



**FIREMAN'S FOAM
SUDZ OF FUN!**

WEDNESDAY, JULY 13, 2:00–3:00

SHEEHAN SCHOOL FIELD

ALL AGES LOVE IT!

DANCE IN PILES OF FOAM WITH DJ—MAGIC MARK



SPECIAL THANK YOU TO THE WESTWOOD FIRE DEPARTMENT



It is not uncommon for patients to cry with joy and hug staff upon seeing their new smiles for the first time! Patients tell us they are filled with self confidence, they feel more outgoing, and they simply can't stop smiling!

The entire staff at the office of Dr. Jitin Sahani can't wait to see your enthusiasm about your new smile. This is the real reason they are so passionate about what they do. Being involved in such a life-changing area of dentistry is significant and rewarding for Dr. Sahani and each member of the entire team. It's this passion that fuels the pursuit of excellence that it takes to be one of the premier practitioners of cosmetic dentistry in Massachusetts.

**WE ARE PLEASED TO ANNOUNCE THE ADDITION OF OUR
NEW LOCATION IN WESTWOOD, MA**



JITIN SAHANI DMD MSC BDS



NEELA GANDHI DMD BDS

www.sahanidental.com

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

COMMUNITY

- Boy Scouts Troop 3 Westwood www.troop3westwood.org
- Community Chest www.wcc.cfsites.org
- Foundation Westwood Education www.foundationforwestwoodeducation.org
- Hale Reservation www.halereservation.org
- Lions Club of Westwood www.westwoodlions.com
- Rotary Club of Westwood www.westwoodrotary.com
- The Arc of South Norfolk www.arcsouthnorfolk.org
- Town of Westwood www.townhall.westwood.ma.us
- Westwood Chinese School www.westwoodcs.org
- Westwood Girl Scouts www.girlscoutseasternmass.org
- Westwood Historical Society www.westwoodhistoricalsociety.com
- Westwood Public Schools www.westwood.k12.ma.us
- Westwood Walpole League of Women Voters www.lwvwestwoodwalpole.org
- Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

- Adult Basketball League mgriffin@townhall.westwood.ma.us
- CYO Basketball Saint Denis www.stdeniswestwood.com
- CYO Basketball Saint Margaret Mary www.saintmmparish.org
- Over 30 Men's Softball fcurran@jackconway.com
- Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com
- Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com
- Westwood Little League Baseball www.westwoodlittleleague.com
- Westwood Track Club www.trackclinic.com
- Westwood Youth Basketball www.westwoodbasketball.org
- Westwood Youth Hockey www.wyh.org
- Westwood Youth Soccer www.westwoodsoccer.org
- Westwood Youth Softball www.westwoodyouthsoftball.org
- Westwood Youth Football www.dswyouthfootball.org

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SURVEY WESTWOOD RECREATION INVITES YOU TO PLEASE TAKE 5 MINUTES TO FILL OUT OUR PROGRAM SURVEY.

www.westwoodrec.com

THANK YOU!





BOARD OF SELECTMEN

- Michael F. Walsh, Chairman
- Nancy C. Hyde
- John M. Hickey

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

- Paul Aries, Chairman
- Joyce Cannon
- Lynn Connors
- Ann Delaney
- Elizabeth Phillips
- Robert Phillips
- Dave Reilly
- Sheila Moylan, Associate Member
- Mitchell Katzman, Associate Member

RECREATION STAFF

- Nicole Banks
Recreation Director
- Susan Perry
Aquatics Manager
- Taryn Crocker
Business Manager
- Mike Griffin
Sports and Fitness Manager
- Kristin Scoble
Program Manager
- Julie Harrington
Aquatics Specialist
- Jan Parr
Recreation Assistant

WHEN TO REGISTER

SUMMER REGISTRATION IS ON-GOING

HOW TO REGISTER

ONLINE: www.westwoodrec.com

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

LOW ENROLLMENT: Programs must meet the minimum number of participants one week prior to start date or the program will be canceled. To avoid this, register early!

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

FEES AND CANCELLATIONS: 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.

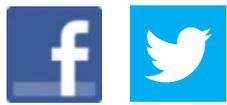
REFUND/CREDIT POLICY: When you register for one of our programs, we depend on your participation to make it successful. A full refund will be made only if: programs are canceled, the Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Withdrawal requests from a program will only be honored if the participant can be replaced by a wait list participant. In this situation you have a choice. Receive a refund minus a \$15 administration fee or receive a full credit posted to your recreation account to use for a future program. Notice is needed before the start of the session/program. No other refunds will be issued.

Refund/Credit Policy	Refund	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
Withdrawal Request/Replaced by wait list	Full Amount minus \$15 Fee	Full Amount

PAYMENT PLAN/FINANCIAL ASSISTANCE APPLICATION

PAYMENT PLAN: Allows you to register family members for programs and defer the payments. Payment plans must be initiated and set up at the Recreation Department Office with Taryn Crocker. Approved payment plans offer online payments, check or cash options. Please note: The Refund/Credit Policy does apply. If you reserve a space using the pay plan, you are committed to paying the program fee and will be charged accordingly.

FINANCIAL ASSISTANCE: Is available to Westwood residents in financial need. To inquire about financial assistance options please contact Taryn Crocker 781-355-8098.



WESTWOOD RECREATION DEPARTMENT

240 Nahatan Street
Westwood, MA 02090
(781) 461-0070

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

www.westwoodrec.com

OFFICE HOURS

- Mondays 8:30 AM-4:30 PM
- Tuesdays 8:30 AM-7:00 PM
- Wednesdays 8:30 AM-4:30 PM
- Thursdays 8:30 AM-4:30 PM
- Fridays 8:30 AM-1:00 PM



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 (PS3) age 3

This is a child's independent water experience on the docks. We will explore: water safety, entry and exit, buoyancy, breath control, submersion, front and back floats, and arm and leg action. All participants must be fully toilet-trained. Class Size: Min: 4 Max: 8

PRESCHOOL (PS4/5) ages 4 and 5

The child will explore many aspects of the water on and off the docks including: water 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: 10

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 LEVELS									
Week	Fee	WB	PC	PS3,4,5	L1	L2	L3	L4/L5	YB
1: June 27 – July 1 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
2: July 5 – 8 (T-F)	\$68			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
3: July 11 – 15 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
4: July 18 – 22 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
5: July 25 – 29 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
6: August 1 – 5 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
7: August 8 – 12 (M-F)	\$85			9:55-10:35	9:10-9:50	9:55-10:35	10:40-11:20	10:40-11:20	
Sat, Jul 9 – Aug 6	\$85	9:00-9:40	9:00-9:40	8:15-8:55	10:30-11:10				9:45-10:25

OBSERVATION POLICY

Please join us in the Pool Spectator Area on the first and last scheduled classes of the swimming session. We welcome your excitement and enthusiasm.

During all other classes the Pool Spectator Area will be closed to minimize distractions to the class and improve the attention of the swimmers.

Observation First and Last Class Only



PRIVATE LESSONS ages 4 & up

Certified Water Safety Instructors
 \$170 Private (1 swimmer, 5 classes) Week 2: \$136 (4 classes)
 \$225 Semi-private (2 swimmers, 5 classes)

Week	Days	Time Slots		
1: Jun 27 – Jul 1	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
2: Jul 5 – 8	Tue-Fri	9:15-9:45	9:55-10:25	10:40-11:10
3: Jul 11 – 15	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
4: Jul 18 – 22	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
5: Jul 25 – 29	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
6: Aug 1 – 5	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10
7: Aug 8 – 12	Mon-Fri	9:15-9:45	9:55-10:25	10:40-11:10

Private Lesson Requests may also be made by registering online for dates and/or times that are not listed above.

