

# Member Registration

## Tennis Registration

Registration for adult and junior clinics will be done by the enclosed registration form. Please return to the Front Desk by the date listed below. Additional forms are available online.

SESSION DATES	RETURN FORM BY	NO CLASS
<b>Session I</b> 9/6/04 - 10/29/05	8/24/05	10/10 Columbus Day
<b>Session II</b> 10/30/05 - 1/7/06	10/19/05	11/24, 11/25 Thanksgiving 12/25 - 1/2 Winter Break
<b>Session III</b> 1/8/06 - 3/25/06	12/21/05	2/19 - 2/26 Feb Vacation
<b>Session IV</b> 3/26/06 - 6/10/06	3/16/06	4/16 Easter 4/16 - 4/22 April Vacation 5/29 Memorial Day

**The Varsity Program, ITP, Tournament Training:**  
Please contact Michael Zatsiorsky for additional information and registration.

## Swim Registration

**6/8/10-Week Swim Lesson Registration:** Registration for swim lessons will be done **VIA PHONE ONLY.**

SESSION DATES	REGISTRATION DATE	PHONE IN TIMES	NO CLASS
<b>Session I - 8 wks.</b> 9/12/05 - 11/5/05	Mon. 8/22/05 Wed. 8/24/05	8am-12pm & 4pm-7pm 8am-12pm & 4pm-7pm	10/10 Columbus Day
<b>Session II - 6 wks.</b> 11/7/05 - 12/23/05	Mon. 10/17/05 Wed. 10/19/05	8am-12pm & 4pm-7pm 8am-12pm & 4pm-7pm	11/24, 11/25 Thanksgiving 12/25 - 1/2 Winter Break
<b>Session III - 8 wks.</b> 1/3/06 - 3/4/06	Mon. 12/12/05	9:00am - 3:00pm	2/19 - 2/26 Feb Vacation
<b>Session IV - 10 wks.</b> 3/6/06 - 5/20/06	Mon. 2/16/06	9:00am - 3:00pm	4/16 Easter 4/16 - 4/22 April Vacation

## Fitness & Kids' Club Registration

Members may register 2 weeks prior to the start of each session. Please see page 14 for Kids' Club Registration and pages 15 & 16 for Fitness Registration.

## Registration Guidelines

**NOTE:** Program cost is based on membership to those areas of the club.

### CANCELLATIONS:

6-12 Week Programs: Full credit given if cancellation is 48 hours prior to start of program.  
Weekly Programs: Full charge for the day if less than 24 hour notice.  
Private Lesson/Personal Training/Court Time: Full charge for the day if less than 24 hour notice.

**"NO SHOWS":** Full rate will be charged for a "no show" for any lesson, court, or program.

**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. Any classes cancelled by Westboro Tennis & Swim Club will have a scheduled make-up. No credits will be issued should you choose not to attend.

**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 11am will NOT RUN. All programs with a starting time after 11am WILL RUN AT THE SCHEDULED TIME.

# Aquatics

## Adult Swim Programs

ADULT PROGRAMS	DAY	TIME	COST	DESCRIPTION
<b>Masters Swim Program</b> Fall: 9/13/05 - 11/17/05 Winter: 1/10/06 - 3/23/06	Tuesday Thursday	6:30am - 7:30am 6:30am - 7:30am	M: \$99 NM: \$198	Come join in to work hard and have fun. Swimmers are placed in lanes according to age and ability to accommodate all levels. Coached by Brian Doherty, Aquatics Director.
<b>Water Fitness Classes</b> Power Plunge Interval Challenge Heart "Beat"	See Group Exercise Schedule or the Club Website		FREE to Pool Members and Group Exercise Members  NM Drop in: \$16	Invigorating 1 hour water exercise classes designed to give participants a complete cardiovascular workout as well as increase muscle strength and endurance. A variety of formats and equipment are incorporated into the different classes. Please refer to the Group Exercise Schedule available at the Front Desk for more details!

## Specialty Swim Program

SPECIALTY PROGRAMS	DAY	TIME	COST	DESCRIPTION
<b>Parent/Toddler Program</b> 6 mos.-3 1/2 yrs. Session I: 9/13 - 10/8 Session II: 10/11 - 11/5 Session III: 11/8 - 12/10 Session IV: 1/3 - 1/28 Session V: 1/31 - 3/4 Session VI: 3/7 - 4/1 Session VII: 4/4 - 5/6 No classes vacation weeks.	Saturday Tuesday Thursday	10:00am - 10:30am 10:15am - 10:45am 10:15am - 10:45am	M: \$32 NM: \$64	Program runs in 4-week sessions. A one half hour lesson designed for independent swimming with or without flotation device. Parents must accompany their children in the water. These lessons will prepare your child for Red Cross swim lessons.
<b>Diaper Rule</b> - 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.				

