

the Ridge Swim Club

Welcome to Summer at the RSC! For those of you who are new to the pool this year, we want to extend you a friendly welcome and hope we answer any questions you might have.

The Board of Directors of the Ridge Swim Club welcomes all of our members to the 2011 swimming season. The Board of Directors for the 2011 season are Maggie Kershner, Greg Bigelow, Alison Bowyer, Laurie Dilkes, Craig Abell, Ina McDonough, Mary Eklund, Tammy Miley, Minda Gagne, Michelle Bowen, Lisa McLaurin, and Christine Perry.

Christy Huber will be managing the pool again this summer. The assistant managers will be Michelle Huber, Eileen Peterman and Chris Ward. Please be sure to introduce yourselves to the new staff and our returning staff. They will be working hard to provide you with a safe, healthy and relaxing environment when you visit the pool. We would also like to welcome back Bonnie Crochunis, Lauren Washabaugh and Michelle Huber as our swimming lesson instructors.

REMINDERS

SWIM TEAM:

If you would like information concerning the swim team please visit their website at www.rsst.org.

SWIMMING DIAPERS:

Please remember that swimming diapers are mandatory for babies and toddlers who are not toilet trained. Regular diapers do not provide protection against fecal contamination of the pools. Children who are not toilet trained may not swim in the Main (lap) pool. They may swim in the Baby Pool and in the Leisure Pool. In the event of fecal contaminations we must close the contaminated pool long enough to recycle the entire water content, per Health Department Regulations.

BREAKS:

There is a 10-minute swim before each hour that is strictly for swimmers who are 16 years and older. All children, including infants and toddlers, under the age of 16 years must clear both the Leisure Pool and the Main Pool for the adult swim. Each year there are questions regarding this policy, specifically "hand-held" children (infants/toddlers). Adult swimmers may not bring "hand-held" children into the Leisure or Main pools during the 10-minute break period.

SMOKING:

We also have a “No Smoking” policy within the fenced pool and deck area. Members of legal age, 18 years and older, may smoke in the designated smoking area located outside of the fenced pool and deck area. Smoking by minors will not be allowed anywhere on the property.

FOOD & DRINKS:

Please remember that **NO FOOD OR DRINKS**, other than bottled water, will be allowed on the deck area of the pool. The covered snack area and pavilion are designated as the only areas where food or drinks will be allowed inside the pool.

GUEST POLICY:

Please review the guest policy with each family member. **All rules will be enforced. No one under the age of 13 will be permitted to bring a guest unless accompanied by an adult, defined as 18 years or older. Members 13 – 17 years will be permitted to bring a guest to the pool providing the guest is 13 years or older AND they must bring a permission slip signed by parent or guardian of both the member and guest. This will be subject to verification.** All guest(s) are required to sign the guest book and the responsible member will sign in as well. It is the responsibility of each member to inform his/her guest(s) of the rules of the Ridge Swim Club. Guests will not be permitted to stay at the pool when the member leaves, **NO EXCEPTIONS!** The Guest Fee for swimmers has been set at \$5.00 per person, both adult and children. Guests under the age of 3 years and non-swimming guests are admitted free of charge.

WEBSITE:

The Club's website is in the process of being updated. We encourage all members to check the site for updates. www.RidgeSwimClub.com. Also, be sure to look for us on Facebook (Ridge Swim Club).

SWIMMING LESSONS:

Swim lessons will be conducted Monday- Thursday. Friday is reserved for a make- up day. Cost: \$50.00 Member and \$65.00 Non-Member. Fees must be paid at the time of registration. Enrollment: Classes may be cancelled if enrollment is not sufficient.

Session I:	June 27-June 30
Session II:	July 5 – July 8 **
Session III:	July 11-July 14
Session IV:	July 18-July 21
Session V:	July 25- July 28
Session VI:	Aug 1- Aug 4
Session VII:	Aug.8- Aug. 11

** Tuesday – Friday, week of Independence Day only
Class Schedule

9:15am – 10:15am Levels 1 & 2
10:15am to 11:15am Levels 3 & 4

Class Level Descriptions

Level 1: Introduction to Water Skills.

