

WAYNEWOOD RECREATION ASSOCIATION

Membership Handbook 2010

**1027 Dalebrook Drive
Alexandria, Virginia 22308
Business & Membership Office: 703-780-7565**

WRA FACILITY

Two 25-meter swimming pools, one with Duraflex diving board
One Water slide with 48 foot slide run
Fenced baby wading pool
Over 300 pieces of deck furniture (chairs, lounges, tables, and umbrellas)
Over 24,000 sq. ft. of concrete decks, fully fenced
Night lighting (pool and deck)
Large pool house
Pool operated by a professional pool management company and
staffed by qualified and certified personnel
One enclosed basketball court
Three enclosed tennis courts
Two baseball diamonds
Horseshoe pit
Children's playground including swings, merry-go-round, slide, jungle gym,
monkey bars, sand box

Normal pool operating hours are as follows:

May 23 – June 17	12:00 Noon – 8:00 p.m. 11:00 a.m. – 8:00 p.m.	Monday-Friday, Sunday Saturday
June 18 – Sept. 7	11:00 a.m. – 9:00 p.m. 12:00 Noon – 9:00 p.m.	Monday-Saturday, Holidays Sundays

Certain activities (swim team practice, swim lessons, etc.) may take place outside of normal operating hours; however, the pool is not open to the membership during these times. Also, certain sections of the facility may be closed to members due to special events (swim meets, special events, etc.).

A board decision will be made during the summer to keep the pool open the first two weekends in September based upon available operating funds, weather, and staff availability.

BOARD OF DIRECTORS

PRESIDENT	Tanya Stamos	799-7747	tanyams@aol.com
VICE PRESIDENT			
SECRETARY	Janet Schwalb	799-1615	jgschwalb@cox.net
MEMBERSHIP	Cathy McPeck	360-6468	rmcpeek@cox.net
POOL	Gabe Guglielmo	360-4937	g@esi-intl.com
TREASURER	Rob Dunn	799-3428	rdunn@arda.org
GROUND			
SPECIAL EVENTS			
TENNIS	Jay Hyland	704-5285	jjhyland@cox.net
BUSINESS MANAGER			
MEMBERSHIP MANAGER	Kathleen Thompson	780-7565	KKThompson@gmail.com

MEMBERSHIP INFORMATION

Annual Dues

The dues for the 2010 season will be \$450.00. The Board of Directors establishes the amount of annual dues based on the membership-approved annual budget at the February General Membership meeting. This year dues must be **paid in full by May 2**. If dues are mailed, **they must be postmarked no later than May 1st**. Dues payments may be delivered to the Membership Manager directly at 8606 Cushman Place on or before May 2nd. **ANY DUES NOT PAID BY MAY 2nd ARE SUBJECT TO (AND PAYMENT MUST INCLUDE) A \$50.00 LATE FEE.**

Members are reminded, IF YOU HOLD A MEMBERSHIP CERTIFICATE IN THE WAYNEWOOD RECREATION ASSOCIATION, YOU ARE OBLIGATED TO PAY THE YEARLY DUES. Failure to meet this obligation may result in the sale of your membership in order to recover the debt, as specified in the Association By-Laws (Article XI, Paragraph 2). If your membership is sold for non-payment, you may be denied re-entry to the Association for two full seasons.

Procedures For Terminating Membership

Selling Your Home: If you are selling your home, you may sell your membership to the new homeowner. Please call the Membership Manager at 703-780-7565 for information regarding the procedure for turning your active membership into a Certificate of Interest. The Certificate of Interest is negotiable upon the sale of your home (not the membership certificate).

Renting Your Home: If you plan to rent your home, you may allow the tenants to use your membership by transferring the certificate into the tenant's name. Mention in their lease that they are responsible for maintaining the membership, paying dues in a timely manner, and turning the certificate over when the lease is terminated. Please contact the membership manager to process the paperwork.

Selling Your Membership: As provided in the Association by-laws, "Any holder of an active membership certificate is required to pay annual dues and assessments, whether or not they use the facilities." Therefore, if you would like to terminate your membership, please call the Membership Manager prior to the dues payment deadline, so that you will not be obligated to pay this year's dues. If you quit the Association and remain in the area, you cannot rejoin the Association for two summers. If you are renting and using your landlord's membership, the certificate must be returned to your landlord.

If you leave mid-season, dues refunds are pro-rated as of the day you last use the facilities.

Super Sunday

Super Sunday is an event on the WRA grounds where representatives of the tennis program, swim team, and Special Events Committee advertise their programs for the upcoming season. In addition, opportunities for volunteering for each of these are available to the membership. Registration for the swim and tennis teams can be completed, team apparel can be ordered, and the annual dues can be paid. The date for Super Sunday this year is May 2.

