



SHERIDAN BEACH POOL GUIDE

SUMMER 2011

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 Peter Olson (Assistant Manager) and Lauren Olson (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 12:30pm to 6:30pm 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 Aimee Sheridan at aimsclimbs@gmail.com

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



Inside the Guide:

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

STAFF

All staff members are experienced swimmers with certifications issued by The American Red Cross in both First Aid/Lifeguarding and CPR.

Kayleen Hooley, Aquatics Manager— Hello Sheridan Beach! My name is Kayleen Hooley. This will be my 7th summer at Sheridan Beach and I am so excited for what 2011 will bring. We have awesome lifeguards who are all looking forward to spending summer with you at the beach. Bring on the sun!

Peter Olson, Assistant Manager— I am excited to be back for my 6th year working at Sheridan Beach! This spring I will be finishing up my Junior year at Whitman College, where I am majoring in Psychology and Pre-Med. In addition to working at the Beach this summer, I will be applying to medical school. I think we have a wonderful staff this year and we are ready to make it one of the best summers yet!

Lauren Olson, Head Guard— Hi my name is Lauren Olson, and this will be my 5th year working at Sheridan Beach and my 2nd year as Head Guard. I just finished up my sophomore year at Whitman College. Currently I am an economics major and plan to apply to business school in the future. I thoroughly enjoy working at Sheridan Beach and I am excited for another fun summer!

Blake Titcomb, PT Guard and Swim Coach— Hi, my name is Blake Titcomb and this is my 3rd year at Sheridan Beach. I will be lifeguarding, teaching swim lessons, and coaching this summer.

Louis Weber, FT Guard and Swim Instructor— Hey my name is Louie Weber, and this will be my 5th year at the beach! My favorite part of the summer are the otter pops!

Patrick Hooley, FT Guard and Swim Instructor— I grew up in Sheridan Beach and I am excited to start my second year as a lifeguard! I just graduated from Blanchet High School and attend the University of Washington.

Samantha Gwazdauskas, PT Guard — Hello, my name is Samantha Gwazdauskas and this is my 4th year guarding at SB. I am currently attending the University of Arizona. I thoroughly enjoy sushi and strawberry milkshakes.

Kara Dodson, Substitute Guard — Hi my name is Kara Dodson. This is my fifth year at the Beach and I'll be lifeguarding and teaching swim lessons. I can't wait for fun in the sun!

Conner Stinson, PT Guard, Water Polo Coach— Hi my name is Conner Stinson and this is my 3rd year at Sheridan Beach. Along with lifeguarding, I coach the water polo team at Sheridan Beach and will be teaching swim lessons.

Angie Bonato, PT Guard— Hi, my name is Angie Bonato and this is my third year lifeguarding for Sheridan Beach. I am a senior at Shorecrest High School and I look forward to spending lots of time down at the beach this summer!

Jacob Farris, FT Guard and Swim Instructor— Hey my name is Jacob Farris and this will be my second year lifeguarding at Sheridan Beach. I'm attending WSU. I like the playing sports and outdoor activities.

Maddie Lees, PT Guard and Swim Instructor— My name is Maddie Lees and I'm a junior at Holy Names Academy. I'm very excited for my second year of lifeguarding and teaching lessons at the Beach!

Joren Clowers, Substitute Guard - Hi my name is Joren Clowers and this will be my first year working at the beach club. I am Junior at Seattle Preparatory School. I have been a part of the Sheridan Beach community for my entire life and I am very excited to have the opportunity to work as a lifeguard this year.

Ethan Hausman, Substitute Guard - Junior Shorecrest High School

Erik Ramsey, Substitute Guard - Senior at Shorecrest High School

Andrew Garratt, PT Guard— Hey my name is Andrew Garratt, and this will be my second year as a Sheridan Beach life guard! I am a sophomore at Seattle University. I enjoy sports and making artwork. Can't wait for this summer!

POOL SCHEDULE

May 28-September 11

SATURDAYS & SUNDAYS	
<u>May 28—Sept 10</u>	
<i>*Sunday schedule Memorial Day & Labor Day</i>	
7:30-9:00am	Adult Swim
11:00-12:00pm	Rental
12:00-9:00pm	Open Swim
9:00-10:00pm	Rental (Sat Only)
<u>September 11</u>	
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	
<u>May 30— June 18</u>	
<i>*Sunday schedule Memorial Day & Labor Day</i>	
5:30-7:30am	Adult Swim
3:00-5:00pm	Open Swim
5:00-8:00pm	Swim Team
8:00-9:00pm	Adult Swim
<u>September 6—9</u>	
3:00-7:00pm	Open Swim
7:00-8:00pm	Adult Swim

MONDAY THRU FRIDAY	
<u>June 20—September 2</u>	
5:30-7:30am	Adult Swim
7:30-11:30am	Swim Team
11:30-12:30pm	Swim Lessons
12:30-1:00pm	Adult Swim/Private Lessons
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 7:30-8:15pm</i>	