SWIM CLINIC ages 8–18

Susan Perry, Aquatics Manager
 Julie Harrington, Aquatics Specialist
 Week 8: Aug 15-19, Mon-Fri, 9:00-3:30
 \$225 (1 week) Min 15/Max 30

Participants must have competitive swimming experience and/or have passed American Red Cross Level 4 and be proficient in all four competitive strokes. The week will include two daily swim sessions, dry land training, instructional videos and underwater videotaping. To extend the day, participants may attend open swim from 3:30-5:00 PM.

TRIATHLON WEEK ages 7–12

Julie Harrington, Aquatics Specialist
 Week 4: Jul 18-22, Mon-Fri, 2:00-4:00
 \$120 (5 classes) Min 6 /Max 12



Triathlons for kids are an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. Bike, helmet and running shoes must be provided by the participants. Bikes will be needed every day of the class. On Friday the camp will conclude with a triathlon. To extend the day, participants may attend open swim from 4:00-5:00 PM.

AQUANAUTS ages 12–14

(MUST HAVE PASSED LEVEL 5)
 Susan Perry, Aquatics Manager

The Aquanauts program provides swimmers the opportunity to explore a variety of aquatic occupations. Discussion, practice, and hands-on participation will allow them to discover the responsibilities of employment in the aquatic environment. Specific attention will be given to life guard readiness, water safety instructor aide and assistant swim team coaching skills. Min 2/Max 4

Week	Days	Fee
3: Jul 11-15	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120
5: Jul 25-29	Mon-Thu, 9:00-6:00 & Fri, 9:00-3:00	\$120



SWIM TEAM ages 6–18

Julie Harrington, Aquatics Specialist

In a relaxed yet productive atmosphere, both the novice and experienced swimmer will learn stroke development and refinement with emphasis on speed and endurance work. There will be two swim meets per week with a total of eleven meets in the season. Six meets will be at home and five will be away at neighboring towns. At the conclusion of the season there will be A and B Regional Championship Meets. To compete in team meets you must be a Westwood resident, per league rules. If you are new to the team please email jharrington@townhall.westwood.ma.us for a skills check.

Dates	Ages	Day	Time	Fee
May 31-Aug 13	6-10	M, T, W, Th	5:00-6:00 PM	\$180
May 31-Aug 13	11-18	M, T, W, Th	6:00-7:00 PM	\$180

MEET SCHEDULE

Date	Day	Opponent	Location	Time
Jul 7	Thu	Canton	Canton	6:00 PM
Jul 12	Tue	Walpole	Walpole	6:00 PM
Jul 14	Thu	Sherborn	Westwood	5:30 PM
Jul 19	Tue	Dedham	Westwood	5:30 PM
Jul 21	Thu	Needham	Westwood	5:30 PM
Jul 26	Tue	Framingham	Framingham	6:00 PM
Jul 28	Thu	Millis	Westwood	5:30 PM
Jul 29	Fri	Mile Swim	TBA	TBA
Aug 2	Tue	Medfield	Westwood	5:30 PM
Aug 4	Thu	Newton	Westwood	5:30 PM
Aug 6	Sat	B Regional	Newton	TBA
Aug 9	Tue	Norwood	Norwood	6:00 PM
Aug 11	Thu	Natick	Natick	5:30 PM
Aug 13	Sat	A Regional	Newton	TBA

CONDITION SWIMMING ages 6–18

Julie Harrington, Aquatics Specialist

This provides a practice only option for those swimmers who are unable to participate in the meets, but would like to continue to practice and condition.

Dates	Ages	Day	Time	Fee
Jun 1-Aug 10	6-10	M & W	5:00-6:00 PM	\$125
Jun 1-Aug 10	11-18	M & W	6:00-7:00 PM	\$125

AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager
 Tue and Thu, 8:00-9:00 AM, Jun 21-Aug 25
 \$75 Punch Pass (10 classes)

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

POOL PARTY

GREAT FOR ALL AGES AND ANY OCCASION!

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



To request your pool party, register online under pool rentals.
www.westwoodrec.com

PLAYGROUND ages 5–10

Deerfield School
Mike Griffin, Steve Cromack and Recreation Staff

The Playground Program is for ages 5 to 10. Participants will take part in a variety of weekly activities and special events. Our caring, well-trained staff encourages confidence, creativity, developing skills, making new friends, and having fun! To assist parents, this program is now offering extended hours and transportation from Westwood Public School Enrichment Program.

ENRICHMENT

The Playground Program **will provide transportation** for participants attending the Westwood Public School Enrichment Program. Children will be picked up at 12:00 noon from the Thurston Middle School by Recreation Staff, and transported to Deerfield School by a town vehicle. To utilize this option, register for the 11:30 AM-3:30 PM time slot.



EXTENDED DAY HOURS

Full day 7:30-3:30 and 3:30-5:30



SPACE

Gym, cafeteria, classrooms, fields, playground, outdoor basketball court

ACTIVITIES

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

WALKING TRIPS

Walking trips to the library, fire department, and/or police department may occur. Trail walks to Rice Reservation for campfire and toasted marshmallows. Parents will be notified ahead of time.

DROP OFF & PICK UP

Drop off and pick up will take place at Deerfield School's front circular driveway. There will be staff at the front entrance to meet you and escort your child (ren) into the building. Parents who choose to walk their child into the school will need to park in one of the dedicated spots.

LUNCH AND SNACKS

Participants will need to bring **nut free** AM & PM snacks, drinks, and their lunch except on Fridays, see below. No refrigeration is available. Cold drinking water is provided throughout the day.

PIZZA FRIDAY

The Playground program provides pizza lunch on Fridays. Each child will receive a pizza order form on Monday and are asked to return it by Thursday.

WHAT TO BRING

The program features a mix of indoor and outdoor play. It is required that participants wear sneakers or closed toe shoes (no crocs) to prevent injuries, and comfortable clothing that can get dirty. Bring swimsuit and towel for water activities. Please apply sunscreen in the morning and send an extra bottle in a plastic bag with your child's name. Children will be encouraged to reapply throughout the day. Hats are always a great accessory. Be sure to label your child's belongings with his or her name. Please do not have your child bring any toys or special items to the program. Cell phones are to be kept in their backpacks until the end of the day. **NO ELECTRONICS ALLOWED.** Westwood Recreation is not responsible for any lost items.

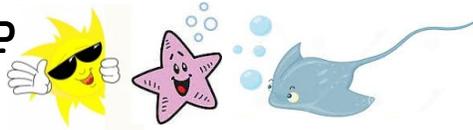


Themes	Weeks	Days	7:30-3:30	9:00-3:30	11:30-3:30	3:30-5:30
Game On!	1: Jun 27-Jul 1	Mon-Fri	\$190	\$175	\$130	\$50
Superheros	2: Jul 5-8	Tue-Fri	\$152	\$140	\$104	\$40
Olympic Week	3: Jul 11-15	Mon-Fri	\$190	\$175	\$130	\$50
Anything Goes!	4: Jul 18-22	Mon-Fri	\$190	\$175	\$130	\$50
Red Light, Blue Light	5: Jul 25-29	Mon-Fri	\$190	\$175	\$130	\$50
H2O – WOW	6: Aug 1-5	Mon-Fri	\$190	\$175	\$130	\$50
Treasure Island	7: Aug 8-12	Mon-Fri	\$190	\$175	\$130	\$50



SUMMER CAMP

Westwood High School
Kristin Scoble, Camp Director



Westwood Recreation's summer day camp is for children ages 3-5 and entering grades K-8. Summer Camp provides a variety of age appropriate activities. Participants take part in arts & crafts, sports & games, water activities, recreational play, special events, and theme activities. Our caring, well-trained counselors encourage confidence, creativity, developing skills, making new friends and having fun!

