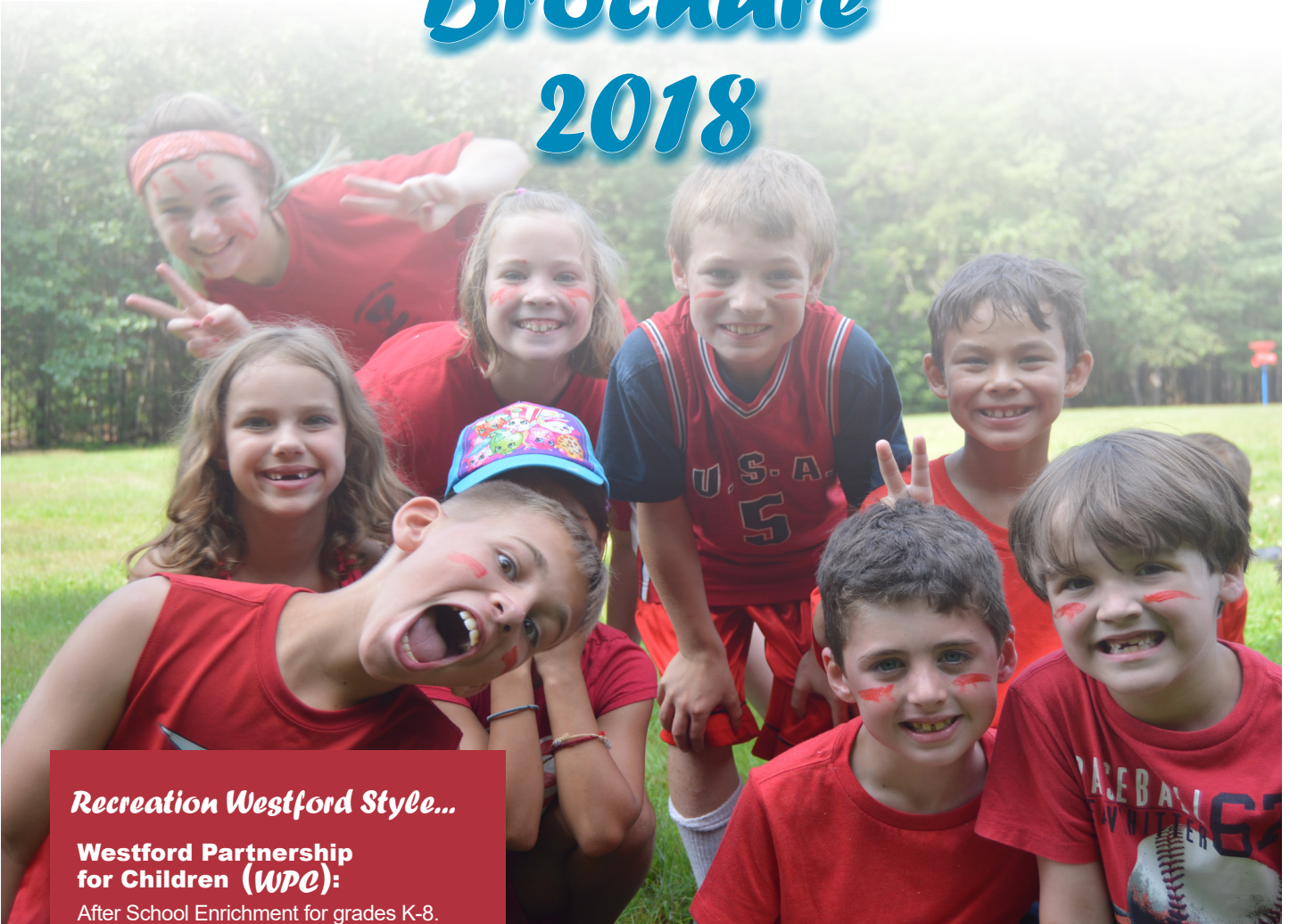


## Westford Parks & Recreation

# Spring-Summer Brochure 2018



### *Recreation Westford Style...*

#### **Westford Partnership for Children (WPC):**

After School Enrichment for grades K-8.  
Learn more on pg. 5

#### **The Marcus Lewis Tennis Center:**

Tennis is for everyone.  
Learn more on pg. 18-24

#### **Summer Weekly Programs:**

Fun-filled, full-day, full-week programs.  
Learn more on pg. 28-39

22 Town Farm Road  
Westford, MA 01886

Monday-Friday

8:00 a.m. - 4:00 p.m.

Phone: 978-692-5532

Fax: 978-392-4471

[westfordrec.com](http://westfordrec.com)

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## Parks & Recreation Staff

Jim Duane	Director, Westford Parks, Grounds, and Recreation
Michelle Collett	Assistant Director and WPC Program Director
Rozanne Fredkin	Office Manager
Joy Felicani	Office/Programs
Merideth Lencsak	Office/WPC Coordinator Middle School
Pamela McNiff	WPC Curriculum Coordinator   Registrar
Jonathan Revis	Parks and Grounds Operations Supervisor

## Parks & Recreation Commission

Kacy Caviston	Chair
Christopher Barrett	
Jack Clancy	
Beverly Doucette	
John McNamara	Vice Chair
Mike Sawyer	

# Registration Information

## How to Register

We accept MasterCard, Visa, Discover, cash, and checks (payable to the "Town of Westford"). There is a \$25 service fee for all returned checks. Registration forms are available in this brochure, at the Recreation Department, and on our website, [www.westfordrec.com](http://www.westfordrec.com). Only one person per form; please photocopy if necessary. Nonresidents are welcome to enroll for an additional fee of \$10 per person, per program.

Online: [westfordrec.com](http://westfordrec.com)

Mail: Westford Recreation  
22 Town Farm Road  
Westford, MA 01886

Walk-In: 22 Town Farm Road  
Monday-Friday, 8:00 a.m.- 4:00 p.m.  
After hours, use the mailbox at  
22 Town Farm Road (to the left of the  
stairs of the Parks & Recreation walkway)

NO phone reservations or spot holding.

NO partial payments.

NO forms or payments will be accepted at program sites.

## Confirmations

Due to the volume of registrations we receive, we do not mail out confirmations. All participants should consider themselves enrolled in a program unless otherwise notified. No news is good news!

## Cancellations

The Parks and Recreation Department has the right to cancel or combine any program with insufficient enrollment. We gladly refund fees for any program canceled by us. All participants will be notified of changes in schedule.

## Requirements

Each program has specific requirements for age and/or grade. This designation is based on the age and/or grade of the individual at the start of program. These requirements are set up out of concern for your child(ren)'s safety and well-being and will be STRICTLY ENFORCED. Violators will be removed from program with NO reimbursement of fees.

**PROOF OF AGE MAY BE REQUIRED IF  
DEEMED NECESSARY.**

**Disclaimer:** This brochure is for informational purposes only and is subject to change without prior notification. Westford Recreation reserves the right to correct mistakes and/or adjust program details in our brochures, handbooks, and online, including dates, fees, and locations.

## \*Withdrawal and Refund Policy

Because our programs are supported totally by fees, refunds are not given. In the case of a medical withdrawal, a refund will be given minus a 25% administration fee after the office receives a doctor's note. In the case of a medical withdrawal, please allow two to three weeks for refund.

If a participant withdraws from a program at least seven days prior to the start date, they are entitled to a credit minus a 25% administration fee for every program withdrawal. If a participant withdraws from a program less than seven days prior to the start date, no credit will be issued.

NO credit if withdrawal is less than seven days prior to the start date.

NO credit once a program has begun.

NO credit for classes missed or forgotten.

NO credit due to participant's inability to attend a make-up date.

**\*Cancellation and refund policy for the WPC After School Program differs from the policy above. Please refer to the WPC Parent Handbook available online and in our office for more information.**

## Subscribe to News and Announcements

Don't miss out on important Parks & Recreation information, from weather cancellations and WPC Program announcements, to park pass info, and summer beach news.

Using "Notify Me®" at [westfordma.gov](http://westfordma.gov) means receiving news about things that matter to you and your family, including year-round youth and adult programs that are only offered by Parks & Recreation.

It's Easy to Subscribe:

- Go to [westfordma.gov](http://westfordma.gov)
- Click the "Notify Me®" icon on the home page
- Using "Notify Me®", type your email address in the box and select "Sign In"
- Scroll down to "News Flash" and click the email icon next to "Recreation News"

Questions? Call Westford Parks & Recreation at 978-692-5532. We'd love to hear from you!

# Registration Form

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

*If Participant is Under 18 Please Complete the Following:*

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Allergies/Concerns: \_\_\_\_\_

## LIST SELECTIONS BELOW

ACTIVITY \_\_\_\_\_ SESSION/DATE \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

ACTIVITY \_\_\_\_\_ SESSION/DATE \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

ACTIVITY \_\_\_\_\_ SESSION/DATE \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

ACTIVITY \_\_\_\_\_ SESSION/DATE \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

ACTIVITY \_\_\_\_\_ SESSION/DATE \_\_\_\_\_ TIME \_\_\_\_\_ FEE \_\_\_\_\_

NONRESIDENTS ADD \$10 (per program): \_\_\_\_\_

TOTAL AMOUNT DUE: \_\_\_\_\_

We accept MasterCard, Visa, Discover, cash, and checks (Payable to: "Town of Westford"). There is a \$25 service fee for all returned checks.

## HOW TO REGISTER

**Online:** Register at [westfordrec.com](http://westfordrec.com). Follow the directions; you will receive a confirmation via email.

**Mail:** Complete registration form, include check or credit card information and mail to: Westford Recreation, Westford, MA 01886

**Walk-In:** Registrations and payment accepted Monday-Friday, 8 a.m.- 4 p.m. After hours, use the mailbox at 22 Town Farm Road (left of the stairs of the Parks & Recreation walkway).

Forms for programs with registration deadlines must be received by the required deadline or a late fee will apply.

## METHOD OF PAYMENT

\_\_\_ Check: Payable to: "Town of Westford" Ck# \_\_\_\_\_

\_\_\_ Cash

\_\_\_ Credit Card: Master Card Visa Discover

Card Number: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ (mm/yy) CVV: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Participation in the above program(s) may involve some risk of personal injury. I hereby release and covenant to hold harmless Westford Recreation Department, its agents and employees from any and all actions, claims, and damages for personal injury that I or my child(ren) may have sustained or may have incurred as a result of participation in the above program(s).

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Westford Parks & Recreation Department  
22 Town Farm Road  
Westford, MA 01886  
Phone: 978-692-5532 Fax: 978-392-4471  
[westfordrec.com](http://westfordrec.com)

**All children must be the appropriate age by the start of the activity. Please don't ask us to make an exception.**



# After School Enrichment - WPC

## Westford Partnership for Children Westford's After School Enrichment Program



## Why choose WPC

**WPC**, Westford's After School Enrichment Program for K-8, provides a safe, stimulating, and fun environment Monday through Friday, from school dismissal until 5:45 p.m.

**A true enrichment program:** The WPC program encompasses a range of activities, including homework help, science exploration, math, technology, storytelling, visual arts, and sports and games.

**Tailored curriculums and flexible schedules:** At WPC, you can choose from a variety of activities with flexible hours that fully support the unique needs of your child and your family.

**An experienced, dedicated staff:** The WPC program combines seasoned, knowledgeable site directors with energetic college and high school-age support staff that are CPR and First Aid certified.

**Collaboration with Westford Public Schools:** WPC is located at your child's school to ensure an easy and safe transition from the classroom to the program. Excellent communication between the WPC team and school staff supports your child's academic, social, and emotional development.

Look for **WPC 2018 registration forms** online at [westfordrec.com](http://westfordrec.com) or at Westford Parks & Recreation, 22 Town Farm Road. For more information, call 978-692-5532 or visit [westfordrec.com](http://westfordrec.com).

## WPC Special Programs We've got you covered!

**For additional support**, WPC provides its parents and children special full-day and full-week programs during school professional development days, parent conferences, and February and April school vacations.

WPC takes pride in its Special Program itinerary. Each program is full of unique events and locations that are educational, inspiring, and fun.

WPC Special Programs are available for all WPC participants as well as for children who are not formally enrolled in the WPC program.

To learn more about these and other programs, call Westford Parks & Recreation at 978-692-5532 or visit [westfordrec.com](http://westfordrec.com).

### Coming Soon

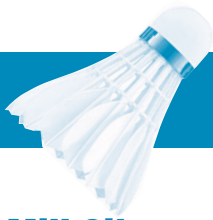
#### WPC 2018 April Vacation Special Programs



- An excellent, affordable program
- Experienced, dedicated staff
- Exciting outdoor and indoor activities

Grades: K-8  
Dates: Tuesday-Friday, April 17-20  
Time: 7:00 a.m. - 6:00 p.m.  
Fee: \$85 per day for WPC participants  
\$95 per day for nonparticipants  
Location: 22 Town Farm Road, Westford

Take a look at last year's Special Program for April Vacation 2017.  
**Tuesday:** Fenway Park tour and a visit to the USS Constitution;  
**Wednesday:** Plimoth Plantation; **Thursday:** Roger Williams Zoo;  
**Friday:** Kimball Farm mini golf, bumper boats, and ice cream.



# Adult Programs

## Aikido at Mill City

Aikido — a unique martial art — pairs self-defense with the development of confidence and compassion. Nonaggressive, yet powerful, Aikido consists of fluid movements that stress timing and positioning versus physical strength, making this beginner Aikido session very accessible. Max 20 participants.

Ages: 16 and older

Session 1: March 5-April 29  
(eight-week session)

Session 2: May 7-July 1  
(eight-week session)

Time: Drop-in up to three times a week:  
Monday and Wednesdays, 6:30-7:30 p.m.  
Sunday, 9:30-11:00 a.m.

Fee: \$75 Resident/\$85 Nonresident

Location: 487 Groton Road, Westford, MA

Instructors: Kathy Fitzgibbon, Peter Cina, Mark Jackson

## Badminton NEW!

**Now you can register at [westfordrec.com](http://westfordrec.com)!**

Come join a fast, fun, and social game that can be played and enjoyed by people of all ages. If you have never played badminton before, you will quickly learn the basics. Birdies will be available for purchase at the program. The preferred birdies are Aeroplane Excellent Grade EG1130 Black Label™ birdies. They can be found at [www.shuttlecock101.com](http://www.shuttlecock101.com). Max 20 participants. Middle and high school students are welcome to play. Please bring your own racket.

Ages: 18 and older

Tuesdays

Session 1T: March 20, 27, April 3, 10, 24,  
May 1, 8, 15, 22, 29, June 5  
\*Make-up dates due to gym cancellation:  
June 12

Thursdays

Session 1Th: March 15, 22, 29, April 5, 12, 26,  
May 3, 10, 17, 24, 31  
\*Make-up dates due to gym cancellation:  
June 7

Time: 6:30-9:00 p.m.

