

Summer Brochure 2025



35 Chauncy St.
Westboro, MA 01580

508-366-1222
www.wtsc.com



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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 for members during the summer! 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 Supervisor: Isis Barry

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 Coordinator: Jennifer Albin

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: Krystal Maldonis (Ext. 13)

Membership Consultant: Erin O'Toole (Ext. 21)

Membership Consultant: Isis Barry (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

TENNIS/CLUBHOUSE

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

POOL

Monday-Friday 5:00AM-8:00/8:30PM*
Saturday/Sunday 6:00AM-8:00/8:30PM*
*May/June/July Pool Closes at 8:30PM
August Pool Closes at 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 16th)

Sunday - Saturday 8:00AM - 1:00PM
Monday - Thursday 4:00PM - 8:00PM
Friday 4:00 - 7:00PM

Ages: 3 months - 12 years | Maximum of 3 Hours

HOLIDAY HOURS

Memorial Day - Monday, May 26
Club Holiday Hours: 8:00AM-8:00PM
(No GEX Classes, No Programs)
Kids Club: 8:00AM-12:00PM

Independence Day - Friday, July 4
Club Holiday Hours: 8:00AM-8:00PM
(No GEX Classes, No Programs)
Kids Club: 8:00AM-12:00PM

Labor Day - Monday, September 1
Club Holiday Hours: 8:00AM-8:00PM
(No GEX Classes, No Programs)
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 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. Note that Junior and Student Fitness Only Memberships do not have guest privileges. Please refer to the Club Policy/Member Handbook for guest guidelines.



Guest Type	Adult	Child (2-18)	Senior (60+)
Guest Pass Swim / Fitness	\$15.00	\$15.00	\$10.00
Guest Pass Tennis / Pickleball	\$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 service 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: 6/9 – 7/6 (4 weeks)	M: 5/5 NM: 5/19	Friday, July 4th
Session 2: 7/7 – 8/3 (4 weeks)	M: 5/5 NM: 5/19	
Session 3: 8/4 – 8/24 (3 weeks)	M: 5/5 NM: 5/19	

SWIM REGISTRATION

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

Follow QR Code to Lesson Schedule.



Swim Lesson Registration

Program	Registration Dates
Pre-Summer Swim Lessons (2-week session) Monday - Thursday 6/2 – 6/12	Swim Members Only: 5/19
Saturday Swim Lessons (5 weeks) Session 1: 5/31 – 6/28	Swim Members Only: 5/19
Saturday Swim Lessons (5 weeks) Session 2: 7/12– 8/9	Swim Members Only: 6/23

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 Tues Wed Thurs 5/22- 6/12	Swim Members: 5/5 Non-Swim Member: 5/12
Raiders Summer Swim Team Mon Wed Fri 6/23 - 8/2	Swim Members: 6/9 Non-Swim Member: 6/16



*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: \$114 | Non-Member: \$142.50

Assistant Head Pro

Member: \$108 | Non-Member: \$135

Senior Tennis Pro

Member: \$105 | Non-Member: \$131.25

Assistant Tennis Pro

Member: \$102 | Non-Member: \$127.50

1 Hour Semi-Private Lessons

Head Tennis Pro

Member: \$67 pp | Non-Member: \$94 pp

Assistant Head Pro

Member: \$64 pp | Non-Member: \$90 pp

Senior Tennis Pro

Member: \$62.50 pp

Non-Member: \$87.50 pp

Assistant Tennis Pro

Member: \$61 pp | Non-Member: \$85.50 pp

COURT INFORMATION

INDOOR ADULT COURT FEES

\$34/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)

BALL MACHINE: FREE

(Court fees apply)

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: \$80, All other string: \$41-\$49

Provide your own string: \$28

RACQUET SALES: Contact Chris

Roginski for information at

stringergirl06@yahoo.com

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.

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.