Access to the Pool

To gain access to the facility, give your membership number to the gate attendant who will verify your membership by checking the membership roster. This procedure applies to entry to both the pool and the tennis courts. We require the pool management company to verify the membership of all persons entering the facility. If you are bringing a guest, you must inform the gate attendant, sign in the guest, and pay the \$2 per person guest fee by check written by a member. (Due to IRS laws, the WRA MAY NOT accept checks written by guests.) Gate attendants may not accept cash under any circumstances.

If you play tennis and enter when the lobby is not open, you must be prepared to provide personal identification upon request of a Board member.

Guest Privileges and Fees

All temporary guests must be accompanied to the pool or tennis courts by a member or an ADULT associate member. Each member is allowed to have up to 20 guests per season. Guests who live in this area and are eligible to be members are allowed up to 3 visits per season.

To accommodate members who wish to bring friends who are members of other pool clubs or recreation associations in the area, such guests will NOT count against the annual pass limit of 12 if the guest shows evidence of membership in a local pool.

The \$2.00 guest fee must be paid by check at the desk. If you wish to purchase guest pass tickets in advance, leave a request and check with the gate attendant and the Business Manager will leave the tickets with the gate attendant. A packet of 20 passes may be purchased for \$17 with the check written by the member.

House Guests

Bona fide house guests include persons who stay at a member's house overnight. Houseguests may use the facility unaccompanied by the member once the member has signed for the guest. **WRA MEMBERS WHO PROVIDE DAY CARE IN THEIR HOMES MAY NOT USE THIS HOUSE GUEST PROVISION FOR THE CHILDREN OF NON-MEMBERS IN THEIR CARE.** House guest fees are as follows:

\$8.00 per person or \$16.00 per family per week, whichever is less
\$25.00 per person or \$50.00 per family per month
\$40.00 per person or \$80.00 per family per swim season

Arrangements for houseguests to gain access to the facility must be made by an adult member at the pool desk. Requests for houseguest privileges on a weekly, monthly, or season-long basis must be made in writing, listing all the names of the guests and the ages of any guest under age 21. The request should include a check for the appropriate fee. Forms for this purpose may be obtained at the pool desk or from the Membership Manager. The pool manager may bring suspected abuses of the house guest privilege to the attention of the Board of Directors for appropriate action.

Visiting Children, Grandchildren, and Grandparents

In keeping with prior Board practice, guest fees are not required for **VISITING** adult sons and daughters. Their husbands and wives, and all grandchildren, may be added to an active membership as Associates for a one-time fee of \$7.00. This privilege is further extended to visiting grandparents. Such adult children, grandchildren, or grandparents must be accompanied on their first visit to the pools or tennis court by the member. Please contact the Membership Manager to add Associate Members (new members of your immediate family) to your membership.

We must emphasize that this privilege is intended for **VISITING** family members, not for those who live in the local area and could be members in their own right.

Furthermore, this privilege does NOT allow these extended family members to become active members on either the tennis or swim team.

Baby Sitters

Members may send their children to the pool with baby sitters that are at least 13 years of age. Sitters may care for a maximum of 3 children at one time. All babysitters who are not WRA members must enter on a daily guest pass (see Guest Privileges and Fees above), or a season-long guest pass may be purchased for \$40.00. In either case, the babysitter may only be admitted when accompanying the member's children – not at other times of the day. Passes for live-in babysitters or au pairs can be obtained for the sum of \$40.00 per season. Usage of the facilities by live-in babysitters or au pairs **is not limited to the times when the live-in babysitter or au pair is watching the member's children.** The au pair or live-in

babysitter may use the facility as an Associate Member at the discretion of the member as long as the au pair or babysitter is in the employ of the member.

Use of the WRA Facility for Private Parties

The Board has established a committee to consider "Special Occasion Requests" for birthday parties, office parties, anniversaries, sporting events, etc. These requests must be submitted to the Vice President in writing at least two weeks prior to the event, and must explain the date, time, number of persons expected, and any other special circumstances. If the pool facility is to be used, all non-members must pay the \$2 guest fee. Any guest passes approved for these occasions will not count against the limit of 12 regular guest passes per membership. Please contact any board member for information on scheduling an event. Prior arrangements help ensure that sufficient lifeguards are available.

The WRA policy guidelines and the form to be used to request use of the facilities are provided at the end of the handbook.

