

# WHAT IS CHAPPAQUA SWIM & TENNIS?

CST is a private, family-friendly summer club where members can enjoy swimming, diving, racquet sports, and leisure time together in a relaxed club setting.

## POOL FEATURES

- Heated pool with 25-meter lap lanes
- Shallow area for younger swimmers
- Deep end with diving boards
- Water slide and water basketball
- Kiddie pool and playground
- Shaded club grounds
- Snack bar access
- Clubhouse changing rooms & showers

## FAMILY POOL EVENTS

CST features family-friendly pool activities throughout the summer, including pool games, relays, water basketball, float afternoons, and special event days.

## SAFETY FIRST

Our pool is supervised at all times by Red Cross-certified lifeguards. Use of the diving board, slide, and special pool features is subject to club scheduling, staffing, and safety conditions.

## SUMMER EVENTS!

### MEMORIAL DAY WEEKEND

Come meet the staff, reconnect with members, and kick off the season at CST.

### OPEN HOUSE POOL DAYS

Families interested in becoming CST members are invited to experience the pool during our two Open House weekends:

**May 30–31 and June 6–7**

A friendly first step for anyone curious about swim team, dive team, swim lessons, pool events, or summer membership at CST.

### SWIM + DIVE TEAM

A celebrated CST tradition, the Swim & Dive Team helps kids build confidence, improve technique, and represent the club in friendly competition.

### LESSONS + INSTRUCTION

Group swim lessons, private swim instruction, and diving instruction help children grow safely and confidently at their own pace.

### FAMILY POOL EVENTS

Cannonball contests, family relays, pool games, water basketball, float afternoons, and summer socials bring members together all season long.

### POOL FEATURES + DAILY FUN

From the water slide and diving boards to water basketball, lap lanes, and the kiddie pool, CST offers something for every age and comfort level.



## 2026 Summer Swim Schedule

Swim Team • Swim Lessons  
Pool Events • Community Fun  
Swim Meets • Summer Socials

**Swim. Play.  
Compete. Connect.  
All ages. All levels.  
All summer long!**

**Ready to jump in?**

For club and membership info:  
[cstmembership@gmail.com](mailto:cstmembership@gmail.com)  
[cstclub.com](http://cstclub.com)

914-238-4999

1019 Hardscrabble Road  
Chappaqua, NY 10514

[cstclub.com](http://cstclub.com)

[cstmembership@gmail.com](mailto:cstmembership@gmail.com)  
[bemantennis@gmail.com](mailto:bemantennis@gmail.com)



## WHY CST AQUATICS?

CST's aquatics program gives children a fun, supportive, and confidence-building place to grow in the water.

From first-time swimmers to experienced competitors, our swim and dive offerings help kids improve technique, build comfort and safety in the water, develop sportsmanship, and enjoy being part of a true summer team environment.

Whether your child is joining for lessons, team participation, or simply more time in the pool, CST offers a welcoming experience for a wide range of ages and ability levels.

## WHY FAMILIES LOVE IT

- Supportive and encouraging environment
- Opportunities for both learning and competition
- Swim, dive, and lesson options in one club
- A chance to build friendships, camaraderie, and summer memories that last

**Most importantly, kids learn, improve, compete, and have fun!**



## JUNIOR SWIM / SWIM & DIVE TEAM

CST's Swim & Dive Team is a longstanding summer tradition that helps children build confidence, improve technique, and experience the excitement of team participation in a fun and encouraging setting.

Through practices, meets, and team events, swimmers and divers develop:

- Water confidence
- Stroke technique
- Diving fundamentals
- Sportsmanship
- Teamwork
- A love for friendly competition



## SWIM TEAM

Our swim team welcomes young swimmers who want to strengthen strokes, build endurance, and participate in practices and meets throughout the summer.

## DIVE TEAM

Our dive team helps children learn board basics, improve form, and build confidence on the diving board in a supportive environment.

**Interested in Swim & Dive Team?**

Scan to learn more and register:



## SWIM LESSONS

CST offers swim lessons taught by Red Cross WSI-certified instructors.

Instruction is designed to help children build safety, comfort, and skill in the water at their own pace.

Lessons are organized by age and ability level and focus on:

- Water comfort
- Breathing & Kicking
- Stroke development
- Confidence in the water

**Interested in Swim Lessons?**

Scan here to learn more and schedule:



## PRIVATE LESSONS

Private swim lessons offer more individualized instruction for swimmers who benefit from one-on-one attention or targeted skill work.

For scheduling, please email us at:  
cstcoaches@gmail.com

## ADULT SWIM & FITNESS

CST offers swim instruction for all ages, including adults looking to improve technique or build confidence in the water. Water aerobics classes are also coming soon!

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