

2010-2011

FALL~WINTER

SPRING



E-mail: info@thewestboroclub.com Web: www.thewestboroclub.com
Westboro Tennis & Swim Club ~ 35 Chauncy Street ~ Westborough, MA 01581 ~ (508) 366-1222

Greetings from the General Manager

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 is a great place 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
Wellness Coordinator.....	Cheryl Labriola
Registered Dietician.....	Barbara Casaceli
Camp and Children's Program Director.....	Betsy Johnsen
Member Services Director	Jessica Thomas
Kids Club Supervisor	Betsy Johnson
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

<p>TENNIS/CLUBHOUSE Monday - Thursday 6:00am - 10:00pm Friday 6:00am - 9:00pm Saturday/Sunday 7:00am - 8:00pm</p> <p>POOL / FITNESS Monday - Thursday 5:30am - 10:00pm Friday 5:30am - 9:00pm Saturday/Sunday 7:00am - 8:00pm</p>	<p>KIDS CLUB DROP-IN HOURS Monday - Thurs: 8:30am - 8:00pm* Friday: 8:30am - 3:00pm Saturday/Sunday: 8:00am - 1:00pm</p> <p>*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</p> <p>"DUG OUT" AT KIDS CLUB For second grade and up Open during Kids Club drop-in hours</p>
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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

Holiday Observation Schedule

Labor Day	Mon	Sept. 6	Special Hours 8am - 8pm / No Programs
Columbus Day	Mon	Oct. 11	Regular Hours / No Programs / Regular Group Exercise
Veteran's Day	Thur	Nov. 11	(Observed) Reg. Hours / Programs Run / Regular Group-X
Thanksgiving	Thur	Nov. 25	Special Hours 7am – 10am only, No Programs
Thanksgiving Fri.	Fri	Nov. 26	Regular Hours / No Programs / Regular Group Exercise
Christmas Eve	Fri	Dec. 24	Spec. Hrs 7am-3pm / No Prog./A.M. Gp-Ex Only
Christmas Day	Sat	Dec. 25	CLUB CLOSED
New Year's Eve	Fri	Dec. 31	Spec. Hrs 7am-3pm / No Prog./A.M. Gp-Ex Only
New Year's Day	Sat	Jan. 1	Special Hours 10am - 6pm / No Programs / No Group-Ex
President's Day	Mon	Feb. 21	Regular Hours / No Programs / Regular Group Exercise
Patriots Day	Mon	Apr. 18	Regular Hours / No Programs / Regular Group Exercise
Good Friday	Fri	Apr. 22	Reg. Hrs / No Kids Programs/ Regular Group-Ex
Easter	Sun	Apr. 24	Spec. Hrs 7am - 12pm / No Programs / No Group Exercise
Memorial Day	Mon	May 30	Special Hours / 8am - 8pm / No Programs

Vacation Schedule

Winter Vacation	Dec. 24 - Jan. 2	Open / Vacation Camp / Regular Group Exercise
February Vacation	Feb. 21 - Feb. 27	Open / Vacation Camp / No Programs / Reg. Group-X
April Vacation	Apr. 18 - Apr. 24	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.

Member Services Department

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



Introducing 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.

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 (9/7-10/31) 8 wks	8/18	Columbus Day
Session 2 (11/1-12/23) 8 wks	10/13	Thanksgiving
Session 3 (1/3-3/20) 10 wks	12/8	Feb. Vacation
Session 4 (3/21-6/5) 10 wks	3/9	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 (9/7-10/31) 8 wks	M: 8/16 NM: 8/23	10:00am	
Session 2 (11/2-12/19) 7 wks	M: 10/18 NM: 10/25	10:00am	Thanksgiving
Session 3 (1/4-3/20) 10 wks	M: 12/13 NM: 12/20	10:00am	Feb. Vacation
Session 4 (3/21-6/12) 10 wks	M: 3/7 NM: 3/14	10:00am	Easter April Vacation & week of 5/23

