



**SALEM TENNIS
& SWIM CLUB**

STSC STAFF

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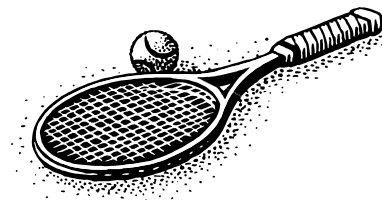
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MISSION STATEMENT

To provide excellent tennis, swim and fitness facilities and programs in a customer-friendly, safe family-oriented club environment.

HISTORY

Salem Tennis and Swim Club was established in 1962 as a family-oriented Club. Many of the original families still enjoy using the Club. We are a member-owned, not for profit corporation, governed by a 10 member elected Board of Directors consisting of volunteer members from STSC. The Club has a year round membership generally between 450 - 500 people.

On April 1, 1963, construction started on four outside courts with two pools and a pool house added that summer. In 1966, two additional courts were added and two years later in 1968 the clubhouse was constructed. In 1972, two additional outside courts were constructed and two years later in 1974, three courts (courts 1,2,3) were covered. This building was dedicated to Sid A. Boise. One month later the original pool house burned down and was reconstructed in 1975.

To meet the need for more indoor courts, construction began in 1993 on two more indoor courts (courts 4,5) and was completed in March of 1994. This building was dedicated to Jim Schunk, one of the early founders of the club. The club currently has 5 indoor and 6 outdoor tennis courts, 1 large swimming pool, 1 wading pool, an exercise facility, an activities room, an adult upstairs viewing/lounge area, and a large yard for outdoor picnic use.

GENERAL INFORMATION

SECTION 1

1.1 GENERAL CLUB RULES

- 1) ANYONE USING THE SPORTS FACILITIES OF THE CLUB DOES SO AT THEIR OWN RISK.
- 2) NO PETS ALLOWED ON CLUB PROPERTY.
- 3) THE CLUB IS NOT RESPONSIBLE FOR THE LOSS OF ARTICLES LEFT ON THE CLUB'S PREMISES.
- 4) BICYCLES ARE TO BE PARKED IN THE BIKE RACKS PROVIDED. LOCKS ARE HIGHLY RECOMMENDED.
- 5) THE RIDING OF BICYCLES, SKATEBOARDS, OR ROLLER BLADES ON THE GROUNDS, PARKING LOT, OR WALKWAYS IS PROHIBITED.
- 6) DUES AND CHARGES ARE PAYABLE BY THE 10TH OF THE MONTH.
- 7) BILLING DATE IS NO LATER THAN THE 28TH OF EACH MONTH.
- 8) NO SMOKING OR ALCOHOLIC BEVERAGES ARE ALLOWED ON THE PREMISES.
- 9) THE OFFICE MUST APPROVE ANY NOTICE OR POSTER. BULLETINS WILL BE POSTED IN THE DESIGNATED AREA.
- 10) THOSE WISHING LESSON TIME SHOULD CONTACT THE PROS OR THE AQUATICS DIRECTOR. ONLY THE MANGER, TENNIS PROS, OR ASSISTANTS MAY CHARGE FOR TENNIS INSTRUCTION.
- 11) CHANGES IN MEMBERSHIP STATUS MUST BE MADE 30 DAYS PRIOR TO DESIRED CHANGE. EACH CHANGE REQUIRES A \$10.00 PROCESSING FEE.
- 12) NO ONE UNDER THE AGE OF 12 MAY USE THE BALL MACHINE WITHOUT AN ADULT BEING PRESENT.
(\$5.00 CHARGE FOR MACHINE)
- 13) ANY PHYSICAL ALTERCATION ON THE PREMISES WILL BE GROUNDS FOR POSSIBLE LOSS OF MEMBERSHIP, SUBJECT TO BOARD REVIEW. VERBAL ABUSE MAY RESULT IN A WARNING FROM THE HEAD PROS, AQUATICS DIRECTOR, OR GENERAL MANAGER. REPEATED INCIDENTS WILL BE GROUNDS FOR POSSIBLE LOSS OF MEMBERSHIP, SUBJECT TO BOARD REVIEW.

1.2 FACILITIES

TENNIS

- 1) YEAR ROUND JUNIOR DEVELOPMENT LESSONS
- 2) PRIVATE AND GROUP LESSONS FOR JUNIORS AND ADULTS
- 3) INTRA-CLUB TOURNAMENTS: SINGLES, DOUBLES, AND MIXED
- 4) USTA SANCTIONED TOURNAMENTS – ADULT AND JUNIOR
- 5) SATURDAY NIGHT MIXER – MONTHLY WITH POTLUCK DINNER (MIXED-DOUBLES)
- 6) LADIES’ DAY – WEDNESDAYS
- 7) LADIES’ NIGHT – TUESDAYS
- 8) MIXED DOUBLES – SUNDAYS
- 9) MEN’S NIGHT – THURSDAYS

SWIM

- 1) OPEN MEMORIAL DAY THROUGH LABOR DAY (MAY BE EXTENDED ONE WEEK IF WEATHER AND STAFFING PERMITS)
- 2) GROUP AND PRIVATE SWIM LESSONS
- 3) SWIM TEAM
- 4) PRIVATE SWIM PARTIES AVAILABLE (RESERVATIONS MADE THROUGH OFFICE)
- 5) SUMMER YOUTH NIGHTS

FITNESS

- 1) TREADMILLS
- 2) UNIVERSAL WEIGHT MACHINE
- 3) ELLIPTICAL CROSSTRAINER
- 4) RECUMBENT BIKES
- 5) FREE WEIGHTS



GROUNDS

- 1) PICNIC TABLES
- 2) BBQ'S



1.3 CLUB ACCESS AND SECURITY POLICY

USAGE WHEN THE CLUB IS OPEN:

- 1) CLUB OFFICE HOURS:
MONDAY – SUNDAY 8:00AM - 9:00PM
- 2) COURT RESERVATIONS CAN BE MADE ONE WEEK IN ADVANCE AND ARE TAKEN BY PHONE FROM 8:00AM UNTIL 8:15AM. AFTER 8:15AM, COURT RESERVATIONS MAY BE MADE BY PHONE OR IN PERSON AT THE FRONT DESK.
- 3) HOLIDAYS: THE OFFICE IS CLOSED, BUT COURTS ARE AVAILABLE WITH ADVANCE RESERVATIONS AND BY GETTING THE KEY CODE AT THE FRONT DESK. HOLIDAYS INCLUDE NEW YEAR'S DAY, EASTER, THANKSGIVING DAY, CHRISTMAS EVE AND CHRISTMAS DAY.

