



## WESTBORO TENNIS & SWIM CLUB

Fall/Winter 2022 | Spring 2023

Program Brochure

35 Chauncy St. Westborough, MA 01581

508.366.1222 | info@wtsc.com

wtsc.com



Scan for  
online brochure.

Find us on 

## **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 watch for email updates. Thanks again for being members or participants at WTSC!

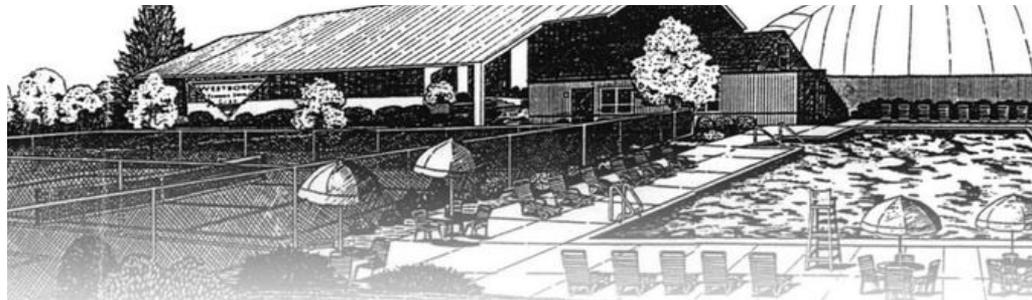
Justin Lundberg  
General Manager

## **WHO'S WHO**

General Manager: Justin Lundberg  
Front Desk Service Director: Cindy Peters  
Front Desk Supervisor: Sherri Dilling  
Tennis Director | Head Pro: Michael Zatsiorsky  
Women's Tennis Program 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 Coach: Alison Smith  
Fitness Director: Rick Bounds  
Group Exercise Director: Sanjeeta Carey  
Camp Director | Children's Program Director: Betsy Johnsen  
Membership Director: Jessica Kaiser  
Billing Inquiries: 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: Debbie O'Brien (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**

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

## **KIDS CLUB HOURS (Effective Aug. 29th)**

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

## **GUEST FEES**

A guest is any non-member wishing to use the Club with a host member. This also includes: winter members as guests during the summer, 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 Pass	\$10.00	\$10.00	\$7.00
Tennis Only	\$7.00	\$7.00	\$7.00

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

## Vacation Schedule

**Winter Vacation: December 24th - January 2nd**  
 Open | Vacation Camp | Regular GEX

**February Vacation: February 20th-26th:**  
 Open | Vacation Camp | No Programs | Regular GEX

**April Vacation: April 17th-23rd**  
 Open | Vacation Camp | No Programs | Regular GEX

## Holiday Observation Schedule

**Labor Day - Monday, September 5th**  
 Special Hours: 8am-8pm | No Programs | No GEX

**Indigenous Peoples' Day - Monday, October 10th**  
 Regular Hours and Programs

**Veteran's Day - Friday, November 11th**  
 Regular Hours and Programs

**Thanksgiving - Thursday, November 24th**  
 Special Hours: 7am-10am | No Programs | No GEX

**Thanksgiving Friday - Friday, November 25th**  
 Regular Hours | No Programs | No GEX

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

**Christmas Day - Sunday, December 25th**  
 CLUB CLOSED

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

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

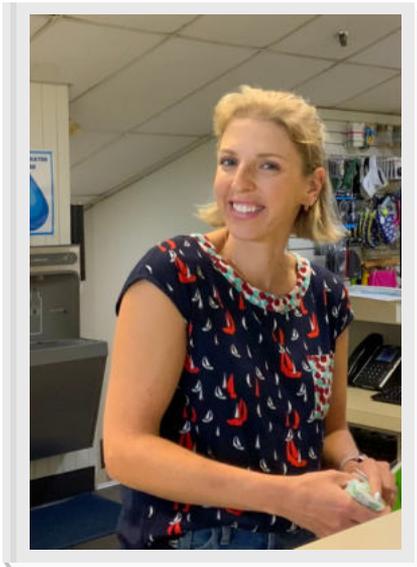
**President's Day - Monday, February 20th**  
 Regular Hours | No Programs | Regular GEX

**Good Friday - Friday, April 7th**  
 Regular Hours and Programs

**Easter - Sunday, April 9th**  
 Special Hours: 7am-12pm | No Programs | No GEX

**Patriots Day - Monday, April 17th**  
 Regular Hours | No Programs | Regular GEX

**Memorial Day - Monday, May 29th**  
 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 pro-rated 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 bottom.

