

Westford Parks & Recreation

Spring-Summer Brochure 2020

Recreation Westford Style...

Westford Partnership for Children
Parks & Rec Site Directors – always at their best.
WPC After School Enrichment for K-8.
Learn more on pg. 4, 6-7

We've got you covered!
WPC Special Programs for parent conferences,
professional development days, and April Break.
Learn more on pg. 8-9

Summer Weekly Programs
Fun, flexible programs with age appropriate
activities for children ages 4 through 16.
Learn more on pg. 30-34

**Bracelet making at the WPC Rec Club,
Stony Brook Middle School.**

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 Furman	
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

The WPC Staff

Parks & Rec's Dedicated Recreational Professionals

The Westford Partnership for Children (WPC) program currently operates at each of the six elementary schools, as well as Stony Brook Middle School. For sixteen years, this program has provided a flexible scheduling approach to high quality after school enrichment programming for the Westford community.

The popularity and success of the WPC program is a direct result of our dedicated and hardworking staff. WPC staff work diligently to form professional and trustworthy relationships with each participant, their parents, and Westford's school staff. This approach results in a comprehensive, engaging, and safe after school enrichment program. Additionally, WPC staff serve as mentors and role models for Westford Academy high school students working as program counselors, helping them gain leadership and interpersonal skills through valuable work experience.

THANK YOU to the WPC staff for their dedicated approach to after school programming. They are another great example of what makes Westford a great community.



*Top row, left to right:
Nick Adams,
Sara Waterman,
Kayla Beliveau,
Colleen Johnson,
Paula Jurewicz,
Tamara DeMaio*

*Bottom row, left to right:
Beth McKeeman,
Tiffany Gintner,
Michelle Collett,
Anne Taylor,
Tiffany Jurewicz*

Photo courtesy of Pam McNiff



Photo courtesy of Site Director Sara Waterman

"Looks like chocolate!" No Bake Cooking at Nabnasset School WPC program.



Photo courtesy of Site Director Beth McKeeman

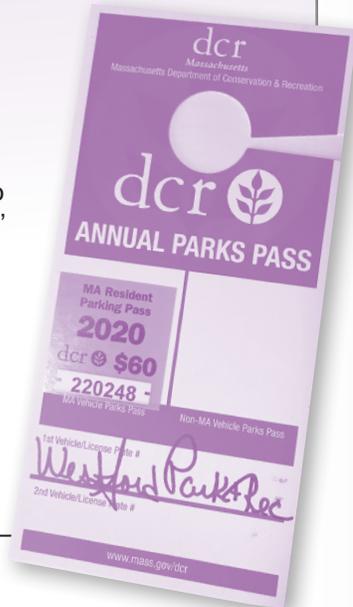
Striking the right note at Robinson School WPC program.

Take a Hike

with the State Parks Pass!

Westford Parks & Recreation and the Massachusetts Department of Conservation and Recreation sponsor the "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.



10th Anniversary

Westford Parks & Recreation Concert on the Common

July 12:

Nashoba Valley Concert Band

Rain date: July 26

August 2:

Momentum Band with Carol Winge

Rain date: August 9

Sundays

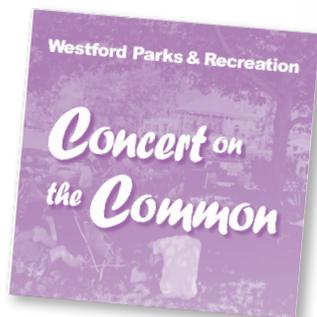
4:00 - 6:00 p.m. (Free!)

Westford Town Common on Main Street

Weather update at westfordrec.com

*Concert on the Common is supported by a grant from the **Mass Cultural Council** and **Westford Cultural Council (WCC)**.*

Thank you!



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, and 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 softball leagues, and 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.

After School Enrichment - WPC

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 15 years:

K-2: Miller, Nabnasset, Robinson

3-5: Abbot, Crisafulli, Day

6-8: Blanchard, Stony Brook

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

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

March 23, Grades PreK - 5, No School, WPC Special 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

The WPC REC Club at Stony Brook includes age appropriate activities, homework help, and social time with friends. Blanchard students are bused to Stony Brook upon dismissal for no additional fee.

Site Director Kevin Bowen referees an authentic game of table-top tennis at Stony Brook Middle School.



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
	2	3	4	5	6	7	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	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	31					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 preceeding and following this date.

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

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
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NO SCHOOL/NO WPC NO SCHOOL/WPC PROGRAM OFFERED

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: Altitude Trampoline Park in Pelham, NH; 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 and Snow Tubing in Manchester, NH; N.E. Pirate Museum and House of the Seven Gables in Salem 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 April Vacation Special Programs

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

Grades: K-8
Dates: Tuesday-Friday, April 21-24
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 noted on the Special Program Registration Form.

Itinerary

Tuesday, April 21:

Museum of Science Boston, MA

Endless educational and interactive exhibits to explore, from the Dinosaurs and "Hall of Human Life" to "Energy in Action" and "To the Moon".

Wednesday, April 22:

Monkey Joe's Danvers, MA

A full day of bouncing, sliding, jumping and other fun in Monkey Joe's wall-to-wall play area.

Thursday, April 23:

Kimball Farm Westford, MA

A morning of bumper boat rides and mini golf, followed by lunch and Kimball's famous homemade ice cream.

Friday, April 24:

Friday Rec Fun Day at Westford Parks & Rec 65 Main Street, 3rd floor and Frost Field

Sports and games, arts and crafts, plus no bake cooking activities. Next up: an afternoon of movie and popcorn!
Optional sign up for morning, afternoon or full day coverage - Friday Only.

To learn more or to register:
Visit **WPC Special Programs** on the WPC About page at westfordrec.com.

Westford Parks & Recreation SUMMER WEEKLY PROGRAMS

REGISTER AND PAY BEFORE JUNE 1st FOR A 10% DISCOUNT

Learn more about our amazing summer programs!

Summer Beach Party at East Boston Camps (EBC)
What better way to start and finish a sun-filled summer.
Ages 4-14, Learn more on page 31.

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

Destination Exploration with Junior Explorers:
Classic summertime activities at East Boston Camps.
Ages 4-14, Learn more on page 33.

Leadership Program for Teens
Creative thinking, team building, CPR/First Aid Certification, and CIT program (Counselors in Training).
Entering grades 9-11, Learn more on page 34.



KURT KELLY MEMORIAL FOUNDATION

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.

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

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. 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 2-April 26 (eight-week session)
Session 2: May 4-June 28 (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

Adult and Child Archery

Lessons will focus on eye dominance, archery safety, warm-up exercises, proper shooting techniques, and archery games. Registration required for each participant. Max 8 participants.