Fee: \$45 Resident/\$55 Nonresident

Location: Blanchard School Gym

\* School activities take precedence.

## Adult Archery

Adult Archery covers the basics. Lessons will focus on eye dominance, archery safety rules, warm-up exercises, and proper shooting techniques. Max 10 participants.

Mondays

Session 1: April 23, 30, May 7

Tuesdays

Session 2: May 15, 22, 29

Wednesdays

Session 3: June 6, 13, 20

Time: 6:15-7:00 p.m.

Fee: \$45 Resident/\$55 Nonresident

Location: Abbot School Playground

Instructor: Kim Petalas

## Adult and Child Archery

Lessons will focus on eye dominance, archery safety rules, and proper shooting techniques. Children must be 8 years or older and will not be allowed to participate alone. Registration required for each participant. Max 12 participants.

### Spring

Tuesdays

Session 1: April 24, May 1, 8

Wednesdays

Session 2: May 16, 23, 30

Mondays

Session 3: June 11, 18, 25

Time: 6:15-7:00 p.m.

Fee: \$45 Resident/\$55 Nonresident

Location: Abbot School Playground

### Summer

Tuesdays

Session 1: July 10, 17, 24

Wednesdays

Session 2: July 11, 18, 25

Fridays

Session 3: July 13, 20, 27

Time: 4:00-4:45 p.m.

Fee: \$45 Resident/\$55 Nonresident

Location: Nabnasset School Field

Instructor: Kim Petalas

*Learn  
a sport  
with your  
child*

## Cardio and Fitness Fun

Work out regularly? Work out occasionally? Never work out? Why not spend one hour, twice a week, working out *and* having fun! The hour is split between cardio and large muscle training – simply put, sweating and toning. The first class is FREE. Register for the following weeks at [westfordrec.com](http://westfordrec.com). Bring: sneakers, exercise mat, hand weights, and water. Starting out weights: 2-3 lbs (women), 5 lbs (men). Currently exercising weights: 5-9 lbs (women), 10-20 lbs (men). All workouts are modified based on level of fitness.

Ages: 16 and Older

Mondays and Wednesdays

Session 1: March \*5, 7, \*12, 14, 19, \*21, 26, 28  
April 2, \*4, 9, 11

Session 2: April 23, 25, 30, May 2, \*7, 9, 14, 16, 21, 23, June 4, 6

Make-up: June 11, 13 (for Session 1 or 2)  
(No classes on May 28, 30)

Time: 6:15-7:15 p.m.

Fee: \$120 Resident/\$130 Nonresident

Location: Nabnasset School Gym  
(\*Classes held at 22 Town Farm Road)

## CPR, AED, and First Aid

Whether you need emergency training for home, the workplace, or your community, seasoned instructor Ken Brooks will provide you with comprehensive training that is easy to learn and easy to remember. This four-hour class, based on the ASHI (American Safety & Health Institute) training program for CPR, AED, and basic first aid skills, will build your confidence using real-life scenarios, videos, and easy to understand course materials.

Ages: 9 and older

Dates: Thursday, March 15  
Thursday, April 19 - Family Night  
Thursday, May 17  
Thursday, June 14  
Thursday, July 19  
Thursday, August 23  
Wednesday, September 19

Time: 6:00-10:00 p.m.

Fee: \$75 Staff/\$85 Non-staff

Location: 22 Town Farm Road, Westford

### CPR, AED, and First Aid course topics to include:

- Preparing to respond
- Sudden Cardiac Arrest, CPR
- AED operation (Automated External Defibrillators)
- Choking
- Common first aid situations like bites and stings, heat and cold, emergencies, burns,
- Additional topics include tourniquets, inhalers, and EpiPen® auto-injectors

## Essentrics®

The Essentrics® method was created by Miranda Esmonde -White. For more information about Essentrics®, and instructor Sharon Pugatch, please visit [dtssfitness.com](http://dtssfitness.com).

### Release, Rebalance and Restore

Enjoy this safe, slow to moderately paced full-body stretch and tone class for beginners and beyond. Create a youthful feeling body as you rebalance your 650 muscles. This class will increase flexibility, improve mobility and posture, build strong bones, and release muscle tension. You will change the shape of your body through a dynamic combination of strengthening and lengthening your muscles simultaneously resulting in longer, leaner, stronger muscles without using weights. For all fitness levels. For ages 15 and older. Please note this work out is done in bare feet or sticky yoga socks. Please bring yoga mat and large towel to class. Max 10 participants.

Wednesdays

Session 1W: March 7, 14, 21, 28, April 4, 11

Session 2W: April 18, 25, May 2, 9, 16, 23

Session 3W: June 6, 13, 20, 27, July 11, 18

Time: 1:00-2:00 p.m

Thursdays

Session 1Th: March 15, 22, 29, April 5, 12, 19

Session 2Th: April 26, May 3, 10, 17, 24, 31

Session 3Th: June 7, 14, 21, 28, July 12, 19

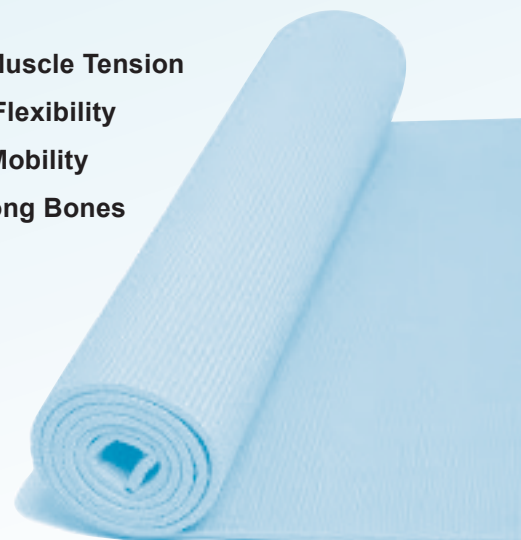
Time: 4:00-5:00 p.m

Fee: \$110 Resident/\$120 Nonresident

Location: Cameron Senior Center  
20 Pleasant Street  
Westford, MA

Instructor: Sharon Pugatch, [Sharon@dtssfitness.com](mailto:Sharon@dtssfitness.com)

- Release Muscle Tension
- Increase Flexibility
- Improve Mobility
- Build Strong Bones



## YangTao™ Qigong and YangTao™ Tai Chi

### *\*On the Pond*

Qigong and Tai Chi are ancient healing arts that originated in China. These moving meditations offer unique health benefits that western medicine now integrates into treatment plans for a range of health conditions. Both practices synchronize slow flowing movements, deep rhythmic breathing, and a calm, mindful state-of-mind, to help you reduce stress, improve balance (physical, mental, spiritual), expand range-of-motion, and strengthen the immune system. Eight week sessions.

#### **Tuesdays**

##### **Introduction to YangTao™ Qigong and Tai Chi**

Session 1: March 20, 27, April 3, 10, 24, May 1, 8, 15

##### **YangTao™ Tai Chi - Short Form**

Session 2: May 22, 29, June 5, 12, 19, 26, July 3, 10

##### **YangTao™ Qigong - 12 Step Health Preservation**

Session 3: July 17, 24, August 7, 14, 21, 28  
September 4, 11

Time: 9:30-10:30 a.m.

Fee: \$98 Resident/\$108 Nonresident

Location: Forge Pond or 22 Town Farm Road

Instructor: Dave Crocker of *Cultivating Qi*

*\* Daily location dependent on weather conditions.*

*Session 1 will typically take place at 22 Town Farm Road.*

## Volleyball (Co-ed)

New 8 week sessions—register at [westfordrec.com](http://westfordrec.com).

#### **Beginner to Intermediate**

Enjoy a friendly, non-competitive evening of volleyball. Max 30 participants.

Session 1: Tuesdays  
March 27, April 3, 10, 24  
May 8, 15, 22, 29

#### **Advanced (not for beginners)**

Enjoy competitive play and exercise. Limit 30 players/5 teams. Players must arrive within 30 minutes of start time for team selection. Max 30 participants.

Session 2: Fridays  
April 6, 13, 27, May 4, 18, 25, June 1, 8

Time: 7:00-9:00 p.m.

Fee: \$36 per 8 week session

Location: Abbot School Gym

## Tennis with Dennis – Adult Pickup Tennis

Men and women at any skill level are welcome every Monday and Wednesday. For court location, email Dennis at [denkane@hotmail.com](mailto:denkane@hotmail.com) or call 978-846-2633. Dates: May 2 - October 24. Time: 5:00-7:00 p.m.



**We offer age appropriate curriculum for ages 7 - 16!**

- Year Round Coding Classes - try a FREE class!
- Robotics & 3D Modeling Classes
- Vacation & Summer Coding Sessions
- Birthday Parties
- Parent's Night Out

**Bring this coupon for \$50 off any vacation session!**



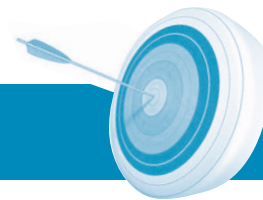
Programs description and pricing available at

**[www.thecodewiz.com](http://www.thecodewiz.com)**

Conveniently located at  
9 Cornerstone Sq, Westford.  
978-496-1053



# Youth Programs



## Archery

This archery program is designed for both beginner archers and returning archers. **Beginner Archers** will cover the basics. Lessons will focus on eye dominance, archery safety rules, warm-up exercises and proper shooting techniques. Archery games will be played as well. Max 10 participants. **Returning Archers** is for archers who have taken "Beginner Archery" with Westford Parks & Recreation. Participants will cover the same topics as the beginner class but at a faster pace. After several classes, we will have some friendly competition while improving our new skills. Max 5 participants.

Ages: 8-17

### Spring

Session 1: Wednesdays, April 25, May 2, 9  
Session 2: Mondays, May 14, 21, June 4  
Session 3: Tuesdays, June 5, 12, 19  
Time: 6:15-7:00 p.m.

Fee: \$45 Resident/\$55 Nonresident  
Location: Abbot School Playground  
Instructor: Kim Petalas

### Summer

Session 1: Tuesdays, July 10, 17, 24  
Session 2: Wednesdays, July 11, 18, 25  
Session 3: Fridays, July 13, 20, 27  
Time: 5:00-5:45 p.m.  
Fee: \$45 Resident/\$55 Nonresident  
Location: Nabnasset Elementary School Field  
Instructor: Kim Petalas

## Capture the Flag

Come play capture the flag with Coach D.J. Brock. Learn how to strategize and work with a team. In this game there will be lots of running around, so bring water. Get the flag and capture the glory!

Grades: 3-8

Wednesdays

Session 1: April 25, May 2, 9  
Session 2: May 16, 23, 30  
Time: 6:00-7:00 p.m.  
Fee: \$40 Resident/\$50 Nonresident

Location: Stony Brook Middle School Fields  
Instructor: D.J. Brock



## Chess Wizards

**Regardless of a child's ability, Chess Wizards makes chess fun for all!**



Join Parks & Recreation this spring and summer for challenging chess lessons and exciting games. You'll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain!

**Ages:** 6-12

### Spring Saturdays:

Session 1: April 7, 14, 28, May 5, 12, 19, 26, June 2  
8 week session  
Time: 9:00-10:00 a.m. and/or 10:00-11:00 a.m.  
Fee: \$150 Resident/\$160 Nonresident

### Summer Weeks:

Session 1: July 9-13  
Session 2: July 23-27  
Session 3: August 6-10

### Options:

#### Half-day options:

9:00 a.m.-12:00 p.m. or  
12:00-3:00 p.m.  
Half-day fee: \$180 Resident/\$190 Nonresident

#### Full-day option:

9:00 a.m.-3:00 p.m.  
Full-day fee: \$294 Resident/\$304 Nonresident

### Location:

22 Town Farm Road, Westford

### Chess Wizards believes learning should be fun!

Chess Wizards incorporates a variety of approaches when teaching chess in order to promote teamwork and foster a genuine enjoyment of the game (which, by the way, is over one thousand years old!)

## Take a Hike with the State Parks Pass!

Westford Parks & Recreation and the Massachusetts Department of Conservation and Recreation sponsor "Parks Pass", a program designed to encourage members of the community to enjoy some of Massachusetts' most special places.

For information, call Westford Parks & Recreation at 978-692-5532, visit us at 22 Town Farm Road, or check out Parks & Recreation at [westfordrec.com](http://westfordrec.com).



## Summer's Coming—Start Planning!

Learn more about Parks & Recreation

## Summer Weekly Programs

### Summer Beach Party at Edwards Beach

What better way to finish a sun-filled summer.

Ages 4-14, *Learn more on page 28-29*

### Destination Exploration

Outdoor activities with an educational twist.

For ages 8-14, *Learn more on page 30-31*

### Kids Club

Well-rounded, fun-filled activities with weekly themes, field trips, and carnival days.

Ages 4-13, *Learn more on page 32-33*

### Ready, Set, Go!

Fun enrichment activities with a caring, well-trained staff.

Ages 4-6, *Learn more on page 34-35*

### Leadership Program for Teens

Creative thinking and innovation, team building, CPR and First Aid Certification, plus more. Prerequisite for counselor positions at Westford Parks & Recreation.

Entering grades 9-11, *Learn more on page 36*

### Venture Out Middle School Trips

Fresh adventures that have included Canobie Lake Park, Paintball, Boda Borg, and more.

Ages 11-14, *Learn more on page 37*

## Flag Football



Kids will learn fundamental skills through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive/defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! Program is coed. Bring water bottle, sunscreen, snack, and lunch. Apply sunscreen before arriving at field. Rain dates, if needed, will be on Fridays.

Ages: 7-12

Session 1: July 9-July 12

Session 2: July 16-July 19

Session 3: July 23-July 26

Time: 9:00 a.m.-3:00 p.m.

Fee: \$145 Resident/\$155 Nonresident

Location: Nabnasset School Field

Instructor: Westford Academy Coach, Scott Brown



## BEHIND THE SCENES at Westford Parks & Recreation

*"Our staff is 100% dedicated to making every child feel acknowledged, respected, and supported as they try new things and interact with others."*

- Assistant Director, Michelle Collett.

Our **Summer Weekly Programs** are fun, flexible, and filled with activities chosen for each program's mission and age group. There is much preparation behind the laughter and fun, to include the careful planning of curriculums and events, the purchase of supplies, and the hiring and management of seasonal staff – counselors trained at our Leadership program with First Aid and CPR, and certified lifeguards who monitor recreation programs at Forge Pond and Edwards Beach.

