



SUMMER 2019

Upper Beechwood 1



A Message From Your Manager...

As the 2019 pool season quickly approaches, I am sure you are all looking forward to another great summer at UB1! I am very excited to be returning for my fourth summer at UB1 and my second year as manager. We are excited to have some familiar faces on our guard team and can't wait for you to meet the new additions as well! Please check out our summer schedule and highlights below and make sure to take note of any new events this year. On behalf of all of the guards, we are looking forward to enjoying another summer with all of you at UB1. If you have any questions, don't hesitate to email us at ub1guards@gmail.com.

-Abby Saunders

Pool Contact Information:

www.upperbeechwood.com

490 Branstone Dr, Waterloo, N2T1S7

519-725-5385

2019 Lifeguards

- Abby Saunders
- Katie McLay
- Noah Meyer
- Jordan Aslanidis
- Lia Heard
- Joey McLay
- Taylor Malcolm
- Jillian Franz
- Ruth Meyer
- Marly Verhoeve
- Emma Roy
- Sophia Aslanidis

Pool Rules

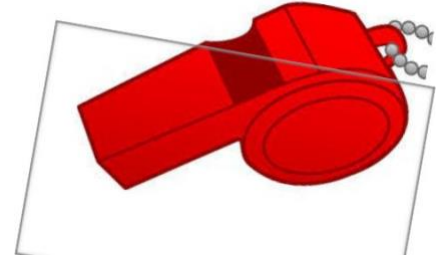
1. All children wearing flotation devices must be within arm's reach of their adult caregiver.
2. All patrons swimming in the pool must have on proper swim attire. Patrons will not be allowed to enter the pool in street clothes.
3. All infants/toddlers that require a diaper must wear swimmer diapers and proper swimwear.
4. All children must perform a swim test (2 widths of the pool without stopping or touching) before being allowed in the deep end without a parent.
5. Supervision requirements for children are as follows: Children aged 0-5- two children to one guardian (2:1). Children aged 6-9 who are non-swimmers- four children to one guardian (4:1) or eight children with lifejackets to one guardian (8:1).
6. Children must be born in 2011 or before to come to the pool on their own. Otherwise they must be supervised by a person 12 years or older.
7. No one who has been infected with the following may enter the pool: open sores, diarrhea, athlete's foot, or any contagious disease.
8. If the patrolling lifeguard witnesses thunder or lightning, all patrons must remain out of the water for 30 minutes past the last sign of thunder or lightning.
9. If a whistle is blown to clear the pool (a long whistle blast), patrons should move quickly and quietly to the grass area.
10. If a member wishes to bring guests they are asked to please inform a lifeguard on duty. All children will be asked to do a swim test.
11. NO DIVING!
12. No standing or sitting on the pool covers.
13. No standing or sitting on the flutter boards.
14. Please keep food on the grass area.
15. NO alcohol is permitted on the pool grounds.
16. NUTS OR NUT PRODUCTS ARE NOT PERMITTED ON THE POOL GROUNDS, BASKETBALL COURTS, OR TENNIS COURTS.
17. No chewing gum.
18. No shoulder rides.
19. Please shower completely before entering the pool to help the guards keep the facilities clean and safe.
20. All patrons must adhere to all pool rules, policies, and procedures or risk being asked to leave the premises by a lifeguard on duty.

Pool Policies

Whistle Signals

2 short blasts: A guard is signalling another guard.
Patrons may continue swimming,

1 long blast: Please clear the pool quickly and quietly and wait on the grass area for further instructions from the guards.



Parties

- Any member wishing to bring 4 guests or more must inform a lifeguard a minimum of 2 hours in advance.
- Any member wishing to bring more than 10 guests during hours of operation will be required to make arrangements with the pool manager- there will be a fee payable of \$20/hour.
- Members may be asked to hold their parties during slower hours of operation if the pool is expected to be near capacity at the requested time of day.
- If a member wishes to have a party at the pool outside of normal operating hours, they can do so for a rate of \$40/hour for up to 25 guests, and \$60/hour for up to 50 guests. 4 days notice is required.

Swim Test

- When a child feels ready to swim in the deep end, he or she must show a lifeguard on duty that he or she is able to swim two widths of the pool without stopping or touching the bottom. It is up to the lifeguard's discretion whether or not the child is capable of swimming in the deep end safely.

