

Westford Parks & Recreation

Fall-Winter Brochure 2019-2020

Recreation Westford Style...

Westford's Parks & Grounds Staff
Doing good and looking great.
Learn more on pg. 4

Westford Partnership for Children
WPC After School Enrichment for grades K-8
Learn more on pg. 6-7

We've got you covered!
With WPC Special Programs covering
School vacations, professional days, and more!
Learn more on pg. 8-9

**Girl's Softball in Play at
American Legion Fields - Graniteville**

Monday-Friday
8:00 a.m.-4:00 p.m.
Phone: 978-692-5532
Fax: 978-392-4471

65 Main Street
3rd Floor
Westford, MA 01886
westfordrec.com

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Parks & Recreation Staff

James Duane	Director, Westford Parks, Recreation and Cemetery
Michelle Collett	Assistant Director and WPC Program Director
Rozanne Fredkin	Office Manager
Joy Felicani	Office/Programs
Pamela McNiff	WPC Curriculum Coordinator Registrar
Jonathan Revis	Parks and Grounds Operations Supervisor
Richard Nawoichik	Cemetery Supervisor
Heather Monahan	Cemetery Senior Administrative Assistant

Parks & Recreation Commission

Kristi Bates	Chair
Christopher Barrett	Vice Chair
John McNamara	
Kathleen Burns	
Lauren Coffey	
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 at Westford Parks & Recreation, and at westfordrec.com. Nonresidents are welcome to enroll for an additional fee of \$10 per person, per program.

Online: westfordrec.com

Mail: Westford Parks & Recreation
65 Main Street, 3rd floor
Westford, MA 01886

Walk-In: 65 Main Street, 3rd floor
Monday-Friday, 8:00 a.m.- 4:00 p.m.

NO phone reservations or spot holding.

NO partial payments.

NO forms or payments will be accepted at program sites.

Cancellations

Westford Parks & Recreation 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'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 Parks & 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 makeup 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 means receiving news about things that matter to you and your family, including year-round youth and adult programs that are only offered by Westford Parks & Recreation.

It's Easy to Subscribe:

- Go to 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!

Parks & Rec update

Parks & Ground Staff

Thank You!

The Westford Parks & Grounds staff manage and maintain a variety of locations in Westford, including town owned athletic fields and beaches, passive and active parks, formal and informal recreation areas, the Bruce Freeman Rail Trail, and the grounds around a majority of the town owned buildings. Although they create great spaces around town, they go about their business very quietly.

THANK YOU to the Westford Parks & Grounds staff for their continued dedication to making Westford a great place to work, live and play.

Early this spring the crew reconstructed G6 baseball field at the Graniteville American Legion complex. Work included stripping the existing turf grass, laying out adjusted field dimensions, adding clay infield mix and top soil, laser grading the new surface, and installing new sod. Because of the knowledge, skill and ability of the staff, the majority of this work was accomplished in-house.



Parks & Grounds Staff
*Brandon Chasse (seasonal),
Brian Auger,
Bobby Upperman,
Jonathan Revis,
Derek McNiff.
Not pictured:
Glenn McCarthy,
Lloyd Leach.*

Photo courtesy
of Pam McNiff



Photo courtesy of James Duane
Sod installation on the G6 baseball field.



Photo courtesy of Stacy Brown

Baseball on the newly reconstructed G6 field.

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 65 Main Street, or check out Parks & Recreation at westfordrec.com.



WESTFEST 2019 for a Healthy Westford

Get healthy and have a blast!

Visit more than 30 health-related booths in the Stony Brook Auditorium, do a trail or track fun run, and enjoy the Family Fun Festival that includes: food trucks, a piefest, carnival games, touch-a-truck, and more!

Saturday, September 28

Stony Brook Middle School

Health + Wellness Fair:
9:00 a.m. - 12:00 p.m.

Family Fun Festival:
11:00 a.m. - 2:00 p.m.

Learn more at WESTFESTMA.COM

Sponsored by the
Westford Health Department
and the
Westford Education
Foundation.



Town of Westford Fields and Facilities: Uses and Location

Westford Recreation Areas maintained by the Parks Division with the Parks & Recreation Department

American Legion Field (Graniteville): 15 River Street
60' diamonds (lights) for youth baseball and softball league, community playground, basketball courts, batting cages, tennis court - principle user Westford Youth Baseball and Softball league (WYBSL).

Cameron Field: 20 Pleasant Street
Tee ball diamond, half basketball/pickle ball court - principle use as a neighborhood Park.

Captain Stephen Hamilton Field (Old Nab.): 170 Plain Road
60' diamond, soccer mini/micro fields, basketball court, tennis/pickleball courts - principle user Westford Youth Soccer Association (WYSA), has been used by WYSA, Westford Youth Lacrosse, Adult Soccer League, Adult Lacrosse League, and WYBSL.

Community Fields at Nutting: 60 Nutting Road
Two synthetic turf fields for soccer and lacrosse - principle use by WYSA and Westford Youth Lacrosse, Adult Soccer, Adult Lacrosse.

Edwards Beach: Off Williams Ave
Public beach, concession stand, Ronan McElligott playground (handicap accessible), picnic tables.

Forge Pond: West Prescott/Pleasant Street
Public beach, concession stand, picnic tables, and location for rowing programs.

Forge Village Ball Fields (VFW): 52 West Prescott Street
90' baseball diamond, 60' adult softball (lights), skate park, basketball court, swings, and two horseshoe pits - WYBSL, adult men's and co-ed softball leagues, adult men's baseball.

Frost Field and Whitney Playground: 65 Main Street
60' diamond-softball field, soccer mini/micro fields, two tennis courts and backboard, St. Onge Playground, Parks & Recreation Pre-K soccer programs, tee ball, and WYSA.

Greystone Field: 15 R. Russell's Way
Tee ball diamond, cricket pitch, two basketball courts, tennis/pickleball courts, walking trails, previously used by WYBSL.

