

Fall | Winter | Spring Brochure 2024-2025



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



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

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GREETINGS FROM THE GENERAL MANAGER

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

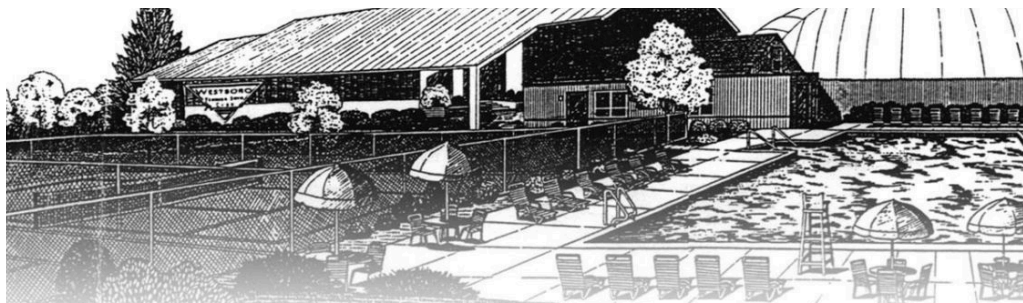
Justin Lundberg
General Manager

WHO'S WHO

General Manager: Justin Lundberg
Front Desk Service Director: Cindy Peters
Front Desk Supervisor: Isis Barry
Tennis Director | Women's Tennis Coordinator: Michael Zatsiorsky
Tennis Coordinator: Cassy Waung
Junior Tennis Program Coordinator: Chris Roginski
Men's Tennis Program Coordinator: Zach O'Leary
Aquatics Director: Brian Doherty
Assistant Aquatics Director: Alison Smith
Raiders Swim Coaches: Alison Smith & Bethany Bergemann
Fitness Director: Megan Sayre-Scibona
Group Exercise 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: Erin O'Toole (Ext. 21)
Membership Consultant: Krystal Maldonis (Ext. 13)
Membership Consultant: Isis Barry (Ext. 25)
Billing & Account Finance: Diana Wright (Ext. 26)
Financial Business Manager: Ellen O'Leary (Ext. 44)
Please contact Jessica Kaiser for Corporate Membership options.



CLUB HOURS & HOLIDAY SCHEDULES

TENNIS/CLUBHOUSE

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

POOL HOURS

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

KIDS CLUB HOURS

(Effective Aug. 26th)
 Monday-Friday 8:30am - 1:00pm
 Monday-Thursday 4:00pm - 8:00pm
 Friday 4:00pm - 7:00pm
 Saturday/Sunday 8:00am - 1:00pm

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

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

GUEST FEES

(Effective Sept. 3rd)
 A guest is any non-member wishing to use the Club with a host member. This also includes: summer members as guests during the winter, and any member wishing to use additional facilities. Please refer to the Club Policy/Member Handbook for guest guidelines.

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

Members may bring up to 3 guests per day. A guest may come 5 times per calendar year. Junior and Student Fitness Only Memberships do not have guest privileges.

Vacation Schedule

Winter Vacation: December 23rd - January 1st
 Open | Vacation Camp | Regular GEX

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

April Vacation: April 21st-27th
 Open | Vacation Camp | No Programs | Regular GEX

Holiday Observation Schedule

Labor Day - Monday, September 2nd
 Special Hours: 8am-8pm | No Programs | No GEX

Indigenous Peoples Day - Monday, October 14th
 Regular Hours and Programs

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

Thanksgiving - Thursday, November 28th
 Special Hours: 7am-10am | No Programs | No Regular GEX

Thanksgiving Friday - Friday, November 29th
 Regular Hours | No Programs | No GEX

Christmas Eve - Tuesday, December 24th
 Special Hours 7am-3pm | No Programs | AM GEX Only

Christmas Day - Wednesday, December 25th
 CLUB CLOSED

New Year's Eve - Tuesday, December 31st
 Special Hours: 7am-3pm | No Programs | AM GEX Only

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

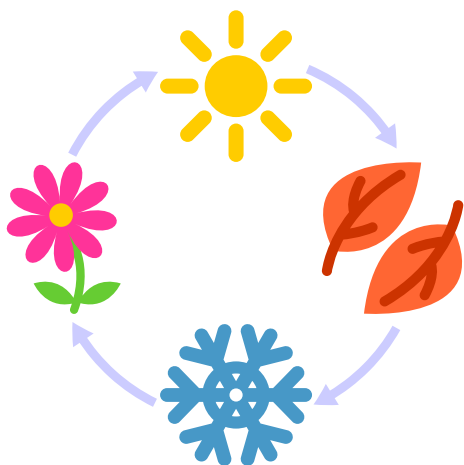
President's Day - Monday, February 17th
 Regular Hours | No Programs | Regular GEX

Good Friday - Friday, April 18th
 Regular Hours and Programs

Easter - Sunday, April 20th
 Special Hours: 7am-12pm | No Programs | No Regular GEX

Patriots Day - Monday, April 21st
 Regular Hours | No Programs | Regular GEX

Memorial Day - Monday, May 26th
 Special Hours: 8am-8pm | No Programs | No GEX



MEMBER REGISTRATION

MEMBER REGISTRATION & SESSION INFORMATION

Members may register for all of our programs online, by phone or in person starting on designated registration dates below. Program costs are based on current membership to those areas of the club. Class costs will be pro-rated when class days fall on vacation days and certain holidays. There are no make-ups for classes missed. For registration information, please contact the front desk at 508.366.1222. To register online, go to wtsc.com and look for "Program Sign-up" to the left of our logo.

