

# Cheshire Parks & Rec. Winter 2017 Programs

## Parks & Recreation Department



Office Hours: 8:30AM-4:00PM Mon-Fri  
559 South Main Street  
Cheshire, CT 06410

<http://www.cheshirect.org/parkrec>

Phone 203.272.2743 Fax 203.272.5858  
Information Hotline 203.250.2470

## Community Pool



520 S. Main St.,  
Cheshire, CT 06410  
Phone 203.271.3208  
Fax 203.271.3481  
[www.cheshirect.org/pool](http://www.cheshirect.org/pool)

## Bus trips are back!



## See page 6 for details!

## ONLINE REGISTRATION

### Registering Online is EASY!

Access the online system by visiting  
[www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec).

Click on "Program Brochure & Online Registration"  
Log in to your account.

(Most residents were automatically assigned accounts.  
Call us if you need your username and/or password.)

Add the program or programs you want to your cart and complete your  
checkout securely with your credit card.



In case of inclement weather, info is  
available approximately one hour  
before your program.

To find out about cancellations:

**Call the Hotline!**

203-250-2470

**Check the Website!**

[www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec)

**Like us on Facebook!**

**Follow us on Twitter!**

## ABOUT THIS BROCHURE

Information in this brochure was compiled by the different divisions of the Parks & Rec. Dept. Most programs are listed in this brochure, but additional programs may be added and will be posted online. More detailed information about the programs listed here is available on our websites. Please complete the appropriate registration form and make sure you write your check to the right division.

**If you have any questions about the information with the blue titles call the Community Pool at 203-271-3208, and for all other programs and general questions call the Parks & Recreation Office at 203-272-2743.**



Follow us on Twitter:

@CheshireParkRec  
@CYouthTheatre



Find us on Facebook:

facebook.com/CheshireParksandRec  
facebook.com/CheshireYouthTheatre

## IMPORTANT INFORMATION

### Parks & Recreation Department

559 South Main Street  
Cheshire, CT 06410  
Phone 203.272.2743 Fax 203.272.5858  
Hotline 203.250.2470 www.cheshirect.org/parkrec

### Community Pool

520 South Main Street  
Cheshire, CT 06410  
Phone 203.271.3208  
Fax 203.271.3481

### REGISTRATION PROCESS

- Don't wait until the last minute to register! If there are not enough registrations by one week prior to start date the program may be cancelled. If a program must be cancelled registrants will be notified by telephone approximately 2 days before a program start date. Participants will receive a full refund for classes we cancel.
- Complete registration form or register online.
- Registration for residents begins on December 5, 2016 and December 12, 2016 for nonresidents.
- **MAIL-IN:** Parks & Rec. and Therapeutic registrations: mail form and payment to 559 S. Main St., Cheshire, CT 06410  
Community Pool registrations: mail form and payment to 520 S. Main St., Cheshire, CT 06410
- **IN-PERSON:** Parks & Rec. hours are Monday-Friday from 8:30AM to 4:00PM.  
Community Pool Hours are Monday-Friday 6:00am-9:00pm, Saturday 7:00am-5:00pm and Sunday 9:00am-5:00pm.
- **ONLINE:** Visit our website [www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec) or [www.cheshirect.org/pool](http://www.cheshirect.org/pool) and click the link "Online Registration" on the left.
- We send confirmations/receipts via email only. If you do not get your email receipt, then please check your spam folder and call our office to verify that we have the correct email address on file.

### PAYMENT POLICY

- Registration forms must be accompanied with full payment in order to be processed.
- The Parks and Rec. Dept. and Community Pool accept cash, checks, Master Card, Visa and Discover Card.
- See individual registration forms for details on whom to make your checks payable.

### NON-RESIDENT POLICY

- Registration for nonresidents begins on December 12, 2016 with an additional \$10 fee.
- Residents are defined as those persons domiciled on a permanent basis in the Town of Cheshire and individual property owners of real property (non-motor vehicle). Some programs are subject to additional restrictions.

### REFUND POLICY

- Full refunds will be given only if a recreation program is cancelled due to lack of registration.
- Refund for recreation programs minus a \$15 administration fee will be given if notification is received one week prior to the start of the program and your vacancy is filled. All refund requests must be in writing.
- Once a program begins no refunds will be given.
- Any exceptions from the above policy will only be considered after the Director reviews your written request.
- For Parks & Rec. summer camps and P-Rex Days, cancellation must be received two weeks prior to the session. There will be a \$15 per child per session administration fee.
- Children removed from a program or camp for discipline problems will not receive a refund.

### CANCELLATION POLICY

- **PARKS & REC.:** For information please check [www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec). We also announce cancellations via Facebook ([facebook.com/CheshireParksandRec](https://www.facebook.com/CheshireParksandRec)) and Twitter (@CheshireParkRec). The Hotline will be discontinued soon, 203-250-2470.
- **POOL.:** For information please check [www.cheshirect.org/pool](http://www.cheshirect.org/pool) or call the pool at 203-271-3208.

### PARKS & REC. CAMP POLICIES

- Parents must read the Camp policies online or in the Parks & Rec. office before registering a child.
- There are deadlines for each session. Please note these deadlines when planning your registration. Deadline is typically 7 days prior to the program start date. Space permitting, late registrations will be accepted until noon on the business day before the program starts with a late fee (\$5 per day per child or \$15 per week per child).

*Every effort has been made to prepare this brochure as accurately as possible. Nonetheless, errors may make it to print. Circumstances may require that adjustments be made to program fees, schedules, etc. We reserve the right to make such changes. Cheshire Parks & Recreation apologizes for any inconveniences these errors or adjustments may cause.*

# RECREATION PROGRAM REGISTRATION FORM

Please print clearly and mail completed form to: **559 South Main Street, Cheshire, CT 06410**

**Participant Info:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Birth date: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

**P-Rex/Campers Only:** Authorized pick-up person(s) other than parent/guardian \_\_\_\_\_

**PARTICIPANT HEALTH INFORMATION:** *All information will be kept confidential. Check all that apply and elaborate below.*

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> Allergy/Anaphylaxis                      | <input type="checkbox"/> Has Epi-Pen                              | <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> Receives Special Education Services  |
| <input type="checkbox"/> ADD/ADHD                                 | <input type="checkbox"/> Uses Inhaler                             | <input type="checkbox"/> Cystic Fibrosis          | <input type="checkbox"/> Seizure Disorder   |
| <input type="checkbox"/> Asthma                                   | <input type="checkbox"/> Intellectual Disability                  | <input type="checkbox"/> Diabetes                 | <input type="checkbox"/> Vision, Hearing or Speech Problem  |
| <input type="checkbox"/> Auditory or Visual Processing Difficulty | <input type="checkbox"/> Learning Disability                      | <input type="checkbox"/> Intellectual Disability  | <input type="checkbox"/> Will/May need Medication (prescription or over the counter) during the program |
| <input type="checkbox"/> Autism                                   | <input type="checkbox"/> Physical Dysfunction/Mobility Difficulty |   |   |
| <input type="checkbox"/> Behavioral Issues                        |   |   |   |

If any item was checked please elaborate: \_\_\_\_\_

For us to better accommodate participant's needs, please list any medical, physical, psychological or emotional issues not mentioned above: \_\_\_\_\_

