

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

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

ADULT/GUARDIAN 2

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

Amex 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

***WE WILL BE CLOSED EASTER SUNDAY-APRIL 12th.**

LAP SWIM

Lap swim— We always have lap lanes available, however from 6am-10am Mon.-Fri. it is lap swim only and Sat. mornings 7am-9am. Lap swim will end at 8:45pm Mon.-Fri. 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

There will be one session of lessons for the spring session May 4th –June 20th. We will run three two week sessions for the summer June 29-July 9th, July 20th-July 31st and August 10th-August 20th. Make-ups due to weather will be made up the Friday of each session and will carry over into the week following the session if needed. Registration will begin March 2nd for residents and March 9th for non-residents. Anyone new to our programs must have a swim evaluation unless they are a level one or private lessons. Semi private would need an evaluation if you are not sure if the children are at the same swim level. Please call the pool to set this up.

REFUND POLICY

Refunds will be given if the program is cancelled due to low enrollment. Participants who withdraw and is received at least two weeks prior to the start of the program they will receive a full refund. Withdrawal within the two weeks prior to the start of the program are subject to a \$15 administrative fee. No refunds will be given once a program begins unless for medical reasons and accompanied by a doctors note. All refunds must be requested in writing.

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.cheshirect.org/pool.

Or call the pool at 203-271-3208.

TIER PRICING

Res with pass/Res without pass/Non Res with pass/Non Res without pass

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 dependent.

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.

YEARLY PASS FEES

<u>PASSES</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Family Pass	\$380.00	\$570.00
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	\$ 8.00	\$ 13.00
Daily Senior Pass	\$ 6.00	\$ 9.00
Daily Youth Pass	\$ 6.00	\$ 9.00

SEASONAL & BUSINESS PASS ES

Seasonal Passes	Resident	Non-Resident
Seasonal Family	\$265.00	\$405.00
Adult	\$145.00	\$180.00
Youth	\$100.00	\$110.00
Senior Single	\$100.00	\$110.00
Senior Couple	\$145.00	\$180.00

Business Rates	Yearly	Seasonal
Family	\$460.00	\$320.00
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

SPRING 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 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.

550010		\$75/\$85/\$85/\$95
A 9:00-9:30 am	Saturday	5/2-6/13
550020		\$105/\$115/\$115/\$125
A 10:00-10:30 am	Mon/Wed	5/4-6/15

NO CLASSES 5/25 & 6/6

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.

552011		\$75/\$85/\$85/\$95
A 10:00-10:30 am	Saturday	5/2-6/13
B 10:30-11:00 am	Saturday	5/2-6/13
552021		\$105/\$115/\$115/\$125
A 1:00-1:30 pm	Mon/Wed	5/4-6/15
B 5:30-6:00 pm	Mon/Wed	5/4-6/15
C 6:00-6:30 pm	Mon/Wed	5/4-6/15
D 1:00-1:30 pm	Tues/Thurs	5/5-6/11
E 5:30-6:00 pm	Tues/Thurs	5/5-6/11
F 6:00-6:30 pm	Tues/Thurs	5/5-6/11

NO CLASSES 5/25 & 6/6

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. The primary focus of this class is freestyle and backstroke, but will introduce other competitive strokes.

554105		\$105/\$115/\$115/\$125
A 5:30-6:00 pm	Mon/Wed	5/4-6/15
B 5:00-5:30 pm	Tues/Thurs	5/5-6/11

NO CLASSES 5/25

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.

554106		\$105/\$115/\$115/\$125
A 5:00-5:30 pm	Mon/Wed	5/4-6/15
B 5:30-6:00 pm	Tues/Thurs	5/5-6/11

NO CLASSES 5/25

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

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.

552012		\$75/\$85/\$85/\$95
A 10:30-11:00 am	Saturday	5/2-6/13
B 11:00-11:30 am	Saturday	5/2-6/13
552022		\$105/\$115/\$115/\$125
A 4:30-5:00 pm	Mon/Wed	5/4-6-15
B 5:00-5:30 pm	Mon/Wed	5/4-6/15
C 1:30-2:00 pm	Tues/Thurs	5/5-6/11
D 5:00-5:30 pm	Tue/Thurs	5/5-6/11
E 6:30-7:00 pm	Tues/Thurs	5/5-6/11

NO CLASSES 5/25 & 6/6

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.