## 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 set up your login account. All other participants need to register in person. Class costs will be pro-rated when class days fall on vacation days and certain holidays. There are no make-ups for missed classes. A \$20 annual fee is required for all non-members registering for programs, clinics or lessons.

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

## TENNIS REGISTRATION & SESSION INFORMATION

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@wts.com) at least 2 weeks prior to that 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.

Session Dates	Registration Dates	No Class
Session 1: 9/6-10/30 (8 Weeks)	M: 8/9   NM: 8/23	
Session 2: 10/31-12/23 (8 Weeks)	M: 10/11   NM: 10/25	11/24-25
Session 3: 1/3-3/19 (10 Weeks)	M: 12/13   NM: 12/27	2/20-2/26
Session 4: 3/20-6/11 (11 Weeks)	M: 2/28   NM: 3/14	4/9, 4/17-4/23, 5/29

## SWIM REGISTRATION & SESSION INFORMATION

Registration dates are for Parent/Tot Programs, Adult Programs and Red Cross Lessons. THESE ARE SWIMMEMBER ONLY CLASSES. 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: 9/6 - 10/30 (8 Weeks)	M: 8/15	
Session 2: 10/31 - 12/23 (8 Weeks)	M: 10/17	11/24-25
Session 3: 1/3 - 3/19 (10 Weeks)	M: 12/19	2/20-2/26
Session 4: 3/20 - 5/21 (8 Weeks)	M: 3/6	4/9, 4/17-4/23

## CHILDRENS PROGRAMS REGISTRATION

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

Session Dates	Registration Dates	No Class
Session 1: 9/6-10/30 (8 Weeks)	M: 8/15   NM: 8/29	
Session 2: 10/31 - 12/23 (7 Weeks)*	M: 10/17   NM: 10/24	11/22-26
Session 3: 1/3 - 3/19 (10 Weeks)	M: 12/19   NM: 12/26	2/20-2/26
Session 4: 3/20 - 5/21 (8 Weeks)	M: 3/6   NM: 3/13	4/17-4/23

\*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@wts.com](mailto:mz@wts.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.

**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, TTP or Swim Team. Make-ups for swim classes canceled due to inclement weather may be re-scheduled on school vacation weeks or other available days.

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

Cancellation will be determined as follows: If school is cancelled/delayed in Westboro - all programs, including aerobics/water fitness, with a starting time prior to 10:30am will NOT RUN. All programs 10:30am on 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

### **1 Hour Private Lessons**

#### Head Tennis Pro

Member: \$102 | Non-Member: \$153

#### Assistant Head Pro

Member: \$99 | Non-Member: \$148.50

#### Senior Tennis Pro

Member: \$97 | Non-Member: \$145.50

#### Assistant Tennis Pro

Member: \$94 | Non-Member: \$141

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

#### Head Tennis Pro

Member: \$53.50 pp | Non-Member: \$80.25 pp

#### Assistant Head Pro

Member: \$52 pp | Non-Member: \$78 pp

#### Senior Tennis Pro

Member: \$51 pp | Non-Member: \$76.50 pp

#### Assistant Tennis Pro

Member: \$49.50 pp | Non-Member: \$74 pp

## COURT INFORMATION

### **INDOOR ADULT COURT FEES**

\$42/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**

\$32/hr with 3-day advance booking

\$20/hr walk-on rate

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

**Gut: \$75**

**All other string: \$37-\$45**

**Provide own string: \$25**

**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. For more information, please contact our Head Tennis Pro, Michael Zatsiorsky at 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.  \$51.00 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!  Contact Michael Zatsiorsky for more information.

## 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+ See the Tennis Department for DBH Schedule.	TBD Practice  Div. I, IA, II Wednesday Match  Div. III, IV Thursday Match	\$1433	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. Please contact Michael Zatsiorsky (mz@wtsc.com) for more information.
<b>SPRING LEAGUE</b> 3.5+ - 4.2+ Practice: 1.5 hours	Practice TBA	\$370	Season runs: April to Mid June (7 Weeks) Competitive Interclub Doubles. Please contact Michael Zatsiorsky (mz@wtsc.com) to sign up.
<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: \$51	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!  Contact Michael Zatsiorsky for more information.

