



BOYS & GIRLS CLUB
OF CLIFTON

Nicholas Martini Aquatics Center September – December 2018 Swim Program



— Our Mission —

The Boys & Girls Club of Clifton is dedicated to providing programs and services in a safe, supervised environment to inspire and enable all young people, especially those who need us most, to realize their full potential as caring, productive and responsible citizens.

— Our Facility —

MARTINI FOUNDATION AQUATICS CENTER

Our 33-meter pool was built as a 25-yard/meter competitive pool with a bulkhead dividing the Competition Pool from the Teaching Pool.

GREAT FUTURES START HERE.



BOYS & GIRLS CLUB
OF CLIFTON

181 Colfax Avenue, Clifton, NJ 07013

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— Club Closing Dates 2018 —

Labor Day September 3

Thanksgiving: November 22 – 25

Christmas: December 22 – 25

New Year’s: December 28 – January 1

— Pool Staff —

Aquatics Director
Nadia Stavko
973-773-2697 ext. 131

Aquatics Program Coordinator
Elly Simon
973-773-2697 ext. 135

Head Swim Coach
Anna Abakumova
973-773-2697 ext. 131 or 135

— Administration —

Executive Director
Robert Foster
973-773-2697 ext. 119

Associate Director
Gregory Reinholt
973-773-2697 ext. 133

Director of Operations
Joseph Holmes
973-773-2697 ext. 121

Director of Resource Development
John DeGraaf
973-773-2697 ext. 111

Membership Fees Per Year

*Fees are good for 1 year, non-refundable & non-transferable
You must be a member to take part in club activities.*

Youth (ages 4-17) 1st child in household	\$40
Youth (each additional child in household)	\$30
Adult Membership (ages 18-54)	\$60
Adult Membership (age 55+)	\$50
Adult Silver – includes all Adult Lap Swims and Family Membership Swims.	\$250
Adult Gold (age 55+) – includes all Senior Lap Swims and Family Membership Swims.	\$200

Activities and Fees

Prices are subject to change – Adult or Youth membership is required for all below activities.

All members must swipe their membership cards each time they enter the club.

Failure to do so may result in not being admitted into the club.

Membership cards can be received from the front desk.

Activity	Fee	Page
Swim Lessons for ages 4-17	\$65 per session	6
Mom-N-Tot	\$65 per session	7
Lifeguard Training Course	\$230 plus membership	7
Youth Open Swim (Youth Members only)	Free for youth members	7
Family Open Swim (Youth Member & Parents only)	Free for youth members and their parents	7
Get Ready Program	\$65 plus youth membership	7
Adult Swim Lessons	\$65 per session	8
Adult Water Exercise	\$60 plus adult membership	8
Seahawks Swim Team (Sept. – March)	\$775 for season	9
Birthday/Pool Rental (Sept. – June)	\$225 up to 25 children, \$10 each additional child	10

Swim caps & goggles available for purchase in the Aquatics Office.

Youth Swimming Lessons

Ages 4 & 5:

A series of lessons designed to teach children 4 & 5 years old water adjustment and beginner stroke skills to overcome the natural fear of water. Each class has 6 children per instructor. 9 classes for 30 minutes per lesson.

GUPPIES	Water adjustment skills for ages 4 & 5 – Water exploration/adjustment, blow bubbles, floating, gliding, kicking, beginner stroke. Children ages 4 & 5 must have recommendation of instructor before starting Level I.
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The following levels are for ages 6-17:

10 children per class. 9 classes for 40 minutes per lesson.
(Children ages 4 & 5 need to be recommended by instructor to sign up for Level classes.)

