

Welcome to 2011 Westwood's 54th Season

Pricing Menu for Westwood Programs

Enrollment Fee Of \$75.00 for:

**Children Swim Lessons
Tennis Lessons
Dive Lessons
Swim Team
Dive Team
Tennis Team**

Enrollment Fee of \$125.00 for:

Adult Tennis Lessons

Adult Splash Dance \$60.00 per couple Date: July 30th rain date July 31st (club closes to general membership at 4pm) Food will be provided, just bring your own beverage.

Age Group Pool Parties: \$5.00 per child, bring a guest

Wednesday June 30th for children entering grades 2, 3, 4 only 6- 8pm

(The club closes at 5 pm to general membership)

Tuesday July 6th for children entering grades 5, 6, 7 only 6- 8pm

(The club closes at 5 pm to general membership)

July 26th Teen night for 8th grade and older 8-11pm

(The club closes at 7pm to general membership)

Coaches Gift applies to Swim and Tennis Teams:

\$15.00 per child/2 or more family total of \$20.00

Westwood Merchandise:

Westwood towel for Team members \$12.00

Non Team members \$25.00

Westwood Raffle: Buy a \$5.00 raffle ticket to win a free membership for the 2012 season.

When signing up for swim lessons, please refer to the swim levels listed in this package.

Due to the limited spots, members are only allowed to sign up for their own children.

To respect all members, lessons will be assigned on a "First come, first serve" basis.

Swim Levels Descriptions:

When signing up for lessons, please indicate the level per child

Please note: for swimming lessons, children must be able to stand comfortably at the shallow end of The pool.

Level 1 Swimming (4 years and up) Maximum 8 per time slot

This level is to help students feel comfortable in the water and enjoy the water safely. Elementary Aquatic skills will be taught at this level

Monday – Thursday 10:00 – 10:30
10:35 – 11:05
11:10 – 11:40

Level 2 Swimming - Maximum 8 per time slot

This level of students will learn to float on their front and back unsupported and tread water re-enforcing Water safety.

Monday – Thursday 10:00 – 10:30
10:35 – 11:05
11:10 – 11:40

Level 3 Swimming – Maximum 8 per time slot

Students will learn rhythmic breathing for front and back crawl. Introduction to butterfly, treading Water and headfirst entries (kneeling dive).

Monday – Thursday 10:00 – 10:30
10:35 – 11:05
11:10 – 11:40

Level 4 Swimming – Maximum 8 per time slot

Students will develop confidence in strokes learned thus far. Improving skills and increase endurance is included in this level. Building on butterfly and introducing backstroke, breaststroke, sidestroke and basic turns.

Monday – Thursday 10:00 – 10:30
10:35 – 11:05
11:10 – 11:40

Swim Team 7:45 – 9:45 Monday – Thursday (preseason practice in June)

Participants must be able to swim free style and backstroke the length of the pool without assistance (This is not for the novice or beginner swimmer). Meets are held during the week and transportation is provided for scheduled away meets, buses leave from Westwood parking lot. Sign up will take place at the pool office starting June 7th at 3:30. Additional fee for the team suit (self purchase)

Diving Lessons Maximum 8 per time slot

Please note: Diving lessons, children will be springboard diving. Beginning students must have Diving ability.

**Session 1 Monday and Wednesday 10:00 – 10:45 or
11:00 – 11:45**

**Session 2 Tuesday and Thursday 10:00 – 10:45 or
11:00 – 11:45**

Diving instructions are for the competent swimmer. Lessons will focus on front and back dives from Poolside and diving boards.

Dive Team

Participants of 10 and under must be able to do 3 dives (front, back, twist, flip and or inward). Participant of 10 and older must know 5 dives (front, back, flip, twist and inward or reverse). All divers must be able to pass the deepwater test.

Swim and Dive Teams Please note the following:

- **Meets are held during the Week (See attached Schedule)**
- **Transportation provided for scheduled (non-invitational) away meets - bus from Westwood lot**
- **Team Awards Dinner held at end of season (1st Week of August)**
- **Team Sign-up will take place at the pool office starting June 7, 2010 at 3:30**
- **Please check the website for meet directions**

Tennis Lessons

Please note: for tennis lessons, students must be 8 years and over. Seven year olds will be accepted with Tennis coach approval.

*****Tennis shoes required or white sole, flat bottom sneakers –
No running shoes allowed.**

Kids Tennis Workshop

For children 8 years old and up.

12 per class limit.

Students will receive instruction in all tennis strokes, including the serve.

Every effort is made to combine children within the class with others of similar abilities and ages.

Adult Tennis Workshop -

Tuesday Evenings from 7:00 - 9:00 PM.

8 per class limit

In the first hour, student will receive instruction in all tennis strokes and tennis rules.

During the next half hour, the pro will monitor and critique singles/double play.

The final half hour is devoted to student free play.

Tennis Team

Northern Westchester Junior Tennis League

Open to boys and girls 8 and up.

Players must be able to perform all strokes especially the serve, and display sufficient athletic ability in order to compete with other players.