

# SWIMMING POOL NEWS

Spring/Summer 2016

2016 Annual Edition

## Kid's Triathlon

June 18, 2016

2:00 pm

Golden Hills Golf & CC

### Termites course - Ages 3-5

Swim 10 meters  
Bike 1/10 mile  
Run 100 meters

### Short Stuffs -Ages 6-8

Swim 50 meters  
Bike .5 mile  
Run .25 mile

### Jr. Division -Ages 9-11

Swim 100 meters  
Bike 1 mile  
Run .5 mile

### Sr. Division Ages 12-13

Swim 150 meters  
Bike 1.5 miles  
Run 1 mile

Visit

[www.bodyshopathletics.com](http://www.bodyshopathletics.com)

for event details/registration

## GOLDEN HILLS POOL

It's time to welcome our members back for another summer of fun at the Golden Hills pool. We have lots of activities for you and your family to get involved in!

The pool will be open from 11:00 a.m. until 9:00 p.m. weekdays and 10:00 a.m. until 9:00 p.m. on weekends beginning Saturday, May 28, 2016 until Sunday, September 5, 2016; with the exception of early closings for swim team functions - see page 3 of this newsletter or check our online calendar.

Lifeguards will be on duty daily from open until 8:00 p.m. (excluding school days). Our pool attendants help ensure that members will

have a lifeguard available to them, rules will be enforced, and concessions will be available during pool operating hours.

Pool parties may be scheduled by our members during the day, Monday through Friday. Evening parties can be scheduled throughout the entire week. See page two for more information.

For children, we offer group and private swimming lessons for all skill levels. The lessons are recommended for chil-

dren ages 4 and over; however, 3-year-olds may be accepted into the program at the instructor's discretion.

We also offer a competitive swim team program for children ages 4-18.



For adults, we offer a lap swimming lane at all times (if a lane rope is not in, please ask the lifeguard for assistance).

Of course, if your goal is simply to relax and cool off on a hot summer day, we have a lounge chair waiting for you!

## Inside this issue:

Pool Parties	2
Swimming Lessons	2
Swim Team	3
Swim Team Schedule	3
Contact Us	4
Pool Rules	4

## POOL KEYS

The locks on both pool gates are re-keyed prior to the opening of each pool season during the first week of May. The new keys will be available at the pool during normal operating hours. You can receive your key with a \$5 refundable deposit or trade-in your key from last season.

Pool-only members are requested to turn their key in at the end of the summer and their \$5 deposit will be returned.

Contact Dian Berry at (803) 957-3970 or email: [Dian@goldenhillsgolf.com](mailto:Dian@goldenhillsgolf.com) if you need to make other ar-

rangements to pick up a key. There is a \$10 replacement fee for lost keys.



## POOL PARTY GUIDELINES AND RESERVATIONS

We are pleased to offer several different options for pool parties. The following guidelines apply:

The number of pool party attendees must be limited because the pool is a shared facility and other members may be accessing the pool during your party. Parties with 10 or fewer guests can be scheduled on weekdays between the hours of 12:00 - 5:00 p.m. for a total cost of \$35. Daytime parties of 10 or fewer guests may be scheduled on Saturday and Sunday afternoons at the discretion of Club management. Evening parties may be held for

up to 50 guests and can be scheduled nightly between the hours of 5:00 - 9:00 p.m. for a total cost of \$60.

Parties are limited to two hours unless otherwise approved by Club management. Pool party registration forms and payments must be received at least 1 week prior to the event. Check the swim tab, then "Calendar" to check for available dates or "Pool Party Reservations" to make a request, on our website at [www.GoldenHillsGolf.com](http://www.GoldenHillsGolf.com)

Parties are scheduled on a first-come, first-served basis.

**A party is not confirmed until notification is received from the Pool Manager.**

If you need to cancel or if the weather is unfavorable prior to the start of the party, all money will be refunded. If a party is scheduled and is cancelled after starting due to weather conditions, you will receive a pro-rated refund.



## LIFEGUARD HOURS

For the 2016 season,

Lifeguards will be on duty from 11:00 am until 8:00 pm daily.

## POOL HOURS

11:00am - 9:00pm Mon - Fri

10:00am - 9:00pm Sat - Sun

*\*No one is allowed on the premises after 9:00 pm. The property is monitored for security & patrolled by law enforcement to detect any violations.*

## SWIMMING LESSONS

Group swimming lessons will be offered in two-week sessions; each session consists of eight 30-minute lessons. Private lessons are also available upon request.

### **Beginners: Ages 4 – 6**

Swimmers will learn to submerge face, blow bubbles, float on front and back, and kick.

