

Westwood Recreation

Brochure & Community Guide

FALL 2019



WESTWOOD DAY PLATINUM SPONSOR!

photo courtesy of Doug Hyde

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.**



WESTWOOD COLLECTION



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Program Manager

Kelley Peterson

Program Manager

Richard Adams

Business Manager

Samantha Packard

Aquatics Assistant Manager

Angela Lassig

Recreation Assistant

Brian Macdonald

Aquatics Specialist

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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 + POLICY

WHEN TO REGISTER

FALL REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

EXCEPTION: NON RESIDENT SWIM TEAM REGISTRATION BEGINS OCTOBER 7

HOW TO REGISTER

ONLINE: www.westwoodrec.com

Click Register For Programs (below hours banner)> Click Account to log in using your email and password.

-OR- Create an account > Click Create a New Account > Enter email address and enter information as prompted for each family member.

Click Register > 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 his/her 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 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

Refund/Credit Policy

Department cancels program

Department changes prohibit your attendance

Medical problem confirmed by a doctor's note

Withdraw 7 business days prior to program start date

Withdraw less than 7 business days prior to program start date

Refund

Full Amount

Full Amount

Full Amount/Prorated

Full Amount minus \$15

NO REFUND

Account Credit

Full Amount

Full Amount

Full Amount/Prorated

Fee Full Amount

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.

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

Program and pool facility information will be updated as follows:

• Morning programs after 5 AM • Afternoon programs after 1 PM • Evening programs after 4 PM



@WestwoodRecreation



@Westwoodrec



@WW_Rec

Westwood Recreation Department, 240 Nahatan Street, Westwood, MA 02090 (P) 781.461.0070 (F) 781.320.0376 www.westwoodrec.com
PAYMENT TYPES: CHECK (PAYABLE TO TOWN OF WESTWOOD), MASTERCARD, VISA, DISCOVER (CARD MUST BE PRESENT) OR CASH

Head of Household : _____ First Name _____ Last Name _____ D.O.B. ____/____/____
Address: _____ Town: _____ Zip: _____
Preferred Number: (____) _____ E-Mail Address: _____
Emergency Contact: _____ Relationship: _____ Cell/Emergency Phone: (____) _____

RECREATION PROGRAMS

FIRST NAME	LAST NAME	D.O.B.	GENDER	PROGRAM	WEEK OR LEVEL	DATES/DAY	TIME	FEE	OFFICE
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						

POOL MEMBERSHIP

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

PARTICIPANT ALLERGIES/RESTRICTIONS

Participant's Name	Please list any allergies, medications, physical restrictions or conditions you are willing to share that could affect participation in activities.

CONSENT AND RELEASE I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or minor children or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet. IN CASE OF EMERGENCY, I hereby give my permission to the staff and medical personnel selected by the Recreation Department, to act as my agent to provide care when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment. I AFFIRM that I have read this Consent and Release and that I understand the contents. I understand that my participation is voluntary and that I am free to choose not to participate in said activities. By signing this form, I affirm that I have decided to participate in the Town of Westwood's recreation activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE _____ DATE _____

CONTACTS + CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood	www.troop3westwood.org
Boy Scouts Troop 1 Islington	scoutmaster@troop1islington.org
Community Chest	www.wcchest.org
Foundation Westwood Education	www.foundationforwestwoodeducation.org
Hale Reservation	www.halereservation.org
Lions Club of Westwood	www.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 Media Center	www.westwoodmediacenter.tv
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 + ADULT SPORTS

Over 30 Men's Softball	soxpat75@gmail.com
Westwood Boys Youth Lacrosse	www.westwoodyouthlacrosse.com
Westwood Girls Youth Lacrosse	westwoodgirlslacrosse@gmail.com
Westwood Little League Baseball	www.westwoodlittleleague.com
Westwood Track Club	www.trackclinic.com
Westwood Youth Basketball	www.westwoodbasketball.org
Westwood Youth Hockey	www.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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AQUATICS SWIM LESSONS



