



2009-2010 Fall ~ Winter ~ Spring

September	Fruits and Veggies - More Matters Month	
Sep 18-19	Pink Ribbon Certification Program (fri/sat)	3p-8p & 9a-4pm
25-Sep	Blood Drive	8:00a - 2pm
Sep 30 - Nov 4	Healthy Choice = Balance 6 Week program	10:30 - 11:30am
Sep 30 - Nov 4	Healthy Choice = Balance 6 Week program	7:30 - 8:30pm
October	National Breast Cancer Awareness Month	
Oct 5 - Nov 16	Healthy Choice = Balance (6 weeks)	7:30-8:00pm
Oct 6 - Nov 10	The Pink Program 6 week fitness Plan	10:30 -11:30am
Oct 6 - Nov 10	The Pink Program 6 week fitness Plan	6:30 - 7:30pm
Oct 6 - Oct 27	Prehab for Ski Season - Avoid Injury	6:30 - 7:30pm
Oct 7 - Nov 28	Prehab for Ski Season - Avoid Injury	10:00a - 11:00am
Oct 17-Nov 21	Women's 6 Week Self Defense Program	2:00 - 3:00pm
27-Oct	FREE Health Screening Informational Workshop	11:00-1:30pm
November	Lung Cancer Awareness Month	
6-Nov	Flu Shot Clinic	11:00-2:00
7-Nov	Quit Smoking with Hypnosis	7:00a - 12:30pm
26-Nov	Thanks-4-giving 4 mile road race	8:30am
December	Safe Toys and Gifts Month	
4-Dec	Preventative Vascular Health Screenings	8:00-4:00pm
January	Blood Donor Month	
29-Jan	Blood Drive	8:00 - 2:00pm
February	American Heart Month	
Feb 3 - Mar 17	Self Defense classes 6 Weeks	7:00- 9:00pm
Feb 2 - Mar 2	Prehab for Golf Season - 4 Week Program	6:30p - 7:30pm
Feb 3 - Mar 3	Prehab for Golf Season - 4 Week Program	10:00 - 11:00am
Feb 10	What is a Heart Healthy Diet? It can be fun & easy!	10:30-11:30am
March	National Nutrition Month	
Mar 15 - Apr 5	Rev Up Your Metabolism: Lose Weight & Inc. Energy	7:30- 8:30pm
Mar 17 - Apr 7	Rev Up Your Metabolism: Lose Weight & Inc. Energy	10:30 - 11:30am
April	Foot Health Awareness Month	
TBD	Gait Analysis	TBD
May	Skin Cancer Detection & Prevention Month	
TBD	Skin Screenings	TBD

Please visit our website for detailed descriptions!

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

**Fall – Winter - Spring
2009-2010 Brochure**



E-mail: thewestboroughclub@verizon.net
Westboro Tennis & Swim Club ~ 35 Chauncy Street ~ Westborough, MA 01581 ~ (508) 366-1222

Web: www.westborotennisandswimclub.com

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/OwnerJustin Lundberg
 Front Desk Director.....Cindy Peters
 Head Tennis Pro.....Michael Zatsiorsky
 Tennis Coordinator / Assistant Pro.....Stephen Ferris
 Aquatics DirectorBrian Doherty
 Assistant Aquatics DirectorDeb Kesper
 Water Fitness CoordinatorDonna Tortorella
 Fitness DirectorJason Snoonian
 Wellness Coordinator.....Cheryl Labriola
 Registered Dietician.....Barbara Casaceli
 Camp and Children's Program Director.....Betsy Johnsen
 Member Services DirectorJessica Thomas
 Kids' Club Supervisor.....Betsy Johnson
 Forever Fit / Silver Sneakers CoordinatorKaren Bloom
 Fitness Studio Coordinator.....Cyndy Bohn
 Member Account InquiriesShawna Burgess
 Maintenance SupervisorJon 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) 616 0060