Westford Parks & Recreation works hard every day to ensure program participants, and their families, enjoy a positive, memorable summer experience with us.

Contact us at any time with questions or comments regarding our Summer Weekly Programs.

We look forward to hearing from you!

## NITEHAWKS New England Athletics

Want to learn more and become a better all-around athlete? Increased speed, strength and agility are yours. With Nitehawks, you will be instructed and trained by USATF certified coaches to improve your running, jumping and throwing ability. It's a great way to try new things and have fun.

Practices will be held every Tuesday and Thursday as a team at the Stony Brook School. Individual workouts will be provided to those who want to do more on their own. Thursdays will feature mini-meets with other towns and will be held both home and away. These are fun events and give young athletes a chance to learn about track meets. There are several other meets during the season in which anyone can participate, including the USATF Junior Olympics!

Ages: K-8  
 Dates: Tuesdays and Thursdays  
 April 10-June 28  
 Time: 6:00-7:30 p.m.  
 Fee: \$185 Resident/\$195 Nonresident  
 Location: Stony Brook Middle School Track

### Head Coach - Alex Ivanov:

USA Track and Field New England Youth Chair; Over 35 years coaching youth athletics (track and field and soccer); Semi-pro Soccer in the Empire State League and Decathlete at RPI.

### Coach - Alex James Ivanov:

USA Skeleton National Team (Currently World Ranked); Decathlete at Hartford Univ. and FSU (School record holder Decathlon and indoor Pentathlon).

### Coach - Stephanie Schneider:

USA Track and Field New England Youth Social Media, 5K Runner and Biathlon Athlete.



**NITEHAWKS**  
 New England Athletics

**Time to run, jump, throw, learn and have some fun!**

**For Boys and Girls.**

**Coaches are USATF Trained and Certified.**



# REGISTER now for SUMMER FUN!

Daily Admission

**POOL MEMBERSHIPS**  
**SWIM LESSONS**  
**POOL PARTIES**

**NON-STOP FUN CAMP**  
**KINDERKIDS CAMP**  
**GYM & SWIM CAMP**  
**KARATE CAMP**  
**DANCE CAMP**  
**DRAMA CAMP**  
**BIRTHDAY PARTIES**

## ONE STOP FUN

Camp descriptions & dates on [onestopfun.com](http://onestopfun.com)  
**49 Power Road • Westford • 978-692-9907**

**Great For:**

- Birthday Parties
- Family Reunions
- Block Parties
- Company Functions
- Special Occasions

**Choose From:**

- Moonwalks
- Water Stuff
- Obstacle Courses
- Dunk Tank
- Bungee Run
- Bungee Sports
- Velcro Wall
- Concessions
- & More Fun Stuff!

**Lunenburg, MA**  
[www.funstufrentals.com](http://www.funstufrentals.com)  
**1.877.YourFun**

**Cancellations:** Westford Parks & Recreation has the right to cancel or combine any program with insufficient enrollment. Fees will be refunded for canceled programs. All participants will be notified of schedule changes.





# NASHOBA VALLEY Auto School, LLC

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for Tomorrow*

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Expires  
9/1/2018

PR

### New Cost

(with coupon)

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2 Park Drive #3, Westford, MA

[www.NashobaValleyAutoSchool.com](http://www.NashobaValleyAutoSchool.com)

\*Optional RMV Road Test Service IN WESTFORD Available\*

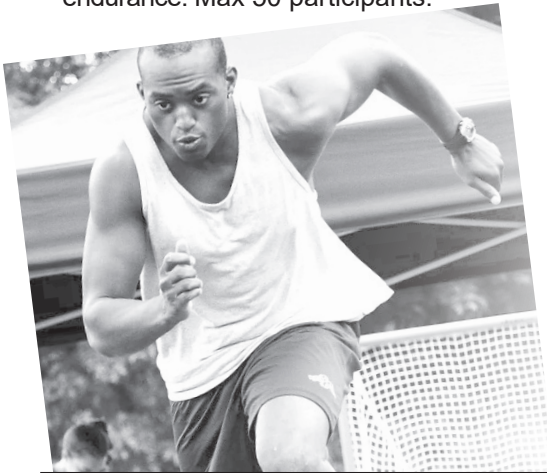
*License  
Testing Every  
Saturday*



## Impact Speed & Agility with *D.J. Brock*

**Impact Speed & Agility** is dedicated to improving a young persons athletic experience and performance. The program focuses on enhancing the athlete's speed, agility, coordination, and explosiveness by teaching the FUNdamental skills and drills. Athletes train at a competitive level in a positive, motivating environment that promotes confidence and teamwork.

All athletes will be separated into groups based on age and experience. Athletes will be tested weekly in the 40 Yard Dash, L Drill, Illinois Test, and the Broad Jump. These tests focus on speed, agility, jumping ability, and endurance. Max 50 participants.



Acton Boxborough  
Varsity Track Coach

USA Bobsled  
Developmental  
Athlete 2014

2x All New England,  
2nd Team All NEWMAC,  
Captain for Track at  
Springfield College

2008 DCL All-Star,  
Captain for Track  
and Soccer at  
Acton Boxborough

Ages: For grades entering 4-12

### Spring

Tuesdays and Thursdays

Session 1: March 6, 8, 13, \*15, 20, \*22  
Session 2: March 27, 29, April 3, \*5, 10, \*12

Time: 6:15-7:30 p.m.  
Fee: \$108 Resident/\$118 Nonresident  
Location: Nabnasset School Gym  
\*Classes held at Community Fields  
at Nutting Road  
Per class option: \$20 Resident/  
\$22 Nonresident

### Summer

Mondays-Thursdays

Session 1: June 25-28  
Session 2: July 9-12  
Session 3: July 16-19  
Session 4: July 23-26  
Session 5: July 30-August 2  
Session 6: August 6-9  
Session 7: August 13-16  
Session 8: August 27-30

Time: 6:15-7:30 p.m.  
Fee: \$85 Resident/\$95 Nonresident  
Location: Community Fields at Nutting Road

80 West Street, Westford, MA  
Between St. Catherine's and Rte. 40



Free Admission – Rain or Shine  
Refreshment and Prizes

## Westford Sportsmen's Club, Inc. 37th Annual Children's Fishing Derby

Saturday, April 28, 2018  
8:00-10:30 a.m.  
Registration starts at 7:30 a.m.

### FUN FACTS from last year's fishing derby:

- 197 children attended from over 33 towns.
- Largest trout caught by a child: 16¼ inches.
- 122 fish were logged from the annual stock quantity of over 1000 trout.
- 302 hot dogs were eaten!



Prizes Awarded  
at 11:00 a.m.

Don't have a  
fishing pole?

Sign up to use a  
WSC fishing pole  
by emailing  
[wscjrclub@gmail.com](mailto:wscjrclub@gmail.com)

# Squirt Programs

## Pre-K/Kindergarten Soccer

Children will learn the basics of soccer in a fun-filled noncompetitive environment. Max 12 players.

Ages: 4 and 5

Tuesdays

Session 1T: April 24, May 1, 8

Session 2T: May 15, 22, 29

Time: 9:30-10:15 a.m. or

6:00-6:45 p.m.

Fee: \$45 Resident/\$55 Nonresident

Thursdays

Session 1Th: April 26, May 3, 10

Session 2Th: May 17, 24, 31

Time: 9:30-10:15 a.m. or

6:00-6:45 p.m.

Fee: \$45 Resident/\$55 Nonresident

Location: Field behind Cameron Senior Center  
20 Pleasant Street, Westford

Instructor: D.J. Brock



## No-Bake Cooking for Little Chefs

Turn your squirt into a little chef with this beginner NO-BAKE cooking class. Children learn how to have fun in the kitchen, mixing and chopping, as they create and enjoy easy recipes that require no baking. Watch your child build self-confidence while creating delightful dishes that they will share with each other at the end of each class. Please notify Parks & Recreation of any food allergies prior to the start of class.

Children will receive their own apron, chef hat, and cookbook of their creations.

Ages: 3-5

Mondays

Session 1: March 12, 19, 26

Session 2: April 2, 9, 23

Session 3: May 7, 14, 21

Session 4: June 4, 11, 18

Time: 9:30-10:30 a.m.

Fee: \$30 Resident/\$40 Nonresident

Location: 22 Town Farm Road, Westford

Instructor: Sara Waterman



## Tiny-Tots Soccer

Tiny-Tots Soccer is a cooperative class for children and their mom, dad, or caregiver. Run, jump, and kick with your little tyke in these classes designed specifically for adult and child interaction. Max 12 adults, one child each.

Ages: 2 and 3 (parent participation required)

Mondays

Session 1M: April 23, 30, May 7

Session 2M: May 14, 21, June 4

Time: 6:00-6:30 p.m. or

6:30-7:00 p.m.

Fee: \$40 Resident/\$50 Nonresident

Location: Field behind Cameron Senior Center  
20 Pleasant Street, Westford

Instructor: D.J. Brock

## Intro to STEAM

This literature based STEAM curriculum (Science, Technology, Engineering, Art, Math) uses the stories by Andrea Beaty: Ada Twist (Scientist), Rosie Revere (Engineer), and Iggy Peck (Architect), to support scientific thinking and inquiry in young children.

Through safe, hands-on activities, children will explore chemical reactions, simple machines, cause and effect, and more.

Four-week sessions with weekly flexibility.

Ages: 2.5-4

Wednesdays and Fridays

Session 1: April 4, 6, 11, 13, 25, 27,  
May 2, 4

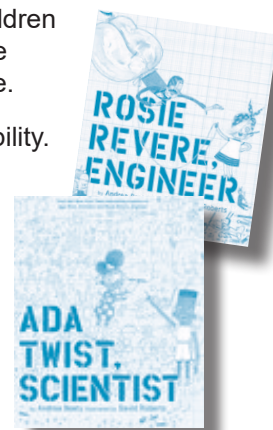
Session 2: May 9, 11, 16, 18, 23,  
25, 30, June 1

Time: 9:30-10:30 a.m.

Fee: \$120 Resident/\$130 Nonresident  
(2 days per week - 8 days total)  
\$60 Resident/\$70 Nonresident  
(1 day per week - 4 days total)

Location: 22 Town Farm Road, Westford

Instructor: Beth McKeeman



**Cancellations:** Westford Parks & Recreation has the right to cancel or combine any program with insufficient enrollment. Fees will be refunded for canceled programs. All participants will be notified of schedule changes.



## Your Sports and Health Complex providing Athletics, Fitness, Arts and Education

Come visit The Mill Works and learn about the many programs and amenities we have for you and your friends. The Mill Works offers leagues, camps, and clinics in basketball, futsal, volleyball, lacrosse, soccer, and flag football, to name a few.

Our 180,000 square foot facility includes a 360 theater for performance education; Emerson Hospital physical therapy; and child education spaces for arts, music, movement and science. The complex houses six hardwood courts; two (200' X 100") turf fields; one (50' X 200') multi-purpose area lined for six badminton courts; a fitness center with free weights, cardio, group classes and selectorized strength equipment; a track; a specialized athletic training area and more.

Call us. Our staff will be happy to give you a tour!

The Mill Works, 22 Town Farm Rd, Westford, MA 01886, 978-692-8222

## The Mill Works Strength/Cardio Center is now open!

Are you interested in a membership that gives you all that our facility has to offer?

Fill out our *Membership Inquiry Form* at [millworkswestford.com](http://millworkswestford.com)



### Introductory Membership

- Use of Strength and Cardio Rooms
- Track
- Open Court Time
- Open Turf Time
- \$5 Drop-In Rates:  
Pickleball, Badminton, Volleyball

**Individual:** \$40/month

**Family:** \$105/month

**Student/Senior\*:** \$20/month

*\*Under 23 or over 62*

### Classic Membership

- Includes all **Introductory Membership** benefits
- Unlimited Group Exercise Classes
- Includes Drop-in Games: Volley Ball, Pickle Ball, Badminton and more
- 1 Personal Training Session
- Child Care: 1 Child included for each visit\*, each additional child \$2 per visit

**Individual:** \$60/month

**Family:** \$150/month

**Student/Senior\*:** \$40/month

*\*Under 23 or over 62*

### Premium Membership

- Includes all **Introductory** and **Classic Membership** benefits
- 1 New England Strength and Performance (NESP) Session
- Child Care: 2 children included for each visit\* each additional child \$2 per visit
- Quarterly Personal Training Assessments
- 5 Guest Passes per month

**Individual:** \$90/month

**Family:** \$225/month

**Student/Senior\*:** \$60/month

*\*Under 23 or over 62*





# Rowing in Westford

## Middle School Indoor Rowing

This program is for middle schoolers who wish to learn the basics of rowing and increase their fitness in preparation for joining the WA Program in high school. Practices will consist of indoor rowing on the ergometers and cross training.

Tuesdays and Thursdays

Session 1: March 13-April 19  
(12 Classes)

Session 2: May 15-June 21  
(12 Classes)

Time: 6:00-7:30 p.m.

Fee: \$185 Resident/\$205 Nonresident

Location: 22 Town Farm Road, Westford

## 8th Grade Rowing

If you are an 8th grader planning to row in High School, or are just looking for a full-body workout, this is a great program to learn rowing basics on the water.

\*Swim test required.

Dates: July 16-July 20  
(5 Classes)

Time: 9:00 a.m.-1:00 p.m.

Fee: \$330 Resident/\$350 Nonresident

Location: Forge Pond, Westford

## Junior Summer Rowing

The Junior Summer Rowing Program is for current high school students and experienced rising freshmen who wish to train throughout the summer. Coached practices will involve both sweep rowing and sculling.

\*Swim test required.

Mondays-Thursdays

Session 1: July 9-July 26  
12 Classes

Session 2: July 30-August 16  
12 Classes

Time: 3:00-5:00 p.m.

Fee: \$275 Resident/\$295 Nonresident

Location: Forge Pond, Westford

## Senior Indoor Rowing (Ages 55+)

Are you looking for an exercise that offers a low impact, full-body workout? This is it. Participants will learn how to use indoor rowing machines/ergometers to increase stamina and encourage bone growth. For all levels of experience and abilities.

Tuesdays and Thursdays

Session 1: March 20-April 5  
6 Classes

Session 2: May 1-May 17  
6 Classes

Time: 1:30-2:30 p.m.

Fee: \$65 Resident/\$85 Nonresident

Location: 22 Town Farm Road, Westford

## \*Rowing Program Swim Test Requirements

All on the water rowing programs require a swim test to be completed prior to participation.

### Swim Test Schedule:

Location: Forge Pond, Westford

Date—Wednesdays: June 27, July 18

Time: 4:00-4:45 p.m.

