

SUMMER BROCHURE



2023



WESTBORO TENNIS & SWIM CLUB

35 Chauncy St. Westborough, MA 01581

508.366.1222 | info@wtsc.com

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.

GREETINGS FROM THE GENERAL MANAGER

Welcome to the warm weather season at Westboro Tennis and Swim Club! We are excited to bring you some new and exciting programs this season. This brochure serves as a guide for all of our Summer Programs. In August we'll publish our Fall/Winter/Spring Brochure. We hope to see you at our many fun and free events during the summer for members! As always, please like us on Facebook, and visit the Club's website often for updates on programs and events.

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 Coordinator: Chris Roginski
Men's Tennis Coordinator: Zach O'Leary
Aquatics Director: Brian Doherty
Assistant Aquatics Director: Alison Smith
Raiders Swim Team 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: Jaqueline Katz (Ext. 13)
Membership Consultant: Erin O'Toole (Ext. 21)
Membership Consultant: Julia O'Neil-Welch (Ext. 21)
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

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 - 9:00PM*

*9:00PM daylight permitting
 otherwise 8:00PM

FITNESS

Monday - Thursday 6:00AM - 10:00PM
 Friday - 6:00AM - 9:00PM
 Saturday/Sunday- 7:00AM - 8:00PM

KIDS CLUB HOURS (Effective June 19th)

Monday - Sunday 8:00AM - 1:00PM
 Monday - Thursday*4:00PM - 8:00PM

*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.

HOLIDAY HOURS

Memorial Day - Monday, May 29

Club Holiday Hours: 8:00AM-8:00PM
 (No GEX Classes)
 Kids Club: 8:00AM-12:00PM

Independence Day - Tuesday, July 4

Club Holiday Hours: 8:00AM-8:00PM
 (No GEX Classes)
 Kids Club: 8:00AM-12:00PM

Labor Day - Monday, September 4

Club Holiday Hours: 8:00AM-8:00PM
 (No GEX Classes)
 Kids Club: 8:00AM-12:00PM

Hours, Programs, & Policies, are subject to change without notice. Pricing & availability are subject to change without notice. We will not honor typos or misprints.



Guest Type	Adult	Child (2-18)	Senior (60+)
Guest Pass Swim / Fitness	\$15.00	\$15.00	\$10.00
Tennis Only	\$10.00	\$10.00	\$10.00

REGISTRATION

Members can register for all of our programs online, by phone, or in person on registration dates listed below. **Non-members** can utilize online registration after submitting a Non-Member Waiver (Participant Application) and paying the \$20 annual fee. Non-Members can sign up on non-member registration dates listed below. For any registration questions, please contact the front desk at 508-366-1222.

Note: Program Cost Is Based On Membership To Specific Areas Of The Club. For Registration Guidelines, see our Policy Handbook for complete details.

TENNIS REGISTRATION

4-Week Clinic Registration: Tennis Member Registration for adult and junior clinics can be done online, over the phone or in-person. Please call 508-366-1222.



Session Dates	Registration Dates	No Class
Session 1: 6/12 – 7/9 (4 weeks)	M: 5/8 NM: 5/22	Tuesday, July 4th
Session 2: 7/10 – 8/6 (4 weeks)	M: 5/8 NM: 5/22	
Session 3: 8/7 – 8/27 (3 weeks)	M: 5/8 NM: 5/22	

SWIM REGISTRATION

Swim Member Registration for swim lessons can be done online, over the phone or in-person for members.

Swim Lesson Registration

Program	Registration Dates
Pre-Summer Swim Lessons (2-week session) Monday - Thursday 6/5 – 6/15	Swim Members Only: 5/15
Saturday Swim Lessons (5 weeks) Session 1: 6/3 – 7/1	Swim Members Only: 5/15
Saturday Swim Lessons (5 weeks) Session 2: 7/8 – 8/5	Swim Members Only: 6/26

If you are unsure if your child may progress to a higher swim level as the summer goes on, please wait to sign them up until you verify from the instructor the appropriate level for later summer classes.

SWIM REGISTRATION (Continued)

Registration for swim teams can be done online, over the phone or in-person for swim members.



