

Tuckahoe Recreation Club
1814 Great Falls Street
McLean VA 22101

Dear Tuckahoe Members:

March 2017

Winter may have forgotten how to be cold....but summer will still likely be hot. And, in Northern Virginia, Tuckahoe will again be the best place under the sun.

Lots of preparation for summer is underway. It is lead by Tuckahoe's management. JD Almond is celebrating his 10th anniversary as General Manager or, more accurately, Tuckahoe is celebrating it.

Many of us joined Tuckahoe because it is year-round. What few appreciate is that year-round means better trained staff and more consistent operations. Most summer clubs are run by third-party pool management companies. Tuckahoe's year-round staff of lifeguards, pool operators, front desk, maintenance, back office, and leadership from Ron Larkin and JD give the Club continuity and quality that is difficult to match in a summer-only operation.

Alongside staff, Tuckahoe member-volunteers spark a better Club in a thousand ways. Among the most influential are the team reps: Todd Spignardo and Sylvia Leimone for swim team; Jennifer Murray & Araceli Anciola for dive team; Ali Lapp for junior tennis team; Deborah Rosenbaum, Bob Kreeb, and Dave Hagigh for adult tennis teams.

Tuckahoe continues to improve both facilities and programs. Over the fall and winter, the Patio Renovation Committee worked vigorously to plan a new pavilion and improved patios near the snack bar. We received a County permit remarkably quickly, thanks partly to overall County staff efficiency with a strong assist from Supervisor John Foust's office. Unfortunately, the clock simply ran out to start construction this spring; it will start this fall. Nonetheless, we should all appreciate the many volunteer hours invested by the Patio Renovation Committee, particularly by Sean Staats, Brad Hughes, John Guion, Ham Loving, Doug Harlow, Monika Sibert, and Sylvia Leimone.

Other improvements this year include: new membership software that will allow credit cards for selected transactions; new programs in tennis; a personal trainer in the fitness room; improvements in older-kid swim lessons; and a refreshed website, among others.

Despite these upgrades, member dues increased only 1.6% this year, roughly with inflation. This bump comes after a prior three years of no dues increase. Tuckahoe remains in strong financial shape with a balanced budget, a solid cash position, shrinking debt, and a wait list.

Tuckahoe is fortunate to be overseen by a strong Board of Directors. These member-volunteers have spurred a culture of continuous improvement and prudent governance, doing so with minimal drama and lots of positive energy.

In short, your Club is in good hands. Have fun here this year!

Larry Rouvelas
President

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Summer Hours of Operation

Saturday, May 27 thru Monday, September 4, 2017

Fitness Center: (Sauna, Steam Room & Whirlpool) available to adults only, 14 years and older.

Monday through Friday: 6:00am - 9:00pm **Saturday and Sunday:** 9:00am - 9:00pm

Pool Times:

| | Outdoor Pool | Indoor Pool | Intermediate Pool | Baby Pool |
|----------------------|---------------------|--------------------|--------------------------|-------------------|
| Monday-Friday | 11:00 am - 9:00 pm | 8:00 am - 9:00 pm | 11:00 am - 9:00 pm | 9:00 am - 9:00 pm |
| Saturday | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm |
| Sunday | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm | 9:00 am - 9:00 pm |

In **ALL** pools, those not yet toilet trained **must wear** tight fitting swim diapers covered by rubber pants and an appropriate swim suit. Regular cloth and disposable diapers are absolutely prohibited.

Also, any child under the age of 3 must be within arm's reach of a parent or responsible adult at all times.

Lap Lanes are availability outside on the weekends; 4-lanes starting at 9:00am; then 2-lanes available starting at 1:00pm; then 4-lanes available again starting at 5:00pm. On **FAMILY FUN DAYS** there will be no lap lanes available during the event. Manager's discretion is used at all times with lane availability.

Snack Bar: NOTE: the grill & the fryer will always close at 7:30pm

Before County Schools Are Out (May 27 – June 22)

Friday: 4:00pm - 8:00pm **Saturday and Sunday:** 11:00am - 8:00pm

After County Schools Are Out (June 23 – end of season)

Monday through Sunday: 11:00am - 8:00pm

The facility will be closed, or restricted, for general membership use during the following:

Swim Team Saturday Home Meets ~ All Outdoor pools closed during this time

Saturday, June 17 8:00 am - 12:00 noon Black and Gold Swim Meet

Saturday, June 24 8:00 am - 12:00 noon

Saturday, July 15 8:00 am - 12:00 noon

Saturday, July 22 8:00 am - 12:00 noon

Swim Team Monday Home Meets ~ Intermediate and Outdoor Main pools closed during this time

Monday, June 26 5:00 pm - 9:00 pm – Closing (set-up starts at 4:00pm)

Monday, July 10 5:00 pm - 9:00 pm - Closing (set-up starts at 4:00pm)

Monday, July 24 5:00 pm - 9:00 pm - Closing (set-up starts at 4:00pm)

Dive Team Tuesday Meets ~ All outdoor pools open for lap swimming and classes only

Tuesday, July 11 4.00 pm - 9:00 pm - Closing

Tuesday, July 25 4.00 pm - 9:00 pm - Closing

Dive Team Thursday Meets ~ All Outdoor pools open ~

Thursday, June 22 5:00 pm - 9:00 pm Black and Gold Dive Meet

Thursday, July 13 4:00 pm - 9:00 pm

Thursday, July 27 5:00 pm - 9:00 pm Black and Old Dive Meet

Mark Your Calendars - The indoor facility (pool, spa, fitness room and locker rooms) will be **CLOSED** starting August 21st and lasting thru September 1st for the annual cleaning and maintenance.

Special Events

| | | |
|-------------------|--------------------|---------------------------------------------------|
| Family Fun Days | 1:00 pm - 5:00 pm | Memorial Day and Independence Day |
| Saturday June 24 | 6:00 pm - 8:00 pm | Adult Only Social (Wine Tasting) Must Sign-Up |
| Saturday July 1 | 2:00 pm - 4:00 pm | Make Your Own Tie-Dye Shirt |
| Saturday, July 15 | 2:00 pm - 6:00 pm | Tuckahoe Day Carnival |
| Saturday July 22 | 7:30 pm - 9:00 pm | Flick - N- Float |
| Saturday August 5 | 6:00 pm - 11:00 pm | Adult Only Social (Crab Feast) Must Sign-Up & Pay |

SWIM TEAM AND DIVE TEAM SCHEDULES

Before Fairfax County Schools Are Out (May 30 – June 23, 20176)

Swim Team Practice Schedule

Monday - Friday 3:30 - 4:30pm

Ages 13 & Over

Outdoor Pool: five lanes for swim team practice / two lanes for lap swim / one lane open swim (slide closed).

