



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER

Trotta Millennium Pool
Dennis Munson Aquatic Program



Our Mission

To inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible and caring citizens.

Our Facility

Trotta Millennium Pool

Our 8 lane x 25 yard pool is heated to 82 degrees and ADA accessible.

GREAT FUTURES START HERE



351 Main Street, Mount Kisco, NY 10549

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Club Closing Dates 2019

Winter Holidays:	December 23 rd -January 5 th
President’s Day:	February 18 th
Easter:	April 19 th -April 21 st
Memorial Day:	May 25 th
Independence Day:	July 4 th
Club Closed:	August 19 th -Septemebr 2 nd
Columbus Day:	October 14 th
Thanksgiving:	November 28 th - December 1 st

Aquatics Staff

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 Dennis Munson
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Administration

Chief Executive Officer
 Alyzza Ozer
 914-666-8069 ext. 109

Director of Operations
 Barbara Cutri
 914-666-8069 ext. 107

Director of Development
 John Tunas
 914-666-8069 ext. 108

Aquatic Programs & Fees

Prices are subject to change -Adult or Youth membership is required for all below activities. **All members must swipe their membership cards each time they enter the club. Failure to do so may result in not being admitted into the club. Membership cards can be received from the front desk.**

Membership Fees Per Year

Fees are good for 1 year, non-refundable & non-transferable.
You must be a member to take part in club activities.

<u>Youth</u>	<u>\$75</u>
<u>Adult</u>	<u>\$75</u>

Lifeguard Training Course

Train to be a lifeguard, to feel comfortable and safe in and around water, to perform a job as a lifeguard at a high level of proficiency. Course is approximately 30 hours.

Ages:	15 and up (as of first day of class)
Days/Times:	February/April (dates TBD)
Registration:	Sign up in the Aquatics office
Fee:	\$450.00

Adult Lap Swim

Pool is open for lifeguard supervised continuous lap swimming. All speeds and abilities welcome.

Ages:	18 and up
Days/Times:	September 3rd - June 19th
	7:00 am - 9:00 am Monday-Friday
	11:00 am - 12:30 pm Monday-Friday
Summer	June 22 nd - August 21st
	7:00 am - 9:00 am Monday-Friday
	12:00 pm - 12:45 pm Monday-Friday

Registration:	In person at the front desk
Fees:	1 year \$300
	6 months \$200
	3 months \$125
	1 month \$50

Senior Fees: (60+)	1 year \$200
	6 months \$110
	3 months \$60
	1 month \$25
	Drop in fee \$5

Aqua Aerobics

A pool based cardio workout class designed to build muscle endurance and strength without stress on the joints.

Ages:	18 and up
Days/Times:	10:00am-10:45 am Monday & Wednesday
Registration:	Fall 2019 (13 weeks)
	Winter 2020 (8 weeks)
	Spring 2020 (12 weeks)
Fees:	Fall 2019 \$230
	Winter 2020
	Spring 2020

Marlins Masters Swimming

A United States Masters Swimming (USMS) adult swim team. Develop skills and stroke mechanics, train to compete and/or swim for fitness.

Ages:	18 and up
Days/Times:	September through June (no July or August program)
	11:00 am -12:00pm Monday, Tuesday, Wednesday, Thursday, Friday
	6:00 am- 7:00 am Tuesday, Thursday
	8:30 pm-9:30 pm Tuesday, Thursday
Registration:	Register online www.bgcnw.com
Fees:	\$50.00 annual registration fee
	\$70 monthly

Youth Open Swim

Pool is open for all youth members to enjoy. This less-structured time allows for lifeguard supervised free swimming, playing and games.

Free with membership.

Please note; this open swim time is for members, ages 6-17 only - NO ADULTS ALLOWED.

Swimmers who have hair longer than ear length must wear a bathing cap.

Ages:	6 and up
Days/Times:	September - June
	Monday - Friday 3:00-3:55 pm

Family Swim for Youth & Adult Members

Youth members may bring a parent or guardian during the Family swim for FREE.

Family Swim Rules:

1. All children must be members! We DO NOT offer day passes for friends, neighbors, cousins etc.
2. Non-Swimmers and children under 4 years old must be accompanied by a parent in the water. If a parent is unable or unwilling to go into the water, the child will NOT be permitted to swim.
3. Swimmers with hair longer than ear length must wear a bathing cap. You may bring your own or purchase one from the front desk.

Day/Times:	September - June
	12:00 pm - 1:00 pm Saturdays

***Other fees may apply.**

Swim Caps available for purchase at the Front Desk.

DENNIS MUNSON AQUATIC PROGRAM

Pre-School Swimming Lessons

Parent & Child

Ages 6 months-3 years

1 parent per child. A series of lessons designed to help your child feel comfortable in the water. Work on motor skills with arms and legs, breathing and floating, with emphasis on safety, fun and games.

