

# PAXTON SPORTS CENTRE, INC.

603 Pleasant Street, Paxton, MA 01612 • 508-755-8223

## 2015-2016 Program Brochure



### Tennis ~ Fitness ~ Swim

Email: [info@paxtonsportscentre.com](mailto:info@paxtonsportscentre.com)

Website: [www.paxtonsportscentre.com](http://www.paxtonsportscentre.com)

facebook

## Hello Paxton Members!

- Our summer has been busy with the outdoor pool, Paxton Rec. Summer Programs, expanded fitness schedule, Tennis Camps, and Intensives, and our excellent red clay courts. Now we are ready for another great winter season!

### ~Tennis~

- Our Tennis Academy for children and adults begins August 30. We have instructional programs designed to help you advance quickly. For kids we offer group lessons in our Tennis Academy ranging from the Tiny Tots to High School Varsity clinics to our new USTA Junior Tournament Training Program! Our excellent staff of Tennis Pros offer private lessons for children and adults of all levels. Every season we have a variety of interclub leagues, in house play programs, tennis contracts, tennis socials, singles ladders and more...

### ~Fitness~

- Fitness Director, Leah Gaspar, has created an excellent group exercise class schedule. She and our experienced fitness staff are offering exciting programs such as Aqua Fitness, Yoga, Cardio Strength and cycling to help you achieve your personal fitness goals.

Set up a personal training session with our Head Trainer, Tracy Riley.

### ~Aquatics~

- Our Aquatics schedule for the fall features an extensive program of group lessons. Aqua Fitness classes and lap swim are also available.

Sign up for swim lessons today!

### ~Child Care~

- In house child care is available Monday - Friday 9:00am - 1:30 pm in our "KidZone". Check the front desk for details.

Please review our programs and policies for Tennis, Aquatics, Fitness, and kid's activities and call the front desk to reserve your spot today!

We look forward to helping you maximize your potential at Paxton Sports Centre!

Visit our website for more details!!

[www.paxtonsportscentre.com](http://www.paxtonsportscentre.com)

## GENERAL INFORMATION

### Hours of Operation Effective 9/8/2015

- Monday - Friday.....5:00 am-9:00 pm
- Saturday.....6:00 am-6:00 pm
- Sunday.....6:00 am-7:00 pm

### Holiday Observation Dates

(subject to change)

- |                    |                       |   |
|--------------------|-----------------------|---|
| • Labor Day        | Mon .Sept. 7          | Hours - 6-12:00 noon / Call club for details      |
| • Columbus Day     | Mon. Oct. 12          | Regular Hours / Only Fitness programs run         |
| • Veteran's Day    | Tuesday Nov. 11       | Regular Hours                                     |
| • Thanksgiving     | Thur. Nov. 26         | Hours - 6:00-12:00 noon                           |
| • Thanksgiving W/E | Friday - Nov. 27      | Regular Hours                                     |
| • Christmas Eve    | Wednesday, Dec. 24    | Hours - 6:00-12:00 pm / Call club for details     |
| • Christmas Day    | Thursday, Dec. 25     | CLUB CLOSED                                       |
| • New Year's Eve   | Wednesday, Dec. 31    | Hours - 6:00-12:00 / Call club for details        |
| • New Year's Day   | Thursday, Jan.1, 2016 | Hours - 7:30am-12:00 noon / Call club for details |
| • President's Day  | Monday, Feb. 15, 2016 | Regular Hours                                     |
| • Good Friday,     | March 25, 2016        | Regular Hours                                     |
| • Easter           | Sunday, March 27      | Hours - 6:00am-12:00 noon / Call club for details |
| • Memorial Day     | Monday May 30         | Hours 6:00—12:00 noon / Call club for details     |
| • July 4th         | Saturday, July 4      | Hours - 6:00 - noon                               |

### Vacation Schedule-call for details

- Winter Vacation Dec. 24- Jan. 1 - Reg. hours/ No Tennis Academy
- February Vacation Feb. 15 - Feb. 19 - Reg. hours / No Tennis Academy
- April Vacation Apr. 18 - Apr. 22 - Reg. hours /No Tennis Academy

### Program Registration

**Payment in full is required for all classes at the time of registration.** To register for a class and receive member rates, membership must be in force through the end of the program session. Program registration is for all members and non-members who wish to enroll their children or themselves into classes. See session dates and program times for details.