Jack Walsh Field: 90 Carlisle Road
Soccer fields, Parker Village Playground, basketball court, two tennis courts, principle user WYSA, Adult Soccer, and summer clinics.

Facilities (offices, program space): 65 Main Street
The Westford Parks & Recreation new location is on the 3rd floor of 65 Main Street and is used for administrative office space and programming space.

For a field use application visit westfordrec.com or westfordma.gov.

Westford Partnership for Children (WPC)

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 needs of your child and 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 2019-20 Registration Forms** online at westfordrec.com or at Westford Parks & Recreation, 65 Main Street, 3rd floor. For more information, call 978-692-5532 or visit westfordrec.com.

WPC has served eight Westford Public Schools for over ten years:

K-2: Miller, Nabnasset, Robinson

3-5: Abbot, Crisafulli, Day

6-8: Blanchard, Stony Brook

WPC 2019-2020 Session Dates

Session 1 August 27-October 25

Session 2 October 28-December 20

Session 3 January 2-February 28

Session 4 March 2-April 17

Session 5 April 27-June 15 (tentative)

Parent Conferences - WPC Coverage

November 25, Grades PreK-8, 2-8 p.m. conf. - No School
WPC Program will be offered.

March 23, Grades PreK - 5, 2-8 p.m. conf. - No School
WPC Program will be offered

School	Start	Dismissal	Early Dismissal
Westford Academy	7:35 a.m.	1:55 p.m.	11:00 a.m.
Blanchard	7:35 a.m.	1:55 p.m.	11:00 a.m.
Stony Brook	7:35 a.m.	1:55 p.m.	11:00 a.m.
Grades 3-5	8:25 a.m.	2:30 p.m.	11:40 a.m.
Grades K-2	9:05 a.m.	3:10 p.m.	12:20 p.m.
K (a.m.)	9:05 a.m.	3:10 p.m.	12:20 p.m.
K (p.m.)	12:40 p.m.	3:10 p.m.	No school
PreK (a.m.)	9:00 a.m.	11:30 a.m.	11:30 a.m.
PreK (p.m.)	12:30 p.m.	3:00 p.m.	No school

WPC Rec Club for Middle School Students

WPC Middle School REC Club at Stony Brook

runs Monday through Friday, from school dismissal until 5:45 p.m. Blanchard students are bused to Stony Brook upon dismissal for no additional fee. Includes age appropriate activities, homework help, and social time with friends.

Learn more about the WPC program by visiting **About WPC** on westfordrec.com, or calling **978-692-5532**.

2019-2020 Westford Public Schools Calendar
Westford Partnership for Children After School Program
2019-2020 Sessions and Special Programs Calendar

AUGUST 2019							FEBRUARY 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3							1	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	
(11)	(12)	13	14	15	16	17	9	10	11	12	13	14	15	
18	19	20	21	22	23	24	16	17	18	19	20	21	22	
25	26	27	28	29	30	31	23	24	25	26	27	28	29	
SEPTEMBER 2019							MARCH 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
							1	2	3	4	5	6	7	
8	9	10	11	12	13	14	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	22	23	24	25	26	27	28	
(29)	(30)						29	30	31					
OCTOBER 2019							APRIL 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5				1	2	3	4	
6	7	8	9	10	11	12	5	6	7	8	9	10	11	
13	14	15	16	17	18	19	(12)	13	14	15	16	17	18	
20	21	22	23	24	25	26	(19)	20	21	22	23	24	25	
(27)	28	29	30	31			26	27	28	29	30			
NOVEMBER 2019							MAY 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2								1	2
3	4	5	6	7	8	9	3	4	5	6	7	8	9	
10	11	12	13	14	15	16	10	11	12	13	14	15	16	
17	18	19	20	21	22	23	17	18	19	20	21	22	(23)	
24	25	26	27	28	29	30	(24)	25	26	27	28	29	30	
							31							
DECEMBER 2019							JUNE 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7	1	2	3	4	5	6		
8	9	10	11	12	13	14	7	8	9	10	11	12	13	
15	16	17	18	19	20	21	14	15	16	17	18	19	20	
(22)	23	24	25	26	27	28	21	22	23	24	25	26	27	
29	30	31					28	29	30					
JANUARY 2020							JULY 2020							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4				1	2	3	4		
5	6	7	8	9	10	11	5	6	7	8	9	10	11	
12	13	14	15	16	17	18	12	13	14	15	16	17	18	
19	20	21	22	23	24	(25)	19	20	21	22	23	24	25	
26	27	28	29	30	31		26	27	28	29	30	31		

STARTING DATES

August 26	Teachers Return
August 27	Grades 1-5 Classes Begin
August 27	Grades 6 & 9 Orientation
August 27-29	PreK & Kindergarten Orientation Days
August 28	Grades 7, 8, & 10-12 Classes Begin
September 3	PreK & Kindergarten Classes Begin, along with Kindergarten Extended Day Program

NO SCHOOL - HOLIDAYS/VACATION DAYS/PROFESSIONAL DEVELOPMENT

August 30 - Sept. 2	Labor Day Weekend
October 14	Columbus Day
October 15	Professional Development
November 11	Veteran's Day
November 28 - 29	Thanksgiving Break
December 23 - 31	December Break
January 1	New Year's Day Observed
January 20	Martin L. King, Jr. Day
February 17 - 21	February Break
March 3	Primary Election Day/Professional Development
April 20 - 24	April Break
May 5	Town Election Day/No School Students & Staff
May 25	Memorial Day

EARLY RELEASE ALL SCHOOLS

November 27	Thanksgiving Break
December 5	Professional Development
February 5	Professional Development
April 1	Professional Development
April 10	Early Release
May 19	Professional Development
June 16	Tentative last student day

Kindergarten AM/PM Sessions – In order to achieve equity in instructional time, the Early Release days in November - March, AM students will attend; PM students will have no school. For the Early Release days in April - June, PM students will attend in the morning; AM students will have no school.

