

# Fall | Winter | Spring Brochure 2023-2024



**WESTBORO TENNIS & SWIM CLUB**  
35 Chauncy St. Westborough, MA 01581  
508.366.1222 | [info@wtsc.com](mailto:info@wtsc.com)  
[wtsc.com](http://wtsc.com)



Westboro Tennis & Swim Club is a full service health and wellness club that provides superior facilities and instruction in tennis, fitness and aquatics. Serving the area for 50 years, we offer over 120,000 square feet of diverse activity areas. There is truly something for the whole family, all year round.

# Table of Contents

Greetings and Management Team.....	1
Hours and Guest Fees.....	2
Program Registration Information .....	3
Adult Tennis Services.....	5
Junior Tennis Programs.....	8
Pickleball Programming.....	13
Adult Pickleball Clinics.....	14
Junior Pickleball Clinics.....	15
Pickleball Round Robins.....	16
Aquatics Services.....	17
Red Cross Swim Lessons.....	18
Swim Team.....	19
Advanced Aquatic Training.....	20
Private Swim Lessons.....	20
Fitness Services.....	21
Group Exercise Programming.....	24
Wellness Services.....	25
Children's Programming.....	26

## **GREETINGS FROM THE GENERAL MANAGER**

This Program Brochure is typically published in August and serves as a guide for the entire indoor period, Labor Day through Memorial Day. We do update schedules and add/remove classes as need dictates, so please watch our web site and look for email updates. Thanks again for being members or participants at WTSC!

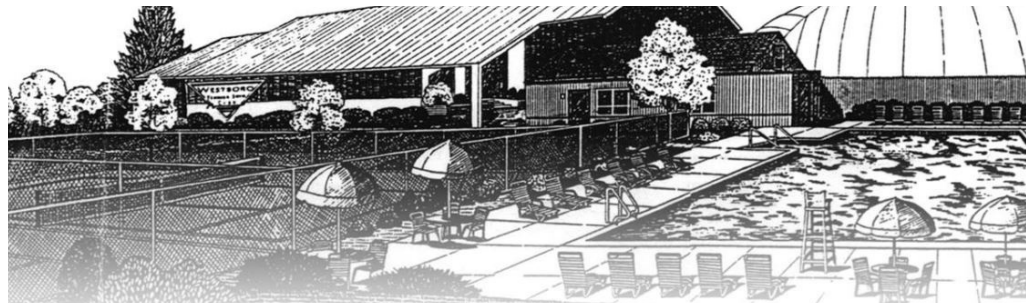
Justin Lundberg  
General Manager

## **WHO'S WHO**

General Manager: Justin Lundberg  
Front Desk Service Director: Cindy Peters  
Front Desk Manager: Sherri Dilling  
Tennis Director | Women's Tennis Coordinator: Michael Zatsiorsky  
Tennis Coordinator: Cassy Waung  
Junior Tennis Program Coordinator: Chris Roginski  
Men's Tennis Program Coordinator: Zach O'Leary  
Aquatics Director: Brian Doherty  
Assistant Aquatics Director: Alison Smith  
Raiders Swim Coaches: Alison Smith & Bethany Bergemann  
Fitness Director: Megan Sayre-Scibona  
Group Exercise Director: Sanjeeta Carey  
Camp Director | Children's Program Director: Betsy Johnsen  
Membership Director: Jessica Kaiser  
Billing & Account Finance: Diana Wright  
Financial Business Manager: Ellen O'Leary

## **MEMBER SERVICES DEPARTMENT**

Membership Director: Jessica Kaiser (Ext. 14)  
Membership Consultant: Erin O'Toole (Ext. 21)  
Membership Consultant: Krystal Maldonis (Ext. 13)  
Billing & Account Finance: Diana Wright (Ext. 26)  
Financial Business Manager: Ellen O'Leary (Ext. 44)  
Please contact Jessica Kaiser for Corporate Membership options.



# CLUB HOURS & HOLIDAY SCHEDULES

## TENNIS/CLUBHOUSE

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

## POOL HOURS

Monday - Thursday 5:00am - 9:00pm  
 Friday 5:00am - 8:00pm  
 Saturday/Sunday 6:00am - 8:00pm

## KIDS CLUB HOURS

(Effective Aug. 28th)  
 Monday-Friday 8:30am - 1:00pm  
 Monday-Thursday\* 4:00pm - 8:00pm  
 Saturday/Sunday 8:00am - 1:00pm

\*Advance reservation required for children 3 and under between the hours of 4-8pm.

Ages: 3 months-11 years. Maximum of 3 Hours

*Hours, Programs, Policies, Availability, and Pricing is subject to change without notice. We will not honor typos or misprints.*

## GUEST FEES

(Effective Sept. 5th)

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

Guest Type	Adult	Child (2-18)	Senior (60+)
Guest Fee	\$10.00	\$10.00	\$7.00
Tennis Only	\$7.00	\$7.00	\$7.00

## Vacation Schedule

**\*Winter Vacation: December 24th - January 1st**  
 Open | Vacation Camp | Regular GEX

**February Vacation: February 19th-25th**  
 Open | Vacation Camp | No Programs | Regular GEX

**April Vacation: April 15th-21st**  
 Open | Vacation Camp | No Programs | Regular GEX

## Holiday Observation Schedule

**Labor Day - Monday, September 4th**  
 Special Hours: 8am-8pm | No Programs | No GEX

**Indigenous Peoples Day - Monday, October 9th**  
 Regular Hours and Programs

**Veteran's Day - Friday, November 10th**  
 Regular Hours and Programs

**Thanksgiving - Thursday, November 23rd**  
 Special Hours: 7am-10am | No Programs | No GEX

**Thanksgiving Friday - Friday, November 24th**  
 Regular Hours | No Programs | No GEX

**Christmas Eve - Sunday, December 24th**  
 Special Hours 7am-3pm | No Programs | A.M. GEX

**\*Christmas Day - Monday, December 25th**  
 CLUB CLOSED

**New Year's Eve - Sunday, December 31st**  
 Special Hours: 7am-3pm | No Programs | A.M. GEX

**New Year's Day - Monday, January 1st**  
 Special Hours: 7am-6pm | No Programs | No GEX

**President's Day - Monday, February 19th**  
 Regular Hours | No Programs | Regular GEX

**Good Friday - Friday, March 29th**  
 Regular Hours and Programs

**Easter - Sunday, March 31st**  
 Special Hours: 7am-12pm | No Programs | No GEX

**Patriots Day - Monday, April 15th**  
 Regular Hours | No Programs | Regular GEX

**Memorial Day - Monday, May 27th**  
 Special Hours: 8am-8pm | No Programs | No GEX



# MEMBER REGISTRATION

## MEMBER REGISTRATION & SESSION INFORMATION

Members may register for all of our programs online, by phone or in person starting on designated registration days below. Program costs are based on current membership to those areas of the club. Class costs will be prorated when class days fall on vacation days and certain holidays. There are no make-ups for classes missed. For registration information, please contact the front desk at 508.366.1222. To register online, go to wtsc.com and look for CSI Member Login at the upper right hand corner.

## NON-MEMBER REGISTRATION & SESSION INFORMATION

Non-Members (Participants) may register on designated Non-Member Registration dates. See below for session registration dates. Non-members may register by phone if you've completed a Participant Application and have a credit card on file. You may also register online after submitting a Participant Application and setting up your login account. All other participants need to register in person. A \$20 annual fee is required for all non-members registering for programs, clinics or lessons. Class costs will be prorated when class days fall on vacation days and certain holidays. There are no make-ups for missed classes.

Participant Application can be found on our website under Program Signup or at the front desk.

## TENNIS/PICKLEBALL REGISTRATION & SESSION INFORMATION

**Tennis:** Tennis members will automatically be rolled into subsequent sessions, excluding summer sessions. If you do not wish to be automatically registered for additional sessions (Session 2-4), you must complete a form at the front desk or email Diana Wright (dwright@wtsc.com) at least 2 weeks prior to the start of the new session. Some junior tennis clinics require pre-approval prior to sign-up. See the Junior Tennis section of the brochure for contact information. For ITP & TTP programs, questions about tennis programs or registration, please contact Michael Zatsiorsky at mz@wtsc.com.

**Pickleball:** Club Members enrolled will have priority for subsequent sessions.

Session Dates	Registration Dates	No Class
Session 1: 9/5-10/29 (8 Weeks)	M: 8/10   NM: 8/21	
Session 2: 10/30-12/23 (8 Weeks)	M: 10/9   NM: 10/23	11/23-11/24
Session 3: 1/2-3/17 (10 Weeks)	M: 12/11   NM: 12/26	2/19-2/25
Session 4: 3/18-6/9 (11 Weeks)	M: 2/26   NM: 3/11	3/31, 4/15-4/21, 5/27

## SWIM REGISTRATION & SESSION INFORMATION

Registration dates are for Aqua Tots Programs, Adult Programs and Red Cross Lessons. THESE ARE SWIM MEMBER ONLY CLASSES. Swim Members do NOT automatically rollover. Evaluations are completed 1 week before registration opens.