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+*

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 8

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 8

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 8



SESSION A				SWIM LEVELS			
DATES (5 classes) *(short)	FEE	WB/PC	PS345	L1	L2	L3	L4/L5
Mon, Sep 30-Nov 4 (NO 10/14)	\$100	9:30-10:10					
Tues, Oct 1-29	\$100		1:15-1:55				
*Wed, Oct 16, 30; Nov 6, 13; Dec 4	\$100			1:00-1:40	1:00-1:40	1:50-2:30	1:50-2:30
Thu, Oct 3-31	\$100			1:15-1:55			
Fri, Oct 4-Nov 1	\$100		10:15-10:55				
Sat, Sept 28-Nov 2 (NO 10/12)	\$100	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10		
Sun, Sep 29-Nov 3 (NO 10/13)	\$100			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
Mon, Nov 18-Dec 16	\$100	9:30-10:10					
Tue, Nov 19-Dec 17	\$100		1:15-1:55				
Thu, Nov 14-Dec 19 (NO 11/28)	\$100			1:15-1:55			
Fri, Nov 15-Dec 20 (NO 11/29)	\$100		10:15-10:55				
Sat, Nov 16-Dec 21 (NO 11/30)	\$100	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10		
Sun, Nov 17-Dec 22 (NO 12/1)	\$100			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10

AQUATICS PROGRAMS

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+*

Aquatic Staff

New swimmers are required to be skills checked.

See Skill Check Dates below

Mon and Wed, Sep 23 – Oct 30 (No 9/30, 10/9, 10/14), 5:00-5:45 PM
\$140 (9 classes) Min 4/Max 8

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 & under*

Aquatic Staff

New swimmers are required to be skills checked.

See Skill Check Dates below

Mon and Wed, Sep 23-Oct 30 (No 9/30, 10/9, 10/14), 5:00-6:00 PM
\$140 (9 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+*

Aquatic Staff

New swimmers are required to be skills checked.

See Skills Check Dates below

Mon and Wed, Sep 23-Oct 30 (No 9/30, 10/9, 10/14), 6:00-7:00 PM
\$140 (9 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:

Mon, Sep 9, 4:30-5:30 PM

Wed, Sep 11, 6:00-7:00 PM

Thu, Sep 12, 5:00-6:00 PM



AQUA FITNESS *ages 18+*

Susan Perry, Aquatics Manager

Tue, Wed, Thu, Sep 3-Dec 19 (No 11/28), 8:45-9:45 AM

\$80 Punch Pass (10 classes) Min 6/Max 24

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



SENIOR SWIM *ages 60+*

Tue and Thu, Sep 3-Dec 26 (No 11/28), 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.



AQUATICS PROGRAMS



PRIVATE/SEMI-PRIVATE SWIM LESSONS *ages 4+*

Certified Water Safety Instructors

\$185 Private (Five 30 minute lessons)

\$240 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.

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.



INTRO TO PADDLE BOARDING *ages 8+*

Pool Staff

\$100 Private (One, 1 hour lesson)

\$150 Semi-private, 2 swimmers (One, 1 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.

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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781.929.5192 | merrymelodyma@gmail.com

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SWIM TEAM

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, 2019. 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 4, 2019 - March 6, 2020

	5-6pm	6-7:10pm
Mon	Ages 9+10	Ages 11+12
Tue	Ages 8 + under	Ages 13-18
Wed	Ages 9+10	Ages 11+12
Thu	Ages 8 + under	Ages 13-18
Fri	Ages 10 + 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 7 *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 7, 2019. Reminder, if you are new to the Westwood Recreation Swim Team, you must first attend a skills assessment prior to registration.*

Fees

Resident: \$289
Non-Resident: \$299
High School or Club Swimmer: \$150



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:

Mon, Sep 9, 4:30-5:30 PM

Wed, Sep 11, 6:00-7:00 PM

Thu, Sep 12, 5:00-6:00 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.

