Hale is a private, non-profit education organization that manages 1,137 acres of adventure in Westwood and Dover, Massachusetts. Widely recognized for our day camp, summer club, and leadership and teambuilding programs, we serve more than 15,000 children and families from 70 Greater Boston communities. We also welcome the general public and encourage visitors to enjoy our woodlands, meadows, and ponds.

Our programs and land management practices are the legacy of our founder, Robert Sever Hale, who permitted use of his land “so long as it is charitable and benevolent in nature... to provide education which will develop intelligent, capable and responsible citizens.”

Guard Shack 781-326-8985 | Gate Shed 781-329-8707
Welcome to Hale Summer Club!

Our community is a safe, active, and exciting one, and just like this book, there are plenty of activities to keep busy. To have the best time possible, explore the following pages as a family before the season begins. There’s fun for all inside!

Enjoy, and see you at HSC!

Shannon Obey
Director of Family Programming & Events

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For specific program dates and times, as well as a full list of HSC rules and guidelines, visit halereservation.org or stop by the Guard Shack from Memorial Day Weekend until Labor Day.
GENERAL INFORMATION

CONTACT INFORMATION
Hale Summer Club Guard Shack: 781-326-8985
Hale Summer Club Gate Hut: 781-329-8707
Hale Main Office: 781-326-1770
Email: info@halereservation.org
Website: halereservation.org

CAR DECALS
We issue decals to pass holders so they may enter Hale Summer Club (HSC). **Decals must be attached and displayed on the driver's side of the car or on the back window.** Each family is entitled to two decals (one for each adult in the household), and can request a third for a caregiver. Once you’ve fully paid for your pass, we’ll mail your decals to your home (until one week before HSC opens). Once HSC opens, you may pick up decals at the Guard Shack. When you arrive at HSC gate guards will check you in. If you have not yet picked up your decal, the gate guard will allow you access to do so. Please check in at the Guard Shack if no gate guards are present.

GUEST POLICY
As a pass holder, you’ll receive guest punch passes as part of your registration. If you use all of your complimentary passes, you are welcome to purchase another punch pass at the Guard Shack. Children under 2 years old may visit for free.

**Guest Restrictions:**
- Pass holders must be present at all times when guests are visiting.
- Limit 30 total guests per summer.
- Limit 5 guests per day to regulate parking and beach traffic. If you plan to host more than 5 guests on a given day, you must schedule an outing.
- Guests may participate in activities only when sign-ups are not required, however pass holders are always given priority if space is limited.

OUTING PRIVILEGES & BIRTHDAY PARTIES
Pass holders are invited to use HSC facilities to have birthday parties, family gatherings, and group functions under our pavilion (Julia’s Place) or carport for a fee. **Pass holders must speak to the HSC Director or Asst. Director in advance to check availability and schedule an outing or birthday party.**
GENERAL INFORMATION

WEATHER

Rainy Days
Circle all of the activities that still happen in the rain:

- Swim Lessons
- Boating Lessons
- Arts & Crafts
- Games
- Archery

Great Explorations
Nature Nuts
4th of July
Yoga

Thunder & Lightning

Call 781-326-8985 for closures

How many minutes do you have to wait to re-enter the water after thunder is heard?

1. short tweet = the lifeguard needs your attention! 
   long tweet = there's a hazard; clear the water!
2. short tweets = someone needs help; make way for the lifeguard! 
   long tweets = it's an emergency; clear the water!
3. long tweets = someone is missing; clear the water!

In the event of an emergency, inform a staff member and they will dial 911 from the landline. If no staff member is in sight, please do not hesitate to call 911 yourself.

SAFETY COMMUNICATION

Lifeguards use whistles to communicate with each other and with patrons. Be sure you and your children know what to do when you hear a whistle:

1. short tweet = the lifeguard needs your attention! 
   long tweet = there's a hazard; clear the water!
2. short tweets = someone needs help; make way for the lifeguard! 
   long tweets = it's an emergency; clear the water!
3. long tweets = someone is missing; clear the water!

In the event of an emergency, inform a staff member and they will dial 911 from the landline. If no staff member is in sight, please do not hesitate to call 911 yourself.

