

# 2020



# AQUATICS PACKET

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**For questions contact management at the following:**

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

**Fees for lessons and teams must be paid in full, before the first day of the activity.**

### **SWIM SUITS**

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.

### **CHECK-IN**

You must have your Village Club key tag and a picture on file for each member on your membership. New key-tags can be purchased at check-in and pictures can be taken at check-in.

# POOL HOURS

May 22	3-9
May 23-25	11-9
May 26-29	12-8
May 30-31	11-9
June 1-5	12-8
Sat & Sun in June	11-9
June 15 (Lessons begin)	12-9
Sat & Sun in July	11-9
August 7 (Lessons end)	12-9
Sat & Sun in August	11-9
August 10-28	11-9
August 31-September 4	4-8
September 5-6	11-9
September 7	11-6

## **THE CLUB CLOSSES WHEN THE POOL CLOSSES**

**Members should exit the club at 9:00pm**

**Cleaning crew starts promptly at 9:00pm**

**Club liability coverage expires at 9:00pm**

# 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 and breakable objects are not allowed inside the club.**
10. Appropriate swimwear is required. No leotards, cutoffs or hats.
11. Kids under 6 must be with adult and toilet trained to use large pool.
12. Non-swimmers may only use the shallow roped-off area of large pool.
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°.
31. Basketball hoop: You must be in the water to shoot the basketball  
No hanging on the net or the rim and no dunking.

*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.*



# 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:

Days: Monday through Friday, June 15 – August 7

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 15 – June 26
- 2 June 29 – July 10
- 3 July 13 – July 24
- 4 July 26 – August 7

## **Diving Lessons:**

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

Days: Monday through Friday, June 15 – August 7

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 15 – June 26

2 June 29 – July 10

3 July 13 – July 24

4 July 26 – August 7

## **Swim Team:**

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 15 – August 3

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:**

Days: Monday through Friday, June 15– August 3

Time: 9:05 – 10:10

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

## **Synchronized Swimming Team:**

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, July 31<sup>st</sup> at the Village Club.

Days: Monday through Friday, June 15 – July 31<sup>st</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

## 2020 Aquatics Calendar

Date	Event	Warm-up	Start Time
<b><u>SWIM TEAM</u></b>			
June 29 Mon	@ Merrill Hills CC	5:00pm	5:30pm
July 10 Fri	@ Western Racquet Club	8:30am	9:00am
July 16 Thur	@ Westmoor CC	12:30pm	1:00pm
July 27 Mon	@ VC Championships	12:30 pm	1:00 pm
<b><u>DIVE TEAM</u></b>			
June 26 Fri	@ Western Racquet Club	8:00am	9:00am
July 22 Wed	@ The Village Club	3:30 am	4:30 pm
July 27 Mon	@ VC Championships	8:00am	9:00am
<b><u>SYNCHRO TEAM</u></b>			
July 15 Wed	@ Westmoor CC	7:00am	8:00am
July 24 Fri	@ Western Racquet Club	8:30am	9:00am
July 31 Fri	@ VC Synchro Show	8:00 pm	8:30 pm
<b><u>FUNFEST</u></b>			
August 22	@ VC High School Meet	7:00 am	12:00pm

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