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 make-up 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

PRIVATE LESSON (1HR)	M	NM
Head Tennis Pro	\$80.00	\$120.00
Senior Tennis Pro	\$75.00	\$112.00
Assistant Tennis Pro	\$69.00	\$103.00

PRIVATE LESSON (30min)	M	NM
Head Tennis Pro	\$45.00	\$67.50
Senior Tennis Pro	\$42.50	\$63.50
Assistant Tennis Pro	\$39.50	\$59.00

SEMI-PRIVATE LESSON	M
Head Tennis Pro	\$84.00/hr (42.00 each)
Senior Tennis Pro	\$78.00/hr (39.00 each)
Assistant Tennis Pro	\$72.00/hr (36.00 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 Information

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
CMITA 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. Contact Stephen Ferris to sign-up by September 1.
USA Tennis New England (USTA League Tennis) 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 TBA	Evening Evening Evening TBA	Reg. fee and court fees set by USTA. \$30 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!
Women's League				
CMITA 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. Contact Stephen Ferris to sign-up by September 1.
Mixed Doubles (USTA)				
USA Tennis New England (USTA League Tennis) 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

Dorothy Bruno Hills Indoor Tennis Doubles League 3.5+ - 5.5+ DIV I DIV II DIV III DIV IV	 (Pract) Mon (Match)Wed (Pract)Tues (Match)Thurs	See the Tennis Dept. for DBH Schedule	 \$907*	Organizational Meeting: Friday 9/10 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.
Ladies Spring League 3.5+ - 4.2+ <u>Practices</u> 1.5 Hours	TBA		\$231*	Competitive Interclub Doubles. Season runs April to Mid June (7 weeks)
USA Tennis New England (USTA League Tennis) 3.0 League 3.5 League 4.0 League 4.5 League 3.5 Sr. League <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

Doubles Round Robin 3.5+	Wednesdays	8:00 - 9:30pm	M: \$13	Weekly sign-up. Cost per person.
In-House League Singles & Doubles 3.4+ Contact Steve Ferris	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. Prizes awarded
Sunrise Singles Ladder All Levels	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.
Night Owl Singles Ladder All Levels 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

Beginner Round Robin Singles & Doubles 2.8+	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.
In-House League Singles & Doubles 3.4+ Subs needed Contact Chris Roginski	Friday	10:30 - 2:00pm	\$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. Times will vary each week 10:30am - 12:00pm or 12:30pm - 2:00pm. September - May in 10 week sessions. Prizes awarded.
Novice Ladder 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.
Singles Ladder 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.
Doubles Ladder 3.2+ 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.
Daytime Ladder 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

Mixed Doubles Ladder 3.0+	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.
Mixed Doubles Social 3.0+	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!
Mixed Doubles USTA Leagues	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	9/7 - 10/31	8 Wks.	\$176	\$264	\$264	\$396
Session II	11/1 - 12/23	8 Wks.	\$176	\$264	\$264	\$396
Session III	1/3 - 3/20	10 Wks.	\$220	\$330	\$330	\$495
Session IV	3/21 - 6/5	10 Wks.	\$220	\$330	\$330	\$495

Men's Clinics

Early Bird Clinic 3.5+	Tuesday	7:00am - 8:30am	Great for ladder prep!
Coed Workout Clinic 3.8+	Monday	8:30pm - 9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
Clinic / Round Robin 3.2+	Saturday	7:30am - 9:00am	Alternate between clinic and doubles Round Robin. Weekly sign-up. Clinic: \$33.00 Round Robin: \$13.00
Match Preparation Clinic	Monday	8:00pm - 9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
Coed Beginner Clinic 2.8+	Monday Sunday	6:30pm - 8:00pm 1:30pm - 3:00pm	Learn the basic strokes of singles & doubles along with positioning.
Coed Advanced Beginner Clinic 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

