

**Sheridan Beach  
Community Club**



16500 Shore Drive NE  
Lake Forest Park WA  
98155  
206.364.0920



# SHERIDAN BEACH POOL GUIDE

## SUMMER 2009

### WELCOME!

We are looking forward to another fun Sheridan Beach summer! Please welcome Kayleen Hooley back as our Aquatics Manager. Kayleen will be supported by Michele Johnson (Assistant Manager) and Amanda Stone (Head Guard) along with a great lifeguard staff! We have a well-rounded pool schedule, with open swims, lap swims, water fitness, swim team, swim lessons and water polo. This summer our club is also sponsoring many exciting special events for all ages. We are all looking forward to a very fun and very safe summer!

Some seasonal reminders:

**Emergencies:** If you have children using the facilities, please fill out the enclosed emergency form and return it to the pool office. It is critical that we have these forms on file in the event of an emergency.

**Duty Day:** All pool members are required to fulfill one duty day obligation or pay \$125. The Duty Day hours are 3pm to 9pm daily. Duty Day sign-ups are available at the Pool Office. Please make yourself familiar with the Duty Day rules & guidelines as outlined in the Duty Day Handbook in the Pool Office. Your participation keeps our office manned and running smoothly!

**Guests:** Pool members in good standing may bring guests. The host member must accompany their guest(s) at all times and are responsible for the conduct of the guest(s). Parents, adult children and grandchildren of pool members are considered guests and therefore must be accompanied by the host member at all times. Unaccompanied minors may bring a maximum of two guests. The guest fee is \$3 per guest and must be paid before entering the pool. Children 3 years old and under are exempt. The lifeguards reserve the right to restrict any or all guests from the beach club or pool because of safety concerns.

**Pool Rentals:** The pool is available for rent when not in scheduled use. Rentals must be arranged in advance with the Aquatics Manager and payment is due before party enters the facility. Please contact Kayleen or the Pool Chair for rental rates. Rental times are listed in the Pool Schedule on page 3.

**Cabana Reservations:** Each beach member is allowed one long-range reservation for the cabana (4 hour limit). There is no limit on short-term reservations (making a reservation within the present five day period). The reserving member must attend the activity and is responsible for the group's use and clean-up of the facility. There is a 30 person limit to parties, and please remember that Sheridan Beach closes at 9pm. Cabana sign-ups are available through the Pool Office.

**Key Card Access:** Members in good standing are allowed a maximum of two key cards per family for access to the Beach Club. The key cards will work only if dues have been paid. Card keys only work during park hours of 8am to 9pm. The gate will be opened for early morning special events—AM swim, swim team and swim lessons. For more information, please contact Membership Chair Mark Jaeger at 206.366.0202.

We hope you enjoy your summer season at Sheridan Beach! - *The Pool Committee*



#### Inside the Guide:

Staff	2
Pool Schedule	3
Special Events	3
Swim Team	4
Swim Lessons	5
Mini Swim Team	5
Adult Meet	5
Adult Swim	5
Water Aerobics	6
Water Polo	6
Kids' Craft Cart	6
Sailing Club	6
Pool/Beach Rules	7

## STAFF

Kayleen Hooley, Aquatics Manager— This is my fifth year working at the Beach and I can't wait to see what 2009 will bring! I will be a Senior next year at the University of Washington, studying Anthropology.

Michele Johnson, Assistant Manager— I will be a senior at the University of Washington, studying math and chemistry to teach high school. This is my fourth summer at the Beach and I absolutely love spending time with the children here!

Amanda Stone, Head Guard— I am 19 years old and going into my sophomore year at Western Washington University. This will be my 3rd year working at The Beach. For summer 2009, I will be working as the Head Guard and teaching swimming lessons.

Peter Olson, FT Guard & Swim Team Coach—I have lived in Sheridan Beach my whole life and am excited to be back for my fourth summer as a guard at the Beach. This summer I will also be an assistant coach for the swim team. In the fall I will be returning for my sophomore year at Whitman College. I hope everyone is excited for a fun summer as much as I am.

Becky Scherer, FT Guard & Swim Team Coach— I am celebrating her 22nd summer at Sheridan this year and my 3rd as a coach and guard. I am a senior at Central Washington University where I'm getting a degree in School Health and Sport Pedagogy. My interests include almost any sport, running and traveling.

Lauren Olsen, FT Guard— This will be my 3rd year working at Sheridan Beach. I am currently a senior at Shorecrest High School and plan on attending Whitman College in Walla Walla next year.

