

SUN CITY SWIM CLUB  
DRAFT GENERAL MEMBERSHIP MEETING MINUTES

Meeting Date: January 21, 2026  
Meeting Location: Lakeview Social Hall 1  
Meeting Purpose: Winter General Membership Meeting.

1. Call to Order: 10:30 AM President.
2. Roll Call – waived.

President: Earl Peters – Present                      Lessons Lead: Kay Dahlberg - Present  
Vice President: Caryn Bender - Present              Starrs Coach: Leslie Nock - Present  
Treasurer: Bill Shaw - Present                      Starrs Rep: Caryn Bender - Present  
Secretary: Larry Vose - Present                      Past-President: Rick Hanan - Present  
Attendees as noted on attached Sign-In record.

3. Quorum Status: 53 Members. 16 Required. 24 Present. Quorum met.
4. Set the Agenda: Agenda set as distributed.
5. Amendments/Approval of Minutes: Secretary read minutes for October 22, 2025, Meeting. Motion to accept as read – Karen; Second – Christie; In favor – All; Opposed – None; Motion carried.
6. Reports of Officers/Board Advisors.

a. Past-President’s Reflections and Musing over the Past Year. Rick thanked everyone for their generous gifts at the Holiday Party and support as President. His most important message is that it takes more than just the president to get things done and he is very appreciative of all those that contributed as volunteers on the board, on committees or whenever things needed doing.

b. President’s Report. Thanks to all those that helped on Discover Sun City, including Christie Fulton, Susanne Zavala, John Green, Bill Shaw, Amy Donoghue, George Orning, Janet Wood and Earl Peters. Of note the great deal Christie got on candy at Safeway! Great feedback on inquiries into lessons by walking them across the hall to view the ongoing lessons. Several others expressed interest in joining the Swim Team, hopefully we will hear from them. Recommendation for next year: Get the name and phone number of those expressing interest and actively follow-up.

c. Treasurer’s Report: Bill reported the Club remains solid as reported to the Board last week. Opened the year with a balance of \$8,089.56 and ended the year with a balance of \$7,415.78. Cash balance up at this point at \$6,224.32 compared with \$5,678.28 at the same time last year. Pre-party revenues and party expenses, and Club and lessons fees will affect that balance slightly. Holiday Party was a success and stayed within the budget. The Club’s Annual Report was submitted to the RCSC on January 5<sup>th</sup>. Bill will make his spreadsheet available to any member interested. Summary report is attached. Motion to accept the Treasurer’s Report – Tom; Second – Judy; In favor – All; Opposed – None; Motion carried.

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d. Lessons Lead Report: Kay reported the numbers are down a bit from the 30-40 people high, however turned in a few more registrations today and have phone calls out, currently under 20. Numbers tend to fluctuate after the holidays. Had an inquiry to help coach, presently there are plenty of coaches. Amy Fisher is back and looking to move up to the Swim Team. Looking forward to getting more people certified as instructors. Motion to accept the Lessons Report – Rick; Second – Mindy; In favor – All; Opposed – None; Motion carried.