As required by Section 430.190 of the State Sanitary Code, Chapter IV (105 CMR 430.000), this camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the Board of Health.

CAMPER RATIOS AND SPACE

The WHS gymnasium will be resurfaced this summer and unavailable for program use.

CAMP STARFISH (Ages 3-5)

ALL WEEKS ARE FILLED. WAIT LIST AVAILABLE.

Staff to child ratio 1:4. This group will use the peanut free Integrated Preschool Rooms, playground and fields. **Child requirement: all participants must be toilet trained. For the health and safety of all, children must be able to use the toilet independently. No pull ups/diapers.**

CAMP STINGRAY (Entering Grades K-6) Staff to child ratio 1:7. This group will use WHS classrooms, cafeteria, auditorium and fields.

CAMP SUMMERTASTICS (Entering Grades 7-8) Staff to child ratio 1:10. This group will use WHS classrooms, cafeteria, auditorium and fields. In addition to daily activities this group is involved with community service projects, volunteer opportunities, and occasional walking trips.

DROP OFF AND PICK UP

Drop off and pick up will be held at the WHS gymnasium lobby.

LUNCH & SNACKS

Participants need to bring AM & PM snacks, drinks, and their lunch (9:00-12:00 excluded). No refrigeration is available.

SWIMMING

Campers will be offered daily free swim time, 2:00-3:15 PM, at the Westwood Pool. All swimming abilities are allowed and tot docks are used for non-swimmers.

TRIPS (ADDITIONAL FEE)

Grades 4-8 will have the option to participate in weekly trips at an additional cost. Trips are scheduled on Wednesdays and are subject to change in the event of rain.

SWIM LESSONS (ADDITIONAL FEE)

Certified Water Safety Instructors
Swim Lessons for children attending Summer Camp only. Children will be divided into group lessons according to their swim ability. Counselors will escort children to the pool. (Please see times below)

TENNIS LESSONS (ADDITIONAL FEE)

Jayson Sellers, Tennis Pro
Tennis lessons are for children attending Summer Camp only. Lessons focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, overheads, and serves. Children are divided according to their ability. Counselors will escort participants to WHS courts. Parents of children registered until 3:30 will pick up their children at the courts at 4:30. Children attending extended day will be escorted back to camp. In the event of rain, the class will be canceled and made up on Friday.

12:00-5:30 AFTERNOON TIME SLOT

Participants attending Westwood Public School Enrichment Program or any other program at the Thurston Middle School will be picked up by Recreation Staff and will either walk or be transported to WHS by the recreation van. Parents who are dropping off children at WHS are to sign in with staff in the gym lobby. Participants will join their groups, have lunch, and participate in afternoon activities that include: swim time, games, sports, crafts, and more.

**PLEASE CHECK THE WEBSITE WWW.WESTWOODREC.COM OR
CALL THE RECREATION OFFICE 781-461-0070 FOR AVAILABILITY**

GRADES ENTERING K-6 (CAMP STINGRAY) 7&8 (SUMMERTASTICS)

Theme	Week	5 DAYS: MON-FRI				4 DAYS: MON-THU			
		7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30	7:30-5:30	9:00-3:30	12:00-3:30	12:00-5:30
Stars, Stripes & Fireworks	1: June 27-July 1	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Campers to the Rescue	2: July 5 - 8 (T-F)					\$210	\$170	\$130	\$170
Water Wipeout	3: July 11 - 15	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Let it Snow!	4: July 18 - 22	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Go for the Gold!	5: July 25 - 29	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Rockstars	6: August 1 - 5	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170
Dog Days of Summer	7: August 8 - 12	\$250	\$200	\$160	\$200	\$210	\$170	\$130	\$170

SWIM AND TENNIS LESSONS

	1: JUN 27-JUL 1	2: JUL 5-8	3: JUL 11-15	4: JUL 18-22	5: JUL 25-29	6: AUG 1-5	7: Aug 8-12
	Mon-Fri	Tue-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri	Mon-Fri
Swim Lessons Ages 3-5 9:10 - 9:50 am (5 classes)	\$85	\$68 (4 classes)	\$85	\$85	\$85	\$85	\$85
Swim Lessons Gr. K - 8 1:15-1:55 pm (5 classes)	\$85	\$68 (4 classes)	\$85	\$85	\$85	\$85	\$85
Tennis Lessons Ages 7-13 3:30-4:30 (4 classes)	Mon-Thu FULL	Tue-Fri FULL	Mon-Thu FULL	Mon-Thu FULL	Mon-Thu \$50	Mon-Thu \$50	Mon-Thu \$50

COUNSELOR IN TRAINING (CIT)

Entering Grades 9 & Up (Westwood Residents Only)
Westwood High School
Katelyn Raftery, Program Coordinator

Counselor In Training program is designed to assist teens in the development of their leadership skills while gaining volunteer hours. The participants will be placed in all summer programs (Summer Camp, Sports, Musical Theatre & more), with trainings, active group participation, regular feedback and weekly evaluations. Training will be provided in activity planning, presentations, discipline, conflict resolution, job search, and interview skills. Participants will plan and run activities several times during each session. The program allows the participants to witness a range of activities and interactions, which will assist their growth and confidence. The focus of the CIT Program is to provide the participants with the training and experiences needed to feel confident and prepared to transition into employment/workforce. **Participants are asked for a full commitment during each session registered.**

FIRST YEAR CIT-NEW APPLICATION PROCESS



1. Register for desired sessions and time.
2. Registered participants are required to fill out a new CIT application. Please go to www.westwoodrec.com (forms and applications) and print off the application and return to the Recreation Office by May 13th.
3. Applications received on time will be contacted with a mandatory group interview date. (Details will be given with application). Applications must be received on time to be eligible for the program.

SECOND YEAR CIT

1. Register for desired sessions and time.
2. Participants will be notified of mandatory June training date.

Please indicate first year or second year.

Session	Dates	8:30-3:30	11:30-5:30	
A	Jun 27-Jul 15 (No 7/4)	\$115	\$115	3 weeks
B	Jul 18-Aug 12	\$150	\$150	4 weeks

DRIVER EDUCATION CLASSES

Islington Community Center Sanctuary
Teachers Driving Academy
Minimum Ages 15 years 9 months & Up
\$99 (1 session) Min 10 / Max 50



Parent & Student Classes

Session 1: Mon, Jul 25, 12:30-2:30 PM
Session 2: Mon, Aug 22, 12:30-2:30 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of ½ hour break built into the schedule. Choose a session that best fits your schedule and register early. At least one parent/guardian must attend the Parent Class. If you have already attended a parent class since September 2007, they count for 5 years. Please let TDA know when your child is dropped off on the first night. If your child misses a certain class, they are allowed to make it up as long as it is the exact class module that they missed. You do not have to book a make-up class with TDA, you can simply walk-in to another class in another community and sign the book there. Students must bring a notebook, pen and copy of their birth certificate. Students may not leave the building and are asked to bring snacks and drinks. If you have any questions, call **877.TDA.DRIVE** or visit their website www.teachersdrivingacademy.com.

SUMMER SESSION 1			SUMMER SESSION 2		
Day	Dates	Time	Day	Dates	Time
Mon	Jul 25	8:00-2:30	Mon	Aug 22	8:00-2:30
Tue	Jul 26	8:00-2:30	Tue	Aug 23	8:00-2:30
Wed	Jul 27	8:00-2:30	Wed	Aug 24	8:00-2:30
Thu	Jul 28	8:00-2:30	Thu	Aug 25	8:00-2:30
Fri	Jul 29	8:00-2:30	Fri	Aug 26	8:00-2:30

DOG TRAINING PROGRAMS

Owners of all ages (children 12 and under must be with an adult)
50% Discount for Service Dog. Proof must be shown to the Recreation Department for the discount.