LEVEL 1	Introduction to Water Skills – Front and back float, kick and arm movements introduced. Blow bubbles submerging face in water.
LEVEL 2	Fundamental Aquatic Skills – Swim freestyle and backstroke unassisted 15 yards. Jump into pool and swim.
LEVEL 3	Stroke Development – Swim freestyle with rotary breathing 25 yards. Swim backstroke and elementary backstroke 25 yards. Butterfly kick and breaststroke kick introduced. Tread water. Dive from kneeling position.
LEVEL 4	Stroke Improvement – Freestyle with rotary breathing 25 yards. Backstroke and elementary backstroke 25 yards. Butterfly and breaststroke 25 yards.
LEVEL 5	Stroke Refinement – Freestyle, backstroke and elementary backstroke 50 yards. Butterfly and breaststroke 25 yards. Treading water. Dive.
LEVEL 6	Stroke Refinement – Free and backstroke 100 yards. Sidestroke, breaststroke and butterfly 50 yards. Tread water. Standing dive and flip turns for freestyle and backstroke. Refine strokes & work on endurance.

— Bathing suits are required for all classes. No exceptions! Shorts, tank tops, etc., are not acceptable. —
Swim caps & goggles available for purchase in the Aquatics Office.

How to Register for Youth Swimming Lessons

Swim lesson schedules, pool cancellations, etc. can be found on bgccclifton.org on the Aquatics page.
Swim lesson registrations and memberships can be purchased through our parentportal.bgccclifton.org website.
You must create an account 24 hours prior to registration in order to be able to register on time.

General Membership Information

- 1.) **Memberships are Non-Refundable.** The cost is \$40 for the first child and \$30 for each additional child within the same household.
- 2.) Memberships are valid one year from the day of payment and/or the membership form is received.
- 3.) Your child's membership must be current throughout the entire session in order to register. If your membership expires during the course of the class, you must renew your membership before you will be able to register. Memberships will be updated by 11:00 AM the following business day. Business days are Monday-Friday.

Registration Information

Parents may only register for one session at a time. All sessions are \$65, which includes 9 classes. Swim Levels 1-6 are 40 minutes with 10 students per class. Guppies Swim classes (ages 4 & 5) are 30 minutes with 6 students.

- 1.) Please show your email confirmation/bring Club receipts to the first day of swim lessons.
- 2.) If your child does not attend the first class and you do not call, the club reserves the right to fill the spot with next available child.
- 3.) Registration is on a first come first, serve basis. Class size is limited so please register early.

New/Returning Swimmers

If you do not know what level to sign your child up for, or if your child has not swam with us for more than 1 year, your child must take a swim evaluation. We will evaluate your child and let you know what level is appropriate. Level evaluation tests are given during Family Open Swim: Saturdays from 2:00-4:00 pm and Sundays from 1:00-3:00 pm. Summer time Tuesdays & Wednesdays 7:00-8:00 pm. Current Membership is required to take evaluation.

How to: Create a Parent Portal Account

- 1.) Go to parentportal.bgccclifton.org, click "New User" button, and fill in parent/guardian email, create a password and security question. Once your information is in the system, check your email link to validate and activate your account.
- 2.) Follow the verification link, log in using the email and previously created password.
- 3.) Complete/fill the parent/guardian information and household information.

How to: Add children as members

- 1.) Navigate to "Profile" tab then scroll down to "Add New Member." This must be done for each and every child. (4 years old and up).
- 2.) After this process is done, please allow time to update your account. Accounts will be updated by 11:00 AM the following business day. Business days are Monday-Friday.

How to: Pay/Renew Youth Membership

- 1.) Click on the Enroll tab at the top of the page. Using the black down arrow, select the member you wish to pay/renew membership, select the Club/Unit, and then select Youth Membership (Annual 1st child). Select Membership (Annual-additional children) for additional children. Continue to step 2, add to cart, proceed to checkout.*
- 2.) Enter your payment information.

- 3.) Carefully read and accept our Terms and Conditions Agreement.
- 4.) Once you have completed your enrollment you will receive an e-mail confirming your registration. Repeat steps 1, 2 and 3 for each child you wish to enroll.