Ages: 8 and up
SPRING Wednesdays
Session 1: April 8, 15, 29 (Makeup: May 6)
Session 2: May 13, 20, 27 (Makeup: June 3)
SUMMER Wednesdays
Session 1: June 24, July 8, 15 (Makeup: July 22)
Session 2: July 29, August 5, 12 (Makeup: August 19)
Time: 6:30-7:15 p.m.
Fee: \$50 Resident/\$60 Nonresident
Location: Frost Field
Instructors: Colleen Johnson and Elisabeth McKeeman, Certified Instructors

Badminton

Come join a fast, fun, and social game that can be played and enjoyed by people of all ages and all experience levels.

The preferred birdies are Aeroplane Excellent Grade EG1130 Black Label™ birdies. They can be found at www.shuttlecock101.com. Max 20 participants.

Ages: 18 and older
Dates: Thursdays
April through June
Time: 6:30-9:00 p.m.
Fee: \$5 drop-in fee per night
Location: Blanchard School Gym

For more information, contact Michelle Collett at mcollett@westfordma.gov

School activities take precedence.

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, March 11
Thursday, May 14
Thursday, June 11
Thursday, August 13
Thursday, September 24
Time: 6:00-10:00 p.m.
Fee: \$75 Resident/\$85 Nonresident
Location: Westford Parks & Recreation
65 Main Street
3rd Floor, Conference Room



Photo courtesy of Beth McKeeman

Archery with Instructor Beth McKeeman at East Boston Camps



Seth Dichard Golf Schools

Seth Dichard is a Top 100 Instructor honored by the World Golf Teachers Federation and a Certified USGTF Master Teaching Professional. He was recently recognized by Golf Digest and New England Golf Monthly as one of the best teachers in New England.

Class Location: World Cup Golf Center
4 Friel Golf Road
Hudson, NH 03051

Women's Premier Golf School

A great introduction for women interested in the game of golf. Learn fundamental skills, to include basic rules, etiquette, and terminology. Recommended for entry level golfers who want to learn in a non-intimidating environment. Max 8 participants.

Ages: 18 and older

Tuesdays

Session 1: April 28, May 5, 12, 19, 26, June 2
Session 2: June 16, 23, 30, July 7, 14, 21
Session 3: August 4, 11, 18, 25, September 1, 8

Time: 6:00-7:30 p.m.
Fee: \$360 Resident/\$370 Nonresident
Instructor: Eric Leith, PGA
Seth Dichard Golf Schools

Adult Premier Golf School

Designed for men and women who are new to golf, or for beginner players looking to advance their game. Learn the fundamentals that include the development of proper short and long game techniques. The program format is a perfect fit for couples. Max 8 participants.

Ages: 18 and older

Wednesdays

Session 1: April 29, May 6, 13, 20, 27, June 3
Session 2: June 17, 24, July 1, 8, 15, 22
Session 3: August 5, 12, 19, 26, September 2, 9

Time: 6:00-7:30 p.m.
Fee: \$360 Resident/\$370 Nonresident
(per person)
Instructor: Eric Leith, PGA
Seth Dichard Golf Schools

Adult Lesson & Play Program

For players interested in more intensive instruction. This program includes a 60 minute clinic with either 3, 6 or 9-holes on an exclusive 3-hole private practice course. For beginner to experienced beginner adult players who've had professional instruction and/or playing experience. Max 8 participants.

Ages: 18 and older

Thursdays

Session 1: May 14, 21, 28, June 4
Session 2: June 18, 25, July 2, 9
Session 3: July 23, 30, August 6, 13

Time: 6:00-7:00 p.m. lesson, 7:00 p.m. play golf
Fee: \$180 Resident/
\$190 Nonresident
Instructor: Eric Leith, PGA,
Seth Dichard Golf Schools



Pickleball

Pickleball – a cross between tennis, ping pong, and badminton – is played on half the size of a tennis court. This two session Beginner Clinic is for those who have never played the game or have limited playing experience. Instruction includes developing skills such as the serve, serve return, and net play, as well as learning the basics of pickleball strategy.

Drill and skill your way to greater pickleball playing with this fun, easy to learn game that can be played by all ages.

Tuesday and Wednesday

Ages: 16 and older

Session 1: May 12 and 13
Rain date: May 14 and 15
Time: 1:00-2:30 p.m.

Saturday and Sunday

Session 2: May 30 and 31
Rain date: June 6 and June 7
Time: 12:00-1:30 p.m.

Fee: \$25 Resident/\$35 Nonresident
Location: Greystone Field
15 R Russell's Way
Instructor: Ken Smith

Stand Up Paddleboard Yoga with Kristen Lamarre of Solar Flow SUP

Enjoy yoga and stand up paddleboarding *combined* in this truly one of a kind experience on the water. The SUP yoga practice improves balance and core strength as it calms the body and mind in a natural setting.

Classes will begin with practicing proper paddle technique, turning and maneuvering, as well as building confidence as you learn to get on and off the board.

Participants will paddle out, anchor, and begin the class with yoga sequences designed for SUP. All experience levels are welcome – participate at the level you are most comfortable with. Max 6 participants.

Wednesdays

Session 1: June 17, 24, July 1, 8, 15
Makeup: July 22
Session 2: July 29, August 5, 12, 19, 26
Makeup: September 2
Time: 5:30-7:00 p.m.
Fee: Per Class: \$40 Resident/\$42 Nonresident
Per Session: \$175 Resident/\$185 Nonresident
Location: Forge Pond

Kristen is a nature lover, water enthusiast, and yoga instructor. Solar Flow SUP was created around Kristen's passion for both the earth and yoga.

For more information visit SolarFlowSUP.com or email SolarFlowSUP@gmail.com.

Moving & Static Meditation – Healthy Self-Care Investments

Meditation, both moving and static forms, offer a powerful way to enhance your body's natural abilities to heal itself. The moving forms blend slow flowing motions, deep rhythmic breathing and an in-the-moment mind state to improve mind and body calmness, balance (physical-mental-emotional), immune system strength, and sleep quality. Class size is limited to increase the educational value the attendee receives. Max 15 participants.

Each session meets once a week for four weeks.

Thursdays

Introduction to Moving and Static Meditation

Session 1: April 2, 9, 16, 23

Better Mind-Body Balance with Meditation

Session 2: June 4, 11, 18, 25

Time: 7:00-8:00 p.m.
Fee: \$50 Westford Resident/\$60 Nonresident
Location: Cameron Senior Center (2nd floor),
20 Pleasant Street, Westford, MA
Instructor: Dave Crocker

Tennis – Adult Pickup

Men and women at any skill level are welcome every Monday and Wednesday.

Dates: May 4 (Monday) - October 21 (Wednesday)
Time: 10:00 a.m. - 12:00 p.m.
Fee: No charge
Location: Email Dennis at denpkane@gmail.com
or call 978-846-2633 for details.

Volleyball -Adult (Co-ed) Beginner to Intermediate

Enjoy a friendly, non-competitive evening of volleyball.

Dates: Tuesdays and Fridays
April through June
Time: 6:00-8:30 p.m.
Fee: \$5 drop-in fee per night
Location: Abbot School Gymnasium

School activities take precedence.





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, MusicWorks!, a playground with an inflatable park, plus birthday parties and special events. We offer leagues, camps, clinics, tournaments and special programming.

