Penguin Press

Regular Season Starts Monday!

PARKCREST 101: DAILY SCHEDULES

Our new pools, courts, and grounds offer so much all summer long; we are all so excited for regular season to begin on **Monday, June 15th**. Whether you are new to Parkcrest, or a longtime member, now is a great time to learn or refresh your memory about what typical week day schedules look like, Parkcrest policies, and all of the programming available to members. Read below for a typical schedule; always check the **Parkcrest calendars** for changes and special events and check the website for any **weather closures**.

A DAY IN THE LIFE OF A PENGUIN

6:00AM - 6:45AM EARLY BIRD SWIM

All eight lanes are dedicated to early morning lap swimming for adult members. Members may enter the side gate along Inner Drive for Early Bird Swim.

6:45AM - 11:00AM SWIM & DIVE TEAM PRACTICES

The lap pool is in use for swim team practices for all five age groups throughout the morning; the diving well is in use for dive team practices. Team specific schedules can be found on the **Parkcrest website**. Team members may enter the pool deck through the side gate and use deck chairs for their belongings. Caregivers of team members do not need to be present during practices; if caregivers will remain at Parkcrest during practices, they may observe from the upper deck.

7:00AM - 9:00AM OPEN COURTS

The courts are available to adult members for tennis and pickleball. Members may enter the courts from the gate in the parking lot directly on to the courts.

9:15AM - 3:15PM TENNIS & PICKLEBALL LESSONS

The tennis/pickleball courts are in use for lessons. Registered members may enter the courts from the gate near the baby pool; caregivers may observe from chairs on the courts. Balls, rackets, and paddles available for lesson participants; participants are also welcome to bring their own racket or paddle. Registered participants will meet the instructors on the courts. A notice will be posted on the guard office window if tennis/pickleball lessons are canceled due to weather or court conditions. **Youth and adult classes** available for registration on the Parkcrest website.

11:00AM - 12:55PM MORNING LESSONS

Morning lessons are available to all members with a Full Family Membership at no additional cost. Swim lessons and some water ballet lessons are held in the lap pool; dive lessons and higher level water ballet lessons take place in the diving well; youth fitness classes are held on the basketball court and around the property. All registered participants may enter the pool deck from the side gate on Inner Drive and meet their instructors in front of the guard office. Caregivers may observe lessons from chairs on the pool deck or from the upper deck. The **Snack Shack** is open during morning lessons; all food and drink must be consumed on the upper deck. All diaper changing must be done in the locker rooms. **Registration** for Sessions 2 & 3 lessons will open later this summer; watch your email for updates!

1:00PM - 1:45PM ADULT SWIM & LUNCH BUNCH

The entire property - from the lap pool and diving well to all courts and decks - are all **reserved for adult members**. Members under the age of 18 may not be present.

Adult members may enter the property from the side gate on Inner Drive to access the pool deck, upper deck, and courts. Come float in the diving well, swim laps, shoot hoops, eat lunch on the upper deck, or take a peaceful break on a deck chaise. The Snack Shack is not staffed during this time.

Youth members are invited to sign up for **Lunch Bunch** during this time! Red Cross certified babysitters are available to supervise and care for children up to the age of ten years; sitters and children eat their food they each bring from home outside of the Parkcrest fences and play games or venture to John Muir playground across Yellowstone Drive. There is a one-time, per family fee for the entire summer of Lunch Bunch; registered families may sign up for one day, some days, or all days of Lunch Bunch. Sign up takes place on the clipboard in the guard office during morning lessons. An adult caregiver must remain on the Parkcrest property during Lunch Bunch. Sign up today for a summer of Lunch Bunch fun! All of the Lunch Bunch kids and babysitters love hanging out - and some become great sitter options for other times of day, away from Parkcrest.