Raiders Swim Team Registration

Program	Registration Dates
Pre-Summer Raiders Swim Team Clinic Mon & Wed 5/31 – 6/21	Swim Members: 5/15 Non-Swim Member: 5/22
Raiders Summer Swim Team Mon Wed Fri 6/26 – 8/5	Swim Members: 6/12 Non-Swim Member: 6/19



*Non-members can only register for Raiders Pre-Summer Swim Team clinic and Swim Team.

TENNIS SERVICES

1 Hour Private Lessons

Head Tennis Pro

Member: \$104 | Non-Member: \$130

Assistant Head Pro

Member: \$100 | Non-Member: \$125

Senior Tennis Pro

Member: \$98 | Non-Member: \$122

Assistant Tennis Pro

Member: \$95 | Non-Member: \$119

1 Hour Semi-Private Lessons

Head Tennis Pro

Member: \$62 pp | Non-Member: \$93 pp

Assistant Head Pro

Member: \$60 pp | Non-Member: \$90 pp

Senior Tennis Pro

Member: \$59 pp | Non-Member: \$88.50 pp

Assistant Tennis Pro

Member: \$57.50 pp | Non-Member: \$86.25 pp

COURT INFORMATION

INDOOR ADULT COURT FEES

\$30/hr with 7-day advance booking

INDOOR JUNIOR COURT FEES

\$26/hr with 3-day advance booking
\$20/hr walk-on rate

OUTDOOR COURT FEES

free (\$15 fee for no-show/late cancellation)

CONTRACT TIME: Members may reserve court time in advance for the same day/same time from September through May. Contact Michael Zatsiorsky for more information at mz@wtsc.com.

BALL MACHINE: FREE

(Court fees apply)

CANCELLATIONS

Private Swim Lesson: Full charge for lesson if less than 48 hour notice.

Tennis Program Registration: Full session credit if cancellation is 2 weeks prior to start of program.

Other Program Registration: Full session credit if cancellation is 1 week prior to start of program.

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

Personal Training/Court Time: Full charge if less than 24 hour notice.

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

No Shows/Late Cancel: Full rate will be charged for any lesson, court or program. No Shows/Late Cancel for outdoor courts and free programs will incur a \$15 fee.

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. No credits will be issued should you choose not to, or are unable to attend a make-up for any reason.

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

RACQUET STRINGING: Professional racquet stringing is available. Contact Chris Roginski with questions at stringergirl06@yahoo.com.

STRINGING PRICES:

Gut: \$75, All other string: \$37-\$45
Provide your own string: \$25

RACQUET SALES: Contact Chris Roginski for information at stringergirl06@yahoo.com



TENNIS - ADULT INTERCLUB

USA Tennis New England Leagues (USTA):

Schedule of matches TBA. Practices: 1.5 hours up to 6 players, 1 Pro; Over 6 players, 2 Pros.

MENS LEAGUES	COST	DESCRIPTION
3.5 League Tuesday Evening	Match Fee for home & away: TBA Practice: \$51 member rate	Competitive Singles and Doubles play with other area clubs. Season runs May-July. Playoffs are in August and a chance to go to the National Championships! Email Michael Zatsiorsky at mz@wtsc.com if interested. USTA Membership required.
4.0 League (18+) Monday Evening		
4.0 League (40+) Wednesday Evening		

WOMENS LEAGUES	COST	DESCRIPTION
3.0 League (18+) Wednesday Evening	Match Fee for home & away: TBD	Competitive Singles and Doubles play with other area clubs. Season runs May - July Playoffs in August and a chance to go to the National Championships! Email Michael Zatsiorsky at mz@wtsc.com if interested. USTA Membership required.
3.5 League (40+) Wednesday Evening		
4.5 League (18+) Thursday Evening	Practice: \$51 member rate	
4.0 League (40+) Monday Evening		



PRIVATE TENNIS LESSONS & PERSONAL TRAINING PACKAGE

Physical Training: strength, agility, flexibility and endurance are all keys to improving your tennis game. This Package combines 10 Personal Training sessions with 10 Private tennis lessons.

10 PT Sessions for \$720 first time purchase (\$810 moving forward), 10 Tennis Lessons for 10% off their normal package price. Must be bought together as a package. Tennis only members may purchase, but must become fitness members to renew.