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

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visit us at millworkswestford.com

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

REGISTER for The Mill Works Summer Camps February 27th, 5:30 pm - 7:30 pm

Come meet our **Summer Staff** while your Kids explore the new Inflatables & Playground!



The Mill Works Summer Camps include:
MW Day Camp, Performing Arts
and Sports Intensives

Design Your Own Camp Experience!
Monday - Friday unless otherwise noted
June 22nd to August 21st

Mix and Match Morning and Afternoon Options
Mill Works Camps run from 7:00 am to 6:30 pm

MW Day Camp Offers:
On-Site Field Trips, Inflatables & Playground,
Arts, Creative time, and Sports



Sports Intensive Camps:
Basketball, Table Tennis, Badminton, Fitness Series,
Lacrosse, Soccer, Volleyball, Flag Football, and
Strength & Conditioning

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

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. 39th Annual Children's Fishing Derby



Saturday, April 18, 2020
8:00-10:30 a.m.
Registration starts at 7:30 a.m.

FUN FACTS from last year's fishing derby:

- 149 children attended (from over 25 towns).
- 240 hot dogs eaten.
- 30 dozen donuts snacked on (with 8 dozen gifted to Westford's Police and Fire Depts).

Prizes Awarded
at 11:00 a.m.

**Don't have a
fishing pole?**

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WSC fishing pole
by emailing
wscjrclub@gmail.com

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Expires June 1, 2020

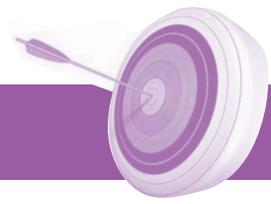
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Maintenance Call
With coupon cannot
be combined.
Expires June 1, 2020



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Youth Programs



Archery

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

Max 4 participants.

Returning Archers 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. Max 4 participants.

Ages: 8-17

SPRING Thursdays

Session 1: April 9, 16, 30 (Rain date May 7)
Session 2: May 14, 21, 28 (Rain date June 4)

Time: 6:30-7:15 p.m.
Fee: \$50 Resident/\$60 Nonresident
Location: Frost Field
Instructors: Colleen Johnson and Elisabeth McKeeman
Certified Instructors

SUMMER Thursdays

Session 1: June 25, July 9, 16 (Rain date July 23)
Session 2: July 30, August 6, 13 (Rain date August 20)

Time: 6:30-7:15 p.m.
Fee: \$50 Resident/\$60 Nonresident
Location: Frost Field
Instructors: Colleen Johnson and Elisabeth McKeeman
Certified Instructors

Flag Football

Learn skills such as passing, catching, running, and offensive/defensive strategies through unique drills, games, and teaching techniques. Theme days, trivia, and a Super Bowl tournament add to the excitement. Bring water bottle, sunscreen, snack, and lunch. Apply sunscreen before arriving. Friday rain dates, if needed. Coed program.

Ages: 7-12

Session 1: July 13-July 16
Session 2: July 20-July 23
Session 3: July 27-July 30

Time: 9:00 a.m.-3:00 p.m.
Fee: \$150 Resident/\$160 Nonresident
Location: Nabnasset School Field
Instructor: Westford Academy Coach, Scott Brown



Field Hockey with WCUFHA, Inc.

WCUFHA, Inc. field hockey clinics teaches beginners to advanced players the essential skills of field hockey in a fun and safe environment. Players will learn to pass, shoot, and score using the latest techniques. Enjoy stick giveaways and fun camp prizes every day.

Equipment needed: mouth guards, shin guards, and a stick. Players may borrow sticks during the week if they do not have one.

Field Hockey April Vacation Clinic

Ages: 11-18
Dates: April 21-24
Time: 9:00 a.m.-1:00 p.m.
Fee: \$150 Resident/\$160 Nonresident
Location: Community Fields at Nutting Road
Instructor: WCUFHA Instructors

Field Hockey Summer Clinic

Ages: 11-18
Dates: July 27-30
Time: 9:00 a.m.-1:00 p.m.
Fee: \$150 Resident/\$160 Nonresident
Location: Community Fields at Nutting Road
Instructor: WCUFHA Instructors

Coach Lauren Chenevert, founder and coach of WCUFHA, Inc., has been the Head Field Hockey Coach for Shrewsbury High School (SHS) since 1999. Her SHS championship history includes: 2012 and 2007 State Finalists; 2009 State Semi-Finalists; 2012, 2009 and 2007 CMass District Champs; and 2004 CMASS District Finalists.

Coach Chenevert was honored with Central Mass Coach of the Year in 2005 and 2007, and has extensive experience that includes Former Futures Elite Assistant Coach, and Cape Cod Classic and Super Sophs Massachusetts State Coach from 1999 to present.

Players coached by Ms. Chenevert have attended Boston College, Bowdoin College, MIT, Tufts, UConn, and UMass, to name a few. Several players have gone on to become Collegiate All-Americans and have won NCAA titles.

Coach Chenevert is a graduate of Springfield College, with a Masters Degree in Education, and a Minor in Coaching.

Junior Premier Golf School Seth Dichard Golf Schools

This program for boys and girls introduces beginners to the game of golf, and provides further instruction of golf fundamentals to more experienced beginner players. The classes are fun and focused with coverage of the history of the game, basic rules and etiquette, short game and full swing fundamentals, and on-course instruction using the Seth Dichard three hole private practice course. A must for any beginning junior player. Max 8 participants.

Ages: 8-17

Tuesday - Friday

Session 1: June 23-26

Session 2: July 7-10

Session 3: July 21-24

Session 4: August 4-7

Time: 9:00 a.m.-12:00 p.m.

Fee: \$315 Resident/\$325 Nonresident

Instructor: Eric Leith, PGA

Location: World Cup Golf Center
4 Friel Golf Road
Hudson, NH 03051

Junior Premier Lesson & Play Program Seth Dichard Golf Schools

Designed for boys and girls who are interested in receiving instruction and playing golf. Each class includes a one hour clinic from 12:30-1:30 p.m. and 9-holes of golf approximately from 1:30-4:30 p.m. Lesson & Play is recommended for juniors who are experienced beginners or intermediate players who have had professional instruction and some playing experience. This program is an ideal continuation for those junior players who have attended the Junior Premier Golf School and will bridge the gap between our Junior Premier Golf Schools and our Junior Players Golf Schools (Ages 10-18). Max 16 participants.

Ages: 8-17

Tuesdays and Thursdays

Session 1: July 7, 9, 14, 16, 21, 23

Session 2: July 28, 30, August 4, 6, 11, 13

Time: 12:30-4:30 p.m.

Fee: Cost Per Day: \$68.00

Cost Per Session 1 OR 2:

\$270 Resident/\$280 Nonresident

Cost for Both Session 1 AND 2:

\$495 Resident/\$505 Nonresident

Instructor: Eric Leith, PGA

Location: World Cup Golf Center
4 Friel Golf Road

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.

