

# Conestoga Swim Club

P.O. Box 441  
Villanova PA 19087

May, 2019

Dear Member,

Once again it is my privilege to welcome you to Conestoga Swim Club as we begin our 64<sup>th</sup> season. Andrea McMenamin will be returning as club manager along with Grace Wakiyama as head swim coach. Ruth Dickinson is also returning to CSC as our tennis pro. We already have several teams in place and CSC opened the 2019 season.

Please remember to check our web site at [www.conestogaswimclub.com](http://www.conestogaswimclub.com). It has been designed specifically for CSC and we encourage all members to make sure they register, which will be a one-time only thing, and sign up for emails that you would like to receive. Please keep in mind this will be a work in progress.

## **Pool Opening**

Opening day will be Saturday, May 25, 2019 for the three-day Memorial Day weekend. The pool will also be open the weekends of 6/1-6/2 and 6/8-6/9. The hours for all three weekends will be 10:00 AM to 6:00 PM. The pool will be open the week of 6/10 to 6/14 from 3:00 PM to 7:00 PM. Full time hours begin 6/15 when the hours will change to 10:00 AM to 8:00 PM. Keep in mind these hours are always subject to change and we will do our best to notify everyone if there is a change.

## **Deep Water Test**

The following criteria are **required** for the Deep-Water test (formerly the Tag Test). There will be no exceptions as this is a safety rule.

All children UNDER twelve (12) years of age must be able to complete the following in order to pass from the first rope without an adult and to also have access to the diving board and slide.

1. A **non-stop** FREESTYLE swim of one and one-half laps
2. Tread water for sixty (60) seconds
3. Finish remaining one-half lap of FREESTYLE swimming

Keep in mind this is a continuous test. Stopping or resting will be considered an unsuccessful test. Also, only ONE attempt a day to pass the test will be permitted.

Finally, parents are asked to stay OFF the pool deck during their child's deep water test.

Swimmers who want to take the test are to go to the front desk and ask to take the test. The test will be administered as soon as the lap lane is clear and personnel are available. Once they earn their wrist band it is to be worn at ALL times while at the pool.

## **Membership Cards & Guest Rules**

Each member is responsible for their member cards. Each time a member comes to the pool they will present their member card to the attendant at the front desk and retrieve it when they leave. This rule will be strictly enforced which means bringing your card to the pool when you come. Guests may not use the pool on Memorial Day, the 4<sup>th</sup> of July or Labor Day. Guests MUST be accompanied by a member who will remain at the pool during the guest's entire stay at the pool and will be responsible for their guests. Guest fees will be collected at the front desk for tennis and/or pool use.

**OVER**

## **Swim Lessons**

The club will provide swim lessons for children ages 4 to 8 years. Lessons will be scheduled and posted by the manager. Private lessons are also available for a fee with individual lifeguards.

## **Opening Adult Pool Party**

The Opening Adult Pool Party is open to all new and existing members. It is a great way to kick off the season, meet new members and catch up with old friends. The party will be on Friday, June 14<sup>th</sup> from 6:00 – 8:00 PM.

The DeLuca Pig Roast will be held Friday night July 26<sup>th</sup>. Details to be posted at the Club.

**Swim Team & Tennis News** See enclosed newsletters

## **Pool Safety**

Pool safety will be vigorously enforced at all times and with no exceptions.

While we will always have lifeguards on duty each member must take responsibility for not only their own safety but their family members as well, including small children. Conestoga has an Arm's Length rule that applies to ALL children 5 years of age and younger. This means that at ALL times an adult will be within an arm's length of their child who is 5 or under. Sitting on the deck or the steps does NOT meet these criteria. You MUST be in the pool with your young child. No flotation devices are permitted at any time. Parents are also responsible for their children while on the playground or in the wading pool.

Remember, the guards are there for the safety of all members. They are not there to function as babysitters. Please do not speak to or distract them when they are at their posts. The manager will be solely responsible for the placement of lifeguards in compliance with CSC policies, Radnor Township Ordinances and applicable PA State laws. If you have a question or comment please go the front desk and speak to the manager on duty.

Again, pool safety rules will be enforced at all times and without exception.

To all our swim team parents. Please keep in mind that your swimmers work very hard during the week and that participating in meets is their chance to see their hard work paying off for them. Also, the coaches put quite a bit of work into meet line-ups, so no-shows create an even greater workload trying to make last-minute substitutions. This is also an excellent teaching moment when it comes to your children learning about commitment and being part of a team.

Remember, whatever you bring into the club you are responsible for taking with you when you leave. This includes cleaning up any litter. This is your job, not the lifeguards' job.

Finally, alcoholic beverages are prohibited at all times and in all forms on any portion of CSC grounds with the exception of CSC sanctioned gatherings. Any violations of this rule will be handled swiftly and without exception. There also will be no appeals for anyone who violates this rule.

Looking forward to a fun and safe summer.

Carter Fisher  
President