**ADULT PARTICIPANT OR Mother/Guardian 1**

**Father/Guardian 2 Info**

Name: _____	Name: _____
Address: _____	Address: _____
Town & Zip: _____	Town & Zip: _____
Home Phone: _____	Home Phone: _____
Work Phone: _____	Work Phone: _____
Cell Phone: _____	Cell Phone: _____

Family E-mail: \_\_\_\_\_

**Emergency Contact** (Other than Parent/Guardian): \_\_\_\_\_ Phone: \_\_\_\_\_

Activity Code

Name of Program

Fee (Non-Residents add \$10)


**Complete section below for all applicable programs:**

**Dog Obedience:** Dog's Name \_\_\_\_\_ Dog's Age \_\_\_\_\_ Dog's Breed \_\_\_\_\_

**Basketball (Gr. K-4 only):** Please place on team with \_\_\_\_\_

**Basketball:** Volunteer Coach's Name: \_\_\_\_\_ Volunteer Activity Code: \_\_\_\_\_

**T-Shirt Size:** Yth. Small   Yth. Medium   Yth. Large   Adult Small   Adult Medium   Adult Large   Adult X-Large   Adult XX-Large

**WAIVER:** Participant acknowledges that he/she or the parent or guardian 1) has read and understands the information given, 2) certifies that he/she is in good physical condition and is fit to participate in this activity 3) understands that the Aquatic/Recreational Activities have categories of inherent risk and that accidents can occur, and 4) that he/she must always be alert for dangers to themselves and to other participants. Participants may be photographed or videotaped by Parks and Rec. staff for future promotional use. For Camp & P-Rex Days, my child has permission to ride the bus to attend offsite trips and be transported to an indoors in case of inclement weather. My child may receive first and/or be treated by the Camp Nurse when necessary. Participant must sign below. If participant is under 18 years of age, a parent/guardian signature is required.

\_\_\_\_\_  
*Signature* \_\_\_\_\_  
*Date*

**PAYMENT**

Master Card    Visa    Discover    Cash    Check payable to: Cheshire Parks & Rec. Dept.

Card Number: \_\_\_\_\_ Exp. Date \_\_\_\_\_ Amt. Paid: \_\_\_\_\_


\_\_\_\_\_  
*Signature* \_\_\_\_\_  
*Date*


We also offer online registration!


Access the online system by visiting [www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec)

## TODDLER WITH PARENT PROGRAMS

*All classes listed below are held at the Youth Center. Child must attend classes marked with a \* with a parent/caregiver.*

**Music in Motion\*** 18 mo-4 yr\* Tue 9:15-9:45a 1/10-3/7 (8 wk) Fee: \$75 Code: 21170C **No program 2/21.**  
 (Min 6/Max 12) Participate and bond with your child while singing, dancing, moving, listening and exploring simple instruments. These classes will help your child's focused listening and attention skills, beat development, tonal awareness and singing voice in a fun, interactive group setting. A joy to behold! For more information about this class call instructor, Kristina Leffingwell, at (203) 915-2263.

**Messy Art/Clay Play\*** 2-4 yr\* Tue 10:00-10:45a 1/10-3/7 (8 wk) Fee: \$65 Code: 21187A **No program 2/21.**  
 (Min 5/Max 8) Discover the joy of combining art and play with your child without worrying about the mess! Paint and other materials and tools will be used to explore the cause and effect of color, shape and textures on paper. Open-ended, individual projects will develop self-expression and creativity. The focus will be on exploring the materials, mediums and the process of creating. Children will also work with playdough, clay and related tools, which is a fun way to develop and strengthen fine motor skills. Smock needed. Held in the Youth Center Tabor Room. Instructor Joan Shackford

**Cooking for Twos** 1.5-3.5yr\* Thu 9:15-10:15a 1/12-3/2 (8 wk) Fee: \$80 Code: 21102A  
 (Min 4/Max 6) Parent and child come together for simple cooking and crafts without worry about the messy cleanup. Enjoy this special time with your special little someone and make some memories in our kitchen! Instructor: Barbara Costello

## PRESCHOOL PROGRAMS

*All classes listed below are held at the Youth Center, are drop off programs and all participants must be potty trained.*


**Art & Play** 3.5 yr -K Tue 1:00-3:00p 1/10-3/7 (8 wk) Fee: \$90 Code: 21183A **No program 2/21.**  
 (Min 5/Max 8) 3.5 yr -K Sat 10:30a-12:30p 1/14-2/4 (4 wk) Fee: \$50 Code: 21183B

Children will have the opportunity to exercise both their small and large motor skills during this fun-filled class. Each session will be divided between creating a one or two-dimensional art/craft project and getting exercise with various toys and activities out on the gym floor. Participants should bring a smock, small snack and drink to class. Held in the Youth Center Main Room. Instructor Joan Shackford

**Creative Chefs** 3.5 yr -K Wed 1:00-2:30p 1/11-3/1 (8 wk) Fee: \$90 Code: 21120A  
 (Min 5/Max 8) 3.5 yr -K Thu 1:00-2:30p 1/12-3/2 (8 wk) Fee: \$90 Code: 21120B

Children will make simple recipes as they cook, bake and create various goodies. Basic rules of cooking, kitchen etiquette, craft projects and stories may also be incorporated. Please bring a container labeled with your child's name to each class. Children with long hair must come to class with hair tied back. Instructor: Barbara Costello

**Ballet & Tap** 4.5-7 yr Tue 5:15-6:00p 1/10-3/7 (8 wk) Fee: \$75 Code: 21150A **No program 2/21.**  
 (Min 6/Max 8) 3 & 4 yr Fri 4:30-5:15p 1/13-3/3 (8 wk) Fee: \$75 Code: 21150E  
 5 & 6 yr Fri 5:15-6:00p 1/13-3/3 (8 wk) Fee: \$75 Code: 21150F

 Learn basic ballet and tap techniques while also having fun! Each class will consist of a warm-up and learning specific dance skills. Children will learn one short ballet and one short tap dance for parents to see on the last day of class. Tap shoes are a must for the children to learn to tap. Leotard, tights, and ballet slippers are recommended items, but are not required. Tuesday Instructor: Michele Schweighoffer, Friday Instructor: Courtney Pessolano

## SCHOOL AGE (GRADES K - 12) PROGRAMS - CONTINUED ON NEXT PAGE

*All classes listed below are held at the Youth Center unless otherwise noted.*

**Babysitter Training** 11.5-15 yr Wed 6:00-8:30p 1/11-1/25 (3 wk) Fee: \$75 Code: 23200A  
 (Min 6/ Max 10) 11.5-15 yr Wed 6:00-8:30p 3/15-3/29 (3 wk) Fee: \$75 Code: 23200B

This American Red Cross course provides individuals with the information and skills necessary to provide safe and responsible care for children in the absence of parents. Participants must be able to attend the full 2 ½ hours of class on each of the three sessions and successfully complete skill assessments to earn certification. Please bring a pen and a snack to each class. Participants will receive a handbook, CD-ROM and pocket reference to keep. **Participants must be at least 11 ½ years old on the first day of class!** Instructor: Marie Solimine.

**Young Authors/Illustrators** Grades 1-6 Tue 4:00-5:15p 1/10-3/7 (8 wk) Fee: \$85 Code: 22186A **No program 2/21.**

(Min 5/ Max 10) Children have a natural inclination to be great storytellers and story inventors! In this workshop, they will be encouraged and stimulated to get their story ideas down on paper, along with ideas for illustrations to go along with these. Come to the first class with some story ideas or use one of our various brainstorming techniques to get the story started and the creative juices flowing. A discussion and demonstration of simple bookmaking skills will also be covered. Held in the YC Tabor Room. Instructor Joan Shackford.

