



SUMMER 2022

REGISTRATION BEGINS: MONDAY, APRIL 4TH



WHAT'S THE Buzz?

It has been an extremely busy Spring and we are VERY excited about the Summer Program offerings! Throughout this guide, you will not only see our staple programs like Summer Tots, Jr. Play, Playcamp, and Senior Play, but also enjoy some specialty camps and programs like Fishing Camp, Mustang Sports, Archery, Movie Nights, and more! We are excited to offer a summer full of activities for the community and look forward to seeing people out and about.

We have not only been busy with programming but updating facilities as well! We have updated elements at Bond Street Playground, added a shade structure at Hawes Pool, a disc golf course at Coakley Middle School, and new spray park elements to Hawes Pool. We hope everyone can get outside and take advantage of some of these updates!

Our department has been working hard to ensure

our residents have a memorable summer as we know it's a challenging year. Whether it is at one of our movie nights, our 2 seasonal pools, or at our 9 playgrounds we hope you enjoy our facilities/programming this Spring/Summer! You are what makes our Department so special! Also, over the Fall/Winter we welcomed Sam White, our new Program Coordinator to our team. Sam brings a wealth of knowledge and we are very excited to see what he brings to our community! Thank you Norwood for your continued support!

We look forward to a great Summer and hope to see you soon!

Sincerely,

Travis Farley - Superintendent of Recreation

RECREATION DEPARTMENT STAFF DIRECTORY

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NORWOOD RECREATION MISSION STATEMENT

The mission statement of the Norwood Recreation Department is to provide a variety of programs, activities and events that enhance the quality of life and promote the physical, mental, and social well being of each individual served.



**NORWOOD RECREATION DEPARTMENT
IS A PROUD MEMBER OF:**

- National Recreation & Park Association
- Massachusetts Recreation & Park Association
- American Park & Recreation Association

ATHLETIC FIELD RESERVATIONS



All groups requesting to use an athletic field must complete a Field Permit Request Form.

Questions regarding field usage and availability, contact Howard Weinstein at 781.762.0466 or email hweinstein@norwoodma.gov

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Learn about upcoming classes, special events, cancellations, and more. Follow us on the Norwood Recreation Department Facebook page and receive current information about what is going on. We are also on Twitter and Instagram!

REGISTRATION

**REGISTRATION FOR ALL SUMMER
PROGRAMS BEGINS
MONDAY, APRIL 4TH**

SESSION DATES

Summer

June 27th-August 12th

No programming Monday, July 4th



WALK- IN

Recreation Department
Civic Center
165 Nahatan Street
Norwood, MA 02062



ONLINE

[https://norwoodma.
myrec.com/
info/default.aspx](https://norwoodma.myrec.com/info/default.aspx)

OFFICE HOURS

Mid-May through mid-September:

Monday through Friday 6:00am-6:45pm
Saturday Closed

CIVIC CENTER CLOSURES



**Monday, July 4th,
Independence Day**

REGISTRATION INFORMATION

NON-RESIDENT PARTICIPATION

Non-residents may join designated classes at the Norwood Recreation Department. Non-residents may register at an additional fee one week prior to class only for classes that state non-resident rates.

COURSE CONFIRMATION

We do not send or call to confirm registrations. Consider your registration accepted and report to your class unless the Department notifies you of a cancellation. You are responsible to attend programs that you registered for. The Norwood Recreation Department does not give refunds/credits for someone failing to attend a class in which he/she is registered.

PARTICIPANT PHOTOGRAPH POLICY

The Department reserves the right to photograph/film program participants for publicity purposes. Smile! You just may be on the cover of the Program Guide.

INCLEMENT WEATHER

All classes (day and night) will be cancelled when Norwood Public Schools are closed. If Norwood Public Schools have a delayed opening, all Recreation Department programs WILL START at the regularly scheduled time, unless you are informed otherwise. In the event that we need to cancel evening or weekend events, it will be listed on our website and a message will be left on your voice mail.

TOILET TRAINED

Children must be toilet trained in order to attend any classes unaccompanied by an adult.

FILLED CLASSES

Should programs become filled, you can be placed on a waiting list. We will try to offer additional spots whenever possible. People will be contacted as soon as a spot opens and will be given a time period in which they have to come in and register in person.

CANCELLATIONS

Every attempt will be made to reschedule a class that has been cancelled for inclement weather, instructor absence or holiday. We are not responsible for making up classes that are missed due to the participant's inability to attend, and refunds/credits are not given for lack of attendance.

SICK

We follow the same procedures as the school system. We would appreciate it if you keep your child home and fever free for 24 hours as to not make others ill!

RETURNED CHECKS

There is a \$25 fee payable to the Town of Norwood for returned checks.

DUPLICATE NAMES ON ACCOUNTS

Anyone who makes up an account member to get them into a program that is not age appropriate will result in removal of program and no refund

REFUND POLICY

A refund request form must be completed at the Norwood Recreation Department to complete your Refund Request in writing, **Please see policy below:**

REFUND/CREDIT POLICY

| | REFUND | CREDIT |
|---|-------------------|-------------|
| Programs Cancelled by Recreation Department | Full Amount | Full Amount |
| Recreation changes, program time or date and you no longer can attend | Full Amount | Full Amount |
| Withdraw before 3 weeks prior to program start date | Refund & -20% fee | Full Amount |
| Withdraw less than 3 weeks prior to program start date | NO REFUND | NO CREDIT |
| Medical Absence - Doctor's note required | Full Amount | Full Amount |



FACILITY USAGE INFORMATION

MEMBERSHIP RATES

Norwood Residents Only

Proper photo ID and proof of residency is required at time of purchase.

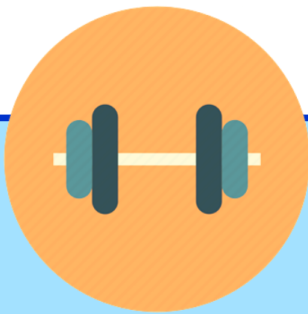
| | ADULT | FAMILY |
|----------|----------|----------|
| 1 Month | \$15.00 | |
| 3 Months | \$40.00 | |
| 6 Months | \$75.00 | |
| 1 Year | \$145.00 | \$200.00 |



Norwood Recreation offers fitness classes in partnership with the Vanderbilt Club in Norwood. For more information please contact us at (781) 762-0466

Family membership is defined as two adults over the age of 21 plus children who live in the household, under the age of 21.

Each individual will be issued a KEY FOB once you purchase a membership. Each time you enter the facility, you must swipe your card under the bar code reader at the front office. Lost cards result in a \$5.00 replacement fee.



LOOKING FOR FITNESS CLASSES?

Call us at 781-762-0466 or
Register Fit For You.

DAILY CHARGE

If you wish to use the facility, fitness area, or basketball courts, you must pay a daily fee if you don't have a membership.