PHOTOGRAPHS

Upon registration, permission is granted to Hale for photos to appear in our brochures, videos, on websites, or other promotional literature.
GENERAL INFORMATION

DIRECTIONS TO HALE SUMMER CLUB

HSC shares a mailing address with Hale, but visitors cannot access it using Hale’s main entrance. **HSC’s entrance is located exactly one mile past Carby Street (from Westwood). It’s directly across the street from 576 Dover Road and next to 573 Dover Road, Westwood. Its GPS coordinates are 42.2302807, -71.2397501.** You can also refer to the map at the back of this workbook.

Please send all mail to: Hale Summer Club, 80 Carby Street, Westwood, MA 02090.

INSIDE HALE SUMMER CLUB

Use the map below to orient yourself. Can you find your way from the parking lot to the swings?
HALE SUMMER CLUB GUIDELINES

Hale Summer Club posts a full list of guidelines at the beach. However, the six most frequently forgotten rules are below. Please review them, and familiarize yourself with all of the rules when you get to HSC.

To keep pesky animals away, food or beverages are not allowed on the sand.

Food can be enjoyed in the picnic area.

Diapers should only be changed in the bathrooms.

Sand carries germs and people eat on the picnic tables. Changing diapers at either location is a health code violation.

Please only swim in designated buoyed areas, and only when an HSC Lifeguard is on duty.

Swimming outside the buoyed area could result in injury from a stump or boat.

HSC is a family summer club. No smoking or alcoholic beverages are allowed.

Exception: adult-only, Hale-sponsored events, when the club is closed to children.

Always walk on the docks.

Running, skipping, bounding, crab walking, cartwheeling, etc. on a slippery dock can lead to injury.

The geese, turtles, snakes and other critters are wild animals.

Feeding, touching, hurting, or trying to catch them can injure them or you.
**BOATING GUIDELINES**

Boating can be fun, but be sure to follow the rules below and those posted at HSC.

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**Canoe**

COUNT THE # OF BOATERS: __________

**Getting ready for your trip.** Using the word bank below, can you identify everything necessary for a safe boat ride?

**Word Bank:**
A. Paddle / Oar
B. Life jacket
C. Signed out boat
D. An adult (if you have not passed the Deep End Test)

---

**Row Boat**

COUNT THE # OF BOATERS: __________

---

**Stand Up Paddleboard (SUP)**

COUNT THE # OF BOATERS: __________

---

**Sailboat**

COUNT THE # OF BOATERS: __________

---

**Corcle**

IS THIS PERSON SITTING OR STANDING? __________

---

**Kayak / Double Kayak**

---

Can you find the 10 things wrong with boat usage in this picture?

Answers:
A. capsized the boat
B. too many people in canoe
C. standing on boat, not wearing life jacket
D. person diving off boat, person out of boat hanging onto side, person rowing backwards
E. no life jacket, crashing into boat, boating in swim area

---

**IS THIS PERSON SITTING OR STANDING?** __________
SWIM TESTS

We encourage parents to set guidelines for their children based on their swimming abilities, however to utilize the water platform and to take out boats on their own children must pass the Deep End Test.

DEEP END TEST (DET)

Children 12 and under (and guests 15 and under) must take the DET to go on the water platform (lily pad), kayaks, corcles, stand up paddleboards, and sailboats.

To pass the DET, children must:

- Jump into deep water.
- Swim 4 lengths of front crawl (with face in the water, demonstrating side breathing and endurance) without stopping or touching the side except to correct alignment.
- Tread water for 2 minutes.

Any Hale lifeguard may administer the test.

Those who pass will receive a wrist band that they must wear when participating in any activity requiring DET and will be added to Hale’s DET list for future reference.

In addition to being in Level 5 or 6 swim lessons, to take sailing lessons, students must pass the “Sailing Gauntlet.”

SAILING GAUNTLET TEST

To pass the Sailing Gauntlet, students must:

- Tread water for 4 minutes (1 minute with hands out of water).
- Swim:
  - 4 lengths of front crawl
  - 4 lengths of choice (front crawl, back crawl, breaststroke, or butterfly)

Any Boating Instructor may administer the test.
Hale Summer Club teaches American Red Cross swim lessons and all our instructors are Water Safety Instructors. Follow the infographic below to determine what lesson your little fish should be in. For more information on swim lessons, visit American Red Cross.
AQUATIC PROGRAM INFORMATION

Traditional American Red Cross Swim Lessons are not all we offer in the water. Read the clues below to fill in the puzzle.

