



# Program Registration

Registration for all lessons and programs will be done **online, over the phone, or in-person** for members. Non-members can utilize online registration after submitting a Non-Member Waiver (Participant Application) and can sign up for programs on non-member registration dates listed below. Members may register 3 weeks prior to the start of each session online, in person or by calling the front desk.

## TENNIS Registration

Registration Dates	Members	Non-Member	No Class
Session 1 (9/8-10/25) 7 wks	8/17	8/31	
Session 2 (10/26-12/20) 8 wks	10/6	10/20	11/26-27
Session 3 (1/2-3/14) 10 wks	12/7	12/15	2/15-2/21
Session 4 (3/15-6/6) 11 wks	2/23	3/9	4/19-4/25, 5/31

## SWIM Registration

Registration Dates	Members	Non-Member	No Class
Session 1 (9/3-11/7) 7 wks	9/8	9/15	
Session 2 (11/10-12/20) 6 wks	10/26	11/9	11/26
Session 3 (1/5-2/14) 6 wks	12/21	1/4	
Session 4 (2/23-4/4) 6 wks	2/8	2/22	
Session 5 (4/6-5/23) 6 wks	3/22	4/5	4/10-4/15

## Fitness & Children's Program Registration

Members may register 3 weeks prior to the start of each session online or in person, or by calling.

### Registration Guidelines:

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

#### Cancellations:

6-12 Week Programs: Full credit given if cancellation is 7 Days prior to start of program.

Tennis Clinics: Full credit given if cancellation is 14 days prior to the start of the clinic.

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

Personal Training/Court Time: Full charge for the day if less than **24** hour notice.

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

"No Shows": Full rate will be charged for a "no show" for any lesson, court, or program.

Outdoor Courts: \$15 late cancel fee with less than 24 hours notice.

Withdrawals: No credit unless slot can be filled.

Make-Ups: Due to the size and popularity of our classes, we are unable to permit make-ups and there are no make-ups for classes missed. Classes cancelled by Westboro Tennis & Swim Club MAY have a scheduled make-up, but no refund will be given whether there is a makeup or not. No credits will be issued should you choose not to or be unable to attend a make-up. There will be NO make-ups for DBH, ITP, USTA or Swim Team. Make-ups for swim classes cancelled 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 1030am WILL NOT RUN. All programs with a starting time after 10:30am WILL RUN AT THE SCHEDULED TIME. Please check our web site frequently during snow storms as we update club and program status often.

## **Holiday Observation Schedule**

Please visit our website [www.thewestboroclub.com](http://www.thewestboroclub.com) for current holiday hours.

## **Vacation Schedule**

Winter Vacation Dec. 21 - Jan. 1 Open / Vacation Camp / No Programs / Reg. Group-X  
 February Vacation Feb. 15 - Feb. 21 Open / Vacation Camp / No Programs / Reg. Group-X  
 April Vacation Apr. 19 - Apr. 25 Open / Vacation Camp / No Programs / Reg. Group-X

\* Jr. USTA, ITP I, ITP II, & Swim Team practices may be running during holidays and vacations. Please check with your coach/instructor.

## **Membership**

We offer several membership options to suit your budget and interests including individual, couple, family, junior or student membership at Westboro Tennis & Swim Club. Call our membership department today at 508-366-1222 for more information on club memberships. We would be happy to discuss your options over the phone, so please call us and we will explain all of our pricing and programs that can fit your budget and your lifestyle!

## **Member Benefits:**

- Automatic enrollment in our fitRewards program!
- Members receive priority when signing up for programs, and also are able to participate in programs at a substantial discount (non-member fees are generally about 50% higher than member fees for programs and services).
- Benefits vary for members depending on the type of membership selected. For instance, all members receive free evaluations in each area of the club they join. Fitness members receive a 60 minute 1 on 1 with one of our Fitness Experts.
- Pool and fitness members may participate in our numerous water fitness classes at no extra charge!
- Fitness members may participate in all of our group exercise classes, including yoga and Pilates, at no extra charge!
- Tennis members may use outdoor courts at no charge and may book courts up to 1 week in advance.

Free special events and programs for families.

## **Fall/Winter/Spring Guest Fees**

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

<b>Guest Type</b>	<b>Adult</b>	<b>Child (3-18)</b>	<b>Senior (60+)</b>
Guest Pass:	\$10.00	\$10.00	\$7.00
Tennis Only:	\$7.00	\$7.00	\$7.00

# Tennis



Whether you are just starting out or are already an advanced player, The West-boro Tennis & Swim Club offers a variety of options for all ages! Our team of tennis pros will take you through a complimentary player evaluation and will recommend the right tennis programs or leagues for your level of play, as well as describe instructional and social programs offered at the club. Our 11 courts, provide you with plenty of indoor and outdoor playing options!