See Aquatics section of brochure for member and non-member registration dates for Water Babies, Water Tots, Raiders Prep, Raiders Swim Team and High School Swim Clinic. Questions about swim programs or registration, please contact Alison Smith at asmith@wtsc.com

Session Dates	Registration Dates	No Class
Session 1: 9/5-10/29 (8 Weeks)	M: 8/14	
Session 2: 10/30-12/23 (8 Weeks)	M: 10/16	11/23-11/24
Session 3: 1/2-3/17 (10 Weeks)	M: 12/18	2/19-2/25
Session 4: 3/18-5/19 (8 Weeks)	M: 3/4	3/31, 4/15-4/21

## CHILDRENS PROGRAMS REGISTRATION

Questions about childrens programs or registration, please contact Betsy Johnsen at bjohsen@wtsc.com.

Session Dates	Registration Dates	No Class
Session 1: 9/5-10/29 (8 Weeks)	M: 8/14   NM: 8/28	
Session 2: 10/30-12/23 (7 Weeks)*	M: 10/16   NM: 10/23	11/20-11/24
Session 3: 1/2-3/17 (10 Weeks)	M: 12/18   NM: 12/26	2/19-2/25
Session 4: 3/18-5/19 (8 Weeks)	M: 3/4   NM: 3/11	3/31, 4/15-4/21

\*Session 2 Children's Programs: no classes the week of Thanksgiving

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

# REGISTRATION GUIDELINES

## **CANCELLATIONS**

**Tennis Clinic Sessions:** Full credit given if cancellation is 14 days prior to the start of the clinic. If you do not wish to be automatically registered for additional sessions (in Session 2-4), you can complete a form at the front desk or email Diana Wright at [dwright@wts.com](mailto:dwright@wts.com) at least two weeks prior to the start of the new tennis session. Cancellations less than 14 days need to fill out a cancellation form or email Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com).

**Pickleball Clinic Sessions:** Full credit given if cancellation is 14 days prior to the start of the clinic. Cancellations with less than 14 days need to email Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com).

**All Other Program Sessions:** Full credit given if cancellation is 7 Days 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 or no show.

**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, TTP or Swim Team. Make-ups for tennis clinics or 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 group exercise and water fitness, with a starting time prior to 10:30am WILL NOT RUN. All programs 10:30am on WILL RUN AT THE SCHEDULED TIME weather dependent. Please check our web site frequently during snow storms as we update club and program status often.

## TENNIS SERVICES

### **1 Hour Private Lessons**

#### Head Tennis Pro

Member: \$110 | Non-Member: \$154

#### Assistant Head Pro

Member: \$104 | Non-Member: \$146

#### Senior Tennis Pro

Member: \$102 | Non-Member: \$143

#### Assistant Tennis Pro

Member: \$99 | Non-Member: \$139

### **1 Hour Semi-Private Lessons**

#### Head Tennis Pro

Member: \$65 pp | Non-Member: \$91 pp

#### Assistant Head Pro

Member: \$62 pp | Non-Member: \$87 pp

#### Senior Tennis Pro

Member: \$61 pp | Non-Member: \$85 pp

#### Assistant Tennis Pro

Member: \$60 pp | Non-Member: \$83 pp

## COURT INFORMATION

### **INDOOR ADULT COURT FEES**

\$44/hr w/ 7 day advance booking

\$30/hr Early Bird Rate M-F: 6am-9am

**CONTRACT TIME:** Members may reserve court time in advance for the same day/same time from September through May. Contact Cassy Waung ([cassywaung12@gmail.com](mailto:cassywaung12@gmail.com)) for more information.

**DEMO RACQUETS:** \$3 Per use fee (Demos available at the front desk.)

**BALL MACHINE:** Free (court fees apply)

### **INDOOR JUNIOR COURT FEES**

\$34/hr with 3-day advance booking

\$20/hr walk-on rate (book within 1 hr)

**RACQUET STRINGING:** Professional racquet stringing is available. Please contact Chris Roginski with any questions.

**Natural Gut: \$80**

**All other string: \$41-\$49**

**Provide own string: \$28**

**RACQUET SALES:** Contact Chris Roginski ([stringergirl06@yahoo.com](mailto:stringergirl06@yahoo.com)) for information.

# TENNIS - ADULT TENNIS PROGRAMS

Are you looking to step up your tennis game, meet new friends and enjoy some friendly competition? Westboro Tennis & Swim Club has openings in all our leagues and several options for all abilities and levels. Please contact our Head Tennis Pro, Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com) for more information and to sign up!

## MENS INTERCLUB LEAGUES

MENS LEAGUES	DAY & TIME	COST	DESCRIPTION
<b>CMITA</b> Central Mass Indoor Tennis Association "A" Team "B" Team	Saturday 3pm-6pm	Regular fee and court fees set by CMITA	Competitive Singles and Doubles Play with other area clubs. Season runs October - April.
USA Tennis New England ( <b>USTA League Tennis</b> ) 2.5+, 3.0+, 3.5+, 4.0+, & 4.5+ Leagues Practice: 6-8 person team (1.5 hours) 2 courts	TBD	Regular fee and court fees set by USTA.  \$54.00 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!  <b>Contact Michael Zatsiorsky (<a href="mailto:mz@wtsc.com">mz@wtsc.com</a>) for more information on any Men's Leagues.</b>

## WOMENS INTERCLUB LEAGUES

WOMENS LEAGUES	DAY & TIME	COST	DESCRIPTION
<b>CMITA</b> Central Mass Indoor Tennis Association A, B, C Teams	Saturday 12pm-3pm	Regular fee and court fees set by CMITA	Competitive Singles and Doubles Play with other area clubs. Season runs October - April.
<b>DBH</b> Dorothy Bruno Hills Indoor Tennis Doubles League 3.5+ - 5.5+ <i>See the Tennis Department for DBH Schedule.</i>	TBD Practice  Div. I, IA, II Wednesday Match  Div. III, IV Thursday Match	\$1510	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 tennis balls. Pros will provide feedback after observing home matches.
<b>SPRING LEAGUE</b> 3.5+ - 4.2+ Practice: 1.5 hours	Practice TBA	\$391	Season runs: April to Mid June (7 Weeks) Competitive Interclub Doubles.
<b>USTA</b>  USA Tennis New England  Practice: 6-8 person team (1.5 hours) 2 courts	3.0 League - Wednesday 3.5 League - Thursdays 4.0 League - Wednesday 4.5 League - Thursday 3.5 Sr. League - Monday	Fees Set up by USTA  Practice: \$54	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!  <b>Contact Michael Zatsiorsky (<a href="mailto:mz@wtsc.com">mz@wtsc.com</a>) for more information on any Women's Leagues.</b>

## MIXED DOUBLES USTA

USA Tennis New England ( <b>USTA League Tennis</b> ) Levels: TBD	Friday 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. <b>Contact Michael Zatsiorsky (<a href="mailto:mz@wtsc.com">mz@wtsc.com</a>) for more information.</b>
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# TENNIS - ADULT TENNIS PROGRAMS

## MENS PROGRAMS

PROGRAM	DAY & TIME	COST	DESCRIPTION
<b>In-House League Singles &amp; Doubles 3.4+</b>	Saturday 7:30am-12pm	\$156* 6-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; 9am-10:30am; 10:30-12pm. September-May are 6-week sessions. .
<b>Doubles Round Robin 3.5+</b>	Wednesdays 8pm-10pm	M: \$18	Weekly sign-up. Cost is per person.
<b>Sunrise Singles Ladder: All Levels</b>	Monday-Friday 6am-9am	\$22.50* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.
<b>Night Owl Singles Ladder: All Levels</b>	Monday-Friday 8pm-10pm	\$30* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.

Contact: Zach O'Leary (zoleary314@gmail.com) for more information or to sign up for any Men's Programs.

## WOMENS PROGRAMS

PROGRAM	DAY & TIME	COST	DESCRIPTION
<b>Singles Ladder/League</b>	Sunday-Saturday Arranged by Player	\$30* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.
<b>Women's In-House Round Robin 3.2+</b> <i>(both singles &amp; doubles based on sign-ups</i>	Tuesdays 8pm-10pm	\$18 per week	Weekly sign up cost per person.

Contact: Micheal Zatsiorsky (mz@wtsc.com) for more information or to sign up for any Women's Programs.

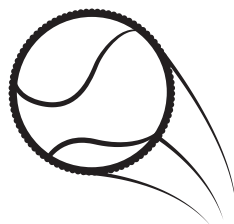
## MIXED PROGRAMS

PROGRAM	DAY & TIME	COST	DESCRIPTION
<b>Mixed Doubles Social 3.0+</b>	Fridays 7pm-10pm	TBD	The club provides tennis balls and organization! Great way to meet other members! Sign-up as a team or solo! We will find you a partner!
<b>Co-ed In-House Round Robin 3.2+</b>	Sundays 1:30pm-3pm	\$18 per week	Weekly sign up cost per person.
<b>Mixed Doubles USTA Leagues</b>	Fridays	TBD	See Interclub League section for more details.

Contact: Micheal Zatsiorsky (mz@wtsc.com) for more information or to sign up for any Mixed Programs.



\*Registration fee or drop-off fee may apply





# TENNIS - ADULT TENNIS PROGRAMS

## ADULT CLINICS

	8 Week	10 Week	11 Week
1 Hr.	M: \$288   NM: \$408	M: \$360   NM: \$510	M: \$396   NM: \$561
1.5 Hr.	M: \$432   NM: \$612	M: \$540   NM: \$765	M: \$594   NM: \$841.50

See page 3 for Session and Registration Dates.

