



WESTBOROUGH RECREATION



2020 SPRING/SUMMER ACTIVITIES BROCHURE

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THINKING OF SELLING?

THERE ARE MANY
MISTAKES INVOLVED
IN THE PROCESS,
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Disclaimer: At the time of print this brochure is, to the best of our knowledge, accurate with regards to dates, locations, and program times. Please check, www.westbororec.com for the most up to date information.

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Hours of Operation

Mon, Wed, Thurs—8am—5pm

Tuesday—8am—8pm

Friday—730am—12pm

Contact Us

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508-366-3066—Phone

westbororec@town.westborough.ma.us

Facebook: Westborough Recreation

Recreation Commission Members

Earl Storey—Chair

Bill Clausen

Colleen Dowd

Brian Kane

Beth Travis

General Information

Disclaimer: *All programs and clinics listed in this brochure have been reviewed by the Westborough Board of Health and are Exempt from the Camp Regulation 105 CMR 430.000.*

All Camps in this brochure have been reviewed by the Westborough Board of Health and meet the definition of Recreational Camps for Children 105 CMR 430.020 and therefore are subject to Board of Health Inspections and Licensing.

Program Registration: Registrations can be done online {preferred method} or in-person. We cannot accept registrations over the phone, mail-ins or faxed forms. **For easy online registration go to www.westbororec.com**

Registration Deadlines: **The deadline to register for a program is the Friday before the start of the program, UNLESS OTHERWISE NOTED.** We need to ensure we have the staff, space, and materials so we can not always accommodate late registrations. **Programs also run the risk of canceling due to low enrollment; so please register early if there is a program of interest to you.**

Non- Residents: We do accept out of town residents into SOME of our programs. Westborough residents will always have first access to all of our programs. We will be sure to communicate when we will be opening programs up to non residents and give ample time for residents to register. Non—resident pricing will be on our website.

PAYMENT: Due at time of registration. We accept cash, money orders, personal checks or credit cards {Discover, Visa, Mastercard}. Online registration requires a credit card. Checks should be made payable to Westborough Recreation. Returned checks will be charged a \$25 fee payable by bank check or cash. We do not pro rate class fees.

GENERAL PROGRAM POLICIES: When a class is full, waiting lists will be established. To add your name to a waiting list, you must do so online. We reserve the right to cancel, alter or consolidate classes when necessary; as well as change program descriptions, fees, dates, locations & times. Contact us if you feel your child has any special considerations/needs in regards to any program. The Town of Westborough, Recreation Department, does not provide accident/health insurance.

CONFIRMATIONS: *Online registrations will receive a confirmation email upon checkout. No other confirmation will be sent.*

AGE REQUIREMENTS: Each program has specific requirements as to age and/or grade. Ages are as of start of program unless otherwise specified in program description. 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 refund of fees. PROOF OF AGE MAY BE REQUIRED.

REFUNDS: For any program cancellations, with a minimum 3 business days notice, you will receive 100% credit in the system. This can be applied to any household member for any recreation program. In lieu of a credit, you may request a check; however you will only receive 75% of the total amount. In the case of medical emergencies, refunds will be handled on a case by case basis; partial, pro-rated refunds may be given. Refunds made by check may take 3-4 weeks to process. Some programs may have alternative refund policies.

WEATHER CANCELLATION: Efforts will be made to make up weather cancelled classes, but are not guaranteed. Refunds will not be offered due to a participant's inability to participate in the makeup. Cancellations will be updated at www.westbororec.com

PARTICIPANT PHOTOGRAPH POLICY: Registrants and participants permit the taking of photos and videos of themselves and their children during recreation activities for publication/use by the Recreation Dept. Occasionally, local newspapers may use photos of children participating in our programs, along with their names, in their publications. If you do not want your child to appear in photos, please contact us at 508-366-3066.

Financial Aid: Financial assistance forms can be found online and returned to Westborough Recreation department.

Communication: Many of our correspondences with registrants regarding program information, cancellations, and changes are done through e-mail as we often have to contact a lot of people in a short amount of time. Please make sure we have your current/ an e-mail address that is checked frequently on file with us. If you have questions on how to update that information please contact us.

Westborough Master Plan

How will you contribute to shape your town's future?

The Town of Westborough is updating its community-wide Master Plan, which will:

- Document and illustrate the community's existing conditions and future outlook;
- Express a vision for where the community wants to see itself over the next decade; and
- Serve as a policy guide and framework to achieve the vision and supporting goals.

The Master Plan process will involve a robust public engagement program to obtain input on a range of topics affecting and reflecting the community's social, natural, and economic values. This program will be carried out in three phases:

WESTBOROUGH "REFLECTS"

**A DISCUSSION OF THE TOWN'S
CHALLENGES AND
OPPORTUNITIES AND VISION FOR
THE FUTURE.**

WESTBOROUGH "EXPLORES"

**THE IDENTIFICATION AND
EVALUATION OF POTENTIAL
ACTIONS TO ACHIEVE THE
COMMUNITY'S VISION.**

WESTBOROUGH "CONFIRMS"

**THE PRIORITIZATION OF
ACTIONS AND PREPARATION OF
A FRAMEWORK FOR PLAN
IMPLEMENTATION.**

Save the Date!

You are invited to attend the first Master Plan Public Meeting, to take place on **February 29, 2020 between 10:00am and 12:00pm at the Westborough High School**, where information on the community's existing and projected conditions will be presented and where the public will be asked to discuss the town's challenges and opportunities and to provide input on a vision for its future.

For more information on the planning process and other opportunities to get involved, please visit:

<https://westboroughmasterplan.com/>

For questions on the Master Plan, please contact Jim Robbins, Town Planner, by email (jrobbins@town.westborough.ma.us) or by phone (508-366-3055).



SPRING ACTIVITIES



Ice Skating {Ages 3-12}

Instructed by Northstar Ice staff

Learn-to-Skate is an excellent way for your child to learn the basics of skating in a safe environment, whether they plan on going into figure skating, hockey, or simply want to skate recreationally! Complete details at www.westbororec.com

- Wednesdays, April 29th—June 17th
- Tot {Ages 3-5}, 1:00-1:40pm
- Ages 4-12, 6:20pm—7:20pm
- Saturdays, April 25th—June 20th {No class 5/16}
- Ages 4-12, 10:40am—11:40am
- Teen/Adult (ages 13+), 10:40am—11:40am
- Parent/Tot class, 11:10am—11:40am
- Parent/Tot class, skater age 3—5 & must be accompanied by a parent that can skate.
- \$125, all classes.
- Summer session, Wednesdays, July 15th—Aug 26th
- Ages 4-12, 6:00-7:00pm
- \$125
- All classes take place at Northstar Ice Sports, 15 Bridle Lane

MINI MITTS {Ages 4-5}

Instructed by Westborough Rec Staff

Players will learn the basics of baseball including throwing, running, batting and fielding. A parent or guardian MUST be present at all times as they will be participating in the program as well!

- Tuesdays, Apr 28th—May 26th
- Choose from one of the following class times
- Class 1: 4:00pm—5:00pm
- Class 2: 5:00pm—6:00pm
- Class 3: 6:00pm—7:00pm
- \$50
- Haskell Tee Ball Field

Gymnastics {Ages 3—5}

Instructed by Mass Gymnastics

Preschool gymnastics program strives to instill a life-long love of physical activity at an early age. The program consists of learning new gymnastics shapes and skills, along with floor exercise, balance beam, and everyone's favorite the foam block training pit!

- Ages 8+, Tuesdays March 17th—June 9th
- Ages 5—7, Mondays, March 16th—June 15th
- Ages 5—7, Tuesdays March 17th—June 9th
- 5:00—6:00pm
- Ages 5—7, Fridays, March 20th—June 12th, 4:30—5:30pm
- \$275
- Mass Gymnastics, 74 Otis Street

Street Hockey League { Grades 3 –6}

Northborough, Westborough and Grafton are starting a new Street Hockey League this Spring. Each town will have 2 teams for each age group. Most of the equipment will be provided by Recreation. Kids are only responsible to bring a helmet, (can be a bike helmet or hockey helmet), Shin guards and a mouth guard. If a child has their own stick they can use it if it taped at the end appropriately, otherwise we will have sticks available. Gloves are optional if you want to bring them.

