

# CHEMKA POOL



## 2018

Village of Hastings-on-Hudson  
Recreation Department

# GENERAL INFORMATION

## POOL HOURS

### **May 26 - June 24**

3:00pm - 8:00pm Weekdays  
10:00am - 8:00pm Weekends / Holidays  
\*June 20 - June 22 12:00 - 8:00pm

### **June 25 - August 19\***

12:30pm - 8:00pm Weekdays  
10:00am - 8:00pm Weekends / Holidays

### **\*July 4**

10:00am - 8:00pm

### **August 20 - September 2**

12:00pm - 8:00pm Weekdays  
10:00am - 8:00pm Weekends / Holidays

### **September 3 - September 9**

3:00pm - 7:00pm Weekdays  
11:00am - 7:00pm Weekends

## **Late Nights at the Pool**

**Open till 10:00pm**

**Wednesdays and Fridays  
July 6 - August 10**



**Pool Number  
#478 - 2511**

**Recreation@hastingsgov.org**

## **MEMBERSHIPS & FEES**

### EARLY BIRD SPECIALS

**April 2 - May 14**

Full season family	\$480.00
Split season family	\$340.00
Full season individual	\$255.00
Full season junior individual	\$125.00
Split season individual	\$185.00
Family of two	\$420.00
Split season family of two	\$300.00

### REGULAR SEASON

**Starts May 15**

Full season family	\$525.00
Split season family	\$365.00
Full season individual	\$280.00
Split season individual	\$225.00
Full season junior individual	\$140.00
Family of two	\$475.00
Split season family of two	\$335.00
Senior Citizen	\$ 99.00
Daily admission	\$140.00
Special/ Caregiver	\$140.00
Early morning swim	\$140.00

Non-resident full season family	\$800.00
Non-resident full season individual	\$475.00

*The Recreation Department believes that everyone should have the opportunity to benefit from our programs. Financial needs-based assistance is available to qualifying individuals for many fee-based programs.*

## **Guest Policy**

**Guests may only enter the pool with a permit holder who is entitled to guest privileges. All guests must pay fee regardless of whether they use the pool or not.**

**Fee:**

**\$10.00 adults**

**\$5.00 seniors & children under 18**

**There are no refunds given once a guest pass is issued.**



# PERMIT EXPLANATIONS

**Family:** Includes husband, wife or significant other and unmarried children ages 3 - 23 years old living with the family. Three guests allowed per visit. Each guest must pay appropriate fee.

**Family of Two:** Includes two adults or one adult and child of the same family and any children under 3 years of age. Two guests allowed per visit. Guest must pay appropriate guest fee.

**Individual:** One guest per visit. Guest must pay appropriate fee.

**Junior Individual:** Designed for children 9 -17 years of age. One adult guest permitted per visit. Guest must pay appropriate fee.

**Senior Citizen:** Must be 62 years old to purchase this permit. Proof of age is required at time of purchase. One guest per visit. Guest must pay appropriate fee.

**Daily Admission:** For members 18 and over. Must pay \$3.00 per visit. No guest privileges.

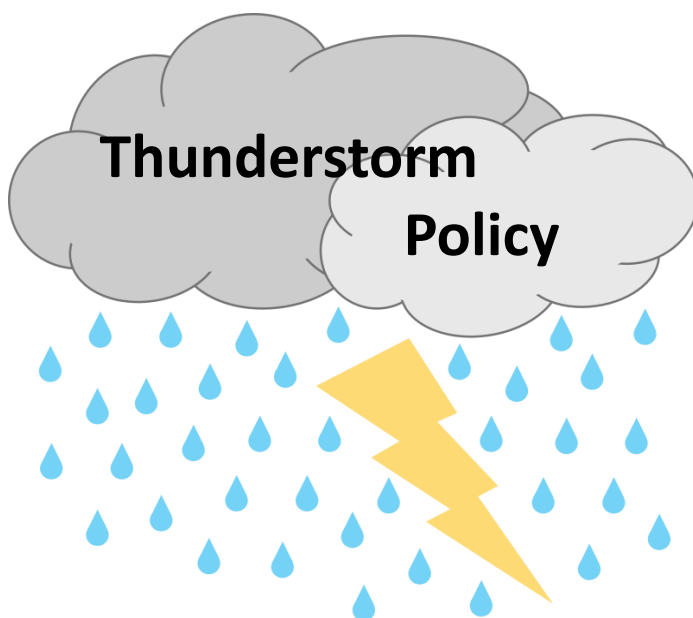
**Special:** May be purchased in conjunction with a Family membership or Family of two membership. This category is designed for caregivers. May only enter the pool when they are caring for the children or with a family member. No guest privileges.