NON-MEMBER REGISTRATION & SESSION INFORMATION

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

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

TENNIS/PICKLEBALL REGISTRATION & SESSION INFORMATION

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

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

Session Dates	Registration Dates	No Class
Session 1: 9/3-10/27 (8 Weeks)	M: 8/5 NM: 8/19	
Session 2: 10/28-12/22 (8 Weeks)	M: 10/7 NM: 10/21	11/28-11/29
Session 3: 1/2-3/16 (10 Weeks)	M: 12/9 NM: 12/23	2/17-2/23
Session 4: 3/17-6/8 (11 Weeks)	M: 2/24 NM: 3/10	4/20, 4/21-4/27, 5/26

Swim Registration & Session Information

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

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

Session Dates	Registration Dates	No Class
Session 1: 9/3-10/27 (8 Weeks)	M: 8/19	
Session 2: 10/28-12/22 (8 Weeks)	M: 10/14	11/28-11/29
Session 3: 1/2-3/16 (10 Weeks)	M: 12/16	2/17-2/23
Session 4: 3/17-5/18 (8 Weeks)	M: 3/3	4/20, 4/21-4/27

Children's Programs Registration

For questions about children's programs or registration, please contact Betsy Johnsen at bjohansen@wtsc.com.

Session Dates	Registration Dates	No Class
Session 1: 9/3-10/27 (8 Weeks)	M: 8/5 NM: 8/19	
Session 2: 10/28-12/22 (7 Weeks)*	M: 10/7 NM: 10/21	11/25-11/29
Session 3: 1/2-3/16 (10 Weeks)	M: 12/9 NM: 12/23	2/17-2/23
Session 4: 3/17-5/18 (8 Weeks)	M: 2/24 NM: 3/10	4/20, 4/21-4/27

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

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

REGISTRATION GUIDELINES

CANCELLATIONS

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

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

All Other Program Sessions: Full credit given if cancellation is 7 Days prior to start of program.

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

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

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

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

Outdoor Courts: \$15 late cancel fee with less than 24 hours notice or no show.

Withdrawals: No credit unless slot can be filled.

Make-Ups: Due to the size and popularity of our classes, we are unable to permit make-ups, and there are no make-ups for classes missed. Classes cancelled by Westboro Tennis & Swim Club MAY have a scheduled make-up, but no refund will be given whether there is a make-up or not. No credits will be issued should you choose not to, or are unable to attend a make-up. There will be NO make-ups for DBH, ITP, TTP or Swim Team. Make-ups for tennis clinics or swim classes canceled due to inclement weather may be re-scheduled on school vacation weeks or other available days.

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

Cancellation will be determined as follows: If school is cancelled/delayed in Westboro - all programs, including group exercise and water fitness, with a starting time prior to 10:30am WILL NOT RUN. All programs 10:30am and on WILL RUN AT THE SCHEDULED TIME weather dependent. Please check our website frequently during snow storms as we update club and program status often.

TENNIS SERVICES

1 Hour Private Lessons

Head Tennis Pro

Member: \$114 | Non-Member: \$160

Assistant Head Pro

Member: \$108 | Non-Member: \$151

Senior Tennis Pro

Member: \$105 | Non-Member: \$147

Assistant Tennis Pro

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

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

\$46/hr with 7 day advance booking

\$32/hr Early Bird Rate M-F: 6am-9am

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

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

BALL MACHINE: Free, court fees apply.

INDOOR JUNIOR COURT FEES

\$36/hr with 3-day advance booking

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

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

Natural Gut: \$80

All other string: \$41-\$49

Provide own string: \$28

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

TENNIS - ADULT TENNIS PROGRAMS

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

MEN'S INTERCLUB LEAGUES

MEN'S LEAGUES	DAY & TIME	COST	DESCRIPTION
CMITA Central Mass Indoor Tennis Association "A" Team "B" Team	Saturday 3pm-6pm	Regular fee and court fees set by CMITA	Competitive singles and doubles play with other area clubs. Season runs October - April.
USA Tennis New England (USTA League Tennis) 2.5+, 3.0+, 3.5+, 4.0+, & 4.5+ Leagues Practice: 6-8 person team (1.5 hours) 2 courts	TBD	Regular fee and court fees set by USTA. \$57.00 per practice	Competitive singles and doubles play with other area clubs. Season runs May - July, playoffs in August with a chance to go to the National Championships! Contact Michael Zatsiorsky (mz@wtsc.com) for more information on any Men's Leagues.

WOMEN'S INTERCLUB LEAGUES

WOMEN'S LEAGUES	DAY & TIME	COST	DESCRIPTION
CMITA Central Mass Indoor Tennis Association A, B, C Teams	Saturday 12pm-3pm	Regular fee and court fees set by CMITA	Competitive singles and doubles play with other area clubs. Season runs October - April.
DBH Dorothy Bruno Hills Indoor Tennis Doubles League 3.5+ - 5.5+ <i>See the Tennis Department for DBH Schedule.</i>	TBD Practice Div. I, IA, II Wednesday Match Div. III, IV Thursday Match	\$1519	DBH season runs: October - March Includes 18, weekly, 1.5 hour practices and ½ hour of play. There will be 18 matches during the regular season. Cost includes all practices, regular season match fees, registration fees and tennis balls. Pros will provide feedback after observing home matches.
SPRING LEAGUE 3.5+ - 4.2+ Practice: 1.5 hours	Practice TBA	\$410	Season runs: May to Mid June (7 Weeks) Competitive Interclub Doubles.
USTA USA Tennis New England Practice: 6-8 person team (1.5 hours) 2 courts	3.0 League - Wednesday 3.5 League - Thursday 4.0 League - Wednesday 4.5 League - Thursday 3.5 Sr. League - Monday	Fees Set up by USTA Practice: \$57	Competitive singles and doubles play with other area clubs. Season runs May - July, Playoffs in August with a chance to go to the National Championships! Contact Michael Zatsiorsky (mz@wtsc.com) for more information on any Women's Leagues.

