

Summer 2018

Pocantico Hills Summer Recreation Program Rules and Pool Hours of Operation

Members

Residents of the Pocantico Hills School District must show proof of residency (Photo ID or utility bill) upon their first visit to the pool facility and have their photo taken for the computerized check in system. Westchester Medical Center students must show their Westchester Medical Center School ID.

Residents of the Pocantico Hills District must present their Pocantico Hills ID card to the Gate Guard before entering the pool area.

Fees

Daily Guest Fees- \$5.00 per visit, per person. Residents must accompany their guests for the entirety of their stay at the pool.

A nanny (minimum age of 16) may use the pool without 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 be accompanied and supervised by an adult (minimum age of 16) at all times. 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 their practice time only and must be picked up immediately upon the conclusion of practice.
2. Children who have not successfully completed the deep water test must remain in shallow water. Shallow water is defined as a water level that does not surpass the bottom of the sternum.
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 at all times.
6. All guests must be accompanied by a resident at all times at the pool facility. Children of guests must pass the deep-water test in order to swim outside of the shallow water. Shallow water is defined as a water level that does not surpass the bottom of the sternum.
7. Running or horseplay is prohibited in the pool, on the pool deck, and in the recreation area.
8. Food and drinks are prohibited on the pool deck, with the exception of plastic containers of water. No glass is allowed on the pool deck.
9. Balls, floats, or other toys and swim aids are prohibited in the main pool, with the exception of organized activities conducted or authorized by the pool staff.
10. Gum chewing is prohibited in and around the pool area.
11. Flotation devices are prohibited in both the main pool and the wading pool unless being used by an instructor giving a lesson.
12. Children over the age of 5 are prohibited from the wading pool.

13. All children not toilet trained must wear a swim diaper in the wading pool. Any child not toilet trained is prohibited from entering the main pool.
14. If thunder and lightning are seen/heard, as determined by the staff member in charge of the pool, the pool must be cleared and patrons are not allowed back into the water until the requisite amount of time has lapsed (at least 30 minutes) after the last indication of thunder or lightning has passed and the staff member in charge of the pool re-opens the pool.
15. All Policies and Regulations of the Pocantico Hills Board of Education apply. The pool director and assistant director have the right to enforce any and all rules.

Diving Rules

- 1) Lifeguards reserve the right to administer a deep-water test to all patrons wishing to use the diving area.
Only those 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 will wait at the base of the diving board.
- 3) Divers are allowed one bounce off the board and are required to go straight off the board.
- 4) Divers using the left 1-meter board will exit the water by swimming to the left side of the diving area. Divers using the right 1-meter board will exit the water by swimming to the rope that separates the diving area.
- 5) Divers must wait for the lifeguard to signal before they jump off the boards.
- 6) Upon request, the Head Lifeguard may "close" the diving boards and open the diving area up for general swim if and only if the diving boards are not currently 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 a water level that does not surpass the bottom of 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 crawl, tread water for 30 seconds, with no pause between the transition from stroke to treading.
3. Immediately after treading water, transition to their back, swim 10 yards using a finning or sculling motion, and exit the pool.

Only an Aquatics Director, Assistant Director or Aquatics Coordinator may administer a deep-water test. Should the individual administering the test have any reservations about the swimmer's ability to be "deep water safe", he/she will suggest 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 that 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 with them

BLUE BAND – Beginner Swimmer – Upon completion of the deep water test, swimmer has been determined to be shallow water safe. This means the swimmer has demonstrated an incomplete command of the overarm crawl stroke and incomplete command of 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 Pool Hours - Summer 2018

Memorial Day Weekend

Saturday May 26th - Monday, May 28th
12 noon – 8 pm

May 29th - June 22nd

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

June 23rd - July 1st

12 noon – 8 pm

July 2nd – August 10th

Reserved for Camp: Monday through Friday 9 am – 3 pm
Weekdays 3 pm – 8 pm
Weekends 12 noon – 8 pm

August 11th - September 4th

Weekdays 12 noon – 8 pm
Weekends 12 noon – 8 pm

September 8th, 9th, 15th, 16th, 22nd and 23rd

12 noon – 6:00 pm

Early Morning Swim

Weekdays only - May 29th through August 31st
6:00 am - 8:30 am

When closing time is at 8:00 pm, the water closes for swimming at 7:45 PM and the grounds and locker rooms close at 8:00 pm.

The schedule listed above is subject to change due to inadequate visibility for safe scanning of the 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 aquatics director, assistant pool director. Violations of District rules and regulations may result in the loss of swimming and recreation privileges.

Aquatics Director: Jeffrey McClung 914-420-7487
Assistant Pool Director: Alexis Chocianowski 347-306-0006
Aquatics Coordinator: Kara Fanelli 914-262-2329

All emails may be sent to: swimmingpool@pocanticohills.org