

# Westford Recreation

### Mission Statement:

The Westford Recreation Department was created to provide recreational, educational, athletic, cultural, and entertainment activities to all Westford residents and neighbors. We strive to offer programs for a wide variety of ages, abilities and interests. We depend on community input, support and volunteers to make these programs successful.

## We're Hiring!

### Positions Available!

We have two volunteer positions open on our Recreation Committee.

If you are interested, please plan on attending our next meeting on May 3rd at 7pm.



We are also hiring a new Recreation Coordinator.

If you love recreation and are looking for a part time position, this may be the job for you!

## Youth Programs

### Afterschool Yoga

Wednesdays May 3rd - June 7th \* 3pm - 4:30pm

Grades 3 and up \* RBMH \* Bus to RBMH Available

Minimum 5 participants \* Maximum 12 participants



Students practice yoga through playful, creative and fun poses paired with cool music, games, stories and journaling. Students are having fun as well as learning new skills focused on keeping their mind and bodies healthy. Relaxation or savasana as it is called in yoga will be sure to be wonderful with a mist of heavenly scents and foot massage!

### Archery

Thursdays May 4,11,18, 25 \* 3:00pm-4:30pm

4 slots for grades 3/4 \* 8 slots grades 5-8

Minimum 10 participants \* Maximum 12 participants

\$75/participant \* WES

Instructors from Pelkey's Archery



### Recreation Department Committee Members

Danielle Vierling  
Jeff LaBossiere

871-9404

Maureen Carpenter 893-5096  
Greg Baker 324-5537

Nancy Volkens

Website: [www.westford.vt.us/recreation](http://www.westford.vt.us/recreation)

Email: [WestfordVTRec@gmail.com](mailto:WestfordVTRec@gmail.com)



## Art Camp

June 26th - June 30th \* 9am - 5pm

WES Art Room \* Ages 7 - 11

\$250/participant

Instructor: Amanda Feller

## Soccer Camp

August 7th - Aug 11th \* 8:30am - 5pm

WES Soccer Fields \* Grades 3 - 6 (In Fall 2017)

\$125/participant Full Day \* \$65/participant Half Day

8:30am - 12:30pm: Soccer Exploration

1pm - 5pm: Sports/Game Exploration

Participants staying for the full day will need to bring a bag lunch.



## Adult Programs



### Gentle Yoga Flow with Kim Horton, RYT

Wednesdays

8:45am - 9:45am

All levels welcome!

Red Brick Meeting House

6 weeks: \$60 for series or \$12 drop-in

Contact Kim with any questions~ [Kim@annecy.us](mailto:Kim@annecy.us)



### Ice and Sip

Friday May 19th 6:30pm - 8:30pm

RBMH \* \$25/person

This event is very similar to a paint and sip.

The only difference is we will be decorating cakes instead of painting canvases.

Westford's own Leta Powers will be our instructor for the evening.



### Adult Pick Up Basketball

Wednesdays through May 31st

8:00pm - 9:30pm

WES Gym

# Westford Recreation Department—Registration Form

NAME (Parents) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS (only to be used for WRD mailings) \_\_\_\_\_

HOME PHONE \_\_\_\_\_ ALT PHONE \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_

DOCTOR'S NAME \_\_\_\_\_ PHONE \_\_\_\_\_

Please list medical conditions, physical limitations, allergies, or restrictions WRD should be aware of: \_\_\_\_\_

\_\_\_\_\_

Name	Grade	Program	Fee
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
			<b>Total Fee:</b> _____

**Would you be willing to coach or be a parent helper?    \_\_\_Yes    \_\_\_No**

I agree that Westford Recreation may use photographs of registrants with or without their name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

**\*\*\*Please contact a Recreation Department member if your financial situation is preventing you from signing yourself, or your child, up for a program. Scholarships are available.\*\*\***

**RELEASE/WAVIER AGREEMENT:**  
 I am fully aware of the inherent risk, and give my consent for the above named applicant(s) to participate in the program(s) listed above. I hold harmless the Town of Westford, Westford School, their employees, elected officials, and/or any volunteers or instructors from any and all liability from any injury, claim, costs or loss of services which may be incurred by me, or us, or our minor children on account of participation in said program(s). Permission is hereby granted for me or us, or my child(ren) to receive emergency treatment if needed and I authorize the attending physician to administer any needed medical attention. Furthermore, I certify that I, or we, or my child(ren) are in good health and that there are no limitations to my/our participation except in writing above. I have read this document carefully and sign it voluntarily with full knowledge of its significance.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Send registration with check payable to:  
**WESTFORD RECREATION DEPARTMENT**  
 Town of Westford, 1713 VT Rt.128, Westford, VT 05494