



**Summer 2023**

## *SS&T Hours*

**\*\*Target Opening Date is June 9<sup>th</sup>\*\***

**Thank you for your patience!**

<b>Pre-Season Hours</b>	June 9 <sup>th</sup> - June 15 <sup>th</sup>
Monday-Friday	4-8 PM
Saturdays & Sundays	12-8 PM
<b>Summer Hours</b>	starting June 16 <sup>th</sup>
Monday-Friday	12 PM-9 PM
Saturdays & Sundays	11 AM-9 PM

## **Welcome to our new and returning Board Members...**

Maura Carty, President ([sstpresident49@gmail.com](mailto:sstpresident49@gmail.com))

Meridith Palmer, Treasurer ([ssttreasurer49@gmail.com](mailto:ssttreasurer49@gmail.com))

Valerie Geary, Clerk ([clerk@ssandtclub.org](mailto:clerk@ssandtclub.org))

Lori Arthur, Membership Director ([membership@ssandtclub.org](mailto:membership@ssandtclub.org))

Kerry Pillion, Swim Program Director ([ssandtswimparent@gmail.com](mailto:ssandtswimparent@gmail.com))

Charlotte Janigian, Tennis Program Director ([ssandt.tennis@gmail.com](mailto:ssandt.tennis@gmail.com))

Katie Carroll, Volunteer & Social Director ([ssandtsocialdirector@gmail.com](mailto:ssandtsocialdirector@gmail.com))

Rob Mossi, Director of Communications ([robmossi24@yahoo.com](mailto:robmossi24@yahoo.com))

Brian Kilcoyne, Insurance Advisor ([bkilcoyne@hkinsurance.com](mailto:bkilcoyne@hkinsurance.com))

## ***Important Dates***

Thursday, **June 15<sup>th</sup>** last day of school K-8, Club open from 2-9PM

Thursday, **June 22<sup>nd</sup>**  
Opening Party @ 6PM

Monday, **June 26<sup>th</sup>** Lessons and Teams (*swim and tennis*) begin at 9 AM

Thursday, **August 3<sup>th</sup>** Last day of regular swim and tennis lessons and teams

Saturday, **August 5<sup>th</sup>**  
Swim Championships & Swim and Tennis Banquet

Saturday, **August 26<sup>th</sup>**  
Closing Party @ 6PM

## **Sudbury Swim & Tennis**

(978) 443-8787  
[www.ssandtclub.org](http://www.ssandtclub.org)

Club Manager Heather's email:

[manager@ssandtclub.org](mailto:manager@ssandtclub.org)

## Welcome & Notes from Club Manager Heather!

**Welcome to Summer 2023!** Just a few reminders and updates for new members (and older ones too!)

- Sign-in book will be for GUESTS ONLY. You must sign all guests in and take responsibility for your guests understanding the rules of the club. (\$10/guest)
- All swimmers must get out of the pool 15 minutes before closing time so that our staff can wrap up closing details.
- New members as well as guests must take the swim test in order to swim alone in any part of the pool or jump off the diving boards.

Thank you very much for your cooperation and we look forward to a wonderful season!

**Guests are \$10/person** (to be paid at the end of the season)

You must sign in your guests in the guestbook binder!

### Volunteering at SS&T

SS&T is a member owned and operated club. **All senior members and rental families are required to fulfill one general club volunteer assignment during the season. Each swim team family is required to complete two additional swim team volunteer assignments (more info coming).**

You must check in with our Club Manager or volunteer coordinator when your job is complete. **A \$400 fee will be charged at the end of the summer if a family does not complete one volunteer job for the club.**

Thank you to all of those families who have already signed up for a summer volunteer job. We will have many more volunteer jobs available with our social events that are still being planned.

**[SIGN UP GENIUS](#)**

### NANNIES/SITTERS

Do you have a nanny or a sitter that you would like to add to your membership? We allow for one nanny/sitter to attend with your family for the season for a fee of \$100.

Please email [membership@ssandtclub.com](mailto:membership@ssandtclub.com) the name of the individual(s) and Venmo the \$100 fee to @Sudbury-Swim-Tennis.