Fee: \$10 Residents /\$15 Nonresidents

Location: Edwards Beach, Westford

Date—Fridays: June 29, July 13, August 10

Time: 9:15-10:00 a.m.

Fee: \$10 Residents /\$15 Nonresidents

**Please Note:** Participants can also contact their local YMCA for a swim test. You must bring a swim test form with you to be completed by the lifeguard.





## Westford Academy CREW

The spring season **2018 Crew program** is open to high school students – girls and boys.

**March 19 - May 20, 2018**  
(WA Spring Sports Season)

Register online at [wagreyghosts.com](http://wagreyghosts.com)

**Westford Academy Crew**  
30 Patten Rd  
Westford, Ma 01886



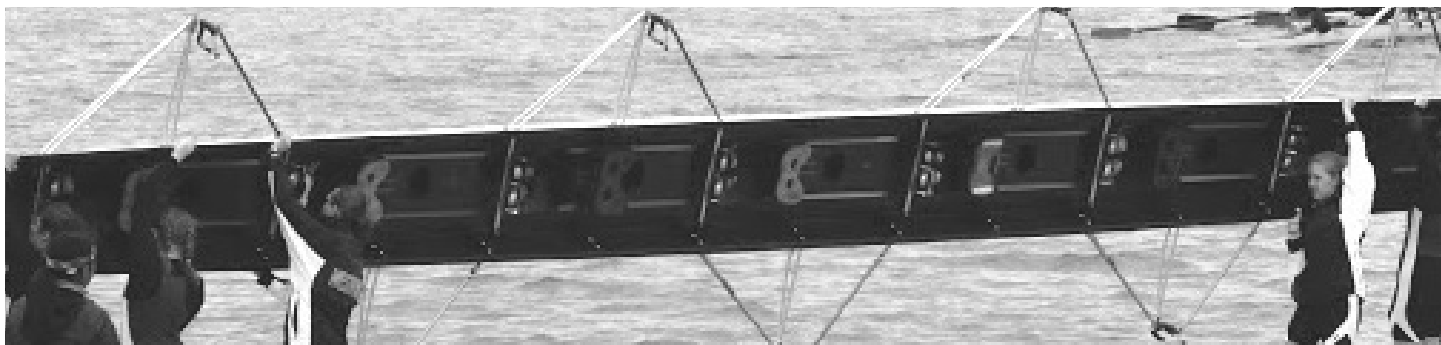
## WESTFORD Community Rowing

Westford Community Rowing is an independent non-profit organization that supports rowing on Forge Pond. WCR offers programs for adults of all levels of experience and abilities.

Programs include:

- **Learn to Row**
- **Logbook Sculling**
- **Morning Masters**
- **Evening Masters**

For details please visit [westfordrowing.com](http://westfordrowing.com)



## NATIONAL LEARN TO ROW DAY



Westford Community Rowing invites you to join us for

**National Learn to Row Day**  
**Saturday, June 2, 2018**  
**9:00 a.m. - 12:00 p.m.**

Come down to Forge Pond and try out one of the *fastest* growing sports in the country. The best part of all is it's **FREE!**

- Rowing is a lifelong sport that is enjoyed competitively and recreationally
- For everyone age 13 and up
- Learn basic rowing technique and how to use all equipment
- Get a taste of what it's like to row on the water (weather permitting)
- Learn about all year-round programs offered by WCR for all ages and levels



# Tennis for Adults with Marcus Lewis

Westford Parks & Recreation partners with the Marcus Lewis Tennis Extension Program (MLTEP) to offer the highest quality tennis programming. The MLTEP, a non-profit that was formed by the Marcus Lewis Tennis Center (MLTC), has provided high-level instruction to area communities for over 20 years. MLTEP instructors are specifically trained in contemporary methods of teaching and many have decades of experience. The non-profit MLTEP utilizes resources from the MLTC, however as a non-profit, the pricing is significantly lower than a commercial facility. With two indoor facilities in Acton, MLTEP also provides Westford residents with year-round opportunities to play tennis. To **register**, or to **learn more** about the MLTEP Programs, contact Holly: 978-656-1371 or email [westford@marcuslewisenterprises.com](mailto:westford@marcuslewisenterprises.com).

## Adult Beginner Tennis

Learn the basics of tennis with Donna Homes: P.T.R. certified teaching professional. Emphasis will be on stroke fundamentals, footwork, and court positioning. Players should bring water, racquet, and sunscreen. Max 10 players.

### Spring

Dates: Mondays  
April 23, 30, May 7, 14, 21, June 4, 11  
(No Lesson 5/28) Rain date: 6/18  
Time: 7:00-8:00 p.m.  
Fee: \$112 Resident/\$122 Nonresident  
(7 Lessons)

Dates: Fridays  
April 27, May 4, 11, 18, 25, June 1, 8, 15  
Rain date: 6/22  
Time: 10:30-11:30 a.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Dates: Saturdays  
April 28 May 5, 12, 19, June 2, 9, 16  
(No Lesson 5/26) Rain date: 6/23  
Time: 9:30-11:00 a.m.  
Fee: \$168 Resident/\$178 Nonresident  
(7 Lessons)

### Summer

Dates: Tuesdays: June 26, July 10, 17, 24, 31,  
August 7, 14 (No Lesson 7/3)  
Rain date: 8/21  
Time: 6:30-8:00 p.m.  
Fee: \$168 Resident/\$178 Nonresident  
(7 Lessons)

Location: Stony Brook Middle School Courts

## Adult Beginner/Intermediate Tennis

For those of you that have all of the strokes and can keep a rally going relatively well, this is the next step! Further hone your abilities with more advanced training and strategy. Players should bring water, racquet, and sunscreen. Max 10 players.

### Spring

Dates: Wednesdays  
April 25, May 2, 9, 16, 23, 30, June 6, 13  
Rain date: 6/20  
Time: 7:00-8:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Date: Fridays  
April 27, May 4, 11, 18, 25, June 1, 8, 15  
Rain date: 6/22  
Time: 9:00-10:30 a.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)

### Summer

Dates: Fridays  
June 29, July 6, 13, 20, 27, August 3, 10, 17  
Rain Date: 8/24  
Time: 6:30-8:00 p.m.  
Fee: \$192 Residents/\$202 Nonresident  
(8 Lessons)

Dates: Saturdays  
June 30, July 7, 14, 21, 28, August 4, 11, 18  
Rain Date: 8/25  
Time: 9:30-11:00 a.m.  
Fee: \$192 Residents/\$202 Nonresident  
(8 Lessons)

Location: Stony Brook Middle School Courts

## Build a Custom Group



Can't find the class you want, or the time doesn't work with your schedule? Contact Holly: 978-656-1371 or email [westford@marcuslewisenterprises.com](mailto:westford@marcuslewisenterprises.com).  
*Let us build you a custom group.*

## Adult "Try Tennis"

Now is your chance to get out on the courts and take a tennis lesson for FREE! The MLTEP is running this program for adults who have never had any formal tennis instruction before. The format is a three-class mini session that anyone can take. All equipment is provided. Just sign up, show up, and we will do the rest! Players should bring water, racquet, and sunscreen.

Dates: Thursdays:  
Try Tennis: April 26, May 3, 10  
Time: 9:00-10:00 a.m.

Dates: Saturdays  
Try Tennis: April 28, May 5, 12  
Time: 8:30-9:30 a.m.

Fee: \$10 Registration Fee (3 Lessons)

Location: Stony Brook Middle School Courts

***If you want to continue you can register for the remainder of the session.***

Date: Thursdays  
May 17, 24, 31, June 7, 14  
Rain date: 6/21  
Time: 9:00-10:00 a.m.  
Fee: \$80 Residents/\$90 Nonresidents  
(5 Lessons)

Dates: Saturdays  
May 19, June 2, 9, 16  
(No lesson 5/26) Rain date: 6/23  
Time: 8:30-9:30 a.m.  
Fee: \$64 Residents/\$74 Nonresidents  
(4 Lessons)

Location: Stony Brook Middle School Courts

## April Vacation Clinic for Adults

Give your tennis game a spring tune-up with skills, drills and games during April vacation. Program runs for three hours a day. Choose as many days as you want. Players should bring water, racquet, and sunscreen.

Dates: Monday-Thursday  
April 16, 17, 18, 19  
Rain date: 4/20

Time: 9:00 a.m.-12:00 p.m.  
Fee: \$48/day Residents/\$58/day Nonresidents  
Location: Stony Brook Middle School Courts

To **Register** or to **Learn More** about the MLTEP Programs, contact Holly: **978-656-1371** or email [westford@marcuslewisenterprises.com](mailto:westford@marcuslewisenterprises.com).

**24 Hour  
Emergency  
Service**

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**Kitchen and Bath  
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**Free Estimates  
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**Complete System  
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With coupon cannot  
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Expires June 1, 2018

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Expires June 1, 2018



New and Remodel Work – Residential and Commercial

**Westford, MA – Licensed and Insured in MA and NH – 978-392-9511**



# Tennis for Squirts with Marcus Lewis

## Quick Start Clinics with Marcus Lewis

Although there was a time when juniors learned with the same size equipment as adults, the modern tennis world took a different approach. Now juniors are instructed with lower compression balls, smaller racquets and even a smaller court for younger players. The result is faster improvement, longer rallies and greater success. The MLTC employs the most current teaching methods so that your child learns efficiently and has a great time doing it. Players should bring water, racquet, and sunscreen. *Westford Parks & Recreation partners with the Marcus Lewis Tennis Extension Program (MLTEP) to offer the highest quality instruction and programming.*

### RED Ball: Ages 4-8

Young players start with a red ball that is larger, slower, and lighter. The smaller court and lower net is scaled to size for these developing players which allows them to cover the court, hit more balls, and build confidence. At this level, young juniors develop their technique and learn simple tactics. Please bring water, racquet, and sunscreen and sunscreen. Max 10 players.

#### RED Ball - Level 1, Spring

Dates: Wednesdays  
April 25, May 2, 9, 16, 23, 30, June 6, 13  
Rain date: 6/20  
Time: 4:30-5:30 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Dates: Thursdays  
April 26, May 3, 10, 17, 24, 31, June 7, 14  
Rain date: 6/21  
Time: 10:30-11:30 a.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Location: Stony Brook Middle School Courts

#### RED Ball - Level 2, Spring

Dates: Wednesdays  
April 25, May 2, 9, 16, 23, 30, June 6, 13  
Rain date: 6/20  
Time: 5:30-6:30 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Location: Stony Brook Middle School Courts

#### RED Ball - Level I and Level 2, Spring

Dates: Saturdays  
April 28, May 5, 12, 19, June 2, 9, 16  
(No Class 5/26) Rain date: 6/23  
Time: 1:30-2:30 p.m.  
Fee: \$112 Resident/\$122 Nonresident  
(7 Lessons)

Location: Stony Brook Middle School Courts

#### RED Ball - Level I and Level 2, Summer

Dates: Tuesdays  
June 26, July 10, 17, 24, 31, August 7, 14  
(No Class 7/3) Rain date: 8/21  
Time: 5:30-6:30 p.m.  
Fee: \$112 Resident/\$122 Nonresident  
(7 Lessons)

Dates: Saturdays  
June 30, July 7, 14, 21, 28, August 4, 11, 18  
Rain date: 8/25  
Time: 11:00-12:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)

Location: Stony Brook Middle School Courts

#### RED Ball: *Peewee Summer Mini Clinic*

In this clinic, your child's skills are reinforced for one hour on a daily basis. It's a great way for children to learn! For ages 5-6. Please bring water, racquet, and sunscreen.

Dates: Monday-Thursday, Rain date: Friday

Session 1: June 25-28  
Session 2: July 2-5 (No lesson 7/4)  
Session 3: July 9-12  
Session 4: July 16-19  
Session 5: July 23-26  
Session 6: July 30-August 2  
Session 7: August 6-9  
Session 8: August 13-16

Time: 8:30-9:30 a.m.  
Fee: \$64 Resident/\$74 Nonresident (4 Days)  
\$48 Resident/\$58 Nonresident  
(Session 2 only-3 days)

Location: Stony Brook Middle School Courts



# Tennis for Youth with Marcus Lewis

## ORANGE Ball: Ages 8-10

**ORANGE** balls are the same size as a standard yellow ball, but are lighter and bounce lower. Play is on a mid-sized court with a standard net and juniors continue to build technique and tactical skills as well as confidence in their playing ability. The emphasis is on learning basic grip, tennis strokes, boundaries, building fundamental skills, and scoring. Please bring water, racquet, and sunscreen. Max 10 players.

### ORANGE Ball - Level 1, Spring

Dates: Tuesdays  
April 24, May 1, 8, 15, 22, 29, June 5, 12  
Rain date: 6/19  
Times: 5:00-6:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Dates: Thursdays  
April 26, May 3, 10, 17, 24, 31, June 7, 14  
Rain date: 6/21  
Times: 5:00-6:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### ORANGE Ball - Level 2, Spring

Dates: Tuesdays  
April 24, May 1, 8, 15, 22, 29, June 7, 12  
Rain date: 6/19  
Times: 6:00-7:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Dates: Thursdays  
April 26, May 3, 10, 17, 24, 31, June 7, 14  
Rain date: 6/21  
Times: 6:00-7:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### ORANGE Ball - Level 1 and Level 2, Spring

Dates: Saturdays  
April 28, May 5, 12, 19, June 2, 9, 16  
(No Class 5/26) Rain date: 6/23  
Times: 12:30-1:30 p.m.  
Fee: \$112 Resident/\$122 Nonresident (7 Lessons)  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### ORANGE Ball - Level 1 and Level 2, Summer

Dates: Wednesdays  
June 27, July 11, 18, 25, August 1, 8, 15  
(No Class 7/4) Rain date: 8/22  
Times: 5:00-6:00 p.m.  
Fee: \$112 Resident/\$122 Nonresident (7 Lessons)  
(8 Lessons)  
Dates: Thursdays  
June 28, July 5, 12, 19, 26, August 2, 9, 16  
Rain date: 8/23  
Times: 5:00-6:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Dates: Saturdays  
June 30, July 7, 14, 21, 28, August 4, 11, 18  
Rain date: 8/25  
Times: 12:00-1:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

## GREEN Ball: Ages 9-12

As junior players grow and build their skills for strokes, they move to a full sized court. The green ball is slightly lighter and slower than a yellow ball which gives them more time to get to and return shots. More balls stay in play and the exchanges last longer. For students who show potential to excel and have played enough to demonstrate forehand and backhand groundstrokes. Skills worked on will be advanced stroke skills and match strategy. Please bring water, racquet, and sunscreen. Max 10 players.