- Sundays, April 5—June 7th (Skip May 24th, rain make up June 14th)
- Girls League, grades 4 –6, 4:30—5:30pm
- Boys League, grades 3—4, 5:30—6:30pm or 6:30—7:30pm
- Boys League, grades 5—6, 6:30—7:30pm or 7:30—8:30pm
- Location: TBD
- \$100

Lacrosse Clinic {Current Grades K-2}

Instructed by Rec department staff

Join Rec staff as we learn the basics of this fast and exciting sport! No experience necessary, all equipment provided by Rec Department

- Tuesdays, April 28th—May 26th
- Session 1: 5:00—5:50pm
- Session 2: 6:00—6:50pm
- \$35
- Chauncy Fields

Ultimate Frisbee {Grades 5-12}

Instructed by volunteer parent coaches

Ultimate Frisbee is exciting, fast, easy to learn and one of the fastest growing sports in the country! It's a no-contact sport so games are safe and fun for everyone. Ultimate is a great way to get your kids moving! This is open to boys and girls and will feature learning drills followed by game play. Opportunities to scrimmage and/or participate in some Regional Ultimate Tournaments will be a part of an exciting Spring season. There will be separate teams for Middle School (grades 5-8) and High School (grades 9-12).

- Thursdays & Sundays
- April 30th— June 7th
- Thursdays, 5:00—7:30pm
- Sundays, 4:00—7:00pm
- \$50, additional H.S. tournament cost not included
- Location: TBD, check westbororec.com

Field Hockey/Lacrosse/Girl Power {Grades 2—6}

Instructed by PE teacher Melissa Callendar and Molly Lane

This program offers girls a chance to learn both field hockey and lacrosse while also learning an applying principals from the popular Girl Power class.

Westborough PE teachers Melissa Callendar and Molly Lane both have tremendous experience both with coaching girls lacrosse and field hockey but also developing skills for the girls to be confident and strong both on and off the field.

- Mondays, March 2nd—April 6th
- 4:30—5:30pm
- Armstrong Gym
- \$85

First KIX {Ages 3—5 yrs old}

Instructed by Best Soccer staff

Let your child's imagination run wild! A friendly and fun introduction to dribbling, stopping, and controlling the ball. Our non-competitive curriculum introduces soccer players to simple skills with fun games. Players will also be taught how to interact on a team and how to be a good sport. All equipment will be provided. Kids can wear sneakers or cleats, shin guards are recommended.

- Saturdays, May 2nd—June 13th {Skip 5/23}
- 8:30 – 9:15am or 9:30 – 10:15am
- Baystate Common
- \$96, includes t-shirt

Half Day Soccer Program { Ages 5—14}

Instructed by Best Soccer Staff

Only a half day of school means there is plenty of time for soccer. Join Best Soccer coaches for an afternoon of fun soccer games and activities

- Friday, May 8th
- 12:30—3:30PM
- Haskell Soccer Fields
- \$40

Spring Rowing {Grades 9—12}

Instructed by Coach Wright and Coach Root

The spring rowing program is open to all, experienced rowers and scullers as well as beginners (novices) in the Greater Worcester Area. Current athletes come from cities and towns such as Ashland, Auburn, Hopkinton, Sterling, and Worcester.

Varsity Athletes will be rowing in singles and doubles, practicing toward sprint races. Varsity Athletes will also row fours (4+).

Novices will start rowing in quads, possibly progressing to doubles. The goal of the novice program is to introduce the basic mechanics of rowing, provide foundational skills, and build familiarity with boathouse life. It's perfect for people of all fitness levels, does not require any previous rowing experience, and is intended to be very hands-on.

- March 16th—June 8th, Monday—Friday
- 3:45—6:00pm
- Allan Fearn Boathouse, Regatta Point State Park, 10 North Lake Ave , Worcester Ma
- \$625

Tennis in the Parks {Ages 6—14}

Players develop skills to serve, rally, score utilizing the USTA's Net Generation curriculum and team based play opportunities

Players will start with the ball, on the court where they can have success and progress to the next size court and color tennis ball as they improve.

All players receive a Tennis in the Parks t-shirt, an age-appropriate ball, and tennis racket to keep

Each program will conclude with a Team Challenge
Check westbororec.com for dates/times/location

Little Bombers/Bombers Big League

Instructed by the Shrewsbury Club Staff

"LBBL" is a fun and energetic youth baseball program that teaches young baseball players how to play the game. Enrolled players will be instructed on how to approach the game of baseball in a fun and challenging way.

More Shrewsbury Club programming on westbororec.com

- Little Bombers ages 4—7
- Wednesdays, March 18th—April 29th {skip April 22nd}
- Wednesdays, May 6th—June 10th
- Bombers Big League ages 8—12
- Fridays March 20th—May 1st {skip April 24}
- Fridays, May 8th—June 12th
- 4:30—6:00pm
- \$150
- The Shrewsbury Club, 3 Tennis Drive Shrewsbury



Dodgeball and Sports {Grades 3—6}

Instructed by Thundercat Sports Staff

This program will consist of different dodgeball related games such as; Doctor, Bombardment, Jail Break and more! Other sports and games will be mixed in to create a fun and exciting program! Clinic is coed and participants will receive a sport related item. Please bring sneakers, appropriate clothing and a water bottle.

- Thursdays, April 30th—May 28th
- 6:10-7:00pm
- \$82
- Gibbons Middle School

Karate {Ages 4-13}

Instructed by MetroWest Martial Arts staff

Sharpen your physical, social and mental skills all at the same time in a fun and safe environment. Shaolin Kempo Karate is a type of karate that stresses self-control, self-discipline and respect. In addition to learning the art of karate Metro West Martial Arts offers a rock climbing wall, monkey bars, cargo net and climbing ropes included in your registration cost! **You may register for this program through our department ONE time only.**

- April 6th—May 24th
- Summer Session: July 13th—August 24th
- Participants may choose 3 classes to go to per week
- Full calendar available online at www.westbororec.com
- \$75 per session
- Metrowest Martial Arts, 74 Otis Street

Tae Kwon Do {Ages 4-16}

Instructed by Evolution Martial Arts Staff

This class teaches traditional Taekwondo and focuses on empowering students to reach their full potential through self-disciplined, hard work! Improve physical abilities such as strength, speed, endurance, flexibility, and coordination; as well as mental attributes such as confidence, focus, self-control, and willpower

You may register for this program through our department ONE time only.

- Martial Art Little Tigers {Ages 3—5}
- Martial Art Youth Class {Ages 6—9}
- Martial Art Cadet Class {Ages 10—13}
- Spring Session: Apr 27—May 29
- Summer Session: Jul 13—Aug 21 {class schedule will change for the summer program, be sure to check website before registering www.atworldtkd.com}
- Participants may choose 2 classes per week
- \$96 per session
- Evolution Martial Arts, 168 Milk St. Suite 8A

Spring Golf {Ages 7—14}

Instructed by Juniper Hills Golf Teaching Ctr.

This program combines instruction, drills and fun games to keep your child's interest level high. Putting, chipping, full swing, on-course instruction, etiquette and the rules of golf will be covered

All lessons take place at Juniper Hills Golf Teaching Ctr. 142 School Street Northborough, Ma

Program	Dates	Time	Cost
Beginner - April Vacation	4/20—4/23	9:00am—1:00pm	\$270
Intermediate, Tuesdays	4/28—5/26	4:30—5:30pm	\$120
Intermediate,	4/30—5/28	4:30—5:30pm	\$120
Beginner,	4/30—5/28	4:30—5:30pm	\$120
Beginner, Saturdays	5/2—6/6 (Skip 5/23)	10:00—11:00am	\$120
Beginner,	5/3—6/7 (Skip, 5/24)	10:00—11:00am	\$120
Parent/Child , Saturdays	5/2—6/6 (Skip 5/23)	11:00am—12:00pm	\$240
Parent/ Child, Sundays	5/3—6/7 (Skip 5/24)	11:00am—12:00pm	\$240

Youth Cricket {Ages 6—16}

Instructed by NCAA Staff

Join National Cricket Academy America (NCAA) as they are bringing quality professional cricket coaching program to kids of all skill levels; be it a beginner or a budding professional. With our team of experienced coaches who have a perfect blend of cricket knowledge, enthusiasm and dedication, we believe we are perfectly equipped to deliver quality professional cricket coaching in our local community.

Details are still being finalized, check westbororec.com for complete details!

- Mondays, 5:30 -7:00pm
- Dates: TBD—Will start early May and run through the summer
- Hennessey Field
- Cost: TBD

STEM is fun for kids! {Ages 5-8}

Instructed by STEM Beginnings Staff

STEM is Fun programs provide fun-filled experiences that encourage that curiosity in a hands-on way. Kids are given challenges that allow them to explore Science, Technology, Engineering, and Math concepts using a variety of tools and techniques.