FITNESS



ADULT HATHA YOGA *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Sep 12-Nov 21 (No 10/31), 6:45-8:15 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+*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Dec 5-19, 6:45-8:15 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.



TENNIS SPEED/AGILITY/POWER *ages 18+*

Westwood High School Tennis Courts
Merry Abbott, Certified Personal Trainer
See Schedule Below
\$50 (4 classes) Min 5/Max 20



How often have you heard, "If you want to improve your game, **you need to improve your footwork?!"**

Here's your chance to bring your game to the next level! This workout is designed to develop your footwork skills through exercises that build your speed, agility and power! It will also improve core strength, which is essential for all sports! It is appropriate for players of all fitness levels and is beneficial for any court or field sport.

Participants will need a towel and water. We will meet on the WHS tennis courts. In the event of rain class will meet in the Recreation Pool Lobby.

Days	Session	Time
Mon	A: Sep 9-30	6:00-6:45 PM
Wed	B: Sep 11-Oct 2	8:00-8:45 PM
Mon	C: Oct 7-Nov 4	8:00-8:45 PM (No 10/14)
Wed	D: Oct 9-Oct 30	6:00-6:45 PM



BOOT CAMP *ages 18+*

Westwood High School Multipurpose Field
Core Asset Staff
Session A: Tue & Thu, Sep 3-Oct 17, 6:00-7:00 AM
Session B: Tue & Thu, Oct 22-Dec 10 (No 11/28), 6:00-7:00 AM
\$175 (14 classes) Min 8/Max 35

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.

ARTS



MUSIC LESSONS *ages 5+*

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.*

"ZOMBIES" MUSICAL THEATRE *ages 5-13*

Islington Community Center Hall
Aly Pereira
Tue, Sep 24-Nov 19 (No 11/5), 3:45-4:45 PM
\$120 (8 classes) Min 5/Max 25

Come join in on the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Addison's Medley Excerpts." This play is sweet and cute, unlike what most people think zombies are. The play has been rewritten along the theme of the original 2018 children's TV movie "Zombies." 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.



ARTIST STUDIO *grades 6-8*

Thurston Middle School Art Room
Lisa Walker
Mon, Oct 21-Nov 25 (No 11/11), 2:30-4:30 PM
\$190 (5 classes) Min 6/Max 12

This class is perfect for teens who are beginning to explore an interest in the arts. Students have the opportunity to strengthen their skills and learn new techniques as they explore and create with a variety of mediums including painting, drawing, sculpture, mixed media, etc. and a variety of subjects including landscapes, collage, still life, portraits, etc. In a small group setting, students receive individual guidance from the instructor. All supplies are provided.



SINGERS ANONYMOUS *ages 16+*

Custom Art Framing, 45 Central Street, Norwood
Halley Elwell
Thu, Sep 12-Nov 21 (No 10/31), 6:30-8:00 PM
\$135 (10 classes) Min 5/Max 12

Would you like to sing but you're not sure where to get started? In this class we will explore the voice in a friendly and supportive environment as you unlearn everything you thought you knew about singing! Have fun, get to know your unique voice better, and come away with more confidence as you learn how to gain control of your voice through exercises, ear training, and group and solo singing.

If you have any questions about this course contact Nick Vecchio at nick@band-gig.com or call 781-686-1526.

HIP HOP *ages 5-13*

Islington Community Center Hall
Aly Pereira
Fri, Sep 27-Nov 15, 5:00-6:00 PM
\$120 (8 classes) Min 5/Max 20

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. New dances are taught every session! At the end of the 8 week session, the children will have a short performance of their hard work.