Volunteering

- Members above age 12 can request to volunteer with swimming lessons and events throughout the summer. This volunteering position requires a commitment to arrive on time and be available throughout the entire session. We love all of the help we can get!

Swim Attire

- When using the pool, all swimmers must change from street clothes to designated swim attire (swim suit and/or clean clothing used for swimming only). Clothing worn in the pool must be free from rips/tears and denim is not permitted. Swimming attire must permit patrons to participate safely in lessons and free swim.
- Recommendations for safe swimming attire:
 - Clothing should be a light weight fabric
 - Form fitted clothes are preferred

Inclement Weather

- The pool is closed immediately if thunder is heard or lightning is seen and remains closed for 30 minutes.
- The pool will be closed in excessive downpours of rain, or if the temperature is less than 17 degrees Celsius. This will be re-evaluated in four hour increments (8am-12, 12-4pm, 4-8pm).
- These temperature conditions will be following the University of Waterloo weather station.
- Members may check these conditions on the UW website themselves, check the UB1 website, Facebook page, or call the pool to find out if the pool is open.

Summer Pool Schedule

OPENING WEEKEND

The pool will be opening this summer on the Victoria Day Long Weekend. The pool will be open May 18th, 19th, and 20th from 12-8pm for free swim. This opening date is weather dependent so please check the posted signs on pool gates, our website, and our Facebook page for updates!

MAY AND JUNE

Weekends: Starting May 18th, the pool will be open for weekends in May and June from 12-8pm.

Weekdays: Beginning June 3rd, the pool will be open on weekday evenings. Regular after school hours will be 4-8pm daily. On Tuesdays and Thursdays, we will open at 3pm.

JULY AND AUGUST

Weekends: Please refer to the attached weekly pool schedule for details.

Weekdays: Please refer to the attached weekly pool schedule for details.

**Note in the second half of August, the pool will close at 8:30pm instead of 9pm.

SWIMMING LESSON SCHEDULE

Session 1: Tuesday July 2nd-Friday July 12th

- Sign up for swimming/tennis begins Friday June 28th at 4pm

Session 2: Monday July 15th-Friday July 26th

- Sign up for swimming/tennis begins Friday July 12th at 1pm

Session 3: Monday July 29th-Friday August 9th

- Sign up for swimming/tennis begins Friday July 26th at 1pm

Session 4: Monday August 12th-Friday August 23rd

- Sign up for swimming/tennis begins Friday August 9th at 1pm



END OF THE SUMMER

August 26th-August 30th: Bronze Medallion and Bronze Cross courses (not included in membership)- Monday to Friday from 8am-1pm. The exam will be held at UB1 on Friday August 30th.

August 31st- September 8th: The pool will be open Labour Day weekend (12-8pm) and the following weekend from 12-8pm on September 7th and 12-6pm on September 8th. We will close for the summer on September 8th.

Summer Highlights

Community Clean-Up Day: Saturday, May 11th

We are asking members again this year to join us for an afternoon of spring cleaning at the pool! Bring the whole family to help out with gardening, clean up, and other tasks!

Opening Pizza Party: Saturday, June 22nd 5-8pm

Bring the whole family to an evening of food, fun, and getting to know the guards and your neighbours!

Aquafit: Wednesday & Sunday 7-8pm

Returning again by popular demand are our weekly aquafit classes!

Science Night: Thursday, July 25th

Discover your inner mad scientist at a fun night with the guards!

Lane Swim

We will be holding lane swims every week day starting in July. Monday, Wednesday, and Friday lane swim will be at 7:45-8:15am. Tuesday and Thursday lane swim will be offered in half of the pool from 8-9pm.

Halloween Night: July 9th

Dress up in your best costume and come to the pool for a great evening event and some trick or treating in July!

Fun in the Sun!: July 10th & 24th, August 6th & 21st

Fun, low-key, themed events run once per session for the kids to enjoy after swimming lessons!

Water Polo Camp: July 2nd, 4th, 9th, and 11th after lessons

Any members who can touch in the shallow end are welcome to come out to water polo camp! It will be a great opportunity to learn a new water sport in a relaxed and fun environment. Participation in the beechwood-wide water polo tournament is encouraged but optional.

Teen/Tween/Single Digit Nights

Single digit nights are open to members aged 8-9 years old. Tween nights are open to members aged 10-12 years old and teen nights will be open to members 13 years and older. See the attached calendar for dates!