1:45PM - 5:30PM OPEN SWIM & WATER BALLET GROUP PRACTICES

The entire property is open to all members during this time, and accessed by the **main doors** from the parking lot. **Check-in** with the staff member at the desk and proceed through the locker rooms. Be sure to shower before entering the pools and change diapers in the locker rooms. The **Snack Shack** is open during this time; all food and beverage must remain on the upper deck. Snack Shack tickets may be purchased at the front desk with cash or **credits purchased on the Parkcrest website**. At 2:15PM, 3:15PM, and 4:15PM, a fifteen minute Adult Swim is called for a safety break and to allow members 18 years and older to enjoy the pools. Members under the age of 18 must remain behind the gutter lines until the whistles are blown signaling the end of Adult Swim.

During open swim, unless patron count is too high, at least two lanes will be available for lap swimming. Adults get priority over use of the lane(s). Additional lanes may be added at the request of members if space is available. Please ask the on-duty head guard to clear the lane for you. **Water Ballet Show** groups practice throughout the afternoons, using a portion of the deep end of the lap pool or the diving well. Please listen to show directors and group instructors if they request space for their group to practice.

3:15PM - 9:00PM OPEN COURTS & OPEN PLAY

Tennis and pickleball courts are available to all members to play; adult members get priority use of the courts. Pickleball nets may be moved to the pickleball lined courts for play; please carefully return to the fence line after use. Rackets, balls, and paddles are available to borrow from the front desk; please return to the front desk staff when finished. Please keep our brand new courts tidy and well-cared for. The basketball court is available to all members, with balls on site. Check the **Parkcrest Court Events calendar** for organized open play times and events!

5:30PM - 6:30PM EVENING LESSONS

Evening lessons are available to all members with a Full Family Membership at no additional cost. Swim lessons and dive lessons are available to youth members and adult swim lessons may be scheduled during this time as well. The lap pool and diving well are solely available for registered lesson participants during this time. All registered participants may enter the pool deck from the side gate on Inner Drive and meet their instructors in front of the guard office. Family members and caregivers may observe lessons from chairs on the pool deck or from the upper deck. The **Snack Shack** may remain open; all food and drink must be consumed on the upper deck. All diaper changing must be done in the locker rooms. **Registration** for Sessions 2 & 3 lessons will open later this summer; watch your email for updates!

6:30PM - 9:00PM EVENING OPEN SWIM

The entire property is open to all members during this time, and accessed by the main doors from the parking lot. Check-in with the staff member at the desk and proceed through the locker rooms. Be sure to shower before enter the pools and change diapers in the locker rooms. The Snack Shack is not open during this time, but members and their guests may enjoy carry-in food and beverage on the upper deck. Be sure to review the **Upper Deck calendar** and notify staff if you plan to host an event on the upper deck. Evening hours are the only open swim time that swimming in the diving well may be permitted if all members agree; consult the lifeguard staff. Adults are allow to float at the back of the diving well during all open swims, remaining clear of all divers and boards.

SPECIAL EVENTS, SWIM MEETS, DIVE MEETS

The above schedule represents a *typical* day during the regular pool season, but is subject to change. Open swims and lessons may be adjusted to allow for swim meets, dive meets, and special events; check the **Parkcrest calendar** and the **Penguin Press archives** for details and more information.

Float Night

THURSDAY
JUNE 18
7:00PM - 8:30PM
BRING YOUR INFLATABLES

Adult Social
Piano Fondue

SATURDAY JUNE 20
7:00PM - 11:00PM
ROCK OUT WITH PIANO FONDUE!

Swim & Dive Teams

STILL TIME TO TRY THE TEAM!

Swim and Dive Team practice begins this Monday, June 15th. **Swim practice** and **dive practice** schedules are available on the Parckrest website. All swimmers and divers, including trial week participants, must be **registered** before beginning practice.

All-City Swim Meet Volunteer Updates

JULY 30 - AUGUST 1

We're close to half way to filling our volunteer shifts for All-City,
but there are still almost 250 spots still available!
All volunteers signed up by the **July 1st** deadline get an All-City t-shirt!

Sign up here!

Questions? Email **pcallcityvolunteers@gmail.com**