**Hip Hop** 8-11 yr Tue 6:00-6:45p 1/10-3/7 (8 wk) Fee: \$70 Code: 23160A **No program 2/21.**

(Min 8/ Max 15) Learn the basics Hip Hop dance while having a blast! Each class will start with a warm up and then students will learn some specific steps in the center of the floor and also traveling across the floor. At the end of each class students will learn a short combination of steps set to music. These may carry over from week to week to create a longer dance or they may change to mix it up a bit. Participants should wear clean sneakers or jazz shoes and snug fitting exercise clothes. No sweatpants or baggy clothes please. Instructor: Michele Schweighoffer

**Boys Lacrosse** Grades 9-10 Sun 7:00-9:00p Starts 1/29-3-8 Fee: \$100 Code: 23400A **No program 2/5.**

(Min 12) This program will focus on lacrosse skills, fundamentals and team play concepts. Mouth guard required! Players must provide their own equipment. Held in CHS East Gym. Instructor Mike Devine.

**Guitar Club** Grade 6 Tu 3:30-4:30p 1/10-2/7 Fee: \$50 Code: 22190A  
 (Min 10/ Max 40) Grade 6 Th 2:45-3:45p 1/12-2/9 Fee: \$50 Code: 22190B

Learn to play acoustic guitar and perform rock favorites with friends every week! Taught by certified music teacher/professional performing musician, Leo Lavallee. The Tuesday session is held at Highland School and the Thursday session is held at Doolittle School. Students must supply their own acoustic guitars; if you need help obtaining an instrument, contact the instructor at leolavallee@gmail.com.



## SCHOOL AGE (GRADES K - 12) PROGRAMS - CONTINUED

# HOLIDAY BASKETBALL CLINIC

## Immediate registration being taken

Boys & Girls in Grades 2-8

Wed & Thu, Dec. 28 & 29 9:00a-12:00p

Fee: \$60 (Special Registration Form Required)

Clinic is run by the Cheshire High School boys and girls basketball coaching staff. Attendees focus on fundamentals and individual player development. Proceeds benefit the CHS Basketball Teams. Online registration is not available for this program; a separate registration form is required and is available in the Parks & Rec. office and by download from our website. Program meets in the CHS West Gym.

Payment must be cash or check payable to:

Cheshire High Basketball.



## COUNSELOR IN TRAINING PROGRAM

A rewarding summer volunteer position! Counselors in Training assist campers and staff while learning the basic responsibilities of summer camp counselors. This is a great opportunity to learn valuable job skills! Must be entering 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> grade in Fall 2016 to apply.

**Anyone (including returning CITs!) interested in this program must submit an application to Elizabeth**

**at the Parks & Rec. Office by March 17<sup>th</sup> at 4:00pm. Applications are available online.**

Information regarding CIT interviews will be mailed once all applications have been received and interviews will be conducted by May 1<sup>st</sup>. CIT assignments will be mailed by June 1<sup>st</sup>. Contact Elizabeth (emayne@cheshirect.org or 203-272-2743) with any questions you have about the application, interview and assignment process as well as general questions about the program.

## THERAPEUTIC RECREATION PROGRAMS ~REGISTER NOW~

*Please keep in mind that participants must be able to communicate and handle all toileting needs independently. If your child requires 1:1 supervision at school, help toileting or is a "runner" please provide your own assistant to attend the program with your child. If you have any questions about the TR Programs or would like to become involved as a volunteer with the program, then contact Barbara Costello, TRS at [bcostello@cheshirect.org](mailto:bcostello@cheshirect.org) or 203-887-0534. More programs may be added and will be announced via email, facebook and on the Parks & Rec website ([www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec)). Send Barbara an email to be sure you are on the list to receive updates regarding Therapeutic Recreation Programs. Like us on Facebook for another way to stay in touch ([www.facebook.com/CheshireTherapeuticRec/](http://www.facebook.com/CheshireTherapeuticRec/))!*

**TR Zumba** 6 & up Sat. 10:45-11:30a 2/25-4/1 (5 wks) Fee: \$60 Code: 25623A **No program 3/25.**  
(Min 8) This fun fitness craze will get your child up and moving. Zumba is a music based aerobic/dance workout that is fun and healthy. The instructor makes it easy to follow with the goal of improving the participant's physical fitness. Held at the Youth Center Main Room. Instructor: Robyn Housemann

**TR Full of Joy Yoga** 6 & up Tue. 6:15-7:15p 1/10-2/14 (6 wks) Fee: \$70 Code: 25652A  
(Min 9) Yoga is a wonderful way for your child to learn relaxation techniques and self calming strategies, increase body awareness and control and promote health. Mats provided. Held in the Youth Center Tabor Room. Instructor: Lani Rosen

**TR Upbeat Athlete** 6 & up Wed. 6:30-7:30p 1/11-2/15 (6 wks) Fee: \$40 Code: 25603A  
(Min 6) This unique program is for your child to tap into their inner athlete. Through a series of fun sports and activities they will participate in some tough workouts without always knowing it. We'll be participating in more soccer fun, obstacle courses, indoor running, hockey and running games to keep them going. Held in the Youth Center Main Room. Instructor: Barbara Costello

**TR Crafty Creations** 6 & up Thu. 6:15-7:15p 3/9-3/30 (4 wks) Fee: \$40 Code: 25609A  
(Min 5) Come join our crafty guru, Jenn Lonicki from CHS who is so excited to be offering this program. These activities will be designed to develop fine motor skills, follow directions, stimulate senses and have a fun time with friends. It is a great way for the kids to hang out and socialize with friends. Held in the Youth Center Tabor Room. Instructor: Jenn Lonicki

## SPECIAL OLYMPICS

Volunteers are needed to be unified partners in a variety of Special Olympics. Unified Partners are athletes without intellectual disabilities who train and compete in sports along side their peers with intellectual disabilities. Currently we are looking for partners so we can start a Unified Fitness Club (mainly walking) that will meet weekly on Monday evenings. If interested, then please contact [bcostello@cheshirect.org](mailto:bcostello@cheshirect.org).

**Unified Soccer** 18 & up Tue 5:30-7:00p 4/11-6/6 Fee: \$40 Code: 35640A  
Registration for Special Olympics Unified Soccer MUST be done through Cheshire Parks & Rec! You can register online, by mail or in person at the office. Participants practice weekly with volunteer coaches developing skills, game play and teamwork. New players and unified partners are welcome!! The State Tournament is typically held the second weekend of June, but the date has not been announced for 2017 yet.

## **Help support Cheshire's Special Olympics Program at the Penguin Plunge!** **Crystal Lake - Middletown, CT - February 25, 2017**

Want to join the team? Contact Katelynne Eid: (516) 376-9020 or [katelynne.eid@gmail.com](mailto:katelynne.eid@gmail.com). Penguins need to raise a minimum of \$100. In addition to the awards for top fundraisers and best costume, penguins receive incentive prizes for their fundraising efforts.

Too chicken to Plunge? That's ok! You can still be part of the fun. Raise pledges and receive incentives just like a Penguin except no going in the icy water. You'll get to hang out in the "Chicken Coop" staying warm (and dry) while you cheer on the brave Penguins!

