

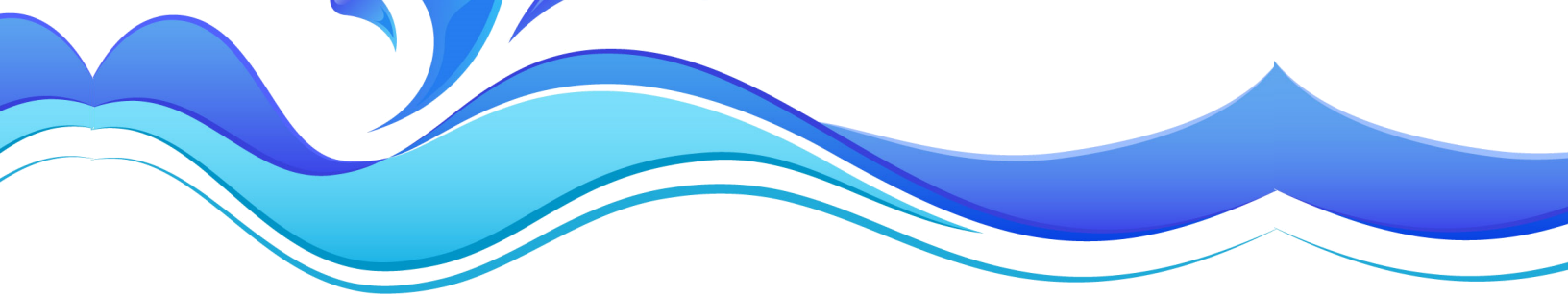
The Country Club of Hudson

Pool

Swim Lessons • Swim Team



2016



2016 Board of Trustee Liaison

Peter Eells



Assistant Coaches

Brittan Ham
Mary Lauletta
Megan Girvin
Elizabeth Fulco
Ainsley Wilbur
Mary Claire Chester
Natalie Gundling
Cole Clampffer
Stephanie Boyd

Pool Committee

Peter Eells—Board Liaison
Amy Conti—Swim Team
Megan Curry—Swim Team
Janesa Lukac—Pool
Kara Buzzelli, Tiffy Harvey,
Doug Krapf, Jen Puhl

Lifeguards

Lydia Carroscia	Mary Claire Chester
Cole Clampffer	Alex Faiman
Megan Girvin	Stephanie Boyd
Evan Carroscia	Brittan Ham
Mary Lauletta	Matthew Miller
Mackenzie Schumaker	John Finger
Ainsley Wilbur	Jarus Wilson
Lindsey Wirtz	Alec Rhodes
Brent Zubal	Brooke Zubal



POOL HOURS

Memorial Day Weekend through Labor Day

May 26 to September 5

Weather Permitting

May 26

3:00 pm to 8:00 pm

May 27 and thereafter:

Monday—Friday	11:00 am to 8:00 pm
Saturday & Sunday	11:00 am to 8:00 pm

Above hours may vary depending upon weather and traffic. If weather high is 60 degrees or below, the pool will be closed for the day. Watch your newsletter for special events that pertain to the operation and hours of the pool.

IMPORTANT DATES

Wednesday., April 27 Jr. Sign Ups 6:00 — 8:00 pm

Friday, May 27 Splash Into Summer Bash
Watch your email for flyer with details.

Tues., May 31 PM practice begins 5:00 —6:00 pm
All ages—get some extra practice in!

Thursday, June 2 Swim Team Parent Info Night 5:00 —6:00 pm

Mon., June 6 AM Swim Practice Starts
Ages 11 and up 9 a.m.—10 a.m.
Ages 9/10 and 8 and Under 10 a.m.—11 a.m.

Friday, June 17 Glow Pool Party
Save the date, details to come.

Wednesday, July 20 Swim Team Award Banquet (tentative date)
Watch your email for details.



SWIM MEET SCHEDULE

Meet Schedule

Wed., June 8	Green/White Meet	CCH
Wed., June 15	CCH vs. Congress Lake	CCH
Wed., June 22	CCH vs. Portage	Portage
Wed., June 29	CCH vs. Fairlawn	CCH
Wed., July 6	CCH vs. Shady Hollow	Shady Hollow
Wed., July 13	CCH vs. Lake Forest	Lake Forest
Sun., July 17	Championships	U of Akron

At





Swim Lessons

The Country Club of Hudson group swim lessons are offered in two week sessions. Each session offers 8 group lessons. The lessons are Monday-Thursday. In the event of swim lesson cancellations, due to weather or holidays, Friday will be used as a make-up day.

