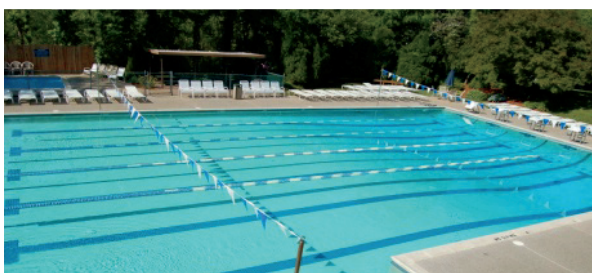




**2011-2012**  
Fall • Winter • Spring



**Westboro Tennis & Swim Club**  
35 Chauncy Street ~ Westborough, MA 01581 ~ (508) 366-1222  
Email: [info@thewestboroclub.com](mailto:info@thewestboroclub.com) ~ Web: [www.thewestboroclub.com](http://www.thewestboroclub.com)



**Westboro's Best for Swimming,  
Fitness, Tennis & Group Exercise**  
35 Chauncy Street  
Westborough, MA 01581



### **LifeStyle Changes for Permanent Weight Loss! - 6 week class \$89**

Permanent Weight Loss IS Possible! But you aren't going to find weight loss success in a strict diet, a bottle of weight loss pills or extreme calorie restriction. These temporary solutions simply don't work. Long term weight loss and maintenance requires a change in your habits and attitude! Join us to learn the difference between a diet and a lifestyle change. In this program you'll learn why dieting doesn't work and why lifestyle change works! This class is coached by our Registered Dietician. You will also meet one on one with a personal trainer to go over your exercise habits!

Thursdays 7:30 – 8:30pm

Session 1: 9/22-10/27

Session 2: 1/19-3/8

Session 3: 3/15-4/27

Session 4: 5/3-6/1

### **Fit Rx 60/60 Program**

A physician referred exercise program, **FIT Rx** is designed to ease patients into exercising. Through FIT Rx, doctors write a prescription for exercise to give to their patients. WTSC fills the prescription by creating an appropriate exercise program, based on the Physician's recommendations. Each client will be oriented into the Fitness Center and be given a workout program that will be tracked by a Fitness Professional through our Fitlinxx System. Clients are asked to complete two workout sessions each week over a 60 day period. The cost of the 60 day program is only \$60, and after the 60 days, your membership can be continued with no additional enrollment fee! If your physician feels you are a candidate for our program, have them fill out the referral form, which can be found on our website, and fax, drop off or mail it to us. You will be contacted within 48 hours to get you on track to achieving a healthier and more active lifestyle. Don't wait!!!

### **Get on Track Program**

Are you looking to get back on track with healthy living? Are you tired of yo-yo diets? Do you feel like you just can't seem to move to the next step, or take the first step? This program offers basic nutrition and exercise content necessary to help keep you motivated and moving toward a better, healthier you. Learn and participate in the basic design and implementation of your own fitness program and understand how to pair nutrition with exercise for a winning combination. You'll work with a Registered Dietician one-on-one, and exercise with a personal trainer. This program is designed to inspire you, motivate you, and guide you. This 4 week program is flexible to work with your schedule and can be started at any time. This 4 week program includes: A one-on-one session with our Registered Dietician, a comprehensive Fitness Program, 4 Personal Training Sessions, Measurements and Body Composition. Cost is \$159.

### **Pink Ribbon Program**

Through the Pink Ribbon Program, select instructors have been certified as breast cancer post-rehab specialists. Using the Pink Ribbon Program protocol, our fitness center offers a post-operative workout for breast cancer survivors to aid recovery. 15 minute FREE consultation. The program is flexible to work with your schedule and can be started at any time. \$30 for ½ hour session.

Contact Cheryl Labriola 508-366-1222 x27 or [clabriola@thewestboroclub.com](mailto:clabriola@thewestboroclub.com)

# Greetings from the General Manager

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Enclosed in this fall-winter-spring brochure is the framework for our indoor season programs at the Westboro Tennis and Swim Club. Although the brochure is a great way to keep track of the main programs the Club offers, we will be adding many programs throughout the year which are not reflected in this brochure. Each month we post a calendar of special events and we frequently add new programs based on member suggestions. While we post bulletins regularly at the Club, our web site and Facebook are great places to keep up to date on our current month's offerings.

We recognize our members are our most valuable asset; if you ever have any questions or comments, please speak to any of our managers below to have your concern immediately addressed.

Justin Lundberg

## Who's Who At Westboro

General Manager/Owner .....	Justin Lundberg
Front Desk Director.....	Cindy Peters
Head Tennis Pro.....	Michael Zatsiorsky
Tennis Coordinator / Assistant Pro.....	Stephen Ferris
Aquatics Director .....	Brian Doherty
Assistant Aquatics Director.....	Deb Kesper
Water Fitness Coordinator.....	Donna Tortorella
Fitness Director.....	Jason Snoonian
Kids Gym Director.....	Rick Bounds
Wellness Coordinator .....	Cheryl Labriola
Registered Dietician.....	Barbara Casacelli
Camp and Children's Program Director.....	Betsy Johnsen
Member Services Director .....	Jessica Thomas
Kids Club Supervisor .....	Betsy Johnsen
Silver Sneakers Coordinator.....	Donna Tortorella
Fitness Studio Coordinator .....	Cyndy Bohn
Member Account Inquiries .....	Shawna Burgess
Maintenance Supervisor.....	Jon Geldart

## Club Hours

Hours / Programs / Policies / Availability / Pricing subject to change without notice

### TENNIS/CLUBHOUSE

Monday - Thursday 6:00am - 10:00pm  
Friday 6:00am - 9:00pm  
Saturday/Sunday 7:00am - 8:00pm

### POOL / FITNESS

Monday - Thursday 5:30am - 10:00pm  
Friday 5:30am - 9:00pm  
Saturday/Sunday 7:00am - 8:00pm

### KIDS CLUB DROP-IN HOURS

Monday - Thurs: 8:30am - 8:00pm\*  
Friday: 8:30am - 3:00pm  
Saturday/Sunday: 8:00am - 1:00pm

\*Advance reservation required for children under 3 between the hours of 3-8pm. Signup can be done at Kids Club or by phone. (508) 366-1222

### "DUG OUT" AT KIDS CLUB

For second grade and up  
Open during Kids Club drop-in hours

Times, dates, prices and hours are subject to change at any time. Westboro Tennis and Swim Club is not responsible for errors herein. Policies and procedures may change at any time without notice.

# General Information

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## Holiday Observation Schedule

Labor Day	Mon	Sept. 5	Special Hours 8am - 8pm / No Programs
Columbus Day	Mon	Oct. 10	Regular Hours / No Programs / Regular Group Exercise
Veteran's Day	Fri	Nov. 11	(Observed) Reg. Hours / Programs Run / Regular Group-X
Thanksgiving	Thur	Nov. 24	Special Hours 7am - 10am only, No Programs
Thanksgiving Fri.	Fri	Nov. 25	Regular Hours / No Programs / Regular Group Exercise
Christmas Eve	Sat	Dec. 24	Spec. Hrs 7am-3pm / No Prog./A.M. Group-X Only
Christmas Day	Sun	Dec. 25	CLUB CLOSED
New Year's Eve	Sat	Dec. 31	Spec. Hours 7am-3pm / No Prog./A.M. Gp-Ex Only
New Year's Day	Sun	Jan. 1	Special Hours 9am - 6pm / No Programs / No Group-Ex
President's Day	Mon	Feb. 20	Regular Hours / No Programs / Regular Group Exercise
Good Friday	Fri	Apr. 6	Reg. Hrs / No Kids Programs/ Regular Group-Ex
Easter	Sun	Apr. 8	Spec. Hrs 7am - 12pm / No Programs / No Group Exercise
Patriots Day	Mon	Apr. 16	Regular Hours / No Programs / Regular Group Exercise
Memorial Day	Mon	May 28	Special Hours / 8am - 8pm / No Programs

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## Vacation Schedule

Winter Vacation	Dec. 26 - Jan. 2	Open / Vacation Camp / Regular Group Exercise
February Vacation	Feb. 20 - Feb. 26	Open / Vacation Camp / No Programs / Reg. Group-X
April Vacation	Apr. 16 - Apr. 22	Open / Vacation Camp / No Programs / Reg. Group-X

\* Jr. USTA, ITP I, ITP II, & Swim Team practice may be running during holidays and vacations.  
Please check with your coach/instructor.

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## Member Services Department

<b>Jessica Thomas</b> Member Services Director New Membership Sales Extension 14	<b>Ellen O'Leary</b> Business Office Mgr. Extension 15	<b>Ashley O'Hearn</b> Sales/Marketing FitRewards Coord. Extension 29	<b>Shawna Burgess</b> Billing Inquiries Extension 26
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## Membership and Program Options for Seniors



Check out the Forever Fit Program for seniors at the Westboro Tennis and Swim Club. Please contact Donna Tortorella for more information on Silver Sneakers or our membership department for information on our own Forever Fit membership.