Class is 30 minutes long.

Water temperature is 82-83 degrees F.

Parent and Child	Introduction to Water Skills - parent is in the pool with child. Have fun with songs, games and activities that will help your child be safer and more comfortable in the water. No previous experience needed. Swim diapers must be worn under child's suit if not trained.
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Ages 3-5:

A series of lessons designed to teach children 3-5 years old water adjustment and beginner stroke skills to overcome the natural fear of water. Each class has 4 children per instructor. Classes are 30 minutes long.

Pre-School Beginner	No swimming experience needed. Blow bubbles submerging face in water. Front and back float, kick and arm movements introduced.
Pre-School Experienced	For those who can swim independently without floats for 20 feet on front and 15 feet on back.

The following levels are for ages 5-17:

Class size varies per level. Levels 1-3 are 30 minutes long, Levels 4 and 5 are 45 minutes long and Clinic is 60 minutes long. (Children ages 4 & 5 need to be recommended by instructor to enroll in level classes)

Level 1	Introduction to Water Skills - Blow bubbles submerging face in water. Front and back float, kick and arm movements introduced.
Level 2	Fundamental Aquatic Skills - Swim freestyle and backstroke unassisted 15 yards. Jump into pool and swim back to wall.
Level 3	Stroke Development - Swim freestyle with rotary breathing 15 yards. Swim backstroke and elementary backstroke 15 yards. Breastroke kick

	introduced. Tread water. Dive from kneeling position.
Level 4	Stroke Improvement - Freestyle with rotary breathing 25 yards. Backstroke, elementary backstroke and breaststroke 25 yards. Butterfly kick introduced. Diving.
Level 5	Stroke Refinement - Freestyle, backstroke and breaststroke 50 yards. Butterfly 25 yards. Treading water. Diving.
Swim Clinic	Stroke Mastery - Designed to fine tune stroke mechanics while increasing distances across all strokes. Flip turns. Diving.

- Bathing suits are required for all classes. No exceptions! Shorts, tank tops, etc., are not acceptable.*
- Swim caps are required for all swimmers with hair below the ears. Caps are available for purchase at the front desk.*

Fall 2019 Swim Lessons

The Fall 2019 Session 1 consists of 6 weeks (except for Mondays, Saturdays and Sundays which consist of 5 classes). Session dates are September 9th through October 20th.

All registrations will be online at www.bgcnw.org

For assistance please call 914-666-8069 ext. 115 between the hours of 9:00 am-4:00 pm Monday through Friday

Cancellation/ Make-up Policy: Classes must be cancelled 1 business day before the class starts. After this cut-off, *NO REFUNDS* will be given.

A \$10 administrative fee will be deducted from all refunds.

A make-up week is built into the schedule at the conclusion of the session. **Swimmers may ONLY make up one class. Make-ups must occur on the swimmers regularly scheduled class day and time.** For example, if your child's class is on Tuesdays at 4:00 pm, they would attend the make-up on Tuesday at 4:00 pm only. You may not make-up more than one class and you may not make-up on different days. Refunds and/or credits will **NOT** be issued due to absences.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Child (30 Min)		Heather 10:00 am		Heather 10:00 am		Bernie 9:15 am Bernie 10:15 am	
Pre-School Beginner (30 Min) (Pre-School age 3-5)	Heather 1:15 pm Bob 1:45 pm	Bob 2:15 pm	Bob 2:15 pm	Heather 1:15 pm Bob 1:45 pm		Heather 9:15 am Bernie 11:15 am	1:45 pm
Pre-School Experienced (30 Min) (Pre-School age 3-5)	Bob 2:15 pm Bernie 5:00 pm	Heather 1:45 pm	Heather 1:45 pm	Bob 2:15 pm		Bernie 10:45 am	1:15 pm
Level 1 (30 Min)	Toni 4:00 pm	Toni 4:00 pm	Toni 4:30 pm	Bob 4:00 pm		Heather 9:45 am Heather 10:45 am Bob 1:00 pm	2:15 pm
Level 2 (30 Min)	Toni 4:30 pm	Toni 4:30 pm	Toni 4:00 pm			Heather 10:15 am Heather 11:15 am Bob 1:30 pm	
Level 3 (30 Min)	Bernie 4:00 pm Bernie 4:30 pm	Bernie 4:00 pm Bernie 4:30 pm	Bernie 4:00 pm Bernie 4:30 pm	Bernie 4:00 pm		9:15 am 11:15 am	2:00 pm
Level 4 (45 Min)	4:15 pm		4:15 pm			9:45 am	1:15 pm
Level 5 (45 Min)		4:00 pm				10:30 am	
Swim Clinic (60 Min)	Bob 5:30 pm					Bob 12:00 pm	