WRA RULES AND REGULATIONS

The Board of Directors has adopted the following rules and regulations to govern the activities of the Association and provide a safe and pleasant environment. Members should instruct their children to respect these rules. Members are also encouraged to offer suggestions for improving the management or operation of the Association. Please submit suggestions in writing to a Board Member.

The Pool Manager has the authority to suspend WRA privileges for a period of up to two (2) days for violations of the rules listed in this handbook. Serious or repeated violations shall be referred to the Board of Directors.

Facility Rules and Regulations

1. All members, associates, and guests use WRA facilities (including the swimming pools) at their own risk. The Association cannot be responsible for the loss, theft, or damage to personal property, including articles left in automobiles parked in the WRA parking lot.
2. Members, associates, or their guests who cause willful or malicious damage to WRA property shall be held responsible for reimbursing WRA for such damage. Those who cause such damage may be expelled from membership and prosecuted under the law.
3. All bicycle riders must ride carefully and park their bicycles in the racks provided. Parked bicycles should be locked. The WRA cannot be responsible for lost, damaged or stolen bicycles.
4. Games and other activities which may damage trees, shrubs, parking areas and sidewalks are not permitted.
5. Food, candy, and drinks must be consumed in the areas designated and marked for that purpose. These areas are located inside the fenced area by

the pool house and in the grassy area in front of the WRA facilities. No eating is permitted in the pool facility.

6. Closing time for the recreational areas will be 10 p.m. Unauthorized persons in the area after 10 p.m. will be considered trespassers, and the police will be summoned.
7. No part of the WRA facility may be used to operate power-driven models, scooters, airplanes, racing cars, go-carts, or mini-bikes.
8. Golf practice with regular golf balls is not permitted; practice with whiffle or other soft, light balls is acceptable.
9. No firearms of any kind may be carried or discharged on WRA property.
10. Fireworks are not permitted on the WRA property.
11. Archery equipment may only be used on WRA property when part of an archery program authorized and approved by the Board of Directors.
12. Rough play and running are not permitted within the pool area.
13. Offensive language or other objectionable personal conduct will not be permitted on WRA property. A warning will be given to any member who uses offensive language and the WRA reserves the right to expel a member for the entire season if the member does not cooperate with the warning.
14. No alcoholic beverages may be consumed on WRA property unless part of a special event authorized and supervised by the Board of Directors. The Board will obtain a Fairfax County alcoholic beverage permit before holding any such event.
15. Members, associates, and their guests should use the parking lot whenever possible to avoid parking on adjoining neighborhood streets.
16. The emergency and delivery lane between the parking lot and the pool house must be open and unobstructed at all times. Violators will be towed at the owner's expense.

Pool Rules and Regulations

1. All members and guests must sign in at the lobby desk, and the gate attendant must verify membership of everyone prior to entry.

2. *Supervision of Children in Pool:*

- a. All children ages 9 and under must be accompanied by an adult unless registered for and participating in a WRA sponsored team or camp.
- b. Children ages 9 and under must pass a swimming proficiency test before being allowed to swim without the DIRECT SUPERVISION of a parent or babysitter. DIRECT SUPERVISION means that the adult supervising the child must be in or at the edge of the pool within arm's reach of the child. The parents/supervisors of children ages 9 and under who have passed the annual swimming proficiency test must remain on the pool deck at all times when their children are in the pool.
- c. Children ages 10 – 12 may be allowed, with parental permission, unaccompanied access to WRA pools if they pass the swim proficiency test.

3. *Swimming Proficiency Test Rules:*

In order for children ages 9 and under to swim alone or beyond an adult's reach, he/she must demonstrate the ability to:

- a. Swim one length (25 meters) unassisted.
- b. Tread water for one (1) minute.

The lifeguard staff will administer the swimming proficiency test and record the names of those children who pass the test. Children 9 and under must pass this test every year in order to swim alone or beyond an adult's reach.

Children age 9 and under who have not passed the swimming proficiency test must be under the direct supervision of an adult when in the pool. As stated above, **direct supervision** means that the adult supervising the child must be in or at the edge of the pool within arm's reach of the child. An adult is defined as a person aged 16 or older.

4. *Guest Passes:* Guest passes may be purchased at the desk or from the business manager. **Cash will not be accepted.** Checks must be drawn on the member's account only. All guests must be accompanied by a WRA member on their first visit.
5. *Sitters:* All sitters must be at least 13 years old in order to baby-sit at the pool. Sitters may care for a maximum of 3 children at one time. Sitters must be 16 if supervising a non-swimmer.
6. *Baby Pool:* Use of the baby pool is restricted to children 5 years of age or younger. **All children using the baby pool must be directly supervised by a parent or sitter at all times.** Children who are not toilet-trained **must** wear swim diapers while in the pool.