Susan Lowell, Pet Providers
\$110 (8 classes) All classes except for Canine Good Citizen
\$180 (8 classes) Canine Good Citizen

PUPPY TRAINING (PT) puppies 12 weeks-1 year

This course is designed to help owners and their dogs understand one another through basic commands and motions.

BEGINNING DOG (BD) dogs 6 months or older

Dogs and owners will learn the basics of agility equipment above puppy training.

ADVANCED DOG (AD) dogs 1 year or older

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

DOG AGILITY (DA) dogs 6 months or older

This is a course for all agility levels. Dogs and owners will learn the basics of agility equipment and exercise. This course will cover the foundation skills to navigate the equipment as a team.

CHAMPION DOG (CD) dogs 1 year or older

This course is for dogs that are all off leash. Dogs studying to become a service dog should also attend.



CANINE GOOD CITIZEN (CGC) dogs 1 year or older

CGC is designed to teach responsible ownership and certify dogs that have the training and behaviors needed to be reliable, well-behaved members of their families and communities. Dogs must pass all ten items listed in the CGC records at the American Kennel Club and meet the standard for visiting nursing homes, schools, and other venues to be certified.

Level	Day	Dates	Time	Location
PT	Tue	Jun 28-Aug 16	9:30-10:30 AM	Sheehan School Fenced Area
BD	Wed	Jun 29-Aug 17	6:00-7:00 PM	Islington Community Center
AD	Thu	Jun 30-Aug 18	6:00-7:00 PM	Islington Community Center
DA	Tue	Jun 28-Aug 16	6:00-7:00 PM	TBA
CD	Thu	Jun 30-Aug 18	7:00-8:00 PM	Islington Community Center
CGC	Wed	Jun 29-Aug 17	7:00-8:00 PM	Islington Community Center

PEDIATRIC FIRST AID & CPR/AED ages 15 & up

Islington Community Center
Juanita Allen, W-EMT, Century Health System
Mon, May 23, 6:00-9:00 PM
\$75 (1 class) Min 5/Max 10

← DATE ADDED



With focus on children, this course offered by the American Heart Association 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.

CHALKBOARD & HAND LETTERING ages 15 & up

Islington Community Center
SiouxSanna Ramirez-Cruz
Chalkboard Lettering: Mon & Wed, June 6 & 8, 6:30-8:00
Hand Lettering: Mon & Wed, Jun 20 & 21, 6:30-8:00
\$78 (2 classes) Min 4/Max 8



CHALKBOARD LETTERING: Want to create a chalkboard sign for a special event, to add to your home, office or to gift but don't know where to start? *Required: Chalkboard of any size that will fit your announcement, phrase or note, a white chalkboard marker and the text you would like to use.

HAND LETTERING: Replace the electronic gadget with the original and classic communicator: the pen! Leave your mark on invitations, your next event menu, gift tags, and or stationary all through the art of hand lettering.

MUSICAL THEATRE ages 6-12

Islington Community Center
Jason Whiting and Scott Gagnon

Calling all singers, dancers and actors!! This five day musical theatre covers all the elements of a professional production from auditions to rehearsal as we prepare a final performance. Your family and friends may join us for this performance on the last day of the session. Please bring two snacks, water bottle, and a lunch (peanut free). Min 18/Max 25

Willy Wonka and the Chocolate Factory - Join Charlie and his Grandpa as they tour Willy Wonka's factory with other children from around the world in hopes of winning a lifetime supply of chocolate!

Back to the 80's! - Head back to school, 80's style! All the songs are here and will keep you movin' and groovin'!

You're A Good Man, Charlie Brown - Come join Snoopy and the rest of the Peanuts Gang in their crazy adventures and as they show what "Happiness" truly is.

Once On This Island - With a beautiful story and exciting music, join us as we follow Ti Moune, a peasant girl saved by the Gods, who uses the power of love to bring together the people of a tropical island.

Grease - "Grease is the word!" in this throwback to fun and excitement of the 1950's! Go back to school at Rydell High as we do the hand jive with Danny, Sandy, and the whole gang!

Performance	Week	Days	Time	Fee
Willy Wonka and the Chocolate Factory	1: Jun 27-Jul 1	Mon-Fri	9:00-4:00	FULL
Back to the 80's!	3: Jul 11-15	Mon-Fri	9:00-4:00	FULL
You're A Good Man, Charlie Brown	4: Jul 18-22	Mon-Fri	9:00-4:00	FULL
Once On This Island	6: Aug 1-5	Mon-Fri	9:00-4:00	\$260
Willy Wonka and the Chocolate Factory	7: Aug 8-12	Mon-Fri	9:00-4:00	FULL
Grease	8: Aug 15-19	Mon-Fri	9:00-4:00	FULL

ART STUDIO ages 7-10

Islington Community Center
Lisa Walker
3D Art: Week 3: Jul 11-14, Mon-Thu, 9:00-12:00
2D Art: Week 4: Jul 18-21, Mon-Thu, 9:00-12:00 **FULL**
\$160 (1 week) Min 6/Max 12

Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in both 3D and 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. All supplies provided. Please provide snack and water bottle. Wear clothes that can get dirty.

HIP HOP ages 5-13

Morrison Softball Field
Aly Pereira
Week 9: Aug 22-26, Mon-Fri, 9:00-12:00
\$125 (1 week) Min 6/Max 20

Join the fun and rock out to the most popular music. Participants will learn dances to songs which will incorporate choreography and forms of freestyle. On the last day, the participants will put on a short performance. In the event of rain, the program will be held inside at the Islington Community Center. Please bring a water bottle and nut-free snack.

SAFETY TOWN entering K

Deerfield School
Officer Brad Pindel and Shawna Drew, Recreation Program Supervisor

Safety Town is an early childhood safety education program designed to introduce safety awareness for bicycles, cars, fire safety and animals. Children will learn through directed explorations. Tot-sized cars, miniature villages and traffic signs will be used as learning tools. Songs, art projects, stories, movies, and field trips make this program fun and exciting. Min 10/Max 20

Week	Days	Time	Fee
4: Jul 18-22	Mon-Fri	9:00-11:30	\$125
5: Jul 25-29	Mon-Fri	9:00-11:30	FULL



TOP SECRET SCIENCE entering grades k-5

Top Secret Science Staff

Explore up to 20 weird and whacky hands-on science experiments daily and take home at least 8 different projects. Participants will explore weird motions, flying things, air and water pressure, crazy chemistry, light and sound, magic, electricity, magnets, astronomy, and more. Be prepared for lots of fun. Please bring a nut-free lunch, snacks, and drinks. **At least 50% of the experiments are brand new.** Min 15/Max 40

Week	Days	Time	Fee	Location
5: Jul 25-29	Mon-Fri	9:00-3:00	\$200	Islington Community Center
7: Aug 8-12	Mon-Fri	9:00-3:00	\$200	Sheehan Cafeteria



ADVENTURE DAYS ages 3-5

Islington Community Center
Recreation Staff

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. 9:00-1:00 participants need to bring drinks, nut free snack and lunch. 1:00-3:30 participants need to bring a drink and nut free snack. **Participants must be toilet trained.** Min 6/Max 12

Day	Dates	9:00-1:00	1:00-3:30	9:00-3:30
Mon	June 13	\$35	\$25	\$55
Tue	June 14	\$35	\$25	\$55
Wed	June 15	\$35	\$25	\$55
Thu	June 16	\$35	\$25	\$55
Fri	June 17	\$35	\$25	\$55
Mon	June 20	\$35	\$25	\$55
Tue	June 21	\$35	\$25	\$55
Wed	June 22	\$35	\$25	\$55



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PLAYMAKER SOCCER STRIKER CLINIC

ages 7-14

Sheehan Soccer Field
Farid Issa and Playmaker Staff
Week 6: Aug 1-4, Mon-Thu, 9:00-12:00
\$140 (1 week) Min 10/Max 50



This clinic will focus on ball mastery, striking, finishing off the dribble, developing a foundation of good habits, improving confidence on ability to score and having a ton of fun! Small games will highlight skills in a creative way. Bring a water bottle, size 4 or 5 ball based on your age, shin guards, cleats and sneakers. In the event of rain, the program will be held inside the gym.