Charged rates are pro-rated for the actual number of classes in each session due to holidays.

**TENNIS REGISTRATION POLICY FOR MEMBERS:** Any tennis member that registers for a tennis clinic will **AUTOMATICALLY** be registered for the same class/time for following session(s) during member registration for each new session. If you do not wish to be automatically registered for additional sessions, you must complete a brief form at the front desk at least two weeks prior to the start of the new tennis session.

## COED ADULT QUICKSTART TENNIS CLINICS

<b>Quickstart Adults: Beginner Level</b>  <b>8 Weeks</b> M: \$300   NM: \$360 <b>10 Weeks</b> M: \$375   NM: \$450 <b>11 Weeks</b> M: \$412.50   NM: \$495	Monday: 12:30-2:00pm Friday: 7:00-8:30pm  2 Session Maximum per person	This program is for players with no prior experience to develop tennis skills to play friendly or competitive matches. Utilizing modified compression tennis balls to allow players to rally on their first day of class! Main technique concepts are introduced over the course of the session. This program is also a great way to exercise while learning a new sport!
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## MENS TENNIS CLINICS

<b>Coed Beginner Clinic</b>	Monday: 6:30-8:00pm Sunday: 2:30-4:00pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Adv. Beginner Clinic</b>	Monday: 6:30-8:00pm Sunday: 4:00-5:30pm	Designed to improve your strokes and tactics!
<b>Coed Stroke &amp; Strategy Clinic 3.2+</b>	Monday: 6:30-8:00pm Tuesday: 7:30-9:00pm	Great option for players with a skill level of 3.2 and above to refine their strokes, improve shot selection and master effective strategies for singles and doubles.
<b>Early Bird Clinic 3.5+</b>	Tuesday: 7am-8:30am	Great for ladder prep!
<b>Stroke &amp; Strategy Clinic 3.5+</b>	Tuesday: 8:00-9:30pm Wednesday: 6:30-8pm	Advanced shot making and tactics for doubles and singles.
<b>Coed Aerobic Tennis 3.5+</b>	Wednesday: 6:30-8pm	This is a FAST paced workout clinic to music. You will improve your strokes, your ability and your endurance.
<b>Coed Match Prep Clinic 3.8+</b>	Monday: 8pm-9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
<b>Coed Workout Clinic 3.8+</b>	Wednesday: 8-9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Private Clinic All Levels</b>	Day/Time TBD	Groups are organized by the teaching pros, available for all different ability levels. Please contact Michael Zatsiorsky at <a href="mailto:mz@wtsc.com">mz@wtsc.com</a> for more information.



# WOMENS TENNIS CLINICS

<b>Beginner Clinic</b>	Tuesday: 9-10:30am Wednesday: 12pm-1:30pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Beginner Clinic</b>	Monday: 6:30pm-8pm Sunday: 2:30pm-4pm	
<b>Advanced Beginner Clinic</b>	Tuesday: 9-10:30am Friday: 12pm-1:30pm	Designed to improve your strokes and tactics!
<b>Coed Advanced Beginner Clinic</b>	Monday: 6:30pm-8pm Sunday: 4pm-5:30pm	
<b>Stroke &amp; Strategy Clinic 3.2+</b>	Tuesday: 9-10:30am Wednesday: 10:30am-12pm	Great option for players with a skill level of 3.2 and above to refine their strokes, improve shot selection, and master effective strategies for singles and doubles.
<b>Coed Stroke &amp; Strategy Clinic 3.2+</b>	Monday: 6:30-8pm Tuesday: 7:30-9pm	
<b>Aerobic Tennis 3.2+</b>	Friday: 9am-10:30am	This is a FAST paced workout clinic to music. You will improve your strokes, your ability and your endurance.
<b>Coed Aerobic Tennis 3.5+</b>	Wednesday: 6:30-8pm	
<b>Stroke &amp; Strategy Clinic 3.5+</b>	Thursday: 7pm-8:30pm Friday: 10:30am-12pm	Advanced shot making and tactics for doubles and singles.
<b>Coed Match Prep Clinic 3.8+</b>	Monday: 8pm-9:30pm	High intensity clinic that will focus on point construction and stroke mechanics.
<b>Coed Workout Clinic 3.8+</b>	Wednesday: 8pm-9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Private Clinic All Levels</b>	Day/Time TBD	Groups are organized by the teaching pros, available for all different ability levels. Please contact Michael Zatsiorsky at mz@wtsc.com for more information.

# TENNIS - JUNIOR TENNIS PROGRAMS

See page 3 for Session and Registration Dates.

Minilobbers, Red Stage 1, Orange Stage 1			
	8 Week	10 Week	11 Week
45 Min.	M: \$224   NM: \$280	M: \$280   NM: \$350	M: \$308   NM: \$385
1 Hr.	M: \$256   NM: \$320	M: \$320   NM: \$400	M: \$352   NM: \$440

Charged rates are pro-rated for the actual number of classes in each session due to holidays.

All other Junior Clinics (except Varsity Prep and Varsity)			
	8 Week	10 Week	11 Week
1 Hr.	M: \$256   NM: \$360	M: \$320   NM: \$450	M: \$352   NM: \$495
1.5 Hr.	M: \$384   NM: \$540	M: \$480   NM: \$675	M: \$528   NM: \$742.50

## TENNIS REGISTRATION POLICY FOR MEMBERS:

Any tennis member that registers for a tennis clinic will ***AUTOMATICALLY*** be registered for the same class/time for following session(s) during member registration for each new session. If you do not wish to be automatically registered for additional sessions, you must complete a brief form at the front desk at least two weeks prior to the start of the new tennis session.



# JUNIOR TENNIS CLINICS

<p><b><u>Minilobbers Beginner: Ages 4-6</u></b>          Tuesday 3:45pm-4:30pm          Saturday 1:15pm-2:00pm</p>	<p>Students start to develop basic essential skills - handling and swinging racquet, throwing, rolling and catching. Students will focus on basic movements: running, jumping and balance. The main goal of the class is to develop body control using tennis based activities and to have fun!</p>
<p><b><u>QS Red Stage 1: Ages 6-8</u></b>          Monday 3:30pm-4:30pm          Wednesday 4:30-5:30pm          Wednesday 5:30pm-6:30pm          Friday 3:30pm-4:30pm          Saturday 2pm-3pm</p>	<p>In this introductory level, children aged 6-8 will be introduced to the exciting sport of tennis. Students will focus on developing their motor skills, hand-eye coordination and learning the basic techniques of forehand and backhand swings. Through fun and engaging activities, they will become familiar with holding a racquet, swinging, and hitting a ball. This level sets the foundation for their tennis journey, helping them build essential skills and fostering a love for the sport.</p>
<p><b><u>*QS Red Stage 2: Ages 6-8</u></b>          Monday 3:30pm-4:30pm          Wednesday 4:30-5:30pm          Wednesday 5:30pm-6:30pm          Friday 3:30pm-4:30pm          Saturday 2pm-3pm</p>	<p>In level 2 the program expands upon the basics learned in level 1 and focuses on developing proper technique and improving tennis skills. Children will learn various strokes such as forehand, backhand, volleys and serves. The sessions will include drills and mini-games that promote coordination, footwork and agility. Emphasis will be placed on consistency, control and accuracy, with an introduction to rallying and playing points. The goal is to help children gain confidence in their abilities and start applying their skills in a more structured setting.          *Pre-approval required, see below.</p>
<p><b><u>*QS Red Stage 3: Ages 6-8</u></b>          Monday 3:30pm-4:30pm          Wednesday 4:30-5:30pm          Wednesday 5:30pm-6:30pm          Friday 3:30pm-4:30pm          Saturday 2pm-3pm</p>	<p>In level 3 the program focuses on further developing the technical skills of young players. Children will refine their strokes with an emphasis on proper form, racquet control and shot placement. They will learn advanced techniques like topspin, slice and drop shots, while improving their consistency. Footwork and court positioning will be emphasized through challenging drills and match simulations. This level aims to provide a strong technical foundation, helping young players enhance their overall performance on the tennis court. *Pre-approval required, see below.</p>
<p><b><u>QS Orange Stage 1: Ages 9-10</u></b>          Monday 5:30pm-6:30pm          Tuesday 6pm-7pm          Wednesday 3:30pm-4:30pm          Thursday 3:30pm-4:30pm          Saturday 2pm-3pm</p>	<p>Players will be introduced to 60' court and an Orange ball. Students will focus on developing correct swing patterns. Consistency and footwork are emphasized. The concept of spinning the ball will be introduced. Students will learn match format &amp; scoring with match play.</p>
<p><b><u>*QS Orange Stage 2: Ages 9-10</u></b>          Monday 5:30pm-6:30pm          Tuesday 6pm-7pm          Wednesday 3:30pm-4:30pm          Thursday 3:30pm-4:30pm          Thursday 5:30-6:30pm          Saturday 2pm-3pm</p>	<p>Players will be working on developing more consistency using the orange ball and 60' court. More advanced aspects of tennis technique are being covered. Control of spins and direction of the shots are being developed. The basic tennis strategy and play patterns are introduced. Students are encouraged to participate in competitive match play. *Pre-approval required, see below.</p>
<p><b><u>QS Green Stage 1: Ages 11-12</u></b>          Monday 3:30pm-4:30pm          Tuesday 4pm-5:30pm          Thursday 4pm-5:30pm          Saturday 3pm-4:30pm          Saturday 4:30-6pm</p>	<p>Green Ball Beginners will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be emphasized as well.</p>
<p><b><u>*QS Green Stage 2: 12 &amp; Under</u></b>          Monday 4:30pm-6pm          Tuesday 4pm-5:30pm          Thursday 4pm-5:30pm          Saturday 3pm-4:30pm</p>	<p>Green Ball 2 is for players who are moving up from Orange Ball 2 or Green Stage 1. Students will play on the full 78' court but will primarily use a Green ball. Students will develop more consistency, power and control of spins. To move to the next level, students are expected to play out points using variety of spins and play patterns.          *Pre-approval required, see below.</p>
<p><b><u>*QS Green Stage 3: 12 &amp; Under</u></b>          Monday 4:30pm-6pm          Tuesday 4pm-5:30pm          Thursday 4pm-5:30pm          Saturday 3pm-4:30pm</p>	<p>Green Ball 3 is an advanced class that serves as a continuation of Green Ball 2, designed for players who have successfully completed the Green Ball 2 class. The focus will be on developing a wider range of spins and play patterns, enabling students to confidently play out points with strategic variations. Green Ball 3 aims to prepare players for yellow ball classes. *Pre-approval required, see below.</p>

