



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, enter the building, go down one flight of stairs to the pool lobby and enter the pool from inside.

If dropping off only, there is a side entrance to the pool across from the track at the handicap parking. Stairs go down to the pool in between the new gym and old gym. We will post a sign.

This is a school administration decision. The reason for this is safety. The rear parking lot can become a zoo. We do not want anyone to get hurt!

Both doors at the loading dock will be locked (no admittance).