How to: Enroll Your Child in Swim Lessons Classes will only show/appear on registration date at the scheduled time. (See Schedule for more details)

- 1.) Click on the Enroll tab at the top of the page. Select the member you wish to enroll, the Club location, and the service. You must first select & pay the appropriate membership fee and then select & pay for the service you want to sign up for. *
- 2.) Then enter your payment information.
- 3.) Carefully read our Terms and Conditions Agreement to complete enrollment.
- 4.) Once you have completed your enrollment you will receive an e-mail confirming your registration. Repeat steps 1, 2 and 3 for each child you wish to enroll.

If you need help with anything parent portal related, please contact helpdesk@bgccclifton.org.

How to: Use the Parent Portal

- 1.) To check what class you registered for, click "Account"; click "More Detail" next to your child's name.
- 2.) To check when your child's membership expires, click, "Account", under your child's name you will see "Enrollment Expires." The date next to it is your child's expiration date.
- 3.) To change the language of the website, click the "select language" drop down menu on the top right corner of the page.
- 4.) To see if a class is full, click on the Enroll tab at the top of the page. Select the member you wish to enroll, the Club location, and the service. Continue to step 2. If a class is full/sold out, it will read "Openings: Full". You can add your child to our waiting list, free of charge by clicking "Add (child name)" to the waiting list, located below the session start and end dates. You will be contacted via email if a space becomes available. The waiting list will only apply to the current session. If no spot becomes available, your child will be automatically removed at the end of the session. You will need to try to enroll on the next registration.

Cancellation/Make-up Policy

Classes must be cancelled 1 business day before the class starts. After this cut-off, no refunds will be given. **A \$10 administration fee will be deducted from all refunds.** For safety reasons, make up classes are not available due to instructor/student ratios. Refunds and/or credits will not be issued due to absences.

Tips for Registration

- Log-in to your parent portal account 24-48 hours before registration
- Membership must be valid throughout the entire session. If not, it must be paid 24-48 hours before registration.
- On Registration Day, log-in a few minutes before starting time. Remember to refresh the page at starting time

** Please allow 24 business hours for all New/Renewed Memberships to be updated. Business days are Monday – Friday.*

Fall 2018 Youth Swimming Lessons

Each session of swimming consists of 9 classes. Each session costs \$65.00 plus annual membership (\$40). Must be 4 years old at time of registration to take classes. Please see the chart below for registration dates.

All registrations will be online at parentportal.bgclifton.org.

For assistance using the portal, please email helpdesk@bgclifton.org

On registration days, customer service representatives can be reached at 973-773-2697 x126 & 112.

Membership must be current through the entire session you are registering for.

If your child has never swam with the Boys & Girls Club of Clifton, he or she must be evaluated.

Level tests are given on Saturdays from 2:00 – 4:00 pm and Sundays from 1:00 – 3:00 pm.

Cancellation/Makeup Policy: Classes must be cancelled 1 business day before the class starts. After this cut-off *NO REFUNDS* will be given.

For safety reasons, make-up classes are not available due to instructor/student ratios.

Refunds and/or credits will not be issued due to absences. **A \$10 administration fee will be deducted from all refunds.**