7. *Lap Pool:*
- a. Only persons who can swim at least one length of the pool unassisted are allowed in the lap pool.
 - b. The WRA endorses the United States Swimming's "Conventions of Courtesy, Rules of the Road for Lap Swimmers" (copies available in the manager's office) which specifies that when the number of lap swimmers exceeds the lanes available, swimmers will share lanes and swim in a counterclockwise circle while yielding to faster swimmers.
 - c. *Lap Pool Special Use Hours and Restrictions:*
 - 1) The lap pool and deck areas are restricted to adult use only with **no exceptions** from 2:00 – 4:00 p.m. daily. No children, even if accompanied by a parent, are allowed in the lap pool at this time.
 - 2) The lap pool is reserved for adult lap swimming daily from 6:00 – 8:00 p.m., with the following exception: *Children may utilize the lap pool during this time only if the following conditions exist:*
 - a) They are accompanied by a supervising adult.
 - b) A lane is available. (Children must exit if an adult arrives to use a lane.)
 - c) They utilize the pool for the express purpose of lap swimming.
 - 3) Swimming lessons may be given in the lap pool from 11:00 AM– 2:00 PM during the week.
 - 4) The swim team may use the lap pool from 3:00 – 6:00 p.m. until school lets out for the year; thereafter, swim team practice is held in the morning before the facility opens.
 - 5) The swim team may use one or two lanes of the lap pool for clinics and supplemental practices from 5:00 – 6:00 p.m. Tuesday through Thursday.
 - 6) The lap pool will be closed for swim meets at various times throughout the season. Specific times will be posted in the pool lobby. Lane ropes will be installed in the main pool during evening swim meets.
8. *Slide Rules:* The following rules apply to the slide and will be posted on a sign at the base of the slide.
- a. Obey all lifeguard instructions.
 - b. Bathing suites only.
 - c. Must be 54" tall, pass swim proficiency test, or have a parent waiting in the landing zone.
 - d. One person at a time. Do not mount ladder until previous slider has left the landing zone.
 - e. Slide seated, feet first. No diving, kneeling, standing, rotating, tumbling, or stopping in the slide.
 - f. Leave the landing zone promptly.
9. *Diving Board:* Only one person at a time may stand upon the diving board. Excessive bouncing or (unsafe) advanced "trick" diving (as determined by the guard on duty) by inadequately trained and/or unsupervised divers is prohibited.
10. *Break Time:* Each hour, there will be a fifteen (15) minute break at fifteen minutes before the hour unless a special event is underway. Children under the age of 16 are not allowed in either the main or lap pool at this time.

11. *Safety and Health:*
 - a. Parents or the persons they designate shall ensure that children who are unable to swim do not leave the shallow end of the main pool.
 - b. Children who are not toilet-trained **must** wear swim diapers while in the pool.
 - c. All swimmers must shower on the premises with soap and water before entering a pool; this is a Fairfax County Department of Health requirement.
12. *Admission Not Permitted:* No one will be permitted to enter who:
 - a. Is under the influence of drugs or alcohol, or
 - b. Has a skin infection, open sores or bandaged wounds, inflamed eyes, communicable disease of any kind, or excessive sunburn.
13. *Pool Closure:* The pool manager will close the pools whenever weather dictates and/or for health or safety reasons.
14. *Prohibited Items:*
 - a. Pets
 - b. Hard street shoes on the pool deck – shoes of any kind are not permitted in the pools or on the diving boards.
 - c. Food, candy, gum, or soft drinks, except in the designated eating area.
 - d. Glass bottles or containers (including baby bottles).
 - e. Small toys in the baby pool (unless approved by the manager).
 - f. Hard balls (rubber, tennis), inner tubes, flotation devices, including “noodle” type devices and other items, unless approved by the manager. Nerf ball play is permitted, although it will be suspended when the pool manager determines that such play is hazardous due to crowding in the main pool.
 - g. Masks, fins, snorkels, etc., may be allowed at the pool manager’s discretion.
15. *Conduct:* Rough play and running will not be permitted in the pool or pool areas. Dunking (pushing another person’s head under water) will result in immediate expulsion from the facility for a period to be determined by the pool manager. Climbing fences is strictly prohibited.
16. *Sidewalk Access:* So that access to the facility is not impeded, ball playing, bike riding, scooter riding, and roller-skating are prohibited from the walkways leading to and in front of the facility.
17. *Telephones:* The telephone in the manager’s office is for the pool management company’s use only. Members should use the public telephone in the pool lobby. Note: There is no paging available at the pool and the gate guard who answers the phone cannot leave his/her post to notify members of incoming calls.
18. *Restrictions to General Use:* Use of the pools may be restricted to permit special events authorized the Board of Directors. Notice of special use closing shall be posted in advance.
19. *Rule Enforcement:* All rules will be strictly enforced. The pool manager may suspend pool privileges for up to 2 days for a serious rule violation. Repeat and serious violations will be referred to the Board for further action.

