

Cheshire Community Pool

Winter 2012

Brochure

Winter Schedule

Lap Swim - 6:00AM-8:45PM

Early morning is lap swim only until 10:00am. Lap lanes are available any other time during day, however there are other activities going on and lanes may be limited. Lap lanes are not exclusive and you may need to share.

Open Swim - Mon. - Fri. 10:00AM-8:45PM
Sat. 12:00PM-4:45PM
Sun. 9:00AM-4:45PM

These hours may change if there is a scheduled event at the facility. We post events in the Lobby and at www.cheshirect.org.

POOL FEES

SEASONAL POOL PASS FEES

<u>TYPE</u>	<u>RES.</u>	<u>NON-RES.</u>	<u>BUSINESS</u>
Family Pass	\$225.00	\$350.00	\$275.00
Adult Ind.	\$120.00	\$150.00	\$125.00
Youth (under 18)	\$ 75.00	\$ 85.00	\$ 80.00
Senior Ind. (65)	\$ 75.00	\$ 85.00	\$ 80.00
Senior couple	\$120.00	\$140.00	\$140.00

ANNUAL POOL PASS FEES

<u>TYPE</u>	<u>RES.</u>	<u>NON-RES.</u>	<u>BUSINESS</u>
Family Pass	\$330.00	\$500.00	\$400.00
Adult Ind.	\$180.00	\$275.00	\$250.00
Youth (under 18)	\$110.00	\$150.00	\$125.00
Senior Ind. (65)	\$110.00	\$150.00	\$125.00
Senior couple	\$180.00	\$275.00	\$225.00

DAILY POOL PASS FEES

Daily Adult	\$ 7.00	\$ 12.00
Daily Senior	\$ 5.00	\$ 8.00
Daily Youth	\$ 5.00	\$ 8.00

CHESHIRE COMMUNITY POOL INFORMATION

Registration:

Activities at the Community Pool must be registered for at the pool. During the first week of registration residents may mail in registration forms accompanied by payment. After first week, anyone may do a walk-in registration.

Low Enrollment Procedure:

All programs at the Community Pool have a minimum number of enrollees needed for the course to run. If this minimum is not met, then the class will be cancelled. For this reason, it is very important to register for a program at least one week prior to the start date. If a program is cancelled all registrants will be notified by telephone approximately 2 days prior to the program start date.

Cancellation Policy:

During all seasons, inclement weather may dictate sudden changes in the operation of the Community Pool. These changes may include cancellation of scheduled activities as well as closure of the entire facility. Please call (203) 250-2470 for the most up to date information regarding the schedule at the Community Pool. **We will provide make-ups for programs we cancel, if you do not attend a class we don't make it up.**

Fees:

Program fees at the Community Pool will be based on a four tier fee schedule dependant on the registrant's residency and pool pass status. Prices will be listed in the brochure in the following order:

Resident Pass Holder/Resident without a Pass/Nonresident Pass Holder/Nonresident without a Pass

Refund Policy:

- Full refunds will be given only if an aquatic program is cancelled due to lack of registration.
- Once a program begins NO REFUNDS will be given, any exceptions to this policy will only be considered after the Director reviews written requests.

Transfer Policy:

Transfers must be in writing two weeks in advance of the first day of the program. There will be a \$15 transfer fee.

IMPORTANT NOTES

- We will not send confirmations for registrations, if you do not hear from us please assume you are registered for the program selected. We will only contact you if there is a problem and you do not get in your first choice class.
- **ANY PERSON SIGNING UP FOR SWIM LESSONS FOR THE FIRST TIME MUST GO THROUGH A SCREENING SO THEY CAN BE PLACED IN THE APPROPRIATE LEVEL. IF YOU DO NOT HAVE A SCREENING FORM YOU WILL NOT BE ABLE TO REGISTER. CALL TO SCHEDULE A SCREENING.**

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

SWIM LESSONS

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 5 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.

530010		\$70/\$80/\$80/\$90
A 9:00-9:30 am	Saturday	1/14-3/24
B 5:30-6:00 pm	Wednesday	1/11-3/14

No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

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.