USAGE WHEN THE CLUB IS CLOSED:

- 1) ALL MEMBERS PLAYING AFTER HOURS WILL BE REQUIRED TO SIGN AN AFTER HOURS WAIVER.
- 2) MEMBERS MUST RESERVE COURT GIVING THE NAMES OF ALL PLAYERS, INCLUDING GUESTS.
- 3) MEMBERS BRINGING GUESTS AFTER HOURS ARE REQUIRED TO PAY THE GUEST FEE AND WILL TAKE FULL RESPONSIBILITY OF SAID GUEST BY SIGNING THE AFTER HOURS WAIVER
- 4) MEMBER MUST GET THE KEY CODE FROM THE FRONT DESK PRIOR TO PLAY.
- 6) JUNIORS (18 AND UNDER) ARE NOT ALLOWED IN THE CLUB AFTER HOURS UNLESS THEY ARE WITH AN ADULT TAKING FULL RESPONSIBILITY OF JUNIOR(S).
- 7) PLAYERS ARE RESPONSIBLE FOR TURNING OUT ALL LIGHTS, PICKING UP BALLS AND MAKING SURE THE DOORS ARE COMPLETELY CLOSED WHEN LEAVING.

1.4 FACILITY RENTAL

FEEES:

<u>POOL</u>	1-30 PARTICIPANTS	\$70.00 PER HOUR
	31-45 PARTICIPANTS	\$80.00 PER HOUR
	46-60 PARTICIPANTS	\$100.00 PER HOUR
	61-80 PARTICIPANTS	\$125.00 PER HOUR
<u>LOUNGE</u>	JUNIOR LOUNGE	\$25.00 PER HOUR
	ADULT LOUNGE	\$25.00 PER HOUR
<u>COURTS</u>	TENNIS COURTS	\$10.00 PER COURT, PER COURT TIME

50% DEPOSIT IS REQUIRED TO HOLD YOUR RESERVATION.
PAYMENT IN FULL IS REQUIRED 2 WEEKS PRIOR TO USE.

FACILITY RENTAL CONTINUED

CONDITIONS OF FACILITY USE:

- AT LEAST ONE GUARDIAN/PARENT MUST BE IN ATTENDANCE FOR EVERY 10 MINORS (18 YEARS AND UNDER)
- YOU MAY ONLY USE THE AREAS CHECKED ON THE RESERVATION DURING YOUR PARTY
- YOU ARE RESPONSIBLE FOR LEAVING THE POOL DECK, LOUNGE, TENNIS COURTS, GROUNDS AND CHANGING ROOMS IN THE SAME CONDITION AS YOU FOUND THEM.
- YOU ARE LIABLE FOR ANY AND ALL DAMAGES AND CLEANING FEES INCURRED DURING YOUR PARTY.
- MUSIC AND NOISE MUST BE KEPT TO A LOW LEVEL TO RESPECT THE NEIGHBORS.
- IN COMPLIANCE WITH THE BYLAWS, NO ALCOHOLIC BEVERAGE OR SMOKING IS PERMITTED.
- LIFEGUARDS ON DUTY HAVE FINAL AUTHORITY ON RULES AND BEHAVIOR DURING RENTAL HOURS.

1.5 GUEST PRIVILEGES

- 1) ANY MEMBER'S GUEST USING THE FACILITY MUST BE CHECKED IN AT THE MAIN OFFICE. THE SPONSORING MEMBER IS RESPONSIBLE FOR ALL CHARGES, THE BEHAVIOR OF THE GUEST, AND ANY DAMAGES.
- 2) THE FOLLOWING GUEST FEES APPLY:
 - TENNIS** – FIRST SIX (6) VISITS FOR EACH GUEST IS \$10.00 PER VISIT WITHIN A CALENDAR YEAR. AFTER SIX (6) VISITS, THE GUEST FEE IS \$25.00 EACH ADDITIONAL VISIT, WITHIN THE SAME CALENDAR YEAR. IF THE GUEST DOES NOT PAY, THE MEMBER WILL BE AUTOMATICALLY CHARGED THE GUEST FEE.
 - SWIMMING** – EACH GUEST IS ONLY ALLOWED TO VISIT A TOTAL OF EIGHT (8) TIMES PER MONTH REGARDLESS OF MEMBER BRINGING GUEST. GUEST FEE IS \$5.00 PER VISIT.
 - FITNESS** – FIRST SIX (6) VISITS FOR EACH GUEST IS \$5.00 PER VISIT WITHIN A CALENDAR YEAR. AFTER SIX (6) VISITS, THE GUEST FEE IS \$15.00 EACH ADDITIONAL VISIT, WITHIN THE SAME CALENDAR YEAR. IF GUEST DOES NOT PAY, THE MEMBER BRINGING THE GUEST WILL BE AUTOMATICALLY CHARGED THE GUEST FEE.
- 2) **HOUSEGUESTS** - \$15.00 PER PERSON PER WEEK, OR \$40.00 PER FAMILY PER WEEK. THIS INCLUDES TENNIS, SWIMMING AND FITNESS PRIVILEGES. HOUSEGUESTS MUST BE REGISTERED WITH OFFICE PRIOR TO VISIT.

