Pool News

The summer is quickly approaching and soon enough school will be out and it will be time to visit the Essex pool! Grab your suit and join us for open swim or for one of our programs – swimming lessons and swim team. Bring the family for the day and enjoy a tasty meal from the Snack Bar. The pool is a fun, relaxing and safe atmosphere for members and guests of all ages.

Stay tuned to the June newsletter for the pool opening date and more information, including pool hours.

Swimming Lessons

Enrolment Fees:

Red Cross Swim Kids Program:	$48/child
Bronze Star	$73/child
Bronze Medallion/Cross	$98/child

Session #1: Wed., July 3 – Wed., July 24 (M/W/F)
Session #2: Mon., July 29 – Wed., August 24 (M/W/F)
****No class Monday August 6 for Civic Holiday**

How to Register

To register your child for swimming lessons.

- Fax the completed registration form to 519-734-8800
- Drop off the completed registration form at the pool or the club house front office.

A reminder that registration is done on a first come, first served basis and that the **deadline is Saturday, June 29th**. Don't wait, classes do fill up!

Important reminders regarding swimming lessons:

- No flotation devices (lifejackets, water wings) are allowed for the children in the Starfish/Duck and Sea Turtle/Salamander classes.
- One caregiver per child is a necessity in the Starfish/Duck classes.
- Questions regarding level placements for your child will not be answered by phone until the middle of June.

Class Times for Session #1 & #2

Starfish/Duck (with caregiver)	12:30 - 1	(4 - 30 months)
Sea Turtle/Salamander (no parent)	10:30 - 11:00 & 12:00 - 12:30	(3-4 years)
Level 1	10:00 - 10:30 & 11:45 - 12:15	
Level 2	10:30 - 11:00 & 12:30 - 1:00	
Level 3	10:00 - 10:30 & 11:15 - 11:45	
Level 4	9:30 - 10:00 & 10:30 - 11:00	
Level 5	9:00 - 9:30 & 10:00 - 10:30	
Level 6	9:00 - 9:30 & 11:00 - 11:30	
Level 7	9:30 - 10:00	
Level 8	9:00 - 9:30	
Level 9	9:30 - 10:00	
Level 10	9:30 - 10:00	

Bronze Classes

Bronze Star 11:15 - 12:00
(This class is only offered Session #1 M/W/F)
Bronze Medallion/Cross 11:30 - 1:00
(This class runs two sessions in length, M/W/F)
Due to the high volume of course material in the Bronze Medallion and Bronze Cross classes, the child is only allowed to be absent 3 times maximum. No exceptions will be made. If the child is absent more than three times, the requirements to enter the final examination will not be met and the child will not pass the course.

Swim Team

(Enrolment Fee: $55/child)
The Essex Storm Swim Team gives children the opportunity to improve their swimming skills, take part in friendly, local competition and to keep active. We look forward to seeing all past team members and hope to see some new faces, as new members are always welcome. The fee includes all practices, automatic entry to all meets (approximately 3 throughout the summer) and a swim team shirt.

Practices will begin Tuesday, July 2nd as follows:
Senior (9 to 15 yrs) 9:00 – 10:00 am
Junior (5 to 8 yrs) 10:00 – 10:45 am
**Times are subject to change based on enrollment.
Practices are held on Tuesday and Thursday.

Just a friendly reminder that we are also always accepting sponsorship from local businesses and families to help offset the costs associated with the swim team and the swim meet.

Swim Meet

This year we will be hosting our annual Essex Storm Swim Meet. Stay tuned to the June newsletter for the date. It's always an exciting day full of fun and friendly competition! We will be in need of many parents and high school aged volunteers in order for this event to run smoothly. Please contact the pool to sign-up as a volunteer or to be a donor. We are always accepting food and beverage donations to help feed the hundreds of swimmers and their family members that attend.

Looking forward to a great summer,
Keegan Boulineau
Head Lifeguard

AQUA ZUMBA at the POOL

Have fun getting fit in the pool to music with our Qualified Instructor.
Classes Tuesday evenings at 7 p.m.
(Classes will be approximately 45 minutes)
July 9 thru August 6
$10 per person per class
Register in the Pool Area

Essex Golf & Country Club
Swimming Lesson Registration Form

Forms to be submitted to the pool or main club house office
Registration Deadline: **Saturday, June 29th**

Name	Age	Class	Time

Parent's name _____ Phone # _____
Member's name _____ Acct #: _____
Member's Signature _____ Date: _____

Swim Team
Registration Form
(Fee: $55/child)

Forms to be submitted to the pool or main club house office
Registration Deadline: **Saturday, June 29th**

Name	Date of Birth (M/D/Y)	Age

Parent's name _____ Phone # _____
Member's name _____ Acct #: _____
Member's Signature _____ Date: _____