## Court Fees

**INDOOR ADULT COURT FEES** \$38/hr with 7-day advance booking

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

**INDOOR JUNIOR COURT FEES** \$30/hr with 3-day advance booking

\$20/hr walk-on rate (may book 1 hour in advance, same day)

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

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

**BALL MACHINE:** FREE (Court fees apply)

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

## Private and Semi-Private Tennis Lessons

<b>PRIVATE LESSON 1 HOUR</b>	<b>MEMBER</b>	<b>NON MEMBER</b>
Head Tennis Pro	\$96.00	\$144.00
Asst. Head Pro	\$93.00	\$139.50
Senior Tennis Pro	\$90.00	\$135.00
Asst. Tennis Pro	\$88.00	\$132.00

<b>PRIVATE LESSON 30 Minutes</b>	<b>MEMBER</b>	<b>NON MEMBER</b>
Head Tennis Pro	\$53.00	\$79.50
Asst. Head Pro	\$51.50	\$77.25
Senior Tennis Pro	\$50.00	\$75.00
Asst. Tennis Pro	\$49.00	\$73.50

<b>SEMI-PRIVATE LESSON 1 Hour</b>	<b>MEMBERS ONLY</b>
Head Tennis Pro	\$101.00 (\$50.50 each)
Asst. Head Pro	\$98.00 (\$49.00 each)
Senior Tennis Pro	\$95.00 (\$47.50 each)
Asst. Tennis Pro	\$93.00 (\$46.50 each)

To arrange lessons email Michael Zatsiorsky at [mz@wtsc.com](mailto:mz@wtsc.com)



## Adult Tennis Programs

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!

Contact Michael Zatsiorsky at [MZ@WTSC.COM](mailto:MZ@WTSC.COM) to sign up!

### Men's Interclub Leagues

<b>MEN'S LEAGUES</b>	<b>DAY</b>	<b>TIME</b>	<b>COST</b>	<b>DESCRIPTION</b>
<p><b><u>USTA</u></b></p> <p>USA Tennis New England</p> <p>2.5+ League 3.0+ League 3.5+ League 4.0+ League 4.5+ League</p>	TBD	Evening	<p>Regular fee and court fees set by USTA.</p> <p>Practices \$48</p> <p>6 - 8 Person Team 1.5 hrs. - 2 Courts - 2 Pros</p>	<p>Competitive Singles and Doubles Play with other area clubs.</p> <p>Season runs May to July.</p> <p>Playoffs in August and a chance to go to the National Championships!</p>
<p><b><u>CMITA</u></b></p> <p>Central Mass Indoor Tennis Association</p> <p>"A" Team "B" Team</p>	Saturday	3:00-6:00pm	<p>Regular fee and court fees set by CMITA.</p>	<p>Competitive Singles and Doubles play with other area clubs.</p> <p>Season runs October to April.</p>

### Mixed Interclub Leagues

<b>MIXED LEAGUES</b>	<b>DAY</b>	<b>TIME</b>	<b>COST</b>	<b>DESCRIPTION</b>
<p><b>USTA</b></p> <p>USA Tennis New England (USTA League Tennis)</p> <p>Levels TBD</p>	Friday	Evening	Fee set by USTA.	<p>Competitive interclub Mixed Doubles play.</p> <p>Season runs January to May.</p> <p>Sign up at the front desk.</p>

# Adult Tennis Programs



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## Women's Interclub Leagues

<b>WOMEN'S LEAGUES</b>	<b>DAY</b>	<b>TIME</b>	<b>COST</b>	<b>DESCRIPTION</b>
<p><b><u>CMITA</u></b> Central Mass Indoor Tennis Association</p> <p>"A" Team "B" Team "C" Team</p>	Saturday	12:00-3:00pm	Regular fee and court fees set by CMITA.	Competitive Singles and Doubles play with other area clubs.  Season runs October to April.
<p><b><u>DBH</u></b> Dorothy Bruno Hills Indoor Doubles League</p>	TBD Practice Divisions I, IA & II <u>WED Match</u> Divisions III & IV <u>THU Match</u>	TBD	TBS based on the format of the league 20-21 season  It will not exceed last year's fee of \$1231	Cost includes all practices, regular season match fees, registration fees and balls.  Season runs October to March
<p><b><u>SPRING LEAGUE</u></b>  3.5+ - 4.2+</p>	Practice TBD	TBD	\$360	Competitive interclub Doubles.  Season runs April to Mid June (7 weeks)
<p><b><u>USTA</u></b> USA Tennis New England</p>	3.0 - WED 3.5 - THU 4.0 - WED 4.5 - THU 3.5 - Sr. MON	TBD	Regular fee and court fees set by USTA.  TBD	Competitive Singles and Doubles Play with other area clubs.  Season runs May to July.  Playoffs in August and a chance to go to the National Championships!

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



## Adult Tennis Programs

<b>Men's Programs</b>				
<b>PROGRAM</b>	<b>DAY</b>	<b>TIME</b>	<b>COST</b>	<b>DESCRIPTION</b>
<b>Doubles Round Robin</b> 3.5+	Wed	8:00-10:00pm	M: \$15	Weekly sign-up. Cost per person. Balls included
<b>In-House League</b> <b>Singles &amp; Doubles</b> 3.4+	Sat	7:30-12:00pm	\$132* 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 comparable levels. Times vary each week: 7:00 - 9am; 9:00 -10:30am; 10:30 - 12pm. Sept. - May in 6-week sessions.
<b>Sunrise Singles Ladder</b> <b>All Levels</b>	Mon-Fri	6:00-9:00am	\$22.50* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from Sept.-Dec. and Jan.-May.
<b>Night Owl Singles Ladder</b> <b>All Levels</b>	Mon-Fri	8:00-10:00pm	\$25.50* per person per match	1 1/2 hour matches to be scheduled weekly. Ladder runs from Sept.-Dec. and Jan.-May.