1.6 LEAVE OF ABSENCE POLICY

ANY MEMBER EXPECTING TO BE ABSENT FROM THE CLUB FOR **AT LEAST 90 DAYS** DUE TO GEOGRAPHIC CHANGE MAY APPLY TO THE MANAGER FOR A LEAVE OF ABSENCE. THE MANAGER MAY EXERCISE DISCRETION AND APPROVE THESE REQUESTS ON A CASE BY CASE BASIS.

THOSE MEMBERS GRANTED A LEAVE OF ABSENCE WOULD PAY 50% OF THEIR REGULAR MONTHLY DUES.

1.7 MEDICAL LEAVE POLICY

ANY MEMBER EXPECTING TO BE ABSENT FROM THE CLUB FOR **AT LEAST 30 DAYS** DUE TO ILLNESS OR INJURY MAY APPLY TO THE MANAGER FOR A MEDICAL LEAVE. THE MANAGER MAY EXERCISE DISCRETION AND APPROVE THESE REQUESTS ON A CASE BY CASE BASIS.

THOSE MEMBERS GRANTED A LEAVE OF ABSENCE WOULD PAY \$25 PER MONTH IF A SINGLE MEMBERSHIP. IF A COUPLE MEMBERSHIP, THE MEMBER COULD CHANGE THEIR MEMBERSHIP STATUS TO A SINGLE MEMBERSHIP UNTIL THE INJURED PARTY IS ABLE TO RETURN. A STATUS CHANGE FEE OF \$10 WOULD APPLY.

1.8 DISCIPLINARY CONSEQUENCES

YEAR ROUND AND SUMMER MEMBERS

1ST DAY: YEAR ROUND OR SUMMER MEMBER WILL RECEIVE TWO VERBAL WARNINGS AND THEN WILL BE ASKED TO LEAVE FOR THE DAY. IF INVOLVING A MINOR, PARENTAL NOTIFICATION WILL BE MADE UPON EXPULSION.

2ND DAY: YEAR ROUND OR SUMMER MEMBER WILL RECEIVE ONE VERBAL WARNING AND THEN WILL BE ASKED TO LEAVE FOR ONE WEEK (7 DAYS). IF INVOLVING A MINOR PARENTAL NOTIFICATION WILL BE MADE UPON EXPULSION.

3RD DAY: YEAR ROUND MEMBER WILL RECEIVE ONE VERBAL WARNING AND THEN WILL BE ASKED TO LEAVE FOR THE DURATION OF THE SUMMER (IF DURING SUMMER HOURS); OTHERWISE THE MEMBER WILL BE ASKED TO LEAVE FOR A TIME SET BY THE GENERAL MANAGER. SUMMER MEMBERS WILL RECEIVE ONE VERBAL WARNING AND THEN WILL BE ASKED TO LEAVE FOR THE DURATION OF THE SUMMER. PARENTAL NOTIFICATION WILL BE MADE UPON EXPULSION. MEMBERSHIP DUES WILL NOT BE REFUNDED.

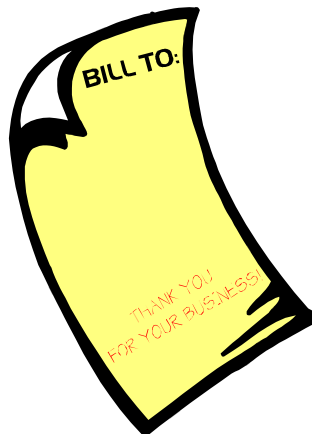
NON-MEMBERS

1ST DAY: NON-MEMBER WILL RECEIVE TWO VERBAL WARNINGS AND THEN WILL BE ASKED TO LEAVE FOR THE DAY.

2ND DAY: NON-MEMBER WILL RECEIVE ONE VERBAL WARNING AND THEN WILL BE ASKED TO LEAVE FOR THE DURATION OF THE SUMMER.

1.9 LATE PAYMENT POLICY

- 1) ALL PAYMENTS ARE DUE IN FULL ON THE 10TH OF EACH MONTH.
- 2) IF PAYMENT IS NOT RECEIVED BY THE 15TH OF THE MONTH CHARGING PRIVILEGES MAY BE SUSPENDED. A \$10.00 CHARGE WILL BE IMPOSED.
- 3) IF PAYMENT IS NOT RECEIVED WITHIN 60 DAYS, PLAYING PRIVILEGES MAY BE SUSPENDED, WITH 10 DAYS TO ARRANGE PAYMENT.
- 4) IF PAYMENT IS NOT RECEIVED WITHIN 90 DAYS, MEMBERSHIP MAY BE TERMINATED. IF ARRANGEMENT FOR PAYMENT IS NOT MADE WITHIN 10 DAYS, DELINQUENT ACCOUNTS WILL BE REFERRED TO A COLLECTION AGENCY. IF ACCOUNT IS SENT TO A COLLECTION AGENCY, MEMBER WILL BE RESPONSIBLE FOR ALL COLLECTION AND/OR ATTORNEY FEES.



