

Pelham Country Club 2019 Pool Handbook



Contact Information:

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2019 Pool Committee

Karyn Nordstrom-Pool Committee Chair

- Sandra Orlando
- Aimee Kaplan
- Carmen Hartigan

Dear Members,

Welcome to the 2019 summer season at Pelham Country Club! Summer, with the warm weather and longer days, is such a special time of the year, and we have been working hard to bring you a safe, exciting and memorable aquatics environment. The Club has competitive Swim and Dive Teams, as well as a host of swim programs that encourage all levels and ages to participate. The Pool staff is planning some exciting poolside events and activities aimed at making the Pool complex your destination of choice this summer.

From dawn till dusk, we will have you covered with a host of safe, fun and engaging activities for the entire family, regardless of swimming ability and age. Please feel free to reach out to me with questions or suggestions on how we can optimize your experience at the Pool complex.

Sincerely,

Scott Williford
Pool Director

2019 PCC Swimming & Diving Coaches

Chris Driwinga will be our new Head Coach this summer. Coach Chris is a physical education teacher in Yonkers. He has over 20 years of coaching and swimming experience, from swimming in the Westchester County Swim Conference to competing at the international level. Currently, Chris is the Head Swim Coach at Pelham Memorial High School for both the girls and boys teams and a coach with the Westchester Aquatic Club. Chris lives in Pelham Manor with his wife, Jessica, and their newborn son, Dominick.

Nicole Torres will be joining the coaching staff this summer. She has been involved with swimming since the age of 6 and swam competitively through high school. Since 2010, Nicole has been working with the Westchester Aquatic Club as a Swim School Instructor and Administrative Assistant. After graduating from New Rochelle High School, Nicole studied Health Science at Quinnipiac University and is currently working on her Master's Degree in Athletic Training and Sports Medicine at LIU Brooklyn.

Jack Loveless has been involved in swimming since the age of 6, when he started to swim with Badger Swim Club. Jack has competed at various levels of competitive swimming. Most recently, he was a member of the Fox Lane High School Swim Team and is currently a member of the University of Pennsylvania Men's Swim Team.

Mackenzie Seward will also be a first-year member of our coaching staff. She started her swimming career at the age of 8 on her summer swim team and swam competitively until her junior year in high school, when she decided to try rowing. Mackenzie is now committed to row for the University of Richmond in the fall.

Chloe Best will be our new Diving Coach this summer. Chloe started diving at age 10 and has had tremendous success since then, qualifying for the AAU and USA Diving Nationals every year. For the last three years, Chloe has been the Westchester County Champion for diving. She has trained at Duke with Olympic coaches and currently dives at the Greenwich YMCA year-round.

Pool Rules

The following rules and policies have been established to ensure the safety of all pool facility users, to meet health department guidelines and to ensure that the pool can be enjoyed by members and their guests. The Pool Staff will enforce these rules strictly while acting courteously and professionally. The Board of Governors and Pool Committee ask that you familiarize yourself with these rules and policies and make every effort to follow them to enhance the pool experience for all members. Failure to follow these rules may result in the loss of pool privileges.

All persons must shower before swimming.

Any member or guest with a **serious medical condition**, such as a heart condition or a history of epilepsy, should notify **Scott Williford, Pool Director**, upon arrival.

Running and rough-housing in the pool area are strictly prohibited.

No balls or flotation devices of any kind are permitted in the main pool with the exception of flotation vests, which may be worn by young children within arm's reach of a supervising adult in the shallow end of the pool. For safety reasons, "swimmies," or inflatable arm bands, are not permitted on any swimmer in either pool. To minimize instances of mandatory main pool closures, parents with young children (aged 3 and under) are encouraged to limit each child's swimming activity to the kiddie pool.

Children aged 10 and under must be accompanied by a parent or caretaker at all times while at the pool. Caretakers must be at least 13 years old. Parents and caretakers may not be on the Pool House Rooftop while children requiring supervision in the pool area are present.

Lap Lanes and Roped Areas: Lap lanes are for use by lap swimmers only. The roped-off area around the diving board is for use by those using the diving board only, unless otherwise designated by the lifeguard on duty.