MIXED DOUBLES USTA

USA Tennis New England (USTA League Tennis) Levels: TBD	Friday Evening	Fees Set by USTA	Competitive mixed doubles play between area clubs. Season runs January to May followed by playoffs. Matches played every other Friday. Contact Michael Zatsiorsky (mz@wtsc.com) for more information.
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TENNIS - ADULT TENNIS PROGRAMS

MEN'S PROGRAMS

PROGRAM	DAY & TIME	COST	DESCRIPTION
In-House League Singles & Doubles 3.4+	Saturday 7:30am-12pm	\$28 per week, 6-Week Session*	There will be four team members and each week each member will play 40 min. of singles and 40 min. of doubles, against players of compatible levels. Times will vary each week: 7:30-9am; 9am-10:30am; 10:30-12pm. September-May are 6-week sessions.
Doubles Round Robin 3.5+	Wednesdays 8pm-10pm	M: \$20	Weekly sign-up. Cost is per person.
Sunrise Singles Ladder: All Levels	Monday-Friday 6am-9am	\$22.50* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.
Night Owl Singles Ladder: All Levels	Monday-Friday 8pm-10pm	\$32* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.

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

WOMEN'S

PROGRAM	DAY & TIME	COST	DESCRIPTION
Singles Ladder/League	Sunday-Saturday Arranged by Player	\$32* per person per match	1.5 hour matches to be scheduled weekly. Ladder runs from September-December and January-May.
Women's In-House Round Robin 3.2+ <i>(Both singles & doubles based on sign-ups.)</i>	Tuesdays 8pm-10pm	\$20 per week	Weekly sign up cost per person.

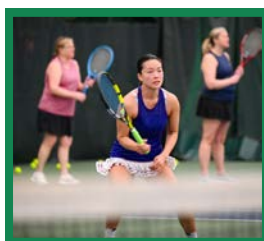
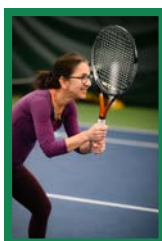
Contact: Michael Zatsiorsky (mz@wtsc.com) for more information or to sign up for any Women's Programs.

MIXED PROGRAMS

PROGRAM	DAY & TIME	COST	DESCRIPTION
Mixed Doubles Social 3.0+	Fridays 7pm-10pm	TBD	The club provides tennis balls and organization! Great way to meet other members! Sign-up as a team or solo! We will find you a partner!
Co-ed In-House Round Robin 3.2+	Sundays 1:30pm-3pm	\$18 per week	Weekly sign up cost per person.
Mixed Doubles USTA Leagues	Fridays	TBD	See Interclub League section on Pg. 5 for more details.

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

* Registration fee or drop-off fee may apply



TENNIS - ADULT TENNIS PROGRAMS

ADULT CLINICS

	8 Week	10 Week	11 Week
1 Hr.	M: \$304 NM: \$424	M: \$380 NM: \$530	M: \$418 NM: \$583
1.5 Hr.	M: \$456 NM: \$636	M: \$570 NM: \$795	M: \$627 NM: \$874.50

See page 3 for Session and Registration Dates.

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

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

COED ADULT QUICKSTART TENNIS CLINICS

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

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



WOMEN'S TENNIS CLINICS

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

TENNIS - JUNIOR TENNIS PROGRAMS

See page 3 for Session and Registration Dates.

Minilobbers, Red Stage 1, Orange Stage 1			
	8 Week	10 Week	11 Week
45 Min.	M: \$224 NM: \$280	M: \$280 NM: \$350	M: \$308 NM: \$385
1 Hr.	M: \$264 NM: \$328	M: \$330 NM: \$410	M: \$363 NM: \$451

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

All other Junior Clinics (except Varsity Prep and Varsity)			
	8 Week	10 Week	11 Week
1 Hr.	M: \$264 NM: \$368	M: \$330 NM: \$460	M: \$363 NM: \$506
1.5 Hr.	M: \$396 NM: \$552	M: \$495 NM: \$690	M: \$544.50 NM: \$759

TENNIS REGISTRATION POLICY FOR MEMBERS:

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



JUNIOR TENNIS CLINICS

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

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

TENNIS - JUNIOR TENNIS PROGRAMS

JUNIOR TENNIS CLINICS CONT.