\*Instructor permission is required to move to classes indicated. If new to The Club or our tennis programs, contact Chris Roginski to schedule placement screening at stringergirl06@yahoo.com

# TENNIS - JUNIOR TENNIS PROGRAMS

## JUNIOR TENNIS CLINICS CONT.

<p><b>Older Beginners: Ages 13-18</b>  Monday 3:30pm-4:30pm  Wednesday 5:30pm-7:00pm  Saturday 4:30pm-6pm  Sunday 10:30am-12pm</p>	<p>Older Beginners will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be emphasized as well. Green balls may be used as appropriate.</p>
<p><b>*Older Intermediates: Ages 14-18</b>  Monday 4pm-5:30pm  Friday 3:30-4:30pm  Saturday 4:30pm-6pm  Sunday 10:30am-12pm</p>	<p>Students will develop more consistency and directional control. Students will work on both topspin and underspin. Singles and doubles strategies will be introduced. The main goal of the class is to prepare students to play on Varsity teams. Pre-Screening is required for signup. *Pre-approval required, see below.</p>
<p><b>*Junior Aces / Intermediate: Ages 11-14</b>  Tuesday 4:30pm-6pm  Friday 5:00pm-6:30pm  Saturday 3pm-4:30pm</p>	<p>Students will transition to the yellow ball. Students will learn how to generate spins and control power using yellow ball. Significant time will be spent on footwork and court coverage. Doubles strategies will be introduced. To move to the next level, students are expected to play out points using variety of spins and play patterns using yellow ball. Students have to be prescreened to sign-up. Players who have not participated in this class before may only sign up with the permission of the instructor. *Pre-approval required, see below.</p>

\*Instructor permission is required to move to classes indicated. If new to The Club or our tennis programs, contact Chris Roginski to schedule placement screening at stringergirl06@yahoo.com

## VARSITY PREP PROGRAM

<p><b>*Varsity Prep Program (Ages 12-14)</b>  Monday 3:30pm-5:30pm (2 Hrs.)  Friday 3:30pm-5pm (1.5 Hrs.)  Saturday 4:30pm-6pm (1.5 Hrs.)</p>	<p>The main goal of the class is to prepare students to play on their Varsity teams. Singles and doubles strategies will be extensively covered. Students will work on adding power to the shots and taking the ball on the rise. Such advanced topics as: half volleys, scissor-kick overheads and others will be also covered.</p> <p>*Instructor permission is required to move to Varsity Prep. If new to The Club or our tennis programs, contact Chris Roginski to schedule placement screening at stringergirl06@yahoo.com</p>
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## VARSITY PROGRAM

<p><b>Varsity Program</b>  Thursday 4:30pm-6:30pm  Sunday 10am-12pm  Sunday 12pm-2pm  Sunday 2pm-4pm</p>	<p>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 Zach O'Leary for details and registration at zoleary314@gmail.com</p>
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## Varsity Prep and Varsity Program Pricing

	8 Week	10 Week	11 Week
1.5 Hr.	M: \$432   NM: \$612	M: \$540   NM: \$765	M: \$594   NM: \$841.50
2 Hr.	M: \$576   NM: \$816	M: \$720   NM: \$1020	M: \$792   NM: \$1122



### Junior USTA Tournaments

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

### Tennis Camps (Ages 8+)

Vacation camps and summer camps available. Please check club website for more information.

# TENNIS - JUNIOR TENNIS PROGRAMS



## ADVANCED JUNIORS & INTENSIVE TENNIS

Please contact Michael Zatsiorsky for pre-approval at [mz@wtsc.com](mailto:mz@wtsc.com)

### IITP 1

#### Intensive Tennis Program 1

Fall: 9/5-12/23 | Tuition: \$2050

Winter: 1/2-3/17 | Tuition: \$1277

Spring: 3/18-6/9 | Tuition \$1403

Tuition is based on Monday/Friday schedule.

Monday 3:30pm-5pm or 4:30pm-6pm

Friday 3:30pm-5pm or 4:30-6pm

**Objective:** For juniors between 6 and 10 years old who are beginner to advanced beginner level. The goal of the program is to build the correct foundation for future improvement and to prepare them to compete in USTA tournaments.

**Content:** This program consists of two one hour group lessons a week, plus one 30-minute private lesson each week (in each session there is one less private lesson than the total number of weeks) and 60 minutes of fitness per week. Students will receive extensive stroke work and will learn to apply their strokes to playing situations and will prepare them for match play with Orange and/or Green balls (depending upon the level).

### IITP 2

#### Intensive Tennis Program 2

Fall: 9/5-12/23 | Tuition: \$1859

Winter: 1/2-3/17 | Tuition: \$1220

Spring: 3/18-6/9 | Tuition \$1328

Wednesday 4pm-6pm

Friday 4:30pm-6:30pm

**Objective:** This program is for juniors between 9 and 12 years old who are intermediate 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. Green and yellow balls will be utilized for training.

### TTP Prep

Fall: 9/5-12/23 | Tuition: \$1859

Winter: 1/2-3/17 | Tuition: \$1220

Spring: 3/18-6/9 | Tuition: \$1328

Tuesday & Thursday

4:30pm-6:30pm

This program is for Juniors between 10 & 13 years old who are transitioning from Green to Yellow Ball tournaments. The main focus is to gain a better knowledge of basic singles and doubles strategies. Yellow balls will be used for training. Coach will travel to at least 1 tournament each session. Each class includes 90 minutes of tennis and 30 minutes of fitness.

### TTP

Fall: 9/5-12/23 | Tuition: \$2294

(31 Lessons)

Winter: 1/2-3/17 | Tuition: \$1480

(20 Lessons)

Spring: 3/18-6/9 | Tuition \$1628

(22 Lessons)

Monday, Tuesday, Wednesday or Thursday: 4:30pm-6:30pm\*

\*Price is prorated for selected holidays.

This Program is designed to prepare players for competition in USTA tournaments. Groups are level based.

The Program will include:

- 4 hours of on-court clinic per week
- 1 consultation with one of the instructors and parents to design tournament schedule and chart progress.
- Traveling to selected tournaments.

# TENNIS - JUNIOR TENNIS PROGRAMS

## PARENT & CHILD ROUND ROBIN

### Parent & Child Round Robin: **Green Ball 2 - Advanced Levels**

December 31st  
12pm-2pm  
\$20 per person

Come celebrate the end of the year with some tennis, family, refreshments and fun! With the Round Robin format we will set up matches based on ability and experience. Tennis Members are welcome to play with a guest.

For more information please contact Chris Roginski at stringergirl06@yahoo.com.

## JUNIOR TENNIS PLAY DAYS

### Quickstart Orange Play Day

Sundays from 12pm-1pm | 1pm-2pm  
\$25/week

Supervised introduction to match play is open to participants of QuickStart Orange Stage 2, ITP 1, as well as pre-screened players. Priority is given to players who sign up for the whole session. Weekly signups as space permits. Please contact Michael Zatsiorsky at mz@wtsc.com.

## JUNIOR TENNIS LADDERS

Please contact Cassy Waung at cassywaung12@gmail.com to sign up.

### Intermediate Junior Ladder

Pre-qualification is required  
(USTA Green Balls are used)

Friday-Sunday (Arranged by Players)  
\$17\* per match | \$10 Registration 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

Friday-Sunday (Arranged by Players)  
\$25.50\* per match | \$10 Registration 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

Friday-Sunday (Arranged by Players)  
\$25.50\* per match | \$10 Registration Fee

For players who are currently in high school. 1.5 hour singles match per week. Ladder runs Sept-March.

\*\$25 drop off fee may apply



Before yellow tennis balls, they were white.

It wasn't until

Wimbledon in 1986 when yellow tennis balls were used. Officials believed that a yellow ball would be easier for spectators to follow on TV.

