

Arlington Association

TENNIS/SWIMMING

2008



MAY
24 Pool Opens

JUNE
2 Tennis Team Begins
2 Adult Mixed Doubles Tennis Leagues Begin
2 Swim Classes Session 1 Begins
2 Junior Tennis Clinics Begins
2 Youth Instructional Tennis Clinics Session 1 Begins

2 Tiny Tot Tennis Clinics and Session 1 Begin
2 Pee Wee Tennis Clinics and Session 1 Begin
3 Adult Beginner's Tennis Clinics Begin
4 Swim Meet
5 Cardio Tennis Clinic Begins

6 Tennis Tournaments Begin
11 Swim Meet
16 Swim Classes Session 2 Begins
18 Swim Meet
20-22 Robbie Johnson Junior Championship Tournament
25 Swim Meet

30 Tiny Tot Tennis Session 2 Begins
30 Pee Wee Tennis Session 2 Begins
30 Youth Instructional Tennis Clinics, Session 2 Begins
30 Swim Classes Session 3 Begins

JULY
TBA Bill Robertson Memorial Tournament
2 Swim Meet
4 4th of July Adult-Child Tennis Event
9 Swim Meet
11-13 Parent-Child Tennis Tournament
12 Adult Tennis Racquet & Ribs Night
21-25 Junior Round Robin Tennis Event

Pool Schedule/Regulations Posted

DATES AND HOURS OF OPERATION FOR SUMMER 2008

The Swimming Pool will open for the 2008 season on Saturday, May 24 and remain open through Labor Day, September 1. Mr. Tim Cahill will be the Pool Director. The pool will open for operation during the hours listed below:

Monday-Thursday	11:00 a.m. - 8:00 p.m.	Break Schedule — Adult Swimming Only (18 years and older) during breaks. 2:00-2:15, 4:00-4:15, 6:00-6:15, Friday 8:00-8:15.
Friday	11:00 a.m. - 10:00 p.m.	
Saturday	11:00 a.m. - 8:00 p.m.	
Sunday	1:00 p.m. - 8:00 p.m.	

POOL REGULATIONS

(Revised February 2007 per Arlington Board of Directors)

- All members and guests must be registered daily. All members must present their blue Arlington Membership Card at the pool desk. All family members should have their own cards. Please contact the house to get replacements for lost, damaged or new cards. Cards are permanent and reusable from year to year.

The open guest policy will become effective on Tuesday after the Memorial Day weekend. OUT OF TOWN GUESTS, AS WELL AS GUESTS FROM MADISON AND SURROUNDING COUNTIES, WILL BE ELIGIBLE TO SWIM AT ARLINGTON THIS YEAR. The same guest may visit 5 times.

Guest qualifications and fees:

- The same guest may visit 5 times per season.
- For all guests, the swimming pool guest fee shall be \$5 per day per guest.
- The charge for children under three years of age will be \$2; one year old and under, FREE.
- The charge for in-home Nannies (18 years of age) or full-time babysitters of members shall be \$150 per swim season. Must sign up IN PERSON with member at Arlington Office, not at the pool.

- Children under 11 **MUST** be accompanied and supervised by a PARENT or an ADULT MEMBER (18 years) with parents' permission. **BABYSITTERS MUST BE ARLINGTON MEMBERS and at least 18 years of age.** Upon each visit to the pool, each non-parent supervisor will be asked to complete an information form to identify the child(ren) being supervised and where parents can be located. Generally one adult can supervise no more than three children unless they are members of his/her family.

- Parents are responsible for the conduct of their children and guests.

- No pets are allowed on the pool deck or in the pool.

- Diving rules posted in the diving area must be followed. **DIVING IS PERMITTED ONLY IN THE DEEP END WHERE WATER IS 6FT OR DEEPER.**

- Showers are required **BEFORE** entry into the pool.

- No rough **HORSEPLAY** or **RUNNING** is allowed.

- No **GLASS** is allowed inside the gates or bathhouse.

