



2010

Parkcrest

Swim and Tennis Club

233-3573

www.parkcrestpool.com

POOL MANAGER

Tim Ritchie 274-8652

BOARD OF DIRECTORS

President	Paul Eckerle	833-0069
Treasurer	Dave Gillman	238-5797
Vice President	John Temprano	833-4095
Secretary	Anne Marie Bell	821-0696
Tennis	Greg Kaldor	833-0199
Swim/Dive Team	Sandra Walters	238-7897
	Beth Piper	826-9096
Grounds	Peter Zarov	833-2988
At Large	Sandy Waity	833-0399
At Large	Carol Carr	233-1655

Membership Coordinator - Peter Olson call 233-3573 and press 3
to leave a message

PARKCREST CLEAN-UP DAY!

Please join us on Sunday, May 2nd from 1:00 p.m. to 4:00 p.m. to help us clean up Parkcrest and get the pool ready for summer fun. We need all the volunteers we can get. There is a lot of work to be done in order to get the pool opened by May 29th and your efforts in kicking off this process will help the pool save money.

There will be a job for everyone so bring the kids! As a token of our appreciation, each family that participates will receive 5 free guest passes for the 2010 season.

Please bring any of the following if you can: trimmers, rakes, wheelbarrows, yard tools, scrub brushes, gloves (make sure you label the items you bring).

THANK YOU!!!!!!

PROCEDURE FOR CONCERNS AND/OR SUGGESTIONS

The Parkcrest Board of Directors has established the following procedure for receiving suggestions and responding to concerns. If followed, a resolution will be reached more efficiently than by word of mouth.

1. Discuss the matter in person with the Pool Manager or put your comments in writing and place in our COMMENTS MAILBOX located at the front desk.
2. If not resolved to your satisfaction by the Manager, you are welcome to write a letter to any Board member specifying the details.
3. The Board will reply in writing within 7 business days.
4. If still unsatisfied, you may appear in person to present your views to the Board for resolution.

ALL-ACTIVITIES SIGN-UP

******* Sunday, June 6th *******

PARKCREST POOL LESSON REGISTRATION:

Members who have paid their dues in full may register for swim and tennis lessons, water ballet, and Swim & Dive Team during our All-Activities Sign-Up on Sunday, June 6th. We will continue to utilize a number system and a central registration area for all lessons. This will avoid standing in multiple lines, and will improve updating of classes that have filled. Swim & Dive Team and Water Ballet Show will have separate registration areas. Numbers will NOT be distributed until the start time for each section of the alphabet, as listed below. Lessons sign-ups for Session 2 will begin at 6:30 p.m. after the evening classes on the date printed below. Exit competency cards will be distributed to all participants on the sign-up day. Those who miss their sign-up time must contact the pool manager or lesson coordinator to register for all activities. All additional fees will be collected at the time of registration.

REGISTRATION SIGN-UP FOR SESSION #1:

LAST NAME	A-J 11:00 A.M.
LAST NAME	K-Z 12:00 P.M.

REGISTRATION SIGN-UP FOR SESSION #2 (Thursday, July 8th):

LAST NAME	K-Z 6:30 P.M.
LAST NAME	A-J 7:30 P.M.

LESSON DATES:

Session #1: June 14th through July 9th. No night lessons on July 1st.

Session #2: July 12th through July 23rd and August 2nd through August 13th. No lessons July 26th through July 30th.

PARKCREST DAILY POOL SCHEDULE

Early Summer Hours: Saturday, May 29th through Sunday, June 13th

Saturday, May 29 th through Monday, May 31 st	1:00 pm – 8:00 pm	Open Swim
Tuesday, June 1 st through Friday, June 4 th	3:00 pm – 8:00 pm	Open Swim
Saturday, June 5 th	1:00 pm – 8:00 pm	Open Swim
Sunday, June 6 th	1:00 pm – 8:00 pm	Open Swim
Monday, June 7 th through Friday, June 11 th	3:00 pm – 6:00 pm	Open Swim
	6:00 pm – 8:00 pm	Swim/Dive Clinics
Saturday, June 12 th & Sunday, June 13 th	Noon – 8:00 pm	Open Swim

Regular Summer Hours: Monday, June 14th – Friday, August 13th

Monday-Friday

5:45am	6:30am	Adult Swim
6:30am	10:30am	Swim & Dive Team
10:45am	12:45pm	Lessons
12:45pm	1:30pm	Adult Swim Only
1:30pm	5:30pm	Open Swim
5:30pm	6:30pm	Lessons
6:30pm	9:00pm	Open Swim