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 7-June 18

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

Fee: \$185 Resident/\$195 Nonresident

Location: Stony Brook Middle School Track

Head Coach - Alex Ivanov: Five time USA Track and Field New England Youth Chair; Over 40 years coaching youth athletics (track and field and soccer); Semi-pro Soccer in the Empire State League and Decathlete at RPI.

Coach - Stephanie Schneider: SATF Level 2 Youth Certified Coach; Youth Biathlon Coach and active Biathlete; Preschool teacher in Westford.

Coach - Alex James Ivanov: USA Skeleton National Team (World Cup); Decathlete at Hartford University and FSU (School record holder Decathlon and indoor Pentathlon).

NEW! Volleyball for Boys with Coach Henderson

Learn the basics of this team focused sport in a relaxed, pressure free environment. Instruction will concentrate on the fundamentals of volleyball, including game rules, while developing the skills needed for High School Level competition. Max 20 participants.

Formerly a D1 player at Northeastern University, Coach Henderson has 28 years of coaching experience, with 16 years as the Head Varsity Coach at Westford Academy. Coach Henderson is also a Certified Volleyball Official for both Local and Regional Counties.

Grades: 8-10

Dates: March 9, 10, 11

Time: 4:00-5:30 p.m.

Fee: \$115 Resident/\$125 Nonresident

Location: Westford Academy - Aux Gym

Instructor: Coach Marie Henderson



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PROGRAM INCLUDES:

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



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, and coordination 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. 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.

Ages: Entering grades 4-12

APRIL VACATION SPEED CLINIC

April 20-April 23

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

Fee: \$85 (\$10 Sibling discount)

Location: TBD

SUMMER Mondays-Thursdays

Session 1: June 22-25

Session 2: June 29-July 2

Session 3: July 6-9

Session 4: July 13-16

Session 5: July 20-23

Session 6: July 27-30

Session 7: August 3-6

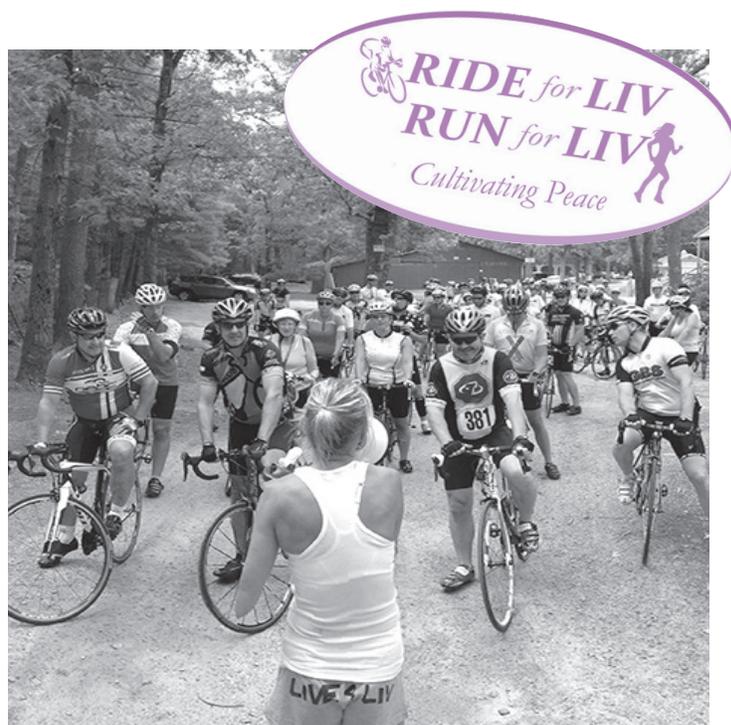
Session 8: August 10-13

Session 9: August 17-20

Time: 6:15-7:30 p.m.

Fee: Session: \$85 (\$10 Sibling discount)

Location: Community Fields at Nutting Road



Live for Liv 10th Anniversary Run

Sunday

8:00 a.m. to 3:00 p.m.

Date to be determined!

- 23 and 50 mile bike rides along the scenic back roads of Westford, Chelmsford, Concord, Carlisle, Groton and Acton.
- 5K run through local neighborhoods, plus a longer 10th Anniversary Run (distance and location still in the works). Stay tuned!

After the ride, enjoy a delicious catered *barbeque along with family-friendly events. There will be ice cream, games, face painting, arts and crafts, massages, raffle items, and merchandise.

**Barbeque is FREE for participants and volunteers. Non-participants will be charged a \$10 fee.*

For event date and details, visit liveforliv.org

To learn more about Liv, and the Live for Liv foundation, visit liveforliv.org

sending ripples of hope and change



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.

Squirt Programs

Lil' Chippers Golf School Seth Dichard Golf Schools

The Lil' Chippers Golf School provides a fun, interactive environment for boys and girls to be introduced to the game of golf. Parents will attend and observe as children engage in this 60 minute clinic that features simplified short-game and full-swing techniques, on-course play and instruction, and basic rules and etiquette while on the golf course. Max 8 participants.

This program is a must for that child who is aspiring to be a little future golfer.

Limited Equipment Available (No Additional Cost)

Ages: 4-7

Saturdays

Session 1: May 2, 9, 16, 23
Session 2: June 6, 13, 20, 27
Session 3: July 11, 18, 25, August 1
Session 4: August 15, 22, 29, September 12

Time: 11:00 a.m.-12:00 p.m.
Fee: \$135 Resident/\$145 Nonresident
Location: World Cup Golf Center
4 Friel Golf Road
Hudson, NH 03051

Soccer for Pre-K/Kindergarten

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

Ages: 4-5

Wednesdays

Session 1W: April 29, May 6, 13 (Rain date: May 20)
Session 2W: May 27, June 3, 10 (Rain date: June 17)

Thursdays

Session 1Th: April 30, May 7, 14 (Rain date: May 21)
Session 2 Th: May 28, June 4, 11 (Rain date: June 18)

Time: 6:00-6:45 p.m.
Fee: \$50 Resident/\$60 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: April 27, May 4, 11 (Rain date: May 18)
Session 2M: June 1, 8, 15 (Rain date: June 22)

Tuesdays

Session 1T: April 28, May 5, 12 (Rain date: May 19)
Session 2T: May 26, June 2, 9 (Rain date: June 16)

Time: 6:00-6:30 p.m.
Fee: \$45 Resident/\$55 Nonresident
Location: Nabnasset School Field
Instructor: WPC Site Director Sara Waterman

WPC Site Director Sara Waterman Loves Soccer!

Sara has worked with children in Westford, grades K-2, for over 8 years, at Nabnasset School, WPC After School Enrichment Program, and the Parks & Recreation Summer Weekly Program, Kids Club. She was an avid soccer player in her youth, playing for over 12 years, and has coached both of her children's soccer teams – four seasons total.

In addition to her work at WPC and Kids Club, Sara has worked closely with Westford Parks & Recreation Coach D.J. Brock, running sports programs and teaching soccer.