"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

Holiday Observation Schedule

Labor Day	Mon	Sept. 7	Special Hours 8am - 8pm / No Programs
Columbus Day	Mon	Oct. 12	Regular Hours / No Programs / Regular Group Exercise
Veteran's Day	Wed	Nov. 11	(Observed) Reg. Hours / Programs Run / Regular Group-X
Thanksgiving	Thur	Nov. 26	Special Hours 7am - 10am only, No Programs
Thanksgiving Fri.	Fri	Nov. 27	Regular Hours / No Programs / Regular Group Exercise
Christmas Eve	Thur	Dec. 24	Spec. Hrs 7am-3pm / No Prog./A.M. Gp-Ex Only
Christmas Day	Fri	Dec. 25	CLUB CLOSED
New Year's Eve	Thur	Dec. 31	Spec. Hrs 7am-3pm / No Prog./A.M. Gp-Ex Only
New Year's Day	Fri	Jan. 1	Special Hours 10am - 6pm / No Programs / No Group-Ex
President's Day	Mon	Feb. 15	Regular Hours / No Programs / Regular Group Exercise
Good Friday	Fri	Apr. 2	Reg. Hrs / No Kids Programs/ Regular Group--Ex
Easter	Sun	Apr. 4	Spec. Hrs 7am - 12pm / No Programs / No Group Exercise
Patriots Day	Mon	Apr. 19	Regular Hours / No Programs / Regular Group Exercise
Memorial Day	Mon	May 31	Special Hours / 8am - 8pm / No Programs

Vacation Schedule

Winter Vacation	Dec. 24 - Jan. 3	Open / Vacation Camp / Regular Group Exercise
February Vacation	Feb. 15 - Feb. 21	Open / Vacation Camp / No Programs / Reg. Group-X
April Vacation	Apr. 19 - Apr. 25	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

Karen Bloom
 Member Services
 Membership Changes
 Extension 21

Ellen O'Leary
 Finance & Business Office Mgr.
 Extension 15

Ashley O'Hearn
 Sales/Marketing Assoc.
 Extension 29

Shawna Burgess
 Billing Inquiries
 Extension 26

Membership and Program Options for Seniors



Introducing the Forever Fit Program for seniors at the Westboro Tennis and Swim Club. Please contact Karen Bloom for more information on Silver Sneakers or 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 (9/8-11/1) 8 wks	8/19	10/12 Columbus Day
Session 2 (11/2-12/23) 8 wks	10/15	11/26, 11/27 Thanksgiving
Session 3 (1/4-3/21) 10 wks	12/10	2/15 - 2/21 Feb. Vacation
Session 4 (3/22-6/6) 10 wks	3/10	4/4 Easter, 4/19-4/25 April Vacation 5/31 - 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 (9/8-11/1) 8 wks	M: 8/17 NM: 8/24	10:00am	10/12 Columbus Day
Session 2 (11/2-12/20) 7 wks	M: 10/12 NM: 10/19	10:00am	11/26, 11/27 Thanksgiving
Session 3 (1/4-3/7) 8 wks	M: 12/14 NM: 12/21	10:00am	2/15 - 2/21 Feb Vacation
Session 4 (3/8-5/16) 9 wks	M: 2/22 NM: 3/1	10:00am	4/11 Easter 4/19 - 4/25 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 May 16-23.

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	M	NM
Head Tennis Pro	\$80.00/hr	\$120.00/hr
Senior Tennis Pro	\$75.00/hr	\$112.00/hr
Assistant Tennis Pro	\$69.00/hr	\$103.00/hr

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)

HITTING SESSION ~ MEMBERS ONLY

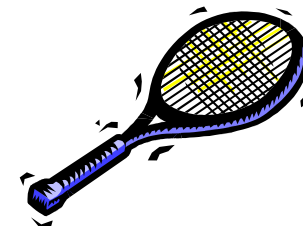
\$50 / hour with Assistant Tennis Pro- off peak hrs only
Call Stephen Ferris for more details.

DEMO RACQUETS: \$3.00 / use

BALL MACHINE: FREE (Court fees apply)

RACQUET STRINGING: Professional racquet stringing is available. Call for information & pricing.

RACQUET SALES: Wilson & Head racquets are available for sale. Pricing available at the front desk. Contact Stephen Ferris for additional information.



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.

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 Stephen Ferris or Cindy Peters for more information.

