



# WELCOME TO MERRIMACK POOL THE 2010 SEASON

MERRIMACK PARK RECREATION ASSOCIATION • 6400 PYLE RD. • BETHESDA, MD 20817

Pool Phone: (301) 229-6579 • web: [www.merrimackpool.org](http://www.merrimackpool.org)

## OPENING & CLOSING DATES

Merrimack Pool will open on Saturday, May 15 and close on Sunday, October 3.

## HOURS OF OPERATION

	Mon-Fri	Weekends
May 15 - 28	4 - 7 pm	12 noon - 6 pm
Memorial Day Weekend Hours	11 am - 8 pm (May 29-31)	
June 1 - June 16	3 - 8 pm	11 am - 8 pm (10 pm on Fri.)
June 17 - August 29	11 am - 8 pm	11 am - 8 pm (10 pm on Fri.)
August 30 - Sept. 3	11 am - 8 pm (Sept. 4 - Sept. 6)	
Labor Day Weekend	11 am - 8 pm (Sept. 4 - Sept. 6)	
Sept. 7 - October 3	4 - 7:30 pm	12 noon - 6 pm

## EARLY BIRD SWIMMERS

Early Bird Swim is 6:30 - 7:30 am, weekdays, Monday, June 14 - Friday Aug. 20. There is a fee for Early Bird swimmers of \$50 per swimmer.

### REMINDER TO MPRA SHAREHOLDERS: SEND IN YOUR POOL REGISTRATION NOW!

Summer fees were due May 1!  
You will be charged a \$25 late fee for payments made after May 1. If you wish to sell your share, contact Matt Mahaffie at [mahaffie.pool@verizon.net](mailto:mahaffie.pool@verizon.net).

For other membership info,  
go to [www.merrimackpool.org](http://www.merrimackpool.org)

## MESSAGE FROM YOUR BOARD OF DIRECTORS

Hello members, and welcome to Merrimack Pool's 2010 swim season! All shareholder members and summer affiliate members receive this newsletter, which contains most of what you need to know about the pool and the new 2010 season.

This past winter we repaved our parking lot, a great improvement and something we had wanted to do for a long time.

We will be planting some new trees and shrubs around the pool. Our biofiltration pond at the end of the parking lot is undergoing required maintenance. Jim Mahaffie has also been busy planting in a continuing effort to improve our landscape.

Next year we hope to have online registration for membership and swim and dive teams. We have more information on our website as we move forward.

The pool will once again be managed by Georgetown Aquatics. At this point we don't yet know who will be the manager, but you will recognize most of the lifeguards, many of whom are lifetime Merrimack members.

Two pool board members are rotating off the board, Steve Gibson and Lynne Tucker. Their dedication and hard work was a fantastic asset for Merrimack. We thank them for all of their service. We are happy to welcome Joanna Cady and Deborah Goldman to the board. Continuing on the board are George Thiede, Christina Mage, Margaret Cleary, Mike Brooks, Rob White, Andy Lake, Sue Kiernan, and Mark Friedrichs. Thanks to all for their hard work and guidance.

Complete information is posted on the pool bulletin board and on the (new and improved) Merrimack web site at [www.merrimackpool.org](http://www.merrimackpool.org). Your Board hopes that you and your family will have another enjoyable summer. See you at the pool!



## SWIM LESSONS

Swim lessons are available from the swim team coaches and lifeguards. Just ask at the front desk, look for signs on the bulletin boards at the pool, or call the pool for more information.

## BE AWARE OF POOL CLOSINGS FOR SWIM MEETS!

Merrimack hosts several Saturday morning home swim meets, when the entire pool opens for general swimming at 12 noon. For evening home meets, the main pool closes at 5 pm. See the Swim Team section of this newsletter for exact dates of meets, the website, or the Pool Bulletin Board.

## HOME DIVE MEETS!

Merrimack will be hosting home dive meets this year on Sunday evenings. While the pool is not closed for dive meets, the diving well is closed, and we ask for "quiet" from all swimmers.

Dive meets also offer a snack bar. So come out, eat dinner, and watch some spectacular diving!

## SPECIAL EVENTS

Pool social events are provided at low or no cost to members and affiliate members. This summer, these may include a "Welcome Back" ice cream social, raft and games nights, and a family potluck and barbecue dinner. Some events are also planned as fundraisers for the swim and dive teams.

We need volunteers to help plan and run events. Please check at the pool desk for dates and sign-up sheets.

