

Cascade Community Pool News

VOLUME 10, ISSUE 9
DECEMBER 10, 2009

826-2124 www.cascadecommunitypool.com

SCHEDULE CHANGES

During the month of December we have several schedule changes due to Christmas vacation.

The first change will be no noon lap swim on **Friday, December 18th** so we can accommodate two rooms of fifth graders for a swim party. The Aerobic Fitness class will need to wait until the children get out of the locker room before showering or leave class early to shower if a person has to get somewhere right after class.

We begin teaching the third grades from Mountain View Elementary School on Monday, December 7th so that means if you are a noon lap swimmer you will need to dress either before the class arrives at 1:00 P.M. or wait until they are out of the locker rooms.

Open swims from 1 to 2:00 P.M. are scheduled for:

Wednesday, Dec. 16th
Monday, Dec. 21st
Monday, Dec. 28th
Wednesday, Dec. 30th

In January we will have two Saturday open swims on the 2nd and 4th Saturdays of the month, January 9th & 23rd.

NEW YEAR'S EVE PARTY

We will entertain your children ages 4 to 12 from 5:30 to 9 P.M. on Thursday, December 31st.

There will be games, fun in the pool, dancing, snacks, and fruit punch.

The cost is \$8 per child with \$6 for each additional sibling.

Children should have dinner before they come. Send dry clothes or pajamas and a towel with them.

Pre-registration is required to better plan the evening. We need at least 15 children to host the event.

MONTHLY SWIM LESSON TIMES

Tuesday & Thursday
January 5th - 28th

9:30 - 11 A.M.
2 - 4:30 P.M.
5:30 - 7:30 P.M.

Cost: \$28 - 1/2 hr.
\$50 - 1 hr.



\$\$\$FINANCES\$\$\$

SEPT/OCT 2009

Income - \$10, 697

Expense - \$13,574.79

Loss \$ 2,877.76

DONATION

In Honor of Virginia Cohoon
\$240

Income - 16,967.82

Expense - 17,055.45

Loss \$ 87.63

DONATION

Dorothy Stecker - \$100
Anonymous - \$5,500

ATTENDANCE

Sept., 2008 - 3,072

Sept. , 2009 - 2,890

October, 2008 - 3,892

October, 2009 - 2,335

ELECTION

The members elected the following people to the Pool Board for three year terms:

Juliana Kelsall
Taylor Richerson
Cindy Sweet
Walter Wattenburger
Constance Travesi

resigned her position which runs for 2 more years. We are looking for a replacement for her. If you are interested in serving, contact one of our Board members.

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COMING!

Valentine Races
February 6, 2010

*Merry Christmas &
Happy New Year*
From
The Pool Staff

UPCOMING EVENTS

- *Saturday, December 12th, 5:30 P.M. Christmas Tree Lighting in Burns Park*
- *Saturday Open Swim 1 - 3 P.M. December 12th*
- *Wednesday Open Swim 1 - 2 P.M. December 16th*
- *Holiday Open Swims December 21st, 28th & 30th, 1 - 2 P.M.*
- *Children New Years Party, Thursday, December 31st, 5:30 - 9 P.M.*
- *January swim lessons begin - January 5th*

Member News

Beverly Jensen broke her finger when she fell down her front steps. When she went in for surgery on her finger in the doctor's office they thought she might be having a stroke and sent her to the hospital in an ambulance. After many tests she was back home that evening and needed to make another appointment to have surgery on her finger.

Lorane Zimmerman returned to the pool this week after spending several days in the hospital getting rid of an infection that had sapped her energy.

Kay Tooker's husband **Ron** is in the Rogue Valley Hospital where they are trying to determine what is causing his internal bleeding.

Shirley Lambert plans to return to the pool next week after back surgery in November.

Jo Walker has been released from physical therapy to return to the pool.

STRATEGIC ACTION PLAN

With the help of Consultant Roi Crouch, the Board is meeting in work groups to put a strategic plan in place.

There are four work groups: Fund Development, Facilities, Community Involvement, Executive Director Succession.

You have experienced the efforts of our Fund Development Work Group. We need to get a plan in place to keep the pool a vibrant part of the community. Facility work group is determining when we will need to make capital improvements on the building or replace equipment. Community group is looking at ways to make newcomers feel committed to the pool. In Succession we are writing job descriptions and a calendar of who, what, when.

COVER THE FLOOR?

Several months ago one of our fitness ladies fell on her face in the women's locker room. The women from her class are concerned about the chances of this happening again and have been researching products to use on the floor to prevent another accident.

Connie and Marcia approached the Board about checking out these options and added they would be willing to fund raise to purchase whatever we choose to use.

David Jensen, a salesman from Portland, stopped in and showed Joy and Marcia Price his recommendation for anti-slipping which was a 3 ft. wide mat the length of the room.



The Board has concerns about whether the mildew and dirt would build up under the mat requiring additional hours of cleaning and sanitizing. They also wonder about the effect of our cleaning chemicals on the rubber mat.

Once we receive cost information on the mat we may try one length out for a period of time to determine the validity of the Board's concerns.

HANDICAPPED ACCESSABLE

The new pool lift installed on the side of the pool was purchased with an anonymous donation given specifically to cover the cost and installation of the lift.

Lonnie Harris donated part of his labor to install the lift so that means some of the donation can be used for other pool programs.

We are thankful to have the new lift, one that runs on battery power and can put people who weigh up to 400 pounds into the pool.

VALENTINE RACES

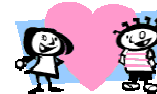
Last year we had the Mini Olympic races. This year we will use a similar format and have races for 2 1/2 year olds through 17.

There will be races in front crawl, back stroke, butterfly, and breast stroke. The races will be planned so each age group will have a specific time to race in the pool allowing parents to plan their activities around the races.

All entrants will receive a medal. Racers will compete against children of like ability.

We will have popcorn, cotton candy, drinks, and pictures for sale. Proceeds benefit the pool!

Come and cheer for the racers!



COMING!!

WOGA IN THE AFTERNOON

Starting on Monday, January 4th Margaret Keene will teach Woga (Yoga) in the pool on Monday, Wednesday, and Friday from 3:30 to 4:15 P.M.

The classes are structured much like their land-yoga equivalents: breathing, warm-up exercises, a series of poses and a relaxation period.

The focus is on increasing mobility, flexibility, and strength while improving physical and mental capacities.

After a hectic day come, relax, stretch, and meditate!

Woga is like music. "The rhythm of the body, the melody of the mind and the harmony of the soul creates the symphony of life."

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