20. *Suspension*: Any member or guest who impedes a lifeguard in the performance of duties will be suspended for at least two days. The directions of lifeguards must be obeyed immediately. Disputes about the lifeguard's directions should be addressed to the pool manager. Lifeguards shall not engage in any activity, or be distracted by an activity, that prevents them from performing their duties.
21. *Identification and Proofs*: To ensure proper enforcement of these rules, the pool management company and/or the Board of Directors, may require proper identification of proof of age, school grade level, babysitting arrangements, guest relationships, or other factors necessary to apply these rules. Refusal to comply may lead to suspension.
22. *Complaints, Praise, and Suggestions*: All complaints, praise, and/or suggestions shall be made or given to the pool manager, or, if no immediate response is desired they may be placed in the suggestion box located in the pool lobby. In no case shall a member attempt to discipline pool management company staff. If a member is unable to resolve differences with the pool management company, bring the problem to the attention of the Pool Director.
23. *Changes*: The Board of Directors reserves the right to change any of these rules and regulations upon the advice of the pool management company or its own initiative without prior notice. Notice will be posted as soon as possible to inform the membership about any change.
24. *PA System Rules and Regulations*:
- a. This PA system is intended as a recreational and informational device. Any misuse by WRA members, staff of the WRA or staff of the pool will result in the immediate dismissal of said member, WRA staff member or pool staff member.
 - b. Music may be played on the PA system during the following times:
 - 12:00 PM – 1:00 PM
 - 7:00 PM – 8:00 PM
 - c. Music on the PA system will be played at no louder than the level marked on the apparatus. This level will be set by the WRA Pool Director and will not be violated unless in an emergency situation or approved by any WRA director.
 - d. The music allowed on the PA system will come from the following sources:
 - 107.3 (Top 40)
 - 100.3 (Oldies)
 - 98.7 (Country)
 - A WRA Director's iPod
 - e. The PA system may also be used for WRA sanctioned activities such as End of the School Year Party, Fourth of July and the Adult Pool Party.
 - f. In addition to the entertainment activities, the PA system may be used for notifying the WRA membership of weather conditions, emergency announcements, membership-related announcements (such as pizza deliveries, lost children, etc.) and any other membership-wide announcements that the pool staff may need to announce.

Tennis Rules and Regulations

The Waynewood Recreation Association is affiliated with the United States Tennis Association (USTA) and is dedicated to providing rules, procedures, services and maintenance that will allow the largest number of WRA members to enjoy the facilities.

Your suggestions and volunteer efforts are essential to a successful program. You may contact your Tennis Chairman at any time.

Every player on the courts must be a WRA member or a valid guest. Periodic inspections will be conducted to ensure that MEMBERS AND THEIR GUESTS ONLY are using the tennis facilities. Only overnight house guests will be permitted to use the courts without being accompanied by a WRA member.

1. *Who Can Play:* Members of WRA and their authorized guests. WRA procedure for guests and guest fees apply to guests using the tennis courts.
2. *Tennis Etiquette and Sportsmanship:* All WRA tennis players and guests are expected to follow established tennis etiquette and to exhibit a high level of sportsmanship. Learn the rules, respect the rights of others, and enjoy the game.
3. *Reservations:* Courts 1 and 2 may be reserved in advance by signing up on the sign-up sheet located by the gate to Court 3. Court 3 is available on a first-come, first-served basis.
4. *Procedures for Making Reservations:*
 - a. The sign-up sheets will be posted at least two days in advance no later than 9:00 p.m. starting in May. For example, no later than Monday at 9:00 p.m., the sign-up sheet for Wednesday will be posted. On any day that the pool closes early (rain, scheduled activities), the sign-up sheet will usually be posted at the time the pool closes.
 - b. First and last name, plus membership number, must be entered on the sign-up sheet. Names of all other players must be listed before play begins. Mark guests names with a "G". Spot checks will be made to ensure that members follow these rules.
 - c. Procedures listed on the sign-up sheet must be followed. Reserved time limit is 60 minutes for singles; 90 minutes for doubles.
 - d. On weekday evenings (6:00-10:00 p.m.), and on weekends and holidays, at least one player must be in one of the following categories if others are waiting to play:
 - 1) During the school year, full-time employed or student in junior high or older; or
 - 2) During summer vacation, full-time employed.If either of these conditions is not met during the restricted period, players must relinquish courts when asked to do so.
 - e) *Court 3 (unreserved play):* With the exception of lessons or group events approved by the Tennis Chairman, Court 3 cannot be reserved in advance. When you begin play on Court 3, sign in with your start time. Time limits are 60 minutes for singles and 90 minutes for doubles.
5. *Group Tennis Activities:* Group activities may be scheduled on all courts. Examples of group activities include team practice, authorized lessons, round