JR SOCCER ages 5-8

Sheehan Field
Recreation Staff
Week 3: Jul 11-15, Mon-Fri, 9:00-12:00 **FULL**
\$125 (1 week) Min 12/Max 25

This clinic teaches fundamental soccer skills, promotes sportsmanship, and fun. WHS Coach Tim Chant will present a skills demonstration and kids will participate in contests during the week. Friday will cap off the week with a tournament! Shin guards are recommended. In the event of rain, the program will be held in the cafeteria.

SOCCER ages 7-14

Sheehan Field
Jon Grant, WHS Boys Coach, Week 1
Tim Chant, WHS Girls Coach, Weeks 3 and 5

Through small group activities, games, exercises and modified scrimmages, players will learn new skills and strategies to improve their game. The week will conclude with a tournament. Participants need shin guards, cleats, water bottle, snacks and a lunch. In the event of rain, soccer will be held in the gym, please have sneakers available. Min 12/Max 65

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	9:00-3:00	\$160
3: Jul 11-14	Mon-Thu	9:00-3:00	\$160
5: Jul 25-28	Mon-Thu	9:00-3:00	\$160

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TENNIS PROGRAMS

Westwood High School Tennis Courts
Jayson Sellers, Tennis Pro

In the event of rain, tennis classes will be canceled and made up on Friday. Participants will be called at least one hour before program start time. The WHS gymnasium will be resurfaced this summer and unavailable for program use.

BEGINNER TENNIS LESSONS AGES 5-13

Lessons focus on fundamental skills, proper techniques of grip, Foot work, ground-strokes, volleys, serves, and rules. Instructor to participant ratio is approx. 1 to 4. Racquets are provided. Min 4/Max 12

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	8:00-8:55	\$50
2: Jul 5-8	Tue-Fri	8:00-8:55	\$50
3: Jul 11-14	Mon-Thu	8:00-8:55	\$50
4: Jul 18-21	Mon-Thu	8:00-8:55	\$50
5: Jul 25-28	Mon-Thu	8:00-8:55	\$50
6: Aug 1-4	Mon-Thu	8:00-8:55	\$50
7: Aug 8-11	Mon-Thu	8:00-8:55	\$50
8: Aug 15-18	Mon-Thu	8:00-8:55	\$50
9: Aug 22-25	Mon-Thu	8:00-8:55	\$50

TENNIS CLINICS ages 7-13

Clinics are for players of all levels with the focus on fundamental skills, proper techniques of grip, footwork, ground-strokes, volleys, serves, rules, and etiquette. Groups will be divided by ability as needed. Instructor to participant ratio is approx. 1 to 4. Min 8/Max 12

Week	Days	Time	Fee
1: Jun 27-30	Mon-Thu	9:00-12:00	\$130
2: Jul 5-8	Tue-Fri	9:00-12:00	\$130
3: Jul 11-14	Mon-Thu	9:00-12:00	\$130
4: Jul 18-21	Mon-Thu	9:00-12:00	\$130
5: Jul 25-28	Mon-Thu	9:00-12:00	\$130
6: Aug 1-4	Mon-Thu	9:00-12:00	\$130
7: Aug 8-11	Mon-Thu	9:00-12:00	\$130
8: Aug 15-18	Mon-Thu	9:00-12:00	\$130
9: Aug 22-25	Mon-Thu	9:00-12:00	\$130

TENNIS LESSONS AGES 5-13

Beginner: Players who are new to the game or have played very little without any instruction. Focus on fundamental skills to include: ready stance, grip, forehand, backhand and serve.

Advanced Beginner: For players able to sustain a rally of slow pace with other players of the same ability. This is an extension of the Beginner level with emphasis on stroke production for consistency and placement. Rules and court etiquette will also be covered.

Intermediate: Players, who demonstrate proper form for forehand, backhand and serve while being able to direct their shots. Introduction to midcourt and net play will be covered. Stroke application of their overall game, court coverage and ball placement will be emphasized.

Racquets are provided for beginner players if needed. All other participants will need their own racquet. Min 4/Max 6

Week	Days	Beginner \$50	Advanced Beginner/Intermediate \$50
1: Jun 27-30	Mon-Thu	1:00-2:00	2:00-3:00
2: July 5-8	Tue-Fri	1:00-2:00	2:00-3:00
3: Jul 11-14	Mon-Thu	1:00-2:00	2:00-3:00
4: Jul 18-21	Mon-Thu	1:00-2:00	2:00-3:00
5: Jul 25-28	Mon-Thu	1:00-2:00	2:00-3:00
6: Aug 1-4	Mon-Thu	1:00-2:00	2:00-3:00
7: Aug 8-11	Mon-Thu	1:00-2:00	2:00-3:00
8: Aug 15-18	Mon-Thu	1:00-2:00	2:00-3:00
9: Aug 22-25	Mon-Thu	1:00-2:00	2:00-3:00

GOLF CLINICS

Norwood Country Club
John Resnick, PGA Instructor & Norwood CC Staff

LADIES BEGINNER ages 18 & up

Classes will cover the full swing, chipping, putting, etiquette and on course instruction. Students are taught how to navigate the course as beginners. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Clubs provided if needed. Min 4/Max 14

Day	Dates	Time	Fee
Wed	Jul 6-Jul 27	5:30-6:30 PM	\$105 (4 Classes)
Thu	Jul 7-Jul 28	5:30-6:30 PM	\$105 (4 Classes)

JUNIOR INTERMEDIATE ages 8-14

This class is for the advanced beginner golfer who has experienced some on course play. Class includes course instruction and hole by hole management. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Participants need their own clubs. Min 4/Max 14

Week	Days	Time	Fee
3: Jul 11-14	Mon-Thu	9:00-11:00	\$95 (4 classes)
4: Jul 18-21	Mon-Thu	9:00-11:00	\$95 (4 classes)
5: Jul 25-28	Mon-Thu	9:00-11:00	\$95 (4 classes)
6: Aug 1-4	Mon-Thu	9:00-11:00	\$95 (4 classes)
7: Aug 8-11	Mon-Thu	9:00-11:00	\$95 (4 classes)
9: Aug 22-25	Mon-Thu	9:00-11:00	\$95 (4 classes)

BEGINNER/INTERMEDIATE CLINICS ages 7-14

Learn the fundamentals of golf; swinging, putting, chipping, etiquette and pace of play. There will be on course instruction in a relaxed setting. Intermediate players receive more extensive on course instruction. Please bring sneakers and a water bottle. Sunscreen & bug spray is recommended. Please bring your own set of clubs. Min 4/Max 14

Week	Dates	Day	Time	Fee
Beginner	Jul 2-23	Sat	12:00-2:00	\$95 (4 classes)
Intermediate	Jul 2-23	Sat	2:00-4:00	\$95 (4 classes)

BASEBALL CLINIC ages 5-12

Morrison Park
Bob Phillips and Staff
Week 1: Jun 27-Jul 1, Mon-Fri, 9:00-12:00
\$130 (1 week) Min 10/Max 30

Participants will be grouped by age and skill level. Instruction will include drills and games emphasizing the fundamentals of batting, throwing, fielding and pitching. Primary goal is for the players to have fun. Please bring sneakers/cleats and baseball glove. Cold drinks and peanut free snacks will be provided.