MAJOR RELIGIOUS & CULTURAL HOLIDAYS

*August 11- 12	Eid al-Adha
*September 29 - October 1	Rosh Hashanah
October 8 - 9	Yom Kippur
**October 27	Diwali
*December 22 - 30	Chanukah
December 25	Christmas
December 26 - January 1	Kwanzaa
January 7	Orthodox Christmas
January 25	Lunar New Year
*April 8 - April 16	Passover
April 10	Good Friday
April 12	Easter
April 19	Orthodox Easter
*April 23 - May 23	Ramadan
*May 23 - 24	Eid al-Fitr

* Observance begins at sundown of the first day (circled).
 **Celebrations may occur on days preceding and following this date.

Please see polices related to celebrating holidays on back of calendar.

NO SCHOOL/NO WPC **NO SCHOOL/WPC PROGRAM OFFERED**

KEY

No School ALL Schools / Early Release ALL Schools
 Religious & Cultural Holidays 5 Snow Days
BOLD #'s Conference Days

Important note to staff & parents: June 17 - 23 are possible school days. It is highly recommended that you reserve these days.

WPC Sessions and Special Programs Color Legend

Session 1
Session 2
Session 3
Session 4
Session 5

Westford Partnership for Children (WPC)

Special Programs

We've got you covered!

For additional support, WPC provides parents and children with 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.

Previous Special Program visits include: Fenway Park and Franklin Park Zoo in Boston; Maple Sugaring at Moose Hill Wildlife Sanctuary in Sharon; APEX Entertainment Center in Marlborough; Honey Pot Hill Orchards in Stow; Extreme Craze Air Park in Londonderry, NH; SEE Science Center in Manchester, NH; N.E. Pirate Museum, Salem Witch Museum, and House of the Seven Gables and more!



*Clockwise from top:
A day in Salem, MA; a visit to the Cape Verde exhibit at the
Museum of Science; and a balancing act at the
Tyngsboro Sports Center.*

Photos courtesy of Kim Smith

Look out for

WPC 2020 February Vacation Special Programs

- Affordable, high quality programming
- Experienced, dedicated staff
- Exciting outdoor and indoor activities

Grades: K-8
Dates: Tuesday-Friday, February 18-21
Time: 7:00 a.m. - 5:45 p.m.
Fee: \$85 per day for WPC participants
\$95 per day for nonparticipants
To meet at: Drop-off information will be on the
Special Program Registration Form.

Itinerary

Tuesday, February 18:

Altitude Trampoline Park and Tyngsboro Sports Center

Enjoy one hour of jumping at *Altitude* in Pelham, NH, then head off to *Tyngsboro Sports Center* for lunch and open play (hula hoops, soccer balls, frisbees, and more) on their turf fields.

Wednesday, February 19:

Snow Tubing and SEE Science Center

Spend the day in Manchester NH, snow tubing at *McIntyre Ski Area*, followed by a visit to *SEE Science Center* for a guided tour of their hands-on exhibits.

Thursday, February 20:

Chuck E Cheese and Creature Teachers – Your Animal Ambassadors

Includes 90 Minutes of All-You-Can-Play at *Chuck E Cheese*, plus two slices of pizza, unlimited drinks, and goodie bag with prizes. Later, *Creature Teachers* from Littleton will bring both local and exotic animals to learn about, and (if brave enough) maybe even touch!

Friday, February 21:

Time to Clay and Movie Time

Create works of art at *Time to Clay* in Nashua, NH, then head back to *Parks & Rec* to relax with a movie. A low-key end to a great vacation week!

To learn more or to register:

Visit **WPC Special Programs** on the
WPC About page at westfordrec.com.



2020 Westford Summer Camp & Activity Fair

When:

Saturday, January 25, 11:30 a.m.- 2:00 p.m.

Where:

Crisafulli Elementary School
13 Robinson Road, Westford, MA

Cost:

FREE! Refreshments and snacks included

Meet representatives from some of the strongest athletic, recreational, academic, and artistic programs in the region - programs include:

- Sports
- Arts & Crafts
- Drama
- Soccer
- Overnight Camp
- Day Camp
- Computers
- Science
- Tennis
- Music
- Dance
- And more!

For more information call 978-692-5532



KURT KELLY MEMORIAL FOUNDATION

Thanks to the KDK Foundation summer financial aid scholarships, a number of children in the community were able to attend Westford Recreation programs such as Kids Club and Destination Exploration.

Westford Recreation is pleased to announce that the KDK Foundation will continue its generous support of community youth with financial aid scholarships for the 2019-2020 Westford Partnership for Children (WPC) After School Enrichment Program.

The KDK Foundation, established in memory of Kurt Kelly, has helped youth hockey players in the town of Chelmsford in need of financial assistance. In June of 2014, the Foundation expanded its scope to include supporting local individual and community needs.

For more information visit kdkfoundation.org



Adult Programs

Aikido at Mill City

Aikido—a unique martial art—pairs self-defense with the development of confidence and compassion. Non-aggressive, 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: September 9-October 28
(eight-week session)

Session 2: January 6-February 24
(eight-week session)

Time: Drop-in up to three times a week:
Mondays 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, Mark Jackson

Badminton

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. The preferred birdies: Aeroplane Excellent Grade EG1130 Black Label, can be found at shuttlecock101.com. Max 20 participants.

Ages: 18 and older

Tuesdays

Session 1T: September 10, 17, 24, October 1, 8, 22, 29
November 5 (eight-week session)
Makeup date: November 12

Thursdays

Session 1Th: September 12, 19, 26, October 3, 10, 17, 24, 31 (eight-week session)
Makeup date: November 7

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

Fee: \$5 drop-in fee per night

Location: Blanchard School Gym

School activities take precedence.