## 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. Contact Michael Zatsiorsky for more information.
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Times, dates, prices and hours are subject to change at any time. Westboro Tennis & Swim Club is not responsible for errors herein. Policies and procedures may change at any time without notice. Further information on policies is found online and in our membership handbook and application. Pricing and availability is subject to change without notice. We will not honor typos or misprints.

# TENNIS - ADULT TENNIS PROGRAMS

## **MENS PROGRAMS**

PROGRAM	DAY & TIME	COST	DESCRIPTION
<u><b>In-House League Singles &amp; Doubles 3.4+</b></u>	Saturday 7:30am-12pm	\$138* 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. Contact: Zach O'Leary to sign up.
<u><b>Doubles Round Robin 3.5+</b></u>	Wednesdays 8pm-10pm	M: \$17	Weekly sign-up. Cost per person. Contact: Zach O'Leary at zoleary314@gmail.com for more information or to sign up.
<u><b>Sunrise Singles Ladder: All Levels</b></u>	Monday-Friday 6am-9am	\$22.50* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from September-December and January-May. Contact: Zach O'Leary to sign up.
<u><b>Night Owl Singles Ladder: All Levels</b></u>	Monday-Friday 8pm-10pm	\$28* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from September-December and January-May. Contact: Zach O'Leary to sign up.

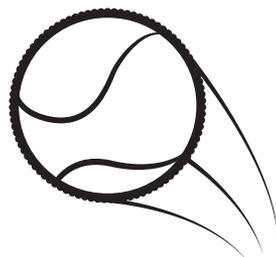
## **WOMENS PROGRAMS**

PROGRAM	DAY & TIME	COST	DESCRIPTION
<u><b>Singles Ladder/League Contact: Mike Z.</b></u>	Sunday-Saturday Arranged by Player	\$28* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.
<u><b>Women's In-House Round Robin 3.2+</b></u> <i>(both singles &amp; doubles based on sign-ups</i>	Tuesdays 8pm-10pm	\$17 per week	Weekly sign up cost per person. Contact Michael Zatsiorsky to sign up.

\* Registration fee or drop-off fee may apply

## **MIXED PROGRAMS**

PROGRAM	DAY & TIME	COST	DESCRIPTION
<u><b>Mixed Doubles Social 3.0+</b></u> Contact: Mike Z.	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!
<u><b>Co-ed In-House Round Robin 3.2+</b></u> <i>(both singles &amp; doubles based on sign-ups</i>	Sundays 1:30pm-3pm	\$17 per week	Weekly sign up cost per person. Contact Michael Zatsiorsky to sign up.
<u><b>Mixed Doubles USTA Leagues</b></u>	Fridays	TBD	See Interclub League section for more details.



# TENNIS - ADULT TENNIS PROGRAMS

<b>Session Dates</b> See page 3 for Registration Dates.
Session 1: 9/6 - 10/30 (8 Weeks)
Session 2: 10/31 - 12/23 (8 Weeks)
Session 3: 1/3 - 3/19 (10 Weeks)
Session 4: 3/20 - 6/11 (11 Weeks)

Adult Clinics			
	8 Week	10 Week	11 Week
1 Hr.	M: \$272   NM: \$408	M: \$340   NM: \$510	M: \$374   NM: \$561
1.5 Hr.	M: \$408   NM: \$612	M: \$510   NM: \$765	M: \$561   NM: \$842

**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.

## ADULT BEGINNER COED TENNIS CLINICS

<b>Quickstart Adults:</b> <b>Beginner Level</b>	Monday: 12:30-2pm Friday: 7pm-8:30pm	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!
<b>8 Weeks</b> M: \$280   NM: \$360	2 Session Maximum per person	
<b>10 Weeks</b> M: \$350   NM: \$450		
<b>11 Weeks</b> M: \$385   NM: \$495		

## MENS TENNIS CLINICS

<b>Coed Beginner Clinic 2.8+</b>	Sunday: 2:30pm-4pm Monday: 7:30pm-9pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Advanced Beginner Clinic 3.2+</b>	Monday: 6:30pm-8pm Tuesday: 7:30pm-9pm Sunday: 4pm-5:30pm	Designed to improve your strokes and tactics!
<b>Men's Stroke &amp; Strategy</b>	Tuesday: 8pm-9:30pm	Advanced shot making and tactics for doubles and singles.
<b>Early Bird Clinic 3.5+</b>	Tuesday: 7am-8:30am	Great for ladder prep!
<b>Coed Workout Clinic 3.8+</b>	Monday: 8pm-9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Coed Match Preparation Clinic 3.8+</b>	Monday: 8pm-9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke mechanics.