ADULT + TEEN

ARTFUL STRUMMERS UKELELE CLASS *ages 16+*

The Band Gig School of Music and Performance
66 Eastern Ave., Dedham
The Band Gig School Staff
Tue, Sep 10 -Nov 12, 6:30-8:00 PM
\$135 (10 classes) Min 5/Max 12

This course is designed to teach a beginner, with no prior musical training, how to play and understand the Ukulele. Players will learn positions for open and foundational chords, as well as, short scales - that will allow them to play and jam along to countless folk and contemporary pop songs. Bring your own Soprano or Alto/Concert ukulele and music stand. An electronic tuning device such as a Snark Tuner is also recommended.

This is intended to be approachable, educational, and most importantly – FUN! So grab your Uke, and let's PLAY!

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.

FRESH FALL FLOWER ARRANGEMENTS *ages 18+*

Westwood Gardens Flower Shop, 934 High Street
Westwood Gardens Staff
Thu, Oct 10, 7:00-8:30 PM
\$60 (1 class) Min 6/Max 10

Join us at Westwood Gardens Flower Shop to learn how to create a Fall Flower arrangement. This is a wonderful opportunity to develop floral arranging skills. Participants will have a beautiful arrangement to share with friends and family.

FIRST AID & CPR/AED *ages 15+*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Tue, Oct 22, 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.

FIRST AID FOR GRANDPARENTS

Islington Community Center
Juanita Allen Kingsley, W-EMT
Mon, Oct 21 + 28, 10:00-11:30 AM
Must attend both days
\$90 (2 classes) Min 6/Max 10



If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. In two sessions, you'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. We'll learn about allergies and epipens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.



DOG TRAINING PROGRAMS *owners of all ages – 12+ younger must be accompanied by an adult*

Islington Community Center Hall
Susan Lowell, Pet Providers

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

CANINE GOOD CITIZEN *dogs 1 year or older*

Sat, Oct 5-Nov 23, 3:00-4:00 PM
\$150 (8 classes)

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+*

Thu, Oct 3-Nov 21, 7:30-8:30 PM
\$125 (8 classes)

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.

S.T.A.R. PUPPY *puppies 12 weeks–1 year*

Thu, Oct 3-Nov 21, 6:30-7:30 PM
\$150 (8 classes)

The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start. Help your puppy become a well behaved member of your family and the community. This is the first step for dogs moving on to Canine Good Citizen.

GOOD MANNERS *dogs 6 months +*

Sat, Oct 5-Nov 23, 2:00-3:00 PM
\$125 (8 classes)

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

ADULT + TEEN

ORGANIZATION CLASSES *ages 18+*

Westwood Public Library

Patricia Nelson, Owner, Finely Functional Home Organization

LET'S GET ORGANIZED!

Tue, Oct 29, 7:00-8:30 PM

\$30 (1 class) Min 10/Max 20

A tool kit for regular folks. Are you looking to become more organized? This class will help you get motivated to start the process. We will discuss organizational strategies, tips and tricks for all of those pain points in your home. Learn how to get started, how to maximise the potential space in your home and how to create realistic workflows.

DE-CLUTTERING

Wed, Dec 4 + 18, 7:00-8:30 PM

\$65 (2 classes) Min 10/Max 15

Part 1 - Where and how to begin.

Do you want to de-clutter your home but just can't seem to get started? This class will provide strategies, support and resources for donation and disposal. We will work on a personal action plan and give tips for staying motivated. We will also challenge our thinking around our possessions, address the practical and emotional roadblocks to de-cluttering and discuss the possibilities that open up when we make room for the NOW while still honoring the past.

Part 2 - After De-cluttering - Now what?

Creating zones, workflows and systems that work for you in your space. Participants can bring pictures of their target spaces and we will troubleshoot and recommend organizational systems. We'll discuss storage solutions in various price points. Instructor will be available in-between classes for consultation via email and phone.