Purpose: Helps students feel comfortable in the water. Participants learn to; enter and exit water safely, submerge mouth, nose and eyes, exhale underwater through mouth and nose, open eyes underwater, pick up submerged object, change direction while walking or paddling, roll over from front to back and back to front with support, explore floating on front and back with support and explore swimming on front and back using arm and leg actions with support.

Level 2: Fundamental Aquatic Skills.

Purpose: Gives students success with fundamental skills. Participants learn; enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles submerging head in a rhythmic pattern (bobbing), open eyes underwater, pick up a submerged object in shallow water, float on front and back, perform front and back glide, change direction of travel paddling on front or back, roll over from front to back, back to front, tread water using arm and leg motions (chest-deep water), swim on front, back, and side using combined arm and leg actions.

Level 3: Stroke Development.

Purpose: Builds on the skills in Level 2 through additional guided practice. Participants learn; jump into deep water from the side, dive from kneeling or standing position, submerge and retrieve an object in chest deep water, bob with the head fully submerged, rotary breathing in horizontal position, perform front and back glide using two different kicks, float on front and back in deep water, change from horizontal to vertical position on front and back, tread water using hand and leg movements, perform front and back crawl, butterfly-kick and body motion.

Level 4: Stroke Improvement.

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Participants learn to; perform a dive from a standing or stride position, swim underwater, perform feet-first surface dive, perform open turns on front and back, tread water using sculling arm motions and with different kicks, perform the following strokes, front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissors-like kick.

Registration will begin Saturday, June 4, 2011 @ the pool

MEMBERSHIP CARDS:

Membership cards will need to be presented each time you visit the pool.

If you need replacement membership cards, they can be reissued by contacting Christine Perry at 301-829-1031 or at cdtperry@aol.com. The fee for replacement cards is \$5.00.

ALL MEMBERS: Additional cards may be purchased, for a fee of \$5.00, by contacting Christine at 301-829-1031 or at cdtperry@aol.com.

Please DO NOT discard these cards at the end of the season.

Having a Party?

Why not have a fun, summer party at the pool? All parties must be booked by submitting the \$25 reservation fee and filling out a registration form located in the office. This is required for all parties and reserves your needed space in the Pavilion. Refrigerator space is available should you need it.

Membership Status Form

Many of you returned your updated status form with your payment. Thank you! For those that paid electronically you may still need to complete an updated form. Our goal is to have up-to-date information for all members. We are attempting to communicate mostly via email. Please make sure we have your email address (if you have one). We also need current emergency contact information, as well, as names and children's ages for the purpose of check in. Forms will be at the front desk. Please complete a copy should you need to do so. Thank you!

POOL HOURS:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						28-May 11:00am - 7:00pm
29-May 11:00am - 7:00pm	30-May 11:00am - 6:00pm	31-May* 1:00pm - 7:00pm	01-Jun 4:00pm - 7:00pm	02-Jun* 1:00pm - 7:00pm	03-Jun 4:00pm - 8:00pm	04-Jun 11:00am - 8:00pm
05-Jun 11:00am - 7:00pm	06-Jun 4:00pm - 7:00pm	07-Jun* 1:00pm - 7:00pm	08-Jun 4:00pm - 7:00pm	09-Jun* 1:00pm - 7:00pm	10-Jun 4:00pm - 8:00pm	11-Jun 11:00am - 8:00pm
12-Jun 11:00am - 7:00pm	13-Jun 4:00pm - 7:00pm	14-Jun* 1:00pm - 7:00pm	15-Jun 11:00pm - 8:00pm			

06/15/2011 to 06/30/2011	11:00am – 8:00pm
07/01/2011 to 07/31/2011	11:00am – 9:00pm
08/01/2011 to 08/27/2011	11:00am – 8:30pm
08/28/2011 to 08/30/2011	11:00am – 7:00pm
08/31/2011 & 09/01/2011	4:00pm – 7:00pm

09/02/2011	4:00pm – 8:00pm
09/03/2011 & 09/04/2011	11:00am – 8:00pm
09/05/2011	11:00am – 4:00pm

Delayed Openings due to Swim Team Meets:

6/18 Pool opens at 1:30pm

7/30 Pool opens at 3pm

Early Closings:

7/04 Pool closes at 4:00pm

7/28 Pool closed at 6:00pm (Carnival Parade Night)

Call the pool on rainy days or if the air temperature is below 70 degrees to see if the pool is open.

