



Frog Falls Newsletter

Rule Review...for the old and the new!

- ✓ Diving is not acceptable anywhere inside Frog Falls including the 12ft. section of the main pool.
- ✓ There are no toys allowed in the main pool. Toys are allowed in the Kiddy Pool, however.
- ✓ Members who require a lifevest must use a Coast-guard approved life vest. If you do not have one, they are available at our front desk.
- ✓ Eating is strictly reserved for the snack bar area under the large blue umbrellas. There should be no eating anywhere outside of that area.
- ✓ Running is not permitted anywhere inside Frog Falls.
- ✓ **Water slide:** 48 inches is 48 inches is 48 inches. No child less than 48 inches will be permitted down the water slides. This is based upon a RED CROSS and manufacturers recommendation that the height requirement must be 6 inches greater than the depth of the drop-zones of the slides. The drop zone at Frog Falls is 3 feet 6 inches, hence the 48 inch height requirement.
- ✓ When using the lazy river, all patrons must use a tube and stay in their tube at all times. Flipping your tube deliberately will not be tolerated. Making long trains of tubes and excessive wave making are also not permitted.
- ✓ Tubes that have a sealed seat are reserved for those with babies or small children who cannot swim. Please do not use these tubes unless you truly need one.
- ✓ When using the Kiddy Pool, parents must remain within an arms reach of their child. A parent is a child's best defense against drowning or injury.
- ✓ No child over 48 inches will be permitted down the slide in the Kiddy Pool.
- ✓ All children who are not potty-trained require swim diapers. Swim diapers are available at the ID office. Regular diapers will not be permitted in the pool. Please ensure that your children use the bathroom regularly.
- ✓ Please treat our staff as you would want to be treated. Remember that our staff is here to assist with your safety and comfort. Please do not bully

Upcoming Events!

July 11th: Luau at Frog Falls

July 25th: Holidays in July!

July 31st: Once in a Blue Moon

Guard Start: August 2-25 2-3PM



Did you know?

- We have added 2 Polliwogs level swim classes. Session 2 and Session 3 have an additional Polliwog Class from 2-2:40 pm.
- We have added new Private Swim Lessons with Shannon our Water Safety Instructor. Please contact Shannon directly to schedule your lessons at 973-328-6369. Class sizes are limited to 4 or 5 children. The cost is \$55.
- The Lily Pad Café now offers Chicken and Tuna Salad Platters for the health conscious!



Guard Start– Lifeguarding Tomorrow

GuardStart™: Lifeguarding Tomorrow

Give swimmers age 11 to 14 a jump start into a Lifeguarding job.

GuardStart™: Lifeguarding Tomorrow provides a foundation of lifeguarding and life skills. For those with swimming skills, this program is an ideal transition between basic swim classes and the Lifeguard Training course.

GuardStart focuses on five key areas: Prevention of aquatic

accidents ,fitness and swimming skills, response in an emergency, leadership skills, professionalism of a lifeguard.

Who Can Participate?

The GuardStart program is designed for youth 11 years old, or who have completed the 5th grade, through 14 years old.

Before entering the program, participants must demonstrate these skills: Swim the front crawl for 25 yards continuously while breathing to the front or side. Tread

water for 1 minute using arms and legs. Submerge and swim a distance of 10 feet underwater.

Monday's & Wednesday's
2:00PM – 3:00PM

Second Session
August 2nd – August 25th

\$35 per child per session
Fee includes participants manual and 8 hours of instruction.
Sign up at 724-PARK



Frog Falls Graduates 9 Lifeguards!

For the First Time ever Frog Falls conducted our very own lifeguard training. 9 young men and women joined the ranks of lifeguards worldwide on June 18th. Several of the new faces you will be seeing around Frog Falls were trained here.

To be an American Red Cross Lifeguard you must be able to swim a 500 meter swim without stopping, lift a 10 lb brick from the bottom of the 12 foot depth of the pool and pass several rescue skills and practical tests including First Aid and CPR for the Professional Rescuer .

The army requires additional certification in Oxygen Administration and AED Essentials for all Lifeguards over the age of 16.

Frog Falls will be graduating another class of lifeguards in late July...GOOD LUCK!



Head Guards are here to help!

Frog Falls has several very important people we would like you to meet. They are our head lifeguards. The head lifeguards at Frog Falls keep things running smoothly. The head lifeguard is a jack of all trades. They respond to emergencies. Assist staff with personal and professional challenges. They solicit feedback from the members, their guests and the staff and pass the word on to the managers. In a pinch, they fill in at the Lily Pad Café, on the guard stand and wherever they are needed. Your head guards at Frog Falls all have years of experience at Frog Falls. They are: Keith Samuelson a lifeguard instructor and 5 year veteran of Frog Falls, Hilary Gorzelnick 5 year veteran of Frog Falls and recent graduate with a masters from Slippery Rock University, Chris Remillard 3 year veteran of Frog Falls and recently accepted to Army Ranger School, AJ Lagomarsino 4 year veteran of Frog Falls and Guard Start instructor, Chris Vecchi 3 year veteran of Frog Falls, Certified Pool Operator and currently attending CCM and finally Ryan Illardi in his second year at Frog Falls as a Certified Pool Operator and Lifeguard Instructor. This talented team of individuals is the backbone of this facility...next time you see one take a minute to say hello!