Synchro Camp: July 15th, 17th, 19th, 22nd

Any members who are in Swim Kids 3 or higher are welcome to come to synchro camp! This is another great opportunity to learn about a water sport in a relaxed environment. There will be a mini performance on July 24th in the evening.

Adult Party: Thursday, July 18th

All adult members are invited to the pool for an evening without the kids!

Sports Camp: July 29th, July 31st, August 2nd, 7th, 9th

Join the guards in playing a variety of sports after lessons!

Senior Swim Meet: August 1st

Swimmers ages 8 and up can compete with swimmers from other Beechwood pools in various races involving different strokes. Whether you are competing or not, come out to support UB1's swimmers!

Triathlon: August 8th

Our UB1 kids can run, bike, and swim in a friendly competition around the community and in the pool starting after swimming lessons at 1pm!

Dance Camp: August 12th-15th

Any members who feel like getting a groove on should come out and learn a dance every day after lessons to perform at Talent night!

Talent Night & Pizza: August 15th

A great way to show off our talented members and support your UB1 community!

Carnival Night: August 23rd

A very fun event to finish off the summer! Bouncy castles, pizza, cotton candy, and more will make it an evening to remember!

Community Activities

Community activities will be continuing this summer at UB1 for everyone to enjoy! Specific dates will be decided closer to the summer so make sure to check our website and Facebook page for updates. Activities will include yoga, mindfulness activities, walking/running groups, etc.

NEW: Volunteer Involvement Program (VIP)

This summer, UB1 will be implementing a program to further involve our amazing volunteers. Anyone 13+ is welcome to sign up, and write out a short proposal (such as a craft, game, or sport) for an activity that they would like to run at UB1 with the assistance of a lifeguard (the lifeguards will work with the volunteers to find a time and place to run the activity as well as help supervise the activity). A great opportunity for our young community members (or future lifeguards!) to get further involved at UB1!



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Community Clean Up
12	13	14	15	16	17	18 Opening Weekend Free Swim 12-8pm
19 Free Swim 12-8pm	20 Victoria Day Free Swim 12-8pm	21	22	23	24	25 Free Swim 12-8pm
26 Free Swim 12-8pm	27	28	29	30	31 PA DAY Free Swim 12-8pm	

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Free Swim 12-8pm
2 Free Swim 12-8pm	3 Free Swim 4-8pm	4 Free Swim 3-8pm	5 Free Swim 4-8pm	6 Free Swim 3-8pm	7 Free Swim 4-8pm	8 Free Swim 12-8pm
9 Free Swim 12-8pm	10 Free Swim 4-8pm	11 Free Swim 3-8pm	12 Free Swim 4-8pm	13 Free Swim 3-8pm	14 Free Swim 4-8pm	15 Free Swim 12-8pm
16 Free Swim 12-8pm	17 Free Swim 4-8pm	18 Free Swim 3-8pm	19 Free Swim 4-8pm	20 Free Swim 3-8pm	21 Free Swim 4-8pm	22 Opening Pizza Party 5-8pm Free Swim 12-8pm
23 Free Swim 12-8pm	24 Free Swim 4-8pm	25 Free Swim 3-8pm	26 Aquafit 7-8pm Free Swim 4-8pm	27 Free Swim 3-8pm	28 Session 1 Sign Up Free Swim 11am-9pm	29 Free Swim 11am-9pm