## TRIPS

We are excited to be offering bus trips once again through a partnership with Silver Mill Tours of Meriden, CT. Below are the approximate departure and arrival times as well as highlights of each trip. A more detailed flyer for each trip is available on our website and an itinerary will be distributed by Silver Mill Tours to all who have registered approximately one week prior to the trip and will include specifics. Please note that smoking and alcoholic beverages are prohibited on all buses. All trips depart from the Park & Ride commuter lot located on Route 10 near the Cheshire/Southington town line (approx. 1/4 mile north off I-691, Exit 3). Ticketed seating on the busses is assigned on a first come, first served basis, so be sure to register early and at the same time as friends with whom you plan to travel. Children under age 18 must be accompanied by a parent. There is no additional \$10 non-resident fee for trips. Upon registration all sales are final. No refunds will be permitted, but Silver Mill Tours does offer cancellation insurance.

### It's Officially Spring - Maple Sugaring in the Berkshires

March 11, 2017      Estimated Departure: 8:00a      Estimated Return: 4:00p      Code: 1101A      Fee: \$104

Spring is finally here and it's time to participate in an old New England Springtime Tradition! Learn how to make maple syrup and then to enjoy some fantastic samples! Trip includes round trip motorcoach transportation, a visit to Ioka Valley Farm's Sugar House, pancake lunch in the "Calf-A" and admission to the Norman Rockwell Museum.

### Boston Flower & Garden Show with Quincy Market & Haymarket Square

March 25, 2017      Estimated Departure: 7:30a      Estimated Return: 6:00p      Code: 1102A      Fee: \$90

Enjoy the biggest horticultural happening in Boston that will provide the tools and inspiration to kick off the season in style. Trip includes round trip motorcoach transportation, admission to the Boston Flower & Garden Show at the Seaport World Trade Center on Boston's Waterfront, leisure time for shopping at Quincy Market, Newbury Street, Copley Place, Downtown Crossing and Haymarket Square.

### Opening Day at Fenway Park: Pittsburgh vs Red Sox

April 3, 2017      Estimated Departure: TBA      Estimated Return: TBA      Code: 1201A      Fee: \$154

Trip includes round trip motorcoach transportation and game ticket for grandstand seating in section 7.

### Bronx Zoo with Total Experience Ticket

May 6, 2017      Estimated Departure: 7:30a      Estimated Return: 5:00p      Code: 1202A      Fee: \$94 (\$79 12 & under)

Trip includes round trip motorcoach transportation and Total Experience Ticket to the Bronx Zoo (includes Congo Gorilla Forest, Butterfly Zone, Children's Zoo and Bengali Express Monorail).

### Albany Tulip Festival: Vendors, Food, Tulips & More!

May 13, 2017      Estimated Departure: 7:30a      Estimated Return: 4:00p      Code: 1203A      Fee: \$84

A highly anticipated spring tradition continues when over 100,000 tulip bulbs blossom into a sea of colors just in time for Mother's Day. Trip includes round trip motorcoach transportation to the Annual Albany Tulip Festival held in Washington Park.

### Cape Cod Canal "Live Music:" Cruise & Lunch at Lindsey's

July 29, 2017      Estimated Departure: 7:30a      Estimated Return: 4:00p      Code: 1301A      Fee: \$142

On board Hy-Line Cruises sailing from Onset Pier - it's a singing good time! Trip includes round trip motorcoach transportation, Cape Cod Canal Music Cruise (1:30-4:00p), Lunch at Lindsey's Family Restaurant and leisure time in Onset Village.

### Whale Watch on Board Captain John's Boat from Plymouth

August 5, 2017      Estimated Departure: 8:00a      Estimated Return: 6:30p      Code: 1302A      Fee: \$104

Go "out to sea" and experience a different world. Trip includes round trip motorcoach transportation, a whale watch on board Captain John's Boat and a stop at Plymouth Rock.

### Lobsters & Ocean Walk in Portland, Maine

August 12, 2017      Estimated Departure: 7:30a      Estimated Return: 5:00p      Code: 1303A      Fee: \$144

Trip includes round trip motorcoach transportation, guided tour of Portland with a local guide, lobster lunch at Joseph's by the Sea, Old Orchard Beach and a guided beach walk after lunch so you can take a moment to dip your toes in the magnificent Atlantic Ocean.

### Bourne Scallop Festival

September 23, 2017      Estimated Departure: 7:30a      Estimated Return: 4:00p      Code: 1304A      Fee: \$96

Visit the New England's largest festival under the Big Tents along the banks of the Cape Cod Canal. Trip includes round trip motorcoach transportation, Festival Admission, scallop or chicken dinner at the Festival and leisure time for shopping at the Christmas Tree Shops.

### Vermont Fall Foliage, Green Mountain Railroad, VT Country Store & Dinner at New England House

October 1, 2017      Estimated Departure: 5:00a      Estimated Return: 4:30p      Code: 1401A      Fee: \$144

Trip includes round trip motorcoach transportation, ride the Green Mountain Railroad round trip from Chester to Ludlow and back to Chester, time at the Vermont Country store and dinner at the New England House.

### New Hampshire Fall Foliage Cruise: Lake Winnepesaukee with Turkey Dinner on Scenic Railroad

October 7, 2017      Estimated Departure: 5:30a      Estimated Return: 4:30p      Code: 1402A      Fee: \$160

Trip includes round trip motorcoach transportation, cruise Lake Winnepesaukee on board the M/S Mount Washington, lunch on board the Winnepesaukee Scenic Railroad and visit the Kellerhaus, New Hampshire's oldest candy and ice cream makers.

### Boston Freedom Trail & Constitution Cruise with a Stop at Quincy Market

October 21, 2017      Estimated Departure: 7:30a      Estimated Return: 5:00p      Code: 1403A      Fee: \$88

Trip includes round trip motorcoach transportation, see the sights along the Boston Freedom Trail with a local guide, Constitution Cruise on Board Boston Harbor Cruises (45 minute narrated tour bringing you up close and personal with "Old Ironsides").

### A Holiday Evening at the Breakers with 10-Mile Ocean Drive & Shopping

November 25, 2017      Estimated Departure: 10:00a      Estimated Return: 7:30p      Code: 1404A      Fee: \$108

Don't miss this holiday evening at the Breakers for a unique experience. Enjoy live holiday music and light refreshments as you stroll through softly lit rooms, taking in the ambience of a Gilded Age Holiday. Trip includes round trip motorcoach transportation, a Holiday Evening at the Breakers, 10 mile tour along Ocean Drive with a local guide and leisure time for shopping and lunch on your own at Bowen's Wharf.