### Registration procedures: (Members have priority)

**Member and Non-member Registration** - see schedules

- Call or stop by the front desk to register- 508-755-8223
- Print out and fill out online registration form and mail or drop by the front desk.

## POLICIES & GUIDELINES

### Program Credit/Cancellation/Refund Policy

- **4-12 Week Programs:** Full **credit** given if cancellation is 72 hours prior to start of programs
- **Payment is required at time of service/program to guarantee spot.**
- **All reservations and cancellations must be done through front desk**
- **Weekly Programs, Personal Training, Tennis Court Booking cancellations:** Full charge for the day if less than 24 hour cancellation notice.
- **Private Tennis / Swim Lessons cancellations:** Full charge for lesson if less than 24 hour cancellation notice.
- **"No Shows":** Full rate will be charged for a "no show" for any lesson, court, booking or program.
- **Withdrawals from pre-paid programs after start:** No credit unless slot can be filled. No credits will be issued should you choose not to or be unable to attend a make-up.
- **Inclement weather-** If Wachusett District Schools are cancelled, children's tennis programs will not run; call front desk for updates.
- **Make ups/Credits for pre-paid programs-** There will be no make ups or credits unless a pre-paid class is cancelled by the club.

### Facility Access

- **All children, 13 & under**, who are using club facilities must be with an adult (18+) at all times, unless participating in a staffed program.
- **All members must** present their membership card and scan it when entering/accessing the building.
- **All members and guests** must use the main entrance when entering and exiting the building.
- **Food and/or drink** is permitted in designated areas only.
- **No Glass Containers** on tennis courts or in pool area. No coffee or soda on indoor courts.

### Guest Policy

- All guests must fill out a day pass card and present a photo I.D. to use the facility.
- Guests 13-17 years must be signed in by an adult 18+ who must present a photo I.D
- Anyone, member or guest, under the age of 14 must have an adult 18+ with them at all times, unless in a staffed program.
- Guest fees:  
~Ages 10-64 = \$12/day  
~Ages 5-9 and 65 and over = \$6/day  
~Under 5 = free

### Locker Rooms

- Locker Rentals (members only)- \$96 large and \$60 small (per year)
- Day use lockers- use any available locker. Locks may not be left on lockers overnight.
- Please bring children over 3 years old of opposite gender to the Family Changing Room (inquire at front desk)
- **Paxton Sports Centre is not responsible for lost, damaged or stolen property. Members and guests are urged to lock up belongings while visiting the club.**

## TENNIS LESSONS/CLINICS

Effective August 30, 2015

### Meet Our Department Heads

- Peter Guterman, Owner
- Brit Lay, Tennis Director/Manager
- Leah Gaspar, Fitness Director
- Audrey Vaudreuil, Front Desk
- Pete Vaudreuil, Maintenance

Contact:

Phone: 508-755-8223

Email: [info@paxtonsportscentre.com](mailto:info@paxtonsportscentre.com)

Web: [www.paxtonsportscentre.com](http://www.paxtonsportscentre.com)

### SESSIONS DATES FOR TENNIS & SWIM

Session Dates ~ 8 weeks	Register by
Session 1 8/30- 10/24 , 2015	8/15
Session 2 10/25- 12/19 . 2015	10/15
Session 3 1/3- 3/5 , 2016	12/15
Session 4 3/6 – 5/7, 2016	2/15
Session 5 5/8– 6/25 (7 weeks)	4/15



*PRIVATE LESSONS (per hour)	Member	Non-Member
Senior Pros:	\$76/hr	\$86/hr

Peter Guterman, Brit Lay  
Kwasi

Assistant Pros:	Member	Non-Member
Zach, Doug, Courteney, Dan	\$65/hr	\$75/hr

SEMI-PRIVATE LESSONS (per person)	Member	Non-Member
Senior Pros	\$40/pph	\$46/pph
Assistant Pros:	\$34/pph	\$40/pph

