

Jasper Valley Swim & Tennis Club

Membership Guide

Summer 2022

Jasper Valley Swim and Tennis Club (JVST) has been home for summer fun for families in the Amherst and surrounding communities since 1979. JVST is a summer retreat built around friends and families with emphasis on community and fun.

Jasper Valley Swim & Tennis is a non-profit 501(c)(7) social and recreational Club operated by its Membership for the enjoyment of our members, their families, and guests. Our main mission is to offer comprehensive swimming and tennis programs for the whole family in a pleasant and safe environment. In addition to swimming and tennis, Members can also enjoy our basketball court, sand volleyball court, arts and crafts program, picnic and BBQ area, and many different organized social events throughout the season.

Jasper Valley employs a full-time staff comprised of Red-Cross Certified Lifeguard and Tennis Instructors. Our Board of Directors are active Club Members who volunteer their time to run the Club. Membership dues and other program fees generate our annual operating income and Capital Improvement Budget so we can operate and improve our facilities.

Club Information

Club Operation

Each year the Club retains the services of a Club Manager to oversee the daily operation of the Club. The Club Manager hires, schedules and manages both our lifeguards, maintenance, and snack shack staff. Together, the Club Manager and Staff are responsible for seeing that Club rules are observed, the pool meets health and safety standards, and that our grounds are kept neat and clean.

Our Club is maintained by members, staff, and occasionally, hired contractors. Under Jasper Valley Swim & Tennis by-laws, each Member household must provide at least one adult volunteer for 2 hours per season at organized clean up days each May. If a member cannot attend, they must contact the Club President or Treasurer to make arrangements for volunteering at a different time. In lieu of volunteer hours, Members can elect to pay the \$200 clean-up fee, billed at the beginning of the regular season.

Club Hours

Jasper Valley Swim and Tennis is open for swimming from Memorial Day to Labor Day. The Club may close due to inclement weather at the discretion of the Club Manager or Head Lifeguards.

Pool Hours are Sunday – Thursday from 12pm to 8pm, Friday and Saturday from 12pm to 9pm. Hours are strictly enforced.

Tennis Court availability is open to current members from April 1 to November 1 from dawn to dusk. Please speak to Club President regarding access to the courts during these times.

Club Rules and Policies

General Rules

To ensure the safety and enjoyment of all Members and guests, please follow all Club rules and review these rules with your children. The Club rules have been authorized by the Board of Directors and may be revised by the board as necessary. Failure to follow Club rules may result in withdrawal of Club privileges.

- All persons joining the Club do so at their own risk. The Club assumes no responsibility for any accident or injury in connection with Club use or for the loss or damage to personal property.
- All persons must respect Club property and adjoining property. Anyone caught damaging Club or adjoining property will be held accountable for the costs.
- All Members and their guests must enter from the front gate and sign in at the cottage.
- All Members and guests are expected to pick up their trash and neatly stow beach chairs in the space provided.
- Motor vehicles and bikes will be parked in the designated parking area only. **No parking on Martingale Road.** No wheeled vehicles allowed inside pool or tennis enclosure.
- No soliciting on Club property.
- Eating and cooking are permitted in designated picnic area. No food or glass is to be taken within 10 feet of the pool.
- Club employees are responsible to the Board of Directors or their agents; therefore, Club Members shall not reprimand or issue orders to employees. All comments or complaints should be addressed first to the pool or tennis supervisor, then to the Club Manager, and then to the Board of Directors.
- Any person found stealing or damaging the Club property might be expelled, for the season or permanently, by the Club manager or the board of directors.
- Persons using the Club in evening or early morning hours are requested to be reasonably quiet so as not to annoy the neighbors.
- No dogs allowed on the property with the exception of medical/service animals. Please contact the Club Manager for more information
- No Tents, Pop-ups, in-ground umbrellas or outside grills allowed.
- Smoking is not permitted.
- Each Member is responsible for picking up their own trash.
- Any injury should be immediately reported to the on-duty manager or lifeguard.
- **Club Manager has the right to ask any Member or guest who are not following Club rules to leave the premises.**

