

GOLDEN HILLS GOLF & COUNTRY CLUB

SWIMMING POOL NEWS

ANNUAL EDITION
MAY, 2010



GOLDEN HILLS POOL

It's time to welcome our members back for another fun summer at the Golden Hills pool. We have a lot of activities going on that your family can get involved in!

Our lifeguard staff from last summer will all be returning. Lifeguards will be on duty daily from opening until closing (excluding school days). This will 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 Mondays through Fridays. Evening parties will continue to be scheduled throughout the entire week. See page two

POOL KEYS

The locks on both pool gates will be 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

for more information.

For children, we offer group and private swimming lessons for all levels of swimmers. The lessons are recommended for children 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.

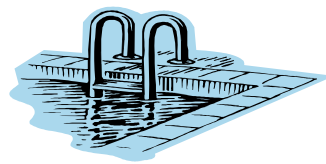
For adults, we offer a lap-swimming lane at all times (if a lane rope is not in, please ask the lifeguard for assistance). We are also excited to offer water aerobics class and an adult swim clinic.

Of course, if your goal is

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).

Normal office hours are 9:00 - 5:00 Mondays - Thursdays and 9:00 - 12:00



simply to relax and cool off on a hot summer day, we have a lounge chair waiting for you!

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 22, 2009 until Sunday, September 12, 2009 with the exception of early closings for swim team functions - see page 3 of this newsletter or check our online calendar.

Fridays. Contact Dian Berry at 957-3970 if you need to make other arrangements to pick up a key.

There is a \$10 replacement fee for lost keys.



ADULT SWIM CLINIC!!

An adult swim clinic will be offered in May. This clinic will focus on stroke technique and is designed to improve your comfort, endurance and efficiency in the water. Two levels will be offered: Beginners/Intermediates - should be able to swim a minimum of 100 yards without stopping; Intermediates/Advanced - swimmers who have some competitive experience and want to refine technique and improve efficiency.

For more information, go to GoldenHillsGolf.com or contact Tracy King at 957-6409 or ghswimming@sc.rr.com.

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POOL PARTY GUIDELINES AND RESERVATIONS

We are pleased to offer several different options for pool parties. The following guidelines will 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. 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 team section of the website at www.GoldenHillsGolf.com for a calendar of parties. Parties are scheduled on a first-come, first-served basis.

A party is not confirmed until notification is received from the pool.

If you need to cancel or 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.

Registration forms are available at the pool or on our website.

WATER AEROBICS!!!

Water aerobics classes will be offered again this year on Tuesday evenings from 7:00 - 7:45 and Saturday mornings from 9:00 - 9:45.

Please contact Cindy Smith to register at 528-8912 or csmith630@sc.rr.com.

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 or contact Tracy King at 957-6409 or ghswimming@sc.rr.com.



SWIMMING LESSON CLASS SCHEDULE

2010 CLASS schedule

Session 1: June 7 - June 17
Monday – Thursday

Session 2: June 21 - July 1
Monday – Thursday

Session 3: July 12 – July 22
Monday – Thursday

Class Times Offered:

11:15 – 11:45 a.m.

11:45 - 12:15 p.m.

Cost: Members \$60; Non-members \$80 / two-week session.

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

Private lessons also available:

\$20 per ½ hour (one child)

\$30 per ½ hour (two chil-

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.

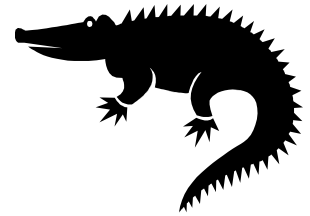
Since joining the Columbia Swim League in 2000, coaches and parents have worked to develop a successful program. It is our desire to encourage the sport of swimming and for all swimmers to improve and ex-

cel. 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.

Practices are held Mondays through Fridays in the mornings at the Golden Hills pool. The season is made up of five Thursday night dual meets, four Monday night "B" meets (exhibition meets), and culminates with the City Meet in July. Swim team-only memberships are available for interested swimmers who are not members of Golden Hills.

For more information, contact Tracy King at ghswimming@sc.rr.com or 957-6409.



"AT GOLDEN HILLS, WE ENCOURAGE ALL SWIMMERS TO PARTICIPATE, REGARDLESS OF SKILL OR ABILITY"

SWIM TEAM SUMMER SCHEDULE

Practices:

Practices will be held after school on Mondays, Wednesdays & Fridays from May 17 to May 28, plus Tuesday - Thursday, June 1-3 as follows:

4:30 - 5:30 pm Beg/Int
5:30 - 6:30 pm Jrs/Srs

Morning practice times will begin on June 4. The schedule is Monday through Friday as follows:

8:00 - 9:00 am Beg/Int
9:00 - 10:30 am Jrs/Srs
10:30 - 11:00 am Develop.

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

Calendar:

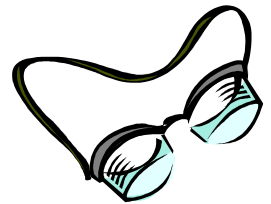
April 30 Deadline for Guaranteed Registration
May 2 Swim Team Registration 3:00 to 4:00
May 15 Kid's Triathlon at Golden Hills
May 17 After-school practice begins
May 31 Memorial Day - No practice
May 26 6:30 Parent Meeting at Clubhouse
June 4 Regular morning practice starts
July 20 Team Banquet

Swim Meets:

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

June 7 "B" meet vs. King's Grant at GH
June 10 "A" meet at Quail Hollow
June 14 "B" meet vs. Country Club of Lex. at GH
June 17 "A" meet vs. Quail Valley at GH
June 21 "B" meet at Murraywood
June 24 "A" meet vs. Topspin at GH
June 28 "B" meet at Spring Valley
July 8 "A" meet vs. Governor's Grant at GH
July 12 "A" meet at YMCA Northwest

July 17 - 18 CSL City Meet at USC





Golden Hills
GOLF & COUNTRY CLUB

100 SCOTLAND DRIVE
LEXINGTON, SC 29072
TELEPHONE: 803.957.3355

Pool Information

Membership: (803) 957-3970

Swim Team: (803) 957-6409

Swim Lessons: (803) 957-6409

Pool: (803) 359-7902

Other: (803) 957-6409

E-mail: ghswimming@sc.rr.com

WE'RE ON THE WEB!
GOLDENHILLSGOLF.COM



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. 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.