PLEASE CONTACT BRIAN DOHERTY, AQUATICS DIRECTOR FOR QUESTIONS ON SWIM PROGRAMS.

## Private Swim Lessons

### Member:

\$30.50 / 1/2 hour with Aquatics Director  
\$28.00 / 1/2 hour with Certified Instructor

### Non-Member:

\$46 / 1/2 hour with Aquatics Director  
\$42 / 1/2 hour with Certified Instructor



Brian Doherty - Aquatics Director



Betsy Feeley - Camp Director and Children's Program Director

# Aquatics

## Red Cross Swim Lessons

Children **MUST** be at least 3 1/2 years old when placed in a class unaccompanied by a parent. Please refer to the front of the brochure for session dates and registration information.

	MEMBER			NON-MEMBER		
	6 Wks.	8 Wks.	10 Wks.	6 Wks.	8 Wks.	10 Wks.
Level 1	\$60	\$80	\$100	\$96	\$128	\$160
Level 2 - 6	\$90	\$120	\$150	\$144	\$192	\$240

■ SWIM EVALUATIONS AVAILABLE MONDAY 11AM - 12PM AND FRIDAY 3:45PM - 4:15PM.

■ CONTACT BRIAN DOHERTY FOR SWIM EVALUATION APPOINTMENTS AND QUESTIONS REGARDING PLACEMENT.

LEVEL	DAY	TIME	DESCRIPTION... Learn to:
<b>Level 1 Introduction to Water Skills</b> Purpose: Helps students feel comfortable in the water.	Monday Tuesday Wednesday Thursday Saturday Saturday	10:15am - 10:45am 3:45pm - 4:15pm 10:15am - 10:30am 3:45pm - 4:15pm 9:30am - 10:00am 10:00am - 10:30am	- Enter/exit water safely - Open eyes underwater, pick up submerged objects - Swim on front and back using arm and leg actions - Submerge mouth, nose and eyes - Float on front and back - Follow basic water safety rules - Exhale under water through mouth - Explore arm and hand movement - Use a life jacket.
<b>Level 2 Fundamental Aquatic Skills</b> Purpose: Gives students success with fundamental skills.	Monday Tuesday Tuesday Wednesday Thursday Thursday Friday Friday Saturday Saturday Saturday	10:15am - 10:45am 11:00am - 11:45am 3:45pm - 4:30pm 10:15am - 10:45am 3:45pm - 4:30pm 4:15pm - 5:00pm 11:00am - 11:45pm 1:15pm - 2:00pm 9:30am - 10:15am 10:15am - 11:00 11:00am - 11:45am	- Enter water by stepping or jumping from side - Open eyes under water, pick up submerged object - Rollover from front to back, back to front - Swim on side - Exit water safely using ladder or side - Float on front and back - Tread water using arm and leg motions - Move in the water while wearing a life jacket - Submerge entire head - Perform front and back glide - Swim on front and back using combined strokes.
<b>Level 3 Stroke Development</b> Purpose: Builds on skills in Level 2 through additional guided practice.	Tuesday Wednesday Thursday Thursday Friday Friday Saturday Saturday Saturday	4:35pm - 5:20pm 3:45pm - 4:30pm 3:45pm - 4:30pm 4:35pm - 5:20pm 11:00am - 11:45am 2:00pm - 2:45pm 9:30am - 10:15am 10:15am - 11:00am 11:00am - 11:45am	- Jump into deep water from the side - Bob with the head fully submerged - Perform survival float - Butterfly kick and body motion - Use check-call-care in emergency - Dive from kneeling or standing position - Use rotary breathing in horizontal position - Change from horizontal to vertical position on front and back - Perform the HELP and huddle positions - Submerge and retrieve an object - Perform front and back glide - Perform front and back crawl - Perform a reaching assist
<b>Level 4 Stroke Improvement</b> Purpose: Develops confidence in the skills learned and improves other aquatic skills.	Tuesday Thursday Thursday Saturday Saturday Saturday	5:30pm - 6:15pm 3:45pm - 4:30pm 4:35pm - 5:20pm 9:30am - 10:15am 10:15am - 11:00am 11:00am - 11:45am	- Perform shallow dive or dive from stride position - Perform open turns on front and back using any stroke - Use safe diving rules - Perform a throwing assist - Perform the following: front and back crawl, swim on side using scissor like kick, breast stroke, butterfly, elementary back stroke - Swim under water - Tread water using sculling arm motions and kick - Perform compact jump into water from a height while wearing a life jacket - Care for conscious choking victim - Perform feet first surface dive.
<b>Level 5 Stroke Refinement</b> Purpose: Provides further coordination and refinement of strokes.	Tuesday Thursday Saturday	3:45pm - 4:30pm 4:35pm - 5:20pm 9:30am - 10:15am 10:15am - 11:00am 11:00am - 11:45am	- Tread water with two different kicks - learn survival swimming - Perform rescue breathing - Perform the following: Standing dive, Pike surface dive, Butterfly, Shallow Dive, glide two body lengths and begin any front stroke, Front flip turn, Breast stroke, Back stroke flip turn, Elementary back stroke, Tuck surface dive, Front and back crawl, Side stroke.
<b>Level 6 Swimming in Skill Proficiency</b> Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.	Tuesday	4:35pm - 5:20pm	- Prepares students for more advanced courses including Water Safety Instructor and Lifeguard Training - Personal water safety - Fitness swimmer - Lifeguard readiness - Fundamentals of diving