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## Fall/Winter/Spring Guest Fees

A guest is any non-member wishing to use the Club along with a host member. This includes: summer members as guests during the winter or any member wishing to use additional facilities. Please refer to the Club Policy/Member Handbook for guest guidelines.

Guest Type	Adult	Child (3-18)	Senior (60+)
Guest Pass:	\$10.00	\$10.00	\$7.00
Tennis Only:	\$7.00	\$7.00	\$7.00

# Member Registration

## Tennis Registration

Registration for adult and junior clinics should be done by the enclosed registration form. Please return to the Front Desk by the date listed below. Additional forms are available online.

Session Dates	Return Form By	No Class
Session 1 (9/6-10/30) 8 wks	8/17	Columbus Day
Session 2 (10/31-12/23) 8 wks	10/12	Thanksgiving and 11/25
Session 3 (1/3-3/18) 10 wks	12/7	Feb. Vacation
Session 4 (3/19-6/3) 10 wks	3/8	Easter, April Vacation Memorial Day

The Varsity Program, ITP, Tournament Training: Please contact Michael Zatsiorsky for additional information and registration.

## Swim Registration

Registration for swim lessons will be done via phone for members. Class costs will be pro-rated when class days fall on vacation days as listed.

Session Dates	Reg. Dates	Time	No Class
Session 1 (9/6-10/30) 8 wks	M: 8/15 NM: 8/22	10:00am	Columbus Day
Session 2 (11/1-12/23) 8 wks	M: 10/17 NM: 10/24	10:00am	Thanksgiving, 11/25, Christmas Eve and Christmas
Session 3 (1/3-3/18) 10 wks	M: 12/19 NM: 12/27	10:00am	Feb. Vacation
Session 4 (3/20-5/20) 8 wks	M: 3/5 NM: 3/12	10:00am	Easter April Vacation

## Fitness & Kids Club Registration

Members may register 2 weeks prior to the start of each session. Please see page 15 for Kids Club Programs and pages 17 & 18 for Fitness. Registration may be done via phone or in person.

## Registration Guidelines

Note: Program costs based on current membership to those areas of the club

### Cancellations:

6-12 Week Programs: Full credit given if cancellation is 48 hours prior to start of program.

Weekly Programs: Full charge for the day if less than 48 hour notice.

Personal Training/Court Time: Full charge for the day if less than **24** hour notice.

Private Tennis / Swim Lessons: Full charge for lesson **if less than 48 hour notice.**

"No Shows": Full rate will be charged for a "no show" for any lesson, court, or program.

Outdoor Courts: \$15 late cancel fee with less than 24 hours notice.

Withdrawals: No credit unless slot can be filled.

Make-Ups: Due to the size and popularity of our classes, we are unable to permit make-ups and there are no make-ups for classes missed. Classes cancelled by Westboro Tennis & Swim Club **MAY** have a scheduled make-up, but no refund will be given whether there is a makeup or not. No credits will be issued should you choose not to or be unable to attend a make-up. There will be NO make-ups for DBH, ITP, USTA or Swim Team. Make-ups for swim classes canceled due to inclement weather may be re-scheduled on school vacation weeks or other available days.

Inclement Weather: Inclement weather may cause cancellations of classes/clinics/programs.

Cancellation will be determined as follows: If school is cancelled/delayed in Westboro - all programs, including aerobics/water fitness, with a starting time prior to 11am will NOT RUN. All programs with a starting time after 11am WILL RUN AT THE SCHEDULED TIME. Please check our web site frequently during snow storms as we update club and program status often.

# Tennis Services Information

PRIVATE LESSON (1HR)	M	NM
Head Tennis Pro	\$84.00	\$128.00
Senior Tennis Pro	\$78.00	\$118.00
Assistant Tennis Pro	\$72.00	\$109.00

PRIVATE LESSON (30min)	M	NM
Head Tennis Pro	\$47.00	\$71.50
Senior Tennis Pro	\$44.00	\$66.50
Assistant Tennis Pro	\$41.00	\$62.00

SEMI-PRIVATE LESSON	M
Head Tennis Pro	\$88.00/hr (44.00 each)
Senior Tennis Pro	\$82.00/hr (41.00 each)
Assistant Tennis Pro	\$76.00/hr (38.00 each)

**DEMO RACQUETS:** \$3.00 / use  
**BALL MACHINE:** FREE (Court fees apply)  
**RACQUET STRINGING:** Professional racquet stringing is available. Call for information & pricing.  
**RACQUET SALES:** Head & Babolat racquets are available for sale. Pricing available at the front desk. Contact Stephen Ferris for additional information.

# Court

**INDOOR ADULT COURT FEES**  
 \$34/hr with 7-day advance booking  
 \$28/hr Early Bird Rate M-F 6am-9am

**INDOOR JUNIOR COURT FEES**  
 \$28/hr with 3-day advance booking  
 \$16/hr walk-on rate

**OUTDOOR COURTS:** FREE (not including some ladder matches)

**CONTRACT TIME:** Members may reserve court time in advance for the same day / same time from September through May. Contact Steve Ferris or Cindy Peters for more information.

**HITTING SESSION ~ MEMBERS ONLY**  
 \$50 / hour with Assistant Tennis Pro- off peak hrs. only. Call Stephen Ferris for more details.

## Adult Interclub Leagues

Men's Leagues	Day	Time	Cost	Description
<b>CMITA</b> Central Mass Indoor Tennis Association "A" Team "B" Team	Sat.	3:00-6:00pm	Reg. fee and court fees set by CMITA	Competitive Singles and Doubles Play with other area clubs. Season runs October - April. <b>Contact Stephen Ferris to sign-up by September 1.</b>
<b>USA Tennis New England (USTA League Tennis)</b> 3.5+ League 4.0+ League 4.5+ League <u>Practices</u> 6 - 8 Person Team 1.5 hrs. - 2 Courts - 1 Pro	Tues Mon Mon	Evening Evening Evening	Reg. fee and court fees set by USTA.  \$34.50 per practice	Competitive Singles and Doubles Play with other area clubs. Season runs May - July, Playoffs in August and a chance to go to the National Championships!  Sign-up at the Front Desk!
<b>Women's League</b>				
<b>CMITA</b> Central Mass Indoor Tennis Association "A" Team "B" Team "C" Team	Sat.	12:00-3:00pm	Reg. fee and court fees set by CMITA	Competitive Singles and Doubles Play with other area clubs. Season runs October - April. <b>Contact Stephen Ferris to sign-up by September 1.</b>
<b>Mixed Doubles (USTA)</b>				
<b>USA Tennis New England (USTA League Tennis)</b> 3.5+ League 4.0+ League 4.5+ League	Fri.	Evening	Fees Set by USTA	Competitive mixed doubles play between area clubs. Season runs January to May followed by playoffs. Matches played every other Friday. Sign up at Front Desk

# Tennis- Adult Interclub Leagues

Women's Leagues				
<b>Dorothy Bruno Hills Indoor Tennis Doubles League 3.5+ - 5.5+</b>  <b>DIV I</b> <b>DIV II</b>  <b>DIV III</b> <b>DIV IV</b>	  (Pract) Mon (Match)Wed  (Pract)Tues (Match)Thurs	See the Tennis Dept. for DBH Schedule	\$949*	<b>Organizational Meeting:</b> Friday 9/9  DBH season runs October - March  Includes 20 weekly 1.5 hour practices and ½ hour of play. There will be 18 matches during the regular season. Cost includes all practices, regular season match fees, registration fees and balls. Contact Mike Z. for information.
<b>Ladies Spring League 3.5+ - 4.2+</b> <u>Practices</u> 1.5 Hours	TBA		\$249*	Competitive Interclub Doubles. Season runs April to Mid June (7 weeks)
<b>USA Tennis New England (USTA League Tennis)</b> <b>3.0 League</b> <b>3.5 League</b> <b>4.0 League</b> <b>4.5 League</b> <b>3.5 Sr. League</b> <u>Practices</u> 6 - 8 Person Team 1.5 hrs. - 2 Courts - 1 Pro	Wednesday Thursday Wednesday Thursday Monday		Fee set up by USTA  TBD*	Competitive Singles and Doubles Play with other area clubs. Season runs May - July, Playoffs in August and a chance to go to the National Championships!