robins, and team matches. Only the Tennis Chairman may reserve block times for group activities, and this will usually be done before the sign-up sheet is posted. Group activity coordinators are responsible for ensuring clearing their activity through the Tennis Chairman and that block times are minimized.

6. *Tennis Court Keys:* WRA tennis players must obtain a tennis court key to use the tennis courts. Courts are kept locked at all times when the pool is not open. Keys are available from the Tennis Chairman at a cost of \$15 payable by check made out to WRA.
7. *Tennis Lights:* Players may operate the lights from early dusk to 10:00 p.m. during the spring and summer months. Winter curfew is 9:00 p.m. The switch is on the pole nearest the gate at Court 3. The lights will remain on for intervals of 20-25 minutes. A red warning light will flash when the lights are within 5 minutes of turning off. Players must push the switch to reset the lights for the next interval. If the lights go out, there is an unavoidable 5-10 minute cool-down and restart time. Just push the switch and wait.
8. *Equipment Restrictions:* No skateboards, bikes, scooters, lacrosse or other recreational equipment except tennis-related equipment are allowed on the courts. No pets are allowed on the courts at any time. Courts are to be locked at all times, except during pool hours or while someone is actually playing. The last person to leave the courts will ensure that they are locked.
9. *Rules Enforcement:* Violation of these rules will result in restrictions and/or suspension of the right to use the courts, at the discretion of the WRA Board of Directors. Any disputes over the rules or their enforcement should be brought to the attention of the Tennis Chairman, or to another member of the Board.
10. *Player Identification:* Every player on the courts must have either a WRA identification card on file, or a valid guest pass. Periodic inspections will be conducted to ensure that MEMBERS AND THEIR GUESTS ONLY are using the tennis facilities. Only overnight houseguests will be permitted to use the courts without being accompanied by a WRA member.

ACTIVITIES AT THE WRA FACILITY

Swimming Lessons

Swimming lessons will be provided by the pool management company. Watch for signs to be posted in the pool house as well as information to be posted on the website for sessions and registration. In addition, the management company may also provide private lessons throughout the summer tailored to individual (child or adult) needs.

Aquafit Exercise

For those of you not familiar with this form of exercise, Aquafit is not strenuous, does not require the ability to swim, and does not even require getting one's hair wet. Classes are held each Monday, Tuesday and Thursday from 9:00 to 10:00 a.m. once school is out.

Waynewood Swim Team

The WRA sponsors a swim team for its younger members. The Waynewood "Dolphins" Swim Team is a member of the Northern Virginia Swim League (NVSL). The NVSL is the largest summer swim league in the U.S., with 102 community pool teams divided into 17 divisions of six teams each.

Swimmer Eligibility: A swimmer must be a member of WRA and not turned 19. There is no minimum age, but children must be able to swim at least one length of the pool unassisted. Competition in meets is encouraged but not mandatory. Due to the large number of swimmers, small coaching staff, and short swim team season, the team is not a "learn to swim" program and does not provide basic swimming lessons. The pool management company offers group and private swimming lessons for those who want or need more individualized stroke training. Also, the swim team is not an alternative to babysitting.

Practices: Practices are held in the mornings before the pool is open. Swimmers are grouped according to age and ability. There may be additional practices and clinics scheduled from 5:00-6:00PM at the discretion of the coaches. Practices are held after school hours until school ends in June.

Competitive Groupings: Boys and girls compete in separate events and are grouped according to age: 8 and under, 9&10, 11&12, 13&14, and 15-18. Both boys and girls compete in four strokes – freestyle, backstroke, breaststroke, and butterfly.

"A" Meets: Dual ("A" meets) are held every Saturday morning starting the third Saturday in June and continuing through July. The division championship is determined by the team with the best record for the five-meet season.

"B" Meets: Informal, non-scored, "B" meets are held Monday evenings between Waynewood and other local teams. "A" swimmer participation in "B" meets is restricted.