Beginner Clinic 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.
Advanced Beginner Clinic 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!
Int. Stroke & Strategy 3.5+	Monday Thursday	10:30am - 12:00pm 7:00pm - 8:30pm	Advanced shot making and tactics for doubles and singles.
Coed Workout Clinic 3.8+	Monday	8:30pm - 9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
Aerobic Tennis 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.
Ladder Match Clinic 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.
Doubles Clinic 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.
Match Preparation Clinic	Monday	8:00pm - 9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
Instructional Round Robin 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
Session I	9/7 - 10/31	8 Wks.	\$144	\$160	\$240	\$216	\$240	\$360
Session II	11/1 - 12/23	8 Wks.	\$144	\$160	\$240	\$216	\$240	\$360
Session III	1/3 - 3/20	10 Wks.	\$180	\$200	\$300	\$270	\$300	\$450
Session IV	3/21 -6/5	10 Wks.	\$180	\$200	\$300	\$270	\$300	\$450

Junior Clinics

Minilobbers / Beginner 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!
Microlobbers / Beginner 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.
Topspinners / Beginner Ages 7 - 11	Monday Tuesday Wednesday Saturday	3:30pm - 4:30pm 5:30pm - 6:30pm 3:30pm - 4:30pm 2:00pm - 3:00pm	Topspinners and older beginners will learn basic form and stroke mechanics. Basic form is developing. Can sustain a mini-tennis rally of slow pace. Can hit balls over the net when fed side to side from opposite side of net. Has basic volley, serve and overhead but lacks consistency. Footwork is beginning to improve. Can return a slow-paced serve.
Older Beginners Ages 12 - 15	Monday Saturday	3:00pm - 4:00pm 4:30pm - 5:30pm	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.
Hot Shots / Adv. Beginner Ages 8 - 12	Monday Tuesday Saturday	4:00pm - 5:30pm 4:00pm - 5:30pm 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.
Older Intermediates Ages 12 - 15	Monday Saturday	4:00pm - 5:30pm 4:30pm - 5:30pm	
Junior Aces / Intermediate Ages 9 - 14	Tuesday Friday Saturday	4:30pm - 6:00pm 5:00pm - 6:30pm 3:00pm - 4:30pm	

Junior Varsity Program

Junior Varsity I: \$352 Tu / \$264 Fr II: \$352 Tu / \$231 Fr III: \$440 Tu / \$330 Fr IV: \$440 Tu / \$330 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

Intermediate Junior Ladder 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.
Advanced Junior Ladder	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.
Varsity Ladder	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

Parent / Child Tournament All Levels	Selected Sundays TBA	2:00 - 4:00pm	\$25.00 per team	Call the Tennis Department for more details.
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Round Robin

Junior Varsity Round Robin Singles & Doubles Sessions: 10/9 – 12/11 1/8 – 3/19	Saturday	12:00 - 2:00pm	10 week Sessions \$300/sess.	This is a supervised round robin. Students work on both singles and doubles. 10 player limit. Priority is given to the participants of the Varsity program.
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*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 for tournament dates and times.

Adult Tennis Registration

Men's Tennis Registration

Name: _____ Phone#: _____

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

Clinics:

1st Choice: _____

2nd Choice: _____

1st Choice: _____

2nd 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 1st & 2nd choice for each clinic you want to sign up for.

Clinics:

1st Choice: _____

2nd Choice: _____

1st Choice: _____

2nd Choice: _____

Please check off programs you want to sign up for.

Programs:

- | | |
|---|--|
| <input type="checkbox"/> CMITA | <input type="checkbox"/> Doubles Ladder |
| <input type="checkbox"/> DBH | <input type="checkbox"/> In-House League |
| <input type="checkbox"/> Novice Ladder | <input type="checkbox"/> Day Time Singles Ladder |
| <input type="checkbox"/> Singles Ladder | <input type="checkbox"/> Instructional Round Robin (Mon) |
| | <input type="checkbox"/> 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

Name: _____ Phone#: _____

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

Clinics:

1st Choice: _____

2nd Choice: _____

1st Choice: _____

2nd Choice: _____

Please check off programs you want to sign up for.