Indoor Pool: two lanes for swim team practice / two lanes for lap swim / two lane for open swim.

Monday - Friday 4:30 - 5:30pm

Ages 8 and under

Outdoor Pool: six lanes for swim team practice / one lanes for lap swim / one lane open swim (slide closed).

Indoor Pool: two lanes for swim team practice / two lanes for lap swim / two lane for open swim.

Monday, Wednesday & Friday 5:30 - 6:30pm

Ages 9-12 years old

Outdoor Pool: five lanes for swim team practice / two lanes for lap swim / one lane swim lessons (slide closed).

Indoor Pool: two lanes for swim team practice / one lane for lap swim / three lanes split between Dive practice (deep end) and open swim or swim lessons (shallow end). (Tue/Thur uses 4:30pm format)

Monday - Friday 6:30 - 7:30pm

Make-Ups

Outdoor Pool: three lanes for swim team practice / three lanes for lap swim / one lane swim lessons and the rest open swim area.

Indoor Pool: three lanes for lap swim / two lane for open swim / one lane swim lessons.

Saturdays 9:00 - 10:00am June 3 and June 10

Ages 11 and Over

Outdoor Pool: eight lanes for swim team practice / diving well open for dive team practice.

Indoor Pool: four lanes for lap swimming / two lanes open swim / Diving board **CLOSED**.

Saturdays 10:00 - 11:00am June 3 and June 10

Ages 10 and Under

Outdoor Pool: eight lanes for swim team practice / diving well open for dive team practice.

Indoor Pool: four lanes for lap swimming / two lanes open swim / Diving board **CLOSED**.

Dive Team Practice Schedule

Diving boards will be **CLOSED** to all members during practices

Monday, Wednesday & Friday 5:00 - 7:00pm

Outdoor Diving Well: open to team members only.

Monday, Wednesday & Friday 5:30 - 6:30pm

Indoor Pool: two lanes for swim team practice / one lane for lap swim / three lanes split between Dive practice (deep end) and open swim or swim lessons (shallow end).

Saturdays 9:00 - 11:00am June 3 and June 10

Outdoor Diving Well: open to team members only.

SWIM TEAM AND DIVE TEAM SCHEDULES

After Fairfax County Schools Are Out (June 26 – end of season)

Swim Team Practice Schedule

Monday - Thursday 8:00 - 9:00am

Outdoor Pool: entire eight lane pool.

Monday - Friday 9:00 - 10:00am

Outdoor Pool: seven lanes for swim team practice / one lane for swim lessons.

Monday - Friday 10:00 - 11:00am

Outdoor Pool: six lanes for swim team practice / two lane for swim lessons.

Tuesday and Thursday 6:00 - 8:00pm ** As long as Dive Team has an away meet

Outdoor Pool: three lanes for swim team clinics / three lanes for lap swimming / two lanes for swim lessons (on Thursdays main pool will have open swim areas).

Indoor Pool: three lanes for lap swimming / two lanes for swim lessons / one lane open swim.

Swim Team Age Group Schedule

Mon., Wed., Thur. 8:00 - 9:00 am: 13 and older
Mon. – Thur. 9:00 - 10:00 am: 9 – 12 yrs. old
Mon. – Fri. 9:15 - 10:00 am: Little Tigers
Mon. – Thur. 10:00 - 11:00 am: 8 and under

Friday Schedule

9:00 am - 10:00 am: 13 & Older
9:15 am - 10:00 am: 9 - 12 yrs. old
10:00 am - 10:25 am: Team Activity
10:30 am - 11:00am: 8 & Under

Saturdays Swim Meets

The facility will open every Saturday at 9:00 a.m. When there is a swim meet at Tuckahoe, only the indoor pool will be open to members until the meet is finished. The Indoor Pool will have half the pool for lap swim and half the pool for open swim. Swim meets will generally conclude at 12-noon.

Monday Developmental Swim Meets

There are a number of Developmental Swim Meets scheduled every Monday evening during the summer. During these home events, the swim team will use the entire outdoor main pool from 5:00 to 9:00pm. Only the Baby Pool will be open to non-swim team members during this time. The indoor facility will also be open during these events. The Indoor Pool will have four lap lanes for lap swim / two lanes split (deep end) for water aerobics class and (shallow end) for open swim. The Putt-Putt Golf Course will be closed.

Dive Team Practice Schedule

Diving boards will be **CLOSED** to all members during practices

Monday – Friday 9:00 - 11:00am ~ Except for July 4th – Independence Day ~

Outdoor Diving Well: open to all team members.

Wednesdays 6:00 - 7:00pm ~ Except for July 5th – Dive Meet ~

Outdoor Diving Well: open to all team members.

Tuesdays Dive Meets

When there is a dive meet at Tuckahoe, there will be limited pool access to members. Dive meets will start at 5:00 pm and conclude at 9:00 pm. **The outdoor pool is open for lap swimming and swim lessons only.** Intermediate pool is open after swim lessons and Baby pool is open. The indoor pool is open for lap swimming and open swim. The Putt-Putt Golf Course and playground will be closed.

Thursdays Dive Meets

When there is a dive meet at Tuckahoe, the facility has only a few limited access areas for members. They are the diving well, the Putt-Putt golf course, the hill area behind the diving boards and the slide. Dive meets will start at 5:00 pm and conclude at 9:00 pm.

SUMMER THUNDERSTORM POLICY

Before Fairfax County Schools Are Out (May 30 – June 23, 2017)

Monday – Friday 3:30 - 5:00pm

Indoor Pool: three lanes for swim team practice / two lane for lap swim / one lane for open swim. Diving board is closed.

Monday, Wednesday & Friday 5:00 - 6:00pm (Tue & Thur uses 3:30pm format)

Indoor Pool: two lanes for swim team practice / one lane for lap swim / three lanes split between Dive practice (deep end) and open swim (shallow end). **Diving board for practice only.**

Monday – Friday 6:00 - 7:00pm

Indoor Pool: three lanes for swim team practice / one lane for lap swim / one lane for swim lessons / one lane for open swim. Diving board is closed.

