

SUMMER FAMILY FUN

At The **LONGFELLOW TENNIS & HEALTH CLUB** in **WAYLAND**

524 Boston Post Rd | Wayland, Ma 01778 | 508-358-7355

Tuesdays are for FAMILY at Longfellow Tennis & Health Club this summer! Enjoy family workouts, pool side activities, and fun this summer. Delicious dinner options will be provided by our Cafe to make your evening easy. Join our own in house DJ Kelly Brice pool side for entertainment and activities.

Tuesday, July 10 5:00-7:30 p.m.	PIZZA NIGHT Rain plan - Indoor picnic and movie at Youth Sports Zone
Tuesday, July 17 5:00-7:30 p.m.	SUPER HERO/PRINCESS NIGHT Rain plan - Indoor picnic and movie at Youth Sports Zone
Tuesday, July 23 5:00-7:30 p.m.	WILD WILD WEST NIGHT Rain plan - Indoor picnic and movie at Youth Sports Zone
Tuesday, July 30 5:00-7:30 p.m.	AROUND the WORLD - INTERNATIONAL POTLUCK NIGHT Rain plan - Indoor picnic and movie at Youth Sports Zone Bring a dish to share that represents your heritage or purchase food from Cafe Longfellow
Tuesday, August 7 5:00-7:30 p.m.	FUNKY GROOVE NIGHT Rain plan - Indoor picnic and movie at Youth Sports Zone
Tuesday, August 14 5:00-7:30 p.m.	POOL SIDE BBQ Rain plan - Indoor picnic and movie at Youth Sports Zone

Weekly Schedule

- 5:00 p.m. Adult Cardio Tennis (advance sign up)
- 5:00 p.m. Family GPP in Youth Sports Zone (advance sign up)
- 5:00 p.m. Play time in Youth Sports Zone - soccer, basketball, and flag football (advance sign up)
- 6:00 p.m. Music, games, and dinner pool side with DJ Kelly Brice
- 7:00 p.m. Sunset Yoga 30 minutes all ages

Food will be available for purchase from Cafe Longfellow.

<u>SEPTEMBER TO MAY</u> Tennis & Fitness Hours		Pool Hours	 <p>Longfellow Tennis & Health Club Healthy Mind Body Planet</p>	<u>SUMMER HOURS</u> Tennis & Fitness Hours		Pool Hours
Mon – Thurs	5:30 a.m. – 11:00 p.m.	5:15am – 9:00 p.m.		Mon – Thurs	5:30 a.m. – 10:00 p.m.	5:30 am – 9:00 p.m.
Friday	5:30 a.m. – 10:00 p.m.	5:15am – 7:30 p.m.		Friday	5:30 a.m. – 8:00 p.m.	5:30 a.m. – 8:00 p.m.
Saturday	5:30 a.m. – 8:00 p.m.	6:30 a.m. – 7:00 p.m.		Saturday	7:00 a.m. – 8:00 p.m.	7:00 a.m. – 8:00 p.m.
Sunday	5:30 a.m. – 9:00 p.m.	6:30 a.m. – 7:30 p.m.		Sunday	7:00 a.m. – 8:00 p.m.	7:00 a.m. – 8:00 p.m.
				Sunday Pool closed Mon – Fri 9am –11:40 a.m. No Free swim Sat & Sun 8 am – 9		

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CAFE MENU

HOT FOOD

Chicken Nuggets.....	\$3.00
Hot Dogs.....	\$2.00
Grilled Cheese	\$5.00
Quesadilla.....	\$4.50

Additional Toppings:

Beans	\$.50
Onions	\$.50
Peppers	\$.50



GRAB N' GO

Yogurt	\$2.00
Veggies w/ Hummus.....	\$2.50
Chicken Salad.....	\$3.50
Premade Salades.....	\$4.25-6.99
Smoothies	\$4.50
Chocolate Chip Cookies.....	\$1.00



Novelty Ice Cream

Italian Ice	\$2.00
Drum Stick.....	\$3.50

SNACKS

Pop Corners.....	\$1.50
Cape Code Chips.....	\$1.00
Skinny Pop.....	\$1.50

DAILY SPECIALS

Check the board weekly!

(weather permitting)

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Longfellow Summer Kidz Club Schedule Begins June 25, 2018



Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45am Basketball 6+	9-9:45am Soccer Fun Ages 3-5	9-9:45am Dance Fun All Ages	9-9:45am Soccer Fun Ages 3-5	9-9:45am Dance Fun All Ages
10-10:45am Dodgeball 7+	10-10:45am Floor Hockey 7+	10-10:45am Flag Football 7+	10-10:45am Dance Fun All Ages	10-10:45am Soccer Fun Ages 4-7
10-10:45am Yoga Fun Ages 4-8	10-10:45am Yoga Fun Ages 9-13	10-10:45am Yoga Fun Ages 9-13	10-10:45am Soccer Fun 7+	10-10:45am Floor Hockey Ages 8+
11-11:45am Dance Fun All Ages	11-11:45am Dodgeball 6+	11-11:45am Soccer Fun 7+	11-11:45am Basketball 8+	11-11:45am Basketball Ages 4-7
11-11:45am Soccer Fun 7+	11-11:45am Yoga Fun Ages 4-8	11-11:45am Basketball Ages 4-7	11-11:45am Dodgeball Ages 4-7	11-11:45am Flag Football 8+

ALL CLASSES ARE OPEN TO THE PUBLIC

Advance class signup REQUIRED

Parents must stay on premises with children under 5

Summer Kidz Club	Longfellow Family Member	Non Family Member & Non Members
1-class (45 min)	\$5	\$10
1-day (9am-11:45am)	\$10	\$20
1-week pass (consecutive M-F)	\$40	\$75
2-weeks pass	\$70	\$125
Unlimited Summer*	\$150	\$225

Call to sign up @ 508-358-9675 or on our website www.longfellowhealthclubs.com

* Unlimited Summer kids will receive a Youth Sports Zone Club t-shirt!