### GREEN Ball - Level 1, Spring

Dates: Tuesdays  
April 24, May 1, 8, 15, 22, 29, June 5, 12  
Rain date: 6/19  
Times: 7:00-8:00 p.m.  
Fee: \$128 Residents/\$138 Nonresidents  
(8 Lessons)  
Location: Stony Brook Middle School Courts

To **Register** or to **Learn More** about the MLTEP Programs, contact Holly: **978-656-1371** or [westford@marcuslewisenterprises.com](mailto:westford@marcuslewisenterprises.com)

### GREEN Ball - Level 2, Spring

Dates: Mondays  
April 23, 30, May 7, 14, 21, June 4, 11  
(No lesson 5/28) Rain date: 6/18  
Times: 6:00-7:00 p.m.  
Fee: \$112 Resident/\$122 Nonresident  
(7 Lessons)  
Dates: Thursdays  
April 26, May 3, 10, 17, 24, 31, June 7, 14  
Rain date: 6/21  
Times: 7:00-8:00 p.m.  
Fee: \$128 Resident/\$138 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Court

### GREEN Ball - Level 1 and Level 2, Spring

Dates: Saturdays  
April 28, May 5, 12, 19, June 2, 9, 16  
(No lesson 5/26) Rain date: 6/23  
Time: 11:00-12:30 p.m.  
Fee: \$168 Residents/\$178 Nonresidents  
(7 Lessons)  
Location: Stony Brook Middle School Courts

### GREEN Ball - Level 1 and Level 2, Summer

Dates: Thursdays  
June 28, July 5, 12, 19, 26, August 2, 9, 16  
Rain date: 8/23  
Times: 6:00-7:30 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)  
Dates: Saturdays  
June 30, July 7, 14, 21, 28, August 4, 11, 18  
Rain date: 8/25  
Times: 1:00-2:30 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### YELLOW Ball: Ages 12+

Experienced and older juniors move to the standard yellow ball and the standard court size. These clinics are for the intermediate and advanced level players who aspire to compete in USTA tournaments or join their High School tennis team. The focus is on enhancing strokes and tactics for singles and doubles play along with mental toughness and conditioning.

### YELLOW Ball - Level 1, Spring

For players with little knowledge of the game or skills. Players will be taught basic skills including forehand, backhand, serve, volley, and overhead. Players should bring water, racquet, and sunscreen. Max 10 players.

Ages: 12-14  
Dates: Fridays  
April 27, May 4, 11, 18, 25, June 1, 8, 15  
Rain date: 6/22  
Times: 2:30-4:00 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### YELLOW Ball: Level I, Summer

Dates: Fridays  
June 29, July 6, 13, 20, 27, August 3, 10, 17  
Rain date: 8/24  
Times: 4:30-6:00 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

### Junior "Try Tennis": Ages 5-13

Professional lessons can be costly, however, that should never be a barrier for kids to get exposed to the game of tennis. The MLTEP offers a three-class mini session of tennis lessons to children who have never had a tennis lesson before. Equipment and supplies are provided. If you're unsure of your children's affinity for tennis and want them to test the waters, this would be the ideal time to do so. Please bring water, racquet, and sunscreen.

Dates: Fridays  
Try Tennis: April 27, May 4, 11  
Time: 4:00-5:00 p.m.  
Fee: \$10 Registration Fee (3 Lessons)

*Register for the rest of the session if you want to continue.*

Date: Fridays  
May 18, 25, June 1, 8, 15  
Rain date: 6/22  
Time: 9:00-10:00 a.m.  
Fee: \$80 Residents/\$90 Nonresidents (5 Lessons)  
Location: Stony Brook Middle School Courts

To **Register** or to **Learn More** about the MLTEP Programs, contact Holly: **978-656-1371** or [westford@marcuslewisenterprises.com](mailto:westford@marcuslewisenterprises.com)

## Middle School Recreation Spring Travel Tennis Team: Ages 11-14

Middle School Recreation Travel Team is for players who have experience playing tennis matches. The team will play other schools for matches. Transportation is available from Blanchard Middle School to Stony Brook for team play. All players are required to attend tryouts if interested in playing on the travel team. Please bring water, racquet, and sunscreen.

Tryout Date: for Blanchard Students Only:  
Tuesday, April 3, Rain date: 4/10

Tryout Date: for Stony Brook Students Only:  
Thursday, April 5, Rain date: 4/12

Schedule: Monday-Thursday, April 23-June 14  
(No Lesson 5/28) Rain dates: 6/18-6/21  
Time: 2:30-4:30 p.m.  
Fee: \$310  
Location: Stony Brook Middle School Courts

Match Dates: TBA. All home matches start at 3:30 p.m.  
Away Matches: Buses leave Blanchard and Stony Brook between 2:00-2:15 p.m. and return to Stony Brook at approximately 6:00 p.m.

### YELLOW Ball: Level 1 and Level 2, Summer

Dates: Mondays, June 25, July 2, 9, 16, 23, 30,  
August 6, 13, Rain date: 8/20  
Time: 6:00-7:30 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)  
Location: Stony Brook Middle School Courts

## Tennis for High School: Ages 14-18

This program is for players of all levels and will be grouped accordingly. Students will learn basic tennis strokes, court terminology, and etiquette. Those with more tennis experience will work on advanced strokes and match strategy. Racquet required. Please bring water, racquet, and sunscreen. Max 10 players.

Dates: Mondays  
April 23, 30, May 7, 14, 21, June 4, 11  
(No Lesson 5/28) Rain date: 6/18  
Time: 4:30-6:00 p.m.  
Fee: \$168 Resident/\$178 Nonresident  
(7 Lessons)  
Location: Stony Brook Middle School Courts

### YELLOW Ball: Level 1 and Level 2, Summer

Dates: Mondays  
June 25, July 2, 9, 16, 23, 30, August 6, 13  
Rain date: 8/20  
Time: 4:30-6:00 p.m.  
Fee: \$192 Resident/\$202 Nonresident  
(8 Lessons)

Dates: Wednesdays, June 27, July 11, 18, 25,  
August 1, 8, 15 (No Class 7/4)  
Rain date: 8/15  
Time: 6:00-7:30 p.m.  
Fee: \$168 Resident/\$178 Nonresident  
(7 Lessons)

Location: Stony Brook Middle School Courts

## Summer Beginner/Intermediate Tennis Program Orange Ball/Green Ball

Skills are reinforced every day through fun drills and games. Players will be evaluated and divided by ability. Bring water, racquet, and sunscreen.

Ages: 8 and older

Mondays-Thursdays, Rain date: Fridays

Session 1: June 25-28  
Session 2: July 2-5 (No lesson 7/4)  
Session 3: July 9-12  
Session 4: July 16-19  
Session 5: July 23-26  
Session 6: July 30-August 2  
Session 7: August 6-9  
Session 8: August 13 to 16

Time: 9:30-11:00 a.m.  
Fee: \$96 Resident/\$106 Nonresident  
\*\$72 Resident/\$82 Nonresident  
(\*For Session 2 only-three lessons)  
Location: Stony Brook Middle School Courts

## April Vacation

### Marcus Lewis Tennis Clinic For Kids

Have your child get a head start on their spring and summer tennis with three hour periods of drills and match play. Whether your child is rusty from the Winter, or needs more training to reach that next step, a day, or a full week of this vacation clinic can be the perfect solution. Players are divided by age and skill level. Please bring water, racquet, and sunscreen.

Dates: Monday-Thursday, April 16, 17, 18, 19  
Rain date: 4/20  
Time: 1:00-4:00 p.m.  
Ages: 4-16  
Fee: \$48 per day - Residents/  
\$58 per day - Nonresidents  
Location: Stony Brook Middle School Courts

## Summer Intermediate/Advanced Tennis Program Green Ball/Yellow Ball

Players should have dependable strokes, including directional control and depth on both forehand and backhand if registering for this class. We will work on use of power and spin, handling pace, sound footwork, controlling depth of shots and varying game plan according to your opponents. Please bring water, racquet, and sunscreen

Ages: 10 and older

Mondays-Thursdays, (Rain date on Fridays)

Session 1: June 25-28

Session 2: July 2-5 (No lesson 7/4)

Session 3: July 9-12

Session 4: July 16-19

Session 5: July 23-26

Session 6: July 30-August 2

Session 7: August 6-9

Session 8: August 13-16

Time: 11:00-12:30 p.m.

Fee: \$96 Resident/\$106 Nonresident  
\*\$72 Resident/\$82 Nonresident  
(\*For Session 2 only-three lessons.)

Location: Stony Brook Middle School Courts

## Westford Open Championship Tennis Tournament

The second annual Westford Open Tennis Tournament begins on April 23! Both resident and non-resident competitors have an opportunity to play singles and/or doubles in various divisions: Men and Women's 2.5, 3.0, 3.5, and Open. The tournament will follow the flex league format and span several weeks. Once draws are set, opponents will contact one another to schedule their match for a time that is convenient for all.

Play on any private or public tennis court of your choosing. Winners of each match proceed to the next round, culminating in a finals match which will take place in May. Trophies Awarded to each flight winner. Please bring water, racquet, and sunscreen.

Dates: Sunday, April 22  
(Final playoff dates May 19 and 20)

Events: Singles and Doubles

Level: 2.5, 3.0, 3.5 and Open

Format: Single elimination, Flex format

Fee: \$25 for singles  
\$15/player for doubles

Location: Local venues TBD with Final playoff to be held at Stony Brook Middle School. Rain courts at Marcus Lewis Tennis Center East. For more information or to register please contact Pete at [pete@marcuslewisenterprises.com](mailto:pete@marcuslewisenterprises.com).

## Junior Summer Tennis League

This JSTL was designed to give kids a competitive play option during the summer months. All matches are held at the MLTC which provides a great deal of convenience instead of traveling to distant clubs for other summer league programs. Players rotate in a round robin format style of play and they are guaranteed to play at least two rounds. It is a mix of both singles and doubles. Players can register on a week-to-week basis – no multi-week commitment! This will help parents to not worry about their summer plans. You can register for as many weeks in advance as you would like in order to reserve your space, but no minimum commitment is required.

To register, contact Beth at [beth@marcuslewisenterprises.com](mailto:beth@marcuslewisenterprises.com) or call her at 978-929-9997.

Dates: Sundays  
June 24, July 1, 8, 15, 22, 29, August 5, 12  
Rain date: 8/19

**Orange Ball:** Ages 8-10, 10:00-12:00 p.m.

**Green Ball:** Ages 9-12, 10:00-12:00 p.m.

**Yellow Ball:** Ages 12+, 5:00-7:00 p.m.

Fee: \$25/Session  
(Cancellation requires 48 hour notice.)

Location of Matches are held at MLTC East (10 Granite Road), however depending on the number of players, some matches may be held at MLTC West (102 Nonset Path).

## Westford Junior Championship Tennis Tournament

The second annual Westford Junior Tennis Tournament will be held this May at Stony Brook Middle School. There will be separate events for each age category from 10-18 and trophies for the winners. The event is open to both resident and non-resident juniors who would like to compete. The tournament will follow a Round Robin format with players divided by age group/level. If you have a child who enjoys the sport and would like challenge themselves to become the town champion, this will be the event to do it.

Trophies awarded to each flight winner. Players should bring water, racquet, and sunscreen.

Dates: Saturday, May 19 or Sunday, May 20  
(Players would play on either day, but not both days)

Events: 10, 12, 14, 16, 18 and under

Format: Round Robin (Age Groups will be divided into flights of 3, 4, 5, or 6 players)

Cost: \$25/Person

Location: Stony Brook Middle School courts. (In the event of rain, indoor courts at Marcus Lewis Tennis Center East will be used.)

For more information or to register please contact Peter at [pete@marcuslewisenterprises.com](mailto:pete@marcuslewisenterprises.com).



**Beach Concession Stand hours:**  
Monday-Sunday, 10:30 a.m.-5:30 p.m.

## Summertime Westford Style

Parks & Recreation always looks forward to summertime in Westford: from our Summer Weekly Programs, and Parks & Rec activities at Forge Pond and Edwards Beach, to local music on Westford town common. Join us for summertime Westford style!

### Summer Weekly Programs

#### Summer Beach Party at Edwards Beach

What better way to finish a sun-filled summer.  
Ages 4-14, *Learn more on page 28-29*

#### Destination Exploration

Outdoor activities with an educational twist.  
For ages 8-14, *Learn more on page 30-31*

#### Kids Club

Well-rounded, fun-filled activities with weekly themes, field trips, and carnival days.  
Ages 4-13, *Learn more on page 32-33*

#### Ready, Set, Go!

Fun enrichment activities with a caring, well-trained staff.  
Ages 4-6, *Learn more on page 34-35*

#### Leadership Program for Teens

Creative thinking and innovation, team building, CPR and First Aid Certification, plus more. Prerequisite for counselor positions at Westford Parks & Recreation.  
Entering grades 9-11, *Learn more on page 36*

#### Venture Out Middle School Trips

Fresh adventures that have included Canobie Lake Park, Paintball, Boda Borg, and more.  
Ages 11-14, *Learn more on page 37*

### Friday Movie Night at the Beach

**Edward Beach: Friday, June 29**  
**Forge Beach: Friday, August 3**  
**starting at dusk**

The movie will be posted at  
both beaches 2 weeks in advance!

No food or drink may be brought in for  
the movie; concession stands will be open.

Don't forget to bring a blanket,  
chair, and bug spray.

### Concert on the Common

**Come enjoy  
local music talent for FREE!  
Sundays, 4:00-6:00 p.m.**

Bring your lawn chairs, blankets, and picnic baskets to Westford Common and enjoy great music from some of our community's most talented performers.

**July 15: Nashoba Valley Concert Band**

**July 22: The Lookouts**

**August 5: Katrina Marie Band**

**August 12: John Fitzsimmons**

For details visit [westfordrec.com](http://westfordrec.com)

### Westford Town Beaches

Westford Recreation oversees two public beaches: Forge Pond, located in Forge Village, is reached by an access road running between Stony Brook and the railroad tracks off Rt. 225 (Pleasant St), and Edwards Beach at Nabnasset Lake located at the end of Williams Avenue off Plain Road.

**Season:** June 17- August 25

**Hours:** Monday-Friday, 8:30 a.m.-5:30 p.m.

Saturday and Sunday, 10:00 a.m.-5:00 p.m.

**Fee:** Westford Residents are free, but must have proof of residency. Nonresidents are \$5 per person, per day. Three and under, and 65 and over are free. Nonresidents may purchase a season pass at the beaches for \$75 for a family of five.

