

*Shalom!*

*We've weathered the winter here at the JCC and we're gearing up for a fun-filled, hot summer! We can't wait for opening day of the William & Estelle Golub Family Park at the Robert & Dorothy Ludwig Schenectady JCC.*

*Our friendly staff is excited to welcome you and your family to the JCC Family Park. There is never a dull moment between the tennis courts, volleyball courts, swim team, and special events! Although, if a relaxing moment is on your agenda, come sit in a lounge chair by the pool to finish that book you've started.*

*Whether you are a new member or returning, we're so glad to have you with us. To show our appreciation we would like to kick off your summer with a \$5.00 coupon to the snack bar. Please stop by the Family Park Control Desk to pick up your coupon.*

*Thanks again for being part of our family!*

*Yours truly,*

*Stephen Cohen  
Co-Chairperson*

*Mark Moses  
Co-Chairperson*

*Eric Tabin  
Family Park Director*

*Howard Wohl  
Asst. Family  
Park Director*

*Walter Carreiro  
Asst. Family  
Park Director*

*Danielle Leder  
Asst. Family  
Park Director*

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Our brochure is here to guide and provide you with any information you may be seeking. However, feel free to approach our friendly staff or committee members regarding your questions, comments or concerns.

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Please remember to bring your membership cards  
with you when you are signing in.

If you need to reach us:  
**(518) 377-8803**  
Ext. 263—Family Park Front Desk

## **Membership Information:**

### **Complete Membership**

Enjoy use of all indoor and all outdoor facilities

### **Limited Membership**

This membership entitles you to access our indoor pool, steam, sauna and locker rooms, gym, fitness center and child care programs along with related member benefits. We accept “upgrades” to include the Golub Family Park anytime during the summer and apply pro-rated fees accordingly.

## **Guest Policies**

We always want to make our guests feel at home at the JCC family. For the safety and security of all our Members, the following policies are in place:

- Guests must be accompanied by a Center Member.
- All guests **must** register at the Family Park Control Desk accompanied by a Member.
- Guest fees should be paid at the time of visit.\*

**\* Please purchase Saturday (Shabbat) guest passes in advance. We are unable to handle cash, checks or credit cards on Shabbat and are unable to bill your account. (Go to page 5 for more information)**

## Guests and Out of Town Guests

Local Guests: Living within a 40 mile radius of the SJCC. Members have an opportunity to purchase a pass for local guests to use the outdoor facilities up to three times during the summer.

Out of Town Guests: Living outside of a 40 mile radius of the SJCC. Members may purchase a pass for out of town guests to use the outdoor facilities up to three times during the summer.

Guests who are members of a different Jewish Community Center will be allowed to purchase a guest pass to allow entrance to the outdoor park three times for the summer provided that a current JCC membership card is presented.

### Guest Fees and Privileges

INFANT: UNDER 18 MONTHS: FREE  
CHILD: UNDER THE AGE OF 18

WEEKDAY:	Adult: \$5	Child: \$2	Max: \$15 per Family
WEEKEND:	Adult: \$5	Child: \$2	Max: \$15 per Family
HOLIDAYS:	Adult: \$10	Child \$5	Max: \$30 per Family

*(Memorial Day Monday, May 30th, Monday, July 4th, Labor Day Monday September 5th)*

Visitors who are dressed to sunbathe and/or use our tennis facility will be charged regardless if he/she chooses to use the pool. Visitors who are dressed, but not to sunbathe and/or use the tennis facility will not be charged.

A Family Park member family may bring up to five local guests per day.

### **Extended Out of Town Guest Passes**

Extended Out of Town guest passes are available for purchase at the Family Park Control Desk. These passes are non-transferable. Fees per person are listed below:

	<u>Adult</u>	<u>Child</u>	<u>Family Maximum</u>
7 visits	\$25	\$10	\$75
14 visits	\$50	\$20	\$145

## General Information

- Please report all accidents and injuries to a staff person on duty.
- Suggestions are welcome and should be given to the Family Park Director. For your convenience, a suggestion box is located at the Family Park Control Desk. Please look for our responses posted on the bulletin board.
- We will only page Guests and Members in the event of an emergency. Office phones are only available for emergency use, however a phone will be made available for your use at the Family Park Control Desk.
- Out of respect for many of our guests, we do not allow pets (except service animals) in the pool, tennis or playground areas.