TENNIS - ADULT CLINICS - MENS & COED

Session 1: starts 6/12 (4-weeks)*

Session 2: starts 7/10 (4-weeks)

Session 3: starts 8/7 (3-weeks)**

1.5 Hour Clinics

4-week sessions

M: \$204 | NM: \$306

*No class Tuesday July 4th

**Charges will be prorated for 3-week sessions and holidays.

<p><u>COED BEG. CLINIC</u> Mixed Stroke Clinic 2.5+</p>	<p>MON - 6:30-8:00PM Learn the basic strokes of singles and doubles along with positioning.</p>
<p><u>COED ADV. BEG. CLINIC</u> Mixed Stroke Clinic 3.2+</p>	<p>MON - 6:30-8:00PM This movement and stroke production clinic (for men & women) will help you improve your strokes and apply them to playing situations.</p>
<p><u>MEN'S INT. CLINIC</u> Intermediate Clinic 3.5+</p>	<p>THUR - 6:30-8:00PM A variety of hitting drills improves quickness, shot making and stamina.</p>
<p><u>MEN'S CLINIC 3.8+</u> Match Prep Clinic</p>	<p>MON - 6:30-8:00PM High intensity clinic that will focus on match preparation, point construction and stroke mechanics.</p>
<p><u>MEN'S CLINIC</u> Private Clinics</p>	<p>DAY/TIME TBD Groups which are organized by the teaching pros, available for all different ability levels. Please contact Michael Zatsiorsky at mz@wtsc.com for more info.</p>

TENNIS - ADULT CLINICS - WOMENS

<p><u>WOMEN'S CLINIC</u> Beginner Clinic 2.5+</p>	<p>WED - 12:00-1:30PM Learn the basic strokes of singles & doubles along with positioning.</p>
<p><u>WOMEN'S CLINIC</u> Advanced Beginner Clinic 3.2+</p>	<p>MON - 12:00-1:30PM FRI - 12:00-1:30PM For players interested in starting to play in our "IN HOUSE" singles or doubles programs. You will learn positioning, basic strategy, and shot making for both singles and doubles and will gain the confidence to begin playing in a more structured program.</p>
<p><u>WOMEN'S CLINIC</u> Intermediate Stroke & Doubles Strategy 3.5+</p>	<p>MON - 12:00-1:30PM WED - 6:30-8:00PM This Workout Clinic will combine stroke practice and playing drills. You will begin to learn more advanced doubles strategy. Great preparation for DBH next fall!</p>
<p><u>WOMEN'S CLINIC</u> Private Clinics</p>	<p>DAY/TIME TBD Groups which are organized by the teaching pros, available for all different ability levels. Please contact Michael Zatsiorsky at mz@wtsc.com for more info.</p>

TENNIS - ADULT CLUB PROGRAMS - MENS

<p>SINGLES LADDER Indoor Court Fees Apply</p> <p>Sign up by 6/5 Begins 6/12</p>	<p>Weekly, Arranged by Players</p> <p>Play a match a week in this classic odd/even weekly challenge ladder. A great way to meet other players and to find your competitive level. Note: If you know you will miss more than 3 weeks of ladder play, we ask that you do not sign up. The penalty fee for dropping off the ladder is \$25. Contact Zach O'Leary to sign up at zoleary314@gmail.com.</p>
<p>NIGHT LEAGUES No Fee A Level B Level C Level Shine Only Begins 6/19</p>	<p>WED or THUR, 6:30PM - 8:30PM (May start at 6:00PM in August)</p> <p>Teams will consist of two players playing singles and doubles. Teams will play each other twice during the season. Players are encouraged to sign up in pairs of similar ability. Need a partner? Let us know! Level placement will be overseen by Zach O'Leary (zoleary314@gmail.com). Balls are included. Limited openings.</p>