<https://eliteclubs.com/tennis-fun-facts/>





# Pickleball



**Westboro Tennis and Swim Club offers Pickleball! We have four Pickleball courts. They are located in our two-court tennis bubble, with corresponding lines over tennis courts 4 & 5.**

## **What is Pickleball?**

It's a fun sport that combines elements of tennis, badminton, and table tennis. Anyone can play! It is an intuitive and easy racquet sport to play. Pickleball is one of the fastest growing sports by market segment in the United States. The USA Pickleball Association is a great resource for learning more about the game. See <http://www.usapa.org/>.

## **Pickleball Court Information:**

- You must be a club member in order to reserve a court. Any fitness, swim or tennis member may book Pickleball courts.
- Contact the front desk in order to reserve a Pickleball court. It is not possible to reserve online.
- Adult and junior members may book a Pickleball court up to 1 week in advance (do not plan on walking on) according to the Pickleball schedule. Please see our website to view Pickleball reservation hours. There are times when Pickleball cannot be played due to heavy tennis usage.
- Courts may be booked in 1-hour and 1.5-hour increments.
- All players must check in at the desk and use proper tennis court etiquette.
- Loaner paddles and balls available at the front desk at no charge.
- Demo paddles available to rent for \$3 each use.
- Nets will be available on the court but will need to be put into place by participants. Please stop play with sufficient time to put away the net in case the next players are using it as a tennis court.

**Pickleball is the #1 growing sport and we're here to help you learn to play! We offer private, semi-private and group pickleball lessons as well as 8-11 week class sessions. We also offer round robins, contract time and open court time.**

## **Private Lessons & Clinics - 1 hour**

Private Lesson: M: \$90 | NM: \$105

Semi-Private: M: \$50pp | NM: \$65pp

3-Person Clinic: M: \$35pp | NM: \$50pp

4-Person Clinic: M: \$30pp | NM: \$40pp

## **Pickleball Court Fees\***

\$20/hour: Monday-Friday 12-3pm

\$28/hour: All other days/time

See website for Pickleball court availability.

## **Group Class Session**

Adults page 14 / Juniors page 15

## **Round Robin**

Adults & Juniors page 16

## **Pickleball Contract Court\***

Members may reserve court time in advance for the same day/same time from September through May.

\*Must be a Club Member to book a Pickleball Court or reserve a Contract Court.

All Club Members get the member rate for programming.

For more information, please contact Michael Zatsiorsky: [mz@wtsc.com](mailto:mz@wtsc.com)

# ADULT PICKLEBALL PROGRAMMING

## **Pickleball 101A:**

Monday: 1:00-2:00pm  
 Tuesday: 7:30-8:30pm  
 Saturday: 1:00-2:00pm

Offered in sessions 1-4

This class is designed for adults who are new to the game of pickleball and have never played before. In this class, participants will learn the fundamental skills and techniques of pickleball, including proper grip, basic shots and rules of the game. The focus is on building a solid foundation and preparing participants for more advanced play, while having fun and meeting other new players.

## **Pickleball 102A:**

Tuesday: 12:00-1:00pm, 6:30-7:30pm, 7:30-8:30pm

Saturday: 1:00-2:00pm

Offered in sessions 1-4

This class is designed for intermediate players who have a basic understanding of the game and are looking to improve their skills and strategies. In this class, participants will work on consistency, developing more advanced techniques and playing smarter, through drills, practice exercises and game play. The focus is on refining existing skills, developing new ones and preparing players for more competitive play.

## **Pickleball 103A:**

Tuesday: 12:00-1:00pm, 6:30-7:30pm

Offered starting with session 2

This class is designed for advanced players who are looking to compete at a high level. In this class, participants will work on honing their skills and strategies, with a focus on preparing for competitions. The instructors will work with players on advanced techniques such as spin shots, lobs and dinks, as well as more advanced strategies for playing doubles and singles. The focus is on preparing players to play at their best and to be successful in competitive play.

## **Session Dates**

Session 1: 9/5-10/29 (8 Weeks)

Session 2: 10/30-12/23 (8 Weeks)

Session 3: 1/2-3/17 (10 Weeks)

Session 4: 3/18-6/9 (11 Weeks)

Rates:	8wks.	10wks.	11wks.
Club Member:	\$240	\$300	\$330
Non-Member:	\$300	\$375	\$412.50

*See page 3 for Registration Dates.*

For questions or to register, contact Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com)





# NEW JUNIOR PICKLEBALL PROGRAMMING (In development)

<p><b>Pickleball 101J:</b> (Ages 11-13)          Friday 6:00-7:00pm          Offered sessions 1-4</p>	<p>This class is designed for junior players who are new to the game of pickleball. In this class, players will learn the basic techniques of pickleball, including how to hold the paddle, footwork and hitting the ball. Instructors will also cover the rules of the game, scoring and basic strategies. The focus is on building a solid foundation and preparing participants for more advanced play, while having fun and making new friends.</p>
<p><b>Pickleball 102J:</b> (Ages 11-13)          Friday 6:00-7:00pm          Offered in sessions 2 and 3</p>	<p>This class is designed for intermediate level junior players who are ready to take on more advanced skills and strategies. In this class, participants will work on developing their skills and building their confidence on the court through drills, practice exercises and game play. Prescreening is required.</p>
<p><b>Pickleball 103J:</b> (Ages 11-13)          Friday 6:00-7:00pm          Offered in sessions 3 and 4</p>	<p>This class is designed for advanced junior players who are looking to take their game to the next level. In this class, participants will work on honing their skills and strategies, with a focus on preparing for tournaments and competitions. The instructors will work with players on advanced techniques such as spin shots, lobs and dinks, as well as more advanced strategies for playing doubles and singles. Prescreening is required.</p>
<p><b>Pickleball 101JT:</b> (Ages 14-18)          Friday 6:00-7:00pm          Offered in sessions 1-4</p>	<p>This class is designed for junior players who are new to the game of pickleball. In this class, players will learn the basic techniques of pickleball, including how to hold the paddle, footwork and hitting the ball. Instructors will also cover the rules of the game, scoring and basic strategies. The focus is on building a solid foundation and preparing participants for more advanced play, while having fun and meeting new players.</p>
<p><b>Pickleball 102JT:</b> (Ages 14-18)          Friday 6:00-7:00pm*          Offered in sessions 2-4</p>	<p>This class is designed for highly skilled junior players who are ready to compete at a high level. In this class, players will work on fine-tuning their skills and strategies, with a focus on preparing for competitive play. The instructors will work with players on advanced techniques such as spin shots, lobs and dinks, as well as more advanced strategies for playing doubles and singles. Prescreening is required.</p>

Contact Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com) if interested.



# PICKLEBALL ROUND ROBINS

<b><u>Round Robin Options for Players 3.0-3.5:</u></b>	Mondays 1:00-2:30 Wednesdays 1:00-2:30 Fridays 7:00-8:30 Sundays 6:00-8:00
<b><u>Round Robin for Players with Level of Play 3.5+</u></b>	Thursdays 1:00-3:00

For questions or to register, contact Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com).

Club Member:	\$10 for 90 minutes, \$12 for 120 minutes
Non-Member:	\$15 for 90 minutes, \$18 for 120 minutes



# AQUATICS - PROGRAMS

At Westboro Tennis & Swim Club, we believe swimming is a unique activity that has the longevity of being a great form of exercise for toddlers, seniors and everyone in between. We offer Red Cross Certified lessons. Our swimming classes are led by certified instructors and are tailored to the needs of each child so that he or she can progress at a comfortable pace. And although some children may advance more quickly or slowly, our instructors ensure that everyone receives the instruction they need. Most importantly, classes are fun! **Aqua Tots, Adult Specialty Swim Programs, Red Cross Swim Lessons and Private Swim Lessons are for Swim Members ONLY.**

Children **MUST** be at least 3 1/2 years old when placed in a class unaccompanied by a parent. For children under 3 1/2 years old, please see Alison Smith or email at [asmith@wtsc.com](mailto:asmith@wtsc.com).

Questions regarding placement should be directed to Alison prior to enrollment. Evaluations for session 1 placement will be available Saturday 8/12, Monday 8/14-Thursday 8/17. **EVALUATIONS ARE BY APPOINTMENT ONLY.** Contact Alison with questions or to set up an evaluation.

