



Directions

Westhill HS Pool & Parking Policy
(Shark's Stamford Training Location)
125 Roxbury Road, Stamford, CT

From New York

1. Route 15 north (Merritt Parkway).
2. Take Exit 34 (Long Ridge Road).
3. Take right at traffic light onto Long Ridge Road.
4. Go about 1.2 miles.
5. At Traffic light turn right (this is a sharp right hand turn) onto Roxbury Road.
6. At top of hill turn right at traffic light into Westhill HS.
7. See Parking Policy below.

From New Haven

1. Route 15 south (Merritt Parkway).
2. Take Exit 34 (Long Ridge Road).
3. Take left at traffic light onto Long Ridge Road.
4. Go about 1.2 miles.
5. At Traffic light turn right (this is a sharp right hand turn) onto Roxbury Road.
6. At top of hill turn right at traffic light into Westhill HS.
7. See Parking Policy below.

Westhill HS Parking Policy

All swimmers and parents must enter the building from the front of Westhill High School. You should walk into the courtyard to the back right hand corner (gymnasium entrance), enter the building, go down one flight of stairs to the pool lobby and enter the pool from inside. The pool is located directly below the gym.