e. STARRS Coach Report: Leslie thanked everyone who has been on-deck and there have been no missed assignments and no incidences of the shed left unlocked. The teamwork getting Fairway ready for swimming in the morning is noted and appreciated, getting the flags up, etc. Certifications for Level II and Level III Coaching are February 21<sup>st</sup> and Adult-Learn-to-Swim Coaches are February 22<sup>nd</sup> 8-3:30 at Adobe Fitness Center Pool in Surprise (this is a one day session) – check the LMSC website for more info. Our LMSC is offering scholarships to people at 50% (after the fact) for people that may need financial assistance. The Polar Bear Meet is Saturday, January 31<sup>st</sup>. The longest events are the 200 free and 200 medley. The meet is SCY, they are not using the bulkhead for the starting blocks this year. Registration closes January 24<sup>th</sup>. The Distance Extravaganza Meet is February 28 and March 1 in Oro Valley, LCM and SCY. We have a sanctioned event for our pool scheduled for May 16. Sun City West was scheduled to host the West Valley Sun Fun Relays this year and asked if we could do it. We are allowed one sanctioned event by the RCSC, and we presented the date of May 16 to Sun City West. They declined and therefore there will be no West Valley Sun Fun Relay this year, which allows us to use the pool for some other event. Ann Case thanked Deb Lassell for the beautiful, fused glass party favors she made for the Holiday party. Motion that “as long as any individual gets the scholarship from our LMSC for one-half of the cost for a Coaching Certification course, that the Swim Club fund the other half” – Rick; Second – Leslie. Discussion: The cost is generally about \$250 for the certification. Rick has the Adult-Learn-to-Swim certification and Kay has numerous other certifications. Question re: the value of this training – This training is about how to coach via tried-and-true program. It is about how to take someone who may be terrified of the water and get them to the point where they can be comfortable in the water, survive in the water for a certain period of time, jump in the deep end, etc. You get a booklet on the progressive steps to take to accomplish this. The Adult-Learn-to-Swim certification is the USMS curriculum practiced by leading Adult-Learn-to-Swim authorities, incorporating the most innovative training methods and tools to teach an adult to swim at a minimum, one length of a 25 yard pool and become safer in the water. Coaching others always has the added benefit of improving one’s own technique. Question: Is there an expected service to the Club for anyone that receives Club financial report. Nothing is written on this as it has not been done previously, however the reasonable expectation is that some amount of service to the Club, in the capacity for which an individual has been trained, is expected. It also provides a good community service whenever helping others become safer in the water. There is always a need for swimmers trained to help

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others. Call for the question: Motion as stated above: In favor - All; Opposed – None; Motion carried.

f. STARRS Rep Report. The only thing the Starrs Rep does is organize the monthly breakfasts. The next monthly breakfast is Friday, February 27<sup>th</sup>. Debie Blue does all the work putting together the roster for Starrs and lessons. There are thirty-five (35) members in the Starrs, five (05) members that are non-USMS, and thirteen (13) members in lessons. Motion to accept the Starrs Rep Report – Lee; Second – George; In favor – All; Opposed – None; Motion carried.

### 7. Unfinished Business and General Orders

a. Holiday Party Status. Previously discussed above. Noted that Mondo's Tap Dancing is online and on Facebook has received over a hundred views. Thanks to Bill Shaw, Judy Roy, Tom Martin, Deb Lassell (and Mike behind the bar), Amy Donoghue (and husband), Caryn Bender and Jodi Cline. It was a great event.

b. Swim Yoga. Karen discussed the value of cross-training for any athlete (e.g. physical therapists, ice bath, massage therapists, anything to promote a healthy body). This yoga is about truly about reconnecting your brain and your body. When stressed or engaged in repetitive patterns and your muscles are encouraged to stay in one motion over and over, sometimes they never relax and there is a corresponding loss of range-of-motion. Regaining that range-of-motion can be difficult if you don't know how. This yoga is about regaining that range-of-motion, connecting your brain and body, how to voluntarily relax your muscles. Swim Yoga is now entering its eleventh year, having completed its first decade. In the winter there is consistently about 12-13 people and always room for more. Yoga meets at the Bell Center Monday and Wednesday 2:30 to 4:00 PM. Karen led the Club through an approximate 4-minute shoulder movement.

c. Sunshine Committee. Please let Mindy, Tom or Laura know if there is anyone who we need to reach out to with health issues or something to celebrate. We can only respond if we know. Thank you also to Tom and Janet who brought the goodies for the meeting. George reported that Tom Taylor was so happy to receive his birthday card – it really made an impact with him. George had a long conversation with him, filling him in on everything, he is still interested in this Club. For those that didn't know Tom, he was a huge influence on this Club. He was a World and National Champ and great coach. Now at 95 years old.

### 8. New Business

a. Grown-Up Swimming Presentation. Rick gave a PowerPoint presentation on the Grown-Up Swimming Program. For adults that may have prioritized things other than swimming, the intent is to get the kid-like fun back in the pool. It is about the joy of swimming without stressing about times, places, etc. It is a National Program that is localized and insured. The Phoenix area has embraced Grown-Up Swimming. Rick has set us up with a team page and choose the name "Sun City Starrfish", maintaining a connection to the Starrs. There is a checklist for hosting

