

# 2019



# AQUATICS PACKET

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**For questions contact the following email addresses**

**Aquatics: [aquatics@thevillageclubinc.com](mailto:aquatics@thevillageclubinc.com)**

**Activities must be paid in full, before the first day of the activity.**

### **GOGGLES, SWIM CAPS & SWIM SUITS**

Goggles and swim hats are available at the concession stand. The Village Club team suit is required for synchronized swim and competitive swimming and diving. Check with the Aquatics managers for details regarding the purchase of the team swimsuit.

# **POOL HOURS & LATE SEASON**

May 24	3-9
May 25-27	12-9
May 28-31	4-8
June 1-2	11-9
June 3-6	4-8
June 7-9	11-9
June 10 (Lessons begin)	12-9
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**THE CLUB CLOSSES WHEN THE POOL CLOSSES**



## AQUATICS PROGRAMS



SIGN UP FOR ACTIVITIES ONLINE AT [THEVILLAGECLUBINC.COM](http://THEVILLAGECLUBINC.COM). ALL FEES MUST BE PAID IN FULL IN ORDER TO ENROLL IN ANY OF THESE ACTIVITIES.

### **Swimming Lessons: (No lessons July 4)**

Days: Monday through Friday, June 10 – August 2

Time: 8:30 to 10:25

Fee: **\$30.00** - must be paid prior to first day of class.

A brief description of each level is listed below. This will aid you in determining your child's appropriate level. Guards will provide a swim test upon request.

- Aqua Tots:** Taught in the intermediate pool. Child should be 3-4 years old.
- Level I:** Child is comfortable in water and can bob.
- Level II:** Child can float on their front and back with some assistance; hold their breath under water and kick.
- Level III:** Child can rhythmic breathe, do front and back crawls, and can retrieve an object under chest deep water.
- Level IV:** Child can swim 15 yards of front and back crawl and can reverse direction while swimming.
- Level V:** Child can do the breaststroke and elementary backstroke and turn at the wall.
- Level VI:** Child can swim 15 yards breaststroke, sidestroke and dive from the diving board. Child can swim 50 yards of front and back crawl.
- Level VII:** Child can swim 100 yards of front crawl and back crawl and 15 yards of butterfly.
- EWS:** Emergency Water Safety, a pre-lifeguard course. Child has passed Level VII. Offered only during the first week of Session 4. Fee \$15

Aqua Tots requires a minimum of 4 children to run the class.  
Levels I through VII have a maximum of 10 children per class.

<b><u>Level:</u></b>	<b><u>Time:</u></b>
VII, IV, III, EWS	8:30 – 9:05
VI, IV, III, II, Tiny Tots	9:10 – 9:45
V, II, I, Aqua Tots	9:50 – 10:25

**Session:**  
1 June 10– June 21  
2 June 24 – July 5  
3 July 8 – July 19

4 July 22– August 2

**Diving Lessons: (No practice July 4)**

Learn the basics of diving fundamentals: the approach, safety, and different diving groups – front, back, inward, reverse, and twist.

Days: Monday through Friday, June 10 – August 2

Times: 8:30-9:00/10:15-10:45/10:50-11:20

Participants may practice (including back take-offs) from 3:00 – 3:30 p.m. M-F

Fee: **\$30.00**

**Session:**

1 June 10– June 21

2 June 24 – July 5

3 July 8 – July 19

4 July 22– August 2

**Swim Team: (No practice July 4)**

If your child can swim one length of the pool and you would like him/her to be a stronger and safer swimmer, then you are encouraged to register your child for the Swim Team. The Village Club team is open to all children to give them an opportunity to improve their swimming skills, learn competitive training techniques and compete in a number of meets throughout the summer. Children compete against swimmers their own age in all of the USS Age Group classifications beginning with “8 and under.” Swimmers are needed at all age levels. Transportation help is needed for away meets and you are welcome to join the team as a spectator, timer or helper. The Village Club Swim Team provides a low pressure, competitive atmosphere where children have fun, make new friends, and experience success through their improvement.

