

2017

Summer at THOREAU

Your Summer Awaits You.



The
Thoreau Club
Where families & friends belong
thoreau.com | 978.831.1200

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The Thoreau Club



Summer at Thoreau

Enjoy your summer the way it's meant to be, with friends and family.

Saturday, May 27th - Monday, September 4th, 2017

Pool & Tennis Court Hours

Monday-Friday (close no later than 9pm)	Sunrise-Sunset
Saturday & Sunday (Sunset hours posted online)	7am-Sunset (or 8pm)



Fitness Hours

Monday-Friday	5:30am-9:30pm
Saturday & Sunday	7:00am-8:00pm



Kids' Place (childcare) Hours

Monday-Thursday	8:30am-12:00pm 3:45pm-7:00pm
Friday-Sunday	8:00am-12:00pm

(Note: Kids' Place closed on
Memorial Day, July 4, Labor Day)

Holiday Hours

Memorial Day	Club opens at 7am
July 4th	Club opens at 7am
Labor Day	Club opens at 7am



Guests

Guests are welcome to visit The Thoreau Club with members for a \$10 guest fee. Constellation Membership includes complimentary guests as a star benefit. For more information about Constellation Membership, please contact Kristen Ritzinger (ritzinger@thoreau.com).

Family Fun



It's Party Time! Enjoy parties, games and activities for the whole family from Memorial Day to Labor Day with delicious food provided by Juliana's Catering, DJ Russ for entertainment and activities led by our junior staff.

Backyard BBQ

Thursday, June 22nd 4:00pm - 7:00pm

Rain date Friday, June 23rd

Complimentary food provided by Juliana's Catering (Cash Bar)

Taco Night

Saturday, July 22nd 4:00pm - 7:00pm

Rain date Thursday, July 27th

Purchase food provided by Juliana's Catering (Cash Bar)

Pizza Night

Thursday, August 24th 4:00pm - 7:00pm

Rain date Friday, August 25th

Purchase food from Juliana's Catering (Cash Bar)

Poolside Activities*

(Starting June 27th -Aug 31st)

Tuesdays and Thursdays 5:00-7:00pm

Kids events and games

** Complimentary for families with "swim" in their membership.*

Junior Aquatics



Have fun at the swimming pools and splash park throughout the summer!

Swim Lessons

Members: \$100/Session | **Community Members:** \$160/Session

Pollywogs (6 months - up to 3 years):

A musical play-based parent-child class designed to familiarize children with playing in and around water.

Starfish (ages 3+): Introduces children to the aquatic environment and helps them gain basic skills.

Seahorse (ages 3+): Gives swimmers success with fundamental skills.

Octopus (ages 5+): Builds on the skills in Level 2 by taking swimmers into deeper water

Polar Bear, Seal & Dolphin (ages 6+): Lap-based class aimed at swimmers who are familiar with most strokes.

Pollywogs: ONE SESSION FREE if you live in Acton, Concord or Sudbury!

Swim Team • Ages 5-18 | June 20th- August 3rd

Join the Sharks! Summer swim team is a fun and supportive way to keep swimming this summer. Kids practice competitive swimming techniques and swimming for fitness.

**Must be able to swim 1 lap of the pool unassisted to participate in Swim Team.*

For more information visit us online at thoreau.com or contact sean@thoreau.com

Junior Tennis

Kids build confidence when they are having fun and experience success in an activity. Our Progressive Tennis program is the right environment for just that type of growth. **June 12th - Aug 25th**

Red Ball, Morning 2 hour Clinic • 4-7 Years

Orange Ball Morning 2 hour Clinic • 6-7 Years

Kids who are interested in tennis will enjoy this 2-hour Clinic where we practice ball tracking, body positioning, serving and scoring. Players develop their confidence in the game and have fun with friends.

Monday - Thursday: 9:00am - 11:00am

Cost: \$225/week for Members | \$250/week for Community Members

Full-Day Tennis Camp • 8-17 years

Great exercise, fun tennis games, level-specific coaching and skill development. The best way to really improve kids' tennis game for the summer. **Monday - Friday: 9:00am - 3:45pm**

Cost: \$695/week Member | \$750/week Community Member

Half-Day Tournament Training

For High School and USTA ranked players

Monday - Friday: 12:30 - 4:30pm

Cost: \$500/week

Community Members: Add a \$50 one time registration fee.