## Adult Club Programs

Men's Programs				
<b>Doubles Round Robin 3.5+</b>	Wednesdays	8:00 - 9:30pm	M: \$13	Weekly sign-up. Cost per person.
<b>In-House League Singles &amp; Doubles 3.4+</b>  <b>Contact Steve Ferris</b>	Saturday	7:30 - 12:00pm	\$210* 10 week session	There will be four team members and each week each member will play 40 min. of singles and 40 min. of doubles, against players of compatible levels. Times will vary each week: 7:30 - 9am; 9 - 10:30am; 10:30 - 12pm. Sept. - May in 10-week sessions. <b>Prizes awarded</b>
<b>Sunrise Singles Ladder All Levels</b>	Mon-Fri	6:00 - 9:00am	\$21* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from Sept.-Dec. and Jan.-May.
<b>Night Owl Singles Ladder All Levels</b> Hard courts or clay courts	Mon-Fri	8:00 - 10:00pm	\$21* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from Sept.-Dec. and Jan.-May.

\* Registration fee or drop-off fee may apply- see sign up sheets for more info.

# Tennis (adult programs cont.)

## Women's Programs

<b>Beginner Round Robin Singles &amp; Doubles 2.8+</b>	Thursday (weekly)	12:30 - 2:00pm	\$21.00 per week	This program is for the beginner player. Two courts and up to six players will enable players to play both singles and doubles during the hour and a half. Weekly sign-up.
<b>In-House League Singles &amp; Doubles 3.4+ Subs needed</b> Contact Chris Roginski	Thursday	10:30 - 12:00pm	\$210.00* 10 week session	Each team will have four team members, and each week, each team member will play 40 minutes of singles and 40 minutes of doubles against players of compatible levels. September - May in 10 week sessions. <b>Prizes awarded.</b>
<b>Novice Ladder</b> Contact Stephen Ferris	Sun - Sat	Arranged by players	\$17.00* per person per match	For the player ready to begin match play. Participants play a one hour match per week against others of similar ability and experience. It is a great way to meet other players and to get experience in a fun, mildly competitive format.
<b>Singles Ladder</b> Contact Stephen Ferris	Sun - Sat	Arranged by players	\$25.50* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from Sept.-Dec. and Jan.-May.
<b>Doubles Ladder 3.2+</b> Contact Chris Roginski	Sun - Sat	Arranged by players	\$12.75* per person per match	Classic ladder format. Matches to be scheduled bi-weekly. Sign-up with a partner or solo. We will help you find a partner! Ladder runs October - May.
<b>Daytime Ladder</b> Contact Stephen Ferris	Mon - Fri	Arranged by players	\$25.50* per person per match	1 1/2 hour matches to be scheduled weekly between the hours of 9am and 3pm. Ladder runs Sept.-Dec. and Jan.-May.

\* Registration fee or drop-off fee may apply- see sign up sheets for more info.

## Mixed Programs

<b>Mixed Doubles Ladder 3.0+</b>	Sun - Sat	Arranged by players	\$12.75 per person per match	Classic ladder format. Matches to be scheduled bi-weekly. Sign-up with a partner or solo. We will help you find a partner! Season: October - May.
<b>Mixed Doubles Social 3.0+</b>	Saturdays	7:00 - 10:00pm	\$38.00 per team	One evening per month. The club provides tennis balls, sodas, and organization! Great way to meet other members! Sign-up as a team or solo! We will find you a partner!
<b>Mixed Doubles USTA Leagues</b>	Fridays			See USTA Section for more details



Stephen Ferris



Michael Zatsiorsky

# Tennis- Adult Clinics

Adult Clinic Dates / Rates		Member		Non-member		
		1 Hr.	1.5 Hr.	1 Hr.	1.5 Hr.	
Session I	9/6 - 10/30	8 Wks.	\$184	\$276	\$276	\$414
Session II	10/31 - 12/23	8 Wks.	\$184	\$276	\$276	\$414
Session III	1/3 - 3/18	10 Wks.	\$230	\$345	\$345	\$518
Session IV	3/19 - 6/3	10 Wks.	\$230	\$345	\$345	\$518

## Men's Clinics

<b>Early Bird Clinic</b> 3.5+	Tuesday	7:00am - 8:30am	Great for ladder prep!
<b>Coed Workout Clinic</b> 3.8+	Monday	8:30pm - 9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Stroke Clinic</b> 3.2+	Saturday	7:30am - 9:00am	A variety of hitting drills improves quickness, shot making and stamina.
<b>Match Preparation Clinic</b>	Monday	8:00pm - 9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
<b>Coed Beginner Clinic</b> 2.8+	Monday Sunday	6:30pm - 8:00pm 1:30pm - 3:00pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Advanced Beginner Clinic</b> 3.2+	Monday Tuesday Sunday	6:30pm - 8:00pm 7:30pm - 9:00pm 3:00pm - 4:30pm	Designed to improve your strokes and tactics!

## Women's Clinics

<b>Beginner Clinic</b> 2.8+ Coed 2.8+ Coed 2.8+	Sunday Monday Tuesday	1:30pm - 3:00pm 6:30pm - 8:00pm 9:00am - 10:30am	Learn the basic strokes of singles & doubles along with positioning.
<b>Advanced Beginner Clinic</b> 3.2+ Coed 3.2+ Coed 3.2+ Coed 3.2+ 3.2+	Sunday Monday Tuesday Wednesday Friday	3:00pm - 4:30pm 6:30pm - 8:00pm 7:30pm - 9:00pm 10:30am - 12:00pm 12:00pm - 1:30pm	Designed to improve your strokes and tactics!
<b>Int. Stroke &amp; Strategy</b> 3.5+	Monday Thursday	10:30am - 12:00pm 7:00pm - 8:30pm	Advanced shot making and tactics for doubles and singles.
<b>Coed Workout Clinic</b> 3.8+	Monday	8:30pm - 9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Aerobic Tennis</b> All Levels	Wednesday Friday	6:30pm - 8:00pm 9:00am - 10:30am	This is a FAST paced workout clinic to music. You will improve your strokes, your ability and your endurance. PLAYED ON HARD COURTS.
<b>Ladder Match Clinic</b> 3.2+ 3.6+	Tuesday Tuesday	12:30pm - 2:00pm 12:30pm - 2:00pm	Acquire singles strategy and tactics. Work on how to protect and improve your weakness, capitalize on your strengths and construct a game plan.
<b>Doubles Clinic</b> 3.2+	Monday	9:00am - 10:30am	Acquire doubles strategy and tactics. Work on how to protect and improve your weakness, capitalize on your strengths and construct a game plan.
<b>Match Preparation Clinic</b>	Monday	8:00pm - 9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
<b>Instructional Round Robin</b> 3.5+ 4.0+	Monday Tuesday	12:30pm-2:00pm 12:30pm-2:00pm	Singles Round Robin with the instructor focusing on shot selection, point construction and positioning. Any questions, please contact Mike.

# Tennis- Junior Clinics

			<u>Member</u>			<u>Non-Member</u>		
			45 Min.	1 Hr.	1.5 Hr.	45 Min.	1Hr.	1.5 Hr
<b>Session I</b>	9/6 - 10/30	8 Wks.	\$144	\$168	\$252	\$216	\$252	\$376
<b>Session II</b>	10/31 - 12/23	8 Wks.	\$144	\$168	\$252	\$216	\$252	\$376
<b>Session III</b>	1/3 - 3/18	10 Wks.	\$180	\$210	\$315	\$270	\$315	\$472
<b>Session IV</b>	3/19 -6/3	10 Wks.	\$180	\$210	\$315	\$270	\$315	\$472