INTRO PHOTOGRAPHY WORKSHOP *ages 18+*

Islington Community Center

Melanie Guerra

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

Thu, Oct 3, 7:00-9:00 PM

Tue, Nov 5, 9:00-11:00 AM

Thu, Nov 14, 7:00-9:00 PM

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 the basic principles of photography and allow you to take more polished, professional looking shots! This workshop will help you understand how to better use the settings on your Digital camera. You will learn tricks of composition and focus, as well as how to take great indoor photos without using a flash.

LINE DANCING *ages 15+*

Thurston Middle School Cafeteria

Paul Hughes

Tue, Oct 1-Nov 19, 7:30-8:30 PM

\$110 (8 classes) Min 6/Max 12

No partner needed

Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body and spirit. Dance to popular songs with ballroom and Latin steps with no partner needed! Get into the groove and learn routines with sequences of steps to several songs that can be used with any Ballroom, Latin or Swing Rhythm.



DRIVER EDUCATION CLASSES *ages 15 and 9 months+*

Westwood High School

Teachers Driving Academy

\$119 (1 session) Min 10/Max 25

Registration Procedure:

1. Go directly to TDA's website www.teachersdrivingacademy.com

2. Click on register for classes, scroll down the page and click on Westwood.

Program fee includes the MASS RMV teens driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

***Required Parent & Student Class: Tue, Dec 10, 3:00-5:00 PM**

At least one parent/guardian must attend Parent Class. Parents who already attended a class within the past 5 years are exempt.

Students must be 15 years and 9 months old to attend; bring a copy of birth certificate, notebook and pen. Questions: 774-203-3245

DECEMBER 2019 SCHEDULE

Tue, Dec 10, 3:00-5:00 PM

Tue, Dec 17, 3:00-7:15 PM

Mon, Dec 23, 8:00 AM-2:30 PM

Thu, Dec 26, 8:00 AM-2:30 PM

Fri, Dec 27, 8:00 AM-2:30 PM

Mon, Dec 30, 8:00 AM-2:30 PM

YOUTH

HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Tue, Oct 22, 3:30-5:00 PM
Mon, Dec 2, 10:00-11:30 AM
\$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, Oct 23, 3:30 – 6:00 PM
Mon, Dec 2, 12:00 – 2:30 PM
\$62 (1 class) Min 6/Max 12

This course covers the basics of infant and childcare safety. Learn how to react responsibly to medical emergencies/injuries and perform first aid. Learn how to set up and run your own babysitting business. Participants receive a book and a sitter checklist. Please bring nut free snack & drink.

SHORT WEDNESDAY CREATIVE CRAFTS! *grades K-5*

Downey School Art Room
Lisa Walker + Recreation Staff
Short Wed, Sep 11, 25; Oct 16, 30; Nov 6, 13; Dec 4, 18
11:50 AM-3:00 PM
\$200 (8 classes) Min 10/Max 25

Join us on short Wednesdays for crafts such as holiday crafts, jewelry making, board games and more! Program promotes imagination and creativity! Participants will eat their lunch before activities. **Please bring peanut/nut free snacks, lunch, water bottle and drinks.**

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


KIDS PHOTO WORKSHOP *grades 3-5*

Islington Community Center
Melanie Guerra
Wed, Oct 16, Oct 30, Nov 6, (No 10/23) 1:00 – 2:30 PM
\$195 (3 classes) Min 4/Max 12




This will be a creative, fun-filled workshop where kids will learn about camera settings, composition, the importance of lighting, photographing motion and more. We will play some photography games, experiment with what we've learned and even learn a little bit about film photography and see a collection of old cameras and flashes! This will definitely be a "learn by doing" experience!

Kids can use any digital camera with settings (CoolPix, PowerShot or other "point and shoot" or a mirrorless or a DSLR! Sorry, smart phone cameras won't work in this workshop), and access to a computer for downloading their work is preferable.