- NO FOOD ON LOWER DECK AREA;** eating ON UPPER DECK only. **NO CHEWING GUM** is allowed in the pool gate or pool area.
- Use of the baby pool is limited to pre-first grade children (under age 6). **SWIM DIAPERS (SWIMMIES) ARE REQUIRED.** These are available at local stores.
- FOR SAFETY, SMALL CHILDREN IN THE BABY POOL MUST NOT BE LEFT ALONE.** Parents **SHOULD** be in the baby pool area with small children at all times.
- Hard or rubber balls, frisbees, and rafts are not allowed in the pool. Only soft Nerf sponge balls are permitted. Small floats, arm and suit flotation devices may be used in wade pool only. Coast Guard approved life jackets may be used in the shallow end of the main pool with parental supervision. Infant float rings are allowed in shallow end of main pool if the parent keeps a hand on the ring. The total number of infant rings is limited to 4.
- Guards on duty are authorized to use their best judgment, in the interest of safety, in any situation not covered by these rules.
- Failure to obey these rules may result in expulsion from the pool. This includes assisting someone to enter the pool in violation of these rules.
- The pool will be closed during bad weather conditions at the discretion of the Pool Director. If you need to know if the pool is closed when weather conditions are questionable, call the Arlington Pool (622-2204) or Office (622-2200).
- The pool will be closed at 4:00 for home swim meets. Diving area will close at 1:30. Home swim meet dates will be posted on the Bulletin Board or call the Arlington office.
- Lockers may again be rented for the season (May 22 through September 1) at the following rates (see the Pool Staff): \$20 for full length lockers, \$10 for 1/2-length lockers, and \$6 for 1/4-length lockers. Keys are due back at the close of the Pool. If they are not returned, there will be a \$25 charge per key.

In an attempt to ease the opening day confusion a little, we will rent lockers at a special time. **THURSDAY, MAY 22nd, AND FRIDAY, MAY 23rd** (12:00 noon - 1:30 p.m. and 5:00 - 6:00 p.m.). Pool staff members will be at the pool to sign up those wanting to reserve lockers for the summer. **We will not take reservations over the phone as you must sign a charge card for your account to be properly billed.** Please stay within these time frames since we will be busy with cleaning and facility preparation for our opening on Saturday. Projects and training will be planned around these times, and staff members will not be able to assist you. Lockers will be available during normal pool hours after our opening as usual.

- The Arlington Swim Committee requests **ALL** members' cooperation in following the above pool regulations. Please help make this summer an enjoyable and safe swimming season.

Pool (Continued from Front Page)

POOL PHONE (622 2204)

The pool phone should not be abused. It should be used on extremely important matters and then for a time limit of ONE (1) Minute.

ARLINGTON SWIM TEAM

The summer of 2008 marks the beginning of our quest for the 22nd Central Kentucky Swim Conference Championship. The success of the swimming and diving team is due to the hard work and dedication of those who participate in daily practices Monday through Friday. Around 135 young people were involved last year.

Anyone, 5-17 years, who is a member of Arlington and can swim any competitive stroke is invited to join the swim team. There will be a sign up and registration night on Wednesday, May 21, at 6:30 p.m. at the Mulebarn. Interested persons should be present at the meeting. The first practice is Wednesday, May 28th. Time will be announced due to school still being in session. The conference meet will be July 14th (Diving, all age groups), 15th (10 & under prelims), 16th (11 & over prelims), and 17th (finals for all age groups). **TEAM MEMBERS MUST PARTICIPATE IN TWO MEETS TO BE ELIGIBLE FOR CONFERENCE MEET. ALL TEAM MEMBERS WILL PARTICIPATE IN THE CONFERENCE MEET.** Please try, if possible, to schedule a vacation time so as not to interfere with the two weeks prior to conference. For more information about the Arlington Swim Team, you can go to the Arlington web site at www.arlington.eku.edu.

SWIM MEET DATES: ALL ON WEDNESDAY

June 04 (H) Lexington CC	June 25 (H) Idle Hour
June 11 (A) Hartland	July 02 (A) Signature Club
June 18 (H) Winchester	July 09 (A) Spindletop

Arlington Swim Team & Diving Team Membership Fee:

\$25 for one child, \$45 for two and \$60 for three or more. FEES from team membership will go for Conference Membership dues, dual meet awards, championship meet entry fees and swim team equipment (race timing slips, stopwatches, timing system rental, etc.).

SWIM SUITS

Those wishing to get swimsuits may do so at registration Wednesday, May 21, or visit or contact Pannell Swim Shop located at Fayette Place Shopping Center, 4001 Nicholasville Road in Lexington, KY (phone 1-800-691-7946).

TEE SHIRTS & SHORTS

Tee shirts	Youth sizes S-M-L \$12 Adult sizes S-M-L-XL \$12 add \$3 for 2XL and up
Shorts	Male and Female \$12 each youth and adult sizes up to XL

SWIM PRACTICE TIMES FOR THIS SUMMER:

Monday through Friday:	8:00 a.m. - 9:30 a.m. for ages 11-17 years 9:30 a.m. - 11:00 a.m. for ages 5-10 years
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DIVING PRACTICE FOR ALL AGES:

Monday through Friday:	11:00 a.m. - 12:00 noon
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Our divers will be grouped for the best utilization of practice time. If you have any questions, please contact Coach Cahill at 622-2129 or at the Arlington Office (622-2200). The pool number is 622-2204.