Tennis- Adult Interclub Leagues

Women's Leagues

Dorothy Bruno Hills Indoor Tennis Doubles League 3.5+ - 5.5+				Organizational Meeting: Friday 9/4
DIV I DIV II DIV III DIV IV	(Pract) Mon (Match)Wed (Pract)Tues (Match)Thurs	See the Tennis Dept. for DBH Schedule	\$907*	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+ Practices 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 3.5 Sr. League Practices 6 - 8 Person Team 1.5 hrs. - 2 Courts - 1 Pro	Thursday Thursday Wednesday 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.
Doubles Ladder 3.2+	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.

* 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!

Tennis- Adult Clinics

			Member		Non-member	
Adult Clinic Dates / Rates			1 Hr.	1.5 Hr.	1 Hr.	1.5 Hr.
Session I	9/8 - 11/1	8 Wks.	\$176	\$264	\$264	\$396
Session II	11/2 - 12/23	8 Wks.	\$176	\$264	\$264	\$396
Session III	1/4 - 3/21	10 Wks.	\$220	\$330	\$330	\$495
Session IV	3/22 - 6/6	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	12:30-2:00pm 12:30-2:00pm	Singles Round Robin with the instructor focusing on shot selection, point construction and positioning. Any questions, please contact Mike.

Tennis- Junior Clinics

			Member			Non-Member		
			45 Min.	1 Hr.	1.5 Hr.	45 Min.	1Hr.	1.5 Hr
Session I	9/8 - 11/1	8 Wks.	\$144	\$160	\$240	\$216	\$240	\$360
Session II	11/2 - 12/23	8 Wks.	\$144	\$160	\$240	\$216	\$240	\$360
Session III	1/4 - 3/21	10 Wks.	\$180	\$200	\$300	\$270	\$300	\$450
Session IV	3/22 - 6/6	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.
Topspinners / Beginner Ages 7 - 11	Monday Wednesday Saturday	3:30pm - 4:30pm 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 overhands 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 overhands 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			Can hit with consistency and power from baseline and net. Developing topspin and/or underspin. Beginning to develop a spin serve. Can hit overhands 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.
I: \$352 Tu / \$264 Fr	Tuesday	3:30-5:30	
II: \$352 Tu / \$231 Fr	Friday	3:30-5:00	
III: \$330 Tu / \$440 Fr			
IV: \$330 Tu / \$440 Fr			

Specialty Clinic - NEW

Friendly Bounce Tennis	Tuesday	4:30-5:30	This is a supervised play program designed to get kids playing tennis games without extensive practice time by utilizing modified tennis nets and balls. This is a great supplement for kids enrolled in Topspinners class or other pre-qualified candidates. Children currently enrolled in Topspinners will receive a 10% discount.
Ages 9-10 Tu Ages 7-9 Th	Thursday	4:30-5:30	

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 18.
Junior Aces and Aces Play Day	Friday (Alternating)	6:30pm - 7:30pm	\$15.00 per week	This supervised hour gives students enrolled in "Junior Aces" and "Aces" classes a chance to practice their doubles and singles skills. Starts September 25.

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 **NEW**	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: 10/5 – 12/13 1/4 – 3/21	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
 Doubles 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:

- CMITA
 DBH
 Novice Ladder
 Singles Ladder
 Doubles Ladder
 In-House League
 Day Time Singles Ladder
 Instructional Round Robin (Mon)
 Instructional Round Robin (Tue)

Mixed Doubles Tennis Registration

- Mixed Doubles Ladder

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	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.
Session I: \$352	Sunday	10:00-12:00pm	
Session II: \$352*	Sunday	12:00 - 2:00pm	
Session III: \$440	Sunday	2:00 - 4:00pm	
Session IV: \$440			
*last class for Sunday is on 1/3/10			

Intensive Tennis

ITP I - Program Includes: 2 one-hour clinics and 1/2 Hour Private Lesson per week. Fall: 9/7 - 12/23 Tuition \$1,230 / 16 wks Winter: 1/4 - 3/21 Tuition \$891 / 11 wks Spring: 3/21 - 6/13 Tuition \$950 / 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 State level Tournaments (see below for details). 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 \$1205 / 16 wks Winter : 1/4 - 3/21 Tuition: \$901 / 11 wks Spring: 3/21 - 6/13 Tuition: \$933 / 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

