



Summer 2021

SS&T Hours

<i>Memorial Day Weekend</i> Saturday, Sunday, Monday	Saturday, May 29 th -Monday, May 31 st 12-7PM
<i>Pre-Season Hours</i> Monday-Friday Saturdays & Sundays	June 1 st - June 17 th 4-7PM 10-9PM
<i>Summer Hours</i> Monday-Thursday Friday Saturdays & Sundays	starting June 19 th 12:30PM-9PM 9AM-9PM (deep end closed 9AM-12PM) 10AM-9PM
<i>August Hours</i> Monday-Friday Saturdays & Sundays	10AM-9PM 10AM-9PM

Welcome to our new and returning Board Members...

Maura Carty, President (sstpresident49@gmail.com)
 Mari Weldon, Treasurer (ssttreasurer49@gmail.com)
 Valerie Geary, Clerk (clerk@ssandtclub.org)
 Lori Arthur, Membership Director (membership@ssandtclub.org)
 Cindy Simon, Swim Program Director (ssandtswimparent@gmail.com)
 Charlotte Janigian, Tennis Program Director (reniechar@gmail.com)
 Liz Condon, Volunteer & Social Director (lizcondon23@gmail.com)
 Rob Mossi, Director of Communications (robmossi24@yahoo.com)
 Brian Kilcoyne, Insurance Advisor (bkilcoyne@hkinsurance.com)

Volunteering at SS&T

As you know, SS&T is a member owned and operated club. All summer members (bonded or renter) is expected to fulfill one *general club* volunteer assignment during the season. Each *swim team* family is required to complete additional swim team volunteer assignments (more info coming)

To sign up for a general club volunteer task, visit this [SignUpGenius](#) page [HERE!](#). Descriptions of jobs can be found on our website under the volunteer tab.

Important Dates

Saturday, May 29th
 Opening Day! 12PM-7PM
 Welcome!

Friday, June 18th last day of school K-8, Club open from 2-9PM (**2 guests/family max on this day**)

Monday, June 21st
 Lessons and Teams (*swim and tennis*) begin at 8:30AM

Friday, July 30th Last day of regular swim and tennis lessons and teams

Saturday, July 31st Swim Championships at SS&T (virtual)

Sunday, August 1st,
 Welcome August Pass members!

Club Manager:

Heather Pendergast,
manager@ssandtclub.org

SWIM PROGRAM

Cindy Simon, Swim Program Director,
ssandtswimparent@gmail.com

Adam Kaiser, Swim Coach & Lesson Coordinator,
akaiser1@bryant.edu

Caitie Sams, Assistant Swim Coach

Swim Lessons begin June 21st!

Evaluations: Drop in anytime on Thursday or Friday 6/17 or 6/18 from 4 - 6:30 pm (not mandatory) to determine your child's swim level

Dates: June 21-July 29

Times: (Monday-Thursdays)

Level 1 offered at 10 am, 10:30 am, 11 am

Level 2 offered at 10 am, 10:30 am, 11 am

Level 3 offered at 11:30 am

Level 4 offered at 11:30 am

Level 5 offered at 12 pm

Level 6 offered at 12 pm

Guard Start offered at 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 Cindy at ssandtswimparent@gmail.com with questions about swim lessons.

Diving Lessons

- For children ages 5+
- Friday mornings, June 25th-July 30th, signups forthcoming.
- Each diver will be assigned a one-hour time slot between 9AM and 11AM, please only attend one session.



Swim Team

Welcome **Adam Kaiser** as our new swim coach and **Caitie Sams** as our assistant swim coach!

Swim Team Parent Meeting: June 21st at 6PM at the Club

Swim Team Practices: June 21st – July 29th Mondays-Thursdays

ages 6 & under: 10:15-10:45 am

ages 7-10: 8:30-9:30 am

ages 11-12: 9:30-10:30 am

ages 13+: 10:30-11:30 am

There will be **4 meets** this season!

SS&T vs. Burlington (virtual)
date TBD

SS&T vs. Greenwood, in person
July 17th

SS&T vs. Thoreau, in person
date TBD

Championships (virtual)
July 31st



TENNIS PROGRAM

Charlotte Janigian, Tennis Program Director,
reniechar@gmail.com

Drew Goldstein, Head Tennis Pro,
drewgold02@gmail.com



Tennis Lessons begin June 21st!