HITTING SESSIONS WITH PRO— \$50 per hour—Members only

LESSON PACKAGES - Pre-pay for 5 one hour private lessons and get 10% off

Senior Pros: Members - \$342; Non-members - \$387

Assistant Pros : Members - \$292; Non-members - \$338

Pros:

Peter Guterman-Owner

Brit Lay-Tennis Director

Kwasi-Head Pro

Zach O'Leary—Assistant Pro– Junior Development Coordinator

Doug Helie-Assistant Pro

Courteney Blais– Assistant Pro

Dan Tartachny– Assistant Pro

CLINIC RATES: (Clinics are tennis classes with 3+ players)

(Pre-Paid or weekly) & Team Practices (DBH, USTA, CMITA)

	Member	(per person)	Non-Member
4 player clinic base rate is:	\$20/hr./\$30-1 ½ hr.		\$26/hr./\$39-1 ½ hr.
3 player clinic base rate is:	\$26/hr./\$39-1 ½ hr.		\$34/hr./\$51-1 ½ hr.

“Create a Clinic”– Create your own private clinic with 3 or 4 players and we will teach it!

\*Lesson/clinic policies:

- Pre-Paid - All clinics which run in sessions must be pre-paid before the start date of the clinic. Participants cannot “pay as they go”.
- Cancellations: We have a 24 hour cancellation/no show policy for all private and semi-private lessons. Full rates apply. All cancellations must be through the front desk.
- Inclement weather– If Wachusett District Schools are cancelled, children’s tennis programs will not run; call the front desk for updates. 508-755-8223
- Make ups/Credits for pre-paid programs– There will be no make ups or credits for missed clinics unless a pre-paid class is cancelled by the club.
- All lessons must be booked, changed, and/or cancelled through the front desk.

## INDOOR COURT FEES\*

Effective August 30, 2015

### INDOOR COURT FEES\*

<u>TIME</u>	<u>*PER COURT PER HOUR</u>	<u>90 MIN</u>
<b>Weekdays</b>		
<b>6:00AM-9:00AM</b>	<b>\$14</b>	<b>\$21</b>
<b>9:00AM-12:00PM</b>	<b>\$24</b>	<b>\$36</b>
<b>12:00PM-4:30PM</b>	<b>\$16</b>	<b>\$24</b>
<b>4:30PM-9:00PM</b>	<b>\$28</b>	<b>\$42</b>
<b>Weekends</b>		
<b>Open to 9 AM</b>	<b>\$14</b>	<b>\$21</b>
<b>9AM-close</b>	<b>\$28</b>	<b>\$42</b>

- Guests- Pay \$15 guest fee in addition to their share of court rate
- Club members who are not tennis members pay \$10 usage fee in addition to their share of court rate

\*Court fees are subject to change throughout the year.

~Cancellation Policy—24 Hours~

**Full charges apply for courts cancelled less than 24 hours.**

#### •Outdoor Courts:

No court fees for tennis members.

\$5 guest fee for club members who are not tennis members

\$10 guest fee for non-members



PAXTON SPORTS CENTRE, INC.

The premier tennis, swim & fitness center  
in Central Massachusetts

Paxton Sports Centre  
603 Pleasant St. Paxton, MA 01612  
508-755-8223

- Tennis
- Swimming
- Badminton
- Fitness

### JUNIOR TENNIS ACADEMY

Our Tennis Academy offers ongoing clinics for all ages and levels from Tiny Tots to High School Varsity and USTA tournament players.

The “Academy” offers two tiers of tennis clinics to choose from. The “**Recreational Program**” features one clinic a week. The “**Tournament Program**” will provide two clinics a week (or 1 clinic and 1 private lesson per week) and a Sunday Match Play Day. We recommend the Tournament Program to kids who have specific tennis goals and want a more focused tennis experience. If your child is enrolled in two clinics or one clinic and one private lesson per week, there is no charge for the Sunday Play Day!

If your child is interested in playing USTA tournaments, our JTTP (Junior Tournament Training Program) will help you identify and prepare to compete in sanctioned USTA tournaments.