Seth Dichard is a Top 100 Instructor by the World Golf Teachers Federation and a Certified USGTF Master Teaching Professional. He was also recently recognized by Golf Digest and New England Golf Monthly as one of the best teachers in New England.



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: April 28, May 5, 12, 19, 26
 Make-up: June 2
 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

Tim French was the High School Baseball Coach for both Bedford High School (eight years) and Nashoba Valley Technical High School (four years).



Learn more about Westford Parks & Recreation programs. Visit westfordrec.com, or come see us at 65 Main Street in Westford.

Westford Partnership for Children (WPC)

Enrichment for Lower Elementary, Grades K-2

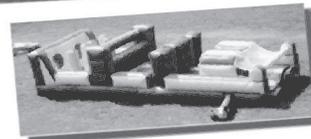
WPC supports **three K-2 elementary schools** in Westford: **Miller, Nabnasset, and Robinson**. The WPC curriculum for grades K-2 reinforces concepts and skills your children learn in school, through simple tasks as well as more complex, challenging interdisciplinary projects. Additionally, children at WPC learn about topics and interests they may not have time to explore during school hours.

The WPC staff promotes three critical concepts in our program: safety, positive youth development, and academic enrichment and support. Learn more about WPC elementary school programs at westfordrec.com, or call Westford Parks & Recreation at 978-692-5532.

The Parks & Recreation WPC program has served eight Westford Public Schools for over fifteen years. The program provides a safe, stimulating, and fun environment for children in K-8, Monday through Friday, from school dismissal until 5:45 p.m.



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Westford Academy CREW

The spring 2020 novice and varsity crew programs are open to all students 8th grade and up in Westford and the surrounding communities.

No experience necessary.

March 30 - June 5, 2020

Visit westfordrowing.com for additional program and contact info.

Register online at familyid.com/organizations/westford-public-school

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



Westford Community Rowing invites you to join us for

National Learn to Row Day

Saturday, June 6, 2020

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
- 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 Westford Community Rowing (WCR) for all ages and levels

For everyone age 13 and up



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 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 27, May 4, 11, 18, June 1, 8
(No Lesson 5/25) Rain date: June 15
Time: 7:00-8:00 p.m.
Fee: \$96 Resident/\$106 Nonresident

Dates: Fridays
May 1, 8, 15, 22, 29, June 5, 12
Rain date: June 19
Time: 10:30-11:30 a.m.
Fee: \$112 Resident/\$122 Nonresident

Dates: Saturdays
May 2, 9, 16, 30, June 6, 13
(No Lesson 5/23) Rain date: June 20
Time: 9:30-11:00 a.m.
Fee: \$144 Resident/\$154 Nonresident

Location: Robinson School

Summer

Dates: Tuesdays
June 23, 30, July 7, 14, 21, 28,
August 4, 11 Rain date: August 18
Time: 6:30-8:00 p.m.
Fee: \$192 Resident/\$202 Nonresident

Location: Stony Brook Middle School Courts

Adult Advanced Beginner Low Intermediate/Intermediate Tennis

If you have the strokes and can keep a rally going relatively well, this is the next step. Develop your abilities with more advanced training and strategy. Players should bring water, racquet, and sunscreen. Max 10 players.

Spring

Advanced Beginner/Low Intermediate

Dates: Saturdays
May 2, 9, 16, 30, June 6, 13
(No Class 5/23) Rain date: June 20
Time: 8:00-9:30 a.m.
Fee: \$144 Resident/\$154 Nonresident

Advanced Beginner/Low Intermediate

Dates: Wednesdays
April 29, May 6, 13, 20, 27, June 3, 10
Rain date: June 17
Time: 6:30-8:00 p.m.
Fee: \$168 Resident/\$178 Nonresident

Round Robin: Low Intermediate/Intermediate

Dates: Fridays
May 1, 8, 15, 22, 29, June 5, 12
Rain date: June 19
Time: 6:00-7:30 p.m.
Fee: \$168 Resident/\$178 Nonresident Date:

Low Intermediate/Intermediate

Dates: Fridays
May 1, 8, 15, 22, 29, June 5, 12
Rain date: June 19
Time: 9:00-10:30 a.m.
Fee: \$168 Resident/\$178 Nonresident

Location: Robinson School



Adult Advanced Beginner Low Intermediate/Intermediate Tennis *continued*

Summer

Low Intermediate/Intermediate

Dates: Fridays
June 26, July 3, 10, 17, 24, 31, August 7, 14
Rain Date: August 21
Time: 6:30-8:00 p.m.
Fee: \$192 Residents/\$202 Nonresident

Advanced Beginner/Low Intermediate

Dates: Saturdays
June 27, July 11, 18, 25, August 1, 8, 15
(No Lesson 7/4) Rain Date: August 22
Time: 8:00-9:30 a.m.
Fee: \$168 Residents/\$178 Nonresident

Beginner/Advanced Beginner

Dates: Saturdays
June 27, July 11, 18, 25, August 1, 8, 15
(No Lesson 7/4) Rain Date: August 22
Time: 9:30-11:00 a.m.
Fee: \$168 Residents/\$178 Nonresident

Location: Stony Brook Middle School Courts

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 30, May 7, 14
Time: 9:30-10:30 a.m.
Fee: \$10 Registration Fee

Location: Robinson School

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

Date: Thursdays
May 21, 28, June 4, 11
Rain date: June 18
Time: 9:30-10:30 a.m.
Fee: \$64 Residents/\$74 Nonresidents

Location: Robinson School

Adult Cardio Tennis

Dates: Mondays
April 27, May 4, 11, 18, June 1, 8
(No Lesson 5/25) Rain date: June 15
Time: 6:00-7:00 p.m.
Fee: \$96 Resident/\$106 Nonresident

Dates: Wednesdays
April 29, May 6, 13, 20, 27, June 3, 10
Rain date: June 17
Time: 9:30-10:30 a.m.
Fee: \$112 Resident/\$122 Nonresident

Location: Robinson School

April Vacation

Marcus Lewis Tennis 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 20, 21, 22, 23
Rain date: April 24
Time: 9:00 a.m.-12:00 p.m.
Fee: \$48/day Residents/\$58/day Nonresidents
Location: Robinson School

All MLTC classes offer a well-rounded approach to the game of tennis that include instruction on proper mechanical technique, stroke production, and match strategy.



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



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 29, May 6, 13, 20, 27, June 3, 10
Rain date: June 17
Time: 4:30-5:30 p.m.
Fee: \$112 Resident/\$122 Nonresident

Dates: Thursdays
April 30, May 7, 14, 21, 28, June 4, 11
Rain date: June 18
Time: 10:30-11:30 a.m.
Fee: \$112 Resident/\$122 Nonresident

Location: Robinson School

RED Ball - Level 2, Spring

Dates: Wednesdays
April 29, May 6, 13, 20, 27, June 3, 10
Rain date: June 17
Time: 5:30-6:30 p.m.
Fee: \$112 Resident/\$122 Nonresident
Location: Robinson School

RED Ball - Level I and Level 2, Spring

Dates: Saturdays
May 2, 9, 16, 30, June 6, 13
(No Class May 23) Rain date: June 20
Time: 1:30-2:30 p.m.
Fee: \$96 Resident/\$106 Nonresident
Location: Robinson School

RED Ball - Level I and Level 2, Summer

Dates: Tuesdays
June 23, 30, July 7, 14, 21, 28, August 4, 11
Rain date: August 18
Time: 5:30-6:30 p.m.
Fee: \$128 Resident/\$138 Nonresident

Dates: Saturdays
June 27, July 11, 18, 25, August 1, 8, 15
(No Lesson 7/4) Rain date: August 22
Time: 11:00-12:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

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 5-7. Please bring water, racquet, and sunscreen.