Monday – Friday 7:00 - 8:00pm

Indoor Pool: two lanes for swim team practice / one lane for lap swim / one lane for swim lessons / two lanes split (deep end) for water aerobics class (Mon. and Wed.) / and (shallow end) for swim open swim. Diving board is closed.

Saturday June 3 and June 10 9:00 -11:00am

Indoor Pool: three lanes for swim team practice / two lanes for lap swimming / one open lane open swimming. Diving board is closed.

After Fairfax County Schools Are Out (June 26 – end of season)

Monday, Wednesday and Friday Mornings 8:00 - 9:00am

Indoor Pool: two lanes for lap swim / two lanes for swim team / two lanes for water aerobics.

Monday, Wednesday and Friday Mornings 9:00 - 10:00am

Indoor Pool: one lanes for lap swim / two lanes for swim lessons / three lanes split between Dive practice (deep end) and water aerobics (shallow end). **Diving board for practice only.**

Monday, Wednesday and Friday Mornings 10:00 - 11:00am

Indoor Pool: three lanes for lap swim / one lane for swim lessons / two lanes split between swim lessons (shallow end) and open swim (deep end).

Tuesday and Thursday Mornings 8:00 - 9:00am

Indoor Pool: two lanes for lap swim / two lanes for swim team / two lanes for water aerobics.

Tuesday and Thursday Mornings 9:00 - 10:00am

Indoor Pool: two lanes for lap swim / two lanes for swim team / three lanes split between Dive practice (deep end) and swim lessons (shallow end).

Tuesday and Thursday Mornings 10:00 - 11:00am

Indoor Pool: three lanes for lap swim / one lane for swim lessons / two lanes split between swim lessons (shallow end) and open swim (deep end).

Monday – Friday Evenings 6:00 - 7:00pm

Indoor Pool: two lanes for lap swim / one lane for swim lessons / three lanes split between Dive practice (deep end) and open swim (shallow end).

Monday – Thursday Evenings 7:00 - 8:00pm

Indoor Pool: two lanes for lap swim / two lanes for swim lessons / two lanes split (deep end) water aerobics class (Mon. and Wed) and (shallow end) open swim.

Did you know . . .

Personal Trainer Services

Mary Austin is our on staff Personal Trainer. She is a certified group fitness instructor, personal trainer and former Division I collegiate athlete and coach. She has inspired others to achieve higher levels of fitness and well-being through simple, effective, fun and varied workouts. Motivation, finding the time and staying accountable are often the biggest hurdles to overcome when trying to adopt a healthy lifestyle. Mary will help you use fitness as the foundation for a healthier you. Workouts are individually designed to address your specific fitness goals and get maximum benefit out of every exercise. For more information, visit our website at www.tuckahoe.net

ADULT EVENTS

Wine Tasting June 24th 6-8pm and Crab Feast August 5th 6-11pm
~ *Registration required for both Events* ~

FLICK-N-FLOAT

Saturday, July 22nd 7:30-9pm

GAME TRUCK & S'MORES

Wednesday, June 28th 3-5pm

COFFEE & DONUTS

Every Sunday Morning 9-11am

JULY 4th PICNIC

Monday, July 4th 1-5pm

TUCKAHOE DAY

Saturday, July 15th 2-6pm

FLOAT NIGHT & S'MORES

Thursday August 10th 7-9pm

Member Keycard and Picture Policy

Tuckahoe's Board of Directors would like to remind members of the policy of using their key card (which is tied to a picture in our system) upon entry into the facility. This is for identification purposes and the safety of our members. If you, or any family member, have not had your picture taken please do so the very next time you are at the Club. Get your picture taken at the front desk when you arrive, it will only take a minute. We will soon not allow entry into the facility if members do not comply with this policy.

May

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|--------------------------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|------------|------------|------------------------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 <u>Mother's Day</u> | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | Board Meeting 23 | 24 | 25 | 26 | 27 Summer Hours Begin |
| 28 Coffee & Donuts 9-11 ----- Ice Cream Social 2-4 | 29 <u>Memorial Day</u> Family Fun Day with Music 1-5 | 30 Swim Team Practices Begin After School | 31 Dive Team Practices Begin After School | | | |
| | | | | | | |
| | | | | | | |

2017

June

2017

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------|--------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------------|
| | | | | 1 | 2 | 3 |
| 4 Coffee & Donuts 9-11 | 5 | 6 | 7 | 8 | 9 Dive Team Potluck 7:00-9:00pm | 10 |
| 11 Coffee & Donuts 9-11 | 12 Swim Lessons 1 of 5 ----- Jr. Tennis Team Practices Begin | 13 | 14 | 15 | 16 Swim Team Potluck 6:30-8:00pm | 17 Swim Team Black & Gold Meet |
| 18 <u>Father's Day</u> Coffee & Donuts 9-11 ----- Ice Cream Social 2-4 | 19 Swim Lessons 2 of 5 | 20 Board Meeting | 21 | 22 Dive Team Black & Gold Meet | 23 Swim Team Potluck 6:30-8:00pm | 24 Swim "A" Meet (H) ----- Adult Social Wine Tasting 6-8 |
| 25 Coffee & Donuts 9-11 | 26 Swim Lessons 3 of 5 ----- Swim "B" Meet (H) | 27 Dive "A" Meet (A) | 28 Game Truck and S'mores 3-5 | 29 Swim & Dive Teams Pancake Breakfast ----- Dive "B" Meet (A) | 30 Swim Team Potluck 6:30-8:00pm | |