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

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

VARSITY PREP PROGRAM

<p>*Varsity Prep Program (Ages 12-14) Monday 3:30pm-5:30pm (2 Hrs.) Friday 3:30pm-5pm (1.5 Hrs.) Saturday 4:30pm-6pm (1.5 Hrs.)</p>	<p>The main goal of this 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. *Instructor permission is required to move to Varsity Prep. If new to The Club or our tennis programs, contact Chris Roginski to schedule a placement screening at stringergirl06@yahoo.com.</p>
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VARSITY PROGRAM

<p>Varsity Program Thursday 4:30pm-6:30pm Sunday 10am-12pm Sunday 12pm-2pm Sunday 2pm-4pm</p>	<p>2 hour clinic designed for the High School Varsity level player who is interested in improving his/her skills and staying tuned-up until the Spring season starts in mid-March. * Pre-qualification is required. Contact Zach O'Leary for details and registration at zoleary314@gmail.com</p>
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VARSITY PREP AND VARSITY PROGRAM PRICING

	8 Week	10 Week	11 Week
1.5 Hr.	M: \$456 NM: \$636	M: \$570 NM: \$795	M: \$627 NM: \$874.50
2 Hr.	M: \$592 NM: \$832	M: \$740 NM: \$1040	M: \$814 NM: \$1144



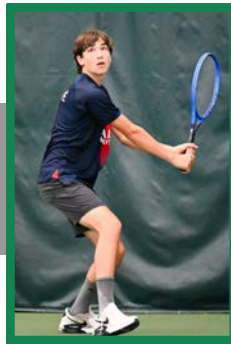
Junior USTA Tournaments

Westboro Tennis & Swim Club hosts various Junior USTA tournaments throughout the year. Check online at www.NewEngland.usta.com for tournament dates and times.

Tennis Camps (Ages 8+)

Vacation camps and summer camps available. Please check the Club website for more information, wtsc.com.

TENNIS - JUNIOR TENNIS PROGRAMS



ADVANCED JUNIORS & INTENSIVE TENNIS

Please contact Michael Zatsiorsky for pre-approval at mz@wtsc.com.

ITP 1 Intensive Tennis Program 1

Fall: 9/3-12/22 | Tuition: \$2140
Winter: 1/2-3/16 | Tuition: \$1333
Spring: 3/17-6/8 | Tuition \$1527

Tuition is based on Monday/Friday schedule.

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

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

Content: This program consists of two 1-hour group lessons a week, plus one 30-minute private lesson each week (in sessions 1 & 2 there is one less private lesson than the total number of weeks) and 60 minutes of fitness per week. Students will receive extensive stroke work and will learn to apply their strokes to playing situations and will prepare them for match play with Orange and/or Green balls (depending upon the level).

ITP 2 Intensive Tennis Program 2

Fall: 9/3-12/22 | Tuition: \$1952
Winter: 1/2-3/16 | Tuition: \$1208
Spring: 3/17-6/8 | Tuition \$1394

Wednesday 4pm-6pm
Friday 4:30pm-6:30pm

Objective: This program is for juniors between 9 and 12 years old who are intermediate level players and would like to improve their skills and prepare for the USTA level program or the Varsity program.

Content: This program consists of two 1.5 hour clinics per week emphasizing stroke tactics and match play. It also includes one hour of fitness per week and one consultation with a Pro including video analysis of strokes. Pro to student ratio is 1 to 4. Green and yellow balls will be utilized for training.

TTP Prep

Fall: 9/3-12/22 | Tuition: \$1952
Winter: 1/2-3/16 | Tuition: \$1208
Spring: 3/17-6/8 | Tuition: \$1394

Tuesday & Thursday
4:30pm-6:30pm

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

TTP

Fall: 9/3-12/22 | Tuition: \$2379
(31 Lessons)
Winter: 1/2-3/16 | Tuition: \$1491
(19 Lessons)
Spring: 3/17-6/8 | Tuition \$1693
(22 Lessons)

Monday, Tuesday, Wednesday or Thursday: 4:30pm-6:30pm*
*Price is prorated for selected holidays.

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

The Program will include:

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

TENNIS - JUNIOR TENNIS PROGRAMS

PARENT & CHILD ROUND ROBIN

Green Ball 2 - Advanced Levels

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

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

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

JUNIOR TENNIS PLAY DAYS

Quickstart Orange Play Day

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

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

JUNIOR TENNIS LADDERS

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

Intermediate Junior Ladder

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

Friday-Sunday (Arranged by Players)
\$18* per match | \$10 Registration Fee

For the less experienced player. A one hour match a week will help develop skills learned in lessons and clinics. A player who defends the #1 position on the Intermediate Ladder for 2 consecutive weeks will graduate to the Advanced Junior Ladder. Ladder runs September - May.

Advanced Junior Ladder

Friday-Sunday (Arranged by Players)
\$27* per match | \$10 Registration Fee

For the more experienced player. This program offers a competitive 1.5 hour singles match per week. Ladder runs September - May.

Varsity Ladder

Friday-Sunday (Arranged by Players)
\$27* per match | \$10 Registration Fee

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

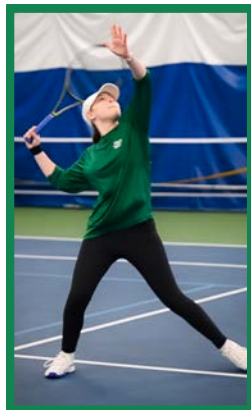
**\$25 drop off fee may apply*



Before yellow tennis balls, they were white.

It wasn't until Wimbledon, in 1986, when yellow tennis balls were used. Officials believed that a yellow ball would be easier for spectators to follow on TV.

