Swimmers Age 6 to 8
Skills based introduction to learn swimming technique for all four competitive strokes through the use of drills and games.

Swimmers Age 9 to 10
Swimmers continue to master swimming technique for all four competitive strokes with self-improvement and maintaining form while adding speed.

Advanced Swimmers 11 to 18
Swimmers refine technique for all four competitive swimming strokes while increasing training and maintaining emphasis on strong foundational skills with goals toward faster swimming.

Registration fee is $130 for members and $140 for non members, which includes the coaches fee.

Monday through Friday
6:30AM to 9:00AM
Call for more information
Chad: 977-5913
CRiester@aol.com

Starting May 5th
Monday - Sunday 9AM to 9PM
Starting May 29th
Monday-Friday 7AM to 10PM
Saturday 9AM to 10PM
Sunday 9AM to 9PM

Hey kids…..are you looking for something to do this summer? Why not come over to your Community Club and sign up for one or all of the following activities;

Tuesday - Racquetball 5:30PM
Wednesday - Volleyball 7:00PM
Thursday - Tennis 7:00PM
These activities start June 5th.

Not sure how to play? We’ll teach you.
Don’t have equipment? You can use ours.
If you are looking to meet new people and have fun this summer, then this is the place to be. Call 744-2403 today!

There are books located in the Recreation Room to be enjoyed by our members. You do not need to bring books in to be able to take any out.

Thank you members for continuing to donate books to make this possible.

Meetings are held in the Countryside recreation room

Wednesday, 9th  Valley HOA Meeting 6:00PM
Monday, 14th  CCCA Board of Directors meeting 7PM
Monday, 21st  C/S Villas HOA at 7:00PM
Wednesday, 23rd  C/S Heights HOA 6:00PM
Senior's Luncheon

On Friday, May 11th at 11:30AM we will be serving carne asada, beans, rice, corn chips and sopapias for dessert. We will also be celebrating Mother’s and Father’s Day, so bring a picture of your parents to share. Our Senior’s Luncheon is held each month and is free to members 55 and older. Be sure to register five days in advance by calling 744-2403.

Wednesday & Thursdays
7:00PM - 8:00 PM
Saturdays
9:00AM - 10:00 AM

Member - $4.00 per class
Non-member - $5.00 per class
Instructor:
Lupita Gonzalez 928-580-7737

Zumba for Kids
Starting on June 5th
Tuesday and Thursday at 10:30AM
Members: $4.00 per class
Non Members: $5.00 per class
If interested, contact Lupita 928-580-7737 or novpita68@hotmail.com

Fitness Room Orientation Class

Countryside’s Fitness Room has it all, free weights, strength training equipment, cardiovascular equipment; treadmill, elliptical, recumbence bike. You can enjoy your workout in a clean, comfortable, close-to-home gym with everything you need to get results. Before getting started you must first take the orientation class.

Call 744-2403 to make an appointment.
The Fee is $20 (collected at the beginning of class)

The class covers an overview of the equipment and fundamental safety guidelines. Those between the ages of 14 and 17 must have a physician’s approval form filled out. (Available online). A parent or guardian must be present for the orientation class. Minors that have been certified can use the fitness room as long as they are with an adult over the age of 18 who has also been certified.

*It is important that you wear shoes and attire fitting for working out.

Parent - Child Funtime

This free program offered at the center provides a fun combination of learning, crafts, playtime and social interaction. Classes are held each Tuesday 9:30AM to 11:00AM. All Children 5 and under and their member parents/grandparents are invited to join us. On May 8th we will have a Mother’s Day craft and on May 15th a Father’s Day craft. If you are new to this program, be sure to register at the front office so we will have enough supplies for everyone.

Classes are on going and you can join at anytime.