## WOMENS TENNIS CLINICS

<b>Coed Beginner Clinic: 2.8+</b>	Sunday 2:30pm-4pm Monday 7:30pm-9pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Beginner Clinic: 2.8+</b>	Tuesday: 9am-10:30am Wednesday: 12pm-1:30pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Advanced Beginner Clinic: 3.2+</b>	Monday 6:30pm-8pm Tuesday 7:30pm-9pm Sunday 4pm-5:30pm	Designed to improve your strokes and tactics!
<b>Advanced Beginner Clinic: 3.2+</b>	Tuesday 9-10:30am Wednesday 10:30am-12pm Friday 12pm-1:30pm	Designed to improve your strokes and tactics!
<b>Intermediate Stroke &amp; Strategy 3.5+</b>	Thursday 7pm-8:30pm Friday 10:30am-12pm	Advanced shot making and tactics for doubles and singles.
<b>Coed Workout Clinic 3.8+</b>	Monday 8pm-9:30pm	Fast paced movement and hitting drills improves quickness, shot making and stamina.
<b>Coed Match Preparation Clinic 3.8+</b>	Monday 8pm-9:30pm	High intensity clinic that will focus on point construction and stroke mechanics.
<b>Coed Aerobic Tennis All Levels</b>	Wednesday 6:30pm-8pm Friday 9am-10:30am	This is a FAST paced workout clinic to music. You will improve your strokes, your ability and your endurance.

# TENNIS - JUNIOR TENNIS PROGRAMS

<b>Session Dates</b> See page 3 for Registration Dates.
Session 1: 9/6 - 10/30 (8 Weeks)
Session 2: 10/31 - 12/23 (8 Weeks)
Session 3: 1/3 - 3/19 (10 Weeks)
Session 4: 3/20 - 6/11 (11 Weeks)

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

Minilobbers, Red Stage 1, Orange Stage 1			
	8 Week	10 Week	11 Week
45 Min.	M: \$208   NM: \$260	M: \$260   NM: \$325	M: \$286   NM: \$357.50
1 Hr.	M: \$240   NM: \$300	M: \$300   NM: \$375	M: \$330   NM: \$412.50
All other Junior Clinics (except Varsity Prep and Varsity)			
	8 Week	10 Week	11 Week
1 Hr.	M: \$240   NM: \$360	M: \$300   NM: \$450	M: \$330   NM: \$495
1.5 Hr.	M: \$360   NM: \$540	M: \$450   NM: \$675	M: \$495   NM: \$743
2 Hr.	M: \$480   NM: \$720	M: \$600   NM: \$900	M: \$660   NM: \$990

**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>Minilobbers Beginner: Ages 4-6</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>QS Red Stage 1: Ages 6-8</b>                      Monday 3:30pm-4:30pm                      Wednesday 5:30pm-6:30pm                      Friday 3:30pm-4:30pm                      Saturday 2pm-3pm</p>	<p>Players will be using a 36' court and Red balls. Basic stroke shape will be introduced along with proper movement and recovery. Students will focus on receiving and sending the ball as well as developing overall agility. Players will be introduced to competitive situations using skill based tasks performed in teams. Students will learn match format and scoring.</p>
<p><b>QS Red Stage 2: Ages 6-8</b>                      Monday 3:30pm-4:30pm                      Wednesday 5:30pm-6:30pm                      Friday 3:30pm-4:30pm                      Saturday 2pm-3pm</p>	<p>These players are ready to compete on a 36' court. The concept of spinning the ball will be introduced. Students will continue working on developing basic technique and acquiring better directional control of the shots. Students will be encouraged to start match play and tournament play. (Instructor permission required)</p>
<p><b>QS Orange Stage 1: Ages 9-11</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>QS Orange Stage 2: Ages 9-11</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 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. (Instructor permission required)</p>
<p><b>QS Green Stage 1: Ages 11-12</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>QS Green Stage 2: 12 &amp; Under</b>                      Monday 4:30pm-6pm                      Tuesday 4pm-5:30pm                      Thursday 4pm-5:30pm                      Saturday 3pm-4:30pm</p>	<p>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. Students will work on mixing up pace and spin. To move to the next level, students are expected to play out points using variety of spins and play patterns. Pre-screening is required for sign up.</p>