## ADULT PROGRAMS

*All classes listed below are for adults only and are held at the Youth Center unless otherwise noted.*

### Dog Training

(Min 5/ Max 25)



Puppy/KPT I	Mon 6:15-7:10p*	1/9-2/13 (6 wk)	Fee: \$90	Code: 24204A
Puppy/KPT II	Mon 6:15-7:10p*	2/27-4/3 (6 wk)	Fee: \$90	Code: 24204B
Beginner I	Mon 6:15-7:10p*	1/9-2/13 (6 wk)	Fee: \$90	Code: 24205A
Beginner II	Mon 6:15-7:10p*	2/27-4/3 (6 wk)	Fee: \$90	Code: 24205B
Novice I	Mon 7:15-8:10p*	1/9-2/13 (6 wk)	Fee: \$90	Code: 24210A
Novice II	Mon 7:15-8:10p*	2/27-4/3 (6 wk)	Fee: \$90	Code: 24210B
Open I	Mon 7:15-8:10p*	1/9-2/13 (6 wk)	Fee: \$85	Code: 24215A
Open II	Mon 7:15-8:10p*	2/27-4/3 (6 wk)	Fee: \$85	Code: 24215B

Dog owners will receive instruction in obedience training. \*Class times are subject to change due to enrollment. Day one will meet at the published time and instructors will notify participants if the time is changing for the remainder of the classes. Dogs in the Puppy (Kindergarten Puppy Training) class must be 12 to 14 weeks old on the first day of the session. Dogs in the Beginner class must be at least 4 months old. Participants must complete the Beginner class before the Pre-Novice class, complete the Pre-Novice class before the Novice class and the Novice class before the Open class. All dogs must have all their shots. Bring your dog, a training collar and a 6-foot web, leather or rawhide lead to class. Write your dog's name, breed and age on the registration form under "Special Information". If you are unsure in which class to enroll, then please call Bruce at 203-235-4852 from 5 to 9pm. Instructors, Bruce Giannetti, Phil Huntington, and Kathy Queen have a combined total of over 100 years experience training dogs!

### Zumba Fitness

(Min 7/ Max 30)

16 yr & up	Mon 5:00-6:00p	1/9-3/20 (9 wk)	Fee: \$80	Code: 24310A	<b>No program 1/16, 2/20.</b>
16 yr & up	Tue 7:00-8:00p	1/10-3/14 (9 wk)	Fee: \$80	Code: 24310B	<b>No program 2/21.</b>

We are excited to be offering this awesome fitness class again. It is a mix of aerobics and Latin rhythms with easy-to-follow routines that are both fun to do and great for your health. This exercise will help you tone and sculpt your body while burning fat. Pending minimum enrollment for the entire session drop ins will be allowed at a rate of \$10/class. Please check in advance to confirm the class schedule before coming to a class. Class is taught by Rachel Spagnoletti.

### Gentle Yoga

(Min 14/ Max 25)

13 yr & up	Thu 6:45-8:00p	1/12-3/2 (8 wk)	Fee: \$80	Code: 24302A
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*Gentle Yoga for restoring, relaxing and renewing.* This class will focus on gentle poses to increase flexibility, mobility, fluidity and range of motion in the spine and joints, with the additional benefit of relieving stress, chronic pain, back, neck and shoulder tension. The pace will be slow and smooth with a 15 minute Yoga Nidra (guided meditation) at the end. This is for all levels who are looking for a relaxing, restoring and revitalizing experience. Pending minimum enrollment for the entire session drop ins will be allowed at a rate of \$15/class. Please check with the office in advance to confirm the class schedule before coming to a class. Class is taught by Allison Shapiro.

### Pilates Mat

(Min 14/ Max 25)

13 yr & up	Thu 5:15-6:30p	1/12-3/2 (8 wk)	Fee: \$80	Code: 24315A
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Enhance your workout by finding, feeling and using muscles via the Pilates Method and bring your exercise to life from the inside out. Pilates is a system of core muscle strengthening that creates a strong, flexible body and a lively spine. Learn how to find, feel and reeducate the core muscles we've lost connection with. Achieve strength, flexibility, length and wellness! Pending minimum enrollment for the entire session drop ins will be allowed at a rate of \$15/class. Please check with the office in advance to confirm the class schedule before coming to a class. Instructor: Allison Shapiro.

### Yoga with Christina

(Min 14/ Max 25)

16 yr & up	Wed 5:00-6:15p	1/11-3/15 (10 wk)	Fee: \$100	Code: 24305B
16 yr & up	Sat 9:00-10:15a	1/21-3/18 (8 wk)	Fee: \$80	Code: 24305C

Iyengar based yoga classes designed to gain strength, stability and flexibility through breath work and foundation with the yoga practice. A lighthearted and open-minded exploration of the beauty of Yoga. Classes are suitable for all levels! Pending minimum enrollment for the entire session drop ins will be allowed at a rate of \$15/class. Please check with the office in advance to confirm the class schedule before coming to a class. Instructor: Christina Casavina

### Over 30 B-Ball

*REGISTER NOW for the Ray Voelker Men Over 30 Basketball Program!*

30 yr & up	Sun, Mon & Thu 6:00-9:00p	9/11-4/6	Fee: \$95	Code: 14410A	<b>Skip dates below.</b>
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Participants may come on any or all nights each week for games of pick-up basketball. You may also choose to purchase a reversible shirt (please note on your registration form and add \$15 to your fee). Participants must carry in and change into sneakers. No street shoes allowed on gym floors! Held at Dodd Middle School Gymnasium. There is no basketball 12/25, 1/1, 1/8, 2/5 & others dates TBA due to school functions. Staff will announce additional cancellations and they will be posted on the Parks & Rec cancellations website ([www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec) and click on Announcements & Cancellations on the left), Facebook ([facebook.com/cheshireparksandrec](https://facebook.com/cheshireparksandrec)) and Twitter (@CheshireParkRec).

### Over 30 Soccer

30 yr & up	Tue 7:30-9:00p	11/22-2/7	Fee: \$50	Code: 24450A	Held at Highland Gym
30 yr & up	Tue 7:30-9:00p	2/14-4/11	Fee: \$50	Code: 24450B	Held at Highland Gym

Join the fun! An energetic group of adult soccer players getting together weekly for pickup games of soccer. Indoor program may be cancelled due to school functions. Staff will announce additional cancellations and they will be posted on the Parks & Rec cancellations website ([www.cheshirect.org/parkrec](http://www.cheshirect.org/parkrec) and click on announcements & cancellations on the left), Facebook ([facebook.com/cheshireparksandrec](https://facebook.com/cheshireparksandrec)) and Twitter (@CheshireParkRec).

# CHESHIRE COMMUNITY POOL REGISTRATION FORM

**THIS FORM NEEDS TO BE COMPLETED IN FULL OR IT WILL NOT BE ACCEPTED  
PAYMENT MUST ACCOMPANY REGISTRATION.**

## PARTICIPANT REGISTRATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender: \_\_\_\_\_  
 Birth Date: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

Activity Code	Name of Program	Fee
_____	_____	_____
_____	_____	_____

## FAMILY INFORMATION

### ADULT/GUARDIAN 1

### ADULT/GUARDIAN 2

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Town & Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Cell Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Town & Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Cell Phone: \_\_\_\_\_

Family E-Mail Address: \_\_\_\_\_  
 Emergency Contact Name (other than above): \_\_\_\_\_ Phone: \_\_\_\_\_

### HEALTH INFORMATION: *All information will be kept confidential. Please check all that apply*

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Allergy/Anaphylaxis                      | <input type="checkbox"/> Behavioral Issues        | <input type="checkbox"/> Learning Disability                      |
| <input type="checkbox"/> ADD/ADHD                                 | <input type="checkbox"/> Congenital Heart Disease | <input type="checkbox"/> Physical Dysfunction/Mobility Difficulty |
| <input type="checkbox"/> Asthma                                   | <input type="checkbox"/> Cystic Fibrosis          | <input type="checkbox"/> Seizure Disorder                         |
| <input type="checkbox"/> Auditory or Visual Processing Difficulty | <input type="checkbox"/> Diabetes                 | <input type="checkbox"/> Vision, Hearing or Speech Problem        |
| <input type="checkbox"/> Autism                                   | <input type="checkbox"/> Intellectual Disability  |   |

