

# RICHMOND COUNTRY CLUB



## Aquatics at Richmond Country Club

Richmond Country Club is pleased to announce its 2022 RCC Summer Aquatics Program. This information package contains everything you need to know about swimming lessons, pool procedures and staff. RCC's Pool opening day will be Saturday May 21, 2022. We look forward to providing you with a fantastic aquatics experience!

## Swim Lesson Information

RCC will be adhering to all Covid-19 mandates set out by the government. These orders are subject to change and if they do, changes will be notified. Below is our standard swim info.

- RCC will mainly be offering private swim lessons (30min- 1 hour max sessions.)
- Group Lessons are available only as a custom group (max 4 and all participants must be the same level).
- All lessons in Red Cross Pre-School Level must have parent present in the pool with child if they are 3 years of age or younger..
- For any swim lesson inquiries, please contact [rccswimlessons@gmail.com](mailto:rccswimlessons@gmail.com).
- **Swim Lesson Registration will be on Tuesday April 19th, 2022.**

# Aquatics At Richmond Country Club

## Junior Programs

### RED CROSS SWIM KIDS (Ages 5 to 12 yrs)

#### Swim Kids 1

5 years old and/or completed Whale, Front/back glides | Front/back swim 5-10cm | Comfortable in shallow and deep water.

#### Swim Kids 2

5 years and older | Flutter kicks 15-20m | Front/back swim 10-15m | Side and rollover glides

#### Swim Kids 3

5 years and older | Proficient at side and rollover glides | Front swim with proper breathing technique | Flutter kicks 15-20m x 3

#### Swim Kids 4

6 years and older | Front to side glide transfer | Distance swim 25-30m continuous | Proficient at front and back flutter kick | 45 seconds deep water treading

#### Swim Kids 5

6 years and older | Front/back swim with proper breathing technique | Whip kick basics understood | 50m distance swim | 1 minute deep water treading

#### Swim Kids 6

7 years and older | Front crawl, back crawl, breaststroke abilities | Front dive | Distance swim 75m continuous | 1.5 minute deep water treading

#### Swim Kids 7

8 years old and over | Swim front/back crawl 50m each | Elementary back & breaststroke proficiency | Distance swim 150m continuous | 2 minute deep water treading

#### Swim Kids 8

8 years old and over | Front/Back crawl 75-100m each | Elementary back and breaststroke 75m each | Distance swim 300m continuous | 3 minute deep water treading

#### Swim Kids 9

9 years and older | Front/Back crawl 100-125m each | elementary back and breaststroke 100m each | Distance Swim 400m continuous | Dolphin kick proficiency.

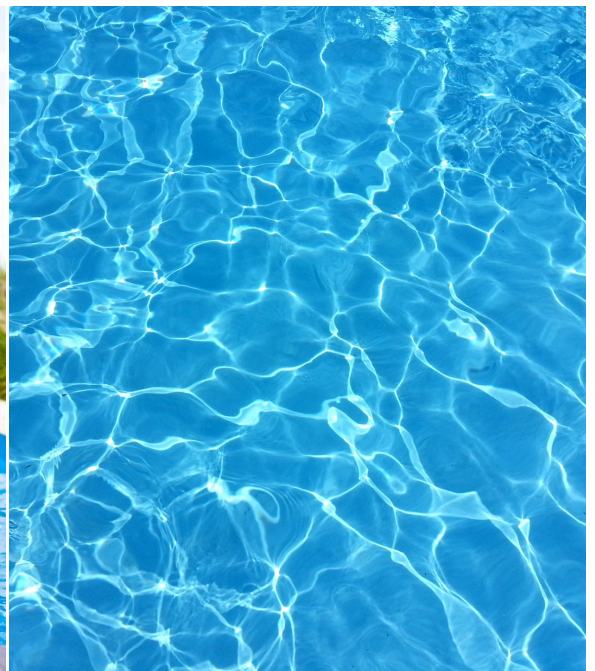
#### Swim Kids 10

10 years and older | All strokes, 100m each | Distance swim 500m continuous | Dolphin kick & Butterfly skills

### SET UP A SWIM LESSON....

Please email Megan Cunningham at [rccswimlessons@gmail.com](mailto:rccswimlessons@gmail.com) to schedule swim lessons.

A maximum of 10 swim lessons can be booked at a time. Once 50% of your package is complete, you may book another package.