Guest Policy

- Guests are welcome provided they abide by the rules and regulations of the pool.
- Daily fees per person (child or adult) are \$10.
- Members must sign guests in at Clubhouse on their way into the Club. All Members must be signed in.
- Guest fees may be paid at the time the guest is admitted, in cash or check, OR billed to the Member's home. Invoices for guest fees will be emailed at the end of each month. Failure to pay fees may result in loss of guest privileges.
- **A Member shall not have more than five (5) guests on the same day without advance permission of the Club Manager.**
- Visits of individual guests must be limited to six (6) times per year. A Member is responsible for the actions of their guest and must accompany them at all times. Any guest who attends more than six (6) times in a season may be asked to apply for membership *subject to availability and waitlist*
- A babysitter or nanny may be designated at the beginning of the pool season – name must be on file with Club Manager
- Guests must be certified as to their ability to swim by the lifeguard.
- **Parties must be approved by Club Manager prior to date. Each guest who is not a Member of the Club will be \$10. Payment is due day of event.**

Pool Rules

- No person shall enter the pool during non-club hours and without a lifeguard present.
- The lifeguards are the authority at the pool and their instructions must be adhered to by all Members and guests.
- All bathers should shower before entering the pool.
- No one having any skin infection or communicable illness shall use the pool.
- Only proper swimming attire is to be worn (no cut-offs, etc.) Swim diapers are required for children who are not potty-trained
- No glass on pool deck.
- Do not cross lane lines when there is lap swimming.
- No running on the pool deck.
- Floats, bubbles, and swimmies are not allowed in the pool unless under the supervision of a lifeguard or swim instructor.
- Diving is permitted only in designated areas.
- Running, playing tag, wrestling, unnecessary splashing, pushing, pulling, water fighting, snapping towels, and other horseplay is prohibited.
- The lifeguard may clear the pool of swimmers when necessary.
- Children ages 11 and under may not be allowed at the Club unsupervised – this includes swim lessons and swim team practices.
- Children under three years of age are permitted in the main pool only with direct adult supervision.

- Except for the shallow area, children are not allowed in the main pool until a lifeguard has certified their swimming ability, or they are accompanied by a responsible adult.
- Adult swim is called every hour on the hour for 15 minutes. No children are allowed in the pool during adult swim.
- **Failure to abide by these rules and the instructions of the lifeguards/staff may result in removal from the Club.**

Diving Board Rules

- One person on the diving board at a time.
- Divers must dive straight out from the board, not at an angle.
- Divers should take only one jump on the end of the board.

Beach Volleyball Court and Grass Area

- The only balls allowed in this area are volleyballs and inflatable beach balls
- No other ball playing is allowed in this area

Playground

- Playground, sand area, and swing sets are available for all kids big and small
- Children under the age of 6 must be supervised while on Playground Equipment
- No jumping, pushing, pulling, or using playground equipment for anything other than it was intended may result in ban from the play area
- Any inappropriate behavior should be reported to the Club Manager or Staff

Kiddie Pool Rules

- Kiddie pool is for children ages 4 and under.
- No children in the kiddie pool without direct adult supervision.
- NO FOOD is allowed in the kiddie pool itself. All food and glass must be kept at least 10 feet away from the kiddie pool, just as it is from the regular pool.

Tennis Court Rules

- Court usage will be on a first come, first serve basis.
- Courts are open during all daylight hours.
- If people are waiting, the court time limit is one hour for singles and 90 minutes for doubles.

- Adults (16 and over) have preferential time on weekdays after 4:30 PM, and Saturdays, Sundays, and holidays all day.
- Proper tennis footwear is required to protect the court surface. No sandals, crocs, etc.
- No scooters, skateboards, rollerblades, or anything else with wheels allowed on the tennis courts.
- Playing lacrosse with tennis balls only and playing wiffle ball is allowed on the upper tennis courts.
- With the exception of basketball, no balls are to be used outside of upper tennis courts.
- No food or beverages (except water) allowed on the tennis courts.
- No chalk.
- No climbing or hanging on tennis nets or posts.
- Off season tennis is allowed April 1 – pool opening and Labor Day to November 1. Off season tennis is allowed for all Members who are current year Members.
- Members wanting to play tennis take precedent over Members using the courts for non-tennis activities.
- **Members may use the tennis courts outside of operating hours – please contact the Club Manager for more information and access information.**

Children

- Children 11 and under must be supervised at all times in the pool enclosure by a parent or responsible babysitter.
- Children age 11 and under cannot attend the Club without adult supervision.
- No children are allowed in the parking lot except going to and from home. No one is allowed in and around the barns.
- Parents must supervise their children at all times.