If any item was checked please elaborate: \_\_\_\_\_

For us to better accommodate participant's needs, please list any medical, physical, psychological or emotional issues not mentioned above: \_\_\_\_\_



### ★ SWIM LESSON INFORMATION REQUESTED: Please complete if registering for swim lessons ★

★ Alternate : \_\_\_\_\_ ★

★ Private lesson availability: Day \_\_\_\_\_ Time \_\_\_\_\_ (private lessons only) ★

★ Second Choice Day \_\_\_\_\_ Time \_\_\_\_\_ Teacher Preference \_\_\_\_\_ ★



Participant acknowledges that he/she or the parent or guardian 1) has read and understands the information given, 2) certifies that he/she is in good physical condition and is fit to participate in this activity, 3) understands that Aquatic/ Recreational Activities have categories of inherent risk and that accidents can occur, and 4) that he/she must always be alert for dangers to themselves and to other participants. Participants may be photographed for the purpose of promotion or advertising in future brochures, in newspapers, the Pool website, and/or Facebook page. Participant must sign below, if participant is under 18 years of age a parent/guardian signature is required.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## PAYMENT REGISTRATION

- Master Card     Visa     Discover     Cash     Check payable to: Cheshire Community Pool

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Amt. Paid: \_\_\_\_\_

*Signature*

*Date*



# CHESHIRE COMMUNITY POOL INFORMATION

## HOURS OF OPERATION

**Monday-Friday: 6:00AM-9:00PM**

**Saturday : 7:00AM-5:00PM**

**Sunday : 9:00AM-5:00PM**

## LAP SWIM

**Lap swim**— We always have lap lanes available, however from 6am-10am Monday-Friday it is lap swim only and Saturday mornings 7am-9am. Lap swim will end at 8:45pm Monday thru Friday and 4:45pm on Saturday and Sunday.

## FAMILY OPEN SWIM

**Open Family Swim**—Open swim for families will be from 10:00am-8:45pm Monday-Friday, and 9:00am-4:45pm Saturday and Sunday. There will be times the pool space will be limited because of lessons and other activities. Any questions regarding the hours of operation, or any programs call the pool at 203-271-3208.

## SWIM LESSONS

We will be running two sessions for Winter swim lessons. The first session will run January 3rd thru February 18th and the second session will run February 28th thru April 22nd. You can sign up for both sessions at the same time. We offer lessons Mon & Wed, Tues & Thurs or Saturday mornings. If you have not done lessons with us in the past then your child will need to have a swim evaluation done to ensure they get in the correct swim level, please contact the front desk to set up an evaluation.

## REFUND POLICY

Refunds will be given only if the program is cancelled due to low enrollment. If a participant needs to cancel a registration and is received one week prior to the start of a program and your vacancy is filled you will be charged a \$15 administration fee. All refund requests must be received in writing. Any exception to this policy will be reviewed by the director.

## REGISTRATION POLICY

Registration for residents for winter programs will begin Monday December 5th. Non resident registration will begin Monday September 12. you can mail in your registration, drop it off at the pool or register on line by visiting [www.chshirect.org/pool](http://www.chshirect.org/pool) and click the link on the left for online registration.

## UP TO DATE POOL INFO

Like us on Facebook at the Cheshire Community Pool page for all up to date happenings at the pool. You will also find any cancellations due to weather there. You can also find cancellations and meet schedule updates on our web page at [www.chshirect.org/pool](http://www.chshirect.org/pool).

Or call the pool at 203-271-3208.

## PASS DESCRIPTIONS

**Family Pass:** For a family unit, which comprises of any of the following:

2 adults who legally live in the same residence (over the age of 18) with up to 4 legal dependents living at the same residence and under the age of 18, and/or full time college students up to the age of 25. There is a \$10.00 fee for each additional legal dependant.

**Adult Individual Pass:** Any person over the age of 18 who is not purchasing a family pass.

**Youth Individual Pass:** Any person 17 and under who is not included in a family pass. Any person under the age of 12 with this pass MUST be accompanied by an adult while at the pool. The Adult does not need a pass, but will be required to pay the daily fee if they plan to swim.

**Senior Couple Pass:** Two adults with at least one over the age of 65, legally living at the same residence.

**Senior Individual Pass:** Any individual over age 65.

**Seasonal Passes:** They follow the same criteria as the yearly passes but are valid only for either our winter or summer season.

## YEALY PASS FEES

<u>PASSES</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Family Pass	\$360.00	\$550.00
Adult Pass	\$220.00	\$330.00
Youth Pass	\$135.00	\$185.00
Senior Single Pass	\$135.00	\$185.00
Senior Couple Pass	\$220.00	\$330.00
Daily Adult Pass	\$ 7.00	\$ 12.00
Daily Senior Pass	\$ 5.00	\$ 8.00
Daily Youth Pass	\$ 5.00	\$ 8.00

## SEASONAL & BUSINESS PASS ES

<u>Seasonal Passes</u>	<u>Resident</u>	<u>Non-Resident</u>
Seasonal Family	\$245.00	\$385.00
Adult	\$145.00	\$180.00
Youth	\$100.00	\$110.00
Senior Single	\$100.00	\$110.00
Senior Couple	\$145.00	\$180.00
<u>Business Rates</u>	<u>Yearly</u>	<u>Seasonal</u>
Family	\$440.00	\$300.00
Adult	\$295.00	\$150.00
Youth	\$150.00	\$105.00
Senior Single	\$150.00	\$105.00
Senior Couple	\$260.00	\$170.00

### Make checks payable to:

Cheshire Community Pool  
520 South Main Street  
Cheshire, CT 06410

Phone 203-271-3208  
Fax 203-271-3481

# WINTER SWIM LESSONS SESSION ONE

## PARENT & CHILD AQUATICS

Children and adults come together under the supervision of an instructor in this initial swimming experience. Each child must be between the ages of 6 months and 2 years and must come with an adult who will work with him or her each class. Together they will work on the child's adjustment to the water thru activities such as bubble blowing, floating, and kicking! Children will move at their own rate with assistance from an adult with whom they are already comfortable.

<b>530010</b>		<b>\$75/\$85/\$85/\$95</b>
A 9:00-9:30 am	Saturday	1/7-2/18
<b>530020</b>		<b>\$105/\$115/\$115/\$125</b>
A 10:00-10:30 am	Mon/Wed	1/4-2/15

NO CLASSES 1/16 & 1/28

## LEVEL ONE

### INTRODUCTION TO WATER SKILLS

This is for any child over the age of 3 years, with little or no independent swimming experience. The objective of this class is to help students feel comfortable in the water and to enjoy it safely. Under the supervision of an instructor they will work on kicking, front crawl arm action with feet on bottom of pool, supported floating, entering and exiting the water independently, breath control, and safety skills.