## Aquatics at Richmond Country Club Junior Programs

### RED CROSS PRE-SCHOOL (6 months - 5 years)

#### Parent & Tot-Starfish and Duck

Minimum 6 months old | Parental Participation required | Play games and sing songs | Getting wet, basic water movements & bubbles \*Parent Participation

#### Preschool 1 - Sea Turtle

2-5 years old | Front/Back floats | jump in shallow water | swimming and kick with PFD. \*Parent Participation

#### Preschool 2 - Sea Otter

3-5 years old | Learn to swim 1 metre | Safe entries/exits | Rhythmic breathing | Front & back floats, front glide for 3 secs

#### Preschool - Salamander

3-5 years old | Front & Back floats with recovery | Front & Back glides with kicking | Distance swim 2-3m

#### Preschool 4 - Sunfish

3-5 years old | Jump in and float unassisted in deep water | Front/Back glides, rollover & side glides 5-10 secs | distance swim 8m

#### Preschool - Crocodile

3-5 years old | Front and back swim 5m each | Distance swim 10m with breathing techniques | Jump in deep water and surface supports

#### Preschool 6 - Whale

3-5 years old | Front & Back swim 10m each | Distance swim 15m | Front/Back & side glides 15m



Any Aquatic related questions can be answered by calling 604-277-3141

## Program Fees

**Based on 30 minute Lessons (Taxes not Included)**

#### Group Lessons (3+ participants)

\$25 per person

#### Semi-Private Lessons (2 participants)

\$30 per person

#### Private Lessons

\$35 per person

**All lesson bookings can be scheduled by emailing [rccswimlessons@gmail.com](mailto:rccswimlessons@gmail.com)**



# Aquatics at Richmond Country Club

## General Information

Weekend Spring Swim Lessons will be available beginning Saturday May 28th, 2022.

### GENERAL LESSON TIMES

May 28th - June 28th, 2022 (Weekends only)

Saturdays 9-12noon

Sundays 9-12noon

June 28th - August 28th, 2022

Mondays (9-6pm)

Tuesdays (9-6pm)

Wednesdays (9-6pm)

Thursdays (9-6pm)

Fridays (9-6pm)

Saturdays 9-12noon

Sundays 9-12noon

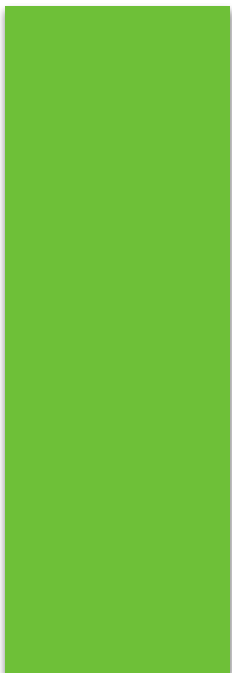
### Poor Weather

Lessons will run if the weather is poor. Please communicate with the lifeguards if you would like to cancel your lesson. Please review the 24 hour cancellation policy below.

### 24-Cancellation Policy

All private and group lessons will be fully refundable outside of 24 hours prior to the start of your lesson. All cancellations within 24 hours will be charged the full amount. There are no make-up lessons or credits for missed or cancelled lessons.

If lessons are cancelled by the club for any reason, a credit will be applied.



# Aquatics at Richmond Country Club

## Staff information

Director of Racquets and Athletics, Henry Choi  
[hchoi@richmondcc.ca](mailto:hchoi@richmondcc.ca)

Aquatics Coordinator: Megan Cunningham  
[mcunningham@richmondcc.ca](mailto:mcunningham@richmondcc.ca)

Head Lifeguard: Mya Snidanko  
Assistant Lifeguard: Evan March

Assistant Lifeguard: Emma March

## Swimming Pool Rules

### COVID-19

- Richmond Country Club will adhere to all current PHO order set out by the provincial government. If rules change, we will be communicating the changes to all members.

### GENERAL RULES

- Pool area may be open from 9:00am to 9:00pm (weather permitting), mid-June through Labour Day weekend.
- All persons using the swimming pool do so AT THEIR OWN RISK.
- All swimmers must shower before entering the pool.
- Persons with open wounds, bandages or skin conditions are not permitted use of the pool or whirlpools.
- Proper swim wear must be worn in the swimming pool. Infants should wear cloth diapers and plastic pants or specifically designed pool pants. Disposable diapers are not permitted. Pool diapers are available for purchase in the Racquet Centre.
- Persons may not enter the pool wearing bobby pins, metal fasteners, or any other adornment that may in any way damage the filters, unless they are wearing a bathing cap.
- Lounge chairs may not be reserved; Adult members have priority for use of lounge chairs.
- Members must supply their own towel. Club locker room towels are not permitted in pool area. Pool towels are available in the Racquet Centre.

## Pool Rules Continued...

- Guest Rules – See General Rules No. 25, Page 10. All guests must be registered at the Racquet Centre by completing a chit prior to entering the pool area (adults - \$15, children - \$10). There is no charge for members' children or grandchildren who are under age 12 but must be active on the grandparents membership to avoid guest fees.
- Children under the age of 13 must be accompanied by a parent or guardian at all times. Children under the age of seven must be accompanied by a responsible adult and be within arms reach of that adult when they are in the pool. Parents are requested to take direct care of their children while using the pool and are responsible for their conduct in this area.
- Members and their guests must not run, splash or make nuisances of themselves or disturb the enjoyment of other members by the pool. Anyone violating this rule may be asked to leave.
- Inflatable toys are not permitted in the pool.
- Only food and beverages purchased through the clubhouse may be brought to the pool area. No food from outside sources is permitted.
- Members shall place all refuse in the proper recycling and garbage containers.
- Cell Phone & Smoking Policies apply.
- Owing to the family nature of this area, smoking in the pool grounds or adjacent areas is prohibited.