TENNIS - ADULT CLUB PROGRAMS - WOMENS

<p><u>SINGLES LADDER/LEAGUE</u> Indoor Court Fees Apply</p> <p>Sign up by: 6/5 Begins: 6/12</p>	<p>Weekly, arranged by players</p> <p>Play a match a week in this classic odd/even weekly challenge ladder. A great way to meet other players and to find your competitive level. Note: If you know you will miss more than 3 weeks of ladder play, we ask that you do not sign up. The penalty fee for dropping off the ladder is \$25. Sign up by contacting Michael Zatsiorsky at mz@wtsc.com.</p>
<p><u>NIGHT LEAGUES</u> No Fee A Level B Level C Level Shine Only Begins 6/19</p>	<p>MON or TUE, 6:30-8:30PM (May start at 6:00PM in August)</p> <p>Teams will consist of two players playing singles and doubles. Teams will play each other twice during the season. Players are encouraged to sign up in pairs of similar ability. Need a partner? Let us know! Level placement will be overseen by Michael Zatsiorsky (mz@wtsc.com). Balls are included. Limited openings.</p>
<p><u>WOMEN'S ROUND ROBIN</u> No Fee 6/19 - 8/17</p>	<p>WED - 9:00-10:30AM (3.5+) THUR - 9:00-10:30AM (2.5-3.5)</p> <p>Doubles matches will be set up each week. Sign up by contacting Michael Zatsiorsky at mz@wtsc.com.</p>

TENNIS - JUNIOR CLINICS

Session 1: starts 6/12 (4-weeks)*

Session 2: starts 7/10 (4-weeks)

Session 3: starts 8/7 (3-weeks)**

Prices listed below are for a 4-week session

*No Class Tuesday July 4th

**Charges will be prorated for 3-week sessions and holidays.

<p>MINILOBBERS BEGINNER Ages 4 - 6 M \$128 NM \$160</p>	<p>WED - 3:30-4:30PM Students start to develop basic essential skills - handling and swinging a racquet, throwing, rolling and catching a ball. 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>QUICKSTART RED STAGE 1 Ages 6 - 8 M \$128 NM \$160</p>	<p>TUE - 3:30-4:30PM WED - 5:30-6:30PM SAT - 1:30-2:30PM 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>QUICKSTART RED STAGE 2* Ages 6 - 8 M \$128 NM \$160</p>	<p>TUE - 3:30-4:30PM WED - 5:30-6:30PM SAT - 1:30-2:30PM 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, see below.)</p>
<p>QUICKSTART ORANGE STAGE 1 Ages 9 - 10 M \$128 NM \$160</p>	<p>TUE - 3:30-4:30PM WED - 5:30-6:30PM SAT - 2:30-3:30PM 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 & scoring with match play.</p>
<p>QUICKSTART ORANGE STAGE 2* Ages 9 - 10 M \$128 NM \$160</p>	<p>TUE - 3:30-4:30PM WED - 5:30-6:30PM SAT - 2:30-3:30PM 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, see below.)</p>
<p>QUICKSTART GREEN STAGE 1 Ages 11 - 12 M \$192 NM \$240</p>	<p>THUR - 4:00-5:30PM SAT 1:00-2:30PM 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>QUICKSTART GREEN STAGE 2* Up to age 12 M \$192 NM \$240</p>	<p>TUE - 4:30-6:00PM SAT - 3:30-5:00PM 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 signup. (*Instructor permission required, see below.)</p>
<p>OLDER BEGINNERS Ages 13 - 18 M \$192 NM \$240</p>	<p>THUR - 4:00-5:30PM SAT - 1:00-2:30PM Older Beginners will learn basic form and stroke mechanics. The main goal is to establish form and timing of all major shots. Basic footwork will be emphasized as well. Green balls may be used as appropriate.</p>

*Instructor permission is required to move from Stage 1 to Stage 2. If new to The Club or our tennis programs, prescreening is required for Stage 2. Contact Chris Roginski to schedule placement screening: stringergirl06@yahoo.com.

TENNIS - JUNIOR CLINICS - CONTINUED

<p>OLDER INTERMEDIATE* Ages 13 - 18 M \$192 NM \$240</p>	<p>THUR - 4:00-5:30PM SAT - 3:30-5:00PM 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. (*Prescreening required, see below.)</p>
<p>JUNIOR ACES* Ages 12 - 14 M \$192 NM \$240</p>	<p>WED - 4:30-6:00PM SAT - 3:30-5:00PM Students will transition to the yellow ball. Students will continue working on adding variety to their game. 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. (*Prescreening required, see below.)</p>
<p>VARSITY PREP* Ages 12 - 14 M \$204 NM \$306</p>	<p>MON - 4:30-6:00PM SAT - 11:30AM-1:00PM 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. (*Prescreening required, see below.)</p>
<p>HIGH SCHOOL CLINIC Varsity Program Ages 12 - 14 M \$204 NM \$306</p>	<p>SAT - 11:30AM-1:00PM A 90-minute clinic designed for the High School Varsity level player who is interested in improving his/her skills and staying tuned-up until High School spring season begins. Pre-qualification is required. Contact Zach O'Leary (zoleary314@gmail.com) for details and registration. Please see our Camp Brochure for more information on our Summer Varsity Camp options.</p>

*Instructor permission is required to move up to Older Intermediate, Junior Aces or Varsity Prep. If new to The Club or our tennis programs, contact Chris Roginski to schedule placement screening: stringergirl06@yahoo.com.