CLASS DAYS	MONDAY & WEDNESDAY		TUESDAY & THURSDAY		FRIDAY	SATURDAY		MONDAY & WEDNESDAY
	REGISTRATION DATES	8/23 @ 2:00 PM	10/11 @ 9:00 AM	8/23 @ 2:00 PM		10/11 @ 9:00 AM	8/23 @ 2:00 PM	
CLASS DATES	SESSION I 9/17-10/15	SESSION II 10/17-11/14	SESSION I 9/13-10/11	SESSION II 10/16-11/13	SESSION I 9/14-11/9	SESSION I 9/15-11/10	WINTER 2019 SESSION II 1/5/19-3/9/19 <i>No class 1/26/19</i>	MINI SESSION 11/19-12/17
GUPPIES (beginners ages 4 & 5 only)	4:00-4:30 5:30-6:00 6:15-6:45		5:30-6:00 6:15-6:45		4:00-4:30 5:30-6:00 6:15-6:45	10:00-10:30 10:30-11:00 11:15-11:45 11:45-12:15		5:30-6:00 6:15-6:45
LEVEL 1	4:45-5:25 5:30-6:10 6:15-6:55		4:00-4:40 6:15-6:55		5:30-6:10 6:15-6:55	10:00-10:40 10:45-11:25 11:30-12:10 12:15-12:55		5:30-6:10 6:15-6:55
LEVEL 2	5:30-6:10 6:15-6:55		5:30-6:10 6:15-6:55		5:30-6:10 6:15-6:55	9:15-9:55 11:30-12:10 12:15-12:55		5:30-6:10 6:15-6:55
LEVEL 3	4:00-4:40 4:45-5:25		4:00-4:40		4:00-4:40	9:15-9:55 10:00-10:40 10:45-11:25		NOT OFFERED
LEVEL 4	4:45-5:25		5:30-6:10		4:00-4:40	9:15-9:55 10:00-10:40 10:45-11:25		NOT OFFERED
LEVEL 5	4:00-4:40		4:00-4:40		NOT OFFERED	9:15-9:55 12:15-12:55		NOT OFFERED
LEVEL 6	4:45-5:25		4:00-4:40		NOT OFFERED	11:30-12:10 12:15-12:55		NOT OFFERED

**Bathing suites are required for all classes. Children without a bathing suit will not be allowed to swim.
A bathing cap is required for anyone with hair below their chin. Caps and goggles can be purchased in the Aquatics Office.
\$4.00 Caps and \$7.00 Goggles**

— See page 3 for Membership Information and Fees. All prices subject to change. —

September – December 2018 Swim Programs

Get Ready Program

High school season is coming soon. This program will increase your endurance, improve your stroke techniques and allow you to be part of a competition environment.

Ages: High school students
Days / Time: September 18 – November 2, 2018
Tuesday & Friday 8:00 – 9:00 pm
Registration: **Sign up at the front desk beginning September 10 @ 9:00 am**
Fee: \$65.00 plus youth membership (\$40.00)

Lifeguard Training Course

Train to be a lifeguard, to feel comfortable and safe in and around water, to perform a job as a lifeguard at high level of proficiency. (28 ½ hrs.)

Ages: 15 and up
Days / Time: November / December (dates TBA) and April / May (dates TBA)
Registration: **Sign up in the Aquatics Office**
Fee: \$230.00 plus youth membership (\$40.00)

Mom & Tot Lessons

For children ages 6 months – 4 years accompanied by a parent. 1 parent per child.

A series of lessons designed to help your child feel comfortable in the water. Work on motor skills with arms & legs breathing, floating, emphasize on water adjustment and fun & games.

Classes: 9 Lessons, 30 minutes per lesson.
(Limit 15 toddlers per session)

TUESDAY & THURSDAY SESSIONS: 11:45 am – 12:15 pm

SESSION I: September 18 – October 16

SESSION II: October 18 – November 15

SESSION III: November 20 – December 20
(No class November 22)

SATURDAY ONLY SESSIONS:

1:00 – 1:30 pm For ages 6 months – 23 months

1:30 – 2:00 pm For ages 2 – 4 years

SESSION I: September 15 – November 10

Registration: **Sign up at the front desk beginning September 10**

Fee: \$65.00 per session plus
1 adult membership required

Youth Open Swim (for Youth Members only)

Pool is open for all members to enjoy. This less-structured time allows for lifeguard supervised free swimming, playing and games. Free with memberships (See schedule for all available hours).

Please note: This open swim time is for members, ages 6-17 only – NO ADULTS ALLOWED.

Swimmers who have hair longer than chin length must wear a swimming cap.

Ages: 6 & up (No one under 6 yrs of age is permitted in the water).