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Summer AQUATICS Programs



Longfellow Summer Swim Team 2018

June 25 - August 9

Who are the Barracudas?

This is a recreation swim team for swimmers age 5 and up who can swim at least one length of the pool. The season is 7 weeks long and culminates in a league-wide championship meet for which everyone is eligible.

Team suit, cap, and t-shirts are provided.

When do swimmers practice?

Practices will be held Monday and Wednesday mornings from 9:00 - 9:55 a.m., with the exception of meet days.

Additional practices will be held Monday and Wednesday evenings from 7:00 - 8:00 p.m. for swimmers age 7 and up who are unable to attend the morning practices.

When are the meets?

Home and away meets are held locally on weekday afternoons at 3:00 p.m.

PROGRAM COST	
FAMILY Members	
First swimmer: \$290	Each add'l swimmer: \$255
Non-members	
First swimmer: \$500	Each add'l swimmer: \$475
For more information: Cordelia Lydon, Aquatics Director longfellowsim@gmail.com 508-358-7355	

SWIMMING LESSONS

Swim lessons are offered for Longfellow members on a weekly basis. We offer eight one-week sessions for preschool 1 through youth level 5 Monday – Thursday from 11:10 a.m. to 11:40 a.m. Having class four days in a row has proven to be a great way to learn! Sign up for as many weeks as fit into your schedule. The pool opens for recreational swim at 11:40 a.m., so you can stay and enjoy yourselves at the pool after the lesson!

CLASS INFORMATION

Each class is 30 minutes long and sessions run from 11:10-11:40 a.m. Monday through Thursday each week.

Cost:

\$65 per week for the first child.

\$60 for each add'l sibling enrolled in the same week.

Level of Swimmer:

Preschool: I, II, or III.

Learn-To-Swim: 1, 2, 3, or 4/5.

Weeks Offered:

Week 1: June 25 – June 28

Week 2: July 2, 3 & 5*

Week 3: July 9–July 12

Week 4: July 16 – July 19

Week 5: July 23 – July 26

Week 6: July 30 – August 2

Week 7: August 6 – August 9

Week 8: August 13 – August 16

**3-Day Week: \$50 for first child, \$45 for each additional sibling*

See you at the pool!

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Summer **GPP**[®] For Kids 8-13
FITNESS

FREE for Members!



12:00-12:45 p.m.

June 25 – August 22

Monday/Wednesday

No class July 4th

*** This class includes functional fitness, cardio, strength with bands or light weights, & stretching!**

- * Please bring a water bottle
- * Wear appropriate workout clothes.
- * *Non-Members are welcome for \$10 per class*



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INTENSE
GPP[®]
FITNESS

Ages 17+

FREE for Members!



1-1:45 p.m. w/Anel

Monday/Wednesday/Friday

June 11 – August 15

No class July 4th

*** This is an intense workout using Bars/Dumbbells/Kettlebells including snatches, dead lifts, cleans, core power & more!**

- * Please bring a water bottle
- * Wear appropriate workout clothes.
- * *Non-Members are welcome for \$10 per class*



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Tennis is not just a sport, it's a passion!

Tennis Together is the perfect multi-week program for adults and their child (grandchild) to have a blast, meet new people, and learn the basics of tennis. Get ready to feel the excitement that tennis will bring to your lives and **Start Playing Tennis Together.**



Longfellow Tennis
& Health Club

Healthy Mind Body Planet

When: Wednesdays or Thursdays
June 20-August 1
excluding July 4
1 - 2:30PM

Where: Longfellow Tennis & Health Club
524 Boston Post Rd
Wayland, MA 01778

Contact: Michelle Brown
508-358-9675
mbrown@longfellowhealthclubs.com

Register: May 25 - June 18
\$240/duo for 6 weeks
Price includes afternoon
Pool Pass

Register at <https://longfellowhealthclubs.com/programs/tennis/adult-tennis-wayland/>

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SUMMER TENNIS INDOORS AT THE LONGFELLOW CLUB - WAYLAND

JUNE 18 TO AUGUST 24

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 11 am Intermediate Singles Strategy	9:30 - 11 am Intermediate Doubles Strategy	10:30 am - 12 pm Fun Match Play (all levels) \$15	9:30 - 11 am Intermediate Doubles Strategy	11:00 am - 12:00 pm Cardio Tennis \$18
11 am - 12:30 pm Fun Match Play (all levels) \$15	11 am - 12:30 pm Adv Beginner Clinic		11:30 am - 1 pm Adv Beginner Clinic	12:00 - 1:30 pm Fit to Hit
5 - 6:30 pm Adv Beginner Drill & Play	5 - 6:30 pm High School Drill & Play	5 - 6:30 pm Advanced Beginner Singles Drill & Play	5 - 6:30 pm High School Drill & Play	Saturday
6:30 - 8 pm Intermediate Drill & Play	6:30 - 8:00 pm Intermediate Singles Drill & Play	6:30 - 8 pm Intermediate Drill & Play	6:30 - 8:00 pm Adv Singles Drill & Play	7:30 - 8:30 am Cardio Tennis \$18

ALL CLINICS ARE \$25 UNLESS NOTED.

Clinics listed here are all indoors at Wayland campus.

Sign up at The Longfellow Tennis Club Wayland

508.358.7355

Adv. Beginner	2.5
Intermediate	3.0 - 3.5
Advanced	3.5 +