Photograph courtesy of WPC Site Director, Kim Smith

Adult and Child Archery

Learn the sport of archery with your child. Lessons focus on eye dominance, archery safety rules, and proper shooting techniques. No children will be allowed to participate alone. Registration and payment are required for both the adult and child who are participating. Max 15 participants.

Ages: 8 and up

Dates: Wednesdays
September 4, 11, 18

Rain date: September 25
Time: 6:00-6:45 p.m.

Fee: \$45 Resident/\$50 Nonresident

Location: Frost Field

Instructor: Colleen Johnson

CPR, AED, and First Aid

Seasoned instructor, Ken Brooks, provides 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 accessible course materials.

Ages: 9 and older

Dates: Wednesday
September 18, November 13, March 11

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

Fee: \$75 Resident/\$85 Nonresident

Location: Westford Parks & Recreation
65 Main Street, 3rd Floor Conference Room

Adult Premier Golf School with *Seth Dichard*

Voted Golf Digest *Best Teachers* by State (2017-18)

This five-week comprehensive program is designed for new players or beginners who are continuing their education. Instruction includes the development of proper short and long game techniques as well as teaching the fundamentals of all great players.

The Adult Premier Golf School is the perfect program for entry level golfers with little or no previous instruction. It's also a great format for couples who wish to learn together. Max 5 participants.

Program details:

- Five hours of professional instruction
- Major fundamentals
- Short game techniques
- Basic swing theories
- Rules and etiquette
- Limited equipment available (no additional cost)
- Top-notch instruction from Seth Dichard Golf School staff instructors.

Thursdays

Session 1: November 14, 21, December 5, 12, 19

Session 2: January 9, 16, 23, 30, February 6

Session 3: February 20, 27, March 5, 12, 19

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

Fee: \$270 Resident/\$280 Nonresident

Location: Tyngsboro Sports Center
18 Progress Avenue
Tyngsboro, MA



Qi Gong and Tai Chi – Self-Care Investments

Qigong and Tai Chi synchronize slow flowing movements, rhythmic breathing, and a calm, present state-of-mind, to help you reduce stress, improve balance, expand range-of-motion, and strengthen the immune system.

Each session meets once a week for four weeks.

Relieving Stress and Anxiety with Qigong and Tai Chi

Session 1: Thursdays
October 3, 10, 17, 24

Preserving My Health with 12-Method Qigong

Session 2: Thursdays
November 7, 14, 21, December 5

New Year – New Me with Circular Tai Chi

Session 3: Thursdays
January 9, 16, 23, 30

Time: 7:00-8:00 p.m.

Fee: \$50 Resident/\$60 Nonresident

Location: Tranquility Wellness, 235 Littleton Road,
Unit 1, Westford

Instructor: Dave Crocker of *Cultivating Qi*

Volleyball (Co-ed) Beginner to Intermediate

Enjoy a friendly, non-competitive evening of volleyball.

Dates: Tuesdays
September 10, 17, 24
October 1, 8, 22, 29
November 5, 12

Dates: Fridays
September 13, 20, 27
October 4, 11, 18, 25
November 1, 8, 15

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

Fee: \$5 drop-in fee per night

Location: Abbot School Gymnasium

School activities take precedence.

Youth Programs

Archery for Children



Beginner Archers:

Learn the basics with a focus on eye dominance, archery safety rules, warm-up exercises, proper shooting techniques, and archery games.

Returning Archers:

Those who have taken "beginner archery" with Westford Parks & Recreation will cover the same topics at a faster pace. Enjoy some friendly competition as you improve your new skills.

Ages: 8-17
Dates: Thursdays
September 5, 12, 19
Rain date: September 26
Time: 6:00-6:45 p.m.
Fee: \$45 Resident/\$50 Nonresident
Location: Frost Field
Instructor: Beth McKeeman

Junior Premier Golf School with Seth Dickard

The Junior Premier Golf School provides a thorough introduction of the game to girls and boys who are beginners or experienced beginning "junior" players looking to further develop their fundamentals. The program incorporates fun and games while covering in detail all aspects of the game, from the history of golf, to full swing fundamentals. Max 5 participants.

School includes four hours of professional instruction covering:

- Major fundamentals
- Short game techniques
- Basic swing theories
- Rules and etiquette
- Top-notch instruction from Seth Dickard Golf School staff instructors
- Junior Premier Golf School Completion Ceremony

Limited equipment available (no additional cost).

Ages: 8-16

Thursdays

Session 1: November 14, 21, December 5, 12
Session 2: January 9, 16, 23, 30
Session 3: February 20, 27, March 5, 12
Session 4: March 19, 26, April 2, 9

Time: 5:00-6:00 p.m.
Fee: \$180 Resident/\$190 Nonresident
Location: Tyngsboro Sports Center
18 Progress Avenue
Tyngsboro, MA

"I first approached Seth as an average junior golfer with ambitions to improve. My ambitions soon changed when I improved significantly as a player under his instruction. Today, I am playing professionally on both the LPGA and European LPGA Tours. I owe him so much for all the success he has brought me."

– Alison Walshe, LPGA Tour Player, Westford Native, and Westford Academy Athlete

**18 years of professional teaching experience
and over 16,000 lessons taught!**



Photo courtesy of Beth McKeeman

Archery with Instructor Beth McKeeman at East Boston Camps

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

Impact Speed and 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 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. Weekly tests will include the 40-yard dash, L Drill, Illinois Test, and the Broad Jump.