Days / Times: September 13 – November 2
Tuesdays, Thursdays, & Fridays 4:45 – 5:30 pm

Deep Water Test: There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay, and take the test again. **If we find anyone sharing deep end bracelets, the bracelet will be cut and the swimmers will be asked to leave the pool.**

Fee:
Youth (Ages 4-17) 1st child in household – \$40
Youth (Ages 4-17) each additional child in household – \$30

Family Open Swim (for Youth Members & their parents only)

Youth members with current (paid) membership may bring a parent/guardian during the Family Open Swim, (FREE of charge for parent/guardian.)

Family Open Swim Rules:

1. All Children must be members! We DO NOT offer day passes for friends, neighbors, cousins, etc. **ID will be required at front desk.**
2. Children 4 & 5 years old must be accompanied by a parent in the water. If a parent is unable or unwilling to go in the water, the child will NOT be permitted to swim. NO EXCEPTIONS!
3. Children under 4 years of age are not permitted in pool! NO EXCEPTIONS!
4. Children with hair longer than their chin must wear a swim cap. You may bring your own or purchase a latex one for \$4 from the Aquatics office. Goggles also available.

Days / Times: September 15 – December 15
Saturdays 2:00 – 4:00 pm
Sundays 1:00 – 3:00 pm

Deep Water Test: There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay, and take the test again. **If we find anyone sharing deep end bracelets, the bracelet will be cut and the swimmers will be asked to leave the pool.**

Fee:
Youth (Ages 4-17) 1st child in household – \$40
Youth (Ages 4-17) each additional child in household – \$30

Note: Times subject to change/cancellation during swim team season & other. (November – March)

Boys ages 5 & up are not allowed in Girls' Locker room. Girls are not allowed in Boys' Locker room. You may use the Family Changing Room located by the Aquatics Office.

Adults/Seniors Aquatics Programs

The Boys & Girls Club of Clifton in our effort to serve the Clifton Community now offers Adult Swim Programs. Utilizing its Aquatic Staff of WSI instructors & coaches the adult programs will be designed to provide valuable skill development, learn to swim and adult fitness & endurance programs.

Please register for all Adults/Seniors Aquatics Programs at the front desk beginning September 4th at 9:00 am

Adult Swim Lessons

Swimming – a Lifetime Sport/Fitness Program; Re-introduce yourself to swimming classes designed to cover basic pool safety/ survival skills and to teach basic swim strokes, floating, treading water, etc. in a positive, encouraging environment.

Session: 9 Classes at 40 minutes/class
Minimum of 6 people needed to hold class.

MONDAY & THURSDAY SESSIONS:

Beginners 7:00 – 7:40 pm
Advanced 7:45 – 8:25 pm

SESSION I: September 17 – October 17

SESSION II: October 22 – November 21

SESSION III: November 26, 2018 – January 3, 2019

Fees: \$65.00/session plus adult membership or
\$50.00/session with Adult Silver or
Senior Gold Membership.

Adult/Senior Lap Swims

A great opportunity for adults & seniors to practice their swimming skills and improve upon your fitness/endurance levels. Note: If you're interested in doing water exercise, please use small pool only. Large pool is designated for lap swim. Courteous Lap Swim rules will apply: 2 people/lane or 3 or more circle swim.

MORNING HOURS: September 13 – December 28
Monday – Friday: 6:00 am – 1:00 pm

EVENING HOURS: September 13 – November 2, 2018 &
Monday – Thursday: 8:30 – 9:15 pm
Due to swim team obligations, there are no evening adult lap swims from November 3, 2017 – February 21, 2018.

WEEKEND HOURS: September 16 – December 15
Sunday 10:00 am – 12:00 pm *Whole pool available.*
Due to swim meets, weekend lap swim hours are subject to cancellation. Please check postings on our website, or call.

Fees: Adult Silver or Gold Membership (see page 3)

Lap swimmers must scan ID card and sign in at the pool area.