Saturday-Sunday

12:00pm-9:00pm	Open Swim
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Exceptions to Regular Summer Hours:

- Pool will open 30 minutes after the conclusion of HOME swim meets on the following dates: **June 19th & July 17th**.
- Pool Closes at **3:00 pm on Thursday, July 1st** for home swim meet.
- Pool Closes as **5:30 pm on Saturday, July 17th**, for the Adult Penguin Swim Meet.
- Pool Closes at **6:00 pm on Saturday, July 10th** for the Adult Social.
- Pool closes at **6:30 pm** on the following dates:
 - Tuesday, June 29th, Totally Teen Night
 - Monday, July 19th, Water Ballet Dress Rehearsal
 - Wednesday, July 21st, Water Ballet Show.

Late Summer Hours: Saturday, August 14th through Monday, September 6th

Saturday, August 14 th & Sunday August 15 th	1:00 pm – 9:00 pm	Open Swim
Mon - Fri, August 16 th – 20 th , August 23 rd – 27 th , & Aug 30 th – Sept 3 rd	Noon – 1:00 pm	Adult Swim
Sat/Sun, Aug 21 st -22 nd , Aug 28 th -29 th , Sept 4 th -5 th	1:00 pm – 9:00 pm	Open Swim
Saturday, September 4 th	1:00 pm – 8:00 pm	Open Swim
Sunday, September 5 th	1:00 pm – 7:00 pm	Open Swim
Monday, September 6 th (Labor Day)	Noon – 5:00 pm	Open Swim
	5:00 pm – 6:00 pm	Doggy Dip

SWIM, DIVE AND WATER BALLET REGISTRATION

Swim lessons will be offered from 10:45 am – 12:45 pm & 5:30 – 6:30 pm, Monday through Friday. Dive and Water Ballet lessons are scheduled from 10:45am – 12:45 pm and meet on Monday/Wednesday or Tuesday/Thursday and alternate Fridays. Lessons are 25 minutes long. Each student will receive an exit competency card on the last Thursday of each session. The last Friday of each session of lessons concludes with the always popular “game-day”. ☺

DIVE LESSONS: *Prerequisite: Must pass Octopus (level 3) to enroll in dive lessons.

Level 1 (Beginner): Learn approach. Complete front dive off wall and board. Introduce back dive & back half twist.

Level 2 (Intermediate): Master back dive, front half twist, inward and front flip.

Level 3 (Advanced): Must be on Dive team and working on 5 min. dives to enroll.

WATER BALLET LESSONS:

Level 1 (Beginner): Have NOT performed in Water Ballet show previously

Level 2 (Intermediate): Have performed in show OR over 8 years old.

Level 3 (Advanced): Have performed in show for 2 or more years. Lesson in diving well.

Swim Lesson Placement Testing: Saturday June 5th, 1-4pm

Lesson placement testing is highly recommended for students planning to enter Levels 2 through 6. Children have varying levels of swim exposure during the off-season, and testing will allow instructors to place them according to their current skill level. To avoid waiting in line, your child will be given a number for testing upon checking-in. Relax and enjoy the pool until your number is announced.

SWIM LESSON DESCRIPTION

WATER BUGS: Focus is on water adjustment, safety and enjoyment. At least one adult must accompany child in water. Water bugs is designed for swimmers 3 months to 3 years of age.

STARFISH: (Red Cross level 1)- Exit skills required to advance: Move 5 yards and bob 5 times to chin level. Float on front for 3 seconds. Roll to back and float for 3 seconds.

OCTOPUS: (Red Cross level 2)- Exit skills required to advance: Front float 5 secs. Roll to back and float for 5 secs. Swim with combination arm & leg actions for 15 feet on front and on back. Jump into chest deep water independently.

OTTER: (Red cross Level 3)- Exit skills required to advance: Jump into chest deep water and swim front and back crawl 15 yards with rhythmic breathing and face in water. Maintain position by treading water or floating for 30 seconds.

RAY: (Red Cross Level 4)- Exit skills required to advance: Swim front and back crawl 25 yards. Maintain position on back for 60 secs in deep water. Swim elementary backstroke & breaststroke 15 yards. Tread water and float on back for 2 minutes each. Swim elementary back and breaststroke for 25 yards each.

PORPOISE (Red cross level 5)- Exit skills required to advance: Swim 500 yards continuously in following order: front crawl (100 yards), back crawl (100 yards), elementary backstroke (50 yards), sidestroke (50 yards), butterfly (50 yards); and choice (100 yards).

STROKE REFINEMENT and **FITNESS FUN**- Must successfully complete PORPOISE to enroll.