<b>532011</b>		<b>\$75/\$85/\$85/\$95</b>
A 10:00-10:30 am	Saturday	1/7-2/18
B 10:30-11:00 am	Saturday	1/7-2/18
<b>532021</b>		<b>\$105/\$115/\$115/\$125</b>
A 1:00-1:30 pm	Mon/Wed	1/4-2/15
B 5:30-6:00 pm	Mon/Wed	1/4-2/15
C 6:00-6:30 pm	Mon/Wed	1/4-2/15
D 1:00-1:30 pm	Tues/Thurs	1/3-2/9
E 5:30-6:00 pm	Tues/Thurs	1/3-2/9
F 6:00-6:30 pm	Tues/Thurs	1/3-2/9

NO CLASSES 1/16 & 1/28

## PRE-TEAM PREP 1

This class is for the child that wants to be on the swim team but stroke mechanics are not where they need to be. Must be able to swim in water over their head independently and comfortably. This class primary focus is freestyle and backstroke, but will introduce other competitive strokes.

<b>534105</b>		<b>\$105/\$115/\$115/\$125</b>
A 5:30-6:00 pm	Mon/Wed	1/4-2/15
B 6:00-6:30 pm	Tues/Thurs	1/3-2/9

NO CLASSES 1/16 & 1/28

## PRE-TEAM PREP 2

In this class we will work on the fundamentals of being on a swim team. We will do a "practice" each evening, working on all strokes, dives, and turns. This is for the child that is unsure of being on a team and would like to experience it in a modified version.

<b>534106</b>		<b>\$105/\$115/\$115/\$125</b>
A 5:00-5:30 pm	Mon/Wed	1/4-2/15
B 5:30-6:00 pm	Tues/Thurs	1/3-2/9

NO CLASSES 1/16 & 1/28

## LEVEL TWO

### FUNDAMENTAL AQUATIC SKILLS

This is for any child over the age of 3 years, who is comfortable in the water and who can complete the prerequisite skills. The objective of this level is to give students success with fundamental skills. Under the supervision of an instructor, students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

<b>532012</b>		<b>\$75/\$85/\$85/\$95</b>
A 10:30-11:00 am	Saturday	1/7-2/18
B 11:00-11:30 am	Saturday	1/7-2/18
<b>532022</b>		<b>\$105/\$115/\$115/\$125</b>
A 4:30-5:00 pm	Mon/Wed	1/4-2/15
B 5:00-5:30 pm	Mon/Wed	1/4-2/15
C 1:30-2:00 pm	Tues/Thurs	1/3-2/9
D 5:00-5:30 pm	Tue/Thurs	1/3-2/9
E 6:30-7:00 pm	Tues/Thurs	1/3-2/9

NO CLASSES 1/16 & 1/28

## LEVEL THREE

### STROKE DEVELOPMENT

This is for any child over the age of 3 years, who is very comfortable in the water, is able to swim in deep water independently and has met all prerequisites. The objective of this level is to build on the skills taught in the previous level, providing guided practice. Under the supervision of an instructor they will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

<b>532013</b>		<b>\$75/\$85/\$85/\$95</b>
A 9:30-10:00 am	Saturday	1/7-2/18
<b>532023</b>		<b>\$105/\$115/\$115/\$125</b>
A 4:30-5:00 pm	Mon/Wed	1/4-2/15
B 5:30-6:00 pm	Mon/Wed	1/4-2/15
C 5:00-5:30 pm	Tue/Thurs	1/3-2/9
D 6:00-6:30 pm	Tues/Thurs	1/3-2/9

NO CLASSES 1/16 & 1/28

## PRIVATE LESSONS

One-on-one instruction with a swim instructor, for individuals of any age. If you are interested in private lessons see the front desk to work out a schedule. Lessons are scheduled according to instructor availability, and they meet once a week for 6 weeks.

<b>535001</b>	<b>\$150/\$180/\$180/\$210</b>
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## SEMI-PRIVATE LESSONS

Children over the age of 3 years may sign up to work with a swim instructor in groups of two (we do not provide the group). If you are interested in semi-private lessons for your child see the front desk. Lessons are scheduled according to instructor availability, and they meet once a week for 6 weeks.

<b>535002</b>	<b>\$120/\$150/\$150/\$180</b>
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All private and semi private lessons follow the same schedule as group lessons, being offered at the same times as group lessons. When submitting a form put day or days and times you are available and you will be contacted once group lessons are assigned instructors and we know what is available. We do not pair people for semiprivate lessons.

# WINTER SWIM LESSONS SESSION TWO

## PARENT & CHILD AQUATICS

Children and adults come together under the supervision of an instructor in this initial swimming experience. Each child must be between the ages of 6 months and 2 years and must come with an adult who will work with him or her each class. Together they will work on the child's adjustment to the water thru activities such as bubble blowing, floating, and kicking! Children will move at their own rate with assistance from an adult with whom they are already comfortable.

<b>540010</b>		<b>\$75/\$85/\$85/\$95</b>
A 9:00-9:30 am	Saturday	3/11-4/22
<b>540020</b>		<b>\$105/\$115/\$115/\$125</b>
A 10:00-10:30 am	Mon/Wed	3/1-4/17

NO CLASSES 4/10, 4/12 & 4/15

## LEVEL ONE

### INTRODUCTION TO WATER SKILLS

This is for any child over the age of 3 years, with little or no independent swimming experience. The objective of this class is to help students feel comfortable in the water and to enjoy it safely. Under the supervision of an instructor they will work on kicking, front crawl arm action with feet on bottom of pool, supported floating, entering and exiting the water independently, breath control, and safety skills.

<b>542011</b>		<b>\$75/\$85/\$85/\$95</b>
A 10:00-10:30 am	Saturday	3/11-4/22
B 10:30-11:00 am	Saturday	3/11-4/22
<b>542021</b>		<b>\$105/\$115/\$115/\$125</b>
A 1:00-1:30 pm	Mon/Wed	3/1-4/17
B 5:30-6:00 pm	Mon/Wed	3/1-4/17
C 6:00-6:30 pm	Mon/Wed	3/1-4/17
D 1:00-1:30 pm	Tues/Thurs	2/28-4/6
E 5:30-6:00 pm	Tues/Thurs	2/28-4/6
F 6:00-6:30pm	Tues/Thurs	2/28-4/6

NO CLASSES 4/10, 4/12 & 4/15

## PRE-TEAM PREP 1

This class is for the child that wants to be on the swim team but stroke mechanics are not where they need to be. Must be able to swim in water over their head independently and comfortably. This class primary focus is freestyle and backstroke, but will introduce other competitive strokes.

<b>544105</b>		<b>\$105/\$115/\$115/\$125</b>
A 5:30-6:00pm	Mon/Wed	3/1-4/17
B 6:00-6:30pm	Tues/Thurs	2/28-4/6

NO CLASSES 4/10, 4/12 & 4/15

## PRE-TEAM PREP 2

In this class we will work on the fundamentals of being on a swim team. We will do a "practice" each evening, working on all strokes, dives, and turns. This is for the child that is unsure of being on a team and would like to experience it in a modified version.

