

WILTONDALE POOL

WILTONDALE POOL COMMITTEE

WILTONDALE IMPROVEMENT ASSOCIATION, INC

March 2009

Dear Pool Member,

Winter is transitioning into Springtime...and soon it will time for opening day for the 53rd season of the Wiltondale pool. Your pool committee members, WIA Board of Directors and the pool staff have been busy planning so you and your family will have a safe and enjoyable summer at our neighborhood pool. I would like to personally welcome you back as you renew your membership and extend a warm greeting to the new families joining our pool this year.

You will be able to renew your membership both online (www.wiltdalepool.org) and by mail. The pool schedule of events is only available online. We have many activities for you and your family to enjoy so be sure to print out a copy.

What activities you ask? For the many new families in our neighborhood here's a rundown of the activities that Pool Members receive:

Free Family Nights Free Teen Nights Free Sleepover Free Swimming Lessons

Free Diving Lessons Free Water Aerobics Free Monday Night Races

Adult Nights Holiday Parties (Memorial Day, 4th of July and Labor Day)

So...lots of activities and events for your enjoyment. Mr. Chad Roeder is returning for his 40th year as our Pool Manager. Mr. Jeff Glorioso and Mr. Phil Bickel will also be returning this season as our assistant managers. We're fortunate to have such dedicated and seasoned management running our pool. If you have any questions, suggestions or concerns please don't hesitate to speak with a member of the pool committee or our professional pool staff.

We are happy to announce that the membership dues and fees for 2009 will remain the same for those who pay timely. With 115 days to this summer season, that comes to about \$3.20 a day for an entire family. Where else can you take your entire family for \$3.20 a day?

Opening day is Friday, May 22nd, from 4 to 7pm. I'm looking forward to seeing you and your family at the pool!

Warmest Regards,

Trish Coan

Chairman, Wiltondale Pool Committee

(410) 337-9159

WILTONDALE POOL

MEMBERSHIP DUES FOR 2009

<u>ANNUAL DUES:</u>	RESIDENTS	NON-RESIDENTS
Family Membership	\$425.00	\$450.00
Husband and Wife Membership (and Single Parent & Child)	\$355.00	\$375.00
Single Adult Membership	\$290.00	\$300.00
Care-giver Membership	\$ 75.00	\$100.00

GUEST FEES:

Monday-Friday	\$5.00
Weekends and Holidays	\$7.00
Any day after 5 p.m.	\$3.00
Water Aerobics Class guest	\$5.00

PAYMENT OF DUES:

You may renew your membership by paying your dues on-line on our website wiltondalepool.org. First time users should use their last name followed by their house number for their user id and leave the password field blank. For example-smith300. If you forget your password or experience difficulty, call Casey Cunningham (410) 321-6428. If you prefer not to renew on-line, you may mail your payment. Make your check payable to the **Wiltondale Pool Committee**, and include your phone number on the check. ***Payment whether on-line or by mail must be made no later than April 30, 2009.*** Payments by mail will only be accepted when mailed to:

**Wiltondale Pool Committee
PO Box 27531
Baltimore, MD 21285-7531**

NEW THIS YEAR: Payments postmarked or made on-line after April 30 will be subject to a mandatory \$50 late fee.

PLEASE VISIT THE WEB SITE TO VIEW THE ENTIRE ANNUAL LETTER WITH A
CALENDAR OF EVENTS AND DETAILS OF ALL POOL FUNCTIONS

WILTONDALE POOL

2009 EVENTS CALENDAR

All dates and times are subject to change as posted at the front desk.

