



# Pocantico Hills School District

Community Pool

Summer 2019

Pool Director: Jeffrey McClung – 914.420.7487

Assistant Pool Director: Alexis Chocianowski – 347.306.006

Email: [pocantico@rivertownaquatics.com](mailto:pocantico@rivertownaquatics.com)

## **Members**

Residents of the Pocantico Hills School District must show proof of residency annually on or before their first visit to the pool facility, a pool ID will then be issued. Examples of acceptable proof must include current address within the district, i.e. driver's license, lease agreement, photo ID or utility bill.

Westchester Medical Center Students must show their Westchester Medical Center School ID.

An ID card must be presented to the Gate Guard before entering the pool area.

## **Fees**

Daily Guest Fees - \$ 5.00 per visit; children under the age of 2 are free.

A caregiver (minimum age of 16) can use the pool with payment of a guest fee; however, they must be in the company of a resident when using the pool.

## **Pool Rules**

1. All children under 13 must always be accompanied and supervised by an adult (minimum age of 16) unless they are registered for the District Swim and Dive Team. Children under 13 years of age who are members of the Swim and Dive Team will be considered under the supervision of their coaches for the duration of practice time and must be supervised by an adult in order to remain after practice.
2. All Children will be required to pass a deep-water test before entering the chest deep water.
3. Conversation with on-duty lifeguards is prohibited.
4. All tobacco and alcohol products are prohibited anywhere on the District grounds.

5. Pets are prohibited on District grounds.
6. All guests must always be accompanied by a resident at the pool facility.
7. Running or horseplay is prohibited in the pool, on the pool deck, and in the recreation area.
8. All food is prohibited on the pool deck, only plastic (no glass) beverage containers are permitted.
9. Gum chewing is prohibited in and around the pool area
10. Balls, floats, or other toys are prohibited in the main pool except for during organized activities conducted by the pool staff.
11. Flotation devices are only permitted in the main pool and the wading pool when being used by an instructor during a lesson.
12. Children over the age of 5 are prohibited from the wading pool.
13. Children who are not yet fully trained must wear a swim diaper in the wading pool. Children under 3 and not yet trained, are not permitted in the main pool.
14. If thunder or lightening is seen/heard, the pool must be cleared, and patrons are not permitted back in the water until 30 minutes after the last sound of thunder or sights of lightening. The District will utilize the Weather Bug App to monitor weather status.
15. The Pool Director and his/her designee have the right and responsibility to enforce any and all rules in accordance with District Policy.

The pool rules are designed to provide a safe and enjoyable environment for all residents. Any questions or concerns can be brought to the attention of the Pool Management staff, via email or phone to [pocantico@rivertownaquatics.com](mailto:pocantico@rivertownaquatics.com) 914.420.7487.

### **Diving Rules**

1. Lifeguards reserve the right to administer a deep-water test to all patrons wishing to use the diving area. Only individuals who have passed the deep-water test may use the diving boards.
2. One diver is allowed on the board at a time. The next diver in line shall wait at the base of the diving board.
3. All divers are allowed one bounce off the board and are required to go straight off the board.
4. Divers using the left one-meter board will exit the water by swimming to the left side of the diving area. Divers using the right one-meter board will exit the water by swimming to the right side.
5. Divers must wait for the lifeguard to signal before they jump off the boards.
6. Swimmers may ask to close the diving boards and open the "Diving Well" for general swim if the boards are not in use.

### **Deep Water Test**

Swimmers may only use the shallow water area of the pool until they pass a deep-water test. Shallow water is defined as water level that does not surpass the sternum.

To successfully complete the deep-water test, a swimmer must:

1. Swim 25 meters of the pool without pausing (touching the wall, touching the bottom of the pool, treading water or dog paddling), demonstrating an effective overarm crawl stroke and command of rhythmic breathing.
2. At the completion of the 25-meter swim, tread water for 30 seconds without a pause between the transition from stroke to treading.
3. Immediately after treading water, transition to their back, swim 10 yards using a sculling motion, and exit the pool.

Only an Assistant Director, Aquatics Coordinator, or Director may administer a deep-water test. Should the individual administering the test have any reservations about the swimmer's ability to be considered "deep water safe", they will recommend the swimmer re-take the test at a later date.

The deep-water test is seasonal; therefore, a swimmer who successfully completed the test in a previous summer may be asked to take the test again in the current summer.

### **Pool Band System**

**Red Band** – Non-Swimmer – May only use the main pool if the parent/guardian is in the pool.

**Blue Band** – Beginner Swimmer – Upon completion of the deep-water test, the swimmer has been determined to be considered shallow-water safe. (The swimmer has failed to demonstrate complete command of the overarm crawl stroke and rhythmic breathing.) Swimmer is authorized to use the 3.5-foot-deep section of the pool with a parent/guardian actively supervising them on the pool deck.

**Green Band** – Deep Water Safe Swimmer – the swimmer has demonstrated a total and complete command as outlined in the deep-water test.



# Pocantico Hills School District

## **POOL HOURS Summer 2019**

***MEMORIAL DAY WEEKEND (Saturday, May 25 – Monday, May 27)***  
12 Noon – 8 pm

***Tuesday, May 28 – Monday, June 24***

Weekdays 3 pm – 8 pm  
Weekends 12 pm – 8 pm

***June 25 – June 30***

12 pm – 8 pm

***July 1 – August 9***

***After Camp***

Weekdays 3 pm – 8 pm  
Weekends 12 pm – 8 pm

***August 10 – September 2***

12 pm – 8 pm

***September 7/8, 14/15, 21/22, 28/29***

12 pm – 7 pm

***EARLY MORNING SWIM***

Monday – Friday (May 28 – August 30)  
6 am - 8:30 am

When closing time is at 8 pm, the water closes for swimming at 7:45 pm and the grounds and locker rooms will close at 8 pm.

**The Schedule listed above is subject to change due to inadequate visibility for safe scanning of pool area, and/or weather conditions. The District reserves the right to close the pool at any time if deemed necessary.**

The recreation program rules and pool hours are designed to provide a safe and enjoyable environment for all residents of Pocantico. Any questions or concerns may be brought to the attention of the Pool Director or Assistant Pool Director.

Violation of District rules and regulation may result in the loss of swimming and recreation privileges.