Day pass key FOBs will be issued with proper photo ID and proof of residency. If you've been issued a FOB and cannot locate it, a replacement FOB will be issued for \$5.00.

Norwood Residents

| | |
|---------------------------------|--------|
| Seniors (ages 62+) | FREE |
| Active Military | FREE |
| Adults | \$5.00 |
| College (w/valid FT College ID) | \$2.00 |
| Youth (Grades K-12) | \$1.00 |

AGE/DRESS REGULATIONS

Must be at least 16 years of age, unless supervised by parent/guardian, and be dressed in proper fitness attire. No street clothes are permitted in the facility.

SUMMER HOURS

Mid-May through mid-September:

Monday through Friday 6:00am-6:45pm

Saturday Closed

No programming Monday, July 4th



Learn about upcoming classes, special events, cancellations and more. Follow us on the Norwood Recreation Department Facebook page and receive current information about what is going on. We are also on Twitter and Instagram!



CIVIC CENTER ROOMS

If you would like to rent a room for a meeting please fill out our Room Reservation Form!



CODE OF CONDUCT



Equal Access: No participant shall, on the basis of race, creed, national origin, or disability be denied access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.



Behavior: Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make Recreation Department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.



Participants Shall: Show respect to all participants, volunteers and staff. Refrain from foul language. Refrain from causing bodily harm to other participants, volunteers and/or staff. Show respect for all equipment, supplies and facilities.



Discipline: A positive approach will be used when determining disciplinary action. The Norwood Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.



Expectations: The Town of Norwood prohibits the use of alcohol or drugs while involved in town programs or on town premises. Anyone in violation is subject to disciplinary action, from warning to letter of disinvite.

NORWOOD DISC GOLF

Come join Norwood's newest park addition!
Norwood Recreation has added a new 9 hole disc golf course at Coakley Middle School. For rules or more information please contact us at (781) 762-0466.

This course can be utilized at any time
(but please be aware of athletic events happening)

Location: Coakley Middle School Athletic Fields



SPECIAL EVENTS



ICE CREAM 5K & FAMILY FUN RUN

Ages: ALL

Willetts School

9:30am 5K / 10:30am

Co1

Family Fun Run

Saturday, June 18th

Kick off the summer with this family fun event. You can run individually or as a family. This is a timed race, and every person registered will get a coupon for ice cream! The first 150 registered runners will receive an additional give away! We will have music, inflatables, a family kickball game, and more! Prizes for winners in their age divisions.

5K Runners: \$25 before May 13th,
\$30 until June 19th
\$35 day of.

Family 5K : Children \$10, Adult \$15



NORWOOD FAMILY FLICK

FREE EVENT!

Ages: ALL

High School Front Lawn

Bring chairs, blankets and a picnic dinner or snacks and enjoy a great family movie night under the stars. Movie will be family friendly and start at dusk. Parking available at the high school.

Wednesday, July 13th

Thursday, August 18th

Time: Sundown

SPECIAL EVENTS



BLOCK PARTY

FREE EVENT!

Ages: All Families

Pre- Registration required!

Norwood Recreation will be bringing the party to you! We will be hosting a block party that will give the community a unique opportunity to come together, make connections, and most importantly have fun!

Bond Street Tot Lot: Tuesday, July 12th

5:30-7:30 pm

Balch Elementary School Parking Lot:

Thursday, August 4th 5:30-7:30 pm



NORWOOD JUNIORS WOMEN'S CLUB KIDS SUMMER CONCERT SERIES

FREE EVENT!

All concerts will be held on the
Town Common

Tuesdays, 6:30-7:30pm

July 12th DJ Chris Abbate

July 19th Stacy Lake

July 28th Matt Heaton

Rain dates — August 9th, 16th, 23rd

SUMMER PLAYGROUND PROGRAM REGISTRATION INFO.



NEW All campers must be registered the Wednesday before a session starts, we will not take late registrations!



REGISTRATION: Online Registration DOES NOT EQUAL a complete registration. If paperwork is not turned into Rec Dept by June 1st, the camper will not be able to attend camp and no refund will be given.

Additional paperwork, including: enrollment packet, physical and immunizations must be submitted to the Norwood Recreation Online registration WILL NOT be available after June 5th. You may register for our programs after June 5th by coming in person to the Norwood Recreation Department with the full enrollment packet (must have health insurance policy number), physical from doctor that is current (within two years), and updated immunization record. Proof of age or grade (Kindergarten Enrollment Record or report card) and residency MAY be required if your child has not registered with our programs before.

EXTENDED CARE: Please register 24 hours in advance for eligible Extended Care Programs. If you do not register and are late for pick up, your account will be charged **\$10 per child** for the additional time. After extended care ends, you will be charged \$2 per minute, and that must be paid at the Norwood Recreation Department before your child can return to camp.

REFUNDS/CREDITS: Refunds will only be given if you cancel more than three weeks in advance. **If you do choose to cancel, there is a 20% processing fee that will be applied per session.** We can transfer your session with a week's notice, should space be available, free of charge.

CANCELLATIONS: Each camp has a minimum and maximum number of spots available. The minimum must be met **72 hours prior** to the start of the session or the program will be cancelled. Once maxes are met, your child will be accepted to a **waitlist**. Want to ensure care for the summer? We suggest you register early!



Our Parent Handbook will be available by April 20th!


NON-RESIDENT PARTICIPATION:

Non-Residents may join in our classes and summer camps. Registration is open **two weeks prior** to the start of the session for those who are not a Norwood resident for our Playcamp/swim and classes. **Non-Residents who would like to participate in Playcamp will be charged a bit more per session above the resident rate.** F.A.S.T Sports Clinic is open to non-residents at the start of registration. If someone is found using an address that is not their own, unfortunately, the child will be the one who loses out. Children will be asked to leave the program immediately and refunds will not be given to those who use addresses at which they do not permanently reside.

SUMMER PLAYGROUND PROGRAMS INFORMATION



****NEW ALL PAPERWORK NEEDS TO BE COMPLETED AND
TURNED IN BY JUNE 1st!!!**



Jr. Play Gr. K-1

Entering Grades K-1

9:00am-3:00pm

Children must be fully toilet trained and able to withstand a full day outdoors.


Fee: Res: \$145.00/session NR: \$155.00/ session (two week prior)

***Week of July 4th, fee will be \$120. No camp on July 4th!**

Location: Coakley School

Extended Care: 8:00am-9:00am, \$25 per week

Entertainment: Each week there will be a special guest, Jr. Play does not attend field trips.



