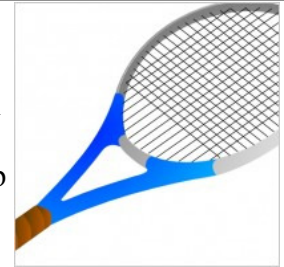


Countryside Community Club News

June/July
2015

Tennis Program

SCHEDULE: July 15, 16 & 17
July 22, 23 & 24 (6PM to 8PM)
Tournament on Saturday, July 25th



Hey kids.....are you looking for something to do this summer? Why not come over to your Community Club and sign up for our free tennis program.

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 to register for this FREE program. For members only.

Wednesday and Thursday night 7:00PM - 8:00PM

ZUMBA



Class fee is \$5.00
per class
Instructor:
Lupita Gonzalez
928-580-7737



Club Hours

Monday - Friday
7:00AM to 10:00PM

Saturday 9:00AM to 10:00PM
Sunday 9:00AM to 9:00PM

Summer hours end August 1st

Board Meeting Dates for 2015

*Meetings are held in the Countryside
Community Club recreation room at 7:00PM*

July 14th August 11th Sept. 8th
October 13th Nov. 10th Dec. 8th

The CCCA Board of Director meetings are held the second Tuesday of each month at 7:00PM in the recreation room. 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.

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 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. If you have any questions about having a party at the Center give us a call at 744-2403.

Website: www.cccanews.com-Email: countrysidemanager@gmail.com-Phone: 520-744-4614

• **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.



Sessions

- Session 3: June 29 - July 10
- Session 4: July 13 - July 24

**Registration is on-going.
Register and pay fees in the front office.**

**\$25.00 per two-week session,
Classes are Monday through Friday
Instructor: Brianna Mounts**

Class Times

- Level I: 10:30 to 11:00
- Level II: 11:15 to 11:45
- Level III: 12:00 to 12:30
- Level IV: 1:00 to 1:30
- Level V: 1:45 to 2:15
- Level VI: 2:30 to 3:00



Lifeguard Hours

Monday - Friday 10:30AM - 9:00PM

Saturday - 11:00AM - 9:00PM

Sunday - 12:00AM - 8:00PM

The pool will close 15 minutes before the Center closes.

Spa Rules Revised May 12, 2015

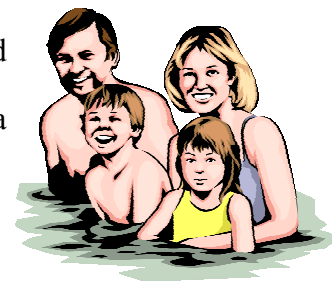
- Children 5 and under will not be allowed in the spa (arms, legs, etc.).
- Children between the age of 6 and 12 are allowed in the spa as long as they are accompanied by an adult 18 years or older and are limited to 10 minutes.

Pool Rules

Revised August 13, 2012

Revised May 12, 2015

- 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 nose piece 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 5 and under will not be allowed in the spa (arms, legs, etc.).
- Children between the age of 6 and 12 are allowed in the spa as long as they are accompanied by an adult 18 years or older and are limited to 10 minutes.
- 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.



Countryside's Fitness Room

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 it's 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 an adult over the age of 18 that are certified or have signed the release form.

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

Recap of Board minutes for April and May

The March and April minutes and Treasurer's reports were approved by the Board.

APRIL: Work is still pending on the recreation room lighting project. The new door closures were installed in the recreation room. The Hoist multi gym machine was repaired at a cost of \$268.77. Leslie's Pool Supplies repaired the spa jets at a cost of \$427. A motion was approved to spend \$833.75 from the reserve fund to pay for replacement lights and repairs to the parking lot and field lights. The Easter egg hunt was attended by 154 members.

MAY: Doug Holm CPA will start the 2014 audit next week. A new computer for the front office was purchased for a cost of \$403.17. The Board declined the proposal of Biff Baker Fencing to repair the pool fence. CCCA maintenance man will paint rusted areas and the General Manager will get bids for fence replacement cost for an aluminum or vinyl fence, project to start next year. All lifeguards have been hired for the summer season. New hours start on June 1st and continue until school starts. The GM and Manager attended the pool operator class at Pima County Health Dept. and received their certification. The Board discussed the center's financial investments. The Board approved changes to the spa rules regarding younger children. The Board decided to take the radio/CD player out of the fitness room because some members were playing the music too loud and some CD lyrics were offensive. The GM will look into purchasing a satellite radio that management would control.

HOA Information

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

General Manager 744-4614

Classes and Programs 744-2403

Account Information 744-5321

Email: countrysidemanager@gmail.com

Website: www.cccanews.com

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.

Trophy Landscaping

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Irrigation Installation and Repair Work
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our special discount

JIM SEAY, owner

520-250-1094