## Junior Clinics

<b>Minilobbers / Beginner</b> Ages 4 - 6	Wednesday Wednesday Friday	9:00am - 9:45am 9:45am - 10:30am 1:45pm - 2:30pm	Through the use of fun games, first time tennis players will learn ground strokes, volleys, and foot work. They will be using tether balls and a mini net on the basketball court to learn how to hit the ball and have fun!
<b>Microlobbers / Beginner</b> Ages 5 - 7	Tuesday Friday Saturday	3:45pm - 4:30pm 3:45pm - 4:30pm 1:15pm - 2:00pm	Can hit the ball over the net if it is dropped or fed softly. Lacks form. Cannot yet sustain a rally of slow pace or serve with a full motion. Volley is a light tap with little power. Will work to improve eye/hand skills and spatial coordination using the "quickstart" format with no bounce balls and a smaller net.
<b>Topspinners (Beginner Player)</b>  Ages 7 - 11  <b>Quickstart Format.</b> Students will be leveled by ability (Red or Green) at the lesson	Monday Tuesday Wednesday Saturday	3:30pm - 4:30pm 5:30pm - 6:30pm 3:30pm - 4:30pm 2:00pm - 3:00pm	Topspinners "Red" will use "Quickstart" format. The main goals of the class are to acquire basic racquet control & stroke mechanics. Students will use 36' court with mini-nets as well as slower bouncing "Red" balls. When students are able to maintain a rally with basic stroke mechanics, they will be moved to the "Green" court.  Topspinners "Green" will still use the modified slower bouncing "Green" ball. Students will use 60' court and regular nets. The main goals are to continue to develop basic stroke mechanics and to prepare the students for transition traditional tennis ball.
<b>Older Beginners</b> Ages 12 - 15	Monday Saturday	3:00pm - 4:00pm 4:30pm - 5:30pm	Older Beginners will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be covered as well
<b>Hot Shots / Adv. Beginner</b> Ages 8 - 12	Monday Tuesday Saturday	4:00pm - 5:30pm 4:00pm - 5:30pm 3:00pm - 4:30pm	Hot Shots and Older Intermediates will develop more consistency on shots, power and directional intent. Can sustain a rally of slow to moderate pace from the baseline. Can hit overheads out of the air, but still lacks power on most shots. Serves are weak but go in 65 - 70% of the time. They will practice basic singles and doubles positioning and will learn to play a game.
<b>Older Intermediates</b> Ages 12 - 15	Monday Saturday	4:00pm - 5:30pm 4:30pm - 5:30pm	
<b>Junior Aces / Intermediate</b>  Ages 9 - 14	Tuesday Friday Saturday	4:30pm - 6:00pm 5:00pm - 6:30pm 3:00pm - 4:30pm	Beginning to add power and directional intent to most shots. Has good understanding of basic positioning for singles and doubles. Can put first and second serves in play. Can get to net using an approach shot, split step, and volley but still lacks offensive power. Can hit overheads with some power, most shots are hit flat. Junior Aces learn to use spin & power to improve their game.

## Junior Varsity Program

<b>Junior Varsity</b>  I: \$368 Tu / \$276 Fr II: \$368 Tu / \$242 Fr III: \$460 Tu / \$345 Fr IV: \$460 Tu / \$345 Fr	Tuesday  Friday	3:30-5:30  3:30-5:00	Can hit with consistency and power from baseline and net. Developing topspin and/or underspin. Beginning to develop a spin serve. Can hit overheads for winners and is starting to use underspin on volleys. Aces will learn to play more advanced singles and doubles. They will begin to learn serve and volley techniques and more sophisticated strategy. Ages 10-15. *Session II, Fri, Pro-rated for Thanksgiving Friday Off.
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# Tennis- Junior Club Programs

Play Days				
Beginning Match Play Day Pre-Ladder	Friday (Alternating)	6:30pm - 7:30pm	\$15.00 per week	Supervised introduction to match play is open to Hot Shots, Older Beginners, and pre-screened players in private lessons. Starts September 17.
Junior Aces and Junior Varsity Play Day	Friday (Alternating)	6:30pm - 7:30pm	\$15.00 per week	This supervised hour gives students enrolled in "Junior Aces" and "JV" classes a chance to practice their doubles and singles skills. Starts September 24.
Ladders				
<b>Intermediate Junior Ladder</b> Pre-qualification is required.	Fri - Sun	Arranged by players	\$15.00* per match \$5.00 Reg. Fee	For the less experienced player. A one hour match a week will help develop skills learned in lessons and clinics. A player who defends the #1 position on the Intermediate Ladder for 2 consecutive weeks will graduate to the Advanced Junior Ladder. Ladder runs September - May.
<b>Advanced Junior Ladder</b>	Fri - Sun	Arranged by players	\$21.00* per match \$5.00 Reg. Fee	For the more experienced player. This program offers a competitive 1 1/2 hour singles match per week. Ladder runs September - May.
<b>Varsity Ladder</b>	Fri - Sun	Arranged by players	\$21.00* per match \$5.00 Reg. Fee	For players who are currently in high school. 1.5 hour singles match per week. Ladder runs Sept-March.
Club Tournaments				
<b>Parent / Child Tournament All Levels</b>	Selected Sundays TBA	2:00 - 4:00pm	\$25.00 per team	Call the Tennis Department or Front Desk for more details.
<b>Parent / Child Quickstart Tournament</b>	Selected Sundays 9/25 and more TBA	2:00 - 4:00pm	\$25.00 per team	QuickStart Tennis! Adults and kids will play together on mini courts, using low compression tennis balls. TENNIS EXPERIENCE IS NOT NECESSARY. All levels are welcome. If you've never played tennis before, this is the best way to learn. \$25 per team.
<b>Quickstart In-House Tournaments</b>	12/4, 3/4, 4/1, 5/6, 6/3		\$30.00 entrance fee	These supervised tournaments are designed for Topspinner level players. The matches are going to be played on 36 foot long courts using low pressure "Red" balls. Kids are guaranteed to play three matches.
Round Robin				
<b>Varsity In-House League Sessions:</b> 10/8 - 12/10 1/7 - 3/17	Saturday	12:00 - 2:00pm	10 week Sessions  \$300/sess.	This is a supervised league where students will play both singles and doubles. Priority is given to the participants of the Varsity program.

\*Drop off fees may apply

## Junior USTA Tournaments

Westboro Tennis & Swim Club hosts various Junior USTA tournaments throughout the year. Check online at [www.NewEngland.usta.com](http://www.NewEngland.usta.com) for tournament dates and times.

# Adult Tennis Registration

## Men's Tennis Registration

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please write in your 1<sup>st</sup> & 2<sup>nd</sup> choice for each clinic you want to sign up for.

### Clinics:

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

Please check off programs you want to sign up for.

### Programs:

CMITA

In-House League

Sunrise Singles Ladder

Night Owl Singles Ladder

Please be aware that drop-off fees may apply to some programs.

## Women's Tennis Registration

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please write in your 1<sup>st</sup> & 2<sup>nd</sup> choice for each clinic you want to sign up for.

### Clinics:

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

Please check off programs you want to sign up for.

### Programs:

CMITA

Doubles Ladder

DBH

In-House League

Novice Ladder

Day Time Singles Ladder

Singles Ladder

Instructional Round Robin (Mon)

Instructional Round Robin (Tue)

## Mixed Doubles Tennis Registration

Mixed Doubles Ladder  USTA Mixed Doubles

Please be aware that drop-off fees may apply to some programs.

# Junior Registration

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Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please write in your 1<sup>st</sup> & 2<sup>nd</sup> choice for each clinic you want to sign up for.

**Clinics:**

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

Please check off programs you want to sign up for.

**Programs:**

\_\_\_\_ Intermediate Jr. Ladder                      \_\_\_\_ Advanced Jr. Ladder

\_\_\_\_ Varsity In-House League                      \_\_\_\_ Varsity Ladder

\_\_\_\_ Explosive Training

*Please check the programs you would like a call for additional information.*

\_\_\_\_ High School Clinic                      \_\_\_\_ USTAI or USTAII

\_\_\_\_ ITPI or ITPII                      Other: \_\_\_\_\_

\_\_\_\_ Clinic Placement                      \_\_\_\_\_

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# Junior Registration

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please write in your 1<sup>st</sup> & 2<sup>nd</sup> choice for each clinic you want to sign up for.

**Clinics:**

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

1<sup>st</sup> Choice: \_\_\_\_\_

2<sup>nd</sup> Choice: \_\_\_\_\_

Please check off programs you want to sign up for.

**Programs:**

\_\_\_\_ Intermediate Jr. Ladder                      \_\_\_\_ Advanced Jr. Ladder

\_\_\_\_ Varsity In-House League                      \_\_\_\_ Varsity Ladder

\_\_\_\_ Explosive Training

*Please check the programs you would like a call for additional information.*

\_\_\_\_ High School Clinic                      \_\_\_\_ USTAI or USTAII

\_\_\_\_ ITPI or ITPII                      Other: \_\_\_\_\_

\_\_\_\_ Clinic Placement                      \_\_\_\_\_

# Tennis- Advanced Juniors & Tennis Intensives

Contact Michael Zatsiorsky for details and registration.