# TENNIS - JUNIOR TENNIS PROGRAMS

## JUNIOR TENNIS CLINICS CONT.

<p><b>Older Beginners: Ages 13-17</b>  Monday 3:30pm-4:30pm  Friday 3:30pm-4:30pm  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 14-17</b>  Monday 4pm-5:30pm  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 prepare students to play on Varsity teams. Pre-Screening is required for sign-up. For pre-approval, contact Chris Roginski at stringergirl06@yahoo.com</p>
<p><b>Junior Aces / Intermediate: Ages 11-14</b>  Tuesday 4:30pm-6pm  Friday 5:30pm-7pm  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. For pre-approval, contact Chris Roginski at stringergirl06@yahoo.com.</p>

## Varsity Prep and Varsity Program

	8 Week	10 Week	11 Week
1.5 Hr.	M: \$408   NM: \$612	M: \$510   NM: \$765	M: \$561   NM: \$841.50
2 Hr.	M: \$544   NM: \$816	M: \$680   NM: \$1020	M: \$748   NM: \$1122



## VARSITY PREP PROGRAM

<p><b>Varsity Prep Program</b>  (Ages 12-14)</p> <p><b>Monday 3:30pm-5:30pm (2 Hrs.)</b>  <b>Friday 3:30pm-5pm (1.5 Hrs.)</b>  <b>Saturday 4:30pm-6pm (1.5 Hrs.)</b></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. (Players may only sign-up for this class with the permission of the instructor)</p> <p>For pre-approval, contact Chris Roginski at stringergirl06@yahoo.com.</p>
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## VARSITY PROGRAM

<p><b>Varsity Program</b></p> <p><b>Thursday 3:30pm-5:30pm</b>  <b>Sunday 10am-12pm</b>  <b>Sunday 12pm-2pm</b>  <b>Sunday 2pm-4pm</b></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.</p>
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### 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)

### ITP 1 Intensive Tennis Program 1

Fall: 9/6-12/23 | Tuition: \$1945  
Winter: 1/3-3/19 | Tuition: \$1211  
Spring: 3/20-6/11 | Tuition: \$1340

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 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).

### ITP 2 Intensive Tennis Program 2

Fall: 9/6-12/23 | Tuition: \$1761  
Winter: 1/3-3/19 | Tuition: \$1145  
Spring: 3/20-6/11 | Tuition: \$1257

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: 9/6-12/23 | Tuition: \$1761  
Winter: 1/3-3/19 | Tuition: \$1145  
Spring: 3/20-6/11 | Tuition: \$1257

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: 9/6-12/23 | Tuition: \$2168  
(31 Lessons)  
Winter: 1/3-3/19 | Tuition: \$1420  
(22 Lessons)  
Spring: 3/20-6/11 | Tuition: \$1556  
(22 Lessons)

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

This Program is designed to prepare players for competition in Level 5 & 6 tournaments (depending on age).

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, chart progress and review video analysis.

# TENNIS - JUNIOR TENNIS PROGRAMS

## PARENT/CHILD TOURNAMENTS

<p><b>Parent/Child Tournaments: All Levels</b></p> <p>December 31st from 12pm-2pm \$25 per team</p>	<p>Call the Tennis Department or Front Desk for more details. Please contact Chris Roginski at stringergirl06@yahoo.com.</p>
<p><b>Parent/Child Quickstart Tournaments</b></p> <p>Selected Sundays from 2pm-4pm \$25 per team</p>	<p>Quickstart Tennis! Adults and kids will play together on mini courts, using low compression tennis balls. <b>TENNIS EXPERIENCE IS NOT NECESSARY.</b> All levels are welcome. If you've never played tennis before, this is the best way to learn. \$25 per team. Please contact Chris Roginski at stringergirl06@yahoo.com.</p>

## JUNIOR TENNIS PLAY DAYS

<p><b>Quickstart Orange Play Day</b></p> <p>Sundays from 12pm-1pm   1pm-2pm \$20/week</p>	<p>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 Chris Roginski at stringergirl06@yahoo.com.</p>
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## JUNIOR TENNIS LADDERS

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

<p><b>Intermediate Junior Ladder</b></p> <p>Pre-qualification is required (USTA Green Balls are used)</p> <p>Friday-Sunday (Arranged by Players) \$16* per match   \$10 Registration Fee</p>	<p>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.</p>
<p><b>Advanced Junior Ladder</b></p> <p>Friday-Sunday (Arranged by Players) \$24* per match   \$10 Registration Fee</p>	<p>For the more experienced player. This program offers a competitive 1 1/2 hour singles match per week. Ladder runs September - May.</p>
<p><b>Varsity Ladder</b></p> <p>Friday-Sunday (Arranged by Players) \$24* per match   \$10 Registration Fee</p>	<p>For players who are currently in high school. 1.5 hour singles match per week. Ladder runs Sept-March.</p>

\*\$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/>.