Dates: Monday-Thursday, Rain date: Friday

Session 1: June 22-25
Session 2: June 29-July 2
Session 3: July 6-9
Session 4: July 13-16
Session 5: July 20-23
Session 6: July 27-30
Session 7: August 3-6
Session 8: August 10-13
Time: 8:30-9:30 a.m.
Fee: \$64 Resident/\$74 Nonresident (4 Days)

Location: Stony Brook Middle School Courts

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

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.

With Orange Ball, 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 28, May 5, 12, 19, 26, June 2, 9
Rain date: June 16
Times: 5:00-6:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

Dates: Thursdays
April 30, May 7, 14, 21, 28, June 4, 11
Rain date: June 18
Times: 5:00-6:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

Location: Robinson School

ORANGE Ball - Level 2, Spring

Dates: Tuesdays
April 28, May 5, 12, 19, 26, June 2, 9
Rain date: June 16
Times: 6:00-7:00 p.m.
Fee: \$112 Resident/\$111 Nonresident

Dates: Thursdays
April 30, May 7, 14, 21, 28, June 4, 11
Rain date: June 18
Times: 6:00-7:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

Location: Robinson School

ORANGE Ball - Level 1 and Level 2, Spring

Dates: Saturdays
May 2, 9, 16, 30, June 6, 13
(No Class May 23) Rain date: June 20
Times: 12:30-1:30 p.m.
Fee: \$96 Resident/\$106 Nonresident
Location: Robinson School

ORANGE Ball - Level 1 and Level 2, Summer

Dates: Wednesdays
June 24, July 1, 8, 15, 22, 29, August 5, 12
Rain date: August 19
Times: 5:00-6:00 p.m.
Fee: \$128 Resident/\$138 Nonresident

Dates: Thursdays
June 25, July 2, 9, 16, 23, 30, August 6, 13
Rain date: August 20
Times: 5:00-6:00 p.m.
Fee: \$128 Resident/\$138 Nonresident

Dates: Saturdays
June 27, July 11, 18, 25, August 1, 8, 15
Rain date: August 22
Times: 12:00-1:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

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 28, May 5, 12, 19, 26, June 2, 9
Rain date: June 16
Times: 7:00-8:00 p.m.
Fee: \$112 Residents/\$122 Nonresidents
Location: Robinson School

MLTC participants are in trophy pose position practicing their over-heads.





GREEN Ball - Level 2, Spring

Dates: Mondays
April 27, May 4, 11, 18, June 1, 8
(No lesson 5/25) Rain date: June 15
Times: 6:00-7:00 p.m.
Fee: \$96 Resident/\$106 Nonresident

Dates: Thursdays
April 30, May 7, 14, 21, 28, June 4, 11
Rain date: June 18
Times: 7:00-8:00 p.m.
Fee: \$112 Resident/\$122 Nonresident

Location: Robinson School

GREEN Ball - Level 1 and Level 2, Spring

Dates: Saturdays
May 2, 9, 16, 30, June 6, 13
(No lesson May 23) Rain date: June 20
Time: 11:00-12:30 p.m.
Fee: \$144 Residents/\$154 Nonresidents
Location: Robinson School

GREEN Ball - Level 1 and Level 2, Summer

Dates: Thursdays
June 25, July 2, 9, 16, 23, 30, August 6, 13
Rain date: August 20
Times: 6:00-7:30 p.m.
Fee: \$192 Resident/\$202 Nonresident

Dates: Saturdays
June 27, July 11, 18, 25, August 1, 8, 15
Rain date: August 22
Times: 1:00-2:30 p.m.
Fee: \$168 Resident/\$178 Nonresident

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.

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

Ages 12-14

Dates: Fridays
May 1, 8, 15, 22, 29, June 5, 12
Rain date: June 19
Times: 2:30-4:00 p.m.
Fee: \$168 Resident/\$178 Nonresident
Location: Robinson School

YELLOW Ball: Level I, Summer

Ages 12-14

Dates: Fridays
June 26, July 3, 10, 17, 24, 31, August 7, 14
Rain date: August 21
Times: 4:30-6:00 p.m.
Fee: \$192 Resident/\$202 Nonresident
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.

Ages: 5-8
Dates: Fridays
Try Tennis: May 1, 8, 15
Time: 4:00-5:00 p.m.
Fee: \$10 Registration Fee

Ages: 9-13
Dates: Fridays
Try Tennis: May 1, 8, 15
Time: 5:00-6:00 p.m.
Fee: \$10 Registration Fee (3 Lessons)

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

Ages 5-8
Date: Fridays
Try Tennis Continued: May 22, 29, June 5, 12
Rain date: June 19
Time: 4:00-5:00 p.m.
Fee: \$64 Residents/\$74 Nonresidents

Ages 9-13
Date: Fridays
Try Tennis Continued: May 22, 29, June 5, 12
Rain date: June 19
Time: 5:00-6:00 p.m.
Fee: \$64 Residents/\$74 Nonresidents

Location: Robinson School

Middle School Spring Travel

Tennis Team: Ages 11-14

Middle School Spring Travel Team is for players who have experience playing tennis matches. The team will compete against other area schools. All Middle School participants will be transported by bus from their schools to the Robinson Tennis Courts. 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, March 31, Rain date: April 7

Tryout Date: for Stony Brook Students Only:
Thursday, April 2, Rain date: April 9

Schedule: Monday-Thursday, April 27-June 11
(No Lesson May 25) Rain dates: June 15-18
Time: 2:15-4:15 p.m.
Fee: \$325
Location: Robinson School

Match Dates: TBA. All home matches start at 3:30 p.m.
Away Matches: Buses leave 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 22, 29, July 6, 13, 20, 27, August 3, 10
Rain date: August 17
Time: 6:00-7:30 p.m.
Fee: \$192 Resident/\$202 Nonresident
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 27, May 4, 11, 18, June 1, 8
(No Lesson May 25) Rain date: June 15
Time: 4:30-6:00 p.m.
Fee: \$144 Resident/\$154 Nonresident
Location: Robinson School

YELLOW Ball: Level 1 and Level 2, Summer

Dates: Mondays
June 22, 29, July 6, 13, 20, 27, August 3, 10
Rain date: August 17
Time: 4:30-6:00 p.m.
Fee: \$192 Resident/\$202 Nonresident