Programs:

____ Intermediate Jr. Ladder

____ Advanced Jr. Ladder

____ In-House League

____ Varsity Ladder

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

____ High School Clinic

____ USTAI or USTAII

____ ITPI or ITPII

Other: _____

____ Clinic Placement

Junior Registration

Name: _____ Phone#: _____

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

Clinics:

1st Choice: _____

2nd Choice: _____

1st Choice: _____

2nd Choice: _____

Please check off programs you want to sign up for.

Programs:

____ Intermediate Jr. Ladder

____ Advanced Jr. Ladder

____ In-House League

____ Varsity Ladder

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

The Varsity Program Session I: \$352 Session II: \$352* Session III: \$440 Session IV: \$440 *last class for Sunday is on 1/2/11	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. Pre-qualification is required. Contact Mike Z. for details and registration.
	Sunday	10:00-12:00pm	
	Sunday	12:00 - 2:00pm	
	Sunday	2:00 - 4:00pm	

Intensive Tennis

ITP I - Program Includes: 2 one-hour clinics and 1/2 Hour Private Lesson per week. Fall: 9/7 -12/23 Tuition \$1,285 / 16 wks Winter: 1/3 - 3/20 Tuition \$897 / 11 wks Spring: 3/21 - 6/12 Tuition \$934 / 12 wks	Monday Friday	3:30 - 4:30pm 3:30 - 4:30pm	Objective: 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. Content: 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.
ITP II - Program Includes: 2 one and a half hour clinics and 1 hour of fitness per week Fall : 9/7 - 12/23 Tuition \$1228 / 16 wks Winter : 1/3 - 3/20 Tuition: \$886 / 11 wks Spring: 3/21 - 6/12 Tuition: \$962 / 12 wks	Wednesday Friday	4:00 - 6:00pm 4:30 - 6:30pm	Objective: 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. Content: 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

TTP I Fall : 9/7 - 12/23 Tuition: \$1571/ 16 wks Winter : 1/3 - 3/20 Tuition: \$1136 / 11 wks Spring: 3/21 - 6/12* Tuition: \$1182 / 12 wks	Monday Wednesday	4:30 - 6:30pm	This Program is designed to prepare players for competition in Level 7 tournaments. The Program will include: - 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.
TTP II Fall : 9/7 - 12/23 Tuition: \$1571 /16 wks Winter : 1/3 - 3/20 Tuition: \$1136 / 11 wks Spring: 3/21 - 6/12 Tuition: \$1227 / 12 wks	Tuesday Thursday	4:30 - 6:30pm	This Program is designed to prepare players to compete in Level 6 and above tournaments. The Program will include: - 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.

*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.

○ **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.
Level 1	\$95	\$108	\$135	\$140	\$160	\$200
Level 2 – 6	\$140	\$160	\$200	\$215	\$245	\$305
Level 1 Introduction to Water Skills Purpose: Helps students feel comfortable in the water.	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.			
Level 2 Fundamental Aquatic Skills Purpose: Gives students success with fundamental skills.	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 11:30 – 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.			
Level 3 Stroke Development Purpose: Builds on skills in Level 2 through additional guided practice.	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.			
Level 4 Stroke Improvement Purpose: Develops confidence in the skills learned and improves other aquatic skills.	Tuesday Tuesday Tuesday 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.			
Level 5 Stroke Refinement Purpose: Provides further coordination and refinement of strokes.	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.			
Level 6 Lifeguard Readiness	Saturday	See Brian	To introduce and practice the skills required to successfully complete the pre-course session of the Red Cross Lifeguard Training Course.			
Level 6 Personal Safety	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.