552013		\$75/\$85/\$85/\$95
A 9:30-10:00 am	Saturday	5/2-6/13
552023		\$105/\$115/\$115/\$125
A 4:30-5:00 pm	Mon/Wed	5/4-6/15
B 5:30-6:00 pm	Mon/Wed	5/4-6/15
C 5:00-5:30 pm	Tue/Thurs	5/5-6/11
D 6:00-6:30 pm	Tues/Thurs	5/5-6/11

NO CLASSES 5/25 & 6/6

PRIVATE AND SEMI PRIVATE LESSONS

These follow the same schedule as group lessons, indicate on the form days and times your child is available for lessons. These fill up quickly so register promptly. Lessons are assigned in the order they are received. We do not pair people for semi-private lessons and individuals must be about the same swimming ability.

Private Lessons 555001	\$150/\$180/\$180/\$210
Semi-Private Lessons: 555002	\$120/\$150/\$150/\$180

CONSIDER THESE FACTS...

- Drowning is the leading cause of accidental death for children under the age of 5 (American Institute for Preventative Medicine)
- A child under the age of 5 is 14 times more likely to drown than to die in a car accident.
- A child can drown in just a few inches of water, silently, and in a matter of seconds
- Of preschoolers who drown, the vast majority (70 percent) are in the care of a least one parent. Of pool drowning among preschoolers, 98 percent occur in the child's pool or the pool of a friend, neighbor or relative. (National Center for Injury Prevention & Control)
- For every child that drowns, another four are hospitalized and 16 receive emergency department care for near-drowning. (American Academy of Pediatrics)
- Children are 100 times more likely to die from a swimming pool than from a gun. (Dr. Steven D. Levitt, University of Chicago)

MAKE YOUR CHILD WATER SAFE WITH SWIM 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.

554103

A Mon 6:15-7:00pm Thurs 7-7:45 pm Sat 8:00-8:45am 5/4-6/20
NO CLASS 5/25 & 6/6

\$54/\$60/\$60/\$66

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!

554102

A 9:00-10:00am

Mon-Fri
NO CLASS ON 5/25

\$90/\$99/\$99/\$108

5/4-6/12

Pay as you go for aerobic classes:

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

MASTERS SWIMMING

Masters Swim Program is for adults 21 years and older. This program is designed to accommodate swimmers of all interests including competitive swimmers, tri-athletes, recreational lap swimmers and non-competitive lap swimmers. Personalized goals and individual work outs will be provided. Swimmers can attend any/all practices that fit their busy schedules.

Practices:

Mondays, Wednesdays & Fridays 6:00-7:30a
Tuesdays & Thursdays 7:00-8:30p

Fees:

3 Months: \$90/\$120/\$120/\$150

1 Month: \$35/\$45/\$45/\$55

Drop-In: Residents: \$8 / Non-residents: \$10

TRIATHALON SWIM CLINIC

Next Level Swim Clinic with Coach Kelli and Coach Doug

Do you struggle or want to swim faster and more efficiently in the open water? Coach Kelli and Coach Doug can help you improve your swim stroke to work effectively in open water and have you swimming faster and using less energy. We will work on proper breathing, balance in the water, stroke cadence/ rhythm, effective underwater pull/catch, and sighting for open water. A sample set of swim workouts will be handed out to get you started on your swim training. All levels welcome (You must be able to swim at least 2 laps of the pool without stopping).

Session 1: 3/25	6:15-8:15 PM	Wednesday
Session 2: 4/1	6:15-8:15 PM	Wednesday

\$65 for Residents/\$75 for Non-Residents per session (you can sign up for both sessions and continue your progress from session to session)

Coach Kelli Montgomery is certified Level II USA Triathlon Coach with over 20+ years of coaching all levels of athletes from newbie to the experienced. She has raced many years on the pro and age-group level in triathlons and cycling (2018 Pro winner Xterra Costa Rica, Xterra World Champion 40-44 age- group and 3rd in 20-24 age-group Hawaii Ironman World Championships)

Coach Doug Levens is a USA Triathlon Level II Elite and Youth and Junior certified coach with 15 years of coaching experience. He is currently the head coach of the Nutmeg Youth Triathlon Team and the Gaylord Sports Association Paratriathlon Team. He is a multiple time USAT All American and has several podium finishes at USA Triathlon National Championship races