MEN'S LEAGUES	COST	DESCRIPTION
3.5 League Tuesday Evening	Match fee for home & away: TBA Practice: \$57 member rate	Competitive Singles and Doubles play with other area clubs. Season runs May-July. Playoffs are in August with a chance to go to the National Championships! Email Zach O'Leary at zoleary314@gmail.com if interested. USTA Membership required.
4.0 League (18+) Monday Evening		
4.0 League (40+) Wednesday Evening		

WOMEN'S LEAGUES	COST	DESCRIPTION
3.0 League (18+) Wednesday Evening	Match fee for home & away: TBD Practice: \$57 member rate	Competitive Singles and Doubles play with other area clubs. Season runs May-July. Playoffs are in August with a chance to go to the National Championships! Email Cassy Waung at cassywaung12@gmail.com if interested. USTA Membership required.
3.5 League (40+) Wednesday Evening		
4.0 League (40+) Monday Evening		
4.5 League (18+) Thursday Evening		



TENNIS - ADULT CLINICS

Session 1: starts 6/9 (4-weeks)*
 Session 2: starts 7/7 (4-weeks)
 Session 3: starts 8/4 (3-weeks)**

1.5 Hour Clinics
 4-week sessions
 M: \$228 | NM: \$300

*No class July 4th

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

TENNIS - ADULT CLINICS - COED.

<u>COED BEG. CLINIC</u> Mixed Stroke Clinic	MON - 6:30-8:00PM Learn the basic strokes of singles and doubles along with positioning.
<u>COED ADV. BEG. CLINIC</u> Mixed Stroke Clinic 2.8+	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.
<u>COED STROKE AND STRATEGY CLINIC</u> Mixed Stroke Clinic 3.2+	TUE - 6:30-8:00PM Great option for players with a skill level of 3.2 and above to refine their strokes, improve shot selection and master effective strategies for singles and doubles.

TENNIS - ADULT CLINICS - MEN'S

<u>MEN'S INT. CLINIC</u> Intermediate Clinic 3.2+	THUR - 6:30-8:00PM A variety of hitting drills to improve quickness, shot making and stamina.
<u>MEN'S CLINIC 3.8+</u> Match Prep. Clinic	MON - 6:30-8:00PM High intensity clinic that will focus on match preparation, point construction and stroke mechanics.
<u>MEN'S CLINIC</u> Private Clinics	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.

TENNIS - ADULT CLINICS - WOMEN'S

<u>WOMEN'S CLINIC</u> Beginner Clinic	WED - 12:00-1:30PM Learn the basic strokes of singles & doubles along with positioning.
<u>WOMEN'S CLINIC</u> Advanced Beginner Clinic 2.8+	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.
<u>WOMEN'S CLINIC</u> Intermediate Stroke & Doubles Strategy 3.2+	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!
<u>WOMEN'S CLINIC</u> Private Clinics	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.

TENNIS - ADULT CLUB PROGRAMS - MEN'S

<p><u>SINGLES LADDER</u> Indoor Court Fees Apply</p> <p>Sign up by 6/2 Begins 6/9</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><u>NIGHT ROUND ROBINS</u> No Fee A Level B Level C Level Shine Only Begins 6/16</p>	<p>WED or THUR, 6:30PM - 8:30PM (May start at 6:00PM in August)</p> <p>Doubles and singles matches will be set-up each week. If interested in playing, please contact Zach O'Leary (zoleary314@gmail.com). Balls are included. Limited openings.</p> <p>Late cancellation fee: \$50</p>



TENNIS - ADULT CLUB PROGRAMS - WOMEN'S

<p><u>SINGLES LADDER</u> Indoor Court Fees Apply</p> <p>Sign up by: 6/2 Begins: 6/9</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 ROUND ROBINS</u> No Fee A Level B Level C Level Shine Only Begins 6/16</p>	<p>WED or THUR, 6:30PM - 8:30PM (May start at 6:00PM in August)</p> <p>Doubles and singles matches will be set-up each week. If interested in playing, please contact Michael Zatsiorsky (mz@wtsc.com). Balls are included. Limited openings.</p> <p>Late cancellation fee: \$50</p>
<p><u>WOMEN'S ROUND ROBIN</u> No Fee Begins 6/16</p>	<p>9:00-10:30AM Mon: 2.5-3.0, Tue: 3.0+, Wed: 3.5+, Thur: 3.0-3.5 or Fri: Open</p> <p>Doubles matches will be set up each week. Sign up by contacting Michael Zatsiorsky at mz@wtsc.com.</p> <p>Late cancellation fee: \$50</p>