July

2017

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|-------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| | | | | | | 1 Swim "A" Meet (A) ----- Tie-Dye Day 2-4 |
| 2 Coffee & Donuts 9-11 | 3 Swim "B" Meet (A) | 4 Independence Day Family Picnic & Fun with Music 1-5pm ----- Facility Closes at 5 | 5 Dive "A" Meet (A) | 6 Dive "B" Meet (A) | 7 Swim & Dive Teams Picture Day ----- Swim Team Potluck 6:30-8:00pm | 8 Swim "A" Meet (A) ----- Swim Team Late Night 8-11 |
| 9 Coffee & Donuts 9-11 | 10 Swim Lessons 4 of 5 ----- Swim "B" Meet (H) | 11 Dive "A" Meet (H) | 12 Swim Team Relay Carnival (A) | 13 Dive "B" Meet (H) | 14 Swim Team Potluck 6:30-8:00pm | 15 Swim "A" Meet (H) ----- Tuckahoe Day 2-6 |
| 16 Coffee & Donuts 9-11 ----- Dive Meet (A) | 17 Swim "B" Meet (A) | 18 Dive "A" Meet (A) Board Meeting | 19 Swim Team All-Star Relays (A) | 20 Dive "B" Meet (A) | 21 Teddy Bear Tea 10-11 ----- Swim Team Potluck 6:30-8:00pm | 22 Swim "A" Meet (H) ----- Flick -N-Float 7-9 |
| 23 Coffee & Donuts 9-11 ----- Dive Meet (A) | 24 Swim Lessons 5 of 5 ----- Swim "B" Meet (H) | 25 Dive "A" Meet (H) | 26 | 27 Dive Team Black & Old Meet Late Night till 6-10 | 28 Swim Team Potluck 6:30-8:00pm | 29 Swim Divisional (A) ----- Swim Team Awards 6:00-7:00pm Tuckahoe Ball 7:00-11:00pm |

August

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------|---------------------|---------------------------------------------|---------------------|----------------------------------------------------------------------------|
| July 30 Coffee & Donuts 9-11 ----- Dive Divisionals (A) ----- Dive Team Awards | July 31 | 1 | 2 | 3 | 4 | 5 Swim All-Stars (A) ----- Adult Social Crab Feast 6-11 |
| 6 Coffee & Donuts 9-11 ----- Dive All-Stars (A) | 7 | 8 | 9 | 10 Float Night and S'mores 7-9 | 11 | 12 |
| 13 Coffee & Donuts 9-11 | 14 | 15 | 16 | 17 | 18 | 19 Music in the Afternoon 1-5 |
| 20 Coffee & Donuts 9-11 | 21 Indoor Facility Closes until September 2 nd | 22 -----} | 23 -----} | 24 -----} | 25 -----} | 26 -----} |
| 27 Coffee & Donuts 9-11 -----} | 28 -----} | 29 -----} | 30 -----} | 31 -----} | | |

2017

September

2017

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------------------------------------------------------|------------------------------------------------------------|---------------------|------------|------------|-------------|----------------------------------|
| | | | | | 1 | 2 Indoor Facility Re-opens |
| 3 Coffee & Donuts 9-11 ----- Ice Cream Social 2-4 | 4 <u>Labor Day</u> Good Bye to Summer with Music 1-5 | 5 | 6 | 7 | 8 -----} | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 Board Meeting | 20 | 21 | 22 | 23 |
| 24 | 25 Annual Membership Meeting | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

TIGERS SWIM TEAM

Don't just come to Tuckahoe - Be a part of Tuckahoe

Join the Tuckahoe Tigers Swim Team

Being a member of the Tiger Swim Team is developing a love for the sport of swimming, making new and lasting friendships, advancing your aquatic skills, exercising for your favorite sport, showing off your special talent at Tuckahoe Late Night, learning the value of teamwork and being part of a team that spans all age groups, feasting at Friday Night Potlucks, being a role model to younger swimmers, dancing at the Tuckahoe Ball, enjoying summer movies, Fun Friday activities, a Pancake Breakfast and even a Nationals baseball outing, chanting Tuckahoe cheers, receiving end of season trophies, striving for NVSL All-Stars and most importantly... **HAVING FUN!**

Northern Virginia Swim League

Established in 1956, the NVSL is among the largest summer swim leagues in the United States. Over 14,000 swimmers compete on 102 teams in 17 divisions. Tuckahoe is one of the charter swim teams in the NVSL, and has a strong developmental and competitive swim program. We invite every eligible Tuckahoe member to come out this summer and join the Tigers and keep this tradition alive.

Our Coaches

Head Coach – John Bechtoldt

Assistant Coach – Cabell Perott

Assistant Coach – Sheila Brosnan

Tuckahoe also has an outstanding group of accomplished Senior Coaching Staff and Volunteers.

Our Team Reps

Todd Spignardo (C) 301-602-3809 email: spignardo@hotmail.com

Sylvia Leimone (c) 202-210-1012 email: sylvia@mocamail.com

Meet Schedule

Please see website for full Meet Schedule and Calendar of Events.

- | | | |
|-----------------------|--------------------------------|-------------------------------------------------|
| • Black and Gold | 100% team participation | Saturday, June 17 th |
| • Five Monday Meets | 100% team participation | Starting Monday June 26 th |
| • Five Saturday Meets | Qualifying Swimmers | Starting Saturday, June 24 th |
| • Relay Carnival | Qualifying Swimmers | Wednesday, July 12 th |
| • Relay All-Stars | Qualifying relay teams | Wednesday, July 19 th |
| • Divisionals | Qualifying Swimmers | Saturday, July 29 th |
| • All-Stars | Qualifying Swimmers | Saturday, August 5 th |

Other Important Dates: Nationals Game-6/25, Pancake Breakfast-6/29; Picture/Movie Day-7/7; Tuckahoe Late Night-7/8; Progressive Dinner-7/22, Tuckahoe Ball-7/29

REGISTRATION

Registration is now open for the 2017 Swim Season. **Registration is essential for insurance purposes, and must be completed before your child can swim on the team.** You may access the Swim Team's web page through Tuckahoe's website (www.tuckahoe.net). Registration fees per family are \$95.00 for the first swimmer, \$70.00 for the second, and \$60.00 for every additional child. *Discounts taken at check out.* There is a late registration penalty of \$15 per athlete for registering after Memorial Day, May 29th, 2017. All swimmers will receive a team t-shirt and swim cap.

REQUIREMENTS

Swimmers must be between the ages of 5 and 18 years old (as of June 1st) and be able to swim 25 meters of freestyle unassisted. Swimmers must also be able to complete a 45 to 60 minute practice. New Swimmer Evaluations will be held during the month of May, dates and time will be announced.

LITTLE TIGERS PROGRAM

This newly developed group of the swim team focuses on stroke development for children who are interested in joining the Tuckahoe Swim Team (age 4-7) but may not yet be able to swim 25 meters of freestyle and backstroke proficiently. A dedicated Assistant Coach will run the program with the goal of creating a fun program focusing on stroke, breathing and racing fundamentals. Please visit our team page for more details.