Play camp Gr. 2-5

Entering Grades 2-5

9:00am-3:00pm


Fee: Res: \$140.00/session NR: \$150.00/ session (two week prior)

***Week of July 4th, fee will be \$120. No camp on July 4th!**

Location: Coakley School or Father Mac's

Extended Care: 8:00am-9:00am or 3:00pm-4:00pm, \$25 per week

Field Trips: Additional cost, must be enrolled the week of camp to attend field trip. Register online or at the Civic Center



Sr. Play Gr. 6-8

Entering Grades 6-8

9:00am-3:00pm

Fee: Res: \$165.00/session NR: \$175.00/ session (two week prior)

***Week of July 4th, fee will be \$130. No camp on July 4th!**

Location: Coakley School, 2 Field Trips are included (Weather dependent)

Extended Care: 8:00am-9:00am or 3:00pm-4:00pm, \$25 per week

Field Trips: Additional cost, must be enrolled the week of camp to attend field trip. Register online or at the Civic Center

SUMMER PLAYGROUND PROGRAM INFORMATION

CHALLENGER CAMP & INCLUSION

Session 1: July 5th - July 15th
Session 2: July 18th - July 29th
Session 3: Aug 1st - Aug 12th
Fee: \$160 per session
2 week sessions

Hours: 9:00am-2:00pm
Location: Coakley MS



Challenger Camp has been operating in Norwood for more than 30 years. It serves students ages 5 (entering 1st grade) through high school (entering 12th grade or extended school until age of 22) who have special needs. A hallmark of the program is the "Inclusion" student. Children of all abilities are welcome. Applications for inclusion students are available at the Civic Center. This is a great opportunity for students to learn and grow with their peers in Norwood. If you are interested in having someone attend Challenger Camp for Summer 2022, we'd love to have you! Camp includes daily swimming, entertainment, games, arts and crafts, and so much more! You can sign up for one session or all three! All information from Challenger will be coming from the Norwood Recreation Program, as it's not a school affiliated program.

DAILY INFORMATION FOR ALL PLAYGROUND PROGRAMMING

STAFF: All Counselors go through a very challenging orientation process (includes First Aid & CPR). Each counselor is CORI checked each year as well.

LUNCH: Each camper is required to bring lunch and a refillable water bottle daily. Refrigeration is not provided. If lunch is not packed, the parent will be notified.

POOLS: Participants will have access to a pool on a daily basis and should plan accordingly (weather permitting). Participants should pack swimsuits, towels, and sunscreen everyday.

COVID 19- PROTOCOLS: We will be following the latest protocols for Summer 2022. All updates will be in weekly emails.



SUMMER PLAYGROUND PROGRAM INFORMATION

PLAYCAMP THEMES



SESSION 1
JUN 27-JUL 1
**ANIMAL
WEEK**



SESSION 3
JULY 11-15
**NORWOOD
SPIRIT WEEK**



SESSION 4
JULY 18-22
**OLYMPICS
WEEK**



SESSION 2
JULY 5-8
**PARTY IN
THE USA**

***NOTE:**
Rec closed
No camp
Monday,
July 4th



SESSION 5
JULY 25-29
SHARK WEEK



SESSION 6
AUG 1-5
**DECADES
WEEK**



SESSION 7
AUG 8-12
**SUPERHERO
WEEK**

FIELD TRIPS

***Field Trips subject to change**



SESSION 1
JUN 27-JUL 1
CAPRON PARK ZOO



SESSION 2
JULY 5-8
MINIONS MOVIE



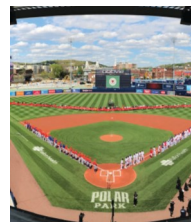
SESSION 3
JULY 11-15
BREEZY ACRES



SESSION 4
JULY 18-22
**URBAN AIR
TRAMPOLINE PARK**



SESSION 5
JULY 25-29
UNITED SKATES OF AMERICA



SESSION 6
AUG 1-5
WOO SOX



SESSION 7
AUG 8-12
WATER WIZZ

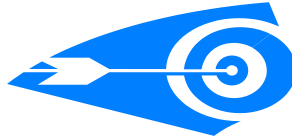


Follow us on social media!

SUMMER PROGRAMS

ARCHERY

Pequitside Farm, Canton



Teams of certified USA Archery Instructors provide all equipment necessary for participants to learn the fundamentals and find their new passion. Each student receives their own bow, quiver, arrows and shooting lane spaced out 6' or more apart from others. No prior experience necessary. Lessons include safety, skill technique, archery games and prizes for the top ace

Youth: Grades 4 and up

Adult: Ages 15 and up

Fee: \$156.00 Res / NR: \$166.00 per session

Youth Schedule

| Day: | Time: | Date: | Code: |
|------|---------------|------------|-------|
| Sun | 4:00pm-5:00pm | July 10-31 | SA01 |
| Sun | 4:00pm-5:00pm | Aug 7-28 | SA03 |

Adult Schedule

| Day: | Time: | Date: | Code: |
|------|---------------|------------|-------|
| Sun | 5:15pm-6:15pm | July 10-31 | SA 02 |
| Sun | 5:15pm-6:15pm | Aug 7-28 | SA04 |

NHS Youth Girls Soccer Camp

Grades: Entering 2-8

YS01

Father Mac's

Athletes are taught the fundamentals skills of the game of soccer. The girls will learn proper foot skills, passing techniques, and a variety of other skills. The days will focus on individual skills & drills in game activities. The clinic will end with a day of fun games & awards. Instructed by Kim Brincklow, NHS Girls Varsity Coach and past/current high school players. Each player must provide their own equipment, shin guards, cleats/sneakers, soccer ball, water, and a snack.

Fee: \$100.00 Res / NR: \$110.00

| Day: | Time: | Date: | Code: |
|---------|----------------|-----------|-------|
| Mon-Wed | 9:00am-12:00pm | Jul 25-27 | YS01 |

Rain Date: Thursday, July 28th



The Norwood Recreation Department is proud to announce that we will be running summer athletics as part of our summer programming. Each week participants will play a variety of different sports throughout each day. It's a great way for participants to also learn the rules of each sport, all while improving their skills and sports-manship. Basketball, baseball, soccer, lacrosse, floor hockey, kickball, dodgeball are some of the sports that will be played over the week! Participants are encouraged to bring their own baseball gloves, lacrosse sticks, and floor hockey sticks, but not required. Please pack participants with plenty of water, snacks, and lunch!

Mustang Sports

Ages: 8 -12

Time: 9:00am-2:00pm

Days: Monday—Friday

Location: Father Mac's. In case of inclement weather camp will move to Savage Center

Fee: Res: \$120.00 / NR: \$135.00

Session Dates:

July 11th-15th MS01

July 18th-22nd MS02

Aug 1st-5th MS03

SUMMER PROGRAMS



BEGINNER JUNIOR GOLF CLINIC

Ages: 8-14

Norwood Country Club

Learn the fundamentals of golf: swing, putting, chipping, etiquette, and pace of play. Clinic includes course instruction in a relaxed setting. Bring sneakers and a water bottle. Sunscreen and bug spray is recommended. Clubs provided if needed. Instructed by John Resnick, Golf Pro Norwood CC.