**Split Season:** May be purchased for individual or family permits. These are full membership permits valid for the dates purchased.

First half: May 26- July 15

Second half: July 16 - September 9

**Early Morning Swim:** A pass created with fitness in mind. Allows an individual to swim only during the early morning swim hours without paying any additional fees. No guest privileges.



The policy for inclement weather is as follows: At the sound of thunder the lifeguard, Pool Director or Assistant Director will announce that the pool is closed. At that time all patrons must either be in the locker rooms or in their cars. No patron is allowed to remain on the grass, decks or in the concession area. From the last sound of thunder the pool will remain closed for 30 minutes. The safety of our patrons is a paramount concern, so the pool may be closed before the first sound of thunder if the Pool Director or Assistant Director feels there is a risk of injury to any person using the facility.

Thank you for your cooperation!

# FITNESS PROGRAMS

## Swim for Fitness

Monday - Friday  
June 11 - August 24  
6:00 - 7:30am

Enjoy an early morning workout before work or play throughout the summer months. Members only!

## Senior Swim

Monday - Friday  
June 25- August 17  
11:30am - 12:30pm

Seniors 62 and over can enjoy a relaxing hour in the pool with their peers.

## Senior Ai Chi

Mondays & Wednesdays  
Dates to be Announced  
11:40am-12:15pm

Join us for Ai Chi. Our low impact water aerobics exercise class will relax, strengthen and center you.

## Aqua Tone for Seniors

Tuesdays & Thursdays  
July 3 - August 9  
11:40- 12:15pm

Come and strengthen your muscles, increase your range of motion and enhance your overall fitness.

# SPECIAL EVENTS

## Noodle Day at Chemka

Saturday, July 14  
10:00 - 2:00pm

Come use our noodles for oodles of fun in the sun! Can be used in the training & main pool.

## Yo-Ho a Pool Pirate's Life for Me!

Children entering grades 1 - 6  
Tuesday, July 10  
7:30 - 9:00pm

Come and enjoy a night of pirate themed fun for all!! There will be sword making, treasure hunts, raft races, and much more!



## Summer Luau

Children entering grades 1 - 6  
Tuesday, August 7  
7:30 - 9:00pm

A pool party Hawaiian-style. Come and enjoy games, music and some Chemka fun!



## Family Day

Sunday, July 15  
1:00 - 5:00pm

Fee: Non - members  
\$5.00 adults  
\$2.00 seniors  
and children



Come celebrate with us and enjoy a fun-filled day that includes entertainment and games.

## Senior Splash

Sunday, July 15  
11:00 - 1:00pm

Join us for a fun-filled day that includes entertainment and food. Open to all Hastings seniors.

**Please Note:** during this time the pool will be closed to the public; however it will open early from 8:00am - 11:00am for your convenience.





## SPECIAL EVENTS

### Chemka Pool Regatta

Saturday, July 14

3:00 pm

Using only duct tape and cardboard teams will try to build a boat that will make it the length of the pool with a two person crew. Details to follow.



### Thursday Night Lights

July 5 - August 9

Fee: Free for members

\$40.00 non - members

\$7.00 daily

A chance for youth ages 11 - 15 to enjoy the pool to themselves from 8 - 10pm on Thursday nights. Activities will include water polo, basketball and volleyball.

## SWIM PROGRAMS

*All classes are taught according to the American Red Cross swim curriculum.*

### Parent/Child Adapted Aquatics

Saturdays

July 7 - August 18

9:30 - 10:00am

Fee: \$80.00 members  
\$95.00 non-members

This program is for children with special needs and their parents. It is designed to provide individualized instruction to improve swimming technique, confidence and skills in the water. All levels and abilities are welcome.

### Private Lessons

Fee: \$140.00 members  
\$260.00 non-members

For adults and children alike, lessons are conducted 1 on 1 with a trained instructor from the Chemka Pool for a total of six lessons of thirty minutes each.



### Sunday Swim Lessons

Sundays

July 8 - August 19

Fee: \$80.00 members  
\$95.00 non-members

### Parent and Child Aquatics

10:00 - 10:30am

Children must be at least 6 months old to enroll. A parent is required to accompany each child in the water and participate in classes. Introduces basic skills to parents and children.

### Preschool Aquatics (ages 3 - 5 years old)

Class A 9:30 - 10:00am

Class B 10:15 - 10:45am

### Aquatics (ages 6 +)

Level 2 10:15 - 10:45am

Level 3/4 9:30 - 10:00am



\*Buy 2 books at once!

