

SKUDIN SWIM POOL SCHEDULE (Effective March 20th 2023)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am-8:00am	PRIVATE RESERVATION	*SWIM PASS* 24hr pre-registration required*	PRIVATE RESERVATION	*SWIM PASS* 24hr pre-registration required	*SWIM PASS* 24hr pre-registration required
8:10am-8:50am	WATER AEROBICS	*SWIM PASS* 24hr pre-registration required	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS
9:00am-2:00pm	SWIM PASS	SWIM PASS	SWIM PASS	SWIM PASS	SWIM PASS
9:00am-6:10pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS
6:10pm-7:00pm	FAMILY SWIM	FAMILY SWIM	SWIM LESSONS	SWIM LESSONS	PRIVATE RESERVATION
7:00pm-10:00pm	RED CROSS LIFEGUARDING	RED CROSS LIFEGUARDING	RED CROSS LIFEGUARDING	RED CROSS LIFEGUARDING	PRIVATE RESERVATION

TIME	SATURDAY
8:00am-2:00pm	SWIM LESSONS
2:00pm-3:30pm	FAMILY SWIM
3:30pm-4:30pm	SWIM PASS
4:30pm-7:00pm	PRIVATE RESERVATION

TIME	SUNDAY
9:00am-10:00am	SWIM PASS
10:00am-11:00am	FAMILY SWIM
11:00am-4:00pm	SWIM LESSONS
4:00pm-5:00pm	FAMILY SWIM
5:00pm-7:00pm	PRIVATE RESERVATION
7:00pm-8pm	PRIVATE RESERVATION

** All swim pass times prior to 9am require 24 hr pre-registration*
Call or email the office to register (9am-5pm Mon-Fri)*

516-978-7946

info@skudinswim.com

[CLICK HERE TO REGISTER](#)

SWIM PASS: Enjoy our heated pool to swim, workout or stretch. All Swim Pass times prior to 10am will not include swim lessons. From 10am to 2pm the pool will be open to Swim Pass Members and Swim Lessons.

- Platinum: \$70/month
 - Includes, SWIM PASS, Water Aerobics & Family Swim times
 - 40.5hours/week
- Gold: \$50/month
 - Includes all SWIM PASS & Family Swim times
 - 36.5hours/week
- Silver: \$30/month
 - Mon-Fri 9am-2pm, Sat 3:30-4:30, Sun 9:00am-10:00am
 - 27 hours/week
- Bronze: \$20/month
 - Mon-Fri 9:00-10:00am
- 1hr single use swim pass (must register online or call office prior to coming)
 - \$5

WATER AEROBICS: Our Aquatic Director Beth Skudin taught the first Water Aerobics at the Hollywood Health Club in the 80s & 90s. Start your day with a water resistance workout ideal for strengthening joints and toning muscle. 40 Minute workout of all the best Aquacise techniques and 80s music playlists. Members can purchase a "Water Aerobics Pass".

- Water Aerobics Pass \$50/month
 - Includes all SWIM PASS times prior to 10am
 - Mon 9am-10am, Tues 7am-10am, Wed 8am-10am, Thurs 7am-10am, Fri 7am-10am
 - Total 12 Hours/week Per Class: \$5.00/class
- Or Per Class at \$5.00/class
 - No Swim Pass needed

FAMILY SWIM: Bring your family to swim! Parents are REQUIRED to be in the water with their children for safety.

- Family Swim Pass: \$30/month
- Per Swim: \$10

4. PRIVATE RESERVATION: Reserve the pool for your Party, Birthday, Graduation, 1st Communion, Team, etc. Prices vary, call for options.

5. RED CROSS LIFEGUARDING: Nassau County has a lifeguard shortage. The evening times are critical to support our community by providing American Red Cross Lifeguard, CPR, AED & First Aid Course.

SKUDIN SWIM'S POOL INSIDE HOLLYWOOD HEALTH CLUB

In 2023, the Centers for Disease Control and Prevention (CDC) published, "More children ages 1–4 die from drowning than any other cause of death."¹ Our mission is to teach water safety to babies, toddlers, and children. The pool at Hollywood Health Club provides a warm, safe environment that prevents drownings. Over the past two years, we have taught 2,000 swimmers and certified 400 Lifeguards. Going forward we will be able to serve more nonswimmers by exclusive rights to the pool. All Swimmers entering and exiting the pool will be Skudin Swim Customers.

The pool at Hollywood Health Club serves adults as well as children. The CDC recommends swimming and water exercise to reduce arthritis and prevent injuries.² Over the past two years, Hollywood members have used the pool to stretch, swim, workout, float, etc. Skudin Swim is proud to announce that our pool is open to all adults to continue swimming and participate in water aerobics. Our intent is to provide a similar duration and price to what is currently being offered.

During Covid-19 restrictions, swimmers became accustomed to the social distancing protocol which turned a pool's capacity from 60 to 6. It is not realistic that anyone will be able to swim and take half of the pool. Swimmers must be capable of sharing space and dividing the pool in half. One side will be treading, walking, floating, while the other is "circle swimming".

All Swimmers entering and exiting the pool will be Skudin Swim Customers. The Swim Pass does not provide use of any workout equipment outside the pool. No use of cardio equipment, fitness room, weights. This is a zero tolerance policy.. Anyone caught exploiting their Skudin Swim Pool Pass to use Hollywood Gym will lose privileges to both. However, you can have a Hollywood Membership and a Swim Pass. Hollywood Health Club members will receive special discounted pricing on all Skudin Swim programs.

For hundreds of hours the Hollywood Pool was open for Hollywood Members but was not used. This waste of resources limits swim instruction and prevents nonswimmers from becoming swimmers. We are thankful for this opportunity of our own pool to serve our community and prevent drownings.

More detailed information about the programs being offered by Skudin Swim at Hollywood Health Club is available on our website www.skudinswim.com. You can also call us directly at 516-978-SWIM (7946) or INFO@Skudinswim.com

Very Respectfully,



Woodward L. Skudin, CEO of Skudin Swim Inc.

[Click here to register for SWIM LESSONS](#)

¹ <https://www.cdc.gov/drowning/facts/index.html>

² <https://www.cdc.gov/arthritis/interventions/programs/afap.htm>