TENNIS INFORMATION

SECTION 2

2.1 TENNIS COURT ETIQUETTE

- 1) TENNIS SHOES WITH NON-MARKING SOLES MUST BE WORN AT ALL TIMES FOR YOUR SAFETY AND TO PRESERVE THE COURT SURFACES. TENNIS ATTIRE IS ENCOURAGED. MEMBERS ARE RESPONSIBLE FOR THEIR GUEST'S ATTIRE. PLAYERS MUST WEAR SHIRTS AT ALL TIMES ON ALL COURTS. NO SWIM SUITS OR CUT-OFF SHORTS ARE ALLOWED.
- 2) FOOD AND BEVERAGES (OTHER THAN WATER) ARE NOT ALLOWED ON COURT.
- 3) WHEN CROSSING BEHIND A COURT WHERE A MATCH IS IN PROGRESS, PLEASE WAIT UNTIL THE ACTION STOPS, EXCUSE YOURSELF, AND THEN QUICKLY CROSS BEHIND THE CURTAINS TO YOUR COURT.
- 4) WHEN YOUR TENNIS BALL GOES INTO AN ADJOINING COURT, DO NOT RETRIEVE IT YOURSELF. WAIT UNTIL THE ACTION ON THE COURT STOPS, AND THEN ASK FOR YOUR BALL TO BE RETURNED. LIKewise, WHEN A BALL FROM AN ADJOINING COURT ROLLS ONTO YOUR COURT, WAIT UNTIL THE PLAY ON THE COURT STOPS BEFORE RETURNING THE BALL.
- 5) AVOID LOUD OUTBURSTS THAT MAY DISTRACT PLAYERS ON OTHER COURTS. TEMPER TANTRUMS, ABUSIVE LANGUAGE, RACQUET THROWING, LOUD TALKING, ETC., ARE NOT ACCEPTABLE BEHAVIOR. PLAYERS ARE RESPONSIBLE FOR ANY DAMAGES TO COURTS, NETS, ETC.
- 6) IN A MATCH, TENNIS ETIQUETTE REQUIRES THAT PLAYER'S AWARD CLOSE OR QUESTIONABLE CALLS TO HIS/HER OPPONENT. THE BENEFIT OF THE DOUBT SHOULD GO TO YOUR OPPONENT.
- 7) TO AVOID PROBLEMS IN KEEPING SCORE, IT IS HELPFUL FOR THE SERVER TO CALL OUT THE SET SCORE BEFORE THE START OF EACH GAME AND TO CALL OUT THE GAME SCORE AFTER EACH POINT.
- 8) IN TENNIS, JUST AS IN ANYTHING ELSE, SHOWING CONSIDERATION FOR OTHERS IS THE BEST WAY TO AVOID DIFFICULTIES.
- 9) AT TIMES OF COURT CROWDING, COURTESY DICTATES DOUBLES PLAY IN DEFERENCE TO SINGLES, FOR COURT SCHEDULING
- 10) PLEASE – NO SMOKING OR SPITTING ON STSC TENNIS COURTS AND IN THE BUILDINGS. NO LOUD CONVERSATIONS ON THE INDOOR TENNIS DECK.
- 11) NO GUM ALLOWED ON THE TENNIS COURTS.



2.2 OUTDOOR TENNIS COURTS

OUTDOOR COURT SIGN UP PROCEDURES

- 1) COURT 6 IS AN ADULT ONLY COURT
- 2) COURTS 9, 10, AND 11 ARE LESSON COURTS FROM 8:15AM-6:15PM, MONDAY-FRIDAY, DURING THE SUMMER SEASON.
- 3) ALL COURTS ON TUESDAYS ARE RESERVED FOR LADIES' NIGHT, 6:15PM-DARK.
- 4) ALL COURTS ON THURSDAYS ARE RESERVED FOR MEN'S NIGHT 6:15PM-DARK.
- 5) ALL OUTDOOR COURTS ON FRIDAYS ARE RESERVED FOR JUNIOR ROUND ROBINS, 9:30AM-NOON.

DURING TOURNAMENTS AND TEAM MATCHES, COURTS SHALL BE AVAILABLE FOR PARTICIPATING PLAYERS. NOTICE OF THE SPECIAL EVENTS WILL BE POSTED PRIOR TO THE EVENT.

2.3 INDOOR TENNIS COURTS

MAKE AN ADVANCED RESERVATION:

*A WEEK IS SUNDAY THROUGH SATURDAY

- 1) RESERVATIONS MAY BE MADE UP TO SEVEN DAYS IN ADVANCE.
- 2) RESERVATIONS MAY ONLY BE MADE BY PHONE FROM 8:00 AM-8:15 AM FOR THE FOLLOWING WEEK'S DESIRED TIME SLOT. AFTER THAT TIME, RESERVATIONS WILL BE TAKEN EITHER BY PHONE OR AT THE DESK.
- 3) EACH FAMILY MEMBERSHIP MAY MAKE SIX ADVANCED RESERVATIONS PER WEEK; COUPLES MAY MAKE FIVE ADVANCE RESERVATIONS PER WEEK, SINGLE, TWO, AND JUNIOR, TWO.
- 4) ANY MEMBER PARTICIPATING IN AN ORGANIZED PROGRAM MAY NOT MAKE A BACK-TO-BACK ADVANCE RESERVATION ON THE DAY WHICH THE ACTIVITY IS HELD.
- 5) A RESERVATION MUST LIST ALL MEMBERS PLAYING, INCLUDING GUESTS AND SUBS.
- 6) ANY RESERVATION MADE WITHIN 24 HOURS OF PLAY DOES NOT COUNT AS AN ADVANCE RESERVATION.

2.4 LATE CANCELLATIONS AND NO-SHOWS

- 1) NOTIFY OFFICE OF COURT CANCELLATIONS AS SOON AS POSSIBLE.
- 2) A LATE CANCELLATION, LESS THAN EIGHT HOURS BEFORE PLAY, WILL RESULT IN A \$5.00 FEE TO EACH PLAYER SIGNED UP FOR THAT COURT.
- 3) FAILING TO USE A COURT RESERVATION (NO-SHOW) WITHOUT CANCELING WILL RESULT IN A \$15.00 FEE TO EACH MEMBER SIGNED UP FOR THAT COURT.
- 4) THERE WILL BE A 15-MINUTE GRACE PERIOD ON COURT TIMES, AFTER WHICH, THAT COURT WILL BE OPEN TO WALK-ONS, AND CONSIDERED A NO-SHOW.