*Only Coast Guard approved flotation devices in good and serviceable condition may be used at Westford Town Beaches. PFD must be appropriate size for intended user. No lifeguards will be on duty.*

# Swimming

## Swimming Instruction at Edwards Beach and Forge Pond

The purpose of the swim instruction program is to develop competency in swimming along with confidence and endurance. A child is advanced to the next level only when he/she can proficiently and safely perform the skills within his/her level. Classes are held Mondays and Wednesdays for 45 minutes each day. Students are tested on the first day and placed into groups according to skill level and age.

*Fridays are reserved as rain dates.*

Parent participation may be required for children who are three to four years old.



### Edwards Beach:

Session 1: June 25, 27, July 2, 6 (July 4 is a holiday)  
Session 2: July 9, 11, 16, 18  
Session 3: July 23, 25, 30, August 1  
Session 4: August 6, 8, 13, 15

Time: 10:00-10:45 a.m. OR 11:00-11:45 a.m.  
Fee: \$65 Resident/\$75 Nonresident  
Location: Edwards Beach

### Forge Pond:

Session 1: June 25, 27, July 2, 6 (July 4 is a holiday)  
Session 2: July 9, 11, 16, 18  
Session 3: July 23, 25, 30, August 1  
Session 4: August 6, 8, 13, 15

Time: 2:15-3:00 p.m. OR 3:15-4:00 p.m.  
Fee: \$65 Resident/\$75 Nonresident  
Location: Forge Pond

## Swim Test Requirements for Parks & Rec Summer Weekly Program Participants

**It's easy! All tests will be scheduled on a weekly basis by program Site Directors during regular program hours.**

Massachusetts General Law (M.G.L.) c. 111, §127A½, commonly referred to as “**Christian’s Law**”, states that all municipal programs must issue a swim assessment for children participating in the program. This refers to all children enrolled in Summer Beach Party, Kids Club, Destination Exploration, Ready, Set, Go!, and Leadership programs. Town of Westford Lifeguards will administer the assessment, in which the swimmer must obtain a level 3. This includes swimming 25 yards front crawl, 25 yards breast stroke, and treading water for a minute and a half. The lifeguards will determine the level of the individual swimmers. Swimmers must demonstrate the strokes with ease and may not touch the ground while swimming.

*If the child does not reach a level 3, they may still swim, but will be required to wear a life preserver that is coast guard certified (provided by the program). Life preservers will not be required for scheduled swim lessons.*

Participants who choose to use the paddleboards must be a level 3 swimmer and must also wear a life preserver while out on the water. In our Destination Exploration program, swimmers must reach a level 4 in order to use the raft.

For more information, call Westford Parks & Recreation at 978-692-5532.

# At the Beach

## Art at the Beach

**Sunshine and creativity go great together!**

Parks & Recreation offers a selection of arts & craft projects every **Monday through Friday**, from **11:30 a.m. to 5:00 p.m.** \*Supplies can be purchased at the Parks & Recreation Concession Stand. Need assistance - just ask us, we are available to help.

**For All Ages!** Available at both **Forge Pond** and **Edwards Beach**.

Activities include:

**Ceramics\*:** Paint a ceramic piece of your choice. Choose from a variety of styles.  
*Price Range \$3-\$10.*

**Sand Art\*:** Design your own work of art with colored sand and a bottle of your choice.  
*Price Range \$2-\$5.*

**Tie-Dye\*:** Have fun designing your own t-shirt with a variety of great tie-dye colors.

- Bring your own shirt. *Fee: \$2 (tie-dye included)*
- Purchase a shirt. *Fee: \$5 (tie-dye included)*

*\*While Supplies Last.*

## Westford Parks & Recreation SUMMER PROGRAM EARLY REGISTRATION NIGHT

Learn more about our **amazing summer programs** at the **Westford Parks & Recreation Summer Program Early Registration Night**.

**Wednesday, May 2, 2018**

**6:00-8:00 p.m.**

**Parks & Recreation Department  
22 Town Farm Road**

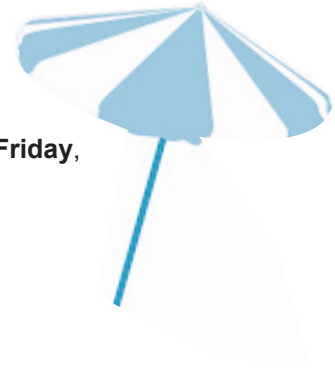
Come meet the staff from **Summer Beach Party**, **Kids Club**, **Destination Exploration**, **Ready, Set, Go!**, **Leadership Program**, and **Venture Out**. They will be available to answer any questions you may have about our summer programs.

### **Early Registration Discount – \$10 Off**

*(One early registration discount per family.)*

Register for a Westford Recreation spring/summer program on Wednesday, May 2, 6:00-8:00 p.m. and receive \$10 off one spring/summer program with a value of \$50 or more.

**Valid only on May 2, 2018.**



# Summer Beach Party

Ages 4-14  
Edwards Beach

Monday-Friday  
Director: Tiffany Gintner

**Week 1: August 13-17**

**Week 2: August 20-24**

## It's a *Beach* Party at Edwards! What better way to *finish* a sun-filled summer in Westford

Parks & Recreation has you covered for the days and weeks that traditional summer programs and camps are not available – the last two weeks of summer vacation.

These two “week” long Beach Parties include games, swimming, beach volleyball, sand castle building, arts and crafts (such as tie dye and paint a pet rock), as well as full access to the Ronan McElligott Playground.

Beach pickup time is at 5:45 p.m. for all participants enrolled in extended day. Lifeguard coverage for Beach Party participants is until 5:45 p.m. only.

Registration forms can be found online at [westfordrec.com](http://westfordrec.com), or at 22 Town Farm Road. For more information, call 978-692-5532.

## Edwards Beach means *Summer Fun* with Westford Parks & Recreation

### Onsite contact number at Edwards Beach:

Program Director, Tiffany Gintner: 978-799-1254

Children should bring sunscreen, water bottle, bathing suit, towel, water shoes, sweatshirt, and bug spray **every day**. Children should apply sunscreen prior to arriving to the program. The Snack Shack is open. Please send Snack Shack money if your child would like extra treats.

### Summer *Beach* Party has you covered

**Summer Beach Party** is designed to fit your schedule. You can register for the full two weeks, or several days throughout those weeks, with a morning, afternoon, or full-day option. For schedule details please see the *Beach Party Registration Form*.

### *Lunch* Meal Deals

Lunch Meal Deals will include your child's choice of **hot dog, grilled cheese, or mac and cheese** with **chips** and a **drink** on the side.

Lunch Meal Deals may be purchased from the Beach Concession Stand for an additional cost of \$5 per day. Payment will be collected by staff during morning drop off on the day of the lunch.

### *Pizza Party* Friday

Summer Beach Party offers pizza on the beach every Friday. Pizza will cost \$2.50 per slice. For \$5, make this a meal deal and receive a drink and chips with your pizza slice. Payment will be collected by staff during morning drop off on Fridays.



# Summer Beach Party

Each full-week program paid in full by June 1

will receive **10% off the core weekly fee.**

**Applies to Option C only.**

		Week 1 August 13-17	Week 2 August 20-24
<b>Option A</b> Monday-Friday 9:00 am-12:00 pm		\$150	\$150
<b>Option B</b> Monday-Friday 12:00 pm-4:00 pm		\$175	\$175
<b>Option C</b> Monday-Friday 9:00 am-4:00 pm		\$300	\$300
<b>Option D</b> Daily AM 9:00 am-12:00 pm Circle Day(s)		M T W Th F \$30 per day	M T W Th F \$30 per day
<b>Option E</b> Daily PM 12:00 pm-4:00 pm Circle Day(s)		M T W Th F \$40 per day	M T W Th F \$40 per day
<b>Option F</b> Full Day 9:00 am-4:00 pm Circle Day(s)		M T W Th F \$60 per day	M T W Th F \$60 per day
<b>Early Arrival</b>			
<b>Option AA</b> Weekly 7:00-9:00 am		\$60	\$60
<b>Option BB</b> Daily 7:00-9:00 am Circle Day(s)		M T W Th F \$16 per day	M T W Th F \$16 per day
<b>Extended Day</b>			
<b>Option CC</b> Weekly 4:00-5:45 pm		\$60	\$60
<b>Option DD</b> Daily 4:00-5:45 pm		M T W Th F \$16 per day	M T W Th F \$16 per day
<b>TOTAL</b>		\$ _____	\$ _____

Week(s) Total \$ \_\_\_\_\_

\*Sibling Discount (-\$10/wk): - \_\_\_\_\_

Sub Total: \$ \_\_\_\_\_

\*\*Early registration discount, 10%: - \_\_\_\_\_

**Register and pay in full before June 1**

Nonresident Fee: \$ \_\_\_\_\_  
(\$10/wk or \$2.50/day)

Total Due: \$ \_\_\_\_\_

**\*Sibling discount applies to Option C ONLY,  
after 1st child is registered for same week.**

**\*\*Early registration discount applies to  
Option C ONLY.**

☐ Please charge on a weekly basis. Payments will be processed the Thursday prior to attendance.

## REMEMBER...

- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Registration form, Child Info Form, and Credit Card Authorization Form are due by noon the Thursday before your child(ren) attend(s) program.
- **Late registrations will be subject to a \$25 late fee. NO EXCEPTIONS.**
- Your child(ren) is/are not registered for unpaid weeks unless we have a Credit Card Authorization Form on file. Weekly payments will be processed on Thursdays prior to attendance.
- Sibling discount of \$10, for **Option C Only**, applies to 2nd and each successive sibling registered for the same week.
- Nonresidents must add \$10 per week or \$2.00 per day registered.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.
- No credit will be issued when withdrawal is less than seven days to start date.

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Allergies/Medical Concerns: \_\_\_\_\_ Carries EpiPen®: Y N

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**I acknowledge and fully understand that each participant may be engaging in activities that involve risk of injury. I consent to participation in programs sponsored by Westford Recreation. I further agree to hold harmless and indemnify Westford Recreation and other authorized representatives from any and all damages in connection with Westford Recreation programs. I give permission for the participant to receive emergency medical treatment if necessary.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Office Use Only</b>	Date Received: _____	Time Received: _____	Received By: _____	Via: _____
	Cash: _____	Check# _____	CC Authorization Form: _____	Copied <input type="checkbox"/>

**Mail to:** Westford Recreation, 22 Town Farm Road, Westford, MA 01886 **Drop off :** 22 Town Farm Road, Westford, MA 01886

# Destination Exploration

**Ages 8-14**  
**East Boston Camps**

**Monday-Friday**  
**9:00 a.m. - 4:00 p.m.**

**Director:**  
**Donna Burnham**

*June 25-August 10*

## Destination Exploration: Play, Explore, and Discover at Burge's Pond (East Boston Camps)

### Come join Westford Parks & Recreation staff for a summer of fun and excitement!

At Destination Exploration, children will participate in outdoor activities with an educational twist. The program will focus on outdoor exploration and discovery while including traditional summer activities such as hiking, swimming, fishing, and boating on Burge's Pond. Children will also enjoy sports and games, arts and crafts, and plenty of books for reading and relaxing.

Destination Exploration mixes environmental awareness with a summer of rugged excitement, fun, cooperation, and skill building. Environmental lessons are taught while participating in adventurous activities and projects that include science and nature experiments.

While at Destination Exploration, children learn they can make a difference as they work together exploring the environment, science, nature, and ecology.

The snack shack is open daily for children to purchase extra treats. Pizza will be available for \$2.50 a slice every Friday.

### Outdoor activities with an educational twist

#### Not looking for a full week?

Register your child  
for 2, 3, or 4 days



### Destination Exploration Policies

- Registration form, Child Info Form, and Credit Card Authorization Form are due by noon on Thursday before your child(ren) attend(s) program. Late registrations will be subject to a \$25 late fee. NO EXCEPTIONS.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 13.
- Your child(ren) is/are not registered for unpaid weeks unless we have a Credit Card Authorization Form on file. Future week payments will be processed on Thursday prior to that week.
- All registration forms must be submitted to the Recreation Office. This is to ensure that your child's name and information are on the roster list.
- No forms or payments will be accepted by staff at program.
- Sibling discount of \$15, for full weeks only, applies to 2nd child and each successive sibling registered for the same week.
- Nonresidents must add a \$10 nonresident fee per week or \$2 per day registered.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.

### Additional policies for partial week participants

- \$80 per day, 9:00 a.m. - 4:00 p.m.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- You must register by noon, one business day prior to your child's start date.
- Once registered, no switching of selected days.
- Early Arrival & Extended Day Option available.
- Swim Lessons NOT available with partial week option.
- NO sibling or multi-week discount for partial weeks.
- All DE policies apply.

# Destination Exploration

Each full-week program paid in full by June 1 will receive **10% off the core weekly fee.**

	Week 1 June 25-29	Week 2 July 2-3, 5-6	Week 3 July 9-13	Week 4 July 16-20	Week 5 July 23-27	Week 6 July 30-August 3	Week 7 August 6-10
<b>Early Arrival</b> 7:00-8:45 am Circle day(s) needed	\$50/week \$12/day M T W Th F \$	\$40/week \$12/day M T Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$
<b>Weekly Fee</b> 9:00-4:00 pm After due date, add \$25	\$350 Due by Noon June 21	\$280 Due by Noon June 28	\$350 Due by Noon July 5	\$350 Due by Noon July 12	\$350 Due by Noon July 19	\$350 Due by Noon July 26	\$350 Due by Noon August 2
<b>Daily Fee</b> \$80	M T W Th F	M T Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F
<b>Swim Lessons</b> N/A Partial Weeks	\$50 Minimum enrollment: 5	\$40 Minimum enrollment: 5	\$50 Minimum enrollment: 5	\$50 Minimum enrollment: 5	\$50 Minimum enrollment: 5	\$50 Minimum enrollment: 5	\$50 Minimum enrollment: 5
<b>Extended Day</b> 4:00-5:45 pm Circle day(s) needed	\$50/week \$12/day M T W Th F \$	\$40/week \$12/day M T Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$	\$50/week \$12/day M T W Th F \$
<b>TOTAL</b>	\$	\$	\$	\$	\$	\$	\$

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Allergies/Medical Concerns: \_\_\_\_\_ Carries EpiPen®: Y N

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I acknowledge and fully understand that each participant may be engaging in activities that involve risk of injury. I consent to participation in programs sponsored by Westford Recreation. I further agree to hold harmless and indemnify Westford Recreation and other authorized representatives from any and all damages in connection with Westford Recreation programs. I give permission for the participant to receive emergency medical treatment if necessary.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Office Use Only</b>	Date Received: _____	Time Received: _____	Received By: _____	Via: _____
	Cash: _____	Check# _____	CC Authorization Form: _____	Copied <input type="checkbox"/>

**Mail to:** Westford Recreation, 22 Town Farm Road, Westford, MA 01886 **Drop off:** 22 Town Farm Road, Westford, MA 01886

Weekly Fee Total \$ _____
Sibling Discount (-\$15/wk): - _____
2nd and each successive sibling registered for the same week.
Sub Total: \$ _____
Early registration discount 10%: - _____
Register and pay in full before June 1
Sub Total: \$ _____
Early Arrival: + _____
Swim Lessons: + _____
Extended Day: + _____
Non-Resident Fee (\$10/wk): + _____
Total Due: \$ _____
<b>Discounts apply for full weeks only.</b>

☐ Please charge on a weekly basis. Payments will be processed the Thursday prior to attendance.