Fee: Res: \$165.00 / NR: \$175.00 per session

| Day: | Time: | Date: | Code: |
|---------|--------------|-------------|-------|
| Mon-Thu | 10:00am-12pm | June 27- 30 | SG01 |
| Mon-Thu | 10:00am-12pm | July 11-14 | SG02 |
| Mon-Thu | 10:00am-12pm | July 18-21 | SG03 |
| Mon-Thu | 10:00am-12pm | July 25-28 | SG04 |
| Mon-Thu | 10:00am-12pm | Aug 1-4 | SG05 |
| Mon-Thu | 10:00am-12pm | Aug 8-11 | SG06 |
| Mon-Thu | 10:00am-12pm | Aug 15-18 | SG07 |
| Mon-Thu | 10:00am-12pm | Aug 22-25 | SG8 |

NORWOOD FIELD HOCKEY CLINIC

Grades: Entering 2-8

FH01 NHS Front Field

Athletes are taught the fundamental skills of the game of field hockey. The first 2 days are focused on individual skills & drills and then we finish the clinic with a day of competitions, fun games & awards. Each player must provide their own equipment, shin guards, mouth guards, stick, water and a snack. Instructed by Allison Penza, Allison Doliner, and current/former high school players. T-Shirts will be given to each participant.

Fee: Res: \$120.00 / NR: \$130.00

| Day: | Time: | Date: | Code: |
|---------|-------------|---------|-------|
| Mon-Wed | 9:00am-12pm | Aug 1-3 | FH01 |



FISHING CAMP

Grades: 4 & up

Location Varies

Enjoy the great outdoors this summer by going fishing! This camp is for adventurers who have a desire to spend time outside along the shores of our great local ponds, fishing and learning about the wetland habitat around us. Campers will fish for bass, trout, sunfish, perch, and other local species. Last summer's biggest fish was a 3 lb 10 oz bass caught by a camper at Ellis pond! Maybe you will catch this summer's biggest fish! Campers will need to bring their own lunch, snacks, and beverages, but fishing equipment and bait is provided. Campers are welcome to bring and use their own gear as well. Tight Lines!

Fee: Res: \$160.00/NR: \$170.00 per session

| Day: | Time: | Date: | Code: |
|---------|------------|-------------|-------|
| Mon-Fri | 9:00am-3pm | July 11- 15 | FC01 |
| Mon-Fri | 9:00am-3pm | July 18-22 | FC02 |
| Mon-Fri | 9:00am-3pm | July 25-29 | FC03 |



KIDS SUMMER TENNIS NIGHTS

Ages: 7-12

KTN01

Ivatts Tennis Court



Norwood Recreation is pleased to offer Kids' Tennis Night - Summer Edition. This program aims to teach kids at the beginner/intermediate level ages 7-12 years old. The goal of this program is to promote the love of tennis by introducing games with goals that are fun and achievable. As the tennis player progresses from beginner to intermediate level,

more techniques will be introduced. It is recommended that players have their own racquets. However, loaner rackets will be available for anyone that needs one.

Fee: Res: \$70.00 / NR: \$80.00

| Day: | Time: | Date: | Code: |
|------|-----------------|--------------|-------|
| Tues | 6:00pm- 7:30 pm | Aug 2-Sept 6 | KTN01 |

SUMMER PROGRAMS



SPORTS MANIA & MINI SPORTS

Session 1: Ages - 7-12, Session 2: Ages 4-6
Coakley Middle School



Join us this summer for tons of fun and fitness with friends and our favorite coaches from F.A.S.T. Athletics! Their popular Sports Mania program is similar to their super sports program and will be enhanced with even more games and tournaments. All children will stretch, shoot hoops, play catch,

run and participate in exciting games of handball, pillo polo, soccer and dodgeball.

Fee: *Session 1 Program offered 9am-12 (half day) or 9-3pm (full day)* M-F, 9am-12 is \$140 and M-F, 9-3 is \$175. Session 2 programing is a flat rate of \$130.

Session 1:

| Day: | Time: | Date: | Code: |
|---------|---------------|---------------|-------|
| Mon-Fri | 9:00am-3:00pm | Jun 27-July 1 | FA01 |
| Mon-Fri | 9:00am-3:00pm | Aug 15-19 | FA02 |
| Mon-Fri | 9:00am-3:00pm | Aug 22-26 | FA03 |

Session 2:

| Day: | Time: | Date: | Code: |
|---------|---------------|----------|-------|
| Mon-Fri | 9:00am-3:00pm | Aug 1-5 | FA04 |
| Mon-Fri | 9:00am-3:00pm | Aug 8-12 | FA05 |

NHS YOUTH VOLLEYBALL CAMP

Grades: 5-8 & incoming freshman NHS Gymnasium



Athletes will learn the fundamentals of volleyball and the essence of teamwork. The volleyball team continues to develop as a program and wants to invite friends and family to become involved. The goals of the clinic include conditioning and flexibility strength. learning specific knowledge, get a basic under-

standing of offense & defense, learning fundamental skills of forearm and overhead passing, attacking, blocking, digging, and serving. Bring t-shirts, shorts, sneakers/socks, knee pads (if desired), and water bottle. Instructed by NHS Volleyball Coach, Paul Nimblett.

Fee: Res: \$100.00 / NR: \$110.00

| Day: | Time: | Date: | Code: |
|---------|---------------|-----------|-------|
| Mon-Wed | 9:00am-1:00pm | Aug 15-17 | VB01 |

CHEERLEADING CAMP

Grades: Entering K-3

CH01

Callahan School Gym

Learn a variety of cheerleading routines from Donna Brown, current Callahan principal & former Norwood High School Coach, with the assistance of several student coaches.

Camp will also include arts & crafts, themed days & games. Bring sneakers, water bottle, and snack each day!

Themed Days: **Monday** - Favorite color day

Tuesday - Beach Day

Wednesday - Blue & White Day

Fee: Res: \$60.00

| Day: | Time: | Date: | Code: |
|---------|------------------|---------------|-------|
| Mon-Wed | 9:30am - 11:30am | Jun 27-Jun 29 | CH01 |



CHEERLEADING Stunts & Jumps

Grades: 2-8

CH02

NHS Gym

Come to the Norwood High School Varsity Youth Cheer Camp to learn stunts & jump techniques, dances, and cheers all taught by the Norwood High School Varsity Cheer squad. This is a great way for youth cheerleaders to learn high school cheers, jump drills, and techniques. The high school cheerleaders along with Coach Buckman will teach stunting techniques to bases, flyers, and back/front spots. They will also teach camp choreographed routines and dances. There will be games, prizes, and fun for all. Wear athletic clothing, sneakers, bring a water bottle, and sunscreen.

T-shirt included!