<p>Fall Swim Team 9/13 – 11/5</p> <p>Ages 7 - 10</p> <p>Ages 11 – 17</p>	<table border="1"> <tr> <td>M</td> <td>NM</td> </tr> <tr> <td>\$245</td> <td>\$335</td> </tr> <tr> <td>\$305</td> <td>\$380</td> </tr> </table>	M	NM	\$245	\$335	\$305	\$380	<p>Mon - Weds – Fri 4:45pm - 5:45pm Mon - Weds – Fri 5:45pm - 7:15pm</p>	<p>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 smart" at meets. This year our Fall Team includes swim meets against other clubs! <u>Member registration 8/16 10am. Non-member registration 8/23, in person at 10am.</u></p>
M	NM								
\$245	\$335								
\$305	\$380								
<p>Winter Swim Team 11/15 to Mid-March</p> <p>Ages 7 - 10</p> <p>Ages 11 – 17</p>	<table border="1"> <tr> <td>\$395</td> <td>\$535</td> </tr> <tr> <td>\$465</td> <td>\$595</td> </tr> </table>	\$395	\$535	\$465	\$595	<p>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</p>	<p>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 10/18, 10am. Non-member registration (space permitting) in person, 10/25 10am.</u></p>		
\$395	\$535								
\$465	\$595								

Raiders Prep Clinic

<p>Raiders Prep See session dates p.3 Begins 9/7 Ages 6-17</p>	<p>(7wk/8wk/10wk) M: \$168/\$192/\$240 NM: \$252/\$288/\$340</p> <p>Tues & Thurs 5:00-6:00</p>	<p>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 Red Cross level 4 swimming ability or higher. <u>See page 3 for registration dates.</u></p>
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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
Contact Deb Kesper at: Dkesper@thewestboroclub.com



Aquatic Training

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

	M	NM
Aquatic Training Courses:	\$225	\$295
LGT Recertification Class:	\$75	\$125
American Red Cross Lifeguarding Today / First Aid / CPR Ages 15+	Day/Time TBA	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.
Accelerated Courses will be offered as well as a Junior Lifesaving Course.		
American Red Cross Water Safety Instructor Ages 16+	Day/Time TBA	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

Masters Swim Program 9/14 – 11/12 11/16 - 1/13 1/18 - 3/18 3/22 - 5/20	Tuesday & Friday	6:30 - 7:30am or 9:00 – 10:00am	M: \$180 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.
Triathlon Program	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

Parent/Toddler Program Runs the same session dates as swim lessons. Minimum Age 6 mos.	Saturday Monday Wednesday	10-10:30 am 10:30 – 11 am 10:30 – 11 am	<u>Mem.</u> 7 wks: \$84 8 wks: \$96 10 wks: \$120 <u>Non-Mem.</u> 7 wks: \$126 8 wks: \$144 10 wks: \$180	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

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!



Brian Doherty
Aquatics Director



Deb Kesper
Assistant Aquatics Director



Kids Club & Children's Programs

Session I

9/13-10/22

6 weeks

Session II

10/25-12/23

8 weeks

Session IIIa

1/3 - 2/11

6 weeks

Session IIIb

2/14-4/1

6 weeks

Session IV

4/4-5/20

6 weeks

(No class 10/11) (No Class 11/11, 11/22-26) (No class 1/17)