KARATE CLINIC ages 5-10

Deerfield School Gym
Darryl Hinthorne, Kenpo Center for Martial Arts
Week 3: July 11-15, 9:00-12:00
Week 7: Aug 8-12, 9:00-12:00
\$150 (1 week) Min 5/Max 20



Kenpo Martial Arts teaches the students techniques and skills to defend themselves. It also instills the confidence and discipline to practice these skills making them as effective as possible. Classes are designed to encourage respect, effort, etiquette, sincerity, character and above all discipline and self-control. The training is a great way to get in shape and challenge themselves Each class covers a variety of topics about self-defense and there will be fun drills, arts and crafts and other games.

Looking for extended day hours? The Playground program held at the Deerfield School offers hours to extend the day to either 3:30 or 5:30. Details on page 8.



FLAG FOOTBALL

ages 7–14

Recreation Staff



Come and play this unique style of football. No tackling, no rough play, just a lot of fun. Team play, catching, passing and de-flagging skills will be covered. Participants will be grouped according to age and ability. The week ends with a tournament and giveaways. In the event of rain, the program will be held in the gym except for Week 8 which will be held at the Islington Community Center. Min 12/Max 40

Week	Days	Time	Fee	Location
1: Jun 27-Jul 1	Mon-Fri	9:00-12:00	\$125	Sheehan Field
2: Jul 5-8	Tue-Fri	9:00-12:00	\$100	Sheehan Field
4: Jul 18-22	Mon-Fri	9:00-12:00	\$125	Sheehan Field
5: Jul 25-29	Mon-Fri	9:00-12:00	\$125	Sheehan Field
6: Aug 1-5	Mon-Fri	9:00-12:00	\$125	Sheehan Field
7: Aug 8-12	Mon-Fri	9:00-12:00	\$125	Sheehan Field
8: Aug 15-19	Mon-Fri	9:00-12:00	\$125	Morrison Field

BASKETBALL–GIRLS ages 6–15

Thurston Middle School Gyms

Sarah Behn and Staff

Week 5: Jul 25-29, Mon-Fri, 9:00-12:00

\$190 (1 week) Min 25/Max 100



The Behn Camp philosophy is to instill confidence in young players by teaching basketball fundamentals, which will raise their individual level of play. Fundamentals include: shooting technique, rebounding, passing, ball handling, dribbling, individual defense, team offense, and team defense. Our experienced coaches create a structured and comfortable atmosphere that encourages learning and development. The goal is for each player to leave camp with improved skills, increased confidence and acquired knowledge on how to succeed while having fun.

JR. WOLVERINES ages 4–7

Deerfield School Field

Recreation Staff

This program introduces children to soccer, T-ball, and basketball. Participants learn the basic skills, rules, team play, and develop sportsmanship. Bring peanut free snack, water bottle, hat, and baseball glove. In the event of rain, the program will be held in the gym. Min 12/Max 25

Looking for extended day hours? The Playground program held at the Deerfield School offers hours to extend the day to either 3:30 or 5:30. Details on page 8.



Week	Days	Time	Fee
1: Jun 27-Jul 1	Mon-Fri	8:30-11:30	\$125
2: July 5-8	Tue-Fri	8:30-11:30	\$100
4: Jul 18-22	Mon-Fri	8:30-11:30	\$125
5: Jul 25-29	Mon-Fri	8:30-11:30	\$125
6: Aug 1-5	Mon-Fri	8:30-11:30	\$125
7: Aug 8-12	Mon-Fri	8:30-11:30	\$125

SPORTS PROGRAMS

Please provide participants with the following items and see specific clinic for equipment needs.

- Water Bottle/Drink & Snack
- Lunch (full day clinics)
- Mouth Guards
- Sunscreen & Bug Spray

LACROSSE–GIRLS entering grades 3–9

WHS Multipurpose Field

Leslie Frank, WHS Girls Coach

Week 5: Jul 25-29, Mon-Fri, 9:00-12:00

\$125 (1 week)

This clinic is designed to teach lacrosse to new players and to improve the skills of experienced players. It will focus on fitness, stick skills, position specific training, and game strategy. Participants should bring: stick, goggles, mouth guard, water bottle and a healthy snack. Guest coaches include collegiate players who are recent graduates of WHS. If heavy rain, the girls will wait in the WHS Cafeteria until conditions improve. Min 20/Max 100

FENCING ages 8 & up

Sheehan Basketball Court

Jim Mullarkey, 3MB Fencing Club

Week 3: Jul 11-15, Mon-Fri, 9:00-11:00

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

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

ARCHERY ages 8 & up

Hanlon School Field

Bay State Archery Staff

\$120 (1 week) Min 10/Max 20

Aim and shoot! Clinic teaches safety fundamentals and proper shooting form. Equipment and protective gear provided. This clinic is an official Junior Olympic Archery Development Program (JOAD). Parents are welcomed and encouraged to sign up. In the event of rain, the program will be canceled by 8:00 AM and made up on Friday.

Week	Days	Time
3: Jul 11-14	Mon-Thu	9:00-11:00 or 11:00-1:00
8: Aug 15-18	Mon-Thu	9:00-11:00 or 11:00-1:00

VOLLEYBALL–GIRLS entering grades 3–8

Middle School Gym

Instructors: TBD

Bump! Set! Spike! Want to learn how to play volleyball or brush up on your technique? This volleyball course is offered for all ability levels from beginners to advanced athletes. We will work on passing, setting, serving and hitting technique as well as court awareness. Work hard, have fun and improve your skills. Participants are recommended to bring knee pads and mouth guard. Please bring snacks and a water bottle. Min 10/Max 24

Grades	Week	Days	Time	Fee
3-5	7: Aug 8-10	Mon-Wed	8:00-12:00	\$100 (3 classes)
6-8	7: Aug 8-10	Mon-Wed	12:00-4:00	\$100 (3 classes)





FREE SUMMER CONCERTS

WESTWOOD SENIOR CENTER LAWN AT 6:30 PM

- Monday, July 11: Bubbleman
- Monday, July 18: The Jitterbugs
- Monday, July 25: Jedlie's Totally Interactive Magic Circus

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

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WESTWOOD RECREATION DEPARTMENT



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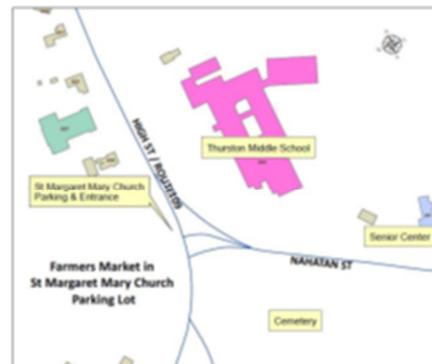
TUESDAYS, 1:00-6:00 PM

JUNE 14 - OCTOBER 11

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nloughnane@townhall.westwood.ma.us



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WITH FUTURE PROGRAMS AND IMPROVEMENTS.

THANK YOU!

WESTWOOD DAY

CELEBRATING 5 YEARS!

A community event for all ages!

Westwood High School
Rain or Shine



KICK OFF FRIDAY, SEPTEMBER 23

- FOOTBALL GAME 7:00 PM
Westwood Wolverines host Hopkinton Hillers at Flahive Field
- FIREWORKS 9:00 PM
Display will follow the football game approximately 9:00 PM at WHS

SATURDAY, SEPTEMBER 24

- 5K 9:00 and Fun Run 10:00
- ACTIVITIES 10:00-3:00
- ENTERTAINMENT 10:00-3:00
- VENDOR VILLAGE 10:00-3:00
- FOOD COURT 10:00-3:00



CONTACTS

- ACTIVITIES: Taryn Crocker tcrocker@townhall.westwood.ma.us
- ENTERTAINMENT: Kristin Scoble kscoble@townhall.westwood.ma.us
- FOOD COURT VENDORS: Sue Perry sperry@townhall.westwood.ma.us
- VENDOR VILLAGE: Julie Harrington jharrington@townhall.westwood.ma.us
- SPONSORS: Nicole Banks nbanks@townhall.westwood.ma.us
- VOLUNTEERS: Jan Parr jparr@townhall.westwood.ma.us

www.WestwoodDay.com





WESTWOOD POLICE EXPLORER PROGRAM

The Westwood Police Department's Explorer program is for high school students interested in a future career in law enforcement, law, or public service. Explorers meet at the police station twice a month, learn police procedure, ride along with officers, and provide traffic and crowd control at town events. Guest speakers come from the FBI, Secret Service, Homeland Security, and other local and national agencies.