REMEMBER...

- Registration form, Child Info Form and Credit Card Authorization Form are due by noon on Thursday before your child(ren) attend(s) program. Late registrations will be subject to a \$25 late fee.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Sibling discount of \$15, for full weeks only, applies to 2nd and each successive sibling registered in the same week.
- Nonresidents must add a \$10 nonresident fee per week or \$2 per day registered.
- Sibling discount of \$15 applies to 2nd and each successive sibling registered for the same week.
- Nonresidents must add a \$10 nonresident fee per week registered.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.
- No credit will be issued when withdrawal is less than seven days to start date.

# Kids Club

**Ages 4-13**  
**Nabnasset Elementary**

**Monday-Friday**  
**9:00 a.m. - 3:00 p.m.**

**Directors:**  
**Kim Petalas**  
**Sara Waterman**

June 25-August 10

## Summer of Silly Celebrations

**Week 1:** June 25-29

**Week 2:** July 2-3, 5-6

**Week 3:** July 9-13

**Week 4:** July 16-20

**Week 5:** July 23-27

**Week 6:** July 30-August 3

**Week 7:** August 6-10

**Chocolate Pudding Week** (Chunky's Cinema)

**Joke Week** (York's Wild Kingdom)

**Teddy Bear Picnic Week** (Carnival Day)

**Ice Cream Week** (Jay Gees Ice Cream & Fun Center)

**Talk Like a Pirate Week** (Wingaersheek Beach)

**Watermelon Week** (Carnival Day)

**Lazy Week** (Roller Kingdom)

**Join us at Kids Club this summer to celebrate all things Silly!** We're bringing some of the world's weirdest, funniest, and most wonderful celebrations to Kids Club this year. Did you know that June 26th is Chocolate Pudding Day? Or that July 19th is Ice Cream Day? Celebrate these silly holidays and more with us this summer.

Kids Club, held at Nabnasset School, is designed to provide a safe and positive experience that encourages the social, emotional, and physical growth of your child at every level. We strive to provide a well-rounded, fun-filled, exciting summer adventure with opportunity for exploration and play for children 4-13 years of age.

At Kids Club, activities and events are planned around the weekly theme. Each week, there will be Pizza Tuesday, a big event on Wednesday that incorporates all age groups, field trips or carnival days every Thursday, and a trip to Edwards Beach every Friday. Throughout the days, Kids Club also offers arts and crafts, sports and games, archery, outdoor time, and more. Swim and tennis lessons are offered throughout the summer.

All activities are subject to change due to weather. Every day, children should pack a lunch, snack, water bottle, sneakers, bathing suit (for swim lessons or water play), towel, bug spray, and sunscreen. Complete information is available in our Summer Parent Handbook.

**Kids Club is run by an amazing staff!** Kids Club staff members love Kids Club and strive to make the summer great for each and every participant. Children are divided into groups based on age. Each group will have at least one senior counselor, (usually a senior in high school or college student ages 17 and older), and one or more junior counselors, (ages 15 and older). All Kids Club employees are CPR and First Aid certified. The safety and security of your children are the priority at all times.

### Town of Westford Employee Benefit

- We offer a 50% discount for Kids Club to town employees working a minimum of 20 hours per week on a regular basis. Offer applies to employee's child(ren) or grandchild(ren) ONLY.
- Proof of town employment required.
- Discount does not apply to add on options (early arrival, extended day, swim, tennis).
- Employee discount cannot be combined with sibling discount and/or early registration discount.

### Kids Club Policies

- Registration form, Child Info Form, and Charge Card Authorization Form are due by noon on the Thursday before your child(ren) attends program. Registrations submitted after that time will be subject to a \$25 late fee. NO EXCEPTIONS.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Your child(ren) is/are not registered for unpaid weeks unless we have a Credit Card Authorization Form on file. Weekly payments will be processed on Thursdays.
- All forms and payments must be submitted to the Recreation Office. This is to ensure that your child(ren)'s name and information are on the roster list.
- No forms or payments will be accepted by staff at program.
- Sibling discount of \$15 applies to 2nd child and each successive sibling registered for the same week.
- Nonresidents must add a \$10 nonresident fee per week registered.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.
- No credit will be issued when withdrawal is less than seven days to start date.



# Kids Club: A Summer of Silly Celebrations

Each full-week program paid in full by June 1 will receive **10% off the core weekly fee.**

	Week 1 June 25-29	Week 2 July 2-3, 5-6	Week 3 July 9-13	Week 4 July 16-20	Week 5 July 23-27	Week 6 July 30-August 3	Week 7 August 6-10
<b>Early Arrival</b> 7:00-8:45 am	\$50	\$45	\$50	\$50	\$50	\$50	\$50
<b>Weekly Fee</b> 9:00-3:00 pm After due date, add \$25	\$300 Due by Noon June 21	\$240 Due by Noon June 28	\$300 Due by Noon July 5	\$300 Due by Noon July 12	\$300 Due by Noon July 19	\$300 Due by Noon July 26	\$300 Due by Noon August 2
<b>Swim Lessons</b> M-T-W-F 10:00-10:45 am	\$50	\$40	\$50	\$50	\$50	\$50	\$50
<b>Tennis Lessons</b> M-T-W-F 1:15-2:00 pm	\$50	\$40	\$50	\$50	\$50	\$50	\$50
<b>Extended Day</b> 3:00-5:45 pm	\$70/week \$16/day M T W Th F	\$56/week \$16/day M T Th F	\$70/week \$16/day M T W Th F	\$70/week \$16/day M T W Th F	\$70/week \$16/day M T W Th F	\$70/week \$16/day M T W Th F	\$70/week \$16/day M T W Th F
<b>TOTAL</b>	\$ _____	\$ _____	\$ _____	\$ _____	\$ _____	\$ _____	\$ _____

Weekly Fee Total \$ \_\_\_\_\_

Sibling Discount (-\$15/wk): - \_\_\_\_\_

2nd and each successive sibling registered for the same week.

Sub Total: \$ \_\_\_\_\_

Early registration discount 10% :- \_\_\_\_\_

Register and pay in full before June 1

Sub Total: \$ \_\_\_\_\_

Early Arrival: + \_\_\_\_\_

Tennis Lessons: + \_\_\_\_\_

Swim Lessons: + \_\_\_\_\_

Extended Day: + \_\_\_\_\_

Non-Resident Fee (\$10/wk): + \_\_\_\_\_

Total Due: \$ \_\_\_\_\_

☐ Please charge on a weekly basis. Payments will be processed the Thursday prior to attendance.

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Allergies/Medical Concerns: \_\_\_\_\_ Carries EpiPen®: Y N

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I acknowledge and fully understand that each participant may be engaging in activities that involve risk of injury. I consent to participation in programs sponsored by Westford Recreation. I further agree to hold harmless and indemnify Westford Recreation and other authorized representatives from any and all damages in connection with Westford Recreation programs. I give permission for the participant to receive emergency medical treatment if necessary.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Office Use Only**

Date Received: \_\_\_\_\_ Time Received: \_\_\_\_\_ Received By: \_\_\_\_\_ Via: \_\_\_\_\_

Cash: \_\_\_\_\_ Check# \_\_\_\_\_ CC Authorization Form: \_\_\_\_\_ Copied ☐

- REMEMBER...**
- Registration form, Child Info Form and Credit Card Authorization Form are due by noon on Thursday before your child(ren) attend(s) program. Late registrations will be subject to a \$25 late fee.
  - Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
  - Your child(ren) is/are not registered for unpaid weeks unless we have a Credit Card Authorization Form on file. Weekly payments will be processed on Thursdays prior to attendance.
  - All forms and payments must be submitted to the Recreation Office to ensure that your child(ren)'s name and information are on the roster list. No forms or payments will be accepted by staff at program.
  - Sibling discount of \$15 applies to 2nd and each successive sibling registered for the same week.
  - Nonresidents must add a \$10 nonresident fee per week registered.
  - Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.
  - No credit will be issued when withdrawal is less than seven days to start date.

# Summer Weekly Programs

## Ready, Set, Go!

**Ages 4-6**

**Monday-Friday**  
8:00 a.m.-3:00 p.m.

**Monday-Thursday at**  
Robinson Room 1

**Friday Drop Off at Nabnasset**  
**Friday Pick Up at Edwards Beach**

**Director: Elisabeth McKeeman**

**June 25-August 10**

## Ready, Set, Go!: Fun activities with a caring, well-trained staff

- **Enrichment Activities:** Uses real art-based materials to explore concepts such as sculpture, painting, and drawing. Through the process of art, children will express their unique creativity while building and improving overall fine motor skills. Includes several other enriching activities such as Music and Movement, Yoga and Mindfulness, and Theater and Storytelling.
- **Sports and Games:** Introduce children to new sports as well as old favorites that emphasize fun and sportsmanship. Children will have an opportunity to participate in cooperative games that promote teamwork and problem solving.
- **Hands On Science and Math Concepts:** Children will be introduced to concepts such as buoyancy, gravity, and chemical reactions to name a few, as well as math concepts such as numbers, volume, weight, height, and length.
- Activities include:
  - Tennis Lessons:**  
Tuesday and Thursday mornings.
  - Archery **NEW!**:**  
Tuesday and Thursday afternoons.
  - Swim Lessons:**  
Monday and Wednesday afternoons at Forge Pond.  
(Optional Activity for \$15 per day.)

**Plus:** Beach Fun at Forge Pond and Edwards Beach and **Extended Day!**

### Letter from the Director:

Welcome to Ready, Set, Go! All children will need to bring sunscreen, sneakers, water bottle, and at least one snack. A change of clothing is also a good idea. Children attending all day or just the afternoon will need to bring a lunch, bathing suit, water shoes, and towel. On beach days, Mondays and Wednesdays, pickup is at Forge Pond. Tennis lessons will be held on Tuesday and Thursday mornings.

**Monday-Thursday:** Please enter Robinson School at the side of the building where the bus driveway is located. We will put a sign on the door.

**Fridays:** drop your children off at the back-side entrance at Nabnasset School.

**Please make sure we have a completed Child Information Form.** If you have any questions or concerns, the program phone is 978-692-0913. The staff and I look forward to a fun-filled and active summer with your children!

Thank you!  
Elisabeth McKeeman

## Weekly Themes

**Week 1:** June 25-29, Mad Scientist

**Week 2:** July 2-3, 5-6, Pirate Treasure Hunt

**Week 3:** July 9-13, Iron Chef

**Week 4:** July 16-20, Secret Agent Training

**Week 5:** July 23-27, Nature Explorers

**Week 6:** July 30-August 3, Space Odyssey

**Week 7:** August 6-10, Community Helpers

**Fun Themed Days may include:** Crazy Hair Day, Costume Day, Super Hero Day, Hat Day, Favorite T-Shirt Day

### Beach Days at Forge Pond

Mondays and Wednesdays. Includes free swim time, under the supervision of lifeguards and staff, and sand play, water play, and beach games. Children participating in water play will wear a life preserver that is provided. **Optional-Swim Lessons** (see registration form for details). Pickup is at Forge Pond.

### Every Friday is Beach Day at Edwards Beach

Friday Morning Drop off is at Nabnasset School. Afternoon Drop Off and Pick Up is at Edwards Beach.

### Extended Day

Monday-Thursday: children will be bussed to Kids Club at Nabnasset. Friday: Extended Day will already be at Kids Club.

Register for the entire summer, several weeks, or several days, with a morning, afternoon, full-day and extended day option.

## Ready, Set, Go! Policies

- Registration form, Child Info Form, and payment are due by noon the Thursday before your child(ren) attend(s) the program.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Forms received after deadline will be subject to a \$25 late fee. NO EXCEPTIONS.
- Sibling discount of \$10, for Option C only, applies to 2nd child and each successive sibling registered in the same week.
- Nonresidents must add \$10 per week or \$2.00 per day registered.
- Refunds are not given. Withdrawals made at least seven days prior to start date will receive a credit minus 25% admin fee.
- No credit will be issued when withdrawal is less than seven days to start date.

# Ready, Set, Go!

Each full-week program paid in full by June 1 will receive **10% off the core Weekly Fee.**

	Week 1 June 25-29	Week 2 July 2-3, 5-6	Week 3 July 9-13	Week 4 July 16-20	Week 5 July 23-27	Week 6 July 30-August 3	Week 7 August 6-10
<b>Option A</b> Daily AM 8:00-11:15 am Circle day(s) or Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T Th F \$40 per day \$145 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee
<b>Option B</b> Daily PM 11:45 am-3:00 pm Circle day(s) or Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T Th F \$40 per day \$145 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee	M T W Th F \$40 per day \$180 Weekly Fee
<b>Option C</b> Daily 8:00 am-3:00 pm Circle day(s) or Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee	M T Th F \$80 per day *\$300 Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee	M T W Th F \$80 per day *\$375 Weekly Fee
<b>Swim Class at Forge</b> Mondays and/or Wednesdays	M and/or W \$15 per class \$_____	M \$15 per class \$_____	M and/or W \$15 per class \$_____	M and/or W \$15 per class \$_____	M and/or W \$15 per class \$_____	M and/or W \$15 per class \$_____	M and/or W \$15 per class \$_____
<b>Extended Day at Kids Club</b> 3:00-5:45 pm Circle day needed	M T W Th F \$70/week \$16/day	M T Th F \$45/week \$16/day	M T W Th F \$70/week \$16/day	M T W Th F \$70/week \$16/day	M T W Th F \$70/week \$16/day	M T W Th F \$70/week \$16/day	M T W Th F \$70/week \$16/day
<b>TOTAL</b>	\$_____	\$_____	\$_____	\$_____	\$_____	\$_____	\$_____

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_  
 Allergies/Medical Concerns: \_\_\_\_\_ Carries EpiPen®: Y N  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Alternate Emergency Contact: \_\_\_\_\_ Relationship to participant: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

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Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Mail to:** Westford Recreation, 22 Town Farm Road, Westford, MA 01886 **Drop off:** 22 Town Farm Road, Westford, MA 01886

Week(s) Total \$ _____
*Sibling Discount (-\$10/wk): - _____
Applies to OPTION C Weekly Fee ONLY
Sub Total: \$ _____
*Early registration discount, 10% :- _____
Must register and pay in full before June 1
Applies to OPTION C Weekly Fee ONLY
Swim Fee: \$ _____
Nonresident Fee: \$ _____
(\$10/wk or \$2.00/day)
Total Due: \$ _____
NOTE: Sibling discount applies to Option C Weekly Fee ONLY after the 1st child is registered for same full week.
<input type="checkbox"/> Please charge on a weekly basis. Payments will be processed the Thursday prior to attendance.

