critic's Pick for 2017, and a New England Book Award nominee. Books, provided by Haley Booksellers, will be available for purchase and signing. All are welcome, but arrive early for seats!

DR. STEPHEN KNOTT & ALEXANDER HAMILTON

Who: Adults
 When: Thursday, Sept. 20 @ 7:00 PM
 Where: Westwood Public Library
 Dr. Stephen Knott is a Professor of National Security Affairs at the United States Naval War College in Newport, RI. Prior to accepting his position at the Naval War College, Knott was Co-Chair of the Presidential Oral History Program at the Miller Center of Public Affairs at the University of Virginia. He also served for seven years as an Associate Professor in the Political Science Department at the United States Air Force Academy. His books include *The Reagan Years*; *Alexander Hamilton and the Persistence of Myth*; *Secret and Sanctioned: Covert Operations and the American Presidency*; *At Reagan's Side: Insiders' Recollections from Sacramento to the White House*; and *Washington and Hamilton: The Alliance That Forged America*.

DR. GARY HYLANDER & WORLD WAR I SERIES

Who: Adults
 When: Wednesdays, Sept. 26, Oct. 10 and Nov. 14 @ 7:00 PM
 Where: Westwood Public Library
 November 11 will mark the centennial of the Armistice. A professor of history at Framingham State University, Hylander earned his doctorate from Boston College and specializes as a presidential historian.

ARMCHAIR TRAVEL WITH PHOTOJOURNALIST**BARRY PELL**

Who: Adults
 When: Tuesdays, Oct. 23, Nov. 23 and Dec. 7 @ 10:00 AM
 Where: Westwood Public Library
 No passport required! Enjoy coffee with Barry and travel to India- Tradition and Modernity Collide (10/23), Tibet and Nepal (11/27) and the Ancient Silk Road (12/4). Sponsored by the Friends of the Westwood Library and the Westwood Council on Aging.

ISLINGTON BRANCH PROGRAMS**LEGO- MANIA**

Who: Children ages 5 and up.
 When: Tuesdays, 3:45-4:30 p.m.,
 Sept. 11-Dec 12
 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
 Sept. 13-Oct. 18
 Nov. 8-Dec. 13
 Where: Islington Branch Library
 Children will participate in stories, songs, movement activities, films, & crafts.

PJ STORYTIME @ THE BRANCH

Who: For kids ages 3 & up, no registration.
 When: 3rd Wednesday of the month, 6:30 – 7:15 PM
 Sept. 19, Oct. 17, Nov 28th, Dec. 19
 Where: School Street Playground

Children can come the Branch library in their PJs (and bring a favorite stuffed animal or two) to hear stories and songs.



Autumn! A beautiful season with warm days and cool nights ... and the Senior Center is here to help you enjoy each day! Join us for over 18 regular programs and 10 special monthly programs throughout the fall.

And why join an expensive gym when you can take the same yoga and aerobic classes at the Center for a fraction of the cost (most of our programs cost \$3 a class and your first class is always free)?

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

- Aerobic and Pilates Exercise Classes
- Low Impact Exercise
- Tai Chi and Meditation
- Yoga – both chair and floor
- iPad Classes (all levels)
- 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, and Public Nurse
Hours (every Tuesday 9-12noon)
- 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



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 New Regional Program !

Westwood Early Childhood has partnered with the towns of Walpole, Medfield and Dover as part of the Coordinated Family and Community Engagement Program to provide a special series for parents of babies ages birth-6 months. "Baby Kneads" featuring Sheryl White will meet monthly on Monday mornings at 10:30 at the Westwood Main Library.

Sheryl White is a teacher, trainer, consultant and the founder and owner of Baby Kneads. Sheryl has guided thousands of families, caregivers, teachers and professionals through all areas of a baby's growth and development.

Sheryl strives to strengthen the connection between infant and parent through early communication and supporting parents in their baby's overall development. Parents learn to communicate, soothe and connect with their babies.

Sheryl White is a certified Infant Massage Instructor, Baby Signer, Reiki Master and mother of three. Her background includes a B.A. in Psychology and Corporate Classroom Trainer.

Monthly themes for the fall feature Baby/Child Development and Growth, Infant Massage, Baby Sign Language and more. Families from Westwood, Walpole, Medfield and Dover are welcome to register for this free program. For information on specific dates or for more details go to the Westwood Early Childhood website.

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



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.

SAVE THE DATE-Annual Family Flu Clinic

Save the Date! The Westwood Board of Health will be holding the **Annual Flu Clinic on Saturday, October 20, 2018 from 9:00 AM-12:00 PM** at the Westwood High School gymnasium. More information will be available in September at which time we encourage you to please visit our website at www.townhall.westwood.ma.us or contact the Health Department at 781-320-1026/1027.



Public Health Nurse

The Westwood Public Health Nurse, Tiffany McCarthy, RN can be contacted by email: tmccarthy@townhall.westwood.ma.us or at 781-251-2576.

Sharps Collection Program

The Westwood Board of Health provides a Sharps Collection Program for Westwood residents. Residents can dispose of their sharps 24 hours a day, 7 days a week in the sharps collection kiosk that has been installed in the lobby at the Police Station on High Street. The Health Department provides red one-liter sharps disposal containers free of charge to residents. They are available at the Westwood Health Department, the Westwood Town Hall and the Senior Center during regular business hours.

Medication Collection Program

The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station 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.