TENNIS - JUNIOR PROGRAMS

<p>LADDERS Junior Singles Registration Fee: \$25</p>	<p>FRI-SUN ARRANGED BY PLAYERS Intermediate/Advanced. Must be Green Stage 2 or above. All matches must be scheduled outdoors. If it rains, matches will be indoors based on court availability. \$25 drop-out fee. Sign-up by: June 12th Play begins: Week of June 19th Email Cassy Waung to sign up: cassywaung12@gmail.com</p>
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PICKLEBALL AT WTSC

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

- 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 member 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.
- Courts may be booked up to 1 week in advance 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 Demo Racquets and balls available at no extra charge.
- All players must check in at the desk and use proper tennis court etiquette.
- 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.



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/>.

For more information, please contact Karin Houghton at kh.pickleball@gmail.com

AQUATICS - GENERAL INFORMATION

POOL NOTES FROM AQUATICS DIRECTOR BRIAN DOHERTY

- Please refer to our pool schedule available online or at the Club to determine our lap swim time and family swim time.
- During the summer, all non-member guests must sign in and pay a guest fee regardless of whether they actually enter the pool. This includes parents of junior members.
- Please remember that diapers are not allowed in the pool. Disposable swim diapers are available at the front desk. Please see our aquatics staff with any questions.
- Parents must supervise children younger than 14 at all times. Children who cannot swim without assistance must be accompanied into the water by a parent or adult.

RED CROSS SWIM LESSONS

POOL MEMBERS ONLY

Children **MUST** be at least 3.5 years old when placed in a class unaccompanied by a parent. **Questions regarding placement should be directed to Alison Smith prior to registration.**

Pre-summer and Summer Swim Lessons Levels 1, 2, & 3 and Aqua Tots are offered to Pool Members only. Please refer to our website for dates and times. Classes are held rain or shine. Classes may be added or changed due to enrollment. Private Lessons are also available. Contact Alison Smith for more information at asmith@wtsc.com. The Westboro Tennis and Swim Club utilizes American Red Cross instructional swimming programs.

LEVEL 1 - INTRODUCTION TO WATER SKILLS

Very little or no water experience. Our own flotation devices are used if needed. Skills taught include: bubble blowing, independent entrance and exit of the pool, supported kicking, floating, and locomotion.

LEVEL 2 - FUNDAMENTAL WATER SKILLS

Comfortable in and around the water with/without flotation devices. Skills include: jumping, submerging, prone floating, treading water, introduction to front and back crawl arm action, and introduction to deep water. Removal of flotation devices emphasized.

LEVEL 3 - STROKE DEVELOPMENT

Can jump into deep water, level off, and swim to the side without flotation devices. Learn to retrieve objects from pool bottom with no support, diving skills. Coordination of front crawl with rotary breathing and back crawl, while breaststroke and elementary backstroke are introduced.

WATER FITNESS CLASSES

Please check our current Water Fitness 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.

AQUATICS - PRIVATE SWIM LESSONS

Please contact Alison Smith at asmith@wtsc.com to sign up.

Single Lesson Rates - 1/2 Hr. Lesson

\$50 w/Aquatics Director or Senior
Certified WSI Instructor
\$40 w/Certified WSI Instructor

Package of 7 - 1/2 Hr. Lessons

\$300 w/Aquatics Director or Senior
Certified WSI Instructor
\$240 w/Certified WSI Instructor

YOU MUST HAVE A SWIM MEMBERSHIP FOR: Private Swim Lessons, Pre-Summer Lessons and Saturday Swim Lessons.