- Wednesdays, April 29th—June 3rd, Hastings
- Thursdays, April 30th —June 4th, Fales
- 6:00—7:00pm
- \$120

Kids Newsroom {Grades 5-8}

Instructed by Right Brain Curriculum staff

Extra! Extra! Read all about it... In the Kids' Newsroom, our students learn the craft of journalism including investigative writing and research. Our classroom transforms into a working newsroom, complete with editorial staff, reporters, columnists and headline writers. Each student plays multiple roles and works together to create an e-newspaper.

These reporters learn techniques for crafting news stories, writing persuasive editorial essays and interviewing news-makers.

- Tuesdays March 10th - April 14th
- 6:00—7:30 pm
- Hastings Library
- \$132

Social Skills and Dining Etiquette {Grades 1-5}

Instructed by New England School of Protocol

Etiquette lessons build interpersonal skills, instill mutual respect and social consideration that carry with your child throughout their life and play a large part in their growth and development. Choose any one night workshop

All workshops @ Gibbons School Cafeteria

- **Children's Dining Etiquette Workshop**
- April 9th, 6:30—8:00pm
- \$64
- **Children's Social Skills Workshop**
- April 28th, 6:30—8:00pm
- \$60
- **Children's Dining Etiquette Workshop**
- May 20th, 6:30—8:00pm
- \$64

Young Rembrandts {Grades K—4}

Young Rembrandts teaches the drawing skills children need while development learning skills that give children an academic advantage in the classroom.

- Tuesdays, March 24th—May 5th
- 6:00—7:00pm
- \$108, Fales Elementary School (Art/Music Room)

Chess {Grades 1-5}

Instructed by Chess Wizards staff

Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

- Thursdays, April 2nd—May 28th {No Class 4/23}
- 6:00—7:00pm
- \$153
- Armstrong Elementary School Library

SCRATH COMPUTER PROGRAMMING {Grades 2—5}

Instructed by EMPOW Studios Staff

Scratch the surface of programming with Scratch! Developed by M.I.T, the Scratch platform is one of the most engaging ways to teach kids to code. Students learn the basics of computer programming by arranging puzzle-like blocks into lines of code in a drag-&-drop graphical interface. Possible projects include video games, animations, simulators, and even role-playing games. After the class, projects are shared with family and friends, and kids can continue to work on their projects from home.

- Mondays, April 6th—June 8th {Skip 4/20, 5/25}
- \$193
- Hastings School Library

Digital Arts and Design Club {Grades 5—7}

Instructed By EMPOW studios staff

Art & Design Club is for designers, storytellers, and aspiring tech gurus. Using technology as a tool, kids can create movies, animations, music compositions, and even 3D models that we print so they can share with family and friends. This club is a great way to expose the power of technology, while retaining the art and storytelling elements kids tend to always love. No previous coding or digital art experience is required .

- Mondays, April 6th—June 8th {Skip 4/20, 5/25}
- \$193
- Hastings Elementary School Library

Glass Beadmaking for Teens {Ages 12+}

Instructed by Elsie Kaye Staff

Is your teen looking for something fun and different to do after school? How about learning a cool new skill? In this introductory workshop, students will learn the fundamentals of glass beadmaking using a gas and oxygen-fueled torch and soft glass.

- Wednesdays, March 4th—April 8th or April 29th—June 3rd
- 3:00—4:30PM
- \$225
- Elsie Kaye Glassworks, 3 Union Street



Baking & Decorating — Chocolate Series {Ages 5.5 -12}

Instructed by Paradise Island Kids Staff

Chocoholics unite in this fun filled class that focuses on making something different out of chocolate every single week! Hot Cocoa Cookies, Decadent Chocolate Cupcakes with homemade frosting, Homemade Chocolate Whipped Cream, Chocolate Chip Cookie Cakes with piped frosting decorations and more! Price includes all materials, no experience necessary.

- Thursdays, March 5th—March 26th
- 5:30—7:30pm
- \$170
- Paradise Island Kids, 108 Milk Street

Paradise Island School Vacation Programs

- 2/18, 2/19, 2/20, 4/21, 4/22, 4/23
- 9:00am—1:00pm or 1:15—5:15pm
- \$60 per 4hr session
- Morning session: Cook/Play/Create—Make your own lunch, SLIME factory fun, and active games in the gym.
- Afternoon session: Bake/Play/Create—Baking and decorating project, SLIME factory fun, and active games in the gym.
- Please bring a nut free snack.
- Full Details @ westbororec.com

Music Makers {Ages 8mos—4yrs}

Instructed by New England Music Academy

NEMA's early childhood music class. Music Makers play, dance, giggle and sing with a parent or caregiver to develop a lifelong love of music. Students use keyboards, rhythm instruments, scarves, parachutes and more to explore the magical world of music! Class size is limited.

- Saturdays, March 7—May 9 {no class 4/25}
- 9:30—10:00am
- \$150
- Tuesdays, June 9th—July 21st {No class 6/30}
- 4:30—5:00pm
- \$100
- New England Music Academy, 30 Lyman Street

INTRO to Pre—Beginner Music Classes at N.E.M.A. {Ages 4-6}

Instructed by New England Music Academy

So much more than music and movement or group piano! This fun, academic music class includes keyboard, beginning theory, singing, ensemble playing and ear training. Parents or guardians get to learn right alongside their student. No siblings please. Students should have a keyboard for practice at home. Class size is limited.

- Spring Session, Saturdays, April 4th—May 16th {Skip 4/25}
- 12:30—1:15pm
- Summer Session, Tuesdays, June 9th—July 21st {Skip 6/30}
- 5:15—6:00pm
- \$107
- 30 Lyman St lower level

Intro to Older Beginner Music Classes {6-8 years}

Instructed by New England Music Academy Staff

Same concepts, different curriculum, for older our beginners! This fun, academic music class includes keyboard, beginning theory, singing, ensemble playing and ear training. Again, parents or guardians get to learn right alongside their student. No siblings please. Students should have a keyboard for practice at home. Class size is limited.

- Spring Session, Saturdays, April 4th—May 16th {Skip 4/25}
- Saturdays at 1:15—2:00pm
- Summer Session, Tuesdays, June 9th—July 21st {Skip 6/30}
- 6:00—6:45pm
- \$107
- 30 Lyman St Lower Level

Intro to Accelerated Piano Program {Ages 8+}

Imagine eliminating the hassle of daily piano practice! Piano students new to NEMA spend an hour in class with the teacher working independently through their own books, at their own pace. Because of the longer time (one hour) with the teacher, students accelerate quickly through their books. This program is for both beginners and non-beginners alike and fills very quickly! Students must be able to read and work independently.

- Spring Session, April 2nd—May 14th, skip 4/21
- 7:00—8:00pm
- Summer Session, June 10th—July 22nd
- 6:00—7:00pm or 7:00pm - 8:00pm
- \$190
- 30 Lyman Street , Lower Level

Summer Music Series {Non-Beginner piano students 6-9 years old}

Students in piano for at least one year work in their own books at their own level for 30 minutes. Then the class comes together for 30 minutes of team building theory games. Class size is limited. Full Details @ westbororec.com

- Summer Session, July 8th—August 12th
- 4:00—5:00pm or 5:00—6:00pm
- \$190
- 30 Lyman Street, Lower Level

PLAYGROUND

Pee Wee Playground {Ages 3.5– K, Fall 2020}

This small group format is perfect for the younger child or first time camper. Children have the opportunity to work individually and in small group settings. Favorite activities include Treasure Hunts, painting t-shirts, outdoor playground time, story time, sand art and so much more. We do have a drop-off/pick-up policy for this program. Participants **MUST** be toilet trained and should be entering Kindergarten in Fall of 2020 or 2021.

6 weeks to choose from:

- Week 1: Jun 22nd—Jun 26th
- Week 2: Jun 29th—Jul 2nd {no rec Jul 3rd, reduced rate}
- Week 3: Jul 6th—Jul 10th
- Week 4: Jul 13th—Jul 17th
- Week 5: Jul 20th—Jul 24th
- Week 6: Jul 27th—Jul 31st

- 9:00am-12:00pm
- ARMSTRONG SCHOOL—NEW LOCATION
- \$100 per week, standard check in, AM care.
- \$110 per week, early check in {8am}, Am care.