Diving Board Rules: One person at a time on the board; after diving, please swim directly to the ladder on the side of the pool closest to the Clubhouse. Please do not dive until the person in front of you has reached this ladder. Only one bounce is allowed. The diving board fulcrum is set to maximize safety, and adjusting it is prohibited. While jumping off the diving board, flotation devices of any kind are prohibited. Furthermore, individuals on the diving board must jump off the board and submerge unassisted. Parents or caretakers are not allowed to have divers jump to them.

Deep End: Swimmers are prohibited from swimming in the deep end with assistance of any kind of flotation device. Any struggling swimmer may be asked to take a swimming proficiency test (swimming the length of the pool unassisted without grabbing the lane line or wall).

Kiddie Pool: Is for use by children aged 5 and under. Children using the kiddie pool must be accompanied by an adult or caretaker 13 years of age or older at all times.

Splash Pad: The Splash Pad is intended for children aged 10 and under. Swinging, hanging or climbing on the Splash Pad features (buckets, poles and water nozzles) is prohibited. Children using the Splash Pad must be accompanied by an adult or caretaker 13 years of age or older at all times.

Pool House Rooftop: Access to the upper sundeck and bar is restricted to individuals aged 21 and older at all times. Access to the lower sundeck is permitted for individuals aged 13 and older on Monday and Tuesday (excluding holidays) and restricted to individuals aged 21 and older on all other days.

Food and Beverage: Meals should be consumed at the Snack Bar or on the Terrace. Light snacks may be consumed under the large canopy or in the kiddie pool area. Beverages in plastic containers may be consumed in

the pool area. Food and beverages may also be consumed in the bar area on the Pool House Rooftop during normal operating hours. No food or beverage is to be consumed by anyone in either pool. No food or beverage is allowed in the playground and Splash Pad areas. No glass containers are allowed in the playground and Splash Pad areas. **In all cases, we ask that you be courteous to your fellow members by cleaning up after yourself. Please do not leave food out for long periods of time.** Unattended food and beverages will be discarded by the Pool Staff during their normal rounds.

Dress Code: Pool attire and swim suits are to be worn at the pool only and not in any other area of the Club. All swimmers must be attired in appropriate swim wear. **All swimmers must wear swimsuits; no clothing of any kind is to be worn in the pool.** Cut-off shorts, Brazil/French-cut and thong-type swimsuits are not allowed. Per the Club's dress code, **no denim is permitted around either swimming pool at any time.**

Prior to 6:00 pm, shirts or opaque cover-ups and footwear are required in the bar area on the upper deck. At 6:00 pm, collared shirts for men and commensurate outdoor evening dining attire for women are required. Shorts and white jeans are permitted at all times. The dress code applies to members and guests of members.

Strollers/Diapers: Strollers are permitted on the pool deck under the large canopy and in the kiddie pool area only. Diapers should not be changed on deck; please use the changing stations provided in the locker rooms and dispose of diapers properly. Only diapers specifically designed for swimming are to be worn in the pools.

Towels: Towels are available at the pool for your use. We ask that you adhere to the following guidelines to minimize the cost and environmental impact of the towel program: One towel per person; exchange one-in-one-out as you need fresh towels throughout the day.

Please ask your children not to bring towels to the playground. Towels are not to leave the gated pool area.

Lounge Chairs: Are available for the use of all pool users on a first-come, first-served basis and cannot be reserved. On busy days, please be considerate of your fellow members and make chairs available to adults whenever possible.

Guests: Guests must be accompanied by the host member at all times and follow all pool rules. Members must register their guests at the pool entrance and pay a guest fee (Monday-Thursday, \$15 per person; Friday-Sunday & Holidays, \$25 per person; Children 3 or under, free at all times). **A guest may not use the pool facility more than twice in the same month, even if brought by different members. Nannies or Au-Pairs may not sign in guests unless an adult member accompanies them at all times.**

Long-term Guest and Nanny/Au-Pair Policy: Members with long-term guests or who have Nannies/Au-Pairs may make special arrangements with the Club for those individuals to use the pool and other facilities for extended periods. Please visit the front desk to make arrangements. Long-term guest fees for the pool are \$75 per week per adult and \$30 per week per child under the age of 13. Nanny/Au Pair fees are \$400 for the summer, and members must obtain a photo nanny pass from the Club. Long-term guests and Nannies/Au Pairs are expected to follow all pool rules. Nannies and Au Pairs may not use the facilities unless they are accompanying a member's children.

