

SKUDIN SWIM POOL SCHEDULE (Effective July 1st - Aug 31st 2023)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am-8:00am	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION
8:10am-8:50am	WATER AEROBICS	PRIVATE RESERVATION	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS
9:00am-3:00pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS
3:00pm-6:00pm	OPEN SWIM & FAMILY SWIM	OPEN SWIM & FAMILY SWIM	OPEN SWIM & FAMILY SWIM	OPEN SWIM & FAMILY SWIM	OPEN SWIM & FAMILY SWIM
6:00pm-10:00pm	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION	PRIVATE RESERVATION

TIME	SATURDAY
8:00am-7:00pm	PRIVATE RESERVATION

TIME	SUNDAY
8:00am-10:45am	PRIVATE RESERVATION
11:00am-1:30pm	SWIM LESSONS

1. WATER AEROBICS, OPEN SWIM & FAMILY SWIM: Pay per swim \$5 per swimmer or \$15 per family. Sign in with Lifeguard

2. PRIVATE RESERVATION: Reserve the pool for private use or special occasion. Prices vary. For more info visit skudinswim.com/poolreservations

3. 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.

516-978-7946

info@skudinswim.com

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.

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

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