Junior Learn to Play Tennis • Ages 10+

Learn to play tennis this summer starting with a smaller court, bigger racket and easy Red Balls. This 1-hour lesson is a great way to break up a day of summer fun and learn a new sport.

Monday - Thursday : 4:00 - 5:00pm

Cost: \$100/member

Private/Semi-Private Tennis Lessons

Kids looking to fine-tune their competitive skills or move to the next level of play are encouraged to benefit from one-on-one coaching.

Lessons can be 30, 45 or 60 minutes.

For more information visit us online at thoreau.com or contact maria@thoreau.com

Youth Camps



Camp Thoreau - Grades Pre K-10

Since 1951 Camp Thoreau has been fostering youth development by building confidence, teamwork, responsibility and friendship among our campers. We pride ourselves on a truly unique and fulfilling camp experience. During a session campers will experience Red Cross Swim Lessons, Archery, Tennis, Project Adventure, Arts & Crafts, Nature, Land Sports, Drama & Music and more!

June 26 - August 18 (two-week sessions)

Time: 9am-3:45pm

Cost: \$1425/child

(Extended Day is available for an additional cost before and after camp hours)

Camp S'More - Half-day camp for kids ages 4-7

Fun, action packed outdoor experiences enriched with weekly themed activities: tennis, archery, nature, field games, creative arts, cooking and recreational swimming. Activities promote physical, social, emotional and intellectual development. Campers will make new friends, learn new skills, shape their confidence and increase self-esteem.

June 19- August 17

Weekly Sessions: Monday-Thursday

Time: 8:45am - 1:00pm

Cost: \$329/4-day session

For more information visit us online at thoreau.com or contact pastel@thoreau.com

Celebrate With Us!



Birthday Parties - Kids Ages 3+

Let us help plan your child's next Birthday party at The Thoreau Club! All you have to do is bring the birthday child, cake and refreshments!

2 hours - includes decorations, pizza, staff, entertainment and clean-up

Cost: \$325 for 1-10 children. Add \$15 per additional child.

Contact: jackson@thoreau.com

Kids' Night Out

(Every other Friday Night)

Sign-up your kids to be dropped off for an evening of fun, while you get a few hours of peace and quiet! Kids get active with group games, swimming and plenty of fun! ***Sign-up on Our App!***

For More Information Contact: jackson@thoreau.com

Corporate and Private Events

Looking to plan your next company outing or private event that leaves your guests saying wow! I wish I would have thought of that!?

The Thoreau Club is the perfect setting for family reunions, retirement parties, and much more! Our outdoor venue hosts events from April-October and is proudly one of the few venues in Massachusetts that can offer complete privacy to your group of up to 2,000 attendees.

For More Information Contact: hantzis@thoreau.com

Get Active!

Fitness

Group Classes – Ages 12+

Favorites of this age group are Tabata, Power, Groove and Yoga. Drop in to one of our classes today for FREE and be sure to wear comfortable clothing and drink plenty of water! View the Group Fitness schedule at www.thoreau.com or on our app!



Personal Training – Ages 10-16+

Kids need physical activity to grow into healthy intelligent adults. Budding athletes as well as TV addicted kids will benefit from 1-on-1 training. We'll help them get moving in fun and safe ways to build healthy habits.

Contact: glenn@thoreau.com

Commit To Get Fit

Our Healthcare 90-Day Commit To Get Fit Program is not a diet or workout plan. It is a complete wellness approach designed to give you the education and experience to establish a customized fitness, nutrition, and stress management plan to break through your individual health goals, lose weight, get in shape, and simply feel better!

We'll guide you every step along the way to transform your life forever.

Contact: laura@thoreau.com

Kids' Place Childcare

Kids' Place is a safe, comfortable environment where kids play and explore in a TV-free zone while parents get some well-deserved "me" time at The Thoreau Club.

Drop-in, no reservation necessary.

Fees are set based on number of children and 1/2 hour increments

Kids' Place is complimentary during Spa treatments

Guests may come to Kids' Place

Contact: jackson@thoreau.com

Adult Tennis



Whether you are just starting out or are already an advanced player, The Thoreau Club has the right tennis program for you!

Cardio Tennis Summer Season

May 30th through September 1st

Schedule:

Saturday 9:00 am

Monday 7:00 pm

Tuesday 7:00 pm

Cost: 10 Pack - \$199

Adult Learn To Play Summer Season

Schedule:

Monday at 6:00pm

Wednesday at 7 pm

Saturday at 11:00am

Cost: \$149 Members / \$199 Guests

FLEXTIME® - Play On Your Schedule Not Ours!