Dates: June 21st-July 29th

Tennis lessons for each child will be twice per week (either M/W OR T/Th, signups forthcoming)

Times:

Ages 5 & 6: M/W 9:30-10am OR Tu/Th 9:30-10am
Ages 7 & 8: M/W 9:30-10 am OR Tu/Th 9:30-10 am
Ages 9 & 10: M/W 10:15-11 am OR Tu/Th 10:15-11 am
Ages 11-12: M/W 11-12pm OR Tu/Th 11-12 pm
Ages 13+: M/W 12:30 -1:30 pm OR Tu/Th 12:30-1:30 pm



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 21st-July 30th

Tennis Team Parent Meeting:
June 21st at 6:45 PM at the Club

Junior Development League (entering 3rd-6th grades)

Practice: Tues OR Thur 3:30-4:30 pm (sign up forthcoming)

Matches: Fridays 1:00-3:00 pm, more details to follow

Sudbury Valley League (entering 7th grade- age 16)

Practices:

Girls: Mon 1:30-3 pm AND Wed 3-4:30 pm

Boys: Mon 3-4:30 pm AND Wed 1:30-3 pm

Matches:

Boys/Girls alternate home/away

Tues & Thurs 1:30-3:30 pm (to be confirmed)

Supervised Match Play: tentatively Fridays 9:30-11 am

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

Most Adult Tennis Clinics begin **June 14th**!

Mondays:

5:00-6:30 pm **Ladies** – Beginners
6:30-8:00 pm **Ladies** – Intermediate/Advanced
(please only attend one timeslot)

Tuesdays:

6:00-7:30 pm **Men's** Clinic – all levels

Thursdays:

4:30-5:30 pm **Ladies** Clinic – all levels (begins **June 21st**)
6:00-7:30 pm **Co-Ed** Clinic – all levels

If you're not already on the email list for adult clinic announcements, please email Charlotte at reniechar@gmail.com

ADULT SWIM PROGRAMS

Masters Swim begins June 7th:
Mon/Wed/Fri 7-8 am

Adult Swim Clinic begins June 21st:
Tu/Th 7-8 am

Contact Cindy at ssandtswimparent@gmail.com with questions.

OTHER ADULT FITNESS CLASSES:

No sign-ups necessary, just show up on the hill! Classes start June 21st

Zumba	Mondays 6-7 pm Tuesdays 9:30-10:30 am
Yoga	Mondays 11-12 pm Wednesdays 11-12 pm
FIT Class	Thursdays 9:30-10:30 am

SOCIAL EVENTS

Please check the website and club house for dates and details on upcoming social events. For info please contact Liz at lizcondon23@gmail.com. Fingers crossed we can bring back kids' night, teen night, and other fun events!

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. They will begin on Wednesday June 23rd from 11:30-12:45PM.

Ice Cream!



Ice Cream will be sold at the Club for \$1 per cone/bar! The best deal in town!

Coffee Thursdays

Enjoy a fresh cup of coffee outside the clubhouse each Thursday morning from June 24th through July 29th.



RULES & POLICIES

SS&T 2021 COVID Protocols

- Masks are required in the clubhouse
- Entrance and exit will be through the fence entrance and not the clubhouse
- Sanitizer will be available throughout the club
- Furniture will be spread out
- Please see the Massachusetts Guidance for travel protocols - <https://www.mass.gov/info-details/covid-19-travel-advisory>

****Action Item**** All members must complete this form acknowledging you have read and understand the Rules and Regulations and COVID protocols of the SS&T club:

[ACKNOWLEDGEMENT FORM](#)

NANNIES/SITTERS

Do you have a nanny or a sitter that you would like to add to your membership? We allow for a nanny/sitter to attend with your family for the season for a fee of \$100. Please email membership@ssandtclub.com the name of the individual(s) and Venmo the \$100 fee to @Sudbury-Swim-Tennis.

GUEST POLICY

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

Each family may bring up to 4 guests per day.

You must sign in your guests in the guestbook binder!

See Article VII: Guest Rules for more info: <https://www.ssandtclub.org/rules>.

If you're on Facebook, don't forget to join our FB Group where up to the minute announcements are made!

[Friends of Sudbury Swim & Tennis - SS&T](#)

CELEBRATE THE LAST DAY OF SCHOOL WITH US ON JUNE 18TH

Club Hours: 2-9pm

Guests for **this day only** are limited to **two guests** per family. To assist us with staffing, please sign up below if you plan to come on 6/18 and let us know if you'll be bringing up to two guests:

<https://www.signupgenius.com/go/10c0b44a5a722a1fc1-last>