Lap Lanes: In addition to designated times, a lap lane may be requested if 10 or fewer in pool.
Early Closures: 6/21, 6/23, 6/30, 7/12, 7/19 (3:30pm for swim meets); 7/15(5pm Kid's Overnight); 7/20 (5pm for Camp Sheridan);
 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** Monday 7/4
 Neighborhood parade at noon followed by fun & games for all ages. Spectacular fireworks show from our dock at dusk!
- WEDNESDAY CRAFT CART** Weds 7/6-TBD
 Come join our lifeguards for a fun craft or activity each Wednesday at 12:30 in the cabana!
- KIDS' OVERNIGHT** (ages 9-12; club closes at 5pm) Friday 7/15
 Pitch a tent & enjoy this overnight tradition! Lifeguard-supervised activities make this campout a classic.
- CAMP SHERIDAN** (ages 5-8; club closes at 5pm) Wednesday 7/20
 A kids' night out for the pre-overnight set. Games and treats with your favorite lifeguards from 6:30-10:00pm.
- ADULT MEET** (hosted by Sheridan Beach) Saturday 7/30
 Get fit during adult swim workouts and enjoy friendly competition at this festive swim meet.
- BUBBLES THE CLOWN** Wednesday 8/10
 Come giggle with everyone's favorite resident clown at this annual afternoon affair! 12:30 in the cabana.
- ADULT PARTY** (adults only) Saturday 7/23
 Meet neighbors and friends at the annual adult-only party!
- ICE CREAM SOCIAL** Monday 9/5
 Reflect on fond summer memories with your neighbors, and toast another bygone season with an ice cream sundae.
- 4th ANNUAL ACROSS THE LAKE SWIM** Saturday, 9/3
 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.

EVENT DATES & TIME SUBJECT TO CHANGE
 ADDITIONAL DETAILS PROVIDED AT THE BEACH CLUB - STAY TUNED!

SWIM TEAM

Mon-Fri / May 31 -August 2

COACHING STAFF: The coaching staff this season will be our returning Head Coach, Scott Kelley, returning assistant coach Blake Titcomb and we are excited to have Liliya Shtikel join our team. She comes to us with many years of swim experience, both as a swimmer and as a coach.

SWIM TEAM MANAGERS: Please feel free to contact your swim team managers with any questions and concerns; Teri Clowers (420-1202), Michelle Hausman (367-4987), Liz Rogers (368-3582) and Cyndi Standaert (417-2406).

DUES: \$95 for first swimmer, \$75 for each additional swimmer, and a fund raising fee of \$90. Any pool member in good standing with the club may sign up their children or grandchildren for swim team

ELIGIBILITY: SSSL rules stipulate that swimmers must be 6 years old by 6/15/10 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 \$110/season. We have a great need for meet officials so please consider volunteering in this area. Please contact Swim Team Managers to volunteer.

STROKE CLASSES: This class is for swim team members who are eager to improve their stroke techniques, starts and turns and to develop race strategies. Classes can be arranged through the swim lesson registration process and are usually offered M-TH between 11:00am-11:30am.

SWIM TEAM PICNIC: The Swim Team Picnic will be held on Wednesday August 3rd.

PICTURE DAY: June 30th.

WORKOUT SCHEDULE	
<u>May 31st—June 17(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 20—August 2(M-F)</u>	
7:30—8:30am	11 & 12
8:30—9:15am	9 & 10
9:15—10:00am	8 &U
10:00—11:00am	13—18



MEET SCHEDULE	
6/21	Mock Meet @ SB
6/23	AC @ SB
6/28	SP @ SP
6/30	KL @ SB
7/7	WW @ WW
7/12	IA @ SB
7/14	VR @ VR
7/19	BR @ SB
7/22	B-Champs (VR)
7/25	Girls Prelims (SP)
7/26	Boys Prelims (AC)
7/28	N. Divisions (KL)
7/30	Adult Meet (SB)
8/2	ALL CITIES (Klahaya)
8/3	Swim Team Picnic

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

SWIM LESSONS

Mon-Thurs / June 20-August 19

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. Private lessons are available for children and adults. Cost is \$40 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 Sheridan Beach Management at sbccmanagement@gmail.com for additional info.

SWIM LESSON SCHEDULE

Session I
June 20—June 30

Session II
July 5—July 15

Session III
July 18—July 28

Session IV
Aug 1—Aug 11

Session V
Aug 15—19
1 week only

MINI SWIM TEAM

Mon-Fri / August 15-19

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 16-19 (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 July 30

The Northern Division of the Seattle Summer Swim League (SSSL) holds an annual Adult Meet for anyone & everyone over age 18. Sheridan Beach will host the Adult Meet on Saturday 7/30. 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.



DEEP WATER AEROBICS

Sun & Wed / June 1st-Aug 31

Cyndi Standaert is back with her popular Deep Water Aerobics classes! Group classes are offered Sunday evenings 6:00-7:00pm and Wednesday evenings 7:30-8:15pm. This year Cyndi will be changing the format of the classes. Wednesday evenings will be an aqua running class with abdominal work. This class will only run for 45 minutes. Sundays will remain the same with a classic deep water exercise format. 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 June 5th-June26th

Wednesday Aerobics (in addition to Sunday class) begin June 29th & end August 31st

WATER POLO

Mon-Fri / July 1-Sept 2

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 \$125 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 1st - July 31st (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 3rd - September 2nd (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.

CHAMPIONSHIP WEEK/TRIATHALON/PIZZAFEST

August 28-Sept 2

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 6-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 7th!

SAILING CLUB

Wednesdays / June—Sept

Come join the Sheridan Beach Sailing Club! 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 people out sailing, so please come help us with youth programming, publicity, party organizing, race night set up, etc. Adult Life Vest donations are appreciated.

For more information, please contact Brian Coxon at bcoxon@in-tec.com or Liz Richmond at 206.524.3615 or elizabethrichmond@comcast.net. *Open to Sheridan Beach Club Members in good standing. Additional fee required.*



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.
27. No head first entry in lake.



**Sheridan Beach
Community Club**



16500 Shore Drive NE
Lake Forest Park WA
98155
206.364.0920