532011		\$70/\$80/\$80/\$90
A 10:30-11:00am	Tuesday	1/10-3/13
B 1:30-2:00 pm	Tuesday	1/10-3/13
C 6:30-7:00 pm	Tuesday	1/10-3/13
D 1:30-2:00 pm	Thursday	1/12-3/15
E 10:00-10:30 am	Saturday	1/14-3/24
F 10:30-11:00 am	Saturday	1/14-3/24

532021		\$95/\$105/\$105/\$115
A 9:30-10:00 am	Mon/Wed	1/9-3/21
B 4:00-4:30 pm	Mon/Wed	1/9-3/26
C 5:30-6:00 pm	Mon/ Wed	1/9-3/26
D 10:00-10:30 am	Tues/Thurs	1/10-3/15
E 1:00-1:30 pm	Tues/Thurs	1/10-3/15
F 6:00-6:30 pm	Tues/Thurs	1/10-3/15

No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

Registration forms must be signed by your child's instructor or screener.

SEMI-PRIVATE LESSONS

Children over the age of 3 years may sign up to work with a swim instructor in either groups of two or three (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 9 weeks.

535002	\$135/\$225/\$225/\$315
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No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

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. Students will work on kicking, floating, combined stroke front and back, entering deep water, along with other basic water skills.

532012		\$70/\$80/\$80/\$90
A 1:00-1:30 pm	Thursday	1/12-3/15
B 10:00-10:30am	Thursday	1/12-3/15
C 6:00-6:30 pm	Thursday	1/12-3/15
D 10:30-11:00 am	Saturday	1/14-3/24
E 11:00-11:30am	Saturday	1/14-3/24

532022		\$95/\$105/\$105/\$115
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A 9:00-9:30 am	Mon/Wed	1/9-3/21
B 3:30-4:00 pm	Mon/Wed	1/9-3/26
C 4:30-5:00 pm	Mon/Wed	1/9-3/26
D 5:00-5:30 pm	Mon/Wed	1/9-3/26
E 6:00-6:30 pm	Mon/Wed	1/9-3/26
F 10:30-11:00 am	Tue/Thurs	1/10-3/15
G 1:30-2:00 pm	Tues/Thurs	1/10-3/15
H 5:00-5:30 pm	Tue/Thurs	1/10-3/15
I 5:30-6:00 pm	Tues/Thurs	1/10-3/15
J 6:30-7:00 pm	Tues/Thurs	1/10-3/15

No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

LEVEL THREE

STROKE DEVELOPMENT

This is for any child over the age of 5 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. They will work on front crawl with breathing, back crawl, elements of butterfly, diving and other skills.

532013		\$70/\$80/\$80/\$90
A 4:30-5:00 pm	Thursday	1/12-3/15
B 5:30-6:00 pm	Thursday	1/12-3/15
C 9:30-10:00 am	Saturday	1/14-3/24
D 11:00-11:30am	Saturday	1/14-3/24

532023		\$95/\$105/\$105/\$115
A 4:00-4:30 pm	Mon/Wed	1/9-3/26
B 4:30-5:00 pm	Mon/Wed	1/9-3/26
C 5:30-6:00 pm	Mon/Wed	1/9-3/26
D 5:00-5:30 pm	Tue/Thurs	1/10-3/15
E 6:00-6:30 pm	Tues/Thurs	1/10-3/15

No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

PRIVATE LESSONS

One-on-one instruction with a swim instructor, for children of any age. If you are interested in private lessons for your child see the front desk to work out a schedule. Lessons are scheduled according to instructor availability, and they meet once a week for 9 weeks.

535001	\$180/\$270/\$270/\$360
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No classes week of 2/19-2/25

No classes 1/16, 2/13

No classes Mon pm only 2/27

SWIM LESSONS

LEVEL FOUR

STROKE DEVELOPMENT

This is for any child over the age of 7 years who is rather advanced in their swimming ability and who can complete all necessary skills. The objective of this level is to develop confidence in the strokes learned so far and to improve other aquatic skills. They will focus on front crawl, diving, back crawl, breaststroke, butterfly, and elements of sidestroke.

532014		\$70/\$80/\$80/\$90
A 9:30-10:00	Saturday	1/14-3/24
532024		\$80/\$90/\$90/\$100
A 5:30-6:00 pm	Mon/Wed	1/9-3/26
B 5:30-6:00 pm	Tues/Thurs	1/10-3/15

No classes week of 2/19-2/25
No classes 1/16,2/13
No classes Mon pm only 2/27

LEVEL FIVE

STROKE REFINEMENT

This class is usually for older children (over 9 years), who are very comfortable with the basic swim strokes. The objective of this level is the coordination and refinement of all strokes, so students are smoother, more efficient, move with ease and increase their distance. Students will work on bi-lateral breathing, turns, as well as other skills.