## High School Clinic

<b>The Varsity Program</b> <b>Session I:</b> \$368 <b>Session II:</b> \$368 <b>Session III:</b> \$460 <b>Session IV:</b> \$460	Thursday	3:30 - 5:30pm	2 hour clinic designed for the High School Varsity level player who is interested in improving his/her skills and staying tuned-up until the Spring season starts in mid-March. <b>Pre-qualification is required. Contact Mike Z. for details and registration.</b>
	Sunday	10:00-12:00pm	
	Sunday	12:00 - 2:00pm	
	Sunday	2:00 - 4:00pm	

## Intensive Tennis

<b>ITP I - Program Includes:</b> 2 one-hour clinics and 1/2 Hour Private Lesson per week.  <b>Fall:</b> 9/6 -12/23 Tuition \$1,314 / 16 wks <b>Winter:</b> 1/3 - 3/18 Tuition \$912 / 11 wks <b>Spring:</b> 3/19 - 6/10* Tuition \$997 / 12 wks	Monday Friday	3:30 - 4:30pm 3:30 - 4:30pm	<b>Objective:</b> For juniors between 6 and 9 years old who are beginner to advanced beginner level. The goal of the program is to build the correct foundation for future improvement, develop a love for the game of tennis and to prepare them to compete in USTA tournaments.  <b>Content:</b> This program consists of two one hour group lessons a week, plus 1/2 hour private lesson a week. Students will receive extensive stroke work and will learn to apply their strokes to playing situations and will prepare them for match play.
<b>ITP II - Program Includes:</b> 2 one and a half hour clinics and 1 hour of fitness per week  <b>Fall :</b> 9/6 - 12/23 Tuition \$1284 / 16 wks <b>Winter :</b> 1/3 - 3/18 Tuition: \$919 / 11 wks <b>Spring:</b> 3/19 - 6/10 Tuition: \$998 / 12 wks	Wednesday Friday	4:00 - 6:00pm 4:30 - 6:30pm	<b>Objective:</b> This program is for juniors between 8 and 13 years old who are <u>intermediate</u> level players and would like to improve their skills and prepare for the USTA level program or the Varsity program.  <b>Content:</b> This program consists of two 1.5 hour clinics per week emphasizing stroke tactics and match play. It also includes one hour of fitness per week and one consultation with a Pro including video analysis of strokes. Pro to student ratio is 1 to 4.

## Westboro Jr. Tournament Training Program

Contact Mike Z. : Players **MUST** be pre-screened for enrollment in the Tournament Training programs.

## Tournament Training

<b>TPP I</b> <b>Fall :</b> 9/6 - 12/23 Tuition: \$1640/ 16 wks <b>Winter :</b> 1/3 - 3/18 Tuition: \$1197 / 11 wks <b>Spring:</b> 3/19 - 6/10* Tuition: \$1248 / 12 wks	Monday Wednesday	4:30 - 6:30pm	This Program is designed to prepare players for competition in Level 7 tournaments. <b>The Program will include:</b> - 4 hours of on-court clinic per week - 1 consultation with head instructor and parents to design tournament schedule, chart progress and review video analysis. - Pro will travel with players to selected tournaments.
<b>TPP II</b> <b>Fall :</b> 9/6 - 12/23 Tuition: \$1640 /16 wks <b>Winter :</b> 1/3 - 3/18 Tuition: \$1197 / 11 wks <b>Spring:</b> 3/19 - 6/10 Tuition: \$1294 / 12 wks	Tuesday Thursday	4:30 - 6:30pm	This Program is designed to prepare players to compete in Level 6 and above tournaments. <b>The Program will include:</b> - 4 hours of on-court clinic per week - 1 consultation with head instructor and parents to design tournament schedule, chart progress and review video analysis. - Pro will travel with players to selected tournaments.
<b>Sunday Night Round Robin</b>	Participants of the TTP1 and TTP2 programs will have pre-booked courts available for their use on Sundays 7:00-8:30 pm. There will be a maximum of four players per court. The round-robin is free for the participants of the Explosive Training class (below), all other pay a fee of \$8. Contact Mike Z for details.		
<b>Explosive Training</b>	One hour group fitness class (max 6 to 1 ratio) with an emphasis on explosive training through the use of plyometrics. Sunday 10:00-11:00am (9 to 11 year olds), 11:00-12:00 (12 to 16 year olds) and 5:45-6:45 pm (11 to 16 year olds). Cost is \$120 for 8 one hour long sessions.		

\*No Class Memorial Day

# Aquatics—Red Cross Swim Lessons

Children should be at least 3 1/2 years old when placed in a class unaccompanied by a parent. Younger children may participate in lessons at the discretion of the aquatics director.

o **CONTACT BRIAN DOHERTY OR DEB KESPER FOR SWIM EVALUATION APPOINTMENTS AND QUESTIONS REGARDING PLACEMENT. LESSON TIMES MAY CHANGE DEPENDING ON ENROLLMENT.**

	MEMBER			NON-MEMBER		
	7 Wks.	8 Wks.	10 Wks.	7 Wks.	8 Wks.	10 Wks.
<b>Level 1</b>	\$95	\$108	\$135	\$140	\$160	\$200
<b>Level 2 – 6</b>	\$140	\$160	\$200	\$215	\$245	\$305
<b>Level 1 Introduction to Water Skills</b>	Tuesday Saturday Sunday		4:00pm - 4:30pm 9:30am - 10:00am 11:00am-11:30am	- Enter/exit water safely - Open eyes underwater, pick up submerged objects - Swim on front and back using arm and leg actions - Submerge mouth, nose and eyes - Float on front and back - Follow basic water safety rules - Exhale under water through mouth - Explore arm and hand movement - Use a life jacket.		
<b>Level 2 Fundamental Aquatic Skills</b>	Tuesday Tuesday Tuesday Thursday Thursday Thursday Saturday Saturday Saturday Sunday		4:00pm - 4:45pm 4:30pm – 5:15pm 5:30pm – 6:15pm 4:00pm - 4:45pm 4:45pm - 5:30pm 5:15pm – 6:00pm 9:30am - 10:15am 10:30am - 11:15am 11:00am - 11:45am 11:30am – 12:15pm	- Enter water by stepping or jumping from side - Open eyes under water, pick up submerged object - Rollover from front to back, back to front - Swim on side - Exit water safely using ladder or side - Float on front and back - Tread water using arm and leg motions - Move in the water while wearing a life jacket - Submerge entire head - Perform front and back glide - Swim on front and back using combined strokes.		
<b>Level 3 Stroke Development</b>	Tuesday Tuesday Tuesday Thursday Thursday Thursday Saturday Saturday Saturday Sunday		4:00pm - 4:45pm 4:45pm – 5:30pm 5:15pm – 6:00pm 4:00pm - 4:45pm 4:45pm - 5:30pm 5:30pm – 6:15pm 9:30am - 10:15am 10:15am - 11:00am 11:00am - 11:45am 12:15pm – 1:00pm	- Jump into deep water from the side - Bob with the head fully submerged - Perform survival float - Butterfly kick and body motion - Use check-call-care in emergency - Dive from kneeling or standing position - Use rotary breathing in horizontal position - Change from horizontal to vertical position on front and back - Perform the HELP and huddle positions - Submerge and retrieve an object - Perform front and back glide - Perform front and back crawl - Perform a reaching assist.		
<b>Level 4 Stroke Improvement</b>	Tuesday Tuesday Thursday Thursday Saturday Saturday Saturday Sunday		4:45pm – 5:30pm 5:30pm - 6:15pm 4:35pm - 5:20pm 5:20pm-6:05pm 9:30am - 10:15am 10:15am - 11:00am 11:00am - 11:45am 1:00pm – 1:45pm	- Perform shallow dive or dive from stride position - Perform open turns on front and back using any stroke - Use safe diving rules - Perform a throwing assist - Perform the following: front and back crawl, swim on side using scissor like kick, breast stroke, butterfly, elementary back stroke - Swim under water - Tread water using sculling arm motions and kick - Perform compact jump into water from a height while wearing a life jacket - Care for conscious choking victim - Perform feet first surface dive.		
<b>Level 5 Stroke Refinement</b>	Saturday Saturday		10:15am - 11:00am 11:45am - 12:30pm	- Tread water with two different kicks - learn survival swimming - Perform rescue breathing - Perform the following: Standing dive, Pike surface dive, Butterfly, Shallow Dive, glide two body lengths and begin any front stroke, Front flip turn, Breast stroke, Back stroke flip turn, Elementary back stroke, Tuck surface dive, Front and back crawl, Side stroke.		
<b>Level 6 Lifeguard Readiness</b>	Saturday		See Brian	To introduce and practice the skills required to successfully complete the pre-course session of the Red Cross Lifeguard Training Course.		
<b>Level 6 Personal Safety</b>	Saturday		See Brian	To refine strokes and teach students how to prevent aquatic emergencies in open water environments, and to introduce and practice self-help rescue techniques.		

# Aquatics — Swim Teams

Raiders Swim Team is managed at a recreational level to insure that every swimmer has fun, gains self-esteem, meets new friends, and continuously sets new goals. Practices will include stroke refinement, efficiency, and endurance.

**PREREQUISITE:** Each swimmer **MUST** be able to swim 1 length (25 yards) non-stop, with good rhythmic breathing, front crawl, one length of the pool back crawl, and be able to dive. **A PRE-TEST WILL BE REQUIRED OF ALL CHILDREN WITH NO PREVIOUS SWIM TEAM EXPERIENCE.**

\$50.00 is non-refundable if you withdraw from Raiders Swim Team.