Fee: Res: \$125.00

| Day: | Time: | Date: | Code: |
|-----------|---------------|-------------|-------|
| Mon-Thurs | 9:00am-1:00pm | August 8-11 | CH02 |

SUMMER PROGRAMS

SKYHAWKS TENNIS CAMP NHS Tennis Courts

Skyhawks Sports Academy programs feature skill-based sports instruction with a focus on teaching life skills through sports. Whether your child is a beginner or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Session 1: Ages 4-6 years

Session 2: Ages 7-12 years

Fees per session:

Session 1– Res: \$105.00/NR: \$115.00

Session 2 - Res: \$125.00/NR: \$130.00

No classes Monday July 4th! 4 day week - Session 1 fee Res: \$95.00/NR: \$105.00 & Session 2 fee - Res: \$115.00/NR: \$120.00

Session 1 Schedule

| Day: | Time: | Date: | Code: |
|----------|----------------|-----------------|-------|
| Tues-Fri | 9:00am-11:00am | July 5-July 8 | TC01 |
| Mon-Fri | 9:00am-11:00am | July 18-July 22 | TC02 |
| Mon-Fri | 9:00am-11:00am | July 25-June 29 | TC03 |

Session 2 Schedule

| Day: | Time: | Date: | Code: |
|----------|----------------|-----------------|-------|
| Tues-Fri | 9:00am-12:00pm | July 5-July 8 | TC04 |
| Mon-Fri | 9:00am-12:00pm | July 18-July 22 | TC05 |
| Mon-Fri | 9:00am-12:00am | July 25-June 29 | TC06 |



NATURE ART CLASS

Grades 1-5

Civic Center

Kids will learn and explore how to have fun and get creative using nature. We will create art pieces from sticks, flowers, leaves, shells, and stones, exploring different types of sculptures, 3-D design, and wall hangings all created from readily available materials found outside. Instructed by Christine Chastanet.

Fee: Res: \$45.00/ NR: \$55.00 per session

| Day: | Time: | Date: | Code: |
|--------------|----------------|-----------------|-------|
| Tues & Thurs | 9:00am-10:30am | Jun 28 & Jun 30 | NA03 |
| Tues & Thurs | 9:00am-10:30am | July 5 & July 7 | NA03 |
| Tues & Thurs | 9:00am-10:30am | Aug 16 & 18 | CE02 |



COMIC BOOK WORKSHOP

Grades 1-5

Civic Center

The kids will learn about character design, speech bubbles, motion lines, sound effects, panel layout, writing stories, and finally drawing a single, three panel, and six panel comic of their very own. Instructed by Christine Chastanet.

Fee: Res: \$45.00/NR: \$55.00 per session

| Day: | Time: | Date: | Code: |
|--------------|----------------|--------------|-------|
| Tues & Thurs | 9:00am-10:30am | July 12 & 14 | CB02 |
| Tues & Thurs | 9:00am-10:30am | July 26 & 28 | CB03 |
| Tues & Thurs | 9:00am-10:30am | Aug 23 & 25 | CE03 |

SUMMER PROGRAMS

CIRCUIT MAKERS 101 Grades: 1-3

CMo1
Civic Center



Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics

project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.
Fee: Res: \$175.00/ NR: \$190.00

| Day: | Time: | Date: | Code: |
|---------|----------------|------------|-------|
| Mon-Fri | 9:00am-12:00pm | July 18-22 | CMo1 |

ROBOT COMMANDERS 101 Grades: 2-4

CMo2
Civic Center



Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow. In this class we provide several active, playful activities, where students learn about

what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and the arcade classic Pong – and Unruly Splats will become our voting machines, relay races, guessing games, and more.

Fee: Res: \$175.00/NR: \$190.00

| Day: | Time: | Date: | Code: |
|---------|-----------------|------------|-------|
| Mon-Fri | 12:45pm-3:45 pm | July 18-22 | CMo2 |

HANDS ON ELECTRONICS Grades: 3-6

CMo3
Civic Center

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day gives participants the chance to design a hands-on project with the guidance of skilled Circuit Lab instructors.

Fee: Res: \$175.00/ NR: \$190.00

| Day: | Time: | Date: | Code: |
|---------|----------------|------------|-------|
| Mon-Fri | 9:00am-12:00pm | July 25-29 | CMo3 |



APP INVENTORS Grades: 4-7

CMo4
Civic Center

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no experience required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. Participants will learn both the programming and design aspects of creating great apps, and have the opportunity to build apps of their own design with the support of Circuit Lab instructors.

Fee: Res: \$175.00/NR: \$190.00

| Day: | Time: | Date: | Code: |
|---------|-----------------|------------|-------|
| Mon-Fri | 12:45pm-3:45 pm | July 25-29 | CMo4 |

SUMMER PROGRAMS



GINGA FUTSAL

FL01

Grades: 3-5

Balch Futsal Court

Norwood Recreation is very excited to partner with Ginga Factory to bring the sport of Futsal to Norwood! Futsal is a small-sided version of soccer, played on a hard surface without boards and using a special ball and rules. It has been recognized and endorsed as the preferred player development format for younger players by leading organizations locally, nationally and world-wide. Some of the most talented players in the world, including Messi, Neymar and Ronaldo, began their soccer careers in Futsal academies. Futsal helps players improve and develop their first touch and control, decision making, shooting and passing accuracy as well as transition, vision and movement off the ball.

Session 1: Grades K-2

Session 2: Grades 3-5

Fee: Residents \$40/ NR: \$50

Session 1:

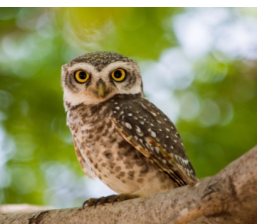
| Day: | Time: | Date: | Code: |
|------|---------------|-----------|-------|
| Wed | 6:00pm-6:45pm | June 8-29 | FL01 |

Session 2:

| Day: | Time: | Date: | Code: |
|------|---------------|-----------|-------|
| Wed | 7:00pm-7:45pm | June 8-29 | FL02 |

ANIMAL SERIES WITH MASS AUDUBON

AS01



Ages: 4-8

Willett Room

Mass Audubon is back for this once a week summer program! Displaying native wildlife from a Mass Audubon expert. This program includes live animal observations and interactive discussions that honor the questions and observations of students while weaving in relevant science and art content.

Fee: \$205

| Day: | Time: | Date: | Code: |
|------|---------------|-----------|-------|
| Tue | 4:00pm-5:30pm | July 5-26 | AS01 |

WICKED COOL FOR KIDS

WC01

Grades: 1-5

Willett Room

Wicked Cool for Kids specializes in on-site customized enrichment programs in science, engineering, robotics and art. Choose one or more of the seven themed weeks and get hands-on experience while learning about your favorite subjects!