Please contact me or Zach O’Leary, Junior Tennis Development Coordinator (zoleary314@gmail), to request the JTTP flyer or if you have any questions about which clinics or programs are best suited for your child.

Best Regards,  
Brit Lay, Tennis Director

### Paxton Junior Tennis Academy

Tournament & Recreation Programs

Featuring the USTA 10 & Under QuickStart\*\* Teaching Format

**8 week sessions**

Session 1 8/30- 10/24, 2015      Session 3 1/3- 3/5, 2016  
Session 2 10/25- 12/19, 2015      Session 4 3/6 - 5/7, 2016  
Session 5 5/8- 6/25, 2016 (7 weeks)

RATES: (per 8 week session)

	Member			Non-Member		
	45 min.	1 hour	1.5 hours	45 min.	1 hour	1.5 hour
<b>Recreation Program</b>	\$120	\$160	\$240	\$156	\$208	\$312
<b>Tournament Program*</b>		\$320	\$480		\$416	\$624

\* Includes Sunday Play Day (\$96 value)

\*\*The USTA 10 & Under “Quick start” Program uses modified nets and balls and teaching formats designed to help kids develop their tennis skills more quickly than previous teaching methods. As they improve, they advance from large low pressure foam & red balls and mini nets on 36’ courts to orange and green balls on 60’ courts to full 78’ court yellow ball play.



## ADULT IN HOUSE PLAY PROGRAMS MEN

Program	Day/Time	Cost	Format
Early Bird Singles Ladder All levels	Monday-Friday 6:00-9:00 am Sat/Sun 7:30-9:00 am	\$10/M/Match \$15/NM/Match	Weekly 1 ½ hour match organized by the club & scheduled by players. Sept-Dec; Jan--May <u>Balls included.</u>
Tuesday Evening Tennis 3.0-3.5 Doubles Play	7:30-9:00 PM	Member \$9 Non-member \$22	Weekly 1 ½ hour organized matches <u>Balls included</u>
Thursday Men's Grand Prix Doubles 3.0/3.5 4.0-4.5	6:00-7:30 pm 7:30-9:00 pm	Member \$9 Non-member \$22	Weekly 1 ½ hour organized matches <u>Balls included</u>

## ADULT IN HOUSE PLAY PROGRAMS - MIXED

<b>Sunday Morning Mixed Doubles 2.5+</b>	Sunday 9:00-10:30 AM	Member \$9 Non-member \$22	Mixed doubles play. Weekly sign up
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<b>Tennis Socials</b> \$12 per person	Saturday evenings 6:00-10:00 PM (Selected dates: TBA)	Great way to meet other members! We provide balls, soft drinks and organization. Bring an appetizer. Sign up at front desk as a team or single! We will find a partner for you! Watch for email.
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## ADULT IN HOUSE PLAY PROGRAMS WOMEN

Program	Day/Time	Cost	Format
Monday Evening Ladies Doubles 2.5+	6:00-7:30 pm	Member \$9 Non-member \$22	Weekly 1 ½ hour organized matches <u>Balls included</u>
Tuesday Evening Ladies Doubles 4.0+	6:00-7:30 pm	Member \$9 Non-member \$22	Weekly 1 ½ hour organized matches <u>Balls included</u>
Wednesday Evening Ladies Doubles 3.0-3.5	6:00-7:30 pm	Member \$9 Non-member \$22	Weekly 1 ½ hour organized matches <u>Balls included</u>
Ladies Weekday Singles Ladder all levels	Mon -Fri 6:00-9:00 am 1200-4:30 pm  Sat/Sun 6:00-9:00 am 9:00am- 6:00 pm	\$10/M/Match \$15/NM/Match  \$10/M \$15/NM \$14 M \$18 NM	Weekly 1 ½ hour match organized by club & scheduled by players. Sept-Dec ; Jan--May <u>Balls included</u>
Friday Morning Ladies League 2.5-4.0	Friday 9:00-10:30 10:30-12:00	\$95M/\$125NM 10 week session	Each team of four players will play 40 minutes of singles and 40 minutes of doubles against same level players. <u>Balls included. Prizes!</u>