RULES:

These rules have been developed as part of our constant effort to create a safe and friendly environment for you and your family. Below are the revised rules for you to review. If you wish to pick up a copy, there are hardcopies in the pool's office.

Pool Rules

The following rules apply to everyone on the Ridge Swim Club premises. These rules apply year-round whether the pool or grounds are open or not.

Safety

- A. **NO** person shall use the pool unless it is officially open and the guards are on duty.
- B. In order to gain admittance, children under thirteen (13) years of age must be accompanied by an adult. Such adult will be responsible for supervising the child(ren) at all times while on the premises.
- C. The pools, except the wading (baby) pool will be cleared at 10 minutes to the hour for exclusive use of swimmers 16 years of age or older. Adult swimmers are NOT permitted to bring young children, including babies and toddlers, into the pool during break. All participants during "Break" must be 16 years or older, no exceptions.
- D. Swimmers are not permitted to loiter on the steps leading into the main and leisure pool. This creates a hazard for those who are entering and exiting the pools.
- E. A **Deep Water Test** is required of all individuals wishing to enter the main pool's deep end. The test consists of swimming the width of the pool over and back and treading water for one (1) minute without touching the sides of the pool. The test is given by a guard on duty and may need to be repeated at the discretion of a guard on duty.
- F. Children **MUST** be supervised by an adult at all times while on the premises. This includes, pools, bathrooms, shower areas and all other facilities located on premises.
- G. The wading (baby) pool is intended for the use by children five (5) and under. Children using the wading pool must be supervised by an adult at all times. Proper swimming attire is required in the wading pool.

- Children who are non toilet-trained must wear swimming diapers. Regular disposal diapers are not allowed.
- H. Children who are non-toilet trained and/or wear swim diapers are not permitted in the main pool.
 - I. **NO** inflatable flotation toys or inflatable flotation devices, i.e. “water wings,” “swim rings” are permitted in the leisure or main pool. At the discretion of the management “noodles” may be used in the leisure and main pool after 6:00pm.
 - J. **ONLY US COAST GUARD APPROVED** flotation devices are permitted in the leisure pool. No flotation devices are permitted in the main pool. When a personal flotation device (PFD) is brought to the pool, it must be checked at the front to desk to verify it is Coast Guard approved. While a child is using a PFD, that child **MUST** be supervised by an adult.
 - K. **ALL** PFD devices must be age and weight appropriate for the user. Parents using PFDs for their children are required to have a signed waiver on file in the office prior to their use. The waiver will be kept in the office with their emergency contact card.
 - L. **ALL FOOD AND DRINK (except water)** is to be consumed in designated eating areas. **NO FOOD OR DRINK** is allowed on pool decking. All trash **MUST** be disposed of in receptacles provided for that purpose.
 - M. **NO GLASS** containers will be allowed on premises.
 - N. **NO RUNNING**, pushing or rough play is permitted around the pool area.
 - O. **NO** intoxicants may be brought on, served, or consumed on the Club’s grounds during normal operating hours. Intoxicated persons will not be granted admission into the Club’s premises.
 - P. Cigarettes and other forms of tobacco will not be permitted within the confines of the fenced area. Smokers must exit the pool area and smoke outside the fence.
 - Q. **NO ABUSIVE** language is allowed at the pool.
 - R. Excessive speed in the parking lot will not be allowed.
 - S. Bicycles are not permitted in the pool area and should be parked in the bike racks.
 - T. Loitering in shower rooms is not permitted. Children will **NOT** be permitted to use the bathrooms/showers as a play area.
 - U. Members and guests shall stay clear of lifeguard stands and not distract guards from their duties.

General Rules

- A. Staff (managers and guards) are the final authority on permitted or prohibited actions. They are charged with enforcing the rules. To do so, they are authorized to deny use of the pool and/or grounds to anyone violating the rules.
- B. The Club is not responsible for loss or damage to personal property.
- C. The Club assumes no responsibility for any accidents or injuries occurring on the Club’s property.
- D. The cost of any Club property deliberately damaged will be charged to the responsible member.
- E. If experience necessitates changes or supplements to these rules, such modifications may be made immediately by the Board of Directors and will be posted in a conspicuous area on the premises.
- F. Only authorized staff will be permitted in the office, snack shack and pump room.
- G. Members may reserve an area for parties. As a courtesy to all members reservations need to be made in advance by contacting the Pool Manager.
- H. Umbrellas, tables and chairs may not be reserved. All of the items are available on a first come basis. Pool furniture is not to be used for any purpose other than its original design, i.e. no forts, buildings. As in previous years, members are encouraged to bring fold up loungers of their own and leave them at the pool for their use. Please be courteous of other adult members and do not allow all children to have their own chair, the kids are usually swimming the entire visit, except during break time.
- I. No alcohol allowed unless there is a planned “*special event*” for adults only.