TENNIS - JUNIOR CLINICS

Session 1: starts 6/9 (4-weeks)*

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

Session 3: starts 8/4 (3-weeks)**

Prices listed below are for a 4-week session

*No Class July 4th

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

MINILOBBERS BEGINNER Ages 4 - 6 M \$136 NM \$170	WED - 3:30-4:30PM SAT 12:30-1:30PM 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!
QUICKSTART RED STAGE 1 Ages 6 - 8 M \$136 NM \$170	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.
QUICKSTART RED STAGE 2* Ages 6 - 8 M \$136 NM \$170	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.)
QUICKSTART ORANGE STAGE 1 Ages 9 - 10 M \$136 NM \$170	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.
QUICKSTART ORANGE STAGE 2* Ages 9 - 10 M \$136 NM \$170	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.)
QUICKSTART GREEN STAGE 1 Ages 11 - 12 M \$204 NM \$255	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.
QUICKSTART GREEN STAGE 2 & 3* Up to age 12 M \$204 NM \$255	TUE - 4:30-6:00PM SAT - 3:30-5:00PM Green Ball 2 is for players moving up from Orange Ball 2 or Green Stage 1 and introduces full-court (78') play using primarily a Green ball. Students will work on developing consistency, power, and control of spins, with an emphasis on playing out points using a variety of spins and play patterns. Green Ball 3 is an advanced continuation of Green Ball 2 for those who have successfully completed the previous level. It focuses on expanding the range of spins and strategic play patterns to help students confidently compete and prepare for yellow ball classes. *Pre-approval required, see below.
OLDER BEGINNERS Ages 13 - 18 M \$204 NM \$255	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.

*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

OLDER INTERMEDIATE* Ages 13 - 18 M \$204 NM \$255	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.)
JUNIOR ACES* Ages 12 - 14 M \$204 NM \$255	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 a 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 a variety of spins and play patterns using the yellow ball. (*Prescreening required, see below.)
VARSITY PREP* Ages 12 - 14 M \$228 NM \$285	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.)
HIGH SCHOOL CLINIC Varsity Program Ages 12 - 14 M \$228 NM \$285	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.

*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

LADDERS Junior Singles Registration Fee: \$25	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 9th Play begins: Week of June 16th Email Cassy Waung to sign up: cassywaung12@gmail.com
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PICKLEBALL

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



What is Pickleball?

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

Pickleball Court Information:

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

Pickleball is the #1 growing sport and we're here to help you learn to play! We offer private, semi-private and group pickleball lessons as well as 3-4 week class sessions. We also offer round robins, contract time and open court time.

Private Lessons & Clinics - 1 Hour

Private Lesson: M: \$92 | NM: \$110

Semi-Private: M: \$51pp | NM: \$61pp

3-Person Clinic: M: \$36pp | NM: \$54pp

4-Person Clinic: M: \$32pp | NM: \$40pp

Pickleball Court Fees*

\$24/hour

See website for Pickleball court availability.



*Must be a Club Member to book a Pickleball Court or reserve a Contract Court. All Club Members get the member rate for programming. For more information, please contact Michael Zatsiorsky: mz@wtsc.com.

ADULT PICKLEBALL PROGRAMMING

<p>Pickleball 101A:</p> <p>Monday: 12:30-1:30pm Tuesday: 6:00-7:00pm Saturday: 12:00-1:00pm</p>	<p>This class is designed for adults who are new to the game of pickleball and have never played before. In this class, participants will learn the fundamental skills and techniques of pickleball, including proper grip, basic shots and rules of the game. The focus is on building a solid foundation and preparing participants for more advanced play, while having fun and meeting other new players.</p>
<p>Pickleball 102A:</p> <p>Monday: 12:30-1:30pm Tuesday: 6:00-7:00pm Saturday: 1:00-2:00pm</p>	<p>This class is designed for intermediate players who have a basic understanding of the game and are looking to improve their skills and strategies. In this class, participants will work on consistency, developing more advanced techniques and playing smarter, through drills, practice exercises and game play. The focus is on refining existing skills, developing new ones and preparing players for more competitive play.</p>
<p>Pickleball 103A:</p> <p>Tuesday: 12:30-1:30pm Thursday: 6:00-7:00pm Saturday: 2:00-3:00pm</p>	<p>This class is designed for advanced players who are looking to compete at a high level. In this class, participants will work on honing their skills and strategies, with a focus on preparing for competitions. The instructors will work with players on advanced techniques such as spin shots, lobs and dinks, as well as more advanced strategies for playing doubles and singles. The focus is on preparing players to play at their best and to be successful in competitive play.</p>