PRE-SUMMER LESSONS

June 5 - June 15: 2-Week Session
Monday - Thursday

Friday reserved for make-up in case of
thunder/lightning

Cost: \$212 | Registration: 5/15

Level 1 - 10:00 - 10:30AM

Level 2 - 10:30 - 11:00AM

Level 3 - Low - 11:00 - 11:30AM

For **Pre-Summer
Swim Team**, please
see the next page.



SATURDAY SWIM LESSONS (5-WEEK SESSION)

Session 1: 6/3-7/1 Registration: 5/15

Session 2: 7/8-8/5 Registration: 6/26

Cost: \$132/Session

Aqua Tots - 9:30 - 10:00 AM

Level 2 - 10:00 - 10:30AM

Level 3 - Low - 9:30 - 10:00AM

Level 3 - Mid - 10:30 - 11:00AM

AQUA TOTS 9:30AM-10:00AM

Ages: 2-3.5 years

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 **MUST** also wear a swim diaper. The parent/nanny **MUST** be in their bathing suit and sit with their child on the steps but are **NOT** required to participate in the swimming part of the class.

Classes are generally held in the rain, as the pool is heated. Thunder will cause the cancellation of a lesson. Make-ups are only given in the event the Club cancels the lesson. No refunds.

AQUATICS - PROGRAMS

PRE-SUMMER SWIM TEAM CLINIC

Dates: 5/31-6/21

Monday & Wednesday

Ages 10 and Under

4:00 - 5:15PM or 5:15 - 6:30PM

Ages 11-18

4:00 - 5:15PM or 5:15 - 6:30PM

Member Rate: \$250

Non-Member Rate: \$375

Registration Dates

Member: 5/15 | Non-Member: 5/22



This program is geared toward those swimmers who will be joining our Summer Club Team. They MUST have participated in previous Raiders Swim Practices this past year or in Raiders Prep.

WESTBORO RAIDERS SUMMER SWIM TEAM

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

Prerequisite: If a swimmer has not participated in our Swim Team or Raiders Prep, a swim evaluation MUST be completed 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 in a given time. Contact Alison Smith: asmith@wtsc.com to sign-up for an evaluation.

Summer Team is a non-refundable program.

Registration Dates: Swim Member: 6/12 | Non-Member: 6/19

Swim Member Registration can be done online, in person or by phone. Non-members must complete a Participant Application and pay a \$20 annual fee, and can sign-up on non-member registration day. For registration questions please call the front desk 508-366-1222.

Please contact Alison Smith at asmith@wtsc.com prior to registration if you have not previously swum on the Raiders Swim Team or Raiders Prep.

SUMMER SWIM TEAM

Dates: 6/26 - 8/5

Ages 10 & Under

Mon/Wed/Fri
6:30 - 7:45AM or
7:45 - 9:00AM

Member: \$380

Non-Member: \$570

Ages 11-18

Mon/Wed/Fri
6:30 - 7:45AM or
7:45 - 9:00AM

Member: \$380

Non-Member: \$570

The philosophy for the Raiders Summer 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.

Each swimmer will compete in 4-6 meets through the summer season, plus a Championship Meet. Each meet is a dual or tri- meet. Meet dates and times are TBA.

KIDS CLUB BABYSITTING

Child Care Rates (Ages 3 months - 11 Years)

There are lots of fun things to do at Kids Club including our new Arcade and Sport Wall so come and play!

There are NO babysitting fees for children who are part of a family membership.

Children who are not part of a Family Membership may purchase Kids Club Membership or pay an hourly fee of \$10. Please see a membership consultant or Kids Club staff member with any questions.

Children may be left for up to 3 hours per visit/day at no charge.



Parents MUST remain on premises while children are enrolled in Kids Club.

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.

Please visit Kids Club or our website for a complete list of policies.

Kids Club Hours Effective 6/19

Mon-Sun 8:00am-1:00pm

Mon-Thu 4:00pm-8:00pm*

*Advance reservation required for children 3 and under between the hours of 4-8pm. Signup by emailing: bjohnsen@wtsc.com

CHILDREN'S CAMPS: JUNE 19TH – AUGUST 18TH

Come join us for professional swimming and tennis lessons, arts & crafts, team sports games and more! See our camp brochures for more information. Contact Betsy Johnsen at bjohnsen@wtsc.com with any questions.

