

**2022 Aquatics Schedule
Lake Summerset Association
Swimming Pool and Spray Park**

Open 7 days per week from 8:30am to 8pm

(Times subject to change due to adverse weather conditions, early sunset, or water safety issues)

Pool & Spray Park Hours: Monday - Friday

8:30am – 9:45am	Lap Swim, Senior and infant swim
9:45am – 10:00am	Clear pool, guard break, bathrooms cleaned
10:00am – 11:40am	Open Swim (May 31 – June 10)
10:00am – 10:40am	Session I Water Aerobics June 13 – June 24 Monday – Friday Session II Water Aerobics July 5 – July 15 Monday – Friday Session III Water Aerobics July 25 – August 5 Monday - Friday
10:45am -11:25am	Session I Swim Lessons June 13 – June 24 Monday – Friday Beginner, Advanced Beginner, Intermediate, Advanced Intermediate Session II Swim Lessons July 5 - July 15 Monday – Friday Beginner, Advanced Beginner, Intermediate, Advanced Intermediate Session III July 25 - August 5 Monday – Friday Beginner, Advanced Beginner, Intermediate, Advanced Intermediate & Toddler
11:25am – 12:00pm	Clear pool, guard break, bathrooms cleaned
12:00pm – 5:00pm	Open Swim
5:00pm – 5:45pm	Lap Swim, Senior and infant swim
6:00pm – Sunset	Open Swim (May 31 – June 10)
5:45pm – 6:30pm	Night Session Swim Lessons June 13 - July 15 Monday and Wednesday's Beginner and Advanced Beginner
6:30pm – 8:00pm	Open Swim

Pool & Spray Park Hours: Saturday, Sunday & Holidays

10:00am – 11:00am	Lap Swim, Senior and infant swim
11:00am – 8:00pm	Open Swim

General Beach, Pool and Spray Park Rules

- Parents and guardians are responsible for supervising their children while lifeguards are responsible for rule enforcement and responding to emergencies.
- All members and guest patrons are expected to follow the requests of lifeguards at all times; failure to comply with lifeguard requests and rule enforcement will result in loss of swimming privileges.
- Please refrain from talking to active lifeguards on the stand – they are scanning the water and should not be distracted or engaged. Please address questions to the lifeguards during safety breaks or seek an answer to your question from a guard who is on break - off the stand.
- Lifeguards have full authority on the beaches, at the pool and at the spray park - all lifeguard directives to swimmers in these areas are supported by LSA Public Safety Officers.
- A mandatory 10 minute safety break will be called every hour – the safety break begins once all swimmers are completely out of the water.
- Any child not toilet trained **MUST** wear a swim diaper or tight fitting reusable plastic or rubber pant. (Swim diapers are available for purchase at the Lake Summerset Pool).

Beach Rules:

- No glass bottles are allowed on the sand, in the water, or on the swim raft.
- No alcoholic beverages or intoxicated individuals are allowed in the designated swim areas.
- No dogs are allowed on the sand, on the swim raft or within the designated swim areas.
- No sand or rock throwing.
- No dunking, rough or otherwise dangerous play activities as determined by the lifeguards allowed.
- No foul language or disrespect towards guards, staff, members or guests tolerated.
- No toys, balls, rafts, noodles, water wings, or life vests allowed on the swim dock; **no one** dependent on a life vest or any other flotation device, should be allowed – or attempt to “swim out” to the swim dock.
- No unsafe diving practices **off the swim dock:**
 - No front, back or side flips.
 - No cartwheels or hand stands.
 - No running or pushing others off the swim dock allowed.
 - No diver should attempt to dive off the swim dock while other swimmers are approaching.



**Sign up for 2022 Water Aerobics Sessions
At the Lake Summerset Office**

Session I
June 13 – June 24 Weekdays
10:00 -10:40 am

Session II
July 5 - July 15 Weekdays
10:00 -10:40 am

Session III
July 25 – Aug. 5 Weekdays
10:00 -10:40 am

Each Session must have 5 participants or class will be cancelled and refunds will be issued.

Please Note: Once classes are full and an instructor has been assigned – the registration fees are non-refundable.