Contact Zach O'Leary for any questions or information at [zoleary314@gmail.com](mailto:zoleary314@gmail.com).

<b>Women's Programs</b>				
<b>PROGRAM</b>	<b>DAY</b>	<b>TIME</b>	<b>COST</b>	<b>DESCRIPTION</b>
<b>In-House League</b> <b>Singles &amp; Doubles</b> 3.2+ Contact Chris Roginski	Thu	10:30 - 12:00pm	\$220.00 10 week session	There will be four team members, and each week, each member will play 40 minutes of singles and 40 minutes of doubles against players of comparable levels.  Sept. to May in 10 week sessions. <b>Prizes awarded.</b>
<b>Singles Ladder/ League</b> Contact Michael Zatsiorsky	Sun-Sat	Arranged by players	\$25.50* per person per match	1 1/2 hour matches to be scheduled weekly.  Ladder runs from Sept. to Dec. and Jan. to May.

\*Registration or drop off fee may apply.

# Adult Tennis Programs



## Mixed Programs

PROGRAM	DAY	TIME	COST	DESCRIPTION
<b>Mixed Doubles Social</b>  3.0+	Fridays	7:00 - 10:00pm	TBD	The club provides tennis balls and organization! Great way to meet other members! Sign-up as a team or solo! We will find you a partner!
<b>Mixed Doubles USTA Leagues</b>	Fridays			See USTA Section for more details.

Contact Michael Zatsiorsky for any questions or information at [mz@wtsc.com](mailto:mz@wtsc.com)

## Adult Tennis Clinics

			1 Hr. Member	1.5 Hr. Member	1 Hr. Non Member	1.5 Hr. Non Member
<b>Session 1</b>	(9/8-10/25)	7 wks	\$224	\$336	\$336	\$504
<b>Session 2</b>	(10/26-12/20)	8 wks	\$256	\$384	\$384	\$576
<b>Session 3</b>	(1/2-3/14)	10 wks	\$320	\$480	\$480	\$720
<b>Session 4</b>	(3/15-6/6)	11 wks	\$352	\$528	\$528	\$792

*Actual charged rates are pro-rated based on the number of classes in each session. Beginner classes for Non Members are priced at 20% higher than member rate.*

## COED QUICKSTART FOR ADULTS

<b>QuickStart for Adults Beginner Level</b>  <b>8wks M \$240/NM \$320</b>  <b>10wks M \$300/NM \$400</b>  <b>11wks M \$330/NM \$440</b>	Monday	12:30 - 2:00pm	This program is for players with no prior experience to develop tennis skills to play friendly or competitive matches. It uses 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!
	Tuesday	8:30-10:00 pm	
	Wed	7:30- 9:00 am	
	Friday	7:00-8:30pm	



## Adult Tennis Programs

<b><u>Men's Tennis Clinics</u></b>			
<b>Early Bird Clinic 3.5+</b>	Tuesday	7:00 - 8:30am	Great for ladder prep!
<b>Coed Workout Clinic 3.8+</b>	Monday	8:00 - 9:30pm	Fast paced movement and hitting drills improve quickness, shot making and stamina.
<b>Stroke Clinic 3.2+</b>	Saturday	7:30 - 9:00am	A variety of hitting drills improves quickness, shot making and stamina.
<b>Match Preparation Clinic</b>	Monday	8:00 - 9:30pm	High intensity clinic that will focus on match preparation, point construction and stroke
<b>Coed Beginner Clinic 2.8+</b>	Monday Sunday	6:30 - 8:00pm 2:30 - 4:00pm	Learn the basic strokes of singles & doubles along with positioning.
<b>Coed Advanced Beginner Clinic 3.2+</b>	Monday Tuesday Sunday	6:30 - 8:00pm 7:30 - 9:00pm 4:00 - 5:30pm	Designed to improve your strokes and tactics!
<b><u>Women's Tennis Clinics</u></b>			
<b>Beginner Clinic</b> 2.8+ Coed 2.8+ Coed 2.8+	Sunday Monday Tuesday	2:00 - 3:30pm 6:30 - 8:00pm 9:00 - 10:30am	Learn the basic strokes of singles & doubles along with positioning.
<b>Advanced Beginner Clinic</b> 3.2+ Coed 3.2+ Coed 3.2+ Coed 3.2+ 3.2+	Sunday Monday Tuesday Tuesday Wed	4:00 - 5:30pm 6:30 - 8:00pm 9:00-10:30am 7:30-9:00pm 10:30 -12:00pm	Designed to improve your strokes and tactics!
<b>Int. Stroke &amp; Strategy 3.5+</b>	Tuesday Thursday	10:30 - 12:00pm 7:00 - 8:30pm	Advanced shot making and tactics for doubles and singles.
<b>Coed Workout Clinic 3.8+</b>	Monday	8:00 - 9:30pm	Fast paced movement and hitting drills improve quickness, shot making and stamina.
<b>Aerobic Tennis All Levels</b>	Wed Friday	6:30 - 8:00pm 9:00 - 10:30am	This is a FAST paced workout clinic to music. You will improve your strokes, your ability and your endurance.
<b>Match Preparation Clinic</b>	Monday	8:00 - 9:30pm	High intensity clinic that will focus on point construction and stroke mechanics.