USTA I Fall : 9/7 - 12/23* Tuition : \$1559/ 16 wks Winter : 1/4 - 3/21 Tuition: \$1163 / 11 wks Spring: 3/21 - 6/13 Tuition: \$1207 / 12 wks	Monday Wednesday	4:30 - 6:30pm	The Challenger Program is designed to prepare players for competition in championship level 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.
USTA II Fall : 9/7 - 12/23* Tuition: \$1515/ 16 wks Winter : 1/4 - 3/21 Tuition: \$1163 / 11 wks Spring: 3/21 - 6/13 Tuition: \$1251 / 12 wks	Tuesday Thursday	4:30 - 6:30pm	The Championship Program is designed to prepare players to compete in the National Open and/or Collegiate level. 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 Labor 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.	9 Wks.	7 Wks.	8 Wks.	9 Wks.
Level 1	\$91	\$104	\$117	\$140	\$155	\$170
Level 2 – 6	\$140	\$160	\$180	\$215	\$240	\$270

Level 1 Introduction to Water Skills Purpose: Helps students feel comfortable in the water.	Monday Tuesday Wednesday Saturday Sunday	11:30am – 12:00pm 3:45pm - 4:15pm 11:00am - 11:30am 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.	Monday Tuesday Tuesday Tuesday Thursday Thursday Thursday Friday Saturday Saturday Saturday Sunday	12:00pm – 12:45pm 11:00am - 11:45am 3:45pm - 4:30pm 4:35pm – 5:20pm 5:20pm – 6:05pm 3:45pm - 4:30pm 4:35pm - 5:20pm 5:20pm – 6:05pm 11:00am - 11:45am 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	3:45pm - 4:30pm 4:35pm – 5:20pm 5:20pm – 6:05pm 3:45pm - 4:30pm 4:35pm - 5:20pm 5:20pm – 6:05pm 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 Thursday Thursday Thursday Saturday Saturday Saturday Sunday	4:35pm – 5:20pm 5:20pm - 6:05pm 3:45pm - 4:30pm 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.	Tuesday Tuesday Thursday Thursday Saturday Saturday	3:45pm - 4:30pm 5:20pm – 6:05pm 4:35pm - 5:20pm 5:20pm - 6:05pm 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 NEW!	Saturday	11:45am – 12:30pm	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 NEW!	Saturday	12:30pm – 1:15pm	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.

Fall Swim Team 9/14 – 11/6 Ages 7 - 10 Ages 11 – 17	M \$245 \$305	NM \$335 \$380	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 smart" at meets. This year our Fall Team includes swim meets against other clubs! <u>Member registration 8/25 10am. Non-member registration 9/1, in person at 10am.</u>
Winter Swim Team 11/16 to Mid-March Ages 7 - 10 Ages 11 – 17	\$385 \$455	\$535 \$595	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 10/27, 10am. Non-member registration (space permitting) in person, 11/3 10am.</u>

Raiders Prep Clinic

Raiders Prep See session dates p.3 Begins 9/8 Ages 6-17	(7wk/8wk/9wk) M: \$168/\$192/\$216 NM: \$252/\$288/\$324 Tues & Thurs 4:00-5:00	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>
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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: Kespertwc1@yahoo.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 9/15 – 11/20 11/24 - 1/15 1/19 - 3/12 3/16 - 5/7	Tuesday & Friday	6:30 - 7:30am or 9:00 – 10:00am	M: \$160 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.	Saturday Monday Wednesday	10-10:30 am 10:30 – 11 am 10:30 – 11 am	<u>Mem.</u> 7 wks: \$84 8 wks: \$96 9 wks: \$108 <u>Non-Mem.</u> 7 wks: \$126 8 wks: \$144 9 wks: \$162	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
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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.

H2O Bootcamp: Class designated for intermediate to advanced members who want a more challenging workout using intervals of varying intensities.

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	Session II	Session IIIa	Session IIIb	Session IV
9/14 – 10/31	11/1 - 12/18	1/4 - 2/12	2/22-4/2	4/5- 5/21
7 weeks	6 weeks	6 weeks	6 weeks	6 weeks

(No class 10/12) (No Class 11/23-27) (No class 1/18)

Classes will not be held during certain holidays and school vacations. Classes will be held 4/2.