532015		\$70/\$80/\$80/\$90
A 10:00-10:30 am	Saturday	1/14-3/24
532025		\$95/\$105/\$105/\$115
A 6:00-6:30 pm	Mon/Wed	1/9-3/26

No classes week of 2/19-2/25
No classes 1/16,2/13
No classes Mon pm only 2/27

ADULT LESSONS AND AQUATIC PROGRAMS

ADULT I: SWIM LESSONS

This class is for any individual 18 years or older who is not comfortable in the water. The objective of this level is to help adults overcome aquatic fears and help them to be more comfortable in the water. They will work on basic swimming skills and techniques. The participants in the class will move at their own pace, overcoming fear.

534011		\$70/\$80/\$80/\$90
A 8:30-9:00		Sat 1/14-3/24

No classes week of 2/19-2/25
No classes 1/16,2/13
No classes Mon pm only 2/27

ADULT II: SWIM LESSONS

This class is for any individual 18 years or older who has some comfort in the water. The objective of this level is to help the participants be more efficient in the water, and refine strokes, each individual will work toward whatever level he or she wishes. The participants in the class will move at their own pace, depending on ability and what they are trying to achieve.

534012		\$70/\$80/\$80/\$90
A 8:30-9:00 am		Sat 1/14-3/24

No classes week of 2/19-2/25
No classes 1/16,2/13
No classes Mon pm only 2/27

PUMP 'N' POWER

This is a one hour workout designed for men and women who are serious about a hard effective workout. This class will burn fat, tone muscles and improve your cardiovascular health without stressing your joints. In order to provide a full body cardiovascular and strengthening workout, participants will run laps, do high intensity interval training and use resistance equipment.

534101		\$72/\$81/\$81/\$90
A 8:30am-9:30am	Mon., Wed & Fri	1/9-3/16

No classes week of 2/19-2/25
No classes 1/16, 2/13

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		\$108/\$122/\$122/\$135
A 9:00-10:00 am	3 days/week	1/9-3/16

No classes week of 2/19-2/25

WHEN SIGNING UP FOR AN AEROBICS CLASS IF IT IS OFFERED 5 DAYS PER WEEK YOU MUST SIGN UP FOR THREE DAYS PER WEEK, IF IT RUNS THREE DAYS PER WEEK YOU MUST SIGN UP FOR 2 DAYS PER WEEK. IF YOU HAVE NEVER DONE ONE OF OUR AEROBIC CLASSES AND WOULD LIKE TO TRY ONE PRIOR TO SIGNIN UP YOUR 1ST TIME IS ON US. IF YOU PREFER TO NOT ENROLL IN A CLASS AND WANT TO PAY EACH VISIT THE COST WILL BE \$8.00 PER VISIT

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.

\$195/\$205/\$205/\$215 Dates: 2/20-2/24 10am-4pm
Plus cost of materials @ \$35/person, participant is responsible for getting on their own. Call pool if interested for further details

RECERTIFICATION

For individuals who currently have lifeguard training certification. Individuals will need to complete lifeguarding, CPR/AED and first aid. This can be taken as either a challenge or a refresher class. If an individual is comfortable with their skills they can take a challenge. If an individual feels they need some assistance with their skills they should enroll in a refresher course. Any one interested in a Lifeguard Training Recertification class see the front desk.

CPR FOR THE PROFESSIONAL RESCUER

This class is for those individuals who are currently certified in CPR for The Professional Rescuer. This class can be done as either a challenge or a refresher. If an individual is extremely comfortable with their CPR skills they would take a challenge class. If an individual feels they need some assistance to complete this class they would take the refresher class.

Any one interested in a CPR class see the front desk.

\$40/\$50/\$50/\$60

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

OTHER POOL ACTIVITIES AND SPECIAL EVENTS

FAMILY FUN WEEK

The week of February 20-24 The Community Pool will be hosting a Family Fun Week for all ages and swimming abilities. Moms and Dads bring your suits to join in the fun. Bring a picnic lunch and stay for the afternoon!! This is a great way to get some exercise and spend quality time with the family.

Fee: \$1.00/person
\$5.00/family

Time: 12:00 pm-3:00 pm

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

Phone: 203.271.3208

Fax: 203.271.3481

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 goes are included in the general open swim for the hour, or you can have a lifeguard 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-4:30PM

Cost:

Residents with a pool pass: \$110.00 + \$20.00/guard

Residents without a pool pass: \$130.00 + \$20.00/guard

Non-Residents with a pool pass \$150.00 + \$20.00/guard

Non-Residents without a pool pass: \$170.00 + \$20.00/guard

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

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 or in the Cheshire Parks and Recreation website. 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