# Junior Tennis Programs



## Junior's Tennis Clinics

Clinic Dates / Length Hr		Member			Non-Member (*)		
		45 Min.	1 Hr.	1.5 Hr.	45 Min.	1Hr.	1.5 Hr.
<b>Session 1</b> (9/8-10/27)	7 wks	\$189	\$224	\$336	\$227	\$336	\$504
<b>Session 2</b> (10/28-12/22)	8 wks	\$216	\$256	\$384	\$259	\$384	\$576
<b>Session 3</b> (1/2-3/15)	10 wks	\$270	\$320	\$480	\$324	\$480	\$720
<b>Session 4</b> (3/16-6/6)	11 wks	\$297	\$352	\$528	\$356	\$528	\$792

\*Non Member Quickstart Red Stage 1 and Orange Stage 1 (one hour classes) cost per session  
 7wks/\$269 8wks/\$307 10wks/\$384 11wks/\$422

**TENNIS REGISTRATION POLICY FOR MEMBERS: Any 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.**

<b>Minilobbers Beginner Ages 4 - 6</b>	Tue Sat	3:45-4:30 1:15-2:00	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!
<b>QuickStart Red Stage 1 Ages 6 - 8</b>	Mon Wed Fri Sat	3:30-4:30 5:30-6:30 3:30-4:30 2:00-3:00	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 work together in cooperative activities. Players will be introduced to competitive situations using skill based tasks performed in teams. Students will learn match format and scoring
<b>QuickStart Red Stage 2 Ages 6 - 8</b>	Mon Wed Fri Sat	3:30-4:30 5:30-6:30 3:30-4:30 2:00-3:00	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)
<b>QuickStart Orange Stage 1 Ages 9 - 11</b>	Mon Tue Wed Thur Sat	5:30-6:30 6:00-7:00 3:30-4:30 3:30-4:30 2:00-3:00	Players will be introduced to 60' court and the Orange ball. Student 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 and scoring with Match Play.
<b>QuickStart Orange Stage 2 Ages 9 - 11</b>	Mon Tue Wed Thur Sat	5:30-6:30 6:00-7:00 3:30-4:30 3:30-4:30 2:00-3:00	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)
<b>QuickStart Green Stage 1 Ages 11 - 12</b>	Mon Thur Sat	3:30-4:30 4:00-5:30 4:30-6:00	Students 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.
<b>QuickStart Green Stage 2 Ages 12 and under</b>	Mon Tue Thur Sat	4:30-6:00 4:00-5:30 4:00-5:30 3:00-4:30	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.



## Junior Tennis Programs

<b>Junior's Tennis Clinics</b>			
<b>Older Beginners Ages 13 - 17</b>	Mon	3:30-4:30p	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.
	Sat	4:30-6:00p	
	Wed	4:00-5:30p	
	Fri	3:30-4:30p	
	Sun	11:30-1:00p	
<b>Older Intermediates Ages 14 - 17</b>	Mon	4:00-5:30p	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 signup
	Wed	4:00-5:30p	
	Sat	4:30-6:00p	
<b>Junior Aces / Intermediate Ages 11 - 14</b>	Tue	4:30-6:00p	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. <i>Players who have not participated in this class before may only sign up with the permission of the instructor.</i>
	Fri	5:00-6:30p	
	Sat	3:00-4:30p	
<b>Junior Varsity Program Ages 12-14</b>	Mon	3:30-5:30p	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 overhands and others will be also covered.
	Fri	3:30-5:00p	
	Sat	4:30-6:00p	
<b>High School Clinics</b>			
<b>The Varsity Program</b>  Session 1 (7weeks) \$448  Session 2 (8 weeks) \$512  Session 3 (10 weeks) \$640  Session 4(11 weeks) \$704	Thu	3:30 - 5:30p	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.  Must be a tennis member.
	Sun	10:00-12:00p	
	Sun	12:00 - 2:00p	
	Sun	2:00 - 4:00p	
	Sun		

**Pre-qualification is required for registration, contact Zach O'Leary . zoleary314@gmail.com**

# Junior Tennis Programs



## Advanced Juniors & Intensive Tennis

For registration in the Intensive Training Programs 1& 2 and Tournament Prep, contact Head Tennis Pro, Michael Zatsiorsky at MZ@WTSC.COM

