



Summer 2025

Opening Saturday, May 24th!

Memorial Day Weekend Hours

Sat-Sun-Mon 11 AM – 7 PM

Pre-Season Hours, May 27-June 15

Monday-Thursday 4 PM - 7 PM

Friday 4 PM – 9 PM

Saturday 10 AM – 9 PM

Sunday 10 AM - 7 PM

Summer Peak Hours, June 17-August 1

Monday-Thursday 12 PM - 9 PM

Fridays & Saturdays & Sundays 10 AM – 9 PM

Saturday, August 2nd (swim champs & banquet) CLOSED

August Hours, August 3-September 1

Sunday-Saturday 10 AM – 8PM

Special Days

June 16, last day of school SPS 2 PM – 9 PM

July 4th (no lessons or team practices) 11 AM – 7 PM

Club Manager

Melissa Nash – manager@ssandtclub.org

Board Members:

Maura Carty, President (sstpresident49@gmail.com)

Meridith Palmer, Treasurer (ssttreasurer49@gmail.com)

Valerie Geary, Clerk (sstclerk60@gmail.com)

Lori Arthur, Membership Director (membership@ssandtclub.org)

Kerry Pillion, Swim Program Director (ssandtswimparent@gmail.com)

Charlotte Janigian, Tennis Program Director (ssandt.tennis@gmail.com)

Katie Carroll, Volunteer & Social Director (ssandtsocialdirector@gmail.com)

Joshua Phelps, Director of Communications (phelpsjc@gmail.com)

Important Dates

June 16th last day of school K-8, Club open from 2-9PM

June 13TH
Opening Party @ 6PM

June 23rd Lessons and Teams (*swim and tennis*) begin at 9 AM

July 31st Last day of regular swim and tennis lessons and teams

August 2nd Swim Championships & Swim and Tennis Banquet

August 23rd Closing Party @ 6PM

Sudbury Swim & Tennis

(978) 443-8787

www.ssandtclub.org

Club Manager Melissa's email:

manager@ssandtclub.org



Welcome & Notes from Club Manager Melissa!

Welcome to Summer 2025! Just a few reminders and updates for new members (and older ones too!)

- Sign-in on iPad at the front desk for **all members and guests**. You must sign all guests in and take responsibility for your guests understanding the rules of the club. (\$10/guest)
- All swimmers in diapers must wear a rubber diaper over a swim diaper while in the pool. We will have these for sale at the clubhouse.
- All swimmers must get out of the pool 15 minutes before closing time so that our staff can clean up and close the club.
- 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 billed at the end of the season)

You must enter all guests on the iPad!

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). Please see our sign-up genius link below to volunteer for a 2025 volunteer job. Once your job is completed, please sign our volunteer book at the front desk.

[SIGN UP HERE](#)

A \$400 fee will be charged at the end of the summer if a family does not complete one general club volunteer job.

Note: there are new volunteer jobs listed on the Sign-Up Genius- four Champs Super Volunteers to help us plan and execute Champs at our club this year. They are new volunteer jobs that will cover both your swim and club job this summer!

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.org
the name of the individual(s) and Venmo the \$100 fee to @Sudbury-Swim-Tennis.

SOCIAL MEDIA!

Get the latest updates & weather closing alerts!

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

Jen Scalise, Swim Coach & Lesson Coordinator,
jenscalise@comcast.net

You must register for swim lessons and/or swim team to participate

SWIM/TENNIS LESSON & TEAM REGISTRATION FORM

One form per child ~ Please register by May 22nd!

Don't know what level is best for your swimmer(s)? We will hold swim lesson evaluations in June! Stay tuned for dates.

Swim Lesson Dates: June 23-July 31

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

All children must be 4 years old to participate in swim lessons

- Each swimmer may attend up to 4 lessons/week.
- No obligation to attend all weeks of lessons.
- 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.

New! Swim lessons for swimmers **age 3 and younger!**
Level 0 ~ 9-9:30am (Mondays and Wednesdays ONLY)
****A parent must accompany the swimmer in the water****

Diving Lessons Friday mornings June 27th-July 25th!