2.5 JUNIORS (18 AND UNDER)

- 1) JUNIORS WILL NOT BE PERMITTED TO MAKE AN ADVANCED RESERVATION FOR INDOOR COURTS AFTER 5:00PM, MONDAY – THURSDAY UNLESS PLAYING WITH AN ADULT. RESERVATIONS 24 HOURS PRIOR TO COURT TIME ARE PERMITTED AT ANY TIME.
- 2) AN ADULT MUST ACCOMPANY JUNIORS 18 AND UNDER ANY TIME THE MAIN OFFICE IS CLOSED, INCLUDING THE 8:45 PM COURT TIME.

2.6 PRO COURT PRIORITIES

SUMMER MEMORIAL DAY-LABOR DAY

MONDAY – THURSDAY

COURTS 4, 5, & 9-10	8:15 AM - 12:00 PM
COURT 4	12:00 NOON - 8:45 PM
COURTS 9 - 10	12:00 NOON - 5:00 PM
COURT 11	8:15 – 9:30 PM

FRIDAY

COURT 11	8:15 AM - 9:30 PM
ALL OUTDOOR COURTS	9:30 AM - 12:00 PM
COURT 4	8:00 AM - 7:30 PM

SATURDAY AND SUNDAY

COURT 4 & 11	8:15AM - 6:15PM
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FALL – WINTER – SPRING LABOR DAY - MEMORIAL DAY

MONDAY – FRIDAY

COURT 4	8:00 AM - 10:45 AM
COURTS 4 & 5	10:45 AM - 12:00 PM
COURT 4	12:00 NOON - 1:15 PM
COURTS 4 & 5	1:15 PM - 2:30 PM
COURTS 1 - 5	2:30 PM - 5:00 PM
COURTS 4 & 5	5:00 PM - 6:15 PM
COURT 4	6:15 PM - 10:00 PM

SATURDAY AND SUNDAY

COURT 4	8:15 AM - 6:15 PM
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2.7 OTHER COURT PRIORITIES

THE CLUB HAS COURT PRIORITY WHEN SETTING UP THE FOLLOWING:

- EXCHANGES
- SPECIAL CLINICS
- SPECIAL EVENTS
- CLUB TOURNAMENTS
- USTA SANCTIONED TOURNAMENTS & EVENTS
- HIGH SCHOOL BOYS/GIRLS DISTRICT PLAYOFFS

2.8 PRIVATE/GROUP LESSON FEE SCHEDULE

PRIVATE LESSON	1 HOUR	½ HOUR
MEMBER – HEAD PRO	\$38.00	\$20.00
MEMBER – ASST. PRO	\$35.00	\$18.00
NON-MEMBER	\$46.00	\$25.00

SEMI-PRIVATE		
MEMBER – HEAD PRO	\$21.00	\$12.00
MEMBER – ASST. PRO	\$19.00	\$10.00
NON-MEMBER	\$26.00	\$14.00

3 & ME CLINIC	
MEMBER	\$14.00 PER PLAYER
NON-MEMBER	\$18.00 PER PLAER

ADULT GROUP – MINIMUM OF 4	
MEMBER	\$10.00 PER PLAYER
NON-MEMBER	\$14.00 PER PLAYER

JUNIOR GROUP – MINIMUM OF 4	
MEMBER	\$10.00 PER PLAYER
NON-MEMBER	\$14.00 PER PLAYER

2.9 JUNIOR DEVELOPMENT SCHEDULES

JUNIOR DEVELOPMENT SCHEDULES ARE PRINTED 3 TIMES A YEAR –	
WINTER / SPRING (JAN – MAY)	SCHEDULE AVAILABLE NOVEMBER 15
SUMMER (JUNE – AUGUST)	SCHEDULE AVAILABLE APRIL 15
FALL (SEPTEMBER – DECEMBER)	SCHEDULE AVAILABLE JULY 15

SWIMMING / POOL INFORMATION

SECTION 3

3.1 STSC POOL SCHEDULE

POOL IS OPEN MEMORIAL DAY TO LABOR DAY

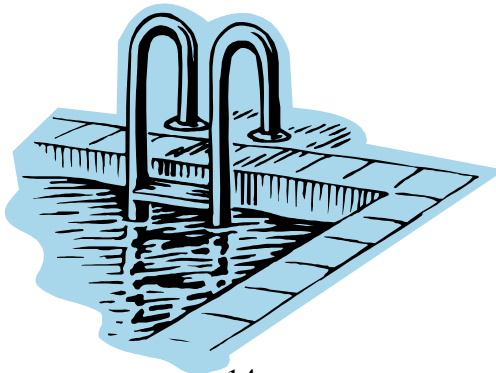
THERE WILL BE A MODIFIED SWIM SCHEDULE FROM MEMORIAL DAY UNTIL SCHOOL IS OUT FOR THE SUMMER. THIS SCHEDULE WILL BE POSTED NO LATER THAN MAY 1ST EACH YEAR.

SUMMER SCHEDULE: From first Monday after school is out – Last Friday in July

(WEEKDAYS)	7:00 AM - 9:00 AM	SWIM TEAM
	9:00 AM - 12:00 PM	SWIM LESSONS
	NOON - 1:00 PM	ADULT LAP SWIM
	1:00 PM - 4:45 PM	OPEN SWIM
	5:00 PM - 6:00 PM	SWIM TEAM
	6:00 PM - 7:00 PM	ADULT LAP SWIM
	7:00 PM - 8:45 PM	OPEN SWIM
(WEEKENDS)	NOON - 1:00 PM	ADULT LAP SWIM
	1:00 PM - 6:00 PM	OPEN SWIM
	6:00 PM - 7:00 PM	ADULT LAP SWIM
	7:00 PM - 8:45 PM	OPEN SWIM