Kara Dodson, FT Guard—I'm 18, and this will be my 3rd year at the beach. I will be working as a full time guard as well as teaching swim lessons. I am going to go to Central Washington University in the fall and plan to major in business.

Louis Weber, FT Guard—I am 18 years old and I will finally be finished with high school this summer! I am excited to be working my second year at the beach club. I enjoy playing sports, lazing around in the sun, and seeing all the kids enjoy SB as I did as a kid. Also, I will be teaching swim lessons.

Mike Zylstra, PT Guard— I am 18 years old and go to Shorecrest High School. This will be my third summer at Sheridan, and I am looking forward to working with everyone again. I am leaving soon after the summer for the military, and hope to make a career out of that.

Samantha Gwazdauskas, PT Guard/Lessons—I am 17 years old, and will be a Senior at Shorecrest High School next year. This will be my second year working at Sheridan Beach and I'm looking forward to a fun summer!

Connor Stinson, PT Guard, Water Polo Coach—I am 16 years old and will be a junior at Blanchet High School. I have grown up in the Sheridan Beach neighborhood and spent my summers swimming and playing at the Beach. I play water polo for PNW United, Roosevelt High School, and the Beach. Currently, I'm in training for U.S. Club Championships and Junior Olympics.

Kevin McKay, PT Guard— I am a junior at Shorecrest and this will be my second year working at Sheridan Beach. I swim for Shorecrest and Cascade Swim Club. When I'm not swimming, I enjoy kiteboarding, hanging out with friends and going to movies. I'm looking forward to working at The Beach this summer.

Patrick Hooley, PT Guard—Patrick has grown up in Sheridan Beach and is excited to start his first year as a lifeguard! He just graduated from Blanchet High School and will be attending the University of Washington next year.

Blake Titcomb, PT Guard—I'm 18 years old and was a senior at University Prep this past year. I have been part of the Sheridan Beach community and swim program since I was four and am excited to be teaching swim lessons and be a part-time lifeguard. I will be attending Hamilton College later this year where I will be swimming at the D3 level.

Angie Bonato, PT Guard —Hi, I'm Angie Bonato and I've been swimming with Sheridan Beach since I was 5 years old. I am 16, go to Shorecrest High School, and am on Cascade Swim Club.

Jack Weber, Substitute—I am 15 years old and I have been with Sheridan Beach since I was two. I just finished my freshman year at Shorecrest. I have always loved Sheridan Beach and I can't wait to start working as a sub lifeguard.

Alex Nelson, Substitute—I'm 18, and am applying to Cascadia, I grew up in Sheridan and have been a part of the team since I was 6. I Love Da Beach. I enjoy reading, video games, hanging out with friends, being in the sun and rain, and listening to music.

## POOL/BEACH RULES

1. Persons using the pool, beach and dock do so at their own risk. Sheridan Beach Community Club, Inc. (referred to as the Club) is not responsible for any accident or injury connected with pool or park use.
2. The Club will not be responsible for lost or stolen property.
3. Cost of any pool or grounds damages will be charged to the responsible member.
4. Smoking is not permitted on the Club premises.
5. The pool and beach staff are in charge at all times and their instructions must be followed.
6. All swimmers must shower before entering pool.
7. Children age 10 and under must be responsibly and closely supervised while at pool and Club.
8. All non-swimming minors must be within reach of an adult in order to enter either the lake or the pool (children will be considered non-swimmers unless they have passed the swim test administered by the Club staff).
9. No child is allowed in the wading pool without a supervising adult within arms length.
10. Swimming is not allowed in the lake or pool unless a lifeguard is present.
11. Any child in diapers using the wading pool or swimming pool must wear swim diapers (available in the office).
12. Swimwear is required in pool; no cut-off shorts.
13. Do not enter the water if you are wearing a bandage, have an inflamed skin abrasion, infection or inflamed eyes.
14. No gum chewing, spitting or blowing nose in pool.
15. Only walking is permitted on deck and dock; no running.
16. No rough housing.
17. Food and beverages on upper deck or beach only. Absolutely no glass in pool area.
18. Staff only on lifeguard chair.
19. Feet first entry only in shallow areas.
20. Kickboards are for the swim team, lessons and adult lap swimmers only.
21. Air mattresses, inner tubes or large flotation devices are not allowed. Other flotation devices allowed at lifeguard's discretion.
22. Diving blocks are only used during open swim only with lifeguard's permission, or by the swim team during practice and during lessons when supervised by an instructor.
23. The office is off-limits to everyone except on-duty staff and the duty day person.
24. The pump room is for staff only, no exceptions.
25. With the exception of infants under 12 months, no minors are allowed in pool area during Adult Swim.
26. The willful violation of any Beach Club, Pool, Guest Policy or Boating Rules may result in the loss of Beach and/or Pool privileges for a length of time to be determined by the Aquatics Director and/or the Sheridan Beach Board.