Playground

{Entering Grades 1-3 in Fall 2020}

- Super fun and action packed playground format will keep your child very busy and provide ample opportunities for group and individual activities.
- **We now offer a PM care option!**
- This program runs Monday-Thursday 12 PM-4 PM. You **MUST** register for AM Care in order to sign up for PM Care. PM Care is **NOT** available on Fridays.
- All campers are required to bring a lunch if they are enrolled in PM Care.
- Field Trips are TBD. Check the website for the most updated schedule!
- 9am-12pm or 9-4pm, early check in 8am available Armstrong School {check in at Playground}
- 6 weeks to choose from:
 - Week 1: Jun 22nd—Jun 26th
 - Week 2: Jun 29th—Jul 2nd {no rec Jul 3rd, reduced rates}
 - Week 3: Jul 6th—Jul 10th
 - Week 4: Jul 13th—Jul 17th
 - Week 5: Jul 20th—Jul 24th
 - Week 6: Jul 27th—Jul 31st
- \$100 per week, standard check—in
- \$110 per week, early check in {8am}
- \$120 additional per week for PM care {12:00—4:00pm, Mon—Thurs only}
- *THE REC DEPARTMENT RESERVES THE RIGHT TO CANCEL THE PM PORTION OF THE PROGRAM DUE TO LOW ENROLLMENT. ANY CANCELLATION DECISIONS WILL BE MADE BY THE TUESDAY BEFORE THE FOLLOWING WEEK IS SUPPOSED TO START.*

REGISTRATION STARTS FEBRUARY 3RD. REGISTER BETWEEN 2/3—2/9 and pay LAST years prices — \$10 SAVINGS!!

PROGRAMS

Extreme Recreation

{Entering Grades 4-6 in Fall 2020}

Your extreme rec action packed week will include, a variety of fun and exciting sports and activities. Complete with a full day field trip on Thursdays!

Options for early check in and full days now available!

- **Gibbons Middle School**
- 6 weeks to choose from:
- Week 1: Jun 22nd—Jun 26th
- Week 2: Jun 29th—Jul 2nd {no rec Jul 3rd, reduced rate}
- Week 3: Jul 6th—Jul 10th
- Week 4: Jul 13th—Jul 17th
- Week 5: Jul 20th—Jul 24th
- Week 6: Jul 27th—Jul 31st
- Program runs 9am—12pm on Monday, Wednesday, & Friday
- Tuesday & Thursday features full day trips, program runs 9:00am—4:00pm.
- Options for Early check in at 8am available Mon—Friday
- \$180 per week, standard check in {9am}
- \$190 per week, early check in {8am}



Teen Adventures

{Entering Grades 7-9 in Fall 2020}

This program is perfect for the older camper and offers the opportunity to go on exciting day trips with friends! Trips will include a variety of places such as Six Flags, Water Country, Canobie Lake Park and more!

Mondays are a half day and are reserved for giving back to the community through a volunteering at Community Harvest.

- Mon-Thu
- Times may vary based on trips
- Mondays are half days, for community service
- Week 1: Jul 13th—16th
- Week 2: Jul 20th—23rd
- Week 3: Jul 27th—Jul 30th
- Week 4: Aug 3rd—Aug 6th
- We will depart from Gibbons between 9am—10AM for trips. A weekly itinerary with specific departure times will be e-mailed the week before.
- Cost \$250



REGISTRATION STARTS FEBRUARY 3RD. REGISTER BETWEEN 2/3—2/9 and pay LAST years prices — \$10 SAVINGS!!

LAKE CHAUNCY



Lake Chauncy is a great amenity to the town of Westborough. It is a great place to enjoy a picnic, build sand castles, play volleyball or toss a Frisbee! It is a safe and fun place to swim. The water is tested weekly by the board of health and also gets a weed treatment at the beginning of the swim season. All lifeguards are Red Cross certified and many of them are Water Safety Instructors as well! The beach area features;

BEACH PASSES AND LESSONS WILL BE AVAILABLE FOR PURCHASE ON MONDAY MARCH 30TH

- Rec Cross Certified Lifeguards
- Free Parking
- Playground area with swings and see-saws
- Picnic Tables and a shaded Gazebo
- Restrooms/changing facilities for men and women
- Sand volleyball court

Equipment Rentals on Chauncy

Experience Lake Chauncy as you've never seen it before! Regatta Point will be renting Kayaks, Paddleboards and Paddleboats this year!

- Rentals start 6/22
- Thurs—Sunday
- Single Kayak, \$15 / hr
- Tandem Kayak, \$20 / hr
- Paddleboat, \$25/ hr
- Paddleboard, \$20/ hr
- For complete details check our website in early April, www.westbororec.com

Tentative Beach Dates:

June 13th & 14th, June 19th—August 14th

Hours: 11:00am—6:00pm

Passes can be picked up in the office starting May 1st

Season Pass and Walk-In Fees for 2020

\$55 for family {max of 6}

\$80 for Northborough family

\$25 individual/\$35 Northborough individual

\$3 daily walk-in rate

SWIM LESSONS

Lessons are for Westborough children ages 3 & up. Lessons are held Monday-Thursday and are 40 minutes in length. Limit 8 students per class with two instructors. Swimmers will get a level and a sticker of each animal if they pass their class! Must purchase separate beach pass.

OCTOPUS {Level 1}:

Suggested age : 3 & 4. Help students feel comfortable in the water. We will introduce bubble blowing, kicking with support, basic arm movements and floating with support. Emphasis will be on having fun while learning the basics.

CLOWNFISH {Level 2}:

Suggested age: 5 & 6. Give students success with fundamental skills. Children will be working on front and back floats, kicking and the introduction of the front crawl. Students must be able to put their face in the water comfortably for a three second count.

TURTLE {Level 3}:

Suggested age: 7+. Builds on the skills in Level 2 by providing additional guided practice in deeper water.

Students are given an introduction to the elementary backstroke as well as treading water. They also will learn to coordinate and improve the front crawl and backstroke. Some shallow diving will be introduced.

SUNFISH {Level 4}:

Suggested age: 7+. Develops confidence in the skills learned and improves other aquatic skills. Students work on improving their strokes and increasing their endurance. We will be reviewing the elementary backstroke, front crawl, back crawl, treading water and shallow diving. The instructor will introduce the breaststroke, sidestroke and rhythmic breathing.

WHALE {Level 5}:

Suggested age 7+. Provides further coordination and refinement of key strokes. The butterfly stroke and swimming under-water will be introduced. Building endurance will be emphasized.

SHARK {Level 6}:

Suggested age 7+. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

In the case of inclement weather, Fridays will be used as makeup lessons. If it looks like rain, thunder and/or lightning, please refer to our website for updates. Cancellation alerts will be posted on our website and emails may be sent with updates. These alerts may be made last minute, so please check before coming to class.



	Jun 22nd—Jul 2nd	Jul 6th—Jul 16th	Jul 20th—Jul 30th
12:30p	1, 2, 3	1, 2	4, 5, 6
1:15p	1, 2	5, 6	3, 4
2:00p	3, 4	2, 3	5, 6
2:45p	5, 6	3, 4	1, 2

Classes run Mon-Thu with Friday as a makeup date

LESSON FEE: \$45/per swimmer/per session—REGISTRATION OPENS MONDAY MARCH 30TH

This is in addition to the swim pass fee.

EVERY CHILD REGISTERED FOR A LESSON MUST PURCHASE A FAMILY PASS AT THE TIME OF REGISTRATION. COST OF A FAMILY PASS IS \$55.

One pass per family.

If you register online: You will need to pay for your pass online, then come in to the Rec Office to pick it up. Passes are available starting May 1. After the beach opens they will be available for pickup at the beach only.



RANGERS



SPORTS CLINICS

Mini Hoops

{Entering Grades 2-3 in Fall 2020}

Instructed by Liz Power and Molly Lane

Lace up your sneakers and join us for basketball! This program is designed for the younger basketball player to learn the game in a fun, non-competitive atmosphere. Together we'll learn the basic skills of dribbling, passing and shooting through a series of fun games. this program!

- Jun 22nd—Jun 25th {Mon-Thu}
- 1:30-3:30pm
- COED Program
- \$75, Armstrong

Girls Basketball

{Entering Grades 4-9 in Fall 2020}

Join girls varsity coach, Liz Power, and WHS varsity players for this exciting week! Girls will learn the basics of the sport all while playing fun games to work on their skills. Be sure to bring water and lunch!

- Jun 22nd—Jun 26th {Mon-Fri}
- 8:00am-1:00pm
- Grades 4-6 at Mill Pond
- Grades 7-9 at WHS, Laduke Gym
- \$165

Track and Field {Ages 9-14}

Join Coach Roger Anderson, Rick Hebert and WHS track athletes and experience a wide variety of events involved with track & field. Training for jumping, throwing, hurdling and running will be explored as well as games and general fitness activities.