- For children ages 6+
- Ages 6-10 @ 9 -10 am
- Ages 11+ @ 10-11 am

Sign up with a waiver form located in the clubhouse

Swim Team June 23rd-July 31st

Swim Team Parent Meeting: TBD

Swim Team Practices:

June 23rd – July 31st
Mondays-Thursdays

Ages 6 & under: 10-10:30 am

Ages 7-10: 10 – 11 am

Ages 11-18: 9 – 10 am

SWIM MEET SCHEDULE:

- July 1st HOME vs. Burlington (6 pm)
- July 12th AWAY at Greenwood (9 am)
- July 15th AWAY at Thoreau (6 pm)
- July 22nd HOME vs. Codman (6 pm)

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

CHAMPIONSHIP MEET

August 2nd HOME 9 am (8 am warmups)



TENNIS PROGRAM



Charlotte Janigian, Tennis Program Director,
ssandt.tennis@gmail.com

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

SWIM/TENNIS LESSON & TEAM REGISTRATION FORM

One form per child
Please register by May 22nd

Tennis Lessons – ages 5+

Dates: June 23rd-Jul 31st

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

*A Sign-Up Genius link to select which days you prefer
will be sent out shortly.*

*(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 for 3 and 4-year-olds Tu/Th 11:30 am – 12pm

Stay Tuned for
Parent-Child Tennis Round Robin - July 23rd
(overflow or rain date July 30th)

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 23rd – July 31st

Tennis Team Parent Meeting: TBD

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

NEW Practice Times:

Boys & Girls, ages 8-9: Mon & Wed 3:30-
4:30 pm

Boys & Girls, ages 10-11: Tues & 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 7th grade- age 16)

Practice Times:

Girls: Mon 1:30-2:30; Wed 2:30-3:30 pm
Boys: Mon 2:30-3:30; Wed 1:30-2:30 pm

Matches:

Tues & Thurs 1:30-3:30 pm
Boys & Girls alternate home/away

Fridays 9:30-11:00 am
Supervised match play at home

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, June 23rd-July 31st

Members only (no guests)

Mondays:

5:00-6:00 pm **Ladies** Beginner- Intermediate
(from 6:00-6:30 unsupervised play on the clay courts)

6:00-7:30 pm **Ladies** Advanced - a little more serious!

Note: Please only attend one session. If you arrive earlier than 6:00, you may go to the clay courts to warm up while the first clinic finishes.

Tuesdays:

12:30-1:30 pm **Ladies**

6:00-7:30 pm **Men's** – all levels

Wednesdays (6/25, 7/2, 7/9, 7/16):

6:00-7:30 pm – Co-Ed PICKLEBALL Clinics

Thursdays:

12:30-1:30 pm **Ladies**

6:00-7:30 pm **Co-Ed** - all levels

Pre-Season Clinics: TENTATIVE: Mondays & Tuesday evenings the weeks of 6/9 and 6/16 at times listed above (NOT Thursdays)

If you'd like to be on the email list for adult tennis clinic announcements, please email Charlotte at ssandt.tennis@gmail.com

ADULT SWIM PROGRAMS

Masters Swim begins June 16th:

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

Adult Swim Clinic begins June 17th:

Tu/Th 7-8 am with Coach Cindy

Contact Kerry (ssandtswimparent@gmail.com) with questions.

ADULT YOGA CLASSES:

No sign-ups necessary, just show up on the hill! Classes start June 17th

- Yoga with Lorraine – Tu & Thur @ 10 AM

SOCIAL EVENTS

Please save the dates now for our social nights! Evites to RSVP will go out a few days before the event. The pool is closed to members during the 3 school party nights so each group gets a special night at the pool. Members will not be allowed into the pool area so mark your calendars now. For info please contact Katie at ssandtsocialdirector@gmail.com. Some of the fun events we are planning:

- Opening Party, 6/13, 6-8pm
- Elementary School Night, 6/25, 6-8pm
- Middle School Night, 7/2, 6-8pm
- High School & College Night, 7/9, 9-11pm
- Adult Social, 7/17, 7-10pm
- Tennis Round Robin, 7/23
- Closing Picnic, 8/23, 6-7pm

Wiener Wednesdays!



Leave the coolers at home and enjoy a freshly grilled hot dog with a drink and a bag of chips for \$3.00 per meal.

Wiener Wednesday begins June 25th.

CASH ONLY!

Ice Cream!



Ice Cream will be available for \$2 per bar at various times throughout the day!

CASH ONLY!