** WATER FITNESS BENEFITS **

- Increase Muscle strength – resistance in the pool can range from 4-42times greater than air, ensuring the body's muscles get a rigid workout.
- Build endurance – water resistance is a more natural resistance which requires the body to strain thru the water instead of against it.
- Increases flexibility – while adjusting to the push and pull of water, the joints naturally increase their range of motion.
- Low-impact exercise – the buoyancy of the water helps take off some of the impact we tend to place on our body, due to our water weight.
- Alleviates pressure on joints – Studies have shown water exercise relieves pressure placed on joints from normal wear and tear and arthritis.
- Relieves stress and decreases anxiety – a Polish study found that aquatic exercise decreased anxiety and negative mood states in women.
- Burns calories – The combo of strength and cardio mixed with water resistance ensures the body is getting a full workout.
- Reduces blood pressure – The water pressure actually works with your blood and enables blood flow to circulate more effectively
- Cooling exercise – Water exercise can keep you cool in warmer weather while you exercise
- Popular activity – it is known to be one of the most popular bonding activities for friends and family for any age group.

AQUATIC SAFETY PROGRAMS

LIFEGUARD TRAINING

For individuals 15 years old and older interested in becoming a certified lifeguard. Must be strong swimmers capable of swimming 20 lengths of a 25 yard pool. The course is 28 hours in duration, 10 hours the students will do independently online (you will be provided with the link to access the material), and the rest will be done at the pool with an instructor, all hours must be completed. After successful completion participants will have certification in Lifeguard Training, CPR for the Professional Rescuer and First Aid.

Students will be responsible for printing the manual from a link provided by the pool, or ordering a book, and will need to order a pocket mask, the front desk will give you the information on what you need to order and where to get it from. You will also need to make out a separate check for \$35 to the Community Pool for the cost of the certification, in addition to the class fee below. We will run two classes during spring, choose the one that works best for you.

Class I will run April Break 4/13,4/14, 4/15, 4/16

10:00am-2:00pm

Class II will run 5 Sundays 5/3, 5/17, 5/31, 6/7

12:00pm-4:00pm

\$135/\$145/\$145/\$155

MUST ATTEND EVERY DAY OF CLASSES AND BE THERE THE ENTIRE CLASS.

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. Anyone interested in a Lifeguard Training Recertification class, please inquire at 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. Participants must be at least 16 years old and strong swimmers. You must be able to swim all strokes, freestyle, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke. 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 HAPPENINGS & POOL INFO

BIRTHDAY PARTIES

The Community Pool offers 2 hour birthday parties to children of all ages. You can have either an "Open Swim" party where the party goers are included in the general open swim for the duration of the party. Or an "Organized Games" party that 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 party schedule allows 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.

The hours within which parties can be scheduled are Saturdays and Sundays 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.

INFLATABLES

During the school April Vacation April 13-17 the inflatables will be in each day from 11:30 am-4:30 pm. Individuals must be able to swim independently to use them. All other areas of the pool will be open as well including the climbing wall and diving boards. Bring a lunch and spend the day.

The inflatables are in every weekend afternoon unless we are closed for a meet or holiday.

Underwater Easter Egg Hunt

Hunt Times, by Age:

0-3 years old (in small wading Pool) 12:45 and 1:45

4 year olds (in ramp area of the pool) 1:00 and 2:00

5 year olds (in ramp area of the pool) 1:15 and 2:15

6 year olds (in shallow area of the pool) 1:30 and 2:30

7 year olds (in shallow area of the pool) 1:45 and 2:45

8 and over (in shallow area of the pool) 2:00 and 3:00

COME JOIN THE FUN

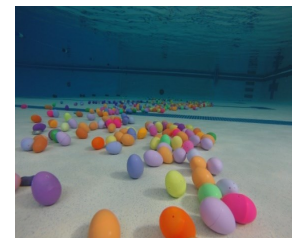
We ask that people sign up in advance, for a specific time slot according to the age of the child/children. If you have an older child that is unable to swim in the area designated for their time slot please let me know and I will add you to the time slot appropriate to their swimming ability. We do need to know in advance so we can add more times for the event if needed.