**PARTIES:** Parties must be approved by Joanna Cady. For dates and times, call Joanna at 240-506-6883 or jscady@aol.com.



## GUEST POLICY

Merrimack members and affiliates may bring guests to the pool when paying the guest fees (\$2.50 weekdays, \$5 weekends and holidays). Guest cards are available for \$10 at the desk and must be paid for by checks made out to MPRA. Pool staff may NOT accept cash.

All old guest passes can be traded in toward the purchase of a new card.

## USE THE MERRIMACK WEBSITE!

Merrimack can be found online at [www.merrimackpool.org](http://www.merrimackpool.org). The site offers pool news (including this newsletter), dive and swim team schedules, and other essential information that can be read and downloaded.

## ABOUT THE POOL PHONE

Urgent calls may be made on the pool office telephone. Payment of 25 cents per call is requested. Anyone wishing to use the phone must first check with the staff member on duty, and limit calls to 3 minutes. Incoming callers must identify themselves and leave a number at which they can be called back. No calls to Information (411) are allowed.

The phone must be available in case of emergencies so it cannot be left off the hook while guards find someone being called. Access to the phone is at the discretion of the guards or manager. Your cooperation is appreciated.

## BABY & TRANSITION POOL AGE LIMIT

Because of potential crowding in the baby pool and transition pool area, the age limit for the area inside the gates is now 5 and under. Parents are responsible for their kids in this area at all times.



## JOIN THE MERRIMACK MANIACS SWIM TEAM!

All members ages 6-18 who can swim one length of the pool are invited to join the Merrimack Maniacs! We're in a competitive swim division (E) this year and we need all the swimmers we can get.

### REGISTRATION

Team registration will be held Sunday, May 16, from 1:00 pm to 3:30 pm at the pool. This is when kids can order (or get) their team suits!

Suits will cost around \$40. Some Merrimack Swim & Dive Team clothing items will be available to order as well. You can also pick up a swim team registration form at the pool or download it from the Web ([www.merrimackpool.org](http://www.merrimackpool.org)). Team dues are \$70.

### SWIM TEAM COACHES

Head Coach: Scott Thiede

Assistant Head Coach: Caitlin Merley

Swim Team Rep: Maura Burke, phone 301-654-4821, [merleyfamily@verizon.net](mailto:merleyfamily@verizon.net)

### PRACTICE

Abbreviated practice will begin on Tuesday, May 25.

Regular morning and evening practice begins Monday, June 14. Attendance at morning practice is strongly encouraged (and sometimes there are donuts!). Complete practice schedules will be available at registration on May 16.

### VOLUNTEER OPPORTUNITIES

Parent volunteers make the team's many activities possible, and every parent needs to participate. We particularly need swimming officials, especially referees. Several clinics are scheduled for June. See the job descriptions posted at the pool and on the website.



### POOL DIRECTIONS:

Montgomery County Swim League (MCSL) Website:

[www.mcsl.org](http://www.mcsl.org)

Pool Directions: [www.merrimackpool.org/directions.html](http://www.merrimackpool.org/directions.html)

### 2010 MERRIMACK PARK SWIM TEAM CALENDAR

The Schedule is also posted on the Merrimack website ([www.merrimackpool.org](http://www.merrimackpool.org))

May 16	Registration 1:00-3:30pm
June 1	Practice Begins/parent meeting
June 12	Time Trials
June 19	Old Georgetown @ MM "A" Team pictures at 11:30
June 23	Tanterra @ MM "B"
June 26	MM @ Cedarbrook "A"
June 30	Bethesda @ MM "B"
July 3	Franklin Knolls @ MM "A"
July 7	Palisades @ MM "B"
July 10	MM @ Rock Creek "A"
June 11	Relay Carnival @ Rock Creek
July 13	Long Course
July 14	MM @ Seven Locks "B"
July 17	Stonebridge @ MM "A"
July 21	Fun Meet
July 24	Divisionals @ Cedarbrook
July 25	Banquet
July 31	Relay All Stars
August 1	Individual All Stars



## JOIN THE DIVE TEAM!

Merrimack has a beautiful diving well and two competition boards. The Merrimack Dive Team accepts all members ages 6-18 who have a talent for diving.