<b>Parent Tot / Red Cross Lessons</b>	
Session 1: 9/5-10/29 (8 Weeks)	M: \$224*
Session 2: 10/30-12/23 (8 Weeks)	M: \$224*
Session 3: 1/2-3/17 (10 Weeks)	M: \$280*
Session 4: 3/18-5/19 (8 Weeks)	M: \$224*

See page 3 for Member Registration

\*See Adult Specialty Swim for adult class fees

<b>Water Babies &amp; Water Tots (Saturdays)</b>	
Non-Member Registration	
Session 1: 8/28	NM: \$312
Session 2: 10/23	NM: \$312
Session 3: 12/26	NM: \$390
Session 4: 3/11	NM: \$312

## **CHILDRENS SPECIALTY SWIM PROGRAMS**

<p><b><u>Water Babies</u></b></p> <p>Ages: 4 months - 1 year Saturday: 10:30-11am</p>	<p>This class introduces your little one to water. You will water bond with your child through songs and movement and learn to teach them basic safety in the water. You will also learn to teach your baby fundamental aquatic skills that include buoyancy and balance in the water. Swim diapers must be worn by the child; the parent/nanny <b>MUST</b> be in the water with the child.</p>
<p><b><u>Water Tots</u></b></p> <p>Ages: 1-2 years Saturday: 10am-10:30am</p>	<p>This class continues to learn through songs and activities. It helps build the tots confidence in the water and transition to becoming more independent swimmers using floatation. The tot will learn to blow bubbles, front and back floats, kicking their feet and reaching their arms, they will also become more comfortable going under water. Parents/nanny will continue to learn how to help the child become a more confident independent swimmer and work on safety skills. Swim diapers must be worn by the child; the parent/nanny <b>MUST</b> be in the water with their child.</p>
<p><b><u>Aqua Tots</u></b> (swim members only)</p> <p>Ages: 2-3.5 years Saturday: 9:30am-10am</p>	<p>This class is for tots that can swim independently with floatation; they have learned basic safety rules and are happy swimming with an instructor. The instructor will work with your tot teaching them the importance of waiting their turn and listening to simple directions. They will also learn how to float on their backs and roll over, begin basic stroke techniques and learn more advanced safety skills. If the child still wears diapers they <b>MUST</b> also wear a swim diaper. The parent/nanny <b>MUST</b> be in their bathing suit and sit with their child on the steps but are <b>NOT</b> required to participate in the swimming part of the class.</p>

*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.*

## **ADULT SPECIALTY SWIM (SWIM MEMBERS ONLY)**

<p><b><u>Adult Learn to Swim</u></b></p> <p><b>Beginner Level - The Newcomer</b> Tuesday: 5:15pm or 5:45pm Thursday: 5:15pm or 5:45pm Sunday: 10:30am or 11am 8 Wk: \$288   10 Wk: \$360</p>	<p>This class is designed for the adult beginner who may be timid about swimming or who has never swum in deep water. It is self-paced and will work on basics such as floating, treading water, kicking and basic paddle stroke.</p>
<p><b>Intermediate Level: Water Acclimation</b> Tuesday: 5:45pm Thursday: 5:45pm 8 Wk: \$288   10 Wk: \$360</p>	<p>Intermediate level is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Swimmers will master the Freestyle and Backstroke as well as Breaststroke, Sidestroke, Treading water, and recovery to a swimming position.</p>

# AQUATICS - RED CROSS SWIM LESSONS

*Swim Lesson days/times are available on the club website or see insert. Class schedule may change from session to session, depending on need.*

Charged rates are pro-rated for the actual number of classes in each session due to holidays. Classes may not run for less than 2 participants. Please read descriptions carefully.

Contact Alison Smith at [asmith@wtsc.com](mailto:asmith@wtsc.com) prior to enrollment if you have questions or need an evaluation. See page 17 for available dates for session 1 evaluations.

## RED CROSS - SWIM LESSONS (SWIM MEMBERS ONLY)

### Level 1: Introduction to Water Skills

Purpose: Helps students become comfortable in the water.

**Pre-Requisite:** Must be able to swim without parent in the water.

**Goals:** To be able to swim independently with a floatation, will learn to put their face in, blow bubbles and begin to float on their back.

### Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills.

**Pre-Requisite:** Comfortable in the water independently paddling around with a flotation device for short distances, able to submerge face in the water and blow bubbles, able to enter water by stepping or jumping from side. Usually children are 3-5 years old.

**Goals:** Bob up and down; learn how to swim using a noodle & bubble properly; float on front and back; rollover from front to back and back to front; move in water using arm and leg motions; pickup submerged objects; knowledge of basic water safety. Overall goal is to require less dependency on flotation aids and be able to do skills without flotation aid to progress to level 2 High.

### Level 2: High - Fundamental Aquatic Skills

Purpose: Gives the student complete success in the fundamental skills.

**Pre-Requisite:** Must be able to swim without a flotation and float on their back with rollover assistance.

**Goals:** To be able to swim 5 yards on their front, rollover onto their back and float for 10 seconds without assistance to progress to level 3 Low.

### Level 3: Stroke Development

Purpose: Builds on skills in Level 2 through additional guided practice.

**3 Low:** Swimmers know motions, stroke coordination is improving and has the endurance to swim 10 yards

**3 Mid:** Stroke coordination is improved, kicks are generally correct, needs refinement and has the endurance to swim 15 yards

**3 High:** Strokes are nearly perfect and goal is to be able to swim 25 yards of each stroke and kick.

**Pre-requisite:** Jump into deep water from side, come up and float for 10 seconds and swim back to the wall **without flotation**, float and glide on front and back.



### Level 4: Stroke Improvement

Purpose: Develops confidence in all major strokes.

**Pre-requisite:** 25 yards of front crawl, back crawl, butterfly kick and breaststroke kick, shallow dive and treading water for 30 seconds.

**Goals:** Introduction of coordination for butterfly and breaststroke, side stroke, streamlining, intro to turning off walls, diving from standing position or off blocks, treading water for 1 minute, knowledge of advanced water safety.

### Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes.

**Pre-requisite:** Must be able to swim 25 yards of all four strokes and have some experience diving from the side.

**Goals:** Continue to improve endurance while maintaining their strokes. Learn to dive from the starting block, open and flip turns and strong finishes. Learn swim team terminology.

# AQUATICS - SWIM TEAM

Swimming provides an excellent all-around but low-impact workout, which has huge cardiovascular fitness benefits to keep children fit and healthy. Raiders Prep is perfect for swimmers who have never participated on a swim team. Swimmers are introduced to all aspects of the swim team experience. Participants must be at a Level 5 swim ability or higher and pass an evaluation prior to registration.

## RAIDERS PREP CLINIC

<p><b>Raiders Prep Clinic: Ages 6-16</b></p> <p><b>Session 1: 9/5-10/26   M: \$260   NM: \$390</b> Registration Date: M: 8/14   NM: 8/28</p> <p><b>Session 2: 10/31-12/21   M: \$260   NM: \$390</b> Registration Date: M: 10/16   NM: 10/23</p> <p><b>Session 3: 1/2-3/14   M: \$325   NM: \$487.50</b> Registration Date: M: 12/18   NM: 12/26</p> <p><b>Session 4: 3/19-5/16   M: \$260   NM: \$390</b> Registration Date: M: 3/4   NM: 3/11</p>	<p>Participants must have Red Cross level 5 swimming ability or higher or pass a swim evaluation before registration. 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. Please contact Alison Smith at <a href="mailto:asmith@wtsc.com">asmith@wtsc.com</a> to set up a swim evaluation.</p> <p><b>Tuesday/Thursday: 4:15-5:15pm</b></p>
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**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. An evaluation is required, prior to sign up, if your swimmer has not previously swum on a team. This program meets three times per week.

**PREREQUISITE:** Each swimmer **MUST** have completed a swim evaluation before signing up for Raiders swim team. The evaluation requires the swimmer to prove proficiency in all four strokes, diving skill and the ability to complete swims on a given time. Contact Alison Smith at [asmith@wtsc.com](mailto:asmith@wtsc.com) to schedule an evaluation.

**Non-members** may register by phone if you've completed a Participant Application and have a credit card on file. You may also register online after submitting a Participant Application and setting up your login account. All other participants need to register in person. A \$20 annual fee is required for all non-members registering for programs and clinics.

If you have previously been on a High School Team, please register for the High School Clinic on page 20.

## RAIDERS SWIM TEAM

<p><b>Fall Swim Team</b></p> <p><b>Session: 9/11-11/3</b></p> <p><b>Registration Dates</b> M: 8/14   NM: 8/28</p>	<p><b>Ages 7-10, M: \$365   NM: \$510</b> Monday, Wednesday, Friday 4:15pm-5:30pm 5:30pm-6:45pm</p> <p><b>Ages 11-17, M: \$435   NM: \$610</b> Monday, Wednesday, Friday 4:15pm-5:45pm 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. If you have previously been on a high school swim team, please register for the High School Clinic.</p>
<p><b>Winter Swim Team</b></p> <p><b>11/13 to Mid-March</b></p> <p><b>Registration Dates</b> M: 10/16   NM: 10/30</p>	<p><b>Ages 7-10, M: \$515   NM: \$670</b> Monday, Wednesday, Friday 4:15pm-5:30pm 5:30pm-6:45pm</p> <p><b>Ages 11-17, M: \$590   NM: \$770</b> Monday, Wednesday, Friday 4:15pm-5:45pm 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. Meet dates and times are TBA. Practice time will be assigned by coaches; swimmers must attend assigned times.</p>
<p><b>Spring Swim Team</b></p> <p><b>Session: 3/18-5/17</b></p> <p><b>Registration Dates</b> M: 3/4   NM: 3/11</p>	<p><b>Ages 7-10, M: TBD   NM: TBD</b> Monday, Wednesday, Friday 4:15pm-5:15pm 5:15pm-6:15pm</p> <p><b>Ages 11-17, M: TBD   NM: TBD</b> Monday, Wednesday, Friday 4:15pm-5:30pm 5:30pm-6:45pm</p>	<p>The Spring Team is a non-competitive season managed at a recreational level to ensure swimmers have fun, gain self esteem, meet new friends and set new goals. Practices include stroke refinement, efficiency and endurance. All participants must have completed a session of Raider's Prep or have passed an evaluation.</p>

# AQUATICS - SWIM TEAM & AQUATIC TRAINING

## HIGH SCHOOL SWIM CLINIC

### High School Clinic

**Fall Session:** 9/11-11/17 (10 Wks.)  
**Spring Session:** 3/4-5/17 (10 Wks.)  
 No class Apr. vacation week

M: \$380 | NM: \$535

**Registration Dates:**  
**Fall:** M: 8/14 | NM: 8/28  
**Spring:** M: 2/19 | NM: 2/26

This clinic is designed to prepare swimmers for the upcoming high school season. Participants should be high school swimmers or have swum for the Raiders within the past season. All others interested must complete an evaluation.