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

Programs

<p>Gym 'N Swim Ages 2.9 - 5 years</p> <p>6 wks: M: \$132 NM: \$157 8 wks: M: \$176 NM: \$210</p>	<p>Tuesday Wednesday Friday</p>	<p>9:30 - 11:00am 12:30 – 2:00pm 9:30 - 11:00am</p>	<p>An energetic class for pre-schoolers that combines physical movement, games and instructional swimming. Children must be toilet trained. Limit 10 per class.</p>
<p>Tennis & Swim *NEW* Ages 4-6 (limit 6/class)</p> <p>6 wks: M: \$150 NM: \$175 8 wks: M: \$200 NM: \$235</p>	<p>Monday</p>	<p>9:30-11:00am</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>Kids Yoga Classes</p> <p>4 week rolling sessions Session 1: 9/14 Session 2: 10/12 Session 3: 11/9</p> <p>M: \$39.00</p>	<p>Tuesday</p>	<p>4:00-4:45 (5-7 yr old) 5:00-5:45 (8-12 yr old)</p>	<p>Come join us on Tuesday afternoons to experience the joys of yoga. The purpose of this class is to show children fun yoga postures that will help develop strong, flexible bodies, build self-confidence, balance, posture, coordination, strength and flexibility. We will explore a variety of postures while working with an even and measured breath. Yoga develops many wonderful qualities in children. Besides the obvious benefits of exercising the physical body, yoga sharpens a child's ability to focus & develops self-discipline.</p>
<p>Kids Yoga Art (3-6 years)</p> <p>4 week rolling sessions Session 1: 9/14 Session 2: 10/12 Session 3: 11/9 M: \$45.00</p>	<p>Tuesday</p>	<p>1:00-2:15pm</p>	<p>Now your little ones can enjoy a class which brings yoga and crafts together in one place. Your little ones can now experience how creative energy flows from heart to hands. The first part of each class will be yoga. From there students will be guided into arts and crafts projects which relate to the theme of the days yoga class. This is a drop off class</p>
<p>Family Yoga (children 5-10 yrs)</p> <p>4 Week rolling Sessions Session 1: 9/16 Session 2: 10/14 M: \$39.00</p>	<p>Thursday</p>	<p>5:00-5:45pm</p>	<p>This class provides an opportunity for you to enjoy an interactive yoga class along with your child. The intention is for you and your child or children to enjoy time together, experience the benefits of yoga, and leave feeling replenished and renewed. Parenting is exhausting, your free time should not be! No yoga experience needed!</p>
<p>Dippers and Flippers Toddlers 2 - 3 years (limit 6 per class)</p> <p>6 wks: M: \$120 NM: \$145 8 wks: M: \$160 NM: \$195</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>Kids Night Out Once/month Ages: 4-12</p> <p>Children under 3 may be left at Kids Club.</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 & 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

February Vacation Camp Tues – Fri (2/22-2/25)	Full Day 9:00am - 4:00pm	Member: \$70 / 1 day \$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.
April Vacation Camp Tues – Fri (4/19-4/22) Ages 4 - 12		Non-Member: \$90/ 1 day \$340 / 4 days	
Extended Day Available	7:30am - 9:00am 4:00pm - 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.
- ✚ Plates, cups, napkins, tablecloth, silverware – all in the theme of your choice.
- ✚ Ice cream cups or popsicles.
- ✚ Drinks – a choice of soda, juice boxes or water bottles.
- ✚ Balloons.
- ✚ Goody bags filled with items according to age and theme of the party.
- ✚ We offer 3 kinds of parties! Gym & Swim, All Swim & Pool & Project.

Please call for availability and more information

Betsy Johnsen

Children's Program Director

Birthday Parties

Party Choices	Member Cost
Pool & Project	\$295.00
Gym & Swim	\$265.00
All Swim	\$245.00
Saturday or Sunday 12pm-2pm or 3pm-5pm	
Contact Betsy Johnsen for more information and non-member pricing. Member pricing is based upon 12 children. Additional fees required for additional children.	



Fitness

Personal Training

***Groups will receive a full hour of training.**

1 Hour Session Packages			1/2 Hour & Partner Rates*			Group Training Rates* Hour	
Qty.	Rate	Total Cost	Qty.	Rate	Total Cost	Qty.	Rate
1	\$70	-	1	\$45	-	10	\$150.00/per person
5	\$65	\$325	5	\$40	\$200	One Hour Sessions	
10	\$60	\$600	10	\$35	\$350	*Groups can be 3 or 4 people	
20	\$55	\$1100	20	\$30	\$600		

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! See Jason for Non-Member rates.