For more information, or to request an application, visit the Explorer page under the "Services" tab of www.westwoodpd.org, or contact Sgt. Sicard at psicard@westwoodpd.org, or at 781-320-1000.



WESTWOOD YOUNG WOMEN'S CLUB DONATES TO SUPPORT PLAYGROUND

The School Street Playground is a well-utilized resource for both active and passive recreation within the community. Stop by the playground on any given day and you will see children and parents enjoying the play structures. The equipment is designed for children between the ages of 3 and 12 with unique items including climbing rocks, spinner bowls, and a star net. The extensive use of the playground requires regular inspection, maintenance, and equipment replacement. These repairs require financial investment.

Westwood Recreation is pleased to announce that the Westwood Young Women's Club (WYWC) has offered to support equipment upgrades with a generous donation of \$1,700. The funds donated were raised at the WYWC's annual Winterfest event this past December. The WYWC was instrumental in the original design and funding of the playground which sought to create a play area that challenged kids physically and mentally.

The Westwood Young Women's Club is a non-profit volunteer organization committed to enhancing Westwood and surrounding neighborhoods. Since 1959 the Club has been offering wonderful events, and sponsoring and supporting community organizations through fundraising. The WYWC is always looking for new members and more information can be found at www.wywc.org.

Westwood Recreation and DPW plan to use this donation to fund repairs and replacements of several of the play structures in the playground. The work will be done by a contracted playground installation company with additional upgrades being completed by Westwood's Department of Public Works.

Dedham Savings is proud to support Westwood Recreation.

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Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-3:00 PM on Monday, Wednesday and Thursday; 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.

Monthly Blood Pressure Clinic

The Public Health Nurse conducts a blood pressure clinic every 3rd Wednesday of the month at the Westwood Senior Center located at 60 Nahatan St. from 9:00AM-11:00AM. No appointment necessary.



Sharps Collection Program

The Westwood Board of Health provides a Sharps Collection Program for Westwood residents. Residents can dispose of their sharps anytime in the sharps collection kiosk located outside the Westwood Police Station, 590 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

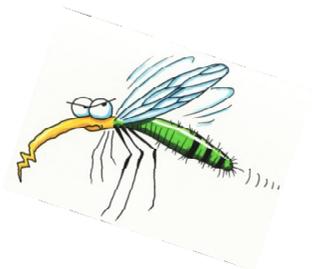
The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station at 590 High Street.

Mercury Collection Program

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. 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. If you **do not** want your property sprayed you must notify the Westwood Town Clerk, 580 High Street, Westwood, MA 02090 in writing, with a copy to the Norfolk County Mosquito Control District, Building 34 Endicott Street, Norwood, MA 02062, by March 1, 2016, although the district will honor requests at any time. State law requires this notification as well as a requirement to post your property. This is very important if you **do not** want adult control so that District personnel can exclude your property from these applications.



Visit the District's website at www.norfolkcountymosquito.org for more information.

Summer Camps

The Westwood Board of Health would like to inform parents that summer camps, including day, residential, sports, travel and trip camps, are governed by *105 CMR 430.000 of the State Sanitary Code, Chapter IV, Minimum Sanitation Standards for Recreational Camps for Children* and are licensed by the local Board of Health. In order to protect campers and ensure that they have a fun, safe experience, camp operators are required to conduct criminal background checks on staff and volunteers, provide a Health Care Consultant and a health supervisor to care for injured and ill campers to name a few of the requirements. Contact the Health Department for more information.



UPCOMING PROGRAMS

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

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

FRIENDS NETWORK



Who: Westwood residents in 3rd, 4th and 5th grades
When: November 2016 – April 2017, Wednesdays from 5:15 – 6:15 PM or 6:30 PM – 7:30 PM
Where: Patricia Carty-Larkin Senior Center, 60 Nahatan Street
What: The Friends Network program matches young Westwood residents with high school aged residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship

and having fun!

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

GIRLS ONLY! GROUPS



Who: Westwood girls in 4th – 6th grade
When: Sept. – Dec., Wednesdays from 4:00 PM – 5:00 PM
Where: Islington Community Center
What: These 12-week groups will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways!

Contact: Joanna Bengel, LICSW at (781) 320-1006 or jbengel@townhall.westwood.ma.us



STRUCTURED PLAY GROUPS

Who: Westwood residents in Kindergarten – 5th grade
When: Fall 2016 – Spring 2017, one afternoon per week from 4:00 PM – 5:00 PM
Where: Islington Community Center; Hanlon and Martha Jones Extended Day programs
What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.

Contact: Joanna Bengel, LICSW at (781) 320-1006 or jbengel@townhall.westwood.ma.us





Westwood Early Childhood Office

Janet Lucey, Coordinator
Westwood Public Schools

<http://www.westwood.k12.ma.us/index.cfm?pid=14678>

jlucey@westwood.k12.ma.us

(781) 461-9548

Is your child starting Kindergarten in the Westwood Public Schools in September 2016? If so, you will not want to miss the following programs.

Kindergarten Registration for the 2016-2017 school year is underway. If you are planning to send your child to kindergarten in the Fall and have not already registered, you must do so online at www.westwood.k12.ma.us and bring the supporting documentation to your elementary school.

Kindergarten Parent Night is on May 25, 2016 from 7:00 – 8:00 p.m. at each of the five elementary schools. Kindergarten teachers and administrators will present a program describing the kindergarten curriculum, daily schedule, screenings and required records.

Kindergarten Classroom Visits will take place on May 26 or 27, 2016. You and your child will meet the kindergarten teachers, visit the classrooms, tour the school, play on the playground and meet other incoming kindergarten students. Register with your elementary school secretary.

Wheels on the Bus is an opportunity for incoming kindergarten students to board a school bus. Officer Brad Pindel will review safe bus behavior. Session one will take place at the Deerfield School on June 6th at 6:00 p.m. Session two will take place at the Hanlon School on June 7th at 9:30 a.m. You are welcome to attend either session.



DW Counts Down to Kindergarten: The Boston Children's Museum & City Stage, Co. brings the traveling production of "D.W. Counts Down to Kindergarten" to Westwood! In this lively performance, Arthur's younger sister gets help from her family and friends as she prepares to enter kindergarten. This is a perfect way to help prepare kindergarteners for Westwood Schools. Join us on Tuesday, June 14, 2016 at 7:00 pm in the Westwood Main Public Library. *Registration for the play is limited to Kindergarten students and Parents.* **Register Here:** <http://tinyurl.com/weccdw16> Before the show, we invite you to pack a picnic/blanket and join other families starting at 6:15pm. in the Deerfield School Field. Sponsored by the Westwood Public Schools, Westwood Early Childhood Council, and the Westwood Public Library.

Let's Get Ready for Kindergarten: Children and their parents are invited to engage in fun, hands-on, open-ended kindergarten activities and meet other students entering kindergarten at the Westwood Main Public Library on one of the following days: Monday, August 8, 2016 from 4:00-5:00; Tuesday August 9, 2016 from 4:00-5:00; Wednesday August 10, 2016 from 4:00 – 5:00; or Wednesday, August 10, 2016 from 6:30 – 7:30 p.m. No registration is required. Co-sponsored by the Westwood Public Library and the Westwood Early Childhood Council.