<p style="text-align: center;"><b>ITP 1</b></p> <p style="text-align: center;"><b>Intensive Tennis Program 1</b></p> <p><b>Fall:</b> 9/7 -12/20 Tuition \$1578</p> <p><b>Winter:</b> 1/2 - 3/14 Tuition \$1130</p> <p><b>Spring:</b> 3/15-6/6 Tuition \$1251</p>	<p>Mon 3:30 - 4:30p</p> <p>Mon 4:30 - 5:30p</p> <p>Wed 4:30 - 6:00p</p> <p>Fri 3:30 - 4:30p</p> <p>Fri 4:30 - 5:30p</p>	<p><b>Objective:</b> 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.</p> <p><b>Content:</b> This program consists of two one hour group lessons a week, one 30-minute private lesson each 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 on level).</p>
<p style="text-align: center;"><b>ITP 2</b></p> <p style="text-align: center;"><b>Intensive Tennis Program 2</b></p> <p><b>Fall:</b> 9/7 -12/20 Tuition \$1479</p> <p><b>Winter:</b> 1/2 - 3/15 Tuition \$1020</p> <p><b>Spring:</b> 3/16-6/7 Tuition \$1224</p>	<p>Wed 4:00 - 6:00p</p> <p>Fri 4:30 - 6:00p</p>	<p><b>Objective:</b> This program is for juniors between 9 and 12 years old who are <u>inter-mediate</u> level players and would like to improve their skills and prepare for the USTA level program.</p> <p><b>Content:</b> This program consists of two 1.5 hour clinics per week emphasizing stroke tactics and match play. It also includes one consultation with a Pro including video analysis of strokes. Pro to student ratio is 1 -4. Green balls will be utilized for training.</p>
<p style="text-align: center;"><b>TTP Prep</b></p> <p style="text-align: center;"><b>Tournament Training</b></p> <p style="text-align: center;"><b>Program Prep</b></p> <p><b>Fall:</b> 9/7-12/20 Tuition \$1479</p> <p><b>Winter:</b> 1/2-3/14 Tuition \$1020</p> <p><b>Spring:</b> 3/15-6/6 Tuition \$1224</p>	<p>Tue &amp; Thu</p> <p>4:30-6:00p</p>	<p>This program is for Juniors between 12 &amp; 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.</p>



## Junior Tennis Programs

### Tournament Training Program

<b>TTP</b>			<p>This Program is designed to prepare players for competition in Level 6 and up tournaments (depending on age). Players grouped according to UTR and abilities.</p> <p><b>The program will include:</b></p> <ul style="list-style-type: none"> <li>- 4 hours of on-court clinic per week</li> <li>- 1 consultation with one of the instructors and parents to design tournament schedule, chart progress and review video analysis.</li> </ul>
<b>Fall:</b> 9/7 -12/20	Monday		
Tuition \$1972	Tuesday	4:30 - 6:30p	
<b>Winter:</b> 1/2 - 3/14	Wednesday		
Tuition \$1360	Thursday		
<b>Spring:</b> 3/15-6/6			
Tuition \$1564			

### Parent/ Child Tournaments

<b>Parent / Child Club Tournament</b>			
All Levels	12:00 - 2:00p	\$25.00 per team	Call the Tennis Department or Front Desk for more details.
Dec 31			
<b>Parent / Child Quickstart Tournament</b>			
Selected Sunday	2:00 – 4:00p	\$25.00 per team	QuickStart Tennis! Adults and kids will play together on mini courts, using low compression tennis balls.  TENNIS EXPERIENCE IS NOT NECESSARY. All levels are welcome. If you've never played tennis before, this is the best way to learn.

CONTACT CHRIS ROGINSKI AT STRINGERGIRL06@YAHOO.COM to sign up.

### 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.

# Junior Tennis/ Pickleball



## Junior Tennis Play Days

Please contact Michael Zatsiorsky for more information on these Play Days.

QuickStart Red Play Day \$20/week	Sunday	4:00 - 5:00p	Supervised introduction to match play is open to participants of QuickStart Red Stage 1 and 2, as well as pre-screened players. Priority is given to players who sign up for the whole session. Weekly signups as space permits.
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## Junior Tennis Ladders

Jr. Ladders have a \$25 DROP OFF FEE, contact: Chris Roginski at stringergirl06@yahoo.com

<b>Intermediate Junior Ladder</b> Pre-qualification is required (USTA Green Balls Included)	Fri - Sun	Arranged by players	\$17.00* per match \$5.00 Reg. Fee	For the less experienced player. A one hour match a week will help develop skills learned in lessons and clinics. A player who defends the #1 position on the Intermediate Ladder for 2 consecutive weeks will graduate to the Advanced Junior Ladder. Ladder runs September - May.
<b>Advanced Junior Ladder</b> (Balls Included)	Fri - Sun	Arranged by players	\$22.50* per match \$5.00 Reg. Fee	For the more experienced player. This program offers a competitive 1.5 hour singles match per week. Ladder runs September - May.
<b>Varsity Ladder</b> (Balls Included)	Fri - Sun	Arranged by players	\$22.50* per match \$5.00 Reg. Fee	For players who are currently in high school. 1.5 hour singles match per week. Ladder runs Sept-March.

## Pickleball

Westboro Tennis and Swim Club offers Pickleball! We provide group lessons and private lessons from an IPTPA certified instructor. The club has 4 Pickleball courts that are located in our 2 court tennis bubble.

For days, times, clinics and socials, please contact Karin Houghton with any questions about Pickleball at

kh.pickleball@gmail.com





# Aquatics

At Westboro Tennis and 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!