Session Dates

- Session 1: 6/9-7/6 (4 Weeks)
Session 2: 7/7-8/3 (4 Weeks)
Session 3: 8/4-8/24 (3 Weeks)

Rates:	3wks.	4wks.
Club Member:	\$96	\$128
Non-Member:	\$120	\$160

See page 3 for Registration Dates.

For questions, or to register, contact Michael Zatsiorsky at mz@wtsc.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 times 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

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.

<u>Level 1: Introduction to Water Skills</u> 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.
<u>Level 2: Fundamental Aquatic Skills</u> 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. To Progress to level 3, the goal is to be able to swim 5 yards on their front, rollover onto their back and float for 10 seconds without assistance.
<u>Level 3: Stroke Development</u> Purpose: Builds on skills in Level 2 through additional guided practice.	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. Goals: Strokes are nearly perfect and student is to be able to swim 25 yards of each stroke and kick.

Please see the next page for session dates and class times.

AQUA TOTS Saturdays, 9:30AM-10:00AM

\$145 (5 Weeks)

Ages: 2.5-3.5 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.

AQUATICS - PRIVATE SWIM LESSONS

Swim Members ONLY. Learn to swim at your own pace with individual attention from your swim instructor. Adults or Children. Private swim lessons are a half-hour in length. Please contact Alison Smith at asmith@wtsc.com for availability.

	Private	*Private Pkg	Semi-Private	*Semi-Private Pkg
Aquatics Director or Sr. Certified WSI Instructor	\$59	\$336	\$41pp	\$234pp
Certified WSI Instructor	\$49	\$280	\$37pp	\$211pp

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

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

PRE-SUMMER LESSONS (2-Week Session)

6/2 - 6/12:
Monday - Thursday

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

Cost: \$232 | Registration: 5/19

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: 5/31-6/28 Registration: 5/19

Session 2: 7/12-8/9 Registration: 6/23

Cost: \$145/Session

Aqua Tots - 9:30 - 10:00AM
Level 2 - 10:00 - 10:30AM
Level 3 Low - 9:30 - 10:00AM
Level 3 Mid - 10:30 - 11:00AM



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.

Classes/lessons 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: May 22-June 12
Tue | Wed | Thur

Ages 10 and Under
4:00-5:00PM or 5:00-6:00PM

Ages 11-18
4:00-5:00PM or 5:00-6:00PM

Member Rate: \$290
Non-Member Rate: \$410

Registration Dates
Member: 5/5 | Non-Member: 5/12



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: 6/9 | Non-Member: 6/16

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: 6/23 - 8/2

Ages 10 & Under

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

Member: \$415
Non-Member: \$580

Ages 11-18

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

Member: \$415
Non-Member: \$580

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.

FITNESS - TRAINING



FITNESS CONSULTATIONS (INCLUDED WITH YOUR ANNUAL FEE)

Our fitness staff is ready to help you create a fitness program that is specific to your goals and needs. Contact us today to learn more and schedule an appointment.

- Go over goals and get a path to success!
- Receive an Inbody, full body composition screening
- Receive a movement screening to see how your body is currently moving, and how we can help you exercise safely and improve
- Get feedback on lifts

PERSONAL TRAINING - MEMBERS ONLY

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. Personal Training clients also receive access to UGX Add-On classes & our Recovery Room at R3 Wellness.

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.

