

**William & Estelle Golub Family Park**

# **SUMMER 2010**



***Everyday Is An Exciting Day***

*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 park 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 so you can meet our new snack bar operator Alan Bell. 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*

*Chris Belden  
Family Park Director*

*Howard Wohl                      Walter Carreiro  
Assistant Family Park Director    Assistant Family Park Director*

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We hope this guide book will answer all your questions. However, we hope you'll feel comfortable approaching one of our friendly staff or committee members if you have questions 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.**

## 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 more than 40 miles from 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 another JCC will be allowed to purchase a guest pass to enter the outdoor park three times per summer. Please be prepared to present your current membership card.

### 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 31st, Sunday, July 4th, Labor Day Monday September 6th)*

There is no charge for visitors who are dressed and are not using the pool or tennis facilities. Someone wearing a bathing suit for sunbathing, even though he/she is not using the pool is considered a guest and must purchase a guest pass.

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**

- Come by and meet our new snack bar operator Alan Bell.
- All the food prepared at the Snack Bar will be Kosher and is under the supervision of the Vaad Hakashrut of the Capital District.
- The Snack Bar does not serve dairy products, with the exception of some pre-packaged items.
- Checks to open your Snack Bar account prior to opening day of May 29th should be sent to: Alan Bell, SJCC 2565 Balltown Rd., Niskayuna, NY 12309.
- Snack bar charge accounts must be opened before using and they MUST be kept in the "black" (like a checking account) throughout the season. Please check with the Snack Bar for your account status from time to time.
- Please help us keep the Snack Bar area clean. Use the available spray bottle and sponge to wipe down your table.
- The round 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 29th-Sunday, June 27th**

Weekend Hours	12:00 pm—7:00 pm
Weekday Hours	12:00 pm—7:00 pm
Memorial Day (Monday, May 31st)	12:00 pm—7:00 pm

### **Regular Summer hours will start Monday, June 28th.**

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

**\*Please note, the JCC Swim Team will practice Monday, June 14th — Friday, June 25th 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.
- 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 Howard Wohl, 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 28th—July 9th

### Session 3

July 26th—August 6th

### Session 2

July 12th—July 23rd

### Session 4

August 9th—August 20th

### Fees Per Session

\$35 Complete and Family Park Only Members

\$45 Limited Members

\$60 Non-Members

***Register for Swim Lessons at the Family Park  
Control Desk starting Sunday, May 30th***

## Swim Team

From Monday, June 14th—Friday, June 25th, the Swim Team practices will be held from 5:00 pm to 7:00 pm.

Starting Monday, June 28th, practice will be held Monday—Thursday 6:45 pm – 7:45 pm, 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 14th, 2010)  
(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 and Liz Slavin, Diving Coach for the 2010 swim season. They are looking forward to working with our swimmers to have an enjoyable swim season.

Thursday, June 17th: 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.

## 2010 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*

## 2010 Summer Tennis Lessons with Al Hutson

Childrens Group Tennis Lessons: ages 5-14

Monday, June 28th - Wednesday, August 11th, 2010

<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	\$12
Only Members	
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 Chris Belden, Family Park Director at 377-8803, [chrisb@schenectadyjcc.org](mailto:chrisb@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 Tuesday, 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.

## **2010 Summer Special Events**

### **June 6th Summer Fest- 12-4pm**

- Bouncy Bounce - Music  
Basketball Games    Tennis Games  
Cannon Ball Competition    Bring friends in for free

### **June 27th Book Swap - All Day**

Bring in your old books and trade them for a book you have not read yet.  
Get a great book to start the summer off with.

### **July 4th Hawaiian Day - 12-3pm**

Limbo Competition    Hawaiian Music  
Water Slide Bouncy Bounce

### **July 18th Summer cool down games - 2-4pm**

Music    Water games  
Relay Races    Balloon Toss

### **July 25th Board Game Day**

Play your favorite Board games all day by the pool with your family

### **August 1st Family Fun Day 1-3pm**

Family games    Family Trivial Pursuit game  
Music    Create some sidewalk chalk art

### **August 15th Book Swap #2 -All Day**

Bring in your old books and trade them for a book you have not read yet.  
Get a book for the end of the summer.

### **August 22nd Family Snorts Day - 1-3:30pm**

Family Kick ball game 1pm    Family Soccer game 2pm  
Family swimming relay race 3pm

### **August 28th End of the Summer BBQ - 12-3pm**

Water Slide Bouncy Bounce    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

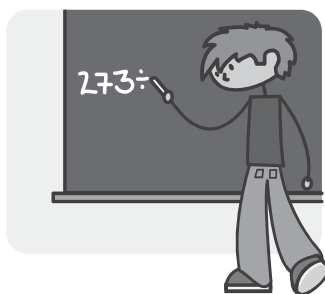
\*additional usage fees apply to Non-Members with more than 50 people. Additional \$15 for parties greater than 50 people and an additional \$15 for every 25 additional guests thereafter for both Family Park Members and Non-Family Park Members.

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**

Some area schools will be using the outdoor facility on the following dates:



Please note the pool will not be closed during these times. The Family Park will be available to Members during these days, however you should anticipate that the pool may be crowded. School groups will leave the Family Park no later than 3:00 pm.

### **2010 Family Park Committee**

Stephen Cohen, Co-Chair	Susan Farber
Mark Moses, Co-Chair	Kathy Cogan
Sam Sylvetsky	David Eisner
Bill Rowen	Esther Eisner
Len Saltzman	Eric Kerness
Allan Pearlman	Robin Scharf
Howard Halstead	Linda Presler
Sharon Cutler, President	Marcia Lawton

### **2009-2010 JCC Executive Committee**

Sharon Cutler	President
Andrea Golub	Vice President
Dr. Gary Goldstein	Vice President
Del Salmon	Vice President
Ellen Zirin	Treasurer
Jeffrey Weiss	Assistant Treasurer
Jordan Lohre	Secretary

### **2010 JCC Family Park Staff**

Chris Belden	Family Park Director
Howard Wohl	Assistant Family Park Director
Walter Carreiro	Assistant Family Park Director
Danielle Leder	Co-Head Lifeguard
Shelly Sausville	Co-Head Lifeguard
Alan Bell	Snack Bar Operator
Al Hudson	Tennis Pro

### **JCC Staff**

Mark Weintraub	Executive Director
Mitch Silver	Assistant Executive Director
Chris Belden	Sports and Wellness Director
Guido Passo	Asst Sports & Wellness Director/Fitness Director
Walter Carreiro	Aquatics Director
Howard Wohl	Facilities & Safety Manager
David Lurie	Marketing/Membership Relations Director
Alan Bell	Adult Activities Director
Joe Letuchy	Maintenance Director
Ellen Carpenter	Early Childhood/Youth Services Director
Andy Katz	Camp Chaverim/School Age Programs Director
Irit Magnes	Jewish Cultural Director
Rachel Kutil	Assistant Youth Director
Andrea Leighton	Assistant Early Childhood Director
Susan Cowninos	Publicity Associate