Fee: \$120.00 member's 2nd book  
\$240.00 non-member's 2nd book



# SWIM PROGRAMS

## Lollipop League

Children 5 and up

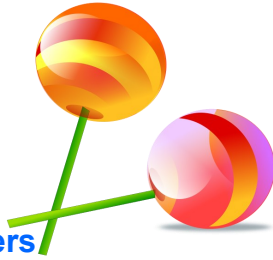
Tuesdays

6:30 - 7:30pm

July 3 - August 7

Fee: \$70.00 members

\$85.00 non-members



This non-competitive program gives kids the opportunity to swim in small races in half of the pool. Perfect for swimmers who are just starting out. **Please note this is not a learn-to-swim program.**

## Adult Learn to Swim

Thursdays

July 5 - August 9

7:00 - 7:45pm

Fee: \$80.00

\$95.00

members

non-members

Afraid of the water? Never thought you could learn to swim? Overcome your fears and learn all the pleasures of the water in a safe and supportive setting.

## Lifeguard Training Course

Session to be Announced

8:00 - 9:00pm

Youth: 15 and up

Fee: \$385.00 residents

\$410.00 non-residents



Join us for our lifeguard training course! Learn the skills required to become a young professional as you participate in this intensive training session. Please note that this is not a "learn to swim class." A prerequisite test is required.

## Aquatics Leadership Academy

Monday - Friday

Youth: 11 - 14 years old

9:30 - 11:30am

Fee:

\$150.00 includes all materials & t - shirt

July 9 - August 3

This program is a service learning program for kids. It will offer fun interactive workshops, games, and activities designed to prepare "tweens" to volunteer and or work in a camp/pool environment in the future. Workshops will include planning and leading games, American Red Cross Community CPR and Junior Lifeguarding, WSI Aide training as well as therapeutic recreation awareness. Participants will then have the opportunity to plan activities and practice their skills with our Little Splashers and Hillside Camp program.

## Hastings Swim Team

Monday - Friday

7:30 - 8:30am

Fee: \$75.00 members only



The Hastings swim team "The Swarm" will once again be competing as perennial contenders for the championship honors in the Westchester Swimming Conference.

### Lap Swimmers Please Note:

The lap lanes will close at 4:00pm when there are home swim meets.

Thank you for your cooperation!



# SWIM PROGRAMS

## Big Splashers

Children 6 - 10 years old

August 6 - August 10

August 13 - August 17

August 20 - August 24

9:30am - 11:30am

Extended day available till 3:00pm

Arts & Crafts, Fitness, Free Swim,  
Science, Swim Lessons and Tons of Fun!!!



### Fee:

9:30 - 11:30am

\$125.00 / week

\$30.00 / day

\$150.00 / week

\$35.00 / day

Extended day till 3:00pm

\$250.00 / week

\$55.00 / day

\$275.00 / week

\$60.00 / day

members

members

non-members

non-members

members

members

non-members

non-members



## Little Splashers

Designed to get children ages 3 - 5 years old comfortable in the water. This weeklong program will combine swim lessons, arts and crafts and on land fitness. Children must be toilet trained.

June 25 - June 29

July 2 - July 6 \* \$100.00/ \$125.00

July 9 - July 13

July 16 - July 20

July 23 - July 27

July 30 - August 3

August 6 - August 10

August 13 - August 17

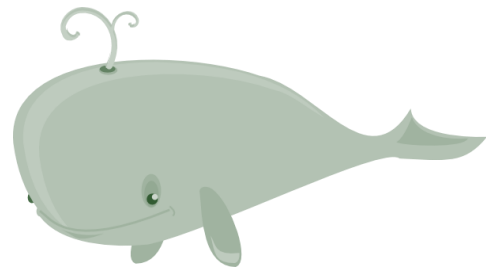
August 20 - August 24

9:30am - 11:30am

### Fee:

\$125.00/week members

\$150.00/ week non-members



### STEPS FOR HEALTHY SWIMMING

Without your help, even properly treated pool water can spread germs. Pool chemicals don't work right away, and pee, poop, sweat, and dirt use up their germ-killing power.

Protect yourself, your family and your friends from germs in the water.

Follow these **easy steps** to help keep germs out of the water and **stay healthy**:

- Stay out of the water if you have diarrhea.
- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.

Keep the pee, poop, sweat, and dirt out of the water.

**Every hour—everyone out!**

- Take kids on bathroom breaks.
- Check diapers, and change them in a bathroom or diaper-changing area—not poolside—to keep germs away from the pool.
- Reapply sunscreen.
- Drink plenty of fluids.

Remember, we share the water—and the germs in it—with everyone.