Dates: Wednesdays
June 24, July 1, 8, 15, 22, 29, August 5, 12
Rain date: August 19
Time: 6:00-7:30 p.m.
Fee: \$192 Resident/\$202 Nonresident
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 22-25
Session 2: June 29-July 2
Session 3: July 6-9
Session 4: July 13-16
Session 5: July 20-23
Session 6: July 27-30
Session 7: August 3-6
Session 8: August 10-13

Time: 9:30-11:00 a.m.
Fee: \$96 Resident/\$106 Nonresident
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 20, 21, 22, 23
Rain date: April 24
Time: 1:00-4:00 p.m.
Ages: 4-16
Fee: \$48 per day - Residents/
\$58 per day - Nonresidents
Location: Robinson School

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 22-25

Session 2: June 29-July 2

Session 3: July 6-9

Session 4: July 13-16

Session 5: July 20-23

Session 6: July 27-30

Session 7: August 3-6

Session 8: August 10-13

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

Fee: \$96 Resident/\$106 Nonresident

Location: Stony Brook Middle School Courts

MLTC/Westford Open Championship Tennis Tournament

The second annual Westford Open Tennis Tournament begins on April 29! 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.

Dates: Sunday, April 19
(Final playoff dates May 16 and 17)

Events: Singles and Double

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.

Contact Peter at pete@marcuslewisenterprises.com for more information or to register for the "Open" and "Junior" Championship Tennis Tournaments.

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 olga@marcuslewisenterprises.com.*

Dates: Sundays
June 21, 28, July 5, 12, 19, 26, August 2, 9
Rain date: August 16

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).

MLTC/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. This is the event for children who enjoy the sport and want the challenge of becoming the next town champion. Trophies are awarded to each flight winner.

Dates: Saturday, May 16 or Sunday, May 17
(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.)

Players should bring water, racquet, and sunscreen to the "Open" and "Junior" championship events.

Championship winners for each tournament will receive a one year membership to MLTC in Acton in addition to their trophy.

Summertime Westford Style

Westford Town Beaches

- Season:** June 28 - August 23, 2020
- Hours:** Monday - Sunday
9:00 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.

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 of Rt. 225 (Pleasant St).

Edwards Beach, at Nabnasset Lake, is located at the end of Williams Avenue off of Plain Road.

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.

Look for Beach Concession Stand hours online.



Swimming Instruction at Edwards Beach

The purpose of the swim instruction program is to develop competency in swimming, as well as confidence and water safety skills in and around the water. A child progresses to the next level once they have proved that they can proficiently and safely perform the skills within their level. Classes are held on Mondays and Wednesdays, and/or Tuesdays and Thursdays 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.

Monday and Wednesdays at Edwards Beach

- Session 1: July 6, 8, 13, 15
Session 2: July 20, 22, 27, 29
Session 3: August 3, 5, 10, 12
Class Times: 9:00-9:45 a.m.; 11:00-11:45 a.m.
2:15-3:00 p.m.; 3:15-4:00 p.m.
Fee: \$65 Resident/\$75 Nonresident
Location: Edwards Beach

Tuesdays and Thursdays at Edwards Beach

- Session 1: July 7, 9, 14, 16
Session 2: July 21, 23, 28, 30
Session 3: August 4, 6, 11, 13
Class Times: 9:00-9:45 a.m.; 11:00-11:45 a.m.
Fee: \$65 Resident/\$75 Nonresident
Location: Edwards Beach

Westford Parks & Recreation

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 12:** **Nashoba Valley Concert Band**
Rain Date: July 26
- August 2:** **Momentum Band with Carol Winge**
Rain Date: August 9

For details and schedule changes visit westfordrec.com

Supported by a grant from the Mass Cultural Council and Westford Cultural Council.

Summer Weekly Programs



Behind the Scenes:

Westford Parks & Recreation Summer Weekly Programs

Our flexible Summer Weekly Programs are 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.

Summer Beach Party at East Boston Camps

What better way to start and finish a sun-filled summer. Ages 4-14, *Learn more on page 31.*

Kids Club

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

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

Destination Exploration with Junior Explorers

Classic summertime activities at East Boston Camps.

Ages 4-14, *Learn more on page 33.*

Leadership Program for Teens

Creative thinking, team building, CPR/First Aid Certification. (Parks & Recreation counselor position prerequisite.)

Entering grades 9-11, *Learn more on page 34.*

Find **Summer Weekly Registration Forms** at westfordrec.com or at 65 Main Street, Westford.

Summer Weekly Program Participant's Swim Test Requirements

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 at EBC, Kids Club, Destination Exploration, 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.



Summer Beach Party at EBC

We've Got You Covered



Week 1: *June 22-26

Week 2: August 17-21

Week 3: August 24-28

What better way to start and finish a sun-filled summer in Westford that means

A great natural resource and a campin' out feel

- Access to East Boston Camps (EBC) –part of Westford's scenic Stony Brook Conservation Land.
- Plenty of fun at sunny Burge's Pond, with shady trees, EBC trails, site cabins, and a fire pit for roasting s'mores.

Easy-going days with a relaxed schedule

- Child's choice of activities: boating, fishing, swimming, hiking, paddleboarding, arts & crafts, games, and more.

Safe, supportive environment plus unique summer coverage

- Experienced, safety-focused staff with a high counselor to participants ratio. (Life guards on duty. Employees are CPR and First Aid Certified.)
- Program coverage during the first and last two weeks of summer.

For Ages 4-14

Located at East Boston Camps (EBC)

Monday-Friday weekly session, 9:00 a.m.- 4:00 p.m. with daily, early arrival and extended day options

Directors: Parks & Rec Staff Site Directors

Full-week, Full-day Session Fee: \$300
9:00 a.m.-4:00 p.m.

Daily Fee for Full-days: \$60

other options include:

Morning Full-week Session Fee: \$150
9:00 a.m.-12:00 p.m.

Daily Fee for Mornings: \$30

Afternoon Full-week Session Fee: \$175
12:00 p.m. - 4:00 p.m.

Daily Fee for Afternoons: \$40

plus **early arrival** and **extended day** options

For additional program details and the online **Summer Weekly Registration Form** visit **summer weekly programs, westfordrec.com**

* Week 1 start date is dependent on the school end date (due to excess snow days). For updates visit westfordrec.com.

Summer Weekly Programs

Kids Club

Limited Edition

*Week 1: June 29-July 2	Reality TV <i>APEX Entertainment Center (four-day week)</i>
Week 2: July 6-10	Game Show Week <i>Carnival Day</i>
Week 3: July 13-17	Super Hero Week <i>Canobie Lake Park</i>
Week 4: July 20-24	Shark Week <i>Wingaersheek Beach</i>
Week 5: July 27-31	Cartoon Week <i>Carnival Day</i>
Week 6: August 3-7	Sports Zone <i>Zoo - site to be announced</i>
Week 7: August 10-14	Comedy Week <i>Chunky's</i>

New field trips and fast-paced activities every week

that means

Perfect summer setting inside and out

- Access to the gymnasium, art room, cafeteria, game room, and air-conditioned library.
- Summer fun on the Nab playground and hiking trails, plus Edwards Beach (an easy, safe walk for a swim and concession stand treat).