- Jun 29th—Jul 2nd {No program July 3}
- 9:00am-12:00pm
- \$90
- Location: Either WHS track or upper Haskell

Boys Basketball

{Entering Grades 4-9 in 2020}

Join varsity coach, Brian Willar, staff and WHS players for one of the most popular summer clinics in Westborough. Boys will participate in scrimmages, 1-on-1 tournaments and shooting games throughout the week. Be sure to bring water and lunch!

- Week 1: Jul 13th—Jul 17th {Mon-Fri}
- Week 2: Jul 27th—Jul 31th {Mon-Fri}
- 8:00am-1:00pm
- Grades 4—6 at Gibbons
- Grades 7—9 at WHS Laduke Gym
- \$165

Baseball {Ages 7-12}

Join varsity Coach Kittredge and his staff and WHS players as they teach you the fundamentals of baseball! Participants will learn techniques of fielding, throwing, catching, base running and hitting. Game competition daily. Bring a glove and wear sneakers or cleats.

- Jun 22nd—Jun 26th {Mon-Thu}
- Friday may be used as a makeup day
- 9:00am-12:00pm
- \$90
- Rogers Field

Golf at the Westborough Golf Course {Ages 7-13}

Join varsity golf coach Lori Kinney and WHS golfers for this week long introductory golf program. A great way to introduce kids ages 7-13 to the sport of golf, or to improve their current golfing skills. Includes tee to green experience, video swing analysis and more. Rental clubs available.

- Week 1: Jul 13th—16th
- Week 2: Jul 20th—23rd
- Week 3: Jul 27th—30th
- Fridays may be used for rain make up
- Mondays and Thursdays drop off at Golf Course, Tuesday and Wednesdays drop off at Middle School Gym parking lot.
- 9:00am-12:00pm
- \$159
- Full details at www.westbororec.com

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Volleyball

{Entering Grades 5-9 in Fall 2020}

Serving up some serious fun! Join the varsity Volleyball team as they teach you the fundamental skills through fun games and activities. Be sure to register early for this program...it will fill!

- Jul 6th—Jul 10th {Mon-Fri}
- 9:00am—12:00pm and/or 12:30-3:30pm
- \$110 per session or \$170 for both sessions {9am-3:30pm}
- Gibbons Gym

Lacrosse

{Entering Grades 3—8 in Fall 2020}

Join JV Lacrosse coach Molly Lane and PE teacher Melissa Callender for this 4 day lacrosse clinic. Learn the fundamentals of the game in a relaxed fun atmosphere. Kids will be separated according to grade.

- July 27th—July 30th
- Friday may be used as a rain make up
- 8:00—11:00am
- WHS upper turf
- \$90

Ultimate Frisbee {Ages 9—14}

Join former WHS Team Captain, Elliot Mintz and other top players for an exciting summer Ultimate Frisbee Clinic. Learn to throw, catch and defend the disc in this fun week long program geared especially towards beginners and those wanting to improve their skills. No experience necessary.

- July 20th—July 23rd
- Friday may be used as a rain make up day
- 9:00am—12:00pm
- Coed
- \$90

Tennis

{Entering Grades in 4—8 Fall 2020}

Varsity Tennis coaches Scott Henderson and Leonard O'Neil along with WHS varsity tennis players will be bringing you a brand new summer tennis program. All abilities are welcome to come learn the fundamentals of the game or for the advanced player, a chance to hone their skills. Separate weeks for boys and girls!

- Boys: July 13th—July 16th
- Girls: July 20th—July 23rd
- Friday may be used as a rain date
- 8am—9:30am
- \$50
- WHS Tennis Courts

Field Hockey

{Entering Grades in 4—8 Fall 2020 }

Join Melissa Callender and Molly lane and Learn the fundamentals of stick work, basic skills, rules, concepts and team strategies.

- July 13th—16th
- 8:00am—11:00am
- \$90
- WHS upper turf

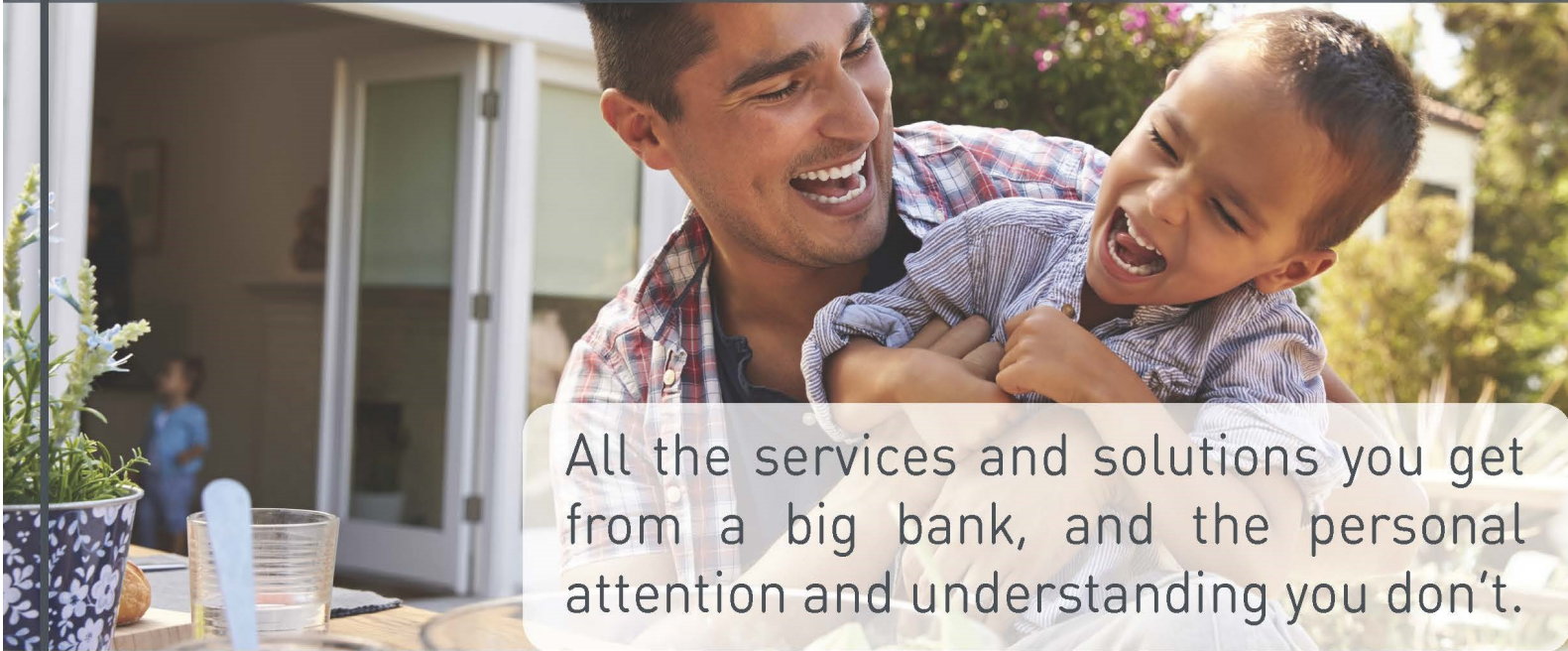


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SUMMER ACTIVITIES



Archery {Ages 6—14}

Instructed by Finn and Feather Staff

Looking for a unique recreation activity? Archery is an individual sport that provides the opportunity for anyone to do well. The benefits of archery include exercise, mental focus, self-discipline and social interaction. This program teaches the fundamentals of good form and technique, as well as safety.

Date	Time	Cost
July 27th—July 29th	2:00—4:00pm	\$100
August 10th—August 12th	9:00—11:00am or 11:00am—1:00pm	\$100

Summer Golf Lessons @ Juniper Hills Ages {5—14}

Instructed by Juniper Hills Staff

This program combines instruction, drills, and fun games to keep your child's interest level high. Putting, chipping, full swing, on-course instruction, etiquette and the rules of golf will be covered.

All lessons take place at Juniper Hills Golf Teaching Ctr. 142 School Street Northborough, Ma

Program	Dates	Time	Cost
Beginner	6/22—6/25	9:00am—1:00pm	\$270
Intermediate	6/22—6/25	9:00am—1:00pm	\$270
Beginner	7/13—7/16	9:00am—1:00pm	\$270
Intermediate	7/13—7/16	9:00am—1:00pm	\$270
Beginner	8/3—8/6	9:00am—1:00pm	\$270
Intermediate	8/3—8/6	9:00am—1:00pm	\$270
Little Linksters {Ages 5—6}	6/22—6/24 7/6—7/8 7/13—7/15	10:00—12:00pm	\$125

Soccer {Ages 5+}

Instructed by Best Soccer staff

As players learn and grasp the basic fundamentals of soccer. The coaches will develop the basic foot skills, passing and shooting through structured games with every player actively involved.