Learn more at [www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)

U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention





# RULES & REGULATIONS

## GENERAL RULES

1. The Recreation Department reserves the right to confiscate any permit because of negligence, trespassing, theft or destruction of property.
2. Pool may only be used during posted hours.
3. Any child under 9 years old must be accompanied by an adult or responsible swimmer at least 16 years of age.
4. Smoking anywhere in the facility is prohibited.
5. Solicitation, petitioning, distribution of handbills or other non-recreation department information is prohibited in the pool area.
6. Permit holders must show permits at all times in order to enter the pool area.
7. Bathing suits are required for all patrons.
8. No glass of any kind is permitted inside the pool area.
9. All food and beverage are restricted to the concession area.
10. Political campaigning is prohibited inside the pool area.
11. No alcoholic beverages of any kind are permitted in the pool area.
12. No running, shoving or pushing is allowed in the pool area.
13. Paid swim lessons are to be given by trained pool staff only.
14. Members requesting the use of the pool facility for a special event must fill out a request form. Forms are available at the Recreation Department. Approval must be granted by the Superintendent of Recreation and will only be given if the event does not interfere with the ordinary use of the pool by the pool members and is scheduled during normal operational hours.
15. Only recreation related information is permitted on the bulletin board, unless permission is given by the Pool Director.
16. If a permit holder is convicted of vandalism, trespassing or destruction of Village property, the permit holders pass will be confiscated. Said permit holder will not be entitled to a refund and may be subject to civil action.
17. All non-toilet trained children must wear swim diapers when using the pools.
18. Diaper changing must be done in the locker rooms and NOT on the pool decks.
19. No person with a skin rash of any kind may enter the water without presenting a written note from a physician attesting to the fact that swimming will not be harmful to self or others.
20. Ball playing is allowed in the designated "Ball Playing Area" ONLY. All balls and equipment used must be pre-approved by the Pool Director or Assistant Director on duty. Ball playing may be limited or prohibited on busy or overcrowded days. The Pool Director/ Assistant Director also has the right to limit or prohibit ball playing if participants are unable to keep the balls within the boundaries of the "Ball Playing Area" or playing is a disruption to other pool members.
21. Urinating, spitting, spouting water or blowing your nose in any pool is prohibited.
22. Horseplay is prohibited.
23. Lounging is prohibited on the steps and ladders.

## SPRAY POOL RULES

1. No diving
2. Children under 7 years old must be accompanied by an adult.
3. Toys and flotation devices may be used. However, the Pool Director reserves the right to limit usage during peak hours.

## LAP LANE RULES

Swimming is a great form of aerobic exercise. There are certain rules of lap lane swimming etiquette that we would appreciate all lap swimmers to follow. These guidelines will enable you and all other lap lane swimmers to enjoy your visits to Chemka Pool. **Please note : There is a two hour per day lap lane limit for all swimmers. Swimmers must sign in at the lap lane table before entering a lane. Swimmers may not swim for two consecutive hours unless there is low usage during that time and no one is waiting for the lanes. Swimmers may not carry over unused hours from previous days.**

1. The double lap lane is for slow/recreational swimmers and the two single lanes are for medium/fast swimmers.
2. No swimmer is granted exclusive use of a lap lane.
3. Lap lanes are for serious swimmers only ( no horseplay).
4. Swimmers must "circle" swim in a single lap lane that has three or more swimmers present, staying on the right at all times and passing in the middle.
5. Swimmers must "circle" swim in the double lane when there are 4 or more swimmers present, staying on the right at all times and passing in the middle.
6. Swimmers entering an occupied lane must wait and notify the other swimmers in the lane.
7. Jumping in the lap lanes in a disruptive manner is not permitted and may result in ejection from the pool.
8. Children that are on the swim team, or have successfully passed the deep water test are permitted to use the lap lanes.
9. Any patron who is disruptive or unable to follow the lap lane rules will be asked to leave the lap lane area. Two or more infractions will result in suspension from the pool.

## MAIN POOL RULES

1. No diving.
2. Flotation devices, snorkels, masks, fins and all other items not considered part of the bathing suit are prohibited from the pools unless permission is granted by the Pool Director.
3. No swimmer under 4½ feet (54") in height is allowed in the main pool unless accompanied by an adult or swimmer 16 years of age and older.
4. Kickboards may be used by lap swimmers in the lap lanes and by lifeguards giving lessons.
5. Children must pass a "deep water test" in order to swim in the deep end of the pool (roped out section). The test must be administered by a lifeguard or director on duty. Children must complete two full laps and tread water for two minutes.

## TRAINING POOL RULES

1. No diving
2. Children under 7 must be accompanied by an adult.
3. Flotation devices may be used. However, they MUST be Coast Guard approved and any child using one must be accompanied in the water by an adult or swimmer at least 16 years of age.
4. Toys are prohibited.
5. Kickboards may be used. However, improper usage (smacking the water or hitting others will result in confiscation.