### 2010 MERRIMACK PARK DIVE TEAM CALENDAR

May 16	Registration 1:00-3:30pm at Merrimack
June 13	Pre meet @ Ashton: Registration at noon, Meet begins at 1pm
June 20	Carderock Springs @ Merrimack
June 27	Old Farm @ Merrimack
July 5	Merrimack @ Seven Locks
July 11	Merrimack @ Robin Hood
July 28	Manor Woods @ Merrimack
July 23	Robin Hood Invitational
July 25	Divisionals
July 28/29	All-Stars

### COACHES/PARENT REPS

Coaches for the 2010 season are Logan Shinholzer and Erin Slowinski.

Please contact the Reps if you have any questions:  
Maureen Slowinski - slowinski@att.net, 301-365-4141

### REGISTRATION WILL TAKE PLACE ON SUNDAY MAY 16, FROM 1:00 PM - 3:30 PM (SAME AFTERNOON AS SWIM TEAM)

Registration will be at the pool. Fees for the 2010 season will be \$60 per diver. The fee covers end-of-season trophies, awards and diver insurance. Divers must be registered and paid prior to practicing with the team.

May 16 is when kids can order (or get) their team suits! The new suits will cost around \$40. Merrimack Swim & Dive Team sweatshirts may also be available for \$25 each.

### VOLUNTEERS & PARENT PARTICIPATION

The Dive Team needs parents to volunteer as referees, judges and workers that tabulate scores. Merrimack especially needs more diving judges! Judges and referees must be certified every three years, but it never hurts to refresh at a clinic. Please mark your calendars and attend one of the clinics. This year Merrimack will be hosting home dive meets, and we'll need volunteers to run the snack bars. These are great fundraisers for the team.

Volunteers will be asked to sign up during the registration process. Volunteers must be certified at any of several clinics available in the late spring and summer. See team reps for more information.

### Judge's Clinics:

June 13 11am, Ashton  
June 15, 6pm, Rock Creek  
June 19, 4pm, Old Georgetown  
June 22, 6pm, Glenwood

### PRACTICE

Dive practices begin in the beginning of June. Practices run between 4 and 6 p.m., Monday-Friday. All divers should plan to come as often as their schedules allow until school is closed for the summer. After that, practice will be held Tuesday through Friday. Younger, less experienced divers practice from 4 to 5 pm, other divers from 5 to 6 pm.

### MORE INFO

Check out the Montgomery County Dive League's website, [www.mcdiving.org](http://www.mcdiving.org), for additional info.

### WANT TO BECOME A LIFEGUARD?

The prerequisite Red Cross course to become a lifeguard is offered several times throughout the summer season at various area pools. This course includes lifeguarding, first aid and CPR. Please talk to the pool managers for class and certification information.

### ABOUT THE MERRIMACK PARK RECREATION ASSOCIATION, INC.

MPRA is a 300-family shareholder owned cooperative club. MPRA accepts a limited number of full and late summer non-member affiliates. Please call Matt for answers to questions, or to add your name to our waiting list at [mahaffie.pool@verizon.net](mailto:mahaffie.pool@verizon.net).

Contact Kathy Knox and [KathyKnox@verizon.net](mailto:KathyKnox@verizon.net) with questions about summer affiliate membership availability.



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## **MERRIMACK POOL**

### **2010 POOL RULES AND REGULATIONS**

To provide maximum safety, pleasure and comfort to members and to insure clean operation of the pool and adjoining facilities, the MPRA Board of Directors has adopted the following rules and regulations.

#### **HEALTH AND SAFETY**

- 1 Children who are not toilet trained are not permitted in the main pool at any time. No children in diapers or swim diapers are permitted in the main pool.
- 2 Soap showers before entering the pool are mandatory. Swimmers should rinse off any sand, grass or dirt before reentering the pool.
- 3 No one will be admitted to the pool that has any sign of infectious disease, sore or inflamed eyes, excessive sunburn, or other evidence of health risk.
- 4 No food, drink, chewing gum, candy or ice cream shall be permitted or consumed on the pool deck, only in the designated areas.
- 5 No glass containers of any kind are allowed in the pool area.
- 6 Running, pushing, wrestling or other disorderly and/or dangerous activities are not permitted.
- 7 Beach balls, toys, inflatable mats, etc. are not permitted in the main pool, except during special events. Swim fins, plastic facemasks and swimming aids may be used at the discretion of the staff.
- 8 Smaller balls, preferably soft, may be used for play at the discretion of the staff.
- 9 Smoking is not permitted in the pool area.
- 10 All injuries should be reported immediately to the Pool Manager or staff.
- 11 Only authorized personnel are permitted in the office or on the lifeguard stands.
- 12 No alcoholic beverages are permitted in the pool area.
- 13 No dogs or other pets allowed on the pool deck or pool area at any time.