Arthritis Foundation's Aquatic Program

Presented by The Arthritis Foundation New Jersey Chapter and The Boys & Girls Club of Clifton in cooperation with The North Jersey Regional Arthritis Center (NJRAC)

This program is a water exercise program designed for people with arthritis and related conditions. Water exercise is especially good for people with arthritis, because it allows you to exercise without putting excess strain on your joints and muscles. It gives you the opportunity to do gentle activities in warm water, with guidance from a certified instructor from the NJRAC and the Arthritis Foundation.

MONDAY & THURSDAY SESSIONS: 11:00 – 11:45 am

SESSION I: September 17 – October 15

SESSION II: October 18 – November 15

SESSION III: November 19 – December 20
(No class November 22)

Fee: \$60.00/ session plus adult membership
Minimum of 6 people needed to hold class



— See page 3 for Membership Information and Fees. All prices subject to change. —



“SEAHAWKS” Swim Team

Swimming is a Volunteer Intensive Sport!

Fall / Winter Season begins September 10, 2018 – March 22, 2019

“SEAHAWKS” is a member of USA Swimming. The mission of the swim

team is to teach competitive swimming to serious swimmers within a positive environment. Our team of coaches strives to make each member achieve his/her potential and exposes them to the exciting world of team swimming.

Team Website –

www.cliftonseahawks.org

Every swimmer should check this website regularly for updates, important notices, to sign up for meets, check directions to meets, coaches’ information, emergency numbers, and practice/meet cancellations. Swimmers will no longer have files. All information and meet sign ups MUST be done through the website. It is every swimmers responsibility to check the website each practice for new notices.

Parent’s Participation Requirements:

Parents must volunteer for:

- Two dual meets (1 shift per meet, per child). Failure to complete this obligation will result in a \$100 fine per meet per child per day.
- To be a timer for every USAS your child is swimming in. Failure to complete this obligation will result in a \$100 fine per meet per child per day.
- Winter Cup – 2-day meet: 1 shift per child, per day. In order to sign up, you must do so on the website: www.signupgenius.com. (Further info given through email). Failure to complete this obligation will result in a \$100 fine per meet per child per day.

Fundraisers: Swim Marathon (minimum \$20); Case of water, soda or Gatorade; Lottery Raffle.

All parents are required to volunteer in assisting the running of the swim meets held during the season as timers, marshals, etc., helping with various fundraising events, especially the Seahawks hosted USA Swim meet. This helps the Boys & Girls Club of Clifton to maintain the high standards in programming which includes the Seahawks Swim Team and to keep costs affordable.

Group Practice Schedule:

Group placement is decided by the coaching staff. Practice times may change after Try-outs & Registration.

• Pre-Swim Team:	Tuesday & Thursday	5:30 – 6:30 pm
• Junior Seahawks:	Mon, Wed, & Fri	5:30 – 6:30 pm
• Bronze:	Monday – Friday	5:30 – 6:30 pm
• Silver:	Monday – Friday	6:30 – 8:00 pm
• Gold:	Monday – Friday	6:30 – 8:30 pm
Dry Land	Tuesday & Thursday	6:00 – 6:45pm
Dry Land	Mon, Wed, & Fri	6:00 – 6:45 pm

Team Fees:

\$775 (1st child) \$750 (2nd child) \$725 (3rd child)

This includes USAS fees, team uniform (suit & cap), team picture and end-of-season party. Membership must be valid throughout the entire season. **Swimmer must scan ID card at front desk.**

Payment Plan A: \$300 plus membership (\$40) initial payment is due upon registration (minus \$5 for boys), 2nd payment of \$200 must be made by October 10; 3rd payment of \$150 must be made by November 14; balance of \$125 must be paid by December 12.

Payment Plan B: \$450 plus membership (\$40) initial payment is due upon registration (minus \$5 for boys), balance of \$325 must be paid by December 13.

Payment Plan C: Five payments. Please make payments in the Aquatics Office. Speak to Nadia regarding details.

All overdue payments are subject to a \$25 late fee per week after deadline.