## Family Park Phone Extensions

**377-8803**

263 - Control Desk

265 - Snack Bar

264 - Director/Office/Staff-on-duty

270 - Public Phone at Control Desk

## Shabbat (Saturday) Policies

In accordance with Jewish law and tradition for Shabbat (Saturday):

- No organized competitive activities.
- No cooking or heating of foods. For your convenience the Snack Bar will have a limited menu to provide guests with a full compliment of sandwiches and other items.
- No money can be transacted on Saturdays. Please pay in advance for guest passes and/or the Snack Bar as you may open an account any day but Saturday and guest passes must be purchased in advance.
- No Birthday Parties or rentals
- A restful, family-oriented atmosphere will be fostered on Shabbat.

## Lew and Frieda's Snack Bar

- Don't be shy! Come by and meet our Snack Bar operator Alan Bell.
- All members are eligible to open up a Snack Bar charge account for the summer. These accounts must be opened up **PRIOR** to use and **MUST** contain positive funds at all times. Over-drafting your Snack Bar account is not permitted. Please check with the Snack Bar for your account status from time to time.
- Checks to open your Snack Bar account prior to the opening day of May 28th should be sent to: Alan Bell, SJCC 2565 Balltown Road, Niskayuna, NY 12309.
- All of the food prepared at the Snack Bar is Kosher and is under the supervision of the Vaad Hakashrut of the Capital District.
- Please help us keep the Snack Bar area clean. Use the available spray bottle and sponge to wipe down your table.
- The tables at the Snack Bar are for Snack Bar patrons only. Please use the tables on the grass near the Snack Bar for bag lunches from home.

**PLEASE NO OUTSIDE COMMERCIAL FOOD!  
COOLERS LARGER THAN A SIX PACK ARE NOT ALLOWED!**

## Babysitter Passes

The SJCC welcomes babysitters to our Family Park. Babysitter passes are issued to the family name. Summer passes are available through the Family Park Director at a rate of \$25 per month (30 days). The babysitter **MUST** enter the Family Park and stay with the Member's child. (The babysitter pass is not transferable to other families.)

## Pool Schedule

### **Early Season Hours: Saturday, May 28th-Sunday, June 26th**

Weekend Hours	12:00 pm—7:00 pm
Weekday Hours	12:00 pm—7:00 pm
Memorial Day (Monday, May 30th)	11:00 am—8:00 pm

### **Regular Summer hours will start Monday, June 27th.**

Monday - Thursday.....	11 am—11:30 am: Lap Swim 11:30 am—8:00 pm: Open Swim
Friday.....	11 am—11:30 am: Lap Swim 11:30 am—7:00 pm: Open Swim
Saturday .....	Noon—7:00 pm: Open Swim
Sunday .....	10:30 am—7:00 pm: Open Swim

Holidays that fall on a Monday, will operate on Sunday hours.

**\*Please note, the JCC Swim Team will practice Monday, June 13th — Friday, June 24th from 5:00 pm—7:00 pm. Members may still use the pool, however lap lanes will be set aside for the Swim Team. We apologize in advance for any inconvenience.**

## **Pool Closings**

For the protection of our Members and guests, the pool will close for a minimum of 20 minutes after the last flash of thunder or lightning.

If the air temperature is below 70, the pool may close.

Please feel free to contact the SJCC at 377-8803 ext. 263 if the weather appears questionable.

The JCC is proud of its fine Swim Team. We apologize in advance for any inconvenience, but the outdoor pool will close at 4 pm for home swim meets. These meets will be scheduled after this booklet is printed. However the schedule will be available at the Family Park Control Desk.

For your convenience, we have arranged to make available the pool of the team we are competing against for those nights of home swim meets only. Please bring your SJCC Membership cards to present at that pool. Directions to these other pools will be available at the Family Park Control Desk.

## **Pool Rules**

The JCC strives to maintain the highest quality for its Members and guests. For this reason, in accordance with the New York State Health Department Sanitary Code, everyone must shower before entering the pool to remove body lotions and other elements.

- For the safety of our children, no alcoholic beverages are allowed at the Family Park.
- Glass containers are not allowed inside Family Park.
- We ask that children older than pre-school age use the gender appropriate locker rooms

*Rules continued on the next page*

## Pool Rules Continued

- Children 12 years of age and younger must be accompanied by an adult 18 yrs or older at the Family Park.
- Children must be toilet trained to enter the main pool. **No swim diapers, please.**
- Lap swimming will be available during open swim hours. Lap lane usage will vary based upon the demand of our members. Please respect fellow lap swimmers by limiting your swim time to 20 minutes and sharing your lane when lanes are full.
- Lifeguards and the Family Park Director may limit the use of pool toys and floating devices if deemed necessary.
- Please refrain from using squirt guns.
- For the safety of Members and their guests we ask that everyone refrain from dangerous play, i.e. shoulder rides or throwing people into the pool.
- The JCC has a limited number of lockers available for rent at \$40. Please check at the Family Park Control Desk for availability. Please use a lock and practice safe measures as the JCC cannot be responsible for lost or missing items.
- Smoking is not permitted in the Family Park area. A smoking area is located off the Family Park parking lot.
- Please be considerate of others when listening to music.
- Small coolers, **No Larger Than A 6-pack Of Soda**, are permitted.
- Members may bring their own lounge chairs, however, there is no storage area available for chairs.