CLUES

1. You use a paddle and learn how to take C, J and I strokes. This class requires students to be at least 6 years old and in level 3 or higher. In-person registration required on the first day of the Session: __________________________

2. Children need to be 8 years old, in level 5 or higher and must pass the _____ gauntlet swim test (check p. 7). In-person registration required on the first day of the session.

3. This is a time for kids to get out on the pond and explore, while learning basic boat safety in one of our boats: ___________ ________________

4. Kids will play different games out on the water with this one-person seated boat. Games include tug-of-war and 500. ______________

5. No matter your age, use this time to get individualized instruction with one of our instructors. Signups are on the first day of the session and you may sign up each individual for one lesson per session.

__________________ ________________

6. This class teaches kids who have passed Level 6 basic saves and preventative lifeguarding practices. _______________ ________________

7. For little ones ages two to four who are not ready for swim lessons but want to gain confidence in the water with games and basic swimming readiness. Clue: Tater _____, and what a clock tells. _____

8. This class teaches parents how to teach their children six months to 2.5 years how to be comfortable in the water. Parent participation required. Clue: It's also a song from the 60s...

__________________ ________________

Word Bank:

Boating Adventures
Canoeing
Junior Lifeguarding
Kayaking
Private Lessons
Sailing
Tiny Bubbles
Tot Time
Arts & Crafts, Games, Story Time and Yoga are all fun and creative activities for our young pass holders. In the spirit of crafts, draw pictures of yourself participating in each of these activities, or draw what you’re most excited about for each of these activities.
Hale Summer Club is more than just a beach! Sign up for our Nature and Adventure programming on the back of the bulletin board to take your experience to new heights. Connect the dots to get a better idea of what we have to offer.

**Nature Nuts**

Guided nature hikes for all ages with themed days.

**Challenge Course**

Low Challenges for ages 7 and up

High Challenge Initiatives for ages 9 and up.

**Great Explorations**

Explorers ages 6 and up learn how to build shelters and fires, how to catch a fish and other outdoor survival skills.

**Archery**

Children 6 and up can learn how to aim for awesome at Hale Summer Club’s own archery range.
ADULT PROGRAM INFORMATION

Exercising in the outdoors not only improves your physical fitness, but also calms your mind, hones your senses, and increases your spatial awareness. Make Hale Summer Club your home for overall summer wellness.

Where you go while mom or dad are working out!

See Adult Schedule for full list of programs
SPECIAL SUMMER EVENTS

Throughout the summer, HSC hosts weekly family events including a luau, hoe down, and movie nights. We also offer family camping opportunities. Adults can enjoy child-free evenings at our Live at Hale concert series, sunset yoga classes, and stand-up paddleboard yoga classes (which are discounted for pass holders).
Hale Summer Club does offer additional drop-off programs. These programs are not included in the price of your pass. Visit our website for pricing. The Teen and Guppy Gang programs comply with the regulations of the Massachusetts Department of Public Health and are licensed by the Westwood Board of Health.

### TEEN & GUPPY GANG INFORMATION

<table>
<thead>
<tr>
<th>Age</th>
<th>Commitment</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guppy Gang Program</td>
<td>4-5 years old</td>
<td>Single Day</td>
</tr>
<tr>
<td>Teen Program</td>
<td>Grades 6 through 9</td>
<td>2 Week Session</td>
</tr>
<tr>
<td>High School Volunteer Program</td>
<td>Grades 9 &amp; Up</td>
<td>1 Week</td>
</tr>
</tbody>
</table>

halereservation.org/outside-active/hale-summer-club/
PLAN YOUR OWN ADVENTURE

Use the map on the back of this page to plan your own adventure this summer. What trails will you take? Hale Summer Club members are welcome and encouraged to explore all of Hale’s 1,137 acres of adventure!

Before you go:

- Consider the weather, and make sure enough daylight remains.
- Trail conditions, weather, programs, and special events necessitate trail closures from time to time, so please check Hale’s website and observe signs.

Don’t forget:

- Layers
- Water and snack
- Hats and sunglasses
- Sunscreen and insect repellent
- Map and compass
- First aid kit with headlamp/flashlight (just in case!)

Leave these at home:

Private watercraft, all-terrain vehicles, motorized dirt bikes, firearms, fireworks, alcohol, and drugs. All of these are strictly prohibited at Hale.

When you return:

Remember to do a tick check. Hopefully the insect repellent kept any at bay, but if not, it’s important to promptly remove them.