ROCKET SCIENCE

Fee: Residents: \$250/ NR: \$260

| Day: | Time: | Date: | Code: |
|---------|----------|---------------|-------|
| Mon-Fri | 9am-12pm | Jun 27-July 1 | WC01 |

DIG BIG

Fee: \$200/ NR: \$210

| Day: | Time: | Date: | Code: |
|---------|----------|----------|-------|
| Tue-Fri | 9am-12pm | July 5-8 | WC02 |

WICKED COOL SCIENCE

Fee: \$250/ NR: \$260

| Day: | Time: | Date: | Code: |
|---------|----------|------------|-------|
| Mon-Fri | 9am-12pm | July 11-15 | WC03 |

WILD WORLD SAFARI

Fee: \$250/ NR: \$260

| Day: | Time: | Date: | Code: |
|---------|----------|------------|-------|
| Mon-Fri | 9am-12pm | July 18-22 | WC04 |

MINECRAFT MANIA

Fee: \$350/ NR: \$360

| Day: | Time: | Date: | Code: |
|---------|---------|------------|-------|
| Mon-Fri | 9am-4pm | July 25-29 | WC05 |

MINECRAFT MANIA 2

Fee: \$350/ NR: \$360

| Day: | Time: | Date: | Code: |
|---------|---------|---------|-------|
| Mon-Fri | 9am-4pm | Aug 1-5 | WC06 |

WICKED COOL SCIENCE

Fee: \$250/ NR: \$260

| Day: | Time: | Date: | Code: |
|---------|----------|----------|-------|
| Mon-Fri | 9am-12pm | Aug 8-12 | WC07 |

TOT/YOUTH PROGRAMS

SUMMER TOTS *for* AGES 3-4

Keep your little ones busy this summer. This mini-summer program is a mix of tot fitness, story time, and crafts. Also a special guest each session!

A great introduction to pre-school. Instructed by Amy Creamer and Marie Kidd.

**Fee: Res: \$90.00 per session/
NR: \$100.00 per session
Lydon Room**

| Day: | Time: | Date: | Code: |
|----------|-----------------|---------------|-------|
| Tues-Fri | 9:00am-12:00pm | May 31-June 3 | STo1 |
| Mon-Thu | 9:00am-12:00pm | June 6-9 | STo2 |
| Mon-Thu | 9:00am-12:00pm | June 13-16 | STo3 |
| Mon-Thu | 9:00am-12:00pm | June 20- 23 | STo4 |
| Mon-Thu | 9:00am-12:00pm | June 27- 30 | STo5 |
| Tues-Fri | 9:00am-12:00pm | July 5-8 | STo6 |
| Mon-Thu | 9:00am-12:00 pm | July 11-14 | STo7 |
| Mon-Thu | 9:00am-12:00 pm | July 18-21 | STo8 |
| Mon-Thu | 9:00am-12:00 pm | July 25-28 | STo9 |
| Mon-Thu | 9:00am-12:00 pm | Aug 1-4 | STo10 |
| Mon-Thu | 9:00am-12:00 pm | Aug 8-11 | STo11 |
| Mon-Thu | 9:00am-12:00 pm | Aug 15-18 | STo12 |
| Mon-Thu | 9:00am-12:00 pm | Aug 22-25 | STo13 |

MOVE & GROOVE *for* AGES 3-6



MG01 Lydon Room

Drop your child off for an afternoon of music and movement, preschool learning, and crafts fun during our Move and Groove session! This class will get your child moving to music, crafting and continuing their pre-school curriculum with simple theme-based learning. Nut free snacks included. Instructed by Kathleen Hair.

Fee: Res: \$70.00 /NR \$80.00 per session

| Day: | Time: | Date: | Code: |
|---------|---------------|-------------|-------|
| Mon-Thu | 12:00-2:30 pm | July 11-14 | SMo1 |
| Mon-Thu | 12:00-2:30 pm | July 18- 21 | SMo2 |
| Mon-Thu | 12:00-2:30 pm | July 25-28 | SMo3 |
| Mon-Thu | 12:00-2:30pm | Aug 1-4 | SMo4 |
| Mon-Thu | 12:00-2:30 pm | Aug 8-11 | SMo5 |
| Mon-Thu | 12:00-2:30 pm | Aug 15-18 | SMo6 |
| Mon-Thu | 12:00-2:30 pm | Aug 22- 25 | SMo7 |

POOL INFORMATION

POOLS OPEN FOR THE SEASON SATURDAY, JUNE 25TH

BOTH PUBLIC POOLS WILL OPEN

Pool schedule is subject to change, staff will post and announce changes as soon as possible. Additional aquatic programs may be happening at the pools during certain general swim hours, but space will still be reserved for general swim. Hawes Pool will close during swim meets, schedule will be posted on bulletin board at Hawes and on our website at www.norwoodma.gov.

FATHER MAC'S POOL

295 Vernon Street

Corner of Vernon Street and Hawthorne Street. Please park in designated spaces. Please refrain from parking on the street.

HAWES POOL

1305 Washington Street

Adjacent to Coakley Middle School.

POOL SAFETY RULES

- Visitors must wear proper swim attire and have a current pool pass on their person at all times. One-day passes can be purchased at the Civic during the week and at the pool on weekends.
- *Food, drinks, and chairs are not permitted in the pool area.*
- All patrons must take a shower prior to swimming in the pool.
- *Walk; don't run in and around the pool facility.*
- Spitting, spouting or nose-blowing in the pool is strictly prohibited.
- *Dangerous practices are prohibited. Patrons may not run on decks; climb, sit or jump from fences; dive in the shallow end, or dunk, push, pull or unnecessarily splash swimmers, or other horseplay. Patrons engaging in these activities may be asked to leave by lifeguards.*
- *Foul or abusive language will not be tolerated.*
- Smoking or the use of drugs is not permitted on the property (this includes vaping).
- The Norwood Recreation Department prohibits the use of floatation devices. Only items labeled "Certified by US Coast Guard" may be allowed in the pool area.
- *Children who are not toilet-trained and less than four years old will be allowed in the pool only if they wear a swimsuit diaper and a swimsuit. Cloth or disposable diapers are not accepted.*
- Persons with open cuts, sores, bandages, colds, coughs or communicable diseases are not permitted in the pool.
- ***Swimmers under the age of 12 must be accompanied by an adult. Those under 6 must have an adult present inside the pool gated area.***
- Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the lifeguard on duty.
- ***Norwood Recreation Staff reserves the right to ask anyone to leave for failing to follow policies.***
- Spray Park: No children older than 5 years old or taller than the entrance gate are allowed in the Spray Park. All children must be accompanied by an adult in the Spray Park area at all times.

POOL INFORMATION CONTINUED



OPENING DAY

Norwood Recreation will be hosting an opening day party at Hawes Pool and Father Mac's Pool on Saturday, June 25th! We will be selling pool season passes at both pools from 12pm-4pm along with activities, music, snacks, and giveaways! Come join the fun!

Date: Saturday, June 25th Time: 12pm-4pm

Location: Hawes Pool & FM Pool

LIFEGUARD TRAINING

Ages: 15+

Hawes Pool

Lifeguard



Training

This course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries. Instructor will provide you with a schedule of activities. Please note, on some days you will stay later to complete course content. Check schedule for dates and more information.