- Contact the front desk in order to reserve a Pickleball court. It is not possible to reserve Pickleball courts online.
- You must be a member in order to reserve a court. Any fitness, swim or tennis members may book Pickleball courts.
- Pickleball court fees start at \$17/hour. (The fee will be divided by the number of players on the booking.)
- Courts may be booked in 1-hour and 1.5-hour increments.
- 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.
- Courts may be booked 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.
- We have Racquets available. All players must check in at the desk and use proper tennis court etiquette.

## **PRICING**

**We offer round robins, private, semi-private and group pickleball lessons.**

Round Robin: M: \$10 | NM: \$15

Private: M: \$80 | NM: \$120

Semi-Private: M: \$45pp | NM: \$67.50pp

3-Person: M: \$30pp | NM: \$45pp

4-Person: M: \$25pp | NM: \$37.50pp

**For more information, please contact Karin Houghton at [kh.pickleball@gmail.com](mailto:kh.pickleball@gmail.com).**

# 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 lead 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! **Childrens Specialty Programs, 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 Brian Doherty or Alison Smith. **Questions regarding placement should be directed to Alison Smith prior to registration. Email: [asmith@wtsc.com](mailto:asmith@wtsc.com)**

Parent Tot / Red Cross Lessons	
Session 1: 9/6-10/30 (8 Weeks)	M: \$212*
Session 2: 10/31-12/23 (8 Weeks)	M: \$212*
Session 3: 1/3-3/19 (10 Weeks)	M: \$265*
Session 4: 3/20-5/21 (8 Weeks)	M: \$212*

Water Babies & Water Tots (Saturdays)	
Non-Member Registration	
Session 1: 8/29	NM: \$300
Session 2: 10/24	NM: \$300
Session 3: 12/26	NM: \$375
Session 4: 3/13	NM: \$300

\*See page 3 for Member Registration

\*See Adult Specialty Swim for adult class fees

## CHILDRENS SPECIALTY SWIM PROGRAMS

<p><b>Water Babies</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>Water Tots</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>Aqua Tots</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>Adult Learn to Swim</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: \$256   10 Wk: \$320</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: \$256   10 Wk: \$320</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 Times are available on the club website or see insert but 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 or call us prior to enrollment.*

## 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 floatation 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 floatation aids and be able to do skills without floatation aid to progress to level 3.

### 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 floatation**, 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.

<b>RAIDERS PREP CLINIC</b>	
<p><b>Raiders Prep Clinic: Ages 6-16</b></p> <p><b>Session 1: 9/6-10/27   M: \$260   NM: \$390</b>  <b>Registration Date: M: 8/15   NM: 8/29</b></p> <p><b>Session 2: 11/1-12/22   M: \$260   NM: \$390</b>  <b>Registration Date: M: 10/17   NM: 10/24</b></p> <p><b>Session 3: 1/3-3/16   M: \$325   NM: \$487.50</b>  <b>Registration Date: M: 12/19   NM: 12/26</b></p> <p><b>Session 4: 3/21-5/18   M: \$260   NM: \$390</b>  <b>Registration Date: M: 3/6   NM: 3/13</b></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: 4:30pm-5:30pm (10 &amp; Under)</b>  <b>Tuesday/Thursday: 4:30pm-5:30pm (11 &amp; Over)</b></p>

**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-Member participants may signup online ONLY if they have filled out a Participants Application previously. These applications are available on our website or the front desk. \$50.00 is non-refundable if you withdraw from Raiders Swim Team. No make-ups for missed practices. Non-Members are required to pay a \$20 registration fee.