Friday	May 22	POOL OPENS -- Pre-Season schedule
Monday	May 25	Memorial Day Celebration Cookout (12:00 p.m.-2:00 p.m.)
Friday	June 5	First Float Night (6:00 p.m.-8:00 p.m.)
Saturday	June 13	In-Season begins
Wednesday	June 17	First Adult Night – <i>FREE to all members</i> (7:30 p.m.-10:30 p.m.)
Monday	June 22	Swimming Lessons begin
Tuesday	June 23	First Teen Night (8:30 p.m.-10:30 p.m.)
Friday	June 26	First Family Night (5:30 p.m. – 9:00 p.m.)
Wednesday	July 1	Adult Night (7:30 p.m.-10:30 p.m.) Check postings for theme.
Saturday	July 4	July 4th Celebration (1:00-3:00 p.m.) POOL CLOSSES 7:30 P.M.
Monday	July 6	First Monday Night Races (7:00 p.m. start)
Tuesday	July 14	Wiltondale Association Board Meeting (pool remains open)
Wednesday	July 15	Adult Night (7:30 p.m.-10:30 p.m.) Check postings for theme.
Friday	July 10	Second Float Night (6:00 p.m.-8:00 p.m.)
Tuesday	July 14	Second Teen Night (8:30 p.m. – 10:30 p.m.)
Wednesday	July 29	Adult Night (7:30 p.m.-10:30 p.m.) Check postings for theme.
Friday	July 31	Second Family Night (5:30 p.m.- 9:00 p.m.)
Friday	Aug. 7	Third Float Night (6:00 p.m.-8:00 p.m.)
Wednesday	Aug. 12	Adult Night (7:30 p.m.-10:30 p.m.) Check postings for theme.
Tuesday	Aug. 18	Third Teen Night (8:30 p.m. – 10:30 p.m.)
Friday	Aug. 21	Third Family Night (5:30 p.m. – 9:00 p.m.)
Saturday	Aug. 22	Annual Sleepover, POOL CLOSSES AT 6:00 P.M.
Saturday	Aug. 29	Final Adult Night (Surf & Turf)
Sunday	Aug. 30	Last Day of In-Season
Monday	Sept. 7	Labor Day Celebration (12:00 p.m.-2:00 p.m., Races at 10:30 a.m.)
Saturday	Sept. 12	Wiltondale Association Annual Party
Sunday	Sept. 13	Last Day of Season -- Dog Swim at 5:31 p.m.

WILTONDALE POOL

2009 SEASON SCHEDULE

PRE-SEASON:

Friday	May 22	4:00 p.m.-7:00 p.m.
Saturday	May 23	10:00 a.m.-7:00 p.m.
Sunday	May 24	12:00 Noon-7:00 p.m.
Monday	May 25	10:00 a.m.-7:00 p.m. (Memorial Day)
Tues.-Thu.	May 26-28	4:00 p.m. – 7:00 p.m.
Friday	May 29	4:00 p.m.-9:00 p.m.
Saturday	May 30	10:00 a.m.-9:00 p.m.
Sunday	May 31	12:00 Noon-8:00 p.m.
Mon.-Thu.	June 1-4	1:00 p.m.-8:00 p.m.
June 8-11		
Friday	June 6, 12	1:00 p.m.-9:00 p.m.

IN-SEASON:

Saturday June 13 In-Season Hours Begin

HOURS:

Monday-Saturday* 10:00 a.m.-9:00 p.m.
Sunday 12:00 Noon-9:00 p.m.

* The pool closes at 6:30 on Adult Nights.

Last Day of the In-Season: Sunday, August 30

POST SEASON:

Mon.-Fri.	Aug. 31-Sept. 4	1:00 p.m.-9:00 p.m.
Saturday	Sept. 5	10:00 a.m.-9:00 p.m.
Sunday	Sept. 6	12 Noon-9:00 p.m.
Monday	Sept. 7	10:00 a.m.-7:00 p.m. LABOR DAY
Tues.-Thu.	Sept. 8-10	4:00 p.m.-8:00 p.m.
Friday	Sept. 11	4:00 p.m.-9:00 p.m.
Saturday	Sept. 12	10:00 a.m.-4:00 p.m./Reopen for Annual Party
Sunday	Sept. 13	12:00 Noon -5:30 p.m.

5:31 p.m.-6:00 p.m. DOG SWIM

WILTONDALE POOL

ADULT NIGHTS

The Wiltondale Pool is pleased to announce the schedule for the Adult Nights for 2009. All the Adult Nights will be held on Wednesday evenings except the final "Surf & Turf," which will be held as usual on a Saturday evening. All adult nights will be from 7:30 p.m. to 10:30 p.m., with the first being free for all pool members. Admission charged for most Adult Nights will be \$15.00 for members and \$20.00 for their guests. Tickets must be purchased at the pool before 6 p.m. the Monday evening prior to the event (Thursday evening for Saturday). **PLEASE PAY BY CHECK PAYABLE TO WILTONDALE POOL COMMITTEE.**

PLEASE MARK YOUR CALENDAR FOR THE FOLLOWING DATES:

Wednesday	June 17	Welcoming Night – FREE (Reservations must be made by June 15)
Wednesday	July 1	Cocktail Night – Bring your own cocktails, we'll supply hors d'oeuvres
Wednesday	July 15	Roast Beef and Beer Exchange Night
Wednesday	July 29	Chesapeake Bay Night (Admission adjusted for this event.)
Wednesday	Aug. 12	Italian Night with Wine tasting and entertainment
Saturday	Aug. 29	Surf & Turf Night-Steak & Shrimp (Admission adjusted for this event.)