*Proper swimming attire is required for all classes. A bathing cap is required for anyone with hair below the ears.
Caps can be purchased at the front desk.*

How to Register for Youth Swimming Lessons

Swim lessons schedules, fees, pool cancellations etc. can be found on www.bgcnw.com on the Aquatics page. Swim lesson registrations and memberships can be purchased through our on-line registration page

<http://bgcnw.com/registration-forms/>

General Membership Information

- 1.) Memberships are Non-Refundable. The cost is \$75 per child.
- 2.) Memberships are valid one year from the day of payment and/or the membership form received.
- 3.) Your Child's membership must be current throughout the entire session in order to register. If your membership expires during the course of the class, you must renew your membership before you will be able to register. Memberships will be updated by 11:00 am the following business day. Business days are Monday-Friday.

Registration information

Parents may only register for one session at a time. Please refer to class schedule and fee structure for the respective classes and levels. Parent and Child, Pre-school classes and Levels 1-3 are 30 minutes, while level 4 and 5 are 45 minutes. Swim Clinic is 60 minutes.

- 1.) Registration dates and times will be posted on our website at least 2 weeks prior to registration.
- 2.) You must register online.
- 3.) Registration is on a first come first serve basis. Class size is limited so please register early.
- 4.) If a class is full, you will not be able to register for it. Instead, you will be placed on a wait list. Should a spot become available, a member of the Aquatics staff will notify you of the available spot.

New/Returning Swimmers

If you do not know what level to sign your child up for, or if your child has not swum with us for more than 1 year please call the office so we can help you determine the appropriate class. (914) 666-8069 ext. 115

How to Register:

- 1.) Go to www.bgcnw.com click the programs & registration tab, click registration forms, click "online registration". You will be redirected to our registration page.

Create an account:

- 1.) Click "register here"
- 2.) Input email address
- 3.) Create username and password
- 4.) Enter the appropriate information for account holder 1; primary parent/guardian. Enter information for account holder 2 if applicable.

How to add a child:

After you've created an account you will be directed to the next step. This is where you can add a child/children to the account.

- 1.) Complete all necessary information
- 2.) Scroll to the bottom of the page. Click "+new participants" to add additional children. If not, click "continue"

How to Enroll in Swim Lessons:

- 1.) From the select a program page, scroll down to Swim Lessons 2019 Summer Session
- 2.) Select the desired class and click continue
- 3.) Verify the emergency contact information
- 4.) Click "new or returning"
- 5.) Select demographic information

- 6.) Read general release and click "I accept"
- 7.) Click "accept" for the session registration fee
- 8.) Click "continue"

Check out:

- 1.) Click "continue"
- 2.) Enter payment/ credit card information
- 3.) Click "continue"

If you need help please call 914-666-8069 ext.115

Cancellation/Make-up Policy

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Tips for Registration

- Register early. Classes fill up quickly.
- Create your account and add your children in advance.
- Log in a few days prior to registration to ensure your password and information is correct.

Trotta Millennium Pool

Pool Rules and Regulations

1. People are permitted in the pool only when lifeguard is on duty.
2. Bathers with hair below the ears must wear a bathing cap.
3. No running, pushing, dunking and/or horseplay
4. Diving mask and snorkels are not permitted for use while swimming
5. Jumping or diving from the side of the pool is not permitted, except for special times set up by the lifeguard on duty.
6. Pollution of swimming pool is prohibited. no urinating, discharge of fecal matter, expectorating or blowing the nose in pool.
7. Glass containers are prohibited
8. No smoking in pool area.
9. Appropriate swim attire required at all times. No cut-jeans, basketball shorts etc...
10. Use of obscene or abusive language will be grounds for ejection from the pool.
11. Disrobing is only allowed in the locker room.
12. No sitting or hanging on lane lines.
13. Emergency equipment is for lifeguard use only
14. Do not enter the water if you are experiencing or recovering from diarrhea or had any signs or symptoms of gastro-intestinal (stomach) disease in the past 3 days.
15. All children who are not toilet trained must wear a swim diaper.
16. Children Should be encouraged to use the restroom before entering the water.
17. No animals except for service animals shall be allowed in swimming pool, dressing rooms, or other parts of the facility.
18. We strongly recommend all patrons to wear footwear (sandals or flip-flops) in and around the pool area for your health and the health of others.
19. Boys ages 6 & up are not allowed in the Girl's locker room. Girl's 6 & up are not allowed in the Boy's locker room. You may use the Tot Locker Room located by the pool entrance.
20. Youth Swims - you must be at least 50 inches in height and/or be able to swim competently; 20 feet on front and back and tread water for at least 1 minute.
21. Lifeguard's instructions are to be obeyed at all times.