<b>RAIDERS SWIM TEAM</b>		
<p><b>Fall Swim Team</b></p> <p><b>Session: 9/12-11/4</b></p> <p><b>Registration Dates</b>  M: 8/15   NM: 9/6</p>	<p><b>Ages 7-10 (M: \$345   NM: \$495)</b>  Monday, Wednesday, Friday  4:15pm-5:15pm  5:15pm-6:15pm</p> <p><b>Ages 11-17 (M: \$395   NM: \$545)</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 "fluid mechanics" program will also mentally prepare swimmers to "swim smart" at meets.</p>
<p><b>Winter Swim Team</b></p> <p><b>11/14 to Mid-March</b></p> <p><b>Registration Dates</b>  M: 10/24   NM: 10/31</p>	<p><b>Ages 7-10 (M: \$465   NM: \$625)</b>  Monday, Wednesday, Friday  4:15pm-5:15pm  5:15pm-6:15pm</p> <p><b>Ages 11-17 (M: \$535   NM: \$670)</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: 3/20-5/19</b>  M: \$310   NM: \$445</p> <p><b>Registration Dates</b>  M: 3/6   NM: 3/13</p>	<p><b>Ages 7-10</b>  Monday, Wednesday, Friday  4:30pm-5:30pm</p> <p><b>Ages 11-17</b>  Monday, Wednesday, Friday  4:30pm-5:30pm  5:30pm-6:30pm</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

**Session: 9/12-11/18 (10 Weeks)**

M: \$345 | NM: \$495

### **Registration Dates**

M: 8/15 | NM: 8/29

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**

**3:15pm-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**

5-6 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 300 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.

### 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.

## **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 Package	Semi -Private	Semi - Private Package
<b>Aquatics Director or Sr. Certified WSI Instructor</b>	\$50	\$300	\$32pp	\$192pp
<b>Certified WSI Instructor</b>	\$40	\$240	\$27pp	\$162pp



## **WATER FITNESS CLASSES**

Please check our current group exercise or group schedule for a list of these FREE classes for swim members and fitness members. Each class is tailored to provide fitness and fun in the water. Check our current schedule for more details.

# 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: 9/6-10/30 (8 Weeks)	M: 8/15   NM: 8/29	
Session 2: 10/31 - 12/23 (7 Weeks)*	M: 10/17   NM: 10/24	11/22-26
Session 3: 1/3 - 3/19 (10 Weeks)	M: 12/19   NM: 12/26	2/20-2/26
Session 4: 3/20 - 5/21 (8 Weeks)	M: 3/6   NM: 3/13	4/17-4/23

## CHILDRENS PROGRAMS

### Gym & Swim

Preschoolers 2.9-5 years (must be potty trained)

Limit 6 children per class  
Minimum of 4 to run the class

Tuesdays 9am-10:30am  
Wednesday: 9am-10:30am  
Thursdays 12:30pm-2pm

Gym & Swim for preschoolers is a great way to introduce your child to the gym & 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.

Session 1 - M: \$176 | NM: \$220  
Session 2 - M: \$154 | NM: \$192.50  
Session 3 - M: \$220 | NM: \$275  
Session 4 - M: \$176 | NM: \$220

### Kangaroo & Joelys

Ages: 12-36 months

Limit 6 children per class  
Minimum of 4 to run the class

Thursdays 9:30am-10:30am

Come join us for a fun new class! This class is the perfect way to get out and get active with your little one. Not only will you enjoy singing, dancing, jumping, and getting creative together; you'll both have fun socializing with your peers!

Session 1 - M: \$96 | NM: \$116  
Session 2 - M: \$84 | NM: \$101.50  
Session 3 - M: \$120 | NM: \$145  
Session 4 - M: \$96 | NM: \$160

## VACATION CAMPS

### February Vacation Camp

(2/21-2/24) Tuesday-Friday

### April Vacation Camp

(4/18-4/21) Tuesday-Friday

Ages: \*3-10

*\*camper must be potty trained*

Full Day: 9am-4pm

Half Day: 9am-1pm

### Member

Half Day: \$55 | Full Day: \$95  
(4) Half Day: \$200 | Full Day: \$330

### Non-Member

Half Day: \$66 | Full Day: \$115  
(4) Half Day: \$240 | Full Day: \$396

*Extended Day: 7:30-9am | 4pm-6pm  
M: \$15/day | NM: \$20/day*

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.

## 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*

eff. 8/29/22

(Ages 3 months – 11 Years)

There are NO babysitting fees for children who are part of a family membership. Children may be left for 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.

### Birthdays Parties

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

### Summer Camps

KinderCamp and Sports & Swim Camps available (ages 3+). Information available on the website starting January 2023

# **ADULT - FITNESS**

## **PERSONAL TRAINING**

Get custom workouts geared to your own personal fitness needs and the perfect trainer to assist you with achieving your fitness goals. Do not hesitate when it comes to looking and feeling your best. For more information on Personal Training options, contact Rick Bounds at [rbounds@wtsc.com](mailto:rbounds@wtsc.com).