<b>Specialty Parent &amp; Child Swim Classes</b>		
<p><b>Water Babies</b></p> <p>4 months–1 year old</p>	TBD	<p>This class introduces your little one to the 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 their child.</p>
<p><b>Water Tots</b></p> <p>1-2 years old</p>	TBD	<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></p> <p>2-3 years old</p>	TBD	<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>

Contact Alison Smith at [asmith@wtsc.com](mailto:asmith@wtsc.com) if interested in any of these programs.



## Red Cross Swim Lessons

**PLEASE CHECK OUR WEBSITE FOR UPDATED DAYS AND TIMES AT THEWESTBOROCLUB.COM**

### Level 1 Introduction to Water Skills

**Purpose:** Helps students become comfortable in the water.

**Pre-Requisites:** Must be able to swim without their parents (and be able to separate from them) and have buoyancy with a flotation device unsupported for a few moments. Usually children are around 3-4 years old.

**Goals:** Must use a flotation device to: enter/exit water safely, swim on back and front using arm and leg actions with assistance, put chin in water and blow bubbles, float on front and back with assistance, follow basic water safety rules. Overall goal is to get the child comfortable paddling around with flotation, getting their face wet, and floating.

### Level 2 Fundamental Aquatic Skills

**Purpose:** Gives students success with fundamental skills.

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

**Goals:** Bob up and down; learn how to swim using a noodle & bubble properly; float on front and back; rollover from front to back and back to front; move in water using arm and leg motions; pickup submerged objects; knowledge of basic water safety. Overall goal is to require less dependency on flotation aids and be able to do skills without flotation aid to progress to level 3.

### Level 3 Stroke Development

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

**Pre-requisite:** Must be able to swim a short distance without flotation device, as well as jump & swim to the side without assistance.

**Goals:**

3 Low: Swimmers know motions, coordination is poor, endurance only for 10 yards of swimming

3 Mid: Stroke coordination is improved, kicks are generally correct, needs refinement and endurance

3 High: Strokes are nearly perfect, the goal is to be able to swim 25 yards of each stroke

### Level 4 Stroke Improvement

**Purpose:** Develops confidence in all major strokes.

**Pre-requisite:** 25 yards of front crawl, back crawl, butterfly and breaststroke kick, shallow dive, sculling

**Goals:** Introduction of coordination for butterfly and breaststroke, side stroke, streamlining, flip turns, diving from standing position or off blocks, treading water for 1 minute.

### Level 5 Stroke Refinement

**Purpose:** To continue to improve distance swimming and learn the swimming terminology to be successful in Raiders Prep.

**Pre-requisite:** Must have passed level 4 or completed a swim evaluation.

**Goals:** To be able to swim between 100-200 yards of front crawl, backstroke & breaststroke while maintaining good stroke technique. To dive from the block and be able to do open and closed turns.



## Aquatics– Swim Lessons/Raiders Prep

<b><u>Red Cross Swim Lessons</u></b>				
6 WEEK SESSIONS M \$150 NM \$225	TUE	THU	SAT	SUN
<b>Level 2</b>	4:30pm	5:00pm 5:30pm	11:00am	10:00am
<b>Level 3 Low</b>	5:00pm	4:30pm	10:00am	10:30am
<b>Level 3 Mid</b>	5:30pm	5:30pm	10:30am	11:00am
<b>Level 3 High</b>	5:00pm	5:00pm	11:00am	11:30
<b>Level 4</b>	4:30pm 5:30pm	4:30pm	10:00am 10:30am	
<b>Level 5</b>			12:00pm	
<b>Adult Learn To Swim Beginner</b>	6:00pm	6:00pm	11:30	
<b>Adult Learn To Swim Intermediate</b>	6:00pm	6:00pm	11:30	

## **Raiders Swim Team Prep**

Swimming provides an excellent all-round 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</b>  Ages 7-16	<b>TBD</b>  Monday & Wednesday  (10 & under)  (11 & over)	This program is geared toward swimmers who have never participated on a swim team. The program will introduce the swimmer to swim team strokes and all aspects of the swim team experience prior to the Winter swim season.  Contact Alison Smith for information at ASMITH@WTSC.COM
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# Aquatics– Swim Team



## Raiders Swim Team

Our 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. Practice includes stroke refinement, efficiency and endurance. An evaluation prior to sign up is required. This program meets 3 times per week. **PREREQUISITE:** Ages 7-10 years and 11-17 years. Each swimmer **MUST** have completed a swim evaluation before signing up for Raiders swim team or successfully completed Raiders Prep. 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 the front desk to schedule a swim evaluation. Non-member participants may sign up online **ONLY** if they have filled out a Participant Form previously. Participant forms are available on our website or at the front desk.