The Westwood Early Childhood Office is funded through the Department of Early Education and Care: Coordinated Family and Community Engagement Grant, local grants and generous donations. It is supported by the Westwood Public Schools. Through fundraising, we are able to offer monthly programs and special events free of charge to Westwood families with young children.

REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- All Library Programs are Free
- Main Library Programs, please call 781-326-7562
- Islington Branch Programs, please call 781-326-5914 www.westwoodlibrary.org

MAIN LIBRARY CHILDRENS PROGRAMS

READ, PLAY, SING STORYTIME

Who: Ages 0-5.
 When: Wednesdays, July 6th- August 24th 4:00pm
 Where: Westwood Public Library

Join us as we read, sing, and play in this storytime filled with movement, music, songs, play, and craft activities! No registration required.

MR. LEMONCELLO'S LIBRARY ESCAPE

Who: Age 2 and parent/caregiver
 When: Thursday, July 14th, 3:00pm
 Where: Westwood Public Library

Can you crack the codes and escape from Mr. Lemoncello's library? Come see if your team is the one to beat in this library themed scavenger hunt.

FAMILY FORT NIGHT

Who: Families with children
 When: Wednesdays, July 13th & August 17th, 6:30pm
 Where: Westwood Public Library

Come build a reading fort with your whole family! We will provide books to read and some sheets for the fort but please feel free to bring a light weight blanket or sheet.

MID-SUMMER READING CELEBRATION

Who: Children in grades K- 6th
 When: Thursday, July 21st, 3:00p.m.
 Where: Westwood Public Library

Come celebrate all the great reading you've been doing! We will have games, crafts, face painting, book raffles, and popsicles! Drop-in program, no registration.

ART INC. TIE-DYE

Who: Kids entering grades 4-6
 When: Wednesday, August 10th, 2:00pm.
 Where: Westwood Public Library

Come learn the basics of tie-dying and potentially go home dyed a weird shade of purple. Please wear clothes you don't care about, and bring your own white T-shirt (or2) for dyeing. All dyes and rubber bands will be provided.

MAIN LIBRARY TEEN PROGRAMS

TEEN SUMMER READING PROGRAM

Who: Teens in grades 6-12
 When: July 1 – August 26
 Where: Westwood Public Library

Read a book get a book! (small incentive prize while they last). Each book you read earns you an entry in the end of summer raffle. Write an original thought provoking review to get an extra entry in the raffle. Sign up at the Information desk, online at <http://www.readsinma.org>, email: wwdtab@minlib.net, or call 781-320-1045

HULA HOOPING WITH PINTA BELLA

Who: Teens in grades 6-12
 When: Wednesday, July 20 @ 4:00pm.
 Where: Westwood Library

Join Pinta Bella for an hour of Hula Hooping interactive entertainment, part hula hoop instruction, part performance and part Hoop Jam! Hoops are supplied by Pinta Bella Hoops. **Registration required, please call 781-320-1045 to sign-up!**

MAIN LIBRARY ADULT PROGRAMS

1st ANNUAL ADULT SUMMER READING PROGRAM

The Westwood Public Library invites you to take part in the new Adult Summer Reading Program! Earn raffle tickets by reviewing books for our Patron Picks Display, or try our Summer Reading Challenge! You could win one of the library's themed baskets! Open to all 18+. Visit the Library's website or call 781-320-1045 for more information!

SAFE FAMILIES, SAFE HOMES

Who: Adults
 When: Monday, June 2nd, 7:00 PM
 Where: Westwood Public Library

Dr. Hannah Gardener of *A Green Slate* will discuss how to make your home pure and natural by keeping parabens, toxics and carcinogens out. Dr. Gardener will identify toxic products and conditions that can exist in homes & will recommend non-toxic alternatives. **Drop in Program, no registration necessary.**

YOGA 101

Who: Adults
 When: Tuesday, July 19th, 10:30 AM
 Where: Westwood Public Library

Join Sue for a complimentary yoga class at the library! All are welcome to this beginner's class: from those looking to start a yoga practice, to seasoned yogis who want some of the basic poses broken down. Come experience yoga for yourself in a relaxed and non-competitive setting. Mats provided and comfortable clothing suggested. **Registration required, please call 781-320-1045 to sign-up!**

MONDAY NIGHT MYSTERIES

Who: Adults
 When: Mondays, July 11th & August 8th, 7:00 PM
 Where: Westwood Public Library

Join our mystery book discussion group! No sign-up necessary - read the book, join the conversation! We are looking for members, please join us! Books will be available at the Main Library Circulation Desk. July's title is *Think Twice* by Lisa Scottoline. August's selection is *Still Life* by Louise Penny. **Drop in Program, no registration necessary.**

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up.
 When: Thursdays, 9:30-10:15 a.m. July 7-August 11
 Where: Islington Branch Library
 Children will participate in stories, songs, films and crafts.

FIREFLY STORYTIME

Who: Children ages 3 and up.
 When: 3rd Wed. of the month, 6:30-7:15pm June 15, July 20, Aug. 17th
 Where: School Street Playground
 Children can come to School Street Playground and bring a special stuffed animal and blanket to hear stories and songs in the warm evening air. You may even see a firefly or two!

DEWEY KNIT? YES WE DO!

Who: Children grades 4-6.
 When: Tuesdays, 3:00-4:30 p.m., July 12, 19, 26, August 2, 9, 16.
 Where: Islington Branch Library

Whether you are interested in learning to knit or already know how, come to the branch this Summer and over the course of six weeks start and finish a knitting project! Supplies provided, registration required.



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. A bi-monthly newsletter is sent to Westwood households (60 and older) and is available at the Center and around town with programs that are unique and diverse. Outreach Counseling is available four days a week and van rides to medical appointments are available most weekdays. *We have many fun events planned this summer including two cookouts, a luau, special lectures, a Ladies Tea, and a Veteran's breakfast to name a few. We will also offer lectures on prediabetes, dementia, balance and Medicare planning as well as a special open house at the Rec Dept. Our summer bus trips include a day in NYC, a tour of the MA State House and a three day visit to Montreal.* So come join us! The Center will help you stay healthy, connected and informed. For further information and complete listings, pick up one of our newsletters or check it out online at the Town Website.

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Lift-Equipped van available

Programs at the Center

- Watercolor Classes
- Aerobic Exercise and Mat Exercise Classes
- Zumba Gold & Low Impact Exercise
- Tai Chi and Meditation
- Yoga (chair and floor)/Laughing Yoga
- iPad Classes (beginners and advanced)
- Current Events Discussions
- Special monthly lectures and luncheons

Westwood Council on Aging

60 Nahatan Street

Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2 pm

Phone (781) 329-8799

Fax (781) 329-5949

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, Hearing and Podiatry Clinics
- SHINE Counselor/Meals on Wheels

Activities

- Special Monthly Lectures, Lunches & Programming
- Day & Overnight Trips
- Beginning & Advanced Watercolor
- Bridge, Mah Jongg & Movies
- Bingo, Movies, & Book group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club, Garden Club & Memory Cafe
- Intergenerational Programs
- Waxing and Manicurist



POOL SCHEDULE

SPRING: MAY 1 – JUNE 26 (Closed: May 30; June 5)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	Enjoy your swim!					

SUMMER: JUNE 27 – AUGUST 31 (Closed: July 4)

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

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

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

Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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Summer Swim Team wants you!



Swim Team is . . .

Heart, Laughter, Friendships, Goals, Teamwork, Challenges, and Fun!

For more information see Page 7 or visit
www.westwoodrec.com