

BANNOCKBURN SWIMMING CLUB, INC

<http://www.bannockburnswimclub.com>

GENERAL INFORMATION & ACTIVITIES 2008

Pool Phone: 301-229-6876

POOL SCHEDULE

The Bannockburn swimming pool will open for a pre-season weekend on Saturday and Sunday, May 17th and 18th (regular weekend hours). The season will officially open on Memorial Day Weekend, Saturday, May 24th, at 10:30 AM. Festivities that day will begin at 2:00 PM. The pool will close sometime after Labor Day, depending on the weather conditions in September. During the extended season, pool hours will be determined by the Board, week by week, and posted on the bulletin board and/or the web site.

HOURS

All weekends & holidays	10:30 AM - 7:30 PM
Weekdays <i>while public schools are open</i>	2:00 PM - 7:45 PM
Weekdays <i>while public schools are closed</i>	10:30 AM - 7:45 PM
Weekdays in June and July extended evening hours	pool closes at 8:30 PM

POOL OPERATING RULES

A copy of the pool's operating rules is enclosed and will be prominently posted at the pool. Please take the time to read them thoroughly. Parents, please make sure that your children know, understand, and observe these rules. If you bring guests to the pool, you are responsible for ensuring that they understand and observe the rules. We want the pool to be safe and enjoyable for everyone.

Please note that children who are not fully toilet-trained may use the wading pool, but are not permitted in the main pool, or in the shallow "ell". There will be no exceptions, not even for toddlers with diapers that are designed for use in water. All children under the age of 8, and any child 8 through 13 who has not passed the required swimming test, must at all times be under the direct supervision of a parent or designated adult when using either the main pool, the shallow "ell", or the wading pool. Any members who flagrantly or repeatedly violate the rules may have their memberships suspended or canceled.

GUEST TICKETS

Guest tickets are available at the desk in \$20 books.

Guest Fees:	ADULTS	CHILDREN (under 16)
Weekdays	\$3	\$1
Weekends and Holidays	\$4	\$2
After 6:00 PM any day	\$2	\$1
Weekly passes for houseguests:	\$15	\$8

Guest tickets and passes may be purchased only by an adult member and only by personal check. Absolutely no cash will be accepted.

To minimize pool overcrowding, members planning to bring more than 4 guests on a weekend are asked to check with the pool manager (301-229-6876) before coming to the pool.

The Board considers it an abuse of guest privileges and a violation of the rules:

- If a member repeatedly brings, as a guest, a person who could reasonably be expected to be an active member.
- If a member brings, as a guest, an Inactive permanent member (except in the case of an inactive member living outside the D.C. area, who is in town temporarily or for a brief portion of the pool season)

POOL CLOSURES FOR HOME MEETS

During the swim team home meets, the pool will be closed for several hours. During the meets on Saturday June 21, June 28, and July 12 the pool will be closed until noon. It will also be closed until noon on Saturday, June 7, for Time Trials. During the home meets on Wednesdays, June 11, June 18, and July 2 the pool will be closed from 5:00 PM onwards. Please check for changes on the bulletin board at the pool entrance. We welcome spectators; please come cheer on the Dolphins!

SWIM TEAM PRACTICE

Afternoon hours for swim team practice and lane allocations will be posted at the pool. During the afternoon team practice hours, a minimum of one adult lap lane will be available; one non-lap lane on the "ell" side of the pool, and the shallow "ell" will be available to all swimmers except to swim team members.

MEMBER RELATIONS

The Board wishes to encourage active participation of all members. We welcome your input. Any suggestions, comments or complaints should be made to the on-site Pool Manager or to the Board Members serving as Ombudsmen. A complete list of Board Members follows below. The Board's meetings are open to members and notice of dates and times will be posted at the Pool.

SWIMMING LESSONS

We plan to offer group and private swimming lessons and a life-saving course. Details will be posted at the pool, or you may see the Pool Manager for further information.

POTLUCK DINNERS AND CRAB FEAST

There will be potluck suppers every other Sunday evening, the exceptions being Memorial Day Weekend and Labor Day Weekend when the suppers will take place on the Monday of the holiday. The schedule will be posted at the pool. All members, active and inactive, and their children are welcome and new members are especially encouraged to participate. Each family should bring a beverage and contribute an entree, salad & bread, or dessert to feed your family plus 6 others. Cocktails begin at 6:00 PM (BYO) and dinner at 6:30 PM. The Annual Crab Feast will be held on **July 12** - mark your calendars and get your baby-sitters now! Members who would like to volunteer their ideas and time to help organize and run events should call Sarah King at (301) 229-1375 or sking911@hotmail.com.