## DEEP WATER AEROBICS

Sun & Wed / May 24-Sept 6

Cindy Standaert is back with her popular Deep Water Aerobics classes! Group classes are offered Sunday evenings 6:00-7:00pm and Wednesday evenings 7:30-8:30pm. This is a fun and easy way to get in shape! *Shallow end is available during these times for family swim.*

Sunday Aerobics only (no Wed class) from May 24th -June 24th, and after August 26th

Wednesday Aerobics (in addition to Sunday class) begin June 24th & end August 26

## WATER POLO

Mon-Fri / July 1-Sept 4

Beach Water Polo is looking for all kids 7 to 18 that want to have fun and get great exercise. Doc Zimmer and Connor Stinson want you to join in the fun!

### COST

\$50 per participant or \$120 for 3 or more family members. \$25/\$35 (NM) per week is another payment option. Checks payable to Sheridan Beach Water Polo. For additional info contact coach Doc Zimmer (206.524.9120 or doczimmer@gmail.com).

### PRESEASON PRACTICES/SCRIMMAGES

July 1- August 1 (optional preseason practices)

Fridays	11am-12pm	8U/10U	@Sheridan Beach
	11am-12:30pm	12U/14U	@Sheridan Beach
Wed & Fri	9pm-10:15pm	14U/18U/Adult	@Aqua Club
Sat	8:45am-10am	8U/10U/12U	@Aqua Club

### REGULAR SEASON PRACTICES

August 5 - September 4 (regular season)

Mon - Thurs	9 - 10am	8U/10U	@ Sheridan Beach
Mon - Thurs	9:30 - 11am	12U/14U/18U	@ Sheridan Beach
Tues & Sun	9 - 10:15pm	14U/18U/Adult	@ Aqua Club

### GAMES

Every week, games are scheduled for each age group during the block of times identified in the schedule. See the League Schedule at [www.northwestwaterpolo.com/sssl/schedule](http://www.northwestwaterpolo.com/sssl/schedule).

### CHAMPIONSHIP WEEK/TRIATHALON/PIZZAFEST

August 30-Sept 4

All the league teams compete this week to determine each age group and girls champion. Sunday-Tuesday are the initial tournament style games; Wednesday and Thursday are the Finals to determine the champions. Friday we have our final Scrimmage/Pizzafest and Parents/Kids games. Don't miss this fun week!

## KIDS' CRAFT CART

Wednesdays / July 8-TBD

Join your favorite Sheridan Beach lifeguards for a weekly Craft Cart activity in the cabana! Kids, get your creative juices flowing from 12:30-1:00 every Wednesday starting July 8th!

## SAILING CLUB

Wednesdays / June 25-August 8

Come join the Sheridan Beach Sailing Club! As a member, you can take part in Wednesday Night Regattas, kid's races, debriefings, day trips, instruction, potlucks and great camaraderie! We need volunteers! It takes a beach club (village) to get everyone out sailing, so please come help us with youth programming, publicity, party organizing, race night set up, etc. Send us any Adult Life Vests you don't need—we can use them! For more information, please contact Liz Richmond at 206.524.3615 or [elizabethrichmond@comcast.net](mailto:elizabethrichmond@comcast.net). *Open to SB Members in good standing. Additional fee required.*

## POOL SCHEDULE

May 23-September 13

### SATURDAYS & SUNDAYS

May 23—Sept 6

\*Sunday schedule Memorial Day & Labor Day

7:30-9:00am	Adult Swim
11:00-12:00pm	Rental
12:00-9:00pm	Open Swim
9:00-10:00pm	Rental (Sat Only)

September 12 & 13

1:00-6:00pm	Open Swim
6:00-7:00pm	Adult Swim
<i>Sunday Water Aerobics 6:00-7:00pm</i>	

### MONDAY THRU FRIDAY

Reduced Hours

May 26—June 19

\*Sunday schedule Memorial Day & Labor Day

5:30-7:30am	Adult Swim
3:00-5:00pm	Open Swim
5:00-8:00pm	Swim Team
8:00-9:00pm	Adult Swim

September 8—12

3:00-7:00pm	Open Swim
7:00-8:00pm	Adult Swim

### MONDAY THRU FRIDAY

June 22—September 4

5:30-7:30am	Adult Swim
7:30-11:00am	Swim Team
11:00-12:30pm	Swim Lessons
12:30-1:00pm	Adult Swim
1:00-6:00pm	Open Swim
6:00-7:00pm	Adult Swim
7:00-9:00pm	Open Swim
9:00-10:00pm	Rental
<i>Wed Water Aerobics 7:30-8:30pm</i>	

Lap Lanes: In addition to designated times, a lap lane may be requested if 10 or fewer in pool.