Registration:

In order to register a child for the swim team, parents must sign up for a parent/swimmer meeting on www.signupgenius.com. Parents must read, fill out, print out and sign the Seahawks Code of Conduct and bring these to the day of registration. Also, read the Rules and Regulations on our website at www.cliftonseahawks.org. Returning swimmer registration will take place from August 13 -23, 2018 & September 5, 2018 from 2:00 – 7:00 pm.

Registration after September 5th will result in a \$50 fee per child.

New Swimmers:

Registration will be held on August 14-17, 2018 from 4:00 – 7:00 pm, and September 5, 2018 from 2:00 – 7:00 pm in the Aquatics Office.

Parents Orientation meeting for NEW SWIMMERS:
Thursday, September 6, 2018 at 6:00 pm in the Teen Center.
This meeting is MANDATORY.

Pre-Swim Team:

SEAHAWKS PRE-SWIM TEAM IS OPEN TO ALL SWIMMERS WHO CAN SWIM **ALL 4 STROKES**. This program will help you to get ready for the competitive swim team. Swimmers will not be able to participate in swim meets. ALL NEW SWIMMERS MUST TRYOUT WITH SWIM COACH ANNA
1-973-773-2697 x131.

TUESDAY & THURSDAY SESSIONS: 5:30 – 6:30 pm

SESSION I: September 13 – December 20

SESSION II: January 3 – March 21, 2019

Fee: \$300.00 each session plus youth membership (\$40)
(Team cap included)

High School Swimmers

Seahawks Swimmers participating in High School season (Nov. 12 – Feb. 1) must attend a minimum of 2 Seahawks practices per week and participate in USAS and Dual meets.

This High School Group Program is designed for High School Swimmers who want to participate in USAS meets and dual meets with “Seahawks” Swim Team without attending team practices.

Fee: \$250.00 (\$40.00 Membership plus \$210.00 USAS Fee)

Tryouts: Check our website at www.cliftonseahawks.org for dates & time

Pool Rules

1. **All children ages 4 or 5 must be accompanied by an adult in the water. Children under 4 are not allowed to swim during open or family swim.**
2. People are permitted in the pool area only when lifeguard is on duty.
3. Walk, do not run on the deck.
4. No wrestling, horseplay, punching, dunking, splashing, or pulling others into the pool.
5. Diving masks and snorkels are not permitted for use while swimming.
6. Jumping or diving from the side of the pool is not permitted, except for special times set up by the lifeguard on duty. No swimming is permitted in the area when diving is taking place. Diving must be run in an organized, controlled manner in the deep end of the pool.
7. It's mandatory that all persons take a shower before entering the pool.
8. Any person showing evidence of skin disease, sores, inflamed eyes, nasal or ear discharge, open blisters, or any communicable diseases, excessive sunburn, cuts or bandages shall be refused admission.
9. No glass containers or metal objects permitted in pool area.
10. People in street clothes may not be permitted in the water unless this infringes upon their religious practice. Only then may a person wear a shirt and non-baggy pants.
11. No food or drinks permitted in the pool area.
12. Use of obscene or abusive language will be grounds for ejection from the pool.
13. No smoking permitted in pool area.
14. Anyone suspected of being under the influence of drugs or alcohol shall be prohibited from entering the pool area.
15. Disrobing is only allowed in the locker room.
16. No sitting on or holding the lane lines.
17. Bathing caps are required for all persons with hair that reaches below their chin.
18. Spitting out water or blowing nose in water is prohibited.
19. Chewing gum in the water is prohibited.
20. Members must have an appropriate bathing suit, towel and membership card to be allowed in the pool.
21. Three short whistle blasts, everyone must sit on the side of the pool. One long blast whistle, everyone must exit the pool.
22. Emergency equipment is for lifeguard use only.
23. Only those individuals with blue wristbands are allowed in the deep end of the pool. There is a \$1 fee to take the deep water test the first time. If you lose or forget your bracelet, you will need to pay \$2 and take the test again. Sharing bracelets or giving a bracelet to someone who has not taken the deep test will result in confiscation of the deep end bracelet and/or expulsion from the pool.
24. No playing or hanging on stairs or ladders.
25. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastro-intestinal (stomach) disease in the past seven days.
26. All children in diapers must wear plastic pant with snug fitting elastic waist and leg bands.
27. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.
28. No animals, except for service animals shall be allowed in swimming pool, dressing rooms, or other parts of the enclosure.
29. We strongly recommend all pool patrons to wear footwear (sandals or flip-flops) in and around the pool area for your health and the health of others.
30. Anyone who is not swimming must observe pool activities from bleacher area only.
31. Boys ages 5 & up are not allowed in Girls' Locker room. Girls are not allowed in Boys' Locker room. You may use the Family Changing Room located by the Aquatics Office.
32. **Bathing suits are required for all swimmers. Shorts, tank tops, etc. are not acceptable. Swimmers without bathing suits will be asked to leave the pool.**