### SOCIAL MEDIA!

Get the latest updates!

Follow us on Facebook at **[Friends of Sudbury Swim & Tennis - SS&T](#)**



Follow us on Instagram  
**[@ssandt\\_01776](#)**



# SWIM PROGRAM

**Kerry Pillion**, Swim Program Director,  
[ssandtswimparent@gmail.com](mailto:ssandtswimparent@gmail.com)

**Jen Scalise**, Swim Coach & Lesson Coordinator,  
[jenscalise@comcast.net](mailto:jenscalise@comcast.net)

## Swim Lessons begin June 26<sup>th</sup>!

### SWIM LESSON EVALUATIONS

Drop in one of these times:

**Tuesday, June 20<sup>th</sup> from 6-8 pm**

**Wednesday, June 21<sup>st</sup> from 11 am - 1 pm**

*Note: If you are not able to make either of these time slots, please ask the guards to evaluate your child(ren) during the week of June 19.*

**Swim Lesson Dates:** June 26-August 3

**Times:** (Monday-Thursdays)

Level 1 9:30 am – 10 am

Level 2 11 am – 11:30 am

Level 3 11 am – 11:30 pm

Level 4 11 am – 11:30 am

Level 5 11:30 am – 12 pm

Level 6 11:30 am – 12 pm

Guard Start 11:30 am – 12 pm

Each swimmer may attend up to 4 lessons/week.  
Each swimmer will be assigned a 30 min timeslot for their lesson based on their age and swim level.  
Details on your child's swim lesson time slot to come.

Contact Kerri at [ssandtswimparent@gmail.com](mailto:ssandtswimparent@gmail.com) with questions about swim lessons.

### Diving Lessons Friday mornings June 23<sup>rd</sup>-July 28<sup>th</sup>!

- For children ages 6+
- Younger divers 9 -10 am
- Older divers 10-11 am



## Swim Team

Welcome to **Jen Scalise** as our head swim coach!

**Swim Team Parent Meeting: June 27<sup>th</sup> at 5:30 PM**

**Swim Team Practices: June 26<sup>th</sup> – August 3<sup>rd</sup> Mondays-Thursdays**

**Ages 6 & under:** 10-10:30 am

**Ages 7-10:** 10 – 11 am

**Ages 11-18:** 9 – 10 am

### MEET SCHEDULE:

- July 6<sup>th</sup> home vs Burlington (6 pm)
- July 15<sup>th</sup> @ Greenwood (9 am)
- July 18<sup>th</sup> home vs. Thoreau (6 pm)
- July 27<sup>th</sup> home vs. Codman (6 pm)
- August 1<sup>st</sup> @ CCC (6 pm)

*Warmups start at 5:30 pm for evening meets and 8:30 am for the morning meet*

### CHAMPIONSHIP MEET

August 5<sup>th</sup> @ Codman 9 am (8 am warmup)



# TENNIS PROGRAM

**Charlotte Janigian**, Tennis Program Director,  
[ssandt.tennis@gmail.com](mailto:ssandt.tennis@gmail.com)

**Drew Goldstein**, Head Tennis Pro,  
[drewgold02@gmail.com](mailto:drewgold02@gmail.com)



## Tennis Lessons

**Dates:** June 26<sup>th</sup>-Aug 3<sup>rd</sup>

Tennis lessons for each child will be twice per week - either M/W OR T/Th

\*\*Please select which of the days you prefer at this link: **TENNIS LESSON SIGNUPS**. This will help us make sure our classes aren't too full.\*\*

*(if attendance is lower than anticipated after the first couple weeks, lessons will be offered 4 days/week, stay tuned for more details)*

### Lesson Times:

Ages 5 & 6: M/W 9:00-9:25 OR Tu/Th 9:00-9:25

Ages 7 & 8: M/W 9:00-9:25 OR Tu/Th 9:00-9:25

Ages 9 & 10: M/W 9:30-9:55 OR Tu/Th 9:30-9:55

Ages 11-12: M/W 10:00-10:45 OR Tu/Th 10:00-10:45

Ages 13+: M/W 10:45-11:30 OR Tu/Th 10:45-11:30

*Introduction to Tennis (ABC Tennis) for 3 and 4-year-olds is back! Tu/Th 11:30 am – 12pm*

**Save the Date! Parent-Child Tennis Round Robin events will be on July 26<sup>th</sup> and August 2<sup>nd</sup>**

### Please Note:

Adult members have priority for the tennis courts in the evenings and weekends when lessons are not occurring. Courts are available on a first come, first serve basis.