<b>Fall Swim Team</b> 9/12 – 11/4  Ages 7 - 10  Ages 11 – 17	<b>M</b>	<b>NM</b>	Mon - Weds – Fri 4:45pm - 5:45pm Mon - Weds – Fri 5:45pm - 7:15pm	The philosophy for the Raiders Fall Swim Team is to first perfect stroke technique in order to heighten the swimmer's awareness in the water. Once the swimmer understands the principles involved, he/she will naturally increase speed and endurance. Training with this type of a "fluid mechanics" program will also mentally prepare swimmers to "swim <u>smart</u> " at meets. <u>Member registration 8/22 10am.</u> <u>Non-member registration 8/29, in person at 10am.</u>
	\$245	\$350		
	\$305	\$395		
<b>Winter Swim Team</b> 11/14 to Mid-March  Ages 7 - 10  Ages 11 – 17	\$395	\$535	Mon - Weds - Fri 4:15pm - 5:15pm or 5:15pm - 6:15pm or 6:15pm - 7:15pm Mon - Weds - Fri 4:15pm - 5:45pm or 5:45pm - 7:15pm	The same philosophy will be followed throughout the Winter Season. Each swimmer will compete in 8 or 9 dual meets through the winter season, plus a Championship Meet. Each meet is a dual meet. Meet dates and times are TBA. Each swimmer will receive a handbook after registration for the teams. Parents will have an opportunity to list practice times by order of preference. Practice time will be assigned by coaches; swimmers must attend assigned times. Every effort will be made to accommodate requests and to group siblings at similar times. <u>Member registration 10/17, 10am.</u> <u>Non-member registration (space permitting) in person, 10/24 10am.</u>
	\$465	\$595		

## Raiders Prep Clinic

<b>Raiders Prep</b> See session dates p.3 Begins 9/7 Ages 6-17	(7wk/8wk/10wk) M: \$210/\$240/\$300 NM: \$315/\$360/\$450	This program is geared towards those swimmers who have never participated on a swim team. This program will introduce the swimmer to swim team strokes and all aspects of swim team experiences prior to our winter swim season. Participants must be <b>Red Cross level 4 swimming ability or higher.</b> <u>See page 3 for registration dates.</u>
	Tues & Thurs 5:00-6:00 (10 under) 4:00-5:00 (11 over)	

## USA Swimming Program

The mission of the USA Team at WT&SC is to promote competitive swimming as a USA Swimming team for all athletes at all levels of ability. We define success as sustained, individual pursuit of excellence bounded only by our swimmer's desires and personal abilities, which allows them to be the best they can be, achieve personal goals and have fun in the program! We maintain a system of personal values among our swimmers, which are: honesty, integrity and sportsmanship. We promote a team environment which encourages goal setting, hard work, personal commitment and camaraderie.

For more info see: [www.orgsites.com/ma/wtsc](http://www.orgsites.com/ma/wtsc)  
 Contact Deb Kesper at: [Dkesper@thewestboroclub.com](mailto:Dkesper@thewestboroclub.com)



# Aquatic Training

\$50.00 is non-refundable if you withdraw from any Aquatic Training courses.

	<b>M</b>	<b>NM</b>
<b>Aquatic Training Courses:</b>	\$250	\$315
<b>LGT Recertification Class:</b>	\$95	\$135

<b>American Red Cross Lifeguarding Today / First Aid / CPR</b> Ages 15+  Accelerated Courses will be offered as well as a Junior Lifesaving Course.	<b>Day/Time</b> <b>TBA</b>	8- 10 week course designed to provide the minimum necessary skills needed to qualify as a non-surf lifeguard. You must be able to swim a minimum of 500 yards. Contact Brian Doherty for further information. First Aid and Professional Rescuer CPR are included in the course content and attendance at all classes is mandatory, even if the individual already holds a First Aid/CPR Certificate.
<b>American Red Cross Water Safety Instructor</b> Ages 16+	<b>Day/Time</b> <b>TBA</b>	8-10 week course will certify you to teach all levels of American Red Cross Swim Lessons. All students will also be required to schedule 4 observation classes and 4 practice teaching classes.

## Adult Swim Programs

<b>Masters Swim Program</b> 9/6 – 11/3 11/8 - 1/5 1/10 - 3/8 3/13 - 5/10	Tuesday & Thurs	6:30 - 7:30am or 9:00 – 10:00am	M: \$195  NM: \$320	Come join in to work hard and have fun. Swimmers are placed in lanes according to age and ability to accommodate all levels. Coached by Brian Doherty, Aquatics Director.
<b>Adult Private Swim Lessons</b>	By Appointment	(5) 30 min Lessons	Private: \$105 Semi: \$125	Learn at your own pace. Schedule a time with the instructor of your choice. Contact Brian Doherty or Deb Kesper to schedule.
<b>Triathlon Program</b>	See Brochure For More Information	A great way to take your fitness to a whole new level. This program includes everything you need to race a successful triathlon season. Whether you are a beginner looking to finish your first triathlon or you're a seasoned athlete looking to go to that next level, our program will get you there. We train all levels from Sprint to Ultra distances.		

## Specialty Swim Programs

<b>Parent/Toddler Program</b> Runs the same session dates as swim lessons.  Minimum Age 6 mos.	Saturday	10:30 – 11 am	<u>Mem.</u> 7 wks: \$95 8 wks: \$108 10 wks: \$135  <u>Non-Mem.</u> 7 wks: \$140 8 wks: \$160 10 wks: \$200	A one half hour lesson designed for independent swimming with or without flotation device. Parents must accompany their children in the water. These lessons will prepare your child for Red Cross swim lessons.
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**Diaper Rule** - Diapers are not allowed in the pool for health reasons. Untrained children must wear training pants with tight fitting rubber pants under their bathing suits or special swimming diapers. \*Disposable Aqua Diapers are available at the Front Desk.

## Private Swim Lessons

### Private Member:

\$40 / 1/2 hour with Director / Asst. Director

\$30 / 1/2 hour with Certified Instructor

### Private Non-Member:

\$60 / 1/2 hour with Director / Asst. Director

\$45 / 1/2 hour with Certified Instructor

### Semi-Private Member:

\$22 / 1/2 hour with Director / Asst. Director per student

\$17 / 1/2 hour with Certified Instructor per student

## Water Fitness Programs

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**Water Fitness** at the Westboro Tennis and Swim Club **is included in all pool and fitness memberships**. Classes are free unless otherwise noted. Please check our seasonal schedules for exact times of classes listed below.

*General Water Fitness Classes:* are an invigorating 1-hour, designed to give participants a complete cardiovascular workout as well as increased muscle strength and endurance. A variety of formats and equipment are incorporated into the different classes.

**Deep Water Class:** Go deep and experience the amazing benefits of non-impact exercise!

*SilverSplash®:* is offered to our SilverSneakers® Members and recommended for seniors and anyone new to exercise. Activate your aqua exercise urge for variety! This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Special equipment is used to develop strength, balance and coordination.

Other Fee Based Water Fitness Classes are designed for Teens and Specialty Groups. Information regarding these classes can be found on fliers through out the club and on our Group Fitness / Water Fitness schedules. Water Fitness is for everyone!

## Synchronized Swimming

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Synchronized swimming is a sport which combines dance, gymnastics and swimming all in one. If you love somersaults, handstands or spinning in the water, this is the sport to try! Practices will include short swim workouts to increase endurance and strength in addition to refining sculling, treading and propulsion techniques used in competitive synchronized swimming. Synchro is an excellent activity to increase stamina, coordination, flexibility and self-discipline while having fun, making new friends and building leadership skills. Swimmers may have the opportunity to compete in meets or perform in shows. Time and days for practice to be announced.



**Deb Kesper**  
Assistant Aquatics Director



**Brian Doherty**  
Aquatics Director

# Kids Club & Children's Programs

## Session I

9/12-10/21

6 weeks

(No class 10/10)

## Session II

10/24-12/23

8 weeks

(No Class 11/21-11/25)

## Session IIIa

1/9 - 2/17

6 weeks

## Session IIIb

2/27-4/6

6 weeks

(No class 4/6)


## Session IV

4/9-5/18

6 weeks

Classes will not be held during certain holidays and school vacations.