PRIVATE LESSONS

PLEASE PARENTS Private lessons can ONLY be given by Arlington staff and ONLY to Arlington members. Pool employees must get permission from the Pool Director for each specific lesson and time. NO lessons while Arlington employees are on duty (including break time). The lessons are not to interfere with pool use by other Arlington members. Please cooperate with us. If you have any questions, contact Pool Director or Arlington Staff.

SWIMMING LESSONS FOR 2008

If you are interested in any of the courses listed below, please contact the Arlington office (622-2200) during the hours of 9:00 a.m. - 5:00 p.m. Tuesday through Friday and 9:00 a.m. - 4:30 p.m. on Saturday and talk to the office staff. Supply the following information: Child or Adult Name, Age of Child, Membership Account Number and Phone Number.

NOTE: DUE TO THE LARGE DEMAND FOR SWIM LESSONS AND THE LIMITED CLASS OPENINGS, PERSONS SIGNING UP WILL BE CHARGED FULL PRICE IF THEY FAIL TO ATTEND.

LESSON TIME

Each class is 30 minutes long with 15 minutes supervised swim practice (except Tiny Tots which is 30 minutes total). Make up in case of bad weather will be on Saturdays at instructor-arranged times. A minimum of four students is necessary for a class to be held.

SCHEDULE OF CLASSES

ONLY "3" SESSIONS

SESSION I

(JUNE 2 - JUNE 13)

Advanced Beginners (11:00 - 11:45)
Beginners (11:45 - 12:30)
Advanced Beginners (11:00 - 11:45)
Beginners (11:45 - 12:30)
Precompetitive (11:00 - 11:45)
Advanced Beginners (5:45 - 6:30)
Beginners (5:45 - 6:30)

SESSION II

(JUNE 16 - JUNE 27)

Advanced Beginners (11:00 - 11:45)
Beginners (11:45 - 12:30)
Intermediates (11:00 - 11:45)
Beginners (11:45 - 12:30)
Precompetitive (11:00 - 11:45)
Tiny Tots (6:00 - 6:30)
Advanced Beginners (5:45 - 6:30)
Beginners (5:45 - 6:30)

SESSION III

(JUNE 30 - JULY 11)

Intermediates (11:00 - 11:45)
Beginners (11:45 - 12:30)
Advanced Beginners (11:00 - 11:45)
Beginners (11:45 - 12:30)
Tiny Tots (6:00 - 6:30)
Advanced Beginners (5:45 - 6:30)
Beginners (5:45 - 6:30)

Parents and swimmers that wish to remain at the pool that participate in group lessons or swim practice SHOULD enter through main gate and sign register at time when pool gates open.

1. TINY TOTS AGES: 6 MONTHS-3 YEARS

We are offering this class in the afternoon as the water and sun are warmer and the children and parents should generally enjoy and learn more.

DESCRIPTION: A course designed to make these boys and girls aware of the water environment. Moms and/or Dads must accompany their child in the water.

LIMIT: Ten (10) children per class. (10 lessons for \$25 per child)

2. BEGINNING SWIMMING

DESCRIPTION: This course is designed for children who are just starting to swim. It is also for any child who is having trouble with breathing, kicking, arm strokes, fear of water, etc.

LIMIT: Eight (8) children per class. (10 lessons for \$25 per child)

3. ADVANCED BEGINNING SWIMMING

DESCRIPTION: This course is designed for older children who want to improve their swimming stroke (breathing, arm stroke, or kick). Freestyle will be emphasized with the introduction to the backstroke. The boys and girls in the course are not expected to be excellent swimmers, but should feel fairly relaxed in the water.

LIMIT: Ten (10) children per class. (10 lessons for \$25 per child)

4. INTERMEDIATE SWIMMING

DESCRIPTION: This course is designed for children who have a fairly well developed front crawl or freestyle stroke. This course will begin to emphasize conditioning, speed, and perfection of the stroke. The boys and girls will be reviewed on the backstroke and introduced to the breaststroke and the butterfly.

LIMIT: Ten (10) children per class. (10 lessons for \$25 per child)

5. PRECOMPETITIVE SWIMMING

DESCRIPTION: This course is for those whose skills are beyond the swim lesson level but do not have the background in the competitive strokes necessary to be successful on the swim team. It is meant for those who want to learn four competitive strokes properly in preparation for the swim team without the training part of swimming practice. The class will have a small ratio of eight to one, student to instructor, and will meet every day for two weeks. Students in this class will be eligible to participate in meets with the team, if the instructor feels that they are ready. This class will be offered during the first two sessions.

LIMIT: Eight (8) children per class. (10 lessons for \$25 per child)