- July 6th—10th
- July 20th—24th
- 1:00—2:00pm, ages 3—5, \$95
- 1:00—4:00pm, ages 5—14, \$150
- August 3—August 7
- 9:00—10:00am, ages 3—5, \$95
- 9:00am—12:00pm, ages 5—14, \$150
- 9:00am—3:00pm, ages 7—14, \$250
- All fees include t-shirt and ball
- All clinics take place @ Haskell Field

Westborough TV: Lights! Camera! Action! {Entering Grades 5-8 Fall 2020}

Instructed by Westborough TV

Interested in learning the basics of professional filming and editing? Westborough TV is offering an engaging program where students will work together to write, shoot, direct and edit their own shows! Complete details @ www.westbororec.com

- All classes will run from 1:00—4:00pm
- Week 1: Jun 22nd—25th {Mon-Thu}
- Week 2: Jul 13th—16th {Mon-Thu}
- Week 3: Jul 27th—Jul 30th {Mon-Thu}
- Week 4: Aug 10th—13th {Mon-Thu}
- \$160 per week
- Westborough TV Studio, 33 West Main St.

Elsie Kaye Jewelry Design & Flameworking Programs {Ages 7+}

- 7/6—7/10, 7/13—7/17, 7/20—7/24
- 9:00am—12:00pm
- We'll start each day with a different art demonstration, glass bead making, metal soldering, wirework, resin jewelry making and many more. Then, your child will learn the basics of jewelry design using glass beads, semi-precious gemstones, freshwater pearls and Swarovski crystals.
- Flameworking, Ages 12—17
- During this exciting hands-on workshop, students will learn the fundamentals of glass bead making using a gas and oxygen fueled torch and soft glass. Each student will make between 5-10 beads each week. No experience is necessary and all materials are included.
- 7/6—7/10, 7/13—7/17, 7/20—7/24
- 1:00—4:00pm
- \$325/ session
- Elsie Kaye Glassworks, 3 Union St Suite 2

Nature Discovery {Ages 6-12}

Instructed by Westborough Rec staff

Bowman Conservation Area is the ideal location for this summertime outdoor adventure. From the wooden bridges over the creeks to the peninsula and the 'island' there is so much to be seen. Lots of walking, sneakers are a must!

Complete details at www.westbororec.com

- Week 1: Aug 3rd—Aug 6th
- Week 2: Aug 10th—Aug 13th
- 9:00am-12:00pm
- Fridays may be used as a rain date
- \$95, includes field trip to the Ecotarium
- Bowman Conservation Area, 72 Bowman Street

NATURE-LOGY (Ages 5—8)

Instructed by STEM Beginnings staff

The children will have fun exploring different fields of Science each day : from ornithology or entomology, to zoology or marine biology! They will create their own nature kit, build the tools they need to see the sights in the wild, and explore the outdoors! #STEMisfun

- July 6th—9th
- 1:00—4:00pm
- \$195
- STEM Beginnings Studio 125 Turnpike Rd , Unit #1

STEM Fun with Robotics (Ages 5-8)

Instructed by STEM Beginnings staff

Children will explore a variety of robotic inventions from the simple to the complex, such as KIBO and Vex robotics. They will connect parts of different programmable robots, create a sequence of instructions and watch them follow their commands, or use remotes to access their mobility. The challenges offered this week also allows the children to design their own type of robot built for motion. Future programmers, engineers and designers will have fun exploring various robotic inventions!

- July 13th—16th
- 1:00—4:00pm
- \$195
- STEM Beginnings Studio, 125 Turnpike Rd, Unit #1

I SPY STEM! (5-8 yrs old)

Instructed by STEM Beginnings staff

Bring your observation skills and detective gear to solve the mysteries of STEM. There will be a STEM case to solve every day. From gathering evidence and fingerprinting, to decoding clues and unlocking mysteries.... this program is perfect for future forensic agents! The children will enjoy this "Escape Room" experience.

- August 17th—20th
- 1:00—4:00pm
- \$195
- STEM Beginnings Studio, 125 Turnpike Rd, Unit #1

Summer Horse Program {Ages 6—16}

Instructed by Coachmens Legacy Staff

Explore the world of horses through this fun and interactive program. Children will ride a horse daily, participate in educational projects, horse care, horsemanship and crafts. The program will cover grooming, leading, mounting a horse, steering, stopping and riding at the walk and trot. On Thursdays, students will participate in a "game day" on horseback and will get hands on experience with other farm animals.

- June 29th—July 2nd
- July 6th—July 9th
- 9:00am—12:00pm or
- 12:30pm—3:30pm
- \$225

- 267 North Street Upton, Ma
- Must wear long pants and boot with a heel, students can NOT ride in sneakers
- Please bring water bottle and nut free snack daily
- For kids that wish to participate in both the AM and PM session a half hour supervised lunch is offered, students need to bring their own lunch.

Barn Buddies {Ages 5—16}

Instructed by Coachman's Legacy Staff

During this program, children will get the opportunity to learn more about agriculture and farming. Children will get hands on experience with animals such as horses, goats, ducks, rabbits, alpacas and chickens. Each day children will have the option to have a horse/pony ride. Must wear boots with heel.

- Friday July 3rd, Friday July 10th, or Friday July 17th
- 9:00am—12:00pm or 12:30pm—3:30pm
- \$60/ per day
- 267 North Street Upton, Ma
- Please bring water bottle and nut free snack daily
- For kids that wish to participate in both the AM and PM session a half hour supervised lunch is offered, students need to bring their own lunch.

Magical /Fairy/Pirate House & Gym {Ages 4—10}

Instructed by Paradise Island Staff

Bring your imagination & creativity! Kids will design, create & decorate their very own one of a kind magical/fairy/pirate house or pirate cove and fill it with furniture, fixtures and mixed media materials like wood, rocks and greenery! All creations will be taken home on the last class for endless play or decoration. We will also make a different kind of slime daily and play active games in the gym!

- June 22nd—26th
- 1:15—5:15pm
- \$250 /week. Individual day options available, contact PIK directly.
- Paradise Island Kids, 108 Milk Street

Cooking, Slime, & Gym { Ages 4—10}

Instructed by Paradise Island Staff

4 hours of fun! Activities include making a different kind of slime daily, bring your own nut free snack, structured cooking lesson (all kid approved foods, veggie options always available), lunch, and gym games! All goods are nut free.

- July 20th—24th, 1:15pm—5:15pm
- August 10th—14th, 9:00am—1:00pm
- \$250/ week. Individual day options available, contact PIK directly.
- Paradise Island Kids, 108 Milk Street

3D Technology Art and Gym {Ages 4—10}

Instructed by Paradise Island Kids Staff

Kids will learn the art of 3D drawing and sculpting by using our 3D technology to make one of a kind creations! Lift your imaginations off the page and join us for this technology based art class.

- August 3rd—7th
- 9:00—1:00pm
- \$ 250
- Paradise Island Kids, 108 Milk Street

Finn and Feather Outdoor Adventure {Ages 6-11}

Instructed by Finn and Feather Staff

This adventure filled program features: Archery on a 10- 15 yard range, hiking and using a map & compass, nature class, fishing, wilderness survival and camping skills, sports/fitness and more!

- July 27th—July 29th
- August 10th—12th
- August 18th—20th
- 9:00am—2:00pm,
- \$210
- Chauncy fields, by the water

Finn and Feather Outdoor High Adventure {Ages 12—14}

Instructed by Finn and Feather Staff

This special program is designed for older student. It is more challenging with additional adventures such as fishing on the water in canoes and kayaks, archery, fun slingshots with water balloons, and more!

- August 10th—August 12th
- 9:00am—2:00pm
- \$210
- Chauncy fields, by the water

Backyard Poultry {Ages 6—16}

Instructed by Coachman's Legacy Staff

In these sessions, students will learn about many aspects of backyard poultry. Topics to include raising chickens, breed selection, care and management of backyard poultry and egg collecting. Students will have hands on experience with handling our chickens, ducks and baby chicks.