Early Closures: 6/25, 6/30, 7/9 (3:30pm for swim meets); 7/17 (5pm Kid's Overnight); 7/22 (5pm for Camp Sheridan); 8/1 (Adult Party), 8/27 (7pm Teen Night)  
4th of July: Pool open from approximately 3-8pm (\*pool may be open during 4th of July games at guards' discretion).

## SPECIAL EVENTS

### 4TH OF JULY PARADE, GAMES & FIREWORKS

Neighborhood parade at noon followed by fun & games for all ages. Spectacular fireworks show from our dock at dusk!

Saturday 7/4

### WEDNESDAY CRAFT CART

Come join our lifeguards for a fun craft or activity each Wednesday at 12:30 in the cabana!

Weds 7/8-TBD

### KIDS' OVERNIGHT (ages 9-12; club closes at 5pm)

Pitch a tent & enjoy this overnight tradition! Lifeguard-supervised activities make this campout a classic.

Friday 7/17

### CAMP SHERIDAN (ages 5-8; club closes at 5pm)

A kids' night out for the pre-overnight set. Games and treats with your favorite lifeguards from 6:30-10:00pm.

Wednesday 7/22

### ADULT MEET (hosted by Sheridan Beach)

Get fit during adult swim workouts and enjoy friendly competition at this festive swim meet.

Saturday 8/1

### BUBBLES THE CLOWN

Come giggle with everyone's favorite resident clown at this annual afternoon affair! 12:30 in the cabana.

Wednesday 8/12

### ADULT PARTY (adults only)

Meet neighbors and friends at the annual adult-only party—back at the Beach this year!

Saturday 8/8

### TEEN NIGHT

Teens, come out and join your friends for a fun night out at The Beach! Details to come...

Thursday 8/27

### ICE CREAM SOCIAL

Reflect on fond summer memories with your neighbors, and toast another bygone season with an ice cream sundae.

Monday 9/7

### 3RD ANNUAL ACROSS THE LAKE SWIM

Come swim across the lake and then enjoy a delicious breakfast in the cabana to celebrate! We need boats, kayakers, cooks and swimmers with bright colored caps. Sign-up in the office beginning 8/1. Questions, call Brian Coxon or Kristin Weber.

Saturday, 9/5



# SWIM TEAM

Mon-Fri / May 29-August 5

**COACHING STAFF:** Scott Kelley will be joining us as Head Swim Coach. Scott comes to us with an excellent coaching background. He is the current Shorewood Boys Head Swim Coach and spent 6 years coaching the summer swim league at Newport Hills Swim and Tennis Club in Bellevue. Scott also has 3 years of water polo coaching at Shorewood. Many of you also know Scott from Kellogg Middle School, where he is an Art teacher. Please extend a warm welcome to Scott!

We are also thrilled to have a strong assistant coaching team in Becky Scherer and Peter Olsen, who are both SB lifeguards and lifelong members!

**SWIM TEAM MANAGERS:** Please feel free to contact your swim team managers with any questions or concerns—Sonya Penner (363-3258), Sandra Jones (366-0690), Beth Foust (362-6269), and Denise Parker (364-5779).

**DUES:** \$95 for first swimmer, \$70 for each additional swimmer. Any pool member may sign up their children or grandchildren for swim team.

**ELIGIBILITY:** SSSL rules stipulate that swimmers must be 6 years old by 6/15/08 and be able to demonstrate accurate strokes and meet speed and safety requirements as set by coaching staff. 5 year olds can compete in exhibition events on a limited basis, at coaches discretion.

**VOLUNTEERS:** Each family is expected to commit to 8 hours of volunteer service towards swim meets, or pay \$100/season. We have a great need for meet officials so please consider volunteering in this area. Please contact Swim Team Managers to volunteer.

**STROKE CLINICS:** We will be offering two Saturday Stroke Clinics on Sat. June 21st and 28th (9-10am). These are on a drop-in basis and the cost is \$5/swimmer. Each clinic will deal with a specific skill...starts, turns, etc.

**STROKE CLASSES:** Stroke classes are taught by the Swim Team Coaches for swim team members who are eager to improve their stroke techniques, starts and turns and to develop race strategies. Classes can be arranged with your coaches and are usually offered M-TH between 11-12:30.