**Monday, Wednesday, Friday**  
**3:00pm-4:15pm**

## AQUATIC TRAINING

### American Red Cross Lifeguard / First Aid / CPR

Ages: 15+

Certification Course  
**M: \$345 | NM: \$425**

Recertification Course  
**M: \$175 | NM: \$250**

**Please see Web Site for Updated Schedules**

A blended learning course for lifeguard training. Course length is 19 hours, 30 minutes in-person, and 7 hours, 30 minutes online. Total: 27 Hours. Provides the minimum necessary skills needed to qualify as a non-surf lifeguard. You must be able to swim a minimum of 300 yards. First Aid and Professional Rescuer CPR are included, and attendance at all classes is mandatory, even if the individual already holds a First Aid/CPR Certificate.

### American Red Cross Water Safety Instructor

Ages: 16+

Certification Course  
**M: \$345 | NM: \$425**

**Please see Web Site for Updated Schedules**

6-8 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.

Contact Brian Doherty (bdoherty@wtsc.com) for further information on either Aquatic Training course.

## PRIVATE SWIM LESSONS - ADULTS OR CHILDREN

Swim Members ONLY. Learn to swim at your own pace with individual attention from your swim instructor. Please contact Alison Smith at [asmith@wtsc.com](mailto:asmith@wtsc.com) for availability.

	Private	*Private Pkg	Semi-Private	*Semi-Private Pkg
<b>Aquatics Director or Sr. Certified WSI Instructor</b>	\$54	\$306	\$38pp	\$216pp
<b>Certified WSI Instructor</b>	\$44	\$249	\$34pp	\$192pp

\*Private Swim Packages and Semi-Private Packages are for **6 lessons**. Package price includes 5% discount.



## WATER FITNESS CLASSES AND WATER WALKING

**Water Fitness Class:** Class is tailored to provide fitness and fun in the water. These FREE classes for swim members and fitness members.

**Water Walking:** Our Water Walking Schedule is designed to give participants their choice of individual water fitness; such as water walking or your own fitness, water-workout in the shallow or deep end of the pool. This class is self directed.

# FITNESS SERVICES

We offer a variety of fitness services to help our members meet their fitness goals, have fun and make connections with other members along the way.

We have over 15,000 sq. ft. of space in our fitness center, which any fitness member can drop-in to work out during open hours. Fitness members can also take advantage of our Personal Training, Small Group Training and UGX services!



## Personal Training

Personal Training is the best way to jumpstart your results no matter what your experience level! Working with a trainer gives you accountability, knowledge, a progressive program and a path to results, as well as safety and fun.

Everyone can benefit from working with a trainer, from youth to seniors, and from beginners to experienced athletes. Programs are specific to the individual's movement patterns and goals. Every individual is unique which means what works for some won't work for all. Programs are meant to progress as you do.

Set up a time to meet with one of our qualified trainers to find the best path to success! Please contact our Fitness Director, Megan Sayre-Scibona with questions, or to schedule a meeting at: [fitness@wtsc.com](mailto:fitness@wtsc.com).

### **Personal Training Program 1 Hour-Sessions\***

4 Sessions \$420/mo (\$105/session)  
8 Sessions \$760/mo (\$95/session)  
12 Sessions \$1020/mo (\$85/session)

\*3 Month Commitment, billed monthly to start

### **Personal Training Paid In Full Packages**

One hour session \$125

8-pack of 1-hour sessions \$960(\$120/session)  
12-pack of 1-hour sessions \$1380 (\$115/session)  
24-Pack of 1 hour session \$2640 (\$110/session)

## Small Group Training

Want to reach your goals in more of a team and community setting? Small Group Training is the perfect choice! Small Group Training is truly the middle ground between Personal Training and Group Exercise, as it is limited to 6 participants and allows the Personal Trainer to easily correct form, progress and regress exercises with more specialized programming and truly cater to the group's needs. This allows for more of a custom feel with the community base.

We can build small training groups around any focus or format: basic fitness, UGX format, sport specific and yoga. Small groups can be made for youth and adults. You can make your own group with some friends or teammates or we can help you find a group that fits your needs.

### **Small Group Training 1 Hour-Sessions\***

4 Sessions: \$37.50 per person, per session (\$150/month)  
8 Sessions: \$30.00 per person, per session (\$240/month)

\*1 Month Commitment, rolled over each month, billed monthly; automatic rollover

## Trainerize

Now included with every Personal Training package! Trainerize is a fitness accountability app, and so much more! Designed to help you stay on track and reach your goals.

Trainerize offers enrolled members:

- Workout Tracking & Habit Tracking
- Accountability
- Structured Planning with Your Trainer
- Communication with Your Trainer and/or Groups
- Workout Scheduling
- Nutrition Tracking: Connects with Fitbit, iWatch or My Fitness Pal

# Join the UGX Team!

UGX stands for ULTIMATE GROUP EXERCISE, and UGX lives up to its name! UGX takes the best of various high-intensity, functional fitness programs and blends them together in one heart pumping environment. It is a challenging circuit-type workout, integrating strength and endurance training. Trainers will model all stations and show modifications. If you want to move better, improve strength, stamina, cardiovascular fitness and body composition – UGX is for you!

## UGX Basic Classes

Free for Fitness Members, our UGX Basic Class is offered 3 times each week: one morning, one mid-day and one evening.

## UGX Add-On Package: \$99/month

Take your WTSC Fitness Membership to the next level with an Ultimate Group Exercise Add-On Package!

A UGX Add-On Package will grant you access to ALL UGX classes. Our new schedule offers 2-3 classes per day. Three classes a week will be open to all Fitness Members.



UGX Add-On Package: \$99/month (for Family, Individual or Couple Fitness Members)



A UGX Add-On Package is included in Personal Training, Small Group Training and/or Nutrition (CTL+ & 12 Week) Program contracts. \*

**Learn more!**

**Follow the QR Code to Open our UGX Add-On Package Brochure:**



**For more information or to register,** contact Megan Sayre-Scibona:  
fitness@wtsc.com.





# Power Project

The Power Project is dedicated to explosive power, increasing overall body strength and various forms of conditioning. It is "Old School" lifting, combined with "New School Science!"

Class Format:

- Mobility and Stretching
- Warm-up Exercise
- Main Lift-Power Movement and/or Traditional Powerlifting
- Accessory Lifts-Builds strength in smaller muscle groups
- Functional Conditioning (tire flips or sledge hammer slams etc.)

Sessions run monthly and start at the beginning of each month.

Wednesdays/Fridays 6:15-7:15 pm

Location: UGX Studio at 30 Oak St.

Led by Dave DiManno, Trainer

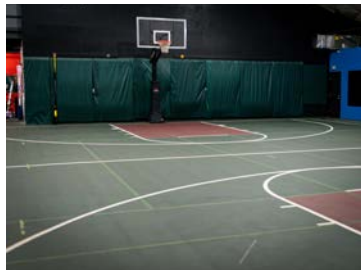


Member \$180 | Non-Member \$270 Minimum of 5 participants

Sign-up by contacting our Fitness Director, Megan Sayre-Scibona: [fitness@wtsc.com](mailto:fitness@wtsc.com).

## ADULT PICK-UP BASKETBALL

Thursday evenings from 7:00-9:00PM and Saturday morning from 9:00-11:00AM. Check online basketball schedule for more details. Open to all levels. Regular guest fees apply. If interested, please leave your contact information at the front desk for Jon Geldart.



## Fit Fun for Youth

Join fitness instructor Jenny Albin for a fun class for youth! Each class will include warm-up exercises, strength training, cardio/endurance training, stretching and FUN! The class is a developmentally appropriate fitness program, and helps children stay active, agile, strong and healthy! It will also help prevent injuries during general play and sports.

Tuesdays/Thursdays

Ages 8 - 14: 5:00 - 5:45 pm

Location: Basketball Court in Fitness

Sessions run according to Children's Programming, see page 3 for registration and session dates.

Members can sign-up at [www.wtsc.com](http://www.wtsc.com).

Non-members, please call the front desk, 508-366-1222 to begin the registration process.

Minimum of 5 participants per group.

Session 1: 9/5-10/29 (8-wks) M \$90\* NM \$108\*

Session 2: 10/30-12/23 (8-wks) M \$112 NM \$148\*\*

Session 3: 1/2-3/17 (10-wks) M \$140 NM \$185

Session 4: 3/18-6/6 (11-wks) M \$154 NM \$203.50

\*Session 1 offered at a special discounted rate.

Cost per class is \$14 for Fitness Members and \$18.50 for Tennis/Swim Members and Non-Members.