SUMMER SCHEDULE: From last Saturday in July - Labor Day

(WEEKDAYS)	9:00 AM - 12:00 PM	SWIM LESSONS
	NOON - 1:00 PM	ADULT LAP SWIM
	1:00 PM – 6:00 PM	OPEN SWIM
	6:00 PM - 7:00 PM	ADULT LAP SWIM
	7:00 PM - 8:45 PM	OPEN SWIM
(WEEKENDS)	NOON - 1:00 PM	ADULT LAP SWIM
	1:00 PM - 6:00 PM	OPEN SWIM
	6:00 PM - 7:00 PM	ADULT LAP SWIM
	7:00 PM - 8:45 PM	OPEN SWIM



3.2 POOL RULES

MAIN SWIMMING POOL

- 1) POOL USE IS PERMITTED ONLY WHEN A LIFEGUARD IS ON DUTY
- 2) PLEASE THINK SAFETY AT ALL TIMES WHILE SWIMMING AND SUNBATHING.
- 3) CHILDREN NOT ABLE TO SWIM THE WIDTH OF THE POOL MUST BE UNDER STRICT SUPERVISION OF AN ADULT OR GUARDIAN IN THE WATER.
- 4) A SWIM AND DIVING SAFETY TEST MAY BE REQUIRED, AT THE DISCRETION OF THE AQUATICS STAFF, OF ANYONE WANTING TO USE THE DIVING BOARD.
- 5) NO RUNNING OR HORSEPLAY IN THE POOL AREA.
- 6) LIFE JACKETS MUST BE COAST GUARD APPROVED.
- 7) SPLASH BALLS, SWIM NOODLES, AND DIVING RINGS MAY ONLY BE USED AT THE DISCRETION OF THE LIFEGUARDS ACCORDING TO POOL POPULATION. THESE DEVICES MUST BE USED APPROPRIATELY.
- 8) CLEAN AND PROPER SWIM ATTIRE IS TO BE WORN. NO SHORTS, CUT OFFS OR THONG BATHING SUITS!
- 9) SWIMMERS ARE TO USE THE POOL HOUSE DRESSING ROOMS AND NOT THE TENNIS FACILITY DRESSING ROOMS.
- 10) CLEANSING SHOWERS ARE REQUIRED BEFORE ENTERING THE POOL.
- 11) SUNTAN LOTION IS ALLOWED ON THE DECK ONLY. SHOWER OFF ALL OILS BEFORE ENTERING THE POOL.
- 12) ALL LONG HAIR MUST BE TIED BACK.
- 13) ALL MEMBERS AND GUESTS MUST CHECK IN AT THE MAIN OFFICE AND PAY GUEST FEES.
- 14) ENTER THE POOL AREA THROUGH THE MAIN BUILDING ONLY.
- 15) FOOD AND DRINK IS RESTRICTED TO THE CLUB LOUNGE, DECK AND LAWN AREAS ONLY. GARBAGE CONTAINERS ARE PROVIDED FOR DISPOSING OF WRAPPERS AND CONTAINERS PROPERLY. ONLY PLASTIC CONTAINERS ARE ALLOWED IN THE POOL AREA. **GLASS IS NOT ALLOWED IN THE POOL AREA.**
- 16) NO GUM IS ALLOWED IN THE POOL AREA.
- 17) THE STARTING BLOCKS ARE TO BE USED FOR **SWIM TEAM ONLY.**
- 18) HANGING FROM OR SWIMMING OVER LANE LINES AND SAFETY ROPES IS NOT ALLOWED.
- 19) PLEASE REPORT ANY PROBLEM OR EMERGENCY TO SWIM STAFF OR OFFICE PERSONNEL AS SOON AS POSSIBLE.
- 20) COURTEOUS AND APPROPRIATE LANGUAGE AND BEHAVIOR IS EXPECTED AT ALL TIMES. THIS IS A FAMILY ENVIRONMENT.

NOTE * LIFEGUARDS ARE HERE TO HELP ENSURE THE SAFETY OF THE PEOPLE IN THE POOL. THE ULTIMATE RESPONSIBILITY LIES WITH THE PERSON, PARENT OR GUARDIAN USING THE POOL AREA. LIFEGUARDS MAY REPORT CONTINUED RULE OR DISCIPLINE INFRACTIONS TO THE AQUATICS DIRECTOR FOR ACTION.

3.3 UNATTENDED CHILDREN IN THE POOL AREA

- 1) CHILDREN **9-YEARS-OLD AND UNDER** WILL BE PERMITTED IN POOL AREA ONLY WHEN A PARENT OR GUARDIAN IS LOCATED ON THE STSC PREMISES.
- 2) THE AGE OF A GUARDIAN SHALL BE NO YOUNGER THAN 16-YEARS-OLD.

3.4 DIVING AREA

- 1) ONE PERSON IS ALLOWED ON THE DIVING BOARD AT A TIME.
- 2) WAIT UNTIL PREVIOUS DIVER IS AT THE SIDE BEFORE DIVING IN.
- 3) DIVE OFF THE END OF THE BOARD ONLY, NOT TO THE SIDE.
- 4) AFTER DIVING, EXIT FROM THE WALL CLOSEST TO THE BOARD.
- 5) JUMP UP NOT OUT OFF THE END OF THE DIVING BOARD.
- 6) A SWIM TEST MAY BE REQUIRED OF ANYONE USING THE DIVING AREA.
- 7) FREE SWIM IN THE DIVING AREA IS PERMITTED ONLY WHEN THE DIVING BOARD IS CLOSED.