Grades: 3-12

Tuesday and Thursdays

Session 1: September 10, 12, 17, 19, 24, 26
October 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
Fee: \$240 Full Session – Drop-in \$20 per class

Session 2: November 12, 14, 19, 21
December 3, 10, 12, 17, 19
Fee: \$135 Full Session – Drop-in \$20 per class

Session 3: January 7, 9, 14, 16, 21, 23, 28, 30
February 4, 6, 11, 13
Fee: \$180 Full Session – Drop-in \$20 per class

Session 4: February 25, 27, March 5, 10, 17, 19, 24,
26, 31, April 2, 7, 9, 14, 16
Fee: \$210 Full Session – Drop-in \$20 per class

Time: 6:15-7:15 p.m.
Location: Nabnasset School Gym

NEW! Impact Sprint Squad with *D.J. Brock*

Impact Sprint Squad is a sprint development program for athletes interested in track and field competition and "getting faster". The program helps prepare athletes for events such as the 55m, 100m, and 400m, with training based on the improvement of linear speed, sprint mechanics, and explosive power, to help athletes tap into their potential.

The practices will prepare athletes to race at a competitive level as they develop a love for the sport. Sprint Squad can also help athletes prepare for Football Combine Drills.

Grades: 4-12

Monday and Wednesdays

Session 1: September 9, 11, 16, 18, 23, 25, 30
October 2, 7, 9
Fee: \$150 Full Session – Drop-in \$20 per class

Time: 6:00-6:45 p.m.
Location: Stony Brook Middle School Track

Participation in athletics is more than just physical activity. It also helps promote social and emotional well being. Whether your child has the potential to compete at Olympic level, or is just interested in participating in a team sport, Impact Speed & Agility can help them reach their goal.
– D.J. Brock

Rock Climbing at MetroRock

MetroRock, the newest rock climbing gym in Massachusetts, provides a fun and safe arena for kids to experience the challenging world of climbing. At MetroRock, children will push themselves physically and mentally as they learn climbing skills and techniques in a fun and social environment. MetroRock's low student-to-instructor ratio ensures individualized attention, plus kids will receive a free membership to the gym for the duration of the session to practice their new skills. A signed waiver must be on file with MetroRock before the beginning of the session.

Grades: 3-8

Wednesdays

Session 1: September 11, 18, 25 October 2, 9, 16
Session 2: October 30, November 6, 13, 20
December 4, 11

Time: 3:30-5:30 p.m.
Fee: \$225 per 6 week session
Instructor: MetroRock Gym Instructors
Location: MetroRock Gym, The Point Complex
Littleton, MA



Photo courtesy of Allison Gould

Left photo: Coach Brock's student athlete, Elliana Tweedie, at the USATF N.E. Jr. Olympic Track & Field Championship.
Right photo: Coach D.J. Brock.



The Mill Works

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

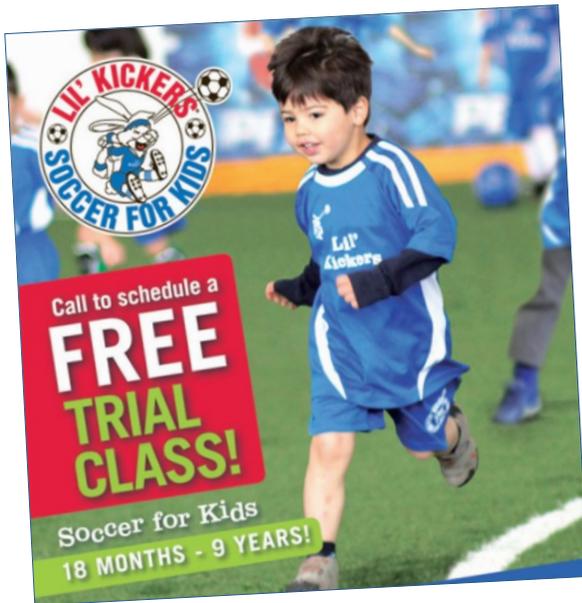
Come visit The Mill Works where your family's options for sports, fitness, arts and education are all under one roof! Our 180,000 square foot facility houses six hardwood courts, two turf fields, one multipurpose area for six badminton courts and more: a fitness center with free weights, cardio, cycling, group classes, an athletic performance center for strength and conditioning, speed and agility, pickleball, table tennis, an indoor track, yoga, music/theater works!, and birthday parties and special events. We offer leagues, camps, clinics, tournaments and special programming.

We also partner with resident businesses: Emerson Hospital's Center for Rehabilitative and Sports Therapies, Flippin' Out Gymnastics, TA-DAH! Studio of Dance, and CSA Graphics.

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

**Come to The Mill Works on September 7th
1:00 to 3:00 p.m. for our Open House**



This award-winning child development program uses soccer to help children tackle important developmental milestones through age-appropriate and fun-filled activities.



**THE MILL WORKS
YOUR HOME FOR FAMILY FUN
visit us at millworkswestford.com**

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

Nitehawks Fall Cross Country Track

Get those legs in motion this fall while enjoying the sport of cross-country running. Runners will be trained by USATF certified coaches to improve their running technique and ability – it's a sport the whole family can enjoy together. Practices are held every Tuesday as a team and individual workouts will be provided to those who want to train more on their own. There are several meets during the season to choose from including: The Wayland Cross-Country Challenge, The Mayor's Cup, The Candy Run, and The Turkey Trot. Come get fit, become a better runner, and most importantly – have fun! Max 45 participants.

Ages: 6-14
Dates: Tuesdays
September 3-October 29
Time: 5:30-6:45 p.m.
(Time will be adjusted as the light fades)
Fee: \$95 Resident/\$105 Nonresident
(Covers practices and uniform cost)
Location: Stony Brook Middle School Track

Nitehawks Winter Indoor Track and Field

Join us for some fun while learning the sport of track and field. Young athletes will be trained by USATF certified coaches to improve their running, jumping, and throwing abilities through games and obstacle courses tailored to the young track and field athlete. The season will finish with the Northeast Indoor Classic, date TBA. Max 32 participants.