(On Adult Night evenings, the pool will close at 6:30 p.m. and re-open at 7:30 p.m. The pool will be available for any non-participating **adult** members to swim)

Door Prizes will again be included in our usual fun. Any ideas or donations for the door prizes are always welcome.

Questions regarding Adult Night may be directed to Kristen or Michael Rudolph (443) 928-0394.

WILTONDALE POOL

FAMILY NIGHTS

Family nights are fun and games! These events will be held beginning at 6:30 p.m. on three Friday evenings throughout the summer. Members are asked to sign up so we know how many to expect. Bring a card or board game to share or join an existing game. A movie for the small fry will be shown. The pool committee will provide snacks, beverages, and popcorn. Try to make time to attend this event with your whole family. It's a great way to wind up the week!

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING DATES:

Friday, June 26

Friday, July 31

Friday, August 21

Any questions about family nights can be directed to Tim or Katie Kuhn (410) 847-9026.

TEEN NIGHTS

The Pool Committee is pleased to announce the schedule for teen nights for the upcoming season. Similar to last season, there will be a total of three teen nights that will be held on Tuesday nights from 8:30 p.m. to 10:30 p.m. **This event is geared for youngsters entering sixth grade through age 16.** There is no admission charge for members, but there is a \$4.00 fee for guests.

PLEASE MARK YOUR CALENDAR WITH THE FOLLOWING DATES:

Tuesday June 23

Tuesday July 14

Tuesday August 18

We'll have a special menu for each event as well as door prizes. If you have any questions about Teen Nights, please call Tim or Katie Kuhn (410) 847-9026.

FLOAT NIGHTS

This year, open center floats, rings, noodles, etc. will be permitted in the pool on selected Friday evenings from 6:00 p.m. to 8:00 p.m. during the In-Season. Those dates are June 5, July 10, and August 7.

Single person, open center floats only, no rafts. The pool director, assistant director, and life guards reserve the right to restrict certain floats deemed to be unsafe or limit the number of floats or swimmers in the pool at any one time.

WILTONDALE POOL

MONDAY NIGHT RACES

We are pleased to announce that competitive swimming for children will be held again this year at the Wiltondale Pool. The "Monday Night Races," under the direction of Beth Tober and Trixie Tracey, will be held Monday evenings at 7:00 p.m. on the following dates:

July 6, 13, 20, 27

August 3, 10, 17, 24, 31 (if needed)

September 7 -- Labor Day Races begin at 10:30 a.m. -- Award Ceremony follows

As always, we have scheduled eight official Monday night racing dates. However, participants will be allowed to count only seven of the eight weeks towards their total season point score, which will be used to determine awards. Points will be awarded as follows: 4 points for 1st, 3 points for 2nd, 2 points for 3rd, and 1 point for all other finishers.

At the end of the season, 1st, 2nd, and 3rd place awards will be given to three participants in each age group who have competed **in at least four** of the dates and attained the highest point scores during Monday Night Races. (The requirement of competing in at least 4 of the dates is subject to change if too many race dates have been cancelled because of inclement weather.) A season participant award will be given to each swimmer who swims on at least four of the eight dates and has earned a minimum of six points, regardless of whether or not the swimmer has placed in the top three positions. The final race day will be one for which all swimmers may win ribbons, even if they are not eligible for a season award.

The four strokes will be backstroke, breaststroke, butterfly, and crawl. Extra points may be earned by participating in IM's or relays, at the sole discretion of the race director.

The following categories will be offered for the Monday Night Races. Please note that a swimmer's race category will be determined by his/her actual age on the first race date, July 6.

- 6 and under boys and girls
- 7-8 boys and girls
- 9-10 boys and girls
- 11-12 boys and girls
- 13-14 boys and girls
- 15 and over boys and girls

Any questions, please call Beth Tober (410) 583-2397 or Trixie Tracy (410) 823-0969.

Please watch the Pool bulletin board for additional information or changes.

Stroke Clinic: We are scheduling a series of one-hour stroke clinics in June. Adult stroke clinics will also be available. Please check the pool bulletin board for more details.

WILTONDALE POOL

SLEEPOVER (MEMBERS ONLY)

Rest assured, it wouldn't be summer in Wiltondale without the *Annual Sleepover!* This summer tradition will once again be held for children ages 7 to 11, entering grades 1 through 5, on Saturday, August 22 (**there is no rain date**). Tent setup will begin at 5:00 p.m., and children **must** be picked up no later than 8:00 a.m. Sunday morning. Additional rules will be posted at sign-up. Children should not bring electronic devices of any kind, including cell phones. An adult will call you if your child needs you. Parents are reminded to be one phone call away in case we need to reach you. NOTE: Parents will be permitted to stay at the sleepover until 8:00 p.m. on Saturday evening. Only pool committee members/spouses and designated staff are permitted after 8:00 p.m. If you have any questions about the Sleepover, please call Tim or Katie Kuhn (410) 847-9026.