## Programs

<p><b>Gym 'N Swim</b> <b>Ages 2.9 - 5 years</b></p> <p>6 wks: M: \$135 NM: \$195 8 wks: M: \$180 NM: \$250</p>	<p>Tuesday or Friday</p>	<p>9:30 - 11:00am</p>	<p>An energetic class for pre-schoolers that combines physical movement, games and instructional swimming. <b>Children must be toilet trained.</b> Limit 10 per class.</p>
<p><b>Tennis &amp; Swim</b> <b>Ages 4-6 (limit 6/class)</b></p> <p>6 wks: M: \$150 NM: \$195 8 wks: M: \$200 NM: \$250</p>	<p>Monday  Wednesday</p>	<p>9:30-11:00am  12:30-2:00pm</p>	<p>Is your child in afternoon kindergarten or preschool? Or are you just looking for something fun and active for your child to do in the morning? Come join us for a ½ hour tennis lesson and a 45 minute Red Cross swim lesson. This is a great way to introduce the game of tennis to young players.</p>
<p><b>Sing-N-Swim *NEW*</b></p>  <p><b>6 mos – 3 years</b></p> <p>6 wks: M: \$120 NM: \$190 8 wks: M: \$160 NM: \$240</p>	<p>Saturday</p>	<p>9:15-10:30am</p>	<p>In this 75 minute class parents and children will start off in an interactive music class, singing, movement and instruments with our certified Musikgarten® Teacher. Then the class will head to the pool for a ½ Red Cross Parent and tot swim lesson.</p>
<p><b>Dippers and Flippers</b> Toddlers 2 - 3 years (limit 6 per class)</p> <p>6 wks: M: \$126 NM: \$175 8 wks: M: \$168 NM: \$250</p>	<p>Monday</p>	<p>9:15 – 10:30am</p>	<p>Dippers and Flippers is a class for toddlers 2-3yrs. In this 75 minute class, toddlers will be involved in movement, stories, gym games or crafts for the first 40 minutes. Participants then go to the pool for an introduction to water skills using game play and basic pre-swimming exercises taught by certified Red Cross instructors.</p>
<p><b>Kids Night Out</b> <b>Once/month</b> <b>Ages: 4-12</b></p> <p><b>Children under 3 may be left at Kids Club.</b></p>	<p>Fridays  Or  Saturdays</p>	<p>5:00-9:00pm</p>	<p>Kids Night Out is a program for kids ages 4-12. This is a night for kids to spend at the club playing gym games, swimming, arts &amp; crafts, pizza and more. Kids Night Out runs once a month on either Friday or Saturday evenings. This is a great opportunity for parents to have a night out "kid free!"</p>

# Kids Club & Children's Programs (cont.)

## Vacation Camps

<b>February Vacation Camp</b> Tues – Fri (2/21-2/24)	Full Day 9:00 - 4:00 Half Day 9:00-1:00	Member (half/full): \$40/\$70 / 1 day \$140/\$240 / 4 days	Our philosophy with vacation camps parallels that of our summer camps: we help campers to have fun while they learn specific sport skills, sportsmanship, teamwork, and make friends. We take great pride in providing individual attention to each and every camper. Activities include a mix of instruction and play in all areas. Snack and lunch provided.
<b>April Vacation Camp</b> Tues – Fri (4/17-4/20) <b>Ages 4 - 12</b>		Non-Member (half/full): \$50/\$90/ 1 day \$180/\$340 / 4 days	
<b>Extended Day Available</b>	7:30 - 9:00am 4:00 - 6:00pm	M: \$7/hr	NM: \$9/hr

## Kid Club Rates

(Ages 2 months – 11 Years) There are NO babysitting fees for children who are part of a family membership. Children may be left for 2.5 hours per visit at no charge. Children who are not part of a family membership may purchase Kids Club membership or pay an hourly fee. Please see a membership consultant or Kids Club staff member with any questions. Please remember our club policies about leaving children unattended. All children under the age of 12 must be supervised by an adult at all times. For the safety and enjoyment of others, children under 12 are not allowed in the fitness center, on the tennis courts, or at the pool while a parent is participating in a class, program or tennis match. Children 7 and older may be left at the "Dug Out," located at Kids' Club, for a fee of \$5 per child for up to 3 hours. Parents MUST remain on premises while children are enrolled in Kids' Club. Please visit Kids Club for a complete list of policies.

## KIDS CLUB DROP-IN HOURS

Monday - Thurs:  
8:30am - 8:00pm\*

Friday:  
8:30am - 3:00pm

Saturday/Sunday:  
8:00am - 1:00pm

*\*Advance reservation required for children under 3 between the hours of 3-8pm. Signup can be done at Kids' Club or by phone. (508)366-1222*

## "DUG OUT" AT KIDS CLUB

For second grade and up  
Open during Kids' Club drop-in hours

## Birthday Parties

Your Child's birthday celebration is a very special event. Our goal is to make planning your child's party an easy and enjoyable experience. We take care of all the arrangements. We provide 2 party planners who will do all the set up, clean up and everything in between! We offer a variety of options from toddler & preschool parties at our kids club to gym & swim and all swim parties for ages 5 and up at the main club. Please see our Birthday Party brochures for more information or contact: Betsy Johnsen at [bjohnsen@thewestboroclub.com](mailto:bjohnsen@thewestboroclub.com).



**Betsy Johnsen**  
Children's Program Director

# Fitness

## Personal Training

Whether you are a beginner or a seasoned exerciser, we have the trainer that can assist you in achieving your personal fitness goals. Do not hesitate when it comes to looking and feeling your best!

### Rates: Trainers

1 Hour Session Packages			1/2 Hour & Partner Rates*			Group Training Rates* Per Hour	
Qty.	Rate	Total Cost	Qty.	Rate	Total Cost	Qty.	Rate
1	\$70	-	1	\$45	-	<b>10</b>	<b>\$150.00/per person</b>
10	\$65	\$650	10	\$40	\$400	<b>One Hour Sessions</b>	
20	\$60	\$1200	20	\$35	\$700	<b>*Groups can be 3 or 4 people</b>	
Autobill	\$55		Autobill	\$30			

### Rates: Head Trainers

1 Hour Session Packages			1/2 Hour & Partner Rates*			Group Training Rates* Per Hour	
Qty.	Rate	Total Cost	Qty.	Rate	Total Cost	Qty.	Rate
1	\$80	-	1	\$50	-	<b>10</b>	<b>\$200.00/per person</b>
10	\$75	\$750	10	\$45	\$450	<b>One Hour Sessions</b>	
20	\$70	\$1400	20	\$40	\$800	<b>*Groups can be 3 or 4 people</b>	
Autobill	\$65		Autobill	\$35			

Autobill is a feature where a client commits to a 2 month training agreement in order to obtain the lowest possible training rate. See a trainer for more information.

## Group Exercise (CLASSES FREE TO FITNESS MEMBERS)

Cycling, BodyPump, Body Combat, Body Flow, Yoga, Pilates, BOSU Blast, Zumba!, CardioBells, Gut Busters, Muscle Definition, WWE and much more!!! Please refer to the Group Exercise Schedule for class descriptions and schedule updates available on the club website and at the Front Desk.

### Juniors

Children are welcome in the main Fitness Center with the following guidelines: Children under 12 should not be using equipment unless accompanied by a personal trainer or if they are within a structured training designed by a Club trainer. Kids Gym is available for children under 12. Children aged 12-13 may complete Junior Fitness Training and be eligible to use the equipment in the main gym when accompanied by a parent. Children 14 and over may use the gym without restriction. Please talk to a fitness trainer to determine what program works best for your child.

## JUNIOR PROGRAM

<b>Junior Fitness Training</b> Ages 12 - 13  <b>Session 1: 9/12 – 10/17</b> <b>Session 2: 11/7 – 12/12</b> <b>Session 3: 1/9 – 2/13</b> <b>Session 4: 3/5 – 4/9</b> <b>Session 5: 5/7 – 6/18*</b>  <b>Feb/April Vacation intensives available</b>	M: \$149 NM: \$225	Mondays 4:00- 5:00pm*	This class will teach your son or daughter how to use Fitlinx and other fitness equipment in the fitness center properly. Your child will learn about how the muscles work, cardiovascular conditioning, proper stretching techniques, and more! Upon completion your child will have earned full fitness center privileges while accompanied by a supervising adult. *No class Memorial Day.
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\*Classes may be arranged on a 1-on-1 basis for a fee of \$209.