June 13th-June 17th (rain dates are following week) **Time:**

4:00-8:00pm Res: \$250.00 NR: \$270.00

Instructed by Certified Lifeguard Instructor

***Must be able to swim 500 yards continuously & attend all classes. This is mandatory.**

POOL TAG-A-PALOOZA

Norwood Recreation will be hosting a opening night Pool Tag-A-Palooza. If you come and register for a pool tag season pass during that day/time you will be entered to win a FREE Pool Season Pass!

Date: Monday, May 2nd Time: 4pm-8pm

Location: Norwood Civic Center

POOL SCHEDULE

| TIME | ACTIVITY | POOL | DAYS |
|----------------|---------------------------------|---------------|-----------|
| 9:00am-12:00pm | Youth Swim Lessons | FM | Mon.-Fri. |
| 9:00am-11:25am | Youth Swim Lessons | Hawes | Mon.-Fri. |
| 11:25am-1:00pm | Camp Swim Times | Hawes | Mon.-Fri. |
| 1:00pm-6:00pm | General Swim/ Playcamp | FM | Mon.-Fri. |
| 6pm-7pm | Adult Swim Lessons/ Lap Swim | FM | Mon.-Thu. |
| 1:00pm-7:00pm | General Swim/ Playcamp | Hawes | Mon.-Fri. |
| 12:00-7:00pm | General Swim | Hawes & FM | Weekends |

Hawes Closes Tuesdays at 5pm for Stingray Home Meets

POOL MEMBERSHIP FEES (Residents Only)

| | |
|------------------------------|----------|
| Seniors (Ages 62+) | \$15.00 |
| Adult or Children | \$35.00 |
| One Adult Family | \$100.00 |
| Two Adult Family | \$120.00 |
| One Day Pass -Resident | \$5.00 |
| One Day Pass - Non-Residents | \$10.00 |

****Family passes must all live at same household****

Day passes can be purchased at pools and Civic Center

- Day passes can only be purchased day of. We cannot guarantee day passes will be available as there is limited availability.
- Pool passes for Hawes Pool include the Spray Park.
- Civic Center does not replace lost FOBS
- Both children and adults need pool fobs when entering pool decks
- Pool season passes will be FOBS this year- \$5 to replace missing FOB.
- Non-Residents can only purchase day passes

SWIMMING LESSONS



Before registering for any swim lessons, please be sure to read the swim lesson description carefully to help you place your child properly into a program. ONLY the same level can be taken per summer

Pre School: (Typically ages 3-5): Preschool Swim Lessons serve as an introduction to water safety. Children will learn how to keep themselves safe around bodies of water; waiting for adults, slowly entering water, different water depths, etc. The Pre-School Level focuses mainly on introducing children to the water and empowering them to feel comfortable while learning skills with an instructor.

Level 1: Involves an introductory course that focuses on enabling children to be confident and safe when in the water. This level is the stepping stone for future American Red Cross Swim Levels. In this level children will have instructors assist them towards gaining independent swim skills, along with life saving floats (back floats, front floats). Passing Level 1 is a requirement before moving on to higher level lessons. The mastery of life saving floats are required to exit Level 1 Swim Lessons.

Level 2: Focuses heavily on the fundamental skills of swimming. Instructors assist children in forming techniques and skills that strengthen their swimming abilities, while relying heavily on water safety. Freestyle and backstroke are the main focal points of this level. In Level 2 children swim the width of the pool independently.

Level 3: Enable's children to increase their endurance in the water. Children will work on perfecting their techniques in order to allow them to build on their endurance whilst improving their skills. Breaststroke and Butterfly are introduced more frequently in this level.

Level 4: Allows for children to continue to work on improving their stroke(s) while gaining continued endurance. In this level children will also begin to add additional aquatic skills, such as diving.

Level 5: Begins to zone in on perfecting techniques for individual strokes. By focusing heavily on technique children become enabled to be more efficient swimmers. While adding in additional techniques children will be able to increase the yardage they are able to swim.

Level 6: Tying together all of the skills and techniques learned in previous lessons. Children begin to cover greater distances and incorporate timed swims during their lesson time. The ultimate goal of Level 6 is to have children swimming with ease throughout long distance swims. The mastery of Level 6 Swim Lessons is a requirement for those looking to become Lifeguards or Water Safety Instructors.



SWIMMING LESSONS



LEARN TO SWIM

The Learn-to-Swim program is divided into six course levels. Participants must successfully demonstrate each skill in order to complete each level. **You may only register for one level each summer before 5/31.**

If you pass the level, you may continue in the same level to practice your skills, should room permit.
You must stay in one level per summer season.

ADULT SWIM LESSONS

Norwood Recreation Department is excited to be offering Adult Swim Lessons! All abilities are welcome.

Location: FM Pool **Fee:** \$10 per session

Sessions: Session 1: June 27th-July 8th

Session 2: July 11th-July 22nd,

Session 3: July 25th-August 5th

Days: Mondays and Wednesdays

Time: 6pm-7pm

****Adult Lap Swim will be held at FM Pool on Monday to Thursday from 6pm-7pm****

SWIMMING LESSONS SCHEDULE

ALL LESSONS COST \$45.00 PER SESSION FOR 40 MINUTES OF INSTRUCTION (RESIDENTS ONLY)

Session 1: June 27th-July 8th **No class 7/4**

Session 2: July 11th-July 22nd

Session 3: July 25th-August 5th

Fee: \$45 per session (40 min of instruction)

Parents are not permitted in the swim area, but may watch from behind the surrounding fence. Classes take place, rain or shine, and are only cancelled due to thunder and lightning. **Sorry, no make-up classes.**

Session 1: June 27th—July 8th

Time: 9:00am-9:40am

Time: 9:45am-10:25am

Time: 10:30am-11:10am

Time: 11:15am-11:55am

Hawes Pool

Level 1, Level 2

Preschool, Level 1

Level 2, Level 6

Father Mac's Pool

Level 1, Level 2

Preschool, Level 1

Level 2, Level 6

Preschool, Level 3

Session 2: July 11th-July 22nd

Time: 9:00am-9:40am

Time: 9:45am-10:25am

Time: 10:30am-11:10am

Time: 11:15am-11:55am

Hawes Pool

Level 3, Level 5

Preschool, Level 2

Level 1, Level 4

Father Mac's Pool

Level 3, Level 5

Preschool, Level 2

Level 1, Level 4

Level 3, Level 6

Session 3: July 25th-August 5th

Time: 9:00am-9:40am

Time: 9:45am-10:25am

Time: 10:30am-11:10am

Time: 11:15am-11:55am

Hawes Pool

Level 1, Level 2

Preschool, Level 3

Preschool, Level 1

Father Mac's Pool

Level 1, Level 2

Preschool, Level 3

Preschool, Level 1

Level 4, Level 5

Norwood High School Summer Swim Conditioning Program

Attention all middle and high school swimmers! The NHS Swim Team is hosting a conditioning program to work on stroke technique and endurance. All experienced swimmers entering 6th-12th grade are welcome to participate.