## ADULT INTERCLUB LEAGUES - MEN

CMITA Central Mass Indoor Tennis Association Team- A Team- B Team- C	Saturday Afternoon October-April Times vary by club	Registration fee and match fees set by CMITA <u>Must be club member.</u>	Competitive singles and doubles format against other area clubs. Sign up by September 5
USTA League Tennis 3.0+ 3.5+ 4.0+ Practices TBA	Evenings May-July	Registration fee and match fees set by USTA	Competitive singles and double format against other area clubs. Sign up at desk by March 1 Playoffs in August and a chance to play in the National Finals!
USTA Team Play Tri-Level Doubles (fall) Mixed (winter)	Friday nights	Registration fee and match fees set by USTA	Doubles play against other area clubs. Various levels.
USTA Sanctioned Tournaments for adults and juniors at Paxton Sports Centre	TBA	Must be USTA member	Check tournament schedule on website.



## ADULT INTERCLUB LEAGUES-WOMEN

CMITA Central Mass Indoor Tennis Association Team B West	Saturday Afternoon October-April Times vary by club	Registration fee and match fees set by CMITA. <u>Must be club member.</u>	Competitive singles and dou- bles format against other area clubs. Sign up by September 5
Dorothy Bruno Hills (DBH) Indoor Tennis Doubles League Div. 1-A Div. 2 Div. 3	October-March	Home/Away Cost \$15 per match	Inter-club doubles league on Wednesday and Thursday mornings .
USTA League Tennis 2.5 3.0 3.5 4.0 4.5 Senior 55+ Practices TBA	Evenings May-July	Registration fee and match fees set by USTA	Competitive singles and doubles format against other area clubs. Sign up at desk by March 1 Playoffs in August and a chance to play in the National Finals!
USTA Team Play Tri-Level Doubles (fall) Mixed (winter)	Friday nights	Registration fee and match fees set by USTA	Doubles play against other area clubs. Various levels.
USTA Sanctioned Tournaments At Paxton Sports Centre	TBA	Must be USTA member	Check tournament schedule in on website.



## Aquatics

Swimming is an essential life skill; register today for lessons!

### Swim Lessons for Adults and Children

Class sessions are 8 weeks.

Cost:

30 minute class

\$82.00 for club members

\$96.00 for non-members

45 minute class

\$125.00 for club members

\$144.00 for non-members

**Pre-registration and pre-payment is required to hold reservation. Classes are limited to six participants (minimum 3) to ensure quality instruction. There will be no make-up classes or refunds given for missed classes unless cancelled by the club.**

## ADULT MIXED PROGRAMS

USTA Mixed Combo League September-December	Friday nights 3 doubles matches Levels 6.5, 7.5, 8.5	Registration fee and match fees set by USTA Sign up at front desk Times TBA
USTA Mixed Doubles January –April	Friday nights Levels 6.0,7.0,8.0, (9.0-Sundays)	Registration fee and match fees set by USTA Sign up at front desk Mixed doubles format against other area clubs. Playoffs in June and a chance to play in the National Finals!  <u>2015 Paxton “Honey Badgers” going to the national championships for the 7.0 level!!!</u>

Session Dates ~ 8 weeks	Register by
Session 1 9/12- 10/24	8/15
Session 2 10/31- 12/19	10/15
Session 3 1/9– 3/5	12/15
Session 4 3/12– 5/7	2/15
Session 5 5/14– 6/25 (7 weeks)	4/15

## Junior Swim Classes

8 weeks

<b>Baby &amp; Me</b> Ages 6 mos. -3	Saturday (30 minutes)	8:00 – 8:30 am
<b>Beginner 1</b> <u>Introduction to water skills</u> Water acclimation flotation devices used	Saturday (30 minutes)	8:30-9:00 am 9:00-9:30 am
<b>Beginner 2</b> <u>Primary Skills</u> Learn leg & arm movements, and locomotion.	Saturday (30 minutes)	9:30-10:00 am 10:00-10:30 am
<b>Advanced Beginner</b> <u>Stroke Development</u> Off flotation Learn basic strokes	Saturday (30 minutes)	10:30-11:00 am
<b>Intermediates</b> <u>Stroke Improvement</u> Swim length of pool. Improve breathing technique . Begins to improve 6 major strokes	Saturday (45 minutes)	11:00- 11:45 pm
<b>Swimmer &amp; Advanced Swimmer</b> Endurance, power, turns Focus on 4 competitive strokes Water safety	Saturday (45 minutes)	11:45-- 12:30 pm