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



ADULT PICKLEBALL PROGRAMMING



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. There are times when Pickleball cannot be played due to heavy tennis usage. Please see our website to view Pickleball reservation hours.
- Courts may be booked in 1-hour and 1.5-hour increments.
- All players must check in at the desk and use proper tennis court etiquette.
- Loaner paddles and balls available at the front desk at no charge.
- Demo paddles available to rent for \$3 each use.
- Nets will be available on the court but will need to be put into place by participants. Please stop play with sufficient time to put away the net in case the next players are using it as a tennis court.

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

Private Lessons & Clinics - 1 hour

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

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

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

4-Person Clinic: M: \$32pp | NM: \$38.50pp

Pickleball Court Fees*

\$26/hour: Monday-Friday 12-3pm

\$30/hour: All other days/time

See website for Pickleball court availability.

Group Class Sessions & Round Robins

See page 14

Pickleball Contract Court*

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

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

ADULT PICKLEBALL PROGRAMMING

<p>Pickleball 101A:</p> <p>Monday: 1:00-2:00pm Tuesday: 6:30-7:30pm, 7:30-8:30pm 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>Tuesday: 12:00-1:00pm, 6:30-7:30pm, 7:30-8:30pm 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: 12:00-1:00pm, 6:30-7:30pm Saturday: 12:00-1:00pm</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: 9/3-10/27 (8 Weeks)
- Session 2: 10/28-12/22 (8 Weeks)
- Session 3: 1/2-3/16 (10 Weeks)
- Session 4: 3/17-6/8 (11 Weeks)

Rates:	8wks.	10wks.	11wks.
Club Member:	\$256	\$320	\$352
Non-Member:	\$308	\$385	\$423.50

See page 3 for Registration Dates.

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

PICKLEBALL ROUND ROBINS

<p><u>Round Robin Options for Players 3.0-3.5:</u></p>	<p>Monday 1:00-2:30pm Wednesday 1:00-2:30pm Friday 7:00-8:30pm Sunday 6:00-8:00pm</p>
<p><u>Round Robin for Players with Level of Play 3.5+</u></p>	<p>Thursday 12:00-1:30pm Sunday 6:00-8:00pm</p>

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

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

AQUATICS - SERVICES

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

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

Questions regarding placement should be directed to Alison prior to enrollment. Evaluations for session 1 placement will be available Saturday 8/10, Monday 8/12 and Tuesday 8/13. **EVALUATIONS ARE BY APPOINTMENT ONLY.** Contact Alison with questions or to set up an evaluation.

Parent Tot / Red Cross Lessons	
Session 1: 9/3-10/27 (8 Weeks)	M: \$232*
Session 2: 10/29-12/22 (8 Weeks)	M: \$232*
Session 3: 1/2-3/16 (10 Weeks)	M: \$290*
Session 4: 3/18-5/18 (8 Weeks)	M: \$232*

See page 3 for Member Registration

*See Adult Specialty Swim for adult class fees

Water Babies & Water Tots (Saturdays)	
Non-Member Registration	
Session 1: 8/26	NM: \$312
Session 2: 10/21	NM: \$312
Session 3:	Not Running
Session 4: 3/10	NM: \$312

CHILDRENS SPECIALTY SWIM PROGRAMS

<p><u>Water Babies</u></p> <p>Ages: 6 months - 1 year Saturday: 10:30-11:00am</p>	<p>This class introduces your little one to water. You will bond in the water 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 MUST be in the water with the child.</p>
<p><u>Water Tots</u></p> <p>Ages: 1-2.5 years Saturday: 10:00-10:30am</p>	<p>This class continues to learn through songs and activities. It helps build the tots confidence in the water and transition to becoming more independent swimmers using floatation. The tot will learn to blow bubbles, front and back floats, kicking their feet and reaching their arms. They will also become more comfortable going under water. Parent/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 MUST be in the water with their child.</p>
<p><u>Aqua Tots</u> (swim members only)</p> <p>Ages: 2.5-3.5 years Saturday: 9:30-10:00am</p>	<p>This class is for tots that can swim independently with floatation; they have learned basic safety rules and are happy swimming with an instructor. The instructor will work with your tot teaching them the importance of waiting their turn and listening to simple directions. They will also learn how to float on their backs and roll over, begin basic stroke techniques and learn more advanced safety skills. If the child still wears diapers they 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.</p>

*Diaper Rule - Diapers are not allowed in the pool for health reasons. Untrained children must wear training pants with tight fitting rubber pants under their bathing suits or special swimming diapers. *Disposable Aqua Diapers are available at the Front Desk.*

ADULT SPECIALTY SWIM (SWIM MEMBERS ONLY)

<p><u>Adult Learn to Swim</u></p> <p>Beginner Level - The Newcomer Tuesday: 5:15pm or 5:45pm Thursday: 5:15pm or 5:45pm Sunday: 10:30am or 11am 8 Wk: \$312 10 Wk: \$390</p>	<p>This class is designed for the adult beginner who may be timid about swimming or who has never swum in deep water. It is self-paced and will work on basics such as floating, treading water, kicking and basic paddle stroke.</p>
<p>Intermediate Level: Water Acclimation Tuesday: 5:45pm Thursday: 5:45pm 8 Wk: \$312 10 Wk: \$390</p>	<p>Intermediate level is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Swimmers will master the freestyle and backstroke as well as breaststroke, sidestroke, treading water, and recovery to a swimming position.</p>

AQUATICS - RED CROSS SWIM LESSONS

Swim Lesson days/times are available on the club website, use the inset QR Code below. The class schedule may change from session to session, depending on need.