## REMEMBER...

- Registration form, Child Info Form, and payment are due by noon the Thursday before your child(ren) attend(s) the program.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Forms received after deadline will be subject to a \$25 late fee. NO EXCEPTIONS.
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## Office Use Only

Date Received: \_\_\_\_\_ Time Received: \_\_\_\_\_  
 Received By: \_\_\_\_\_ Via: \_\_\_\_\_  
 Cash: \_\_\_\_\_ Check#: \_\_\_\_\_  
 CC Authorization Form: \_\_\_\_\_ Copied ☐

# Leadership

**Entering grades 9-11**
**Blanchard Middle School**
**Monday-Friday**
**8:30 a.m. - 3:00 p.m.**
**Directors:**
**Tristan Macdonald**
**Tamara DeMaio**
**Chelsea Ewing**

## Take the Initiative

## Leadership Program for Teens

This program is designed to give teenagers an opportunity to gain leadership skills and learn the basics of working with people, especially children, under the guidance of their counselors. Participants will have the opportunity to intern at Kids Club, Destination Exploration or Ready, Set, Go! during the program. The curriculum is created to develop the necessary skills to be an effective leader, a vital community member, and a superior counselor. Participants must be entering grades 9 through 11.

### Program Includes:

CPR/First Aid Certification, Swim Testing, Presentation Skills, People Skills, Program Planning, Team Building Skills, Confidence Building, Creative Thinking and Innovation, Listening Skills, Survival Skills, Boating, Swimming, Field Trips, Hiking, Art, Music, Archery, Games, Sports, and More!

*Participants that have completed the program and have shown exemplary performance will be given HIGHEST priority during our hiring process. However, this does not guarantee employment with Westford Parks & Recreation.*

### Leadership Program Registration

My child will attend: Session 1: \_\_\_\_\_ Session 2: \_\_\_\_\_

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Allergies/Medical Concerns: \_\_\_\_\_ Carries EpiPen®: Y N

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Alternate Emergency Contact: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I ACKNOWLEDGE AND FULLY UNDERSTAND THAT EACH PARTICIPANT MAY BE ENGAGING IN ACTIVITIES THAT INVOLVE RISK OF INJURY. I CONSENT TO PARTICIPATION IN PROGRAMS SPONSORED BY WESTFORD RECREATION. I FURTHER AGREE TO HOLD HARMLESS AND INDEMNIFY WESTFORD RECREATION AND OTHER AUTHORIZED REPRESENTATIVES FROM ANY AND ALL DAMAGES IN CONNECTION WITH WESTFORD RECREATION PROGRAMS. I GIVE PERMISSION FOR THE PARTICIPANT TO RECEIVE EMERGENCY MEDICAL TREATMENT IF NECESSARY.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Leadership Program Policies

- Registration form, payment, and Child Info Form are due by dates listed above.
- Late forms will be subject to a \$25 late fee.
- Due to Christian's Law, a swim assessment is required for all children participating in this program. For more information see page 26.
- Sessions must be completed in full. There will be no make-up weeks.
- Sibling discount of \$15 applies to 2nd child and each successive sibling registered for the same session.
- Participant must be entering grades 9 through 11.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee.
- No credit will be issued when withdrawal is less than seven days to start date.

#### Office Use Only

 Copied ☐

Date Rec'd: \_\_\_\_\_ Time Rec'd: \_\_\_\_\_

Rec'd By: \_\_\_\_\_ Via: \_\_\_\_\_

Cash: \_\_\_\_\_ Check#: \_\_\_\_\_

CC Authorization Form: \_\_\_\_\_



**Ages 11-14**  
**Middle School Trips**  
**Tuesday-Thursday**  
**9:00 a.m. - 5:00 p.m.**  
**Director:**  
**Merideth Lencsak**

## Summer Weekly Programs

# Venture Out

**Week 1: August 13-17**

**Week 2: August 20-24**

## Experience fresh adventures with Middle School Trips that keep your summer moving!

Westford Parks & Recreation presents **Venture Out**, our **NEW** Middle School Summer Weekly Program, for students entering grades 6-8, or for those who just graduated from Middle School.

Consisting of two weekly programs, **Venture Out** offers exciting daily excursions from Boda Borg and Paintball, to Canobie Lake Park.

### Choose one day, or choose them all!

With this flexible program you can pick and choose as many adventures as you like!

**Daily Fee:** \$100

**Early Arrival Option:** \$10 per day, 8-9 a.m.

**Extended Day Option:** \$10 per day (includes snack), 5-6 p.m.

For more details, or to register, see *Summer Weekly Programs* online at [westfordrec.com](http://westfordrec.com), or visit Westford Parks & Recreation at 22 Town Farm Road.

For more information, call 978-692-5532.

### Venture Out Policies

- Participants must be entering grades 6-8, or must have just graduated from Middle School.
- *Registration Form*, *Child Info Form*, and *Credit Card Authorization Form* are due by noon on the Thursday before your child(ren) attends the program. Registrations submitted after that time will be subject to a \$25 late fee. NO EXCEPTIONS.
- Sibling discount of \$10 applies to 2nd child and each successive sibling registered for the same, full 5-day week.
- Nonresidents must add a \$10 nonresident fee per week registered or \$2 per day.
- Refunds are not given. Withdrawals made at least seven days prior to start date are entitled to a credit minus 25% administration fee. No credit will be issued when withdrawal is less than seven days prior to start date.

## Last Year's Offerings Included:

### *Canobie Lake Park:*

Ride the Yankee Cannonball or make a huge splash on the Boston Tea Party at this popular amusement park in **Salem, NH** that includes live entertainment/attractions, exciting games, and over 85 thrilling rides.

### *Boston Paintball:*

Enjoy the largest indoor playing facility in the Northeast located in **Chelsea, MA**. Students will enjoy a fun-filled day of safe, low impact paintball play against peers and staff. Air powered markers, full face mask, and paintballs included.

### *Mel's Funway Park:*

"Mel's," an indoor/outdoor family friendly Fun-Park in **Litchfield, NH**, offers each student three Go-Kart rides, as well as unlimited use of main attractions: Laser Tag, Laser Maze, two Mini-Golf courses, Driving Range, and Batting Cages!

### *Boda Borg:*

Experience the Quest in **Malden, MA**! Guests are transported into a real-world gaming environment; an experience called Questing. Teams move through Quests tackling a variety of mental and physical challenges. Includes unlimited questing; enter as many Quests as you want, as many attempts as you want, when you want!

### *Funtagious Fun Center:*

"Catch the Fun" at this ultimate fun center in **Tyngsboro, MA**, with over 15,000 sq. ft. of indoor attractions, arcade, and table games! Funtagious features "Shankz" Black Light Miniature Golf, "Highway 66" automatic mini bowling, "Balladium" ball blaster arena, and "Time Freak" time challenge arena.

### *Wingaersheek Beach:*

Get ready for the beach! Situated in **Gloucester, MA**, this beach enjoys white sand, climbing rocks, and tide pools. Amenities include lifeguards, concession stand, and restrooms.

### *New England Aquarium and IMAX®:*

Located in **Boston, MA**, and home to thousands of aquatic animals, this aquarium offers a wide range of exhibits, including the largest shark and ray touch tank on the East Coast and the Giant Ocean Tank. Also experience 12,000 watts of digital sound at New England's largest screen, The Simons IMAX® Theatre – the most cinematic way imaginable to see the beautiful and astounding creatures from our blue planet!

### *Water Country:*

Travel to New England's largest, cleanest, and safest water park in **Portsmouth, NH**. Conquer water slides like Big Ollie and Dr. Von Dark's Tunnel of Terror, or cruise around the Adventure River or wave pool!

# Child Information Sheet - Summer 2018

## Parent/Guardian Info

Name: \_\_\_\_\_ Relationship to Child(ren): \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Best Number to Reach Parent: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Name: \_\_\_\_\_ Relationship to Child(ren): \_\_\_\_\_  
 Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Best Number to Reach Parent: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Child 1

**Attending (Circle):** Summer Beach Party Ready, Set, Go! Kids Club Destination Exploration Leadership Program

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Eye Color: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Identifying Marks: \_\_\_\_\_

Please list any medical needs, dietary restrictions, allergies, etc. \_\_\_\_\_

Does your child carry an EpiPen®? Yes \_\_\_\_\_ No \_\_\_\_\_

\*PLEASE NOTE: If your child carries an EpiPen® one must be supplied to the program site\*

Child's Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Child's Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Movie Rating: I give my child permission to watch movies with the following ratings (check all that apply). G \_\_\_\_\_ PG \_\_\_\_\_ PG13 \_\_\_\_\_

PLEASE ATTACH  
A RECENT  
PHOTOGRAPH OF  
YOUR CHILD

TEE SHIRT SIZE  
BELOW

## Child 2

**Attending (Circle):** Summer Beach Party Ready, Set, Go! Kids Club Destination Exploration Leadership Program

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Eye Color: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Identifying Marks: \_\_\_\_\_

Please list any medical needs, dietary restrictions, allergies, etc. \_\_\_\_\_

Does your child carry an EpiPen®? Yes \_\_\_\_\_ No \_\_\_\_\_

\*PLEASE NOTE: If your child carries an EpiPen® one must be supplied to the program site\*

Child's Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Child's Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Movie Rating: I give my child permission to watch movies with the following ratings (check all that apply). G \_\_\_\_\_ PG \_\_\_\_\_ PG13 \_\_\_\_\_

PLEASE ATTACH  
A RECENT  
PHOTOGRAPH OF  
YOUR CHILD

TEE SHIRT SIZE  
BELOW

## Child 3

**Attending (Circle):** Summer Beach Party Ready, Set, Go! Kids Club Destination Exploration Leadership Program

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ M/F: \_\_\_\_\_

Eye Color: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Identifying Marks: \_\_\_\_\_

Please list any medical needs, dietary restrictions, allergies, etc. \_\_\_\_\_

Does your child carry an EpiPen®? Yes \_\_\_\_\_ No \_\_\_\_\_

\*PLEASE NOTE: If your child carries an EpiPen® one must be supplied to the program site\*

Child's Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Child's Dentist: \_\_\_\_\_ Phone: \_\_\_\_\_

Movie Rating: I give my child permission to watch movies with the following ratings (check all that apply). G \_\_\_\_\_ PG \_\_\_\_\_ PG13 \_\_\_\_\_

PLEASE ATTACH  
A RECENT  
PHOTOGRAPH OF  
YOUR CHILD

TEE SHIRT SIZE  
BELOW

# Child Information Sheet - continued

## Publicity/Photo Release

I understand that my child(ren) may be photographed or videotaped by Recreation or newspaper/television staff, should they feature our program. I understand that my child(ren)'s image may appear on Westford Recreation's website and/or publications. I further understand that only the first name of my child(ren) will be used in any images released.

I do \_\_\_\_\_ I do NOT \_\_\_\_\_ give permission for my child(ren) photographed or videotaped.

## Additional Pick-up Consent

In the event that I cannot pick up my child(ren) for any reason, I authorize Westford Recreation to release my child(ren) to the following individuals.

Name: \_\_\_\_\_ Relationship to Child(ren): \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to Child(ren): \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to Child(ren): \_\_\_\_\_ Phone: \_\_\_\_\_

Your child(ren) will not be released to anyone other than  
the people listed above under any circumstances.

**The Director and Counselors WILL ask for photo identification.**

## Emergency Contacts: *If parent/guardian cannot be reached.*

Name: \_\_\_\_\_ Relationship to child(ren): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to child(ren): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to child(ren): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Hospital Preferred: \_\_\_\_\_ Health Insurance Carrier & Policy #: \_\_\_\_\_

CONSENT: I authorize Westford Recreation staff to give my child(ren) first aid when appropriate. If my child(ren) require(s) further medical attention, 911 will be called and I will be notified immediately. I understand if I cannot be reached, one of the emergency contacts will be notified. If my child(ren) need(s) to be taken to the nearest medical care facility or to my preferred hospital listed above by ambulance, one qualified staff person will accompany my child(ren) to the hospital. I also give permission to the attending physician to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery for my child(ren) as indicated. I will accept responsibility for any expenses incurred in handling this emergency care.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Handbook Acknowledgment

We, the parent(s)/guardian(s) have received the *Summer Parent Handbook* and understand that we are responsible to read and agree to abide by the policies and procedures of Westford Parks & Recreation Department.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please submit *Child Information Form* along with *Registration Form* to:**

Westford Recreation, 22 Town Farm Road, Westford, MA 01886

# *Sports Group Contacts*

**Westford Youth Baseball/Softball**

[www.wybsl.com](http://www.wybsl.com)

**Men's Slowpitch Softball**

[www.eteamz.com/westfordover30sb](http://www.eteamz.com/westfordover30sb)

**Westford Youth Basketball Association**

[www.westfordhoops.com](http://www.westfordhoops.com)

**Over 30 Baseball**

[www.otbinc.com](http://www.otbinc.com)

**Westford Youth Lacrosse**

[westfordlax.org](http://westfordlax.org)

**Westford Waves Fastpitch Softball**

[www.westfordwaves.com](http://www.westfordwaves.com)

**Westford Co-Ed Softball**

<http://westfordcoedsoftball.net>

**Westford Pop Warner Football and Cheer**

[www.westfordjrghosts.com](http://www.westfordjrghosts.com)

**Westford Flag Football**

[www.westfordflag.com](http://www.westfordflag.com)

**Men's Soccer**

[www.othsl.org](http://www.othsl.org)

**Westford Youth Soccer**

[www.westforyouthsoccer.com](http://www.westforyouthsoccer.com)

**Nashoba Valley Ski Racing**

[www.nvscracing.com](http://www.nvscracing.com)

**Nashoba Youth Ice Hockey**

[www.nashobahockey.org](http://www.nashobahockey.org)

**Youth Wrestling**

[www.eteamz.com/westforyouthwrestling](http://www.eteamz.com/westforyouthwrestling)

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Westford, MA 01886

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