Pool Hours & Events

- A. Pool hours are generally from 11:00 am to 9:00 pm unless otherwise posted.
- B. At the discretion of the management, the pool may be closed due to emergencies such as, but not limited to service demands and inclement weather.
- C. The pool will be closed when the air temperature is 70 degrees and below.
- D. Swimming lessons and swim team practice schedules will be posted on the premises.

- E. Dates of the swim team meets will be posted on the premises.
- F. Other events that alter the usual and customary operational hours will be posted on the premises. i.e. Kids Day, Teen Night, Tween Night, Adult Night, etc.....

Admission to the Pool

- A. Members and their families are required to present their ID cards **EACH** time they visit the pool. Members must sign-in all family members entering the pool.
- B. PENALTY for forgetting your card...
 - 1. Denied access to the pool
 - 2. If membership cards are lost, a replacement card will be made at a cost of \$5.00 to the member.
- C. Guests must be accompanied by a pool member while visiting the pool. Guests must be signed-in along with the member's name bringing the guest. A fee for entry will be charged for swimming guests. Once the responsible member leaves the pool, their guest **MUST** also vacate the premises.
- D. GUEST POLICY
 - 1. Guests are welcomed when accompanied by a member.
 - 2. Members are responsible for all guest actions and behaviors.
 - 3. Groups of 10 or more **MUST** be scheduled in advance with the pool manager.
 - 4. Guest Rates will be posted in the office.
 - 5. Non swimming adults who are supervising children of pool members may be admitted to the pool free of charge. Such persons will only be admitted to the pool while supervising children of the absent member and presenting the membership card of that member.
 - 6. Any member providing childcare services will be required to pay guest fees for those children who are not members of the pool.
 - 7. A non-member childcare provider is not allowed to bring any other children other than member's child.

USE OF SWIM CLUB GROUNDS

The land immediately surrounding the swimming pool will eventually be used to provide additional types of recreational facilities for the Club members and their guests. Until such a time as these additional recreational facilities are located and installed, the Club's grounds may be used for such things as picnics or volley ball. In addition to the pool rules, the following rules of conduct and courtesy will apply to the Club's grounds beyond the swimming pool area.

- A. The active boundaries of the Club's property will be defined and marked clearly. No person shall trespass upon or use in any way the land beyond these boundaries without the express written permission of the property owner.
- B. In order to protect property rights for those properties adjoining the Club's property, access to grounds may only be granted via the access road provided.
- C. Suitable containers will be provided for refuse and debris. All persons will be responsible for seeing that they are used and that the clean wholesome appearance of the Club's grounds is maintained at all times.
- D. Fires are expressly prohibited on the grounds except in those areas specifically designated for that purpose and the member has obtained permission by the pool management.
- E. Playground & Basketball Court
 - 1. No throwing of any ground covering on the Playground.
 - 2. No standing on top of areas not specifically designated for that purpose.
 - 3. No pushing or roughhousing on or near equipment.
 - 4. The playground equipment is designed for children ten (10) years of age or younger
 - 5. Sports equipment borrowed from the pool's office must be returned.
- F. Pavilion
 - 1. May be reserved for private use by contacting the office and placing a reservation.
 - 2. **NO** glass containers.
 - 3. Area must be cleaned up and trash disposed of properly after use.

There is every reason to assume that the Ridge Swim Club is a most desirable adjunct to the community, but your responsible cooperation is necessary to continue such goodwill. It is important that you be especially sensitive in respecting the rights and property of others in our community. Parents are requested to inform their children to observe the regulations and to obey the instruction of the pool's staff members. Failure to comply with the regulations will be considered sufficient cause for immediate suspension of pool privileges for the offending member and could result in cancellation of membership.

Revised 04/2010