#### **BABY & TRANSITION POOL**

- 1 Parents are responsible for and must supervise their children in the baby and transition pools at all times.
- 2 Non-swimmers age 5 and under may use the baby and transition pool, accompanied by an adult. Exceptions for non-swimmers older than 5 may be made at the discretion of the pool manager only. If you have a non-swimmer who is older than 5, please see the pool manager.
- 3 Children who are not toilet trained must wear tight-fitting rubber pants over diapers or swim diapers in the baby and transition pool.
- 4 Strollers and carriages are permitted only within the fenced baby and transition pool area.
- 5 Only safe plastic toys are permitted in the baby and transition pools.
- 6 Gates to the baby and transition pool area should be kept closed.

#### **DIVING WELL**

- 1 Use of the diving well is restricted to those who have demonstrated adequate swimming skill to the pool staff. Children must pass a swimming test to be allowed in the area.
- 2 Only one person is allowed on each diving board at a time.
- 3 Divers must insure that the previous diver has cleared the area below the board and reached the designated ladder before commencing their dives.
- 4 Immediately upon surfacing, a diver must swim to the nearest ladder and leave the diving well.
- 5 Any games or swimming in the diving area will be at the discretion of the pool staff. Upon request, the area will be reopened for diving.



## GENERAL RULES

All persons using the Pool and adjacent area do so at their own risk.

- 1 The Association shall not be responsible for personal property.
- 2 Cost of any damage to club facilities will be charged to the responsible party.
- 3 No one can use the pool unless it is officially open and lifeguards are on duty.
- 4 Parties and events must be pre-approved by pool management.
- 5 Only those in acceptable swimming attire are permitted in the main pool.
- 6 There will be a 15-minute adult swim every hour, during which no one under 16 is allowed in the main pool or transition pool.
- 7 The pool may be closed at any time due to equipment breakdown, weather, or operating difficulties. The Pool Manager has the authority to close the pool.
- 8 The pool will be cleared of all people in the event of emergency. The signal for this will be 3 blasts of the guard's whistle.
- 9 Two lap lanes are normally provided for lap swimmers. Use of these lanes shall be in a circular motion. Swim down one lane and return in the other lane. In the event of specific crowding conditions in the main pool, the Pool Manager is authorized to reduce lap swimming to one lane.
- 10 The Pool Manager has final authority to enforce all rules relating to health and safety. Failure to comply with those rules will be considered sufficient cause for action by Pool Management, which may include the barring of violators from the use of the pool and adjoining facilities.

## ADMISSIONS

- 1 Everyone who enters the pool must sign the registration sheet. Members are responsible for paying the appropriate guest fees.
- 2 Children 8 and older are allowed to come to the pool unescorted by an adult upon passing a swimming test given by a member of the pool staff.

- 3 Children under 8 must be accompanied by an adult for admission to the pool area. The adult must remain during the entire time they are in the pool area. An adult is defined as a person at least 16 years old.

## MISBEHAVIOR OF CHILDREN

- 1 Children over 8 who repeatedly misbehave will be given three warnings. The first and second will be requests to stop the offending behavior. The third warning means that the child's parent or other responsible adult will be called to take the child home.
- 2 If a child is sent home, a parent or other responsible adult must accompany the child to the pool on the next visit.

## GUESTS

- 1 Only members may purchase guest tickets and/or passes. Purchases are by check only. No cash is accepted by the staff at the desk.
- 2 All guests must be accompanied by a member and registered in the guest register before entering the pool.
- 3 Guest fees must be paid for non-swimming guests except by non-members who accompany a child during swim team practice. Exceptions may be granted by the Pool Manager on duty.
- 4 Guests only need to pay once per day. If they expect to return, they should request that their guest card be dated in the appropriate space.
- 5 First-time guests are required to read the Pool Rules when they come to the pool.
- 6 Members are expected to inform guests of the pool rules and regulations and be responsible for their compliance.
- 7 Bannockburn/Merrimack member reciprocity: Members can share each pool under these conditions:
  - Guests must be accompanied by a member
  - Monday-Friday only
  - Subject to overcrowding
  - All guests must sign-in at the desk