

Aquatics - General Information.

Pool Notes from Aquatics Director Brian Doherty

- The bubble comes off the pool the week prior to Memorial Day Weekend and goes back up the week after Labor Day. During these two weeks, the pool will be closed.
- Please refer to our pool schedule available online or at the Club to determine appropriate lap swim time and family swim time.
- During the summer, all non-members must sign in and pay a guest fee regardless of whether they actually enter the pool. This includes parents of junior members.
- Please remember that diapers are not allowed in the pool. Disposable swim diapers available for purchase at the front desk. Please see our aquatics staff with any questions.
- Parents must supervise children under 12 at all times. Children who cannot swim without assistance must be accompanied into the water by a parent or adult.

Private Swim Lessons

\$36 per 1/2 hour with Aquatics Director or Assistant Director
 \$28 per 1/2 hour with Certified Instructor

Contact Brian Doherty to arrange private swim lessons.

Water Fitness Classes. Please check our current water fitness schedule for a list of these FREE classes for swim members and group exercise members. Each class is tailored to provide fitness and fun in the water. Some classes are even geared toward the whole family! Check our current schedule for more details.

Aquatic Training

A \$50 fee applies if you withdraw from any Aquatic Training course.

Aquatics Training Courses: M: \$225 NM: \$295 Dates/Times: TBA
 Recertification Class: M: \$75 NM: \$125

American Red Cross Lifeguarding Today/First Aid/CPR Ages 15+ Mon & Wed	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. 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.
American Red Cross Water Safety Instructor Ages 17+	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.

Aquatics - Programs

Red Cross Swim Lessons – CLUB 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 Brian Doherty.

QUESTIONS REGARDING PLACEMENT SHOULD BE DIRECTED TO A SWIM INSTRUCTOR PRIOR TO REGISTRATION.

Swim Lessons and Clinics will run weekly from June 9th - August 23rd for children ages 3 1/2 and over. Pool members will have first priority. Swim Lessons are offered to Club Members only. Classes are held rain or shine. Safety issues and films will be presented if it is raining too hard to swim. Classes may be added or changed due to enrollment. Private Lessons are also available. Contact Brian Doherty, Aquatics Director, for more information. The Westboro Tennis and Swim Club utilizes American Red Cross swimming instructional programs. American Red Cross swimming instruction is based upon a unique 6-level skill progression.

LEVEL 1 – INTRODUCTION TO WATER SKILLS Very little or no water experience. Our own flotation devices are used if needed. Skills taught include: bubble blowing, independent entrance and exit of the pool, supported kicking, floating, and locomotion.
LEVEL 2 – FUNDAMENTAL WATER SKILLS Comfortable in and around the water with/without flotation devices. Skills include: jumping, submerging, prone floating, treading water, introduction to front and back crawl arm action, and introduction to deep water. Removal of flotation devices emphasized.
LEVEL 3 – STROKE DEVELOPMENT Can jump into deep water, level off, and swim to the side without flotation devices. Learn to retrieve objects from pool bottom with no support, diving skills. Coordination of front crawl with rotary breathing and back crawl, while butterfly and elementary backstroke are introduced.
LEVEL 4 – STROKE IMPROVEMENT Further develops skills from level 3 as well as breaststroke and elementary backstroke are perfected. Deep water bobs, open turns, diving variations, scissors kick, and survival float are additional elements of instruction.
LEVEL 5 – STROKE REFINEMENT Perfecting and increasing endurance for all strokes is emphasized. Flip turns, shallow dives, survival skills and sidestroke are also taught. Furthering skills in all strokes and dives, turns and entries.
LEVEL 6 – PERSONAL WATER SAFETY For the more advanced swimmer to get specific stroke technique and body mechanics. A review of all strokes, turns, and skills. There is also an emphasis on safety and rescue skills as a precursor to lifeguarding.

June 9 – June 19 Level 1 \$112
 2-Wk Session (Mon-Thur) Level 2 - 6 \$148
 Class meets daily for two weeks

Level 1	10:45-11:15am
Level 2	11:15-12:00pm
Level 3	3:45-4:30pm
Level 4	4:30-5:15pm
Level 5 & 6	5:15-6:00pm

June 23-August 21 Level 1 - 6 \$56/wk
 1-Wk Sessions (Mon-Thur) (No classes 7/4 week)
 Classes meet daily for one week

Level 1	6:00-6:30pm
Level 2	6:00-6:30pm
Level 3	6:30-7:00pm
Level 4	6:30-7:00pm
Level 5 & 6	7:00-7:30pm

Friday reserved for makeup- only in the event lessons are canceled due to thunder.