Level 1

This level requires no previous swimming skills. Swimmers will learn to float, submerge the face, enter and exit the water safely. They will be introduced to stroke motions and learn pool safety.

Level 2

This level requires that swimmers are able to perform all previous level skills. Swimmers will learn to float unsupported, to control breathing. They will also be oriented to deep water, introduced to combine stroke techniques, and to additional water safety.

Level 3

This level requires that swimmers are able to perform all previous level skills. Swimmers will learn to retrieve objects, to submerge head completely, jump and dive into deep water, glide, and back/front crawl basics.

2016 Sessions (11:15 - 11:45)

Session 1: June 6 - June 16

Session 2: June 20 - June 30

Session 3: July 4 - July 14 (July 4 Makeup on July 8)

Session 4: July 18 - July 28

\$55.00 per session per child, registration forms available in Pool/Club House Office

Swim Team



The team is open to all children of Club members up to and including 18 years olds. Sign-up for the team is at our annual Junior Sign Up Day on Wednesday, April 27 at 6:00 pm - 8:00 pm or with the Main Office.

Swim Team Eligibility Requirements

- Children must be able to hold a swimming stroke for one length of the pool. We will not be using "Bubblers" at away swim meets.
- Grandchildren are NOT ELIGIBLE for the swim team unless they permanently reside with their grandparents.

Practices:

Pre-season Practices (May 31 - June 3):

All levels at 5:00 pm - 6:00 pm

No weekends. No practice May 30, Memorial Day.

Regular season A.M. practices Monday—Friday (starting June 6):

Ages 11 and up 9:00 am - 10:00 am

9/10 and 8 and under 10:00 am - 11:00 am

Regular season P.M. practices Monday—Thursday 5 p.m.-6, all ages.

Swim Meets:

Arrive: 5:00 pm

Check-in: 5:15 pm

Warm-Up: 5:30 pm

Timer Check-In: 5:45 pm

Meet Start: 6:00 pm

Buffet: 6:30 pm

SLIDE RULES

- A. Members/guests **MUST** have a CCH wristband showing they have passed the deep-water swim test to use the slide. Maximum operation 1 person, 300 pounds.
- B. **MUST** enter in a sitting position and wait for the lifeguard to give permission to slide.
- C. All riders shall go **FEET FIRST** and **MUST** lie on their back with arms crossed.
- D. No running, standing kneeling, rotating, tumbling or stopping while riding the slide. Arms and hands **MUST** remain in the slide.
- E. Only 1 rider at a time.
- F. No tubes, mats or life jackets permitted on the slide.
- G. Leave the area at the end of the slide immediately after exit.
- H. Exit area **MUST** be clear before entering the slide.
- I. Women who are pregnant should not use this slide.
- J. Do not use the slide while under the influence of alcohol or drugs.
- K. **NO** diving from the slide/tower.
- L. Only swim suits allowed while riding the slide. No foreign objects or jewelry.
- M. Follow directions of the lifeguards on duty.



HIGH POINT BAR RULES

- A. Member or guest **MUST BE** 18 years of age or older to sit at the High Point Bar.
- B. The tables on **BOTH** the Terrace and Pool side of the High Point Bar are for **DINING ONLY**.
- C. High Point Bar/Terrace Dress Code: informal, country club casual, casual or denim (refer to description below for clarification).
- D. High Point Bar/Pool Dress Code: Shirts or cover-ups **MUST BE** worn for both adults and children.
- E. Hats and visors are permitted at the High Point Bar area but must face forward, in accordance with proper social etiquette.

Dress Code Descriptions

Informal: sport coat/jacket and a collared golf shirt, dress shirt, turtleneck or mock turtleneck with appropriate slacks. Equally appropriate attire for women.

Country Club Casual: golf shirt or dress shirt with collar, turtleneck or mock turtleneck and appropriate slacks/pants.

Casual: golf attire, tennis attire, collared shirt and slacks, shorts or khakis.

Denim: appropriate and proper fitting dress denim. Not faded, tattered, torn, patched or fringed.