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Free Swim 11am-9pm Aquafit 7-8pm	1 Canada Day Free Swim 11am-9pm NO LESSONS	2 SESSION 1 Water Polo Camp 12:15-1pm Lane Swim 8-9pm Free Swim 1-9pm	3 Lane Swim 7:45-8:15am Aquafit 7-8pm Free Swim 1-9pm	4 Water Polo Camp 12:15-1pm Lane Swim 8-9pm Free Swim 1-9pm	5 Lane Swim 7:45-8:15am Single Digit Night 6-8pm Free Swim 1-9pm	6 Free Swim 11am-9pm
7 Free Swim 11am-9pm Aquafit 7-8pm	8 Lane Swim 7:45-8:15am Free Swim 1-9pm	9 Water Polo Camp 12:15-1pm Halloween Night 5:30pm Lane Swim 8-9pm Free Swim 1-9pm	10 Lane Swim 7:45-8:15am Fun in the Sun 12-1pm Aquafit 7-8pm Free Swim 1-9pm	11 Water Polo Camp 12:15-1pm Tween Night 7-8:30pm Free Swim 1-9pm	12 Lane Swim 7:45-8:15am Session 2 Sign Up Free Swim 1-9pm	13 Free Swim 11am-9pm
14 Free Swim 11am-9pm Aquafit 7-8pm	15 SESSION 2 Lane Swim 7:45-8:15am Synchro Camp 12:15-1pm Free Swim 1-9pm	16 Lane Swim 8-9pm Free Swim 1-9pm	17 Lane Swim 7:45-8:15am Synchro Camp 12:15-1pm Aquafit 7-8pm Free Swim 1-9pm	18 Free Swim 1-4pm Adult Party 8pm	19 Lane Swim 7:45-8:15am Synchro Camp 12:15-1pm Free Swim 1-9pm	20 Free Swim 11am-9pm
21 Free Swim 11am-9pm Aquafit 7-8pm	22 Lane Swim 7:45-8:15am Synchro Camp 12:15-1pm Free Swim 1-9pm	23 Teen Night 7-8:30pm Lane Swim 8-9pm Free Swim 1-9pm	24 Lane Swim 7:45-8:15am Fun in the Sun 12-1pm Aquafit 7-8pm Free Swim 1-9pm	25 Science Night 7pm Lane Swim 8-9pm Free Swim 1-9pm	26 Lane Swim 7:45-8:15am Session 3 Sign Up Free Swim 1-9pm	27 Free Swim 11am-9pm
28 Free Swim 11am-9pm Aquafit 7-8pm	29 SESSION 3 Lane Swim 7:45-8:15am Sports Camp 12:15-1pm Free Swim 1-9pm	30 Single Digit Night 6-8pm Lane Swim 8-9pm Free Swim 1-9pm	31 Lane Swim 7:45-8:15am Sports Camp 12-1pm Aquafit 7-8pm Free Swim 1-9pm			

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Swim Meet 3pm NO FREE SWIM	2 Lane Swim 7:45-8:15am Sports Camp 12:15-1pm Free Swim 1pm-9pm	3 Free Swim 11am-9pm
4 Free Swim 11am-9pm Aquafit 7-8pm	5 Civic Holiday- NO LESSONS Free Swim 11am-9pm	6 Fun in the Sun 12-1pm Tween Night 7-9pm Lane Swim 8-9pm Free Swim 1pm-9pm	7 Lane Swim 7:45-8:15am Sports Camp 12:15-1pm Aquafit 7-8pm Free Swim 1pm-9pm	8 Triathlon 1pm Lane Swim 8-9pm Free Swim 1pm-9pm	9 Lane Swim 7:45-8:15am Sports Camp 12:15-1pm Session 4 Sign Up Free Swim 1pm-9pm	10 Free Swim 11am-9pm
11 Free Swim 11am-9pm Aquafit 7-8pm	12 SESSION 4 Lane Swim 7:45-8:15am Dance Camp 12-1pm Free Swim 1pm-8:30pm	13 Dance Camp 12-1pm Teen Night 7-9pm Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	14 Lane Swim 7:45-8:15am Dance Camp 12-1pm Aquafit 7-8pm Free Swim 1pm-8:30pm	15 Dance Camp 12-1pm Talent Night & Pizza 5:30pm Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	16 Lane Swim 7:45-8:15am Free Swim 1pm-8:30pm	17 Free Swim 11am-8:30pm
18 Free Swim 11am-8:30pm Aquafit 7-8pm	19 Lane Swim 7:45-8:15am Free Swim 1pm-8:30pm	20 Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	21 Lane Swim 7:45-8:15am Fun in the Sun 12-1pm Aquafit 7-8pm Free Swim 1pm-8:30pm	22 Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	23 Lane Swim 7:45-8:15am Carnival Night 5:30pm Free Swim 1pm-8:30pm	24 Free Swim 11am-8:30pm
25 Free Swim 11am-8:30pm Aquafit 7-8pm	26 Bronze Courses Begin Lane Swim 7:45-8:15am Free Swim 1pm-8:30pm	27 Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	28 Lane Swim 7:45-8:15am Aquafit 7-8pm Free Swim 1pm-8:30pm	29 Lane Swim 7:30-8:30pm Free Swim 1pm-8:30pm	30 Lane Swim 7:45-8:15am Free Swim 1pm-8:30pm	31 Free Swim 12-8pm

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Free Swim 12-8pm	2 Labour Day Free Swim 12-8pm	3	4	5	6	7 Free Swim 12-8pm
8 Free Swim 12-6pm	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					