Grades: 1-4
Dates: Wednesdays
December 11- March 4
(No classes during school vacations)
Time: 5:00-6:00 p.m.
Fee: \$150 Resident/\$160 Nonresident
(Includes uniform and Northeast Indoor Classic meet.)
Location: The Mill Works

Nitehawks Elite Indoor Track

Enjoy a combination of special training and fun while learning the sport of track and field. Athletes will be trained by USATF certified coaches to improve their running, jumping, and throwing technique throughout the winter months. What a great way to prepare for track programs in the spring. The season will finish with the Northeast Indoor Classic, date TBA. Max 28 participants.

Grades: 5-8
Dates: Wednesdays
December 11-March 4
(No classes during school vacations)
Time: 6:00-7:15 p.m.
Fee: \$150 Resident/\$160 Nonresident
(Includes uniform and Northeast Indoor Classic meet.)
Location: The Mill Works

Nitehawk instructors are US Association of Track and Field (USATF) certified coaches that use the latest in training and conditioning techniques.

Volleyball with Marie Henderson

Learn the skills of this team focused sport in a relaxed, pressure free environment. Instruction will develop volleyball fundamentals such as, serving, passing, setting, hitting, and defense/offense strategies.

In Session 1 (Clinic Level 1-2) players will learn the basics and develop proper techniques.

In Session 2 (Clinic Level 2-3) current players will prepare for Club Level tryouts.

Formerly a D1 player at Northeastern University, Coach Henderson has 28 years of coaching experience, with 15 years as the Head Varsity Coach at Westford Academy. She is also a certified Volleyball Official for both local and regional counties. Max 20 participants.

Grades: 6-8
Session 1:
Dates: November 12-14 (Tuesday-Thursday)
Grades: 8-10
Session 2:
Dates: November 19-21 (Tuesday-Thursday)
Time: 6:00 - 7:30 p.m.
Fee: \$115 Resident/\$125 Nonresident
Location: Westford Academy - Aux Gym



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 University and FSU (School record holder Decathlon and indoor Pentathlon).

Coach - Stephanie Schneider: USA Track and Field New England Youth Social Media, over 10 years of coaching youth athletics, 5K Runner and Biathlon athlete and coach.

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to Forestry and Sporting Clays

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westfordsportsmensclub.org

OPEN HOUSE
September 28, 2019
12:00 to 4:00 p.m.

- Hot dogs, snacks, and more!
- Children's activities and special events.
- Club grounds available for viewing.



SAVE THE DATE

Westford Sportsmen's Club, Inc.
**39th Annual Children's
Fishing Derby**

April 2020, Date to be Determined
8:00 -11:00 a.m.
RAIN or SHINE
Refreshments and Prizes.
Free Admission!

Squirt Programs

Lil' Chippers Golf with Seth Dichard

The Lil' Chippers Golf Clinics provide a fun, interactive environment for introducing young girls and boys to the game of golf. These 45-minute classes feature simplified short game and full-swing techniques, as well as basic rules and etiquette. Max 5 participants.

School includes three hours of professional instruction covering:

- Basic rules and etiquette
- Simplified short game
- Full-swing fundamentals
- Lil' Chippers Golf School Completion Ceremony

Limited Equipment Available (No Additional Cost)

Ages: 4-7

Thursdays

Session 1: November 14, 21, December 5, 12

Session 2: January 9, 16, 23, 30

Session 3: February 20, 27, March 5, 12

Session 4: March 19, 26, April 2, 9

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

Fee: \$135 Resident/\$145 Nonresident

Location: Tyngsboro Sports Center
18 Progress Avenue
Tyngsboro, MA

Soccer for Pre-K/Kindergarten

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

Ages: 4-5

Wednesdays

Session 1W: September 11, 18, 25
Rain date: October 2

Thursdays

Session 1Th: September 12, 19, 26
Rain date: October 3

Time: 6:00-6:45pm

Fee: \$45 Resident/\$55 Nonresident

Location: Nabnasset School Field

Instructor: WPC Site Director Sara Waterman

Soccer for Tiny-Tots

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: September 9, 16, 23
Rain date: September 30

Tuesdays

Session 1T: September 10, 17, 24
Rain date: October 1

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

Fee: \$40 Resident/\$50 Nonresident

Location: Nabnasset School Field

Instructor: WPC Site Director Sara Waterman

New!

Pre Tee Ball



What a great introduction to the world of baseball!

Let Tim French, Nick Larsen, and their knowledgeable staff, introduce your little player to the fundamentals of baseball.

Players will practice basic skills through a variety of developmentally appropriate drills and activities designed to make learning the game of baseball fun. Skills learned will be applied by the players during game scenarios. Please bring a glove, water bottle, sneakers, and comfortable clothing.

Parent participation recommended.

Tuesdays

Dates: September 10, 17, 24, October 1, 8
Make-up: October 15

Ages: 3-6

Time: 5:30-6:30 p.m.

Fee: \$80 Resident/\$90 Nonresident

Location: Frost Field, 65 Main Street

Instructor: Tim French, Nick Larsen and staff



NASHOBA YOUTH HOCKEY BEGINNER PROGRAMS

Learn to Skate

Designed for boys and girls who are looking to either learn to skate or to improve their skating skills.

- No previous skating experience is required.
- Participants will learn basic skating skills including stance, stopping and proper stride. As students progress, they will learn more advanced techniques. including backwards skating, crossovers, edge work and acceleration.
- Skaters are evaluated and grouped according to their skill level. Skaters are continuously evaluated and reassigned when ready for the next group.

Ages: 3-14
Session 1: Begins October 13th 2019 and runs for 10 consecutive Sundays
Session 2: Begins January 5th 2020 and runs for 10 consecutive Sundays
Time: 3:30 to 4:30 p.m.
Location: Nashoba Valley Olympia in Boxborough
Cost: \$150
Instructor: Amy Lowe and NYH coaches



Learn to Play Hockey

Designed for boys and girls who are looking to learn the game of hockey and develop their hockey skills.