- June 30th, July 7th, or July 14th
- 5:00—7:00pm
- \$35
- 267 North Street Upton

From Farm to Yarn {Ages 6—16}

Instructed by Coachman's Legacy Staff

Students will learn about fiber producing animals and uses for fiber in fashion and art. Students will learn about what types of animals (and plants) can be used for their fiber producing qualities and how to turn raw material into something useable. Students will learn to care for and have hands on experience with some of our fiber animals, including alpacas and rabbits. Students will create a craft project involving yarn or felted fiber.

- June 30th, July 7th, July 14th
- 5:00—7:00pm
- \$35
- 267 North Street Upton

Adventure Kids with Regatta Point {Ages 8-14}

Instructed by Regatta Point Staff

The program runs for 9 hours over 3 days and combines recreational kayaking and stand-up paddle board skills development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team through fun, challenging games.

- Session 1: Jul 8th—10th
- Session 2: Jul 15th—17th
- Session 3: Aug 5th—7th
- All sessions run from 1:00—4:00pm, Wed—Fri
- \$165 per session
- Meet at the shed in front Chauncy Fields; 10 Solomon Carter Fuller Way, {Formerly 10 Hospital Road}

Sailing with Regatta Point {Ages 8-11}

Instructed by Regatta Point Staff

The program runs for 9 hours over 3 days and covers the basics of sailing, boat parts, rigging/derigging, tying knots, wind direction, point of sail, and water safety. The course is taught in stable Optimists. Participants will get to sail on their own on the very first day supervised by trained instructors.

- August 12th—August 14th
- 1:00—4:00pm
- \$195
- Meet at the shed in front Chauncy Fields; 10 Solomon



Challenger Baseball program through Westborough Little League

What is the Challenger Program?

Challenger is an adaptive baseball program for individuals with physical and intellectual challenges. The program accommodates any person of ages 4 to 18; or up to age 22 if still enrolled in school. The program also involves volunteer peer “Buddies” that play along with each of our players to assist to the extent necessary with all of the activities associated to the game including fielding, catching, running and hitting. Challenger has a “one to one” ratio where buddies are paired up with the same players for the full year.

Challenger allows the opportunity for our players to create friendships and bonds with their teammates, buddies, coaches, opposing players and the community at large in a way that transcends the baseball field. It allows our players the ability to demonstrate to those in schools and potential work environments the inspirational ability to overcome, contribute and thrive.

Teams play on Saturdays and the games are about much more than baseball. Of equal importance, there is a social and recreational component to these events that is also rare for our players. Numerous teams/towns share multiple fields at one host location inclusive of numerous volunteer contributions consisting of everything from food, music, bounce houses and dunk tanks. Hundreds of friends, family members and volunteers attend each weekend. These events are in fact a celebration of the amazing spirit, determination and will of those participating to overcome their challenges and play in a competitive activity that they love in a way that is as close to a typical game as possible.

How did this program get started in Westborough?

The program was introduced to Westborough in 2018 joining surrounding towns, Shrewsbury, Millbury, Grafton and Northborough. The 2018 team included 17 players with a high diversity in age, gender, and skill ability. Based on the success of last season and the awareness that was established, we expect a considerable increase in participation in 2019.

How is the Challenger Program funded?

For the 2019 season, we initiated outreach to the sponsor community for support. One of the foundational pillars of the program is that there are no fees charged to participants to cover costs associated to fields, uniforms and gear. Funding secured through sponsorship will provide new equipment and uniforms for all players that will serve to create the sense of inclusion and togetherness of a true team environment. Involvement in a team in any sport, particularly one that represents a town, is a very common experience for most young athletes. Challenger offers one of the few opportunities in our town for our athletes with challenges to have this same experience.

Very few of our players have had the previous chance to put on a uniform and represent the town of Westboro and compete against other communities in a sporting event. It is a special environment for our participants and one that they take tremendous joy and pride in experiencing. Support of this program sends a most powerful message with respect to the values of those that are involved and support it. It communicates in strong terms that we embody and embrace a commitment to rising up and those among us that have more difficult obstacles to overcome and celebrating their incredible abilities and accomplishments.

Program Specifics

Practices/games will begin in May and end mid-June. Practice is one night per week and games are Saturday mornings from 10am—12pm in Westborough and other surrounding towns. For more information and details on how to register visit— westborolittleleague.org and click on the *Challenger Division*



Community Events

Concerts on the Common

Join us as we welcome three of the areas best cover bands to Baystate Common! All concerts are free for all to enjoy!

- June 23rd—Midtown Horns
- July 16th—ST80UM—80s band
- August 4th —TBD

Egg Drop

Join Westborough Rec Egg Patrol as we drop thousands of plastic eggs from a Helicopter at the Chauncy Fields! Each egg will be filled with a mini-toy or candy! **Participants MUST pre-register for the event, NO EXCEPTIONS. Day of registration will not be accepted.**

- Saturday, April 11th {Weather dependent!}
- 10:30am check-in, eggs will be dropped at 11am
- 2 Age Groups {3-5 years old, must be with parents} & {6-8 years old}
- \$5 per participant {includes up to 8 plastic eggs and decorated bag}
- 10 Dr. Solomon Carter Fuller Way

Westborough Unplugs — May 4—May 10

We could all benefit from being a little less “plugged in”. Westborough Rec along with Westborough Connects and many other groups in town will be providing various events and activities to help everyone in Westborough go “screen free” for the week. Details to come!

Move and Groove into Mill Pond

This annual dance is for current {2020} 3rd Graders! This is a great chance to meet new friends that you will be seeing daily next year in 4th grade! The night will include music and entertainment from DJ MIKE, light refreshments, and a lot of fun!

- Friday night, May 15th, 7-9pm
- \$10 per family, payable at the event
- Mill Pond Cafeteria

Last Day of School Social

Join Westborough Recreation, Westborough Public Library and Westborough Youth and Family Service as we celebrate the end of school and the beginning of summer!

We will have pizza, lawn games, and music entertainment. Stop by anytime. All grades welcome!

- When: Last day of school, June 18th, tentatively
- Time: 12:00-2:30pm
- Where: Baystate Common

July 4th Block Party

This annual celebration, held downtown, will feature the popular band “The Reminisants” as well as many children’s events and food concessions. The block party includes favorites such as Big Daddy’s Car Racing, hayrides, pony rides, moon bounce and more! Many events are free, others charge a nominal fee.

- Friday, June 28th from 5:30—9:30pm
- Baystate Common
- Free Event



Westborough Public Library Programs & Events

Screen on the Green presented by the Westborough Library

Bring your camp chair or blanket and check out a FREE movie at Baystate.

- Begins Thursday 7/9 and run through 7/30
- Movies start around 8:30pm.
- Schedule of movies coming soon—check the library and recreation websites for updates!

Adult Programs at the Westborough Library

- April 18th from 12-2 – Shred Day
- May 14th at 7 p.m. – Women’s Rights after the 19th Amendment by Barbara Berenson – co-sponsored with the Westborough Historical Society
- May 21 at 7 p.m. – Isabella Stewart Gardner – a play by the Delvena Theatre Company. (This program is supported in part by a grant from the Westborough Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency)
- May 30 from 9-12 – Repair Café sponsored by the Westborough Rotary.
- June 2nd at 7 p.m. – Colorado Plateau National Parks
- June 9th at 7 p.m. – Pacific Northwest National Parks



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(508) 366-9288

www.ebridgemonessori.com

Cornhole League {Ages 21+}

Cornhole is a great activity that brings people together in the spirit of friendly competition. This league is very fun and social, but features some great players as well! Experience encouraged, but not required!

- Thursday nights, April 30th—June 11th
- 6:30-9:00pm {Times may change slightly based on the # of teams participating}
- \$40 per team
- Teams will consist of 2 players each, but can name 1 alternate player in case one teammate cannot show
- Register quickly, this program will fill!
- Games played at Cold Harbor

Adult Volleyball {Ages 18+}

Join Westborough Recreation for this fun filled night of volleyball. Whether you're experienced and trying to get back into the sport or brand new to volleyball, all are welcome!

- Wednesdays, Mar 25th—May 25th {skip 4/22}
- 7:30—9:00pm
- \$30
- Mill Pond School Gym

Adult Badminton {Ages 18+}

This very popular program is back again for the spring. Up to 6 games going at once, skilled and beginner players welcome. Be sure to register quickly as this will fill! Limited to Westborough Residents ONLY!

- Tuesdays and Thursdays
- March 31st— May 28th (Skip 5/5, 5/7, 5/12, & 5/14)
- 8:00-10:00pm
- \$45 {includes shuttlecock cost}
- WHS Laduke Gym

Learn to Fish

Have you ever wanted to learn how to fish, but didn't know where to start? Here's your chance; let the Mass Wildlife Angler Education Program be your guide.