Group Exercise (CLASSES FREE TO FITNESS MEMBERS)

Cycling, BodyPump, 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

Junior Fitness Training			
Ages 12 - 13			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.
Session 1: 9/13-10/18		Mondays 4:00-5:00pm*	
Session 2: 11/1-12/6			
Session 3: 1/3-2/7			
Session 4: 3/7-4/11	M: \$149		
Session 5: 4/25-6/6*	NM: \$225		
Feb/April Vacation intensives available			

*Classes may be arranged on a 1-on-1 basis for a fee of \$209.

Adults 50+

Fit over 50			
			A kinder, gentler, total body workout. We will be using body weight, resistance bands, dumbbells and other fitness equipment, to complete an enjoyable workout in a very non-intimidating atmosphere. It will be geared towards "us" baby boomers, and won't leave you feeling all beat up. All levels are welcome to join!
Session 1: 9/14 - 10/21		Tues/Thurs 5:00-6:00pm	
Session 2: 10/26- 12/7*	M: \$99		
Session 3: 1/4 - 2/10	NM: \$149		
Session 4: 3/1 - 4/7			
Session 5: 4/26 - 6/2			

Fitness – Adult Programs

ADULT PROGRAMS		
<p>Full Body Boot Camp</p> <p>Session 1: 9/14 – 10/21 Session 2: 10/26- 12/7* Session 3: 1/4 – 2/10 Session 4: 3/1 – 4/7 Session 5: 4/26 – 6/2 M: \$199 NM: \$299</p>	<p>Tues/Thurs 10:30-11:30am</p>	<p>Want to get in the best shape of your life? You will be transformed after this 6-week program! Stay committed to this program and you can be sure you will lose inches and drop pounds! This is a group program that will utilize every muscle group that you never knew existed. You will be challenged both physically and mentally! The class will meet 2 times per week for one hour. *No class Thanksgiving,</p>
<p>S.H.R.E.D.</p> <p>Session 1: 9/13-10/20 Session 2: 10/25-12/1 Session 3: 1/3-2/9 Session 4: 2/28-4/6 Session 5: 4/25-6/6* M: \$199 / NM: \$299</p>	<p>Monday & Wednesday 9:30-10:30am</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 Memorial Day.</p>
<p>12 Week Body Transformation</p> <p>M: \$1500.00 36 one hour sessions</p>	<p>To be Coordinated with Your Trainer</p>	<p>Our 12-week Body Transformation program is a twelve-week cardio and weight training program that begins with body composition testing, a fitness assessment that includes measurements, and optional before and after photos. We'll help you implement a comprehensive, personalized weight training, and aerobic conditioning program that will boost your metabolism, burn fat, increase lean muscle and help you firm and tone your body. If you're serious about making serious changes in your body then this program is for you!</p>
<p>Circuit Training Intensive</p> <p>Session 1: 9/14-10/8 Session 2: 10/12-11/5 Session 3: 11/9-12/8* Session 4: 1/4-1/28 Session 5: 3/8-4/1 Session 6: 5/3-5/27 M: \$149 / NM: \$225</p>	<p>Tues-Fri 9:30-10:30am</p>	<p>Get in great physical shape with a 4 day weight training regimen. This class will work your upper and lower body on alternating days and will also include a few bursts of cardio and abdominal work. Your body will never have felt so good! All levels are welcome! * No class on 11/25 and 11/26.</p>
<p>Resting Metabolic Rate</p> <p>Weight Management Program</p>	<p>By appointment: contact Rick or Jason. M: \$75/hr NM: \$125/hr</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. Customize your program based on your individual needs and see the results you have always wanted.</p>
<p>Team Body Training</p> <p>Dates: Ongoing</p>	<p>M: \$79</p>	<p>Train with a group to achieve your personal fitness goals! There will be 1 trainer assigned to a group of no more than 7 people. The days and times will be determined between trainer and their individual group. Baseline measurements will be taken. The team member that loses the most inches will receive their money back! Sessions begin on a rolling basis and run in six week intervals. The class meets 2 times per week for 30 minutes each session.</p>

Fitness – Juniors at Kids Gym

With the opening of our NEW Kids Gym, we now have services for children available both at our main club location and across the street at our combined Kids Gym and Kids Club location. Please refer to our web site for up to date information regarding hours of operations and programs.