Cost for one session: \$50 per participant
Cost for two sessions \$85 per participant (\$42.50 each – Save \$15.00)
Cost for three sessions \$120 per participant (\$40.00 each – Save \$30.00)



LSA 2022 SWIM PROGRAM INFORMATION
Class Size is Limited – Sign up NOW!!!!
Minimum 5 – Maximum 12 participates per class



Session I
June 13 – June 24 Monday – Friday
10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate
Cost \$50

Session II
July 5 - July 15 Monday – Friday (Please note July 5 is a Tuesday)
10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate
Cost \$50

Session III
July 25 - August 5 Monday – Friday
10:45-11:25 Beginner, Advanced Beginner, Intermediate, Advanced Intermediate
10:45-11:25 Toddler
Cost \$50

Night Session
June 13 - July 15 Monday and Wednesday's
5:45-6:30 Beginner and Advanced Beginner
Cost \$50

Toddlers – Ages 18 months and up. This is a basic introduction to water/game playing. Student has never been introduced to the water, or if they have been in the water it has been a limited amount. Purpose of this class is to teach the toddlers to be comfortable in the water so they will be ready for the next class, beginners. **Parent must be in water with student.**

Beginner – Ages 5 and up. Student learns the basic swimming skills (i.e., going under water ff bf crawl stroke) to move to the next class must be able to swim across the pool.

Advanced Beginner – Ages 5 and up. Student will learn front crawl, back crawl and whip kick. To go to the next class, student should be able to proficiently swim the length of the pool in each of these areas.

Intermediate – Student builds their endurance; learn breaststroke and sidestroke. To advance to the next level must be able to swim 50m (2 links) of each stroke without stopping.

Advanced Intermediate – Continue to build their endurance and learn flip turns, butterfly and how to do an IM.

If you are unsure of the student's abilities, pre-testing will be done on the first day of lessons and the student will then be placed in the appropriate class.

Please register for lessons at the Lake Summerset Association in person. If this is not possible, please mail the student's information (include address, phone number, age, past swim experience, member name and lot number, and desired class session and time) and a check (i.e. made out to: Lake Summerset Association) for the appropriate amount per student to the LSA office.

Please Note: Registration Fees Cannot Be Refunded Once Classes Have Started

Pool Rules:

- Swim attire only allowed in the pool and at the spray park.
- No alcoholic beverages or intoxicated individuals are allowed on the pool/spray park premises.
- No glass bottles of any kind are allowed on the pool/spray park premises.
- No dunking, rough or otherwise dangerous play activities as determined by the lifeguards allowed.
- No foul language or disrespect towards guards, staff, members or guests tolerated.
- No running on the swim deck or spray park deck allowed.
- No unsafe diving practices **off the pool deck:**
 - No diving into the shallow end.
 - No flips off the side of the pool.
 - No cartwheels or hand stands into the pool.
 - No running or pushing others off the pool deck allowed.
- No unsafe diving practices **off the diving board:**
 - Only 1 diver allowed on the diving board at a time with a 250 pound weight capacity.
 - Only 1 bounce allowed on the diving board.
 - No cartwheels, butt bounces, “hanging onto the diving board” or hand stands into the pool.
 - No running or pushing others off the diving board allowed.
 - No diver should attempt to dive off the diving board until the dive area is free of swimmers.
 - All divers must swim to the ladder closest to them or under the rope to exit the diving area.
 - No swimmers are allowed in the dive area unless they are in the process of completing their dive from the diving board.
 - Only divers may swim in front of the diving board (after completing a dive) and any swimmers in the deep end of the pool must not swim underneath, or in front of the diving board for safety.
- No one dependent on a life vest or any other flotation device is allowed into the deep end of the pool.
- No life vests allowed in the deep end of the pool.
- No water wings.
- Water tubes are allowed only if they have a seat in them, and are for children 1 ½ years of age or younger.
- Only soft diving sticks are allowed in the shallow end of the pool.
- No climbing on the water features or spray devices at the spray park.

Please note: All Lifeguard staff are equipped with radio/walkie-talkies for use during emergency situations.

- Telephones are available for bystander emergency use at Beach 1, Beach 2 and the Pool
- All patrons are reminded and asked to cooperate fully with lifeguards as well as local law enforcement, fire department and dive team rescue personnel during emergency situations as needed.

Last revised 5/17

Attention Dog Owners

Lake Summerset Association is recommending that all dog owners have a tag on the dog displaying Owner's name and telephone number. This will make it easier to identify who the dog belongs to.