<p><b>Raiders Fall Swim Clinic</b></p> <p><b>11/18—12/16</b></p> <p style="text-align: center;">M \$300</p> <p style="text-align: center;">NM \$450</p>	<p style="text-align: center;"><u>Ages 7 - 10</u></p> <p>Mon and Wed 4:30– 5:15m</p> <p style="text-align: center;"><u>Ages 11 – 17</u></p> <p>Mon and Wed 5:30 –6:15pm</p>	<p>The philosophy for the Raiders Fall Swim Clinic is to first perfect stroke technique in order to heighten the swimmer's awareness in the water. Once the swimmer understands the principles involved, he/she will naturally increase speed and endurance. Training with this type of a "fluid mechanics" program will also mentally prepare swimmers to "<u>swim smart</u>" at meets.</p> <p style="text-align: center;"><b>LIMITED TO 23 MEMBERS</b></p> <p>Email Alison if interested at <a href="mailto:asmith@wtsc.com">asmith@wtsc.com</a></p>
<p><b>Raiders Spring Swim Team</b></p> <p style="text-align: center;"><b>TBD</b></p> <p>Mid-March to Mid-May</p>	<p style="text-align: center;"><u>Ages 7 - 10</u></p> <p>Mon - Wed – Fri 4:30-5:30</p> <p style="text-align: center;"><u>Ages 11 – 17</u></p> <p>Mon - Weds – Fri 5:30-6:30</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> <p>Email Brian if interested at <a href="mailto:bdoherly@wtsc.com">bdoherly@wtsc.com</a></p>

## High School Swim Clinic

<p><b>High School Swim Clinic</b></p>	<p>Mon—Wed</p> <p>3:00-4:00pm</p>	<p>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.</p> <p style="text-align: center;"><b>LIMITED TO 23 SWIMMER</b></p>
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## Swim Team - Training - Lessons

### Evolution Aquatics USA Swim Team

(7-10 Years & 11-17 Years) Evolution Aquatics is a year round swim team offering high quality professional coaching and technique instruction for competition. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor. Team members/swimmers have water and dry land training. Our land training includes a whole body approach complete with weekly yoga classes, nutritional counseling, and personal training followed by certified instructors in our fitness center. This program meets 5 times per week. For more specific information on days, times and pricing, please see our Westboro Tennis & Swim brochure or contact Bethany Bergemann at [bethany.bergemann@gmail.com](mailto:bethany.bergemann@gmail.com)

### Lifeguard Training Course

<b>American Red Cross Lifeguarding Today / First Aid / CPR</b>  Sundays 12-5pm  Ages 15+  Member: \$295 Non-Member:\$375	Sept 13-Oct 11	5 week course designed to provide the minimum necessary skills needed to qualify as a non-surf lifeguard. You must be able to swim a minimum of 500 yards. 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. Certification valid for 2 years.
	Oct 18-Nov 15	
	Jan 10-Feb 7	
	Feb 14-Mar 14	
	Mar 21-Apr 18	
	Apr 25-May 23	

### Lifeguard Training Recertification

<b>American Red Cross Lifeguarding Today / First Aid / CPR Recertification</b>  Sundays 12-3pm  Member: \$125 Non-Member: \$175	11/29	3 hour Lifeguard recertification course to qualify as a non-surf lifeguard. First Aid and Professional Rescuer CPR are included in the course. You must be able to swim a minimum of 500 yards. Must hold a current American Red Cross Lifeguard certification. Recertification valid for 2 years.
	12/13	
	1/3	
	2/21	
	3/21	
	4/25	
5/23		

Contact Brian Doherty for further information on LGT or LGT Recert at [bdoherty@wtsc.com](mailto:bdoherty@wtsc.com)

**\$50.00 is non-refundable if you withdraw from any Aquatic Training courses.**

# Aquatics Adult Lessons - Fitness



<b><u>Adult Specialty Swim</u></b>			
<b>Masters Swim Program</b>			Come join in to work hard and have fun. Swimmers are placed in lanes according to age and ability to accommodate all levels. Contact:  BDOHERTY@WTSC.COM
<b>Adult Learn To Swim</b>  (Members Only)  <u>6 wks</u>	Tue Thur Sat	6:00pm 6:00pm 11:30am	This class is designed for the adult beginner who may be timid about swimming or who has never swum in deep water. Class is self-paced and will work on basics such as floating, treading water, kicking, and basic paddle stroke.  CONTACT: ALISON SMITH AT ASMITH@WTSC.COM

<b><u>Private Swim Lessons</u></b>		
<b>Private swim lessons</b>  Adult or Child  (Members Only)	By Appointment Only  \$35 per Lesson (Lessons are 30 min.)	Learn to swim at your own pace with individual attention from your swim instructor.  Contact Alison for additional information or to check availability

## **Water Walking & Water Fitness**

**Water Walking & Water Fitness** at the Westboro Tennis and Swim Club **is included in all pool and fitness memberships.** Please check our seasonal schedules for exact times. This is not a lap swim time.

**Water Walking:** This is 1-hour designed to give participants their choice of individual water fitness. Such as water walking or your own fitness water workout in the deep water or shallow end of the pool. This class is self directed.

**Water Fitness:** An invigorating 1-hour instructor taught class designed to give participants a complete cardiovascular workout as well as increased muscle strength and endurance. A variety of formats and equipment may be incorporated in the class.



## Fitness

### Fitness—Personal Training

No matter your current fitness level, it's never too late to make better choices for your health. We invite you to start taking small steps toward a new life resolution- right now. The Westboro Club offers the largest, most diverse fitness facility in the area offering programs and classes for the entire family! Check our website and Facebook for our current list and description of programs and services.

**Personal Training:** Whether you are a beginner or a seasoned exerciser, we have the trainer that can assist you in achieving your personal fitness goals. Do not hesitate when it comes to looking and feeling your best!