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PARENT-CHILD + PRE-K



PARENT-CHILD

MESSY MASTERPIECES *ages 2-5*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Oct 2-Nov 20, 10:30-11:15 AM
\$90 (8 classes) Min 6/ Max 10

Tired of the typical craft activity? Want to foster creativity and a love of art? Join us for a class where kids create unique and original art projects. This class focuses on the exploration of materials and techniques including 3-D projects, collage, sensory art and more. Children will be guided on a creative journey to make art that is entirely their own.

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.
Fri, Oct 4-Nov 22, 9:30-10:30 AM
\$90 (8 classes) Min 6/ Max 10

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

BOPPIN' BABIES *ages 0-18 months*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Oct 2-Nov 20 9:30-10:15 AM
\$85 (8 classes) Min 6/ Max 10

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

PRE-K

PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED

ADVENTURE DAYS *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed. - week 1
Recreation Staff - week 2
\$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	Week 1	Week 2	Time
Mon	Dec 9	Dec 16	9:00 AM-1:00 PM
Tue	Dec 10	Dec 17	9:00 AM-1:00 PM
Wed	Dec 11	Dec 18	9:00 AM-1:00 PM
Thu	Dec 12	Dec 19	9:00 AM-1:00 PM
Fri	Dec 13	Dec 20	9:00 AM-1:00 PM



JUNIOR SCIENTISTS *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed.
Fri, Oct 18 – Nov 22, 11:00-12:00 PM
\$90 (6 weeks) Min 5/Max 10



Can you create a fizzing, bubbling, eruption? How can you make an egg float? Can air lift and power objects? This science class builds on children's natural desire to explore, build, and question. Children will engage in hands-on activities that support the development of early critical thinking and reasoning skills. **This is a drop-off class**, children must be potty-trained.

SPORTS

SHORT WEDNESDAY SPORTS & GAMES *grades K-5*

Downey School Gym and Field
Recreation Staff

Wed, Sep 11, 25; Oct 16, 30; Nov 6, 13; Dec 4, 18, 11:50 AM-3:00 PM
\$200 (8 classes) Min 10/Max 25

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 AM dismissal to supervise participants attending this program. The actual program begins at 12:30 PM.

AFTERSCHOOL TENNIS *grades K-5*

Downey School Tennis Court
James Perry and Recreation Staff

Mon, Sep 23, Oct 7, 21, 28, Nov 4, 3:15-4:30 PM
\$80 (5 classes) Min 10/Max 16

This class focuses on the basic FUNDamentals of tennis through fun games, drills and team building. Children will leave with a LOVE of tennis. Racquets will be provided but you are invited to bring your own.
Bring a water bottle.

FITNESS FUN *grades 2-5*

Downey School Gym and Fields
James Perry and Recreation Staff

Mon, Nov 18, 25, Dec 9, 16, 3:15-4:30 PM
\$70 (4 classes) Min 10/Max 16

Who says fitness can't be fun? We are going to get our blood pumping and break a sweat with fun group games such as Non-stop Capture the Flag, Chaos and Flag Tag.

SOCCER *grades K-2*

Downey School Field
James Perry and Recreation Staff

Fri, Oct 4-Nov 8, 3:15-4:30 PM
\$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 Islington Community Center hall, with transportation from Downey provided and pickup at the ICC. **Bring a water bottle.**

DODGEBALL *grades K-5*

Downey School Gym
James Perry and Recreation Staff

Fri, Nov 15-Dec 20 (No 11/29), 3:15-4:30 PM
\$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

Class	Grades	Day	Dates	Time
Beginner Ball	K-2	Tue	Oct 1-Nov 5	3:15-5:00 PM
Winter Warmup	3-5	Tue	Nov 12-Dec 17	3:15-5:00 PM

Beginner Ball

Focus will be on the primary skills of basketball; dribbling, passing, shooting and defense. Each class will work up to a fun game at the end. All abilities welcome. **Bring a water bottle.**

Winter Warmup

Its time to shake off the dust and clear out the cobwebs, basketball season is approaching. This class is for anyone interested in improving their basketball game. Drills, skills and game play will be utilized in getting every player ready for the winter season. **Bring a water bottle.**

PRESCHOOL SPORTS *ages 3-6*

Downey School Field

Coach Phillips

Wed, Sep 18-Oct 30 (No 10/9)

Ages 3 + 4, 3:30-4:20 PM

Ages 5 + 6, 4:30-5:20 PM

\$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 held inside gym.

