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:

**Starting June 3rd**

- **Tuesday** - Volleyball 7:00PM
- **Wednesday** - Racquetball 7:00PM
- **Thursday** - Tennis 7:00PM

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!

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**Monthly Newsletter**

The newsletter is now posted to the website for viewing. **Delivery of the newsletter will be by request only.** Call 744-2403 or send us an email and we’ll put you on the email or mailing list. The newsletter will always be available at Countryside’s office.

**Website:** [www.cccanews.com](http://www.cccanews.com)

Note: The newsletter will be delivered to your door on months we have a Countryside annual event.

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**Wednesday**

- **7:00PM - 8:00PM**
- **and Saturdays**
- **9AM - 10AM**

Class fee is $4.00 per class
Instructor: Lupita Gonzales
928-580-7737

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**2013 Board of Directors**

- Paul Reed-Presdent
- Dan Ligocki-Vice President
- John Glavin-Secretary
- Frank Cermak-Treasurer
- Michael Brandon-Liaison

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**May Meeting Dates**

- **Monday, 6th** - Valley HOA Meeting 6:00PM
- **Tuesday, 14th** - CCCA Board of Directors meeting 7PM
- **Monday, 20th** - C/S Villas Annual Meeting 7:00PM
- **Wed., 22nd** - C/S Heights HOA 6:00PM

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**Club Hours**

**Starting May 6th**

- Monday - Sunday 9AM to 9PM

**Starting May 28th**

- Monday-Friday 7AM to 10PM
- Saturday 9AM to 10PM
- Sunday 9AM to 9PM
On Friday, May 10th at 11:30AM we will be serving Chicken fajitas, beans, rice, corn chips and sopapillas for dessert. 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.

Why get an expensive membership at a health club when you have a fitness room with state-of-the-art equipment right in your backyard? Countryside offers its members a Fitness Room that has it all, 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 a full and complete workout.

Start today to improve your quality of life!

Those between the ages of 14 and 17 must have a physician’s approval form filled out. (available online). A parent or legal guardian must be present for the orientation class (class fee is $20). Once certified the minor can use the fitness room as long as they are with a certified adult over the age of 18.

The fitness room is for members only, no guests allowed.

Countryside's Fitness Room

Countryside offers its members a Fitness Room that has it all, 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 a full and complete workout.

Start today to improve your quality of life!

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 “registration form”. You can download this form from our website, cccanews.com. 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 and guest fee is due at time of booking party. 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 1-25 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.

Senior's Luncheon

On Friday, May 10th at 11:30AM we will be serving Chicken fajitas, beans, rice, corn chips and sopapillas for dessert. 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.

Countryside’s Book Club

There are books located in the Recreation Room to be enjoyed by our members. There are many varieties to choose from and you do not need to bring books in to be able to take any out. Help yourself and tell a neighbor!

Red Hatters

If you are interested in joining the Countryside Red Hatters or would like more information give Van a call at 579-7023.
**Swim Lessons**

- **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.

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**Sessions**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
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<tbody>
<tr>
<td>I</td>
<td>June 3 - June 14</td>
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<tr>
<td>II</td>
<td>June 17 - June 28</td>
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<tr>
<td>III</td>
<td>July 1 - July 12</td>
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<tr>
<td>IV</td>
<td>July 15 - July 26</td>
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</tbody>
</table>

Registration is on-going. Register and pay fees in the front office.
Cost $25.00 per two-week session

**Class Times**

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
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<tbody>
<tr>
<td>I</td>
<td>10:30 to 11:00</td>
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<tr>
<td>II</td>
<td>11:15 to 11:45</td>
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<tr>
<td>III</td>
<td>12:00 to 12:30</td>
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<tr>
<td>IV</td>
<td>1:00 to 1:30</td>
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<tr>
<td>V</td>
<td>1:45 to 2:15</td>
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<tr>
<td>VI</td>
<td>2:30 to 3:00</td>
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**Adult Swim**

- **Starts June 3rd**
- **Mon. & Wed.**
  - 9:00 - 10:00 AM
  - 5:30 - 6:15 PM

One lane will always be available for lap swimming.

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**Lifeguard Hours**

**Starting May 11th**

- Saturday and Sunday only
- 12:00PM - 5:00PM

**Starting May 25th**

- Monday - Friday 10:30AM - 9:00PM
- Saturday - 11:00AM - 9:00PM
- Sunday - 11:00AM - 8:00PM

The pool will close 15 minutes before the Center closes.
Pool Rules
Revised August 13, 2012

- 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 a swim diaper plus a waterproof pant over the swim diaper 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.
The meeting was called to order at 7:00PM on April 9, 2013 in the Countryside Recreation Room. The Board approved the March minutes. The Treasurer’s report for March 2013 was reviewed and approved by the Board. A motion was approved to pay Trophy Landscaping $430 to remove a dying saguaro and replace it with a six foot saguaro. The new computer software should be up and running before the summer season. The Countryside pool deck logo and courtyard renovation are completed. Ninety Eight members attended the Easter Egg Hunt on March 30th. The insurance policy with State Farm was renewed. All racquetball court lights were replaced for a total cost of $1,351.87. Two parking lot lights and a short circuit in the ramada lights were repaired. The Board approved a motion to have C & L Painting paint the twenty parking lot and field light poles. The small playground and poles on the playground shade screen were approved for painting. A survey will be conducted to see if the playground area meets the needs of members with small children. The Board decided against reporting delinquent accounts to the credit bureaus. A motion was approved to increase the transfer fees. The Board agreed to have the irrigation around the pool and tennis/racquetball courts replaced. The wading pool will remain open during adult swim hours.

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

Board Meeting Dates for 2013

<table>
<thead>
<tr>
<th>Month</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
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<tbody>
<tr>
<td>May 14th</td>
<td>June 11th</td>
<td>July 9th</td>
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<tr>
<td>August 13th</td>
<td>Sept. 10th</td>
<td>Oct. 8th</td>
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<tr>
<td>November 12th</td>
<td>Dec.10th</td>
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The CCCA Board of Director meetings are held the second Tuesday of each month. All members are welcome to attend. Members wishing to address the Board need to submit request in writing five days prior to the meeting. This way the board has ample time to put you on the agenda. Meetings are held in the CCCA Recreation Room at 7:00PM.

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.

WiFi at Countryside Countryside offers a wireless internet connection to its members. Bring your WiFi equipped electronic device to the Center and pull-up a chair in the recreation room or go out by the pool. Enjoy the freedom and mobility of being wireless.

In order to verify membership at Countryside we are requesting all members to have their photograph taken. It is important that all family members of each homeowner come to the office of the club to be photographed. You must accompany your child, and provide the staff with at least one form of identification. You will then be “logged” into the computer photo system. Our goal is to provide a safe and secure environment for everyone in our community. If you have any questions, please call the office at 744-2403.
**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.

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

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

**Trophy Landscaping**
Tree rimming, Removal & Replacement
Irrigation Installation and Repairs
Yard work and hauling
Weed Control, its our specialty

**Countryside Residents**
Get our special discount

JIM SEAY-Owner 520-250-1094

Sports equipment is available in the front office for members to check out while spending time at Countryside Community Club.

**Equipment includes:**
Tennis and racquetball rackets and balls, basketballs, baseball bats and softballs, soccer ball, volleyball, footballs and horseshoes

**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)

**HANDYMAN**
Paint & small homeowner repairs, stucco, electrical, dry wall, small tree trim jobs.
**Discount prices for senior citizens**
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Have a safe and happy summer!