### **Adv. Beginners: Ages 4 – 7**

Swimmers should already be able to float and will learn to glide with kicking action, plus basic arm and leg techniques for front and back swimming.

### **Intermediate: Ages 5 – 8**

Lessons will focus on freestyle and backstroke technique, rhythmic breathing, and racing dives.

### **Competitive: Ages 7+**

Swimmers will learn all four competitive strokes, racing dives, turns, and endurance.

Note: ages are guidelines only; there will be exceptions.

For more information, go to [GoldenHillsGolf.com](http://GoldenHillsGolf.com) or contact Ashley Dunnivant at [ashleydunnivant@hotmail.com](mailto:ashleydunnivant@hotmail.com)

## SWIMMING LESSON CLASS SCHEDULE

### **2016 CLASS Schedule**

**Session 1:** June 6 - June 16  
Monday - Thursday

**Session 2:** June 20 - June 30  
Monday - Thursday

**Session 3:** July 5 – July 14  
Tuesday – Friday\* week 1;  
Monday - Thursday\* week 2

**Session 4:** July 18 – July 28  
Monday – Thursday

### **Class Times Offered:**

11:00 – 11:30 a.m.

11:30 - 12:00 p.m.

### **Cost:**

Members \$60\*

Non-members \$80\*

\*cost is per two-week session

Make-up lessons will be offered only in the event of inclement weather.

**Private lessons** are also available:

\$20 per ½ hour (one child)

\$30 per ½ hour (2 children)

Registration forms available at [www.goldenhillsgolf.com](http://www.goldenhillsgolf.com)

Contact **Ashley Dunnivant** with questions at [ashleydunnivant@hotmail.com](mailto:ashleydunnivant@hotmail.com)

## GOLDEN HILLS GATORS SWIM TEAM

The Golden Hills Swim Team is a member of the Columbia Swim League and is open to swimmers ranging in age from 4 to 18 years. We encourage all swimmers to participate, regardless of skill or ability. Through dedication and hard work, swimmers are motivated to attain their maximum potential.

Since joining the Columbia Swim League in 2000, coaches and parents have worked to develop a successful program at Golden Hills. It is our desire to encourage the sport of swimming and for all swimmers to improve and excel. Those who attend practices regularly and display a positive attitude are given an opportunity to compete at a level appropriate for their skills.

Our success is the result of strong parental involvement and a dedicated coaching staff. Parents and coaches work closely together to help

our youth meet or exceed their personal goals. We believe in teaching proper swimming techniques and good sportsmanship, and in creating a safe, fun environment for all members and visitors to enjoy.

We are proud to offer two training alternatives: Competitive Team & Developmental Team.



To participate on the Competitive Team, swimmers must be between the ages of 4 & 18, be able to swim one length of the 25 meter pool unassisted, & swim comfortably with their face in the water. While stroke development and teaching are a very important part of what our coaches do, with a large group of swimmers, it is not reasonable to expect them to be in the water teaching one

on one. That is neither fair nor safe for the other swimmers. We recommend the Development Team for those swimmers who do not meet the minimum swimming requirements but would still like to participate on the team. If a child does not meet the minimum requirements, the registration fee will be refunded or applied to the Development Team. No refunds will be offered after the first meet.

Participation on the Development Team requires that a swimmer be between the ages of 4 & 10, & be comfortable going under the water. The development team is designed as an introduction to competitive swimming and is intended to be a feeder program for the competitive team.

The Competitive Team will practice five times per week and members are encouraged to participate in as many swim meets as possible. The Development Team will meet three times per week and will provide swimmers with the basics of competitive swimming including stroke technique drills for all four competitive strokes, starts and turns. Once they are able to swim the length of the pool unassisted, they may participate in B Meets. They will be included in team functions such as Team Pictures, Year-end Banquet, Kid's Kick Cancer, etc.

For more information, visit our swim team website located in the swim section at

[www.goldenhillsgolf.com](http://www.goldenhillsgolf.com)

or contact Jennifer McLeod, *Head Coach*, at

[goldenhillsgators@gmail.com](mailto:goldenhillsgators@gmail.com)

## SWIM TEAM SUMMER SCHEDULE

### Practices:

Practices will be held after school on Mondays, Wednesdays & Fridays from May 18 to June 3:

4:30 - 5:00 pm Dev. (I & II)  
5:00 - 6:00 pm Beg/Int  
6:00 - 7:00 pm Jrs/Srs

Morning practice times will begin on June 6<sup>th</sup> as follows:

Mon/Wed 8:00-8:30am Dev I  
Tue/Thurs 8:00-8:30am Dev II  
Mon-Fri 8:30-9:30am Beg/Int  
Mon-Fri 9:30-10:45am Jr/Sr

Note: Swimming ability will determine which group you practice with.