MULTIPLE SPORTS *grades 2-5*

Downey School Field

Coach Phillips

Thu, Sep 19-Oct 24, 3:15-4:30 PM

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

Soccer, Baseball, Basketball 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 held inside gym.

SPORTS



LITTLE LAXERS *grades K-1*

WHS Multipurpose Field
Ted Dempsey & Westwood Youth Lacrosse Coaches
Sun, Sep 15-Oct 6, 5:00-6:00 PM
\$65 (4 classes) Min10/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. **Bring a water bottle.**

PRESCHOOL SPORTS *ages 3-6*

School Street Field
Coach Phillips
Mon, Sep 9-Oct 21 (No 10/14), 1:45-2:45 PM
Tue, Sep 10-Oct 15, 1:45-2:45 PM
\$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.



SUPER SOCCER STARS *ages 1-5*

Morrison Park-Softball Outfield
Super Soccer Staff
Tue, Sep 24-Oct 29
Sat, Sep 28-Nov 2
\$180 (6 classes) Min 3/Max 12

Ages

12-24 months & Parent
3 years to young 4
2-3 years
Older 4 years-5

Time

9:00-9:45 AM ***Parent + Me Class**
9:50-10:35 AM
10:40-11:20 AM
11:25-12:15 PM

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.**

***Super Soccer Stars: Parent + Me** 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+*

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

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.

If interested in signing up a team or finding out more information please email Kelley Peterson kpeterson@townhall.westwood.ma.us

Thank you



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The Charmed Frog

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The Julia Ruth House

The Westwood Montessori School

Tring Staffing Solutions

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Wegmans

Westwood Artists Collaborative

Westwood Dentistry

Westwood Girls Lacrosse

Westwood Land Trust

Westwood High Alumni Association

Westwood Medical Club

Westwood Public Library

Westwood Veterinary Care

Westwood Youth Lacrosse

Westwood Youth Softball

Wicked Good Henna

FOOD COURT

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ENTERTAINMENT

Band Gig School of Music &
Performance

Boston Saengerfest Men's Chorus

Greene O'Leary Irish Dance

Infinity

Merry Melody Music Academy

Richard Travers Studio

The Fabulous Shoop Shoops

Westwood Winds Community Band

ACTIVITIES

5K Road Race and Fun Run

Caricature Artists

Transportation Show & Touch a
Truck

Animal Craze

Pumpkin Decorating

Inflatables

Hockey Shoot and Score

Soccer Kick Fest

Eye Mobile

Roaming Railroad

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Basketball Shoot

Jumbo Connect Four

Police Department Demo

Fire Department Demo



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

www.westwoodrec.com

WESTWOOD 2020 DAY

09.21.2019



TRANSPORTATION SHOW AND TOUCH A TRUCK

Drop-off Vehicle by 8:45
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: _____

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Year: _____ Make/Model: _____

FREE REGISTRATION

PRE-REGISTRATION REQUESTED BY SEPTEMBER 18 OR REGISTER DAY OF THE SHOW

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

EMAIL: bmacdonald@townhall.westwood.ma.us

WestwoodDay.com





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**



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

September 20 and 21

For information contact Westwood Recreation

Angela Lassig 781-461-0070

**alassig@townhall.westwood.ma.us
sign up at www.WestwoodDay.com**



Saturday, September 21, 2019

Westwood High School Track

5K ROAD RACE 9:00 AM

- \$15 Online Registration (Closes Sept 19)
- \$20 Day of Event Registration 7:30-8:30 AM
- **Free 5K T-Shirt for those who register by Sept 5**

1 MILE FUN RUN 10:00 AM

- Free On-line Registration All Ages Welcome (Closes Sept 19)
- (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 2020!



