

Healthy **Wey!** Local Physical Activity Resources for Kids and Teens



Healthy **Wey** Goals

- *Establish a Weymouth Wellness Resource Network among community groups to increase partnerships for common health goals and support the efforts of the Healthy Wey Team*
- *Increase awareness of resources and improve communication within our community to optimize the health related programs already in place and foster the development of future campaigns.*

Special thanks to the Town of Weymouth, Weymouth Recreation Division and Mass in Motion



Mass in Motion is an initiative funded by a public-private partnership coordinated by the Massachusetts Department of Public Health. It promotes opportunities for healthy eating and active living in the places people live, learn, work and play.

ACTIVITY	RESOURCE	LOCATION/CONTACT INFO
Local	Weymouth Recreation Department	1393 Pleasant Street, Weymouth. 781-682-6124
	Weymouth Teen Center	1393 Pleasant Street, Weymouth. 781-331-1719
Facilities & Clubs	Weymouth Club	75 Finnell Drive, Weymouth. 781 337 4600
	Boston Sports Club	551 Washington St, Weymouth. 781 331 8988
	Planet Fitness	944 Middle St, Weymouth. 718 331 3939
	Weymouth High School Track & Tennis Courts	1 Wildcat Way, Weymouth
	Boys Scouts of America	589 North St. East Weymouth. 781-331-6006
	Girl Scouts of America	55 Central St. Weymouth. 781-331-8013
Parks	Pond Meadow Park	470 Liberty Street, Braintree
	Abigail Adams Park	770 Bridge Street, Weymouth
	Great Esker Park	Elva Road, N. Weymouth
	Webb State Park	River Street, Weymouth
Swimming & Skating	Connell Memorial Rink/ Pool	220 Broad Street, Weymouth. 781-335-2090
	Lane Beach	40 River Street, Weymouth
	Wessagusset Beach	Neck Street, Weymouth
Sports Baseball Softball	South Shore Baseball Club	http://www.ssbcb.com
	Weymouth Babe Ruth	http://www.weymouthbaberuthleague.com
	Weymouth Girls Softball	http://www.weymouth-girls-softball.org
	Weymouth Little League	http://www.weymouthlittleleague.com
	Weymouth South Youth Baseball	http://www.weymouthsouthyouthbaseball.com
	Weymouth Youth Baseball	http://www.weymouthyouthbaseball.com
Basketball	Weymouth Girl's Basketball	http://www.weymouthgirlsbasketball.com
	Weymouth Junior Basketball League	http://weymouthjbl.com
Football	North Weymouth Flag Football	http://www.northweymouthflagfootball.com
	Weymouth Youth Football & Cheerleading	http://www.weymouthyfc.com
Hockey	Weymouth Youth Hockey	http://www.leagueathletics.com/?org=wyh.com
Lacrosse	Weymouth Youth Lacrosse	http://weymouthyouthlax.com
Soccer	Old Colony Women's Soccer League	http://www.oldcolonywsl.com
	Weymouth Girls Soccer	http://www.weymouthgirlsoccer.com
	Weymouth Soccer Club	http://www.weymouthsoccerclub.com
	Weymouth Youth Soccer	http://weymouthsoccer.com

This is not a comprehensive list of local resources. For more information, visit
Healthy Wey: www.weymouth.ma.us/healthy-wey
Weymouth Recreation Department 1393 Pleasant Street, Weymouth 781-682-6124
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