DIVING LESSONS (MEMBERS ONLY)

We are pleased to announce that we will be providing diving lessons this summer to pool members. **Please watch the Pool bulletin board for further information regarding class times and dates.**

DISTANCE SWIM COMPETITION

The pool committee will award prizes on Labor Day to the members who swim 10-miles during the 2009 season. Please look for details on the bulletin board. You must keep track of your laps in the logbook at the front desk. To minimize the number of entries, **please log in once per day**. Remember that two lengths of the pool equal a single lap. See Jeff Glorioso for more details.

WATER AEROBICS (GUEST FEE \$5)

This popular evening class will again be available on scheduled evenings from 7:00 – 8:00 p.m. Pool members are invited to participate in this activity free of charge. A guest fee of \$5 applies to non-members. Keep in mind that this class is geared for adults and mature teens only. Please consult with your doctor prior to participation in this or any exercise class. Dates for classes will be posted at the pool desk.

PICK-UP BASKETBALL

If there is sufficient interest, we will again offer pick-up basketball games Sunday afternoons and Tuesday evenings; please watch the pool bulletin board for details.

WILTONDALE POOL

SWIMMING LESSONS (MEMBERS ONLY)

Swim lessons will again be offered to members – there is no additional expense for these lessons; Jenny Sherman returns as our swimming instructor. There will be four sessions of two weeks each with instruction on Monday through Thursday mornings. Fridays will be held open in case any lessons need to be made up. The number of classes and times of each are subject to change based upon enrollment.

To register your child for classes, sign up at the front desk at the beginning of the season. If you are unsure which class they should attend, please consult with Jenny. **DO NOT SIGN UP A CHILD FOR MORE THAN ONE CLASS PER SESSION.** A child may attend Level 6B if they have signed up for Level 6A and space is available at the start of class. All lessons, except Pre Swim for toddlers, require that the child be able to stand comfortably in the three-foot area of the pool.

Session 1: June 22 – July 3

Level 6A:	Personal Water Safety	9:00a.m.	
Level 6B:	Fitness Swimmer	9:30a.m.	
Level 5:	Stroke Refinement	10:00a.m.	11:00a.m.
Level 4:	Stroke Improvement	10:30a.m.	11:30a.m.

Session 2: July 6 – July 17

Level 3:	Stroke Development	9:00a.m.	10:00a.m.
Level 2:	Fundamental Aquatic Skills	9:30a.m.	
Level 1:	Introduction to Water Skills	11:00a.m.	11:30a.m.
Pre Swim:	11:30am (recommended for toilet-trained children just beginning to swim in the big pool)		

Session 3: July 20 – July 31

Level 6A:	Personal Water Safety	9:00a.m.	
Level 6B:	Fitness Swimmer	9:30a.m.	
Level 5:	Stroke Refinement	10:00a.m.	11:00a.m.
Level 4:	Stroke Improvement	10:30a.m.	11:30a.m.

Session 4: August 3 – August 14

Level 3:	Stroke Development	9:00a.m.	10:00a.m.
Level 2:	Fundamental Aquatic Skills	9:30a.m.	
Level 1:	Introduction to Water Skills	11:00a.m.	11:30a.m.
Pre Swim:	11:30am (recommended for toilet-trained children just beginning to swim in the big pool)		

WILTONDALE POOL

COURSE DESCRIPTION SWIMMING LESSONS

Pre Swim (For Toddlers):

Participants in the Pre Swim class for toddlers, *MUST BE COMPLETELY TOILET-TRAINED* and be accompanied by an adult in the pool with the child during the lessons.