Lockers and Clothing: Lockers are available for daily use in the men's and women's locker rooms in the Pool House. Please store any clothing you bring to the pool other than swimwear in a locker or in a bag. Any locks remaining on lockers after the conclusion of the pool season in September will be removed and the contents transferred to lost and found.

Lost and Found: Items found at the pool will be kept until the end of each month, at which point they will be either donated to a charity or disposed of, depending on their condition. If you have lost an item, please talk to the Pool Staff prior to the end of the month in which it was lost.

Radios/Music Players/Cell Phones: Radios and other audio devices such as iPods may be used only with earphones. Please keep cell phone usage to a minimum and be courteous to your fellow members when using your phone. Please use a low tone while on a cell phone, as fellow members may be trying to relax or sleep; move off the pool deck if you must engage in an extended phone conversation and use the silent or vibrating ringer options.

Playground: The equipment on the playground is intended for children aged 8 and under. For safety reasons, ball playing is not allowed in the playground area. Ball playing is allowed at the wall by the tennis courts. Running and rough-housing on the playground are strictly prohibited. No food, beverages or towels are allowed in the playground area. Children aged 5 and under must be supervised by an adult or caretaker 13 years of age or older at all times.

There is **no smoking** anywhere in the pool complex.

The lifeguards or management may modify rules as needed to address specific situations and/or protect the health and well-being of members and their guests using the pool.

Pool Programs

Lessons: Private lessons are available for swimmers of all ages and abilities from one of our certified instructors. Please e-mail swimteam@pelhamcc.com to arrange lessons.

Swimming & Diving Team: Swim Team runs from mid-June through early August. All children from 5 to 17 years of age are encouraged to participate. Ages 5 and 6 will participate through the Pre-Team program described below. Children must be able to complete one lap of the pool in order to be on the team. Lesson programs are available for those who do not meet this criteria. The practice schedule is provided prior to the start of the season and the meet schedule is listed on the Pool calendar enclosed.

Pre-Team (Ages 5 & 6): This program will focus on stroke training and improvement. Practices will take place from 10:00 am to 10:45 am on weekdays. We have arranged with the PCC Camp for participants of those ages to have their swimming session during this time so that they can attend Camp and be on the Pre-Team. Pre-Team members should obtain a team suit and will swim in home meets, our Invitational and, as available, other Invitationals and special 8 & under meets.

Pricing: \$150 per child/\$50 sibling/Cap of \$200/family.

2019 Important Dates

Swim Team BBQ: A “SWIM-A-QUE” will be held on Friday, May 31, from 5:30 pm to 8:00 pm. Please join us on the deck for this fun Swim and Dive Team kick-off event. All coaches will be in attendance to answer your questions and meet your kids. There will be pool games, a DJ and a cookout. All members are invited to attend.

Swimsuit Fitting Event: Please bring your children to the Pool complex to try on and order their team suits on Friday, June 7, from 4:30 pm to 6:30 pm. We will also be serving dinner for the kids. Chris Driwinga will be there if you have any last-minute questions about the Swim and Dive Teams.

Swim Team Practice will begin on Tuesday, June 11, with after-school practice times of 3:45 pm to 6:00 pm (3:45 pm to 4:30 pm for 7-8 year-olds; 4:30 pm to 6:00 pm for 9-17 year-olds). Regular practice days will be Monday through Thursday through the month of June.

Beginning July 1, Swim Team practice will be held daily from 8:30 am to 10:00 am. Dive Team practice will be Monday/Wednesday from 4:00 pm to 5:30 pm and Tuesday/Thursday from 10:30 am to Noon.

Early Morning Lap Swim: The pool will be open for early morning lap swimming beginning June 25th on Monday, Wednesday and Friday from 6:00 am to 8:30 am.