**Two food table areas are available for consumption of food items. For our patrons' convenience, the Snack Bar area is reserved for those consuming Snack Bar food.**

## Kiddie Pool Rules

For the safety of your children, all children 4 years and under must be accompanied and directly supervised by an adult. Swim diapers must be worn under your child's bathing suit. This is for all our children's protection.

## Swim Lessons

Swim lessons will be held Monday—Friday at the times noted below. All classes are Red Cross progressive. We follow the Red Cross system of teaching. There are 6 levels. The classes include swim skills, stroke instruction, survival and personal safety skills. Each class is set up according to skill, not age.

Classes include:

Level 1	Introduction to Water Skills (Ages 4 and up)
Level 2	Fundamental Aquatic Skills
Level 3	Stroke Development (Beginner)
Level 4	Stroke Improvement (Advanced Beginner)
Level 5	Stroke Refinement (Intermediate)
Level 6	Personal Water Safety

- Please see Walter Carreiro, our Assistant Family Park Director for private and adult swim lessons.
- Each class will be held when there are at least 6 students.
- Class times will be 10:45 am—11:30 am
- All lessons are Monday - Friday for a two week period. There are 4 two-week sessions. Session dates are:

### Session 1

June 27th—July 8th

### Session 3

July 25th—August 5th

### Session 2

July 11th—July 22nd

### Session 4

August 8th—August 19th

### Fees Per Session

\$35 Complete and Family Park Only Members

\$45 Limited Members

\$70 Non-Members

***Register for Swim Lessons at the Family Park  
Control Desk starting Sunday, May 29th***

## Swim Team

From Monday, June 13th—Friday, June 24th, the Swim Team practices will be held from 5:00 pm to 7:00 pm.

Starting Monday, June 27th, practice will be held Monday, Tuesday, Wednesday, and Friday 7:30 am - 9:00 am. There will be no practice on the same day as a swim meet.

### Fees

\$75 registration fee for Complete Members  
\$125 registration fee for Limited Members  
\$225 registration fee for Non-Members

25% discount for 2nd child 35% discount for 3rd child Fourth child FREE
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\*Swimmers will need to acquire a team suit

(A \$10.00 late fee will be assessed after June 13th, 2011)  
(Fee includes League dues, coaches' salary and final banquet)

We are pleased to announce that our coaches will be Walter Carreiro, Head Coach; Jackie Rowen, Assistant Coach, Liz Slavin, Diving Coach and Josh Dodway, Assistant Diving Coach for the 2011 swim season. They are looking forward to working with our swimmers and having an enjoyable swim season.

Thursday, June 16th: Parent's Swim Team meeting at 6:00 pm.  
It is important that all parents attend.  
Call Walter Carreiro 377-8803 ext. 254 with questions.

## 2011 Swim Team Registration

Date of Registration \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ DOB \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Complete Member or Family Park Only Member

Limited Member

Non-Member

**By signing my child up I acknowledge that  
I need to assist at ALL swim meets.**

*Note that home meets are on Tuesdays and Thursdays this season*

*Please make checks payable to Schenectady JCC*

*Please return your completed form and payment to:*

*Walter Carreiro, Aquatics Director*

*377-8803 ext. 254*

*Robert & Dorothy Ludwig SJCC*

*2565 Balltown Road*

*Niskayuna, New York 12309*



## 2011 Summer Tennis Lessons with Al Hutson

Childrens Group Tennis Lessons: ages 5-14

Monday, June 27th - Wednesday, August 10th, 2011

<u>Days and Times</u>	
Mondays and Wednesdays	
5-7 yrs old:	4 pm - 4:45 pm
8-11 yrs old:	5 pm - 5:45 pm
12-14 yrs old:	6 pm - 6:45 pm

<u>Prices</u>	
Per Class	
Complete & Family Park Only Members	\$12
Limited Members	\$15
Non-Members	\$20

<u>Private Tennis Lessons</u>
Complete & Family Park Only Members \$20
Limited Members \$25
Non-Members \$30

Register for Tennis Lessons at the Family Park Control Desk, or call or email Eric Tabin, Family Park Director at 377-8803, [erict@schenectadyjcc.org](mailto:erict@schenectadyjcc.org)

### Tennis Courts

Please call the Family Park Director for information on tennis lessons.  
377-8803 ext. 264.