# Fitness – Adult Programs

## ADULT PROGRAMS

<p><b>Large Group Training</b></p> <p>Session 1: 9/13 - 10/21          Session 2: 10/25 - 12/6          Session 3: 12/13 - 1/27          Session 4: 1/31 - 3/16          Session 5: 3/20 - 5/4          Session 6: 5/8 - 6/15          M: \$149 / NM: \$225</p>	<p>Tues/Fri          9:00-10:00am</p>	<p>Group Personal Training is a great way to get started in a program that is safe, fun, and effective. Our Large Group Personal Training program features programming based on 8 person groups to allow for a safer environment, increased personal development, and more enjoyable workouts than other large group programs can offer. All of the workouts are geared towards increased muscular endurance and weight loss. No class school vacation weeks.</p>
<p><b>TRX Express          30 Minute Workout</b></p> <p>Session 1: 9/12 - 10/19          Session 2: 10/24 - 11/30          Session 3: 12/5 - 1/18          Session 4: 1/23 - 3/7          Session 5: 3/12 - 4/25          Session 6: 4/30 - 6/11          M: \$149 / NM: \$225</p>	<p>Monday          &amp;          Wednesday          8:45-9:15am</p>	<p>Stations, High-intensity, Resistance, Endurance, Drive. Designed to match the intensity of programs like P90X and Insanity, this class takes the intensity up! If you are looking for a serious change in your fitness, or just trying a new challenge, this class will fit your needs and help you reach your goals! This program is for someone who is already working out, has reached a plateau, and is looking to get to that next level. No class school vacation weeks or Memorial Day.</p>
<p><b>Metacomp: 12 Week          Body Transformation</b></p> <p>Contact Jason Snoonian</p>	<p>To be Coordinated          with Your Trainer</p>	<p>Unlock the key to your success. One simple test provides all the answers to your weight management and fitness goals. Endorsed by researchers at Harvard Medical School, New England Medical Center, and Boston Medical Center – metabolic testing personalizes your fitness and nutrition plans by determining your unique metabolic needs. If you follow the guidelines of this program under the direction of a personal trainer you are guaranteed to see results! Contact us for more information on the test and training package.</p>
<p><b>Abs/Glutes/Thighs</b></p> <p>Session 1: 9/12 - 10/19          Session 2: 10/24 - 11/30          Session 3: 12/5 - 1/18          Session 4: 1/23 - 3/7          Session 5: 3/12 - 4/25          Session 6: 4/30 - 6/11          M: \$99 / NM: \$149</p>	<p>Mon-Wed          6:30-7:15pm</p>	<p>A 45 minute class of strength training concentrated on the abs, lower back, quadriceps, hamstrings, and glutes. Feel that burn and get the shape you have been looking for! No class school vacation weeks and Memorial Day.</p>
<p><b>Beach Body Workout</b></p> <p>Session 1: 9/13 - 10/20          Session 2: 10/25 - 12/6          Session 3: 12/13 - 1/26          Session 4: 1/31 - 3/15          Session 5: 3/20 - 5/3          Session 6: 5/8 - 6/14</p>	<p>Tues/Thurs          6:30-7:15pm</p>	<p>Burn fat and sculpt your muscles in this high-energy class. In this class you will use a variety of equipment such as jump ropes, stability balls, dumbbells, and much more! Get that beach body you have always wanted! No class school vacation weeks.</p>

# Fitness – Juniors at Kids Gym

Children ages 8-15 may use Kids Gym so long as they are fitness members. Children under 12 must have a parent present at the Club to be left at Kids Gym. In order to use the equipment, Children must take a FREE Fitness First Orientation. In order to use the selectorized strength equipment children must take a Circuit Strength Class. Children who have taken neither class are still welcome to attend our free daily group classes.

**Hours: Monday-Thursday 3-7pm, Saturday 9-1pm. Other hours available by appointment .**  
**Contact Rick Bounds at x34 or at [RBounds@thewestborocub.com](mailto:RBounds@thewestborocub.com).**

<b>KIDS GYM PROGRAMS</b>			
<b>The Complete Athlete</b> (High School Aged) <b>Session 1: 10/3-12/3</b> <b>Session 2: 1/9-3/3</b> <b>4-10 Participants</b>	M:\$240	Tues/Thur  5:45 - 7:00	This comprehensive 1.5 hour long program is designed for athletes of all sports. Our program consists of functionally sound movement training, strength training, and conditioning focusing on mastering movement technique and force production. Program will focus on speed, strength, power, nutrition, conditioning, mobility and injury reduction.
<b>Quick Start</b> (Middle School) <b>Session 1: 10/2-12/3</b> <b>Session 2: 1/8-3/3</b> <b>4-10 Participants</b>	M:\$225	Tues/Thur  4:45 – 5:45	Much like our High School Performance Training Program format, the Middle School Performance Training Group places a strong focus on the developmental processes of this age group. Our program includes instruction in movement training, injury reduction, linear, lateral, and multi-directional speed development, foot speed, agility, explosive power development, proper weight training technique, functional movement patterns and strength.
<b>Circuit Strength</b> (ages 8-15) <b>Sessions Start Every 2 Weeks.</b>	M:\$99	Sat 11:15 – 12:15  Tues 5:45 – 6:45	Kids Gym offers age and size appropriate circuit strength equipment for children aged 8-15. The equipment is specifically designed with safety and ease of operation in mind for younger populations. Junior members may use this equipment during open gym hours at Kids Gym once they have passed our "Circuit Strength" program. Circuit Strength consists of four, one-hour sessions that will educate and train junior members in the following areas: proper use of equipment, mechanics of exercise with weights, and flexibility/mobility skills.
<b>Fitness First Orientation</b> <b>Weekly – Signups required</b>	Free	Tues 4:00 – 5:00  Sat 9:30-10:30am	Fitness First Orientation is the first step a child between the ages of 8-15 needs in order to use some of the equipment during open gym time. Participants will receive a tour, explanation of rules, and training on the interactive equipment. Children should follow up with the Circuit Strength class in order to fully utilize the equipment.
<b>Youth PowerBoxing</b> <b>Session 1 9/13-10/20</b> <b>Session 2 10/25-12/8</b> <b>Session 3 1/3 – 2/9</b> <b>Session 4 2/21 – 3/29</b> <b>Session 5 4/17 – 5/24</b>	M:\$150	Tues / Thur 4:30-5:30	A fun bootcamp drill based class full of action packed boxing, bodyweight strength and cardio moves. Children 8-15 years old may sign up.

<b>KIDS GYM GROUP EXERCISE PROGRAMS</b>		
<b>KidsFit</b>  Free to Members	Tue/Thur 5:00-5:45  Sat 10:30-11:15	KidsFit is a free intense 45 minute class dedicated to improving overall fitness. While many sports programs don't include a full range of fitness components, KidsFit is comprehensive and includes ALL fitness components including cardiovascular endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. It is for all kids, no matter their current fitness level or age. It is challenging for the most seasoned athlete and easy enough for those who aren't athletically inclined.
<b>JumpStart</b>  Free to Members	Mon/Wed 4:30-5:00	JumpStart is a great, free class for improving strength, conditioning, coordination, endurance and agility through a simple means: jumping rope! Jump Start provides a unique opportunity for exercise, whether it is learning new jumping skills or simply getting a fun workout. Chart progress as new skills are developed and jump rope patterns are learned.



**Nutrition Consult with Meal Planning**

Trying to keep up with the nutritional do's and don'ts can be overwhelming these days! Our Licensed R.D. Barbara Casaceli will help you develop a healthy eating strategy utilizing an easy to follow plan. Program cost is \$199 and includes 4 one-hour sessions. Contact Barbara at the Club or email her at [bjcaztcw@yahoo.com](mailto:bjcaztcw@yahoo.com) to schedule your appointment.

**Nutritional Consultations by a Licensed Registered Dietician**

Wednesday-Thursday 8:00am – 2:00pm (Evenings by appointment)

Saturday 9:00am – 12:00pm

**Individual**

1 Hour Session \$ 75.00  
 3 One Hour Sessions \$180.00

**Family (parents, children, siblings)**

1 Hour Session \$100.00  
 3 One Hour Sessions \$255.00

**Group (minimum of 3)**

1 Hour Session \$ 45.00/pp  
 3 One Hour Sessions \$120.00/pp

**Injury Assessments**

As a free service to Members, South County Physical Therapy offers times where members can sign-up for a 15 minute .Injury Assessment. Members will meet with the Physical Therapist for a analysis to determine the correct course of action. These sessions can result in a recommendation for continued independent exercise or a referral to your physician for orders to participate in a structured physical therapy program. Visit our website: [www.thewestboroclub.com](http://www.thewestboroclub.com) and look for the South County logo under Business Partners to request your assessment.

**Massage Therapy** (Book appointments at the Fitness Desk)

**SPORTS MASSAGE - DEEP TISSUE MASSAGE - SWEDISH MASSAGE:**

Hours: Monday 9-1, Tuesday 3-8, Thursday 12-5, Friday 9-1, Saturday 8-2

<b>90 Minutes</b>	<b>60 Minutes</b>	<b>45 Minutes</b>	<b>30 Minutes</b>
1 \$95.00	1 \$65.00	1 \$50	1 \$35
5 \$420.25	5 \$287.50	5 \$218.75	5 \$150.00
10 \$730.75	10 \$500.00	10 \$375.00	10 \$250.00

**Pilates: Reformer packages available, inquire at the fitness desk.**



Jason Snoonian  
Fitness Director



Rick Bounds  
Kids Gym Director



Cheryl Labriola  
Wellness Coordinator