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
1-Hour Session \$125
8-pack of 1-Hour Sessions \$960
(\$120/session)
12-pack of 1-Hour Sessions \$1380
(\$115/session)

SMALL GROUP TRAINING

Small Group Training is truly the middle ground between Personal Training and Group Exercise, as it is limited to 6 participants and allows the Personal Trainer to easily correct form, advance and regress exercises with more specialized programming, and truly cater to the group's needs. This allows for more of a custom feel with a community base.

FITNESS - SMALL GROUP TRAINING

POWER PROJECT

Power Project small group training is dedicated to explosive power, increasing overall body strength and various forms of conditioning. It is "Old School" lifting, combined with "New School Science!" Power Project clients receive access to UGX Add-On classes.

- Class Format:
- Mobility and Stretching
 - Warm-up Exercise
 - Main Lift-Power Movement and/or Traditional Powerlifting
 - Accessory Lift(s)-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, Personal Trainer

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



UGX MOVE-MEMBERS ONLY

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! UGX Move clients receive access to UGX Add-On classes.

Pricing:

4 Sessions \$37.50 per person, per session (\$150/month)

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



UGX CHALLENGE-MEMBERS ONLY



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 Challenge clients receive access to UGX Add-On classes.

Pricing:

4 Sessions \$37.50 per person, per session (\$150/month)

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

CARDIO CROSS TRAINING-MEMBERS ONLY

Small group training sessions including cardio intervals paired with stability and strength training. Cardio Cross training follows a Zone 2 Training format, which improves heart health, promotes fat loss, prevents injury and improves insulin sensitivity.

- Sign-up at any time, pay for 4 weeks at a time with automatic rollover.
- Three participants required to run, maximum of 12.

Sessions will be held:

Sundays at 8:30 AM

Tuesdays at 5:00 PM

Thursdays at 10:15 AM

Pricing for 4 weeks:

Once a Week: \$150

Twice a Week: \$240

FIT AFTER 55 UGX-MEMBERS ONLY

Fit After 55 UGX follows the circuit training format of a typical UGX Class, but Fit After 55 has a special focus on BALANCE, STRENGTH AND FLEXIBILITY. Come join the fun and get moving to a healthier you!

Our existing group meets Thursdays at 10:00AM, but we can always create new groups!

Pricing:

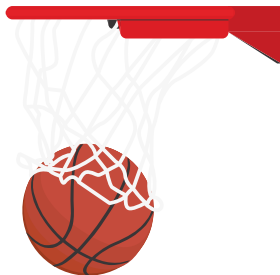
\$150/month for 4 Sessions

\$240/month for 8 Sessions

To register for any of our small group training options, or if you have questions, please contact our Fitness Director, Megan Sayre-Scibona: fitness@wtsc.com.

ADULT PICK-UP BASKETBALL

Thursday evenings from 7:00-9:00PM and Saturday morning from 9:00-11:30AM. Check online basketball schedule for more details. Open to all levels. **Guests must check-in, and sign waiver. Regular guest fees apply.** If interested, please leave your contact information at the front desk for Jon Geldart.



Join the UGX Team!

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

UGX BASIC CLASS

Free for Fitness Members, our UGX Basic Class is offered 3 times each week: one morning, one mid-day and one evening. See our Group Ex. schedule or the UGX schedule using the QR code below for times.

UGX ADD-ON PACKAGE: \$99/MONTH

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

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

Exclusive to UGX: MyZone Wearables!

- Versatile and accurate monitors of heart rate to drive health, wellness and fitness goals.
- Live effort and real-time feedback.
- Myzone Effort Points (MEPs): An inclusive measurement that includes every ability.
- See your effort in classes, join challenges and work out with friends.
- Free with a 3-month commitment to a UGX Add-On Package.



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



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

Learn more!

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



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



FITNESS - GROUP EXERCISE

GROUP EXERCISE CLASSES

All levels of fitness are welcome!

Group Exercise classes are free to fitness members.

We offer several programs, including:

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

Please refer to the Group Exercise Schedule for class descriptions and schedule, available at the front desk, in the fitness center or please use the QR Code to visit our website.

Our Group Exercise classes are generally for adults, but if space is available, ages 14 and up are welcome.