3.5 WADING POOL

- 1) USE OF THE WADING POOL IS LIMITED TO CHILDREN SIX-YEARS-OLD OR YOUNGER WITH GUARDIAN.
- 2) NO RUNNING, DIVING, OR ROUGH PLAY. IT IS INTENDED FOR WADING ONLY.
- 3) PARENTS OR LEGAL GUARDIANS OF CHILDREN USING THE WADING POOL ARE RESPONSIBLE FOR THEIR SAFETY. **LIFEGUARDS WILL NOT BE MONITORING THE WADING POOL.**
- 4) LIFEGUARD-APPROVED WATER TOYS ARE ALLOWED IN THE WADING POOL.
- 5) WADING POOL IS CLOSED DURING SWIM TEAM, SWIM LESSONS, AND ADULT LAP SWIM.

3.6 DRESSING ROOMS

- 1) SHOWERS ARE FOR CLEANSING, NOT FOR WARMING UP, PLEASE BE WATER CONSCIOUS.
- 2) DRESSING ROOMS ARE FOR SHOWERING AND CHANGING ONLY. NO ROUGH PLAY OR RUNNING.
- 3) PLEASE RESPECT THE PROPERTY OF OTHERS.
- 4) SOAP IS PROVIDED FOR CLEANSING, NOT FOR MISUSE.
- 5) STSC IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN PERSONAL PROPERTY.

3.7 ADULT LAP SWIM

- 1) SWIMMERS MUST BE 19 YEARS OF AGE OR OLDER. NO DIVING, SPLASHING, OR PLAYING.
- 2) LANES 1-4 HAVE BEEN SET ASIDE FOR LAP SWIMMING ONLY. ALL MEMBERS UNDER THE AGE OF 19 MUST REMAIN OUTSIDE THE POOL AREA UNLESS INVOLVED IN AN APPROVED WATER CLASS, I.E.: WATER AEROBICS OR PRIVATE LESSON.
- 3) THE WADING POOL IS **NOT** OPEN DURING THIS TIME.

3.8 PRIVATE POOL PARTIES

SEE FACILITY RENTAL INFORMATION IN SECTION 1.4.

3.9 SWIM CLASSES

FROM 9:15 – 12 :00 NOON THE POOL IS RESERVED FOR SWIMMERS REGISTERED FOR LESSONS ONLY. TO INSURE THE SAFETY OF THOSE INVOLVED, NO OTHER SWIMMERS ARE ALLOWED IN THE POOL. SPECTATORS MUST REMAIN ON THE UPPER DECK OR IN THE VIEWING LOUNGE DURING THE LESSONS. THE WADING POOL IS **NOT** OPEN DURING THIS TIME.

3.10 DAILY SWIM LESSON

AMERICAN RED CROSS LEARN TO SWIM PROGRAM

DAILY SWIM LESSON SCHEDULE

PARENT / TOT	10:00 AM - 10:30 AM 10:30 AM - 11:00 AM
LEVEL 1	10:30 AM - 11:00 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 NOON
LEVEL 2	11:00 AM - 11:30 AM 11:30 AM - 12:00 NOON
LEVEL 3	10:00 AM - 10:30 AM 10:30 AM - 11:00 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 AM
LEVEL 4	9:15 AM - 10:00 AM
LEVEL 5	9:15 AM - 10:00 AM
LEVEL 6	9:15 AM - 10:00 AM

*DAILY SAFETY LESSONS WILL BE INCORPORATED INTO EACH LESSON.

3.11 SWIM CLASS DESCRIPTION

PARENT / TOTS

TOTS ARE JUST GETTING AQUATINTED WITH THE WATER. WE WORK ON WATER ORIENTATION; GETTING HEAD AND FACE WET AND HOLDING ON TO THE WALL. WE WORK ON BREATH CONTROL (BLOWING BUBBLES, BOBS), BACK AND FRONT FLOATING WITH ASSISTANCE, INTRODUCTION TO CRAWL ARMS, KICKING, AND JUMPING INTO THE WATER WITH HELP. WE TRY TO MAKE IT FUN AND ENJOYABLE FOR THE KIDS. IN THE TOTS CLASSES, PARENTS ARE ENCOURAGED TO JOIN THE CHILD IN THE WATER.

RED CROSS LEVEL 1

BEGINNERS ARE CAPABLE OF HOLDING ONTO THE WALL WITHOUT ASSISTANCE. THEY ARE LEARNING TO PUT THEIR FACES INTO THE WATER, BLOW BUBBLES, AND DO 3-5 BOBS. THEY WILL BE INTRODUCED TO BREATHING ON THE SIDE, BACK AND FRONT FLOAT WITH ASSISTANCE, PUSHING OFF THE WALL, REACH AND PULL ARMS, KICKING WITH A KICKBOARD, AND JUMPING INTO THE WATER TO THE INSTRUCTOR.

RED CROSS LEVEL 2

WE WORK ON BREATH CONTROL; BREATHING ON THE SIDE, HOLDING BREATH AND 5-10 BOBS WITHOUT ASSISTANCE. THEY WILL LEARN HOW TO USE THE KICKBOARD WITHOUT ASSISTANCE. THEY WILL LEARN TO FLOAT AND GLIDE ON THEIR BACK AND FRONT WITHOUT ASSISTANCE, CRAWL ARMS WITH KICK AND BREATHING PROPERLY, SCULLING, AND JUMPING INTO SHALLOW WATER WITHOUT ASSISTANCE. WE WILL WORK ON PROGRESSING FORWARD IN THE WATER WITHOUT ASSISTANCE.

RED CROSS LEVEL 3

WE WORK ON ENDURANCE AND DISTANCE IN THIS CLASS. WE WILL WORK ON BOBBING DEEP UP TO 10 TIMES, RHYTHMIC BREATHING TO THE SIDE, USING KICKBOARDS ACROSS THE WIDTH OF THE POOL ON THEIR FRONT AND BACK, COMBINED ARMS AND LEGS ON THEIR FRONT AND BACK CRAWL, FLOATING WITHOUT ASSISTANCE, DEEP WATER ORIENTATION, AND KNEE DIVING. IN ORDER TO MOVE ONTO THE NEXT CLASS THE CHILD NEEDS TO SWIM 1 POOL WIDTH OF CRAWL STROKE WITH THE PROPER BREATHING TECHNIQUE.