May 1st  Color Orange, Number 6
May 8th  Mother’s Day Craft, Color Pink, # 7
May 15th  Father’s Day Craft, Black and White, Number 8
May 22nd  Color Brown, Number 9 & 10 and end of year party - pot luck

*This program will resume on August 7th
• LEVEL I: INTRODUCTION TO WATER SKILLS
  Helps students feel comfortable in the water. Class includes basic skills such as entries, submerging, holding breath, floating, kicking, and arm action.
• LEVEL II: FUNDAMENTAL AQUATIC SKILLS
  Gives students success with fundamental skills. New skills introduced include bobbing, turning over, gliding, front and back crawl, treading water, swim on side.
• LEVEL III: STROKE DEVELOPMENT
  Builds on the skills in Level 2 through guided practice. New skills include deep water entries, survival float, butterfly dolphin kick, rotary breathing, and basic rescue skills.
• LEVEL IV: STROKE IMPROVEMENT
  For students who have passed Level III or can demonstrate proficiency in Level III skills. New skills include turns, shallow dives, swim underwater, feet first surface dives, front crawl, back crawl, breaststroke, butterfly, elementary backstroke.
• LEVEL V: STROKE REFINEMENT
  For students who have passed Level IV or can demonstrate proficiency in Level IV skills. Class skills include standing dives, head first surface dives, flip turns, survival swimming, rescue breathing.
• LEVEL VI: SWIMMING AND SKILL PROFICIENCY
  This course is presented in 3 sections:
  ♦ Section One - Core swimming skills plus the American Red Cross Personal Water Safety Course
  ♦ Section Two - Core swimming skills plus Fitness Swimming
  ♦ Section Three - Core swimming skills with an introduction to Lifeguard Readiness/Water Safety Instruction to aid with lessons.

Adult Swim
Starts June 4th

Mon. & Wed.
9:15 - 10:15 AM
5:30 - 6:15 PM
At least 1 lane always available!
Pool Rules

- When no lifeguard is on duty, you must be 16 years of age or older to check out a key to enter the pool and spa areas.
- When no lifeguard is on duty, individuals between 16 and 18 years of age must have another individual, also, at least 16 years of age with them in the pool and spa areas.
- When no lifeguard is on duty, individuals under 16 are not permitted in the pool and spa areas unless accompanied by an adult (someone 18 years of age or older.)
- When a lifeguard is on duty, children ages 10 to 17 may swim without an adult if they have a signed parental consent form on file.
- No children under the age of 10 will be allowed in the pools at anytime without being accompanied by a person 18 years of age or older.
- You must shower before entering the pools or spa.
- No street clothes (including cutoffs) or shoes are allowed in pools and spa. Bathing attire only.
- No running on deck or in the pool and spa areas.
- Litter must be placed in the proper receptacles.
- Horseplay will not be allowed in the pools and spa or in these areas.
- Countryside personnel ONLY are allowed on the lifeguard stands and in the pump room area and lifeguard office.
- No back dives are allowed from the edge of the pool. Diving is only permitted in the deep end of the large pool.
- Snorkels are not allowed in the pools or in the pool area.
- Swim masks with nosepiece are not allowed in pools.
- Floats or inflatable toys are allowed only at the discretion of the lifeguard on duty.
- Spitting or expulsion of water or liquids will not be allowed in the pools, spa or these areas.
- Abusive language to the staff from ANYONE will not be tolerated.
- Use of profanity or trash talking will not be tolerated.
- Any misuse of the facility will result in a written warning; further misuse will result in expulsion of member or guest.
- Children under the age of 13 will not be allowed in the spa (arms, legs, etc.)
- No diving or jumping is permitted in the spa.
- Alcoholic beverages are not allowed in the pool, spa or wading pool area.
- People with heart conditions, diabetes, high or low blood pressure, or pregnant women, must keep their usage of the spa to a minimum and know their limit.
- No smoking is allowed in the pool, spa, or wading pool area.
- No person having a communicable disease or open sore will be allowed in the pools or spa.
- Infants and toddlers who are not yet potty trained are required to wear swim diapers while using the wading pool or large pool.
- Children over the age of 7 are not allowed in the wading pool.
- Hanging or holding on to the lap lane rope is not permitted.
- Absolutely NO GLASS containers or any articles of that sort will be allowed in the pool or spa areas.
- No candy, gum, or food items will be allowed in the pool, wading pool or spa areas.
- Arm floaties are not permitted in the Junior Olympic pool.
Planning on having a party?