SATURDAY SWIM LESSONS (5-week session)

Session I 6/7-7/12 (no class 7/5)
Session II 7/19-8/23 (no class 8/2)

Level 1 11:30am -12:00pm
 Level 2 12:00pm-12:45pm
 Level 3 10:45am -11:30am
 Level 4 – 6 10:00am -10:45am

Cost: Level 1 \$75/session
 Level 2 - 6 \$95/session

Aquatics – Programs

Westboro Raiders Summer Swim Team

Raiders Swim Team is managed at a recreational level to ensure that every swimmer has fun, gains self-esteem, meets new friends, and continuously sets new goals. Practices will include stroke refinement, efficiency, and endurance.

PREREQUISITE: 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.**

A \$50.00 fee applies if you withdraw from Swim Team.

Level	Day	Time	Description
Summer Swim Team 6/24 – 8/2 Ages 6-10 Member: \$210 Non-Member: \$295	Tues & Thurs Saturday	8:15 - 9:00am 8:15 - 9:00am	The philosophy for the Raiders Summer Swim Team is to first perfect stroke technique in order to heighten the swimmer's awareness in the water. Once the swimmer understands the principles involved, he/she will naturally increase speed and endurance. Training with this type of "fluid mechanics" program will also mentally prepare swimmers to "swim smart" at meets.
Ages 11-18 Member: \$275 Non-Member: \$350	Tues & Thurs Saturday	6:45 - 8:15am 6:45 - 8:15am	Each swimmer will compete in 4-6 meets through the summer season, plus a Championship Meet. Each meet is a dual or tri-meet. Meet dates and times are TBA. Each swimmer will receive a handbook after registration for the Team.

Kids' Club – Programs and Rates

Child Care Rates (Ages 2 months – 7 Years)

# of Children	HOURS				
	1	1.5	2	2.5	3
1	\$6	\$9	\$12	\$15	\$18
2	\$10	\$15	\$20	\$25	\$30
3	\$14	\$21	\$28	\$35	\$42
4	\$18	\$27	\$36	\$45	\$54

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. Children entering grade 2 and older may be left at the "Dug Out," located at Kids' Club, for a fee of \$5 per child for up to 3 hours. Parents **MUST** remain on premises while children are enrolled in Kids' Club.

Children's Programs

Kids' Club will hold a variety of drop-in classes this summer. The classes will consist of arts & crafts, cooking and more! Watch for more information.

Birthday Parties

Limited summer availability (for members only). Call Betsy Johnsen for more information.

Children's Camps ~ starts June 23th

SUMMER ACTIVITIES CAMPS			
Dippers and Flippers (2.5-3.11yrs)	9:00am – 12:00pm	\$180/120/85 (5/3/2 days)	Come join us for professional swimming and tennis lessons, arts & crafts, team sports games and more! See our camp brochures for more information. (Non-members please add \$100 to cost of each week)
Kinder Camp (Ages 4 - 7) Pre-School - Grade 1	9:00am - 4:00pm	\$395 per week	
Kinder Camp (Half Day)	9:00am – 12:30pm	\$210 per week	
Sports & Swim Summer Camp- for children entering Grades 2-7	9:00am - 4:00pm	\$325 per week	
C.I.T. Counselor In Training Program	9:00am - 4:00pm	\$375 per session	
Extended Day Available	7:30am - 9:00am 4:00pm - 6:00pm	Member: \$7/hr Non-Member: \$9/hr	

TENNIS CAMPS: See Tennis section or program brochures.

Kids' Night Out

Kids' Night Out is a program for members aged 4-12. This is a night where kids can spend time at the Club playing gym games, swimming, doing arts & crafts, eating pizza and more! This special event generally takes place monthly on a Friday or Saturday evening. For children not old enough for Kids' Night Out, sign them up for our Kids' Night Out at Kids' Club! Children must be signed up in advance- Please check out our Web site for dates and details as they become available.