**Please note that Camp Chaverim uses the two rear tennis courts between 10:30 am—3:30 pm, Monday thru Friday.**

- Reservations may be made up to 48 hours in advance. Twenty-four hour notice should be given for cancellations. Please call so other members may use the courts. A 15 minute grace period will be allowed for all reserved courts.
- On weekends and after 6:00 pm on weekdays, reservations are limited to adults 18 years or older.
- All invited Non-Members will be required to pay the Guest Pass fee.

### Camp Chaverim

- Camp Chaverim will be sharing the pool Monday-Friday, 11:30-3:00.
- Travel Camp will be sharing the pool Monday-Friday, 2:45-3:45.
- Camp Chaverim will be using the volleyball courts and softball fields from 10:30-3:30.
- Camp Chaverim's Water Fun Day will be Wednesday, July 27th. On this day Camp will use the entire pool from 12-3:45 pm. The kiddie pool will be open all day. Sunbathers are welcome.

# 2011 Summer Special Events

## June 5th Summer Fest 12pm - 4pm

Bouncy Bounce      Music  
Basketball      Tennis  
Water Games  
Bring Friends In For Free!

## June 26th Tropical Paradise Day 12pm - 3pm

Continue your "Stay-cation" here in Paradise!  
Tropical food, games and fun!

## July 10th Family Fun Day 12pm - 3pm

Games      Music  
Face Painting

## July 24th A Little Taste of Israel

Experience Israeli food and culture with Alan Bell!

## August 7th Family Sports Day 12:30pm - 3:30pm

Competitive Sport Activity and Games for the Whole Family!  
Basketball, Kickball, Tennis, Volleyball, Tennis-Baseball, etc!

## 90th Anniversary Weekend

Friday. August 26th 4pm - 7pm  
Fun, Music, Dance and Cake!

Saturday. August 27th 12pm - 5pm  
Bouncy Bounce, Decoration and Relaxation!

Sunday, August 28th 10:30 am - 4pm  
Kids and Adult Triathlon Benefit, Music and Dance  
All Culminating with a 90th Anniversary Celebration!

## September 4th End of Summer BBQ 12pm - 3pm

Bouncy Bounce      Fun & Games  
Music      BBQ Specials

## **Birthday Parties at the Family Park**

What a great place to have your child's birthday party and enjoy the huge outdoor pool, basketball and tennis courts, three kick-ball/softball fields, a playground area and of course...plenty of room to run!

### **Birthday Party Fees**

No charge to all our Family Park Members

\$2.00 per child (for Non-Family Park Member)

\$5.00 per Adult Non-Family Park Member that will be swimming

Parties must be scheduled and approved, in advance, by the Family Park Director. Please call 377-8803 ext 264 to reserve your date. Please note that parties cannot be scheduled on Saturdays.

If the Snack Bar area will be used for a party, the Snack Bar operator will need to be contacted in advance to ensure availability. The Snack Bar will have special prices (packages) for parties. Contact Alan Bell Snack Bar Operator (ext. 265) for details.



## Renting the Family Park Complex

The Family Park Complex is available to rent during non-operational hours, for graduation parties, birthday parties, or any social event, **but not during the Jewish Sabbath. (from sundown Friday until sundown Saturday)**

Pool Deck without Swimming      \$75 / hour: Family Park Members  
\$125 / hour: Non-Family Park Members

Includes 2 Staff: 1 supervisor and 1 maintenance staff person

Pool Usage:                              \$125 / hour: Family Park Members  
\$175 / hour: Non-Family Park Members

\*Additional usage fees apply to Non-Members with more than 50 people. Additional \$15 for parties greater than 50 people and an additional \$15 for every 25 additional guests thereafter for both Family Park Members and Non-Family Park Members.

These prices include 4 Staff: 1 supervisor, 1 maintenance staff person and 2 lifeguards. A \$15 hourly fee will be imposed if additional maintenance staff is needed.

Camp Pavilion:                              \$150 / 4 hours: Family Park Members  
\$250 / 4 hours: Non-Family Park Members

### School Usage

Please be aware that some area schools might schedule to use the outdoor facilities prior to the end of the school year. Please note that the pool will **NOT** be closed during these times. The Family Park will be available to members during these days. However, it should be anticipated that the pool may be crowded. School groups will leave the Family Park no later than 3:00 pm.