Days: Monday through Friday, June 10 – July 29

Times: Ages 10 and under: 10:30 – 11:30, Ages 11 and up: 10:30 – 12:00

Fee: **\$50** (\$100 maximum per family)

**Diving Team: (No practice July 4)**

Days: Monday through Friday, June 10– July 29

Time: 9:05 – 10:10

Fee: **\$50** (no charge if you are on the swim team)

**Synchronized Swimming Team: (No practice July 4)**

Synchronized swimming combines swimming, music and lights. Choreographed routines are taught, practiced and performed. There are three synchronized swim meets scheduled during the season. The classes end with a special program performed at 8:30 p.m. on Friday, August 2<sup>nd</sup> at the Village Club.

Days: Monday through Friday, June 10– August 2<sup>nd</sup> (Practices days & time vary by section)

Times: 11:25 – 12:30 M-F, 10:00 – 12:00 noon Saturday

Fee: **\$50** (no charge if you are on the swim team)

# Village Club

## 2018 Aquatics Calendar

Date	Event	Warm-up	Start Time
<b><u>SWIM TEAM</u></b>			
June 24	@ Merrill Hills CC	5:00pm	5:30pm
July 12	@ Western Racquet Club	8:00am	9:00am
July 18	@ Westmoor CC	12:30pm	1:00pm
July 29	@ VC Championships	12:30 pm	1:00 pm
<b><u>DIVE TEAM</u></b>			
June 28	@ Western Racquet Club	8:00am	9:00am
July 26	@ The Village Club	3:30 am	4:30 pm
July 29	@ VC Championships	8:00am	9:00am
<b><u>SYNCHRO TEAM</u></b>			
July 17	@ Westmoor CC	7:00am	8:00am
July 26	@ Western Racquet Club	8:30am	9:00am
August 2	@ VC Synchro Show	7:30 pm	8:00 pm

# SWIMMING POOL RULES

1. Do not enter the pool if you have a communicable disease or open cut.
2. Shower before entering the pool and after use of toilet facilities.
3. Do not bring food, drink, gum, or into the pool.
4. Eating is not allowed in the main pool area.
5. No running or rough play in the pool areas.
6. No riding the shoulders of others in the pool.
7. No pushing or throwing others into the pool.
8. Only one person at a time on the diving board.
9. Glass items and shatter-able items are not allowed in the pool area or the entire club at any time for any reason. No exceptions.
10. Appropriate swimwear is required. No leotards, cutoffs or hats.
11. For the large pool, children under six years of age must be accompanied by a person 12 years or older and be toilet trained.
12. Non-swimmers may only use the shallow roped-off area.
13. Toddlers are not allowed in the main pool area unless toilet trained.
14. Toddlers must not be left unattended in any of the pool areas.
15. Swim diapers are not allowed in the main pool.
16. Non-toilet trained children are required to wear swim diapers.
17. Baby strollers, and playpens are not permitted in the main pool area.
18. No ball playing is permitted on the decks.
19. Floating devices are not permitted.
20. Round sponge balls are the only toys allowed in the large pool.
21. No swimming in the I-pool or large pool without a lifeguard on duty.
22. Go under the guide ropes not over when crossing.
23. Avoid the lap lane when being used for swimming laps.
24. **Do not play catch from the water to the deck or vice-versa.**
25. Somersaults and backward entries poolside are not allowed.
26. Inward and reverse dives are not allowed from the diving board.
27. Parents must remain on the upper deck during lessons/practices.
28. The pools will be closed at the end of lessons/practice for 30 min.
29. Adult swim is for members who are at least 18 years of age.
30. The pools will be closed when the air temperature is below 65°.

*Safety is our first priority. Lifeguards have the responsibility and the authority to enforce the rules listed in this document. Their instructions should be followed promptly for the safety and well being of all.*

*Your cooperation is expected.*