Small group activities for all ages

- Fast-paced, age appropriate activities throughout the day.
- Closely monitored settings for younger children, more independence for older children.

Safe and supportive environment

- A family atmosphere with events that all ages can enjoy together like our Carnival Day.
- Experienced, enthusiastic staff with a high counselor to participants ratio. All employees are CPR and First Aid Certified.

For Ages 4-13

Located at Nabnasset Elementary School

Monday-Friday weekly session, 9:00 a.m.-3:00 p.m. with early arrival and extended day options

Directors: Sara Waterman, Ann Taylor, and Colleen Johnson

Weekly Session Fee: \$305

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

additional options include:

Weekly Early Arrival Fee: \$50

7:00-8:45 a.m.

Daily Extended Day Fee: \$16

3:00-5:45 p.m.

Weekly Extended Day Fee: \$70

3:00-5:45 p.m.

plus **Swim Lessons** for an additional fee

**Week 1 is a four day week, Monday-Thursday, with a reduced weekly cost of \$245. Town of Westford offices, including Parks & Recreation, are closed on Friday, July 3, due to the July 4th holiday on Saturday.*

For additional program details and the online **Summer Weekly Registration Form** visit **summer weekly programs, westfordrec.com**

Destination Exploration

Play, Explore, and Discover at EBC



*Week 1: June 29-July 2	Survivor
Week 2: July 6-10	Musicals
Week 3: July 13-17	Halloween
Week 4: July 20-24	SciFi
Week 5: July 27-31	Olympics I
Week 6: August 3-7	Olympics II
Week 7: August 10-14	Disney

Classic summertime activities in a classic summertime setting

that means

A great natural resource and a campin' out feel

- Access to East Boston Camps—part of Westford's scenic Stony Brook Conservation Land.
- Fun at sunny Burge's Pond with shady trees, EBC trails, site cabins, and a fire pit for roasting s'mores.

Easy-going days with a relaxed schedule

- Child's choice of activities: boating, fishing, swimming, hiking, paddleboarding, arts & crafts, games, and more!
- Fun and inclusive events with creative themes like Pokeman and Survivor.

Safe and supportive environment plus flexible options

- Experienced, safety-focused staff with a high counselor to participants ratio. (D.E. life guards on duty. Employees are CPR and First Aid Certified.)
- Full week or partial week registration (2, 3 or 4 days).

For Ages 4 -14

now including **Junior Explorers** for ages 4-7

Located at East Boston Camps (EBC)

Monday-Friday weekly session, 9:00 a.m.-4:00 p.m.
with daily, early arrival and extended day options.

Directors: Tiffany Jurewicz, Beth McKeeman, Kayla Beliveau

Weekly Session Fee: \$355

9:00 a.m-4:00 p.m.

other options include:

Weekly Early Arrival Fee: \$50 per week
7:00-8:45 a.m.

Weekly Extended Day Fee: \$70 per week
4:00-5:45 p.m.

Daily Fee: \$80

Daily Early Arrival and Extended Day Fee: \$12 each
4:00-5:45 p.m.

plus **Swim** lessons for an additional fee

**Week 1 is a four day week, Monday-Thursday, with a reduced weekly cost of \$245. Town of Westford offices, including Parks & Recreation, are closed on Friday, July 3, due to the July 4th holiday on Saturday.*

For additional program details and the online [Summer Weekly Registration Form](#) visit [summer weekly programs, westfordrec.com](#)

Leadership Program for Teens

Motivate and Inspire



Leadership training, camaraderie and fun

that means

Enjoying summertime activities with peers

- Boating, swimming, hiking, art, music, sports, and games, along with field trips, and new friendships.

Finding the leader within

- Learn about others, learn about oneself with activities that build confidence, grow relationships, and spark creative thinking.
- Gain tools and skills that motivate, inspire, and encourage leadership qualities.

***Becoming superior counselors in training**

- CIT (counselor-in-training) internships at Parks & Rec Summer Weekly Programs Destination Exploration, D.E. Junior Explorers, and Kids Club.
- CPR/First Aid Certification and swim testing.

*Participants who 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.

Entering grades 9-11

Located at Blanchard Middle School

Monday-Friday, two 3-week sessions, 8:30 a.m. - 3:00 p.m.

Director: Tristan Macdonald

Session 1: July 6-July 24
8:30 a.m- 3:00 p.m.
\$550 Resident/\$560 Nonresident

Session 2: July 27- August 14
8:30 a.m- 3:00 p.m.
\$550 Resident/\$560 Nonresident

For additional program details and the online **Summer Weekly Registration Form** visit **summer weekly programs, westfordrec.com**

Summer 2020 Program Registration Procedure

Summer Beach Party, Kids Club, Destination Exploration and Leadership

Program Registration Form, Child Information Sheet, and payment are due by 12:00 p.m. the Thursday prior to the week your child attends the program.

To Register:

Walk-ins:

Registration and payment are always accepted in person at the Parks & Recreation Office, 65 Main Street, Westford, MA, 3rd Floor. *Pay by cash, check or credit card.*

USPS Mail or Recreation Drop box:

Mail or drop off the Registration Form with payment to Parks & Recreation, 65 Main Street, Westford, MA, 01886, 3rd Floor. (Allow 5-7 business days if mailing.) The drop box is located on the left side of the building across from the tennis courts. *Pay by check only, payable to the "Town of Westford".*

Email:

Email registration to summer_recreation@westfordma.gov. You will be notified when it is time to access your westfordrec.com account to make the payment. *Pay by credit card at westfordrec.com.*

Weekly Payment Option: A payment schedule will be generated through westfordrec.com for families who register in advance and pay on a weekly basis – it is the responsibility of the parent/guardian to make timely payments. *10% early discount does not apply.*

Accessing Your Account: It is necessary to have access to your westfordrec.com account to make credit card payments online. If your child is a returning summer participant, or you have signed up for programs other than After School, you will already have a westfordrec.com account. If you cannot access it, call our office and we will assist you. Children new to Parks & Recreation programs are welcome to create an account in advance by visiting westfordrec.com and clicking on create an account.

Payment and Discount Policies:

- Outstanding balances will not be carried over week to week. Your child's ability to attend the program may be affected by an outstanding balance.
- Registration Forms and payments will not be accepted at the program sites.
- 10% early registration discount applies to full weeks of Kids Club and Destination Exploration only. It does not apply to early arrival, extended day or swim, or partial weeks at Destination Exploration. *Registration and payment must be made by June 1st to receive the discount.*

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
www.othsl.org

Westford Youth Soccer Association
westforyouthsoccer.com

Nashoba Valley Ski Racing
nvscracing.com

Nashoba Youth Ice Hockey
nashobahockey.com

Westford Youth Wrestling
westforyouthwrestling.com

Westford Parks, Recreation & Cemetery
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Westford, MA 01886

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