# Aquatics

## Westboro Raiders Swim Team

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.

**PREREQUISITE:** Each swimmer **MUST** be able to swim 1 length (25 yards) non-stop, with good rhythmic breathing, front crawl, one length of the pool back crawl, and be able to dive. **A PRE-TEST WILL BE REQUIRED OF ALL CHILDREN WITH NO PREVIOUS SWIM TEAM EXPERIENCE.**

\$50.00 is non-refundable if you withdraw from Raiders Swim Team.

LEVEL	M	NM	DAY / TIME	DESCRIPTION
<b>Fall Swim Team 9/12/05 to 11/04/05</b>				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.
<b>Ages 7 - 10</b>	\$200	\$290	Mon - Weds - Fri 4:45pm - 5:45pm	
<b>Ages 11 - 17</b>	\$240	\$350	Mon - Weds - Fri 5:45pm - 7:15pm	
<b>Winter Swim Team 11/14/05 to Mid March</b>				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. Each meet is a dual meet. Meet dates and times are TBA. Each swimmer will receive a handbook after registration for The Teams. Parents will have an opportunity to list practice times by order of preference. Practice time will be assigned by coaches; swimmers must attend assigned times. Every effort will be made to accommodate requests and to group siblings at similar times.
<b>Ages 7 - 10</b>	\$365	\$520	Mon - Weds - Fri 4:15pm - 5:15pm or 5:16pm - 6:15pm or 6:16pm - 7:15pm	
<b>Ages 11 - 17</b>	\$420	\$595	Mon - Weds - Fri 4:15pm - 5:45pm or 5:45pm - 7:15pm	

## Aquatic Training

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

	MEMBER	NON-MEMBER
<b>Aquatic Training Courses:</b>	\$225	\$275
<b>Recertification Class:</b>	\$75	\$125

CLASS	DAY / TIME	DESCRIPTION
<b>American Red Cross Lifeguarding Today / First Aid / CPR Ages 15+</b>	TBD	8- 10 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. Contact Brian Doherty for further information. <b>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.</b>
<b>American Red Cross Water Safety Instructor Ages 16+</b>	TBD	8-10 week course will certify you to teach all levels of American Red Cross Swim Lessons. All students will also be required to schedule 4 observation classes and 4 practice teaching classes.

## Swim Intensives

February School Vacation Swim Intensive Mon - Fri 2/20/06 - 2/24/06	M	NM	TIME	
	\$50.00	\$80.00	Level 1 1:00pm - 1:30pm	Please refer to page 11 for Red Cross Swim Level descriptions.
	Level 1	Level 1	Level 2 1:30pm - 2:15pm	
<b>April School Vacation Swim Intensive Mon - Fri 4/17/06 - 4/21/06</b>	\$75.00	\$120.00	Level 3 2:15pm - 3:00pm	
	Level 2-6	Level 2-6	Level 4 3:00pm - 3:45pm	
			Level 5/6 3:45pm - 4:30pm	