<b>544106</b>		<b>\$105/\$115/\$115/\$125</b>
A5:00-5:30 pm	Mon/Wed	3/1-4/17
B5:30-6:00 pm	Tues/Thurs	2/28-4/6

NO CLASSES 4/10, 4/12 & 4/15

## LEVEL TWO

### FUNDAMENTAL AQUATIC SKILLS

This is for any child over the age of 3 years, who is comfortable in the water and who can complete the prerequisite skills. The objective of this level is to give students success with fundamental skills. Under the supervision of an instructor students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

<b>542012</b>		<b>\$75/\$85/\$85/\$95</b>
A 10:30-11:00 am	Saturday	3/11-4/22
B 11:00-11:30 am	Saturday	3/11-4/22
<b>542022</b>		<b>\$105/\$115/\$115/\$125</b>
A 4:30-5:00 pm	Mon/Wed	3/1-4/17
C 5:00-5:30 pm	Mon/Wed	3/1-4/17
E 1:30-2:00 pm	Tues/Thurs	2/28-4/6
F 5:00-5:30 pm	Tues/Thurs	2/28-4/6
G 6:30-7:00 pm	Tues/Thurs	2/28-4/6

NO CLASSES 4/10, 4/11 & 4/15

## LEVEL THREE

### STROKE DEVELOPMENT

This is for any child over the age of 3 years, who is very comfortable in the water, is able to swim in deep water independently and has met all prerequisites. The objective of this level is to build on the skills taught in the previous level, providing guided practice. Under the supervision of an instructor they will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

<b>542013</b>		<b>\$75/\$85/\$85/\$95</b>
A9:30-10:00 am	Saturday	3/11-4/22
<b>542023</b>		<b>\$105/\$115/\$115/\$125</b>
A 4:30-5:00 pm	Mon/Wed	3/1-4/17
B 5:30-6:00 pm	Mon/Wed	3/1-4/17
C 5:00-5:30 pm	Tue/Thurs	2/28-4/6
D 6:00-6:30 pm	Tues/Thurs	2/28-4/6

NO CLASSES 4/10, 4/12 & 4/15

## PRIVATE LESSONS

One-on-one instruction with a swim instructor, for individuals of any age. If you are interested in private lessons see the front desk to work out a schedule. Lessons are scheduled according to instructor availability, and they meet once a week for 6 weeks.

<b>545001</b>	<b>\$150/\$180/\$180/\$210</b>
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## SEMI-PRIVATE LESSONS

Children over the age of 3 years may sign up to work with a swim instructor in either groups of two (we do not provide the group). If you are interested in semi-private lessons for your child see the front desk. Lessons are scheduled according to instructor availability, and they meet once a week for 6 weeks.

<b>545002</b>	<b>\$120/\$150/\$150/\$180</b>
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All private and semi private lessons follow the same schedule as group lessons, being offered at the same times as group lessons. When submitting a form put day or days and times you are available and you will be contacted once group lessons are assigned instructors and we know what is available. We do not pair people for semiprivate lessons.

## ADULT AQUATIC PROGRAMS & GENERAL POOL INFO

### AQUA ZUMBA

Make a splash and join the party. Aqua Zumba is a pool dance party for all ages with international rhythms and fun dance moves that anyone can do. This class is for all levels. The only requirement is to have FUN.

**534103 Session 1** **\$90/\$100/\$100/\$110**  
A 6:00-6:45pm Mon & Wed 8:00-8:45am Sat 1/4-2/18  
**NO CLASS 1/16 & 1/28**

**544103 Session 2** **\$90/\$100/\$100/\$110**  
B 6:00-6:45pm Mon & Wed 8:00-8:45am Sat 3/1-4/22  
**NO CLASS 3/4, 3/25, 4/10, 4/12 & 4/15**

### DEEP WATER POWER PLUNGE

A challenging 45 minute non-impact class which incorporates high intensity cardio moves for a full body workout. Use of floatation belt to maintain proper form and promote safety. \*Must be comfortable in deep water. Need a minimum of seven people to run the class.

**534104 Session 1** **\$60/\$70/\$70/\$80**  
A 10:00-10:45am Monday & Thursday 1/5-2/16  
**NO CLASS 1/16**

**544104 Session 2** **\$70/\$80/\$80/\$90**  
B 10:00-10:45am Monday & Thursday 2/27-4/20  
**NO CLASSES 4/10 & 4/13**

## AQUATIC SAFETY PROGRAMS

### LIFEGUARD TRAINING

This class is for individuals 15 and older interested in becoming a certified lifeguard. Individuals must be strong swimmers capable of swimming 20 lengths of a 25 yard course. The course is 28 hours in duration and all hours must be completed. After successful completion participants will have certification in Lifeguard Training, CPR for the Professional Rescuer and First Aid.

**\$135/\$145/\$145/\$155 Plus additional for certification and material.**

**No dates set at time of printing contact the pool for more information.**

### BIRTHDAY PARTIES

The Community Pool offers birthday parties to children of all ages. The party runs for 2 hours, we allow 15 minutes for guests to arrive, then the activities will go for 1 hour, and the last 45 minutes will be for food and presents. You can have either an "Open Swim" party where the party goers are included in the general open swim for the hour, or you can have a lifeguard or lifeguards depending on the size of the party, assigned to the party who will run a variety of activities with the children for an hour. The hours within which parties can be scheduled are Sat and Sun 11:30AM-2:30PM

#### Cost:

Residents with a pool pass: \$130.00 + \$20.00/guard  
Residents without a pool pass: \$150.00 + \$20.00/guard  
Non-Residents with a pool pass \$170.00 + \$20.00/guard  
Non-Residents without a pool pass: \$190.00 + \$20.00/guard

*If you are interested in a pool party call the Community Pool.*

### AQUAMOTION

This class is an invigorating mid-morning workout appropriate for all fitness levels. Working at your own pace, you will do a balance of cardio, strength, flexibility, balance, range of motion and stretching exercises. Use of flotation and resistance equipment is included but optional. Everything you need for an effective workout!

**534102 Session 1** **\$90/\$100/\$100/\$110**  
A 9:00-10:00am Mon-Fri 1/4-2/10  
**NO CLASS ON 1/16**

**544102 Session 2** **\$105/\$115/\$115/\$125**  
B 9:00-10:00am Mon-Fri 2/27-4/21  
**NO CLASSES 4/10-4/14**

#### *Pay as you go for aerobic classes:*

\$8.00 for any 1 hour class  
\$6.00 for any 45 minute class

*Lap Swim: Lap swim only is Monday—Friday 6:00 am-10:00 am Saturday 7:00 am– 10:00 am Sunday 9:00 am– 11 am. There are lap lanes available the rest of the day but there are other activities going on and lanes will be limited. Lap lanes are not exclusive you may*

### RECERTIFICATION

For individuals who currently have lifeguard training certification that is getting ready to expire. Individuals will need to complete all components of the course which includes: lifeguarding, CPR/AED and first aid. All individuals need to complete the entire recertification review process which is a 12 hour course. Any one interested in a Lifeguard Training Recertification class see the front desk.

**\$60/\$70/\$80/\$90**

### WSI: WATER SAFETY INSTRUCTOR

This course is for individuals who wish to teach the American Red Cross Learn-to-swim program. Interested participants must be at least 16 years old and be very strong swimmers. They must be able to swim all strokes (freestyle, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke) equivalent to someone who has completed the level 6 in the learn to swim program. The course is approximately 30 hours in duration, and all hours must be completed.

Inquire at the front desk for scheduling of this course.

**\$220/\$230/\$230/\$240**

#### **Pool Front Desk Hours:**

Monday - Friday 6:00 am - 9:00 pm  
Saturday 7:00 am - 5:00 pm  
Sunday 9:00 am– 5:00 pm

#### **Make checks payable to:**

Cheshire Community Pool  
520 South Main Street  
Cheshire, CT 06410

**Phone:** (203) 271-3208

**Fax:** (203) 271-3481