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SNEAK PREVIEW

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Westwood Family Chiropractic
Westwood French Exchange/Club
Westwood High School Alumni Association
Westwood High School Boys Soccer
Westwood High School Girls Hockey
Westwood High School Robotics Team
Westwood Historical Society
Westwood Land Trust
Westwood Lion's Club
Westwood Republican Town Committee
Westwood Veterinary Care
Westwood Winds Community Band
Westwood Young Women's Club
*White Oak Cottages
Wicked Good Henna

ACTIVITIES

5K Road Race and Fun Run
Transportation Show
Animal Craze
Pumpkin Decorating
Inflatables
Valve Car Racers
Eye Mobile
Rock Climbing Wall
Roaming Railroad
Face Painting
Distracted Driving Simulator
Fire Demo
K9 Police Demo
Westwood Youth Lacrosse
Westwood Youth Soccer

FOOD COURT

Capriotti's
Captain Marden's Seafood
House of Lo
Poncho's
*Not Your Average Joe's
Starbucks
Orange Leaf Frozen Yogurt
Pete's Pushcart





HANDICAP PARKING AVAILABLE

HANDICAP PARKING IS AVAILABLE AT THE FOLLOWING LOCATIONS:

- ♦ **RECREATION POOL PARKING LOT**
- ♦ **SENIOR CENTER—THERE WILL BE GOLF CART TRANSPORTATION DOWN TO THE HIGH SCHOOL COMPLEX AND BACK TO THE SENIOR CENTER**

**NO SHUTTLE BUS SERVICE
OFFERED THIS YEAR**



**VOLUNTEERS!
NEEDED!**



September 28 & 29

Fun-filled community celebration seeks friendly volunteers!

Westwood Day depends on the help of many volunteers to assist with set-up, parking, monitoring activities, greeting visitors, clean-up crew and more. Volunteers sign-up for 2.5 hour shifts and receive an event t-shirt and a good time!

Help is needed for:

- Event set-up on Friday afternoon
- Event set-up Saturday early AM
- Saturday Activities between 10 and 3
- Saturday clean-up after 3 PM

Sign up at www.WestwoodDay.com or contact Jodi Steverman at jsteverman@townhall.westwood.ma.us / 781-461-0070



TRANSPORTATION SHOW & TOUCH A TRUCK

Spectator Voting Begins at 10:00
Trophies Awarded at 2:30

Trophy Categories: BEST PAINT, PEOPLES' CHOICE, BEST IN SHOW, MOST UNIQUE, BEST ENGINE

Name: _____

Address: _____

Contact Number: _____ Email: _____

Transportation Description: _____

Year: _____ Make/Model: _____

FREE REGISTRATION

PRE-REGISTRATION REQUESTED BY SEPTEMBER 26 OR REGISTER DAY OF THE SHOW

MAIL: WESTWOOD RECREATION, 240 NAHATAN STREET, WESTWOOD, MA 02090

EMAIL: tcrocker@townhall.westwood.ma.us



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Their drive towards independence

A teenage life is filled with milestones. From their first days at High School to their first days behind the wheel. Momentous occasions arrive with an increased level of responsibility.

They've done their practice hours, received their certificate from Driver's Ed, and now passed the State driving exam. And so here you are, handing over the keys to your son or daughter. As you learned yourself, they now have a responsibility beyond simply operating the car. From oil changes and tire rotations to registrations and renewals. Not to mention a steady stream of gas money.

Speaking of money, how is your new driver going to pay for it all? Maybe it's time to consider another milestone - their own checking account.

Introducing NB Checking

In addition to no account fees or any hidden charges, with NB Checking your young driver can use any ATM anywhere in the world, and we'll automatically reimburse every ATM fee. And even though they can now drive to one of our branches, with NB Mobile one never actually has to: easily transfer money, deposit checks, track spending, and receive cash back rewards directly on the app.

Don't wait for college for them to learn about banking.

Please stop by and meet our Westwood Branch Manager, Jackie Biancuzzo, at 314 Washington Street. She's a parent and will take as much time as needed to discuss banking and set up an account. She can be reached at JBiancuzzo@NeedhamBank.com or 781-474-5531. Let's create the next milestone together.



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Saturday, September 29, 2018
Westwood High School Track

5K ROAD RACE 9:00 AM

- \$15 Online Registration (Closes September 27)
- \$20 Day of Event Registration 7:30-8:30 AM
- **Free 5K T-Shirt for those who register by September 13**

1 MILE FUN RUN 10:00 AM

- Free On-line Registration All Ages Welcome (Closes September 27) Parents are welcome to run along with their children
- Westwood Day School Spirit Trophy. The Westwood Elementary School with the largest number of participants and school spirit will be awarded with a trophy to be proudly displayed at their school until Westwood Day 2019!



[Register online: WestwoodDay.com/activities](https://runsignup.com/Race/MA/Westwood/WestwoodDay20185K1MileFunRun)

<https://runsignup.com/Race/MA/Westwood/WestwoodDay20185K1MileFunRun>



WestwoodDay.com

The greatness of a community
is most accurately measured by
the compassionate actions of its
members.



**Prime Motor Group is proud to be a
continued supporter of Westwood Day.**



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Westwood, MA 02090

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Pool Fall Schedule September 1—December 31 Closed: Sept 3, 29; Oct 8; Nov 12, 22, 23; Dec 24, 25

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/Lap Swim	1:00-2:15 Senior Swim	1:00-2:15 Open/Lap Swim	1:00-2:15 Senior Swim	1:00-2:15 Open/Lap Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15 - 8:30 Open & Lap Swim	7:15-8:30 PM Open & Lap Swim	7:15-8:30 PM Open & Lap Swim	7:15-8:30 PM Open & Lap Swim			

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