Programs

Program	Day	Time	Description
Gym 'N Swim Ages 2.9 - 5 years	Tuesday	9:30am - 11:00am	An energetic class for pre-schoolers that combines physical movement, games and instructional swimming. Children must be toilet trained. Limit 12 per class.
6 wks: M: \$132 NM: \$154	Wednesday	12:30pm – 2:00pm	
7 wks: M: \$182 NM: \$204	Friday	9:30am - 11:00am	
Tennis & Swim *NEW* Ages 4-6 (limit 6/class)	Monday	9:30-11:00am	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 tennis lesson and a 45 minute Red Cross swim lesson. This is a great way to introduce the game of tennis to young players.
6 wks: M: \$150 NM: \$175			
7 wks: M: \$200 NM: \$225			
Kids Yoga	TBA	TBA	Yoga for Kids is open to boys and girls ages 6-12 years. The purpose of this class is to show kids fun yoga postures that will help develop strong, flexible bodies, build self-confidence, balance, strength & flexibility.
8 week rolling sessions			
M: \$84 NM: \$104			
Dippers and Flippers Toddlers 2 - 3 years (limit 6 per class)	Monday	9:15am – 10:30am	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.
6 wks: M: 120			
7 wks: M: 140			
Kids Night Out Once/month Ages: 4-12	Fridays	5:00-9:00pm	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!" *Have a sibling not quite old enough for Kids Night Out yet? Why not sign them up for their own Kids Night Out at Kids Club? Siblings ages 3 and under will enjoy games, and their own movie. Watch our web site and signs around the club for the next scheduled Kids Night Out!
Or	Or		
Children under 3 may be left at Kids Club.	Saturdays		

Kids Club & Children's Programs (cont.)

Vacation Camps

Camp	Days	Time	Member:	Non-Member:	Philosophy
February Vacation Camp Tues – Fri (2/16-2/19)	Full Day	9:00am - 4:00pm	\$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 (4/20-4/23)					
Extended Day Available		7:30am - 9:00am 4:00pm - 6:00pm	M: \$7/hr	NM: \$9/hr	

Child Care Rates

Ages: 2 mos. to 8 yrs

# of Kids	HOURS				
	1	1.5	2	2.5	3
1	\$6	\$9	\$12	\$15	\$18
2	\$10	\$15	\$20	\$25	\$30
3	\$14	\$21	\$28	\$35	\$42
4	\$18	\$27	\$36	\$45	\$54

Contact Betsy Johnsen for questions on children's programs.

Dug Out

Rate for children 8-11 is a flat \$5.00 fee per visit, regardless of duration.

Welcome to Kids' Club! Our services are available to members and guests of the Club while they are on club premises. This multi-room facility includes separate infant and toddler rooms, as well as large, bright activity rooms for older children. Our facility also includes a well equipped outdoor play area. Please make sure that you drop off all children under 12 at Kids' Club if you are participating in a program or using the Club where your child would not be under your direct supervision. Don't forget our Dug Out at Kids' Club for children 8-11. In this room, kids can play games or do homework on the computers, enjoy a DVD, play video games or create their own arts & crafts.

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.	

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.

JUNIOR PROGRAMS

<p>Junior Fitness Training Ages 12 - 13</p> <p>Session 1: 9/14-10/19 Session 2: 10/26-12/7 Session 3: 1/4-2/8 Session 4: 3/1-4/5 Session 5: 4/26-6/7</p> <p>Feb/April Vacation intensives available</p>	M: \$149 NM: \$225	Mondays 4:00-5:00pm*	This program is a hands-on instruction in weight training techniques and cardiovascular conditioning. Your child will learn how to use the resistance machines & cardio equipment, as well as stretching exercises, basic physiology, and Fitness Center rules. Upon completion of this program, your child will be able to work out with adult supervision present in the Fitness Center. Minimum of 2 participants.
<p>Learn to Lift Ages 13-17</p> <p>Session 1: 9/12-10/17 Session 2: 10/24-11/28 Session 3: 1/9-2/13 Session 4: 3/6-4/10 Session 5: 5/1-6/12**</p> <p>Instructor: Nate Jyringi ** No class 5/29</p>	M: \$119 NM: \$179	Saturday 11:00-12:00pm	Parents, do you want your children lifting weights with the proper form and safety? Kids, are you tired of just doing the same workout your friends do? Want some cool ideas? Each week we will focus on a different area of your body. Proper form will be taught for each lift. At the end of the six-week session you will be able to put together a lifting routine that is fun, safe, and effective! Max class size is 8
<p>Boot Camp for Kids! Ages 10 – 13*</p> <p>Session 1: 9/15-10/22 Session 2: 10/27-12/10 Session 3: 1/5- 2/11 Session 4: 3/2- 4/8 Session 5: 4/27 – 6/3</p>	M: \$119 NM: \$179	Tuesdays & Thursdays 4:30-5:15pm	Looking to keep your child active and fit? The popular adult Boot Camp class is now available for your child! Your son or daughter will be moving for a full 45 minutes. It will be challenging, fun, and most of all it will boost his or her confidence. *Session 5 is a 6 week session priced at \$90/\$135