Awards: Colored NVSL ribbons are presented to the swimmers for first through sixth place in "A" meets. Waynewood awards ribbons to all competitors at "B" meets. At the end of the season Awards Banquet, every swimmer, regardless of age or skill level, is recognized with an award.

Coaching Staff: The head coach is usually an experienced coach or a current or former year-round, USS or college swimmer, and is usually aided by one or more assistant coaches.

Team Representative: The Waynewood team representative acts as the official representative to the NVSL and directs all aspects of the team – orders team suits, coordinates meets and concession sales, selects team awards, etc. The team

representatives for the 2009 season are Jackie Binhlam and Tim Gannon, both may be reached at 703-360-0122.

Volunteers: Hosting either an "A" or "B" meet is no small task; success depends on a great deal of volunteer support. Parents of each swimmer are required to volunteer at a specific number of meets. This is an excellent opportunity for parents to get involved in their child's activities and to meet other parents in the neighborhood.

Registration: Although a registration day (Super Sunday) is held about a month before the pool opens, swimmers may join the team at any time. Contact the team representative for further details.

Masters Swimming

This summer WRA will host two Masters Swimming clubs. Alexandria Masters Swimming (AMS) and Fort Belvoir Swim Team (FBST) will offer workouts at WRA every day of the week from 6:00-7:00 AM, Saturdays when there is a scheduled swim meet and Sunday. Both clubs are registered with United States Masters Swimming, a national organization that promotes organized swimming for ages 18 and older.

Day	Time	Club	Notes
Monday	6:00-7:00	FBST	
Tuesday	6:00-7:00	AMS	
Wed.	6:00-7:00	FBST	
Thursday	6:00-7:00	AMS	
Friday	6:00-7:00	FBST	
Saturday	8:30-10:00	AMS	No Saturday workouts when Dolphins have a home meet.

Most Masters Swimmers join for fitness. A few are looking for triathlon conditioning or for training to compete in local swim meets. Masters Swimmers enjoy the support of fellow swimmers in pursuit of their swimming goals and have the chance to benefit from the social aspects of with others who share a love of swimming.

The Masters Swimming program centers on one-hour workouts conducted by a swim coach. Workouts emphasize conditioning and improvement of swimming technique. Occasional clinics with video instruction and video recording analysis are part of the regular program. Swimmers also have the opportunity to socialize outside the pool at happy hours, picnics, or dinner.

In addition to workouts at WRA's lap pool, both AMS and FBST offer other day and evening workouts at neighboring outdoor pools, beginning in June and running through Labor Day. AMS and FBST members can swim at any of the workouts sponsored by their club.

Masters Swimming is a wonderful way to resume swimming, to improve fitness, or to train for competition. WRA members can join AMS or FBST at any time. They need not wait until Super Sunday. Both clubs schedules and fees are posted on their web sites (www.alexandriamasters.com and www.fbst.com). WRA members interested in joining Masters Swimming may also contact AMS [Ray Novitske (703-960-4598)] or FBST [Mark Murray (703-627-4726)].

Tennis Program

Tennis Court Keys.

- WRA tennis courts are locked when the pool is not open.
- For keys to the tennis courts, contact the Sports Chairman, Jay Hyland [703-704-5285 (H), tennis@waynewoodrec.org to obtain a key.
- Keys cost \$15.00. Please pay by check made out to the Waynewood Recreation Association or WRA.

Professional Instruction – The WRA has engaged Mount Vernon Athletic Club to conduct an active program of individual and group instruction for adult and junior WRA tennis players. Contact Mount Vernon Athletic Club pros, Tim Bainton (tbainton@mtvac.net) or David Perren (dperren@mtvac.net) for information.

Junior Tennis.

Junior Tennis Teams - The WRA Junior Tennis Program includes instruction, ladder play, and competition against other area clubs' Junior Teams. Waynewood fields boys and girls teams. Each team includes players in four age brackets (10-12, 13-14, 15-16, and 17-18). For details on times and dates, visit the TENNIS section of the WRA website, waynewoodrec.org.

Junior Mini-Camps introduce 5 – 8 year olds to tennis and emphasize fun, hand-eye coordination, and basic stroke production. For details on times and dates, visit the TENNIS section of the WRA website, waynewoodrec.org.

Junior Camps introduce 8 – 15 year olds to rules, scoring, tennis etiquette, and fundamental stroke techniques. For details on times and dates, visit the TENNIS section of the WRA website, waynewoodrec.org.