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

Contact Alison Smith at asmith@wtsc.com prior to enrollment if you have questions or need an evaluation. See page 15 for available dates for session 1 evaluations.

RED CROSS - SWIM LESSONS (SWIM MEMBERS ONLY)

Level 1: Introduction to Water Skills

Purpose: Helps students become comfortable in the water.

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

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

Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills.

Pre-Requisite: Comfortable in the water independently paddling around with a 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; pick up submerged objects; knowledge of basic water safety. Overall goal is to require less dependency on floatation aids and be able to do skills without floatation aid to progress to level 2 High.

Level 2: High - Fundamental Aquatic Skills

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

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

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

Level 3: Stroke Development

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

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

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

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

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

Once published, swim lesson schedules can be found here:



Level 4: Stroke Improvement

Purpose: Develop confidence in all major strokes.

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

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

Level 5: Stroke Refinement

Purpose: Provide further coordination and refinement of strokes.

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

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

AQUATICS - RAIDERS SWIM TEAM

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

RAIDERS PREP CLINIC

Raiders Prep Clinic: Ages 6-16

Session 1: 9/3-10/27 | M: \$285 | NM: \$420
Registration Date: M: 8/19 | NM: 8/26

Session 2: 10/29-12/22 | M: \$285 | NM: \$420
Registration Date: M: 10/14 | NM: 10/21

Session 3: 1/2-3/16 | M: \$325 | NM: \$487
Registration Date: M: 12/16 | NM: 12/23

Session 4: 3/19-5/18 | M: \$285 | NM: \$420
Registration Date: M: 3/3 | NM: 3/10

Participants must have Red Cross level 5 swimming ability or higher, or pass a swim evaluation before registration. This program is geared towards those swimmers who have never participated on a swim team. This program will introduce the swimmer to swim team strokes and all aspects of swim team experiences prior to our winter swim season. Please contact Alison Smith at asmith@wtsc.com to set up a swim evaluation.

Tuesday/Thursday: 4:30-5:30pm

Raiders Swim Team is managed at a recreational level to insure that every swimmer has fun, gains self-esteem, meets new friends, and continuously sets new goals. Practices will include stroke refinement, efficiency, and endurance. An evaluation is required, prior to sign up, if your swimmer has not previously swum on a team. This program meets three times per week.

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

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

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

RAIDERS SWIM TEAM

<p>Fall Swim Team</p> <p>Session Dates: 9/9-11/1</p> <p>Registration Dates: M: 8/26 NM: 9/2</p>	<p>Ages 7-10 M: \$385 NM: \$519.75 Monday, Wednesday, Friday 4:15pm-5:30pm 5:30pm-6:45pm Ages 11-17 M: \$455 NM: \$614.25 Monday, Wednesday, Friday 4:15pm-5:45pm 5:45pm-7:15pm</p>	<p>The philosophy for the Raiders Fall Swim Team is to first perfect stroke technique in order to heighten the swimmer's awareness in the water. Once the swimmer understands the principles involved, he/she will naturally increase speed and endurance. Training with this type of a "fluid mechanics" program will also mentally prepare swimmers to "swim smart" at meets. If you have previously been on a high school swim team, please register for the High School Clinic.</p>
<p>Winter Swim Team</p> <p>Session Dates: 11/11 to Mid-March</p> <p>Registration Dates: M: 10/14 NM: 10/28</p>	<p>Ages 7-10 M: \$525 NM: \$682.50 Monday, Wednesday, Friday 4:15pm-5:30pm 5:30pm-6:45pm Ages 11-17 M: \$610 NM: \$793 Monday, Wednesday, Friday 4:15pm-5:45pm 5:45pm-7:15pm</p>	<p>The same philosophy will be followed throughout the Winter Season. Each swimmer will compete in 8 or 9 dual meets through the winter season, plus a Championship Meet. Meet dates and times are TBA. Practice time will be assigned by coaches; swimmers must attend assigned times.</p>
<p>Spring Swim Team</p> <p>Session Dates: 3/17-5/16</p> <p>Registration Dates: M: 3/3 NM: 3/10</p>	<p>Ages 7-10 M: \$325 NM: \$445 Monday, Wednesday, Friday 4:15pm-5:15pm 5:15pm-6:15pm Ages 11-17 M: \$325 NM: \$445 Monday, Wednesday, Friday 4:15pm-5:15pm 5:15pm-6:15pm</p>	<p>The Spring Team is a non-competitive season managed at a recreational level to ensure swimmers have fun, gain self esteem, meet new friends and set new goals. Practices include stroke refinement, efficiency and endurance. All participants must have completed a session of Raider's Prep or have passed an evaluation.</p>

AQUATICS - SWIM TEAM & AQUATIC TRAINING

HIGH SCHOOL SWIM CLINIC

High School Clinic

Fall Session: 9/9-11/22 (11 Wks.)
Spring Session: 3/3-5/16 (10 Wks.)
 No class Apr. vacation week

M: \$395 | NM: \$535

Registration Dates:
Fall: M: 8/26 | NM: 9/2
Spring: M: 2/17 | NM: 2/24

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

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

AQUATIC TRAINING

American Red Cross Lifeguard / First Aid / CPR

Ages: 15+

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

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

**Please use
 the QR Code
 below to
 view
 schedules on
 our website.**

Course length is 27 hours, 25 minutes. Provides the minimum necessary skills needed to qualify as a non-surf lifeguard. You must be able to swim a minimum of 300 yards. First Aid and Professional Rescuer CPR are included, and attendance at all classes is mandatory, even if the individual already holds a First Aid/CPR Certificate.