### Personal Training Options

Single Training Session	Training Packages	Monthly Training Agreement
\$125	8 Pack \$920	1 x per week \$95 per session
	12 Pack \$1308	2 x per week \$85 per session
	24 Pack \$2376	3 x per week \$79 per session

### Group Exercise and Water Fitness









**Group Exercise Classes:** We offer several Les Mills Programs: BodyPump, BodyCombat, CXWORX, & RPM! We also offer Cycle Fusion, Yoga, Boxing Boot Camp and SMIT! Please refer to the Group Exercise Schedule on our website for class descriptions and see our current schedule.

**Water Walking:** This is 1-hour designed to give participants their choice of individual water fitness. Such as water walking or your own fitness water workout in the deep water or shallow end of the pool. This class is self directed.

**Water Fitness:** An invigorating 1-hour instructor taught class designed to give participants a complete cardiovascular workout as well as increased muscle strength and endurance. A variety of formats and equipment may be incorporated in the class.

**Above classes are FREE for Fitness Members**

**WTSC FALL GROUP X SCHEDULE 2020** *effective November 15th, 2020*

Basketball Court	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:30 AM	 Sanjeeta							
	7:15 AM								
	8:30 AM						9:00 AM		
	9:30 AM	 Mari		 Mari			9:30 AM	 Mari 30 min.	 Mari
	10:15 AM						10:00 AM	 Mari 30 min.	
	11:30 AM								
	11:45 AM								
	12:00 PM								
	6:00 PM		 Sanjeeta	 Sanjeeta					
6:30 PM									
7:15 PM									

30 Oak St.	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	8:00 AM					
	9:30 AM		Cycle Fusion Gina		Boxing Bootcamp	SMIT Sanjeeta
	10:15 AM					
	6:00 PM				SMIT Sharon	

GX STUDIO	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:45 AM								
	9:15 AM								
	4:30 PM								
	6:00 PM	Yoga Krystal							
	7:00 PM								

POOL	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:00 AM						6:00 AM		
	9:00 AM	Water Fitness Eileen		Water Walking Selfinstructed		Water Walking Selfinstructed	9:00 AM		
							1:00 PM		
	8:00 PM						4:00 PM		

ALL CLASSES ARE 60 MINUTES UNLESS STATED.  
 ALL 30 OAK ST. CLASSES ARE OUTSIDE. WEATHER PERMITTING



## Junior Fitness

It has been proven that learning to value physical activity early in life increases the likelihood of participants staying healthy into adulthood. Studies show active children have improved performance in school. Children 8-13 may use the bikes, elliptical, AMTs, row machines, as well as; BOSUs and stability balls and the basketball court. Please note there should be NO use of treadmills, stair climbers, weight machines or free weights of any kind. Children under the age of 8 may use the basketball court with a parent/guardian present ON the basketball court. Both parent and child must be members of the fitness center.

<b><u>Junior Personal Training</u></b>		
<b>Personal Training For Youth</b>	Ages 8+	Contract Rick Bounds for more information and pricing at <a href="mailto:rbounds@wtsc.com">rbounds@wtsc.com</a>
<b>Small Group Training For Youth</b>	Ages 8+	Contract Rick Bounds for more information and pricing at <a href="mailto:rbounds@wtsc.com">rbounds@wtsc.com</a>

## Kids Club & Children's Programs

<b><u>Kids Club - Babysitting</u></b>		
<p>We are happy to announce the expansion of our Kid's club hours!</p> <p>You will need to reserve your spot for your child so that we can stay compliant to the regulations that are in place. There will be no food offered at kid's club and no diaper changes. We will call the parent if the child needs a diaper change or is needing a bottle.</p> <p>This is a free service for members with family memberships for up to 2 1/2 hours a day.</p> <p>Please contact the front desk at 508-366-1222 to reserve your times.</p>		
Mon-Sun 8:30-11:30am	Ages 18 months -12 years old	<p><b>Free</b> for any family membership types.</p> <p><b>\$10/hr</b> for all other membership types.</p>

## Kids Club & Children's Programs 23

<b>Kids Night Out</b>			
<b>Kids Night Out</b>	Fri or Sat	5:30-9:00pm	Kids Night Out is a night for kids to spend at the club playing gym games, swimming, arts & crafts, pizza and more! NO runs once a month on either Friday or Saturday evenings. This is a great opportunity for parents to have a night out "kids free!"
Ages 4-12			Email the club or call the front desk to register.
M \$25/child			
NM \$30/child			

<b><u>Vacation Day Camps</u></b>		
Fri 11/27  Week of Mon 12/-28- Thu 12/31  Ages 4-12	9am-4pm  Extended Day available 7:30-9am and 4-6pm for additional fee	WT&SC offers sports & swim days during school vacation days. Our philosophy with vacation days parallels that of our summer camps. We help the children have fun while they learn specific sport skills, sportsmanship, teamwork and the bond of friendship. We offer our team of seasoned and professional staff who concentrate on providing the very best experience.  Sign-up at the front desk.

<b><u>Summer Camp 2021</u></b>
<b>Information and dates coming soon!</b>



### BIRTHDAY PARTIES AT THE CLUB!

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](mailto:Bjohnsen@wtsc.com)