Register online: WestwoodDay.com/activities

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



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YOUTH + FAMILY SERVICES

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 *grades 3-5*

Mary Ellen LaRose (781) 320-1006 mlarose@townhall.westwood.ma.us
Senior Center, 60 Nahatan Street
November 2019-April 2020,
Wednesdays 5:15 PM-6:15 PM; 6:30PM-7:30PM

The Friends Network is a free program that 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. **Register at www.townhall.westwood.ma.us/yfs**

STRUCTURED PLAY GROUPS *grades K-5*

Sarah Baroud, LICSW at (781)320-1006
sbaroud@townhall.westwood.ma.us
Islington Community Center, Sheehan Elementary, Hanlon and Martha Jones Extended Day programs
Fall 2019 – Spring 2020, one afternoon per week, 4:00-5:00 PM

These 8-week free-of-charge 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 and 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. **Register at www.townhall.westwood.ma.us/yfs**

GIRLS GROUP *girls grades 4-6*

Sarah Baroud, LICSW at (781)320-1006
sbaroud@townhall.westwood.ma.us
Islington Community Center
Fall/Winter, one afternoon per week from 4:00 PM – 5:00 PM

These 12-week free-of-charge 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.

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

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

HIGH SCHOOL MENTOR PROGRAMS

BODY SAFETY THEATER *all high school students*

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.

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

BULLYING PREVENTION THEATER *all high school students*

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.

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

FRIENDS NETWORK *all high school students*

Westwood Council on Aging
November 2019-April 2020
Wednesdays 5:15 PM-6:15 PM; 6:30PM-7:30PM

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.

The Big Friend/Little Friend pairs meet weekly on Wednesday evenings at the Council on Aging from 5:15

THURSTON AFTER SCHOOL ACTIVITIES *sophomores, junior+ seniors only*

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

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.

THURSTON MIDDLE SCHOOL DANCES *junior+ seniors only*

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.

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.

TEEN SCENE @ THE LIBRARY *junior+ seniors only*

Short Wednesdays and/or Fridays 2:30-4:30 PM

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.



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WESTWOOD COUNCIL ON AGING



Fall is around the corner and here at the Center we will be busy with our regular and special programs. And remember, your first class for our regular programs (from art to yoga) is always free! Moreover, we have a number of special programs including: a trip to Eva's Garden in Dartmouth; lunch in Chinatown (both combined with cooking classes); a program to learn how to downsize to name a few. We hear that some people say "I am too young for the Center" but we host many recently retirees here as well as those in their 60s, 70s, 80s and 90s. So come try us out!

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

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 Council on Aging

60 Nahatan Street

Westwood, MA 02090

Monday-Thursday 8 AM – 4 PM

Friday 8 AM – 2 PM

Phone (781) 329-8799

Fax (781) 329-5949



Construction – Special Events – Weddings



Photography: Damianos Photography

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FALL 2019 POOL SCHEDULE

September 1 – December 31*, 2019

Closed: September 2, 21; October 14; November 11, 28; December 24, 25, 2019

*** Pool Closes 12/31/19 at 2:30 PM**

MON	TUE	WED	THUR	FRI	SAT	SUN
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 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim	11:30-1:00 PM Lap Swim
1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM 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	7:15-8:30 PM Open/Lap Swim			

MEMBERSHIPS

	1 Month	3 Months	6 Months	1 Year	1 Daily
Single	\$30	\$75	\$135	\$235	\$7
Family	\$45	\$115	\$210	\$370	
Westwood Senior	\$15	\$45	\$90	\$180	\$5

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month.

**Membership Forms are available at the Pool, Recreation Department, and online at
www.westwoodrec.com**

@WestwoodRecreation @Westwoodrec @WW_Rec