If high demand for courts: singles court time is limited to 1 hour and doubles court time is limited to 1.5 hours

## Tennis Team June 26<sup>th</sup> - August 4<sup>th</sup>

**Tennis Team Parent Meeting: June 27<sup>th</sup> at 6:30 pm**

### Coed Junior Development League (entering 3<sup>rd</sup>-6<sup>th</sup> grades)

**Practices** (please note the changes of days/times and separation of girls and boys for practices)

**Girls:** Mon and Wed 3:30-4:30 pm

**Boys:** Tues and Thurs 3:30-4:30 pm

### Co-Ed Matches

Fridays 1:30-3:00 pm

Schedule TBD

Participation will depend on which clubs we play and what players they will have for matches.

More info to come!

### Sudbury Valley League (entering 7<sup>th</sup> grade- age 16)

#### Practices:

**Girls:** Mon 1:30-2:30; Wed 2:30-3:30

**Boys:** Mon 2:30-3:30; Wed 1:30-2:30

#### Matches:

**Boys & Girls alternate home/away**

Tues & Thurs 1:30-3:30 pm

**Supervised match play** - not specific teams

Fridays 9:30-11:00 am

More info to come!

NOTE: For away matches, families are responsible for transportation for their child(ren). Tennis staff members are not allowed to drive SS&T players.

# ACTIVITIES AND SOCIAL EVENTS

## ADULT TENNIS CLINICS

### Pre-Season Adult Tennis Clinics

*Note: The hard courts are currently being repaired and resurfaced. More specifics about the completion date will be communicated when the courts are ready to be used.*

#### **Monday 6/12 & 6/19:**

5:00-6:30 **Ladies Clinic** - Beginners & Intermediate

6:30-8:00 **Ladies Clinic**- Advanced - a little more serious!

(Note: Please only attend **1**. If you arrive earlier than 6:30, you may go to the clay courts to warm up while the first clinic finishes.)

#### **Tuesday 6/13 & 6/20:**

6:00-7:30 **Men's** Clinic

**More details on the additional regular season adult tennis clinics will be sent soon and will begin the week of 6/26.**

If you're not already on the email list for adult tennis clinic announcements, please email Charlotte at [ssandt.tennis@gmail.com](mailto:ssandt.tennis@gmail.com)

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## ADULT SWIM PROGRAMS

Masters Swim begins June 12<sup>th</sup>:

Mon/Wed/Fri 7-8 am with Coach Dori

Adult Swim Clinic begins June 27<sup>th</sup>:

Tu/Th 7-8 am with Coach Cindy

Contact Kerry at [ssandtswimparent@gmail.com](mailto:ssandtswimparent@gmail.com) with questions.

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## OTHER ADULT FITNESS CLASSES:

No sign-ups necessary, just show up on the hill!  
Classes start June 26<sup>th</sup>

Yoga & Fit Classes, days and times TBD.

## SOCIAL EVENTS

Please check the website and club house for dates and details on upcoming social events. For info please contact Katie at [ssandsocialdirector@gmail.com](mailto:ssandsocialdirector@gmail.com).

Some of the fun events we are planning:

- Opening Party, 6/22
- High School & College Night, 6/26
- Elementary School Float Night, 7/12
- Middle School Float Night, 7/19
- Tennis Round Robin, 7/26
- Tennis Round Robin, 8/2
- Closing Party, 8/26

### Wiener Wednesdays!



Leave the coolers at home and enjoy a freshly grilled hot dog with a drink and a bag of chips for the cool price of \$2.00 per lunch. Beginning Wednesday June 28<sup>th</sup>.

**CASH ONLY!**

### Ice Cream!



Ice Cream will be available for \$1 per cone/bar! The best deal in town!

**CASH ONLY!**