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meets, workouts and other support information. The meet structure was reviewed along with the individual events. Most events are 25's and 50's (yards), a 100 IM, 100 free and 100 Fun Relay, 200 medley relay and 200 free relay. There are five (05) meets scheduled for the Phoenix area this summer. Registration is \$75 for all five (05) meets, there are no additional meet fees. Early registration is \$65. If a member of the USMS the fee is \$60. This is open to USMS swimmers as well. It is intended that these be family fun, laid back events, including cookouts or concession stands at the meets (which will have a cost). The [grownupswimming.com/phoenix](http://grownupswimming.com/phoenix) website was accessed and reviewed. The planned meets for this summer were reviewed. Teams already formed were observed on the website (including the Sun City Starrfish). Rick would like to have a grownup swimming event for May 16<sup>th</sup> at the Bell pool. Members of the AZLMSC should have received a January 8th email on grownup swimming. Rick will send information for signing up and assist anyone with registering. We can use this as an outreach to our community to involve others in swimming and maybe move up to the Starrs. If decided to host, the suggestion is to actively advertise this event. No limit to the number of events an individual may swim. Races are for fun and not sanctioned, available to anyone who registers. To register, click on the site for our team on the above website. Rick will coordinate as the meet dates get closer.

b. The 2026 Events List Volunteer Sign-Up Sheet was reviewed. See the attached sheet for those that have volunteered for various events.

c. Swim Club Fun Day. Any suggestions for adding, keeping or deleting events please communicate to Larry. Floaties, Feet-First and Bucket Drag were suggested for consideration. The alligators will not get smaller.

d. Chicken Potluck. Caryn is thinking of checking with Chic-Fil-A.

e. West Valley Sun Fun Relays is cancelled for 2026.

f. Budget Requests for FY-27. The Board is asking for backstroke flags and poles for Fairway Recreation Center. Earl will speak with the Clubs Office to assess if there are funds available this year. It was reported that when the Fairway pool is shut for maintenance in February, the RCSC is addressing additional lanes line(s), crosses/"T's" on the walls and backstroke flags and poles. It was further recommended that the Club highlight this issue as a safety issue for all pools with lane lines. The lap pool at Mountain View is off the table. Covers for the Starting Blocks was mentioned and not moved forward.

9. Additional Items Brought Up for Discussion Not on the Agenda.

a. Bell Pool Chemicals. Discussion re: chemicals the last week the Bell Pool was open (before closing for the recent maintenance). Potential for purchasing a test kit was discussed and not moved forward. It was reported that the Bell Center Leader was told to cut back on the chemicals. Additionally, it was reported that the Bell Center was using up chemicals prior to the current maintenance. **Action:** If we

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continue to have experiences with this issue, we need to ensure we file appropriate notice with the RCSC.

b. Adding a fourth lane at Sundial was suggested. A sit survey to review this suggestion is necessary.

c. There is a scuba store in the shopping center near Boyers Café. They carry goggle-defogger.

d. Suggestion to email the General Membership Meeting Minutes vs read at the meeting. This is an administrative decision that can be adopted immediately.

**Action:** To be added to the next Board Meeting Agenda.

e. Shutterfly Account for pictures was suggested to contain pictures from the Fun Day and Potlucks – No objection.

10. Announcements and Recap of Action Items.

a. First Swim Club Breakfast of 2026 – Friday, February 27.

b. Next Board Meeting – Wednesday, March 11.

c. Next Membership Meeting – Wednesday, March 25.

11. Adjournment. 11:42 PM Motion to adjourn – Leslie; Second – Christie; In favor – All; Opposed – None; Motion carried – Meeting adjourned.

ATTACHMENTS:

- A. Agenda
- B. Meeting Sign-In Sheet.
- C. Treasurer's Report
- D. 2026 Volunteer Sign-Up Sheet



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GENERAL MEMBERSHIP MEETING SIGN-IN RECORD

DATE OF MEETING: JANUARY 21, 2026

ALL ATTENDEES ARE REQUIRED TO SIGN IN

	NAME	RCSC NUMBER
1	LARRY VOSE	159673
2	Tom MARTIN	116594
3	William SHAW	145627
4	RVN Case	105784
5	Mindy Case	51366
6	CARYN BENDEN	161174
7	Lee Haukinson	155367
8	Laura Welch	113199
9	Christie Fulton	156533
10	Karen McLean	133287
11	Della Blue	102824
12	Gene Cook	141724
13	Rick Hanam	146244
14	Suzanne Zander	162413
15	JON GREEN	159455
16	George Orning	119329
17	Amy Fisher	169829
18	Janet Wood	134764
19	Kay Dahlberg	142034
20	Delores Kirkland	107399
21	Earl Peters	125092
22	Leslie Grimm	157818
23	Deb Lassell	174362
24		
25		

