



PHYSIQUE SWIMMING @RIVERDALE NEIGHBORHOOD HOUSE  
5521 MOSHOLU AVE, THE BRONX, NY 10471

**Summer 2020 RNH Pool Club Membership:**  
July 20th - September 8th

**Pool Hours:**

Monday - Friday: 4:00pm - 7:00pm  
Saturday - Sunday: 11:00am - 7:00pm

**Membership Fees (Full Access):**

Individual: \$630.00

Couple: \$805.00

Family: \$1050 (up to 7 people)

\*Senior Citizen & VA Discount: \$50 off individual and couples membership

\*Daily guest passes are available for \$20 per guest

**Membership Fees (Weekends Only):**

Individual: \$315.00

Couple: \$400.00

Family: \$550.00 (up to 7 people)

\*Senior Citizen & VA Discount: \$50 off individual and couples membership

\*Daily guest passes are available for \$20 per guest

**Registration:**

Registration can be completed online at [physiqueswimming.com](http://physiqueswimming.com) or by email at [info@physiqueswimming.com](mailto:info@physiqueswimming.com) or by calling (212)-725-0939.

[SUMMER 2020 RNH POOL CLUB MEMBERSHIP - ENROLL ONLINE](#)

Physique Swimming Inc.  
25 Broadway, 9th Floor  
New York, NY 10004  
t: (212)-725-0939 f: (646)-478-9005  
e: [info@physiqueswimming.com](mailto:info@physiqueswimming.com)  
[physiqueswimming.com](http://physiqueswimming.com)



### **SUMMER 2020 GROUP SWIM SCHEDULE:**

Private lessons are available for \$75 per session at any of our listed group class times. To reserve a private lesson please email [info@physiqueswimming.com](mailto:info@physiqueswimming.com) or call/text (212)-725-0939.

#### **Mondays:**

2:00pm - Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

2:40pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

3:20pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

**(July 27 - Sept 7, 7 classes, 40 min each, \$315.00)**

#### **Wednesdays:**

2:00pm - Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

2:40pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

3:20pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

**(July 29 - Sept 2, 6 classes, 40 min each, \$270.00)**

#### **Fridays:**

2:00pm - Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

2:40pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

3:20pm - Beginner 1, Beginner 2, Advanced 1, Advanced 2

**(July 31 - Sept 4, 6 classes, 40 min each, \$270.00)**

#### **Saturdays:**

9:00am - Beginner 1, Beginner 2, Advanced 1, Advanced 2

9:40am - Me & My Shadow, Beginner 1, Beginner 2, Advanced 1, Advanced 2

**(July 25 - Sept 5, 7 classes, 40 min each, \$315.00)**

**[REGISTER ONLINE AND SAVE 10% - CLICK HERE TO ENROLL](#)**

**RNH Pool Club Members:** Use the code Member2020 at checkout for an additional discount!



**Please review the following rules and procedures prior to your first visit:**

**Facility Rules:**

1. Note: Closure of the pool due to inclement weather, public health, chemical/maintenance concerns or any other unsafe conditions is at the discretion of Physique Swimming
2. Members are asked to enter through the pool gate and check in with the deck attendant.
3. Locker rooms are available directly through the pool gate, downstairs to the right.
4. Members are required to wear face masks and shower before entering the pool.
5. No smoking or alcohol permitted anywhere on RNH grounds.
6. No BBQ or open flames of any kind.
7. Ordering or bringing in food from outside vendors is not permitted
8. No social events or gatherings permitted on grounds.
9. Children must be accompanied by an adult and supervised at all times and in all spaces.
10. Children over the age of 6 must use same sex locker rooms.
11. Strollers and street shoes are prohibited on the pool deck.
12. Swimmers who are not fully toilet trained are required to wear a swim diaper in addition to a bathing suit.
13. Changing on deck is not permitted, all swimmers must change in the locker rooms on lower level

**COVID-19 Rules & Disclaimers:**

We appreciate your patience and understanding as we navigate this situation. Our current operating protocol is based on the most recent CDC, WHO, NY State Dept of Health and NYC city regulations. This is the current operation plan, which could be subject to change at any time.

**General Precautions:**

- Any member who has a new cough or a temperature should not enter the club for 14 days
- Any member who lives with anyone who is ill should not enter the club for 14 days
- Any member with an underlying health condition should not use the pool or RNH facilities
- Any member with a sibling or parent / grandparent who lives with them, with an underlying health condition should not use RNH pool
- Any swimmer or a family member who lives with them, who is confirmed as having COVID -19, should confidentially advise the club to allow contact tracing to take place.

**Procedures:**

- Please follow all posted instructions at the pool.
- All members will be temperature screened upon arrival. Members with a temperature about 100 degrees, and those with symptoms will not be permitted to enter.
- All members are required to wear a mask or face covering at all times in the facility, when not swimming.
- All members are required to be socially distant in and out of the water. Please allow 6 feet between yourself and other members who are not in your immediate family.
- Facility capacity will be limited and time limits enforced when necessary: Maximum amount of Bathers allowed in the pool 30; maximum number of People allowed on pool deck is 30.
- Chairs will be placed 6 feet apart for member use, please avoid congregating in common areas and on the pool deck.
- Please practice proper hand washing and hygiene.

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**Swimming regulations:**

- Swim aids such as water wings may be allowed shallow end only. A swimmer must accompany all those who cannot swim in the shallow end.
- All children must pass a **deep-water test** conducted by Physique Swimming staff before being permitted into the 9-foot area of the pool.

**Code of Conduct:**

The RNH Statement of Mutual Respect is policy for all RNH programs, including the Pool. Any member not adhering to the policy can have their membership or admittance revoked at the discretion of Physique Swimming. The statement reads:

*The Riverdale Neighborhood House strives to maintain an atmosphere in which all persons show respect for one another regardless of economic status, intellectual ability, race, creed, color, national origin, ancestry, religion, marital status, gender, sexual orientation or age. It is a place where respect will be accorded to all persons. RNH staff, members and participants are expected to have respect for cultural differences; respect for the economic, political and social rights of others and respect for the right of others to seek and maintain their own identities.*



**SCREENING QUESTIONNAIRE: Please circle your response.**

Have you or anyone in your household had any of the following symptoms in the last 21 days: sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, fever at or greater than 100 degrees Fahrenheit?

**YES/NO**

Have you or anyone in your household been tested for COVID-19?

**YES/NO**

Have you or anyone in your household visited or received treatment in a hospital, nursing home, long-term care, or other health care facility in the past 30 days?

**YES/NO**

Have you or anyone in your household traveled in the U.S. in the past 21 days?

**YES/NO**

Have you or anyone in your household traveled on a cruise ship in the last 21 days?

**YES/NO**

Are you or anyone in your household a health care provider or emergency responder?

**YES/NO**

Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?

**YES/NO**

Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?

**YES/NO**

To the best of your knowledge have you been in close proximity to any individual who tested positive for COVID-19?

**YES/NO**



**Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Physique Swimming (“the Club”) has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Club could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club or participation in Club programming (“Claims”). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

**Signature of Parent/Guardian Date**

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**Print Name of Parent/Guardian Name of Club Participant(s)**

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