Trespassing

- Absolutely no trespassing allowed.
- Any person caught trespassing within the property, including barn area, will be prosecuted.

Storage/Lost and Found

- Jasper Valley Swim & Tennis has a storage shed where Members can leave their chairs for the season. This shed is located behind the snack shack
- Lost and Found will be located in the storage shed. Any items not claimed by the end of the season will be donated
- No persons shall play/hang out in the storage shed.

Bathrooms/Snack Shack

- Jasper Valley Swim & Tennis provides showers, bathrooms, and changing areas for our Members.
- No loitering in the bathroom

- Bathrooms will be cleaned/maintained daily. If the bathrooms need attention, please notify the Club Manager or Supervisor
- Our Snack Shack is open daily during regular business hours. All items can be paid by cash or check.

The “Grove”

- Jasper Valley Swim & Tennis has 4 charcoal grills and several picnic tables in The “Grove”
- Use of grills are first come/first serve basis
- Please be cognizant of other members
- Members are responsible for bring their own charcoal – we do have bin to “share the charcoal” with others
- Please clean and dispose of all trash after use

Pool and Swimming

The swimming pool at JVST is made up of three parts and holds 230,000 gallons of water. The shallow end has steps and is 2 – 3 feet deep and ideal for the learning to swim age group. The main section of the pool offers six racing lanes and is 4 – 5 feet deep. The diving well is 12 feet deep and features a one-meter diving board.

Pool Hours

Pool will be open to all members during regular operating hours. Swim Team and Swim Lessons will occur prior to opening

Regular Pool hours:

- Sunday – Thursday : Noon – 8pm
- Friday and Saturday: Noon – 9pm

The Club will be open on Weekends only starting Memorial Day weekend, then open daily starting June 16th
dates may change Please check the website for any changes.

Gates will be locked when Club is not open.

Swim Lessons

As a benefit of your Membership, the Club each Member child is allowed to register for 2 swim sessions free of charge. Each lesson is 30 minutes long and run by our Red Cross Certified Lifeguards. Children cannot move to the next level until they are passed by the instructor – NO EXCEPTIONS. Please see the website for sign-up information. A third session may be added for an additional fee.

Learn to Swim Levels

Level 1 – Introduction to Water Skills – Age: 3+

- For the beginner who is comfortable in the water
- Swimmers learn basics of swimming; bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Level 2 – Fundamental Aquatic Skills – Age 4+

- Swimmer should already be able to float on front and back and put their head under water.
- Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawls arms and kicks, retrieving underwater objects, and jumping into water over their head.

Level 3 – Stroke Development – Ages: 5-6+

- Swimmers should already be comfortable swimming front stroke and swimming on their back.
- Swimmers will work on: gliding, freestyle with side breathing, backstroke breast stroke and dolphin kicks, retrieving objects in deeper water treading water, jumping into deep water and compact dives

Level 4 – Stroke Improvement – Ages: 7-8+

- Swimmers should already be able to swim front and back crawl 25 yards.
- Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

Level 5 – Stroke Refinement – Ages: 9-10+

- Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.
- Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, side stroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

Level 6 – Swimming & Skill Proficiency – Age: 11+

- Swimmers should already be able to swim front and back crawl 50 yards, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.

Adult Swim

Adult swim is called every hour on the hour for 15 minutes. See pool rules for more information.

Kiddie Pool

There is also a separate, fenced in Kiddie Pool for children ages 6 and under. There is no lifeguard supervision for the kiddie pool. **Parents must supervise their children in the Kiddie Pool. No food or drinks allowed.**

Swim Team

The JVST Swim Team includes children ages 5 to 19. Daily swim team practices run prior to Club opening 4 days a week, and competes in approximately 4-6 local swim meets during the season. JVST Swim team participates in the Annual Milford Rotary and Granite State Swim Association State each season and holds a banquet at the completion of the season. Swim team fees are \$125 per child costs of swimsuits are additional. Please check the Club calendar for **signups** and start date.