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. Workshop dates and times will be posted on our Facebook page and website (under recent news & our calendar).

For more information regarding our Group Exercise workshops, or if you're new to the club and have questions about Group Exercise, please email Jennifer Albin, our Group Exercise Coordinator, at jenny@wtsc.com.

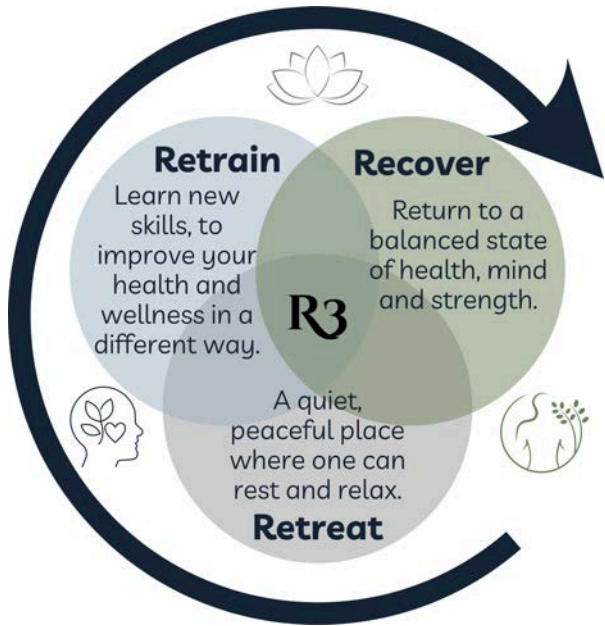


Pop-Up Classes

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!

R3 WELLNESS

Westboro Tennis and Swim Club has now opened R3 Wellness! R3 embodies the core principles of Retrain, Recover, and Retreat: The essential foundations of our Wellness Programming.



RECOVER

- *Massage*
Provided by Westborough Massage
- *Myofascial Release*
- *Recovery Room*

RETRAIN

- *Fitness Consultations*
- *Nutrition Programming*
- *Assisted Stretch Therapy*

RETREAT

- *Reiki Healing*
- *Emotion Code Healing*
- *Wellness Pop-Ups*

Use the QR Code below to view the full R3 Wellness brochure.



KIDS CLUB BABYSITTING

Child Care Rates (Ages 3 months – 12 Years)

There are lots of fun things to do at Kids Club including our 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.

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 6/16

Sun-Sat 8:00AM-1:00PM

Mon-Thu 4:00PM-8:00PM

Fri 4:00PM-7:00PM



CHILDREN'S CAMPS: JUNE 16TH – AUGUST 15TH

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 about our Sports and Swim Camp. See below for Tennis Camp information.

Kinder Camp*

Entering Pre-School – Kindergarten in fall, 3 years +

Full Day

9:00AM-4:00PM
Member: \$495 per week
Non-Member: \$595 per week

Half Day

9:00AM-1:00PM
Member: \$310 per week
Non-Member: \$360 per week

*Must be potty trained.

Sports & Swim Summer Camp

Entering Grades 1-7

Full Day

9:00AM-4:00PM
Member: \$435 per week
Non-Member: \$535 per week

Half Day

9:00AM-1:00PM
Member: \$245 per week
Non-Member: \$295 per week

C.I.T. Counselor In Training Program

Entering grades 8-10

9:00AM-4:00PM
Member: \$450 per session
Non-Member: \$550 per session

Pre/Post Camp

Full Day: 9:00am – 4:00pm
Member: \$95
Non-Member: \$125

Half Day: 9:00am – 1:00pm
Member: \$55
Non-Member: \$70

Full Day per Week

Member: \$425
Non-Member: \$525

Half Day per Week

Member: \$265
Non-Member: \$315

Use QR Code for more information.



TENNIS CAMPS: JUNE 16TH – AUGUST 22ND

Full and half day options for both Intensive and Varsity camps!
No lunch will be provided, players must bring their own lunch.