- Based on the American Development Model (ADM) used by USA Hockey, participants will learn the basic skills of hockey including stick handling, passing, shooting, skating skills and team work.
- Prior skating skills are required. The program is designed for skaters who have not previously been and are not currently on a hockey team.

Ages: 3-14
Session 1: Begins October 12th 2019 and runs for 10 consecutive Saturdays
Session 2: Begins January 4th 2020 and runs for 10 consecutive Saturdays
Time: 7:40 to 8:40 a.m.
Location: Skate 3 Ice Arena in Tyngsboro
Cost: **FREE for residents of Westford, Littleton, and Tyngsboro*.**
All participants will receive a Nashoba Youth Hockey jersey.
Instructor: Amy Lowe and NYH coaches

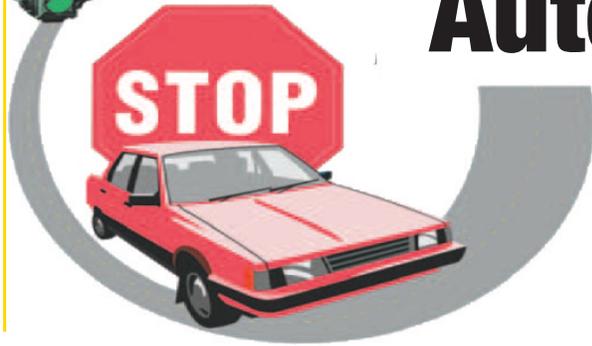


For information on equipment needed and to register, please visit Nashobahockey.com

**Special thanks to the KDK Foundation for enabling NYH to offer this program for free to residents of these towns.*



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www.NashobaValleyAutoSchool.com

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- 30 hours of classroom instruction
- 12 hours behind the wheel instruction
- 6 hours observation time
- 2 hour parent class





Tennis for Adults with Marcus Lewis

Westford Parks & Recreation partners with the **Marcus Lewis Tennis Extension Program (MLTEP)** to offer the highest quality instruction and 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 nearly 20 years. The 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, this will provide Westford residents with year-round opportunities to play tennis.

To register, or to learn more about the MLTEP Programs, email westford@marcuslewisenterprises.com.

Fall Adult Beginner Tennis

Learn the basics of tennis with Donna Holmes: P.T.R. Emphasis will be on stroke fundamentals, footwork, and court positioning. Max 10 players.

Dates: Wednesdays
September 4, 11, 18, 25, October 2, 9, 16
Rain date: October 23
Time: 9:00-10:30 a.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts

Dates: Fridays
September 6, 13, 20, 27, October 4, 11, 18
Rain date: October 25
Time: 5:30-6:30 p.m.
Fee: \$112 Residents/\$122 Nonresident
Location: Stony Brook Middle School Courts

Cardio Tennis

If you want to make the most of every moment on the court this cardio class is the right fit for you. The focus is on movement and ensuring that you get a cardio workout while also hitting a lot of balls. The class is fast, focused, and guaranteed to leave you feeling as though you've had some great exercise. Max 10 players.

Dates: Mondays
September 9, 16, 23, 30, October 7
Rain date: October 21
Time: 6:30-8:00 p.m.
Fee: \$120 Resident/\$130 Nonresident
Location: MLTC West, 102 Nonset Path, Acton, MA

Adult "Try Tennis" (FREE!)

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. Just sign up and show up. Equipment is provided. Max 10 players.

Dates: Thursdays
September 5, 12, 19
Time: 9:00-10:00 a.m.
Fee: Free classes, \$10 registration fee
Location: Stony Brook Middle School Courts

If you want to continue you can register for the remainder of the session. Remaining session details:

Date: Thursdays
September 26, October 3, 10, 17
Rain date: October 24
Time: 9:00-10:00 a.m.
Fee: \$64 Resident/\$74 Nonresident
Location: Stony Brook Middle School Courts

Fall Adult Advanced 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. Max 10 players.

Advanced Beginner

Dates: Saturdays
September 7, 14, 21, 28 October 5, 12, 19
Rain date: October 26
Time: 8:00-9:30 a.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts

Intermediate Tennis

Dates: Thursdays
September 5, 12, 19, 26, October 3, 10, 17
Rain date: October 24
Time: 7:00-8:30 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: MLTC West, 102 Nonset Path, Acton, MA
Dates: Fridays
September 6, 13, 20, 27, October 4, 11, 18
Rain date: October 25
Time: 9:00-10:30 a.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts

Tennis for Squirts with Marcus Lewis

Junior Tennis Clinics

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.

Westford Parks & Recreation partners with the Marcus Lewis Tennis Extension Program (MLTEP) to offer high 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. Max 10 players.

RED Ball - Level 1

This session for first timers with popular Westford instructor, Donna Holmes, is a perfect introduction to tennis skills and the development of good hand-eye coordination. Emphasis is on having fun with the racquet and ball. Max 10 players.

Dates: Wednesdays
September 4, 11, 18, 25, October 2, 9, 16
Rain date: October 23
Time: 4:00-5:00 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

RED Ball - Level 2

This is great for children who have taken some lessons and have good hand-eye coordination. Emphasis is on fun and developing good ground strokes and volleys. Racquet required. Max 10 players.

Dates: Mondays
September 9, 16, 23, 30, October 7
Rain date: October 21
Time: 5:00-6:00 p.m.
Fee: \$80 Resident/\$90 Nonresident
Location: Stony Brook Middle School Courts

RED Ball - Level 1 and Level 2

For those of you who prefer Saturdays to weekdays, this class is available to both level 1 and level 2 players. Max 10 players.

Dates: Saturdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26
Time: 9:30-10:30 a.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts



Fun times with the Marcus Lewis Tennis Extension Program (MLTEP) at the Stony Brook Middle School Courts in Westford.

Tennis for Youth with Marcus Lewis

ORANGE Ball

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. Max 10 players.

