

A Typical Day at Westboro Tennis & Swim Club Tennis Camp

For Tennis Intensive and Varsity Camps:

- 8:45-9:00 am** **Morning Drop off**
A staff member will be at the patio and will direct players to Court 3. Once there they will check in with a staff member and find their groups for the day.
- 9:00-10:30 am** **Warm up and Instruction**
- 10:30-10:45 am** **Break and Snack**
Players must bring their own snack. Snack times may vary depending on the schedule.
- 10:45-12:00 pm** **Instruction-Stroke Production**
- 12:00-1:30 pm** **Lunch and Swim**
All campers must bring their own lunch or they can order in advance from the Cafe. Lunch is 12-12:30 with swim/outdoor time from 12:30-1:30 (weather permitting). All tennis campers have the option for free swim at this time.
All campers are required to stay with their groups during this time. For those wanting to order additional food items from the Café, they may do so at the pool following indoor lunch time. Only campers who have a waiver filled out giving permission to do so may order food from the cafe and they must give their order to a counselor who will place the order.
- 1:30-3:30 pm** **Tennis Instruction with Emphasis on Point/Match Play**
- 3:30-4:00 pm** **Tennis Specific Fitness**
- 4:00-4:15 pm** **Afternoon Check-Out**
All campers must be signed out by a parent/guardian at the tent unless they are 12+ and have submitted a waiver. In that case the camper may sign them-selves out at the end of the day. Any campers who have not been picked up by 4:15 will be taken over to the Extended Day Program.
- 4:15-6:00 pm** **Extended Day**
Extended day is available and required for campers (under 12) from 7:30-9 am and 4:15-6 pm. After camp hours, member campers 12 and over are allowed to stay and use the club as long as they have returned and signed the waiver. Pool usage is limited to those 14 and older. There is no Extended Day for Sessions 9 and 10.

What to Bring!

Tennis campers should come to camp with the following: *lunch, snack(s), racket, sneakers, water bottle, mask (optional), *sunscreen, bathing suit, towel and hat.

*Loaner racquets are available at the front desk for campers without their own.

*We ask that parents carefully apply sunscreen to your child prior to camp and show your child how to properly reapply during the day.

Cafe Permission Slip

Signing this gives camper permission to order food from the Cafe at Westboro on the camper's club account.

The campers can only charge to their clubhouse accounts at the pool or cafe; they **do not** accept credit cards, cash or checks. All orders will be placed by camp counselors. This will only be permitted at the pool following indoor lunch.

Participant's Name

Session(s)

Parent'/Guardian

Date

Please list any allergies or other notes