Intensive Tennis Camp

Full Day:

Monday – Friday
9:00 AM – 4:00 PM

Half Day:

Monday-Friday
9:00 AM – 12:00 PM or
1:30 PM – 4:00 PM

- Over 20 hours a week of on court instruction
- Over 5 hours of tennis-specific fitness
- Doubles, Singles, supervised Round Robins

*Family discount for 5 or more sessions of tennis camp. Contact Michael Zatsiorsky at mz@wtsc.com for details.

Early Bird: Register by 4/15 and receive a discount!

Varsity Tennis Camp

Monday – Friday
9:00 PM – 4:00 PM

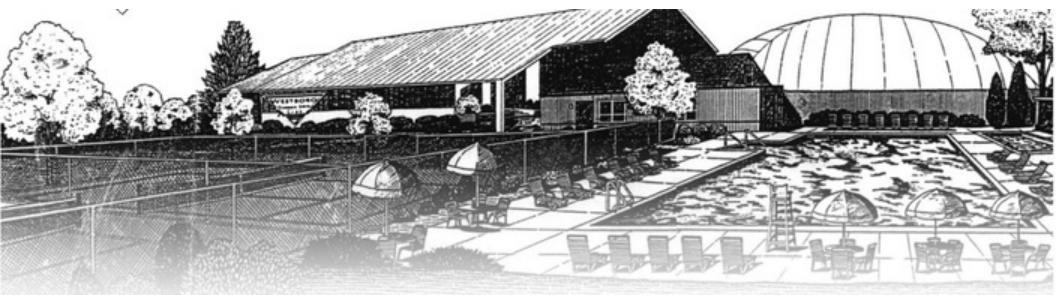
- Over 20 hours a week of on court instruction
- Over 5 hours of tennis-specific fitness
- Doubles, Singles, supervised Round Robins

*Family discount for 5 or more sessions of tennis camp. Contact Michael Zatsiorsky at mz@wtsc.com for details.

Use the QR code to see the tennis camp brochure for pricing and sessions dates!



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 Krystal Maldonis at kmaldonis@wtsc.com to let us know that you've liked and/or reviewed us, and we'll have your guest passes waiting for you at the front desk.

Earn up to THREE free guest passes, valued at \$45.

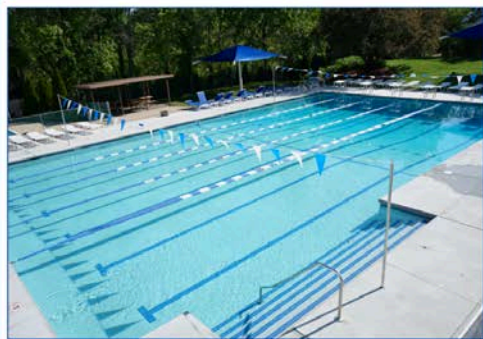


Summer Events AT THE POOL!

June Events

- Sat. 6/7-Cannonball Contest & Games
- Sun. 6/15-Water Balloon Day
- Sat. 6/21-Ice Cream Day
- Tues. 6/24-Pizza & Giant Games
- Thurs.. 6/26-Ice Cream Day

***Denotes Registration Required for Event**



July Events

- *Tues. 7/1-Cupcake Decorating Day
- Tues. 7/8-Beach Games Day
- Thurs. 7/10-Princess Party w/Balloon Artist
- Sat. 7/12-Carnival Day!! (rain date 7/13)
- *Tues. 7/15-Lunchtime Cookout!
- Thurs. 7/17-Water Balloon Day
- Sun. 7/20-Karaoke & Pool Games w/DJ
- Tues. 7/22-Ice Cream Day
- *Thurs. 7/24-Science Experiment Day & Ice Cream
- Sat. 7/26-Karaoke & Pool Games w/DJ
- Tues. 7/29-Field Day
- Thurs. 7/31 Ice Cream Day

August Events

- Sun. 8/3 Karaoke & Pool Games w/DJ
- Tues. 8/5-Arts & Crafts
- Thurs. 8/7-Pizza & Giant Games
- Tues. 8/12-Make Your Own Sundae
- Thurs. 8/14-Cannonball Contest and Pool Games
- Tues. 8/19-Lunchtime Cookout!



Contact Alison Smith with Questions: asmith@wtsc.com