**SWIM TEAM PICNIC:** The Swim Team Picnic will be held on Wednesday August 5th.

WORKOUT SCHEDULE		
<u>May 26—June 24 (M-F)</u>		
5:00—5:40pm	8 & U	
5:40—6:20pm	9 & 10	
6:20—7:00pm	11 & 12	
7:00—8:00pm	13—18	
<u>June 25—August 4 (M-F)</u>		
7:30—8:30am	11 & 12	
8:30—9:15am	9 & 10	
9:15—10:00am	8 & U	
10:00—11:00	13—18	



# SWIM LESSONS

Mon-Thurs / June 22-August 20

Swimming lessons are available for members and the public for all levels.

We offer 4 two-week sessions and 1 one-week session. Lessons are taught Monday through Thursday, and we keep our classes small. Parent-tot classes are available for children 6 months –3 years and their parent/guardian. Stroke classes are taught by the Swim Team Coaches for swim team members who are eager to improve their stroke techniques, starts and turns and to develop race strategies. Stroke classes are offered to swimmers who are at least at the Advanced Beginner level. Private lessons are available for children and adults. Cost is \$20 per 30 minute lesson.

Sign-ups for non-pool members will begin the Thursday before each session starts. Members are encouraged to sign up in advance of each session. Lesson fees must be prepaid before the first day of each session. We reserve the right to cancel or combine classes if there are too few students.

**Pool Member Fees: \$30/session. Session 5 is 1-week only and is \$15 for members. Non-Member Fee: \$50/session. Session 5 is 1-week only and is \$25 for non-members.**

Please see enclosed Swim Lesson Registration Form for a summary of available classes and class descriptions. To enroll, please complete and mail the enclosed Registration Form to Sheridan Beach (address on form). Please contact Kayleen Hooley or Jessica McFarlane (206-850-1764) for additional info.

SWIM LESSON SCHEDULE
<u>Session I</u> June 22—July 2
<u>Session II</u> July 6—July 16
<u>Session III</u> July 20—July 30
<u>Session IV</u> Aug 3—Aug 13
<u>Session V</u> Aug 17—20 1 week only

# MINI SWIM TEAM

Mon-Fri / August 17-21

Up and coming competitive swimmers are encouraged to join this fun swim team prep event for ages 4 and 5. Mini swim team is from 11:30-12:15 during the week of August 17-21 (M-F) and culminates in the Mini Swim Meet on Friday! Please contact the Pool Office to register. Cost is \$20 for members.

# ADULT MEET

Saturday August 1

The Northern Division of the Seattle Summer Swim League (SSSL) holds an annual Adult Meet for anyone & everyone over age 18. Sheridan Beach hosts the Adult Meet on Saturday 8/1. This is your chance to get fit, have some fun, and show the kids how it's done! No experience required—really! Our Adult Swims (see pool schedule on page 3) are a great way to get in shape and prepare for this fun event. Please contact the Pool Office to sign-up

# ADULT SWIM

Daily / AM & PM

Adults-only lap lanes are available in the early morning and evenings. See the Pool Schedule on page 3 for Adult Swim hours. The "Adult Swim Team" may use lanes for scheduled team workouts. Kick boards and pull buoys available for use.



## MEET SCHEDULE

6/23	Mock Meet @ SB
6/25	IA @ SB
6/30	KL @ SB
7/7	SB @ VR
7/9 *Team Photo	BR @ SB
7/14	SB @ WW
7/16	SB @ AC
7/21	SB @ SP
7/24	B-Champs (AC)
7/27	Girls Prelims (IA)
7/28	Boys Prelims (KL)
7/30	N. Divisions (WW)
8/4	ALL CITIES (VR)

**Regular season meets are held on Tuesdays and Thursdays at 6pm. Warm-ups for home meets begin at 4:45 and for away meets at 5:15.**

## SSSL NORTHERN DIVISION CLUB ADDRESSES & PHONE NUMBERS

Aqua Club (AC)	18512 58th Ave NE	Bothell	425.486.5758
Blue Ridge (BR)	10040 15th Ave NW	Seattle	206.784.3868
Innis Arden (IA)	1430 NW 188th	Shoreline	206.546.6700
Klahaya (KL)	10307 238th Ave SW	Edmonds	206.542.3211
Sand Point (SP)	8333 55th Ave NE	Seattle	206.525.8641
View Ridge (VR)	5815 NE 77th St	Seattle	206.524.3500
Wedgwood (WW)	7727 28th Ave NE	Seattle	206.523.8211