Tennis

There are eight tennis courts for use by Members from April through October, available from dawn to dusk. Jasper Valley Swim and Tennis Club employs a tennis pro who offers instruction. The tennis program includes:

Tennis Clinics

Free adult tennis clinics are offered at three levels: beginner, intermediate, and advanced. Each clinic level is offered at least two times per week. Tennis Clinics for children are offered bi-weekly for a variety of age groups, including preschoolers. Private lessons (at an additional charge) may be arranged with our tennis pro.

Additional Tennis Programs (with extra fees)

Junior Tennis Team* - Meets twice weekly. Fee based

Excel Tennis Team (12yrs +)* - Meets twice weekly. Fee based

Adult League/Coached Match Play: Meets three times weekly. Fee = fees TBD (I think we said \$75)

Private lessons- The swim coach and tennis pro offer private lessons to meet your needs.

Fees to be determined

Social Events

Jasper hosts social events throughout the season, including 3 parties, held in June, July, and August, respectively. The best way to stay informed about the events is to check your email, the website, or the notice board at the Club entrance.

Board of Directors

The JVST Board of Directors consists of Member volunteers who serve the Club for three (3) year terms. New directors are voted in at the JVST Annual Meeting held at the end of September. The board may appoint directors to fill vacancies between annual meetings.

The fiduciary officers of the Club - the President, Secretary, and Treasurer- comprise the Executive Board and have responsibility for ensuring the long-term health of JVST. Other directorships are established on an as needed basis and are dedicated to chairing specific Club committees established by the President.

Executive Board

- 1) **President - David Sturrock – jaspervalleyjvst@gmail.com** - Provides overall leadership for the Club, including strategic planning, maintaining the annual budget, reviewing operations, supervising maintenance, promoting activities, and so on. The President will also chair monthly board meetings.
- 2) **Secretary - Alana Cote—jvstsecretary@gmail.com** - Documents all board and Membership governance activities, monitors financial decisions of the President and Treasurer, and serves the Membership as needed
- 3) **Treasurer - Samantha Linton—jvsttreasurer@gmail.com** - Maintains all Club finances, budgets, accounts receivable and accounts payable. Prepares annual budget, assists in the coordinating the business needs of the Club.

NOTE: In order to ensure accountability and transparency with all Club funds, the Treasurer prepares payments on behalf of the Club, but only the President or Secretary may sign or authorize payment.

Other Directors

- 1) **Membership (Meg Wertheimer—jvstMembership@gmail.com)** - Actively recruits Members, attends functions to promote JVST, provides communications to all new and prospective Members.
- 2) **Communications (Kimberly Orr—jvstcommunications@gmail.com)** - Publicizes all Club and Membership activities. Publications include brochures, Membership guide, newsletter via email, Club calendar, activities posters, advertising, and so on.
- 3) **Tennis (TBD—jvsttennis@gmail.com)** - Coordinates tennis tournaments and tennis social functions with Club tennis pro and manager.
- 4) **Swim (John Moriarity)** – Coordinates swim tournaments and activities with swim team coaches and instructors.
- 5) **Social (Sherry Rosswaag)** - Coordinates all social functions including major parties, our arts and crafts program, kids events, and a variety of family activities throughout the season.

Club Supervisors

- 1) **Club Manager** - Oversees the daily operation of the Club to ensure that the Club rules are observed, the pool meets health and safety standards, and that the grounds are kept neat.
- 2) **Maintenance** - Coordinates and oversees all maintenance activities to ensure the top-quality standards of the Club are met.
- 3) **Tennis Pro** - Responsible for designing and leading all Club tennis programs and coaching all teams.

4) **Head Swim Team Coach** - Responsible for coaching all swim teams, works closely with the Club Manager to ensure proper registration in all swim meets.

Acknowledgement Form
Jasper Valley Swim & Tennis
325 Boston Post Road, Amherst NH 03031

ACKNOWLEDGEMENT OF RECEIVING MEMBERSHIP GUIDE

By signing below, I acknowledge that I have received/reviewed a copy of the Jasper Valley Swim & Tennis Membership Guide for Summer 2022 and that failure to abide by aforementioned guide by myself, family, or guests may result in suspension and/or revocation of membership privileges.

Member Signature

Member/Family Full name

Date