One of the benefits of belonging to Countryside Community Club is being able to use the facilities for parties. Reservations for the facilities you wish to use are scheduled on a first come first served basis. Parties must be scheduled at least 48 hours in advance and not more than one year in advance. When you book a party, you will need to fill out our “party registration form”. A refundable cleaning/security deposit of $100 is required. There will be a non refundable guest fee for the use of the recreation room or the pool. This non refundable fee is due at the time of the party booking. The guest fee is based on the size of your party. Only an adult member may book a party. Parties are limited to 50 people during June 1st to August 31st and 100 people from September 1st to May 31st. Pool parties will be limited to 50 people. Pool parties of 1 to 25 people will not require an extra lifeguard if two lifeguards are on duty. If the party exceeds 25 people, the member must pay for an additional lifeguard or provide their own certified lifeguard.

The meeting was called to order at 7:00PM on April 9, 2012 in the Countryside Recreation Room. The Board approved the March minutes. The Treasurer’s report for March 2012 was reviewed and approved by the Board. New trees and plants were installed to replace ones that have died. A new backflow assembly was installed for the ball field. The kool deck repairs were completed. Countryside will now be using Diggins Environmental Service for trash pick-up. The new pool chemical feeder was installed and the new pool company started on April 2nd. Echo Construction will repair the gap in the wall to prevent bats getting into the space above the ceiling in the fitness room.

The next regular Board of Directors Meeting will be held on May 14, 2012 at 7:00 pm in the Countryside Community Club Recreation Room.

2012 Board of Directors
Paul Reed-President  Dan Ligocki-Vice President
John Glavin-Secretary  Frank Cermak-Treasurer
Michael Brandon-Liaison

The Board of Director meetings are held the 2nd Monday of each month at 7PM and all members are welcome to attend. Members wishing to address the Board need to submit requests in writing 5 days prior to the meeting. These are open meetings, which give members an opportunity to speak. Each member is allotted 5 minutes to address the Board.

General Manager:  744-4614
Classes and Programs:  744-2403
Account Information:  744-5321
Email: countrysidemanager@gmail.com
Website: www.cccanews.com

Club policy regarding minors:  Children under the age of 10 must be accompanied by a person 18 years of age or older. Children 10-17 can bring up to two (2) guests to the club if they have a written parental consent form on file and a parent/guardian has granted permission to do so. Guests 10 to 17 must also have a parental consent form on file and can only come to the Center with a member.

Red Hatters

The Red Hatters will be meeting for lunch at Bisbee Breakfast Club, 4131 W. Ina Road, 579-7459 on FRIDAY, May 4th at 11:30AM. If you plan to attend or would like more information about the Red Hatters give Van a call at 579-7023.
**Payment Information**

Your monthly payment of $40 is due on the first day of each month and becomes past due on the first day of the following month. When an account is past due $40.00 or more, a late fee of $15.00 per month will be added to the account.

**Mail monthly payments to:**
Countryside Community Club
Association
PO Box 63215
Phoenix, AZ 85082

*You should allow 5 to 7 days for delivery*

**Note:** Make sure your property address and name are on the check. Contact Belinda Taylor at 744-5321 for your account number or if you would like additional information regarding payment options, such as recurring direct debit, on-line billpay, e-check or credit card.

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**HOA Information:**

Countryside Heights HOA  ADAM (624-1206)
Countryside Villas HOA  Taylor Enterprises (744-5321)
Countryside Valley HOA  www.countrysidevalleyhoa.com (292-5454)
Countryside Terrace HOA  CCCA (744-4614)

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**CLASSIFIED ADS**

**Ad prices for members:**

- Business Card Size $25
- Personal Business Card Size ad is free
- 1/4 page business $50  1/4 page Personal $35
- 1/2 page business $75  1/2 page Personal $50
- Full page $100

Although ads appear in the publication, Countryside Community Club neither researches, nor endorses, the goods and services being offered.

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**Jill Rollin**

Interior Designer
Colorizing Interiors, LLC
Cell: 520-444-8391
Office: 520-529-9451
Jill@colorizinginteriors.com
www.colorizinginteriors.com

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**Greco Painting, Inc.**

Ed Greco, President
PO BOX 18410
TUCSON, AZ 85731-8410
PHONE: (520) 298-6344

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We want to thank Jill Rollin, interior designer, and Greco Painting, Inc. for their team effort in creating a new look for Countryside Community Club.

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