RED CROSS LEVEL 4

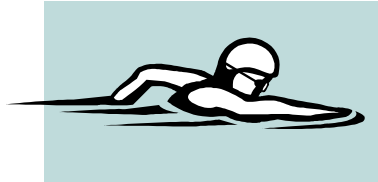
THIS COURSE IS HELD AT THE DEEP END OF THE POOL. SWIMMERS ARE REQUIRED TO SWIM THE LENGTH OF THE DEEP END WITHOUT ASSISTANCE AS WELL AS THE WIDTH OF THE POOL. THERE WILL BE A REVIEW AND REFINEMENT OF THE CRAWL STROKE AND BACKSTROKE. WE WILL WORK ON SURVIVAL FLOAT, UNDERWATER SWIMMING, ELEMENTARY BACKSTROKE, SURVIVAL STROKE, PFD SWIMMING, TREADING WATER AND CHANGING POSITIONS, AND DIVING.

RED CROSS LEVEL 5

THIS COURSE REQUIRES SWIMMERS TO SWIM THE ENTIRE LENGTH OF THE POOL. WE WILL REVIEW AND REFINE CRAWL STROKE, BACKSTROKE, AND ELEMENTARY BACKSTROKE. THE BREASTSTROKE AND SIDESTROKE WILL BE INTRODUCED; AS WELL AS OPEN, FRONT, AND SIDE TURNS. THEY WILL LEARN TO DO SURVIVAL FLOAT AND STROKE FOR 3 MINUTES AND TREADING WATER FOR 1 MINUTE. WE WILL WORK ON STANDING DIVES AND SOME BASIC SAFETY ISSUES.

RED CROSS LEVEL 6

WE WILL REVIEW AND REFINE BACKSTROKE, CRAWL STROKE, BREASTSTROKE, SIDESTROKE, ELEMENTARY BACKSTROKE, AND ALL TURNS. SWIMMERS WILL LEARN THE STRIDE JUMP, A LONG SHALLOW DIVE, AND THE BUTTERFLY STROKE. WE WILL FOCUS ON ENDURANCE THROUGH LAP SWIMMING AND TREADING WATER.



3.12 GUARD START

YOU MUST BE AT LEAST 13 YEARS OLD AND A FAIRLY STRONG SWIMMER (SWIM AT LEAST 100 YARDS WITHOUT STOPPING). THE PRIMARY PURPOSE OF THIS COURSE IS TO HELP THE PARTICIPANTS LEARN TO BE SAFE WHEN THEY ARE IN, ON, OR AROUND THE WATER. LIFESAVING TECHNIQUES SIMILAR TO THOSE USED BY LIFEGUARDS WILL BE INTRODUCED. THE AMERICAN RED CROSS BOOK, "COMMUNITY SAFETY" WILL BE USED. A RED CROSS CARD WILL BE ISSUED UPON PASSING THE FINAL TEST. THE CHAPTERS COVER STAYING SAFE WHILE HAVING FUN, PREPARING FOR WATER ACTIVITIES, WATER HAZARDS, AQUATIC RECREATION, TAKING ACTION IN AN EMERGENCY AND PROVIDING CARE UNTIL HELP ARRIVES. SOME JUNIOR LIFESAVING TECHNIQUES WILL ALSO BE INCORPORATED INTO THE CLASS.

3.13 PRIVATE SWIM LESSONS

PRIVATE LESSONS FOR MEMBERS AND NONMEMBERS ARE AVAILABLE. TIMES ARE NEGOTIATED WITH THE AQUATICS STAFF.

	MEMBERS	NON-MEMBERS
PRIVATE 1 HOUR	\$30.00	\$36.00
PRIVATE ½ HOUR	\$18.00	\$21.00
SEMI PRIVATE 1 HOUR (Per Person)	\$18.00	\$21.00
SEMI PRIVATE ½ HOUR (Per person)	\$11.00	\$15.00

3.14 SWIM TEAM INFORMATION

WHO IS SWIM TEAM FOR?

ALL CHILDREN ARE ENCOURAGED TO JOIN. IT IS REQUIRED THAT THE SWIMMER BE ABLE TO SWIM ONE LENGTH OF THE POOL WITHOUT STOPPING. THE SWIM TEAM COACHES WILL MAKE THE DETERMINATION IF THE SWIMMER QUALIFIES. SWIM TEAM IS A FUN OPPORTUNITY TO GET TO KNOW OTHER KIDS THE SAME AGE AT STSC AND ALL OTHER CLUBS, WHILE IMPROVING YOUR STROKE TECHNIQUE, STRENGTH, ENDURANCE, AND OVERALL SWIM PERFORMANCE. SWIMMERS WILL SWIM THE AGE DIVISION DETERMINED BY MAY 1ST.

AGE DIVISIONS:

8 AND UNDER

9 & 10

11 & 12

13 & UP

MEETS CONSIST OF THE FOLLOWING STROKES: FREESTYLE, BACKSTROKE, BREASTSTROKE, AND BUTTERFLY. EVENTS INCLUDE INDIVIDUAL AND RELAY EVENTS.

HOW DO I GET STARTED?

TO START SWIM TEAM, ALL YOU NEED TO DO IS FILL OUT A REGISTRATION FORM, PAY THE FEE, AND COME TO PRACTICES. REGISTRATION FORMS ARE AVAILABLE AT THE FRONT DESK AT STSC OR ONLINE @ WWW.mySTSC.COM (CLICK ON THE SWIM BAR).

FOR MORE INFORMATION PLEASE SEE OUR WEBSITE OR PICK UP A FLYER AT THE FRONT DESK.



**SALEM TENNIS
& SWIM CLUB**