Session cost based on signing up for one class per week. \*\*Session fee will be prorated if class falls on a holiday.

## GROUP EXERCISE CLASSES

**All levels of fitness are welcome!**

Group classes are free to fitness members.

We offer several programs, including:

**Les Mills BodyPump, BodyCombat, CORE and RPM**, as well as **Spin, Pilates, Zumba** and a variety of **Yoga** classes.



Please refer to the Group Exercise Schedule for class descriptions and schedule, available at the front desk, in fitness or on our website, [www.wtsc.com](http://www.wtsc.com).

## GROUP EXERCISE WORKSHOP SERIES

If you are new to Group Fitness, come join our Intro. to Group Exercise workshop series! In these workshops you will learn, and get a better understanding of proper technique, form and movement. Beneficial for beginners as well as seasoned members, it provides a great opportunity to ask the instructor questions, learn modifications and progressions. Please visit our website or Facebook page for available dates and times.

For more information regarding our Group Exercise workshops, or if you're new to the club and have questions about Group Exercise, please email Sanjeeta Carey, our Group Exercise Director at [groupx@wtsc.com](mailto:groupx@wtsc.com).



## Pop-Up Classes

From time to time we offer Pop-Up Group Exercise classes. Past classes have included Strong Nation, a Bollywood Dance Party and Pound. We are constantly looking for what's new in Group Ex. and bringing it to our members!

# WELLNESS

Westboro Tennis and Swim Club is excited to announce Wellness Programming! We realize that health and wellness are more than just working out, and we are excited to help our members on a well-rounded journey to wellness.

Please contact our Fitness Director, Megan Sayre-Scibona with questions: [fitness@wtsc.com](mailto:fitness@wtsc.com).

## Personalized Yoga Training

With small group or private yoga training, you can deepen your practice through individual goals. These goals can relate to your understanding of the practice, breathing techniques, meditation, conquering advanced yoga postures, finding correct alignment in poses and/or addressing your specific physical needs. Time will be taken to understand each individual's history, needs and goals.

### **Hour Sessions\***

4 Sessions, 1xweek for 1 month: \$105 per session

8 Sessions, 2xweek for 1 month: \$95 per session

### **Half-Hour Sessions\***

4 Sessions, 1xweek for 1 month: \$55 per session

8 Sessions, 2xweek for 1 month: \$52 per session

### **Small Group Sessions-Hour** (Minimum of 3 members to run)

4 Sessions, 1xweek for 1 month: \$37.50 per person, per session

8 Sessions, 2xweek for 1 month: \$30.00 per person, per session

(1 month commitment, rolled over each month, billed monthly)

\*(3 month commitment, rolled over each month, billed monthly)

### **Meditation & Pranayama**

Join Krystal Maldonis on the last Friday of each month at 6:00PM for Meditation or Pranayama.

Pranayama means breath; in this class you will practice yogic breathing techniques along with light movements. Relax and find your center with meditation. The classes will alternate each month. We will start the fall season with Pranayama in September. Each class is an hour in length, please bring a blanket and bolster or pillow. Free to fitness members. Kids club is available by reservation only. Sign-up required at our Front Desk for both the class and babysitting.

## Nutrition Consulting

### 12 Week Transformation

M \$390  
NM \$485

The 12 Week Transformation is an individual nutritional coaching program that is uniquely designed for each participant. Using your Inbody scan numbers, Michelle will apply a proven formula to determine a personalized macro count that will help you reach your goals. Together with Michelle, you will learn how to balance your nutrition for the long term and maintain your health goals. Contact Michelle Furbush at [mfurbush@wtsc.com](mailto:mfurbush@wtsc.com) for more information.

### Choose to Lose

\$250 (Members only)

Are you ready to take the first step towards a healthier you? This 6-week challenge will help you begin to meet your physical goals as well as educate you on your individual nutrition. You will begin with an InBody scan with Michelle, meet with a cohort for 3 nutrition workshops and end with an individual review and recommendations to move forward. Get ready to become healthier and more confident! Contact Michelle Furbush at [mfurbush@wtsc.com](mailto:mfurbush@wtsc.com) for more information.

Nutrition clients can join a small group training for a discounted price of \$110. The group will meet on Wednesdays, at 6:00pm.

# KIDS CLUB & CHILDRENS PROGRAMS

*\*Session 2 Children's Programs: no classes the week of Thanksgiving  
Note: Program costs based on current membership to those areas of the club*

Session Dates	Registration Dates	No Class
Session 1: 9/5-10/29 (8 Weeks)	M: 8/14   NM: 8/28	
Session 2: 10/31-12/23 (7 Weeks)*	M: 10/16   NM: 10/23	11/20-24
Session 3: 1/2-3/17 (10 Weeks)	M: 12/18   NM: 12/26	2/19-2/25
Session 4: 3/19-5/19 (8 Weeks)	M: 3/4   NM: 3/11	3/31, 4/15-4/21

## CHILDRENS PROGRAMS

<p><b>Gym &amp; Swim</b> Preschoolers 2.9-5 years (must be potty trained) Limit 6 children per class Minimum of 4 to run the class Tuesdays 9:30am-11:00am Thursdays 12:30pm-2pm Fridays 9:30am-11:00am</p>	<p>Gym &amp; Swim for preschoolers is a great way to introduce your child to the gym &amp; pool. After 40 minutes of structured games and activities using music, balls, sports equipment and more, we'll head to the pool for a structured multi-level swim lesson in the water. Parent Participation is NOT required. This is a drop off class.</p> <p>Session 1 - M: \$192   NM: \$224 Session 2 - M: \$168   NM: \$196 Session 3 - M: \$240   NM: \$280 Session 4 - M: \$192   NM: \$224</p>
<p><b>Kids Yoga Classes</b> <span style="color: red; font-weight: bold; border: 1px solid red; border-radius: 50%; padding: 2px;">NEW</span></p> <p><b>Dance &amp; Swim Classes</b></p>	<p>New Classes coming this fall! Check the club website for updates on New Kids Yoga and Dance &amp; Swim classes! More info coming soon!</p>



## VACATION CAMPS

<p><b>Winter Vacation Camp</b> (12/26-12/29) Tues.-Friday</p> <p><b>February Vacation Camp</b> (2/20-2/23) Tuesday-Friday</p> <p><b>April Vacation Camp</b> (4/16-4/19) Tuesday-Friday</p> <p>Ages: *3-10 <i>*camper must be potty trained</i></p> <p>Full Day: 9am-4pm Half Day: 9am-1pm</p>	<p><b>Member</b> Half Day: \$58   Full Day: \$100 (4) Half Day: \$210   Full Day: \$347</p> <p><b>Non-Member</b> Half Day: \$70   Full Day: \$121 (4) Half Day: \$252   Full Day: \$415</p> <p><i>Extended Day: 7:30-9am   4pm-6pm M: \$15/hr/child   NM: \$20/hr/child</i></p>	<p>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.</p>
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## SUMMER CAMPS

KinderCamp and Sports & Swim Camps available (ages 3+). Information available on the website, [www.wtsc.com](http://www.wtsc.com), starting January 2024.

## KIDS CLUB BABYSITTING

### Kids Club Babysitting

Monday-Friday  
8:30am-1pm

Monday-Thursday  
4pm-8pm\*

Saturday/Sunday:  
8am-1pm

*\*Advance reservation required for children 3 and under between the hours of 4-8pm. Signup can be done by email to [bjohnsen@wtsc.com](mailto:bjohnsen@wtsc.com)*

*eff. 8/28/23*

(Ages 3 months – 11 Years)

There are NO babysitting fees for children who are part of a family membership. Children may be left for up to 3 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. New arcade room and multi-ball interactive sport wall for all ages (children under 7 can use with supervision). Parents **MUST** remain on premises while children are enrolled in Kids' Club. Please visit Kids' Club for a complete list of policies.

## BIRTHDAY PARTIES

Your child's birthday celebration is a very special event. Our goal is to make planning your child's party an easy and enjoyable experience. We take care of all the arrangements. We provide 2 party planners who will do all the set up, clean up and everything in between! We offer a variety of options from toddler & preschool parties at our kids club to gym & swim and all swim parties for ages 5 and up at the main club.

Please go to the club website to view our Birthday Party brochure or to fill out a party request form. Contact Betsy Johnsen at [bjohnsen@wtsc.com](mailto:bjohnsen@wtsc.com) if you have a additional questions.



Happy Birthday



**WESTBORO TENNIS & SWIM CLUB**  
35 Chauncy St. Westborough, MA 01581  
508.366.1222 | info@wtsc.com  
wtsc.com



## We Want To Hear From You!

Like us on Facebook and receive ONE free guest pass!

Write a review on our Facebook page and you'll receive TWO free guest passes.

Send an email to Krystal Maldonis at [kmaldonis@wtsc.com](mailto:kmaldonis@wtsc.com) to let us know that you've liked and/or reviewed us, and we'll have your guest passes waiting for you at the front desk. Earn up to THREE free guest passes, valued at \$45.

Scan the QR code to view our Facebook page!



Find us at: [www.facebook.com/thewestboroclub](https://www.facebook.com/thewestboroclub)  
[www.instagram.com/thewestboroclub](https://www.instagram.com/thewestboroclub)