In Flextime® Tennis, exclusively at Thoreau, we unconditionally guarantee you'll always have a playing partner at your skill level whenever you want to play. Just drop by any time and we'll have a match for you within 20 minutes! Reservations available too...one call does it all!

- 18 Weekly Clinics
- Complimentary instruction to Reclaim Your Game™
- Unlimited complimentary tennis clinics to advance your skills
- Unlimited weekly tennis matches with NO court fees!

For more information visit us online at thoreau.com or contact amy@thoreau.com

More To Enjoy



Refreshments

We are committed to offering convenient, healthy and delicious refreshment options during your visit at The Thoreau Club.

Poolside Café by Juliana's Catering

Members may order delicious food from our convenient Poolside Café.

Options include: fresh salads, panini's, wraps, ice cream, beverages and other healthy snacks.

Open weekends only from Memorial Day - June 25th

11:30am to 7:00pm

Open daily June 26th - September 4th

11:00am - 7:00pm.

Quick Snacks

Our cafeteria on the main floor includes vending machines with drinks and snacks that accept cash and credit cards.

Meet Our Team



Ryan Adamonis

Director of Junior Tennis
ryan@thoreau.com



Amy Jackson

Junior Programming
jackson@thoreau.com



J Simmons

Head Swim Coach
simmons@thoreau.com



Glenn Swain

Wellness Director
glenn@thoreau.com



Ken Olson

Camp Thoreau Director
ken@thoreau.com

To learn more about our team visit us online!

Meet Our Team



Sean Nickerson

Aquatics Director
sean@thoreau.com



Maria Behrakis

Program Manager
maria@thoreau.com



Brian Herrick

Flextime® Manager
brian@thoreau.com



Aaron Brown

Tournament Training
aaron@thoreau.com



Rick Sharton

Tennis Director
rick@thoreau.com

To learn more about our team visit us online!

PROGRAM CANCELLATIONS & WITHDRAWALS:

All program fees will be charged at the beginning of the program.

- **For on-going group lessons:**
 - a. Credits will be issued for extended illnesses, long-term injury and cancellation of Membership.
 - b. If you are dissatisfied with your group, immediately contact the instructor or department Manager to discuss options.
- For one-day events and appointments (e.g., private lessons, personal training, spa, nutritional consultations, open court bookings, etc.), cancellations must be made a minimum of 24 hours in advance to avoid being charged the regular cost.
- For complimentary classes, events and programs that require advance sign-ups, cancellations must be made a minimum of 24 hours in advance, cycle classes require 2 hrs. advance notice; otherwise a \$15 no-show fee will be charged.
- Cancellations for programs will be accepted within 48 hours after the second class. At this time you will be charged for the two classes taken and a cancellation fee equal to 10% of the program's total cost, up to \$25. The remainder of the program cost will be refunded. Cancellations after the 48 hours are non-refundable.

DISCLAIMER: *Due to unforeseen circumstances (i.e., weather, bubble maintenance, etc.) programs and special events listed in this guide may be cancelled or postponed. The Club may decide to change information found in this guide with or without notice. We will make every effort to keep the dates and programs as scheduled. Check our website for current information.*

THUNDER: *When the courts and pools are uncovered, and when the bubble is over the pool, if the Pool Manager hears or sees thunder or lightning we evacuate and close the pool(s)/courts. The pools and courts stay closed until 30 minutes after we hear the last "rumble" of thunder. If you are planning to play tennis or swim during the summer and hear thunder, please check the website or sign-up for text alerts.*

Download our app for the most up-to date weather alerts and announcements!

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FLEXTIME® Tennis - Play On Your Schedule!

In Flextime® Tennis, exclusively at Thoreau, we unconditionally guarantee you'll always have a playing partner at your skill level whenever you want to play. Just drop by any time and we'll have a match for you within 20 minutes! Reservations available too...one call does it all!

Whether you're just starting out, longing to get back on the court, or looking to take your game to the next level we're here to help with the perfect opportunity for you to get in the game or take you to the next level. Enjoy hands-on instruction from our tennis professionals and unlimited weekly clinics all summer long!

Contact us today for your complimentary Flextime® Tennis experience.



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