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

ADULT PROGRAMS

<p>6 Week Boot Camp!</p> <p>Session 1: 9/15 -10/22 Session 2: 10/27 - 12/10* Session 3: 1/5 – 2/11 Session 4: 3/2 - 4/8 Session 5: 4/27 – 6/3</p> <p>M: \$199 NM: \$299</p>	Mon/Wed/Fri 6:30-7:30am (\$229/349) Tues/Thurs 10:00-11:00am 5:30-6:30pm	Want to get in the best shape of your life? You will be transformed after this 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 muscles you didn't know you had! You will be challenged both physically and mentally. The class will meet 3 times per week for one hour at a time. *No classes Thanksgiving week.
<p>Morning Wake Up!</p> <p>9/14-10/21 10/26-12/9* 1/4- 2/10 3/1- 4/7 4/26-6/2</p> <p>M: \$149 / NM: \$225</p>	Monday & Wednesday 8:30- 9:30am	Working out in the morning is a great way to start your day and get a jump start on your fitness! This class will focus mostly on body weight exercises and circuit training. We look to keep your workouts interesting, challenging and most of all, fun! Have fun, get fit, sign-up now! *No classes Thanksgiving week.
<p>12 Week Body Transformation</p> <p>M: \$1500.00 36 one hour sessions</p>	To be Coordinated with Your Trainer	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>4 Week Intensive</p> <p>9/8-10/2, 10/6-10/30, 11/3-12/2. 1/5-1/29, 3/2-3/26, 5/4-5/28 M: \$149 / NM: \$225</p>	Tues-Fri 9:30-10:30am	Get in great condition with this pound shedding, bikini shaping, and waist busting program. The class will meet 4 times a week for one hour. That's 16 sessions of gut busting intensity! Take charge of your body and look great! See results <i>FAST!</i>
<p>Resting Metabolic Rate</p> <p>Weight Management Program</p>	By appointment: contact Rick or Jason. M: \$75/hr NM: \$125/hr	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>Free Weights for Beginners</p> <p>9/17, 10/22, 11/19, 12/17, 1/21, 2/25, 3/25, 4/29, 5/20</p>	7:00- 8:00pm M:\$15	This 1 night clinic will focus on beginner exercises in the free weight area. Free weights provide a great alternative to the machines and you can even track all of it in FitInx! It's a good place to start if you have ever wondered about the benefits of free weights but were too afraid to take the plunge! Signup required.

Vitabot

What is Vitabot? Vitabot is an online tool that helps users to journal and plan their nutrition. The system shows users how to correct deficiencies in their meal plans and will make suggestions using their favorite foods. Users may also access the top meal plans created by other users. Ask a Personal Trainer how to activate your account today!

*Receive Vitabot FREE! Ask a trainer how!



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 bjcztwc@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

<u>Individual</u>		<u>Family (parents, children, siblings)</u>	
1 Hour Session	\$ 75.00	1 Hour Session	\$100.00
3 One Hour Sessions	\$180.00	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.westborotennisandswimclub.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:

Monday 9:00am – 1:00pm Wednesday 3:00pm –8:00pm Saturday 8:00am – 1:00pm

<u>60 Minutes</u>	<u>45 Minutes</u>	<u>30 Minutes</u>
1 \$65.00	1 \$50	1 \$35
5 \$325.00	5 \$250.00	5 \$175.00
10 \$500.00	10 \$375.00	10 \$250.00

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