Once published,
 the schedule for
 Advanced Aquatics Training
 will be available here.

PRIVATE SWIM LESSONS - ADULTS OR CHILDREN

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

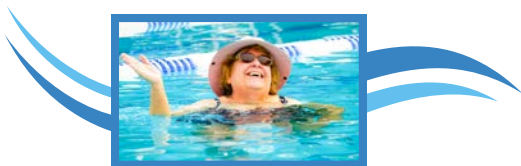
	Private	*Private Pkg	Semi-Private	*Semi-Private Pkg
Aquatics Director or Sr. Certified WSI Instructor	\$59	\$336	\$41pp	\$234pp
Certified WSI Instructor	\$49	\$280	\$37pp	\$211pp

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



WATER WALKING

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



FITNESS - TRAINING



FITNESS CONSULTATIONS

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
- Included with your annual fee

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.

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

Single, 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 - MEMBERS ONLY

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

The 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!"

- 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!

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!

Pricing:

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

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



FITNESS - SMALL GROUP TRAINING

MORE THAN JUST A RUNNING CLUB-MEMBERS ONLY

Small group running and strength training for runners.

- Available to runners and walkers of all levels
- Running and strength training will take place outdoors and at the UGX Studio.
- 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
Thursdays at 10:15 AM

Pricing for 4 weeks:
Once a Week: \$150
Twice a Week: \$240



FIT FOR GOLF-MEMBERS ONLY

Fit for Golf is a series of 1-hour, Small Group sessions, focusing on low-impact, golf specific fitness training. Space is limited to ensure individualization.

- Learn a dynamic, golf specific, warm-up routine
- Improve both shoulder and hip range of motion
- Improve your core balance and stability
- Increase your rotational power and transfer of weight to power through your golf swing
- Improve your overall strength, and increase flexibility to prevent injuries, as well as specific techniques to prevent golfer's elbow
- Improve mental focus

Sessions will be held: Thursdays at 1:00 PM

Pricing for 4 weeks: M \$150

FIT FUN FOR YOUTH

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

Tuesdays/Thursdays

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

Location: UGX Studio

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

Members can sign-up at www.wtsc.com.

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

Minimum of 5 participants per group.

Session 1: 9/3-10/27 (8-wks) M \$112 NM \$148**

Session 2: 10/28-12/22 (8-wks) M \$112 NM \$148**

Session 3: 1/2-3/16 (10-wks) M \$140 NM \$185

Session 4: 3/17-6/8 (8-wks) M \$112 NM \$148**

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

Session cost based on signing up for one class per week.

**Session fee will be prorated if class falls on a holiday.

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.

FITNESS - ULTIMATE GROUP EXERCISE ADD-ON

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 & 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.

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.



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.



GROUP EXERCISE WORKSHOP SERIES

If you are new to Group Fitness, come join our Intro. to Group Exercise workshop series, held quarterly! 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, Intro. to Yoga, and Pound. We are constantly looking for what's new in Group Ex. and bringing it to our members!

WELLNESS

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

Please contact our Fitness Director, Megan Sayre-Scibona with questions: fitness@wtsc.com.

PERSONALIZED YOGA

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

Hour Sessions*

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

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

Half-Hour Sessions*

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

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

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

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

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

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

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

Meditation

Join us for Meditation; relax and find your center. We will start the fall season in September. Each class is an hour in length, please bring a blanket and bolster or pillow. Free to fitness members.

Kids club is available by reservation only. Sign-up required at our Front Desk for the class and babysitting. TBA date and time, will meet every other month.

NUTRITION CONSULTING

12 Week Transformation

M \$390

NM \$485

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

Choose to Lose

\$420 (Members only)

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

WELLNESS POP-UPS

We regularly host Wellness Pop-ups throughout the indoor season. Past events have included Sound Bath Workshops, a Chakra Workshop and Pranayama Practice. Check out the back cover of this brochure to see what we have planned so far; more will be added as the year progresses!

KIDS CLUB & CHILDRENS PROGRAMS

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

Session Dates	Registration Dates	No Class
Session 1: 9/3-10/27 (8 Weeks)	M: 8/5 NM: 8/19	
Session 2: 10/28-12/22 (7 Weeks)*	M: 10/7 NM: 10/21	11/25-29
Session 3: 1/2-3/16 (10 Weeks)	M: 12/9 NM: 12/23	2/17-2/23
Session 4: 3/17-5/18 (8 Weeks)	M: 2/24 NM: 3/10	4/20, 4/21-4/27

CHILDRENS PROGRAMS

Gym & Swim

Preschoolers 2.9-5 years (must be potty trained)

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

Tuesdays 9:30am-11:00am
Thursdays 12:30pm-2pm
Fridays 9:30am-11:00am

Gym & Swim for preschoolers is a great way to introduce your child to the gym & pool. After 45 minutes of free play, structured games, activities using music, balls and sports equipment, a story and a craft, we'll head to the pool for a structured multi-level swim lesson in the water.
Parent Participation is NOT required. This is a drop off class.