Adult Tennis - Adult tennis includes team play as well as regularly scheduled doubles sessions and free drills to sharpen your game. All teams are looking for more players. Because of typical Waynewood work, travel, and vacation schedules, team captains have lots of opportunities for players to participate in matches.

To learn more specifics about dates and times of practices, drill sessions and matches, please visit the WRA website at waynewoodrec.org or contact the tennis chairman, Jay Hyland, at tennis@waynewoodrec.org.

Pre-K Camps & Basketball Camps

The WRA hopes to offer Pre-K and Basketball Camps for various ages again this year. Watch for information to be posted in the pool house and on the WRA website waynewoodrec.org.

Guidelines for Reviewing Requests for Use of WRA Facilities by Outside Organizations

1. Discrimination. The Board shall avoid discrimination based on race, religion, ethnicity, or national origin.
2. Sponsorship by WRA Member. One or more WRA members should sponsor requests for use of WRA facilities by nonmembers. A WRA member should be present during approved use.
3. Benefit to WRA Members. Normally requests for nonmember use should demonstrate significant benefit to WRA as a whole in terms of its commitment to the enhancement of the local community or to some WRA members. The proportion of WRA members and nonmembers involved or potentially involved should be considered. However, benefit to nonmembers should not disqualify a particular group or activity from using WRA facilities.
4. Precedent. Although precedent is not legally binding, the Board should respect prior rulings and should change prior rulings only if there is substantial reason to do so.
5. Consistency. The Board should be consistent in its treatment of similar groups except that approval on a first-come, first-served basis may be appropriate where WRA can only accommodate a limited number of groups or activities because of constraints due to hours of availability or wear and tear on WRA facilities. Continuation of a long-established relationship with a particular, such as the Fort Hunt Youth Athletic Association, may be appropriate.
6. Physical Impact on Facilities. The Board should consider possible overuse and wear and tear on the WRA facilities.
7. Overcrowding. The Board should avoid overcrowding of facilities and undue interference with WRA members' use. The time of year may be relevant where overcrowding is a factor.
8. Impact on Neighborhood. The Board should consider the impact of nonmember use, such as parking, noise, traffic, and time of day, on the neighborhood.
9. Reciprocity with Other Clubs in the Area. The Board should attempt to accommodate reciprocal arrangements with other clubs for their mutual benefit.
10. Fees. Although WRA normally does not charge a fee for members' use of WRA facilities, the Board may charge a reasonable fee to cover administrative expenses, maintenance, and wear and tear related to the use. The Board shall seek reimbursement for any damage to WRA facilities.

11. Insurance. The Board should determine the potential liability of WRA in granting the request and should request that the requesting organization provide a copy of its insurance policy.
12. Local Community Events and Access. The Board should consider the following factors involving community events and access.
 - a. The WRA Board sponsors the following events on a regular basis.
 - i. Waynewood 4th of July celebration.
 - ii. End-of-School-Year Party.
 - iii. Waynewood Dolphins Award Banquet.
 - iv. Easter Egg Hunt.
 - v. Adult Summer Party(ies).
 - b. WRA occasionally opens its facilities to the local community for special events.
 - c. In addition, WRA wishes to accommodate the community if possible with respect to nonmember use of WRA facilities with uncontrolled access, such as the playground and basketball court, but reserves the right to restrict nonmember use if the influx of nonmember groups or individuals overcrowds the facilities and interferes with the members' use.
13. Swim, Tennis, and Other Sports League. The WRA Board should fulfill its responsibilities to the swim, tennis, and other sports leagues in which significant numbers of WRA members participate by making its facilities available for the activities of those leagues.
14. One-Time Family Events. The Board may approve one-time family events that include nonmembers, such as birthday and anniversary parties or other family gatherings.
 - a. The Board charges the WRA member/host for the non-members at the standard fee for guests (\$2.00/guest payable by check).
 - b. The WRA member/host for the event provides the Pool Desk with a list of the non-members attending the event.
 - c. In evaluating requests for one-time family events, the Board should consider potential overcrowding. See paragraph 7 above.
15. Office Parties. The Board does not approve use of WRA facilities for office parties. However, WRA members may use their normal allocation of guest passes for business clients.
16. Commercial or Profit-Making Activities. The Board shall not authorize the use of WRA facilities for:
 - a. Purely commercial activities open to the general public.
 - b. Profit-making activities of an organization.This does not bar involvement of a paid coach.

The board has a documented set of guidelines to use in evaluating reservation requests. In order to reserve a field or host an event, please go to the "[reserve field and facilities](#)" page on this website to download the necessary forms. If you have any questions, please contact the Vice President via the contact information.