

SWIMMING POOL NEWS

Spring/Summer 2024

GOLDEN HILLS POOL

It's time to welcome our members back for another summer of fun at the Golden Hills pool. We want everyone to enjoy time at the pool but we are, first and foremost, obligated to provide a safe environment. As you read through the newsletter you will learn about the all the events and changes that will be in place during this swim season.

The pool will be open from 12:00 p.m. until 8:00 p.m. weekdays and 11:00 a.m. until 8:00 p.m. on weekends beginning Saturday, May 25, 2024 through Monday, September 2, 2024.

Lifeguards will be on duty daily during pool operating hours, when school is out of session. Lifeguards will be on duty on weekends only when school is in session. Our pool attendants help ensure that members will have a certified lifeguard available to them, rules

will be enforced, and concessions will be available during pool operating hours.



For children, we offer group and private swimming lessons for all skill levels. 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).

As always our commitment is to providing you with a safe and fun environment to swim, relax and cool off on those hot summer days.

INSIDE THIS ISSUE:

Pool Parties	2
Swim Lessons	2
Swim Team	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 \$10 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 \$10 deposit will be returned.

Contact Dian Berry at (803) 957-3970 or email: Dian@goldenhillsgolf.com

if you need to make other arrangements to pick up a key.

The replacement fee for a lost key is \$20.



POOL PARTY GUIDELINES AND RESERVATIONS

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

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. The cost will be \$60. Evening parties may be held for up to 20 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 & 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

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.

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 3 – 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 Ashley Dunnivant at ashleydunnivant@hotmail.com

SWIMMING LESSON CLASS SCHEDULE

2024 CLASS Schedule

Session 1: June 3- June 13
Monday - Thursday

Session 2: June 17 - June 27
Monday - Thursday

Session 3: July 1 - July 11
Monday - Thursday

Session 5: July 15- July 25
Monday – Thursday

Class Times Offered:

11:00 – 11:30 a.m.

11:30 - 12:00 p.m.

Evening Sessions:

Session 4: July 1- July 11

Session 6: July 15 - July 25
6:00-6:30pm & 6:30-7:00pm

Cost:

\$120 Per Swimmer*

*cost is per two-week session

A total of 2 make-up lessons will be offered only in the event of inclement weather.

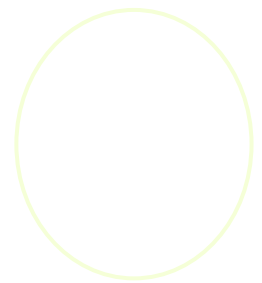
Private lessons are available:

\$30 per ½ hour (one child)

\$50 per ½ hour (2 children)

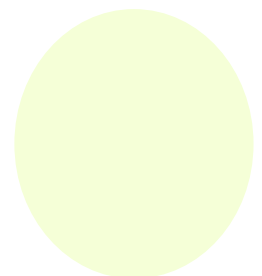
Registration forms available at www.goldenhillsgolf.com

Contact **Ashley Dunnivant** with questions at ashleydunnivant@hotmail.com



Pool Closings

The pool will close at 4:00pm on dates that home meets are scheduled at Golden Hills for the swim team. Meets are held on Monday & Thursday evenings. See page 3 for the meet schedule.



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 and 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. 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.

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 4 competitive strokes, starts and turns. Once they are able to swim the length of the pool unassisted, they may participate in B Meets. For more information, visit our swim team website located in the swim section at www.goldenhillsgolf.com or contact Jennifer McLeod, Head Coach, at goldenhillsgators@gmail.com



“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 15 to May 24:

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

Morning practice times will begin on May 28th as follows:

- Mon/Wed/Fri 8:00-8:30am
- 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:

- March 15** - Early registration
- April 1** - Open registration begins for new members
- April 21** - Swim Suit Try-On 5pm
- May 5** - Parent Meeting
5:00 pm Develop Team
5:30 pm Competitive Team
- May 15** - Practice begins
- May 28** - Regular morning practice times begin
- June 28** - Last day of practice
- June 29-30** City Meet at USC

Swim Meets:

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

2024 Meet Dates & Locations

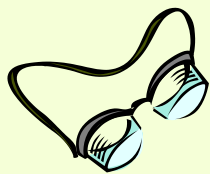
A Meets:

- June 6: @ CC of Lex
- June 13: Murraywood
- June 20: @ Topspin
- June 24: Quail Valley

B Meets:

- May 30: Harbison Rec.
- June 3: @ Northeast YMCA/Gov. Grant
- June 10: Edenwood
- June 17: Governors Grant
- June 27: @ Quail Hollow

Golden Hills Golf & C. C.



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

Pool: (803) 785-2042

Swim Team:

goldenhillsgators@gmail.com

Swim Lessons:

Group:

ashleydunnivant@hotmail.com

Private:

ashleydunnivant@hotmail.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 12:00 am - 8:00 pm weekdays and 11:00 am - 8:00 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 inside the Lifeguard Room.

Lifeguard hours:

Lifeguards will be on duty Monday - Friday from 12:00pm - 8:00pm
and on Saturday & Sunday from 11:00am - 8:00 pm



GOLDEN HILLS: ADDITIONAL POOL RULES & REGULATIONS

1. Pool privileges are restricted to members and guests. **ALL members must register upon entering pool area.**
2. All children under age 12 must be accompanied by an adult.
3. Guest fees are \$3.00 per guest; 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.
4. Guests are anyone other than members and their immediate family living in the same household. There will be no charge for sitters or nannies of members' children.
5. Members may bring two (2) guests per day (per household membership - not per member).
6. Swim Diapers are required for children who are not potty trained. If anyone has an accident in the pool, fecal or vomit, requiring the pool to close, the member will be required to pay an "Accidental Fee" of \$175.00.
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. No floats of any size are allowed in the pool.
10. Coolers are allowed at the pool; however, absolutely no glass is allowed inside the gate.
11. Smoking is banned at the pool and its outer perimeter.
12. 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.