SUNRISE SWIM

The pool will be open for early morning lap swimming (adults only) from 6:30 AM - 8:00 AM, Monday through Friday, beginning on Thursday, June 15th and ending on Friday, August 25th. All six lanes of the pool will be available. For additional information, contact Seth Warner at (301) 263-0363.

WATER AEROBICS

The club sponsors two Water Aerobics programs.

- The Water Workout class will be available again this season, consisting of shallow and deep water aerobic and muscle workout. Classes are Tuesdays and Thursdays from 10-11:15 am for 6 weeks, beginning June 20 and ending July 27. For further information, call Penny Mitchell (301) 229-4606.
- The Adult Low Impact Water Aerobics program will continue on Mondays and Wednesdays, beginning June 19 and going through July 26 from 10-11:00 am. For more information, contact Marianne Ross at (301) 229-6690.

BANNOCKBURN SWIM CLUB BOARD OF DIRECTORS – 2008

<u>Name</u>	<u>Position</u>	<u>Telephone</u>	<u>Email</u>
Seth Warner	Co-President	(301) 263-0363	swarner@lockeliddell.com
James Dodwell	Co-President	(301) 229-8363	james.dodwell@capitalguidance.com
Mark Steele	Treasurer	(301) 229-0241	5steeles@verizon.net
Eric Nichols	Secretary/Ombudsman	(202) 720-3456	Eric.S.Nichols@aphis.usda.gov
Susan Kellam	Grounds Director	(301) 263-0325	skellam@brookings.edu
Claire Kelly	Membership Director	(301) 320-4855	ckelly@icmarc.org

Stacy Swann	Operations Director	(301) 320-3991	sswann@ifc.org
Sarah King	Social Events Dir. & Membership	(301) 229-1375	sking911@hotmail.com
Andy Kline	Swim Team Liaison	(301) 263-0506	andykline99@gmail.com
John Chadwick	Renovation	(301) 229-9294	jjichad@comcast.net
David Evans	Renovation	(301) 263-9634	evansd@executiveboard.com

SWIM TEAM - *The DOLPHINS need YOU !!*

The Bannockburn Dolphins Swim Team would like to welcome back all members of the 2007 Dolphins Team and invite all members' children ages 5 to 18 to join us for a summer of fun and excitement. Girls and boys compete in their own age groups, improve their swimming skills, and, most importantly, have a lot of fun. In addition to the season-ending Awards Banquet, we are planning a full schedule of Social Events including activities like the pasta party, tie-dye party, karaoke night, pancake breakfast, and Teen Night.

We have afternoon practices Monday through Friday between 4 and 6:30 PM starting on Tuesday, May, 27th. Morning practices begin on Friday, June 13th, and are weekdays between 8:30 and 10:00 AM, in addition to the afternoon practice. Swimmers are grouped by age and ability. Registration for the swim team will be at the pool on the evening of Wednesday, May 21st from 5 to 7 p.m.

To accommodate the wide range of experience among our 8 & under swimmers, we have a Pre-team program. Special pre-team practices give more attention to younger swimmers at the early stages of their development. We hold these practices three days a week for a half an hour on Mondays, Tuesdays, and Thursdays at 3:30 p.m. Pre-team practice starts Monday, June 2.

The Dolphins will compete in Division E this season. The competitive season consists of five dual "A" meets held at 9:00 AM, a Relay Carnival, and a Divisional Championship. Five less formal "B" meets provide competition for swimmers of all skill levels. "B" meets begin at 5:30 PM on Wednesdays. Contact Abbie Fosburgh at (202) 338-4060 or AbbieLJ@aol.com for further information.

SWIM TEAM SCHEDULE

5/21 Registration from 5-7 PM

6/7 Time Trials 8:30-11 AM @ Bannockburn

7/19 Awards Banquet

A Meets - Saturday mornings

6/14 Bannockburn @ Northwest Branch

6/21 Franklin Knolls @ Bannockburn - pool closed until noon.