OPEN HOUSE

Sunday, May 21st 1:00–3:00 pm for new members and 3:00–5:00 pm for returning members. Come meet our Coaches and Team Reps. Sportfair will be present to sell our new 2017 team suits.

PRACTICE TIMES

Before Fairfax County Schools close: 5/30/16 – 6/23/16:

| | | |
|-----------------------------|-----------------|---------------------------------|
| Monday thru Friday | 3:30 - 4:30 pm | 13 & up |
| | 4:30 - 5:30 pm | 8 & under |
| | 5:30 - 6:30 pm | 9 - 12 |
| | 5:45 - 6:30 pm | Little Tigers (indoor pool) |
| | 6:30 - 7:30 pm | Make-ups 7 & up only |
| Saturday (June 3 & June 10) | 9:00 -10:00 am | 11 & up |
| | 10:00 -11:00 am | 10 & under |

After Fairfax County Schools close: 6/26/16 – end of season:

| | | |
|----------------------|---------------------------------------|------------------------------------------|
| Monday thru Thursday | 8:00 - 9:00 am | 13 & up |
| | 9:00 - 10:00 am | 9-12 |
| | 9:15 - 10:00 am | Little Tigers |
| | 10:00 - 11:00 am | 8 & Under |
| Tuesday and Thursday | 6:00 - 8:00 pm | Clinics |
| Friday | 7:00- 8:00 am | Parents Swim |
| | 9:00 -10:00 am | 13 & up |
| | 9:15 -10:00 am | 9 - 12 |
| | 9:15 - 10:00 am | Little Tigers |
| | 10:00 -10:25 am ENTIRE TEAM | Meet motivation, whirlpool & cheering |
| | 10:30 -10:45 am | Coaches games |
| | 10:45 -11:15 am | 8 & Under Fun Friday |

WATER AEROBICS

Our classes are designed for anyone interested in a total body workout in the water. Change your body composition; increase your cardiovascular endurance, strength and flexibility. The classes use the resistance of the water, which is easy on the joints. Water aerobics are recommended by exercise physiologists for the general population and those with arthritis, pregnant women, overweight and active older adults. Laura Deisz and Terry Eiserman are our instructors and have the classes year round.

Morning Classes with Laura

Monday-Wednesday-Friday
(deep water and shallow water workout)
8:00-9:00am and 9:00-10:00am

Tuesday and Thursday
(deep water workout)
8:00-9:00am

Evening Classes with Terry

Monday and Wednesday
(deep water and shallow water workout)
7:00 – 8:00pm

Your first class is **FREE!**
Purchase your books of tickets at the front desk.

Fitness Classes

YOGA CLASSES

Classes with Fritz Partlow

Fritz teaches Iyengar yoga which emphasizes correct alignment in the poses. This practice is designed to improve balance, build strength and stamina, and improve flexibility. Each class begins and ends with a short meditation for centering and relaxation. This class is appropriate for students new to yoga and those with some physical limitations.

Spring Session (7 classes) April 11 - May 23 (No Class May 30) Tuesdays: 9:30-11:00 am
Cost: \$140.00 members / \$150.00 non-members / \$22.00 Drop In (space permitting)

Summer Session (10 classes) June 6 - Aug. 22 (No Class July 4 and Aug. 8) Tuesdays: 9:30-11:00 am
Cost: \$195.00 members / \$225.00 non-members / \$22.00 Drop In (space permitting)

Classes with Monika Leiss

These classes are a Vinyasa style of yoga that is designed to move you from one alignment to another. An emphasis is placed on movement, flowing and proper breathing as you move. This is an athletic practice which involves Astanga (flow), Iyengar (alignment), and breathing exercises to build heat and calm the mind. Classes are appropriate for students new to yoga as well as those seasoned veterans.

Spring Session (7 classes) April 20 – June 1 Every Thursday Evening: 7:00-8:30 pm
Cost: \$140.00 members / \$155.00 non-members / \$22.00 Drop In (space permitting)

Summer Session (8 classes) June 8 – July 27 Every Thursday Evening: 7:00-8:30 pm
Cost: \$155.00 members / \$170.00 non-members / \$22.00 Drop In (space permitting)

Diving Tigers

Welcome to an exciting summer of diving! The Tuckahoe Flying Tigers will compete in NVSL Dive Division 2 this summer. We are counting on last year's divers returning for another fun filled summer, and look forward to welcoming many newcomers to our team. No experience is necessary – children ages 5-18 are welcome if they can jump off the board and swim to the side of the pool. Our program, as well as the NVSL, emphasizes teaching children the proper technique for safe diving and a love for the sport.

PRACTICE: Divers of all levels are encouraged to attend at least one hour of practice each day, and are welcome to attend multiple sessions. Practice times are:

- Wednesday, May 31th – Friday, June 23rd – evening practice @ TRC 5-7 pm, M, W, and F
- Saturday, June 3rd and Saturday, June 10th – morning practice @ TRC 9-11 am
- Monday, June 26th – Tuesday, July 25th – morning practice @ TRC 9-11 am, M – F (no practice 7/4)
- Wednesday, June 28th – Wednesday, July 19th – evening practice @ TRC 6-7 pm, W only (no practice 7/5)
- Wednesday, July 26th – Friday, August 4th – Divisional and All-Star Practice (qualifying divers only)

REGISTRATION: Registration fees per family are \$80 for the first child, \$50 for the second, and \$35 for each additional child. All divers will receive a team t-shirt. Parents of divers are required to volunteer at meets. It's fun and you get a front row seat. Registration information will be emailed to all former dive families. Registration is **essential** for insurance purposes, and **must be completed before your child can dive with the team.**

CONTACTS: For more information or registration information, please contact one of our Dive Team reps:

Araceli Anciola: h – (703) 760-0088; c – (571) 216-8547; email – aanciola@verizon.net
Jennifer Murray: h – (703) 533-2811; c – (202) 270-2100; email – carsonjenny@verizon.net

COACHES: We are pleased to welcome our new head coach, Jamie Davidson, and to welcome back our senior assistant dive coach, Claire Lewis, and other fabulous assistant dive coaches!