### Private Swim Lessons

	<u>1/2 hour</u>	<u>1 hour</u>
Members:	\$34	\$68
Non-member :	\$40	\$78

Swim package: 6 half hour lessons – Member = \$182  
Non-member = \$215

Call 508-755-8223



Children 3 months and up\*

(\*Parents must be on premises)

Monday-Friday

9:00am-1:30pm

Advance registration is required.

Please register  
at the front desk or by phone  
(508)755-8223.

Pricing is:

Child Care- \$3 per hour per child.

12 hour cancellation notice required to avoid charges for all child care.

All membership types will be charged for "No Shows".





## **POOL & TENNIS BIRTHDAY PARTIES!**

No mess in your home! We set up and clean up for you. Relax and enjoy your child's birthday. Use our facilities and staff to make your birthday party a huge success! We offer indoor pool or tennis parties year round and outside parties from June through August.

### **POOL PARTY RATES:**

- 10 children or less- \$135.00
- 11-20 children- \$185.00
- Over 20 children- call for a quote

All indoor pool parties are 2 hours of fun consisting of 1 ½ hours of pool time and ½ hour in the party room for food, cake, presents etc.

### **INDOOR POOL:**

- Maximum of 20 people in the pool at one time.
- These parties are offered year round!

### **OUTDOOR POOL:**

- Picnic tables set up for you
- Entire time can be spent in the pool if desired
- Access to the big pool, kiddie pool, sandbox and large grassy field
- Concession stand offers great deals to feed your guests (additional concession fee).



## **Tennis Birthday Parties**

One hour on the court with a pro with instruction and games.

Party in the lounge after.

Rates: Up to 8 children = \$150



## **FITNESS**

**Leah Gaspar, Fitness Director**  
[Leahpaxtonsports@gmail.com](mailto:Leahpaxtonsports@gmail.com)

### Your fitness or full service membership includes:

Full use of all fitness equipment in our studio, cardio room, state of the art Keiser machine room and strength training facility. Also included are: Indoor cycling, High Intensity Interval Training, Zumba, Aqua Fitness, Yoga, Pilates and Strength Training Classes

For an additional fee, you can step up your game and try out one of our fee based classes or schedule a personal training session.

Ask at the desk or consult the schedule for details.

Also FREE with your membership are the indoor and outdoor pools.

Whether you are just getting back into shape or are training for triathlons, you will find what you need here at

Paxton Sports Centre.

Check the front desk for updates, class schedules and cost.

508-755-8223





# PERSONAL TRAINING

Tracey Riley, Head Personal Trainer  
munzner22@hotmail.com

## Personal training rates:

Member:

1 hour session	Private.....	\$60
	Semi private, 2 person..	\$80
	Semi private, 3 person..	\$90

½ hour session	Private.....	\$35
	Semi private, 2 person..	\$40
	Semi private, 3 person..	\$45

Non-member:

1 hour session	Private.....	\$72
	Semi private, 2 person..	\$90
	Semi private, 3 person..	\$110

½ hours session	Private.....	\$40
	Semi private, 2 person..	\$45
	Semi private, 3 person..	\$55

## Personal Training Packages - (members only)

6 Pack- (6 one hour sessions) = \$325; 10 Pack = \$540



## GROUP EXERCISE

Most group exercise classes are free to Fitness and Full Service members . We also have specialized fee based classes such as Boot Camp, TRX and others.

For all classes, please refer to the Group Exercise Schedule which is available online and in the lobby.

**Group exercise costs:** Non-Members pay a \$12 guest fee per day.

A 20-pack class pass can be purchased from the desk for \$200.

## Paxton Sports Centre

603 Pleasant Street  
Paxton, Ma. 01612  
508-755-8223

[www.paxtonsportscentre.com](http://www.paxtonsportscentre.com)



*Your Tennis~Fitness~Swim Connection*