PLEASE RSVP ON FACEBOOK, CALL THE POOL (203) 271-3208 OR EMAIL: sadams@cheshirect.org

Fee: \$4.00/person



Saturday April 4th



SUMMER SWIM LESSONS

PARENT & TOT

560010		\$85/\$95/\$95/\$105
A 6:00-6:30 pm	Mon-Thurs	6/29-7/9
560020		
A 6:00-6:30 pm	Mon-Thurs	7/20-7/30
560030		
A 6:00-6:30 pm	Mon-Thurs	8/10-8/20

LEVEL ONE

562011		\$85/\$95/\$95/\$105
A 9:00-9:30 am	Mon-Thurs	6/29-7/9
B 10:00-10:30 am	Mon-Thurs	6/29-7/9
C 5:00-5:30 pm	Mon-Thurs	6/29-7/9
D 6:00-6:30 pm	Mon-Thurs	6/29-7/9
562021		
A 9:00-9:30 am	Mon-Thurs	7/20-7/30
B 10:00-10:30 am	Mon-Thurs	7/20-7/30
C 5:00-5:30 pm	Mon-Thurs	7/20-7/30
D 6:00-6:30 pm	Mon-Thurs	7/20-7/30
562031		
A 9:00-9:30 am	Mon-Thurs	8/10-8/20
B 10:00-10:30 am	Mon-Thurs	8/10-8/20
C 5:00-5:30 pm	Mon-Thurs	8/10-8/20
D 6:00-6:30 pm	Mon-Thurs	8/10-8/20

LEVEL TWO

562012		\$85/\$95/\$95/\$105
A 9:30-10:00 am	Mon-Thurs	6/29-7/9
B 10:30-11:00 am	Mon-Thurs	6/29-7/9
C 4:30-5:00 pm	Mon-Thurs	6/29-7/9
D 5:30-6:00 pm	Mon-Thurs	6/29-7/9
562022		
A 9:30-10:00 am	Mon-Thurs	7/20-7/30
B 10:30-11:00 am	Mon-Thurs	7/20-7/30
C 4:30-5:00 pm	Mon-Thurs	7/20-7/30
D 5:30-6:00 pm	Mon-Thurs	7/20-7/30
562032		
A 9:30-10:00 am	Mon-Thurs	8/10-8/20
B 10:30-11:00 am	Mon-Thurs	8/10-8/20
C 4:30-5:00 pm	Mon-Thurs	8/10-8/20
D 5:30-6:00 pm	Mon-Thurs	8/10-8/20

LEVEL THREE

562013		\$85/\$95/\$95/\$105
A 9:30-10:00 am	Mon-Thurs	6/29-7/9
B 10:30-11:00 am	Mon-Thurs	6/29-7/9
C 4:30-5:00 pm	Mon-Thurs	6/29-7/9
D 5:30-6:00 pm	Mon-Thurs	6/29-7/9
562023		
A 9:30-10:00 am	Mon-Thurs	7/20-7/30
B 10:30-11:00 am	Mon-Thurs	7/20-7/30
C 4:30-5:00 pm	Mon-Thurs	7/20-7/30
D 5:30-6:00 pm	Mon-Thurs	7/20-7/30
562033		
A 9:30-10:00 am	Mon-Thurs	8/10-8/20
B 10:30-11:00 am	Mon-Thurs	8/10-8/20
C 4:30-5:00 pm	Mon-Thurs	8/10-8/20
D 5:30-6:00 pm	Mon-Thurs	8/10-8/20

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. In this class we will focus on stroke technique.

564105		\$85/\$95/\$95/\$105
A 9:30-10:00am	Mon-Thurs	6/29-7/9
B 6:00-6:30pm	Mon-Thurs	6/29-7/9
564205		
A 9:30-10:00am	Mon-Thurs	7/20-7/30
B 6:00-6:30pm	Mon-Thurs	7/20-7/30
564305		
A 9:30-10:00am	Mon-Thurs	8/10-8/20
B 6:00-6:30pm	Mon-Thurs	8/10-8/20

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.

564106		\$85/\$95/\$95/\$105
A 9:00-9:30 am	Mon-Thurs	6/29-7/9
B 5:30-6:00 pm	Mon-Thurs	6/29-7/9
564206		
A 9:00-9:30 am	Mon-Thurs	7/20-7/30
B 5:30-6:00 pm	Mon-Thurs	7/20-7/30
564306		
A 9:00-9:30 am	Mon-Thurs	8/10-8/20
B 5:30-6:00 pm	Mon-Thurs	8/10-8/20

PRIVATE LESSONS

565101		\$200/\$240/\$240/\$280
2 week sessions		
Follows same dates as group lessons		

SEMI PRIVATE LESSONS

565001		\$160/\$200/\$200/\$240
2 week session		
Follows same dates as group lessons		

ADULT SWIM LESSONS

Inquire at front desk if you are interested in adult swim lessons.