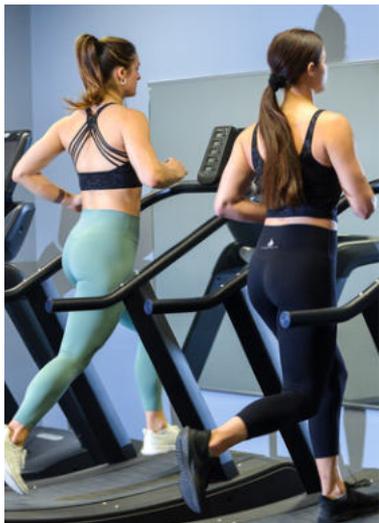
### **Ultimate 8-Week Member Experience (\$99)**

New in Fitness is our Ultimate 8-Week Experience! Whether you're a beginner or a committed athlete, you can benefit from the education, screening, progressive plan, connections, and accountability that our Ultimate 8-Week Experience can give you.

Included in this program

- An initial 1 on 1 appointment with a Fitness Advisor during which you will:
  - Experience a comprehensive review of your health and fitness history
  - Participate in an assessment to discover your strengths, weaknesses, functional movement patterns and balance
- Two personal training demos with one of our personal trainers
- A second follow up appointment with your fitness advisor to see how you are progressing, and to provide feedback to see how we can best support you as we continue on your fitness journey

For more information, contact Stephanie Lundberg at [steph@wtsc.com](mailto:steph@wtsc.com) or a membership representative.



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## **Group Exercise Classes**

Group Exercise Classes are free for Fitness Members!

We offer several Les Mills Programs: BodyPump, BodyCombat, CORE, and RPM as well as Cycling, UGX and a variety of mind body classes.

Please refer to the Group Exercise Schedule for class days, times and descriptions. Schedule updates available on the club website and at the Front Desk.

## **Group Exercise Workshops**

Come join our introduction to our Group Exercise series! In these workshops you will get a better understanding of the classes we offer, proper technique, form and movement. Provides a great opportunity to ask the instructor questions, learn modifications and progressions. Our workshops are beneficial for beginners as well as seasoned members.

Workshop dates and times will be announced on our website and our Facebook page. For more information regarding our workshops or if you are new to the club and have questions, please email Sanjeeta Carey at [groupp@wtsc.com](mailto:groupp@wtsc.com).





## THINKLITE AIR

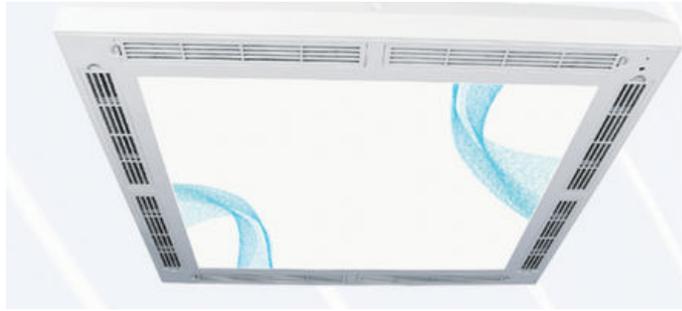
A cutting edge technology that provides a comprehensive system of protection for both air and surfaces to provide the safest possible environment for our members. ThinkLite Air has multiple elements and you will notice them in different locations throughout the facility, as well as air monitoring elements that constantly sample the air and update us in real time as to the indoor air quality.

<https://www.thinkliteair.com/air-scrubber-2/>

## AIRPHX

As part of providing members and staff the safest possible environment, in addition to electrostatic spraying nightly, daily surface cleaning, and Ultraviolet Lights in the ductwork, we have installed the AirPHX system to constantly clean and disinfect the air and surfaces. AirPHX has been tested effective in neutralizing Coronavirus nearly identical in structure to Covid-19, with the theory being that it is also effective in destroying Covid-19 (keep in mind that testing of the specific Coronavirus Covid-19 is extremely limited due to government restrictions in releasing the virus to laboratories)

<https://airphx.com/>



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## 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 Debbie O'Brien at [dobrien@wtsc.com](mailto:dobrien@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.

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

Scan the QR code to view our Facebook page!