- Family Fishing Clinic, Wednesday, July 22nd
- 3:00—5:00pm
- Adult Fishing Clinic, Tuesday August 19th
- 5:00—8:00pm
- \$20
- Sandra Pond {Minuteman Park}, 71 Upton Road

Adult Basketball {18+}

Basketball for both men and women. Join in for pick up style play!

- Men: Tuesdays, 8:00 - 10:00pm
- Women: Wednesdays, 8:00 - 9:00pm
- Registration and details at www.westbororec.com

PICKLEBALL

The sport shares features of other racquet sports, the dimensions and layout of a Badminton court, and a net and rules similar to tennis, with a few modifications. Join one of the fastest growing sports for active adults!

- Mondays, Wednesdays & Fridays
- 9am - 11am
- Lyman Street Courts (Across from Lake Chauncy)
- April 23-Sept 24
- Free

Golf {Ages 15+}

Whether you're a newcomer to the sport or just trying to refine your swing, Juniper Hills Teaching Center is a great spot to improve your golf game!

Lessons take place @ Juniper Hills Golf Teaching Ctr

Wednesdays	4/29—5/27	6:00—7:00pm	\$140
Thursdays	4/30—5/28	6:00—7:00pm	\$140
Saturdays	5/2—6/6 (Skip 5/23)	9:00—10am	\$140
Sundays	5/3—6/7 (Skip 5/24)	9:00—10am	\$140

Fitness Kickboxing {12+}

Our Kickboxing classes are great for anyone from teenagers to seniors and consist of stretching, punching, and kicking combinations, bag work, as well as core work, and various strength training exercises, all set to energizing music. All abilities welcome!

	Spring		
Thursdays	4/2—5/7 or 5/14—6/25 (skip 6/18)	6:45—7:45pm	\$49
Saturdays	4/4—5/9 or 5/16—6/27	8:20—9:20am	\$49
Thurs & Sat	4/2—5/9	See above	\$69
	Summer		
Thursdays	7/9—8/13	6:45—7:45pm	\$49
Saturdays	7/11—8/15	8:20—9:20am	\$49
Thurs. & Sat	7/9—8/15	See above	\$69

Adult Learn to Row

This is our basic introductory class which gets you on the water for an introduction to the sport of rowing. It's perfect for people of all fitness levels, does not require any previous rowing experience, and is intended to be very hands-on.

- Wednesdays, Fridays, and Saturdays
- June 8th—July 4th or
- July 6th—August 1st
- 5:00am—7:00am
- \$425
- Regatta Point State Park, 10 North Lake Ave, Worcester, Ma

COMMUNITY PROGRAMS AND SERVICES



Westborough Connects is a nonprofit organization focused on **building a connected and kind community** where everybody feels like they belong.

We are a volunteer group of parents, educators, community leaders and engaged citizens. Westborough Connects creates opportunities to support and celebrate the diversity, spirit, and character of Westborough through programs and events that are **community-based, strengths-based and dedicated to connecting people to resources and each other.**

Through partnerships with many amazing organizations in Westborough, we have several events and programs planned for the spring.

- **Online Safety and Digital Citizenship Presented by Katie Greer:** March 19th, in partnership with Westborough Public Schools
 - **Kindness Week 2020:** March 29th-April 3rd, second annual community celebration honoring kindness, in partnership with many community groups, town committees and businesses; **Kick-Off to Kindness Week** event will take place on March 29th from 2-5 at Mill Pond School
 - **Westborough Unplugs** – May 2nd-9th, second annual local adaptation of National Screen-Free Week; in partnership Westborough Recreation and Westborough Education Technology Foundation and with sponsorship from Westborough Civic Club; many events sponsored and hosted by local community groups and businesses
-

FIND US IN THE COMMUNITY

Westborough Connects hosts its own educational programs and partners with local organizations on community events.

BE A VOLUNTEER

There are many opportunities to get involved! Ask us

JOIN A SUB-COMMITTEE

We are a growing volunteer organization. New members welcome!

~Community Engagement
~ Diversity & Inclusion
~ Programming

LEARN MORE & STAY CONNECTED

www.WestboroughConnects.org

westboroughconnects@gmail.com

COMMUNITY PROGRAMS AND SERVICES

Westborough Youth & Family Services'

Our mission is to provide counseling and social services to Westborough residents and to promote behavioral health and wellness for the entire community.

Please contact us for information about our free services and programming:

- Individual and family counseling for Westborough residents
- Clinical consultation regarding mental health, substance use, family issues and more
- Resources and referrals related to behavioral health, social services and basic needs
- Educational programs about substance use, stress and anxiety, health and wellness
- Community events promoting social connection and fun for all ages

In all of our services and actions, WYFS strives to be:

- Welcoming - We create a friendly and accessible environment with low barriers to services
- Advocates – We advocate for the behavioral health, social, and emotional needs of all residents
- Leaders in behavioral health – We provide a lens of mental health to town agencies, departments, and residents
- Providers of highest quality care
- Respectful, safe, inclusive, and professional in all of our services and interactions

WYFS Director, Cara Presley, LICSW

cpresley@town.westborough.ma.us

Department information: 508-366-3090

www.WestboroughYFS.org

Westborough Little League Softball

Participation in Westborough Girls Softball League helps our players grow, learn and have fun while they develop and use their softball athleticism.

- Registration is open through the end of February
- 8U, 10U, 12U, and 16U divisions
- Cost is \$115 for 8U and \$150 for all other leagues
- Register at www.westborolittleleague.org

Westborough Boys Lacrosse Grades K—8

Westborough Youth Lacrosse (WYLA) provides instruction and training for the sport of Lacrosse. Led by volunteers we offer an atmosphere of full inclusion, sportsmanship and fair play.

- Registration is open through April 1st
- 1st/2nd grade—\$210, includes full equipment and sticks
- 3rd/4th & 5th/6th & 7th/8th—\$260
- Registration Fees includes costs of New Uniforms this season (include shorts, jersey (with player's name and number) and shooter shirt)
- Register at westboroughlacrosse.com
- Scholarships available, e-mail: ehrlichm@gmail.com

Westborough Girls Lacrosse Offered for Girls Grades 1-8

Westborough Girls Lacrosse Association (WGLA) offers lacrosse instruction for Westborough girls in grades 1-8 during the Spring. We promote instruction and development in a fun and developmental environment. We stress fair play and sportsmanship all while learning the fundamentals of lacrosse.

*Financial scholarships available (please contact matt.hudnall@live.com)

No prior experience needed and beginners are welcome at all ages!

Registration for Spring 2020 closes February 29, 2020.

For registration or more information, please go to our website: westboroughgirlslacrosse.org



Westborough Youth Soccer Pre-K to Grade 12

Westborough Youth Soccer Association's (WYSA) in-town program is for boys and girls from Pre-K up to Grade 2 and is designed to progress from introducing kids to the game to getting them prepared to play in our Travel program and beyond. Kids will be trained by a combination of volunteer and professional coaches with emphasis on the development of skills and understanding the game versus having a specific focus on results.

- At WYSA, we promote teamwork and communication, boosting confidence and strength, all while having fun and developing friendships.
- Register at www.westboroughyouthsoccer.org, until 3/9
- \$100 for entire season, 4/5/2020—6/14/2020
- For more information visit our website or e-mail registrar@westboroughyouthsoccer.org



LINDSAY  TAYLOR
SPAtique

71 East Main Street
Westborough, MA 01581

(508) 366-2260

www.lindsaytaylorspatique.com
lindsaytaylorspatique@gmail.com



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Join us at the Westborough Golf Club as we open the season and enjoy your golf course.

Visit our new website for more information on a myriad of programs designed for golfers of every age.

Did you know :

- The Westborough Golf Club is open to the public and has memberships available.
- Our 9 hole mixed couples tournaments, ABCD's, Tuesday morning Ladies leagues, Wednesday morning senior men's league, weekday sweeps and weekend sweeps are all open to the public. All you need is a USGA approved handicap to compete. You can sign up for a handicap at the Pro Shop. Contact the pro shop for details about each tournament and how to sign up. 508-366-9947 or info@westboroughgolfclub.com
- Friday, Saturday and Sunday after 3 PM each adult can bring one junior 18 and under for a free 9 hole green fee.
- The Golf Club offers a pass for 11 weekday nine hole rounds for the price of ten. Not valid for league play, outings, tournaments or holidays.
- Tee Times are available 5 days in advance through our web site: Westboroughgolfclub.com





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