Ages: 11-18 (must be rising into 6th grade)

Session I: Monday, August 15th—Friday, August 19th

Session II: Monday, August 22nd—Friday, August 26th

Time: 8am-9am

Location: Hawes Pool

Fee: \$40

STINGRAYS SWIM TEAM

Coordinated by Norwood Aquatics Club. The Stingrays host home meets on Tuesdays throughout summer at Hawes Pool. Please note pool will close at 5pm those days. **To register please visit:** www.norwoodstingrays.com

NORWOOD COMMUNITY RESOURCES

| | | |
|---|--|---|
| American Legion Baseball (Ages 15-18) www.norwoodlegionbaseball.com Paul Samargedlis 781-696-5075 | Babe Ruth (Ages 13-15) www.norwoodbaberuth.com George Hawley Senior Babe Ruth (Ages 16-19) georgebrl@norwoodlight.com George Lally: 781-762-1121 | Boy Scouts (boys grades 6-12) www.scouting.org 781-828-8360 Girl Scouts norwoodgirlscouts@gmail.com Lisa Silleti: 781-762-6582 |
| Chamber of Commerce denise@nvcc.com 781-769-1126 | Circle of Hope www.norwoodcoh.org Lee Kennedy: 781-762-3549 | Cub Scouts (boys grades K-5) Cubmaster@pack42.org Pack 49 (Grades K-5) norwoodcubpack49@gmail.com |
| Food Pantry www.norwoodpantry.org norwoodpantry@gmail.com 781-291-3663 Deb Devine | Historical Committee historicalcommission@norwoodma.gov | Lacrosse-Boys (Ages 6-16) norwoodyouthboyslax@gmail.com Brad Thornton |
| Lacrosse-Girls (Ages 6-16) lodgeie3@gmail.com Mike Lodge | League of Women's Voters www.lwvma.org lwvnorwoodma@gmail.com Carol Macleary: 781-762-2430 | Lifeworks Inc. Affiliate of The Arc 781-762-4001 |
| Lion's Club www.norwoodmalions.com apfaelzer@aol.com Arthur Pfaelzer | Meals on Wheels HESSCO Elder Services Ellis Rehab | Norwood Alumni Association Gerry Miller |
| Norwood Basketball Association (Ages 6-16) www.norwoodbasketball.com norwoodbball@aol.com Al Becker | Norwood Community Tennis Association norwoodtennis@gmail.com Kathy Keady | Norwood Jr. Women's Club www.norwoodJWC.org norwoodJWC@gmail.com Angela Popalo: 617-827-2771 |
| Norwood Little League (Ages 5-12) president@norwoodll.com Mike Kelley: 508-498-4150 | Norwood Memory Café Jean Cotton Je7cot@msn.com 781-762-1611 | Norwood Scholarship Foundation norwoodscholarshipfoundation@gmail.com |
| Norwood Youth Field Hockey alliparks@hotmail.com Allison Penza | Norwood Youth Football & Cheer (Ages 8-15) norwoodyouthfootballcheer.com Cheer: Rhonda Lowe or Stacey Clarkin Football: Michael Sheehan | Norwood Youth Hockey (Ages 4-18) Boys: Walter Corcoran www.norwoodnuggets.org Girls: Bill Naumann 781-762-1696 |
| Norwood Youth Soccer (Ages 4-18) www.norwoodsoccer.com or chris.lopiccolo@verizon.net Chris Lopiccolo | Norwood Youth Softball www.norwoodyouthsoftball.com Phil Iantosca | Women's Community Committee www.norwoodthriftshop.com 781-762-2991 |
| Rotary Club www.norwoodrotary.org Peter Strano—781-769-3030 | Stingrays Swim Team www.norwoodstingrays.com norwoodstingrays@gmail.com Katherine Lee | Your Association Here! |

VISITOR GUIDELINES

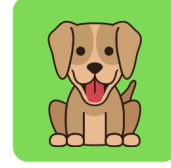
In order to keep our children and parks safe, we ask that everyone visiting a Norwood park or field follow these guidelines:



TRASH: Pick up trash and dispose of properly. Trash attracts bees and wild animals. Trash is picked up regularly. If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of allergies to bees.



PARKING: Park in designated areas. If parking on the street is necessary, park to allow emergency vehicles access to fields and neighboring homes. *Parking in crosswalks and in front of fire hydrants is illegal and unsafe.* Be considerate of the neighbors, leaving enough room for access to driveways and do not park on lawns.



DOG ORDINANCE: In order to keep our parks clean and enjoyable for all, please remember if you are a dog owner, please keep your dog on a leash and clean up after your pet. Please check park specific postings.

ATHLETIC FIELD RESERVATIONS

All groups requesting to use an athletic field must complete a **Field Permit Request Form**. Questions regarding field usage and availability, contact Howard Weinstein at 781.762.0466 or email hweinstein@norwoodma.gov

FIELD LOCATIONS & AMENITIES

| Father Mac's | Ellis | Coakley Middle | Callahan | Cleveland | Savage Center | Balch |
|---|--|--|--|---|---|--|
| 295 Vernon Street | Corner Codman/ Cameron Rd. | 1315 Washington Street | 90 Garfield Ave. | 33 George Willett Pkwy | 275 Prospect St. | 1168 Washington |
| Pool, Soccer Field, Little League Baseball, Playground | Baseball Field Playground Softball Soccer | Softball Field Rectangular Field Babe Ruth Baseball Tennis Courts Walking Path Exercise Stations | Rectangle Field Tot Lot Basketball Court | Little League Baseball/softball Playground Basketball Court | Basketball Courts | Tot Lot Playground Basketball Courts Baseball Softball |
| Oldham Field | Bond Street | Wilson Street | Murphy Field | Doherty | Prescott | Hawes Area |
| 165 Prospect Street | Bond Street | Wilson Street | Pleasant St. & Allard Road | Brewster Drive | 66 Richland Road | 1305 Washington |
| Little League Baseball Rectangular Field Playground | Tot Lot | Babe Ruth Baseball Playground | Little League Baseball Field Playground Basketball Court | Little League Field Playground | Baseball/ Softball Playground Basketball Court | Pool/Spray Park Playground Tennis Courts Fishing Pond |

Please report any unsafe field conditions immediately to a league supervisor.

NORWOOD DAY



Save the Date!

September 9th
Norwood Day Fireworks

September 10th
Norwood Day



HAVE FUN WITH US THIS SUMMER!

SUMMER JOBS

Lifeguards, Playcamp Staff, & Pool Staff!
Energetic & Enthusiastic Role Models Wanted!

**Please contact Katie Seastedt if interested at cseastedt@norwoodma.gov **