SCHEDULE:

Tuckahoe Only (all divers):

| | | |
|------|------------------------------------------|---------------------------------------------|
| 6/9 | Black & Gold Pot Luck | All Divers (after practice from 7-9 pm) |
| 6/22 | Black & Gold Meet | All Divers (warm-ups 5pm; meet 6-8 pm) |
| 7/27 | "Black and Old" Meet/Pot Luck/Late Night | Parents Dive (warm-ups at 5pm; meet 6-9 pm) |

A Meets (qualifying divers): 6 - 9pm

| | | |
|------|----------------------|--------------------|
| 6/27 | TRC @ Old Keene Mill | (warm-ups at 5 pm) |
| 7/5 | TRC @ Lee Graham | (warm-ups at 5 pm) |
| 7/11 | Truro @ TRC | (warm-ups at 4 pm) |
| 7/18 | TRC @ Pinecrest | (warm-ups at 5 pm) |
| 7/25 | Crosspointe @ TRC | (warm-ups at 4 pm) |

B Meets (all divers): 6 - 9pm

| | | |
|------|---------------------|-------------------|
| 6/29 | Tuckahoe @ Overlee | (warm-ups at 5pm) |
| 7/6 | Tuckahoe @ Highland | (warm-ups at 5pm) |
| 7/13 | Chesterbrook @ TRC | (warm-ups at 4pm) |
| 7/20 | TRC @ Hamlet | (warm-ups at 5pm) |

Additional Meets

| | |
|------|---------------------------------------------------------------|
| 7/16 | Wally Martin 3 Meter meet @ Oak Marr, 8am |
| 7/23 | Cracker Jack @ Springfield, 8am (Developmental divers only) |
| 7/30 | Divisionals @ Lee Graham, 8 am (Qualifying divers only) |
| 8/6 | All Stars Championship @ Oakton, 8am (Qualifying divers only) |

Tennis Programs

Director of Tennis - Mani Barajas-Alexander – mani@topnotchtennis.com

Visit our website at www.tuckahoe.net or www.topnotchtennis.com

Spring Programs for Juniors **Session I:** April 10 – May 14 **Session II:** May 15 – June 18

| Class | Ages | Day | Time | Price (Mem/Non) |
|-----------------------------|----------------------------------|-----------------|---------------------|------------------------|
| Munchkins | 3-4 yrs | Mon / Fri / Sat | 5:30 / 5:00 / 12:00 | \$75 / \$95 |
| Hotshots | 5-6 yrs. | Mon / Sat / Sun | 5:30 / 12:00 / 3:00 | \$95 / \$120 |
| Bigshots | 7-10 yrs | Wed / Sat / Sun | 5:30 / 1:00 / 3:00 | \$95 / \$120 |
| Spinners | 11-15 yrs | Tue / Sat / Sun | 5:30 / 1:00 / 3:00 | \$95 / \$120 |
| Competitive Juniors/HS Prep | Based on skill (tryout required) | Mon / Wed / Sat | 5:30 / 5:30 / 5:00 | \$145 / \$180 |

Spring Programs for Adults **Session I:** April 10 – May 14 **Session II:** May 15 – June 18

| Class | NTPR Rating | Day | Time | Price (Mem/Non) |
|---------------------|--------------------|-------------|--------------|------------------------|
| Beginner 101 | 1.0 - 2.0 | Mon / Wed | 7:00 / 10:00 | \$145 / \$180 |
| Beginner 102 | 2.0 - 2.5 | Wed | 10:00 / 7:00 | \$145 / \$180 |
| Intermediate | 3.0 - 3.5 | Tue / Sat | 7:00 / 10:30 | \$145 / \$180 |
| Parent/Child Clinic | All Levels | Sat | 12:00 / 1:00 | \$95 / \$120 |
| Cardio Tennis | All Levels | Tues / Thur | 6:00 | \$80 / \$100 |

~ NEW ~ Tennis Boot Camp **Session I:** April 10 – May 14 **Session II:** May 15 – June 18

Tennis Boot Camp is a new and exciting adult program that is a step up from Cardio Tennis. This class combines fun exercise with instructional tennis and is a great class for those looking to improve both on court skills and physical fitness! The class also includes team challenges, fitness events, coach competitions, and in-depth fitness training. For more information, contact Head Professional Tim Goetz at tim@topnotchtennis.com

Class: Ladies Booty Bustin' Boot Camp **Level:** Int/Adv **Day/Time:** Tues. & Thur, 10-1130am

Class: Back In It Boot Camp **Level:** Int/Adv **Day/Time:** Wed. 6-730pm & Sat. 9-1030am

Try this Pick-Up Tennis Opportunity Looking to get in a game or two? Come meet new hitting partners and get some exercise playing your favorite sport! Join us for Pick-Up Tennis. We will mix and match partners for short games of doubles as well as bagels and coffee. Knowledge of scoring and match play required. This play opportunity meets every Sunday from 10am-12pm. We will starting on April 23 and go till June 25. Cost is \$40 for a 4-Sundays pass.

Adult Team Tennis Program (Spring)

The Tyson's Cup Adult League is a great way for men and women to have an opportunity to compete against other tennis clubs as a Tuckahoe member. The season begins in early April. Go to www.tuckahoe.net for more information.

Ladies Team - Team Captain is Deborah Rosenblum; e-mail: tenelena@aol.com

Men's Team - Team Captain is Bob Kreeb, e-mail: bobkreeb@cox.net

Mixed Doubles Team - Team Captain is Dave Hagigh, e-mail: davehagigh@gmail.com

Junior Team Tennis Program

(Practices start: June 12, 2017)

Our Junior Tennis Team competes in the Junior Tyson's Cup and is available to members with children ages 6-17 years old who wish to have an opportunity to compete against other tennis clubs. The cost to join the team is \$95. Practice times are: "A Team" (**Intermediate/Advanced**) - Mondays and Wednesdays 3:30-5:00pm. "B Team" (**Beginner/Adv. Beginner**) - Monday and Wednesday 5:00-6:00pm; **Match Play Day** Fridays 3:00-6:00pm. The Junior Tennis Team matches begin once school is out and ends in late July. Matches are Tuesday and/or Thursday afternoons.

