

Swim Lesson Program, Swim Team Program and Beach Lifeguard Hours

Swim Lessons: The Cedar Lake Swim Lesson Program typically begins after school is out and runs for approx 6 weeks (Monday – Thursday)

At the start of the season there is an evaluation to ‘place’ your child in the appropriate lesson. To facilitate an orderly evaluation: if your child was in the program last season, please bring them to the same level/start time as you did last year. If they were not in the program please contact the instructor for a suitable time. At the completion of the evaluation, you should know which level and time to bring the swimmer for the rest of the season. Please arrive at the East Beach early enough to have the swimmer ready to enter the water and prepared to begin their lesson on time.

Lessons may be canceled due to inclement weather, such as cool rainy days and especially thunderstorm activity.

Please note- CLPO Membership tags are required for admittance to the beach by all residents and guests

Registration and Program FEES for Lessons and Swim Team: A single swimming fee of \$45 per child with a maximum of \$100 per family (3 or more family members) should be paid in advance. This same fee applies to participation in swim lessons or swim team, or both programs.

To sign up/register for the programs, send in your registration form to the CLPO Secretary or, contact Pat Strother at 973-586-6334. Email: clpo@optonline.net

You must also be a Cedar Lake Community Club member to participate on the Swim Team.

For Community Club membership information, please visit their website www.cedarlakecc.com and download the application or contact: Susan Ulversoy at 973-625-2381.

Cedar Lake SWIM TEAM Program

Swim Team Practice for all age groups starts near the end of school. Throughout the season swim team practices will be held Monday thru Thursday and will end with the HubLakes Meet (held the first weekend in August).

Beach Hours and Lifeguard Information

Lifeguards will be on duty at the beaches beginning Memorial Day weekend and on the weekends until school is out. After approximately 3rd week of June the beaches will be staffed 7 days per week until Labor Day. The hours may vary but typically are between 11 am – 5 pm East Beach and 12pm – 5 pm West Beach (Sunday hours are 12-5 for both beaches). However, due to staffing and scheduling limitations, both beaches may not always be fully staffed. At those times, the East Beach has priority for a lifeguard.

As always all NJ State Bathing Regulations and CLPO rules apply. Swimming at your own risk

see CLPO Rules and Regulations under Corporate Documents link

CLPO Membership Tags are required at all times, including those times when lifeguards are not present at the beaches. Membership Tags or Guest Tags are required at the swimming float or when boating and/or fishing.

Always present your membership tags to the lifeguard upon entering. We may have members of the CLPO Board of Directors or other authorized persons stationed at the beaches at designated times to assist the lifeguards in checking for membership tags and registering guests. It is the stockholder's responsibility to inform their guests to comply with all CLPO and NJ State rules and regulations.

The beaches normally close at 9pm or sunset (whichever is sooner) and anyone on the beach after that time without the authority of the CLPO is trespassing. The authorities will be called to investigate and prosecute. The beach gates may or may not be locked at that time. This policy is for the protection of the stockholders. If the beach is locked for safety/health reasons, a sign will be posted at the bulletin boards.

DO NOT CLIMB OVER OR AROUND THE FENCE WHEN THE BEACH IS LOCKED.

Please review and comply with all rules and regulations of the CLPO and New Jersey State Sanitary Code Recreational Bathing Regulations. These rules must be followed and enforced to insure the safe operation of the lake swimming areas. Failure to do so can result in a fine and/or closure of the beach areas by the Township Health Department.

A sign is posted at each beach with the following NJ State Bathing Regulations.

NJ STATE SANITARY CODE REGULATION 8:26-5.4(a, b)

Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.

All children in diapers must wear plastic pants with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water.

Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.

No animals, except for service animals, shall be allowed in the beach swimming area, docks, dock floats or on the beach.

Glass containers shall be prohibited in food and drink areas, the beach swimming area, docks, dock floats or on the beach.

Conduct, which endangers the safety and comfort of others, shall be prohibited.

Outdoor bathing shall be prohibited during an electric storm.

Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water or beach areas.

To ensure a safe bathing environment, the use of water toys and floating devices will be at the discretion of the lifeguard. When lifeguards are not present, the use of such items shall not interfere with the safety and comfort of others.

An additional sign has the following NJ State Bathing Regulations that will apply whenever lifeguards are NOT present at the beaches.

NJ STATE SANITARY CODE REGULATION 8:26-5.1(b)

-No Lifeguards On Duty

-Persons Under The Age Of 16 Must Be Accompanied By An Adult

-No Swimming Alone

Use of the beach for parties or other activities requires permission from the Water Safety Committee. Guest Tags and more lifeguards may be required for an additional fee. Please contact Pat Strother, CLPO Secretary (see below) for an application and more information.

Once again, please review these rules before the start of the season to prevent any misunderstandings. Your cooperation with our Lifeguards is to your benefit and protection. Any questions or concerns about the operation of the beaches and the lifeguards should be directed to Art Pfeil at 201-572-2121, Amy Standish at 973-627-2376 or Pat Strother at 973-586-6334 (email: clpo@optonline.net)

Swimming lesson registration form:

[PDF version](#) [Template version](#)

Swimming Lesson Information:

[PDF version](#) [Template version](#)