6/22-7/06 Window for Relay Carnival - actual date TBA

6/28 Tanterra @ Bannockburn - pool closed until noon.

7/5 Bannockburn @ River Falls

7/12 Potomac Woods @ Bannockburn – pool closed until noon.

7/19 E Divisional Championship TBA

7/26 All Star Relay Meet Rockville Municipal Swim Center

7/27 All Star Individual Meet Rockville Municipal Swim Center

B Meets - Wednesday afternoons, 5:30 pm

6/11 Bannockburn @ Bannockburn – pool closes at 5:00 p.m.

6/18 Carderock Springs @ Bannockburn – pool closes at 5:00 pm.

6/25 Bannockburn @ Palisades

7/2 Somerset @ Bannockburn – pool closes at 5:00 pm.

7/9 Bannockburn @ Mohican

BANNOCKBURN POOL OPERATING RULES

1. All persons using the facilities of the Club do so at their own risk.
2. **ALL CHILDREN UNDER 8 YEARS OF AGE MUST BE ACCOMPANIED AND SUPERVISED BY A PERSON AT LEAST 16 YEARS OF AGE.**
Members are responsible for the behavior of their children.
3. Children ages 8 through 13 may not enter the main pool areas unless:
 - a. Accompanied by a person at least 16 years of age, or
 - b. They have passed the required swimming test (one length of the pool with no difficulty under observation of the manager or assistant manager).
4. **CHILDREN NOT FULLY TOILET TRAINED ARE NOT PERMITTED IN THE MAIN POOL, INCLUDING THE SHALLOW ELL. NO EXCEPTIONS FOR CHILDREN WEARING RUBBER PANTS.**
Parents must instruct their children about proper toilet habits and enforce them.
5. Parents, or other designated adults, are responsible for supervising and safeguarding their children in the wading pool. **NO CHILD PAST his or her 5TH BIRTHDAY is PERMITTED IN THE WADING POOL.** However, under special circumstances, exceptions to this rule may be requested from the Pool Manager or the Operations chairperson.
6. When adult swim periods are called by the guards, all children under the age of 16 must immediately get out of the main pool (including the shallow ell) and remain out until the guards call the end of the adult swim period. During the adult swim period, children may not sit along the edges of the pool in such a way as to interfere with the adult swimmers.
7. There will be no running, pushing, rough play, ball throwing, or other activity that endangers people or otherwise hinders safe operations of the pool.
8. **DIVING BOARD SAFETY:**
Due to increased liability costs, unsafe conduct on the diving board may result in permanent removal of the board. Only one person is allowed on the board and only one bounce is permitted. Use of the diving board may be restricted at the discretion of the manager.
9. Swim masks, fins, snorkel devices, floats, etc., are permitted at the discretion of the manager, who will limit their use so that they do not inconvenience or interfere with other swimmers.
10. No glass objects are permitted in the fenced area.
11. No one will unnecessarily talk to or otherwise divert a lifeguard from his or her duties.
12. Organized games are permitted at the discretion of the manager.
13. Only the manager and staff are permitted in the control area or the filter room.
14. Health and sanitation require that all persons take a soap shower before entering the pool. Unduly long showers are not permitted.
15. Objects (like band-aids) that can clog drains should not be discarded in the pool.
16. No one shall knowingly enter the pool area while suffering from any wound or sore, contagious disease or ailment.
17. Pets are not permitted within the fenced area.
18. Food and beverages are permitted in the roped off area of the grassy enclosure as well as outside the bathhouse on the stone patio. Trash and recycling is to be disposed of appropriately in receptacles provided. Food and beverages may not be consumed in the grassy areas on either side of the pool.
19. Smoking is only permitted in the roped off area of the grassy enclosure (**NO EXCEPTIONS**). Smokers are required to take reasonable precautions to ensure that their smoking on the grassed areas does not inconvenience others and does not subject children not their own to smoke inhalation. Cigarette/cigar butts should be disposed of properly.
20. All accidents, no matter how minor, must be reported to the pool management.
21. No diving is permitted at the shallow end of the pool.
22. **MEMBERS ENTERING THE POOL ENCLOSURE WHEN THE POOL IS CLOSED ARE SUBJECT TO SUSPENSION FOR THE SEASON**
23. Members are responsible for informing their children and their guests of these rules.

Revised June 1, 2005