POOL RULES

- A. All persons - members and guests– **MUST** register at the gate upon entering the pool area. The employee at the gate will make sure **ALL** guests are registered by the member whom the guest accompanies, giving full names. A guest charge will be applied according to the sign in booklet. Guests may use the pool when accompanied by a member. Guests may be requested to show identification at the discretion of the Pool Manager.
- B. All children under 10 years of age must be accompanied by an adult or high school age youth who will remain in the pool area and be responsible for the child at all times. Unaccompanied children under 10 years of age will be detained in the Halfway House until a person responsible for the child can be located. Leaving unaccompanied children under 10 years of age is grounds for possible membership suspension.**
- C. The throwing of any objects in the pool such as footballs, water balls, etc. is prohibited. Any object deemed dangerous may be removed from the pool area by the Pool Manager, Club Manager, or Pool Committee Chairs.
- D. Adult swimming only begins each hour and continues for 15 minutes. You **MUST** be 18 years of age or older to swim during this period.
- E. NO running or rowdy play in the pool area will be tolerated.
- F. The Pool Manager has full authority to determine the swimming competence of all individuals and to require, when necessary, that a child be accompanied in the pool by an adult responsible for his/her safety.
- G. The pool will be closed due to temperatures of 60 degrees or below. If in doubt, please phone pool to confirm.
- H. All persons using the pool shall wear attire specifically designed for swimming. Cut-offs, gym shorts, tennis shorts, etc. are prohibited. Any interpretation as to appropriate swimming attire shall be made by the Pool Manager. Any individual not properly attired will be asked to exit the pool or leave the pool area.
- I. Towels, suits, clothing, etc. must not be left in locker rooms or pool area overnight. **All items not claimed in seven days will be donated.**
- J. Towels are not provided at the pool.



- K. Use of the wading pool is limited to children under 6 years of age and should at all times be supervised by a parent or guardian.
- L. The Pool Manager has full authority to suspend swimming privileges and usage of surrounding facilities at anytime warranted for misconduct, and it will be the duty of the parent to pick up suspendee and keep him/her away until suspension terminates.
- M. Members and guests are urged to not to bring money or valuables to the pool. The Club will not be responsible for any personal articles, belongings, etc. which are lost.
- N. Skateboards, roller blades, and/or scooters are not permitted in the pool area, adjacent sidewalks or driveways.
- O. Children may be asked to give up lawn furniture during busy times when requested to do so by an adult.
- P. Complaints and compliments regarding employees should be directed to the appropriate Committee Chair, Club Manager, or Pool Manager.
- Q. All children using the main pool must be toilet trained or wear a swim diaper at all times. Swim diapers will be available in the guard office. The parents of any child who is in the main pool and has "an accident" will be charged for the cost of cleaning and sanitizing the pool. This also applies to children who are guests– the inviting member will be billed.
- R. Parental supervision is required in the swing set area. Please understand, usage it at your own risk. The rubber mulch is to stay in the swing set area only. Any maintenance required because of rubber mulch thrown into the pool will be billed to the member. Play shovels and buckets are prohibited in this area.
- S. Basketball Hoop Rules: Shots are NOT to be taken outside of the pool (deck area). Shots must be made from within the pool. Pool Manager and Lifeguards have the responsibility and the right to prohibit play when certain conditions may warrant such action.
- T. Failure to follow Club or Pool Manager or Lifeguard instructions will result in: 1. Verbal Warning, 2. Time Out, 3. Discussion with parent(s), 4. Issue brought to the attention of the Club Manager.



FEES

- A. "Guest" fees are \$6.00 per person, per visit on weekdays, weekends, and holidays. Limit on guests other than baby-sitter is three times per year. Direct line family members are free of charge. Out of town guests may use the pool at a fee of \$18 per week for an individual or \$42 per week for a family. Family compensated baby-sitters will not incur any guest fees provided they are pre-registered by the family with the Accounting Office.
- B. Members who are grandparents may pay seasonal fees for the specified grandchild and each additional grandchild as follows: \$120 for the first grandchild and \$30 for each grandchild thereafter. Age limit—21 years of age. This rule is intended to allow grandparents to enjoy time with their grandchildren at the pool.
- C. The fee for belonging to the swim team will be \$140.00 per swimmers (ages 6 to 12). Swimmers ages 13 to 18 are not charged a fee. Daily workouts, coaching, and group instruction are included in this fee. The swim team will focus on overall stroke mechanics and on individual specific stroke problems.
- D. Arrangements may be made through the pool office for private or group swimming lessons. Prices are listed on the following page (page 4).
- E. Group Swim Lessons will be offered to beginning swimmers. This program consists of 3 levels: Level 1 Primary Skills, Level 2 Stroke Readiness, and Level 3 Stroke Development.
- F. Exceptions to the above rules may be made by the Club or Pool Manager.

Pool Manager/Head Coach: Holly Kear

Pool Office: 330.342.3197

Pool Email: HKear@cchudson.com

Swim Team Email: cchswim@gmail.com

www.cchudson.com