Session 1 - M: \$192 | NM: \$250
Session 2 - M: \$168 | NM: \$218
Session 3 - M: \$240 | NM: \$312
Session 4 - M: \$192 | NM: \$250



VACATION FUN DAYS

Winter Fun Days*

Thurs. 12/26, Fri. 12/27 & Mon. 12/30

February Fun Days

(2/18-2/21) Tuesday-Friday

April Fun Days

(4/22-4/25) Tuesday-Friday

Ages: *3-10

*camper must be potty trained

Full Day: 9am-4pm
Half Day: 9am-1pm

Member

Per Day: Half Day \$60 | Full Day \$105
4 Days: Half Day \$220 | Full Day \$365
3 Days*: Half Day \$165 | Full Day \$290

Non-Member

Per Day: Half Day \$74 | Full Day \$127
4 Days: Half Day \$265 | Full Day \$435
3 Days*: Half Day \$205 | Full Day \$350*

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

*3 Day option is for Winter Fun Days
in Decemeber only.

Our philosophy with Vacation Fun Days parallels that of our summer camps: we help campers to have fun while they learn specific sport skills, sportsmanship, teamwork, and make friends. We take great pride in providing individual attention to each and every camper. Activities include a mix of instruction and play in all areas.

SUMMER CAMPS

KinderCamp and Sports & Swim Camps available (ages 3+). Information available on our website, www.wtsc.com, starting January 2025.

KIDS CLUB BABYSITTING

Kids Club Babysitting

Monday-Friday
8:30am-1pm

Monday-Thursday
4pm-8pm

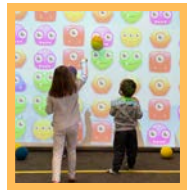
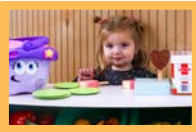
Friday
4pm-7pm

Saturday/Sunday:
8am-1pm

(Ages 3 months – 12 Years)

There are NO babysitting fees for children who are part of a family membership. Children may be left for up to 3 hours per visit at no charge. Children who are not part of a family membership may purchase Kids Club membership or pay an hourly fee. Please see a membership consultant or Kids Club staff member with any questions. Please remember our club policies about leaving children unattended. All children under the age of 12 must be supervised by an adult at all times. For the safety and enjoyment of others, children under 12 are not allowed in the fitness center, on the tennis courts, or at the pool while a parent is participating in a class, program or tennis match. We have an arcade room and multi-ball interactive sport wall for all ages (children under 7 can use with supervision). Parents MUST remain on premises while children are enrolled in Kids' Club. Please visit Kids Club for a complete list of policies.

****Members Only****



BIRTHDAY PARTIES

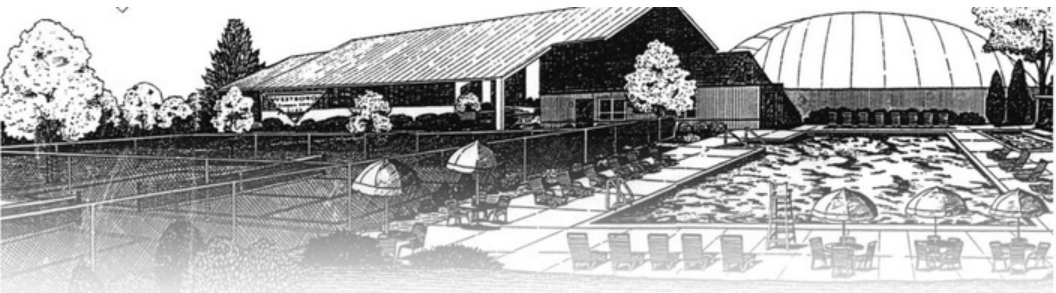
Your child's birthday celebration is a very special event. Our goal is to make planning your child's party an easy and enjoyable experience. We take care of all the arrangements. We provide 2 party planners who will do all the set up, clean up and everything in between! We offer a variety of options from toddler & preschool parties at our kids club to gym & swim and all swim parties for ages 6 and up at the main club.

To view our Birthday brochure online or to fill out a party request form, please use the QR code below. Contact Betsy Johnsen at bjohnsen@wtsc.com if you have a additional questions.



Happy Birthday

We Want to Hear from You!



Like us on Facebook and receive ONE free guest pass!

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

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

Scan the QR code to view our Facebook page!

Find us at: www.facebook.com/thewestboroclub
www.instagram.com/thewestboroclub



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



Wellness Menu



<i>Sept. Start</i>	BI-MONTHLY MEDITATION W/ KRYSTAL, TBA DAY & TIME (Will continue bi-monthly, through May 2025.)	
<i>Oct. 18th</i>	FULL MOON RITUAL WITH SOUND BATH	
<i>Nov. 17th</i>	FINDING AND KEEPING MOTIVATION WORKSHOP	
<i>Jan. 11th</i>	HEALTHY EATING WORKSHOP	
<i>Mar. 1st</i>	VASCULAR SCREENING	
<i>Apr. 5th</i>	HAND/FOOT REFLEXOLOGY	
<i>May 4th</i>	FOAM ROLLER WORKSHOP	

Outreach

Westboro Tennis and Swim Club is proud to announce that this year we will be partnering with various local charities to provide outreach to our fellow community members. Be on the lookout for the following opportunities:

BACK TO SCHOOL DRIVE, FREE LITTLE PANTRY FOOD DRIVE,
 HOLIDAY TOY DRIVE, COAT DRIVE, PROM DRESS DRIVE

WWW.WTSC.COM