Paid 1/6/26	\$	2,025.50
Deduct Jody & Barry Cline	\$	(65.00)
	\$	1,960.50
		60
		-
		60

Paid (2), unable to attend, redirected to Leslie, Kay, Rick gift

Deb Lassell paid \$75 for Hala and Najeeb Sedaros, Roy Pester will be unable to att

REVENUE	\$	1,960.50
<u>EXPENSES</u>		
Catering	\$	2,264.68
DJ	\$	395.00
Centerpieces	\$	-
Tableclothes, napkins		
Happy hour tables	\$	-
	\$	2,659.68
	\$	(699.18)
<u>YTD Dues 1/20/26</u>	\$	240.00
<u>YTD Dues 1/20/25</u>	\$	70.00

Donated by Jody Cline

Donated - Deb Lassell, Tom Martin

Budg subsidy @ 65 guests Budgeted subsidy/person

\$ 11.65 \$ (783.87)

12.06

<u>Cash 1/21/26</u>	\$	6,224.32
<u>Cash 1/21/25</u>	\$	5,678.28

SUN CITY SWIM CLUB **2026** VOLUNTEER SIGN-UP SHEET

1/23/26 11:18

DATE	Wednesday, January 7, 2026	
ACTIVITY	DISCOVER SUN CITY	
VOLUNTEERS	AM	Christie Fulton
	AM	Susanne Zavala
Earl	PM	John Green
Earl	PM	Amy Donoghue
George	PM	Bill Shaw

DATE	FRIDAY, JANUARY 16, 2026 5PM-9PM	
ACTIVITY	HOLIDAY PARTY	
VOLUNTEERS	1	Bill Shaw
	2	Judy Roy
	3	Tom Martin
	4	Deb LaSalle
	5	Amy Donoghue
	6	

DATE	Saturday, March 7, 2026	
ACTIVITY	SWIM CLUB FUN DAY	
VOLUNTEERS	1	Larry Vose
	2	Leslie Grimm
	3	George Orning
	4	Laura Welch

DATE	Friday, March 27, 2026 11AM-2PM	
ACTIVITY	CHICKEN POTLUCK & MINI-PUTT	
VOLUNTEERS	1	Caryn Bender
	2	Judy Roy
	3	Jodi Cline
	4	Larry Vose
	5	Mindy Case

DATE	Saturday, May 16, 2026	
ACTIVITY	SANCTIONED EVENT?	
VOLUNTEERS	1	Rick Hanan
	2	Debie Blue
	3	Karen McClean
	4	Judy Roy
	5	Deb LaSalle
	6	
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	20	

DATE	Friday, October 23, 2026 11AM-2PM	
ACTIVITY	HALLOWEEN PIZZA & MINI-PUTT	
VOLUNTEERS	1	Judy Roy
	2	Leslie Nock
	3	Larry Vose
	4	Susanne Zavalla
	5	Janet Number Five

OTHER CLUB ACTIVITIES		
CLUB MEETINGS		SWIM CLUB BREAKFASTS
Board	Wed, Jan 14	Fri, Feb 27
Membership	Wed, Jan 21	Fri, Apr 24
Board	Wed, Mar 11	Fri, May 22
Membership	Wed, Mar 25	Fri, Jun 26
Board	Wed, Oct 07	Fri, Jul 24
Membership	Wed, Oct 21	Fri, Aug 22
		Fri, Sep 26

Swim Meets

Sat, Jan 31	Polar Bear
Sat/Sun Feb 28-Mar 1	Distance Inv SC/LC
Sat/Sun Apr 11-12	AZ SCY Championships
Apr 30-May 3	USMS Spring Nationals

Sat 5/16	SANCTIONED EVENT ??
Aug 5 - 9	USMS Summer Nationals
?? (Late Sep)	Pentathlon
Late Oct / Early Nov	AZ SCM Championships