



Guilford Racquet
& Swim Club

Swim Options 2020

<p>Private Swim Lessons 1 person or more, organized for 15 or 30 minutes \$20/\$40 (add \$5/swimmer per 30 minutes) All swimmers must have Platinum membership</p>	<p>Lap Swim Based on demand, by reservation: M-Th 7-9 am or 7-8 pm Sat & Sun 9-11 am</p>
<p>Group Swim (6 minimum participants required) 3 yrs & under, 10:30-11 am 4-6 yrs, 10-10:30 am 7-9 yrs 9:30-10 am 10 yrs & up 9-9:30 am Session I: Saturdays 6/27-7/18 Session II: Sundays 6/28-7/19 Session III: Saturdays 7/25-8/15 Session IV: Sundays 7/26-8/16 \$50/session \$185/4 sessions</p>	<p>Water Workouts (Adult) Tu & Th 6-7 am Session I: 6/23-7/2 Session II: 7/7-7/16 Session III: 7/21-7/30 Session IV: 8/4-8/13 \$35/session \$125/4 sessions</p>
<p>Intro to Swim Team: Ages 10 & Under M-Th 8-9 am Session I: 6/29-7/10 Session II: 7/13-7/24 Session III: 7/27-8/7 Session IV: 8/10-8/21 \$70/session \$250/4 sessions</p>	<p>Swim Team Conditioning: Ages 11 & up, M-Th 7-8 am Session I: 6/29-7/10 Session II: 7/13-7/24 Session III: 7/27-8/7 Session IV: 8/10-8/21 \$70/session \$250/4 sessions</p>

Email Coach Jenn: pool@guilfordracquet.com with questions
Sign up with Beth@guilfordracquet.com



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Member Reminders for the Pool

By entering the pool area of GRSC, you acknowledge and accept responsibility for yourself, your family and your guests that you have read and will adhere to current GRSC protocol and that there is a risk of COVID-19 transmission.

- All children 3 and under, or older kids not yet fully potty trained **MUST** wear a re-usable swim diaper in both pools
- All guests must be checked in, with their name and contact info emailed 24 hours ahead
- Members must wear masks when outside of designated seating area or pool
- Members are responsible for social distancing in the pool
- Food is only to be eaten outside the pool area; no food or glass on the pool deck
- No ball-throwing on the pool deck or in the pool
- No roughhousing including pushing, parents throwing children, chicken-fighting, shoulder-jumping, etc.
- No mermaid tails
- Jumping and diving from diving block allowed only with lifeguard supervision; there is **NO** diving or jumping from the sides of the pool or shallow end
- Toys and noodles can only be used at lifeguards' discretion
- Pool Rules will be followed