WATER BALLET INFORMATION

Water Ballet sign-up will be held on during All-Activities sign-up on Sunday, June 6th. Any interested boy/girl should sign-up at this time. There will be a \$40.00 registration fee to help defray the costs of the program (max \$100 per family). Practices will begin the week of June 14th. The show will be held on Wednesday, July 21st. A Mandatory Dress rehearsal will be on Monday, July 19th.

Policies for Participation in the Water Ballet Show

1. To participate in the show, it is suggested that your child must have had at least one-year prior experience in water ballet. Children with no prior experience who would like to be in this year's show, should discuss this with the show director and pool manager. If your child has no water ballet experience and would like to be in next year's show, they should take water ballet lessons this summer.

2. Attendance at practices is mandatory. Given that kids perform in groups and learn spacing, etc., it is very difficult for the participants to practice their routine when a group member is missing. Participants are expected to miss no more than 4 practices during the summer. This is approximately 25% of all scheduled practices. If your child has circumstances that might preclude them from making 75% of practices, please discuss this in advance with show directors and pool manager to see if options exist for show participation. More than 4 missed practices without advance approval may result in your child not being allowed to perform in the show.

3. Practices will be either 2-one half-hour practices per week or 1-- one-hour practice per week. Practices will be scheduled any time from 1:30 P.M. to 9:30 P .M. The younger children are usually in the afternoon and the older ones in the evenings. Each half-hour practice counts as 1 practice, so a 1-hour practice is considered to be two practices missed.

4. Finale practice dates and times Sunday, July 11th and 18th plus a date to be announced later. Your son/daughter must make 2 of the Finale Practices unless you make arrangements with your coach. Given the small number of finale practices and the large group, please do not sign up to participate in the finale if you cannot make at least 2 practices.

Water Aerobics

Water Aerobics will again be taught by Jacki Greene, Monday- Friday from 12:45 pm until 1:30 pm commencing Monday, June 14th through Friday, August 13th.

Guest Pass Information

Guest Passes are good for one day and Cost \$5. Weekly guest rates (for out of town guests) are \$15 per person or \$50 per family. Guests must be accompanied by an active member and must register by signing the GUEST REGISTRATION form at the front desk before entering the pool. The guest fee must be paid prior to use of facilities.

Lap Lane

During recreation swim at least one lane will be available for lap swimming. Adults get priority over use of lane. Children may use the lane for lap swimming when adults are not using the lane. Additional lanes may be added at the request of members if space is available. *Please ask the on-duty guard to clear the lane for you.*

“Lunch Bunch” Babysitting Service

Parkcrest employs certified babysitters to care for member’s children from 12:45 – 1:30 pm, Monday through Friday. Sitters will be available Monday, June 14th through Friday, August 13th. This service allows adult members to use Parkcrest facilities to attend water exercise class, swim laps, shoot hoops, play tennis, or relax at the pool. Starting this summer, the board is requesting that users pay a nominal fee for this service to be collected at swim lesson sign-up day.

Please note: Babysitters are provided on an “as needed” basis each day. Adults should sign up their child(ren) each day babysitting services are requested, either in person or by phone with the Lesson Coordinator or Manager. Please call before 12:30 pm as requests made after 12:30 pm may not be met.

A parent/guardian is REQUIRED to remain on facility grounds during “Lunch Bunch”.

BABYSITTER SAFETY GUIDELINES

- Each babysitter is assigned specific children to watch and will be responsible for those children the entire time a parent/guardian requests (between 12:45 & 1:30pm).
- A target ratio of 4 children will be assigned to each babysitter. (Please note: this ratio may be modified due to the ages and/or special needs of the children).
- Babysitters will assist potty-trained children by accompanying them to the bathroom. Sitters are not responsible for changing diapers, and will notify parents/guardians if their child needs a diaper change.
- Babysitters typically walk children across Yellowstone Drive to play on the outdoor equipment at John Muir school during babysitting time. Babysitters will supervise children as they cross the street.
- Babysitters will inform parents/guardians of any injuries that occur during babysitting times and will report injuries to the Head Lifeguard on duty. An incident report will be completed for all reported injuries.
- Parents/guardians are responsible for informing babysitters of any special issues regarding their child(ren) (i.e. allergies, health concerns, behavioral concerns, etc.)

MANDATORY BABYSITTER MEETING: Anyone interested in being a “Lunch Bunch” babysitter for the season must attend an organizational meeting on Wednesday, June 2nd at 5:00 pm on the upper deck. Please bring your certification card with you. Sitters will not be assigned shifts until certification card is on file.