Are you looking for a new, fun & safe place to have your child's next birthday party??

**25 Kids
\$225**

Our Club Swimming Pool & Party Room are available to outside groups and families!

The Club Pool is available to outside community groups for Rentals, Birthday Parties, etc. Community Group must have Certificates of Insurance. Party groups must sign contract with Hold Harmless Agreement.

Pool Parties

- **2 Hour Rental "Birthday Parties"** – 1 Hour Pool, 1 Hour Party Room includes 1 hour of exclusive use of the pool with 2 lifeguards and 1 hour in a party room.
- Bring food and decorations of your choice.
- Children (4-5 years old) must be accompanied by an adult in the water.
- **Children under 4 years old not permitted in the pool.**

Days: Saturdays 4:00 – 6:00 pm, 5:00 – 7:00 pm
Sundays 12:00 – 2:00 pm, 3:00 – 5:00 pm, and 4:00 – 6:00 pm
Fee: **\$225.00*** (Maximum 25 children, each additional child \$10.00)
*subject to change

Contact: Front Desk (No reservations made over the phone – must READ/SIGN contract and pay fee)

All groups subject to pool Rules & Regulations



For information call the Aquatics Department • 973-773-2697 ext131



**BOYS & GIRLS CLUB
OF CLIFTON**

Aquatics Program Grid September 2018 – December 2018

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Swim Lessons	4 – 6:55 pm	4 – 6:55 pm	4 – 6:55 pm	4 – 6:55 pm	4 – 6:55 pm	9:15 am – 12:55 pm	
Adult Swim Lessons	7 – 7:45 pm			7 – 7:45 pm			
Mom-N-Tot Class		11:45 am – 12:15 pm		11:45 am – 12:15 pm		1 – 1:30 pm 1:30 – 2 pm	
WET Program	11 – 11:45 am			11 – 11:45 am			
Adult Lap Swim	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm *8:30 – 9:15 pm	6 am – 1 pm		**10 am – 12 pm
Youth Open Swim (Ages 6-17 no adults)		4:45 – 5:30 pm		4:45 – 5:30 pm	4:45 – 5:30 pm		
Family Open Swim						**2 – 4 pm	**1 – 3 pm
Seahawks Swim Team	5:30 – 8:30 pm	5:30 – 8:30 pm	5:30 – 8:30 pm	5:30 – 8:30 pm	5:30 – 8:30 pm	Swim Meets 12 – 4 pm	USAS Meets
Birthday Parties						4 – 6 pm 5 – 7 pm	12 – 2 pm 3 – 5 pm 4 – 6 pm

* Note: Evening Adult Lap Swim is Monday – Thursday, September 11 – November 2, 2018 from 8:30 – 9:15 pm
There is NO Evening Adult Lap Swim from November 3, 2018 – February 23, 2019 due to High School swim team season.

** Adult Lap Swim and Family Open Swim are subject to cancellation due to Swim Team competitions.

— See page 3 for Membership Information and Fees. All prices subject to change. —



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