<p>Kinder Camp Entering Pre-School – Kindergarten in fall, 3 years +</p> <p>Full Day 9:00am - 4:00pm Member: \$472 per week Non-Member \$572 per week</p> <p>Half Day 9:00am - 1:00pm Member: \$295 per week Non-Member \$345 per week</p>	<p>Sports & Swim Summer Camp Entering Grades 1-7</p> <p>Full Day 9:00am - 4:00pm Member: \$415 per week Non-Member: \$515 per week</p> <p>Half Day 9:00am - 1:00pm Member: \$235 per week Non-Member: \$285 per week</p>	<p>C.I.T. Counselor In Training Program 9:00am - 4:00pm Member: \$450 per session Non-Member: \$550 per session</p> <hr/> <p>POST CAMP</p> <p>Full Day: 9:00am - 4:00pm Member: \$95 Non-Member: \$125</p> <p>Half Day: 9:00am - 1:00pm Member: \$55 Non-Member: \$70</p> <p>Full Day per Week Member: \$425 Non-Member: \$525</p> <p>Half Day per Week Member: \$265 Non-Member: \$315</p>
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TENNIS CAMPS: JUNE 19TH - AUGUST 25TH

No lunch will be provided, players must bring their own.

<p>Intensive Tennis Camp</p> <p>Monday – Friday 9:00 am – 4:00 pm</p> <ul style="list-style-type: none"> • Over 20 hours a week of on court instruction • Over 5 hours of tennis-specific fitness • Doubles, Singles, supervised Round Robins <p>*Family discount for 5 or more sessions of tennis camp. Contact Michael Zatsiorsky at mz@wtsc.com for details.</p> <p>Registration before 5/1 Member Rate: \$505</p> <p>Registration after 5/1 Member Rate: \$525</p> <p>Non-Members pay 10% more</p>	<p>Varsity Tennis Camp</p> <p>Monday – Friday 9:00 am – 4:00 pm</p> <ul style="list-style-type: none"> • Over 20 hours a week of on court instruction • Over 5 hours of tennis-specific fitness • Doubles, Singles, supervised Round Robins <p>*Family discount for 5 or more sessions of tennis camp. Contact Michael Zatsiorsky at mz@wtsc.com for details.</p>
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FITNESS



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. 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.

Fitness Member Pricing

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

Personal Training Paid In Full Packages

One, ½ hour session \$70
One hour session \$125
8-pack of 1-hour sessions \$960(\$120/session)
12-pack of 1-hour sessions \$1380 (\$115/session)

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.

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. If you want to move better, improve strength, stamina, cardiovascular fitness and body composition – UGX is for you!

We offer UGX in 3 fun and exciting formats!

UGX Class

Free for Fitness Members, our UGX class is a challenging circuit-type workout, integrating strength and endurance training. Instructors will model all stations and show modifications. Fun and comraderie included!

UGX Small Group Training

Reap the benefits of small group training, within a UGX format!

- Custom, goal specific programming
- Progressive planning
- Close monitoring of movements for injury prevention and adjusting
- Accountability
- Consistency



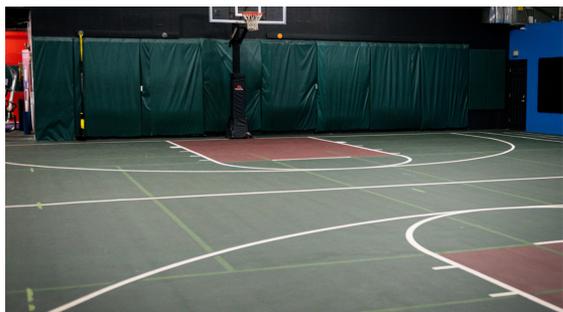
UGX CHALLENGE Small Group Training is designed for those who are accustomed to vigorous exercise and are looking to move to the next level. In this small group format your trainer will help you meet your goals while introducing you to more advanced movements/lifts. He or she will help you choose the appropriate weight resistance for your individual needs and keep you challenged and having fun!

UGX MOVE Small Group Training is designed for all levels of fitness.

In this small group format your trainer will help you meet your goals, as well as help you perfect your movement patterns, choose the appropriate weight resistance for your individual needs and keep you challenged and having fun!

You can grab some friends and make your own small group,
or we can help match you to a group.