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@thewestboroclub.com.

KIDS GYM PROGRAMS

Performance Training (High School Aged) Session 1: 9/27-11/20 Session 2: TBA Session 3: TBA 4-10 Participants	M:\$275	Mon/Wed <u>Or</u> Tues/Thur 7:00-8:30pm	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.
Performance Training (Middle School) Session 1: 9/27-11/20 Session 2: TBA Session 3: TBA 4-10 Participants	M:\$225	Mon/Wed <u>Or</u> Tues/Thur 6:00-7:00pm	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.
Circuit Strength (ages 8-15) Sessions Start Every 2 Weeks.	M:\$99	Mon/Wed <u>Or</u> Tues/Thur 6:00-7:00pm	Kids Gym at Westboro Tennis and Swim Club 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.
Fitness First Orientation Weekly – Signups required	Free	Tuesday 3:00-4:00pm Saturday 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.

KIDS GYM GROUP EXERCISE PROGRAMS

Hop- Fit Free to Members	Tue/Thur 4:00-5:15pm	Free class for participants 8-15 years of age. Multidisciplinary coached class utilizing our HopSports Interactive Fitness System exposing the benefits of various health and physical fitness disciplines that create lifelong exercise habits
ExerStrength Free to Members	Mon/Wed 4:00-5:15pm	Free class for participants 8-15 years of age. Dynamic, coached, multidisciplinary class that fuses the benefits of neurological-target training, body-weight strength, flexibility, mobility, balance, and agility in a fast-paced, fun experience.



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 bjcaztwc@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 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:

Tuesday 9:00am – 1:00pm Friday 3:00pm –8:00pm Saturday 8:00am – 2:00pm

60 Minutes		45 Minutes		30 Minutes	
1	\$65.00	1	\$50	1	\$35
5	\$287.50	5	\$218.75	5	\$150.00
10	\$500.00	10	\$375.00	10	\$250.00

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



Jason Snoonian
Fitness Director



Cheryl Labriola
Wellness Coordinator



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

Rev Up Your Metabolism: Lose Weight and Increase Energy - 6 week class \$79

Mondays: 7:30pm – 8:30pm

Session 1 9/13/2010 – 10/25/2010
Session 2 11/1/2010 – 12/6/2010
Session 3 1/10/2011 – 2/14/2011
Session 4 2/21/2011 – 3/28/2011
Session 5 4/4/2011 – 05/09/2011

Wednesdays 10:00am – 11:00pm

Session 1 9/15/2010 – 10/20/2010
Session 2 10/27/2010 – 12/1/2010
Session 3 1/12/2011 – 2/16/2011
Session 4 2/23/2011 – 3/30/2011
Session 5 4/6/2011 – 5/11/2011

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 session. Contact Cheryl Labriola 508-366-1222 x27 or clabriola@thewestboroclub.com

Calendar of Wellness Events

September 2010

9/17/2010 Red Cross Blood Drive 8:00am – 2:00pm, Friday

October 2010

10/6/2010 – 10/27/2010 Conditioning for Ski Season 6:30pm – 7:30pm, Wednesday
10/22/2010 Flu Shot Clinic 7:00am – 12:30pm, Friday

November 2010

11/3/2010 – 11/24/2010 Conditioning for Ski Season 6:30pm – 7:30pm, Wednesday
11/25/2010 Thanks-4-Giving 4mile Run 8:30am, Thursday

February 2011

2/2/2011 - 2/23/2011 Conditioning for Golf Season 6:30pm – 7:30pm, Wednesday

March 2011

3/2/2011 – 3/23/2011 Conditioning for Golf Season 6:30pm – 7:30pm, Wednesday
3/25/2011 Red Cross Blood Drive 8:00am – 2:00pm, Friday

April 2011

4/24/2011 2nd Annual WTSC 5k for Pancreatic Cancer Research 9:30am, Sunday