Summer Junior Camp (3 hours)

~ Minimum of 6 students pre-registered to have class ~

| | | |
|-----------------------------------|------------------------------------|-------------------------------------|
| Session I: June 19–June 23 | Session II: June 26–June 30 | Session III: July. 31-Aug. 4 |
| Session IV: Aug. 7–Aug. 11 | Session V: Aug. 14–Aug. 18 | Session VI: Aug. 21–Aug. 25 |

Times: 9:00am - 12 noon

Cost: \$195-members / \$225-non-members

Munchkins Summer Mini-Camp

June 19 – August 25 (weekly offerings)

A great way to introduce your child to tennis! This is a fun-filled weekly camp that helps your child develop: hand-eye coordination, balance, movement, and racquet skills.

Ages: 3-6

Times: 8:00-8:45am or 11:15 am-12:00 pm

Cost: \$50 per week

Tiger Tennis Summer Camp

June 26th – July 28th

Back by popular demand, we will be offering tennis camp for our members on the swim team. This year we have expanded the camp to members not on the swim team. After your child's swim/dive practices, head up to the tennis courts for hour-long fun filled clinic. (Members have priority registration)

Ages: 5-8

Times: 9:00–10:00 am

Ages: 9-15

Times: 10:15–11:15 am

Tiger Package: \$350/ALL 5 Weeks

Weekly Cost: \$95/members

\$15 OFF – Each additional child within same family

Summer Weekend Junior Clinics

Session I: June 19 – July 16

Session II: July 17 – August 13

| Class | Ages | Day | Time | Price (Mem/Non) |
|--------------|-------------|------------|--------------|------------------------|
| Munchkins | 3-4 yrs | Sat / Sun | 12:00 / 3:00 | \$60 / \$80 |
| Hotshots | 5-6 yrs. | Sat / Sun | 12:00 / 3:00 | \$75 / \$95 |
| Bigshots | 7-10 yrs | Sat / Sun | 1:00 / 3:00 | \$75 / \$95 |
| Spinners | 11-15 yrs | Sat / Sun | 1:00 / 3:00 | \$75 / \$95 |

Summer Adult Tennis

Session I: June 19 – July 16

Session II: July 17 – August 13

| Class | NTPR Rating | Day | Time | Price (Mem/Non) |
|---------------|--------------------|-------------|--------------|------------------------|
| Beginner 101 | 1.0 - 2.0 | Mon / Wed | 7:00 / 7:00 | \$115 / \$140 |
| Beginner 102 | 2.0 - 2.5 | Mon / Wed | 7:00 / 7:00 | \$115 / \$140 |
| Intermediate | 3.0 – 3.5 | Tue / Sat | 7:00 / 10:30 | \$115 / \$140 |
| Cardio Tennis | All Levels | Tues / Thur | 7:00 / 7:00 | \$75 / \$95 |

For more information regarding our tennis programs, please visit our website

www.tuckahoe.net or www.topnotchtennis.com

or contact the Director of Tennis Mani Barajas-Alexander at mani@topnotchtennis.com

Group Swim Lessons

Our popular group swim lessons will be taught again this summer. We will still try to offer a variety of levels in each session, both in the morning and evening. Each class requires a minimum of 4 students registered and paid before each class can begin. **Class registrations will close the Friday before the new session begins.** We will continue to keep the student teacher ratio to a minimal level, striving to add an instructor with 7 or more children in the class. A waiting list will be maintained, and additional classes might be scheduled if both instructors and space are available. You will be notified on the weekend preceding the start of the class to confirm your child's participation. Only paid registrants are guaranteed a place in the class, and instructors are assigned once the class has 4 registered. **Please do not register a child for two classes in one session.**

We will ask each child to perform certain skills on the first day of class to ensure their proper placement in the class. It is our goal to have the children in each class to be as similar in skills (not necessarily in age) as possible. Please bear with us during this process. Our instructors will make sure the child is in the correct class. In addition, let us know of any special circumstances that require your child to be in a particular class or time period.

There will be two "Head Start" sessions of only one-week (5 classes) before the regular season begins and our normal 3-sessions of two-week lessons. Holidays and Club activities determine the number of classes. Morning and evening classes will be 4-days a week with no classes on Monday evenings and Friday mornings.

Private Lessons (1:1 ratio) and Semi-Private Lessons (2:1 ratio) are available for **members only** and available any time the pool is open to members except during scheduled group lesson times. However, availability of instructors could be limited at certain times. You must pay for the child when you register at the front desk.

Children MUST be able to complete the exit skills in the previous level in order to move to the next level

Ducks: This class is for children 18 months to 3 years as an introduction to the water. Parents will be in the water with the child. The skills are similar to Level I skills. **30-minute class**

Level I: Salamanders: Introduction to Water Skills without parent. Child must be 3 and able to function in a group environment. Learn basic water safety, comfort in the water, floating and kicking on the front and back. Safety rules. **30-minute class**

Level II: Jelly Fish: Fundamental Aquatic Skills - learning real swimming on both back and front without support, recovering to standing, and various arm and leg actions. **30-minute class**

Level III: Turtles: Stroke Development - learning survival float, elementary backstroke, leg actions for scissors and dolphin kicks. Begin to learn headfirst entry from side of pool. **30-minute class**

Level IV: Tadpoles: Stroke Improvement - improving front crawl, elementary backstroke and their endurance with added movements for side stroke, butterfly and introduce backstroke, breast stroke and turns. **45-minute class**

Level V: Dolphins: Stroke Refinement - refine and coordinate the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and add considerable endurance. They will also learn flip turns. **45-minute class**

SWIM LESSON SCHEDULE

MEMBER REGISTRATION - BEGINS April 17, 2017

NON-MEMBER REGISTRATION - BEGINS April 24, 2017

~ No refunds given after the first class / Class will start with 4-paid registrants ~

SESSION I "Head Start" June 12-16, 2017

Morning Classes (5 classes)

| | | |
|---------------|-------------|-------------------|
| 9:00- 9:30am | Ducks | \$40.00 / \$50.00 |
| 9:30-10:00am | Salamanders | \$40.00 / \$50.00 |
| 10:00-10:30am | Jelly Fish | \$40.00 / \$50.00 |
| 10:30-11:00am | Turtles | \$40.00 / \$50.00 |