Ages: 8-10

ORANGE Ball - Level 1

Dates: Tuesdays
September 3, 10, 17, 24, October 1, 8, 15
Rain date: October 22
Time: 4:00-5:00 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

ORANGE Ball - Level 1

Dates: Thursdays
September 5, 12, 19, 26, Oct 3, 10, 17
Rain date: October 24
Time: 4:00-5:00 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

ORANGE Ball - Level 2

Dates: Wednesdays
September 4, 11, 18, 25, October 2, 9, 16
Rain date: October 23
Time: 5:00-6:00 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

ORANGE Ball - Level 1 and Level 2

Dates: Saturdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26
Time: 10:30-11:30 a.m.
Fee: \$112 Resident/\$122 Nonresident

Racquets are available for purchase - interested?

Email Donna Holmes at donna@marcuslewisenterprises.com, BEFORE the first class. Do not wait until the day of the class as it will take away from the lesson time.

Build a Custom Group

Can't find the class you want, or the time doesn't work with your schedule? Contact MLTEP at westford@marcuslewisenterprises.com.

GREEN Ball

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 ground strokes. Skills worked on will be advanced stroke skills and match strategy. Max 10 players.

Ages: 9-12

GREEN Ball - Level 1

Dates: Tuesdays
September 3, 10, 17, 24, October 1, 8, 15
Rain date: October 22
Time: 5:00-6:00 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

GREEN Ball - Level 2

Dates: Fridays
September 6, 13, 20, 27, October 4, 11, 18
Rain date: October 25
Time: 4:30-5:30 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Stony Brook Middle School Courts

GREEN Ball - Level 1 and Level 2

Dates: Saturdays
September 7, 14, 21, 28, October 5, 12, 19
Rain date: October 26
Time: 11:30 a.m.-1:00 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts



MLTC participants are in their trophy pose position practicing their overheads.



YELLOW Ball, Ages 12+

Experienced and older juniors move to the standard **YELLOW** ball and the standard court size. These clinics are for 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.

Players are coached and play is critiqued throughout this session. A bus is available from Blanchard to Stony Brook upon dismissal. Racquet required.

YELLOW Ball - Level 1

Beginner. For Middle School players with little knowledge of the game or skills. Players will be taught basic skills including forehand, backhand, serve, volley, and overhead. Max 10 players.

Dates: Mondays
September 9, 16, 23, 30, October 7
Rain date: October 21
Time: 2:30-4:00 p.m.
Fee: \$120 Resident/\$130 Nonresident
Location: Stony Brook Middle School Courts

YELLOW Ball - Level 2

Advanced Beginner/Intermediate. For players who accurately execute basic strokes. Participants must be able to compete in a match with a consistent second serve. Players will form two teams and will improve both strategies and skills required to compete on the competitive level. Max 10 players.

YELLOW Ball - Level 2 for Middle School Players

Dates: Tuesdays
September 3, 10, 17, 24, October 1, 8, 15
Rain date: October 22
Time: 2:15-3:45 p.m.

Dates: Thursdays
September 5, 12, 19, 26, Oct 3, 10, 17
Rain date: October 24
Time: 2:15-3:45 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts

YELLOW Ball - Level 2 for High School Players

Dates: Wednesdays
September 4, 11, 18, 25, October 2, 9, 16
Rain date: October 23
Time: 2:15-3:45 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Robinson School Courts

Match Play for ALL Levels

Program is open to all students who know how to serve, rally, and keep score. This is an opportunity to play singles and doubles and hone your strategic skills. Racquet required. Max 16 players.

Dates: Fridays
September 6, 13, 20, 27, October 4, 11, 18
Rain date: October 25
Time: 2:30-4:00 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Stony Brook Middle School Courts

Junior "Try Tennis" Class

Professional lessons can be somewhat costly, however, that should never be a barrier for kids to get exposed to the game of tennis. The MLTEP is offering a three-class mini session of FREE tennis lessons to any children between the ages of 5-13 who have never had a tennis lesson before. All equipment and supplies are also provided in our "Try Tennis" program. If you are unsure of your child(ren)'s affinity for tennis and want a chance for them to test the waters, then this would be the ideal time to do it. Max 10 players.

Ages: 5-8
Dates: Mondays
September 9, 16, 23
Time: 4:00-5:00 p.m.

Ages: 9-13
Dates: Thursdays
September 5, 12, 19
Time: 5:00-6:00 p.m.

Fee: Free classes, \$10 registration fee
Location: Stony Brook Middle School Courts

If your child enjoys tennis and would like to continue, please register for the remainder of the session:

Junior Try Tennis: Ages 5-8 (Continuing)

Dates: Mondays
September 30, October 7
Rain date: October 21
Fee: \$32 Resident/\$42 Nonresident
Location: Stony Brook Middle School Courts

Junior Try Tennis: Ages 9-13 (Continuing)

Dates: Thursdays
September 26, October 3, 10, 17
Rain date: October 25
Fee: \$64 Resident/\$74 Nonresident
Location: Stony Brook Middle School Courts

To **Register** or to **Learn More** about the MLTEP Programs, email westford@marcuslewisenterprises.com.

Sports Group Contacts

Westford Youth Baseball/Softball

wybsl.com

Men's Slowpitch Softball

eteamz.com/westfordover30sb

Westford Youth Basketball Association

westfordhoops.com

Over 30 Baseball

otbinc.com

Westford Youth Lacrosse

westfordlax.org

Pickleball Information

Ken Smith, kws912831@gmail.com

Westford Flag Football

westfordflag.com

Westford and Acton-Boxborough:**Knights Football and Cheer**

wabknights.com

Men's Soccer

othsl.org

Westford Youth Soccer Association

westforyouthsoccer.com

Nashoba Valley Ski Racing

skinashoba.com

Nashoba Youth Ice Hockey

nashobahockey.com

Westford Youth Wrestling

westforyouthwrestling.com

Westford Parks, Recreation
& Cemetery Department
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Westford, MA 01886

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