### Calendar:

**April 24** - Swim Suit Try-On  
4:00 to 5:00 pm

**May 15** - Parent Meeting  
5:00 pm Develop Team  
5:30 pm Competitive Team

**May 18** - Practice begins !

**May 30 - Memorial Day**  
*No practice*

**June 3** - Team Pictures  
5:00 individual  
5:30 team

**June 6** - Morning practice starts

**July 16-17** - City Meet

**TBA** - Banquet 6:00 pm

### Swim Meets:

All dual ("A meets") and exhibition ("B" meets) meets will begin at 6:00 p.m.; swimmers should arrive at 4:45 for home warm-ups & 5:00 for away.

### 2016 Meet Dates & Locations

June 6<sup>th</sup> - "B" meet vs. MW (A)  
June 9<sup>th</sup> - "A" meet vs. TCC (H)  
June 13<sup>th</sup> - "B" meet vs. CCL (A)  
June 16<sup>th</sup> - "A" meet vs. TS (A)  
June 20<sup>th</sup> - "B" meet vs. QH (A)  
June 23<sup>rd</sup> - "A" meet vs. RB (A)  
June 27<sup>th</sup> - "B" meet vs. SEALS (H)  
June 30<sup>th</sup> - "A" meet vs. EW (H)  
July 7<sup>th</sup> - "A" meet vs. GG (H)  
July 16-17 City Meet

### ~ Development Team ~

Swimmers on our Development Team will have 2 participation options. Group I will practice on Monday & Wednesday; Group II will practice on Tuesday & Thursday.

*"At Golden Hills, we encourage all swimmers to participate, regardless of skill or ability"*

Golden Hills Golf & C. C.



Membership: (803) 957-3970  
info@goldenhillsgolf.com

Pool: (803) 359-7902

**Swim Team:**

goldenhillsgators@gmail.com

**Swim Lessons:**

*Group:*

ashleydunnavant@hotmail.com

*Private:*

goldenhillsgators@gmail.com

**Pool Parties:**

www.goldenhillsgolf.com

100 Scotland Drive  
Lexington, SC 29072

## FACILITY RULES PER DHEC

1. There will be no solo swimming
2. There should be no running, boisterous or rough play
3. No person under the influence of alcohol or drugs should use the pool.
4. There should be no spitting or blowing nose in the pool.
5. Persons with diarrheal illness or nausea should not enter the pool.
6. Persons with skin, eye, ear, or respiratory infections should not enter the pool.
7. Persons with open lesions or wounds should not enter the pool.
8. No animals or pets allowed in the pool.
9. No glass allowed in the pool or on the deck.
10. No children should be in the pool without supervision.
11. You should take a shower before entering the pool.
12. This pool is open from 11:00 am - 9:00 pm weekdays and 10:00 am - 9:00 pm on weekends.
13. The maximum number of swimmers allowed in the pool is 125.
14. A first aid kit is located in the Lifeguard Room.
15. An emergency phone is located outside the Lifeguard Room.



## GOLDEN HILLS POOL RULES & REGULATIONS

1. Pool privileges are restricted to members and guests. **ALL members and guests must register upon entering pool area.**
2. Guest fees are \$3.00 per guest (all day); children under 2 are free. This charge will be billed to your account (Club and Social Members). Cash will be required from Pool-Only members.
3. Guests are anyone other than members and their immediate families living in the same household. There will be no charge for sitters or nannies of members' children.
4. Members may bring up to 4 guests per day (per household membership). If a member desires to bring more than 4 guests it will be considered a private party subject to other restrictions and fees.
5. All children under age 12 must be accompanied by an adult.
6. Swim Diapers are required for children who are not potty trained. If a child has an accident in the pool requiring the pool to close, the member will be required to pay an "Accidental Fee" of \$150.00.
7. Only employees are allowed to enter the pump room, equipment room, and lifeguard room.
8. During the hourly 10-minute lifeguard break, adults will be allowed to remain in the pool. Children under 17 will not be permitted to swim unless they are a certified lifeguard.
9. Coolers are allowed at the pool; however, absolutely no glass is allowed inside the gate .
10. Smoking is banned at the pool and its outer perimeter.
11. The lifeguards shall have discretionary authority to discipline children using the following guidelines:
  - **First Offense:** Sit out of pool for 10 minutes.
  - **Second Offense:** Leave pool area for one day.
  - **Third Offense:** Loss of pool privileges for one week.
  - **Fourth Offense or flagrant abuse of rules:** Must appear before management with parents.