Evening Classes (5 classes)

| | | |
|-------------|-------------|-------------------|
| 6:00-6:30pm | Ducks | \$40.00 / \$50.00 |
| 6:30-7:00pm | Salamanders | \$40.00 / \$50.00 |
| 7:00-7:30pm | Jelly Fish | \$40.00 / \$50.00 |
| 7:30-8:00pm | Turtles | \$40.00 / \$50.00 |

SESSION II "Head Start" June 19-23, 2017

Morning Classes (5 classes)

| | | |
|---------------|-------------|-------------------|
| 9:00- 9:30am | Salamanders | \$40.00 / \$50.00 |
| 9:30-10:00am | Jelly Fish | \$40.00 / \$50.00 |
| 10:00-10:30am | Turtles | \$40.00 / \$50.00 |
| 10:00-10:45am | Tadpoles | \$60.00 / \$75.00 |

Evening Classes (5 classes)

| | | |
|-------------|-------------|-------------------|
| 6:00-6:30pm | Salamanders | \$40.00 / \$50.00 |
| 6:30-7:00pm | Jelly Fish | \$40.00 / \$50.00 |
| 7:00-7:30pm | Turtles | \$40.00 / \$50.00 |
| 7:00-7:45pm | Tadpoles | \$60.00 / \$75.00 |

SESSION III June 26-July 7, 2017

Morning Classes (7 classes, No Fridays & July 4)

| | | |
|---------------|-------------|--------------------|
| 9:00-9:30am | Salamanders | \$55.00 / \$70.00 |
| 9:00-9:30am | Turtles | \$55.00 / \$70.00 |
| 9:30-10:00am | Ducks | \$55.00 / \$70.00 |
| 9:30-10:00am | Jelly Fish | \$55.00 / \$70.00 |
| 10:00-10:30am | Salamanders | \$55.00 / \$70.00 |
| 10:00-10:30am | Turtles | \$55.00 / \$70.00 |
| 10:15-11:00am | Tadpoles | \$80.00 / \$105.00 |
| 10:30-11:00am | Jelly Fish | \$55.00 / \$70.00 |

Evening Classes (7 classes, No Mondays & July 4)

| | | |
|-------------|-------------|--------------------|
| 6:00-6:30pm | Salamanders | \$55.00 / \$70.00 |
| 6:00-6:30pm | Ducks | \$55.00 / \$70.00 |
| 6:15-7:00pm | Tadpoles | \$80.00 / \$105.00 |
| 6:30-7:00pm | Turtles | \$55.00 / \$70.00 |
| 6:30-7:00pm | Jelly Fish | \$55.00 / \$70.00 |
| 7:00-7:30pm | Salamanders | \$55.00 / \$70.00 |
| 7:00-7:45pm | Dolphins | \$80.00 / \$105.00 |
| 7:30-8:00pm | Jelly Fish | \$55.00 / \$70.00 |

SESSION IV July 10-21, 2017

Morning Classes (8 classes, No Fridays)

| | | |
|---------------|-------------|--------------------|
| 9:00-9:30am | Jelly Fish | \$60.00 / \$80.00 |
| 9:00-9:30am | Turtles | \$60.00 / \$80.00 |
| 9:30-10:00am | Salamanders | \$60.00 / \$80.00 |
| 9:30-10:00am | Ducks | \$60.00 / \$80.00 |
| 10:00-10:30am | Jelly Fish | \$60.00 / \$80.00 |
| 10:00-10:30am | Turtles | \$60.00 / \$80.00 |
| 10:15-11:00am | Tadpoles | \$90.00 / \$120.00 |
| 10:30-11:00am | Salamanders | \$60.00 / \$80.00 |

Evening Classes (8 classes, No Mondays)

| | | |
|-------------|-------------|--------------------|
| 6:00-6:30pm | Salamanders | \$60.00 / \$80.00 |
| 6:00-6:30pm | Turtles | \$60.00 / \$80.00 |
| 6:15-7:00pm | Tadpoles | \$90.00 / \$120.00 |
| 6:30-7:00pm | Jelly Fish | \$60.00 / \$80.00 |
| 6:30-7:00pm | Turtles | \$60.00 / \$80.00 |
| 7:00-7:30pm | Salamanders | \$60.00 / \$80.00 |
| 7:00-7:45pm | Dolphins | \$90.00 / \$120.00 |
| 7:30-8:00pm | Jelly Fish | \$60.00 / \$80.00 |

SESSION V July 24-August 4, 2017

Morning Classes (8 classes, No Fridays)

| | | |
|---------------|-------------|--------------------|
| 9:00-9:30am | Jelly Fish | \$60.00 / \$80.00 |
| 9:00-9:30am | Turtles | \$60.00 / \$80.00 |
| 9:30-10:00am | Salamanders | \$60.00 / \$80.00 |
| 9:30-10:00am | Ducks | \$60.00 / \$80.00 |
| 10:00-10:30am | Salamanders | \$60.00 / \$80.00 |
| 10:00-10:30am | Turtles | \$60.00 / \$80.00 |
| 10:15-11:00pm | Dolphins | \$90.00 / \$120.00 |
| 10:30-11:00am | Jelly Fish | \$60.00 / \$80.00 |

Evening Classes (8 classes, No Mondays)

| | | |
|-------------|-------------|--------------------|
| 6:00-6:30pm | Salamanders | \$60.00 / \$80.00 |
| 6:00-6:30pm | Turtles | \$60.00 / \$80.00 |
| 6:00-6:45pm | Tadpoles | \$90.00 / \$120.00 |
| 6:30-7:00pm | Jelly Fish | \$60.00 / \$80.00 |
| 6:30-7:00pm | Ducks | \$60.00 / \$80.00 |
| 7:00-7:30pm | Jelly Fish | \$60.00 / \$80.00 |
| 7:00-7:30pm | Turtles | \$60.00 / \$80.00 |
| 7:00-7:45pm | Dolphins | \$90.00 / \$120.00 |



OFFICERS AND DIRECTORS 2016-2017

Officers: President - Larry Rouvelas Vice-President - Michael Byman
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Michael Laudier Scott McFalls Jacqueline Morgan
Seth Schneider Andrea Smith Todd Spignardo
Sean Staats Mike Thomas Patrick Truver
Rajesh Virassamy

General Manager: JD Almond Assistant Manager: Ron Larkin

If you are interested in running for the Board of Directors in the Fall of 2017, please contact Seth Schneider, Michael Laudier, Rajesh Virassamy or JD Almond, General Manager, for more information.