



# All Balls in the Air Swim / Tennis Camp



Welcome to the Westport Parks and Recreation Splash & Serve Swim/Tennis Camp. Enjoy a week improving your swimming and tennis skills. Participants will have the opportunity to play tennis each morning and then transition to the pool for water polo instruction, water basketball, paddle ball and free swim. Tennis instruction will use the USTA Orange Ball and will focus more on advanced techniques and tactics. Players will work on their groundstroke, footwork, volleys and serves. Participants must have some swim ability.

## General Program Information

The Splash & Serve Camp is available to boys and girls ages 8 – 11 years old. Children will have the opportunity to improve their tennis skills as well as receive water sports instruction and free swim time.

### Session 1: August 5 – 9

**9:30 a.m. – 11:30 a.m.**

9:30 – 10:25 a.m. *Longshore Tennis Courts* / 10:40 – 11:30 a.m. *Longshore Pool*

### Session 2: August 12 - 16

**9:30 a.m. – 11:30 a.m.**

9:30 – 10:25 a.m. *Longshore Tennis Courts* / 10:40 – 11:30 a.m. *Longshore Pool*

## DROP OFFS, PICK UPS AND PARKING

Children are to meet at the Longshore Tennis Courts for their scheduled lesson. When the tennis lesson is over for the day, participants will be walked by staff members to the Longshore Pool Complex. Swim staff will be ready to receive the children and the swim lesson will begin after children change their clothes and ready to swim. Parents are to pick up at the Longshore Pool Complex.

When dropping off and picking up your child, please pull into the drop off area in the pool parking lot. Please do not park, it is for drop off and pick up only. The pool parking lot is available for parking if you have a valid vehicle parking emblem. If you do not have a parking emblem and wish to park your vehicle, the gravel and paved lot at the marina is available.

## RAIN DAYS

All instruction is OUTDOORS. There are no indoor facilities. Any day that there is a threat of rain or rain occurs; it is up to you to call the cancellation line at Parks and Recreation, (203) 341-5074. There are no make-ups due to inclement weather. DO NOT CALL THE POOL or TENNIS OFFICE.

## WHAT TO BRING

- Tennis Racquet
- Plenty of water and snack
- Sunscreen and hat if needed
- Attire for the swim lesson should be a bathing suit – no cut offs or shorts.
- Each participant should also bring a towel. Locker rooms are available for changing.
- Goggles if necessary

## SWIM STAFF

Cyndi Palaia is the swim coordinator. She can be reached at (203) 341-5087 or [Cpalaia@westportct.gov](mailto:Cpalaia@westportct.gov). If you have any questions or concerns about the program and your child's progress, please feel free to contact Cyndi.

## GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.