Level 1- Introduction to Water Skills:

ADJUSTMENT -- submerge face

BUOYANCY -- breath control-bob, chin level, with and without support 10X support-front, back, float, bubble blowing

ENTRY/EXIT -- unassisted, using pool steps, ladders

LOCOMOTION -- walk, front and back kick with support into arm strong-5 yards

SAFETY -- basic rules, call for help, reaching assists, NO equipment cramp release, life jacket on deck enter water

Level 2-Fundamental Aquatic Skills

ADJUSTMENT -- fully submerge, retrieve objects, deep orientation

BUOYANCY/BREATH CONTROL-prone and supine 5 seconds-glide/float, recovery, level off, rhythmic breathing with and without support-10 bobs

ENTRY/EXIT -- step chest deep, recover to vertical, and exit side

LOCOMOTION -- flutter kick, front and back; fining on back, back crawl arms; combo front 5 yards; combo back with choice of arms-5 yards

URNS -- front to back, back to front-demo

SAFETY -- life jacket; float shallow, face out-one minute; reaches, extensions from deck; assist non-swimmer; introduction to rescue breathing

Level 3-: Stroke Development

ADJUSTMENT -- retrieve objects

BUOYANCY/BREATH CONTROL -- bobs, bob to safety-15 times

ENTRY/EXIT -- jump in dive, dive-compact and kneel

LOCOMOTION -- prone, supine glides-2 body lengths; coordinated crawl with breathing to side 10 yards; coordinated back crawl 10 yards; elementary back 10 yards

URNS -- reverse on front and back-demo

SAFETY -- diving rules, treading deep water jump with life jacket, H.E.L.P. position 1 minute, huddle position, open airway rescue breathing

WILTONDALE POOL

SWIMMING LESSONS COURSE DESCRIPTION (cont)

Level 4 -: Stroke Improvement

BUOYANCY/BREATH -- bobs in deep, floating, rotary breathing

ENTRY/EXIT -- dive stride, stand positions

LOCOMOTION -- elementary back 10 yards, scull on back 5 yards or 15 seconds, crawl on front 25 yards, breaststroke kick 10 yards, sidestroke kick 10 yards

TURNNS -- introduction to turns at wall

SAFETY -- tread with 4 different kicks 2 minutes, learn rescue breathing, introduction to CPR-video or demonstration

Level 5- Stroke Refinement:

BREATHING -- alternate breathing

ENTRY/EXIT -- stride jump, board-beginner progression, and long shallow dive

LOCOMOTION -- breaststroke 10 yards, sidestroke 10 yards, underwater swim 3 body lengths, elementary backstroke 25 yards, fly kick 10 yards, front/back crawl 50 yards

TURNNS -- open turns front and back

SAFETY -- board rules, spinal injury recognition, hip/shoulder, feet-first surface dive, treading-2 minutes, 2 kicks

Level 6B: Fitness Swimmer

ENTRY/EXIT -- approach and hurdle on board, tuck, jump on board

LOCOMOTION -- front and back crawl 100 yards, breaststroke 25 yards, sidestroke 25 yards, butterfly 10 yards, approach stroke 25 yards

TURNNS -- breaststroke, side, speed turn and pull out for breast, flip turn front crawl

SAFETY -- tuck and pike surface dives, tread water with alternate kicks 3 minutes-1 minute no hands, throwing rescue, roll spinal injury face up

Level 6A: Personal Water Safety

ENTRY/EXIT -- springboard dive in tuck and pike positions

LOCOMOTION -- review all strokes 500 yards, turns, and skills, front 200 yards, back crawl 100 yards, underwater swim 15 yards, breast 50 yards, and butterfly 25 yards

TURNNS -- backstroke flip turn

SAFETY -- in water equipment rescue, conditioning principles, heart rate, retrieve diving brick, Basic Rescue skills, tread water, assist backboard rescue

WILTONDALE POOL

MEMBERSHIP RESPONSIBILITIES

Please remember that we reserve the right to address anyone who: exhibits inappropriate behavior or language, fails to follow the instruction(s) of the staff; fails to follow any established policies, fails to adequately supervise their children, and/or disrespects the rights of other members or the staff. As with all cases, management will be the sole arbitrator in any dispute arising from these issues.

2009 POOL COMMITTEE MEMBERS AND SPOUSES

Trish & Mike Coan	Chairman	(410) 337-9159
Jay & Sheri Massa	Maintenance	(410) 825-6724
Tim & Katie Kuhn	Teen Nights, Sleepover, Holidays	(410) 847-9026
Eric & Linda Hutter	Finances	(410) 828-5126
Kristen & Michael Rudolph	Adult Nights	(410) 821-6659

POOL STAFF

Chad Roeder	Pool Manager	(443) 690-0888
Jeff Glorioso	Assistant Pool Manager	(410) 821-6497
Phil Bickel	Assistant Pool Manager	(410) 583-2258

POOL CONTACT INFORMATION

Office Phone Number: (410) 337-3631
Email: wiltondalepool@verizon.net
Membership: pool@wiltondale.org
Website: www.wiltondalepool.org

We ask members to make all payments at the pool office in excess of \$10 by check payable to: Wiltondale Pool Committee.