

POOL HOURS & RULES

The Pool Opens on Tuesday, May 15th!

Pool Opening Party

Friday, May 18th 5:00-8:00 pm
Taco and fajita bar, pool games, blow-ups
and fun! \$10 Adults and \$5 Kids.

Pool Hours

Daily 11 am - 9 pm. Weather permitting. The pool will not open if the daily forecasted high temperature is below 68 degrees.

From the Pool Staff

It will always be our goal to increase participation in our lesson program. The staff is very knowledgeable and experienced, so we are confident that our program will be of the highest quality.

Please keep this information for future reference. If you have any questions, please feel free to contact any of the staff members to get your questions answered. See you at the pool!

Additional information may also be found on our bulletin board in the Cabana.

Inclement Weather & Temperature

The pool may be closed at the discretion of Club management in the following situations: Pool emergency, severe weather or mechanical failure. When there is lightning/thunder, swimming will not be allowed until 30 minutes after it has stopped. The pool will be re-opened only after Club management has determined it safe to do so. The pool will not open if the projected high is below 68 degrees. Please refer to keloland.com for forecast details. Inclement weather may necessitate closing the pool early.

Pool Rules

All persons who desire to use the pool facilities (members and guests) must sign in upon entering the pool area.

1. For the safety of our members and guests, everyone must get out of the pool if it is thundering, lightning and/or raining. Everyone must stay out of the pool for 30 minutes after the last sign of thunder and/or lightning.
2. One person on the slide at a time. Safety rules specify sliding down feet first.
3. No glass allowed in the pool area.
4. Chewing gum is not allowed in the pool area.
5. Children under the age of eight may not be left in the pool area without adult supervision unless the child is signed in at the Children's Center.
6. The small pool is for children who cannot stand comfortably in the large pool. Small children must be supervised in the small pool.
7. Running, pushing, chasing and rough play is not tolerated in the pool area.
8. Diving in the shallow end is not permitted.
9. The diving board area of the pool must be clear before diving.
10. Any accident, no matter how minor, must be reported to the staff immediately.
11. The Club is not be responsible for lost items in the pool area or dressing rooms.
12. Members' grandchildren under the age of 18 may use the pool any time free of charge as long as the member is on Club property.
13. A guest fee of \$5 will be charged for each guest over five years old before 5:00 pm.
14. Members are responsible for guests' behavior and knowledge of the MCC pool rules.
15. Adults have priority in the use of lounge chairs.
16. When behavior warrants correction, it will be given through verbal guidance and a time out from their activity. Staff, with regard to age and type of behavior, will determine length of the time out.

CABANA HOURS & SWIMMING LESSON SCHEDULE

Cabana Hours

The cabana hours of operation, weather permitting:

Monday	12:00 pm - 8:00 pm
Tuesday	11:30 am - 9:00 pm*
Wednesday	11:00 am - 9:00 pm
Thursday	11:30 am - 9:00 pm
Friday	11:30 am - 9:00 pm*
Saturday	11:30 am - 9:00 pm
Sunday	12:00 pm - 8:00 pm

*The cabana will open at 11:00 am in conjunction with Junior Golf.

Weekly Cabana Features

Monday	Happy Hour 5-7 pm, ½ price cocktails and appetizers.
Tuesday	Burger Night.
Wednesday	½ price blended cocktails all day.
Thursday	\$2 Island Oasis (non alcoholic).
Friday	Family Night. One free kids meal for each adult meal purchased.
Saturday	50 cent snow cones.
Sunday	½ price appetizers after 5 pm.

Lesson Schedule

Session 1: June 25, 26, 27, 28, 29
Times: 10:30 AM - 11:15 AM

Session 2: July 9, 11, 13, 16, 18, 20

Session 3: July 23, 25, 27, 30, Aug 1, 3
Times: 10:30 AM - 11:00 AM

Lessons canceled due to inclement weather will be made up on the following days if needed:

Session 1: July 2, 3, 6

Session 2 & 3: August 6, 8, 10

Cost: \$45 per person, per session

Private swimming lessons may also be arranged through Pool and Cabana Supervisors.

Swimming Level Descriptions

Level 1

Water entry and exit, breath control and submerging, buoyancy on front and back, changing direction and position, and demonstration with assistance of front and back crawls.

Level 2

Front float five seconds, back float 15 seconds, front and back crawl five body lengths.

Level 3

Stroke development outline: Survival and back float 30 seconds, tread water 30 seconds, front crawl 15 yards, elementary backstroke 15 yards and scissor kick ten yards.

Level 4

Stroke improvement outline: Swim under water 3-5 body lengths, feet first surface dive, front crawl and backstroke, own turns, tread water two minutes, front crawl 25 yards, backstroke, sidestroke and butterfly 15 yards, elementary backstroke 25 yards.

Level 5

Tuck surface dive, pike surface dive, front and backstroke flip turns, tread water five minutes, front crawl and elementary backstroke 50 yards, Breaststroke, butterfly, sidestroke and back crawl 25 yards, sculling for 30 seconds.

Level 6

Front crawl and elementary backstroke 100 yards, back crawl, breaststroke, sidestroke and butterfly 50 yards, front crawl open turn and flip turn, backstroke open turn and flip turn, sidestroke turn, butterfly turn and breaststroke turn.