YEARLY AND DAILY PASS RATES

<u>PASSES</u>	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Family Pass	\$380.00	\$570.00
Adult Pass	\$220.00	\$330.00
Youth Pass	\$135.00	\$185.00
Senior Single Pass	\$135.00	\$185.00
Senior Couple Pass	\$220.00	\$300.00
Daily Adult Pass	\$ 8.00	\$ 13.00
Daily Senior Pass	\$ 6.00	\$ 9.00
Daily Youth Pass	\$ 6.00	\$ 9.00

OTHER ACTIVITIES & SERVICES AT THE COMMUNITY POOL

ZUMBA

565266 \$63/\$70/\$70/\$77
A 7:00-7:45pm Tues. & Thurs. 8:00-8:45am Sat. 6/29-8/22
Pay as you go- \$6.00
No Class 7/4 & 7/18 due to a swim meet

AQUAMOTION

564102 \$120/\$132/\$132/\$144
A 9:00-10:00 am Mon-Fri 6/22-8/21
Pay as you go- \$8.00
No Class 7/27, 7/28, 7/29, 7/30 & 7/31

BIRTHDAY PARTIES

The Community Pool offers birthday parties to children of all ages. The party runs for 2 hours. You can have either an “open swim” party where the party goers are included in the general open swim for the two hours, or you can have a lifeguard assigned to the party who will then run a variety of activities with the children for an hour. With the assigned lifeguard party the first 15 minutes will be waiting for all the party guests to arrive, (party goers may enter the water while they wait in the assigned area), then the guards will run their activities for an hour and the last 45 minutes is for food, presents etc.

The hours within which parties can be scheduled are:

Saturday: 11:30 am - 4:30 pm

Sunday: 11:30 am - 4:30 pm.

The cost for the party is:

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

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

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

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

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



INFLATABLES

Come in and join the fun at the Community Pool!

The inflatables will be in every day including weekends from 11:30am-4:30pm. Individuals must be able to swim independently in water over their head to use them. All other areas will be open for use including the climbing wall and diving boards.

CERTIFICATION CLASSES

LIFEGUARD CERTIFICATION

For individuals 15 years old and older interested in becoming a certified lifeguard. Must be strong swimmers capable of swimming 20 lengths of a 25 yard pool. The course is 28 hours in duration, 10 hours the students will do independently online (you will be provided with the link to access the material), and the rest will be done at the pool with an instructor, all hours must be completed. After successful completion participants will have certification in Lifeguard Training, CPR for the Professional Rescuer and First Aid.

Students will be responsible for printing the manual from a link provided by the pool, or ordering a book, and will need to order a pocket mask, the front desk will give you the information on what you need to order and where to get it from. You will also need to make out a separate check for \$35 to the Community Pool for the cost of the certification, in addition to the class fee below.

564277 \$135/\$145/\$145/\$155
June 22nd– June 25th 10:00am-2:00pm

We will do a class in August, if there is interest— Call the pool if you are interested.

LIFEGUARD RE-CERTIFICATION

564278
Call pool for details

\$75/\$85/\$85/\$95

CPR RE-CERTIFICATION

564278
Call pool for details

\$75/\$85/\$85/\$95

ADDITIONAL SUMMER INFO

SUMMER HOURS OF OPERATION

Open Family Swim - Mon.- Fri. 10:00AM-8:45PM

Sat. 9:00PM-6:45PM Sun. 9:00AM-6:45PM

These hours may change if there is a scheduled event at the facility.

We post events in the Lobby, online at www.cheshirect.org/pool and on our Facebook page.

Summer hours will begin Saturday June 20th.

WE WILL BE OPEN NORMAL HOURS SATURDAY JULY 4TH!

Saturday July 18th and Sunday July 19th the pool will open to the public at 1:00pm, there is a meet in the morning.

*Lap Swim: Lap swim only is Monday—Friday 6:00 am-10:00 am and Saturday 7:00 am– 9:00 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 need to share a lane if all lanes are full.*