For more information or to register, contact Megan Sayre-Scibona:
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.

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, Barre, 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.

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.



Pop-Up Classes

From time to time we offer Pop-Up Group Exercise classes. Past classes have included Strong Nation 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.

We are just beginning to build out this programming, so be sure to check our in-house monitors and bulletin boards, as well as our monthly newsletter for new programming as it grows!

Please contact our Fitness Director, Megan Sayre-Scibona with questions: 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

Fitness Member Pricing, must be purchased in 1 month blocks.



Meditation & Pranayama

Join Krystal Maldonis on the last Friday of each month at 6:00PM for Meditation or Pranayama. The classes will alternate each month, starting in April with Meditation.

Relax and find your center with meditation. Pranayama means breath; in this class you will practice yogic breathing techniques along with light movements. Each class is an hour in length, please bring a blanket and bolster or pillow.

Sign-up required at our Front Desk.

Nutrition Consulting

12 Week Transformation

M \$325
NM \$450

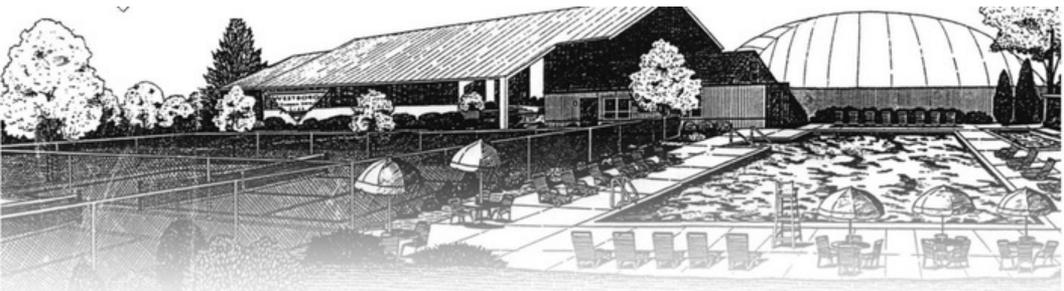
The 12 Week Transformation is an individual nutritional coaching program that is uniquely designed for each participant. Using your Inbody scan numbers, Michelle will apply a proven formula to determine a personalized macro count that will help you reach your goals. Together with Michelle, you will learn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

Choose to Lose

\$200 (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 for more information.

We Want to Hear from You!



on Facebook

<https://www.facebook.com/thewestboroclub>



on Yelp

<https://www.yelp.com/biz/westboro-tennis-and-swim-club-westborough-3>

Follow us on Facebook for the latest information about what's happening at The Club!

**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 Jaqueline Katz at jkatz@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.



SUMMER EVENTS AT THE POOL!

*Denotes Registration Required for Event

June Events

- Sun. 6/4-Cannonball Contest & Games
- Sat. 6/10-Water Balloon Day
- Sun. 6/18-Ice Cream Day
- Sat. 6/24-End of School Fling (rain date 6/25)
- *Tues. 6/27-Pizza & Giant Games



July Events

- *Sun. 7/2-4th of July BBQ & Crafts
- *Thurs. 7/6-Cupcake Decorating Day
- Sat. 7/8-Karaoke & Pool Games w/ DJ Larry
- *Tues. 7/11-Make Your Own Pizza and Smoothie Day
- Thurs. 7/13-Princess Party w/ Balloon Artist
- Sat. 7/15-Carnival Day!! (rain date 7/16)
- *Tues. 7/18-Lunchtime Cookout!
- *Thurs. 7/20-Face painting 3-5PM (rain date 7/21)
- Sat. 7/22-Karaoke & Pool Games w/ DJ Larry
- Tues. 7/25-Ice Cream Day
- *Thurs. 7/27-Mad Scientist Day: Make Your Own Slime
- Sat. 7/29-Karaoke & Pool Games w/ DJ Larry

August Events

- Tues. 8/1-Field Day
- Thurs. 8/3-Ice Cream Day
- Tues. 8/8-Arts & Crafts
- Thurs. 8/10-Scavenger Hunt & Cotton Candy Day
- Tues. 8/15-Make Your Own Sundae
- Thurs. 8/17-Cannonball Contest and Pool Games
- Sat. 8/19-End of Summer Party



Contact Alison with Questions: asmith@wtsc.com